

博医载道

Great Medical Culture

〔汉英对照〕

张其成 中文主编 / Zhang Qicheng Editor-in-chief of Chinese

沈 艺 英文主编 / Shen Yi Editor-in-chief of Translation



北京科学技术出版社
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健康让世界更美丽

Better Health Better World

谨以此书献给热爱中医文化、关注健康的人们！

Dedicated to those who love Chinese medical culture and care about healthy life!

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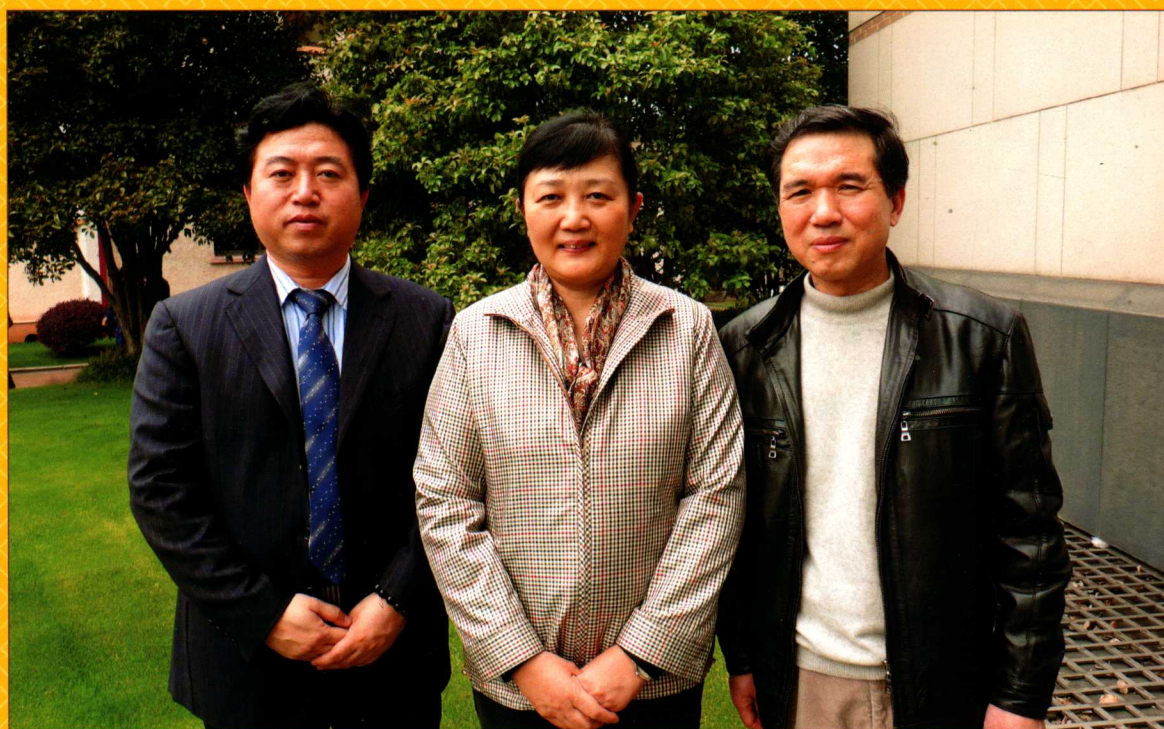
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2010年中国知识产权十大影响力人物吉英俊先生
Mr. Ji Yingjun: One of the Top 10 Influential Figures of
China Conference on Intellectual Property Rights in 2010



与中国世界民族文化交流促进会会长马小玫合影
左起：吉英俊、马小玫、吴志洪
With Ma Xiaomei, President of the Chinese Promotional
Association of World National Culture Exchange
From left: Ji Yingjun, Ma Xiaomei, Wu Zhihong



鶴壽圖
敬益書於京華

北京中医药大学副教授傅敬益为博医载道作画 祝博医载道图书出版发行 博医载道养生文化走向世界
Fu Jingyan, associate professor of Beijing University of Chinese Medicine, painted for this book, wishing to make the culture of life nurturing known to the whole world.



与北京市贝朗律师事务所律师葛小鹰合影
左起：吉英俊、范明三、葛小鹰、刘云云、吴志洪

With Ge Xiaoying, Lawyer of Beijing Beilang Law Firm

From Left: Ji Yingjun, Fan Mingsan, Ge Xiaoying, Liu Yunyun, Wu Zhihong



左：临汾仁保康医院院长吉仁保教授

L: Professor Ji Renbao, president of Linfen Renbaokang Hospital

右：上海博物馆中国少数民族工艺馆民俗研究专家范明三教授

R: Professor Fan Mingsan, expert in folklore studies in Shanghai Museum Ethnic Minorities Craft Exhibition Hall



张其成教授和吉英俊先生把中医养生绢画捐献给全国妇女基金会

Mr. Ji Yingjun donated the painting to China Women's Development Foundation with Professor Zhang Qicheng

张其成教授在其父母的书画捐赠仪式上和吉英俊先生合影
Mr.Ji (right) and Professor Zhang Qicheng (left), on the Painting Donation Ceremony of Professor Zhang's parents



与北京圣彩虹印刷制版有限公司董事长周项立合影
左起:周项立、范明三、吉英俊
With Zhou Xiangli, chairman of Beijing SunRainbow Graphic& Painting Technology Co.Ltd.
From Left : Zhou Xiangli, Fan Mingsan, Ji Yingjun



吉英俊先生在2010年中国知识产权大会颁奖现场
Mr.Ji on China Conference on Intellectual Property Rights in 2010



总序

Introduction

博医载道

Great Medical Culture

弘扬医学文化，传播健康理念

Promotion of Medical Culture,

Propagation of Health Concept

“博医载道”由四幅大型唐卡组成，分中医养生、东西医学、本草芳华、天地人和四个主题，展现了人类历史上医学文化的历史进程，介绍了中国医学、西方医学的著名人物、重大事件、养生方法，描绘了中华民族从古至今的健身场景，反映出中医养生的智慧，用形象生动的画面传达和谐、科学、自然的健康理念。观赏这四幅唐卡，您将澄神定志，思接千载，飞跃古今，遨游医林，体验对生命的尊重和对天地人和谐的追求，您会获得心灵的“加持”！

“Great Medical Culture” is composed of four large Thangka paintings about four themes: the life nurturing of Traditional Chinese Medicine, the Eastern and Western medicine, the essence of herbal foundation and the harmony of Heaven, Man and Earth. By giving an introduction to the prominent Chinese and Western physicians, major historical events and methods of nurturing life and depicting the scene of the Chinese nation doing exercises to keep fit in ancient and modern times, the four Thangka paintings have presented the development of medical culture in the history of mankind, embodied the wisdom of TCM life nurturing and vividly conveyed the harmonious, scientific and natural health concept. When appreciating the four Thangka paintings, you

can't help keeping yourself serene in mind, having a free imagination at all times, roaming in the medical world, showing respect to life and pursuing the harmony of Heaven, Man and Earth, from which you will get a “blessing” spiritually.

唐卡是唐代松赞干布时期兴起的一种用彩缎装饰成的卷轴画。在藏传佛教密宗修行密法中，一副绘有本尊画像的唐卡可用于引导弘法布道、修行观想。后来藏族人民也有用唐卡绘制佛像以供举行宗教仪式时僧徒膜拜的做法。

Thangka is a kind of scroll-painting decorated with colored damask, which sprang up in the Srongtsen Gampo period of the Tang Dynasty. In Tibetan Esoteric Buddhism, a Thangka depicting their yidam image can be used as a guide to preaching the gospel, self-cultivation and observing-imagination. Later the Tibetans have Buddhist images embroidered in Thangka paintings for the Buddhist monks to prostrate themselves in worship during a ritual.

“博医载道”四幅大型布绘唐卡采用唐卡的表现技法，设计绘画全过程都严格参照密宗仪轨操办，完成后亦经上师念经加持。整个创作历时五百天，耗费10名匠人约60000小时，每幅高5米，宽3米，面积15平方米。原作现存放于山西省临汾市仁保康医院大厅，占用四面墙壁。

By adopting the painting techniques of Thangka, the four large Thangka paintings about Great Medical Culture have been strictly designed according to the rite of Tibetan Esoteric Buddhism and given a blessing through chanting scriptures by Master. It



has taken ten artisans five hundred days (about 60000 hours) to finish painting them. Each of them is 5 meters long and 3 meters wide with a total of 15 square meters. The original Thangka paintings are now hanging on the walls all round in the hall of Renbaokang Hospital in Linfen City, Shanxi Province.

该唐卡的创意人和著作权人是山西省临汾市仁保康医院创始人吉英俊先生。吉英俊先生从事过摄影记者工作，在从公职人员到私营医院的创始人的转变中，他一直在探寻生命的价值，扣问心灵的大道。凭借自己对中国医药文化的热爱，如何传播中医汉药文化，如何让更多的人受益，他想到了唐卡，用唐卡来弘扬医学文化，传播健康理念。于是他和宋长青、尕藏诺布等画师精诚合作，在艰苦卓绝的努力下，历经六年，斥资千万，《博医载道》四幅大型布绘唐卡终于在2008年3月制作完工，同年4月获得国家版权局著作权登记证书。当她出现在第十一届中国西部国际博览会上时，她的精美、壮观、博大、深邃立即震惊了在场的所有人，荣获了唯一金奖。

The originator and copyright owner of the four Thangka paintings is Mr. Ji Yingjun, founder of Renbaokang Hospital in Linfen city, Shanxi Province. As a journalist first, a government office worker later and founder of a private hospital now, Mr. Ji Yingjun has been seeking the value of life and the wisdom of the soul. With his deep love for the Chinese medicine culture, he was always thinking about how to spread it. Then he got a good idea about using Thangka paintings to promote the medical culture and propagate the health concept.

With a sincere corporation with the artisans Song Changqing, Gesangluobu and others after six years, extremely hard and bitter effort and the cost of about ten million yuan, they finally succeeded in completing the four large Thangka paintings about Great Medical Culture in March, 2008 and he got the copyright register certificate authorized by National Copyright Administration in April in the same year. When the four Thangka paintings appeared in the 11th International Expo of the Western China, their exquisiteness, magnificence, rich connotations and profoundness immediately filled all the people present with great admiration and as a result, they won the sole gold prize.

为进一步将运动养生理念深入人心，让中医养生文化走向世界，博医载道（北京）文化传播有限公司在吉英俊先生的努力下成立了。坚持与信念得到了回报，在由25个部委发起的中国知识产权宣传月活动中，吉英俊先生荣获2010年中国知识产权十大影响力人物。博医载道（北京）文化传播有限公司荣获中国知识产权自主创新十大品牌。

In order to bring the concept of life nurturing in Traditional Chinese Medicine deeply into the people's mind and make it known to the whole world, Boyi Zaidao (Lit: Great Medical Culture) (Beijing) Culture Spreading Co.Ltd was founded by Mr. Ji. With his perseverance and confidence, he was awarded the title of Top Ten Influential People in the Intellectual Property Rights Publicity Month Campaign jointly sponsored by 25 ministries and commissions. Boyi Zaidao won the Top Ten Independent Innovational

Brands of China.

随后“博医载道”布绘新唐卡殊荣不断：2010年获“美术提名奖”、入展2010年上海世博会、同时大型纪念邮票“博医载道”试发行……

The Thangka paintings about Great Medical Culture have got some other special honors since then, including “Nominated Art Award” in 2010, the exhibition in Expo 2010 Shanghai China, a trial of the commemorative stamps about Great Medical Culture ...

“博医载道”系列丛书也随即出版，包括《中医养生》、《东西医学》、《本草芳华》和《天地人和》。由著名中医文化学者、国学养生倡导者、北京中医药大学教授张其成先生担当主编，北京中医药大学医学英语副教授沈女士担当英文翻译主编。借助作者生动、形象地阐释，您将穿越中华五千年历史的隧道，聆听21世纪和谐社会的妙音，仿佛在与神农、扁鹊、华佗、张仲景、孙思邈等大医交心，他们在向您娓娓诉说中华医学的伟大创举和历史功绩；马王堆出土的健身图、五禽戏、炼丹术、二十四节气坐功祛病法等形象展示了漫漫养生路上中华养生文化的博大精深。您将领略到历代医学家探寻人自身的奥秘、解救人类疾苦的执著追求，您将闻到中华本草园里中草药的阵阵芳香，您还可以感受到当代华夏各民族儿女全民健身的热烈气息和天地人和的欢乐气氛……

Then came out a series of books about Great Medical Culture, including *Life Nurturing of Traditional Chinese Medicine* (zhōng yī yǎng shēng), *Eastern and Western Medicine* (dōng xī yī xué), *Essence of Herbal Foundation* (běn cǎo fāng huá) and *The Harmony of Heaven, Man and Earth* (tiān dì rén hé). Mr. Zhang Qicheng,

a famous scholar of TCM culture, an advocator of Chinese life nurturing, a professor of Beijing University of Chinese Medicine, works as an editor-in-chief of the series of books about Great Medical Culture. Ms. Shen Yi, an associate professor of English at Beijing University of Chinese Medicine, works as an editor-in-chief of English translation. The vivid interpretations and illustrations will lead you to have a trip to Chinese history with five thousand years and listen to the social harmonious sound of the 21st century. It seems as if you were having a heart-to-heart talk with the prominent ancient physicians like Shen Nong, Bian Que, Hua Tuo, Zhang Zhong Jing and Sun Simiao, who were tirelessly and pleasantly talking to you about a great beginning and historical achievements of Traditional Chinese Medicine. Illustrated Daoyin of Mawangdui, Five Fauna-mimic Exercises, Refining the Elixirs Techniques, Illustrated Daoyin of the 24 Solar Terms have all vividly demonstrated the profound life nurturing culture with rich connotations on the long way to life nurturing of the Chinese nation. Meanwhile, you will get some idea of how the ancient physicians in all dynasties probed into the mysteries of the human body and kept themselves in a persistent pursuit of delivering the human beings from sufferings. You will smell the fragrance coming from the Chinese herbal medicine in the garden of Chinese herbal foundation. You will also be deeply impressed by the enthusiasm of the whole Chinese nation for doing exercises to keep fit and the joyful atmosphere of a harmony of Heaven and Man ...



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中医养生

Life Nurturing of

Traditional Chinese Medicine



