

# 養生中華

A CANON OF CHINESE HEALTH REGIMENS

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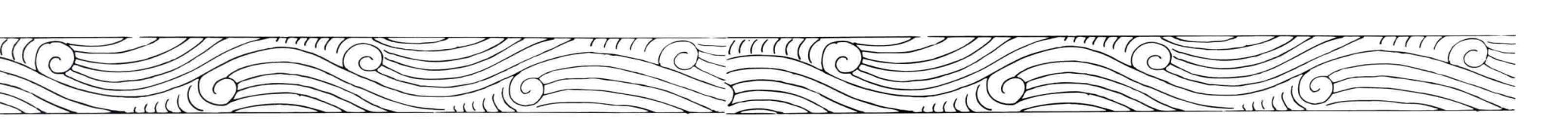
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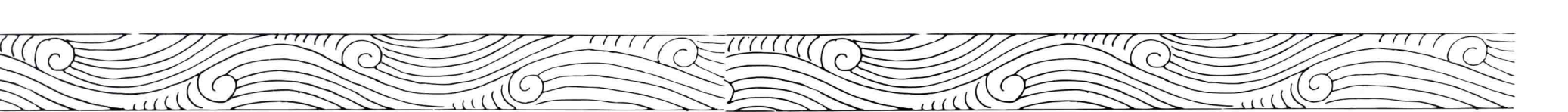


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張大千書

# 序

中华民族自古以来就有重视健康的传统。中国最古老、最重要的典籍之一《尚书》中论述理想的人生幸福有五个要素，即富裕的生活，良好的道德，健康、平安，长寿，让生命善始善终。健康的生命是我们人生最可宝贵的。为了民族的健康和生生不息，中华民族创造了中华养生学。

中华养生学可以上溯到五千年以前。上古的舞蹈；吐故纳新，熊经鸟申的导引术；“节其饮食”的食养；还有神农尝百草的传说……这些都奠定了中华养生学的基础。中华养生学有几个特点：

一、讲究顺其自然。即顺应生命的自然规律，让生机盎然。

二、讲究天人相应。“顺四时而适寒暑，和喜怒而安居处，节阴阳而调刚柔。”注重社会、天时、地理与心理诸大小环境和内外因素对人的影响。

三、强调整体辩证的养生观，追求适度与和谐。“致中和，天地位焉，万物育焉。”

四、注重防病。“不治已病治未病”，“夫唯病病，是以不病”。

《周易》说，天之大德曰生。珍惜生命，热爱生命，让身心健康是中医养生学的根本目标。

中华养生学（含中医药）数千年来为中国人民的健康事业作出了举世瞩目的贡献，也一定能为世界人民的健康事业作出重要贡献。

贺普仁

# PREFACE

Since ancient times it has been the tradition of the Chinese nation to treasure health. The *Book of History*, one of the oldest and most important books of ancient China, dwells on the five essential elements for human happiness, i.e. affluence, virtue, health, safety and longevity, and advocates good quality of life throughout its journey. Health is superior to everything else. To ensure national health and permanent prosperity, the Chinese nation has developed its own theories on health preservation.

Chinese theories on health preservation date back to five thousand years ago, finding their origins in the dances of time immemorial, the imitation of the body movements of birds and bears and the control of breath, the nourishment through temperately taking in food and drinks, the legend of Shennong tasting various herbs, etc. Chinese theories on health preservation have the following characteristics:

- a. They are committed to following the natural course. Their doctrine is that compliance with the natural course will ensure a blooming life.
- b. They are in pursuit of harmony between humanity and nature. “It is imperative to follow the rhythm of the four seasons to adapt to heat and cold, moderating anger and elation for a tranquil life, and proportioning yin and yang to temper hardness with softness.” Chinese theories on health preservation attach importance to the impact of social, meteorological, geographical and psychological factors on human beings.
- c. They hold the holistic view of health maintenance, putting a premium on moderateness and harmony. “When moderation is achieved, things will be in their respective places and thrive.”

d. They lay emphasis on the prevention of diseases. “It is recommended to cure the latent illnesses rather than the manifest ones.” (cited from the *Inner Canon*) “Detect the disease in advance and try to keep it off.”

*Zhouyi*, or the *Book of Changes*, points out that the ultimate virtue under the sky is the love for life. So in treasuring life and maintaining spiritual as well as physical health lies the fundamental goal of Chinese traditional medicine.

Chinese theories on health preservation – of which TCM is a part – have made remarkable contributions to the health of the Chinese people over thousands of years. They will also contribute greatly to the health of people in the rest of the world.



*The Puren*

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