



中华思想文化术语传播工程

Key Concepts in Traditional Chinese Medicine  
中医文化关键词

李照国 吴青 邢玉瑞 主编



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## 前言

中医是中国医药学的简称，是中国特有的一门与天文、地理和人文密切交融的古典医学体系。中医以中国的传统文化、古典哲学和人文思想为理论基础，融合诸子之学和百家之论，综合自然科学和社会科学的理论与实践，构建了独具特色的理论体系、思辨模式和诊疗方法。中医重视人与自然的和谐共处，强调文化传承的一以贯之，提倡人与社会的和谐发展，为各地医药的创建、文化的传播和文明的发展开辟了广阔的路径。这正如2016年国务院颁布的《中国的中医药》白皮书为中医的文化定位，中医是“中华文明的杰出代表”，“对世界文明进步产生了积极影响”，“实现了自然科学与人文科学的融合和统一”，“蕴含了中华民族深邃的哲学思想”。

中医是目前世界上历史最为悠久、文化最为深厚、体系最为完整、疗效最为显著、应用最为广泛、发展最为迅速的一门传统医学体系。早在先秦时期，中医就已经传入朝鲜等周边地区。汉唐时期，中医传入日本、东南亚地区。18世纪之后，中医传入欧洲并在19世纪中期得到了较为广泛的传播。20世纪70年代之后，随着针刺麻醉术的研制成功，中医很快传遍全球，为世界医药的发展，为各国民众的健康，为中华文化的传播做出了巨大的贡献。由于理法先进、文化深厚、方药自然、

疗效神奇，中医这门古老的医学体系虽历经千秋万代而始终昌盛不衰，为中华民族的繁衍、为中华文明的发展、为中华文化的传播开辟了独特的蹊径。

中医的四大经典——《黄帝内经》《难经》《神农本草经》《伤寒杂病论》——不仅代表着中医的核心理论和方法，而且还蕴涵着中华文化的核心思想和精神，特别是《黄帝内经》，几乎涉及中国古代自然科学、社会科学和语言文化等各个方面。其在世界各地的传播已经成为中国文化走向世界的康庄大道。阴 (yin)、阳 (yang)、气 (qi) 等中国文化重要概念的音译形式已经成为西方语言中的通用语，这就是中医为中国文化走出去做出的一大贡献，为中国文化走出去奠定了坚实的语言基础。

中国文化要西传，要走向世界，自然需要有一个各国学术界、文化界及民间人士共同关注的领域。汉唐时期西域佛界人士千里迢迢到中原地区宣扬佛教，明清时期西方传教士远渡重洋到中国传播基督教，医药一直是他们凝聚人心和人力的一个重要的路径。作为中国传统文化不可分割的一个重要组成部分，中医对于推进中国文化走向世界不仅具有凝聚异国他乡人心和人力的作用，而且还是直接传播和传扬中国传统文化的重要桥梁。任何一位想要学习、了解和借鉴中医理法方药的外国人士，

首先必须要学习和掌握阴阳学说、五行学说和精气学说等中国传统文化的基本理论和思想，这已经成为国际上的一个共识。

由此可见，要使中国文化全面、系统地走向世界并为世界各国越来越多人士心诚意正地理解和接受，中医的对外传播无疑是一个最为理想而独特的坚实桥梁。

## Foreword

TCM, short for traditional Chinese medicine, is a classical medical system with Chinese characteristics that are closely integrated with astronomy, geography, and humanities. Based on traditional Chinese culture, classical philosophy and humanistic thoughts, TCM, in combination with the various schools of thought and their exponents during the period from pre-Qin times to the early years of Han Dynasty as well as the theories and practice of natural sciences and social sciences, constitutes the unique theoretical system, way of thinking as well as diagnosis and treatment methods. TCM has a high regard for the harmonious coexistence of man and nature. It emphasizes consistent cultural inheritance, advocates the harmonious development between man and society, and opens broad prospects for local medicine development, cultural dissemination and the progress of human civilization. As promulgated in the white paper “Traditional Chinese Medicine in China” by the State Council in 2016, TCM is “a representative feature of Chinese civilization,” which “produces a positive impact on the progress of human civilization,” “represents a combination of natural sciences and humanities” and “embraces profound philosophical ideas of the Chinese nation.”

TCM is at the present time the most comprehensive and the most widely used traditional medical system in the world with the longest history, the most



profound culture, the most distinctive effects and the fastest development. Early in the pre-Qin period, TCM had been gradually introduced into the neighboring areas such as the Korean Peninsula. During the Han and Tang dynasties, it had been brought into Japan and Southeast Asia. After the 18th century, TCM was introduced into Europe and it gained wide dissemination in the mid-19th century. After 1970s, TCM quickly spread all over the world along with the success of acupuncture anesthesia, contributing substantially to the development of world medicine, the wellbeing of all nations and the dissemination of Chinese culture. Due to its advanced theory, profound cultural basis, natural therapy and remarkable effectiveness, TCM has survived and prospered throughout the ages. It has blazed a unique path for the prosperity of Chinese nation, the development of Chinese civilization and the spread of Chinese culture.

Four TCM classics—*Yellow Emperor's Internal Canon of Medicine*, *Canon of Difficult Issues*, *Agriculture God's Canon of Materia Medica*, and *Treatise on Cold Damage and Miscellaneous Diseases*—not only represent the core of TCM theory and method, but also contain the essence of thought and spirit in Chinese culture, among which *Yellow Emperor's Internal Canon of Medicine* is the landmark. It involves almost every

aspect of natural sciences, social sciences as well as language and culture in ancient China. Its worldwide spread has become a great way for Chinese culture to go global. The transliteration form of the important concepts of Chinese culture such as yin, yang and qi has been adopted in Western languages. This is a great contribution made by TCM to the “going out” of Chinese culture, and it has laid a solid language foundation for Chinese culture going out.

Chinese culture is going to spread to the West, to the world. Naturally, there is a need for attention from various academic, cultural and civil sectors. In the Han and Tang dynasties the Buddhists in Xiyu (the Western Regions) travelled all the way to Central China to promote Buddhism whereas in the Ming and Qing dynasties Western missionaries worked their way to China to spread Christianity. For both of them, medicine has been an important means to rally public support. As an integral part of traditional Chinese culture, TCM not only plays an important role in rallying foreign support to stimulate Chinese culture to go global, but also serves as a bridge to disseminate and promote traditional Chinese culture directly. It is an international consensus that anyone desiring to learn, understand and draw on TCM theories, methods, formulas and herbs shall first of all learn and acquire the basic theories and

thoughts of traditional Chinese culture, for example, the theory of Yin and Yang, the theory of five elements, and the theory of essence and qi.

It can be seen that the international communication of TCM is undoubtedly an ideal, unique and solid approach if Chinese culture is to go global in a comprehensive and systematic manner and to gain the heartfelt understanding and acceptance from the people worldwide.

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