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Chinese-English Bilingual Textbooks for International Students of Chinese TCM Institutions

中医基础理论

Fundamental Theory of Traditional Chinese Medicine

第 2 版

2nd edition

主 编

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出版说明

1996年,由全国中医药高等教育国际交流与合作学会联合了全国21所中医药高等院校组织编写了全国首套外国进修生教材(汉英双语),并于1998年在我社出版。近十年的教学实践中,本套教材得到了师生的好评,有些院校一直沿用至今。随着当今世界范围内中医药热潮的涌动,中医药在国际上越来越受到人们的关注,逐渐成为中国“输出型”文化而跨出国门,走向世界。因此,来华学习中医药的留学生逐年增多,已形成了一支学习、继承、传播、发展中医药事业不可忽视的力量。为了适应中医药学高水平国际教学的迫切需要,在国家留学基金管理委员会、全国留学生教育管理学会及国家教育部、国家卫生部、国家中医药管理局的关怀指导下,经全国高等医药教材建设研究会、全国中医药高等教育国际交流与合作学会的积极努力,2006年5月开始启动了本套教材的修订工作。

本套教材的修订,在全国高等中医药院校来华留学生卫生部“十一五”规划汉英双语教材编审委员会的指导下,根据留学生教学的实际需要由第一版的6种增补到10种。其编写修订宗旨是:中医基础及临床学科内容的深度和广度适宜、够用,定位在中国中医药学历教育本科段的层次,在“三基”(基础理论、基本知识、基本技能)、“五性”(思想性、科学性、先进性、启发性、实用性)基础上,要求内容更精炼(不涉及学科发展史)、语言更简洁(不引经据典),同时注重突出中医药学科特点;译文准确,名词术语规范,便于汉语水平偏低的留学生学习。

本套教材适用于来华学习中医药的本科生,以及进修生、培训生等。亦适合境内外中医药汉英双语教学使用。

本套教材目录(第一批):

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Publisher's Note

In 1996, China National Association of International Exchange and Collaboration in TCM Higher Education organized 21 colleges and universities of traditional Chinese medicine in China to compile the first series of textbooks (Chinese-English) for international students. These textbooks were published by the People's Medical Publishing House in 1998 and have been used nearly for ten years to train international students in the colleges and universities of traditional Chinese medicine in China. With the rapid dissemination of traditional Chinese medicine throughout the world, more and more international students come to China every year to study this ancient Chinese system of medicine. To meet the needs of international students of traditional Chinese medicine, the project to revise this series of textbooks began in May 2006 with the support of China Scholarship Council, Chinese Association of Universities and Colleges for Foreign Student Affairs, Ministry of Education of the People's Republic of P.R.C., Ministry of Health of the People's Republic of P.R.C. and State Administration of Traditional Chinese Medicine of P.R.C..

In this revision, four more textbooks were added to the original series so as to equal the level of regular undergraduate education of traditional Chinese medicine in China. The compilation of these textbooks was undertaken on the basis of three essential aspects (essentials of theory, knowledge and techniques), five qualities (theoretical, scientific, advanced, inspiring and practical) and two standards (standard translation and terminology). The contents were concise, excluding much history and quotations from classic texts.

This newly compiled and revised series of textbooks can be used by international students for undergraduate study, advanced study or training purposes in the field of traditional Chinese medicine.

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前 言

中医学以它独特的理论体系和显著的临床效果,在国际上越来越受到人们的关注。近些年随着世界范围的中医药热潮的涌动,来华学习中医药的留学生逐年增多。为了适应中医药国际交流与合作的需要,加快中医药国际化进程,提高来华学习中医药留学生的教学质量,根据教育部、卫生部、国家中医药管理局等上级领导部门的有关精神,全国中医药高等教育国际交流与合作学会研究决定拟启动“全国高等中医药院校外国进修生教材(1997~1998年出版)”的修订工作。此项工作得到了卫生部教材办公室的高度重视,同时得到了国家教育部国际交流与合作司、国家留学基金管理委员会、全国高等院校外国留学生教育管理学会、全国各高等院校,以及人民卫生出版社的大力支持。随即教材的修订纳入了“卫生部‘十一五’规划”,并组建了全国高等中医药院校来华留学生卫生部“十一五”规划汉英双语教材编审委员会。本套教材在第一版的基础上,仍然采取汉英两种文字语言的形式出版,即前部分为中文,后部分为中文的英文译文。教材的科目根据留学生教学的需要由原来的6种(《中医基础理论》、《中医诊断学》、《方剂学》、《中医内科学》、《针灸学》、《推拿学》)增补到10种(增加了《中药学》、《中医妇科学》、《中医养生学》、《医学基础知识导读》)。教材的编写针对来华留学生的学习特点及教学需要,以“全国高等中医药院校外国进修生教材(第一版)”为蓝本,参照国内中医药高等院校本科生教学大纲,以及国际中医药从业人员考试大纲和国家中医执业医师考试大纲,同时参考全国高等中医院校五版、七版及二十一世纪课程教材,编写要求坚持“三基”(基础理论、基本知识、基本技能)、“五性”(思想性、科学性、先进性、启发性、适用性)、“三特定”(特定的对象、特定的要求、特定的限制)的基本原则,注重继承与创新、传统与现代、理论与实践、中医与西医的关系,力求做到理论系统、重点突出、简明扼要、临床实用。

本套教材的主编、主译经全国高等中医药院校申报、教材编审委员会根据有关条件严格遴选、确定,最后经卫生部教材办公室审核、确认。教材编写实行主编、主译负责制,编写人员大多为多年从事高等中医药对外教育、具有丰富留学生教学经验的著名专家、教授;英文译者大多为从事中医药专业英语教学研究和汉英双语教学的专家。每种教材的编写均经过编写会、统稿会、定稿会,英文部分均聘请外籍专家审核、

修改,最后全套教材的英文稿件又进行了集中统稿、定稿,从而确保了本套教材的编写质量和英文的翻译质量。

中医药走向世界,面临众多层面的跨文化沟通与传播问题,但愿我们这套教材能在弘扬中华民族优秀文化、造福人类健康、促进中国与世界科学文化交流的伟大事业中,做出新的、更大的贡献。

全国中医药高等教育国际交流与合作学会
全国高等中医药院校来华留学生卫生部“十一五”规划
汉英双语教材编审委员会

2007 年 7 月

Foreword

Traditional Chinese medicine (TCM) has a unique theoretical system and is clinically effective. Over the past few decades it has been attracting increasing attention from all over the world. More and more overseas students come to China to learn TCM and there has been a huge upsurge in the learning of TCM worldwide. To meet the needs of these students, accelerate the processes of internationalization of TCM, and improve the quality of education available to overseas students coming to China to learn TCM, these textbooks have been compiled by China National Association of International Exchange and Collaboration in TCM Higher Education in accordance with the wishes of the Ministry of Education of P.R.C., the Ministry of Health of P.R.C., and the State Administration Bureau of TCM of P.R.C.. The Textbook Office Affiliated to the Ministry of Health of P.R.C. has attached great importance to the matter. In addition, the compilation of the textbooks has the support of the following important organizations: International Cooperation and Exchange Department of the Ministry of Education of P.R.C., China Scholarship Council, Chinese Association of Universities and Colleges for Foreign Students Affairs, all the colleges and universities of TCM, and the People's Medical Publishing House. This series of textbooks has been brought into the Eleventh Five-Year Plan of the Ministry of Health of P.R.C. and a new organization, the Editing Committee of Chinese-English Bilingual Textbooks Included in the Eleventh Five-Year Plan of the Ministry of Health of P.R.C. for International Students of Chinese TCM Institutions, was established.

The textbooks have been compiled to conform to the standards of the exam syllabus for international licensed TCM professionals, Chinese licensed TCM physicians, and the 21st century textbooks for TCM universities (referencing the 5th, 6th, and 7th editions). The textbooks are bilingual, with content first in Chinese and then in English. The total is ten textbooks: *Fundamental Theory of Traditional Chinese Medicine*, *Diagnostics of Traditional Chinese Medicine*, *Chinese Materia Medica*, *Formulas of Traditional Chinese Medicine*, *Traditional Chinese Internal Medicine*, *Acupuncture and Moxibustion*, *Science of Tuina*, *Gynecology of Traditional Chinese Medicine*, *Health Preservation of Traditional Chinese Medicine*, *An Introductory Course in Medicine*. The compilers of the textbooks adhered to "three points: basic theories, basic knowledge, and basic techniques"; "five features: the ideological, scientific, advanced, enlightening, and practical"; and "three principles: specific readers, specific requirements, and specific levels". Great attention

has been paid to the issues of inheritance and innovation, traditional and modern aspects, theory and practice, and Chinese medicine and biomedicine. It is our aim to make the theories of TCM systematic, presenting key points in concise language that will lead to practical clinical applications.

There was a strict procedure for selecting and translators. Names of compilers and translators had to be approved by the Editing Committee of Chinese-English Bilingual Textbooks Included in the Eleventh Five-Year Plan of the Ministry of Health of P.R.C. for International Students of Chinese TCM Institutions, and The Textbook Office Affiliated to the Ministry of Health of P.R.C.. All candidates selected are experts with years of experience teaching TCM to international students.

Each textbook was repeatedly examined and revised to guarantee quality by numerous committees at multiple stages. The English text was thoroughly reviewed by foreign experts.

Introducing TCM to overseas students in China and abroad meets with many challenges of communication and dissemination of material. We hope this series of textbooks will make great contributions to the development of Chinese culture, the improvement of human health, and the promotion of scientific and cultural exchange between China and the rest of the world.

**China National Association of International Exchange and
Collaboration in TCM Higher Education**

**Editing Committee of Chinese-English Bilingual Textbooks
Included in the Eleventh Five-Year Plan of the Ministry of Health of
P.R.C. for International Students of Chinese TCM Institutions**

July, 2007



编写说明

本教材是“全国高等中医药院校来华留学生卫生部‘十一五’规划汉英双语教材”系列之一。

中医基础理论是中医学理论体系的重要组成部分,是学习中医各学科知识的基础。本教材主要介绍了中医的基础理论和基本知识,内容包括中医学理论体系的形成和发展、中医学理论体系的基本特点、阴阳五行学说、藏象学说、精气血津液、经络学说、体质学说、病因病机学说、防治原则。

本教材的编写,根据“全国高等中医药院校来华留学生卫生部‘十一五’规划汉英双语教材编审委员会”的编写要求,以保持中医药传统特色为宗旨,重视传统中医基础理论的完整性、系统性,指出了这些理论对临床实践的指导意义,使本教材更具有实用价值。同时,又适当吸纳了相关研究的进展内容,结合了编者多年的教学实践经验,以反映中医传统理论的科学性和先进性。为了防止篇幅冗长,在内容详略上进行了适当的处理。

本教材的编写和翻译工作均由教材编译委员会分工完成,其中主编统审中文稿部分,主译统审英文稿部分。教材可供来华留学生、进修生使用,也可作为境内外中医药院校汉英双语教学及中医自修者学习所用。

编写中医汉英双语教材,是一项繁重的工作,尽管我们在编译中作了很多努力,但由于经验不足,水平有限,编写和翻译中可能会存在一些问题,希望大家提出宝贵意见,以便不断修订、改进和提高。

《中医基础理论》编译委员会

2007年7月



Preface

This book is one of the series of bilingual textbooks programmed by the Public Health Ministry for the 11th five plans for Chinese medicine specialized foreign students in college of Chinese medicine and pharmacy in China.

Fundamental theory of Chinese medicine is the important component part of theoretical system of Chinese medicine. It is the basis for studying knowledge of various subjects of Chinese medicine. In this book, the basic theories and knowledge of Chinese medicine are mainly introduced, including the initiating and development of theoretical system of Chinese medicine, the basic characteristics of Chinese medicine theoretical system, yin-yang and the five element theories, visceral picture theory, essence-qi-blood-fluid theory, meridian theory, constitutional theory, etiopathological theory, and principles for prevention and treatment.

According to the demand of Editing Committee for Bilingual Textbooks programmed by The Public Health Ministry for The 11th Five Plans for Chinese Medicine Specialized Foreign Students in College of Chinese Medicine and Pharmacy in China, in the compilation of this book, we take keeping the feature of the traditional Chinese medicine as the aim, emphasize the integrity and systematicness, and point out the guiding role of these theories to the clinical practice, so as to make the book possess more practical value. At the same time, we also draw some contents of advances in relative studies, in combination with the teaching experiences of the authors for many years, so that the scientificness and advancedness of the traditional theory of Chinese medicine can be shown. In order to avoid a large number of the pages, we manage appropriately to give some contents in detail while some others briefly.

The compilation and translation of the book are accomplished through sharing the work by the members of the committee. Of which the Chinese manuscript is examined by the compiler in chief and the English manuscript is done by the translator in chief. The book is mainly for foreign students in China, but it may also serve as a reference book for those engaging in Chinese-English bilingual teaching in college of Chinese medicine and pharmacy, and those who learn Chinese medicine on their own both at home and abroad.

It is a hard work to compile a Chinese-English bilingual textbook. Although we have made a great effort in both compilation and translation, there are definitely some shortcomings or errors because of our insufficient experience and limited learning. Here we earnestly hope to receive any valuable criticism or suggestion from the readers so that we can further revise and improve it.

The Compilation and Translation Committee for
Fundamental Theory of Chinese Medicine
In Hangzhou
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