

理论探讨

“居中央，灌四旁”之刍议*

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摘要:笔者从“居中央,灌四旁”为切入点,分别解读“居中央”、“灌四旁”的内涵,并从“水谷之海、气血之源、气机之枢、五脏之本、布散清浊、主四肢肌肉、主各十八日寄治”等方面进行探讨,从而揭示脾“居中央,灌四旁”在人体生命的地位及意义。

关键词:脾;居中央;灌四旁

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On “Occupying the Center, Nourishing the Surroundings”

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Abstract With “occupying the center, nourishing the surroundings” as the starting point, the author interprets “occupying the center”, “nourishing the surroundings” respectively, and discusses the meaning from the perspectives of reservoir of food and drink, source of qi and blood, pivot of qi movement, foundation of five zang viscera, distributor of clear and turbid, governor of limb muscles as well as a strong spleen in 18 days at the end of each season, further to reveal spleen’s importance of “occupying the center, nourishing the surroundings” in human life.

Key words spleen, occupying the center, nourishing the surroundings

《素问·玉机真藏论》有云:“脾为孤脏,中央土以灌四傍。”此句经文高度地概括出脾胃的作用——“居中央,灌四旁”,脾为后天之本,气血生化之源。脾胃同居中洲,润燥相济,通连上下,是气机升降出入的枢纽,故本文围绕着“居中央,灌四旁”展开初步的探讨。

1 脾居中央

1.1 主运水谷 胃主受纳,脾主运化,故称脾胃

为“水谷之海。《素问·灵兰秘典论》云:“脾胃者,仓廩之官,五味出焉。”仓廩乃古代主管粮仓的一个官职,故水谷由脾胃来主管。《素问·经脉别论》有云:“饮入于胃,游溢精气,上输于脾,脾气散精,上归于肺,通调水道,下输膀胱。水精四布,五经并行。”由此看出脾胃相协,共同完成水谷的消化,吸收和转输,以营养周身。脾胃居中央,主运水谷,靠的是脾胃的升降功能,升清降浊是一个重

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