

CHINESE-ENGLISH
BILINGUAL GLOSSARY
OF TRADITIONAL CHINESE
MEDICINE

汉英双解实用中医词汇

王宝祥 董霞梅 主编

科学出版社

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内 容 简 介

本书汇集中医词目约 4000 条,概括了中医基础理论及临床各科的内容,基本符合医疗和教学的要求。同时,本书还收编了常用中草药约 300 余种,药物名称均以汉、英、拉丁文三种形式给出。书中还附有标准中医门诊病案、住院病案书写格式,病案书写格式均以汉英两种文字排出。

该书将中医词目,常用中草药,病案书写集于一书,内容丰富,使用方便。本书是以汉英两种形式编写,所以对开展高层次中医药国际交流与合作具有较强的实用性。

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王宝祥 董雪梅 主编

责任编辑 徐津津

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顾 问	林子强	欧阳基			
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英文主译	董雪梅				
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前 言

1991年10月,北京金秋时节,世界卫生组织与中华人民共和国国家中医药管理局共同举办了世人瞩目的国际传统医药大会。来自42个国家和地区的政府官员与传统医药界专家、同仁共商发展大计,提出“人类健康需要传统医学”的口号,发表了《北京宣言》,并将每年的10月18日定为世界传统医药日。

作为与会者置身于这一令人激动、振奋的情景之中,共同的事业增进了不同肤色,不同语言,不同信仰的同仁、朋友之间的友谊与了解,也更加坚定了我们编写本词汇的信心。

任何事物都有一个逐渐发展的过程,水平有一个逐渐提高的过程。探讨中医英译是手段,目的是将中医药介绍给各国学者,使之了解发源于中国古代哲学思想的中医理论体系。随着高科技发展,借助现代化方法、手段对中医药进行微观研究,揭示事物本质,并已获得大量科研数据;治疗研究采用了西医病名,诊断,疗效标准与西医统一;中医论文在国际专业会议上交流,在西医杂志上发表,并得到西医理解。展望医学发展的未来,中医药学得到世界的瞩目,且不可忽视对中医哲理的领悟。

本书集中医基础理论、临床各科词目、国家中医药管理局医政司颁发的《中医内外妇儿科病证诊断疗效标准》中八十一个病证及其辨证分类、中医病案书写格式于一书,这将有助于中国与各国中医药学者从事高层次的学术交流。中医英译形式力求保持中医药学的特色与内涵,并使用世界卫生组织发布的标准中医名词英译,使中医英译逐步实现规范化、标准化。

本书承蒙世界卫生组织传统医学顾问、中国科学院学部委员、中国中医研究院教授陈可冀先生亲自作序。承蒙澳洲中医药针灸联合会会长林子强教授,山东大学美国现代文学研究所教授、美国印第安那大学终身教授欧阳基先生,山东中医学院教授、美国康乃尔大学客座教授、主诊王永安先生,著名中医教授、学者吕同杰先生、周次清先生、蔡剑前女士、余昌正先生、李玉林先生,英语专家J·布莱克先生审阅,并提出许多宝贵意见,在此一并表示衷心感谢!

本书可作为海内外各国中医院校师生从事教学、医疗、科研的工具书,可作为各国对中医药感兴趣的人们的参考书。

中医药学源远流长,部分专业术语英译难度较大,敬希海内外广大读者对本词汇欠妥之处予以指正。

愿中国传统医药学为全人类的健康长寿作出贡献!

编 者
于山东济南
1992. 8.

Introduction

In October, 1991, the golden season of autumn in Beijing, an international conference on traditional medicine, which focussed the world attention, Was jointly held by WHO and the State Administration of Traditional Chinese Medicine of P. R. China with government officials, specialists and colleagues in the field of traditional medicine from 42 countries and regions taking part to discuss the future development of the traditional medicine. The conference put forward the slogan "Mankind needs traditional medicine to maintain health", adopted a "Beijing Declaration", and agreed to make every October 18 "The Day of Traditional medicine".

As participants of the conference, we were merged in the inspiring and exciting atmosphere. The common cause promoted friendship and understanding among friends and colleagues of different races with different beliefs. This further strengthens our confidence in writing this book.

Things develop gradually and usually become improved step by step. The approach to translate TCM theories to English is the medium of introducing them to foreign scholars, thus, enabling them to understand the TCM theoretical system formed on the basis of the ancient chinese philosophy. Along with the high—science and tech development, large amount of data has been gained by microcosmic Study of TCM to reveal its nature by using modern methods. The names of disease diagnostic and therapeutic criteria that coincide with those of western medicine have been adopted in the therapeutic study. TCM theses are exchanged at international conferences, published in the western medicine journals and have gained understanding of western doctors. Looking into the future of medical development, TCM is eyed on all over the world, hence, the importance of understanding its philosophic theory can not be neglected.

This book collects entries, including basic theories and clinical subject, the diagnostic criteria and types of differentiation of 81 kinds of diseases as well as the standard forms of medical record—writing in traditional Chinese medicine issued by the State Administration of Traditional Chinese Medicine of P. R. China. This will aid in academic exchange in higher level among the scholars from China and different countries.

Striving to maintain the characteristics and original intention of traditional Chinese medicine in English translation, using the standard English translation on the words of TCM issued by WHO, so as to make English translation on TCM standard

ization and criterions.

We are deeply indebted to Mr. Chen keji, consultant on traditional medicine to WHO, academic member of the Chinese Academy of Science, professor of Chinese Academy of TCM, for his foreword.

We express special appreciation to Mr. Lin Tzichiang, national president of Federation of Chinese Medicine and Acupuncture Societies, Australia, to Mr. Ouyongji, professor of Institute for studies in Modern American Literature of Shandong University, professor of Indiana University, U. S. A, to Mr. Wang Yongan, professor of Shandong College of TCM, visiting professor of Kernel University, U. S. A, to famous professors of TCM: Lu Tongjie, Zhou Ciqing, Caijiangqian, Yu Changzheng, Li Yulin, to Mr. J. Black, English teacher, for their valuable, instructive suggestions.

This book will be a book in TCM teaching, clinical management and scientific research for teachers and students of TCM colleges of the world, of also meet the needs for those who are interested in TCM.

TCM, Which dates back to ancient time, has an unique and profound theoretical system. Certain parts of its terminology have particular denotations, so is difficult to translate. Inaccuracies in the book, therefore, are unavoidable, we sincerely hope that our friends in TCM circle and all the readers will oblige us with timely corrections.

May traditional Chinese medicine make a great contribution to mankind to maintain health and enjoy a long happy life.

The Editors
Jinan, Shandong Province
August, 1992

序

我国是伟大的文明古国,有光彩夺目的中华民族文化,中医学也是其中的组成部分;作为炎黄子孙,我们以有这样宝贵的、优秀的文化而骄傲。

任何科学,都应是国际性的,医学科学也不例外;民族性也很重要,但是与国际性相对而言的。我国今天正处在历史发展的伟大时代,我们这一代人负有继往开来的重任。我们不仅要面向全中国,让中医学继续为全国人民健康贡献力量,同时,还应当面向全世界,让中医学走向世界,为全世界人民的健康服务。

中医学有自己独特的理论和经验,在不少医学理论、概念,以及学术用语的语义特征上,有自己的特色,常常与现代医学有明显的差异或不同;例如中医学中的“肝藏”,和现代医学的“liver”概念有明显不同;中医学中“痰”和现代医学中的“sputum”也不同;中医学中的“手三阴”的“手”,并非“hand”所能概括,还包括“arm”在内;所以,要将中医学介绍给全世界,中医学名词术语的英汉语对译,是一项十分艰巨而繁重的任务,有待规范化或标准化。

我很高兴看到《汉英双解实用中医词汇》的编纂,本书就中医基础、临床各科、针灸、气功、中药名词,以及由国家中医药管理局公布的《中医病案书写规范》,都作了汉英对排对译,很是实用。有些词语的英译与国内一些学者的译法不完全一致,但却有益于今后的进一步交流、统一和提高。我认为本书对中医学教学、科研、医疗方面都是很好的参考用书,对主编及主译者的毅力表示赞赏。是为序。

陈可冀
一九九二年六月
于北京西苑

Foreword

Our country, one of the great ancient civilized countries in the world, has its dazzlingly brilliant Chinese culture, of which traditional Chinese medicine (TCM) is a component part (Being Descendant of the Chinese nation). We take pride for having such a valuable and splendid culture.

Any branches of sciences should be of the international, so is medical science. Although national character is also of importance, yet it is only comparative to the international. Our country is now in the great era of historical development; the generation of us takes on the heavy responsibilities of carrying forward the cause and forging ahead into the future. It is not only for us to face the whole China and continue to make TCM serve the Chinese people's health, but to face the whole world and make use of it to serve the health of the people world over.

TCM has its own distinctive theories and experience. In many of the theories, conceptions as well as the meanings of its terms, it has its own peculiarity, and is often obviously different from those of modern medicine. e. g. the conception of "liver" in TCM is quite different from that in modern medicine, and so is "sputum". The word "hand" in "three yin of the hand" means more than its usual meaning, which also includes the "arm" etc. Therefore, it is arduous and strenuous for us to translate TCM terms from Chinese into English while trying to introduce it to the whole world. And such a work needs to be normalized and standardized.

I'm pleased to see the compilation and publication of this Chinese—English Bilingual Glossary of Traditional Chinese Medicine. It compiles with English translation all the basic TCM theories, clinical terms of each department, acupuncture and moxibustion, qigong, and traditional pharmacy as well as "the standard forms of medical record—writing in traditional Chinese medicine" issued by the State Administration of TCM. Hence it is very practical in use. Though it is not identical in English translation for other scholars at home, yet it is valuable for furthering the exchanges, standardization and improvement in this field. I think it would be a good reference book in TCM teaching, scientific research as well as clinical management, and I appreciate the willpower of the chief editors and translators to accomplish this book. For all this I write this foreword.

Chen Keji
Xi yuan, Beijing
June, 1992

用法说明

一、本词典收入中医基础、临床各科、针灸及气功等词条约 4000 条。以汉语拼音字母顺序排列,同音异调的汉字按声调顺序排列;多字词条按第一个汉字的汉语拼音字母音调排列;第一个汉字的音调相同者,按第二个汉字的汉语拼音字母顺序和音调排列,依次类推。

二、每一词条的主要部分是本词与释义,均作中、英文双重解释。

三、每一词条的编排次序是汉语词条本词及汉语拼音,汉语的释义;然后是英文词条本词(大写体,排黑体字母)及其英文释义。一义多词者,均收入同一义词条中,在汉语拼音后,将同义词条收入括号内。

四、汉语拼音均注调号,采用标准中国普通话发音及音调。

五、一项词条含有多条不同的释义时,各条释义分别列出,前面标以 1、2、等数码,并分别作中、英文双重解释。

六、英语释义的文字,如已含有词条本词内容,则不另行释义。

七、对少数中医专业词条及文字的特定含义,使用目前国内外已约定成俗的音译,以保持其中医特色。如将“气”译为 qi;将“阴、阳”分别译为 yin, yang;将“气分、血分”分别译为 qifen, xuefen;将“痺”译为 bi;将“阳明”译为 yangming;将“营卫”译为 yingwei, 等等。本书采用了世界卫生组织针灸穴名标准化英语译名及其缩写。如将肺经译为 Lung Meridian;三焦经译为 Triple Energizer Meridian;督脉译为 Governor Vessel, 缩写为 GV, 等等。

八、本词典附录一,收编了国家中医药管理局医政司(1991.5)颁发的中医病案书写格式,均以汉文、英文对排形式,以便查阅、使用。

九、本词典附录二,收入三百味常用中草药,以其作用功效为排列顺序。每一味中草药药名均用汉字、汉语拼音、拉丁文(大写体)及英文(斜体)四种形式。

Guide to the Use of This Book

1. This book has collected about 3800 entries of basic theory, various clinical branches of TCM, acupuncture and moxibustion as well as Qigong. The Chinese headwords are arranged in alphabetic order of the Chinese phonetic symbols; headwords with the same pronunciation but different tones are arranged in the order of the four tones while those with two Chinese characters or more arranged according to alphabetical order of the Chinese phonetic symbols of the first Chinese character; when the tones of the first Chinese character are the same, then see the alphabetic order and tones of the second Chinese character and so on and so forth.

2. The major parts of each entry consists of headword and its explanation, both in Chinese and English.

3. Arrangement of the entries: The first item is the headword in Chinese, attached with Chinese phonetics, then the Chinese explanation. The corresponding terms in English are printed in capital letters, followed by English explanation. Terms with the same meaning are collected in brackets under the same entry following the Chinese phonetics of the headword.

4. All the Chinese characters are marked with tones according to the pronunciation and intonation of the standard Chinese Putonghua.

5. The various meanings of a Chinese headword are marked off by Arabic numerals (1. 2. 3. etc.) with English corresponding terms and explanations.

6. If the English corresponding term is just the same with its explanation, then the Chinese explanation is not again translated into English.

7. A small number of headwords or words which have their specific meaning in TCM are translated in a way which is established by usage both at home and abroad, ie, "qi", "yin, yang", "qifen, xuefen", "bi", "yangming", "yingwei" etc. The standard acupuncture nomenclature issued by Regional Working Group on the standardization of Acupuncture Nomenclature, WHO Regional Office for the Western Pacific, are also used, ie, "Lung Meridian"; "Triple Energizer Meridian"; "Governor Vessel, GV", etc.

8. In appendix I, the standard forms of medical record-writing in TCM issued by the Department of Medical Affairs of State Administration of TCM (May, 1991).

9. Appendix II, 300 Kinds of common Chinese materia Medica which are arranged in the order of their effect, each of which is written first in Chinese, followed by Chinese phonetics, then in Latin (printed in capital letter), and in English (printed in italic type).

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条目汉语拼音音节索引 (729)

阿是穴 【ā shì xué】(不定穴)即无具体名称,也无固定位置,而是以压痛点或其它反应点做为腧穴的穴位。

癌 【ái】(恶性肿瘤)肿块凹凸不平,边缘不齐,坚硬不移,形如岩石,溃后血水淋漓,臭秽难闻,不易收敛。

艾灸补泻 【ài jiǔ bǔ xiè】(火补火泻)火力由小到大,渐渐深入,待火自然燃尽,灼伤皮肉者为补法,具温阳补虚之功效,如用口吹其火,使其速燃,使受术者觉烫,不待烧及皮肉即移去艾炷者为泻法,具祛寒散结之功效。

艾绒 【ài róng】将干燥艾叶磨碎制成的粗药末,是灸治所用的主要材料。

艾条(卷) 【ài tiáo (juǎn)】用艾绒卷成的圆柱形长条,根据有无药物含

Ah Shih Point, Pressure Pain Point, Adventitious Point a point without fixed title and location, but selected by eliciting pressed pain and other response at the tender site, which is a category of acupuncture points.

Cancer a malignant tumour featuring uneven surface, indistinct margin, stony hard and immovable, which when rupture occurs, would discharge smelly bloody fluid. It is a very stubborn disease.

Reinforcing or Reducing by Cone Moxibustion two different treatments, reinforcing treatment requests the burning of the cone from weak to strong gradually and applies heat to points or certain locations of the human body until a local scar is formed, it reinforces yang qi and prevents collapse while the reducing one requests a quick and strong burning of the cone by puffing air on it, making the patient feel fairly hot and removing the cone before a scar is formed, it relieves the stagnation of qi and blood by expelling pathogenic coldness.

Moxa Wool chief material for moxibustion, made of dry moxa leaves ground into wool.

Moxa Stick a cylinder made of dry moxa; it is classified into two types:

量,分清艾条与药艾条两种。一般长二十厘米,直径一点五厘米,可燃烧一小时左右,多用于悬灸。

艾炷 【ài zhù】艾绒制成的圆锥形艾团,用拇指、食指、中指捏成三种大小不同的艾炷,最小的艾炷形如麦粒;中等艾炷如半个枣核;大艾炷形如拇指上端,直接灸使用两种小艾炷;间接灸使用大艾炷。

艾炷灸 【ài zhù jiǔ】将艾炷置于穴位点燃的一种灸法、有直接灸与间接直接灸两种方法。

暖腐 【ài fǔ】暖气而气味酸腐而臭,多因脾胃虚弱,饮食不节,食物不化,停滞肠胃所致。

暖气 【ài qì】(嗝气)指气从胃中上逆有声,其声沉长的症状,多因脾胃虚弱或胃有痰、火、食滞,使胃失和降所致,也有因肝气上逆而暖气者。

one is pure moxa stick and the other is medicinal moxa stick in which other herbal medicine is mixed; about 20 cm in length and 1.5 cm in diameter, enough to burn for about one hour, generally used in hanging moxibustion.

Moxa Cones cones of dry moxa wool. Place a small amount of moxa wool on a board, knead and shape it into a cone usually with the thumb, index and middle fingers in three sizes. The smallest is as big as a grain, the medium size is about half a date stone, and the largest is the size of the upper part of the thumb. The two smaller cones are suitable for direct moxibustion, while the largest for indirect moxibustion.

Moxa Cone Moxibustion a method of moxibustion with a moxa cone burning on the selected point directly or indirectly.

Eructation with Foul Odour a symptom caused by the asthenia of the spleen and the stomach or immoderate diet leading to the accumulation of indigested food in the stomach and intestines.

Eructation the noisy belching of gas from the stomach through the mouth, due to asthenia of the spleen and stomach, or failure of descending of stomach-qi resulting from the accumulation of phlegm, fire and indigested food in the stomach. It could

嗌奶 【ài nǎi】因小儿吮乳汁过多，胸膈不快，胃满而溢出。

安神 【ān shén】治疗神志不安，心悸失眠的方法，通常分为重镇安神和养心安神两种。

安中 【ān zhōng】中指中气，即脾胃之气，用药物来调整安定脾胃之气的方法，即称为安中，一般指“和胃”和“调和肝胃”等法。

按摩 【àn mó】1. 又称推拿，在人体一定部位上，运用各种按摩手法和进行特定的肢体活动来防治疾病的方法。2. 正骨八法之一，包括按法和摩法，用以舒筋散瘀和消肿。

暗产 【àn chǎn】指受孕一月之内而流产者，多因肝郁，恼怒或房事不节所致。

熬 【áo】将药物加入适量的水或辅料，用小火慢慢煎煮，或浓缩成膏状物。

also be caused by failure of descending of liver-qi.

Milk Vomiting a disorder seen in the case of overfeeding in infants.

Tranquillization a treatment for restlessness, palpitation and insomnia; either by the application of soothing medicine (minerals) or reinforcing the mental system.

Regulation of the Middle-Energizer

a treatment for the disorder of middle-energizer (qi of the spleen and stomach), generally referring to the regulation of stomach-qi, or the regulation of interaction between the liver and stomach.

Massage 1. also called Chinese tuina, a method of prevention and treatment of diseases by applying various massage manipulation, or by passive movements of the body. 2. One of the eight manipulations of bonesetting, used for relaxing the muscles, dissipating blood stasis, and promoting subsidence of swelling.

Abortion within the First Month of Pregnancy early miscarriage due to stagnation of liver-qi, anger, or frequent sexual intercourses.

Stewing a method of processing medicinal herbs by boiling with proper amount of water or other liquid adjuvants by low fire to concentrate it as an extract.

八法 【bā fa】八种治疗方法,即汗、吐、下、和、温、清、消、补。

八纲 【bā gāng】八种辨证纲领,即阴、阳、表、里、寒、热、虚、实。

八纲辨证 【bā gāng biàn zhèng】辨证的基本方法之一,把疾病复杂的临床表现用阴、阳、表、里、寒、热、虚、实八个纲领进行分析归纳,以说明病变的部位、性质以及正邪盛衰等情况,对疾病作出诊断。

八会 【bā huì】指脏、腑、筋、髓、血、骨、脉、气等的精气会聚的地方。

八廓 【bā kuò】将外眼分为八个部

Eight Medical Treatments generally referring to the eight comprehensive principles of Chinese traditional therapy, including diaphoresis, inducing emesis, purgation, reconciliation (regulating the functions of the internal organs), warming, Purifying resolution and invigoration.

Eight Principal Syndromes the eight aspects for different diagnosis, including yin and yang, superficies and interior, cold and heat, asthnia and sthenia.

Diagnosis in accordance with Eight Principal Syndromes one of the basic methods of differential diagnosis, based on the analysis and comprehension of the complicated clinical manifestations through the Eight Principal Syndromes— yin and yang, superficies and interior, cold and heat, asthenia and stheria, to determine the nature and site of pathological changes and the conflict between the body resistance and the pathogenic factors.

Eight Convergent Points the points where the essential substances of the zang, fu, tendons, marrow, blood, bones, vessels and qi gather.

Eight Walls the eight parts divid-