

漢英對照

實用中醫

處方手冊

Chinese Medical Prescription Handbook

全國首創漢英對照編排，
資料國際化、現代化。

收錄正方三百二十四條、附方一百三十一條，
每條均列臨床治驗說明，

內容廣泛，涵蓋內、外、婦、兒科及
現代病例，是中醫診病重要依據，
家庭最佳保健顧問。

大陸版

廣州中醫學院
第一手研究資料



主編／歐明 總校訂／張駿

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主編 歐明

編輯

李衍文
高漢森
曾威文

漢英實用中醫處方手冊

發行人／李錫敏

執行編輯／黃崧 陳月鳳

編輯／林怡妙 陳鳳儀

助理編輯／林怡旭

美術編輯／萬月卿 陳安綺

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總監修

張駿

中國文化大學中醫進修班教授
中醫師公會全國聯合會理事

原作者序

中國是一個人口眾多、歷史悠久的文明古國。幾千年來，中醫一直卓有成效地肩負著中華民族的衛生保健工作，在現代中國的醫藥衛生事業中起著重要的作用。

中醫診療疾病的主要方法是辨證論治。理、法、方、藥是它的具體表現。因此，正確地立方用藥是中醫診療工作中最關鍵的問題。處方學是闡明和研究處方配伍規律及臨床運用的一門科學，是每個中醫臨床工作者必需掌握的基礎知識。

中國歷代醫家創立了許多醫法和處方，對我國醫學理論體系的形成、發展作出了巨大的貢獻，並使中醫在世界醫學的領域中顯示出獨特的風格。歷代醫書所載醫法和處方極為豐富，早是明朝期間出版的《普濟方》，便載方 61,739 首。本書所選載的皆係精選歷代驗證較為有效而至今又較常用，具有一定的代表性的處方。另外，對中醫內、外、婦、兒、五官等各科的常見病、多發病均有兼顧。

本書系工具書，有別於教材或專著，以實用為原則，著重闡述每條處方的配伍及運用。配伍體現了處方學的原則性，而運用則體現其靈活性。合理的配伍不僅能增強藥物原來的功效，消除其對人體的不利因素，且能產生新的療效，這是醫藥研究的重要課題。為此，本書對藥物的選擇，藥物之間的配伍意義都作了一些提示。處方的配伍，固然有一定的原則性，但在臨床應用時，還須根據病者的病情、年齡、體質、生活習慣以及氣候地區等的不同，予以靈活化裁，方能收到預期的效果。此外，由於歷年的臨床驗證，後人已擴大了前輩所製的處方的主治範圍。這些，本書也作了一些示範。

本書的英譯力求保持中醫學的原意，其中一些詞彙只能按照中醫理論體系來理解，而不能按現代醫學的一般概念來領會。

張明

PREFACE I

China, known as a long history and large population, is a nation with a venerable civilization. For the last several thousand years, traditional Chinese medicine has been effective in promoting the health of the Chinese people and health has been playing an important role in the medical services in new China.

The characteristics of the clinical practice in TCM is to treat a patient in accordance with an overall differentiation of symptoms and signs, which is accomplished in the sequence of determination of mechanism, application of therapeutic principle, selection of prescription and use of medicaments. Thus, correct selection of prescriptions and use of medicaments are the cruxes of the clinical practice in TCM. The study of prescription is a science of explaining and studying the compatibility of ingredients in a prescription and its clinical application. It is the basic knowledge which a TCM professional must have acquired.

Chinese medical professionals through the ages have set up many therapeutic principles and prescriptions, made a great contribution to the formation and development of the TCM theoretical system and displayed a unique style in the world medicine. Plenty of therapeutic principles and prescriptions have been recorded in the medical works all through the ages. For example, one medical work published in the *Min* Dynasty, *Pǔjǐ Fāng* (Prescription for Curing All People), has collected 61,739 prescriptions. This manual, however, only selects the prescriptions which have been proved to be effective

and commonly used in the past and covers those usually applied in various departments of TCM, including intern medicine, surgery, traumatology, gynecology, pediatrics, ENT, etc.

Different from a text book and a monograph, the manual is a reference book for practical use. So it lays stress on explaining the compatibility of ingredients and the clinical application of each prescription. The compatibility of ingredients reflects the principle of the science of prescription, while the application, its flexibility. Reasonable combination of the drugs not only can strengthen the action of the drugs and diminish their adverse effects, but also can produce somewhat new therapeutic effect. This is indeed an important problem worthy of further study. This manual, therefore, made some explanations on the selection and the combination of drugs. Although there are certain principles for the selection of drugs in a prescription, it should vary with the severity of the disease, the age, constitution and living habit of the patient as well as the weather and the environment. The range of prescription application has been enlarged by clinical practice in the past years that has also been shown in this manual.

The English translation was been performed with great efforts to be faithful to the principles of TCM. It should be pointed out that some technical terms can only be understood according to the concept of TCM theoretical system but not to that of modern medicine

總監修序

社會在變動，知識在變動，觀念也在變動，甚至病毒與細菌也在變動，似乎變動在主導著這個時代的一切，而中國醫藥也不能例外。幾千年來，它曾為中華民族的衛生保健寫下了光輝的歷史，無疑地，今後將更要為造福世界人羣擔負起重要的責任，但它不可能是原封不動的承傳，而是以一個嶄新的姿態，突破目前的困境。首先要以活的文字、新的方法，肯定它的價值，詮釋它的精髓所在，讓現代人接近它、瞭解它、接受它，使它的適應性由地區性、民族性，而擴展為世界性。

歷代醫家，憑著豐富的醫療體驗，創立了極為豐富的治病法則與實踐理論，但也無容諱言地，它曾經停留在一個定點上，無法作出更大更新的突破與創新，更無法與處處講求科學的西方醫學一較長短，進而信心漸失，以致使這浩瀚如海的寶藏日漸式微，這不但是民族的悲劇，而且是人類的損失。

這次旺文公司，動員了龐大的人力、財力，出版這本史無前例的現代中醫處方，付梓之前我做了一次總校正，我發現它確有許多可取的地方，不但執業的醫師可當做手邊的臨床參考工具書，而且可作為一般家庭保健醫療的顧問，人人實用，人人看得懂。全書收載了正方三百多條，附方一百多條，數量上不是最多，但涵蓋的時代卻甚廣，上起漢唐，下至八〇年代，它集診斷學、藥學、方劑學以及臨床治驗於一爐，而每一方劑從辨證、用藥、實例，都有詳盡分析，出處有據，各有發揮，在態度上也溶合了現代醫學的觀點，把中醫藥的現代化與科學化向前大大地推進了一步，它提供了今後發展中醫的一個明確方向，在用藥與闡釋方面，力求平穩實用，有些方劑並加上現代病例的說明與對比，更能使大眾接受，而且還能作為醫師在臨床審病辨證，用藥方面靈活應用和加

減變化的依據，它不但溶合了現代醫學的觀點，且又保存了傳統藥劑的優良炮製法則，對於丸、散、膏、丹以及科學提煉的中藥，多有遍及，就我個人的觀點，它以下的優點：

一、漢英對照的針灸著作屢見不鮮，但中醫方劑的譯著則少見，近年來，歐美各國熱衷於天然物資治病的方法，服用中醫的人口增加可觀，但是都停留在西醫觀點，以藥物的成分為主，所以不但療效有限，而且偏離了中醫的基本理論，浪費了歷代醫學家可貴的醫療體驗。俗話說：「善用名方，便是名醫」，自古中醫有用方與用藥的兩派醫師，尤其西方醫師不講中醫處方的基本原則，使珍貴的寶藏，不能作更大的利用，實在可惜，本書不但保存了原有的精髓，更結合了現代醫學的觀點，可提供西方人研究中醫的重要資料、可作臨床參考、可作中醫教材、可作家庭顧問，這是前所未見，一舉數得的好書。

二、在編排與教材方面，涵蓋了相當廣泛的代表時代，但它廣而不雜，簡而不漏，從內科、外科、婦科、兒科，以及現代病例都包含在內，祇要病與診吻合，運用得當效果一定確實。

三、從組成、功用、配伍、運用及附方的詮釋，包括了診、方劑、藥物以及臨床治驗，各有發揮，各有範例，中醫的文學現代化、方法科學化，提供了大家研究中醫的一個新方向。

四、在分類索引的編排上，更是煞費苦心，病有分類、方有分屬、藥有分性，條理分明，查檢方便，大大提高了它的科學性與實用性。

一本方劑，多種用途，可作醫師的手邊參考資料，可作家庭的保健顧問，可作中外中醫教學的教材，如此多的優點，所以我樂於校正、樂於推薦、樂於為序。

張駿

PREFACE II

Society changes, knowledge changes, thought changes, and even viruses and germs change. It is as if changes are in the forefront of our time. And Chinese medicine is no exception. Through the years, Chinese medicine has had a glorious history of ministering to our health. Undoubtedly, Chinese medicine will be instrumental in benefiting all the people of the world. What is needed is not a change of heritage, but a freshness of form. There are difficulties to conquer at present. Firstly, Chinese medicine needs new terminology, a new method to prove its value, and demonstrate its essence. In order for modern man to begin to use, understand, and accept it. It must be suitable for use in all parts of the country, as well as every portion of the globe.

Through many generations, medical doctors have relied on abundant medical experimentation, and have established a great many hypotheses and practical theories in regard to its use in treatment of disease. Frankly speaking, Chinese medicine had remained stagnated at a certain point, and there seemed to be no way to achieve greater or newer medical research, and no way to compete with scientific western medicine. Further more C.M. lost confidence, and its value decreased correspondingly. This was not only a tragedy for the country, but also a loss for mankind.

Now at present Warmth Publications, INC. used many people and a great deal of expense to publish this first modern Chinese medical manual. Before printing I discovered many good points of this book, not only can licenced medical practitioners use it as a reference book, it can also be used in family counsel for health care. It is practical and understandable for use by all. The book included 300 prescriptions and 100 appendix prescriptions. It is not of immense age,

but it covers remedies over a great period of time from the Han and Tang Dynasties to the present. It is a collection of diagnoses, pharmacy, prescriptions and clinical treatment. And the value of every prescriptions has been demonstrated in actual medical practice.

It combines modern medical view points , is a big step forward for the modernization of medicine and scientific research. It provides Chinese medicine with clear direction for future develop . Each medical prescription is both balanced and effective in actual use.

Some prescriptions use present illness as examples and through explanation and comparison, they are experiencing a greater acceptance at presence. Doctors can be aided in prescribing the type and dosage of each medicinal. This book not only preserves traditional rules in the making of medicines, it also combines modern medical points of view about the making of pills, powders, tablets, pastes, as well as scientifically obtained medicines. The book includes all of the above. From my point of view, it has the following goodpoints:

I . There are many English/Chinese writings about acupuncture, but translations on Chinese medicine are few. In recent years, western countries have been interested in using natural materials in their healing methods. Chinese medicines are being used more and more, but they must meet the requirements of western points of view. Western doctors must study the contents of Chinese medicine. The effectiveness of treatment will be limited if basic Chinese medical theory is forgotten and precious medical experiments done in the past will be wasted. There is a Chinese proverb "He who uses medicine properly becomes a famous doctor." From ancient times there have been two types of Chinese doctors, one for pharmacy, and the other for prescription. Western doctors in the past have not cared about the

basic principles of Chinese medicine, precious medicines can't be used to their greatest effectiveness. what a pity ! This book not only preserves the original research but combines the modern medical view points. It can provide important research sources for westerners studying Chinese medicine for use in clinical treatment, for Chinese medical teaching materials, and for family counsel. This book is the first of its kind and there are many benefits to be gained from it.

II . The materials in this book were arranged over a long period of time. The material is abundant get not of great complexity. Internal medicine, Surgery, Gynecology, Pediatrics and modern illness have been included. If treatment matches illness and the medicine is used correspondingly, desired effects will result.

III . This book explains the medicine's composition, function, compatibility with other medicine, and clinical application, including diagnoses and prescriptions. It is complete with examples and research. Chinese medical literature has been modernized and the methods are scientific. This manual provides new direction for people studying Chinese medicine.

IV . The book is carefully and painstakingly organized according to illness type, prescription type and drug type. It is written with clarity as well as being easy to use, and it is a significant book by virtue of its scientific and practical value. Entries book are very versatile and are useful for physician's reference, family reference and is useful as a teaching device for students of both Chinese and Non-Chinese medicine. Because of these attributes, I'm pleased to revise, recommend, and preface this book.

編輯說明

一、《漢英實用中醫處方手冊》共收入常用正方 324 條，附方 131 條。每條方劑的編寫體例包括方名、出處、組成、功用、配伍、運用，其中部分還附有附方，作為原方的演變與補充。

二、本書以中文筆畫作為排列順序。除筆畫索引外，書末尚附有英文索引、以及以處方的功效為分類的索引，以輔助讀者方便而迅捷的查閱。

三、處方名稱如有常用的別名則用圓括號表示，附於正方名之後。

四、每首處方都註明其出處及書名。

五、中藥中的犀角、虎骨、穿山甲等屬於稀有或珍貴的動物應停止使用。為尊重歷史，仍照錄於處方中，但臨床應用中應找適當的代用品。

六、為了便於應用，本書所用的藥物劑量均不按出處所列的劑量，而一律以克為劑量單位。

七、處方的主治以原著記載為主，並增加一些現代臨床應用中的發展。

八、凡是用漢語拼音字母注音作為英語詞彙的，均排印為斜體字，以便讀者區別。

Introduction

1. The "Chinese-English Manual of Common-Used Prescriptions in TCM" contains 324 entries of original prescriptions and 131 appendix prescriptions. Each entry includes its name, origin, composition, action, compatibility of ingredients and clinical application. Some of them also have an appendix which may serve as their derivative and supplement.
2. For the convenience of readers to find the prescriptions, the entries are arranged in an order according to the strokes of Chinese characters. Besides, there are English entry name index and index of classification based on the actions of the prescription attached at the end of the book.
3. Other common-used names of the prescriptions are shown in bracket attaching to the name of the original prescription.
4. Each prescription is noted with the name of its original works.
5. The medicaments derived from the rare and precious animals, such as rhinoceros horn, tiger's bone and pangolin scales should not be used again. Although these still appear in the compositions of some prescription which are recorded in the original works, but they should be replaced by other proper substitutes in clinical practice.
6. For the practical application, the weight unit of the medicaments is gram instead of *qia* which is listed in the original works.
7. The indications of the prescriptions are mainly recorded from the original works, but some of them are derived from the modern clinical application.
8. The English words which are derived from the phonetic transcription of Chinese characters are printed in italics.

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