

高等院校新概念中医英语系列教材

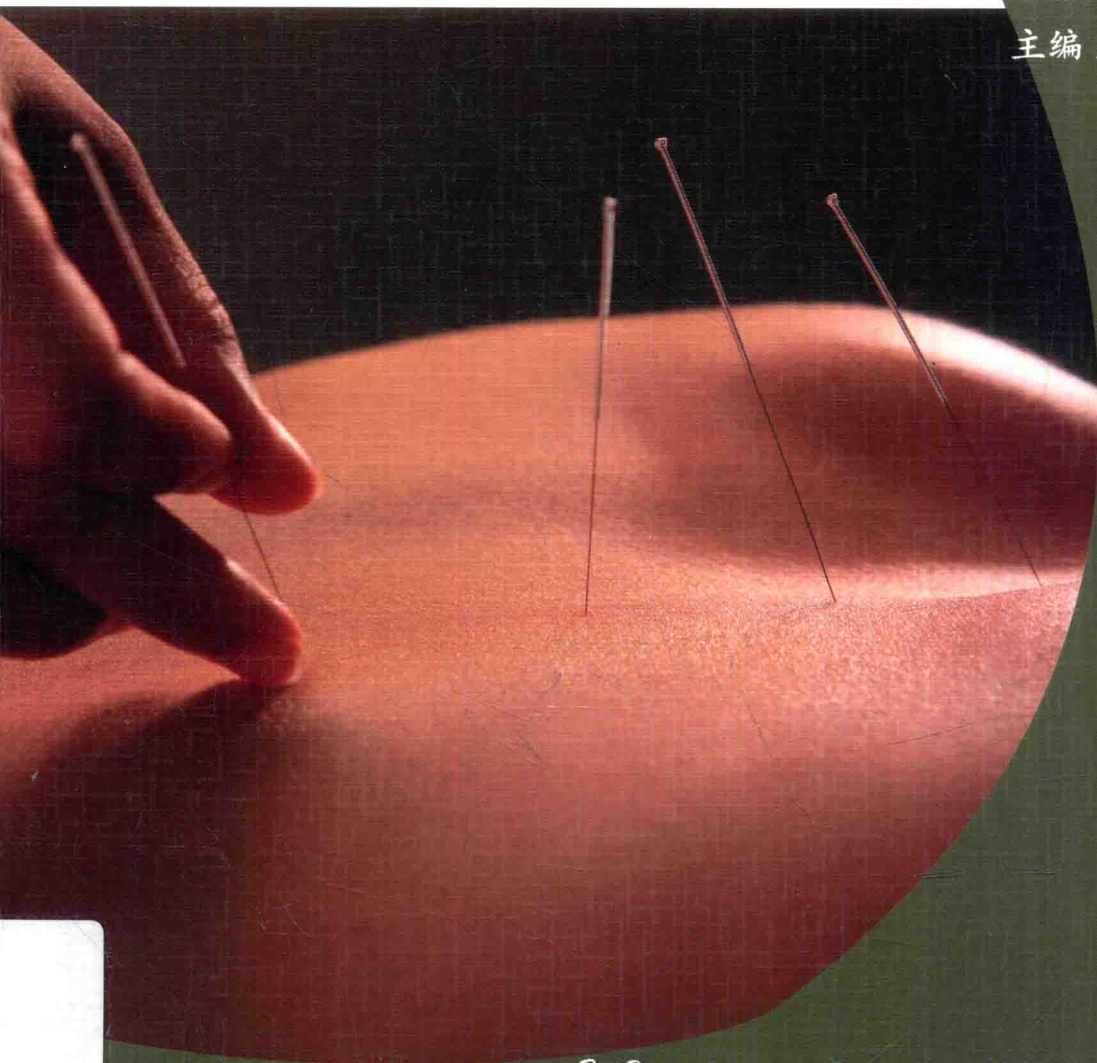
丛书主编：杨植 苏红

# 针灸学英语教程

English for Acupuncture  
and Moxibustion

主编 / 杨植 陈媛

主审 / 梁平



世界图书出版公司

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# English for Acupuncture and Moxibustion

## 针灸学英语教程

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世界图书出版公司

上海·西安·北京·广州

## 图书在版编目 (CIP) 数据

针灸学英语教程 / 杨植, 陈媛主编. — 上海 : 上海世界图书出版公司, 2015. 10

高等院校新概念中医英语系列教材

ISBN 978-7-5192-0369-6

I. ①针… II. ①杨… ②陈… III. ①针灸学—英语—高等学校—教材  
IV. ①H31

中国版本图书馆CIP数据核字 (2015) 第247940号

## 针灸学英语教程

主编 杨植 陈媛

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上海世界图书出版公司 出版发行

上海市广中路88号

邮政编码 200083

广州市番禺时代文化印刷厂印刷

如发现印装质量问题, 请与印刷厂联系调换

(质检科电话: 020-84844132)

各地新华书店经销

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开本: 787×1092 1/16 印张: 25.5 字数: 543 000

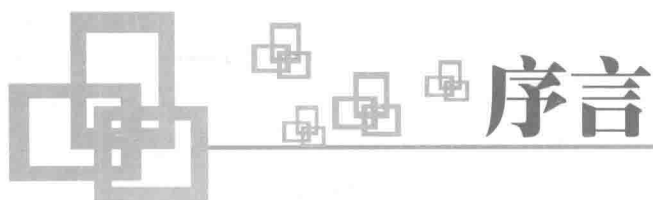
2015年10月第1版 2015年10月第1次印刷

ISBN 978-7-5192-0369-6/H·1347

定价: 55.80 元

<http://www.wpcsh.com.cn>

<http://www.wpcsh.com>

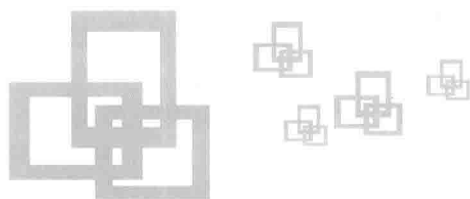


# 序言

中医瑰宝是中华民族智慧的结晶，其悠久的历史 and 浓郁的民族特色使其成为中国的重要标志之一。随着中国对外交流的不断深入，中医走向世界的步伐也在逐渐加大。作为中医药领域的英语教育者和从业者，编撰中医英语教材、用英语传授中医知识、使中医学子具备国际交流的技能，无疑是我们义不容辞的责任。

本系列教材主要涵盖听说和阅读两部分。教材框架分为三个层次：基础层次，包括《中医英语听说教程》、《中医基础英语读译教程》；提高层次，涉及中医诊断学英语、针灸学英语、中药方剂英语、中医养生保健英语；综合层次：中医英语实务。本系列教材适合中医药院校本科高年级学生、硕士、博士以及其他中医药学习者、爱好者。本系列教材是根据中医学科分类划分，材料来源于英文原版中医专著，具有权威性。练习设计丰富多样，具有实用性。

目前国内有不少数量的中医英语教材面世，但大多为基础阅读，较少涉及听说及较高层次的专业分类，缺乏系统性。本系列教材从基础听说和阅读（含翻译练习）入手，夯实学生中医英语听说读写译的基础。基础系列中的《中医英语听说教程》，属目前国内鲜有的中医英语听说训练教材，为学生提供了丰富的听力材料，从



理论和临床两方面训练学生的会话能力。由于中医是传统医学，在西方没有对应的语言标准，故翻译、写作都没有专门的教材（写作即是翻译），基础系列中《中医基础英语读译教程》考虑到以上因素，设计了翻译练习，达到了读写译的目的。两本基础教程为学生学习较高层次的专业医学英语打下了良好的基础。大多数中医院校，中医英语教学主要停留在以阅读为主的基础阶段，已经远远跟不上中医走向世界的步伐，本系列教材设计了专业性较强的提高阶段教程和临床实用性较强的中医英语实务教程，旨在提升学生的中医英语交际能力。

本系列教材参编人员具有多年丰富的中医英语教学经验，多次主编或参编医学类英语教材。主审为著名医学英语专家杨明山教授，精干的编写队伍是该系列教材质量的重要保证。

需要特别说明的是，这仅是一套中医英语语言教材，并非中医教材，不可将书中涉及的中医理论、临床实践作为诊断和治疗疾病的依据。

# preface

## 前言

针灸医学最早见于二千年多前的《黄帝内经》一书，具有鲜明的中华民族文化与地域特征，是基于中华民族文化和科学传统产生的宝贵遗产。两千多年来针灸疗法一直在中国流行，并传播到了世界各地。世界上大部分地区都有华人或当地人士开设的中医针灸诊所。《针灸学英语教程》顺应针灸国际化的发展趋势，发挥语言作为沟通媒介的重要作用，为针灸学习者、从业者、爱好者提供语言学习和交流的资源及平台。

《针灸学英语教程》是中医英语系列教材中提高层次的教材，涉及较深的专业层面，课文材料均选自英文原版中医专著，具有权威性。练习设计合理，实用性较强。目前国内有不少数量的中医英语教材面世，但大多为基础阅读，涉及较高层次专业分类的教材并不多。

本教材共分10个单元，内容涵盖：经络、腧穴、奇经八脉、针法、灸法、内科证治、妇儿科证治、外伤及皮肤科证治，以及五官科及其他证治。每个单元包括课文A、课文B、练习及补充阅读。课文A和课文B均提供中文翻译和练习答案。课文A篇幅较长，练习内容较为丰富，建议作为课堂使用材料，约需2~4个学时完成。课文B可作为课后自学材料。补充阅读没有提供中文翻译，也没有设计

# *preface*

练习，所选内容主要涉及国内外针灸应用及研究的现状和发展，可作讨论、训练、赏析之用。

本教材英文部分由多年从事中医英语教学和研究的加拿大外籍教师Angelo Konidas校审；中文翻译部分由针灸专业教师、医生及部分博士生、硕士生翻译并校审。在此，对他们的辛勤付出表示衷心的感谢。

特别说明的是，这仅是一本中医英语语言教材，不是中医教材，不可将书中涉及的中医理论、临床实践作为诊断和治疗疾病的依据。编写中难免有不当或错误之处，敬请使用者批评指正。

编者

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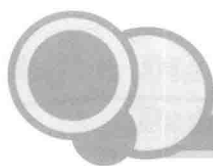
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# **Unit 1**

## **Introduction**

***In this unit, you will learn:***

- ◆ *a brief history*
- ◆ *advancement of acupuncture and moxibustion*
- ◆ *master works of acupuncture and moxibustion*
- ◆ *contribution of acupuncture and moxibustion to the medical development of the world*
- ◆ *present TCM status in the world medical scene*



## TEXT A Huang Di Nei Jing and Acupuncture & Moxibustion

### Overview

- 1 *Huang Di Nei Jing* (abbreviated to *Nei Jing*) is a book written in the format of conversations between Huang Di (Yellow Emperor) and his court doctors, mainly Qi Bo, in ancient China. The title has also been translated as *Yellow Emperor's Inner Canon*. It discusses human physiology and the influence of environmental factors such as cold, heat, wind and dampness on the health of human beings. It contains pathological theories of human disorders and the treatment methods for diseases based on acupuncture and moxibustion. Huang Di was a legendary figure in the 27th century BC.



Huang Di Nei Jing

(From [www.baidu.com](http://www.baidu.com))

### Historical Perspectives

- 2 It is unlikely that *Nei Jing* was written in Huang Di's time. In his time the written language was very primitive. Even in the Shang dynasty, which was hundreds of years after Huang Di's era, the written language was still primitive. The first recorded history of the existence of *Nei Jing* was in the Han Dynasty, about 2000 years ago. Upon careful examination of the *Nei Jing*, it appears likely to be a collection of medical writings, possibly from multiple contributors. It is certain that thousands of years were required for the development of medical knowledge and skills before the *Nei Jing* was written.
- 3 The current edition of *Nei Jing* was edited and recompiled by Lin Yi and co-workers in the

imperial editorial office during the Song dynasty in 1051 AD. His edition was based on an earlier edition by Wang Bing from the Tang Dynasty (762 AD).

### Significance of the *Nei Jing*

#### *Influence*

- 4 The concepts expressed in the *Nei Jing* became the source and the ultimate authority of medical writing until the present day. It is fair to say that the *Nei Jing* cast a great influence over all Chinese medical writing throughout Chinese history. It provided inspiration for medical practices for over 2000 years.
- 5 Although the *Nei Jing* is regarded as the source of all traditional Chinese medical practice, its treatment focuses on acupuncture and moxibustion. In fact, the *Nei Jing* regards herbal treatment as the last resort in treating body disorders.

#### *Concept of the Meridians*

- 6 Central to the *Nei Jing* is the concept of meridians. Meridians provide the vital connecting link between various parts of the body and are regarded as the transportation and communication superhighways of the human body.
- 7 Through this superhighway system, signs of disorders inside the body are transmitted and registered at some specific points along the meridians. These points are called acupoints. In return, remedial messages called Qi can be sent through these points via the superhighways to these disordered sites to correct the problems. Figure 1 illustrates a few selected meridians that have relevance to lower back pain (LBP). All meridians are in pairs, bilaterally, except for the Du meridian.

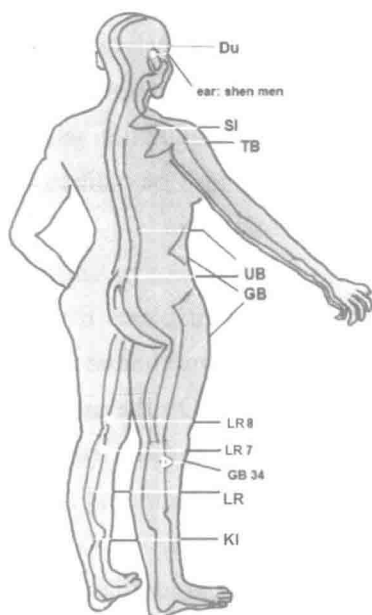


Figure 1 Selected meridians related to back pain. All are bilateral meridians except for the Du meridian. Included are four acupoints: GB 34 (Yang Ling Quan), LR 7 (Xi Guan), LR 8 (Qu Quan) and ear point Shen Men.

## Qi

- 8 Qi has a few connotations. In its original context, Qi was used to refer to an invisible entity that governs proper functioning for any kind of life process. When a body part stops working, most often it is not related to any physical lesion. Such a disorder is called a Qi disorder. It can be weakened Qi that diminishes the ability to function. It may be that this body part stops performing its regular biological function. This is called Qi stagnation or rebellious Qi. Medically, it is referred to as an idiopathic disorder or disorder of unknown pathological origin. Such disorders are very common. Most LBP belongs in this category. This is why according to the 2010 edition of CMDT (*Current Medical Diagnosis and Treatment*), for lower back pain “a precise diagnosis cannot be made in the majority of cases.”
- 9 To resolve Qi-related problems, we need to restore proper Qi. In acupuncture, needling processes are used to correct this disorderly Qi. The process of restoring Qi is called “Dao Qi” or moving the proper Qi to the site of the disorder. When the proper Qi is restored, it is called “De Qi” or Qi restored. The problem will be corrected as a result.
- 10 “De Qi” is often confused with “Qi Gan”, the sensation of Qi, which is a soreness, distention or numbness sensation. “Qi Gan” accompanies some needling. Such a sensation is produced by the interaction of the needle with nerve endings. It does not guarantee the production of proper Qi, and it can even be an improper Qi which is produced.
- 11 There is a tendency for people who are not well versed in science to equate Qi with energy. Scientifically, energy cannot be created. Acupuncture needling does not create energy. It can create Qi that stimulates the body to produce energy through metabolic processes. The confusion arises from the fact that when Qi disorders are restored, such as in LBP, the patient feels energized. In a situation where a pinched nerve is involved, a warm sensation is often produced as the result of the restoration of blood circulation when Qi is restored. It is easy to associate Qi with energy. In traditional Chinese medicine (TCM), the body energy comes from food and is called Gu Qi, energy from grain.

## The Fifteen Meridians

- 12 There are 12 paired meridians: six pairs of foot-meridians originate from the toes and six pairs of hand-meridians originate from the fingers. These meridians are named after the internal parts, mostly organs, to which they are connected. On the upper limbs, there are the heart (HT), lung (LU), small intestine (SI), large intestine (LI), triple burner (TB) and pericardium (PC) meridians. Triple burner refers to three segments of the torso: upper, middle and lower. On the lower limbs, there are the gall bladder (GB), urinary bladder (UB), stomach (ST), spleen (SP), kidney (KI) and liver (LR) meridians.

- 13 In addition, three unpaired meridians exist. Two of them originate from the center of the perineum. One is the Du, or the governing meridian, which travels along the spine, up along the center line of the head and ends below the nostril. The other, named Ren or conception, travels up the anterior of the body along the midline. It ends at the lower lip. The two form a complete circle of the body. The last meridian is called the Dai or belt meridian which almost circles horizontally through the umbilicus, like a waist belt. This meridian acts like a belt, upholding the lower abdominal organs and is thus important in regulating all the organs below the belt and the lower back. Since the Dai meridian shares acupoints with the GB meridian, this meridian is more of a conception than a utility.
- 14 The importance of the meridian system lies in its utility. It serves as a diagnosis tool for body disorders and it provides access ports for treating such disorders. These disorders can be in any place in the body. Body disorders are reflected, through pain sensitivity, to certain spots on the meridian that travel through this part of the body. By manipulating such spots, disorders can be mitigated. The manipulation can be achieved through surface needling, finger pressure or heating devices. This is a very important physiological property that has yet to be recognized in medical science. Such points are acupoints. In Chinese, they are called Xue, meaning caves. The name reflects the properties of acupoints as gathering sites for Qi. It also reflects the physical feature, since they are mostly located at the crevices between the bones and muscles.

### *Five Shu Acupoints*

- 15 The most important acupoints are located on the limbs. Each of the hand and foot meridians possesses five sets of acupoints called the five Shu points. Shu means transport, reflecting the role as major ports of entry for Qi to travel into the body's interior. These acupoints are located from the elbows or knees to the tips of the extremities.
- 16 These acupoints are the most powerful points and should be emphasized in any application of acupuncture for any disorder throughout the body.

### *Acupuncture*

- 17 Acupuncture utilizes sharp, thin, pointed tools. There were nine styles of needles in ancient China, but modern acupuncturists only use two styles. The most common are thin stainless-steel needles of various lengths and diameters. The other style has a three-edged sharp tip for penetrating the skin and letting out static blood from the veins. In Nei Jing's era, areas that exhibited static blood under the skin needed to be lanced.
- 18 Figure 2 shows the most commonly used needles in clinics with diameters from 0.15 up to 0.25 mm. The length used depends on the application; 30 mm is the most versatile. Needles 12 mm in length are good for application to the ears, hands and feet where the

insertion depth is only about 1.5–5 mm. On the ear or top of the head, the insertion should be slanted, at an angle of no more than 45° with respect to the skin surface.

## Moxibustion

- 19 Moxibustion is a form of heat therapy. Traditionally, it was done through burning a small bead of dried mugwort wool (*Artemisia argyi*) on the skin over ginger cakes or using a burning moxa stick held a few centimeters above the skin.
- 20 In the West, acupuncture implies the process of inserting fine thin needles into certain locations of the body to achieve a therapeutic result. In the *Nei Jing*, acupuncture and moxibustion are used interchangeably. Except for a few situations such as over major arteries or over the skin with a bacterial infection, one can be used to substitute for the other. In fact, moxibustion is considered to be more versatile and powerful than needling. Therefore, it is more appropriate to use the term acumoxa instead of acupuncture unless either acupuncture or moxibustion is specifically utilized.

Figure 2 Acupuncture needles most commonly used, with lengths ranging from 15 to 75 mm, not including the shaft for handling.

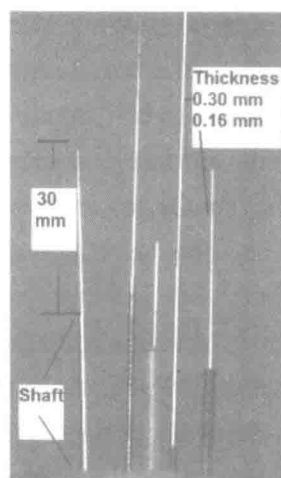


Figure 3 Application of smokeless moxibustion. It is desirable to rest the wrist or little finger on the patient to prevent accidental movement from the location. The ignited head is about 10 to 20 mm from the skin surface.



- 21 Although moxibustion is important, it is not widely practiced in Western acupuncture clinics for good reasons. One is that traditional moxa sticks produce heavy smoke, and are not suitable for air-conditioned offices. This problem can be avoided with smokeless

moxa sticks as shown in Figure 3. Unfortunately, most acupuncturists do not know the proper technique for using them. They use the “sparrow pecking” technique which is designed for smoking moxa sticks. This entails moving the ignited moxa stick up and down, at a distance, over the target site on the patient’s body. Rather, the proper way to use a smokeless moxa stick is to hold the ignited moxa stick steady at about 2 cm above the skin of the patient until the patient feels it has become too hot. Depending on the severity of the condition, this could take from tens of seconds to a couple of minutes. It works as effectively as the smoking type of moxa sticks. It is also much safer to use than the smoking moxa.

(Abridged from *Traditional Chinese Medicine: Scientific Basis for Its Use*, edited by James David Adams Jr &

Eric J. Lien)

## Vocabulary

- acupuncture** ['ækju,pʌŋktʃə] *n.* the treatment of a person’s illness or pain by sticking small needles into their body at certain places. 针灸
- moxibustion** [ˌmɒksi'bʌstʃən] *n.* a method of treatment, originally from Chinese medicine, in which a moxa is burned on the skin. 灸法, 艾灸
- primitive** ['prɪmɪtɪv] *adj.* belonging to a society in which people live in a very simple way, usually without industries or a writing system 原始的
- meridian** [mə'reɪdiən] *n.* the imaginary lines from the North Pole to the South Pole, which are drawn on maps to help you describe the position of a place. 经线, 本文中是指经 (络), 即meridians and collaterals.
- acupoint** ['ækju'pɔɪnt] *n.* any of the specific points on the body where a needle is inserted or pressure is applied during acupuncture. 穴位
- pericardium** [ˌperi'kɑːdiəm] *n.* the membranous sac enclosing the heart. 心包
- segment** ['seɡmənt] *n.* one part of something, considered separately from the rest. 段; 部分
- gall bladder** ['ɡɔːlˌblædə] *n.* the organ in human body which contains bile and is next to liver. 胆囊
- bladder** ['blædə] *n.* the part of human body where urine is stored until it leaves the body. 膀胱
- perineum** [ˌperi'niːəm] *n.* the region of the body between the anus and the genital organs, including some of the underlying structures. [解剖] 会阴



|                  |   |
|------------------|---|
| <b>torso</b>     | [ˈtɔːsəʊ] <i>n.</i> the main part of your body, which does not include your head, arms and legs. 躯干                               |
| <b>umbilicus</b> | [ʌmˈbɪlɪkəs] <i>n.</i> a hollow or navel-like structure, such as the cavity at the base of a gastropod shell. 脐                   |
| <b>crevice</b>   | [ˈkrevis] <i>n.</i> a narrow crack or gap, especially in a rock. 裂缝   |
| <b>diameter</b>  | [daɪˈæmɪtə] <i>n.</i> the length of a straight line that can be drawn across a round object, passing through the middle of it. 直径 |
| <b>versatile</b> | [ˈvəːsətaɪl] <i>adj.</i> a tool, machine, or material that can be used for many different purposes. 用途广泛的                         |

## Notes

1. The Du meridian: 督脉, 常译作governor vessel / governing vessel (GV) (para.7)
2. Ren or Conception Meridian: 任脉, 常译作conception vessel (CV) (para. 13)
3. Dai or Belt Meridian: 带脉, 又译作belt vessel (BV) / girdle vessel (para. 13)
4. Five Shu Acupoints: 五输穴, 又译作five transport points (para. 15)
5. Sparrow pecking technique: 雀啄灸, 又译作sparrow-pecking moxibustion (para. 21)
6. Triple burner: 三焦, 又译作Triple Warmer, Triple energizer, Three Burner, Triple Heater 等 (para.12)
7. mugwort wool (Artemisia argyi): 艾叶, 艾草(para. 19)
8. moxa stick: 艾条 (para. 19 & 21)
9. acumoxa: 针灸的缩写, 即acupuncture + moxibustion.(para. 20)

## Exercises

### Reading Comprehension

I. Answer the following questions according to the text.

1. When did *Huang Di Nei Jing* first appear in recorded history?
2. What kind of influence has the *Nei Jing* had?
3. What is the function of the meridian system?
4. What type of needles do modern acupuncturists often use?
5. What is the proper way to use a smokeless moxa stick?