



汉英对照

# 针刺手法图解 (第二版)

编著 刘 炎 翻译 李照国 王 静

Chinese-English Edition

## Diagrams of Acupuncture Manipulations

(2nd Edition)

上海科学技术出版社

SHANGHAI SCIENTIFIC & TECHNICAL PUBLISHERS

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本书如有缺页、错装或损坏等严重质量问题,  
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本书是第一本用汉英对照书写的针刺手法技术图解,内容共分六章。第一章针刺基础,介绍从持针、得气到出针的常识。第二章毫针刺法,亦为本书的重点,主要介绍了针刺前后 10 余种辅助手法,20 多种行针辅助手法,常用 8 种补泻法和 23 种复式针刺手法及多种其他针法等。第三章《内经》论刺法,重点介绍了“九刺”、“十二刺”、“五刺”、“三刺”和导气等 20 余种方法。第四章透穴针术,介绍了比较特殊的透穴术近 53 种。第五章艺术针法,介绍了临床行之有效的常用艺术针术 44 种。第六章特种针刺法,介绍了 11 种特种针法和针术。

全书内容丰富,体现了针刺技术的重要性和必要性。

Diagrams of Acupuncture Manipulations, a first Chinese-English book on the manipulations of needles, is divided into six chapters. Chapter 1, Essentials of Acupuncture, introduces the general knowledge of holding the needle, obtaining acuesthesia and withdrawing the needle. Chapter 2, Needling Techniques of the Filiform Needle, the core of this book, introduces over 10 kinds of supplementary techniques used before and after needling, over 20 kinds of supplementary needling techniques, 8 kinds of general strengthening and reducing techniques, about 23 kinds of complex needling techniques and other needling techniques. Chapter 3, Needling Techniques in *Neijing*, mainly introduces Nine Needling Techniques, Twelve Needling Techniques, Five Needling Techniques, Three Needling techniques, Qi Directing, etc. Chapter 4, Penetrated

## *Content Summary*

Needling, introduces about 53 kinds of special penetrated needling techniques. Chapter 5, Artistic Needling, introduces 44 kinds of artistic needling techniques effective in clinical use. Chapter 6, Special Needling Techniques, introduces 11 kinds of special needling techniques.

This book is rich in content, demonstrating the importance and necessity of the needling techniques.

作者介绍  
Resume of Author

《中国》人籍籍曰楚业其。著颇即速界灸特因中国全并,并工究研前  
 籍大人各育楚升国中》,《楚升国·并医国各国中》,《楚人各升  
 世》,《典大国兴中》,《典大本英中》,《典各案字育楚国中》,《典  
 08 著《典籍籍人国麻共另人半中》,《典大本人表升界世》,《楚人各界  
 。中系各科余

刘炎,性别男,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。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,深受患者欢迎。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》以及《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》曾先后在全国中医学院校有声读物评展中获得2项优秀教材奖,以及优秀片奖、教学奖等。《古典针法》别具一格,新颖别致,集科学、艺术于一体,获得了华东地区和全国比赛一等奖,此也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;近来还积极参与“针药结合戒毒的临床和机理研究”、“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,在全国中医针灸界影响颇深。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 余种名录中。

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, and now is a professor and the first director of Acumox and Tuina College of Shanghai University of Traditional Chinese Medicine, a former director of Acupuncture Education Society of All-China Higher TCM Institutions, a director of TCM Comprehensive Therapy Association of Shanghai Society of Chinese Medicine and Pharmacy and a deputy board chairman of Needling and Moxihustion Technique Association of China Acupuncture Society.

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 after his middle age. In the 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 honored 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 "Liberation 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" 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 partner 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 the eastern region of China and 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 theses 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 Dietetics", "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 the compilation and edition of over ten 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 state and bureau level, such as "Clinical and Mechanism Study on Drug Abuse Treated by Acupuncture and Herbal Preparation" and "Experimental Study on Methodology of



### *Resume of Author*

Transdermal 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".

前言  
Preface

针灸是中国传统医学中一颗璀璨的明珠,它为中华民族的繁衍昌盛作出了极大的贡献。随着中医学的发展,针灸不仅广泛应用于国内,也传遍了世界。然窥诸多为针者,仅知初步的针灸知识和技能,而对于诸多较为深邃的技术和方法却不甚通晓。然而在医疗实践中,针刺之操作熟练与否,将直接关系到疗效的优劣,因而如何正确、熟练地掌握针刺技术和方法,就成了学好针灸和提高针刺疗效的关键。

在各中医药院校内,云集了不少来自世界各国的留学生,其中绝大多数是来学习针灸的,有的甚至已三五次来校,就是为了使自己的针刺技术提高和加深,他们也不乏阅览了诸多图书,但总感其玄妙而难以领悟,因而急切地希望有一本中国特色的、深入浅出的针刺手法与技术方面的参考书,供他们学习和提高之用。为了满足广大针灸爱好者、针灸医务工作者的需要,特别是使国外针灸医师真正地把针刺技术学到手,使其能在普及的基础上加以提高,在提高的基础上得以求精,笔者把40余年来从事针灸临床、医疗、教学和科研方面的亲身感受和体会,以及对每种针刺方法的理解,在广泛吸取广大医疗、教学、科研人员经验的基础上加以整理,撰写成书,并为使国内外人员均有机会学到针刺的技能和方法,本书采取汉英对照书写。

撰写过程中如有失妥之处,殷切期望同道们加以指正。

刘 炎  
2007年12月12日

## *Preface*

Acumox (acupuncture and moxibustion) is an indispensable part of traditional Chinese medicine and has made great contribution to the development and prosperity of the Chinese nation. With the development of TCM, acumox not only has spread all over China, but also becomes internationally popular. However many international acupuncturists only know some primary knowledge about acumox, but are unfamiliar with the excellent skills and effective needling techniques at the higher level. In medical practice, proficiency in needling decides the curative effect. Therefore how to correctly and efficiently study the needling skills and techniques is key to the mastery of acumox and the improvement of the curative effect of acumox.

In TCM university there are many international students, most of whom specialize in acumox. Some of them even have studied in our university for several times, just for the improvement of their needling skills. They have read many books but still cannot grasp the gist of the manipulative techniques because there are no books devoted to simple and systematic explanation of the manipulative techniques. To meet this need, I have compiled this book based on my personal experience in the past 40 plus years and the practice of other teachers, doctors and researchers. This Chinese-English book is mainly devoted to the techniques and methods of acupuncture for readers inside and outside China.

There may be some errors in this compilation. The counterparts both inside and outside China are welcome to point them out so that they can be corrected.

Liu Yan  
December 12, 2007

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## 第二章 毫针刺法

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