



Analysis of Academic Thought of "Lufu Forbidden Prescription"

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Abstract: "Lufu Forbidden Prescription" consists of four volumes, the recorded prescriptions are precious and practical, and studying this book can glimpse Gong Tingxian's academic thought, and exploring the academic characteristics of this book is also of great value for the treatment of today's clinical evidence.

Keywords: "Lufu Forbidden Prescription", Gong Tingxian, Academic Thought, According To The Time And Conditions, Health Preservation

"Lufu Forbidden Prescription" was collected and compiled by Qingjiang physician Gong Tingxian, the whole book is divided into four volumes: Fu, Shou, Kang and Ning, based on disease evidence, it is divided into 112 subjects such as stroke, typhoid fever, plague, etc., and 3 types of general treatment, ointment and miscellaneous prescriptions according to the nature of the Prescription, a total of 115 doors, and collected many single secret prescriptions, involving internal, external, gynecology, children, and five senses, and many prescriptions are not recorded in books, precious and practical^[1]. It is of great clinical significance to study the "Lufu Forbidden Prescription", understand the different Prescriptions used for the same disease, explore its composition principles and the characteristics of Gong Tingxian's academic thought, or expand the idea from the perspective of a single secret prescription when the evidence is in doubt and there is no way to use it.

1 THE CONTENT IS EXTENSIVE AND SUBDIVIDED, AND THERE ARE WAYS TO CURE ALL DISEASES

"Lufu Forbidden Prescription" collects the treasured Qifang of King Lu's Mansion and the folk prescriptions personally collected by Gong Tingxian^[2]. In the book, Gong Tingxian's medical case of treating Princess Lu records in detail the process and ideas of Gong Tingxian's diagnosis of the disease and the treatment with medicine^[3], as well as its peculiar healing effects; It is also recorded in his book 1 Fu Ji: "The forbidden side is known as ... Special order of good doctors, selection of

excellence, deletion of complexity, classification of categories. No need to cut the pulse, ask the patient to administer the dose. The medicinal properties are peaceful and work strangely. And many secret recipes are followed by words such as "its effect is like a god", "standing stop", "extremely effective" and other words that describe their effects, which shows that his book is classified in detail, widely contains strange recipes, and has excellent clinical effects.

1.1 DIVIDED INTO CATEGORIES, ONE SIDE AND ONE DISEASE

The four volumes of this book are divided into diseases, and each disease is accompanied by multiple prescriptions, and its detailed classification is reflected in the correspondence of one side to one symptoms, after each prescription, the applicable diseases of the party are described in detail, and the same prescription should also add or subtract drugs according to the patient's different accompanying symptoms and different seasonal locations, such as Qiang Huochong and soup attached to typhoid fever, the corresponding symptoms are recorded as "spring, summer and autumn non-time cold, cold headache, fever and cold without sweat, strong veins in the spine, that is, the foot sun bladder is evil, the appearance of symptoms", but under it is cloudy: "chest fullness plus citrus shell, bellflower; Xia Yue plus plaster, zhimu; There is sweat to remove the cangshu plus whitening; More than just singa astragalus; If it is not enough, take the firewood and the laurel branch and peony medicine for a coin, and the famous god soup; Do not make Khan plus su leaves. It can be seen that the meticulous and clear classification of the disease, and the composition law of one disease contains the TCM treatment principle of different



treatments for the same disease, which is the concrete embodiment of the traditional TCM theory of dialectical treatment in the book "Lufu Forbidden Prescription".

1.2 THE CONTENT IS EXTENSIVE, AND IT CURES DISEASES WITH WONDERS

Gong's "Lufu Forbidden Prescription" is a major academic feature of its breadth and curiosity. The diseases recorded in the book cover almost all kinds of common clinical diseases, and there are corresponding secret recipes to provide treatment ideas for them; The prevention of typhoid fever recorded in the book and the people attached at the end of the book include 100 diseases, 100 medicines, 20 proverbs for prolonging the year, and 100 proverbs for advising the world^[2], which embodies the idea of preventive treatment of health care and the medical ethics of helping the world, and promotes it" Medicine is Renshu"^[4]. Whether it is the intuitive academic value of the parties contained in it, or the embodiment of the traditional humanistic spirit, it reflects the breadth of the content of the book "Lufu Forbidden Prescription", but the words of "taking strange cures" can be found in its medicine, which involves children's feces, cat feces, red copper powder, oolong tail (that is, dust on the beam), wild human liver (that is, human stool), rat droppings, goose bile, etc., and there are many rare flesh and blood sentient products, which are strange, such as healing muscles and bones The big pig gall, the snail in the five chokes like a god and square, the prawn toad in the golden toad scatter, etc. Here, the author details the use of children's feces in the book: children's feces were first found in the "Fifty-two Sick Prescriptions" ^[5] and the history of medicinal use can be described as long, and it is recorded in the Tang Dynasty's "New Cultivation of Materia Medica": the main pawn attacked the heart, and there was bruising inside the beating; and the Lord is full of abdomen, and those who are not sick of medicine, take all the pieces of blood and flesh; The Lord lost his breath for a long time^[5]. It can be seen that children's feces have the effect of activating blood stasis, nourishing yin and lowering fire, and suppressing cough, which can be used for blood stasis, yin deficiency and fire ^[6], and the application of children's feces in "Lufu Forbidden Prescription" is also in line with the words of previous doctors: the almonds in the cough side are peeled and soaked in children's feces, and their cough relief effect is taken; Most of the labor fever is yin deficiency and fire, and the eight treasure ointment, lung clearing drink, cure yin deficiency and fire fever, cough and phlegm and wheezing are all put into children's feces, taking its power of nourishing yin and lowering fire. However, this book also applies children's feces to various aspects of typhoid fever: returning to the yang and returning to the original soup and the recovery soup are all in the child to carry out the effect of returning to the yang to save the rebellion, and Liu Wansu, one of the four masters of Jin Yuan, proposed: "Before the age of sixteen, the pure yang qi is hot and more." ^[7] Human urine is called Tong Feces by Tong Boy You Liang^[5], and in this book, Tong Yi uses the thesis that the Yang Qiqi Cover originates from children as pure yang bodies, and looks forward to more systematic research in future generations. Tong feces are human excrement, which is not commonly used in classic recipes, and it is difficult for modern people to accept

them in medicine^[5], but the ingenious use of children's feces in "Lufu Forbidden Prescription" precisely reflects the difference between the single test secret recipe and the classic famous recipe, reflecting the rarity of the secret recipe.

"Lufu Forbidden Prescription" has classic traceability, supported by curative effects, extensive content, strange and not strange, which can enable doctors to use medicine from the perspective of a single secret recipe when the treatment of Jingfang is fruitless, giving patients a chance to survive.

2 ADAPT MEASURES TO THE TIME AND USE THE POWER OF NATURE TO CORRECT THE DEVIATION OF DISEASES

Mencius said, "The time and place are favorable to people." "The prescription of the temporary certificate group is like sending troops to fight, and getting the "time of day" is like borrowing the east wind. There is a saying in "Lingshu Jade Edition": "Madame, the town of heaven and earth." "Born between heaven and earth, its physiology and pathology are inevitably affected by natural factors such as season and region ^[8], so the idea of three factors has very important guiding significance for the prevention, diagnosis and treatment of diseases.

"Adapting to the Times" comes from the Yellow Emperor's Internal Canon ^[8], which is an important part of the three-factor thinking and also guides the composition of many Prescriptions in the "Lufu Forbidden Prescription". For example, the malaria disease in "Lufu Forbidden Prescription Fuji" is accompanied by several secret recipes for the treatment of malaria, among which, Longhu Dan is recorded as "malaria treatment, Dragon Boat noon system"; The Malaria Pill is recorded as "On the Dragon Boat Day, there is no limit to how much garlic is used... Sun drying and storage", both sides clearly put forward the season of malaria - Dragon Boat Festival, and according to later research, summer is hot and hot, food is easy to spoil, mosquitoes are rampant, this seasonal feature makes malaria more common in this season, concentrated in May-July, that is, around the Dragon Boat Festival ^[9]. It can be seen that Gong Tingxian meticulously considers seasonal factors, applies "treatment according to time" to clinical practice, and uses the natural power of heaven and earth to carry out scrutiny, diagnosis and treatment of diseases, and use strength to achieve twice the effect with half the effort.

"Suwen Six Verses of Tibetan Elephant Theory" Yun: "I don't know what the years are added, the rise and fall of qi, and the rise and fall of reality, and I can't do work." This points out that doctors need to be familiar with the astronomical calendar and the seasonal seasons ^[8], further explaining that "adapting to the times" is the characteristic idea of TCM in the diagnosis and treatment of diseases; In connection with the development of today's medicine, the idea of adapting to the times and the time medicine in modern medicine are also similar ^[8], which adds academic value and practical significance to the " Lufu Forbidden Prescription ".



3 INCORPORATE WELLNESS INTO CLINICAL TREATMENT

The concept of health preservation can first be found in the "Yellow Emperor's Internal Canon", which records: "Yin and yang are secret, and the spirit is the rule." That is, if the yin and yang of the human body are balanced, the spirit is normal. Health preservation, that is, to maintain life, prolong life, in a broad sense, all activities conducive to physical and mental health can be described as health preservation^[10], it can be seen that health preservation throughout a person's life, not only limited to the state of no disease, no disease, illness, after illness are all contained in the way of health preservation, Gong Tingxian also applied the concept of health preservation to clinical treatment, injecting "prevention before illness, prevention of both disease, prevention and recovery after malaria" in "Lufu Forbidden Prescription" The idea of "three defenses".

3.1 STRENGTHEN THE SPLEEN AND STOMACH, SUPPORT THE RIGHT AND REPLENISH THE DEFICIENCY

Gong's medical case for treating Princess Lu recorded in detail the cause of the princess: "It was the mistake of the former doctor to attack and kill the fell, resulting in the extreme loss of vitality, spleen and stomach, due to the exhaustion of kidney water, the exhaustion of blood and blood, the liver wood is too strong, and the humidity and heat are prosperous."^[2] In the final analysis, the spleen and stomach are damaged and the vitality is exhausted, so Gong uses the tonic method as its treatment, cultivates soil and gold, replenishes the lost vitality, and prescribes various prescriptions, adding and subtracting tonic Zhongyi qi soup, invigorating the spleen and nourishing the heart, calming the liver, clearing fire and reducing swelling, ginsengshu ointment, Liuwei Dihuang pill, Ruilian pill, Taihe pill, etc., all play the effect of tonifying vitality and strengthening the spleen and stomach^[2]; Gong Shi set up a special supplement article in the second life of this book, inheriting the idea of the previous soil replenishment school to protect the spleen and stomach, and put forward the theory of the etiology and pathogenesis of "the origin of the disease of Fuwan is always attributed to the deficiency". All of the above can be glimpsed Gong's clinical treatment ideas of protecting the spleen and stomach and replenishing healthy qi, the spleen is the foundation of the day after tomorrow, and the healthy luck of the temper is sufficient; On the contrary, the right qi is deficient, and the so-called "positive qi is stored inside, and evil cannot be done"^[2], so the health concept of paying attention to the maintenance of the spleen and stomach is of great significance for the prevention, treatment and prognosis of diseases^[11].

3.2 MEDICINE AND FOOD ARE THE SAME SOURCE, BACK TO THE BASICS

"Fasting food is food, and patient food is medicine", as early as the "Yellow Emperor's Internal Classic" has put forward the health concept of "medicine and food from the same source"^[12].

Medicinal and food homologous, also known as medicinal and food dual use, refers to a substance can be used as food or medicine, there is no strict boundary between the two^[13]. the medicinal value of the substance into the daily diet, in order to play its health preservation, disease prevention, cure of disease, in today's society has gradually become a health care method^[14]. such as medicinal diet, dietary therapy, etc. Sun Simiao once said: "As a doctor, a husband needs to first understand the source of the disease, know what he has committed, and cure it with food." Diet does not heal, and then medicine.^[13] Medicine King said that food therapy precedes life medicine, which further reflects the role of medicine and food homologous in health care, disease prevention and treatment, and people take food as the sky, and consciously match the appropriate "medicine" in diet, which is of great benefit to human health. The health concept of "Lufu Forbidden Prescription" also reflects the same origin of medicine and food, which Chen Lishu summarized^[2]: Fuji, the internal injury chapter records the harmony of large tonic soups (rice, millet, glutinous rice, coix seeds, lotus seed meat, chia, yam, white porridge, white sugar); Kang Ji, the white ice cream (dried yam, ginseng, poria, lotus seed meat, chia, divine comedy, malt, rice, glutinous rice, white sugar) soup is eaten as a meal; Ningji miscellaneous Prescriptions such as immortal wine, honey forest poultry wine, rice wine noodle Prescription, golden panlu, Lanling wine party, Yulu wine, etc. make drugs to prevent and treat diseases into liquors; Fragrant tea cakes, chicken soda cakes, etc. recorded in Ningji's miscellaneous recipes. The author is here to add: Fuji, dysentery under the treatment of dysentery silent mouth do not eat (a yellow chicken, made like a food method, with charcoal fire, salt, vinegar, pepper powder, fragrant, cooked food. The affected person is on the side, smelling its flesh instantly); Shouji, the taihe pill of the bulging chapter, its serving method involves "boiling barn grain rice as a pill", and the danfang qishu of the edema chapter is also square (use one or two or two refined pork, add one point of gansui fine, file one place. Wrapped in paper, simmered and cooked, chewed carefully, good wine is sent, and all evil things will be cured), secret recipe (corn, mung beans, pork liver, chopped, three flavors boiled for porridge). In addition, there are also a large number of prescriptions that need to be "rice soup to take", all of which are the embodiment of the health concept of the same origin of medicine and food in the "Lufu Forbidden Prescription", which shows that Gong's practice of medicine flexibly incorporates the concept of health preservation in the treatment of diseases, so that the "Lufu Forbidden Prescription" has a certain guiding role in the medical care of today's society^[14].

From ancient times to the present, the concept of health preservation has run through the theoretical system of traditional Chinese medicine, and the "Lufu Forbidden Prescription" inherits and carries forward the concept of health preservation, incorporates it into a single secret and applies it to clinical treatment, combines the traditional Chinese medicine idea of treating pre-existing diseases, and has great significance for the systematic study of health preservation concepts in future generations and the development of today's health care cause.

4 MAKE GOOD USE OF MEDICINE AND



SERVE WITH WINE

Most of the prescriptions recorded by Gong use medicinal quotations, such as "rice wine sent down", "rice soup", "ginger and jujube fried", etc., and the "Medical Narrative" has a saying: "Ancient and modern soup recipes are exhausted, and the medicine is endless, each has its own suit." "It can be seen that the good use of medicine and proper service are also a major characteristic advantage of "Lufu Forbidden Prescription". In the book, there are hundreds of secret recipes for taking with wine, wine is the length of a hundred medicines^[15], and the "Essentials of Medical Forest" says that it has the effect of "scattering water, and blood, promoting qi, helping the kidneys to rejuvenate the yang, and sweating". According to the author's statistics, the prescriptions that must be taken with alcohol in this book mainly focus on the three diseases of stroke, cold and postpartum.

There are 14 secret recipes attached to the stroke disease, of which 9 must be served with wine, accounting for a relatively large proportion. The "Three Character Sutra of Medicine" recorded: "Former medical clouds: the internal organs are stagnant and nine, and there are diseases such as slow lips, loss of voice, deafness, blindness, nasal congestion, and difficulty in bowel movements; The middle intestine has more limbs; The middle meridian is oblique; The middle blood vein is half unsuccessful. "The above stroke evidence is all signs of impenetration, covered with blood stasis blockage so that the veins are not connected, and taking it with wine can increase the effect of relaxing tendons and activating the blood and removing stasis^[14], in order to eliminate blood stasis and stroke fever, such as treating stroke silently and injuring the blood attack side: alum is fine, weak into three points, Strong into five points, rice wine mixed, blood from the stool, or spit out one or two. It can be seen that the power of rice wine to stasis is good. Cold cold, that is, there is a long cold inside, refers to the cold qi lying in a certain meridian and internal organs of the body for a long time, forming a local cold evidence, which will not heal for a long time^[16]. The "Belu" records that wine is: "bitter and sweet, hot, poisonous." "Under the cold cold, all the prescriptions use hot wine as a medicine to cover the heat of the wine and help the medicine to drive away the cold in the body. Gong believes that women have eighteen diseases after childbirth, a detailed study of women's postpartum diseases, the cause is that there is septic blood in the body, septic blood is like a stream in the body, attacking various parts produces eighteen main symptoms, the author believes that Gong's septicaemia, that is, blood stasis, blood stasis blocks the body to attack the five internal organs, with wine as a guide, can activate blood and remove stasis, can also be effective Introduce other drugs to the place where blood stasis is stagnant to enhance the efficacy of the drug.

The research on the introduction of wine as a medicine in ancient and modern times has been relatively mature, "Belu" said that it "practiced medicine potential, killed a hundred evil poisonous gas", "Materia Medica" said that it "channeled blood veins, thickened the stomach, moisturized the skin, and dispersed moisture", and "Drinking and Eating" said that it "the main dissipates cold and accumulates and removes cold"; There have

also been studies in later generations, and Nie Anzheng^[15] summarized the application law of wine as a medicinal introduction: rheumatic obstruction, cold and wet obstruction, cold coagulation blood stagnation and other evidence mostly use wine as a medicinal introduction. A large number of secret recipes in "Lufu Forbidden Prescription" use wine as a medicinal introduction, and can also be used as the object of medicinal citation research, which is a major academic value of this book.

5 SUMMARY

"Lufu Forbidden Prescription" is a collection of single-test secret recipes, its prescription medication and treatment ideas are different from classic prescription books, which can provide doctors with different treatment angles, expand the width of treatment ideas, and give doctors more treatment experience to help the world. The author's description in this article is only the tip of the iceberg of the academic thought of "Lufu Forbidden Prescription", and I look forward to a more systematic and detailed study. This book was completed in the Ming Dynasty, and also has a certain feudal color, such as Fuji, the evil chapter of Qin Chengzu's moxibustion ghost method (with the thumbs of the patient's two hands, tied with a thin hemp rope, with a big mugwort placed in two of the nails, and the flesh of the two fingers is on fire everywhere, and if it is not touched, it is invalid. Seven strong, divine test), can be described as absurd, when studying, you need to take its essence, remove its waste, and have a correct judgment.

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