

汉英对照

Chinese - English

针灸取穴图解 手册

邵水金 / 主编



CHINESE - ENGLISH
ILLUSTRATED
ACUPOINTS MANUAL

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前 言

腧穴是指人体脏腑经络气血输注于体表的部位,针灸、推拿、刮痧、拔罐及其他一些外治法都是通过刺激腧穴而发挥其治疗作用,腧穴的取穴准确与否直接关系到临床治病的疗效,因此熟练地掌握腧穴的定位对一位针灸医师来说,是至关重要的。为了满足广大中医针灸爱好者以及英语学习者的需要,我们在《针灸经络穴位速记手册》(邵水金主编,上海科学技术文献出版社,2002年2月出版)的基础上,编写了这本《汉英对照针灸取穴图解手册》。

本书共分上、下两篇。上篇为十四经穴,按十四经络流注次序,逐经逐穴,简明扼要地介绍了全身361个经穴。下篇为经外奇穴,按部位介绍了世界卫生组织(WHO)规定的48个标

准经外穴。穴位的内容主要包括定位、记忆要点以及穴位示意图,并标明国际代号。

本书的特点是汉英对照、图文并茂、去繁就简、内容全面、重点突出,同时根据穴位的分布位置,编写了“记忆要点”,这样更利于学习、掌握和记忆,是学习和记忆腧穴的必备之书。

本书可供广大针灸医师、中医院校师生、针灸爱好者、出国人员、国外针灸医生以及外国留学生使用。由于本人水平所限,书中不足之处,敬请广大同道指正。

上海中医药大学

邵水金

2008年3月

PREFACE

Acupoints refer to the specific sites through which the qi and blood of zang-fu organs and meridians are transported to the body surface. It is by stimulating acupoints that such external therapies like acupuncture, massage, scraping, cupping and so on can attain their therapeutic results. The localization of acupoints of whether to be accurate directly influences efficacy of treatment in clinic. So it is essential for an acupuncturist to grasp the localization of acupoints proficiently. Based on the *Shorthand Manual for Acupuncture Meridians and Acupoints* (compiled by Shao Shuijin, published by Shanghai Scientific &

Technological Literature Publishing House, in Feb. 2002), we compiled this book, *Chinese-English Illustrated Acupoints-locating Manual*, for the needs of many acupuncture fans and TCM English-learners.

This manual is divided into two parts. The first part consists of acupoints of the fourteen meridians, introducing 361 acupoints of the whole body briefly and concisely, meridian by meridian, point by point, according to the order of flowing of qi and blood of the fourteen meridians. The second part covers extraordinary acupoints, involving 48 standard extraordinary acupoints set by World Health Organization (WHO), according to body parts. The contents of acupoints mainly include localization, mnemonic points, and illustrations and international code name of acupoints.

The book is characterized by Chinese-

English version, text with rich illustrations, concise and all-round contents, and easy-to-see focuses as well as mnemonic points compiled according to the distribution of acupoints and thus it is helpful for learning, grasping and memory. So it is a essential book for studying and memorizing acupoints.

The book serves as a good reference book for acupuncturists, faculty and students of TCM universities, acupuncture fans, going-a-broad individuals, overseas acupuncturists and international students. For the possible inappropriate expressions, any suggestions from the readers are welcome for the future improvement.

Shanghai University of TCM

Shao Shuijin

March, 2008

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