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Traditional Chinese Medicine Overseas Series

TRADITIONAL MEDICINE
OF CHINESE MINORITY

中国少数民族医学

中国中医药出版社
CHINA PRESS OF TRADITIONAL CHINESE MEDICINE

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TRADITIONAL MEDICINE OF CHINESE MINORITY

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总 前 言

中医药是中华民族优秀文化的重要组成部分,几千年来为中华民族的繁衍昌盛做出了不可磨灭的贡献,并且对世界的文明进步产生了积极影响。它是我国卫生事业的重要组成部分和人类医学的宝贵财富。

中医学是研究人体生命活动变化规律和调节方法的一门科学,体现了对人体生命科学的深刻认识,具有科学性和先进性。中医学的健康理念和临床医疗模式,体现了现代医学发展趋势。

中医学拥有一套完整的、独特的理论体系,在临床各科多种疾病的诊疗方面积累了丰富的经验并有确切疗效。作为世界传统医学的优秀代表,中医药对于许多疾病,特别是某些现代疑难杂病,如心脑血管病、糖尿病、肿瘤、免疫性疾病、病毒感染性疾病等的诊治,具有独特的优势,正在发挥着越来越重要的作用。

21 世纪,随着医学模式的转换,疾病谱发生了变化,医源性、药源性疾病以及老龄性疾病逐渐增多,人们预防保健意识不断增强,国际社会对天然药物的需求日益扩大,中医药的发展必将拥有更加广阔的发展空间,对人类健康事业做出更加巨大的贡献。

为了使中国传统医药在全球发扬光大,传播中医药防治临床各科疾病的科学知识,国家中医药管理局启动了“中国

中医药国(境)外传播资料编译系列”项目,这套普及型丛书的编译也是其中的一部分。在此,我们将中医药学科的基础知识介绍给大家,本套丛书共分为 12 分册,包括中医学基础、中医学简史、中医养生保健学、中医学临床各科、推拿学、针灸学、中药和方剂、中医药国内外发展概况、少数民族医学。本套丛书内容丰富、言简意赅、浅显易懂、生动活泼,图文并茂,有助于国内外读者在较短时间内正确了解中医药的基本知识,熟悉中医药在市场保健和疾病预防方面的应用,以适应现代人对于高品质健康生活的追求。

国家中医药管理局

2005 年 12 月

前 言

少数民族医学,指的是汉族医学(一般统称为“中医学”,也就是狭义的中医学)以外的中国各少数民族所创造的、具有其本民族特色的各种传统医学的总和,简称民族医学(medicine of Chinese minorities),其含义与国际上统称的“民族医学”(Ethnomedicine)是不一样的。理论上,它应该包括中国的每一种少数民族所创造的本民族的传统医药体系。由于各民族的历史、风俗习惯以及文化背景等诸多因素的不同,不同少数民族所创造的医药的发展水平并不完全一致,是参差不齐的。在这里,我们用生动的笔触记叙了我国几个主要少数民族医药的历史、简要的理论和实际内容,如藏医药、蒙医药、朝鲜医药、壮医药、彝医药、维医药、傣医药等。同时,我们还介绍了几个少数民族擅长治疗的一些病证和方法,如藏医治疗慢性胃炎、中风后遗症及药浴疗法;蒙医治疗脂肪代谢病;瑶医治疗红斑狼疮;彝医对痛风的治疗等。此外,在自身医学理论的指导之下,各民族都有自己独特的用药理论、不同的药材品种和用药特点。总的来说,它们都是利用自然界的天然药物。在各民族异彩纷呈的文化背景之下,对民族药的利用可谓千差万别,有不少天然药物被不同的民族用来治病,即便是对同一种药的认识和用法也不完全一样。总之,中国的少数民族医药在近一二十年来已经成为我国一支不可忽视的医疗保健力量。它与现代的西医、中

医、中西医结合医共同构成中国医药学的整体,为保障中华民族各族人民的健康而贡献其不可忽视的力量。其中有些少数民族医药已经步入了世界医药之林,受到国际上的重视。可以预见,在不远的将来,中国少数民族医药必将在保障中国人民直至世界人民的健康和争取长寿的斗争中发挥其更大的积极作用。希望通过本书的叙述使读者对中国的少数民族医药学有一个梗概的认识。

甄艳

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General Foreword

Traditional Chinese Medicine (short for TCM) is the splendid traditional culture of the Chinese nation, which has made outstanding contributions to the prosperity of the Chinese nation. Moreover, it has developed a school of its own in the field of traditional medicine and pharmacology of the world. TCM plays an important role in health undertakings not only in China but also in the world.

TCM is a science studying the law and regulation of human body's living activities and alteration. It embodies profound recognition of life science of human body, which is scientific and progressive. The health concept and clinical practice reflect the trend of modern science.

TCM includes a set of complete and unique theoretical system. With practical effects, it accumulates abundant experience in diagnosis and treatment of all kinds of diseases. As the excellent representation of traditional medicine in the world, TCM takes unique superiority in the diagnosis and cure of various diseases, especially for some modern difficult and complicated cases, such as cardiovascular disease, diabetes, tumor, immune disease, viral infective disease, and it is playing a much more important role.

In the 21st century, with the transformation of medical

mode, the pedigree of diseases alters. Iatrogenic and aging diseases are gradually increasing. People's consciousness of prevention and health is promoted and the need for raw medicines in the international community is increasing. As a result, there will be more room for the development of TCM, contributing greatly to human's health.

In order to promote TCM culture forward in the world, State Administration of Traditional Chinese Medicine of People's Republic of China (SATCM) carries out the project. The compilation and translation of this set of popular science series is also part of it, in which we will introduce the basic knowledge of TCM. This series includes 12 books, covering the Brief History of TCM, Basic Theories of TCM, Chinese Tuina, Chinese Herbs and Formulae, and so on. And it has vivid language and colorful illustrations, which helps the readers at home and abroad comprehend correctly the basic knowledge of TCM in a short time, familiarize the application of TCM in health and disease prevention, so as to fit modern people's pursuit for high qualified health life.

**State Administration of Traditional Chinese Medicine of
P. R. China
December, 2005**

Preface

Medicine of ethnic minorities refers to a combination of various traditional medicines with ethnic characteristics which is created by Chinese ethnic groups. It does not include medicine of the Han nationality, which is generally called "traditional Chinese medicine science", i. e. TCM science in the narrow sense. Medicine of ethnic minorities is called "medicine of Chinese minorities" for short, and its meaning is different from that of "Ethnomedicine" in the international community.

Theoretically, it should include the traditional ethnic medical and pharmacological systems created by each ethnic minority in China. Because different ethnic groups have different histories, customs and cultural background, different ethnic medicine and pharmacology are also developing at different levels.

Here we have vividly introduced the medical histories of several major ethnic groups as well as their brief medical theories and practical contents to the readers, e. g. Tibetan medicine, Mongolian medicine, Korean medicine, Zhuang medicine, Yi medicine, Uygurs medicine and Dai medicine. At the same time, we have also introduced some syndromes that several ethnic minorities excel in curing and some treatments, such as chronic gastritis treated by Tibetan medicine, wind — stroke, sequelue of wind — stroke and dipping

treatment, fat metabolism treated by Mongolian medicine, lupus erythematosus treated by Yao medicine, gout treated by Yi medicine, etc. In addition, under the guidance of its own medical theory, each ethnic group has its unique medication theories, different strains of drugs and medication characteristics. In a word, they are all natural drugs making use of natural materials.

The utilization of the medicine of ethnic minorities has varied widely with each ethnic group's colorful and different cultural background. Many natural herbs are used by different ethnic groups to treat diseases, and their understanding and usage of the same herb are not totally the same. To sum up, medicine of Chinese minorities has become a medical force that cannot be overlooked in the last one or two decades. Together with modern western medicine, TCM and integration medicine, it has helped to constitute the whole structure of Chinese medicine and pharmacology, devoting its magic power to keep the health of the people of all ethnic groups of the Chinese nation. Some medicines of Chinese minorities have been introduced abroad and attached great importance to. It is foreseeable that in the near future, medicine of Chinese minorities is bound to play an even greater role in the struggle to keep the health of the Chinese people and people of the world, as well as in the struggle to fight for longevity. It is hoped that our readers can have some rough idea of the medicine and pharmacology of Chinese minorities through this book.

ZHEN Yan

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