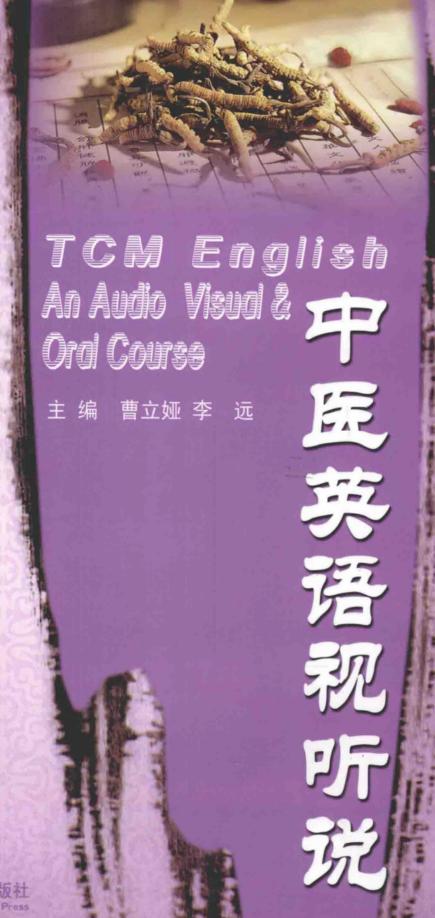
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**21**世纪高等

总主编 方廷钰 赵贡旺

主编曹立娅李远

中国海洋大学出版社 ・青岛・

#### 图书在版编目(CIP)数据

中医英语视听说 / 曹立娅, 李远主编. 一青岛: 中国海洋大学出版社, 2014.8 21世纪高等中医英语规划教材 / 方廷钰, 赵贵旺总主编 ISBN 978-7-5670-0704-8

I.①中··· II.①曹···②李··· II.①中医学 - 英语 - 听说教学 - 中医学院 - 教材 IV.①H319.9

中国版本图书馆CIP数据核字(2014)第182445号

出版发行 中国海洋大学出版社

社 址 青岛市香港东路23号

邮政编码 266071

话 0532-85902533

电

出版人 杨立敏

网 址 http://www.ouc-press.com

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订购电话 0532-82032573 (传真)

责任编辑 潘克菊

装帧设计 青岛乐道视觉创意设计工作室

印 制 淄博恒业印务有限公司

版 次 2014年12月第1版

印 次 2014年12月第1次印刷

成品尺寸 185 mm × 260 mm 1/16

印 张 12.75

字 数 380千

定 价 38.00元(含光盘)

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# 前言

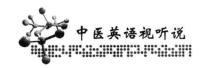
中医药是中华民族在几千年生产生活实践和与疾病作斗争的过程中形成并不断丰富发展的医学瑰宝,也是世界医学宝库的一个重要组成部分。2008年世界卫生组织总干事陈冯富珍博士对中医药有过高度评价:"中医有着3000年的悠久历史,它全面对待健康问题,首创了食疗、健身以及草药治疗等,尤其注重环境对健康的影响。在公共卫生领域,防胜于治的观念归功于中国以及中华传统医学古代最重要的典籍《黄帝内经》。"2009年5月国务院发布的《关于扶持和促进中医事业发展的若干意见》指出,"扶持有条件的中医药企业、医疗机构、科研院所和高等院校开展对外交流合作。加强中医药知识和文化对外宣传,促进国际传播。"要落实以上任务,必须依靠广大中医药从业人员,特别是中医药院校毕业生。

中医要走向世界,打破语言壁垒已成当务之急。中医英语翻译的历史较短,而且中医英语具有和西医英语不同的特点,其术语的翻译难度较大,因此,不懂中医理论、不具备中医英译技能的人士很难把中医准确无误地译成地道的英语。为了帮助中医药院校学生掌握中医英译技能,使他们成为既懂中医又懂中医英语的人才和中医药国际交流的主力,我们集中了全国中医药院校的中医英语专家、教师编写出了这套"21世纪高等中医英语规划教材",包括《基础中医英语》《临床中医英语》和《中药英语教程》。考虑到当前国内至今没有一本中医英语听说教材,我们特意编写了这部《中医英语视听说》,以填补这方面的空白。

本教材具备以下特点:

● 本书收录内容覆盖了中医药总论、阴阳五行、针灸、辨证论治、感冒、医院

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英语、医患交流、方剂、养生和中西医比较等话题。

- 为确保英语语言质量,本书的全部素材均选自英美中医药学者的原文,编写 时略作调整,并纠正了原文中的某些印刷错误。在此,向相关中医药学者表示衷心 的感谢。
- ●由于中医英语翻译的历史较短,在术语翻译方面尚有许多不确定性和争论,难以达到统一,为了反映这一客观事实,本系列教材有意保留同一术语的多种翻译,以便教师和学生在百家争鸣的过程中寻求最佳翻译。
- 本教材每单元选材内容丰富,其目的是让学生从不同角度、通过大量练习来掌握中医英语,以达到"从用中学,熟练掌握,举一反三"的效果。课文包括四大部分: "Listening for Speaking" "News Report" "Medical Video"和"Oral Work"。除词汇表外,练习形式丰富多样,包括填空、正误判断、问答、多选和讨论,以提高听说水平。我们也提供了练习的参考答案,便于读者检测学习效果。
  - 每单元以体现其主要内容的经典言辞为开首,以示教材特色。
- 本系列教材各分册自成系统,各校可根据教学时数和实际情况灵活使用和安排教学。可以采取教师授课为主、学生自学相结合的方式进行教学。
- 本教材的另一大突出特色是以录音、视频为主,书后附有文字材料供参考,本书第一单元选用"走近中医"英文版电视宣传片,该片在北京奥运会期间深受国际友人欢迎。该片由北京中医管理局和北京市中医药对外交流与技术合作中心编制、范建任导演,在此对于他们的慷慨赠予表示衷心的感谢。每单元各设计一个与主题相关的视频,目的是为了帮助提高广大中医院校师生中医术语英文表达能力,促进中医药国际交流。

需要指出的是,本教材仅是中医英语听说教材,不是中医教材,所以对于原作者的医理、药理不必求全责备,读者亦不可把书中涉及的中医药理论、临床实践作为诊断和治疗疾病的依据。限于水平,不当或错误之处在所难免,敬请读者批评指正。

方 延 钰 2014年8月于北京

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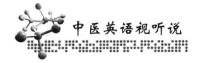
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As China's splendid cultural heritage, TCM theoretical system takes physiology and pathology of zang-fu organs and meridians as its basis and differentiation of syndromes and treatment as its diagnostic and therapeutic features.

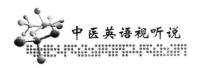
中医作为中国传统文化的瑰宝, 其理论系统以脏腑经络学说为基础, 以辨证论治为诊断特色。

## Unit 1

# An Overview of Traditional Chinese Medicine

## In this unit, you will learn:

- an overview of traditional Chinese medicine
- potential benefits of traditional Chinese medicine
- the basic laws of the human body's states
- major concepts of traditional Chinese medicine
- the reason for increasing interest in traditional Chinese medicine





## Part I Listen for Speaking

## Dialogue 1

#### • Focus-on



- The Chinese think that man is a part of nature and man interacts with the other parts of nature.
- Generally Chinese medicine causes no side effects.
- Chinese medicine physicians believe that disease shows an imbalance in the body so they use Chinese medicine to regulate the body.
- *Huangdi's Canon of Medcine* is the most famous one which tells the basic laws of the human body's normal and abnormal states.

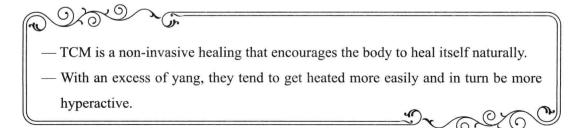


## • Words-log

- 1. sneeze /sni:z/ v. 打喷嚏
- 2. susceptible /səˈseptəbl/ a. 易受影响或损害的
- 3. ingredient /ɪn'gri:dɪənt/ n. 材料, 原料, 成分
- 4. exotic /ɪg'zɒtɪk/ a. 由外国引进的; 非本地的
- 5. interact / Intər'ækt/ v. 相互作用; 相互影响
- 6. reliance /rɪ'laɪəns/ n. 信任, 信赖
- 7. diagnosis / daɪəg'nəʊsɪs/ n. 诊断
- 8. prescribe / prī'skraīb/ v. 开(药方)
- 9. abnormal / æb'nɔ:ml/ a. 反常的; 不正常的

## Exercise 1

Directions: Listen to the dialogue and then fill in the blanks.
Most of the 1 in Chinese medicine are plants and there are some 2 animal
and 3 products as well. Chinese people think that man is a part of 4 So
using medicine made from natural substance is the most 5 way to cure disease.
Different from Western medicine, Chinese medicine causes almost no 6 Chinese
medicine 7 believe that disease shows an 8 in the body so they use Chinese
medicine to 9 the body. They greatly depend on seasonal conditions, 10 locations
and individual differences when making a diagnosis and when prescribing medicine.
Exercise 2
<b>Direction:</b> Listen to the dialogue and decide whether the following statements are true (T)
or false (F). Make the false sentences true.
1. According to Jules, people seem to be easy to catch a cold in spring.
2. Most of the ingredients in Chinese medicine are from nature so they are not very effective.
3. Generally Chinese medicine causes few side effects compared with Western medicine.
4. Chinese medicine physicians use Chinese medicine to regulate the body and restore a balance in the body.
5. Chinese medicine physicians seldom consider environmental factors when
making a diagnosis and prescribing medicine.
Dialogue 2  • Focus-on







- TCM is worth preserving because there are fewer side effects from the all-natural medicines compared with Western drugs.
- It is highly recommended that you only seek a consultation and treatment from a licensed and registered practitioner.



#### Words-log

- 1. optimum /'optɪməm/a. 最佳的; 最适宜的; 最有利的
- 2. invasive /ɪn'veɪsɪv/ a. 有扩散危害的;扩散性的
- 3. encourage /ɪnˈkʌrɪdʒ/ v. 鼓励, 支持
- 4. immature / Imə'tjvə(r)/ a. 不成熟的
- 5. vulnerable /'vʌlnərəbl/ a. 易受伤害的
- 6. practitioner/præk'tɪ∫ənə(r)/ n. 从业医师
- 7. deficient /dɪ'fi∫nt/a. 缺乏的;缺少的
- 8. hyperactive /ˌhaɪpə(r)'æktɪv/ a. 过分活跃的; 多动的

#### Exercise 1

Directions: Listen to the dialogue and then fill in the blanks.

Today we are going to talk about the 1 benefits of traditional Chinese medicine.
TCM as it is often 2 to, is a form of 3 healing that encourages the body to heal
itself naturally. In TCM, children are physically 4 and that their lungs, 5 and
liver are particularly weak and 6 to illness. This is why children suffer from often
constant and 7 coughs and colds. While the results with Chinese medicine are not
always as immediately 8 as with Western medicine, it is worth 9 because there
are less side effects from the 10 medicines compared with Western drugs.

#### Exercise 2

Directions: Listen to the dialogue again and then answer the following questions.

- 1. Why is TCM preferred to treat and ensure optimum health for children?
- 2. What might be the reason if children suffer from constant coughs and colds?
- 3. What will a TCM practitioner do before giving treatment for a child?
- 4. According to the professor, what might happen if children have an excess of yang?
- 5. Why is TCM worth preserving?



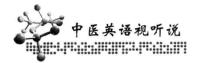
# Part II News Report

#### Exercise 1

**Directions:** In this section, you will hear a short passage. At the end of the passage, you will hear some questions. Both the passage and the questions will be spoken only once. After you hear a question, you must choose the best answer from the four choices marked A, B, C and D, and decide which is the best answer.

Questions 1 to 5 are based on the passage you have just heard.

- 1. [A] General healthcare practice.
  - [B] The philosophy of the mind.
  - [C] The logic of life and religion.
  - [D] All of the above.
- 2. [A] We live in a universe in which everything is connected with each other.
  - [B] The mind and body are viewed as separate parts.



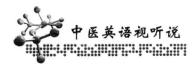
- [C] The whole body is an energetic system.
- [D] Organs systems are regarded as structures that work together to keep the body functioning.
- 3. [A] We can find a counterpart of the concept of qi in Western medicine.
  - [B] Qi is considered a kind of energy for controlling the functioning of human mind and body.
  - [C] Qi flows through blood vessels.
  - [D] A lack of balance in the flow of qi can not cause a disease of the mind.
- 4. [A] Acupuncture and herbal medicine.
  - [B] Acupressure and moxibustion.
  - [C] Tuina and Guasha.
  - [D] All of the above.
- 5. [A] TCM has been practiced over 3,000 years.
  - [B] Its quick and obvious treating effects.
  - [C] TCM is successful in treating a wide range of conditions.
  - [D] Its effectiveness, affordability and lack of adverse side-effects.

#### Exercise 2

Directions: In this section, you will hear a passage three times. When the passage is read for the first time, you should listen carefully for its general idea. When the passage is read for the second time, you are required to fill in the blanks numbered from 1 to 8 with the exact words you have just heard. For blanks numbered from 9 to 11 you are required to fill in the missing information. For these blanks, you can either use the exact words you have just heard or write down the main points in your own words. Finally, when the passage is read for the third time, you should check what you have written.

Within the Eastern 1\_\_\_\_\_, the human being is a microcosm, a universe in miniature, the offspring of Heaven and Earth, a fusion of cosmic and terrestrial forces.

People are recognized as beings with a self-aware mind cast in 2 form. The unseen
and the seen, psyche and coma, are mutually valid and cogenerative.
Different from Western medicine, Chinese medicine is 3 within a philosophy
of nature. A postulate of Chinese medicine is that by observing patterns in the natural
world, the 4 of human nature are known. As above, so below. The world is a
single, unbroken 5 within which Tao exists. Chinese medical logic 6
upon correspondence thinking: things that 7 to the same thing correspond to each
other. Life arises from the magnetic 8 of the polar forces yang and yin, Heaven
and Earth, heat and cold, sun and shadow, dryness and wetness, summer and winter. Just
as these divisions are relational, so all living processes are seen as a mosaic of connected
relationships and conditions.
In short, 9
Each person has a unique terrain
to be mapped, a resilient yet sensitive ecology to be maintained. As a gardener adjusts
irrigation and applies compost, so the traditional Chinese doctor uses acupuncture, herbs,
food, massage (Tuina), and exercise (Taichi and Qigong) to recover and preserve health.
Health results from the proper balance of contending forces. In simple terms, diagnosis
identifies imbalance, while treatment seeks to restore harmony. Whereas in Western
medicine, 10
Health
is considered to be the ability of the organism to respond appropriately to a wide variety of
challenges while maintaining equilibrium, integrity, and coherence.
Ontology and pathology are closely linked: how people get sick is inextricably tied
to who they are. Chinese medical thinking is holistic: 11
The categories of classification in Chinese medicine are interdependent,
exist along a continuum, and are neither fixed nor absolute. The body is viewed more as a
functional entity than a structural one.





# Part III Medical Video

### Words-log

- 1. exogenous / ek'spdʒənəs / a. 外生的;外因的;外成的
- 2. decoction / dɪ'kɒkʃən / n. 煎熬的药; 煮出的汁
- 3. maturation /ˌmæt∫ʊˈreɪ∫n / n. 成熟; 化脓
- 4. elixir /ɪ'lɪksə/ n. 长生不老药; 万能药

#### Exercise 1

Directions: Please watch the video and decide whether the following statements are true (T)
or false (F).
1. Ancient Chinese philosophy held that not all forms of life on earth were the
product of $qi$ .
2. When yang is even and yin is firm, relative equilibrium is maintained and
health is guaranteed.
3. At present, the medical mode is evolving from "prevention first" to "treatment
first".
4. The human body is an organic whole, taking the five zang-organs as the core.
5. After 221 A.D., Chinese learned how to treat diseases with dietary therapy and
medicinal herbs.
Exercise 2
Directions: Please watch the video again and complete the following statements.
1. Each human was a part of nature and could never be
2, these climatic characteristics are known as the "six qi".
3. External pathological changes may affect the related internal organs and the disorders of