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汉英对照针灸手册

A CHINESE-ENGLISH ACUPUNCTURE MANUAL

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内 容 提 要

本书作者根据传统针灸理论, 结合自己针灸教学、临床和科研的经验, 采用汉英对照方式, 介绍了经络和腧穴、耳针和头针、针灸治疗法则、针灸常见病治疗以及针灸治疗技术用语、人体天然标志、腧穴定位法等, 并附有十四经穴图和耳穴图。全书译文信达, 详略得当, 具有系统性、简明性和实用性。既能帮助外国针灸学习者更好地掌握针灸学知识, 也有助于中医院校师生、临床医师以及针灸爱好者扎实和丰富针灸理论和医学英语知识。

Digest

The contents of this manual are based on the theory of traditional Chinese acupuncture-moxibustion and the authors' experience in acupuncture education, research and clinical practice. It includes five aspects;

1. channels, collaterals and acupoints;
2. auricular acupuncture and scalp acupuncture;
3. methods and rules of treatment with acupuncture and moxibustion;
4. treatment of common diseases;
5. appendix and figure.

This bilingual manual is a concise, systematic and practical one. It will be a great resource to both Chinese and foreign scholars of Traditional Chinese Medicine, teachers, students or practitioners of acupuncture or of western medicine and will highly benefit individuals studying English/Chinese medical technology.

汉英对照针灸手册

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前 言

中国针灸，源远流长。其理论始见于《黄帝内经》。自战国以降，代有发明，形成了丰富多彩的针灸理论和临证体系。独特的针灸疗法其疗效确凿又无副作用，且对某些疑难杂症有显著功效。

鉴于我国实行对外开放政策，国际学术交流日益频繁。在医学领域，全球性的“中医热”不断升温。特别是针灸，人们在工作、学习及交流中迫切需要一本内容翔实，携带方便，易学易用的综合性参考书籍。为此，我们编写了《汉英对照针灸手册》。

本手册采用汉英对照方式，内容包括经络和腧穴，耳针和头针，针灸治疗法则、常见病证针灸治疗及附录五大部分。共编入十四经穴和经外奇穴 222 个，耳穴 73 个和 12 个头皮刺激区及其适应症，48 种病证的辨证施治。附录部分编有针灸治疗技术用语，人体天然标志，腧穴定位法，并附以十四经穴图和耳穴图。

本手册适合国内外针灸研究学者，中医院校学生、教师、临床医师以及针灸爱好者使用，对于扎实和丰富他们的针灸理论、医学英语知识，将有所裨益。

本手册编著过程中，加拿大医学英语专家艾泼女士，美国佛罗里达州中国针灸研究所陈宗凯先生及浙江中医学院外语教研室主任孙其林先生提供许多宝贵的建议，孙先生和艾泼女士在百忙中多次审校了本手册，在此一并致以真诚的谢

意。

最后，因编著者水平有限，时间仓促，疵瑕之处仍在所难免，恳请读者惠赐良言，以便再版时修订。

编 著 者

一九九〇年夏於杭州

FOREWORD

Acupuncture is a Chinese therapeutic method dating back to time immemorial. The theory underlying acupuncture treatment was first found in the Chinese medical classic Huang Di Nei Jing which was compiled between 500-300 B. C. Since the Warring States (475-221 B. C.) acupuncture has developed and been summarized into the rich and coherent system of theory and clinical knowledge utilized at present. As a unique medical system, acupuncture is a form of treatment with definite effect but no side-effects, which has exhibited substantial success in curing diseases of a refractory nature, while other therapeutic systems have been ineffective.

In accordance with China's present "Open-door" policy, the frequency of cultural, scientific, and technological exchanges between China and other countries is continuously increasing. Consequently, in the field of medicine, there has developed a growing interest in Traditional Chinese Medicine; especially in acupuncture, along with this heightened interest it has emerged the need for a comprehensive manual of acupuncture, abundant in theory yet, clinically applicable and straight forward. To meet the need, A Chinese-English Acupuncture Manual has been compiled and translated by its authors, three Chinese acupuncturists.

Presented in both Chinese and English, the manual incorporates five aspects: ① Channels, Collaterals and Acupoints; ② Auricular Acupuncture and Scalp Acupuncture; ③ The Methods and Rules of Treatment with Acupuncture and Moxibustion; ④ Treatment of Common Diseases; ⑤ Appendixes and Figures. It compiles in all 222 points of the Fourteen Channels and Extra Acupoints, 73 Auricular points and 12 Scalp Stimulating Zone and their Indica-

tions, and 48 types of diseases to treat. Furthermore, the Appendixes include three aspects: ①Technical Terms in Treatment with Acupuncture and Moxibustion; ②The Natural Anatomical Marks on Body; ③Methods of Locating Points. The Figures include ①Distribution of Points of Fourteen Channels; ②Distribution of Auricular Points.

Hence, it is the authors' belief that A Chinese-English Acupuncture Manual will be a great resource to both Chinese and foreign scholars of acupuncture or Western Medicine and individuals studying English/Chinese Medical technology will all highly benefit from the contents of this manual presented in an easily understandable format.

The authors of this book wish to express their sincere gratitude for a variety of help and advice received in contribution to the formation of this manual from Kelly Epp, medical English expert in Canada, Chen Zhongkai, director of Florida Institute of Chinese Acupuncture in the U. S. A. and Sun Qilin, head of Foreign Language Section, Zhejiang College of TCM.

Finally, it is requested that any errors or unclear portions within this manual, plus further suggestions concerning its contents and format, be brought to the attention of the authors, only in this way can a future revised edition be compiled and an accurate understanding of the theory and application of acupuncture granted.

Authors

in Hangzhou, in the summer of 1990

目 录

第一章 经络与腧穴	(1)
一、经络	(1)
二、十四经穴	(9)
三、经外重点奇穴	(32)
第二章 耳针与头针	(35)
第三章 针灸治疗原则	(43)
第四章 常见病证治疗	(46)
一、内科疾病	(46)
1. 中风	(46)
2. 中暑	(47)
3. 咳嗽	(47)
4. 哮喘	(48)
5. 呕吐	(48)
6. 噎膈	(49)
7. 泄泻	(49)
8. 便秘	(49)
9. 淋证	(50)
10. 癃闭	(50)
11. 遗精	(50)
12. 阳痿	(51)
13. 失眠	(51)
14. 惊悸	(52)
15. 癫证	(52)
16. 眩晕	(53)
17. 黄疸	(53)
18. 水肿	(54)
19. 头痛	(54)
20. 胁痛	(55)
21. 胃脘痛	(55)
22. 腹痛	(56)
23. 腰骶痛	(56)
24. 痹证	(57)
25. 痿证	(57)
26. 多发性神经炎	(58)
27. 面瘫	(58)
28. 坐骨神经痛	(59)
29. 三叉神经痛	(59)
30. 烟毒综合征	(59)
31. 肥胖症	(60)

二、妇科、儿科疾病	(6 0)
1. 月经不调	(6 0)
2. 痛经	(6 1)
3. 经闭	(6 1)
4. 缺乳	(6 1)
5. 胎位不正	(6 2)
6. 盆腔炎	(6 2)
7. 小儿遗尿	(6 2)
三、外科、皮肤科、五官科疾病	(6 3)
1. 乳痈	(6 3)
2. 扭伤	(6 3)
3. 落枕	(6 4)
4. 湿疹	(6 4)
5. 斑秃	(6 4)
6. 眼病	(6 5)
7. 耳病	(6 5)
8. 鼻病	(6 6)
9. 牙痛	(6 6)
10. 咽喉炎	(6 6)
附录	(1 6 8)
一、针灸治疗技术日常用语	(1 6 8)
二、人体自然解剖标志	(1 7 4)
三、腧穴定位法	(1 8 2)
附图	(1 8 8)
一、十四经穴图	(1 8 8)
二、耳穴图	(2 0 0)

CONTENTS

Chapter One: Channels, Collaterals and Acupoints ... (6 7)

- 1. The Channels and Collaterals (6 7)
- 2. Points of Fourteen Channels (7 9)
- 3. Significant Extraordinary Points (121)

Chapter Two: Auricular Acupuncture and Scalp Acupuncture (125)

Chapter Three: The Methods and Rules of Treatment with Acupuncture and Moxibustion (140)

Chapter Four: Treatment of Common Diseases (144)

- I. Diseases of Internal Medicine (144)
 - (1) Windstroke (144)
 - (2) Sunstroke (145)
 - (3) Cough (145)
 - (4) Asthma (146)
 - (5) Vomiting (146)
 - (6) Dysphagia (147)
 - (7) Diarrhea (147)
 - (8) Constipation (148)
 - (9) Lin Syndrome (Urination Disturbance) (148)
 - (10) Dysuria (149)
 - (11) Seminal Emission (149)

(12) Impotence	(150)
(13) Insomnia	(150)
(14) Palpitation and Anxiety	(151)
(15) Insanity	(151)
(16) Dizziness	(152)
(17) Jaundice	(152)
(18) Edema	(153)
(19) Headache	(153)
(20) Hypochondriac Pain	(154)
(21) Epigastric Pain	(154)
(22) Abdominal Pain	(155)
(23) Lumbosackal pain	(155)
(24) Bi Syndrome (Arthralgia-syndrome)	(156)
(25) Wei Syndrome (Flaccidity Syndrome)	(156)
(26) Multiple Neuritis	(157)
(27) Facial Paralysis	(157)
(28) Ischias	(158)
(29) Trigeminal Neuralgia	(158)
(30) Tabacosis Syndrome	(159)
(31) Obesity	(159)
II. Gynecological and Pediatric Diseases	(160)
(1) Menoxenia	(160)
(2) Dysmenorrhea	(160)
(3) Amenorrhea	(161)
(4) Lactation Insufficiency	(161)
(5) Abnormal Position of Fetus	(162)
(6) Pelvic Inflammation	(162)

(7) Infantile Enuresis	(163)
III. Diseases of Surgery, Dermatology and The Five Sense Organs	(163)
(1) Acute Mastitis	(163)
(2) Sprain	(164)
(3) Stiffness of Neck	(164)
(4) Eczema	(165)
(5) Alopecia Areata	(165)
(6) Eye Diseases	(166)
(7) Ear Diseases	(166)
(8) Diseases of the Nose	(167)
(9) Toothache	(167)
(10) Laryngopharyngitis	(167)
Appendixes	(168)
I. Technical Terms in Treatment with Acupuncture and Moxibustion (including Pin Yin)	(168)
II. The Natural Anatomical Marks on Body	(174)
III. Methods of Locating Points	(184)
Figures	(188)
I. Distribution of Points of Fourteen Channels	(188)
II. Distribution of Auricular Points	(200)

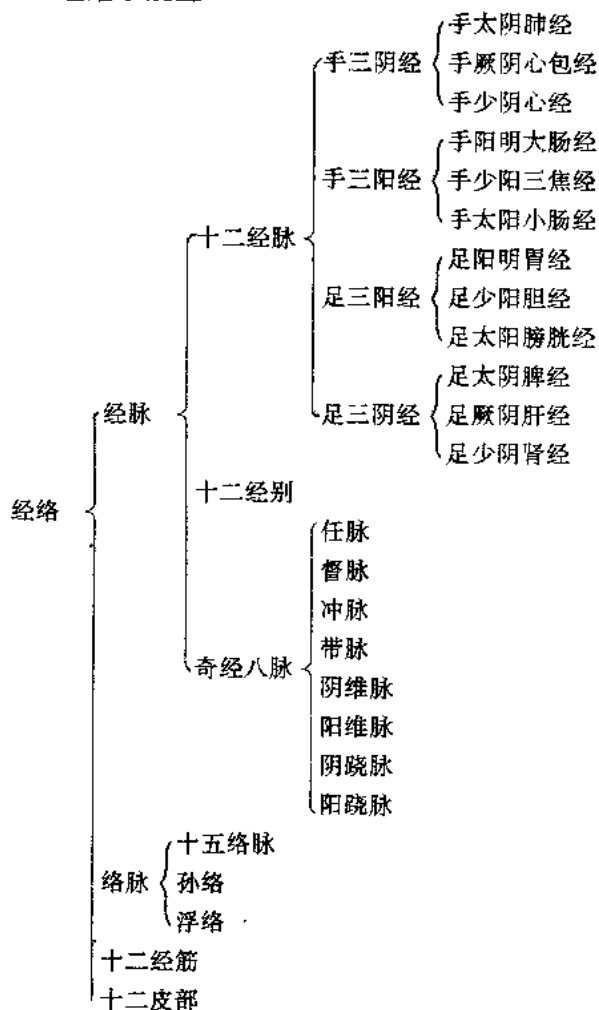
第一章 经 络 与 腧 穴

一、经 络

（一）经络的组成及其规律

经络是人体运行气血、联络脏腑、沟通内外、贯穿上下的通路。“经”是经脉，有路径的意思，是经络系统的纵行主干；“络”系络脉，有网络的意思，纵横交错，分布全身，是经络系统的大小分支。其基本内容如下：

1. 经络系统图



2. 十二经脉在流注、走向交接、分布等方面的规律图解如下：

	图 解	说 明
流注规律		子时(下午 11 : 00-上午 1 : 00) 丑时(上午 1 : 00-上午 3 : 00) 寅时(上午 3 : 00-上午 5 : 00) 卯时(上午 5 : 00-上午 7 : 00) 辰时(上午 7 : 00-上午 9 : 00) 巳时(上午 9 : 00-上午 11 : 00) 午时(上午 11 : 00-下午 1 : 00) 未时(下午 1 : 00-下午 3 : 00) 申时(下午 3 : 00-下午 5 : 00) 酉时(下午 5 : 00-下午 7 : 00) 戌时(下午 7 : 00-下午 9 : 00) 亥时(下午 9 : 00-下午 11 : 00)
走向交接规律		手三阴经从胸走手 (交于手三阳经) 手三阳经从手走头 (交于足三阳经) 足三阳经从头走足 (交于足三阴经) 足三阴经从足走胸 (交于手三阴经)

	图 解	说 明						
四 肢 分 布 规 律	前 <table><tr><td>阳明经</td><td>太阴经</td></tr><tr><td>少阳经</td><td>厥阴经</td></tr><tr><td>太阳经</td><td>少阴经</td></tr></table> 后	阳明经	太阴经	少阳经	厥阴经	太阳经	少阴经	阳经在外(伸侧) 阴经在内(屈侧) 阳明(太阴)行在前 少阳(厥阴)行在中 太阳(少阴)行在后 特殊情况: 足厥阴,足太阴和足少阴在小腿部内踝上 8 寸与内踝之间区域的分布次序:足厥阴在前,足太阴在中,足少阴在后。
	阳明经	太阴经						
少阳经	厥阴经							
太阳经	少阴经							
	外 内							

(二) 十四经脉循行与脏腑器官的关系

经名	体表路径概况	有关脏腑器官	主要证治
肺经	上胸外侧(中府穴)-----→ 上肢屈面桡侧-----→ 拇指端(少商穴)	肺 大肠 胃 咽喉	呼吸系疾患 咽喉疾患
大肠经	食指末端(商阳穴)-----→ 上肢伸面桡侧-----→ 肩、颈-----→ 面颊-----→ 人中沟-----→ 对侧鼻翼旁(迎香穴)	大肠 肺 下齿 鼻	头面 五官疾患

经名	体表路径概况	有关脏腑器官	主要证治
胃经	眼眶下缘(承泣穴)-----→ 嘴角外侧-----→ ①耳前-----→ 额角(头维穴) ②颈、缺盆-----→ 胸(前正中线旁开4寸)-----→ 腹(前正中线旁开2寸)-----→ 下肢外侧前缘-----→ 第二趾端(厉兑穴)	胃 脾 鼻 眼 上齿 耳 喉咙	消化系疾患 头面 五官 疾患
脾经	大趾端(隐白穴)-----→ 足内侧赤白肉际-----→ 内踝前缘-----→ 小腿内侧胫骨后缘-----→ 大腿内侧前缘-----→ 腹(前正中线旁开4寸)-----→ 胸(前正中线旁开6寸)-----→ 腋中线第六肋间(大包)	脾 胃 咽 舌 心	泌尿生殖系 疾患 消化系疾患
心经	腋窝正中(极泉穴)-----→ 上肢屈面尺侧-----→ 小指端(少冲穴)	心 小肠 咽 眼 肺	心血管疾病 精神神经病

经名	体表路径概况	有关脏腑器官	主要证治
小肠经	小指端(少泽穴)-----→ 上肢伸面尺侧-----→ 绕肩胛-----→ 颈-----→ 面颊-----→ 耳前(听宫穴)	小肠 心 胃 眼 耳	头面 五官 颈 肩疾患
膀胱经	目内眦(睛明穴)-----→ 头顶-----→ 项后-----→ ①挟脊直下(后正中线旁开 1.5寸)-----→ 臀-----→ ②挟脊直下(后正中线旁开3寸) 髋关节-----→ 腘窝-----→ 小腿外侧后缘-----→ 外踝后-----→ 小趾端(至阴穴)	膀胱 肾 脑 眼 耳	脏腑 眼 头 项背 腰骶 下肢 疾患