

English—Chinese
Concise
Traditional Chinese
Medicine

英汉对照 简明中医学

主编：姚 勇

Chief Editor: Yao Yong

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FOREWORD

Originated in ancient China and with a long history and development, Chinese medicine formed a specific theoretical system and accumulated a wealth of clinical experience long time ago. The therapies of Chinese medicine, which are simple and convenient for application and bring unexpected effect to many diseases, with less side-effect, have been increasingly appreciated by the medical circles and the broad masses of the peoples in all parts of the world. The art of Chinese medicine is gradually moving towards the world and bringing benefit to the whole mankind.

At present, not a few foreign physicians are eager to master some therapies of Chinese medicine in order to counteract the weaknesses in Western medicine. Numerous Chinese medical practitioners who have been abroad need urgently to express the connotation of Chinese medicine in English language for them to establish a good relationship with the alien colleagues and patients as soon as possible. There are also other persons who intend to go abroad, although they are not engaged in the work of Chinese medicine originally, they are quite interested in the Chinese medical therapies of acupuncture, moxibstion, massage and Qigong and are attending various short-term courses, for the purpose to obtain the opportunity to treat patients in their spare time in the future. Furthermore, the vast numbers of the medical professionals in the field of Chinese medicine and pharmacology and of the graduates from the colleges of traditional Chinese medicine hope to master correctly the expressive mode of English language after the mastery of Chinese medical art, so that they are able to meet the requirements of the increasing activities in the domestic and international academic exchange. This edition of "Concise Traditional Chinese Medicine" is specially writ-

ten to provide help for these above-mentioned readers.

This book is divided into two parts. First, Part I expresses the basic theories and diagnostic methods of Chinese medicine and displays the core of Chinese medical theory with the concise words instead of the tedious demonstration. Secondly, Part I introduces the needling techniques, moxibustion methods, massage techniques, commonly-used Qigong skills and medicated diet for tonification. These therapies will be applied in the treatment of the commonly-encountered diseases. Part II introduces over 90 diseases described in the emphasis of the clinical practice and the characteristics of Chinese medicine and provides various effective therapies in accordance with the laws of pattern identification and treatments. Because Chinese medicinal stuffs are not available in some countries and regions, the emphasis is stressed on the introduction of acupuncture, moxibustion, massage therapy, medicated diet and Qigong therapy besides the pattern identification and herbal recipes in each disease, therefore the readers are supposed to make their choices accordingly. In addition, the methods for bodyweight reduction, abstention of tobacco addiction and beautification closely related to modern life are also properly introduced.

This book is written scientifically, comprehensively and practically. The complicated professional contents are expressed in a simple and explicit way and both of English and Chinese languages are strict, correct and standard. All those readers who want to comprehend roughly the basic theories and diagnostic methods of Chinese medicine and master basically the therapies in Chinese medicine for the commonly-encountered diseases and to improve obviously their English ability in Chinese medicine in a short period of time are able to obtain double results with half the effort by this book.

Mr. Vincent H. Black, an American medical specialist, and Mr. Andrew Lim Tem Foo, an Australian medical specialist, Dr. T. F. Magee MB BCh, an Irish medical specialist, have read and revised this manuscript in their busy time. During the compilation of this

book, Mr. Chai Jianyu and Mr. Shen Henian from Shanghai Qigong Institute have offered their tremendous assistance; besides, Ms Chen Jingyun, Mr. Zhao Youguang, Mr. Chen Weixing, Ms. Yu Qing, Ms. Ren Jun and Ms. Chen Jiying have undertaken great work. Therefore, we would like to express our sincere thanks to all of them.

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June, 1993.

前 言

中国医药学植根华夏，源远流长，很早以前就形成了独特的理论体系，并积累了丰富的临床经验。中医疗法简便易行，对许多疾病具有意想不到的效果，且少副作用，日益受到各国医学界和广大民众的重视。中医学学术正逐步走向世界，造福于全人类。

目前，不少国外医师迫切要求掌握一些中医疗法，以弥补西医的不足；众多中医出国人员急需用英语表达中医内涵，以更快地与国外同道及患者建立良好的关系；还有一些准备出国者，原非从事中医工作，但对针灸、推拿、气功等中医疗法饶有兴趣，正参加各种短训班，以便日后有机会业余为人治病；更有广大中医药人员和中医院校毕业生，在通晓中医医术后，希望正确掌握英语的表达方法，以适应日益增多的国内外学术交流的需要。这部英汉对照的《简明中医学》就是为上述读者提供帮助而专门编写的。

本书分上、下两篇。上篇首先阐述中医基础理论和诊断方法，不用冗长的论证，而以简练的文字展现中医理论的核心。其次介绍针刺法、灸法、推拿手法、常用气功功法和补益药膳，这些疗法在常见疾病的治疗中将被运用。下篇介绍90余种疾病，编写侧重临床实用和中医特点，根据中医辨证论治规律，推出多种行之有效的疗法。由于许多国家和地区不易购到中药材，故每种疾病除了辨证分型和中药治疗外，重点在于针灸、推拿、药膳、气功等，读者可以因地制宜，选择应用。此外，与现代生活密切相关的减肥、戒烟、美容等措施，亦作适当介绍。

本书熔科学性、综合性和实用性于一炉，专业内容深入浅出，详略适中，英汉双语行文严谨、准确规范。凡是想在短时间内，

大致了解中医基础理论和诊断方法，基本掌握常见疾病的中医治疗，并且明显提高中医英语水平的读者，通过学习本书后，可以收到事半功倍的效果。

美国医学专家文森特·布莱克先生、澳大利亚安德罗·林天谱先生和爱尔兰费博·麦基先生在百忙之中审读了书稿；本书编写过程中，上海市气功研究所柴剑宇先生、沈鹤年先生给予大力支持；另外，陈敬云女士、赵有光先生、陈卫星先生、余庆女士、任军女士、陈继英女士做了大量工作，一并表示感谢。

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