

Anecdotes of Traditional
Chinese Medicine

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趣
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Xìng
Lín
Qù
Shì

主编 曲丽芳

中医双语课外读物

A Bilingual Extracurricular Reader for Traditional Chinese Medicine

上海科学技术出版社
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跨越时间长河，
讲述久远故事。
追溯医史踪迹，
探寻中医奥秘。

(曲丽芳)

Kuà yuè shí jiān cháng hé,
Jiǎng shù jiǔ yuǎn gù shì。
Zhuī sù yī shǐ zōng jì,
Tàn xún zhōng yī ào mì。

(Qū Lìfāng)

Sailing over the river of time,
Telling age-old stories.
Tracing Chinese medical history,
Exploring the mysteries of Chinese Medicine。

(Qu Lifang)

正气存内，邪不可干。（《素问·刺法论》）

Zhèng qì cún nèi, xié bù kě gān. (《Sù Wèn · Cì Fǎ Lùn》)

Zheng qi (vital qi) is kept inside, evil can not invade.

From the *Elementary Questions, Discourse on
Needling Methods* (Treatise Seventy-two)

邪之所凑，其气必虚。（《素问·评热病论》）

Xié zhī suǒ còu, qí qì bì xū. (《Sù Wèn · Píng Rè Bìng Lùn》)

Where evil qi (pathogenic factor) gathers, the vital qi must
be weakened.

From the *Elementary Questions, Discourse on
Heat Disease* (Treatise Thirty-three)

阴阳者，天地之道也，万物之纲纪，变化之父母，生杀之本始，神
明之府也。（《素问·阴阳应象大论》）

Yīn yáng zhě, tiān dì zhī dào yě, wàn wù zhī gāng jì, biàn
huà zhī fù mǔ, shēng shā zhī běn shǐ, shén míng zhī fǔ yě.

(《Sù Wèn · Yīn Yáng Yīng Xiàng Dà Lùn》)

Yin and yang are the law of the universe, the guiding
principle of everything, the parents (springhead) of changes,
the beginning of life and death and the place where shen
ming (spirit/mind brightness) enlightens.

From the *Elementary Questions, Great Discourse on the
Phenomena of Yin and Yang* (Treatise Five)

(Translator: Qu Lifang)

前 言

本书从汗牛充栋的史籍和中医古籍中选取各类轶闻趣事，分中医别称、圣贤传奇、名医轶事、中药趣闻、方剂趣闻、临床医案、针刺趣闻、经穴名释八个方面，用中英文对照的形式编写成册，作为海内外中医院校各类在校大学生及中医爱好者的课外读物。

书中中药名称依照美国 Dan Bensky 等人主编的 2004 年第三版《中药学》(*Chinese Material Medica*)，按中文名称、汉语拼音、英文名称和拉丁文的次序列出。英文部分在每则故事后列出疑难词汇，方便中国学生学习英文；中文部分加注拼音，方便海外留学生学习中文。

本书集趣味性、知识性、语言学习于一体。

阅读本书可使读者了解中医药历史，在潜移默化中接受中医药文化的熏陶，既有利于增强他们对中医的认知度，还可激发其学习热情。

曲丽芳

2015 年 8 月

Qián Yán

Běn shū cóng hàn niú chōng dòng de shǐ jí hé zhōng yī gǔ jí zhōng xuǎn qǔ gè lèi yì wén qù shì, fēn zhōng yī bié chēng, shèng xián chuán qí, míng yī yì shì, zhōng yào qù wén, fāng jì qù wén, lín chuáng yī àn, zhēn cì qù wén, jīng xué míng shì bā gè fāng miàn, yòng zhōng yīng wén duì zhào de xíng shì biān xiě chéng cè, zuò wéi hǎi nèi wài zhōng yī yuàn xiào gè lèi zài xiào dà xué shēng jí zhōng yī ài hào zhě de kè wài dú wù.

Shū zhōng zhōng yào míng chēng yī zhào měi guó Dan Bensky děng rén zhǔ biān de 2004 nián dì sān bǎn《Zhōng Yào Xué》(*Chinese Material Medica*), àn zhōng wén míng chēng, hàn yǔ pīn yīn, yīng wén míng chēng hé lā dīng wén de cì xù liè chū. Yīng wén bù fēn zài měi zé gù shì hòu liè chū yí nán cí huì, fāng biàn zhōng guó xué shēng xué xí yīng wén; zhōng wén bù fēn jiā zhù pīn yīn, fāng biàn hǎi wài liú xué shēng xué xí zhōng wén.

Běn shū jí qù wèi xìng, zhī shì xìng, yǔ yán xué xí yú yī tǐ.

Yuè dú běn shū kě shǐ dú zhě liǎo jiě zhōng yī yào wén huà de xūn táo, jì yǒu lì yú zēng qiáng tā men duì zhōng yī de rèn zhī dù, hái kě jī fā qí xué xí rè qíng.

Qū Lǐfāng

2015 nián 8 yuè

PREFACE

This book contains a selection of Chinese medicine anecdotes that we have drawn from China's enormous textual archive. The sections form collections of alternative names for Chinese medicine, biographies of sages, anecdotes about famous doctors and medical figures, stories about Chinese materia medica, anecdotes about formulas, clinical cases, acupuncture stories, explanation of acupoint names. We have compiled and translated the stories and anecdotes to create a bilingual extracurricular reader for Chinese-speaking and English-speaking students of Chinese medicine in universities and colleges at home and abroad.

The names of the Chinese materia medica in this book are listed in Chinese characters, pin yin, English and Latin according to *Chinese Herbal Medicine: Materia Medica* (Third edition, 2004), edited by Dan Bensly, Seven Clavey and Erich Stoger. Each story begins with the Chinese characters, accompanied by the pin yin with tones to guide Western students with their Chinese pronunciation. Then English version of the story follows with a glossary to assist Chinese students with their English pronunciation. In this way, the collection offers an interesting, fun and convenient Chinese medicine reader that encourages Chinese and English language practice.

The anthology puts Chinese medicine and language learning together with interesting and enjoyable story-telling.

By reading this book, readers will cultivate their understanding of Chinese medicine history and culture, deepen their appreciation of traditional Chinese medicine and stimulate their enthusiasm for learning.

Qu Lifang

August 2015

Glossary

anecdote [ˈænikdəʊt] *n.* 轶事; 奇闻; 秘史

Chinese materia medica 中药学; 中药

aphorism [æfəˈrɪzəm] *n.* 格言; 警句

expediently [ɪksˈpiːdiəntli] *adv.* 方便地; 得当地

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