

汉英对照口袋书 (彩图版)

Chinese-English Pocket Edition (Colored)

● 主编 王亚渭

Chief Editor Wang Ya-wei

● 主译 李永安 张 焱

Chief Translators Li Yong-an Zhang Yan

Illustrations of
**Foot Reflex
Zone** Massage

足部反射区按摩

图解

上海科学技术出版社

Shanghai Scientific & Technical Publishers



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汉英对照口袋书 (彩图版)

Chinese-English Pocket Edition (Colored)

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内 容 提 要

本书为“汉英对照口袋书(彩图版)”丛书之一分册。全书分四章阐述了足部反射区按摩的起源和发展、概念、作用以及与其他疗法的关系,入门要领和医学原理;详细介绍了足部反射区定位和操作,配有161张彩色照片,并介绍了双足整体按摩在临床的应用。全书图文并茂、通俗易懂、汉英对照,可供广大海内外足部反射区按摩医师和爱好者学习、参考。

Synopsis

This book is one of the volumes of series of *Chinese-English Pocket Edition (Colored) Illustrations*. The book contains four chapters which expounds the foot reflex zone massage in terms of the origin, development, conception, function, its relations with other therapies, rudimentary essentials, and medical principles. It also elaborates the location and the operation of foot reflex zones, along with 161 colored photographs. In addition, the book introduces the clinical application of the integral massage of both feet. The whole book features text with pictures, easy-to-read style, and Chinese-English layout, which is suitable for domestic and overseas foot reflex zone massage doctors and enthusiasts to learn and consult.

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第一章 | 绪 言

第一节 足部反射区按摩的起源与发展

【起源】

从医学的发展史来看，按摩治病，远远早于应用工具、草药或其他医疗方法。古代足部按摩的形成与跳舞有一定的关系，古人类在地上赤脚跳舞时到足底部发热、舒服，既解除疲劳又振奋精神，当有病痛的人感觉自己的病痛有所缓解后，就加以总结。这是足部按摩的启蒙阶段。先秦时期，在《史记·扁鹊仓公列传》中记载的“愈跗”从名字的字意上推断可能是以按摩足部治病的人。东汉时期的名医华佗发明的“五禽戏”也很重视足部导引。

4500年前在埃及金字塔中有一幅奴隶为巴路王按摩脚的图，上面还有一问一答的对话。古代印度也有关于足部按摩的史证，前释迦人留下了佛都的“佛足石”，在这个足印上就有人体与足部相关联的图，古印度的瑜伽术乃受此影响而产生。

Chapter 1 Introduction

Section 1 The Origin and Development of Foot Reflex Zone Massage

Origin

From the historical development of medical science, massage applied to cure diseases had arisen far earlier than tools, medicinal herbs and other therapies. In ancient times, the foot massage had something to do with dancing. The ancient people used to dance barefoot on the ground. When they danced until they felt hot in soles and comfortable, they became refreshed with fatigue relieved. When people with ailment felt their pains somewhat soothed, they began to summarize it. Hence appeared the commencement stage of foot massage. *Shi Ji • Bian Que Cang Gong Lie Zhuan* (*Memoirs of Bian Que Cang Gong, Records of the Grand Historian*) records the legend of Yu Fu, who lived in the period before the Qin Dynasty. Being inferred from the literal meaning of the name, “Yu Fu” supposedly refers to a person who practiced foot massage to cure diseases. In the Eastern Han Dynasty, the renowned doctor Hua Tuo devised Wuqinxi (Frolics of the Five Animals) which attaches great importance to foot daoyin (leading).

About 4,500 years ago, there was a mural depicting a slave massaging feet for the Pharaoh Baru in an Egyptian Pyramid. The picture also included a conversation with questions and answers. In ancient India, there was also historical evidence about foot massage. For instance, pre-Sakya people handed down the “Buddha’s Footprint Stone” from the capital city of Buddha. On the footprints there are pictures of interrelations between human body and feet. It is said that yoga in ancient India was just influenced by this and thereby emerged.

【发展】

公元8世纪，日本从中国引进了足部按摩——“足心道”，后者一直为日本民间和医学界所推广运用，日本是一个足部按摩法颇有成就的国家，日本东京工业大学的平泽弥一郎教授有“脚底博士”的绰号，他对脚的研究大约有40多年，至少接触过2万人的脚。20世纪的美国的鲍尔博士将菲特兹格拉得的区带疗法总结、撰写成《区带疗法》，此书对后来足疗的发展起了重要的作用。20世纪50年代德国的一位女士受《脚会说话》一书的影响，经过学习、研究、总结出版《足反射疗法》，此书流传到东西方的国家，它使足部按摩疗法风靡世界，足部反射区疗法也已基本成形。

【回归】

吴若石神父是我国台湾省瑞士籍的传教士，曾患膝关节炎，在中西医治疗无效的情况下，自学《足部反射区病理按摩法》一书，后自治膝关节炎3次，膝关节就好了，于是他对这种按摩法产生浓厚的兴趣，开始学习研究之，并请人把此书由德文译成中文，取名《病理按摩法》。此按摩法首先在台湾引起震动，为此他在台湾省成立了“若石健康研究会”，把该按摩法中的50多个反射区，发展为62个，除作理论研究外，还对足部反射区按摩进行大力推广和宣传。

随着我国的改革开放，吴若石的学生将足部反射区按摩法带至北京，并向全国推广。足部反射区按摩法也就重新回到了祖国大

Development

In 8th century A.D., Japanese people introduced foot massage from China and formed “Sokushindo”, which has been applied and popularized among Japanese folks and medical experts. Japan is a country with great achievements of foot massage. Take for example Yayichirou Hirasawa at Tokyo Institute of Technology in Japan. He has got a nickname “Dr. Sole of Foot”, for he has about 40 years’ experiences in research on foot and has touched at least 20, 000 person’s feet. In early 20th century, Dr. Edwin Bowers in the United States summarized William Fitzgerald’s theory of zone therapy and composed *Zone Therapy*, which played a significant role in the further development of foot therapy. In 1950s, a woman in Germany, who was influenced by a book entitled *Foot Speaks*, started to study, examine, and summarize foot massage, and finally published *Foot Reflexology*. This book was later spread to western and eastern countries and gradually made foot massage popular throughout the world. Accordingly, foot reflex zone massage came into being on the whole.

Regression

Father Wu Rwo-Shur (originally named Father Josef Eugster), a Swiss missionary in Taiwan Province, suffered from arthritis in his knees. When western and Chinese medicines were of no efficacy, he began to teach himself a book called *Pathological Massage Method for Foot Reflex Zones*. Later he treated arthritis in his knees by himself for three times, and cured his problems. Then he became strongly interested in foot massage and started to study and examine it. He even had the book translated from German into Chinese, naming it *Pathological Massage Method*. The method first caused a sensation throughout Taiwan. Therefore, he established “Rwo-Shur Health Institute”, and went on to develop more than 50 zones in the original massage method into 62 zones. Apart from doing theoretical

陆，现在越来越多医务工作者及非医务工作者对此疗法重视起来，1991年7月经国家卫生部及民政局批准，中国足部反射区疗法健康法研究会正式成立，经卫生部门的认可，定名为“反射疗法”。2002年初，经过卫生部的培训、考核，第一批反射疗法师已经获得认证。

第二节 足部反射区按摩的概念、作用以及与其他疗法的关系

古今中外防病、治病的方法很多，无论是中国的传统医学，西方的现代医学，还是具双重特点的中西医药结合的医学，各自都有其不同的特点，都有其长处。在应用中要取长补短，才能发挥各自特长。

【足部反射区按摩的概念和作用】

足部反射区按摩就是在人体的某一部分，病变部位或器官相对应的反射区，找出敏感点——酸、麻、胀、痛点，加以按摩，

research on foot reflex zone massage, he vigorously publicized the method.

Under the circumstances of reform and opening-up of China, students of Wu Rwo-Shur introduced methods of foot reflex zone massage to Beijing and popularized them throughout the country. Hence, the method of foot reflex zone massage returned to mainland China. Nowadays more and more medical workers and non-medical workers begin to attach importance to the therapy. In July 1991, after being ratified by the Ministry of Health and Civil Administration Bureau, China Institute of Foot Reflex Zone Therapy and Health Method was formally established. And the method was called "Reflex Therapy". In early 2002, having undergone training and examination given by the Ministry of Health, the first group of reflex therapists were certified.

Section 2 Foot Reflex Zone Massage: Conception, Functions, and its Relations with Other Therapies

In modern or ancient times, in China or the rest of the world, there have been plenty of methods to prevent or cure diseases. Different methods have different characteristics and advantages no matter whether they belong to traditional Chinese medicine, modern Western medicine or integrated traditional and Western medicine that combines both features. Only by drawing on each other's merits, can we bring these methods into full play respectively.

Conception and Functions of Foot Reflex Zone Massage

Foot Reflex Zone Massage refers to a therapeutic method that attempts to find and massage tenderness points, i.e. sore, numb, distension, and aching points in the reflex zone on certain region of human body that corresponds to the region or organ with

达到防病治病效果的一种治疗方法。是一种科学性和实用性很强的保健按摩法。不但是男女老少保健的理想方法，而且能治疗许多病痛，甚至能解决别的医疗方法不能见效或不易见效的疾病。此外，在某些病没有显现出来以前，在脚部的某个部位就可有所变化，故此，足部反射区按摩也可作为一种独特的诊疗手段。

足部反射区按摩具有止痛、解除疲劳、诊断疾病、增智及防病保健等作用。

足部反射区按摩的特点是没有药物的副作用，简便，易学，经济。它通过调节神经反射，改善血液循环，调节内分泌，增强免疫系统功能，通经活络等原理，达到扶正祛邪、防病治病的目的。但它仅仅是医疗保健的一种方法，有一定的局限性，它不是能取代其他疗法的灵丹妙药。我们要发挥其特长，不排斥其他的治疗方法。

【足部反射区按摩与其他疗法的关系】

首先它可以减少因服药和手术造成的副作用。因为经常做足部反射区按摩可以增强机体的免疫和抵抗力。其次它对术后患者