

陈撷宁养生思想研究

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摘要：目的：陈撷宁是我国近现代著名宗教人士，也是极富盛名的养生专家，因其仙学成就带来的养生价值被誉为“仙学巨子”和“当代的太上老君”。陈撷宁先生撰写了著作，囊括了其一生对养生理论与实践的感知，使养生成为了全人类的文化宝藏。他熟读中华传统百家经典，通览透悟古今“杂而多端”的养生思想，推陈出新、去粗取精，用独特的视角开创了“仙学”养生方法。他将“仙学”与医、佛、道、儒、武诸家传统养生思想区别开来，创办《扬善半月刊》，打破宗教秘而不宣的陋习，以科学理论反复验证仙学养生的方法与作用；提倡静功疗法、推崇丹术等养生理念来促进人们延年益寿，寻求个体的康宁保健。陈撷宁的养生思想不仅丰富了中华传统养生思想内涵和现代养生实践的形式，对现代运动养生及保健有着真切而实际的指导意义。**方法：**运用文献资料法、系统分析法、逻辑分析法等研究方法，遵循“搜集资料——科学分析——系统整理”的基本思路进行研究。首先，从政策文本和现有研究成果入手，对“陈撷宁养生思想的资料进行全面的搜集与整理。其次，从养生学、体育学和保健学等多学科视角分析陈撷宁养生思想进行分析。通过对陈撷宁养生相关文献的系统搜集、分析，整理出一套可靠详实的理论依据。最后，从多个视角，利用学科交叉的方法对陈撷宁的养生思想的内涵进行解读。**结果：**养生是中国民族传统文化的精髓，自战国时期庄子在《庖丁解牛》提出，迄今已经两千余年矣。我国养生文化历史悠久，受到诸多专家与学者的关注与研究。养生是现代人对于身体康宁保健的追求方式，是现代大众健身、保健行业的热门话题。追至本世纪二十年代，陈撷宁先生（1880-1969）不忍坐视中华民族传统文化受到外来文化的侵蚀与渗透，为唤醒人民对于民族传统文化的认知与保护，将传统养生文化视作为一门独立的学科进行研究与倡导，为现代养生的研究与发展奠定了坚实的理论基础，使得养生保健顺应时代的潮流。陈撷宁经过“仙学”养生的亲身实践，身体逐渐出现好转的现象，更加坚信仙学养生法对于一些疾病有着特殊的功效，给予了养生能祛病延龄、延年益寿，增进体魄的高度肯定。就此陈撷宁萌生了仙学养生的初步思想，继而毕生精研不辍，终成一代名家。**结论：**（1）陈撷宁是我国近现代的极富盛名的养生专家，一生致力于养生学术挖掘工作，穷极毕生精力，用自

身养生的感知与体认为养生的研究与发展打下了坚实的理论基础。陈撷宁养生思想为养生的学术领域、宗教领域、医学领域提供了值得参考与学习的理论基础。（2）陈撷宁养生功法经过实修实证，是有益于发展身体的生理、心理、社会适应的养生体系。其中，静功疗法、胎息行气、性命双修、内丹理论、女丹修炼等养生实践方式，适宜于大众群体人体身心健康，符合养生规律的科学性。陈撷宁养生功法是可以适应社会需求，满足现代人对康宁保健、长视久生的追求。（3）本文揭示陈撷宁养生的神秘面纱，通过陈撷宁养生思想对现实启示系统的解读与剖析，认为现代的中医学、养生观念与养生实践的发展在陈撷宁养生思想体系中都有值得借鉴的地方。尤其在房中术中，陈撷宁认为顺欲、节欲而不禁欲，主张双修。陈撷宁在养生实践中，促进了医疗、保健的发展，丰富了我国养生领域的思想宝库。（4）陈撷宁养生思想全面的为现代健身提供了内外兼修的理论，其中静功疗法认为，静功修炼可以解决生理、心理、神经上的疾病，在“性”、“命”的论述中，认为大众健身、养生要同时修炼；并结合胎息的行气方式，进行修炼内丹，阴阳调和，达到天人合一的境界。陈撷宁养生思想在现代养生中，具有很高的推广价值以及促进寻求祛病延龄、长视久生的指导意义。（5）陈撷宁养生思想受到当时医疗背景、社会环境等相关因素的影响，存在研究的局限与阙如，比如向来遵者旧规，且严守秘密，以至于局外人无从得知其内容；陈撷宁的书信与著作，大多数是满纸坎离、龙虎的专门名词，普通人不能解释；没有人公开提倡陈撷宁的养生思想。

关键词：陈撷宁；养生思想；大众健身；传统养生

ChenYing-ning's health thought research

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Abstract: Objective: Chen Chuining is a famous religious personage in modern and modern China, and a famous health expert. He is known as "fairy master" and "contemporary old gentleman" because of the health value brought by his fairy learning achievements. Mr. Chen Chuining wrote a work, which includes his lifelong perception of the theory and practice of health preservation, making health preservation a cultural treasure of all mankind. He is familiar with the traditional Chinese classics, understands the ancient and modern "mixed and versatile" health thought thoroughly, brings forth the new and takes the essence, and created the "fairy learning" health method from a unique perspective. He distinguished "xiology" from the traditional health ideas of medicine, Buddhism, Taoism, Confucianism and Wu, founded the Yangshan Half Monthly, broke the religious secret habits, and repeatedly verified the method and role of xiology health with scientific theory; advocated static therapy, Dan and other health concepts to promote

people to prolong life and seek individual health care. Chen Chuining's health thought not only enriches the connotation of the traditional Chinese health thought and the form of modern health practice, but also has a real and practical guiding significance for modern sports health and health care. **Methods:** Using literature data method, system analysis method and logic analysis method, follow the basic idea of "—— scientific analysis". First, starting with the policy text and the existing research results, the "Chen Shuining thought of health preservation and the public fitness information were comprehensively collected and collated. Secondly, the feasibility of Chen Chuanning's health care guidance for the public fitness is analyzed from the multidisciplinary perspective of health care, sports and health care. Through the collection and analysis of Chen Funing's health preservation thought system, we sort out a set of reliable and detailed theoretical basis, which has a profound influence and important theoretical value on modern health practice and mass fitness. **Results:** Health preservation is the essence of the traditional Chinese national culture. It has been more than two thousand years since Zhuangzi proposed it in the Warring States Period. China's health culture has a long history, and has attracted the attention and research of many experts and scholars. Health preservation is the modern way of pursuing physical Corning health care, and it is a hot topic in the modern public fitness and health care industry. After the 2000 generation, Mr. Chen Chuining (1880-1969) cannot bear to see the traditional Chinese national culture erosion and infiltration by foreign culture, to awaken the people for the cognition and protection of traditional culture, traditional health culture as an independent discipline for research and advocacy, for modern health research and development laid a solid theoretical foundation, make health care conform to the trend of The Times. After the personal practice of "fairy learning" health, the body gradually improved. He more firmly believed that fairy learning health method has special effects on some diseases, which gave a high degree of affirmation that health can dispel disease, prolong age, prolong life, and enhance the body. At this point, Chen Chuining came up with the preliminary idea of fairy learning health, and then spent his life of intensive research, and eventually became a generation of famous artists. **Conclusion:** (1) Chen Chuining is a famous health preservation expert in modern and modern China. He has devoted himself to the academic excavation of health preservation all his life. He has spent his life and laid a solid theoretical foundation for the research and development of the perception and development of health preservation. ChenYing-ning's health thought provides a theoretical basis worth reference and learning for the academic field, religious field and medical field of health preservation. (2) Chen Ying-ning's health method is proven, is beneficial to the development of the physical, psychological, social adaptation of the health system. Among them, static work therapy, fetal rest, life double repair, inner Dan theory, female Dan practice and other health practice methods, suitable for the human body and mental health of the mass group, in line with the scientific nature of health rules. Chen Chuining health care method is to adapt to the social needs, to meet the modern pursuit of Corning health care, long vision of long life. (3) This paper reveals the mysterious veil of ChenYing-ning's health preservation. Through the interpretation

and analysis of ChenYing-ning's health thought, it believes that the development of modern Chinese medicine, health concept and health practice are worth reference in ChenYing-ning's health ideological system. Especially in the room surgery, Chen Shuining believes that natural desire, abstinence and can not help but desire, advocate double repair. In the practice of health preservation, Chen Chuining has promoted the development of medical treatment and health care, and enriched the ideological treasure house in the field of health preservation in China. (4) Chen Ying-ning's comprehensive provides internal and external theory for modern fitness, static work therapy believes that static practice can solve physical, psychological, neurological diseases, in "sex", "life", that public fitness, health at the same time; and combined with the fetal breath, practice Dan, Yin and Yang harmony, to achieve the unity of man and man. ChenYing-ning's health preservation thought in modern health preservation has a high promotion value and promotes the guiding significance of seeking disease removal and long observation and longevity. (5) Chen's Ying-ning's health ideas were influenced by the medical background, social environment and other related factors, there are research limitations and gaps, such as the old rules and secret, so that outsiders can not know their content; Chen's letters and works, most are full of paper, ordinary people can not explain; no one publicly advocated Chen's health ideas.

Key words: Chen Ying-ning, Health ideas, Mass fitness, Traditional health