

MASTER'S THESIS

嶺南中醫藥臨床應用特點

吳麟如

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摘要

本文分別從嶺南地理氣候、嶺南醫藥歷史發展概況、嶺南醫藥與客家文化、嶺南生活習俗、嶺南疾病發病特點及因素、嶺南藥品種和生態特點、嶺南中醫藥的治療應用等各方面論述嶺南中醫藥臨床應用特點及其形成的過程，最後作以結論。

嶺南地理氣候：概述了嶺南地理位置和嶺南氣候的特點(地處亞熱帶、熱帶，氣候潮濕，夏長冬短)，並分別概述了嶺南地域所包括的廣東地理氣候概況、廣西地理氣候概況、海南地理氣候概況。

嶺南醫藥歷史發展概況：概括論述了從秦、漢時代及以前的原始嶺南醫藥，歷代中原文化及中原醫藥的引入，其與原始嶺南醫藥的融合與發展，宋代嶺南醫藥的興盛，明、清時代的情況，近代繁盛的發展。

嶺南醫藥與客家文化：論述了什麼人是客家人(是北方中原人)，他們從何而來，客家文化是什麼的文化(是中原文化)，它與嶺南文化和醫學的關係，對嶺南醫藥形成的影響。

嶺南生活習俗：探討了嶺南人日常飲食習慣、生活環境、起居作息、服飾等。

嶺南疾病發病特點及因素：論述了嶺南地理氣候環境對疾病產生的影響，嶺南人日常生活習俗對疾病產生的影響，嶺南地區疾病發病的特點(脾胃虛損，濕蘊熱郁)，嶺南常見的疾病類型(傳染病類)。

嶺南藥品種和生態特點：論述了生長於嶺南的動植物特點(藥用植物的生長發育與氣候條件、藥用植物的自然分佈與氣候條件、藥用植物的分佈與土壤條件)，嶺南 40 多種地道中藥材的生長形態及環境，藥材的加工及炮製作用，嶺南民間常用的 100 多種嶺南草本藥物的藥用特點(以性質苦寒居多)、生長分佈的地區環境，常出現在嶺南地區的藥用植物科屬。

嶺南藥物貿易：論述了因嶺南的地理環境、對外貿易的發達，為嶺南帶來了多種的海外藥物，對嶺南中醫藥的發展起了極大的影響。

嶺南中醫藥的治療應用：綜合了上述各項的因素，並論述了嶺南中醫藥

的治療特點(以治濕、熱為重點，治脾護胃為本)，嶺南臨床應用中藥的特點(以芳香輕升之品為常用)，湯水與涼茶的臨床應用(以食療保健為原則，誤服涼茶對身體的壞影響)。

結論：嶺南的獨特地理環境氣候、嶺南獨特的客家文化及日常生活習俗、嶺南的中草藥品種和生態特點等三方面，是形成嶺南中醫藥臨床應用特點的重要因素。

Abstract

This article discuss the clinical therapeutic characteristics of Lingnan and its story of formation from different aspects which are physical geography of Lingnan, medical developing history of Lingnan, the relationship between the medicine of Lingnan and the culture of Hakka, the living custom of Lingnan, the aetiology and pathology of the diseases of Lingnan, the relationship between the drugs and ecological environment of Lingnan, the applied therapeutic of TCM (Traditional Chinese Medicine) in Lingnan respectively.

Physical geography of Lingnan: Brief description of the overall physical geography of Lingnan (the area involve in subtropical and tropical, high humidity, warm weather more than cold), the physical geography of the areas which involve in Lingnan including Guangdong, Guangxi and Hainan.

Medical developing history of Lingnan: Brief description of the history of medical developing in Lingnan which from the primitive level in Qin and Han dynasties to the introduction of civilized culture and TCM, absorption and development, the situation from Sung dynasty to Qing dynasty and now.

The relationship between the medicine of Lingnan and the culture of Hakka: Brief discussion about the definition of Hakka people (the people coming from highly civilized central area of China), they come to Lingnan for what, what is the culture of Hakka (the highly civilized culture of China), the relationship between Hakka and the formation of culture and TCM of Lingnan.

The living custom of Lingnan: Discussion about the living custom of Lingnan which including eating, living environment, jobs and daily activities, and dressing.

The aetiology and pathology of the diseases of Lingnan: Discussion about the relationship among the diseases, the physical geography and the living custom of Lingnan, the aetiology and pathology of the diseases of Lingnan (asthenia-impairment of spleen and stomach, latent heat due to obstruction of damp), the endemic diseases of Lingnan (infectious diseases).

The relationship between the drugs and ecological environment of Lingnan: Discussion about the properties of plants and animals of Lingnan (the physical geographical conditions for growing of herbal medicines, the relationship between the natural distribution of herbal medicines and physical geographical conditions, the relationship between the natural distribution of herbal medicines and the compositions of soil), the appearance and ecological environment of more than 40 genuine crude drugs of Lingnan, the pharmaceutical processing of the medicinal materials, the pharmacological properties of more than 100 common native herbal drugs of Lingnan (mainly with bitter taste and cold nature) and natural distribution, the families or genera which usually can be found in Lingnan.

The drug trading in Lingnan: Discussion about the imported drugs abound Lingnan due to the special physical situation in south China and the prosperous overseas trading, and the impact of the foreign drugs on the development of TCM in Lingnan.

The applied therapeutics of TCM in Lingnan: Integrating all above factors and discussing about the characteristics of the applied therapeutics of TCM in Lingnan (treatment of damp and heat is the main point, and treatment of spleen and stomach is the basic approach), the properties of the herbal medicines applied in Lingnan (mainly with fragrant smell), the clinical application of soup and herbal drink (the importance of Lingnan's soup in recovering patients and the harmful effects of herbal drink in the contra-indicated cases).

Conclusion: The unique physical geography of Lingnan, the unique living culture of Hakka in Lingnan, the drugs and the ecological environment of Lingnan are the three main components in forming the unique characteristics of clinical applied therapeutics of Lingnan.

嶺南中醫藥臨床應用特點

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