



汉英
对照

小儿

推拿

编著 葛涓菲 高岱清
Edited by Ge Mei-fei Gao Dai-qing

翻译 叶 晓
Translated by Ye Xiao



Chinese-English Edition of Pediatric Tuina

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臺灣電影

小兒

推拿

THE MASSAGE
THERAPY OF TOUCH
AND HEALING
THEORY



The award-winning film adaptation of Tianzhu's Taiwan

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of Pediatric *Tuina*

编著◎葛湄菲 高岱清

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序

小儿推拿是中医推拿学的重要学术分支，因其独特的理法而自成体系；因其卓越的疗效而被誉为“保婴神术”，诚为救世良方，国医之瑰宝。

小儿推拿乃“以手代针之神术也”（《小儿按摩经》）。其法，发端自人类本能亲子间搂抱抚慰之舐犊深情。早在殷商之甲骨文，就有关于按摩的记载，其后春秋战国的《五十二病方》及秦汉以降之《黄帝内经》、《神农本草经》、《千金要方》、《圣济总录》等经典均有文献实录历代小儿推拿的应用与发展盛况。至明中叶《小儿按摩经》、《小儿推拿方脉活婴秘旨全书》的问世，昭示小儿推拿学术体系的形成，数千年来为中华民族的繁衍昌盛作出了重要贡献。自我国改革开放以来，无论是在国外讲学，或是接待海外医学团体来访时，许多西医学者甚至是资深的儿科专家，对小儿推拿甚至是前所未闻，一无所知，并惊叹竟会有如此神奇的儿科医疗技术。实在是中华医学之伟大发明。

葛湄菲君，全国首届杰出女中医师。自山东中医学院毕业二十余年来从事儿科专业，后又师从著名中西医结合儿科专家徐金香教授，融通中西，学养厚实。近年来又专志于小儿推拿流派与临床研究，成果颇丰。吾与葛君有师生之谊，常有学术交流和切磋，深为其敏而好学，求知若渴，知必达至，锲而不舍的治学精神所感叹！时下她为满足当代国际与国内对“绿色医疗”的需求，及时撰稿付印本书，向世界推广介绍小儿推拿这一绿色医疗方法，造福于天下赤子。其功岂有量哉！是为序。

时戊子十月初十立冬日山东中医药大学 王国才题

Preface

As an important academic branch of Chinese *tuina*, pediatric *tuina* has developed its own system due to its unique theories and principles and it is honored as ‘a magic therapy for nursing the children’ due to its significant efficacy. It is really an effective recipe for treating pediatric diseases and the treasure of Chinese medicine as well.

Classic of Pediatric *Tuina* (*Xiaer Anmo Jing*, 小儿按摩经) records pediatric *tuina* as ‘a magic therapy that substitutes the acupuncture by hand manipulations’. This therapy originated from the instinctive and deep parental love of caring and hugging their children. There are oracle bone inscriptions about *tuina* as early as in the *Yin* and *Shang* periods (1766-1122 B.C.). Later, the application and development of pediatric *tuina* were documented in classics such as Recipes for 52 Kinds of Disorders (52 *Bingfang*, 52 病方) in the Spring and Autumn and Warring States Periods, as well as Inner Classic (*Neijing*, 内经), Shennong’s Classic of Materia Medica (*Shennong Bencao Jing*, 神农本草经), Essential Prescriptions Worth a Thousand Gold (*Qianjin Yaofang*, 千金要方), and Complete Record of Sacred Benevolence (*Shengji Zonglu*, 圣济总录) during and after the *Qin* and *Han* dynasties. To the middle time of *Ming* dynasty, the release of Classic of Pediatric *Tuina* (*Xiaer Tuina Jing*, 小儿推拿经) and Complete Book of Secret Principles of Pediatric *Tuina* Recipes on Nurturing Infant (*Xiaer Tuina Fangmai Huoyin Mizhi Quanshu*, 小儿推拿方脉活婴秘旨全书) declared the forming of academic system of pediatric *tuina*, which contributed greatly to the thriving of the Chinese nation. Since the reform and opening of China, many scholars of Western medicine and even some proficient foreign pediatric experts, no matter by meeting them when I was lecturing abroad or by receiving them

domestically, knew little or nothing about pediatric *tuina*, but were all surprised to see the marvelous pediatric *tuina*. Pediatric *tuina* is really a great invention of Chinese medicine.

Ge Mei-fei, the author, is the China's first batch of outstanding female physicians of Chinese medicine. Since she graduated from Shandong College of Traditional Chinese Medicine, she has involved in the pediatric department for more than twenty years. She was once an apprentice of Pro. Xu Jin-xiang, a famous and accomplished pediatric expert of the combination of Chinese and Western medicine. Recent years, she dedicated her life in the school of pediatric *tuina* and the clinical research, attaining profuse achievements. I had been a teacher of her and we have lots of academic exchanges and communications. I am deeply impressed by her hard learning, agile thinking, thirsty for knowledge, and perseverant for working. At present, she meets the demand of natural medical therapies both from home and abroad by compiling and printing this book to introduce and spread this natural therapy of pediatric *tuina* worldwide, thus benefiting all the children. I sincerely present this preface to appreciate her gorgeous efforts.

Pro. Wang Guo-cai

Nov. 7th, 2008, From Shandong University of TCM

前 言

推拿是一种非常古老的疾病治疗方法，可以说与人类的文明史共存，在人类抗击病魔中发挥了不可磨灭的作用。然而，到近代由于西医的传入与发展，特别在儿科领域，抗生素等药物的出现与应用，使人们看到许多急症和感染性疾病能得到有效医治和及时控制，于是对包括推拿在内的中医治疗有所忽视。然而，随着时间的推移，诸如西药的毒副作用、大量耐药菌的出现和非器质性病变的发病率不断升高等西医的某些不足之处日渐显现，从而使人们对这两种医学体系有了审慎的思辨，在重新认识西医的同时，也重新发现了中医的闪光点。近年来，人们开始倡导整体治疗观念，提倡自然疗法和绿色医疗，推拿作为自然疗法的一个主要组成部分，自然受到越来越多的关注。

本书比较完整地介绍了小儿推拿学的学术体系，深入浅出，图文并茂，力求准确、实用。第一章小儿推拿概述，介绍小儿推拿的发展史和近现代著名小儿推拿流派，并展望了小儿推拿的发展前景；第二章小儿推拿基本理论，着重介绍小儿推拿的作用原理、小儿的生理病理和病因特点以及儿科推拿的四诊、辨证要点与处方规律；第三章小儿推拿基本知识，主要介绍小儿推拿临诊时的手法特点、常用介质、适应证与禁忌证和各项临床须知等基本知识；第四章小儿推拿基本技能，重点介绍各种推拿的具体手法和操作要点；第五章常见病治疗，介绍了十四种儿科常见病的推拿临床治疗；第六章小儿保健推拿，介绍了六种行之有效的小儿保健推拿方法。

本书全文汉英对照，适用于国内外小儿推拿的爱好者与初学者，也可作为推拿专业学员和医务人员的专业英语读本。由于本人水平有限，书中难免有不少缺点和错误，请广大读者批评和指正。

编 者

2008 年 10 月于青岛

Foreword

Tuina, a very ancient modality of treating diseases, did coexist with the civilization history of human beings and play an indelible role in resisting diseases. However, due to the introduction and spread of modern medicine in the recent period and with the occurrence and application of antibiotics and other biomedicines, people became aware that many acute and infectious diseases could be effectively controlled and treated, while the treatment attained from Chinese medicine including *tuina* was neglected at some extent, especially in the pediatric field. As the time moves forward, some deficits of the biomedicine, such as biomedical toxic and side effects, profuse occurrence of drug-fast bacteria and continuously increased incidence rate of non-organic disorders, gradually appear and it makes the people take prudent thoughts on both the Chinese and Western medicines, rediscovering the Western medicine and the shining points of Chinese medicine. In recent years, people start to advocate holistic concept in treatment as well as natural therapies. *Tuina* as a main part of the natural therapies is destined to receive more and more concerns.

This book systematically introduces the academy of pediatric *tuina* with illustrations, aiming for accurate, practical and understandable. The first chapter summarizes pediatric *tuina* by introducing its history and famous schools in the modern times as well as its prospect in the future. The second chapter is about the basic theory of pediatric *tuina*, which focuses on the action mechanism of pediatric *tuina*, physiological, pathological and etiological features of pediatrics, and four examinations, key points of pattern identification and formula disciplines. The third chapter, basic knowledge of pediatric *tuina*, mainly illustrates its basic clinical

knowledge of manipulation characteristics, commonly used mediums, indications, contraindications and some clinical instructions. The fourth chapter, basic techniques of pediatric *tuina*, emphasizes the specific operating manipulations and essentials of operation. The fifth chapter, treatment on common diseases, lists clinical treatment of *tuina* on fourteen kinds of common pediatric diseases. The sixth chapter, pediatric *tuina* for healthcare, presents six methods of effective pediatric *tuina* for healthcare.

This book is a Chinese-English edition that facilitates amateurs and beginning learners of pediatric *tuina* both from home and abroad. It can also be used as a special English version for *tuina* learners and practitioners. Inevitably, there should be flaws and mistakes in the book and I sincerely welcome all your recommendations and criticisms.

The Author

Oct. 2008 in Qingdao, Shandong Province, China

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