

全国高等学校中医药对外教育规划教材

中医诊断学

主编 王忆勤

National Planned University Textbooks for International
Traditional Chinese Medicine Education

Diagnostics of Traditional Chinese Medicine

Chief Editor Wang Yiqin



高等教育出版社
Higher Education Press

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内容提要

中医诊断学是研究中医诊察疾病,辨别病证的基本理论、基本知识与基本技能的一门学科。本书分诊法、辨证和病案三大部分。诊法部分以望、闻、问、切为纲,以图、表引出临床常用技法的原理和临床意义;辨证部分以病性、病位辨证为纲,深入浅出作出病证分析,梳理中医辨证论治思路;诊断与病案部分主要训练学生规范书写病案能力。每章后有思考题便于学生复习。

本书论述严谨,语言流畅简洁,层次分明,而且突破传统教材的编写体例和刻板的书写内容,做到图文并茂,图表直观、准确,占全书内容的20%~30%,提高了可读性。

本书供接受中医药教育的海外学生(包括接受学历教育的学生和各种短期班学生)及国内接受双语教学的学生使用,同时也是中医出国人员进行中医药国际交流的重要工具书。

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序

中医学是独具中国特色、科学与人文融合的整合医学,继承创新、我主人随、弘扬其原创思维与原创优势,服务人类健康,我们责无旁贷。发展对外中医药教育事业是向世界传播、弘扬中华民族这一优秀文化遗产的重要渠道。晚近,到中国学习自然科学的外国留学生中,学习中医中药的留学生数量一直名列前茅。越来越多的外国学生渴望来华接受正规的中医学历教育,全面、系统地学习中医药学。大批外国留学生、进修生学成归国后,将学到的知识广为辐射、传播,对扩大中医药在国际上的影响发挥了重要的作用。

鉴于东西方地域、文化、语言、接受习惯等差异,带来交流上的障碍,而中医理论的深奥古朴,也给留学生的学习带来一定的制约,确实需要编写一套为留学生学习,适教适学的中医药对外教育教材。

高等教育出版社此次邀我为这套中医药对外教育教材作序,我有一种责任感和使命感不容推卸。读过整套教材的策划思路及部分书稿,发现这套教材在内容、形式上有许多新颖之处:譬如以大量直观、形象的图表形式来诠释中医基础理论;以典型案例和操作实例来梳理辨证思路,演示中医技法,提炼中医临证精髓;充分考虑留学生地域、文化、语言、接受习惯的差异,舍繁就简,文字通俗易懂又不失中医本色;注重留学生中医整体思想和辨证论治思维方式的培养,密切联系临床实践;还有吸收了中医中药教学和科学研究的最新成果,以及中医名词术语更为规范化,中医英文翻译参照了更为严格的标准。难能可贵的是,作者队伍均为活跃在对外教育教学、临床一线的学术骨干,他们的教学经验得以充分体现,也是培养人才的过程。

相信这套书的出版将促进中医药对外教育教材建设不断完善、发展,使其逐步走向成熟。为推动中医药事业真正走向世界,不断提高学术地位而努力,为生命科学与医学科学的进步做一份有力度有意义的工作。

王永炎

2006年10月

Foreword

Traditional Chinese medicine (TCM) is an integrative medicine containing science, humanism and characteristics of Chinese culture. It's our responsibility to follow the traditions of TCM, keep its advantages, and innovate this medicine for the benefit of human health. International TCM education is an important platform to disseminate this excellent cultural legacy of China to the world. Among the overseas students who come to China to learn natural science, the numbers of TCM students have been steadily increasing and are the greatest in number. More and more foreign students dream of coming to China for comprehensive and systematic TCM education in an overall and systemic way. In addition, lots of foreign students who either study or get advanced training in China also play a significant role in extending the international influence of TCM through disseminating what they have learned in China after they return home.

Communication barrier may arise from the differences of geographic regions, cultures, languages and learning habits between the east and the west; the ancient and profound TCM theory may also cause difficulty in understanding. Therefore it is indeed necessary to compile a set of good textbooks for international TCM education.

I feel duty-bound to write the foreword for this set of textbooks for international TCM education upon the invitation of Higher Education Press. After reading the overall scheme and part of the book scripts, I found that this set of textbooks is novel in both the content and the format. For example, many vivid and objective charts and illustrations are used to explain the essential TCM theory; typical cases and practical examples are used to sort out the idea of syndrome differentiation, demonstrate TCM skills and extract the essence of TCM syndrome diagnosis; easy-to-understand words are used with full consideration of the differences of overseas students from different regions, cultures, using different languages and of different learning habits; more is placed on training the students' holistic thinking and clinical skills and giving them the idea of treating diseases based on syndrome differentiation; the up-to-date TCM teaching and scientific research achievements are also combined in the textbooks; the standardized TCM terms and their English translation are adopted by following the rigorous criteria. Above all, the authors of the textbooks are all working on the frontier of both education and clinical practice. Therefore, the process of writing the book is also a process of displaying their teaching experiences as well as cultivating the qualified personnel.

I am sure that the publication of this set of textbooks will promote and perfect the construction of textbooks for international TCM education. Let's work together to spread the TCM career throughout the world, raise TCM academic level and promote the development of life science and medical science.

Yong Yan-Wang

October, 2006

出版说明

为适应 21 世纪中医药学的发展,满足中医药国际交流与合作的需要,加强中医药对外教育学术体系建设,在教育部高等教育司等有关部门的支持、指导下,由高等教育出版社组织,以国内开展中医药对外教育卓有成效的中医药院校为牵头单位,联合全国各高等中医药院校,开发编写了这套“全国高等学校中医药对外教育规划教材”。

本套教材采用中英对照形式,包括《中医基础理论》、《中药学》、《方剂学》、《中医诊断学》、《中医临床基础》、《中医内科学》、《针灸学》、《推拿学》、《中医文化导读》9 本,入选“普通高等教育‘十一·五’国家级规划教材”。

本套教材内容以国内中医药本科教育教学大纲为基础,涵盖国内外执业中医师(针灸师)考试要求掌握的知识点,并密切结合在国外行医的实际需要。依据国家中医药管理局最新颁布的“中医药名词术语规范”及《中医药常用名词术语英译》为标准,借鉴和吸收了中医药研究的最新成果,力求体现当代中医药学术发展的水平。根据中医药对外教育的特点,充分考虑留学生因语言文化地域差异所带来的接受习惯不同,注重传承与创新并举,理论与实践并重,经典与简约并蓄,注重满足教学需求,注重素质与能力的培养。全套教材论述严谨,语言流畅简洁,层次分明、翻译准确,编排形式新颖,图文并茂,并采用双色印刷和彩色插页,增强可读性。

本套教材由长期从事中医药对外教育、教学经验丰富的专家、教授和学术骨干担任主编、主译和编者。邀请著名中医药学专家为学术顾问,体现了中医药学术界集体智慧的结晶。

本套教材适用于接受中医药教育的海外学生(包括接受学历教育的学生及各种短期班学生)、国内学生的双语教学以及国内外研究中医药的学者。

将祖国传统医学系统、全面、不失本色地推向世界,弘扬中医药传统文化,是我们的共同目标。尽管我们在出版本套教材的工作中力求尽善尽美,但仍存在着不足和遗憾,恳请广大专家、教师和学生提出宝贵意见与建议,以共同提高中医药国际化教育水准,推进中医药现代化和国际化发展进程。

高等教育出版社

2006 年 9 月

Note for Publication

With strong support from the Higher Education Department, Ministry of Education, Higher Education Press organizes the compilation of this series of *National Planned University Textbooks for International Traditional Chinese Medicine Education*. This set of textbooks are intended to adapt to the development of traditional Chinese medicine (TCM) in the 21st century; meet the needs of international exchange and cooperation in the field of TCM; and fortify the academic system construction of TCM overseas education. Led by TCM universities with outstanding achievements in TCM overseas education, all the TCM universities of China participated in the book compilation.

Written in both Chinese and English, this set of textbooks includes the following nine volumes: *Basic theories of Traditional Chinese Medicine*, *Chinese Materia Medica*, *Formulas of Traditional Chinese Medicine*, *Diagnostics of Traditional Chinese Medicine*, *Clinical Fundamentals of Traditional Chinese Medicine*, *Internal Medicine of Traditional Chinese Medicine*, *Acupuncture and Moxibustion*, *Tuina of Traditional Chinese Medicine* and *A Guide to Traditional Chinese Medicine Culture*. This set of textbooks is selected to be the 11th Five-Year National Planned Textbooks for Higher Education.

Based on the teaching scheme for domestic TCM undergraduate education, this set of textbooks covers the examination outline for professional TCM practitioners (acupuncturists) both at home and abroad, closely relates to the actual requirement of practicing medicine in overseas countries, and adopts the latest version of *Standardization of Traditional Chinese Medicine Terms* and *English Translation of Common Terms in Traditional Chinese Medicine* issued by the State Administration of Traditional Chinese Medicine. In addition, the updated research achievements are also included in the books to manifest the modern academic level of TCM. Considering the characteristics of TCM overseas education as well as the language and cultural differences faced by the overseas students, this set of textbooks puts equal emphases on inheritance and innovation, on theory and practice, and on classics and simplicity. In addition, this set of textbooks aims at meeting the teaching and learning requirements as well as enhancing the students' quality and ability. The textbooks are well-organized with precise elaborations, smooth but concise language and accurate translation. Two-color printing and colored illustrations make the books more readable.

The experienced experts, professors, and academic backbones in the field of TCM overseas education and distinguished TCM experts were invited as the chief editor, editors and chief translator as well as academic consultants, which makes this set of textbooks the fruits of collective wisdom.

This set of textbooks is intended primarily for the overseas students who are learning TCM (including the students of degree education and students of short-term training programs); the students in China of bilingual education; and the scholars doing research on TCM both at home and abroad.

It's our common goal to introduce TCM to the world systematically and completely without losing its characteristics as well as to spread the traditional culture of Chinese medicine. Although we have tried our best to perfect the books, flaws or mistakes may not be completely avoided. We sincerely hope for comments or suggestions from experts, teachers and students in order to raise the international TCM education level and boost the modernization and internationalization of TCM.

Higher Education Press

September, 2006

前言

为

适应 21 世纪中医药学的发展,满足中医药对外教育的需求,由高等教育出版社组织编写了一套“全国高等学校中医药对外教育规划教材”,《中医诊断学》是其中之一。

中医诊断学是研究中医诊察疾病,辨别病证的基本理论、基本知识与基本技能的一门学科。它是中医基础理论和临床各科之间的桥梁,是中医学专业课程体系中的主干课程。

本教材内容以国内中医药本科教育教学大纲为基础,涵盖国内外执业中医师(针灸师)考试大纲,并紧密结合在国外行医的实际需要。教材编写主要分诊法、辨证和病案三大部分。诊法部分以望、闻、问、切为纲,以图、表等引出临床常用技法的原理和临床意义;辨证部分以病性、病位辨证为纲,深入浅出作出病证分析,梳理中医辨证论治思路;诊断与病案部分主要训练学生规范书写病案能力。每章后有思考题便于学生复习。本教材论述严谨,语言流畅简洁,层次分明。整套教材中,英文都使用规范的医学术语和法定计量单位,中医药名词术语以国家中医药管理局最新颁布的“中医药名词术语规范”及《中医药常用名词术语英译》为标准。而且突破传统教材的编写体例和刻板的书写内容,做到图文并茂,图表直观、准确,占全书内容的 20%~30%,提高了可读性。

本教材供接受中医药教育的海外学生(包括接受学历教育的学生及各种短期班学生)及国内接受双语教学的学生使用,同时也是中医出国人员进行中医药国际交流的重要工具书。

本教材由王忆勤教授主编,中文稿由全国 10 余所高等中医院校专家参与编写。其中绪论、望排出物、闻诊、脉诊、肺与大肠病辨证由王忆勤编写,全身望诊由赵莺编写,局部望诊由伟刚林编写,舌诊由陈家旭编写,问诊由王天芳编写,按诊由张志枫编写,病性辨证、表里辨证由邹小娟编写,心与小肠病辨证由龚一萍编写,脾胃病辨证由王明三编写,肝胆病辨证由吴承玉编写,肾与膀胱病辨证由李晶编写,脏腑兼证辨证由袁肇凯编写,其他辨证方法由何塞萍编写,诊断与病案由陆小左编写。最后,由主审袁肇凯,主编王忆勤,副主编吴承玉、陆小左教授对全书审阅、定稿。英文译者韩丑萍女士长期从事中医英语翻译工作,持有全国翻译专业二级(笔译)资格证书,多年来直接面对海外留学生,工作在中医课堂教学口语传译第一线。同时邀请了美国中医专家 James Whittle、南京中医药大学衣素梅教授对本书英文翻译内容进行审定。

本教材虽进行了反复审改,但缺点和错误在所难免,恳请专家同道和广大师生批评指正,以利今后修改完善。

王忆勤

2005 年 9 月

Preface

As one of the series of *National Planned University Textbooks for International Traditional Chinese Medicine Education* organized by Higher Education Press, *Diagnostics of Traditional Chinese Medicine* is compiled to adapt to the development of traditional Chinese medicine (TCM) in the 21st century and meet the needs of international TCM education.

Diagnostics of Traditional Chinese Medicine is a discipline on the essential theory and fundamental knowledge as well as skills in diagnosing diseases and differentiating syndromes. It is a major course among curricula of TCM and often considered as a link between the essential TCM theory and clinical subspecialties.

Based on the teaching scheme for domestic TCM undergraduate education, this book covers the examination outline for professional TCM practitioners (acupuncturists) both at home and abroad and closely relates to the actual requirement of practicing medicine in overseas countries. This book includes three major parts: diagnostic methods, syndrome differentiation and medical cases. With an emphasis on the four diagnostic methods, namely, inspection, auscultation & olfaction, inquiry and pulse-taking & palpation, this book utilizes figures and tables in the part of diagnostic methods to illustrate the principle and clinical meaning of common clinical techniques; with an emphasis on differentiation of disease nature and location, this book made simple but profound analysis on syndrome patterns in the part of syndrome differentiation to clarify the way of thinking on TCM syndrome differentiation; this book also aims at training the students' ability to write standard medical cases in the part of diagnosis and medical cases. In addition, several questions are attached to each chapter for the students to review what they have learned.

This book is well-organized with precise elaborations and smooth but concise language. The standardized medical terms and metric units are used in both Chinese and English in this book. The latest version of *Standardization of Traditional Chinese Medicine Terms and English Translation of Common Terms in Traditional Chinese Medicine* issued by the State Administration of Traditional Chinese Medicine are taken as the standard for the TCM terms and phrases in this book. In addition, unlike the conventional format and rigid accumulation of words, 20%~30% of the contents in this book are figures and tables, which make the contents more readable, straight and accurate.

This book is intended primarily for the overseas students who are learning TCM (including the students of degree education and students of short-term training programs), the students in China of bilingual education, and those who intend to do international exchange in the field of TCM.

The chief editor of this book is Professor Wang Yiqin. Experts from more than 10 TCM universities in China participated in the work. More specifically, the introduction, inspection on discharges, auscultation and olfaction, pulse-taking and the syndrome differentiation of the lung and large intestine are written by Professor Wang Yiqin; the general inspection by Zhao Ying; the local inspection by Wei Ganglin; the tongue diagnosis by Chen Jiaxu; the inquiry by Wang Tianfang; the palpation by Zhang Zhifeng; the differentiation of disease nature and differentiation of the exterior and interior by Zou Xiaojuan; the syndrome differentiation of the heart and small intestine by Gong Yiping; the syndrome differentiation of the spleen and stomach by Wang Mingsan; the syndrome differentiation of the liver and gallbladder by Wu Chengyu; the syndrome differentiation of the kidney and urinary bladder by Li jing; the differentiation of concurrent syndromes of *zang-fu* organs by Yuan Zhaokai; other methods of syndrome differentiation by He Saiping; and the diagnosis and medical cases by Lu Xiaozuo. In addition, the whole book is checked and approved by Yuan Zhaokai (Chief Reviewer of Chinese Version), Wang Yiqin (chief editor), Wu Chengyu (vice chief editor) and Lu Xiaozuo (vice chief editor). The English version is translated by Han Chouping, who has been doing the translation work in the field of TCM for many years with the qualification certificate of translation proficiency. In addition, she has also been doing the interpretation work for classroom teaching of TCM courses since 2001. English version of this book is examined by TCM expert James Whittle from the United States, and Professor Yi Sumei from the Nanjing University of Traditional Chinese Medicine.

Flaws or mistakes may not be completely avoided inspite of repeated examinations and proof-readings. Any comment or suggestion is welcome for the future correction and improvement.

Wang Yiqin
September, 2006



彩图 1 面色青

Colored picture 1 A bluish complexion



彩图 2 面色红

Colored picture 2 A red complexion



彩图 3 面色萎黄

Colored picture 3 A sallow complexion



彩图 4 面色淡白

Colored picture 4 A pale complexion



彩图 5 痹

Colored picture 5 Bi-articular syndrome



彩图 6 头发枯黄

Colored picture 6 The yellow and withered hair



彩图 7 斑秃

Colored picture 7 An alopecia areata
(patch balding)



彩图 8 瘰癧

Colored picture 8 Goiter



彩图 9 肌肤甲错

Colored picture 9 Rough skin (withered skin like fish scale)



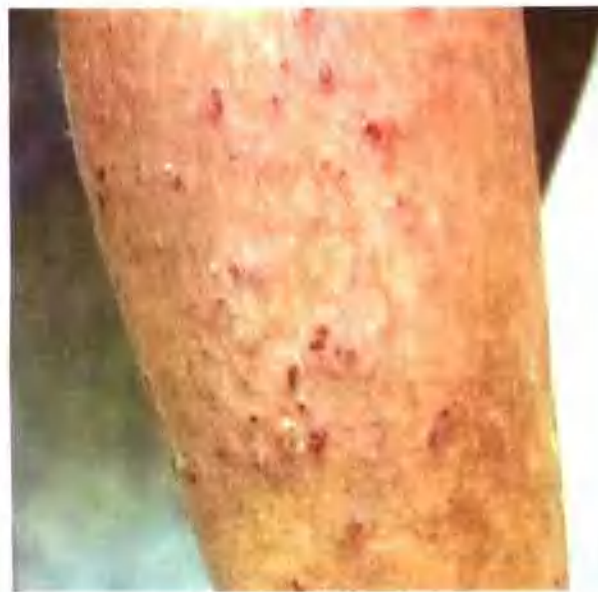
彩图 10 瘾疹

Colored picture 10 Urticaria



彩图 11 水痘

Colored picture 11 Chickenpox



彩图 12 湿疹

Colored picture 12 Eczema