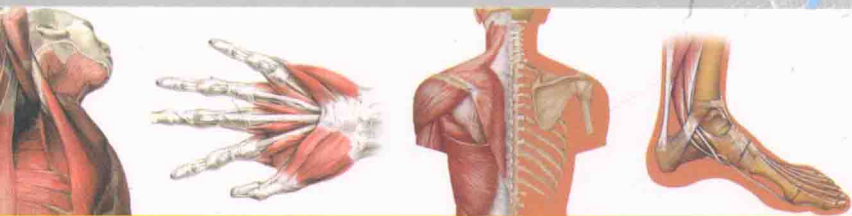


反射区

全真图解

中英文
对照版

Illustration of Reflex Zones
(Chinese-English)



主 编 郭长青 张丽萍 翟 伟

中国医药科技出版社

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内容简介

本书由北京中医药大学针灸推拿学院的专家、教授编写，选择了较为常用和疗效较好的反射区疗法，具有较高的学术价值和临床参考价值。

本书选择了头、面、耳、手、足反射区疗法。主要介绍各反射区疗法的反射区定位和主治，并配以精美的插图，具有简明实用、易学易记、图文并茂的特点。

本书主要适宜从事针灸临床、教学、科研的工作人员，学生及中医爱好者，是一本非常实用的反射区疗法口袋书。



Introduction

The book is written by the experts and professors from Acupuncture - Moxibustion and Tuina School of Beijing University of Chinese Medicine. They have selected the most commonly used and more effective reflex zone therapy for the book, and it is of high value of academics and clinical reference.

The book includes the reflex zone therapy of the scalp, face, ears, hands and feet, and mainly introduces the locations and indications of the reflex zones, with beautiful illustrations accompanied as well, so that it is characterized by conciseness and practicality, easiness for learning and remembering, and containing both texts and illustrations.

The book is mainly aimed to the clinical practitioners, teachers and researchers related to acupuncture, medical students, and TCM amateurs. It is a very practical pocket book for reflex zone therapy.



前 言

反射区疗法是建立在全息生物学、经络学及神经反射理论的基础上，采用一定的方法，对人体各全息元中的反射区施加刺激，从而引起人体的适应性调节的一种绿色自然保健疗法。

反射区疗法在我国具有悠久的历史，但记载较为分散，没有形成系统理论。20世纪初，近代反射学的先驱、美国医生菲兹杰拉德（Dr. William Fitzgerald）在中国针灸经络的启示下，发表了《区域疗法》（Zone Therapy）一书。我国的医学工作者，结合中国传统医学理论，使反射区疗法不断充实和完善，形成了头部、面部、耳部等一系列反射区疗法。

反射区疗法具有改善血液循环，促进新陈代谢，调节内分泌，提高免疫力，以及调节脏腑器官功能等作用，可达到有病治病，无病保健的作用。具有绿色安全、疗效好、操作简便、经济实用的特点。

本书主要适宜从事针灸临床、教学、科研的工作人员，学生及中医爱好者，是一本非常实用的反射区疗法口袋书。

编者

2013年3月



Preface

According to the theories of holographic biology, meridians and collaterals, and the nervous reflexes, reflex zone therapy is a kind of natural healthcare technique that aims to activate the body's adaptive regulation through using certain methods, which stimulate the reflex zones in the corresponding holographic sections on the human body.

The reflex zone therapy has a long history in China, however the records are scattered in different literatures and there is no proper formulated systematic theories. At the beginning of the 20th century, Dr. William Fitzgerald, a pioneer of modern reflexology, published a book titled "Zone Therapy" due to inspiration gathered from the Chinese acupuncture meridians theory. By combining the theory of traditional Chinese medicine with the reflex zone therapy, Chinese medical practitioners gradually enriched and improved the reflex zone therapy, developed a series of reflex zone therapies including zones for the scalp, face and ears, etc.

Reflex zone therapy has the functions of improving blood circulation, promoting metabolism, regulating the endocrine system, enhancing immunity, and regulating the functions of organs, so effects of treating diseases as well as boosting health can be achieved. The features of the therapy are all natural and safe, have good efficacy and simple manipulations, and are convenient and economical as well as practical.

This book, a very practical pocket one for reflex zone therapy, is mainly dedicated to clinical practitioners, teachers and researchers, which have any relation to acupuncture, medical students, as well as TCM amateurs.

March, 2013



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第一章 头皮反射区

Chapter 1 Reflex zones of the scalp

头皮反射区疗法是指针刺头皮上的特定区域以治疗疾病的一种方法。又称头针疗法、头皮针疗法、头穴透刺疗法。头皮反射区疗法的治疗线是以中医学理论为基础，按照“按区定穴，联穴划线，以线归经”的原则制订的。分为4个区、14条线。

Reflex zones therapy of scalp is a method of acupuncture the specific areas of scalp to treat the disease. Also known as acupuncture, scalp acupuncture, scalp penetration acupuncture therapy. Scalp reflex zone therapy of the treatment line is founded on TCM theory, developed in accordance with the principle of “fixed points by District joint hole crossed meridian line”. It divided the scalp into four districts, and 14 lines.

1. 额中线 Midcourt line of forehead

[定位] 在额部正中发际内，自发际上5分处即神庭穴起，向下刺1寸（同身寸，下同）。

[Position] In the middle of the forehead hairline, the spontaneous interpersonal Shenting from the downward stab 1 - cun (with body, the same below).

[主治] 神志病，头、鼻、舌、眼、咽喉病等。

[Indications] The mind of disease, head, nose, tongue, eyes, throat disease.

2. 额旁1线 1 - wire next to midcourt line

[定位] 在额部，位于额中线外侧，直对眼内角（目内眦），自发际上0.5寸处即眉冲穴起，向下刺1寸。

[Position] In the forehead, outside the midcourt line of forehead, straight eye angles (head, the inner canthus), from 0.5 cun at the spon-



taneous interpersonal meichong points insert one cun down.

[主治] 肺、心等上焦病证。

[Indications] Disease of the lung, heart, etc.

3. 额旁2线 2 - wire next to 1 - wire

[定位] 在额部，位于额旁1线外侧，直对瞳孔，自发际上5分处即头临泣穴起，向下刺1寸。

[Position] In the forehead, next to 1 - wire, faced straight to the pupil, from 0.5cun at the spontaneous interpersonal toulinqi points insert one cun down.

[主治] 脾、胃、肝、胆等中焦病证。

[Indications] In the focus of the spleen, stomach, liver, and gall bladder disease.



图 1-1 额中线、额旁1线、额旁2线

Figure 1-1 Midcourt line of the forehead, 1 - wire next to midcourt line and 2 - wire next to 1 - wire



4. 额旁3线 3 - wire next to 2 - wire

[定位] 在额部，位于额旁2线外侧，直对眼外角，在头维穴内侧0.75寸处（即本神穴与头维穴之间）发际上5分处，向下刺1寸。

[Position] In the forehead, located next to 2 - wire, faced straight to outer corner of the eyes, inside 0.75 - cun of the ftouwei points (between benshen points and touwei points) from 0.5 cun at the spontaneous interpersonal, insert one cun down.

[主治] 肾、膀胱等下焦病证。

[Indications] The next focus of disease. of the kidney, bladder.

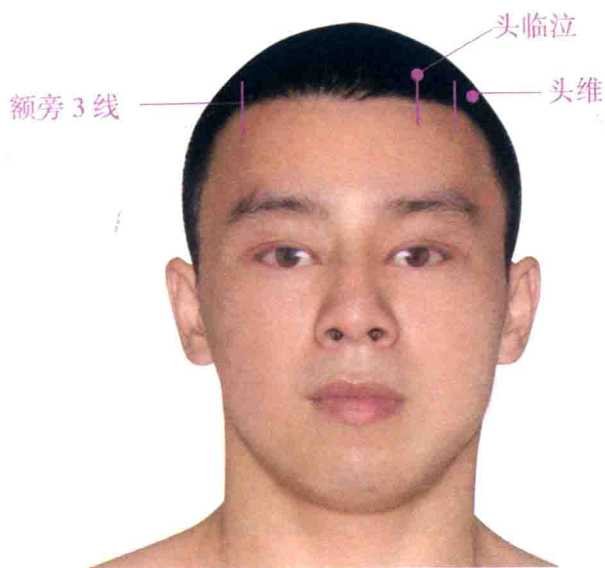


图 1-2 额旁 3 线

Figure 1-2 3'-wire next to 2-wire



5. 顶中线 Top of the center line

[定位] 在头顶部，位于前后正中线上，自百会穴至前顶穴。

[Position] In the top of the head, located around the midline, from Baihui to qianding point.

[主治] 腰腿足病证。

[Indications] The waist, legs and foot diseases.

6. 顶旁1线 1 - wire next to the center line

[定位] 在头顶部，位于顶中线外侧，与之相距 1.5 寸，即自通天穴起沿经向后刺 1.5 寸。

[Position] In the top of the head, outside the top of the center line, with 1.5 cun apart, from the tongtian point along the meridian insert 1.5 cun backwards.

[主治] 腰腿足病证，如下肢瘫痪、麻木、疼痛等。

[Indications] The waist and legs foot disease, such as lower limb paralysis, numbness, pain.

7. 顶旁2线 2 - wire next to 1 - wire

[定位] 在头顶部，位于顶旁1线外侧，与之相距 0.75 寸，即自正营穴起沿经向后刺 1.5 寸。

[Position] On the top of the head outside 1 - wire, with 0.75 cun apart, from zhengying point along the meridian insert 1.5 cun backwards.

[主治] 肩臂手病证。

[Indications] The shoulders, arms and hands diseases.

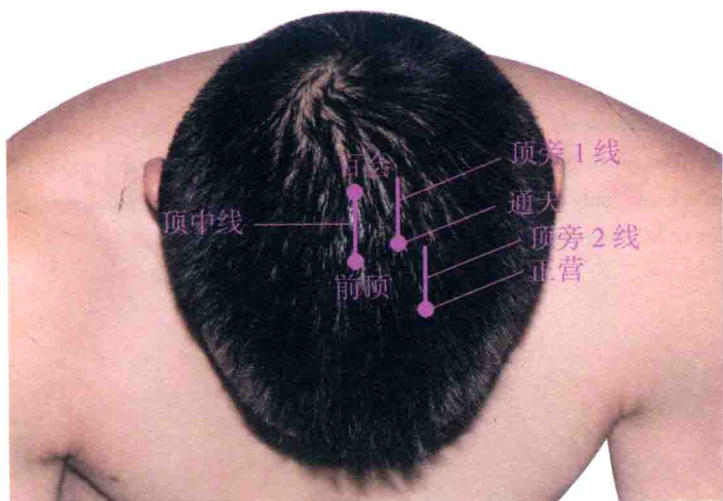


图 1-3 顶中线、顶旁1线、顶旁2线

Figure 1-3 Top of the center line, 1 - wire next to the center line and 2 - wire next to 1 - wire



8. 顶颞前斜线 Top temporal forward slash

[定位] 在头部侧面，头顶至头颞部，自前神聪穴起至悬厘穴的连线。

[Position] On the side of the head, from top of the head to the head temporal region, the connection line between qianshencong and xuanli points.

[主治] 运动功能障碍病证如瘫痪等，可将全线分为 5 等分，上 1/5 治下肢瘫痪，中 2/5 治上肢瘫痪，下 2/5 治面瘫、运动性失语、流涎。

[Indications] Motor dysfunction symptoms such as paralysis, etc. The whole line can be divided into five equal portions, the upper 1/5 rule lower limb paralysis, the middle 2/5 rule upper limb paralysis, the lower 2/5 rule facial paralysis, motor aphasia, salivation.

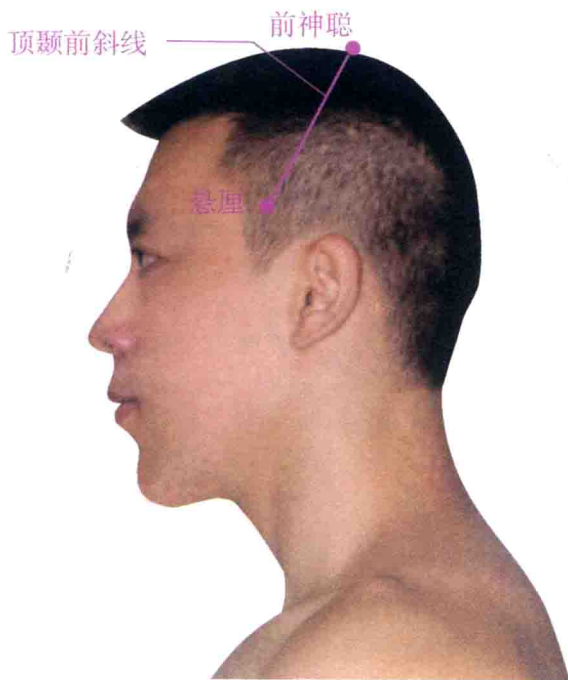


图 1-4 顶颞前斜线

Figure 1-4 Top temporal forward slash



9. 顶颞后斜线 Top temporal after the slash

[定位] 在头部侧面，头顶至头颞部，位于顶颞前斜线之后，与之相距 1.5 寸，即自百会穴起至曲鬓穴的连线。

[Position] At the side of the head, from top of the head to the head temporal region, after the top temporal forward slash, with 1.5 - cun apart, that is, the connection line between Baihui and Qubin points.

[主治] 感觉功能障碍病证，如疼痛、麻木、瘙痒等，可将全线分为 5 等分，上 1/5 治下肢感觉异常，中 2/5 治上肢感觉异常，下 2/5 治头面部感觉异常。

[Indications] Sensory dysfunction diseases, such as pain, numbness, itching, etc. The upper 1/5 rule lower limb paresthesia, the middle 2/5 rule upper limb paresthesia, the lower 2/5 rule head facial paresthesia.

10. 颞前线 Temporal frontline

[定位] 在头颞部鬓发内，自颌厌穴至悬厘穴的连线。

[Position] Inside the hair on the temples of the head, the connection line between hanyan and xuanli points.

[主治] 偏头痛，失语，周围性面瘫、口腔病等。

[Indications] Migraine, aphasia, peripheral facial paralysis and Oral Pathology psychosis.