

专家论坛

# 《黄帝内经》中北斗七星知识及其意义

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**摘要:** 中国先民给予北斗星颇为深刻而广泛地关注,因而成为中华民族传统文化的重要源头之一,也必然成为《黄帝内经》构建生命科学知识体系的重要元素,北斗七星知识在所建构的相关知识中均有体现,诸如北斗七星与北斗历法、与二十八宿、与十二地支、与太阳的周年视运动节律、与四季节律、与十二月节律、与日节律、与一昼夜的十二辰,以及与这些时间节律相关的人体生命节律等,熟悉其中的北斗知识,才能较顺畅地读懂相关的原文。

**关键词:** 黄帝内经;北斗;七星;意义

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## Knowledge of the Big Dipper and its Significance in Inner Canon of Huangdi

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**Abstract** Chinese ancestors gave quite a deep and extensive attention to the Big Dipper, which thus became one of the important sources of the Chinese traditional culture and also inevitably became an important element constructing the life science knowledge system of Inner Canon of Huangdi. The knowledge of Big Dipper is reflected in the relevant knowledge constructed, such as Beidou Calendar, the twenty-eight stars, the twelve earthly branches, the anniversary of the apparent motion rhythm, rhythm of the four seasons, rhythm of the twelve months, daily rhythm, twelve hour of a day – and – night, and human life rhythm related to those time rhythms. Only by being familiar with knowledge of the Big Dipper, can one understand the original text smoothly.

**Key words** Inner Canon of Huangdi, the Big Dipper, the seven stars, significance

《内经》将北斗星称为“太乙”(或“太一”)(《灵枢·九宫八风》)。在我国古人的眼里,北斗星是与太阳、月亮同样重要的天体,同样与人类的各项活动息息相关,所以当人们在谈论中国古代传统文化继承时,北斗星知识就成为绕不开的求索源头,对《内经》的学习和传承同样也是如此。

### 1 北斗星与北极星

北斗七星从斗身上端开始,到斗柄的末尾,按

顺序依次命名为天枢、天璇、天玑、天权、玉衡、开阳、瑶光。北斗星的前四颗星(天枢、天璇、天玑、天权)排列成斗形,称为斗魁、或魁星;后三颗(玉衡、开阳、瑶光)组成斗柄(即斗杓,‘杓’字是‘斗柄’的专用词),即所谓“斗纲”。《汉书·律历志》之“玉衡杓建,天之纲也;日月初躔,星之纪也”就回答了“斗纲”即“斗柄”(杓),可以计量日月星辰的循行。从“天璇”通过“天枢”向外延伸一条直