

汉英对照

实用针灸 独穴疗法

主 编 甘君学 仇裕丰

凤凰出版传媒集团
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*Clinical Application of Single-Point
(Chinese-English)*

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前 言

Preface

中国针灸学经过长期的医疗实践,积累了丰富的经验,几千年来为人类的健康和保健作出了巨大贡献,它不仅是中医学的重要分支,而且已全面走向世界,成为世界医学的组成部分。不久前,美国官方承认包括针灸学在内的中医学是一门独立的学科,而不仅仅局限于作为补充替代医学,就是基于中医针灸以其方法简便、适应证广、疗效卓著、安全可靠而深得人们的信任,接受中医针灸医疗服务的人群越来越多的现实而作出的明智决定。在人类日益崇尚“回归自然”的今天,各国医学界越加重视作为自然疗法之一的针灸疗法也是必然趋势。

In China, for thousands of years the science of acupuncture and moxibustion has made great contribution for the health of the human being and prevention and treatment of the diseases based on it's rich experiences accumulated from long clinical practice. Acupuncture and moxibustion have long been known in the world so that it is not only an important part of traditional Chinese medicine, but also a part of medicine in the world. Before long, in the United States traditional Chinese medicine, including science of acupuncture and moxibustion, has been acceptable recognized as a unique subject instead of a part complementary and alternative medicine because of it's simple application, wide range of indications, remarkable effects, low cost and safety, and because more and more people in the country go to visit TCM doctors and acupuncturists. At the present, back-to-nature has increasingly been a fashion, acupuncture and moxibustion, as one of natural therapies, has been paid more attention in the world.

针灸疗法取效是腧穴和刺灸方法综合作用的结果。针灸治病离不开腧穴,从湖南长沙马王堆汉墓出土的医学帛书,到《黄帝内经》,早期的针灸疗法大部分是独穴疗法。民间针灸疗法也大多以独穴为主。独穴效用专一,干扰因素少,刺灸操作简便,易为病人所接受;也容易被外国医生所理解

和应用。近年来,来华学习中医针灸的学者日益增多,在长期临床带教外国留学生和进修医生的过程中,我们深切了解到了他们为掌握腧穴主治及选穴处方所付出的艰辛。为此,我们组织了一批有多年临床经验的医学博士和硕士编写了这本中英文对照的独穴疗法专著,供临床应用时参考。

Acupuncture therapy is composed of selection of points and right needling techniques. In the early medical works such as the silk manuscript unearthed from the tomb of Han dynasty in Hunan province and Internal Classic of Emperor, most acupuncture therapies employed single point to treat diseases, so did they in the folk manuscript. Application of single point has advantages of easy acceptance by patient since it's unique indication, less interfering factors, simple needling techniques, and of easy understandability and practice by overseas acupuncturists. Our clinical demonstrations and instruction in the past years revealed that it is hard for most overseas students to fully understand the indications of points and composition of acupuncture prescription. Therefore, some clinical acupuncture experts are organized to edit this bilingual book on application of single point as desk-reference of acupuncture practitioners.

《实用针灸独穴疗法》详细介绍了临床常用的独穴定位及取穴方法、穴位所在部位的解剖结构和各科常见病症的独穴疗法、操作方法、应用心得,具有较强的临床实用性。且中英文对照、图文并茂,对学习针灸和临床应用针灸具有较高的参考价值。

"One Acu-point for One Disorder" introduces in detail location and anatomic structure of frequently-used single point, application of single point in treating common ailment and it's unique needling techniques and note. It is believed that this desk-reference is practicable and of great value in acupuncture study and clinical practice not only because of it's content but also it's bilingual edition and illustrations.

限于作者的知识水平,舛讹疏漏之处难免,敬请读者和同道批评与指正。

One book can not give all answers for changeable and complicated clinical conditions. We sincerely hope that readers enrich the book with the experiences from their clinical application of single point.

编者

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Outline

1. Concept of The Single Point Therapy

Firstly, it is the concept of single point therapy, which refers to a acupunctural method by using proper needling and moxibustion techniques on a certain acupoint in order to prevent and treat diseases is an important component of the clinical acupunctural therapy. Single point therapy with fewer disturbing factors, gives conveniences to the standard research of acupoint's majoy therapeutic effects in preventing and treating illnesses in terms of using only one point, performing a targeted function and requiring high needling and moxibustion techniques. At the same time, it will produce the same effect when using only one point instead of multiple points. With less points, rapid and sound effect, the unique characteristic of single point therapy is to alleviate patients' psychological tension and bitterness, thus it can be more easily accepted by patients.

2. History of The Single Point Therapy

Secondly, the development of single point therapy dates back from acupunctural therapy, which is the

概 述

一、独穴疗法的概念

独穴疗法是指在某一腧穴上运用适当的刺灸方法以防治疾病的针灸疗法,是临床针灸治疗的重要组成部分。独穴疗法用穴独一,在防治疾病过程中每次只取一个腧穴,效用专一,干扰因素少,刺灸方法要求高,能较好的观察治疗效应,对规范化研究腧穴的主治作用提供了便利;而取用一个腧穴能起到取多个腧穴同样的作用,取穴少,起效快,疗效好,减轻了病人的心理紧张和痛苦,更易为病患所接受,这也是独穴疗法的特点。

二、独穴疗法的发展简史

起源于我国的针灸疗法,是祖国医学宝库中最为珍贵的历史遗产,不但对我国的民族繁衍昌盛起到了巨大的作用,也对世界医学的发展作出了很大的贡献。

独穴疗法从“以痛为腧”到两千多年前的医学著作《黄帝内经》，以后历代又都有一定的发挥和补充，使治疗病种得到了扩展、治病效果得到了提高。

腧穴是我国人民在长期与疾病作斗争的过程中，陆续发现逐步积累起来的，它的发展经历了不断提高、完善的漫长过程。最初，人们以病痛之处作为“砭灸处”，即“以痛为输”，大多是用独穴以砭石刺病、以草木施灸。故最早的针灸疗法大部分是独穴疗法。

随着对体表施术部位及其治疗作用的长期临床观察，认识逐步深入，才陆续为腧穴定位、定名，逐步形成了有固定名称、明确部位和主治作用的腧穴理论。以后，通过历代医家的整理、考订，又以经脉为主线对腧穴进行系统、科学归类。如《内经》以有名有位、有位无名、以痛为腧等形式载述腧穴，其针灸治疗多以独穴疗法为主，共有 66 种病症采用了独穴疗法。

greatest historical heritage in the treasury of our traditional Chinese medicine. It makes great contributions not only to the multiplication and prosperity of our Chinese nation but also to the progress of the world medicine.

From the experience of “where it pains where it is the acupoint” to the Yellow Emperor’s Classic of Internal Medicine and the development and supplement of each successive dynasties, single point therapy has enlarged the scope of treating illnesses and also promoted the effect of curing diseases.

Acupoints have been discovered and accumulated by our people during the long-time fight against illnesses. At first, people implemented moxibustion with stone needle in the place where it pains, namely, the idea of “where it pains where it is the acupoint”. Mostly, single point is selected during the course of using manipulation techniques, such as acupuncture with stone needles and moxibustion with plants. As a result, the earliest acupuncture and moxibustion therapy is mostly single point therapy.

The acupoint theory, with fixed names, definite locations and major therapeutic effect, has successively localized and named acupoints, after long-time clinical observation of the surface of the human body where manipulation skills are implemented, and after cognitions are acquired step by step. Thereafter, acupoint systems, with

meridians as its mainline, has been classified scientifically and systematically by the arrangement examination and correction of traditional Chinese doctors of each dynasties. For example, acupoints are recorded in Yellow Emperor's Internal Medicine in terms of having both names and locations or having locations without names or taking the locations where pains are produced as the acupoint. Its acupunctural therapies are mainly single point therapy, which are adopted by sixty-six diseases and signs as their therapeutic method.

The single acupoint therapies were recorded in acupuncture and moxibustion clinical therapeutical cases of famous traditional doctors in the field of acupuncture and moxibustion. Take Bianque, a highly skilled doctor in the period of year and warring states for example, he cured Corpse Jue of the prince of Guo by manipulating on the acupoint Baihui. The famous doctor Huatuo, living in the last years of Eastern Han dynasty, needled Emperor Caochao on the acupoint fengfu (DU16) to cure his Head wind. Zhenquan from Sui and Tang dynasty treated provincial governor's Pharyngitis of Tang dynasty by pricking blood therapy. Imperial physician Qingminhe cured Giddy disease of Emperor Gao Zong of Tang dynasty by exercising Pricking blood therapy on the acupoint Baihui. Famous gynecological doctor Fuqingzhu from Qing dynasty thorned Glabella to administer the

历代针灸界名医许多生动的针灸临床治疗案例中亦多记载独穴疗法。如春秋战国时代神医扁鹊以百会穴拯救虢太子尸厥；东汉末年名医华佗以风府针治曹操头风；隋唐甄权刺血巧治唐刺史喉闭；御医秦鸣鹤用百会刺血止唐高宗眩晕；清代妇科名医傅青主刺印堂治产后血晕……

随着针灸医学的不断发展,独穴疗法从基础理论到临床实践都有了较大的充实和提高。虽然近现代针灸临床治疗以多穴疗法为主,主张腧穴配伍、协同治疗的优越性;但随着腧穴规范化研究的深入,对腧穴的临床和实验研究资料的积累,人们认为独穴疗法仍然是现代针灸临床治疗中不可或缺的重要部分。在治疗某些疾病的过程中,人们发现独取一穴与取用多穴的治疗效应和临床效果基本一致,特别是对腧穴的双向良性调整作用的深入研究结果证明,刺激同一个穴位在人体的不同机能状态下产生的作用不一样,具有双向调节作用。通过腧穴产生的刺灸效应,除部分特异性作用外,大多是多层次、多靶点的调节效应,是一种生理范围可控制的自我调节。运用不同的刺灸方法和手法可以较为理想的取得预期的治疗效应。这也是针灸治疗的特色之一。

bruise in the postpartum. Such cases are hard to exhaust.

With the continuous development of the Science of acupuncture and moxibustion, the single acupoint therapy has been advanced and supplemented both in fundamental theory and in clinical practice. Although modern acupuncture and moxibustion clinical therapy, confirming the therapeutic superiority of combination and coordination of acupoints, takes multiple acupoint therapy as its core, single acupoint therapy is still considered the indispensable component in modern acupuncture and moxibustion clinical therapy, especially with the intensified standard research of acupoint and the accumulation of the data from both clinical and experimental researches. In the process of curing some illnesses, taking the same acupoint and multiple acupoints have almost the same therapeutical and clinical effects. Especially, the intensified research results from two-way positive and regulatory effect, have proved that stimulating the same acupoint has different effects when human body is in different functional states, that is double-way regulatory effects. Needling and moxibustion effects produced by stimulating a certain acupoint, are mostly regulatory effects at multiple levels and towards various targets, except for some specific roles. And they are controlled self-regulations within the physiology range. It is

one of the characteristics of acupuncture and moxibustion therapy to implement different needling and moxibustion techniques together with methods, in order to acquire ideal and expected therapeutic effects comparatively.

The first communication meeting of the nation on single acupoint's clinical experiences was held in Shanxi by China Acupuncture and Moxibustion Association in 1989, during which, 81 representatives from all over the country wrote 151 thesis about clinical applications and experimental researches of single acupoint, which is the first conclusion of single acupoint therapy in modern times. The second communication meeting on the clinical application experiences of single acupoint was held in 1991. Followed by was international communication meeting on the clinical application experiences of single acupoint in 1992. The standard research project on acupoint's location and major therapeutic effects was initiated by State Administration of Traditional Chinese Medicine in 2003, setting up a research norm to the study of the roles of single acupoint on clinical standardized research topics as well as in exploring the comparative specification and the clinical effective law of single point. All above have laid a sound foundation for further progress of the single point therapy.

1989年,中国针灸学会在山西召开了全国第一次单穴临床经验交流会,来自全国各地的81名代表撰写论文151篇,论述了单穴的临床应用和实验研究等方面的内容,这是当代独穴疗法的第一次总结;1991年召开了第二次单穴临床应用经验交流会,1992年又召开了国际单穴临床应用经验交流会。2003年国家中医药管理局启动的腧穴部位和腧穴主治标准化研究项目,对腧穴主治作用的临床规范化研究课题均为单穴的作用研究,在探索独穴的相对特异性和临床作用规律方面做出了研究规范。这些都为独穴疗法的进一步发展奠定了较好的基础。

三、独穴疗法的研究进展

1. 独穴作用的相对特异性研究

独穴特异性是指独穴与非穴位、独穴与其他一般穴位之间在功能作用上所存在的差异,即某些独穴对某病或某系统疾病具有明显疗效。目前多数人认为,独穴功能作用特异性既有普遍性,也具有相对特异性。

(1) 独穴与非穴位功能作用的差异: 独穴特异性首先表现在穴位与非穴位在针灸效应上的差异。临床和实验均证明,针灸独穴作用明显,针灸非穴位大多作用不明显或无作用。如针刺健康人足三里穴,可使白细胞吞噬指数(每个白细胞吞噬细菌平均数)由 1.74 上升至 3.67;吞噬能力(每 100 个白细胞中有吞噬能力白细胞数即其百分数)由 48.16% 上升至 71.25%;针刺非穴位点,白细胞吞噬指数由 1.62 降至 1.50,吞噬能力由 49.44% 降至 47.11%,针刺前后无明显变化。

3. Research Progress of The Treatment of Single Point

1. Relative specificity research about the single point

The single point specificity refers to the functional difference between single point and the non-acupuncture points, as well as other general acupuncture points. Namely, certain single point have obvious curative effect to some illnesses or system diseases. At present most people believe that, the single point functional specificity has both the universality and the relative specificity.

(1) The functional difference between the single point and non-acupuncture points: The single point specificity first displays in the difference of the acupuncture effect between the acupuncture point and the non-acupuncture point. Clinic and experiment both proved that acupuncture on the single point has obvious functions, and acupuncture on the non-acupuncture point mostly has little or no function. For instance, needle ST36, leukocyte phagocyte index (average number for each leukocyte lick up bacilli) rises from 1.74 to 3.67; phagocyte ability (the number of phagocyticable white blood cells in every 100 white blood cells, i.e. its percentage) rises from 48.16% to 71.25%; needle non-point, leukocyte phagocyte index drops from 1.62 to 1.50, phagocyte capability drops from 49.44 to 47.11, no distinct change.