

汉英对照针灸

美容



数千年中华文化历史积淀铸就的中国医药学是世界医学的瑰宝，今天她正以「绿色」、「安全」、「有效」的崭新面貌，赢得了国际医学界的赞誉，也日益为世界上越来越多的国家和人民所接受。为适合海内外读者学习和运用

中国针灸疗法在减肥、美容以及治疗糖尿病、高血压病和抑郁症的需要，本丛书的编写力争以简明准确的语言，配以图表，系统介绍了有关的基本知识、基本技能和治疗方法，并附有验案举例。本丛书内容丰富，通俗易懂，可作为海内外广大临床医生、医学院校学生、留学生的参考用书。

Chinese-English Edition OF ACUPUNCTURE COSMETOLOGY

主编 郑美凤
Chief Compiler Zheng Mei-feng

主译 韩丑萍
Chief Translator Han Chou-ping



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Chinese-English Edition

OF ACUPUNCTURE COSMETOLOGY

Traditional Chinese Medicine, a great treasure of world medical science, has the history of thousands of years. It has obtained remarkable attraction and reputation in the global medical society with its new image of "nature, security, and effectiveness". More and more people over the world accept the traditional Chinese medicine. The compilation of the series is marked by conciseness, diagrams and systematic introduction to the related basic knowledge, techniques and specific therapeutic methods as well as typical case reports for the benefit of readers home and abroad in learning and applying the acupuncture treatment for weight loss and facial and body beautification, diabetes mellitus, primary hypertension and depression. With rich contents and easy-to-understand words, the series can serve as good reference books for clinicians, medical students and international students.



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内容提要

针灸美容从中医学的整体观念出发,充分调动人体自身的积极因素,具有简便易行、安全可靠、效果显著、无不良反应等特点,力求从根本上使人变美,为人体美容提供了一条行之有效的途径。

本书共分上、中、下三篇。上篇为针灸美容基础理论,介绍针灸美容的概述、解剖学基础、常用穴位和常用方法,其中针灸美容的常用方法包括体针、耳针、三棱针、皮肤针、火针、电针、穴位埋线、穴位注射、艾灸和拔罐。中篇为针灸美容治疗,介绍皮肤科、五官科及其他损美性病证的治疗和针灸保健美容。下篇为针灸美容典型验案介绍。

本书内容丰富,通俗易懂,可作为海内外广大临床医生、医学院校学生、留学生、美容院美容师的参考用书,亦可作为广大美容爱好者的学习用书。

Synopsis of Contents

Based on the holistic view of traditional Chinese medicine, acupuncture cosmetology acts to bring all active factors of the human body into play. It is easy, safe and reliable with remarkable effects but without adverse reactions, and therefore it provides an effective means for human cosmetology.

This book consists of three parts. The first part contains the basic theory, the outlines, anatomy basis, common acupoints and common methods of acupuncture cosmetology. The common methods include body needles, auricular needles, three-edged needle, dermal needle, fire needle, electric acupuncture, catgut implantation on acupoints, acupoint injection, moxibustion and cupping. The second part is the treatment and acupuncture health-preservation cosmetology involving dermatology, ENT and other beauty-impairing conditions. The third part collects typical case reports of acupuncture cosmetology.

With rich contents and easy-to-understand words, this book can serve as a good reference book for clinicians, medical students, international students and beauty salon workers as well as those who are interested in facial beautification.

前 言

随着社会发展和人民生活水平的提高,人们已经逐步形成了不仅要长寿,而且要健康美貌的理念,追求美已成为一种时尚,美容已成为目前人们的热门话题之一。中国针灸具有悠久的历史,不仅有公认的临床治疗效果,更有卓著的强身健体、美容养颜的功效,适合当今社会的需求。针灸美容从中医学的整体观念出发,充分调动人体自身的积极因素,具有简便易行、安全可靠、效果显著、无不良反应等特点,从根本上使人变美,为人体美容提供了一条行之有效的途径。目前,已引起了国内外不少美容专家的重视,越来越受到美容医师和广大患者的青睐。

本书共分上、中、下三篇。上篇为针灸美容基础理论,介绍针灸美容的概述、解剖学基础、常用穴位和常用方法,其中针灸美容的常用方法包括体针、耳针、三棱针、皮肤针、火针、电针、穴位埋线、穴位注射、艾灸和拔罐。中篇为针灸美容治疗,介绍皮肤科、五官科及其他损美性病证的治疗和针灸保健美容。下篇为针灸美容典型验案介绍。全书图文并茂,内容丰富,通俗易懂,汉英对照,可作为海内外广大临床医生、医学院校学生、留学生、美容院美容师的参考用书,亦可作为广大美容爱好者的学习用书。

言 前

本书承蒙上海科学技术出版社单宝枝女士的指导和大
力支持,在此表示衷心的感谢!

在编写过程中参考了大量公开出版的文献资料,由于时
间仓促,未能与相关作者一一联系,在此一并致呈谢意,并于
书末列出了参考文献名称。由于编者水平有限,书中错误纰
漏、欠妥之处在所难免,敬希广大读者批评指正。

编 者

2006 年 12 月于中国福州

Preface

With social advances and improvement of living conditions, people started to pursue not only longevity but also health and beauty. The pursuit of beauty or cosmetology has now become a hot and fashionable topic. Owing to its long history, Chinese acupuncture can obtain recognized therapeutic efficacy as well as functions in health-building and facial beauty. Based on the holistic view of traditional Chinese medicine, acupuncture cosmetology acts to bring all active factors of the human body into play. It is easy, safe and reliable with remarkable effects but without adverse reactions, and therefore it provides an effective means for human cosmetology. Currently acupuncture cosmetology has attracted attention from cosmetology experts from both home and abroad and become popular among cosmetology workers and varieties of customers.

This book consists of three parts. The first part contains the basic theory, the outlines, anatomy basis, common acupoints and common methods of acupuncture cosmetology. The common methods include body needles, auricular needles, three-edged needle, dermal needle, fire needle, electric acupuncture, catgut implantation on acupoints, acupoint injection, moxibustion and cupping. The second part is the

treatment and acupuncture health-preservation cosmetology involving dermatology, ENT and other beauty-impairing conditions. The third part collects typical case reports of acupuncture cosmetology. With illustrations, rich contents and easy-to-understand words, this book can serve as a good reference book for clinicians, medical students, international students and beauty salon workers as well as those who are interested in facial beautification.

I'd like to extend my sincere thanks here to Madame Shan Bao-zhi from Shanghai Scientific & Technical Publishers for her instructions and support!

Due to the tight schedule, I failed to contact all the authors concerned during quoting the relevant published literature, books and data and I'd like to extend my thanks to all of them here as well and have listed references at the end of the book. For the possible careless omissions or inappropriate expressions, any suggestions from the readers are welcome for the future improvement.

Zheng Mei-feng

December 2006, Fuzhou, China

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