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(Sawcuengh Caeuq Sawgun)

壮医诊法技术规范

(壮汉双语)

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Vah Baihnaj

Bouxcuengh dwg guek raeuz aen saujsu minzcuz vunz ceiq lai, daihgaiq miz 1700 fanh vunz. Cang'yihyoz lizsij gyaeraez youh neihanz fungfouq, daj ciuhgeq roengzdaeuj couh dwg Bouxcuengh yinzminz rebingh ywbingh gij fuengfap youqgaenj ndeu, dwg vunz ciuhgeq Bouxcuengh daj ndaw swnghcanj swnghhoz gingniemh cunggez okdaeuj, dwg gij coengmingz Bouxcuengh gietbaenz, daengz seizneix vanzlij vih baujcanj vunz lai Bouxcuengh ndangcangq fazveih gij cozyung mbouj miz dinglawh. Danhseih, aenvih Bouxcuengh mbouj miz gij sawcuh gveihfan youq ndaw minzcuz bonjfaenh doenghengz doengh gij yenzynh neix, Cang'yihyoz ciengzgeiz roengzdaeuj mbouj ndaejdaengz hidungj cingjleix, cijndaej baengh bak gangj rwz dingq gij fuengfap neix youq ndaw biengz Bouxcuengh riuzcienz. Daj 20 sigij 80 nienz daih doxdaeuj, ndaej gak gaep dangjveij, cwngfuj lingjdauj caeuq cihciz, Gvangjsih doiq Cang'yihyoz haemq hidungj bae haivat cingjleix yenzgiu, cuzbanj le 《Bouxcuengh Yihyozsij》 《Cungguek Cang'yihyoz》 《Cungguek Cang'yozyoz》 《Cungguek Ywcuengh Neigohyoz》 daengj 20 lai bonj conheuh, Cang'yihyoz lij lun dihi cobouh cauxbaenz. Daj gij giekdaeuj neix hwnj, Cang'yih yihliuz, sonhag, gohyenz dihi cobouh cauxbaenz. 2008 nienz, Ywcuengh cizey yihswih swghwz gaujsi sawqdiemj gij hong neix guh ndaej yienzmuenx baenzgoeng, 《Gvangjsih Bouxcuengh Swcigih Cang'yozyoz Cizlieng Byauhcanj》 (gienj daih'it) cingqsik fatroengz hengzguh. 2009 nienz 3 nyied, 《Gvangjsih Bouxcuengh Swcigih Fazcanj Cunghyihyoz Cang'yihyoz Diuzli》 cingqsik fatok caeuq hengzguh, Cang'yihyoz fazcanj byaij haeuj le aen seizgeiz moq.

Yienznaeuz gij hong haivat cingjleix yenzgiu Cang'yihyoz ndaejdaengz gig daih cingzcik, hoeng caeuq yendai yihyoz, Cunghyihyoz doxbeij, Cang'yihyoz fazcanj lij cengca loq lai, daegbied dwg doiq binghyiengh duenqbingh ywbingh gveihfan youq yenzgiu caeuq laebguh fuengmienh, Ywcuengh lij aeu guh haujlai hong. Vih hab'wngq gij hong Ywcuengh linzcangz iugouz, daih'it itdingh laebguh Ywcuengh binghyiengh duenqbingh ywbingh gveihfan, hawj duenqbingh miz byauhcanj, ywbingh ndaej bingzgyaq, gaenjbik aeu miz bouh gunghgisuh gvendaengz Ywcuengh binghyiengh duenqbingh ywbingh gveihfan ndeu,

gunghawj gij linzcangz yihswh Ywcuengh canhgauj yungh.

Singzloeg Namzningz, naj coh Dunghmungz, yihyoz gyoebcomz, mingzgya miz buek caiq buek. Gvangjsih Minzcuz Yihyoz Yenzgiuyen (Gvangjsih Ywcuengh Yihyen) couh youq aen singz gig miz vuedlig neix, 1958 nienz laebbaenz, 2007 nienz ndaej Gozgyah Cunghyihyoz Gvanlijigiz liedguh cib'it haj geizgan cungdenj gensez daengx guek cib gya minzcuz yihyen ndawde gya ndeu. Vih cienzmienh daezsang Ywcuengh duenqbingh ywbingh suijbingz, gveihfan Ywcuengh duenqbingh ywbingh hingzveiz, engq ndei daeuj vih vunzlai daezhawj gij fugsah Cang'yihyoz, Cungh Mingz yenzgiuyenz cujiz mizgven Cang'yihyoz conghyah、yozcej biensij le dauq saw 《Cungguek Ywcuengh Binghyiengh Duenqbingh Ywbingh Gveihfan Cungzsu》 ndeu, neiyungz baudaengz: Ywcuengh duenqbingh fuengfap gisuz gveihfan 12 aen, Ywcuengh gifaz gisuz gveihfan 28 aen, Ywcuengh ciengzraen binghyiengh duenqbingh ywbingh gveihfan 102 aen, gihbwnj baudaengz le Ywcuengh ciengzyungh duenqbingh ywbingh gisuz fuengfap caeuq Ywcuengh linzcangz gij bingh gak goh ciengzraen haenx. Biensij dauq saw neix muzdiz dwg dawz Ywcuengh duenqbingh ywbingh nabhaeuj diuz gveijdau byauhcnjva、gohyozva caeuq gveihfanva, vih Ywcuengh conhyez yinzyenz ngoenznaengz guh hong duenqbingh ywbingh daezhawj gij gisuz gveihfan caeuq gij linzcangz ywbingh yaugoj bingzguya byauhcnj ndaej canhgauj, coicaenh daezsang Ywcuengh duenqbingh ywbingh suijbingz caeuq linzcangz ywbingh yaugoj.

Youq seiz biensij bonj saw neix, ndaejdaengz le Gvangjsih Bouxcuengh Swcigih Veiswngh Caeuq Giva Swngnyuz Veijyenzvei、Gvangjsih Cunghyihyoz Gvanlijigiz、Gvangjsih Minzcuz Yihyoz Hezvei、Gvangjsih Minzcuz Yihyoz Yenzgiuyen caeuq Gvangjsih Gohyoz Gisuz Cuzbanjse daihlig cihciz caeuq cijdauj, youq neix biuji caensim docih!

Aenvih seizgan gaenjgip caeuq suijbingz mizhanh, bonj saw neix itdingh miz mbangj sij ndaej mbouj gaeuq ndei, caensim cingj gak boux conghyah、bouxdoesaw daeuj cijdauj.

Bouxbien
2015 nienz 9 nyied

前 言

壮族是我国人口最多的少数民族，约 1700 万人口。壮医药具有悠久的历史和丰富的内涵，自古以来就是壮族人民防病治病的重要方法之一，是壮族先民生产生活经验的总结和智慧的结晶，至今仍在为保障壮族人民的健康发挥着不可替代的作用。但是，由于壮族没有本民族规范通行文字等原因，壮医药长期以来未得到系统的整理，只能以口耳相授的方式在壮族民间流传。自 20 世纪 80 年代以来，在各级党委、政府的领导和支持下，广西对壮医药进行了较系统的发掘整理研究，出版了《壮族医学史》《中国壮医学》《中国壮药学》《中国壮医内科学》等 20 多部专著，壮医药理论体系初步形成。在此基础上，壮医医疗、教学、科研体系初步形成。2008 年，壮医执业医师资格考试试点工作取得圆满成功，《广西壮族自治区壮药质量标准》（第一卷）正式颁布实施。2009 年 3 月，《广西壮族自治区发展中医药壮医药条例》正式出台和实施，壮医药的发展步入了新的时期。

尽管壮医药的发掘整理研究工作取得了很大的成绩，但与现代医学、中医学相比，壮医药的发展仍有较大差距，特别是在病证诊疗规范的研究和建立方面，壮医需要做的工作更多。为适应壮医临床工作的需要，首先必须建立壮医病证诊疗规范，使诊断有标准，疗效可评价，迫切需要有一部关于壮医病证诊疗规范的工具书，供壮医临床医师参考。

绿城南宁，面向东盟，医药汇聚，名家辈出。广西民族医药研究院（广西壮医医院）就坐落于这充满活力之城，1985 年成立，2007 年被国家中医药管理局列为十一五期间重点建设的全国十家民族医医院之一。为全面提高壮医诊疗水平，规范壮医医疗行为，更好地为广大群众提供壮医药服务，钟鸣研究员组织相关壮医药专家、学者编写了一套《中国壮医病证诊疗规范丛书》，内容包括：壮医诊法技术规范 12 个，壮医技法技术规范 28 个，壮医常见病证诊疗规范 102 个，基本涵盖了壮医常用诊疗技法和壮医临床各科常见疾病。本套书编写的目的是把壮医诊疗纳入标准化、科学化及规范化的轨道，为壮医专业人员提供日常诊疗工作中可参考的技术规范和临床疗效评价标准，促进壮医诊疗水平和临床疗效的提高。

在本书的编写过程中，得到了广西壮族自治区卫生和计划生育委员会、广西中医药管理局、广西民族医药协会、广西民族医药研究院和广西科学技术出版社

的大力支持和指导，谨此致以衷心的感谢！

由于时间仓促及水平所限，本书必定存在不足之处，敬请各位专家、读者予以指正。

编者
2015 年 9 月

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Ywcuengh Dayawj Duenqbingh

It. Genjdanh Gaisau

Ywcuengh dayawj duenqbingh dwg Ywcuengh duenqbingh cungj fuengfap youqgaenj he, baudaengz yawj saenzcingz, yawj yienghsiengq, yawj saeknaj, yawj lwgda, yawj naengnoh, yawj din fwngz, yawj diuzlinx daengj caet aen fuengmienh.

1. Yawj saenzcingz: Dwg doenggvaq doiq gij cingsaenz yisiz caeuq simsaenz vueddoengh daeuj duenq binghcingz. Saenzcingz doenggvaq cingsaenz lwgda, biujcingz fajnaj, ndangdaej dungcoz, gangjvah diemheiq, fanjwngq naengzlig daengj biujyienh okdaej.

2. Yawj yienghsiengq: Yiengh dwg ndangdaej, siengq dwg hingzsaenz. Doenggvaq muenghyawj bouxbingh aen ndangdaej de giengz nyieg biz byom, ndaej rox ndawdungx, lwedheiq yaemyiengz vuengh nyieg, gij bingh naek mbaeu caeuq riengzlaeng fazcanj baenzlawz yiengh. Muenghyawj ndangdaej vueddoengh dinghyouq swhdai ndaej duenqdingh gij bingh singciz, doenghsiengq mbouj doengz ndaej fanjyingj ok gij bingh mbouj doengz.

3. Yawj saeknaj: Dwg doenggvaq cazyawj naengnoh fajnaj bouxbingh saeksiengq bienqvaq daeuj duenqcaz binghcingz, ndaej daj neix liujgaij gij lwedheiq vuengh nyieg, gij singciz doegsez, gij bingh naek mbaeu caeuq riengzlaeng fazcanj baenzlawz yiengh.

4. Yawj lwgda: Dwg doenggvaq cazyawj lwgda mbouj doengz buvei gij hingzsaek de baenzlawz bienqvaq daeuj duenqdingh ndaw dungx binghbienq.

5. Yawj naengnoh: Dwg cazyawj gij saek, gij hingzyiengh naengnoh miz maz bienqvaq, caiqlij naengcinj, bopraemx caeuq giz sieng'yag daengj binghbienq.

6. Yawj din fwngz: Dwg cazyawj din fwngz hingzyiengh bienqvaq caeuq dungdai mbouj doengz daeuj duenqbingh.

7. Yawj diuzlinx: Dwg doenggvaq cazyawj diuzlinx bonjcaet caeuq najlinx hingzyiengh, saekyiengh, nyinh sau j daengj fuengmienh baenzlawz bienqvaq duenqok binghcingz bienqvaq.

Ngeih. Bouxbingh Cinjbi

Bouxbingh naengh aeu、ninz aeu、ndwn aeu cungj ndaej, youq giz rongh swhyienz (cawzok yawj lwgda) guh genjcaz.

Sam. Gigai Cinjbi

Cawzok yawjda aeu cinjbi gingqcuengqhung、soujdendungz le, gizyawz dayawj ywbingh mbouj yungh gigai, aeu da yawj couh ndaej lo.

Seiq. Genjcaz Fuengfap Caeuq gij Biujyienh Geij Cungj Bingh Ciengzraen

(It) Yawj Hingzsaenz

Vunz cingqciengz lwgda lingz, dacingx miz saenz, cingsaenz cingcuq, diemheiq doengrat yinzsub, ndangnoh nyinhndei, oknyouh okhaex ndaej gaemhaed, biujsiq lwedheiq cukgaeuq, dungxsaej goengnaengz cingqciengz, dwg ndangcangq biujyienh.

Danghnaeuz bouxbingh cingsaenz mbouj hoengh, song da mbouj miz cingsaenz, saeknaj mbouj rongh, ndangnoh soengsat, naiqnuek fouz rengz, heiq rwnh gik gangjvah, dungcoz numqnat, biujsiq yienzheiq mbouj gaeuq, lwedheiq miz di siengsonj, goengnaengz ndangdaej loq nyieg. Doenghgij neix raen youq boux binghmabau roxnaeuz bouxbingh geiz fukdauq haemq lai, doengh boux ndangdaej hawnyieg haenx hix ndaej miz gij biujyienh neix.

Danghnaeuz bouxbingh lwgda ngwnh, mbouj ronghndei, lwgbaed ngaenzngwd, saeknaj laepamq, diemheiq mbouj cingqciengz, ndangnoh bienq byom, fanjwngq ngwnh, caiqlij moengzloengz mangxlangh, roxnaeuz sawqmwh muenh laemx, biujsiq yienzheiq sieng lai, lwedheiq vi bae youqgaenj, bouxbingh goengnaengz dungxsaej naiqnyieg, binghcingz gaenjgip, fazcanj roengzbae gig mbouj ndei.

Boux bingh nanz bingh naek, bonjlaiz gaenq mbouj miz cingsaenz, danghnaeuz cingsaenz sawqmwh bienq ndei, gemjnaj hoengznyinh, song da miz rongh, hoeng lwgda ngwnh mbouj lingz, gwn haeux gya lai, mbangj giz binghyienh “bienq ndei” caeuq daengx ndang binghcingz bienq rwix mbouj doxhab, biujsi lwedheiq cibfaen naiqnyieg, gij biujyienh neix ciengzciengz dwg binghnaek yaek dai, sugvah heuhguh “rongh ciuq dauqlaeng”.

(Ngeih) Yawj Ndangdaej Hingzyiengh

1. Ndang cangq: Ndangdaej cangqcw, naengnoh ronghndei miz danzsing, nohgienq saedswd rengzrwd, aen'aek gvangq na yinzndei, ndokndang hung youh lingz.

2. Ndang naiq: Ndangdaej byom naiq, naengnoh hohang mbouj miz danzsing, nohgienq byombyang fouz rengz, aen'aek gaebged mbouj yinzndei, ndokndang saeqset.

3. Ndang biz: Ndangdaej hingzyiengh daegdiemj dwg gyaеuj luenz, hoz dinj hung, mbaq gvangq bingz, aek gvangq dinj luenz, dungx hung, ndangdaej bien daemq, gij vunz enj aek ngiengx dauqlaeng haemq lai.

4. Ndang byom: Ndangdaej byombyang, ndangdaej hingzyiengh daegdiemj dwg gyaеuj raez hoz saeq, mbaq gaebged, aek gaeb bingz, dungx byom mboep, ndangdaej bien sang, gij vunz goz doxbae haemq lai.

(Sam) Yawj Yienghcej

Yawj ndangdaej hingzyiengh vueddoengh dinghyouq yienghcej ndaej duenqdingh gij bingh, ndang doengh hingzyiengh mbouj doengz ndaej fanjyingj ok gij bingh mbouj doengz.

1. Hingzyiengh byaij: Byaij roen seiz ndangdaej goz doxbae, aeu fwngz hoh dungx, itbuen dwg dungx in; aeu fwngz hoh hwet, hwet van gumq gaeuz, itbuen dwg hwet ga miz bingh.

2. Hingzyiengh naengh: Naengh cix ngiengx gyaеuj, aek ciengq diemheiq naek, itbuen dwg heiq bwt nyig hwnj; naengh cix ngaem gyaеuj, heiq noix gik gangjvah, itbuen dwg heiq bwt mbouj gaeuq.

3. Hingzyiengh ninz: Boux ninz seiz ndang naek mbouj ndaej fonj bae fonj dauq, haengj gya buh lai denz lai, itbuen dwg bingh haw, bingh nit; boux ninz seiz fonj bae fonj dauq ndang mbouj onj, mbouj haengj daenj buh cw denz lai, itbuen dwg bingh saed, bingh ndat.

4. Hingzyiengh ndwn: Ndwn mbouj onj, itbuen dwg maezmuenh, lwedheiq gyonj cung haeuj ukgyaеuj byaij; mbouj ndwn ndaej nanz, suenqhaеuj lwedheiq vi haw; ndwn seiz song fwngz hoh simdaeuz (veivanj) roxnaeuz aendungx, itbuen dwg baihgwnz dungx in, laj dungx in.

(Seiq) Yawj Saeknaj

Doenggvaq cazyawj fajnaj gij saek gij wenqrongh bienqvaq daеuj duenqdingh gij bingh. Boux cingqciengz saeknaj dwg hoengz wenq.

1. Saekheu; Biujmingz lungzloh, hujloh saekgaz, lwedheiq mbouj doeng. Itbuen dwg doegnit, indot, lwedcwkw, gingfung caeuq binghdaep.

2. Saekhoengz; Dwg lwedheiq cwkrim lungzloh cauhbaenz. Itbuen dwg ndatdoeg bien hoengh, faen miz binghyiengh saedndat caeuq hawndat.

3. Saekhenj; Itbuen dwg dumzdoeg, bingh haw. Saeknaj miz di henj mbouj rongh dwg lohhaeux haw, lwedheiq ciengx mbouj gaeuq cauhbaenz; saeknaj henj lumj naenggam, dahau bienq henj, nyohu henj lumj noengz caz, dwg dumzdoeg yinxhwnj binghvuengzbiu.

4. Saekhau; Itbuen dwg lwedhaw, doegnit, yaem hoengh yiengz nyieg. Hawnit binghyiengh dwg saeknaj hau hix foegfouz, lwedhaw binghyiengh dwg saeknaj hau hix byombyang. Saeknaj sawqmwh haunyo, okhanh lai, dinfwngz caepcat, dwg yiengzheiq hawhang roxnaeuz lwed ok lai mauh bingh gaenjgip. Gwnznaj miz raizhau roxnaeuz diemjhau, ciengzciengz dwg raen youq bouxbingh saisaiej miz nongeiqseng.

5. Saekndaem; Itbuen dwg ndaw ndang doegnit doegraemx lai, lwed cwkw lungzloh caiqlij makhaw gwn raemx mbouj siu. Lungzloh mbouj doengrat, ndigah saeknaj bienq ndaem, gvaengh henz da engqgya ndaem haemq lai.

(Haj) Yawj Lwgda

1. Cingsaenz Da

(1) Miz cingsaenz; Lwgda ronghcingx cingsaenz, yawj doxgaiq cingcuq, cienqdoengh lingzvued.

(2) Mbouj miz cingsaenz; Lwgda ngwnhngaez laepamq, yawj doxgaiq myoxmyad, cienqdoengh mbouj lingz.

2. Saek Da

(1) Saek da cingqciengz; Ndaw buengzda caeuq gvaengzda hoengznyinh, dahau saek hau, giz da'ndaem saekhenjgeq roxnaeuz saekhenjcoeng, mueggokda ronghcingx mbouj miz saek.

(2) Saek da mbouj cingqciengz; Da hoengz foeg in dwg biujyienh miz ndatdoeg, giz dahau nyumxhenj dwg baenz binghvuengzbiu, gvaengzda haudamh dwg lwedhaw, gvaengzda saek ndaem itbuen dwg makhaw roxnaeuz dwg doegnit doegdumz cwkomz.

3. Yiengh Da

(1) Buengzda foegfouz; Dwg gij binghyiengh yaek baenz foegfouz lo.

(2) Gumhda mboep doxhaeuj; Boux binghnanz binghnaek, dwg cingh lwed

hawnyieg youqgaenj.

(3) Song da mboep laeg, yawj mboujraen doxgaiq: Dwg gij binghnaek yung'yiernj yaem yiengz yaek cied lo.

(4) Da doed; Danghnaeuz giem miz daronghsag, najhoz foeg hwnj, dwg baenz bingh'ai.

4. Hingzsaenz Da

Vunz cingqciengz cehda vueddoengh bienhndei, lingzvued, lwgbaed dwg luenz, doiq gij rongh fanjwngq lingz.

(1) Dahau fanhwnj, yawj cigsoh, yawj ngeng: Dwg doegrurz daj ndaw cauh hux baenz gij binghyiengh yung'yiernj gingfung, hwnjgeuq roxnaeuz ukgyaeuj vaih.

(2) Buengzda diuqdoengh: Itbuen dwg aenvih rumz ndat doegsez daj rog ciemqhaih, roxnaeuz lwed naiq heiq nyieg, hujloh gungciengx mbouj gaeuq cij cauhbaenz.

(3) Lwgbaed sanq hung: Itbuen dwg cingh mak siu liux, dwg gij binghyiengh yaek dai lo, mbangj cungj binghdengdoeg hix raen miz cungj binghyiengh neix.

(4) Lwgbaed sukiq: Itbuen dwg aenvih daep mbei deng huj, roxnaeuz daep mak siengsonj, hawhuj gaujcauj, roxnaeuz dwg deng gij doeg conhvuh, caujuvuh, raetdoeg, youjgihlinz nungzyoz.

(Roek) Yawj Naengnoh

Cujyau cazyawj gij saek, hingzyiengh naengnoh miz maz bienqvaq. Gij saek naengnoh vunz cingqciengz loq henj daeuq hoengz, unqnyinh ronghndei, gig miz danzsing cix mbouj foegfouz.

1. Naengnoh bienq hoengz: Itbuen dwg aenvih rumzndat hujdoeg cauhbaenz, lwg'iq cix caeuq daihdoeg mizgven.

2. Naengnoh bienq henj: Itbuen dwg aenvih dumzndat doegsez oenq, raemxmbei roenxok haeuj ndangnoh roxnaeuz nitdumz doegsez saekgaz, raemxmbei roenxok haeuj ndangnoh cij baenz bingh.

3. Naengnoh bienq ndaem: Itbuen dwg aenvih doengzfuengz guh lai sieng daengz makcingh cauhbaenz.

4. Naengnoh raiz hau: Itbuen dwg aenvih heiq lwed mbouj huz, lwed mbouj ciengx naengnoh cauhbaenz.

5. Naengnoh reuqsauj: Itbuen dwg aenvih raemxndang gaenq siengsonj, lwed

vi nanz lo, ciengx mbouj hwnj ndangnoh cij cauhbaenz.

6. Ndangnoh foegciengq; Itbuen dwg aenvih goengnaengz lohraemx mbouj cingqciengz, doegraemx roenxok roxnaeuz heiq haw mbouj ndaej supaeu cauhbaenz.

7. Diemj raizcinj hoengzaeuj; Itbuen dwg aenvih rumz, ndatdoeg hoengh; diemj raizcinj mboeproengz, sanq hai itbuen dwg aenvih yienzheiq haw cix mbouj gaeuq.

8. Baezloh, baezhaem, baezding, baeznaeuh; Gij hoengz, ndat, gawh, in haenx, itbuen dwg suenqhaeuj ndathujdoeg yiengzcingq; gij gawh gvangq mbouj miz gyaeujbyai, bouhvih maqhuz laeg, saek biujmienh mbouj hoengz haenx itbuen dwg suenqhaeuj yaemcingq.

(Caet) Yawj Din Fwngz

Vunz cingqciengz seiqguengq yinzyiengh, vueddoengh swhyienz. Danghnaeuz din fwngz noh reuqsuk, ciengzseiz dwg aenvih baenz vejibingh, hozcizfungh. Seiqguengq foegciengq cix dwg baenz bingh foegfouz. Hoh gawhhung indot, gaeuz iet mbouj bienh, hengzdoengh hoj, dwg bibingh. Seiqguengq hwnjgeuq dwg gij binghyiengh rumzdoeg youq ndaw ndang gaujcauj. Seiqguengq saenzdoengh dwg lwedhaw, ndok noh ciengx mbouj ndaej ndei roxnaeuz gwnlaeuj gvaqmauh cauhbaenz.

Ywcuengh Yawj Da Duenqbingh

It. Genjdanh Gaisau

Ywcuengh yawj da duenqbingh dwg cungj duenqbingh fuengfap neix: De gaengawq gij saeksiengq, hingzyiengh lwgda, gij megloh lwgda bienqvaq daengj daeuj faenbied binghyiengh gij goekgaen, deihfueng, singciz de caeuq duenqdingh gij bingh fazcanj roengzbae baenzlawz yiengh.

Ywcuengh nyinhnaeuz lwgda dwg congghcueng diendeih soengqhawj ndangvunz, dwg bouxsijcej gvanghmingz, dwg mbwn deih vunz sam heiq gij ceiq ndei comzyouq, ndang'vunz sam roen (roenhaeux, roenraemx, roenheiq) song loh (lungzloh, hujloh) gij cinghheiq de cungj byaij hwnj daengz lwgda, lwgda ndaejdaengz mbwn deih vunz sam heiq daeuj ciengx cij ndaej yawj. Ndigah, lwgda ndaej bauhamz itciet, yawjronz itciet, hix ndaej fanjyingj gak cungj bingh. Linghvaih, Ywcuengh nyinhnaeuz, lwgda diegyouq dwg giz mbwnbous, seng youq gwnz ukgyaeuj, cigciep ndaejdaengz aen'uk cijveih, ndigah youq duenqbingh fuengmienh, Ywcuengh dawz yawj da duenqbingh daezsang daengz aen diegvih cibfaen youqgaenj. Yawj da duenqbingh ndaej duenqdingh gij bingh, ndaej duenq fazcanj roengzbae baenzlawz yiengh, ndaej duenqdingh dai, haujlai cungj bingh cungj ndaej doenggvaq yawj lwgda cix ndaej duenq okdaeuj. Ywcuengh yawj da duenqbingh gij dauhleix youqgaenj de dwg lwgda canghyw ndaej yawjronz gak cungj bingh, lwgda bouxbingh cix ndaej fanjyingj ok gak cungj bingh, song boux dox boiqhab, couh ndaej duenqbingh.

Ywcuengh yawj da duenqbingh gij yienzleix de dwg: Gwnz ndang'vunz mbouj doengz gi'gvanh, mbouj doengz cujciz, mbouj doengz deihfueng gij binghbieq de cungj ndaej youq gwnz dahau miz daegdingh saenqhauh fanjwngqgih; doengz aen gi'gvanh, doengz gaiq cujciz gij bingh mbouj doengz, youq gwnz fanjwngqgih ndaej miz gij saenqhauh gajbienq mbouj doengz, doengzseiz, gaengawq gwnz lwgda gij saenqhauh gajbienq mbouj doengz lij ndaej duenqdingh gij bingh dwg gaeuq moq roxnaeuz naek mbaeu.

Ywcuengh yawj da duenqbingh miz gij daegdiemj lajneix: Duenqbingh maqhuz cinj, vaiq, cauhcoz genjdanh fuengbieh, yungzheih hag yungzheih rox,

mbouj sieng ndangnoh, ancienz saenq ndaej gvaq, yungh cienz noix, fuengbienh doigvangq, yawj rog duenq ndaw, yawj iq rox hung, doiq dijgenj caeuq bujcaz miz bangcoh, sienliuhdingh caengz baenz bingh, sien re caengz baenz bingh, couhdwg “genjdanh”, “fuengbienh”, “cinj”, “cienh”, “vaiq”.

Ngeih. Bouxbingh Cinjbi

Boux simsaenz cingsingj, ndaej boiqhab genjcaz ne cung ndaej yungh gij fuengfap yawj da duenqbingh daeuj genjcaz.

Sam. Gigai Cinjbi

5 ~ 50 boix gingqcuengqhung, dendungz comzrongh siujhingz, suswva lezgizdwngh yenjcenzdon fwnhsiz hidungj.

Seiq. Genjcaz Fuengfap

1. Bouxbingh naengh cingq, cuengqsoeng, song da swwhyienz yawjbingz. Bouxbingh daegbied ndaej ndwn roxnaeuz ninzdingjai, ninzneng.

2. Bouxgenjcaz fwngzswix gaem gingqcuengqhung, aeu lwgfwngzyinx caeuq fwngzmeh cengqhai gwnz laj song buengzda, dawz gingqcuengqhung senjdoengh daengz giz cazyawj ceiq hab'eiq. Fwngzgvaz gaem soujdendungz gonqlaeng ciuq lwgda bouxbingh, aeu lwgda canghyw yawj ndaej cingcuj guh dingh. Ciuq gonqlaeng daj gwnz daengz laj, daj ndaw daengz rog cazyawj lwgda.

Cazyawj dahau (giuzgezmoz), daengq bouxbingh ngveihda coh laj, coh gwnz, coh rog, coh ndaw cienqdoengh (yawj doxroengz, yawj doxhwnj, yawj baihrog, yawj baihndaw), yienzhaeuh daengq bouxbingh yawjbingz, canghyw daj rog daengz ndaw genjcaz da'ndaem, doengzseiz genjcaz doiq mbiengj lwgda.

3. Lezgizdwngh genjcazfap (youz conhyez yihswh genjcaz cauhoz).

Haj. Aeu Haeujsim Saehhangh

Bouxbingh miz doenghgij cingzgvang lajneix mbouj ndaej yungh roxnaeuz mbouj ndaej genj geiz yungh yawj da duenqbingh fuengfap daeuj genjcaz:

1. Gwn laeuj, fatndat sang, naetnaiq gvaqmauh, ngaizhwnz, giz da miz rogsieng.

2. Gak cungj yienzaen cauhaenz gij damengz haenx.

3. Dahwnjmueg, gozmoz gveiyangz, mengzmax, da'ndaem lwgda giz yiengh