동의보감을 중심으로한 수기요법의 문헌연구

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ABSTRACT

A Literature Research on SuGi-therapy(手氣療法) in Donguibogam(東醫寶鑑)

Objective : The aim of this study was to find the literature basis on SuGi-therapy(手氣療法) in Donguibogam.

Methods : Anma(按摩), Doin(導引), Angyo(按蹻), Anap(按壓) and Chuna(推拿), the keyword of this study, were researched, analyzed and classified in Donguibogam.

Results : 1) In Donguibogam, the keyword Anma(按摩) and Doin(導引) showed up 10 and 33 times, respectively and 7 and 20 times, respectively in the body except the table of contents. In considering the meaningful cases, in short, Anma(按摩) and Doin(導引) appeared 7 and 16 times, respectively. Furthermore we could know Anma(按摩) showed up 4 times with the highest frequency in Oehyeongpyeon(外形篇), and Doin(導引) showed up 11 times with the highest frequency in Naegyeongpyeon(內景篇)
2) *Anma* (按摩) was mostly used as a separate word and only 2 times was “*Anmadoin* (按摩導引)” used. In 16 meaningful cases, *Doin* (導引) was used as “*Doinbeop* (導引法)” 14 times and 2 times was “*Anmadoin* (按摩導引)” used in a linked form. Among 14 times when “*Doinbeop* (導引法)” was referred, it was stated as “Do *Doinbeop* (導引法)” without any detailed explanations 2 times and it was explained about how to pose when people do *Doinbeop* (導引法) for prevention and treatment 12 times.

3) Reviewed in *Donguibogam*, *Anma* (按摩) and *Doin* (導引) were the *ChoGi*-therapy (調氣療法) in all. Because they include both massaging by oneself and getting a massage from someone else, they all could be 'SuGi-therapy (手氣療法)' in a broad sense.

4) In *Sikjeokbyeong* (息積病), the 12th chapter of *Jeokchwimun* (積聚文) in *Japbyeongpyeon* (雜病篇), *Doinbeop* (導引法) was referred as the treatment of *Jeok* (積) which belongs to obstinate and incurable diseases. This means *SuGi*-therapy (手氣療法) could be the basis of using widely on several incurable diseases in modern society.

5) There is few paper about *SuGi*-therapy (手氣療法). *SuGi*-therapy (手氣療法) doesn't seem to form a large part in modern Korean medicine but it is a remedy that has been together with the history of Korean medicine so long and has great therapeutic effects and usefulness. From now on, the literature and clinical study on *SuGi*-therapy (手氣療法) should be conducted continuously and developed for the better.

*Key Words : Donguibogam (東醫寶鑑), Anma (按摩), Doin (導引), SuGi-therapy (手氣療法), ChoGi-therapy (調氣療法), Jeok (積)*

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I. 緒論

수기요법은 手指, 手掌, 手拳을 이용해서 환자의 신체표면을 자극

하거나 왜곡된 골격구조를 교정함으로써 기혈의 조화, 경락의 소통,

신진대사의 항진, 체내저항력의 증진 및 정부작용을 목표로 하는 치

료방법의 일종이다. 1) 즉, 수기요법

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