

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

GENERAL TCM  
KNOWLEDGE OF SURGERY &  
OSTEOLOGY & TRAUMATOLOGY

中医外科 骨伤科  
常见病诊疗常识

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

# 中医外科 骨伤科 常见病诊疗常识

李乃卿  
曹建春

中国中医药出版社  
· 北 京 ·

**GENERAL TCM KNOWLEDGE OF  
SURGERY & OSTEOLOGY &  
TRAUMATOLOGY**

LI NAIQING  
CAO JIANCHUN

CHINA PRESS OF TRADITIONAL CHINESE MEDICINE

• BEIJING •

## 图书在版编目(CIP)数据

中医外科 骨伤科常见病诊疗常识/李乃卿等编著. —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. 中... II. 李... III. ①中医外科—常见病—诊疗—汉、英②中医伤科学—常见病—诊疗—汉、英

IV. ①R26②R274

中国版本图书馆 CIP 数据核字(2005)第 070218 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 10 字数 114 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

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**

**General TCM Knowledge of Surgery & Osteology & Traumatology**

Professor LI Naiqing

Department of Surgery, Dongzhimen Hospital Affiliated to Beijing University of Chinese Medicine

No. 5 Haiyuncang, 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: 10 Word Count: 114000

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

我们知道,西医外科学一般以手术或手法为主要疗法,来治疗损伤、感染、肿瘤、畸形,以及其他性质的疾病。那么中医外科和骨伤科治疗什么病呢?

中医外科学的研究范围除了疮疡、乳房疾病、瘰、瘤、岩和皮肤、肛肠、男性前阴、周围血管及其他外伤性疾病外,还包括内痈(如肝痈、肠痈等)、急腹症、疝、泌尿生殖和性传播疾病等。骨伤科包括损伤和骨病。

要想了解中医外科学,就让我们简略回顾一下它的历史吧!

中医外科和骨伤科有着悠久的历史。出土的殷商时期甲骨文已有外科病名的记载。周代(公元前 1066~公元前 249 年),外科已成为独立的专科。《内经》阐述了痈疽疮疡的病因病机,提出用截趾手术治疗脱疽。汉末华佗(141~203 年)应用麻沸散作为全身麻醉剂,进行死骨剔除术。南北朝时期,龚庆宣的《刘涓子鬼遗方》(483 年)是中国最早的外科学专著,记载了当时处理创伤的情况。隋代,巢元方的《诸病源候论》(610 年),记述了断肠缝连,腹疝脱出等手术,采用丝线结扎血管。唐代孙思邈的《千金要方》(652 年)书中记述的手法整复下颌关节脱位,与现代医学的手法复位相似;而其用葱管导尿治疗尿潴留的记载,比 1860 年法国发明橡皮管导尿早 1200 多年。金元时代,危亦林的《世医得效方》(1337 年)记录了正骨前先用乌头、曼陀罗等麻醉;用悬吊复位法治



疗脊柱骨折。明代陈实功的《外科正宗》，记述了刎颈切断气管应急用丝线缝合刀口。清代设有治疗骨折和脱臼的专科。

古代治疗疾病的丰富经验在现代有很多发扬、提高。这里也作一简要介绍。

中华人民共和国成立以来，中医外科和骨伤科取得了不少重大进展。在临床方面主要体现在一些特色鲜明、优势明显的专科专病的治疗上，有些科研成果已达到世界先进水平。自20世纪50年代开始，以中医为主的中西医结合防治急腹症得以广泛开展，取得了一定成绩。慢性骨髓炎的中医药和中西医结合治疗取得了显著成绩，尤其对于已形成死骨、骨腔积脓、形成窦道者，疗法独特，治疗效果明确。

乳房疾病方面，中医药治疗浆细胞性乳腺炎、乳晕瘻管、乳腺增生病取得了较大进展。

中医治疗周围血管疾病利用外治与内治的综合优势，必要时与手术、介入疗法并用，取得了较好的疗效。不仅对疾病早期治愈率高，而且对疾病后期的有效率也比较理想，降低了复发率和致残率。

对烧伤的研究主要体现在中药制痂法和湿润暴露疗法的研究方面，同西医处理明显不同。中医治疗肛门痔瘻疾病也取得了较大发展，采用切开挂线法解决了高位肛瘻的难治之点；外剥内扎术是治疗混合痔的改进手术；消痔灵硬化剂注射治疗内痔效果满意。中医诊治尿石症、慢性前列腺炎也有很好的治疗效果。在治疗男性不育症、性功能障碍的临床和试验研究方面，也取得了可喜成绩。

应用中医药治疗恶性肿瘤具有延长生存期、提高生存质量及调整机体免疫功能等作用。中医药配合手术、放疗、化

疗,可以促进术后恢复,减轻毒副反应,提高治疗效果。

骨伤科工作者在继承传统中医骨伤经验基础上,运用现代科学知识和方法,总结出新的正骨八大手法,研制成功新的夹板外固定器具,同时配合中药内服、外治及传统的功能锻炼方法,形成了一套中西医结合治疗骨折的新疗法,提出了“动静结合”、“筋骨并重”、“内外兼治”、“医患合作”治疗骨折的原则,取得了骨折愈合快、功能恢复好、患者痛苦少及合并症少的良好效果,使骨折治疗提高到一个新的水平。

应用中医药治疗皮肤病也取得了可喜的成果,对皮肤真菌病、湿疹、皮炎有较好的临床疗效。在中医药治疗系统性红斑狼疮等结缔组织疾病中,雷公藤制剂的运用对改善症状、调节机体免疫功能均有很好的作用。

近年来,从中草药中筛选抗艾滋病毒药物,以期有效地改善艾滋病患者症状,提高生存质,延长生存时间。

李乃卿

**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 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 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

As we all know, surgery of western medicine (WM) takes operation and manipulation as the main method in the treatment of trauma, inflammation, tumour, malformation and other diseases. Then what diseases do the surgery, osteology and traumatology of traditional Chinese medicine (TCM) study on?

Surgery of TCM study suppurative infection on body surface, breast, goiter, benign tumour, cancer, dermatosis, anus, rectum, male external genitalia, and peripheral vascular diseases, trauma, abscess of internal organs (such as carbuncle of liver, acute appendicitis), acute abdomen, hernia, and urinary system and sexual transmitted disease. The osteology and traumatology of traditional Chinese medicine investigate on trauma and osteopathy.

If you want to know something about surgery of western medicine, let's review its development.

The surgery, osteology and traumatology of TCM have a long history. Descriptions on bones or tortoise shells in Shang Dynasty recorded some of surgical disease names.

Surgery became an independent special course of study in Zhou Dynasty (1066A. B. ~249A. D). Huangdi Neijing recorded the etiology and pathogenesis of the superficial infection and pyocutaneous disease, and proposed toe amputation in the treatment of finger or toe gangrene. Hua Tuo of late Han Dynasty use Mafusan as general anesthetic in the operation of bone sequestrum excision. Gong Qingxuan's liu Juan zi Guiyi Fang(483A. D. ) of Nanbei Dynasty is the first surgery monograph. It recorded the management of trauma at that time. In Sui Dynasty, Zhubing Yuanhou Lun (610 A. D. ), written by Chao Yuanfang, described the suture of broken intestine, the repair of abdominal hernia, using silk in the ligation of vascular. Qianjin Yaofang (652A. D. ) of Tang dynasty, written by Sun Simiao, recorded the manipulative reduction of mandibular dislocation, which was similar to that in modern medicine, and application of urethral catheterization that employed fistular onion leaf to resolve urine retention and was 1200 years earlier than that of rubber tube in French at 1860. In Jin and Yuan Dynasty, Shiyi Dexiao Fang (1337 A. D. ), written by Wei Yilin, recorded aconite root, Dature and so on were used as anaesthetics before bonesetting; and suspension repositioning in the treatment of spine fracture. In Ming dynasty, Waike Zhengzong, written by Chen Shigong, described that silk—thread should be used to sew the incision of windpipe cut off by the suicide. Special department of treating bone fracture and disarticula-

tus was set up in Qing dynasty.

The plentiful treating experience of ancient times has been developed and boosted greatly. Now please let me introduce it to you briefly.

This subject has gotten great advancement since the establishment of the People's Republic of China. In clinical aspect, some research findings achieved by the department for special course of study or special diseases have reached the world level. Since the beginning of 1950s, the prevention and treatment of acute abdomen by combination of TCM with western medicine has been developed widespread and achieved some therapeutic results.

The treatment of chronic osteomyelitis by Chinese medicine and combined treatment of traditional Chinese medicine and western medicine gained significant result, especially to the formed bone sequestrum, bone cavity empyema, formed sinus tract, it has unique therapeutic efficacy.

In the aspect of breast diseases, the treatment of plasma cell mastitis, areola mammae syrinx, and cyclomastopathy has obtained great advancement.

By combining external treatment and endoscopic therapy,



operation and intervention with needle, the peripheral vascular disease has been treated with good curative effects. It has high curative rate not only for earlier period of disease but also for later period of disease, and has very low relapse rate and mutilation rate.

The research of burnt chiefly personified at the respect of scab—enhancing and moist—exposing therapy, which was different from Western medicine.

The treatment of hemorrhoids and fistula diseases developed greatly. Application of discission—ligation therapy solved the difficulty of treating high position anal fistula. Extra—stripping and intra—ligation was a refining operation of combined hemorrhoids. Injection of Xiaozhiling sclerosing agent in the treatment of internal hemorrhoid proved effectively.

TCM methods of treating internal hemorrhoid and chronic prostatitis were effective. Clinical and experimental studies on male infertility and sexual disturbance have gained great achievement.

The treatment of malignant tumour can lengthen life span, improve living quality and adjust immune function of the body. The combination of Chinese medicine with operation, radiotherapy, and chemotherapy can promote postoperative