

汉英对照针灸治疗

糖尿病



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」的新新面貌，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 DIABETES MELLITUS

主编 张智龙

Chief Compiler Zhang Zhi-long

主译 丁晓红

Chief Translator Ding Xiao-hong

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Chinese-English Edition of Acupuncture Treatment for Diabetes Mellitus

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汉英对照针灸治疗糖尿病
Chinese-English Edition
**OF ACUPUNCTURE TREATMENT
FOR DIABETES MELLITUS**

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内容提要

针灸治疗糖尿病在中医典籍中早有记载,近年来国内外有关针灸治疗糖尿病的报道日渐增多。针灸对像患糖尿病这种需要长年服药的患者来说,更加显示出它的优势,不仅配合使用可提高患者的生活质量,而且可预防并发症的发生,并可治疗慢性并发症,针灸治疗糖尿病已引起人们广泛的重视和应用。

本书分上、中、下三篇。上篇为糖尿病的概述,包括针灸治疗糖尿病的意义、现状、机制、常用治法与取穴、常用操作方法以及注意事项等内容;中篇为针灸治疗糖尿病及其慢性并发症的病因病机、辨证要点、治疗原则以及分型论治等内容;下篇为针灸治疗糖尿病及其慢性并发症的验案举例。

本书内容丰富,通俗易懂,简明扼要,汉英对照,图文并茂,可作为广大海内外临床医生、医学院校学生、留学生的参考用书。

汉英对照

Chinese-English
Edition of
Acupuncture
Treatment for
Diabetes Mellitus

糖尿病
针灸治疗

Synopsis of Contents

The record of acupuncture treatment for diabetes mellitus could be found even in the ancient classic of traditional Chinese medicine. In recent years, the reports about diabetes mellitus treated by acupuncture were more and more seen both at home and abroad. Acupuncture, to those patients with diabetes who need to take drugs for long time, shows more advantages. It can not only enhance life quality, but also prevent the occurrence of complications and treat chronic complications. Acupuncture treatment for diabetes mellitus has attracted extensive attention and been applied broadly.

The book is divided into three parts. Part 1 is an introduction of acupuncture treatment for diabetes mellitus including significance, present state, pathogenesis, frequently used methods selection of acupuncture points, needling methods and precautions; Part 2 mainly discusses acupuncture and moxibustion treatment for diabetes mellitus including etiology, pathogenesis, essentials in differentiating symptoms, principles of treatment, and giving treatment according to syndromes for chronic complications. Part 3 gives case examples of diabetes mellitus and its chronic complications treated with acupuncture and moxibustion.

The book is written in Chinese and English with rich and clear contents, brief and to the point, excellent in both pictures and languages. It could be taken as a reference book for both Chinese and overseas clinical doctors, medical students and foreign students.

前 言

余以针灸治疗糖尿病,起于 1983 年随师侍诊,遇一年近花甲之男子,患糖尿病合并脑梗死,他医以针灸治疗中风半身不遂证而不效,延请先师诊治,老师以针灸调理脾胃腧穴治疗月余,而起沉痾,余铭记于心,遂潜心研究针灸治疗糖尿病。经数十寒暑研习医籍,勤于临证,提出:“脾虚湿盛是 2 型糖尿病的易感因素,脾胃同病是 2 型糖尿病的病理基础,脾胃升降失常是 2 型糖尿病发病的主要病机,脾胃功能失常贯穿于 2 型糖尿病的始终。”总结出“调理脾胃针法”,经大量临床与科学研究证实“调理脾胃针法”是治疗糖尿病及其慢性并发症的有效方法,验之临床每获良效。

针灸治疗糖尿病历史悠久,最早见于淳于意的诊籍中。之后,晋代皇甫谧列举了消渴病的具体治疗方法,至唐、宋及金元时期得到较大发展,从《针灸甲乙经》中的 6 个治疗消渴穴进一步扩展为唐代孙思邈《备急千金要方》的 35 个,从孙思邈的清热泻火到朱丹溪的清热养阴,理论认识、治疗方法日益完备。而清代以降针灸日衰,世人多以瘫痪、痛证求治于针灸;医者多重视针灸治疗中风和痛证的研究,实淹没了针灸之功,缩窄了针灸之用。虽近年来针灸治疗糖尿病的研究有了很大发展,开展了一系列相关的临床与实验研究,发表

了许多相关研究报道,但针灸治疗糖尿病的专著甚少,研习者无以为蓝。有鉴于此,遂参阅古今医籍,结合临床研究之心得,本着简明扼要、通俗易懂、服务临床的原则,集思广益,书者以纲,晦者以明,繁者以汰,挑灯夜战,细心推敲,三易其稿,撰成此书,务求彰其理畅其用。然草草数万余字,实难概针灸治疗糖尿病之貌,但若能在应用针灸治疗糖尿病的道路上成为一块铺路石,为拓展针灸之用而引玉抛砖,为糖尿病患者提供一种有效的治疗方法,则何幸如之!

张智龙序于中国天津

2006年12月16日

Preface

I started to treat diabetes mellitus with acupuncture in 1983, when I was having clinical practice with my teacher. That day, my teacher was invited to treat an aged man with diabetic cerebral infarction. The patient had been treated by another doctor as a case of hemiplegia due to stroke, but no effect. My teacher cured the patient by stimulating the points of the stomach and spleen meridians for about one month. Since then, I have kept this experience firmly in my mind and devoted myself to acupuncture treatment for diabetes mellitus. After dozens of years of study on historical records and clinical applications, I put forward that "excessive damp due to spleen deficiency is the causative factor of type 2 diabetes, simultaneous dysfunctions of the spleen and stomach are the pathological basis of type 2 diabetes, abnormal ascending and descending functions of the spleen and stomach are the main pathogenesis of type 2 diabetes, and dysfunctions of the spleen and stomach exist in the whole process of type 2 diabetes." Accordingly, I made out "needling methods for regulating the spleen and stomach." The methods have been proved extensively as the effective treatment for diabetes and its chronic complications by large numbers of clinical work and scientific researches.

Acupuncture has a long history in treating diabetes. The earliest record could be found in the book of Chun Yu-yi. Later, in Jin Dynasty, Huang Pu-mi gave examples of concrete treatment of diabetes in his book. In the time of Tang and Song dynasties as well as Jin Yuan period, acupuncture treatment for diabetes was greatly developed. From 6 acupoints specially for diabetes recorded in *Zhen Jiu Jia Yi Jing* (Systematic Classic of Acupuncture) to 35 acupoints

in *Bei Ji Qian Jin Yao Fang* (Formulae Worth a Thousand Gold for Emergency) written by Sun Si-miao in Tang Dynasty, from the principle of clearing heat and reducing fire made by Sun Si-miao to the principle of clearing heat and nourishing yin made by Zhu Dan-xi, both theory and therapeutic methods were progressed uninterruptedly. After Qing Dynasty, acupuncture and moxibustion turned to decline. The people received acupuncture and moxibustion treatment only when they suffered from paralysis and pain syndrome, and doctors paid attention only to the acupuncture and moxibustion treatment for stroke and pain syndrome. Such action obscured the effect of acupuncture and moxibustion and narrowed the applications of acupuncture and moxibustion. In recent years, the researches of acupuncture treatment for diabetes have developed a lot, a series of relative clinical and laboratory studies have been done, many scientific reports on this subject have been released. But, the monographs on acupuncture and moxibustion treatment for diabetes are hardly seen, the researchers and students are difficult to find examples. Seeing that, I write this book by consulting the records both from ancient classics and modern medical books, and combining with my own clinical experience. Based on the principle of making the book brief and clear, easily understood, and meeting the needs of clinical practice, I drew on collective wisdom, absorbed all useful ideas, tried to clear obscurities, simplified the complicated contents, and weighted the words and terms repeatedly. The draft of the book was modified three times, just because I hope the book can explain the theory thoroughly and be useful. However, it is impossible to generalize all the experiences of acupuncture treatment for diabetes with several ten thousands of words. Anyhow, it will be my great honor if the book can work as a piece of stone used to pave the road of acupuncture treatment for diabetes, if the book can set the ball rolling so as to extend the application of acupuncture, and if the book can provide a kind of effective therapeutic method for the patients with diabetes.

Zhang Zhi-long

December 16, 2006

At Tianjin, China

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