

# CHINESE ACUPUNCTURE AND MOXIBUSTION

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# CHINESE ACUPUNCTURE AND MOXIBUSTION

Acupuncture and moxibustion are indispensable parts of traditional Chinese medicine in the prevention and control of disease. Since the founding of the People's Republic of China these arts have been developed and are highly regarded by the international academic community.

Based upon *Essentials of Chinese Acupuncture*, used as a textbook by the International Acupuncture Training Centers in Beijing, Shanghai and Nanjing, *Chinese Acupuncture and Moxibustion* incorporates the rich experience of class teaching and clinical practice and the results of acupuncture research, retaining the characteristic features of the traditional theory of acupuncture and stressing the integration of theory and practice. The book consists of eighteen chapters and four appendices.

*Chinese Acupuncture and Moxibustion* was compiled by the International Acupuncture Training Centers and Acupuncture Institute of China, Academy of Traditional Chinese Medicine, on commission of the Ministry of Public Health. It is published by Foreign Languages Press and distributed by China International Book Trading Corporation.

ISBN 978-7-119-05994-5



9 787119 059945 >

# CHINESE ACUPUNCTURE AND MOXIBUSTION

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First Edition 1987

Second Edition 1999

Third Edition 2010

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ISBN 978-7-119-05994-5

© Foreign Languages Press, Beijing, China, 2010

Published by Foreign Languages Press

24 Baiwanzhuang Road, Beijing 100037, China

<http://www.flp.com.cn>

*Printed in the People's Republic of China*

## 图书在版编目(CIP)数据

中国针灸学: 英文 / 程莘农主编.

北京: 外文出版社, 2009 (中国传统医学)

ISBN 978-7-119-05994-5

I. 中... II. 程... III. 针灸学-英文 IV. R245

中国版本图书馆CIP数据核字(2009)第152248号

## 第三版

策划编辑: 胡开敏 杨春燕

责任编辑: 杨璐 刘芳念

英文审定: 方芷筠

制 图: 姚亚妮 罗 剑 等

制图审定: 程 凯

内文设计: 北京维诺传媒文化有限公司

封面设计: 器百分·设计

印刷监制: 张国祥

## 中国针灸学

程莘农 等 著

谢竹藩 等 译

© 2010 外文出版社

出 版 人: 呼宝民

总 编 辑: 李振国

出版发行: 外文出版社

中国北京百万庄大街24号

邮政编码 100037

<http://www.flp.com.cn>

印 刷: 汇鑫印务有限公司

开 本: 787mm × 1092mm 1/16 印张: 37.5

2010年第3版 第12次印刷

(英)

ISBN 978-7-119-05994-5

19800 (精)

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# Chinese Acupuncture and Moxibustion



## FOREWORD

The science of acupuncture and moxibustion is an important part of traditional Chinese medicine. For thousands of years the Chinese people have appreciated it for its nonpharmaceutical treatment, simple application, wide range of use, good curative effect, and low cost.

As part of Chinese science and culture acupuncture and moxibustion have long been known in the world as a result of cultural exchange between China and other countries. However, a global interest in acupuncture and moxibustion and special enthusiasm for the subject have been growing in the past dozen years. To offer further service to the other people and help acupuncture and moxibustion enrich the world's science and culture, the Ministry of Health of China established three international acupuncture training centres in research institutes and colleges of traditional Chinese medicine in Beijing, Shanghai and Nanjing with the support of the Office of the Western Pacific Region of the United Nations' World Health Organization. More than 1,000 foreign students from 120 countries and regions have been trained there in less than ten years. With their strong thirst for knowledge these students were not satisfied with their basic understanding and sought more detailed information. To meet their needs, the three training centres have organized advanced training and research courses.

*Chinese Acupuncture and Moxibustion*, the textbook for these advanced courses, was compiled by the three training centres, under the supervision of the Ministry of Health, in accordance with their teaching programme, acupuncture theory and clinical experiences. Professor Cheng Xinnong, well-known specialist of Chinese acupuncture and moxibustion, headed the editorial board for the compilation of this book. Both the Chinese and English editions of *Chinese Acupuncture and Moxibustion* were examined and revised by a number of specialists before publication.

Based on *Essentials of Chinese Acupuncture* and supplemented by the results of many years of teaching and clinical experience, *Chinese Acupuncture and Moxibustion* was continually revised, substantiated and perfected. As a valued scientific gift from the home of acupuncture and moxibustion, this book, we hope, will be a good teacher and helpful friend to students and practitioners of acupuncture and moxibustion in the world.

Hu Ximing

Vice-Minister of the Ministry of Health,  
Director of the State Administration of Traditional Chinese Medicine, the  
People's Republic of China  
Chairman of the Chinese Acupuncture and Moxibustion Society  
September 1987



## PREFACE TO THE REVISED EDITION

The English edition of *Chinese Acupuncture and Moxibustion* has been reprinted many times since it first appeared in 1987. Acupuncture and moxibustion circles all over the world value the book highly, and it is regarded as one of the most authoritative textbooks on these subjects. It has become an essential text in the Beijing, Shanghai and Nanjing International Acupuncture Training Centres in China, and has played an important role in promoting the development of acupuncture and moxibustion worldwide.

In 1998, the Beijing, Shanghai and Nanjing International Acupuncture Training Centres and the Acupuncture & Moxibustion Institute of the China Academy of Traditional Chinese Medicine decided to undertake the first revision of this book in order to improve its quality and meet the needs of the development of acupuncture and moxibustion. Since the contents of the book are already familiar to and have been accepted by acupuncture students and practitioners all over the world, the revision has had to be handled with great care, and no fundamental changes have been made to its framework. However, a number of important revisions and readjustments to the content have been made in the light of the existing needs of education, scientific research, medical treatment and international academic exchanges in this field. The main revisions and readjustments are as follows:

1. Corrections have been made to such mistakes as wrong words, phrases and charts which occurred at the typesetting and printing stage.
2. The locations of the 14 Meridian points and Extra points have been standardized in the light of *The Locations of Acupuncture Points* (GB 12346-90), a national standard with legal effect which was issued by the PRC State Bureau of Technical Supervision and has to be followed in the course of education, scientific research, medical treatment and internal and external academic exchanges in the field of acupuncture

and moxibustion. However, the directions for locating the acupuncture points contained in the old edition have been retained, for the convenience of the readers.

3. The names of the 12 Meridians and their abbreviations, of the eight Extra Meridians, and of the 361 Meridian points, and some basic acupuncture phrases and terms have been standardized in the light of Standard Acupuncture Nomenclature Part 1 & Part 2, revised edition, approved and adopted by the World Health Organization.

4. Included as additional sections in the revised edition are Standard Nomenclature of the Acupuncture Points of the Fourteen Meridians and Standard Nomenclature of the Extra Points approved and adopted by the World Health Organization.

More abstruse contents have not been included in the revised edition, as they will be covered in a comprehensive and systematic way in a new book named *Supplement to Chinese Acupuncture & Moxibustion*, to be published by the Foreign Languages Press.

Since there are bound to be oversights and omissions in the present work, readers are welcome to point them out so that they can be corrected during the next revision.

Jan., 1999

## PREFACE

The science of acupuncture and moxibustion is an important component of traditional Chinese medicine used in the prevention and treatment of disease. This therapy has been accepted by the general population for thousands of years. Since the founding of the People's Republic of China, great importance has been attached by the Chinese Government to the investigation of acupuncture and moxibustion. It has thus been greatly popularized and developed and is becoming an increasingly important component of world medicine.

With a view to offering further service to the people of the world, three International Acupuncture Training Centres were established in Beijing, Shanghai and Nanjing. Since 1975, a number of acupuncture training courses have been sponsored for more than one thousand foreign students from one hundred countries and regions, using *Essentials of Chinese Acupuncture*\* as the textbook. Upon returning to their home countries these students applied what they had learnt to their own practice to good effect. Many practitioners are not satisfied with their understanding of the basic theories and seek more detailed knowledge. Therefore, the Ministry of Health has entrusted these three training centres with the task of organizing advanced training and research courses. *Chinese Acupuncture and Moxibustion* has been compiled to serve as the textbook for these courses and as a reference for foreign practitioners in their own study.

Based upon *Essentials of Chinese Acupuncture* and supplemented with many years of teaching and clinical experience, as well as recent research, the book lays emphasis on the integration of theory with practice, in keeping with the great heri-

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\* Published by the Foreign Languages Press, Beijing, in 1975 and 1980.

tage of traditional Chinese medicine. *Chinese Acupuncture and Moxibustion* consists of eighteen chapters. Chapter 1 is a brief history of Chinese acupuncture and moxibustion, giving an outline of its origin and development, Chapters 2 to 4 deal with the basic theories, primarily in relation to yin-yang, five elements, zang-fu, qi, blood, essence and body fluid. Chapters 5 to 10 give an overall description of the 12 main meridians, 8 extra meridians, 12 divergent meridians, 15 collaterals, 12 muscle regions, 12 cutaneous regions, acupuncture points of the 14 meridians and the extra points. Chapters 11 and 12 are concerned with etiology, pathogenesis and diagnostic methods, with emphasis placed on pulse and tongue diagnosis. Chapter 13 is about differentiation of syndromes according to the eight principles, the theories of qi and blood, meridians and collaterals, and zang-fu organs, with brief differentiation according to the theories of six meridians, wei, qi, ying, xue, and Triple Energizer. Chapters 14 and 15 cover the techniques of acupuncture and moxibustion in relation to commonly used needling methods and some acupuncture techniques mentioned in *Internal Classic*. Chapter 16 is a general introduction to acupuncture treatment, including general principles and methods of treatment, basic principles for prescription and selection of points, and application of specific points. Chapters 17 and 18 relate to the clinical management of 63 kinds of diseases in internal medicine, gynecology, pediatrics, surgery and ENT. A supplementary section is devoted to ear acupuncture and acupuncture anesthesia.

We are indebted to Wang Dai, Chen Xiuzhen, Zhou Yunxian, Zheng Qiwei and Liang Jingping for their great help in completing this work.

Our thanks also go to the people who helped with the translation: Cha Xiaohu, Du Wei, Guo Gangjun, Huang Guoqi, Huang Wenquan, Jin Huide, Qian Shangsan, Su Zhihong, Tao Jinwen, Wang Huizhu, Xu Bojun, Xu Yao, Yao Yun, Zhang Kai and You Benlin.

We express special appreciation to Fang Tingyu, Su Zhihong, Xie Zhufan and Zhang Kai who edited the English text.

We are grateful to Chen Jirui, Xu Yizhi and Wang Shengai for their valuable editorial assistance.

Thanks are due also to Kuang Peihua and other staff editors of the Foreign Languages Press for the great pains they have taken to check and improve the typescript and proofs.

In conclusion, we sincerely appreciate comments and suggestions from our readers so that we can make revisions in future editions.

August, 1987

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