

Heirlooms of Chinese Secret Health-Preserving Skills

中国传世养生绝技丛书

PengZu Health Preservation Exercise

# 彭祖健身术

【主编 郇建卫 张天虹 / 主审 范昕建】

四川出版集团 · 四川科学技术出版社



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# 序

在漫长的人类发展历史中,健康与长寿一直是人们向往和追求的美好愿望,因而养生文化不断丰富和发展,遍布世界。相对于世界其他地区的养生文化而言,中国的养生理论与实践以古代哲学和中医基本理论为底蕴,显得尤为博大精深。它汇集了我国历代劳动人民防病健身的众多方法,揉合了儒、道、佛及诸子百家的思想精华,在预防与医治疾病、强身健体与延年益寿等方面积累了宝贵经验,总结出一整套养生保健的理论和方法,形成了具有鲜明民族特色的祖国医药学和中华养生保健学,堪称富有勃勃生机和浓厚东方神秘色彩的智慧结晶。

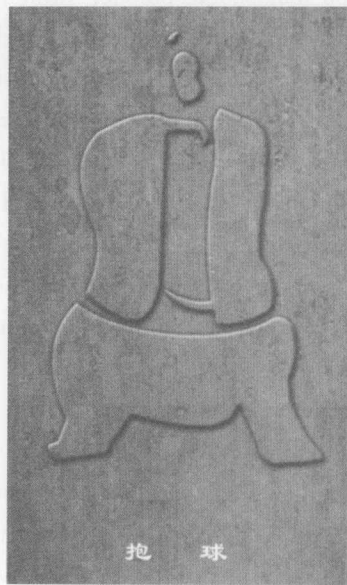
传统运动养生的方式既不受时间、场地、环境的困扰,又不增加练习者的经济负担,历来备受民众的欢迎。古代圣



金鸡独立

贤先哲,如黄帝、岐伯、老聃、孔丘、庄周、华佗、葛洪、孙思邈等,不但丰富发展了养生保健运动的理论,而且身体力行,率先垂范。他们的大力推动,广大民众的积极发展,促进了形式多样、风格各异的中国传统养生运动的发展。从呼吸吐纳、引导,到太极拳、五禽戏、八段锦、易筋经,从屋前草地,到大学课堂,传统养生运动风风雨雨延绵至今,得到了广泛的传播和普及。

本书作者从事多年传统养生运动,整理归纳了我国多种传统运动养生功法,编写出本套系列丛书,旨在探索中国传统养生运动神秘的东方智慧之所在,弘扬传统文化,更重要的是使其独到的健身理论为更多的人受益。



抱球

陈忠元

2009年7月

# Foreword

In the long history of human development, health and longevity have always been the long-cherished aspiration that people pursue, which has driven the ceaseless development of health culture all over the world. In comparison with different schools of health preservation culture in other regions of the world, the Chinese theory and practice, implied in the ancient philosophy and the basic theory of traditional Chinese medicine, is much more extensive and profound. The system of health care of Chinese people is a collection of various methods to ward off diseases and to keep fit inherited from generation to generation, which is also an integration of the essential thoughts of different philosophical schools, including Confucianism, Taoism, Buddhism, etc. As it develops, more and more valuable experience has been accumulated, especially in aspects of the prevention and treatment of diseases, strengthening the body and prolonging life span. All experiences have been summarized into a systematic set of theory and practice, which later evolves into the science of traditional Chinese medicine and the study of Chinese health preservation. For all its unique and distinctive Chinese features, its vitality and the special oriental mysteriousness it demonstrates, it is honored as the essential concentration of Chinese wisdom.

Traditional Chinese health preservation methods enjoy great popularity among the people because there are no specific requirements of time, place, and environment for practicing, nor does it demand much economic investment. The ancient masters and philosophers, such as the Yellow Emperor, Qi Bo, Lao-tzu, Confucius, Chuang-tzu, Hua Tuo, Ge Hong, Sun Simiao, etc. had made great contributions to further develop the theory of Chinese health preservation, and, by their own practicing, set good examples to later generations. With their promotion and the participation of the common people, there comes the emergence of a variety of health-care methods with different forms and styles. Evolving from the very first simple movements of exhalation and inhalation, DaoYinShu to the systematic TaiJiQuan, WuQinXi, YiJinJing and BaDuanJin, Chinese health preservation methods has gone through thousands of years with twists and turns. Nowadays, these methods are widely spread, being practiced by either the ordinary people in their own yards or by college students, making it the most widely accepted way to preserve health.

The author, having rich experience in the practice of all these methods for years, sorts out and sums up all these traditional exercises and hereby compiles this series of books. This series aims to explore the mysterious oriental wisdom manifested by the traditional exercises and to promote traditional Chinese culture. Ultimately, it is to serve the well-being of people all over the world by sharing the unique and sound health preservation effect of traditional exercises with them.

Zhang Zhongyuan

July, 2009



# 前言

彭祖，姓篯名铿，古代养生家，中华养生始祖，是导引术、调摄、膳食、房中术四大长寿养生术的创始人，因其长寿与兼行导引而称著。据说是帝颡顼之孙，曾受尧封于彭城。因享高寿七百多岁，其道堪祖，故后世尊称为“彭祖”。

民间关于彭祖近乎仙人的传说层出不穷，如有传说彭祖是天宫玉皇大帝身边管着功德簿到凡间游玩的仙人；亦有彭祖取妻过百，生子无数，妻与子都一一衰老死亡，而彭祖依然年轻力壮，行动洒脱的传说。不论传说真假，据史料记载，确有彭祖其人，是因为他对养生学的巨大贡献，而被后人称道传颂。彭祖养生术，内容丰富，流传久远，有些方法，今天仍有现实的意义。他不仅创造了一些功法，而且从生命哲学的意义上来讲养生。彭祖养生术可分为导引术、服气术、烹调术等，而其中最根本的就是导引术，影响尤为深远。原始人有一种万物有灵观倾向，认为万事万物中都有一种灵气，人也是由气育化而生，故人有吐故纳新的气息。天地应阴阳而生，有阴则有阳，阴阳协调，万物顺畅。而彭祖早就对天然太极地有深刻的认识，早就体会到在阴阳二气交汇旋转的中心处是一个强气场，正是这个强气场使他悟出了天地阴阳之气与人体阴阳之气和谐一致方能健康长寿的道理。彭祖的导引行气方法，即长寿气功，就是这样产生出来的。

此书的编委会曾多次前往天然太极地仙女山，对其地理、气候、自然环境等进行全方位考察，并结合史载的彭祖长寿功法和一些前辈专家学者总结的彭祖健身术，系统整理和集中推出了一套不是单一锻炼肢体，而是全方位协调配合，既包括局部的意、气、神练习，又包括局部的伤病治疗的完整的彭祖健身术。编者详尽地描述了此套彭祖健身术的功法特点以及整套套路练习方法，并配以精美详细的插图，便于读者学习和掌握。

本书编委会

2009年7月

# Introduction

Peng Zu, originally named Keng Jian, was the ancient specialist of health-preservation, the ancestor of Chinese health-preservation and the founder of DaoYin(conducting Qi)Shu(skill), Tiao She(regulation and controlling) shu, diet therapy and FangZhong (sex therapeutic treatment) Shu. He was well known for his longevity and DaoYinShu. As the story goes, Peng Zu was the grandson of Emperor Zhuan Xu and was knighted by Emperor Yao in Pengcheng. Later generations respectfully called him Peng Zu or Ancestor Peng because he lived up to over 700 years old and his Dao for health-preservation was so innovative and sophisticated.

There are endless folktales about Peng Zu, who enjoyed miraculous longevity. It is said that Peng Zu was a fairy that originally lived in the Celestial Palace with the Jade Emperor as a supervisor of the Treasury of Merits but then came to the ground to experience the hustle and bustle of human life. Another popular legend is that Peng Zu married more than 100 wives and fathered hundreds of children, and he maintained his health so well that he was still young, strong, energetic and active when all his wives and children passed away. It is hard to tell whether those legends are true or not. But according to historical literature, there was indeed a person named Peng Zu in ancient China, who was greatly revered and worshiped by later generations due to his great contribution to the discipline of health-preservation. The time-honored Peng Zu Health Preservation Exercise boasts comprehensive contents, some of which are still applicable and practicable today. Not only did Peng Zu create some kinds of GongFa, he also interpreted health Preservation from the perspective of life philosophy. Peng Zu Health Preservation Exercise can be classified into DaoYin Shu, FuQi (breathing) Shu and PengRen (cooking) Shu, among which the DaoYinShu is the most fundamental way and exerts the most widespread and profound influence on human. Primitive people believed in the concept of Qi, holding that everything in the universe has its own Qi, and human is generated by the gestation and transformation of Qi and hence has the breath to exhale the stale and inhale fresh air. Moreover, heaven and earth are the production of Yin and Yang, which cannot exist in isolation from one another. And the harmony between Yin and Yang is prerequisite for the smooth running of everything in the universe. Peng Zu had a profound knowledge of the Natural TaiJi Spot in Fairy Mountain. He realized the center, where yin and yang meet and rotate, is a strong Qi field, which undoubtedly made him comprehend that the harmony between Yin and Yang in the universe and of that in the human body is the principle for a long and healthy life. This is how Peng Zu created DaoYinShu, also known as Longevity Qi Gong.

With frequent visit to the Fairy Mountain to comprehensively investigate its geography, climate, natural environment, etc., and painstaking efforts in reviewing the historical literatures about Peng Zu Longevity Qigong and the works of Peng Zu Health-exercise written by several other experts and scholars, members of the editorial board systematically sorted out related materials and compiled a complete set of Peng Zu Health Preservation Exercise, including the exercises of Yi (will), Qi and Shen (spirit) for a local area of the body, the treatment of injury and disease in a local area of the body, and the exercise involving the whole body. It is designed to optimize the coordination and cooperation of the whole body instead of exclusively focus on physical exercise. This book carries concrete and detailed information about the characteristics of and methods to practice the Peng Zu Health Preservation Exercise. Beautiful and detailed illustrations are provided to make your learning and practice more convenient and efficient.

Editorial Board of Peng Zu Health Preservation Exercise

July 2009



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### 练习要点

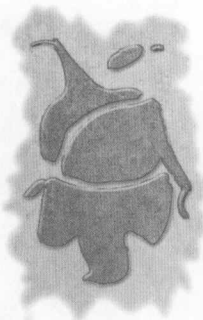
Key points

两膝弯屈,两眼微闭,舌抵上颚,  
意守丹田,此动作要求 2~3 分钟。

Bend both knees, slightly close the eyes, touch the tongue to  
the roof of the mouth, and concentrate on the lower abdomn.  
This takes 2-3 minutes.

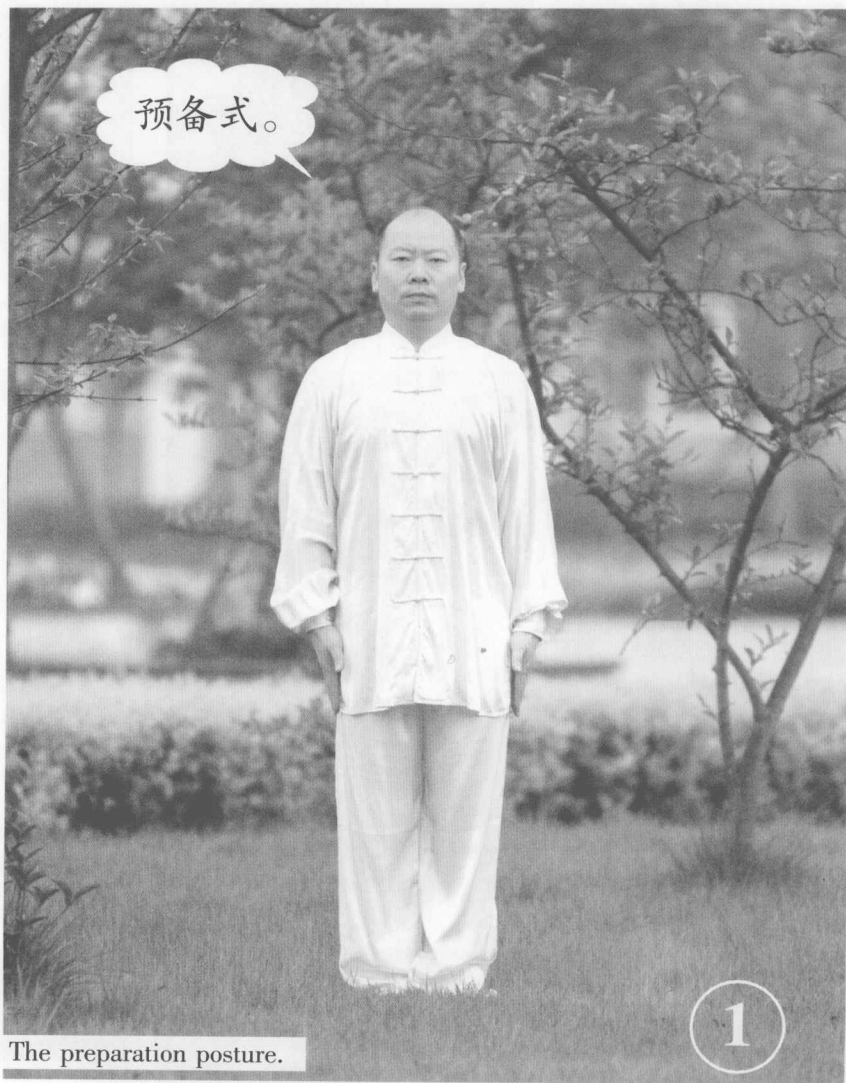
## 第一式 咽 津

Section One  
Swallowing  
the Fluid



金鸡独立

预备式。



The preparation posture.

1





自然开立。

2

Stand naturally with feet apart

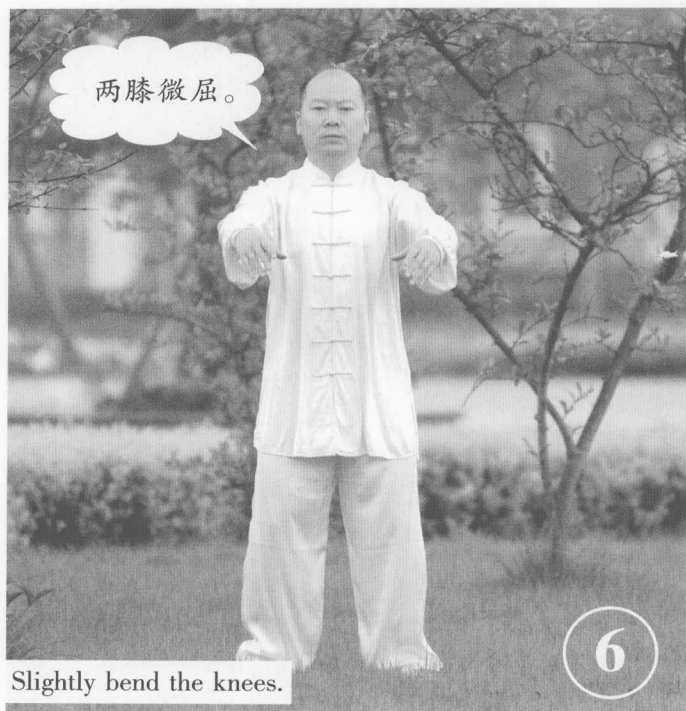
两手缓缓  
抬起。

3

Lift both arms up gradually.

4

5





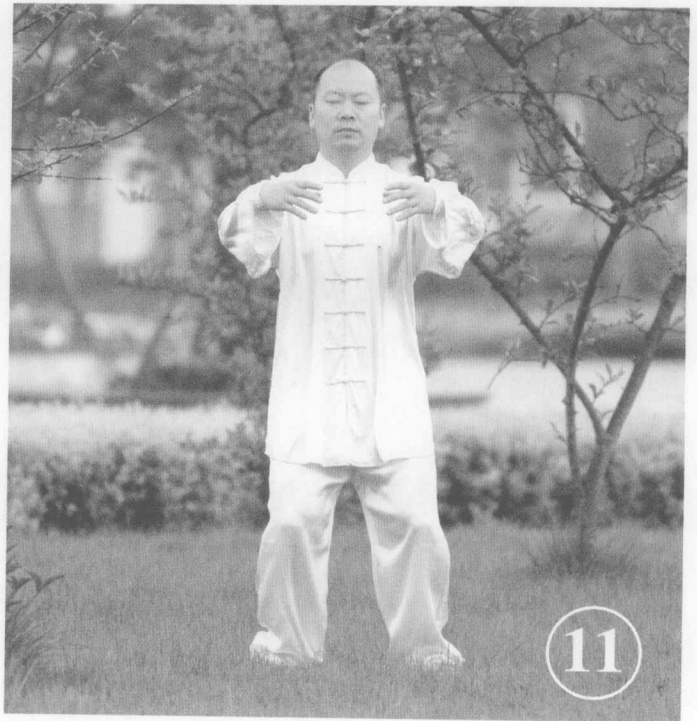


两膝弯屈，两眼微闭，舌抵上颚，意念在丹田和手心之间变换。

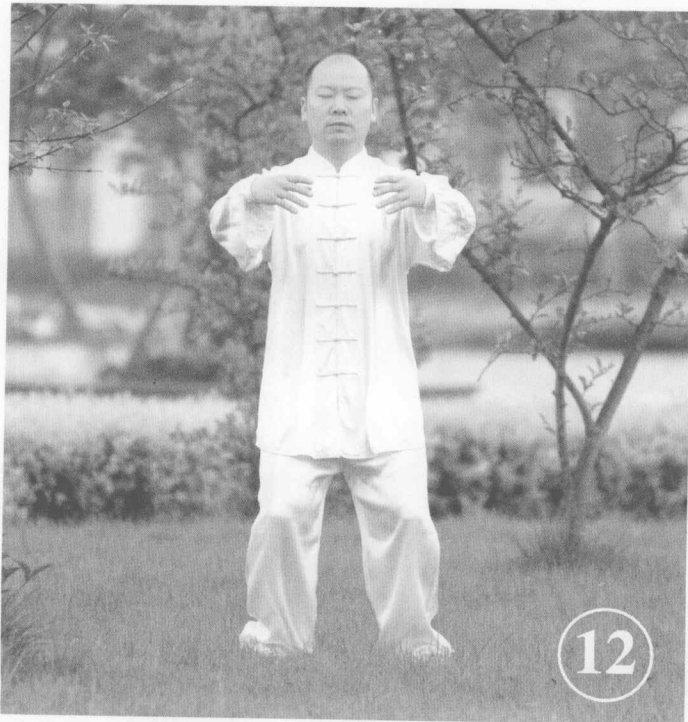
10

Bend both knees, slightly close the eyes, touch the tongue to the roof of the mouth, and concentrate on the lower abdomen and the center of the palms alternately.

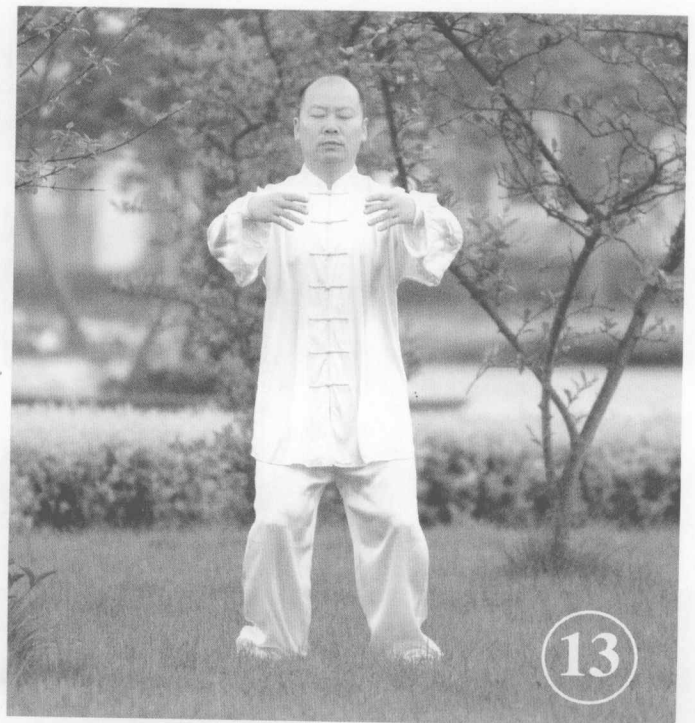
4



11



12



13



几分钟后,感觉两手发热,满口唾液便徐徐咽下。

Both hands feel warm in a few minutes. Gradually swallow the fluid once the mouth is full of saliva

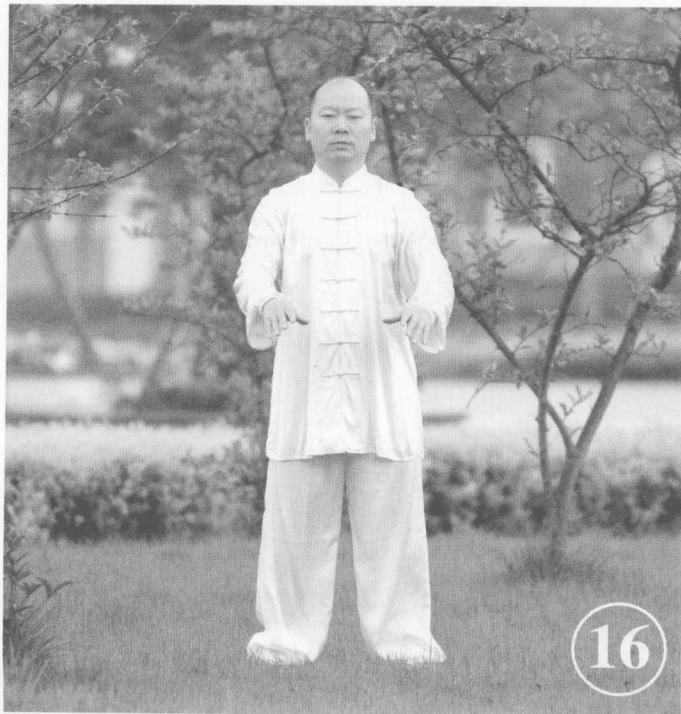
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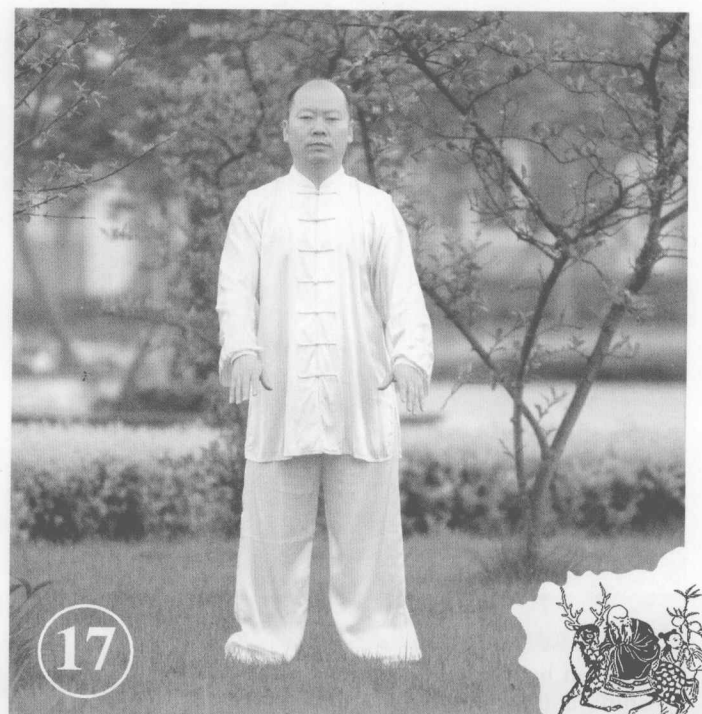
两眼慢慢睁开,两手缓缓放下。

Open the eyes slowly and move the hands down gradually.

15

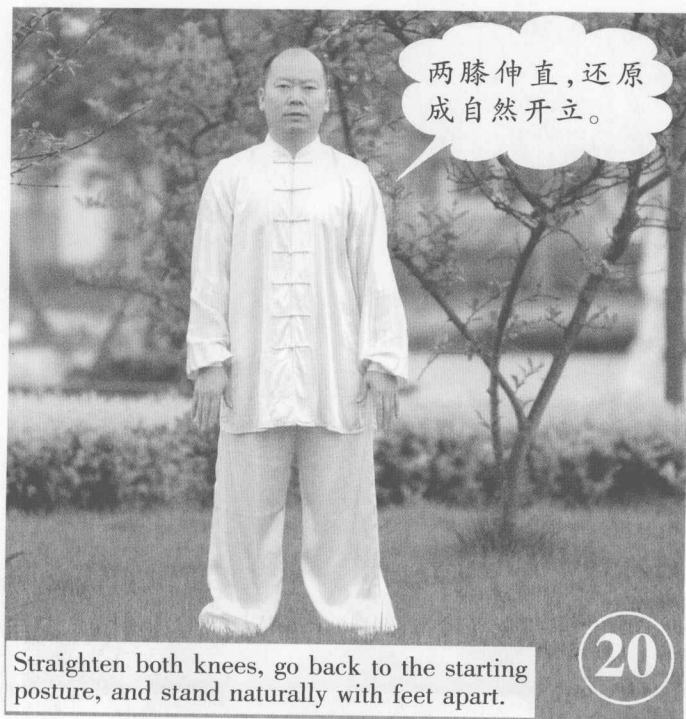
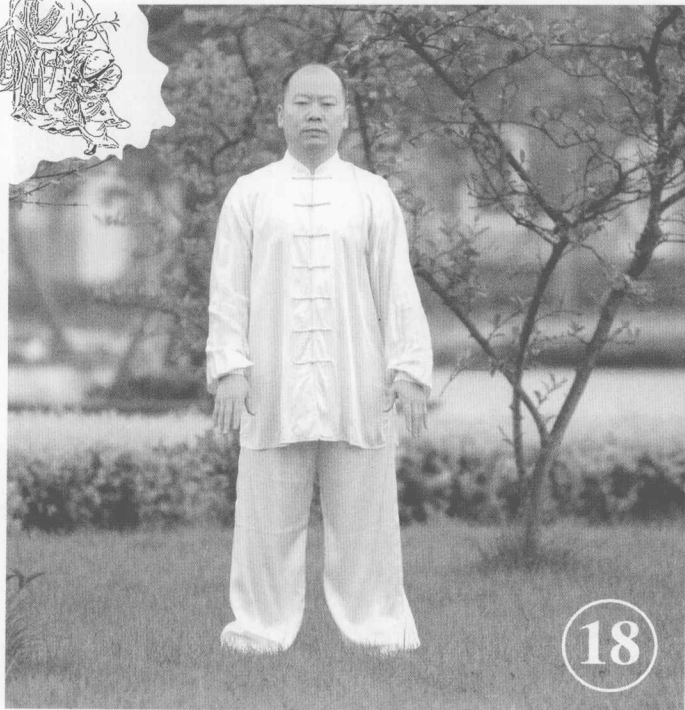


16



17





Once the mouth is full of saliva, please swallow it gradually to irrigate the internal organs and clear the heat promptly.

唾液满口时, 便当徐徐咽下, 灌溉五脏, 降火甚捷。



健身作用

Health-caring  
Functions



# 第二式 叩 齿

## Section Two Clicking the Teeth

吸气结束后叩齿 2 次,呼气结束后叩齿 2 次,每次练习呼吸 9 次,叩齿 36 次。

Click the teeth twice after inhaling and click the teeth twice after exhaling. Breathe 9 times and click the teeth 36 times for every practice session.



练习要点  
Key points

自然开立。



Stand naturally with feet apart.

1

白鹤亮翅





两手缓缓  
抬起。

2

Bring both hands up gradually.

3

两手放于  
丹田处。

4

Place both hands on the lower abdomen.

5