

中國中醫骨傷科

百家方技精華

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内 容 提 要

中医骨伤科学源远流长,具有显著的中医特色和优势。
本书荟集当代中医骨伤科专家 100 人的方技精华,反映了中医骨伤科学的流派风貌和进展,书中收载的各家治伤方药和技能具有较高的学术价值、应用价值和推广价值。

本书可供中医骨伤科学临床,教学和研究人员,以及国内外中医爱好者阅读应用。

中国中医骨伤科百家方技精华

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博采众长，继承而
不泥古，创新而不离
宗。

陈敏章

九三年七月

《中國中醫骨傷科百家方技精華》
集百家之方技，揚中醫骨傷科之絕妙
它不僅為骨傷科患者造福，而必將
為推動我國中醫骨傷科學的發展進步
作出新貢獻。

胡 熙 明
一九九〇年二月

序

中华古国,历史悠久。位于世界东方的九州大地,从考古学的资料证实,上溯数百万年前,已有人类生活的足迹,而当炎黄祖始以圣哲者的智慧开创灿烂的华夏民族文化先河之时,中医学的起源和应用便与狩猎斗兽,渔捞涉水,架木巢居,乃至日趋增多的物质生产活动紧密相伴,不断发展。因之,骨伤科自然成为医学的先驱。战国末年的《吕氏春秋·古乐篇》载:“昔陶唐之始,阴多滞伏而湛积,水道壅塞,不行其源。民气郁阏而滞者,筋骨瑟缩不达,故作舞以宣导之”。阴康氏之舞,便是尔后中医骨伤科导引疗法的原始,随之导引形式纷呈多姿,但总以禽兽动作为模仿,熊经鸟伸、鳃浴猿躩,鸱视虎顾,实践这种导引疗法具有摇筋骨、动肢节、除疾患而强身的功效。殷商时代甲骨卜辞和器物铭文中已有疾手、疾肘、疾腰、疾足、疾止等 13 种伤病的记载,并已使用酒剂治伤。由于青铜器的广泛使用,骨伤科也开始用金属刀针。周代的《周礼》将医生分为食医、疾医、疡医、兽医四类,其中疡医掌治金疡、折疡,说明骨伤科及其诊治的伤损疾病早已为人们所公认。《内经》及其它经典著作的问世,中医学理论体系的建立,推动了中医骨伤科学术的发展。除了众多的中医药历代名著中收录了大量的伤损疾病防治经验和方药外,历代也相继出现了中医骨伤科的专著或专论,如:《刘涓子鬼遗方》、《诸病源候论》、《外台秘要》、《仙授理伤续断秘方》、《世医得效方》、《普济方》、《正体类要》、《证治准绳》、《伤科汇纂》、《救伤秘旨》、《伤科大成》等不胜枚举。而清代《医宗金鉴·正骨心法要旨》更是系统总结了前人的骨伤科经验,记载了有关解剖、外伤、内伤、器



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1954.6

具、手法、内治及外治方药等。该书对手法的论述尤为精辟,云:“既知其病情,复善用夫手法,然后治自多效。诚以手本血肉之体,其宛转运用之妙,可以一己之卷舒,高下疾徐,轻重开合,能达病者之气血凝滞,皮肉肿痛,筋骨挛折,与情志之苦欲也。”“是则手法者,诚正骨之首务哉!”至于药物治疗历来诸家十分重视,明代《正体类要》陆序中亦已明确指出:“肢体损于外,则气血伤于内,营卫有所不贯,脏腑由之不和”,应“求之脉理,审其虚实,以施补泻”。由此可见,中医骨伤科作为一门独立学科,不仅具有悠久的历史,而且有完整的学术理论和丰富的实践经验,充分体现了中医学的特色和优势。

1949年中华人民共和国成立之后,在中国共产党和人民政府的扶持下,中医骨伤科开始从近百年来衰亡的境地走向振兴,中西医结合的方针更推动了临床传统经验的整理和挖掘,促进了损伤诊治理论的现代研究。恍恍40年,虽只是短暂的一瞬,然而却是中医骨伤科从理论到实践创造最丰富的阶段,也是中医骨伤科名家辈出的时期。不少老一辈专家如北京杜自明、刘寿山,上海石筱山、石幼山、魏指薪、王子平,天津苏绍三,河南高云峰,广东何竹林、蔡荣,四川郑怀贤,山东梁铁民等,他们为我国现代中医骨伤科的创建与发展作出了重大贡献。现在全国28所中医学院均开设了骨伤科课程,有19所学院设置了骨伤科系,数十所中医骨伤科医院和研究机构相继成立,全国中医骨伤科队伍已扩大到近万人。1986年各地专家云集上海,成立了中华全国中医学会骨伤科学会,有力地推动了专业建设的进一步繁荣。

学科的发展不能离开理论的指导,学术的交流将有效地促进学科的发展。有鉴于此,我们通过学会的组织并在全中国同道的支持下,汇集了国内当代100位著名中医骨伤科专家的主要学术成就及防治骨伤疾病的验方和技法,编辑成册,名曰:《中国中

医骨伤科百家方技精华》，以期加强学术交流，并向海外介绍他们的学术特色专长。由于篇幅所限，时间仓促，未能汇编更多专家的资料，列入者亦仅择其精华而载。专家们在祖国各地推进骨伤科学术继承和发扬的奋争中，承先启后，探幽发微，精益求精，各树一帜，名噪遐迩。本书刊载内容，均为专家们自己或其学生整理撰写，几经推敲，真实可靠，深刻地展示了他们的学术思想、精湛技术、流派风采，也从一个角度反映了我国中医骨伤科的精髓。我们相信本书一定会成为海内外同道交流学术、增进友谊的桥梁。由于水平所限，本书存在的诸多不足，尚祈同道谅解。

我们谨以本书献给中医骨伤科国际学术讨论会(1990 深圳)。

中华全国中医学会骨伤科学会主任委员
施 杞

1990 年初夏于上海

PREFACE

China is an ancient country with long history and vast expanse of land. The historical facts verified by archaeology showed that several million years ago there were already traces of human life in China in the east of the world. Our forefathers, sages, oracles (Yan and Huang) ushered the brilliant civilization of the Chinese nation. With the development of human struggle for existence, hunting, fishing, wading, making wooden hideouts in the trees as well as other material productive activities, traditional Chinese medicine (TCM) came into existence, was popularized and extensively employed, and traumatology and orthopedy have become the forerunner of TCM. The chapter "Ancient Music" of Lu's Spring and Autumn Annals, written in the period of Warring States, tells that: "Early in the age of King Tang Yao, the climate was humid and cold, the rivers and lakes were almost choked with silt. lived in this circumstances, peoples was prone to suffer from stagnation of vital energy and blood, and had trouble to move their limbs, so they dance up and down to promote the circulation of vital energy and brace up the body." The dance initiated by Yin Kang is the origin of the Dao Yin (the ancient Chinese setting—up and therapeutic exercises for physical fitness and the treatment of diseases, including: move limbs and trunk, self—massage, deep—breathing, Qigong), which is applied subsequently in traumatology and orthopedy of TCM. Though the forms of Dao Yin are many and varied, yet its elementary movement is to imitate the actim of the ani-

mals such as waking bear, flying bird, jumping monkey, turning tiger and so on. The practice has shown that the Dao Yin therapy possesses the function to shake the bones and muscles, move the limbs, eliminate disorders and strengthen the body. As early as the times of Yin and Shang Dynasty, 3,500 years ago, there were 13 traumatic diseases such as lesions of hand, elbow, tibia, feet, etc. which recorded on the tortoise shells or animal bones of oracle inscriptions, or the epigraph of daily use. The wine as a medicine had been then used to treat traumatic diseases. By reason of the wide application of bronze-ware, metal lancet and needle had come into use in traumatology and orthopedy. In the book *Zhou Li* (Rites of Zhou) of the Warring States Period. Chinese medicine began to be divided into four specialities: the diet medicine, the disease medicine (internal medicine), the ulcers and boils (surgeon and dermatology) and the veterinary. The ulcers and boils department included swelling, oozing ulcers, inflammation of cuts and fractures which showed that department of traumatology and orthopedy was well known in ancient times. The appearance of Canon of Medicine and other medical classics, as well as the foundation of theoretical system of traditional Chinese medicine promote the academic development of traumatology and orthopedy. Apart from the great amount of experiences and prescriptions in treating and preventing wounds and fractures which recorded in famous historical book of TCM, there are monographs and special papers on traumatology and orthopedy of TCM such as Liu Juanzi's Remedies Left over by Ghosts, General Treatise on the Causes and Symptoms of Diseases, The Medical Secrets of an Official, Secret Recipes of Treating Wounds and Bone—Setting Taught by Celestials, Effective Formulas Handed Down of Generations, Prescriptions for Universal Relief, Classifica-

tion and Treatment of Traumatic Diseases, Standards of Diagnosis and Treatment, Compilation of Traumatology, Secret Principles for Treating Traumatic Diseases, and Compendium of Fractures and Wounds, and the like, too numerous to mention one by one. A passage in the Golden Mirror of Medicine of the book My Under-
standing on Manipulations of Bone Setting had systemically summarized the ancient experiences in treating traumatic diseases, there recorded materials of anatomy, traumatology, internal injury, instruments, manipulation, medicine for oral use, medicine for external application, and so forth. Pertaining to the manipulation there are many brilliant expositions, for example, "In order to get satisfactory effect, if it is important first to differentiate the patient's general condition and then regulate the manipulation which includes up or down, quick or slow, heavy or slight, open or close operations. A correct manipulation can activate the vital energy and blood, relieve swelling and pain, relax muscles and tendons, and alleviate mental depressions. So the prerequisite for bone-setting is proper and skilled manipulation." Great importance to medicinal therapy has been also attached by physicians of successive dynasties. The preface of Traumatic Classification and Treatment of Disease, written in the Ming Dynasty, had pointed out definitely that "external injury of the body may cause impairment of vital energy and blood internally, disharmony between Ying and Wei (essential substance and defensive energy), and dysfunction of the internal organs. So the treatment whether reinforcing or reducing is defined by the pulse condition and the deficiency or excess of the viscera." Traumatology and orthopedy of TCM which act as an independent subject have not only a long history, but also complete the academic theory and abundant clinical experience. All this

reflects the distinguishing features and the dominant position of traditional Chinese medicine. Since the founding of the People's Republic of China in 1949, under the support of Chinese Communist Party and the People's government, the traumatology and orthopedy of traditional Chinese medicine depart from the declining and falling circumstances during the last hundred years, and develop vigorously again. The policy of integrating of Chinese and Western medicine pushed forward the summation and exploitation of traditional clinical experiences and improved the modern research on the theory of diagnosis and treatment of traumatology and orthopedy. Forty years is transient as compared with thousand years of history of TCM, but it is a soaring and colourful period during which traumatology and orthopedy have been developed in theoretical study and clinical practice, and famous doctors have come forth in large numbers. Specialists in traumatology and orthopedy of the older generation such as Du Ziming and Liu Shoushan in Beijing, Shixiaoshan, Shi Youshan, Wei Zhixing and Wang Zhiping in Shanghai, Su Shaoshan in Tianjing, Gao Yunfeng in Henan province, He Zhilin and Cai Rong in Guangdong province, Zheng Huaixian in Sichuan Province, and Liang Tiemin in Shandong province, and so forth, have made important contribution to the foundation and development of this subject. Nowadays, courses of traumatology and orthopedy have been established in 19 colleges of TCM. Dozens of hospitals and research institutes of traumatology and orthopedy have been founded one after another. The number of traumatic and orthopedic workers has increased to nearly ten thousands. In 1968, specialists of traumatology and orthopedy throughout the country gathered in Shanghai and established the All China Association of Traumatology and Orthopedy

which promotes the further prosperity of the specialized construction. The development of traumatology and orthopedy can't break away from the theoretical guidance and the academic exchange. So we have compiled into a book the important academic essays, known as Chinese Essence of Prescriptions and Techniques on Traumatology and Orthopedy: Experiences of 100 famous Chinese traditional medical specialists, written by one hundred modern famous Chinese traumatologists as well as their proved recipes and techniques in preventing and healing traumas. As a result, it can strengthen academic exchange and recommend abroad the distinguishing features and speciality of the traumatologists in China. This task of compilation has been carried out under the organization of the association and with the support of our colleagues in the all country. Owing to limitation of space and pressing of time, we have not been able to collect abundant materials from many more specialists. What is embodied in this book only represents the essence in this study. The famous contemporary medical workers in different parts of our fatherland are striving to promote and inherit academic studies in traumatology and orthopedy, they inherit the past and usher in the future, probe into the details of the details of the masters, constantly improve their research, and establish different schools of thoughts which gain considerable fame far and near. The papers in the book are written truly and carefully by the specialist himself or systematized by their students. The present book shows their academic, thoughts, superb skill, as well as the types of their school of thought, reflecting from one angle the essence of Chinese traumatology and orthopedy. We sincerely hope that this book will serve, so to speak, as a bridge to exchange academic studies and strengthen friendship be-

tween the colleagues at home and abroad. Owing to the level of our learning, there may be deficiencies or shortcomings in this book. We hope that our colleagues will pardon us for any errors that may occur in this book. We dedicate this book to the International Symposium on Chinese Traumatology and Orthopedy (1990'Shenzheng).

by Shi Qi (chief physician) president of All China Association of Traumatology and Orthopedy of TCM early summer, 1990, Shanghai

序

中国は悠久な歴史で、世界の東方にある、考古学の資料から、数百万年もの前にのぼり、すでに人類生活の跡がある。そして炎黄始祖が聖哲者の智慧にて燦爛な民族文化を開化した時、中医学の起源と応用は狩猟闘獣、漁撈渉獵、架木巢居及び日日増多する物質生産活動に相まつて発展して来た、故に骨傷科は自然に医学のさきがけとなつた。戦国時代の末期《吕氏春秋・古楽編》に“昔陶唐の始め頃、陰多く滯伏して積りたたえ、水道壅塞し、その源を行かず、民は気うつにしてつかえる、筋骨は緊縮して不快になり、故に舞を作り以て導びく”と記載した。その中の陰康氏の舞は、後の中医骨傷科導引療法の原始である。導引は方法によって多種多様であるが、すべて禽獣の動作を模倣している、熊經鳥伸、鳧浴猿躩、鵬視虎顧など導引療法は、実践により、筋骨を揺がし、関節を動かして、疾患を除去する、強身の効果がある。殷商時代甲骨卜辞と器物銘文の中に、すでに疾手、疾肘、疾足、疾上など13種類の傷病の記載がある、しかも酒剤を治療に使用している。周代の《周礼》には医者を食医、疾医、傷医、獣医の四種類に分けた。その中の傷医は、金瘍、折瘍の治療をつかさどる、これまさに骨傷科及び其の治療の傷損疾病は昔から認められている。《内経》及び其の他經典著作の刊行、中医学の理論体系の建立は中医骨傷科学術の発展を促した。数多くの中医歴代名著の中に多量の傷損疾病に関する予防と治療の成

績及び方薬を収録している。そのほか、中医骨傷科の専著専門もつぎつぎと出現した、たとえば《刘涓子鬼遗方》、《諸病源候論》、《外台秘要》、《仙授理傷統断秘方》、《世医得効方》、《普济方》、《正体類要》、《証治准绳》、《傷科匯纂》、《救傷秘旨》、《傷科大成》など、枚挙にいとまがない。そして、清代の《医宗金鑑・正骨心法要旨》は更に系統的に先人の骨傷科経験をまとめ、解剖、外傷、器具、手法、内治及び外治、方薬などについて記載した、その本の手法に対する論述はもっとも精華で、“その病情を知るのみならず、その上に手法をうまく使用する必要もある。それなら治療すると効が大きい。まことに手は本来血肉である、其の宛転運用の奇妙は得手勝手に、上下疾徐、軽重開閉によって、病者の気血凝滞、皮肉腫脹、疼痛、筋肉けいれん骨折及び情緒の苦しみを治療することが出来る”。“だからこそ、その手法とは実に正骨の首務であろう”。薬物治療については、従来諸家が十分に重視している、明代《正体類要》陸序の中に、すでにあきらかに二肢体は外に損じれば、気血は必ず内に損じている、営衛循環障害のため臓腑不和なりだから“よく切脈し、其の虚実を審して、補、泻を以て施すべし”，これからもわかるように、中医骨傷科は医学の独立学科の一つとして、悠久な歴史を有するばかりでなく、しか系統的な学術理論と豊富な実践経験があり、充分に中医学の特色と優勢を説明する。

1949年中華人民共和国成立後、中国共産党と人民政府の扶助のもとで、中医骨傷科は百年ばかりもの衰亡の境地から振興の途へ発足した、中西医結合の方針は更に臨床伝統経験の整理と発掘をおしすすめ、損傷に関する診断と治療の理論の現代研究を促がした。40年がほんの一瞬にすぎないが、この時期は中医骨傷科の理論から実践への創造がもつとも豊

富な段階であり、又中医骨傷科名家輩出の時期である、少なからぬ老一輩専門家、北京の杜自明、刘寿山、上海の石筱山、石幼山、魏指新、王子平、天津の苏紹三、河南の高雲峰、広東の何竹林、蔡榮、四川の郑懷賢、山東の梁鉄民等、彼等はわが国現代中医骨傷科の創建および発展に重大な貢献をつくして来た。現在、全国28所の中医学院に全部骨傷科課程を設けてある、19所学院に骨傷科学部を設置してある、数十カ所の中医骨傷科医院と研究施設がつぎつぎに成立した、全国中医骨傷科組織は今万人程に拡大している。1986年各地の専門家が上海に集まり、中華全国骨傷科学会を成立して、更に專業の繁栄をおし進んだ。

学科の發展は理論の指導からはなれることが出来ない、學術の交流は有効に学科の發展を促進する、このようにわれわれは学会の組織によつて、全国同士の支持のもとで、国内当代百名著名な中医骨傷科專家の主要な學術成果および骨傷疾病に関する予防と治療の驗方と技芸を集めて、編集成書し、《中国中医骨傷科百家方技精華》とした、學術交流を深めることを期望致します、又海外に彼等の學術特色、專長をご紹介致します。紙面や時間の都合により、多くの専門家の資料は割愛せざるを得なかった、列入者もまた其の精華のみをぬき取つて載った。専門家達は全国各地にて骨傷科学術を推進し、繼承と發揚奮励の中で、先をうけづき、後をみちびいて、奥深く探して、微を發する、精ますます精を求めて、おのおのにしきを立し、うわさはいたるところにひびいている。本書に載っているの内容はみな専門家自身又は其の学生が整理撰文し、くりかえし推敲したので、真実でたよれる。深刻にかれらの學術思想、精湛な技術や流源の風采を展示している、おが国の中医骨傷科の精髓を反映している。本書がきっと海

内外同士学术交流，友誼増進のかけ橋に役立つと考えます，レベルの関係で本書のとどかないところは皆様のご諒解を願います。

謹んで，本書を中医骨傷科国際學術討論会に奉献致します（1990．深圳にて）。

中華全国中医骨傷科学会会長 施杞

1990年初夏上海にて