

汉英对照针灸治疗

高血压



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 TREATMENT FOR HYPERTENSION

主编 张仁 徐红

Chief Compilers Zhang Ren and Xu Hong

主译 张庆荣

Chief Translator Zhang Qing-rong

上海科学技术出版社

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内容提要

高血压是现代人中最常见的“文明病”之一,而本书则是告诉人们应用传统的针灸之法如何对付它。尽管全书篇幅不大,但有以下特点:① 信息量大。本书全面汇集了有关高血压的西医、主要是中医及针灸的历史的和现代的有关信息,特别是在针灸治疗高血压方面所积累的成功经验。② 实用性强。依据作者 30 多年的临床实践,对上述信息进行了筛选、优化。为读者提供了包括被称作微针系统在内的常用于高血压的各种有效穴位,对临床报道的大样本资料综合优化后形成的经得起重复的治疗方案,包括名家医案在内的多种治法各异、疗效独特的医案。

本书不仅适合于针灸临床工作者,也可供西医和其他中医工作者参考。

汉英对照

Chinese-English
Edition of
Acupuncture
Treatment for
Hypertension

高血压
针灸治疗

Synopsis of Contents

Hypertension is one of the most common “Civilized sicknesses” among people in modern society. The purpose of this book is to tell people how to deal with it by applying traditional therapies of acupuncture and moxibustion. Although not large in length, the book is of the following features: Large in information; The book gathers the relative information about hypertension in Western medicine, mainly in Chinese medicine and acupuncture-moxibustion both ancient and present times, especially the successful experience accumulated in treatment of hypertension by acupuncture-moxibustion. Great in practicality: Basing on our more than 30 years experiences clinically, the authors have sorted and optimized the above information. In the book we provide for the readers various effective points for treatment of hypertension including so called micro-acupuncture system, the repeatability-standing therapeutic schemes that are developed from clinically reported large-sample-contenting materials after summarization and optimization, and medical cases treated with various remedies and unique effects by famous medical experts.

The book is not only suitable for clinical practitioners in acupuncture and moxibustion field, but also can serve as a reference for doctors both in Western and Chinese medicine.

前 言

高血压是这样的一种疾患：

它与文明结伴同行。尽管古代也有，但它的骤然暴发是在人类进入工业文明之后，而且同现代社会的发展颇有点与时俱进的味道。据卫生部门最新资料，近年我国35～74岁的人群中，高血压的患病率已达27.2%，仅此年龄段的高血压患者就有约1.3亿。从而一举成为高血压疾患的大国。

它是一位温柔的杀手。有人统计，在高血压患者中约有50%的人根本不知道自己得了这个病，往往在偶然的体检中发现；而即使知道患了高血压，也有一半左右的人不拿它当回事，不去积极治疗。这是因为相当部分患者在得病时根本没有一点症状，而等到心、脑等各种并发症纷至沓来时，则为时已晚。

它是一种终生疾病。如果不及早发现、抓紧防治，高血压常常会与你不弃不离、相伴终生。

针灸是这样一门医学：

在原理上，它致力于整个机体的平衡调节，换句话说，使处于疾病，即不平衡状态，恢复至正常（即动态平衡）状态。如过高或过低的血压，可使之回复至正常水平。

在方法上,它是一种非药物治疗,既没有任何毒性,只要应用得当,也不会带来任何副作用,是一种真正的绿色技术。

在适应证上,不仅可用于包括高血压在内的 460 多种病症,而且适用于从防到治乃至康复的全过程。

这就是为什么,针灸正在成为防治高血压大队人马中越来越引人注目的一支生力军的一个原因。

本书要告诉读者的是:近半个多世纪以来,我国针灸工作者在两千多年积淀的基础上,在针灸治疗高血压方面所积累的成功经验。

本书所提供的是:有关高血压的西医、主要是中医及针灸的历史和现代的最新信息;包括被称作微针系统在内的常用于高血压的各种不同的穴位;对临床报道的大样本资料综合优化后形成的治疗方案;包括名家医案在内的多种治法各异、疗效独特的医案。

编著者的一点希望:来自广大读者的批评和建议。

张 仁

2006 年底写于上海

FOREWORD

Hypertension is such a kind of disorder:

It goes along with civilization. Although it is found in ancient times, its sudden outbreak follows entrance of human being into industrialized civilization, and it has been associated with development of modern society, and it is definitely of some sense of advancing as time goes on. According to the latest materials from medical circle, the prevalence of hypertension among the people from 35 to 74 years old in China in recent years has got to 27.2%, or in this range of age only, there are 130 million patients suffering from hypertension. Thus China has become a large country of hypertension.

It is a gentle killer. It is reported among the hypertension patients there is 50% of them do not know they have suffered from the disease, and often know this occasionally in a physical check-up. Moreover about one half of the hypertension patients have even known they have got hypertension, but do not care about it and not actively seek medical aid. This is because a considerable part of the patients have no symptom at all at the early stage. However, it has been late as the various complications of the heart and brain have continuously developed.

It is a life long disease. If not found as early as possible and prevented and treated promptly, hypertension would often accompany you in a whole life.

Acupuncture-moxibustion is such a kind of medicine:

In principle it is devoted to equilibrium regulation of the whole body, in another word, it is to make a diseased or imbalanced state recover to normal (or dynamic balance) state. For example, it can make over high or low blood pressure return to normal level.

In method it is a non-pharmacotherapy. It is of both no toxicity and no side effect if only being applied appropriately, so it is really a kind of "green technique".

In indication it can be applied in some 460 kinds of diseases including hypertension, being suitable for the whole process from prevention to treatment and rehabilitation.

This is why acupuncture-moxibustion has been becoming a more and more high-lighted and vitalized technique in various remedies for prevention and treatment of hypertension

What is in this book to tell the readers is the successful experience accumulated in treatment of hypertension with acupuncture-moxibustion by Chinese acupuncturists in recent half century, on the basis of more than two thousand of accumulation.

What are in this book to provide are the latest information about hypertension in Western medicine, mainly in Chinese medicine and acupuncture-moxibustion both ancient and present times; many and varied points for treating hypertension including so called micro-acupuncture system, the repeatability-standing therapeutic schemes that are developed from clinically reported large-sample-contenting materials after summarization and optimization, and medical cases treated with many remedies and unique effects by famous medical experts.

Here the authors earnestly ask the readers to give us their critics and proposals.

Zhang Ren

in Shanghai the End of 2006

目 录

第一章 总 论 /1

- 第一节 高血压概述 /6
- 第二节 中医证治概况 /18
- 第三节 针灸治疗回眸 /30

第二章 治疗高血压的常用穴位 /46

- 第一节 常用体穴 /50
- 第二节 常用耳穴 /108
- 第三节 常用其他穴位 /118

第三章 治疗高血压的常用针灸治法 /132

- 第一节 常用针刺法 /138
- 第二节 常用艾灸、穴位敷贴、拔罐法 /160
- 第三节 常用耳针法 /174
- 第四节 常用其他穴位刺激法 /188

第四章 针灸治疗高血压验案举隅 /200

- 第一节 名家验案 /202
- 第二节 辨证验案 /251
- 第三节 单穴验案 /260

参考文献 /298

CONTENTS

Chapter 1 General Introduction /1

Section 1 Introduction to Hypertension /7

Section 2 Outline of Syndrome Differentiation and Treatment Determination /19

Section 3 Retrospect of Acupuncture and Moxibustion Therapies /31

Chapter 2 Commonly Used Points in Treatment of Hypertension /47

Section 1 Commonly Used Body Points /51

Section 2 Commonly Used Ear Points /109

Section 3 Other Points Commonly Used /119

Chapter 3 Commonly Used Acupuncture and Moxibustion Therapies for Hypertension /133

Section 1 Needling Methods /139

Section 2 Commonly Used Moxibustion, Point Plastering and Cupping /161

Section 3 Commonly Used Ear Acupuncture /175

Section 4 Other Methods of Point Stimulation Commonly Used /189

Chapter 4 Proved Cases on Acupuncture and Moxibustion Therapies for Hypertension /201

Section 1 Proved Cases by Famous Acupuncturists /203

Section 2 Proved Cases Treated Based on Syndrome Differentiation /255

Section 3 Proved Case Treated by a Single Point /281

Reference /299

第一章 总论

Chapter 1 General Introduction

汉英对照

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Treatment for
Hypertension

针灸治疗
高血压

高血压是一种以动脉血压升高为特征,可伴有心脏、血管、脑和肾等器官功能性或器质性改变的全身性疾病。高血压是最常见的心血管疾患之一,也是目前造成人类心脑血管疾病如脑卒中、冠心病、心力衰竭等死亡的重要危险因素之一。据统计,在世界范围内,每 8 例死亡病例中就有 1 例是高血压所致,从而使得高血压成为人类健康的第三大杀手。

大量调查研究表明,高血压的发病率在世界各国的情况不尽相同,总体来说发达国家高于发展中国家。如欧美国家患病率高居首位,有 20% 以上的 35~64 岁成人得了本病。即使同一国家,也有着时代、地域、年龄、种族等的差别。就我国而言,我国的高血压患病率不如工业化国家高但却与年俱增。1991 年全国普查成人(15 岁以上)的患病率为 11.26%,是 1959 年的 5.11% 的 2 倍多。而目前最新数据显示,我国 35~74 岁的人群中,高血压的患病率已达 27.2%,仅此年龄段的高血压患者就有约 1.3 亿。较之 10 多年前又翻了一番多。我国各地的患病率相差较大,东北、华北地区高于南方地区。据 1988~1989 年全国调查各地 35~64 岁人群的患病率,男性最高,在吉林省,为 25.8%,最低在四川绵阳市,为 4.9%;女性最高,在沈阳,为 24.7%,最低是福州,为 6.3%。患病率这种差别的确切原因还不得而知。随年龄增长高血压发病率增高。如美国 25 岁的成年白人每过 10 年,高血压发病率从基础水平增加 5%,在老年人达到发病的顶峰。两性的患病率也和年龄有关,青年期男性较高,中年期女性较高。

Hypertension is a general disease that is characterized by elevated arterial pressure. It usually affects both the function and structure of target organs like the heart, vessel, brain, and kidney. Hypertension is one of the commonest cardiovascular diseases; furthermore it is one of the most important risk factors to cause fatal cardio-cerebrovascular diseases such as cerebral apoplexy, coronary heart disease, and heart failure. It is estimated that there is one caused by hypertension every 8 deaths all over the world, which brands hypertension as the number 3 killer of human health.

Many surveys have suggested that the prevalence of hypertension varies markedly among different countries. Viewing from the whole, the incidence of this disease in developed countries is higher than that in developing country. Hypertension is the most frequent in the Europe and America. It involves 20 percent of people from 35 to 64 years of age. The incidence of hypertension is different in different times, areas, ages and races, even within the same country. As to in China, the incidence of hypertension is lower than that in industrialized countries; however, it is increasing year after year. Screening survey of adults above 15 years of age showed the morbidity rate was 11.26 percent in 1991, which shows a two-fold more increase over 5.11 percent in 1959. Moreover the latest data indicated that the morbidity rate had already reached 27.2 percent in China among people between 35 and 74 years of age, approximately 130 million people in this age range were involved. The incidence rate of this disease has increased above 100% since the last 10 years. The prevalence of hypertension varies markedly in different areas of China. The frequency of northeast and north China was higher than that of south China.

所以,包括我国在内的各国医学界和卫生管理部门都高度重视高血压的防治,1998 年我国卫生部将 10 月 8 日定为我国“高血压日”。

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第
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总

论

Screening survey of people between 35 and 64 years of age from 1988 to 1989 revealed that hypertension was the most prevalent in Jilin province and the lowest in Mianyang city of Sichuan province among male screeners (25.8 percent vs. 4.9 percent), and the most prevalent in Shenyang city while the lowest in Fuzhou city among female screeners (24.7 percent vs. 6.3 percent). However, the definite reasons for this difference of morbidity remain unknown. The prevalence increases with age. For example, the prevalence of hypertension increases from the basic level by 5% among white adults in the United States every ten years, and it in elderly reaches the top. The incidence of hypertension in both men and women is also related to the age, it is higher among young males, and in middle-age females.

Therefore, in medical field and health administration institutions worldwide, much attention has been paid to the prevention and treatment of hypertension. The Ministry of Health of China stated October 8th to be Hypertension Day of China in 1998.

第一节 高血压概述

一、高血压的诊断

1999年2月,世界卫生组织、国际高血压学会(WHO/ISH)总结了近百年来世界防治高血压的先进经验,提出了比较完善的高血压定义,并确定了新的高血压诊断分级标准。规定:收缩压 ≥ 140 mmHg 和(或)舒张压 ≥ 90 mmHg 为高血压。并按下表(表1)进行分类。

表1 高血压的分类

分 类	收缩压(mmHg)	舒张压(mmHg)
理想血压	<120	<80
正常血压	<130	<85
高正常血压	130~139	85~89
1级高血压(轻度)	140~159	90~99
亚组: 临界高血压	140~149	90~95
2级高血压(中度)	160~179	100~109
3级高血压(重度)	≥ 180	≥ 110
单纯收缩期高血压	≥ 140	<90
亚组: 临界收缩期高血压	140~149	<90

其实,这个标准并不是绝对的,因为正常人的血压也会随内外环境变化在一定的范围内波动。一般来说,血压水平随年龄逐渐升高,以收缩压更为明显。但50岁后舒张压呈现下降趋势,脉压差也随之加大。而社会、经济、心理等各方面