



# Silk Road | 丝绸之路

方明◎编著



全国百佳图书出版单位  
时代出版传媒股份有限公司  
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## 丝绸之路

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（本版图书凡印刷、装订错误可及时向承印厂调换）

丝绸之路是古代以中国为起点，通往亚洲中部、西部以及非洲、欧洲等地的商业贸易通路的总称，又分为陆上丝绸之路和海上丝绸之路。“丝绸之路”的概念由19世纪德国地理学家李希霍芬（Ferdinand von Richthofen）提出，最

Silk Road is the generic term for commercial trade routes connecting China with the middle and west Asia, Africa and Europe in ancient times. With its starting point in China, Silk Road entailed both land routes and sea routes. The concept of “Silk Road”, introduced by Ferdinand von Richthofen, a





初只指称从中原地区经今新疆而抵达中亚的陆上通路。在经由这条路线进行的贸易中，中国输出的商品以丝绸最具代表性。这条开通于公元前2世纪的贸易线路不仅加强了古代中原汉族与西北少数民族之间的联系和交往，而且中原地区的优秀文化和创造由此传入了西方，西方的文化艺术也得以传入中国，对中国历史的发展产生了巨大的影响。

本书追溯陆上丝绸之路开辟、发展和变化的历史，不仅讲述了内地与边疆以及中国与西方各国通过这条路在经济、文化各方面的交流，并且还展现了丝路重镇上的遗迹与风采。

19th century German geographer, referred only to the land routes connecting the Central Plains and Central Asia via present day Xinjiang. The most typical commodity China exported via the Silk Road was silk. Opened during the 2nd century B.C., the Silk Road not only strengthened the communication and exchanges between the Han Chinese and ethnic minorities in the northwestern regions, but also enabled the dissemination of the fine cultures and creations of the Central Plains to western countries. At the same time, Silk Road facilitated the introduction of western cultures and arts into China, an action that produced a huge impact on the development of Chinese history.

By tracing the history of the opening, the development and the evolution of the Land Silk Road, this book not only elaborates on the economic and cultural exchanges between China's inland and the frontier, between China and western countries, it also demonstrates the vestige and elegance of major towns along the Silk Road.



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# 丝绸之路的千年沧桑

## Thousand Years Vicissitudes of the Silk Road

丝绸之路开通于西汉，是从东亚开始，经中亚、西亚进而联结欧洲及北非的东西方交通线路的总称。丝绸之路的开辟，有力地促进了东西方之间的经济文化交流，对促成汉朝走向兴盛产生了积极的作用。这条丝绸之路，至今仍是中西交往的一条重要通路。

The Silk Road is the generic term for East-West transit lines connecting the Orient and the Occident. With the starting point in the ancient capital city of Chang'an (present-day Xi'an), passing through Central Asia and West Asia, the Silk Road ends up in Europe and the North Africa. The opening of the Silk Road during the Western Han Dynasty has effectively promoted the economic and cultural exchanges between the East and the West and contributed to the rise of the Han Dynasty. Even today, the Silk Road remains an important thoroughfare for exchanges between China and western countries.







## > 从丝绸说起

中国是世界上最早养蚕和制造丝绸的国家。据史籍记载，中国人用蚕丝织成衣料，至今已有近五千年的历史。在远古传说中，黄河流域部落联盟首领黄帝的妻子嫫祖是第一个教人



- 红山文化遗址出土的玉蚕（新石器时代）  
A Jade Silkworm Unearthed from the Hongshan Cultural Ruins (approx. 8000 years ago)

## > Starting from Silk

China was the first country in the world that engaged in sericulture and silk production. According to historical records, the history of using woven silk materials to make clothes dated back to almost five thousand years. As legend has it, Leizu, wife of Yellow Emperor who was head of the Alliance of Tribes in the Yellow River Valley, was the first person who taught native people the skills of sericulture, silk reeling and weaving. She was revered as Empress Silkworm. In 1926, cocoon shells were unearthed from ruins of the Neolithic Age in Xia County, Shanxi Province; in 1958 carbonized velvet, silk ribbons and silk scraps were unearthed from the Neolithic ruins in Wuxing of Zhejiang Province. After testing, it was confirmed that the silk pieces were made some four thousand seven hundred and fifty years ago. It is



- 河姆渡遗址出土的蚕纹象牙杖端饰（河姆渡文化）

Decoration on the Tip of an Ivory Stick with Silkworm Patterns Unearth from the Hemudu Ruins(5000 B.C.-3300 B.C.)

们养蚕缫丝、织造衣料的人，被尊为“先蚕娘娘”。1926年，山西夏县的新石器时代遗址中曾出土有蚕茧的茧壳；1958年浙江吴兴的新石器时代遗址中曾出土有碳化了的丝线、丝带和绢片，经测定，其年代距今约4750年。可见在新石器时代晚期，黄河流域和长江下游地区的先民已经开始了丝织业。

夏商时期（约前2070—前1046），人们开始将野蚕驯养为家蚕。蚕丝的产量增加，促进了丝织业的发展。在商代的甲骨文中，已经出现了蚕、桑、丝、帛等象形文字。商代的一些青铜器上还刻有蚕纹，墓葬中也出土了形态逼真的玉

evident that Chinese ancestors inhabited in the downstream areas of the Yellow River and the Yangtze River already engaged in silk production during the late Neolithic Age.

The domestication of wild silkworms during the Xia and the Shang dynasties (approx. 2070 B.C.-1046 B.C.) enabled the increase of the output of silk yarns and the development of the silk industry. In the Shang Dynasty Oracle text, hieroglyphic characters for silkworm, mulberry, yarn and silk appeared; Engraved silkworm patterns appeared on some Shang Dynasty bronze wares; Vivid and lifelike jade silkworms and a variety of fine silk, embroidery scraps were found in tombs as burial objects. All of these showed that people then already mastered the artistry of silk weaving to the level of sophistication.

During the Western Zhou Dynasty and the ensuing Spring and Autumn and the Warring States Period(1046 B.C.-221 B.C.), silk yarns and silk production enjoyed further development. Silk products became more popular. In the literatures such as *The Book of Songs*, *Book of History*, *Remarks of Monarchs*, there are numerous references to silk yarns and silk products produced in many





• 长沙马王堆汉墓出土的素纱禅衣

A Plain Silk Coat Unearthed from the Mawangdui Han Dynasty Tomb in Changsha, Hunan Province

蚕和各种精致的丝绸、刺绣残片，这些都说明当时人已经掌握了相当成熟而高超的丝织技艺。

西周乃至春秋战国时期（前1046—前221），蚕丝和丝绸的生产有了进一步的发展，丝织品的使用也更加普遍。在《诗经》、《尚书》、《国语》等文献中，关于蚕丝和丝织品的记载层出不穷。当时的丝绸不仅产地十分广泛，而且花色品种多达十几种，制作工艺相当

parts of China and had more than a dozen varieties through sophisticated production processes. The post Qin period to early years of the Han Dynasty marked the heyday of China's silk industry. In a Western Han tomb found in Mawangdui, Changsha of Hunan Province, a variety of silk products with dazzling colors were found including thin and tough silk, brocade, embroidery, fine silk and silk yarns. A 1.28 meter long plain silk robe used about 2.6 square meters of silk

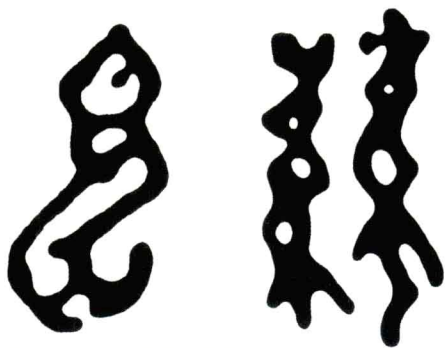


精良。秦以后至汉代初年，中国蚕丝业进入了全面兴盛的时期。在长沙马王堆西汉墓中，发现了绢、锦、绣、罗、纱等多种鲜艳的丝织品，其中一件素纱禅衣长1.28米，共用料约2.6平方米，但仅重49克。在两千年前的古代，能够织造出这样高质量的衣料，堪称举世无双。在甘肃地区的河西走廊，也曾出土了不少汉代丝织品的残片，这些丝织物经纬细密，花纺精致，纹丽色艳，显示了织工的精良技艺。

美丽的丝绸不仅受到中国人的喜爱，也引起了中亚、西亚和欧洲人的浓厚兴趣。早在公元前5世纪，中国珍贵的丝绸就已经传到了西方。

material. Yet it weighs only 49 grams. Thanks to the unparalleled wisdom of the ancient people that made such high-quality silk available some two thousand years ago. Quite a few scraps of the Han Dynasty silk have been unearthed in areas along the Hexi Corridor in Gansu Province. These fine silk fabrics are tightly woven, with elegant patterns and dazzling colors, displaying the excellent skills of the then weavers.

The beautiful silk were not only loved by the Chinese people, but also triggered much interest of people in Central Asia, West Asia and Europe. As early as in the 5th century B.C., the precious Chinese silk traveled to western countries.



• 甲骨文的“丝”字和“蚕”字

Chinese Characters for *Silk* and *Silkworm* in Oracle Text





## > 丝绸之路的开通

中国丝绸向外传播的时间很早，可追溯到公元前5—6世纪。考古学家曾在德国斯图加特一座公元前500多年的古墓中，发掘出了中国丝绸的残片。公元前4世纪时，欧洲人已经开始通过丝绸来认识中国了。希腊史学家克泰夏斯曾在史学著作《史地书》中称中国为“塞里斯”，意为“丝之国”。在很长一段时间里，由于路途遥远且交通不便，丝绸能够运往西方的极为稀少，因而也就极为名贵。

据记载，古罗马凯撒大帝（前102—前44）曾经穿着一件中国丝袍在剧场看戏。王公大臣们见到这光彩华丽的丝绸，竟一时无心看戏，目光都集中在凯撒大帝身上，称羡不已。这种现象直到举世闻名的

## > Opening of the Silk Road

Chinese silk was introduced to the outside world as early as during the 5th—6th century B.C. Archaeologists found scraps of Chinese silk in an old tomb dated 500 B.C. at Stuttgart, Germany. By 400 B.C., Europeans began to learn about China through Chinese silk. In his historical works *Book on History and Geography*, the Greek historian Keta Pinchas referred to China as “Seres”, meaning “a country of silk”. During a long period of time, due to the long distance and inconvenience of communication, only a few silk products could be shipped to the West, making them extremely precious and valuable.

According to records, once the Roman Emperor Julius Caesar (102 B.C. – 44 B.C.) wore a silk gown when he was watching an opera in the theater. When kings and ministers saw the dazzling silk gown, they couldn't stop admiring it. The





• 匈奴鹰形金冠（战国）（图片提供：微图）  
An Eagle-shaped Gold Crown (Warring States Period, 475 B.C.-221 B.C.)

“丝绸之路”开通以后才逐渐得到改变。

在中国，从战国后期到秦汉之际，中原王朝的北部疆域时常遭到北方游牧民族匈奴人的袭扰。汉朝的缔造者汉高祖刘邦甚至在白登山被匈奴骑兵围困，险些命丧于此。此后，汉朝对匈奴采取和亲政策，向匈奴赠送许多丝帛财物，以换取双方之间的和平。公元前140年，汉武帝即位。经过汉初的休养生息，

rarity of silk was only changed gradually after the opening of the world-renowned Silk Road.

During the late Warring States Period and the ensuing Qin and the Han dynasties, the northern frontier of the Central Plains kingdoms were often subject to harassment by the northern nomadic Huns. Emperor Liu Bang, founder of the Han Dynasty, was once besieged by the Huns cavalry at Mount Baideng where he almost lost his life. Since then, in order to seek peace of the Central Plains, the Han rulers adopted a policy of pacification through marriage towards the Huns. They also sent all kinds of precious presents such as silk and cotton to the Huns. In 140 B.C., Emperor Wu of the Han Dynasty ascended the throne. After a period of recovery, national strength was greatly enhanced with social stability and economic prosperity prevailing in the country. The Han Dynasty ruler began to pursue a proactive foreign policy and set the goal to defeat the Huns in order to maintain peace and stability in the northern frontier. Having learned that the Huns had killed the head of the Dayuezhi kingdom in the Western Regions and forced its people to leave their land, Emperor Wu of the Han Dynasty planned to form an alliance with



• 敦煌莫高窟壁画中的“张骞出使西域图”

Mural Painting Zhang Qian on Mission to Western Regions in Mogao Grottoes, Dunhuang

此时国内社会安定，经济繁荣发展，国力已经大为强盛。汉武帝开始采取积极的对外政策，其首要一点就是击败匈奴，维护北部边疆的安定。汉武帝听说西域大月氏国的首领被匈奴所杀，大月氏人被迫迁走，于是计划与大月氏结成联盟来夹击匈奴。

为了实现这个计划，汉武帝于西汉建元三年（前138）派遣使臣张骞出使西域。张骞率领一百多人的队伍从陇西（今甘肃临洮南）出发前往大月氏，不料途中被匈奴人扣留。匈奴单于（首领）将张骞流放

Dayuezhi to make pincer attack against the Huns.

In order to implement this plan, Emperor Wu dispatched Zhang Qian as his special envoy to the Western Regions in the 3rd year of the Jianyuan period (138 B.C.). leading a contingent of more than one hundred men, Zhang Qian set off from Longxi (present-day South Lintao of Gansu) for Dayuezhi. He was unexpectedly detained by the Huns on the way. Head of the Huns put Zhang Qian on exile on the grassland of Mobei where he spent more than a decade. Although Zhang Qian eventually married a Huns girl and had children with her, he



于漠北草原。张骞在此度过了十几年，虽娶了匈奴女子为妻，还有了自己的孩子，但是却一直没有忘记自己的使命。后来，他终于找到机会逃出了匈奴，继续向西，绕过大宛、康居，到达了已在阿姆河流域定居建国的大月氏。可是，此时大月氏人已经满足于这块水草丰美的地方，过上了安定的生活，不愿再向匈奴挑起战端了。

张骞在大月氏停留了一年，见游说不成，便踏上了归途。在回汉朝的途中，他又被匈奴扣留，一年后匈奴发生内乱，张骞才乘机逃脱。公元前126年，也就是出发13年后，张骞终于返回了西汉都城长安。他出发时率领的百余人，回来后仅剩下一名随员了。张骞向汉武帝报告了出使的情况和在西域诸国的所见所闻。汉武帝被张骞所述的西域各种珍奇物产所吸引，决定与西域各国缔结友好的关系。

公元前119年，张骞奉命再次出使西域。他率领三百余人，携带大量的金币、丝绸和牛羊浩浩荡荡地出发了。他们首先到达了地处西域要冲的乌孙（今巴尔喀什湖

never forgot his errand. Finally he found an opportunity to escape from the Huns and continued his journey to the West. He passed the Dayuan and Kangqu kingdoms and finally arrived at Dayuezhi which had already settled down in the Amu River basin area. As the Dayuezhi people were already leading a stable and peaceful life on this lush land, they didn't want to launch wars against the Huns.

Having failed to lobby Dayuezhi into an alliance with the Tang, Zhang Qian embarked on his return journey to his home country after one year. Unfortunately he was again detained by the Huns. A year later, civil unrest broke out in the Huns. Zhang Qian took the opportunity and escaped. In 126 B.C. Zhang Qian returned to Chang'an, capital city of the Western Han Dynasty, thirteen years since he got on the mission. Of the more than one hundred men he led on the mission, only one person returned with him. Zhang Qian reported to Emperor Wu on the mission and what he saw and heard in western countries. The Emperor was immensely impressed by the rare and precious products of western countries that he decided to establish friendly ties with them.

In 119 B.C. Zhang Qian was





东南)，然后派遣副使分别前往大宛、康居（今哈萨克斯坦东南）、大夏、安息（今伊朗东北部）、身毒（即古印度）等国，受到了隆重接待，并与这些国家进行了大规模的物资交流。公元前115年，张骞回到长安，大宛、安息等国也遣使随同汉朝使臣前来长安。

张骞两次出使西域，开辟了横贯亚洲内陆的东西方交通要道。到公元前104—前101年，西汉在西域设立了酒泉、张掖、武威、敦煌四

dispatched to the Western Regions on a second mission. Leading a contingent of more than three hundred men and bringing with them a large quantity of gold, silk, cattle and sheep, Zhang Qin first arrived in Wusu (present-day southeast of Lake Balkhash), an important hub in the Western Regions. Zhang Qian then sent his deputies to countries such as Dayuan, Kangqu (present-day southeast Kazakhstan), Daxia, Anxi (present-day northeast Iran), Shendu (ancient India) where they were warmly received, and where they conducted large scale exchange of goods. In 115 B.C. Zhang Qian returned to Chang'an. Dayuan, Anxi and some other western region countries sent envoys to travel together with the Han envoy.

Zhang Qian's two missions to the Western Regions opened the East-West trans-Asia inland transportation routes. Between 104 B.C. and 101 B.C. Western Han set up four counties (*juns*) in the Western Regions: Jiuquan, Zhangye, Wuwei and Dunhuang and formally incorporated the Western Regions into Western Han's territory. This had also provided a safe and reliable channel for East-West cultural exchange. Since then, Han Dynasty envoys and merchants constantly traveled to the Western Regions



• 彩绘陶骑马俑（西汉）

A Color-painted Horse Riding Figurine  
(Western Han Dynasty, 206 B.C.-25 A.D.)