

# 中药归经理论形成发展源流述要

张军 成荣新 杨玉龙 指导:李凤

(安徽中医药大学,安徽 合肥 230012)

**摘要:**中药归经理论的形成与发展,是历代医家多年遣方用药经验的总结与理论升华的结果。其中,脏腑经络学说、五味理论是归经理论形成的理论基础,临床实践经验总结是归经理论创立的重要依据。这种研究中药归经的学术思想,在各个历史时期均占重要地位,至今仍是人们学习研究归经理论的出发点。经中医文献研究,认为秦汉时期是中药归经理论的萌芽阶段,唐宋时期是中药归经理论的承上启下阶段,金元时期是中药归经理论的形成阶段,明清时期是中药归经理论的成熟阶段,近现代是中药归经理论的发展阶段。

**关键词:**归经理论;形成;发展;文献研究

**中图分类号:**R28 **文献标识码:**A **文章编号:**2096-1340(2019)02-0015-05

**DOI:**10.13424/j.cnki.jsctcm.2019.02.006

## Summary of the Origin and Development of TCM Channel Tropism Theory

Zhang Jun, Cheng Rongxin, Yang Yulong Supervisor: Li Feng

(Anhui University of Chinese Medicine, Hefei China, 230012)

**Abstract:** The formation and development of TCM channel tropism theory is the result of theoretical sublimation and the experience of the doctors in the past. Among them, theories of viscera, channel and five flavors are theoretical basis of channel tropism theory, and the summary of clinical practice experience is the important basis for the establishment of the theory of channel tropism. This academic thought of meridian attribution in traditional Chinese medicine occupies an important position in every historical period, and it is still the starting point for people to study channel tropism theory. According to the research of TCM literature, it is considered that Qin and Han Dynasties are the embryonic stage of TCM channel tropism theory, Tang and Song dynasties are the connecting stage, Jin and Yuan dynasties are the forming stage, Ming and Qing dynasties are the mature stage, and modern times is the developing stage.

**Keywords** channel tropism theory; formation; development; document research

归经理论是用来解释中药作用的定位和定向理论,它弥补了药物性味理论和药物升降浮沉理论的局限性,让中药药性理论更加完善,对指导临床合理用药具有很大的价值。《韩非子·卷第七》中“疾在腠理,汤熨之所及;在肌肤,针砭之所及;在肠胃,火齐之所及;在骨髓,司命之所属,无可奈何。”<sup>[1]</sup>是最早体现中药归经思想的论述,反映了早期疾病与治疗定位的初步概念。之后历代都有医家对自己多年遣方用药的经验进行总结,提出

自己独树一帜的归经理论思想,让中药归经思想呈现出百家争鸣的繁荣景象。

### 1 中药归经理论的萌芽阶段-秦汉时期

秦汉时期诞生了两大中医经典著作:《黄帝内经》和《神农本草经》,两书中很多经典条文为中药归经的提出产生了深远的影响,并为后世医家阐述归经思想提供了理论依据。

《黄帝内经》中的“五入”“五走”理论是归经学说的萌芽,《素问·宣明五气》云:“五味所入,酸