

# 汉英对照针灸

## 减肥



数千年中华文化历史积淀传统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、高血压病和神经症等方面，本书以详实的笔力，以简明扼要的语言，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 FOR WEIGHT LOSS

主编 徐斌 刘志诚

Chief Compilers Xu Bin and Liu Zhi-cheng

主译 韩丑萍

Chief Translator Han Chou-ping

上海科学技术出版社

Shanghai Scientific and Technical Publishers

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## 内容提要

肥胖目前已经成为全球主要的公共卫生问题之一,如何有效地防治肥胖及其相关疾病,已经成为医药研究的前沿。针灸治疗肥胖病已经有 30 多年的历史,临床和实验研究均表明,针灸是一种疗效稳定、无毒副作用的减肥方法。

本书主要以作者课题组的研究结果为内容,总结了针灸减肥的效应特点、取穴原则、常用方法及机制,选择了不同类型肥胖治疗、不同针灸方案治疗、综合治疗等 30 个典型案例,具体地介绍了针灸治疗单纯性肥胖病的主要治疗方法、疗效呈现特点,体现了针灸个体化治疗的特色;同时,作者的按语对针灸减肥临诊的相关问题进行了分析,表述了作者的一些体会和认识,以利于读者更好地应用这一技术。

本书图文并茂,内容丰富,通俗易懂,汉英对照,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,亦可作为广大减肥爱好者的学习用书。



## Synopsis of Contents

Obesity has now become one of the major global public health issues. As a result, one of the leading fronts in medical research is to find effective ways in the prevention and treatment of obesity and obesity-associated diseases. Acupuncture has been adopted in treating obesity for more than 30 years and both clinical and empirical studies suggested that it has stable effect and no toxic and side effects for weight loss.

Based on the research findings of the author's work team, this book summarized the effect characteristics, principles of point selection, common methods and mechanism of acupuncture for weight loss. In addition, by selecting 30 typical case reports involving different obesity patterns, different acupuncture treatment strategies and comprehensive therapies, the book introduced the main therapy, characteristics of therapeutic effect of acupuncture for simple obesity, reflecting the unique features of individualized acupuncture treatment. Further more, the authors' remarks explained their own experience and understanding on relevant issues in clinical practice, which may help the readers to use this special technique in a better way.

With illustrations, rich contents, and easy-to-understand

language, this book in Chinese-English version can serve as a good reference book for clinicians from home and abroad, medical students and overseas students as well as those who are interested in weight loss.

汉英对照

Chinese-English  
Edition of  
Acupuncture  
for Weight Loss

针灸减肥

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# 第一章 肥胖病与减肥

## Chapter 1 Obesity and weight loss

汉英对照

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饮食减肥

## 第一节 肥胖病的定义和分类

### 一、肥胖病的定义

肥胖病是指体内脂肪细胞数目增多或体积增大,脂肪(主要是甘油三酯)堆积过多,使体重超过标准体重 20% 以上的病理状态。

### 二、肥胖病的分类

肥胖是一种症候,95% 以上患者无明显病因,称为单纯性肥胖病,少数肥胖由于某些疾病所致,称继发性肥胖病。单纯性肥胖病分类有多种,可按体重程度、皮脂厚度、病因、部位、年龄、脂肪细胞大小和数目等分类。

#### 1. 按体重分类

目前临床常用判断肥胖程度指标有标准体重计算法、体重指数判断法。

(1) 根据身高、年龄及性别查表或按下式推算标准体重:

标准体重(kg) = 身高(cm) - 100, 本法适用于身高 155 cm 以下者;

标准体重(kg) = [身高(cm) - 100] × 0.9, 本法适用于身高 155 cm 以上者。

## Section 1

### Definition and classification of obesity

#### 1 Definition of obesity

Obesity is a morbid condition describing increase or enlargement of fat cells, excessive accumulation of fat (especially triglyceride) and the body weight exceeding the normal body weight by more than 20%.

#### 2 Classification of obesity

As a specific symptom, more than 95% of obesity have no obvious reasons and therefore are called simple obesity, while some obesity results from certain diseases and therefore is called secondary obesity. The simple obesity can be classified in terms of body weight, sebum thickness, etiology, body parts, age, and size and numbers of fat cells.

##### 2.1 Classification by body weight

Currently the obesity-evaluating indexes include standard body weight calculation and body mass index (BMI).

2.1.1 Standard body weight calculation by height, age and gender:

Standard body weight (kg) = height (cm) - 100 (for those who are shorter than 155 cm)

Standard body weight (kg) = [height (cm) - 100] × 0.9 (for those who are taller than 155 cm)

Overweight: exceeding the standard body weight by 10%

Obesity: exceeding the standard body weight by 20%

Subtypes of obesity:

Mild obesity: exceeding the standard body weight by 20%-30%