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PAPERS PRESENTED AT THE
INTERNATIONAL SYMPOSIUM
ON DR. ZHANG ZHONGJING'S
ACADEMIC THOUGHTS

張仲景學術國際研討會論文集

前 言

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张仲景是中国东汉时期杰出医学家，被后人尊称医宗之圣。他的学术思想不仅对中国也对其他一些国家和地区的医学发展产生过重要的影响，迄今仍然为许多专家学者所推崇、所研究。

为了促进国际间的张仲景学术研究，经中华人民共和国国家中医药管理局和河南省人民政府商定，由中华全国中医学会主办，河南省南阳地、市人民政府承办的张仲景学术国际研讨会，于一九九一年四月十六日至四月十八日在张仲景故里河南省南阳市召开。这本论文集收录了 110 篇学术论文摘要，从不同方面反映了近年来张仲景学术研究成果。

日本国津村株式会社对本论文集的出版提供了赞助，谨致谢意。

在编辑这本论文集的过程中，得到了河南省南阳市张仲景医史文献馆、中国中医研究院中医杂志社、中国中医研究院中药研究所、中国中医研究院广安门医院、中国中医研究院针灸研究所、北京中医学院外语教研室等有关单位和人士的大力协助，在此一并表示衷心的感谢。

由于时间仓促，本论文集在内容和文字上一定会有许多不足之处，敬请指正。

张仲景学术国际研讨会
一九九一年四月十六日

PREFACE

Dr. Zhang Zhongjing was a famous Chinese medical scientist of the Eastern Han Dynasty (25–220 A.D.), venerated by the later generations as the Sage of Medicine. His academic thoughts exerted a great influence on the development of medicine both in China and other countries. Nowadays, his academic thoughts are still highly praised and studied by many experts and scholars.

In order to promote international research on Dr. Zhang Zhongjing's academic thoughts, approved by the State Administration of Traditional Chinese Medicine, people's Republic of China and Henan provincial government, sponsored by all-China association of Traditional Chinese Medicine, and undertaken by Nanyang prefectural government and Nanyang Municipal government of Henan province, the International Symposium on Dr. Zhang Zhongjing's Academic Thoughts Will be held from April 16 to April 18, 1991 in Dr. Zhang's hometown, Nanyang City of Henan province. This book, reflecting from various aspects the research achievements of Dr. Zhang Zhongjing's academic thoughts obtained in recent years, will include 110 abstracts of academic papers.

We are indebted to the Japanese TSUMURA & Co. for their financial support provided for the publication of this collection of academic papers.

We also express a sincere appreciation to the staff members of Zhang Zhongjing Medical History Literature Museum, Journal of Traditional Chinese Medicine of China Academy of Traditional Chinese Medicine, Institute of Chinese Materia Medica of China Academy of Traditional Chinese Medicine, Guang An Men Hospital of China Academy of Traditional Chinese Medicine, Institute of Acupuncture and Moxibustion of China Academy of Traditional Chinese Medicine, and Foreign Language Teaching Department of Beijing College of Traditional Chinese Medicine for their great help given during the whole process of compiling this collection of the academic papers.

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Dr. Zhang Zhongjing's
Academic Thoughts
April 16, 1991

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《伤寒论》——中医之魂

刘渡舟

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《伤寒论》为公元一九六年~二〇六年后汉人张机所著。

张机字仲景，南郡涅阳人，生卒年代约为公元一五〇~二一九年。他目睹当时疾疫广为流行，死亡惨重，激发他“感往昔之沦丧，伤横天之莫救”的悲奋心情和著书立说，救人济世的伟大志愿。

中医学自秦汉以来，不断地发展与完善，积累了丰富的医学文献。班固在《汉书·艺文志》总结出来《医经》与《经方》两大门类，可谓炳耀千古。

他说的《医经》类：有《黄帝内经》十八卷；《外经》三十七卷，以及扁鹊、白氏、旁篇等著作。这些书主要论述血脉、经络、脏腑阴阳表里和生理、病理的变化。还罗列了针砭、汤液等治病方法。所以，本书的内容与现在的中医学基础理论极相近似。

《经方》类：有《五脏六腑痹十二病方》、《风寒热十六病方》、《五脏六腑疝十六病方》、《五脏六腑疸十二病方》、《妇人婴儿十九卷》、《汤液经法三十二卷》等。

这些书除讲求病证外，还对草、石药物的性味、配伍、治疗进行了阐述，它为复方治病，用于临床奠定了基础。

张仲景继承了《医经》与《经方》的学术成就，推广了六经辨证临床价值，制定理法方药的治疗规律，并在继承的同时结合自己的经验和见解做到了发扬光大与推陈出新。

他将伤寒与杂病共论，汤液与针灸并行，这就打破了《热论》的六经只辨单一热病的局限。

张仲景的六经辨证实质，它以人体的脏腑经络、荣卫气血的生理、病理变化，作为辨证的客观依据；又以阴阳、表里、寒热、虚实的发病规律，作为辨证的纲要和指针。

所以，无论伤寒、杂病和互相夹杂的复杂问题，都能用六经辨证方法概括而无遗。

六经辨证的理论经仲景建立之后，中医才掌握这一武器而与西方医学相抗衡，并且出神入化立于不败之地。

更值得一提的是，《伤寒论》能为我们在千百种药物中，选择出最有效的药物和最适当的治疗剂量，组成具有最高疗效和惊人贡献的方剂。这在其它医学很难做得到的。

举例而言，桂枝汤方，仅为五味药构成，具有解肌驱风、调和营卫、调和脾胃、调和阴阳的独特作用。如果芍药的剂量，大于桂枝之上，则就不叫桂枝汤，而叫桂枝加芍药汤，则治腹满时痛；如果桂枝的用量，大于芍药之上，则就不叫桂枝汤，而叫桂枝加桂汤，则治“奔豚”气上冲胸之证。《伤寒论》所载方剂，无论药味和剂量能做到如此严格地步，所以才称它为经方。实际上它具有规范性、标准化、科学性和实践性等特点，并获得方书之祖的美称。

由此可见，辨证论治的开山是张仲景，采用六经辨证方法，以解决临床治疗问题。并且有论有方，有法有治，自成体系指导临床而效如桴鼓。

《伤寒论》在中医领域里的影响极为深远，如晋之王叔和，唐之孙思邈，金元时期之刘、李、朱、张，清之叶天士、吴鞠通等人，无不服膺仲景之学，而后方有所建树。

据初步统计，在中医学典籍中，惟《伤寒论》之注家为最多，见仁见智，蔚成洋洋大观，即丰富了仲景学说，又推动了中医学的不断发展。

中医之经典著作如《内经》、《难经》、《阴阳大论》等书，如果不精通《伤寒论》之学则难窥其项背。所以说《伤寒论》乃是中医学之魂，此亦事有必至，理有固然，事实如此，而何疑之有耶？

柴胡桂枝汤的运用

矢数圭堂

(日本)

柴胡桂枝汤记载于《伤寒论》、《金匱要略》。《伤寒论·太阳病下篇》中指出“伤寒六七日，发热，微恶寒，支节烦疼，微呕，心下支结，外证未去者，柴胡桂枝汤主之。”《发汗后病篇》中有“发汗多，亡阳谵语者，不可下。当与柴胡桂枝汤，调和营卫，以通津液，其后自愈”的条文，用于治疗急性热性病。此外，《金匱要略·腹满寒疝宿食脉证治附方》中有“治心腹卒中痛者”的记载，用于治疗杂病，主要论述了柴胡桂枝汤治疗杂病的运用体会。

我国对仲景方剂的实验研究进展

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仲景方剂的实验研究，是中国方剂研究中的重要组成部分，自1955年刘国声对葛根汤等进行抗菌试验以来，越来越受到我国医药科技工作者的重视。到1990年底，正式发表的仲景方剂的实验论文超200篇，其中近五年中即达100余篇。研究涉及的方剂60余首，其中伤寒论方42首，占全书113方的37%。研究主要为解表剂、和解剂、温里剂、清热剂和泻下剂。研究较多的是承气汤、桂枝汤、四逆汤、茵陈蒿汤、白虎汤、四逆散、葛根芩连汤、五苓散、小青龙汤、白头翁汤、吴茱萸汤及麻杏石甘汤。在研究思路、方法上的主要特点是：①以张仲景学说和中医基础理论作指导；②联系临床应用，阐明疗愈原理；③充分吸收现代科学的知识、方法和手段进行研究。

通过实验研究，有三方面的主要成就：

1. 阐明了仲景方剂的药效学作用原理。对64首仲景方剂的研究实践表明，《伤寒论》所示的方义，只要运用适当的方法，均能在实验治疗中得到进一步的肯定和印证，它们的作用原理可以得到现代科学的揭示，从而为临床应用提供更广阔的前景。如大承气汤等泻下剂，都有增强肠道蠕动，增加肠袢血流量。四逆汤等温里剂能改善血液供应，对抗休克等。

2. 证明了仲景遣药组方的科学性。通过对23个仲景方剂的拆方、加减、正交等方剂学研究，证明仲景制方，君臣有序，各司其职，各组成药味均有明确职责，相辅相成，共使全方产生更好的治疗效果，反映了仲景方剂组成原则和配伍法度的严谨性。如吴茱萸汤等，以全方作用最强，方中减去任一药味，均影响药效，方中各药味间，即有相须相使，也有相恶相杀。

3.揭示新用途，促进药学的发展。通过广泛深入的实验探讨，也发现了一些仲景方的新的实验药效。如生姜泻心汤等4首泻心汤，均有抗缺氧、抗血小板聚集作用；四逆散有强的抗休克作用，已用于流行性出血热，并从中进而发现升压的有效药物及其活性成分。桂枝汤等双相调节作用的发现，说明中医复方、多活性成分用药的优越性，对当前药学的发展和研究思路的开阔，均有所启迪。

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一千八百余年前中国南阳张仲景，上承内经：热论架构，著伤寒论，开创药疗系统；三十余年前加拿大韩思塞里不谋而合，倡兴应激（stress）学说，先圣后圣，其轨若一。今考此病传周期三论：热论以外在辨证，建立模式见胜；塞里以内在综合征，说理入微见胜；张氏繁衍麻黄、承气等汤为一百一十三方之药疗系统，不仅为历代中药之疗学规律；亦足弥补现代西方疗学之贫乏，虽旧犹新，高山仰止。兹谨集三论提纲汇为一表，以示其大略。

古今病传周期三论对照表

	1	2	3	4	5	6
内	巨阳经	阳明经	少阳经	太阴经	少阴经	厥阴经
经	头项腰脊痛	身热、鼻干、不得卧	胸骨痛、耳聋	腹满、嗌干	口热、舌干、渴	烦、满、囊缩
	热虽甚,不死,两感者,不免于死			营、卫不行,脏、腑不通,则死;其不两感者,病日已		
伤寒论	脉浮、头项强痛、而恶寒	胃家实	口苦、咽干、目眩	腹满、而吐、食不下、自利、益甚、时腹自痛	脉微细、但欲寐	气上撞心、心中疼热、饥而不欲食、食则吐
	麻黄汤主之	承气汤主之	柴胡汤主之	理中汤主之	附子汤主之	乌梅丸主之