

(英汉对照)

Special Diagnosis and Treatment Techniques of

Shanghai University of Traditional Chinese Medicine

上海中医药大学

特色诊疗技术

廉世兰



Compiled by Shanghai University of Traditional Chinese Medicine

上海中医药大学 编

Publishing House of Shanghai University of Traditional Chinese Medicine

上海中医药大学出版社

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Preface

Special diagnosis and treatment techniques have always been regarded as rare treasure of clinical practice of traditional Chinese medicine (TCM), for they can fully reflect characteristics of TCM and such clinical advantages as "simplicity, convenience, low-cost and immediate effect" as well as exact efficacy and high maturity. These special techniques, guided by the treatment based on syndrome differentiation, can work well for intractable diseases and therefore are popular among patients.

In 2004, the publication of "Special diagnosis and treatment techniques of Shanghai University of Traditional Chinese Medicine" by the publishing house of the University got favorable social recognition. Some techniques in the book have been extensively spread for clinical application. In order to promote further application of more and better special techniques to benefit the public and satisfy the need of readers from both home and abroad to get more information on diagnosis and treatment techniques with characteristics of TCM, we, based on the previous one, re-collected specially-screened 28 items and compiled this new "Chinese-English Special Diagnosis and Treatment Techniques of Shanghai University of Traditional Chinese Medicine", introducing the long-term exploration and experience from five affiliated hospitals including Longhua hospital, Shuguang hospital, Yueyang hospital, Shanghai Municipal TCM Hospital and the Central Hospital in Putuo area. Although these items are

序

中医药特色诊疗技术是中医临床宝库中的一朵奇葩,能够充分体现中医特点和临床优势,具有“简、便、廉、验”的优势,也能体现确切的疗效并具有较高的成熟度。中医临床在辨证施治的指导下,应用特色诊疗技术使痼疾痊愈、沉痾渐除,具有顽强的生命力,并为广大患者所接受。

2004年上海中医药大学出版了《上海中医药大学特色诊疗技术》,引起了良好的社会反响,其中的一些技术已经得到了推广应用。为了使更多更好的中医药特色诊疗技术得到推广应用,服务于广大患者。为满足国内外读者对中医药特色诊疗技术的需求,我们在原书的基础上,编撰了《(英汉对照)上海中医药大学特色诊疗技术》,重新收录了经过特别遴选的28个特色诊疗技术项目。它们是我校附属龙华、曙光、岳阳、市中医、普陀5家医院临床长期探索和积累的经验。虽然是众多特色诊疗技术中的很小一部

just small parts of numerous special techniques, either well-developed preparations or easily-operated methods have been accumulated through years of effort of one special department, and one or several experts. Some may require high technology such as "Intervention of Chinese herbs and malignant cancer"; some are easy but indicated for common problems such as "Eye-fumigation plus massage and myopia for teenagers"; some got national or ministerial-level science & technology prize as leading projects of discipline construction; and some may only solve "minor problems" or one certain symptom or sequelae of some diseases but mean a lot to the public and social community.

Considering the need of TCM professionals and general readers without medical background, the authors of this book tried their best to use simple words to explain medical meaning. For example, dialogues between "patients" and "doctors" are adopted to explain certain diseases; and "technical sources and therapeutic approaches" are introduced to show its reliable efficacy, repetitive operation and worth-spreading adaptability. The attached VCD can help readers understand the diagnosis and treatment procedures and operation methods directly. I'm sure that readers can get a lot and find ways for dealing with varieties of diseases from this book.

分,但无论是精心研制的制剂还是操作简便的治疗手法,都凝聚了一个专科、某位或多位专家多年的心血。其中有高超的技术水平如“中药介入治疗恶性肿瘤”;有简单却适用常见病、多发病的治疗如“熏眼按摩法治疗青少年近视”;有得过国家、部委级的科技奖,作为学科建设的重要项目以及主要解决某些“小毛病”或某种疾病过程中某一症状或后遗症,但已普及到社区、老百姓生活中的诊疗技术。

为了能更多地兼顾中医专业人士和广大读者的需要,在编写过程中我们尽力做到深入浅出、言简意赅。通过“患者”与“医生”的问答达到“释疑解惑”的效果。“技术渊源与方法”说明其疗效可靠,具有重复操作和推广应用性;书中同时穿插了图片,做到图文并茂,帮助加深理解。附赠的VCD可以帮助读者对照书本直观地了解技术的诊疗规范和操作。相信读者能够从中可以收益颇多,也不失为寻找治愈各种疾患的一条途径。

Xie Jianqun
January 2007

谢建群
2007年1月

Foreword

Traditional Chinese Medicine (TCM) is regarded as the precious experience of Chinese people in the course of preventing themselves from diseases in the past thousands of hundreds of years. It has done tremendous contribution to the health care of the Chinese nation. At the same time, TCM keeps developing all the time and becomes popular among patients with its characteristics and special therapies. In addition, it is now gradually recognized by the doctors of Western medicine as well. It's believed that TCM will become the common medical resource and treasure for the mankind to some degree.

Nevertheless, many special TCM therapies are now facing great challenges. One of the challenges is that the special TCM therapies are not influential enough in clinical practice and lacking clear advantages, for example, some techniques may be lost for lacking of appropriate successors; some techniques are losing its roles because of the changes of disease spectrum; some techniques are just neglected because they are regarded as "out of fashion"; and some techniques are just abandoned in terms of economic benefit... Another challenge is that some people consider that TCM has no special therapies for the newly-named diseases according to Western Medicine and modern lifestyle problems because of no corresponding recordings in the ancient literature... The above challenges may more or less negatively affect the special TCM diagnosis and treatment, even the inheritance, innovation

前言

中医药是千百年来我国历代劳动人民同疾病作斗争的经验结晶,长期以来为中华民族的医疗保健事业作出了巨大的贡献。与此同时,中医药学本身也不断地得到了发展和提高,形成了许多具有中医特色和优势的诊疗手段和技术,深受广大患者的欢迎,并逐渐得到了西医同道的认可,使之在一定程度上成为人类共享的医疗资源与财富。

但是,不可否认的是,近年来由于种种原因,许多中医传统特色诊疗技术的正面临着巨大的挑战。挑战之一是中医特色技术的临床影响不大、优势不明,如:有的技术因没有配备得力的继承人而面临失传;有的技术因疾病谱的变化而无“用武之地”;也有的技术因一些人嫌其“土”而被“束之高阁”;还有一些技术因经济效益不佳而遭人遗弃……挑战之二是对于一些西医新命名的疾病、现代生活方式病,一些人因文献无相应记载而认为中医无特色技

and improvement of the whole TCM academic system. However, we are sure that challenges can be changed into opportunities and pressure can be turned into motivation with a proper treatment. For many years, the administrators and experts of the five affiliated hospitals of the University including Longhua hospital, Shuguang hospital, Yueyang hospital, Shanghai Municipal TCM Hospital and the Central Hospital in Putuo area, have been dedicating themselves to spreading TCM knowledge on the basis of the principle of "eliminating the false and retaining the true and discarding the dross and selecting the essential". What's more, they organized some special TCM therapies that have characteristics of TCM, Shanghai style and features of the times by combining TCM clinical practice with research achievements of modern medicine. After that, the experts and professors of the University were invited by the Hospital Administration Division to select 16 of the techniques from dozens of them submitted by the affiliated hospitals in 2004 and published the book of "Special Diagnosis and Treatment Techniques of Shanghai University of Traditional Chinese Medicine" at the end of 2004, introducing the source, characteristics, operation, and indications of the 16 techniques in detailed information. After publication, the book got extensive recognition from both insiders and outsiders of the medical field and attracted attention from both home and abroad. Based on that, we organized another screening from 2005 to 2006 and confirmed 12 items as the second-group of special diagnostic and therapeutic techniques, and together with the previous 16 ones, we are making this "Chinese-English Special Diagnosis and Treatment Techniques of Shanghai University of Traditional Chinese Medicine". The VCD with the same name will be attached to the book for the readers to understand

术……凡此种种,都或多或少地对中医特色诊疗技术,乃至对整个中医药学术体系的继承、发展与提高,产生负面影响。不过,只要处置得当,挑战可以引出机会;压力可以变为动力。多年来,我校附属龙华、曙光、岳阳市中医、普陀五所医院的领导与专家,将弘扬中医药学术为己任,本着“去伪存真、去粗取精”的原则,紧密结合现代中医临床实际并参考、吸取西医学的研究成果,对传统技术进行了仔细的整理,并从中遴选出了一批具有中医特色、上海特点、时代特征的中医特色诊疗技术。在此基础上,校医院管理处于2004年组织全校系统的专家教授,以“打擂台”的方式,先后从附属医院上报的几十个项目中选取16项,作为代表我校水平的中医特色诊疗技术加以确认和推广,并于2004年底出版了《上海中医药大学特色诊疗技术》一书,逐一介绍了这16项技术的渊源、特点、操作、适应证等相关问题。该书出版后,得到了业内外人士的广泛认可,并引起了国外同行的关注。有鉴于此,我们于2005—2006年再一次组织了遴选,确定了12项作为第二批中医特色诊疗技术,并与

the operation methods vividly through the pictures.

The publication of this “Chinese-English Special Diagnosis and Treatment Techniques of Shanghai University of Traditional Chinese Medicine” is a new try in terms of inheriting and improving characteristics of TCM and advantages. The Party and administration office of the university showed full support and encouragement for this book. Yan Shi-yun, the ex-president of the University wrote the book name; Xie Jian-qun, the secretary of the Party committee and executive president of the University wrote the preface for this book. In addition, the administration of the five affiliated hospitals (especially the president-in-charge and medical affairs division) as well as relevant experts showed strong support for this book. We really appreciate what they have done for the publication of this book.

Despite all our efforts, the errors in both book and VCD are inevitable due to a tight schedule and limitations of the editors. Any suggestion and comments are welcome for the timely correction of revised edition of this book.

第一批 16 项技术合并辑成《(英汉对照)上海中医药大学特色诊疗技术》。书后附有同名 VCD, 便于读者“按图索骥”, 直观地了解这些技术的操作方法。

《(英汉对照)上海中医药大学特色诊疗技术》的出版, 是发掘提高中医特色与优势的一次尝试。校党政领导对此作了充分的肯定和热情的鼓励, 老校长严世芸欣然为本书题写书名, 校党委书记、常务副校长谢建群为本书作序加勉, 使之增色不少; 期间, 我们也得到了五所附属医院各级领导(尤其是分管院长和医务处)的鼎力相助, 以及各相关项目专家的热情支持。在此, 我一并向领导、专家表示由衷的感谢!

由于时间、条件, 以及编者水平的限制, 本书编写与 VCD 制作中的欠妥和不当之处在所难免, 恳请读者批评指正, 以便在本书再版时及时更正。

Ruan Longde
November, 2006

阮龙德
2006 年 11 月

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Puncturing Sacrum Points with Long Needles for Urethra Syndrome

The Acupuncture & Moxibustion
Department, Yueyang Integrative
Chinese-Western Medicine Hospital

Questions and answers

The patient: Hello, doctor. I've suffered from frequency and urgency of urination for many years, but the routine urine test showed normal results. I have been treated in many hospitals and taken varieties of medications including antibiotics and patterned herbal products. However I didn't get satisfactory effect. The above symptoms have now obviously affected my life quality. I was told that you can treat this problem with acupuncture, and that's why I came here. Can you help me?

The physician: Ok, I need to examine ... what you are suffering now is called urethra syndrome. We've cured many patients like you. So we'll try our best to help you.

Relevant information: Urethra syndrome (US) refers to a group of symptoms of lower urethra irritation (frequency of urination, urgency of urination, dysuria and down-bearing sensation of the lower abdomen), but

骶穴长针深刺 治疗尿道 综合征

岳阳中西医结合
医院针灸科

释疑解惑

患者问: 医生,您好。我多年来一直有尿频、尿急等状况,但尿常规检查等均无异常。我曾经到许多医院泌尿外科等就诊,也服用很多种药物,包括抗生素及中成药等,但疗效欠佳。病症已经明显影响我的生活质量,我十分痛苦。听说你们医院针灸科治疗此病非常有效,您帮我看一下,好吗?

医生答: 好的,我来检查一下……根据病症你得了尿道综合征,我们已用针灸的办法治好了许多像你这样的病人。我们会尽力替你治疗的。

相关知识: 尿道综合征(Urethral Syndrome, US)指有下尿路刺激症状(尿频、尿急、排尿不畅和小腹坠胀等),而

without organic changes of urinary bladder and urethra as well as absence of obvious bacterial urine. It is often called female urethra syndrome (FUS), for it always occurs to women. The similar symptoms of men are clinically called "pain of the prostate" or "painful US". The etiology and pathogenesis of US is still unclear. Currently it's believed to be related to such aspects as infection, mental stress, life behavior, and incomplete development or regression of micturition-controlling function. Urethra syndrome has a high morbidity. Overseas literature reported that about 40% women with urethra-irritating symptoms suffer from FUS. In China, urethra infection affects 2.37% of the women population, among which half of them are US. In 1990, the British Commonwealth reported that US affected 2.5 million women each year. Therefore it's of significance to study the clinical therapies on US. We've obtained remarkable effects in treating urinary dysfunction by puncturing sacrum points with long needles on the basis of meridian theory and modern research on neurophysiology. This therapy has won the support of diagnostic and technological items from the State Administration of Traditional Chinese Medicine for further clinical application.

无膀胱和尿道器质性病变、无明显菌尿的一组证候群,因多发于中青年妇女,所以常称为女性尿道综合征(FUS)。男性也有类似症状,临床称为“前列腺痛”或“痛性US”。US病因病理尚未完全清楚,目前认为主要与感染、精神因素、生活行为、排尿控制功能发育不全或退化等方面有关。US发病率很高,据国外文献报道,约40%有尿道刺激症状的女性患者同时存在FUS。我国女性尿路感染的发病率为2.37%,其中约半数为US,1990年英联邦报道每年有250万妇女受此征影响。因此,开展US的临床治疗方法的研究具有重要意义。岳阳医院针灸科应用中医经络脏腑学说,结合现代医学神经生理进展,创立骶穴长针深刺方法治疗排尿功能障碍性疾病,临床取得了显著疗效。该方法已经得到国家中医药管理局诊疗技术项目支持,并进行临床推广应用。

Routine diagnosis and treatment

Diagnosis

1. Major symptoms: typical 1) frequency of urination; 2) urgency of urination; 3) dysuria.
2. Minor symptoms: down-bearing sensation or pain of the lower abdomen; painful urination; and urine incontinence.

常规诊疗

一、诊断

1. 主症: 具有典型的:
① 尿频; ② 尿急; ③ 排尿不畅。
2. 次症: 小腹坠胀或疼痛、尿痛、尿失禁。

3. General symptoms; neurasthenia; low spirit; fatigue; lumbar soreness and pain; and insomnia.

4. Exclusion of urethra infection or other organic diseases.

Treatment

There are varieties of therapies for US, including medications, bladder training, biofeedback, microwave, local blockage and surgery. However, most therapies fail to get satisfactory effects due to complicated pathology of US. Clinically smooth muscle relaxants, anticholinergic, calcium channel relaxants as well as electric-stimulation therapy are often adopted for US treatment. Owing to the complicated onset mechanism, the present therapies can only improve some symptoms, however, the effects are not stable enough; and the general side effects still remained. The sacral nerve stimulating therapy is only indicated for a small number of patients. In addition, many patients decide not to accept it because of the psychological or physiological disturbance as well as high cost in placing the electrodes in vivo for a long time.

Acupuncture has remarked regulation on the urethra function; it can elevate the hypo-urethra pressure of those with stress incontinence; regulate the micturition function of those with urethra syndrome; reduce the hyper-urethra pressure; inhibit the unstable contraction of detrusor and coordinate the urine storage and discharge, suggesting that acupuncture has benign two-way regulation on dysuria.

3. 全身症状: 神经衰弱、精神不振、疲乏无力、腰背酸痛、失眠等。

4. 排除尿路感染及器质性疾病。

二、治疗现状

US 的临床治法较多, 如药物治疗、膀胱训练、生物反馈、微波疗法、局部封闭、外科治疗等。但因 US 病因病理较为复杂, 故大多疗效不太满意或不良反应明显。临床对 US 的治疗多用平滑肌松弛药物、抗胆碱药物、钙通道松弛药物以及电刺激疗法等, 因 US 的发病机制比较复杂, 目前临床治疗能部分改善临床症状, 但存在作用途径单一, 全身副作用明显, 疗效不稳定等缺点。迄今研究应用的骶神经刺激疗法适用范围较窄, 尤其是机体内长期置入电极后存在的心理、生理障碍及费用昂贵等, 使许多患者无法选择。

针灸对膀胱尿道功能有显著的调节作用, 并且在不同的状态下其调节性存在差异, 如针刺可使压力性尿失禁患者过于低下的尿道压升高, 针刺可调整尿道综合征患者紊乱的排尿功能, 降低过高的尿道压, 抑制逼尿肌的不稳定收缩, 协调储、排尿功能, 提示了针刺对排尿功能障碍具有良性双相调整作用。