

内容提要

本书是介绍针灸学术史的专著。全书用 56 个标题、103 帧照片，对我国数千年的针灸史，从起源到历代针灸学术的进展，以及现代针灸事业的成就，用针灸文献和文物照片的形式，做了较详细的介绍和评析。其中不乏在国内早已散佚或失传，而流传到国外的文物的照片。书中资料丰富，文图交辉，首尾相应，浑然一体，又设以中、英文对照，亟方便读者。

此书是了解和掌握针灸学术发展史、学习和研究针灸学术的不可多得的重要参考文献。供中、外从事针灸教学、临床、科研工作者阅读和参考。

INTRODUCTION

This book which contains 56 captions and 103 photos, is a treatise to introduce the academical history of acupuncture and moxibustion that possesses a history of thousands of years. In the form of literatures of acupuncture-moxibustion and photos of historical relics, it gives a detailed commentary and annotation to the progress of acupuncture-moxibustion from its origin to the later dynasties, and the modern achievements of acupuncture-moxibustion. Some of the photos of relics in this book were scattered and disappeared, but they have been found in the foreign countries where they were spread there long time ago.

In the book there are rich materials, the picture and its accompanying essay are both excellent forming a unified entity. It is also a Chinese-English bilingual book and extremely convenient for the readers.

It is a rare specimen of good reference writing for the understanding and study of the developing history of acupuncture and moxibustion.

It is a readable and reference book for the medical workers who are doing teaching, clinical practice and scientific research of acupuncture and moxibustion.

Table of Contents

| | |
|---|-------|
| 1. Legends about the origin of acupuncture..... | (2) |
| 2. relies of Huangdi..... | (4) |
| 3. 'Bian' stone of the Neolithic Age..... | (6) |
| 4. Picture of bian-stone needling on Portrait Stone Slabs of the Han Dynasty..... | (8) |
| 5. On the Origin of the Bian-stone and Moxibustion as recorded in Su Wen..... | (10) |
| 6. Hieroglyphics about needling and moxibustion of three thousand years ago..... | (12) |
| 7. Bian-stone and Bronze needles of the Metallic Age..... | (14) |
| 8. Bian Que, an eminent physician of the early period of Warring States..... | (16) |
| 9. The oldest writing on Channels..... | (18) |
| 10. The nine needles as recorded in Ling Shu and picture of nine needles of ancient times | (20) |
| 11. The imitated nine needles..... | (22) |
| 12. Metallic needles from a tomb of the Han dynasty..... | (24) |
| 13. Needle puncture picture on Portrait Stone Slabs of the Han Dynasty..... | (26) |
| 14. Notes on acupuncture in medical writing of the Han Dynasty from Wuwei County | (28) |
| 15. Eminent physician Hua Tuo of the last years of the Han Dynasty..... | (30) |
| 16. Medical Sage Zhang Zhong Jing..... | (32) |
| 17. Huang-fu Mi, a noted acupuncturist around the Wei and Jin dynasties..... | (34) |
| 18. "Systematic Classic of Acupuncture and Moxibustion" (Zhenju Jiayi Jing)..... | (36) |
| 19. Ge Hong, a noted medical scholar of the East Jin Dynasty and his wife Bao Gu..... | (38) |
| 20. Books of acupuncture catalogued in the "Record of Books of the Annals of the Sui Dynasty"..... | (40) |
| 21. A noted medical scholar of the Tang Dyansty Sun Si Miao and the Yao Wang Mountain | (42) |
| 22. "Important Emergency Prescriptions of Thousand Ducats"..... | (44) |
| 23. Acupuncture and moxibustion education of the Tang Dynasty..... | (46) |
| 24. Remnants of pictures depicting methods of moxibustion drawn by people of the Tang Dynasty..... | (48) |
| 25. "Necessities of a Frontier Officer" (Waitai Miyao), a book emphasizing moxibustion technique. | (50) |
| 26. Cui Zhiti's "Moxibustion Therapy for Tuberculosis"..... | (52) |
| 27. The Great Master Jian Zhen's voyages spread Traditional Chinese medicine into Japan | (54) |
| 28. Rubbings from "Illustrated Classic of Acupoints on the bronze Model" (Tongren | |

| | |
|--|------|
| Shuxue Zhenjiu Tu Jing) written by Wang wei Yi of the Song Dynasty..... | (56) |
| 29. Rubbings of the Picture of Channels from the "Illustrated Classic of Acupoints on the Bronze Model" | (58) |
| 30. Picture of Moxibustion of the Back by a famous painter Li Tang of the Song Dynasty | (60) |
| 31. "Emergency Moxibustion techniques" (Bei ji Jiu fa) written by Wenren Qinian of the Southern Song Dynasty..... | (62) |
| 32. "Bian Que's Divine Resonance Acupuncture and Moxibustion Jade Dragon Classic" (Bian Que Shenying Zhenjiu Yulong Jing) by Wang Guorui of the Yuan Dynasty | (66) |
| 33. "Divine Response Classic" Shen Ying Jing, a famous work on acupuncture published in the early part of the Ming Dynasty..... | (68) |
| 34. "Complete Collection of Acupuncture and Moxibustion" (Zhenjiu Daquan) written by Xu Feng..... | (70) |
| 35. "Questions and Answers about Acupuncture and Moxibustion" (Zhenjiu Wendui), a book with individual insight..... | (72) |
| 36. Li shizhen and his "Studies of the Eight extra Channels" (Qijing Bamai Kao) | (74) |
| 37. A comprehensive and voluminous book "Compendium of Acupuncture and Moxibustion" (Zhenjiu Dacheng) | (76) |
| 38. "Bright Hall Picture of Bronze Model" (Tongren Mingtang Tu) published in the Ming dynasty..... | (78) |
| 39. Acupuncture and moxibustion in "Illustrated Appendices to the Classic of Categories" (Lei Jing Tu Yi) | (80) |
| 40. Imitation of Song bronze model cast in the ming dynasty..... | (82) |
| 41. Childhood bronze model of the Ming dynasty and Female bronze model of the Qing dynasty..... | (84) |
| 42. "Important Methods of Acupuncture and Moxibustion from the Golden Mirror of Medicine (Yizong Jinjian Cijiu Xinfa Yaojue) written by the Imperial Hospital of the Qing Dynasty..... | (86) |
| 43. Moxa roll moxibustion technique discussed in a book called "Taiyi's Mysterious Needle" (Taiyi Shen Zhen) | (88) |
| 44. "Effective Methods for Needling of Furuncles" (Ci Ding Jie Fa), a monographic work on acupuncture treatment for surgical infections..... | (90) |
| 45. Moxibustion cup in "Secret Teachings of Moxibustion Methods" (Jiufa Michuan) | (92) |
| 46. Picture of Back of Ear in "Corrected Important Massage Technique" (Lizheng Anmo Yaoshu) | (94) |
| 47. Cheng Dan-an and his "Chinese Acupuncture and Moxibustion Therapeutics" (ZhongGuo Zhenjiu Zhiliao Xue) | (96) |

| | |
|---|-------|
| 48. Chairman Mao granted interview to eminent Chinese physician Wu Zhaoxian..... | (98) |
| 49. Zhu De's inscription on "New Acupuncture and Moxibustion" (Xin Zhenjiu Xue) | (100) |
| 50. Deng Xiaoping's Inscription for "New Outline of Acupuncture and Moxibustion" (Xinbian Zhenjiu Xue) | (102) |
| 51. Acupuncture anesthesia..... | (104) |
| 52. International Acupuncture and Moxibustion Class..... | (106) |
| 53. Modern Imitated Bronze Model of Song's..... | (110) |
| 54. Modern plexiglass Model of Channels and Acupoints..... | (112) |
| 55. Modern needling tools and techniques of acupuncture and moxibustion..... | (114) |
| 56. Ancient works of veterinary acupuncture and moxibustion..... | (118) |

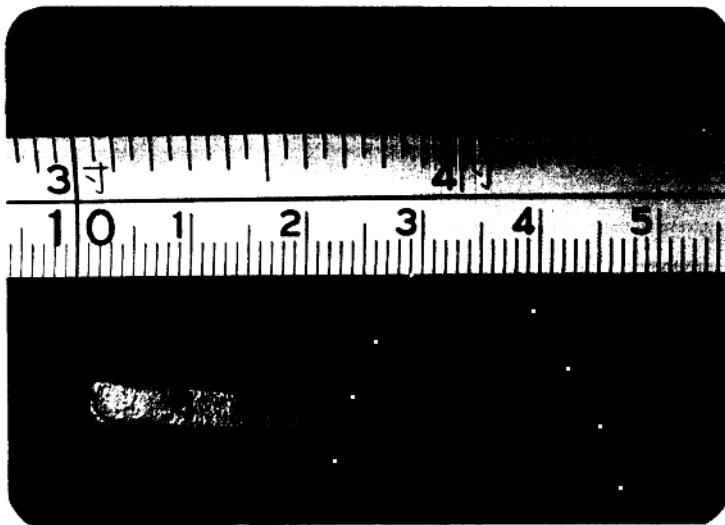


图 5

三、新石器时代的砭石

针刺技术起源于新石器时代，还从针法的原始工具得到证明。据汉以前的许多古书记载，针法的原始工具是石器，称为砭石。如《春秋左氏传》收录的公元前 550 年一段史料提到“美疾不如恶石”，2 世纪的服虔注解：“石，砭石也”。公元 100 年的《说文解字》说：“砭，以石刺病也”。《素问·宝命全形论》说：“制砭石小大”，5~6 世纪的全元起注解：“砭石者，是古外治之法，……古来未能铸铁，故用石为针”。磨制石针正是新石器时代的标志。图 5 是 1963 年在内蒙古多伦县头道洼新石器时代遗址出土的一枚砭石，长 4.5 厘米，一端为四棱锥形，可用来放血；一边为扁平的刃，可用来切开脓疮。

3. Bian-stone of the Neolithic Age

That the art of acupuncture began in the Neolithic Age is also evidenced by the primitive implement used in its practice. According to many ancient writings published prior to the Han dynasty, the primitive implement for acupuncture then used was made of stone called "Bian". Thus, in a piece of historical information of 550 B. C. compiled in "Zuo's Commentary on Springs and Autumns" (Chun Qiu Zuo Shi Zhuan) we have the saying "Good disease is not equal to bad stone", for which Fu Qian explained as "stone means Bian stone". "Analysis of Ideograph" (Shuo Wen Jie Zi) says, "Bian" means to puncture disease with stone. In 'Treatise on the Value of Life and the Achievement of a Perfect Body' of Su Wen (Plain Questions), there is a saying, 'Puncture with Bian stone, small or large', for which Quan Yuanqi explained in the 5th to 6th century as: "Bian stone was an instrument for external treatment in ancient times, . . . as it was impossible to cast iron then; hence, the use of stone for needles". Grinding of stone into needles is indeed a marking of the Neolithic Age. Fig. 5 is a piece of Bian stone unearthed in 1963 from a Neolithic relic situated at Tou Dao Wa of Duo Lun County, Inner Mongolia. It measured 4 centimeters in length. It had a four-edge drill at one end to be used for blood-letting and a flat edge for incising boils.



图 6



图 7

四、汉画像石上的砭刺图

古代用砭石治病，不但有大量文献记载，且有出土实物可证。在山东省微山县两城山，出土过一批公元 2 世纪的汉画像石，其中有砭刺图浮雕，刻着一个半人半鸟的神物，手握砭石，刺向病人身体。砭石的形状，与头道洼出土的砭石十分相似。这种半人半鸟的形象，显然是来源于原始社会的图腾崇拜和关于针砭起源的传说。传说发明砭石的太皞族就是以鸟为图腾的古老氏族。图 6 为汉画像石的砭刺图。图 7 为该画像石的局部拓本。

4. Picture of Bian-Stone Needling on Portrait Stone Slabs of the Han Dynasty

That "Bian-stone" was used to treat disease had not only been proved by a vast amount of literature, but also by real material objects unearthed. From Liang Cheng Mountain of Weishan County, Shandong, a collection of portrait stone slabs of the Han Dynasty (2nd century A. D.) had been unearthed. Among the slabs there was one relief sculpture depicting the scene of bian-stone needling, with a supernatural being of half-man-half-bird, bian-stone in its hand, puncturing the body of a patient. The appearance of the Bian-stone was closely similar to those unearthed at Tou Dao Wa. Such an imaginary figure of half-man-half-bird apparently originated from totem worship of primitive society and the folklore of Bian-stone needling then prevailing. It was understood that the bird was the totem of the ancient ethnic nationality Tai Hao that invented the Bian-stone. Fig. 6 shows the picture of Bian-stone needling on a portrait stone slab of the Han Dynasty. Fig. 7 shows a part of the portrait stone slab.

他惡於鹹石在不可與言至巧
功矣不可與言至巧病不許治者病必不治治之無
○異法方宜論篇第十二起本卷第九卷
黃帝問曰醫之治病也一病而治各不同皆
愈何也不同謂鹹石在岐伯對曰地勢使
然也謂去天地生大故故東方之域天地
之所始生也在東方魚鹽之地海濱傍水

勝其血勝其血勝其血勝其血勝其血勝其血
美其食美其食美其食美其食美其食美其食
理其病理其病理其病理其病理其病理其病
金玉之域沙石之處天地之所收引也
其民陵居而多風水土剛強

故曰其民不衣而褐薦其民食而脂肥
如隄矣其民不衣而褐薦其民食而脂肥
也單謂海美醴醴皆肉之類也以此而論則
人肥故邪不能傷其形體其病生於內
也內謂喜怒憂思及飲食男女之過其
也新故正詳藥一作思當作男女之過其
其病則謂之毒藥以其能毒其肉也
能除病者之類宜虛藥方調御之藥謂草木
音能除病者之類宜虛藥方調御之藥謂草木

居風寒冰冽居風寒冰冽其民樂野處而乳食藏寒
生滿病生滿病生滿病生滿病生滿病生滿病
宜灸炳宜灸炳宜灸炳宜灸炳宜灸炳宜灸炳
南方者天地所長養陽之所盛處也其
地下水土弱瘠露之所聚也
故其民嗜酸而食耐
故其民皆級理而赤危其病皆地

图 8

五、《素问》关于砭石、灸熯发源地的记载

《黄帝内经》是距今 2000 年前的中医基础理论著作,包括《素问》和《灵枢》两部分。《灵枢》更详于针灸,所以古代又名《黄帝针经》。《素问·异法方宜论》记录了古时各种不同医疗技术的发源地。据该篇记载我国东部沿海以渔业为主的先民们,“其病皆为痈疡,其治宜砭石。故砭石者,亦从东方来”。这里所说的“东方”,约当现在的山东省一带。这与东夷的太皞发明砭石的传说完全一致。

《素问·异法方宜论》提到灸法是发源于我国北部以游牧为主的地域,“其民乐野处而乳食,藏寒生满病,其治宜灸熯。故灸熯者,亦从北方来”。这段记载,说明灸法的发现同寒冷环境里重视用火有密切关系。据唐代王冰给《素问·异法方宜论》作的注解,直到 8 世纪时,依然是“北人正行其法”。

图 8 为明·赵府居敬堂于 16 世纪刊《黄帝内经素问·异法方宜论》。

5. On the origin of the Bian-stone and Moxibustion as recorded in Su Wen

"The Yellow Emperor's Classic of Internal Medicine" (Huangdi Neijing) is a work of the fundamental theories of Chinese medicine published over two thousand years ago. It is composed of two parts: Su Wen (Simple Questions) and Ling Shu (Spiritual Axis). Ling Shu, also known as "Huangdi Zhen Jing" (Yellow Emperor's Acupuncture Classic), discussed more thoroughly the details of acupuncture. In a chapter of Su Wen, "The Different Methods of Treatment and the Appropriate Prescriptions", the birthplaces of various treatments in ancient times were discussed. It was said in that chapter that our forefathers living along the East coast and mostly occupied in fishery "all suffer from furuncles and carbuncles, which should preferably be treated with Bian-stone. Therefore, the Bian-stone comes from the East". Here "the East" denotes what is present-day Shandong province and neighboring areas. This is in congruence with the folklore that the Bian-stone was an invention of Tai Hao of the ethnic nationality East Yi.

The Chapter "The Different Methods of Treatment and the Appropriate Prescriptions" of Su Wen said that moxibustion originated in the Northern regions where people were mainly nomadic. And, "The people there live in the wilderness and feed themselves mainly with milk products. As cold in the viscera give rise to diseases of fulness, the appropriate treatment is moxibustion. And so, moxibustion and thermo-therapy come from the North." This exposition intimated the discovery of moxibustion was closely related with the experience of using fire in cold environment. Wang Bing's annotation to this chapter says: "This method has been the practice of the Northern people" as late as the 8th century.

Fig. 8 shows the "Huangdi Neijing Suwen's Different Methods of Treatment and the Appropriate Prescriptions" published by Zhao Family Hall of the Ming Dynasty in 16th century.

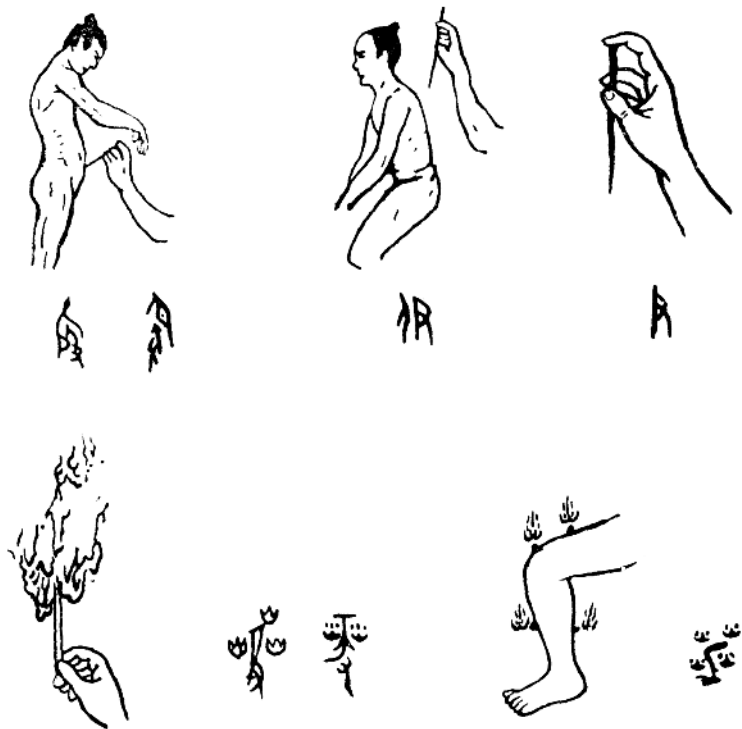


图 9

六、三千年前有关刺灸的象形文字

殷代(公元前14世纪~前11世纪)和西周初期(公元前11世纪)的甲骨文、金文里,不乏与医学有关的文字。据我国古文字学家康殷先生研究,“尹”、“伊”、“殷”、“爨”等字,在甲骨文和金文里都象针刺之形,又都有治理、调理之义。另外,康殷先生在金文里还发现一个可能是“灸”字的象形文字。

𠄎 (甲骨文)即“尹”字,象手执针之状。

𠄎 (甲骨文)即“伊”字,象手执针刺人背部之状

𠄎 (甲骨文) 𠄎 (金文)即“殷”字,读如“衣”,乃后世医字的初文和本字,象手执针刺人腹部之状。

𠄎 (甲骨文) 𠄎 (金文)即“爨”字,象手指金属针将针加热之状,似反映火针治疗。

𠄎 (金文)可能是“灸”字,象在人股周围多处用微火灸灼之状。

图9为尹、伊、殷、爨、灸五字的初文及其取象。

6. Hieroglyphics about needling and moxibustion of three thousand years ago

In ancient script on tortoise shells and inscriptions on ancient bronze vessels of the Yin (14th to 11th century B. C.) and the early West Zhou (11th century B. C.) dynasties, medical scripts were not scarce. According to the research work of Kang Yin, our specialist in ancient lexicology, the characters “尹”, “伊”, “殷”, and “爨”, when written according to tortoise shell script or bronze vessel inscriptions, would all have the appearance of puncturing with a needle, and all would carry the idea of ‘to control’ and ‘to adjust’. Besides, Mr. Kang Yin discovered a character in bronze vessel inscriptions, which could be the corresponding hieroglyphic for our present-day character “灸”.

𠄎 is the tortoise-shell-script equivalent of “尹” giving the appearance of a hand holding a needle.

𠄎 is the tortoise-shell-script equivalent of “伊” giving the appearance of puncturing into one's back with a needle held in hand.

𠄎 is the tortoise-shell-script equivalent and 𠄎 the bronze-vessel-inscription equivalent for present-day character “殷”. Pronounced ‘Yi’, it was the original word of present-day character ‘医’. It gives the appearance of puncturing into one's abdomen with hand-held needle.

𠄎 is the Tortoise-shell-script equivalent and 𠄎 the bronze-vessel-inscription equivalent for present-day character “爨”. It gives the picture of a metallic needle being heated. This reflects the method of direct cauterization.

𠄎 is a bronze-vessel-inscription, probably representing present-day character “灸”. It gives the impression of mild moxibustion of several spots around one's thigh.

Fig. 9 shows the original words and their hieroglyphics of “尹”、“伊”、“殷”、“爨”、“灸”.

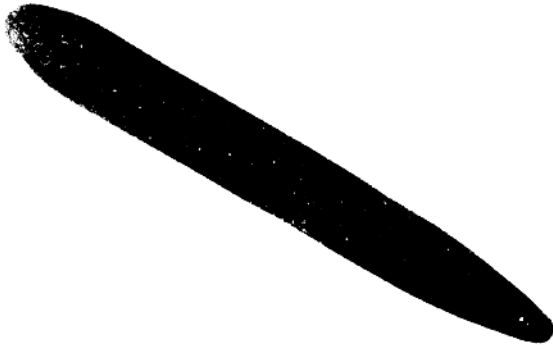


图 10



图 11

七、金属时代的砭石与青铜砭针

砭石固然是新石器时代的产物，但在整个铜器时代，直至铁器时代初期，依然被人们广泛地继续应用。图 10 是春秋(公元前 770~前 477 年)至战国(公元前 476~前 222 年)时期的一枚砭石。这枚砭石出土于河南省新郑县郑韩故城遗址。一端卵圆，可用以按摩，另一端呈三棱锥形，可用以放血，很象《黄帝内经》所说的圆针和锋针。

在铜器时代，人们也曾使用铜质医针。图 11 就是战国(公元前 476~前 222 年)至西汉(公元前 221~公元 24 年)时期我国匈奴族使用的一枚青铜砭针。这个时期，在我国汉族地区虽已进入铁器时代，但匈奴族则尚处于铜器时代。这枚青铜砭针是 1978 年在内蒙达拉特旗发现的，长 4.6 厘米，形状很象头道洼出土的砭石。

7. Bian-stone and bronze needles of the metallic age

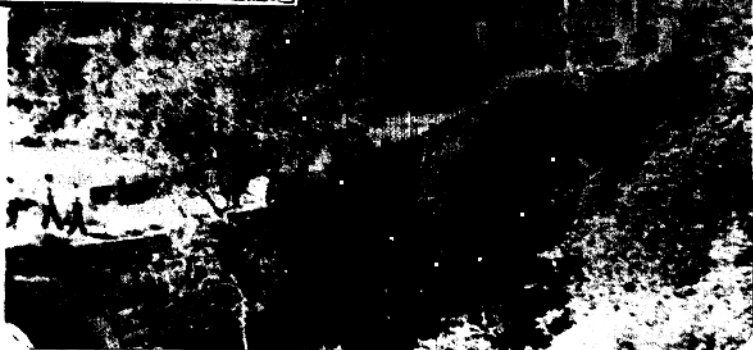
Although Bian-stone was a product of the Neolithic Age, it was still widely used throughout the Bronze Age until the early part of the Iron Age. Fig. 10 is a piece of Bian-stone produced somewhere between the Spring and Autumn Period (770 B. C. - 477 B. C.) and the Warring States (476 B. C. - 222 B. C.). This Bian-stone was unearthed from the ruins of the ancient city of Zhenghan situated in Xinzheng County, Henan Province. It was oval at one end to be used for massage and three-corner drill shaped at the other for bloodletting. It appears quite similar to the round needle and sharp needle mentioned in Huangdi NeiJing.

In the Bronze Age, people had used bronze needles. Fig. 11 is a bronze needle used by our ancient nationality Xiongnu somewhere between Warring States (476 B. C. - 222 B. C.) and the Western Han Dynasty (221 B. C. - 24 A. D.). During this period, while the regions inhabited by the Han nationality has entered its Iron Age, the Xiongnu nationality was still in its Bronze Age. This bronze needle was discovered at the Da la Te Banner, Inner Mongolia, in 1978. It measures 4.6 cm and appeared quite similar to the Bian-stone unearthed at Tou Dao Wa.

图 12



图 13



扁鵲倉公列傳第四十五 史記一百五
 扁鵲者勃海郡鄆人也姓秦氏名越人少時爲人立
 長舍客長桑君過扁鵲獨奇之常謹遇之長桑君亦
 知扁鵲非常人也出入十餘年乃呼扁鵲私坐問與
 語曰我有禁方年老欲傳與公公毋泄扁鵲曰敬諾
 乃出其懷中藥子扁鵲欲是以上池之水三十日當
 知物矣乃悉取其禁方書盡與扁鵲忽然不見殆非
 人也扁鵲以其言飲藥三十日視見也一方人以此
 視病盡見五藏脈絡特以診脈爲名目爲醫或在齊
 或在趙在趙者名扁鵲當晉昭公時請大夫強而公
 族戮趙簡子爲大夫專國軍簡子疾五日不知人大

史記一百五 扁鵲倉公列傳

八、战国初期的名医扁鹊

中国医学到了春秋时期(公元前 770~前 476 年),已经摆脱了巫的束缚,赢得了独立地位。迨至战国初期,即公元前 5 世纪,便出现了扁鹊这样杰出的医学家。扁鹊姓秦名越人,号为扁鹊。据《史记》等书记载,扁鹊是一位擅长诊脉、望色和各种医疗技术的通科医生。他曾抢救一位太子的尸厥(休克),用经络学说说明发病机理,并用砭法、针法、灸法进行急救,使太子复苏。然后再用汤液调理,使太子恢复健康。图 12 为清光绪二年(1876)武昌张氏刊本《史记·扁鹊仓公列传》;图 13 为河北省任丘县扁鹊庙遗址。

8. Bian Que, an eminent physician of the early period of Warring States

By the Spring and Autumn Period (770 B. C. to 476 B. C.) Chinese medicine had freed herself from the shackles of witchcraft and won independence. And, by the early part of the Warring States, that is 5th century B. C., eminent physician such as Bian Que appeared. Bian Que, whose surname was Qin and name Yueren, was his alternative name. According to "Historical Records" (Shi Ji) and other writings, Bian Que was a physician of many disciplines, especially versed in diagnosis by feeling the pulse, inspection of colours and various therapeutic technics. He has once treated a prince suffering from shock. He explained the mechanism of the condition with the channel theory and used the "Bian" needling and ironing therapies for resuscitation. And, when the prince and come round, he administered herbal preparations for recuperation until the prince's health was totally restored. Fig 12 shows the "Historical Records" printed by Zhang of Wuchang in the 2nd year of the reign of Emperor Guang Xu (1876) of the Qing Dynasty. Fig 13 is the relic of Bian Que's Temple situated at Renqiu County, Hebei Province.