



中英文对照

Antitheses English-Chinese

**THE STANDARD MANUAL OF
MERIDIANS *and*
ACUPOINTS**

**针灸经络腧穴
标准手册**

主 编/成泽东 陈以国 王景明



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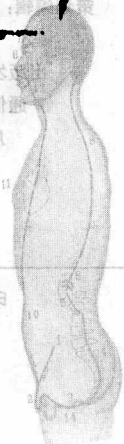
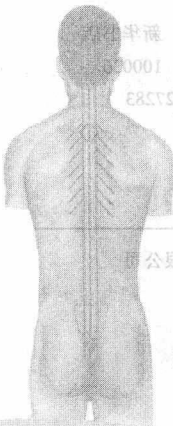
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The Standard Manual of Meridians
and Acupoints

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内容提要

本书由针灸专家和精通英语的学者共同编写，以国家标准<穴位部分>为依据，同时参考了高等中医院校新世纪教材。全书共有四大部分：第一部分概要介绍了腧穴的意义和分类，腧穴定位方法，十四经络的名称、分布与主治；第二和第三部分重点阐述了人体 400 多个穴位的具体位置，取穴和刺灸的方法、注意事项等；第四是十四经络及主要穴位图谱。附录有常见中医名词的注释。本书中英对照、图文并茂，内容丰富、重点突出，方便携带、易于学习，是一本实用型工具书。可供中医院校师生、留学生、国内外针灸医师以及中医和针灸爱好者阅读、参考使用。

Summary

This book is written by the experts in acupuncture and the scholars proficient in English, basing on the national standards of the acupoints locations and the new century textbook of Institutions of higher Chinese medicine. There are four parts in the book: the first part is the introduction which explains the meaning and classification of acupoints, the location method of acupoints and the name, distribution and the indications of the fourteen meridians. The second and third parts are the 400 acupoints around the body including the locations, the acupuncture and moxibution methods and the attentions. The fourth part is the map of distributions of the fourteen meridians and some important acupoints. In the appendix, there are some common nouns on traditional Chinese medicine. This book is written in Chinese and English, illustrating with pictures, focusing on the important acupoints, convenient to take along and easy to understanding, so it is a practical reference book. It is good for the teachers and students in the traditional Chinese medicine, the students studying abroad, acupuncturist and the lover for the traditional Chinese medicine and acupuncture.

前 言

中国的针灸学以其特有的理论体系、丰富的临床实践和显著的疗效，为我国人民的健康和中华文化的发展做出了卓越的贡献。近年来，外国朋友学习、研究、应用针灸的人越来越多，但由于语言文字的差异，给学习者带来了较大的困难，也从一定程度上影响和限制了这门学科的传播与发展。因此，需要一本专业层次高、翻译准确的针灸腧穴专著。为了满足广大读者、尤其是外国朋友学习中国针灸的需求，我们编写了这本《中英对照 针灸经络腧穴标准手册》。

本书参照中国国家标准化管理委员会 2006 年发布的《腧穴名称与定位》的内容，在高等中医院校新世纪教材的基础上，经过精心策划；由经验丰富的针灸专家与精通英语的学者共同编写而成。全书分为四部分：第一部分为概述，包括腧穴的意义和分类、腧穴的定位、十四经腧穴的分布与主治；第二和第三部分为十四经穴及经外奇穴，包括 361 个经穴、48 个经外奇穴，笔者从每个穴位的位置、刺灸法、主治和常用配伍 4 个方面进行阐述；第四部分为十四经络及主要穴位图谱。为了让初学针灸者及外国朋友准确地理解、掌握中医词汇，书的附录部分编排了中英文对照的“名词注释”，对书中出现的不易理解的中医词汇予以解释。

本书中英对照，图文结合，内容全面，重点突出，易于学习，便于掌握。适于中医院校在校学生、外国留学生及国内外从事针灸的临床工作者参考使用。

编 者

2008.11.20

Preface

The acupuncture in China makes a great contribution to the people's health and the Chinese culture due to the special theory system, the wonderful clinical experiences and the significant effects. During these years, more and more foreigners like studying the acupuncture, but they have big problem because of the language which restrict the subject distributing and developing. So a monograph about the acupoints which is in professional level and precise translation. The book——《the standard manual of meridians and acupoints in Chinese to English》is written for the readers, especially for the foreigners to study the acupuncture.

This book is written by the experts in acupuncture and the scholars proficient in English, basing on the Standardization Administration of China published in 2006, named 《the name and the location of acupoints》 and the new century textbook of Institutions of higher Chinese medicine. There are four parts in the book. The first part is the introduction which includes the meaning and classification of acupoints, the location method of acupoints and the distribution and the indications of the fourteen meridians. The second and third parts are the acupoints of the fourteen meridians and extraordinary points, which include the 361 Jing acupoints and 48 extra acupoints. We explain the acupoints in four aspects: the location, the acupoint and moxibution methods, the indications and the common compatibilities. The fourth one is the map of distributions of

the fourteen meridians and some important acupoints. In the appendix, there are some common terms on traditional Chinese medicine appearing in the book for good understanding to the readers.

This book is written in Chinese and English, illustrating with pictures, focusing on the important acupoints, convenient to take along and easy to understanding. It is good for the students in the traditional Chinese medicine, the students studying abroad and the acupuncturist working in the hospital.

The authors

2008-11-20

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