

学术争鸣

从性与中国古代哲学的关系再论“七损八益”的内涵^{*}

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摘要:针对将《素问·阴阳应象大论》中“七损八益”诠释为房中术的质疑,从中国古代哲学以人为研究中心,体现为一种身体性哲学而非意识性哲学的特征,以及阴阳之道与男女两性关系的角度,指出“七损八益”的房中术作为古代养生的重要方法,从原始思维模拟互渗的角度来看,似乎也体现了一种对阴阳之本的协调,而不宜简单地视为“性保健”。

关键词:七损八益;性;身体哲学;诠释

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Connotation of Seven Damages and Eight Benefits from Relations Between Sex and Body Philosophy

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Abstract “Seven damages and eight benefits” illustrated as the items specifically targeting at sexology in *Plain Questions* is questioned essentially. Chinese ancient philosophy, as the center of human beings, embodies a kind of body philosophy, but is not characterized by philosophy consciousness. In effect, the book states that sexology contained in “seven damages and eight benefits” is an important approach to preserving health in ancient time from the perspective of the relations between yin - yang principle and male - female sexuality; otherwise, these items seemingly present the coordination between yin and yang from the aspect of thinking imitating modes penetration. Therefore, “seven damages and eight benefits” can not be simply recognized as sexual health care.

Key words seven damages and eight benefits; sex; body philosophy; illumination

随着 1973 年长沙马王堆汉墓出土竹简《天下至道谈》的面世,有关《素问·阴阳应象大论》中“七损八益”的诠释争论颇多。一般认为“七损八

益”是指男女性交过程中七种对身体有损害的做法,以及八种对身体有补益的做法,此当属战国秦汉时期盛行的房中术的基本内容。对此,本人曾

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