

高等院校新概念中医英语系列教材

丛书主编：杨植 苏红

# 中医诊断学英语

English for TCM Diagnosis

主编 / 丘晓媛 甘胜男

主审 / 梁平



世界图书出版公司

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主 编： 丘晓媛 甘胜男

主 审： 梁 平

副主编： 梁淑芳 欧 慧 吴 倩 莫 伟

编 者： 王忻钥 王俊玲 刘帅帅 孙 娟

杨 植 李恩耀 林 敏 定 鹏

姚 沙 曾俊敏

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主编 丘晓媛 甘胜男

主审 梁平

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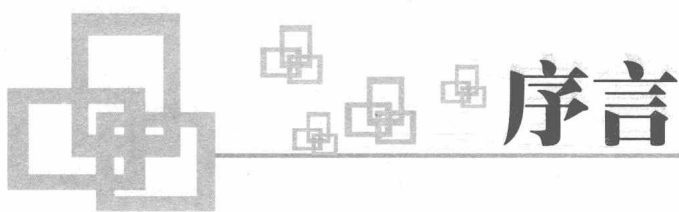
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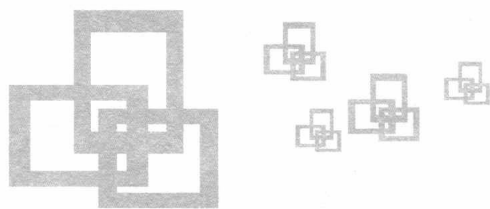
# 序言

中医瑰宝是中华民族智慧的结晶，其悠久的历史 and 浓郁的民族特色使其成为中国的重要标志之一。随着中国对外交流的不断深入，中医走向世界的步伐也在逐渐加大。作为中医药领域的英语教育者和从业者，编撰中医英语教材、用英语传授中医知识、使中医学子具备国际交流的技能，无疑是我们义不容辞的责任。

本系列教材主要涵盖听说和阅读两部分。教材框架分为三个层次：基础层次，包括《中医英语听说教程》、《中医基础英语读译教程》；提高层次，涉及中医诊断学英语、针灸学英语、中药方剂英语、中医养生保健英语；综合层次：中医英语实务。本系列教材适合中医药院校本科高年级学生、硕士、博士以及其他中医药学习者、爱好者。本系列教材是根据中医学科分类划分，材料来源于英文原版中医专著，具有权威性。练习设计丰富多样，具有实用性。

目前国内有不少数量的中医英语教材面世，但大多为基础阅读，较少涉及听说及较高层次的专业分类，缺乏系统性。本系列教材从基础听说和阅读（含翻译练习）入手，夯实学生中医英语听说读写译的基础。基础系列中的《中医英语听说教程》，属目前国内鲜有的中医英语听说训练教材，为学生提供了丰富的听力材料，从





理论和临床两方面训练学生的会话能力。由于中医是传统医学，在西方没有对应的语言标准，故翻译、写作都没有专门的教材（写作即是翻译），基础系列中《中医基础英语读译教程》考虑到以上因素，设计了翻译练习，达到了读写译的目的。两本基础教程为学生学习较高层次的专业医学英语打下了良好的基础。大多数中医院校，中医英语教学主要停留在以阅读为主的基础阶段，已经远远跟不上中医走向世界的步伐，本系列教材设计了专业性较强的提高阶段教程和临床实用性较强的中医英语实务教程，旨在提升学生的中医英语交际能力。

本系列教材参编人员具有多年丰富的中医英语教学经验，多次主编或参编医学类英语教材。主审为著名医学英语专家杨明山教授，精干的编写队伍是该系列教材质量的重要保证。

需要特别说明的是，这仅是一套中医英语语言教材，并非中医教材，不可将书中涉及的中医理论、临床实践作为诊断和治疗疾病的依据。

随着西方国家科学技术及经济的迅猛发展及全球一体化时代的到来，人们学习英语的目的由单一性向多样性转变。学习英语不再仅限于满足基本的日常社交，更要满足各学科、各领域的专业交流需求。中医作为一门传统医学学科，承载着中华民族传承千年的智慧。为促进中医药文化的国际交流，让中医在人类医疗保健事业中发挥更大的作用，我们有必要让更多人接触、学习、使用中医学科的专门用途英语。为此，我们精心挑选了一些英文原版的中医书籍，增删改动了部分内容，编写了中医英语系列教材之《中医诊断学英语》，供中医药院校本科高年级、研究生、中医涉外从业人员及其他爱好者使用。

本教程共两大部分十个单元。第一部分为望、闻、问、切四诊，第二部分内容涵盖八纲辨证、气血辨证、脏腑辨证、病因辨证、卫气营血辨证及经络辨证。每单元包括：

**课文：** 供阅读理解使用的相关主题文章、词汇学习及操练（词汇中英文释义以《牛津高阶英汉双解词典第七版》为准）、从易到难的相关主题翻译（中译英和英译中两部分）。

**病例翻译：** 供翻译实践使用的简单中英文病例（英译中和中译英两部分）。

# *preface*

扩展部分：以十问为基础展开的症状词汇列表，供参考使用；

病例英语框架，配合症状词汇表使用，可用于创造新的英文病例。

以上三部分内容联系紧密，均建议作为课堂材料合参使用。课文以诊断学基础知识为背景，为病例翻译打好语言基础；扩展部分以活用语言为重点，满足中医专业学生实践之需。

本教程引进美国教育理念及方法，如词汇操练中的CROSSWORD PUZZLE，为西方民间流行的文字游戏；另参考教育名家JEFF ZWIERS提出的学术语言框架（ACADEMIC WRITING FRAME），在扩展部分创立了病例英语框架，帮助ESL（English as a Second Language）学习者学习及使用规范的专业用语。

本教程由医学英语教学专家梁平教授及从事中医英语教学和研究多年的Angelo Konidas（加拿大籍）进行校审。

需要说明的是，本书仅是英语语言教材，不是中医专业教材，不可将书中涉及的中医理论、临床实践作为诊断和治疗疾病的依据。编写中难免有不当或错误之处，敬请使用者批评指正。

编者

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# **PART ONE**

## **FOUR EXAMINATIONS**

# **Unit 1**

## **Inspection**



## PART I Text

### Examining the Tongue

1. There are several important points to remember when examining the tongue in order to avoid false or distorted findings.
2. Proper lighting is critical to a reliable examination. The best possible light is natural sunlight. Artificial light will never be entirely adequate. For this reason it is essential to examine the tongue as close to a window as possible. If tongue diagnosis must be conducted in artificial light, incandescent is preferable to fluorescent light, and a strong light is better than a weak one. If fluorescent lighting is used, it must be full-spectrum light. A tungsten halogen lamp is also ideal.
3. One should ask the patient to extend the tongue as much as possible, but without excessive force. This is important because using too much force to extend the tongue will change its shape and make it redder. The patient should be asked to extend the tongue for a short time only, no more than 15-20 seconds. Prolonged extension of the tongue will tend to redden it, more quickly so on its tip. If a longer examination is required, one can ask the patient to withdraw the tongue, close the mouth and then extend it again. This can be done several times without affecting the tongue color.
4. It is also always necessary to take great care when evaluating the tongue body color. Although this is usually quite straightforward, it may be rather difficult in those cases when the shade of color is subtle. This is especially true of purple shades like pale purple, bluish purple and reddish purple. A blue tongue will in most cases not appear bright blue (although in a few cases it will), but rather a subtle, bluish shade.
5. The consumption of highly colored foods and sweets will affect tongue color. One should ensure that the patient has not consumed foods of this kind just prior to the examination. Spicy foods such as pickles, cayenne pepper, and curry will tend to redden the tongue for a short time after consumption. Smoking tobacco tends to turn the coating of the tongue yellow.
6. Medicines can also affect the appearance of the tongue. Medicinal drugs obviously have an effect on the tongue's appearance and it is important to be aware of these so as to



avoid drawing wrong conclusions in your diagnosis. For example, antibiotics affect the tongue very quickly. They generally cause the tongue to become peeled in patches, i.e., the coating falls off in small areas. This is a clear reflection of the fact that antibiotics tend to injure stomach yin. Not all antibiotics, however, affect the tongue to the same degree. Tetracyclines affect the tongue more than any other type of antibiotic. To a lesser extent, chloramphenicol, gentamicins and related aminoglycosides also cause the same tongue appearance. The effects on the tongue appear after 2-3 days of administration and persist for about two weeks after medication has stopped.

7. Another case in point are anti-inflammatory agents. The two anti-inflammatory drugs which affect the tongue most are phenylbutazone and oxyphenbutazone. Even though these are anti-inflammatory agents, they paradoxically cause the appearance of red points and make the tongue body thinner. After prolonged use over some years, the tongue may become peeled. Other anti-inflammatory agents which have similar effects, but to a lesser degree, include commonly-used nonsteroidal anti-inflammatory drugs such as ibuprofen, naproxen, ketoprofen, fenoprofen and indomethacin.
8. To examine the tongue systematically, one must have a clear idea of what to look for. There are five primary aspects to observe, listed here in the order of examination. Each is discussed at greater length below.
9. The first is called vitality of color, or tongue spirit. The appearance of vitality indicates an essentially healthy condition. This quality is sometimes described as the "spirit" of the tongue to denote an apparent liveliness, irrespective of any coincident pathological signs. If the tongue has a vital color, the prognosis is good; if it has a dark and withered appearance, the prognosis is poor. A tongue with a vital color is sometimes described as a "tongue of life," and a tongue with a dark and withered appearance as a "tongue of death." The terms life and death in this context should not be taken literally; they simply denote the relative seriousness of the disease.
10. Of particular importance in analyzing the vitality of the color is the careful scrutiny of the root of the tongue. If the root has a good, vibrant color the prognosis is good no matter what the disease is. If the root has a dark, dry and withered look, the prognosis is poor.
11. The second aspect refers to body color, which is the color of the tongue itself, beneath any coating. If the coating is extremely thick and covers the entire surface of the tongue, one should examine the color of the underside of the tongue to properly judge the body color.
12. The clinical significance of the tongue body color is that it reflects the condition of the yin organs, blood and nutritive qi. Body color is the single most important aspect of observation. It almost always reflects the true condition of the body, irrespective of

temporary conditions such as those resulting from recent physical exertion or emotional upset. For example, if the tongue body color is very dark red, the condition is certain to be one of intense heat in one or more organs regardless of what other symptoms and signs may be present. If the tongue is very pale or nearly white, the condition is definitely one of severe yang or blood deficiency. Very often the other clinical signs and symptoms will be contradictory; in such cases, the tongue body color is the definitive indicator for the diagnosis. In terms of eight principles identification of patterns, it reflects hot and cold influences; deficiency of yin, yang, qi or blood; and stagnation.

13. Body shape is yet another aspect to be taken into account in tongue diagnosis. Examination must include consideration of the shape itself, the features of the tongue surface, the texture of the tongue body and any involuntary movements of the tongue.
14. Examining the shape involves observing whether the tongue is thin or swollen, long or short, and whether specific parts of the tongue are swollen.
15. Examining the features of the tongue surface means looking for such aberrations as cracks and ulcers.
16. Examining the texture means observing the extent to which the tongue body is supple or stiff.
17. Examining the movement of the tongue body involves watching for any movement of the tongue when it is extended. Movements may include quivering, trembling, side-to-side motion, curling in any direction or shifting to one side.
18. The clinical significance of the tongue shape is that it reflects the state of the organs, qi and blood. It is particularly useful in differentiating conditions of excess and deficiency.
19. The coating of the tongue should also be systematically observed when diagnosing, from the tip to the root in the following four areas.
20. Coating color reflects the hot or cold influences more directly than any other aspect of tongue diagnosis. A white coating corresponds to cold and a yellow coating to heat.
21. Coating thickness reflects the strength of the pathogenic factors present in the body; the stronger the pathogenic factors, the thicker the coating. In terms of differentiation, it reflects conditions of excess or deficiency.
22. Coating distribution reflects the progression and location of the pathogenic factor in externally-contracted diseases. For internally-generated diseases it reflects the location of the pathogenic factor in accordance with the tongue topography. In terms of differentiation, it reflects the interior or exterior location of the disease.
23. A tongue coating may be with or without “root.” A coating with root (also called “true coating”) is firmly implanted in the tongue surface and grows out of it just like grass grows

from the soil. Such coating cannot be scraped off. A coating without root looks as if it is sprinkled upon the tongue surface instead of growing from it. It can be scraped off. The rooting of the coating directly reflects the strength of the body's qi. From the perspective of differentiation, it is a reliable indicator of excess or deficiency of qi.

24. Last but not least, examination of tongue moisture provides an indication of the status of the body's fluids. The normal tongue is only slightly moist. A dry tongue indicates insufficiency of body fluids, while a wet tongue indicates their accumulation. In terms of differentiation, tongue moisture reflects the relative state of yin/yang and hot/cold.
25. The characteristics of the normal tongue are listed as follows for reference:
26. Spirit. The normal tongue should have spirit; its color should be vibrant and vital, particularly on the root.
27. Body color. The color should be pale red and "fresh-looking", very much like a fresh piece of meat. The tongue is regarded in Chinese medicine as the offshoot of the heart, meaning that the condition of the heart qi and blood is reflected there. A normal, fresh, pale red color of the tongue body indicates that the tongue is receiving an abundant supply of heart blood. Among the yang organs, the stomach is the one which most influences the tongue. The stomach is responsible for the production of a normal tongue coating and also sends fluids up to the tongue, the color of which then tends to be paler than if the fluids are not reaching the tongue. The proper tongue color is therefore pale red, resulting from a normal supply of heart blood and stomach fluids.
28. Body shape. The normal tongue body is supple, neither too flabby nor too stiff. It is not cracked, does not tremble or quiver when extended, and is neither swollen nor thin. It has no ulcers.
29. Coating. The normal coating is thin and white. Tongue coating is related to stomach qi, which, in the process of transforming and digesting food, produces a small amount of unclean residue, or "turbid dampness." This residue flows up to the tongue to form its coating. The presence of a thin coating indicates the normal functioning of digestion. It is also normal for the coating to be slightly thicker on the root than elsewhere on the tongue.
30. Moisture. The normal tongue should be slightly moist, neither too dry nor too wet. This again is related to the proper functioning of the stomach, which is the origin of fluids in the body. When the stomach functions normally there is a moderate supply of fluids, some of which will reach the tongue.

(Abridged from *Tongue Diagnosis in Chinese Medicine* by Giovanni Maciocia)

## Vocabulary

- incandescent** [ˌɪnkæn'desənt] *adj.* (technical) giving out light when heated (术语) 白热的; 白炽的
- fluorescent** [fluə'resnt] *adj.* producing bright light by using some forms of radiation 发荧光的
- prolonged** [prəu'lɒŋd] *adj.* continuing for a long time 持久的; 长期的
- shade** [ʃeɪd] *n.* a particular form of a color, that is, how dark or light it is 浓淡深浅; 色度
- subtle** ['sʌtl] *adj.* not very noticeable or obvious 不易察觉的; 不明显的; 微妙的
- coating** ['kəʊtɪŋ] *n.* a thin layer of a substance covering a surface (薄的) 覆盖层; 中医: 舌苔
- medicinal** [me'disɪnəl] *adj.* helpful in the process of healing illness or infection 有疗效的; 药用的; 药的
- antibiotics** [ˌæntɪbaɪ'ɒtɪks] *n.* a substance, for example penicillin, that can destroy or prevent the growth of bacteria and cure infections 抗菌素; 抗生素 (如青霉素)
- peel** [pi:l] *v.* (of a covering) to come off in strips or small pieces (表面) 脱落; 剥落
- patch** [pætʃ] *n.* a small area of sth, especially one which is different from the area around it 色斑; 斑点; (与周围不同的) 小块, 小片
- administration** [ədˌmɪni'streɪʃən] *n.* the act of giving a drug to sb (药物的) 施用
- inflammatory** [ɪn'flæmətəri] *adj.* (medical) causing or involving inflammation (医) 发炎的; 炎性的
- steroidal** [stə'rɔɪdəl] *adj.* relating to a chemical substance called steroid produced naturally in the body 类固醇的
- vitality** [vaɪ'tæləti] *n.* energy and enthusiasm 生命力; 活力; 热情
- denote** [di'nəʊt] *v.* to be a sign of sth 标志; 预示; 象征
- pathological** [ˌpæθə'lɒdʒɪkəl] *adj.* connected with pathology 病理学的; 与病理学相关的
- prognosis** [prɒɡ'nəʊsɪs] *n.* (medical) an opinion, based on medical experience, of the likely development of a disease or an illness (医) (对病情的) 预后; 预后
- withered** ['wɪðəd] *adj.* looking old because they are thin and weak and have very dry skin 衰老憔悴的; 枯槁的; 干瘪的
- scrutiny** ['skru:tɪni] *n.* careful and thorough examination 仔细检查; 认真彻底的审查
- vibrant** ['vaɪbrənt] *adj.* (of colors) very bright and strong (颜色) 鲜明的; 醒目的
- nutritive** ['nju:trɪtɪv] *adj.* providing nutrition, the process by which living things receive the food necessary for them to grow and be healthy 提供营养的; 滋养的