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(汉英对照)现代中医诊疗图谱

(Chinese-English) Diagnostic and Therapeutic Atlas of Modern
Chinese Medicine

中医舌诊彩色图谱

Color Atlas of Chinese
Medical Tongue Diagnosis

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内容简介

舌诊是中医临床诊断疾病的重要依据,是中医学的特色诊法之一,在中医临床辨证论治中具有重要作用,受到历代医家的重视。舌诊内容丰富,是中医望诊中最具系统性的诊法内容,尤其是其直观、形象、易于学习和掌握的特点,在临床受到更加广泛的重视和应用,成为学习中医过程中必须掌握的临床基本技能之一。

为了使国内外广大中医初学者、临床中医师以及中医爱好者更好地学习、掌握舌诊基本技能,在临床辨证时更准确地应用舌诊方法,我们从多年来大量临床舌象资料中精选了具有典型舌象特征的舌象照片 260 幅,分典型舌象分类、证候舌象分析、临床舌诊应用病案三个主要部分,以汉英对照的形式汇集成册,并力求舌象典型、文字简练准确、病案具有代表性。

本书共分舌诊原理与方法、舌诊内容、舌诊临床应用三大部分,对常见舌象的特征、典型图像、临床意义等内容进行了详细的介绍。书中选取的舌象图像,均为专业数码相机拍摄的高清晰图像,保证了舌象特征的清晰、准确。为了直接体现舌诊的临床应用性,本书还选取了临床常见的典型证候以及部分典型病案的特征舌象,结合疾病的治则治法等其他临床资料,进行了应用分析。

Preface

Tongue diagnosis is one of the characteristic techniques of diagnosis in TCM. It is an important evidence to diagnose diseases in clinic, which has significant effect of tongue diagnosis in identifying syndromes and determining treatment. It received high attention of doctors in the past dynasties. Tongue diagnosis is the most systematic inspecting method in TCM, which has abundant contents. With the characters of visualization and easiness to learn, tongue diagnosis becomes one of the prerequisite fundamental skills in clinic.

For the purpose of learning and grasping the fundamental skills of the tongue diagnosis and correctly applying the method in clinic for the beginners, doctors and amateur, we select 260 typical tongue photos from generous tongue data in clinic. These photos are divided into 3 parts: classification of typical tongue manifestation, syndrome analysis of tongue manifestation, clinical cases of tongue diagnosis. These photos are compiled into a book with the form of Chinese-English caption, in an attempt to present typical tongue manifestations, succinct explanation and representative clinical cases.

This book consists of 3 parts: principles and methods of the tongue diagnosis, contents of the tongue diagnosis, clinical application of the tongue diagnosis. There are details in the book about the typical pictures, clinical significance of the common tongue manifestations. All the pictures are digital images with high resolution to ensure the tongue characters' clarity and exactness. To embody the clinical application of the tongue diagnosis, we select the characteristic tongue manifestations of some frequent typical syndromes and cases, and analyze them in combination with other clinical information and treatment principles and methods.

序

舌诊是中医诊治疾病以及评判人体身心健康状态的重要依据和手段,是望闻问切四诊的重要组成部分,与其他中医诊断手段相比更具客观性。但纵观浩如烟海的中医药学文献宝库,元代以前往往注重于脉诊的研究,如王叔和撰《脉经》,成为我国现存最早的集西晋以前脉学研究之大成的脉学巨著。直至元代(公元1341年)方有《敖氏伤寒金镜录》成书,该书虽着重论述伤寒舌诊,但内容十分丰富。书中根据舌苔由白转黄,由黄转黑;舌质由淡红转红色,再转纯红等阐明邪由表入里,由寒化热,疾病由轻变重等病因病机变化规律。该书还详列了36种舌象图,并将舌苔分为白、黄、灰、黑等4色,舌质分为淡红、红、纯红等类型,论述了舌苔、舌质的主病及其治疗方法。较之张仲景仅述白苔、滑苔,有了较大发展。故薛立斋云其补仲景之未及,成为我国现存第一部舌诊专书。嗣后关于舌诊之研究日趋深入。至明清相关著述增多。由我校专家委员会主任袁沛然教授任主编之《中国医籍大辞典》收录元代以后舌诊名著即有50余部,可见舌诊之重要性及实用性日渐为人们所认识和重视。

如何将历代医家对舌诊应用与研究的精辟论述及丰富的临床经验加以挖掘、整理,对其科学内涵作深度诠释,使之成为现代中医诊断疾病手段客观化的重要依据之一,这是弘扬中医学特色优势的重大课题。日前,由我校许家佗教授任主编,张志枫教授、刘龙民教授任副主编的《中医舌诊彩色图谱》于付梓前示稿于余,遂欣然拜读,纵观全书,其对舌诊之原理,舌诊之内容及临床应用等面面俱到,包涵甚广,一览无余。《素问·至真要大论篇》曰:“谨守病机,各司其

属。有者求之，无者求之。盛者责之，虚者责之，必先五胜。疏其血气，令其条达，而致和平。”《六微旨大论篇》又曰：“亢则害，承乃制，制则生化。”无论阴阳转化，五行生克，总是以平为期，生化为要。舌诊在弘扬中医药特色优势的临床工作中的重要价值必将随着人们对其认识的加深而凸显。《中医舌诊彩色图谱》图文并茂，汉英对照，复有我国著名中医诊断学家、我校资深教授费兆馥先生任主审，该书在当前我国推进中医药学继承、创新、现代化和国际化的进程中功莫大焉。搦管濡毫斯为序。

施杞识于

二〇〇九年初春于上海

Foreword

Tongue diagnosis is one of important evidences and means in Chinese medicine for diagnosis and treatment of diseases and for assessment of health state, and also an essential component of Chinese medical diagnosis system, more objective than other diagnostic methods. From the vast accumulation of ancient medical treatises, we found that pulse diagnosis was prevalent before the Yuan Dynasty, for instance, *Pulse Classic* (《脉经》) was written by Wang Shuhe in the Western Jin Period (AD 280 ~ 289), and thus became the extant earliest monumental work of pulse. Until the Yuan Dynasty (AD 1341), *Ao's Mirror Records for Exogenous Febrile Diseases* (《敖氏伤寒金镜录》) appeared, which mainly described the tongue conditions of exogenous febrile diseases. In this book, the etiologic and pathogenic rules of diseases from exterior to interior, from cold to heat, and from mild to severe were illustrated in accordance with the fur from whitish to yellowish, from yellowish to blackish, and with the tongue from pale red to red, and from red to bright red, accompanied with 36 atlas. The colour of tongue fur fell into whitish, yellowish, greyish and blackish, the colour of tongue texture into pale red, red and bright red. The indications of every tongue colour and fur colour were presented, with corresponding treatment methods. Zhang Zhongjing just mentioned whitish and slippery fur. Therefore, Xue Lizhai said

this book complimented with Zhang Zhongjing's, and became the first extant book of tongue diagnosis in China. Thereafter, the research on tongue diagnosis goes in deep, and relevant books increased obviously in number in the Ming and Qing Dynasties. *Great Dictionary of Chinese Medical Books* compiled by Professor Qiu Peiran embodied 50 books on tongue diagnosis after the Yuan Dynasty, showing the increasing importance and practicability of tongue diagnosis.

It is a major program on how to organize and apply the rich experience of the successive physicians and explain the in-depth scientific connotations of tongue diagnosis to make tongue diagnosis become one of important evidences in the objectification of Chinese medical diagnosis. Currently, Professors Xu Jiatuo, Zhang Zhifeng and Liu Longmin presented me their manuscripts of *Color Atlas of Tongue Diagnosis in Traditional Chinese Medicine*. This book gave a full description of the principles, main contents and clinical application of tongue diagnosis. *Plain Questions • The Various Changes in the Domination of the Six Energies and Their Relations with the Diseases* (《素问 • 至真要大论篇》) said: "Pay good attention to the mechanism of the diseases and know well the belongings of various syndromes, investigate the reason of the disease and the related syndromes, and the reason or the disease which is without the expected syndromes, find out the reason when the evil energy is overabundant and the reason when the energy is deficient. Find out the overcoming energy of the five-element motion. Dredge the energy and blood to become calm and circulate fluently according to the mechanism of the disease." *Plain Questions • The Exquisite Meaning of Six Energies* (《六微旨大论篇》) said: "When the six energies are hyperactive in domination, they will do harm; so they must be restricted to certain extent. It is only in this way can the growth and transformation of all

things be carried on". No matter how mutual transformation of yin and yang, and mutual generation and restriction of five elements, harmony is expected and generation-transformation is essential. The tongue diagnosis will show its increasing necessity in clinical practice in the development of Chinese medicine. Chinese-English *Color Atlas of Tongue Diagnosis in Traditional Chinese Medicine* is reviewed by Professor Fei Zhaofu, a famous expert on Chinese medical diagnostics. I believe that this book will play a great role in promoting the inheritance and innovation, modernization and internationalization of traditional Chinese medicine. I am glad to write this foreword.

Shi Qi

Early spring, 2009, Shanghai

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