

*An Intensively Compiled Practical
English-Chinese Library of
Traditional Chinese Medicine*

英汉对照 精编实用中医文库

General Chief Compilers

CHEN Kaixian LI Qizhong (Executive) HE Xinghai

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SHI Jianrong HU Hongyi XU Yao (Executive)

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Foreword

前 言



With the traditional medical philosophy and clinical experience as the principal body, the science of Traditional Chinese Medicine (TCM) is a comprehensive subject to study the rules of life activities and the disease prevention, diagnosis, treatment, rehabilitation as well as healthcare. The science of TCM has a long history of development and belongs to a summary of experiences that Chinese nation has fought against diseases for over several thousand years, is also an important component part of Chinese outstanding traditional culture and has contributed greatly to the healthcare undertaking and development of Chinese nation.

By increasing enhancement of modern living standard, change of living modes and acceleration of ageing process, the chronic diseases represented by tumors, cardiovascular diseases and diabetes become gradually the important factors in impacting the health of mankind, but TCM presents the better therapeutic effects. Nowadays, the modern medical mode of “society-psychology-biology” has been advocated in medical science, changing from the medical idea of “disease treatment” to “health promotion”. The more and more patients in China and abroad have chosen natural and low side-effect Chinese herbal medicine for their problems. With the changes in medicine modes and in spectrum of diseases in the recent several dozens of years, TCM has increasingly been concerned by the medical experts and ordinary people in China and abroad, and the global “TCM upsurge” keeps rising. In order to meet the growing needs of the domestic and international professionals in learning the knowledge of TCM, we have edited particularly the series books of *An Intensively Compiled Practical English-Chinese Library of Traditional Chinese Medicine*.

The scientific, systematic and practical features have been emphasized in the series books. Based upon the full absorption of new progress in teaching and research achievements of TCM, the series books highlight the academic essentials of TCM, with precise exposition of medical philosophy and down-to-earth clinical practice, to introduce the “original and authentic” TCM to the readers. The series books introduce the commonly used therapeutic methods and clinical skills in Chinese medicine,

by the clinically encountered and frequently seen diseases and the relevant ailments predominantly effective by Chinese medical therapies. By studying the series books, the readers can learn the knowledge and techniques of TCM on gradual progress and become proficient gradually in TCM.

The series books highlight “the precise features in three aspects”—capable in authors, refined in contents and accurate in translation. The majority of the authors of the series books are senior experts from the related faculties of Shanghai University of Traditional Chinese Medicine. The translator team is composed of the senior teachers with plentiful expertise in translation of TCM from international education college and foreign language center of Shanghai University of Traditional Chinese Medicine. In order to meet the needs of the readers in China and abroad, the basic and clinical core contents are selected and the latest research achievements are consulted based upon the principle “to seek its essentials but its completion” in the series books.

The series books can satisfy the beginners with certain knowledge of English language in studying TCM systematically and can also be used as the textbooks for education of TCM and pharmacy for foreign students. We sincerely hope the publication of the series books plays its promoting role for TCM going to the world.

Editors
June, 2017

中医学是以传统医学理论与实践经验为主体,研究人体生命活动规律和疾病预防、诊断、治疗、康复以及保健的一门综合性学科。中医学历史悠久,源远流长,是中华民族几千年来同疾病作斗争的经验总结,也是中国传统文化的重要组成部分,长期以来为中国人民的健康保健事业和民族繁衍作出了巨大的贡献。

随着现代生活水平的不断提高、生活方式的改变以及老龄化进程的加快,以肿瘤、心血管疾病和糖尿病等为代表的慢性病日渐成为影响人类健康的重要因素,而中医药显示了良好的治疗效果。当今的医学倡导“社会—心理—生物”的现代医学模式,医学理念从“疾病治疗”向“健康促进”转变,国内外越来越多的患者选择天然、毒副作用低的中医药治疗疾病。近几十年来,随着医学模式的转变和疾病谱的改变,中医学日益引起越来越多的海内外医学专家和普通民众的关注,全球性的“中医热”正在持续升温。为了满足海内外人士日益高涨的学习中医学知识的需求,我们特地编撰了《(英汉对照)精编实用中医文库》丛书。

本丛书注重“三性”——科学性、系统性、实用性。丛书在充分吸取近年中医教学、科研进展的基础上,突出中医学术精华,理论阐述准确、临床切合实际,向读者介绍“原汁原味”的中医学;丛书介绍中医学常用的治疗方法和临床技能,所涉及的病证均为临床常见病、多发病和中医优势病种。丛书的13个分册涵盖了中医基础与临床的主干课程,通过阅读本丛书,读者可以由浅入深、循序渐进地学习中医药知识和技能。

本丛书突出“三精”——作者精干、内容精炼、翻译精准。丛书的中文作者绝大部分为上海中医药大学各相关教研室的资深专家,翻译团队由上海中医药大学国际教育学院和外语中心具有丰富的中医学翻译经验的骨干教师组成。为了适合海内外读者的需求,丛书本着“求其精而不求其全”的原则,选取了基础和临床的核心内容,翻译上参考了最新的研究成果。

本丛书既可满足具有一定英语水平的初学中医者系统学习中医所用,也可供中医留学生教育作为教材使用,衷心希望本丛书的出版在中医药走向海外进程中发挥应有的推动作用。

编者

2017年6月



Note for Compilation

编写说明

In the historical practice for thousands of years, the medicinal herbs have played the great role in preventing and treating diseases and in guaranteeing the human health. As a subject bridging the Basic Theory of Traditional Chinese Medicine and all the clinical departments, Chinese Materia Medica acts to illustrate the basic theory and clinical application of Chinese medicinal herbs. This book, under the guidance of the theories of traditional Chinese medicine and according to the practical and easily understanding principles, systematically introduces the basic theories and concrete application methods of Chinese Materia Medica.

The whole book consists of two parts of General Introduction and Specific Introduction.

General Introduction, consisting of three chapters, mainly introduces the natures and actions of Chinese medicinal herbs, including: four properties, five flavors, ascending, descending, floating and sinking actions, meridian tropism, and toxicity; the processing purpose and commonly-used processing methods of Chinese medicinal herbs; the application of Chinese medicinal herbs, including compatibilities, contraindications, dosages and administrations.

Specific Introduction, divided into eighteen chapters, collects and contains 260 commonly-used and practical herbs. It is introduced in each chapter the concept, action, classification, indications and notes for attention of this type of herbs. Each herb is illustrated according to the Pharmacopoeia of People's Republic of China 2015 in the order of formal name, source, property, flavor, meridian tropism, action, application, dosage, and administration. It is emphatically introduced the action features of each herb, for the purpose to easily understand. For some of the herbs, remarks are added to briefly illustrate the differences among the herbs with similar names or confusion, and the generalization and comparison of herbs with same sources but different parts, so as to increase the practicability and clinical application. There is a brief summary in the end of each chapter, which is to summarize the properties and actions of the sort of herbs in this chapter.

Index of herbs is added as the appendix.

在数千年的历史实践中,中医药在防治疾病、保障人类健康方面发挥了巨大的作用。中药学是阐述中药的基本理论和临床应用的一门学科,是中医药基础与临床各科之间的桥梁。本书以中医学理论为指导,遵循实用、易懂的原则,较为系统地介绍中药的基本理论和具体应用方法。

全书分总论和各论两大部分。

总论共有三章,主要介绍中药的性能,包括:四气、五味、升降浮沉、归经、有毒无毒等内容;中药炮制的目的和常用的炮制方法;中药的应用,包括配伍、用药禁忌、剂量、用法等。

各论按功效分列 18 章,共收载常用、实用的药物 260 味(含附药 14 味)。每章先简单叙述该章药物的概念、功效分类、适应证,以及使用注意等项。每味药以 2015 年版《中国药典》为依据,列药物正名、来源、性味归经、功效、应用、用量用法、使用注意等项,着重介绍每味药物的应用,阐述该药与应用相关的作用特性,以便于理解。在部分药物项下加设按语,简明扼要地对药名类似、作用有异、易混淆的药物加以区别;对来源相同、药用部位不同的药物作用进行归纳比较,以增加实用性,有利于临床应用。每章结束设小结,对章内药物性能功效加以归纳。

正文后附有中药药名中文名、拉丁名索引,以便于检索。

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