

校長寄語

Letter of President of the University

隨著社會的進步和全球化進程的加快，中醫藥文化的繁榮和發展已經成為大勢所趨。隨著人們對生命的重視和對生活質量的追求，中醫藥之於養生和健康的理念和方法也將愈發突顯其卓越的特色和優勢。養生與健康的理念已經深入人心，養生與健康的浪潮正在推動人類文明的發展，崇尚自然、崇尚養生、崇尚健康必將成為新時代的新風尚。

With the progress of society and the acceleration of globalization, traditional Chinese medicine science and culture are preparing for a new boom at present time. The prominent features and advantages of traditional Chinese medicine can meet the needs of people in pursuing higher quality of life and health care, which can be one of the important indicators of human development and civilization. Nowadays, TCM health care, which advocates natural strategy, is coming into the fashion with her scientific and humanistic concepts, methods and techniques.

中醫藥養生與健康文化，具有悠久厚重的歷史積澱、博大精深的科學內涵、簡便廉驗的實用效果，必將得到世界人民和有識之士的逐步認識、重視、研究和實踐。為了宣傳和普及中醫藥養生文化，關注健康，倡導養生，繁榮文化，服務百姓，傳承文明，惠澤民眾，由河南中醫學院和安童（澳門）中醫藥應用科學研究院合作創設的《中醫養生與健康》（中英文雙語版）雜誌應運而生。

The culture of Chinese health care with TCM originated in remote past and enjoys its historical period through rich and colorful development. It has been accepted and valued by the whole world currently due to its extensive and profound researches in theory, simple and convenient methods in clinical practices as well as its economical treatment and satisfying effectiveness. To publicize and popularize the science and culture of Chinese medicine health care to serve more and more people home and abroad as well as carry forward the splendid heritage of Chinese civilization, the inaugural issue of *Health Care of Traditional Chinese Medicine* (bilingual version in Chinese and English), cooperatively edited by Henan University of Traditional Chinese Medicine and Atoms

(Macau) Traditional Chinese Medicine Applied Science and Technology Research Institute, was born at the right moment.

《中醫養生與健康》注重原創、實用、高雅和權威。內容通俗易懂，寓教於樂，雅俗共賞。刊物的創辦，是一個新的開端、新的生命，希望大家能合力呵護這株幼苗，關愛她的成長，共同構建中醫藥健康養生的精神家園。

Health Care of Traditional Chinese Medicine focuses on articles and reading materials with original, elegant and authoritative ideas and practices and it is characterized by being interesting, popular, easy to be understood, and excellent accompanying pictures and graphics. The publication of the journal is like the birth of a new life. It is hoped that we can work together to take good care of her and to take better care of people's health in traditional Chinese medicine with her help.

河南中醫學院校長、博士生導師

鄭玉玲

President of Henan University of Traditional Chinese Medicine

Doctoral Supervisor

Zheng Yuling

《中醫養生與健康》征稿啓事

Health Care of Traditional Chinese Medicine Call for Papers

經國際連續出版物批號中心批准，由河南中醫學院期刊社《中醫學報》外文版編輯部和安童（澳門）中醫藥應用科學研究院聯合出版的中英文對照繁體字普及版期刊《中醫養生與健康》於2015年正式創刊，季刊，全球公開發行。創刊號於2015年3月20日出版。

The Foreign Language Journal Workshop of Chinese Medicine Journal Editorial Department of Henan University of Traditional Chinese Medicine and Atoms (Macau) Traditional Chinese Medicine Applied Science and Technology Research Institute are authorized by International Standard Serial Number Center to edit and publish the periodical press *Health Care of Traditional Chinese Medicine* bilingually both in modern Chinese (the original complex forms of simplified Chinese characters) and modern English. The journal is quarterly and will be globally circulated, with the first issue coming out on March 20, 2015.

《中醫養生與健康》旨在立足國內外中醫藥學術研究前沿及國內外中醫藥研究最新成果，用通俗易懂、言簡意賅、文圖並茂的方式，為全世界中醫藥學研究者、臨床中醫藥工作者、廣大中醫藥愛好者及廣大欲了解中醫藥的患者構建有趣有效的交流平臺，促進中醫藥事業在世界範圍的交流和普及，使中醫藥學為全人類的健康作出更大的貢獻。

Health Care of Traditional Chinese Medicine demonstrates the latest domestic and foreign achievements in traditional Chinese medicine and is aimed at the popularization of traditional Chinese medicine to serve all the TCM researchers, TCM doctors, and TCM fans with interesting and useful TCM knowledge and skills in simple language and pleasant pictures. By providing this communication platform, it is believed that TCM would contribute more to the health care of people at home and broad with her charming power.

《中醫養生與健康》擬設以下欄目：養生與健康理論、食療與藥膳、心理與運動養生、針灸與推拿、拔罐與刮痧等。

The journal's specific topics of interest include: Foundational Theory of Health Care, Food Therapy and Herbal Cuisine, Health Care in Psychology and Sports, Acupuncture and Massage, Cupping and Scraping Therapy, etc.

熱忱歡迎世界各地及海內外中醫藥學者、廣大臨床工作者及廣大中醫藥愛好者為本刊撰寫稿件或推薦相關中醫藥文章。文稿要求用現代漢語和現代英語語體，中文要求用繁體字，英文要求用現代英文，符合國際學術規範。如有特殊情況，可附加說明，直接投寄中文文稿。

We warmly welcome scholars, doctors and TCM fans across the world to write papers or recommend related academic articles for the journal. It is suggested that the papers/articles be written bilingually both in modern Chinese (the original complex forms of simplified Chinese characters) and modern English style and be written in line with international academic standards. Under special circumstances, you may send us your paper written in Chinese.

投稿請標明“《中醫養生與健康》稿件字樣”。

Please indicate "For *Health Care of Traditional Chinese Medicine*" when you contribute your papers to this journal.

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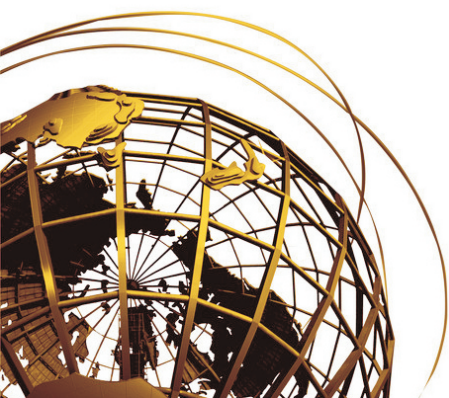
20 March 2015

中醫養生與健康

Health Care of TCM

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從談“艾”色變到“艾”活生香

From Terrible "AIDS" to Lucky and Happy Living

——專訪國家中醫藥治療艾滋病專家徐立然教授

Professor Xu Liran: an famous international experts at "AIDS Virus" research

安蓮 Dr. Lotus

一直想對徐立然教授做一個專訪，讓中醫藥專家能為更多的人了解，現在終於有機會專訪他。

一、初識談“艾”紳士

在2010年的醫學友人聚會上，初識徐立然教授。不足80平米的客廳，人頭簇動。

職業習慣讓我環顧整個客廳，發現一位很儒雅的男士在客廳的一角為來賓把脈，周邊還有兩位似乎在等待。如此喧嘩的客廳，竟然絲毫沒有造成對他的影響。他，那麼安靜、祥和、自如地“望、聞、問、切”，渾然不覺喧嘩的存在，如入無人的靜音禪定世界。我十分好奇，什麼樣的定力，讓他能夠“任憑風浪起，我自巋然不動”？於是問友人，此人是何方神聖？友人用很詫異地目光看著我，那目光似乎在說：“他，你都不認識”？讀懂了友人眼語，於是自嘲自己

Always want to do an interview with professor Xu Liran, let the experts of Chinese medicine can help more people understand, finally had a chance to do it now.

1 Meeting the "HIV/AIDS" Expert the First Time

In a medical colleague party in 2010, I got to know Professor Xu Liran. In a less than 80 square meters' living room, there were many people talking and discussing.

When I looked around the whole living room, I found a gentleman, in the corner of the living room, was feeling a guest's pulse, being surrounded by other two guests waiting for pulse-feeling. In such a noisy living room, the gentleman did not get any interruption at all. He was so quiet and peaceful and skillful in "look, listening, asking and pulse-taking". He was so attentive, like in the world of a silent meditation. I was very curious about what's kind of inner power which guaranteed him to keep calm and attentive. It was just like the poem saying "when the wind blows and wave surges, I am in quite and still". I ask my friend, "Who is that gentleman?" My friend looked at me in such a great surprise as if

“孤陋寡聞、孤陋寡聞”。

午餐的時候，友人特意安排他坐在我的鄰座，然後對我耳語：“一會你就知道他是誰”。落座后，相互友好地笑了一笑。打量着友人神秘兮兮不說名字的男士，發現這位紳士的膚色是連女性都羨慕的象牙白，絡腮鬍的臉上還有著軒昂氣宇的神態，我想如果他穿上黃馬褂，一定是少壯康熙。友人再次走過來耳語：

“知道他是誰了嗎？”，我搖頭。友人笑著告訴我：“徐立然教授，享受國務院政府特殊津貼的中醫藥學的專家、河南中醫學院第一附屬醫院副院長”。心裏直嘀咕：“他，副院長？”。天下盡然有如此儒雅風範的操持著生死的副院長？迅速打開手機網絡搜索“徐立然”，網絡上的簡介和圖片，讓我明白友人何以用那樣的眼語和我說話。我不僅孤陋寡聞，還真是枉做數年的澳門國醫論壇主持人。

他有著中醫藥學界令人羨慕的無數光環：醫學博士、博士導師、國家二級教授、主任醫師、國務院政府特殊津貼專家、國家衛生部有突出貢獻中青年專家、國家中醫藥應急突發公共衛生事件專家委員會專家…然而讓我內

to say, "God! You don't know him!" I had to should the blame myself then and said, "Oh, it's my fault not knowing him. It's my fault."

At lunch time, my friend arranged for me to sit next to him, and then whispered to me, "you will know who he is soon." After sitting down, we gave each other a friendly smile. Looking at him, I found he had an attractive complexion, which is enviable even to a lady, and sexy whiskers on the face and the grand elegant manner. I believed that if he were dressed in a yellow gown, he would be recognized as the handsome young emperor Kang Xi Emperor. However, his true name was still a mystery to me at that moment. My friend then came over and asked me in a whisper, "You know who he is?" I shook my head in puzzlement and burning curiosity. My friend told me with a mocking smile, "Professor Xu Liran, a TCM expert being granted government special allowances of China State council, the Deputy Dean of the first affiliated hospital of Henan University of TCM." I said to myself at the point, "He? Deputy Dean? How can he manage life death in career and in life with such an elegant manner?" Quickly I found my mobile phone and searched about him via internet. Reading his profile and looking at his pictures, I understood why my friend was so shocked at my ignorance of the gentleman before. What a shame for me, an academic hostess of Macau TCM Forum, yet with so poor knowledge about the great figure.

He has countless enviable high ranks in TCM field: M.D., Doctoral Supervisor,

心最震撼的是他的「國家中醫臨床研究基地（艾滋病）」主任頭銜。一個如此淡定的人，有著什麼樣的力量讓他成為2003年河南SARS病人零死亡的中醫專家？讓他成為國家中藥治療艾滋病的領軍人物？讓他無數次從比癌症還要可怕的死神手中解救艾滋病病人？

二、感識研“艾”專家

沿著他白衣天使成長足跡：出生中醫世家-從小耳熏目染地跟隨中原名中醫的外祖父學習中醫-考入中醫學院-學士-碩士-博士-教授-博導，感悟著他的心路歷程：立志成為像外祖父那樣“厚德仁心、醫術精湛、樸實無華”的名醫。他默默無聞地、無怨無悔地用他的精湛的醫術幫助病人并與艾滋病人共同走過了十年艱辛的歲月，一次又一次挽救艾滋病人于垂危之中。

十年前，艾滋病在中原大地悄無聲息地蔓延，艾滋病疫苗也因病毒變異太快而宣告失敗。他臨危受命組建國家中藥治療艾滋病團隊。3,650個日日夜夜，人生有效生命中的三分之一，他和團隊奔走在貧困的山區，以一年跑十幾万公里的速度消耗著四個輪子的壽命，為4,586名河南貧困的

the Second-Grade National Professor, Chief Physician, with special Government Allowances of the State Council, Outstanding Young/Middle-aged Expert named by National Ministry of Health, and Expert of State Public Health Emergency Committee in TCM, etc. However, what interested me most was that he also works as the director of "National HIV/AIDS Clinical TCM Research Base". Being such a gentle man, what kind of power helped him become such a Chinese medicine expert who worked against SARS and achieved zero patient death rate in Henan Province in 2003? What magic power did help him become the core leader of National Chinese medicine treatment in dealing with HIV/AIDS? What on earth did help him rescue so many HIV/AIDS patients from death, when HIV/AIDS is thought to be more frightening than cancer?

2 Knowing More about the Expert at AIDS Researches

Doctor Xu was born in a well-known TCM family. He learned a lot from his grandfather, who was a well known TCM doctor. Then he studied in Henan University of TCM. He got his bachelor's degree, master's degree and doctor's degree and became a Ph. D. supervisor. During the years, he has been determined to be a renowned doctor like his grandfather, who was kind, virtuous, and skillful in medical career. Doctor Xu has taken his grandfather as an example. In ten years of treating AIDS patients, he has been working with his whole heart and soul and rescued many of them from death.

艾滋病人點亮生命之光、重起生命之門、再創生命的奇跡。他和團隊是沒有硝煙戰場的真英雄。

功夫不負有心人，他和團隊，以深厚的中醫文化底蘊和中醫系統理論知識，創新性地提出“提升人體自免疫系統，調動人體氣血，修復和重建微循環（疏通血脈）”的獨特治療艾滋病的方法，重啓、激發人類與生俱來的自療能力，修復被“艾毒”侵蝕和毀滅的免疫機能，馴服著不斷變異的“艾毒”細胞，將惡性、毀滅性的組織轉化為正常的肌體組織，真正實現人與“艾毒”和諧共存。讓無數絕望的艾滋病人從“艾毒”的陰霾籠罩中走進陽光燦爛、情致愉悅的人生新天地：他們或再次回到田野間種植耕作；或南下打工掙錢養家糊口；或戀愛、結婚、生子；或創業圓自己的老闆夢；或開創手工作坊；或旋轉著自己美麗的舞蹈人生……

三、感恩與“艾”同行的專家

他和團隊的同事，記得每一位患者的名字和樣子，記得他（她）們確診染病的日子和他（她）們的生日以及他（她）們與“艾”同行的每一點一滴。在他（她）們確診為艾滋病攜帶者

Ten years ago, the cases of HIV/AIDS became much more in Henan Province. HIV/AIDS vaccine did not work well because HIV virus changes their characters too fast to be attacked with existing medicine. With the support of China central government, Dr. Xu set up the National TCM Treatment Team fighting against HIV/AIDS. He has spent ten years; one-third of an individual's whole working life, in the project. He and his team have been working in the mountainous areas, driving over 100 thousand kilometers per year around the regions. They have treated 4 586 HIV/AIDS patients in Henan Province. "Where there is a will, there's a way." He and his team are the true heroes in the war against HIV/AIDS.

By mastering the theory of TCM, which has been deeply rooted in Chinese culture, Dr. Xu and his team put forward their treating thoughts innovatively, namely to "improve the immune system by mobilizing human body Qi and Blood, to repair and reconstruct the micro circulation function (or regulating and strengthening Qi and Blood activities) with TCM methods." In treatment of HIV/AIDS, it is a quite effective method, in which human's self-healing capability get inspired, the destructed immune function get repaired and eventually recovery is realized. During the process, with the continuous changeable HIV/AIDS virus are tamed, while the malignant organizations turn into normal body tissue, and the co-existence of human and HIV/AIDS in harmony become achievable. In such a way, he and

或感染者時候，他淡定地說 “We are together”；在他（她）們遭遇親朋好友歧視和離棄的時候，他淡然地說 “We are together”；在他（她）們身心最無助的日子裏，他堅定地說 “We are together”。面對死神的無數次光臨、無數次拉扯，他的微笑和溫暖的牽手，讓他（她）們信任他、依賴他、思念他，並堅定地與他和團隊一起笑對疾病和死神。3,650個日夜兼程的奔跑，風輕輕地吹在他疲憊的臉上，不忍攪醒他；雨緩慢地滴落在他沉重的步履上，不忍沁透他的衣裳；雷電耀光閃動地在他頭上悶響，不忍驚擾他把脈的沉思……

徐立然，一位國家乃至國際知名的與 “艾” 同行的專家，常常對團隊說：“愛，才是這個世界上最值得珍惜的東西。無論是艾滋病患者，還是其他傳染病患者；無論是異性戀，還是同性戀，都應該獲得別人發自內心的愛與尊重。消除歧視，為愛而行”。奔往艾滋病村的路，記錄著十年的車輪印跡和生命年華，也記錄著十年的汗水與淚水，更記錄著十年的歧視與理解、成功與失敗、愛與感動……

his team have helped countless despair HIV/AIDS patients enjoy their life again. They returned to the field planting or farming , or worked in South China to earn more money to feed their families, or fell in love, got married and bored children, or started their new businesses to be bosses, or set up and managed manual workshops, etc.

3 Gratitude to the Experts Who Working Hard in AIDS Treatment

Dr. Xu and his team always remember their patients' names and their appearances. They also remember the when patients' HIV/AIDS being confirmed, the patients' birthdays and their hard times in fighting against HIV/AIDS. When a patient as diagnosed with HIV or being infected by HIV, Dr. Xu would warmly said to him/her that "we are together ". When he/she suffered from discrimination or being forsaken by friends and relatives, he warmly said to the patient "we are together ".

Being faced with numerous deaths, Dr. Xu's smile and warms hands make the patients trust in him, love him, miss him, and cooperate willingly with him and his team. In 3,650 days and nights of hardships, they all experienced a lot and contributed much in this great job. When wind blows gently on his tired face, it would not stir him much. When rain slowly drips on his clothes, it knows his determined steps. When lightning flashes on his head, it would not disturb his meditation in taking pulse.

Xu Liran, a national and international well-known expert at HIV/AIDS researcher, often says to his team, "Love

面對無數次擦肩而過的死亡，他坦然地說：“人生是一次次生與死的博弈和較量，贏的是‘愛’，輸的也是‘愛’”。他的慈悲和大德，讓他擁有超越生命的同情心，無怨無悔地關愛每一個艾滋病患者；他的包容和安詳，讓許許多多談“艾”色變的人，釋懷對艾滋病的誤解；他的忍耐和堅持，成就著經歷無數次失敗而成功的抗艾中藥“益艾康”。

他不因得而喜，不因失而悲，不因執著名利而心隨境轉。他牢記家訓：“厚德仁心、醫術精湛、樸實無華”，保持著來時的純潔、光明和寧靜，他慈悲、淡定、喜悅地談“艾”、研“艾”，讓談“艾”色變的人，如今“艾”活生香。

作者簡介

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is the first thing which is worth cherishing in this world. All patients, including HIV/AIDS victims and any other patients who are attacked by other diseases, as well as gays, should get genuine love and respect from society. We must eliminate discrimination, for sake of love." On all the rugged roads leading to the HIV/AIDS villages and ten years of the imprinting of car wheels, the doctors great life time has been recorded, on which sweat and tears, failure and success, love and gratitude are have also been recorded.

When facing death cases in clinic, Dr. Xu would say, like a great philosopher, "Life is a war between living and death, with love the key to win." His grand love and noble thoughts give him enough compassion for others in life and work, especially for HIV/AIDS patient. His tolerance and calmness help a lot of people give up their fear of HIV/AIDS and remove their misunderstanding of HIV/AIDS victims. His patience and persistence bring about the development and application of the Chinese medicine "Yi Ai Kang" in clinics in treating for HIV/AIDS eventually.

Dr. Xu works honestly and selflessly for the patients and the society, never considering for himself about fame or fortune. He always remembers his family discipline "Being kind, virtuous and having excellent medical skills". With a pure, bright, peaceful heart and mind, he studies on HIV/AIDS and the proper TCM treatment. He helps many HIV/AIDS patients live better and better, like ordinary people.

論中醫整體觀「醫道」與辨證論治「醫術」

On TCM "Medical Taoism" of Holism and "Medical Skill"

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摘要：本論文將重點探討中醫「整體觀」和現代醫學「局部觀」；中醫偏重「養生（內力）」和現代醫學偏重「治療（外力）」；中醫臨床實證病理側重「活人」和現代醫學側重「死人和白老鼠」；中醫注重「未病干預」和現代醫學注重「手術摘除」；中醫強調「一站式治療」和現代醫學強調「分站式治療」。

關鍵詞：中醫整體觀；醫道；醫術

Abstract: This essay will discuss the overall concept in TCM and the partial concept in modern medicine. TCM emphasizes internal forces while modern medicine emphasizes external forces. In clinical studies, TCM pays more attention to patients while modern medical to experimental mice. TCM peruses the prevention of disease while many of modern medical practices are related to surgery. TCM practises one-step treatment while modern medicine multiple steps treatment.

Key Words: TCM, Holism; Medical Taoism; Medical Skill

中醫整體觀「醫道」為“道、法、術、器”的總稱。「道」為思想、道德理念、信念和價值觀；「法」是法律、法規、制度和行為規範；「術」是方法、手段、技術；「器」是工具和設備。中醫整體觀「醫道」：以「道」為醫學根本，遵「法」合規履律，採用辯證論治的「醫術」，通過最有效的醫療「器」（工具），完成或達到醫學目的。「道法」為“形而

In order to Spread TCM science and culture to the world, we must make it to be easily and correctly understood. We really need to be clear about its overall concept in TCM, which is called "Medical Taoism", and its medical strategy, which is called "Differential Treatment".

"Medical Taoism" is a general term in TCM including Principle, Law, Skill and Tool of TCM. Principle can be defined as the ideology, moral philosophy, believes and values, while Laws means rules, regulations and behavior specifications of TCM. By saying Skill, we refer to methods and techniques. Lastly, Tool

上”，「術器」為“形而下”。由此可知，中醫整體觀「醫道」和辯證論治「醫術」不僅是中國哲學的最高範疇和文化最高精神，也是中華民族的生命本源和價值源所在。

一、中醫「整體觀」和現代醫學「局部觀」

中醫認為人體是一個具有臟腑、經絡、形體、官竅，有生命特徵的有機整體物質。人體各個臟腑組織之間是相互關係、相互影響、相互促進的；人與人、人與自然界、人與社會都密切相關，是對立統一的有機整體。中醫有機整體觀始終貫穿於“望、聞、問、切”的生理、病理、診斷和治療的辯證論治的全過程中。

現代醫學考慮只有疾病，很少將人體作為一個整體來思考，缺乏思考臟腑之間、經絡之間相生相克乘侮關係，更不會將人體放入自然和社會環境中思考。例如：治療癌症，現代醫學用化療和放療殺死癌細胞，並不考慮化療和放療對身體整體，特別是免疫系統的傷害。如果人體沒有免疫系統的保護，幾乎沒有辦法讓疾病痊愈，甚至生命隨時受到威脅。還有患者一邊做腫瘤器官摘除手術，一邊管不住嘴，仍然放開胡吃爛喝。但是中醫治療癌症患者，對患者的飲食起居等生活

means devices and equipment in medical practices.

The concept of TCM "Medical Taoism" holism is principle-based, compliance with laws and regulations, adopt dialectical treatment of "Medical Skill" through the most effective medical "Devices" (tools) to complete or achieve medical purposes.

Therefore, the concept in TCM "Medical Taoism" holism and dialectical treatment in "Medical Skill" not only are the highest category of Chinese philosophy and the highest spiritual of Chinese culture but also the origin of life and values of the Chinese nation.

1.The Concept of TCM Holism and The Partial Concept of Modern Medicine

TCM believes that the human body is an living organic existence with organs and meridians as well as Guanqiao (Sun Shifa2010). These organs influence and promote each other; the human and human, people and nature, people and society are closely related to each other, all of which run systematically.

Organic overall concept of TCM has always been applied into "Looking, Listening, Asking and Feeling"(Sun Guangren, 2014) in the whole process by considering patients'physiological and pathological conditions in diagnosis and treatment.

Modern medicine mainly considers disease in treatment, seldom thinking about human body as a whole and seldom thinking about the cases of the mutual promotion and mutual restraint between organs, not considering human in natural or social environment either. For example, in the treatment of cancer, modern

方面的調理事貫穿整個治療過程的。

對人體的不同觀點，中醫“整體觀”與現代醫學“局部觀”，造成中醫和現代醫學治療結果的截然不同，前者是對患者（得病的“人”）進行診治，後者是對患者的病（人得的“病”）進行治療。

二、中醫偏重「養生（內力）」和現代醫學偏重「治療（外力）」

《易傳》-科學可分為兩大類：“形而上者謂之道，形而下者謂之器。”它更進一步深刻指出：“一陰一陽之謂道。繼之者善也，成之者性也。”

中醫認為人類文明進步的過程是不斷從“形而下之器”向“形而上之道”昇華，同時又從“形而上之道”不斷轉化為“形而下之器”的雙向及循環發展與作用的過程。中醫認為“治療”是外力，“養生”是內力，即人體自我修復、自我痊愈的能力。中醫將內力放在首要位置。

現代醫學認為人是萬物的中心和主宰，信奉人類的智慧，及智慧帶來的對抗疾病的醫藥技術。在應對疾病的過程中，將醫療技術放在首要位置，也就是將“外力”放在首位，將“內力”放到次要位置，甚至漠視“內力”的存在。

medicine tends to kill cancerous cells with chemotherapy and radiotherapy without considering human's immune system and the injury of the whole body. In fact, if human body is not protected by the immune system, the patient wouldn't get healed; even he/she would be endangered at any time. There are still some cancer patients who eat and drink as they like without any guidance and restriction when being operated, which is also dangerous for them. However, TCM doctors usually help cancer patients be on regulated and proper diet throughout the whole treatment to take better care of them.

Different point of views on the human body, namely, the overall concept of TCM and the partial concept of modern medicine, brings about different treatment methods, in which the former diagnoses and treats the patient, while the latter treats patient's disease.

2. TCM Stressing Health Care or Health Cultivation (Internal Forces) while Modern Medicine Focusing Treating Practice (External Force)

There is a definition of "science" in Yi Zhuan (a Chinese Classic), by saying that "science" can be divided into two categories. Specifically, "Those that exist in metaphysical level is called Principle, while those in physical level is called Device"(Huang Shouqi, 2001). It is also pointed out by say "Yin and Yang is the Principle. Following the Principle would be good and realizing it would bring about good outcomes, which is the law of nature."

TCM thinks that human civilization process is a continuous rising process

三、中醫臨床實證病理側重「活人」和現代醫學側重「死人和白老鼠」

數千年來，中醫臨床實踐側重通過活人實證其醫理，而現代醫學臨床實踐側重解剖死人、白老鼠實證其醫理。衆所周知，精、氣、神和經絡只存在於活人之體，人死則精氣散而神走，只剩物體狀的屍體。臨床研究對象的難度與境界，以及兩者對靈性與智慧不同要求，對偏重“形而下之器”和重視“治療”外力的現代醫學科學而言，是無法度量 and 想像的。

中醫相對現代醫學而言，更難學習。原因之一：現代醫學很難理解治療“外力”和“治療”“內力”之間，即“形而上之道”和“形而下之器”之間是有機整體關係。原因之二：中醫不僅要學習現代醫學的“形而下之器”的「醫術」，還要悟既是“形而下之器”又是“形而上之道”的「醫道」。

「醫道」陰陽和合思維是中國文化的本源，并在不斷發展中靈魂和DNA即是兩例它們集中反映了東方辨正思維的獨特價值：體用互動，道術相間，既提供治病養生之道，又實踐治療之醫術。我們會發現從宏觀世界到微觀世界，從自然界到人類社會，世界上任何事物都是陰陽和合

from the physical device level into the metaphysical level and again from the metaphysical level into a new physical device level, which can be seen as different circles with two-way development route.

TCM believes that treatment mainly belongs to the External Force, while daily health care or health cultivation mostly works through human's Internal Force. The strengthening of the Internal Force can promote human body's self-recover or self-sealing ability. Therefore, TCM puts the Internal Force in the first place.

Modern medicine thinks that human is the center of all things and can be more dominating. Human knowledge and medical technology can fight against all of the disease eventually. In the process of dealing with diseases, the medical technology is ranked in the first place by believing that External Force is more powerful and important, even sometimes the Internal Force be ignored.

3. TCM Focusing Clinical Pathology on "People Alive" while Modern Medicine on "Dead Body and White Mice"

For thousands of years, TCM clinical practice has been focusing on "People Alive" to validate medical theories, while modern medicine usually uses "Dead Body and White Mice" (Xiao Hongci, 2009) to validate its medical thoughts. As we all know, vitality, breath, spirit and meridians only exist in the body alive. When people pass away, their vitality, breath, spirit, and meridians would disappear and what left is just the died bodies, which are so different from the people alive. Therefore, there are great

體。中醫「醫道」还用陰陽和五行基本概念系統來觀察世界。

四、中醫注重「未病干預」 和現代醫學注重「手術摘除」

未病指人體開始有病理信息，直到形成“已病”之前各種狀態。未病討論重點是疾病潛伏期、疾病前驅期、疾病傳變或轉歸恢復期的傳變病證以及衰老病症退行期的病機及防治原則。中醫強調未病先防、有病早治、既病防亂防變、養生防衰、健康保健及優生優育等，提倡人人自我保健、長久健康、無病而終、善其天年。

現代醫學偏重手術治療。時下，手術非常流行，而且手術治病幾乎成為治療的首選手段。現代醫學忽略治療的“內力”：人體的免疫器官的功能。身體發炎、發熱、發寒症狀是人體免疫功能對疾病作出的應對行為，而現代醫學將這些人體的“衛士”：扁桃腺、闌尾、胸腺甚至脾臟、膽囊統統從身上割掉或乾脆摘出。此為何等的人體“冤假錯案”？現在很多女性得了婦科病，動不動就將乳房、子宮、卵巢、附件等割除。可是她們是否知道，割除了這些器官的女性，也許会遇到更棘手的问题。

任何器官在身體中都有不可替代的作用。下刀的數量遠遠、大大地超過了以前。患者的人體

difficulties in clinical studies with such complicated systematic requirements, which also make it more challenging to learn and study medicine.

It is reasonable learning and studding TCM is more difficult for people. First, it is difficult for modern medicine learners or practitioners to understand "Internal Force" and "External Force" respectively and both of them run organically in a whole matter within people. Second, in addition to Medical Skill, Medical Taoism also need to be understood and acquired adequately.

The thinking in Medical Taoism of Yin and Yang is deeply originated in Chinese culture and is ever developing in modern times. We can find, from the macroscopic world to the microscopic world, including nature and society, everything in the world is a harmonious complex of Yin and Yang.

In addition to Yin and Yang Theory, TCM also observes the world including human with Theory of Five Elements, i.e. Wood, Fire, Earth, Gold, and Water(Xie Songling, 2008). For example, Soul and DNA recognition can reflect the great value of this dialectical thinking in Orient.

It is also worth mentioning that the Medical Taoism and Medical Skill are interactive in treatment in TCM, like that of theories and practices in any field.

4. TCM focusing on Sub-Health while Modern Medicine on Treatment Sometimes with Organs or Tissues Get Removed

Sub-health manly refers to sick tendency are shown but certain symptoms of disease have not been found. Sub-health study focuses on the pathogenesis

免疫系統不活動了，整個身體就完全暴露在自然界，而自然界的千萬種細菌就會隨時對患者的身體發起致命的攻擊。

五、中醫強調「一站式治療」和現代醫學強調「分站式治療」

中醫以整體觀思考得病的“人”，治療過程中醫護不分家，強調綜合治療。在治療過程中，心理治療貫穿治療始終。現代醫學以局部觀思考人得的“病”，醫學專業化，疾病達上萬種，治療過程醫護界限分明，醫護分開，強調康復鍛煉，其心理治療也五花八門。

現代醫學好似“分站式品牌”專賣店，強調患者要治好病，需要跑很多的科室，做很多的檢查；中醫好似“一站式購物”沃爾瑪。只要患者看一個中醫，就可以通過陰陽學說、中醫五行學說、整體觀念和辨證論治，解決患者面臨的整體問題。例如，不同的咳嗽病人，在中医那里可能得到不同的治疗，这取决于不同的病因和病理症状。治疗中，医生会根据具体病情来调整一个、两个甚至多个脏腑的功能。

六、中醫整體觀「醫道」復歸中國和平崛起文化

中國文化的典型代表是中醫文化，中醫文化核心就是「醫

and prevention principles about certain syndromes before the stage of sickness or illness, in post-patient period and the aging period of people. TCM emphasizes sub-health management including general daily health care, disease prevention, earlier treatment and anti-aging practices, healthy long life management.

Modern medicine emphasizes on surgery compared with TCM. Nowadays, surgery is rather popular and surgical treatment as almost become the most preferred means of treatment of diseases. It ignores the function of Internal Force, which is similar to the function of human immune system. The body's inflammation, fever, and chill symptoms are, in fact, the reactive behavior of the system in coping with human immune deficiency diseases. However, these guardians of human body by giving alarms, such as tonsils, appendix, thymus or spleen, gall bladder would be cut off from the body or totally picked out in modern medicine when in inflammatory condition. What a dangerous miscarriage of justice on human! At present time, many women with gynecological diseases try to get their breast, uterine, ovarian, or other attachments on the body cut off without seriously thinking. However, without these organs, maybe some more troublesome problems would happen to them.

Each and every organ in human body, in biological sense, plays an irreplaceable role in human life. When knives are used to cut off or remove patients' organs, much more frequently than before their immune systems wouldn't work normally. When the body is exposed to the natural

道」，醫與道互為體用、互動互生，成為中醫文化复合體。天道中的陰陽、五行、動靜、剛柔，人道中的心性、仁義、善惡、真理、博愛等，都是「醫道」存在形式和形態。

在全球化的文化整合和全球“文化競爭”中，惟有中醫「醫道」精神的複歸，才能使中國和平崛起文化走向世界。

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world without adequate guarding, millions kinds of bacteria around the patients would be ready to launch deadly attacks.

5. TCM Emphasizing the "One-Step" Treatment(OST) while Modern Medicine Stressing on "Multiple Steps Treatment(MST)"

TCM considers "patient" first instead of "disease", in which treating and nursing combine closely at any time or case in the procedure of treatment. Besides, with TCM treatment, psychotherapy is always applied throughout the whole process. However, due to the partial concept in modern medicine the disease is considered at first place. When there are over 10,000 kinds of diseases in modern medical field, there must be a great mass of medication when a patient suffers some of them at the same time. Besides, doctors and nurses usually worked in their own field in the procedure of treatment only with few times of discussion or experimental cooperation. In addition, medical practices such as rehabilitation exercises and psychological treatment are usually carried superlatively.

Modern medicine is like a "Multiple Step" brand monopoly shop, which different diseases get dealt with separately and independently. Patients need to go to a lot of shops to get checked and treated. TCM is like a "One-Step" Wal-Mart shop. When a patient is treated with TCM, doctors would apply the overall concept into diagnosis and treatment, with theory of Yin and Yang and theory of Five Elements, to solve the overall problem of the patients with a compound prescription. For example, a patient with

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cough would be dealt with in different ways in TCM which can help with one, or two, or more Zang/Fu functions, according to the overall symptoms of him/her.

6. The Overall Concept of TCM "Medical Taoism" is in agreement with Chinese Culture

TCM culture is the typical form of Chinese culture with "Medical Taoism" as its core spirit(Zheng Hongxin,2011). Medical Skill and Taoism interact with each other, establishing a systematic TCM culture complex. In Chinese culture, there are some influential classic thoughts called Heaven Taoism. Among them, there are Yin and Yang, the Five Elements, the harmony of movement and stillness, the balance of hardness and softness. Chinese people also have their highest humanity peruse, such as calling on the character of virtue, goodness, truthfulness and love. What the above mentioned are also exist in TCM "Medical Taoism".

In the rest of the world, there are no such big differences between the local medical ideas and modern medicine ideas as that in China. Therefore, it is of great significance to communicate more in this field for China and for all other nations when TCM science and culture has so many advantages. Now that TCM "Medical Taoism" functions as the basic value of medicine and daily life in China, the globalization of TCM "Medical Taoism" will surely help to spread Chinese peaceful culture to the outside world.

中醫基礎理論知識

About the Basic Theory of Traditional Chinese Medicine

中醫基礎理論主要闡述人體的生理、病理及疾病的防治等基本理論知識，內容包括陰陽、五行、藏象、氣血津液精神、經絡、病因與發病、病機、防治原則等。

一、陰陽五行

陰陽五行本屬中國古代哲學範疇，具有唯物主義和辯證法思想。中醫運用陰陽學說來闡釋人體的結構、生理和病理，並用以指導臨床的診斷和治療。生命本質為陰陽結合體。

二、藏象學說

研究人體各臟腑、組織器官的生理功能、病理變化及其相互關係，以及臟腑、組織器官與外界環境相互關係的學說。是中醫學理論體系的重要組成部分，也是指導臨床各科進行辨證論治的理論基礎。

三、氣血津液精神

主要闡述氣、血、津液、精神的生成、作用及其相互關係，

The basic theories of TCM deal primarily with basic theoretical knowledge such as physiology, pathology, and the treatment and prevention of disease, including Yin and Yang, the five elements, visceral manifestations, Qi, blood, body fluid, vitality, meridians, etiology, pathogenesis, and principles of disease prevention and treatment.

1. Yin-Yang and Five Elements

These two theories originate in ancient Chinese philosophy with materialism and dialectics concepts in it. Theories of Yin and Yang and Five Elements were introduced into TCM to elucidate the human body structure, the physiology and pathology, and being guidance in clinical diagnosis and treatment.

2. Visceral Manifestation Theory

This theory deals with the physiological functions, and pathological changes of the viscera, tissues and organs as well as their interrelationships. It also deals with the mutual relations and interactions between the viscera, tissues, organs and the external environment. It is an important part of TCM's theoretical system and serves as the theoretical basis for clinical diagnosis and treatment.

3. Qi, Blood, Body Fluid and Vitality

They deal primarily with the generation and actions of Qi, blood, body fluid and vitality as well as their interrelationships. It tells us that they are not only the products of Zang-viscera and Fu-viscera activity, but also the material basis of life, on which both the Zang-

說明氣、血、津液和精既是臟腑功能活動的產物，又是臟腑功能活動的物質基礎。

四、經絡學說

研究人體經絡系統的生理功能、病理變化及其與臟腑相互關係學說，是中醫基礎理論的重要組成部分。經絡是人體溝通表裏上下、聯絡臟腑組織器官、通行氣血的一個有機體系。

五、病因與發病

主要闡述各種致病因素的性質、特點及所致病證的臨床表現，並說明疾病的發生是由於人體內外環境失調所致。

六、病機

主要在於闡述病理變化的壹般規律，包括邪正盛衰、陰陽失調、氣血津液失常、內生五邪、臟腑經絡功能失常等方面。

七、防治原則

防病和治病的基本法則。中醫學強調預防為主，主張“治未病”，對控制疾病的發生與發展具有重要意義，治療法則主要包括治病求本、扶正祛邪、調整陰陽等內容。

viscera and the Fu-viscera Function.

4.Meridian Theory

This theory deals with the physiology and pathology of the meridian system as well as the interrelationships between viscera. It is an important part of TCM's basic theories. The meridians and its collaterals form an organic system which links up the exterior, interior, upper and lower parts of the body, connects the viscera, tissues and organs, and circulates Qi and blood.

5.Etiology and Pathogenesis

The properties and characteristics of all types of pathogenic factors as well as the clinical manifestations of resulting diseases are explained in this theory. It tells us that disease occurs because of the imbalance of internal and/or external environment of the body.

6.Pathological Mechanism

It elaborates the general law of pathological changes, including concepts of prosperity and decline of pathogenic factors, in coordination of Yin and Yang, abnormalities of Qi, blood and body fluid, five endogenous evils, and disturbance of the viscera and meridians.

7.Principles of Treatment and Prevention

It discusses the basic principles of prevention and treatment of diseases. The prevention principle is given top priority in TCM by upholding that prevention comes first. It is of great significance in controlling the onset and development of illnesses. The treatment principle incorporates a philosophy of finding and treating the root cause of an illness, increasing its own power of healing to resist and dispel pathogenic factors, and adjusting Yin and Yang to maintain their balance.

解讀中醫學陰陽

TCM Yin and Yang

在宇宙系統，月亮為陰而太陽為陽，在人類系統，女性是陰而男性是陽。陰和陽是相輔相成的，陰陽相互作用引起的變化導致地球上的生命層出不窮並引起豐富的生活。

火和水是陰陽的跡象，反映出其基本特征。水冷、限制和相對停滯不前。它在本質上是陰；火熱、激活和加速向前，本質上是陽。

衆所周知，我們所吃的食物也有陰或陽。例如綠豆、苦瓜、西瓜、山竹等為寒涼食品 and 水果，姜、辣椒、荔枝、榴蓮為熱性食品 and 水果。因此，食品的選擇直接關係著人體身心的平衡和健康狀況。

陰陽有基本特征。陰：被動、主內、寒冷、黑暗、抑制、下行；陽：主動、主外、溫暖、明亮、活躍、上升。陰和陽不能獨立存在，兩者以前後、左右、上下、內外等對稱、平等方式存

In the universe system, the moon is Yin and the sun is Yang. In the human system, female is Yin and male is Yang. Yin and Yang are complementary to each other, changes caused by the interaction action between Yin and Yang lead to the emerge of colorful and abundant lives on earth.

Fire & Water are the signs of Yin and Yang, reflecting the basic characteristics of the two. Water is cold, restrictive and is relatively stagnant, which is a Yin matter essentially. Fire is hot, activate and accelerate forward, which is a Yang matter essentially.

As is known to all, the food we eat have Yin or Yang characteristics, such as the green bean, bitter melon, watermelon, shan-zhu are cold food or fruit. The ginger, pepper, litchi, durian are hot food or fruit. Therefore, the choice of the food with different properties would directly influence human health both physically and mentally.

There are basic characteristics in Yin and Yang. Yin means being passive, inner, cold, dark, inhibiting, and moving downward; Yang means being active, outside, warm, bright, dynamic, and moving upward. Yin or Yang by itself can't exist independently without the help of the other, and they co-exist in symmetry and equal way, i.e. being in the front and back, being in left and right side, being in the upward direction and

在。

在中醫藥的應用中，人體臟腑器官也分為陰和陽。上半身為陽，下半身為陰；後背為陽，胸部和腹部為陰；五臟的心、肝、脾、肺和腎為陰；六腑的胃、大腸、小腸、三焦、膽囊、膀胱為陽。

因此，當一個人的身體陰和陽平衡時，他/她擁有健康；當然一個人的身體失去陰陽平衡時，即陰虛或陽虛就會影響人體身心健康。當陰和陽離開身體，人就死亡。

the downward direction, being inside and outside, etc.

In the application of traditional Chinese medicine, Zang-Fu organs within human body are also divided into Yin and Yang aspects. For example, the upper body is Yang, while the lower body is Yin; the back for Yang, chest and abdomen for Yin; The five Zang-organs, i.e. heart, liver, spleen, lung and kidney for Yin, while the six Fu-organs, i.e. stomach, big and small intestine, Sanjiao, gall-bladder and bladder for Yang.

Therefore, when a person's Yin and Yang are in balance, he or she would enjoy good health. If a person's Yin and Yang are not in balance, he or she is would loose good health. Namely Yin or Yang deficiency can affect human health both physically and mentally. When Yin and Yang away from the body, people would die.

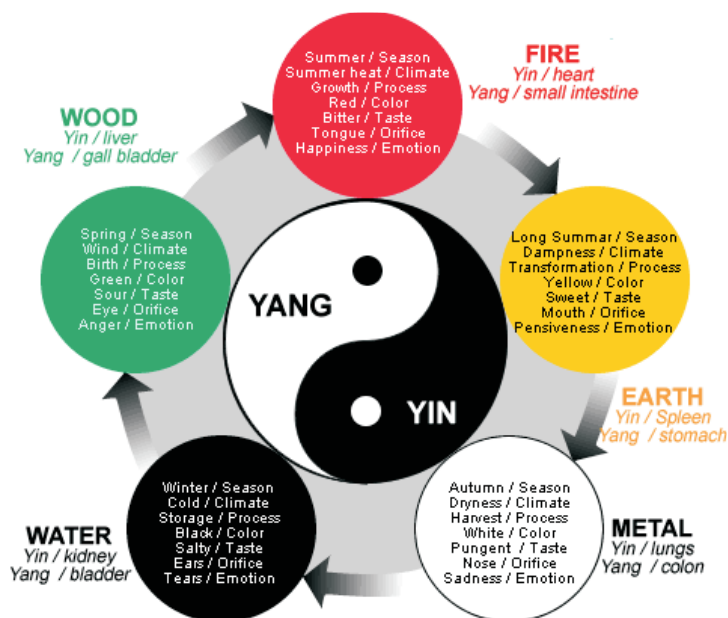


Figure 1 Yin and Yang

解讀中醫學五行相生相克

On Generation and Restriction of the TCM Five-Elements

一、人體五臟六腑

人體五臟為心、肝、脾、肺、腎；人體六腑為大腸、小腸、膀胱、三焦、胃、膽。每一個臟腑器官都是歸屬於五行之一，或陰或陽。陰器官有一個相應的陽器官，反之亦然（表1）。

表1 五臟六腑對應五行元素表

五臟（陰）	六腑（陽）	元素
心	小腸	火
肝	膽	木
脾	胃	土
肺	大腸	金
腎	膀胱/三焦	水

二、人體五體九官竅

人體五體為皮、肉、筋、骨、脈；九官竅為耳、鼻、口、齒、舌、咽喉、前陰、肛門。

三、中醫學五行

中醫學五行（金、木、水、火、土）和陰陽形成宇宙。它在中國也被稱為“五行”。為保持平衡，這些元素之間既相生（相生圈）也相克（相克圈）。

1. Five Zang-Organ and Six Fu-Organ

The Five Zang-Organ are Heart, Liver, Spleen, Lung and Kidney, while the Six Fu-Organ are the Large Intestine, Small Intestine, Bladder, Sanjiao, Stomach, Gall -bladder. Each of these organs belongs to one of the Five Elements respectively, being is either Yin or Yang. In addition, each Yin organ has a corresponding Yang organ, and vice versa. See Table1.

Table1 The Five Zang and Six Fu in Five Elements

Five Zang (Yin)	Six Fu (Yang)	Element
Heart	Small intestine	Fire
Liver	Gall bladder	Wood
Spleen	Stomach	Earth
Lungs	Large intestine	Metal
Kidneys	Urinary bladder/ Triple Energizer	Water

2. Five Physical Forms and Nine Organ Orifices in Human Body

Five Physical Forms includes Skin, Flesh, Tendons, Bones, and Pulse, while Nine Organ Orifices are Ear, Nose, Mouth, Teeth, Tongue, Throat, Front Perineum and Anus.

3. Five-Elements of Traditional Chinese Medicine

The five elements, which are represented by Metal, Wood, Water, Fire

四、中醫五行相生規律（如圖1順時針為相生）

腎屬水，肝屬木，心屬火，脾屬土，肺屬金。水生木（腎生肝），即没有水分，樹木无法增长；木生火（肝生心），即没有木無法得到燃料；火生土（心生脾），即没有火無法产生热量溫暖土地；土生金（脾生肺），即没有土無法存儲金属和矿物质；金生水（肺生腎），即沒有金属就無法獲得过滤后的淨水滋潤樹木。中醫五行的金、木、水、火、土反映著生命與自然季節變化的有機結合。中醫五行闡明肝好則心好，心好脾則好，脾好肺則好，肺好腎則好，腎好肝則好。依據中醫五行，我們可以知道肝（木）藏血以濟心（火），心（火）之熱以溫脾（土），脾（土）化生水穀精微以充肺（金），肺（金）清肅下降以助腎（水），腎水之精以養肝（木）。

五、中醫五行相克規律（如圖1 逆時針為相克）

木（肝）克土（脾），土（脾）克水（腎），水（腎）克

and Earth, together with the Yin and Yang system, form the physical universe. It is also known as "Wu Xing" in Chinese. To maintain balance among them, each element support another other, which form the generating cycle. Each element also restrict one of the others to form the controlling cycle.

4.TCM Five-Elements Generating Cycle

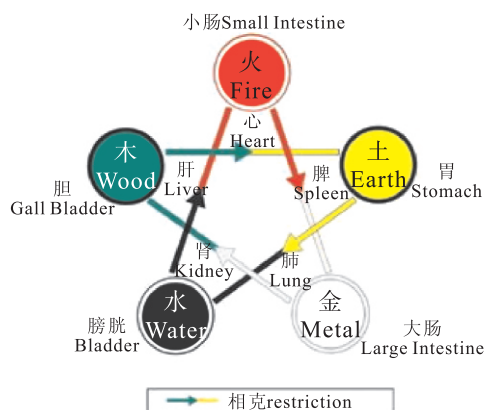
What is the generating cycle in Five Elements specially? Let's look at some examples: Kidney for Water, Liver for Wood, Heart for Fire, Spleen for Land, Lung for Metal.

Water generating Wood means Kidney generating Liver, for without moisture there cannot be growth; Wood generating Fire means Liver generating Heart, for without wood there cannot be fuel and power; Fire generating Earth means Heart generating Spleen, for without Fire there cannot be heat; Earth generating Metal means Spleen generating Lung, for without Earth there cannot get Metal or minerals; Metal generating Water means Lung generating Kidney, for without Metal we cannot get the purified Water, with Metal being filters, to feed the trees, namely, the Wood. So the cycle continues.

TCM Five-Elements of Metal, Wood, Water, Fire and Earth also reflect the seasonal change of the organic combination in life and nature. As the TCM Five Elements says, when Liver is well, then Heart would be well; when Heart is well Spleen would be well; when

火(心), 火(心)克金(肺), 金(肺)克木(肝);

中醫五行表達金克木(肺克肝), 肺氣清肅下降, 可以抑制肝陽上亢; 木克土(肝克脾), 肝氣條達, 可以疏泄脾土的鬱滯; 土克水(脾克腎), 脾運化, 可以避免腎水氾濫; 水克火(腎克心), 腎水滋潤, 可以防止心火亢烈; 火克金(心克肺), 心火陽熱, 可以制約肺金清肅太過。



**Figure 1 TCM Five Elements
Generating and Restricting**

Spleen is well, Lung would be well; when Lungs is well, Kidney would be well; when Kidney is well, Liver would be well. According to TCM, Liver (Wood) stores blood to support the Heart (Fire); Heart(Fire) with the hotness warms Land(Spleen); Spleen (Land) produces and transforms cereal nutrition to supplement Lung(Gold); Lung(Gold) becomes strong to help Kidney (Water); Kidney(Water) with its essence can support Liver(Wood).

5.TCM Five Elements Restricting Cycle

Wood (Liver) restricts Land (Spleen), Land (Spleen) restricts Water (Kidney), Water (Kidney) restricts Fire (Heart), Fire (Heart) restricts Metal (Lung), Metal (Lung) restricts Wood (Liver) .

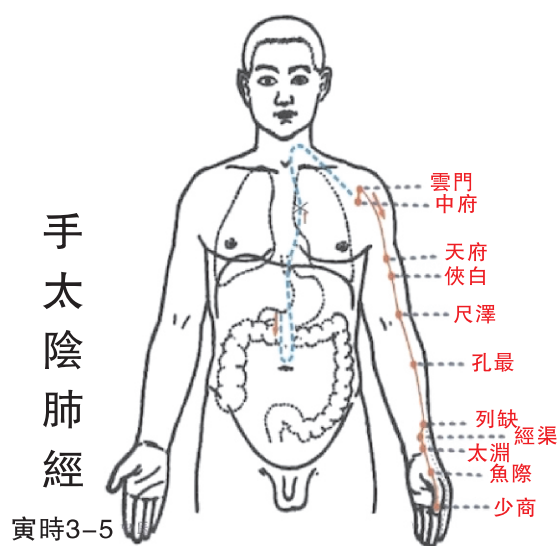
In TCM Five Elements system, Metal restricting Wood (Lung restricting Liver) means Lung Qi can clean up and depress the hyperactivity of Liver Yang; Wood restricting Land (Liver restricting Spleen) means Liver Qi can dredge the stagnation of Spleen soil; Land restricting Water (Spleen restricting Kidney) means Spleen governs transportation and transformation, can prevent Kidney water from overflowing; Water restricting Fire (Kidney restricting Heart) means moist Kidney water can prevent the exuberance of Heart Fire; Fire restricting Gold (Heart restricting Lung) means exuberance and the upward tendency of Heart Fire can prevent Lung gold from going down too much.

拍打經絡治療常見疾病

Treatment for Common Diseases By Patting Meridian

經絡通百病無，經絡不通百病生。當我們正確地瞭解經絡走行和作用后，就可以通過拍打經絡對身體進行調理。

When Qi and Blood run smoothly in human Meridian (Jin Luo), people can maintain healthy. Otherwise, people would be faced with injury of diseases. Therefore, we can learn something about the meridian lines and the functions they perform to take good care of our health by patting along Meridians (Jingluo).



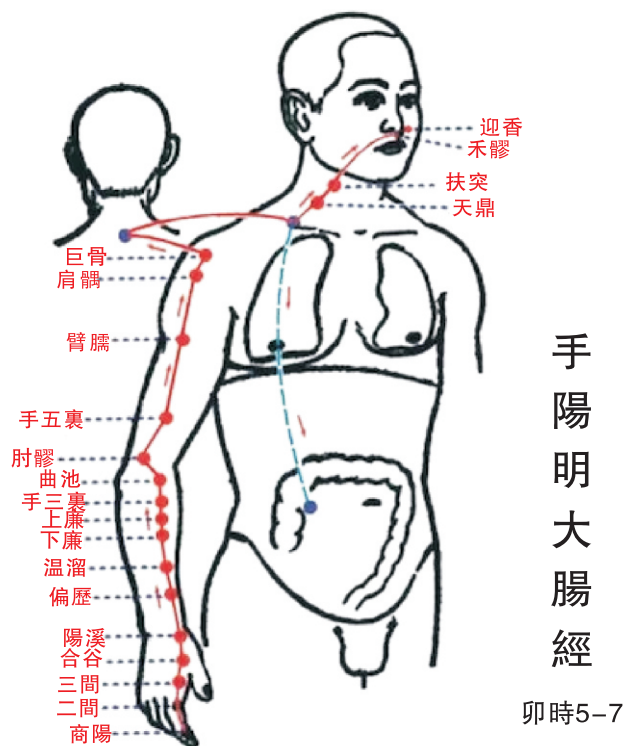
1. 感冒: 拍打手太陰肺經

肺經工作時間為 03:00-05:00。肺部功能欠佳者，在此時段會醒來，有的甚至不能繼續睡覺。這說明肺出了問題，我們可以通過拍打雙手太陰肺經來進行調理。

1. Catching A Cold : Pat Hand-Taiyin

Lung Meridian

Hand-Taiyin Lung Meridian's working time is 03:00-05:00. When the lung functions poorly, we would become awake during this time and can not continue sleeping well after that. In order to improve the function of lung, we can pat our Hand-Taiyin Lung Meridian.

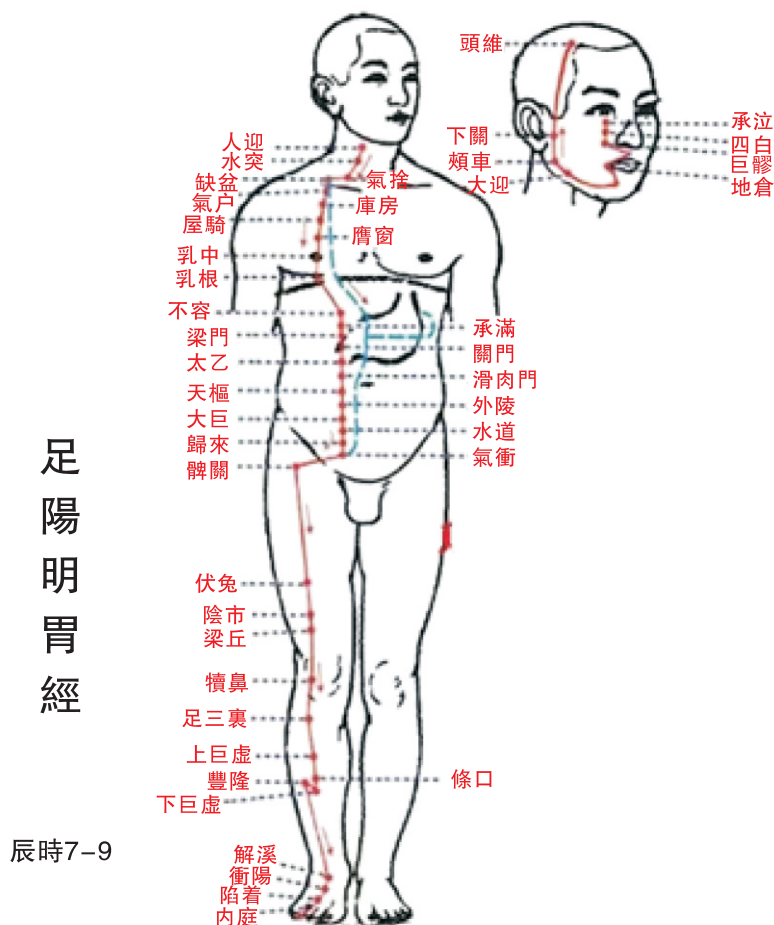


2.便秘: 拍打手陽明大腸經

大腸經上班時間是 05:00-07:00 此時是排便時間，反之就容易便秘，引起頭面問題。所以，經常拍打手陽明大腸經促進排大便，同時也可以吃些高纖的蔬菜和水果。

2. Constipation : Pat Hand-Yangming Large Intestine Meridian

Hand-Yangming Large Intestine Meridian's working time is 05:00-07:00, in which time bowels move more actively. Therefore, if constipation happens, we should pat Hand-Yangming Large Intestine Meridian and speed up the movement of bowels. Eating more vegetable and fruit would also help.

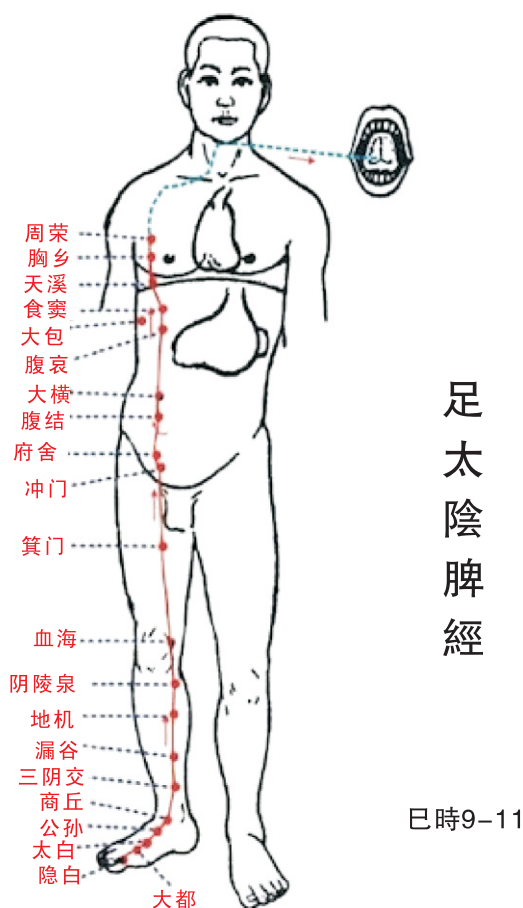


3.消化不良：拍打足陽明胃經

胃經上班時間是07:00-09:00，是早餐時間，也是營養能輸送到各器官滋養臟腑的最佳時刻。因此，消化不良或胃炎、胃潰瘍、胃脹等，可以拍打足陽明胃經。

3.Indigestion : pat Foot-Yangming Stomach Meridian

Foot-Yangming Stomach's working time is 07:00-09:00, which is breakfast time and the best time to deliver nutrients to each organ. Therefore, if you are troubled with indigestion or gastritis, gastric ulcer, stomach bilges, you can pat your Foot-Yangming Stomach Meridian.



足太陰脾經

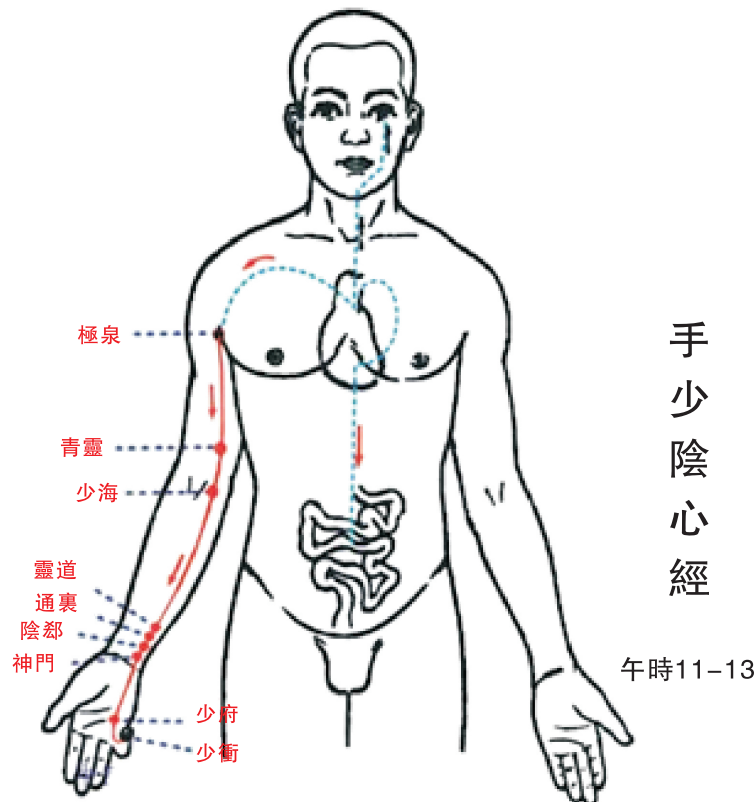
巳時9-11

4.疲勞昏沉：拍打足太陰脾經

脾經上班時間是 09:00-11:00,此時是人體氣血最旺時期,所以也是工作效率最高的時間,如果感覺身體很累或者犯困,可以拍打脾經的相關部位,比如三陰交、陰陵泉、血海來進行補養。

4. Feeling Tired or Sleepy : Foot-Taiyin Spleen Meridian

The working time of Foot-Taiyin Spleen Meridian is 09:00-11:00, the most prosperous period of vital energy, and the most efficient period for us to work. If we feel very tired or sleepy, we can pat the relevant parts of Spleen Meridian, such as Sanginjiao, Yinlingquan, Xuehai points to make ourselves better nourished.

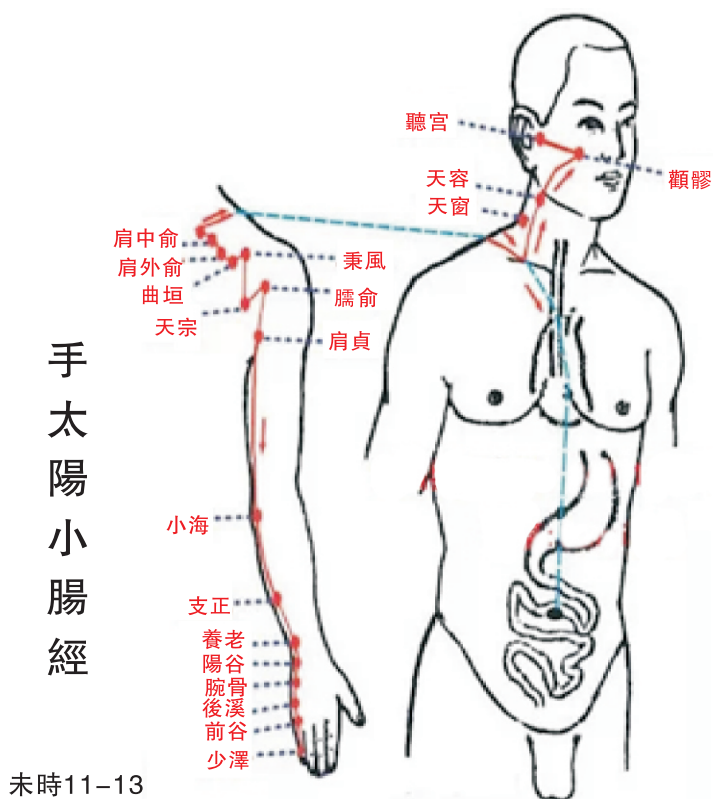


5.心煩心痛：拍打手少陰心經

心經上班時間是11:00-13:00, 也是午飯和午休時間。此時如果劇烈運動，將造成血脈運行紊亂。感覺心煩心痛，可以拍打心經促進氣血充盈。

5.Upset or Heartache: Hand-Shaoyin Heart Meridian

Hand-Shaoyin Heart Meridian's working time is 11:00-13:00, the lunch time and the rest time at noon. If we do strenuous exercises, blood disorders will be caused and we would feel upset or have heartache. Patting Heart Meridian can improve Qi and Blood function, especially in heart.

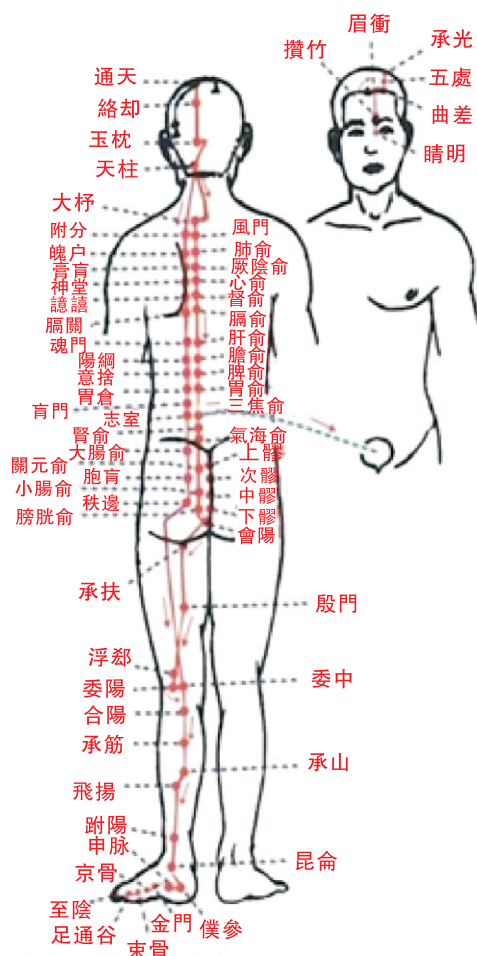


6. 吸收不良：拍打手太陽小腸經

小腸經上班時間是 13:00-15:00。此時是小腸經進行清濁及吸收的時刻，營養吸收到體內，濁物送到大腸待消化及排除體外。吸收不好，可以拍打手陽明小腸經，促進吸收。

6.Poor Absorption : Hand-Taiyang Small Intestine

Hand-Taiyang Small Intestine Meridian's working time is 13:00-15:00, the time for body to absorb nutrient and clear waste of the body. If we have poor absorption, patting Hand-Taiyang Small Intestine Meridian can help.



足太陽膀胱經

申時15-17

7. 肩頸腰背：拍打足太陽膀胱經

膀胱經上班時間是 15:00-17:00。

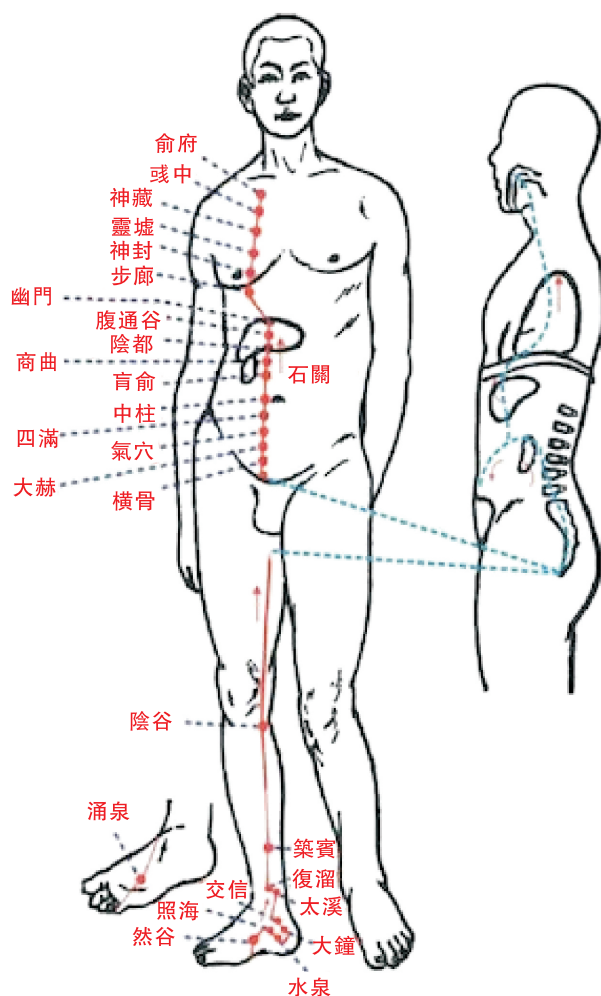
膀胱經在人體后背，位于督脈的兩邊。因此，肩膀、頸椎、腰和後背不舒服時候，可以拍打足太陽膀胱經促進泌尿系統代謝排出體內廢物。

7.Shoulder, Neck, Waist or Back problems: Foot-Taiyang Bladder Meridian

Foot-Taiyang Bladder Meridian's working time is 15:00-17:00. It is located at the back of body, on both sides of Du meridian. Therefore, for shoulder, cervical spine, waist or back discomfort or problem, patting Foot-Taiyang Bladder Meridian would help.

足少陰腎經

酉時17-19

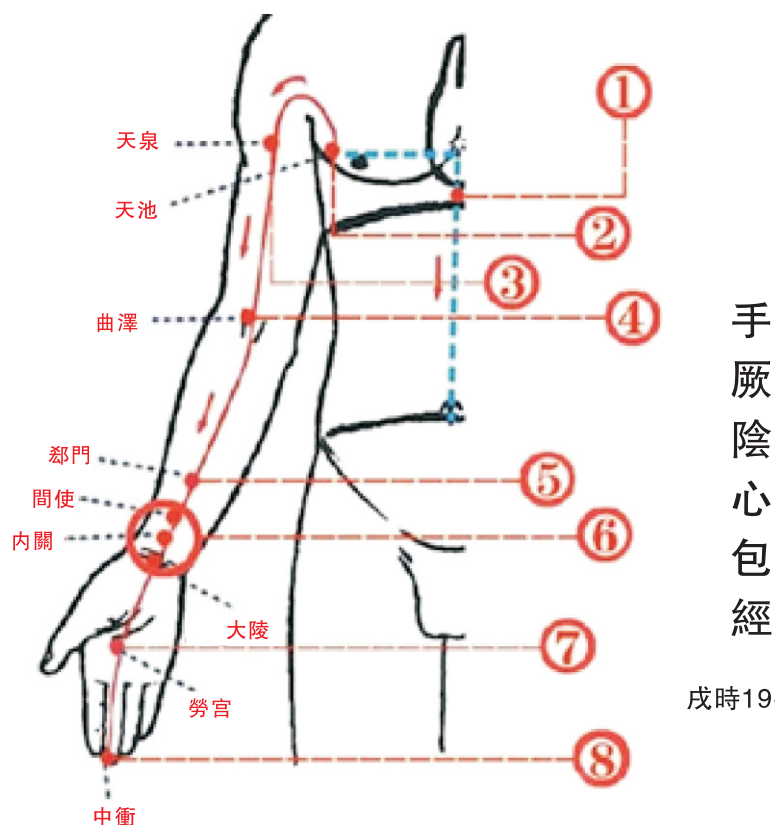


8. 精力不足：拍打足少陰腎經

腎經上班時間是 17:00-19:00。腎經是人體協調陰陽能量的經脈，也是維持體內水液平衡的主要經絡，此時更是精力不足的時候，可以拍打腎經補充能量。

8.Lower Energy: Foot-Shaoyin Kidney Meridian

Foot-Shaoyin Kidney Meridian's working time is 17:00-19:00. Foot-Shaoyin Kidney Meridian is the meridian not only to coordinate Yin and Yang energy, but also to maintain body's water balance. If you feel lack of energy, patting Foot-Shaoyin Kidney Meridian to supplement yourself with more energy.



手厥陰心包經

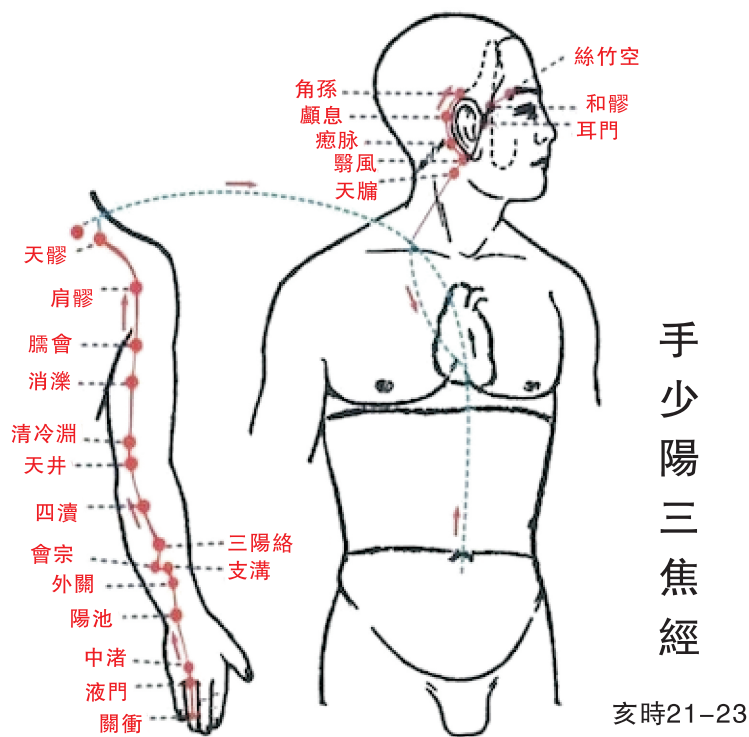
戌時19-21

9. 失眠多夢：拍打手厥陰心包經

心包經上班時間是19:00-21:00。手厥陰心包經主瀉、主血，因此晚餐宜清淡，不宜太丰盛，如果夜晚失眠多夢，可以拍打心包經，以減少亢熱而致的胸悶、噁心。

9. Insomnia or Much Dream: Pericardium Meridian

Hand-Jueyin Pericardium Meridian's working time is 19:00-21:00. It is responsible for diarrhea and the blood, so we should have supper without fatty food. If we suffer from insomnia and much dream in night, patting Hand-Jueyin Pericardium Meridian can reduce chest tightness and nausea caused by irritating hotness.

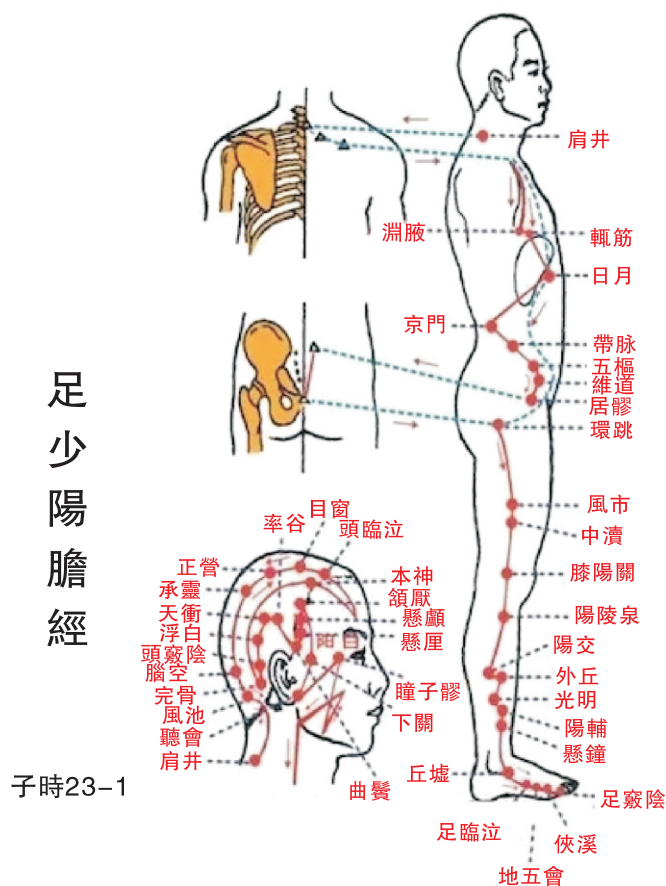


10. 奇難雜症：拍打手少陽三焦經

三焦經上班時間是 21:00-23:00。為人體血氣運行的要道，特別是三焦經掌管人體上肢和腎臟。氣血不通容易產生疑難雜症，可以拍手少陽三焦經，平衡陰陽。

10.Complicated Diseases : Hand-Shaoyang Sanjiao Meridian

Hand-Shaoyang Sanjiao Meridian's working time is 21:00-23:00. It is the main channel for human Qi and blood running or artery. Sanjiao Meridian also manages the functions of human upper limbs and kidney. If the Qi and blood do not run smoothly, our body will easily suffer from some complicated diseases, we can pat Hand-Shaoyang Sanjiao Meridian to balance Yin and Yang.

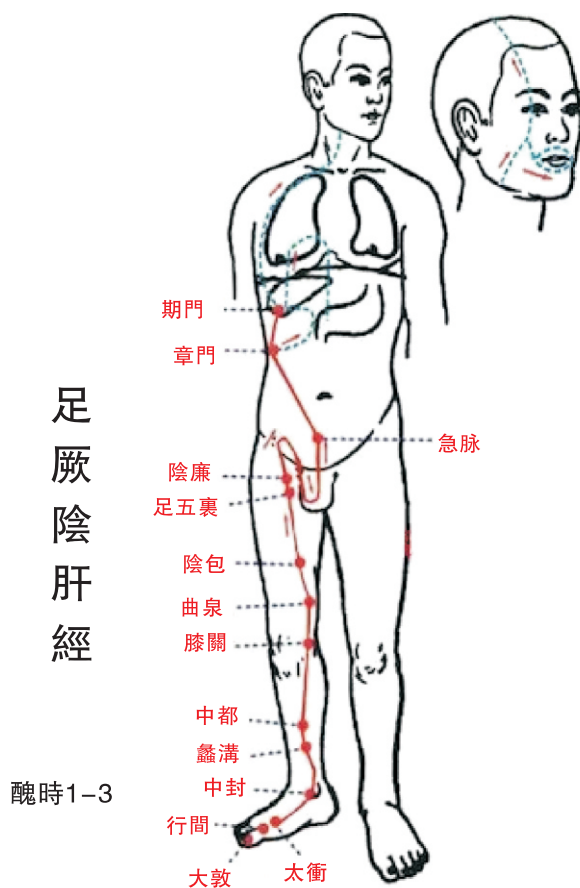


11. 節結腫瘤：拍打足少陽膽經

膽經上班時間是 23:00-01:00。此時陰氣最強，膽經會引導人體陽氣下降。此時為身體休養及修復的時間。熬夜會致膽火上逆，引發失眠、頭痛、憂愁易思等多種神經症狀，此時可以拍打膽經提高身體免疫力。

11. Node or tumor: Foot-Shaoyang Gallbladder Meridian

Foot-Shaoyang Gallbladder Meridian's working time is 21:00-23:00. There is the strongest Yin Qi in this time, with Yang Qi being down by Gallbladder Meridian. Staying up late can cause gallbladder fire going up, and cause insomnia, headaches, sorrow or over-thinking. Patting Gallbladder Meridian can improve body's immune power.



12. 情致憂鬱：拍打足厥陰肝經

肝經上班時間是 01:00-03:00。肝經具有疏利三焦，通調水道的作用。肝經調節全身血液疏導全身，使氣血調和。情致憂鬱的時候，可以拍打肝經，以利精神愉快，避免過度壓抑致氣血不暢。

12.Bad Mood and Being Melancholy: Foot-Jueyin Liver Meridian

Foot-Jueyin Liver Meridian's working time is 23:00-01:00. Foot-Jueyin Liver Meridian plays the role of dredging the channel of Sanjiao and smooth the Qi and blood flow. Foot-Jueyin Liver Meridian also makes Qi and Blood flowing more harmoniously. When in bad mood or being melancholy, patting Foot-Jueyin Liver Meridian can make us more cheerful and avoid depression.

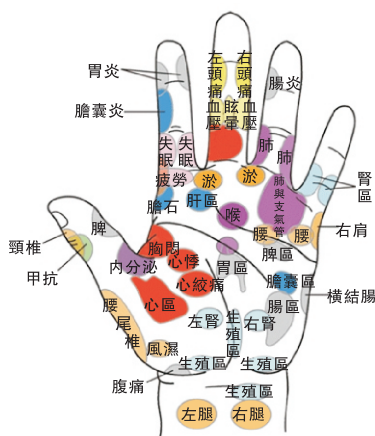
身上十大止疼開關

Ten Key Switches To Stop Pain

1. 落枕脖子疼止

痛開關：掐按小指根

掐按小指根凹陷處，左脖疼掐按右，右脖疼掐按左側，同時慢慢活動頸部，可快速緩解落枕。



1. Neck Stiffness/Neck Pain Switch

Press the pinky root, if the pain in left, press the right pinky root. If the pain in right, press the left. At the same time, slowly turn the neck, and neck stiffness can be relieved.

2. 腰扭傷疼痛止

痛開關：點按攢竹穴

點按兩個眉頭處的攢竹穴，同時慢慢地活動腰部，會明顯好轉，每天點按2-3次。



2. Lumbar Sprain Pain Switch

Press the Zanzhu Point (at one end of the two eyebrows), and slowly twist your waist, you will feel better. You can press them 2 - 3 times per day.

3.劇烈頭痛止痛

開關：掐列缺穴

當劇烈頭痛的時候，按壓列缺穴 3-5 分鐘左右，可以有效的緩解頭痛。



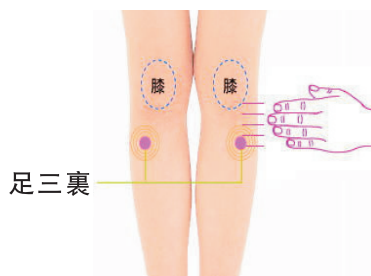
3.Headache Pain Switch

When you have a severe headache, press Lieque point for 3-5 minutes to relieve your headache.

4.胃痛止痛開

關：掐按足三裏穴

掐按足三裏3-5分鐘或用手拍打此處出紅色痧點，可以快速緩解胃痛。



4.Stomachache Pain Switch

Press Zusanli Point for 3 to 5 minutes or pat here till it is in red color, then your stomachache can be relieved.

5.牙疼止痛開

關：掐按合穀穴

掐按合穀穴 3-5分鐘左右，可以有效的緩解牙疼。



5.Toothache Pain Switch

Press Hegu Point for 3-5 minutes, which can effectively relieve your toothache.

6.抽筋腿疼止痛

開關：點按委中穴

揉按委中穴 3-5 分鍾左右，可以有效緩解抽筋疼痛。

**6.Leg Cramps Pain Switch**

Press Weizhong Point for 3-5 minutes, your leg cramps pain would be effectively relieved.

7.痛經止痛開

關：按壓太冲穴

點按雙足太冲穴 3-5分鐘，可以有效緩解痛經及小腹部和後腰疼痛。

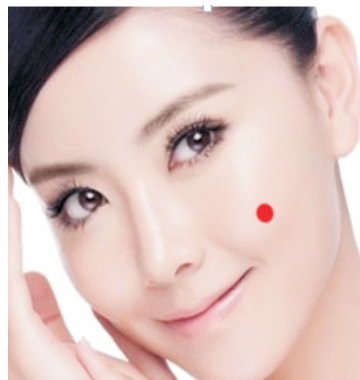
**7.Dysmenorrhea Pain Switch**

Pressing Taichong Points on your both feet can effectively relieve your dysmenorrhea and abdomen pain as well as lower back pain.

8.足跟痛止痛開

關：點按面頰八髎穴

點按面頰八髎穴 3-5 分鍾，然後再點按另一側，可以有效緩解足跟痛。

**8.Heel Pain Switch**

Press Baliao Points on the left face and right face, each for 3-5 minutes. It can effectively relieve your heel pain.

9.胸痛止痛開關：點按腋下極泉穴

點按左腋下極泉穴，可以有效快速緩解心痛，可用於心臟病的臨時急救。

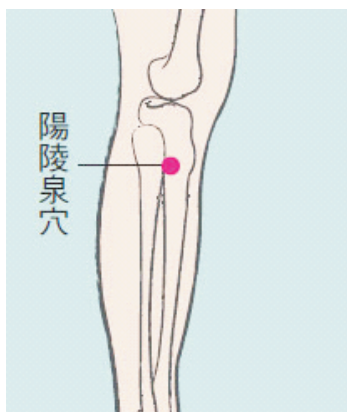


9.Chest Pain Switch

Pressing Jiquan Point in left armpit, can effectively relieve chest pain. It can be used for temporary heart disease in emergency.

10.肩膀痛止痛開關：點壓陽陵泉穴

點按小腿外側陽陵泉穴3-5分鐘，如果左肩膀痛，按右側陽陵泉穴；右肩膀痛按左側陽陵泉穴，可以有效止疼。



10.Shoulder Pain Switch

Press Yanglingquan point for 3 to 5 minutes. If left shoulder is painful, press right Yanglingquan point; if right shoulder painful, press left one, the pain can be stopped effectively.

中醫藥常用詞彙中英文對照

中醫常用詞匯/Terms Commonly Used in TCM	中醫常用詞匯/Terms Commonly Used in TCM
中國醫藥學 Traditional Chinese Medicine	治未病 prevention of disease
中醫基礎理論 Basic theory of traditional Chinese medicine	臟腑 zang-organs and fu-organs, viscera
臨床經驗 clinical experience	功能活動 functional activities
辨證論治 treatment based on syndrome differentiation	形神統一 unity of the body and spirit
本草 materia medica, herbs	陰陽失調 imbalance of yin and yang
中藥 Chinese materia medica, Chinese medicinal herbs	條達舒暢 free development
四氣五味 four properties and five tastes	延年益壽 prolonging life, promising longevity
針灸 acupuncture and moxibustion, acumox	養生防病 cultivating health to prevent disease
各家學說 theories of different schools	正氣 healthy qi, vital qi
汗法 diaphoresis, sweating therapy	病邪 pathogenic factor
下法 purgative therapy, purgation	整體觀念 concept of holism
吐法 emetic therapy, vomiting therapy	疾病的本質與現象 nature and manifestations of disease
補土派 school of invigorating the earth	陰陽的相對平衡 relative balance between yin and yang
病因學說 etiology	疾病的發生與發展 occurrence and development of disease
養生 health-cultivation,	同病異治 treating the same disease with different therapies
醫療實踐 medical practice	異病同治 treating different diseases with the same therapy
治療原則 therapeutic principles	五臟 five zang-organs, five zang-viscera
寒涼藥物 herbs of cold and cool nature, cold-natured herbs	六腑 six fu-organs, six fu-viscera
滋陰降火 nourishing yin to lower/reduce fire	經絡系統 system of meridians and collaterals
滋水涵木 enriching water to nourish wood	餘熱未盡 incomplete abatement of heat
瘀血致瀉 disease caused by blood stasis	有機整體 organic wholeness/integrity
先天之精 congenital essence	表裏關係 exterior and interior relation
形與神俱 inseparability of the body and spirit	開竅 opening into
開胃 promoting appetite	自然現象 natural phenomena
脈象 pulse conditions, pulse pattern	哲學概念 philosophical concept
邪正關係 states of pathogenic factors and healthy qi	對立統一 unity of opposites
發熱惡寒 fever and aversion to cold	相互消長 mutual waning and waxing
頭身疼痛 headache and body pain	相互轉化 mutual transformation
久痢脫肛 proctoptosis due to prolonged dysentery	陰陽屬性 nature of yin and yang
養陰清熱 nourishing yin and clearing away heat	相互聯系 interrelation
清肺熱 clear away lung-heat	相互制約 mutual restraint, mutual restriction/interaction
濕邪犯肺 pathogenic dampness invading the lung	動態平衡 dynamic equilibrium
清熱瀉火 clearing away heat and reducing fire	陰平陽秘 yin and yang in equilibrium
腠理 muscular interstices, striae, interstitial space	陰陽的互根互用 interdependence of yin and yang

資料來源：醫學全在綫<http://www.med126.com/yingyu/2008/23228.shtml>

中醫藥常用詞彙中英文對照			
水濕停滯	retention of water and dampness, water retention	相互依存	interdependence
癃閉	retention of urine	陰陽離絕	separation of yin and yang
氣血運行	circulation/flow of qi and blood	相反相成	opposite and supplementary to each
陰陽轉化	transformation between yin and yang	生理功能	physiological functions
陽消陰長	yang waning and yin waxing	病理變化	pathological changes
陰勝則陽病	predominance of yin leading to disorder of yang	臨床診斷	clinical diagnosis
陰勝則陽病	an excess of yin leads to deficiency of yang	陽勝生外熱	exuberance of yang leading to exterior heat
陽勝則熱	predominance of yang generating heat	陽中求陰	obtaining yang from yin
寒極生熱	extreme cold generating heat	絕對偏盛	absolute predominance
熱極生寒	extreme heat generating cold	陽虛則寒	yang deficiency leading to cold
陽損及陰	impairment of yang involving yin	陰陽俱損	simultaneous consumption of yin and yang
陰液不足	insufficiency of yin-fluid	陰陽兩虛	simultaneous deficiency of both yin and yang
病機總綱	general principle of pathogenesis	陽虛發熱	fever due to yang deficiency
病機	pathomechanism, pathological mechanism	陰陽自和	natural harmony between yin and yang
陰陽勝複	alternative predominance of yin and yang	木乘土	the wood over-restrains the earth
虛寒證	deficiency-cold syndrome	木火刑金	wood-fire impairs the metal
扶陽退陰	strengthening yang to reduce yin	金水相生	generation between the metal and water
祛風散寒	expelling/eliminating wind to dispersing cold	生克制化	interrelationship between generation and restriction
消導積滯	promoting digestion and removing food retention	制則生化	restriction ensuring generation
潛陽熄風	suppressing yang to quench wind	母病及子	disease of the mother-organ affecting the child-organ
五行學說	theory of five elements	傳變	transmission of disease, progress of disease
運動變化	motion and variation	子病犯母	disease of the child-organ affecting the mother-organ
正邪相爭	struggle/combat between healthy qi and pathogenic factors	肝腎精血不足	insufficiency of liver and kidney essence and blood
相生相克	mutual generation and restriction	肝陽上亢	hyperactivity of liver yang
生我，我生	to be generated and to generate	心肝血虛	asthenia / deficiency of heart and liver blood
克我，我克	to be restricted and to restrict	心肝火旺	exuberance of heart and liver fire
生中有制	restriction within generation	心火亢盛	hyperactivity/exuberance of heart fire
克中有生	generation within restriction	滋腎養肝	nourishing the kidney and liver
木曰曲直	wood is characterized by growing freely and peripherally	方位配五行	correspondence of the directions to the five elements
火曰炎上	fire is characterized by flaming up	溫腎健脾	warming the kidney and strengthening the spleen
土爰稼穡	earth is characterized by cultivation and reaping	腎陽式微	declination of kidney yang
金曰從革	metal is characterized by change	脾陽不振	inactivation of spleen yang
病緩起	gradual onset of disease	脾胃虛弱	hypofunction/weakness of the spleen and stomach
肝陰不足	insufficiency of liver yin	地道不通	menopause

中醫藥常用詞彙中英文對照			
相乘相侮	over-restriction and reverse restriction	平肝和胃	soothing the liver and harmonizing the stomach
水濕停聚	retention of water-dampness	水火不濟	discordance between water and fire
腎陰不足	insufficiency of kidney yin	藏象學說	theory of visceral manifestations
心腎不交	disharmony between the heart and kidney	奇恒之腑	extraordinary fu-organs
宣通水道	dredging water passage	水穀精微	cereal nutrients, essence of water and food
通調水道	dredging and regulating water passage	傳化水穀	transmission and transformation of food
行氣利水	activating qi to excrete water	貯藏精氣	storage of essence
水液停滯	retention of fluid	治療效果	curative / therapeutic effect
後天之本	postnatal / acquired base of life	藏而不瀉	storage without excretion
調暢氣機	regulating qi activity	瀉而不藏	excretion without storage
肝氣上逆	upward flow of liver qi	表熱裏寒	exterior heat and interior cold
水曰潤下	water is characterized by moistening and downward flowing	肝旺脾虛	hyperfunction of the liver and weakness of the spleen
脾主運化	the spleen governing transportation and transformation	大肉陷下	obvious emaciation and muscular atrophy, extreme emaciation
肝氣鬱結	stagnation of liver qi	面色紅潤	ruddy complexion, rosy cheeks
膽虛證	gallbladder deficiency syndrome	膽虛不得眠	insomnia due to gallbladder asthenia
腐熟水穀	digesting food	導便法	laxation
食欲不振	poor appetite	跌打損傷	traumatic injury
脘腹脹悶	epigastric distension and depression	動靜結合	integration of motion and quietness/stillness
噯氣酸腐	eructation with fetid odor	定喘	relieving asthma
泌別清濁	separating the clear from the turbid	心主血脈	the heart controlling blood and vessels
食物殘渣	residue of food	心氣充沛	abundance of heart qi
大腸主傳導	the large intestine governing transmission and transportation	防禦外邪入侵	preventing the invasion of exogenous pathogenic factor
癃閉	dysuria, retention of urine, anuria and dysuria	血液充盈	plenty of blood
面黃肌瘦	emaciation with sallow complexion	脈道不利	unsmoothness of vessels
止珠偏斜	strabismus, squint, ocular deviation	面色無華	lusterless complexion
調節水液	regulation of water	脈象細弱	thin and weak pulse
排泄糟粕	excretion of waste material	面色萎黃	sallow complexion
髓海不足	insufficiency of marrow-sea	汗血同源	sweat and blood sharing the same origin
精神萎靡	dispiritedness, listlessness, lower spirit	升降出入	ascending, descending, coming in and going out
月經不調	irregular menstruation	氣為血帥	qi serves as the commander of the blood
沖任不固	weakness of thoroughfare and conception vessels	氣血凝滯	stagnation of qi and blood
經期延長	prolonged menstruation	血瘀	blood stasis
小腸實熱	sthenia-heat in the small intestine	氣滯腰痛	lumbago due to qi stagnation
氣機調暢	smooth activity of qi	氣虛滑胎	habitual abortion due to qi asthenia

中原國醫

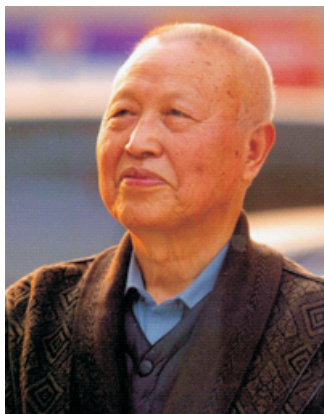
Great TCM Figures of Henan Province



李振華 中國第一屆國醫大師 教授/主任醫師

Li Zhenhua Master of National TCM, Prof / Senior TCM

河南中醫學院原院長，享受國務院特殊津貼的專家。從醫70餘年，全國著名中醫學家、中醫教育家。曾任七屆全國人大代表、中華中醫藥學會常務理事，1990年首批全國名老中醫藥專家，2009全國首屆國醫大師。



張磊 國家級名老中醫 教授/主任醫師

Zhang Lei National TCM, Prof / Senior TCM

國家二部一局第二批師承制導師，現系國家“十五”攻关“名老中醫學學術思想，經驗繼承研究”課題的國家級名老中醫。從醫近70年，為學識淵博、治學嚴謹、辨證精準、醫德高尚等大德良醫。



崔公讓 國家級名老中醫 教授/主任醫師

Cui Gongrang National TCM, Prof / Senior TCM

河南省醫師學會理事，全國有突出貢獻的專家，全國第五屆與第六屆中國中西醫結合學會周圍血管疾病專業委員會主任委員。擅長以中醫藥為主治療痛風、炎症及栓塞性周圍血管疾病血管病。

中原國醫

Great TCM Figures of Henan Province



袁海波 國家級名老中醫 教授/主任醫師

Yuan Haibo National TCM, Prof / Senior TCM

國家有突出貢獻專家，享受政府津貼專家、全國老中醫藥專家學術經驗繼承指導老師，兼任中華中醫藥學會理事。在冠心病、高血壓、高血脂、風濕性心臟病等心血管疾病的治療方面取得顯著成就。



李發枝 國家級名中醫 教授/主任醫師

Li Fazhi National TCM, Prof / Senior TCM

從事中醫艾滋病臨床、科研工作近20年，是最早進入中醫藥治療艾滋病領域的專家之一。系「益艾康」膠囊課題組主要成員。擅長運用中醫藥治療中醫內科疑難雜癥。



徐立然 國家級名中醫 教授/博導/主任醫師

Xu Liran National TCM, Prof / Senior TCM

醫學博士/博導、國家二級教授、主任醫師。享受國務院政府特殊津貼專家、國家衛生部有突出貢獻中青年專家、國家中醫藥應急突發公共衛生事件專家委員會專家。國家中醫臨床研究基地（艾滋病）主任、中華中醫藥學會艾滋病分會常務副主任、河南中醫學院第一附屬醫院副院長。