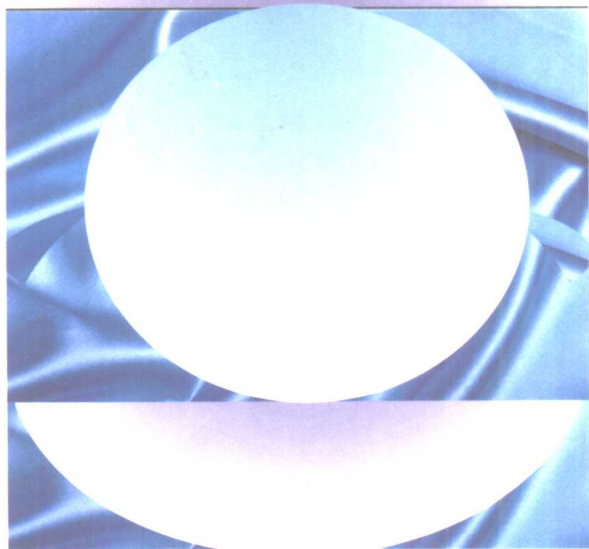


ESSENTIAL ENGLISH
FOR
TCM PURPOSES

中医英语基础

朱忠宝 主编



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中医英语基础

主 编 朱忠宝

副主编 李照国 石欲达

编 著 赵俊卿 申 光 李照国

石欲达 朱忠宝



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序

正当世纪之交，中华文化之瑰宝——中医学，正以矫健的步伐迈向 21 世纪，越来越受到世界之重视，其地位日益提高。世界需要中医，中医奉献世界，已成必然，其势不可挡。

近些年来，越来越多的中医英译专家、学者，为弘扬中医，使中医走向世界，他们默默耕耘，潜心研究，取得了可喜的成果，朱忠宝教授就是其中之一。令我们欣慰的是，朱教授在继《汉英实用中医药大全·急症学》、《中医内科》（中医药大学留学生教材）等中医专著出版之后，今又编著一部具有较高价值的教科书《中医英语基础》行将面世。该书构思新颖，译文通达，内容丰富，富有实用价值，是一本学习中医语言的优秀启蒙之作。它的问世，必将对中医英语学习和教学起到积极的推动作用，将使国内外中医英译爱好者欢呼雀跃。

朱忠宝教授长期从事研究生英语教学和中医英译的研究，在中医英译方面，他既有自己独到的理论，又有丰富的实践经验。他是目前我国中医译著成果较多，造诣较深的中医英译专家之一。为使我国中医英语教学不断改进和提高，为使中医发扬光大，吾欣然序之。

国家中医药管理局外事司司长

沈志祥

1999 年 10 月

前 言

《中医英语基础》是以中医基本理论为核心内容的英语教科书，可作为中医院校的专业英语教材，也可作为中医药工作者及翻译人员的学习、参考用书。全书共 18 个单元，每个单元编排有序，设有课文、生词、注释、练习等项。在编写过程中，对课文内容进行了多次筛选，力求具有科学性、实用性、典型性、代表性，并突出中医特色。在语言上，经过反复推敲，正确理解，充分表达，竭力使目的语（target language）与原出语（source language）在意义上保持不变，在风格上贴近。在表达方式上，根据中医的特点，采用直译、意译，或直意结合，音译或音意结合等译法。既注意翻译的共性，又注意中医英语本身的个性特点。注释一项颇具特色，既指出了语言的难点，也对一些术语的表达给予了简捷地指导，文后列举了与课文有关的大量中医术语，旨在帮助读者充实中医英语语言。书末附有常用中医术语和名句表。

通过本书的学习，可以掌握常用的中医术语和常见的中医英译的表达方式，为进一步学习中医各科打下一个良好基础，这即是编者的用意所在。

中医语言古奥，艰涩难懂，尽管反复推敲，不尽人意之处在所难免，这仅仅是一个尝试和探索，切望批评指正。

本书的编写和出版，人民卫生出版社给予了大力的支持和

指导。本书还承蒙 Norbert Wheatley 先生、Norah Slocum 女士的审阅，为此，一并致以感谢。

朱忠宝

1999 年 8 月于河南中医学院

使用说明

本书以单元 (Unit) 教学作为本教程的编写形式。每单元有课文 (Text)、词语 (Glossary)、注释 (Notes) 和练习 (Study and Practice) 四个部分组成。

课文 是以中医基础理论为核心内容, 通过课文中字、词、句和段落的大量实例的学习, 学习者能够较多地接触课文中的常用中医术语, 从而了解中医英译的基本语言特色和表达方法, 认识中医翻译的基本规律, 以达到学习者最终能译、能写中医文章的目的。

中医英译理论研究, 必须建立在翻译实践基础之上, 缺乏翻译实践而纯粹从语言学等角度去设计理论框架, 几乎是纸上谈兵。因此, 中医英译者不但应具有较高的英语语言水平, 而且对所翻译的中医语言也必须十分熟知。否则, 就会误译或错译, 如: 《史记·扁鹊仓公列传》中的“能使良医得蚤从事”。此中“蚤”通“早”, 乃“及早” (early), “及时” (in time) 之意。若缺乏古音通假知识, 将“蚤”译为“跳蚤” (flea) 或“蚤虫” (louse), 岂不令人啼笑皆非? 再如《黄帝内经》之译, 许多版本错译为 “*The Inner Canon of the Yellow Emperor*” 或 “*The Yellow Emperor's Internal Classic*” 等。显而易见, 译者对源出语没有充分理解, 而犯了望文生义之错。其实际含义是“黄帝之医学典籍”, 故可译为 “*Huangdi's Classic on Medicine*” 或 “*Huangdi's Canon of Medicine*”。“郁乃痤”是一个省略了谓语“生”的句子, 其完整意思是“气郁乃生痤”。

疮”。应译为“The stagnation of qi causes the acne”，而不是“The stagnation of qi is the acne”。

总之，译文的质量不但取决于译者的中医和英译水平，而且也取决于译者对中医的理解能力和英语的表达能力。

词汇学习 此项以单词学习为主，侧重中医词汇，以双解形式出现，有助于掌握中医词汇，顺利阅读课文。

注释 着重注释三个方面：1) 注释语法难点或难句。2) 注释课文内出现的中医术语，并尽量多地给出与该课文内容有关的中医术语，借此扩大学习者的中医术语量，以加快中医英语的学习。如第18单元的课文 PRINCIPLES OF PREVENTION AND TREATMENT 中的“先攻后补”(elimination before tonification)；“消食导滞”(promoting digestion and removing stagnated food)等。3) 概括出一些术语的固定结构，使其公式化，宜于学习者仿照，起到举一反三的效果。如“……者……之”可用两个结构译之：v-ing + 病症或 treating + 病症 + with (or by …)；如“燥者濡之”moistening dryness 或 treating dryness by moistening。

练习 设有讨论题和中英互译，旨在熟悉课文，掌握术语，学会中医英译技巧等。其他练习是为了复习巩固医学英语常用语法。此项可根据学习者的具体情况有选择地加以利用。

内 容 提 要

本书是以中医基本理论为内容的中医英语教科书，是作者多年来集研究生教学经验编写而成。全书分为18个单元，每个单元设课文、生词、注释、练习4部分，所选内容力求典型、实用，既注重了科技英语翻译的共性，又注意到中医英语本身的个性特点，且注释规范精练，体例清晰完备，对中医英语学习及其规范化有较大指导意义。本书书末还附有练习答案、常用中医术语及名句译文，便于学生学习和掌握。本书可作为中医院校本科生或研究生的专业英语教材，也可作为中医工作者的学习用书。

作者简历

朱忠宝，河南中医学院教授、中国中医药学会外语翻译学会副主任委员、中国中西医结合学会中医外语专业委员会委员。多年来，从事研究生英语教学和中医英译的研究。在中医英译方面，他既有自己独到的理论，又有丰富的实践经验。他是我国中医译者成果较多、造诣较深的专家学者之一。出版著作中任主编或副主编的有：《汉英实用中医药大全·急症学》、《汉英实用中医药大全·外科学》、《大学英语阅读技巧训练》、《大学英语阅读速度训练》、《中医内科》（中医药高等院校留学生教材）、《汉英中医药大词典》、《研究生写作教程》等十多部著作。



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Unit One

Text

TRADITIONAL CHINESE MEDICINE WITH A LONG HISTORY

Traditional Chinese medicine (TCM) has a history of several thousand years. Its origin can be traced back to remote antiquity. In a long course of struggling against diseases, TCM evolved into a unique and integrated theoretical system of TCM. It is an important part of Chinese culture. More than 2,000 years ago, came out *Huangdi's Classic on Medicine* (*Huang Di Nei Jing*), which is the earliest medical classic extant in China. It consists of two parts — *Basic Questions* (*Su Wen*) and *Miraculous Pivot* (*Ling Shu*), each comprising nine volumes, each of which, in turn, contains nine chapters, totaling up to 162 chapters. The book gives a complete and systematic exposition to the following various subjects: the relationship between man and nature, the physiology and pathology of the human body, and the diagnosis, treatment and prevention of diseases. It also uses the theories of yin-yang and the five elements to deal fully with the principles of treatment by differentiation of syndromes (TDS) according to the climatic and seasonal conditions, geographical localities and individual constitution. Hence giving expression to the holistic con-

cept of taking the human body as an organic whole and taking the human body with the surrounding environment as the integrity. It laid a preliminary foundation for the theoretical formation of TCM. After *Huangdi's Classic on Medicine* another classic of medicine, *Classic on Medical Problems (Nan Jing)*, was given birth to the world before the Eastern Han Dynasty. The book deals mainly with the basic theory of TCM, such as physiology, pathology, diagnosis and treatment of diseases and so on. It supplemented what *Huangdi's Classic on Medicine* lacked. From then on, many medical schools and various classics on medicine were brought into being in succession, each having its own strong points.

Shen Nong's Herbal (Shen Nong Ben Cao Jing), also known as *Classic on the Herbal (Ben Cao Jing)* or *The Herbal (Ben Cao)*, is the earliest book on materia medica in China, which appeared in about the Qin-Han Period with its authorship unknown. Not only does it list 365 medicinal items-among which 252 are herbs, 67 are animals, and 46 are minerals, but also divides them into three grades according to their different properties and effects. The book also gives a brief account of pharmacological theories-principal (jun), adjuvant (chen), assistant (zuo) and guide (shi); harmony in seven emotions (qi qing he he), four properties of medicinal herbs (si qi) and five tastes of medicinal herbs (wu wei).

In the Han Dynasty (3rd century AD), Zhang Zhongjing, an outstanding physician, wrote *Treatise on Febrile and Miscellaneous Diseases (Shang Han Za Bing Lun)*, which is divided in-

to two books by later generations, one is entitled "*Treatise on Febrile Diseases*" (*Shang Han Lun*), the other *Synopsis of Prescriptions of Golden Cabinet* (*Jin Kui Yao Lue*). The book established the principle of TDS, thereby laying a foundation for the development of clinical medicine.

In the Western Jin Dynasty, Huang Fumi, a famous physician, compiled *A-B Classic of Acupuncture and Moxibustion* (*Zhen Jiu Jia Yi Jing*). The book consists of 12 volumes with 128 chapters, including 349 acupoints. It is the earliest extant work dealing exclusively with acupuncture and moxibustion and one of the most influential works in the history of acupuncture and moxibustion.

The Sui and Tang Dynasties came into their own in feudal economy and culture. In 610 AD, Chao Yuanfan et al. compiled *General Treatise on the Etiology and Symptomology*. The book gave an extensive and minute description of the etiology and symptoms of various diseases. It is the earliest extant classic on etiology and symptoms in China. In 657 AD, Su Jing, together with 20 other scholars, compiled *Newly-Revised Materia Medica* (*Xin Xiu Ben Cao*), which is the first pharmacopoeia sponsored officially in ancient China, and the earliest pharmacopoeia in the world as well. Sun Simiao (581-682 AD) devoted all his life to writing out the two books: *Valuable Prescriptions for Emergencies* (*Bei Ji Qian Jin Yao Fang*) and *Supplement to Valuable Prescriptions* (*Qian Jin Yi Fang*). The books deal with general medical theory, materia medica, gynecology and obstetrics, pediatrics, acupuncture and moxibustion, diet, health preservation

and prescriptions for various branches of medicine. Both books are recognized as representative works of medicine in the Tang Dynasty. Sun Simiao was honored by later generations as "the king of herbal medicine".

In the Song Dynasty, more attention was paid to the education of TCM. The government set up "the Imperial Medical Bureau" for training and bringing up qualified TCM workers. In 1057 AD, a special organ named "Bureau for Revising Medical Books" was set up in order to proofread and correct the medical books from preceding ages, and to publish them one after another. The books revised have been handed down till now and are still the important classics for China and other countries to study TCM.

In the Jin and Yuan Dynasties, there appeared four medical schools represented by Liu Wansu (1120-1200AD), Zhang Congzheng (1156- 1228 AD), Li Gao (1180-1251AD) and Zhu Zhenheng (1281-1358AD). Among them, Liu Wansu believed that "fire and heat" were the main causes of a variety of diseases, and that the diseases should be treated with drugs cold and cool in nature. So he was known as "the school of cold and cool" by later generations; Zhang Congzheng believed that all diseases were caused by exogenous pathogenic factors invading the body, and advocated that pathogenic factors should be driven out by methods of diaphoresis, emesis and purgation. So he was known as the "school of purgation." The third school represented by Li Gao held that "Internal injuries of the spleen and stomach will bring about various diseases." Therefore, he emphasized that the most