

## 汉英常用中医药词汇 [4]

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

**肝属木** The liver corresponds to wood, according to the theory of the Five Evolutive Phases.

**肝主疏泄** The liver has the function of smoothing and regulating the flow of vital energy and blood. Either insufficiency of this function or its excessiveness is pathological.

**肝开窍于目** The liver has its specific body opening in the eyes, normal eyesight depends upon proper functioning of the liver.

**发为血之余** Hair is the odds and ends of blood and is nourished by blood. Gray hair of the aged is alleged to insufficient blood stored in the liver and lowered function of the kidney.

**肝肾同源** The liver and the kidney have a common source, because (1) the liver and the kidney store blood and vital essence respectively and blood and vital essence have a common source; (2) the essence of the liver and kidney can reinforce each other, deficiency of the one will result in deficiency of the other.

**肝与胆相表里** The liver and gallbladder are interior-exteriorly related and can influence each other if diseased, owing to the connection of their channels and coordination in some of their functions.

**脾属土** The spleen corresponds to earth, according to the theory of the Five Evolutive Phases.

**脾主运化** The spleen has the function in digestion and transportation, i.e., digesting food, transporting, distributing and transforming nutrients, and promoting water metabolism.

**脾统血** The spleen has the function of keeping the blood flowing within the blood vessels. Its impairment usually leads to chronic hemorrhagic diseases.

**脾开窍于口** The spleen has its specific body opening in the mouth, normal sensation of taste depends upon proper functioning of the spleen.

**脾为生化之源** The spleen is the source of nutrients for growth and development, since it has the function of digestion, assimilation, transportation and distribution of nutrients.

**脾胃为后天之本** The spleen and stomach provide the material basis of the acquired constitution.

**脾与胃相表里** The spleen and the stomach are interior-exteriorly related, which is demonstrated by connection of their channels and functioning in coordination.

**肺属金** The lung corresponds to metal, according to the theory of the Five Evolutive Phases.

**肺主气,司呼吸** The lung is in charge of vital energy and performs the function of respiration.

**肺开窍于鼻** The lung has its specific body opening in the nose (stuffed nose, nasal discharge and impairment of smelling are common symptoms when the lung is attacked by wind and cold).

**肺合大肠;肺与大肠相表里** The lung and the large intestine are closely related; the lung and the large intestine are interior-exteriorly related, owing to the connection of their channels and coordination in some of their functions. Thus, purgation of the large intestine is beneficial in treating cough and asthma due to excessive heat in the lung, while replenishing the vital energy of the lung cures constipation in debilitated patients.

**肾属水** The kidney corresponds to water, according to the theory of the Five Evolutive Phases.

**肾主水** The kidney regulates water circulation, including its conservation and excretion by "opening and closing the sluice-gate" 肾关开阖 and its distribution by the dynamic of the fire of Vital Gate (vital function of the kidney), therefore the kidney plays the leading role in maintenance of fluid balance of the body.

**肾为先天之本** The kidney is the foundation of the native (inborn) constitution because growth, development and reproduction are attributed to the kidney.

**肾开窍于耳** The kidney has its specific body opening in the ears; the kidney is associated with the ear (healthy kidney ensures sharp hearing, and presbyterian deafness is believed to be caused by deficiency of vital essence of the kidney).

**肾开窍于二阴** The kidney has its specific opening in the urino-genital orifice and the anus; i.e., the kidney is associated with the urinogenital orifice and the anus (chronic diarrhea, incontinence of urine and premature ejaculation should be treated by tonifying the kidney).

**肾与膀胱相表里** The kidney and the urinary bladder are interior-exteriorly related, owing to the connection of their channels and coordination in some of their functions such as urination.