

(汉英对照)

(China-English)

# 中国中医诊疗疾病十步曲

邹芷均题

The Ten Stages of Diagnostics And Therapeutics in  
Traditional Chinese Medicine

编著 张长恩

Compiled by Zhang Chang'en

翻译 邹芷均 沈泽培

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作者张长恩教授（左）与中医泰斗邓铁涛教授亲切会谈  
Prof. Zhang Chang'en (L) and Prof. Deng Tietao (R) who is the eminent authority on TCM



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张长恩教授(前)、沈泽培主治医师(后左)、邹芷均博士(后中)、理查德·杰诺希先生(后右)

Front: Prof. Zhang Chang'en.

From left to right (Back): Dr. Shen Zepei, Dr. Zou Zhijun, Mr. Richard Janosy

## 作者简介

## Introduction of the Author



张长恩教授、主任医师，1936年生于河北省冀州，幼承家学，后师从胡希恕、陈慎吾、宗维新诸经方大师。原任首都医科大学中医药学院伤寒教研室主任、中医系主任。从事《伤寒论》教学、临床、科研工作50余年，崇尚仲景学说、学术，临证擅用经方，长于内妇儿科疑难杂证，疗效显著。发表论文60余篇，主编、参编著作18部，代表作有《中国汤液方证》《张仲景用药解析》等。注重中医传承工作，近年来致力于传统中医人才培养，曾获中华国际医学交流基金会“林宗杨医学教育奖”。

Born at Jizhou in Hebei province, China in 1936, Professor & Chief Physician Zhang Chang'en learned family lore in TCM from early childhood, then apprenticed to the respectable masters Hu Xishu, Chen Shenwu and Zong Weixin. As the former director of the teaching and researching section of the "Treatise on Cold-Induced Diseases" and of the department of TCM in the College of TCM, Capital Medical University, he has been teaching, researching and clinically practicing TCM for over 50 years. From learning and advocating the doctrine of the medical sage Zhang Zhongjing, he is an expert at using classical formulas of TCM and at applying the treatment of difficult and chronic diseases with marked curative effects. He has more than 60 dissertations published as well as 18 books compiled including the masterpieces 'Chinese Formula Syndromes' and 'Exposition of Zhang Zhongjing's Medicine Administration'. Valuing and wanting to pass on the knowledge of TCM, Professor Zhang devotes himself to the personal training of TCM for the younger generation and has won the Lin Zhongyang's Medical Education Prize from the China International Medical Exchange Foundation.

《中国中医诊疗疾病十步曲》(汉英对照)共十章,是张长恩教授积累教学、临床50余年经验,将博大精深的中医知识浓缩为十步曲,包括“症脉表象”“四诊检测”“划分病域”“诸病分证”“八纲辨证”“辨认方证”“确立治则”“拟定治法”“选方遣药”“观察护理”。其理法方药一线贯穿,涉及面大,含有中医经典,《中药学》《方剂学》及临床经验等,是介绍中医诊疗方法的简明参考书,同时也是广大读者及国际友人了解中医诊疗疾病的一本科普读物。

*The Ten Stages of Diagnostics and Therapeutics in Traditional Chinese Medicine* (Chinese-English), totalling ten chapters, compiled by Professor Zhang Chang'en and reflecting his fifty years experience in teaching and clinical practice. Concentrating on categorizing the extensive and profound knowledge into ten procedures, the book presents: ① presentation of the symptoms and pulses, ② synthesis of the four diagnostics, ③ estimation of the disease field, ④ syndrome differentiation of various diseases, ⑤ syndrome identification with eight principles, ⑥ distinction of formula syndromes, ⑦ formation of therapeutic principles, ⑧ draft for therapeutic methods, ⑨ selection of formulas and drugs and ⑩ observation and nursing after treatment. It summarizes the theories, methods, formulas and drugs, involved in the contents of the canons of TCM, the *science of chinese materia medica*, the *science of prescriptions* and various clinical subjects. This book is a concise reference book about diagnostics and therapeutics in TCM and a popular science book for interested readers and foreigners to understand TCM.

# 序 一

中医学至今仍为人类的健康作出很大的贡献，在世界医林中有着无可取代的地位。其理论博大精深，讲究悟性，所谓“学道容易悟道难”。本书由老中医张长恩教授所作，重点介绍中医看病应掌握的步骤，对后学者领悟中医理论及提高临床技能颇有裨益。

张长恩教授，幼承家学，童蒙之际即对《黄帝内经》《难经》《神农本草经》《伤寒杂病论》有所研习，及长，先后师从胡希恕、陈慎吾诸经方大师，又于仲景之学颇有心得，临证擅用经方，长于内妇儿科疑难杂证之诊治。近年来还深入方证学的研究，总结出方证四要素、七层次及诊疗疾病十步曲等，对发展仲景学说及指导临床实践具有重要意义。

张教授认为疗效是中医之生命，临床治疗注重保持传统中医特色，虽届花甲之年，然退而不休，开设中医诊所，坚持每周三天的全天门诊，致力中医治疗疑难杂病的临床研究与实践，因疗效显著，医名鹊起，求诊之人不绝于途。张教授非常重视中医经验的传承，对后学者既关怀备至，又严格要求，尝谓弟子之成功即是本人之成功，弟子们能传承其经验，即是延续其生命。去年，为满足数省市十余名慕名前来学习的学子之要求，特开设长恩讲堂，上午门诊，下午授课，历时两周，讲述仲景学说及临床经验。不仅未取分文，还为学员们提供食宿，一时成为杏林佳话。



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## Foreword I

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Traditional Chinese Medicine has greatly contributed to human health and holds an irreplaceable rank among various kinds of medicines in the world. However its theories are extensive and profound, stressing on comprehension, as it is said “easy to study and difficult to comprehend”. This book is written by revered Professor & Doctor *Zhang Chang'en*, which introduces the key processes when handling diseases with TCM. His writing is very beneficial to enlighten the young doctors to make use of the theories of TCM and enhance the skill of clinical practice.

Dr. *Zhang*, learned family lore in TCM from early childhood, endeavoring to *Huangdi's Canon of Medicine*, *Classic of Medical Problems*, *Shen Nong's Herbal*, *Treatise on Cold-Induced and Miscellaneous Diseases*, and then apprenticed to the respective masters *Hu Xishu*, *Chen Shenwu* and *Zong Weixin*. So he is skilled at the doctrine of *Zhang Zhongjing* and expert at using classical formulas of TCM in the treatment of difficult and chronic diseases. In recent years, Dr. *Zhang* probes into the study of formula syndrome and has summarized its four factors and seven levels and ten stages of diagnostics and therapeutics in TCM. This is meaningful for the development of the doctrine of *Zhang Zhongjing* and the utilization of TCM.

Dr. *Zhang* holds that “Curative effect is the life of a TCM doctor”. He always carries on the characteristic of TCM when treating patients. Since he resigned from the medical university at sixty years old, he has his own clinic focusing on difficult and chronic diseases. Many patients have come to his clinic in workdays because of the remarkable effect. Now Dr. *Zhang* is in his seventies and still works in the clinic for three days a week. With the time he has put into this work, rich experiences of TCM about difficult and chronic diseases have been accumulated. Furthermore, Dr. *Zhang* gives weight to the passing-on education of TCM. He not only concerns for the young generation of TCM but also is strict with them. He has once said that “the apprentices’ success represent my success, if they could pass on my experience, it is as if my life is prolonged.” Last year, to meet the need of more than ten students from different provinces that admired him and hoped to learn from him, Dr. *Zhang* taught while dealing with patients in clinic in the morning and gave lectures in the



《中国中医诊疗疾病十步曲》(汉英对照),共十章,是张教授积50余年教学、临床之经验所成。此书不仅为中医临床工作者的参考书,同时亦是借北京奥运契机,使国际友人了解中医诊疗疾病的一本科普读物。张教授将博大精深的中医诊疗疾病之知识加以浓缩,概括为“症脉表象”“四诊检测”“划分病域”“诸病分证”“八纲辨证”“辨认方证”“确立治则”“拟定治法”“选方遣药”“观察护理”十步曲,使中医理法方药一线贯穿,不仅有执简驭繁之妙,也有以现代语言诠释仲景先师“观其脉证,知犯何逆,随证治之”之蕴意。读者若能充分研习,体味其宗旨,深谙其间之妙趣,必能为提高临床诊治水平大有所益。

书成,张教授索序于余,自虽不才,但尚有辨玉识珠之明,故不揣愚钝,以此作引玉之砖。

北京中医药大学副校长

中华中医药学会仲景学说专业委员会主任委员  
教授、博士生导师



2008年1月

afternoon for two weeks. He is such a high-minded man with a vision that he did all these for free and provided board and lodging for them, which has been a favorite topic.

*Ten Stages of Diagnostics and Therapeutics in Traditional Chinese Medicine* (Chinese-English), written by Dr. Zhang, based on his fifty years experience in teaching and clinical practice, will not only be the reference for clinicians of TCM, but also bring popular science knowledge of TCM for the common readers and foreigners, with Beijing's Olympic Games as a opportunity. The ten stages in the book embracing the theories, methods, formulas and herbs, not only has the merit of "holding the brief to cope with the diverse", but also annotates the implication of the well-known phrase of "observe the pulse and syndromes, know what situation has changed, and then treat according to the syndromes at that time." If studying it earnestly and grasping its essence, the readers will surely improve their abilities of practicing TCM.

As the book to be published, Dr. Zhang asked me to write the foreword. Although knowing myself not a capable person, I can still distinguish the good from the bad, so I write this to set the ball rolling despite I may have little talent.

Professor, Doctor Wang Qingguo  
Vice-Chancellor of Beijing University of TCM  
Chief Member of Zhongjing's Doctrine Council,  
China Association of TCM  
January, 2008

## 序 二

《中国中医诊疗疾病十步曲》是一本很独特的有关中医药的读物。对医生,对普通读者它都是可以去欣赏的一部很有益的读物。全书共十章,其中出现了许多的不熟悉的词汇和中医独特的概念。它用这些词汇、叙述、概念带着你走进中医药的大门。

当你读到不同的章节时,你会发现许多术语重复出现。通过多次的阅读出现过的概念,你会慢慢地感到,你开始理解中医是怎样为病人看病的,理解中医是怎样诊断病证的。

书的第一部分是《21世纪·名家》杂志社首席编辑罗艺于2006年12月8日采访首都医科大学中医药学院张长恩教授的对话。张医生谈到了一些传统的中医药及其起源和治病的方法。第二部分读者很快地进入传统的中医药所用的术语、描写的症状和它们的意思。在第三部分,非常详细地讲述了如何观察和诊断患者及如何综合运用四个诊断步骤(望、闻、问、切)。

书中就检查病情来看,详细叙述了望诊。望诊的内容很多:如看鼻子的症状,它就有八种症状之多,像其中的症状鼻肿代表邪气盛,鼻涕由外受风寒或阳虚所致。

书中还用了很大的篇幅描述了很有意思的望舌。舌和身体的某些部位一样,反映了一个人的身体状态。舌的颜色和不同部位,标记着全身的各个部位的状态(引书中的话:舌尖属心肺;舌边属脾;舌根属肾;舌两旁属肝胆;舌心属胃),并讲述了很多对舌的观察和解释。如舌的颜色:红舌(15种描述),其中还有分带紫的和淡蓝色的;如舌的样式(9种描述);还有舌主病等。

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## Foreword II

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*The Ten Stages of Diagnostics and Therapeutics in Traditional Chinese Medicine*, is unique in its own way. It is a reference for doctors. Casual readers with medical health interests may also appreciate the quite extensive coverage of symptoms, syndromes diagnostics and curing processes described in the 10 chapters using what may be for most of us foreigners, unfamiliar concepts and approaches.

By reading section after section in what is mostly laid out as a reference book, the reader will come to see similar concepts reappearing again and again and begin to take in the concepts and understand how a tradition Chinese Medicine doctor checks the patient and approaches the diagnostics of the symptoms.

The book begins with an interview with Dr. *Zhang* who talked briefly about TCM, its origins and its methods. The reader is then quickly plunged into the language and terms of TCM itself with the descriptions of the symptoms and what they indicate. This is followed by the extremely detailed diagnostics and observations of a patient in the synthesis of the four diagnostics. These include inspection, listening and smelling, inquiry, pulse-taking and palpation.

Detailed inspections in this part of the book describe such things as the shape of the nose with no less than 8 observations (e.g. *enlarged nose indicates exuberance of pathogenic qi; clear snivel indicates exogenous wind-cold or yang deficiency*).

A marked section regarding inspection (and one worth reading) is the inspection of the tongue. The tongue, as some other parts of the body, has markings which can represent the entire body (quote from the book: "*the tip of tongue corresponds to the heart and lung, the banks to the spleen, the root to the kidney, the margins to the liver and gallbladder, the center to the stomach.*"). This as well has numerous observations with such interpretations as reddish tongue (15 descriptions), purplish tongue and bluish tongues as well as looking the shape of the tongue (9 descriptions) and the coating of the tongue.

书中另外一部分重点讲述了切脉。切脉是传统中医学中重要的手法。切脉时，中医师像个艺术家。切脉是个艺术。因为这需要多年的耐心练习和跟随师傅潜心学习。当中医为你切脉时，将三个手指放在你的手腕关节处。这不只是数脉搏，还要感觉脉搏是强还是弱，是快还是慢，是大还是小等很多内容。如果没有经过学习和训练，好像是抽象的不可思议的东西。用切脉还可揣摩出身体的变化情况。

书的第四部分结尾处，谈到了全书中所指不同病症要辨证施治，诸病分证的思想。

当读完上半部分，读者会开始欣赏传统中医药的无限的魅力。它能够医治简单病证和复杂病证，对不容易医治的慢性疾病也能够诊断和医治。

全书读完后，可能还有某些词汇不熟悉（如：气，阴，阳等）。可在书中试着去找他们的简短的解释，或在备注中察看解释。比如，第五章说明了传统中医药学的概念，能帮助你理解其他部分，如专业术语（阴阳；表里；寒热；虚实）。引用书中的内容：“阴阳：八纲中的总纲，它包括着表，里，寒，热，虚，实。表、热，实为阳；里、寒，虚为阴。”

但在这里敬告（外国）读者，不要期望读完全书后马上明白所有的内容。许多术语的深刻内涵不可能用文字完全表达。你不可能通过一本书了解传统中医药。许多字词来源于中医药和中国的哲学思想。你可买中医药学辞典，帮助你去理解书中提到的字词。

在校对这本书时，有些句子保留着中文风格，没有进行英文语法的改动。这样做是为了保留中医特色。使读者能够在这中文的语序中去理解职业中医师如何与病人交谈了解病情。如：“...of deficiency yang due to decline of fire of life gate”（命门火衰的阳虚上浮证），“whitish tofu-like coating”（腐苔），“Blend with honey and form pills the size of rabbit feces”（炼蜜为丸，如兔屎大）。

Another marked reading section is the one talking about palpation or taking the pulse. Pulse taking is an art form in that this is the part of apprenticeship that takes time, patience, practice and must be taught and guided from a master. In pulse taking, the doctor places three fingers on your wrist and does not only take the pulse but also feels whether its hard or soft, fast or slow, large or small and many more aspects which may seem abstract to the uninitiated. The process is repeated on the other wrist.

The latter half of the first part of the book offers a quite complete section on syndrome differentiation and syndrome distinction of various diseases.

Having read these sections, the reader can begin to appreciate the almost limitless abilities of TCM to pickup on the symptoms and diagnose simple to complex as well as difficult and chronic diseases.

Throughout the book, the reader will be faced with unfamiliar terms; terms such as “*qi*”, “*yin*”, and “*yang*” and numerous others. The book tries as much as possible to explain these with brief introductions, footnotes and comments. Chapter 5, for example, gives explanations of TCM concepts and is a good section to read in order to understand the other parts of the book. Terms explained are: “*yin* and *yang*”, “internal and external”, “cold and heat” and “deficiency and excess”. Quote from the book: “*yin* and *yang*: they are the general principles which can be used to generalize the other six principles, i.e., external, heat and excess are of *yang*; while internal, cold and deficiency are of *yin*”.

Most of these commonly used terms in TCM go much beyond a language translation and will require further reading or studying. Many terms used, Combined Chinese medicine with Chinese philosophy. However, you can use a complete dictionary of TCM terms which can be used as a reference and for clarity of Chinese medical terms.

When translating this book, some descriptions were deliberately kept as a “Chinese” style description. This adds interest to the reading and lets the reader see how professional TCM doctors in the Chinese language communicate. For example: “... of deficiency *yang* due to decline of fire of life gate”, “whitish *tofu*-like coating”; and in the section on making pills “Blend with honey and form pills the size of rabbit feces”.

最后，读完治法和选方遣药，读者开始对传统中医药学（中医中药）有一个完整的概念。传统中药给那些使用过它的人带来了利益，对医生利用中药治病带来了利益，甚至对制药及相关的产业都带来了利益。传统中药材取自天然物质。各种不同的中药，成千上万的人在过去使用过，现在还在使用着。中国人知道中药治病是稳步地在改变病情，平衡身体内的阴阳，使身体恢复健康。另外，中医在急症方面也同样出色。

这本书看上去像本诊断教程或资料查找的书籍。但它不是中医药的教学课本，不是诊断疾病，使病人痊愈的方法手册。本书没有期望读者读完后能够掌握怎样处理病情或诊断病人。更有意思的是中国人分析疾病的症状时所用的哲学方法思考的过程，及中医如何看待人体。该书让外国人了解中国人怎样整体的看待身体健康，体内气血是平衡或不平衡，如何学习和沿用2 000多年以来的中医药的经验来处理现在的病人。读过此书后，接下来最好的是尝试中药治疗，看看它的治疗效果。

我亲身经历了四个月的中医治疗。在治疗期间对中医有了逐渐了解、认识、学习。在我看中医之前，症状是左腿有些不适。表现在走路时间长些或站的时间长些就觉得累，腿部感觉很不舒服。我看过西医，医生要求我每天打针。5天过后我开始过敏，只能中止治疗。

张医生第一次为我看病时，让我惊奇的是他从不看我的腿（即对腿部的相关的检查）。取而代之的是他们（张大夫和他的学生）为我把脉，同时观察我的脸部、舌部，之后开中药方，吩咐我一天喝两次汤药。我每两星期去看一次病。每次医生都是把脉、望舌，询问近况。根据检查的结果，开出新的药方。还是每天两次服药。

四个月后，我欣喜地感到中药在我的身上起作用了，它治愈了我的病，使我回到了健康的位置。现在我的腿可说是90%的好了。我感到全身精力充沛，我比以前健壮了。



Finally, the chapters on therapeutic methods and the selection of formulas and drugs will complete the introduction of TCM and the benefits that it can offer to the health industry. It will bring light to the types of medicines used by millions of adherents of TCM. Amongst Chinese people, it is well known that the application of TCM is not always a fast remedy but a longer process of recovery and the rebalancing of the forces that comprise a healthy system. But TCM is also useful in emergency situations and short-term problems.

This book, although it may look like a complete reference, is in no way a complete course on TCM diagnosis and healing methods. The foreigner is not expected to understand the approaches, diagnosis and symptom explanations after reading this book. What is of greater interest in reading this work is to follow the analysis of disease symptoms through the way of Chinese philosophy combined with the unique traditional Chinese approach to looking at the human body. By reading the various sections, it is hoped that the reader will have sparked a fascination that health is viewed as a balance or imbalance of *yin* and *yang* and how it use 2000 years of accumulated experience in TCM to treat patient.

Beyond the reading of this book, the next best thing would be to experience 3 or 4 months' therapy and its effects.

By the way, I'd like to tell my personal experience. My experience with Chinese Traditional Medicine is a happy of 4 months' treatment and learning experience. I originally went to see Dr. *Zhang* for a small problem in my leg (feeling stiff after a long walk or standing) after having stopped hospital injections due to allergying to them.

The first surprise when going to see him with my leg problem was that he never looked at my leg. Instead, they (he and his assistants/students) took my pulse in the TCM way, observed my tongue and facial colors, finally prescribed the TCM formula for me to drink twice a day. I went back every two weeks for a new checkup and a new mix of medicines according to my healing progress.

After 4 months, I appreciated the approach that Chinese Traditional Medicine takes to heal someone and indeed to re-establish the health system and its functions. My leg is now 90% healed and more than that, I have a strong overall feeling of increased energy and renewed strength.

我参加了这部书的英文部分的校对工作。从中学习了中医药的一点知识。现在，我理解为什么中医药对我的健康能起作用；理解了中医看病所使用的方法及怎样去诊断病情。我也明白一些中医怎样看待健康和辨证看待身体各部位反映着人的各种状态的道理。

我对家人讲述了自己看中医的经历。现在家里的其他人也在张医生处求医。其中一人有比较重的病证。我们期待着在数月后能看到他的好结果。

请读者欣赏《中国中医诊疗疾病十步曲》。



(理查德·杰诺希)

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备注：理查德·杰诺希，资深英语顾问，现住在中国。对此书的英文部分进行了校对