

# 收藏之冬

阴之绝阴，蓄阳养阴。当冬季来临的时候，天与地之间的能量关闭。时间和温度随之冻结，白日和阳光变得弥足珍贵。Ken Rosen讲述冬季中医养生之道

**寒**冬之际，草木凋零，冰冻虫伏，自然界的生物或匿藏、或冬眠、或休止生长，以蓄养其生命的活力，中医学称之为“养藏”。而人类，更是要通过补充能量和储备精力来延续生命的动力。冬季敦促我们放慢生活的速度。在历经了秋季收获的忙碌之后，需要慢慢地休整，调养，一如整个冬天埋在地下养精蓄锐的种子，等待着春季的勃发。

在传统中医里，水元素代表着冬季。当严冬腊月之时，水也结冰呈现出固体之态，静谧不动。

水乃生命之源。它是一切生物汲取生长能量的原始汁液。伴随温度的冷与热，水的形态也会相应变化，固体或者液体，乃至气体。当它填充于任何物体的时候，其形态亦可随之变化。水可以渗透到人体中最微小的区域，是所有身体机能正常工作的最重要的媒介，同时具有清洁功能、并作为润滑用液体而存在于人体内的各个部位。

中国传统医药学说认为，水元素大量存在于肾脏，膀胱，肾上腺，生殖器官，腰背部，耳朵，和脑中。随着我们年龄的增长，这些器官也随之衰竭，若我们没有遵循冬季的储藏能量的规律，这种衰竭则会加速。于是，在寒冷的冬日里，中医要求我们能充分让身体的含水的部位，尤其是后腰部位获得足够的休息。

在忙碌的生活状态中感受和保持一份冬季特有的宁静，这才是真正的养生秘诀。

## 冬季日常生活小贴士

**穿着：**严冷是寒冬几个月中的自然力量。多穿几层适合的衣服以驱寒保暖。但，避免过量出汗，因此最好穿着比较容易脱卸的服装，以适应室内外不同的温差。

**食品和饮料：**元朝饮膳太医忽思慧在《饮膳正要》中提到：“冬气寒，宜食黍以热性治其寒”。寒冬是一个适合慢火烹调和高热量饮食的季节，包含饮食中的更多粗粮，肉类以及暖性香料，如大蒜，肉桂，还有很多人爱吃的羊肉。

盐是海洋和水元素的基本味道，而冬季则是一年中最适合摄取一些较咸食物的好时机。盐也被称为身体的防腐剂。

温热的饮料，例如红茶和普洱茶，是很适合在冬季饮用的；尽量避免冷饮和冷餐。

**运动：**冬季给我们的信息是舒缓型的运动和休息。在一年之中，冬季最好是安静少动。中医认为：春气和肝气相通，夏气与心气相通，秋气与肺气相通，冬气与肾气相通。由于肾脏作用于人的背部下方，人可以通过额外休息来给腰背部重新充电和巩固后腰的健康，以改善身体的健康状况。这也是一个适合深思冥想的季节。

在寒冬余月中，这时候剧烈的运动应退居二线，而把更多的时间用来休养生息，以等待不久将来生机勃勃的春天。虽然很多人都会用“忙”字来说明自己为何无法停息下来，但我的建议是请不要让忙碌的生活慢慢的消磨你的生命。在冬季，一定要保证让身体得到足够的休养，才能使能量从脊椎一路攀升到你的大脑，令人更智慧、更健康。

**方位：**在冬季，地球暴露于寒冷而阳光少的冬日中，寒风凛凛。风的方向为北，代表着水元素的静寂与储藏之力。

**情感：**因其寒冷寂静之色彩，冬季往往给人以害怕恐惧之情感。不要让自己处在恐惧之中，冬季是一年中储蓄的时刻。只要你好好地休息，在有足够的能量储存的情况下，你的心情也会非常之愉快。

**色彩：**深色是冬季里人们偏爱的颜色，而深蓝色和黑色是冬季元素的主韵律，反映出冬季是寂静和储蓄的特征，也和冬季里短暂的日光及较少的温度相应共鸣。



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# Winter and Water Stillness and Storage

*Yin within yin. Winter is the time of the year when energy closes between Heaven and Earth.*

*Frozen by time and temperature; daylight and sun becomes precious, writes Ken Rosen*

**W**inter urges us to slow down. It is represented in Traditional Chinese Medicine as the water element.

During this season we should do ourselves well by replenishing our energy and conserving our strength. Think of the seed under the ground all winter long, conserving and waiting for the bursting forth of spring.

The nature of water is the origin of life; it is the primordial soup from which all life springs. Water can take the shape of whatever it fills. It can support you with hydration or when you are floating in it. Water can change form with cold and heat. Water always flows toward the lowest point, seeping into even the smallest of spaces. Water is the most essential medium for all body processes, cleansing as well as lubricating.

In Traditional Chinese Medicine, the water element is embodied by the kidneys, bladder, adrenal glands, reproductive organs, lower back, ears, and brain. All of these are as we age, but more so if we burn the candle at both ends and do not follow the energy of winter. It is during the dark and cold days of winter that Chinese Medicine urges us to charge our batteries, rest our lower backs, and find stillness in our lives. This is truly preventative medicine.

## Wellness advice for daily life in winter

**Clothing:** Cold is the force of nature that is most associated with the winter months. Protect yourself from the cold by bundling up with proper layers to keep yourself warm. Avoid sweating much.

**Food and beverages:** Winter is a time of slow cooking and larger warm meals. Include more whole grains and meats in your diet as well as warming spices such as garlic and cinnamon.

Salt is the flavor of the water element and this is a good time of the year to consume some more salty foods. Salt, after all, is a preservative and this is the season of rest and storage.

Warm beverages such as tea are appropriate this time of year while avoiding cold beverages and foods.

**Activity:** Slow down and rest is the overall message of winter. During this period of the year your body is best served with long periods of rest, quiet time in stillness. Because the kidneys rule the lower back, it is a time to recharge the back with extra rest and also strengthen the back from any weakness.

This is a time for deep meditation. Circulate energy from your lower spine all the way up to your brain will provide insight into your life. Spring will come soon enough. Vigorous activity should take a back seat for the most part while allowing the body more time for rest.

Rest is one of the primary messages from TCM during the winter months. Unfortunately, true rest is in sharp contrast to what the modern world demands of us. Do not let busy life grind you down; rest is best.

**Direction:** As the earth is exposed to less light and more cold, the direction of winter is north, representing the element of stillness and storage of the water element.

**Emotion:** Fear and fright is the emotion of the water element. Instead of running your life on fear and fright, this is a time of year to conserve. Fear and fright are not an issue if you are well rested and have energy stored.

**Color:** Deep blue or black is the color of the water element. This color resonates with less overall daylight and less warmth around during winter. Deep blue and black are also reflective of winter's time of stillness and storage.

冬三月，此谓闭藏，水冰地坼。无扰乎阳，早卧晚起，必待日光，使志若伏匿，若有私意，若已有得，去寒就湿，无泄皮肤，使气亟夺，此冬气之应，养藏之道也。逆之则伤肾，春为痿厥，奉生者少。——摘自《黄帝内经·素问》第二篇

**T**he three months of winter are the season for closing and storing, with the rivers iced over and land frozen with cracks.

Do not disturb the yang qi in this season. Sleep early at sunset and get up late after sunrise.

Avoid the cold and keep warm. Do not let the skin perspire to prevent the yang qi enclosed within from being affected.

Let your spirit be as calm as if it is in hiding; and as if you have some private matter to keep from others. Remain happy and contented as if you've come to know a secret.

This is the way to cultivate the storing of qi in winter. Violating it will result in injury to the kidneys, leading to flaccidity in spring and reduced capacity to adapt to the flourishing spring qi.

Quoted from: *The Way of Heaven: Neijing suwen Chapters 1 & 2 translated by Father Claude Larre. Monkey Press*