

普通高等教育“十二五”规划教材 全国高等医药院校规划教材

供中医药类及相关专业用

中医基础理论 数字化中英文教材

The Basic Theory of Chinese Medicine :
Digital Chinese-English Text Book

● 主编 胡冬裴
Editor-in-chief Hu Dongpei

清华大学出版社

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内 容 简 介

《中医基础理论》是中医专业课程的主干和必修课程。它既是中医专业的基础课,又是国内外中医师执业资格考试的重要内容,是学习中医诊断学、中药学、方剂学、中医经典著作及中医临床各科的基础。本书适用于中医药高等院校、西医学学习中医的教材用书,同时也是从事中医药临床与科研的重要参考书。本教材适应中医国际化高级人才培养需求,根据现代学生阅读方式改变及对外教育的特点,对中医基础理论的内容、术语等作出数字化表述和注入内涵。形式上运用现代信息技术,采用活泼形象的数字化方式呈现疑难知识点,同时配套英语介绍中医基础理论的经典知识,为学习中医诊断、中药和中医临床等各门学科奠定基础。

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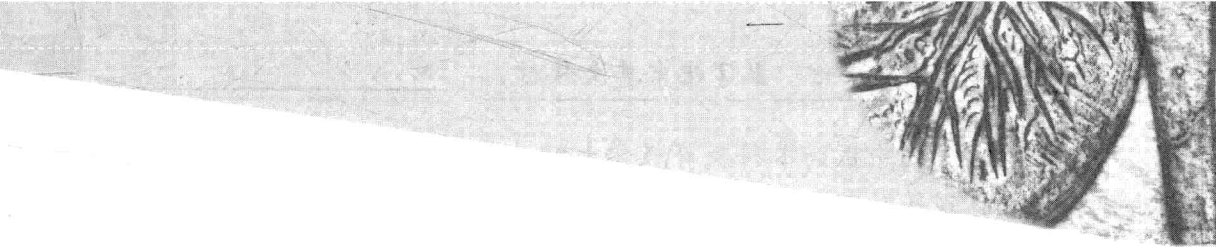
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前言

教材建设是中医高等教育事业基本建设之一，也是培养高质量中医人才的关键。自中医学院创办以来，高等中医药院校由国家统一组织编写并审定的高等中医基础理论的教材，对系统整理中医学理论和提高中医基础教学质量、培养中医药人才等方面发挥过积极的作用。随着中医药事业的迅猛发展，对外教育发展需求的不断扩大，迫切需要建设高质量、高水平、适用性强的数字化含英语的特色教材。借教材载体实现迅速传播中医的知识体系，达到中华传统医学系统、全面、不失本色地推向世界的目标。

中医基础理论是中医专业课程体系中一门主干课程。它既是中医专业的基础课，又是国内外中医师执业资格考试的必考内容，是继续学习中医诊断学、中药学、方剂学、中医经典著作及中医临床各科的基础。中医基础理论包括中医学哲学基础、中医藏象学、中医病因病机学、中医治则治法等基本理论和基本知识。本教材适用于中医药高等院校、西医学习中医的教学用书，同时也是从事中医药临床与科研的重要参考书。

迄今为止，国内《中医基础理论》、《中医学基础》等教材近 50 余种，编写风格各异，但本教材运用多媒体数字化形式含英语编写尚属首次尝试。以往教材编写方法均为传统的、古典的，没有有效利用现代科技手段和方法呈现知识点。解决中医语言的古朴、概念的深奥、理论的艰涩等教学问题，着手教材可读性、可操作性的改革已势在必行，亦已成为有识之士的共识。

本教材的编写将打破固有的模式，建立全面推动学生自主学习能力的培养。中医基础理论课程配套多媒体数字化教学，有效地改变单纯文字化教育模式。具体实施中做到内容丰富、文字简练，突出重点，相关知识点采用动画、图片等方式进行讲解，创造生动、新颖、活泼、快乐的气氛传授知识，一改中医高等教学呆板、陈旧的教学模式，培养学生探究中医的兴趣，同时配附英文弥补国际交流中语言的障碍，激发、培养学生学习兴趣，以便活跃课堂教学氛围。全书采用数字化的制作将引领教材的改革。

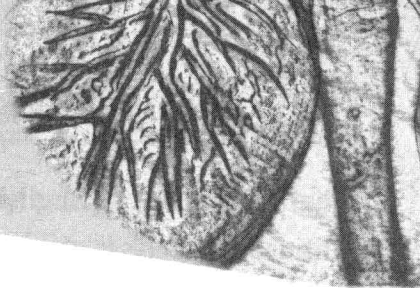
本教材以国内中医药本科教育教学大纲为基础，涵盖国内外职业中医师考试大纲，充分体现基础理论、基础知识、基本技能的内容；按学科的性质和研究范围，将中医基础理论的各个知识点进行系统的整合，着重反映当今社会的疾病谱，并做到能对现代临床医疗给予有效指导。本教材编写将融入现代教育理念和对外教育的特色，充分考虑初学中医的学生，尤其是外国学生的思维特点、学习习惯和接触中医知识的困难所在，对各知识点的概念进行梳理，正确、全面、简洁、规范、生动地进行中英文表述、数字化表达，达到外国学生乐于接受，易于理解的目的，增强可读性和实用性。本教材编写宗旨：综合中医学术之精华，反映现代研究之成果，汲取全国统编教材之经验，保持和发扬中医学之特色。在高起点、高标准、高要求等理念的指导下，赋以创新的思维模式，以严谨的治学态度和严密的逻辑思维编写成书，相信本教材对提高中医基础理论教学质量，繁荣中医学术，传播中医文化具有很好的促进作用。

在本教材的编写过程中，得到了上海中医药大学教务处、基础医学院领导的热情鼓励和大力支持，在此致以深深的感谢！

本教材编写中虽竭尽全能，仍难免瑕疵，尚祈专家不吝赐教，以资完备。

胡冬裴

2013年3月



Preface

Management of the teaching materials is one of the basic operations for the higher level of quality in TCM education. It is also the key point for training the TCM practitioners with the higher quality. Since the establishment of the Universities of Traditional Chinese Medicine, the materials for the advanced basic TCM theory has been organized and written by the state unified TCM colleges and universities. It played an important role in preparing the TCM theory systemically, improving the teaching quality as well as cultivating the talents in the TCM field. With the rapid development of the TCM field and the needs for expanding the world-wide TCM education, it is essential to have a comprehensive teaching material with the higher quality, higher educational level as well as the applicability of digital features in English language. By having such a higher quality of the teaching material, the Chinese culture and the TCM knowledge will be able to reach the world without losing its essence.

The “basic theory of TCM” is one of the main courses in the curriculum of TCM major. It is not only a basic course for the Chinese medicine profession, but also a compulsory content for the license examination of the domestic and international Chinese medicine practitioners. It is the foundation for the continual education in the field of TCM diagnosis, Chinese herbal medicine, Chinese herbal formula, TCM classics and TCM clinical education. It includes the basic TCM philosophy, TCM visceral manifestation and the study for TCM etiology and pathology as well the basic theory and knowledge of the TCM treatment principle. This book is most suitable for TCM universities and western medicine practitioners. It is also an important reference book for the TCM clinical practice and research.

So far there are about 50 different kinds of teaching materials for the topics in “basic theory of TCM” and “TCM foundation”. But none of those included the

digital features in English language. The previous materials were written in the traditional and classical form without the effective use of modern scientific means and methods to represent the knowledge to solve the problems in regards to the simplicity of the ancient of Chinese language, the profound concept as well the difficulties in TCM theory. The reform for the textbook readability and understanding is imperative. It has reached the consensus among the scholars in the TCM field.

The preparation for this teaching material will break the inherent model and establish a culture that promotes the independent learning ability. The “basic theory of TCM” supports the multimedia digital teaching and changes the merely simple text mode effectively. The content is rich while the text is concise and focused. By using the videos, pictures and animation to explain in certain parts of the relevant knowledge, it creates a vivid, innovative, lively and happy atmosphere to impart the knowledge. It changes the old and dull teaching models in the previous educational system as well as cultivates the interests of the students in exploring and learning TCM. The bi-lingual form in this material has made up for the language barrier of the international exchange students, stimulated the students’ interests of learning as well as active the classroom atmosphere. By using the digital production for the entire material will lead the reform in the teaching textbooks.

This book is based on the China’s TCM undergraduate educational syllabus. It covers all the materials for TCM licensing exams domestically and internationally as well as fully embodies the basic theory, knowledge and skills. It integrates every aspect of the basic TCM theory according to the nature of the subject and the scope of the study. It reflects the disease spectrum of today’s society provide the guidance to the modern clinical practice. The writing of the teaching materials will be integrated into the features of the concept of modern international education and give full consideration to the beginners and foreign students, especially the way of their thinking, learning habits and difficulties in learning the TCM knowledge. For the purpose of enhanced readability, practicality and willingness for the foreign students to adapt, this book reorganizes every concept concisely and expresses the whole content in a simple, correct and orderly digital way in both Chinese and English language. The purpose of this writing is to summarize the essence of the Chinese medicine, reflect the results of modern research, learn from the experience of textbook writings of the entire country in China, maintain and carry forward the characteristics of traditional Chinese medicine. This book is written under the guidance of the high starting point, high standard and high concept, as well as endowed

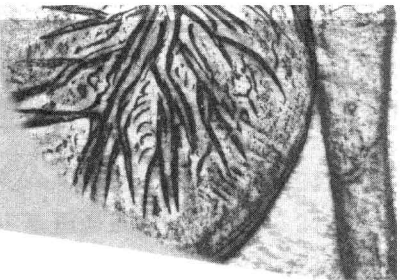
with an innovative mode of thinking and the positive learning attitude. I believe this book will play a positive role in improving the quality of teaching in basic theory of TCM, prospecting the Chinese medicine and spreading the TCM culture.

During the book writing process, the office of academic affairs from the university and the leaders from the department of the fundamental medicine college have given me huge encouragement and support. I feel very grateful and want to express my deepest appreciation to their support.

There might be many flaws in this material in spite of our effort. I hope to get as many as advice from the experts in this field to make it better.

Hu Dongpei

2013. 3



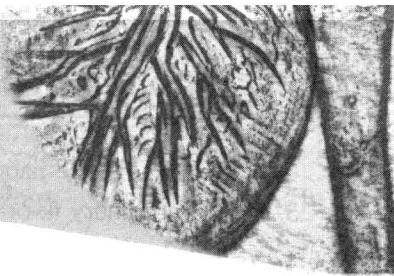
目 录

第 1 章 绪论	1	第 2 节 五脏	40
第 1 节 中医学的学科性质与属性	1	一、心	40
一、中医学的自然科学属性	1	二、肺	41
二、中医学的社会科学属性	1	三、脾	43
三、中医学与哲学的互动		四、肝	45
关系	2	五、肾	48
四、中医学是多学科交互渗透的		第 3 节 六腑	50
产物	2	一、胆	51
第 2 节 中医理论体系的主要特点	2	二、胃	51
一、整体观念	3	三、小肠	51
二、辨证论治	4	四、大肠	52
第 2 章 中医学的哲学基础	12	五、膀胱	52
第 1 节 阴阳学说	12	六、三焦	53
一、阴阳的基本概念	12	第 4 节 奇恒之腑	54
二、阴阳学说的基本内容	13	一、脑	54
三、阴阳学说在中医学中的		二、女子胞	55
应用	14	第 5 节 脏腑之间的关系	56
第 2 节 五行学说	17	一、脏与脏之间的关系	56
一、五行的基本概念和特性	17	二、腑与腑之间的关系	60
二、事物的五行归类	18	三、脏与腑之间的关系	61
三、五行生克和乘侮	19	第 4 章 气、血、津液	96
四、五行学说在中医学中的		第 1 节 气	96
应用	20	一、气的概念	96
第 3 章 藏象	39	二、气的生成	97
第 1 节 藏象概述	39	三、气的运动	97
		四、气的功能	98
		五、气的分类	98

第2节 血	100	二、体质的标志与特点	165
一、血的概念	100	第2节 影响体质的因素	165
二、血的生成	100	一、体质与脏腑经络及气血	
三、血的功能	101	津液的关系	165
四、血的运行	101	二、影响体质的因素	166
第3节 津液	102	第3节 体质的分类	167
一、津液的概念	102	一、阴阳平和质	168
二、津液的代谢	102	二、偏阳质	168
三、津液的功能	103	三、偏阴质	168
第4节 气、血、津液的关系	103	第4节 体质学说的应用	168
一、气与血的关系	103	一、说明个体对某些病因的	
二、气与津液的关系	104	易感性	168
三、血与津液的关系	105	二、阐释发病原理	169
第5章 经络	120	三、解释病理变化	169
第1节 经络概述	120	四、指导辨证	169
一、经络的基本概念	120	五、指导治疗	169
二、经络系统的组成	121	六、指导养生	170
第2节 十二经脉	122	第7章 发病	182
一、十二经脉的名称	122	第1节 发病的概念	182
二、十二经脉的走向和交接		第2节 发病的基本原理	182
规律	123	一、正气不足是疾病发生的	
三、十二经脉的分布规律	123	内在根据	183
四、十二经脉的表里络属		二、邪气干扰是疾病发生的	
关系	124	重要条件	184
五、十二经脉的流注次序	124	三、邪正相搏影响疾病的发展	
六、十二经脉循行的部位	124	和转归	184
第3节 奇经八脉	132	第8章 病因	189
一、奇经八脉的概念与主要生理		第1节 外感病因	190
作用	132	一、六淫	190
二、奇经八脉的循行部位与		二、疔气	195
生理功能	133	第2节 内伤病因	197
第4节 经络的生理功能和应用	137	一、七情内伤	197
一、经络的生理功能	137	二、饮食损伤	198
二、经络学说的应用	138	三、劳逸损伤	200
第6章 体质	164	第3节 病理产物形成的病因	202
第1节 体质的概念	164	一、水湿痰饮	202
一、体质的基本概念	164	二、瘀血	204

	三、结石	206
第 4 节	其他病因	207
	一、药邪	207
	二、医过	208
第 9 章	病机	234
第 1 节	邪正盛衰	234
	一、邪正盛衰的概念	235
	二、邪正虚实的变化	236
	三、邪正盛衰与疾病转归 ...	238
第 2 节	阴阳失调	240
	一、阴阳失调的概念	240
	二、阴阳失调的类型	240
第 3 节	气、血、津液失常	244
	一、气的失常	244
	二、血的失常	245

	三、气血关系失常	247
	四、津液代谢失常	247
	五、津液与气血关系失常 ...	249
第 10 章	防治原则	271
第 1 节	预防原则	271
	一、未病先防	271
	二、既病防变	271
第 2 节	治疗原则	272
	一、治病求本	272
	二、扶正祛邪	274
	三、调整阴阳	275
	四、调理气血	276
	五、调理脏腑	276
	六、三因制宜	276



Contents

Chapter 1 Introduction 6

- 1.1 The discipline nature and properties in traditional Chinese medicine 6
 - 1.1.1 TCM is characterized by its natural science nature ... 6
 - 1.1.2 TCM has the characteristics of social science 7
 - 1.1.3 The mutual influences between TCM and ancient Chinese philosophy 7
 - 1.1.4 TCM is a product of the multi-disciplinary interactions ... 7
- 1.2 The main characteristics of TCM theory..... 8
 - 1.2.1 Concept of holism 8
 - 1.2.2 Differential diagnosis and treatment 10

Chapter 2 The Philosophical Basis of Traditional Chinese Medicine 23

- 2.1 Theory of yin-yang 23
 - 2.1.1 The basic concept of yin-yang 23
 - 2.1.2 The basic contents of yin-yang theory 24
 - 2.1.3 The applicable examples in TCM of the yin -yang

theory 26

2.2 Five elements theory 30

- 2.2.1 Fundamental concepts and characters of the five elements 30
- 2.2.2 The classification of the five elements 32
- 2.2.3 The cycle of generation, restriction, over-restriction and counter-restriction in five elements 32
- 2.2.4 The application of five elements theory in TCM 35

Chapter 3 Visceral Manifestation ... 62

- 3.1 Summarization of visceral manifestations 62
- 3.2 Five zang-organs 63
 - 3.2.1 Heart 63
 - 3.2.2 Lung 66
 - 3.2.3 Spleen 68
 - 3.2.4 Liver 72
 - 3.2.5 Kidney 76
- 3.3 Six fu-organs 80
 - 3.3.1 Gallbladder 80
 - 3.3.2 Stomach 81
 - 3.3.3 Small intestine 82
 - 3.3.4 Large intestine 82
 - 3.3.5 Urinary bladder 83



3.3.6	Triple-jiao	83
3.4	Extraordinary fu-organs	85
3.4.1	Brain	85
3.4.2	Uterus	86
3.5	The relationships among the zang and fu organs	87
3.5.1	The relationships among the five zang-organs ...	87
3.5.2	The relationships among the six fu-organs	93
3.5.3	The relationship between the five zang-organs and six fu-organs	94

Chapter 4 The Theory of Qi, Blood and Body Fluids

4.1	Qi	106
4.1.1	Concept of qi	107
4.1.2	Production of qi	107
4.1.3	Movement of qi	107
4.1.4	Functions of qi	108
4.1.5	Classification of qi	110
4.2	Blood	112
4.2.1	Concept of blood	112
4.2.2	Production of blood ...	113
4.2.3	Functions of blood	113
4.2.4	Blood circulation	113
4.3	Body fluids	114
4.3.1	Concept of body fluids ...	115
4.3.2	Metabolism of body fluids	115
4.3.3	Function of body fluids ...	116
4.4	The relationships among qi, blood and body fluids	117
4.4.1	The relationship between qi and blood	117
4.4.2	The relationship between qi and body fluids	118
4.4.3	The relationship between blood and body fluids	119

Chapter 5 Theory of Meridians and Collaterals

5.1	Overview of the theory of the meridians and collaterals	139
5.1.1	The concept of the meridians and collaterals	139
5.1.2	Composition of the meridian	140
5.2	Twelve meridians	141
5.2.1	Nomination of twelve meridians	142
5.2.2	Route and connection of the twelve meridians	143
5.2.3	Distribution of the twelve meridians	144
5.2.4	Exterior-interior relationship	144
5.2.5	Circulating sequence of the twelve meridians	144
5.2.6	Travelling routes of the twelve meridians	145
5.3	Eight extra meridians	154
5.3.1	Concept and functions of eight extra meridians ...	155
5.3.2	Distribution and physiological functions of the eight extra meridians	155
5.4	Physiological functions and applications of the meridians	162
5.4.1	Physiological functions of the meridian	162
5.4.2	Application of the theory of the meridian	163

Chapter 6 Constitutional Theory ...

6.1	Concept of constitutional theory	171
6.1.1	Basic concept of constitution	171
6.1.2	Signs and characteristics of constitution	172

6.2	Factors affecting constitution	173
6.2.1	Relationship of the constitution to viscera, meridians, essence, qi, blood and body fluids ...	173
6.2.2	Factors which affect the constitution	174
6.3	Classification of constitution ...	176
6.3.1	Balance constitution	177
6.3.2	Yang-inclined constitution	177
6.3.3	Yin-inclined constitution	177
6.4	Application of the constitution theory	178
6.4.1	Explanation of the susceptibility of individual to certain pathogens	178
6.4.2	Illustrating the etiology	179
6.4.3	Explaining the pathological changes	179
6.4.4	Guiding syndrome differentiation	180
6.4.5	Guiding treatment	180
6.4.6	Guiding the health maintenance	181

Chapter 7 Onset of Disease 185

7.1	Concept of pathogenesis	185
7.2	Cardinal principle of disease onset	185
7.2.1	Deficiency of vital qi is the intrinsic factor for the pathogenesis	186
7.2.2	Pathogenic qi is an important factor to cause the disease	187
7.2.3	Struggle between pathogenic and vital qi determines the progress and prognosis of disease	188

Chapter 8 Etiology 210

8.1	Exogenous pathogens	211
8.1.1	Six evils	211
8.1.2	Pestilential pathogens ...	218
8.2	Endogenous pathogens	220
8.2.1	Internal injury due to mental disorders	220
8.2.2	Injury due to improper diet	222
8.2.3	Injury due to overstrain and over-idleness	224
8.3	Pathogens from pathological products	225
8.3.1	Water-dampness, phlegm and retained fluid	225
8.3.2	Blood stasis	228
8.3.3	Calculus	230
8.4	Other pathogens	231
8.4.1	Medicine abuse	232
8.4.2	Iatrogenic pathogen	233

Chapter 9 Pathogenesis 250

9.1	Exuberance and debilitation between vital and pathogen	250
9.1.1	Concept of pathogen, vital, exuberance and debilitation	251
9.1.2	Changes of deficiency or excess	253
9.1.3	The relationships among pathogen, vital qi, excess and deficiency as well as the outcome of disease	255
9.2	Imbalance of yin and yang	257
9.2.1	Concept of imbalance of yin and yang	257
9.2.2	Types of imbalance of yin and yang	258
9.3	Disorders of qi, blood, and body fluids	262
9.3.1	Disorders of qi	263

- 9.3.2 Disorder of blood 265
- 9.3.3 Disharmony between qi
and blood 267
- 9.3.4 Metabolic disorders of
body fluids 268
- 9.3.5 Disharmony between qi,
blood and body fluids ... 269

Chapter 10 Principles of Prevention and Treatment of Disease 278

- 10.1 Principles of disease
prevention 278
 - 10.1.1 Disease prevention prior
to its outbreak 278

- 10.1.2 Controlling the development
of existing disease 279
- 10.2 Principles of treatment 279
 - 10.2.1 Treating the root of the
disease 280
 - 10.2.2 Strengthening the vital
and dispelling the
pathogen 283
 - 10.2.3 Regulating yin and
yang 286
 - 10.2.4 Regulating qi and
blood 287
 - 10.2.5 Regulating the
viscera 287
 - 10.2.6 Three optimal treatment
administrations 287