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中医 急症救护 技术教材

中国红十字会 主编

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汉英对照

中医急救技术教材

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Chinese - English Textbook of First Aid with Traditional Chinese Medicine

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编写说明

为适应群众现场救护训练的需要，我们组织编写了《初级卫生救护教材》、《中级卫生救护教材》以及《中医急症救护技术教材》三本读物。分别介绍了中西医方面最基本的对一些常见伤病的救护知识。主要供给政府机关及企、事业单位工作人员培训之用，也可供基层医护人员参考。由于时间仓促，在内容的选写和具体技术的介绍方面难免有失当之处，诚望广大读者提出宝贵意见，以便再版时修改提高。

中国红十字会

1987年11月

Preface

For the purpose of training the first-aid personnel on the spot, we compiled Primary Textbook of First Aid, Intermediate Textbook of First Aid and Textbook of First Aid with Traditional Chinese Medicine to popularize the basic knowledge in first aid of common injuries and diseases with both traditional Chinese medicine and Western medicine. These books are mainly useful for the government organizations, enterprises and institutions to train their staff and also are reference books for doctors and nurses at grass-roots level. As the compilation is pressed for time, mistakes may exist, and we sincerely hope the readers to point them out for correction in the second edition.

Red Cross Society of China

November 1987

目 录

中医急症（高热）的治疗·····	沈绍功	1
中医急症（痛证）的治疗·····	沈绍功	4
针灸基本知识简介·····	魏明丰	11
10种痛症的针灸临床用穴·····	魏明丰	19
灸法在中医急症中的应用·····	叶成鹤	35
急性腰痛证治及经验·····	高立山	46
中医手法治疗软组织损伤·····	张 涛	60
中西医结合骨折疗法·····	尚天裕	78

CONTENTS

Treatment of High Fever with TCM in Emergency Cases	
Shen Shaogong.....	(2)
Treatment of Pain with TCM in Emergency Cases	
Shen Shaogong.....	(6)
Brief Introduction to Basic Knowledge of Acupuncture and Moxibustion	
Wei Mingfeng.....	(14)
Introduction to Acupuncture Points in Treating 10 Kinds of Pain	
Wei Mingfeng.....	(24)
The Application of Moxibustion in Treating Emergency Cases	
Ye Chenggu.....	(39)
Experience in the Treatment of Acute Low Back Pain	
Gao Lishan.....	(51)
Traditional Chinese Manoeuvre in the Treatment of Soft Tissue Injuries	
Zhang Tao.....	(66)
Treating Fractures by Combined Traditional Chinese and Western Medicine	
Shang Tianyu.....	(86)

中医急症（高热）的治疗

中国中医研究院 基础理论研究所 沈绍功

一、高热概述

（一）定义与范围：

腋下体温 39°C 以上，包括上感、流感、急性支气管炎、化脓性扁桃体炎、肺炎、泌尿系感染及某些发热性传染病。

（二）外感发热：

风热与风寒主症鉴别（寒热、咳痰、汗、痛、苔脉）

	风寒	风热
寒热：	恶寒重、发热轻	恶寒轻、发热重
咳痰：	清稀痰	稠粘痰
汗痛：	无汗、骨痛	有汗、咽痛
苔脉：	苔薄白、脉浮缓	苔薄黄、脉浮数

（三）高热危症——热入营血、热极生风、热陷心包

热入营血：斑疹、血证、苔薄黄质红绛、脉滑数。

热极生风：抽搐、强直、眩晕、苔黄舌绛、脉弦数。

热陷心包：神昏、谵语、苔黄舌绛、脉沉数。

二、中药急救

（一）熏洗法——风热（菊花、薄荷）

风寒（荆芥穗、苏叶）

（二）口服法——风热（银花、竹叶）

风寒（葱白、豆豉）

危症（紫雪散、安宫牛黄丸）

（三）灌肠法——牛黄、生大黄

(四) 肌注法 —— 柴胡注射液、柴荆注射液

(五) 静滴法 —— 清开灵注射液 (牛黄、水牛角、黄连等)

三、针灸急救

(一) 十宣放血。

(二) 针大椎、风池、曲池、外关、合谷。

Treatment of High Fever with TCM in Emergency Cases

Shen Shaogong

Institute of Basic Theory of TCM, China Academy
of Traditional Chinese Medicine

1. Introduction

1. Definition and causal diseases

High fever is a marked increase of body temperature over 39°C. It often occurs in upper respiratory infections, influenza, acute bronchitis, suppurative tonsillitis, pneumonia, urinary infections, and other febrile infectious diseases.

2. Fever caused by exogenous pathogenic factors

Syndromes of wind-cold and wind-heat should be differentiated on the basis of the following symptoms and signs: chilliness and feverishness, expectoration, perspiration, pain, tongue coating, and pulse.

	Wind-cold	Wind-heat
Chilliness and feverishness	chilliness more marked than feverishness	feverishness more marked than chilliness
Expectoration	thin	viscid
Perspiration	no	some
Pain	bone aching	sore throat
Tongue coating	thin whitish	thin yellowish
Pulse	floating, slow	floating, rapid

3. Critical condition with high fever

Invasion of heat into Ying-Xue: skin eruption, bleeding, deep red tongue with thin yellowish coating, and slippery, rapid pulse.

Production of wind from extreme heat: convulsions, rigidity, vertigo, deep red tongue with yellowish coating, and string-taut, rapid pulse.

Penetration of heat into the pericardium: loss of consciousness, delirium, deep red tongue with yellow coating, and sunken, rapid pulse.

II. Emergency treatment with Chinese medicine

1. Fumigation-bathing

Wind-heat: Flos Chrysanthemi, Herba Menthae.

Wind-cold: Herba Schizonepetae, Folium Perillae.

2. Oral administration

Wind-heat: Flos Lonicerae, Herba Lophatheri.

Wind-cold: Caulis Allii Fistulosum, Semen Sojae Praeparatum.

Critical case: Zixue powder, Angong Niuhuang Wan (Bezoar Pills for Resurrection).

3. Rectal administration: Calculus Bovis, Radix et Rhizoma Rhei.

4. Intramuscular injection: injection of Radix Bupleuri, injection of Radix Bupleuri and Herba Schizonepetae.

5. Intravenous drip: Qingkailing (Calculus Bovis, Cornu Bubali, Rhizoma Coptidis, etc.)

III. Emergency treatment with acupuncture

1. Puncture Shixuan (Ex-UE11) with bleeding.

2. Puncture Dazhui (GV 14) Fengchi (G 20), Quchi (LI 11), Waiguan (TE 5) and Hegu (LI 4).

中医急症（痛证）的治疗

中国中医研究院 基础理论研究所 沈绍功

一、胸痹心痛

(一) 病因病机：“阳微阴弦”

气滞：心区胀痛、心烦恼怒、苔薄白、脉弦细。

血瘀：刺痛、固定、皮肤粗糙、苔薄质腻、脉细缓。

痰浊：心区闷痛、头重纳呆、苔腻、脉滑。

气阴两虚：气短乏力、五心烦热、苔薄黄质淡红、脉细数。

(二) 治疗原则：“急则治其标，缓则治其本”

治标：理气——香附、菖蒲、苏梗

活血——川芎、丹参、赤芍

化痰——全瓜蒌、薤白、法半夏

治本：益气——人参、生黄芪、白术

养阴——麦冬、黄精、首乌

(三) 心痛气雾剂:

苔白舌淡——寒证心痛气雾剂(肉桂)

苔黄舌红——热证心痛气雾剂(丹皮)

治疗方法: 心绞痛发作时,对准舌下按压喷雾 1 ~ 3 下
经全国16个临床单位重复验证冠心病心绞痛510例, 851次,
3 分钟内止痛率 50.55% ~ 54.02%, 与美国硝酸甘油相仿
($P > 0.3$)。

(四) 其它制剂: 生脉注射液、心宝、麝香保心丸、速效救心丸

(五) 针刺疗法: 华佗夹脊

二、胃脘痛

(一) 病因病机: 饮食不节、情志不舒、脾胃素虚

(二) 分辨寒热:

	寒证	热证
性质:	喜热怕凉	喜凉怕热
口感:	口淡、不渴	口苦渴饮
两便:	尿清便溏	尿黄便干
舌脉:	舌淡苔白脉迟	舌红苔黄脉数

(三) 外敷法:

1. 寒性: (1) 青盐炒热熨敷;

(2) 肉桂、川椒炒热外敷。

2. 热性: (1) 仙人掌、大蒜捣烂外敷;

(2) 薄荷、皮硝外敷。

(四) 口服法:

汤剂——川椒、元胡、干姜、附子

丸剂——附子理中丸、疏肝止痛丸、保和丸

(五) 针灸法——内关、足三里、中脘

三、头痛：

(一) 病因病机：

外感：头痛形寒、鼻塞流涕、苔薄白脉浮缓

肝阳：头痛且晕、胁胀烦怒、苔薄黄脉细弦

痰浊：头痛且重、纳呆饱闷、苔腻脉滑

瘀血：头痛不移、皮肤粗糙、苔薄白脉细缓

气陷：头痛发空、气短乏力、苔薄白脉沉细

肾虚：头痛隐隐、腰酸腿软、苔薄白质淡脉沉细尺弱

(二) 经络分部：头顶痛——厥阴 后头痛——太阳

前额痛——阳明 两颞痛——少阳

(三) 熏洗法：川芎、白芍、细辛

(四) 口服法：三七粉、龙胆泻肝丸

(五) 针灸法：太阳、风池、合谷

头顶痛加百会

后头痛加大椎

前额痛加印堂

两颞痛加头维

Treatment of Pain with TCM in Emergency Cases

Shen Shaogong

Institute of Basic Theory of TCM, China Academy
of Traditional Chinese Medicine

I. Chest pain and precordial pain

1. Cause and pathogenesis: deficiency of Yang with excess of cold.

Stagnation of Qi: distending pain in the precordial region, vexation and irascibility, thin whitish coating of the tongue, and string-taut, thready pulse.

Blood stasis: stabbing pain fixed in location, rough skin, thin greasy coating of the tongue, and thready, loose pulse.

Phlegm: pain in the precordial region with feeling of stuffiness, heaviness sensation in the head, greasy coating of the tongue, and slippery pulse.

Deficiency of both Qi and Yin: shortness of breath, lassitude, heat sensation in the chest, palms and soles, pink tongue with thin yellowish coating, and thready, rapid pulse.

2. Principle of treatment: In emergency cases treat the acute symptoms first; when these being relieved, treat the fundamental cause.

Treatment of the symptoms:

Regulation of the flow of Qi: *Rhizoma Cyperi*, *Rhizoma Acorni Graminei*, *Caulis Perillae*.

Promotion of blood circulation: *Rhizoma Chuan-xiong*, *Radix Salviae Miltiorrhizae*, *Radix Paeoniae Rubra*.

Dissipation of phlegm: *Fructus Trichosanthis*,

Bulbus Allii Macrostemis, Rhizoma Pinelliae,

Treatment of the fundamental aspect:

Reinforcement of Qi: Radix Ginseng, Radix Astragali, Rhizoma Atractylodis Macrocephalae,

Replenishment of Yin: Radix Ophiopogonis, Rhizoma polygonati, Radix Polygoni Multiflori,

3. Xintong aerosols (aerosols for precordial pain)

Xintong aerosol for cold syndrome (Cortex Cinnamomi) is indicated in cases with pale tongue and whitish coating.

Xintong aerosol for heat syndrome (Cortex Moutan Radicis) is indicated in cases with reddened tongue and yellowish coating.

Usage: Press the spray 1-3 times with the nozzle directing under the tongue during the attack of angina pectoris.

Observations on 540 cases of angina pectoris for 851 times in 16 clinical units in China repeatedly showed relief of pain within 3 minutes by the aerosol in 50.55-54.02% of the cases, comparable with the effect of nitroglycerin.

4. Other preparations: Shengmai (Pulse-activating) Injection, Xin Bao, Shexiang Baoxin Wan (Pills for Protecting the Heart with Moschus), Suxiao Jiu-xin Wan (Pills for Relieving Heart Troubles with Quick Action).

5. Acupuncture: Hua Tuo's Paravertebral points.

II. Stomach-ache

1. Cause and pathogenesis: improper diet, emotional influences, and weakness of the spleen and the stomach.

2. Differentiation of cold and heat syndromes

	Cold syndrome	Heat syndrome
Character of pain	alleviated by warmth, aggravated by cold	alleviated by cold, aggravated by warmth
Feeling in the mouth	tastelessness, no desire for drink	bitterness, desire for drink
Urine	light-coloured	deep-coloured
Bowel movement	loose	constipated
Tongue	pale with whitish coating	reddened with yellowish coating
Pulse	slow	rapid

3. External application

Cold syndrome: (1) hot compress with stirbaked salt, (2) external application of stirbaked Cortex Cinnamomi and Pericarpium Zanthoxyli

Heat syndrome: (1) Opuntia dillenii Haw and garlic pounded into paste for external application, (2) Herba Menthae and Mirabilium for external application.

4. Oral administration

Decoction: Pericarpium Zanthoxyli, Rhizoma Corydalis, Rhizoma Zingiberis, and Radix Aconiti Lateralis Praeparata.

Pills: Fuzi Lizhong Wan (Pills for Regulating the Function of the Spleen and Stomach with Aconite),