

<<中国藏医药学>>

图书基本信息

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前言

Traditional Tibetan medicine is a time-honored medical knowledge system created mainly by the people inhabiting the Himalaya Mountains and the Qinghai-Tibet Plateau region through a long course of experience in fighting against disease and preserving good health. Naturally, the provenance of Tibetan medicine should originate from Tibet, but Tibetan medicine is also an integral part of traditional Chinese medicine (TCM) as a whole. Ironically, due to complex historical reasons, for a long time, Tibetan medicine didn't arouse due attention and interest in inland China. Before 1949, no works on Tibetan medicine had appeared in China, and there were no academic papers published either. Over the last three decades, people in China, including the Tibetans themselves, have begun to pay close attention to Tibetan medicine. A number of high-quality academic papers have been published, some of them exerting great influence in the pertinent fields, arousing interest among all of those closely involved in the field of Tibetology. The Sman thang Series of hanging scrolls with a medical theme, for instance, was first published in China in the mid-1980s in both Tibetan-Chinese and Tibetan-English versions, marking a new epoch in the study of Tibetan medicine in China. Of course, due to the lack of experience and constraints at the academic level, these publications are certainly not perfect. Yet, the project plays a pioneering role in expediting the pace of China's efforts to catch up with the study in this field internationally.

内容概要

《中国藏医药学(英文)》内容简介：Traditional Tibetan medicine, created by people living on the Qinghai-Tibet Plateau, known as the "roof of the world," is becoming known worldwide. Though originating in China's Tibet, China herself has not published a comprehensive work on Tibetan medicine in English so far. This English monograph, the first of its kind ever published in China, deals with the theoretical and practical aspects of Tibetan medicine, including its history, fundamental theories, physiology, anatomy, diagnostics, clinical science, therapies, medical ethics, healthcare and materia medica. Included are also special chapters devoted to the unique Tibetan medical painting scrolls (Smanthang), important international conferences, and representative specialists and works. At the end of the book, the appendices cover authors, medical works, transliteration of the Tibetan alphabet and a chronological table for Tibetan medicine.

作者简介

ZHEN YAN has specialized in studies of the medical traditions of Chinese ethnic minorities , with emphasis on Tibetan medicine , for nearly a decade. She is a frequent traveler to Tibet , especially Lhasa. She learned the Tibetan language from native speakers and Tibetan medicine at the Institute Of Traditional Tibetan Medicine. She spent six years as a post-graduate researcher , specializing in the history of Tibetan medicine. Her publications include A Comparative Study of Chinese and Tibetan Pulse-taking , A Preliminary Investigation into the Origins of Tibetan Medicine. An Introduction to Tibetan Medicine. The title of her doctoral dissertation is The Origins and Evolution of the Sphygmography of Tibetan Medicine. CAI JINGFENG, a research fellow into the history of Chinese medicine, including the history of the traditional medical systems of China's ethnic minorities, specializing in Tibetan medicine for three decades, graduated from a Chinese biomedical university. He also systematically trained in traditional Chinese medicine, including Tibetan medicine. He has published many mono-graphs on the medical traditions of China's ethnic minorities, especially Tibetan medicine, as well as over 100 articles dealing with the history of Chinese medicine, Tibetan medicine and the medical traditions of other ethnic minorities in China.

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章节摘录

插图：1.2.3 Etiological Theory Formed when Buddhism first flourished, Tibetan medicine is unique in its recognition of the causes of disease, with an ethnic flavor, as well as a religious coloring, thus forming a unique theory of etiology. There are several methods of classification. A theory holds that diseases occur only under three conditions, i.e. origin, accumulation and induction. This is called the theory of external causes. On the origin, it is claimed that the seasons, the five sensory organs, and daily life are closely related. Any reverse, deficiency, exuberance of an element can become the origin of a disease. For instance, season refers to cold, heat and rain. When these three are less than normal, then this is a deficiency; when they are in surplus, then, it is excess. Opposite refers to heat appearing in the cold season, cold appearing in the hot season, and drought appearing in the rainy season; these are all opposites. Or, in other words, they are the origin of diseases. This is quite similar to the six-excessiveness theory of etiology in TCM. The five sensory organs are responsible for special sensation, namely, the eyes for seeing, the ears for hearing, the nose for smelling and the tongue for tasting. When stimuli are optimal, then, no disease would happen. Any deficient or excessive stimulus, either too far, too near, over-stimulation or in a paradoxical form that cannot be tolerated by the organism forms a reverse

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