

CHINESE-ENGLISH TERMINOLOGY OF
TRADITIONAL CHINESE MEDICINE

汉英双解

常用中医名词术语

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目 次 CONTENTS

前 言

PREFACE

1. 阴阳五行

CHAPTER I YIN AND YANG, AND THE FIVE ELEMENTS	(4)
--	-------

2. 脏 象

CHAPTER II VISCERAL SYMPTOMS.....	(28)
-----------------------------------	--------

3. 经络 腧穴

CHAPTER III CHANNELS & THEIR COLLATERAL CHANNELS AND ACUPUNCTURE POINTS.....	(112)
---	-------

4. 病因病理

CHAPTE IV ETIOLOGY AND PATHOLOGY	(144)
---	-------

5. 诊 法

CHAPTER V TECHNIQUES OF DIAGNOSIS	(248)
---	-------

6. 治 则

CHAPTER VI THE GENERAL RULES OF TREATMENT	(330)
---	-------

7. 方 药

CHAPTER VII THE CHINESE MEDICAL FORMULARY	(411)
--	-------

8. 针 灸

CHAPTER VIII ACUPUNCTURE AND MOXIBUS- TION	(442)
---	-------

9. 内儿科	
CHAPTER X INTERNAL/ MEDICINE AND	
PEDIATRICS.....	(477)

10. 妇产科	
CHAPTER X GYNECOLOGY AND OBSTETRICS	
.....	(605)

11. 外伤科	
CHAPTER XI SURGERY AND TRAUMATOLOGY	
.....	(624)

12. 五官科	
CHAPTER XII THE FIVE SENSORY ORGANS	(670)

13. 医 史	
CHAPTER XIII THE HISTORY OF TRADITIONAL	
CHINESE MEDICINE	(700)

附录

APPENDIX

1. 针灸穴位名称	
I. THE NAMES OF THE ACUPUNCTURE	
POINTS	(715)
2. 汉语拼音与威托玛式拼法音节对照表	
II. CHINESE PHONETIC ALPHABET AND WADE	
SYSTEM	(722)

词目笔画索引	
INDEX	(727)

前 言

随着中医药事业的蓬勃发展，国内外学习和研究中医药学的人员日益增多，这方面的国际交流更为活跃，不少中医界同道学习英语的积极性也很高。为了适应国内外广大读者临床和学习的需要，我们编译了这本《汉英双解·常用中医名词术语》。

本书共收集中医基础理论、脏象、经络腧穴、病因病理、诊法、治则、方药、临床各科及医史等常用名词术语（穴名收入附录）三千四百余条，约 万字。本书对每条名词术语的解释力求准确、简明、易懂并保持中医特色，英译部分使用现代科技英语。

由于中医名词术语多来自中医经典著作，文字古奥，某些术语的解释至今尚不一致，故我们的双语解释仅仅是个尝试。中医名词术语的英译需要经历一个“百花齐放，百家争鸣”的过程，方能渐趋统一。

为求简洁，英文书名未用commonly-used一词。

在编译过程中，承蒙湖南中医学院和中国人民解放军169医院有关领导以及刘树焱医师的大力支持，湖南中医药研究所朱佑武同志对中文部分进行了审阅，谨致由衷谢忱。

编译者

1981年11月于湖南中医学院

PREFACE

As traditional Chinese medicine and pharmacology develop rapidly, the number of the people to study them both at home and abroad is increasing. Moreover, the international academic exchange in this field is getting more and more frequent and numbers of our colleagues are learning English very actively. In order to meet the massive readers' needs in their clinical practice and theoretical study, we have written "Chinese-English Terminology of Traditional Chinese Medicine".

The book contains approx. words and 3,400 terms which are commonly used in the fundamentals of traditional Chinese medicine, visceral symptoms, Channels and their Collateral Channels (meridians) and acupuncture points, the general rules of treatment, the Chinese medical formulary, various clinical departments and the history of traditional Chinese medicine.

In it, all the terms have been explained reasonably accurately and precisely with modern Chinese and scientific English so as to make them easy to be understood and keep their characteristics as much as possible.

Since most of the terms originate from the classics of traditional Chinese medicine which were written in archaic Chinese and some of them expounded in quite different ways, their explanations must be unified, especially the English version.

We are glad that after finishing the writing, Hunan Science & Technology Press invited American professor Sung J. Liao M. D. to check and approve the manuscripts word by word. So we would like to express our sincere thanks to him, and also to the authorities of Hunan College of Traditional Chinese Medicine and 169 Hospital of PLA and Dr. Liu Shuyan for their enthusiastic support, and to Mr Zhu Youwu of Hunan Research Institute of Traditional Chinese Medicine & Pharmacology for his checking the Chinese version.

the compiler - translator

Hunan College of Traditional Chinese
Medicine in November, 1981

1. 阴阳五行

CHAPTER I YIN AND YANG, AND THE FIVE ELEMENTS

阴阳 yīn yáng 阴阳是对自然界相互关联的事物和现象对立双方的概括。它们既可以代表两个相互对立的事物，也可以代表同一事物内部所存在的相互对立的两个方面。中医用它们概括和说明医学领域里的一系列问题（如解剖、生理、病理、诊断、治疗等各个方面）。一般地说，凡是活动的、外表的、向上的、上升的、明亮的、进行性的、机能亢进的，或属于功能方面的，皆属于“阳”；凡是沉静的、内在的、向下的、下降的、晦暗的、退行性的、机能衰减的，或属于物质方面的，皆属于“阴”。

YIN AND YANG They are general terms for two opposite aspects of matters and phenomena in the Nature, which are interrelated and opposed to each other. They represent not only two different matters in opposition but two opposite aspects in the same entity. In traditional Chinese medicine, they are used to summarize and explain the problems in the fields of anatomy, physiology, pathology, diagnosis, treatment, etc. Generally speaking, matters and phenomena, which are dynamic, external, upward, ascending, brilliant, progressive, hyperactive, or pertaining to functional activities belong to the category of Yang. Those which are static, internal, downward, descending, dull, retrogressive, hypoactive, or pertaining to materials, belong

to that of Yin.

阴阳学说 yīn yáng xué shuō 是中国古代哲学理论与医学实践相结合的一种学说，为中医理论的一个重要组成部分。这一学说认为，宇宙间任何事物，都包含有阴、阳相互对立又相互统一两个方面，由此推动着事物的发展变化。

YIN-YANG THEORY Originally, it was a philosophical theory in ancient China. Later on, it was incorporated into medical practice and became an important constituent of the theory of traditional Chinese medicine. This theory holds that everything in the Universe contains the two aspects of Yin and Yang, which are in opposition and also in unison. Hence, matters are impelled to develop and to change.

阳气 yáng qì 与“阴气”相对而言，泛指它们所代表的事物的两个对立面之一。一般多指脏腑的机能活动。

THE YANG QI (THE YANG PRINCIPLE) It is the opposite of the “Yin Qi” (the Yin Principle) and a generalized term for one aspect of the two opposites. It usually refers to the functional activities of the Viscera.

阴气 yīn qì 与“阳气”相对而言，泛指它们所代表的事物的两个对立面之一。一般多指脏腑所藏的精微物质。

THE YIN QI (THE YIN PRINCIPLE) It is the opposite of the “Yang Qi” (the Yang Principle) and a generalized term for one aspect of the two opposites. It usually refers to the refined materials in the Viscera.

阳中之阳，阳中之阴 yáng zhōng zhī yáng, yáng zhōng zhī yīn

指属“阳”的事物中又可分为阴阳两个方面，其中分属于“阳”的一面，称之为“阳中之阳”，分属于“阴”的一面，称之为“阳中之阴”。如白天属阳，上午为阳中之阳，下午为阳中之阴。

THE YANG ASPECT OF YANG AND THE YIN ASPECT OF

YANG An object belonging to the Yang category may, in turn, be subdivided into two parts: its Yin and its Yang. Its Yang part is called “the Yang Aspect of Yang” and its Yin part, “the Yin Aspect of Yang.” For example, in the interrelationships among the Viscera, the stomach belongs to the category of Yang and itself may be subdivided into the Stomach-Yang and the Stomach-Yin. Thus, the Stomach-Yang may be called “the Yang Aspect of Yang,” while the Stomach-Yin, “the Yin Aspect of Yang.”

阴中之阴，阴中之阳 yīn zhōng zhī yīn, yīn zhōng zhī yáng

指属“阴”的事物又可分为阴阳两个方面，其中分属于“阴”的一面，称之为“阴中之阴”，分属于“阳”的一面，称之为“阴中之阳”。如黑夜属阴，上半夜属阴中之阴，下半夜属阴中之阳。

THE YIN ASPECT OF YIN AND THE YANG ASPECT OF

YIN An object belonging to the category of Yin may, in turn, be subdivided into two opposites: its Yin and its Yang. The former is called “the Yin Aspect of Yin” and the latter, “the Yang Aspect of Yin.” For example, in the interrelationships among the Viscera, the kidney belongs to the category of Yin and itself may, in turn, be subdivided into the Kidney-Yin and the Kidney-Yang. Thus, the Kidney-Yin may be called “the Yin Aspect of Yin” while the Kidney-Yang, “the Yang Aspect of Yin.”

阳生阴长 yáng shēng yīn zhǎng 阳气生化正常，阴气才能不断滋长，以此说明事物升发的一面。

THE FLOURISHING YIN BASED ON THE VIVIFIED YANG

Yang must be vivified normally in order that Yin may flourish. This explains the aspect of the flourishing state of matters.

阳杀阴藏 yáng shā yīn cáng 阳气收束时，则阴气也潜藏，以此说明事物敛藏的一面。

YANG RESTRAINED AND YIN CONCEALED When Yang is restrained, Yin becomes dormant or concealed. This explains the aspect of the restraining state of matters.

阴阳互根 yīn yáng hù gēn 阴阳双方均以对方的存在为前提，任何一方均不能单独存在和运动。同时，阴阳双方又可在一定的条件下互相转化，阳可以化生阴，阴也可以化生阳。如物质与机能之间就存在着这种互根关系。

THE INTERDEPENDENCE OF YIN AND YANG The existence of one of the two opposites, Yin and Yang, depends on the very existence of the other. Neither of them can exist and flourish independently. At the same time, Yin or Yang may transform itself into the opposite under certain defined circumstances. For example, such interdependent relationship exists between matter and its function.

阴生于阳 yīn shēng yú yáng 指阴以阳的存在为自己存在的前提。如人体中的阴精是通过阳气的活动而化生的。

YIN GENERATED FROM YANG The existence of Yin must depend on the prior existence of Yang. For example, the Essence of Yin in the human body must invoke the

activities of the Yang Principle in order to develop.

阳生于阴 yáng shēng yú yīn 指阳以阴的存在为自己存在的前提。如人体中的阳气是通过阴精而化生的。

YANG GENERATED FROM YIN The existence of Yang must depend on the prior existence of Yin. For example, the Yang Principle in the human body must invoke the Essence of Yin in order to develop.

阴阳消长 yīn yáng xiāo zhǎng 指阴阳双方此盛彼衰、此消彼长的动态变化。若一方太过，就会引起另一方不足；反之，一方不足，也会导致另一方太过。

EBB AND FLOW OF YIN AND YANG Yin and Yang co-exist in a dynamic state in which one rises while the other declines. An excess of one will lead to the decline of the other and vice versa.

阴阳转化 yīn yáng zhuǎn huà 阴阳双方，在一定条件下可以互相转化，阴可以转化为阳，阳也可以转化为阴。如寒极生热，热极生寒，阴证可转化为阳证，阳证也可以转化为阴证。

MUTUAL METAMORPHOSES OF YIN AND YANG Under certain defined circumstances, Yin and Yang may be mutually transmutable. Yin may be transmuted into Yang, and Yang into Yin. For example, Cold reaching its extreme may produce Heat and Heat reaching its extreme may generate Cold. A Yin syndrome may metamorphose into a Yang one and vice versa.

阴平阳秘 yīn píng yáng mì 阴气平顺，阳气固守，两者相互调节而保持其相对的动态平衡，这是机体生命活动与健康的基础。

本条件。

YIN FLOURISHING SMOOTHLY AND YANG VIVIFIED STEADILY The Yin Principle flourishes smoothly while the Yang Principle is vivified steadily. They regulate themselves so as to maintain their relative kinetic equilibrium. This is the basic principle to promote the normal activities of life and keep healthy.

阴阳失调 yīn yáng shī tiáo (阴阳乖戾 yīn yáng guāi lì) 即阴阳不和，它可导致阴阳双方偏盛偏衰、气血紊乱、脏腑机能失常等病理变化。

IMBALANCE OF YIN AND YANG It is the disharmony of Yin and Yang, and leads to pathologic changes with excesses of one and deficiencies of the other, disturbances of Qi (vital energy) and Blood, malfunctioning of the Viscera, etc.

阴不抱阳 yīn bù bào yáng 由于“阴”的病变，不能维系阳气的正常固守而出现的病理现象。如“阴虚阳亢”、“阴盛格阳”皆是。

FAILURE OF YIN TO SUSTAIN YANG This is due to abnormal changes of Yin. When it cannot maintain the normal stance of the Yang Principle, pathologic changes would appear, such as “Deficiency of Yin with Excess of Yang,” and “Excess of Yin with Elusion of Yang,” etc.

阴阳离决 yīn yáng lí jué 指阴阳双方互根关系的毁灭，表示生命停止。

DISSOCIATION OF YIN AND YANG It denotes a disintegration of the relationship between Yin and Yang, and is

used to express the pathogenesis of death.

阳化气，阴成形 yáng huà qì, yīn chéng xíng 是以阴阳说明物质（形）和机能（气）之间的相互依存、相互转化的关系。当事物表现为机能活动时属“阳”，而成为有形物质时便属“阴”。

YANG REPRESENTING QI AND YIN THE MATTER Yin and Yang are used to explain the interdependence and mutual transmutation between the material (the form) and the function (Qi). When appearing as functional activities, the matter belongs to “Yang,” and when as formed materials, to “Yin.”

阴盛则阳病 yīn shèng zé yáng bìng 当阴寒之气偏盛时，就要影响阳气而得病（如阳气虚弱或阳气活动受到限制）。

EXCESS OF YIN CAUSING DISORDER OF YANG When the Principle of Yin-Cold is intensified, the Yang Principle would be affected, resulting in disease (with dissipation of the Yang Principle or restriction of its activities).

阳盛则阴病 yáng shèng zé yīn bìng 当阳热之气亢奋或虚火妄动时，就要耗损阴液而得病。

EXCESS OF YANG CAUSING DISORDER OF YIN When the Principle of Yang-Heat is intensified or the Debilitating Heat is impetuous, the Yin-Liquid would be dissipated, and disease would result.

阴损及阳 yīn sǔn jí yáng 由于阴精亏损而导致阳亦虚。如肾阴亏损日久，就可出现肾阳不足。

DEFICIENCY OF YIN AFFECTING YANG A deficiency of the Yin-Essence would cause a shortage of the Yang

Principle. For example, if the Kidney-Yin is damaged for long, it will lead to a deficiency of the Kidney-Yang.

阳损及阴 yáng sǔn jí yīn 由于阳气虚弱而导致阴精亦亏。如肾阳虚衰日久，就可出现肾阴亏乏。

DEFICIENCY OF YANG AFFECTING YIN An impairment of the Yang Principle would lead to the dissipation of the Yin-Essence. For example, if the Kidney-Yang is impaired for long, it will result in shortage of the Kidney-Yin.

重阳 chóng yáng 两种属于“阳”的性质同时出现在一个事物上。如白昼为阳，中午为阳中之阳，故中午称为“重阳”。

THE SUPERPOSED YANG It refers to the simultaneous presence of two forms of the Yang property in a single entity. For example, day belongs to the category of Yang and noon, the Yang Aspect of Yang. Thus, noon is called “the Superposed Yang.”

重阴 chóng yīn 两种属于“阴”的性质同时出现在一个事物上。如夜晚为阴，夜半为阴中之阴，故夜半称为“重阴”。

THE SUPERPOSED YIN It refers to the simultaneous presence of two forms of the Yin property in a single entity. For example, night belongs to the category of Yin and midnight, the Yin Aspect of Yin. Thus, midnight is called “the Superposed Yin.”

至阳 zhì yáng ①指两阳交尽时，如白天为阳，中午为阳中之至阳；②穴位名，位于第七胸椎棘突下凹陷中。

THE SUPREME YANG The name of the acupuncture point, Zhiyang, inferior to the spinal process of the seventh

thoracic vertebra.

至阴 zhì yīn ①指两阴交尽时，如黑夜为阴，夜半为阴中之至阴；②通常指足太阴脾经；③穴位名，位于足小趾甲根外侧角外2毫米处。

THE SUPREME YIN ① The extreme of Yin; ② it usually refers to the Spleen Channel of Foot-Taiyin; ③ the name of the acupuncture point, Zhiyin, located 2 mm. lateral to the outer corner of the root of the nail of the little toe.

重阴必阳 chóng yīn bì yáng 疾病的性质原属“阴气”偏盛，但当“阴气”偏盛到一定限度时，就会出现“阳”的现象或向着“阳”的方面转化。如寒证发展到极点，就可能出现热象。

INEVITABLE TRANSMUTATION OF THE SUPERPOSED YIN INTO YANG A disease may be characterized by an excess of the “Yin principle.” When this excess of its “Yin Principle” reaches a certain limit, it may exhibit “Yang” characters or metamorphose toward “Yang.” For example, when a syndrome of Chills develops to its climax. Fever manifestations may appear.

重阳必阴 chóng yáng bì yīn 疾病的性质原属“阳气”偏盛，但当“阳气”亢盛到一定限度时，就会出现“阴”的现象或向着“阴”的方向转化。如热证发展到极点，就可能出现寒象。

INEVITABLE TRANSMUTATION OF THE SUPERPOSED YANG INTO YIN A disease may be characterized by an excess of the “Yang Principle.” When this excess of its “Yang Principle” reaches a certain limit, it may exhibit “Yin” characters or metamorphose toward “Yin.” For