



汉英对照

针灸组合穴图解 (第二版)

编著 刘 炎 翻译 王 静

Chinese-English Edition

Illustration of Composed Acupoint in Acupunctrue-Moxibustion Use (2nd Edition)

上海科学技术出版社

SHANGHAI SCIENTIFIC & TECHNICAL PUBLISHERS

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针灸组合穴指由两个或两个以上的腧穴或穴点组合而成的穴组,是目前腧穴组合发展的一个新组成、新形式。全书共介绍了临床常用组合穴 455 个,分成四章。其中头面颈项部 38 个,躯干部 123 个,四肢部 143 个,全身性组合穴 151 个,均为临床常用有效的组合穴。由于大多数穴位组合并不复杂,读者阅后即可运用,并可获得较为理想的效果。

全书内容易学易懂,并采取汉英对照、图文并茂方式,更便于国内外医务人员和针灸爱好者学习和应用。

Composed acupoint is the group of acupoints composed of two points or more, it's a new combination and new form in the development of acupoints. There are 455 composed acupoint in common use in clinic introduced in this book, which is divided into four chapters: 38 on the head, face, neck and nape regions, 123 on the trunk, 143 on the four limbs and 151 composed points located on the whole body. They are all the effective composed acupoints commonly used in clinic. Most of the acupoints are not complicated, so after reading the book, the readers can use them and obtain preferable effects.

The content of this book is easy to learn and easy to comprehend, and it takes the form of Chinese-English description and illustration, which is more convenient for the doctors and lovers of acupuncture and moxibustion at home and abroad.

作者介绍
Resume of Author

刘炎,男,出生于1941年6月,汉族,上海松江人。大学本科(6年制)毕业。上海中医药大学教授,针灸推拿学院首任院长,中华全国高等中医院校针灸教育研究会前任会长,上海市中医药学会中医综合疗法研究会会长,中国针灸学会刺灸分会副理事长。

主要贡献:擅长中医针灸各科。1965年毕业后一直从事医疗教学工作,中年起参加科研,近年则致力于著书立说和总结工作,有着丰富的临床和教学经验,其医疗作风正派,针法娴熟,下手如飞,堪称针家一绝,被誉为“飞针”专家,深受医患欢迎。曾被评为上海中医学院、龙华医院先进工作者,1993年受到《解放日报》、《工人日报》及《冶金报》等报的表彰。负责并完成了“针刺手法测定仪”、“不同针法灸法的生理病理效应”等科研课题4项,并获得了3项奖。教学经验丰富,1983年曾去美国加州讲学,受到美方的欢迎和该州考试委员会的表彰,教学录像《毫针刺法》、《灸法》曾先后在全国中西医院校有声读物评展中获得两项优秀教材奖,以及优秀片奖、教学奖等。《古典针法》一书别具一格,新颖别致,集科学、艺术于一体,获得了全国比赛一等奖,此为全国中医院校在历届比赛中所取得的最高奖,受到了国际、国内同道的一致好评。先后发表了《谈高校的针灸教学》、《练针前后针刺手法测定》、《脐海探秘》等医疗、教学、科研文章40篇。出版专著有《中华自然疗法》、《中华特种针疗法》、《中华脐疗大成》、《中华古今食疗荟萃》、《中华古今药膳荟萃》、《中华奇穴大成》、《中华组合穴集成》、《江浙沪名医秘方精粹》、《腧穴刺灸法》等逾20本。此外,还以副主编、编委身份参加了《新编针灸大辞典》等10余部著作的撰写工作;近年还积极参与“针药结合戒毒的临床和机制研究”、“丹芪益心贴透皮吸收方法学实验研究”等7项国家部局级课题

Resume of Author

的研究工作,在全国针灸界影响颇深,其业绩已被载入《中国当代名人录》、《中国名医列传·当代卷》、《中国当代教育名人大辞典》、《中国教育专家名典》、《中华英才大典》、《中华兴国大典》、《世界名人录》、《世界优秀人才大典》、《中华人民共和国人物辞典》等80余种书中。

Liu Yan, male, born in June of 1941, Han nationality and a native of Songjiang County, Shanghai, and graduated from the undergraduate program (6-year program) in 1965, a professor and the first director of Acumoxi and Tuina College of Shanghai University of Traditional Chinese Medicine, a former director of Acupuncture Education Society of All-China Higher TCM Institution, a director of TCM Comprehensive Therapy Association of Shanghai Society of Chinese Medicine and Pharmacy and a deputy board chairman of Needling and Moxibustion Technique Association of China Acupunctures Society.

Main contributions: Professor Liu is a professional specialist in various aspects in acupuncture therapy of Chinese medicine. After he graduated in 1965, he has been engaged in the medical service and educational work and in the scientific research since his middle age. In recent years, he has been contributing his efforts in book compilation of his previous professional expertise. By his rich experience in clinical treatment and education, his ethical style in medical service and proficient needling techniques, he is honoured as a specialist of "Flying Needling Technique" and has been deeply appreciated by the patients. He used to be awarded model medical worker of Shanghai College of Traditional Chinese Medicine and Long Hua Hospital. He was awarded by *Jiefang Daily*, *Workers' Daily* and *Metallurgical Newspaper* in 1993. He organized and completed 4 research projects of "Determination Apparatus of Needling Techniques" and "Physiopathological Efficacy of Different

Needling Techniques”, etc. and was awarded 3 prizes. In 1983 he was invited by US as a visiting scholar to give lectures in California, US and was highly appreciated by US partners and Acupuncture Licensing Committee of the state. His educational videotapes on “Needling Techniques of Filiform Needles” and “Moxibustion Methods” were honored two prizes of Outstanding Teaching Materials Award, and Excellent Tape Award and Education Award in audio-video publication exhibition of national medical institutions of western and Chinese medicine. His book on *Classic Needling Techniques*, compiled with a unique style and in combination of science and art was awarded a first prize in competition in whole China, also a highest prize in the successive competitions of the national institutions of Chinese medicine, and was highly evaluated and appreciated by international and domestic colleagues. He has published over 40 pieces of these on his achievements in medical service and education, such as “On Acupuncture Education in Universities”, “Determination of Needling Techniques before and after Practice” and “Exploration of Naval Therapy”, and has also published over 20 books, such as *Natural Therapies in China*, *Special Needle Therapies in China*, *Compendium of Chinese Naval Therapies*, *Collection of Chinese Ancient and Current Dietetic Therapy*, *Collection of Chinese Ancient and Current Medicated Meals*, *Compendium of Chinese Extraordinary Points*, *Collection of Chinese Combined Points*, *Secret Formulas Selected From Famous Doctors in Jiangsu and Zhejiang Province and Shanghai* and *Needling and Moxibustion Methods of Acupoints*. In addition, he also participated in the compilation and edition of over 10 books, such as *New Edition of Acupuncture and moxibustion Dictionary*, as a deputy editor-in-chief and editing member. Recently, he also takes part in seven research projects of ministry and bureau level, such as “Clinical and Mechanism Study on Drug Abuse Treated by Acupuncture and Herbal Preparation” and “Experimental Study on Methodology of Transdermal

Resume of Author

Absorption of Salvia and Astragalus Heart-Benefiting Plaster.” He is impressive in the circle of TCM acupuncture in the whole country and his achievements have been recorded in over 80 books of *Chinese Famous Professionals of Contemporary Times*, *Volume of Contemporary Times-Biographies of Chinese Famous Doctors*, *Dictionary of Chinese Famous Professionals of Contemporary Education*, *Dictionary of Chinese Educational Specialists*, *Dictionary of Chinese Talents*, *Dictionary of Chinese Flourish*, *Biography of World Famous Persons*, *Dictionary of World Outstanding Talents* and *Personage Dictionary of P. R. China*.

针灸既是中医学一颗璀璨的明珠,也是它的一个重要组成部分。而腧穴又是学好针灸的基础,是历代针灸医家所十分重视和研究的内容。

组合穴是由两个或两个以上的腧穴或穴点组合而成的穴组。它大体上可分为如下几种:一为经穴的组合,即由两个或两个以上的经穴与经穴组合而成,如三里两穴是由手、足三里两穴组合而成,还如合谷与太冲组合成的“四关”穴等,似这般组合的还包括特定穴的组合如心募巨阙与心俞组合成的心募俞穴,肺经原穴太渊与大肠经络穴偏历组合的肺原络穴等。二为奇穴组合,如大、小骨空,手三关穴等,以及本身由多个点组合而成的奇穴组合如十宣、四缝等。三为经穴与奇穴或阿是穴的组合,如腹下三针是由中极和子宫穴组合而成,极泉中心由极泉和其上、下、左、右四个阿是穴组合而成等。总之,只要形成一个穴组,各穴或点均有明确的定位,具有共同的主治,冠以一个总的名称,并经临床验证确有疗效的,均可成为一个组合穴。

在临床实践中,有些组合穴本身就是一个小型的配方,如胁肋疼痛取阳陵泉和支沟,胃脘疼痛取中脘、内关、足三里,肩痛取肩髃、肩前、肩后等。这些小配方在临床上用之卓有成就,因而渐渐地把它固定下来,也便成了组合穴。在众多组合穴中,类似这种例子颇多,并充分体现了原来配穴处方中的本经配穴法、前后配穴法、表里配穴法、上下配穴法、左右配穴法等法。而今组合穴的出现,对于针灸腧穴学分类来说无疑是一种突破、一种创新,它的产生实际上是腧穴学的一个新发展,也是针灸学发展的一个方向,必将有其广阔的前景。

Acumoxi (Acupuncture and Moxibustion), a bright pearl in the treasure house of Traditional Chinese Medicine, is an important component part of Traditional Chinese Medicine. The acupoint the base of Acumoxi as well as the content that Acumoxi doctors through the ages have paid much attention to and made researches on.

Composed acupoint is the acupoint composed of two points or more. It has several forms as follows: First, the combination of the meridian acupoints, i. e. the group is composed of two meridian acupoints or more, such as Siguan, which is composed of Hegu and Taichong. Such combination also includes the specific points, such as Xinshumuxue which is composed of Juque, the Front-Mu Point of Heart and Xinshu, the Back-Shu Point of Heart, Feiyuanluo which is composed of Taiyuan, the Yuan-Primary Point of the Lung Meridian and Pianli, the Luo-Connecting Point of the Large Intestine Meridian, etc. Second, the combination of extraordinary acupoints, such as Daxiaogukong, Shousanguanxue, etc. and the extraordinary acupoints which are composed of multi-point themselves such as Shixuan, Sifeng, etc. and Jiquanzhongxin, which is composed of Jiquan and four Ashi points superior, inferior and lateral to it, etc. Third, the combination of meridian acupoints and extraordinary acupoints or Ashi points, such as Fuxiasanzhen, which is composed of Zhongji and Zigong. In a word, so long as there is a group of acupoints which is entitled a name, each acupoint of the group has its specific location, common indications, and the group has certain curative effect proved by clinical use, the group can be called a composed acupoint.

In the clinical use, some composed acupoints are abbreviated prescriptions themselves. For example, Yanglingquan and Zhigou can be used to treat the pain in the hypochondriac region, Zhongwan, Neiguan

and Zusanli can be used to treat the gastric pain, Jianyu, Jianqian and Jianhou can be used to treat the pain in the shoulder, etc. These small prescriptions have great effect in the clinical use, therefore they have a fixed form gradually, thus the composed acupoints take shape. There are many such examples in so many composed acupoints, and they embody the methods of combination of the same meridian, combination of the anterior and the posterior, combination of the exterior and the interior, combination of the above and the subjacent and combination of the left and the right of the original selection of acupoints and prescription. The composed acupoint is a kind of breakthrough as well as a kind of innovation for the classification of the acupoints of Acumoxi. It's a new development of the study of acupoints and a direction of the development of Acumoxi, and will surely have great prospect.

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