

汗水

生命的咸动力

在 英语里，排汗(perspire)一词(流汗或出汗sweat的文雅说法)的词根和心灵(spirit)的词根是一样的。更有趣的是，从吸气(respire)和断气(expire)这两个词的词根来看，排汗和呼吸的词根也是一样的。

火与水的奇妙融合使我们的身体产生蒸腾动力。切记，你身体中绝大部分都是水和热。水加热的时候，会从液态变成高温蒸汽，人体则是通过身体散热和体外电磁场作用进行代谢。

即使是在你不感觉到热的状态下，排汗过程其实也从未停止，尽管我们以为自己没有出汗。我们的皮肤就像一张细密的网，里面咕嘟冒着气泡。所以，即便我们脸上清清爽爽，身体里其实却是雾气蒸腾。

在我们的身体里，热量上升至头部。我们的呼吸，其实也是一种温暖潮湿的细密薄雾。热量会加剧分子震动和细胞代谢的频率。发热发汗可以帮助燃烧掉喜湿的微生物和病菌，如病毒和细菌。所以，适当排汗是预防疾病最好的方法之一。

地球热力学与身体热学会对由火引起的压力(炎症)或与其相关的蒸汽波动产生反应。正如火山喷发可以改变地貌，自身的蒸腾气化也可以改变你的身心面貌。

排汗原因：

在现代生物科学中，发汗是热平衡系统。

只有哺乳动物可以排汗，而对大多数哺乳动物来说，排汗是为了让手垫脚垫更润滑容易抓牢。在所有哺乳动物中，人类的排汗量最大。成年人有200-400万个汗腺分布在表皮，每平方厘米皮肤有200个汗腺。

排汗由交感神经系统控制。所以，在精神高度集中，处于战斗或紧张的状态时，心脏会加速血流让身体更兴奋，造成身体出汗。在遇热时，身体表皮的毛孔会打开，咸热的汗水也由此产生。我们每天的排汗量有1-3升。而当炎热大量运动时，可以排出15升汗。

中医观点：

排汗，是散发体内热量，调节体温的一种生理本能。严格来说，中医认为汗为心之液，汗水与心脏有密切关系。在中医中，排汗有许多不同类型，可是有极少数人排汗的汗量、颜色、

热浪滚滚，适度运动，辛辣大餐，桑拿蒸汽，甚至解决面对的一些困难，都会有助于出汗。我们发现一些因素对排汗过程至关重要

气味及部位都比较奇怪，中医统称为排汗异常。如自汗与盗汗，或者汗液的颜色异常，都是身体欠佳的标志，需尽快医治。

中医根据出汗的特点来判断身体的健康状况，这样就可以对身体机能运作有全面的了解。之所以认为心脏与发汗有直接联系，是由于中国人自古以来崇尚宁静的养身方式，不偏好剧烈的运动。所以观察到的很多流汗现象是由心情所控制。例如在紧张的情绪下，心跳加速，全身血流加快，带走组织中多余的能量并转换成热量，随汗液排出，身体的感受就是变热流汗。

中医认为发汗从肾脏开始，随着肾上腺

(如肾阳)的活跃，开始体内蒸腾气化过程。

人们对三焦知之不多。三焦是中医学说中一个特有的名词，是人体管理水液代谢的器官，有名无形，并非是一个独立的脏腑器官，而是用以划分人体部位及内脏的特殊概念，是上焦、中焦和下焦的合称。即将躯干划分为三个部位，横膈以上为上焦，包括心、肺；横膈以下至脐为中焦，包括脾、胃；脐以下为下焦，包括肝、肾、大肠、小肠、膀胱。

简单来说，就是上焦主气，中焦主食，下焦主便。在英文中，焦与“燃烧”一字通用。三焦有疏通水道，运行水液的作用，对

于排汗也是十分重要。水气经由全身，到达最上方头部，净化血液，疏通经络，帮助身体排毒。

高热量、湿冷和精炼食物都会导致三焦不通，气血瘀滞，造成局部器官不能及时得到营养补给。缺少水分和运动同样会导致营脂堆积，气血瘀阻，精液凝滞，因而出现臃肿肥胖。

体态轻盈，容光焕发，才是良好的健康状态。水疗项目中的排毒、锻炼、按摩，还有桑拿、蒸汽浴，甚至在医生建议下的洗肠，都可以帮助三焦恢复畅通，正常运行。

排汗是畅通三焦，净化全身水液的重要方式之一，也是最简单有效的方式。排汗后，会感到很轻松，且心情舒畅，身心都会有得到净化的感觉。

当然，炎症引起的发热流汗是另一回事。

心动不如行动！

很多有趣的例子证明，人脑的大小与排汗有紧密联系。当你想着热量是如何传递至头部，或产生“别让汗水弄脏衣服”这个想法时，也就是说你对“排汗”这个概念念念不忘。

我们体内堆积着大量的情感、思想还有食物，等待我们用最原始的方式：排汗，来把它们释放出来。

有氧运动：最强效的方式。加强心肺机能，强健肌肉，燃烧热量，排汗以及锻炼意志力。

站立冥想：看起来简单，但一定要让身体热起来才有效。至少静立20分钟。很多人没法坚持，但气功中有一种站功，是具备相同效果的。

热瑜伽：有益于柔韧性和平衡力，使你面对自己的内心世界，排汗的同时得以净化身心。

蒸汽浴，桑拿：从蒸汽浴或桑拿开始热身是个不错的选择。适当的蒸汽浴或桑拿可以帮助排汗，燃烧热量，打开皮肤毛孔，彻底清洁肌肤，焚耗有害微生物，如血液中游离的多余的病毒和细菌。蒸桑拿可使三焦处于高度活跃状态。不但不会让人觉得疲倦，反而可以消除体内炎症。世界上许多国家都有用发汗疗法治愈身心的传统。水疗和温泉均可用于热疗。

辛辣食物：辛辣食物可以刺激皮肤的感受器。皮肤感受器会对异常温度和剧烈的机械性刺激，如：掐、拧、砍、割作出反应，也会对特定化学性刺激如辛辣产生反应。当皮肤感受器受到化学性刺激，如辣椒，交感神经会迅速作出反应，开始发汗。食用过度当然是不明智的，但适当的辛辣食品可以通阳健胃，清洁解毒，尤其对于居住于寒冷或潮湿地区的人来说。

当然，排汗也要适量而行。运动过度或蒸桑拿时间过长都会导致精气耗伤，精神疲倦。最后，要保证自己多喝清水，适时放松，适时休息。



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Ken Rosen has been studying medicine since he was diagnosed with cancer over 20 years ago. He moved to Thailand in 2006 to join Chiva-Som as a resident therapist. Ken has been published internationally, with numerous articles on Chinese medicine, cancer treatment and nutrition, and has presented at prominent conferences in the US and Asia. In 2010, he joined the Mandarin Oriental hotel group in Chiang Mai Thailand as a Holistic Health Consultant and TCM specialist at the awarding winning Dhara Devi Wellness Centre.
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为何会产生汗臭？

外泌汗腺：起着体温调节、分泌、代谢等重要作用。

顶泌汗腺：顶泌汗腺的分泌物被细菌分解后会产生特别的气味。出些微汗味被看作是性感，然而分泌过盛而致气味过浓时，则会发生狐臭。幸运的是，特殊的腋下抑汗产品一个世纪前就有了。

STINKY SWEAT, WHAT'S GOING ON UNDER THERE?

ECCRINE GLANDS: salt running to help cool the body.

APOCRINE GLANDS: musk used in perfumes has no odor when it arrives at the skin surface, but it is immediately broken down by bacteria and gives off an odor. This is disagreeable if you are toxic and congested, Reassuring and maybe even sexy if you are in good health. Specific products for under the arm appeared over a century ago.

排汗的好处

促进血液循环，改善心血管系统。

通过排汗减少体内沉积的废物。如：金属元素、酒精、酸性物质、尼古丁等，从而达到排毒的效果。

免疫力增强。当体温升高时，身体内部大量病菌都会被燃烧掉。

减轻体重。对热量的需求增加，身体会消耗更多的热量，从而减少脂肪。

滋润皮肤。出汗可深层清洁皮肤，提亮肤色，改善肌肤质地，容光焕发。

WHY SWEATING IS GOOD

INCREASED CIRCULATION. It improves your cardiovascular system.

DETOXIFICATION. By sweating toxins out through the pores – accumulated metals, alcohol, acids, and nicotine.

IMMUNE SYSTEM. When your body temperature starts to increase, it mimics a fever that burns up the bugs in your blood.

WEIGHT CONTROL. Sweating means you have increased you caloric demand, hence burning more calories. This causes the body to also decrease in size and removes cellulite.

SKIN HEALTH. Another benefit of sweating (profuse sweating) is that it deeply cleanses skin pores and makes skin glow. It improves the tone and texture of your skin and will actually add a healthy glow and color to your face, making you radiate beautifully!



SWEAT

The Salty Steam of Life

We should cherish sweating, as Ken Rosen explains

Crushing heat waves, a good workout, working out a problem, a spicy meal, or 15 minutes in a hot sauna at a spa. It's all sweat.

There is something primal about the process of sweating.

The word root for perspire (another fancy word for sweat) is the same as the word root for spirit and breath, as is respire and expire.

It is this basic mix of fire with water that creates steam in our bodies. Remember, you are mostly water, and you are warm.

When you heat water, it changes from a liquid to a warm steam as it moves up and out through the body, radiating heat and your electro-magnetic field (auric field, wei qi) beyond bodily form.

Even under normal conditions sweating occurs constantly, though the process of perspiration may be imperceptible. Our skin is like a fine screen with bubbling, gurgling steam inside. So even when we are not wiping sweat off our faces, we are steaming a super-fine mist inside.

Inside our skin, heat rises right to our heads.

Even our breath is a warm, moist, fine mist. Heating results in an increase in molecular vibration and cellular metabolic rate. The ability to generate a fever with sweating helps burn up damp-loving microbes or bugs in your body, like viruses and bacteria. Regular sweating is one of your best defenses against getting sick.

The earth's thermodynamics and bodily thermodynamics both respond to steam fluctuations in relation to pressure (inflammation) from fire within.

Like a volcano changes the landscape, self-steaming can change your emotional and physical landscape.

Close up and glandular

In modern bio-science, sweating is a system of heat balance.

Only mammals sweat and for most mammals it is a way to lubricate the pads of the feet and hands for grip. Humans sweat the most of any animal.

The adult body has 2-4 million sweat glands spread across the surface of the skin. There

are 200 sweat glands per square centimeter of human body.

We typically steam 1-3 liters of sweat every day, but on a hot day with lots of activity a person can sweat out almost 15 liters.

Sweat is an action of the sympathetic nervous system, a reaction to the fight or flight response. If the heart pumps more blood, things heat up in the body.

When we really heat things up, pores in our skin open and a salty warm liquid is secreted: sweat.

The TCM view

Strictly speaking, sweat as a fluid relates directly to the heart in Traditional Chinese Medicine. Likewise, there are many different sweating patterns in TCM, such as spontaneous sweating or night sweating, which are signs of imbalance and should be corrected.

On a broader stroke, looking at sweat from a holistic health perspective like TCM, you can discover and learn more about overall bodily processes.

The heart relates directly to sweat because

when the heart pumps faster, blood moves and the body heats up. Blood takes energy from the excess tissue and turns into heat and way down the line steams it out of our bodies.

Sweat in TCM starts in the kidneys with the spark of adrenal glands (like Kidney Yang), beginning the steaming process.

The triple warmer is a little-understood organ which is responsible for water metabolism. The triple warmer has no form but exists in the spaces of the body, lower, middle, and upper.

This triple warmer function is essential for good fluid circulation and therefore good sweat. Steaming liquids throughout the body and even all the way up to the top of the head is part of a cleansing process.

A diet high in calories, damp food, and refined food promotes a clogging of the triple burner function. Clear thoughts and energy cannot be properly steamed up to the head or the house of the clear yang as it is called.

Lack of water and exercise also contributes to the clogging of the system, with the cauldron steaming a sticky, greasy mess instead of a fine mist. The bodily systems need to be unburdened, flushed, and re-opened.

Spa programs which include colonics, detox programs, exercise, massage, and of course sauna/steam help quickly reopen the triple burner for optimal functioning or steaming.

Sweating is a primary way to reopen the triple warmer function and steam clear fluids throughout your body. After sweating, you get a calm and clean feeling in both body and mind.

Don't think, sweat!

There might be a critical link between human brain size and sweating, especially when you think about how heat rises to the head and the expression, "don't sweat it," which means don't think about it too much.

Inside all us we have a volcano of emotions, thoughts and food, waiting to be cleared out with the primal process of sweating.

1. Aerobic exercise: Nothing beats this one. Gets your heart going. Tones muscles. Burns fat. Works on your will power and makes you sweat.

2. Standing Horse meditation: this looks easy, but should really fire things up throughout your body if you stand still for 20 minutes.

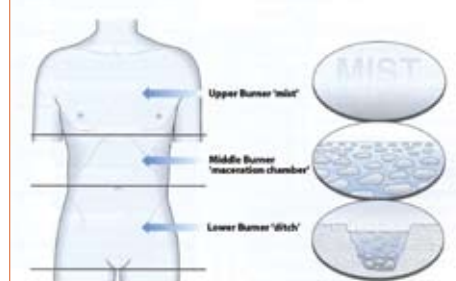
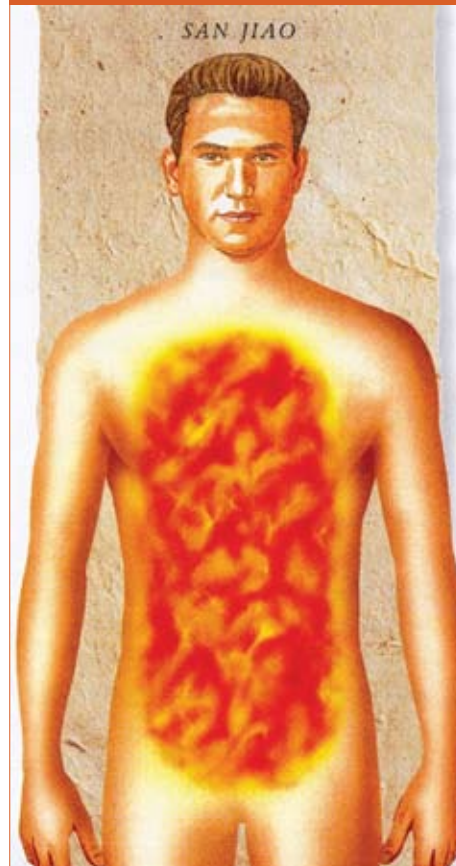
3. Hot Yoga: Good for flexibility and balance, while the heat makes you face your own inner heat. Very cleansing.

4. Steam/sauna: This is not a bad place to start heating things up for yourself. And regular steam/sauna can help you sweat, burn up calories, open your skin fully for cleansing, and burn up some unwelcome microbes like excess viruses and bacteria floating around in your blood. By getting in the sauna, you trick your triple warmer system into activating into high gear. You are not exhausting yourself, but facing your own inner-inflammation, sitting and sweating it out. Like so many traditional cultures around the world that have used sweating therapy for both physical and spiritual reasons, spas and hot spring resorts are places to heal with heat.

5. Spicy foods: excite receptors in the skin that normally respond to heat. Those receptors are pain fibers. They respond to temperature extremes and to intense mechanical stimulation, such as pinching and cutting; they also respond to certain chemical influences such as spices. When these pain fibers are stimulated by a chemical, like chilli peppers, then the sympathetic nervous system jumps into high gear and causes sweating. Obviously it is not good to overdo this, but spiciness is cleansing and detoxifying.

Don't always sweat it. Too much vigorous exercise or time in a sauna leads to exhaustion.

Know when to relax. Know when to sit still, drink some cool, clear water and chill.



此图摘自英国医师马万里先生（英文名为乔凡亚·马西奥希亚）所著的《中医基础》，丘吉尔利文斯顿出版公司于1989年出版。这本书或许是西方最常用的中医基础读物。2005年出了修正版。上焦主气，中焦主食，下焦主便。在英文中，焦被翻译成“燃烧”。

This picture is from a TCM text book by Giovanni Maciocia called The Foundations of Chinese Medicine (Churchill Livingstone: New York, 1989). Maciocia's is perhaps the most used basic text book in schools of Chinese medicine in the West. The upper burner is depicted as mist or steam, middle burner as a cooking pot, and lower burner as a drainage ditch.

