



汉英对照

Chinese-English Bilingual

中华针灸特定穴疗法

Specific Acupoints Therapy of Chinese Acupuncture

主 编 吴耀持
副主编 邱伊白

CHIEF EDITOR: WU YAOPING
VICE-CHIEF EDITOR: QIU YIBAI



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前 言

针灸学源远流长,是中国传统医术的重要组成部分。随着年代的推移,愈益显示出其独特的优势,并为海内外学术界所瞩目。《中华针灸特定穴疗法(汉英对照)》一书的出版,旨在系统发掘、整理、归纳和总结特定穴在针灸学术中的精华及其在临床实践中所发挥的重要作用。

全书分为理论篇与临床篇,共五章,采用中英文对照。以特定穴的定义与应用、特定穴的定位与解剖、特定穴的刺法与主治以及常见病的特定穴治疗等为主线,附篇中则增列了特定穴的图谱和近 20 年各类特定穴参考文献,以备读者查考。

编撰过程中承蒙乐健运、汪崇森、宓轶群、江爱华、陈威、张彩虹、阮威明、陈卫等同行友人支持帮助,谨此表示诚挚的谢意!

本书虽历时两载,四易其稿而成,但限于作者水平,书中难免有不足之处,为此,祈请同行与读者不吝赐教,以俟日后修订时不断臻于完善。

吴耀持 邱伊白

2000 年 6 月 30 日

Preface

Acupuncture, as a key component of Chinese Traditional Medicine, has been renowned for many ages. The revolutionary advances over the previous generations in our understanding of its unique advantages are among the topics of interest to the worldwide academics. However, the question of what core knowledge should be passed on to users has provoked considerable dispute. As we are now in the twenty-first century, a fundamental understanding of acupoints must certainly become an integral part of that core. Our purpose in writing this book is to systematically explore, organize and summarize the essence of acupoints in acupuncture and their applications in clinical research.

Dealing with the basic theories and clinical application of the specific acupoints, the whole book is divided into five chapters with Chinese-English comparisons. Based on the publications and indices of the past two decades, we have aimed at the definition, application, location, dissection, puncturing method and indications of the specific acupoints and discussed their effects in the treatment of common diseases respectively. In the supplement, we have added illustrative figures of acupoints and relevant references for the readers.

In the process of editing, we are enormously grateful to Le Jianyun, Wang Chongmiao, Mi Yiqun, Jiang Aihua, Chen Wei, Zhang Caihong, Ruan Weiming, Paolo Chen and others for their invaluable help.

Despite our best efforts including four modifications throughout the past two years, it is inevitable that there will be errors in the book such as chapter imbalance, inappropriate materials and improper connections. We encourage readers to pinpoint them so that we can make appropriate corrections in time for the next print-run.

Wu Yaochi Qiu Yibai

June 30, 2000

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理论篇

On Basic Theories

第一章

针灸特定穴的定义及其应用

特定穴是指十四经中具有特殊治疗作用,并有特定称号的腧穴。包括在四肢肘、膝以下的五输穴、原穴、络穴、郄穴、八脉交会穴、下合穴;在胸腹、背腰部的背俞穴、募穴;在四肢躯干部的八会穴以及全身经脉的交会穴。

第一节 四肢部特定穴

1. 五输穴及其应用

十二经在肘膝关节以下各有五个重要经穴,分别名为井、荣、输、经、合,合称为五输穴。

【注解】关于五输穴的记载首见于《灵枢·九针十二原》:“以上下所出为井,所溜为荣,所注为输,所行为经,所入为合”。但并未指出具体穴名和部位。《灵枢·本输》则详细地阐明了各经井、荣、输、经、合各穴的名称和具体位置,惟独没有手少阴心经,其后《甲乙经》才补充完备。

古人把经气运行的过程用自然界的水流由小到大,由浅入深的变化来加以形容,即把五输穴按井、荣、输、经、合的顺序,从四肢末端向肘、膝方向依次排列。“井”穴多位于手足之端,喻作水的源头,是经气所出的部位,故名“所出为井”;“荣”穴多位于掌指或趾跖关节之前,喻