

A Newly Compiled  
 Practical English-Chinese Library  
 of Traditional Chinese Medicine  
 (英汉对照) 新编实用中医文库  
 General Compiler-in-Chief Zuo Yanfu

总主编 左言富

Translators-in-Chief

Zhu Zhongbao Huang Yuezhong Tao Jinwen Li Zhaoguo

总编译 朱忠宝 黄月中 陶锦文 李照国(执行)

LIFE CULTIVATION AND REHABILITATION OF TRADITIONAL CHINESE MEDICINE

# 中医养生康复学



Compiled by Nanjing University of Traditional Chinese Medicine  
 Translated by Shanghai University of Traditional Chinese Medicine

南京中医药大学  
 上海中医药大学  
 主编 主译

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# Foreword I

# 序 一

As we are walking into the 21st century, “health for all” is still an important task for the World Health Organization (WHO) to accomplish in the new century. The realization of “health for all” requires mutual cooperation and concerted efforts of various medical sciences, including traditional medicine. WHO has increasingly emphasized the development of traditional medicine and has made fruitful efforts to promote its development. Currently the spectrum of diseases is changing and an increasing number of diseases are difficult to cure. The side effects of chemical drugs have become more and more evident. Furthermore, both the governments and peoples in all countries are faced with the problem of high cost of medical treatment. Traditional Chinese medicine (TCM), the complete system of traditional medicine in the world with unique theory and excellent clinical curative effects, basically meets the need to solve such problems. Therefore, bringing TCM into full play in medical treatment and healthcare will certainly become one of the hot points in the world medical business in the 21st century.

Various aspects of work need to be done to promote the course of the internationalization of TCM, especially the compilation of works and textbooks suitable for international readers. The impending new century has witnessed the compilation of such a

人类即将迈入 21 世纪,“人人享有卫生保健”仍然是新世纪世界卫生工作面临的重要任务。实现“人人享有卫生保健”的宏伟目标,需要包括传统医药学在内的多种医学学科的相互协作与共同努力。世界卫生组织越来越重视传统医药学的发展,并为推动其发展做出了卓有成效的工作。目前,疾病谱正在发生变化,难治疾病不断增多,化学药品的毒副作用日益显现,日趋沉重的医疗费用困扰着各国政府和民众。中医学是世界传统医学体系中最完整的传统医学,其独到的学科理论和突出的临床疗效,较符合当代社会和人们解决上述难题的需要。因此,科学有效地发挥中医学的医疗保健作用,必将成为 21 世纪世界卫生工作的特点之一。

加快中医药走向世界的步伐,还有很多的工作要做,特别是适合国外读者学习的中医药著作、教材的编写是极其重要的方面。在新千年来临之际,由南京中医药大学

series of books known as *A Newly Compiled Practical English-Chinese Library of Traditional Chinese Medicine* published by the Publishing House of Shanghai University of TCM, compiled by Nanjing University of TCM and translated by Shanghai University of TCM. Professor Zuo Yanfu, the general compiler-in-chief of this Library, is a person who sets his mind on the international dissemination of TCM. He has compiled *General Survey on TCM Abroad*, a monograph on the development and state of TCM abroad. This Library is another important works written by the experts organized by him with the support of Nanjing University of TCM and Shanghai University of TCM. The compilation of this Library is done with consummate ingenuity and according to the development of TCM abroad. The compilers, based on the premise of preserving the genuineness and gist of TCM, have tried to make the contents concise, practical and easy to understand, making great efforts to introduce the abstruse ideas of TCM in a scientific and simple way as well as expounding the prevention and treatment of diseases which are commonly encountered abroad and can be effectively treated by TCM.

This Library encompasses a systematic summarization of the teaching experience accumulated in Nanjing University of TCM and Shanghai University of TCM that run the collaborating centers of traditional medicine and the international training centers on acupuncture and moxibustion set by WHO. I am sure that the publication of this Library will further promote the development of traditional Chinese med-

主编、上海中医药大学主译、上海中医药大学出版社出版的《(英汉对照)新编实用中医文库》的即将问世,正是新世纪中医药国际传播更快发展的预示。本套文库总主编左言富教授是中医药学国际传播事业的有心人,曾主编研究国外中医药发展状况的专著《国外中医药概览》。本套文库的编撰,是他在南京中医药大学和上海中医药大学支持下,组织许多著名专家共同完成的又一重要专著。本套文库的作者们深谙国外的中医药发展现状,编写颇具匠心,在注重真实,不失精华的前提下,突出内容的简明、实用,易于掌握,力求科学而又通俗地介绍中医药学的深奥内容,重点阐述国外常见而中医药颇具疗效的疾病的防治。

本套文库蕴含了南京中医药大学和上海中医药大学作为 WHO 传统医学合作中心、国际针灸培训中心多年留学生教学的实践经验和系统总结,更为全面、系统、准确地向世界传播中医药学。相信本书的出版将对中医更好地走向世界,让世界更好地了解中医产生更



icine abroad and enable the whole world to have a better understanding of traditional Chinese medicine.

为积极的影响。

Professor Zhu Qingsheng

Vice-Minister of Health Ministry of the People's Republic of China

Director of the State Administrative Bureau of TCM

December 14, 2000 Beijing

朱庆生教授

中华人民共和国卫生部副部长

国家中医药管理局局长

2000年12月14日于北京

## Foreword II

## 序 二

Before the existence of the modern medicine, human beings depended solely on herbal medicines and other therapeutic methods to treat diseases and preserve health. Such a practice gave rise to the establishment of various kinds of traditional medicine with unique theory and practice, such as traditional Chinese medicine, Indian medicine and Arabian medicine, etc. Among these traditional systems of medicine, traditional Chinese medicine is a most extraordinary one based on which traditional Korean medicine and Japanese medicine have evolved.

Even in the 21st century, traditional medicine is still of great vitality. In spite of the fast development of modern medicine, traditional medicine is still disseminated far and wide. In many developing countries, most of the people in the rural areas still depend on traditional medicine and traditional medical practitioners to meet the need for primary health-care. Even in the countries with advanced modern medicine, more and more people have begun to accept traditional medicine and other therapeutic methods, such as homeopathy, osteopathy and naturopathy, etc.

With the change of the economy, culture and living style in various regions as well as the aging in the world population, the disease spectrum has changed. And such a change has paved the way for the new application of traditional medicine. Besides,

在现代医学形成之前,人类一直依赖草药和其他一些疗法治病强身,从而发展出许多有理论、有实践的传统医学,例如中医学、印度医学、阿拉伯医学等。中医学是世界林林总总的传统医学中的一支奇葩,在它的基础上还衍生出朝鲜传统医学和日本汉方医学。在跨入 21 世纪的今天,古老的传统医学依然焕发着活力,非但没有因现代医学的发展而式微,其影响还有增无减,人们对传统医学的价值也有了更深刻的体会和认识。在许多贫穷国家,大多数农村人口仍然依赖传统医学疗法和传统医务工作者来满足他们对初级卫生保健的需求。在现代医学占主导地位的许多国家,传统医学及其他一些“另类疗法”,诸如顺势疗法、整骨疗法、自然疗法等,也越来越被人们所接受。

伴随着世界各地经济、文化和生活的变革以及世界人口的老龄化,世界疾病谱也发生了变化。传统医学有了新的应用,而新疾病所引起的新需求以及现代医学的成

the new requirements initiated by the new diseases and the achievements and limitations of modern medicine have also created challenges for traditional medicine.

WHO sensed the importance of traditional medicine to human health early in the 1970s and have made great efforts to develop traditional medicine. At the 29th world health congress held in 1976, the item of traditional medicine was adopted in the working plan of WHO. In the following world health congresses, a series of resolutions were passed to demand the member countries to develop, utilize and study traditional medicine according to their specific conditions so as to reduce medical expenses for the realization of "health for all".

WHO has laid great stress on the scientific content, safe and effective application of traditional medicine. It has published and distributed a series of booklets on the scientific, safe and effective use of herbs and acupuncture and moxibustion. It has also made great contributions to the international standardization of traditional medical terms. The safe and effective application of traditional medicine has much to do with the skills of traditional medical practitioners. That is why WHO has made great efforts to train them. WHO has run 27 collaborating centers in the world which have made great contributions to the training of acupuncturists and traditional medical practitioners. Nanjing University of TCM and Shanghai University of TCM run the collaborating centers with WHO. In recent years it has, with the cooperation of WHO and other countries, trained about ten thousand international students from over

就与局限又向传统医学提出了挑战,推动它进一步发展。世界卫生组织早在 20 世纪 70 年代就意识到传统医学对人类健康的重要性,并为推动传统医学的发展做了努力。1976 年举行的第二十九届世界卫生大会将传统医学项目纳入世界卫生组织的工作计划。其后的各届世界卫生大会又通过了一系列决议,要求各成员国根据本国的条件发展、使用和研究传统医学,以降低医疗费用,促进“人人享有初级卫生保健”这一目标的实现。

世界卫生组织历来重视传统医学的科学、安全和有效使用。它出版和发行了一系列有关科学、安全、有效使用草药和针灸的技术指南,并在专用术语的标准化方面做了许多工作。传统医学的使用是否做到安全和有效,是与使用传统疗法的医务工作者的水平密不可分的。因此,世界卫生组织也十分重视传统医学培训工作。它在全世界有 27 个传统医学合作中心,这些中心对培训合格的针灸师及使用传统疗法的其他医务工作者做出了积极的贡献。南京中医药大学、上海中医药大学是世界卫生组织传统医学合作中心之一,近年来与世界卫生组织和其他国家合作,培训了近万名来自 90 多个国

90 countries.

In order to further promote the dissemination of traditional Chinese medicine in the world, *A Newly Compiled Practical English-Chinese Library of Traditional Chinese Medicine*, compiled by Nanjing University of TCM with Professor Zuo Yanfu as the general compiler-in-chief and published by the Publishing House of Shanghai University of TCM, aims at systematic, accurate and concise expounding of traditional Chinese medical theory and introducing clinical therapeutic methods of traditional medicine according to modern medical nomenclature of diseases. Undoubtedly, this series of books will be the practical textbooks for the beginners with certain English level and the international enthusiasts with certain level of Chinese to study traditional Chinese medicine. Besides, this series of books can also serve as reference books for WHO to internationally standardize the nomenclature of acupuncture and moxibustion.

The scientific, safe and effective use of traditional medicine will certainly further promote the development of traditional medicine and traditional medicine will undoubtedly make more and more contributions to human health in the 21st century.

Zhang Xiaorui  
WHO Coordination Officer  
December, 2000

家和地区的留学生。

在南京中医药大学左言富教授主持下编纂的、由上海中医药大学出版社出版的《(英汉对照)新编实用中医文库》,旨在全面、系统、准确、简要地阐述中医基础理论,并结合西医病名介绍中医临床治疗方法。因此,这套文库可望成为具有一定英语水平的初学中医者和具有一定中文水平的外国中医爱好者学习基础中医学的系列教材。这套文库也可供世界卫生组织在编写国际针灸标准术语时参考。

传统医学的科学、安全、有效使用必将进一步推动传统医学的发展。传统医学一定会在 21 世纪为人类健康做出更大的贡献。

张小瑞  
世界卫生组织传统医学协调官员  
2000 年 12 月

# Preface

# 前 言

The Publishing House of Shanghai University of TCM published *A Practical English-Chinese Library of Traditional Chinese Medicine* in 1990. The Library has been well-known in the world ever since and has made great contributions to the dissemination of traditional Chinese medicine in the world. In view of the fact that 10 years has passed since its publication and that there are certain errors in the explanation of traditional Chinese medicine in the Library, the Publishing House has invited Nanjing University of TCM and Shanghai University of TCM to organize experts to recompile and translate the Library.

Nanjing University of TCM and Shanghai University of TCM are well-known for their advantages in higher education of traditional Chinese medicine and compilation of traditional Chinese medical textbooks. The compilation of *A Newly Compiled Practical English-Chinese Library of Traditional Chinese Medicine* has absorbed the rich experience accumulated by Nanjing University of Traditional Chinese Medicine in training international students of traditional Chinese medicine. Compared with the previous Library, the Newly Compiled Library has made great improvements in many aspects, fully demonstrating the academic system of traditional Chinese medicine. The whole series of books has systematically introduced the basic theory and thera-

上海中医药大学出版社于1990年出版了一套《(英汉对照)实用中医文库》,发行10年来,在海内外产生了较大影响,对推动中医学走向世界起了积极作用。考虑到该套丛书发行已久,对中医学学术体系的介绍还有一些欠妥之处,因此,上海中医药大学出版社特邀南京中医药大学主编、上海中医药大学主译,组织全国有关专家编译出版《(英汉对照)新编实用中医文库》。

《(英汉对照)新编实用中医文库》的编纂,充分发挥了南京中医药大学和上海中医药大学在高等中医药教育教学和教材编写方面的优势,吸收了作为WHO传统医学合作中心之一的两校,多年来从事中医药学国际培训和留学生学历教育的经验,对原《(英汉对照)实用中医文库》整体结构作了大幅度调整,以突出中医学学术主体内容。全套丛书系统介绍了中医基础理论和中医辨证论治方法,讲解了中药学和方剂学的基本理论,详细介绍了236味中药、152首常用方剂和100种常用中成药;详述

peutic methods based on syndrome differentiation, expounding traditional Chinese pharmacy and prescriptions; explaining 236 herbs, 152 prescriptions and 100 commonly-used patent drugs; elucidating 264 methods for differentiating syndromes and treating commonly-encountered and frequently-encountered diseases in internal medicine, surgery, gynecology, pediatrics, traumatology and orthopedics, ophthalmology and otorhinolaryngology; introducing the basic methods and theory of acupuncture and moxibustion, massage (tuina), life cultivation and rehabilitation, including 70 kinds of diseases suitable for acupuncture and moxibustion, 38 kinds of diseases for massage, examples of life cultivation and over 20 kinds of commonly encountered diseases treated by rehabilitation therapies in traditional Chinese medicine. For better understanding of traditional Chinese medicine, the books are neatly illustrated. There are 296 line graphs and 30 colored pictures in the Library with necessary indexes, making it more comprehensive, accurate and systematic in disseminating traditional Chinese medicine in the countries and regions where English is the official language.

This Library is characterized by following features:

1. Scientific Based on the development of TCM in education and research in the past 10 years, efforts have been made in the compilation to highlight the gist of TCM through accurate theoretical exposition and clinical practice, aiming at introducing authentic theory and practice to the world.

2. Systematic This Library contains 14 sepa-

264种临床内、外、妇、儿、骨伤、眼、耳鼻喉各科常见病与多发病的中医辨证论治方法;系统论述针灸、推拿、中医养生康复的基本理论和基本技能,介绍针灸治疗病种70种、推拿治疗病种38种、各类养生实例及20余种常见病证的中医康复实例。为了更加直观地介绍中医药学术,全书选用线图296幅、彩图30幅,并附有必要的索引,从而更加全面、系统、准确地向使用英语的国家和地区传播中医学术,推进中医学走向世界,造福全人类。

本丛书主要具有以下特色:

(1) 科学性:在充分吸收近10余年来中医教学和科学研究最新进展的基础上,坚持突出中医学术精华,理论阐述准确,临床切合实用,向世界各国介绍“原汁原味”的中医药学术。

(2) 系统性:本套丛书包括《中医基础理论》、《中医诊断学》、《中药

rate fascicles, i. e. *Basic Theory of Traditional Chinese Medicine*, *Diagnostics of Traditional Chinese Medicine*, *Science of Chinese Materia Medica*, *Science of Prescriptions*, *Internal Medicine of Traditional Chinese Medicine*, *Surgery of Traditional Chinese Medicine*, *Gynecology of Traditional Chinese Medicine*, *Pediatrics of Traditional Chinese Medicine*, *Traumatology and Orthopedics of Traditional Chinese Medicine*, *Ophthalmology of Traditional Chinese Medicine*, *Otorhinolaryngology of Traditional Chinese Medicine*, *Chinese Acupuncture and Moxibustion*, *Chinese Tuina (Massage)*, and *Life Cultivation and Rehabilitation of Traditional Chinese Medicine*.

3. Practical Compared with the previous Library, the Newly Compiled Library has made great improvements and supplements, systematically introducing therapeutic methods for treating over 200 kinds of commonly and frequently encountered diseases, focusing on training basic clinical skills in acupuncture and moxibustion, tuina therapy, life cultivation and rehabilitation with clinical case reports.

4. Standard This Library is reasonable in structure, distinct in categorization, standard in terminology and accurate in translation with full consideration of habitual expressions used in countries and regions with English language as the mother tongue.

This series of books is not only practical for the beginners with certain competence of English to study TCM, but also can serve as authentic textbooks for international students in universities and colleges of TCM in China to study and practice TCM. For those from TCM field who are going to go

学》、《方剂学》、《中医内科学》、《中医外科学》、《中医妇科学》、《中医儿科学》、《中医骨伤科学》、《中医眼科学》、《中医耳鼻喉科学》、《中国针灸》、《中国推拿》、《中医养生康复学》14个分册,系统反映了中医各学科建设与发展的最新成果。

(3) 实用性:临床各科由原来的上下两册,根据学科的发展进行大幅度的调整和增补,比较详细地介绍了200多种各科常见病、多发病的中医治疗方法,重点突出了针灸、推拿、养生康复等临床基本技能训练,并附有部分临证实例。

(4) 规范性:全书结构合理,层次清晰,对中医各学科名词术语表述规范,对中医英语翻译执行了更为严格的标准化方案,同时又充分考虑到使用英语国家和地区人们的语言习惯和表达方式。

本丛书不仅能满足具有一定英语水平的初学中医者系统学习中医之用,而且也为中医院校外国留学生教育及国内外开展中医双语教学提供了目前最具权威的系列教材,同时也是中医出国人员进

abroad to do academic exchange, this series of books will provide them with unexpected convenience.

Professor Xiang Ping, President of Nanjing University of TCM, is the director of the Compilation Board. Professor Zuo Yanfu from Nanjing University of TCM, General Compiler-in-Chief, is in charge of the compilation. Zhang Wenkang, Minister of Health Ministry, is invited to be the honorary director of the Editorial Board. Li Zhenji, Vice-Director of the State Administrative Bureau of TCM, is invited to be the director of the Approval Committee. Chen Keji, academician of China Academy, is invited to be the General Advisor. International advisors invited are Mr. M. S. Khan, Chairman of Ireland Acupuncture and Moxibustion Fund; Miss Alessandra Gulí, Chairman of "Nanjing Association" in Rome, Italy; Doctor Secondo Scarsella, Chief Editor of YI DAO ZA ZHI; President Raymond K. Carroll from Australian Oriental Touching Therapy College; Ms. Shulan Tang, Academic Executive of ATCM in Britain; Mr. Giovanni Maciocia from Britain; Mr. David, Chairman of American Association of TCM; Mr. Tzu Kuo Shih, director of Chinese Medical Technique Center in Connecticut, America; Mr. Helmut Ziegler, director of TCM Center in Germany; and Mr. Isigami Hiroshi from Japan. Chen Ken, official of WHO responsible for the Western Pacific Region, has greatly encouraged the compilers in compiling this series of books. After the accomplishment of the compilation, Professor Zhu Qingsheng, Vice-Minister of Health Ministry and Director of the State Administrative Bureau of TCM, has set a high value on the books in his fore-

行中医药国际交流的重要工具书。

全书由南京中医药大学校长项平教授担任编委会主任、左言富教授任总主编,主持全书的编写。中华人民共和国卫生部张文康部长担任本丛书编委会名誉主任,国家中医药管理局李振吉副局长担任审定委员会主任,陈可冀院士欣然担任本丛书总顾问指导全书的编纂。爱尔兰针灸基金会主席萨利姆先生、意大利罗马“南京协会”主席亚历山大·古丽女士、意大利《医道》杂志主编卡塞拉·塞肯多博士、澳大利亚东方触觉疗法学院雷蒙特·凯·卡罗院长、英国中医药学会学术部长汤淑兰女士、英国马万里先生、美国中医师公会主席大卫先生、美国康州中华医疗技术中心主任施祖谷先生、德国中医中心主任赫尔木特先生、日本石上博先生担任本丛书特邀外籍顾问。世界卫生组织西太平洋地区官员陈恳先生对本丛书的编写给予了热情鼓励。全书完成后,卫生部副部长兼国家中医药管理局局长朱庆生教授给予了高度评价,并欣然为本书作序;WHO传统医学协调官员张小瑞对于本丛书的编写给予高度关注,百忙中也专为本书作序。我国驻外教育机构,特别是中国驻英国曼彻斯特领事张益群先生、中国驻美国休斯敦领事严美华



word for the Library. Zhang Xiaorui, an official from WHO's Traditional Medicine Program, has paid great attention to the compilation and written a foreword for the Library. The officials from the educational organizations of China in other countries have provided us with some useful materials in our compilation. They are Mr. Zhang Yiqun, China Consul to Manchester in Britain; Miss Yan Meihua, Consul to Houston in America; Mr. Wang Jiping, First Secretary in the Educational Department in the Embassy of China to France; and Mr. Gu Shengying, the Second Secretary in the Educational Department in the Embassy of China to Germany. We are grateful to them all.

The Compilers  
December, 2000

女士、中国驻法国使馆教育处一秘王季平先生、中国驻德国使馆教育处二秘郭胜英先生在与我们工作中,间接提供了不少有益资料。在此一并致以衷心感谢!

编者  
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