

专家论坛

拔罐疗法：亘古与永恒

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摘要:拔罐疗法是最古老的医疗实践技术之一,最早的文字记载出现在公元前1552年的古埃及埃伯斯纸草书中。古希腊的医者也惯用拔罐疗法,并常常与放血疗法结合使用,希波克拉底是其中的代表人物,对拔罐治疗的描述最多,介绍最为详尽。古罗马的盖伦也是拔罐疗法的积极倡导者,亲自为病患拔罐治疗。之后拔罐疗法传入阿拉伯和波斯地区。中国古代典籍中亦称拔罐为角法,马王堆汉墓出土的《五十二病方》中已有关于角法治病的记录,后世对拔罐所用的器材材质及主治病症不断进行发展和扩大。清代正式提出了沿用至今的“火罐”一词,近代以来其临床应用不断得到拓宽。作为源于生物本能的体表刺激疗法中的一种,拔罐疗法曾盛行于其他文明古国,但只有中国将以针灸、推拿、刮痧、拔罐为代表的体表刺激疗法发挥到了极致。

关键词:拔罐;医学史;体表刺激疗法

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Cupping Therapy: Eternity from Ancient Times

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Abstract: Cupping therapy is one of the oldest medical practices and the earliest written records appeared in the ancient Egyptian Ebers Papyrus in 1552 BC. Ancient Greek doctors also used cupping therapy and often used it in combination with bloodletting therapy. Hippocrates is one of the representatives, who had the most descriptive cupping therapy with the most detailed introduction. Galen, an ancient Roman, is also an active advocate of cupping therapy, personally cupping patients for treatment. Cupping therapy was then introduced to the Arab and Persian regions. Ancient Chinese classics also called cupping as the horn method. The “Formulas for Fifty – two Diseases” unearthed from Mawangdui Han Tomb has recorded the treatment of diseases by the horn method. Later generations continue to develop and expand the materials used for cupping and the main symptoms. In the Qing Dynasty, the term “cupping jar” was officially put forward, and its clinical application has been continuously expanded in modern times. As one of the biological instinct – based surface stimulating therapies, cupping therapy has prevailed in other ancient civilizations, but only China has used the surface stimulating therapy represented by acupuncture, massage, scraping and cupping to the extreme.

Keywords: cupping; medical history; surface stimulating therapy

美国多块奥运金牌得主的游泳运动员菲尔普斯,他身上的“拔罐印”引发了全世界的关注。我们有必要对这种看似简单的医疗技术的前世和今生做一个简单的历史性回顾。

拔罐疗法是最古老的医疗实践技术之一,我们很难确定这种技术起源于哪个国家(或地域),最早的文字记载出现在公元前1552年的古埃及埃

伯斯纸草书(the Ebers papyrus)中。文中叙述了在腹部出现肿胀时(如腹水),将(铜制)针或刀在火上烧热后刺入腹脐区,再用类似拔罐样器械利用负压吸出移除体内异物^[1]。在古希腊,拔罐是为了放出机体内多余的血液,因此,他们常常把放血和拔罐两种疗法结合应用。古希腊早期拔罐仪器出现在 Lebena Crete 建于公元前419年的 Asklepi-