

# 耳穴診斷治療學

Auricular Point Diagnostics and Therapeutics

胡耿丹 张锐金 编 著

Compiled by Hu Gengdan and Zhang Ruijin



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## 内容提要

作者从中医到西医，从基础理论到临床诊治，对耳穴诊治疾病的机理进行了剖析和讨论。本书采用“耳穴国际化方案”，对90个标准耳穴的名称、定位和功能主治加以探讨，介绍了6种耳穴诊断方法和19种耳穴治疗方法，并对耳穴诊治效果较好的90余种常见病作了论述。

### 作者简介：

胡耿丹，男，副教授，1962年3月生于浙江省金华市，1988年7月毕业于湖南医科大学并获医学硕士

张锐金，男，副主任医师，1937年1月年生于广东省开平县，现在广州体育学院门诊部工作

## SYNOPSIS

In this book, the mechanism of diagnosing and treating diseases by auricular points is fully analysed and discussed from Chinese traditional medicine to modern medical science and from basic theories to clinical diagnosis and treatment. It adopts the "Standard Nomenclature of Auricular Points", inquires into the nomenclature, location and function of 90 standard auricular points. It introduces 6 methods of auricular point diagnosis and 19 methods of auricular point treatment. It also discusses the auricular point diagnosis and treatment of over 90 common diseases.

### **BRIEF INTRODUCTION OF THE AUTHORS:**

Hu Gengdan; male, associate professor, born in Jinhua County, Zhejiang Province in March, 1962, graduated from Hunan Medical University in July, 1988, and got Master of Medicine

Zhang Ruijin; male, associate archiater, born in Kaiping County, Guangdong Province in January, 1937, now is working in the hospital of Guangzhou Physical Education Institute



## 前 言

耳穴诊治法是通过耳廓特定点的探查和刺激来达到诊断和治疗疾病的一种独特的医疗方法，包括耳穴诊断法和耳穴治疗法两部分。它是我国传统医学的重要组成部分，是中华民族长期与疾病作斗争的经验结晶，远在秦汉时期成书的《黄帝内经》一书中就有所载录，历代古典医籍中均有散在的论述。本世纪50年代以来，耳穴诊治法获得了长足的发展，发现了数百个耳穴，已有近10种诊断方法和20余种治疗方法，可治疗200多种病症，内儿、外伤、妇产、皮肤、五官等各科的常见病、多发病几乎都已包括其中。目前有近百个国家和地区掀起了学习、运用和深入研究耳穴诊治的热潮，使耳穴诊治在实践中不断发展、完善，已成为世界医学的重要组成部分。

耳穴诊治法不仅能诊治疾病，还能防病健身，帮助戒烟、戒酒、减肥、美容，具有诊断、治疗、预防“三结合”的优点。其方法简便易行、经济价廉、适应症广、疗效显著，尤其对一些慢性病症，疗效较为显著，同时安全无创、无毒无副作用，且不受时间、场地的限制，所以深受国内外广大医患者的喜爱。不仅医院已广泛应用，而且在各级基层医疗卫生单位，甚

至家庭自我医疗保健也已开始应用。

为了继承和发掘中医学宝库，及满足广大医务工作者和群众实际应用的需要，笔者钻研了国内外有关耳穴诊治的古今医学文籍，取各家之精华，并结合多年来的临床经验和研究成果，从中西医相结合的角度，编写了这本《耳穴诊断治疗学》。为了突出科学性和实用性，本书根据1993年5月1日实施的《中华人民共和国国家标准 耳穴名称和部位》，采用标准耳穴名称和部位，达到了规范化要求，并具体介绍了90余种常见疾病的辨证论治及医案。

全书分上下两编：上编为基础理论，共有六章。第一章介绍耳穴诊治发展简史；第二章介绍耳与全身的关系和耳穴诊治疾病的机理；第三章介绍耳廓的形态和结构；第四章介绍耳穴的定义、分布、定位、特性、作用和功能主治；第五章介绍耳穴诊断，包括耳穴诊断的特点、常用方法、原则和意义；第六章介绍耳穴治疗，包括耳穴治疗的特点、常用方法、适应症和禁忌症、常见反应及异常情况的处理和预防、取穴原则及提高疗效的基本因素。下编为常见病的耳穴诊治，共有七章，分述各科常见病的耳穴诊断与治疗。

其中，第一至第十二章由胡耿丹撰写，第十三章由胡耿丹、张锐金共同编写。全书的串写、审、校等工作均由胡耿丹完成。

本书力求内容丰富，图文并茂，通俗易懂，简明



实用。不但继承了耳穴诊治传统的理论和方法，而且吸收了耳穴诊治的新成果。既可作为国内外针灸医务工作者临床诊疗参考，又可作为广大群众保健养生和自我诊治的实用手册。但愿此书能对从事针灸医疗工作的同行有所裨益，并能在耳穴诊治法的普及和推广中起到良好的促进作用，这也是编者的初衷。由于我们水平有限，疏漏不妥之处在所难免，尚祈广大读者斧正，不胜感激！

本书在编写和出版过程中得到广州市全民健身指导委员会暨广州体育科学学会的关心和支持，在此谨致以衷心的感谢！

作 者

1999年1月于广州

## PREFACE

Auricular point diagnosis and treatment is a unique medical method of exploring and stimulating some special points on the auricle to diagnose and treat diseases, including auricular point diagnosis and auricular point treatment. It is one of the main contents of the traditional Chinese medicine and the result of the long-term fight against diseases by Chinese people. The method is also recorded in "The Yellow Emperor's Internal Classic" appeared in the Warring States Period and other ancient medical literature. Ever since 1950s, auricular point diagnosis and treatment has been greatly developed, hundreds of auricular points have been found, nearly 10 methods of diagnosis and over 20 methods of treatment have an effect on more than 200 diseases, including almost all the common diseases and frequently encountered diseases in the department of internal medicine and pediatrics, surgery and traumatology, obstetrics and gynecology, dermatology and the five sense organs. At present, an upsurge of studying,

using and researching thoroughly the auricular point diagnosis and treatment has been set off to develop and improve the method in practice, making it an important part of the world medical science.

With the advantages of diagnosis, treatment and prevention, auricular point diagnosis and treatment can not only diagnose and treat diseases, but prevent diseases and keep healthy, and help give up smoking and drinking, lose weight and improve looks. The method is handy, economical, safe and nontoxic, with extensive indications and remarkable curative effects (especially on some chronic symptoms) but without wound and side effects, at the same time it is not limited to time and space, so it is deeply liked by doctors and patients at home and abroad. It has been widely practised not only in hospitals, but also in the basic medical and health units at all levels, even in families for health care.

In order to carry forward and explore the treasure of traditional Chinese medicine and to meet the requirements of the broad medical workers and the public in practical application, the author made a systematic study of the medical books about auricular point diagnosis and treatment at all times and all

countries, then combined their essence with his own clinical experience and research results in these years, and wrote the book, the title of which is "Auricular Point Diagnostics and Therapeutics", from the angle of combining the Chinese and Western medicine. To give prominence to the scientificity and practicality, this book fulfils the requirements of standardization by employing standard nomenclature and regions for auricular points according to "National Standard in People's Republic of China: Nomenclature and Regions for Auricular Points" put into effect on May, 1st 1993. It also introduces in the concrete the auricular point diagnosis and treatment of over 90 common diseases based on differentiation of symptoms and signs.

The book consists of two parts. Part one, the basic theories, includes six chapters: Chapter one introduces the brief development history of auricular point diagnosis and treatment; Chapter two, the relationship between ear and the whole body and the mechanism of diagnosing and treating diseases through auricular points; Chapter three, shape and structure of the auricle; Chapter four, definition, distribution, location, characteristics and functions

of auricular points ; Chapter five , auricular point diagnosis, including its characteristics, common methods, principles and significance; Chapter six, auricular point treatment, including its characteristics, common methods, indications and contraindications, common reaction, the management and prevention of the abnormal conditions, principles of selecting points and basic factors to improve curative effect. Part two has seven chapters, which deals with auricular point diagnosis and treatment of over 90 common diseases in all departments.

In it, chapters from one to twelve are written by Hu Gengdan; chapter thirteen by Hu Gengdan and Zhang Ruijin. And Hu Gengdan also undertakes such tasks as reduction, examination and illustrations of the book.

In the book, the authors strive to make it rich in contents with words and pictures, easy to understand, simple and practical. It not only absorbs the latest results in auricular point diagnosis and treatment, but also has the traditional characteristics of preventing diseases, keeping fit and improving looks, and it can be used for the reference of clinical diagnosis and treatment for the acupuncturists at

home and abroad as well as a handbook for the public to protect and preserve health and to diagnose and treat themselves. The author wishes the book were of great benefit to the medical workers engaged in acupuncture and moxibution and helped to popularize and spread the auricular point diagnosis and treatment, which is also the author's original intention. Limited to our levels, there are bound to be oversights and omissions, so we hope the readers will make corrections. Many thanks!

Thanks to Miss Liu Dongxia who provided us a great help during the compiling of the book!

the authors

written in Guangzhou, Jan. 1999



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