


疗伤系丛书②

# 药 艺术

南京药艺术馆的治疗试验

黄药 主编

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## 【序】

# 药艺术

文/黄药（药艺术馆馆长）

“药”是一个医学概念，是化学合成物，或由植物、动物以及微生物提炼而成，是抵抗或医治各种身体疾病的工具。“药”这个概念与艺术毫无关联，但在药艺术馆里，“药”却是一种艺术的元素，艺术通过刺激视觉或听觉作用于大脑神经系统，对人体催化出一种化学活性物质，使人的神经元产生直接的心理或精神的过敏反应。概括地说，医学的药是治疗身体出现的问题，艺术之药则侧重于对意识、思想、情绪、感知、心理及精神存在的问题或疾病进行调节和治疗，尤其对提纯人性和修炼心灵有着重要的功效。

在城市化进程高速发展的当下社会，难以适应的焦虑、压力、紧张，逼得人们急功近利，丢弃了精神信仰，丧失了道德底线，引发了人们各种不同程度上的精神问题和心理疾病。而艺术是一种良药，各类人都容易接受它，喜爱它，并可以通过艺术创造和实验将艺术元素转化为自我治疗，用来抵御各种精神方面的侵袭和危害。

如何才能让“药艺术”发挥积极的作用，有效地抑制人性本能无休止的欲望，化解精神问题留下的后遗症？这就是我提出的一个希望与大家共同关注与思考的问题。

# Preface

## Drug as Art

Just what classifies as a drug and how are drugs used? Drugs commonly abound in the medical field; in medicines or as medicines that can be stimulating, healing but also draining and even poisonous. Used in a variety of ways; chemical, microbiological, neurological, synthetically and even through animals or plants, to name a few; drugs become a tool to treat or resist a multitude of diseases and illness. Many would be surprised to see "Drug" and "Art" linked as one but we believe, at "Drug Museum" that art becomes the tool, the resource and in essence the pathway toward relieving the ills of society found extensively at all levels. Art is a natural restorative, a salve and an internal healing that touches on and stimulates neurons in the brain spreading to every cell in the body. It creates hormones and raises dopamine levels which creates a sense of joy, happiness and inner peace. Art becomes the "drug" or the medicine not just to the body but also to one's heart and soul. It is a purification, a passion, a promise and a purpose that raises consciousness leading to greater awareness; not just to the actual artist but also extending to its audience. Art touches what drugs cannot reach because it comes from a place of unmitigated pleasure expressed in ways that transcend and transform. Let us become transfixed and uplifted by the art that exists, that lies within us all and that when shared becomes stronger and longer-lasting than any "drug" currently produced. Art does not dull, stupefy or poison; art becomes The stimulant and the "drug" to life and for many, also becomes the answer. Art can be the eternal antidote.

Through art, the saying "physician heal thyself" is made manifest. Each one of us becomes our own physician; whether physical, mental or emotional illness, pain or disease is at stake. Art becomes the drug that allows expression to be the ultimate healer relieving internal pains but also evaporating pressures of the world that in turn becomes its own everlasting reward.

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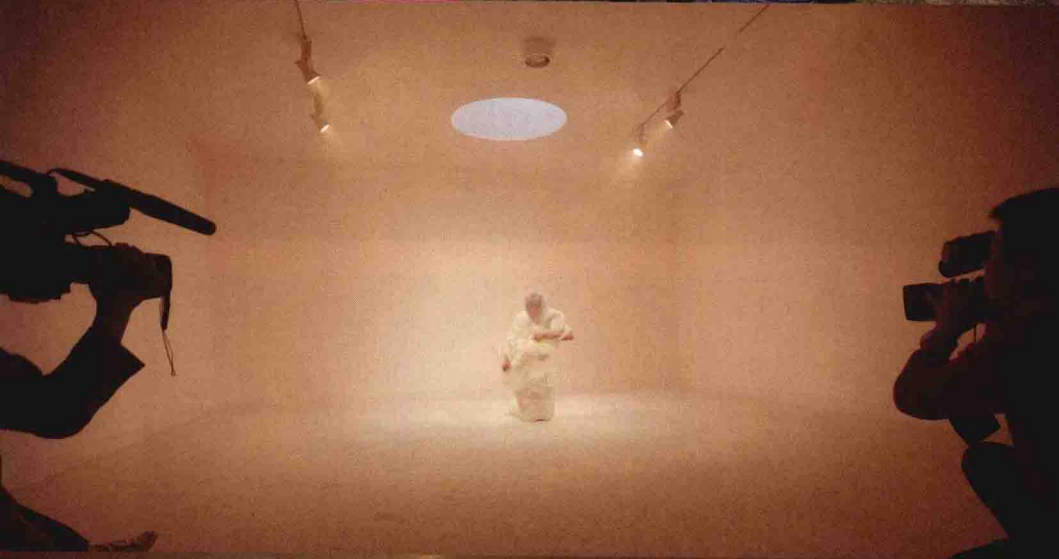
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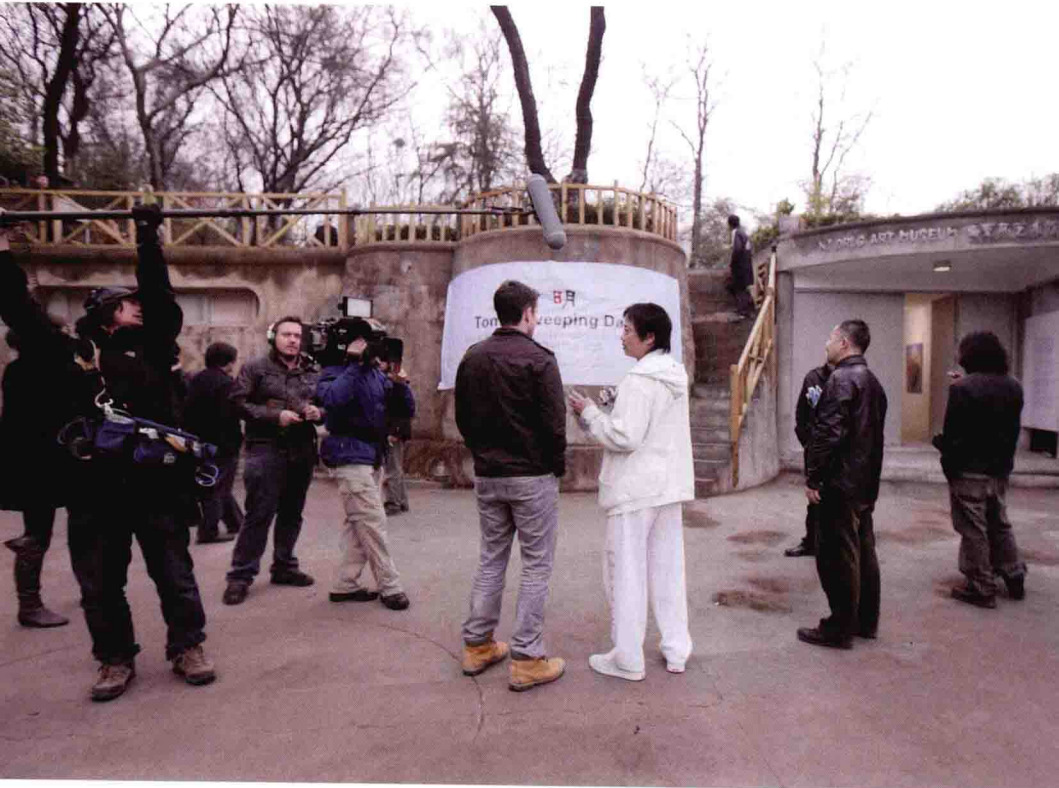




南京药艺术馆场景  
Scene of Nanjing  
Drug Art Museum















北京药艺术馆场景  
Scene of Beijing  
Drug Art Museum





