

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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肺癌的中医特色疗法

Typical TCM Therapy for Lung Cancer

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吴勉华 周学平 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,

Typical TCM Therapy for Lung Cancer

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

Primary bronchial lung cancer, known as lung cancer for short, is a commonly encountered malignant lung tumor. As the society develops, the spectrum of diseases has gradually changed due to such factors like industrialization and environmental pollution. As a result, the incidence and mortality of malignant tumors have ranked first. In recent decades, the incidence and mortality of lung cancer in all countries have increased rapidly, especially in the developed countries. In America, Britain, Germany and Finland for example, lung cancer ranks first in the deaths from cancer among the male. Similar phenomenon has also appeared in some industrialized cities and mine areas in China. The mortality of lung cancer is quite high. Though various therapies have been tried, just about 10 percent of the patients on the average can survive for 5 years. The age of the patients tends to be younger. This tendency has drawn attention from the medical fields and becomes a project studied by the medical fields. Therefore the treatment and prevention of lung cancer seems emergent and important.

Lung cancer pertains to the concept of “lung stagnation” in TCM. TCM has accumulated rich clinical experience in the prevention, diagnosis and treatment of this disease. In recent decades, certain curative effect has been obtained in the treatment of this disease based on the differentiation of syndromes by means of TCM and integrated traditional Chinese and Western medicine. Such a treatment can alleviate suffering of the patients, prolong life and, in some cases, even clinically cure the patients. This treatment not only can partially eliminate and reduce tumor, but also can reduce the post-operational prolapse and metastasis as well as the side effects of chemical therapy. In view of these facts, we have compiled this book based on the materials extensively collected and personal clinical experience.

Detailed explanation is made in this book about the treatment based on syndrome differentiation for lung cancer and other unique therapeutic methods in TCM. The content is concise in description and easy to understand. It can serve as a handbook for doctors in clinical practice.

Wu Mianhua and Zhou Xueping
December 2003

前 言

原发性支气管肺癌(简称肺癌),是最常见的肺部恶性肿瘤。随着社会的发展,由于工业化、环境污染等因素,人类的疾病谱也发生了变化,恶性肿瘤的患病率和病死率已排在前列。近几十年来,各国肺癌的发病率与病死率都在急剧上升,工业发达的国家上升更为明显,如美、英、德、芬兰等国,肺癌已居男性癌症死亡的首位,我国某些工业城市和矿区也有类似现象。本病病死率极高,虽经各种治疗,平均5年生存率只有10%左右,且患病年龄有年轻化趋势,已引起医学界的共同关注,成为当今世界医学领域研究攻关的课题。因而对肺癌的防治显得十分迫切和重要。

肺癌属中医学“肺积”范畴。中医学对该病的预防、诊断和治疗都积累了较丰富的临床经验,近几十年来,采用中医和中西医结合的方法进行辨证治疗,取得了一定的成效,既能减轻患者痛苦,延长其寿命,有些还可达到临床治愈。上述疗法,不仅能使部分瘤体消失和缩小,还可减少术后患者肿瘤的复发和转移,减轻放化疗的副作用。有鉴于此,我们在广泛收集文献资料的同时,结合临床实践一鳞半爪之心得,编写成此书。

本书较详细地叙述了肺癌的辨证施治及其他各种中医

特色疗法,简明实用,通俗易懂,可作为临床医师的参考书籍。

吴勉华 周学平

2003年12月

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Typical TCM Therapy for Primary Glomerulonephritis

Typical TCM Therapy for Chronic Gastritis

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Typical TCM Therapy for Bronchial Asthma

Typical TCM Therapy for Diabetes

Typical TCM Therapy for Primary Hypertension

Typical TCM Therapy for Rheumatoid Arthritis

Typical TCM Therapy for Cervical Spondylosis

Typical TCM Therapy for Cholelithiasis

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原发性肾小球肾炎的中医特色疗法

慢性胃炎的中医特色疗法

肺癌的中医特色疗法

支气管哮喘的中医特色疗法

糖尿病的中医特色疗法

高血压病的中医特色疗法

类风湿关节炎的中医特色疗法

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