

普通高等中医药院校
英汉对照中医本科系列教材

北京中医药大学 主编

Traditional Chinese Internal Medicine

中医内科学

学苑出版社

A C A D E M Y P R E S S

**English-Chinese Collegiate Textbooks in Traditional
Chinese Medicine for Institutions of Traditional
Chinese Medicine of Higher Learning
Edited by Beijing University of Traditional
Chinese Medicine**

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Preface

Beijing University of Traditional Chinese Medicine under the auspices of the Department of Science and Education for the State Administration of Traditional Chinese Medicine has compiled the English-Chinese textbook series in Traditional Chinese Medicine (TCM) for undergraduate of college. These textbooks include Basic Theories of Traditional Chinese Medicine, Diagnostics of Traditional Chinese Medicine, Chinese Materia Medica, Formulas of Traditional Chinese Medicine, Traditional Chinese Internal Medicine, Acupuncture & Moxibustion and an English-Chinese Dictionary of Traditional Chinese Medicine. This project is very scholastic and now is coming into publication for the first time domestically and abroad.

Traditional Chinese Medicine possesses a unique theoretical system, rich clinical experience and excellent clinical effects. It has made great contributions to the health of mankind. Either now or future, based on its own potential, TCM will play an increasingly important role in promoting the development of a world medicine, and more attention of people in the world. More and more international friends are interested in TCM and they are studying and practicing TCM throughout the world. In order to overcome the language barrier and to understand TCM correctly they are eager for a set of TCM textbooks. They want these textbooks to be suitable for use in colleges of higher learning and with accurate in English translation.

Beijing University of Traditional Chinese Medicine is a key university among the TCM teaching institutions of higher learning in China. The university began to enroll foreign students in 1957. Since then about one thousand foreign students coming from more than 70 countries and regions in the world graduated from it. At present, there are nearly 300 foreign students from 41 countries and regions studying at the university. The university has accumulated rich experience in teaching foreign students and understands their special needs in the study of TCM. These years of practice in teaching has greatly helped the compilation of the TCM textbooks.

The authorities of the university highly evaluate the task of compiling and translating the TCM textbook series and organized a special working group of experienced professors and other professionals to compile the series. Based on the fifth edition of relevant all-China TCM textbooks of higher learning, the TCM textbooks absorb the latest achievements of scientific research in TCM lay more stress on logicality, scientificity and practicality, make every effort to contain more information and to build a rational framework of the content in an understandable and readable manner. This TCM textbook series is suitable for both foreign and Chinese students and all those who are interested in TCM, both at home and abroad.

In order to ensure academic standards and accurate English translation of this textbook series, we invited well-known TCM experts Prof. Wang Yuchuan and Prof. Yan Zhenghua to examine and review the Chinese language, experts Fang Nengyu, Concetta Maria Pirrone and George Francis Mclean to review the English translation.

Internal medicine of Traditional Chinese Medicine (TCM), a bridge course between basic theory of TCM and clinical departments, plays a role of connecting the precedence to the following. Only by further studying and clinically practicing internal medicine, can basic theory be deeply understood and grasped. Only on the basis of internal medicine, can characteristics and skills of clinical departments be better known. This is the importance of internal medicine.

During the long-term development of TCM, importance has been always attached to internal medicine. Through long-term accumulation and reorganization, the knowledge of internal medicine, including etiology, pathology, taxonomy and therapeutic, has developed widely and deeply, formed a complete theoretical system, and can effectively direct clinical practice.

Internal medicine of TCM is a discipline to systematically deal with internal diseases by using principle of diagnosis and treatment based on an overall analysis of the illness and the patient's condition under the guidance of TCM theory. Its extremely wide contents mainly consist of two major types of diseases, seasonal diseases caused by exogenous factors and miscellaneous diseases due to internal injury. With different etiology, pathology, clinical characteristics, diagnostic and therapeutic methods, the two major types of diseases are linked to and transformed into each other. Therefore, internal medicine must be systematically studied and comprehensively grasped.

Finally, any correction to errors and suggestions concerning its contents and format will be appreciated. We will take them into careful consideration in the next edition and we believe that with such help, these TCM textbooks will be much improved in the next edition.

During the compilation of the TCM textbook series, we have been greatly helped by the relevant official departments and experts and we would like to express our profound thanks to them.

The compiler and translator

前 言

北京中医药大学受国家中医药管理局科技教育司的委托,编译高等中医药院校英汉对照中医本科系列教材,包括《中医基础理论》、《中医诊断学》、《中药学》、《方剂学》、《中医内科学》、《针灸学》及《英汉中医药学词典》7种。这是中医高等教材汉译英方面空前盛大的工程,是一项大型科研活动。

中国医药学以其独特的理论体系、丰富的医疗实践、卓越的临床疗效,为人类的健康事业作出了巨大贡献。当今和未来,中医药学将发挥出更大的潜力,推动世界医学向前发展,引起世界人民更多更大的重视与关注。近年来,外国朋友中学习、研究、应用中医中药的人越来越多,但由于语言文字的差异,给学习带来一定的困难,他们迫切需要一套专业层次高、翻译准确的英汉对照教材,以便更好学习中医中药。

北京中医药大学是唯一的中国重点中医药大学,自1957年接受外国留学生以来,已为世界70多个国家和地区培养了近千名留学生。目前在校外国留学生近3百人,分别来自41个国家和地区,多年来,北京中医药大学积累了丰富的培养外国留学生的教学经验,了解他们学习的规律和特点,这为编写这套教材打下了良好的基础。

北京中医药大学领导十分重视这套教材,专门组织了教学经验丰富的专家、教授和专业骨干从事编写工作。全套教材在全国高等中医院校五版教材的基础上,扬长避短,吸收了中医药的最新科研成果,强调逻辑性、科学性、实用性,努力做到内容充实,重点突出,通俗易懂。

本套教材适用于留学生、国内学生及国内外研究中医药的学者。

为保证这套教材的学术与翻译水平,中文内容特请全国著名中医学专家王玉川教授、颜正华教授审定,英文译文特邀美籍专家Fang Nengyu(方能御),Concetta Maria Pirrone,George Francis Mclean 审校。

中医内科学是中医基础理论与临床各学科的桥梁课程,具有承上启下的作用。基础理论知识只有通过内科学的进一步讲授和临床实习,才能达到深入理解和掌握;临床各学科则必须以内科学作基础,才能更好地熟悉本学科的特点和技能。这就是内科学重要性之所在。

在源远流长的祖国医学发展进程中,内科学一直受到人们的重视,经过长期的积累和整理,使内科学知识,包括病因学、病理学、分类学、治疗学等项内容,在广度和深度上都得到了发展,形成了较为完整的理论体系,能够有效地指导临床实践。

中医内科学是在祖国医学理论指导下,运用辨证论治的法则,系统地阐述和处理内科病证的一门学科。其内容极为广泛,主要包括外感时病和内伤杂病两大类疾病,二者各有其病因病理、临床特点、诊治方法,但二者又是相互联系、相互转化的,因此必须系统学习,全面掌握。

由于时间紧迫,水平有限,不妥之处在所难免,真诚地欢迎国内外同道提出批评意见,以便再版时进行修改补充,使这套教材更加完善。

编译工作过程中,得到有关部门和专家的大力支持与协助,在此深表谢意。

编译者

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General Discussion

Chapter 1 The Development of Traditional Chinese Internal Medicine

The Traditional Chinese Internal Medicine, known as “Da Fang Mai” in ancient times, an important part of the Chinese medical treasure house, has been constantly accumulated and gradually formed in long-term medical practices.

Due to its special position in the Chinese medicine, Traditional Chinese Internal Medicine, like the Chinese medicine, can be traced back to the primitive society. For example, names and symptoms of internal diseases, such as “wind”, “symptom”, “epidemic” and “abdominal pain”, can be seen in the medical book “Shan Hai Jing”. However, the formation of a medical theory needs a certain level of productive forces. Only in feudal society, could the theory of Traditional Chinese Internal Medicine be gradually formed. In slave society, slaves produced richer and richer wealth, creating conditions for the development of science and culture. The appearance of classes and further expansion of division of social labor made all walks of life increasingly specialized, enabling Traditional Chinese Internal Medicine to gradually become an independent discipline in medical practices. According to “Zhou Rituals Tian Guan”, then court medical practitioners were divided into physicians, dietitians, surgeons and veterinarians. Physicians were practitioners specializing in Traditional Chinese Internal Medicine. Bian Que has been considered as a pioneer in the division of disciplines. Because of widespread existence of internal diseases and deep development of medical practices, the theoretical knowledge and clinical experience of Traditional Chinese Internal Medicine were rapidly developed. “The Yellow Emperor’s Internal Classic” has been regarded as the summary of medical knowledge before the Warring States Period.

The theories of yin-yang and five elements were naive materialism in Yin and Zhou Dynasties and were widely used to expound and explain all natural phe-