

汉英对照

中医药文化故事

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LEGENDS AND FOLK TALES IN TCM(A CHINESE-ENGLISH EDITION)



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前 言

中医学是中华民族传统文化的一部分,具有浓厚的中国传统文化色彩,融入了中国的道学文化、儒学文化和佛学文化。而中医典籍的语言又是典型的古汉语的文学语言与哲学语言。五千多年来,中医药对中华民族的生存和繁衍、防病治病、强身健体,发挥了重大的作用。

中医药有自己一套独特的理论与体系。它强调人与自然是一个有机的整体,许多疾病是由于环境造成的;人体的各部分又是一个有机的整体,一个器官有病,必然影响到全身。

中医的理论主要是探索生命循环的本质和疾病产生的原因。它的阴阳、五行、气、血、津液、脏腑、经络等理论,充满辩证法,解释疾病产生的原因以及如何诊断、治病防病、强身健体等。

中医的诊断方法(望、闻、问、切)和诊疗方法(针灸、艾灸、拔罐、推拿、刮痧、食疗、中草药等)都是建立在它的生命理论和治疗体系上的。

中国古代名医华佗,发现阳春三月的青蒿的嫩叶,可治黄疸病;当代中医专家屠呦呦和她的研究团队,在研究了众多中医典籍和数千验方之后,发明了青蒿素,专治恶性疟原虫疟疾,从而挽救了数百万非洲人民的生命,获2015年诺贝尔医学与生物学奖。

每一年,都有大批的外国留学生来到中国的中医院校学习中医药。要掌握深奥的中医理论、精密的诊断方法和各种治疗方法,这对他们来说,是十分困难的事情,非下三五年的苦功夫不可。而编写《中医药文化故事(汉英对照)》一书,既可以夯实他们的中医药文化底蕴,又可以提高他们学习中医药的兴趣,这是我们编写此书的初衷。同时,这本书对于“中国传统文化走出去”和“讲好中国故事”,是一次有益的尝试。

我们在中医药院校从事教学工作多年,得益于良好中国文化氛围的熏

陶,且通过教习“医学英语”等课程,对中医的基本理论和文化底蕴有了一定的了解。同时,通过承担多批外国留学生的医学英语教学和课堂翻译工作,让我了解到中医翻译的不易。在伟大的中医药宝库面前,我们“什么也不是”,就像一个旅者,远眺一个城市的夜景,只见一片灯光,心中充满了渴望与梦想。

在本书编译的过程中,得到了广西大学外国语学院、广西外国语学院原院长周仪教授的悉心帮助与指导,他扎实的语言知识底蕴、对中国传统文化的广泛涉猎以及严谨认真的治学态度,都是促使我们认真编译此书,使之尽快与读者见面的强大动力,在此向周仪教授和给予本书帮助的各位老师表示真诚感谢。

本书实为投石问路之举,限于本人水平浅陋,谬误在所难免,不当之处,万望专家与读者批评、指正。

编译者

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第一部分

Part One

中医名家与经典

TCM Celebrities and Classics

中医理论

中国传统医学是以阴/阳为基础的,与大自然的原则以及金、木、水、火、土五行互补,这些被古人认为是物理世界的基本组件。在遵守处方,中医(中国传统医学)的医生采取“治国”的原则,采用“君,臣,助手和向导”的原理,指的是通过处方的组成使各种部分发挥作用的战略。古中医医生由此把伦理和政治引进医学领域。

TCM Theory

Traditional Chinese medicine is based on *yin/yang*, with the opposing, complementary principles of nature and the five elements of metal, wood, water, fire and earth. These are believed by ancient Chinese to be the basic components of the universe. In complying prescriptions, traditional Chinese medicine doctors adopt the strategy of “governing a country”—the principle being to employ “monarch, minister, assistant and guide”, which refers to the various roles played by the components of a prescription. Ancient TCM doctors thus introduced ethics and politics into the realm of medicine.

中医对病的认识

据中国宇宙观,一切生命都是起源于阴阳的结合。两者之间的和谐产生良好的健康;不和谐导致疾病。一个传统的中国药理学理论假设是:病是由于阴阳的内部失衡产生的,所以治病的策略是恢复和谐,中国传统的医生用针灸、草药和特殊食品来帮助纠正阴阳的不平衡,直到身体恢复到健康状态。另一假设是,各器官有精神或物理功能,并且身体的所有部分都是紧密相连的。

The Chinese Attitude Towards Disease

According to the Chinese cosmology, all lives are born from the integration of *yin* and *yang*. Harmony between the two produces good health while disharmony leads to disease. One of the major assumptions of traditional Chinese medicine is that disease is due to an internal imbalance between *yin* and *yang*, and so the strategy is to restore harmony. Traditional Chinese doctors use acupuncture, herbs and special food to help correct *yin-yang* imbalance until the body returns to a healthy state. Another assumption is that each organ has a mental as well as a physical function, and all parts of the body are intimately connected.

中医的图腾——葫芦

葫芦既为食物、蔬菜,又可作器皿瓢饮。葫芦干后可以倒出很多种子,用以繁殖,与生殖崇拜有关。在广西瑶族的传统中,葫芦还与洪水时救了伏羲、女娲两兄妹的命有关。因此,葫芦是南方许多民族的图腾标志。

《后汉书》及葛洪的《神仙传》中记载:壶公,不知其姓名。费长房为市掾,忽见公从远方来,入肆卖药,人莫识之。卖药口不二价,治病皆愈。常悬一空壶于屋上,日入之后,公跳入壶中,人莫能见。唯长房楼上见之,知非常人也。长房乃自扫公座前地及供馔物,公受而不辞。如此积久,公知长房笃信,谓房曰:“至暮无人时更来。”长房如其言往,公语房曰:“见我跳入壶中时,即便效我跳。”长房依言,果不觉已入。唯见玉堂俨丽,楼台重门阁道,公左右侍者数十人。乃与长房共饮,酒器如拳许大,饮之至暮不竭。后长房求道,随从入山,能医疗众病,鞭笞百鬼。后失其符,为众鬼所杀。其治病皆能愈,并每语人曰:服此药必吐某物,某日当愈,言无不效。如所周知,历来卖药的常置药于壶中;炼丹术士更是置金丹于壶中。药铺市招,常以葫芦为标识鬻卖。因此葫芦为药肆、郎中标识无疑。俗话说“不知他葫芦里卖的什么药”。从上述故事可窥见葫芦在原始意识中与医药有不解之缘,本为互渗而来的图腾标记。

Gourd—Totem of Chinese Medicine

Gourd could be used as food, vegetable and ladle or utensil for drinking. The worship of reproduction is associated with gourd because gourd produces numerous seeds when dried. Among the traditions of the Yao nationality of Guangxi in China, gourd played a part in saving the lives of Fuxi and Nuwa, brother and sister, ancestors of the Chinese people, in the great flood. In fact,

gourd has been a totem for many southern nationalities in China.

Both *Hou Han Shu* and Ge Hong's *Shen Xian Zhuan* described the following story. Hu, a senior, came from afar, nobody knew his name. Fei Zhangfang, a market administrator, saw him enter a shop to sell his medicines. Although the prices were non-negotiable, the medicines worked. The man often hung an empty gourd on the beam in his room and jumped into it after sunset each day. Zhangfang happened to see this from an upper floor, and began to understand that this man was not a common folk. He swept the floor of his room and presented Hu with food and drinks. The old man took all without hesitation. Each day, Zhangfang did the same. After a period of time, the old man was assured of Zhangfang's trust and told him, "Come at dusk when nobody's around." Zhangfang went as he had been told. Then the man said, "When I jump into the gourd, follow me immediately." Zhangfang followed him and was in the gourd before he knew it. Before him was a grand jade hall with numerous buildings and towers around, and intertwining doors and corridors. More than ten servants were waiting on Senior Hu. Then Zhangfang and Senior Hu enjoyed a feast. The drinking cup was as big as a man's fist and would never run dry till deep into the night. Later Zhangfang asked the man to teach him Taoism and followed him deep into the mountains. As a result, Zhangfang learned to heal diseases and even could lash out at ghosts. However, eventually he was killed by ghosts, after his magic talisman went missing. Whatever disease it was, Zhangfang could cure it. Each time he would tell the patient that the medicine would make him vomit something up and then the disease would be healed on a certain day. His words always came true. It is well-known to the Chinese people that a medicine seller by tradition puts his medicine in a gourd; and a Taoism alchemist hides his magic pills in a gourd at all times. Outside herbal shops, gourds are hung as a sign that there are medicines for sale. Therefore, if you see a gourd, you know that a herbal medicine shop or physician is around. Just as a

Chinese idiom goes “you don’t know what kind of medicine he is selling in his gourd.” All these stories indicate that gourds are intertwined with medicine in primitive thinking and function as the totem of Chinese medicine.

《黄帝内经》

《黄帝内经》，作者不详，是中国现存最早的一部医学经典。它包括《素问》与《针经》（又名《灵枢》）各9卷，共计18卷，162篇，但是部分章节年久失传。

《素问》以黄帝和天师岐伯问答的形式，着重阐述关于人体生理、病理等基本理论，《灵枢》则叙述针灸、经络、卫生保健等方面的问题。

《黄帝内经》初步建立了我国中医学的理论体系，一直指导着中医的临床实践，在我国医学史上占有重要的地位。《黄帝内经》已经引起国内外医学家和科学史家的重视，部分内容已相继翻译成日、英、德、法等国文字，日本等国家还出现了不少研究《黄帝内经》的著作。

The Yellow Emperor's Canon of Internal Medicine (Huang Di Nei Jing)

The Yellow Emperor's Canon of Internal Medicine, whose author is unknown, is the earliest medical classic in China. It includes two parts: *Plain Questions* and *Acupuncture Classic (or Miraculous Pivot)*, and each of them comprises 9 volumes. The 18 volumes originally consist of 162 articles, but some of the chapters have been lost with the lapse of time.

In a question-and-answer form, *Plain Questions* recounts the discussion between the Yellow Emperor and his royal physician Qi Bo. It mainly sets forth the basic theories of physiology and pathology of the human body. *Miraculous Pivot* dwells upon acupuncture and moxibustion, main and collateral channels as well as hygiene and health care.

The Yellow Emperor's Canon of Internal Medicine lays the foundation for the theoretical systems of the traditional Chinese medicine, which has long guided

the clinical practice of Chinese medicine and plays an important role in China's medical history. Its significance has caught the attention of medical scientists and historians of science both at home and abroad. Parts of the book have been translated into Japanese, English, German and French. Many treatises on *The Yellow Emperor's Canon of Internal Medicine* have been published in Japan, as well as in other countries.