



JIAO'S THOUGHTS  
ON MEDICINE

(汉英对照)  
(CHINESE-ENGLISH)

# 精神分裂症及其他 精神性疾病的中西医治疗

Treatment of Schizophrenia and Other Psychosis  
with Traditional Chinese Medicine and Western Medicine

编著 陈绍华 翻译 李照国

Compiled by Jiao Chen Translated by Li Zhaoguo



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## 序

我从事医学研究 60 余年,读过很多医学论著及其他相关书籍。就编写者而言,几乎所有这些书的作者都从事医学研究,至少所从之业与医学或医学文化相关。这其实是很自然的事情。您是否曾经读过一部由一位经商者所写的医学或与之相关的书籍?如果您见到这样一本书,您的第一感觉如何?您的第一反应也许是一丝疑虑。这也很自然。您会问,一位商务之士对医学能有多少了解?您会感到疑惑:一位经商之人是如何了解医学的呢?

当李照国教授将陈绍华先生编写的这部书稿送给我看时,我也持有这样的疑问。带着这样的疑虑,我翻看了几页手稿,看看有无可取之处。然而,读了前面的几页后,我的疑虑便逐渐消散,我真不敢相信,这部手稿居然出自一位商业人士之手。坦率地说,手稿中相关问题的分析和探讨是相当专业和科学的,是符合中西医的基本理论和实践的。就医学本身来说,本书所提出的一些观点和认识也是相当精辟的,颇有见地。

在送给我书稿的同时,李照国教授还给我带来了一本陈绍华先生的自传。从陈先生的自传中我了解到,他实在不是一位寻常的经商之人。陈先生出生在中国大陆,并在中国大陆读完小学和中学。在他的童年时期,中国的教育还是非常注重传统文化的。所以陈先生一定读过儒家的重要经典,这些经典在中医药体系几千年的构建过程中,发挥了重要作用。中医药学与中国传统文化是密不可分的。在中国,精通中国传统文化的人,无不对中医药的基本理论和实践有所了解。这并不奇怪。在中国历史上,就有许多这样的学者。《红楼梦》的作者曹雪芹,《聊斋志异》的作者蒲松龄,就是典型的例子。

陈先生的经历又有其独特之处。他于上个世纪六十年代从上海到香港创业,后又到美国拓展业务,成为一介商海巨子。当他不幸染疾之后,其兴趣便由商业转向了医



学。手术之后,他便开始认真学习医学,希望找到医治其疾的良方。随着对医学的深入学习和了解,他对医学的关注也慢慢发生了变化。他研修医学不再纯粹为了解决自身的医疗问题,而是扩而广之,开始关注人类的健康和医学本身的发展问题。他广泛阅读了大量中西医学论著,认真地思考着医学的发展与疾病的防治问题,精心钻研疾病的发生、治疗和预防等带有根本性的医学问题,甚至试图从理论上解决医学研究中存在的问题。而这些问题对于专业研究者而言,也是非常棘手的事情。

在他的研究中,陈先生时时将中西医的理论与实践加以比较,尽力寻找解决医学研究和疾病治疗的有效途径。他为此撰写了一系列论著,探讨医学理论与实践中的重要问题。《精神分裂症与其他精神性疾病的中西医结合治疗》一书,是其系列论著的第一部,集中反应了陈先生在过去几年中在医学研究方面所作的艰苦努力和深入探索,很有理论研究价值和实践参考意义。

作为一名中医研究者,我非常欣赏陈先生这部不同寻常的论著,也很乐意将其介绍给中西方的医学工作者。

李 鼎

(上海中医药大学教授、博士生导师)

2007年5月5日于上海

## Foreword

I have practiced medicine for over 60 years and read many books about medicine and the related subjects. Almost all these books were written or compiled by those who were studying or practicing medicine, or at least doing something related to medicine or medical culture. This is, of course, quite natural. But have you ever read a book compiled by a businessman who has never practiced medicine or the related subjects? If you happen to find such a book, what will you feel at the first sight. Your response may be quite negative. That is also quite natural. How much does a businessman know about medicine? You may think. And how can a businessman understand medicine. You may question.

This is, in fact, what I actually feel and think when Professor Li Zhaoguo brought the manuscript compiled by Java Chen to me. With such doubts, I turned some pages of the manuscript, hoping to find something worth reading. However, when I read the first few pages of the manuscript, the doubts in my mind began to dissipate. I even did not believe that this manuscript was written by a businessman. I had to admit that the discussions made in this manuscript were quite professional and scientific, quite agreeing with the theory of both TCM (traditional Chinese medicine) and Western medicine. And some of the ideas put forward in the manuscript were even quite excellent in terms of medicine itself.

Together with the manuscript, Professor Li brought me the biography of Mr. Chen. From his biography, I got to know that Mr. Chen is an unusual businessman. He was born and grown up in the mainland of China where he received primary and middle school education. During the period of his childhood, the education in China emphasized a lot on the traditional Chinese culture. So Mr. Chen must have read the most important books of Confucianism which plays a dominant role in constructing the classic cultural system in China for thousands of years. TCM is an inseparable part of traditional Chinese culture. Anyone who is familiar with traditional Chinese culture must be familiar with the basic

theory and practice of TCM. This is nothing surprising and in Chinese history we can find many such scholars. Cao Xueqin, author of *Hong Lou Meng* (*Dream in the Red Mansions*) and Pu Songling, author of *Liao Zhai Zhi Yi* (*Stories about Fairy Foxes*), were the best examples.

Mr. Chen's experience was somewhat different and unique. He went to Hong Kong from Shanghai in the early 60s last century and began his business there. Later on he went to American to develop his company and gradually became a quite successful merchant. His interest was changed from business to medicine when he was diagnosed as suffering from cancer. After operation, he began to study medicine seriously, hoping to find effective recipe to heal himself. As he was studying, his concern of medicine gradually changed. He was not only concerned with his own problems, but extended his concern to the health of human beings and medicine itself. He read extensively and considered seriously about the problems of medicine, working hard on the cause, treatment and prevention of specific diseases, even trying to solve the theoretic problems of medicine that appeared difficult for professionals.

In his studies, Mr. Chen frequently made comparison between the theory and practice of TCM and Western medicine, trying to find the best ways to deal with medical problems and treat various diseases. He has compiled a series of books on different issues of medicine. *Treatment of Schizophrenia and Other Psychosis With TCM and Western Medicine* is just one of the series, but best reflecting the arduous work undertaken by him in the past few years and quite worth reading and consulting.

As a practitioner of TCM, I really feel refreshed after reading this unusual book compiled by Mr. Chen and quite willing to recommend it to those who are studying and practicing medicine in the East and West.

Li Ding

(Doctorate Academic Supervisor and Professor  
from Shanghai University of TCM)

May 5, 2007



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# 第一章 导 论

# Chapter 1 Introduction

## 第一节 概述

## Section 1 An Integrative Approach

精神性疾病是现今最为棘手的病症之一。随着科学技术的发展，人们都可以过上较为舒适的生活，无论是东方还是西方，无论是发达国家还是发展中国家，人们的生活条件不断得到改善。然而，在科学的迅速发展和人们生活条件的不断完善的同时，健康问题显得日益突出。其中精神心理问题已经成为威胁现代人类健康和生存质量的重大问题。面对这样一个事实，WHO（世界卫生组织）呼吁其成员国对亚健康问题给予更多的重视。

所谓的亚健康问题经常与精神心理因素有关。如果我们对精神分裂症或其他严重性精神病进行研究，就会发现所有这些疾病都与心理变化有关。在退休后的这些年里，我研读了一些医书，思考了一些关于

Mental diseases are the most troublesome ailments in modern times. With the development of science and technology, people all over the world can live a fairly comfortable life and the living conditions, from the east to the west and from developed countries to developing countries, are constantly being improved. However, with the rapid development of science and constant improvement of living conditions, health problems are increasingly popping up. In fact, mental and psychological problems have come to be seen as the most fatal diseases that threaten the health and living quality of modern people. To face such a reality, WHO (World Health Organization) has called on its member countries to pay more and more attention to what is known as sub-health problems.

The so-called sub-health problems are often associated with mental and psychological factors. If we make a careful study on mental diseases like schizophrenia and other serious psychosis, we may find that all these diseases have something to do with mental and psychological changes. In recent years after my retirement, I have read some books about

medicine, thought over some problems related to mental diseases and tried to look into the mechanisms behind in order to reveal its nature so as to find ways to diagnose, prevent and treat such threatening diseases.

To make it easy to understand, simple to apply and effective to deal with, I have tried to combine the theoretical ideas and therapeutic methods used in both TCM with that in the Western medicine. Two minds are better than one. With the aid of both systems of medicine, we will better understand the nature and treatment of these diseases. To the Western readers, the theory and treatment of Western medicine are not new and they can very easily understand and accept such modern ideas and therapeutic methods. However, to them, TCM may be new and strange because they do not know much about this ancient but still popularly used unique system of medicine. For this reason, I will devote a whole chapter to the description of some essentials of TCM. In TCM, extraordinary attention is paid to what is known as seven emotions, namely joy, anger, anxiety, contemplation, sorrow, terror and fear. Normally the seven emotions will not cause disease, but sudden, violent or prolonged emotional stimuli, beyond the range of physiological activities, will cause various diseases. Since the seven emotions are endogenous and directly affect viscera and blood, the internal disorder caused is called "internal impairment due to seven emotions".

According to TCM, the abnormal changes of the seven emotions account for various diseases, both physically and mentally. Since the seven emotions are

精神疾病的问题, 试图弄清其背后的机理, 以揭示此类疾病的本质, 找到诊断、预防和治疗这些危险疾病的方法。

为了使之易懂、易用并行之有效, 我曾试图将中西医理论和疗法结合起来, 双管齐下。有了这两种医学体系, 我们有可能加深对这类疾病性质的理解并提高治疗效果。对于西方读者, 西医理论和治疗方法并不新奇, 他们很容易理解并接受这些现代观点 and 治疗方法。然而, 中医对于他们来说是新奇的, 因为他们对这个古老却仍普遍使用的中国独有的医学体系知之甚少。鉴于此, 我将用一个完整的章节来讲述中医的精要内容。中医格外重视“七情”, 即喜、怒、忧、思、悲、恐、惊的情绪变化。一般情况下, 这七种情志不会致病, 但是突发、强烈或持久的不良情志刺激, 超出了心理活动的范围, 就会导致各种疾病。由于七情内伤, 可直接伤及脏腑、血液, 由此引起的机体内部失调被称作“七情内伤”。

依据中医理论, 七情的异常变化可以引起多种疾病, 既有躯体疾病, 又有神志疾病。同



时七情内伤，可以直接伤及脏腑，如喜伤心，怒伤肝，忧伤脾，悲伤肺，恐伤肾。七情对某一脏腑的损伤会累及其他器官，例如，抑郁、愤怒伤及肝脏，而肝脏功能失调多累及脾胃，导致肝脾不和及肝胃不和。由于心主神志，七情损伤与心密切相关。临床上，七情多伤及心、肝和脾。但是，现代医学对这些器官功能的解释却与之大相径庭。当然，这又是另一个问题了，我将在其他的书中给予介绍，这里便不再赘言。

endogenous, they can directly impair the internal organs. For example, excessive joy impairs the heart, excessive anger impairs the lung, excessive contemplation impairs the spleen, excessive grief impairs the lung and excessive fear impairs the kidney, etc. The impairment of one viscus by the seven emotions may involve several other organs. For example, depression and rage impair the liver. But the disorder of the liver often attacks the spleen and the stomach, leading to imbalance between the liver and the spleen as well as disharmony between the liver and the stomach. Since the heart is the supreme dominator of the mental activities, the impairment caused by the seven emotions is closely related to the heart. Clinically the seven emotions often impair the heart, the liver and the spleen. However, modern medicine explains the functions of these organs quite differently. This is another question and I will try to deal with it in other books.

## 第二节 一个严峻的问题

生活质量的显著提高证实了 20 世纪医学取得的成就，征象之一就是人们寿命的延长，由于医学和其他科技的发展，与 19 世纪相比，人们的平均寿命延长了 5~15 年。

## Section 2 Serious Problems in the West

The achievements made in medicine in the previous century can be demonstrated by the significant improvement of living quality. One of the important signs of such a significant improvement of living quality is that the life span of people in the world has been extended and people can live, as compared with that in the last century, 5 to 15 more years because of the development of medicine and other science and technology.

According to the reports made by American Psychosis Association (A.P.A), in 2000 alone in America, the number of dementia sufferers increased by about 3%, a very remarkable augmentation indeed. Furthermore, more and more aged people in America begin to suffer from Alzhemaer's disease. If you look at those wandering in the streets in American cities, mainly tramps, lonely and homeless people, you may not know that 30% of them are the sufferers of schizophrenia(SZP). In 1990, American government spent about 33 billion dollars in dealing with such kind of diseases.

According to the Depression and Bipolar Alliance, 3.7% of American adults have bipolar disorder and 4 out of 5 of those who have it may not be aware of it it. If we extend our investigation into psychological illness in America, we can find that the statistics may be even more alarming. According to the National Institute of Mental Health reports, about 22% of American adults (almost one in five) are troubled by a diagnosable mental disorder in a given year. These reports also show that about 1% of the American people at the age of 18 or older in any given year has bipolar disorder.

William Narrow, associate director of the division of research at American Psychiatric Association, said that these numbers may be a little different if the researchers used different diagnostic criteria. For instance, these numbers may include people who have just experienced a mild disorder that may be insensi-

据 APA(美国精神病协会)报道,在美国,仅 2000 年一年间,痴呆患者的数量增长了3%,增长率很显著。此外,在美国,越来越多的老年人患上了老年性痴呆症。如果你看到在美国大街上徘徊的人,他们主要是流浪者,孤单的无家可归者,然而你可能不会想到他们中有30%是精神分裂症患者。1990年,美国政府斥资 330 亿美元应对这些疾病。

据忧郁症和躁郁症联盟的调查显示,3.7%的美国成年人患有双极化精神紊乱。对于这样的事实,5个人中竟有4个尚未意识到。如果将调查扩展到美国的所有心理疾病,可以发现,其统计数据更令人担忧。根据美国国立精神卫生研究所的报告,约22%的美国成年人(5人中有1人)在一生中的某一年曾患有某种精神性疾病。这些报告还显示1%的美国人在18岁或更大一些,曾在某年患过双极化精神紊乱。

美国精神病协会研究部门副主任 William Narrow 说,如果研究人员使用不同的诊断标准,这些数字也许会有所不同。例如,这些数字包括了那些患有轻度障碍而本人不自觉者。