

**University Textbooks of Traditional Chinese
Medicine for Overseas Advanced Students**

全国高等中医药院校外国进修生教材

推拿学

Tuinaology

**主编
Chief Editor**

**张义胜
Zhang Yisheng**



**人民卫生出版社
People's Medical Publishing House**

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前 言

随着世界范围内中医药热潮的涌动,前来我国学习、研究中医药学的各国留学生(进修生)日益增多。已经形成了一支学习、继承、传播、发展中医药事业不可忽视的力量。为了适应中医药学高水平国际交流形势的迫切需要,在上级有关领导部门的支持下,1995年在全国中医药高等教育国际交流与合作学会年会上,由北京中医药大学、广州中医药大学、河南中医学院、浙江中医学院等21所中医药高等院校发起协作编写这套英汉对照“全国高等中医药院校外国进修生教材”,以期为促进中医药学科体系的弘扬传播,为进一步拓展高等中医药教育的国际交流与合作的事业做出应有的贡献。

本套系列教材采取英汉对照形式,包括《中医基础学》、《中医诊断学》、《中药学》、《方剂学》、《中医内科学》、《针灸学》、《推拿学》七本。分别由浙江中医学院、北京中医药大学、福建中医学院、天津中医学院、河南中医学院、广州中医药大学和北京针灸骨伤学院担任主编单位。为确保本教材的编写质量,协编院校成立了教材编写委员会,由北京中医药大学国际学院院长吴秀芬教授担任主任,广州中医药大学李道生教授、河南中医学院副院长彭勃教授任副主任,负责组织协调本套教材的中英文编写、翻译及审订、审校工作。

本套教材的编写原则是既坚持中医药学体系的系统性、科学性、独特性和实践性,又注意到阅读对象在学习时间、语言及民族文化心理等方面的特殊性,在确保教学内容的深度、广度的前提下,努力坚持文字简约、通顺易懂,篇幅精炼、阐述明确、利于实用。

本套教材编写过程中基本按照教学大纲要求,并参照高等中医药院校五版(部分六版)教材和高等中医药院校外国进修生教材的主要内容,注意协调学术发展中的继承与创新、理论与实践的关系。各书主编及作者均为多年从事高等中医药对外教育第一线的教师,具有大量的实践经验和教学体会,善于针对留学生(进修生)特点进行教学。可以说是一套较为成熟的、结合中医药理论与对外教学实际的、实用性较强的系列教材。

在本套教材的英译工作中各校专家投入了大量精力,为尽可能统一规范英译中医名词术语问题,1996年底在福建中医学院专门召开各书主要英译人员会议。各书在中文定稿时均专门召开主编、副主编审稿会,严格复审、终审,反复斟酌修改。充分注意到留学生语言及文化差异等特点。

中医药学走向世界,尤其是中医药学传统理论走向世界,面临着从实践技能的介绍到思维模式的沟通等等不同层面上的“跨文化传播”问题。因此,本系列教材经过全体编写人员和英译人员的不懈努力,也仅仅是为这一长期目标进行一些初步的探索。限于条件及水平,不足之处敬待使用者指出,以便不断促进高等中医药院校留学生教学工作的深入和提高。

全国中医药高等教育国际交流与合作学会
英汉对照全国高等中医药院校外国进修生教材编委会

PREFACE

Alongside the worldwide enormous upsurge of interest in traditional Chinese medicine more and more overseas (advanced) students come to China to pursue it, and they have become a force not to be ignored in study, inheritance, dissemination and development of traditional Chinese medicine. To meet the urgent high – leveled international exchange in this area, these arose an idea to compile a series of English – Chinese college textbook of traditional Chinese medicine for overseas students on the 1995 annual meeting of the National Association of TCM Overseas Higher Education & Exchange.

The motion was put forward by 21 universities and college of TCM headed by the Beijing University of TCM, Guangzhou University of TCM, Henan College of TCM, Zhejiang College of TCM, etc. With the support of the authority concerned. It is expected the series of textbook will push dissemination of the scientific system of TCM and make due contribution to international exchange and cooperation in traditional Chinese medical education.

In bilingual form, the series includes seven textbooks, namely: Basic Theory of Traditional Chinese Medicine, Traditional Chinese Diagnostics, Chinese Materia Medica, Chinese Medical Formulae, Traditional Chinese Internal Medicine, Acupuncture – Moxibustion and Tuina.

The following six universities and colleges of TCM located in Zhejiang province, Beijing, Fujian province, Tianjin, Henan province and Guangzhou assume the responsibility for the chief editors. To ensure the quality an editorial committee has been established chaired by Prof. Wu Xiufen, Dean of the International School, Beijing University of TCM. The vice-chairmen are Prof. Li Daosheng, Guangzhou University of TCM and Prof. Peng Bo, Vice-president of the Henan College of TCM. They are in charge of coordination of the compilation, translation and editing.

The series adheres to the systematic scientific and practical nature and uniqueness of the traditional Chinese medical theory, and the specific characteristics of the readers' language, national, cultural psychology and their time spent on study. Predicated on the depth and breadth of the knowledge we advocate simple language easy to understand, limited space, clear exposition and practical usage.

In compilation the series is almost based on the requirement of the syllabus with reference to the mainstay of the Textbooks for Students of Colleges of TCM (6th edition) and the Textbooks for Foreign Advanced Students in association with inheritance and creation, theory and practice in academic progress. The chief editors and authors are faculty members of these universities and colleges engaged in education for foreign students for years. They have accumulated a wealth of experience in teaching of overseas students in accordance with their special characteristics. The series can be regarded as a well – thought – out, practical

textbooks which combine the theory of TCM with experience in external teaching.

Great energies have been devoted to the English version. To standardize the Chinese medical terms a special meeting was called for the translators at the Fujian College of TCM at the end of 1996. Chief and deputy – chief editors have gone over the manuscripts and given their comments and suggestions. The series has gone through repeated revision and final revision and the characteristics of the foreign students' language and cultural difference are constantly stressed.

Introduction of traditional Chinese medical therapy, especially its theory to the world is actually a kind of cross – culture dissemination in different levels, from healing art to mode of thinking. With the efforts of the compiling staff and translators it is only a preliminary probe for the long – standing goal.

Because of the present condition and level, the editors hope that readers will comment on the shortcomings of the series to help promote the advance of TCM education for foreign students.

Editorial Committee
University Textbooks of Traditional Chinese Medicine for
Overseas Advanced Students, National Association of TCM
Overseas Higher Education & Exchange

编写说明

推拿学是中医治疗学中的重要组成部分,是研究和运用推拿手法进行防病和治病的一门中医临床学科。推拿学要求学生掌握在中医学基础理论指导下,运用中医推拿手法进行防病和治病的基本技能。

本书在介绍推拿学发展简史、推拿疗法的作用原理、应用原则、辅助方法、影响推拿疗效的因素、推拿疗法的禁忌证及异常情况的处理等内容的基础上,重点介绍推拿手法以及常见病、多发病的推拿治疗。为了让学生较全面地掌握推拿学中的有关内容和便于留学生学成后更好地运用推拿防病保健,还介绍了小儿推拿和自我推拿。为适合外国进修生学习和教学的特点,本书在编写过程中,力争文字简练、重点突出、结合临床、便于运用。

本书为外国进修生的教材,同时也可作为中医院校学生和中医自修者的学习参考书。我们希望通过本书能为促进中国推拿学走向世界作出应有的贡献。

由于编者水平所限,恳请使用本教材的院校教师、学生们以及广大读者多提宝贵意见,以利于再版时进一步提高完善。

英文稿承蒙加拿大 Steven K. H. Aung 教授审阅, Florence Aung, B. Sc. 协助审阅。在此表示衷心感谢。

编者

2000年3月于北京

Editor's Note

Tuinaology is an important component of therapeutics of traditional Chinese medicine (TCM). It is one of the clinical subjects in TCM that researches and deals with prevention and treatment of diseases by manual techniques of *tuina* therapy. What is request is that students must learn to acquire the basic technique and ability of preventing and treating diseases by manual techniques under the guidance of basic theory of TCM.

Based on the introduction of the brief history, mechanism and application principles of *tuina* therapy, assistant methods, factors affected the effect of *tuina*, contraindication of *tuina*, handling methods for abnormal condition in *tuina* therapy, the emphasis is laid on the introduction of treatment of common diseases with *tuina* therapy. In order to let the students master more content of tuinaology and the foreign students apply *tuina* therapy for health care, infantile *tuina* and self – *tuina* are also introduced in this book. To conform to the features of the study and teaching for overseas trainees, the book strictly adheres to the principles of succinct language, standing out focal points and combining with clinic. It is convenient for usage.

This book is mainly designed for overseas students. It may also be suitable for undergraduates of traditional Chinese medical schools or individuals who have studied TCM by themselves. We hope this book will make a contribution to promote traditional Chinese tuinaology worldwide.

Because the quality of compilation is limited by the level of editor's understanding, we are so expected that teachers and students who are using the book will make comments to further improve its quality in the second edition.

We express special appreciation to Professor Steven KH Aung, MD from Canada for the valuable revision of English text and special acknowledgement to Florence Aung, B. Sc. from University of Alberta for her contribution in editing this book.

The editors

March, 2000 Beijing, China

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