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中国肾病学家

张大宁

中福编

中国医药科技出版社

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内 容 提 要

本书系编者将近年来国内外重要刊物上，介绍中国著名肾病学家张大宁教授的文章，选摘汇编而成。

全书共分 29 篇，既包括一些长篇报告文学，也汇编了一些有关的新闻报道等，同时还设《张大宁治学做人篇》，选编了张大宁日常教育子女、学生的一些言谈语录，从一个侧面看到了他治学的严谨和做人的准则。文章最后，选编了几篇张大宁教授的研究论文。

本书内容丰富，资料详实，适合广大从事医学工作的人员，以及广大青年科技工作者参考阅读，必会从中有所启迪。

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编者的话

张大宁，中国著名的肾病学、中医学、中医肾病学的奠基人。出身于五代中医世家，又毕业于中医高等学府，家学渊源，钻研刻苦，治学严谨，功底深厚。既有很扎实的理论功底，又有很丰富的临床经验。他有这样的名言：“医学属于自然科学中应用科学的范畴，但在诸多的应用科学中，具有更鲜明的实践性与经验性。世界上是先有的病人，后有的医生，从这个角度上讲，脱离了病人，医生就失去了存在的价值。”“从个体上、现象上说，似乎病人在求医生；但从整体上、实质上讲，应当是医生求病人。医生是为病人而存生，脱离了病人，医生就失去了存在的价值。不认识这点的医生，永远不会是个优秀的医生。”“从某种意义上讲，一个医生，应当首先是一个学者。”他是这样说的，也正是这样做的。每年不但要接待来自全国各地及海外的数以万计的肾病患者，而且还要经常奔波于港、澳、台地区和东南亚各国之间，为名家要人诊病会诊，广受赞誉。对于病人，无论职务高低，一视同仁，认真细致，精心周到，绝不草率。多年来，他的研究成果累累，著述甚丰。他曾这样总结成功之路：八分的临床经验，加上一分的学习和一分的灵感。

编者在日常的生活与工作中，曾经接触过不少名人名家。深思、比较之后，深感在张大宁身上，有着同某些名人不同的地方：一是在功成名就之后，还在专业上不断努力、不断进取；二是在功成名就之后，还把自己当作普通百姓、毫无架子。也许这两点正是他不断取得新成绩、不断攀登新高峰的原因和基础。“永远从零开始”——这句张大宁教授经常讲的话，不正是编者 and 某些功成名就的名家名人，所需要常常思考和学习的吗！

对于张大宁这样一位国内外驰名的专家，我们早就想写本小

传，但每当争求他的意见时，他总是说：“岁数还年轻，成绩还不够，以后再说吧，”无奈，我们只好将近年来一些报刊上介绍张大宁教授的文章，选择一些，配上些照片，出版一本集子，以使广大海内外读者对他有个梗概的了解，以管窥豹，只见一斑。如果读者能从这些支言片语的介绍中，有所裨益，也正是编者的一点期望吧。

此外，在本书最后，我们还选编了张大宁一些治学做人的日常语录，及几篇科研论文，由此可以使读者对他有更多方位的了解与认识。

谢谢翻开本书的每一位读者。

中福

2002年6月16日

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张大宁教授小传



张大宁，1944年农历9月11日出生于天津，1966年毕业于天津中医学院，主任医师、内科教授、中医肾病学国家授衔专家、享受国务院特殊专家津贴，1999年被中央授予优秀中央保健医生。现任天津市中医药研究院院长、兼任其附属的天津市中医医院院长、肾病科主任。另兼任南开大学医学院（七年制）教授、天津医科大学教授、天津中医学院教授。

又任：国际中医肾病学术会议主席、中国中医药研究促进会会长、肾病学会主任委员、中国张大宁传统医学基金会主席、香港中医肾病专科医院院长、澳门中医医疗中心院长、澳门中医药联合会会长、《澳门中医药杂志》总编、台湾大宁中医肾病医疗中心名誉院长。

另任：全国政协常委、中国农工民主党中央副主席、中国和平统一促进会常务理事。

张大宁出身于传统中医世家，父亲张阳，天津市著名中医，理论功底深厚，临床经验丰富，是一位地地道道的学者型中医临床大家，为发扬国粹贡献了终生。张大宁毕业后，长期从事肾病的医疗、科研和教学工作，学风正统、治学严谨，在中医理论和实践上均有精湛的造诣。在“中医肾病学”这门新兴学科的奠基和开拓上做出了重大的贡献，被誉为中医肾病学的奠基人。八十年代末，出版了我国第一部中医肾病学专著《实用中医肾病学》和《中医肾病学大辞典》。他提出的“心——肾轴心系统学说”

和“肾虚血瘀论与补肾活血法”等理论，已被中西医学界所公认。尤其是张大宁在七十年代首先提出的理论“补肾活血法”，通过二十多年来中西医不同学科的共同研究，目前，已在一百多种病症中得到广泛的应用，不但大大地提高了临床疗效，而且还有力地推动了基础医学的发展，被国内外学术界认为是一种很有前途的治疗大法。

张大宁在继承中医学传统理论的基础上，结合祖传经验，参考现代医学理论，通过大量的临床实践和反复实验，创造了自己独树一帜的学术思想和治疗各种肾病的独特方剂和药物，使肾病的治疗水平在国内外同行中处于遥遥领先的地位。其中，急、慢性肾炎，肾病综合征，急、慢性肾盂肾炎，慢性肾衰以及性功能低下等难治病症的疗效，均超过 80%。此外，还首次在国内外学术界提出“非特异性治疗大法”的新理念，获得中西医学界的一致好评。高水平的疗效，使张大宁教授每年要接待全国各地及世界各国数以万计的肾病患者，被海内外誉为“肾病克星”。他所研制的“肾衰系列方治疗慢性肾功能衰竭的临床观察与实验研究”、“肾衰灌肠液治疗 CRF 操作方法的研究”、“肾灵散液治疗男子性功能障碍的临床观察与实验研究”，以及“大宁滋补强身胶囊”、“尿路清”、“肾康”、“肾衰排毒散”、“世纪星”、“保肾降脂胶囊”、“励宁片”、“八卦神丹”、“虫草育坤丹”、“消渴保肾片”、“护肾宝”、“大宁系列神茶”、“补肾扶正胶囊”、“活血化瘀胶囊”、“肾衰灌肠液”等学术研究成果，先后荣获国家中医药科技成果奖、美国匹斯堡发明金奖、布鲁塞尔国际发明金奖、神农杯奖等多项奖励。

张大宁教授功底深厚、著述颇丰。先后编著《实用中医肾病学》、《中医肾病学大辞典》、《中医补肾活血法研究》、《张大宁医学论文集》、《中医基础学》、《老年保健学》、《常用中成药》等十余部学术专著，并在国内外著名学术刊物上发表有关学术论文

60余篇。作为大会主席他先后主持召开了全国尿毒症专题学术研讨会，首届、第二届国际中医肾病学术会议，首届海峡两岸中医肾病医疗与保健学术研讨会等学术会议，均取得圆满成功。此外，还多次应邀到美国、日本、德国、英国、韩国、澳大利亚、印尼、泰国等国家讲学、会诊，并为一些国家领导诊病，广受赞誉，深受欢迎。

1987年，张大宁在各级领导的支持下，经过多次认真考察和论证，建立了澳门最大的中医医疗机构——澳门中医医疗中心，除了派出学生驻诊外，还亲自定期赴澳应诊，接待来自港、澳、台及东南亚、日本、韩国等地的大量肾病患者，影响深远，颇受欢迎。尤其是台湾澳门直航之后，极大地方便了台湾患者，纷纷组团就诊，受到广大台湾患者的好评，使其成为祖国大陆在港澳台地区及东南亚的重要窗口。

1990年8月，隔绝了四十年的海峡两岸开始了第一次解冻，张大宁教授作为首位大陆杰出学者应邀赴台讲学，在宝岛台湾引起轰动。台湾两千万同胞第一次见到了祖国大陆专家学者的风采。张大宁教授以其至高水平的学术、高风亮节的品格、儒雅翩翩的风度，赢得了宝岛上下学术界和广大同胞的一致赞扬，被称为“吹遍宝岛的一阵旋风”，受到中央领导的好评。这以后，他又多次赴台讲学、会诊，并在台北建立了“台湾大宁中医肾病医疗中心”，定期赴台会诊，深受欢迎。

张大宁教授有一段名言：“医学属于自然科学中应用科学的范畴，但在诸多的应用科学中，它具有更鲜明的实践性与经验性。实践与经验对一个医生、一门学科，乃至整个医学的发展都是至关重要的”；“从个体上、现象上讲，是病人求医生；但从整体上、内涵上讲，是医生求病人。世界上是先有的病人，后有的医生。从这点意义上讲，脱离了病人，医生就失去了存在的价值”，张大宁正是在几十年的工作中实践着这段格言。多年来，

他几乎每天不脱离病人，尤其是每周几次的门诊日，有时一天连续工作近 20 小时，诊病 160 多人。不但从不叫苦，而且直到最后一个病人，都做到认真负责，没有一丝松懈和粗心。他经常说“病人是我们医生水平提高的基础”，并用唐代著名医学家孙思邈在《千金要方·大医精诚论》中的一段话来勉励自己和教育学生：“凡大医治病，必先安神定志，无欲无求，先发大慈恻隐之心，誓愿普救含灵之苦，若有疾厄求救者，无问其富贵贫贱，长幼妍媸，怨亲善友，华夷愚智，普同一等，皆如至亲之想。亦不得瞻前顾后，自虑吉凶，护惜身命”，张大宁教授的高尚医德，赢得各种患者的一致赞扬。

为了弘扬祖国传统医学，发展中医肾病研究事业，1993 年，张大宁教授把海外捐赠给他本人的百万余元人民币建立了“中国张大宁传统医学基金会”。在当今市场经济的社会，做为一名政府医院的工薪人员，不能不说是一种高品德与奉献。所以在基金会成立仪式上，中央领导不但亲临大会，而且对张大宁教授给予了高度的评价。

在做人上，张大宁深得儒家真传，他从父亲、母亲身上学到“严以待己，宽以待人”的忠厚品格，对待亲友，有忙必帮，毫无私心。妻子张立娜相夫教子，给予他最大的支持。儿子勉之不仅“孝悌”为先，而且勤奋进取，事业初有成效，医科大学毕业后，连续考取硕士、博士，在全面继承父业的征途中已扎实地迈进了第一步。

张大宁教授的学术水平、专业道德，以及对国家、对人民的重大贡献，受到中央及各级领导的高度重视与赞誉，他受到多种奖励。多次被评为有突出贡献的专家、优秀中央保健医生、先进科技工作者、劳动模范、医学标兵等，并作为国家重点学科予以支持和建设。此外，还先后被世界权威性的英国剑桥大学世界名人传记中心和美国世界名人传记中心选入《世界名人录》。尤其

是1998年8月，经中国科学院与有关方面提名，经国际天文联合会批准，国际天文联合会把中国科学院新发现的8311号小行星，命名为“张大宁星”，这是世界上第一颗以医学家名字命名的小行星，这是国家乃至国际社会对张大宁教授的一种承认，也是中国医药学、中国人民和中国政府的光荣。为此，世界吉尼斯总部将其列入世界吉尼斯大全。天津市也为此制作了“张大宁星标志雕塑”，陈列于天津科技馆内，并介绍张大宁教授在科学上的重要贡献，中国泌尿科权威、全国人大副委员长吴阶平为雕塑题词。同时，集邮公司还于1999年8月8日特别发行了印有张大宁教授左手指纹的“张大宁星”首日封，这也是世界上首枚印有主题人物指纹的首日封，以资纪念这一盛事。

张大宁教授常说：“事业的起点要在继承的基础上，但思想意识的起点要永远从零开始。”现在，他正在不断探索学术的同时，力争尽快建立一个以肾病为中心，集医疗、保健、康复、教学、科研、生产等为一体的大规模综合中心，立足中国，面向世界，为中医肾病学事业的发展、为世界医学的进步作出自己的贡献。

Biography of Zhang Daning

Zhang Daning was born in Tianjin on September 11, in 1994, and graduated from Tianjin College of Traditional Chinese Medicine in 1996. He is now a chief physician and the professor of internal medicine, the expert of Traditional Chinese medicine on nephrology awarded by the state, and one of the experts who enjoyed the special allowance offered by the State Council. He is the excellent central health doctor which was awarded by the central government in 1999. Mr. Zhang Daning is now the president of Tianjin Academy of Traditional Chinese Medicine and the director of nephropathy department in Tianjin Hospital of Traditional Chinese Medicine, and also, he is the professor of The Medical Institute of Nankai University (seven year system), Tianjin Medical University, and Tianjin College of Traditional Chinese Medicine.

In addition, Prof. Zhang is the chairman of The International Nephritic Academic Meeting of Traditional Chinese Medicine, the chairman of The Chinese Promoting Association Traditional Chinese Medical Research, the chief member of The Association of Nephropathy, the chairman of the Chinese Foundation of Zhang Daning on Traditional Chinese Medicine, the president of Hongkong Nephropathy Special Hospital on Traditional Chinese Medicine, the president of Hongkong Nephropathy Special Hospital on Traditional Chinese Medicine, the president of Macao Traditional Chinese Medical Treatment Center, the chairman the of The Macao Traditional Chinese Medical Federation, the chief editor of 《The Magazine of Macao Traditional Chinese Medicine》, and the honorary

president of Taiwan Daning Nephropathy Treatment Center on Traditional Chinese Medicine.

Furthermore, Prof. Zhang is a member of the standing committee of The Chinese People's Political Consultative Conference, the deputy chairman of The Farm - industry Democratic Party, and the standing member of The Chinese Promoting Society of Peaceful Unification.

Prof. Zhang Daning comes from a family of traditional Chinese medicine of generations. His father Zhang Yang was a famous doctor of traditional Chinese medicine, a scholarly clinical doctor with profound theoretical foundation and rich clinical experiences. He dedicated all his life to the development of the quintessence of Chinese culture. Even from his childhood, Mr. Zhang Daning grew up under the nurture of the traditional culture. Since graduating from the college, Zhang Daning has engaged himself in treatment, research and teaching of nephrology, he achieved exquisite attainment in both theory and practice, and characterized by orthodox style and rigorous scholarship. He has made significant contribution to the foundation and development of the "the traditional Chinese medical science on nephropathy" — a new disciplinary area. He is reputed as the founder of the traditional Chinese medical science on nephrology. At the end of the 1980's, Prof. Zhang published the first monograph of nephropathy on traditional Chinese medicine in our country: "Practical Traditional Chinese Medical Science on nephropathy" and "Dictionary of Traditional Chinese Medical Science on nephropathy". He has brought forward the theory of "heart-Kidney axial system" and "the theory of blood stasis arising from kidney vacuity and the treatment method of enriching the kidney and invigorate the circulation of blood" etc. Which have been generally recognized by the experts in the academic circles of Chinese and Western medicine. Particular "the treatment method

of enriching the kidney and invigorate the circulation of blood” is now widely used to cure more than 100 symptoms after researched by Chinese and Western subiects for more than 20 years. It not only increased the clinical curative effect, but also strongly promented the development of fundamental medical science. It is regarded as a promising curative method within both domestic and abroad academic circles.

On the basis of carrying forward the traditional theory of Chinese medicine and in combination with the experiences handed down from his forefathers as well as in reference to modern medical theories. Mr. Zhang Daning has created the thought of the academic school of his own and the unique prescription and medicine to cure various kidney disease through large amount of clinical practice and repeated experiments. This raises the nephritic treatment to a level high above that ever attained by the colleagues of the same occupation both at home and from abroad. The curative effect of the diseases of acute and chronic nephrities, nephritic syndrome, acute and chronic pyelonephritis, chronic renal failure, and low sexual function all exceeds 80%. The high level curative effect makes Prof. Zhang Daning have to receive as many as over 100000 nephritic patients from all China and other countries each year. Prof. Zhang is therefore reputed at home and abroad as conqueror of nephrities. The prescription series for curing chronic renal failure and their clinical observation and experimental research”, the research on the “enemas for curing chronic renal failure and the CRF operation method” and the medicines “Renal Restoration”, “powder preparation for toxin removal in renal failure”, “Li Ning tablet preparation”, “Eight-Diagram Spirit Cinna-bar”, “Kidney Protector”, “Daning Series of Spirit Tea”, “Cachet of Supplementing Kindney and Supporting Right”, “Blood Quickening and Stasis Transformating Cachet” and “Renal Failure Enemas” are all Prof.

Zhang's research results. He was therefore awarded several rewards including the state level prize for scientific and technological research result in traditional Chinese medicine, the US Pittsburgh gold prize, and the Brussels international invention gold prize. With profound attainment, Prof. Zhang Daning has published a dozen of monographs one after another, including "Practical Traditional Chinese Medical Science in Nephrology", "Dictionary of Traditional Chinese Medical science in Nephrology", "Research on the Method of Kidney Supplementation and Blood Quickening", "Collection of Zhang Daning Medical Papers", "Fundamentals of Traditional Chinese Medical Science", "Science of Gerocomia", and "Commonly Used Ready Prepared Chinese Medicine", in addition to more than 60 papers that he has published in famous Chinese and foreign academic periodicals. He has chaired several symposiums including the National Symposium on Uraemia, the First and Second International Symposiums on Traditional Chinese Medical Science in Nephrology, and the First Workshop between the Two Sides of Taiwan Strait on Chinese Medical Treatment of Nephrities and Health Care, all of which have made a satisfactory success. Furthermore, he has been invited for many times to visit the United States, Japan, Germany, the United Kingdom, Korea, Indonesia, and Thailand for lectures, group consultation, or diagnosis of the diseases of some state leaders. He is broadly praised and welcomed.

In 1987 Zhang Daning established the biggest organ in Macao Macao Center for Traditionas Chinese Medical Care, with the support of authorities of all levels and through conscientious investigation and argumentation. Aside from sending his students to station there for diagnosis, Prof. Zhang personally goes monthly to Macao for diagnosis, where he has received a great number of nephritic patients from Hong Kong, Macao and Taiwan, as well as from Southeast Asia, Japan and Korea, extending far

reaching influence and meeting with warm welcome. Especially the opening of direct air traffic between Taiwan and Macao provides convenience for Taiwanese to come in groups for seeking medical advice, which is highly praised among broad Taiwan patients. The Macao Center has become an important window of Mainland China to Hong Kong, Macao and Taiwan and Southeast Asia.

When the relations between the two sides of the Taiwan Strait began thawing after they had been isolated for 40 years, Zhang Daning was invited as the first outstanding Mainland scholars to visit Taiwan for 1 – ec-tures in August 1990. His lectures made a stir among the audience in the precious island Taiwan. It was the first time that the 20 million Taiwan compatriots saw the elegant demeanor of the Mainland expert. Zhang Dan-ing met with unanimous praise from the broad compatriots and academic circles of all levels in Taiwan by his high academic level, noble character, and learned and refined demeanor. His visit was called “a whirl wind blowing throrgh hout the precious island”, to which favorable comment was given from leaders of the central government. Thereafter, he has visited Tai wan for many times for lectures or group consultations. He has established the “Taiwan Daning Center for Chinese Medical Treatment of Nephrities”, and he now periodically goes there for diagnosis and is warmly welcomed.

Prof. Zhang has some famous remarks: “Medical science belongs to the realm of applied sciences of natural sciences but is of more distinctive nature of practice and experience among a host of applied sciences. Prac-tice and experience are crucial to the development of a doctor, a disci-pline and even the whole medical science.” “In terms of individuals and phenomenon, it is the patient who seeks help from the doctor; however, in terms of the overall situation and connotation, it is the doctor who