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Traditional Chinese Medicine Overseas' Series

CHINESE TUINA

中医推拿学

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

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刘长信

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LIU CHANGXIN

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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

本书介绍了推拿这种纯自然的疗法,推拿具有无痛苦、无副作用、舒适享受的特点,符合世界医学新的要求,让患者在享受的同时接受治疗。

全书共分两大部分。第一部分介绍了推拿的基本常识,共五章;第二部分介绍了推拿的常用手法、穴位以及常见病的推拿治疗和常见病的自我按摩。

推拿主要是靠自己的双手做主动的操作,简便易学,自学可以入门,不受时间、地点等客观条件的限制,每一个人都能领会其中的要点,掌握操作的方法。推拿没有任何副作用,因为推拿不同于服药和手术治疗。仅仅使用医生的双手在患者的体表操作,只要用力适宜,不会伤及筋骨肌肉,对人体百利而无一害。同时推拿还比较经济实惠,不需要花过多的钱就可以治疗疾病。推拿的治疗范围非常广,遍及内、外、妇、儿、骨伤等各科疾病。

对于没有医学基础和诊断基础的读者来说,在做推拿治疗时需注意以下几个问题,首先应在医院明确诊断为某种病证,然后再有针对性地采用推拿治疗,否则容易耽误病情,导致不良后果;其次,要保持手的干净卫生,推拿按摩前应修剪指甲,以防划破皮肤,洗净双手,保持清洁卫生。

本书向读者介绍的推拿治疗方法从各个层面剖析了中医推拿,使读者易学、易懂、易用。本书介绍了推拿的特色、

优势以及中医推拿的发展史,并从中医和西医的不同角度探讨推拿的治疗机理,使读者更容易去掌握、领会。同时介绍了20多种常用推拿手法,80~100个常用穴位,30余种疗效非常好的疾病的操作方法,以及10余种常见病的自我推拿。书中还附有80余幅图,以供读者更好地理解 and 掌握。

刘长信

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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 21th 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

The book introduces the pure natural therapy of Chinese Tuina, which is painless, without side effects and comfortable. Chinese Tuina is also a treatment meeting the new requirements of international medicine, which help patients receive treatment in an enjoyable way.

The book is classified into two parts. The first part introduces the basic knowledge of Chinese Tuina with 6000 ~ 8000 words of five chapters; the second part mainly introduces the the general Chinese Tuina techniques, Tuina points, the treatment and self-Tuina for common diseases with about 14000~16000 words of four chapters.

Chinese Tuina is mostly conducted by hand. It is easy to learn and has no restriction of time and location for learning. Everybody is able to understand the location of Tuina points and master the hand techniques. Chinese Tuina has no side effect, for it is different from taking medicine and surgery. Chinese Tuina is conducted by clinician's hands on the body surface of patients. Unless there is a misoperation, Chinese Tuina will not hurt patients' muscle and bone. At the same time, Chinese Tuina is affordable since the patients do not have to pay large sum of money for condition treatment.

Furthermore, Chinese Tuina has large range of applications and it has been widely applied to internal medicine, surgery, paediatrics and orthopaedics.

For those readers with no common knowledge on medicine and diagnosis, they should pay attention to the following issue. The patients should firstly take the diagnosis in a formal hospital and then adopt certain Chinese Tuina in accordance with the diagnosis. Otherwise, the patients are likely to miss the best time for disease treatment. In addition, the patients should keep their hands clean and clip their fingernails before conducting Chinese Tuina in order to avoid skin cutting.

The book introduces Chinese Tuina from different perspectives in order to be easy to learn, understand and make use. The book includes the characteristics, advantages and history of Chinese Tuina. It exploits the treating mechanism of Chinese Tuina from different perspectives of Chinese medicine and western medicine to help readers understand. The book also involves over 20 kinds of common hand techniques, 80~100 common Tuina points, more than 30 kinds of techniques of good effect and over 10 self-Tuina techniques for common diseases. There are more than 80 pictures in the book to help readers understand the knowledge and master the techniques.

LIU Changxin

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