

LIBRARY OF CHINESE CLASSICS
CHINESE-ENGLISH

大中华文库

汉英对照

黄帝内经 素问

YELLOW EMPEROR'S CANON
OF MEDICINE
PLAIN CONVERSATION

III



大中华文库

汉英对照

LIBRARY OF CHINESE CLASSICS

Chinese-English

黄帝内经·素问

Yellow Emperor's Canon of Medicine ·

Plain Conversation

III



李照国 英译

刘希茹 今译

Translated into English by Li Zhaoguo

Translated into Modern Chinese by Liu Xiru

世界图书出版公司

西安 北京 广州 上海

World Publishing Corporation

Xi'an Beijing Guangzhou Shanghai

图书出版编目(CIP)数据

黄帝内经·素问/李照国英译 刘希茹今译. —世界图书出版西安公司, 2005. 2

(大中华文库)

ISBN 7-5062-6981-3

I. 黄... II. ①李... ②刘... III. 素问—汉、英 IV. R211.1

中国版权图书馆 CIP 数据核字(2005)007094

组稿编辑 张栓才 赵天堂 任卫军

责任编辑 任卫军 赵天堂 汪信武

审校 张同君 李振国

大中华文库

黄帝内经·素问

李照国 英译 刘希茹 今译

© 2005 世界图书出版公司

出版发行者:

世界图书出版西安公司

陕西省西安市南大街 17 号 邮政编码: 710001

制版、排版者:

陕西工人报社彩色输出中心

印制者:

深圳佳信达印务有限公司印刷

开本: 960 × 640 1/32(精装) 印张: 42.25 字数: 1100 千字

2005 年 4 月第 1 版第 1 次印刷 印数: 1 ~ 2000

(汉英对照) ISBN 7-5062-6981-3/R·676

定价: 199.00 元

版权所有 盗版必究

目 录

卷第一

上古天真论篇第一	2
四气调神大论篇第二	16
生气通天论篇第三	26
金匱真言论篇第四	40

卷第二

阴阳应象大论篇第五	56
阴阳离合论篇第六	90
阴阳别论篇第七	96

卷第三

灵兰秘典论篇第八	108
六节脏象论篇第九	114
五脏生成篇第十	134
五脏别论篇第十一	148

卷第四

异法方宜论篇第十二	154
-----------	-----



Contents

Volume 1

Chapter 1	Shanggu Tianzhen Lunpian: Ancient Ideas on How to Preserve Natural Healthy Energy	3
Chapter 2	Siqi Tiaoshen Dalunpian: Major Discussion of Regulation of Spirit According to the Changes of the Four Seasons	17
Chapter 3	Shengqi Tongtian Lunpian: Discussion on Interrelationship Between Life and Nature	27
Chapter 4	Jingui Zhenyan Lunpian : Discussion on Important Ideas in the Golden Chamber	41

Volume 2

Chapter 5	Yinyang Yingxiang Dalunpian: Major Discussion on the Theory of Yin and Yang and the Corresponding Relationships Among All the Things in Nature	57
Chapter 6	Yinyang Lihe Lunpian: Separation and Combination of Yin and Yang	91
Chapter 7	Yinyang Bielunpian: Separate Discussion on Yin and Yang	97

Volume 3

Chapter 8	Linglan Midian Lunpian: Discussion on the Secret Cannons Stored in Royal Library	109
Chapter 9	Liujie Zangxiang Lunpian: Discussion on Six-Plus-Six System and the Manifestations of the Viscera	115
Chapter 10	Wuzang Shengchengpian: Discussion on Various Relationships Concerning the Wuzang (Five Zang-Organs)	135
Chapter 11	Wuzang Bielunpian: Different Discussion on the Wuzang (Five Zang-Organs)	149

Volume 4

Chapter 12	Yifa Fangyi Lunpian: Discussion on Different Therapeutic Methods for Different Diseases	155
------------	---	-----

移精变气论篇第十三 160

汤液醪醴论篇第十四 170

玉版论要篇第十五 178

诊要经终论篇第十六 186

卷第五

脉要精微论篇第十七 198

平人气象论篇第十八 222

卷第六

玉机真脏论篇第十九 240

三部九候论篇第二十 268

卷第七

经脉别论篇第二十一 286

脏气法时论篇第二十二 296

宣明五气篇第二十三 314

血气形志篇第二十四 324

卷第八

宝命全形论篇第二十五 330

八正神明论篇第二十六 340



Chapter 13	Yijing Bianqi Lunpian: Discussion on Shifting the Essence and Changing Qi	161
Chapter 14	Tangye Laoli Lunpian: Discussion on Decoction and Wine	171
Chapter 15	Yuban Lunyaopian: Discussion on the Jade Inscription	179
Chapter 16	Zhenyao Jingzhong Lunpian: Discussion on the Essentials of Diagnosis and the Exhaustion of the Twelve Channels	187

Volume 5

Chapter 17	Maiyao Jingwei Lunpian: Discussion on the Essentials of Pulse	199
Chapter 18	Pingren Qixiang Lunpian: Discussion on the Pulse Conditions of Healthy People	223

Volume 6

Chapter 19	Yuji Zhenzang Lunpian: Discussion on Genuine-Zang Pulses	241
Chapter 20	Sanbu Jiuhou Lunpian: Discussion on the Three Regions and Nine Divisions	269

Volume 7

Chapter 21	Jingmai Bielunpian: Special Discussion on Channels and Vessels	287
Chapter 22	Zangqi Fashi Lunpian: Discussion on the Association of the Zang-Qi with the Four Seasons	297
Chapter 23	Xuanming Wuqipian: Discussion on the Elucidation of Five-Qi	315
Chapter 24	Xueqi Xingzhipian: Discussion on Blood, Qi, Body and Emotions	325

Volume 8

Chapter 25	Baoming Quanxing Lunpian: Discussion on Preserving Health and Protecting Life	331
Chapter 26	Bazheng Shenming Lunpian: Discussion on the Mysterious Influence of the Eight Directions on Acupuncture	341

离合真邪论篇第二十七	356
通评虚实论篇第二十八	370
太阴阳明论篇第二十九	386
阳明脉解篇第三十	394

卷第九

热论篇第三十一	398
刺热篇第三十二	406
评热病论篇第三十三	416
逆调论篇第三十四	424

卷第十

疟论篇第三十五	432
刺疟篇第三十六	450
气厥论篇第三十七	462
咳论篇第三十八	466

卷第十一

举痛论篇第三十九	472
腹中论篇第四十	484
刺腰痛篇第四十一	494

卷第十二

风论篇第四十二	504
痹论篇第四十三	512
痿论篇第四十四	522

Chapter 27	Lihe Zhenxie Lunpian: Discussion on the Separation and Combination of Zhenqi (Genuine-Qi) and Xieqi (Evil-Qi)	357
Chapter 28	Tongping Xushi Lunpian: General Discussion on Xu (Deficiency) and Shi (Excess)	371
Chapter 29	Taiyin Yangming Lunpian: Discussion on Taiyin and Yangming	387
Chapter 30	Yangming Maijiebian: Explanation of Yangming Channels	395
Volume 9		
Chapter 31	Re lunpian: Discussion on Heat	399
Chapter 32	Cire Pian: Discussion on Acupuncture Treatment of Febrile Diseases	407
Chapter 33	Ping Rebing Lunpian: Comments on Febrile Diseases	417
Chapter 34	Nitiao Lunpian: Discussion on Disharmony	425
Volume 10		
Chapter 35	Nüe Lunpian: Discussion on Malaria	433
Chapter 36	Cinüe Pian: Discussion on Treatment of Malaria by Acupuncture	451
Chapter 37	Qijue Lunpian: Discussion on Reverse Flow of Qi	463
Chapter 38	Ke Lunpian: Discussion on Cough	467
Volume 11		
Chapter 39	Jutong Lunpian: Discussion on Pains	473
Chapter 40	Fuzhong Lunpian: Discussion on the Abdominal Disorders	485
Chapter 41	Ci Yaotong Pian: Discussion on Treatment of Lumbago with Acupuncture	495
Volume 12		
Chapter 42	Feng Lupian: Discussion on Wind	505
Chapter 43	Bi Lunpian: Discussion on Bi-Syndrome	513
Chapter 44	Wei Lunpian: Discussion on Flaccidity	523

厥论篇第四十五	530
卷第十三	
病能论篇第四十六	540
奇病论篇第四十七	548
大奇论篇第四十八	558
脉解篇第四十九	566
卷第十四	
刺要论篇第五十	578
刺齐论篇第五十一	582
刺禁论篇第五十二	586
刺志论篇第五十三	592
针解篇第五十四	596
长刺节论篇第五十五	604
卷第十五	
皮部论篇第五十六	612
经络论篇第五十七	620
气穴论篇第五十八	622
气府论篇第五十九	634
卷第十六	
骨空论篇第六十	642
水热穴论篇第六十一	654
卷第十七	
调经论篇第六十二	662
卷第十八	
缪刺论篇第六十三	688
四时刺逆从论篇第六十四	708

Chapter 45	Jue Lunpian: Discussion on Jue-Syndrome	531
Volume 13		
Chapter 46	Bingneng Lunpian: Discussion on the Manifestations of Diseases	541
Chapter 47	Qibing Lunpian: Discussion on Special Diseases	549
Chapter 48	Daqi Lunpian: Discussion of Unusual Diseases	559
Chapter 49	Maijie Pian: Elucidation of Channels	567
Volume 14		
Chapter 50	Ciyao Lunpian: Discussion on the Essentials of Acupuncture	579
Chapter 51	Ciqi Lunpian: Discussion on Needling Depth	583
Chapter 52	Cijin Lunpian: Discussion on the Contraindication of Needling Therapy	587
Chapter 53	Cizhi Lunpian: Discussion on the Fundamentals of Acupuncture	593
Chapter 54	Zhenjie Pian: Explanation of Acupuncture	597
Chapter 55	Changciji Lunpian: Further Elucidation of Needling Therapy	605
Volume 15		
Chapter 56	Pibu Lunpian: Discussion on Skin Divisions	613
Chapter 57	Jingluo Lunpian: Discussion on Channels and Collaterals	621
Chapter 58	Qixue Lunpian: Discussion on Acupoints	623
Chapter 59	Qifu Lunpian: Discussion on Acupoints	635
Volume 16		
Chapter 60	Gukong Lunpian: Discussion on Osseous Orifices	643
Chapter 61	Shuire Xue Lunpian: Discussion on Water and Heat Diseases	655
Volume 17		
Chapter 62	Tiaojing Lunpian: Discussion on the Regulation of Channels	663
Volume 18		
Chapter 63	Miuci Lunpian: Discussion on Contralateral Needling Therapy	689
Chapter 64	Sishici Nicong Lunpian: Discussion on Acupuncture Following and Against the Changes of the Four Seasons	709

标本病传论篇第六十五 718

卷第十九

天元纪大论篇第六十六 730

五运行大论篇第六十七 744

六微旨大论篇第六十八 764

卷第二十

气交变大论篇第六十九 788

五常政大论篇第七十 824

卷第二十一

六元正纪大论篇第七十一 880

刺法论篇第七十二(遗篇) 1048

本病论篇第七十三(遗篇) 1090

卷第二十二

至真要大论篇第七十四 1138

Chapter 65	Biaoben Bingchuan Lunpian: Discussion on the Transmission of Biao and Ben	719
------------	---	-----

Volume 19

Chapter 66	Tianyuanji Dalunpian: Major Discussion on the Law of Motions and Changes in Nature	731
Chapter 67	Wuyunxing Dalunpian: Major Discussion on the Changes of Five-Motions	745
Chapter 68	Liuweizhi Dalunpian: Major Discussion on the Abstruseness of the Six Kinds of Qi	765

Volume 20

Chapter 69	Qijiaobian Dalunpian: Major Discussion on the Changes of Qi-Convergence	789
Chapter 70	Wuchangzheng Dalunpian: Major Discussion on the Administration of Five-Motions	825

Volume 21

Chapter 71	Liuyuan Zhengji Dalunpian: Major Discussion on the Progress of the Six Climatic Changes	881
Chapter 72	Cifa Lunpian: Discussion on Acupuncture Methods(The original contents were lost in history and the present text was supplemented by scholars in the Song Dynasty)	1049
Chapter 73	Benbing Lunpian: Discussion on the Diseases Caused by Abnormal Changes of Qi-Motion (The original contents were lost in history and the present text was supplemented by scholars in the Song Dynasty)	1091

Volume 22

Chapter 74	Zhizhenyao Dalunpian: Discussion on the Most Important and Abstruse Theory	1139
------------	--	------

卷第二十三

著至教论篇第七十五 1234

示从容论篇第七十六 1242

疏五过论篇第七十七 1250

徵四失论篇第七十八 1260

卷第二十四

阴阳类论篇第七十九 1266

方盛衰论篇第八十 1276

解精微论篇第八十一 1286

Volume 23

- Chapter 75 Zhuzhijiao Lunpian: Discussion on the Abstruse and
Profound Theory of Medicine 1235
- Chapter 76 Shicongrong Lunpian: Discussion on How to Diagnose
Diseases 1243
- Chapter 77 Shuwuguo Lunpian: Discussion on Five Errors Frequently
Made in Diagnosis 1251
- Chapter 78 Zhengshishi Lunpian: Discussion on the Four Therapeutic Errors 1261

Volume 24

- Chapter 79 Yinyanglei Lunpian: Discussion on the Categorization of Yin
and Yang 1267
- Chapter 80 Fangshengshuai Lunpian: Discussion on Superabundance and
Decline of Yin and Yang 1277
- Chapter 81 Jiejingwei Lunpian: Discussion on the Elucidation of Abs-
truse Theory 1287

卷第二十一

六元正纪大论篇第七十一

【原文】

71.1 黄帝问曰：“六化六变，胜复淫治，甘苦辛咸酸淡先后，余知之矣。夫五运之化，或从天气，或逆天气，或从天气而逆地气，或从地气而逆天气，或相得，或不相得，余未能明其事。欲通天之纪，从地之理，和其运，调其化，使上下合德，无相夺伦，天地升降，不失其宜，五运宣行，勿乖其政，调之正味，从逆奈何？”

【今译】

71.1 黄帝问道：“六气的正常生化和异常变化，胜气、复气、邪气的关系，甘苦辛咸酸淡诸气味化生的先后情况，我已经知道了。五运主岁的气化，或与司天之气相顺，或与司天之气相逆，或与司天之气相顺而与在泉之气相逆，或与在泉之气相顺而与司天之气相逆，或相适应，或不相适应，我还未能完全明了其中的道理。要想符合天之规律，顺应地之法，使上下协调，不相违背，天地升降，不致失常，五运之气的布化运行，不致违背其应时政令，根据运气的顺逆情况，调之以五味，应当怎样呢？”



Chapter 71

Liuyuan Zhengji Dalunpian: Major Discussion on the Progress of the Six Climatic Changes

71.1 Huangdi asked, “I’ve already known [the normal] transformation and [abnormal] changes of the six kinds of Qi, [the diseases caused by] Predomination and Retaliation [of Qi] and the therapeutic [principles as well as] the transforming sequence of sweetness, bitterness, pungency, saltiness, sourness and blandness. [But] I am still unclear about the transformation of the Wuyun (Five-Motions) [which sometimes] follows Tianqi (Heaven-Qi), [sometimes] violates Tianqi (Heaven-Qi), [sometimes] abides by Tianqi (Heaven-Qi) but violates Diqi (Earth-Qi), [sometimes] follows Diqi (Earth-Qi) but violates Tianqi (Heaven-Qi), [sometimes] follows [the Qi that is in the Spring⁽¹⁾] but [sometimes] violates [the Qi that is in the Spring]. What [should I do if I] want to abide by the law of the heavens, to follow the principle of the earth, to harmonize the Motion [of Qi] and to adjust the transformation [of Qi] so as to balance the Upper and the Lower, to prevent violation, [to normalize] the ascending and descending [activities] of the heavens and the earth to avoid abnormal changes, [to smooth] the movement of the Wuxing (Five-Elements) to prevent deviation and to apply the five flavors [according to] the normal and abnormal [Motions of Qi]?”