

黄

帝



An amazing book in the history  
of Chinese medicine  
中国古代延寿养生奇书

THE  
ILLUSTRATED  
YELLOW  
EMPEROR'S  
CANON OF  
MEDICINE

黄帝内经—养生图典



内

经



DOLPHIN BOOKS  
海豚出版社



**Managing Editor : Tao Hong**  
**Cover Designer : An Hongmin**

责任编辑：陶红  
封面设计：安洪民

ISBN 7-80051-817-5



9 787800 518171

**ISBN7-80051-817-5**

定价：25.00 元



**An amazing book in the history  
of Chinese medicine**  
中国古代延寿养生奇书

**THE  
ILLUSTRATED  
YELLOW  
EMPEROR'S  
CANON OF MEDICINE**  
黄帝内经 - 养生图典

Compiled and Illustrated by Zhou Chuncai and Han Yazhou

编绘者：周春才 韩亚洲



DOLPHIN BOOKS

海豚出版社

First Edition 1997

Third Printing 2002

ISBN 7 - 80051 - 817 - 5

©Dolphin Books, Beijing, 1997

Published by Dolphin Books

24 Baiwanzhuang Road, Beijing 100037, China

Distributed by China International Book Trading Corporation

35 Chegongzhuang Xilu, Beijing 100044, China

P. O. Box 399, Beijing, China

## 图书在版编目(CIP)数据

黄帝内经:养生图典:英汉对照/韩亚洲等编绘. - 北京:海豚出版社,1995  
ISBN 7-80051-817-5

I.黄… II.韩… III.内经-养生(中医)-图解词典,英汉 IV.R221-61

中国版本图书馆 CIP 数据核字(95)第 14634 号

书 名 黄帝内经——养生图典  
作 者 周春才 韩亚洲 编绘  
出 版 海豚出版社  
地 址 北京百万庄大街 24 号 邮政编码 100037  
电 话 (010)68326332  
传 真 (010)68993503  
印 刷 北京外文印刷厂  
经 销 各地新华书店  
开 本 16 开(787×1092 毫米) 印 张 13.25  
版 次 1997 年第 1 版 2002 年第 3 次印刷  
标准书号 ISBN 7-80051-817-5/R·130(外)  
定 价 25.00 元

版权所有 侵权必究

## The Correlation Between Nature and Man

〈黄帝内经〉天人相应概说图

According to Chinese health care theory, there is a correlation between man and nature. Since the earth was born it has revolved around the sun and rotated on its own axis. When a person is born, all the organs of his body keep functioning under the direction of the autonomic nervous system.

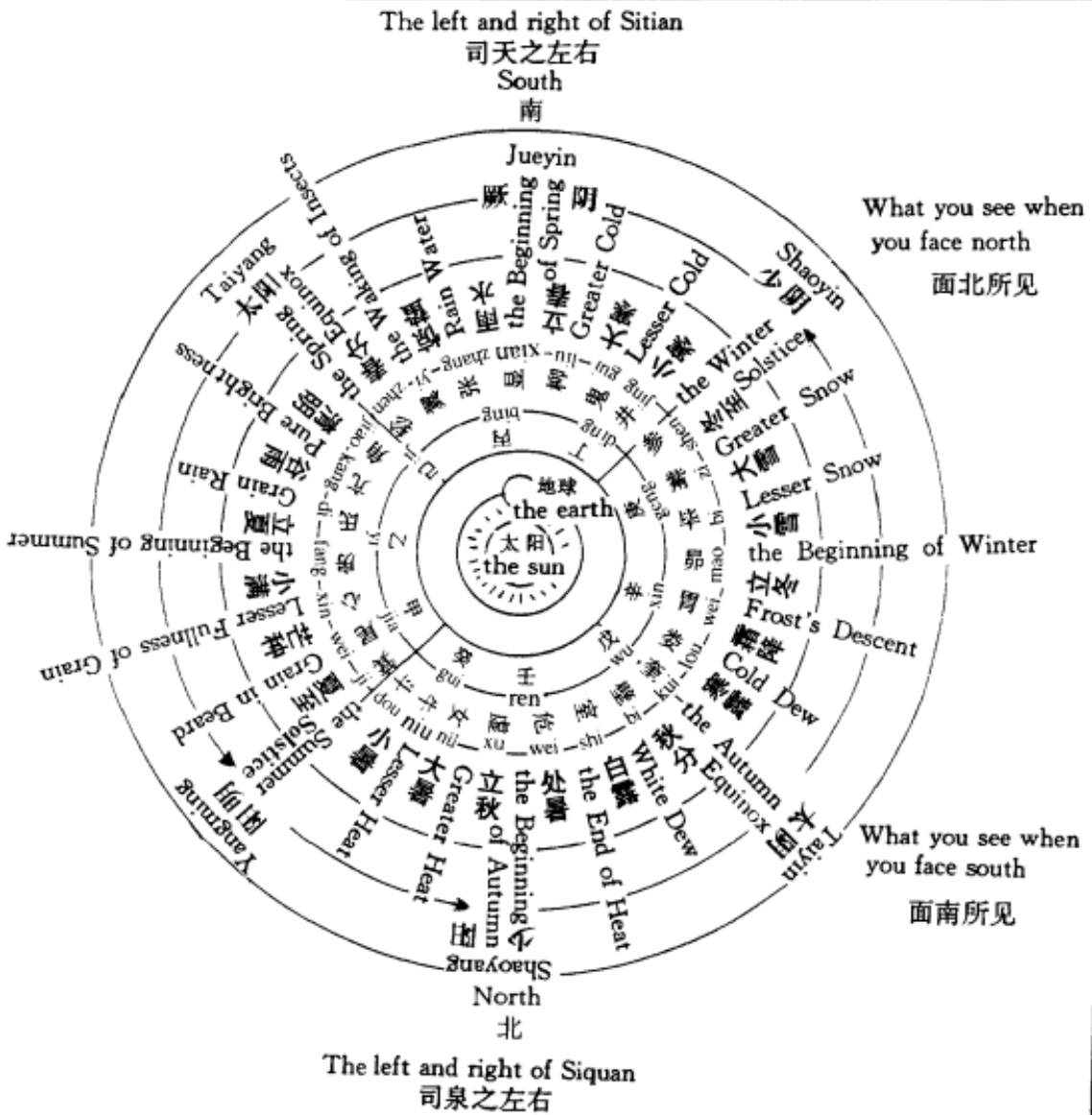
中华养生学认为：人与自然是相应的，地球从诞生起，一直在“公转”和“自转”；人从出生起，植物神经系统就一直指挥着自身的各器官功能运转不止……

Heaven and earth are above and below everything. In nature there are four seasons and five elements which produce cold, heat, dryness, dampness, and wind. The five internal organs in the human body produce five qi: happiness, anger, sadness, sorrow, and fear.

天地者，万物之上下也。天有四时五行，以生寒暑燥湿风，人有五脏化五气，以生喜怒悲忧恐



天人感应图表



Note: The sun is in the center. Round it is the earth's orbit. The third circle shows the position of the ten heavenly stems. The fourth circle contains the names of the twenty-eight constellations. The fifth circle gives the names of the twenty-four solar terms indicating the position of the earth at the time specified.

The ancients located the three yin and three yang on a hypothetical orbit. They move one step every year in the direction of the arrow, and complete the circle every six years. They are called moving *keqi*.

说明: 中心是太阳, 太阳四周是地球运行的轨道,

第三圈是十干方位图,

第四圈是二十八星宿名称,

第五圈是二十四个节气名称, 也是地球在该节气时所在方位。

古人又把三阴三阳分布在一个假设的轨道上, 不停地向着箭头所指方向运动, 每年向前推进一步, (六年循环一周) 称为流行的客气。

Twelve-Organ Chart  
黄帝内经十二官示意图

The lungs are analogous to a prime minister.

肺(宰相之官)



The heart is analogous to a king, including the triple energizers which is an insubstantial concept without any particular bodily shape.

外加按上、中、下意指的三焦。



膻中(臣使之官)

肺(宰相之官)



Shanzhong (central part of the chest, between the two nipples) is analogous to an envoy.

心(君主之官)



The liver is analogous to a general.

肝(将军之官)



The gallbladder is analogous to a mediator.

胆(中正之官)

The spleen and the stomach are "barn" organs.

胃脾(二者同为仓廩之官)



右肾(作强之官)



The large intestine is the organ in charge of transmission.

大肠(传道之官)



The kidney is the organ that gives strength.

左肾(作强之官)



The small intestine has the function of receiving water and food.

小肠(受盛之官)



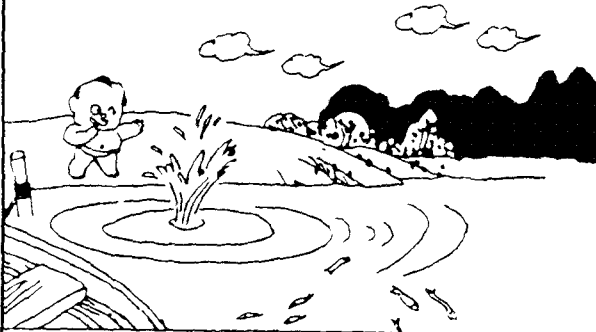
The bladder serves as a reservoir.

膀胱(州都之官)



《黄帝内经》的诞生

1. When Yellow Emperor (Huangdi) was a child he had a good comprehension of things.  
黄帝小时候对事物的理解能力很强。



On the left are herbivores; on the right are carnivores.

左边食草类, 右边食肉类。



2. He was very good at analyzing and generalizing.  
他具有高度的分析和概括能力。

3. After he ascended the throne, he raised the scientific and cultural level to a new high. These, enriched and supplemented by later generations, laid the foundation of the particular way of thinking of the Chinese nation.

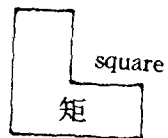
登基之后, 他把前人的科学文化成就提高到了一个很高的水平, 经后人的不断丰富和充实, 终于奠定了中华民族所特有的思想体系。

The principle of Rubik's cube can be found in *the Book of Luo*.

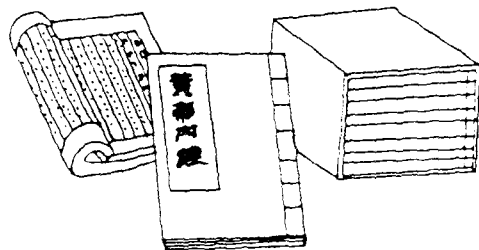
这个魔块的原理就是洛书。



compasses



eight trigrams 八卦  
four states 四象  
yin/yang 两仪  
the absolute 无极

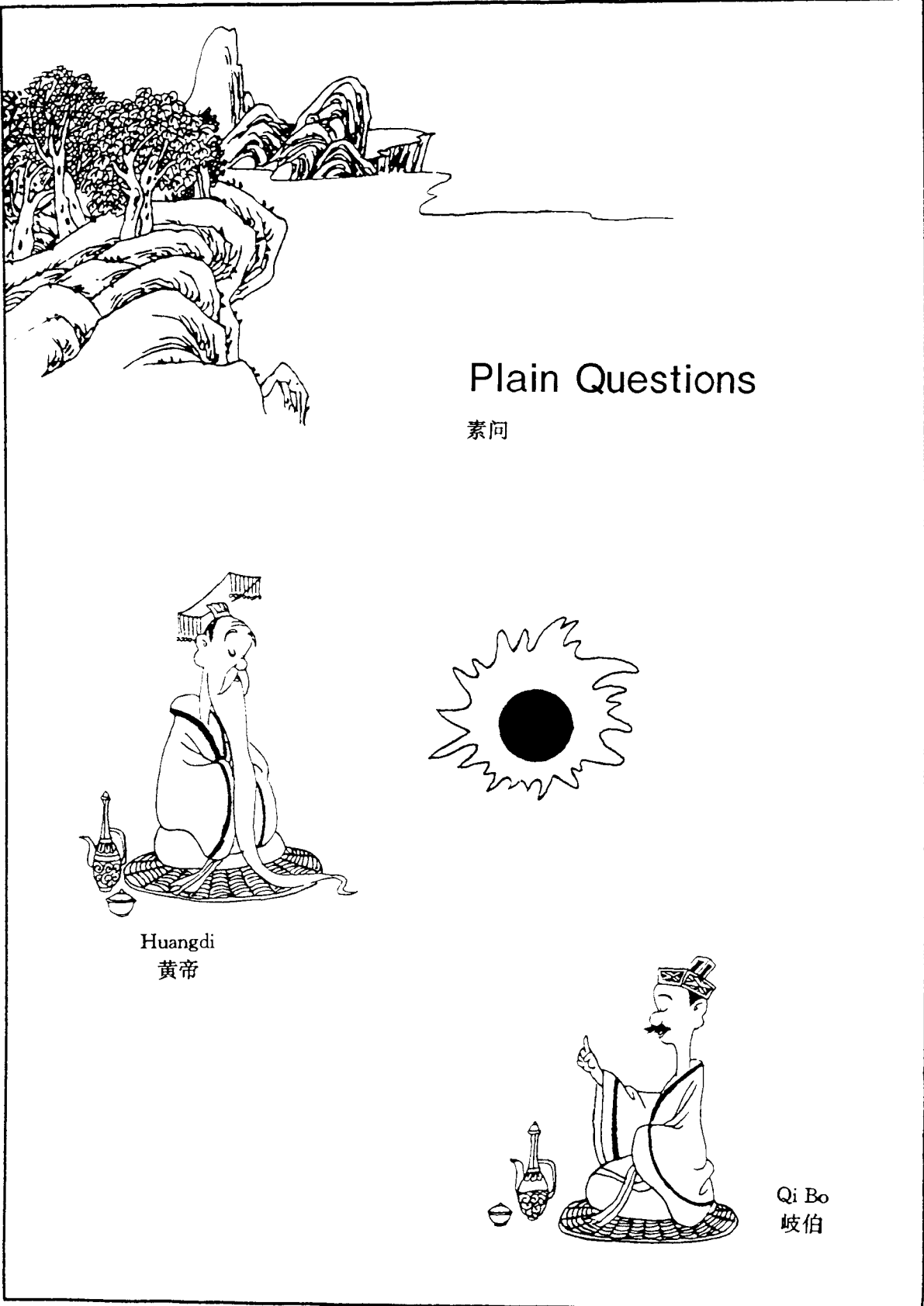


5. A good example is the book *The Yellow Emperor's Canon of Medicine*. It was written under the guidance of his philosophical thought and with his active participation.

在他直接和间接参与下完成的医学经典——《黄帝内经》, 就是以其哲学思想所开创的一个光辉范例。

4. Even today, when science and technology are highly developed, this system still shows great potentialities and influences people's life.

这一体系即使在科学技术高度发展的今天, 仍显示出巨大的潜力, 并影响着人们的生活。

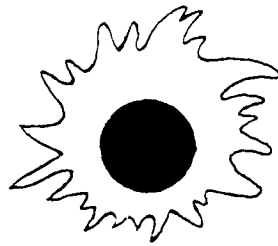


# Plain Questions

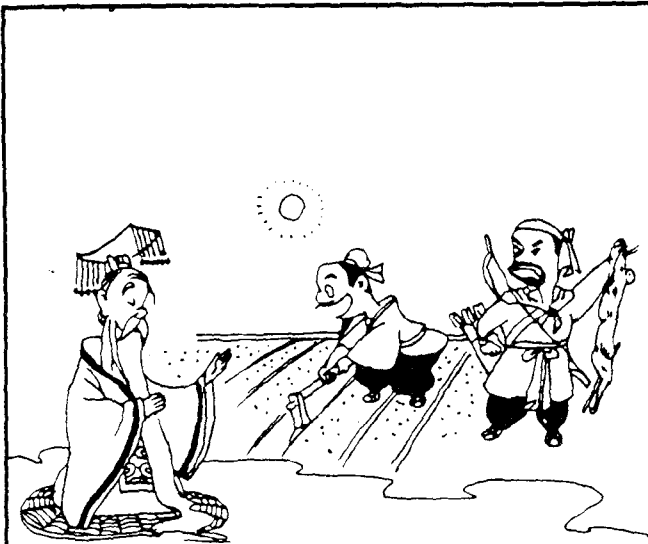
素问



Huangdi  
黄帝



Qi Bo  
岐伯



1. Emperor asked: I have heard that many people in ancient times lived to a hundred without showing signs of aging. But today people look old at the age of fifty. Is it because times have changed or because people are not following proper ways of preserving health?

黄帝问：我听说上古时代的人，年龄大都能够活到一百岁，还没有衰老的迹象；但现在的人，年龄才五十岁左右，动作便衰老了，这是时代环境变了呢？还是人们违失了养生之道呢？

But today people are different.  
但现在的人就不是这样了……。



2. Qi Bo answered: People in ancient times were aware of the ways to preserve health. By following the ways of yin and yang, they were moderate in eating and drinking and scheduled time for work and rest. So both their body and spirit are healthy and they lived to a ripe old age. But people today are different. They have no set time for work and rest. They drink a lot, and after they get drunk they indulge in sexual intercourse. To frequently use your energy excessively and indulge in temporary pleasures transgress the ways of preserving health. Therefore, they get old at fifty.

岐伯答道：古代深懂修养道理的人，效法于阴阳，调和于术数，饮食有节制，作息有常规，所以能够形体与精神都很健旺，活到他们应该享受的年岁；现在的人就不是这样了，他们作息没有规律，贪饮，酒醉以后，肆行房事，经常过分地使用精力，贪图一时的享乐，违反养生之道，所以活到五十左右便衰老了。



The cycle of a woman's life:  
女子一生的节律:



At seven, new teeth grow.  
七岁(开始换牙)



At fourteen, first menstruation.  
十四岁(月经来潮)



At twenty-one, the kidney qi is full.  
二十一岁(肾气充满)



At twenty-eight, muscles and bones are strong.  
二十八岁(筋骨坚强)

The kidney is the organ governing fluids in the human body. It receives the vital essence from the other organs; heart, spleen, liver, and lungs. So when other organs are full, the kidney gives a vital essence. When a person is getting on in age, her internal organs deteriorate and her vital essence is drained.

人体的肾脏,是主管水液,接受五脏六腑精气的器官,所以五脏旺盛,肾脏才有精气排泄,如果年老五脏都已衰退,精气也随之竭尽了……



At thirty-five, her face becomes dry.  
三十五岁(面部始枯)



At forty-two, she begins to have white hair.  
四十二岁(发始生白)



At forty-nine, menopause.  
四十九岁(月经断绝)

The cycle of a man's life  
男子一生的节律：



At eight, new teeth  
grow.  
八岁(牙齿更换)



At sixteen, he is full of  
vital essence.  
十六岁(精气充满)



At twenty-four, the kid-  
ney qi is full.  
二十四岁(肾气充实)



At thirty-two, his mus-  
cles and bones are strong.  
三十二岁(筋骨强健)



At forty, he begins to lose  
hair.  
四十岁(头发始脱)



At forty-eight, his face is  
withered.  
四十八岁(面色枯焦)



At fifty-six, his vital  
essence is deteriorated.  
五十六岁(精气衰退)



At Sixty-four, he begins  
to lose his teeth.  
六十四岁(牙齿脱落)



Vital qi, a term in traditional Chinese medicine, refers to the combination of the original qi contained in the kidney, the air breathed in from nature, and the qi from food one has eaten. Qi is the fundamental matter that maintains the physiological functions of all the organs of the human body.

真气:中医学名词,由藏于肾的元气、吸入自然界的大气与饮食水谷之气结合而成,为维持全身组织、器官生理功能的基本物质与活动能力。

1. In ancient times people who know the ways of preserving health would teach others to avoid the evil winds coming from outside, keep a steady and serene mentality, and refrain from covetous and wishful thinking.

古代深懂修养道理的人,经常教导人们说:外界的虚邪贼风,要注意适时回避,同时思想上要安定清静,不要贪欲妄想。



2. In this way, the vital qi in the body will be in a harmonious state, your essence preserved and not drained. You'll be immune from diseases.

那体内的真气就和顺,精神也内守而不耗散,这样,疾病就无从来侵袭人了。



Wow....  
哇.....

3. These kinds of people are content and stable. They have few desires and no fears.

因此这类人意志都很安闲,少有欲望,心境安定,没有恐惧。



I've found it!  
找到了!

*Zheng qi* (healthy qi), a term in traditional Chinese medicine, is the opposite of evil qi. It refers to the immunity of the human body. Pathogeny in traditional Chinese medicine emphasizes the function of *zheng qi*. When it is full, evil qi will not be able to intrude.

正气:中医学名词,与邪气相对而言。一般指人体的防御功能。中医病因学在发病方面重视人体正气的作用,如正气充足,则邪气不能侵犯。



1. Labor does not make him too exhausted.

*Zheng qi* is in a harmonious state.

形体虽劳动,并不使它过分疲倦,正气从而调顺,各得其所。



2. You love what you eat and wear informal clothes. Satisfied with the social customs, you do not envy people in higher positions. Everyone is honest.

吃的觉得美好,穿的也很随便,乐于习俗,没有地位高低的羡慕,人们都很朴实。



5. They all follow the ways of preserving health, so they can live to a hundred years without showing any sign of aging in their movements.

可见他们都符合于养生道理,所以年龄都能达到一百岁而动作仍一点也没有衰老迹象。



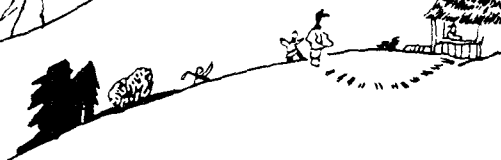
3. Unhealthy habits will not distract him and heresy will not carry him away.

不正当的嗜好不会劳动他的视听,淫乱邪说也不会诱惑他的心意。



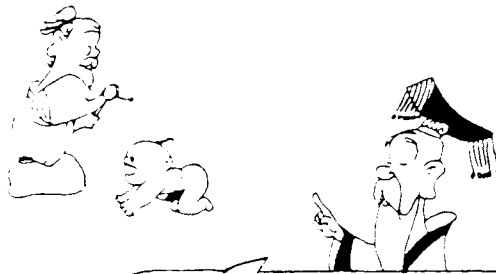
4. No matter whether he is stupid, clever, pious or, unfilial, he is afraid of nothing.

不论愚笨、聪明、贤能或不肖的人,对任何事物都没有恐惧心理。



*Jing qi*, the same as *zheng qi*, refers to the matter considered the essence of life and its functions. It usually refers to the essence acquired after birth and the essence contained in internal organs.

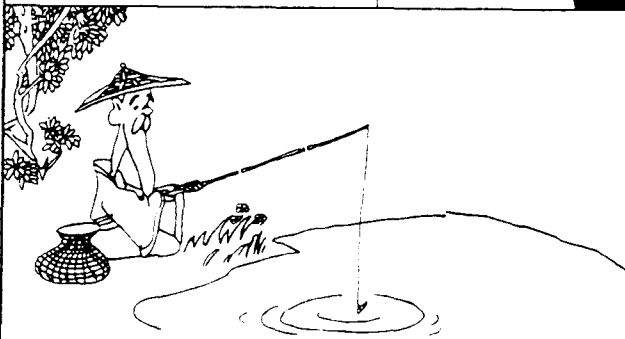
精气:同正气。泛指生命的精华物质及其功能。通常泛指后天之精,以及由此派生出的各脏所藏之精。



1. Why can some people produce offsprings even when they are old?  
有些人年纪已经老了,仍能生育子女,这是什么道理?

2. Generally speaking, for men, *jing qi* will not drain until sixty-four, and for women, not until forty-nine.

一般的情况是,男子超不过六十四岁,女子超不过四十九岁,他们的精气就会枯竭。



3. People who know the ways of preserving health can preserve the vital qi and do not age easily. So, although they are getting on in years, they still can have children.

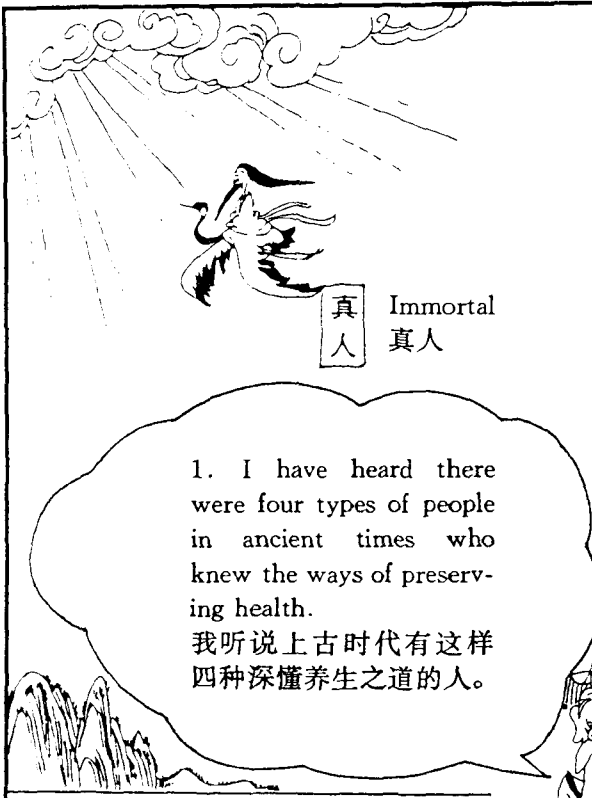
而懂得养生的人,能够保持真气,形体不容易衰老,所以年龄虽大,仍然能够生育。

4. According to biology, normal life expectancy can be between 120 and 150 years. Therefore, we should overcome the mentality of getting old before our time.

按生理学计算,人的正常寿命应为120岁至150岁。因此,要在思想上首先克服未老先衰的心态哟。





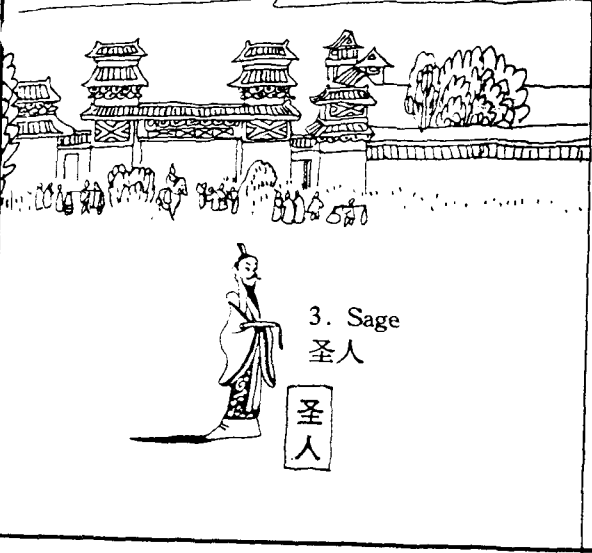


真人 Immortal  
真人

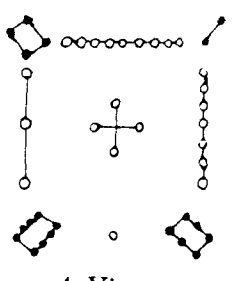
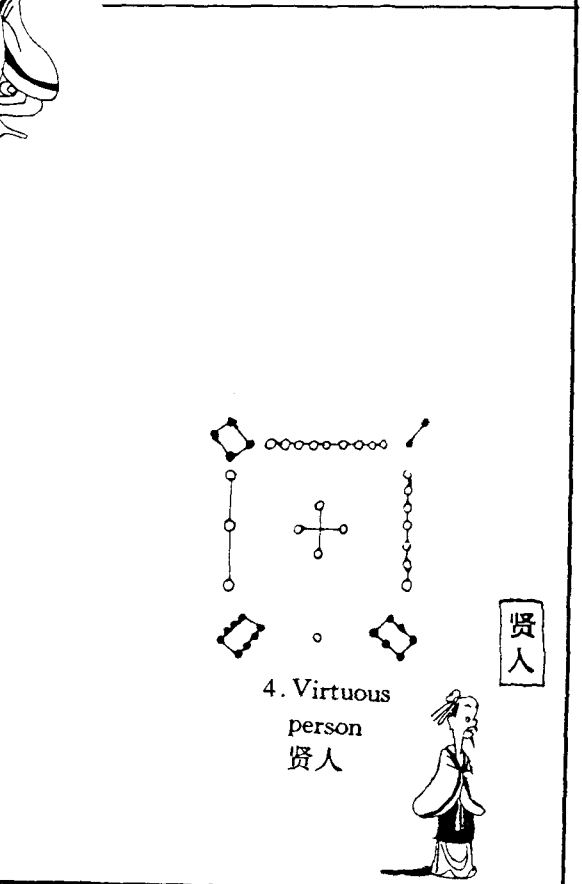
1. I have heard there were four types of people in ancient times who knew the ways of preserving health.  
我听说上古时代有这样四种深懂养生之道的人。



2. Complete person  
至人



3. Sage  
圣人



4. Virtuous person  
贤人

贤人