

针灸日常诊疗用语

The Acupuncture and Moxibustion terms for Examination Diagnosis and Treatment

经络	channels (and collaterals)
俞穴	acupuncture points
十二正经	12 regular channels
手三阴经	3 yin channels of hand
手太阴肺经	the lung channel of hand tai yin
手少阴心经	the heart channel of hand shao yin
手厥阴心包经	the pericardium channel of hand jue yin
手三阳经	3 yang channels of hand

手太阳小肠经	the small intestine channel of hand tai yang
手阳明大肠经	the large intestine channel of hand yang ming
手少阳三焦经	the san jiao channel of hand shao yang
足三阴经	3 yin channels of foot
足太阴脾经	the spleen channel of foot tai yin
足少阴肾经	the kidney channel of foot shao yin
足厥阴肝经	the liver channel of foot jue yin
足三阳经	3 yang channels of foot
足少阳胆经	the gall bladder channel of foot shao yang
足太阳膀胱经	the urinary bladder channel of foot tai yang
足阳明胃经	the stomach channel of foot

	yang ming
奇经八脉	8 Extraordinary channels
督脉	du channel
任脉	ren channel
冲脉	chong channel
带脉	dai channel
阴跷	yin chiao channel
阳跷	yang chiao channel
阴维	yin wei channel
阳维	yang wei channel
十四经穴	the points of 14 channels
经外奇穴	the extraordinary points
针	needle
针灸	acupuncture and moxibustion
针灸科	Department of Acupuncture and Moxibustion
针灸医生	acupuncture doctor
针柄	the handle (holder) of the acupuncture needle

针体	the body of the acupuncture needle
针尖	the tip (or point) of the acupuncture needle
一寸针	one-cun needle
寸半针	one-half-cun needle
二寸针	two-cun needle
二寸半针	two-and-half-cun needle
三寸针	three-cun needle
五寸针	five-cun needle
七寸针	seven-cun needle
八寸针	eight-cun needle
毫针	filiform needle
三棱针	three-edge needle
梅花针	plum-blossom needle
七星针	seven-star needle
耳针	ear needle
针刺法	acupuncture; needling
垂直刺	perpendicular inserting

斜角刺	oblique inserting
横刺	horizontal inserting
点刺	prompt prick
透刺	joined puncture
进针	to insert the needle
指切进针法	insertion of the needle with the help of finger pressure
夹持进针法	to insert the needle by hold- ing it with the thumb and the point finger of the left hand
握提进针法	to insert the needle by pin- ching up the skin.
舒张进针法	to insert the needle by stre- tching the skin with finger
速刺法	method of rapid insertion of the needle
留针	retention of the needle
行针	manipulation of the needle

出针	withdrawing the needle
得气	getting the qi (or the feeling) of acupuncture
补泻法	method of reinforcement and reduction
提插补泻	to reinforce (or reduce) by lifting and thrusting the needle
捻转	rotating the needle
捻转补泻	to reinforce or reduce by rotating the needle
开阖补泻	reinforcing or reducing by closing or enlarging the acupuncture hole
平补平泻	normal reinforcement and normal reduction
俞穴定位与取穴	location and measurement of point
同身寸法	identical unit or proportional

	unit of the body
指寸法	finger-length measurement
中指同身寸法	middle finger identical unit
拇指同身寸法	thumb identical unit
骨度法	bone-length measurement
自然标志取穴法	measurement with natural marks
处方取穴原则	the basic principles for composition and prescription of the points
循经取穴	to select the points from the remote area
局部取穴	to select the points from the local area
邻近取穴	to select the points from the vicinity
阿是穴	"ah shi" points (tian yin point)
针感	acupuncture feeling

酸	soreness
麻	numbness
胀	distension
重	heaviness
热感	sense of warmth
冷感	sense of coldness
触电感	sense of electric shock
经络感传现象	transmission of acupuncture feeling by the channels
晕针	fainting on acupuncture
滞针	sticking of the needle
弯针	bending of the needle
折针	breaking of the needle
艾	moxa
艾绒	moxa down
艾柱	moxa cone
艾条	moxa stick
艾条灸	moxibustion with moxa stick
温和灸	mild moxibustion (with

	moxa)
雀啄灸	pecking moxibustion (with moxa)
艾柱灸	moxibustion with the ignited moxa cone
直接灸	direct moxibustion
隔姜灸	indirect moxibustion sepa- rated by a slice of fresh ginger
隔蒜灸	indirect moxibustion sepa- rated by garlic slice
隔盐灸	indirect moxibustion sepa- rated by salt
一壮	one zhuang
拔火罐	cupping therapy
电针	needling with electricity
埋针	embedded needling
气功疗法	breathing exercises therapy
按摩	massage

推拿	manipulation
穴位注射	point injection
鞘内注射	intrathecal injection
穴位封闭	points block
关节内注射	intra-articular injection
封闭疗法	block therapy
埋线疗法	thread embedding therapy
新针疗法	new acupuncture therapy

中医常用语

The Common Terms of Chinese Traditional Medicine

五脏	five organs, five viscera (心 heart, 肺 lungs, 脾 spleen, 肾 kidney, 肝 liver)
六腑	six entrails (胆 gall, 胃 stomach, 小肠 small intestine, 大肠 large intestine, 膀胱和 三焦 bladder and the three cavities)
三焦	three cavities (中, 上, 下) middle, upper and lower

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	abdominal cavities)
经络	principal channels (for circulation of vital energy, blood, and nutriment)
经	large and vertical channels
络	small and horizontal channels
精	vital energy nutriment and blood
气	vigour, functional power
津液	saliva, body fluid
外感	external infection
六淫	six evils (风 wind, 寒 coldness, 暑 heat, 湿 wetness, 燥 dryness, 火 fire)
内伤	emotional evil effects
七情	seven passions (喜 joy, 怒 anger, 思 anxiety, 忧 melancholy, 悲 sorrow, 恐 fear,

	惊 (fright)
阴	negative elements
阳	positive elements
五行	five primary elements (金 metal, 木 wood, 水 water, 火 fire, 土 earth)
木生火	wood generates fire
土克水	earth destroys water
表证	diseases of the exterior
里证	diseases of the interior
寒证	diseases caused by cold or retardation of functional metabolism
热证	diseases caused by heat or over-exuberance of func- tional metabolism
四诊	four diagnostic methods
望诊	inspection
闻诊	auscultation and olfaction

问诊	questioning, inquiry
切诊	pulse feeling and palpation
八纲	eight principles of differentiating diseases
阴阳	yin and yang
表里	the exterior and interior of the body
寒热	cold and heat
虚实	insufficiency and excessiveness
辨证施治	diagnosis and treatment
诊脉	to feel the pulse palpation
浮脉	floating pulse
沉脉	collapsing pulse
洪脉	full pulse
数脉	running pulse
迟脉	slow pulse
弱脉	weak pulse
涩脉	stagnant pulse

外感	affection due to exogenous pathogenic factors
寒热	cold and heat chill and fever
畏寒	intolerance of cold
恶寒	aversion to cold or chill
战栗	shiver
恶风	aversion to wind
发热恶寒	fever with chill
寒热往来	alternate spells of fever and chill
外感发热	fever caused by exogenous pathogenic factors
恶热	aversion to heat during fever
壮热	strong heat
灼热	burning heat
烦热	fever with irritability and fidget
潮热	hectic fever, tidal fever
烦渴	fidget and thirst

上火	suffering from excessive internal heat
神昏	loss of conscious
谵语	dolirum
心烦	fidget
项强	rigid neck
转筋	spasm of the gastrocnemius
抽筋	spasms of the muscle
欲寐	sleepiness; sleepy
结胸	accumulation of excessive harmful factors in the chest
胸闷	oppressed feeling in the chest
胸痞	stiffness in the chest
心下痞	stiffness in the gastric re- gion
心下痞硬	stiffness and rigidity of the gastric region
心下逆满	distension in the gastric re- gion with belch or nausea

少腹硬满	resistance and distension in the lower abdomen
风寒感冒	affection due to wind and cold
风热感冒	affection due to wind and heat malaria
白痢	white dysentery
湿热痢	damp-heat dysentery
禁口痢	food-denial dysentery
迁延痢	persistent dysentery
赤痢	red dysentery
赤白痢	red-white dysentery
里急后重	tenesmus
下坠	straining at stool
热泻	heat diarrhea
发黄	yellow discoloration
痒腮	mumps, epidemic parotitis
风疹	rubella
麻疹陷肺	measles with the lung invol-