

<<中国传统健身养生图说>>

图书基本信息

书名：<<中国传统健身养生图说>>

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前言

Traditional Chinese health preservation has a long history, and consists of a broad variety of methods. According to "Gu Yue", as quoted in Lu's Spring and Autumn Annals of the pre-Qin period (c. 2100-221 BC), in the period of primitive society the ancient Chinese created the daoyin method, which combined physical and breathing exercises, for preventing and treating ailments of the joints and other diseases, and building up their health. "Ke Yi", as quoted in The Book of Zhuangzi of the Warring States Period (475 BC-221 BC), spoke of the daoyin method for health preservation more explicitly, saying, "Breathe in and out to get rid of the old and take in the new; imitate a bear climbing and a bird spreading its wings to prolong life." The past several thousand years have witnessed a continuous development of Chinese health preservation methods, which became increasingly richer and diverse in content. Generally speaking, the health-preserving methods were kept in voluminous written records, with the exception of only a few in the form of pictures. These vivid pictures not only supplement the written descriptions, they are also precious cultural relics.

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内容概要

Ancient Chinese civilization accumulated a wealth of experience in health preservation, much of which has been handed down to the present day. An Illustrated Handbook of Traditional Chinese Health Preservation draws on documents of traditional Chinese and Tibetan medicine, cultural relics and archeological findings to present 26 sets of pictures regarding qigong, daoyin, diet and living habits, dating from the Warring States Period (475-221 BC) to 1911. It also provides a brief introduction to the birth, development, changes and practice modes of each method. This book was compiled by leading experts on the documents and literature of traditional Chinese medicine. The pictures, mostly photocopied or reproduced from the originals, are all exquisite and rare works of the past, and demonstrate the distinctive traditional Chinese characteristics of this approach to health care. The book may serve as a reference for those who wish to practice the exercises to preserve health and prolong life, as well as a valuable data source for lovers and researchers of traditional Chinese health preservation. Translated from nearly 100,000 characters in the Chinese edition, the book contains about 700 pictures and adopts a format of 150x223 mm.

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作者简介

About the Authors Li Jingwei, born in Xianyang, Shaanxi Province, in 1929, graduated from Xi'an Medical University, and attended the first training course for practitioners of Western medicine to learn traditional Chinese medicine organized by China's Ministry of Health. He is now a research scholar at the Academy of Chinese Medical Sciences, doctoral advisor and director of the China Medical History and Literature Institute. China's State Council conferred on him the Outstanding Achievement Prize for his remarkable contributions to and great attainments in the study of the history and documents of traditional Chinese medicine. He has more than 20 publications to his credit, including Encyclopedia of Chinese Medicine—Medical History, Dictionary of Traditional Chinese Medicine, An Outline of the History of Ancient Chinese Medicine and Illustrated History of Ancient Chinese Medicine. Zhu Jianping, born in Jiangshan, Zhejiang Province, in 1958, graduated from the Academy of Traditional Chinese Medicine. He is now an assistant research scholar at the Academy of Chinese Medical Sciences and deputy director of the China Medical History and Literature Institute. His major research fields are Chinese medical history and traditional Chinese medical literature. He has published a dozen works on these subjects.

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章节摘录

插图：Standing Form 6 of Xuegong Following the previous form, move the palms downward slowly and gradually clench the fists. Lower the fists to chin height. (Figure 22.35) Standing Form 7 of Xuegong Following the previous form, open the fists, and straighten the palms horizontally outward, thumbs erect and side by side. (Figure 22.36) Standing Form 8 of Xuegong Following the previous form, raise the palms together above the forehead. Part the thumbs, and join the little fingers. Clench the fists gradually while moving them down to chin height. Unclench the fists, and flatten the palms, with the little fingers and wrists side by side. Raise the palms together above the forehead. (Figure 22.37) Standing Form 9 of Xuegong Following the previous form, clench the fists gradually while moving them down to chin height. Unclench the fists, and flatten the palms, with the little fingers and wrists side by side. Raise the palms together above the forehead. (Figure 22.38) Standing Form 10 of Xuegong Following the previous form, clench the fists gradually while moving them down. Part the fists, and pose them before the flanks, and then form a circle with the arms, fists facing each other about 60 cm apart and the backs of the hands facing up. Gulp a breath. (Figure 22.39) Do the Standing Forms of Xuegong three times, gulping three breaths in all.

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