

汉英对照推拿治疗常见病图解

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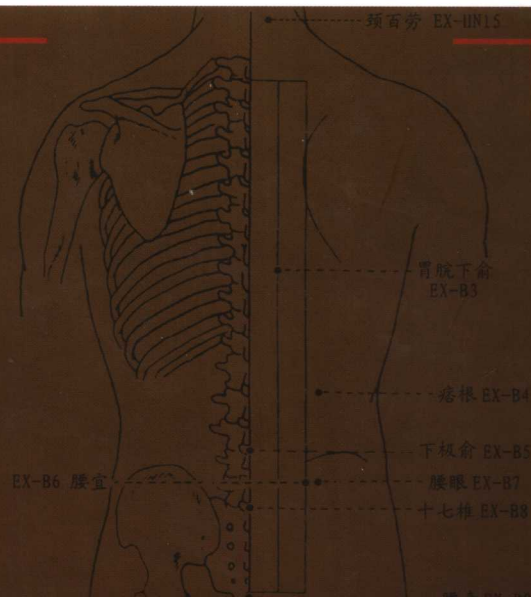
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Chinese-English Illustrated Tuina Therapies for Common Diseases

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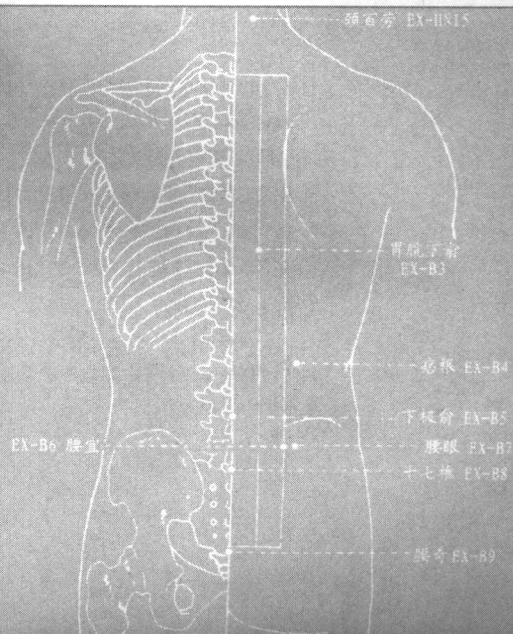
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内容提要

本书重点阐述以推拿方法治疗临床常见疾病,而为便于掌握和方便学习,采用的是多图参照的图画解说形式。此外,本书还着重讲解包括小儿推拿在内的多种实用推拿手法,详尽介绍了推拿临床常见疾病的病症诊断和有效的治疗程序。

本书分为四大章节,第一章具体而详尽地介绍了推拿常用的单、复式包括小儿推拿手法 30 余种,并概括性地讲解了推拿手法的要求、练习步骤以及注意事项等等;第二章介绍了推拿治疗和中医经络穴位的密切关系,分别高度概括了经络学说和推拿临床的常用穴位;第三章即以概述、临床表现、诊断和推拿治疗的陈述形式简明扼要地讲解了如何诊治成人和小儿常见病种 50 余个;第四章以套路的形式讲解了自我保健推拿的十二大方面的内容,突出了推拿预防疾病的特色。

本书可供广大推拿医师、中医院校师生、推拿爱好者、出国人员、国外推拿医师以及外国留学生使用。

Synopsis of Contents

The book stresses on how to treat commonly seen diseases with Tuina therapy. In order to make the study easier and more convenient, many pictures and illustrations are used to explain the contents. In addition, the book also discusses many practical Tuina manipulations including the manipulations used in pediatric Tuina therapy, as well as the diagnosis and treatment procedures for those common diseases.

The book is expounded in four chapters. The first chapter introduces more than 30 frequently used manipulations including single and compound manipulations as well as manipulations used in pediatric Tuina therapy. A detail and concrete explanation on the essentials of Tuina manipulations, procedures of practice and precautions during practice is given. The second chapter discusses the close relations between Tuina therapy and the theory of meridians, collaterals and acupoints. It generalizes the knowledge of meridians and collaterals and the acupoints often used in Tuina clinic. The third chapter, in a brief way but to the point, illustrates the clinical manifestations, diagnosis and Tuina treatments of about 50 diseases, adults and Children. The fourth chapter, in the form of 12 series of movements, introduces the self-health-Tuina exercise. It further brings the feature of Tuina therapy in preventing diseases into bold relief.

The book is suitable for those readers who are Tuina doctors, the faculty and students of the universities of TCM, Tuina therapy fans, personnel going abroad, overseas Tuina practitioners and international students.

前言

1

前言
Preface

推拿疗法是中国传统医学中的精粹,其产生于中国劳动人民的生产生活实践中,有着悠久的历史。几千年来,其一直以理论根源于中医基础,实践验证于各科临床,在中医所有的治疗方法中独树一帜;亦因其有着疗效显著、操作简便等治疗疾病、保健强身诸多方面的良好作用,而被人民大众喜闻乐见并受到广泛的欢迎。在目前社会飞速发展、科学认识进一步提高的今天,推拿疗法更以其纯手法操作,无身体损伤和药物的毒副作用,倍加受到社会各界的推崇和医学界的瞩目。

随着社会文明的进程,中国医学已经走向世界,而这其中,推拿疗法也就更受到欢迎,目前不仅在中国国内有着学习推拿的大众积极性,而且在欧洲和其他许多地区、国家也都兴起了学习中国推拿的热潮。

如是情况下,编写一部内容全面,表述简洁,图文并茂,便于学习,容易掌握,尤其是中英文对照的关于推拿治疗常见病的书籍很有必要。

本书重点阐述以推拿方法治疗临床常见疾病,而为便于掌握和方便学习,采用的是多图参照的图画解说形式。此外,本书还着重讲解包括小儿推拿在内的多种实用推拿手法,详尽介绍了推拿临床常见疾病的病症诊断和有效的治疗程序。

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编 者

2006 年 8 月 4 日

Preface

Tuina therapy is one of the essences of the traditional Chinese medicine. Originated from the productive activities of the Chinese laboring people, Tuina therapy traces its history back to ancient. Since thousands of years ago, it has taken the basic theory of traditional Chinese medicine as its theoretic basis and been developed through the constant clinic study. Because of marked therapeutic effect in curing and preventing diseases, excellent result in strengthening body condition and convenient manipulations, Tuina therapy is warmly welcomed by the mass of people. Nowadays, the society is marching fast and science is continuously enhanced, Tuina therapy is held high esteem by the people in all sections and medical world, since it is a kind of pure manual treatment without any side effect to the body.

Along with the progress of the social civilization, Chinese medicine becomes popular in the world, and Tuina therapy arrests people's attention more and more. Not only in China, enthusiasm for studying this medicinal approaches increases day by day, but also in other countries, such as in Europe, an upsurge of studying Chinese Tuina therapy has been launched.

Thus, it is very necessary to compile a book with comprehensive knowledge, concise descriptions, excellent text with necessary diagram, especially a bilingual book of treating common diseases with Tuina therapies in Chinese-English.

The book stresses on how to treat commonly seen diseases with Tuina therapy. In order to make the study easier and more convenient, many pictures and illustrations are used to explain the contents. In addition, the book also discusses many practical Tuina manipulations including the manipulations used in pediatric Tuina therapy, as well as the diagnosis and treatment procedures for those common diseases.

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Compilers
August 4, 2006

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第一章 ● 推拿手法

推拿手法是以手或其他部位,按各种特定的技巧动作,在体表进行操作,用以诊断和防治疾病的方法。其形式有很多种,包括用手指、手掌和腕、肘部的连续活动,以及肢体的其他部位如头顶、脚踩等直接接触患者体表,通过功力而产生治疗作用。推拿手法是一项专门的技能,是推拿防治疾病的主要手段,手法操作的质量及熟练程度直接影响着疾病的治疗效果。