

CHINESE MEDICATED DIET



A PRACTICAL
ENGLISH-CHINESE
LIBRARY OF
TRADITIONAL
CHINESE MEDICINE

中国 药膳

PUBLISHING HOUSE OF
SHANGHAI COLLEGE OF
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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

2148/17

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, Mrs. Beth Hooks, 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昂，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炽昌先生等，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

CONTENTS

目 录

Chapter One	General Introduction	2
第 一 章	总 论	3
Section 1	Origin and Development.....	2
第 一 节	源 流	3
Section 2	Characteristics	10
第 二 节	特 点	11
	1. Laying Stress on the Whole, Selecting Medicated Diet on the Basis of Dif- ferential Diagnosis	10
	注重整体, 辩证施食	11
	2. Suitable for both Prevention and Treat- ment, Outstanding in Effect.....	12
	防治兼宜, 效果显著	13
	3. Good in Taste, Convenient for Taking ...	12
	良药可口, 服食方便	13
Section 3	Content and Classification	14
第 三 节	内容与分类	15
	1. Dietetic Chinese Drugs	14
	食疗中药	15
	2. Medicated Diet for Dietetic Therapy ...	14
	食疗药膳	15
Section 4	Points for Attention	20
第 四 节	注意事项	21
	1. Nature and Flavor of Dietetic Chinese	

	Drugs.....	20
	食疗中药的性味.....	21
	2. Compatibility and Incompatibility of Medicated Diet Therapy	24
	药膳治疗的宜忌.....	25
	3. Selection of Materials and Process.....	28
	选料与加工.....	29
	4. Cooking Techniques	28
	烹调技术.....	29
	5. Applied Principles of Medicated Diet...30	
	药膳的应用原则.....	31
Chapter Two	Dietetic Chinese Drugs	34
第 二 章	食疗中药.....	35
Section 1	Cereals	36
第一节	谷物类.....	37
Section 2	Fruits.....	48
第二节	水果类.....	49
Section 3	Nuts	60
第三节	干果类.....	61
Section 4	Vegetables.....	70
第四节	蔬菜类.....	71
Section 5	Condiments	90
第五节	调料类.....	91
Section 6	Birds and Animals.....	106
第六节	禽兽类	107
Section 7	Aquatic Products	118
第七节	水产类	119
Section 8	Miscellanies.....	130
第八节	其他	131

Chapter Three	Medicated Diet Treatment for Common Diseases and Syndromes	140
第 三 章	常见病证的药膳治疗	141
Section 1	Diseases and Syndromes of Cardiovascular System	140
第 一 节	心血管系统病证	141
	Essential Hypertension	140
	高血压病	141
	Coronary Heart Disease	152
	冠心病	153
	Congestive Heart-failure	168
	充血性心力衰竭	169
	Chronic Hypotension	184
	慢性低血压	185
Section 2	Diseases and Syndromes of Respiratory System	192
第 二 节	呼吸系统病证	193
	Common Cold	192
	感冒	193
	Bronchitis	202
	支气管炎	203
	Pneumonia	220
	肺炎	221
	Bronchial Asthma	228
	支气管哮喘	229
Section 3	Diseases and Syndromes of Digestive System	240
第 三 节	消化系统病证	241
	Chronic Gastritis and Peptic Ulcer	240

	慢性胃炎及消化性溃疡.....	241
	Cirrhosis	252
	肝硬化.....	253
	Hemorrhage of Upper Digestive Tract ...	266
	上消化道出血.....	267
	Acute and Chronic Enteritis	274
	急、慢性肠炎.....	275
Section 4	Diseases and Syndromes of Urogenital System	286
第 四 节	泌尿生殖系统病证.....	287
	Acute and Chronic Nephritis	286
	急、慢性肾炎.....	287
	Urinary Infection	302
	泌尿系感染.....	303
	Prostatic Hyperplasia	310
	前列腺肥大.....	311
	Impotence	316
	阳痿.....	317
	Seminal Emission	326
	遗精.....	327
	Stone of Urinary System	336
	泌尿系结石.....	337
Section 5	Diseases and Syndromes of Blood System...	344
第 五 节	血液系统病证.....	345
	Anemia	344
	贫血.....	345
	Thrombopenic Purpura	354
	血小板减少性紫癜.....	355
Section 6	Diseases and Syndromes of Metabolic and	

	Endocrinous System.....	364
第 六 节	代谢、内分泌系统病证.....	365
	Hyperlipemia	364
	高脂血症.....	365
	Adiposis.....	370
	肥胖症.....	371
	Diabetes	374
	糖尿病.....	375
Section 7	Diseases and Syndromes of Nervous System...	384
第 七 节	神经系统病证.....	385
	Cerebrovascular Diseases	384
	脑血管病.....	385
	Neurosism.....	392
	神经衰弱.....	393
Section 8	Surgical and Dermatic Diseases and Syndromes	402
第 八 节	外科与皮肤科病证.....	403
	Impetigo	402
	脓疱疮.....	403
	Mastitis.....	406
	乳腺炎.....	407
	Trauma.....	410
	外伤.....	411
	Hemorrhoid	414
	痔疮.....	415
Section 9	Obstetrical and Gynecological Diseases and Syndromes	422
第 九 节	妇产科病证.....	423
	Menstrual Disorder.....	422

月经失调.....	423
Dysmenorrhea	430
痛经.....	431
Leukorrhagia	442
带下.....	443
Sterility	450
不孕症.....	451
Vomiting during Pregnancy	454
妊娠呕吐.....	455
Puerperal Hypogalactia	464
产后乳少.....	465
Section 10 Pediatric Diseases and Syndromes	474
第十节 儿科病证.....	475
Enuresis in Children	474
小儿遗尿.....	475
Infantile Malnutrition	480
小儿疳积.....	481
Pertussis	492
百日咳.....	493
Infantile Diarrhea	502
小儿腹泻.....	503
Rickets	512
佝偻病.....	513
Section 11 Ophthalmic Diseases and Syndromes	518
第十一节 眼科病证.....	519
Acute Conjunctivitis	518
急性结膜炎.....	519
Night Blindness	522
夜盲症.....	523

	Senile Cataract	530
	老年性白内障.....	531
Section 12	E.N.T. Diseases and Syndromes	536
第十二节	耳鼻喉科病证	537
	Tinnitus	536
	耳鸣	537
	Pharyngitis	542
	咽炎.....	543
	Tonsillitis	556
	扁桃体炎.....	557
	Voice Disease	562
	嗓音病.....	563
Section 13	Infectious Diseases	568
第十三节	传染病	569
	Viral Hepatitis	568
	病毒性肝炎.....	569
	Pulmonary Tuberculosis	582
	肺结核.....	583
Section 14	Tumor	596
第十四节	肿瘤	597
Chapter Four	Medicated Diets for Nourishments and Longevity	608
第四章	滋补与延年益寿药膳.....	609
Section 1	Medicated Diets for Nourishing Qi, Blood, Yin and Yang	610
第一节	滋补气血阴阳药膳.....	611
	Medicated Diets for Invigorating Qi	610
	补气药膳.....	611
	Medicated Diets for Nourishing the Blood...620	

	养血药膳.....	621
	Medicated Diets for Nourishing <i>Yin</i>	628
	滋阴药膳.....	629
	Medicated Diets for Restoring <i>Yang</i>	638
	助阳药膳.....	639
	Medicated Diets for Replenishing All of <i>Qi</i> , Blood, <i>Yin</i> and <i>Yang</i>	646
	兼补气血阴阳药膳.....	647
Section 2	Medicated Diets for Tonifying and Benefiting the Five Viscera	656
第 二 节	补益五脏药膳.....	657
	Medicated Diets for Strengthening the Spleen...	656
	健脾药膳.....	657
	Medicated Diets for Tonifying the Lung	666
	补肺药膳.....	667
	Medicated Diets for Nourishing the Heart ...	676
	养心药膳.....	677
	Medicated Diets for Tonifying the Kidney ...	682
	补肾药膳.....	683
	Medicated Diets for Benefiting the Liver	690
	益肝药膳.....	691
	Medicated Diets for Invigorating All the Viscera..	698
	兼补诸脏药膳.....	699
Section 3	Medicated Diets for Prolonging Life	708
第 三 节	延年益寿药膳.....	709
Section 4	Medicated Feast for Nourishment	726
第 四 节	滋补药膳全席.....	727
	Editor's Notes.....	752
	编写说明.....	753