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前言

中医药是中华民族在几千年生产生活实践和与疾病作斗争的过程中形成并不断丰富发展的医学瑰宝,也是世界医学宝库的重要组成部分。2008年世界卫生组织总干事陈冯富珍博士对中医药有过高度评价:"中医有着3000年的悠久历史,它全面对待健康问题,首创了食疗、健身以及草药治疗等,尤其注重环境对健康的影响。在公共卫生领域,防胜于治的观念归功于中国以及中华传统医学古代最重要的典籍《黄帝内经》。"2009年5月国务院发布的《关于扶持和促进中医事业发展的若干意见》中指出,"扶持有条件的中医药企业、医疗机构、科研院所和高等院校开展对外交流合作。加强中医药知识和文化对外宣传,促进国际传播。"要落实以上任务,必须依靠广大中医药从业人员,特别是中医药院校毕业生。

中医要走向世界,打破语言壁垒已成当务之急。由于中医英语翻译的历史较短,而且中医英语具有和西医英语不同的特点,其术语的翻译难度较大,因此,不懂中医理论、不具备中医英译技能的人士很难把中医准确无误地译成地道的英语。为了帮助中医药院校学生及相关医务工作者掌握中医英译技能,使他们成为既懂中医又懂中医英语的人才和中医药国际交流的主力,我们集中了全国中医院校的中医英语专家、教师编写了这套"21世纪高等中医英语规划教材"。

教材具备以下特点:

- 本书收录内容力图覆盖中医理论知识和临床实践,基础理论部分包括中 医简史、阴阳、五行、脏腑、气血津液、经络、病因、病机、养生和现 代研究;临床实践部分包括辨证、诊断、中药、方剂、针灸、内科、妇 科、儿科、骨伤科和养生与治未病。
- 为确保英语语言质量,本书的全部素材均选自英美中医药学者的原文,编写时略作调整,并纠正了原文中的某些印刷错误。在此,向相关中医药学者表示衷心的感谢。

- 由于中医英语翻译的历史较短,在术语翻译方面尚有许多不确定性和争论,难以达到统一,为了反映这一客观事实,本书有意保留同一术语的多种翻译,以便教师和学生在百家争鸣的过程中,寻求最佳翻译。但是中药、方剂名称均按2005版《中华人民共和国药典》作了统一,典籍名称、穴位国际标号也按常用译名和习惯用法作了统一。
- 本教材每单元篇幅较大,其目的是让学生从不同角度、通过大量练习来 掌握中医英语,以达到"从用中学,熟练掌握,举一反三"的效果。课 文包括Text A, B, C。Text A, B配有外教原声录音,除词汇表和注释 外,其练习形式丰富多样,包括课文理解、正误判断、讨论、词汇对应 练习、填空、替换、汉译英、英译汉和命题作文等。Text C只设计了语 篇句子填空练习,主要测试学生的阅读理解能力。书后提供了练习的参 考答案,便于读者检测学习效果。
- 每单元以体现其主要内容的中医名著经文为开首,以示中医特色。大量生动、直观的图片亦是本书的独特之处。本书附有中医脉象、经络名称、典籍、穴位国际标号、中医科别等多种附录,供读者参考。
- 本教材各分册自成系统,各校可根据教学时数和实际情况灵活使用教材和安排教学。其中,采取教师授课为主、学生自学相结合的方式就是一种不错的选择。
- 本教材的另一大突出特色是,附有"走近中医"和"北京市中医药数字博物馆"两个英文版电视宣传片,该片在北京奥运会期间深受国际友人欢迎。作为本教材的附件,其目的是为了提高广大中医院校师生中医术语英文表达能力,促进中医药国际交流。该片由北京中医管理局和北京市中医药对外交流与技术合作中心编制、范建任导演,在此对于他们的慷慨赠与表示衷心的感谢。

参加本书编写工作的还有北京中医药大学的白雪、张骞和外教Mark Karon,在此一并表示感谢。

需要指出的是,本教材仅是中医英语语言教材,不是中医教材,所以对于原作者的医理不必求全责备,读者亦不可把书中涉及的中医理论、临床实践作为诊断和治疗疾病的依据。限于水平,不当或错误之处在所难免,敬请读者批评指正。

北京中医药大学教授 方 延 狂

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The commonness of all kinds of diseases distressing human beings can be detailed by cold/heat, deficiency/excess, exterior/interior and yin/yany

受病百端,寒、热、虚、实、表、里、阴、阳八字尽

Unit I

An Overview of Traditional Chinese Clinical Medicine(1): Characteristics: Differentiation of Syndromes



In this unit, you will learn:

- basic idea of differentiation of syndromes according to the eight principles
- main points of exterior/interior, cold/heat, deficiency/excess, and yin/yang syndromes
- terms related to differentiation of syndromes according to the eight principles
- treatment strategies for multiple sclerosis
- diagnosis and treatment of insomnia



Differentiation of Syndromes According to the Eight Principles

ifferentiation of syndromes according to the eight principles generalizes the intricate and volatile syndromes into four pairs of polar opposites: yin/yang, cold/heat, deficiency /excess, and exterior/interior. The eight-principle syndrome differentiation signifies the location of pathological changes, the nature of disease, the condition of body resistance and pathogenic factors.

Exterior and Interior

- 2. These two principles relate to the depth of the disease, and also to the direction of development of the disease. External diseases relate to the surface layers of the body, and tend to move inward into the body. Internal diseases relate to the interior of the body, and may originate at these deeper levels.
- 3. Exterior syndromes are generally associated with the invasion of the body by one or more of the external disease factors. Such syndromes are generally acute, of sudden onset and short duration, with such signs as aversion to wind and cold, fever and chills, headache, nasal congestion, sore or itchy throat, and superficial pulse.
- 4. Interior syndromes may arise from eventual penetration by external disease factors from the superficial layers to the interior of the body; from direct invasion of the zang-fu organs by external factors; or from internal disharmony of the zang-fu organs.
- 5. Interior syndromes are generally more serious and chronic, and of longer duration and more gradual onset. If there is fever it is generally high, with no fear of cold or wind. There may be vomiting, and changes in urine and stool, deeper pulse, and changes in the body of the tongue in addition to changes in tongue coat.

Cold and Heat

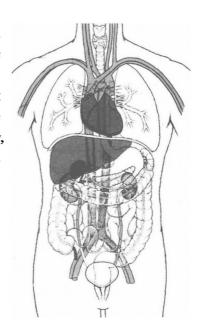
- 6. Syndromes of cold may be associated with invasion of the body by such external disease factors as cold, wind and damp; or they may relate to internal syndromes such as deficient yang or deficient qi of the body in general, or of certain organ systems in particular.
- 7. Syndromes of heat may accompany invasion of the body by such external factors as heat, summer heat, wind, dryness and damp; or arise by transformation in the body of such external factors as wind and cold; or relate to internal syndromes such as deficient yin, or damp heat.
 - 8. Cold syndromes have signs such as cold limbs, aversion to cold, pallor, clear copious

secretions and urine, watery stool, lack of thirst, slow movement and slow tight pulse, and pale tongue with white coat. Discomfort is generally increased by cold and reduced by warmth.

9. Signs of heat are generally the opposite of signs of cold: there is hot red skin, aversion to heat, reduced secretions and urine, constipation, thirst, excitability, rapid movement and rapid pulse, and red tongue with yellow coat. Discomfort is generally increased by heat and reduced by cold.

Deficiency and Excess

- 10. Deficiency generally refers to chronic internal syndromes associated with deficiency of one or more of the substances, and of one or more of the zang-fu organs. Hence deficiency syndromes will have an underlying weakness and emptiness regardless of whether the deficiency is predominantly of yin or of yang. In deficiency, the antipathogenic factors are generally weak, and the pathogenic factors well-established in the body.
- 11. Excess may refer to invasion of the body by external disease factors, when the struggle between the pathogenic and antipathogenic factors is strong because the antipathogenic factors are not yet impaired. Excess may also refer to overactivity of one or more zang-fu organs; or it may refer to local obstruction with associated local accumulation of qi, blood or body fluids.



12. Overall deficiency is more likely to be chronic, with weakness and tiredness, weak or inconsistent voice, breathing and movements, weak, empty pulse, and tongue with little or no coat. Overall excess is more likely to be acute, with heavy forceful voice, breathing and movement, discomfort aggravated by pressure, strong, full pulse and tongue with thick coat.

Yin and Yang

13. In TCM, yin and yang are the basis of physiology, pathology and differential diagnosis. Yin and yang are two general principles used to categorize the other six principles, i.e., exterior, heat and excess belong to the category of yang, while interior, cold and deficiency belong to yin. Yang syndromes and yin syndromes can be detailed as the yang deficiency and yin deficiency, yang depletion and yin depletion, etc. A few examples of the signs of disharmony of yin and yang are summarized in Table 1.

Table	1:	Signs	of	Disharmony	of	Yin	and	Yang
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Type of Sign	Yin	Yang		
General	pale face	red face		
	feels cold	feels hot		
	aversion to cold	aversion to heat and pressure		
	discomfort relieved by warmth and by	thirst and preference for cool drinks		
	pressure			
	no thirst or preference for warm drinks			
Energy	tired, weak	forceful, restless		
Behavior	underactive	overactive		
	quiet	noisy		
	withdrawn	outgoing		
Breathing and Voice	weak shallow breathing	deep heavy breathing		
	weak voice	loud coarse voice		
Digestion	lack of appetite	increased appetite		
	abdominal distension	burning pain in epigastrium		
Excretion	copious clear urine	scanty dark urine		
	diarrhea	constipation		
Reproduction	sexually underactive	sexually overactive		
	scanty pale menses	profuse red menses		
	white leucorrhoea	yellow leucorrhoea		
Pulse	deep, slow, empty	superficial, rapid, full		
Tongue	pale body	red body		
	moist, thin white coat	dry, thick yellow coat		

- 14. Yin deficiency indicates consumption or loss of yin fluid. It is caused by a chronic illness, a febrile disease at the advanced stage, emotions in excess, excessive sexual life and over-intake of medicinal herbs warm and dry in property, resulting in insufficient fluid failing to restrict yang, nourish and moisten the body.
- 15. Yin deficiency syndromes are characterized by emaciation, dry mouth and throat, flushed cheeks, heat in palms, chest and soles, tidal fever, night sweat, scanty urine, dry stools, red tongue with scanty saliva or coating and thready rapid pulse.
- 16. Yang deficiency syndromes are characterized by deficiency of yang qi and failure of it to warm and nourish the body, which results in hypofunction of the body and qi transformation. They are often caused by deficiency of yang qi manifested by chills, cold extremities, tastelessness in the mouth, absence of thirst, pale complexion, spontaneous sweating, profuse and clear urine, loose stool, and pale tongue.
- 17. Generally, symptoms characterized by excitation, restlessness, hyperactivity, and optimism belong to yang syndromes, while those characterized by inhibition, quietude, decline, and gloominess are yin.
 - 18. Yang and yin depletion syndromes are dangerous signs during the progress of a disease.

Yin depletion indicates an excessive loss of vital essence and nutrient fluid. Yang depletion causes pathological changes and symptoms due to the profuse consumption of yang qi. Both may occur at the final stage of some chronic diseases or may appear in the crisis stage of some acute diseases. Because of the interdepending relationship between yin and yang, a collapse of one could lead to the collapse of the other. Therefore, the occurrence of these syndromes might be simultaneous with only the difference of early or late appearance.

- 19. Besides the symptoms of primary disease, depletion of yang and yin are both manifested by different degrees of perspiration. The perspiration in yin depletion is characterized by a type of sticky hot sweat, accompanied by hot skin, warm hands and feet, thirst with preference for drinks, malar flush, and a thready, rapid, forceless pulse. These are signs of yin fluid exhaustion. Yang depletion perspiration is notable for dripping sweat, thin cold sweat, accompanied by aversion to cold, lying with the body curled up, cold extremities, listlessness, pale complexion, and feeble pulse, all of which are signs of yang qi prostration.
- 20. The syndromes of each of the eight principles are varied, but are closely related to each other in clinical application. For example, when differentiating syndromes of exterior and interior, the syndromes of cold, heat, deficiency, and excess are also involved; the differentiation of deficiency, and excess syndromes is also involved with syndromes of cold, heat, exterior, and interior.
- 21. During the process of disease development, sometimes there will be non-conformity between the nature and the manifestation of a disease; for example, in syndromes of pseudo-cold and real heat, syndromes of real cold and pseudo-heat, etc. So attention should be paid to the pseudo-phenomena when a disease has developed to a serious stage. Differentiation of syndromes according to the eight principles should be used actively to prevent deception by the pseudo-phenomena of a disease.

(1,388 words)

(Abridged from Zang Fu: The Organ Systems of Traditional Chinese Medicine (1985) by Jeremy Ross)



differentiation /difə,rensi'eisən/ n. discrimination between things as different and distinct, the act of distinguishing 区别,辨别的过程

syndrome /sindroum/ n. a set of symptoms which together indicate a particular disease or abnormal condition 综合症状, 证

intricate /intrikət/a. having many complexly arranged elements 错综的, 难懂的

volatile /'vɔlətail/ a. (of a situation) likely change suddenly; easily becoming dangerous 可能急 剧波动的,不稳定的; 易恶化的

polar /poulo/a. characterized by opposite extremes, completely opposed 完全相反的,极端对立的



deficiency /di'fi \int ənsi/ n. the state of needing sth that is absent or unavailable, lack of an adequate quantity or number 缺乏,虚

excess /ik'ses/ n. a quantity much larger than is needed; the state of being more than full 超过, 过度, 实

interior /in'tiəriə/ n. the inner part 内部,里

exterior /eks'tiəriə/ n. the outside; the outer appearance or surface 外部, 表

fundamental /,fʌndə'mentl/ a. serving as an essential component, being or involving basic facts or principles 基本的、根本的

signify /'signifai/ v. denote or connote, convey or express a meaning, make known with a word or signal 象征, 预示

pathology /pə'θɔlədʒi/ n. the branch of medical science that studies the causes and nature and effects of diseases 病理学

pathologic / pæθə lodʒik/ a. 病理的

pathogenic / pæθə'dʒenik/ a. able to cause disease 致病的

originate /əˈridʒineit/ v. have sth/sb as a cause or beginning 起因,发端

associate /ə'səu[ieit/ v. join (people or things) together 将(人或事物)联系起来

acute /ə'kju:t/ a. (of an illness) coming quickly to the most severe or critical stage (指疾病) 急性的

onset /'onset/ n. vigorous beginning (esp of sth unpleasant) (爆发性)的发作(尤指不愉快的事)

duration /djuə'reifən/n. the period of time during which sth continues 持续, 持久

aversion /ə'və:[ən/n. a feeling of intense dislike 嫌恶, 憎恨

nasal /'neizəl/ a. of or in or relating to the nose 鼻的, 鼻音的

congestion /kən'dʒestʃən/ n. excessive accumulation of blood or other fluid in a body part 堵塞 itchy /'it[i/ a. causing an irritating cutaneous(皮肤的) sensation 痒的

penetration /peni'trei[ən/n. the act of entering into or through sth 渗透, 浸透

disharmony /dis'ha:məni/ n. a lack of harmony 不和谐,失调

vomit /'vomit/ v. eject the contents of the stomach through the mouth 呕吐

urine /'juərin/ n. liquid excretory product 小便

stool /stu:l/ n. solid excretory product evacuated from the bowels 大便

accompany /ə'kʌmpəni/ v. be associated with, go or travel along with 陪伴, 带有

pallor /'pælə/ n. unnatural lack of color in the skin (as from bruising or sickness or emotional distress) 苍白

copious /'kəupjəs/ a. existing or being produced in a large quantities, affording an abundant supply 丰富的, 大量的

secretion /si'kri: ʃən/ n. the organic process of synthesizing and releasing some substances 分 汝, 分汝物

constipation /ˌkrɔnsti'pei $\int e^n/n$. irregular and infrequent or difficult evacuation of the bowels 便秘 **chronic** /ˈkrɔnik/a. being long-lasting and recurrent or characterized by long suffering 长期的,

慢性的

underlie /ˌʌndəˈlai/ v. form the basis of (sb's actions, a theory, etc) 构成(某人行动、理论等)的基础 predominant /priˈdɔminənt/ a. having more power and influence than others 占优秀的, 主导的 impair /imˈpɛə/ v. weaken or damage (sth) 削弱或损害(某事物)

aggravate /ˈæɡrəveit/ v. make (a disease, a situation, an offence, etc) worse or more serious 使 (疾病等)恶化,加重

physiology /ˌfizi'ɔlədʒi/ n. the branch of the biological sciences dealing with the functioning of organisms 生理学

depletion /di'pli: [ən/n. the act of decreasing sth markedly 消耗, 罄尽

outgoing /'aut,qəuin/ a. (of a person) friendly and sociable 友好的, 好交际的

withdrawn /wið'dro:n/a. (of a person) uncommunicative or unsociable (指人) 离群索居的

distention /dis'ten $\{$ an/ n. the state of being stretched beyond normal dimensions 膨胀

epigastrium /epi'gæstriəm/ n. the region lying on or over the stomach (just below the sternum) (胸骨) 上腹部

menses / mensi:z/n. (pl) monthly flow of blood, etc from the lining of the uterus 月经 profuse /prəˈfju:s/a. in large amount, abundant 大量的, 丰富的

leucorrhoea //lju:kə'ri:ə/ n. a medical term that denotes a thick, whitish vaginal discharge (阴道 分泌物) 白带

febrile /'fi:brail/ a. caused by a fever, having a fever 发烧引起的,热病的

nourish /'nʌriʃ/ v. provide people or living things with food in order to make them grow and keep them healthy 滋养, 使…健壮

emaciation /i,meisi'eiʃən/ n. extreme leanness (usually caused by starvation or disease) 瘦弱,憔悴

saliva /sə'laivə/ n. a clear liquid secreted into the mouth by the salivary glands and mucous glands (唾液腺) of the mouth 唾液

hypofunction /,haipəuˈfʌŋk∫ən/ n. diminished function 机能减退

manifest /ˈmænifest/ v. show clearly; demonstrate 显示,清楚地表明;证明

quietude /ˈkwaiətjuːd/ n. a state of peace and quiet, stillness 安静, 静止

gloominess / glu:minis / n. an atmosphere of depression and melancholy 忧郁

perspiration /pə:spə'reiʃən/n. moisture given off by the body, sweat 出汗

malar /'meilə/ n. the arch of bone beneath the eye that forms the prominence of the cheek 颧骨 prostration /pros'treijən/ n. state of extreme physical weakness; total exhaustion 虚脱; 筋疲力尽 pseudo- /'sju:dəu/ (often used in combination) not genuine, false or pretended 假的,伪的,冒牌

的, (前缀) 表"假、虚、伪"之义。

deception /di'sepʃən/ n. a misleading falsehood, the act of deceiving 骗局, 欺骗



- 1. **differentiation of syndromes** (para.1): 辨证。也可以译为 syndrome differentiation 或 pattern identification。
- 2. differentiation of syndromes according to the eight principles (para.1): 八纲辨证, 也可译 为 syndrome differentiation with the eight principles 或 eight-principle pattern identification。
- 3. four pairs of polar opposites: yin/yang, cold/heat, deficiency/excess, and interior/exterior (para.1): 四对性质截然相反的对立面: 阴/阳、寒/热、虚/实、表/里。polar opposites: 截然相反的对立面。
- 4. aversion to wind and cold (para.3): 恶风、恶寒。
- 5. tongue coat (para.5): 一般译为 tongue coating, 病理状态下的 tongue coating 用 fur.
- 6. summer heat (para.7): 暑(邪)。
- 7. arise by transformation in the body of such external factors as wind and cold (para.7): 由外风、外寒化生。
- 8. cold limbs, aversion to cold, pallor, clear copious secretions and urine (para.8): 四肢厥冷, 恶寒, 脸色苍白, 小便清长。
- 9. Hence deficiency syndromes will have an underlying weakness and emptiness regardless of whether the deficiency is predominantly of yin or of yang. (para. 10): 因此, 不论是阴虚还是阳虚,虚证都有内在的亏虚。
- 10. with weakness and tiredness, weak or inconsistent voice, breathing and movements, weak, empty pulse, and tongue with little or no coat (para.12): 疲倦乏力, 语声低微, 气短懒动, 脉虚无力, 苔少或无。
- 11. yang depletion and yin depletion (para.13): 亡阳证与亡阴证。也可译为 depletion of yang, depletion of yin 或 collapse of yang, collapse of yin。
- 12. heat in palms, chest and soles (para.15): 五心烦热。
- 13. Yang deficiency syndromes are characterized by deficiency of yang qi and failure of it to warm and nourish the body, which results in hypofunction of the body and qi transformation. (para.16): 阳虚证是指体内阳气亏损,机体失去温养,导致其推动、气化等作用 减退所表现的证候。qi transformation:气化;也可以译为 qi activity。
- 14. there will be non-conformity between the nature and manifestation of a disease ... (para.21): ...the nature and manifestation of a disease are not consistent with each other 疾病的性质和其表现并不一致。
- 15. pseudo-cold and real heat; real cold and pseudo-heat ... (para.21): 真热假寒; 真寒假热。 "pseudo-" 表示"伪","假", pseudo-phenomena: 假象。



Comprehension Check

I Answer the following questions according to the text.

1. What are the eight principles?

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- 2. What role do the eight principles play in differentiation of syndromes?
- 3. What are the characteristics of exterior syndromes?
- 4. What are the possible causes of interior syndromes?
- 5. What are the parameters to discern cold and heat syndromes?
- 6. What are the two types of factors determining the nature of deficiency and excess?

II Decide whether the following statements are true (T) or false (F) according to the text.

) 1. Exterior syndromes may arise from the invasion of the body by one or more of the external disease factors.) 2. Interior syndromes are generally more serious and chronic with shorter duration and sudden onset. 3. One of the clinical manifestations of the cold syndromes is light colored tongue with whitish moist and slippery fur. 4. Some of the usual symptoms of the heat syndromes are fever, aversion to heat with preference for cold drinks, flushed complexion, restlessness and insomnia, scanty brownish urine, watery stool, slow movement and slow tight pulse.) 5. Deficiency and excess are the principles used to identify the wax and wane of the pathogenic and antipathogenic factors. 6. In TCM, yin and yang are the two fundamental rules of physiology, pathology) and syndrome differentiation. They are also the general guidelines of the eight principles. Yin syndromes are characterized by suppression, quietness, gloom and retrogression, (while yang syndromes are characterized by excitement, restlessness, accentuation and brightness.

III Discuss with your partner and answer the following questions.

- 1. How do you understand yin and yang from a clinical perspective?
- 2. Review the key points in the cold and heat syndrome differentiation with your partner and complete the following work sheet below.

Yin and yang depletion only occur in the crisis stage of some acute diseases.

Key Points in the Cold and Heat Syndrome Differentiation

Key points	Cold syndrome	Heat syndrome		
① aversion to cold, heat,				
preference for heat, cold				