

English-Chinese Conversation
of Traditional Chinese Medicine

英汉对照 中医英语会话

王文秀 贾轶群 王 颖 编著



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前 言

中医学对中华民族的繁荣昌盛作出了巨大的贡献,是我国医学文化的重要组成部分。目前,随着人类疾病病谱的变化、健康观念的转变及医疗模式的优化,传统中国医学受到世界各国越来越多的关注。许多外国留学生到中国来学习中医,许多中国医师到世界各国传授中医,治疗疾病。这给中医学对外交流提供了许多机会。为使交流更加顺畅,我们编写了这本英汉对照中医英语会话读本。

本书以英汉对照的形式,对四十余例中医常见病症的概念、病史、症状、诊断、服药、预后、生活宜忌等方面的表述方法进行了介绍,并自然地导出了一些典型的中药和针灸处方。读本行文力求做到:述说准确、简明扼要、通俗易懂,易于举一反三。以便读者在使用本书过程中找到一条执简驭繁的学习捷径。

希望本书能对中医师、中医学生、学习中医的外国学生,以及广大从事中医国际化工作的人员有所帮助。

在本书的编写过程中,长期从事留学生中医方剂学教学工作的资深教授郭力生先生提出了许多中肯的建议;具有多年在英国从事中医诊疗工作经历的永平、天依先生提

供了数十例典型病案记录。这都为本书的成功付梓打下了坚实的基础。在此一并表示诚挚的感谢！

现有中文和英文的有关中医的辞书是笔者编写本书的重要参考资料，各位编者的严谨学风也是我们学习的榜样。本书试求博采众家之长，益新其效。但因水平所限，错漏之处实难杜绝，敬请读者和各位同仁批评指正。

王文秀

2014年10月

于承德医学院

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1. Common Cold

感 冒

Doctor: What seems to be the problem?

医生：有什么问题吗？

Patient: I think I have a cold.

病人：我想我感冒了。

Doctor: How long have you been sick?

医生：您病了多久？

Patient: For two days.

病人：两天了。

Doctor: What symptoms do you have?

医生：您有些什么症状？

Patient: I have a runny nose and I ache all over.

病人：流鼻涕，全身痛。

Doctor: Do you have a fever?

医生：您发烧吗？

Patient: Yes. It was 37.9°C last night... I haven't taken it since then.

病人：昨天晚上测了，是 37.9°C，后来再没测过。

Doctor: Let's just see what it is now.

医生：现在咱们测一下。

(The doctor takes the patient's temperature.)

(医生测病人的体温。)

Patient: Is it high?

病人： 我的体温高吗？

Doctor: Yes, it's pretty high... it's 39.4°C, Have you been exposed to the cold lately?

医生： 体温很高，39.4°C，你受凉了吗？

Patient: Yes. The other day on my way home from shopping, I got caught in the rain. I didn't have an umbrella, so I got drenched. When I got back home I started sneezing.

病人： 是的，前两天去上街，回来时天突然下起大雨，因没带雨伞，浑身都淋湿了，回到家里，就开始打喷嚏。

Doctor: Do you mind cold?

医生： 怕冷吗？

Patient: I hate it! I was shivering. When I got up the next day, my nose was all blocked up... you know, stuffy, and running.

病人： 是的，冷得发抖。第二天早上起床后，鼻子就塞住了，还流鼻涕。

Doctor: What did the phlegm from your nose look like?

医生： 流什么样的鼻涕？

Patient: Oh, just watery.

病人： 流清鼻涕。

Doctor: Is it still the same today?

医生： 今天还流清鼻涕吗？

Patient: Yes, and I've also got a cough now.

病人： 是的，而且还有点咳嗽。

Doctor: Is there any phlegm with the cough?

医生： 咳嗽时有痰吗？

Patient: Yes, but not too much.

病人： 有，但不很多。

Doctor: What colour is it?

医生： 是什么颜色？

Patient: It's white and watery.

病人： 白稀痰。

Doctor: Is it easy to cough up?

医生： 容易咳出来吗？

Patient: Yes, it seems quite loose.

病人： 容易咳出来。

Doctor: Are you sweating at all?

医生： 出汗了没有？

Patient: Well, at first I wasn't sweating at all, but it started after I took some medication for the fever.

病人： 开始没有汗出，后来吃了退热片才出了汗。

Doctor: Are you thirsty?

医生： 口渴吗？

Patient: No, not really, but my throat's a bit sore and itchy.

病人： 不口渴，但喉咙有点痒，又有点痛。

Doctor: Could you just open your mouth for me and let me have a look? Say "ahhh..."

医生： 请张开嘴让我看一下，说“啊……”

Patient: “Ahhh...”

病人: “啊……”

Doctor: OK, that's fine. Now... do you feel cold and chilly today?

医生: 好了, 今天还怕冷吗?

Patient: Yes, a little.

病人: 稍微有点怕冷。

Doctor: Is there anything else going on?

医生: 还有别的不舒服吗?

Patient: Yes, I've got aches and pains all over and I've got no energy.

病人: 感到浑身酸痛, 没有力气。

Doctor: I'd like to have a look at your tongue. Could you stick your tongue out for me please? Mmmm... well, that's good. There's only a thin white tongue coating. Right, now I'd like to take your pulse. Just put your hand here... like this.

(After about one minute)

Your pulse is floating and tight.

(The doctor thinks for a while.)

You have what we call in TCM a wind-cold invasion. I'll write you a prescription for some Chinese herbs. You'll be back to normal soon.

医生: 让我看看你的舌头。请把舌头伸出来。唔……好了。你的舌苔是薄白苔。现在我来给你诊脉, 请伸出一只手来, 像这样。

(约一分钟后)

你的脉浮紧。

(医生考虑了一会儿。)

从中医角度看，你患的是风寒感冒。我给你开点中药，很快就会好的。

Patient: Oh, that's good. I wanted to have some Chinese herbs... that's why I came here.

病人：好，我也想要吃点中药，所以才来看中医的。

[The doctor writes the following prescription: *Herba Ephedrae* (Ma Huang) 5g, *Ramulus Cinnamomi* (Gui Zhi) 5g, *Herba Schizonepetae* (Jing Jie) 9g, *Radix Ledebouriellae* (Fang Feng) 9g, *Rhizoma seu Radix Notopterygii* (Qiang Huo) 9g, *Rhizoma Angelicae Pubescentis* (Du Huo) 9g, *Radix Platycodi* (Jie Geng) 9g, *Semen Armeniacae Amarum* (Ku Xing Ren) 9g, *Radix Asteris* (Zi Wan) 9g, *Radix Peucedani* (Qian Hu) 9g, *Herba Mentae* (Bo He) 3g, *Radix Glycyrrhizae* (Gan Cao) 4g.]

(医生在处方笺上写着：麻黄 5g，桂枝 5g，荆芥 9g，防风 9g，羌活 9g，独活 9g，桔梗 9g，苦杏仁 9g，紫菀 9g，前胡 9g，薄荷 3g，甘草 4g)

Doctor: I'm going to give you three bags of herbs. Take one lot each day. But remember, you decoct each bag twice, so you have them twice a day. Is that clear?

医生：我给你开三剂药，每天一剂，记住，每剂药煎两次，所以每天服两次。明白了吗？

Patient: Yes, that's fine.

病人： 好，明白了。

Doctor: Also, be sure you get plenty of rest and drink lots of water. I'll just go and make up your herbs for you.

医生： 还有，要注意休息，多喝开水。我去给你配药去。

Patient: Thank you.

病人： 谢谢。

2. Dyspnea

喘 促

Patient: I can't stop coughing, doctor.

病人：大夫，我止不住地咳嗽。

Doctor: When did the cough begin?

医生：什么时候开始咳嗽的？

Patient: It started a week ago, but it has been getting worse since yesterday.

病人：一个星期前开始的，但是从昨天起加重了。

Doctor: Do you cough up any phlegm?

医生：咳嗽时有痰吗？

Patient: Yes.

病人：有。

Doctor: What color is it?

医生：是什么颜色的？

Patient: Yellow.

病人：是黄色的。

Doctor: Do you have a fever?

医生：您发烧吗？

Patient: Yes, I feel feverish.

病人：是的，我觉得发烧。

Doctor: Have you felt shivery?

医生: 发冷吗?

Patient: Yes, sometimes.

病人: 是的, 有时候发冷。

Doctor: Do you smoke?

医生: 您吸烟吗?

Patient: Yes, I do. I'm a heavy smoker.

病人: 是的, 我吸得很多。

Doctor: You look as though you're having trouble breathing while you're sitting there. Your lips are pretty blue, too. You need to have some oxygen straight away.

医生: 看你样子坐着都喘不过气来, 口唇发紫, 得马上吸上氧气。

Patient: Yes, I can't stand it. My chest feels so tight and suffocating!

病人: 是的, 我胸闷得真受不了了, 胸口堵得慌。

Doctor: How long has this attack been going on?

医生: 你这次患病有几天了?

Patient: A week.

病人: 一周了。

Doctor: Have you had it before?

医生: 过去就有喘病吗?

Patient: Yes, I've had it off and on for over ten years. It happens each autumn and winter. I always cough. In the last few years, I've been panting as well as coughing, and it's getting worse every year. I can't

lie flat anymore. I've got to sit up to sleep at night.

病人： 是的，我得病已十多年了，每年秋冬季就发作。一般平时都有咳嗽，近几年不但咳嗽，还要喘，一年比一年重。夜里睡觉不能躺下，只好坐着。

Doctor: Are you feeling a bit better now?

医生： 现在感觉好一点吗？

Patient: Much better, thanks... after getting that oxygen.

病人： 吸上氧气好多了。谢谢。

Doctor: Are you coughing up any phlegm?

医生： 痰咳得出来吗？

Patient: No. It's white and sticky. It's hard to cough up.

病人： 咳不出来。是白色黏痰，不容易咳出来。

Doctor: Have you taken any medication at all?

医生： 服过药了吗？

Patient: I often take medicine. This time I took two aminophylline tablets and some asthma-relieving mixture. The nurse here in the hospital has given me an injection of something to help stop the panting.

病人： 经常吃药，这次在家里服了两片氨茶碱，还吃了些平喘合剂。住进来后，护士又给我打了一针止喘的药水。

Doctor: Do you feel a bit better now?

医生： 感觉好些吗？

Patient: No, not really. Maybe I'm resistant to the medication.

病人： 感觉不出来，可能有抗药性了。

Doctor: First I'd like to listen to your heart and lungs. There