

中医药对外宣传丛书
Traditional Chinese Medicine Overseas Series

REGIMEN IN
TRADITIONAL
CHINESE MEDICINE

中医养生保健学

中国中医药出版社
CHINA PRESS OF TRADITIONAL CHINESE MEDICINE

中医养生保健学

张雪亮

吴 非

中国中医药出版社

· 北 京 ·

**REGIMEN IN
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CHINESE MEDICINE**

ZHANG XUELIANG

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CHINA PRESS OF TRADITIONAL CHINESE MEDICINE

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总 前 言

中医药是中华民族优秀传统文化的重要组成部分,几千年来为中华民族的繁衍昌盛做出了不可磨灭的贡献,并且对世界的文明进步产生了积极影响。它是我国卫生事业的重要组成部分和人类医学的宝贵财富。

中医学是研究人体生命活动变化规律和调节方法的一门科学,体现了对人体生命科学的深刻认识,具有科学性和先进性。中医学的健康理念和临床医疗模式,体现了现代医学发展趋势。

中医学拥有一套完整的、独特的理论体系,在临床各科多种疾病的诊疗方面积累了丰富的经验并有确切疗效。作为世界传统医学的优秀代表,中医药对于许多疾病,特别某些现代疑难杂病,如心脑血管病、糖尿病、肿瘤、免疫性疾病、病毒感染性疾病等的诊治,具有独特的优势,正在发挥着越来越重要的作用。

21世纪,随着医学模式的转换,疾病谱发生了变化,医源性、药源性疾病以及老龄性疾病逐渐增多,人们预防保健意识不断增强,国际社会对天然药物的需求日益扩大,中医药的发展必将拥有更加广阔的发展空间,对人类健康事业做出更加巨大的贡献。

为了使中国传统医药在全球发扬光大,传播中医药防治临床各科疾病的科学知识,国家中医药管理局启动了“中国

中医药国(境)外传播资料编译系列”项目,这套普及型丛书的编译也是其中的一部分。在此,我们将中医药学科的基础知识介绍给大家,本套丛书共分为12分册,包括中医学基础、中医学简史、中医养生保健学、中医学临床各科、推拿学、针灸学、中药和方剂、中医药国内外发展概况、少数民族医学。本套丛书内容丰富、言简意赅、浅显易懂、生动活泼,图文并茂,有助于国内外读者在较短时间内正确了解中医药的基本知识,熟悉中医药在市场保健和疾病预防方面的应用,以适应现代人对于高品质健康生活的追求。

国家中医药管理局

2005年12月

前 言

养生学是中华传统文化特别是中医药学的重要组成部分,它历史悠久,源远流长,是千百年来中华民族的宝贵经验积累而成的财富。

概括而言,中医学可以分为中医治疗学和中医养生学。即使身处科技十分发达的当今社会,多数疾病无论对于西医学来说仍然是难以治愈的,而这恰恰是中医养生学的优势所在。民间俗语所说的“三分治,七分养”就是这个道理。

健康人如何保持健康;亚健康人群如何调整体质,使之不向病态发展甚至反而能向健康状态逆转;慢性病患者如何运用多种手段防止并发症的出现,而能带病延年,这些均应该是养生保健学所涉及的范畴。

生命无价,健康至上。本书虽然不能概括博大精深的养生文化,但倘若能为大众健康稍尽绵薄之力,则吾心足矣!

张雪亮

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General Foreword

Traditional Chinese Medicine (short for TCM) is the splendid traditional culture of the Chinese nation, which has made outstanding contributions to the prosperity of the Chinese nation. Moreover, it has developed a school of its own in the field of traditional medicine and pharmacology of the world. TCM plays an important role in health undertakings not only in China but also in the world.

TCM is a science studying the law and regulation of human body's living activities and alteration. It embodies profound recognition of life science of human body, which is scientific and progressive. The health concept and clinical practice reflect the trend of modern science.

TCM includes a set of complete and unique theoretical system. With practical effects, it accumulates abundant experience in diagnosis and treatment of all kinds of diseases. As the excellent representation of traditional medicine in the world, TCM takes unique superiority in the diagnosis and cure of various diseases, especially for some modern difficult and complicated cases, such as cardiovascular disease, diabetes, tumor, immune disease, viral infective disease, and it

is playing a much more important role.

In the 21th century, with the transformation of medical mode, the pedigree of diseases alters. Iatrogenic and aging diseases are gradually increasing. People's consciousness of prevention and health is promoted and the need for raw medicines in the international community is increasing. As a result, there will be more room for the development of TCM, contributing greatly to human's health.

In order to promote TCM culture forward in the world, State Administration of Traditional Chinese Medicine of People's Republic of China (SATCM) carries out the project. The compilation and translation of this set of popular science series is also part of it, in which we will introduce the basic knowledge of TCM. This series includes 12 books, covering the Brief History of TCM, Basic Theories of TCM, Chinese Tuina, Chinese Herbs and Formulae, and so on. And it has vivid language and colorful illustrations, which helps the readers at home and abroad comprehend correctly the basic knowledge of TCM in a short time, familiarize the application of TCM in health and disease prevention, so as to fit modern people's pursuit for high qualified health life.

**State Administration of Traditional Chinese Medicine of
P. R. China
December, 2005**

Preface

Health preservation in Chinese medicine is one of the important components of the Traditional Chinese Medicine (short as TCM) and the Chinese traditional culture. With a long history of thousands of years, it is the precious experiences and invaluable treasure of the Chinese people.

To sum up, TCM can be divided into treatment and health preservation. Even today, with the rapid developing of high technology, some diseases are hard to cure whether by TCM or the Western Medicine. But this is where the preponderance of health preservation lies.

Health preservation includes: how to keep health; how to do for the sub-healthy people regulate constitution become healthy; how to do for those with chronic diseases to prevent the occurrence of syndrome and make life span longer.

It is hoped that this book will be a guide for you to enter the gate of Chinese health preservation.

ZHANG Xueliang

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第 1 章 概论

中医养生学是在中医理论指导下,探索和研究中国传统的颐养身心、增进健康、减少疾病、延年益寿的理论和方法,并用这种理论和方法指导人们保健活动的实用科学。中医养生学是中华民族灿烂文化宝库的精华。在漫长的历史过程中,中国人民非常重视养生益寿,并在生活实践中积累了丰富的经验,创立了极具民族特色,且流派纷呈、方法多样的中医养生学,为中华民族的繁荣昌盛做出了积极的贡献。

说起养生,人们就会自然而然地联想起它与抗病防衰、延年益寿有关,但是,关于养生究竟是怎么回事,它包括哪些内容及具体方法,就不一定知道得那么清楚。其实,养生学的起源与发展在中国少说也已经有 4000 余年的历史了。

早在茹毛饮血、钻木取火的原始时代,中华民族的祖先们为了生存繁衍,在与大自然搏斗的漫长岁月里,从劳动与生活的实践中,逐渐摸索认识到人体生命活动的一些规律,学会了一些防病保健的知识和方法,并相互传授。发展到后来,人们把这种自觉的保健延年活动叫做“养生”。以后,人们又将这种保健活动加以理论上的归纳,称之为“养生之道”,也就是现在的中医养生学。经过长期的运用和不断的充实,后人将偏于养生保健方面的内容发展为养性、摄生、道生、保生等;把侧重老年延年益寿方面的内容又衍生出寿老、寿亲、养老、寿世等,这样就基本反映了养生的主要轮廓。因此,所谓养生,实际上就是保养生命的意思。