

七日輸刺輸刺者直入直出稀發鍼而深之以治氣盛而熱者也八日短刺短刺者刺骨痺稍搖而深之致鍼骨所以上下摩骨也九日浮刺浮刺者傍入而浮之以治肌急而寒者也陰刺者左右率刺之以治寒厥後少陰也十一日傍鍼刺傍刺各一以治留痺久居者入直出數也謂治癰腫也脈之所留之以其脈乃謂三刺邪再刺則未入分肉間故刺法曰始刺淺之以逐邪氣而後刺深之以致陰氣之邪最後刺極深之下穀氣此之謂也故用鍼者不知年之所加氣之盛衰虛實之所起不可以為工也凡刺有五以應五

CONTEMPORARY CLINICAL FOUNDATIONS OF THE CLASSICS
Masakazu Ikeda

This book explains the method of applying the theories of Classical acupuncture into clinical practice. Theories are divided into four sections, which include: the foundation of Traditional Medicine, physiology in Traditional Medicine, aetiology, and pathology and symptoms. These are essential topics for understanding Traditional Medicine. This book will also allow you to better understand the other textbooks written by Masakazu Ikeda, including *The Practice of Japanese Acupuncture* and *Moxibustion Classic Principles in Action*, and *Integration of Acupuncture and Herbal Medicine: Theory and Practice*. This book will even allow you to understand other textbooks.

The original Japanese version of this book was written in 1993. Masakazu Ikeda develops his knowledge and skill through his daily practice. In this book, the translating team has added a large amount of information collected from other textbooks written by Masakazu Ikeda, and information has also been collected from attending his seminars.



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昔在黃帝生而神靈弱而能言幼而徇齊長而敦敏成而登天迺問於天師曰余聞上古之人春秋皆度百歲而動作不衰今時之人年半百而動作皆衰者時世異耶人將失之耶岐伯對曰上古之人其知道者法於陰陽有節起居有常不妄作也其天壽終其天年度百歲而動作不衰者以漿以飲散其於生聖人時恬愉來是以不倦氣從以食任其服樂其俗高下不相慕其民故曰朴是以嗜欲不能勞其目淫邪不能惑其心愚智賢不肖不惧於物故合於道所以能年皆度百歲而動作不衰者以其德全不危也帝曰人年老而無子者材力尽

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