

# 泸州符氏中草药热灸

【四川省非物质文化遗产】 汉英对照

符天昇 李 蓉 / 编著

四川泸州合江道地中草药热灸技艺，创建于清嘉庆年间，泸州符氏世代相传，至今已有200历史，2009年被四川省人民政府批准为非物质文化遗产。

符氏热灸在当地久负盛名，曾医治好不少疑难杂症。

符天昇是符氏中草药热灸第五代传人。



四川科学技术出版社

LUZHOU FUSHI ZHONGCAOYAO REJIU

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汉英对照



符天昇 李 蓉 主编

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· 成都 ·

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## 主编简介



**符天昇** 1949年3月29日出生于医药世家，从小对祖传中草药热灸医技耳濡目染。20世纪60年代末期，符天昇因就读的张湾乡农中停办而辍学，转而继承祖业，潜心学医。经几十年的临床实践，成了“合江地道中草药热灸技艺”继承者。他走遍了合江县广大的农村，采用中草药热灸技艺，治疗带状疱疹、偏瘫、面瘫、风湿痛、鼻窦炎、淋巴炎、乳腺炎、部分妇科病、肿块等疾病，取得了较好疗效。其治愈的患者遍布省内外。

中央电视台、《人民日报》《今晚报》（天津）、四川电视台、《泸州日报》、泸州电视台、合江电视台等多家媒体对符天昇作了详实的报道。四川省人民政府于2009年7月13日批准“合江地道中草药热灸技艺”为四川省非物质文化遗产。

## Brief Introduction of Editors-in-Chief

Fu Tiansheng was born on March 29, 1949 in a family of TCM, and was imperceptibly influenced by what he saw and heard. In the late 1960s, Fu became a drop-off from the middle school in Zhangwan Town due to the closedown of the school. Right after that, he carried on the family's business and learned medical skills with great concentration. Through decades of clinical practice, he has become the inherited person of "the skills for TCM of the hot moxibustion in local Hejiang area" (the Skills). In the vast area of the countryside in Hejiang, he has cured a lot of diseases like herpes zoster, hemiplegia, facial paralysis, rheumatism, nasosinusitis, lymphadenitis, mastitis, some gynecological diseases, swelling and many others by means of TCM hot moxibustion. So far, he has cured a lot of patients nationwide.

Fu Tiansheng's great achievement has been reported by several media agencies including CCTV, the People's Daily, Tonight (Tianjin), Sichuan TV Station, Luzhou Daily, Luzhou TV Station and Hejiang TV Station. On July 13, 2009, Sichuan Provincial People's Government approved the Skills as one of the intangible cultural heritages in Sichuan.





**李蓉** 主任中医师,1987年毕业于成都中医药大学,从事中西医临床工作近30年。2000年曾在华西医科大学中西医结合专业学习,发表学术论文20余篇,承担了成都市卫生局重大攻关课题“灼灸对哮喘疗效及免疫功能和泪滴样红细胞影响的研究”,全国和四川省名老中医药专家学术经验继承人。曾先后拜四川省名中医李观荣、张勇、李洪成、王静

安等知名专家为师,博采众家之长,参与编写了《实用灸学汉英对照》;尤擅运用中西医结合方法,辨证施治,内病外治,并在诸如多发病、常见病及疑难病症等的治疗中收到良好的效果。在积年研究中恪守“与时俱进”的理念,发现了灸术治疗疾病的特效性和独特效果,更创造性地运用于临床治疗,从而补充了中医内科之不足,生动体现了中医先贤“针而不药,药而不针,非良医也”的精辟论述,充分说明了中医、针灸结合的重要意义。

为了让“合江地道中草药热灸技艺”发扬光大,符天昇特邀请李蓉主任中医师协助其整理几十年来的行医经验及热灸技艺,参与本书的主要编写。李蓉曾利用假日数次下乡观看符天昇操作,收集资料,并在自己身上做实验。



李蓉主任中医师亲身体验中草药热灸技术

**Ms. Li Rong, Chief Physician of TCM experience herself the hot moxibustion with TCM Herbs.**



李琼研中医师亲身体验中草药热灸技术

**Mr. Li Qiongyan, TCM doctor experience himself the hot moxibustion with TCM herbs.**

## Brief Introduction of Editors-in-Chief

Li Rong, Chief Physician of TCM, graduated from Chengdu University of TCM in 1987. She has been engaged in clinical activities for over 20 years, with publication of more than 20 theses. Li Rong studied in West China University majoring in combined therapy of Chinese and western medicines in 2000, and carried out a vital program of Chengdu Municipal Health Bureau titled as “The clinical research of Burning Moxibustion treatment for Bronchial Asthma and the changes of immune function and teardrop Erythrocytes in the course of Burning Moxibustion”. She learned and combined the TCM skills from Li Guanrong, Zhang Yong, Li Hongcheng, Wang Jingan and many other famous TCM doctors in Sichuan and with the knowledge she has learned, write the book Chinese-English Applied Moxibustion she has been able to cure a lot of difficult diseases independently with good healing efficacy. Li Rong adheres to the scientific concept of “advancing with the times”, discovering the specific and unique effects of TCM method in the course of Moxibustion, and then creatively uses this method in the clinical treatment so that the inadequacy of traditional Chinese internal medicine can be complemented. This method adequately embodies the penetrating statement ‘There is no good doctor whose treatment method is not combined with moxibustion and medicines’, and its treatment efficacy fully illustrates the important significance of the combination of Chinese herbal medicine and acupuncture and moxibustion.

In order to carry forward the Skills, Mr. Fu Tiansheng invited Ms. Li Rong, to systemize the experience and the hot moxibustion technique over the decades. Ms. Li Rong in person has been to the Fu’s Hot Moxibustion Clinic in person several times during her vacation and tried the hot moxibustion on herself, and when the invitation came, she was more than happy to accept.

人类创造了历史，火是健康的源泉。

灸者，久火也，即是用火功（攻）来治病。一般来说，药材条是灸具的一种。灸就是用点燃的灸药，作用于人体穴位皮肤上，给以适当的温、热、烫及药物离子透入刺激，以温经散寒，祛风除湿，通经止痛，强身健体，疏通经络，调和气血，平衡阴阳，从而达到防病治病的目的。

灸术是一种自然疗法，在防治疾病中有悠久的历史。它具有疗效好、无毒副作用的特点，长期以来深受人民群众的欢迎。古代灸法，种类繁多，大体可分为直接灸和间接灸两大类。符天昇所作的灸术属于间接灸。50年来，我一直在四川大学华西医学院工作，专业从事针灸，专注于传统灸术的应用，对多数病人用间接灸，且收到了显著的效果。为了将灸术的应用与研究展示出来，我于2004年在人民卫生出版社出版了《汉英对照临床灸学》；接着2007年在人民卫生出版社出版了《临床灸疗学》英文本，首次代表中华人民共和国参加了法兰克福（德国）国际图书展，让灸术走向世界。

为了研究灸术的机理，第一，我们曾用血液中泪滴样红细胞的变化作为灸效的客观指标。研究发现：灸后血液



中可见泪滴样红细胞是灸效的客观依据；灸后立即出现泪滴样红细胞者疗效好，逐渐出现泪滴样红细胞者次之，未见泪滴样红细胞者，疗效差。第二，运用灸泡分泌物的状况，以判定灸术疗效的好坏。灸后分泌物多者，疗效好；少者疗效差。分泌物中可见少量炎性细胞者，临床疗效好；有中等炎性细胞者，疗效次之；有大量炎性细胞者或坏死组织者，疗效差；灼灸无分泌物者，无效。

总之，灸术是自然疗法中的一种简单、方便、疗效可靠的医疗方法。其微不足道之处是可能产生微创性烧伤，但只要正确处理，无需用抗生素。大量的临床实践表明，多种疑难病症运用灸术，常收到意想不到的效果。

关于符天昇的情况，我是通过四川省新闻电视媒体了解到的。后来泸州市文化局也给我来函。为了调查其真实性，我亲自几次下乡考察，观看符天昇操作，并在自己身上试验。从而得知，符天昇生长在世代乡村医生之家，从小对祖传中草药热灸医技耳濡目染，继承祖业，潜心学医，成了合江地道中草药热灸技术的继承人。

合江地道中草药热灸技艺，是合江县符氏世代相传。这一热灸技艺创制于清嘉庆年间，至今也有近 200 年历史。合江地道中草药热灸技艺秉承传统中医理论，贯彻“辨证施灸”原则，热灸灸条配方由 81 种中草药组成，热灸基本程式是灸奇经八脉之任、督，再因病选穴用穴；热灸主要技法为蘸、点、沾、压、顿、揉、释，整个热灸流程如行云流水，一气呵成；热灸取火的大小，用力的轻重，压穴的深浅，用时的长短，依患者不同的年龄、性别、病症、病情而定，系于一指之上，点穴开窍，舒筋活血，祛风散寒，达到防治疾病的目的。

我经过一年多的考察，认为合江地道中草药热灸技艺属古代灸法之一，属间接灸。选穴合理，用穴灵活，临床疗效显著，无毒副作用，是继承传统中医中草药热灸术的经验总结，是泸州市非物质文化遗产，也是四川省传统中医中草药灸术的非文化遗产，值得进



一步推广应用。

在针灸机理至今尚未被完全揭示的情况下。为了传承这门技术，我特别推荐我的校友、四川省名老中医药专家学术经验继承工作继承人李蓉主任医师和李琼研中医师等，对合江地道中草药热灸技术，进行了系统整理，编写成这本图文并茂、汉英文对照的图书。我相信此书出版以后，必将引起国内外针灸界对灸术，尤其是中草药热灸术的兴趣，并将促进热灸术的进一步研究与应用，为传统中草药热灸术的重新振兴带来希望。

四川大学 华西医院

李观荣教授、主任医师

庚寅年七月初八于蓉芳轩

序

# Preface

Human beings created history, fire is the source of the health .

Definition: Moxibustion is an external method of preventing diseases by ignition of moxa, a traditional Chinese herb, to stimulate the points of the body. the stick used to be one of the tools for moxibustion. Moxa leaf is easy to be ignited . The herb ions with certain temperature can go into the body to warm channels, expel cold, activate the blood, neutralize virus, regulate Qi and blood, dispel wind and dampness, induce meridian to relieve menalgia, improve the health, dredge the channels and collaterals, regulate Qi and blood, and keep the balance between Yin and Yang, so as to achieve the goal, i.e. to cure the disease .

Moxibustion is a natural method of therapy, with a long history in both preventing and curing diseases. Due to its curative effect without side effect, it has enjoyed the adoration from the masses for a long time. In ancient times, there were many kinds of moxibustion practices which could generally be divided into two categories, namely direct and indirect moxibustion. The moxibustion skills that Mr. Fu Tiansheng uses belongs to the latter one. I have been working in the West China hospital ( now Medical College of Sichuan University and Hospital of West China ) , engaged in acupuncture

and moxibustion, practiced with traditional moxibustion, and most of my patients were cured by indirect moxibustion. In order to unveil the application and research of the moxibustion skills, my book “Chinese-English Clinical Moxibustion” was published by PMPH in 2004. Also in 2007 PMPH published another book of mine—— “Clinical Moxibustion Therapy” ( English version ) and has been selected to participate the Frankfurt (Germany) International Book Exhibition on behalf of the People’s Republic of China for the first time, and this was an indication of the disclosure of TCM moxibustion to the outside world .

In order to understand the mechanism of the moxibustion, first of all, we have taken a close watch on the change of teardrop erythrocyte in the blood before and after moxibustion as index. We have found that visible teardrop erythrocyte in the blood is an indication of the moxibustion effect . If teardrop erythrocyte appears right after the moxibustion, it means it has good effect; if gradually means ok; if without, means almost no effect at all . Secondly, we judge whether the moxibustion has good effect by checking the secretion in the blister after moxibustion . If there is much, it means good; if little, means almost no effect . If few visible inflammable cells, it means good; if a few, means ok; if a lot or with dead tissue, it means almost no effect; if without any secretion, it means no effect at all .

In a word, moxibustion is a natural therapy with simple, convenient and reliable therapy, and the only shortcoming is that it might have light burns; however, if handled properly, there is no need to use antibiotics . Many clinical practices have shown that a large number of difficult diseases have been cured by means of moxibustion with miraculous effect .



I came to know Mr. Fu Tiansheng through the news from Sichuan TV and the correspondence from the Cultural Bureau of Luzhou . In order to make sure all is true, I went to Luzhou in person not only to see Mr. Fu ' s treatment but also to pay him a visit . During my visit, I learned that he has been brought up in a family of TCM in rural area, and he was imperceptibly influenced by what he saw and heard . He carried on the family ' s business, learned medical skills with great concentration, learned from several famous TCM doctors, and through decades of clinical practice and hard work, he has become the inherited person of the Skills .

The Skills is the passed-on technique of Mr. Fu Weizu, a local TCM doctor, who is also the ancestor of Mr. Fu Tiansheng. The Fu ' s moxibustion skills was created in Chia-Ching ( Emperor Ren Zong Qing Dynasty Ai Hsin Chio-lo YU Yes ) Period ( 1796-1820 ) of the Qing Dynasty ( 1644-1911 ) , therefore, it has a history of some 200 years . The Skills takes the theory of TCM, follows the principle of "using moxibustion with investigation" . The moxibustion stick for the hot moxibustion consists of 81 kinds of TCM herbs. The basic method of the hot moxibustion is to use moxibustion on certain acupoints after moxibustion EIGHT EXTRA CHANNELS (a collective term for dumai, renmai, tongmai, daimai, yinweimai, yangweimai and yangqiaomai, they are large connected with the viscera ); the main skills for the hot moxibustion includes jiao ( using moxibustion stick to take oil of seeds of the tung oil tree ), dian( using moxibustion stick to take fire ) , zhan ( using thumb to take fire ) , ya ( press the acpoint after "zhan" ), dun ( sudden touch after "ya" ) , rou ( using thumb to rub the acupoint) and shi ( sudden stop after "rou" ) . The whole process is without any stop. With regard to the fire, strength, depth of the point, time length, it is in accordance with the different ages, genders, syndromes of the



patients, they are all relied on a thumb to prevent diseases by pointing acupoints to induce resuscitation, relaxing the muscles and promoting blood circulation, as well as diminishing the wind and dispersing pathogenic cold .

Over a year of investigation, I believe the Skills belongs to one of the indirect moxibustion skills in ancient times . The selection of the acupoints is reasonable and flexible with remarkable clinical effect and without side-effect . It is the most completed, systematic experience summary for the TCM herbs, the intangible cultural heritage in Luzhou, and an excellent cultural heritage of TCM herbal moxibustion in Sichuan, whose application deserves further promotion.

Under the condition of partial unveiling of the mechanism of acupuncture and moxibustion up to now, in order to carry on this traditional skills, I recommend Ms.Li Rong, Vice Professor of TCM, my alumni as well as one of the heiresses of TCM doctors in Sichuan Province and Mr. Li Qiongyan, TCM Doctor with Chengdu Hospital of Integrated Traditional & Biomedicine, Sichuan, to systemize the book with illustrations and English version . I am confident that with the publication of this book, it will certainly attract those who are interested acupuncture and moxibustion both home and abroad, especially TCM herbal moxibustion, and this will definitely further promote the study and application for the Skills, by this, it will bring hope to the revival of the Skills .

**Prof.Li Guanrong**

**West China Hospital, West China Clinical Medical  
College, Sichuan University**

**August 17, 2010 Chengdu**