



普通高等教育“十一五”国家级规划教材

全国高等学校中医药对外教育规划教材

中医内科学

主编 王新月

11th Five-Year National Planned Textbooks for Higher Education
National Planned University Textbooks for International
Traditional Chinese Medicine Education

Internal Medicine of Traditional Chinese Medicine

Chief Editor Wang Xinyue



高等教育出版社

Higher Education Press



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内容提要

本书是普通高等教育“十一五”国家级规划教材,内容包括总论和各论两部分,总论主要介绍中医内科学史、中医内科学基础和临证方法,各论包括 49 个病证,按系统排列,每个病证,分为案例、概念、病因病机、诊断、鉴别诊断、辨证论治、转归预后、预防护理、结语以及相关资料链接,书末附有中医内科学常用方剂,以供查阅。教材采用案例引入法,并附有案例分析供学生参考。精选历代文献述要以及名老中医经验,力求重点突出,使学生了解疾病的古今学术观点。采用图表方式诠释病因病机及鉴别诊断,使得内容表述更加直观,便于学生理解记忆。

本书供接受中医药教育的海外学生(包括接受学历教育的学生及各种短期班学生)及国内接受双语教学的学生使用,同时也是中医出国人员进行中医药国际交流的重要工具书。

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序

中医药学是独具中国特色、科学与人文融合的综合医学，继承创新、我主人随、弘扬其原创思维与原创优势，服务人类健康，我们责无旁贷。发展对外中医药教育事业是向世界传播、弘扬中华民族这一优秀文化遗产的重要渠道。晚近，到中国学习自然科学的外国留学生中，学习中医中药的留学生数量一直名列前茅。越来越多的外国学生渴望来华接受正规的中医学历教育，全面、系统地学习中医药学。大批外国留学生、进修生学成归国后，将学到的知识广为辐射、传播，对扩大中医药在国际上的影响发挥了重要的作用。

鉴于东西方地域、文化、语言、接受习惯等差异，带来交流上的障碍，而中医理论的深奥古朴，也给留学生的学习带来一定的制约，确实需要编写一套为留学生学习，适教适学的中医药对外教育教材。

高等教育出版社此次邀我为这套中医药对外教育教材作序，我有一种责任感和使命感不容推卸。读过整套教材的策划思路及部分书稿，发现这套教材在内容、形式上有许多新颖之处：譬如以大量直观、形象的图表形式来诠释中医基础理论；以典型案例和操作实例来梳理辨证思路，演示中医技法，提炼中医临证精髓；充分考虑留学生地域、文化、语言、接受习惯的差异，舍繁就简，文字通俗易懂又不失中医本色；注重留学生中医整体思想和辨证论治思维方式的培养，密切联系临床实践；还有吸收了中医中药教学和科学研究的最新成果，以及中医名词术语更为规范化，中医英文翻译参照了更为严格的标准。难能可贵的是，作者队伍均为活跃在对外教育教学、临床一线的学术骨干，他们的教学经验得以充分体现，也是培养人才的过程。

相信这套书的出版将促进中医药对外教育教材建设不断完善、发展，使其逐步走向成熟。为推动中医药事业真正走向世界，不断提高学术地位而努力，为生命科学与医学科学的进步做一份有力度有意义的工作。

王永炎

2006年10月

Foreword

Traditional Chinese medicine (TCM) is an integrative medicine containing science, humanism and characteristics of Chinese culture. It's our responsibility to follow the traditions of TCM, keep its advantages, and innovate this medicine for the benefit of human health. International TCM education is an important platform to disseminate this excellent cultural legacy of China to the world. Among the overseas students who come to China to learn natural science, the numbers of TCM students have been steadily increasing and are the greatest in number. More and more foreign students dream of coming to China for comprehensive and systematic TCM education in an overall and systemic way. In addition, lots of foreign students who either study or get advanced training in China also play a significant role in extending the international influence of TCM through disseminating what they have learned in China after they return home.

Communication barrier may arise from the differences of geographic regions, cultures, languages and learning habits between the east and the west; the ancient and profound TCM theory may also cause difficulty in understanding. Therefore it is indeed necessary to compile a set of good textbooks for international TCM education.

I feel duty-bound to write the foreword for this set of textbooks for international TCM education upon the invitation of Higher Education Press. After reading the overall scheme and part of the book scripts, I found that this set of textbooks is novel in both the content and the format. For example, many vivid and objective charts and illustrations are used to explain the essential TCM theory; typical cases and practical examples are used to sort out the idea of syndrome differentiation, demonstrate TCM skills and extract the essence of TCM syndrome diagnosis; easy-to-understand words are used with full consideration of the differences of overseas students from different regions, cultures, using different languages and of different learning habits; more is placed on training the students' holistic thinking and clinical skills and giving them the idea of treating diseases based on syndrome differentiation; the up-to-date TCM teaching and scientific research achievements are also combined in the textbooks; the standardized TCM terms and their English translation are adopted by following the rigorous criteria. Above all, the authors of the textbooks are all working on the frontier of both education and clinical practice. Therefore, the process of writing the book is also a process of displaying their teaching experiences as well as cultivating the qualified personnel.

I am sure that the publication of this set of textbooks will promote and perfect the construction of textbooks for international TCM education. Let's work together to spread the TCM career throughout the world, raise TCM academic level and promote the development of life science and medical science.

Yong Yan-Wang

October, 2006

出版说明

为适应 21 世纪中医药学的发展,满足中医药国际交流与合作的需要,加强中医药对外教育学术体系建设,在教育部高等教育司等有关部门的支持、指导下,由高等教育出版社组织,以国内开展中医药对外教育卓有成效的中医药院校为牵头单位,联合全国各高等中医药院校,开发编写了这套“全国高等学校中医药对外教育规划教材”。

本套教材采用中英对照形式,包括《中医基础理论》、《中药学》、《方剂学》、《中医诊断学》、《中医临床基础》、《中医内科学》、《针灸学》、《推拿学》、《中医文化导读》9 本,入选“普通高等教育‘十一五’国家级规划教材”。

本套教材内容以国内中医药本科教育教学大纲为基础,涵盖国内外执业中医师(针灸师)考试要求掌握的知识点,并密切结合在国外行医的实际需要。依据国家中医药管理局最新颁布的“中医药名词术语规范”及《中医药常用名词术语英译》为标准,借鉴和吸收了中医药研究的最新成果,力求体现当代中医药学术发展的水平。根据中医药对外教育的特点,充分考虑留学生因语言文化地域差异所带来的接受习惯不同,注重传承与创新并举,理论与实践并重,经典与简约并蓄,注重满足教学需求,注重素质与能力的培养。全套教材论述严谨,语言流畅简洁、层次分明、翻译准确,编排形式新颖,图文并茂,并采用双色印刷和彩色插页,增强可读性。

本套教材由长期从事中医药对外教育、教学经验丰富的专家、教授和学术骨干担任主编、主译和编者。邀请著名中医药学专家为学术顾问,体现了中医药学术界集体智慧的结晶。

本套教材适用于接受中医药教育的海外学生(包括接受学历教育的学生及各种短期班学生)、国内学生的双语教学以及国内外研究中医药的学者。

将祖国传统医学系统、全面、不失本色地推向世界,弘扬中医药传统文化,是我们的共同目标。尽管我们在出版本套教材的工作中力求尽善尽美,但仍存在着不足和遗憾,恳请广大专家、教师和学生提出宝贵意见与建议,以共同提高中医药国际化教育水准,推进中医药现代化和国际化发展进程。

高等教育出版社

2006 年 9 月

Note for Publication

With strong support from the Higher Education Department, Ministry of Education, Higher Education Press organizes the compilation of this series of *National Planned University Textbooks for International Traditional Chinese Medicine Education*. This set of textbooks are intended to adapt to the development of traditional Chinese medicine (TCM) in the 21st century; meet the needs of international exchange and cooperation in the field of TCM; and fortify the academic system construction of TCM overseas education. Led by TCM universities with outstanding achievements in TCM overseas education, all the TCM universities of China participated in the book compilation.

Written in both Chinese and English, this set of textbooks includes the following nine volumes: *Basic theories of Traditional Chinese Medicine*, *Chinese Materia Medica*, *Formulas of Traditional Chinese Medicine*, *Diagnostics of Traditional Chinese Medicine*, *Clinical Fundamentals of Traditional Chinese Medicine*, *Internal Medicine of Traditional Chinese Medicine*, *Acupuncture and Moxibustion*, *Tuina of Traditional Chinese Medicine* and *A Guide to Traditional Chinese Medicine Culture*. This set of textbooks is selected to be the 11th Five-Year National Planned Textbooks for Higher Education.

Based on the teaching scheme for domestic TCM undergraduate education, this set of textbooks covers the examination outline for professional TCM practitioners (acupuncturists) both at home and abroad, closely relates to the actual requirement of practicing medicine in overseas countries, and adopts the latest version of *Standardization of Traditional Chinese Medicine Terms* and *English Translation of Common Terms In Traditional Chinese Medicine* issued by the State Administration of Traditional Chinese Medicine. In addition, the updated research achievements are also included in the books to manifest the modern academic level of TCM. Considering the characteristics of TCM overseas education as well as the language and cultural differences faced by the overseas students, this set of textbooks puts equal emphases on inheritance and innovation, on theory and practice, and on classics and simplicity. In addition, this set of textbooks aims at meeting the teaching and learning requirements as well as enhancing the students' quality and ability. The textbooks are well-organized with precise elaborations, smooth but concise language and accurate translation. Two-color printing and colored illustrations make the books more readable.

The experienced experts, professors, and academic backbones in the field of TCM overseas education and distinguished TCM experts were invited as the chief editor, editors and chief translator as well as academic consultants, which makes this set of textbooks the fruits of collective wisdom.

This set of textbooks is intended primarily for the overseas students who are learning TCM (including the students of degree education and students of short-term training programs); the students in China of bilingual education; and the scholars doing research on TCM both at home and abroad.

It's our common goal to introduce TCM to the world systematically and completely without losing its characteristics as well as to spread the traditional culture of Chinese medicine. Although we have tried our best to perfect the books, flaws or mistakes may not be completely avoided. We sincerely hope for comments or suggestions from experts, teachers and students in order to raise the international TCM education level and boost the modernization and internationalization of TCM.

前言

为适应 21 世纪中医药学的发展,满足中医药对外教育的需求,由高等教育出版社组织编写了一套“全国高等学校中医药对外教育规划教材”,《中医内科学》是其中之一。本教材是在认真总结全国各高等中医药院校对外教学经验的基础上,由长期从事对外教学工作的一线教师执笔编写而成。

中华传统医学源远流长,在几千年的发展过程中逐渐形成了完善的理论体系,有效地指导着临床实践,为人类的健康事业做出了重要贡献。中医内科学是中医专业的骨干课程,是最重要的临床学科,也是学习和研究中医其他临床学科的基础,始终被中医学者高度重视。

本教材密切结合临床实践,注重培养学生的临床思维能力,引入案例教学法,并附有案例分析梳理临床辨证思路;精选历代文献以及名老中医经验,使学生了解对疾病认识的古今学术观点;采用图表方式诠释病因病机及鉴别诊断,使得内容表现更加直观,便于学生学习掌握。

本教材由全国各高等中医药院校推荐的中医内科学专家共同编写,吸收各版教材的长处,总结了多年来中医内科学的教学经验,并结合中医内科学对外教育的特点,突出实用、精炼。

本教材分工:总论及黄疸,由北京中医药大学王新月教授编写;咳嗽、哮喘、喘证、肺胀由天津中医药大学孙增涛教授编写;感冒、肺病、肺癆、痰饮由河北医科大学房家毅教授编写;心悸、不寐、汗证、心痛、颤震由广州中医药大学吴伟教授编写;血证、癫狂、痫病、厥证由长春中医药大学陈颖教授编写;胃痛、胃痞、呕吐、呃逆由上海中医药大学胡鸿毅教授编写;泄泻、痢疾、腹痛、便秘、郁病由黑龙江中医药大学孙凤教授编写;胁痛、积聚、鼓胀、噎膈由河南中医学院赵文霞教授编写;头痛、眩晕、中风、痴呆由安徽中医学院刘健教授编写;水肿、淋证、癃闭、关格、腰痛由辽宁中医药大学高天舒教授编写;消渴、痿气、内伤发热、疟疾、疟证由广西中医学院林寿宁教授编写;痹证、痿证、虚劳、遗精、癌病由南京中医药大学汪悦教授编写。本教材由中国工程院院士王永炎教授和北京中医药大学田德禄教授担任主审。由世界中医药学会联合会朱晓磊博士担任主译,并邀请著名中医翻译专家、世界中医药学会联合会王奎教授及北京外国语大学宋颖教授对本书英文翻译内容进行审定。

本教材疏漏之处难免,敬祈专家学者指正,以期不断提高教材质量。

王新月

2006 年 9 月

Preface

As one of the series of *National Planned University Textbooks for International Traditional Chinese Medicine Education* organized by Higher Education Press, *Internal Medicine of Traditional Chinese Medicine* is compiled to keep pace with the development of Traditional Chinese Medicine (TCM) in the 21st century and meet the need of international TCM education. Based on the experience of international TCM education in universities and colleges in China, this textbook is compiled by teachers who have been teaching overseas students for long time.

TCM, with a long history and a comprehensive theory system which gives effective guide to clinical practice, has been developed and perfected through thousands of years, and has made great contribution to the health of human beings. As a core course of TCM, internal medicine of traditional Chinese medicine is not only the most significant clinical course, but also the foundation for further study, and has all along been highly valued by TCM experts from generation to generation.

Closely combined with clinical experience, this textbook pays special attention to the training of students' ability of critical thinking in clinical practice. It not only adopts the method of case study, but also adds case analysis to make the clinical thinking of differentiation clear. This book carefully chooses literature of different times as well as the content about the experience of famous Chinese medicine doctors, so as to have the students comprehend the academic viewpoints towards the various diseases throughout the history. This book also makes use of charts to help explain the causes, the pathogenesis and the differential diagnoses, so as to vividly and clearly present the content and facilitate the students' understanding.

This textbook is compiled by the editorial board consisting of experts on internal medicine of traditional Chinese medicine recommended by related universities all over the country. It absorbs the merits of other textbooks on this subject, and the experience in internal medicine of traditional Chinese medicine teaching, with consideration of the educational characteristics and the focus on utility and refinement.

We appreciate the pandect and the chapter on jaundice provided by Professor Wang Xinyue from Beijing University of TCM; parts on cough, wheezing, dyspnea and lung distention of Professor Sun Zengtao from Tianjin University of TCM; parts on common cold, lung abscess, pulmonary phthisis and phlegm-fluid retention of Professor Fang Jiayi from Hebei Medical University; parts on palpitations, insomnia, abnormal sweating, angina pectoris and tremor of Professor Wu Wei from Guangzhou University of TCM; chapters on hemorrhagic syndrome, manic-depressive psychosis and mania, epilepsy and syncope of Professor Chen Ying from Changchun University of TCM; parts on stomachache, gastric stuffiness, vomiting, hiccup of Professor Hu Hongyi from Shanghai University of TCM; chapters on diarrhea, dysentery, abdominal pain, constipation and depression of Pro-



fessor Sun Feng from Heilongjiang University of TCM; parts on hypochondriac pain, abdominal mass, tympanites, dysphagia of Professor Zhao Wenxia from Henan College of TCM; parts on headache, vertigo, wind stroke, dementia of Professor Liu Jian from Anhui College of TCM; parts on edema, stranguria, retention of urine, anuria with vomiting and lumbar pain of professor Gao Tianshu from Liaoning University of TCM; parts on wasting-thirst, goiter, internal-injury fever, malaria, convulsive disease of professor Lin Shouning from Guangxi College of TCM; parts on impediment syndrome, atrophy-flaccidity, consumptive disease, seminal emission and cancer of professor Wang Yue from Nanjing University of TCM. We also invited Professor Wang Yongyan, academician from Chinese Academy of Engineering and Tian Delu, professor from Beijing University of TCM as chief reviewers, doctor Zhu Xiaolei, from World Federation of Chinese Medicine Societies as the chief translator of this textbook. The English version of this textbook have been reviewed by professor Wang Kui, the famous expert of English translation of TCM, from World Federation of Chinese Medicine Societies, and Song Ying, from Beijing Foreign Studies University.

Due to the limitation of our knowledge, there might be a few mistakes in it. We will greatly appreciate comments from medical experts, with the hope that we can enhance the quality of the textbook.

Wang Xinyue

September, 2006

郑 重 声 明

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