

理论探讨

五运六气对人体健康影响的模型探析^{*}

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摘要:五运六气学说的应用规律是相对复杂的,因此临床应用并不广泛。本文在分析单个运气因素对人体健康影响的基础上,重点深入分析整个运气结构对人体健康的影响,构建数据模型,整理出三种预测算法。第一种算法是对人体脏腑强弱的预测;第二种算法是根据出身时间对人体基本体质的定性分析预测;第三种算法是在结合体质和当前的运气因素的基础上,对当年人体健康状况的基本预测。这三种算法在辅助临床诊断、预防疾病方面有一定意义。

关键词:五运六气;健康;模型

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An Analysis of the Model of the Influence of “Five Movements and Six Climates” on Human Health

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Abstract The theory of “five movements and six climates” is relatively complicated, so the clinical application is not extensive. Based on the analysis of the effect of the single element on human health, this paper focuses on the analysis of the effect of the whole element structure on human health, constructs a data model, and collates three forecasting algorithms. The first algorithm is the prediction of the strength and weakness of the human zang-fu viscera; the second algorithm is a qualitative analysis and prediction of the body's basic constitution based on the time of birth; the third algorithm is a basic forecast of health status in the same year based on the combination of constitution and current element. These three algorithms have a certain significance in assisting clinical diagnosis and preventing diseases.

Keywords five movements and six climates; health; model

运气学说是中医理论中一个重要而特殊的分支。十天干化五运和十二地支化六气是运气学基础。这个基础决定了每年运气的推算,进而推演出每年气候、物候、发病及治疗的基本规律。构成这个基础和推算过程的基本概念包括:主运、客运、主气、客气、司天之气、在泉之

气。本文将先分析单个运气因素对人体健康的影响,然后重点分析并建立整个运气因素对人体健康影响模型。

1 运气因素对人体健康影响分析

1.1 运气基本结构对人体的影响 从大的方面讲,五运阴阳代表天地之气的运行规律,天地之气

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