

Traditional  
Chinese  
Medicine

中医

严洁 赵宇宁 © 编著





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## Traditional Chinese Medicine

严洁 赵宇宁◎编著



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中医，是中国最具代表性的传统文化之一，在中国这片古老的大地上已经被运用了几千年，凝结着中华民族高度的智慧与才能。

中医，是中国传统医学的总称。它不仅仅是医术，更包含了中国人对天地自然的理解和对生命的认知：“人以天地之气生，四时之法成。”顺应四时可



The traditional Chinese medicine (TCM), as one of the most representative traditional cultures in China, has been applied for several thousand years in time-honored China, representing the great wisdom and talent of the Chinese people.

TCM is a general term for traditional Chinese medicine. But except medicine, it also shows Chinese people's natural understanding of the world and the perception on life: "people would survive by relying on the materials provided by the heaven and earth, and would grow by adapting to the climatic change of four seasons"; people who adapt to the four seasons will live a long life. All of these concepts reveal the unique outlooks on the nature, life and humanity of Chinese people.

TCM features the macro concept of wholism and treatment based on syndrome differentiation in terms of treatment of



以“长有天命”。这些理念都凝聚了中国  
人特有的自然观、生命观和人文观。

中医对疾病的治疗，具有宏观的整体  
观念和辨证论治等特点，是一门研究  
人体生理、病理以及诊断和防治等的  
学科。中医使用中药、针灸、推拿、  
按摩、拔罐、气功、食疗等多种治疗  
手段，使人体达到阴阳调和而康复。  
从古至今，中医以其独特的魅力和神  
奇的疗效，在中国一直发挥着重要作  
用，而中医的博大精深，更是引起了  
世界的关注。

diseases, and is a discipline involving  
the study of the body's physiology and  
pathology as well as diagnosis, prevention  
and treatment. It helps achieve the balance  
of yin and yang of the body by using various  
treatment means such as herbal medicine,  
acupuncture, massage, cupping, qigong and  
dietary therapy to make people restore to  
health. Since the ancient times, TCM has  
been playing a significant role in China by  
virtue of its unique charm and marvelous  
effect. Today, the profound TCM has aroused  
extensive attention of the world.



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# 认识中医

## About TCM

中医是在中国这块古老的土地上诞生、成长起来的，承载着中国古代人民同疾病作斗争的经验和理论知识。几千年的临床实践，证实了中医和中药无论是在治病、防病上，还是在养生上，都具有独特的魅力和神奇的疗效。数千年来，中医一直以其特有的疗效守护着中国人的健康。

Originated and having been developed in the ancient land of China, TCM bears the experience and theoretical knowledge of the ancient Chinese people in fighting against diseases. Over several thousand years of clinical practice, TCM has proven to enjoy a unique charm and marvelous effect in both disease treatment and prevention and health preservation. Over several thousand years, TCM has always been safeguarding the health of the Chinese people by virtue of its unique effects.







## > 久远的历史

中华民族的祖先最早聚居生活在中国的黄河流域，因此中国的医学也随之起源于这一地区。中国历史上有“神农尝百草……一日而遇



## > Time-honored History

The ancestors of the Chinese people originally inhabited in China's Yellow River Basin, which therefore served as the origin of TCM. A legend goes that "Shennong tasted one hundred herbs..... experienced 70 kinds of poisonous herbs in one day", which vividly reflects the arduous efforts that the ancient people made for discovering medicines and accumulating the experience in disease treatment during the process of fighting against the nature and diseases, and also shows that the TCM originated from productive labor.

### • 神农采药图

神农氏，即炎帝，传说为中国农业和医药的奠基者，中国医药学的鼻祖。相传神农遍尝百草，发现药物，教民治病。

### Shennong Gathering Herbs

According to the legend, Shennong, or Emperor Yan, was a founder of agriculture and TCM, and he tasted hundreds of herbs to test their medical values and teach people how to cure the illness.



七十毒”的传说。这个传说反映了古代劳动人民在与自然和疾病作斗争的过程中发现药物、积累治病经验的艰苦过程，同时也说明了中医、中药起源于生产劳动之中。

除去对植物药的认识，随着渔猎的发展和火的使用，人们能够有条件获得较多的肉类、鱼类、甲壳类食物，从而逐渐积累了对动物药和矿物药的认识。

早在夏商周时期，中国就已出现药酒及汤液。汤液是中药的主要剂型之一，传说是商汤时的宰相伊尹所创，并撰有《汤液经法》32卷，但已失传。殷商甲骨文中，就已经有关于医疗卫生以及十多种疾病的记载。

Apart from herbs, following the development of fishing and hunting and use of fire, people were able to obtain more meat, fish and shellfish food, and so they gradually accumulated the knowledge about animal-based and mineral medicines.

As early as in Xia, Shang and Zhou dynasties, medicinal liquor and decoction already emerged in China. The decoction, as one of the main dosage forms of TCM, was invented by Prime Minister Yi Yin during Emperor Shangtang's reign according to legends, and Yi Yin also wrote 32 volumes of *Decoction Prescription*, which, however, have been lost. The inscriptions on oracle bones in Shang Dynasty contain the records of medical health and over 10 kinds of diseases.

### 甲骨文中关于疾病的内容

甲骨文中关于疾病的记载很多。殷墟出土甲骨共16万余片，其中载有病症资料的有323片。甲骨文中疾病被泛称为“疒”，在甲骨文中记述各种疾病最常见的方式是在“疒”后面加上表示躯体某一部位或功能的字，如“疒目”、“疒首”、“疒心”等。甲骨文中的“龋”字是牙齿生虫的象形，这是世界医学史上有关龋齿的最早记载。



## Contents about Diseases Contained in Inscriptions on Oracle Bones

There were records of diseases in inscriptions on oracle bones. Over 160 thousand oracle bones have been unearthed in Yin Ruins, 323 of which recorded diseases. In inscriptions on oracle bones, the disease was popularly known as “疒” (Ne, literally referring to diseases), and the most common way to describe various diseases was to add the character describing some part or function of the body behind the “疒”, such as “疒目”(eye disease), “疒首” (head disease) and “疒心”(heart disease)”. The character “龋” (qu, literally referring to dental caries) in inscriptions on oracle bones is a pictographic character meaning tooth decay, which is the earliest record about decayed tooth in the world's medical history.



“龋”  
Dental caries



• 甲骨文

Inscriptions on oracle bones

西周时的《诗经》，在诗中记载了益母草、枸杞子、青蒿等50多种中药，这是中国现存文献中最早有关药物记载的书籍。《周礼》中则将医生分为食医、疾医、疡医、兽医。周代已经使用望、闻、问、切等诊病方法，以及药物、针灸、

The book *Shi Jing* (*The Book of Songs*), written in the Western Zhou Dynasty and recording over 50 medicinal herbs including leonurus, the fruit of Chinese wolfberry and sweet wormwood, is the earliest existing book about the medicines in China. *Zhou Li* (*The Rites of Zhou*) classified medical personnel into



手术等治疗方法。根据《左传》记载，春秋时期晋国有医衍，秦国有医缓、医和，还有齐医、楚医等，这些都是当时的官医。战国时期的名医扁鹊就精通望诊和切脉，留下了许多精彩的案例。



• 扁鹊像

Portrait of Bian Que

food doctors, internists, surgeons and veterinarians. The diagnosis methods like observation, auscultation and olfaction, inquiry and palpation and the therapeutic methods such as medicines, acupuncture and moxibustion and surgery were already used in Zhou Dynasty. According to the records of *Zuo Zhuan (Chronicle of Zuo)*, in the Spring and Autumn Period, the doctor was called Yiyan in the State of Jin, Yihuan and Yihe in the State of Qin, as well as Qiyi (doctor in the State of Qi) and Chuyi (doctor in the State of Chu), all of which were the official doctors at that time. The famous doctor in the Warring States Period Bian Que was proficient in observation and palpation, and left behind many splendid cases.

### 起死回生

战国时期著名的医生扁鹊，真实姓名为秦越人，又号卢医。“扁鹊”称号出自《禽经》中“灵鹊兆喜”，因喜鹊飞到哪里，都能带去喜讯。因此，古人习惯把医术高明的医生称为“扁鹊”。

扁鹊学识渊博，医术高明，为人们解除疾病带来的痛苦，深受尊敬与爱戴。

有一次，扁鹊路过虢国，见到那里的百姓都在进行祈福消灾的仪式，就问是谁病了。宫中的术士说，太子死了已有半日了。扁鹊详细问明了情况，便亲去察看。把过脉后，他认为太子患的只是一种突然昏倒不省人事的“尸厥”症，这种病气息微弱，像死去一样。于是，他让弟子磨研针石，刺太子的百会穴，又做了让药力能入体五分的熨药，并给太子灌用了其他药。之后，太子竟然坐了起来，和常人无



异。经过继续调补阴阳，两天以后，太子就完全恢复了健康。从此，天下人传言扁鹊能“起死回生”。但扁鹊却谦虚地说，他并不能救活死人，只不过能把不应当死的人的病治愈罢了。

## Resuscitating the Dead

Bian Que, also known as Luyi, was a famous doctor in the Warring States Period. His real name is said to be Qin Yueren, but his medical skills were so amazing that people gave him the name Bian Que (magpie) which was from the description that “the magpie forecasts good news” in the book *Qin Jing (Handbook on Birds)*. Since ancient Chinese people believed that wherever the magpie flied, it would bring about good news there, they used to call skillful doctor as “Bian Que”.

Bian Que had great learning and amazing medical skills. He was deeply respected as he relieved people from the pains of illness.

Once, when passing the State of Guo, Bian Que saw people performing rites to pray for good luck and dispel misfortune. Upon inquiring who was ill, he got the reply from the warlock of the imperial palace that the crown prince had died for half a day. Getting the details, he decided to personally visit the crown prince. After taking the pulse, he diagnosed that the crown prince was just in a corpse-like syncope which featured weak breathing as if the patient were dead. After confirming the syndrome of the prince, Bian Que asked his apprentice to sharpen the needle and then acupunctured the prince at his Baihui Point, applied hot herbal on the point to promote the absorption of the medicine, and feed the prince with other medicines. After a while, the prince got up and acted like a healthy people. And after another two days of therapy to enhance the curing effect by balancing yin and yang, the prince was totally recovered. Since then, Bian Que had been known for being able to bring the dying back to life, but he moderately said that he could just cure the people that shouldn't die rather than let dead people come alive.



• 《扁鹊行医图》画像石  
(东汉)

图中扁鹊为上半身为人、下半身为鸟的神物形象，画面具有浓郁的神话色彩。

**Stone Paintings:**  
Bian Que Practicing  
Medicine (Eastern Han  
Dynasty, 25-220)

In the painting full of mythological characteristics, Bian Que is made a half-human-half-bird divine creature.



成书于春秋战国时期的《黄帝内经》，是中国现存最早的中医学典籍。《黄帝内经》里记载了黄帝与他的老师岐伯之间的关于医学问题的对话，内容涉及人与自然的关系，人体生理、病理、诊断、治疗及疾病的预防知识，还有经络穴位、针刺方法和针刺治疗的原则，



#### • 黄帝像

相传黄帝姓姬，名轩辕，是中华民族的祖先之一。他从小就非常聪明，一生有很多成就，其中就包括了在医药方面的贡献。其实这些成就是黄帝时期人类共同的成就，只是以黄帝为代表而已。

#### Portrait of Yellow Emperor

According to the legend, Huangdi (Yellow Emperor), whose last name was Ji and first name Xuanyuan, was one of the ancestors of the Chinese people. Displaying his talent when he was a boy, he made so many achievements in his life, including his contribution to medicine. As a matter of fact, all these achievements were the fruit of the collective efforts of Chinese people at that time, and Huangdi was only selected as a symbol of that age.

*Huangdi Neijing (The Yellow Emperor's Inner Canon)*, finished in the Spring & Autumn Period (770B.C.-476B.C.) & the Warring States Period (475B.C.-221B.C.), is the existing oldest medical book in China. In the form of dialogue between Huangdi (Yellow Emperor) and his teacher Qi Bo about medicine, *Huangdi Neijing* discusses the relation between human and the nature, physiology, pathology, diagnosis, disease prevention knowledge, meridian and the general principle of collateral & acupuncture point, acupuncture methods and acupuncture cure, and basically forms the theoretical system and the way of thinking of TCM.

In the late Eastern Han Dynasty, there appeared an outstanding therapist whose name was Zhang Zhongjing. Because of the prevailing plague and the chaos caused by war, over 100 people in Zhang Zhongjing's clan lost their lives out of communicable diseases. For this reason, Zhang made up his mind to spend his whole life on studying medicines, and after analyzing the earlier medical books and performing abundant therapeutic practices, he successfully wrote the book *Shanghan Zabing Lun (Treatise on Cold Pathogenic and Miscellaneous*





由此基本确立了中医的理论体系和思维方法。

东汉末年出现了一位杰出的临床医学家——张仲景。由于当时战乱、瘟疫横行，张仲景的家族中有100多人都死于传染性疾病。这激发了他深入研究医学的决心。经过对古代医籍的研究和自己大量的临床探索，他著成了《伤寒杂病论》，其中专门论述了多种杂病的辨证诊断、治疗原则，为中医辨证论治原则的确立和方剂学的发展奠定了基础，成为方书之祖。

另外，汉代外科学已具有较高水平。据《三国志》记载，名医华佗已开始使用全身麻醉剂“麻沸散”进行各种外科手术，除此之外还创立了著名的健身体操五禽戏。



*Diseases*), particularly describing disease verification, diagnosis and curing principle of many diseases. It hence laid a solid foundation for TCM's diagnosis and treatment principle and the development of TCM prescription and became a standard for the later prescription books.

The ancient Chinese people in Han Dynasty were able to master relatively high level of science and technology. According to the *History of the Three Kingdoms*, Hua Tuo, a famous doctor, could perform many kinds of surgeons for patients under general anesthesia by using "Mafeisan" (powder for anesthesia) at that time, and besides, he also created the Five-animal Exercises, which has been regarded as the classic gymnastics form.

• 张仲景像

Portrait of Zhang Zhongjing

## 华佗与麻沸散

华佗，东汉时期杰出的医家，中国外科手术的创始人。《后汉书》记载，华佗“兼通数经，晓养性之术。”他博古通今、才华横溢，尤擅养生之道，创有模仿鸟兽动作的五禽戏。麻沸散是华佗创制的用于外科手术的麻醉药，也是世界上最早的麻醉剂。手术前，他让病人服下麻沸散，待病人昏睡后开始手术。术后，缝合伤口时，他会在伤口上抹一种有助愈合的药膏，一月之内伤口便愈合。当华佗成功应用麻沸散施行手术时，其他国家的外科麻醉术尚处于摸索阶段。因此，华佗被后世誉为“外科学鼻祖”。

华佗不但精通方药，在针术和灸法方面也同样技术高明。用灸法时，他只取一两个穴位，灸七八次，病人就豁然感觉好了。用针刺治疗，也只针一两处穴，便针到病除。

华佗虽早已名扬天下，但为人耿直。曹操征召他做侍医，他不愿长期侍奉在曹操身边，于是被恼羞成怒的曹操杀害。华佗曾把自己丰富的医疗经验著成书，名曰《青囊书》，但因遭曹操所害，未能流传下来，可谓医界的憾事。



• 华佗像

Portrait of Hua Tuo

## Hua Tuo and Mafeisan (Powder for Anesthesia)

Being an outstanding doctor in the Eastern Han Dynasty, Hua Tuo was the founder of China's surgery. According to *The Book of the Later Han*, Hua Tuo was a "well-learned scholar who knew very well the rules of keeping physical and mental health". By using his talent, wisdom and experience, he created the famous "Five Animal Exercises", a physical exercise taken by imitating the actions of birds and animals. Mafeisan is a kind of narcotic for surgery created by Hua Tuo, and also the earliest narcotic in the world. Before performing an operation, Hua Tuo would ask his patient to take the Mafeisan, and when the patient fell into a comatose state, he started the surgery. While suturing the wound, he would apply a kind of ointment which was conducive to healing the wound of the patient, and in one month, the wound would heal. When Hua Tuo successfully applied Mafeisan as a narcotic in surgeries, other countries just started the study on the nacotherapy. Therefore, Hua Tuo was called as the "founder of surgery" by later generations.

Except being a master in pharmacy, Hua Tuo was also proficient in acupuncture and





moxibustion. Usually, just after seven to eight times of moxibustion or a few times of acupunctures on one or two acupoints, the patient's condition would be much improved.

Behind the great reputation, Hua Tuo was also remembered by later generations for his uprightness. When Cao Cao, founder of Kingdom Wei in the Three Kingdoms Dynasty asked Hua Tuo to be his private doctor, unwilling to serve the king, he declined, which later resulted his death by the irritated ruler. Unfortunately, the medical book *Qingnang*, which contained the lifetime knowledge and experience accumulated by Hua Tuo failed to be handed down due to his death.



• 秦皇岛山海关长寿山石刻“刮骨疗伤”

“刮骨疗伤”出自《三国演义》，讲述了关羽在一次战役中被一枝带毒冷箭射中一手臂，神医华佗为他用刀刮骨去毒的故事。这个故事一方面展现了关羽在疼痛面前勇敢乐观面对的坚强性格，另一方面也说明了华佗精湛的医术。

Stone Carving “Treating Disease by Scraping the Bone” in Changshou Mountain, Shanhai Pass, Qinhuang Island

Sourced from the *Romance of the Three Kingdoms*, the story “Treating Disease by Scraping the Bone” is about the story when Guan Yu (A general in the Three Kingdom Dynasty who was known for his loyalty) had his arm injured by a poisoned arrow in a fight, Hua Tuo operated a surgery by scraping the poison which had penetrated into his bones. The story shows not only the bravery of Guan Yu, but also the excellent medical skills of Hua Tuo.