

*Concise English-Chinese acupoint effects
and clinical acupuncture therapy*

简明英汉针灸穴效 与临床治疗学

主编 马伟光
和丽生



云南民族出版社

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前 言

针灸医学已然成为最先进入西方医学临床的中国传统医学，其良好的临床效果往往使人感到欢欣鼓舞。随着近年来针灸医学对外交流的日益扩大与深入，中国外派的专家学者以及西方各国派往中国学习针灸的人数与日俱增，针灸医学的教学与研究迎来了国际化的浪潮。综观坊间已出版各类英汉双解的针灸书籍，在理论与实践经验紧密结合的基础上，对针灸穴效进行归纳与总结的方面尚有欠缺，使学者对穴效的性质及功用把握不准，记忆不深，以致临床应用时难于做到胸有成竹地调兵遣将，应用自如。这是著者多年来在海内外针灸教学及临床中屡屡遇到的问题。为了满足和适应海内外针灸教学与临床实践的需要，我们根据自己长期在针灸医学教学与临床实践中所积累的经验与体会对针灸穴效查古溯今，总结凝练，历时三年终于写成了这部《简明英汉针灸穴效与临床治疗学》。

希望本书能满足海内外针灸学者的殷殷之需，帮助他们在针灸穴效的掌握及临床应用上有所突破。该书不仅适用于各级各类的针灸双语教学与临床实践，对广大的单语针灸学习与临床工作者也有所裨益。

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2007年夏於中国·云南·昆明

Preface

Chinese acupuncture was certainly the pioneer of the traditional Chinese medicine that^o accepted by the Western medicine since many years ago. Its marvelous clinical achievements always startled and inspired both the doctors and the patients. Along with the more broader and deeper communication of the acupuncture medicine with the overseas, many Chinese acupuncturists have been sending out all over the world to teach and practice acupuncture. At the same time, Chinese acupuncture institutes also welcomed many foreign students to take their training courses in China. We are overwhelmed by the need of this effective and traditional Chinese therapy. However, based on a survey over the published bilingual (Chinese and English) acupuncture textbooks, it is hardly to find one which intensively summarized the clinical effects of the acupoints according to their scattered records in various Chinese ancient medicinal books, as well as expert's clinical experiences. This makes a real hard time for a learner to master the acupoint effects and such problems can be encountered very often in our acupuncture training courses no matter in Chinese or in English. We tried our best to solve this problem and after three years continuing efforts, this new bilingual (Chinese and English) acupuncture textbook has finally published. A huge work has been done for its essential summarizing acupoint effects both from the ancient medicinal books, as well as expert's clinical experiences. This novel textbook should benefit greatly not only to the acupuncture learners but also its practitioners due to its excellent condensed acupoint effects summary, as well as for its first revealed many secret prescriptions of acupoints that is really powerful to solve some tough clinical problems from our long period clinical experiences.

Hopefully, this book could be your best choice and companion both in your acupuncture learning and practice no matter you are a Chinese or a foreigner. We also believe that it could become the most popular bilingual (Chinese and English) acupuncture textbook in a very near future.

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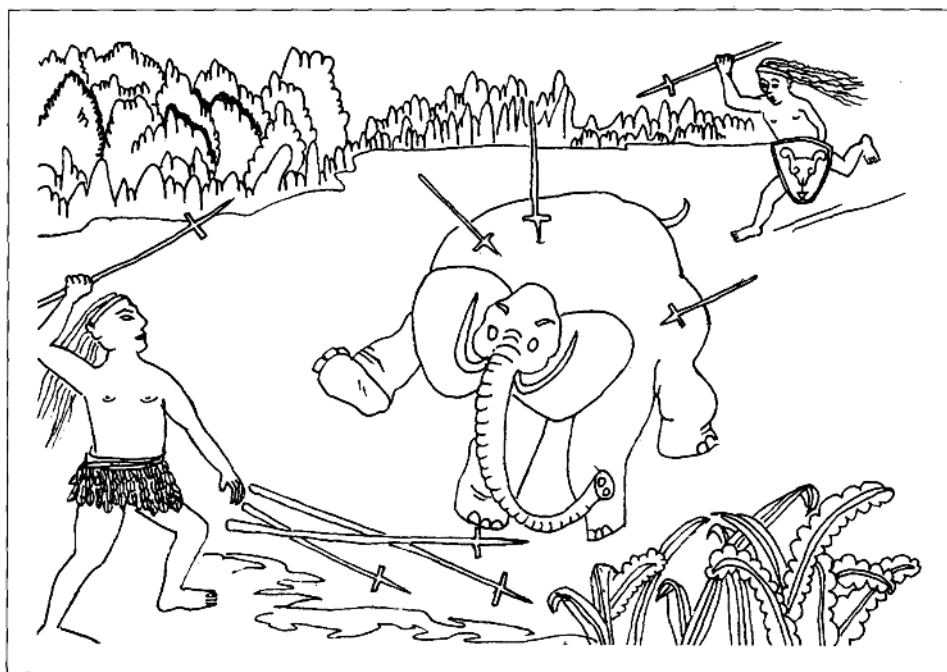
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MHA (Master of the Public Hygiene) from University of LaTrobe, Australia

In the summer of 2007. Kunming, P.R.CHINA

漫画图解中国针灸发展简史

Cartoon illustration of Chinese acupuncture development concise history



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1

远古时期的针灸：一群腰部仅用草帘遮住的原始人正在用自制的长牙类工具投掷一只巨大的猛犸象，这是人类对动物实施“针灸”的最初起源。随后，才演变到人类自己给自己针灸。

The generation of the acupuncture in the ancient time: when there were dinosaurs, when it was a millions year from now, a bunch of ancient people using hand made spears tried to "cupuncture" (spear) a mammoth. This was how acupuncture was developed, than gradually people tried to spear each other with some sharp rocks or sticks to stop vicious pain in their body.

漫画针灸



原始人正在火塘边用粗制的砭石给一名痛苦呻吟的患者疗伤止痛。

人类在日常生产劳动中，意外地碰撞到身体的某些部位，结果发现原来患有的病痛却因此大大减弱，甚至消失了。这样的经验积累多了，就知道了用外物刺激身体的某些特定部位，可以产生治疗疾病的特殊效果。最初的银针—砭石，就是这样步入了临床。

A primary person was acupuncture a patient with a polished axehead, who suffered from a health problem. Since the ancient times, people had been pointed or wounded accidentally during their daily work and life by tree branches or sharp rocks, surprisingly they found out some times their disease or painful body had been greatly relieved or completely disappeared. After many times of such experience, people knew that there were some points on the body can cure some diseases if they were acupuncture. After that, polished axeheads which were been used as original acupuncture needles had been introduced into the primary medical practice since then.



漫画针灸



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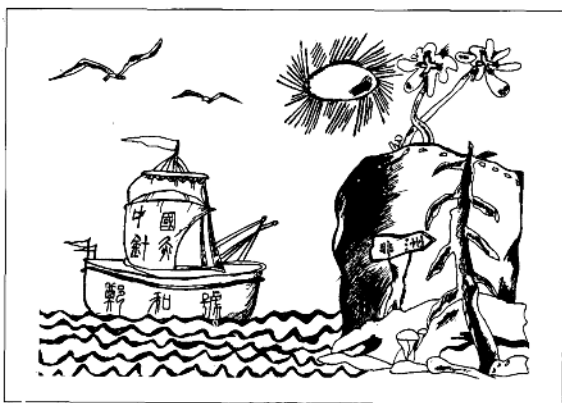
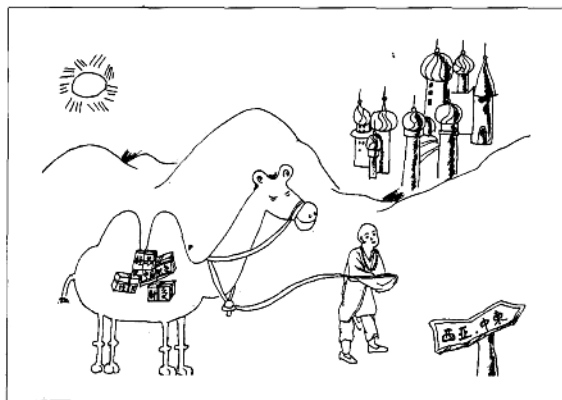
一名鹤发童颜的江湖郎中正在村头的大槐树下给一名患者针灸。

针灸医学作为中国传统医学的重要组成部分，其理论体系形成之早，临床应用范围之广令人惊叹。掌握针灸理论和在临床中应用针灸治病的人，不仅仅局限于大医院的医师、许多民间的江湖郎中也精于此道、妙手回春，无限风光。

The theory of acupuncture is a very important component of the Traditional Chinese Medicine. Not only the high class traditional medical healers who usually provided their medical services only to the emperor or other aristocrats in the ancient times were required to master the acupuncture therapy, but the folk medical healers were also likely to learn and practice acupuncture very well. It was indeed effective method to solve many health problems.

漫画针灸

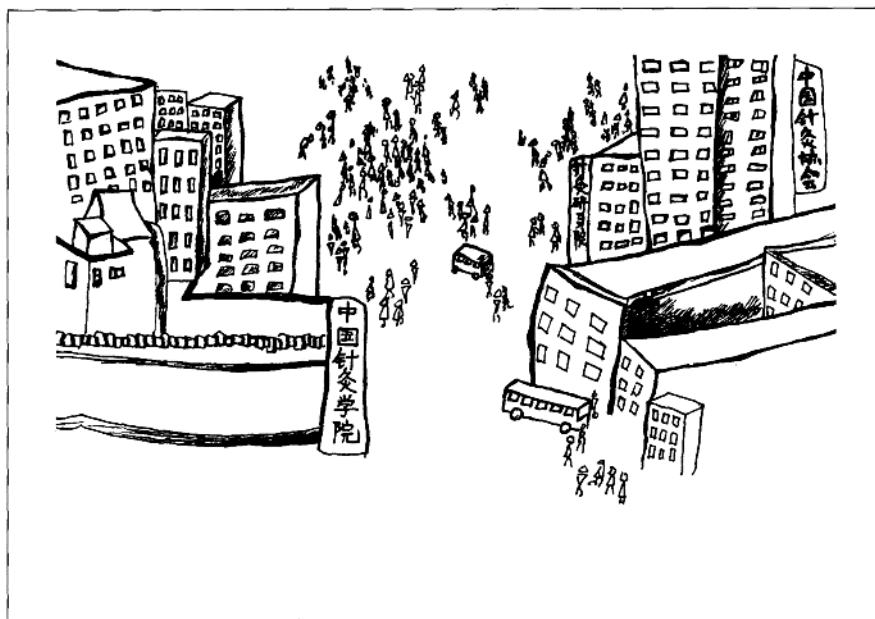
中国古老的针灸医术及针灸典籍随鉴真和尚东渡日本，随郑和宝船南下西洋、驮在一峰峰骆驼背上，沿着楼兰古道进入西亚、迈向中东、为世界的医学文明，做出了自己的贡献。



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Acupuncture that is considered as a traditional Chinese medical treasure had been spread into many countries since ancient times. Jian zhen monk, a very famous monk in Tang dynasty introduced Chinese acupuncture to Japan, along with the Chinese Buddhism. A very well known captain in Ming dynasty, called Zheng he who had made seven times long travels along the Pacific Ocean also brought Chinese acupuncture to many countries along the Pacific Ocean, even as far as Africa. Chinese acupuncture was also introduced into the Western Asia and Middle Eastern countries through the old Silk Road many years ago and made a contribution to the world medical civilization.

漫画针灸



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现代化的针灸专业学院遍布全国，研习针灸者多如牛毛。针灸良好的治疗效果和保健作用得到了越来越多的患者和医生的认可，神州大地上掀起了一股势不可挡的学习和研究针灸的热潮。

As acupuncture worked so well that people like it very much, Chinese medical universities are going to be very busy with running acupuncture learning centers, schools, even universities. We have been nearly overwhelmed by the needs of studying Chinese acupuncture from the whole world.

Concise English-Chinese acupoint effects and clinical acupuncture therapy

漫画针灸



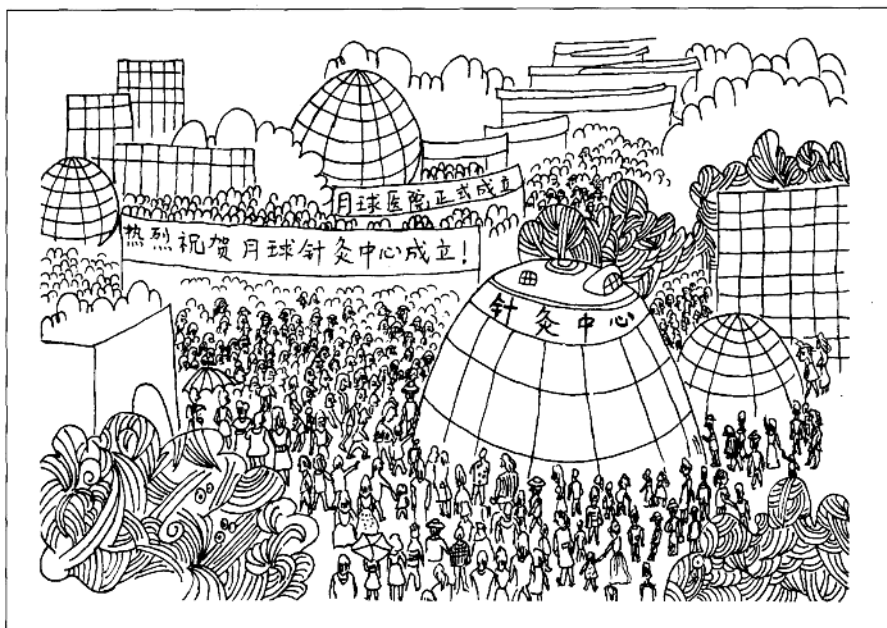
洋人争先恐后从海陆空纷纷涌向中国来学习针灸，盛赞这是中国对世界文明的巨大贡献。

最先进入西方医学临床的中国传统医学就是针灸医学。其良好的临床效果往往使人感到欢欣鼓舞。随着近年来针灸医学对外交流的日益扩大与深入，西方各国派往中国学习针灸的人数与日俱增，针灸医学的教学与研究迎来了国际化的浪潮。

So many foreigners are coming from all over the world to get or learn acupuncture therapy. After they involved such marvelous traditional medicine, no one would hesitate to say that Chinese really did a medical contribution to the world civilization. Actually, acupuncture is a pioneer of TCM that has been first accepted by the western countries.



漫画针灸



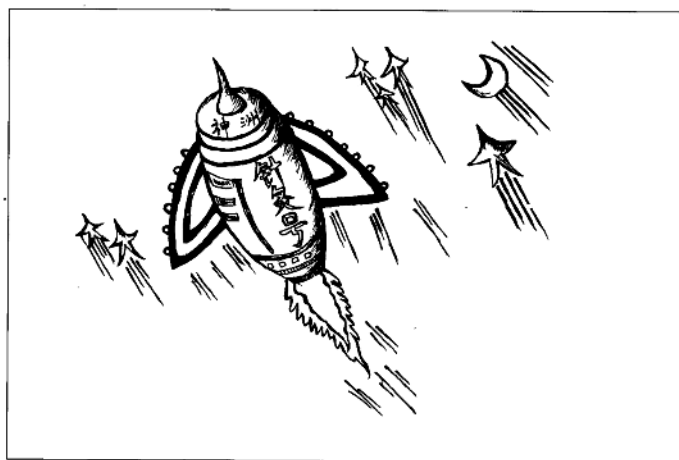
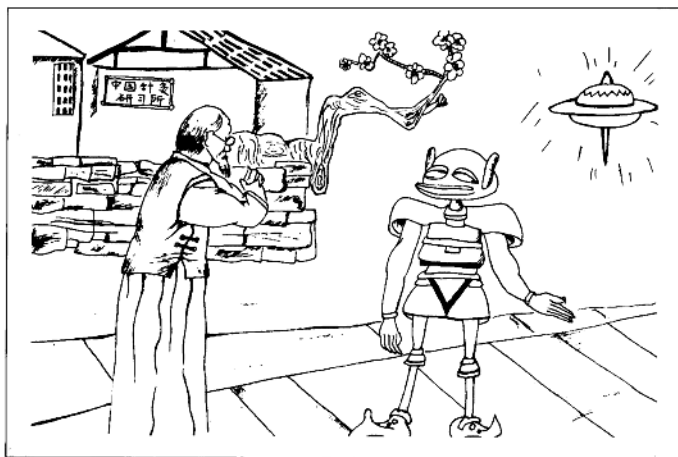
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针灸如此多娇，引无数患者竞折腰！月球医院成立挂牌庆典的当天，针灸中心人满为患，无法预约。中国针灸神奇的治疗功效和保健作用预示了其在未来世界医学中的特殊地位。

Acupuncture therapy is so wonderful, it has no side effects, that just attracts so many people to get into it. As soon as the moon hospital would be established, the most welcomed medical department surely would be acupuncture center. Chinese acupuncture therapy would take and play an important role in the world future medicine.

漫画针灸



“治病救人，舍我其谁？”中国针灸医师受到外星人的感情邀请，带着世界最尖端的针灸医学，乘坐世界最先进的神州飞船，脱离地球飞往遥远的外星系。

A Chinese acupuncturist accepting the warmest and urgent invitation from an alien is going to depart to the remote Milky Way to save the lives of the aliens in space.



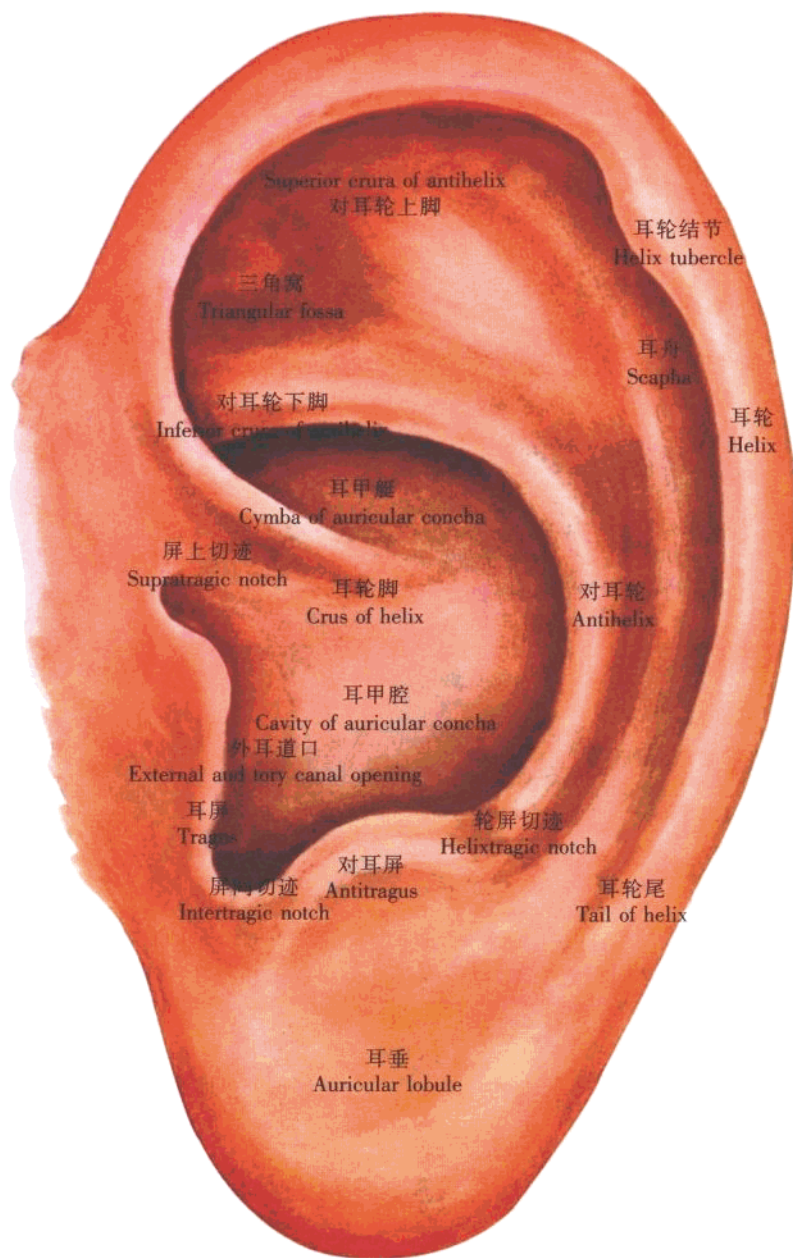


图1 耳廓解剖图
 Fig.1 Auricular auris anatomy



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图2 耳穴分布图
Fig.2 Ear points profile

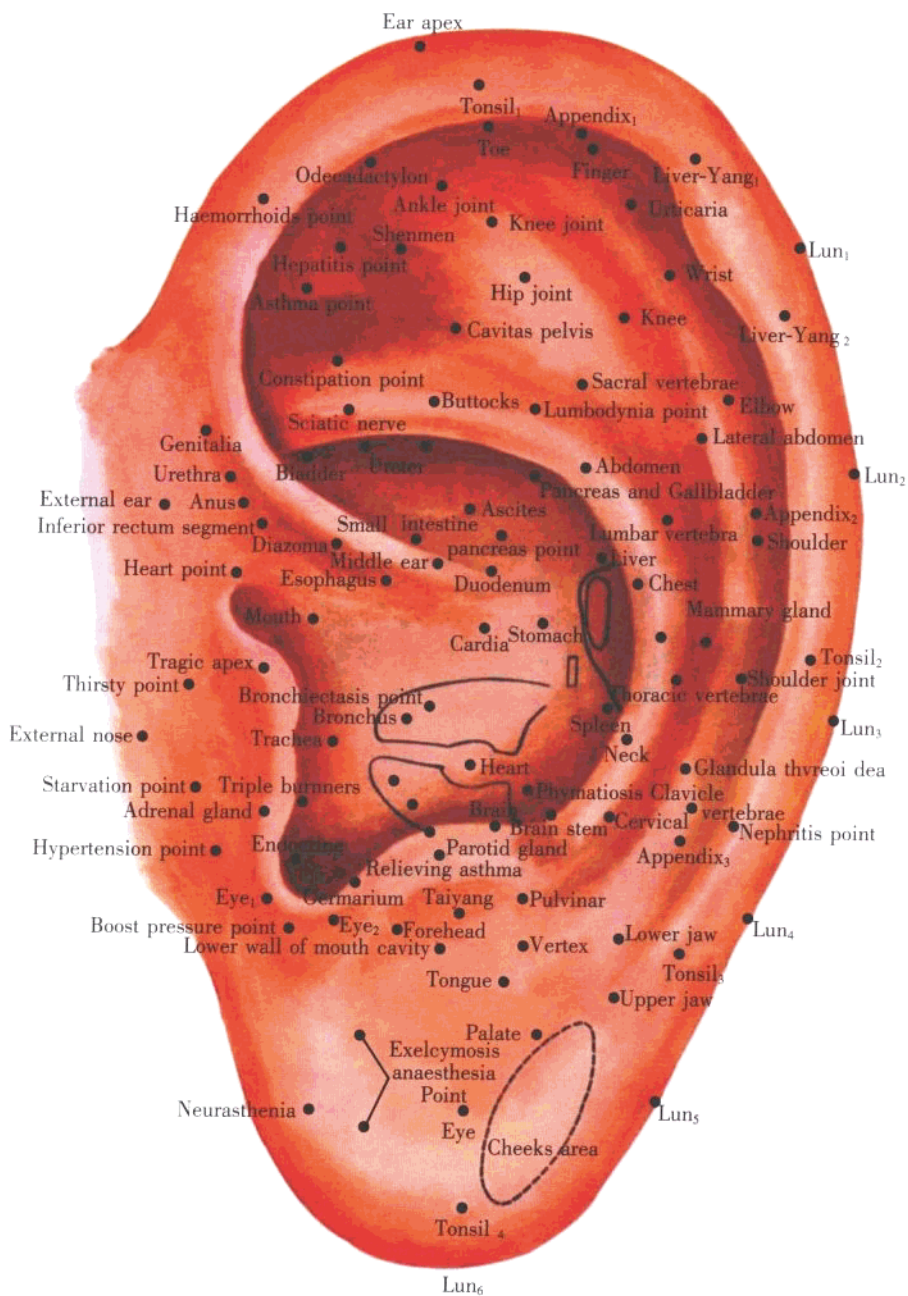


Fig. 3 Auricular aoris points