

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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病毒性肝炎的中医特色疗法

Typical TCM Therapy for Viral Hepatitis

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薛博瑜 顾学兰 徐小燕 编 著

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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

Viral hepatitis is one of the infectious diseases caused by various hepatitis viruses, which can be mainly divided into Type A, Type B, Type C, Type D, Type E and Type G. The seventh type of hepatitis viruses (TT Virus) has also been discovered now. Viral hepatitis is characterized by high infectivity, multiple routes of infection, widely epidemic range, high morbidity and prolonged course. Clinically, the major symptoms are poor appetite, nausea and vomiting, hepatosplenomegaly as well as hepatic damage. Among the various types of hepatitis, Type B, Type C and Type D are easier to develop into chronic hepatitis, even into carcinomatosis in severe cases. A few patients may experience a severe episode of the syndrome during the course of the disease.

Viral Hepatitis affects people's daily life seriously. How to prevent the disease has become one of the hot issues in the medical field. There have not been any reports in the history of Traditional Chinese Medicine (TCM), which directly mentioned the name of the virus hepatitis. However, there are descriptions in TCM about

pathogeny, manifestations, regulations of diagnosis and treatments, prescriptions and herbs for each related symptom of Viral Hepatitis, and TCM has provided valuable clinical experience for subsequent generations of medical experts. The book gives a brief description of every type of hepatitis based on the characteristics of TCM treatments for viral hepatitis, including internal therapy, external therapy, acupuncture, massage, physical training and psychotherapy. The book also analyses the common manifestations and complications of the disease based on differential diagnosis in TCM.

Xue Boyu Gu Xuelan
December, 2003

前 言

病毒性肝炎是由多种肝炎病毒引起的传染性疾病。主要分为甲、乙、丙、丁、戊和庚等类型,现在还发现第七种肝炎病毒——TT病毒。病毒性肝炎具有传染性强、传染途径复杂、流行面广泛、发病率高、病程迁延长等特点。临床上主要表现为食欲减退,恶心呕吐,肝脾肿大及肝功能损害等。各型肝炎中以乙、丙和丁型肝炎较易转为慢性化,甚则癌变。病变过程中少数患者可呈重症经过。

病毒性肝炎严重影响着人类的生活,如何防治是当前医药界关注的议题。中医学虽无病毒性肝炎这一病名的记载,但对其发病机理、临床表现及诊治规律、方药等均有较为详尽的论述,给后世医家提供了较有价值的临床施治依据。本书主要从中医治疗病毒性肝炎的特色疗法出发,分别从内治、外治、针灸、推拿、体育和情志疗法等方面,对各型肝炎的治法作一简要介绍。并对肝病患者常见的主要症状和并发症从辨证论治角度作一分析。

薛博瑜 顾学兰

2003年12月

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