



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

方剂学

主编 李冀

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

Formulas of Traditional Chinese Medicine

Chief Editor Li Ji



高等教育出版社
Higher Education Press



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内容提要

方剂学是研究方剂组方原理、配伍规律及临证运用的一门学科,是联系中医基础与临床各科的纽带与桥梁。本书分为上、下两篇。上篇总论重点介绍方剂学发展概况、方剂的组方原则,以及方剂与治法的关系、方剂的分类方法、方剂的剂型种类、方剂的用法等基本理论与基本知识。下篇各论依据以法统方的原则,按功用将方剂分为解表、泻下、和解、清热、温里、补益等章节。每章后有思考题便于学生复习。

本书文字精练准确,行文流畅,逻辑严谨,立足中医传统理论,坚持“三基”教育思想,突出配伍规律及中医辨证思维为特色,加大了配伍特点与临证加减运用内容,注重学生临床技能和综合素质的提高。

本书供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)及国内接受双语教学的学生使用,同时也是中医出国人员进行中医药国际交流的重要工具书。

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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

Traditional 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,开发编写了这套“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

为适应 21 世纪中医药学的发展,满足中医药对外教育的需求,由高等教育出版社组织全国高等中医药学校编写了一套“全国高等学校中医药对外教育规划教材”,《方剂学》是其中之一。本教材是我们在认真总结全国各高等中医药院校对外教学经验的基础上,由长期从事对外教学工作的一线教师执笔编写而成。本教材被评选为“普通高等教育‘十一五’国家级规划教材”。

本教材立足中医药传统理论,结合最新研究进展,以体现中医基本治法的基础方、代表方及常用方为核心,系统阐述方剂组方原理、现代应用及鉴别等基础理论知识。全书重点突出,文字精练,遵从“医贵权变,方贵配伍”之旨,突出配伍特点,注重临证加减变化,切合临床实际。英文部分由黑龙江中医药大学方剂学教研室、英语教研室以及北京中医药大学部分专家联合承担。在翻译过程中执行了较为严格的标准化方案,同时也充分考虑到使用英语国家和地区人们的表达习惯,不仅能满足具有一定英语水平的初学中医者系统学习方剂学之用,而且也为中医药院校外国留学生教育及国内外开展中医方剂学双语教学提供了规范教材,同时也是中医药出国人员进行中医药国际交流的重要工具书。

本教材由黑龙江中医药大学联合全国十二所中医药大学及四所高等中医药院校编纂而成。主编由李冀承担;绪言、总论由李冀、康广盛编写;解表剂由邓中甲、贾波编写;泻下剂由易自刚编写;和解剂由连建伟编写;清热剂由顿宝生编写;祛暑剂由于永杰编写;温里剂由陈德兴编写;补益剂由樊巧玲编写;固涩剂由李政木编写;开窍剂、安神剂由王迪编写;理气剂由马骥编写;理血剂由阮时宝编写;治风剂由贺又舜编写;治燥剂由许文忠编写;祛湿剂由杨新年编写;祛痰剂由韩涛编写;消食剂由年莉编写;驱虫剂由刘蔚文编写;涌吐剂由梁华编写。全书由主审黑龙江中医药大学段富津教授、主编李冀教授完成终审稿。同时邀请了美国中医专家 William Dunbar、谢金华,南京中医药大学衣素梅教授对本书英文翻译内容进行审定。

此外,黑龙江中医药大学于海、柴剑波、孙琳林等研究生为本书校对、目录编排、方名索引编录等做了许多工作,在此一并致谢。

为进一步提高本教材的质量,有利于教学,希望各中医药院校教师及广大读者,提出宝贵修改意见,以便再版修订。

李冀

2006年8月

Preface

In order to adapt the development of traditional Chinese medicine (TCM) in 21st century, and meet the need of international education of TCM, Higher Education Press organizes high universities of TCM to compile a set of *national planned university textbooks for international traditional Chinese medicine education*, and *Formulus of Traditional Chinese Medicine* is included in this set of textbooks. Based on carefully summarizing international teaching experiment of high universities of TCM, the textbook is compiled by the empirical teachers who are engaged in the international teaching occupation long term. The textbook is elected as *11th Five-Year National Planned Textbooks for Higher Education*.

Based on classic theory and the development of TCM, this textbook expounds the basic prescriptions, typical prescriptions and commonly used clinical prescriptions, which manifest the basic theory including the basic therapy, modern application and identification of TCM. This book is distinct in its focal points and terse in its writing. Following the purpose of “the key point of medicine is modification, and the key point of prescriptions is combination”, the textbook emphasizes combination feature of a formula, pays attention to modification in clinic and is consistent with clinical actuality. The English part of this textbook is compiled by academic studio of *Science of Prescriptions* and *English* of Heilongjiang University of TCM and some experts of Beijing University of TCM. In the process of translation, the experts perform severe and standard program, and thoroughly consider expression habit of people who use English in their countries. It is not only practical for the beginners with certain competence of English to study TCM, but also can serve as standard textbooks for international students in universities and colleges of TCM in China to study and practice TCM. For those from TCM field who are going to go abroad to do academic exchange, it will provide them with unexpected convenience.

Heilongjiang University of TCM compiles the textbook associated with 12 universities and 4 high colleges of TCM. Professor *Li Ji* is in charge of the compilation. The introduction and the general introduction are compiled by Professor *Li Ji* and *Kang Guangsheng*. The exterior-releasing prescriptions are compiled by *Deng Zhongjia* and *Jia Bo*. The purgative prescriptions are compiled by *Yi Zigang*. The harmonizing prescriptions are compiled by *Lian Jianwei*. The heat-clearing prescriptions are compiled by *Dun Baosheng*. The summerheat-dispelling prescriptions are compiled by *Yu Yongjie*. The interior-warming prescriptions are compiled by *Chen Dexing*. The tonifying and replenishing prescriptions are compiled by *Fan Qiaoling*. The astringent prescriptions are compiled by *Li Zhengmu*. The resuscitative prescriptions and the sedative prescriptions are compiled by *Wang Di*. The *qi*-regulating prescriptions are compiled by *Ma Ji*. The blood-regulating prescriptions are compiled by *Ruan Shibao*. The wind-relieving prescriptions are compiled by *He Youshun*.



The dryness-relieving prescriptions are compiled by *Xu Wenzhong*. The dampness-dispelling prescriptions are compiled by *Yang Xinnian*. The phlegm-dispelling prescriptions are compiled by *Han Tao*. The digestive prescriptions are compiled by *Nian Li*. The vermifugal prescriptions are compiled by *Liu Weiwen*. The emetic prescriptions are compiled by *Liang Hua*. Professor *Duan Fujin* is the chief reviewer of this book. The English part of this book have been reviewed by TCM expert Dr. William Dunbar and Dr. Jinhua Xie, from Midwest College of Oriental Medicine, the United States of America, and Professor Yi Sumei, from Nanjing University of TCM.

In addition, *Yu Hai*, *Chai Jianbo*, and *Sun Linlin*, who are post-graduates of Heilongjiang University of TCM, do a lot of work in proofreading and compilation. We are grateful to them all.

In order to increase the quality of this textbook and facilitate teaching and studying, we expect the valuable suggestions from all readers and teachers of universities of traditional Chinese medicine, with which we can make more improvements in the next edition.

Li Ji

August, 2006

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