

扶乩信仰對清代道教醫學的推動與影響 ——以《醫道還元》為中心的研究*

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摘要

扶乩運動是影響明清以來道教信仰的一大因素，它以扶乩這種神啟活動為道教信仰活動的中心，促成了大量道教經本的撰著、編修、成書、發行。這種信仰形式也影響了清代道教醫書的撰寫、編纂和刊刻，為清代以來的醫學發展帶來了重要的影響與貢獻。本文以《醫道還元》這一部現今應用於中國24所中醫藥大學教學系統的道教醫書為例，揭示了清代道教扶乩信仰與道教醫書的著作、編修及流通之間的關係。通過有關這部醫書的成書與流通的細節，可以看到清代的儒家知識分子以道教扶乩信仰為中心的救世理想。他們以編修醫書為法，展開了拯救末劫的活動。而通過扶乩產生的神明訓示是推動清代醫書撰寫、編纂、註釋、刊刻和流通的重要因素。《醫道還元》的案例有助於了解道教扶乩信仰在全真、正一兩大正統道派以外作為「教外別傳」的情況。

關鍵詞：《醫道還元》、內丹、道教醫學、扶乩信仰、清代道教

陸晶晶，香港中文大學宗教研究哲學博士。現任香港中文大學文化及宗教研究系兼任導師、道教文化研究中心榮譽副研究員。研究方向為清代道教及內丹學與中國傳統醫學的理論比較，目前致力於宋元以來內丹學與中國傳統醫學的互動，以及近代道教醫學的發展情況的研究。

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Spirit-Writing Belief and Its Influence on Daoist Medicine in the Qing Dynasty: A Comprehensive Study of the Daoist Medical Scripture *Yidao huanyuan*

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Abstract

Yidao huanyuan 醫道還元 is a text that demonstrates the interconnection and inter-relations between theories of *neidan* 內丹 and those of Traditional Chinese Medicine (TCM). It has been identified as a Daoist medical text by TCM professionals and presented as such to students of the five-year medical degree programme in mainland China. Despite its influences on the medical field, the textual, historical and religious contexts of this scripture such as its authorship and various editions remain mostly unknown. Based on a comprehensive study of the various editions of *Yidao huanyuan*, this paper aims to resolve such issues and fill in the research gap, by understanding the historical, social and medical backgrounds, religious beliefs, and spirit-writing cult involved in its publication. Through a detailed study of the earliest edition of *Yidao huanyuan* and related materials found, this paper will reveal the connection between the first appeared edition and the spirit-writing believes of its editors. They were a group of elites with official governmental titles in the Qing court, who not only edited and compiled the text, but also devoted themselves to funding and preserving the printing boards.

The case of *Yidao huanyuan* revealed the fact that disciples of the spirit-writing movement would devote themselves to their religion in many ways. One of those was to edit Confucian, Buddhist, Daoist and medical texts that were demanded by the society at that time. This was

especially true for the elite from the upper social class. They might not, on a superficial level, present themselves as a Daoist disciple or a member of a spirit-writing cult, or act in the name of their Daoist belief or a Daoist temple. However, by revealing their editing details and objectives, it was obvious that the religiosity behind their works was no different from that embedded in the spirit-writing movement. Daoist medical texts such as *Yidao huanyuan* had initially been a product of Daoist spirit-writing movement. They have impacted the development of TCM, though most medical scholarship has ignored this fact. The edited works of the elite could be identified as an extension of the spirit-writing movement in Qing Daoism.

Keywords: *Yidao huanyuan*, *neidan*, Daoist medicine, spirit-writing movement, Qing Daoism