

AN ENGLISH-CHINESE GUIDE TO  
CLINICAL TREATMENT OF COMMON DISEASES

(英汉对照) 常见病临证要览

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# 高血压病的中医特色疗法

**Typical TCM Therapy for Primary Hypertension**

Compiled by Sa Ronggui Li Qiyi

Translated by Huang Yuezhong Hu Kewu Wei Min Qin Baichang

洒荣桂 李七一 编 著

黄月中 胡克武 魏敏 覃百长 翻 译



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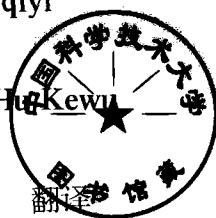
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# 《(英汉对照)常见病临证要览》

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## Foreword

Traditional Chinese Medicine (TCM), a great treasure of world medical science, has the history of thousands of years. It has obtained remarkable attraction and reputation in the global medical society with its new image of “nature, security, and effectiveness”. More and more people over the world accept the TCM. It is our unshirkable duty, as the descendents of the Chinese doctors, to make TCM in progress so as to benefit the health of human beings.

We compiled the series of “An English-Chinese Guide to Clinical Treatment of Common Diseases” in order to assist foreign students to have a better study of clinical knowledge of TCM. The series also meet the need of Chinese doctors when they spread TCM for foreign practitioners. The series are scientifically-organized reference books which could generally reflect the updated development of clinic in TCM.

The series were written and compiled by medical professionals and English experts from 7 TCM universities or colleges including Nanjing University of TCM,

Shanghai University of TCM, Guangzhou University of TCM, etc. . The faculty from Nanjing University of TCM compiled the Chinese part. Shanghai University of TCM with other colleges and universities were responsible for the translation. The proposal was drafted in 1998. After 5-year continuous adaptation, the whole series were finally completed in 2003.

The first series include ten books. They cover ten commonly-encountered diseases of viral hepatitis, primary glomerulonephritis, chronic gastritis, lung cancer, bronchial asthma, diabetes, primary hypertension, rheumatoid arthritis, cervical spondylosis, and cholelithiasis and their special treatment in traditional Chinese medicine. Each book consists of three parts. Part one discusses the major points in diagnosis and pathogenesis and pathology of the disease. Part two focuses on the typical therapy in TCM. It covers internal therapy, external therapy, acupuncture and moxibustion, Tuina (Chinese massage), physiotherapy, dietetic therapy, mental therapy, and regimen. Part three illustrates the academic experience of 3-4 celebrated doctors and the effective cases that they treated.

Wu Mianhua, Wang Yue, Huang Guicheng, Wang Xu and over ten professionals from Nanjing University of TCM have made great contribution. Ding Nianqing,

Huang Guoqi, Zheng Linyun from Shanghai University of TCM, Tao Jinwen from Nanjing University of TCM, Huang Yuezhong from Guangzhou University of TCM, Tian Kaiyu from Henan College of TCM, Le Yimin from Jiangxi College of TCM, Cheng Zhaozhi from Hubei College of TCM, and Tang Guoshun from Shanghai Information Institute of TCM have finished the translation through their diligent work. Professor Ou Ming from Guangzhou University of TCM, Professor Li Zhaoguo from Shanghai University of TCM and Professor Zhu Zhongbao from Henan College of TCM spent their valuable time on the proofreading and adaptation. Acknowledgement is also given to the leaders and editors from Shanghai University of TCM Press for their great support in publishing the series.

All the diseases selected in the series are frequently encountered in the clinic. The description is brief and to the point. The translation is accurate and standard. But it is not easy to precisely translate the theoretical and clinic terminology of TCM into English. Although all the members have made their great efforts, the limitation of the knowledge and different style in composition and translation will still leave the errors and mistakes. Comments and suggestions from colleagues at home and abroad are really appreciated, so that we will make improvement in



the revised edition in future.

Xie Jianqun

Shanghai University of Traditional Chinese Medicine

December, 2003

## 序 言

数千年中华文化历史积淀铸就的中国医药学是世界医学的瑰宝,今天她正以“绿色”、“安全”、“有效”的崭新面貌,赢得了国际医学界的赞誉,也日益为世界上越来越多的国家和人民所接受。将中国传统医学进一步发扬光大,使之造福于全人类的健康,这是我辈岐黄传人义不容辞的职责。

为了使海外留学生能更好地学习中医的临床技能,也为了适应中国临床医师对外传播中医药学的需要,我们组织编写了这套《(英汉对照)常见病临证要览》,旨在提供一套科学规范、能全面反映中医临床诊疗实践与发展的对外交流的教学参考丛书。

本书由南京中医药大学、上海中医药大学、广州中医药大学等7所中医院校有关临床专家和英语教授合作编撰。其中,南京中医药大学负责中医临床等方面内容的编审,上海中医药大学汇合其他各院校负责英语编译。全书的编写大纲草拟于1998年,期间历经反复斟酌、修改,历时五载,终于2003年底基本定稿,可以与中医界同仁和广大读者见面了。

本丛书首先推出10册,每册分上、中、下三篇,分别介绍病毒性肝炎、原发性肾小球肾炎、慢性胃炎、肺癌、支气管哮喘、糖尿病、高血压病、类风湿关节炎、颈椎病及胆石症等

临床常见病的中医特色疗法。上篇为总论,概述各病种的诊断要点、病因病机;中篇专论中医对该病症的临床特色疗法,包括内治、外治、针灸、推拿、体疗、食疗、情志疗法、摄生调护等;下篇介绍了3~4位著名老中医的学术经验与医案。

南京中医药大学的吴勉华、汪悦、黄桂成、王旭等10多位专家为本书中文稿的编审付出了很多心血,上海中医药大学的丁年青、黄国琪、郑林赞,南京中医药大学的陶锦文,广州中医药大学的黄月中,河南中医学院的田开宇,江西中医学院的乐毅敏,湖北中医学院的成肇智,以及上海中医药情报研究所的唐国顺等专家为本书的译文尽心尽力;广州中医药大学欧明教授、上海中医药大学李照国教授、河南中医学院朱忠宝教授也为本书译文的润色修饰耗费了很多宝贵的时间,上海中医药大学出版社领导和编辑部的同志们为本书的出版倾注热情,大力支持,在此谨致深深的谢意。

在编写过程中,作者力求做到所选病种常见、多发,文字简明扼要,译文准确规范。然而,要把中医理论及其临床术语翻译为英语,并能准确表述其内涵,难度可想而知。尽管我们作了极大努力,囿于作者的学识,再加上撰写者行文风格的差异,粗疏之处在所难免,诚望海内外同道不吝指教,以便在今后修订时能进一步得以提高和改进。

谢建群

2003年12月

于上海中医药大学

## Preface

Primary hypertension is a kind of cardiovascular disease seriously threatening people's health. For a long period of time, rich experience has been acquired in the prevention and treatment of primary hypertension in traditional Chinese medicine (TCM). During the last 20 years, with the adoption of modern research, there has been a deeper understanding of primary hypertension and there appear more effective treatments for primary hypertension in TCM. This is actually a collection of distinctive TCM therapies, which may contribute to the prevention, treatment and control of primary hypertension.

There are three parts in this book, which, from the viewpoint of TCM, discusses primary hypertension in great detail in various aspects, including etiology, pathogenesis, syndrome differentiation, treatment and prescription, simple prescription and experiential prescription, Chinese patent medicine, as well as application method, fumigation and washing therapy, medicinal pillow, acupuncture and moxibustion, massage, dietotherapy and life-cultivation therapy. In addition, the book in-

troduces some famous senior practitioners' unique understanding of primary hypertension, their personal experience and effective treatments, rich in content and useful in clinical practice.

If readers should come across any mistakes and shortcomings of the book, they are cordially invited to point them out.

Sa Ronggui Li qiyi

December 2003

## 前 言

高血压病是一种严重危害人类身体健康的心血管疾病。中医防治该病历史悠久,积累了丰富的经验。近 20 年来,由于融会、结合现代医学科学的研究成果,使中医对高血压病的认识更加深入、治法不断扩充、疗效逐渐提高。本书力图总结这些成就,突出中医特色优势,以期对高血压病的防治作出一点贡献。

全书共分上、中、下三篇,对高血压病的中医病因病机、辨证分型、治法方药、单方验方、中成药,以及敷贴法、薰洗法、药枕、针灸、推拿,乃至食疗、摄生调护,均作了详细的论述与介绍。本书还收集了部分名老中医对本病独特的认识、体会和治法,内容丰富,实用性强。

由于编者水平有限,书中有不足之处,尚祈读者指正。

酒荣桂 李七一

2003 年 12 月

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