

英文中醫詞彙入門

Introduction to English Terminology of Chinese Medicine

Nigel Wiseman
(魏迺杰)

馮 曄 合著

合記圖書出版社 發行

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社址

電話 (02)27201780.(02)27229249

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總經銷 合記書局

北醫店 臺北市信義區(110)吳興街 249 號

電話 (02)27239404 (02)27227293

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電話 (02)23651544 (02)23671444

榮總店 臺北市石牌路二段 120 號

電話 (02)28265375

臺中店 臺中市北區(404)育德路 24 號

電話 (04)2032317

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電話 (07)3226177

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法律顧問 蕭雄淋 律師 (北辰著作權事務所)

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電話 (02)23677575

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自序

Preface

隨著中國傳統醫學的國際化，以英文來溝通中醫訊息的能力日趨重要。由於中國傳統醫學歷史悠久，因此在語言的表達上，中文始終都是絕對的準則，而中醫的知識體系是否能夠順利地傳達至西方各國，一方面取決於西方人學習中文的能力，一方面則與中醫外語名詞的規範化息息相關。不過對於國內的學生與學者而言，無論是爲了要能夠與外籍的患者或學習者交談，或是爲了要能夠以英文來寫作中醫方面的學術論文，掌握以英文來表達中醫學識的基本能力絕對是必要的。

本書分類介紹七百多個常用的中醫名詞以及其英文對應譯詞，並以英文簡述這些名詞的定義與臨床意義。熟悉中醫並精通英文的國內讀者只要能夠背記英文的對應譯詞，就能夠輕易地讀懂全書的內容。而書後的索引對於查尋主要的名詞而言，十分便利。

由於中醫之西傳目前仍處於初步的階段，因而英文中醫詞彙規範化的目標仍尚未完成。本書所介紹的英文名詞來自於作者已經出版的主要著作，包括由湖南科學技術出版社於 1995 年出版的《英漢漢英中醫詞典》以及由美國標登出版社於 1998 年出版的《實用中醫英文詞典》。

大多數名詞的翻譯是以根據中文原詞逐字翻譯爲主要的方法，亦即一個中文字就翻譯成一個英文 word（文法虛詞不算），譬如，**命門火衰**譯爲 'debilitation of the life gate fire'。主要的例外發生於下列的情形中：中文的複合名詞在英文中原本就存在現成的單字對應詞，譬如「遺尿」翻譯成 enuresis、而「斜視」翻譯成 squint；中文原名詞含有兩個同義字的諧音詞組，如「舌苔乾燥」譯成 dry tongue fur，而「揚手擲足」則譯成 flailing of the arms and legs。另外，具有西醫專門知識含意、不符合中醫概念的英文西醫術語一般不予擇用，譬如「風火眼」就譯爲 wind-fire eye，而不採用西醫的 acute conjunctivitis。如此的翻譯原則主要就是希望

能在翻譯的過程中正確地傳達給讀者中醫學的原始概念，而非造次地以西醫的專有名詞誤導讀者，讓讀者以為中醫原本就具有「急性」(acute)、「炎證」(-itis)等西醫概念。中西醫病名的對應是臨床上極重要的課題，但應該是在名詞的定義中加以說明，而非妄然地以西醫專有名詞轉譯，剝奪讀者經由正確傳神的翻譯了解到中醫學對於「風火眼」這個名詞中的有關「風」與「火」的病因學概念。

許多中醫術語名詞的用字具有一字多義的特徵，例如「滑脈」、「滑苔」與「滑精」，雖然同是一個滑字，但在不同的用法（脈象是觸感上的流利的感覺而滑苔則是指舌苔看起來或捫之滑潤的感覺）、或詞性（前二者為形容詞而後者為動詞，意指精關不固，精液滑泄而出）的情形下，就分別譯為 *slippery pulse*、*glossy tongue fur* 與 *seminal efflux*。不過在翻譯的原則上，每一個中文單字的英文對應字應該在經過全盤分析之後儘量越少越好。如此，學生與翻譯者才得以輕易地掌握中文與英文對應詞的背誦。

中醫的國際化所需要克服的另一個很大的問題就是中文的繁簡體問題。本書是針對臺灣的讀者而寫作，因此以繁體字為主，但因為許多中國大陸的中醫書籍只發行簡體字版本，使得閱讀簡體字文獻的能力對臺灣的學生與學者而言都是不可或缺的。也因此，本書的繁體中文術語名詞之後同時列出簡體字，以便讀者熟悉之。

在一種知識體系進行跨文化的傳播初期，目標語（譯入語）的術語名詞會暫時處於變遷不定的狀態中，因此常需要使用源語（譯出語）來作為標準。由於漢字與羅馬文字截然不同，只有極少數的西方人士熟識，因而西方常以音標來代表漢字。目前，在西方國家最廣為沿用的拼音音標是中國大陸創定的「漢語拼音」。本書中所有的中文名詞皆以漢語拼音注音，中文索引並將漢語拼音與漢字並列，按照英文字母的順序加以排序。不熟悉漢語拼音的讀者可查閱附錄中漢語拼音與注音符號的對照表。至於漢語拼音所注上的音基本上是以中國大陸的標準普通話發音為主，其中有些字的讀法與臺灣的標準國語有所不同，例如「髮」讀為 fà，而不是 fǎ。

具有高中英文程度以上的國內讀者將會發現，組成本書英文對應譯詞中的大部分單字對他們而言十分熟悉，只要稍加用心就可以掌握本書所介紹的中醫英文詞彙。本書亦可提共國外讀者學習中醫詞彙的一個良好教材。

With the internationalization of Chinese medicine, there is a growing need to be able to communicate Chinese medical ideas in the English language. Because of its long history, the standard language of Chinese medicine is and always will be Chinese, and the successful transmission of a comprehensive understanding Chinese medicine beyond the frontiers of China the ability of Westerners to learn the Chinese on the one hand and on the success of efforts to standardize the English terminology of Chinese medicine on the other. Nevertheless, a need for Chinese students and scholars to gain basic notions of how to express Chinese medicine in English certainly exists, whether it be for the purposes of talking to non-Chinese patients or for writing academic papers discussing Chinese medical concepts.

The present book presents just over eight hundred commonly used Chinese terms with English equivalents. The definitions and clinical significance of terms are written entirely in English. The Chinese reader who is familiar with Chinese medicine and who has a good command of English only has to memorize the English equivalents to be able to read the whole text with ease.

The reader should understand that since the transmission of Chinese medicine is still in its infancy, English terminology has not yet been standardized. The English terms presented in this volume are those contained previous works by the authors, notably *English-Chinese Chinese-English Dictionary of Chinese Medicine* published by Hunan Science and Technology Press in 1995 and in *A Practical Dictionary of Chinese Medicine* published by Paradigm Books in 1998.

Most of the terminology is rendered in English on the basis of one English word to one Chinese character, discounting grammatical words, e.g., 命門火衰 *mìng mén huǒ shuāi*, 'debilitation of the life gate fire'. The main exceptions are where a multiple-character Chinese term has a single-word English equivalent, e.g., 遺尿 *yí niào* 'enuresis', 斜視 *xié shì*, 'squint', and where two virtually synonymous Chinese characters are used to create a euphonic term, e.g., 舌苔乾燥 *shé tāi gān zào*, 'dry tongue fur'; 揚手擲足 *yáng shǒu*

zhí zú 'flailing of the arms and legs'. In translation, we have deliberately avoided rendering traditional Chinese medical concepts with Western medical terms that reflect the Western medical understanding and obscure the Chinese medical understanding. For example, we do render 風火眼 as 'wind-fire eye' rather than as 'acute conjunctivitis'. In this way, it is hoped that in the we can convey the original concept of Chinese medicine accurately, without the misleading introduction of the medical ideas of 'acute' and 'inflammation'. Although the correspondences between Chinese medical and Western medical disease names is currently an important issue, discussion of them in translated texts should be reserved for notes and commentaries. In this case, a Western medical term should not be substituted for faithful translation since it deprives the reader of the understanding of the disease in terms of 'wind' and 'fire'.

Many Chinese medical terms have more than one meaning. For example in the 滑 *huá* is used in different senses and in different parts of speech: describing the pulse it refers to the tactile quality of slipperiness; describing the tongue fur it refers the visual quality of glossiness (or the tactile quality of slipperiness), while loss of semen, it refers to an uncontrolled "slipping" or flow out the body. In this text, we have rendered 滑脈 *huá mài* as 'slippery pulse', 滑苔 *huá tāi* as 'glossy tongue fur', and 精滑 *jīng huá* as seminal efflux. As a matter of translation principle, we have tried to keep the number of renderings for each character to a minimum, so that the correspondences between Chinese terms and English terms can be easily mastered by students and translators.

The internationalization of Chinese medicine requires us to overcome the barrier between two major forms of Chinese characters. This book is mainly intended for students of Taiwan, we have used complex characters as the main form. However, many modern publications are only available in simplified characters, so a knowledge of these is virtually indispensable to wishing to gain access to mainland literature. For this reason, in the term lists, we have added the simplified forms to enable those famil-

iar with complex characters to gain familiarity with the simplified characters.

When a knowledge system is initially being transmitted from one culture to another, the terms in the target language are still in flux. Consequently, there is a need to use the terms of the source language as a cross reference. Because Chinese and English have entirely different scripts, Chinese terms are often most conveniently represented in English texts by phonetic transcription. The system of transcription for Chinese currently used in the West is the mainland Chinese Pinyin transcription system. Chinese students learning Chinese medical English must be familiar with this transcription system. All Chinese terms in this book appear with their Pinyin transcription, and the Chinese index is also accessed by Pinyin. An appendix providing tables showing the conversion between Pinyin of mainland China and the Mandarin phonetic symbols of Taiwan. The Pinyin transcription given represents the mainland Chinese Mandarin pronunciation, which is familiar to more Chinese than the standard pronunciation of Taiwan. Only a few characters differ in pronunciation, e.g., 髮, which is pronounced as *fà* in the mainland and as *fǎ* in Taiwan.

Chinese students with a high-school level of English will find many of the English words used in term translations familiar. With minimal effort they will a useful grasp of the English terminology presented. Foreign students of Chinese medicine with a basic knowledge of Chinese will also find this a useful basic introduction to Chinese medical terminology.

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第一章 基本概念

Basic Concepts

1.1. 陰陽 Yin-Yang

1. 陰〔陰〕 *yīn*, **yīn** [jɪn]
2. 陰〔陰〕 *yīn*, **yīn** [jɪn]
3. 陽〔陽〕 *yáng*, **yang** [jæŋ, jaŋ]

1. 事物的陰陽屬性分類舉例表 Yin-Yang in General Phenomena

事物	Phenomenon	陽	Yang	陰	Yin
空間	Space	天	Heaven	地	Earth
時間	Time	白天	Day	黑夜	Night
季節	Season	春 夏	Spring Summer	秋 冬	Autumn Winter
性別	Sex	男	Male	女	Female
溫度	Temperature	熱	Hot	寒	Cold
重量	Weight	輕	Light	重	Heavy
亮度	Brightness	光亮	Light	晦暗	Dark
運動	Motion	運動	Motion	靜止	Stasis
		上升	Upward	下降	Downward
		向外	Outward	向內	Inward

2. 人體部位的陰陽屬性分類舉列表 Yin-Yang in the Human Body

陽	Yang	陰	Yin
表、背	Exterior, back	裡、腹	Interior, abdomen
腑	Bowels	臟	Viscera
皮毛	Skin, body hair	骨、筋	Bone, sinew
氣衛	Qi and defense	血、營	Blood and construction
興奮	Excitation	抑制	Inhibition
亢進	Strength	衰退	Weakness

3. 證、脈的陰陽屬性分類舉列表 Yin-Yang in Patterns & Pulses

	陽	Yang	陰	Yin
證 Pattern	表 實	Exterior Repletion	裡 虛	Interior Vacuity
脈 Pulse	數 浮 滑 實 大、洪	Rapid Floating Slippery Replete Large & surging	遲 沉 澀 虛 細	Slow Sunken Rough Vacuous Fine

1.2. 五行 Five Phases

4. 木〔木〕 *mù*, wood [wud]
5. 火〔火〕 *huǒ*, fire [fair]
6. 土〔土〕 *tǔ*, earth [ʒθ]
7. 金〔金〕 *jīn*, metal [metl]

8. 水〔水〕 *shuǐ*, **water** ['wɔ:tə]

4. 事物的五行屬性分類舉例表 Five Phases in Nature

木 Wood	火 Fire	土 Earth	金 Metal	水 Water
酸 Sour	苦 Bitter	甘 Sweet	辛 Acrid	鹹 Salty
青 Green-blue	赤 Red	黃 Yellow	白 White	黑 Black
生 Birth	長 Growth	化 Transformation	收 Withdrawal	藏 Storage
風 Wind	暑 Summerheat	濕 Dampness	燥 Dryness	寒 Cold
東 East	南 South	中 Center	西 West	北 North
春 Spring	夏 Summer	長夏 Long summer	秋 Autumn	冬 Winter

1.2.1. 五臟 Five Viscera

9. 肝〔肝〕 *gān*, **liver** ['lɪvə]: Belongs to wood.
10. 心〔心〕 *xīn*, **heart** [hɑ:t]: Belongs to fire.
11. 脾〔脾〕 *pí*, **spleen** [splɪn]: Belongs to earth.
12. 肺〔肺〕 *fèi*, **lung** [lʌŋ]: Belongs to metal.
13. 腎〔腎〕 *shèn*, **kidney** ['kɪdnɪ]: Belongs to water.

1.2.2. 五臟所主 Governings of the five viscera

14. 筋〔筋〕 *jīn*, **sinew** ['sɪnju]: Tough, stringy, elastic parts of the body (tendon, muscle). Governed by liver.
15. 脈〔脉〕 *mài*, **vessel** ['vesl]: Governed by the heart.
16. 肌肉〔肌肉〕 *jī ròu*, **flesh** [fleʃ]: Governed by the spleen.

17. 皮毛〔皮毛〕*pí máo*, **skin and [body] hair** [skin, 'bɑ:ɪ-hɛɹ]: Governed by the lung.

18. 骨〔骨〕*gǔ*, **bone** [bon]: Governed by the kidney.

5. 人體的五行屬性分類舉例表 Five Phases in Man				
木 Wood	火 Fire	土 Earth	金 Metal	水 Water
肝 Liver	心 Heart	脾 Spleen	肺 Lung	腎 Kidney
膽 Gall-bladder	小腸 Small intestine	胃 Stomach	大腸 Large intestine	膀胱 Bladder
目 Eyes	舌 Tongue	口 Mouth	鼻 Nose	耳 Ears
筋 Sinew	脈 Vessels	肉 Flesh	皮毛 Skin & body hair	骨 Bone
怒 Anger	喜 Joy	思 Thought	悲 Sorrow	恐 Fear
呼 Shouting	笑 Laughing	歌 Singing	哭 Wailing	呻 Moaning
爪 Nails	色 Complexion	唇 Lips	毛 Body hair	髮 Hair
淚 Tears	汗 Sweat	涎 Drool	涕 Snivel	唾 Spit
弦 Stringlike	洪 Surging	緩 Moderate	毛 Downy	石 Stone-like

1.2.3. 五官 Five offices

19. 目〔目〕*mù*, **eye** [aɪ]: Governed by the liver.

20. 舌〔舌〕*shé*, **tongue** [tʌŋ]: Governed by the heart.

21. 唇〔唇〕*chún*, **lips** [lɪps]: Governed by the spleen.

22. 鼻〔鼻〕 *bí*, **nose** [noz]: Governed by the lung.
23. 耳〔耳〕 *ěr*, **ear** [ir]: Governed by the kidney.

1.2.4. 五色 Five colors

24. 青〔青〕 *qīng*, **green-blue** [grin blu]: Color associated with wood.
25. 赤〔赤〕 *chì*, **red** [rɛd]: Color associated with fire.
26. 黄〔黄〕 *huáng*, **yellow** [ʲɛlo]: Color associated with earth.
27. 白〔白〕 *bái*, **white** [wart, hwart]: Color associated with metal.
28. 黑〔黑〕 *hēi*, **black** [blæk]: Color associated with water.

1.2.5. 五液 Five humors

29. 淚〔泪〕 *lèi*, **tears** [tirz]: Humor of the liver.
30. 汗〔汗〕 *hàn*, **sweat** [swet]: Humor of the heart.
31. 涎〔涎〕 *xián*, **drool** [drul]: Humor of the spleen.
32. 涕〔涕〕 *tì*, **snivel; nasal mucus** [ˈsnɪvəl, ˈneɪzəl ˈmɱjukəs]: Humor of the lung.
33. 唾〔唾〕 *tuò*, **spittle** [ˈspɪtl̩]: Humor of kidney.

1.2.6. 五味 Five flavors

34. 酸〔酸〕 *suān*, **sour** [saur]: Flavor associated with wood.
35. 苦〔苦〕 *kǔ*, **bitter** [ˈbɪt̚ɐ̯]: Flavor associated with fire.
36. 甘〔甘〕 *gān*, **sweet** [swit]: Flavor associated with earth.
37. 辛〔辛〕 *xīn*, **acrid** [ˈækɾɪd]: Flavor associated with metal.
38. 鹹〔咸〕 *xián*, **salty** [ˈsɒltɪ]: Flavor associated with water.

1.2.7. 五志 Five Minds

- 39. 怒〔怒〕 *nù*, **anger** [æŋgə]: Mind associated with liver-wood.
- 40. 喜〔喜〕 *xǐ*, **joy** [dʒɔɪ]: Mind associated with heart-fire.
- 41. 思〔思〕 *sī*, **thought** [θɔt]: Mind associated with spleen-earth.
- 42. 憂〔忧〕 *yōu*, **anxiety** [æŋg'zæɪəti]: Mind associated with lung-metal.
- 43. 恐〔恐〕 *kǒng*, **fear** [fir]: Mind associated with kidney-water.

1.3. 臟腑與人體部位 Bowels, Viscera and Body Parts

1.3.1. 五臟 Five viscera

見上

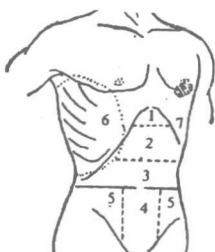
1.3.2. 六腑 Six bowels

- 44. 胃〔胃〕 *wèi*, **stomach** ['stʌmək]
- 45. 小腸〔小肠〕 *xiǎo cháng*, **small intestine** [smɔl in'testɪn]
- 46. 大腸〔大肠〕 *dà cháng*, **large intestine** [lɑdʒ in'testɪn]
- 47. 心包絡〔心包络〕 *xīn bāo luò*, **pericardiac network** [ˌpɛrɪ'kɑrdɪæk 'netwɜ:k]
- 48. 膽〔胆〕 *dǎn*, **gallbladder** ['gɔlblædʒ]
- 49. 膀胱〔膀胱〕 *páng guāng*, **bladder** ['blædʒ]
- 50. 三焦〔三焦〕 *sān jiāo*, **triple burner** ['tripɫ 'bɜ:nə]

1.3.3. 人體部位 Body parts

51. 身〔身〕 *shēn*, **body** ['bɑdɪ]
52. 形〔形〕 *xíng*, **body** ['bɑdɪ]
53. 體〔体〕 *tǐ*, **body, constitution** ['bɑdɪ, ,kənstrɪ't(j)uʃən]
54. 頭〔头〕 *tóu*, **head** [hɛd]
55. 面〔面〕 *miàn*, **face, adj. facial** [fes, 'fe:ʃl]
56. 囟〔囟〕 *xìn*, **fontanel** ['fɑntə,nɛl]: Either of two gaps between the bones of the skull that close between the age of 6 months and two years, especially the larger one. The larger fontanel, the “fontanel gate” or “forehead fontanel” (額囟 *é xìn*, called anterior fontanel in Western medicine) is located just in front of the vertex; the smaller one, called “pillow fontanel” (枕囟 *zhěn xìn*, called the posterior fontanel in Western medicine), is on the back of the head.
57. 囟門〔囟门〕 *xìn mén*, **fontanel gate, anterior fontanel** ['fɑntə,nɛl get, æn'tɪrɪə 'fɑntə,nɛl] See fontanel.
58. 口〔口〕 *kǒu*, **mouth, adj. oral** [mauθ, 'ɔrəl]
59. 齒〔齿〕 *chǐ*, **tooth, dental** [tuθ, 'dɛntl] The teeth are said to the “surplus of the bone” (齒爲骨之餘 *chǐ wéi gǔ zhī yú*).
60. 牙〔牙〕 *yá*, **tooth, adj. dental** [tuθ, 'dɛntl]:
61. 牙齒〔牙齿〕 *yá chǐ*, **tooth, dental** [tuθ, 'dɛntl]
62. 齒牙〔齿牙〕 *chǐ yá*, **tooth, dental** [tuθ, 'dɛntl]
63. 齦〔龈〕 *yín*, **gum** [gʌm]
64. 齒齦〔齿龈〕 *chǐ yín*, **gum** [gʌm]
65. 頸〔颈〕 *jǐng*, **neck** [nɛk]
66. 項〔项〕 *xiàng*, **nape** [nep]
67. 咽〔咽〕 *yān*, **pharynx, adj. pharyngeal; throat** ['færɪŋks, ,fə'rɪndʒɪəl, θrot]:
68. 喉〔喉〕 *hóu*, **throat; larynx** [θrot, 'færɪŋks]

69. 喉核〔喉核〕*hóu hé*, **throat node** [θrot nod]: Either of two slight protrusions on either side of the throat. The throat nodes correspond to the tonsils in Western medicine.
70. 喉關〔喉关〕*hóu guān*, **throat pass** [θrot pæs]: The isthmus faucium (咽峽 *yān xián*).
71. 懸雍垂〔悬雍垂〕*xuán yōng chuí*, **uvula** [ˈjuvələ]: The fleshy protuberance hanging down at the back of the palate.
72. 會厭〔会厌〕*huì yàn*, **epiglottis** [ɛprɪˈɡlɑtɪs]
73. 結喉〔结喉〕*jié hóu*, **laryngeal prominence** [ləˈrɪndʒɪəl ˈprɒmɪnəns]: The Adam's apple.
74. 胸〔胸〕*xiōng*, **chest**, *adj. thoracic* [tʃɛst, θəˈræsɪk]



1. [Region] below the heart
2. Stomach duct
- 1, 2, and 3. Greater abdomen
4. Smaller abdomen
5. Lesser abdomen
6. Rib-side
7. Vacuous li

75. 脅〔肋〕*xié*, **rib-side** [ˌrɪbsaɪd]: The area from the armpit down to bottom of the ribs. (i.e., to lowest of the 12 ribs). The rib-side is traversed by the foot reverting yin (*jué yīn*) liver and foot lesser yang (*shào yáng*) gallbladder channels; hence pain in this area is associated with disease of the liver and gallbladder.