

<<打开中医之门>>

图书基本信息

书名：<<打开中医之门>>

13位ISBN编号：9787119060484

10位ISBN编号：7119060481

出版时间：2010-1

出版时间：外文出版社

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页数：396

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前言

Professor Xie Zhufan , Director Emeritus of Peking University Institute of Integrated Traditional Chinese and Western Medicine , is a renowned internist and integrated traditional Chinese medicine and Western medicine specialist in China . A distinguished , erudite scholar and a clinician par excellence of forthright character , Professor Xie is a highly respected and close friend of mine for decades . His exemplary works on basic neuroendocrinology studies of Cold&Heat Theories of traditional Chinese medicine have been leading the field with solid progresses . Over the years , Professor Xie has headed several task forces on English standardization of traditional Chinese medicine nomenclatures sponsored by WOrld Health Organization and State Administration of Tadtional Chinese Medicine of China with outstanding achievements . Wth his extensive proficiencies. in both traditional Chinese and Westem medicines , Professor Xie excels in the adap~tion of Tadtional Chinese medical science into English and has been universally recognized as the best in the field . Amongst his abundant translated works. “ On the Standard Nomenclature of Traditional Chinese Medicine"has been the most representative .

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### 内容概要

本书科学系统地介绍了中国传统医学的理论基础、临床应用及中西医结合治疗的优势。

本书具有如下特点：1、中医理论部分。

本书在介绍中医理论及文化背景的同时，也关注与相应时期西方(古希腊)医学理论及文化背景的比较分析，以此使西方读者对中医的理解更加清楚到位。

2、中医基本知识部分。

突出介绍中医一些独特的方法，及与西医的互补性。

3、临床治疗部分。

在病种的选择方面，本书没有简单地选择西医没有办法而中医有疗效的常见病种进行介绍，或简单地选取一些病例予以佐证，而是严格根据西方医学最为看重的“循证医学”原则(RCCT，即

：Randomized Controlled Clinical Trial)进行病种的遴选和病例分析。

## 作者简介

Dr Xie Zhufan is a professor of both Western and Chinese medicine , Director Emeritus of Institute of Integrated Chinese and Western Medicine at the First Medical School ( also the First Hospital ) , Peking University. He has been engaged in clinical and experimental studies on the integration of the two systems of medicine for nearly fifty years and invited to give lectures in many countries on traditional Chinese medicine and integrated medicine. Since 1985 , he has been appointed repeatedly by WHO ( World Health Organization ) as short-term consultant or temporary adviser on traditional medicine covering a wide variety of subjects , particularly on the role of traditional medicine in health care , training in traditional medicine , development of research methodology of traditional medicine , standardization of acupuncture nomenclature , and international standard terminologies on traditional medicine in the Western Pacific Region. He has won three national awards , including Scientific and Technological Advancement Award for his systematic research on the basic traditional medical theory in 1992 , Science and Technology Award for standardization of traditional Chinese medical terminology in 2005 , and Natural Science Award for his work on clinical and experimental studies on anti-senility classical herbal formulas in 2006. Besides a great variety of scientific papers , he has published a number of medical books. The first book in English , Lectures on Traditional Chinese Medicine published by Shen Foundation California , U.S.A. based on the lectures that he gave in San Francisco in 1982 was well received by the readers. Since then , Professor Xie has compiled Dictionary of Traditional Chinese Medicine ( 1984 ) , Traditional Chinese Internal Medicine ( 1993 ) , Classified Dictionary of Traditional Chinese Medicine ( 1994 ) . Best of Traditional Chinese Medicine ( 1995 ) , and Practical Traditional Chinese Medicine ( 2000 ) . Traditional Chinese internal Medicine was also translated into German and published in Germany ( 1996 ) , and Practical Traditional Chinese Medicine translated into Italian and Portuguese , and published in Italy ( 2007 ) and Brazil ( 2008 ) , respectively.

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## 章节摘录

Infinite Divisibility of Yin and Yang      The divisibility of yin and yang is infinite. As stated in the Internal Classic, Yin and yang can be counted in tens and can be extended to hundreds|thousands or infinity. For example, day and night can be divided into yin and yang, in which day is yang, while night is yin. Each can be further divided into yin and yang: morning is yang in yang, while afternoon is yin in yang; the period from nightfall to midnight is yin in yin, while the period of the small hours is yang in yin. Among the zang-fu organs, zang-organs that are situated deeply in the interior, pertain to yin, while fu-organs that communicate with the exterior, pertain to yang. Among the zang-organs, the heart and lung, situated in the upper portion of the body (thoracic cavity), pertain to yang, while the liver, spleen and kidney, situated in the lower portion of the body (abdominal cavity), to yin. In terms of an organ, it can be further divided into yin and yang, e.g., the heart can be divided into the heart yin (the yin aspect of the heart, which quiets and moistens the heart and mind) and the heart yang (the yang aspect of the heart, which stimulates and activates the heart and mind), the kidney can be divided into the kidney yin (the yin aspect of the kidney, which moistens and nourishes all the organs) and the kidney yang (the yang aspect of the kidney, which warms and activates all the organs). In summary, the theory of yin-yang as a dialectic way of thinking can be applied to any field of medicine. All the life activities, including physiological and pathological processes, can be explained by opposition, interdependence and transformation of yin and yang. Dynamic balance of yin and yang leads to normal physiological activities, while breakdown of the yin-yang balance to disease. Any treatment is aimed at restoring the normal dynamic balance of yin and yang. So, Zhang Jingyue stated in his well-known Jingyue's Complete Works (1624): "Although medicine is complicated, it can be summed up in one word, namely, yin-yang?"

## 编辑推荐

An energetic octogenarian of highest professional standards , Professor Xie works ceaselessly and tirelessly to promote academic exchanges and international collaboration in medicine , This book , Contemporary Introduction to Chinese Medicine in Comparison with Western Medicine is one of his recent works in collaboration with Dr. Xie Fang , The aim of this work is to provide Western practitioners a systematic approach to study , comprehend and practice traditional Chinese medicine. In spite of the vast and attencompassing nature of traditionat Chinese medicine and considerable difficuttu in technical , adaptation to English , Professor Xie and Dr. Xie are able , on the first instance , to maintain Chinese cultural characteristics throughout the dissertation , and on the other hand , assume Western readers perspectives to ensure that the essence of this work is easy to read , study , comprehensive and hence , to apply. This book faithfuttu Lays out basic theories of traditional Chinese medicine , and diagnostic and therapeutic principles , with full attention on the treatment of diseases commonly seen in the West , such as allergic , arthritic and gastrointestinal disorders , hypertensive , coronary heart and diabetic diseases , metabolic syndromes and tumors. Ftuent in language and style , it is an extremely handy and practical tool , the best of its kind one can find nowadays. The book elucidates the traditional Chinese medical theories with in-depth analysis of historical and cultural influences and comparison with related western medical theories at philosophical level , to ensure readers to reach profound understandings of Chinese medicine. The book highlights the concepts of diagnostics and treatments of Chinese medicine that are both unique and complimentary to western medicine , with both similarities and differences stressed. Readers can distinguish clearly the methodologies of the two medical systems , dialectic Logic and holistic way of thinking versus formal Logic and analytic one. The book selects to include only those common diseases , the Chinese medical treatment of which shows prominent beneficial effect in comparison with conventional western treatment with evidence of randomized controlled clinical trials. The therapies recommended are all of practical use. Readers can feel the great attractiveness and power of TCM and feel the urgency of further , exploration and integration with western medicine.

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