



《针灸学》“三步模块”教学法双语教学辅助教材
The Supporting Course Material of “Three Steps of
Bilingual Teaching” For Acupuncture & Moxibustion

针灸医师

临床接诊手册

(英汉对照)

Acupuncturist Clinical Reception Manual (Bilingual Contrast)

孟向文 主编

Editor in chief: Xiangwen Meng

中国医药科技出版社

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内 容 提 要

本书包括针灸适应证、问诊对话、常见针灸问题的解答三个模块的内容，采取英汉对照的写作方式，是作者通过长期的针灸临床及对于针灸双语教学的研究和实践总结出来的。适合广大中医针灸教师、医师、学生及中医针灸爱好者阅读使用。

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主 编 孟向文

编 委 (以姓氏笔画为序)

王 帅 王 优 孙英霞 牟明园 李 沛 李丹丹

沈 峰 张 蔚 郑心怡 孟向文 姜 珊 郭新荣

曾 芳 Lokesh Kumar Karna

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Preface

As Traditional Chinese Medicine, acupuncture and moxibustion are making their way into the world, bilingual teaching becomes a common way in TCM education. It is more crucial than ever to cultivate bilingual TCM professionals, especially those who not only have solid and profound knowledge of TCM, but also can spread them worldwide. For this reason, it is necessary that TCM colleges introduce bilingual education to TCM education. This book is based on that purpose. The author summarized the method of “Three Steps of Bilingual Teaching” in traditional TCM education, through a long-term research and practice on clinical and bilingual teaching for acupuncture and moxibustion.

Learning Name and Description of Diseases

Firstly, the English names of the disease that acupuncture and moxibustion have a marked curative effect on are given to students. Students need to learn them before classes. The names can be learned systematically according to the specific field. And the students have to consolidate what has been learned by reading specific medical cases written in English.

Practice of Dialogue in Receiving Patients

In dialogue practice, the speaking and listening materials are mostly based on the Doctor English books. Condition permitted, overseas students will be invited to participate in the discussion and situational dialogues, where doctors and patients are played.

Common Q&A for Acupuncture Treatment

With the development of TCM, people are becoming more and more interested, while some will ask many questions, such as “What’s the meaning of meridians and collaterals?”, “Which diseases can be treated by acupuncture therapy?” and “What do I need to do for an acupuncture treatment?” so on. So in the process of reception students need to explain these questions clearly and concisely. This would require students to study in daily exercises and summaries in the practice, in order to be used in clinic.

This book includes three parts “Indications for acupuncture”, “inquiry”, and “Common Q&A for Acupuncture Treatment”, aimed at providing some references for the TCM teachers,

clinician, students and TCM fans. Thanks for teacher *Fang Zeng* from Chengdu university of TCM, teacher *Yingxia Sun* from Shandong university of TCM, teacher *Feng Shen* from Hubei university of TCM, and teacher *Xinrong Guo* from Shanxi university of TCM to participate in this teaching reform item. And special thanks for the professor *Baixiao Zhao* from Beijing university of TCM to give the guidances.

Due to the rush of time and lack of experience, whereas the content is rich and broad-covered, there are unavoidably partial opinions and careless omissions. We sincerely hope to receive valuable criticism and guidance from readers and colleagues.

Author
2015 - 1

随着针灸走向世界，针灸乃至中医双语教学成为中国高等中医药院校的常用教学方式之一。中医药人才的培养，特别是既掌握了中医药专业知识，又能进行外语交流和利用外语知识来传播中医药知识的人才培养成为关键。因此，将双语教学引入中医药教育之中是十分必要的。编者通过长期针灸临床及对于针灸双语教学的研究和实践，总结出“三步模块式”教学法。

一、病名病种模块学习

首先将针灸擅长治疗疾病的英文名称给学生，学生需要在课前自学这些英文病名。在具体的学习过程中，可以按不同的分科进行系统学习，通过具体的英文病例进行巩固。

二、接诊对话模块练习

在进行对话学习的过程中，学生主要以医学英语系列书籍为基础，通过课上及业余时间进行口语对话练习和听力练习。同时，安排本校外籍留学生与国内学生一起参加课堂讨论及英语接诊的模拟训练。

三、常见针灸问题的解答模块

随着中医的发展，人们对中医的兴趣也日渐浓厚，与此同时，人们也会提出一些问题，例如“什么是经络”“针灸能治疗哪些疾病”“针灸治疗后应注意什么”等。所以学生在应诊过程中必须能够准确简洁地解答这些问题。这就需要学生们能够在日常生活中学习，在实践中注意总结，以备临床所需。

本书包括三部分的内容：针灸适应证、问诊对话和针灸常见问题解答，旨在为广大中医针灸教师、医师、学生及中医针灸爱好者提供些许可借鉴之处。另外，成都中医药大学的曾芳老师、山东中医药大学的孙英霞老师、湖北中医药大学的沈峰老师、陕西中医学院的郭欣荣老师参加本项教学改革研究工作，北京中医药大学赵百孝教授给予了指导，在此一并感谢。

因编写时间仓促，内容涉及面广，编写经验不足，难免有认识片面、疏漏之处，望广大同仁和读者提出宝贵的批评和指导意见。

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Chapter 1 Indications for acupuncture

第一章 针灸适应证

1. Respiratory System & Infectious Diseases

呼吸系统及传染性疾病

Acute Bronchitis 急性支气管炎

Acute bronchitis is an acute inflammation of bronchi of which cough is the main symptom. It is mostly caused by bacteria, virus, physical or chemical irritants like smoke, dusts, vapors or fumes according to modern medicine theory. In TCM theory it belongs to exogenous, due to invasion of the Wind-Cold or Wind-Heat into the Lungs and Defensive Fen, resulting in the dysfunction of the Lung. In acupuncture therapy we take *Lieque* (LU-7), *Hegu* (LI-4) and *Feishu* (BL-13).

急性支气管炎是以咳嗽为主要症状的气管或支气管急性炎症。西医学认为多由细菌、病毒感染或吸烟、粉尘、废气等理化刺激引起。中医认为该病属“外感咳嗽”，多是由外感风寒、风热之邪侵袭肺卫，肺气不宣，清肃失常，而致咳嗽。针灸治疗以取列缺、合谷、肺俞等穴为主。

Chronic Bronchitis 慢性支气管炎

Chronic bronchitis is a chronic inflammation of the bronchi. Its main clinical manifestation is cough with expectoration. The etiology is associated with the virus, bacteria, physical or chemical irritation, weak immunity and vegetative nerve functional disturbance, etc. Chronic bronchitis pertains to the categories of “cough” and “dyspnea” in Traditional Chinese Medicine. It is caused by disorders of Zang-Fu organs, such as the deficiency of Lung-Yin, leading to failure in moistening the respiratory system or the dysfunction of the Spleen in transformation and transportation that leads to Phlegm and Dampness in the interior, thus



impairing the function of the Lung or the stagnation of the Liver-Qi that turn into the Fire, which may scorch the Lung and result in dysfunction of the Lung; or it could be a Kidney deficiency leading to the dysfunction of the Kidney in accepting Qi, resulting in adverse ascent of the Lung-Qi. In acupuncture therapy we take *Feishu* (BL-13), *Taiyuan* (LU-9) and *Sanyinjiao* (SP-6).

慢性支气管炎是以咳嗽、咯痰为主要症状的支气管慢性炎症。西医学认为其发病与病毒感染、细菌感染、理化刺激、免疫状态及植物神经功能失调等因素有关。中医认为该病属“咳嗽”“喘证”等范畴，多由脏腑功能失调所致，如肺阴亏损，失于清润；或脾失健运，痰湿内生，肺气不宣；或肝气郁结，气郁化火，肺失清肃；肾虚而摄纳无权，肺气上逆。针灸治疗以取肺俞、太渊、三阴交等穴为主。

Bronchial Asthma 支气管哮喘

Bronchial asthma is a bronchial allergic disease with repeated attacks of reversible airflow obstruction and bronchospasm. The main clinical manifestations are repeated paroxysmal attacks of dyspnea with wheezing, chest tightness and cough. It is usually caused by different antigens, such as pollens, dust, fish, shrimp, fur, etc. Its pathogenic characteristics are broncho constriction, excessive mucous production from goblet cells, airways edema, vascular congestion and luminal occlusion due to hypersecretion of exudates. The disease belongs to the category of “Asthma with Wheezing” in Traditional Chinese Medicine. The basic cause of the disease is internal retention of Phlegm. It can be caused by the consumption of salty and greasy food, or sea foods such as shrimps and crabs. It may cause dysfunction of the Spleen in transformation and transportation, resulting in retention of Dampness and Phlegm which may block the air passages. In acupuncture therapy we take *Feishu* (BL-13), *Lieque* (LU-7), *Danzhong* (RN-17) and *Dingchuan* (EX-B-1) as the main acupoints.

支气管哮喘为反复发作的伴支气管痉挛及可逆性气流阻塞的支气管变态反应性疾病。临床主要表现为反复发作、伴有哮鸣音、以呼气性为主的阵发性呼吸困难以及胸闷、咳嗽等。西医学认为该病常由各种不同抗原（如花粉、灰尘、鱼虾、皮毛等）所引起，以支气管痉挛，杯状细胞分泌增多气道水肿，小血管收缩分泌物增多而使支气管阻塞为病理特征。本病属于中医“哮证”范畴，基本病机为痰饮内伏，常由偏嗜咸味、肥腻或进食虾蟹鱼腥所致，脾失健运，聚湿生痰，痰饮阻塞气道，而发为痰鸣哮