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嚴 潔編著 尹鋼林譯

# 圖解中國針灸療法

SKILL  
WITH ILLUSTRATIONS  
CHINESE ACUPUNCTURE  
AND MOXIBUSTION

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# 序

起源于中华大地的针灸医学,几千年来为中华民族的繁衍昌盛作出了巨大的贡献,当前已经传到世界上 120 多个国家和地区,成为世界医学的重要组成部分。

随着时代的前进,科学的衍化,传统针灸医学也在不断地发展,一方面深入发掘了古代针灸医学的学术宝库,另一方面运用现代科学理论、技术、手段对传统针灸医学体系作了全新的阐发与探索,从而大大地拓展了传统针灸医学的学术视野与临床范围。成为世界医学之林中独树一帜的医学体系。

针灸治病、器具虽简,但疗效神奇。其奥妙何在呢?行家们知道,除了取穴准确,配穴得当之外,操作技法是最活跃的因素,对针灸医师来说,它是一门需要长期体验、细心揣摩方可掌握的手法艺术,自然也是古今中外针灸学家极为关注的学术分支。早在《黄帝内经》里,就记载了五刺应五脏、九刺应九变、十二刺应十二经及几种重要的针刺补泻手法和灸法补泻要领。宋元以降,关于针灸技法的经验总结日臻活跃,有许多专门论著问世。不过,总的研究格局略显沉寂,本世纪 50 年代以后,随着针灸医学声誉雀起,针灸技法的专题研究逐渐步入系统,务实的轨道,成为针灸临床研究的热点。今有湖南中医学院严洁副教授等编纂的《图解中国针灸技法》一书即反映了这一领域研究的成果。该书不仅搜集了古今众多流派、专家的针灸操作技法,以图文并茂的形式加以介绍,是一本对针灸操作具有指导性的专著,同时,该书又对针灸技法这门应用技术的体系建构上作了探索,将其分为腧穴技法、分类技法、临床技法,这就使得该书在构思上颇具新意,当然,关于针灸技法体系的研究还需要不断地深化,希望作者在这一专题方面能有新建树。

此外,该书采用中英对照形式出版,不仅为国内学习、研究针灸技法提供了重要的参考书,同时有利于针灸学术的国际交流。这也反映作者的学术视野不同凡响。总之,该书的出版是一件可喜可贺的好事,故略书愚见,以向同道推荐。

世界针灸学会联合会主席

中国针灸学会副会长

中国民间中医医药研究

开发协会理事长

王雪苔

1991 年 10 月于北京

# FOREWARD

Originating from China, acupuncture—moxibustion has made a great contribution to the thriving and prosperity of Chinese nation for several thousand years. Up to now, it has spread to more than 120 countries and regions all over the world and becomes an essential component of the world medicine.

With advance of the human society and development of the science, traditional Chinese acupuncture—moxibustion makes progress constantly. On the one hand, the academic treasure of ancient Chinese acupuncture—moxibustion has been deeply explored. On the other hand, theories, techniques and means of modern science have been employed for researching and expounding the traditional acupuncture and moxibustion in a new way. Thereby, the traditional acupuncture and moxibustion has broaden its field of academic vision and sphere of clinical application and becomes a unique medical system in the world medicine.

In the treatment of diseases by acupuncture and moxibustion, the equipment is simple, but the effect is miraculous. What is the mystery of this? It is well known by acupuncture—moxibustion connoisseurs that in addition to accurate selection of needed acupoints and appropriate combination of the acupoints, the manipulation skill is the most important factor in the attainment of the expected results. The acupuncture—moxibustion technique is a technical art which is indispensable to an acupuncture—moxibustion doctor, and it can be grasped only through a long term of practice and elaborate study. As a result, its knowledge has become an academic branch of acupuncture and moxibustion, which has been concerned about by specialists of acupuncture and moxibustion in modern and ancient times, in China or elsewhere. As early as in *«Yellow Emperor's Internal Classic»* which was written in the period from the Spring and Autumn Period to Han Dynasty (770 BC—220 AD), it is recorded that the “five needling techniques” should be used in accordance with the pathological changes of the five zang-organs; the “nine needling techniques”, with the differences of the nine types of syndromes; and the “twelve needling techniques”, with the pathological changes of the twelve regular meridians; and some oth-

er important principles of reinforcement and reduction with acupuncture and with moxibustion are also introduced. After Song and Yuan Dynasties (960—1368), the activities of summarizing experiences of acupuncture—moxibustion techniques became more and more brisker, and many treatises on them were published. But, generally, no great academic breakthrough in the research of acupuncture—moxibustion techniques was seen in these periods. Since 1950's, the research of acupuncture—moxibustion techniques, with the advance of their reputation, has gradually become systematic and practical, having an ever-increasing appeal in clinical research. It should be pointed out that the book《Skills with Illustrations of Chinese Acupuncture & Moxibustion》compiled in Chinese and English by Prof. Yan Jie and her cooperators just reflects the achievements of the scientific research of this field. As a monograph of acupuncture—moxibustion techniques, it has gathered and collected the acupuncture—moxibustion manipulation skills and techniques of diverse academic schools and doctors in modern and ancient times, and introduces and explains them with words and figures. So, it can give guidance and directions to acupuncture and moxibustion manipulation. Moreover, with some new ideas by dividing acupuncture—moxibustion techniques into skills relating to acupoints, abstract or basic skills, and clinical skills, it makes valuable exploration to the establishment of an applied science—acupuncture—moxibustion technique. Of course, constant and further efforts should be made in the research of acupuncture—moxibustion technique system and it is hoped that the authors of this book make some new progress in this field.

Additionally, published in Chinese and English, this book can be used as an important reference for study and research of acupuncture—moxibustion techniques by Chinese doctors and students, and meanwhile, as a textbook for acupuncture—moxibustion study by foreign learners and practitioners. Thus, it will play an active role in the promotion of academic exchange on medical science between China and other countries, and it also shows that the authors have high academic aspirations.

In a word, the publication of the book deserves congratulations. Therefore, I write down this foreword with pleasure to recommend it to acupuncture—moxibustion learners and practitioners.

**Prof. Wang Xuetai**

**Chairman of the World Federation of  
Acupuncture and Moxibustion Societies**

Oct. 30, 1991

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# 前言

在中国传统医学体系中,针灸学是最重视手法与技巧运用的科目之一。因此,在经验医学时代,针灸学更多地被称之为“针术”“灸术”。相传作为中国古代神医化身的华佗,就是一位针术高超、灸法不凡的专家,他临床运针技法娴熟,炉火纯青。虽用穴极少,却能自如地控制针感的发放,随意调动经气,常常是手到病除。可惜他神奇的针灸之术仅传了其弟子樊阿一人。其实,象华佗这样的针灸高手代有人出,各怀绝技。不过,在古代针灸文献中却难窥历代名医神针妙术的风采。据古代针灸文献的宏观考察,我们发现晋唐以后针灸学术重心由经验走向理性,即由“术”转向“经”,并逐渐形成一种重经轻术、重心法轻手法的学术倾向。关于这一特点,只要翻一翻现存针灸医籍目录就不难理解。而且许多冠以刺灸法术的文献也大多是未刊本,其内容详于心法,略于手法。这种文献缺乏的状况既是中国针灸技法整理、研究工作沉寂的表现,同时也是历代这方面研究、传播迟滞的原因。当然,限制针灸技法记述、整理、研究与传播更为重要的原因应该是其自身的经验性与灵活性。如同中国古代的舞蹈艺术,针灸手法技巧的习得是某一个体在临床中长期反复体验、揣摩、感悟的结果。它各具特点、富有创造性,且不易从操作者身上分离出来,成为超越时空的标准化程式。因此,它只能参师面授,而不异时异地旁通。同时,单纯的语言形式不易准确地把握与刻划出针灸手法技巧的奥妙,且针术越高超,技巧越神奇,语言则越显得笨拙、艰涩。难以超越“只可意会,不可言传”的表述障碍。所以,当确立本书编写意向时,除了感觉到文献参考资料不足之外,更强烈的感觉是必须改变传统的以文达意的记述与研究形式,代之以图文互参的形式,以充分表现中国针灸富有特色与个性的手法技巧。故此有了编写“图解本”的设想。当然,更理想的形式应该是有连续动感、细部特写的影像片资料,但目前尚有些技术上的困难,当然希望能在本书出版后,尽快摄出与该书配套使用的录像片。

编纂之初,除了编写形式的求新之外,另一个困扰编者的学术难题是中国针灸技法体系的逻辑建构。很显然,本书对中国针灸技法这一概念的理解和把握不只是一大堆经验层次的术式与方法,而是试图将它作为一门独立的应用技术学科来认识,来整理和研究。在这里,较一般意义上的技巧、手法而言,针灸技法的逻辑内涵大大地扩展了,成为伴行于针灸基础理论与针灸临床治疗学,既抽象、又具体的技术体系。经过深

入地研究和探讨,我们将这一体系分为腧穴技法、分类技法、临床技法三大块。其中腧穴技法主要述及各个穴位的进针范围、针灸宜忌等,由于它与经穴知识交叉较多,且不是具体的操作过程中的主体内容,故未独立成章,而是与经穴知识一并归于“预备知识”。同在“预备知识”之中还介绍了针灸操作器械等内容。真正构成针灸技法体系主干的是相对成熟的,且颇具共性的分类技法和因病因人而异的临床技法,很显然,分类技法是在临床技法之中抽象、归纳出来的基本操作规程和要领。而临床技法又可视为是分类技法在临床过程中的运用。两者互为因果。但是,临床技法的内容更丰富,它不仅仅只是分类技法的演绎形式,实质上还包括很大一部分尚未被分类技法归纳的名医技法,这一部分内容是最富有活力和个性的临床技法,甚至许多已形成临床绝招,不过,尚有待进一步研究、定型、并作出充分的阐述,待其成熟后仍可归纳到分类技法之中去。本书力图较多地搜罗、介绍这些名医技法,以丰富分类技法与临床技法。其实,在针灸技法标准化、规程化研究尚不充分的时期,分类技法也带有较大的个性色彩,本书所介绍的分类技法亦有许多待商榷和补充之处。因此希望海内外同道能给予建设性的指导,以便共同建构更为完善、严谨的针灸技法体系。

其次,在本书策划之初,考虑到中国针灸正大步走向世界,为适应海内外读者学习、掌握中国针灸技法的需要,确定以中英对照形式编纂本书,但愿这一初衷能有助于海内外针灸界的学术交流。

值得指出,除了编、译者之外,对本书投入较多的还有本书的责任编辑,从选题策划到提纲的确立、结构的调整、文字的修润,以及插图的修改,做了大量默默无闻的工作,谨向他表示感谢。

本书的出版,还凝聚许多针灸界、出版界前辈的扶持与帮助,世界针联主席王雪苔教授欣然赐序、大百科全书出版社全如斌编审悉心审阅译稿,科学出版社赵世雄同志在技术设计方面的热情指导,都使该书增色不少。在此谨表示诚挚的谢意。

严 洁 尹钢林

1991年10月20日

## PREFACE

As being one of the subjects which attach the most importance to technics and skills in traditional Chinese medicine system, acupuncture—moxibustion was once termed as “needling skill” and “moxibustion skill” during the experiential medicine times. It is said that Hua Tuo, taken as the miracle—working doctor incarnate in Chinese ancient times, was a great master of acupuncture-moxibustion with highly skillful needling and moxibustion techniques, who attained perfection in applying needling craft in clinics, and, as being able to control a patient's needling sensation and move a patient's meridian—qi at his will even with a few points selected at each treatment time, he usually made diseases relieved at his touch. But it is a pity that his miraculous needling skills were passed on only to Fan A, one of his disciples. Actually, every dynasty of China had its own doctors with high skills of acupuncture—moxibustion like Hua Tuo in the history, each of them having his or her own unique method of curing diseases. Unfortunately, there are few records on the miraculous needling methods of the outstanding doctors of various dynasties in Chinese ancient literature of acupuncture and moxibustion. If reviewing ancient literature about acupuncture and moxibustion, one can see that after Jing and Tang Dynasties (265—907), the academic focus of the research of acupuncture and moxibustion shifted from clinical experience to rational knowledge, namely, from research on the “skills in hand” to the “rules in mind”. Thereby, an academic tendency of stressing the theory and ignoring clinical technics was gradually formed in acupuncture and moxibustion field. Moreover, not much literature about skills of acupuncture and moxibustion was formally published before and their contents are rich in the theory of acupuncture and moxibustion but sketchy in concrete manipulation methods. The condition lacking in literature about acupuncture—moxibustion manipulation skills is the sign indicating deficiency of sifting and research work of Chinese acupuncture and moxibustion skills before. Meanwhile, it is also the cause of their slow dissemination. But, the more important cause of limited record, collation, research and spread of Chinese acupuncture and moxibustion technique lies in its own nature of experience and flexibility. Mastering acupuncture—



moxibustion technics and skills, in most conditions, is the result that an individual clinically learns, practices, experiences, and tries to fathom them over and over again for a long term. This is just like ancient Chinese dancing art. As each manipulation method of acupuncture—moxibustion has its own character, rich in creation, and difficult to be separated from its operator for the purpose of making it standardized beyond time and space. The most possible way of learning and grasping it is face—to—face teaching and studying between a master and his or her students. Namely, in general, one can not learn and grasp acupuncture—moxibustion technics far from his teacher in time and distance. Additionally, the things behind acupuncture—moxibustion technics and skills can hardly be grasped and expressed only through speech or written language. In describing acupuncture—moxibustion techniques, the more skillful the needling method is and the more subtle the manipulation is, the more clumsy, and abstruse the language used looks like. This is described as "it can be only understood by the mind but can not be expressed by language." The obstacle of expression with language is very difficult to be overstepped. When planning to compile this book, we felt it necessary to compile a book to collect and systematize acupuncture—moxibustion skills because they are very important in the system of traditional Chinese medicine and there is not enough extant literature relating to them to meet the clinical needs. And what is more, we strongly felt that, in order to make full expression of the manipulation skills of Chinese acupuncture and moxibustion which are rich in distinctive features, it was necessary to change the traditional way of recording, describing and collating them only with language and we should replace it with a new way of using both language and illustrations. For this reason, we had a tentative idea to compile a book of skills with illustrations of acupuncture and moxibustion. Certainly, the more ideal form in expressing and studying acupuncture and moxibustion manipulation methods is video materials which can show continual motions of an acupuncture or moxibustion manipulation procedure and have a close—up shot of meticulous manipulation method. But in current time, there are some technical problems to be solved in producing a video tape like this. We hope a video tape used as conveyance of this book will be made out as soon as possible after this book being published.

In addition to seeking for a new way — — — adding a lot of figures of acupuncture—moxibustion skills in the written language expression — — — a different method from the traditional way in researching and systematizing the acupuncture and moxibustion technique, we attached the importance to the establishment of a logical frame of Chinese acupuncture and moxibustion technique system, which was a big obstacle we had and

should surmount at the beginning of compiling this book. With the establishment of the system, we plotted the construction of this book and tried to make it more logical and theoretical. Obviously, when researching and collating diverse manipulation methods of acupuncture and moxibustion for compiling this book, we took the Chinese acupuncture—moxibustion technique as an independent subject of applied science but not just as the simple manipulation method at the experiential level. In this book, therefore, the acupuncture—moxibustion technique has been greatly enlarged in its connotation as compared with other techniques, becoming an abstract and concrete technique system which is independent and closely related to the fundamental theory and clinical therapeutics of acupuncture—moxibustion, another two subjects of acupuncture-moxibustion science. After making a deep research, we divide the system into three parts: skills relating to acupuncture points, basic or abstract skills, and clinical skills. The “skill relating to acupoints” refers to the knowledge about the depth and angle of needling and remarks in needling at an acupoint. As being largely overlapped with the acupoint knowledge and only taken as a supplementary contents in concrete manipulation procedure, it, with acupoint introduction, is included in the “Preparatory Knowledge” but not listed as an independent chapter in this book. The “Preparatory Knowledge” is the first part of this book in which some other supplementary contents such as equipment of acupuncture and moxibustion are introduced additionally. The “basic or abstract skill” refers to a manipulation method of acupuncture—moxibustion which is comparatively mature and widely accepted, and the “clinical skill” refers to any method of acupuncture—moxibustion which is applied to treatment of a concrete disease in clinics according to the conditions of the disease and patient. The basic or abstract skill and the clinical skill constitute the main part of acupuncture—moxibustion technique system. Obviously, the abstract skill, which is about the basic manipulation rules and essentials, is abstracted and drawn from clinical skills, while the clinical skill can be considered as an abstract skill in clinical application. Although both of them have inter-causality of each other the clinical skill is richer in contents as compared with the abstract skill. In addition to being taken as a deductive form of the abstract skill in clinics, it includes a lot of acupuncture—moxibustion manipulations of experienced outstanding doctors which have not been classified into the abstract skill. But the methods are the most brimming with vigour and individual character in clinical skills, and even many of them have become clinically unique and specific treatment means. As they are not popular in clinics and need to be further researched to make them finalized in the pattern and to fully express them, they are not included in the abstract skill category in this book. We try to

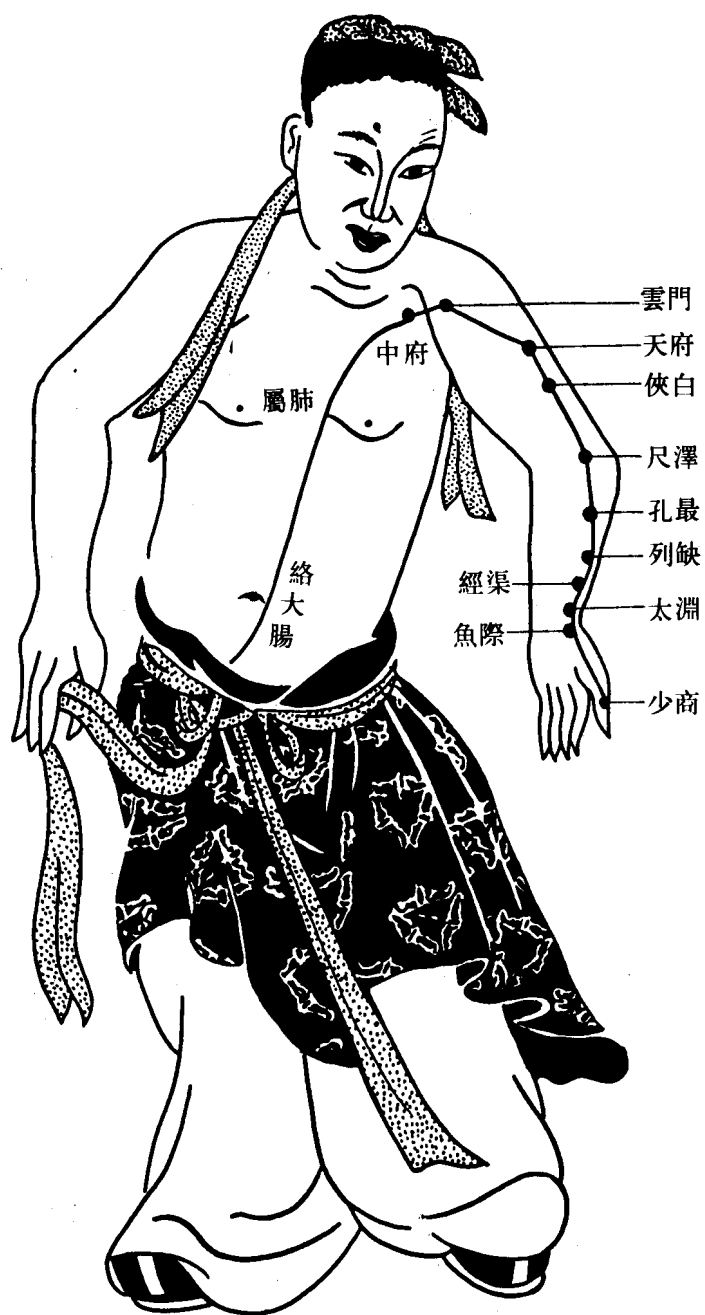
collect and introduce more outstanding doctors' specific manipulation methods as many as possible in this book so as to enrich the abstract skills and clinical skills. In fact, in the current period, with the deficiency of research of standardization of acupuncture—moxibustion techniques, the abstract skill still bears a comparatively strong personal imprint, and the abstract skills introduced in this book, therefore, need to be further discussed and supplemented. We hope specialists and doctors of acupuncture and moxibustion, both at home and abroad, give us constructive guidance so as to establish jointly a more perfect and rigorous acupuncture—moxibustion technique system.

Additionally, as considering that Chinese acupuncture and moxibustion are spreading to all over the world, we compile this book in bilingual form, i. e. in Chinese and English languages, and use the original complex forms of the Chinese characters in this book instead of their simplified forms in order to meet the needs of people in and out of China of learning and grasping Chinese acupuncture—moxibustion techniques. It is deeply hoped that this idea can be helpful to international academic exchange of acupuncture and moxibustion.

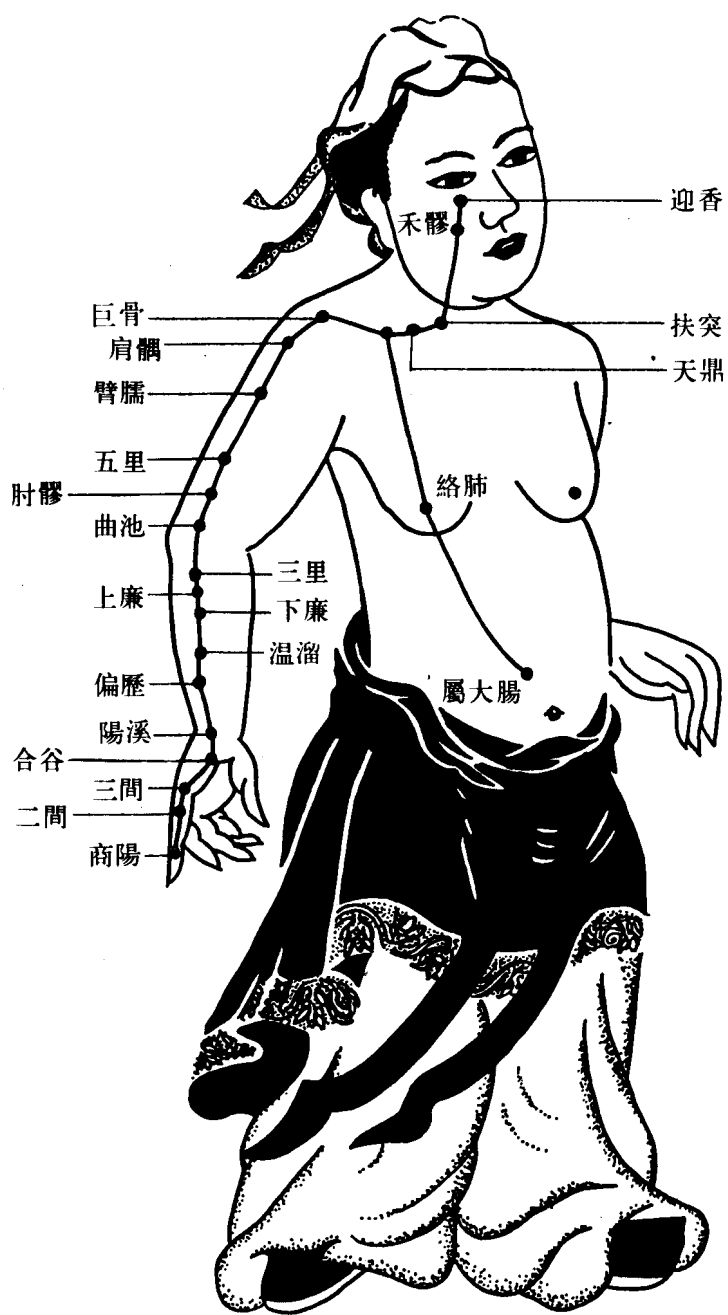
It should be pointed out that Mr. Wang Yifang, the responsible editor of this book plays an important role in compiling this book. We are deeply indebted to him for his help in making the writing plan, determining the writing outline, readjusting the writing construction, polishing the Chinese language, and revising the illustrations.

The publication of this book is also a result of support and help of many respected scholars from acupuncture—moxibustion field and publishing field. The foreward of introducing this book is written by Prof. Wang Xuetai, Chairman of the World Federation of Acupuncture and Moxibustion Societies, with pleasure. Prof. Quan Ruchen, copy editor of Chinese Great Encyclopaedia Press, read through the English manuscript carefully and gave helpful suggestions. Mr. Zhao Shixiong of Science Press gave enthusiastic guidance in technical design to edit this book. All their help are greatly beneficial to this book. Taking this opportunity we express our heartfelt thanks to them.

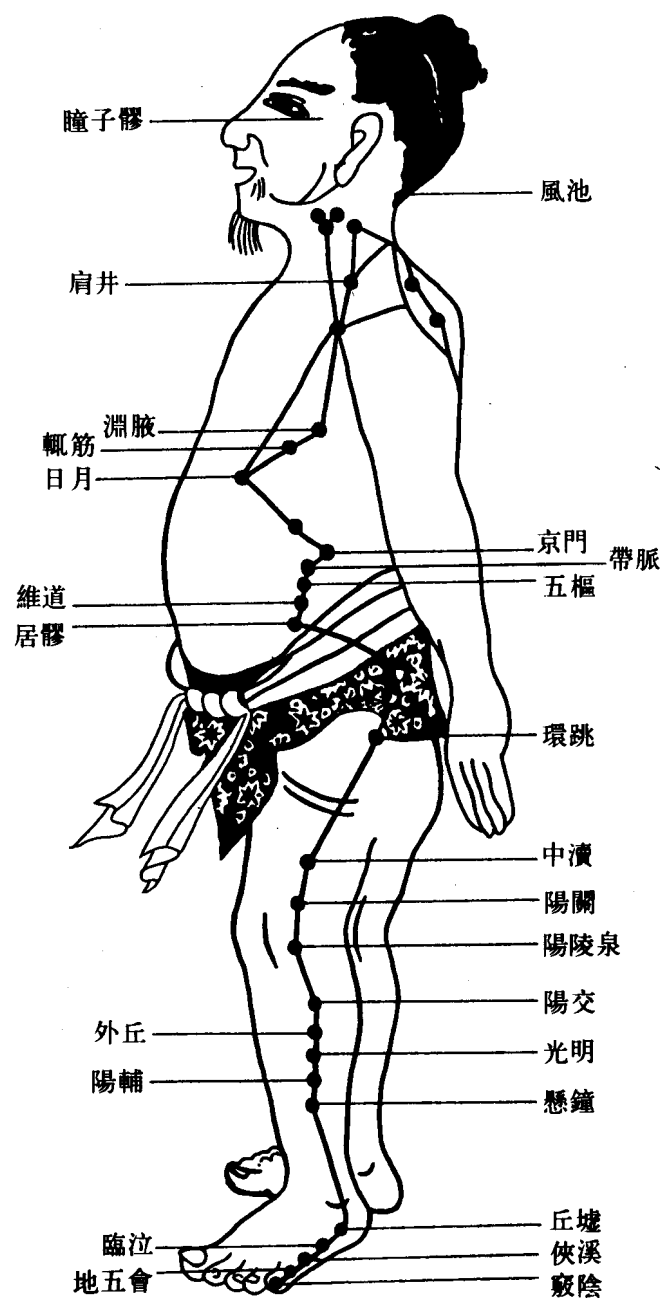
Yan Jie, Yin Ganglin  
At Changsha, Hunan, China  
November 10, 1991



中國古代經絡圖——手太陰肺經  
 Ancient Chinese Meridian Picture - The  
 Lung Meridian of Hand-Taiyin

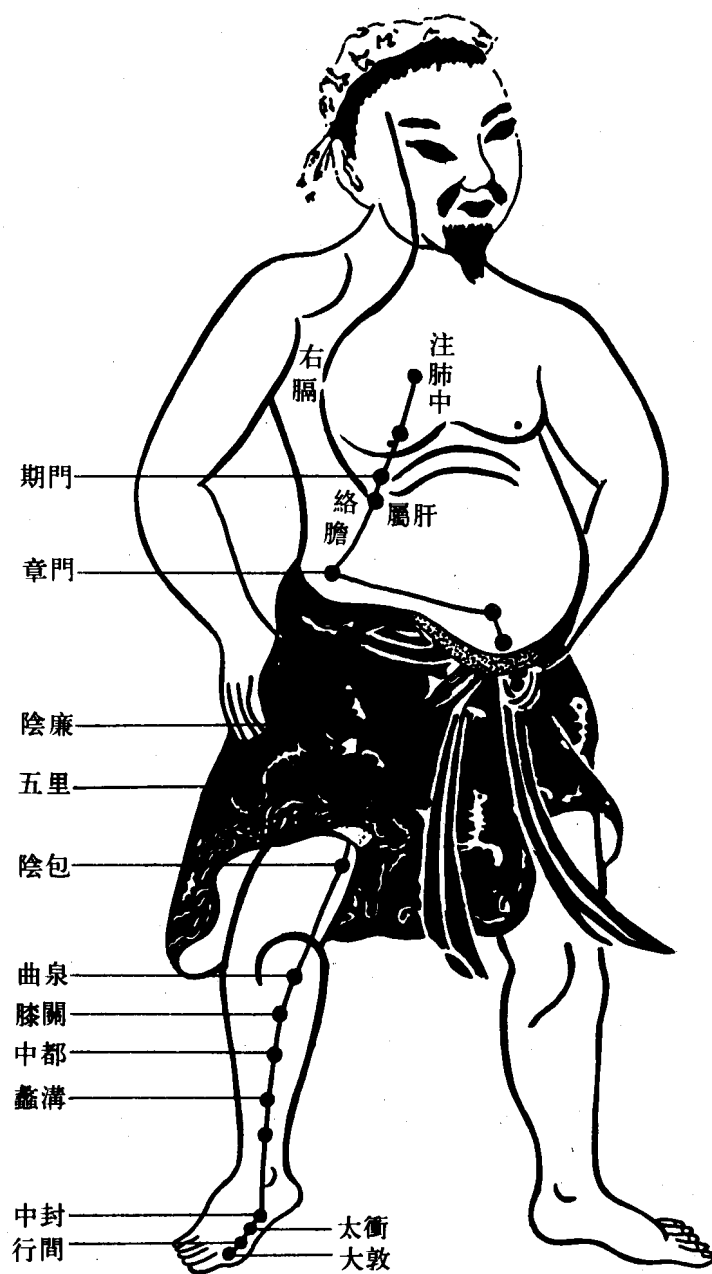


中國古代經絡圖——手陽明大腸經  
 Ancient Chinese Meridian Picture - The  
 Large Intestine Meridian of Hand-Yangming

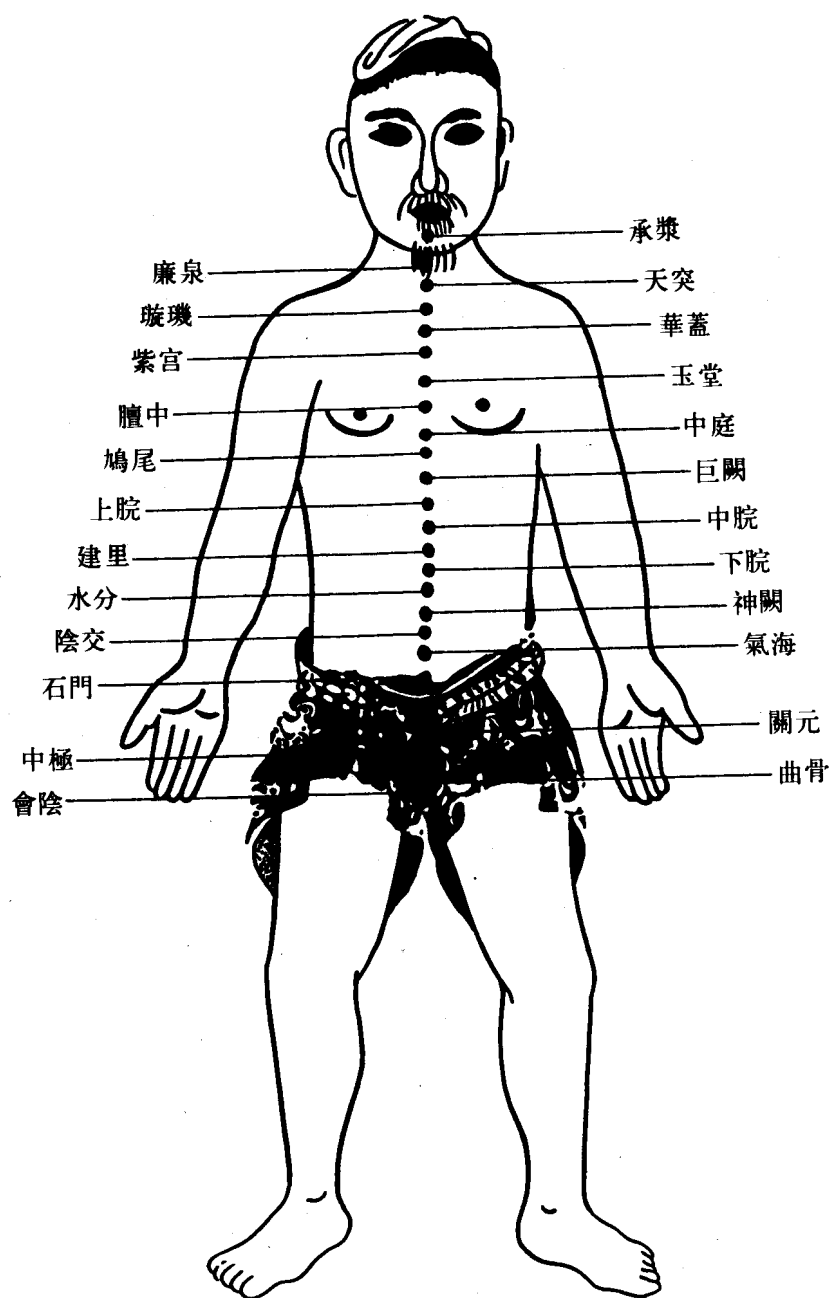


中國古代經絡圖——足少陽膽經

Ancient Chinese Meridian Picture - The  
Gallbladder Meridian of Foot-Shaoyang



中國古代經絡圖——足厥陰肝經  
 Ancient Chinese Meridian Picture - The  
 Liver Meridian of Foot-Jueyin.



中國古代經絡圖——任脈  
Ancient Chinese Meridian Picture - The  
Ren Meridian





中國古代經絡圖——督脈

Ancient Chinese Meridian Picture - The  
Du Meridian