

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

ACUPUNCTURE  
AND MOXIBUSTION

---

针灸学

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

# 针灸学

黄 涛

中国中医药出版社

• 北 京 •

# ACUPUNCTURE AND MOXIBUSTION

HUANG TAO

CHINA PRESS OF TRADITIONAL CHINESE MEDICINE  
• BEIJING

## 图书在版编目(CIP)数据

针灸学/黄涛编著. —北京:中国中医药出版社,2005.12  
(中医药对外宣传丛书)

ISBN 7-80156-827-3

I. 针... II. 黄... III. 针灸疗法—汉、英 IV. R245

中国版本图书馆 CIP 数据核字(2005)第 070216 号

中国中医药出版社出版

北京市朝阳区北三环东路 28 号易亨大厦 16 层

邮政编码:100013

传真:(86-10)64405719

北京市松源印刷有限责任公司印刷

各地新华书店经销

\*

开本 787×960 1/16 印张 12 字数 135 千字

2005 年 12 月第 1 版 2005 年 12 月第 1 次印刷

\*

定价:20.00 元

网址 [WWW.CPTCM.COM](http://WWW.CPTCM.COM)

如有质量问题请与本社出版部调换

版权专有 侵权必究

**社长热线:(86-10)64405720**

**购书热线:(86-10)64065415/84042153**

**Acupuncture and Moxibustion**

Associate Professor HUNG Tao

Institute of Acupuncture and Moxibustion, China Academy of Chinese Medical Sciences

No. 16 Southern Street Dong Zhimen, Dong Cheng District, Beijing, China  
100700

**© China Press of Traditional Chinese Medicine, Beijing, China, 2005**

No. 28 East Road, Beisanhuan, Chao Yang District, Beijing, China(100013)

President Tel: (86-10)64405720

Press Tel:(86-10)64065415/84042153, Fax:(86-10)64405719

Home Page:<http://www.cptcm.com>, E-mail: [cptcm@cptcm.com](mailto:cptcm@cptcm.com)

Published by China Press of Traditional Chinese Medicine.

Distributed by Beijing Issuing House, New China Book Store.

\*

Format 787×960 1/16 Printed Quantities;12 Word Count;135000

First Edition;December 2005 First Printed;December 2005

Price;RMB Yuan 20.00

\*

Please exchange in the publishing department if there is any quality problem.

Permission for use must always be obtained from China Press of Traditional Chinese Medicine; violations are liable for prosecution under the China Copyright Law.

***Printed in the People's Republic of China***

# 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

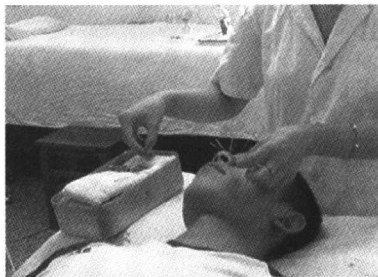
的编译也是其中的一部分。在此,我们将中医药学科的基础知识介绍给大家,本套丛书共分为 12 分册,包括中医学基础、中医学简史、中医养生保健学、中医学临床各科、推拿学、针灸学、中药和方剂、中医药国内外发展概况、少数民族医学。本套丛书内容丰富、言简意赅、浅显易懂、生动活泼,图文并茂,有助于国内外读者在较短时间内正确了解中医药的基本知识,熟悉中医药在市场保健和疾病预防方面的应用,以适应现代人对于高品质健康生活的追求。

国家中医药管理局

2005 年 12 月

# 前 言

现在,在全世界许多地方的诊所里,都可能看到这种景象:医生用一根细细的针,刺入病人的体中,或是用一根燃烧着的木条状的东西,熏、灼病人体表的某个部位。这种方法已



经被世界各国权威的医学机构以及世界卫生组织确认,对于疼痛、癌症等许多难治性疾病有效。1972年,美国总统尼克松对华进行破冰之旅时,总统的特使观看到在肺切除的大手术中代替麻醉药的就是患者插入手腕上的细针;1973年,哈佛大学医学教授组团到中国考察这项技术,并拍摄下了针刺麻醉的全过程。

从那个时刻开始,针灸疗法就像是被插上翅膀,飞向了全世界,而且正在被全世界越来越多的国家及患者所接受和认可。

针灸疗法是古代中国人发明的一种用针刺或艾灸等手段刺激身体上的某些部位,尤其是腧穴,用来预防和治疗疾病的方法。它所使用的工具主要是毫针和艾条,还有其他工具,我们会在下面的章节中介绍。针灸疗法是基于中国传统的一些医学理论而发展起来的,比如阴阳学说、五行学说、经络学说、藏象学说以及其他的一些相关理论。

黄涛

**中国中医药对外宣传丛书编委会**  
**Traditional Chinese Medicine Overseas**  
**Series Editorial Board**

**主 编：**沈志祥 王国辰

**Chief Editors:** SHEN Zhixiang, WANG Guochen

**副主编：**王笑频 范吉平

**Vice -Chief Editors :** WANG Xiaopin

**中文专家审定委员会：**

王国辰 张年顺 范吉平 吴少楨 傅 芳

**Expert Revising Committee in Chinese Version:**

WANG Guochen, ZHANG Nianshun, FAN Jiping,

WU Shaozhen, FU Fang

**英文专家审定委员会：**

谢竹藩 黄 涛 朱忠宝 石玉如

**Expert Revising Committee in English Version:**

XIE Zhufan, HUANG Tao, ZHU Zhongbao, SHI Yuru

中国中医药出版社外联部组织编写

**Organized and Compiled by Foreign Affairs Office of China Press of**  
**Traditional Chinese Medicine**

## 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

Nowadays, in many clinics of various countries all over the world, we may see that the doctors use thin needles to insert into the patient's body, or use something burning like a



stick to fumigate and scorch certain part of the patient's body surface. This technique, which is effective for many difficult diseases such as pain syndrome, cancer, and so on, has already been recognized by the authoritative medical organizations of various countries as well as WHO. In 1972, during the visiting tour of American President Nicolson to China, his special envoy watched a pneumonecotomy. In such a big surgery, the thin needles had been inserted into the patient's wrists working as anesthetic instead of drugs. In 1973, the visiting group comprised of medical professors from Harvard University came to China to inspect this technique and record the whole progress of acupuncture anesthesia on film.

From then on, the technique of acupuncture and moxibustion, as if given wings, has begun to fly around the world,

and will be accepted and authorized by more and more countries and patients.

The technique of acupuncture and moxibustion is a preventive and treating method for diseases which was created by the ancient Chinese people using needling or fumigation with moxa to stimulate some parts of human body, especially the acu—points. The mainly—used tools are needles and moxa sticks, as well as other ones, which will be introduced in the following chapters. The science of acupuncture and moxibustion have grown up on the basis of some Traditional Chinese Medical theories, such as theory of Yin—Yang, theory of Five Elements, theory of Channels and Collaterals, theory of Zang—fu Organs, and other related ones.

HUANG Tao

# 目 录

## 第 1 章 针灸理论

|                     |    |
|---------------------|----|
| 1.1 经络的概念 .....     | 1  |
| 1.2 经络系统的组成 .....   | 2  |
| 1.2.1 十二经脉 .....    | 2  |
| 1.2.2 奇经八脉 .....    | 4  |
| 1.2.3 络脉 .....      | 4  |
| 1.2.4 其他 .....      | 5  |
| 1.3 经络的作用 .....     | 6  |
| 1.4 腧穴的概念 .....     | 7  |
| 1.4.1 腧穴的名称 .....   | 7  |
| 1.4.2 腧穴的分类 .....   | 8  |
| 1.5 常用腧穴名称及部位 ..... | 10 |
| 1.6 腧穴的主治作用 .....   | 25 |

## 第 2 章 常用的针灸疗法

|                      |    |
|----------------------|----|
| 第 2 章 常用的针灸疗法 .....  | 27 |
| 2.1 针刺法 .....        | 27 |
| 2.1.1 针刺的用具 .....    | 27 |
| 2.1.2 针刺时的体会选择 ..... | 28 |
| 2.1.3 进针的方法 .....    | 31 |
| 2.1.4 针刺的角度 .....    | 32 |
| 2.1.5 针刺的深度 .....    | 34 |
| 2.1.6 针刺后的感觉 .....   | 34 |
| 2.1.7 针刺的手法 .....    | 35 |
| 2.1.8 针刺的效果 .....    | 36 |

|        |                      |    |
|--------|----------------------|----|
| 2.1.9  | 留针 .....             | 37 |
| 2.1.10 | 针刺时会发生的情况与注意事项 ..... | 38 |
| 2.2    | 灸法 .....             | 39 |
| 2.2.1  | 施灸的原料 .....          | 40 |
| 2.2.2  | 灸法的种类 .....          | 40 |
| 2.2.3  | 施灸的先后顺序 .....        | 41 |
| 2.2.4  | 施灸的量 .....           | 42 |
| 2.2.5  | 灸的作用 .....           | 42 |
| 2.2.6  | 施灸的禁忌 .....          | 42 |
| 2.3    | 腧穴按压法 .....          | 43 |
| 2.4    | 耳针疗法 .....           | 44 |
| 2.4.1  | 常用的耳穴 .....          | 45 |
| 2.4.2  | 耳穴的探查方法 .....        | 46 |
| 2.4.3  | 耳针的临床应用 .....        | 47 |
| 2.4.4  | 选穴原则 .....           | 47 |
| 2.4.5  | 操作方法 .....           | 48 |
| 2.5    | 头皮针疗法 .....          | 49 |
| 2.5.1  | 头皮针疗法常用刺激部位 .....    | 50 |
| 2.5.2  | 临床应用 .....           | 51 |
| 2.5.3  | 选穴原则 .....           | 51 |
| 2.5.4  | 操作方法 .....           | 51 |
| 2.6    | 其他方法 .....           | 52 |
| 2.6.1  | 拔罐 .....             | 52 |
| 2.6.2  | 经血疗法 .....           | 53 |
| 2.6.3  | 皮肤针疗法 .....          | 53 |
| 2.6.4  | 电针疗法 .....           | 54 |

### 第3章 针灸疗法的优势病种

|     |              |    |
|-----|--------------|----|
| 3.1 | 消化系统疾病 ..... | 56 |
| 3.2 | 循环系统疾病 ..... | 57 |
| 3.3 | 呼吸系统疾病 ..... | 57 |
| 3.4 | 运动系统疾病 ..... | 57 |

|      |               |    |
|------|---------------|----|
| 3.5  | 神经系统疾病 .....  | 57 |
| 3.6  | 泌尿系统疾病 .....  | 58 |
| 3.7  | 生殖系统疾病 .....  | 58 |
| 3.8  | 内分泌系统疾病 ..... | 58 |
| 3.9  | 五官疾病 .....    | 58 |
| 3.10 | 其他方面 .....    | 59 |

#### 第4章 针灸疗法治疗举例

|      |                |    |
|------|----------------|----|
| 4.1  | 中风 .....       | 60 |
| 4.2  | 面瘫 .....       | 60 |
| 4.3  | 头痛 .....       | 60 |
| 4.4  | 突发性耳聋 .....    | 61 |
| 4.5  | 腰椎间盘突出症 .....  | 61 |
| 4.6  | 高血压 .....      | 61 |
| 4.7  | 功能性尿潴留 .....   | 62 |
| 4.8  | 痛经 .....       | 62 |
| 4.9  | 胎位不正 .....     | 62 |
| 4.10 | 急性单纯性阑尾炎 ..... | 62 |
| 4.11 | 湿疹 .....       | 63 |
| 4.12 | 神经性皮炎 .....    | 63 |
| 4.13 | 戒断综合征 .....    | 63 |
| 4.14 | 肥胖症 .....      | 64 |
| 4.15 | 慢性疲劳综合征 .....  | 64 |
| 4.16 | 针刺麻醉 .....     | 64 |

# Contents

## Chapter1 The Theory of Acupuncture And Moxibustion

|       |                                                                        |    |
|-------|------------------------------------------------------------------------|----|
| 1.1   | The Concept of Channels And Collaterals .....                          | 1  |
| 1.2   | The Composition of The System of The Channels And Collaterals .....    | 2  |
| 1.2.1 | The Twelve Regular Channels .....                                      | 2  |
| 1.2.2 | The Eight Extraordinary Channels .....                                 | 7  |
| 1.2.3 | Collaterals .....                                                      | 8  |
| 1.2.4 | The Others .....                                                       | 9  |
| 1.3   | Functions of The Channels And Collaterals .....                        | 11 |
| 1.4   | The Conception of Acu-points .....                                     | 12 |
| 1.4.1 | The Names of Acu-points .....                                          | 12 |
| 1.4.2 | Classification of Acu-points .....                                     | 15 |
| 1.5   | The Names, Locations And Indications of The Commonly—used Points ..... | 19 |
| 1.6   | Therapeutic Properties of Acu-points .....                             | 44 |

## Chapter 2 The Commonly—used Techniques of Acupuncture And Moxibustion

|       |                                           |    |
|-------|-------------------------------------------|----|
| 2.1   | Acupuncture Techniques .....              | 47 |
| 2.1.1 | Instruments of Acupuncture Therapy .....  | 47 |
| 2.1.2 | Selection of the Patient's Postures ..... | 48 |
| 2.1.3 | Methods of Insertion .....                | 50 |
| 2.1.4 | Angle of Insertion .....                  | 54 |
| 2.1.5 | Depth of Insertion .....                  | 55 |
| 2.1.6 | The Sensation after Puncturing .....      | 56 |
| 2.1.7 | The Manipulation Techniques .....         | 57 |