

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

THE CHINESE
MEDICINE DEVELOPMENT
IN FOREIGN COUNTRIES

国外中医药发展概况

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

国外中医药发展概况

傅延龄

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THE CHINESE MEDICINE DEVELOPMENT IN FOREIGN COUNTRIES

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CHINA PRESS OF TRADITIONAL CHINESE MEDICINE
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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

凝结着中华民族几千年智慧的传统中医学是一个巨大的宝库,是世界文化的宝贵遗产,与现代医学一样,是医治疾病、促进人类健康的重要手段,其科学性和重要性已逐渐为国际社会所认识和关注。积极发展中医学,充分发挥其特长为人类健康服务,已经成为越来越多国家的共识。

随着人口的增长,疾病谱的变化,难治病不断增加,化学药品新药开发费用高、周期长、投入大,西药毒副作用大,加之日益沉重的医疗费负担,现代医学和现有公共卫生保健体系已不能满足人们对健康的无限追求。中医学以其悠久的历史、持久的生命力、简便验廉的独特疗法和确切的疗效,吸引了世界人民的瞩目及国际医学界的关注,并受到世界卫生组织的高度重视,影响力日益扩大。

目前全球 70% 的人接受过中医学治疗和保健。中医学在世界上 162 个国家或地区得到不同程度的应用,在 8 个国家获得了合法地位,在 9 个国家被纳入医疗保健体系,在 18 个国家实行注册管理。同时,国际上新药开发的重点也转向了自然界,转入传统药、民族药、中草药、植物药等天然药物。国际市场药用植物及其保健食品、化妆品等每年成交额达 300 亿美元,并且呈增长趋势。据世界卫生组织估计,中草药的开发利用在未来 10 年内将在世界上全面兴起。这些都为中医学的发展带来了前所未有的机遇,同时也是一个巨大的

挑战。但是我们必须意识到中医独特的诊断、治疗体系,与现代医学完全不同,不易为人们接受、认可;尽管中医药已经在一些国家取得了合法地位,但仍有许多国家尚未立法承认,这些又给中医药发展带来了难题。

纵观过去,展望未来,可以看出中医药在走向世界的过程中存在着很多困难和阻力,仍需要坚持不懈地努力奋斗,由于世界性中医热的历史必然性和中医药学强大的内在生命力,再加上新科学思潮的推动和全世界有识之士的共同努力,可以预测,中医药学走向世界的前景必将十分光明美好。

傅延龄

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General Foreword

Traditional Chinese Medicine (short for 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 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

TCM science, as the crystallization of the wisdom of the Chinese nation with a history of several thousand years, is a huge treasure—house and a valuable heritage of world culture. Just like modern medicine, it is an essential way to cure disease and promote public health. The international community has gradually realized its scientific features and importance, paid more attention to it. It has become a consensus full path so that it can better serve public health.

With the population growth, the change of disease pedigree, the increase of diseases hard to cure, and the cost of developing new chemical drugs has grown higher, the cycle longer, the input greater. Western drug has some side-effect and the fee of medical service is becoming a heavy burden for the public. And modern medicine and public health care system can no longer satisfy people's indefinite pursuit of health. With its long history, enduring vitality, simple and cheap therapies, and distinct curative effect, TCM science has caught the attention of people throughout the world as well as that of the international medical circle, and has been highly thought of by WHO. Now the influence of TCM science is becoming even greater.

At present, about 70% of people throughout the world have already received TCM treatment and health care. TCM has been used to different extent in 162 countries and regions. Moreover, it has got legal status in 8 countries, has been brought into the system of medical health care in 9 countries, and has practiced registered management in 18 countries. At the same time, the focus of exploiting new drugs has turned to the nature and switched to traditional medicine, minority medicine, Chinese herbal medicine, plant drugs, and so on.

On the international market, the volume of business on medical plants and relevant health food as well as cosmetics up to 30 billion dollars, which is still on the growth. According to WHO, the exploitation of Chinese herbal medicine will enjoy an all—round boom in the next ten years in the world. All these have brought about great challenges as well as unprecedented opportunities for the development of TCM. However, we should also be aware that the unique diagnostic and treatment system of TCM is totally different from modern medicine, so that it is hard for people to accept and recognize it. Though TCM has got legitimate status in some countries, there are still many countries that have not recognized it with legislation. All these have brought about problems and obstacles for the development of TCM.

Reviewing the past and looking into the future, we can see that there are still many difficulties and obstacles on the way ahead for the spread of TCM throughout the world, and we should make unremitting efforts and struggles. Nevertheless, now that a global TCM craze is historically inevitable and TCM science has the vigorous vitality, it is foreseeable that the prospects for TCM science to march abroad is bound to be promising and brilliant with the support of new trends of thought in science and the joint efforts of insightful people throughout the world.

FU Yanling

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结语:中医药国外发展前景展望

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