

<<中国针灸学>>

图书基本信息

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## 前言

The science of acupuncture and moxibustion is an important part of traditional Chinese medicine. For thousands of years the Chinese people have appreciated it for its nonpharmaceutical treatment, simple application, wide range of use, good curative effect, and low cost. As part of Chinese science and culture acupuncture and moxibustion have long been known in the world as a result of cultural exchange between China and other countries. However, a global interest in acupuncture and moxibustion and special enthusiasm for the subject have been growing in the past dozen years. To offer further service to the other people and help acupuncture and moxibustion enrich the world science and culture, the Ministry of Health of China established three international acupuncture training centres in research institutes and colleges of traditional Chinese medicine in Beijing, Shanghai and Nanjing with the support of the Office of the Western Pacific Region of the United Nations' World Health Organization. More than 1,000 foreign students from 120 countries and regions have been trained there in less than ten years. With their strong thirst for knowledge these students were not satisfied with their basic understanding and sought more detailed information. To meet their needs, the three training centres have organized advanced training and research courses. Chinese Acupuncture and Moxibustion, the textbook for these advanced courses, was compiled by the three training centres, under the supervision of the Ministry of Health, in accordance with their teaching programme, acupuncture theory and clinical experiences. Professor Cheng Xinnong, well-known specialist of Chinese acupuncture and moxibustion, headed the editorial board for the compilation of this book. Both the Chinese and English editions of Chinese Acupuncture and Moxibustion were examined and revised by a number of specialists before publication.

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内容概要

Acupuncture and moxibustion are indispensable parts of traditional Chinese medicine in the prevention and control of disease. Since the founding of the People's Republic of China these arts have been developed and are highly regarded by the international, academic community. Based upon Essentials of Chinese Acupuncture, used as a textbook by the International Acupuncture Training Centers in Beijing, Shanghai and Nanjing, Chinese Acupuncture and Moxibustion incorporates the rich experience of class teaching and clinical practice and the results of acupuncture research, retaining the characteristic features of the traditional theory of acupuncture and stressing the integration of theory and practice. The book consists of eighteen chapters and four appendices. Chinese Acupuncture and Moxibustion was compiled by the International Acupuncture Training Centers and Acupuncture Institute of China, Academy of Traditional Chinese Medicine, on commission of the Ministry of Public Health. It is published by Foreign Languages Press and distributed by China International Book Trading Corporation.

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## 章节摘录

1. THE ORIGIN OF ACUPUNCTURE AND MOXIBUSTION Acupuncture and moxibustion are important inventions of the Chinese nation and originated as early as in the clan commune period of primitive society. The activities of human beings appeared in China about 700,000 years ago. It was about 100,000 years ago that China entered the clan commune period which lasted till 4,000 years ago. In the ancient literature there were many legends about the origin of acupuncture and moxibustion such as Fu Xi's creation of therapeutic techniques with stone needles, and Huang Di's invention of acupuncture and moxibustion. The above-mentioned Fu Xi and Huang Di in legend actually are the representatives of the clan commune of primitive society. In the classics of two thousand years ago, it was frequently cited that the acupuncture instruments were made of stone and were named bian stone. For example, in Commentary on the Spring and Autumn Annals, there is a paragraph in historical records for 550 B.C. saying: "Hear that does an ill turn is worse than advice unpleasant to hear that acts like a stone?" Fu Qian in the second century explained that "stone" here meant bian stone. Quan Yu-anqi who lived around the 5th-6th centuries pointed out: "Bian stone is an ancient appliance for external treatment and was known by three names: 1. needle stone; 2. bian stone; 3. arrow-headed stone. In fact, they are the same thing. Because there was no iron cast in ancient times, the needles were made of stone." This is correlated with the fact that the stone instruments were extensively used in the primitive society. Primitive period in China was divided into two stages, the Old Stone Age (from remote antiquity to 10,000 years ago) and the New Stone Age (from 10,000-4,000 years ago). In the Old Stone Age the ancestors knew how to use stone knives and scrapers to incise an abscess, drain pus and let blood out for therapeutic purposes. With the accumulation of experiences the indications of the treatment by bian stone were gradually increased. In the New Stone Age because of the improvement in their technique of stone manufacturing, the ancient people were able to make bian stone as a special tool with more medical usage. In China, a bian stone needle 4.5 cun long was discovered in the New Stone Age ruins in Duolun County of Inner Mongolia. At one end, it is oval-shaped with a semicircular edge used for incising boils and abscesses, and at the other end, it is pyramid-shaped with a square base used for bloodletting. Two more bian stones were discovered as funerary objects in a late New Stone Age grave in Rizhao County of Shandong Province. They are 8.3 cm and 9.1 cm in length respectively: with three-edged and cone-shaped ends used for bloodletting and regulating qi circulation. The discovered relics of bian stone have provided powerful evidence that acupuncture originated early in the primitive society. According to the records of Chapter 12 of Plain Questions: "The treatment with bian stone needle originated in the east coast of China where the inhabitants lived on fishery; and moxibustion originated in the north where the people subsisted on animal husbandry. Because it was cold and windy in the north-eastern areas, people had to warm themselves by fire. Living in camps and subsisting on milk, they easily suffered from abdominal pain and distension by cold, suitable to be treated by heat. Through long-term accumulation of experiences, moxibustion therapy and hot compression were created."

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