

AN ENGLISH-CHINESE GUIDE TO
CLINICAL TREATMENT OF COMMON DISEASES

(英汉对照) 常见病临证要览

Compilers-in-Chief Wu Mianhua Wang Yue

Translator-in-Chief Xie Jianqun

主编 吴勉华 汪悦 主译 谢建群

胆石症的中医特色疗法

Typical TCM Therapy for Cholelithiasis

Compiled by Zheng Yaoping Wang Xu Yang Zhijun

Translated by Tian Kaiyu Zhu Yuqin Zhou Yu

郑耀坪 王旭 杨智军 编 著

田开宇 朱玉琴 周愉 翻 译



SHANGHAI UNIVERSITY OF TRADITIONAL
CHINESE MEDICINE PRESS

上海中医药大学出版社

An English-Chinese Guide to Clinical Treatment of Common Diseases
(英汉对照)常见病临证要览

Typical TCM Therapy for Cholelithiasis
胆石症的中医特色疗法

Compiled by Zheng Yaoping Wang Xu Yang Zhijun

郑耀坪 王 旭 杨智军 编著

Translated by Tian Kaiyu Zhu Yuqin Zhou Yu

田开宇 朱玉琴 周 愉 翻译

Examined by Zhu Zhongbao

朱忠宝 英文审阅

Shanghai University of
Traditional Chinese Medicine Press
上海中医药大学出版社

图书在版编目(CIP)数据

胆石症的中医特色疗法 / 郑耀坪, 王旭, 杨智军编著; 田开宇, 朱玉琴, 周愉译. — 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 7-81010-794-1

I . 胆 ... II . ①郑 ... ②王 ... ③杨 ... III . 胆道疾病—结石 (病理)—中医治疗法—英、汉
IV. R259.756

中国版本图书馆 CIP 数据核字 (2004) 第 045090 号

胆石症的中医特色疗法

郑耀坪 王旭 杨智军 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 6.375 字数 128 千字 印数 1—3100 册

版次 2004 年 9 月第 1 版

印次 2004 年 9 月第 1 次印刷

ISBN 7-81010-794-1/R · 756

定价: 17.00 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)

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

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

前 言

胆石症是临床常见病、多发病之一,在中年女性中发病率高达 20%~30%。中医治疗胆石症有悠久的历史,已积累了丰富的经验。特别是近十多年来,随着中医学的发展,使中医对胆石症的认识更加深入,治法不断扩充,疗效显著提高,为众多患者消除了病痛,免除了手术之苦,越来越受到人们的欢迎。为了弘扬中医药治疗本病的特色疗法,我们根据多年来运用中医药治疗本病的临床经验,并汇集有关文献资料,编撰而成。

全书共分上、中、下三篇。上篇着重介绍胆石症的概念、临床特征、诊断要点和中医学对本病病因病机的认识;中篇较详实地介绍胆石症的辨证治疗、单方验方、中成药、外治疗法、针灸疗法、推拿疗法、体育疗法、情志疗法、饮食疗法、摄生调护等中医特色;下篇介绍名老中医对该病的独特见解、诊治经验及临床验案。

本书内容丰富,简明实用,通俗易懂,是一部防治胆石症的临床参考书,充分体现了中医治疗胆石症的特色,可供中西医临床医师参阅。

由于时间仓促,编者水平有限,书中难免疏漏、不足之

前 言

处,诚望广大读者不吝指教。

郑耀珏 王 旭

2003年12月

Preface

Cholelithiasis is one of the common and frequent diseases and its incidence reaches as high as 20%–30% in middle-aged women. Traditional Chinese Medicine (TCM) has a long history in treating cholelithiasis and has accumulated rich experience. With the development of TCM, especially in recent ten or more years, TCM has got a deeper understanding of cholelithiasis, and therapeutic methods have been enriched and curative effects have been significantly raised. It has removed many patients' sufferings and avoided pains of operations. Thus it is increasingly accepted by patients. In order to disseminate the specific therapies of TCM, we have compiled this book on the basis of many years' clinical experience of TCM treating for cholelithiasis and the documents concerned.

The whole book is divided into three parts: Part One, Part Two and Part Three. Part One introduces the conception of cholelithiasis, clinical features, diagnostic essentials, and TCM understanding of etiology and pathogenesis. Part Two gives the detailed introductions to

treatment based on syndrome differentiation, simple recipe and proved recipe, Chinese patent medicines, external therapy, acupuncture and moxibustion therapy, Tuina therapy, physical exercise therapy, psychotherapy, dietetic therapy, nursing and regimens. And Part Three deals with original views on this disease, diagnostic and therapeutic experience as well as the case reports of the famous senior TCM doctors.

This book is rich in content, concise in language, practical and easy to understand. It embodies the characteristics of TCM in the treatment of cholelithiasis and can be used as a reference book for prevention and treatment of cholelithiasis by both Western and TCM doctors.

Because of the limited time and authors' capabilities, it is inevitable to be somewhat improper in the book. Therefore, the valuable suggestions and advice from the readers will be appreciated

Zheng Yaoping Wang Xu
December, 2003

Contents

Part One General Introduction

Chapter One	Introduction	2
Chapter Two	Diagnostic Essentials	6
Section one	Clinical manifestations	6
1. Abdominal pain	6
2. Gastrointestinal symptoms	12
3. Fever and chills	12
4. Jaundice	14
5. Physical signs	14
Section two	Physio-chemical examinations	16
1. B-ultrasonic examination	16
2. X-ray examination	18
3. Computerized tomography(CT) scan	20
4. Nuclein scanning	20
5. Duodenal biliary drainage	20
6. Laboratory tests	20
Section three	Differential diagnosis	24
1. Esophageal hiatus hernia	26
2. Peptic ulcer	26

3. Angina pectoris	28
4. Pancreatitis	28
5. Biliary ascariasis	30
6. Primary carcinoma of gallbladder	30
Chapter Three TCM Understanding of Cholelithiasis	32

Part Two Typical Therapy

Chapter One Treatment of Cholelithiasis at the Acute Stage	44
Section one Internal therapy	44
1. Treatment according to syndrome differentiation	44
2. Chinese patent medicines	56
3. Simple and empirical recipes	64
Section two External therapy	68
1. Application therapy	68
2. Enteroclysis therapy	70
Section three Acupuncture and moxibustion therapy	72
1. Body acupuncture	72
2. Moxibustion	74
3. Auricular acupuncture with body acupuncture	74
4. Auricular-seed-pressing therapy	76

5. DJS-I Auricular Pressing Apparatus	78
6. Electrical impulse stimulation on auricular and body acupoints	78
7. Auricular electro-acupuncture	80
8. Magnetic bead therapy	82
9. Acupoint-injection therapy	82
10. Complex therapy of retroauricular blood- letting therapy	82
11. Catgut-embedding therapy	84
Section four Tuina therapy	86
1. Pressing and kneading manipulation	86
2. Digital-pressing manipulation on acupoints of chest	86
3. Apparatus of pushing-pressing-activating meridians	86
Section five Psychotherapy	90
Section six Dietetic therapy	92
Chapter Two Treatment in Remission Stage	94
Section One Internal therapy	94
1. Treatment according to syndrome differentiation	94
2. Chinese patent medicines	100
3. Simple and empirical recipes	106
Section two External therapy	110
1. Application therapy	110

2. Application on acupoints	112
Section three Acupuncture and moxibustion therapy	114
1. Body acupuncture	114
2. Auricular acupuncture	116
3. Auricular-seed-pressing therapy	116
4. Complex therapy of pressing-puncturing auricular points	120
5. Dermal needling therapy	120
6. Catgut-embedding therapy	120
Section four Tuina therapy	122
Section five Physical exercise therapy	124
Section six Psychotherapy	124
Section seven Dietetic therapy	124
Chapter Three Regimen for Cholelithiasis	128
Section one Importance of proper diet	128
1. Regular breakfast	128
2. Less intake of animal fat and high- cholesterol foods	130
3. Light diet	130
4. Temperate diet without indulgent preference to certain foods	132
Section two Spiritual healthcare and desirous control	136
Section three Stabilizing mind and cooperative	