

齐鲁中医学派与经方研究

Qilu TCM School and Research in Classical Prescription

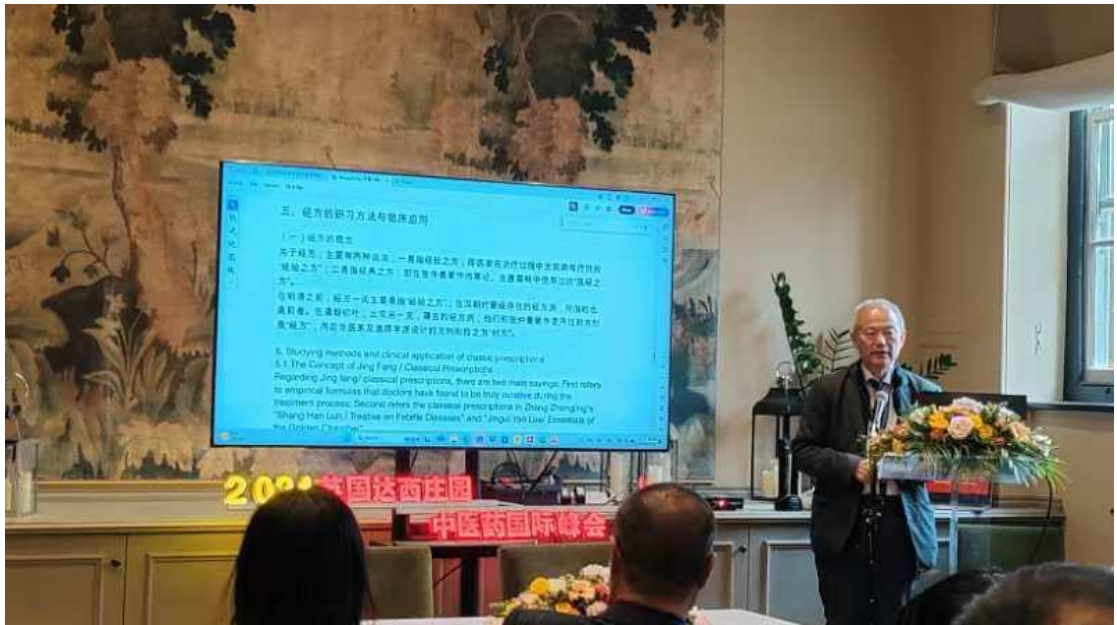
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此文原为张恩勤教授在“2024 英国达西庄园中医药国际峰会”讲稿,编辑后发表

This article was originally a speech delivered by Professor Enqin Zhang at the "2024 Darcy Manor International Summit on TCM in the UK", and now published after editing)







摘要：齐鲁中医学派是指产生在齐鲁大地（今中国山东省）上，植根于齐鲁文化，始于春秋战国，流传至今的具有地域性特色的医学流派与学术群体。它在战国、秦汉时期产生过重大社会影响的中医学派，并最终衍生发展为具有山东地方特色的齐鲁医派。经方则是指东汉朝张仲景所著【伤寒杂病论】（后世分为【伤寒论】和【金匱要略】两书）所记载之方剂。经方的特点可概括为“普、简、廉、效”。作者认为，经方的研习方法包括正确理解和掌握原方、原文及方后注，重视近代经方的临床应用和药理研究，尽可能找到经方的有效成分和作用机制。

Abstract: The Qilu TCM School refers to a traditional Chinese medicine (TCM) school and academic group with regional characteristics that originated in the land of Qilu (today's Shandong province, China), was rooted in Qilu culture, began in the Spring and Autumn Period and the Warring States Period,

and has been passed down to this day. “Jing fang “ refers to the prescriptions recorded in “Shang Han Za Bing Lun / Treatise on Febrile Diseases and Miscellaneous Diseases” written by Zhang Zhongjing in the Eastern Han Dynasty (later this book has been divided into two books: Shang Han Lun / Treatise on Febrile Diseases and Jin Kui Yao Lue / Synopsis of the Golden Chamber). The characteristics of “Jing fang “ can be summarized as "popular, simple, cheaper and effective". The author believes that the method of studying and researching classic prescriptions includes correctly understanding and mastering the original text, prescriptions and usage, paying attention to the clinical application and modern pharmacological research and trying to find the effective ingredients and mechanism of action of the classical prescriptions.

关键词：齐鲁 中医学派，经方 临床应用，药理研究

Keywords: Qilu TCM school , classic prescriptions, clinical application, pharmacological research

一、“齐鲁”名称的来源与含义

齐鲁，是中国区域范围名称，指今山东省。该名始于先秦齐、鲁两国。战国末年，因齐、鲁两国文化逐渐融合为一体，而先秦时期今山东大体分属于齐鲁两国，齐国是以山东临淄为国都，山东以东的大片土地；鲁国是以山东济宁曲阜

为国都，山东以西的小块土地，故有此称。公元前 256 年楚国灭鲁国，公元前 221 年秦国灭齐国。因为文化的一体，“齐鲁”形成一个统一的文化圈，由统一的文化圈形成了“齐鲁”的地域概念。这一地域与后来的山东省区范围大体相当，故成为山东省的代称。

1.The origin and meaning of the name "Qilu" Qilu is the name of a region in China, referring to present-day Shandong province . The name originated from the two countries of Qi and Lu in the pre-Qin Dynasty. At the end of the Warring States Period, the cultures of Qi and Lu gradually merged into one. During the pre-Qin period, today's Shandong was generally divided into Qi and Lu. Qi State had Linzi as its capital, and a large area of land east of Shandong; while Lu State had Jining, Qufu as its capital. It was a small piece of land west of Shandong, hence its name. In 256 BC, Chu State destroyed Lu State; and in 221 BC, Qin State destroyed Qi State. Due to the integration of culture, "Qilu" formed a unified cultural circle, and the unified cultural circle formed the regional concept of "Qilu". This area is roughly equivalent to the scope of the later Shandong Province, so it became the representative name of Shandong Province.

二、“齐鲁医派”的概念

齐鲁医派是指产生在齐鲁大地（今中国山东省）上，植根于齐鲁文化，始于春秋战国，流传至今的具有地域性特色的医学流派与学术群体。

齐鲁文化历史悠久，源远流长。早在春秋战国时期齐鲁大地上就形成了以扁鹊（今山东济南长清区人）为代表的中医史上的第一个医学学派——扁鹊学派，它在战国、秦汉时期产生过重大社会影响的医学学派，并最终衍生发展为具有山东地方特色的齐鲁医派。齐鲁医派在医学理论和诊疗技术方面均形成了自己独特的体系，对中医学的发展产生了重大影响。

2.The Concept of Qilu TCM School

The Qilu TCM School refers to a traditional Chinese medicine (TCM) school and academic group with regional characteristics that originated in the land of Qilu (now Shandong province, China). It was rooted in Qilu culture, began in the Spring and Autumn Period and the Warring States Period, and has been passed down to this day. Qilu culture has a long history. During the Spring and Autumn Period and the Warring States Period, the first scholar group/school in the history of TCM (traditional Chinese medicine), Bian Que School, was set up and represented by Bian Que (a native of Changqing District, Jinan, Shandong province today). Formed in the land of Qilu, it

soon became a traditional medical school with great social influence, and eventually developed into the Qilu TCM School with local characteristics of Shandong province. The Qilu TCM School has formed its own unique system in TCM theory, diagnosis and treatment techniques, which has had a significant impact on the development of TCM.

在中医学发展史上，齐鲁大地名医辈出，自春秋时期名医扁鹊/秦越人（今山东济南长清区人）到汉代淳于意（今山东淄博市人），以及晋代医家王叔和（今山东菏泽市巨野县人），宋代儿科大家钱乙（今山东东平县人），金元名家成无己（今山东茌平县人），到清代尊经派大家黄元御（今山东昌邑县人），再到当代名医刘惠民（山东沂水县人），周凤悟（山东临邑县人），我讀研究生时的导师李克绍教授（山东牟平县人）和我的临床师傅吕同杰教授（山东临邑县人）等，他们各有所长，不断传承和完善着齐鲁医派的学术体系。

In the history of the development of traditional Chinese medicine, there have been many famous doctors in Qilu (Shandong province), from the famous doctor Bian Que(Qinyue) in the Spring and Autumn Period (from today' s Changqing District, Jinan, Shandong province) to Chun Yuyi in the Han Dynasty (from today' s Zibo city, Shandong province),

and the famous doctor Wang Shuhe in the Jin Dynasty (from today' s Heze city, Shandong province). Qian Yi, a great pediatrician in the Song Dynasty (from today's Dongping, Shandong), Cheng Wuji, a famous doctor during the Jin and Yuan Dynasties (from today's Changping County, Shandong), and Huang Yuanyu, a master of the Sutra sect in the Qing Dynasty (from today's Changyi, Shandong). Then to the contemporary famous doctors Liu Huimin (from Yishui, Shandong), Zhou Fengwu (from Linyi, Shandong), my former tutor Professor Li Keshao when I was a postgraduate student, from Muping, Shandong), and my former clinical mentor Professor Lu Tongjie (from Linyi, Shandong), etc. They each had their own strengths, and continued to inherit and improve the academic system of Qilu TCM School.

三、齐鲁医派的学术特色

齐鲁医派绵延两千多年，总的特点是各家异彩纷呈，百花齐放，博采众长，名医覆盖各科。其学术特点具体如下：

（一）注重脉诊

脉诊历史悠久，司马迁在《史记》中对扁鹊的脉诊给予极高的评价，曰「至今天下言脉者，由扁鹊也」。继扁鹊之后，汉代淳于意亦相当重视脉诊，「诊籍」所记载的 25 个病案中 20 个病案均运用了脉诊。晋代王叔和总结前人脉学

经验著第一部脉学专著《脉经》，为脉学的发展做出重要贡献。清代黄元御也非常重视脉诊，在其论著中特设「脉解专篇」，对二十四种脉象进行了详细论述。

3. Academic Characteristics of Qilu TCM School

The Qilu TCM School has a history of more than 2,000 years. Its general characteristics are that each school is colorful, a hundred flowers bloom, and they draw on the strengths of others, and include famous doctors. Its academic characteristics are as follows:

(1) Pay attention to pulse diagnosis

Pulse diagnosis has a long history. Sima Qian (a famous Chinese historian during the early Han dynasty) spoke highly of Bian Que's pulse diagnosis in "Historical Records", saying, "To this day, Bian Que is the number one who knows the pulse diagnosis ". Following Bian Que, Chun Yuyi in the Han Dynasty also attached great importance to pulse diagnosis. Pulse diagnosis was used in 20 cases of the 25 medical records in his "Clinical Records". In the Jin Dynasty, Wang Shuhe summarized the experience of previous studies on pulse and wrote the first monograph on pulse studies, "Mai Jing/ Classics of Pulse Diagnosis ", which made important contributions to the development of pulse studies. Huang Yuanyu of the Qing

Dynasty also attached great importance to pulse diagnosis. In his treatise, he specially set up a "Special Chapter on Pulse Interpretation" to discuss the twenty four types of pulse conditions in detail.

(一) 经典与临床并重

齐鲁医派历来重视经典的研究与学习，并以此指导临床实践。晋代王叔和不遗余力整理《伤寒杂病论》；宋代成无己则是注解《伤寒论》的第一人；清代黄元御为尊经派的代表人物，注解《素问悬解》、《灵枢悬解》、《伤寒悬解》等医经 11 种。当代李克绍（我研究生时期的导师）之《伤寒解惑论》，徐国仟教授、张灿珏院长等校正的《黄帝内经》、《针灸甲乙经》等经典医籍，贡献卓著。他们要求弟子们皆能熟练诵读《黄帝内经》、《伤寒论》等经典医籍，为以后的临床诊疗及进一步学习打下坚实的基础。

齐鲁医学流派之所以能够生存并继续传承发展，最重要的是临床疗效好，而齐鲁医派的特色之一就是重实效，并将临床疗效作为评价医者的最高准则。

3.1. Pay equal attention to classics and clinical practice

Qilu TCM School has always attached great importance to the research and study of classics and used them to guide clinical practice. In the Jin Dynasty, Wang Shuhe spared no effort to compile "Shang Han Zabing Lun/Treatise on Febrile Diseases

and Miscellaneous Diseases"; in the Song Dynasty, Cheng Wuji was the first person to annotate "Shang Han Lun /Treatise on Febrile Diseases"; in the Qing Dynasty, Huang Yuanyu was a representative figure of the Sutra School, annotating "Suwen Xuanjie /Questions and Answers for Plain Questions ", "Lingsu Xuanjie/ Questions and Answers to Miraculous Pivot “ and "Shang Han Lun Xuan Jie / Questions and Answers to Treatise on Febrile Diseases” . Huang yuanyu annotated for 11 classic works in total . Contemporary Professor Li Keshao (my former tutor during my graduate school years)'s "Shang Han Jie Huo Lun/ The Theory of Solving Problems of Treatise on Febrile Diseases": Professor Xu Guoqian (one of my former link tutors) and Professor Zhang Canjia (former president of Shandong University of TCM) had made great contributions in correcting ancient TCM classics such as the Huangdi Neijing / Yellow Empire’ s Canon of Medicine, “ Zhenjiu Jia Yi Jing/ Acupuncture Classic A and B” . They also required the students including me to be proficient in reciting the Huangdi Neijing /Yellow Empire’ s Canon of Medicine” and “Shang Han Lun /Treatise on Febrile Diseases” and other classic medical books, laying a solid foundation for future clinical diagnosis and further study. The most important reason why the Qilu TCM School

can survive and continue to inherit and develop is good clinical efficacy. One of the characteristics of Qilu TCM School is that it emphasizes practical results and regards clinical efficacy as the highest criterion for evaluating doctors.

扁鹊是一位技术高超的全科医生，在其周游列国的过程中，根据当地的需求从事内科、外科、妇科、儿科、五官科等不同的医疗工作。名医淳于意精通医术，后世流传的“诊籍”反映了他精湛的医疗技术。王叔和《脉经》从临床角度出发，系统总结出数、弦、紧、细、迟等二十四种脉象，并具体阐释每种脉象的形态标准，为论脉辨证提供了依据。钱乙据小儿生理特点首创五脏辨证纲领，临证从五脏分证入手，治疗儿科各类疾病。

Bian Que was a highly skilled general practitioner. During his travelling around the states of ancient China, he engaged in different medical work such as internal medicine, surgery, gynecology, pediatrics, and facial features according to local needs. The famous doctor Chun Yuyi was proficient in medical skills, and his "clinical records" passed down from later generations reflect his superb medical skills. From a clinical perspective, Wang Shuhe's "Mai Jing" / Pulse Classic systematically summarized twenty-four pulse conditions, including rapid, stringy, tight, thin, etc. , and late, and

specifically explained the morphological standards of each pulse condition, providing a basis for pulse syndrome differentiation. Qian Yi first created the five-organ syndrome differentiation program based on the physiological characteristics of children. Clinical diagnosis started from the five organ syndrome differentiation to treat various pediatric diseases.

(二) 继承与创新并举

自扁鹊开始，齐鲁医派就注重思维模式的创新。扁鹊大胆创新，首创脉学理论，并用铁针代替砭石治疗疾病，可以说是医学史上的一次重大变革。淳于意首创医案“诊籍”；王叔和编纂第一部脉学专著《脉经》；钱乙开创儿科，尤其善于“化裁古方，勇创新方”，将经典医方金匱肾气丸去掉附子、肉桂化裁成六味地黄丸，而成无己则开创方论之先河。

3.2. Embracing inheritance and innovation simultaneously
Since Bian Que, the Qilu TCM School has focused on innovation in thinking patterns. Bian Que boldly innovated, pioneered the pulse theory, and used iron needles instead of stone needles to treat diseases, which can be said to be a major change in the history of traditional Chinese medicine and acupuncture techniques. Chun Yuyi created the first medical record "clinical records "; Wang Shuhe compiled the first pulse theory monograph "Mai Jing"/ Pulse Classic. Qian Yi pioneered

pediatrics, and was particularly good at "adapting ancient prescriptions and daring to innovate prescriptions." He removed aconite and cinnamon from the classic herbal prescription "Jingui Shenqi Pill " and cut it into "Liuwei Dihuang Pill". And Cheng Wuji was to create a precedent for the theory of prescription.

齐鲁医派后继传人亦注重师古人意而不泥古人方，善于吸纳现代医学理论，临证强调结合当代疾病的证治规律，注重中药药性的组合运用，活用张仲景之方，治疗各种现代疾病。齐鲁伤寒流派创始人、本人研究生时导师李克绍教授破六经传变说，立“伤传”与“转属”论，认为表证不同于太阳病，六经并非依次传变，六经皆有表证；破“水停膀胱”说，指出五苓散证并非膀胱蓄水，而是三焦气化失职，水邪弥漫三焦；其代表作《伤寒解惑论》在伤寒学研究中独树一帜，成为齐鲁伤寒学派的代表著作。齐鲁内科时病流派代表人、本人研究生时的师兄王新陆教授（原山东药大学校长）不断创新，提出治疗时病经方化裁五法，并根据当代疾病谱系的改变创立“血浊”理论和“脑血”辨证体系，同时充分整合现代中药药理成果，首创“援药理论”：即中医在治疗现代疾病时，将传统四诊及现代医学检查收集来的患者信息，利用传统中医理论及现代临床医学方法进行综合分析，并结

合中药药理学等研究成果，在传统中医辨证论治基础之上加上微观靶向用药。

The descendants of the Qilu TCM School also pay attention to learning from the ancients' ideas rather than following their fixed prescriptions. They are good at absorbing modern medical theories, emphasizing the combination of syndrome and treatment rules of contemporary diseases, focusing on the combined use of traditional Chinese medicine properties, and making full use of Zhang Zhongjing's prescriptions to treat various modern diseases. Professor Li Keshao, the founder of the Qilu Shanghanlun School (my tutor when I was a postgraduate student) , broke down the theory of transmission of the six meridians diseases and established the theory of "pattern transmission of febrile diseases " and "transfer of attributes". He believed that exterior syndrome (symptoms of aversion to cold and fever) are different from Taiyang disease, and the six meridians diseases are not transmitted sequentially. All of six meridians diseases have the exterior symptoms, not only Taiyang disease. He also broke the theory of “the syndrome of Wuling San caused by water stagnation in the urinary bladder” , and pointed out that the syndrome of

Wuling San is not due to the accumulation of water in the urinary bladder, but the failure of the gasification of the San Jiao/ triple burner. His representative work "Shang Han Jie Huo Lun/ The Theory of Solving Problems of Treatise on Febrile Diseases" is unique in the study of Shang Han Lun / Treatise on Febrile Diseases. It becomes the representative work of the Qilu Shanghanlun School. Professor Wang Xinlu, (one of my senior classmates when we were postgraduates) , former president of Shandong University of TCM , the representative of Qilu TCM Internal Medicine School, continues to innovate and proposed five classic prescriptions for treating seasonal diseases. He created the "blood turbidity" theory and the "brain-blood" syndrome differentiation system based on the changes in contemporary disease spectrums. At the same time, it fully integrates the pharmacological results of modern TCM, pioneers the "aiding medicine theory": That is, when a Chinese medicine doctor treats modern diseases, he /she should comprehensive analyzes the patient' s information collected from both the traditional four diagnostic methods and modern medical examinations , and combines them with the research results of current pharmacology and other research results. Therefore the treatment is on the basis of traditional Chinese medicine

syndrome differentiation plus modern “Micro-targeted medication” .

（三）中医学科与齐鲁文化相互交融

齐鲁医学是中医学宝库的重要组成部分，不仅学术成就突出，学术思想深远，而且学术资源丰富，学术价值明显。深深植根于齐鲁文化土壤的齐鲁医派，不仅是中医药学的一个重要组成部分，而且也是齐鲁文化的重要组成部分。

齐鲁文化对齐鲁医派医学理论的构建、齐鲁医派医学思维方式、齐鲁医派的治疗方法以及齐鲁医派医学传承教育理念方式都具有一定的影响，而齐鲁医派的发展又丰富了齐鲁文化的内涵，二者相互交融，影响深远。

3.3. The integration of traditional Chinese medicine and Qilu culture Qilu TCM School is an important part of the treasure house of traditional Chinese medicine. It not only has outstanding academic achievements and far-reaching academic thoughts, but also has rich academic resources and obvious academic value. The Qilu TCM School deeply rooted in the soil of Qilu culture, is not only an important part of traditional Chinese medicine, but also an important part of Qilu culture. Qilu culture has a certain influence on the construction of the medical theory of Qilu TCM School, the medical thinking mode of Qilu TCM School, the treatment methods of Qilu TCM

School, and the medical inheritance and education concept of Qilu TCM School. The development of Qilu TCM School has enriched Qilu culture. The connotation of the two blends with each other and has far-reaching influence.

四、齐鲁医派的传承方法

齐鲁医派基于齐鲁文化的滋养，秉承于扁鹊、淳于意、成无己、黄元御等名医大家，迄今在全国仍具有影响力。齐鲁医派伴随着齐鲁文化的兴旺发达而经历过辉煌的历史，但宋代以后由于文化中心的南移，趋于没落，因此，有必要对齐鲁医派进一步整理挖掘，促进其繁荣与发展。

4. The inheritance method of Qilu TCM School Qilu TCM School is based on the nourishment of Qilu culture and is inherited by famous doctors such as Bian Que, Chun Yuyi, Cheng Wuji, Huang Yuanyu, etc. It still has influence throughout the country. The Qilu TCM School experienced a glorious history with the prosperity of the Qilu culture. However, after the Song Dynasty, due to the southward shift of the cultural center, it tended to decline. Therefore, it is necessary to further organize and excavate the Qilu TCM School to promote its prosperity and development.

（一）深入挖掘，整理名医学术思想

传承研究名老中医的临床经验和学术思想是推动中医学学术发展、加快人才培养、提高临床服务能力的迫切需求。齐鲁医家自春秋战国时期开始对中医发展就有着深远影响，历代名医辈出，其学术思想与临床经验值得我们进一步研究总结。据《中国分省医籍考》记载，清代可考的齐鲁医家就有 300 余位之多，著作 450 余部，远远超过明代以前所有医家的总和。因此，有必要对齐鲁医派名医的学术思想进行整理，抢救保存名老中医诊疗资料，提炼名老中医学学术思想与临证经验，促进其传承与发展。

4.1 Digging deeply and sorting out the academic thoughts of famous doctors Inheriting and studying the clinical experience and academic ideas of famous traditional Chinese medicine practitioners is an urgent need to promote the academic development of traditional Chinese medicine, accelerate talent training, and improve clinical service capabilities. Physicians from Qilu have had a profound influence on the development of traditional Chinese medicine since the Spring and Autumn Period and the Warring States Period. Famous doctors have emerged in large numbers throughout the ages, and their academic thoughts and clinical experiences are worthy of further study and summary. According to the "Chinese Provincial Medical Records

Examination", there were more than 300 Qilu physicians who were registered in the Qing Dynasty, and they wrote more than 450 books, far exceeding the total of all physicians before the Ming Dynasty. Therefore, it is necessary to sort out the academic thoughts of famous doctors of the Qilu TCM School, rescue and preserve the diagnosis and treatment materials of famous senior TCM doctors, refine the academic thoughts and clinical experience of famous senior TCM doctors, and promote their inheritance and development.

（二）加强人才培养，完善传承队伍

人才传承建设是流派的生命力。人才的培养应坚持师徒传承与院校教育并重，基础与临床教学并举，学生边学医学基础课边跟随老师临床实践，并且加长跟师时间，加强临床实践。同时鼓励广大中青年中医学者拜健在的名老中医为师，使老中医的特色医术后继有人。注重培养方式的灵活多样性，在学校教育结束后贯彻多种形式的继续教育。同时在人才培养方面，注重思维的培养和临证能力的提升，“遵古不泥古”，善于培养学生怀疑精神，不完全迷信古人。只有批判地继承，才能有不断地创新。

4.2 Strengthen talent training and improve the inheritance team Talent inheritance and construction are the vitality of the school. The cultivation of talents should attach equal importance

to the inheritance of masters and apprentices as well as school education, and give equal emphasis to basic and clinical teaching. Students should learn basic medical courses while following the clinical practice of teachers, and the time with teachers should be lengthened to strengthen clinical practice. At the same time, young and middle-aged TCM practitioners are encouraged to become apprentices under famous old TCM doctors who are still alive, so that there will be successors to the characteristics of the senior TCM doctors. Pay attention to the flexibility and diversity of training methods, and implement various forms of continuing education after school education. At the same time, in terms of talent training, we pay attention to the cultivation of thinking and the improvement of clinical diagnosis ability. We "follow the ancient but not the ancient" and are good at cultivating students' skeptical spirit and not completely superstitious about the ancients. Only through critical inheritance can we have continuous innovation.

比如齐鲁伤寒流派代表人、本人研究生时的师兄姜建国教授力主站在治学思维的角度探讨《伤寒论》的疑难争论问题，培养优秀的中医人才。借此机会请允许我谈一下本人的经历/张恩勤医师，也是齐鲁伤寒流派的成员之一。我1979-1982年是山东中医药大学伤寒专业研究生，导师是著

名的伤寒学家李克绍教授；毕业后又拜师著名中医临床专家、山东中医药大学附属医院院长吕同杰教授，每周两天随师临床，连续9年。吕老毫不保留地传授其运用经方治疗疑难病症的宝贵经验。在恩师李克绍和吕同杰教授的鼓励指导下，我于1987年主编出版了《经方研究》（黄河出版社出版），总结了近百年来国内外有关经方治疗各种疾病的临床报道；同时与西药药理专家刘唯新教授团队合作，对100多个经方进行动物药理实验，推进了以经方临床应用和药理研究相结合的研究方法。我1990年主编的世界第一部《英汉对照实用中医文库14册》（上海中医药大学出版社），从基础理论到临床应用，英汉对照，中西医结合，全面系统地向西方介绍了中医学。我1992年编译出版《伤寒论研习指导》（人民卫生出版社），又增加了近二十年来关于伤寒论理论和临床研究的成果，成为许多国家中医药院校的教材，为促进西方中医经典著作教育提供了新的途径。

For example, Professor Jiang Jianguo (my senior classmate when I was a postgraduate student) a representative scholar on “Shang Han Lun” in the Qilu TCM School, has advocated exploring difficult and controversial issues from “Shang Han Lun” for the perspectives on academic thinking in order to cultivate outstanding TCM doctors. Please allow me to take this opportunity to talk about my experience/Dr. Zhang Enqin ,one

of the academic heirs of the Qilu TCM School. I was a postgraduate student majoring in Shang Han Lun at Shandong University of Traditional Chinese Medicine from 1979 to 1982. My tutor was the famous Shang Han Lun expert Professor Li Keshao. After graduation, I continued to study as an apprentice following Professor Lu Tongjie, a famous clinical expert and director of the Affiliated Hospital of Shandong University of Traditional Chinese Medicine , I was persisting in clinical practice with Professor Lu , two days a week for 9 years. Professor Lu unreservedly taught me his valuable experience in using classic prescriptions to treat difficult diseases. With the encouragement of my former mentors, Professor Li Keshao and Professor Lu Tongjie, I compiled and published the book "Research on Classic Prescriptions" published by Yellow River Press in 1987, which summarized clinical reports on classic prescriptions at home and abroad for treating various diseases in the last century. At the same time, I cooperated with Professor Liu Weixin, a Western medicinal pharmacologist , and his team , to conduct pharmacological experiments on 100 classic prescriptions, and promoted the research method of combining the clinical application of classic prescriptions with pharmacological approaches. In 1990, I edited the world's first

kind of bilingual TCM textbooks “ A Practical English-Chinese Library of TCM ” published by Shanghai University of Traditional Chinese Medicine Press, composed of 14 books, comprehensively and systematically introduced traditional Chinese medicine to the West, from basic theory to clinical application, English-Chinese comparison, and integration of traditional Chinese medicine and Western medicine. In 1992, I compiled “ Shang Han Lun Study Guide” published by People's Medical Publishing House , which added the theoretical and clinical research results on Shang Han Lun/Treatise on Febrile Diseases in the past 20 years. It has become a textbook for traditional Chinese medicine schools in many countries, and has contributed to the promotion classics education in traditional Chinese medicine in the western countries.

自 2012 年我在伦敦创办英国中医学院，由于大家的共同努力，为英国培养了大量中医针灸推拿师；并先后与湖南中医药大学、浙江中医药大学和上海中医药大学联合办学，举办中医硕士和博士研究生班，为英国培养了一批高级中医针灸人才。

I founded a TCM school/ UK Academy of Chinese Medicine in London in 2012. Thanks to everyone’ s joint efforts, we have trained a large number of Chinese medicine and

acupuncture practitioners and massage therapists for the UK.

We have also successively cooperated with Hunan University of Traditional Chinese Medicine, Zhejiang University of Traditional Chinese Medicine and Shanghai University of Traditional Chinese Medicine to organize and teach the master's and doctoral courses in traditional Chinese medicine and acupuncture , providing the UK with a number of senior Chinese medicine and acupuncture talents.

（三）注重学术创新，推广应用临床诊疗经验

一个医学流派为了求得生存和发展，就必须使本学派原有的理论或方法不断深化、不断创新，否则这个学派就要逐渐枯萎而退出历史舞台。伤寒学派的发展就足以证明这一点。为了更好地传承与发展，必须重视学术思想的创新。学术流派的传承发展最终归结点是突出自身学术特色优势，不断提高中医临床疗效，以更好地服务于广大人民群众，因此，需要及时地将研究成果转化为临床应用，并将特色诊疗技术广泛推广应用，充分彰显其疗效。

4.3 Focus on academic innovation and promote the application of clinical diagnosis and treatment experience for a medical school to survive and develop, it must continuously deepen and innovate its original theories or methods, otherwise the school will gradually wither and withdraw from the stage of

history. The development of the Shang Han Lun School is sufficient to prove this point. In order to better inherit and develop, we must pay attention to the innovation of academic ideas. The inheritance and development of academic schools ultimately boils down to highlighting their own academic characteristics and advantages, and constantly improving the clinical efficacy of traditional Chinese medicine to better serve the people. Therefore, it is necessary to transform research results into clinical applications in a timely manner and to widely apply unique diagnostic and treatment technologies. Promote its application and fully demonstrate its curative effect.

总之，齐鲁医派人才济济，医学著作众多，几乎涉及中医理论与临床的各个领域，丰富了中国医药宝库。齐鲁医派的学术思想、传承方式及其文化对中国传统医学发展影响深远。对齐鲁医派的研究、挖掘和整理，将对推动世界中医药事业的发展产生积极作用。

In short, Qilu TCM School is full of talents and has numerous TCM books . Theses books cover almost all fields of TCM theory and clinical practice, enriching the treasure house of Chinese medicine. The academic thoughts, inheritance methods and culture of Qilu TCM School have a profound impact on the development of traditional Chinese medicine. The

research, excavation and organization of Qilu TCM School will have a positive effect on promoting the development of traditional Chinese medicine in the world.

五、经方的研习方法与临床应用

（一）经方的概念

关于经方，主要有两种说法：一是指经验之方，即医家在治疗过程中发现确有疗效的“经验之方”；二是指经典之方：即在张仲景著作伤寒论、金匱要略中使用过的“医经之方”。在明清之前，经方一词主要是指“经验之方”；在汉朝时曾经存在的经方派，所指的也是前者。在清朝初叶，出现另一支，尊古的经方派，他们称张仲景著作使用过的方剂是“经方”，而后世医家及温病学派设计的方剂则称之为“时方”。

5. Studying methods and clinical application of classic prescriptions
5.1 The Concept of Jing Fang / Classical Prescriptions
Regarding Jing fang/ classical prescriptions, there are two main sayings: First refers to empirical formulas that doctors have found to be truly curative during the treatment process; Second refers the classical prescriptions in Zhang Zhongjing's "Shang Han Lun / Treatise on Febrile Diseases" and "Jingui Yao Lue/ Essentials of the Golden Chamber". Before the Ming and Qing Dynasties, the term "Jing fang" mainly referred

to "empirical formulas ". The Jing fang school that existed during the Han Dynasty also referred to the former. In the early Qing Dynasty, another branch emerged, the ancient Jing Fang School. They called the prescriptions used in Zhang Zhongjing's works as "Jing Fang/ Classical prescriptions "; while the formulas created by later generations of doctors and the formulas for treating epidemiological and other disease were termed "Shi Fang/ Popular formulas ” .

目前中医学界最为普遍的说法，是指东汉朝张仲景所著《伤寒杂病论》（后世分为《伤寒论》及《金匱要略》二书）所记载之方剂。乃是相对于宋、元以后出现的时方而言的。其中《伤寒论》载方 113 首，《金匱要略》载方 205 首，除去重复的 38 方，共计 280 方。《伤寒论》载药 90 味，《金匱要略》载药 192 味，除去重复的 76 味，共计 206 味。经方是“医方之祖”，后世中医学称《伤寒杂病论》为“活人之书”、“方书之祖”，赞誉张仲景为“医圣”。古今中外的中医学家常以经方作为母方，依辨证论治的原则而化裁出一系列的方剂。经方的特点可概括为“普、简、廉、效”。所以后世公认的” 经方 “是指张仲景之《伤寒杂病论》中所记载的方剂。

At present, the majority view in the field of traditional Chinese medicine refers to the prescriptions recorded in “Shang

han za bing lun / Treatise on Febrile Diseases and Miscellaneous Diseases written by Zhang Zhongjing in the Eastern Han Dynasty (later this book has been divided into two books: Shang Han Lun / Treatise on Febrile Diseases and Jin Kui Yao Lue / Synopsis of the Golden Chamber). It is relative to the time when it appeared after the Song and Yuan Dynasties. Among them, "Shang Han Lun / Treatise on Febrile Diseases" contains 113 prescriptions, and "Jin Kui Yao Lue / Synopsis of the Golden Chamber" contains 205 prescriptions. Excluding 38 duplicate prescriptions, there are 280 prescriptions in total. "Shang Han Lun / Treatise on Febrile Diseases" contains 90 medicinal herbs, and "Jin Kui Yao Lue / Synopsis of the Golden Chamber" contains 192 medicinal herbs, excluding 76 duplicate medicinal herbs, a total of 206 medicinal herbs. "Jing fang" / Classical prescription is the "ancestor of medical prescriptions". Later generations of Chinese medicine scientists called "Treatise on Febrile and Miscellaneous Diseases" "the book of living people" and "the ancestor of prescriptions", and praised Zhang Zhongjing as the "sage of medicine". Traditional Chinese medicine experts at home and abroad often use classical prescriptions as their basic prescriptions and develop a series of new prescriptions based on the principles of syndrome

differentiation and treatment. The characteristics of Jingfang can be summarized as "popular, simple, cheaper and effective". Therefore, the "classical prescriptions" recognized by later generations refer to the prescriptions recorded in Zhang Zhongjing's "Shang Han Zabing Lun /Treatise on Febrile and Miscellaneous Diseases".

(二) 经方的分类

桂枝汤类

麻黄汤类

葛根汤类

柴胡汤类

泻心汤类

白虎汤类

承气汤类

陷胸汤类

抵挡汤类五苓散类

苓桂剂类

四逆汤类

理中汤类

附子汤类

5.2 Classification of Jingfang / Classical Prescriptions

Guizhi tang / Cinnamon Twigs Decoction types

Mahuang tang / Ephedra Decoction types

Gegen tang / Pueraria Decoction types

Chaihu tang/ Bupleurum Decoction types

Xiexin tang/ Hear- fire purging Decoction types

Baihu tang / White Tiger Decoction types

Chengqi tang / Digestive -qi Purging Down Decoction

types

Xian xiong tang / Chest Purging Decoction types

Wuling san / Five Ingredients including Poria Powder types

Ling gui preparations / poria and cinnamon twigs types

Sini tang/ Cold Extremities Decoction types

Lizhong tang / the Middle - jiao Regulating Decoction

types

Fuzi tang / Aconite Decoction types

(三) 经方的研习方法

1. 正确理解和掌握原方、原文，包括方后注。如《伤寒论》第 177 条“伤寒，脉结代，心动悸，炙甘草汤主之”。原文用简短文字阐述了炙甘草汤的主症，即剧烈的心悸和脉律紊乱。我以此方加减用来治疗心电图检查显示期前收缩或心房纤颤的心律失常病人，效果良好。再如大承气汤的方后注：“上四味，以水一斗，先煮两物，取五升，去

渣，纳大黄，更煮取两升，去渣，纳芒硝，更上微火一两沸，分温再服。得下，余勿服”。张仲景在此方后注具体地介绍了煎药方法，并特别强调“得下，余勿服”，以避免过服大承气汤造成对人体的伤害。

2. 认真总结近代经方应用的经验和文献资料。如当归贝母苦参丸，《金匱要略/妇人妊娠病脉证并治第二十》原文记载是用此方来治疗“妊娠小便难，饮食如故”。现在我用来治疗男人的慢性前列腺炎有效。再如半夏泻心汤，《伤寒论》149条和《金匱要略/呕吐哕下利病脉证治第十七篇》原是用来治疗伤寒下后引起的“心下痞”，我目前广泛应用于幽门螺旋菌感染引起的浅表性胃炎、胃及十二指肠溃疡等，效果可靠。一般认为，温经汤是张仲景的助孕方、调经方，更是治疗女人更年期的处方之一，很少用于用于男性，如《金匱要略/妇人杂病脉证并治第二十二》说“妇人年五十所，病下利十日不止，暮即发热，少腹里急，手掌烦热，唇口干燥”。然而近代经方大师黄煌教授认为：男女都是人，女人可以，为何男性不可以用温经汤呢。黄教授曾介绍过同仁和自己运用用温经汤治疗男子精子活力下降和数量不足、老年男性失眠以及男性更年期综合征等。黄教授为运用经方开阔了视野。

3. 加强药理研究和实验，尽可能找到经方的有效成分和作用机制。近代药理实验可以帮助我们揭示经方的作用原理，

扩大应用范围。如关于乌梅丸治疗胆道蛔虫的原理，传统的中医理论认为是，蛔虫的特点是：“得酸则静，得苦则定，见辣则头伏而下”。具体地说，方中乌梅味酸，黄连味苦，细辛味辛。乌梅丸治疗胆道蛔虫是通过酸、苦、辣这三种药味来实现的。通过现代药理研究发现，服乌梅丸后使蛔虫虫体呈麻醉状态，失去了蛔虫固有的附着胆道壁的能力；乌梅丸使胆汁分泌增多，增加了对这些没有活动性的蛔虫的冲击力，迫使蛔虫退回肠道；服乌梅丸后能松弛奥狄氏括约肌；服乌梅丸后，改变了胆汁的酸碱度，使胆汁趋于酸性，蛔虫本身有恶酸好碱的特性，此种改变不利于蛔虫在胆道生存，蛔虫即通过弛缓扩大的奥狄氏括约肌退回肠道，从而使胆道蛔虫病得到治愈。

总之，我认为推广经方的临床应用和加强经方的药理研究，有助于开阔中医的思路，促进中医学术的发展，服务社会，造福人类。

5.3 Methods for studying and researching classic prescriptions

(1) Correctly understand and master the original prescription and text, including the usage and notes of the prescription. For example, [Shang Han Lun /Treatise on Febrile Diseases], clause 177: " during febrile disease, knotted pulse, palpitations, Zhigancao tang/ Prepared Licorice

Decoction is the main prescription ". The original text briefly explains the main indications of Zhigancao tang/ Prepared Licorice Decoction are severe palpitations and irregular pulse . I use this formula to treat arrhythmia patients whose electrocardiogram shows premature contractions or atrial fibrillation, which is effective. Another example is the note at the end of the recipe for Dachengqi tang / Major Decoction for Purging Down the Digestive -qi : "For the four ingredients , use a bucket of water. Boil two things first, take five liters, remove the residue, add da huang/rhubarb, and boil two more liters, remove the residue, add Mang xiao / Mirabilite . Bring it to a boil over low heat, then take it if it is warm enough, but do not take the rest of the herbal decoction if constipation disappears" Zhang Zhongjing introduced the method of decoction in detail in the usage and note after this prescription, and especially emphasized that "if the patient gets normal don't take the rest" to avoid harm to the human body caused by over-dosage Dachengqi tang/ Major Decoction for Purging Down the Digestive-qi.

(2) Extensively collect experience and literature on the application of modern classical prescriptions. For example, Danggui beimu kushen wan/ Chinese angelica fritillaria shrubby

sophora pill , in [Jin Kui Yao Lue / Synopsis of the Golden Chamber/Chapter 20 on Treatment of Women's diseases during the Pregnancy], the original text records that this prescription was used to treat "difficulty urinating during pregnancy ". Today I use this formula for treating chronic prostatitis in men which is effective. Another example is the Banxia Xiexin Tang / Pinellia Decoction for Purging Stomach-fire, in clause 149 of "Shang Han Lun/ Treatise on Febrile Diseases" and Chapter 17 of [Jin Kui Yao Lue / Synopsis of the Golden Chamber] the formula was originally used to treat " fullness bellow the heart " caused by purging herbal pills mistakenly during febrile diseases. Right now I apply this formula widely for treating superficial gastritis, gastric and duodenal ulcers caused by Helicobacter pylori infection with reliable results. It is generally believed that Wenjing Tang/ Meridian-warming Decoction is Zhang Zhongjing's prescription to aid pregnancy and regulate menstruation, and it is also one of the prescriptions for treating women's menopause today. The formula is rarely used in men. For example, Chapter 22 of [Jin Kui Yao Lue / The Synopsis of the Golden Chamber] on “ Diagnosis and Treatment of Women's Miscellaneous Diseases and Pulse Syndrome" says: "The woman was fifty years old and had been ill for ten days

with fever. At night, she felt irritable in her lower abdomen and her palms were hot. It was very annoying, and her lips and mouth were dry..., use Wenjing Tang/ Meridian-warming Decoction to treat it” . However, Professor Huang Huang, a famous master of modern classical prescriptions, believes that men and women are both human beings, and women can be treated with Wenjing Tang/ Meridian-warming Decoction, why men not? Professor Huang once introduced his colleagues and himself to use Wenjing Tang/ Meridian-warming Decoction for treating low sperm motility, low sperm count, insomnia in elderly men, and male menopausal syndrome. Professor Huang’s experience in classic prescriptions has broadened our horizons.

(3) Strengthen pharmacological research and experiments, and try to find the effective ingredients and mechanism of action of the prescriptions. For example, the mechanism of action of Wumei Wan / Black plum Pill in treating "Huijue"/biliary ascariasis. In the past, traditional Chinese medicine theory believed that the characteristics of roundworms are: "ascaris will be calm when it encounters acid herbs and it will be quiet when meets bitter herbs; and turns back to the intestines when encountering spicy herbs " Specifically, in the ingredients of the prescription, black plum tastes sour, *Coptis chinensis* tastes

bitter, and asarum tastes pungent. Wumei Wan / Black Plum Pill treats successfully biliary roundworms through three kind of flavors: sour, bitter, and spicy. Modern pharmacological research has found that after taking Wumei Wan / Black Plum Pill, the roundworm body becomes anesthetized and loses the inherent ability to adhere to the bile duct wall; increased bile secretion has Increased impact against roundworms causing these inactive roundworms to return to the intestine through relaxed the sphincter of Oddi; after taking Wumei Pills, the pH of the bile has been changed, making the bile more acidic. The roundworm itself has the characteristic of disgust acid and preferring alkali. This change is not conducive to the survival of roundworms in the biliary tract, and the roundworms have to return to the intestines through relaxation of the sphincter of Oddi. This is the mechanism of action of Black Plum Pill in treating biliary ascariasis. In short, I believe that promoting the clinical application of classical prescriptions and strengthening pharmacological research on classic prescriptions will help broaden the thinking of traditional Chinese medicine, promote the development of traditional Chinese medicine academics, serve society, and benefit mankind.

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