

AN ENGLISH-CHINESE GUIDE TO
CLINICAL TREATMENT OF COMMON DISEASES

(英汉对照) 常见病临证要览

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慢性胃炎的中医特色疗法

Typical TCM Therapy for Chronic Gastritis

Compiled by Guo Haiying Wang Yue

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Foreword

Traditional Chinese Medicine (TCM), a great treasure of world medical science, has the history of thousands of years. It has obtained remarkable attraction and reputation in the global medical society with its new image of "nature, security, and effectiveness". More and more people over the world accept the TCM. It is our unshirkable duty, as the descendents of the Chinese doctors, to make TCM in progress so as to benefit the health of human beings.

We compiled the series of "An English-Chinese Guide to Clinical Treatment of Common Diseases" in order to assist foreign students to have a better study of clinical knowledge of TCM. The series also meet the need of Chinese doctors when they spread TCM for foreign practitioners. The series are scientifically-organized reference books which could generally reflect the updated development of clinic in TCM.

The series were written and compiled by medical professionals and English experts from 7 TCM universities or colleges including Nanjing University of TCM,

Shanghai University of TCM, Guangzhou University of TCM, etc. The faculty from Nanjing University of TCM compiled the Chinese part. Shanghai University of TCM with other colleges and universities were responsible for the translation. The proposal was drafted in 1998. After 5-year continuous adaptation, the whole series were finally completed in 2003.

The first series include ten books. They cover ten commonly-encountered diseases of viral hepatitis, primary glomerulonephritis, chronic gastritis, lung cancer, bronchial asthma, diabetes, primary hypertension, rheumatoid arthritis, cervical spondylosis, and cholelithiasis and their special treatment in traditional Chinese medicine. Each book consists of three parts. Part one discusses the major points in diagnosis and pathogenesis and pathology of the disease. Part two focuses on the typical therapy in TCM. It covers internal therapy, external therapy, acupuncture and moxibustion, Tuina (Chinese massage), physiotherapy, dietetic therapy, mental therapy, and regimen. Part three illustrates the academic experience of 3-4 celebrated doctors and the effective cases that they treated.

Wu Mianhua, Wang Yue, Huang Guicheng, Wang Xu and over ten professionals from Nanjing University of TCM have made great contribution. Ding Nianqing,

Huang Guoqi, Zheng Linyun from Shanghai University of TCM, Tao Jinwen from Nanjing University of TCM, Huang Yuezhong from Guangzhou University of TCM, Tian Kaiyu from Henan College of TCM, Le Yimin from Jiangxi College of TCM, Cheng Zhaozhi from Hubei College of TCM, and Tang Guoshun from Shanghai Information Institute of TCM have finished the translation through their diligent work. Professor Ou Ming from Guangzhou University of TCM, Professor Li Zhaoguo from Shanghai University of TCM and Professor Zhu Zhongbao from Henan College of TCM spent their valuable time on the proofreading and adaptation. Acknowledgement is also given to the leaders and editors from Shanghai University of TCM Press for their great support in publishing the series.

All the diseases selected in the series are frequently encountered in the clinic. The description is brief and to the point. The translation is accurate and standard. But it is not easy to precisely translate the theoretical and clinic terminology of TCM into English. Although all the members have made their great efforts, the limitation of the knowledge and different style in composition and translation will still leave the errors and mistakes. Comments and suggestions from colleagues at home and abroad are really appreciated, so that we will make improvement in

the revised edition in future.

Xie Jianqun
Shanghai University of Traditional Chinese Medicine
December, 2003

序 言

数千年中华文化历史积淀铸就的中国医药学是世界医学的瑰宝,今天她正以“绿色”、“安全”、“有效”的崭新面貌,赢得了国际医学界的赞誉,也日益为世界上越来越多的国家和人民所接受。将中国传统医学进一步发扬光大,使之造福于全人类的健康,这是我辈岐黄传人义不容辞的职责。

为了使海外留学生能更好地学习中医的临床技能,也为了适应中国临床医师对外传播中医药学的需要,我们组织编写了这套《(英汉对照)常见病临证要览》,旨在提供一套科学规范、能全面反映中医临床诊疗实践与发展的对外交流的教学参考丛书。

本书由南京中医药大学、上海中医药大学、广州中医药大学等7所中医院校有关临床专家和英语教授合作编撰。其中,南京中医药大学负责中医临床等方面内容的编审,上海中医药大学汇合其他各院校负责英语编译。全书的编写大纲草拟于1998年,期间历经反复斟酌、修改,历时五载,终于2003年底基本定稿,可以与中医界同仁和广大读者见面了。

本丛书首先推出10册,每册分上、中、下三篇,分别介绍病毒性肝炎、原发性肾小球肾炎、慢性胃炎、肺癌、支气管哮喘、糖尿病、高血压病、类风湿关节炎、颈椎病及胆石症等

临床常见病的中医特色疗法。上篇为总论,概述各病种的诊断要点、病因病机;中篇专论中医对该病症的临床特色疗法,包括内治、外治、针灸、推拿、体疗、食疗、情志疗法、摄生调护等;下篇介绍了3~4位著名老中医的学术经验与医案。

南京中医药大学的吴勉华、汪悦、黄桂成、王旭等10多位专家为本书中文稿的编审付出了很多心血,上海中医药大学的丁年青、黄国琪、郑林赞,南京中医药大学的陶锦文,广州中医药大学的黄月中,河南中医学院的田开宇,江西中医学院的乐毅敏,湖北中医学院的成肇智,以及上海中医药情报研究所的唐国顺等专家为本书的译文尽心尽力;广州中医药大学欧明教授、上海中医药大学李照国教授、河南中医学院朱忠宝教授也为本书译文的润色修饰耗费了很多宝贵的时间,上海中医药大学出版社领导和编辑部的同志们为本书的出版倾注热情,大力支持,在此谨致深深的谢意。

在编写过程中,作者力求做到所选病种常见、多发,文字简明扼要,译文准确规范。然而,要把中医理论及其临床术语翻译为英语,并能准确表述其内涵,难度可想而知。尽管我们作了极大努力,囿于作者的学识,再加上撰写者行文风格的差异,粗疏之处在所难免,诚望海内外同道不吝指教,以便在今后修订时能进一步得以提高和改进。

谢建群

2003年12月

于上海中医药大学

Preface

Chronic gastritis is one of the commonly encountered diseases. The incidence of this disease in adult is over 20% and increases with age. Chronic gastritis is hard to cure and tends to change into cancer, especially in the patients with gastratrophia accompanied with intestinal metaplasia or atypical hyperplasia. So it is important to prevent and treat chronic gastritis.

The history to treat chronic gastritis with traditional Chinese medicine (TCM) is long and rich experience is accumulated in this aspect. In recent years, with the development of TCM and study of this disease, more methods have been developed to treat this disease. Clinical therapeutic effect is gradually increased. This method is very popular now because it is a natural therapy with high curative effect. In order to summarize clinical experience in treating this disease, we have compiled this book based on our clinical practice and concerned literature.

This book is composed of three parts, concentrating on introduction to the treatment of chronic gastritis with traditional Chinese therapy. The first part introduces the

concept, clinical characteristics and essentials for the diagnosis of this disease as well as its cause and pathogenesis based on TCM. The second part introduces the treatment of this disease based on syndrome differentiation, proved remedies, Chinese patent medicines, external therapies, acupuncture and moxibustion as well as dietetic therapy. The third part introduces experiences of celebrated doctors of TCM in China.

This book is characterized by rich content and concise description. It is easy to read and understand, very practical for doctors and other readers to consult in dealing with chronic gastritis.

Guo Haiying
In Nanjing University of TCM
December, 2003

前 言

慢性胃炎是临床常见疾病之一,成人发病率一般在20%以上,且随年龄的增长而增高。慢性胃炎日久不愈,尤其是萎缩性胃炎伴肠黏膜上皮化生或不典型增生者,有癌变的可能。因此,积极防治慢性胃炎有非常重要的意义。

中医学治疗慢性胃炎有悠久的历史,积累了丰富的经验。特别是近年来,随着中医学的发展,对慢性胃炎的认识更加深入,治疗方法不断扩充,临床疗效逐渐提高。作为独特的无明显毒副作用的天然疗法及其显著的疗效,用中医药方法治疗慢性胃炎越来越受到人们的欢迎。为了更好地总结中医药治疗本病的临床经验和研究成果,我们根据多年来运用中医药治疗本病的实践经验,并结合有关文献资料,编撰了此书。

全书共分上、中、下三篇,围绕中医治疗慢性胃炎的特色疗法进行介绍,其中上篇着重介绍慢性胃炎的概念、临床特征、诊断要点和中医学对本病病因病机的认识;中篇较详实地介绍了本病辨证治疗、单方验方、中成药、外治疗法、针灸推拿与情志、饮食疗法等;下篇则介绍了全国知名老中医一些独特的治疗经验与特色。

本书内容丰富,融科学性、知识性于一体,简明扼要,通

俗易懂,实用性强,可供广大医务工作者和中医爱好者参考,也是慢性胃炎患者的良师益友。

由于时间仓促,编者水平有限,书中疏漏、不足之处难免,诚望广大读者不吝指教。

郭海英

2003年12月

于南京中医药大学

Contents

Part One General Introduction

Chapter One	Outline	2
Chapter Two	Diagnostic Main Points	6
Section One	Clinical manifestations	6
Section Two	Physicochemical examination	8
Section Three	Differential diagnosis	12
Chapter Three	The Understanding of TCM on Chronic Gastritis	14

Part Two Characteristic Therapy

Chapter One	The Treatment of Chronic Superficial Gastritis	20
Section One	Internal therapy	20
Section Two	External treatment	46
Section Three	Acumoxa therapies	58
Section Four	Chinese massage (Tuina) therapies	66
Section Five	Physical exercise	68
Section Six	Herbal dietary treatment	68

Chapter Two	The Treatment of Chronic Atrophic Gastritis	74
Section One	Internal treatment	74
Section Two	Emotional therapy	100
Section Three	Herbal dietary therapies	100
Chapter Three	Treatments of the Main Symptoms of Chronic Gastritis	104
Section One	Gastralgia	104
Section Two	Feeling of fullness and oppression	130
Section Three	Belching	152
Section Four	Acid reflux	158
Section Five	Gastric upset	164
Section Six	Vomiting	170
Chapter Four	Self-Care for Chronic Gastritis	184
Section One	Emotional adjustment	184
Section Two	Dieting	184
Section Three	Treating related diseases	186
 Part Three Experience of Famous Senior TCM Doctors		
Chapter One	Experience from Professor Deng Tietao	188
Section One	View on etiology and	