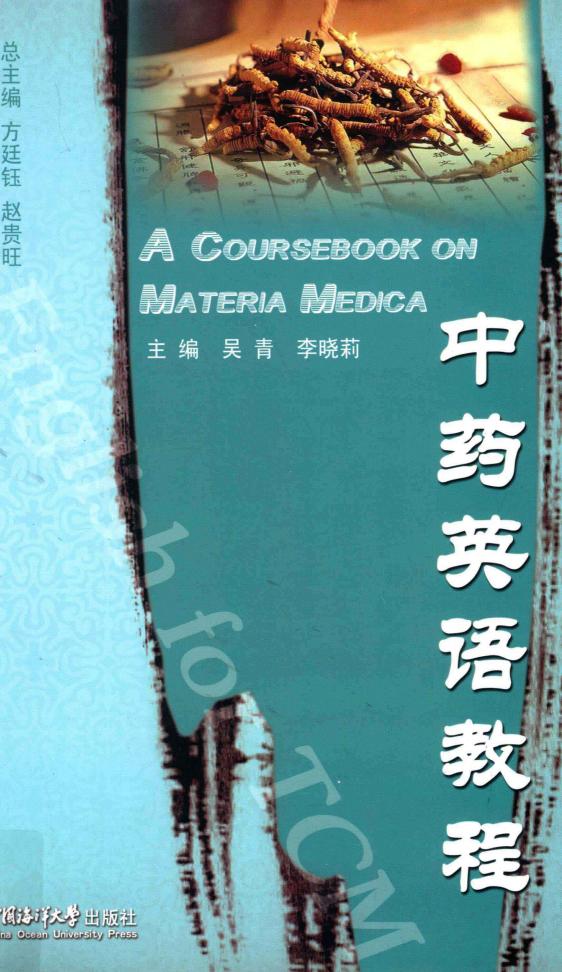
总主编 方廷钰 赵贵旺



### 前言

中医药是中华民族在几千年生产生活实践和与疾病作斗争的过程中形成并不断丰富发展的医学瑰宝,也是世界医学宝库的一个重要组成部分。2008年世界卫生组织总干事陈冯富珍博士对中医药有过高度评价: "中医有着3000年的悠久历史,它全面对待健康问题,首创了食疗、健身以及草药治疗等,尤其注重环境对健康的影响。在公共卫生领域,防胜于治的观念归功于中国以及中华传统医学古代最重要的典籍《黄帝内经》。"2009年5月国务院发布的《关于扶持和促进中医事业发展的若干意见》指出,"扶持有条件的中医药企业、医疗机构、科研院所和高等院校开展对外交流合作。加强中医药知识和文化对外宣传,促进国际传播。" 要落实以上任务,必须依靠广大中医药从业人员,特别是中医药院校毕业生。

中医要走向世界,打破语言壁垒已成当务之急。由于中医英语翻译的历史较短,而且中医英语具有和西医英语不同的特点,其术语的翻译难度较大,因此,不懂中医理论、不具备中医英译技能的人士很难把中医准确无误地译成地道的英语。为了帮助中医药院校学生掌握中医英译技能,使他们成为既懂中医又懂中医英语的人才和中医药国际交流的主力,我们集中了全国中医药院校的中医英语专家、教师编写出了这套"21世纪高等中医英语规划教材",供中医药院校高年级学生、研究生或相关中医英语爱好者使用。考虑到中医中药内容的差异,也考虑到当前中药专业的学生缺少中药基础知识的相关英语专用教材,我们编写了这部《中药英语教程》,以填补这方面的空白。

#### 本教材具备以下特点:

- 本书收录内容覆盖中药起源、炮制、分类、功效、中药说明书、中药安全性、中药有效性、药膳和中药科研进展等话题。
- 为确保英语语言质量,本书的全部素材均选自英美中医药学者的原文, 编写时略作调整,并纠正了原文中的某些印刷错误。在此,向相关中医 药学者表示衷心的感谢。

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Unit 1 An Overview of Chinese Materia Medica 11

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counteract /kauntər'ækt/ v. to do sth to reduce or prevent the bad or harmful effects of sth 抵制, 对抗

gastric /'gæstrik/ a. connected with the stomach 胃的

**ulcer** /'Alsə/ n. a sore area on the outside of the body or on the surface of an organ inside the body which is painful and may bleed or produce a poisonous substance 溃疡

**medication** /,medi'kei∫n/ n. a drug or another form of medicine that you take to prevent or to treat an illness 药物治疗,药物

allay /ə'lei/ v. to make sth, especially a feeling, less strong 减轻, 使.....缓和

weary /wiəri/ a. very tired, especially after you have been working hard or doing sth for a long time 疲倦的

**decongest** /ˌdiːkən'dʒest/ *a.* (of a body of water or the atmosphere of a confined space) having no current or flow and often having an unpleasant smell as a consequence 不流动的,停滞的 **regeneration** /riˌdʒenə'rei∫n/ *n.* to grow again; to make sth grow again 再生

dissipate /'disipeit/ ν. to gradually become or make sth become weaker until it disappears 驱散 theophylline /θiəˈfīlin/ n. a bitter crystalline compound present in small quantities in tea leaves, isomeric (异构体的) with theobromine 茶碱

bronchodilator / bronkəudai'leitə/ n. a drug that causes widening of the bronchi, for example, any of those taken by inhalation for the alleviation of asthma 支气管扩张药

steroid /'steroid/ n. a chemical substance produced naturally in the body 类固醇

**phlegm** /flem/ n. the thick substance that forms in the nose and throat, especially when you have a cold 痰,黏液

nutritive /'nju:tritiv/ a. connected with nutrition 有营养的,有营养成份的

glycoside /'glaikəsaid/ n. any of numerous sugar derivatives that contain a nonsugar group bonded to an oxygen (氧) or nitrogen (氮) atom and that on hydrolysis yield a sugar (as glucose) 糖苷, 配糖

resin /'rezin/ n. a sticky substance that is produced by some trees and is used in making varnish, medicine, etc. 树脂, 松香

alkaloid /'ælkəloid/ n. a poisonous substance found in some plants 生物碱

polysaccharide /ˌpoli'sækəraid/ n. a carbohydrate that can be decomposed by hydrolysis into two or more molecules of monosaccharides 多糖,多聚糖

terpene /'tə:pi:n/ n. any of various isomeric hydrocarbons  $C_{10}H_{16}$  found present in essential oils (as from conifers) and used especially as solvents and in organic synthesis 萜(烃); 萜烯

**desirable** /di'zaiərəbl/ *a.* that you would like to have or do; worth having or doing 令人满意的, 有 吸引力的

prolifically /prəu'lifikəli/ ad. producing many works, etc. 多产地,丰富地

ailment /'eilment/n. an illness that is not very serious 小病

brew /bru:/ v. to be mixed with hot water and become ready to drink 酿造, 泡(茶)



**sniffle** /'snifl/ v. to sniff or keep sniffing, especially because you are crying or have a cold 抽噎,以(鼻子) 频频吸气,尤指因哭泣或患感冒抽鼻子

indigestion / indi'dʒest∫n/n. difficulty in digesting food 消化不良

nausea /'no:ziə/ n. the feeling that you have when you want to vomit, for example because you are ill/sick or are disgusted by sth 恶心

permeate /'pə:mieit/ v. to spread to every part of an object or a place 弥漫,渗透 piquant /'pi:kənt/ a. having a pleasantly strong or spicy taste 开胃的,令人兴奋的 assimilate /alaimalait/ v. to make an idea a remon's attitude at a fit into ath an ha

assimilate /əˈsiməleit/ v. to make an idea, a person's attitude, etc. fit into sth or be acceptable 使同化,吸收

redress /ri'dres/ v. to correct sth that is unfair or wrong 纠正,补偿



- 1. Aspirin was originally derived from the bark of willow trees, morphine from the seeds of poppy flowers, penicillin from fungus, quinine from the bark of the cinchona tree, and digitalis from the leaves of foxglove (para.1): 阿司匹林来源于柳树皮,吗啡来源于罂粟花,青霉素来源于真菌,奎宁来源于金鸡纳树,洋地黄来源于洋地黄树叶。句中的"derive sth from"表示"obtain sth from (a specified source)",意思是"起源于,来自,得到,获得,来源于"。此句中药物名作为主语,因此使用被动语态。并列句中的谓语动词 was derived 均承前省略。
- 2. Pharmaceutical laboratories continue to extract active ingredients from plant materials (a quarter of modern prescription drugs include plant extracts) as well as prepare wholly synthetic compounds (para.1): 本句中第一个 extract 为动词,意为"提取",第二个为名词,意为"提取物"; prescription drugs 为"处方药",相对于"非处方药" OTC (over-the-counter) 而言。
- 3. On the shelves of Chinese herbal pharmacies, jars of barks, roots, flowers, and seeds are visible, sitting alongside rows of glass bottles filled with herbal formulas compressed into pills (para.2): 此句中介词短语 on the shelves...为状语, 主语为 jars of barks, roots, flowers and seeds。现在分词短语 sitting alongside rows of glass bottles filled with herbal formulas compressed into pills 做状语。其中 filled with...和 compressed into...均为过去分词短语做后置定语,修饰各自前面的名词短语。整个句子可以翻译为: 中药房的架子上摆的是一瓶瓶的树皮、树根、花和种子,旁边一排排的玻璃瓶里装的是中药复方制成的药丸。
- 4. Western pharmaceutical drugs capitalize on a single biologically active ingredient to produce a specific physiological effect (para.3): 西药通过一种单一的生物有效成分来产生某种特定的生理效果。动词短语 capitalize on 的意思是 "take the chance to gain advantage from",利用。
- 5. This accounts for their potency and also for their secondary or side effects (para.3): 其中动词短语 account for 的意思是 "give a satisfactory record of, be responsible for", 可译为

**sprinkle** /'sprinkl/ v. to shake small pieces of sth or drops of a liquid on sth 撒某物,将某物撒在 (另一物的表面)上

topical /'topikl/ a. connected with, or put directly on, a part of the body 局部的

drain /drein/ v. to make liquid flow away from sth; to flow away (使液体)流走

toss/v. to move or make someone or sth move from side to side or up and down 摇荡, 摇摆, 颠簸 scorch /skɔːtʃ/v. to burn and slightly damage a surface by making it too hot; to be slightly burned by heat 将(物体表面) 烫焦

char /tfa:/ v. to become black by burning; to make sth black by burning it 烧焦

aroma /ə'rəumə/ n. a pleasant, noticeable smell 芳香

bran /bræn/ n. the outer covering of grain which is left when the grain is made into flour 糠,麸子 clamshell /'klæm∫el/ n. having a lid or other part that opens and shuts like the shell of a clam 蛤壳

fortify /'fɔ:tifai/ v. to make a place more able to resist attack, especially by building high walls 加强,增强

**douse** /daus/ v. to pour a lot of liquid over someone or sth; to soak someone or sth in liquid 将某人或某物放入(水中)

moderate /'mɔdərət/ v. to become or make sth become less extreme, severe, etc. 使某事物和缓,减轻

stanch /sto:ntʃ/ v. to stop the flow of sth, especially blood 止(血)

adjuvant /ˈædʒuvənt/ n./a. a pharmacological agent added to a drug to increase or aid its effect; helping, assisting, aiding; auxiliary; used as a supplementary treatment for illness 佐药; 辅助的, 帮助的

brine /brain/ n. very salty water, used especially for preserving food 盐水, 海水

course /kɔːs/ v. (of liquid) to move or flow quickly (尤指液体) 流动

**ember** /'embə/ n. a piece of wood or coal that is not burning but is still red and hot after a fire has died 余烬

**volatile** /'vɔlətail/ a. (technical) (of a substance) that changes easily into a gas 易挥发的 **quench** /kwentʃ/ v. to cool (a hot substance) rapidly by placing it in water 淬火 **calcination** /,kælsi'neiʃn/ n. process to cause sth to be reduced to powder by burning 煅烧



- 1. decocting pieces (para.5): 饮片,也可译作 herbal pieces prepared for decoction。
- 2. accuracy of measurement (between para.5 and para.6): 用量准确。
- 3. **sizing, water processing, fire processing and fire and water processing** (para.7): 修治、水 制、火制、水火共制。
- 4. foreign matter (para.7): 杂质。



- **contagious** /kən'teidʒəs/ a. capable of being transmitted by bodily contact with an infected person or object (疾病)接触传染的
- shingles /'finglz/ n. a disease that affects the nerves and produces a band of painful spots on the skin 带状疱疹
- genital /'dʒenitl/ a. connected with the outer sexual organs of a person or an animal 生殖的,生殖器的
- **croup** /kru:p/ n. a disease of children that makes them cough a lot and have difficulty breathing 哮吼(儿童疾病, 咳得厉害, 呼吸困难)



- 1. "Heat Clearing-Detoxifying" (para.1): 清热解毒。
- 2. "Heat Clearing-Blood Cooling" (para.1): 清热凉血。
- 3. across the board (para.3): involving everyone or everything in a company 整体, 全面。
- 4. but many people have failed to note its nickname often found next to it in many American herbals, "Mad Dog Weed" (para.9): 但是很多人没有注意到该药的俗名在美洲的草药中为"疯狗草"。
- 5. epidemic febrile diseases with heat invading the blood (para.12): 温病热入营血。
- 6. The part that science may never grasp is that the yin and yang energies of the body are often affected in diseases and this must be addressed. (para.13): 科学所没能阐释的是人体的阴阳在疾病时常发生变化,因此必须加以应对。
- 7. overall effect (para.14): 总体效果。
- 8. herbs for excreting dampness (para.15): 渗湿药。
- 9. on a microscopic scale (para. 15): 微观层次。
- 10. Arapaho Indians (para.17): 北美印第安部落的名称。
- 11. Osha(para.16): 拉丁名为 Ligusticum Porteri,为美国本土中药。
- 12. **the 1918 flu epidemic**(para.17): 1918 年世界范围的流感(西班牙流感), 也是两次全世界范围的 H1N1 流感的第一次, 第二次是 2009 年的猪流感。
- 13. "designer viruses" (para.18): a man-made virus synthesized by piecing together the genetic elements in a laboratory 人造病毒。
- 14. accompanying vaccinations (para.18): 相应的疫苗。
- 15. whatever may come your way (para.19): 任何可能发生的疾病。
- 16. Reishi Mushroom (para.19): 灵芝。

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#### II. Fill in the blanks with the words from the box and change the form when necessary.

	interact dose prepare slim pharmacy addition toxicity prior stringent herb practice attribute					
1.	Some herbs can only be taken in small amounts and can be if consumed in large quantities.					
2.	On the Island, report an increasing consumer interest in natural remedies, particularly herbal extracts.					
3.	Conventional medicine adopts procedures that are consistent with established scientific					
	hypotheses, and drugs must be tested and approved by the Food and Drug Administration.					
4.	Herbal like Mahuang, used in dietary supplements and in widely available					
	mood-altering products, have caused deaths, as have coffee enemas (灌肠剂), said to treat					
	cancer and other diseases by detoxifying the body.					
5.	Some food are regarded as beneficial by the manufacturer.					
6.	Patients must understand the medication dosage and frequency, food-drug and drug-drug					
	, storage and handling, and potential side effects.					
7.	The first is to meet the energy requirements of the population rather than					
	protein needs.					
8.	The scare dates back to a particular group of 60 women who were given a					
	remedy prepared by orthodox, not complementary medicine practitioners, who confused					
	Aristolochia (马兜铃属) with another herb.					
9.	More deaths are connected to prescription drugs than heroin and cocaine combined.					
10.	A doctor who refused to give treatment is on trial for medical					
11.	Pundits (专家) this boost to the popularity of smartphones (智能手机) relying on					
	the chip (芯片) firm's wireless technology.					
12.	Since the 1999 Health Act, it is possible for to become state registered,					
	although there is nothing to stop anyone practicing herbal medicine.					
III.	Replace the words and expressions italicized with suitable words and expressions from					

#### III. Replace the words and expressions italicized with suitable words and expressions from the text.

- 1. The Medicines Control Agency checks have also *uncovered* poisonous heavy metals such as mercury and arsenic, and prescription-only steroids (类固醇) which could be damaging if taken over long periods.
- 2. The near death of a woman from the chronic use of an herbal preparation has again raised questions about the wisdom of self-treatment with plant products that have not been fully tested for safety and *effectiveness*.
- 3. Prescription drugs include botanicals for cancer treatment, advanced heart disease, AIDS and

- pharmaceutical theories that include special processing, combining and decocting methods for herbal application.
- 9. The quality of the herb is determined by the *amount* of ephedine-type alkaloids contained in it.
- 10. In-vitro toxicological studies are *limited* to a single active compound extracted from the whole plant.
- 11. Batch-to-batch *difference* due to weather conditions, maturity of the plant and soil composition significantly affects the pharmaceutical properties of an herb.
- 12. He *proposed* reading the book before seeing the movie.

#### Translation

#### I. Translate the following expressions into English.

1. 放射性污染

2. 非处方药

3. 草药补剂

4. 生物碱含量

5. 推荐剂量

6. 赖药性

7. 汤药

8. 质量保证

9. 草药制剂

10. 无毒配方

11. 去污剂

12. 检验一批药品

#### II. Translate the following paragraph into Chinese.

The analysis revealed issues with misleading and poor labeling. For example, one product contained a plant called ephedra—considered toxic if taken in too high a dosage—which did not list a recommended dosage on the label. Potential allergens such as nuts were also identified, but not listed in the ingredients.

#### III. Translate the following paragraph into English.

新的研究表明, 脱氧核糖核酸 (DNA) 分析能识别传统中药里非法的或不安全的成分。 科学家们从药片、粉末和草药茶中提取 DNA, 然后采用一种名为"第二代 DNA 测序"的 技术来识别它们所含的植物和动物物种。

#### Writing

Write a 150-word composition about your opinion on safety of herbal medicines.

#### Writing

Find information on how Chinese herbal medicine works on Alzheimer's disease. Write a 200-word composition based on the following points:

- 1. A brief introduction to Alzheimer's disease;
- 2. A review on efficacy of Chinese herbal medicine on Alzheimer's disease.



#### Gegen: Traditional Uses and Potential Medicinal Benefits in Diabetes and Cardiovascular Diseases

Pidemiological studies suggest that metabolic syndrome is associated with an increased risk of both cardiovascular diseases (CVD) and type 2 diabetes mellitus (T2DM). The World Health Organization (WHO) estimated that approximately 17.1 million people died from CVDs and its complications in 2004, and the number of deaths will dramatically increase to almost 23.6 million by 2030 (WHO, 2009).

- 2. Although there are numerous treatment strategies for metabolic syndrome, its management with orthodox medicines remains grossly unsatisfactory. As a result, patients have turned to complementary and alternative medicine (CAM) as another course of action. Traditional Chinese medicine is an excellent example of CAM and is defined as a more holistic approach in investigating the function and dysfunction of living organisms.
- 3. Gegen (Radix Puerariae Lobatae) is the dried root of Pueraria lobata (Wild) Ohwi and has traditionally been used in TCM for treating CVDs and T2DM. It is native to South East Asia and has been utilized as a food source, fodder and medicine for thousands of years. Since the isolation of the first major isoflavone: puerarin from Gegen in the late 1950s,

research has concentrated on isolating different chemicals from various parts of kudzu and investigated their biological actions in vitro and in vivo. Currently, puerarin injection is extensively used in China. Also, *Gegen* powder and extract are sold in the United States, United Kingdom and Australia as a supplement. Kudzu is often used as the single ingredient or in combination with other herbs (e.g. *Salvia miltiorrhiza, Bacopa monnieri, Ginkgo biloba, Silybum marianum* and *Salix alba*) for relieving hangover, fever and flu, improving liver function, enhancing



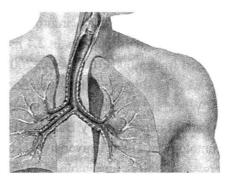
(Source: http://www.hsdcw.com/sp /lsz/zy/index.asp?p=s&id=918)

#### Chinese Herbal Preparations Exert Strong Effects on Asthma and Atopy

Chinese herbal preparations exert strong clinical and laboratory effects on asthma and atopy, with close to complete resolution of atopy symptoms and lower cytokine production in patients with asthma, according to findings from a number of studies presented here at the 2009 American Academy of Asthma, Allergy and Immunology (AAAAI) Annual Meeting.

2. In one study, a team at Mount Sinai Medical Center, in New York City, led by Li Xiumin, M.D., studied the effects of an anti-asthma herbal medicine intervention (ASHMI), a 3-herb formulation that has been shown in laboratory tests to improve symptoms of asthma. ASHMI reduced total immunoglobulin (Ig)E levels in patients with allergic asthma, reported by other co-investigator. Laverne L. Brown, PhD, "We set out to determine the mechanisms by which the individual herbs exert their effects," said by Dr.

D. .....



(Source: http://www.nlm.nih.gov/medlineplus/asthma.html)

Brown. U The 3 components of ASHWI—Gancao (Glycyrrniza
uralensis), Kushen (Radix Sophorae Flavescentis), and Lingzhi (Lucid Ganoderma)—are
most effective in a ratio of 3:9:20, she said. The 3-herb combination lowered total IgE levels,
from approximately 850 to 500 kU/L. When the compound was fractionated by polarity and
acidity, Kushen suppressed IgE production by approximately 95% in one analysis.
"2, we can isolate them and develop them for asthma. We
wouldn't have to give the whole herb or other compounds that may not have the effect we
want," Dr. Brown explained.
3 In another study under the direction of Dr. Li, Julie Wang, MD, from the Department of

- 3. In another study under the direction of Dr. Li, Julie Wang, MD, from the Department of Allergy and Immunology and Pediatric Allergy and Immunology at Mount Sinai,

  (3) \_\_\_\_\_\_\_\_, which consists of 9 herbs. Laboratory studies showed that FAHF-2 "completely protected a murine model against peanut-induced anaphylaxis for as long as 6 months," Dr. Wang said.
- 4. The investigators studied the safety of FAHF-2 in 12 patients with a history of peanut, tree nut, fish, or shellfish allergy in a dose-escalation study. They were randomized to 2.2 g (4 tablets), 3.3 g (6 tablets), or 6.6 g (12 tablets) 3 times daily for 7 days.

  (\*\*All of the patients successfully completed treatment," Dr. Wang reported. "There were no significant differences in vital signs, laboratory data,

#### Philosophy about Food

5. The ideas of yin and yang are used in the sphere of food and cooking. Yang foods are believed to increase the body's heat (e.g. raise the metabolism), while yin foods are believed to decrease the body's heat (e.g. lower the metabolism). As a generalization, yang foods tend to be dense in food energy, especially energy from fat, while yin foods tend to have high water content. The Chinese ideal is to eat both types of food to keep the body in balance. A person eating too much yang food might suffer from acne and bad breath while a person eating too much yin food might be lethargic or anemic.

#### **Cantonese Classification of Food**

6. Cantonese people pay much attention to the body's reaction to food. Food items are classified accordingly, and diet is adjusted based on the body's conditions. In effect, many Cantonese people practice food therapy in day to day situations. The following is a list of common food classifications:

Names	Related symptoms/effects	Examples	Cures
dry fire (yang)	causes dryness of skin, chapped lips, nose bleeding, etc.	chili pepper, deep fried food, beef jerky, lychee	any yin or cooling food
wet heat (yang)	causes mouth sore, urinary burning, etc. probably due to the acidity or alkalinity	mango, pineapple, cherry	Chrysanthemum, Imperata arundinacea, sugar cane, Prunella vulgaris L.
cold cooling (yin)	causes dizziness, weakness, pale or green face (low oxygen level in blood), etc.	watermelon, honeydew and certain kinds of melon-type fruits or vegetables, green tea	any boosting or dry fire food
blocking	causes stomach gas, indigestion, etc.	all fibrous food, e.g. yam, chestnuts	haw (fruit), malt
poisoning	causes pus or swelling in wound, outbreak of acnes, hemorrhoid, etc.	duck, goose, bamboo shoot, all shellfish	abstinence at outbreak
greasy	causes gastric upset, runny stool, outbreak of acnes, etc.	all greasy food, e.g. bacon, etc.	abstinence at outbreak
clear cooling	mild yin type that counteracts the dry fire type. Also listed as yin when overused.	beer, lettuce, sugar cane, Imperata arundinacea, American ginseng.	not needed if not overused
nourishing	moisturizing, soothing	apple, pear, fig, winter melon, lotus seed, <i>Dioscorea opposita</i> , longan, lily bulb, etc.	not needed
boosting	replenishes blood and <i>qi</i> . Also listed as dry fire when overused.	mutton, snake, beef, wild games, red dates	not needed if not overused
invigorating	circulates blood and qi	Korean ginseng, red wine	not needed
generating, strengthening	improves various internal functions	various	not needed

tonic

liquor

sesame

#### Vocabulary Study

#### I. Match the following words with their proper meanings.

Column I		Column II
1. osteoporosis	a. (s	tyle of) cooking
2. counteract	b. th	e state of being physically healthy
3. glucose	c. to	make liquid flow away
4. fitness	d. th	ne state of being senile
5. senility	e. to	go away or disappear
6. cuisine	f. ac	et against and make (action, force) of less or no effect
7. drain	g. w	ash with clean water in order to remove unwanted substances,
	et	c.
8. delivery	h. lo	oss of bony tissue, resulting in brittle bones
9. rinse	i. ha	aving had the pit removed
10. constipation	j. di	ifficult or infrequent emptying of the bowels
11. pitted	k. be	e, keep (sth), almost at boiling-point
12. dispel	l. a	type of sugar that is easily changed into energy by the human
	be	ody
13. simmer	m. th	ne process of giving birth to a baby

#### II. Fill in the blanks with the words from the box and change the form when necessary.

savory

counteract

stuff

gingko

	senile steam rinse simmer physique drain
1.	is a tropical plant grown for its seeds and their oil can be used in cooking.
2.	These exercises aim to the effects of stress and tension.
3.	He has the of a rugby player.
4.	Danggui is an herb to nourish the blood and thus is regarded as one of the
5.	She the mud from her hands.
6.	Chicken soup with nuts can be a cure for coughs.
7.	When she is depressed, she usually resorts to intoxicating
8.	John was starving. He quickly took the mess and wolfed down a omelet.
9.	All the drawers were with letters and papers.
10.	rose from the steaming kettle.
11.	Leave the soup to
12.	The swimming pool very slowly.
13.	He keeps forgetting things. I think he's getting



# Vocabulary

**purported** /pə'pɔ:tid/ a. that has been stated to have happened or to be true, when this might not be the case 据称的,传言的

mythic /ˈmiθik/ a. that has become very famous, like sb/sth in a myth 著名的; 神话般的 cognitive /ˈkɔgnitiv/ a. connected with mental processes of understanding 认知的; 感知的 ginsenoside /ˌdʒinsenəuˈsaid/ n. a class of steroid glycosides, and triterpene saponins, found exclusively in the plant genus Panax (ginseng) 人参皂苷

**peptide** /'peptaid/ n. amide combining the amino group of one amino acid with the carboxyl group of another; usually obtained by partial hydrolysis of protein 肽; 缩氨酸

steroid /'stiərɔid/ n. a chemical substance produced naturally in the body 甾族化合物, 类固醇

saponin /'sæpənin/n. any of various plant glucosides that form soapy lathers when mixed and agitated with water; used in detergents and foaming agents and emulsifiers 皂苷

**profile** /'proufail/ n. a side view representation of an object 方面,侧面

**heterogeneous** /,hetərəu'dʒi:niəs/ a. consisting of many different kinds of people or things 由很多种类组成的;各种各样的

virtually /'vəːt∫uəli/ ad. almost, nearly 几乎全部

postprandial /ˌpəust'prændiəl/ a. happening immediately after a meal 饭后的

opiate /ˈəupiət/ n. a drug containing opium 鸦片制剂; 麻醉剂

cholinergic /ˌkəuli'nə:dʒik/ a. releasing or activated by acetylcholine or a related compound 类胆碱(功)能的

scopolamine /skəu'pɔləmi:n/ n. an alkaloid with anticholinergic effects that is used as a sedative and to treat nausea and to dilate the pupils in ophthalmic procedures 东莨菪碱(可用做镇静剂)

**deficit** /'defisit/ n. a deficiency or failure in neurological or mental functioning 缺失,匮乏 **modulate** /'mɔdjuːleit/ v. to affect sth so that it becomes more regular, slower, etc. 调节; 控制 **neurotransmission** /njuːərɔtræns'miʃən/ n. 神经传递

aminobutyric /əˌmi:nəu'bju:tirik/ n. 氨基丁酸

reuptake /ri'npteik/ n. a process of using up or consuming again 再吸收; 再摄入

nitric /'naitrik/ a. of or containing nitrogen 氮的, 含氮的

oxide /'oksaid/ n. a compound of oxygen and another chemical element 氧化物

implicate /'implikeit/ v. to impose, involve, or imply as a necessary accompaniment or result 暗示;包含

myocardial /ˌmaiəu'ka:diəl/ a. of or relating to the myocardium 心肌的

reperfusion /ri:pə'fju:3(ə)n/n. the restoration of blood flow to an organ or to tissue 再灌注

program /'prəugræm/ v. to give a computer, etc. a set of instructions to make it perform a particular task 编写程序

#### Vocabulary Study

#### I. Match the following words with their proper meanings.

Column I			Column II		
1.	pharmacological	a.	make easier		
2.	steroidal	b.	following a meal (especially dinner)		
3.	heterogenous	c.	of or relating to pharmacology		
4.	postprandial	d.	brief biography, as given in an article or a broadcast talk		
5.	alert	e.	substance that inhibits oxidation		
6.	humoral	f.	watchful; fully awake; lively		
7.	antioxidant	g.	relating to the condition of immunity		
8.	agility	h.	of or relating to steroid hormones or their effects		
9.	pancreatic	i.	of or relating to bodily fluids		
10.	profile	j.	relating to the heart and blood vessels		
11.	immune	k.	a feeling of extreme physical or mental tiredness		
12.	cardiovascular	1.	the spreading of a disease to another part of the body		
13.	fatigue	m.	consisting of many different kinds of people or things		
14.	metastasis	n.	the gracefulness of a person or animal that is quick and nimble		
15.	facilitate	o.	of or involving the pancreas		

#### II. Fill in the blanks with the words from the box and change the form when necessary.

	heterogeneous fatigue ischemic purported agi metabolism vaccine cholinergic residue mit			
1.	1. The was used to protect the whole population again	nst infection.		
2.	2. A group consists of many different types of things or peop	ole.		
3. A substance, such as a vitamin or mineral, that is essential in minute amounts fo				
	growth andof a living organism.			
4.	4. There is a greenin the bottom of the test tube.			
5.	5. Finally, her mind gave in to and she fell asleep.			
6.	6. A(n) stroke develops when a blood vessel (artery) supply	ing blood to an area of the		
	brain becomes blocked by a blood clot.			
7.	7. A drug derived from amygdalin (苦杏仁苷) is to have	e antineoplastic (抗肿瘤的)		
	properties.			
8.	8. The results in comparison to strongly suggest that MPS (	多磺酸粘多糖) is absorbed.		
9.	9. The effects of morphine (吗啡) on the stomach are potentiated (增充	t) by drugs.		
10.	10. He lacked the to brighten himself at once.			
11.	11regurgitation (返流) is one of the most serious heart dis	seases.		
12.	12. Human ribonuclease (核糖核酸) has 128 amino acid resid	ues.		



atrophy n. 萎缩	6A	cabinet n. 储藏柜; 陈列柜	5B
attenuate, v. 使减弱, 使降低效力	7B	cadmium n. 镉	6A
attest v. 证实	2A	caffeine n. 咖啡因	6B
attribute v. 把归于; 是由于	1A	calcination n. 煅烧	4A
attribution n. 属性	2A	canon n. 标准, 准则	1A
audit n. (质量或标准的)审查,检查	6A	capitulum n. 头状花序	4B
augment v. 增加,提高,扩大	3A	cardamom n. 豆蔻(的种子)	2B
avert v. 防止,避免(危险,坏事)	10A	cardiac a. 心脏的;心脏病的	7B
axil n. (叶柄)叶腋	3A	cardioplegia n. 心麻痹	10B
		carotid a. 颈动脉的	7B
D		cayenne n. 辣椒	2B
В		celandine n. 白屈菜	2B
barrage n. 接二连三的(一大堆质问或指	7 <b>A</b>	cerebrovascular a. 脑血管的	7B
责等)		chant v. 有节奏地、反复地唱或喊叫	5A
basil n. 罗勒属植物	2B	chap v. 裂开	9A
batch n. (食品、药物等)一批生产的量,	6A	char v. 烧焦	4A
批量		chaser n. (饮淡酒后喝的) 烈性酒	5B
bayberry n. 月桂树的果实	2B	chili pepper n. 辣椒	9A
beneficiary n. 受益者,受惠人	8A	chloroquinone n. 氯醌	10A
bergamot n. 佛手柑,佛手柑香油	2B	cholinergic a. 类胆碱(功)能的	10B
bioactive a. 生物活性的	4B	chrysanthemum n. 莉花	1B
biochemistry n. 生物化学	5A	cinchona n. 金鸡纳树	1B
biogenetic a. 生源合成的	10A	cinnamon n. 桂皮	9B
bland a. 清淡的,无滋味的	2A	clam n. 蛤蜊, 蚌	3B
boldface n. 黑粗体	8A	clamshell n. 蛤壳	4A
boost v. 使增长, 使兴旺	4A	clash n. 差异	7A
botanical a. 植物学的	1A	cleanse v. 使清洁;净化	9A
botanist n. 植物学家	3A	clearinghouse n. 信息交换机构, 信息交	8B
bran n. 糠, 麸子	4A	流所	
brew v. 酿造, 泡(茶)	1B	cleavers n. 八重姆;草丛	2B
brine n. 盐水,海水	4A	clematis n. 女萎,铁线莲	6A
bronchodilator n. 支气管扩张药	1B	coagulate v. 凝结	- 2B
buffer v. 减少,减缓(伤害)	1B	cognitive a. 认知的;感知的	10B
bullet n. 着重号	8A	cohort n. (有共同特点或举止类同的)队	10B
burdock n. 牛蒡	2B	列	
		cohosh n. 总状升麻	2B
C		colitis n. 结肠炎	2B
C		colloidal a. 胶状的, 胶质的	3A

# (i)

#### II. Fill in the blanks with the words from the box and change the form when necessary.

1. pathology

2. tonifies

3. aromatic

4. explicit

5. pathogenic

6. therapy

7. disperse

8. indication

9. moistened

10. alluding

11. controversial

12. Attributing

### III. Replace the words and expressions italicized with suitable words and expressions from the text.

1. varying

2. categorized

3. dates back to

4. set forth

5. generates

6. prohibition against

7. discerned

8. utilized

9. predominant

10. alluded to

#### Translation

#### I. Translate the following expressions into English.

1. four *qi* and five tastes

2. ascending, descending, floating, and sinking

3. herbs entering specific channels

4. Sourness enters the liver.

5. medicinal effects

6. clear heat and relieve toxicity

7. warm the interior and disperse cold

8. warm channels to promote smooth flow of qi

9. raise yang and relieve the exterior

10. dispel wind-cold

11. induce vomiting

12. regain consciousness

13. Sourness travels in the sinews.

14. induce urination and drain dampness

15. promote digestion and remove stagnated food

16. direct qi downward and stop vomiting

17. astringe and secure

18. relieve cough and panting

#### II. Translate the following sentences into English.

- The medicinals that can alleviate or eliminate heat syndromes are of cold or cool property.
   Those medicinals which can alleviate or eliminate cold syndromes are of warm or hot property.
- 2. It should be noted that the four qi only summarizes the functions and properties of the Chinese *materia medica* from a certain aspect and the four qi does not include other aspects of the medicinals.
- 3. The ascending, descending, floating and sinking natures of Chinese *materia medica* correspond with disease sites, and are opposite to the patient's condition.
- 4. Medicinals entering the same meridian may vary in their actions of warming, clearing, tonifying (supplementing) or purging.
- 5. It is essential to master the characteristics of Chinese *materia medica* to better understand and use medicinals.