

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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# 类风湿关节炎的中医特色疗法

**Typical TCM Therapy for Rheumatoid Arthritis**

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吴承玉 沈卫星 编 著

陶锦文 翻 译



SHANGHAI UNIVERSITY OF TRADITIONAL  
CHINESE MEDICINE PRESS

上海中医药大学出版社

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**Chinese Medicine Press**

**上海中医药大学出版社**

## 图书在版编目(CIP)数据

类风湿关节炎的中医特色疗法 / 吴承玉, 沈卫星编著;  
陶锦文译. —上海: 上海中医药大学出版社, 2004.

((英汉对照)常见病临证要览)

ISBN 7-81010-790-9

I. 类... II. ①吴... ②沈... ③陶... III. 类风湿  
性关节炎—中医治疗法—英、汉 IV. R259.932.1

中国版本图书馆 CIP 数据核字(2004)第 042203 号

## 类风湿关节炎的中医特色疗法

吴承玉 沈卫星 编著

上海中医药大学出版社出版发行

<http://www.tcmonline.com.cn>

(上海浦东新区蔡伦路 1200 号)

邮政编码 201203)

新华书店上海发行所经销 南京展望文化发展有限公司排版 上海市印刷七厂一分厂印刷

开本 850mm × 1168mm 1/32 印张 10.125 字数 203 千字 印数 1—3 100 册

版次 2004 年 9 月第 1 版

印次 2004 年 9 月第 1 次印刷

ISBN 7-81010-790-9/R·752

定价 25.00 元

(本书如有印刷、装订问题, 请寄回本社出版科, 或电话 021-51322545 联系)

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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,也是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

Rheumatoid arthritis is a general disease characterized by noninfectious inflammation of joints and their peripheral tissues. Its attack and remission occur intermittently, greatly consuming the human body. The disabled rate is high, seriously affecting the health and life quality of the people. At present, Chinese medicine has achieved remarkable result in the study and treatment of this disease. This book is focused on summation of distinctive effective therapeutic methods of the physicians and folks in different times to be taken as the reference for clinical workers. It is also useful for the patients in their health preservation.

The book consists of three parts. Part one mainly includes general introduction with key points for diagnosis and understanding of this disease in terms of Chinese medicine. It may help the readers have a brief understanding to rheumatoid arthritis. Part two introduces the special therapeutic methods in details for the treatment of rheumatoid arthritis with essentials. The disease can be divided into active and stable stages. During the active stage, it can be differentiated into Bi-syndrome due to wind, damp and cold and Bi-syndrome due to wind, damp

and heat; During the stable stage, it can be differentiated into obstruction of channels due to stagnation of phlegm and blood stasis, weakness of the liver and kidney and deficiency of qi and blood, deficiency of yin with heat in the interior, deficiency of kidney yang and deficiency of both yin and yang, etc. Treatment of each type includes seven therapies: internal treatment, external treatment, acupuncture, tuina, dietotherapy, physical therapy and apitherapy. Some of them are both therapeutic and health preservative, and are easy to practise with good results. Part three has collected the point views, special experiences of treatment and case histories of Jiao Shude, Zhou Zhongying and Zhang Qi, the three contemporary prominent doctors who are experts in treatment of Bi syndrome. The book is distinctive with conciseness, originality, simplicity and good effect.

The distinctive therapeutic methods for rheumatoid arthritis have very substantial content. As the result of limited level of the compiler, it is difficult to cover all the distinctive therapies and avoid mistakes. Any instructions from the readers and friends are all welcome.

Wu Chengyu Shen Weixing

December, 2003

Nanjing University of

Traditional Chinese Medicine

## 前 言

类风湿关节炎是一种以关节和关节周围组织的非感染性炎症为主的全身性疾病,本病发作与缓解交替,对人体消耗大,致残率高,严重影响人们的身体健康和生活质量。目前,中医中药对本病的研究与治疗已取得了显著成就。本书重在总结历代医家及民间有效的特色疗法与近代治痹名家治疗类风湿关节炎的独特经验,以供广大医务工作者临床参考,同时也适用于广大类风湿关节炎患者的自我摄生保健。

本书分为上篇、中篇、下篇三大部分。上篇为总论,主要由概述、诊断要点以及中医学对本病的认识等组成,以使读者对类风湿关节炎有一个简要的了解。中篇详细而有重点地介绍类风湿关节炎的特色疗法,根据该病发作期与稳定期两个阶段,发作期分风寒湿痹;风湿热痹证型。稳定期分为痰瘀互结,经脉痹阻;肝肾同病,气血两损证型以及阴虚内热、肾阳虚、阴阳两虚等证型。各期分为内疗法、外疗法、针灸疗法、推拿疗法、饮食疗法、体育疗法、坎离砂疗法、蜂毒疗法、药棒疗法等9种特色疗法,其中有的疗法既能起到治疗作用,又能起到摄生调养作用,且具有简便易行、效果良好的优点。下篇介绍了当代名医焦树德、周仲瑛、张琪等三位治痹专家的独到见解、独特的治疗经验及有

效验案。本书的特点为精、新、易、效,对广大医务人员、科研工作者以及广大患者有一定的参考价值。

类风湿关节炎的特色疗法,内容十分丰富。由于编者水平有限,对各种特色疗法难概其全,且谬误之处在所难免,祈望广大读者朋友不吝赐教。

吴承玉 沈卫星

2003年12月于南京中医药大学

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