

<<实用中医学>>

图书基本信息

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## 内容概要

Professor Xie Zhufan is a leading specialist in the area of integrating Chinese and Western medicine , Taking heed of the cultural differences of the East and the West , he has written Practical Traditional Chinese Medicine to meet the needs of Western doctors who do not have the knowledge of Chinese but explaining profound concepts in simple terms. It covers basic theories and major therapeutic measures , i.e. , herbal medication and acupuncture. The diseases discussed are mainly those , for which Western medical treatment is either hardly effective or likely to produce serious side effects while Chinese medicine may gain better results. The therapeutic methods have been carefully selected ; they are quite practical and easy to apply , indicating the characteristic features of traditional Chinese medicine : simplicity and effectiveness. The book not only includes the basic knowledge of traditional Chinese medicine , but also the fruits of Professor Xie's own experience and understanding.

## 作者简介

谢竹藩，北京大学第一临床学院教授，北京大学中西医结合研究所名誉所长。四十多年来，他一直致力于中西医结合临床及实验研究，在传统中医学和中西医结合医学上有深厚造诣和突出成就。他多次应邀在国外医学院讲学，并多次出任世界卫生组织传统医学顾问，曾参与世界卫生组织“标准针灸命名法”的定稿工作。同时，他还出版了大量的研究专著，如1980年的《汉英常用中医药词汇》和1984年的《中医药词典》二书，在国内外产生了较大影响。他因在《汉英医学大词典》（1987年）一书的编纂中有突出贡献，而获得卫生部嘉奖。此外，还与人合作编著出版了1994年版的《汉英中医药分类词典》。2000年，他受命于国家中医药管理局，进行“中医药名词术语英译标准化”的研究。本词典就是在该项研究的基础上重新编著而成。

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## 章节摘录

The Lungs dominate qi in two aspects. One aspect is that the Lungs take charge of respiration ; breathing in fresh qi ( air containing oxygen ) and breathing out stale qi ( air containing carbon dioxide ) . It is in the Lungs that the gas exchange takes place. Therefore , the movements of qi in the Lungs include ascending , descending , coming in and going out. Through these movements of qi in different directions , the Lungs regulate the movements of qi in general. In the process of respiration , the air passages should be kept clean and unobstructed. If any pathogenic factor impedes the smooth flow of air during respiration , there will be coughing and dyspnea due to "upward perversion of Lung qi" It should be respiratory disorders , such as coughing and dyspnea in emphysema and chronic asthma , are often attributed to impaired function of both the Lungs and the Kidneys.

The other aspect is the role of the Lungs in the formation of qi , especially pectoral qi. Pectoral qi is formed by combining essential qi derived from food and fresh air ( oxygen ) inhaled by the Lungs. The qi thus formed in the Lungs is collected in the chest. It provides energy for respiration and the voice on the one hand , and assists Heart qi to promote blood circulation on the other. With normal functioning of the Lungs in dominating qi , abundant qi can be supplied to all the zangfu organs , Impairment of this function usually results in insufficient formation of pectoral qi and disordered movements of qi in general , manifested by shortness of breath , feeble voice , lassitude and lack of energy.

2. Regulating the water passages This is one of the unique points in traditional Chinese medicine. The Lungs are believed to take part in the regulation of water metabolism. They disseminate fluid to the body's surface , and disperse a part of the body's fluids through the pores as sweat. They also constantly send fluid downwards to the Kidneys for the excretion of urine. The latter function is known as "regulating the water passages." If this function is impaired , fluid will be retained , transformed into phlegm in the Lungs , or accumulated in the tissues , resulting in edema , especially edema of the upper portion of the body. The Lungs' function in regulating the water passages is a conclusion drawn from clinical observations. Edema manifested in the upper portion of the body ( e.g. , acute nephritis ) is often associated with respiratory symptoms and can be relieved with herbal medicines commonly used for treating respiratory diseases ( such as Herba Ephedrae ) .

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