

<<手疗治百病>>

图书基本信息

书名：<<手疗治百病>>

13位ISBN编号：9787119019017

10位ISBN编号：7119019015

出版时间：1998-01-01

出版时间：外文出版社

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前言

As an important component of traditional Chinese medicine, the therapies applied to the hand——hand therapy——are a group of unique therapeutic methods developed by medical specialists and common people in China through their medical practice, productive activity, and daily lives for hundreds of years. According to the meridian theory of traditional Chinese medicine, the hand is closely connected through meridians with the skin, blood vessels, muscles, ligaments, bones, and internal organs of the body. Pathological disease in patients is reflected on their hands; and the stimulating and therapeutic effects of massage, acupuncture, herbal bath, and qigong can be transmitted through meridians to adjust and stimulate potential energy, immunity, resistance to disease, and physical well-being to maintain health and prolong life. Hand therapy can be easily practiced and widely applied to treat many diseases, often with good therapeutic results, and without toxic side effects. These therapies have found favor among vast numbers of patients over the years. To help foreign readers understand, learn, and practice this unique hand therapy, the compilers reviewed a large amount of ancient and modern medical literature in China, and have collected the useful experience of specialists in this field to systematically present the sum of this beneficial knowledge.

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### 内容概要

《手疗治百病(英文)》主要内容简介：In traditional Chinese medicine, the hand can be used to diagnose diseases because pathological information is reflected on the hand. This method can also be used to prevent and treat diseases, improve life quality, and maintain health by applying various types of stimulation to specific areas of the hand. This is not a fantasy. The hand as a part of the body lies in a common environment with other structures and has a close relationship with the body's internal organs. Hand therapy is simple and easy to practice and safe and reliable for obtaining good therapeutic effects for a wide variety of diseases. Hand Therapy: Traditional Chinese Remedies in the Traditional Chinese Medical Therapies is compiled by experienced traditional medicine specialists. This book discusses the origins, development, characteristics, and indications of hand therapy as well as common methods of hand massage, hand acupuncture, hand bath, and hand qigong used to treat various medical, surgical, gynecological, pediatric and ENT diseases. It is concise, practical, written with ease and grace, and includes 50 illustrations. This book is meant to satisfy the needs of medical workers and average readers alike to understand, learn, and practice this unique hand therapy, created and developed over many years in China.

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## 章节摘录

插图：In the ancient classic medical book the Yellow Emperor's Internal Classic, which was published during the Spring and Autumn and Warring States periods ( 770-221 B.C. ), there are descriptions of the use of meridians and acupoints of the hand to diagnose and treat diseases. This shows that hand therapy is at least more than 2,000 years old. Along with the increase of clinical practice and the accumulation of medical knowledge, and especially with the development of acupuncture, tuina ( traditional Chinese massage ), qigong and the use of medicinal herbs, the contents of hand therapy have greatly been enriched and expanded. The theoretical basis of hand therapy is the meridian theory. Together with meridian theory and acupuncture practice, the functions of meridians and regular, extra, and special acupoints of the hand have been summarized and discussed in Chinese medical literature throughout different historical eras. The modern homographic theory of biology also substantiates the theories of hand therapy. The development of tuina has also added to the contents of hand massage. In the Yellow Emperor's Internal Classic, the earliest tools of Chinese massage, such as round-tip needles and spoon needles, were first mentioned. The first book on tuina was published in the Qin and Han dynasties ( 221 B.C.-A.D. 220 ) 2,000 years ago. Since then, tuina has had a continuous development and has been spread to Japan, Korea, and India.

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