

World Intangible Cultural Heritage Series (Traditional Chinese Medicine)
(English and Chinese Version)

Chief Editors: Song Yitong Wang Jian Wang Zhenquan

总编辑：宋一桐 王健 王震全

Executive Editor-in-Chief: Song Yitong

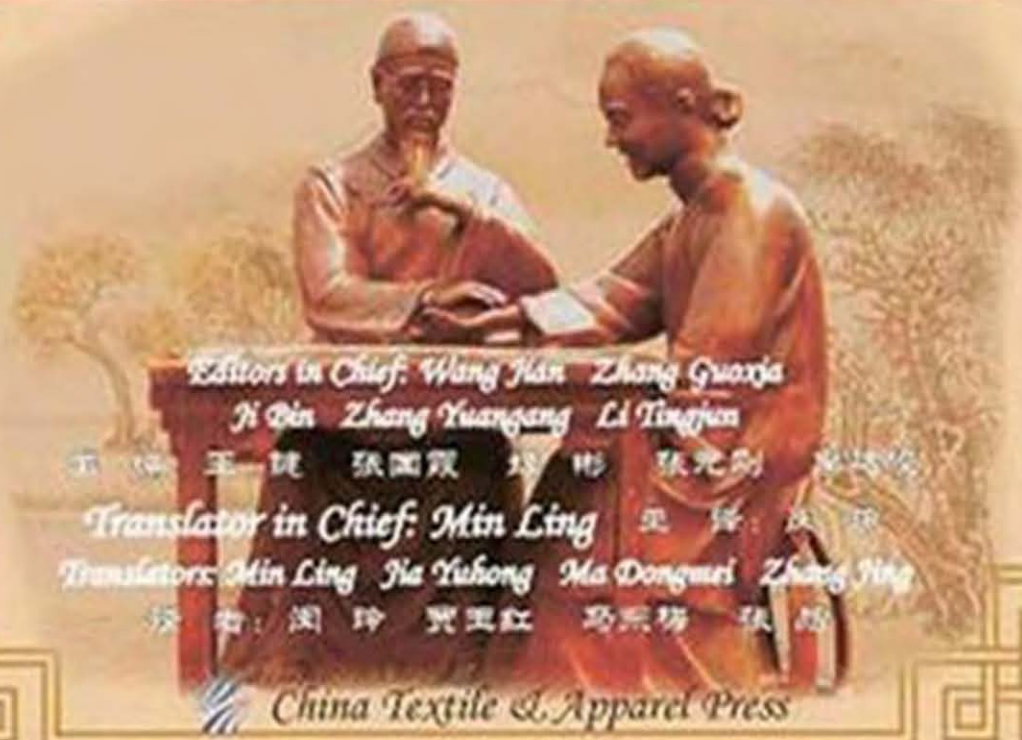
执行总编辑：宋一桐

Series of Textbooks for International Higher Education of Traditional Chinese Medicine
(English and Chinese Version)

Basics of Traditional Chinese Medicine

(English Version)

中医基础学（英文版）



Editors in Chief: Wang Jian Zhang Guoxia

Ji Bin Zhang Yuangang Li Tingjun

主编：王健 张国霞 纪彬 张元刚 李廷军

Translator in Chief: Min Ling

Translator: Min Ling Jia Yuhong Ma Dongmei Zhang Ning

译者：闵玲 贾亚红 马东梅 张宁

China Textile & Apparel Press

World Intangible Cultural Heritage Series (Traditional Chinese Medicine)
(English and Chinese Version)

世界非物质文化遗产（中医类）丛书（中英文版）

Chief Editors: Song Yitong Wang Jian Wang Zhenquan

总主编：宋一同 王 健 王振全

Executive Editor-in-chief: Song Yitong

执行主编：宋一同

*Series of Textbooks for International Higher
Education of Traditional Chinese Medicine*

(English and Chinese Version)

国际高等中医院校系列教材（中英文版）

Basics of Traditional Chinese Medicine

(English Version)

中医基础学（英文版）

Editors in Chief: Wang Jian Zhang Guoxia Ji Bin

Zhang Yuangang Li Tingjun

主 编：王 健 张 国 霞 姬 彬 张 元 刚 李 廷 俊

Translator in Chief: Min Ling

主 译：闵 玲

Translators: Min Ling Jia Yuhong Ma Dongmei Zhang Jing

译 者：闵 玲 贾 玉 红 马 东 梅 张 晶



China Textile & Apparel Press

图书在版编目 (CIP) 数据

中医基础学: 英文 / 王键, 张国霞, 李廷俊主编;
闵玲主译. -- 北京: 中国纺织出版社, 2017. 3
ISBN 978-7-5180-0350-1

I. ①中… II. 王… ②张… ③李… ④闵… III.
中医医学基础 - 英文 IV. ① R22

中国版本图书馆 CIP 数据核字 (2017) 第 033267 号

策划编辑: 刘箴言

责任印制: 储志伟

中国纺织出版社出版发行

地址: 北京市朝阳区百子湾东里 A407 号楼 邮政编码: 100124

邮购电话: 010—67004422 传真: 010—87155801

<http://www.c-textilep.com>

E-mail: faxing@c-textilep.com

中国纺织出版社天猫旗舰店

官方微博: <http://weibo.com/2119887771>

北京玺诚印务有限公司印刷 各地新华书店经销

2017 年 3 月第 1 版第 1 次印刷

开本: 787×1092 印张: 28.5

字数: 829 千字 定价: 68.00 元

凡购本书, 如有缺页、倒页、脱页, 由本社营销中心调换

CONTENT SUMMARY

Basics of traditional Chinese medicine(TCM) is the subject about the basic theories, basic knowledge and basic thinking methods of TCM, the basis of other basic and professional courses , and the main course of TCM curriculum system.

This book consists of nine chapters, including the introduction, philosophical basis of TCM, zang-fu manifestation, essence, qi, blood and body fluid, meridians and collaterals, etiology, disease occurrence, pathogenesis, principles for health nurturing, disease prevention and treatment. Each chapter has a chapter summary and review questions for the convenience of the students.

The introduction mainly introduces the disciplinary attributes of TCM, and the TCM theoretical system including its formation, development and basic characteristics. The philosophical basis of TCM is mainly the yin-yang theory and the theory of five elements, which are applied to understand life activity patterns, explain pathological changes, and then guide diagnosis and prevention of diseases in the course of the formation and development of TCM. Zang-fu organs are the main part of the structure and functions of human body. Zang-fu manifestation mainly studies the physiological functions of human organs and their mutual relations, and so it is the core of TCM basic theories. The theory of essence, qi, blood and body fluid focuses on formation and metabolism of essence, qi, blood and body fluid, and their relationship with the functions of zang-fu organs. Meridians and collaterals connect the human body into an organic whole, and the theory of meridians and collaterals elaborates the composition, circulation and physiology of meridians and collaterals. There are many factors causing diseases. Etiology studies the nature, pathogenic features and clinical manifestations of different pathogenic factors. Pathogenic factors in TCM include six pathogenic factors, epidemic pathogenic factor, internal injury by seven emotions, improper diet, imbalance between work and rest, phlegm and fluid retention, blood stasis, trauma and so on. The theory of disease occurrence is the study of pathways, categories, mechanism, basic principles and influencing factors of disease

occurrence. Pathogenesis refers to the mechanism of occurrence, development and changes of diseases. The process of disease is complex and associated with various levels of the body, so the pathogenesis should be studied at different levels, and it mainly focuses on the basic one in TCM basic theories. Health nurturing in TCM is a systematic theory aiming to study the laws and methods of enhancing vitality and prolonging life under the guidance of TCM theories. The prevention in TCM refers to take measures to prevent occurrence and development of diseases. Therapeutic principles are the criteria of treating diseases, including routine treatment and contrary treatment, treating fundamental aspect and treating incidental aspect, reinforcing healthy qi and eliminating pathogenic factors, regulating yin and yang, treating in accordance with three factors and so on. The principles for health nurturing, disease prevention and treatment are formulated under the guidance of TCM theory of wholism and treatment based on syndrome differentiation, and have general guiding significance for choosing therapies, prescriptions, medication and acupuncture treatment in all clinical specialties.

**Chief Editorial Committee of Series of
Textbooks for International Higher Education
of Traditional Chinese Medicine
(Chinese and English Versions)**

**国际高等中医药院校（中英文版）系列教材
总编委员会**

Chief Editors 总主编

Song Yitong Professor of Beijing University
of Traditional Chinese Medicine
President of International Hua Tuo College of
Traditional Chinese Medicine
Chairman of International Higher TCM
Education Association

宋一同 （北京中医药大学教授）
 （国际华佗中医学院院长）
 （国际高等中医药教育联合会主席）

Wang Jian President of Anhui University of Traditional
Chinese Medicine

王 键 （安徽中医药大学院长）

Wang Zhenquan Vice president of International Hua Tuo
College of Traditional Chinese Medicine

王振全 （国际华佗中医学院副院长）

Chief Editorial Committee Members 总编委

- Hu Ling Dean of Clinical Institute of Acupuncture and Moxibustion and Orthopedics of Anhui University of Traditional Chinese Medicine
胡 玲 （安徽中医药大学针灸骨伤临床学院院长）
- Pei Jingchun Dean of Acupuncture and Moxibustion College of Liaoning University of Traditional Chinese Medicine
裴景春 （辽宁中医药大学针灸推拿学院院长）
- Dong Guirong Ph.D. Supervisor of Shanghai University of Traditional Chinese Medicine
东贵荣 （上海中医药大学博士生导师）
- Ma Tieming Dean of Acupuncture and Moxibustion College of Liaoning University of Traditional Chinese Medicine
马铁明 （辽宁中医药大学针灸推拿学院院长）
- Yang Jun President of the First Affiliated Hospital of Anhui University of Traditional Chinese Medicine
杨 骏 （安徽中医药大学第一附属医院院长）
- Han Jingxian President of the Affiliated Hospital of Tianjin University of Traditional Chinese Medicine
韩景献 （天津中医药大学附属医院院长）
- Niu Shuping Dean of Clinical Institute of Acupuncture and Moxibustion and Orthopedics of Anhui University of Traditional Chinese Medicine
牛淑平 （安徽中医药大学针灸骨伤临床学院主任）

Wang Zhihong 王之虹	President of Changchun University of Traditional Chinese Medicine (长春中医药大学校长)
Wang Rui 王 瑞	President of Henan Yatai Orthopedic Hospital (河南亚太骨病医院院长)
Luo Caigui 罗才贵	Vice president of Chengdu University of Traditional Chinese Medicine (成都中医药大学常务副校长)
Han Yonghe 韩永和	Dean of Acupuncture and Moxibustion College of Changchun University of Traditional Chinese Medicine (长春中医药大学针灸推拿学院院长)
Wang fuchun 王富春	Dean of Acupuncture and Moxibustion College of Changchun University of Traditional Chinese Medicine (长春中医药大学针灸推拿学院院长)
Gao Ling 高 玲	Department Dean of Changchun University of Traditional Chinese Medicine (长春中医药大学系主任)
Song Xiaoge 宋晓鸽	Department Dean of Anhui University of Traditional Chinese Medicine (安徽中医药大学主任)
Wang Jingui 王金贵	Dean of Acupuncture and Moxibustion Department of the First Affiliated Hospital of Tianjin University of Traditional Chinese Medicine (天津中医药大学第一附属医院推拿科主任)

Zhang Jinying	Department Dean of Chinese Medicine College of Tianjin University of Traditional Chinese Medicine
张金英	(天津中医药大学中药学院教研室主任)
Li Fengxia	Department Dean of Tianjin University of Traditional Chinese Medicine
李凤霞	(天津中医药大学教研室主任)
Zhang Guoxia	Department Dean of Tianjin University of Traditional Chinese Medicine
张国霞	(天津中医药大学教研室主任)
Yang Yaping	Department Dean of Nanjing University of Traditional Chinese Medicine
杨亚平	(南京中医药大学主任)
Liang Guanghe	Department Dean of Hebei Chengde Medical University
梁广和	(河北承德医学院系主任)
Wang Zongdian	Department Dean of Anhui University of Traditional Chinese Medicine
王宗殿	(安徽中医药大学系主任)
Liu Bailing	Professor of Changchun University of Traditional Chinese Medicine
刘柏龄	(长春中医药大学终身教授)
Huang Guicheng	Vice President of Nanjing University of Traditional Chinese Medicine
黄桂成	(南京中医药大学副校长)
Qiu Moyan	Dean of Wangjing Hospital of China Academy of Chinese Medical Sciences

邱模炎	(中国中医药科学院望京医院主任)
Zhang Gengyang 张庚扬	Department Dean of Tianjin University of Traditional Chinese Medicine (天津中医药大学系主任)
Li Xianping 李献平	Dean of Further Education College of Beijing University of Traditional Chinese Medicine (北京中医药大学继续教育学院院长)
Gong Ennian 宫恩年	President of Beijing 66400 Army Orthopedic Hospital (北京 66400 部队骨科专科医院院长)
Huang Keqin 黄克勤	President of Beijing Huangcheng Hospital for Necrosis of Femoral Head (北京皇城股骨头坏死专科医院院长)
Xiao Zhengquan 肖正权	President of Beijing Beiya Orthopedic Hospital (北京北亚骨科医院院长)
Yu Zhizhong 余志忠	President of Beijing Heng' an Hospital (北京恒安中医医院院长)
Lin Zhirong 林志荣	President of Beijing Heng' an Hospital (北京恒安中医医院院长)
Lin Yuantai 林元太	President of Changgeng Hospital of Beijing Zhong Kang Jia Academy of Chinese Medical Sciences (北京中康佳中医药研究院院长庚医院院长)
Wang Shoudong	President of American International Academy of Chinese Medical Sciences

王守东	(美国国际中医药研究院院长)
Luo Jindian	President of Beijing Luo Youming Orthopedic Hospital
罗金殿	(北京罗有明骨伤医院院长)
Li Jiagui	President of Yunnan Tonghai Orthopedic Hospital
李家贵	(云南通海骨伤医院院长)
Wang Xierong	Chief Expert of Pain Medical Center of Navy General Hospital of People's Liberation Army of China
王燮荣	(中国人民解放军海军总医院疼痛诊疗中心首席专家)
Zhang Jilin	President of Beijing Three-dimension Spinesetting Academy of Medical Sciences
张吉林	(北京三维正脊医药研究所所长)
Chen Yu	President of Beijing Cisheng Academy of Chinese Medical Sciences
陈宇	(北京慈生中医药研究所所长)
Li Tingjun	Chief Physician of Lvliang Academy of Chinese Medical Sciences
李廷俊	(吕梁市中医药研究院主任医师)
Zhang Dianxue	Business Dean of Beijing Qianhai Hospital of Femoral Head
张典学	(北京前海股骨头医院业务院长)
Li Yefu	Professor of Anhui University of Traditional Chinese Medicine
李业甫	(安徽中医药大学教授)
Li Zhengping	Vice President of Shanxi Ren' ai Hospital
李振平	(山西仁爱医院副院长)
Wu Bo	President of Shenyang Orthopedic Hospital
邬波	(沈阳市骨科医院院长)
Lv Lijiang	Professor of Zhejiang University of

吕立江	Traditional Chinese Medicine (浙江中医药大学教授)
Zhang Youdi 章友棣	President of Zhejiang Taizhou Orthopedic Hospital (浙江台州骨科医院院长)
Zhang Ming 章 鸣	Executive president of Zhejiang Taizhou Orthopedic Hospital (浙江台州骨科医院执行院长)
Song Yongzhong 宋永忠	Director of Beijing Beiyuan Chinese Medical Center (北京北苑中医门诊部主任)
Wang Yixue 王义学	President of Shandong Jining YIXUE Neck- shoulder and Lumbocrural Pain Hospital (山东济宁义学颈肩腰腿痛医院院长)
Ji Bin 姬 彬	Professor of International Hua Tuo College of Traditional Chinese Medicine (国际华佗中医学院教授)
Zhang Yuangang 张元刚	President of Meta Meridian Palace (Beijing) Academy of Chinese Medical Science (宗筋堂(北京)中医科学研究院院长)
Kanamori Harumi 金森晴美	President of Japanese Institute of Traditional Chinese Medicine (日本中医学手法研究所所长)

Secretaries 总主编办公室秘书

Hu Lingyan
胡玲燕

Yuan Fang
袁方

Yu Xiang
于翔

Bao Si
包思

Tang Jie

唐杰

Yin Xia

尹霞

Ren Baolong

任宝龙

Song Yongzhong

宋永忠

Hu Qianqian

胡倩倩

**Expert Steering Committee of Series
of Textbooks for International Higher
Education of Traditional Chinese
Medicine (Chinese and English Versions)**

**教材建设专家指导委员会
成员名单**

Chairman 主任委员

Shen Zhixiang International Cooperation Department of
State Administration of Traditional Chinese
Medicine of the People' s Republic of China
沈志祥 (国家中医药管理局国际合作司)

Vice Chairmen 副主任委员

Zhang Dianpu Beijing University of Traditional Chinese
Medicine
张殿璞 (北京中医药大学)

Wang Jian Anhui University of Traditional Chinese
Medicine
王 键 (安徽中医药大学)

Members 委员

Chen Lidian Fujian University of Traditional Chinese
Medicine
陈立典 (福建中医药大学)

Fu Kegang Jiangxi University of Traditional Chinese

傅克刚	Medicine (江西中医学院)
Zheng Yuling 郑玉玲	Henang College of Traditional Chinese Medicine (河南中医学院)
Wang Hua 王 华	Hubei College of Traditional Chinese Medicine (湖北中医学院)
Huang Qenhan 黄岑汉	Youjiang Medical University for Nationalities (右江民族医学院)
Zhu Hua 朱 华	Guangxi College of Traditional Chinese Medicine (广西中医学院)
Liang Guangyi 梁光义	Guiyang College of Traditional Chinese Medicine (贵阳中医学院)
Li Qingsheng 李庆生	Yunnan College of Traditional Chinese Medicine (云南中医学院)
Liu Hongshun 刘洪顺	Tibetan Traditional Medical College (西藏藏医学院)
Zhou Yongxue 周永学	Shanxi College of Traditional Chinese Medicine (陕西中医学院)
Li Jintian 李金田	Gansu College of Traditional Chinese Medicine (甘肃中医学院)

Zhou Ran	Shanxi College of Traditional Chinese Medicine
周 然	(山西中医学院)
Zhang Liping	Beijing University of Traditional Chinese Medicine
张立平	(北京中医药大学)
zheng Linyun	Shanghai University of Traditional Chinese Medicine
郑林贇	(上海中医药大学)
Liu Qin	Nanjing University of Traditional Chinese Medicine
刘 焱	(南京中医药大学)
He Jun	Guangzhou University of Traditional Chinese Medicine
何 军	(广州中医药大学)
Yao Hongwu	Chengdu University of Traditional Chinese Medicine
姚洪武	(成都中医药大学)
Cui Hongjiang	Shandong University of Traditional Chinese Medicine
崔洪江	(山东中医药大学)
Ying Senlin	Tianjin University of Traditional Chinese Medicine
应森林	(天津中医药大学)
Liu Jingfeng	Liaoning University of Traditional Chinese Medicine
刘景峰	(辽宁中医药大学)

Liu Miao	Changchun University of Traditional Chinese Medicine
刘 淼	(长春中医药大学)
Fang Yuan	Hunan University of Traditional Chinese Medicine
方 圆	(湖南中医药大学)
Chen Huade	Zhejiang University of Traditional Chinese Medicine
陈华德	(浙江中医药大学)
Li Pei	Fujian University of Traditional Chinese Medicine
李 沛	(福建中医药大学)
Peng Rui	Hubei University of Traditional Chinese Medicine
彭 锐	(湖北中医药大学)