

# 中医英语

ENGLISH  
FOR  
TRADITIONAL  
CHINESE  
MEDICINE

主审 欧明  
主编 冯桂冰  
潘毅



高等教育出版社  
Higher Education Press

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## 前 言

中医学是中华民族优秀传统文化,是全人类的文明成果。促进中医药现代化和国际化,让中医药对世界人民的疾病防治和健康事业发挥积极作用,是新时代赋予我们每一个中医药工作者的神圣使命。未来的中医药人才要在推进中医药事业发展中有所作为,不仅要具备扎实的中医专业知识,还应具备较强的中医英语交际能力和跨文化传播能力。为此,我们编写了这本《中医英语》,旨在培养学生的中医英语听、说、读、写、译的能力以及综合运用中医英语的能力。本教材主要对象为中医院校本科高年级学生或研究生,也可供同等程度的中医医务工作者使用。

《中医英语》共10个单元,每单元由基于同一主题的三部分组成,各有侧重点,但相互间又紧密配合,形成一个有机的整体。

第一部分“阅读与翻译”(Reading and Translating)旨在培养学生阅读和翻译中医英语的能力。本部分主要由精读课文A和泛读课文B组成,内容涉及主要的中医理论,包括中医药综合介绍、阴阳、脏腑、气血津液、病因、四诊、八纲、中药、方剂、针灸等。每篇课文后均配有适量的阅读理解、词汇和翻译练习。

第二部分“模拟套写”(Simulated Writing)旨在培养学生模拟套写和翻译与中医领域有关的应用文的能力。本部分内容涉及如何写文章摘要、学术论文摘要、药品说明书、药品广告、邀请信、海报、求职信、简历、病案、处方等。

第三部分“听力与会话”(Listening and Speaking)旨在培养学生实际运用英语进行与中医有关的会话的能力。本部分是根据功能、意念设计的会话范例和对话练习,以中医的“十问”为主线,呈现中医辨证施治的临床实践活动,供学生模仿和进行听说训练。

本教材附有课文的参考译文及练习答案,还配有MP3光盘,由外籍专家朗读。

本教材突出中医特色、内容充实、语言规范;构思独特、题材广泛、文体多样;练习设计兼具实用性、针对性和互动性;词汇方面体现了目前医学领域里复现率较高的词语,基本基于《大学英语教学大纲词汇表》(2000年)四级词汇。

值得一提的是,本教材除了着力将英语和中医揉合在一起,用英语表达中医思维和理念外,还注重英语教与学的要求和特点,把重点放在提高学生综合运用中医英语的能力上,努力突破传统中医英语教材以读、译为主的模式,使本书成为融知识性、趣味性、启发性、可操作性为一体的课堂教学材料,同时也是中医英语翻译者及对中医感兴趣的各界人士的参考书。

《中医英语》的主编为广州中医药大学冯桂冰,副主编为广州中医药大学甘胜男、王程辉。编者为广州中医药大学冯桂冰、甘胜男、王程辉、覃百长、老建华、晏亦林、龚东方、欧慧、罗月中、梁幼雅、廖慧慧。

广州中医药大学欧明教授审阅了英文稿,广州中医药大学潘毅教授审阅了中文稿。加拿大籍教师Brenda Hood和美籍教师Richard Gist参加了校阅。广州中医药大学部分教师参加了本教材的资料搜集,中山大学杨琇珍教授、吴增生教授和林泽铨教授、广州中医药大学吴弥漫、何伟、杨启琪、李衍文等教授在我们的编写过程中提出了宝贵的建议,广州中医药大学各级领导对本教材的编写给予了大力支持。我们在此向他们一并表示感谢。

由于编者水平有限,加之时间紧迫,疏漏和不妥之处在所难免,恳请读者不吝指正。

编 者  
2007年6月

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# 1

## UNIT

# Traditional Chinese Medicine — An Introduction

### Part 1

## Reading and Translating

### ■ Reading A

### Traditional Chinese Medicine — An Introduction

Traditional Chinese medicine (TCM) originated in China several thousand years ago and is a very important part of the precious cultural and scientific heritage of the country. For thousands of years, TCM has made tremendous contributions to the development and prosperity of China and to this day continues to play an important role in public health.

Throughout the long history of clinical practice and observation, physicians from different eras have distilled and summarized their understandings, developing theories of physiology, pathology, etiology, diagnostics and therapeutics. In this way, TCM, with its unique theoretical system that is totally different from that of Western medicine, was gradually formed. TCM has two essential characteristics: the concept of holism and treatment based on syndrome differentiation. The concept of holism refers to the idea that the body is an organic whole. In this organic whole, the five *zang* organs are believed to be the center of the system and to connect with the six *fu* organs, the five sense organs, the nine orifices, the limbs and all the bones via a system of meridians. Additionally, because man lives in and with nature, TCM focuses on the close correlation between man and nature. Treatment based on syndrome differentiation is the basic principle under which TCM understands and treats diseases — analyzing, inducing and synthesizing the clinical data obtained through use of the four methods of examination (*sizhen*). It is through such a process that TCM practitioners are able to generalize symptoms and signs and determine proper treatments.

TCM, as an integrated system of science, is composed of the following parts: basic theories, diagnostics, Chinese *materia medica* and prescriptions, clinical subjects, and life cultivation.

#### I. Basic TCM Theories

Basic TCM theories involve a certain scientific understanding of life, health, and diseases. This basic knowledge breaks down into four parts:

- The philosophic foundation of TCM, which includes the *yin-yang* theory, the five-element (*wuxing*) theory, and essential-*qi* (*jingqi*) theory.

• Detailed knowledge of the human body, which studies the functional activities of the *zangfu* organs, *qi*, blood, the body fluids and meridians as well as the mechanisms of life activities. This is an essential aspect of the theory of TCM.

- Comprehensive knowledge of causes of diseases and pathogenesis.
- Principles of life cultivation and disease prevention and cure.

## II. TCM Diagnostics

This part mainly consists of the four methods of examination and syndrome differentiation.

The four methods of examination are conducted on a patient by means of four well-established methods: inspection, auscultation and olfaction, interrogation, and palpation, whereby physicians collect clinical data on the history of the disease, symptoms and signs.

Syndrome differentiation includes some basic diagnostic methods: the eight principal patterns (*bagang*); pathogenic factors; *qi*, blood and body fluids; *zangfu* organs; the meridians and collaterals; six channels (*liujing*); defensive, *qi*, nutritive and blood phases (*wei, qi, ying and xue*); and the triple energizer (*sanjiao*). Of these, the eight principal patterns are the heart of syndrome differentiation.

TCM Diagnosis is the bridge connecting basic TCM theory and the various clinical subjects.

## III. The Science of Chinese *Materia Medica* and Prescriptions

The science of Chinese *materia medica* is an essential subject that studies properties and clinical applications of TCM medicines. One of the most important reasons for TCM's reputation as a great treasure house lies in its rich natural resources and pharmacological knowledge, as well as clinical practice over a very long period of time. In the Ming dynasty (1368–1644 A.D.), Li Shizhen authored the book *Ben Cao Gang Mu* (the Grand *Materia Medica* — one of the most famous classic pharmacopoeia texts) in which he recorded more than 1 800 different kinds of materials that could be used as medicine. In the late 1950s, the *The saurus of Chinese Materia Medica* was published. It identified and explained more than 5 000 different kinds of Chinese medicines.

The science of prescriptions is an essential area of study as applied to theories and clinical applications, and it also serves as the bridge between basic theory and clinical subjects. Dating back to the Qin (221–206 B.C.) and Han (206 B.C.–220 A.D.) dynasties, the ancient physicians knew that the proper combination of different medicines would result in better therapeutic effects. For this reason, Chinese medicines are used mostly in complex prescriptions. Although the mechanism of multi-herb prescriptions is very complicated, they are regarded as being more functionally effective in their application than the single-herb approach.

## IV. TCM Clinical Subjects

The principal part of the TCM system is composed of several clinical subject areas, including medical principles, methods, and experience, all of which are combined to cope with various kinds of diseases. TCM includes Internal Medicine, Surgery, Gynecology, Pediatrics, the Science of Five Sense Organs, Orthopedics and Traumatology, Acupuncture and Moxibustion, and Chinese Massage.



TCM Internal Medicine, a key clinical subject serving as the foundation of all the other clinical subjects, is the study of exogenous and endogenous diseases and their causes, pathogenesis, and treatment based on syndrome differentiation.

TCM Surgery studies external diseases, which can be divided into several branch subjects such as TCM Dermatology, TCM Enterology, TCM Acute Abdominal Diseases, to name but a few.

TCM Gynecology studies women's diseases and their prevention.

TCM Pediatrics studies children's growth, physiological and pathological characteristics, as well as the prevention and treatment of children's diseases.

The TCM Science of the Five Sense Organs is the study of specific diseases of the ears, eyes, mouth cavity and nose. It mainly includes TCM Ophthalmology and TCM ENT (ears, nose, and throat).

TCM Orthopedics and Traumatology is a clinical subject which studies open wound and closed wound injuries including fractures.

TCM Acupuncture and Moxibustion is the study of the meridians and acupoints of the body, and their use in the prevention and treatment of diseases.

Chinese Massage studies the origin, development, therapeutic principles and techniques of Chinese massage.

#### V. TCM Life Cultivation

In addition to treating diseases and saving lives, TCM plays an important role in the daily life of the people in China. TCM has accumulated a very large volume of knowledge related to human life and health, knowledge which has been proved reliable in health care throughout the ages. In modern times, a number of new TCM subjects and approaches such as preventive medicine, health care, rehabilitation, and others have been developed.

It is true that in TCM the concepts of structure, effect and pathology of the human body do not merely refer to the structure, life activities and pathological changes seen in the human body itself, but also relate to astronomy, geography, philosophy, and even ethics. To this extent, it cannot be fully interpreted by current theories of Western medicine.

With the worldwide proliferation of TCM, more and more people, including medical specialists from other countries, have become convinced of and have recognized the value of TCM. It is safe to say that this vast medicinal treasure, being readily accessible to more and more people all over the world, will increase in popularity and make even greater contributions in the future.

#### NEW WORDS & EXPRESSIONS

**pathology** /pəˈθɒlədʒi/ *n.* the scientific study of the nature of disease and its causes, processes, development, and consequences

**etiology** /iːtiˈɒlədʒi/ *n.* the branch of medicine that deals with the causes or origins of disease

**diagnostics** /ˌdaɪəɡˈnɒstiks/ *n.* the study of diagnosing diseases

**therapeutics** /ˌθerəˈpijuːtiks/ *n.* medical treatment of disease; the art or science of healing

病理学

病原学

诊断学

治疗学, 疗法



<b>syndrome</b> /ˈsɪndrəʊm/ <i>n.</i> a group of symptoms that collectively indicate or characterize a disease, a psychological disorder, or another abnormal condition	综合病症
<b>orifice</b> /ˈɒrɪfɪs/ <i>n.</i> an opening, especially to a cavity or passage of the body; a mouth or vent	孔, 口
<b>meridian</b> /məˈrɪdiən/ <i>n.</i> any of the longitudinal lines or pathways on the body along which the acupuncture points are distributed	经脉; 经络
<b>synthesize</b> /ˈsɪnθaɪz/ <i>v.</i> to combine so as to form a new, complex product	综合; 合成
<b>materia medica</b> /məˈtɪəriə ˈmedɪkə/ <i>n.</i> (Latin 拉) 1. the scientific study of medicinal substances and their sources, preparation and use; 2. substances used in the preparation of medicinal drugs	药理学 药物; 药品
<b>Chinese materia medica</b> <i>n.</i> a special subject for studying the basic theory of Chinese medicines	中药学
<b>prescription</b> /prɪˈskrɪpʃən/ <i>n.</i> a written order, especially by a physician, for the preparation and administration of a medicine or other treatment	处方; 药方
<b>philosophic</b> /ˌfɪləˈsɒfɪk/ <i>adj.</i> of, relating to, or based on a system of philosophy	哲学的
<b>pathogenic</b> /ˌpæθəˈdʒenɪk/ <i>adj.</i> capable of causing disease; originating or producing disease; of or relating to pathogenesis	治病的; 发病的; 病原的
<b>pathogenesis</b> /ˌpæθəˈdʒenɪsɪs/ <i>n.</i> the development of a diseased or morbid condition	发病机理
<b>mechanism</b> /ˈmekənɪzəm/ <i>n.</i> an instrument or a process, physical or mental, by which something is done or comes into being	办法; 途径; 机理
<b>inspection</b> /ɪnˈspekʃən/ <i>n.</i> the act of examining	[中医] 望诊; 检查; 视察
<b>auscultation</b> /ˌɔːskəlˈteɪʃən/ <i>n.</i> the act of listening for sounds made by internal organs, as the heart and lungs, to aid in the diagnosis of certain disorders	[中医] 闻诊; 听诊;
<b>olfaction</b> /ɒlˈfækʃən/ <i>n.</i> the act or process of smelling	[中医] 闻诊; 嗅闻; 嗅的动作或过程;
<b>interrogation</b> /ɪnˈterəˈgeɪʃən/ <i>n.</i> [U] the activity of asking sb. questions	[中医] 问诊; 提问; 询问
<b>palpation</b> /pælˈpeɪʃən; pælˈpeʃən/ <i>n.</i> the act or process of examining sth. by feeling with the hands, esp. as part of a medical examination	[中医] 切诊; 触诊
<b>heart</b> /hɑːt/ <i>n.</i> the most important part of sth.	某事物的中心; 核心部分; 要点
<b>pharmacological</b> /ˌfɑːməkəˈlɒdʒɪkəl/ <i>adj.</i> of or concerning pharmacology	药理学的; 药物学的
<b>pharmacopoeia</b> /ˌfɑːməkəˈpiːə/ <i>n.</i> book containing a list of medicinal drugs and directions for their use, esp. one officially published for use in a particular country	药典
<b>gynecology</b> /ɡaɪnɪˈkɒlədʒi/ <i>n.</i> the branch of medicine dealing with the administration of health care to women, especially the diagnosis and treatment of disorders affecting the female reproductive organs	妇科; 妇科学
<b>pediatrics</b> /ˌpiːdɪˈætrɪks/ <i>n.</i> the branch of medicine that deals with the care of infants and children and the treatment of their diseases	儿科; 儿科学
<b>orthopedics</b> /ˌɔːθəʊˈpiːdɪks/ <i>n.</i> the branch of medicine that deals with the prevention or correction of injuries or disorders of the skeletal system and associated muscles,	矫形外科学



joints, and ligaments

**traumatology** /ˌtrɔːməˈtɒlədʒi/ *n.* the branch of medicine that deals with the treatment of serious wounds, injuries, and disabilities

**moxibustion** /ˌmɒksɪˈbʌstʃən/ *n.* Chinese method of treating illness using moxa which is burnt on or over a certain region of the body

**massage** /ˈmæsɑːʒ/ *n.* the rubbing or kneading of parts of the body to aid circulation or relax the muscles

**exogenous** /ekˈsɒdʒɪnəs/ *adj.* having a cause external to the body

**endogenous** /enˈdɒdʒɪnəs/ *adj.* originating or produced within an organism, a tissue, or a cell

**dermatology** /ˌdɜːməˈtɒlədʒi/ *n.* the branch of medicine that is concerned with the physiology and pathology of the skin

**abdominal** /æbˈdɒmɪnl/ *adj.* in, of or for the abdomen

**ophthalmology** /ˌɒfθælˈmɒlədʒi/ *n.* the branch of medicine that deals with the anatomy, functions, pathology, and treatment of the eyes

**rehabilitation** /ˈriː(h)əˌbɪlɪˈteɪʃən/ *n.* recovery

**interpret** /ɪnˈtɜːprɪt/ *v.* to explain the meaning of

外伤学

灸术；艾灼

按摩

外源性的；由于体外原因的

内源性的；在一生物体、组织或细胞内部起源或产生的

皮肤学

腹部中的，腹部的  
眼科学

复原；修复；康复

说明；解释…的意思

## NOTES

1. syndrome differentiation: making a diagnosis according to the analysis and comprehension of the clinical data collected by the four methods of examination and organized with basic TCM theories.

辨证。将四诊所收集的临床资料，运用中医的基础理论，加以分析归纳而做出诊断。

2. the five *zang* organs and the six *fu* organs: The five *zang* organs refer to the heart, liver, spleen, lung and kidney, and the six *fu* organs the stomach, large intestine, small intestine, gall bladder, bladder and the triple energizer.

五脏六腑。五脏指心、肝、脾、肺、肾，六腑指胃、大肠、小肠、胆、膀胱和三焦。

3. symptoms and signs: the manifestations, including the tongue and pulse condition. They bear a definite interrelationship and indicate a definite course of disease.

证候。由一系列有内在联系的症状和体征（包括舌象、脉象等）所构成，反映一定的病变规律。

4. the nine orifices: a) referring to the eyes, nares, ears, mouth, urethra (or vagina) and anus; b)

referring to the ears, nares, eyes, mouth, tongue and pharynx.

九窍。1) 指眼、鼻孔、耳、口、尿道(或阴道)、肛门; 2) 指眼、鼻孔、耳、口、舌、喉。

5. the five-element (*wuxing*) theory: a philosophical theory from ancient China, which classifies the material nature and the mutual relationships of the five elements (wood, fire, earth, metal, water). These five elements are considered as the essential constituents of the material universe and their motion is in accordance with certain rules (generation, restriction, etc.).

五行学说: 中国古代哲学理论, 阐明五行(木、火、土、金、水)的物质属性及其相互关系。

6. essential-*qi*: generally refers to the essential substance and its function constituting and maintaining vital activities.

精气。构成和维持人体生命活动的基本物质。

### Exercise 1

Mark the following statements with "T" (true) or "F" (false) according to the passage.

- ☐ 1. TCM believes that there is a close correlation between man and nature.
- ☐ 2. The concept of holism and treatment based on syndrome differentiation are the two basic characteristics of TCM.
- ☐ 3. Syndrome differentiation means four kinds of therapeutic methods.
- ☐ 4. The understanding about the functional activities of the *zangfu* organs, *qi*, blood, body fluids and meridians as well as the mechanism of life activities of the normal human body is a principal part of the theory of TCM.
- ☐ 5. The science of prescription making is the bridge connecting basic subjects with clinical subjects.
- ☐ 6. The *Thesaurus of Chinese Materia Medica* recorded more than 3 000 different kinds of Chinese medicines.
- ☐ 7. Etiology is a branch of medicine that deals with the causes or origins of disease.
- ☐ 8. TCM has a unique theoretical system totally different from that of Western medicine.

### Exercise 2

Give a short answer to each of the following questions.

1. What are the major characteristics of TCM?
2. What does "treatment based on syndrome differentiation" mean?
3. How many areas does TCM basic theory involve?
4. What is the difference between the effect of a single Chinese medicine and that of a complex prescription?
5. What is the position of the science of prescriptions in TCM?

6. What is TCM acupuncture and moxibustion?
7. How many kinds of Chinese medicines did Li Shizhen record in *Ben Cao Gang Mu*?
8. How many areas can traditional Chinese medicine be divided into?

### Exercise 3

Fill in the blanks with the words given below. Change the form where necessary.

synthesize	philosophic	prescription	mechanism
massage	symptom	interpret	inspect

1. I \_\_\_\_\_ his answer as a refusal.
2. John has an unusual \_\_\_\_\_ of life.
3. The doctor recommended \_\_\_\_\_ for my lumbago (腰痛).
4. His works \_\_\_\_\_ photography, painting and linguistic devices.
5. The rash is a \_\_\_\_\_ of measles.
6. The doctor has \_\_\_\_\_ total abstinence.
7. The doctor carefully \_\_\_\_\_ his hands and feet for closed wound injuries.
8. The clock doesn't go; there's something wrong with the \_\_\_\_\_.

### Exercise 4

Build up your vocabulary: match the words in the left column with the corresponding definitions in the right column.

- |                    |  |
|--------------------|--|
| 1. therapeutics    | a. the branch of medicine that deals with the anatomy, functions, pathology, and treatment of the eye          |
| 2. etiology        | b. the act or process of examining sth. by feeling with the hands, esp. as part of a medical examination       |
| 3. pharmacological | c. the branch of medicine that is concerned with the physiology and pathology of the skin                      |
| 4. dermatology     | d. of or concerning pharmacology   |
| 5. pediatric       | e. the branch of medicine that deals with the care of infants and children and the treatment of their diseases |
| 6. ophthalmology   | f. the branch of medicine that deals with the causes or origins of disease                                     |
| 7. rehabilitation  | g. recovery  |
| 8. palpation       | h. medical treatment of disease  |
| 9. exogenous       | i. the study of diagnosing disease   |
| 10. diagnostics    | j. having a cause external to the body   |



## Exercise 5

Translate the following into English.

整体观念是中医认识疾病和治疗疾病的一种思想方法。中医认为人体是一个以脏腑经络为内在联系的有机整体，同时这个整体与自然界又是统一的。

辨证论治是中医认识疾病和治疗疾病的基本原则。中医是将四诊（望诊，闻诊，问诊和切诊）所收集的资料进行分析、归纳和综合，概括为某种性质的“证候”，然后根据辨证的结果，确定相应的治疗法则。

## Exercise 6

Translate the following into Chinese.

The science of prescriptions is an essential area of study as applied to theories and clinical applications. Dating back to the Qin (221–206 B.C.) and Han (206 B.C.–220 A.D.) dynasties, the ancient physicians knew that the proper combination of different medicines could result in better therapeutic effects. For this reason, Chinese medicines have been used mostly in complex prescriptions. Although the mechanism of multi-herb prescription is very complicated, they are regarded as being more functionally effective in their application than the single-herb approach.

## ■ Reading B

### *Huang Di Nei Jing – A TCM Classic*

*Huang Di Nei Jing*, or the *Yellow Emperor's Canon of Internal Medicine*, is one of the earliest extant classics in TCM. It appeared somewhere between the early Qin (221–206 B.C.) and the beginning of the Han (206 B.C.–220 A.D.) dynasties. Consisting two parts, the *Su Wen* (*Plain Questions*) and the *Ling Shu* (*Spiritual Axis*), the book consists of 162 chapters in 18 volumes and is approximately 140 000 characters. Its theories can be subdivided into the following categories: the theories of yin-yang and five elements, the theory of the viscera and their manifestations (*zangxiang*), the theory of channels and collaterals, the theory of etiology and pathogenesis, the theory of diagnostic methods, the theory of therapeutic principles and methods, the theory of life cultivation, and the theory of five elements' motion and six climactic phenomena (*wuyun and liuqi*). *Huang Di Nei Jing* not only includes such aspects as physiology, pathology, symptoms, diagnosis, treatment, acupuncture and prescription, but also touches upon an encyclopedic knowledge of ancient philosophy, astronomic calendar, geography, meteorology and phenology.

By applying contemporary philosophies of yin-yang, five elements and essential-qi, *Huang Di Nei Jing* explores the close relationship between man and nature, studies activities of human life and pathogenesis in human bodies and puts forward the leading principles and methods for diagnosis and treatment of diseases, health maintenance and health care. It gives special emphasis first to



the concept of holism, i.e. that the human body is an organic whole, and that human beings are inter-related with nature. Secondly, it advocates the use of the basic principle of selecting treatment based on differentiation under the guidance of this essential concept, consequently establishing the basic academic ideas of TCM, ideas permeated with overall perpetual movement and treatment based on syndrome differentiation as their distinctive features.

In conclusion, *Huang Di Nei Jing* is unquestionably a true example of the great achievements of ancient TCM in China. In terms of heritage, it has from its earliest beginnings laid down a solid foundation for the development of TCM.

### NEW WORDS & EXPRESSIONS

**extant** /eks'tænt/ *adj.* still in existence; not destroyed, lost, or extinct

现有的，未遗失的，未毁的，尚存的

**manifestation** /ˌmænɪfes'teɪʃən/ *n.* an indication of the existence, reality, or presence of something

表现；显示；表明

**meteorology** /ˌmi:tɪə'lɒlədʒi/ *n.* the science that deals with the phenomena of the atmosphere, especially weather and weather conditions

气象学；研究大气现象的科学

**phenology** /fɪ'nɒlədʒi/ *n.* the scientific study of periodic biological phenomena, such as flowering, breeding, and migration, in relation to climatic conditions

生物气候学

**advocate** /'ædvəkeɪt/ *v.* to speak publicly in favor of (sth.); recommend; support

拥护、提倡、支持

**permeate** /'pɜ:mieɪt/ *v.* (of an idea, an influence, a feeling, etc.) to affect every part of something

感染；传播；扩散

#### NOTE

the theory of five elements' motion and six climactic phenomena (*wuyun and liuqi*): an ancient theory dealing with the motion of the five elements (wood, fire, earth, metal and water) and the changes of six climactic phenomena (wind, cold, summer-heat, dampness, dryness, fire). In TCM, it is chiefly applied to interpret the relationship between weather changes and the development of diseases.

五运六气学说：五运即木、火、土、金、水的运行；六气是指风、寒、暑、湿、燥、火六气的变化。在中医中，五运六气这一理论主要被应用于解释气候变化与疾病发生的关系。

#### Exercise 7

Mark the following statements with "T" (true) or "F" (false) according to the passage.

- ☐ 1. *Huang Di Nei Jing* is composed of the *Su Wen* and the *Ling Shu*.