

Editor-in-chief  
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# Chinese Therapeutic Methods of Acupoints

Hunan Science &amp; Technology Press

# 中国穴位疗法

湖南科学技术出版社

Chinese-English  
Edition 汉英对照本

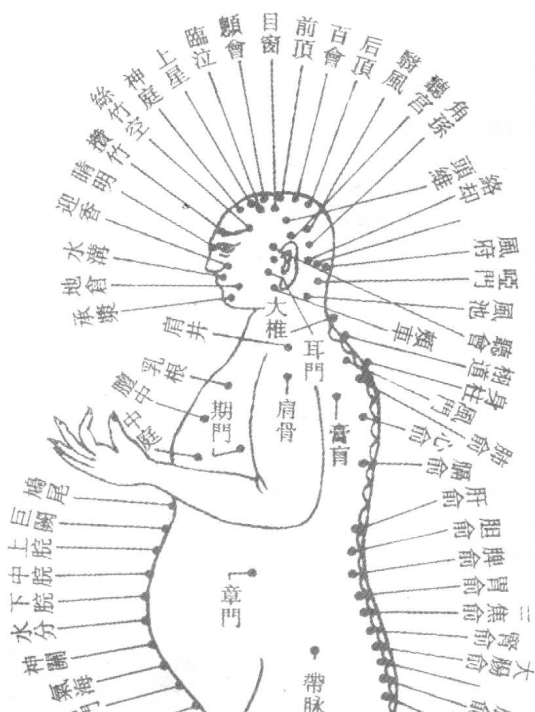
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## Brief Introduction about the Authors

### 作者简介



**李绍芝** 男，医学博士，获美国国家针灸、中药证书。2001 年开始任美国得克萨斯州中医学院教授；曾发表论文 54 篇，主编和参编著作 12 本；获湖南省科技成果奖 6 次；曾任湖南中医学院中医诊断实验室主任。1992~1995 年国家教委公派留美访问学者；1998~1999 年任湖南中医学院赴俄罗斯医疗队队长。

**Li Shaozhi** male, M.D., Ph.D., National Certificates of both Acupuncture and Chinese Herbology, professor of Texas College of Traditional Chinese Medicine since 2001, has had 54 papers and 12 books published, received 6 prizes given by Hunan Government for important scientific and technical achievement, was the director of Research Laboratory of Diagnostics of Hunan College of Traditional Chinese Medicine, studied in the United States as a visiting scholar send by the Chinese Government from 1992 to 1995, worked in Russia at the leader of the medical team sent by Hunan College of Traditional Chinese Medicine form 1998 to 1999.



**谭晓红** 女，获美国国家针灸、中药证书，中国针灸学会会员，1999 年开始任美国兰辛市 Jamieson 健康医疗中心针灸医师。曾发表学术论文 21 篇，参编著作 4 本，获湖南省科技成果奖 1 次；曾任湖南中医学院附属第一医院针灸科副教授。1998~1999 年为湖南中医学院委派的针灸专家在俄罗斯从事针灸临床工作。

**Tan Xiaohong** female, M.D., National Certificates of both Acupuncture and Chinese Herbology, member of all-China Acupuncture and Moxibustion, Acupuncturist of Dr. Jamieson Total Health Care Center at Lansing, Michigan since 1999, has published 21 papers and 4 books published, received 1 prize given by Hunan Government for important scientific and technical achievement, was associate professor, Department of Acupuncture, The first Affiliated Hospital of Hunan College of Traditional Chinese Medicine, worked in Russia at the medical specialist sent by Hunan College of Traditional Chinese Medicine from 1998 to 1999.

# 再版前言

穴位疗法源于中国民间，几千年来为中华民族的繁衍昌盛作出了巨大的贡献，受到了广大民众的厚爱。近来，随着中国传统医学的迅速发展，中外学术交流日益频繁，穴位疗法越来越受到了海外医学界的重视，成为世界医学的一个重要组成部分。为了促进中外学术交流，适应中医学不断发展的需要，我们编写了这本《中国穴位疗法》，忠诚希望能为弘扬民族精华作出应有的一点贡献。

作者积 20 余年教学、临床、科研工作和数年海外学习的经验，遵循理论与实际相结合的原则，精心选择临床行之有效、用之简便的穴位治疗方法。所选之法，多为亲验目睹。本着认真负责的态度，历经数载，几易其稿，而成此册。全书分为三章，第一章简介常用腧穴 400 多个，第二章收编各种穴位治疗方法 20 余种，第三章介绍百余种常见疾病的穴位疗法。力求文字简明扼要，通俗易懂，译文准确流畅，并配大量插图，以达到图文并茂之效果而便于自学。

《中国穴位疗法》自 1998 年第一次出版发行后，深受国内外读者的欢迎。此书出版后不久，作者便移居美国从事针灸、中药临床和教学工作，并以此书作为教材传授学业。现在我们将此书修订再版以满足世界各国读者的需要。

本书能为国内中医院校学生和临床医师学习中医专业英语和穴位治疗方法提供帮助和参考，同时也能成为海外读者学习中医和汉语的良师益友。由于作者的水平有限，错误之处敬请读者批评指正。

作者衷心感谢加拿大 Patrick Quon 先生和澳大利亚 Chris Lack 先生热情为本书的英文部分进行校对工作。

李绍芝

谭晓红

2005 年 9 月 29 日

## Forword for reediting the book

Therapeutic method of acupoint originates from China. It has made a great contribution to the thriving and prosperity of the Chinese nation for several thousand years and has been greatly loved by people. In recent years, traditional Chinese medicine has attained a very high level of development and exchange of traditional Chinese medicine has accelerated. Foreign medical scholars have paid more and more attention to it. There is no doubt that therapeutic method of acupoint becomes an important component in world medicine. In order to improve academic exchange in medical science between China and foreign countries and meet with the ever-growing demand for traditional Chinese medicine, we wrote this book with hopes to make a contribution for carry forward the national essence.

The authors, with more than 20 year experience in their teaching, clinic, research and work in foreign countries, chose carefully effective and simple therapeutic methods of acupuncture according to the principle of the integration of theory and practice. Most of the chosen methods have been used or seen by the authors in the clinic. We spent several years to write this book and have revised the manuscript many times in light of conscientious attitude. The book is divided into three chapters. The first chapter introduces channels and collaterals and more than 400 commonly used acupoints including their locations, indications, and methods of needling. The second chapter describes more than 20 different therapeutic methods of acupuncture which are effec-

tive, simple, and safe. The third chapter introduces the treatment of more than 100 common diseases with therapeutic methods. The authors have strived to be concise and easy to understand in writing with correct and fluent English. The book is filled with illustrative pictures in order to be studied independently.

Chinese Therapeutic Methods of Acupoints has been welcome by the readers in both foreign countries and China since the publication of the first edition in 1998. Shortly after the book was published, the authors moved to United States to teach and practice acupuncture. The book has been used for acupuncture textbook there. It is necessary to reedit the book after 7 years in order to satisfy the demand of the readers in the world.

This book can provide assistance in the study of acupuncture English and therapeutic methods of acupuncture for students and doctors in China. It can also be good teacher and reliable friend for overseas student of traditional Chinese medicine and Chinese. We have tried our best in compiling this book, however, any comment or any suggestion for the further revision of this book would be very appreciated.

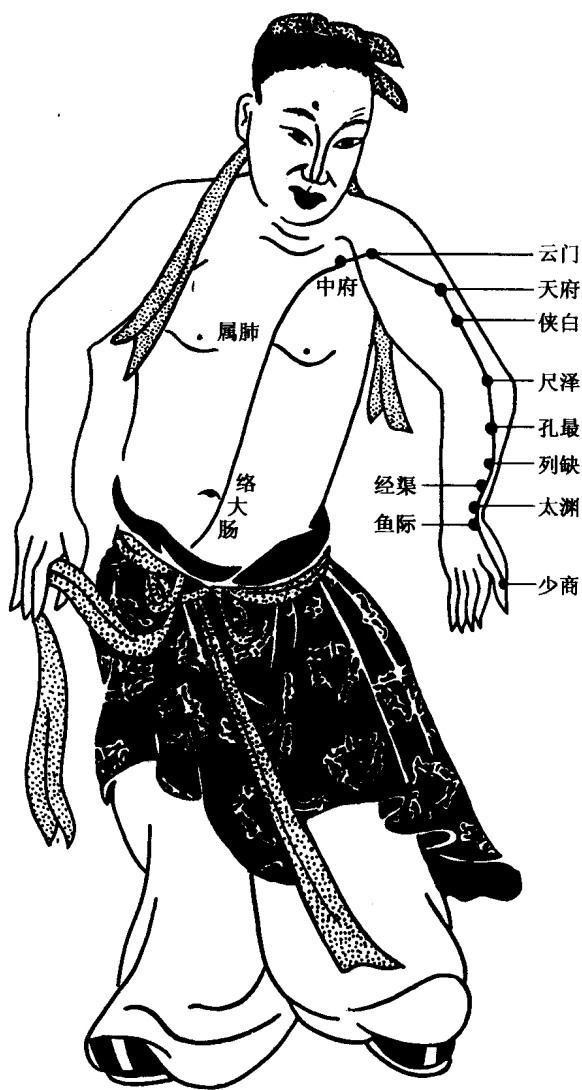
The authors are grateful to Mr. Patrick Quon from Canada and Mr. Chris Lack from Australia for their proofreading the English version.

**Li Shaozhi**

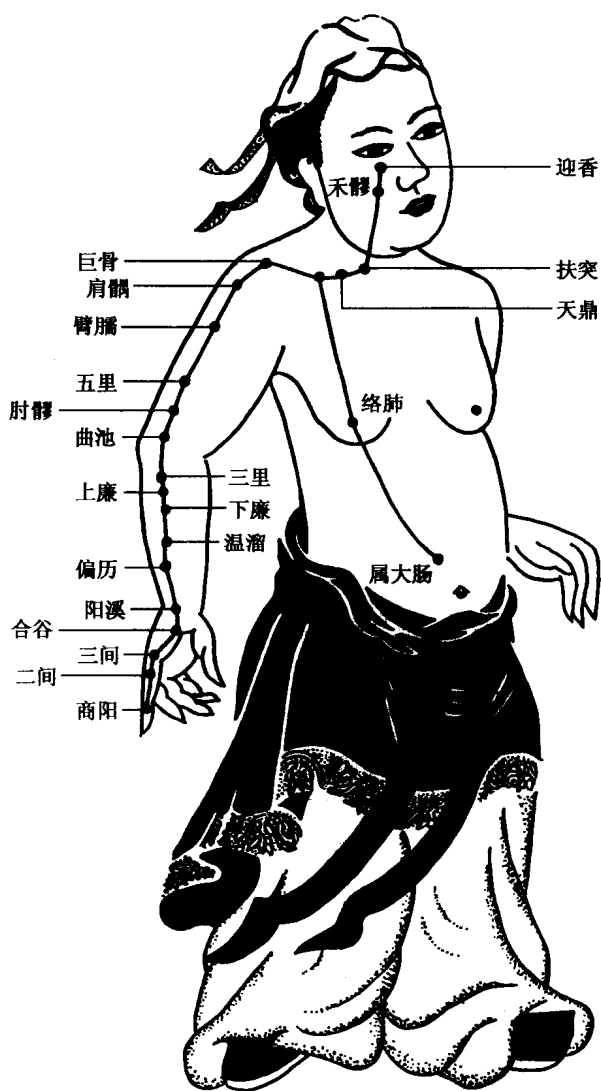
**Tan Xiaohong**

**September 29, 2005**





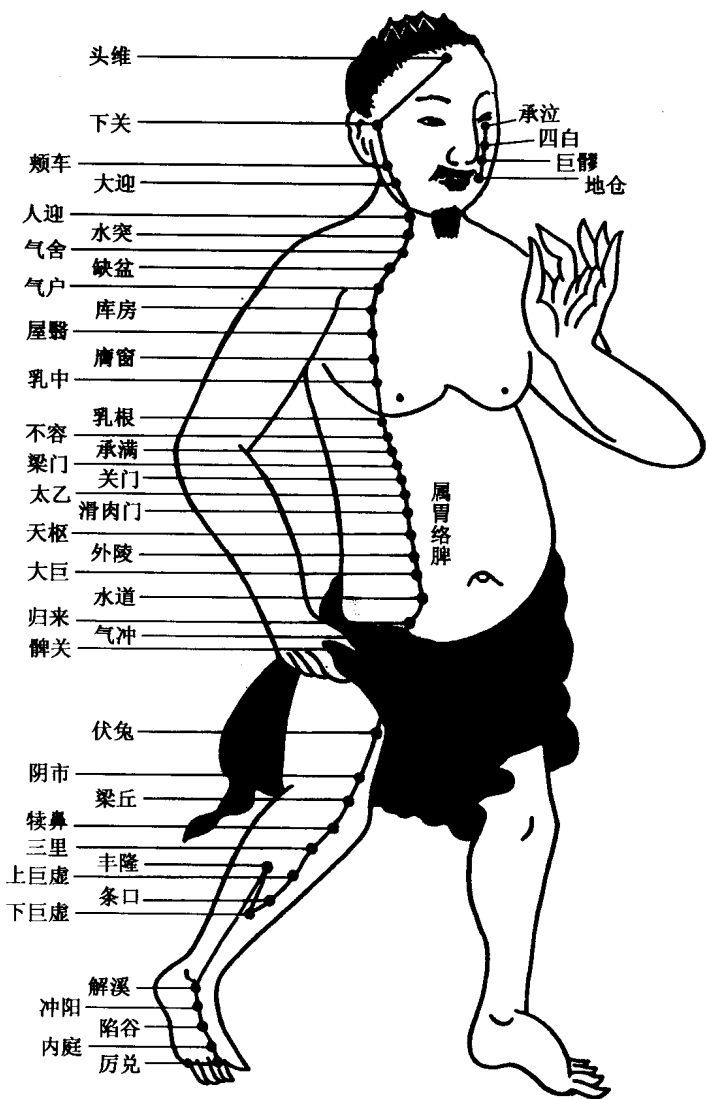
中国古代经络图——手太阴肺经  
 Ancient Chinese Meridian Picture - The  
 Lung Meridian of Hand-Taiyin



中国古代经络图——手阳明大肠经

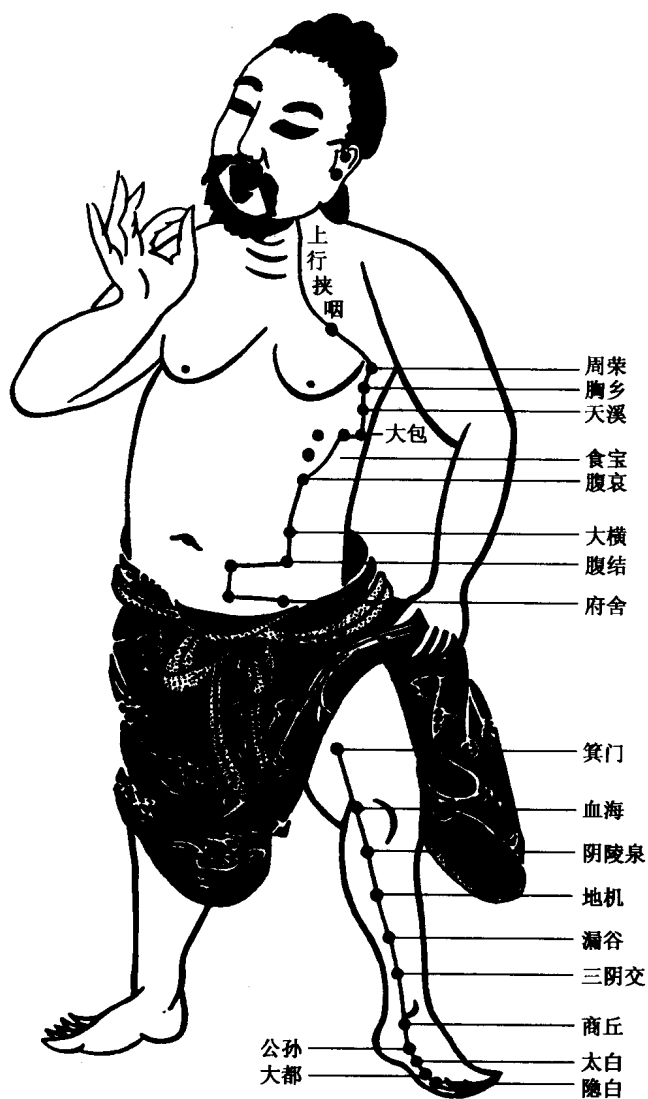
Ancient Chinese Meridian Picture - The

Large Intestine Meridian of Hand-Yangming



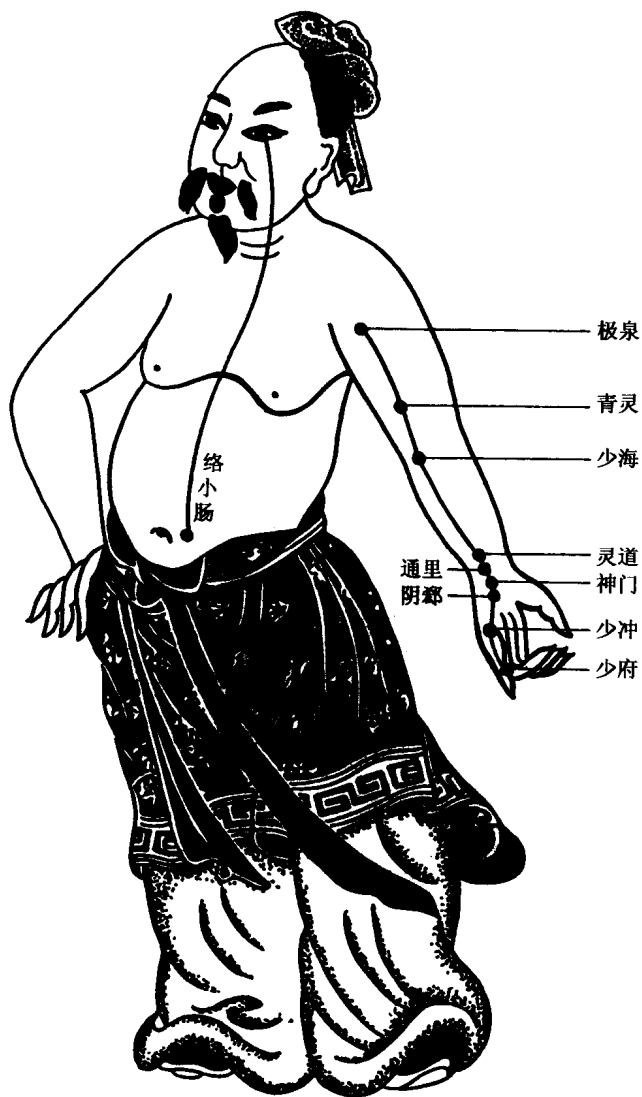
中国古代经络图——足阳明胃经

Ancient Chinese Meridian Picture - The  
Stomach Meridian of Foot-Yangming



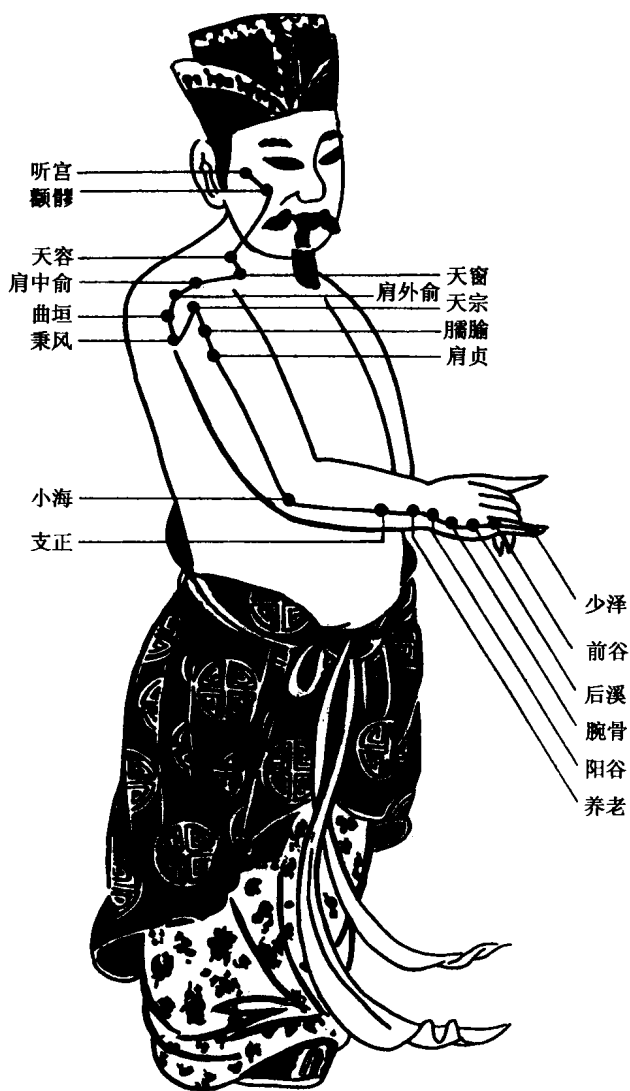
中国古代经络图——足太阴脾经

Ancient Chinese Meridian Picture - The  
Spleen Meridian of Foot-Taiyin



中国古代经络图——手少阴心经

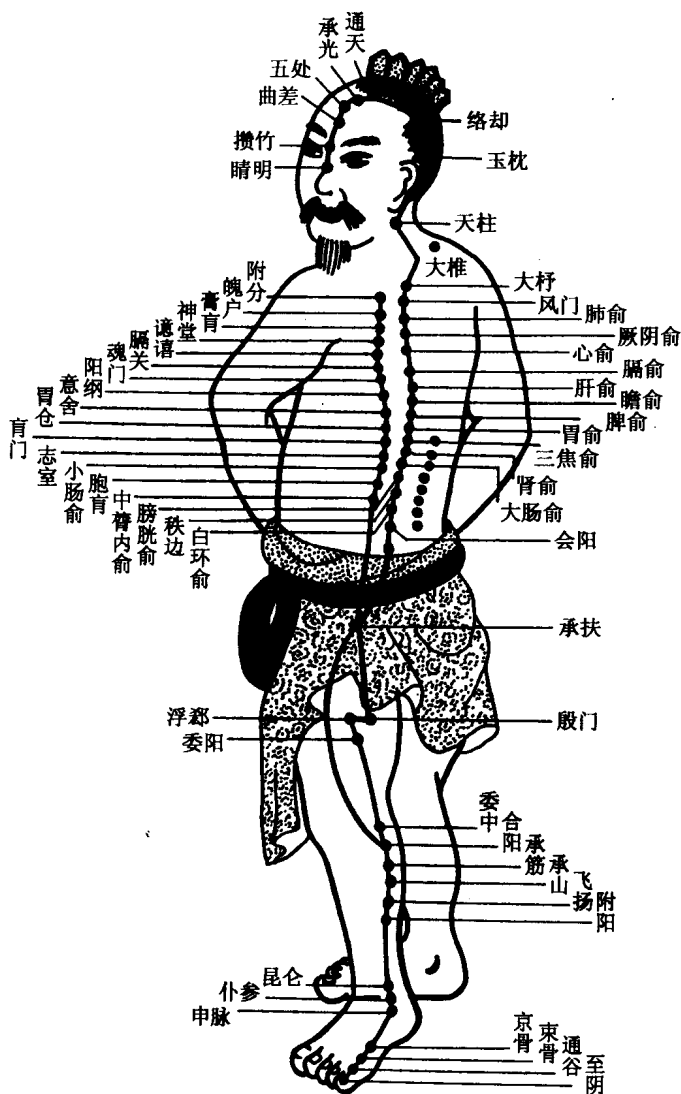
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Heart Meridian of Hand-Shaoyin



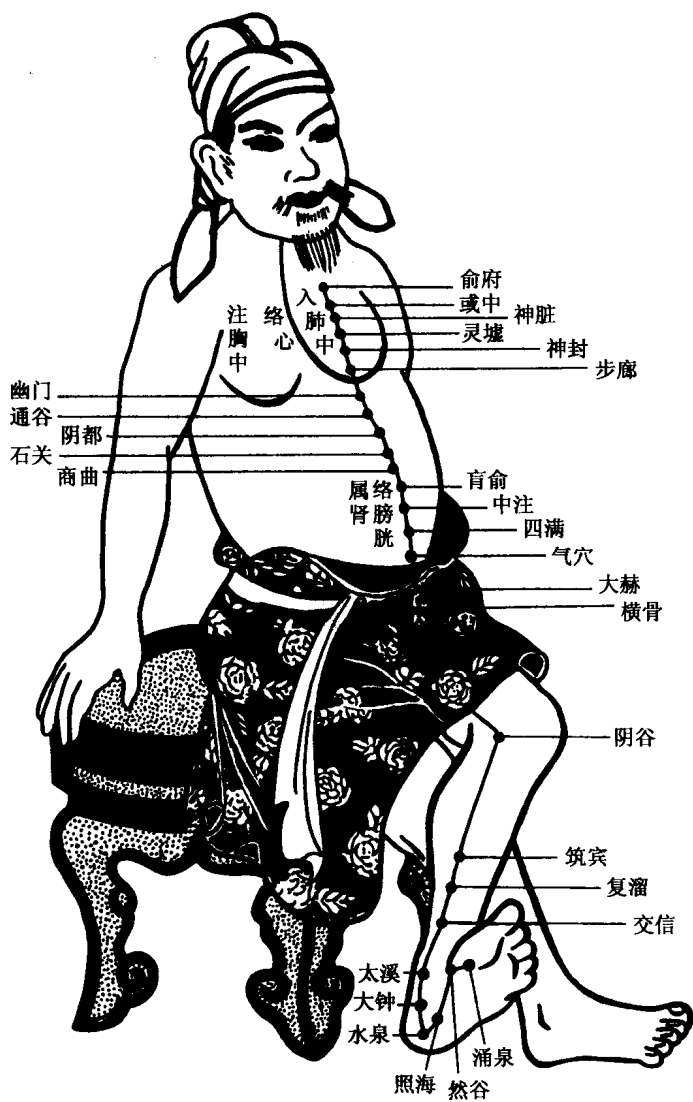
中国古代经络图——手太阳小肠经

Ancient Chinese Meridian Picture - The

Small Intestine Meridian of Hand-Taiyang



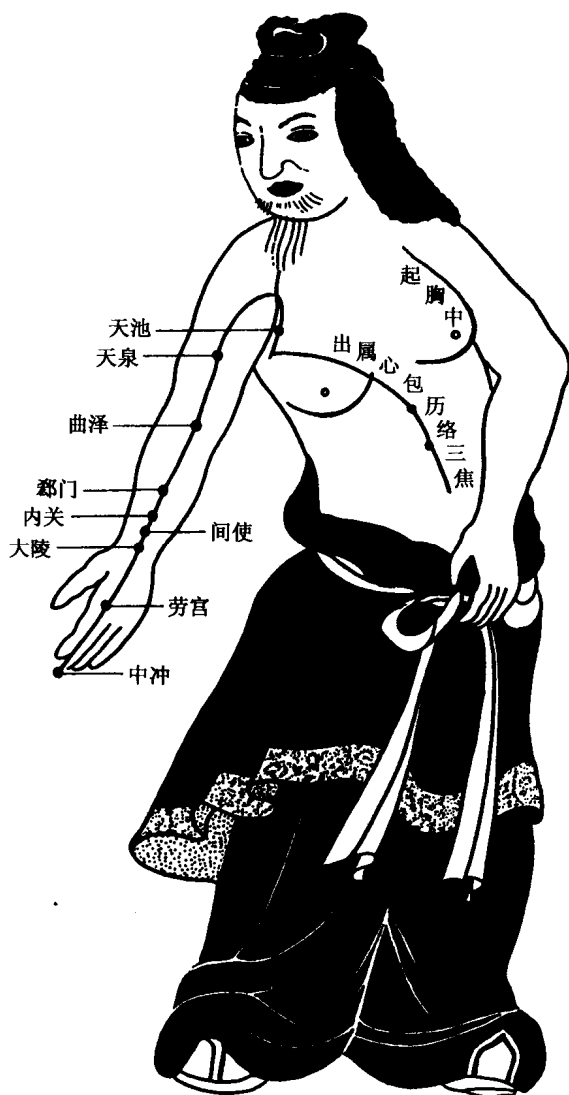
中国古代经络图——足太阳膀胱经  
 Ancient Chinese Meridian Picture - The  
 Bladder Meridian of Foot-Taiyang



中国古代经络图——足少阴肾经

Ancient Chinese Meridian Picture - The  
Kidney Meridian of Foot-Shaoyin





中国古代经络图——手厥阴心包经  
Ancient Chinese Meridian Picture - The  
Pericardium Meridian of Hand-Jueyin