**内经选读 （01.101.0.4）**

《黄帝内经》（简称《内经》），是我国现存医学文献中最早的一部经典著作。它集中反映了我国古代的医学成就，创立了中医学的理论体系，奠定了中医学的发展基础。《内经》总结了秦汉以前的医疗经验，汲取和融会了古代哲学及自然科学的成就，从宏观角度论述了天、地、人之间的相互联系，讨论了医学科学最基本的课题———生命规律，并创建了相应的理论体系和防治疾病的原则和技术。它不仅对中医学术发展产生深远的影响，而且至今仍对学术研究和临床诊治具有重要价值，是学习中医学的必读之书。

《内经选读》是高等中医药教育中医学专业的基础课程，也是学习《中医基础理论》之后的提高课程，又是学习和研究中医药学其他各门课程的基础，属于专业素质教育的提高课程。

《内经选读》课程简要介绍了《内经》的成书和沿革《，内经》理论体系的形成、主要内容及学术特点，总结了《内经》理论体系的建构方法和学术价值等，反映了当代学者对《内经》的理解与认识。教学中选取原著中理论意义大、指导实践作用突出的篇节，分为九个单元讲授，主要包括宝命全形、阴阳应象、藏气法时、血气精神、经脉之道、百病始生、病之形能、脉要精微及异法方宜。附篇介绍了《内经》注家和注本以及《内经》的现代研究概况，以备学生自学。

"Huangdi Nei Jing" (hereinafter referred to as "Nei Jing") is one of the earliest classics in the extant medical literature of our country. It reflects the medical achievements in ancient China, establishes the theoretical system of TCM, and lays a foundation for the development of TCM. "Nei Jing" summed up the medical experience before Qin and Han dynasties, by absorbing and combining the achievements of ancient philosophy and natural science. It discusses the relationship between heaven, earth and people from the macroscopic point of view, discusses the basic subject-life law of medical science, and creates the corresponding theory system and the principle and technology of preventing and curing diseases. It not only has a far-reaching influence on the academic development of Chinese medicine, but still has important value in academic research and clinical diagnosis and treatment, and is a must-read book for studying TCM.

"Selected readings of Nei Jing " is the basic course of TCM in higher education, and it is also the advanced course after studying the basic theory of TCM, which is also the basis of studying the other courses of Chinese medicine, which belongs to the advanced course of professional medical education.

“Selected readings of Nei Jing " course briefly introduces the book and Evolution of "Nei Jing", the formation, main contents and academic characteristics of the theory system of Nei Jing, summed up the construction method and academic value of the theory system of Nei Jing, and reflected the understanding of the contemporary scholars. In the course of teaching, nine modules are divided, which come from sections of great

theoreticalandpracticalsignificance. It includes preserving the whole life, the yin and yang, the correspondence between viscera and heaven, the qi blood essence and spirit, the channel of the meridians, the beginning of all diseases, the disease, the key point of the pulse, and the different therapymethods. A summary of the modern research on "Nei Jing" and the annotationsof the book are attached to prepare students for self-study.