

汉英对照 临床灸学

Chinese-English Clinical Moxibustion

主 编 李观荣

Chief Editor Li Guanrong



人民卫生出版社



汉英对照 临床灸学

Chinese-English Clinical Moxibustion

主 编 李观荣

Chief Editor Li Guanrong

人民卫生出版社



图书在版编目(CIP)数据

汉英对照临床灸学/李观荣主编. —北京:

人民卫生出版社, 2004. 8

ISBN 7-117-06331-9

I. 汉… II. 李… III. 灸法—汉、英

IV. R245.8

中国版本图书馆 CIP 数据核字(2004)第 078670 号

汉英对照临床灸学

主 编: 李 观 荣

出版发行: 人民卫生出版社(中继线 67616688)

地 址: (100078)北京市丰台区方庄芳群园 3 区 3 号楼

网 址: [http://www. pmph. com](http://www.pmph.com)

E - mail: [pmph @ pmph. com](mailto:pmph@pmph.com)

印 刷: 北京人卫印刷厂

经 销: 新华书店

开 本: 850×1168 1/32 印张: 7.875 插页: 10

字 数: 186 千字

版 次: 2004 年 9 月第 1 版 2004 年 9 月第 1 版第 1 次印刷

标准书号: ISBN 7-117-06331-9/R·6332

定 价: 25.00 元

著作权所有, 请勿擅自用本书制作各类出版物, 违者必究

(凡属质量问题请与本社发行部联系退换)

内 容 提 要

本书为中医灸学专著。作者根据 30 余年的临床实践,系统地阐述了灸学的临床应用经验和基础研究成果,为读者提供了翔实的第一手资料。

全书共分四篇。第一篇灸术,介绍了灸术的概况、现状、分类、材料、操作方法、灸术机制、典型病例等。第二篇介绍灸术所应用的经络和穴位。第三篇为常见病的灸疗。第四篇图片。

本书内容丰富,语言朴实,中英文对照,实用性强。可供针灸医生、中医院校学生、留学生及针灸爱好者使用。

The Abstract

This is a book on moxibustion of TCM. On more than 30 years' clinical practice, the author makes a systematic exposition of the clinical application of moxibustion and his basic study achievements, and provides its readers with detailed first-hand datum.

This book is divided into four parts. The first part gives a general introduction of moxibustion, its status quo, classification, material, right operation, mechanism and some typical cases. Part two is about channels and acupoints applied in moxibustion. Part three introduces the treatment of common diseases by moxibustion. Part four is pictures.

With its enriched contents and plain language, this bilingual book is very practical and useful for moxibustion and acupuncture doctors, medical students, foreign students and people who are interested in this art of medicine.



主编简介

李观荣，男，汉族，1940年8月出生。四川简阳人。出生于中医世家，自幼熟知中医药。1965年于成都中医药大学医疗系毕业后，分配到华西医科大学附一院中医科工作。现任四川大学华西医院教授，主任医师，四川省首届名中医，中国针灸学会耳穴专业委员会委员，四川省康复学会中医专业委员会副主任委员，成都针灸学会常务理事，《河北中医》杂志特约编委等职。从事医疗教学、科研、临床工作近40年。先后赴朝鲜、美国讲学。出版专著有《汉英对照针灸学》、《针灸学讲义》、《针灸临床学》等，发表论文70多篇，获省、局级科技进步奖5项。在临床方面，采用中西医结合方法，长于治疗神经系统疾病、脊柱疾病、不孕不育症、病毒性疾病、抗肿瘤放化疗副作用及预防保健等。采用独创之针灸术“多穴少针，运气施灸”，对多种疑难病症收到良好效果。坚持以临床为基础，以科研为导向，以一些疑难病症为突破口，继续对中医针灸理论做着深入的研究。

Introduction of the editor in chief

Guanrong Li, male, the Han nationality, was born in a family of Traditional Chinese Medicine (TCM) in Jianyang Sichuan province in August 1940, and was familiar with TCM from childhood. After his graduation from the Department of Medical Science in Chengdu University of TCM in 1965, he, as a doctor, went to the Department of Acupuncture and TCM in West China University of Medical Science (WCUMS). As a professor and chief physician of WCUMS, he is among the first group of famous doctors of TCM in Sichuan Province, Committee Member of Chinese Society of Acupuncture and Moxibustion (Aural Acupoint Branch), Director of Sichuan Association of Rehabilitation of TCM, Permanent council member of Chengdu Society of Acupuncture and Moxibustion. He is also a special editor of the *Hebei Journal of TCM*. During his forty years of medical teaching, scientific research and clinical practice, many of his books, such as *Chinese-English Acupuncture And Moxibustion*, *Modern Clinical Acupuncture And Moxibustion*, and *Lecture Notes of Acupuncture And Moxibustion*, have been published, and five of his more published professional papers have been awarded the advancement prize for science and technology at provincial level. Combining TCM with Western Medicine in his clinical practice, Li does especially well in curing diseases of nervous system and spine, infertility, viruses, side effects after radiotherapy and chemical therapy, disease prevention and health care. His promethean principle of acupuncture and moxibustion "More acupoints less acupuncture, Moxibustion with deep breath", has been well proved by visible effects in the curing of difficult diseases. Based on clinical practice and guided by scientific research, he is making a thorough study of the theory of TCM Acupuncture and Moxibustion by means of seeking fresh breakthrough in the curing of difficult diseases.

汉英对照临床灸学

- 主 编** 李观荣 教授，主任医师，四川大学华西临床医学院、华西医院
- 副主编** 李琼研 中医师，成都市武侯区团结群研诊所
- 徐杰军 主治医师，四川大学华西医院
- 凌宗元 教务科长，成都中医药大学护理学院
- 编 委** 陈晓莉 教授，成都中医药大学国际学院院长
- 陈福安 教授，成都市中西医结合医院副院长
- 周家骧 主任医师，成都市中西医结合医院副院长
- 江学勤 副主任医师，四川省第四人民医院
- 包克新 博士，美国传统医药学院院长
- 辛维全 主治医师，纽约永达丰中药公司顾问
- 王 超 主任医师，四川省中医药研究院附属医院副院长
- 郭佩玲 教授，浙江中医学院日本分校
- 朱慧莉 硕士，四川大学华西临床医学院

易 群 硕士，主治医师，四川大学华西医院

肖秀芳 副主任医师，成都市金牛区中医医院副院长

曾建盛 主治医师，德州针灸诊所

特邀美籍英文审校：

李俊年 博士，三藩市痛症研究院院长、
国际专业教育学会会长

张礼邦 博士，纽约西奈山医学院

孟宏道 博士，罗彻斯特大学医学院

康继周 博士，美国生物能研究所所长

审 校 罗才贵 教授，主任医师，成都中医药大学
副校长兼附属医院院长

梁凡荣 教授，成都中医药大学副校长

余曙光 教授，成都中医药大学针灸推拿学
学院院长

Chinese-English

Clinical Moxibustion

Editor in Chief

Professor Guanrong Li

(Medical College of Sichuan University and Hospital of West China)

Associate editors in Chief

Qiongyan Li (United Clinic of Chengdu)

Jiejun Xu (Medical College of Sichuan University and Hospital
of West China)

Zongyuan Ling (Chengdu University of TCM)

Editorial Staff

Xiaoli Chen (International College of Chengdu University of
TCM)

Fuan Chen (The West-Chinese Hospital of Chengdu)

Jiaxiang Zhou (The West-Chinese Hospital of Chengdu)

Xueqing Jiang (The fourth hospital of Sichuan)

Kexin Bao (Director & Professor, American Institute of Tradi-
tional Medicine)

Weiquan Xin (Yong Da Feng Tradint Inc)

Chao Wang (Sichuan Hosqital of TCM)

Peiling Guo (Zhejiang University of TCM and Japanese Institute)

Huili Zhu (Medical College of Sichuan University)

Qun Yi (Medical College of Sichuan University and Hospital)

of West China)

Xioufang Xiao (Chengdu Jinglou Hospital of TCM)

Jiansheng Zeng (Clinic of Acupuncture in Texas)

Specially Invited U. S. A Editors

Director Tsun-Nin Lee (San Francisco Academy of Pain Research)

Doctor Libang Zhang (Mount Sinai School of Medicine)

Doctor Hongdao Meng (Department of Community and Preventive Medicine of University of Rochester)

Jizhou Kang (Institute for Bioenergetic Research of America)

Revisers

Professor Caigui Luo (Chengdu University of TCM)

Professor FanRong Liang (Chengdu University of TCM)

Professor ShuGuang Yu (Chengdu University of TCM)

针法与灸法本来是不同的治疗方法,但由于它们都以经络学说为理论指导,在临床中又都以腧穴为刺激部位,所以自古以来它们就是一对孪生兄弟,故合称针灸。从两种疗法的技术难度与安全性来看,灸疗要比针刺容易掌握而且安全,所以在古代,针刺只能由医者施用,而灸疗则人人可以自己用来保健或医疗。古代有些教给民众自我救治的普及性医书之所以大多采用灸法,原因就在于此。可见古代灸法的普及程度远远超过针法。

古代的灸疗普遍应用烧灼灸法,疗效虽好,但因其烧灼性疼痛难以令人忍受,所以后世又出现了雷火神针、太乙神针,以至发展为今天的艾条灸法。尽管古今的灸法丰富多彩,可是由于施灸操作费时费力,治疗室内烟熏火烤,以致在今天的针灸界出现了重针轻灸的倾向,国外的针灸界则索性因噎废食,只针不灸。长此以往,中华民族几千年来用之有效的灸法有被摒弃的危险。我从20世纪60年代开始意识到这个问题的严重性,当即写了一篇《古代灸法操作丛考》的文章公之于众,后来又将古代灸法的成就做了一番全面梳理,于80年代初以《古代灸法考》为题连续发表于《中国针灸》杂志。当时我在文章中指出:“灸法在我国古代颇为盛行。由于它比针法更加安全而且容易掌握,几乎达到人人能够施灸治病的程度,因而积累了丰富的经验。但是,进入20世纪以来,我国医学界在应用和研究针灸学术当中,注意力比较集中于针法,而对灸法的发掘、应用和整理研究则很不够。”我写文章的目的是为了“引起我国医学界对于灸法的注意,并为临床应用和深入研究提供线索”。文章发表以后,引起了周楣声教授、魏稼教授等一些有识之士的共鸣,于是围绕热

F 序

证可灸问题的讨论,艾灸治疗流行性出血热、难治性肺结核等病症的观察,艾灸对机体免疫功能影响的研究等,相继开展,一时间显现出重振灸法的势头。然而可惜好景不长,90年代以后又逐渐归于沉寂。究其原因,是我们能够左右针灸研究动向的团体与机构缺乏有力地引导,以致有说服力的灸法现代科学研究论文与专著太少,在国内外针灸界难以起振聋发聩的作用。

正当我们为灸法的前途而忧心忡忡之际,我接触到了李观荣教授新近编著的《汉英对照临床灸学》。我与李观荣教授交往多年,对他埋头苦干、刻苦钻研的务实精神深表赞许。去年秋季,他假来京之机,向我详细介绍了对于烧灼灸法的研究经过,给我看了有关资料、照片以及编写本书的提纲、样稿。我听了看了以后,不胜欣喜,想不到我多年提倡的对烧灼灸法的研究竟由他付诸实行。《灵枢》云:“针所不为,灸之所宜。”所用的灸法都是烧灼灸法。不少古代文献也指出,对许多痼疾顽症,往往针刺不效而用烧灼灸法可收意想不到之功。烧灼灸法的功效是急缓兼备的,施灸时的强烈刺激能产生明显的即时效应,古人常常凭借这种效应抢救急症病人;施灸后的发泡、化脓、吸收过程能产生显著的后效应,尤其是免疫增强效应,有些医者正是凭借这种效应进行保健和医治久病体虚的病人。由此可见,烧灼灸法具有重大的临床应用价值与理论价值,应该引起科学研究工作者的重视,那种在现代针灸科学研究中置烧灼灸法于不顾的做法,显然有失于偏颇。现在李观荣教授以其多年对灸法的研究与应用所取得的成果,再一次证明了烧灼灸法的学术价值,搞清了许多前人未曾解决的问题,实在是难能可贵的。我相信,此书出版以后,必将引起国内外针灸界对灸法特别是烧灼灸法的兴趣,促进进一步地研究与应用,为灸法的重新振兴带来希望。故而不避赘言,略书原委,以向读者推荐。

冬青斋主人 王雪苔

2004年3月28日于中国中医研究院

Forward

Acupuncture and moxibustion are different from each other. Because they are both guided by the meridian doctrine and have the same acupoints, they are like the twins from the ancient time. From the point of view of difficulty and security of the twins, moxibustion is easier and safer than acupuncture. In ancient times only doctors could use acupuncture. However, everyone could use moxibustion to keep healthy and cure diseases, which explained why moxibustion was widely introduced to the general people for self-cure in medical books since the ancient time. It is thus clear that moxibustion was more popular than acupuncture.

Because of the good effects, burn moxibustion was applied widely in the ancient time. However, the patient often could not bear the pain. Therefore, thunder-fire moxi-stick and Taiyi moxi-stick appeared and later the moxibustion of moxa. There were many kinds of moxibustion, every one of which would take much time and need great effort, and there was always much smoke inside. So there is a tendency of despising moxibustion in today's acupuncture and moxibustion, and some foreign doctors who refuse to eat for fear of choking even use acupuncture only. If this tendency continues, moxibustion as an effective method would run the risk of being discarded. Realizing the severity since the 1960s, I wrote the book *Research of the Method of Ancient Moxibustion* immediately. And then I compiled the achievements of moxibustion, and published an article—*Research of the Ancient Moxibustion in the Moxibustion in China*. At that time, I advanced that moxibustion was so popular

F 序

that almost everyone could use it for curing diseases and because it is safe and easy to apply, an abundance of experience had also been accumulated. However, when we studied the acupuncture and moxibustion in the medical field since the 20 century, we still tended to give more attention to the acupuncture and less to the application and research of moxibustion. The very purpose that I wrote this article is to bring moxibustion to the attention of Chinese medicine field and to gain some experience for clinical practice and further research. When the article was published, Professor Meisheng Zhou, Professor Jia Wei and other famous doctors voiced the same opinion. So the discussions over whether the Heat Syndrome could be cured by moxibustion, how the epidemic hemorrhagic fever and the hard pulmonary tuberculosis were cured by moxibustion, and the research of the effect of moxibustion on the immunological function were brought forward one after another. In a short time, there appeared a tendency to brace up the moxibustion. But happy times did not last long; it became silent again after the 1990s. The reason, when we thought it over, was that we lacked guidance from facilities that could influence the trends of the research of moxibustion and there were also too few persuasive monographs and papers on research of moxibustion. Therefore there were few great effects.

Just when we worried about the future of moxibustion, I happened to know the book *Chinese-English Clinical Moxibustion* written by Professor Guanrong Li, When I know very well. I think highly of his spirit of hard working and intensive study. Last autumn he came to Beijing and we met each other. He introduced his study on burn moxibustion in detail to me, and gave some datum, photos and the outline and manuscript of this book. When I learned them, I felt so happy that he carried out the investigation, which I advocated many years ago. The *LinShu* said that where the acupuncture

was not proper, we might use the moxibustion. All the methods of moxibustion mentioned in this book were burn moxibustion. Many ancient literatures pointed out that when the acupuncture had no effect on the hard diseases, good effects could be obtained by burn moxibustion. Moxibustion has both the acute and chronic efficacy. The sharp stimulation could produce obvious effect immediately, by which the ancients often rescued the emergent patients. The blister, suppuration and the courses of absorption could produce obvious aftereffects, especially immunity's buildup, which was made use of by some doctors to cure the weak and keep healthy. We can see that burn moxibustion has important value of theory and clinical application. Therefore, people engaged in the scientific research should pay more attention to moxibustion. It is not appropriate to disregard moxibustion in modern research of acupuncture and moxibustion. After many years' study and application of moxibustion, Professor Li has proved the scientific values by the achievement he obtained and has clarified many problems which were not solved before, which is exceptionally commendable. The publication of this book will make people to pay more attention and interest on moxibustion, especially on burn moxibustion, and expedite the study and application of moxibustion, and bring the future to moxibustion for further development. This is the reason why I recommend this book to readers who are interested in moxibustion.

Host of Dong Qing Zhai Prof. Xue Tai Wang
Academy of Traditional Chinese Medicine of China
March 28th, 2004

针灸包括针术和灸术两部分。当前人们称之为“针灸”，多数是多针少灸，只针不灸，有重针轻灸之倾向。古人云“针之不达，灸之可也”。灸术可以弥补针术之不足，在治疗疑难病症方面有独到之处。如：当用一般治疗方法疗效不显时，改用灸术治疗，常可收到良好的效果。另外，在预防保健和美容方面对健康人也大有益处。在长期的临床实践中，我们积累了大量灸术资料。

灸者，久火也，灸术是火功（攻）来治病。当前灸术中，人们最敏感的问题是灸疮，我们从病理学角度进行了研究，发现灸疮的细胞病理变化与临床效应有着密切的联系。疮液中炎性细胞变化直接关系着疗效，灸疮中有少量炎性细胞者疗效显著，中等炎性细胞者疗效次之，大量炎性细胞者疗效差。本书部分材料，于1999年至2002年先后在成都中医药大学、四川省、成都市、重庆市等针灸学术会进行专题讨论，听众达4000人次，与会者对所讲的内容都感到新颖。2001年8月，李观荣教授被特邀参加了“纽约21世纪国际中医药论坛”会议，作了“药用灸条的临床应用与研究”的专题报告，2003年10月李教授再次受邀参加旧金山“北美第九届针灸大会”作了“灸术治疗疑难病”的专题讲座，获得了大会好评。

本书的特色是以临床为基础，以人们最敏感的灸疮为焦点，以治疗疑难病症为突破口，以现代医学指标作证据，用大量的临床资料（图片、生化指标、病理检查）将灸术作了系统论述。本书打破常规体例，以临床的真实性为准，将灸疮分为两类十型，并对灸术的机制进行了研究，发现施灸后血液中的红

P 前言

Preface

细胞有新生的现象,即周围血液中有“泪滴样红细胞”出现,表明灸术对红细胞的新生有直接作用,并发现淋巴细胞及其绝对值有明显变化,这进一步提示了灸术对免疫功能有良好的调整作用。随着医疗改革的深入,医患关系的变化,我们还专为临床医生设计了“施灸同意书”,为针灸医生加强法制观念及医疗取证增添了一个新内容。所以很多同道希望我们尽快将灸术专著出版。由此,我们经补充、修改、充实、完善,并征求国内外专家学者意见,完成了本书。

本书共分四篇,第一篇灸术,介绍了灸术的概况、现状、分类、材料、方法操作、灸术机制、典型病例等。第二篇灸术所应用的经络和穴位。第三篇常见病的灸疗。第四篇图片。

本书可供针灸医生、中医院校学生、留学生及针灸爱好者使用。但是由于时间仓促,书中错误难免,若有不当之处,敬请读者批评指正,提出宝贵意见。

编 者
2004 年 3 月