



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

CHINESE HERBS AND HERBAL FORMULAE

中药和方剂

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

中药和方剂

高学敏 胡素敏

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CHINESE HERBS AND HERBAL FORMULAE

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HU SUMIN

CHINA PRESS OF TRADITIONAL CHINESE MEDICINE
• BEIJING •

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Chinese Herbs And Herbal Formulae

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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

中医学是世界传统医药学中的一颗璀璨的明珠,在几千年的历史沿革中得以完整保留并不断发展,显示了其极强的生命力。

然而时至今日,什么是中药?中药治病的机理如何?中药如何通过配伍形成方剂?中药方剂有哪些剂型?如何恰当地使用中药?如何正确对待中药的毒性?绿色中药的发展现状和前景如何?等诸如此类的问题,仍困扰着许多热爱、关注中医药的业外人士。尤其是近年来,新闻媒体对中药毒性等问题的一些不恰当宣传,使得以上问题更趋凸显。

为了使更多的人们更进一步地了解中药、更恰当地使用中药,也使中药能更有效地服务于人类社会,我们在本书中就上述问题进行了简要地回答。希望热爱中医药的人们能携起手来,共同为打造绿色中药、现代中药、国际中药尽一份绵薄之力!

高学敏

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General Foreword

Traditional Chinese Medicine (short as 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 21st 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 Herb 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 healthy life.

State Administration of Traditional Chinese Medicine of

P. R. China

December, 2005

Preface

Traditional Chinese Medicine is like a bright pearl in the traditional pharmacological science of the world. In the long history, it has been well preserved and developing all the ages with a strong life.

However, even up to now, these questions are still very hard for the non — professional persons who have interest and attention to understand. What is Chinese medicine? What is mechanism of curing diseases? How is prescription formed through combination? What kinds of dosage forms does it include? How to use Chinese medicine properly? What is our attitude towards toxicity? What is current situation and future of “green Chinese medicine”? Especially in recent years, the above — mentioned questions become more outstanding and serious because of some improper propaganda of the toxicity of Chinese medicine from press Medias.

In order that people can further learn Chinese medicine well and use it more properly, we have offered brief answers to these questions to make the Chinese medicine serve us better. We hope that people who devote himself to this cause

can work together and spare no efforts creating the “green Chinese medicine”, the “modern Chinese medicine” and the “international Chinese medicine”.

GAO Xuemin

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