

Brief Introduction about the Authors

作者简介



Li Shaozhi male, M. D., Ph. D., associate professor, director of Research Laboratory of Dignostics of Hunan College of Traditional Chinese Medicine. Has had 46 papers and 6 books published, received 2 prizes given by Hunan Government for important scientific and technical achievement, studied in the United States as a visiting scholar sent by the Chinese Government from 1993 to 1995, worked in Russia as the leader of the medical team sent by Hunan College of Traditional Chinese Medicine in 1998.

李绍芝 男, 1953年生, 医学博士, 副教授, 湖南中医药大学中医诊断实验室主任。发表论文46篇, 编著书5本。获湖南省科技成果奖2次。1992年至1995年国家教委公派赴美国留学, 1998年任湖南中医药大学赴俄罗斯医疗队队长。



Tan Xiaohong female, born in 1955, associate professor, Department of Acupuncture, The First Affiliated Hospital of Hunan College of Traditional Chinese Medicine, member of All China Association of Acupuncture and Moxibustion. Has had 15 papers and 1 book published, worked in Lansing Health Center of the United States as a acupuncturist from 1993 to 1995, worked in Russia as a acupuncturist specialist in 1998.

谭晓红 女, 1955年生, 湖南中医药大学附属第一医院针灸科主治医师, 中国针灸学会会员。发表论文15篇, 编著书1本。1993年至1995年在美国兰辛市健康医疗中心从事针灸工作, 1998年任湖南中医药大学委派的针灸专家赴俄罗斯工作。

序

穴位疗法源于中国民间，几千年来为中华民族的繁衍昌盛作出了巨大的贡献，受到了广大民众的厚爱。近来，随着中国传统医学的迅速发展，中外学术交流日益频繁，穴位疗法越来越受到了海外医学界的重视，成为世界医学的一个重要组成部分。为了促进中外学术交流，适应中医学不断发展的需要，我们编写了这本《中国穴位疗法》，忠诚希望能为宏扬民族精华作出应有的一点贡献。

作者积二十余年教学、临床、科研工作和数年海外学习的经验，遵循理论与实际相结合的原则，精心选择临床行之有效，用之简便的穴位治疗方法。所选之点，多为亲验目睹。本着认真负责的态度，历经数载，几易其稿，而成此册。全书分为三章，第一章简介常用腧穴 400 多个，第二章收编各种穴位治疗方法二十余种，第三章介绍百余种常见疾病的穴位疗法。力求文字简明扼要，通俗易懂，译文准确流畅，并配大量插图，以达到图文并茂之效果而便于自学。

本书能为国内中医院校学生和临床医师学习中医专业英语和穴位治疗方法提供帮助和参考，同时也能成为海外读者学习中医和汉语的良师益友。由于作者的水平有限，错误之处敬请读者批评指正。

作者衷心感谢加拿大 Patrick Quon 先生和澳大利亚 Chris Lack 先生热情为本书的英文部分进行校对工作。

李绍芝

谭晓红

1998 年 4 月 8 日

Foreward

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Therapeutic method of acupoint originates from China. It has made a great contribution to the thriving and prosperity of the Chinese nation for several thousand years and has been greatly loved by the people. In recent years, traditional Chinese medicine has attained a very high level of development and the exchange of traditional Chinese medicine has accelerated. Foreign medical scholars have paid more and more attention to it. There is no doubt that therapeutic method of acupoint becomes an important component in world medicine. In order to improve academic exchange in medical science between China and foreign countries and meet with the ever-growing demand for traditional Chinese medicine, we wrote this book with hopes to make a contribution for carrying forward the national essence.

The authors, with more than 20 year experience in their teaching, clinic, research and work in foreign countries chose carefully effective and simple therapeutic methods of acupuncture according to the principle of the integration of theory and practice. Most of the chosen methods have been used or seen by the authors in the clinic. We spent several years to write this book and have revised the manuscript many times in light of conscientious attitude. The book is divided into three chapters. The first chapter introduces channels and collaterals and more than 400 commonly used acupoints including their location, indication and method of needling. The second chapter describes more than 20 different therapeutic methods of acupuncture which are effective, simple and safe. The third chapter introduces the treatment of more than 100 common diseases with therapeutic methods of treatment. The authors have strived to be concise and easy to understand in writing with correct and fluent English. The book is filled with illustrative pictures in order to be studied independently.

This book can provide assistance in the study of acupuncture English and therapeutic methods of acupuncture for students and doctors in China. It can also be good teacher and reliable friend for the overseas student of traditional Chinese medicine and Chinese. We have tried our best in compiling this book, nowever any comment or any suggestion for the futher revision of this book would be much appreciated.

The authors are grateful to Mr. Patrick Quon from Canada and Mr. Chris Lack from Australia for their proofreading the English version.

Li Shaozhi
Tan Xiaohong
April 8, 1998

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