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Chinese Medicine



Chinese External Medicine



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Chinese External Medicine

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Preface

Chinese External Medicine is concerned with the occurrence, development, treatment and prevention of external conditions using the principles of Chinese medicine. This discipline has evolved over thousands of years from the experience and subsequent achievements in treatment and prevention of external conditions by Chinese practitioners. With its complete theoretical paradigm and unique treatment techniques, Chinese External Medicine emphasizes the concept of 'what is internal manifest externally' and 'treating external conditions from the interior'. In terms of practical application, Chinese External Medicine combines systemic with local treatment methods. Thanks to its marked treatment effect, this discipline is a key clinical subspecialty of Chinese medicine. Unlike in the fields of acupuncture and Chinese Internal Medicine, little has been done to introduce such clinical treatments and academic teaching, despite the countless common conditions covered by Chinese External Medicine. It is, therefore, of great importance to provide detailed information on Chinese External Medicine.

The editors of this book are clinicians and teachers of Chinese External Medicine and acupuncture who are equipped with both clinical and teaching experience. In addition to a systematic summary of the discipline as a whole, specific clinical experiences from contemporary experts are also included.

Common conditions and conditions that respond especially well to Chinese medical therapy are the main topic of discussion in this text. Content on carbuncles, gangrene, and boils or furuncles has been simplified, whereas materials on breast conditions, skin diseases, andropathy and peripheral vascular diseases have been developed. In addition to the main characteristics of traditional Chinese medicine, clinical practicalities involving up-to-date advances are also highlighted. Modifications of major formulae, Chinese patent medicines, and acupuncture protocols are also provided along with related conditions in Western medicine, etiology and pathogenesis, necessary laboratory tests and auxiliary examinations. Such information can aid students to better understand the diagnosis and treatment methods described here. The *Parallel Table of Diseases Names in Chinese and Western Medicine* is also attached for study purposes.

Since external conditions are mostly associated with the surface of the body and local pattern identification and treatment are extremely important, colored pictures are provided to help students visualize the typical local manifestations and external therapies.

This book consists of two parts—a general introduction and individual discussions on specific conditions.

The general introduction contains five chapters and mainly introduces the essential theory, fundamental knowledge and basic operations of Chinese External Medicine. The main content of these five chapters covers the development of Chinese External Medicine coupled with its scope, diseases, terminology, etiology, pathogenesis, syndrome differentiation, treatment method, rehabilitative care and nursing principles.

Individual discussions include eight chapters covering sores and ulcers, breast conditions, goiter, dermatoses and sexually transmitted disease, anorectal conditions, male urogenital conditions, peripheral vascular disease and other external conditions. This part covers 92 diseases and contains the definitions, clinical characteristics, etiology, pathogenesis, clinical manifestations, diagnostic basis, differential diagnosis, treatment (internal therapy, external therapy, acupuncture and other therapies), and also the preventive methods and lifestyle issues associated with each disease.

Each individual discussion begins with a framework regarding the classification and characteristics of each condition. There are three layers of learning requirements—grasping, familiarizing and understanding. The text also includes 60 case studies and explains special uses or toxic medicinals in *remarks*. There are 135 colored pictures, 15 illustrations, 239 formulas and 54 patented Chinese medicine. In addition, 3-5 questions are attached to each chapter for students to conduct self-review practice; further review material is included in the enclosed DVD.

This book can serve as an excellent reference for teachers and students in overseas colleges of Chinese medicine and acupuncture as well as Chinese medical practitioners and clinicians interested in Chinese medicine and acupuncture. For students and practitioners, it is important to have a basic theoretical background and to understand the basic functions and incompatibility of Chinese medicinals. Prior to prescribing formulas, it is necessary to take individual constitutions, dosage and the place of production into full consideration. Medicinals that are not available in one's home country can only be replaced with those similar upon a full understanding of their medicinal functions and incompatibilities; it is also important to understand Chinese medical culture and its unique association with prevention and lifestyle issues. Furthermore, the average reader should never apply these diagnostic and therapeutic methods on their own without first consulting a professional.

Despite the great effort and dedication in the compilation of this book, inappropriate medical expressions may exist here due to rapid research advances in this particular discipline. Suggestions from experts and the general readership are always welcome and appreciated.

Chen Hong-feng
April 2011

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