

## <<中医学导论>>

### 图书基本信息

书名：<<中医学导论>>

13位ISBN编号：9787030327758

10位ISBN编号：7030327756

出版时间：2011-12

出版时间：科学出版社

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页数：156

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### 内容概要

本书以百题问答的形式，深入浅出地介绍了中医基础理论、诊断、治疗、养生等方面的知识。内容涉及中医学的阴阳五行、脏腑经络、病因病机、诊法辨证、中药剂型、方剂配伍等中医基础、诊疗等方面理论以及针灸、按摩、拔罐、食疗等养生保健方法。内容丰富、通俗易懂、方便实用。

本书可作为国内外中医初学者的入门读物，也可供从事中医药宣传、普及及教育等人员参考。

本书由Give2Asia项目资助出版。

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## 书籍目录

1. What is traditional Chinese medicine(TCM)?
2. What are the main features of TCM?
3. What does the holistic concept and determining treatment according to "differentiation of syndromes" mean?
4. What are the advancements of TCM in theory and practice?
5. What books symbolized the formation of the TCM theory?
6. What are the health conceptions in TCM?
7. How do TCM understand the human body?
8. What is Zang Xiang theory?
9. What are the main physiological functions of Zang-fu organs?
10. What are the physiological functions of the six fu organs?
11. What are the extraordinary Fu organs? What are their characteristics?
12. What is the meridian and collateral (Jing Luo) .9
13. What are the twelve meridians? What are the characteristics of their distributions?
14. What is the concept of Yin-Yang? How to explain the physiological functions of the human body with the theory of Yin-Yang?
15. What are the five elements? How to explain the physiological functions of the human body using the theory of five elements?
16. How does Chinese medicine recognize disease?
17. How does Chinese medicine understand the cause of disease?
18. What are the six exogenous pathogenic factors?
19. What are the properties, characteristics and pathogenesis of wind, cold, summer-heat, damp, dryness and fire?
20. What are the five endogenous pathogens?
21. What are the seven emotional factors?
22. What are the characteristics and pathogenesis of emotional factors?
23. What are the pathogenic characteristics of dietary irregularities?
24. How to understand overstrain and excess rest?
25. What is the pathogenesis of the dysfunction of Qi ,blood and body fluid?
26. What is the pathogenesis of the dysfunction of Qi ,blood and body fluid?
27. How to understand "homogeneity of fluid and blood"? :
28. How to understand the idea of "while Zheng Qi remains in the body,the pathogenic factors cannot disturb its functions"?
29. What are the characteristics of pathogenesis by the imbalance

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of Yin and Yang?

30. What are the characteristics of pathogenesis and their manifestations?

31. What is the saying of "liver and kidney share the common source"?

32. How to understand the concept that "all the diseases result from Qi"?

33. How traditional Chinese medicine diagnoses diseases? What are the characteristics?

34. What precautions should be taken when consulting the diagnosis of traditional Chinese medicine?

35. What is it meant by the observation, auscultation and olfaction, inquiry, and palpitation and percussion? What is the characteristic of the diagnostic methods of traditional Chinese medicine?

36. What are the major contents of the general observation diagnosis? What is the clinical significance?

37. What are the contents of the local inspection?

38. How to understand the health condition by people themselves through tongue inspection?

39. What are the contents and significance of tongue observation?

40. How to inspect the tongue proper and tongue coating? What is the significance?

41. What are the main contents and the significance of auscultation and olfaction?

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49. What are the properties and significance of limb pain? How to treat it?

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51. What is the clinical significance of thirst?

52. How to understand the health through the changes in appetite?

53. What is the significance of understanding the changes in urination?

54. What is the significance of understanding changes in bowel movements?

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57. How to understand sleep in Chinese medicine? What is the meaning of abnormal sleep?
58. Is somnolence a disease? How to treat it?
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61. What are the relations between the sub-regions of Cunkou pulse and Zang-fu organs?
62. What are the normal pulse conditions?
63. What are the classifications and characteristics of pathological pulses?
64. What are the methods of pattern differentiation used in TCM?
65. How does TCM understand symptom, pattern and disease?
66. What are the treatment methods in TCM?
67. What's body constitution and how is it classified?
68. What are the difference between the body constitution and pattern?
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70. What are the main principles for composing herbal formulas?
71. What is important in decocting the medicinals?
72. What are the common preparation forms of Chinese medicines and the properties?
73. What are Chinese patent medicines and the precautions?
74. How to regulate Zang-fu functions with common Chinese patent medicines?
75. What are the differences between food therapy and medicated diet? What are the principles in application?
76. What are the common Chinese medicines of either food actions or medicinal effects? What are the functions effects of Chinese food therapy and medicated diet?
77. What are the functions of common food?
78. What are the precautions in food regulation?
79. What is sub-health? How can Chinese medicine treat sub-health?
80. What are the advantages of Chinese medicine in the treatment of sub-health?
81. What is an acupoint? What are the common acupoints for health care?
82. Why is massage beneficial to health?
83. What are the most frequently-used massage manipulations?
84. What points to massage for improving sleeping quality?
85. How to do cupping? What are the indications?

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86. What's the function of children's chiropractic?
87. What is life cultivation(Yangsheng) ? What are its features?
88. Being free from avarice and wild fancy will keep the genuine Qi in smooth
89. The connotation of moral cultivation
90. How to cultivate life seasonally?
91. How to adjust the way of health preservation in different seasons and different time?
92. What is the relationship between time and organs/meridians?
93. How to do health preservation in accordance with geographical conditions?
94. How to do health preservation in accordance with individual physique?
95. What is preventive treatment of disease? What are the advantages of preventive treatment of disease?
96. What does it mean to treat wintertime diseases in the summer? What are the indications?
97. What is the reason for nourish Yang in spring and summer and Yin in autumn and winter?
98. How to classify and treat cough by yourself?
99. How to apply soft extract in life cultivation and treatment?
100. How to build up a customized TCM life cultivation mode?

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### 编辑推荐

《中医学导论（英文版）》内容丰富、通俗易懂、方便实用，书中以百题问答的形式，内容涉及中医学的阴阳五行、脏腑经络、病因病机、诊法辨证、中药剂型、方剂配伍等，深入浅出地介绍了中医基础理论、诊断、治疗、养生等方面的知识。

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