

# 汉英常用中医药词汇 (1)

北京医学院《汉英常用中医药词汇》编写组

*"Common Terms of TCM in English" Editorial Group, Beijing Medical College*

**阴阳** Yin and Yang: the two fundamental principles or forces in the universe, ever opposing and complementing each other—an ancient philosophical concept used in traditional Chinese medicine to refer to various antitheses in anatomy, physiology, pathology, diagnosis and treatment, e.g., feminine, interior, cold and hypofunction being Yin while masculine, exterior, heat and hyperfunction are Yang.

**阴阳互根** the interdependence of Yin and Yang, the existence of the one being the prerequisite of the existence of the other.

**阴阳失调** breakdown of balance equilibrium of Yin and Yang, which is believed to be the general pathogenesis of all diseases.

**阴胜则阳病** Yin in excess makes Yang suffer, e.g. if exogenous or endogenous cold (a Yin factor) prevails, the vital function (a Yang factor) of the internal organs would be impaired.

**重阳必阴, 阳极反阴** Yang in its extreme will give rise to Yin, e.g., febrile disease with intense heat may bring on symptoms and signs of cold such as chills and cold limbs.

**阳常有余, 阴常不足** Yang is usually redundant while Yin is ever deficient—a theory advocated by Zhu Dan-xi (1281-1358 A.D.), according to which the method of reinforcing Yin (vital essence) is recommended as a basic principle in treating disease.

**五行** the Five Evolutive Phases or the Five Elements: wood, fire, earth, metal and water with their characteristic properties—an ancient philosophical concept to explain the composition and phenomena of the physical universe and later used in traditional Chinese medicine to expound the unity of the human body and the natural world, and the physiological and pathological relationship between the internal organs.

**水火不济** water and fire fail to complement each other, denoting the breakdown of a balanced interacting-relationship between the kidney and the heart which correspond to water and fire respectively, hence irritability, insomnia, lumbago, and nocturnal emission may occur.

**五脏** the Five Viscera; the heart, liver, spleen, lung and kidney.

**心** the heart, the cardiac orb, which controls blood circulation and mental activities.

**脾** the spleen; the splenic orb, which is believed to share with the stomach the function of digesting food, transport and distribute nutrients and water, reinforce the vital energy, keep the blood flowing within the blood vessels.

**命门** "Vital Gate" or "Gate of life", which is believed to be closely related to the kidney both physiologically and pathologically, and is taken as the source of heat energy of the body.

**命门之火** Fire of Vital Gate is actually the same as the Yang of the kidney (肾阳).

**脏象** organ picture: visceral outward manifestations through which physiological functions as well as pathological changes can be detected and state of health judged.

**心气** the Qi (functional activities) of the heart, including mental activities.

**心阴** the Yin (vital essence) of the heart, esp. the fluid in the heart.

**卫气营血** (1) defensive energy, vital energy, nutrients and blood—the chief substances and energy required for maintaining vital activities of human life; (2) the Wei (superficial defensive) system, the Qi (secondary defensive) system, the Ying (nutrient) system and the Xue (blood) system, denoting the four portions or strata of the body from the superficial to the deep to show the location and seriousness or stages of a febrile disease as a guide to diagnosis.

**精气** (1) vital substance, chiefly referred to that derived from food essence; (2) vital essence and vital energy as material basis of visceral functioning. The vital essence and energy stored in the kidney are closely related to sexual activity and reproduction.

**脏气** (1) functional activities of a viscus; (2) visceral energy

**气化** activity of the Qi (vital energy), including vital function of the viscera, circulation and distribution of vital energy and blood, etc. In a narrow sense, it refers only to the functional activities of the Triple Burners, e.g., the regulation of water circulation.

**津** (1) active thin body fluid which circulates with Qi (vital energy) and blood. It is mainly distributed over the exterior part of the body and can be secreted as tears, saliva, sweat, etc.; (2) saliva.

**液** structive thick or mucous body fluid which does not circulate together with Qi (vital energy) and blood, but is stored in body cavities such as articular and cranial cavities.

**气为血帅** Qi (vital energy) is the "commander" of blood; it serves as the dynamic force of blood flow, keeps the blood circulating within the vessels, and promotes the blood regeneration. Hence, stagnancy of Qi is apt to cause blood stasis, and deficiency of Qi may lead to chronic bleeding or deficiency of blood.