

汉英对照

Classical Chinese-Modern Chinese-English

Jīn Guì Yào Lǔ è

金匱要略

Essentials Of The Golden Cabinet



张仲景◎著 Written by Zhang Zhongjing

刘希茹◎今译 Translated in Modern Chinese by Liu Xiru

李照国◎英译 Translated in English by Li Zhaoguo



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【原文】

(二十二)

风水，脉浮身重，汗出恶风者，防己黄芪汤主之。腹痛加芍药。

防己黄芪汤方

防己(一两) 黄芪(一两一分) 白术(三分) 甘草(半两，炙)

右剉，每服五钱匕，生姜四片，枣一枚，水盞半，煎取八分，去滓。温服，良久再服。

【今译】

风水病，脉象浮，身体重，汗出而恶风，宜用防己黄芪汤主治。若有腹痛，可加芍药。

【原文】

(二十三)

风水恶风，一身悉肿，脉浮不渴，续自汗出，无大热，越婢汤主之。

越婢汤方

麻黄(六两) 石膏(半斤) 生姜(三两) 大枣(十五枚) 甘草(二两)

右五味，以水六升，先煮麻黄，去上沫，内诸药，煮取三升，分温三服。恶风者，加附子一枚，炮；风水加术四两。

【今译】

风水病，有恶风、全身浮肿、脉象浮、口不渴、断断续续出汗、无高热的症状，用越婢汤主治。



【英译】

Line 14. 22

Wind water [disease, marked by] floating pulse, heaviness of the body, sweating and aversion to wind, [can be] treated by Fangji Huangqi Decoction (防己黄芪汤, the root of stephania tetrandra and astragalus decoction). For abdominal pain, Shaoyao (芍药, peony, *Radix Paeoniae*) is added.

Fangji Huangqi Decoction (防己黄芪汤, the root of stephania tetrandra and astragalus decoction) [is composed of] 1 *liang* of Fangji (防己, the root of stephania tetrandra, *Radix Stephaniae Tetrandrae*), 1 *liang* and 2 *fen* of Huangqi (黄芪, astragalus, *Radix Astragali*), 3 *fen* of Baizhu (白术, rhizome of largehead atractyloes, *Rhizoma Atractylodis Macrocephalae*) and 0.5 *liang* of Gancao (甘草, licorice, *Radix Glycyrrhizae Praeparata*) (fry).

These ingredients are grated, 5 *qianbi* for each, 4 pieces of Shengjiang (生姜, fresh ginger, *Rhizoma Zingiberis Recens*) and 1 piece of Dazao (大枣, jujube, *Fructus Ziziphi Jujubae*) are decocted in half a cup of water to get 8 *fen* [after] boiling. The dregs are removed and [the decoction is] taken warm and taken again after a longer period of time.

【英译】

Line 14. 23

Wind water [disease, marked by] aversion to wind, generalized swelling, floating pulse, thirst, incessant sweating and no great fever, [can be] treated by Yuebi Decoction (越婢汤, decoction for effusing the spleen).

Yuebi Decoction (越婢汤, decoction for effusing the spleen) [is composed of] 6 *liang* of Mahuang (麻黄, ephedra, *Herba Ephedrae*), 0.5 *jin* of Shigao (石膏, gypsum, *Gypsum Fibrosum*), 3 *liang* of Shengjiang (生姜, fresh ginger, *Rhizoma Zingiberis Recens*), 15 pieces of Dazao (大枣, jujube, *Fructus Ziziphi Jujubae*) and 2 *liang* of Gancao (甘草, licorice, *Radix Glycyrrhizae Praeparata*).

These five ingredients are decocted in 6 *sheng* of water. Mahuang (麻黄, ephedra, *Herba Ephedrae*) is boiled first. [After] removal of the dregs, the other ingredients are put into [it] to boil and get 3 *sheng*. [The decoction is] divided into three [doses] and taken warm. For aversion to cold, 1 piece of Fuzi (附子, aconite, *Radix Aconiti Praeparata*) (fry heavily) is added. For wind water [disease], 4 *liang* of Baizhu (白术, rhizome of largehead atractyloes, *Rhizoma Atractylodis Macrocephalae*) is added.



【原文】

(二十四)

皮水为病,四肢肿,水气在皮肤中,四肢聂聂动者,防己茯苓汤主之。

防己茯苓汤方

防己(三两) 黄芪(三两) 桂枝(三两) 茯苓(六两) 甘草(二两)

右五味,以水六升,煮取二升,分温三服。

【今译】

皮水病,四肢肿胀,水气滞留在皮肤中,四肢轻微跳动,用防己茯苓汤主治。

【原文】

(二十五)

里水,越婢加术汤主之,甘草麻黄汤亦主之。

越婢加术汤方

甘草麻黄汤方

甘草(二两) 麻黄(四两)

右二味,以水五升,先煮麻黄,去上沫,内甘草,煮取三升。温服一升,重复汗出,不汗,再服,慎风寒。

【今译】

里水病,宜用越婢加术汤主治,也可用甘草麻黄汤主治。

【英译】

Line 14. 24

Skin water disease, [marked by] swelling of the four limbs, [retention of] water qi in the skin and quivering of the four limbs, [can be] treated by Fangji Fuling Decoction (防己茯苓汤, the root of stephania tetrandra and poria decoction).

Fangji Fuling Decoction (防己茯苓汤, the root of stephania tetrandra and poria decoction) [is composed of] 3 *liang* of Fangji (防己, the root of stephania tetrandra, Radix Stephaniae Tetrandrae), 3 *liang* of Huangqi (黄芪, astragalus, Radix Astragali), 3 *liang* of Guizhi (桂枝, cinnamon twig, Ramulus Cinnamomi), 6 *liang* of Fuling (茯苓, poria, Poria) and 2 *liang* of Gancào (甘草, licorice, Radix Glycyrrhizae Praeparata).

These five ingredients are decocted in 6 *sheng* of water to get 2 *sheng* [after] boiling. [The decoction is] divided into three [doses] and taken warm.

【英译】

Line 14. 25

Internal water [disease can be] treated by Yuebi Decoction (越婢汤, decoction for effusing the spleen) added with Baizhu (白术, rhizome of largehead atractyloes, Rhizoma Atractylodis Macrocephalae). [It] also [can be] treated by Gancào Mahuang Decoction (甘草麻黄汤, licorice and ephedra decoction).

Gancào Mahuang Decoction (甘草麻黄汤, licorice and ephedra decoction) [is composed of] 2 *liang* of Gancào (甘草, licorice, Radix Glycyrrhizae Praeparata) and 4 *liang* of Mahuang (麻黄, ephedra, Herba Ephedrae).

These two ingredients are decocted in 5 *sheng* of water. Mahuang (麻黄, ephedra, Herba Ephedrae) is boiled first. [After] removal of the foam, Gancào (甘草, licorice, Radix Glycyrrhizae Praeparata) is put into [it] to boil and get 3 *sheng*. [The decoction is] taken warm 1 *sheng* [each time] to induce sweating. [If there is] no sweating, one more [dose should be] taken. Cares [should be taken to avoid attack of] wind and cold.

**【原文】****(二十六)**

水之为病，其脉沉小，属少阴；浮者为风；无水，虚胀者，为气。水，发其汗即已。脉沉者，宜麻黄附子汤；浮者，宜杏子汤。

麻黄附子汤方

麻黄(三两) 甘草(二两) 附子(一枚，炮)

右三味，以水七升，先煮麻黄，去上沫，内诸药，煮取二升半。温服八分，日三服。

杏子汤方**【今译】**

水气病，脉象沉小，属少阴证；脉象浮的，为风水证；没有水肿，但有虚胀的，为气虚证。有水肿证的，通过发汗即可治愈。脉象沉的，宜用麻黄附子汤主治；脉象浮的，宜用杏子汤主治。

【原文】**(二十七)**

厥而皮水者，蒲灰散主之。方见消渴中。

【今译】

皮水病出现手足厥冷的，可用蒲灰散主治。

【英译】

Line 14. 26

[In] water disease, [if] the pulse is sunken and small, [it] belongs to shaoyin [syndrome/pattern]; [if the pulse is] floating, [it] indicates wind [syndrome/pattern]; [if there is] no water [disease], [it indicates] deficiency and distension due to qi [deficiency]. Water [disease can be] cured by diaphoresis. For sunken pulse, Mahuang Fuzi Decoction (麻黄附子汤, ephedra and aconite decoction) is the appropriate [formula for treating it]. For floating [pulse], Xingzi Decoction (杏子汤, apricot kernel decoction) is the appropriate [formula for treating it].

Mahuang Fuzi Decoction (麻黄附子汤, ephedra and aconite decoction): Already described above.

Mahuang Fuzi Decoction (麻黄附子汤, ephedra and aconite decoction) [is composed of] 3 *liang* of Mahuang (麻黄, ephedra, *Herba Ephedrae*), 2 *liang* of Gancao (甘草, licorice, *Radix Glycyrrhizae Praeparata*) and 1 piece of Fuzi (附子, aconite, *Radix Aconiti Praeparata*) (fry heavily).

These three ingredients are decocted in 7 *sheng* of water. Mahuang (麻黄, ephedra, *Herba Ephedrae*) is boiled first. [After] removal of the foam, the other ingredients are put into [it] to boil and get 2.5 *sheng*. [The decoction is] taken warm 8 *fen* [each time] and three times a day.

Xingzi Decoction (杏子汤, apricot kernel decoction): This decoction is already described above.

【英译】

Line 14. 27

For impediment with skin water [disease], Puhui Powder (蒲灰散, charred dandelion powder) [can be used] to treat it.

Puhui Powder (蒲灰散, charred dandelion powder) is already described in wasting-thirst [disease].

【原文】

(二十八)

问曰：黄汗之为病，身体肿，发热汗出而渴，状如风水，汗沾衣，色正黄如柏汁，脉自沉，何从得之？师曰：以汗出入水中浴，水从汗孔入得之，宜芪芍桂酒汤主之。

黄芪芍药桂枝苦酒汤方

黄芪(五两) 芍药(三两) 桂枝(三两)

右三味，以苦酒一升，水七升，相和，煮取三升。温服一升，当心烦，服至六七日乃解。若心烦不止者，以苦酒阻故也。

【今译】

问：黄汗发病，身体浮肿，发热，出汗，口渴，病状像风水一样，汗液沾湿内衣，颜色显得正黄，就像柏汁一样，脉象自沉，这种病是怎么得的呢？

老师说：这是因为刚出汗就下水洗澡，使得水从汗孔进入肌肤，因而得黄汗病，宜用芪芍桂酒汤主治。

【英译】

Line 14. 28

Question: Yellow sweating disease [is characterized by] generalized swelling, fever, sweating and thirst, [the manifestations of which] look like [those of] wind water [disease]. [In the patient,] the clothes are wet [because of sweating], the color is just as yellow as the leaves of pine tree and the pulse is spontaneously sunken. What is the cause?

The master said: [This is due to the fact that the patient] jumps into water for bathing [when] there is still sweating. [As a result,] water enters the body from the sweat pores. Huangqi Shaoyao Guizhi Kujiu Decoction (黄芪芍药桂枝苦酒汤, astragalus, peony, cinnamon twig and rice vinegar decoction) is the appropriate [formula for] treating it.

Huangqi Shaoyao Guizhi Kujiu Decoction (黄芪芍药桂枝苦酒汤, astragalus, peony, cinnamon twig and rice vinegar decoction) [is composed of] 5 *liang* of Huangqi (黄芪, astragalus, Radix Astragali), 3 *liang* of Shaoyao (芍药, peony, Radix Paeoniae) and 3 *liang* of Guizhi (桂枝, cinnamon twig, Ramulus Cinnamomi).

These three ingredients are decocted in 1 *sheng* of rice vinegar and 7 *sheng* of water to get 3 *sheng* [after] boiling. [The decoction is] taken warm 1 *sheng* [each time]. [If there is] vexation, [it will be] resolved after taking [the decoction] for six or seven days. If vexation is incessant, it is due to blockage of rice vinegar.

【原文】

(二十九)

黄汗之病，两胫自冷。假令发热，此属历节。食已汗出，又身常暮盗汗出者，此劳气也。若汗出已，反发热者，久久其身必甲错；发热不止者，必生恶疮。

若身重，汗出已辄轻者，久久必身瞤。瞤即胸中痛，又从腰以上必汗出，下无汗，腰髀弛痛，如有物在皮中状，剧者不能食，身疼重，烦躁，小便不利，此为黄汗。桂枝加黄芪汤主之。

桂枝加黄芪汤方

桂枝、芍药(各三两) 甘草(二两) 生姜(三两) 大枣(十二枚)
黄芪(二两)

右六味，以水八升，煮取三升。温服一升，须臾饮热稀粥一升余，以助药力，温服取微汗；若不汗，更取。

【今译】

黄汗之病，两小腿常感寒冷。假如发热，这就属于历节病。饭后汗出，或夜晚入睡身体有盗汗出，这就属于虚劳病。如果汗出后反而发热的，时间一长肌肤就会干燥生屑；发热不止的，必然生恶疮。

如果患者身体沉重，汗出后就会有所缓解。但时间一长患者肌肉就会颤动。肌肉颤动就会引起胸中疼痛。同时患者腰以上还会出汗，但腰以下则无汗，腰髀部弛缓无力，身体疼痛，就像东西积聚在皮肤中一样。病情严重的患者不能进食，其身体疼痛沉重，烦躁不安，小便不利，这就是黄汗病，宜用桂枝加黄芪汤主治。



【英译】

Line 14. 29

[In] yellow sweating disease, [there is] spontaneous cold in the two shanks. If there is fever, it pertains to acute swelling of joints. [If] there is sweating after taking food and [if] there is always night sweating, it is consumptive qi [disease]. If there is fever after sweating, squamous dry skin will be present. [If] fever is incessant, there must be malignant sores. If the body is heavy, [it will be] alleviated after sweating. [If it] continues for a long time, the body will eventually twitch. [When the body is] twitching, [there will be] pain in the chest, sweating above the waist, no sweating below [the waist], limpness and pain in the waist and hip, a sensation as if there were something retained in the skin. [If the disease is] acute, [there will be] inability to eat, generalized pain and heaviness, vexation and inhibited urination, [which are the manifestations of] yellow sweating [disease]. Guizhi Decoction (桂枝汤, cinnamon twig decoction) added with Huangqi (黄芪, astragalus, Radix Astragali) [can be used] to treat it.

Guizhi Decoction (桂枝汤, cinnamon twig decoction) added with Huangqi (黄芪, astragalus, Radix Astragali) [is composed of] 3 *liang* of Guizhi (桂枝, cinnamon twig, Ramulus Cinnamomi), 3 *liang* of Shaoyao (芍药, peony, Radix Paeoniae), 2 *liang* of Gancao (甘草, licorice, Radix Glycyrrhizae Praeparata), 3 *liang* of Shengjiang (生姜, fresh ginger, Rhizoma Zingiberis Recens), 12 pieces of Dazao (大枣, jujube, Fructus Ziziphi Jujubae) and 2 *liang* of Huangqi (黄芪, astragalus, Radix Astragali).

These six ingredients are decocted in 8 *sheng* of water to get 3 *sheng* [after] boiling. [The decoction is] taken warm 1 *sheng* [each time]. [After taking the dose] for a while, 1 *sheng* of hot thin porridge should be taken to strengthen the effect of the decoction. Taking warm [decoction] will induce slight sweating. If there is no sweating, one more [dose should be] taken.



【原文】

(三十)

师曰：寸口脉迟而涩，迟则为寒，涩为血不足。趺阳脉微而迟，微则为气，迟则为寒。寒气不足，则手足逆冷；手足逆冷，则营卫不利；营卫不利，则腹满肠鸣相逐，气转膀胱，荣卫俱劳。阳气不通即身冷，阴气不通即骨疼；阳前通则恶寒，阴前通则痹不仁；阴阳相得，其气乃行，大气一转，其气乃散；实则失气，虚则遗尿，名曰气分。

【今译】

老师说：寸口脉象迟而涩，脉象迟则为有寒，脉象涩为血不足。趺阳脉象微而迟，脉象微则为气虚，脉象迟则为有寒。寒气不足，则手足逆冷；手足逆冷，说明营气和卫气运行不利；营气与卫气运行不利，就会导致腹中胀满，肠鸣，气水相逐，使寒气冲入膀胱。如果营气和卫气俱衰，阳气不通就使身体寒冷，阴气不通就会导致骨节疼痛。如果营气和卫气失调，阳气先通就会恶寒，阴气先通就会使肌肤麻木不仁。只有阴阳调和了，气才能正常运行，大气一转，水气就会消散。如果病情属于实证，患者常有矢气的表现。如果病情属于虚证，就会常见小便失禁，称为气分病。

【英译】

Line 14. 30

The master said: [There are cases where] the pulse in the cunkou [region] is slow and rough. Slow [pulse] indicates cold and rough [pulse] indicates insufficiency of blood. [There are cases where] the pulse in the fuyang [region] is faint and slow. Faint [pulse] indicates qi [deficiency] and slow [pulse] indicates cold. [When there is] cold and insufficiency of [qi and blood], there will be reversal cold of hands and feet. [When there is] reversal cold of hands and feet, nutrient [qi] and defense [qi] cannot flow smoothly. [When] nutrient [qi] and defense [qi] cannot flow smoothly, [it will cause] abdominal fullness, borborygmus and repelling [between water and qi], [leading to] transmission of [cold] qi into the bladder and debilitation of both nutrient [qi] and defense [qi]. [When] yang qi is obstructed, there will be generalized cold; [when] yin qi is obstructed, there will be pain of joints. [When] yang [qi] begins to flow first, there will be aversion to cold; [when] yin [qi] begins to flow first, there will be impediment and numbness [of skin]. [Only when] yin and yang cooperate with each other, qi is able to move. [Only when] great qi begins to rotate can [pathogenic] qi be dissipated. [When the disease is] excess [in nature], there will be flatus; [when the disease is] deficiency [in nature], there will be enuresis. [Such a pathological condition is] called qi aspect [disease].