方廷钰 赵贵旺



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主 编 孙 慧 曹玉麟





总主编 方廷钰 赵贵旺

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主编 孙 慧曹玉麟

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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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Man comes to life through the qi of heaven and earth; He matures in accordance with the laws of the four seasons.

人以天地之气生,四时之法成

Unit I

A History of TCM



In this unit, you will learn:

- an overview of traditional Chinese medicine history
- key achievements of development of TCM in history
- remarkable works in TCM history
- emipent writers in TCM history
- contribution of TCM to the medical development in other Asian countries
- introduction of TCM to Europe

w, w



A History of TCM

he history of traditional Chinese medicine (TCM) can be traced through archaeological excavations extending back millions of years. Primitive people spent most of their time on basic survival: hunting, locating and preparing plants for food, building shelters, and defending themselves. It's easy to imagine that over time, they'd have sampled most of the local plants in their search for food. In time, an oral record evolved that identified those plants that made good food, those that were useful for building, those that had an effect on illness, and those that were poisonous. Through trial and error, a primitive form of herbal medicine and dietary therapy was taking shape in China.

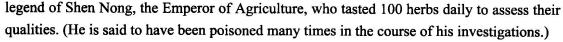
- 2. Fire also played a central role in their lives as a source of warmth, fuel, and light. As they huddled around fires, it was only natural that our ancestors would discover the healing powers of heat. Those powers would have been especially evident for cold, damp ailments such as arthritis, for which heat provides immediate relief. This was the origin of the art of moxibustion, the therapeutic application of heat to treat a wide variety of conditions.
- 3. These ancient people must have experienced a variety of injuries during their rugged lives. A natural reaction to pain is to rub or press on the affected area. This hands-on therapy gradually evolved into a system of therapeutic manipulation. People discovered that pressing on certain points on the body had wide-ranging effects. They began to use pieces of sharpened bone or stone to enhance the sensation, and acupuncture was born.

Written History of TCM

4. The written history of TCM has evolved mostly over the last 3,000 years. Archaeological digs from the Shang dynasty (16th-11th century BC) have revealed medical writings inscribed on divination bones: early shamans, mostly women, used scapula bones to perform divination rites; later these bones were also used for writing.



5. The discovery in 1973 of 11 medical texts written on silk has shed some light on the sophisticated practices of that early period of Chinese history. Dated to 168 BC, the texts discuss diet, exercise, moxibustion, and herbal therapy. Liberally mixed with shamanistic magic, an extensive text, Wu Shi Er Bing Fang (Prescriptions for Fifty-two Ailments), describes the pharmacological effects of herbs and foods. Also dating from about this time is the



- 6. By AD 400, the basic foundations of TCM had been put into written form. By this time, most of the magical aspects of medicine had been left behind; there was an increasing belief in the powers of nature to heal disease. The most important book compiled between 300 BC and AD 400 is *Huang Di Nei Jing (Huangdi's Canon of Medicine)*. The work is divided into two books: The first book deals with general theoretical principles, while the second more specifically describes the principles of acupuncture and the treatment of disease. Remarkably, this ancient work is still valid; it forms the foundation for the contemporary practice of TCM. For example, the *Nei Jing (Canon of Medicine)* states that cold diseases should be treated with hot herbs and hot diseases should be treated with cold herbs. This principle is still followed today in clinical practice. Hot, inflammatory infections are treated with cold herbs such as honeysuckle flowers or coptis root; cold, debilitating conditions such as chronic fatigue are treated with warm, stimulating herbs such as ginseng or astragalus roots.
- 7. Modern research has confirmed that these plants contain constituents with strong
- pharmacological effects on these specific conditions. By the second century, physicians all over China were compiling writings of the latest discoveries in acupuncture and herbal medicine. It was during this time that the famous physician Hua Tuo wrote about herbal anesthesia. Although his formula for the anesthetic has been lost, his unique system of acupuncture points is still in use. He was also a pioneer in recommending exercise as a method of maintaining wellness. He is quoted as saying "a running stream never goes bad," meaning exercise moves qi and prevents the stagnation that leads to diseases.
- 8. Another pioneer of the time was Zhang Zhongjing, who wrote Shang Han Za Bing Lun (Treatise on Cold-Induced and



Miscellaneous Diseases) after witnessing an epidemic that ravaged his city and killed most of his relatives. This highly regarded physician developed a system of diagnosis so sophisticated that it is used by practitioners in modern hospitals 1,700 years after his death.

Progress of Medicine in China

9. The progress of medicine in China runs parallel to the nation's political history. Between the second and fifth centuries AD, China experienced a period marked by war and political turmoil. One of the ironies of war is that it has a tendency to lead to advances in medicine. The periodic times of unrest in Chinese history, such as this, were no exception,

as the increased need for practical, convenient, effective remedies led to further developments in medical treatment.

10. During this time, Ge Hong wrote Zhou Hou Bei Ji Fang (A Handbook of Prescriptions for Emergencies) in order to spread the knowledge of acupuncture and moxibustion to the masses. Around AD 650, Sun Simiao compiled Qian Jin Fang (Invaluable Prescriptions), which integrated the clinical experiences of the different schools of acupuncture at that time. During the Tang dynasty (AD 618-907), China's Imperial Medical Bureau established departments of Acupuncture, Pharmacology, and Medical Specialties. Numerous additional treatises and compilations of medical knowledge and experience were prepared.

11. In the Five Dynasties period (907-960), advancements in printing techniques led to a dramatic increase in the publication of medical texts. One of the important books in the Song dynasty (960-1279) was Zhen Jiu Zi Sheng Jing (Classic of Nourishing Life with Acupuncture and Moxibustion), in which Wang Zhizhong incorporated the clinical experiences of the practitioners of folk medicine.

12. During the Ming dynasty (1368-1644), many medical specialists compiled the works of their forebears, further expanding the extensive base of medical knowledge. The most famous physician of the period was Li Shizhen (1518-1593), a kind and generous healer who did not accept payment for his services. After reviving the son of a prince from a coma, he was appointed court physician and served in the Imperial Academy of Medicine. His most incredible achievement was his 40-year effort in writing the *Ben Cao Gang Mu (Compendium of*



Materia Medica), a monumental work published after his death. Consisting of 52 volumes at the time of its printing, the Compendium of Materia Medica remains an important reference for traditional Chinese herbalists.

13. The recent history of TCM saw the integration of new techniques with ancient understanding. This integration process continued until the 19th century, when the Opium War of 1840 turned China into a semi-colonial society. Western colonial powers derided traditional medicine as primitive and outdated. The government of People's Republic of China has attached great importance to TCM and the need to promote TCM to avoid dependence on the West. A great need for traditional doctors arose since there were far too few Western-trained physicians to serve the huge population: only 10,000 Western-trained doctors were available to serve 400 million people. TCM began a course of revival that continues today. Many Western-trained physicians and scientists in China started to conduct research on acupuncture, moxibustion, and herbal medicine, and a gradual integration of the

two systems began.

14. In 1945, an acupuncture clinic opened in a Western hospital in China for the first time. Since then, TCM and Western medicine have been practiced side-by-side in Chinese hospitals, sometimes by a physician who has been trained in both fields. For example, a cancer patient might receive radiation to treat a tumor then be sent to the herbal department for formulas to strengthen his immune system and normalize his blood count.

15. Since the 1970s, Chinese hospitals have trained students from more than 100 countries in the principles of traditional medicine. Interest in TCM was sparked in the United States in the early 1970s when New York Times reporter James Reston experienced an acute appendicitis attack while in China. His report of receiving acupuncture to relieve his post-operative abdominal pain brought an awareness of this system of healing to the general public. Since then, acupuncture and herbal medicine have gradually taken hold in North America. With more than 10,000 practitioners and an increasing number of schools of TCM, this ancient system has taken its well-deserved place in the Western world.

(1,450 words)

(Abridged from *Traditional Chinese Medicine History* by Bill Schoenbart and Ellen Shefi at http://health.howstuffworks.com/traditional-chinese-medicine-history.htm)



excavation /,ekskə'veiʃən/ n. removing earth that is covering very old objects buried in the ground in order to discover things about the past 开挖,发掘

huddle /'hʌdl/ v. crowd together as from cold or fear (由于寒冷或恐惧)挤在一起

ailment / eilmant/ n. an illness that is not very serious 失调

arthritis /q:'Oraitis/ n. a disease that causes the joints of the body to become swollen and very painful 关节炎

therapeutic /, Derə'pju:tik/ a. relating to the treatment or cure of an illness 治疗的

manipulation /məˌnipju:'lei $\int \partial n/n$. the act, process, or an instance of manipulating especially a body part by manual examination and treatment 手法

inscribe /in'skraib/ v. carefully cut, print, or write words on sth, esp on the surface of a stone or coin 刻, 写

divination /,divi'neif ən/ n. the ability to say what will happen in the future, or the act of doing this 占卜

shaman /'ʃæːmən/ n. someone in some tribes, who is a religious leader and is believed to be able to talk to spirits and cure illnesses 巫医, 萨满教巫师

scapula /'skæpjulə/ n. either of the two flat bones on each side of one's upper back 肩胛骨

prescription /pri'skripf ən/ n. a particular medicine or treatment ordered by a doctor for a sick person 处方

pharmacological /,fɑ:məkə'lɔdʒikəl/ a. of or related to the scientific study of drugs and medicines 药理学的, 药理的

purport /'pə:po:t/ v. claim to be or do sth, even if this is not true 声称, 打算

compilation /kɔmpiˈleiʃən/ n. a book, list, record, etc which consists of different pieces of information, songs, etc 汇编(物)

inflammatory /in flæmətəri/ a. characterized or caused by inflammation 发炎的

honeysuckle /'hʌnisʌkl/ n. a climbing plant with pleasant-smelling yellow or pink flowers 金银花 coptis /'kɔptis/ n. 黄连

debilitate /di'biliteit/ v. make one ill and weak 使虚弱

fatigue /fə'ti:q/ n. physical or mental weariness resulting from exertion 疲劳

astragalus /æ'stægələs/ n. large genus of annual or perennial herbs or shrubs of north temperate regions; largest genus in the family Leguminosae 黄芪

anesthesia /ˌænis'θi; jiə/ n. the use of anesthetics in medicine; the state of being unable to feel pain 麻醉

stagnation /stæg'neif ən / n. a state of inactivity 停滞

treatise /'tri:tis/ n. a serious book or article about a particular subject 论著

turmoil /'tə:moil/n. a state of confusion, excitement, or anxiety 骚动, 混乱

forebear /fo:beə/n. a person from whom one is descended 祖先

deride /di'raid/ v. treat sb/sth as ridiculous and not worth considering seriously 嘲笑,嘲弄

revival /ri'vaivl/ n. a process in which sth becomes active or strong again 复兴,复活

radiation /reidi'eifən/ n. energy in the form of heat or light that is sent out as waves that one cannot see or the treatment of a disease (esp cancer) by exposure to a radioactive substance 放射线, 放射疗法

formula /ˈfɔːmjulə/ n. a prescription of ingredients in fixed proportion 配方,处方 well-deserved /ˈweldiˈzəːvd/ ad. well-earned because of good or bad behavior, skill, work, etc 当之无愧地



- 1. **medical writings inscribed on divination bones ... to perform divination rites** (para.4): "divination bones" 为卜骨,也就是占卜用的兽骨。"divination rites"是指古代的占卜仪式。
- 2. "a running stream never goes bad,"(para.7): 流水不腐。
- 3. runs parallel to the nation's political history (para.9): 句中的 "run parallel to" 是固定用法, 意为 "与…并行"。
- 4. China's Imperial Medical Bureau (para.10): 太医署。公元 624 年唐政府设立了"太医署"。

- 5. **the Imperial Academy of Medicine** (para.12): 太医院。太医院是明朝的医疗机构,同时也是行政衙署。
- 6. Western-trained physicians (para.13): 西医医生。
- 7. **brought an awareness of this system** (para.15): 句中的 "bring an awareness of" 是固定用 法, 意为 "引起重视"。
- 8. has taken its well-deserved place (para.15): 获得了应有的地位。



(

Comprehension Check

I Answer the following questions according to the text.

- 1. How was the primitive form of herbal medicine and therapy built up in ancient China?
- 2. What power did our ancestors find as they used fire in their daily lives?
- 3. What is Huang Di Nei Jing (Huangdi's Canon of Medicine) about?
- 4. What is Hua Tuo's contribution to TCM?
- 5. What sparked the interest in TCM in the US?

пр	ecide whether	the following	g statements are tr	ue (T)	or false ((\mathbf{F})) according	g to	the	text.
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1. The history of TCM can be traced back to the Shang dynasty.

- () 2. The written history of TCM has evolved mostly over the last 2,000 years.
 () 3. Wu Shi Er Bing Fang (Prescriptions for Fifty-two Ailments) describes the principles of acupuncture.
 () 4. Hua Tuo was a pioneer in recommending exercise as a method of maintaining wellness.
 () 5. To extend the knowledge of acupuncture and moxibustion to the masses, Ge
- Hong wrote Zhou Hou Bei Ji Fang (A Handbook of Prescriptions for Emergencies).
- () 6. The invention of gunpowder helped the dramatic increase in the publication of medical texts.
- () 7. Li Shizhen published the *Ben Cao Gang Mu* (Compendium of Materia Medica) at the age of forty.
- () 8. Since 1945, TCM and Western medicine have been practiced side by side in Chinese hospitals.

III Discuss with your partner and answer the following questions.

- 1. Please pick one of the TCM works included in this text and give your comments on it in your group discussion.
- 2. Work in groups and fill in the following form.

Dynasty	TCM development	TCM works	TCM writers

Vocabulary Study

I Match the following words with their proper meanings.

Colu	mn I		Column II
1.	tumor	a.	standardize
2.	ailment	b.	a process in which something becomes active or strong again
3.	revival	c.	a serious book or article about a particular subject
4.	integration	d.	not poisonous to one's health
5.	normalize	e.	the combining of two or more things so that they work together effectively
6.	well-deserved	f.	a state of confusion, excitement, or anxiety
7.	anesthesia	g.	a mass of diseased cells in the body which divide and increase too quickly
8.	therapeutic	h.	treat sb/sth as funny and not worthy of serious attention
9.	debilitate	i.	an illness that is not very serious
10.	formula	j.	the state of being unable to feel pain
11.	turmoil	k.	related to the scientific study of drugs and medicines
12.	deride	1.	a state of inactivity
13.	pharmacological	m.	well-earned because of good or bad behavior, skill, work, etc
14.	treatise	n.	make one ill and weak
15.	nontoxic	0.	relating to the treatment or cure of an illness
16.	stagnation	p.	a prescription of ingredients in fixed proportion
17.	forebear	q.	carefully cut, print, or write words on sth, esp on the surface of a stone or coin
18.	inscribe	r.	ancestor

II Fill in the blanks with the words from the box and change the form when necessary.

integration	revival	ailment	anesthesia	turmoil	normalize
debilitate	deride	formula	abdominal	stagnation	therapeutic

1.	medical school in the Tang dynasty helped the approximately century-long of
	classical medicine.
2.	Hua Tuo is credited with being the first surgeon in the world to develop and use, also furthering the limited Chinese knowledge of anatomy.
3.	The country is in a state of political
4.	The of TCM and Western medicine has been widely promoted and studied in
	China.
5.	Acupuncture is one of the most effective forms of alternative therapy, which helps treat many
	types of conditions and a variety of ailments.
6.	Although numerous critics in the mainstream medicine its fundamental premises, the therapeutic touch is widely practiced and usually appreciated by patients.
7.	may be the result of external cold and damp which slow and impede the
	movement of qi , but it may also facilitate the invasion of these external factors into the body,
	just as it may be associated with accumulation of internal cold and damp.
8.	Traditional Chinese medical treatments for common are quite different from
	Western medical treatments.
9.	This consists of 5 individual herbs grouped together for the most beneficial
	synergistic effect.
10.	It has been assumed that various disorders in the autonomic nervous system, such as
	hormonal disturbances, may be during auricular acupuncture.
11.	The incidence of adhesions following surgery is cumulative with multiple
	surgeries and female gynecological surgeries give a particularly high rate of adhesions.
12.	TCM has a lot of methods in the treatment of hypertension, including
	medication, acupuncture, etc.
Ш	Replace the words and expressions italicized with suitable words and expressions from
	the text.
1.	The doctor did not tell the truth to him.
2.	The phone company was unable to find the origin of the call.
3.	During the middle stage of the primitive society, when the professionalization of medical

- 3. During the middle stage of the primitive society, when the professionalization of medical workers and the medical profession appeared, the idea of medical ethics began to *form*.
- 4. Reflecting training and experience in both Eastern and Western medicine, this reference uses a scientific perspective to *sort out* the teaching and practices of TCM.
- 5. Most acupuncturists give their support to the traditional Chinese view of health and disease and consider acupuncture, herbal medicine, and related practices to be *accepted* approaches to diseases.
- 6. As noted above, preventing disease and *keeping fit* are deeply rooted in the philosophy of TCM.