

# ESSENTIALS OF TRADITIONAL CHINESE MEDICINE

CHINESE/ENGLISH BILINGUAL EDITION

## 汉英中医学精要

主编◎梁晓春 孙 华

主译◎朴元林 吴群励 张 文

中国协和医科大学出版社

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# **Essentials of Traditional Chinese Medicine**

## **Chinese-English Bilingual Version**

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**Peking Union Medical College Press**

## 内 容 提 要

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《汉英中医学精要》中英文对照教材是北京协和医学院中医教研室组织编写的。本书以中国协和医科大学出版社出版的《中医学》为蓝本进行精选，尽可能地将中西医结合的理念和内容贯穿其中，旨在使留学生学习并掌握与西医完全不同的中医系统思维方法，掌握中医学的基本知识、基础理论、中药、方剂等。在教材内容上，增加了中西医理论体系的特点、形成和发展的差异等；在教材结构上，把脏腑的生理功能和病理辨证合二为一；在治则和治法方面把“调整阴阳”作为治疗疾病的总纲，把“治病求本”作为治疗疾病的指导思想。针灸部分突出理论联系实际，重点介绍了经络、腧穴、刺灸法、针灸的治疗原则和配穴处方。本教材语言表达简明扼要，通俗易懂，执简驭繁，译文准确流畅。本教材主要适用于国外医学生、交换学者学习中医，对于国内医学生、自学考试者及西学中人员也有参考价值。

## Introduction

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The Chinese-English bilingual textbook *Essentials of Traditional Chinese Medicine* is compiled by the Teaching and Research Section of Traditional Chinese Medicine (TCM) of Peking Union Medical College. The textbook is refined and based on the book *Traditional Chinese Medicine* published by Peking Union Medical College Press. We tried our best to embody the concept and content of the integration of TCM and Western medicine, aiming to impart the international students not only the basic knowledge, basic theories, medicinals and formulas of TCM but also the systematic ways of thinking of TCM, which are totally different from Western medicine. In the aspect of the content, the textbook added the difference in the characteristics of theoretical structure, formation, and development of both of TCM and Western medicine theories. In the aspect of the structure of the textbook, we combined both the physiological functions and pathological differentiations as a whole; in the parts of therapeutic rules and treatments, we set “adjusting yin and yang” as the general rule and made “treating the root” as the guiding thought of treatments; in the part of acupuncture, we focused on the combination of the theory and practice, mainly introduced the meridians and collaterals, acupuncture points, needling and moxibustion manipulations, and therapeutic principles and prescriptions of acupuncture. The expression of the textbook is concise and easy to understand, which is good to solve the difficulty with simple methods, and the translation is accurate and fluent. The textbook is mainly suitable for international medical students and exchanging scholars to study TCM. Also it is of reference value to domestic medical students, persons preparing for self-teaching examinations, and Western medicine staff learning TCM.

## 前 言

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北京协和医学院每年都接受国外大学（如哈佛、UCSF）的学生来交流学习，其中不乏对中医充满好奇和兴趣的学生，而中医教研室没有专门供留学生使用的教材，临床教学存在一定的难度。为此，中医教研室编写了这本《汉英中医学精要》以满足临床教学需要。

《汉英中医学精要》编写的宗旨是：在总体构思上，力争保持中医学的系统性和完整性，突出其针对性和实用性。在教材内容上，注重理论联系实际，精选了中医基础理论、中医诊断、辨证、中药、方剂及针灸治疗，增加了中医传统医德教育，分析了中西医理论体系之异同，并附有临床辨证分析典型病例。在教材结构上，把脏腑的生理功能和病理辨证合二为一，这样可以起到事半功倍的效果；在治则和治法部分把“调整阴阳”作为治疗疾病的总纲，把“治病求本”作为治疗疾病的指导思想，这样对“正治反治”、“病治异同”、“标本缓急”等起到提纲挈领的作用；针灸部分图文并茂，重点介绍了经络，腧穴，刺灸法，针灸的治疗原则和配穴处方。在语言表达上，力求简明扼要，通俗易懂，译文准确流畅。

为了确保教材编写及译文的质量，我们参考了近几年的中文版及中英文对照的《中医学》教材及讲义，汲取了各版教材的精华，对教材的编写理念、结构、体例等方面进行了探索性改革；对教材内容、结构和体例进行了数次修改，反复推敲，力争实现教材内容的整体优化，达到系统性、科学性、完整性、创新性 & 译文准确性的完美结合。

本教材的英文部分主要由朴元林、吴群励两位博士，以及《中国结合医学杂志》张女士完成。由于编者水平有限，时间仓促，教材中难免存在偏颇甚至谬误的地方，敬祈读者指正。

本教材的完成得到了北京协和医学院的教学改革立项课题资助，得到了中国协和医科大学出版社的鼎力相助。谨致谢忱！

《汉英中医学精要》编委会

2014年1月

# Essentials of Traditional Chinese Medicine

## Chinese-English Bilingual Version

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### PREFACE

Peking Union Medical College receives international students from overseas universities such as Harvard University and UCSF every year. Many international students have great interest on Traditional Chinese Medicine (TCM). Since the Teaching and Research Section of TCM in our college does not have a suitable textbook for international students, there is difficulty in clinical teaching. Thus, we compiled this Chinese-English bilingual textbook—*Essentials of Traditional Chinese Medicine* to meet the need of clinical teaching.

The compiling aim of the Chinese-English bilingual textbook—*Essentials of Traditional Chinese Medicine* is as follows: in the aspect of general structure, we tried to keep the systematicness and integrity of TCM and emphasize on its well-directing and practicality; in the aspect of the content of the textbook, we emphasized on the connection of theory and practice, selected basic theories of TCM, diagnosis of TCM, differentiation of syndromes, traditional Chinese pharmacy, formula study and acupuncture treatment, added the traditional ethics education of TCM, analyzed the difference in theoretical systems between TCM and Western Medicine, and attached classic cases of clinical differentiation of syndromes; in the aspect of the structure of the textbook, we combined both physical functions and pathological differentiations as a whole, which can achieve half work and whole success. In the parts of therapeutic rules and treatments, we set “adjusting yin and yang” as the general rule and made “treating the root” as the guiding thought of treatments, which enlisted and summarized the contents of “routine treatment and paradoxical treatment,” “same treatment for different diseases and different treatments for the same disease” and “treatment based on tip and root, acute and chronic.” In the part of acupuncture, we enriched both the content and the figures, and focused on meridian and collateral, acupuncture points, needling and moxibustion manipulations, and therapeutic principles and prescriptions of acupuncture. As to the expression, we tried our best to make it concise and easy to understand, and the translation accurate and fluent.

In order to ensure the quality of the compilation and the translation of the textbook, we referred recent textbooks and teaching materials in both Chinese and Chinese-English bilingual versions, and absorbed the essence of each textbook. Moreover, we tried to reform the concepts, structures and styles of the compilation of the textbook. We carefully deliberated and revised the content, structures and styles of the textbooks for many times, and tried our best to make the whole content of the textbook optimized, and strived to achieve a perfect combination of systematicness, scientificity, integrity, innovation and accuracy of the translation.

The English version of the textbook is mainly completed by Dr. Piao Yuanlin, Dr. Wu Qunli and Ms. Zhang Wen from *Chinese Journal of Integrative Medicine*. Due to the limitation of our capabilities and time constraints, inevitably there are biases even errors in the textbook. We sincerely wish the readers point them out and correct them.

The completion of the textbook has been funded by Peking Union Medical College's Teaching Reform Project Grant, together with the kind help of Peking Union Medical College Press. Hereby, we would like to express our gratitude to them.

Editorial Board of the *Essentials of Traditional Chinese Medicine*

January, 2014



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## 第一章 中医学绪论

灿烂辉煌的中华文明孕育了博大精深的中医药文化，从伏羲制九针、神农尝百草开始，逐渐形成了包括经络文化、诊疗文化、本草文化、养生文化等在内的完整的中医药理论体系。在历史的长河中，古巴比伦医学、印度医学和中医学被称为人类最早形成体系的三大传统医学，前两者虽比中医药学发展要早，但现在仅存一些零散的理论 and 疗法，唯有中医学以其独特完整的理论体系和卓越的临床疗效，屹立于世界医学之林。中医学是中华民族在长期医疗生活实践中积累总结而成的，曾对中华民族的繁衍昌盛做出过巨大的贡献。时至今日，中医学仍然为人类医疗和保健发挥着重要的作用。

### 第一节 中医学的发展历程

人类漫长的进化过程就是人类生活与生产的知识和技能不断积累和发展的过程。早在远古时代，我们的祖先为了生存和繁衍，在觅食充饥及与疾病斗争的过程中，积累了一些原始医疗保健的知识。从“伏羲制九针”、“神农尝百草”、“伊尹治汤液”这些经典的传说中就足以证明这一点。

春秋战国时期，中国社会急剧变化，政治、经济、文化都有显著发展。“诸子蜂起，百家争鸣”，学术思想空前活跃，元气论、自然观和阴阳五行学说等在战国末年已具雏形。秦汉之际，《黄帝内经》、《难经》、《神农本草经》、《伤寒杂病论》等医学经典著作相继问世，标志着中医理论体系的初步形成。

晋至隋唐，我国现存最早的针灸学专著《针灸甲乙经》由晋·皇甫谧编撰而成；隋·巢元方编撰了我国第一部病因病机证候学专著《诸病源候论》。唐朝政治稳定，文化繁荣，医药学也进入了快速发展的轨道，中医学海纳百川，融合来自印度、波斯等国外医学知识，成为当时世界医学中心。《新修本草》成为世界上最早由国家制

## CHAPTER ONE INTRODUCTION TO TRADITIONAL CHINESE MEDICINE

The splendid civilization of China has bred the great and profound culture of traditional Chinese medicine (TCM), which can be dated back to the period of Fuxi who invented needle therapy and Shennong who tasted and discovered hundreds of herbs. From then on, the complete TCM theory system has been gradually developed, including meridian and collateral culture, diagnosis and treatment culture, materia medica culture, and life nurturing culture. TCM, ancient Babylonian medicine, and ancient Indian medicine are regarded as the earliest three great systematic traditional medicines which enjoy the longest history. However, only TCM has still been standing out in the medicines of the world with its unique and integrated theoretical system and prominent clinical curative effects; on the contrary, the other two medicines, though developed earlier, only leaves us some fragmented theories and therapies. TCM gradually comes into being after summarization and accumulation of generations of Chinese people in the long period of living and medical treatment practices. Even now, it still plays a significant role in medical treatment and health care.

### Section 1 Development of TCM

The lengthy evolution of humanity is in company with the continuous accumulation and development of living and production knowledge and skills. As early as ancient times, for survival and reproduction, our ancestors built up some primitive health care knowledge during the course of hunting for food and struggling with diseases, which can be manifested by these classic legends of Fuxi Making Needle Therapy, Shennong Tasting Hundreds of Herbs, and Yiyin Making Herb Decoction.

During the Spring and Autumn Period and Warring State Period, dramatic changes took place in China, with remarkable advances in politics, economy and culture. Academic thoughts were unparalleledly active in the atmosphere of "Contention of a Hundred Schools of Thoughts by their Exponents." Under such circumstance, Theory of Source Qi, View of Nature and Yin-Yang Theory, and Five Phase came into being with prototypes in the late Warring State Period. Between Qin Dynasty and Han Dynasty, a series of classic TCM masterpieces came out in succession like *Huangdi's Internal Classic*, *Classic of Difficult Issues*, *Shennong's Classic of Materia Medica*, and *Treatise on Cold Damage and Miscellaneous Diseases*, marking the preliminary formation of theoretic system of TCM.

During Jin Dynasty, Sui Dynasty, and Tang Dynasty, a lot of great TCM monographs were compiled like *A-B Classic of Acupuncture and Moxibustion* by Huangfu Mi of Jin Dynasty, the earliest existing treatise on acupuncture and moxibustion; and *Treatise on the Pathogenesis and Manifestations of All Diseases* by Chao Yuanfang of Sui Dynasty, the first book on the causes, pathogenesis and syndrom of diseases in the history of China. TCM attained rapid development in Tang Dynasty due to its political stability and prosperous culture. During this period, TCM absorbed and integrated the foreign medicines such as India and Persia, turning China then into the world medicine center. *Tang Meteria Medica* was the earliest and first officially issued medical classic in the world. Meanwhile, all the clinical subjects experienced booming

定颁布的官方药典。同时临床各科蓬勃发展，外科手术发展亦至鼎盛。孙思邈编撰《备急千金要方》和《千金翼方》，可称我国第一部医学百科全书；王焘的《外台秘要》集唐以前医学之大成。

宋至金元，是医学发展的重要时期。宋元时期，预防天花的人痘术开创了免疫学的先河；宋慈的《洗冤录》达到了古代法医学的顶峰；官办药局的《太平惠民和剂局方》对配方进行了严格规范；针灸铜人的铸造、《铜人腧穴针灸图经》的编撰使针灸教学有所遵循。金元时期出现“古方今病不相能”的思潮，涌现出一些不同的学派，活跃了医坛学术气氛，并在某些方面取得了突破。具有代表性的有“金元四大家”：刘完素提出“百病多因于火”，治疗主张以寒凉为主，被称为“寒凉派”；张从正认为凡病皆因“邪”而生，“邪去则正安”，成为独树一帜的“攻下派”；李杲强调“内伤脾胃，百病由生”，治疗以补益脾胃为主，被誉为“补土派”；朱震亨倡导“阳常有余，阴常不足”，推崇养阴药，后世医家尊为“养阴派”。诸家见解，虽各有偏颇，但在不同程度上丰富了中医学理论，推动了中医学术的发展。

明清时期，中医药学发展出现了革故鼎新的趋势。吴有性创立了“戾气学说”；李时珍的《本草纲目》走向世界；张景岳的命门学说《景岳全书》独树一帜；王肯堂的诊疗规范《证治准绳》启封问世，这些著作对宋、金、元、明以来医学各领域众多进展在总结归纳的基础上进行了创新。清代的主要医学成就是温病学说的形成：叶天士创立温病学说及卫气营血辨证；薛生白深入论述了湿热病的病因、病机及治法；吴鞠通独创三焦分治纲领；王孟英集前贤温病学说之大成，对暑、湿、火三气辨证从理论到治疗推向了一个新的阶段。被西方医学界称为中国近代解剖学家的清代医家王清任勇于革新，他的《医林改错》改正了古籍中人体解剖方面的错误，肯定了“灵机记性不在心在脑”，并发展了瘀血理论，创制了许多治疗瘀血病证的有效方剂，丰富了中医学的宝库。另外，清代西方医药开始传入中国，出现了中西汇通思想，代表人物如清初著名学者方以智，他所著的《医学汇通》、《通雅》等，引进了西方传教士带来的有关人体解剖、生理的一些新知识，为后来中西医汇通派的形成打下了一定的基础。

鸦片战争后，“欧风东进”，西方医学在中国迅速传播，中西汇通思想不断滋长，队伍不断扩大，被称为中西汇通派。代表人物有唐宗海、朱沛文、恽铁樵、张锡纯等，主张“采西人之所长，以补吾人之所短”，确立了衷中参西的汇通原则。到了民国，国民党政府试图以立法方式，废止中医。在《规定旧医登记案原则》中采取了釜底抽薪的办法，提出不准中医办学，使其后继无人，以达到中医消亡之目的。正是由于中医学自身不容忽视的医疗价值和一大批仁人志士的奋力抗争，才得以顽强生存下来。

development, among which surgery reached its peak. *Essential Prescriptions Worth a Thousand Gold for Emergencies* and *Supplement to the Essential Prescriptions Worth a Thousand Gold* both written by Sun Simiao were the first medical encyclopaedias of China. *Medical Secrets of an Official* by Wang Tao embodied all the achievements before Tang Dynasty.

Song, Jin and Yuan Dynasties are another important period in the history of TCM development. During this period, pox inoculation preventing against variola was created, a token of the start of immunology. Records for *Washing Away of Wrong Cases* written by Song Ci were the peak masterpiece on forensic medicine in the ancient time. *Prescriptions from the Great Peace Imperial Grace Pharmacy* compiled by government-run bureau of compounding made strict specifications on recipes. The foundry of bronze acupuncture figure and compilation of *Illustrated Manual of Acupuncture Points of the Bronze Figure* provided a good basis for teaching the acupuncture and moxibustion. Even in Jin and Yuan Dynasties, there emerged the ideological trend of “the ancient recipes cannot totally cure the diseases nowadays,” under which there sprung up some different schools of thoughts, activating the atmosphere of medical field and achieving great breakthroughs in some aspects. The four eminent physicians in Jin and Yuan Dynasties were the representatives of the thoughts. Liu Wansu believed that “fire and heat” were the main causes of a variety of diseases and that diseases should be treated with drugs cold and cool in nature, so his theory was known as the “school of cold and cool” by the later generations; Zhang Congzheng believed that all diseases were caused by exogenous pathogenic factors and advocated that pathogenic factors should be driven out by means of diaphoresis, emesis and purgation, so his theory was known as the “school of purgation;” Li Gao held that “internal impairment of the spleen and stomach would bring about various diseases” and therefore emphasized that the most important thing in clinical treatment should be to warm and invigorate the spleen and stomach, so he was regarded as the founder of the “school of reinforcing the earth;” and Zhu Zhenheng believed that “yang is usually redundant while yin is frequently deficient” and the body “is often abundant in yang but insufficient in yin,” so his theory was known as the “school for nourishing yin.” Though these opinions were biased or partial, they enriched TCM theory to some extent and promoted the development of TCM.

In Ming and Qing Dynasties, there had a revolutionary tendency in TCM development. Wu Youxing created the “epidemic pathogen theory.” Li Shizhen compiled *Compendium of Materia Medica*, which enjoys a high reputation in the world. Zhang Jingyue set up the unique “life gate theory” in his own *Complete Works of Jingyue*. And Wang Kentang produced *Standards of Syndrome Identification and Treatment*, specifying the standards of diagnosis and treatment. All the works were innovated on the basis of summarization of the medical developments created since Song Dynasty in all aspects. The creation of theory of Warm Disease Study presented the principal medical achievement in Qing Dynasty. Ye Tianshi originated the theory of warm disease study and Defense, Qi, Nutrient and Blood syndrome differentiation. Xue Shengbai deepened expatiation of the causes, pathogenesis and therapy of dampness-heat diseases. Wu Jutong created Principle of Triple Energizer Partition Treatment. And Wang Mengying pushed the theory and treatment of syndrome differentiation of summer, dampness and fire pathogens to a new height on the basis of the former physicians. Wang Qingren, a physician in Qing Dynasty, revered as the anatomist in the modern times of China by Western medicine, worked out *Correction of Errors in Medical Classics*, in which he braved to correct the errors in human anatomy recorded in ancient books and pointed out “memory came out from the brain rather than from the heart.” Besides, he developed the theory of blood stasis and invented many effective formulas to cure blood stasis, enriching the TCM treasure-house. In Qing Dynasty, the Western medicine began to be introduced into China and combined with TCM, as a result of which there came out Fang Yizhi, the famous scholar in early Qing Dynasty. As the representative of the integration of traditional and Western medicine, he wrote *Combination of Western and Chinese Medicine* and *Standards of Integration of*

中华人民共和国成立以后，中医学才枯木逢春。在党的中医政策的指引下，全国中医高等院校先后成立，培养了大量的中医及中西医结合人才；医疗机构和研究院所茁壮成长，学术研究取得了令人瞩目的成果。如：中国中医研究院屠呦呦教授等“青蒿素的发明”，征服了恶性疟疾，为世界热带医学作出了杰出的贡献，被称为“20 世纪下半叶最伟大的医学创举”及“中国的第五大发明”；韩济生院士等“针刺镇痛原理的研究”阐明了针刺镇痛的机制，证明了针刺穴位能够刺激中枢神经中镇痛化学物质释放，从而起到镇痛作用，为针灸走向国门提供了科学的依据；陈可冀院士等“血瘀证及活血化瘀研究”明确了“血瘀证”的科学内涵，提高了治疗心脑血管疾病的临床水平；吴咸中院士等“急腹症与通里攻下法研究”，揭示了“六腑以通为用”的真谛，降低了急腹症的手术率；张亭栋教授、陈竺院士等“砷制剂治疗白血病”，完善了白血病的治疗，打开了中医药走向世界的大门。还有中国特色的恶性肿瘤的治疗模式，“带瘤生存”的治疗理念；小夹板固定治疗骨折，“动静结合、内外兼治、筋骨并重”的治疗方法，有助于功能恢复，并能节省费用的治疗优势，等等，不胜枚举。这些研究及成果不仅印证了古老中医药治疗的科学性，而且还得到了国际社会的认可。

## 第二节 中医学的特点

### 一、整体观念

整体观念就是强调在观察分析和研究处理问题时，要注重事物本身所存在的统一性、完整性和联系性。中医学的整体观念是关于人体自身的整体性及人与自然和社会环境的统一性的认识。

#### （一）人体自身的统一性

中医学认为人体是一个有机整体，是以五脏为核心，与六腑互为表里，通过经络与体表、形体、官窍相联系的有机统一的整体。具体体现在以下四个方面：

1. 人体结构 人体是由若干脏腑器官所组成的，这些脏腑器官是不可分割、相互联系的，任何局部都是整体的一个组成部分。如“舌为心之苗”、“口为脾之窍”等。

2. 基本物质 组成各脏腑器官并维持其功能活动的物质是同一的，即精、气、血、津、液，这些物质分布并运行于全身，以保证全身脏腑器官的功能活动。如“气为血之帅、血为气之母”、“精血互生”、“气随津脱”等。

3. 功能活动 人体组织结构和基本物质的统一性，决定了各种不同功能活动之



*Traditional and Western Medicine*, in which he introduced the new knowledge about human anatomy and physiology brought in by Western preachers, therefore laying the foundation for formation of the Huitong School (school combining the TCM and Western medicine).

After the Opium War, European thoughts flowed into and affected China. The Western medicine was soon spread in China to nourish the Huitong School and expand their team, represented by Tang Zonghai, Zhu Peiwen, Yun Tieqiao, and Zhang Xichun, who advocated “supplementing the weakness of TCM with the advantages of Western medicine” and established the principle of integration of TCM and Western medicine. During the Republic of China period, the Kuomintang government once tried to abolish TCM through legislation. They put dramatic measures in an attempt to eliminate TCM like forbidding running the TCM schools in *Provisions on Principle of Registration of Old Medicine*. However, it was due to the eminent medical values of TCM and the arduous struggle of upright scholars that TCM survived tenaciously.

After the foundation of the People’s Republic of China, the TCM blossomed again. Under the guidance of the TCM policies made by the Communist Party, a group of TCM colleges, universities, and institutes were successively founded, cultivating plenty of both TCM and integrated traditional and Western medicine talents. Under such circumstance, the medical agencies and institutes thrived and achieved remarkable academic research. For instance, artemisinin invented by Professor Tu Youyou and her team of China Academy of TCM has an effective treatment of malignant malaria, greatly contributing to the tropical medicine in the world and therefore, reputed as “the Greatest Medical Innovation in Latter Half of 20th Century” and “the Fifth Invention of China.” Research on Acupuncture Analgesia Principle by Academician Han Jisheng clarified the mechanism of acupuncture analgesia, demonstrating that acupuncture of points can stimulate the release of analgesia chemical substances in central nerves so as to reduce pain, therefore, providing scientific bases for spreading acupuncture in the world. Research on Blood Stasis Syndrome and its Therapeutic Method of Activating Blood and Resolving Stasis by Academician Chen Keji and his team explicated blood stasis syndrome scientifically, raising the medical technology level of treating cardiovascular diseases. Research on Acute Abdomen and its Therapeutic Method of Expelling Pathogen in the Interior through Purgation by Academician Wu Xianzhong indicated the concept that the six bowels must keep its dredging function and lessened the operation rate of acute abdomen. Treatment of Leukemia with Arsenic Preparation created by Professor Zhang Tingdong and Professor Chen Zhu consummated the treatment of leukemia and opened the door for the TCM to the world. In addition, the mode of treating malignant tumor, therapeutic concept of survival with tumor; fracture treatment through splintage and therapy of “combination of dynamic and static, the internal and the external, and muscle and bones,” all of which had Chinese characteristics, enjoyed the advantages of helping recuperation of functions of the body and saving treatment costs. All of these researches and achievements further confirmed the scientificity of these old treatment methods of TCM and push TCM to the world.

## Section 2 Characteristics of TCM

### Concept of Holism

Concept of holism means that people should stress the unitarity, integrity and interaction of objects when observing, analyzing, studying and dealing with problems. Concept of holism of TCM refers to cognition of the wholeness of the human body and of the unity of man, nature and the social environment.

#### Unitarity of Human Body

TCM regards the human body as an organic whole, with the five viscera (a collection term for the heart, liver, spleen, lung and kidney) as the core inside, corresponding with the six bowels (a collective



间密切的联系性。它们互根互用，协调制约，相互影响。如血液的生理功能的实现，要靠心、肝、脾、肺、肾共同协调完成，包括心主血脉、肺朝百脉、肝调血量、脾生血液及精血互生。

4. 诊断治疗 中医认为人体在生理功能上相互协调，在病理上也相互影响。在诊断上，察外知内，根据外在病变表现推测内在脏腑的病理变化，综合分析辨证；在治疗上，强调从整体进行调节，注重因时、因地、因人制宜。

### （二）人与自然界的统一性

“天食人以五气，地食人以五味”。自然界的一切变化都可以直接或间接影响着人体的机能活动，在正常变化的范围内，人体可以作出相应的生理性适应，但若变化过大超出人体所能适应的限度，或者人体适应能力下降时，就可能成为疾病。这就是中医所谓“天人相应观”。它具体体现在自然环境对功能活动的影响等不同方面。

1. 季节气候对人体生理的影响 四季春温、夏热、长夏湿、秋凉、冬寒是正常的气候变化，人体的生理功能也随之而变化，称之为适应性调节。正如《灵枢·五癯津液别》说：“天暑衣厚则腠理开，故汗出……天寒则腠理闭，气湿不行，水下留于膀胱，则为溺与气。”

2. 昼夜晨昏变化对人体生理的影响 中医学认为，在一日之内，随着昼夜晨昏阴阳消长的变化，人体的阴阳气血也进行相应的调节，与之相适应。如《素问·生气通天论》说：“故阳气者，一日而主外，平旦人气生，日中而阳气隆，日西而阳气已虚，气门乃闭。”这种人体阳气白天趋于体表、夜间潜于内里的运动趋向，反映了人体随昼夜阴阳二气的盛衰变化而出现适应性调节。

3. 地域气候对人体生理的影响 地理环境和生活习惯的不同，在一定程度上也影响着人体的生理活动和脏腑功能，进而影响体质的形成。如江南多湿热，人体腠理多稀疏；北方多燥寒，人体腠理多致密。生活这样的环境中，一旦易地而处，环境突然改变，初期多感不太适应。但人体也能进行相应的调节和适应，经过一段时间的锻炼，大都能够适应。

人对生存的自然环境的适应不是消极的、被动的，而是积极的、主动的。随着科学技术的发展，人们对客观世界的认识逐渐深入，人类自身不仅能主动地适应自然，而且能在一定程度上改造自然、美化环境，使大自然为人类服务。