



Synopsis 講座摘要

Pursuit of Harmony - TCM Theory Under the Perspective of Traditional Philosophy

「和」的追求——傳統哲學視域下的中醫學理

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“Harmony” is a characteristic philosophical thought in traditional Chinese culture, aka TCM. It dominates Chinese perspective on the universe and everything under it, and becomes the lofty ideal of the Chinese nation. As a derivative of traditional culture, traditional Chinese medicine (TCM), be it the “*Yellow Emperor’s Internal Classic*” or the academic ideas and theories of various doctors in history, is always permeated by the concept of “harmony”, which is particularly manifested in TCM’s view of life - the harmony among essence, energy and spirit, the internal harmony of the human body, and the harmony between man and nature. Lack of harmony is the root cause of diseases, and the purpose of treatment is to achieve “harmony”. These theories eventually develop into a complete system, which forms the core principle of Chinese medicine. By analyzing the concept of “harmony” in Chinese medicine, it is found that “balance” is not inherent in Chinese medicine, and “balance” cannot be used to measure whether the human body is healthy. With times and disease spectrum ever changing, the pathogenic factors have become increasingly complex, and treatment has gradually become more personalized. The concept of “harmony” in TCM cannot be replaced by modern medicine, and will continue to contribute to the academia and clinical treatment with broad application value and promising prospects for future development.

「和」是中國傳統文化中頗具特徵性的哲學思想，它貫穿於對宇宙和人事的通觀中，成為中華民族信守的崇高理念。孕育脫胎於傳統文化的中醫學，無論是《黃帝內經》，還是歷代醫家學術思想和理論，都滲透了「和」的理念。具體表現為它的生命觀——精氣神的和諧、人體內部以及人與自然的和諧。失和則為致病的根本原因，治療的目的在於達到「和」。這些理論最終發展成完整的體系，成為中醫學之核心原則。通過對中醫「和」思想的解析，可以發現「平衡」非中醫本身所固有，不能用「平衡」來衡量人體是否健康。隨著時代的發展，疾病譜的改變，致病因素日益複雜，治療逐漸趨於個性化。作為具有中醫特色的「和」之理念，是現代醫學所不能取代的，無論其學術理論還是具體治療方面，都將在未來有廣泛的應用價值和發展前景。

