

# 中医药英语 阅读教程(上)

陈 怡 周亚东 主编



*A Reading Course for TCM English*



北京师范大学出版集团  
BEIJING NORMAL UNIVERSITY PUBLISHING GROUP  
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# 中医药英语 阅读教程(上)



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# 前 言

随着中医国际化的深入,英语作为国际化桥梁的重要性已日益凸显,准确实用的英语表达对中医国际化意义重大。医学院校的学生学习中医药英语已势在必行,因为中医要走向世界,首先要打破语言的壁垒。鉴于此,我们组织了部分医学英语教学第一线的骨干教师,结合自身的教学实践,专门为中医药院校的学生编写了这套教材。

本套教材分为上、下两册:上册涵盖了中医药理论、阴阳、五行、气血津液、经络、病因、病机、中医诊断技巧等内容;下册涵盖了中医方剂、针灸和艾灸、内外妇儿的辨证治疗、中医养生与疾病预防、中医简史、中医代表人物及医学著作等内容。

本书共十一个单元,每单元由 Text A, Text B 及 Text C 三篇文章组成,课后设有词汇、阅读、翻译、写作等形式的练习题并在每单元后以不同主题列出常用医学英语词根词缀,便于学生巩固所学内容及拓展医学英语词汇。

《中医药英语阅读教程(上、下)》可供中医院校本科生、研究生作为教材使用,也可作为培训中医药对外交流人员的教材。

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编 者

2018 年 6 月



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## Unit 1 Theory of Traditional Chinese Medicine



### Text A

#### An Introduction to Traditional Chinese Medicine

Many Chinese people, especially the older generation, are accustomed to going to traditional Chinese doctors<sup>①</sup> and using traditional Chinese remedies.

Traditional Chinese medicine (TCM) has a history stretching back thousands of years. TCM is an extremely rich discipline, built upon the combined experiences of famous practitioners of past dynasties, and the extensive body of medical writings they produced.

The theories of TCM are quite different from those of Western medicine. TCM considers Nature and Human to form a single whole, and emphasizes the philosophical concept known as “The Unity of Heaven and Human<sup>②</sup>”. Environmental factors such as the four seasons and changes in temperature and weather are believed to influence the human body, with the body and Nature forming an integrated system. For instance, when the weather is humid in the spring, hot in the summer, dry in the fall, or cold in the winter, TCM employs treatments known as “eliminating fire” “expelling dampness” “moistening the body” and “guarding against cold” respectively. All parts and systems of the body are considered to be closely connected and mutually interacted “The outside of the body is *yang*, and the inside is *yin*; the back is *yang*, and the abdomen is *yin*.” TCM utilizes the *yin-yang* Theory and the Five-Element Theory, which advocate “administering treatment according to pattern”, rather than “treating the head when the head hurts; treating the foot when the foot hurts”.<sup>③</sup> According to the Five-Element Theory, the liver and gallbladder are Wood, the heart is Fire, the spleen and stomach are Earth, the lungs and intestines are Metal, and the kidneys and bladder are Water. When *yin* and *yang* are out of balance, disease and disorder result. Diagnosis relies on inspecting the complexion, smelling the breath, inquiring about symptoms and feeling the pulse in order to determine the overall condition of the body.

Traditional Chinese remedies consist of natural preparations. Several thousand years of experimentation have determined the specific medicinal properties of numerous herbs, and the specific prescriptions and treatments that should be used for a wide range of conditions. The famous *Compendium of Materia Medica* (*Bencao Gangmu*), written by Li Shizhen during the Ming

Dynasty (1368~1644), contains comprehensive descriptions of thousands of Chinese herbal remedies. Traditional Chinese remedies may either be taken internally or applied externally to promote the recovery of normal functioning, in accordance with the theory of “administering treatment according to pattern”. Thus the saying, “Western medicine treats the symptom, Chinese medicine treats the root.”<sup>④</sup> As more people have become interested in alternative lifestyles in recent years, there has been a corresponding upsurge of interest in<sup>⑤</sup> herbal medicine and non-pharmaceutical treatments. Traditional Chinese medicine and remedies have become increasingly popular around the world, and the number of Sino-foreign exchanges<sup>⑥</sup> concerning traditional Chinese medicine and remedies has steadily increased. Japan, the United States and Germany have established a number of cooperative projects with China, and the World Health Organization has opened seven traditional Chinese medicine centers in China.

Studies concerning acupuncture, moxibustion and the use of acupuncture for anesthesia and pain relief<sup>⑦</sup> have been published in 120 countries and regions around the world. In 1987, the World Acupuncture Association, consisting of over 50,000 members from almost 100 countries and regions, was established in Beijing. In 1991, the International Association of Traditional Chinese Medicine was established in China, with representatives from several dozen countries jointly drafting the “Beijing Proclamation”.<sup>⑧</sup> To date, China has established medical research and educational exchanges in the field of TCM with more than 100 countries and regions.

(608 words)

## New Words

integrated /'ɪntɪɡreɪtɪd/ *a.*

综合的, 完整的

humid /'hjuːmɪd/ *a.*

潮湿的, 湿气重的

expel /ɪk'spel/ *vt.*

驱逐, 赶走

dampness /'dæmpnəs/ *n.*

潮湿, 湿气

moisten /'məɪsn/ *n. / v.*

润湿

abdomen /'æbdəmən/ *n.*

腹部

gallbladder /'gɔːlblædə/ *n.*

胆囊

spleen /spliːn/ *n.*

脾脏, 脾

intestine /ɪn'testɪn/ *n.*

肠

bladder /'blædə/ *n.*

膀胱

disorder /dɪs'ɔːdə/ *n.*

(身心、机能)失调

preparation /,prepə'reɪʃn/ *n.*

配制剂

jointly /'dʒɔɪntli/ *ad.*

共同地

proclamation /,prɒklə'meɪʃn/ *n.*

宣布, 声明, 公告





## Expressions

be accustomed to  
stretch back  
be closely connected  
out of balance  
rely on  
inquire about  
a wide range of  
either... or...  
in accordance with  
to date

习惯, 适应  
时间上的延伸、延续  
密切相关  
失衡  
依赖, 依靠  
询问  
广泛的, 大范围的  
不论……还是…… 或者……或者……  
按照, 依照  
迄今

## Notes

- ① ... going to traditional Chinese doctors: 看中医。
- ② The Unity of Heaven and Human: 天人合一。
- ③ TCM utilizes the *yin-yang* Theory and the Five-Element Theory, which advocate “administering treatment according to pattern”, rather than “treating the head when the head hurts; treating the foot when the foot hurts”. 中医运用阴阳和五行理论, 提倡“依类型治疗”, 而不是“头痛医头, 脚痛医脚”。Five-Element Theory: 五行理论, 包括木、火、土、金、水。
- ④ Western medicine treats the symptom, Chinese medicine treats the root. 西医治标, 中医治本。
- ⑤ a corresponding upsurge interest in: 在……方面的兴趣激增。
- ⑥ Sino-foreign exchanges: 中外交流。Sino-是前缀, 表示“中国与……的”, 如: Sino-Japanese trade, 中日贸易。
- ⑦ pain relief: 减轻、缓解疼痛。
- ⑧ In 1991, the International Association... drafting the “Beijing Proclamation”. 1991年, 中医国际协会在北京成立, 来自几十个国家的代表联合起草了《北京宣言》。

## Exercises

I. Fill in the blanks with the words given below. Change the form when necessary.

accustom	eliminate	extensive	emphasis
integrate	respectively	mutual	comprehensive
recovery	representative	draft	exchange

1. He soon gets \_\_\_\_\_ to dormitory life and makes two or three friends there.
2. The union \_\_\_\_\_ was accused of being a puppet of the management.
3. They sat down and \_\_\_\_\_ a letter to the local newspaper.
4. We must make \_\_\_\_\_ analysis of a problem before it can be solved.
5. We must \_\_\_\_\_ theory with practice.
6. To fight and \_\_\_\_\_ poverty is a major task facing the world today.
7. The woman was delighted at the \_\_\_\_\_ of her stolen jewels.
8. The author of this book puts \_\_\_\_\_ on the importance of the accumulation of cultural knowledge at the meeting.
9. I have benefited a lot from \_\_\_\_\_ reading.
10. We \_\_\_\_\_ our opinions about the event at the meeting.
11. Negotiations between unions and management are made more difficult by \_\_\_\_\_ distrust.
12. My husband and I got pay rises of 8% and 10% \_\_\_\_\_.

## II. Choose the best answer to each of the following questions.

1. What is the difference between the theories of TCM and those of Western medicine?
  - A. TCM considers Nature and Human to form a single whole, while Western medicine treats the head when the head hurts and treats the foot when the foot hurts.
  - B. Western medicine treats the symptom; Chinese medicine treats the root.
  - C. TCM is an extremely rich discipline, built upon the combined experiences of famous practitioners of past dynasties.
  - D. Environmental factors are believed to influence the human body according to TCM, but have nothing to do with the Western medicine.
2. How are the factors of season embodied in the practice of TCM?
  - A. TCM employs treatments known as “guarding against cold” “expelling dampness” “moistening the body”, and “eliminating fire”, respectively.
  - B. TCM employs treatments known as “eliminating fire” “expelling dampness” “moistening the body”, and “guarding against cold” respectively.
  - C. TCM employs treatments known as “eliminating fire” “moistening the body” “expelling dampness”, and “guarding against cold” respectively.
  - D. TCM employs treatments known as “expelling dampness” “eliminating fire” “moistening the body” and “guarding against cold” respectively.
3. Which of the following is true about the *yin-yang* Theory in TCM?
  - A. The outside of the body is *yin*, and the inside is *yang*; the back is *yang*, and the abdomen is *yin*.
  - B. The outside of the body is *yang*, and the inside is *yin*; the back is *yin*, and the abdomen is *yang*.



- C. The outside of the body is *yang*, and the inside is *yin*; the back is *yang*, and the abdomen is *yin*.
- D. The outside of the body is *yin*, and the inside is *yang*; the back is *yin*, and the abdomen is *yang*.
4. How do practitioners of TCM diagnose the patients?
- A. Diagnosis relies on inspecting the complexion, smelling the breath, inquiring about symptoms, and feeling the pulse.
- B. Diagnosis relies on inspecting the complexion and some necessary tests.
- C. Diagnosis relies on inspecting the complexion, and feeling the pulse.
- D. Diagnosis relies on feeling the pulse and inquiring about symptoms.
5. Which of the following is NOT mentioned in the development of TCM?
- A. Studies concerning acupuncture, moxibustion and the use of acupuncture for anesthesia.
- B. In 1987, the World Acupuncture Association, consisting of over 50,000 members from almost 100 countries and regions, was established in Beijing.
- C. To date, China has established medical research and educational exchanges in the field of TCM with more than 100 countries and regions.
- D. In 1991, the Asian Association of Traditional Chinese Medicine was established in China.

### III. Translate the following sentences into English or Chinese.

1. 迄今为止，我们已经收到了一百多份申请书。
2. 协会大部分的收入依靠会员的捐赠。
3. 头痛医头，脚痛医脚。
4. 西医治标，中医治本。
5. 来自几十个国家的代表联合起草了《北京宣言》。
6. TCM utilizes the *yin-yang* Theory and the Five-Element Theory, which advocate “administering treatment according to pattern”.
7. TCM emphasizes the philosophical concept known as “The Unity of Heaven and Human”.
8. According to the Five-Element Theory, the liver and gallbladder are Wood, the heart is Fire, the spleen and stomach are Earth, the lungs and intestines are Metal, and the kidneys and bladder are Water.
9. Diagnosis relies on inspecting the complexion, smelling the breath, inquiring about symptoms, and feeling the pulse in order to determine the overall condition of the body.

10. To date, China has established medical research and educational exchanges in the field of TCM with more than 100 countries and regions.

#### IV. Write a 150-word composition about the basic theories of TCM.



### Text B

## Basic Theories of Traditional Chinese Medicine

Traditional Chinese medicine (TCM) has a long history. In remote antiquity, our ancestors created primitive medicine during their struggles against nature. The theories of TCM come mainly from practice and have been continually enriched and expanded through practice.<sup>①</sup>

TCM has many characteristics both in the understanding of the human body's physiology and pathology and in the diagnosis and treatment of diseases. These characteristics, however, can be summarized in the following two aspects:

### The Concept of the Organism as a Whole<sup>②</sup>

By "organic whole" we mean entirety and unity. TCM attaches great importance to the unity of the human body itself and its relationship with nature, and holds that the human body itself is an organic whole and has very close and inseparable relations with the external natural surroundings. The concept of emphasizing the unity within the body and the unified relations between the body and the outside world is known as that of an organic whole.<sup>③</sup>

#### a. The Unity Within the Body

The human body is made up of viscera, bowels, tissues and other organs. Each of them has its own special physiological functions. All these different physiological functions are a component part of the entire life process of the body.<sup>④</sup> And this determines the unity within the body. Therefore, the component parts of the human body are inseparable from each other in structure, related, subsidiary and conditional to each other in physiology, and of certain influence upon each other in pathology. These mutual relations and influences are centered around the five viscera (the heart, the liver, the spleen, the lung and the kidney) and come into effect through the channels and collaterals. For instance, the heart is interior-exteriorly related to the small intestine, controls blood circulation, and has its "specific opening" in the tongue proper and so on.

#### b. The Unity Between the Human Body and Nature



Man lives in nature and takes nature as his vital conditions for living. In the meantime, he is influenced directly or indirectly by the movements and changes in nature, to which he is bound to make corresponding physiological and pathological responses. For example, as the climate varies with the four seasons in a year, the normal pulse conditions<sup>⑤</sup> (including pulse rate, rhythm, volume, tension, etc.) are also varied. The pulse becomes string-like in spring, full in summer, floating in autumn and sunken in winter. This provides a basis for doctors to distinguish abnormal pulse conditions from the normal ones during the clinical diagnosis. The occurrence, development and changes of many diseases are seasonal.

Based on the theory of the circulation of *qi* characteristics of TCM, the pathogenesis of the human body is often influenced by the periodic changes of the climate, which take place every 12 years or every 60 years. In recent years, scientists have realized that the law of these periodic changes has something to do with the cycle of sunspots, which is formed every 11 to 12 years.<sup>⑥</sup>

TCM believes that different geographical surroundings produce different effects on the physiology and pathology of the human body.

#### c. The Guiding Function of the Concept of the Organism as a Whole

The concept of the organism as a whole not only embodies TCM's understanding of the human body itself and the relationship between it and nature, but also provides the medical workers with a necessary method of thinking in treating diseases. Such a concept penetrates through the entire theory concerning the physiology and pathology of TCM, and of great significance in guiding diagnosis and treatment.<sup>⑦</sup>

#### Diagnosis and Treatment Based on an Overall Analysis of Signs and Symptoms<sup>⑧</sup>

Generally speaking, the same syndromes are treated in similar ways. Of course, diagnosis and treatment based on an overall analysis and differentiation of symptoms and signs should not remain at the present level or stand still or refuse to make any further progress, but instead, be enriched, renewed, developed and improved continually alongside the advancing of modern natural sciences.

(710 words)

### New Words

renew /rɪˈnjuː/ *v.*

viscera /ˈvɪsərə/ *n.*

physiological /ˌfɪzɪˈlɒdʒɪkl/ *a.*

subsidiary /səbˈsɪdiəri/ *n.*

*a.*

pulse /pʌls/ *n.*

*v.*

更新, 恢复

内脏, 内部的东西

生理学的, 生理学上的

子公司, 辅助者, 附加物

辅助的, 附带的, 隶属的

脉搏, 有节奏的跳动

拍打, 跳动, 振动

abnormal /æb'nɔ:ml/ a.	反常的,例外的,不规则的,变态的
pathogenesis /'pæθə'dʒenɪsɪs/ n.	发病机理
sunspot /,sʌnspɒt/ n.	太阳的黑点,雀斑
geographical /,dʒi:ə'græfɪkl/ a.	地理(学)的

## Expressions

in the diagnosis of	在诊断中
be summarized in	被总结为
attach great importance to	认为……很重要
be known as	被看作……
be made up of	由……组成
come into effect	产生作用
in the meantime	同时
be bound to	肯定,必然,注定
provide a basis for	提供基础
distinguish from	辨别,分清
of great significance	非常重要
be bound to	肯定,必然,注定

## Notes

- ① The theories of TCM come mainly from practice and have been continually enriched and expanded through practice. 中医理论主要来源于实践,并通过实践继续丰富和扩充。
- ② The Concept of the Organism as a Whole: 整体观念。
- ③ The concept of emphasizing the unity within the body and the unified relations between the body and the outside world is known as that of an organic whole. 注重人体本身的统一性以及人体与外部世界的统一关系,这种观念被称为整体观念。
- ④ All these different physiological functions are a component part of the entire life process of the body. 所有这些不同的生理功能都是人体整个生命活动的组成部分。
- ⑤ pulse conditions: 脉象。健康人脉象应为一次呼吸跳4次,寸关尺三部有脉,脉不浮不沉,和缓有力,尺脉沉取应有力。常见病脉有浮脉、沉脉、迟脉、数脉、虚脉、实脉、滑脉、洪脉、细脉、弦脉等。
- ⑥ In recent years, scientists have realized that the law of these periodic changes has something to do with the cycle of sunspots, which is formed every 11 to 12 years. 近年来,科学家已经认识到,这种周期性变化的规律可能与每11年至12年形成的太阳黑子的周期有关。has something to do with: 与……有关。例如: He has something to do with the college. 他与那所大学有关系。
- ⑦ Such a concept penetrates through the entire theory concerning the physiology and pathology of TCM, and of great significance in guiding diagnosis and treatment. 这个





概念贯穿整个中医生理和病理理论，并且对指导诊断和治疗具有十分重要的意义。

- ⑧ **Diagnosis and Treatment Based on an Overall Analysis of Signs and Symptoms:** 辨证论治。辨证论治是中医认识疾病和治疗疾病的基本原则。“辨证”就是把四诊(望诊、闻诊、问诊、切诊)所收集的资料、症状和体征进行分析综合，辨清疾病的病因、性质、部位以及邪正之间的关系，将之概括、判断为某种性质的“证”。论治，又称为“施治”，即根据辨证的结果，确定相应的治疗方法。

## Exercises

### I. Fill in the blanks with the words given below. Change the form when necessary.

struggle	enrich	expand	bound
corresponding	distinguish	penetrate	concern
symptom	overall	occurrence	surrounding

- It is more like a made-up story than a real \_\_\_\_\_.
- As far as the environmental protection is \_\_\_\_\_, each country, rich or poor, must play its own part.
- The written record of our conversation doesn't \_\_\_\_\_ with what was actually said.
- Advancing culture is \_\_\_\_\_ to triumph over declining culture.
- The two countries agreed to \_\_\_\_\_ their trade relations in the coming year.
- The \_\_\_\_\_ composition of the picture is perfect but some of the details are not so good.
- The \_\_\_\_\_ country is a wilderness of sand.
- Man is engaged in a constant \_\_\_\_\_ with Nature.
- People who cannot \_\_\_\_\_ between colors are said to be color-blind.
- She could \_\_\_\_\_ what I was thinking.
- It is generally thought that traveling abroad can \_\_\_\_\_ one's knowledge.
- This demonstration was a(n) \_\_\_\_\_ of discontent among the students.

### II. Choose the best answer to each of the following question or unfinished statements.

- TCM has many characteristics in \_\_\_\_\_.
  - physiology and anatomy
  - the diagnosis and treatment of diseases
  - pathology and anatomy
  - assimilation and storage
- According to the basic theory of TCM the human body is made up of \_\_\_\_\_.
  - small and large intestine, gallbladder, urinary bladder and stomach
  - heart, liver, spleen, lung and kidney
  - viscera, bowels, tissues and other organs



- D. vessel, skin, muscle, tendon, bone
3. The pulse conditions include \_\_\_\_\_.  
A. channels and collaterals                      B. *qi* and blood  
C. string                                              D. pulse rate, rhythm, volume, tension
4. The pathogenesis of the human body is often influenced by \_\_\_\_\_.  
A. blood circulation                              B. the circulation of *qi*  
C. the pericardium channel                      D. the periodic changes of the climate
5. Which statement is NOT true according to the passage?  
A. The concept of the organism as a whole only embodies TCM's understanding of the human body itself.  
B. Diagnosis and treatment are based on an overall analysis of symptoms and signs.  
C. The law of these periodic changes has something to do with the cycle of sunspots.  
D. Generally speaking, the same syndromes are treated in similar ways.

### III. Translate the following sentences into English or Chinese.

1. 中医理论一直在实践过程中丰富和扩展。
2. 人类祖先在与自然做斗争的过程中创造了原始医药。
3. 人体自身是一个有机的整体,与外在的自然环境有非常紧密和不可分割的联系。
4. 人体是由器官、肠、组织和其他组成。
5. 人体的各个组成部分在结构上是不可分割的。
6. Five viscera of human body include the heart, the liver, the spleen, the lung and the kidney.
7. The occurrence, development and changes of many diseases are seasonal.
8. The concept of the organism as a whole provides the medical workers with a necessary method of thinking in treating diseases.
9. In recent years, scientists have realized that the law of these periodic changes has something to do with the cycle of sunspots.
10. The concept of the organism as a whole embodies TCM's understanding of the human body itself and the relationship between it and nature.



## Text C

### Specific and Profound TCM

Traditional Chinese Medicine (TCM), one of China's splendid cultural heritages, is the science dealing with human physiology, pathology, diagnosis, treatment and prevention of diseases. TCM summed up the experience of the Chinese people in their long struggle against diseases and, under the influence of ancient naive materialism and dialectics, evolved into a unique, integral system of medical theory through long clinical practice. During several thousand years it has made great contributions to the promotion of health, the proliferation and prosperity of the Chinese nation, and the enrichment and development of world medicine as well. The formation of the theoretical system of TCM was greatly influenced by ancient Chinese materialism and dialectics.<sup>①</sup> The theoretical system takes the physiology and pathology of *zang-fu* organs and meridians as its basis, and treatment by differentiation of syndromes (TDS) as its diagnostic and therapeutic features.

TCM has its own specific understanding both in the physiological functions and pathological changes of the human body and in the diagnosis and treatment of disease. TCM regards the human body itself as an organic whole interconnected by *zang-fu* organs, meridians and collaterals<sup>②</sup>. And TCM also holds that the human body is closely related to the outside world. In regard to the onset and development of a disease, TCM attaches great importance to the endogenous pathogenic factors, namely<sup>③</sup>, the seven emotions, but it by no means excludes the exogenous pathogenic factors, namely, the six pathogens. In diagnosis, TCM takes the four diagnostic methods (inspection, auscultation and olfaction, inquiry, pulse-taking and palpation) as its principal techniques, eight principal syndromes as its general guideline, and differentiation of syndrome according to the *zang-fu* theory, differentiation of syndromes according to the six-meridian theory, and differentiation of syndromes according to the theory of *wei*, *qi*, *ying* and *xue*<sup>④</sup> as its basic theories of the differentiation of syndromes. It also stresses the prevention and preventive treatment of diseases, and puts forward such therapeutic principles as “treatment aiding at the root cause of disease” and “strengthening vital *qi* and dispelling pathogens, regulating *yin* and *yang*<sup>⑤</sup> and treating diseases in accordance with three conditions” (i. e., the climatic and seasonal condition, geographic localities and the patient's constitution).

These characteristics, however, can be generalized as the holistic concept and TDS.

#### The Holistic Concept

This concept means a general idea of, on the one hand, the unity and integrity within the human body and, on the other, its close relationship with the outer world. The human