

# HEALTH PRESERVATION AND REHABILITATION



A PRACTICAL  
ENGLISH-CHINESE  
LIBRARY OF  
TRADITIONAL  
CHINESE MEDICINE

# 中 医 生 学 养 生 学 康 复 学



PUBLISHING HOUSE OF  
SHANGHAI COLLEGE OF  
TRADITIONAL  
CHINESE MEDICINE

上海中医学院出版社



英汉对照  
实用中医文库

主 编 张恩勤

# 中医养生学 康复学

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Health Preservation and Rehabilitation in A Practical English-Chinese  
Library of TCM

Editor-in-Chief Dr. Zhang Enqin

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## Preface

The books in series, entitled "*A Practical English-Chinese Library of Traditional Chinese Medicine*", are edited with a view to disseminating the theory and knowledge of traditional Chinese medicine (TCM) across the world, promoting academic exchanges on medical science between China and other countries, and meeting with the ever-increasing international interest in TCM, so as to make it serve the interests of all nations and benefit entire mankind. This library is the first of its kind in China.

The library is composed of 12 books: *Basic Theory of TCM* (in two volumes), *Diagnostics of TCM*, *The Chinese Materia Medica*, *Prescriptions of TCM*, *Clinic of TCM* (in two volumes), *Health Preservation and Rehabilitation*, *Chinese Acupuncture and Moxibustion*, *Chinese Massage*, *Chinese Medicated Diet* and *Chinese Qigong*. The two other English-Chinese books — *Rare Chinese Materia Medica* and *Highly Efficacious Chinese Patent Medicines* — chiefly edited by me are also published simultaneously along with this library.

The authors and editors of the series strive to abide by the following principles: maintaining the systematism, integrity, practicability and adaptability in terms of TCM theory; paying full attention to the organic connection between basic theory and clinical treatment, taking in the available results of scientific researches carried out at home and abroad

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in the field of TCM; and being concise, precise, and easy to understand in the Chinese version, and correct and fluent in the English one. Some of the books mentioned above contain figures and coloured photos. It is our sincere hope that the books will turn out to be good teachers and reliable friends of those abroad who have begun to learn and practise TCM and Chinese, and provide help for those at home who wish to study TCM documents in English.

The component books of this library are written, translated, and edited through joint efforts of professors, associate professors, lecturers and medical research workers from Shandong TCM College and its affiliated hospital, Shandong Medical University and its affiliated hospital, Shandong University, Shandong Teachers Training University, Shandong Medical Academy, Shandong Provincial Anti-epidemic Station, China Academy of TCM, Nanjing TCM College, Shanghai TCM College, Beijing TCM College, etc.

In order to ensure that the present library is of good quality, we have sent its Chinese version for revision to Professor Zhou Fengwu, Professor Li Keshao who was once my tutor when I was a postgraduate student, Professor Xu Guoqian and Professor Zhang Zhenyu at Shandong TCM College, Professor Qiu Maoliang at Nanjing TCM College, and Professor Lu Tongjie, director of the Affiliated Hospital of Shandong TCM College; and the English version for proof-reading to Professor Huang Xiaokai of Beijing Medical University, Professor Lu Chengzhi, head of the Foreign Languages Department of Shandong Medical University, Professor Huang Jiade of Shandong University, Mr. Huang Wenxing,

professor of pharmacology, Mme. Zou Ling, professor of gynecology and obstetrics, both working in Shandong Medical University, and our foreign friends, Ms. Beth Hocks, Australian teacher of English, Mr. Howard G. Adams, American teacher of English, and some others working in Jinan.

I am deeply indebted to Mr. Li Dichen, Editor-in-Chief of Publishing House of Shanghai TCM College, and his colleagues, Mme. Xu Ping, director of the Editorial Department, and Mr. Yao Yong, responsible editor, for their advice about drawing up an outline for compiling the library to ensure a success of it; to Mr. Chen Keji, professor of China Academy of TCM and advisor on traditional medicine to WHO, Professor Zhang Zhiyuan and Associate Professor Shao Guanyong of Shandong TCM College, Mr. Liu Chonggang, deputy head of the Yellow River Publishing House, for their valuable, instructive suggestions; and to responsible members at various levels, such as Mr. Hu Ximing, Chairman of the World Acupuncture and Moxibustion Association, vice-minister of the Ministry of Public Health and chief of the Administrative Bureau of TCM and Pharmacy of the People's Republic of China, Mr. Zou Jilong, president of Shandong TCM College, Mr. Yan Shiyun, vice-president of Shanghai TCM College, Mr. Gao Heting, president of Beijing TCM College, Mr. Xiang Ping, vice-president of Nanjing TCM College, and Mr. Shang Zhichang, president of Henan TCM College for their warm encouragement and indispensable support as well as their personal participation in compiling and checking the books.

TCM, which dates back to ancient times, has a unique and profound theoretical system. The greater part of its termino-

logy has particular denotations, and is matter-of-factly difficult to understand and translate. Inaccuracies in the library, therefore, are unavoidable. I hope that my friends in the TCM circle will oblige me with timely corrections.

May TCM spread all over the world and everyone under the heaven enjoy a long happy life.

May 20th, 1988 Dr. Zhang Enqin

Editor-in-Chief of *A Practical English-Chinese Library of Traditional Chinese Medicine*, Director of the Advanced Studies Department of Shandong TCM College

## 前 言

为扩大中医学在国际上的影响，促进中外医学学术交流，适应国外日趋发展的“中医热”形势，使传统的中医学走向世界，造福人类，我们编写了这套《英汉对照实用中医文库》。在国内，这尚属首部。

该文库包括《中医基础理论》(上、下册)、《中医诊断学》、《中药学》、《方剂学》、《中医临床各科》(上、下册)、《中医养生康复学》、《中国针灸》、《中国推拿》、《中国药膳》和《中国气功》，共十二个分册。与《文库》同时出版的还有其配套书——英汉对照《中国名贵药材》和《中国名优中成药》。

《英汉对照实用中医文库》的编译宗旨是：在理论上，努力保持中医学体系的系统性、完整性，突出实用性和针对性；在内容上，充分注意基础理论与临床治疗的有机联系，汲取国内外已公布的科研成果，以反映当代中医学学术水平；在文字上，力求中文简明扼要，通俗易懂，译文准确流畅，并配有图表、彩照。我们竭诚希望《英汉对照实用中医文库》能成为国外读者学习中医、汉语的良师益友，同时也为国内读者学习中医专业英语提供帮助。

负责文库编写、翻译和审校的主要是山东中医学院及其附属医院、山东医科大学及其附属医院、山东大学、山东师范大学、山东省医学科学院、山东省卫生防疫站、中国中医研究院、南京中医学院，上海中医学院和北京中医学院等单位的部分教授、副教授、讲师和科研人员。

为确保文库质量，各分册中文稿还先后承蒙山东中医学院周凤梧教授、李克绍教授、徐国仟教授、张珍玉教授，南京中医学院邱茂良教授，山东中医学院附属医院院长吕同杰教授等审阅；英文稿先后承蒙北京医科大学英语教研室黄孝楷教授，山东医科



大学英语教研室主任卢承志教授，山东大学外文系黄嘉德教授，山东医科大学药理教研室黄文兴教授、妇产科教研室邹玲教授以及澳大利亚籍教师 Beth Hocks 女士和美籍教师 Howard G. Adams 先生等审阅。

上海中医学院出版社总编辑李迪臣、编辑部主任徐平和责任编辑姚勇，亲自帮助我们修订编写大纲，指导编译工作；世界卫生组织传统医学顾问、中国中医研究院陈可冀教授，山东中医学院张志远教授、邵冠勇副教授，黄河出版社副社长刘崇刚，也为本文库的编译工作提出了许多宝贵的指导性意见；编译工作还得到了各级领导的支持和帮助，世界针灸学会联合会主席、中华人民共和国卫生部副部长兼国家中医药管理局局长胡熙明先生，山东中医学院院长邹积隆先生，上海中医学院副院长严世芸先生，北京中医学院院长高鹤亭先生，南京中医学院副院长项平先生和河南中医学院院长尚焱昌先生等，亲自参加编审并给予指导，在此一并表示衷心感谢！

由于中医学源远流长，其理论体系独特，不少名词术语深奥难解，译成英文，难度较大。故书中错误、欠妥之处在所难免，敬希国内外同道指正。

愿中医流传世界，求普天下人健康长寿。

主编 张恩勤  
1988年5月20日

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Health Preservation and Rehabilitation

**中医养生康复学**

# ON HEALTH PRESERVATION

Health preservation, also called "striving for health", "conserving health", "cultivating temperament" and so on in ancient times, is one of the medical pursuits which, through various ways, cultivates life, builds up health, and prevents diseases so as to achieve the purpose of prolonging life. The subject of health preservation, therefore, is a branch of learning which deals with the theories, principles and methods of health preservation.

## Chapter One

### ORIGIN AND DEVELOPMENT OF HEALTH PRESERVATION

The subject of health preservation in TCM, which emerged with man's practice in medical hygiene, has a long history. Expositions concerning health preservation and health protection can be found in almost any literature of TCM through the ages. It is recorded in *The Lü's History* that Emperor Tang of the Shang Dynasty had special discussions with his Prime Minister Yi Yin on Chinese cuisine, involving a great deal about the cooking of food and drink.

By the Zhou Dynasty, the subject of health preservation had already seen considerable progress. *The Zhou Rituals*, for example, carries an account that there was already division of work among imperial doctors at that time. They were classified as dietitians, physicians, surgeons, and veterinarians,

# 养 生 篇

养生，古称“道生”、“摄生”、“养性”等，是通过各种方法颐养生命、增强体质、预防疾病，从而达到延年益寿的一种医事活动。养生学说，则是研究养生的理论、原则和方法的一门学科。

## 第 一 章

### 养 生 源 流

中医养生学有着悠久的历史，它是伴随着人类的医药卫生实践而产生的。历代中医文献几乎都有关于养生保健方面的论述。据《吕氏春秋》记载，伊尹和商汤就曾专门讨论过烹调术，涉及到许多有关饮食调任方面的问题。

到了周代，养生学已有了较大的发展。如《周礼》，记载当时的宫廷医生已有分工，设有“食医”、“疾医”（内科）、“疡”医（外

of whom the dietitians were assigned to be mainly in charge of diet and food for the emperor, princes and marquesses. It is thus evident that great importance was paid to health care by way of diet and food at that time.

During the periods of the Spring-Autumn and the Warring States, there appeared the situation of "various schools of thought rising in swarms and contending with each other", which brought about great advance in the studies on health preservation. Laozi advocated that "man recover the pure and innocent nature of the ancients", and "cherish no worries and keep away from fame and gain"; Zhuangzi maintained that "breathing deeply to get rid of the stale and take in the fresh, and imitating a bear climbing and a bird flying all promise longevity"; Confucius held that "activity and inertia be in perfect order, and joy and sorrow be appropriate" (*Confucius's Family Teachings*, Volume I); Guanzi stressed the importance of "restraining sex to store essence of life"; and *The Lü's History* believed that essence, *qi*, and vitality are the essential substances of life. All these, together with the theories of *yin-yang* and five elements and the concept of relevant adaptation of man to nature held by the Confucian School, the *Yin-Yang* School, and the Eclectics, helped bring to light the relationship between natural environment and man's health, thus producing considerable influence upon the formation of the theories of health preservation.

*The Yellow Emperor's Internal Classic*, epitomizing the thoughts and practices of health preservation during the Pre-Warring States' Period, includes a great deal of theories and methods concerning health preservation, which can be summarized as follows: First, Cultivating the mind, which demands that man keep quiet, tranquil, optimistic, and happy spiritually. It points out that only when "a state of peace and tranquility without avarice and wild fancy" is accomplished can "the functional activities of *qi* be harmonious and the

科)和“兽医”。其中“食医”的主要任务,就是主管王侯的饮食保健工作,可见当时对饮食保健工作的重视。

春秋战国时期,出现“诸子蜂起、百家争鸣”的局面,这对养生学的发展亦有很大的促进作用。如老子提倡“返朴归真”、“清静无为”;庄子认为“吹煦呼吸,吐故纳新,熊经鸟伸,为寿而已矣”;孔子主张“动静以必,喜怒以时”(《孔子家语·卷一》);管子强调节欲存精;《吕氏春秋》则认为精、气、神是人的生命之根本。此外,儒家、阴阳家和杂家的阴阳五行说、天人相应思想等都从不同角度揭示了自然环境与人体健康的关系,对于养生理论的形成也有较大的影响。

《内经》集战国前养生思想、实践之大成,记述了不少养生学方面的理论和方法。概而言之,可分为以下四个方面:一是精神的摄养,即要求人们经常保持精神上的清静安定、乐观恬愉。指出只有做到“恬憺虚无”,才能达到“真气从之,精神内守”,从而



Essence and vitality be kept", thus preventing diseases. Second, adapting oneself to the changes of natural environment and avoiding the invasion of exopathogens. It puts forward the idea that it is imperative for man "to act in accordance with the law of changes of nature" (All the above are recorded in "Discussion on How to Keep Innate Vitality *Qi*", Chapter 1 of *Plain Questions*), "to nourish *yang* in spring and summer and nourish *yin* in autumn and winter" ("Discussion on Regulating Mental Activities in Accordance with the Changes of Four Seasons", Chapter 2 of *Plain Questions*), and "to guard against the invasion of pathogenic factors at all times" (Chapter 1 of *Plain Questions*) especially when the weather changes abruptly and unexpectedly. Third, paying attention to the adjustment of diet and food and daily life. It points out that it is necessary for man to vary his work schedule in accordance with the changes of the four seasons and "to keep a regular life" (Chapter 1 of *Plain Questions*) by "going to bed at nightfall and rising early" in spring and summer, and "going to bed early and rising early" in autumn and "going to bed early and rising late" in winter (Chapter 2 of *Plain Questions*). As for diet and food, it points out that a certain rule should be observed in taking in the five flavors of drink and food. Excessive eating, inordinate hunger, or addiction to a specific food can all produce injurious effect upon the viscera, thus impairing health. Therefore, it is required that man have "a regulated diet" and never "addict himself to drinking and do things recklessly" (Chapter 1 of *Plain Questions*). Fourth, paying attention to physical training. It advocates "employing the various methods and arts of preserving health and cultivating the mind harmoniously" and meanwhile presents some concrete methods. The method of "swallowing saliva while breathing in continuously" recorded in Chapter 72, "Discussion on Acupuncture Therapy" in *Plain Questions*, for example, is one of the physical and breathing exercise therapies, which