

漢英 常用中醫處方手冊



CHINESE-ENGLISH
MANUAL OF
COMMON-USED PRESCRIPTIONS IN
TRADITIONAL CHINESE MEDICINE

歐明主編



廣東科技出版社
三聯書店（香港）有限公司

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廣 東 科 技 出 版 社
三聯書店（香港）有限公司

图书在版编目 (CIP) 数据

汉英常用中医处方手册/欧明主编.

广州: 广东科技出版社, 1991. 12

ISBN 7-5359-2420-4

I. 汉…

II. 欧…

III. 中医-处方-手册

IV. R22

出版发行: 广东科技出版社

(广州市环市东路水荫路 11 号 邮码: 510075)

E-mail: gdlkjzbb@21cn.com

出版人: 黄达全

经 销: 广东新华发行集团股份有限公司

印 刷: 商务印书馆上海印刷厂

(上海天通庵路 190 号 邮码: 200071)

规 格: 850mm × 1168mm 1/32 26.5 印张 字数 550 千

版 次: 1991 年 12 月第 1 版

2000 年 7 月第 2 次印刷

定 价: 35.00 元

如发现因印装质量问题影响阅读, 请与承印厂联系调换。

漢英常用中醫處方手冊

**CHINESE - ENGLISH
MANUAL OF
COMMON - USED PRESCRIPTIONS IN TCM**

內容簡介

本書以實用為原則，收進精選的歷代驗證較為有效而至今又較常用的處方457條(正方324條，附方133條)，對內、外、婦、兒、五官等科的常見病、多發病均有兼顧。本書的主要特色是把闡述每條處方的配伍及其運用放在重要的位置，而對藥物的選擇和配伍的意義則作一定的提示，對後人擴大前輩所製處方的主治範圍也作了一些示範。本書對中醫臨床工作者及從事醫藥研究的人士均有相當參考價值。

Introduction

Aiming at the practical application, 457 ancient prescriptions (including 324 principal and 133 appendant ones) which are proved to be more effective and still used commonly nowadays are collected in this handbook. They cover the treatment of common diseases of internal medicine, surgery, gynecology, pediatrics, ophthalmology and otorhinolaryngology. The content of this handbook puts stress on the compatibility of composing ingredients and the principle of selection of drugs and their actions. The indications of prescriptions recorded in the original ancient literature are expanded on the basis of clinical experiences of later generations. This handbook may serve as a reference material for the TCM practitioners and the medical researchers.

序

中國是一個人口眾多、歷史悠久的文明古國。幾千年來，中醫一直卓有成效地肩負著中華民族的衛生保健工作，在現代中國的醫藥衛生事業中起著重要的作用。

中醫診療疾病的主要方法是辨證論治。理、法、方、藥是它的具體表現。因此，正確地立法用藥是中醫診療工作中最關鍵的問題。處方學是闡明和研究處方配伍規律及臨床運用的一門科學，是每個中醫臨床工作者必須掌握的基礎知識。

中國歷代醫家創立了許多醫法和處方，對我國醫學理論體系的形成、發展作出了巨大的貢獻，並使中醫在世界醫學的領域中顯示出獨特的風格。歷代醫書所載醫法和處方極為豐富，單是明朝期間出版的《普濟方》，便載方 61,739 首。本書所選載的皆係精選歷代驗證較為有效而至今又較常用，具有一定的代表性的處方。另外，對中醫內、外、婦、兒、五官等各科的常見病、多發病均有兼顧。

本書係工具書，有別於教材或專著，以實用為原則，著重闡述每條處方的配伍及運用。配伍體現了處方學的原則性，而運用則體現其靈活性。合理的配伍不僅能增強藥物原來的功效，消除其對人體的不利因素，且能產生新的療效，這是醫藥研究的重要課題。為此，本書對藥物的選擇，藥物之間的配伍意義都作了一些提示。處方的配伍，固然有一定的原則性，但在臨床應用時，還須根據病者的病情、年齡、體質、生活習慣以及氣候地區等的不同，予以靈活化裁，方能收到預期的效果。此外，由於歷年的臨床驗證，後人已擴大了前輩所製的處方的主治範圍。這些，本書也作了一些示範。

本書的英譯力求保持中醫學的原意，其中一些詞彙只能按照中醫理論體系來理解，而不能按現代醫學的一般概念來領會。

張明

PREFACE

China, known as a long history and large population, is a nation with a venerable civilization. For the last several thousand years, traditional Chinese medicine (TCM) has been effective in promoting the health of the Chinese people and has been playing an important role in the medical services in new China.

The characteristics of the clinical practice in TCM is to treat a patient in accordance with an overall differentiation of symptoms and signs, which is accomplished in the sequence of determination of mechanism, application of therapeutic principle, selection of prescription and use of medicaments. Thus, correct selection of prescriptions and use of medicaments are the cruxes of the clinical practice in TCM. The study of prescription is a science of explaining and studying the compatibility of ingredients in a prescription and its clinical application. It is the basic knowledge which a TCM professional must have acquired.

Chinese medical professionals through the ages have set up many therapeutic principles and prescriptions, made a great contribution to the formation and development of the TCM theoretical system and displayed a unique style in the world medicine. Plenty of therapeutic principles and prescriptions have been recorded in the medical works all through the ages. For example, one medical work published in the *Min* Dynasty, *Pǔjǐ Fāng* (Prescription for Curing All People), has collected 61,739 prescriptions. This manual, however, only selects the prescriptions which have been proved to be effective

and commonly used in the past and covers those usually applied in various departments of TCM, including internal medicine, surgery, traumatology, gynecology, pediatrics, ENT, etc.

Different from a text book and a monograph, the manual is a reference book for practical use. So it lays stress on explaining the compatibility of ingredients and the clinical application of each prescription. The compatibility of ingredients reflects the principle of the science of prescription, while the application, its flexibility. Reasonable combination of the drugs not only can strengthen the action of the drugs and diminish their adverse effects, but also can produce somewhat new therapeutic effect. This is indeed an important problem worthy of further study. This manual, therefore, made some explanations on the selection and the combination of drugs. Although there are certain principles for the selection of drugs in a prescription, it should vary with the severity of the disease, the age, constitution and living habit of the patient as well as the weather and the environment. The range of prescription application has been enlarged by clinical practice in the past years that has also been shown in this manual.

The English translation was been performed with great efforts to be faithful to the principles of TCM. It should be pointed out that some technical terms can only be understood according to the concept of TCM theoretical system but not to that of modern medicine.

Ou Ming

使用說明

一、本書收入常用正方324條，每方均包括有出處、組成、功用、配伍、運用等幾項內容。部份正方還附有附方，以作為原方的演變與補充，此類附方共133條。

二、本書處方以中文繁體字筆畫作為排列順序。

三、處方名稱如有常用別名則附於原方名後之圓括號內。

四、中藥中的犀角、虎骨、穿山甲等屬於或取於受保護之動物，應停止使用，為尊重歷史，仍照錄於處方中，臨床應用時應找適當的代用品。

五、為了便於應用，本書所有的藥物劑量不按出處所列，而代之以克為劑量單位。

六、處方的主治以原記載為主，並增加一些現代臨床應用中的發展。

七、凡是用漢語拼音字母作為英語詞匯的，均排印成斜體字以便讀者區別。

八、為方便讀者查閱，本書尚編有處方功效分類漢語、英語索引。

Guide to the Use of the Handbook

1. In this handbook, 324 prescriptions are discussed as the principal ones, which include the original literature, composition, action, compatibility of ingredients and clinical application. Totally 133 appendant prescriptions are attached to corresponding principal prescriptions as their modifications and supplements.

2. The arrangement of the prescriptions in the text is based on the stroke number of the complex of Chinese characters.

3. Another name of the prescription, if present, is listed in parentheses directly behind the name of the corresponding principal prescription.

4. Some medicines such as Cornu Rhinocerotis, Os Tigris, Squama Manitis, etc., are derived from the protected wild animals, and should not be employed. But they are still listed in the handbook as they appeared in the original ancient prescriptions, and should be replaced by other substitutes in clinical application.

5. In order to meet the demand of modern usage, the dosage of medicines is changed into the unit of gram instead of the ancient unit of weight listed in the original literature.

6. The indications of prescriptions are chiefly based on the original ancient literature, but are somewhat expanded according

to the clinical experience of later generations, especially the recent decades.

7. The specific terms of traditional Chinese medicine which are composed of phonetic Chinese characters are printed in italics so as to distinguish them from other meanings.

8. For the convenience of consultation, the Classification of Actions of Prescriptions both in Chinese and English are attached to the handbook.

漢英常用中醫處方手冊

*Chinese-English Manual of
Common-Used Prescriptions in
Traditional Chinese Medicine*

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