

全国高等学校中医药对外教育规划教材

中医文化导读

主编 王旭东

National Planned University Textbooks for International
Traditional Chinese Medicine Education

A Guide to Traditional Chinese Medicine Culture

Chief Editor Wang Xudong



高等教育出版社
Higher Education Press

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内容提要

本书以图文并茂的形式追溯了中医基本理论和技术方法的文化源头,阐释了中医各种学说的发生依据,介绍了中医学作为自然生态医学对人类健康的重要贡献,为学生正确理解、学习、掌握中医理论提供了深厚的知识背景和基础。本书主要内容包括:中医文化源流,中医与哲学、语言文学、宗教、军事、科技等的关系,中医思维、审美、世界观、方法论特点,中医职业道德,现代中医教育,以及中医文化的优势与不足。

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 systematicTCM 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,开发编写了此套“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.

Higher Education Press

September, 2006

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”,《中医文化导读》是其中之一。

中医文化是研究中医学与中国传统文化之间相互关系的学科。《中医文化导读》是掌握中医学背景知识,了解中医学理论发生土壤,学习中医思维方式、价值观念、审美情趣为目的教科书。

“形而上谓之道,形而下为之器”,世间万物无不以“形象”展示在人们面前。“形象”的底层是结构,是“器”,是“物”;“形象”的上层是精神,是哲学,是审美。科学是研究“物”(形而下)的学问,文化是研究精神(形而上)的学问。中医是以文化为灵魂的学科,强调“真、善、美”的统一,注重认知、评价和审美,这与以分析、还原为目标的现代科学价值观截然不同。因此,没有中国传统文化的底蕴,就无法进入中医体系的核心和本质层面。

中医文化的学习,是素质的熏陶和修养的训练,是探索中医精髓的必由之路,是中医药学体系中最具特色的内容。教材分为十三章,分别介绍了中医文化的源流、中医与中国传统文化的关系、中医的精神内核、中医文化的要素、中医的认知方法等内容。本教材论述严谨,语言流畅简洁,层次分明。中医药名词术语以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。而且突破传统教材的编写体例和刻板的书写内容,做到图文并茂,可读性强。

本教材吸收了大量中国传统文化的相关知识、思想、观念,如哲学、美学、方法学、文学、军事学、古代科学技术等内容,教师在授课时要熟悉相关知识背景,详述中医学与其相互关系、应用价值,从文化发生的角度了解中医本质。建议教学时数为 36 学时。

教材由王旭东教授主编,全国十一所高等中医药院校专家参与编写,编写人员承担编写的章节为:绪论:王旭东;第一章:王旭东、李一鸣;第二章:李剑;第三章:张宗明;第四章:王旭东、查炜;第五章:王旭东、章文春、沈甜;第六章:王旭东、李一鸣;第七章:王旭东、吴建龙;第八章:张安玲、王彦晖;第九章:王旭东、张育红;第十章:王旭东、张炳填;第十一章:尚力;第十二章:陈勇;第十三章:王旭东、陈雪功。王旭东、李一鸣、尚力、查炜、张安玲统稿、定稿;特邀著名中医文化学者张其成教授审阅。英文主译查炜教授长期直接面对海外留学生,从事中医英语翻译工作,具有深厚的专业英语造诣。同时邀请了南京中医药大学施蕴中、衣素梅教授对本书英文翻译内容进行审定。

《中医文化导读》作为涉外教材,这在中医药教育史上还是第一次,可供借鉴的样本不多,积累的教学经验也少。亟需在教学中加以完善和充实,恳请专家同道和广大师生批评指正。

王旭东

2007 年 3 月

Preface

As one of the series of *National Planned University Textbooks for International Traditional Chinese Medicine Education* organized by the Higher Education Press, *A Guide to Traditional Chinese Medicine Culture* is compiled to adapt to the development of traditional Chinese medicine (TCM) in the 21st century and to meet the need of international TCM education.

TCM culture is a subject that studies the mutual relations between TCM and traditional Chinese culture (TCC). *A Guide to Traditional Chinese Medicine Culture* is a textbook that introduced the background, soil of theories, the mode of thinking, idea of value and aesthetic interest of TCM.

"The superstratum of phenomena is Tao (Rule) while the substrate the matters." All kinds of things in the world exhibit with phenomena to human beings. They will study and explore it. The substrate of phenomena is structures, matters and apparatus, while the superstratum of it is philosophy and aesthetics. That is to say: science is a knowledge of studying the matter while the culture is of the spirit. As a subject taking the culture as its soul, TCM emphasizes the unification of the truth, goodness and beauty, stresses on recognition, valuation and aesthetic abilities. So without the rich background of TCC, it is difficult to enter the core of the TCM system.

Studying TCM culture is as a kind of edification of students' diathesis and training of culture. It will give the students a guide to optimize the clinical techniques, so it is the only way for grasping the core of TCM. Including 13 chapters, this textbook introduced the source of TCM culture, the relation between TCM and TCC, the spiritual core of TCM, the main elements of TCM culture, recognizing methods of TCM and so on. 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 are taken as the standard for the TCM terms and phrases in this book. This book is also a breakthrough in the editing mode and formalistic content, and includes both vivid pictures and language with intuitionistic charts and tables.

This textbook absorbed many relevant knowledge, thoughts and ideas of TCC, such as philosophy, aesthetics, methodology, literature, military and ancient science and technology, etc. So the teachers are expected to be familiar with those backgrounds of relevant knowledge to explain their mutual relation, value of their application with TCM for students to grasping the core of traditional culture more and understand the essence of TCM.

This textbook is mainly edited by Prof. Wang Xudong with experts participated from 11 higher education universities of TCM of China. Editing members include: Introduction was written by Wang Xudong; Chapter one by Wang Xudong and Li Yiming; Chapter two by Li Jian; Chapter three by Zhang Zongming; Chapter four by Wang Xudong and Zha Wei; Chapter five by Wang Xudong, Zhang Wenchun and Shen Tian; Chapter six by Wang Xudong and Li Yimin; Chapter seven by Wang

Xudong and Wu Jianlong; Chapter eight by Zhang Anling and Wang Yanhui; Chapter nine by Wang Xudong and Zhang Yuhong; Chapter ten by Wang Xudong and Zhang Bingtian; Chapter eleven by Shang Li; Chapter twelve by Chen Yong; Chapter thirteen by Wang Xudong and Chen Xuegong.

The content of this book is unified and reedited by Wang Xudong, Li Yiming, Shang Li, Zha Wei and Zhang Anling. Zhang Qicheng, a famous scholar of TCM culture, is invited specially in revising. Prof. Zha Wei, the translator-in-chief, has engaged in English translation of TCM with deep and rich attainments of TCM English and directly taught foreign students for long time. Prof. Shi Yunzhong and Prof. Yi Sumei, from Nanjing University of TCM, are invited to revise the whole content in English part of this book.

As a textbook concerning foreign affairs, *A Guide to Traditional Chinese Medicine Culture* is the first one in the educational history of TCM. There are not many books those can be consulted, and there are even with less accumulated teaching experience on this subject, so this textbook is yet to be complemented and enriched. Any advice for revising is sincerely anticipated.

Wang Xudong

March, 2007.

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