



中医药对外宣传丛书  
Traditional Chinese Medicine Overseas Series

BASIC THEORY OF  
TRADITIONAL CHINESE MEDICINE

中医基础理论

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

# 中医基础理论

孟庆云

中国中医药出版社

• 北 京 •

# **BASIC THEORY OF TRADITIONAL CHINESE MEDICINE**

MENG QINGYUN

CHINA PRESS OF TRADITIONAL CHINESE MEDICINE  
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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,包括中医药学基础、中医药学简史、中医养生保健学、中医药学临床各科、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

中医基础理论主要是系统研究和阐述中医学基本理论、基本知识及基本技能的一门学科,属于中医学的专业基础课。

希望您通过阅读本书,了解中医学的基本特点,系统地掌握有关中医学的基本理论、基本知识和基本思维方法。包括中医学的基本学说(精气、阴阳、五行学说)、中医学对人体生理的认识(藏象、精气血津液神、经络、体质)、中医学对疾病及其防治的认识(病因、发病、病机、诊断与辨证、治法和治则),为继续学习中医诊断学、中药学、方剂学、中医经典著作和临床各科打好基础。

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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 21<sup>th</sup> 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

Basic Theory of Traditional Chinese Medicine is an academic subject which is mainly to research and expatiate basic theories, systematically basic knowledge, and basic skills of traditional Chinese medicine. It belongs to basic professional lessons of traditional Chinese medicine.

We hope that by reading this book, you may comprehend basic characteristics of traditional Chinese medicine, systematically grasp basic theories, basic knowledge, and basic thinking methods that are related to traditional Chinese medicine. These include basic theories of traditional Chinese medicine, such as essence and qi, yin and yang, and five elements theory; physiology of human body in Chinese Medicine, such as visceral manifestation theory, essence, qi, blood, body fluid, spirit, meridians and collaterals, constitution, etc. , and the concept of disease and prevention in Chinese Medicine, such as etiology, pathogenesis, diagnosis, syndrome differentiation, treatment and therapeutic principles. It will be beneficial to establish a good foundation for future studying in Diagnostics in Chinese medicine, Chinese materia medica, Prescription in Chinese medicine, Classic Works in Chinese medicine, and clinical specialties.

MENG Qingyun

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