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全国高等中医药院校汉英双语教材 • 供来华留学生用  
Chinese-English Bilingual Textbooks for International Students of Chinese TCM Institutions

# 推拿学

*Science of Tuina*

第 2 版

2nd edition

主 编

金宏柱

Compiler-in-Chief

**Jin Hongzhu**

主 译

李照国

Translator-in-Chief

**Li Zhaoguo**



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PEOPLE'S MEDICAL PUBLISHING HOUSE

◇全国高等中医药院校汉英双语教材·供来华留学生用

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第 2 版

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主 译 李照国

副主译 陈 嘉 蒋建勇

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主 编: 金宏柱 Jing Hongzhu  
主 译: 李照国 Li Zhaoguo  
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# 出版说明

1996年,由全国中医药高等教育国际交流与合作学会联合了全国21所中医药高等院校组织编写了全国首套外国进修生教材(汉英双语),并于1998年在我社出版。近十年的教学实践中,本套教材得到了师生的好评,有些院校一直沿用至今。随着当今世界范围内中医药热潮的涌动,中医药在国际上越来越受到人们的关注,逐渐成为中国“输出型”文化而跨出国门,走向世界。因此,来华学习中医药的留学生逐年增多,已形成了一支学习、继承、传播、发展中医药事业不可忽视的力量。为了适应中医学高水平国际教学的迫切需要,在国家留学基金管理委员会、全国留学生教育管理学会及国家教育部、国家卫生部、国家中医药管理局的关怀指导下,经全国高等医药教材建设研究会、全国中医药高等教育国际交流与合作学会的积极努力,2006年5月开始启动了本套教材的修订工作。

本套教材的修订,在全国高等中医药院校来华留学生卫生部“十一五”规划汉英双语教材编审委员会的指导下,根据留学生教学的实际需要由第一版的6种增补到10种。其编写修订宗旨是:中医基础及临床学科内容的深度和广度适宜、够用,定位在中国中医药学历教育本科段的层次,在“三基”(基础理论、基本知识、基本技能)、“五性”(思想性、科学性、先进性、启发性、实用性)基础上,要求内容更精炼(不涉及学科发展史)、语言更简洁(不引经据典),同时注重突出中医药学科特点;译文准确,名词术语规范,便于汉语水平偏低的留学生学习。

本套教材适用于来华学习中医药的本科生,以及进修生、培训生等。亦适合境内外中医药汉英双语教学使用。

## 本套教材目录(第一批):

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# Publisher's Note

In 1996, China National Association of International Exchange and Collaboration in TCM Higher Education organized 21 colleges and universities of traditional Chinese medicine in China to compile the first series of textbooks (Chinese-English) for international students. These textbooks were published by the People's Medical Publishing House in 1998 and have been used nearly for ten years to train international students in the colleges and universities of traditional Chinese medicine in China. With the rapid dissemination of traditional Chinese medicine throughout the world, more and more international students come to China every year to study this ancient Chinese system of medicine. To meet the needs of international students of traditional Chinese medicine, the project to revise this series of textbooks began in May 2006 with the support of China Scholarship Council, Chinese Association of Universities and Colleges for Foreign Student Affairs, Ministry of Education of the People's Republic of P.R.C., Ministry of Health of the People's Republic of P.R.C. and State Administration of Traditional Chinese Medicine of P.R.C..

In this revision, four more textbooks were added to the original series so as to equal the level of regular undergraduate education of traditional Chinese medicine in China. The compilation of these textbooks was undertaken on the basis of three essential aspects (essentials of theory, knowledge and techniques), five qualities (theoretical, scientific, advanced, inspiring and practical) and two standards (standard translation and terminology). The contents were concise, excluding much history and quotations from classic texts.

This newly compiled and revised series of textbooks can be used by international students for undergraduate study, advanced study or training purposes in the field of traditional Chinese medicine.

**This series of textbook includes the following fascicles (the first set):**

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# 前 言

中医学以它独特的理论体系和显著的临床效果,在国际上越来越受到人们的关注。近些年随着世界范围的中医药热潮的涌动,来华学习中医药的留学生逐年增多。为了适应中医药国际交流与合作的需要,加快中医药国际化进程,提高来华学习中医药留学生的教学质量,根据教育部、卫生部、国家中医药管理局等上级领导部门的有关精神,全国中医药高等教育国际交流与合作学会研究决定拟启动“全国高等中医药院校外国进修生教材(1997~1998年出版)”的修订工作。此项工作得到了卫生部教材办公室的高度重视,同时得到了国家教育部国际交流与合作司、国家留学基金管理委员会、全国高等院校外国留学生教育管理学会、全国各高等院校,以及人民卫生出版社的大力支持。随即教材的修订纳入了“卫生部‘十一五’规划”,并组建了全国高等中医药院校来华留学生卫生部“十一五”规划汉英双语教材编审委员会。本套教材在第一版的基础上,仍然采取汉英两种文字语言的形式出版,即前部分为中文,后部分为中文的英文译文。教材的科目根据留学生教学的需要由原来的6种(《中医基础理论》、《中医诊断学》、《方剂学》、《中医内科学》、《针灸学》、《推拿学》)增补到10种(增加了《中药学》、《中医妇科学》、《中医养生学》、《医学基础知识导读》)。教材的编写针对来华留学生的学习特点及教学需要,以“全国高等中医药院校外国进修生教材(第一版)”为蓝本,参照国内中医药高等院校本科生教学大纲,以及国际中医药从业人员考试大纲和国家中医执业医师考试大纲,同时参考全国高等中医院校五版、七版及二十一世纪课程教材,编写要求坚持“三基”(基础理论、基本知识、基本技能)、“五性”(思想性、科学性、先进性、启发性、适用性)、“三特定”(特定的对象、特定的要求、特定的限制)的基本原则,注重继承与创新、传统与现代、理论与实践、中医与西医的关系,力求做到理论系统、重点突出、简明扼要、临床实用。

本套教材的主编、主译经全国高等中医药院校申报、教材编审委员会根据有关条件严格遴选、确定,最后经卫生部教材办公室审核、确认。教材编写实行主编、主译负责制,编写人员大多为多年从事高等中医药对外教育、具有丰富留学生教学经验的著名专家、教授;英文译者大多为从事中医药专业英语教学研究和汉英双语教学的专家。每种教材的编写均经过编写会、统稿会、定稿会,英文部分均聘请外籍专家审核、

修改,最后全套教材的英文稿件又进行了集中统稿、定稿,从而确保了本套教材的编写质量和英文的翻译质量。

中医药走向世界,面临众多层面的跨文化沟通与传播问题,但愿我们这套教材能在弘扬中华民族优秀文化、造福人类健康、促进中国与世界科学文化交流的伟大事业中,做出新的、更大的贡献。

全国中医药高等教育国际交流与合作学会  
全国高等中医药院校来华留学生卫生部“十一五”规划  
汉英双语教材编审委员会

2007 年 7 月

# Foreword

Traditional Chinese medicine (TCM) has a unique theoretical system and is clinically effective. Over the past few decades it has been attracting increasing attention from all over the world. More and more overseas students come to China to learn TCM and there has been a huge upsurge in the learning of TCM worldwide. To meet the needs of these students, accelerate the processes of internationalization of TCM, and improve the quality of education available to overseas students coming to China to learn TCM, these textbooks have been compiled by China National Association of International Exchange and Collaboration in TCM Higher Education in accordance with the wishes of the Ministry of Education of P.R.C., the Ministry of Health of P.R.C., and the State Administration Bureau of TCM of P.R.C.. The Textbook Office Affiliated to the Ministry of Health of P.R.C. has attached great importance to the matter. In addition, the compilation of the textbooks has the support of the following important organizations: International Cooperation and Exchange Department of the Ministry of Education of P.R.C., China Scholarship Council, Chinese Association of Universities and Colleges for Foreign Students Affairs, all the colleges and universities of TCM, and the People's Medical Publishing House. This series of textbooks has been brought into the Eleventh Five-Year Plan of the Ministry of Health of P.R.C. and a new organization, the Editing Committee of Chinese-English Bilingual Textbooks Included in the Eleventh Five-Year Plan of the Ministry of Health of P.R.C. for International Students of Chinese TCM Institutions, was established.

The textbooks have been compiled to conform to the standards of the exam syllabus for international licensed TCM professionals, Chinese licensed TCM physicians, and the 21st century textbooks for TCM universities (referencing the 5th, 6th, and 7th editions). The textbooks are bilingual, with content first in Chinese and then in English. The total is ten textbooks: *Fundamental Theory of Traditional Chinese Medicine*, *Diagnostics of Traditional Chinese Medicine*, *Chinese Materia Medica*, *Formulas of Traditional Chinese Medicine*, *Traditional Chinese Internal Medicine*, *Acupuncture and Moxibustion*, *Science of Tuina*, *Gynecology of Traditional Chinese Medicine*, *Health Preservation of Traditional Chinese Medicine*, *An Introductory Course in Medicine*. The compilers of the textbooks adhered to “three points: basic theories, basic knowledge, and basic techniques”; “five features: the ideological, scientific, advanced, enlightening, and practical”; and “three principles: specific readers, specific requirements, and specific levels”. Great attention

has been paid to the issues of inheritance and innovation, traditional and modern aspects, theory and practice, and Chinese medicine and biomedicine. It is our aim to make the theories of TCM systematic, presenting key points in concise language that will lead to practical clinical applications.

There was a strict procedure for selecting and translators. Names of compilers and translators had to be approved by the Editing Committee of Chinese-English Bilingual Textbooks Included in the Eleventh Five-Year Plan of the Ministry of Health of P.R.C. for International Students of Chinese TCM Institutions, and The Textbook Office Affiliated to the Ministry of Health of P.R.C.. All candidates selected are experts with years of experience teaching TCM to international students.

Each textbook was repeatedly examined and revised to guarantee quality by numerous committees at multiple stages. The English text was thoroughly reviewed by foreign experts.

Introducing TCM to overseas students in China and abroad meets with many challenges of communication and dissemination of material. We hope this series of textbooks will make great contributions to the development of Chinese culture, the improvement of human health, and the promotion of scientific and cultural exchange between China and the rest of the world.

**China National Association of International Exchange and  
Collaboration in TCM Higher Education**

**Editing Committee of Chinese-English Bilingual Textbooks  
Included in the Eleventh Five-Year Plan of the Ministry of Health of  
P.R.C. for International Students of Chinese TCM Institutions**

July, 2007

# 编写说明

本教材是“全国高等中医药院校来华留学生卫生部‘十一五’规划汉英双语教材”系列之一。

推拿学是研究和阐述推拿理论及其临床应用的一门学科,是中医学的重要组成部分。本教材的编写根据“全国高等中医药院校来华留学生卫生部‘十一五’规划汉英双语教材编审委员会”的编写要求,针对来华留学生的学习特点编写而成。

本书执简驭繁地介绍了既包括源流和现代研究、学习方法、经络腧穴、推拿练功、诊断方法等中医推拿学的基础内容,又有重点地介绍了临床防治疾病的推拿常用手法,精要阐述中医推拿中最具特色的小儿推拿内容,着重讲述临床常见的 40 余种疾病的推拿防治,并以肝、心、脾、肺、肾五脏科学归类,对推拿用于临床保健养生、强身健体的按摩方法进行了归纳和便于学习的编排。

本教材的编写和翻译工作均由教材编译委员会分工完成,其中主编统审中文稿部分,主译统审英文稿部分。

编写中医汉英双语教材,是一项繁重的工作,尽管我们在编译中作了很多努力,但由于经验不足,水平有限,编写和翻译中可能会存在一些问题,希望大家提出宝贵意见,以便不断修订、改进和提高。

**《推拿学》编译委员会**

2007 年 7 月



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# Preface

This is one of the Chinese-English TCM Textbooks for international Students studying in the colleges and universities of TCM in China for the 11th five Year Plan organized by the Health Ministry.

Tuina is a branch of traditional Chinese medicine (TCM) with systemic theories and rich clinical experiences. The compilation of this book is, guided by the Compiling and Approving Committee of TCM Bilingual Textbooks, based on the needs of international students.

In compiling this textbook, we have tried to introduce the essentials of Tuina to the students, such as modern studies, learning methods, meridians and Acupoints, special exercises and diagnostic methods; the commonly used methods for preventing and treating diseases for adults, women and children; the methods used for cultivating health and strengthening the body.

As it is known to all, it is a great challenge to compile bilingual textbook of TCM. So there must be some errors in this book and we will try to improve it in the next edition.

**Compiling and Translating Committee of Tuina**

July, 2007