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# 1

## UNIT

# Traditional Chinese Medicine

## — An Introduction

### Part 1

### Reading and Translating

#### ■ Reading A

### Traditional Chinese Medicine – An Introduction

Traditional Chinese medicine (TCM) originated in China several thousand years ago and is a very important part of the precious cultural and scientific heritage of the country. For thousands of years, TCM has made tremendous contributions to the development and prosperity of China and to this day continues to play an important role in public health.

Throughout the long history of clinical practice and observation, physicians from different eras have distilled and summarized their understandings, developing theories of physiology, pathology, etiology, diagnostics and therapeutics. In this way, TCM, with its unique theoretical system that is totally different from that of Western medicine, was gradually formed. TCM has two essential characteristics: the concept of holism and treatment based on syndrome differentiation. The concept of holism refers to the idea that the body is an organic whole. In this organic whole, the five *zang* organs are believed to be the center of the system and to connect with the six *fu* organs, the five sense organs, the nine orifices, the limbs and all the bones via a system of meridians. Additionally, because man lives in and with nature, TCM focuses on the close correlation between man and nature. Treatment based on syndrome differentiation is the basic principle under which TCM understands and treats diseases — analyzing, inducing and synthesizing the clinical data obtained through use of the four methods of examination (*sizhen*). It is through such a process that TCM practitioners are able to generalize symptoms and signs and determine proper treatments.

TCM, as an integrated system of science, is composed of the following parts: basic theories, diagnostics, Chinese *materia medica* and prescriptions, clinical subjects, and life cultivation.

#### I. Basic TCM Theories

Basic TCM theories involve a certain scientific understanding of life, health, and diseases. This basic knowledge breaks down into four parts:

- The philosophic foundation of TCM, which includes the *yin-yang* theory, the five-element (*wuxing*) theory, and essential-*qi* (*jingqi*) theory.

- Detailed knowledge of the human body, which studies the functional activities of the *zangfu* organs, *qi*, blood, the body fluids and meridians as well as the mechanisms of life activities. This is an essential aspect of the theory of TCM.

- Comprehensive knowledge of causes of diseases and pathogenesis.
- Principles of life cultivation and disease prevention and cure.

## II. TCM Diagnostics

This part mainly consists of the four methods of examination and syndrome differentiation.

The four methods of examination are conducted on a patient by means of four well-established methods: inspection, auscultation and olfaction, interrogation, and palpation, whereby physicians collect clinical data on the history of the disease, symptoms and signs.

Syndrome differentiation includes some basic diagnostic methods: the eight principal patterns (*bagang*); pathogenic factors; *qi*, blood and body fluids; *zangfu* organs; the meridians and collaterals; six channels (*liujing*); defensive, *qi*, nutritive and blood phases (*wei, qi, ying and xue*); and the triple energizer (*sanjiao*). Of these, the eight principal patterns are the heart of syndrome differentiation.

TCM Diagnosis is the bridge connecting basic TCM theory and the various clinical subjects.

## III. The Science of Chinese *Materia Medica* and Prescriptions

The science of Chinese *materia medica* is an essential subject that studies properties and clinical applications of TCM medicines. One of the most important reasons for TCM's reputation as a great treasure house lies in its rich natural resources and pharmacological knowledge, as well as clinical practice over a very long period of time. In the Ming dynasty (1368–1644 A.D.), Li Shizhen authored the book *Ben Cao Gang Mu* (the Grand *Materia Medica* — one of the most famous classic pharmacopoeia texts) in which he recorded more than 1 800 different kinds of materials that could be used as medicine. In the late 1950s, the *The saurus of Chinese Materia Medica* was published. It identified and explained more than 5 000 different kinds of Chinese medicines.

The science of prescriptions is an essential area of study as applied to theories and clinical applications, and it also serves as the bridge between basic theory and clinical subjects. Dating back to the Qin (221–206 B.C.) and Han (206 B.C.–220 A.D.) dynasties, the ancient physicians knew that the proper combination of different medicines would result in better therapeutic effects. For this reason, Chinese medicines are used mostly in complex prescriptions. Although the mechanism of multi-herb prescriptions is very complicated, they are regarded as being more functionally effective in their application than the single-herb approach.

## IV. TCM Clinical Subjects

The principal part of the TCM system is composed of several clinical subject areas, including medical principles, methods, and experience, all of which are combined to cope with various kinds of diseases. TCM includes Internal Medicine, Surgery, Gynecology, Pediatrics, the Science of Five Sense Organs, Orthopedics and Traumatology, Acupuncture and Moxibustion, and Chinese Massage.





TCM Internal Medicine, a key clinical subject serving as the foundation of all the other clinical subjects, is the study of exogenous and endogenous diseases and their causes, pathogenesis, and treatment based on syndrome differentiation.

TCM Surgery studies external diseases, which can be divided into several branch subjects such as TCM Dermatology, TCM Enterology, TCM Acute Abdominal Diseases, to name but a few.

TCM Gynecology studies women's diseases and their prevention.

TCM Pediatrics studies children's growth, physiological and pathological characteristics, as well as the prevention and treatment of children's diseases.

The TCM Science of the Five Sense Organs is the study of specific diseases of the ears, eyes, mouth cavity and nose. It mainly includes TCM Ophthalmology and TCM ENT (ears, nose, and throat).

TCM Orthopedics and Traumatology is a clinical subject which studies open wound and closed wound injuries including fractures.

TCM Acupuncture and Moxibustion is the study of the meridians and acupoints of the body, and their use in the prevention and treatment of diseases.

Chinese Massage studies the origin, development, therapeutic principles and techniques of Chinese massage.

## V. TCM Life Cultivation

In addition to treating diseases and saving lives, TCM plays an important role in the daily life of the people in China. TCM has accumulated a very large volume of knowledge related to human life and health, knowledge which has been proved reliable in health care throughout the ages. In modern times, a number of new TCM subjects and approaches such as preventive medicine, health care, rehabilitation, and others have been developed.

It is true that in TCM the concepts of structure, effect and pathology of the human body do not merely refer to the structure, life activities and pathological changes seen in the human body itself, but also relate to astronomy, geography, philosophy, and even ethics. To this extent, it cannot be fully interpreted by current theories of Western medicine.

With the worldwide proliferation of TCM, more and more people, including medical specialists from other countries, have become convinced of and have recognized the value of TCM. It is safe to say that this vast medicinal treasure, being readily accessible to more and more people all over the world, will increase in popularity and make even greater contributions in the future.

## NEW WORDS & EXPRESSIONS

**pathology** /pə'θɒlədʒɪ/ *n.* the scientific study of the nature of disease and its causes, processes, development, and consequences

病理学

**etiology** /i:'ti'ɒlədʒɪ/ *n.* the branch of medicine that deals with the causes or origins of disease

病原学

**diagnostics** /ˌdaɪəg'nɒstɪks/ *n.* the study of diagnosing diseases

诊断学

**therapeutics** /ˌθerə'piju:tiks/ *n.* medical treatment of disease; the art or science of healing

治疗学, 疗法



<b>syndrome</b> /ˈsɪndrəʊm/ <i>n.</i> a group of symptoms that collectively indicate or characterize a disease, a psychological disorder, or another abnormal condition	综合病症
<b>orifice</b> /ˈɒrɪfɪs/ <i>n.</i> an opening, especially to a cavity or passage of the body; a mouth or vent	孔，口
<b>meridian</b> /məˈrɪdiən/ <i>n.</i> any of the longitudinal lines or pathways on the body along which the acupuncture points are distributed	经脉； 经络
<b>synthesize</b> /ˈsɪnθɪsaɪz/ <i>v.</i> to combine so as to form a new, complex product	综合； 合成
<b>materia medica</b> /məˈtɪəriə ˈmedɪkə/ <i>n.</i> (Latin 拉) 1. the scientific study of medicinal substances and their sources, preparation and use; 2. substances used in the preparation of medicinal drugs	药物学 药物； 药品
<b>Chinese materia medica</b> <i>n.</i> a special subject for studying the basic theory of Chinese medicines	中药学
<b>prescription</b> /prɪˈskrɪpʃən/ <i>n.</i> a written order, especially by a physician, for the preparation and administration of a medicine or other treatment	处方； 药方
<b>philosophic</b> /ˌfɪləˈsɒfɪk/ <i>adj.</i> of, relating to, or based on a system of philosophy	哲学的
<b>pathogenic</b> /ˌpæθəˈdʒenɪk/ <i>adj.</i> capable of causing disease; originating or producing disease; of or relating to pathogenesis	致病的； 发病的； 病原的
<b>pathogenesis</b> /ˌpæθəˈdʒenɪsɪs/ <i>n.</i> the development of a diseased or morbid condition	发病机理
<b>mechanism</b> /ˈmekənɪzəm/ <i>n.</i> an instrument or a process, physical or mental, by which something is done or comes into being	办法； 途径； 机理
<b>inspection</b> /ɪnˈspekʃən/ <i>n.</i> the act of examining	[中医] 望诊； 检查； 视察
<b>auscultation</b> /ɔːskəlˈteɪʃən/ <i>n.</i> the act of listening for sounds made by internal organs, as the heart and lungs, to aid in the diagnosis of certain disorders	[中医] 闻诊； 听诊；
<b>olfaction</b> /ɒlˈfækʃən/ <i>n.</i> the act or process of smelling	[中医] 闻诊； 嗅闻； 嗅的动作或过程；
<b>interrogation</b> /ɪnˌterəˈɡeɪʃən/ <i>n.</i> [U] the activity of asking sb. questions	[中医] 问诊； 提问； 询问
<b>palpation</b> /pælˈpeɪʃən; pælˈpeʃən/ <i>n.</i> the act or process of examining sth. by feeling with the hands, esp. as part of a medical examination	[中医] 切诊； 触诊
<b>heart</b> /hɑːt/ <i>n.</i> the most important part of sth.	某事物的中心； 核心部分； 要点
<b>pharmacological</b> /ˌfɑːməkəˈlɒdʒɪkəl/ <i>adj.</i> of or concerning pharmacology	药理学的； 药物学的
<b>pharmacopoeia</b> /ˌfɑːməkəˈpiːə/ <i>n.</i> book containing a list of medicinal drugs and directions for their use, esp. one officially published for use in a particular country	药典
<b>gynecology</b> /ɡaɪnɪˈkɒlədʒɪ/ <i>n.</i> the branch of medicine dealing with the administration of health care to women, especially the diagnosis and treatment of disorders affecting the female reproductive organs	妇科； 妇科学
<b>pediatrics</b> /ˌpiːdɪˈætrɪks/ <i>n.</i> the branch of medicine that deals with the care of infants and children and the treatment of their diseases	儿科； 儿科学
<b>orthopedics</b> /ˌɔːθəʊˈpiːdɪks/ <i>n.</i> the branch of medicine that deals with the prevention or correction of injuries or disorders of the skeletal system and associated muscles,	矫形外科学





joints, and ligaments

**traumatology** /ˈtrɔːməˈtɒlədʒi/ *n.* the branch of medicine that deals with the treatment of serious wounds, injuries, and disabilities

**moxibustion** /ˌmɒksɪˈbʌstʃən/ *n.* Chinese method of treating illness using moxa which is burnt on or over a certain region of the body

**massage** /ˈmæsɑːʒ/ *n.* the rubbing or kneading of parts of the body to aid circulation or relax the muscles

**exogenous** /ekˈsɒdʒməs/ *adj.* having a cause external to the body

**endogenous** /enˈdɒdʒənəs/ *adj.* originating or produced within an organism, a tissue, or a cell

**dermatology** /ˌdɜːməˈtɒlədʒi/ *n.* the branch of medicine that is concerned with the physiology and pathology of the skin

**abdominal** /æbˈdɒmɪnəl/ *adj.* in, of or for the abdomen

**ophthalmology** /ˌɒfθælˈmɒlədʒi/ *n.* the branch of medicine that deals with the anatomy, functions, pathology, and treatment of the eyes

**rehabilitation** /ˈriː(h)əˌbɪlɪˈteɪʃən/ *n.* recovery

**interpret** /ɪnˈtɜːprɪt/ *v.* to explain the meaning of

外伤学

灸术；艾灼

按摩

外源性的；由于体外原因的

内源性的；在一生物体、组织或细胞内部起源或产生的

皮肤学

腹部中的，腹部的  
眼科学

复原；修复；康复

说明；解释…的意思

## NOTES

1. syndrome differentiation: making a diagnosis according to the analysis and comprehension of the clinical data collected by the four methods of examination and organized with basic TCM theories.

辨证。将四诊所收集的临床资料，运用中医的基础理论，加以分析归纳而做出诊断。

2. the five *zang* organs and the six *fu* organs: The five *zang* organs refer to the heart, liver, spleen, lung and kidney, and the six *fu* organs the stomach, large intestine, small intestine, gall bladder, bladder and the triple energizer.

五脏六腑。五脏指心、肝、脾、肺、肾，六腑指胃、大肠、小肠、胆、膀胱和三焦。

3. symptoms and signs: the manifestations, including the tongue and pulse condition. They bear a definite interrelationship and indicate a definite course of disease.

证候。由一系列有内在联系的症状和体征（包括舌象、脉象等）所构成，反映一定的病变规律。

4. the nine orifices: a) referring to the eyes, nares, ears, mouth, urethra (or vagina) and anus; b)

referring to the ears, nares, eyes, mouth, tongue and pharynx.

九窍。1) 指眼、鼻孔、耳、口、尿道（或阴道）、肛门；2) 指眼、鼻孔、耳、口、舌、喉。

5. the five-element (*wuxing*) theory: a philosophical theory from ancient China, which classifies the material nature and the mutual relationships of the five elements ( wood, fire, earth, metal, water). These five elements are considered as the essential constituents of the material universe and their motion is in accordance with certain rules (generation, restriction, etc.).

五行学说：中国古代哲学理论，阐明五行（木、火、土、金、水）的物质属性及其相互关系。

6. essential-*qi*: generally refers to the essential substance and its function constituting and maintaining vital activities.

精气。构成和维持人体生命活动的基本物质。

## Exercise 1

Mark the following statements with “T” (true) or “F” (false) according to the passage.

- ☐ 1. TCM believes that there is a close correlation between man and nature.
- ☐ 2. The concept of holism and treatment based on syndrome differentiation are the two basic characteristics of TCM.
- ☐ 3. Syndrome differentiation means four kinds of therapeutic methods.
- ☐ 4. The understanding about the functional activities of the *zangfu* organs, *qi*, blood, body fluids and meridians as well as the mechanism of life activities of the normal human body is a principal part of the theory of TCM.
- ☐ 5. The science of prescription making is the bridge connecting basic subjects with clinical subjects.
- ☐ 6. The *Thesaurus of Chinese Materia Medica* recorded more than 3 000 different kinds of Chinese medicines.
- ☐ 7. Etiology is a branch of medicine that deals with the causes or origins of disease.
- ☐ 8. TCM has a unique theoretical system totally different from that of Western medicine.

## Exercise 2

Give a short answer to each of the following questions.

1. What are the major characteristics of TCM?
2. What does “treatment based on syndrome differentiation” mean?
3. How many areas does TCM basic theory involve?
4. What is the difference between the effect of a single Chinese medicine and that of a complex prescription?
5. What is the position of the science of prescriptions in TCM?



6. What is TCM acupuncture and moxibustion?
7. How many kinds of Chinese medicines did Li Shizhen record in *Ben Cao Gang Mu*?
8. How many areas can traditional Chinese medicine be divided into?

### Exercise 3

Fill in the blanks with the words given below. Change the form where necessary.

synthesize	philosophic	prescription	mechanism
massage	symptom	interpret	inspect

1. I \_\_\_\_\_ his answer as a refusal.
2. John has an unusual \_\_\_\_\_ of life.
3. The doctor recommended \_\_\_\_\_ for my lumbago (腰痛).
4. His works \_\_\_\_\_ photography, painting and linguistic devices.
5. The rash is a \_\_\_\_\_ of measles.
6. The doctor has \_\_\_\_\_ total abstinence.
7. The doctor carefully \_\_\_\_\_ his hands and feet for closed wound injuries.
8. The clock doesn't go; there's something wrong with the \_\_\_\_\_.

### Exercise 4

Build up your vocabulary: match the words in the left column with the corresponding definitions in the right column.

- |                    |  |
|--------------------|--|
| 1. therapeutics    | a. the branch of medicine that deals with the anatomy, functions, pathology, and treatment of the eye          |
| 2. etiology        | b. the act or process of examining sth. by feeling with the hands, esp. as part of a medical examination       |
| 3. pharmacological | c. the branch of medicine that is concerned with the physiology and pathology of the skin                      |
| 4. dermatology     | d. of or concerning pharmacology   |
| 5. pediatric       | e. the branch of medicine that deals with the care of infants and children and the treatment of their diseases |
| 6. ophthalmology   | f. the branch of medicine that deals with the causes or origins of disease                                     |
| 7. rehabilitation  | g. recovery  |
| 8. palpation       | h. medical treatment of disease  |
| 9. exogenous       | i. the study of diagnosing disease   |
| 10. diagnostics    | j. having a cause external to the body   |

## Exercise 5

Translate the following into English.

整体观念是中医认识疾病和治疗疾病的一种思想方法。中医认为人体是一个以脏腑经络为内在联系的有机整体，同时这个整体与自然界又是统一的。

辨证论治是中医认识疾病和治疗疾病的基本原则。中医是将四诊（望诊，闻诊，问诊和切诊）所收集的资料进行分析、归纳和综合，概括为某种性质的“证候”，然后根据辨证的结果，确定相应的治疗法则。

## Exercise 6

Translate the following into Chinese.

The science of prescriptions is an essential area of study as applied to theories and clinical applications. Dating back to the Qin (221–206 B.C.) and Han (206 B.C.–220 A.D.) dynasties, the ancient physicians knew that the proper combination of different medicines could result in better therapeutic effects. For this reason, Chinese medicines have been used mostly in complex prescriptions. Although the mechanism of multi-herb prescription is very complicated, they are regarded as being more functionally effective in their application than the single-herb approach.

## ■ Reading B

### ***Huang Di Nei Jing – A TCM Classic***

*Huang Di Nei Jing*, or the *Yellow Emperor's Canon of Internal Medicine*, is one of the earliest extant classics in TCM. It appeared somewhere between the early Qin (221–206 B.C.) and the beginning of the Han (206 B.C.–220 A.D.) dynasties. Consisting two parts, the *Su Wen* (*Plain Questions*) and the *Ling Shu* (*Spiritual Axis*), the book consists of 162 chapters in 18 volumes and is approximately 140 000 characters. Its theories can be subdivided into the following categories: the theories of yin-yang and five elements, the theory of the viscera and their manifestations (*zangxiang*), the theory of channels and collaterals, the theory of etiology and pathogenesis, the theory of diagnostic methods, the theory of therapeutic principles and methods, the theory of life cultivation, and the theory of five elements' motion and six climactic phenomena (*wuyun and liuqi*). *Huang Di Nei Jing* not only includes such aspects as physiology, pathology, symptoms, diagnosis, treatment, acupuncture and prescription, but also touches upon an encyclopedic knowledge of ancient philosophy, astronomic calendar, geography, meteorology and phenology.

By applying contemporary philosophies of *yin-yang*, five elements and essential-*qi*, *Huang Di Nei Jing* explores the close relationship between man and nature, studies activities of human life and pathogenesis in human bodies and puts forward the leading principles and methods for diagnosis and treatment of diseases, health maintenance and health care. It gives special emphasis first to



the concept of holism, i.e. that the human body is an organic whole, and that human beings are inter-related with nature. Secondly, it advocates the use of the basic principle of selecting treatment based on differentiation under the guidance of this essential concept, consequently establishing the basic academic ideas of TCM, ideas permeated with overall perpetual movement and treatment based on syndrome differentiation as their distinctive features.

In conclusion, *Huang Di Nei Jing* is unquestionably a true example of the great achievements of ancient TCM in China. In terms of heritage, it has from its earliest beginnings laid down a solid foundation for the development of TCM.

### NEW WORDS & EXPRESSIONS

**extant** /eks'tænt/ *adj.* still in existence; not destroyed, lost, or extinct

现有的，未遗失的，未毁的，尚存的  
表现；显示；表明

**manifestation** /ˌmænɪfes'teɪʃən/ *n.* an indication of the existence, reality, or presence of something

**meteorology** /ˌmi:tɪə'lɒlədʒi/ *n.* the science that deals with the phenomena of the atmosphere, especially weather and weather conditions

气象学；研究大气现象的科学

**phenology** /fɪ'nɒlədʒi/ *n.* the scientific study of periodic biological phenomena, such as flowering, breeding, and migration, in relation to climatic conditions

生物气候学

**advocate** /'ædvəkeɪt/ *v.* to speak publicly in favor of (sth.); recommend; support

拥护、提倡、支持

**permeate** /'pɜːmɪeɪt/ *v.* (of an idea, an influence, a feeling, etc.) to affect every part of something

感染；传播；扩散

#### NOTE

the theory of five elements' motion and six climactic phenomena (*wuyun and liugqi*): an ancient theory dealing with the motion of the five elements (wood, fire, earth, metal and water) and the changes of six climactic phenomena (wind, cold, summer-heat, dampness, dryness, fire). In TCM, it is chiefly applied to interpret the relationship between weather changes and the development of diseases.

五运六气学说：五运即木、火、土、金、水的运行；六气是指风、寒、暑、湿、燥、火六气的变化。在中医学中，五运六气这一理论主要被应用于解释气候变化与疾病发生的关系。

### Exercise 7

Mark the following statements with "T" (true) or "F" (false) according to the passage.

- ☐ 1. *Huang Di Nei Jing* is composed of the *Su Wen* and the *Ling Shu*.

- ❑ 2. *Huang Di Nei Jing* synthesized a knowledge of astronomy, geography, biology and meteorology in the light of the theories of *yin-yang*, five elements and essential-*qi* of the time.
- ❑ 3. It is clear that the philosophical theories of *yin-yang*, five elements and essential-*qi* dominated Chinese medicine in ancient China.
- ❑ 4. *Huang Di Nei Jing* also includes information and ideas on ancient philosophy, the astro-nomic calendar, geography and so on.
- ❑ 5. *Huang Di Nei Jing* established the basic theoretical system for TCM and laid a foundation for the theoretical and clinical development of TCM.

## Part 2

## Simulated Writing: Summary

### 摘要(Summary)

摘要是原文主要内容的高度浓缩，即作者准确理解原文并掌握原文中心思想后，用自己的话将文章的主要内容概括成一段短文。

摘要一般不包含原文的例子及图表，也不包含作者本人的看法及观点。在写摘要时，务必注意行文简洁。

摘要写作的步骤如下：

1. 仔细阅读原文以至完全、正确地理解原文。
2. 记下原文的所有主要观点。
3. 用自己的话将原文的主要观点准确无误地表达出来，并连贯成完整的段落。
4. 将写出的摘要初稿与原文作比较，确认没有遗漏任何观点。
5. 修改所写的摘要，誊清完稿。

### Sample 1 Gelatin

#### Original article

Gelatin is a protein substance that comes from the skins and bones of animals. Most people know it as the substance used to make a jelly-like salad or dessert. Not only is it useful in making these foods, but it is also beneficial to the consumer because of its high protein content. Gelatin is also commonly used in the photographic industry and in making medicinal capsules.

The process for producing gelatin is a long and complex one. In the processing of gelatin made from bones, which varies slightly from that of gelatin made from skin, the grease first must be eliminated. Then, the bones are soaked in a solution of hydrochloric acid in order to rid them of minerals and are washed several times in water. Next, the bones are placed in distilled water, heated to over 90°F for a few hours, placed in fresh distilled water, and then heated again at a little over 100°F. A fluid forms from this heating, and it is concentrated, chilled, and sliced. Finally, it is dried and ground. In its final form, gelatin is white, tasteless, and odorless.

**Main Points**

1. come from skins and bones
2. used in making food additive, and photographic and medical products
3. a complex process
4. eliminate grease
5. soak and wash bones to rid them of minerals
6. heat bones twice to form a fluid
7. concentrate, chill, slice, dry and grind the fluid
8. final form—white tasteless and odorless

**Summary**

Gelatin comes from animals' skins and bones. It is used to make foods and photographic and medicinal products because of its high protein content. Processing gelatin from bones is complicated. First, the grease is eliminated before the bones are soaked and rid of minerals. Then the bones are washed and heated twice to obtain a concentrated fluid, which is then chilled and sliced, and finally dried and ground to form a white, tasteless and odorless substance.

**Sample 2** Two Systems of a Plant: Roots and Shoots**Original article**

The body of nearly all flowering plants can be divided into two systems, the root system which grows below ground and the shoot system which grows above it. The typical root system anchors the plant firmly in the soil, and absorbs water and various dissolved raw materials from it. The typical shoot system consists of a main stem upon which are borne leaves, branch shoots, and sometimes flowers. It should be emphasized that the words "stem and shoot" are not synonymous, the word "shoot" being a collective term for both stem and leaves. The leaves are the chief food-producing organs of the plant, making complex foods in the presence of light by a process called photosynthesis. The stem supports the leaves, displaying them in the light needed for photosynthesis, and also acts as the main channel of communication between the various organs of the plant. Water and dissolved minerals absorbed by the roots are carried in the stem to the leaves and flowers. Foods synthesized in the leaves are conducted away through the stem to other regions of the plant, both above and below ground, where they are either used for growth or else stored for future use. Flowers are organs that are concerned with the reproduction of the species by seeds.

**Main Points**

1. two systems of a plant: root and shoot
2. root: anchors the plant to the ground and absorbs water
3. shoot: consists of a main stem, branch shoots, and flowers

4. leaf: chief food-producing organ
5. stem: supports leaves and channels water and dissolved minerals
6. flower: reproduction organ

### Summary

Almost all types of flowering plants can be classified into a root system and a shoot system. The former fixes the plant in the soil and absorbs water and materials, while the latter is composed of a main stem, branch shoots, and sometimes flowers. The leaves mainly produce foods via photosynthesis. The stem supports the leaves and also carries water and dissolved minerals throughout the plant. The flowers enable reproduction of the species by creating seeds.

## Exercise 8

In about 200 words write a summary of the text in Reading A in this unit.

## Part 3

## Listening and Speaking

### Sample Conversation 1

#### A Discussion About *Huang Di Nei Jing* (1)

- Teacher: Now that we have learned the main contents of *Huang Di Nei Jing*, let's talk about what we have gained from studying this book.
- Student: *Huang Di Nei Jing* is a great medical book indeed. It has been guiding Chinese medical practice and safeguarding the people's health for thousands of years. It is an important document in the world's medical treasure-house. It has made valuable contributions to the development of the world medicine and the medicine in the East in particular.
- Teacher: Could you cite an instance?
- Student: Certainly. The record of human anatomy in *Huang Di Nei Jing* is the earliest one in the medical history of the world. It describes in detail the human skeleton, the length of blood vessels, the internal organs and their position, shape, capacity, weight and so on.
- Teacher: Very good. Do you have any other examples?
- Student: Yes. So far as I know, *Huang Di Nei Jing* also raises the issue of blood circulation, holding that the heart controls blood circulation and that blood runs continuously in the blood vessels. It really was not easy for our ancestors to study it more than





- two thousand years ago.
- Teacher: You are right. It was not until the year 1628 that the British William Harvey figured out that the heart kept the blood going around and around through the body.
- Student: It is thus clear that traditional Chinese medicine had knowledge in this respect over one thousand years earlier than European medicine.
- Teacher: You should fully understand that *Huang Di Nei Jing* is a summary made by ancient doctors of the experience of working people in their struggle against disease. It contains both rich theoretical knowledge and practical experiences.
- Student: Is this the reason why students all begin with this book when they choose to study TCM?
- Teacher: Yes. Studying *Huang Di Nei Jing* helps make clear the academic origins of TCM and establishes a firm basis for further study.
- Student: Who wrote *Huang Di Nei Jing*? Was it the Yellow Emperor himself?
- Teacher: According to textual research and inferences made by many experts and scholars, the book was not written by the Yellow Emperor himself, or any other individual. It was compiled by many doctors in the same field over a long period of time.
- Student: Why was the book named the “Yellow Emperor’s Canon of Internal Medicine”?
- Teacher: It was written under the name of Yellow Emperor. This is because ancient scholars mostly believed that the Yellow Emperor was the first ancestor of Chinese culture. They attributed the success of their scholarship to the Yellow Emperor to show their respect, and to make the book more respected as well.
- Student: So that is how it is! How interesting.

## Sample Conversation 2

### A Discussion About *Huang Di Nei Jing* (2)

- Student: Prof. Wu, may I ask you a question?
- Teacher: Certainly.
- Student: *Huang Di Nei Jing* is a comprehensive medical book rich in ideas and substance. It covers a lot of ground. However, I have had a hard schedule. What can I do to master the medical knowledge contained inside? Could you please tell me some useful methods?
- Teacher: My pleasure. Here are the points you should remember. First, you should proceed from the easy to the difficult.
- Student: From the easy to the difficult? I’m not sure that I fully understand. Could you explain a bit more?
- Teacher: At the beginning, you can pick up something easy to read and understand, say, read some annotated books. *Notes on the Familiar Conversation from the Emperor’s Cannon of Medicine*, for example, is a very popular one compiled and annotated

by Wang Bing.

Student: Thank you.

Teacher: Next you should grasp the basic theories of TCM. They are scattered throughout different chapters. Try to understand the thrust of these theories.

Student: It will be a piece of cake for me. I can memorize all the key theories.

Teacher: It is more important to put the theories into clinical practice. Only by doing so can you understand them better. This is the third point you should pay attention to.

Student: Please tell me how to combine the theories with clinical practice.

Teacher: Do you remember what is said in *Plain Questions*, in the chapter called *Coughs*: "Coughs may be caused by any of the five *zang* organs and six *fu* organs, not only by the lung alone"? It means that though coughs are a kind of disease of the lung, pathogenic changes in other *zangfu* organs can also affect the lung and lead to coughing. Linking this theory with clinical treatment, you can find that a cough may be due to exogenous factors invading the lung, a disease of the lung itself, or functional imbalances in other organs. Therefore selection of treatment should be based on differential diagnosis so as to relieve the cough.

Student: I see. Thank you very much.

Teacher: You are welcome.

## Exercise 9

Fill in the blanks and practice the dialogue with your partner.

### Inquiring About Head and Torso Problems

Doctor: Could you describe how you are feeling?

Patient: Yes, I feel dizzy (1) \_\_\_\_\_ (好像在颠簸的船上). Everything around me is spinning and moving. (2) \_\_\_\_\_ (我咳嗽得厉害而且多痰). Sometimes it wakes me up at midnight, and I find myself sweating all over.

Doctor: Anything else?

Patient: Well, yes. Sometimes my heart beats too fast and it makes me feel anxious.

Doctor: How is your breathing?

Patient: (3) \_\_\_\_\_ (我觉得胸闷呼吸困难).

Doctor: How are your emotions?

Patient: I get angry easily.

## Exercise 10

Pair work. Make up conversations with a partner for the following situations.

The patient feels dizzy, and ...

... there's a buzzing noise in his/her ears

... his/her body feels like lead



... his/her fingers seem to be numb

... his/her legs feel swollen

There's a heavy pressure on the patient's chest, and ...

... he/she can't breathe deeply at all

... he/she gets an awful distended feeling in the stomach

... he/she feels very weak and tired

... his/her blood pressure is high