

专家论坛

# 运气理论中干支应用的背景及其意义<sup>\*</sup>

张登本 陈震霖 李翠娟

(陕西中医药大学, 陕西 咸阳 712046)

**摘要:**十天干原本就是表达一个太阳回归年的十个时节,十二地支与斗建相对应,是用于标记一年十二个朔望月的名称。运气理论将天干地支纳入阴阳、五行构架之中,使之与时空关系密切的气候变化勾连在一起,从而通过表达不同年份、不同时节的天干,能够对相关年份、时节的气候变化进行预测,这就是“天干化运”“地支化气”的思维背景。

**关键词:**五运六气;天干;地支

**中图分类号:**R22 **文献标识码:**A **文章编号:**2096-1340(2017)03-0001-04

**DOI:**10.13424/j.cnki.jsctcm.2017.03.001

## Clinical Significance and Background of the Heavenly Stems and Earthly Branches in YunQi Theory

Zhang Dengben Chen Zhenlin Li Cuijuan

(Shaanxi University of Chinese Medicine, Xianyang 712046, China)

**Abstract** The ten heavenly stems are used to express ten seasons (one season stood for one month in the ancient time and a month was 36 days) of a solar tropical year; the twelve earthly branches, corresponding to Doujian (it was applied to define the beginning point of solar and lunar month in ancient time), are the names marking the twelve synodic months (the synodic month was used to calculate eclipse cycles). The YunQi theory, namely five-movements and six-climates theory, bringing the heavenly stems and earthly branches into the framework of Yin-yang and Five-elements theory, makes them connecting with climate changes strongly tying to space and time. The different heavenly stems and earthly branches expressed in different years and seasons can be served as predicting climate changes of seasons in relevant years. Therefore, the constructed thinking patterns is developed—the heavenly stems and earthly branches transform into movements and qi respectively.

**Keywords** five-movements and six-climates theory, heavenly stems, earthly branches

五运六气理论,是通过天干地支、气、阴阳、五行知识,演绎60年、10年、12年、6年、1年,以及一年之中的73.05天、60.875天等7个长短不同时间周期,并将相互重叠,用以预测某年某时段气候、动植物和人类身心状态的理论。干支纪时为中国特有的计量时间符号和方法,而各年份气候的变化有其特定的时间阶段和周期变化,所以运

气理论就是在这一思维背景下运用天干地支演绎“五运”和“六气”的。

### 1 《内经》对一年气候分类的方法及其历法背景

《内经》根据构建生命科学知识体系不同内容的需要,将天地间的气候,遵循不同的依据而有不同的分类方法和内容。

其一,在十二月太阳历法的背景下的分类。