

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

# Acupuncture & Moxibustion

## 针灸学

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 Chinese Medicine and Pharmacology 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 Chinese Medicine and Pharmacology 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. Our 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 at our 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 logicity, 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 an 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.

The Acupuncture and Moxibustion has been published; it is divided into three parts, The Part I includes the anatomy of the meridians system, physiology of the the system, clinical application of the theory of the meridians, the course of the twelve regular meridians and the eight extra meridians and their principal indications, and the external anatomical location, regional anatomy, indications and needling and moxibustion method of the fourteen meridians points and the extraordinary points, etc. Part II, Acupuncture and moxibustion techniques, includes the filiform needling, moxibustion, other acupuncture therapies and so on. Part III, Acupuncture and moxibustion treatment includes the etiology and pathology, differentiation and prescription of more than 70 kinds of diseases.

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。

此次出版的《针灸学》共分为上、中、下三篇。上篇包括经络系统的组成、经络的生理功能及经络学说在临床上的应用、十二经脉和奇经八脉的循行病候以及十四经穴和经外奇穴的体表定位、层次解剖、主治病症、针灸方法等内容。中篇刺灸方法包括毫针刺法、灸法、其它针法以及耳针疗法。下篇针灸治疗包括70多种常见病的病因病机、辨证及处方。

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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| 31. BL 31 Shangliao .....    | (128) |
| 32. BL 32 Ciliao .....       | (128) |
| 33. BL 33 Zhongliao .....    | (128) |
| 34. BL 34 Xialiao .....      | (128) |
| 35. BL 35 Huiyang .....      | (129) |
| 36. BL 36 Chengfu .....      | (129) |
| 37. BL 37 Yinmen .....       | (129) |
| 38. BL 38 Fuxi .....         | (129) |
| 39. BL 39 Weiyang .....      | (130) |
| 40. BL 40 Weizhong .....     | (130) |
| 41. BL 41 Fufen .....        | (130) |

|                                                           |       |
|-----------------------------------------------------------|-------|
| 42. BL 42 Pohu .....                                      | (131) |
| 43. BL 43 Gaohuang .....                                  | (132) |
| 44. BL 44 Shentang .....                                  | (132) |
| 45. BL 45 Yixi .....                                      | (132) |
| 46. BL 46 Geguan .....                                    | (132) |
| 47. BL 47 Hunmen .....                                    | (133) |
| 48. BL 48 Yanggang .....                                  | (133) |
| 49. BL 49 Yishe .....                                     | (133) |
| 50. BL 50 Weicang .....                                   | (133) |
| 51. BL 51 Huangmen .....                                  | (134) |
| 52. BL 52 Zhishi .....                                    | (134) |
| 53. BL 53 Baohuang .....                                  | (134) |
| 54. BL 54 Zhibian .....                                   | (134) |
| 55. BL 55 Heyang .....                                    | (135) |
| 56. BL 56 Chengjin .....                                  | (135) |
| 57. BL 57 Chengshan .....                                 | (135) |
| 58. BL 58 Feiyang .....                                   | (136) |
| 59. BL 59 Fuyang .....                                    | (136) |
| 60. BL 60 Kunlun .....                                    | (137) |
| 61. BL 61 Pucan .....                                     | (137) |
| 62. BL 62 Shenmai .....                                   | (137) |
| 63. BL 63 Jinmen .....                                    | (137) |
| 64. BL 64 Jinggu .....                                    | (138) |
| 65. BL 65 Shugu .....                                     | (138) |
| 66. BL 66 Zutonggu .....                                  | (138) |
| 67. BL 67 Zhiyin .....                                    | (139) |
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| 1. KI 1 Yongquan .....                                    | (139) |
| 2. KI 2 Rangu .....                                       | (140) |
| 3. KI 3 Taixi .....                                       | (141) |
| 4. KI 4 Dazhong .....                                     | (141) |
| 5. KI 5 Shuiquan .....                                    | (142) |
| 6. KI 6 Zhaohai .....                                     | (142) |
| 7. KI 7 Fuliu .....                                       | (142) |
| 8. KI 8 Jiaoxin .....                                     | (143) |