

Chinese-English Explanation
of
JIN' 3-NEEDLE TECHNIQUE

靳三針療法解說
中英對照

編著

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審訂

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靳瑞教授

簡 介

靳瑞教授出生于中醫藥世家。一百年前，父親靳太和業中醫，為“太和洞腎虧丸製藥廠”廠長；叔父為廣東著名中醫榮孫氏眼科；姐靳秀容，廣州市中醫院眼科中醫；兄靳永福，中醫眼科，“靳永福驅風油藥廠”廠長。靳老自幼秉承家訓，隨先祖學習中醫。18歲考入廣東中醫專科學校，讀中醫本科，1955年畢業，畢業后分配在廣東中醫進修學校從事針灸教學，曾在中山醫學院進修神經解剖學和神經生理學；1956年調到廣州中醫學院，兼任中山醫學院第二附屬醫院針灸科醫師；1960～1966年，受衛生廳指派到廣東省興寧、梅縣、普寧、潮汕等地區救治乙型腦炎；1967年開始，參加了“523”瘧疾研究，到海南、廣西、雲南研究腦型瘧疾的救治；文革期間帶隊到廣東開平救治流行性腦膜炎，對腦神經疾病富有心得和經驗，1979年獲廣東科學大會科技先進工作者獎。《腦型瘧救治研究》獲廣東科技進步獎（排名第二），與李國橋院長合著的《瘧疾的臨床研究》由人民衛生出版社出版。

1980年，廣州中醫學院成立針灸系，靳老為第一任系主任。現在作為博士生導師，帶領衆多高水準研究人員，充分利用大學科研設備，與國外研究機構合作用生化、電生理、分子生物學、細胞學、基因等先進科技進行針灸原理研究；九五期間，《智三針為主治療兒童精神發育遲滯的臨床觀察與研究》獲國家中醫藥科技進步獎，《針刺顳穴治療腦血管意外後遺症臨床與實驗研究》獲廣東省科技進步獎，《靳三針療法》被國家中醫藥管理局定為國家級中醫繼續教育項目，廣東省人民政府授予他廣東省名中醫稱號。

靳老的針灸專業思想堅定不移，48年來從不轉向。他崇尚《內經》、《難經》，1960年開始編寫《針灸醫經類編》，作為省針灸師資進修教材，針灸系創辦時，由他主編的《針灸醫籍選》（全國統一教材），歷經20年，現仍為針灸專業必修教材。為了使學生針灸的傳統理論根基牢固，《針灸醫籍選》是我校針灸專業博士生入學考試必考的科目，上兩部專著都是以他最喜愛的《內經》、《難經》為主編寫而成的。教學之同時，他完成了《針灸學基礎》、《經絡穴位解說》等專著30多部，發表針灸專業論文100餘篇，多次與國家、省、學院等衛生部門領導到英、美、法、意、加、日、港等國家和地區參加學術會議、講學，宣揚中國針灸醫學，讓“靳三針療法”定位於世界。

1980年，靳老創建了廣州中醫學院針灸系，主持了院系大樓的設計、科目的設立、教學計劃的安排，在廣大教師共同努力下，群策群力，使廣東的針灸事業不斷發展壯大，“靳三針療法”更成為嶺南針灸新學派，在國際針灸界享有盛譽。

靳老從事針灸事業48年，從未中斷過臨床工作，文革期間，他的科研、臨床工作更為繁忙，其中以腦神經疾病最多，如腦型瘡的救治、針刺治療視神經萎縮、針刺治療聾啞症、顳三針治療中風後遺症、智三針治療弱智兒童等。總之，靳老的專業是針灸，針灸治療腦神經疾病更是他的專長。

雖然已完成了大量的課題，並獲得了各種獎勵，但靳老仍帶著10多位博士研究生，繼續從事著針灸治療腦病的研究，向世界醫學難題自閉症、弱智、腦癱、多動症挑戰，目前已取得了階段性成果，2002年先後由上海科學技術文獻出版社出版發行了《弱智兒童的治療和家庭教育護理》、《常見老年病針灸治療》，正待出版《自閉症、弱智兒童家庭教育護理》。

40多年來，在靳老的書房一直掛著一幅對聯：業精於勤荒於嬉，行成於思毀於隨。它將繼續鼓勵著靳老完成一個又一個的科學夢想！



袁青副教授

簡 介

袁青，1961年10月出生，1984年以優異成績畢業于廣州中醫學院醫療系并留校，從事針灸教學、臨床和科研工作至今近20年，現為廣州中醫藥大學針灸推拿學院副教授，碩士生導師，廣州中醫藥大學靳三針研究中心副主任，國家中醫藥管理局批准的全國老中醫藥專家靳瑞教授學術經驗繼承人。自畢業留校以來，他長期跟隨“靳三針療法”創始人靳瑞教授從事針灸臨床工作。主編或參編《靳三針療法教學系列VCD、錄影帶》、《常見老年病針灸治療》、《針灸問題精解》、《針灸問答》、《弱智兒童的治療及家庭康復護理》、《弱智兒童家庭教育》、《靳三針問答圖解》、《子午流注開穴掛圖》等專著。在本校各專業講授《針灸治療學》課程，主講“靳三針療法”，在國內雜誌上發表學術論文40余篇，並多次在國內外學術會議上交流學術論文，曾作為學者赴馬來西亞、越南、新加坡、香港、臺灣等地指導中醫針灸臨床和教學工作。

在臨床上他擅長以“靳三針”治療弱智、自閉、多動症兒童、小兒腦癱、老年癡呆、中風後遺症、過敏性鼻炎、哮喘、蕁麻疹、面癱、陽痿、不育、前列腺炎、月經病、各類痛證和奇難雜病。



羅廣明醫師

簡 介

羅廣明，1960年出生于廣州市名中醫世家，碩士研究生畢業，從事中醫、針灸臨床工作至今已有20多年；自幼受家庭的薰陶，13歲那年，其父以他聰穎過人，記憶力強，為人又忠厚，便挑選他做傳人，不但對他嚴格調教、精心栽培，還指導他誦讀《神農本草經》、《本草綱目》、《黃帝內經》、《傷寒論》、《金匱要略》、《脾胃論》、《醫林改錯》等歷代名家醫著，教他認藥、辨藥，熟背350首《方歌密訣（祖傳秘方）》；20世紀80年代中、後期曾跟隨靳瑞教授學習“靳三針療法”，深得其真傳。

1995年移民美國，擅長用“靳三針療法”結合中醫各種療法治療中風後遺症、冠心病、高血壓、哮喘、花粉症、腰椎間盤突出等疾病，收到良好的療效，深受患者贊譽。先後發表學術論文40多篇，美國多家著名新聞媒體曾對他進行了20多次專訪和報道；1998年南加州廣東同鄉會特聘他為醫學顧問，1999年至2001年美國中華團體工商聯合會特聘他為“美國中華商會106個團體”的醫學顧問兼常務理事。現任美國中醫大學客座教授，“美國生生堂中醫疑難病研究所”所長。



傑弗裏·溫肅博士

簡 介

1960年，溫肅博士出生在美國密歇根州的一個中產階級家庭。到他14歲生日時，他已經和家人游歷了美國的48個州。18歲那年，他離開家單獨去墨西哥旅行，22歲時又去了澳大利亞和亞洲。

在亞洲時，傑弗裏博士在日本生活了10多年。在日本期間，他熟練地掌握了日語并學習古典文學，同時以極大的熱情對東方醫學進行了探索。之後他離開日本來到北京，在北京語言大學完成了專門為外國人進入中醫藥大學學習而設計的2年的語言課程。完成語言學習之后，他回到美國進入中西部學院學習東方醫學，取得東方醫學碩士學位。

當傑弗裏博士在中西部學院讀書期間，學校正在開展一項同廣州中醫藥大學的交流計劃。廣州中醫藥大學的教授到美國從中西部學院挑選一批學生進行教育培養，并授予廣州中醫藥大學的學士學位。由于傑弗裏博士流暢的漢語和培訓經歷，他獲得了作為來訪教授的助手和翻譯的機會。另外在此期間他也獲得了廣州中醫藥大學的碩士學位。經考試傑弗裏博士進入廣州中醫藥大學學習，在靳瑞教授的關愛下完成了博士學位論文“靳三針治療克羅恩病的研究”，于2002年博士畢業。

傑弗裏博士十分榮幸地感謝靳瑞教授及靳教授的傳人袁青副教授在“靳三針療法”上給予的幫助和支持。



師徒倆在拜師大會上
The celebration at which the protégé
reconized the professor as his teacher.



師徒倆在臨床工作中
The professor and his protégé at work in
the clinic.



左起：袁青，靳瑞，羅廣明
From left: Yuan Qing, Jin Rui, Luo Guangming



傑弗裏·溫肅和他的老師靳瑞教授
Dr. Jeffrey Winsauer and his teacher, Professor Jin Rui

前 言

“靳三針療法”是衛生部國家中醫藥管理局指定的國家級中醫繼續教育項目，被譽為“嶺南針灸新學派”，在國內外針灸界享有盛譽，被眾多針灸臨床工作者所崇尚並運用於臨床，收到了滿意的治療效果。去年四月，我們已經編寫和出版了《靳三針問答圖解》一書，深受廣大針灸愛好者的歡迎，至今，出版社已經第三次印刷發行。

爲了使海外更多的讀者學習“靳三針療法”，我們在《靳三針問答圖解》的基礎上，對有關內容進行了補充和調整，採用中英對照的形式，編寫成本書，該書採用中英對照的形式，方便中外學者閱讀和學習。英譯方面由靳老的博士生，來自美國的傑佛裏先生主筆，同時也得到廣州中醫藥大學史雲博士、劉清飛博士的大力支持和幫助，在此一併表示衷心的感謝！

謹以此書獻給熱愛針灸事業的同仁！

編著者

2004年6月

Jin Rui's Academic Distinction

Professor Jin Rui was born into a family that practiced Traditional Chinese Medicine (TCM). His father, Jin Taihe was a TCM practitioner and managing director of the "Taihedong Shenkui Pill Pharmaceutical Factory." His uncle was a famous TCM doctor in Canton at the "Rong Sun Eye Hospital." Jin Rongxiu, his elder sister, was an ophthalmologist in the eye ward of the "Guangzhou Hospital of TCM". Jin Yongfu, also an ophthalmologist, was the managing director of the "Jin Yongfu Expel-Wind Oil Factory."

Jin Rui was tutored from childhood in studies of TCM and then at the age of 18 entered the "Guangdong College for Professional Training in TCM." He finished his undergraduate courses in 1955 and was assigned a position at the "Guangdong Graduate School of TCM." At this time, he performed graduate studies in the physiology and dissection of the nervous system at "Zhongshan Medical Hospital." In 1956, Jin Rui began work at the "Guangzhou TCM Hospital" while maintaining his rounds in the acupuncture ward of the "Second Affiliated Zhongshan Medical Hospital." From 1960 through 1966 the Health Ministry assigned him the treatment of Encephalitis B in Xingning, Meixian, Puning, and Chaoshan districts of Guangdong Province. At the beginning of 1967, he participated in the study, "523 Cases of Malaria," conducted in Hainan, Guangxi and Yunnan provinces, which studied the treatment of cerebral malaria. In the 70's he was sent to Kaiping county, Guangdong province to treat an outbreak of infectious encephalitis and gained a great deal of experience treating Central Nervous System (CNS) related disorders. In 1979, he was awarded Most Advanced Scientific Worker distinction by the "General Scientific Meeting of Guangdong Province." His works, *Nao Xing Nue Jiuzhi Yanjiu*, Treatment Research on Cerebral Malaria Outbreaks, was awarded 2nd Place for Progressive Science Award in Guangdong Province, and *Nueji de Linchuang Yanjiu*, Clinical Research on Malaria, coauthored with hospital director Li Guoqiao, were published by the People's Health Press.

In 1980, the Guangzhou University of TCM established an acupuncture department and Professor Jin served as the first director. He presently serves as a doctoral preceptor, overseas numerous high-level researchers, and has a modern laboratory at his disposal for scientific research in the fundamental basis of acupuncture. For the 9th 5-year period, The Clinical Observation and Treatment of Mentally Handicapped Children Mainly Treated with "Jin's 3-Needle Technique", was awarded the Domestic Scientific Progress Award for TCM; Clinical and Experimental Research on the Treatment of Sequela to Stroke by Needling Temporal Points was awarded the Guangdong Province Scientific Progress Award; and Jin's 3-Needle Therapy has been conferred the title of Progressive Curriculum within Chinese Medical Education by the TCM Oversight Board of the Health Ministry and has been registered with the People's Government of Guangzhou Province as a notable TCM treatment technique.

For 48 years Professor Jin has not wavered in his devotion to his chosen profession of acupuncture. As an advocate of classical theory such as that espoused in the *Neijing* and *Nanjing*, he practices what he preaches. In 1960, he began compiling *Zhenjiu Yijing Leibian*; Classical Medical Treatises on Acupuncture that became teaching material for acupuncture students of the province. In addition, he authored *Zhenjiu Yiji Xuan*; Selected Medical Works on Acupuncture, which has been national educational material for more than 20 years and is still considered essential educational material for acupuncture professionals. To secure the students' classical foundation in acupuncture, the *Zhenjiu Yiji Xuan*; Selected Medical Works on Acupuncture is an essential component of the doctoral entrance exams for the acupuncture department. Both of the above mentioned works were compiled with the professor's especially favorite passages from the *Neijing* and *Nanjing*. While teaching, he completed more than 30 monographs, including *Zhenjiuxue Jichu*; The Fundamentals of Acupuncture Education and *Jingluo Xuewei Jieshuo*; Explanations of Acupoints and Meridians and wrote more than 100 journal articles. He has traveled extensively, both domestically and internationally, to attend professional meetings and promote worldwide understanding of "Jin's 3-Needle Technique."

In 1980, Professor Jin founded the acupuncture department at the Guangzhou University of TCM, presided over the plans for the construction of the acupuncture department building, established curriculum, arranged the teaching program, and under the headmaster's oversight, pooled the wisdom and efforts of everyone to assure unhindered development of acupuncture studies in Guangdong. "Jin's 3-Needle

Therapy" is now acclaimed both domestically and abroad as a flourishing new Cantonese style of acupuncture.

Professor Jin has been an acupuncture professional for more than 48 years, and during this time his clinical work has never been interrupted. He remained actively engaged in this work during the Cultural Revolution with clinical scientific research while much of the rest of China was at a standstill. Work in CNS related disorders has been the most abundant, including cerebral malaria, atrophy of the optic nerve, deaf mutism, "The 3-Points in the Temporal Area" to treat sequela to a stroke, and "The 3-Points for Intelligence" to treat mentally ill children. In short, the professor's profession and vocation is acupuncture and his forte has been its application in the treatment of CNS disorders.

Though the professor has accomplished many missions and achieved many awards, Jin Rui still precepts more than 10 doctoral research students who continue research using acupuncture to treat CNS related disorders. The professor dares to challenge many of the medical world's most difficult conditions such as autism, mental retardation, and attention deficit disorder. Recently, a significant degree of value has been achieved in the publication of Treatment of Childhood Mental Retardation and Their In-Home Education and Nursing, Acupuncture and the Treatment of Commonly Seen Geriatric Diseases, and the just published In-Home Education and Nursing for Autism and Childhood Mental Retardation.

For the past 40 years there has been a picture of Chinese characters in Professor Jin's sitting room that says: One's occupation is refined through hard work; barrenness is the product of hedonism. Actions come to fruition through careful thought; things are destroyed by goofing around.



Assistant Professor Yuan Qing's Resume

Yuan Qing was born in Oct. of 1961. In 1984 he graduated with honors and remained at the Guangzhou University of TCM to instruct classes in the acupuncture dept. For more than 20 years he has been a clinical practitioner and conducted scientific research.

Presently he is an assistant professor in the acupuncture department at the Guangzhou University of TCM, a preceptor for master level students and the assistant director of Jin's 3-Needle Technique Research Center. He is the protégé of Professor Jin and a nationally accredited expert of Professor Jin's expertise. Since remaining at the university after graduation he has been a long time follower of Professor Jin's treatment therapy and is the principle performer of this technique in clinic other than Professor Jin. He has written or cowritten Basic Explanations of Jin's 3-Needle Technique (in DVD format); Common Acupuncture Treatment Therapies for the Aged; Solutions to Questions within Acupuncture; Acupuncture, Questions & Answers; Treatment of Childhood Mental Retardation and Their In-Home Education and Nursing and In-Home Education of Mentally Retarded Children and other such professional literature. He is an instructor at the Guangzhou University of TCM for various specialties within the study of acupuncture and moxabustion treatment curriculum and specializes in instructing "Jin's 3-Needle Therapy". He has over 40 publications in professional journals and has presented many papers at domestic professional symposiums. He has also visited Malaysia, Vietnam, Singapore, and Hong Kong and Taiwan of China and so on as a specialty instructor and clinical advisor.

Clinically he is expert at using "Jin's 3-Needle Technique" to treat mental retardation, autism, ADD, childhood cerebral palsy, old-age dementia, sequela to stroke, allergic rhinitis, asthma, urticaria, facial paralysis, impotency and infertility, prostatitis, menstrual diseases, various muscular skeletal aches and pains as well as the odd case whose etiology is yet undiagnosed.

Resume of Luo Guangming, MD (China)

Luo Guangming, MD (China), was born in 1960 to a famous TCM family in Guangzhou. At the age of 13, he was selected by his father to carry on the family tradition in TCM because of his sharp wits, good memory, and conviction. He was tutored in the classics such as: *Shen Nong's Ben Cao Jing*; The Compendium of Materia Medica; *Neijing*; *Shang Han Lun*; *Jin Gui Yao Lue*; Treatises of the Spleen and Stomach; *Yi Lin Gai Cuo*, and so on. The objective was to familiarize him with traditional formulas and for him to memorize "Secret Recipes" handed down from antiquity. During the 1980's, Dr. Luo, studied under Professor Jin and mastered the essence of "Jin's 3-Needle Technique." He became adept at using "Jin's 3-Needle Technique" combined with other TCM techniques to treat such conditions such as sequela to stroke, coronary heart disease, hypertension, asthma, various allergies, and prolapse of the intervertebral disc.

In 1995, Dr. Luo immigrated to the United States where he is a guest professor of the American University of TCM and superintendent of Shengshengtang Difficult Disease Institute of TCM. He has been an acupuncture clinician for more than 20 years, has published over 40 scientific articles, and has been interviewed more than 20 times by the U.S. news media on the subject of TCM. Distinctions also include his engagement as medical consultant by the Cantonese Countrymen's Union of Southern California in 1998, and medical consultant and managing director of the "106 Parties of China Association of Commerce in the U.S.," and "China Association of Industry and Commerce" from 1999 to 2001.

Resume of Dr. Jeffrey Winsauer

In 1960 Dr. Winsauer was born into a middle class Michigan household. By his 14th birthday he had traveled throughout the 48 contiguous states with his family. At age 18, he left home for the first of three separate trips to Mexico, and at 22, set off for Australia and Asia.

Once in Asia, Dr. Winsauer lived in Japan for more than 10 years. During his stay in Japan he achieved fluency in the language, studied classical arts, and began his first exploration into what would develop into his passion for an understanding of Oriental Medicine. He left Japan for Beijing where he studied at the Beijing Language University and completed the 2-year course of language study designed to prepare a foreign national to attend a Chinese TCM university. Upon completing the language study, he returned to the United States and enrolled at the Midwest College for the Study of Oriental Medicine where he graduated with a Master's Degree in Oriental Medicine.

While Dr. Winsauer was enrolled at the Midwest College, the school embarked on an exchange program with the Guangzhou University of TCM. Professors from Guangzhou University came to the United States and educated a select group of Midwest College students who obtained undergraduate degrees from Guangzhou University. Dr. Winsauer's language training and fluency afforded him the opportunity to serve as the caretaker and translator for the visiting professors and administrators. In addition, he obtained his undergraduate degree from Guangzhou University during this time. Dr. Winsauer tested into the Mandarin Language Graduate Program at the Guangzhou University of TCM where he conducted research for his Ph.D. dissertation on the Use of "Jin's 3-Needle Technique" to Treat Crohn's Disease under the preceptorship of Professor Jin and graduated in 2002.

Dr. Winsauer has been fortunate to have extensive tutelage in "Jin's 3-Needle Technique" from both Professor Jin and his protégé Assistant Professor Yuan.

Preface

“Jin’s 3-Needle Technique” has been conferred the title of *Progressive Curriculum within Chinese Medical Education* by the Traditional Chinese Medicine (TCM) Oversight Board of the Health Ministry. It is also renowned as a flourishing new Cantonese school of acupuncture philosophy inside and outside of China. Due to the advocacy and clinical use of this technique by numerous acupuncture clinicians, the treatment efficacy of these techniques is assured. Last April, we edited and published a book entitled *Explaining Jin’s-3 Needle Technique with questions, answers and photographs*. This book was very popular among those of the acupuncture world, and was reprinted twice. To enhance readership, we have revised it with more photographs and a comprehensive explanation in bilingual format. We are confident that this revised edition will be helpful to readers who desire to know more about “Jin’s 3-Needle Technique”. This Chinese / English version will facilitate the reading and study of the subject by both Chinese and non-Chinese persons alike. The English translation was completed by a U. S. born, Ph. D. graduate of Professor Jin’s, Jeffrey Winsauer Ph. D., OMD, Cert. Ac.

We are very grateful to Guangzhou University of TCM graduates Shi Yun Ph. D. and Liu Qingfei Ph. D. for their help, and we sincerely dedicate this book to our beloved fellow acupuncture colleagues!

Authors

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