

汉英 中医辞海

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〔一〕

一 [yī] ① 见《太平经》。指生命之本。

道家为修心养性，守中抱一；儒家为存心养性，执中贯一；佛家为明心见性，万法归一；医家为虚心定性，抱元守一。② 见《老子·四十二章》。指万事万物运动的规律。Yi (Fountainhead) ① referring to the source of life, or that which is vital or essential to life. Taoist holds that to cultivate and to discipline one's temperament one has to concentrate one's mind on the lower part of abdomen, sticking to the fountainhead; the Confucianists hold that to compose Buddhist hold that one has a trust to God to cultivate and to discipline one's temperament, everything obeys one natural rule. one's mind and to discipline one's temperament, one has to follow the middle road, penetrating the fountainhead; medical doctors hold that to secure good health one has to keep to the source qi and stick to the fountainhead. From *Tai Pin Jing* (Peaceful Classic). ② referring to the law of motion of all things in the universe. From *Lao Zi* (42th chapter of the *Lao Zi*).

一门 [yī mén] 见《淮南子》。指道之门。谓一类、一派也。

Yi Mén (one sect) Men means the Taoism sects; Yi mén is called one kind, or one sect of Taoism. From *Huainan Zi*.

一元 [yī yuán] ① 见《关尹子》。指事物的开始。② 见《素问·天元纪大论》。指阴阳未分的混沌状态。③ 见《玄珠心镜注》。指合二而一，即阴阳和合之意。

Yi Yuan ① the beginning of all things in the universe. ② a chaotic state when Yin and Yang are not separated. From *Su Wen*. (Plain Questions, Treatise on Basic concept of the Five Evolutive Phases and Six Climatic Changes) ③ two combine into one, ie, combination of Ying and Yang.

一气 [yī qì] ① 见《论衡·齐世》。指构成事物的基本物质。② 见《关尹子》。指一气含阴阳两方面。③ 见《钟吕传道记·论四时》。指三候为一气。

Yi Qi ① the basic matter that constitutes all things in the universe; From *Lun Heng* (On

Equilibrium of the Lun Heng). ② One qi containing two aspects: Yin and Yang; see *Guān Yin Zi* ③ Three Hous (Hou a unit of calculating four seasons in the lunar calendar; three Hou has 15 days altogether, known as one solar term), considered as one Qi. From *Zhong Lu Chuan Dao Jic* (Zhong Lu Sermonizing).

一心 [yī xīn] ① 见《书经·盘庚下》。指专心一志。② 见《教行信证方类》。指一个念头，更无余念。③ 见《诸真圣胎神用诀·候真人胎息诀》。指脑及精神活动。

Yi Xin ① whole-heartedness, single-heartedness devotion. From *Shu Jing* (The Book of History). ② referring to one single thought, no distracting thoughts. ③ the brain and mental activities.

一节 [yī jié] 见《素问·六节藏象论》。以十五天为一气，三气为一节。

Yi Jie (one solar term) In the Chinese lunar calendar, 15 days are considered as one qi, and three qis are considered as one solar term. From *Plain Questions, Treatise on the Relationship Between the Viscera and Seasons*

一尘 [yī chén] 见《续仙传》。指一世。

Yi Chen one lifetime, one generation. See *Xu Yuan Zhuan*.

一向 [yī xiàng] 佛家气功用语。见《探玄记》。指意向规一不分散。

Yi Xiang (mental concentration) a Buddhist qi-gong term, referring to mind concentrating, not distracting. See *Tan Xuan Ji*.

一妄 [yī wàng] 佛家气功用语。指迷妄之心，意识散乱。

Yi Wang (mind distracting) a Buddhist qigong term referring to mind distracting, feeling bewildered and lost.

一阳 [yī yáng] 出《素问·阴阳类论》。① 指少阳。② 三阳经气化功能，即太阳为开，阳明为阖，少阳为枢。

Yi Yang ① first yang, shaoyang channel ② the functional activity by qi in the three Yang channels, ie. the opening action of Taiyang channel; the closing action of Yangming channel; the pivoting action of shaoyang channel. From *Su Wen Yin Yang Lei Lun* (Plain Questions, chapter 79; Treatise on Three Yin-Channels and Three Yang-Channels).

一阴 [yī yīn] 出《素问·经脉别论》。① 指厥阴。② 三阴经气化功能，即太阴为开，厥

阴为阖，少阴为枢。

Yi Yin ① first Yin, Juéyin channel (Plain Questions, chapter 21; Another Treatise on channels ② the functional activity by qi in the three Yin channels, ie. the opening action of Taiyin channel; the closing action of Juéyin channel; the pivoting action of shaoyin channel. From *Su Wen Jing Mai Bié Lun*.

一如 [yī rú] 佛家气功用语。见《文殊般若经》。指不二不异，为真如之理。

Yi Ru a Buddhist qi gong term, referring to the truth of whole heartedness. See *Wen Zhu Ban Rue Jing*.

一好 [yī hào] 见《荀子·修身》。指纯一其好，思虑不杂。又指唯一不二。

Yi Hao (devotion) one single devotion, no distracting worries; also means the uniqueness. From *Xun Zi Xin Shen* (Xun Zi Moral Character Cultivation).

一纪 [yī jì] 记年单位。① 出《国语·晋语》。指十二年为一纪。② 见《素问·六微旨大论》。指四年为一纪。③ 出《素问·天元纪大论》。以一年二十四节气算，而七百二十气为一纪，故一纪相当于三十年。

Yi Ji (one Ji) a unit for calculating years ① one Ji is 12 years. From *Guo Yu* (Plain Questions); ② one Ji is considered to have 4 years From *Su Wen* (Plain Questions); ③ Considering that there are 24 solar terms in one year, and that there are 720 qis in one Ji; so one Ji is equivalent to 30 years. From *Su Wen* (Plain Questions Chapter 66; Treatise on Basic Concept of the Five Evolutive Phases and Six Climatic Changes).

一时 [yī shí] ① 见《国语·周上》。指四季之一。② 见《孟子·公孙丑下》。指一个时期。

Yi Shi ① one of four seasons. ② denoting one period From *Meng Zi*.

一体 [yī tǐ] 指形神合一。

Yi Ti (oneness, unity) denoting unity of body and spirit.

一灵 [yī líng] 见《性命圭旨全书》。指人身之元神。

Yi Ling denoting the primordial energy in the human body. From *Xing Ming Gui Zhi Quan Shu* (Complete Book of Life Norm).

一物 [yī wù] 出《管子·白心》。指一类事物。

Yi Wu one sort of things From *Guān Zi*.

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