



普通高等教育“十一五”国家级规划教材  
全国高等学校中医药对外教育规划教材

# 针灸学

主编 石学敏

11th Five-Year National Planned Textbooks for Higher Education  
National Planned University Textbooks for International  
Traditional Chinese Medicine Education

## Acupuncture and Moxibustion

Chief Editor Shi Xuemin



高等教育出版社  
Higher Education Press



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## 内容提要

本书为普通高等教育“十一五”国家级规划教材,由著名针灸学家、中国工程院院士石学敏教授任主编,全国12所中医院校的针灸专家共同编写完成。

全书由绪言、上篇、中篇、下篇四部分组成。绪言简要介绍了针灸学的定义和发展简史。上篇为针灸基础理论,介绍了经络腧穴。中篇为刺灸法,介绍了常见刺灸法的基本操作。下篇为针灸治疗,以西医病名为纲介绍了常见病的中医辨证、针灸治疗。

本书概念准确,简明扼要,突出实用,适用于接受中医药教育的海外学生(包括接受学历教育的学生及短期班学生),国内学生的双语教学以及国内外研究中医药的学者。

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## 序

中医药学是独具中国特色、科学与人文融合的综合医学,继承创新、我主人随、弘扬其原创思维与原创优势,服务人类健康,我们责无旁贷。发展对外中医药教育事业是向世界传播、弘扬中华民族这一优秀文化遗产的重要渠道。晚近,到中国学习自然科学的外国留学生中,学习中医中药的留学生数量一直名列前茅。越来越多的外国学生渴望来华接受正规的中医学历教育,全面、系统地学习中医药学。大批外国留学生、进修生学成归国后,将学到的知识广为辐射、传播,对扩大中医药在国际上的影响发挥了重要的作用。

鉴于东西方地域、文化、语言、接受习惯等差异,带来交流上的障碍,而中医理论的深奥古朴,也给留学生的学习带来一定的制约,确实需要编写一套为留学生学习,适教适学的中医药对外教育教材。

高等教育出版社此次邀我为这套中医药对外教育教材作序,我有一种责任感和使命感不容推卸。读过整套教材的策划思路及部分书稿,发现这套教材在内容、形式上有许多新颖之处:譬如以大量直观、形象的图表形式来诠释中医基础理论;以典型案例和操作实例来梳理辨证思路,演示中医技法,提炼中医临证精髓;充分考虑留学生地域、文化、语言、接受习惯的差异,舍繁就简,文字通俗易懂又不失中医本色;注重留学生中医整体思想和辨证论治思维方式的培养,密切联系临床实践;还有吸收了中医中药教学和科学研究的最新成果,以及中医名词术语更为规范化,中医英文翻译参照了更为严格的标准。难能可贵的是,作者队伍均为活跃在对外教育教学、临床一线的学术骨干,他们的教学经验得以充分体现,也是培养人才的过程。

相信这套书的出版将促进中医药对外教育教材建设不断完善、发展,使其逐步走向成熟。为推动中医药事业真正走向世界,不断提高学术地位而努力,为生命科学与医学科学的进步做一份有力度有意义的工作。

王永炎

2006年10月

## Foreword

**T**raditional Chinese medicine (TCM) is an integrative medicine containing science, humanism and characteristics of Chinese culture. It's our responsibility to follow the traditions of TCM, keep its advantages, and innovate this medicine for the benefit of human health. International TCM education is an important platform to disseminate this excellent cultural legacy of China to the world. Among the overseas students who come to China to learn natural science, the numbers of TCM students have been steadily increasing and are the greatest in number. More and more foreign students dream of coming to China for comprehensive and systematic TCM education in an overall and systemic way. In addition, lots of foreign students who either study or get advanced training in China also play a significant role in extending the international influence of TCM through disseminating what they have learned in China after they return home.

Communication barrier may arise from the differences of geographic regions, cultures, languages and learning habits between the east and the west; the ancient and profound TCM theory may also cause difficulty in understanding. Therefore it is indeed necessary to compile a set of good textbooks for international TCM education.

I feel duty-bound to write the foreword for this set of textbooks for international TCM education upon the invitation of Higher Education Press. After reading the overall scheme and part of the book scripts, I found that this set of textbooks is novel in both the content and the format. For example, many vivid and objective charts and illustrations are used to explain the essential TCM theory; typical cases and practical examples are used to sort out the idea of syndrome differentiation, demonstrate TCM skills and extract the essence of TCM syndrome diagnosis; easy-to-understand words are used with full consideration of the differences of overseas students from different regions, cultures, using different languages and of different learning habits; more is placed on training the students' holistic thinking and clinical skills and giving them the idea of treating diseases based on syndrome differentiation; the up-to-date TCM teaching and scientific research achievements are also combined in the textbooks; the standardized TCM terms and their English translation are adopted by following the rigorous criteria. Above all, the authors of the textbooks are all working on the frontier of both education and clinical practice. Therefore, the process of writing the book is also a process of displaying their teaching experiences as well as cultivating the qualified personnel.

I am sure that the publication of this set of textbooks will promote and perfect the construction of textbooks for international TCM education. Let's work together to spread the TCM career throughout the world, raise TCM academic level and promote the development of life science and medical science.

Yong Yan-Wang

October, 2006

## 出版说明

为适应 21 世纪中医药学的发展,满足中医药国际交流与合作的需要,加强中医药对外教育学术体系建设,在教育部高等教育司等有关部门的支持、指导下,由高等教育出版社组织,以国内开展中医药对外教育卓有成效的中医药院校为牵头单位,联合全国各高等中医药院校,开发编写了此套“全国高等学校中医药对外教育规划教材”。

本套教材采用中英对照形式,包括《中医基础理论》、《中药学》、《方剂学》、《中医诊断学》、《中医临床基础》、《中医内科学》、《针灸学》、《推拿学》、《中医文化导读》9 本,入选“普通高等教育‘十一五’国家级规划教材”。

本套教材内容以国内中医药本科教育教学大纲为基础,涵盖国内外执业中医师(针灸师)考试要求掌握的知识点,并密切结合在国外行医的实际需要。依据国家中医药管理局最新颁布的“中医药名词术语规范”及《中医药常用名词术语英译》为标准,借鉴和吸收了中医药研究的最新成果,力求体现当代中医药学术发展的水平。根据中医药对外教育的特点,充分考虑留学生因语言文化地域差异所带来的接受习惯不同,注重传承与创新并举,理论与实践并重,经典与简约并蓄,注重满足教学需求,注重素质与能力的培养。全套教材论述严谨,语言流畅简洁、层次分明、翻译准确,编排形式新颖,图文并茂,并采用双色印刷和彩色插页,增强可读性。

本套教材由长期从事中医药对外教育、教学经验丰富的专家、教授和学术骨干担任主编、主译和编者。邀请著名中医药学专家为学术顾问,体现了中医药学术界集体智慧的结晶。

本套教材适用于接受中医药教育的海外学生(包括接受学历教育的学生及各种短期班学生)、国内学生的双语教学以及国内外研究中医药的学者。

将祖国传统医学系统、全面、不失本色地推向世界,弘扬中医药传统文化,是我们的共同目标。尽管我们在出版本套教材的工作中力求尽善尽美,但仍存在着不足和遗憾,恳请广大专家、教师和学生提出宝贵意见与建议,以共同提高中医药国际化教育水准,推进中医药现代化和国际化发展进程。

高等教育出版社

2006 年 9 月



## Note for Publication

With strong support from the Higher Education Department, Ministry of Education, Higher Education Press organizes the compilation of this series of *National Planned University Textbooks for International Traditional Chinese Medicine Education*. This set of textbooks are intended to adapt to the development of Traditional Chinese Medicine (TCM) in the 21st century; meet the needs of international exchange and cooperation in the field of TCM; and fortify the academic system construction of TCM overseas education. Led by TCM universities with outstanding achievements in TCM overseas education, all the TCM universities of China participated in the book compilation.

Written in both Chinese and English, this set of textbooks includes the following nine volumes: *Basic Theories of Traditional Chinese Medicine*, *Chinese Materia Medica*, *Formulas of Traditional Chinese Medicine*, *Diagnostics of Traditional Chinese Medicine*, *Clinical Fundamentals of Traditional Chinese Medicine*, *Internal Medicine of Traditional Chinese Medicine*, *Acupuncture and Moxibustion*, *Tuina of Traditional Chinese Medicine* and *A Guide to Traditional Chinese Medicine Culture*. This set of textbooks is selected to be the *11th Five-Year National Planned Textbooks for Higher Education*.

Based on the teaching scheme for domestic TCM undergraduate education, this set of textbooks covers the examination outline for professional TCM practitioners (acupuncturists) both at home and abroad, closely relates to the actual requirement of practicing medicine in overseas countries, and adopts the latest version of *Standardization of Traditional Chinese Medicine Terms* and *English Translation of Common Terms In Traditional Chinese Medicine* issued by the State Administration of Traditional Chinese Medicine. In addition, the updated research achievements are also included in the books to manifest the modern academic level of TCM. Considering the characteristics of TCM overseas education as well as the language and cultural differences faced by the overseas students, this set of textbooks puts equal emphases on inheritance and innovation, on theory and practice, and on classics and simplicity. In addition, this set of textbooks aims at meeting the teaching and learning requirements as well as enhancing the students' quality and ability. The textbooks are well-organized with precise elaborations, smooth but concise language and accurate translation. Two-color printing and colored illustrations make the books more readable.

The experienced experts, professors, and academic backbones in the field of TCM overseas education and distinguished TCM experts were invited as the chief editor, editors and chief translator as well as academic consultants, which makes this set of textbooks the fruits of collective wisdom.

This set of textbooks is intended primarily for the overseas students who are learning TCM (including the students of degree education and students of short-term training programs); the students in China of bilingual education; and the scholars doing research on TCM both at home and abroad.

It's our common goal to introduce TCM to the world systematically and completely without losing its characteristics as well as to spread the traditional culture of Chinese medicine. Although we have tried our best to perfect the books, flaws or mistakes may not be completely avoided. We sincerely hope for comments or suggestions from experts, teachers and students in order to raise the international TCM education level and boost the modernization and internationalization of TCM.

## 前言

中国医药学是中华民族传统文化的瑰宝,中医药以其独特的理论、卓越的疗效,早已走出国门,为世界人民之健康服务。针灸学是中医药学之重要组成部分,中医药走向世界,针灸推拿是先导。世界性的针灸热方兴未艾,为了适应针灸学对外教学的需要,我们编写了针灸学对外教学教材。

本书分为四部分,绪言简要介绍了针灸学的定义和针灸学的发展简史。上篇为经络腧穴部分,主要介绍了经络系统的组成,经络的生理功能、病理变化及经脉的循行分布,腧穴的作用、定位、主治等。中篇为刺灸技术,介绍了常见刺灸法的基本知识以及基本操作等。下篇为针灸治疗部分,介绍了针灸的作用,作用特点及其影响因素,针灸治疗的基本原则,针灸的处方配穴,以及常见疾病的针灸治疗。在常见病的针灸治疗中,以西医病名为纲,介绍了这些疾病的中医辨证、针灸处方和治疗。

本书绪言由石学敏编写,上篇经络腧穴由沈学勇、蒋松鹤、郭义编写,中篇刺灸法由朱江、张宏、吴强编写,下篇针灸治疗由梁繁荣、尚秀葵、郭永明、冀来喜、孙忠人、王舒、裴景春、刘一凡、王瑞辉、史丽萍、朱函亭编写。季洁、马莎、王海军、裴莹、李西忠、李祖光、李筱媛、党春奇、胡昱、刘坤、刘涛、侯雅竹等协助做了大量工作,在此表示感谢。全书最后中文由石学敏、郭义统稿,英文由王卫、徐立统稿,并邀请了美国中医专家 Enoch Davis 对本书英文翻译内容进行审定。

考虑到外国人学习针灸之特点,在教材编写中我们力求概念准确,简明扼要,重在实用。恳请读者提出宝贵意见,以便今后之修订。

石学敏

2006年12月



# Preface

As the treasure of traditional Chinese culture, Traditional Chinese Medicine (TCM) has been spread all over the world and serves peoples' health with its unique theory and remarkable creative effect. Acupuncture and moxibustion is an important component of TCM. It is the pioneer of TCM entering the world. The upsurge of acupuncture and moxibustion world wide is rising. For adapting the requirement of foreign education of acupuncture and moxibustion, we compiled this text book of acupuncture and moxibustion for overseas students.

There are four parts in this book. Preface introduces the concept of acupuncture and moxibustion and its developing history in brief. Part One, Meridians and Acupoints, mainly introduces the components of the meridians and collaterals system, physiological functions and pathological changes of meridians and collaterals, distribution of meridians, the functions, locations and indications of acupoints and so on. Part Two, Needling and Moxibustion Techniques, introduces the basic knowledge and manipulations of needling and moxibustion techniques. Part Three, Acupuncture and Moxibustion Treatments, introduces the functions of acupuncture and moxibustion, characters and influential factors, basic principles of acupuncture and moxibustion treatments, combinations and prescriptions of acupoints, as well as acupuncture and moxibustion treatments for common diseases. In this part, the diseases are introduced with the name in western medicine, and TCM differentiation according to syndrome, acupoints prescriptions and treatment are discussed.

In this text book, the part of preface was written by Shi Xuemin, the part of Meridians and Acupoints by Shen Xueyong, Jiang Songhe and Guo Yi, the part of Needling and Moxibustion Techniques by Zhu Jiang, Zhang Hong and Wu Qiang, the part of Acupuncture and Moxibustion Treatments by Liang Fanrong, Shang Xiukui, Guo Yongming, Ji Laixi, Sun Zhongren, Wang Shu, Pei Jingchun, Liu Yifan, Wang Ruihui, Shi Liping and Zhu Hanting. In addition, we are deeply indebted to the following people for their assistance during the compilation of this book. Dang Chunqi, Hu Yu, Ji Jie, Hou Yazhu, Liu Tao, Wang Haijun, Pei Ying, Li Xizhong, Liu Kun, Li Xiaoyuan, Li Zuguang, and Ma Sha. To all of them, thank you. This book was revised by Shi Xuemin, Guo Yi for the Chinese edition and by Wangwei, Xu Li for the English edition. The English part of this book have been reviewed by TCM expert Enoch Davis, from the United States.

To further meet the needs of international students, the efforts have been made to ensure the accurate of the concepts, brief, concise and practical of the contents. In order to promote the quality of this book, comment on any shortcomings from experts and readers is sincerely welcomed, so that we may improve future editions.

Shi Xuemin

December, 2006

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