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CLINICAL DIALOGUE

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Chief Editor Xu Xiangcai

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Zhu Zhenduo

英汉实用中医药大全

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临床会话

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Preface

I am delighted to learn that THE ENGLISH–CHINESE ENCYCLOPEDIA OF PRACTICAL TRADITIONAL CHINESE MEDICINE will soon come into the world.

TCM has experienced many vicissitudes of times but has remained evergreen. It has made great contributions not only to the power and prosperity of our Chinese nation but to the enrichment and improvement of world medicine. Unfortunately, differences in nations, states and languages have slowed down its spreading and flowing outside China. At present, however, an upsurge in learning, researching and applying Traditional Chinese Medicine (TCM) is unfolding. In order to maximize the effect of this upsurge and to lead TCM, one of the brilliant cultural heritages of the Chinese nation, to the world for it to expand and bring benefit to the people of all nations, Mr. Xu Xiangcai called intellectuals of noble aspirations and high intelligence together from Shandong and many other provinces in China and took charge of the work of both compilation and translation of THE ENGLISH–CHINESE ENCYCLOPEDIA OF PRACTICAL TRADITIONAL CHINESE MEDICINE. With great pleasure, the medical staff both at home and abroad will hail the appearance of this encyclopedia.

I believe that the day when the world's medicine is fully

developed will be the day when TCM has spread throughout the world.

I am pleased to give it my preface.

Prof. Dr. Hu Ximing

Deputy Ministerof the Ministry of Public Health of the People's Republic of China,

Director General of the State Administrative Bureau of Traditional Chinese Medicine and Pharmacology,

President of the World Federation of Acupuncture-Moxibustion Societies,

Member of China Association of Science & Technology,

Deputy President of All-China Association of Traditional Chinese Medicine,

President of China Acupuncture & Moxibustion Society.

December, 1989

Preface

The Chinese nation has been through a long, arduous course of struggling against diseases and has developed its own traditional medicine—Traditional Chinese Medicine and Pharmacology (TCMP). TCMP has a unique, comprehensive, scientific system including both theories and clinical practice. Some thousand years since its beginnings, not only has it been well preserved but also continuously developed. It has special advantages, such as remarkable curative effects and few side effects. Hence it is an effective means by which people prevent and treat diseases and keep themselves strong and healthy.

All achievements attained by any nation in the development of medicine are the public wealth of all mankind. They should not be confined within a single country. What is more, the need to set them free to flow throughout the world as quickly and precisely as possible is greater than that of any other kind of science. During my more than thirty years of being engaged in Traditional Chinese Medicine(TCM), I have been looking forward to the day when TCMP will have spread all over the world and made its contributions to the elimination of diseases of all mankind. However it is to be deeply regretted that the pace of TCMP in extending outside China has been unsatisfactory due to the major difficulties in expressing its concepts in foreign languages.

Mr. Xu Xiangcai, a teacher of Shandong College of TCM, has sponsored and taken charge of the work of compilation and

translation of The English–Chinese Encyclopedia of Practical Traditional Chinese Medicine–an extensive series. This work is a great project, a large–scale scientific research, a courageous effort and a novel creation. I deeply esteem Mr. Xu Xiangcai and his compilers and translators, who have been working day and night for such a long time, for their hard labor and for their firm and indomitable will displayed in overcoming one difficulty after another, and for their great success achieved in this way. As a leader in the circles of TCM, I am duty–bound to do my best to support them.

I believe this encyclopedia will be certain to find its position both in the history of Chinese medicine and in the history of world science and technology.

Mr. Zhang Qiwen
Member of the Standing Committee of
All–China Association of TCM,
Deputy Head of the Health Department
of Shandong Province.
March, 1990

Publisher's Preface

Traditional Chinese Medicine(TCM) is one of China's great cultural heritages. Since the founding of the People's Republic of China in 1949, guided by the farsighted TCM policy of the Chinese Communist Party and the Chinese government, the treasure house of the theories of TCM has been continuously explored and the plentiful literature researched and compiled. As a result, great success has been achieved. Today there has appeared a world-wide upsurge in the studying and researching of TCM. To promote even more vigorous development of this trend in order that TCM may better serve all mankind, efforts are required to further it throughout the world. To bring this about, the language barriers must be overcome as soon as possible in order that TCM can be accurately expressed in foreign languages.

Thus the compilation and translation of a series of English-Chinese books of basic knowledge of TCM has become of great urgency to serve the needs of medical and educational circles both inside and outside China.

In recent years, at the request of the health departments, satisfactory achievements have been made in researching the expression of TCM in English. Based on the investigation into the history and current state of the research work mentioned above, the English-Chinese Encyclopedia of Practical TCM has been published to meet the needs of extending the knowledge of TCM around the world.

The encyclopedia consists of twenty–one volumes, each dealing with a particular branch of TCM. In the process of compilation, the distinguishing features of TCM have been given close attention and great efforts have been made to ensure that the content is scientific, practical, comprehensive and concise. The chief writers of the Chinese manuscripts include professors or associate professors with at least twenty years of practical clinical and / or teaching experience in TCM. The Chinese manuscript of each volume has been checked and approved by a specialist of the relevant branch of TCM. The team of the translators and revisers of the English versions consists of TCM specialists with a good command of English professional medical translators, and teachers of English from TCM colleges or universities. At a symposium to standardize the English versions, scholars from twenty–two colleges or universities, research institutes of TCM or other health institutes probed the question of how to express TCM in English more comprehensively, systematically and accurately, and discussed and deliberated in detail the English versions of some volumes in order to upgrade the English versions of the whole series. The English version of each volume has been re–examined and then given a final checking.

Obviously this encyclopedia will provide extensive reading material of TCM English for senior students in colleges of TCM in China and will also greatly benefit foreigners studying TCM.

The assiduous efforts of compiling and translating this encyclopedia have been supported by the responsible leaders of the State Education Commission of the People's Republic of China, the State Administrative Bureau of TCM and Pharmacy, and the Education Commission and Health Department of Shandong

Province. Under the direction of the Higher Education Department of the State Education Commission, the leading board of compilation and translation of this encyclopedia was set up. The leaders of many colleges of TCM and pharmaceutical factories of TCM have also given assistance.

We hope that this encyclopedia will bring about a good effect on enhancing the teaching of TCM English at the colleges of TCM in China, on cultivating skills in medical circles in exchanging ideas of TCM with patients in English, and on giving an impetus to the study of TCM outside China.

Higher Education Press
March, 1990

Foreword

The English–Chinese Encyclopedia of Practical Traditional Chinese Medicine is an extensive series of twenty–one volumes. Based on the fundamental theories of traditional Chinese medicine(TCM) and with emphasis on the clinical practice of TCM, it is a semi–advanced English–Chinese academic works which is quite comprehensive, systematic, concise, practical and easy to read. It caters mainly to the following readers: senior students of colleges of TCM, young and middle–aged teachers of colleges of TCM, young and middle–aged physicians of hospitals of TCM, personnel of scientific research institutions of TCM, teachers giving correspondence courses in TCM to foreigners, TCM personnel going abroad in the capacity of lecturers or physicians, those trained in Western medicine but wishing to study TCM, and foreigners coming to China to learn TCM or to take refresher courses in TCM.

Because Traditional Chinese Medicine and Pharmacology is unique to our Chinese nation, putting TCM into English has been the crux of the compilation and translation of this encyclopedia. Owing to the fact that no one can be proficient both in the theories of Traditional Chinese Medicine and Pharmacology and the clinical practice of every branch of TCM, as well as in English, to ensure that the English versions express accurately the inherent meanings of TCM, collective translation measures have been taken. That is, teachers of English familiar with TCM, pro-

fessional medical translators, teachers or physicians of TCM and even teachers of palaeography with a strong command of English were all invited together to co-translate the Chinese manuscripts and, then, to co-deliberate and discuss the English versions. Finally English-speaking foreigners studying TCM or teaching English in China were asked to polish the English versions. In this way, the skills of the above translators and foreigners were merged to ensure the quality of the English versions. However, even using this method, the uncertainty that the English versions will be wholly accepted still remains. As for the Chinese manuscripts, they do reflect the essence, and give a general picture, of traditional Chinese medicine and pharmacology. It is not asserted, though, that they are perfect, I whole-heartedly look forward to any criticisms or opinions from readers in order to make improvements to future editions.

More than 200 people have taken part in the activities of compiling, translating and revising this encyclopedia. They come from twenty-eight institutions in all parts of China. Among these institutions, there are fifteen colleges of TCM:Shandong, Beijing, Shanghai, Tianjin, Nanjing, Zhejiang, Anhui, Henan, Hubei, Guangxi, Guiyang, Gansu, Chengdu, Shanxi and Changchun, and scientific research centers of TCM such as China Academy of TCM and Shandong Scientific Research Institute of TCM.

The Education Commission of Shandong province has included the compilation and translation of this encyclopedia in its scientific research projects and allocated funds accordingly. The Health Department of Shandong Province has also given financial aid together with a number of pharmaceutical factories of TCM. The subsidization from Jinan Pharmaceutical Factory of

TCM provided the impetus for the work of compilation and translation to get under way.

The success of compiling and translating this encyclopedia is not only the fruit of the collective labor of all the compilers, translators and revisers but also the result of the support of the responsible leaders of the relevant leading institutions. As the encyclopedia is going to be published, I express my heartfelt thanks to all the compilers. translators and revisers for their sincere cooperation, and to the specialists, professors, leaders at all levels and pharmaceutical factories of TCM for their warm support.

It is my most profound wish that the publication of this encyclopedia will take its role in cultivating talented persons of TCM having a very good command of TCM English and in extending, rapidly, comprehensive knowledge of TCM to all corners of the globe.

Chief Editor Xu Xiangcai

Shandong College of TCM

March, 1990

Notes

CLINICAL DIALOGUE is the twenty one volume of an extensive series THE ENGLISH CHINESE PRACTICAL ENCYCLOPEDIA OF CHINESE MEDICINE.

This volume is made up of three parts. Part one consists of TCM clinical conversations. Part two deals with the conversations concerning the basic knowledge of TCM. Part three includes some medical records. The conversations take place either between a patient and his doctor, or between a medical student and his teacher or between two patients. It uses both English and Chinese to describe concisely the clinical manifestations, diagnosis, *Bian Zheng Lun Zhi*, TCM formulae and usage of some diseases in various departments such as internal medicine, surgery, gynecology, pediatrics, orthopedics, hemorrhoid, acupuncture and *Tuina*(massage of TCM); and relate clearly the basic knowledge of four diagnostic methods, eight principal syndromes, pathogenic factors and pathogenesis of TCM; and also give some medical records accumulated and summarised by some experts of TCM. It is intended to help readers raise their ability to express their TCM ideas in spoken English.During the compilation and translation, much attention is focused on the different idiomatic expressions of both English and Chinese.

Many experts, friends and leaders were helpful to this volume' s compilation and translation. Associate professor Zhang Zhigang from Shandong College of TCM helped to read and re-

vise the Chinese manuscript. And English version was proof–read by prof. John Han from TianJing Medical College and John Black,a friend from New Zealand.

Editors

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1 Dialogue for the Clinic

1.1 Internal Medicine

1.1.1 Common Cold

Patient: Good morning , doctor. I feel chilly all over the body.

Doctor: Do you feel any pain?

P: Yes, An aching pain.

D: How long have you had this?

P: Sinee yesterday.

D: It became colder suddenly yesterday. A lot of people caught cold by not wearing enough.

P: Yes, so did I. I felt an aching pain over the body after coming back yesterday.

D: Now let me take your temperature.

P: It was 38℃. I took it last night.

D: I want to take it once more.

P: All right.

D: Head-ache?

P: Yes.

D: Is your nose congested?

P: Yes, it is. There's some nasal discharge.

D: What does it look like?

P: It looks like liquid and is accompanied with sneezing.

D: Do you cough?

P: A little bit, but I don't think it is serious.

D: Are you sweating much?

P: Not at all. But I didn't feel comfortable.

D: Do you have a sore throat?

P: No.

D: Have you taken any medicine yet?

P: No, I haven't. I think it is caused by the stress of weather. But it is unchanged today, so I decided to see a doctor.

D: Well, show me your tongue, please. Oh, yes, your tongue body is pink and the fur is white.

P: And there is no taste in my mouth.

D: Now let me feel your pulse. Oh, It is floating and tense, that shows you are ill with cold, according to both conditions of your pulse and tongue.

P: Is my temperature still high?

D: 37.7℃. it's not so high.

P: Must I take some medicine to lower the temperature?

D: It's not so high now. But you may take something to lower the temperature, if it goes up at night.

P: In the past when I've caught a cold, I've recovered with two doses of decoction. Would you please prescribe that for me?

D: Yes, I'll do that for you.

P: What is this? Is it *Yinqiao San* too?

D: No. It's *Jingfong Baidu San*.

P: Why the *Yinqiao San* is not to be used?

D: It only cures commom cold of wind–heat type and your disease is of wind–cold type.

P: Is it boiled in the same way?

D: It needs a stronger fire and a shorter time, or the effec-

tive elements of the medicine will be lost.

P: Well, I see. Different diseases, including cold, have to be cured with different medicine.

D: That's right. Though both are cold, they are different in type. They are not only the types of common cold of wind–cold, of wind–heat, but the wetness–heat cold and influenza as well.

P: I have learnt a lot from you. Thank you for your explanation.

1.1.2 Headache

Patient: Doctor, I have had frequent headaches for five years. I often take pain–killing drugs but with no effect. So I decided to see a doctor of TCM.

Doctor: Yes, I see. Where do you get the pain?

P: It attacks on the left of my head.

D: How does it feel? Is it the fullness pain, burning pain or stabbing pain?

P: Stabbing pain.

D: Is the pain connected with the alternation of climate?For example, does it ache badly after being attacked by wind or hot weather?

P: No. but it gets worse after hard working or anger. It feels like continuous boring into my head. Sometimes it's accompanied with nausea and vomiting.

D: Dose it stay in the same position?

P: I think so.

D: Have you been examined in other departments of our hospital?

P: I've been examined many times in the Neurology de-

partment and the conclusion is often drawn to be nervous headache. It relapes often, even after taking medicine. I have not taken any medicine for some time.

D: Have you ever taken any Chinese medicine for it?

P: No. I don't like the bitter taste of Chinese medicine.

D: Have you been treated with accupuncture?

P: No.

D: Have you ever had a head injury?

P: Five years ago, I hurt my head when I fell down from my bike and then recovered after a few days, so I didn't take it seriously. I am wondering why I' m troubled with head–ache now.

D: Did it just hurt the left side of your head?

P: I think so.

D: Do you have sound sleep, then?

P: Yes, I generally have. But I don't sleep well during the relapses.

D: Well, let me feel your pulse, now. You have a sunken pulse and your tongue body is in crimson, the coating is light white.

P: What's the matter with me, doctor?

D: Your headache is caused by blood stasis. Owing to the obstruction of collaterals by blood stasis, the blood fails to circulate within the vessels. It is the obstruction that causes the pain.

P: And what medicine should I take?

D: I' ll prescribe you a dose of decoction for promoting blood circulation which will remove the blood stasis. Once it has removed, the pain will be relieved naturally.

P: How long should I have to take the medicine, doctor?

D: It needs a certain period of time for such a five–year obstinate illness to be cured. The actural time will depend on the effect after having taken the medicine.

P: Thank you for your explanation, See you later.

1.1.3 Cough

(The students are practising in the clinic under the guidance of their teacher)

Patient: Doctor. I've had a cough in the past few days and hardly fallen asleep at night. I want to ask you to prescribe me some Chines medicine.

Teacher: Have you had bronchitis lately?

P: No. My cough only occurs when I catch cold.

T: Do you mean you have caught cold again?

P: Yes, a few days ago. After taking some medicine for cold, the fever went down, but the cough has not been cured.

T: What kind of sputum did you bring up when you cough?

P: It's nonproductive cough only, I guess. No sputum.

T: Not a bit?

P: Now and then. The sputum is viscous.

T: Have you had a dry nose recently?

P: Yes, dry throat, too. It gets better after eating a few pears. Though it has improved a little, the main symptom has not changed at all.

T: Do you drink much liquid?

P: A lot, indeed. But I often have a dry throat.

T: Have you had a head–ache recently?

P: Yes.

T: (To his students) Now come here students. Let's look at this patient's tongue picture.

Student: His tongue body is red, thin coating with slight yellow, is that right, Teacher?

T: That's right. And you had better notice whether this patient's tongue is lacking of body fluid or not.

S: Yes. The coating is slight yellow but lacking of body fluid.

T: (To the patient) Let me feel your pulse.

P: Oh, yes.

S: (To his teacher) Was his cough caused by exogenous cold–evil?

T: Yes, I think so. And his cough now is due to lung–heat.

S: Is his pulse condition floating?

T: No. It's a rapid pulse.

S: I would like to know why cough is often caused by dryness–heat evil?

T: The lung is a tender organ and the autumn–dryness syndrome is now spread. And the lung itself is damaged by dryness–heat, too. So cough occurs as the body fluid in lungs is burned.

S: Why is there no sputum, then?

T: That's very simple. You see, the body fluid is burned out by dryness–heat. How can the sputum be produced?

S: Now, I understand the mechanism of cough due to dryness–heat evil. But how do you treat it?

T: You must think it over and then tell me the principles of the Chinese medicinal therapy.

S: Body fluid deficiency is due to lung–heat. Thus, it is needed to clear lung–heat away and moisturize dryness–syndrom by promoting production of the body fluid.

T: You are right.

S: Thank you. May we prescribe him *Sangxing Tang*?

T: Certainly. This decoction suits the case very well.

P: (To the teacher) How many doses do I have to take?

T: I' ll prescribe you three doses first. You may add two pears' skin into each dose, boiling it with medicine.

S: (To his teacher) Why is the skin of pears needed to be added into the decoction?

T: The pear skin will clear lung–heat away and moisture the lungs by promoting production of body fluid. Finally, it may stop the coughing.

P: By the way, what kind of pear would be better?

T: It must be few in particles and rich in juice.

P: I' ll try as you suggest. See you later.

1.1.4 Dyspnea

Doctor: Good morning. Have you just been admitted?

Patient: Yes.

D: It seems you can hardly breathe in a sitting position and your lips are dark red. You' d better take oxygen immediately.

P: Thank you, doctor. I really can not bear it, the breathing is so difficult and rapid.

D: How long has this relapse been going on?

P: It has lasted seven days.

D: Have you had dyspnea?

P: Yes. I've suffered from it over ten years. It occurs in winter every year. Coughing lasts two to three months ordinarilly but it is getting more serious year by year. It has been not only cough but dyspnea in the past few years. It is so serious that I can not lie on my back when sleeping at night. I could not do anything but sit the whole night through.

D: Are you feeling better now?

P: I'm feeling better after taking oxygen.

D: What's your sputum like when coughing?

P: It's yellow viscous sputum. I often produce a little after coughing for a long time.

D: Fever?

P: I've had a fever for three days and sometimes the temperature is as high as 38℃.

D: Did you catch cold?

P: Yes, I did. I felt cold when I went out in the morning seven days ago. Later, I had a head-ache and an ache over the body.

D: Have you taken any drug?

P: Yes, I often take some medicine. I've just been injected penicillin and streptomycin for two days.

D: Do you feel better after that?

P: No. It's said that there is something drug-fast in my body.

D: Well, let me examine you. Oh, there is a rhonchus over your lungs and I can hear the moist rales over the bottom of your lungs.

P: I've just had a chest X-ray. I was told I've been in-

fected by complication of bronchitis and emphysema.

D: Yes, I see. Let me feel your pulse and look at your tongue condition. Then I'll know your test result.

P: If I could spit easily, the dyspnea would be relieved, I think. Would you be so kind to prescribe me some medicion to clear the sputum away?

D: The dyspnea you suffered is caused by retention of phlegm–heat in the lungs and failure of the lung–fire should keep pure and descendent.

P: What shall I do, doctor?

D: You'd better take some Chinese medicine to clear away heat–evil and eliminating sputum, releasing inhibite lung–energy and calm the rapid respiration.

P: O.K. Do I need am injection too?

D: Yes, It' ll get better result accompanied with Chinese medicine.

P: Who will boil it for me if I take Chinese medicine?

D: Wait a moment, I' ll write you a prescription and then the nurse will boil it for you. Now you may have a rest.

P: You're kind. So much trouble you.

1.1.5 Asthma

Doctor: Good morning.

Patient: Good morning, doctor. It is said that some diseases occuring in winter can be cured in summer in your hospital.

D: Yes. Now we are studying the treatment for the patient with astlma during the remission stage.

P: That's good news for patients. I have asthma, but I haven't had any recent attack. So I come to see you and

hope my illness could be cured.

D: Of course. How many years have you been suffering from asthma?

P: Ten years or more.

D: Does it occur in winter or in summer?

P: In winter. It may occur in summer when I chance to catch cold. But it is not so serious then.

D: Do you know what causes you to develope the disease?

P: It may be the cold, I think.

D: Does the asthma attack you when you smell anything unusual?

P: I haven't noticed it.

D: What treatment have you had in the past?

P: The asthma could be relieved taking some aminophylline and antiphlogistics at first. But it didn't work after the disease had lasted for a long time.

D: What about the latest treatment?

P: There isn't any significant effect after taking the medicine. It can only be controlled by injection and drop method.

D: Do you often catch cold now?

P: Not in summer, but it is terrible in winter. I suffered so much in winter in the past few years that I really couldn't bear it.

D: We're now studying the therapy for asthma during the relieving course, it should be suitable for your disease.

P: Does it act when there are no attacks?

D: Our principle is to protect well from illness; that is , strengthen the resistance against diseases, reduce the in-

cidence or avoid the attack.

P: Have any patient recovered?

D: Yes, many. The conditions of many patients have been improved significantly by the therapy of winter disease being cured in summer. Thus, their body's condition will be improved and the frequency of relapsing may be reduced or avoided.

P: That seems reasonable. I would like to try it.

D: All right. Now, let me examine on you.

P: That's what I want.

D: You often catch cold, I guess. Do you sweat very much usually?

P: Yes. Besides, I'm sensitive to the wind, generally I catch cold whenever I'm exposed to strong wind.

D: Ah, you have an indistinct and mild pulse condition. Your tongue body is pink, the coating slightly white. So I think your symptoms indicate deficiency of lung–energy.

P: How can it be treated?

D: It may be treated with *Yupingfong San* so as to invigorate the lung and strengthen *Wei*–energy. There is a powder available. You can take it according to its instruction.

P: How long should I take it, then?

D: You have to keep on taking this medicine the whole summer.

P: Thank you, doctor. See you later.

1.1.6 Stomachache

Patient: Doctor, stomachache is troubling me, again.

Doctor: How long have you had it?

P: A week.

D: What's the cause?Do you remember?

P: It attacked me after having a cold meal. I'm still suffering from it.

D: What's your feeling?Distention?Stabbing or dull pain?

P: It is a dull pain.

D: Yes, I see, Do you have any acid regurgitation or belching?

P: I have liquid regurgitation, but not acid, and some belching.

D: Does the pain occur before or after meals?

P: Tbere's a dull pain within the stomach before meal, but it is relieved after eating.

D: Do you have desire for pressure or warmth?

P: Yes. To be pressed with hand or warmed with a hot water bag is comfortable.

D: What about your stools?

P: I often produce soft stools, generally once to twice a day.

D: Does the stomach-ache often attack you?

P: It has attacked me in autumn and winter every year for the past five or six years.

D: Were you examined?

P: I've had an examination in another hospital this year. I was given a barium meal X-ray, and was diaguosed as a duodenocholangeitis.

D: Have you been treated at that time?

P: The pain could be relieved after taking *Wei-Shen* U,

Maxolon, etc.By the way, one of my workmates had the same disease as I. He was treated in your hospital and has been well now for two years. So I would like to be cured with Chinese medicine.

D: Well, let me look at your tongue condition. Oh, you have a pale tongue body and a thin, white coating. I'll feel your pulse now. It is indistinct and mild.

P: Oh, doctor. It is the prescription my workmate has had. May I take the same one?

D: Which do you prefer, cool or hot meals?

P: Of course the latter. The stomach ache attacks me as soon as having something cold. I've never dared to take any fruit in my daily life.

D: As you said, the medicine your workmate taken is the *Dansheng Yin*. I think, his stomach-ache is caused by the blood stasis and it would be relieved taking this. Your stomachache is caused by asthma-cold and should be treated with the method of warming the middle and invigorating the spleen rather than activating blood circulation to dissipate blood stasis and activating vital energy to stop pain. Thus, I suggest you have to take the *Huangqi Jianzong Tang* for warming the Middle Warmer.

P: Why should the same disease be treated with different therapy I wonder?

D: Well you see this is the principle of the selection of treatment based on the different diagnosis, that is , the same disease treated with different therapy. Though the two patients both suffered from the duodeno-

cholangeitis, they should be treated aocording to different principles.

P: It's incredible that the traditional doctors can treat patients in various ways.

D: O.K. Having taken the medicine, you have to come and see me in time. Wish you a quick recovery.

P: Thanks a lot.

1.1.7 Hiccup

Patient: Goog morning, doctor. I am troubled with continuous hiccups. I can hardly bear it.

Doctor: Have you tried taking a deep breath and holding it?

P: Yes, but it didn't work. I was also struck suddenly to cause shock but that didn't work either.

D: How long have you them?

P: Three days. They just continue one after another. It sounded so strong I can hardly speak.

D: Are you very constipated?

P: Yes, I am. I haven't had a bowel movement for one week.

D: Are there any changes in your urine?

P: It's dark yellow.

D: I'm sorry. I notice you have the halitosis.

P: Yes, I do indeed. Other people also say that.

D: Is your mouth dry?Do you have any taste in your mouth?

P: There is a bitter and a feeling of thirst in my mouth.

D: Do you have a desire for water?

P: Yes, I do.

D: Do you drink much?

P: I need about 2 liter of water each day.

D: Do you drink tea?

P: No. I prefer plain water.

D: Do you often drink alcohol?

P: Yes, I do. I think I've drunk too much recently.

D: What do you usually drink?

P: Chinese spirits.

D: Do you like hot food?

P: Yes, I do. Generally. I don't enjoy food without chilli.

D: Let me feel your pulse and have a look at your tongue. (After a while) You have a rapid and smooth pulse condition, and the coating is yellow.

P: I was examined in another hospital and I was told I had spasm of the diaphragm.

D: Have you taken any medicine?

P: Yes, some tablets.

D: Was there any effect?

P: There was at the beginning, but then hiccups came back.

D: I think you drink too much.

P: Does that have any thing to do with it?

D: Yes.

P: Is hiccup caused by drinking?

D: Certainly. Taking too much acrid and strong wine with extra nutriment causes excessive stomach–heat which resulted in falling down of vital energy. So, the hiccup is caused by the adverse–rising of vital energy.

P: How can it be cured, doctor?

D: Cleaning the stomach to purge heat, and calming the adverse–rising energy to stop hiccup are the best pre-

scriptions.

P: Can it be cured, doctor?

D: It's not difficult at all.

P: Some people say that the frequent hiccups are dangerous.

D: The hiccup you have are simple excess it' ll be cured when the stomach–fire decend.

P: My father died after several days of hiccupping.

D: The hiccup your father developed is a dangerous condition in the later stages indicating failed stomach–energy. It was different from yours.

P: Yes, I see.

D: When you have fully recovered, you'd better be careful about certain things.

P: What are they?

D: From now on, you should drink little and avoid chili.

P: O.K. Anything else?

D: Besides, you'd better avoid getting angery.

P: Can that also affect it?

D: Yes.

P: I'll certainly take care.

1.1.8 Hypochondriac Pain

Patient: Doctor, I've had a low fever for half a month.

Doctor: How high has your temperature been?

P: It's 37.5℃ to 37.8℃ in the afternoon.

D: Any cough?

P: No.

D: Have you had any arthralgia?

P: No. But I'm very tired througout the body and feeling

muscular fatigue.

D: Any pain in either hypochondrium?

P: Only beneath the right hypochondrium.

D: What sort of pain?

P: Distending pain beneath the right side and sometimes with burning sensation.

D: Do you sometimes get pain your back?

P: Yes.

D: Do you like greasy food?

P: No. I felt nausea when taking it. Now, I take almost nothing containing meat.

D: How much meat do you take everyday?

P: Two ounces or so.

D: Have you been vomitting?

P: Just nausea and no vomitting.

D: Do you have a taste in the mouth?

P: Yes. It is as bitter as the distension having Rhizoma Coptidis in my mouth.

D: Do you feel distension in the stomach?

P: Yes. Belching eases it a little.

D: Is the throat dry?

P: Yes, it is.

D: Do you drink much water?

P: I don't have much desire for water.

D: Is your stool and urine normal?

P: No. Stool is dry and urine yellow.

D: Have you been attacked like this in the past?

P: Yes, years ago. The temperature then was as high as 38℃ and 39℃ and the pain in the hypochondium was

severe.

D: Were you examined, then?

P: I had a duodenal drainage test.

D: What was the result?

P: The doctor said it was acute cholecystitis.

D: How were you treated?

P: For two months, I stayed in the hospital, where I was given an intravenous injection of anti–inflammatory.

D: How about after you were discharged from the hospital?

P: I often have a dull pain on my right hypochondirum. At first, I took some anti–inflammatory medicine. But after some time I stopped taking it.

D: You have developped chronic cholecystitis and this is a relapse.

P: I think. you are right.

D: Your tongue body is red and the coating yellow, greasy. You also have rapid and wiry pulse.

P: What does that show, doctor?

D: It shows the retention of wetness–heat evil in the liver and gallbladder. It manifests as hypochondriac pain, and it's necessary to disperse and benifit the liver energy and gallbladder by clearning heat–evil.

P: Could you please give me a prescription?

D: Certainly. The *Dachaihu Tang* will do you good.

P: Thank you, doctor. I'll be sure to take it regularly.

(Supplmentle Material) Conversation between patients in a ward

Li: You've just been admitted, haven't you, Lao Wang?

Wang: Yes. Just today.

L: What disease do you have?

W: It was diagnosed as gall stones by B–supersonic exam. And you?

L: Same as you. Gall stones.

W: How long have you been in the hospital?

L: More than a month.

W: With what result?

L: Quite good. About 20 stones have been eliminated.

W: Oh, my God. I feel pain badly now. It's really killing me.

L: Do you have a fever?

W: I did a few days ago, but it's gone now.

L: Do you have hypochondriac pain?

W: Yes. The distention often occurs on the right hypochondriac and also in the shoulders and back.

L: The symptoms you have are almost the same as mine when I was admitted.

W: Were yours symptoms like this night at the begining?

L: Yes. But much more serere. When I was admitted, I had chills fever, gallbladder pain and jaundice.

W: So, the treatment had good result.

L: Indeed. As a few of gall stones were eliminated, the jaundice disappeared, and I felt more comfortable.

W: I admire you taking so much medicine. Such a big bowl of decoction you can take in several mouthful.

L: I'm afraid of being operated on. I had heard that gall stone could be eliminated by taking Chinese medicine and that's why I came here. The only way is to take medicine.

W: You are right. I don't like being operated on, either. I hope the gall stones can be got rid of by means of taking Chinese medicine.

L: How big is the biggest stone?

W: 2.5cm × 1.5cm. It was said to be formed by something like rice accumulated.

L: Is it sand–like?

W: Yes, it is. Can it be expelled by taking medicine?

L: I think so. I am told the sand–like stone can be expelled more easily.

W: Good. I have some hope then.

L: You needn't worry about it. You dis the best thing coming here.

W: By the way, How does the doctor manage to expell the stones?

L: You'll take the medicine named *Paishi Tang*. It has only a few ingredients, but the effect is much better, the efficacy is about 70–80%.

W: How many doses did you need to eliminate the stones?

L: A small stone was eliminated after having had seven doses, I guess.

W: The larger, one comes later, I suppose?

L: Oh, no. Twenty stones of all sizes have been eliminated. Among them, the largest was 1.0 × 0.9cm.

W: Are you expected to be discharged from the hospital soon?

L: I think so. With a little more time, all the stones should be elimibated.

W: You've given me a lot of hope.

L: I' m sure you' ll recover, if you cooperate with the treatment.

W: How?

L: Follow the doctors and nurses instruction and persist in inspecting the stool to find whether the stones have been expelled or not.

W: It doesn' t sound so hard. Thank you for your advice.

1.1.9 Consumptive Disease

Patient: Doctor, I feel a flatulence and belching after eating.

Doctor: You must have taken too much.

P: No. It's the same even when I eat little.

D: Does it happen after every meal?

P: Yes. A precordial pain often occurs accompained with a bearing–down pain.

D: How long have you had this problem?

P: About three years.

D: You need to take a gastroenteric Barium meal, and mustn' t eat anything until your examination in X–ray Department in fasting appetite at 8:00 tomorrow morning.

P: Here is the test report, doctor.

D: Ah, the result is gastrokateixia.

P: I feel really tired lately.

D: Let me feel your pulse. It' s weak and your tongue is pale.

P: Sometimes the rectum prolapses.

D: The synptoms sound like asthenia of both the spleen and stomach, also the collapsing of middle–warmer energy, which is considered as consumptive disease accord-

ing to the principle of TCM. You'll recover by taking the *Buzhong Yiqi Tang*. You needn't worry about it.

P: Thanks.

D: You're welcome. The disease you suffered is a common one. A better result will be attained if accupuncture is used to lift up the middle-warmer energy at the same time.

P: I'll certainly try it. See you later.

D: O.K. See you.

1.1.10 Dysentery

(Students under the teacher's guide for practice)

Teacher: Listen, students. This case was diagnosed as Dysentery by TCM and regional ulcerative colonitis by Western medicine. Having been treated with Chinese medicine for about two months, a good result has been attained. Now, you ask the patient about his case history and then we'll have a discussion.

Student: Can you tell me how long you have suffered this disease?

Patient: Two years or so.

S: What are the main symptoms?

P: Abdominal pain and diarrhea.

S: Is there any blood or pus in the stool?

P: Yes. Sometimes but not always.

S: When is there the blood or pus in the stool?

P: It's in the stage of attack but repeatedly at times.

S: Was your condition bad when you were admitted?

P: Yes. The frequency of bowel movement was as much as ten times or so a day. I couldn't even walk and was car-

heat–evil, wetness–evil, and remove the toxic material, isn't it?

T: Yes. Besides, it also has the function of regulating the vital energy, promoting the vital energy circulation and relieving intestinal stasis.

S: (To the patient) How do you feel after taking the medicine?

P: The frequency of bowel movement has been reduced, blood and pus in the stool have disappeared, and the feeling of bearing–down has been reduced.

T: Now, the patient's stool is loose with mucus and accompanied with a feeling of bearing–down, tenesmus and chilly in lower abdomen. The frequency of his bowel movement is still four times a day.

S: What decoction is to be used, then?

T: *Lianli Tang* can be used not only to invigorate the spleen and regulate the middle warmer, but also to clear away heat and eliminate wetness.

S: (To the patient) Have you taken any Western medicine?

P: Yes, I have. It seemed to be effective, then, but it didn't treat the cause. I believe Chinese medicine can be used to cure the disease thoroughly and treat the root cause. And I also consider it has a better result because of its determination of treatment based on the differentiation of symptoms and signs.

S: Yes, you are right. We must study the TCM well and master its determination of treatment based on the differentiation of symptoms and signs.

1.1.11 Diarrhea

Patient: Doctor, I'm not feeling too well. Every morning I need to empty the bowel before daybreak.

Doctor: Do you have pain in abdomen?

P: Yes, But I feel all right after the bowel movement.

D: Is the stool puruloid?

P: No. It's only loose and sometimes it seems to be watery.

D: Do you have any feeling of bearing-down and anus burning?

P: No.

D: How long have you had this problem?

P: More than two years.

D: Usually, how many times a day do you have bowel movements?

P: It's irregular. But every morning before daybreak the pain starts and as soon as I hear the rumbling sound, I have to hurry to the toilet.

D: Have you had any tests?

P: I've had a lot of stool tests, X-rays of gastroenteric Barium meal and Barrium irrigations.

D: Did they find any problem?

P: No, nothing.

D: Have you taken any medicine for it?

P: I've taken various kind of medicine, such as Rhizoma Coptidis, Furacilin and Ferramycin, but with no effect.

D: Have you tried Chinese medicine?

P: No.

D: Do you feel any soreness on the loin and legs?

P: Yes. And I feel chill on the extremities, too.

D: Do you generally have any desire for cold drinks and

snacks?

P: No. After having these, the diarrhea get much worse and the stomachache also.

D: How's your appetite?

P: It's all right, but I don't eat much and I find food taste less.

D: Well, let me feel your pulse.

P: Ah, doctor. What's the trouble with me?

D: It's known as pre-dawn diarrhea in TCM.

P: What is the cause?

D: It's due to the deficiency and weakness of kidney-*Yang*, which fails to warm the spleen, thus leading to spleen disorder.

P: How does TCM treat it?

D: By warming and recuperating the kidney-*Yang*, invigorating the spleen, and benefiting the vital energy. A modified prescription *Sishen Wan* will get a good result.

(After a few days)

P: Doctor, I've taken all the medicine you prescribed.

D: How do you feel ,now?

P: Much better.

D: Do you still have pain in the stomach?

P: No. And now the bowel movement is usually about 6:00 in the morning.

D: When was in the past?

P: As early as four in the morning, the pain would start and I would have to go to the toilet even if it was very cold. It was really killing me.

D: I'd better prescribe you some more pills to make sure

the effects are maintained.

P: O.K.

D: You'd better keep on taking the *Sishen Wan* one bag each time, twice a day. You'll have to see me again after two weeks.

P: Thank you very much, doctor.

D: Not at all. See you later.

1.1.12 Constipation

Patient: Doctor, it's hard for me to have bowel movement.

Doctor: Do you have dry stool?

P: Not really. But even after a long time on the toilet I still can't pass stool, Only when I really sweat with the effort am I able to.

D: Have you taken any medicine for it?

P: I've taken cathartics. After taken it, the bowel opened easily but a period of time the problem returned.

D: Have you suffered any shortness of breath recently?

P: Shortness of breath? Oh, yes, it's quite noticeable when I'm trying to pass stool.

D: I notic that you are short of breath while you are talking. You must be very weak?

P: Yes, I am.

D: When did this start?

P: Two years ago after a pulmonalis lobectory.

D: Why was your lobe moved?

P: Because of T.B cavity.

D: How about your appetite?

P: I can only eat very little. My stomach becomes distented if I eat much.

D: Have you taken any Chinese medicine?

P: Yes. *Maziren Wan.*

D: Let me feel your pulse, now. Oh, it is quite weak, the tongue has teeth marks on its margin and the coating is white.

P: What does this indicate?

D: It indicates deficiency of vital energy.

P: I do feel fatigue and weak ness all the time.

D: I think it is due to the deficiency of both spleen and lung, which leads to the difficult bowel movement.

P: Why wasn't the *Maziren Wan* effective?

D: Constipation is classfied as sthenia–type and asthenia–type, but the drug you took is used to treat the heat–type constipation of sthemiatype, you see.

P: Why? Is there any heat in the symptom of heat–type constipation?

D: Yes. You would have dry stool, yellow urine accompanied with symptoms of dry mouth, foul breath, irritability, red tongue and yellowish coating.

P: I haven't a single one of those symptoms.

D: Thus, the symptoms you have must be of the asthenia–type.

P: So, I have to take some medicine for invigorating the vital energy?

D: That's right. You need treatment to benefit the vital energy and invigorating the spleen to activate the *Yang*–energy.

P: Will you write me a prescription? I'll take whatever as you advise.

D: Well, I' ll prescribe you a *Huangqi Tang*. When both spleen and lung energy are sufficienct, the funnction of conducting will be effective and the bowel will open easily.

P: I see. Thank you. See you later.

1.1.13 Palpitation

Patient: Good morning ,doctor. I seem to have a heart problem.

Doctor: Well, lie on bed carefully, please. I' ll listen to your heart.

P: I felt nervous and the problem relapsed after I got to work today. It has continued for two hours or so.

D: Oh, the rate is fast, 115 / m. Does this often occur?

P: For about a year, I' ve been getting these attacks but I feel better after taking a rest.

D: What brings on the attacks?

P: Being angry or feeling tired.

D: Have you had arthralgia?

P: No.

D: Do you have a good appetite?

P: Generally I don' t eat much.

D: Do you find that you've lost weight?

P: No.

D: Have you had an ECG?

P: I've just had one in the clinic of our factory.

D: Can I see it please. Oh, It's sinus tachycardia.

P: Many tests draw the same conclusion.

D: Me what is your job?

P: I'm a textile worker.

D: Your work is quite heavy, is it?

P: Yes. My legs are always moving when I'm on duty and my attention must be focused, too.

D: Anything else, besides upset?

P: And I can't sleep well at night.

D: Do you have any dreams?

P: Yes. I also feel dizzy if I can't sleep well.

D: Is there any ulcer in your mouth?

P: The aphthae often appears in my mouth, and the coating is yellow.

D: Now, open your mouth, let me see. Oh, your tongue body is quite red.

P: And, there is a small sore at the tip of my tongue.

D: Let me feel your pulse.

P: All right. By the way, I feel a feverish sensation over my palms.

D: I see. And your pulse condition is small and rapid.

P: In fact not only the palms, but also the soles. I feel hot like my feet out of the blankets when sleeping at night.

D: Is your bowel movement normal?

P: No. I have dry stool and go to the toilet once in two or three days.

D: Have you taken any medicine?

P: I've taken proprandol and diazepam when I felt upset. Sometimes when I took nothing, just a shout rest would make me feel better.

D: Deficiency of *Yin* leading to hyperactivity of fire is your problem. Nourishing *Yin*, clearing away the heat–evil and tranqulizing by nourishing blood is needed. Do you feel better, now after resting?

P: Yes. I'll do as you advise me , but boiling decoction is not so covenient for me.

D: I'll prescribe you the *Tianwang Buxin Dan*.

P: How do I take it.

D: One pill three times a day.

P: O.K. Thanks a lot.

1.1.14 Sleeplessness

Patient: Good morning, doctor. I can't sleep well at night.

Doctor: How long have you been like this?

P: Ten years or so. I don't sleep well and I'm easily woken.

D: How about recently?

P: For the last week I've only been able to sleep two or three hours a night. my sleep is not restful and I dream heavily.

D: Is some unpleasant affair bothering you?

P: No.

D: So, what do you think is the cause?

P: I've just received a research program, and since time is short we have to work day and night. At first, I could sleep a bit ,but now it's more difficult.

D: You must have been thinking too much about your program, I guess.

P: I often suffered insomnia before exams when I was at university.

D: Do you ever feel dizziness?

P: I always have a heaviness in the head and get dizzy when I stand up suddenly.

D: Do you suffer mental confusion?

P: Yes, And my whole body feels exhausted.

D: Do you have a good appetite?

P: No.

D: Your pulse condition is very weak, the tongue body is pale and the coating is white, which are symptoms of asthenia of both heart and spleen.

P: I've taken too many sleeping pills. Can you prescribe me some Chinese medicine.

D: Can you take decoction?

P: It's not convenient for me to take it, because I'm too busy. May I take some prepared medicine?

D: *Guipi Wan* should be effective.

P: How do I take it?

D: One pill three times a day.

P: What else should I be careful about, doctor?

D: Mental stress is to be avoided and don't take any tea before going to bed.

P: May I practise *Qigong*?

D: Certainly. Practising some sports, doing exercises and keeping your mind calm will do you good.

P: O.K. I'll do as you advise me. Thank you.

1.1.15 Dizziness

Patient: I feel dizzy recently, but I don't know why.

Doctor: Do you feel as if everything were turning around?

P: The dizziness I suffer is caused by the heaviness of head, distending pain on head, and eye—balls.

D: Have you had any nausea or vomiting?

P: No vomiting. But some nausea.

D: How long have you had this?

P: Five days.

D: Is your blood pressure high?

P: A little.

D: Do you often take anti—hypertensive drug?

P: Yes, I do. I often take antihypertensive pill and compositus Apocynum Venetum. The blood pressure can be maintained at about 160 / 100mmHg.

D: Do you often get angry?

P: Yes. Eventhough no one causes me to be angry.

D: You're hot—tempered, aren't you?

P: I've noticed there is some change in my character. In the past I wasn't like this. I've felt more irritable since I suffered from hypertention.

D: Do you feel bitter taste in your mouth?

P: Yes. And I feel dry in my throat.

D: Have you been sleeping well recently?

P: No. I feel upset and can't sleep well at night.

D: Do you dream heavily?

P: Yes. Everything is very confused in my dreams.

D: Do you have nightmares?

P: Not really frightening, but most of them are about fighting and strange things.

D: Do your ears ring?

P: Yes. Like the chirping of cicadas.

D: Let me measure your blood pressure, now. Oh, it's 220 / 120 mmHg.

P: I've had a feeling of fullness on my head in the past few days and the dizziness is more serious. I'm afraid my blood pressure is higher than before.

D: Did you have a good rest last night?

P: I didn't sleep a wink last night.

D: Why not ?

P: Because I had a quarrel with my relative.

D: It would have made you feel much worse, I suppose?

P: Right. I could hardly control myself then, but I regreted after.

D: You haven't taken much Chinese medicine, have you?

P: Usually I take Western medicine, Chinese medicine only at times.

D: Well ,let me feel your pulse. Oh, it's wiry and slippery. .

P: I see.

D: Show me your tongue, please.

P: My coating is yellow and thick.

D: Do your hands feel numb?

P: Once when I was seriously dizzy and my blood pressure was particularly high my whole left side felt numb.

D: You must be careful. High blood pressure could cause a stroke. I'll prescribe you the *Tianma Gouteng Yin*. Not only can it calm the liver and suppress *Yang* but clear away heat and stop the wind as well.

P: Is it necessary for me to take some Western medicine, too?

D: Not now. This decoction itself has the function of lowering down the blood pressure. Try it.

P: All right.

D: To test your heart condition, I suggest you should have an ECG and an echocardiogram.

P: Yes, O.K.

D: I'll write you a test slip and a prescription after the report comes back.

P: Well, I'm going. (after a while) Here is the report.

D: There is something wrong with your heart according to the report.

P: Is it serious?

D: Not so serious. It's caused by hypertension. You will have to take some drugs for heart disease at the same time. Here is the prescription. You can get them in the pharmacy. Here is another one for Chinese medicine and you can get it in the pharmacy for Chinese medicine.

P: Yes, I see. Many thanks, doctor.

1.1.16 Chest-Bi-Syndrome

(In the morning, the nurse is handing over the work to the doctor who is on duty on the day shift)

Nurse: There was nothing abnormal last night except Bed Three, Patient Zhao, whose diagnosis is angina pectoris of coronary heart disease in Western medicine. And chest-bi-syndrome in traditional Chinese medicine. At about 2 o'clock this morning, this patient had a sudden attack of angina pectoris with oppression over the precardium and a chest pain which radiated to the left shoulder and the back. He was immediately given two pills of *Huoxin Dan* and oxygen inhalation. Ten minutes later, the pain was relieved. He slept badly the whole night. This morning the pulse of his is 88 / m; the temperature is 36℃ and the blood pressure is 140 / 90 mmHG.

Doctor: This patient has been here for 20 days and his condition is comparatively stable. Was there anything that may have caused the attack of the angina pectoris last night?

N: Last night, his sister in USA came to see him and he looked very excited. They talked for a long time.

D: Probably, he was too excited. How about the other patients?

N: The others are all right.

D: O.K, Let's go and see the patients now.

N: All right, let's go together.

D: (to the patient) I'd like to know how you had the attack of angina pectoris last night.

Patient: You know, last night my sister in USA came to see me and I was very happy. We talked for a very long time. After she left, I could not calm down and sleep. From time to time, many things in the past decades came back to my mind. After midnight it became very hot, I began feeling pressure and fullness over the chest. At the same time there appeared a stabbing pain in the precardium and then the pain started radiating to the shoulders and back. Afterwards, I broke into a sweat and had to call the nurse. After the nurse hurried to arrange for me to take two pills and administer the oxygen inhalation that I gradually felt better. Now I feel weak all over the body. I have had another ECG (electrocardiogram). I'm wondering if the result of this ECG is worse than that of the past.

D: Don't worry about it. We've just studied your ECG and there are no big changes. I think this heart attack

of yours is related to the excitement and fatigue.

P: Yes. I also found that each attack is always followed by anger and fatigue. Sometimes, excitement could bring on the attack. Eating too much could also cause more serious pressure over the chest.

D: You are right. All of these can make it more serious. You've been drinking the decoction of herbal medicine for a period of time, How do you feel about it?

P: I feel much better now. And the frequency of attacks has become less and less. In the past, attacks often happened every two or three days, but recently, since taking the decoction of herbal medicines, I had not had an attack for over 20 days. The attack of this time must be due to the long talking, I suppose.

D: Let me inspect your torgue, O.K. your hand, please. I'll feel your pulse.

P: I always dissolved the nitroglycerin in the mouth when I had attacks in the past, but this time I didn't use it and also had a good result. What medicine was I given to take this time?

D: The medicine you used this time is the prepared drug *Huoxin Dan*.

P: Can the prepared drug also be used to treat my disease?

D: Yes. According to the condition of your pulse and tongue, your illness is not only due to the deficiency of *Qi* but also to the blood stasis *Huoxin Dan* has just the function of promoting the blood circulation to remove the blood stasis and relieve the pain.

P: Doctor, Is it a new type of prepared medicine?

D: Yes. Now we have put a lot of efforts into the improvement of the forms of prepared drugs so as to adapt them to emergency cases.

P: That is really good.

D: Using herbal medicines to treat diseases can not only obtain a satisfactory result but also has few side—effect. Besides, it has a lasting and stable curative effect.

P: Our Chinese medicine is really a great treasure—house.

D: You are right. We should make full use of the characteristics and the advantages of our traditional medicine.

P: I'll do my best to co—operate with your treatment.

D: Good. I'm sure, with the use of herbal medicine, your disease can be gradually improved and you will get well. But you should be sure to get plenty of rest.

P: Thank you, doctor. I will do as you say.

1.1.17 Edema

Mother: Doctor, my son's. Face and legs are swollen.

Doctor: How long has he been like this?

M: About a week.

D: Why didn't you come here earlier? You see, the dropsy is so serious that when the legs are pressed they can leave some pits which don't return to the original state.

M: At first, I only noticed that his eyelids had a slight swelling and thought it might be the result of his poor sleep, so I did not take much notice of it. But a few days later, both of his legs became swollen and his complexion became pale, therefore, I had to ask for leave and bring him in to you.

D: (to the child)

Come here and sit down, boy. I' ll take your blood pressure.

Oh,it is a bit high.

(to the mother)

How old is he?

M: 13 years old. He will finish primary school this summer vacation.

D: Did he catch a cold and have a sorethroat a few days ago? And was there any skin infection at that time?

M: Well. Ten days ago, their school organized the pupils to go for a Spring outing. Since the weather was bad with rain that day, he came home all wet. And finally, he caught a cold. He had a fever and a sorethroat. Because he was afraid of missing too many lessons he went to school as soon as his fever came down after taking some medicine.

D: Did he feel unwell afterwards?

M: Yes. When he came back from school that day, first he said he was very tired and then he told me he felt cold.

D: (to the child) Open your mouth and say "Ah", I'll have a look at your throat.

Child: Ah—ah.

D: The pulse is floating and the tongue is red with yellow, thin coating. Mmm…, the urine should be tested. Here is your laboratory sheet. Please go to the laboratory to do the urine test, I' ll write the prescription for you after the urine test.

M: (After the urine was tested and the sheet was given to the doctor)

Doctor, is there anything abnormal with his urine?

D: Yes. According to the laboratary report, your son is suffering from acute nephritis.

M: Ah, it is said that acute nephritis is difficult to cure, is that so?

D: Don't worry. He can be cured. We'll treat him with a combination of traditional Chinese and western medicine.

M: Doctor, my child has been in good health all along. How could he get nephritis?

D: Modern medicine believes that nephritis is kind of allergic disease relating to the infection of bacteria, virus, protozoon or spirochete and to the individual reaction. His sorethroat after getting cold and wet in the rain was the predisposing cause of his illness. Traditional Chinese medicine regards that the occurance of edema has a close relation with the lung, spleen and kidney. After he had been drenched in the rain, he was affected by cold, which enabled wind–evil to attack the exterior of the body easily and also made the lung fail to dominate both dispersing and decending and to regulate the water passages, causing the water not to go downwards to the bladder. As a result, the wind and water invaded the area between the muscles and skin, forming the edema. The disease of your child belongs to the wind–edema category.

M: Is it necessary for him to be hospitalized here?

D: Not here. I'll make a registration of household–hospital–bed for him. I'll go to your home to see him at reg-

ular intervals.

M: That is really good. Will he be given injections?

D: Yes. In order to relieve his inflammation in the throat, a period of injections of penicillin is necessary. The herbal medicines should be these with the functions dispelling wind and clearing away heat, ventilating the lung and inducing diuresis to alleviate edema. Since he is now in the acute period, he must be cured completely this time.Besides, he can not go to school until the laboratary report denotes the complete normality in all items.

M: I see, doctor. What herbal medicines do you think he should take?

D: I' ll prescribe him 5 doses of modified *Yuebi Jiashu Tang*. Please observe whether there is any increase in urine and a relief of edema after he has drunk the decoction of the herbal medicines.

M: How can I best nurse him?

D: You ought to let him have a good rest and make adequate arrangement for his daily life. Make sure he eats much nourishing food and avoid eating pungent and greasy things. He must eat low salt food try to avoid any possility of catching cold.

M: How are the injections to be given?

D: The nurse who is in charge of the household–hospital–beds will go to your house and give him the injections. Now please go to the injectionroom and go the skin–test. If there is no allergic reaction, he can be given the first injection here. Later, he will be given in-

jections at home.

M: All right. Thank you, doctor. By the way, do you remember my home address?

D: Yes, I do.

1.1.18 Diabetes

(Analysis of cases with the practising students)

Teacher: Well, students, you've been practising here for three weeks. There are two patients with diabetes in the ward we're in charge of. Have you noticed their characteristics?

Students: Their symptoms are mainly characterized by this and drinking a lot, and the blood sugar is higher than normal.

T: What differences are there between the two of them?

S: The symptom of the patient in Bed 10 is mainly thirst and drinking a lot of fluids. He was drinking about four liter of water a day. Before he was admitted though his appetitis was normal. Thus, this is the diabetes characteized by polydipsia.

T: How about the patient in Bed 12?

S: The patient in Bed 12 not only has the same symptom as that in Bed 10, but also has the symptom of polyorexia and eat a lot. So we consider his illness must be the diabetes charaterized by polyphagia.

T: Can you explain the mechanism of the attack of the diabetes charaterized by polydipsea?

S: It's due to the lung being damaged by dryness–evil and *Yin* fluid exhaustion which leads to dry mouth, drinking more, dry lips and frequent micturition. The

symptom mentioned above is the consumption of body fluid caused by overabundance of heat.

T: Quite right. What else?

S: Besides, the red tongue, light yellowish coating and rapid pulse are the reflection of the mechanism of the cause in this illness.

T: What principle is suitable in treating the case in Bed 10?

S: Moisturizing the lung to clear away the heat–evil and promoting the production of body fluid to quench thirst.

T: Quite right. And what prescription is to be used for it?

S: A modified diabetes prescription, I think.

T: What's the main function of this prescription?

S: It mainly contains Radix Trichosanthis, which is used to promote the production of body fluid to quench thirst. And it would also be beneficial to use *Huanglian* to clear away heat and keep the fire down. In addition, *Shengdihuang* can be used to nourish *Yin* and produce body fluid. Thus, the prescription is able to moisture the lung to clear away the heat–evil as well as promote the production of body fluid to quench thirst.

T: How about the patient now, after taking medicine?

S: It's much better than when he was admitted. He's only drinking 1 / 4 of the volumn than was originally.

T: And can you say something about the case of Bed 12.

S: He has the symptom of polyorexia, dry stool, yellowish coating, rapid and slippery pulse.

T: What's the mechanism of his disease?

S: Deficiency of *Yin* leads to dryness–evil, in other word,

the deficiency of *Yin* is the principle and dryness–evil is the secondary aspects, I think.

T: That's right. What prescription is to be used, then?

S: *Yunu Jian.*

T: What's the effect of this prescription?

S: It's able to clear away stomach–heat and purging fire, nourishing *Yin* to produce body fluid.

T: Your answer is very good.

S: Is the diabetes in TCM the same as the diabetes mellitus in the term of Western medicine?

T: They are basically the same, but not completely. Diabetes mellitus is included in Diabetes according to the principle of TCM.

S: What are the symptoms of diabetes according to the principle of TCM?

T: The symptom of diabetes are characterized by drinking much, polyorexia, loosing weight or turbid urine and sweet being contained in urine.

S: Could the blood sugar and diabetes sugar be lowered down by using Chinese medicine?

T: Certainly. The pharmacological research has proved a lot of Chiness medicine and formula have the function to lower dowm the blood and urine sugar.

S: Would you like to tell us something about the importance for the patient with diabetes to control his diet?

T: Certainly. It's very important for the patient with diabetes to control his diet.His condition may be controlled simply by dieting. His diet should be bland in flavour and he shouldn't eat too much. Generally, an

appropriate amount of rice, vegetables. bean, lean meat and eggs may be contained in his diet, but hot and irritating food is contraindicated.

S: Some ancient Chinese considered the disease to be often accompanied with deep–rooted carbuncle, might blindness pulmonary T.B, apoplexy and so on. Are these the complications of diabetes?

T: Yes. They are also the complications of diabetes in terms of modern medical science.

S: Thank you. I've learnt a lot from clinic practising and cases discussing.

T: Yes, theory combined with practice like this will be good for you to grasp the knowledge that you learnt.

S: Many thanks. Will you please have a rest?

T: Oh, no. You ought to observe the change of his condition and give the patient another test for blood sugar.

S: All right. I'll get the slip for the test.

1.1.19 Stranguria

Patient: Good morning. I've some trouble with my urine.

Doctor: In what way?

P: I've got a lot of burning and pain. I can't control myself and it seems to pass water all the time.

D: Any fever?

P: I've had fever for two days. At first, I felt chilly badly and then the fever came. The temperature was 39.5℃ last night.

D: Headache?

P: Yes.

D: Sore throat?

P: No.

D: Have you had any feeling of oppression on the chest or cough?

P: No. But I have lumbago.

D: When did it start?

P: It has started since our honeymoon, more than ten days ago.

D: Had you had any uncomfortable feeling before marriage?

P: No. It was only after getting married that I felt uncomfortable. At first, I only felt difficulty and pain in micturition but I didn't take much notice of it. After coming back home, I had a fever and a pain on the lower abdomen, in addition, the color of my urine is like strong tea.

D: Now. I'll tap your back. Tell me position where you feel pain.

P: O.K.

D: Is there any pain on the right side?

P: No.

D: This side?

P: Ah, yes, here.

D: Let me feel your pulse and then look at your tongue condition.

P: What disease do I have, doctor?

D: You have developped acute pyelonephritis, or Strangguria in terms of TCM.

P: Oh it's pyelonephritis?

D: Yes. A test is needed. here is the test sheet. Let your

husband bring you there.

P: All right.

D: Well, after I get the test report, I'll prescribe you some medicine. (after half an hour)

P: Doctor, I've just had my urine test. It is said there is abnormality in the urine. Here is the report?

D: Well, the result of the test is the same as my diagnosis. Do you want to be admitted to the hospital for treatment?

P: I'd rather not. I'd rather be treated at home.

D: That should be all right. Get plenty of rest. You may take some Chinese medicine at home and have some injections. You'll recover soon.

P: What injection?

D: Antibiotics.

P: Oh, no, I can't. I'm allergic to many antibiotics; I have a propensity to allergies. I'd prefer to be treated with Chinese medicine.

D: All right. Then evils of wetness and heat combinating to attack the lower warmer of bladder is the cause of this disease. I'll treat you with modified *Ba Zheng San* to clear away heat and resolve the stagnation.

P: I've had nausea in the past. What shall I do if I vomitting after taking decoction?

D: I will add *Zhu Ru* to the prescriotion, which has the effect of removing heat and stopping vomiting. It can be boiled together with the drugs or separately. Take the medicine in several doses.

P: Good, I feel relieved.

D: Besides, be sure to keep your vulva clean.

P: All right. I'll come to see you again next Friday after finishing the medicine.

D: All right. See you then.

P: Good-bye.

1.1.20 Deafness

Patient: Doctor, my ears seem to be blocked by something. I can't hear anything clearly and feel wretched.

Doctor: How long have they been like this?

P: Two days.

D: Have you been examined in the E.N.T. Dept.?

P: Yes, I have. It was said that I suffered from nervous tinnitus. The doctor who examined me said it would be very effective for me to take Chinese drugs. So I came here to see you.

D: Have you had, hypertension in the past? Have you felt dizzy recently?

P: No, I haven't. And I haven't felt dizzy, either.

D: Is there anything wrong with your gall bladder?

P: Yes, I have had cholecystitis, but have felt all right recently.

D: Have you been angry with somebody?

P: Yes. I had a quarrel with someone two days ago. I felt a huzzing in the ears and then couldn't hear anything clearly.

D: Do you usually get angry easily?

P: Yes, I have a hot-temper. I'm easily angered by things that don't bother other people.

D: This is caused by stagnated heat in the liver and the

gallbladder, Besides, the liver–*Qi* can't be regulated and the liverfire will disturb the upper seven orifices as long as you get angry. So your ears can't hear anything clearly.

P: If so, what's to be done?

D: The liver fire needs to be cleared. *Longdan Xiegan Tang* is the best for treating this disease.

P: How many times a day should I take it?

D: One dose should be divided to take twice a day.

P: Will I have loose bowels after taking it?

D: Maybe your stools will be bit thin, but don't worry. Take three doses first and then I'll adjust the prescription for you.

P: Doctor, the medicine you prescribed is really efficacious. I have a feeling that the greater part of my disease has been removed after taking three doses. My ears can hear again and don't feel bloated any more, and I also sleep well at night.

D: Then, I'll feel your pulse and see the coating of your tongue. Your pulse is a little better, but still somewhat taut. And the coating does not look as yellow and thick as before.

P: Is it necessary for me to take more medicine then?

D: Yes. You still have to take a few doses of medicine to strengthen the curative effect though the stagnated heat in the liver and the gallbladder has been abated.

P: How should I take care of myself on my diet?

D: Your meals should be light and digestible. Don't eat hot or greasy food. Moreover, be sure not to get angry

any more.

P: Good. Thank you , Doctor.

1.1.21 Seminal Emission

Patient: Excuse me, but what is seminal emission about, Doctor?

Doctor: It is just the phenomena of discharging of seminal fluid without sexual activity.

P: Sometimes semen can also run out during dreams without sexual life. What causes this?

D: This is a kind of illnesse, which is called nocturnal emission.

P: Semen can also run out itself even if one is clearheaded, which is not caused by sexual life nor by dreams. Why?

D: This has to be explained from two aspects.

P: What are they, Doctor?

D: Firstly an, unmarried male adult or a man living apart from his wife may have seminal emission once or twice a month, which is a physiological phenomenon and can't be said to be an abnormal state.

P: Is it harmful to the body?

D: Generally speaking, there is no harm at all.

P: What about the second aspect?

D: The second aspect is that the semen can not be stored owing consumptive disease of the kidney--*Qi*. So the seminal fluid flows by itself.

P: That's harmful to the body, isn't it?

D: It may harm different persons differently, and their syndromes may also be different.

P: Those who have seminal emission occassionally feel

dizzy and feeble with palpitation. Is that serious or not?

D: That is a relatively mild condition. If you lack physiological knowledge you may fear even normal emission.

P: Dose it need treatment?

D: If the reason is explained clearly to dispel worries then treatment is not necessary.

P: Someone who has many emissions, feels dizzy, listless, sore and weak in the loins and knees all day long and suffers insomnia has serious condition, doesn't he?

D: Yes, it is. Too much emission is a serious symptom which should be treated promptly.

P: What's the cause of emission?

D: It is caused by many ways, most of which are caused by irregular emotion or intemperance in sexual life. It is also related to the factors such as improper diet, downward drive of damp–heat and so on.

P: Is there any other cause?

D: Masturbation is also one of the causes which lead to nocturnal emission.

P: Doctor, I have the phenomenon of nocturnal emission, but I don't know why. So I just came here to ask for your advice.

D: It's good to seek for knowledge.

P: I've had a general impression about the disease, Doctor. Could you give me a treatment?

D: Sure. How old are you this year?

P: Twenty–eight.

D: Are you married?

P: Yes, I've married for three years.

D: Have you any children?

P: No, I haven't.

D: Why is it you don't have any children after being married this long?

P: At first, my wife and I worked in different places, and what's more, we were still young and would have had a lot of difficulties with a child. So we didn't want to have one yet.

D: How about since then?

P: I started having nocturnal emission then. Half a year later I got spermatorrhoea and I became frightened all the time. The more I fear, the more relapses I have.

D: Well, was your sexual life all right?

P: It was OK when we just got married, but then it deteriorated.

D: What was the problem?

P: I often feel sore and weak in my loins and knees, with dizziness in my head, weakness in my whole body and listlessness.

D: Is your sexual life normal now?

P: My sexual desire is very low though I live together with my wife now.

D: You should be treated and cooperate very well with the treatment.

P: How should I cooperate?

D: Have little or no sexual intercourse at present.

P: That is no problem.

D: Your trouble is caused by impairment of the kidney—*Qi*

as spermatorrhea is being aggravated by nocturnal emission. The kidney—*Qi* is so deficient and so weak that semen can't be stored and flows out by itself.

P: I see. I can't control myself now even if I want to.

D: You may take *Liuwei Dihuang Wan* in coordination with *Jinsuo Gujing Dan*. Your condition will take a favourable turn if you persist in taking the medicine for a period of time.

P: Thank you very much.

D: You are welcome.

1.1.22 Lumbago

Patient: I have lumbago, Doctor.

Doctor: Please sit down. How long have you had it?

P: More than two years.

D: Have you ever had nephritis?

P: No, I haven't.

D: Do you have any urgent and painful sensation in the genitals? And frequently to pass water?

P: No, I don't have any problem like that.

D: So, how did the lumbago start?

P: I had been an operation for total hysterectomy two years ago. From then on, I felt gradually more and more pain in back the and it has been setting worse and worse.

D: Do you feel sore in your legs?

P: Yes, I feel heaviness in my lower limbs. When I do a lot of walking I sometimes feel I can't take another step.

D: When does your back hurt most?

P: After getting tired, It's so sore and painful that I can't

even straighten up. Slow mild exercise can help a little.

D: Does it hurt a lot after getting up in the morning?

P: No, a good night rest helps a lot.

D: Have you ever had a lumbar vertebra X–ray?

P: Yes, I have. The doctor said there was nothing wrong.

D: Do you feel cool in your waist?

P: Once when I was sitting on bench reading, I felt as if I was sitting in ice–cold water. I feel very cold in the back in winter.

D: Oh. You like warmth on your back.

P: Yes. I must use an electric blanket in winter or it will hurt so much that I can't sleep. Even in summer, I have to depend on a hot–water bag.

D: So even in summer you can't sleep in a cool bed.

P: I can't stand it at all.

D: What about the colour of your urine?

P: It's clear. I pass a lot of urine at night.

D: Is your stool normal?

P: It's all right, but a bit thin I've a bowel movement once a day.

D: Do you feel dizzy?

P: Not dizzy, but not very clear–headed. It's as if my head were pressed by something.

D: Do you have any tinnitus?

P: What is that?

D: Tinnitus means there is a kind of sound in the ears. It rings like chirp of a cicada when it gets bad.

P: Yes, there is some a kind of sound. But it doesn't sound as lower as the chirp of a cicada.

D: Let me see your tongue and feel your pulse.

P: What's wrong with me?

D: It's lumbago due to insufficiency of the kidney–*Yang*, with very weak slow pulse.

P: How did I get it?

D: The reason is that you are usually weak and didn't have a good rest after the operation.

P: What you said is quite right, Doctor. Because I had a lot to do. I went to work without finishing my leave.

D: So you have lumbago with sore and feeble lower limbs. The kidney is concerned with reproduction and the development of the body. The lumbar region is the residence of the kidney.

P: Why do I feel cool in my lumbar region?

D: The kidney–*Yang* is so insufficient that your limbs can't be warmed, which causes you to feel cool in your waist.

P: So, how will you treat me?

D: You can take some Chinese drugs for warming the kidney and reinforcing *Yang*. I'll write you a prescription.

P: Good.

D: I'll prescribe you some *Jinkui Shenqi Wan*, which is a kind of proprietary medicine and convenient for being taken. Take one pill orally with weak salt solution or boiled water, three times a day.

1.1.23 Arthralgia–syndrome

Patient: Doctor, I have pain in every joint in my body.

Doctor: Sit down, please.

P: I've had this for two years and a half.

D: Have you been examined in any other hospital?

P: Yes.

D: Have you taken any medicine?

P: I've taken some medicine. It's had some effect but irritated my stomach.

D: Do you feel pain in small joints?

P: Yes. But not as much as in the large ones.

D: Does the pain stay in the same area?

P: On the whole ,yes. But sometimes it moves about.

D: Is it worse on rainy days?

P: Yes, it gets quite bad then.

D: Is there any swollen area?

P: No, there isn't.

D: Is the pain more serious when it is cold?

P: Yes I dislike the cold. It seems as if a cold wind is blowing through my body on cold days.

D: What about your lower extremities?

P: It feels as if my lower extremities are heavier than the upper ones and I can't seem to find a comfortable position for them when I go to bed.

D: Do you sleep soundly?

P: No. I can't sleep well when the pain comes on.

D: Is your house damp?

P: Yes. It's old, damp and quite cold.

D: Have you had a blood test?

P: Several times. I was told that the sedimentation rate is somewhat high.

D: The analysis based on these conditions shows you have developped arthralgia syndrome caused by the attack of

a pathogenic factor blended by evils of wind, cold and wetness.

P: Oh. And what is arthralgia–syndrome?

D: It's the exogenous evil; such as wind, cold, wetness and heat, attacked your body, which block the channels, vital energy and blood as well. From clinical point of view, the syndrome is mainly characterized by aching, numbness, flexion and stretching difficulty of muscles, ribs and joints, even swelling and burning of joints.

P: What type do I have?

D: You have the wind–cold–wetness type of arthralgia.

P: How can it be cured?

D: (*Duhuo Jisheng Tang*)is suitable.

P: Is injection needed?

D: No. The effects of the decoction are dispelling wind evil, cold and expelling wetness to clear the meridian passage. That should cure your illness.

P: Do I need to take tonics?

D: There's no need having dispelled the evils, the branch of large channels will be nourished. and the main channels will flow freely. After that, the pain will disappear and you'll soon recover.

P: Thank you very much, doctor. I have learned a lot from your explanation. See you later.

1.2 Surgery

1.2.1 Vitiligo

Patient: Doctor, I have heard that you got very good therapeutic effect in treating vitiligo. So, I come

specially and hope to get your treatment.

Doctor: How long have you had it?

P: More than three years.

D: Where did it first occur?

P: It occurred on the cheek. It was only a very small white spot at first.

D: Did you get any medical treatment?

P: Yes, I was treated with a folk prescription for half a year.

D: What kind of folk prescription?

P: I was told to apply the extract filtered from the decoction of fresh purslane, brown sugar and vinegar to the spot.

D: Did it work?

P: At first it seemed to have some effects, but in the last few months, more spots have appeared.

D: Where are they distributed? Please unbutton your clothes and let me take a look at them.

P: You see, they are on the chest, fingers, foot and back.

D: Do you feel itchy on these spots?

P: No.

D: Are they desquamatory?

P: No.

D: Are they milder in winter?

P: Not obviously.

D: Do you usually have any uncomfortable feelings?

P: Since I got this, I always feel depressed and have a sensation of oppression from the throat to the chest. During menstruation, there are some distending pains in the

breasts, thoracic costal region.

D: How about your menses, Are they regular?

P: No, they often come ahead of time.

D: Is it the normal colour?

P: No, they are dark and often accompanied with black blood mass.

D: Do you feel vexed and restless?

P: Yes, I'm often restless.

D: Please let me feel your pulse, and look at your tongue. Did you have any emotion before this all started.

P: Yes, I did. Does this disease have any relationship to the mental irritation?

D: Yes. The main cause of your disease is due to your mental unhappiness and worries. Besides, when the skin is attacked by the wind pathogen, *Qi* and blood will not coordinate to each other and the blood will not be able to nourish the skin. As a result, the white patches occur.

P: What do you think about this disease? Can it be cured?

D: Yes. You can first take 5 bottles of *Baibo Pian* for a try. If they are effective, just continue taking them. If they don't show any obvious effect, please come again and I'll change the prescription for you.

P: How long do you think it will be before I can get rid of it?

D: Because everyone has a different constitution and a different environment, the curative effect also varices. Some people can get a good result with this method and some with another. The most important thing is that

you must adhere to the treatment.

P: Yes, I see. Thank you.

1.2.2 Buerger's Disease

Doctor: What's your trouble?

Patient: Well, doctor, my left foot aches.

D: When did it start?

P: More than a year ago.

D: How did you feel at first?

P: At the beginning, I only felt a little cold and painful on the foot. Later, there was gradually a distending pain in the calf after overwork. Sometimes I had to walk with a limp. But the pain could be relieved after a rest.

D: How is it now?

P: This month, the pain has become terrible. The little toe has turned red and the front of great toe has festered and it gives off an offensive odour.

D: Did you go to any other hospitals before coming here?

P: Yes. I went to all the hospitals in our county and prefecture.

D: How did they treat you?

P: Just gave me injections to diminish the inflammation and some drugs to relieve the pain. Later on, they all advised me to accept the amputation, but I refused. It is said that TCM (Traditional Chinese Medicine) can cure this disease without amputation, so, I come here for the treatment.

D: How old are you?

P: 29.

D: Do you smoke?

P: I smoked for years but I have given it up now.

D: When did you begin smoking?

P: At the age of 16. About 13 years in all.

D: Did your feet get frostbitten?

P: Yes. Three years ago, just after Spring Festeval, I led a group of people to dig a river and worked in the mud for half a month, during which, my feet became numb with cold.

D: Please take off your shoes and socks and lie on your back on the bed. Now, keep your two legs straight and raise them for 3 minutes. What do you feel now?

P: A more terrible pain in the left foot.

D: Look, the colour of the left foot has turned white. Please sit up and put your feet downwards.

P: The left foot has turned red again.

D: Let me feel your pulse on the feet. The beating of both the dorsal artery and posterior tibial artery of the left foot has disappeared. Are there any other symptoms besides the ache?

P: Yes, I have had a slight fever recently.

D: How about the bowel movement and urine? Are they normal?

P: No. The stool is dry and the urine is like the colour of strong tea.

D: Please let me see your tongue. Do you have a dry mouth?

P: Yes.

D: How is your appetite?

P: Poor.

D: What about your sleep? Can you sleep soundly?

P: Usually I can sleep well, but recently the aches trouble me so much that I can't even sleep the whole night.

D: Did you suffer from any other diseases before?

P: I often suffered from enteritis when I was a child.

D: Have you had diabetes?

P: No. I've been checked for three times and the results were normal.

D: I'd like you to have an ultrasonic examination and also an X-ray. After you've had them, come back to me.

P: All right.

D: (After reading the reports of the ultrasonic examination and X-ray) According to the results of the ultrasonic examination and X-ray, your trouble is thromboangiitis obliterans. In TCM, it is called "Tuoju" (Grangrene of toe).

P: How could I have got this disease?

D: Mainly because of your long-term smoking, but also the attack of both cold and dampness on your body.

P: Do you think it can be cured without cutting off the leg?

D: Yes. Amputation should be unnecessary as long as the appropriate treatment is given immediately.

P: That's a relief!

D: Now, I'll prescribe you six doses of Chinese herbal medicine *Simiao Yongan Tang* and other two additional herbs Dabdelion and achyranthes. Please decoct them and try them.

P: Doesn't it need external treatment?

D: Yes. You need to apply *Hongyou Gao* with bandage (gauze which is treated with certain herbal medicines) which has been spread with *Jiuyi Dan* to the location of the ulceration until the sequestrum falls off. When the surface of the wound is clean, then you can change to the mixture of *Baiyu Gao* and *Shengji San*.

P: How soon do you think I can get well?

D: According to my previous experience, I would think you will have an obvious improvement in about three months.

P: Is there anything I should be careful about?

D: Besides adhering to the drug treatment, you should keep warm, avoid injury, absolutely abstain from smoking and have plenty of rest.

P: All right, I'll certainly do as you say.

1.2.3 Subaxillary Lymphadenitis

Doctor: What's wrong with you?

Patient: Doctor, there is a lump in my left armpit, it is about the size of a pigeon egg. The doctors in Western medicine said it was subaxillary lymphnoditis, and gave me injections of penicillin and streptomycin for 4 to 5 days, but the pain has not been relieved. Starting from yesterday I began to feel cold and have a fever, so I want to be treated with herbal medicine.

D: How long have you had this trouble?

P: More than ten days.

D: When does it trouble you most?

P: At night.

D: How is your appetite?

P: Poor.

D: How about the bowel movements and urine? Are they normal?

P: The stool is dry and the urine is yellow.

D: Do you get thirsty?

P: Yes, I do.

D: Please put your hand on the pulse pillow and let me feel your pulse. Open your mouth and show me your tongue. Do you usually feel depressed and irritable?

P: Yes. In the past year, I have been feeling irritated with everything.

D: Did you have any injury, abscess or furuncle on the upper limbs?

P: Yes. I had a furuncle before.

D: So it is clear that your disease is the result of the delayed treatment of the previous furuncle. It causes the lymph node to swell after it is affected. In TCM it is called "axillary carbuncle".

P: Is it easy to cure?

D: Yes. I'll prescribe you several doses of herbal medicine which have the function to clear away heat and toxic material. Please decoct and drink it once a day. For external use, mix *Chonghe San* with antiinflammatory ointment and apply it to the lump region. The mixed ointment should be changed once a day.

P: I live very far from here. Can I bring the medicines for external use home and change the dressings myself?

D: Certainly.

P: Is there anything I should be careful about?

D: You should try to make yourself happy and avoid irritation besides adhering to the administration of medicines. Be sure not to drink alcohol.

P: Thank you.

1.2.4 Tuberculosis of Cervical lymphoid

Student: Teacher, this patient suffered from tuberculosis of cervical lymphoid on the neck and the wounds refused to heal after their ulceration. Recently, two nodes have appeared on the left side of the neck. He had heard about your successful treatment and came specially today to ask you to treat him.

Doctor: Have you examined him?

S: Yes. There is a wound on either side of neck, and the skin around them is a dull red color. Both the wounds have the septic tissues with a cavity around them, from which the watery pus runs off with bean–curd–dregs–type materials.

D: Have you inspected his tongue and felt his pulse?

S: The tongue coating is thin and yellow; but I have not felt his pulse.

D: (to the patient) Please sit down and let me feel your pulse. How old are you?

Patient: 25.

D: When did you begin to notice the recent two lumps?

P: About half a year ago.

D: Has there anyone in your family ever suffered from T.B.?

P: My grandmother was troubled with it.

D: What was the size of the original lump?

P: As big as a walnut.

D: What medicines have you taken before?

P: I've used a lot of streptomycin and isoniazid.

D: Do you sleep well?

P: I often have nightmares.

D: How about the appetite?

P: Poor.

D: Do you have any other uncomfortable feelings?

P: Sometimes there is a distending pain in the head, and some dry and obstructing sensations in the throat.

D: Were you badly irritated before you were ill?

P: Yes. There is a little disharmony in our family.

D: I'll give you three boxes of *Xiaojin Dan*. Please take 1.2g of it twice a day with millet wine. If there is no obvious effect, please come again and I'll prescribe you some herbal medicine.

P: Does in need an operation?

D: No. The sore may be drained with *Erbao Dan* medicinal thread, then you can use *Hongyou Gao* for external application. When the granulation comes out, you can exchange *Hongyou Gao* for *Shengji Baiyu Gao*.

P: Is there anything I should be careful about?

D: Well, this kind of disease needs a long course of treatment. You should be sure to adhere to the administration of medicines.

P: I see, thank you, doctor.

1.2.5 Cystic Hyperplasia of Mamary Glands

Student: Teacher, this lady says that she has had two lumps in her breasts for half a year and they didn't take a

change for the better after a treatment of injection and medicine. She came specially to ask for your treatment.

Doctor: Have you examined her?

S: Yes. Both of the lumps are 4× 5 cm with indefinable edges. They are smooth, not firm and with no tubercles. Since they don't adhere to the peripheral tissues, they can move about if they are given force.

D: Have you inspected her tongue and felt her pulse?

S: She has red tongue with thin coating. The pulse has not been felt yet.

D: (to the patient)Please let me feel your pulse. How old are you?

Patient: 32.

D: Are you married?

P: Yes, I am.

D: Do you have any children?

P: Just one daughter.

D: How is your appetite?

P: Rather poor lately.

D: Do you have any other uncomfortable feelings?

P: I often have an abdominal pain and feel oppressed and distended in the chest and hypochondriac region.

D: How are your periods? Regular?

P: No, They aren't. Sometimes they come ahead of time and sometimes behind.

D: Have you noticed any changes of the lumps around the periods?

P: Yes, there is a sensation of distending pain over these areas and the lumps turn firm before the periods; but

they can grow soft again after.

D: What quantity is discharged in each period? Much or little?

P: A lot.

D: What about the color? Is it different from normal?

P: Yes, it is dull purple.

D: How are your bowel movements and urine?

P: I'm constipated.

D: What treatment were you given before?

P: I took many anti-inflammatory tablets and was also given a month's injections of penicillin and streptomycin.

D: How about trying herbal medicines? Could you drink decoction?

P: I think I can.

D: (to the student) Xiao Li, can you try and write a prescription for her?

S: According to her symptoms and the conditions of stringy and small pulse, red tongue with thin coating, the pathogenesis of it, I think, belongs to both the stagnation of *Qi* due to the depressed liver and the disharmony between *Chong* and *Ren* meridians.

D: Good. Your diagnosis is correct. What prescription do you think she should take?

S: How about *Xiaoyao San* or *Chaihu Shugan San,* doctor?

D: Well, that's all right. But a better result will be obtained if several kinds of drugs are added to activate blood circulation and regulate and nourish *Chong* and *Ren* meridians, such as *Xianlingpi* and *Lujiao Fen.*

S: Teacher, how many doses should be given to her?

D: I think six is all right for the first time.

P: Doctor, can I get well just taking herbal medicine?

D: Yes, but you must adhere to taking medicines on time and don't always worry about the disease or feel depressed.

1.2.6 Psoriasis

Patient: Doctor, there are several patches of rash on my body. I have been to several hospitals and they said it was psoriasis. I'd like it to be treated with herbal medicine. Do you think it can be cured?

Doctor: May be. Can you tell me where the patches are distributed?

P: They are on my chest, back, lower abdomen and the four limbs.

D: Are there any on the head?

P: No.

D: Can you let me have a look at them?

P: Sure.

D: Do there many of this kind of white scales drop from the rashes?

P: No, only when they are scratched. After the falling of scales the cribriform hemorrhangic spot will appear.

D: Are the rashes distributed symmetrically?

P: Yes.

D: How long have you had this trouble?

P: For more than 10 years.

D: Do you know how you got this illness?

P: Well. 10 years ago, I worked as a teacher and brought

the students to the country–side. We lived in a damp place and often overworked. During which I caught a cold and had a sorethroat and always felt depressed and irritated. Half a month later, rashes began to appear.

D: Did you go to see the doctors for this?

P: Yes. I went to many famous hospitals and the doctors there gave me some different treatment. Of course, some were effective, but they could not obtain radical cure.

D: What medicines have you taken?

P: I've taken some aminopteria, vitamin B6. Externally I've used the liquid medicine for psoriasis and anti–psoriasis inunctum.

D: Please let me feel your pulse. Have you still felt depressed and restless recently?

P: Sometimes, (I have).

D: How is your appetite?

P: Quite normal.

D: Do you sleep soundly?

P: I am often a waked by serious itching.

D: Please show me your tongue, Do you have a dry mouth?

P: Yes, but I don't have much desire for drinking water.

D: Are the bowel movements and urine normal?

P: The stool is slightly dry.

D: Do you think you can drink decoction?

P: Yes, I'll try.

D: Now I'll prescribe you some doses of *Tufuling Tang* to decoct each day, Drink half of it in the morning and the

other in the evening. If it is effective, continue with the same prescription for another half month and then come here again, so I can modify it.

P: Isn't it dealt with externally?

D: Since your rashes are distributed separatedly, I'll prescribe you two bottles of *Yuhuang Gao*. You can apply some to where they itch seriously.

P: How long do you think it will take to be cured?

D: Well, this disease is rather stubborn. It is apt to have a relapse after it is cured. However, as long as you have the confidence in adhering to the regular treatment, it can be cured thoroughly.

P: All right. Thank you, doctor.

1.2.7 Interstitial Infection of the Palm Complicated by Lymphangitis

Student: Teacher, this patient is ill with interstitial infection of palm and complicated with acute lymphangitis. He felt afraid when he heard the diagnosis at the local hospital, so he came specially to see you.

Doctor: Have you examined him?

S: Yes. Both of the palm and dorsum of his left hand are red and swollen. The palmar side of the thumb is a big lump. It is hard and hurts when it is pressed. There is a red line along the radial wrist up to the armpit.

D: Have you taken his temperature?

S: Yes, it is 39.2℃.

D: Has the blood been tested?

S: The white blood cells (WBC) are 19.2×10^9 / L; Neutrality accounts for 86%.

D: How about the tongue and pulse?

S: Red tongue with thin, yellow and greasy coating. I haven't felt his pulse yet.

D: All right.

(to the patient) Please let me feel your pulse. What happened to your left hand? How did it get infected?

Patient: Five days ago, It was pricked by a nail. And two days later, I felt chills and had a fever. Though I took some antipyretic and anti–inflammatory drugs, it didn't get any better.

D: How is your appetite?

P: Rather poor.

D: Do you have a headache?

P: Yes, usually with weakness and lassitude all over the body.

D: How are the bowel movements and urine? Are they normal?

P: No, the stool is rather dry and the urine is a bit yellow.

D: Is there a pain in the chest?

P: No. Is this a furuncle, doctor?

D: Yes. In TCM, it is called furuncle, but don't worry about it. As long as immediate treatment is given, it can be cured soon.

P: I'm afraid of having an operation.

D: I don't think an operation is necessary. Can you take decoction of herbal medicines?

P: Yes.

D: Good. I'll prescribe three doses of herbal medicines and some ointment for you. You can drink the

decoction of *Huanglian Jiedu Tang* and apply *Qiangchuei Gao* for externally use.

P: Thank you, doctor.

1.2.8 Dorsal Carbuncle

Patient: Doctor, there is a furuncle on my back which gives me a terrible pain.

Doctor: How long have you had it?

P: A week.

D: Do you know how it occur?

P: At first, it was only a grain-sized furuncle which caused some itching. When it was scratched the next day, it suddenly swelled.

D: Do you have a fever?

P: Yes.

D: Let me take your temperature.

P: I've just taken it before coming here. It was 38.5℃. It has been the same for the past four days.

D: What medicines have you taken?

P: I've had many anti-inflammatory tablets and injections, but none of them had any good curative effect.

D: Please hold your shirt up and let me take a look at it. Oh, the furuncle has developed many alveolate heads.

P: What kind of furuncle is it?

D: It is called dorsal carbuncle. In TCM, it is called "Fabei". Please let me feel your pulse. Do you have a headache?

P: Yes.

D: Put out your tongue, please. Oh, yes. Do you feel dry in the mouth?

P: Yes.

D: Do you drink a lot of water?

P: Yes.

D: How about the bowel movement and water? Are they normal?

P: No, the stool is dry and the urine is deep-colored.

D: How often do you have bowel movements?

P: Every three or four days. It has been four days since I last passed stool.

D: Have you suffered any other diseases before?

P: Yes. I have diabetes.

D: Have you caught a cold recently?

P: Yes, just a few days before suffering from the furuncle.

D: Can you take a decoction of herbal medicine?

P: Yes, I think I can.

D: I'll prescribe you some herbal medicines. They have the functions of subsiding the swelling, relieving the pain and clearing away heat and toxic materials. Externally, I'll spread a layer of *Tinong San* on top of the furuncle and then cover it with *Wanying Gao*. For the swelling around it you can apply *Ruyi Jinhuang San* mixed with sesame oil. You will have to change the dressings once a day.

P: How long do you think it will probably take to cure?

D: Since your furuncle is big and there is the complication of diabetes, it will take a relatively long period of time to heal. Besides, you should take care with the treatment of the diabete.

P: All right. Thank you, doctor.

1.2.9 Panniculitis

Doctor: What's your trouble?

Patient: Well, doctor, I have been troubled with nodes. They often occur in my legs. I went to a hospital of western medicine and a biopsy taken. They said it was a panniculitis and gave me some treatment. Since there was no obvious effect, I want to try herbal medicine.

D: How long are you aware of having this trouble?

P: At least ten years. Let me see. Oh, I first noticed them 11 years ago.

D: Where did they originally occur?

P: In the medial parts of both legs.

D: What size are the nodes?

P: The biggest is walnut-sized and the smallest is peanut-sized.

D: Do you have the protruding sensation of the nodes when you feel them?

P: No.

D: Do they adhere to the skin?

P: Yes, they adhere with one another.

D: Are they firm?

P: Yes.

D: Do they give you any pain when they are pressed with fingers?

P: Yes.

D: Does the skin on the nodes show any colour?

P: Yes, it is pink.

D: Did you notice any changes when the nodes were forming?

P: Well, before their formation, several patches of reddish lumps appeared, which, the biggest one was like the size of my palm and the smallest one, the size of my watch. The swelling muscles and joints ached, and after seven to eight days, the lumps shrank and turned dark, forming the nodes.

D: Do the nodes disappear by themselves?

P: Yes. But they vary in time. Some disappear within a month and some need about one year.

D: Do you have any other uncomfortable feelings?

P: Yes, during the formation of nodes, I had a sensation of intolerance to cold, a low fever, a bitter mouth and nausea.

D: How is your appetite?

P: Poor.

D: Please let me feel your pulse, and see your tongue. Do you sweat much usually?

P: No, but I perspire when I move about. And I catch cold easily when I am affected by a chill.

D: What medicines have you taken before?

P: I have taken some tablets of indomethacin and been given some injections of penicillin.

D: I'll prescribe several doses of herbal medicine for you. They have the functions of relieving the depressed liver and regulating the circulation of *Qi*, and also have the functions of reducing phlegm and resolving masses. If you have any uncomfortable feelings during the administration, please come again, I'll change the prescription for you.

1.2.10 Scleroderma

(In the ward, two patients are talking)

Patient A: Would you mind if I ask you what disease you suffer from?

Patient B: The doctors in western medicine said I had the scleroderma, while the Chinese doctors said the "Skin–bi" disease (the numbness of the skin).

PA: I have the same disease as you. How long have you had it?

PB: More than six years.

PA: How did you get it?

PB: Six years ago, just half a year after I gave birth to a child, I noticed the digital joints of my both hands became swollen and distended. Two years later, all the fingers would turn pale when affected by a cold. In the fourth year, the skin of my finger tip began growing rigid, and later it developed to such a condition that I could not button my coat by myself.

PA: Have you been to hospital before?

PB: Yes. I stayed in a hospital of Western medicine mestern for half a year and I was given the injections of penicillin and procaine, and much of vitamine B12 was used. But it didn't get any better. On the contrary, it became worse. There seems to be no way, so I have come here to try Traditional Chinese Medicine. I'm wondering whether it can cure my disease.

PA: I'm sure it can. My case was more serious than yours when I came here. My arms looked as if there was a layer of wax on them. And the skin turned so stiff

that it was difficult to hold it up with my fingers.

PB: What treatment does the doctor give you?

PA: The doctor said the root cause of my disease was the deficiency of *Qi* and blood. I am given a dose of decoction of herbal medicine once a day. Sometimes it is *Shiquan Dabu Wan* and sometimes it is modified *Duhuo Jisheng Tang*.

PB: How long have you been here?

PA: More than half a year.

PB: Are you feeling better now?

PA: Much better. You see, the skin of my arms has turned soft and elastic and the hands can be clenched.

PB: Do you think my disease can be cured?

PA: I was told that as long as the patients stuck to the treatment, most of them could see good results.

1.2.11 Ichthyosis

Doctor: What's your trouble, sir?

Patient: Well, I don't know what it is called in Chinese Medicine. The western doctors said it was an ichthyosis.

D: How long have you noticed you had this trouble?

P: I found my skin very dry when I was a child.

D: What's the colour of the affected area?

P: Brown.

D: Are there any aquamae on it?

P: Yes, they are like the skin of buckwheat and have a pricking sensation if you feel them.

D: How old are you?

P: 18.

D: Where are the rashes distributed?

P: The four limbs, chest, abdomen and the trunk.

D: Which part is the most serious?

P: The exterior side of the lower legs.

D: Does it itch?

P: Yes, but only when it's particularly bad.

D: Please hold up your trouser legs and let me have a look at them. Is there anyone else in your family who suffers from this disease?

P: No.

D: When do you feel it more serious, in winter or in summer?

P: In winter.

D: Please let me feel your pulse, and inspect the tongue. How is your appetite?

P: It is all right, but I always feel weak all over the body.

D: Are you constipated?

P: Yes, I am.

D: This kind of rash like yours is called ichtyosis in western medicine, but in TCM, it is called snake–skin–rash. Your complexion is pale and lusterless, the tongue is pale without fur and the pulse condition is stringy and small. All this shows that the root cause is the wind–dry–ness due to the deficiency of blood.

P: The western doctors said it was difficult to cure. Do you think it can be cured with TCM?

D: Yes. Now I' ll prescribe you some doses of herbal medicines. They have the functions to enrich the blood and moisturize the skin. Please decoct one dose

to drink once a day. You can use the same recipe continuously for a month, and then come back here, I'll make some modifications to it.

P: All right, thank you.

D: You are welcome.

1.2.12 Herpes Zoster

Patient: Doctor, I have some blisters on my lumbar region which trouble a lot. The western doctors said it was herpes zoster and told me to take painkiller tablets and aureomycin. They also give me many injections of Vitamine B12, but it didn't get any better. On the contrary, it hurts me more and more terribly, so I'd like it to be treated with TCM.

Doctor: When did the blisters start?

P: Three days ago.

D: Did they ache first or blister first?

P: They ached first. At the beginning, there were fits of pricking pain in this region. Since I thought it was just neuralgia, I didn't go to see the doctor. After four days, there appeared patches of erythema and papule, later on, the blisters occurred which gave me more terrible pricking pain.

D: Please hold your clothes up let me examine the blisters.

(The doctor is examining the blistered region) Does it hurt you more when I touch them?

P: Yes. It hurts me terribly.

D: How old are you?

P: 32.

D: Please let me feel your pulse and see you tongue. Oh the coating is really yellow. Do you have a bitter taste in your mouth?

P: Yes.

D: Are you constipated?

P: Yes.

D: Do you often have a dry throat?

P: Yes.

D: Do you like drinking water?

P: Yes, especially cold water.

D: Do you often feel restless and irritable?

P: Yes, I'm apt to lose my temper.

D: This disease you suffered is called "*Chanyao Huodan*". In western medicine, it is called herpes zoster. According to your conditions of stringy and small pulse, red tongue with yellow coating and the symptoms of red blisters, thirsty and dry stool, I think, the root cause is fire–transmission due to excessive heat.

P: How can it be treated?

D: Can you take decoction?

P: Yes.

D: I'll prescribe you several doses of herbal medicines. Please decoct and drink each once a day.

P: Can they relieve the pain?

D: Yes. The main function of them is to remove the heat and dampness, relax the bowels and clear away the fire. When the fire–toxin is removed. the pain, of course, will be relieved.

P: How long do you think it will take to get rid of the

pain?

D: About 5 to 6 days.

P: All right. Thank you, doctor.

1.2.13 Chronic Pharyngitis

Doctor: What's your trouble, sir?

Patient: I have chronic pharyngitis.

D: How does it feel.

P: I often have a dry and sore sensation in the pharynx.

D: Open your mouth and say Ah.

P: Ah, ah ···

D: All right. How long have you had this trouble?

P: More than 20 years.

D: What is your occupation?

P: I'm a teacher.

D: At what time does it give you the worst pain?

P: At night.

D: Do you feel dry in the throat?

P: Yes. Both the mouth and throat feel dry. Sometimes I am even woken up by the dryness in the night.

D: Do you have a cough?

P: Yes. particularly when the throat itches.

D: Is there any phlegm?

P: Well, there is often the sensation of some phlegm adhering to the pharynx, but it can't be expectorated. Sometimes a small amount of accumulated greyish white phlegm mass can be expectorated, but there is still the sensation of something being obstructed.

D: Do you have an obstructing sensation when eating something?

P: No.

D: Please let me feel your pulse. Do you have any other symptoms?

P: Yes, I often have a lassitude in loin legs, tinnitus, insomnia and night sweats.

D: What medicine did you take in the past?

P: I' ve taken quite a lot of anti-inflammatory tablets and also some herbal medicine such as *Liusheng Wan, Houzheng Wan, Qingyin Wan.*

D: Chronic pharyngitis in TCM is called " Hou-bi" (Throat-bi). According to the condition of the pulse, the tongue and your particular symptoms it is the result of the deficiency of *Yin* fluid of both the lung and kidney and also the flaring-up of fire of deficiency type. Generally, obvious effect can not be expected within a very limited time. You must persist in taking medicine for a long period.

P: What medicine do you think I should use?

D: I' ll give you honeyed pills prepared from the decoction of *Qinghuo Buyin Tang* to clear away the fire and invigorate *Yin* fluid. They are convenient for long-term administration. Take each one of them three times a day.

P: How long do you think I should keep up the treatment?

D: At least half a year. Since this illness requires a long term treatment, you have to persist so that the curative effect will be stable.

1.2.14 Acute Mastitis

Patient: Doctor, my breasts were bumped, and since then they have swollen and ached for four days.

Doctor: Do you have a fever?

P: Yes, for two days now.

D: How is your temperature?

P: Between 38℃ to 39℃.

D: How long is it since you gave birth?

P: Two months.

D: Do you have enough milk for the baby?

P: Yes. There was so much that the baby couldn't finish it. But since injuring the breasts, I haven't been breast feeding him. Instead, I use the breast–pump. As a result, in the last four days, the milk has reduced remarkably.

D: Do you get thirsty?

P: Yes.

D: How about your appetite?

P: Poor.

D: Now, please take off your shirt and let me examine them. You see, the outer side of the right nipple has swollen and distended with red colour. There is a burning heat sensation if it is touched. The firm mass is about 3 × 3cm in size and the center of it is soft. When it is pressed, it can move about. All right, you can put on your shirt now. Let me see your tongue, please. Oh, red tongue with yellow coating. Let me feel your pulse. It is stringy. I'd like you to have a blood test. (After the blood test)

P: Doctor, here is the result of the blood test.

D: Oh, the white blood count is so high. You are suffering from the acute mastitis. In TCM, it is called mammary abscess.

P: I didn't expect that a slight bump could cause such a serious result.

D: Special care should be taken in the breast feeding period. When they are pressed or bumped, the milk can not be secreted freely, which easily causes them to be infected.

P: Are they festering?

D: Yes, they are.

P: What treatment do you think is suitable for it?

D: It needs incision and drainage. Besides, some oral medicines are necessary.

P: What medicine should I take?

D: You should take medicines which have the function to clear away the heat and toxic materials and promote lactation and expel pus. This is a prescription of modified *Gualou Niupang Tang*. Please ask your relative to get the medicine for you in the dispensary and you can go to the next room to do the drainage.

P: After the drainage when shall I come for a check?

D: In order to observe whether the drainage is clear and unobstructed in the affected part and the dressings are changed regularly, you should come once a day.

P: Can I breast feed my baby?

D: No, you should stop lactation. The milk can be sucked with breast-pump. The breasts should be supported with brassiere so as to lessen the movement

and pain.

P: Thank you, doctor.

1.3 Orthopedics

1.3.1 Dislocation of Shoulder

Patient: I' ve had a bad pain in my right shoulder and am unable to move it, since I fell down while playing basketball.

Doctor: When did this happen?

P: An hour ago.

D: Has this ever happened to you before?

P: No, it hasn't.

D: Please strip to your waist and bare the elbow and upper limb. Let me examine you. The injured part of right shoulder assumes square and deformity. The infraglenoid under the shoulder blade is vacant. Can you put your hand onto the opposite shoulder?

P: No, I can't.

D: Is there any sensation of numbness in the upper limb?

P: No.

D: What about the movements of your hand and wrist?

P: The movements are normal.

D: Maybe your shoulder joints have been dislocated. The nerves are not injured. I'll take you to the X-ray Department to have a test and see if there is a complication of fracture. Later the X-ray picture shows the joints of your right shoulder have been dislocated but no fracture.

P: How will you treat it, Doctor?

D: Relocate it first. Lie down on the treatment table, please. Let me relocate it for you by reduction. Fine, you can get down now.

P: Has it been relocated?

D: Yes, it has. The external form of your right shoulder has been restored normally.

P: Now I can move my shoulder joints.

D: Can you put your hand on the opposite shoulder now?

P: Yes, I can.

D: This shows it has been relocated.

P: Is it necessary to be fixated?

D: Yes. In this case the injured cartilage tissue must be healed to prevent habitual dislocation later. Put your right upper arm in front of your chest and I'll fixate the upper arm together with your chest with bandages. Crook your elbow, and I'll hang your forearm up in the air with head traction band.

P: How long will it need to fixate?

D: Two weeks.

P: May I move?

D: Yes, but first do some mild exercise to your wrist and fingers during the period of fixation. Then, do some exercise to your shoulder joints gradually only after the fixation is removed.

P: Should I still take medicine?

D: Yes. it is suitable to promote blood circulation to remove blood stasis, and reduce swelling to stop pain. This is because it is in the state of the congestive

edema of affected area and an evident pain at the early stage. You can take *Huoxue Zhitong Tang*. Let me prescribe you several doses of Chinese medicine to be decocted in water for oral dosage, once a day. You may come back to the hospital for another check-up in three days.

P: Thanks.

1.3.2 Fracture of Distal End of Radius

Patient: Doctor, it has been 4 hours since my right wrist broke and injured. It hurts so much that I fear to move.

Doctor: How did it happen?

P: The road was slippery after snowing. I fell down out of carelessness. My wrist became swollen with a pain, and is unable to move at the moment.

D: Come here, let me check you. Oh, your wrist is swollen assuming forked deformity. Does it hurt when I press here (the distal extremity of radius)?

P: Ouch! Ouch!

D: Can your wrist joints move?

P: I don't dare to move them. It hurts as soon as I do.

D: Move your fingers.

P: The movement of my fingers is still OK.

D: You'd better go to X-ray Department to have a photo taken.

P: Here is the X-ray photo.

D: Let me have a look at it. Oh, the distal extremity of the radius is broken.

P: Can it be easily healed, Doctor?

D: Don't worry about it. I'll give you a reduction. Every-

thing will be all right after I get it immobilized.

P: How will you immobilize it?

D: I'll do it with small splints. The upper and lower joints will not be fixed. In this way it can keep the stabilization after reduction and enable the upper and lower joints to exercise actively. To do it like this will prevent muscular atrophy and be beneficial to the union of fracture.

P: That sounds good.

D: I want to reduce the broken bones well first before fixation. Come to the reduction room with me. Lie down on the treatment table, please. Stretch out your right arm. Don't be afraid! It will be all right in a moment. Asistant, please hold the patient by the upper part of his forearm. We're going to carry out traction. Good! It has been repositioned. I've immobilized it with splints. Now have another X-ray.

P: Here is the X-ray sheet.

D: The para-position is under good condition. Maybe your hand will become swollen after you return home. You should lift your hand high and do some exercise to clench your fist. Thus it will be beneficial to the resolution of swelling and prevent the dysfunction of hand in days to come. In addition, I'll give you some *Dieda Wan*, one pill to take, three times a day. This kind of medicine is used to promote blood circulation and regulate the flow of *Qi* so as to relieve swelling and stop pain. Come again to have a further check-up in three days, if there not any peculiar symptom.

P: OK, see you later. (He returns to the hospital three days later.)

D: How have you been feeling since treatment?

P: My hand got swollen a lot on the second day after returning home, and was quite painful as well. I often raised my hand and did the clenching fist exercise just as you told me to do. Now the swelling is disappearing gradually and the pain has also reduced.

D: Very good! The splint is fastened quite well, and the movement of your hand is good, too. Please go and have another X–ray.

P: Doctor, the doctor in the X–ray Department said the para–position was quite all right. Here is the X–ray sheet.

D: Let me adjust your splint to keep on with the immobilization. Do you still have any medicine?

P: Yes. Would you prescribe me medicine for setting the fracture?

D: Now, you can't be given such drugs for your fracture in the early period. The best treatment now is to promote blood circulation, to remove blood stasis and prevent swelling as well as to stop pain. You can take the medicine for setting the fracture only after the swelling and blood stasis disappear so as to promote the reunion of fractured bones and sinews.

P: How long do you think the fixation will last?

D: Four weeks. Come back for a check each week.

P: Thanks, good–bye. (Four weeks later.)

P: Doctor, it is exactly four weeks to the day. Can the

splint be taken off yet?

D: Let me examine you. Does it hurt when I press the region of the fracture?

P: No, it doesn't.

D: Please go and have another X–ray taken to see about the union of fracture.

P: Here is the X–ray photo, Doctor. Please have a look.

D: The para–position and symmetric line in the region of fracture are quite all right. And the fracture line has disappeared, which shows it has been healed. The splint can be untied.

P: Is there anything I should be careful about?

D: The functional exercises of your shoulder, elbow, wrist and hand should be done gradually after returning home. Besides that, I'll prescribe you several doses of *Zhixue San* to wash the area in hot water.

P: Thanks.

1.3.3 Supracondylar Fracture of Humerus

Parent: My child fell down when playing. His elbow hurts and he's afraid to move it. Please have a look.

Doctor: How old are you, young man?

Patient: Seven.

D: Where did it hurt after falling down?

P: (Points at the elbow) Here I don't dare to move. It hurts a lot.

D: Think carefully, was it your palm that touched the ground first when you fell?

P: Yes.

D: Let me have a look. You see, the left elbow is obviously

swollen assuming "boot–shaped" deformity. But the three–point–relation behind the elbow is normal. Does it hurt when I press here?

P: Yes.

D: Move your elbow joints, will you?

P: I don't dare to move for it hurts as soon as I do.

D: Move your fingers a bit. H'm, its quite good. Do you feel numbness in your hand?

P: No, I don't.

D: Stretch out your left hand. Let me check the pulsation of radial arteries. The pulsation of your arteries is normal.

Parent: Is it badly hurt?

D: Don't worry. Maybe the bone is broken. Please take your child to the X–ray Department and have an X–ray taken of the front–lateral–po–sition of the left elbow. Here is the examination form.

Parent: The X–ray has been taken. Here is it. Is the bone broken?

D: It's supracondylar feacture of left humerus according to the X–ray.

Parent: Does he have to be operated on?

D: No, repositing can be done by closed reduction. Let your child go to the room of restitution together with me.

P: Mom! I'm frightened.

Parent: Don't be afraid my boy. Be brave.

D: Come here. Lie down flat on the bad. It will be all right when I tie a small splint to your arm.

P: Please don't hurt me doctor.

D: Good boy, take it easy. You hold his upper arm. And you grasp his forearm to do the traction. I'll reposition it. Crook your elbow joints.

P: Ah! Ah! Ouch! Ouch! Mom! Mom!

D: OK, OK! The fixation has been done.

P: How long will it be like this?

D: Usually it takes 4 weeks.

P: May I move?

D: The elbow can't be moved during the period of fixation. Do some moving exercises clenching your fists, crooking and stretching your wrist joints, and exercise your shoulder as well. This will help the broken bones to join as soon as possible and help the joints to restore their normal movement.

P: Should I still take medicine?

D: The stress should be placed on promoting blood circulation to remove blood stasis, and repelling swelling to stop pain within the two weeks. I'll prescribe you a few doses of Chinese drugs. Administer *Fuyuan Huoxue Tong* modifying.

Parent: Is there anything I should pay attention to when I get home?

D: Pay close attention to the movement of your fingers as well as the flowing of blood after reduction and fixation. This is because the blood vessels and nerves are easy to be injured when any bone in the upper part of elbow is broken. Furthermore, it is fixated by a splint, when the elbow bends after reposition, it is

possibie for blood vessels to be pressed so as to result in ischemic contracture of forearm. Therefore it has to be kept under observation. Please come to the hospital at once if you meet with anything, such as the changes of hand' s color, severe pain when the fingers move, unusual sensation in hands and the weakness or disappearance of the palsation of radial pulse, etc.

Parent: Fine.

D: Please go to have it X–rayed and see how about the position of fractured bones after reposition.

P: Here is the report.

D: The para–position is quite all right..Here is the prescription for Chinese drugs. Go back home to decoct the drugs and take orally. Take three doses first. Come to recheck in three days.

Parent: Thanks.

1.3.4 Fracture of the Shaft of Tibia and Fibula

Patient: My shank was broken and injured. It is so painful that I can't get out of bed.

Doctor: How long has it been since you fell and injured it?

P: One day.

D: How did it happen?

P: When I was working on the construction site 3 metres up, I trod on air and fell injuring myself.

D: Which part of your body touched the ground first at that moment?

P: The right foot. Just then I felt pain in my right shank. I didn't dare to touch the ground and walk, and my shank got swollen soon after.

D: Did you remain conscious after that?

P: Yes.

D: Where was the splint fixated?

P: I was sent to the local hospital at once. I was given an X–ray, which showed "fracture". I was asked to come to the hospital of the higher level after having been kept temporarily immobilized with a splint.

D: What analgesia have you ever used?

P: I just took *Dieda Wan* twice.

D: Lie down, please. Let me take off the splint. Please point out the part where it hurts you most.

P: Just here, Doctor, in the middle part of my lower leg.

D: It is obviously swollen in the region from below the upper middle section of your right leg to the foot. Your right foot assumes external rotatory position and the tibia projects at 1 / 3 lower middle point. Does it hurt when I press here?

P: Yes.

D: There is also tenderness in the upper section of fibula. The pulsation of dorsal artery of foot is a bit weak. Can your toes move?

P: Yes.

D: The movement of your toes is about the same. Let me have a look at the X–ray photo. Ah, it shows the bone is broken at 1 / 3 lower middle point of your tibia with a displacement. There is also a fracture in the upper section of your fibula, but the reposition is all right.

P: Can you heal me, Doctor?

D: Certainly. According to the X–ray, your fracture is an

unstable one. The treatment will be rather complicated. I will adopt certain maneuvers to reposition it. We will use a splint to fixate in coordination with transcaneal traction. Would you please be admitted for treatment?

P: Fine. Will medicine be still administered after hospitalization?

D: Yes. I' ll give you modified *Fuyan Huoxue Tong* to promote blood circulation to remove blood stasis and repel swelling to stop pain at the early stage; The main task at the middle stage is to promote the reunion of bones, muscles and ligaments. *Jie Gu Pian* is often taken; at the later stage, it will be necessary to nourish the liver and kidney, to strengthen muscles and bones, this *Liuwei Dihuang Wan* should be taken orally.

P: It is easy to heal?

D: No, it isn' t. Such a fracture easily results in delayed union or nonunion as the local blood supply is poor. So it is necessary to fixate the splint fast during the period of treatment.

P: How should I cooperate with your treatment?

D: You can tap at the heal gently in longitudinal direction after the stability of the fractured bones. This will stimulate the growth callus of the fractured bones, which is beneficial to union.

P: May I leave the sickbed?

D: You shouldn' t leave it too soon. You may do so only after the clinical union of the fractured bones has been confirmed by both the X–ray radiography and clinic examination.

P: How long will the fixation last?

D: Usually it takes about 8–12 weeks.

P: What points should I keep in mind during the period of fixation?

D: Be sure to do exercise. You can do exercise for bending and stretching of condyle and foot joints as well as exercise relaxing and contracting muscles of thigh can be done right after reduction and fixation. Exercise of hip and knee joints can be done gradually after the middle stage. You can leave the sickbed to move about little only after the X–ray film shows calluses have formed in the fractured part and the fracture line has disappeared, resulting in the clinical union.

P: Thank you, Doctor.

D: I' ll write out a certificate of hospitalization for you. Please go to the in–patient department to make arrangements for hospitalization.

P: Good. Thanks a lot.

1.3.5 Lumbar Sprain

Patient: My lumbus is getting terribly painful and I don' t dare to move.

Doctor: How long have you been like this?

P: One day.

D: How did it happen?

P: I felt a sudden pain in my lumbar region when I bent over to move a wooden chest. And I can' t straighten up. It still hurts when I walk.

D: Is there any pain in other part of your body?

P: No, there isn' t.

D: Is the pain better or worse when you cough, sneeze and move the bowels forcefully?

P: It's worse. I don't dare to cough.

D: Does the pain get worse when you bend or stretch your back?

P: Yes, it does.

D: What eases the pain?

P: The pain gets better after a rest. But it hurts so badly when I have even a short walk that I have to stop and rest.

D: Is there any symptom in your lower limbs or not?

P: There is no bad feeling in my lower limbs.

D: Please lie face down on the examination table. Do you feel pain when I press?

P: Yes, just here.

D: Ah, it hurts when I press here. Does it radiate towards other parts?

P: No, it Doesn't.

D: Please lie on your back. Keep your right leg straight and raise it. Does it hurt?

P: No, it doesn't.

D: Keep your right leg flat. And then keep your left one straight and raise it. Does it hurt?

P: It doesn't, either.

D: OK. get off the table and stand on your feet. Let me check your lumbar region. Bend forward, please, and look up backward. Good! And then bend on your left side and right side. Does it hurt?

P: It's getting terribly painful. The lumbar region hurts

the moment it moves. Is there anything wrong with my lumbar vertebra?

D: Nothing serious, but you have sprained your lumbar muscles. This was caused by accumulation of blood stasis and disorder of *Qi* in the muscles of lumbar region. This is because you overstained or the position of your body was improper when you carried the heavy object.

P: Can you heal it?

D: Yes. It can be treated with some medicine, coordinated with manipulation for restoring and treating injured soft tissues and acupuucture and moxibustion therapy. It should certainly be very effective.

P: What medicine will be used?

D: Chinese herbs. The treatment will promote blood circulation to remove blood stasis and promote circulation of *Qi* to relieve pain. I'll prescribe you several doses of Chinese herbs with modified *ShuJin Tang* to be decocted in water for oral dosage. In addition, I'll prescribe you several plasters to be put on the affected area. Your need to sleep on a hardwood bed after returning home. Have a good rest so as to relax the spasm of muscles. Here is the prescription. Your wife can get medicines for you. Let me give you some manipulation for restoring and treating injured soft tissues. Now you can move your lumbar region a bit. How does if feel?

P: The lumbago has been abated.

D: You may come to the hospital to be massaged once a day for a few days. You may come here once every oth-

er day after abatement. It's also OK if you like to be treated with the therapy of acupuncture and moxibustion. It will make the treatment more effectrve. You may go to the department of acupuncture and moxibustion to be treated and cupped.

P: Thanks.

1.3.6 Pyogenic Infection of Bone

Patient: Doctor, it has been over two months since my left lower leg was struck against a tractor and got injured. The leg is still wounded. Pus often runs out from it. So I've been unable to leave the sickbed up to now.

Doctor: Was the skin broken when you got injured?

P: Yes. It bled without stopping. Then there was a pain in my leg and I didn't dare to move.

D: Where did you receive the treatment?

P: In the local hospital. "Open fracture" was the verdict according to the X-ray. The plaster support was made to fixate it after debridement and suturing of the wound.

D: What medicine have you been given?

P: Penicillin and streptomycin. I was also given an injection of tetanus antitoxin.

D: And the wound hasn't healed up yet?

P: It was found that the wound had healed up when the suture was removed ten days later. But after five days, I felt an unbearble pain and itch over the wound. When the plaster was undone, I found it had ulcerated again with pus running. I often change the dressing. But it hasn't healed up yet so far. I once took out a small

piece of sclerite as I changed dressing.

D: Please come here. Let me examine you. In the interior side of your left lower leg there is a wound. It is about 2 × 3cm with a little light yellow pus running. The granulation around the wound is not fresh. Please go to the laboratory to have a normal blood test. Then go and have the secretion in the wound cleared, and drugs sensitivity tested as well. After that, you will need to go to the department of radiology to have an X-ray taken.

(later)

P: Here is the test report.

D: You've suffered from pyogenic infection of bone, according to the test and the X-ray. It is called pyogenic osteomyelitis by western doctors.

P: How is it caused?

D: This is caused by the infection of the injured part in the bones of the lower leg.

P: Is the trouble easily treated, Doctor?

D: No, it's not so easy. Your trouble has become chronic. It will take some time to heal. But it will heal as long as you persist with the treatment.

P: How will you treat it?

D: The first step is to change dressing. Then to make a U-tube plaster in the lower limb. This is because the fracture in your lower leg hasn't healed up yet and, what's more, you've been suffering from osteomyelitis.

P: So I must have the dressing changed?

D: Yes. It's necessary to change the dressing. I will open a "window" in the plaster in the wound so as I can

change dressing.

P: I'm told the curative effect is very good in coordination with *Chuan Shang Gao*. Is that so?

D: Yes, that's right. It will enable the wound to heal up very soon. Please come with me to the treatment room.

P: Shall I have to take medicine?

D: Yes. I'll prescribe you several doses of Chinese medicine: modified *Tuoli Jiedu San* to be decocted in water for oral use.

P: It there anything I should be careful about after I get home?

D: You should take more nutrition. Eat plenty foods which contain protein. I'll also prescribe you some vitamines, which will be beneficial to early healing of the wound. Come again to change your dressing in two days.

P: Thank you for your help.

D: There is nothing to thank me for.

1.4 Gynecology

1.4.1 Preceded Menstrual Cycle

Patient: Doctor, my menstruation occurs too frequently. I don't know uhy.

Doctor: How frequently do they occur?

P: About every 15–20 days.

D: How long have you been like this?

P: Over three months.

D: Is the amount of menstrual flow much or not?

P: A little more than before.

D: How many days does it last?

P: 6–7 days.

D: What colour is it?

P: It's purple and rather thick.

D: Is there any blood clot?

P: Yes, but not much.

D: Is there any hypogastric pain during the menstrual period?

P: There is a slight pain.

D: Do you usually have nausea?

P: Yeh, quite often, and my mouth is also dry.

D: Are your stools and urine normal?

P: My stools are dry, and I just relieve myself once every two days. My urine is a bit yellow.

D: Was your menstruation regular before?

P: Yes, it always occurred every 28 days.

D: Do you have any special preferences in food and drink?

P: I like eating chili pepper very much.

D: Are you married?

P: Yes, I've been married for half a year.

D: Have you ever practised any kind of birth control?

P: No, I have not.

D: Please go and pass water first. Empty the bladder so as I can give you a gynecological examination.

P: Doctor, I've not been pregnant until now. Would you please check it at your convenience?

D: All right. It appears that your uterus has developed normally and there is no abnormality in your adnexa.

P: Well, it's a relief to know my uterus is normal.

D: Please let me take a look at your tongue. It's reddish with yellowish coating.

D: Let me feel your pulse. It's slippery and rapid.

P: What's all this about, Doctor?

D: I think your problem is the menstruation ahead of time due to blood–heat.

P: I'm told that traditional Chinese medicine is very effective in regulating abnormal menstruation. I'd like to take some Chinese herbs to nurse my health. Do you think I could?

D: That should be all right. I'll prescribe you several doses of *Qing Jing San* for reducing fever, removing heat from the blood and recuperating menstruation.

P: When should I take the medicine, during the menstrual period or on non–menstrual days?

D: It's most suitable to take it during the non–menstrual period.

P: Is it necessary for me to come back to see you?

D: Yes, it is. Come back again and see me after several doses of medicine, I'll give you a recuperative medical care according to your actual conditions.

P: All right.

D: In addition, you should keep in mind to take little hot food on non–menstrual days. This way it will help to restore the menstrual cycle.

P: I see. I really don't know how I can thank you.

D: You're welcome.

1.4.2 Profuse Menstruation

Patient: Doctor, my volumn of menstruation is too much.

Doctor: How many months has it been like this?

P: It has been over 4 months.

D: How much sanitary tissue do you use each time?

P: I have to use over two packets.

D: How frequently does your menstruation occur?

P: It always occurs once every 30 days.

D: And how long does the menstruation last?

P: About 6–7 days.

D: What is colour of the menses?

P: Delicate shade of red, thin.

D: Is there any blood clot?

P: No, there isn't any.

D: Is there any hypogastric pain?

P: A little bearing–down pain.

D: When was your last menstruation?

P: On the eighth. It has been clear for 6 days.

D: Do you have any other uncomfortable feelings when your menstruation occurs?

P: I feel feeble all over. Sometimes I can't even drag myself along when I walk. I dislike speaking much, and just want to sleep.

D: Are your bowel movements regular?

P: My stool is usually loose on. It has been like this for three years.

D: Have you been treated for this at a hospital?

P: Yes, I have. The doctor said it was chronic colitis. I'm much better now through treatment, relieving myself once a day in the main.

D: Was your menstruation regular before?

P: Yes, it was. Only a bit lighter in colour.

D: How old are you? Have you got any children?

P: Thirty–four. I've got one child. who is already 8 years old now.

D: Have you ever used a contraceptive ring?

P: I've been using one for six years.

D: I'll give you a gynecological examination to see if there is any organic pathologic change. Such a disease as hysteromyoma will just cause the amount of menstrual flow to increase.

P: Please give me a check, Doctor.

(later)

D: The gynecological exmination has proved normal. Has your blood routine ever been examined?

P: Yes. During the last period of somatoscopy, the doctor said my blood routine was normal. Only the hematochrome is a bit lower, 10.5g.

D: Show me your tongue, will you? Pale tongue, with dental indentations along the edge.

D: Let me feel your pulse. It's small and feeble.

P: There is a lot of bleeding in my menstruation. is it a metrorrhagia or metrostaxis, Doctor?

D: Your trouble is profuse menstruation caused by the deficiency of *Qi*. It is not metrorrhagia or metrostaxis. Metrorrhagia and metros–taxis are serious abnormalities in the cycle, period and amount of the menstral flow.

P: Well, how will you give me a treatment?

D: It's better to take herb broth. I'll prescribe you six

doses of *Ju Yuan Jian*. The medicine can strengthen the spleen and replenish *Qi*, control blood and strengthen the *Chong* channel.

P: How should I take the medicine, Doctor?

D: This prescription is to be used on non–menstrual days. For the menstrual period itself, I'll add some other medicinal herbs for inducing astringency and arresting bleeding, such as *Paojiang Tan*, *Jiaoaiye* and *Wuzei gu*.

P: Oh! So the treatment on mon–menstrual days is different from that of the menstrnal period?

D: That's right. This is described as "Treating the primary cause of a disease on non–menstrual days, while treating the manifestation of the disease during menstrual period."

P: What else should I keep in mind?

D: You need physical exercise to improve your physique. Besides, you should take care with nutrition and menstrual hygiene.

P: I'm sorry to have troubled you so much. Thanks a lot.

D: No trouble at all.

1.4.3 Metrorrhagia and Metrostaxis

Patient: Doctor, my menstruation had just finished two days previously then it started again. It has bled for over 40 days now.

Doctor: How old are you this year?

P: Twenty–four. I've been married for 4 months.

D: How long have you been like this?

P: About a half year. It's worse now than before.

D: Has the cycle of your menstrual flow been regular this

half year?

P: No. Sometimes if occurs once about 7–8 days and sometimes more than 20 days.

D: How long does your menstruation usually last?

P: The shortest period of time is about 8–9 days. And the longest is this time more than a month.

D: Is the amount of menstrual flow large or small?

P: It isn't large.

D: Has there been a lot of bleeding this time?

P: There was not much. But it always lasts. It seemed a bit larger again yesterday.

D: How much sanitary tissue have you ever used there 40 days?

P: Perhaps three packets.

D: What colour is the blood?

P: It's bright red.

D: Is it mucoid or thin?

P: It looks thick.

D: Are there any blood clots?

P: There are small blood clots occasionally.

D: Do you have any hypogastric and lumbar pain?

P: No. I only feel sore on the back.

D: Do you have any other sensations?

P: I often have some dizziness, tinnitus and feel weak.

D: Do you have any nausea?

P: Yes. And my mouth is always dry.

D: Are your stools and urine regular?

P: Yes, both are regular.

D: How old were you when your first menstruation occur-

red? Was it regular after that?

P: I was 14 when it occurred. It was not so regular in the first year. Sometimes it occurred once every few months, and then it became regular, but the amount of menstrual flow was a bit larger. I had to use more than one packet of sanitary tissue each time.

D: What treatment have you been given up till now?

P: Three months ago I had an operation for uterine curettage at a hospital because of colporrhagia which continued for 20 days. I was also given a pathological examination. Here is the report.

D: The report indicates symptom of endometrial hyperlasia. And what medicine have you been given?

P: I was given hemostat, and stilbestrol as well. I didn't take them very long because I felt so unwell in my stomach and so much nausea all the time that I couldn't have meals after taking them.

D: Have you ever used any birth control since you got married?

P: No. I haven't

D: Have you had your basal body temperature measured?

P: No. I haven't, either.

D: Let me examine you and see if the hemorrhaging is due to pregnancy, inflammation, hysteromyoma and so on.

P: Please do.

D: Well there is nothing unusual in your uterus and pelvic cavity. This shows there is no organic pathologic change.

P: What else would you want to examine, doctor?

D: I want your blood routine, blood platelet and the time of hemorrhage and blood clotting to be examined to see if there is any anemia. In addition, I'd like to preclude the colporrhagia due to the disturbance of blood coagulation mechanism.

(Later)

P: O.K. Here is the laboratory report, Doctor.

D: All the indexes are in normal limits except hematochrome 9.5g. This indicates slight anemia.

P: Excuse me. Is it caused by a lot of bleeding?

D: Yes. The western doctor diagnoses this disease as dysfunctional unterine bleeding or secondary anemia.

P: Well, what does the physician of TCM diagnose it as?

D: I'll answer your question in a minute. Please show me your tongue. Slantways reddened tongue with little coating.

P: Please let me feel your pulse. Small and rapid.

D: This kind of disease, in TCM is diagnosed as metrorrhagia and metrostaxis. It is of deficiency of the kidney–*Yin* type.

P: Are metrorrhagia and metrostaxis also classified into different types?

D: Yes. Besides the type of deficiency of the kidney–*Yin*. there are also the types of insufficiency of the kidney–*Yang*, of blood heat, of insufficiency of the speen, blood stasis and so on. We are able to administer medicine accurately as long as we can differentiate symptoms from signs clearly.

P: Oh, so that's how it is. Could you give me a treatment

with Chinese medicine?

D: Of course. I'd better write you a styptic prescription first. This is because you are still bleeding at the present and, what's more. have been for a long time. The drug I'm prescribing you is called dicynone.

(Several days later)

P: The blood volume was obviously reduced right after taking 3 doses of drugs and it was completely arrested after 6 doses.

D: Let me change the prescription for you.

P: Excuse me, but why are you going to change it when it is obviously very effective?

D: The former prescription is for arresting blood flow. The next step is to freat the primary cause of the disease. This is what the physician of TCM says, "in case of emergency, treat the secondary aspects, and treat the principle aspects when the tension is reduced."

P: How will you change the prescription Doctor?

D: Use *Zuoguei Wan,* take off *Niu Qi* and add *Erzhi Wan* to tonify the kidney to nourish *Yin* and regulate menstruation. In addition, I'll give you a form of basal body temperature. Please persevere in taking your basal body temperature for reference in coming treatments.

P: Is it necessary for me to come back after using up the medicine?

D: Yes. Your trouble needs to be regulated for a period of time. Come back again for further treatments after taking the medicine.

P: It's very kind of you. I'm much obliged.

D: That's all right. See you later.

P: See you.

1.4.4 Amenorrhea

Patient: My menstruation hasn't occurred for half a year. I feel feeble all over, and often dizzy and giddy as well.

Doctor: How old are you this year?

P: Thirty–five years old.

D: How about your menstruation before?

P: It was regular before. But it began to get abnormal after the operation of hemorrhoid was performed a year ago.

D: How about the effect of the operation?

P: I bled greatly at the time. And I didn't get a good rest after the operation. Then I often had a lower back ache with my legs feeling like jelly. My menstruation was delayed for some time and its colour was very light. The amount was getting less and less.

D: Is your diet all right?

P: I eat also less than before. I dislike eating anything.

D: Do you have any palpitation?

P: Yes. I have palpitation with shortness of breath. I sleep badly at night, dreaming all the time.

D: Do you have hypogastric and lumbar pain?

P: I have a lower back ache, but no pain in my lower belly.

D: How about your bowels?

P: My stools are regular, once a day and always soft.

D: Have you ever had tuberculosis?

P: No.

D: Have you ever taken any contraceptive?

P: Yes. I did before. I haven't taken it any for nearly a

year as the amount of my menstrual flow is scanty.

D: You should be given a gynecological examination. I would like to preclude the possibility of early pregnancy.

P: All right.

D: Judging from the result of gynecological examination, the size of your uterus is normal without any other abnormalities. You aren't pregnant.

P: Doctor, I was once given *Huang Ti Tuong Zhen;* my menstruation occurred during the month in which I was given it. Then it didn't occur again after I stopped using it.

D: Have you ever used any other medicine?

P: No, I haven't.

D: Please showed me your tongue. Pale tongue with thin and whitish coating.

D: Let me feel your pulse. It's small and weak.

P: What's my trouble, Doctor?

D: It's anemia caused by the deficiency of *Qi* and blood.

P: Doctor, can I take medicine for activating blood flow if menstruation doesn't occur?

D: This just depends on specific circumstances. Those, who have troubles of blood stasis and stagnation of *Qi* can take this kind of medicine, but others with types like deficiency of the kidney, stagnation of phlegm dampness and so on, shouldn't take them.

P: So. What drug should I take?

D: You'd better take *Renshen Yangying Tang*. This prescription will be able to invigorate both your *Qi* and

blood. Your menstruation is sure to come itself as long as both *Qi* and blood are sufficient, and the sea of blood is quite full.

(several days later)

P: I feel my palpitation is lessened after taking the six doses of Chinese drugs prescribed by you. I have more strength all over than before, only a bit aching in my lower back.

D: I'll feel your pulse. It's deep and small.

P: Doctor, I don't know whether I should keep taking medicine.

D: I'll modify the prescription for you. Take off the Radix Polygalae, and Semen Cuscutae and Chuan Duan, You can continue taking the remaining ingredient.

P: What should I keep in mind?

D: Increase nutrition, try to build up a strong constitution and strike a proper balance between work and leisure so as to promote the restoration of the function of the body.

P: O.K, thank you.

D: Don't mention it.

1.4.5 Dysmenorrhea

Patient: Doctor, I've had hypogastric and lumbar pain the last four months during my menstruation.

Doctor: When exactly does it start?

P: It just begins to ache 1–2 days before menstruation. The worst is on the first day when it occurs.

D: Are you a student?

P: Yes, I'm studying in a senior middle school and quite

busy with my studies. Wherever my menstruation occurs with this kind of pain I can't go to school.

D: It's a distending pain, bearingdown pain or gripp pain?

P: It's a gripping pain, and I feel cool in my lower abdomen.

D: Is the pain reduced when you put a hot compress on your lower abdomen?

P: Yes, I feel a bit more comfortable after hot compress.

D: What colour is the menstruation?

P: Dull black, with small blood clots sometimes..

D: Do you have any other sensations when you have a pain in your lower abdomen during menstrual period?

P: When it hurts terribly, I feel cool in my hands and feet, break out into a cold sweat and feel nauseated sometimes and always want to vomit.

D: Was your menstruation regular before?

P: Yes. It always occurs once every 30 days. There was just a slight tenesmus in my lower abdomen without pain.

D: Well, do you think there is any obvious reason for your present pain in the abdomen during the menstrual period?

P: I remember I was playing basketball with my classmates one afternoon 4 months ago. It happened to be the first day of my menstruation. Then I got a hot and thirsty running and carelessly drank some cold tap water.

D: Did you have any hypogastric pain at that time?

P: Yes, it hurt right after that. Then the amount of my menstrual flow was also less than before and its colour became dull.

D: Did you have a fever?

P: No, I didn't.

D: Did you take any medicine?

P: I was given an injection for stopping pain when it hurt a lot in my lower abdomen. I was told it was *An Tuong Ding* .It didn't hurt after being given the injection. But it still hurt after that when my menstruation occurred.

D: I'll give you a gynecological examination to see the development of your uterus.

P: Excuse me, but how are you going to do it?

D: By rectal examination.

P: OK!

D: Every thing seems normal. Show me your tongue and let me take a look. Dull tongue with whitish and greasy coating.

D: Let me feel your pulse. It's deep and tense.

P: Doctor, what's the trouble I'm suffering from? Is it a dysmenorrhea?

D: Yes. This trouble is just due to the stagnation of cold–wetness evil and impeded circulation of menstruation. This was caused by your drinking cold water during the menstrual period.

P: Could you prescribe me some of Chinese medicine?

D: Yes. *Shaofu Zhuyu Tang* should be effective. This prescription can be used to dispel cold and dampness, remove blood stasis and relieve pain as well.

P: My classmate has dysmenorrhea, too. Can she also use this prescription?

D: The physician of TCM stress the selection of treatment

based on the differential diagnosis. Dysmenorrhea is classified into deficiency and excess. So the principles of treatment and the prescription for medicines are also somewhat different.

P: Oh, so that' s how it is. Then let her come to get a treatment by herself. Doctor, is there any other way to cure the trouble?

D: It can be also cured by acupuncture and moxibustion.

P: Well, when should I begin taking Chinese herbs?

D: Once a day about 7 days before menstruation till your menstruation occurs. Analgesic should be properly added at your discretion when the hypogastric pain gets worse during menstrual period.

P: How long should I have to take medicine?

D: Generally speaking, it will be all right after taking medicine for 3 months running.

P: And what should I be careful about?

D: Live a regular life. Keep your mind at ease. Be careful with menstrual hygiene, don' t eat raw, cold or stimulant foods. Don' t swim, wade and so on during your menstrual period.

P: I' ll keep it all in mind. Many thanks. See you!

D: See you.

1.4.6 Gynecological Diseases

Patient: Doctor, recently my leucorrhea has been copious with a foul smell.

Doctor: How long has it lasted?

P: More than 20 days.

D: How old are you?

P: Twenty–eight.

D: What colour is it?

P: It's yellowish.

D: Is it thin or mucoid?

P: Mucoid.

D: Is the foul smell, you said just now, fishy or bad?

P: It's a stink smell. It still smells though I wash every day.

D: Does the vulva itch?

P: Yes, it itches a bit, but not seriously.

D: How is your appetite?

P: It's bad. I dislike eating anything, everything seems tasteless.

D: Is there any pain in your lower abdomen?

P: Yes, there is a little bearing–down.

D: Are your stools and urine regular?

P: My bowels are regular, but the urine is a bit yellowish.

D: Have you had an jnduced abortion recently?

P: Yes, I was given one month ago. It was done quite well and there was not a lot of bleeding. But I might have been caught cold on the third day after it. I had a fever for two days. with a temperature of 38℃.

D: Did you get a treatment then?

P: Yes. I got well after being giver five–day shots of gentamycin.

D: The leucorrhea began to increase since then, didn't it?

P: Yes.

D: Well, I'll have your leucorrhea tested first to see whether there are trichomonads and funguses. And

then you should have a gynecological examination to exclude the possibility of pelvic inflammation.

P: Fine.

(later)

D: Accordrng to the gynecological examination there is a slight erosion in the neck of uterus with a little inflammation in your left appendage.

P: How about the result of the test, Doctor?

D: There are no trichomonad or fungus.

P: Has inflammation caused me to have excessive leucorrhea?

D: Yes, it has. The western doctor diagnoses this trouble as chronic annexitis (left side) of chronic cervicitis, while the physician of TCM diagnoses it as leukorrhagia due to wetness–heat evil.

P: Could you tell me how to treat it?

D: You'd better take a few doses of Chinese herds for eliminating dampness and heat first. At the same time, I'll use *Xibitai Suan* to treat your cervicitis.

P: How do I use this medicine?

D: Take one dose of decoded Chinese herds orally a day. Put one *Xibitai Suan* inside the vagina every evening or every other day.

P: O.K. I'll do that. Thank you.

D: Not at all. Good–bye.

1.4.7 Morning Sickness

Patient: My menstruation has not occurred for 2 months. I'm feeling nausea all the time and vomiting.

Doctor: How long have your nausea and vomiting been going

on?

P: Over 10 days. I'm feeling more serious these days.

D: Are you married?

P: Yes, I've got married for half a year.

D: Are you using any kind of birth control?

P: No. The old people of my family said perhaps I was expecting. But I don't know why I vomit exactly. So I come here for a treatment.

D: What do you vomit?

P: Every thing I've eaten, sometimes with some mucus which is very thin.

D: How many times do you vomit a day?

P: I have been vomitling 1—2 times a day for the past few days. These last two days I begin to vomit as soon as I eat anything even when I drink a little water sometimes.

D: Do you have a bitter taste in the mouth?

P: No, but I always feel tasteless in my mouth, and tired of eating anything.

D: Your state of mind doesn't seem to well. And you look a bit pale.

P: Yes, Doctor. I just want to sleep all the time, and not move.

D: Have you ever had gastric disease before?

P: Yes. I often felt bad in my stomach. I had an examination at a hospital and it was found to be gastritis. It was cured with treatment.

D: Get onto the examination table and I'll have a look. The size of your uterus is as big as a two—month pregnancy with softness. There are no abnormalities in bi-

lateral appendages. In appearance, you' re pregnant, with two-month pregnancy.

P: I'm very pleased. But I'm just a little worried about it.

D: In addition , I'll write out a laboratory sheet for you to take the ketone body in urine test.

(later)

P: Here is the laboratory report, Doctor.

D: The ketone body in urine demonstrates positive, which shows you have the symptom of slight acidosis. You need an injection of fluid to correct it.

P: Doctor, I'm afraid of being injected. You'd better prescribe me some Chinese drugs.

D: All right. Let me take a look at your tongue. Pale tongue with thin and whitish coating.

D: Then I'll feel your pulse. Slow, slippery and feeble pulse.

P: Do I have any other disease, Doctor?

D: What you're suffering from is the pernicious vomiting with pregnancy, caused by weakness of the spleen and the stomach. You will get better if you are able to take Chinese herds.

P: Please give me a prescription.

D: I'll prescribe you several doses of *Xiangsha Liujunzi Tang*. This drug can be used to strengthen the spleen and stomach, lower the adverse flow and arrest vomiting. The prescription is very effective the type of weakness of the spleen and stomach by clinical application.

P: Does my trouble belong to the type of weakness of the

spleen and stomach?

D: Yes, besides, there is also a type of incoordination between the liver and the spleen, to which the principle of treatment and the prescription for medicines are also different.

P: Oh, I see. Doctor, I even vomit now after drinking water. How can I take it?

D: You can take the decoction in several small doses, only a few monthfuls each time.

P: What's to be done if I vomit the medicine out?

D: It doesn't matter for you to vomit a bit with several small doses. Take it again in a minute later.

P: That sounds all right. Thank you.

D: Don't mention it.

1.4.8 Habitual Abortion

Patient: I had been pregnant four times but miscarried each time. And this time I've been in pregnancy for three months. I don't know why it began bleeding again from yesterday. Please give me some medical advice.

Doctor: After how many months of pregrancy did you miscarry each time?

P: I miscarried the first time when after 2 months of pregnancy, and the latter three times nearly 3 months.

D: How long was this between pregnancies each time?

P: About a year.

D: Did you go to a hospital when you miscarried?

P: Yes, I did. I was asked to be operated on to clear out the uterus because of an incomplete miscarriage for the first time. The fetus came out in its entirety the latter

three times and I had the doctor look at them.

D: Did you send them to have a pathological examination?

P: Yes, I did. All the report sheets said I was pregnant.

D: Did you go to a hospital to check for the reason for so many miscarriages.

P: Yes, I did. Both the blood type and chromosome are normal. So is the semen of my husband.

D: Has there been much bleeding from vagina this time?

P: No, it only stained my inner-pants a little.

D: What colour is it?

P: Red.

D: Is there any abdominal or lumbar pain?

P: There is no pain in the abdomen, but I have a little lumbago.

D: Do you have any bearing-down feeling?

P: No.

D: Do you have any other feelings?

P: I often have a dizziness, palpitation, and weekness all over the body as well.

D: How about your appetite?

P: Usually I don't eat very well and even less after becoming pregnant.

D: Are your stools and urine regular?

P: Both regular.

D: When did the last menstruation occur?

P: On Augst the twentieth.

D: Have you ever been given a gynecological examination?

P: No, I haven't. My basal body temperature was measured. The temperature of the body rose to 37℃ after

ovulation. It lasted over 20 hours. And I had my enzyme immunoassay tested with the result being positive.

D: I think you are certainly mentally overstressed after miscarrying so many times.

P: Oh, exactly. I'm really afraid of miscarrying again this time. I'm told that it is very effective to protect the fetus by traditional Chinese medicine. So I hurried here.

D: Please let me have a look at the coating of your tongue and feel your pulse. Pale tongue with thin coating, and small feeble pulse.

P: I'm always miscarrying, Doctor. What on earth is the matter?

D: Your disease is caused by the deficiency of both *Qi* and blood. Deficiency of *Qi* will result in the loss of fetus itself; and deficiency of blood will result in the loss of nourishment to the fetus. So it always leads to abortion. The physician of TCM calls it habitual abortion, and the western doctor calls it habitual miscarriage.

P: Can I be cured soon, Dctor?

D: Yes, you try taking some Chinese medicine. I'll prescribe you a few doses of *Taishan Panshi San* to take. The fetus will be safe and sound like Mount Tai and Pan Shi in the abdomen of its mother with sufficiency of both *Qi* and blood and consolidation of the kidney--*Qi*.

P: The name of the drug is very interesting. My mind feels more at ease after hearing what you have said.

D: I'll modify the prescription for you after your finishing

the medicine.

P: Good! Is there anything else I should take care with when I get home?

D: You need absolute bed rest during the period of treatment. Avoid harmful stimulus. You must abstain from sexual intercourse. The critical time for protecting the fetus should go beyond a longer period than the month in which you miscarried originally. Take it easy and avoid being overstraind during the period.

P: Anything more, Doctor?

D: Come to the hospital for prompt medical treatment if you find copious vaginal bleeding and severe pains in the abdomen when you get back.

P: Thank you, Doctor! I do hope I will be able to protect it this time.

D: Good luck!

1.4.9 Puerperal General Aching

Doctor: What's troubling you?

Patient: It has been 20 days now since my delivery. Every joint in my whole body is painful.

D: Did you give birth smoothly? Was there a lot of bleeding?

P: The birth went smoothly, and it didn't bleed much.

D: Have you ever had arthritis before?

P: No, I haven't.

D: What do you think is causing the pain in your joints this time?

P: The night before last I caught cold when wearing too little while breast feeding the bady. At that moment I

felt painful in my joints.

D: What does it feel like? Is it an aching pain or a prickling pain?

P: It hurts like piercing of an awl.

D: Is it a stringy pain or an intermittent pain?

P: A stringy pain.

D: Do you have the feeling of numbness and heaviness?

P: Yes, I have. There is a coolness and numbness in my limbs.

D: Does wearing more or warming yourself up relieve the pain at all?

P: Yes, it does.

D: Are you still bleeding from your vagina?

P: No, Doctor.

D: Let me see your tongue and feel your pulse. Pale tongue with thin and whitish coating. Small and slow pulse.

P: What disease am I suffering from, Doctor?

D: It's afterpain.

P: Is it caused by catching cold?

D: Yes. The weather is cold now. So the wind–cold–dampness seizes a chance to get in and it blocks up channels and collaterals because of general deficiency of *Qi* after delivery, which results in impeded circulation of *Qi* and blood.

P: I'm told by old people "The disease occurred in the month of confinement should be treated within the same month." I want to take some Chinese herbs to be treated.

D: OK! Your medicine should nourish the blood to expel

wind, dispell cold and remove dampness. *Duhue Jisheng Tang* would be most suitable.

P: How many doses of Chinese herbs should I take?

D: I'll prescribe you three doses first for a trial. Come and tell me next time if you've any unusual feelings. I'll modify the prescription according to what you need.

The patient's husband:

Doctor, the curative effect is very good after my wife took the medicines prescribed by you. The pain in joints has obviously lightened, there is only a little dizzness and weakness.

D: She should keep on taking medicines.

The patient' husband:

Do you think it's OK for her to continue with the same prescription?

D: Yes. Well, She may use the former prescription, but with the addition of Radix Astragali seu Hedysari. She should take a few more doses.

The patient's husband:

Thank you very much.

D: Not at all. Good-bye!

1.4.10 Hypogalactia of Lactation

Patient: I don't have enough milk these days for the baby. What do you think I should do, Doctor?

Doctor: How many days have passed since you gave birth?

P: More than 10 days.

D: Was it a normal labor?

P: No, it was a cesarean section.

D: Was there a lot of bleeding at that time?

P: No, the next day it was said of poor contraction of uterus and I bled more profusely. I used uterotonic.

D: Has the milk been less since delivery?

P: It was very little at the beginning and then it became even less. I don't know why it has become still less now.

D: Are your breasts bloated?

P: No.

D: I'll examine your breasts. They're soft. Is the milk thick or thin?

P: Thin.

D: Is your appetite all right?

P: Just so so. I usually have a slight poor appetite.

D: Is the vagina still bleeding now?

P: Very little. I change sanitary paper once a day.

D: Are your stools dry?

P: A little bit dry, but still once a day.

D: Do you have any other sensations?

P: Yes. I feel fatigued and feeble. I also feel tired though I'm lying down all day.

D: Do you sweat a lot?

P: Yes, I do. I came to the hospital by bus. I sweated and felt tired only walking a few steps.

D: Let me look at your tongue and feel your pulse. Pale tongue with thin and whitish coating. Small and weak pulse.

P: What is wrong with me?

D: Your problem is the inadequacy of lactation due to the debility of blood and *Qi*.

P: Could it be regulated by taking some Chinese herbs,

Doctor?

D: Yes. You should invigorate *Qi* and nourish the blood to promote pulsebeat and supply milk. *Tongru Dan* should be suitable.

P: How do I take the medicine, Doctor?

D: Boil two pig's trotters. Take them out after they are cooked soft. Remove the floating fat and then decoct the drugs prescribed in the boiled solution until about 500 ml is left and take the whole dose all at once.

P: How many doses should I take?

D: Take two doses and see what happens.

P: Is there anything I should keep in mind?

D: You should supplement your nutrition. Make sure you get enough sleep and rest. Suckle the baby regularly and have it finish one side and then change to the other.

P: O.K!

D: In addition, keep your mind at ease so as to promote normal produced of milk and its secretion.

The patient's husband:

Doctor, my wife's milk has increased since taking the medicine you prescribed. Should she take a few more doses?

D: OK. Another two doses should be all right.

The patient's husband:

I really don't know how to thank you.

D: Don't mention it.

1.4.11 Sterility

Patient: I haven't been pregnant since being married for more than 4 years. I don't know why.

Doctor: Is your menstruation regular?

P: No, it's often late, It often occurs about every 40–50 days.

D: How many days does it last?

P: Three days.

D: Is the amount of menstrual flow much or little?

P: Little. I only use half a pack of sanitary paper each time.

D: What colour is your menstruation?

P: Delicate shade of red.

D: Do you have any hypogpastric and lumbar pain during the menstrual period?

P: Yes. There is a vague pain sometimes. And I often have lumbago.

D: Are your breasts bloated before menstruation?

P: They're bloated sometimes, but not serious.

D: Do you have leucorrhea much?

P: Not much and very thin.

D: how is your appetite?

P: It is O.K

D: Are your stools and urine regular?

P: Yes, the stool is thin occasionally.

D: How old are you?

P: Twenty–eight.

D: Have you lived together with your husband since you got married for 4 years?

P: Yes.

D: Is your sexual life normal?

P: Yes.

D: Have you been treated for this before?

P: Yes, I was once. I was given stilbestrol. I took it for three months and then stopped.

D: Has your husband ever been examined?

P: Yes, he has. He has had the routine examination of sperm, which is all normal.

D: I'll give you a gynecological examination.

P: All right.

(After examinatron)

D: It appears your uterus is a bit small but there are no other abnormalities. How many days has it been since your last menstruation cleared off?

P: Five days.

D: It's just the right time for a test. Please go to the therapeutic room to take the tubal patent test and see if the oviduct is unobstructed.

(Later)

P: Fine. The oviduct is unobstructed, Doctor.

D: I'll take a look at your tongue and feel your pulse. Pale tongue with thin and whitish coating. Deep and small pulse.

P: Can the TCM cure me after such a long time without pregancy?

D: Yes. Your trouble is the symptom of primary sterility or an underdevelopment of uterus according to the western medicine. The physician of TCM holds that it is a sterility due to the kidney deficiency.

P: Is this common?

D: Yes. It's fairly common among the sterile cases. The

other symptomatic types such as type of stagnation of the liver–*Qi*, blood stasis, and phlegm–dampness, etc, are also common.

P: Could you tell me how to treat it?

D: I'll write you a prescription, which is called *Shulin Zhu*.

P: *Shulin Zhu?*

D: Yes. The medicine will warm the kidney, invigorate *Qi*, nourish the blood and regulate and replenish the *Chong* and *Ren* channels. This will enable both the essence and blood to become sufficient, the *Chong* and *Ren* channels to recuperated and the fetus and pregnancy may be formed easily.

P: That's great!

D: In addition, I'll give you a list of basic body temperature. The directions for use are in the reverse side.

P: What's that for?

D: It will be chiefly used to observe ovulation. And it will be helpful to both diagnoses and further treatment of the symptom of serility.

P: O.K I'll follow your instructions. Thank you. Good–bye!

D: Good–bye!

1.4.12 Pruritus Vulvae

Doctor: What's troubling you?

Patient: My vulva itches.

D: How long has it been like this?

P: More than 10 days.

D: Does it itch a lot?

P: Yes. It itches a lot at night that I can't sleep well. But

it's better by day.

D: Do you have leucorrhea?

P: Quite a lot.

D: Is it yellow or white?

P: It's yellow and thick.

D: Is there any unusual smell, such as fishy or foul smell?

P: There is a stink smell.

D: How about your appetite?

P: I hate eating anything. There is a bitter taste in my mouth sometimes.

D: Do you have any other uneasy feelings?

P: I often feel depressed and painful with dysphoria.

D: Are your stools and urine regular?

P: My stool is dry, but the urine regular.

D: Is your menstruation regular?

P: Yes.

D: Please lie on the examination table. I'll give you an examination.

P: All right.

D: Both your vulva and vagina are slightly congested. There aren't any abnormalities in the pelvic cavity.

P: O.K

D: I'll make up a laboratory sheet for you to test whether there is any trichomonad or fungus.

(Later)

P: Doctor, here is the laboratory report.

D: According to the test there are no trichomonads and funguses.

P: What seems to be the matter with me?

D: A weatern doctor would diagnose your case as vaginitis of vulva, which belongs to pruritus vulvae, *Daixia* (the type of damp–heat) in traditional Chinese medicine.

P: Could you tell me how to treat it?

D: I'll write you a prescription for removing heat, expelling dampness and giving relief. It is called *Bijie Shenshi Tang*. Try a few doses and see.

P: Good! How many doses?

D: I'll give you three doses first. Besides, I'll also give you a prescription for external bathing.

P: How do I use the remedy for external bathing, Doctor?

D: Add a little more water to the remedy and boil it. Remove the dross from the decocted medicine. Fumigate first yourself with the steam. Then wash with it when it cools down a little. You may also do a hip–bath.

P: How long should I wash?

D: About twenty minutes each time or even a little longer, twice a day.

P: Fine.

D: OK, come and see me again after after finishing the medicine.

P: Doctor, the leucorrhea is obviously reduced after I took the medicine. The pruritus vulvae is also relieved. Is it necessary for me to take some more doses?

D: Well, I think it's OK to take another three doses.

P: The curative effect of traditional Chinese medicine is wonderful indeed. I'm very grateful to you.

D: You're welcome.

1.5 Pediatrics

1.5.1 Cold

Parent: Doctor, my child got a fever. Can he get treatment here?

Doctor: Please sit down, don't worry. How old is your child?

P: Two and a half years old.

D: When did the fever begin? Have you taken his temperature?

P: I was waken up by his crying last night, and found his cover had been kicked aside. He felt him feverish, so I took his temperature. It turned out to be 38℃.

D: Was there anything unusual when your child got to bed last night?

P: No, but I'm afraid he must have caught cold when he had kicked aside his cover last night.

D: That's possible. Did he perspire during the fever?

P: He's got dry heat all over his body but has hardly been sweating at all.

D: Has he got a runny nose?

P: Yes, it was on the way here that I noticed he got it.

D: Was the discharge watery or thick?

P: It's watery. He huddled himself up with the wind as if he's afraid of cold.

D: Has he got a cough?

P: No, but he's got a poor appetite and an abdominal distention.

D: Has he had any vomiting or diarrhea?

P: No, he hasn't.

D: All right, let me take his temperature first. Good boy, don't be afraid, it won't hurt.

P: My dear, it'll be all right in a minute. Be a good boy.

D: It's 38℃. Please unbutton his shirt. Take it easy, boy. Let's play a telephone–call game. Well, there's nothing wrong with his heart or lungs. Let me feel his abdomen. Nothing serious, only a little flatulent (bloated) and there's nothing unusual with his skin.

P: What's the reason for his flatulence, doctor?

D: He's got a cold, so it's nothing strange for him to have belly bloated. Both his poor appetite and his abdominal distention indicate the trouble caused by unsuitable diet.

P: That's all my fault. I let him have too much meat a few days ago.

D: Well, my boy, let me have a look at your tongue. OK, that's it. How nice. It's red with thin and whitish coating, only a little bit thick in the middle. The throat isn't congestive. Now, let me look at your hand. The superficial venule of index finger is visible, scarlet in color, and appears at *Fengguan.*

P: What's all that about the superficial venule? It's not serious, is it?

D: According to TCM, it's a supplementary method of diagnosis to look at the superficial venule of index finger in children of two or three years old. From the superficial venule we can diagnose whether the malady is in the exterior or interior, of heat or cold, of deficiency or excess as well as its prognosis. Don't worry, your

child's superficial venule of index finger being visible shows the disease is in the exterior; its scarlet color means the child has suffered from wind–cold, and being at *Fengguan* indicates an nonserious illness. So according to the symptoms, your child has got a common cold. You should have his blood tested. Here's the slip.

[later]

P: What's the result?

D: The report says his WBC count is not high, that reveals a viral infection. In traditional Chinese medicine we say it's a cold of windcold type due to indigestion.

P: What medicine should be taken?

D: I'll prescribe PuLv. Diaphoretica to bring down the fever. Dissolve it in water before taking, one packet each time, three times a day. Also *Digestant Tablets* for removing stagnancy of indigested food and relieving flatulence, four tablets, three times a day.

P: Is there anything else I should be careful about?

D: The child will perspire after taking the medicine, so be sure to keep him plenty of water. And never again let him have anything indigestable.

P: I see.

D: Come back if it gets worse.

1.5.2 Pneumonia with Asthma and Cough

Parent: Doctor, would you please examine my child right away? he's badly wheezing.

Doctor: How long has he been sick? When did it begin?

P: He's been coughing for a week and began to wheez this evening, and it seems to be getting worse. I could not

calm him down from crying, so I hurried to bring him here.

D: He's one year old, isn't it?

P: Yes, he just had his first birthday. There's the possibility that he got cold when we took him to the park the other day. After that he began to cough. He's never been sick yet.

D: Has he any fever? Let me take his temperature.

P: He seems feverish. I was in such a hurry that I forgot to take his temperature.

D: Well, let me have a check. His cheeks are red, nasal are flared, there's much sputum in the throat, and he's a little bit restless with sound crying.

P: Is it time to read the temperature?

D: All right, it's 39℃. Please unbutton his shirt. Let me listen to his heart and lungs.

P: What's the matter with his heart and lungs? Is it serious?

D: Don't worry. There are fine and medium rales over the two lungs' bases and the heart is a little fast, but it's nothing serious. It seems to be acute pneumonia. Now let me have a look at his tongue. It's red with yellow and thick coating. The superfivial venule of the index finger looks somewhat sunken (invisible) in deep purple color. It has reached *Qiguan*. How about his urine and bowel movement?

P: He usually has dry stools, but recently his urine appears yellow. Doctor, what's it in traditional Chinese medicine? Is it lung-heat?

D: That's right, acoording to the differentiation of TCM, it's a type of pneumonia due to accumulation of phlegm heat in the lung. It's a syndrome of Pneumonia with cough and asthma. Have you given him any medicine during the week?

P: I only gave him some cough mixture. I didn't expect it to develop so quickly.

D: Childen's *Zang* and *Fu* are delicate and weak in resistance, so they get sick easily and change fast. You'd better take him to the injection room, next door. Let him take an injection of antipyretie, half an ampoule. Then go to the lab and X-ray room for tests. Here are the slips.

[later]

P: Doctor, here are the reports.

D: According to the test reports, my diagnosis is correct. Your child has to stay in the hospital for treatment. I've arranged it already. Here is the admission card. You'd better take him there right away.

P: Doctor, is this the children's ward?

Nurse : Yes, we received a call from the clinic just now. Everything is ready. Please take the bed No.12.

P: Here are the clinic records and the test results.

D: All right, I'll have to give the child another check, He has some difficulty in breathing and the lips appear a little cyanotic, please give the child oxygen first.

P: Is any injection needed?

D: His WBC count is quite high and the lung infection is rather severe, so he needs to be treated with both west-

ern and traditional Chinese medicine, that's to say, injection and medicinal herbs will be taken at the same time. The medical order has been made and the nurse will carry it out at once.

Nurse : Intravenous infusion has been put on, so you have to take good care of him. Since his fever has been treated in the clinic, the temperature is getting down now.

P: Many thanks. Doctor, what herbal medicine should he take? How can I get it ready so late?

D: Don't worry about that. We've got some ready—made decoction for children. It's good for clearing away lung heat, dissolving phlegm and relieving asthma.

P: Is it easy to take?

D: It's a syrup; easy to be taken. He may be fed slowly or drink by himself with a milk bottle, 10 ml each time, three times a day. Now, look, he's quite calm at the moment, it's time to give him the syrup.

P: All right, I'll do it right away.

1.5.3 Cough

Doctor: Hi, sonny, what's the trouble with you?

Child: I've been coughing, sir.

D: How old are you? How long have you had it?

C: I'm eight, I don't know exactly how long.

Parent: Doctor, my child has had it for 7 or 8 days. I didn't take it seriously at first, but it has been getting worse for the past two days. He can't even sleep well at night. He used to suffer from a cough very often before.

D: Dose he cough with any dyspnea?

P: No.

D: Has he been running a fever? Is there any sweat?

P: He hasn't had fever, but his body is little wet.

D: Anything else?

C: Yes, when I cough, I feel headache, otherwise I don't, and I also have some sore throat during coughing.

P: He has been drinkmg much more water these days and still complaining of dry mouth.

D: Is that true, sonny?

C: Yes, I want to drink water, especially cold water.

D: Did you cough up any sputum?

C: Yes, but it's hard to cough it up.

P: There's a little sputum, but it's quite sticky and a bit yellowish.

D: Is that so, sonny?

C: Yes.

D: Is there any nasal discharge?

P: Yes, it's thick and sticky, he has to change several handkerchiefs a day.

D: Do you have a pain in yor chest when coughing?

C: No, not at all.

D: How is his appetite?

P: It's not bad.

D: OK. Let me give you a check–up. Please get undressed. I'll listen to your lungs. All right, there's no problem, there not with the heart. Let me feel your belly. Well, no problem. How about your urine and bowel movement?

P: They are normal.

D: Well, then, stick out your tongue. It's red with thin and

yellowish coating. The throat is red too, but the tonsils are not enlarged. Now, put your hand here, let me feel your pulse. You've got a floating and rapid pulse, but it seems nothing serious.

P: Thank God. I'm afraid he may have pneumonia, for he got it when he was two.

D: It's not pneumonia, it's cough caused by wind–heat evil attacking the lung. There's nothing to worry about. Take some Chinese medicine and he will be well again soon.

P: Is there any Chinese medicine for it?

D: Yes, I'd prescribe *Sangju Yin*, which is pungent in flavor and cool in nature. It's to promote the function of the lung, thus relieving cough and reducing sputum. Take three doses for the first course.

C: Wonderful! I prefer Chinese medicine rather than injection.

P: How can I get the decoction ready?

D: Here is the directions for decocting Chinese medicine for exopathic disease. The simmering time shouldn't be long and the decoction should be taken in small amount frequently. Please come back after this course for a check–up.

P: All right.

1.5.4 Abdominal Pain

Doctor: This child looks pale. What seems to be the trouble with him?

Parent: He's got a pain in his abdomen.

D: When did it begin?

P: Starting at noon, and he couldn't even take his lunch.

D: The pain is awful, isn't it?

Child: Yes, it's terrible pain. I can't even keep my body straight.

P: And the pain causes much perspiration.

D: has he vomitted?

P: Yes, he vomited three or four times, but it's all watery.

D: Did he vomit much?

P: Not too much.

D: Any bowel movement?

P: Not yet.

D: Any fever?

P: No fever, and he's cool in his body and the extremities.

D: Sonny, could you tell me which part is most painful?

C: Around the navel.

D: Has he passed any worms in his stools?

P: No, he once took some anthelmintic, but no worms were expelled.

D: What kind of pain is it? Intermittent or persistent?

C: It's off and on, like a kind of cramp.

D: What's the cause of it? Has he taken anything indigestible?

P: His school had a sports game this morning. He had two fried eggs and a bottle of milk for his breakfast.

D: Did you buy anything to eat at the game, kid?

C: Yes, I had six ice–suckers and two bottles of iced soda water.

D: Oh, You had too much.

P: Is that the cause?

D: Yes. Now, lie down on the bed and draw up your knees. I'll do an examination Does it hurt here?

C: No.

D: How about here?(McBurnry's Point)

C: No.

D: And here?

C: Yes, it hurts when you press.

D: It's around the navel, but the whole abdomen is soft and neither liver nor spleen is enlarged.

P: Doctor, it's not acute abdomen, is it?

D: It seems not. Has he taken any medicine?

P: No, I just put hot compress on his abdomen.

D: What effect did it have?

P: He feels less pain with hot compress.

D: Let me look at your tongue. Your tongue proper is normal with whitish and smooth coating. Your pulse condition is somewhat wiry and tense.

P: Doctor, what's the troble with him? Is it serious?

D: Nothing serious. His abdominal pain is caused by overdrinking cold drinks, which has hurt his spleen and stomach. And the pain is also due to accumulation of cold evil in the intestines and a disorder of *Qi*(vital energy).

P: Oh, yes, I remember once he suffered from abdominal pain by over—eating fried glutinous cakes.

D: That's it. The functions of children's spleen and stomach are still in a delicate state, so any improper diet or over—eating of cold things may hurt them, and that is followed by a pain in the abdomen.

P: Doctor, would you please relieve his pain first?

D: All right. I'll try to cure it by affixing a few small hard seeds on some special points of the external ear.

C: Is it painful?

D: No.

P: Is it the same as acupuncture?

D: Yes, it's the same.

P: What functions does it have?

D: It's used to stop pain and adjust the functions of stomach and intestines. How do you feel now sonny?

C: Why, wonderful. I don't feel much pain now.

D: For a better result, I'll also give you the prescription for two doses to dispel cold and alleviate pain by warming the interior.

P: That's wonderful. I'll make it for him as soon as I get back. Anything else I should do?

D: Be sure he doesn't eat anything raw and cold again, and he should take easily digested food for a few days. When he's sleeping, you should cover his stomach up well to avoid cold.

P: I'll take care of that. Thank you.

D: Come back at any time if anything unexpected happens. The pressing point in the ear should be massaged smoothly 3 or 4 times a day. When the pain has gone, you may take the press off youself.

1.5.5 Diarrhea

Doctor: How old is the child? What's the trouble with him?

Parent: He's only ten months old. He's got diarrhea lately.

D: How long has he had it?

P: About 7 or 8 days.

D: How many times a day?

P: About 8 to 9 times.

D: What's the stool like? How much?

P: It's mostly loose and sticky, but not much.

D: What color is it?

P: It's almost white and yellowish.

D: Is there any pus, blood, or mucus in the stool?

P: No, but a lot of milk curds or yolk–like things can be seen.

D: Is there any odor?

P: It smells foul.

D: Does he cry while passing stools?

P: Yes, but he stops crying soon after it.

D: This probably indicates a pain in his abdomen. Now, let me examine his abdomen. It feels a bit flatulent. Any vomiting?

P: No, but he's got a dry cough with a sour smell in his mouth.

D: Let me take a look at his tongue. It's normal, but the coating on it is thick and greasy. He has a poor appetite, doesn't he?

P: Why, yes, but how do you know that, doctor?

D: He's got a thick fur, which indicates the sluggish spleen and stomach. So according to the symptoms, I think it is diarrhea of indgestion due to improper feeding. He should take a stool test to make sure there is no other trouble. Here's the slip.

(Later)

P: Doctor, here's the result. Is there anything wrong?

D: Let me see. The fat globules are positive with two plus. It's nothing but a poor digestion, as I diagnosed.

P: Do you mean it's caused by over feeding?

D: Yes, the function of children's spleen and stomach is rather weak in traditional Chinese medicine, it's called " an insufficiency of spleen" . So a little over feeding may result in an infantile indigestion and functional disorder of spleen and stomach, and that will lead to a diarrhea.

P: Now I see. A few days ago, he was crying all the time. I thought he must be hungry, so I fed him while he was crying. You see, as a result, he got a diarrhea.

D: You did just the opposite to a saying of the Traditional Chinese medicine, which goes " If you want to make the baby healthy, you have to keep him a little hungry and cool". Here "to be a little hungry" means no over feeding. So you will have to be especially careful for a few days.

P: I see, and what will you prescribe?

D: A mixture for relieving dyspepsia and diarrhea, take 5ml to be taken three times a day.

P: Is there any other treatment I should try?

D: There is also massage therapy and irradiating therapy with laser on the points. But I think your baby will get well after taking these herbs. If not, I'll try those.

P: That's good. I'm going to get the herbs.

1.5.6 Chicken-pox

Doctor: What brings your child to the clinic today?

Parent: He's got a fever and a rash all over his body.

D: How long has he had it?

P: Four days.

D: How long was he feverish before the rash?

P: Over a day. At first he got a fever, a running nose and a cough, as if he had a cold. But a day later there was a rash all over his body.

D: Let me take his temperature first. Where did the rash first appear?

P: It started from his face, then spreat over to his body and extremities. At first they were small papules, but later on they turned into blisters.

D: Does he feel itchy?

P: Yes, a little bit.

D: Are there any children of your neighborhood or of his kindergarten with similar trouble?

P: Yes, about half a month ago, a child of my neighbor's got the same disease. The two children often play together.

D: It's 38.6℃. Now let me have a look, kid. Oh, what a great many! Some are macules, others are papules, and some of them have alrady scabbed. Let me have a look at your tongue. It's red with yellowish, rather thick and greasy coating It seems as if he has chicken-pox.

P: Is it infectious?

D: Yes, you'd better take him to the lab for a blood test.

[Later]

P: Doctor, how about the result?

D: His WBC count is not high.

P: How is it still not high since he has a fever?

D: That's because chicken–pox is caused by the varicella virus.

P: Will you please do something to releive his fever first? Last time he took an infusion with some sort of hormone, and his fever went away quickly.

D: Hormone is contraindioated for chicken–pox, otherwise, it will worsen the illness.

P: Then, what medicine should be used?

D: Chinese herbal medicine is best used for antivirus.

P: That sounds good.

D: I'll prescribe three doses of modified *Yinqiao San* for dispersing wind–evil and clearing away the heat–evil and toxic materials. You'll have to give it to him frequently in small amounts.

P: All right. Is there anything else I should take care of?

D: Be sure not to get diabrotic chicken–pox infected. I'll give you some *Qingdai San* to put on the diabrotic spots.

P: Is he allowed to the kindergarten?

D: No, he should be isolated at home until all the blisters are scabbed. Besides, he should take light and easily digested but not greasy and spicy food. Take water as much as he can.

P: OK, thank you very much.

D: Please come back for a check after the medicine.

1.5.7 Mumps

Parent: Please give him a check, doctor, both sides of my child's parotid are swollen.

Doctor: So they are. How long has he had it? has he any fever?

P: More than two days. It started with a fever about 38℃. I thought he got a cold. But to my surprise, yesterday I noticed some swelling on the right side of his parotid, and on the left side this morning.

D: I'll take his temperature first. Did he feel any pain?

P: Yes, he's afraid of opening his mouth when eating.

D: Anything else?

P: Yes, he also complained of a little headache, and I found he's got a poor appetite and a slight cough. But his urine and bowel movement are normal.

D: It's 38.1℃. Come on, let me give you a check up. The swelling on both sides is centered in the earlobe, it's visible on the right side, but there's no clear demarcation, the skin is not red but feels a bit hard. Any pain, kid?

Child: Yes.

D: How do you feel when you open your mouth?

C: It's painful.

D: I see, how old are you?

C: 5 years old.

D: A boy of your age must be brave. Come on, open your mouth as wide as you can. let me see, the openings of the parotid ducts are a bit red and swollen. The tongue is red with thin yellowish coating.

P: Is it serious?

D: It must be mumps, that is, parotitis. Here's the slip. Please take it to the laboratory for a blood test, the lab is in the east end on third floor.

(Later)

P: What's the lab finding?

D: It's just as what I diagnosed

P: Is it necessary to take injections?

D: He may take some intramuscular injection of *Banlangeng*. One shot each time, twice a day.

P: Are there any herbs for it?

D: According to the TCM, mumps is a superficial warm-toxin (epidemic heatsyndrome). So I'll prescribe some Chinese herbs for eliminating wind and heat evils, resolving the mass. Try three doses at the first course.

P: Is there any other way of treatment?

D: Yes, there is some external treatment. For instance, the compress of the mixture of water with *Zijin Ding* or *Ruyi Jinhuang San*, or seven scorpions fried with sesame oil taken every day for three days. We make *Daqing Gao* in our hospital. It's more effective. so let him try it.

P: OK, How long will it last?

D: It'll take 4 to 5 days to get off the swelling. The whole period will last one or two weeks.

P: Anything I should be careful about?

D: As it is contagious, he should be kept away from other children until the swelling is totally gone.

P: I see, thank you.

D: Please come back in three days for a change of prescription and *Daqing Gao*.

1.5.8 Thrush

Doctor: She's about a month old, isn't she? What's wrong with her?

Parent: She's one and a half month old. She's in good health

since birth, but I don't know why she's been crying day and night for the past two days.

D: Has she got a fever?

P: No.

D: Is there any vomiting or diarrhea?

P: Neither, only yellowish urine and dry stool.

D: How about the feeding?

P: She's not easily fed, and crys even more at feeding.

D: Is the crying strong or weak?

P: It's strong.

D: Let me have a look. She has rosy cheeks, red lips, normal skin, and nothing wrong with her heart and lungs. The abdomen feels tender, the motion of her extremities is all right, and no crying with her ear being pulled.

P: Doctor, what's it for pulling the ear?

D: It shows that the crying is not caused by otitis media.

P: Ah, it's too bad that she can't say a word.

D: Don't worry, let me have a look at her mouth. The tongue is red and is covered with a thin layer of a yellowish and thick coating. Oh, the trouble is here. There are some macular type of whitish scales on the mucous membrane of the mouth, and some on the edge of the tongue.

P: Doctor, what's wrong with that? Isn't it milk curd?

D: There should be normal mucous membrane when scraping off the milk curd, but when the whitish scales are cleared away, it is red in color. It must be thrush. Here's the cotton swab with the whitish scales, please take it to the lab for a test. Here's the sheet.

(Later)

P: Doctor, the report says it's Candida albicans.

D: It's also called "thrush". According to the symptom and signs, I think it's due to retention of heat in the heart and spleen.

P: How are you going to cure it?

D: Since she's too young to take decoction, let her try some external application.

P: Then what would you prescribe?

D: *Bingpeng San*, mix it with honey into paste, put it on the spot 4 or 5 times a day.

P: Anything I should take care of?

D: Be sure to keep her mouth clean, sterilize the milk bottles, and wash your nipples before feeding. In addition, as the breast feeding mother, you should avoid taking anything spicy or dry, lest you may make her disease worse by means of your milk.

P: I see, thank you very much.

1.6 Acupuncture and Massage

1.6.1 Abdominal Pain

Patient: Doctor, I often have abdominal pain. Can it be cured with acupuncture treatment?

Doctor: Yes, of course. Acupuncture is very effective for abdominal pain. Please tell me how you feel when it is bad.

P: When it starts, I ache and feel chill all over the abdomen. But hot compress or pressing and rubbing can relieve it.

D: Do you have a more serious pain after eating something cold or overworking?

P: Yes, I do.

D: Are your bowels and urine normal?

P: The bowels are loose and the urine is clear.

D: Please put out your tongue.... Your tongue is pale with white coating. Let me feel your pulse.... It's a deep and small pulse. Have you taken a barium enema fluoroscopy recently?

P: Yes, I did it last week, and found nothing abnormal.Doctor, what's wrong with me?

D: In TCM it is an abdominal pain due to the insufficiency of kidney–*yang*. I'll apply heat–needling treatment on you. Please lie down.

P: Can you tell me what the heat–needling treatment is?

D: Well, it is a form of acupuncture combined with moxibustion. This method is suitable for the diseases which require both retention of the needles and moxibustion. Now I'll insert the needle into *Zhong wan* (RN 12) point. How do you feel now?

P: I feel much distension.

D: This distending sensation is called *Deqi*, also known as needling sensation. Now you see, I'll cut a piece of moxa wool and attach it to the end of the inserted needle, then ignite the moxa. They can exert a combined effect of acupunture and heat stimulation. And this is the heat–needling treatment.

P: I feel very warm and comfortable.

(Later)

D: Now, the moxa wool has burned out, Let me pull out the needle. Please turn over, I'll puncture the *Pishu*(BL 20) and *Weishu*(BL 21) points on the back. By puncturing these two points, as well as *Zhongwan* (RN 12) point, it has the function of warming the *middle–Jiao* to dispel cold and enrich spleen–*Yang*.

P: Do these two points also need heat–needling?

D: No. Since the skin and muscles of the back is very thin and there are important organs in this part, only oblique insertion can be used. Do you have any sensation?

P: Yes, I have the distending sensation.

D: Good. The needle will be retained for 15 minutes. Be sure not to eat anything raw, cold or greasy. But you can eat some Chinese dates and malt sugar. The needling is over. You can stand up now.

P: Do I need to take some herbal medicines?

D: Yes. Which do you prefer, drinking the decoction or taking the prepared drugs of herbal medicines?

P: Prepared drugs, Please.

D: I'll prescribe 20 pills of *Fuzhi Lizhong Wan* for you. You may take one twice a day.

P: When should I come again?

D: You have to come every morning for the acupuncture treatment.

P: All right. Thank you, doctor.

1.6.2 Facial Paralysis

Patient: Doctor, I've suddenly go a wry mouth. Please give me immediate treatment.

Doctor: Don't worry. How many days have you had it?

P: Well, it was very hot last night and I fell asleep without turning off the fan. When I got up this morning I felt something wrong with my face and when I brushed my mouth, some water ran out from the corner. When I looked in the mirror, I found that my mouth was distorted, so I come here hurriedly for the treatment.

D: How old are you?

P: 30.

D: Did you have hypertension before?

P: No.

D: Do you have any sensation of numbness on the four limbs?

P: No.

D: Do you have a pain behind the ears?

P: Yes.

D: Let me give you an examination. Please do as I tell you. Knit your brows .... Close your eyes .... Now, please give puffs .... Your wrinkles on the right forehead have disappeared. The eyelids can' t close completely. Air can leak from the corners of the mouth. The nasal and labial groove has turned shallow and the whole mouth has slanted to the left. Please close your eyes and put out your tongue. Now I' ll put two different foods on the tongue respectively, taste them and tell me what taste each one is.

P: The first tastes of salt and the second of sweet.

D: You are right. Now I' ll put a watch near your ears to test whether the hearing of your two ears are the same. It sounds different or the same?

P: The same.

D: You are suffering from a peripheral facial paralysis. It was caused by the attacking of the wind.

P: Why did you ask me to taste the food and test the hearing?

D: This is to check the condition of your disease. In serious cases the taste sense of two–third of the anterior tongue on the wry side will diminish or disappear and the hearing will be hypersensitive.

P: Is it serious?

D: It appears from the examination that your illness is not serious. If immediate treatment is given, you can get well soon.

P: What treatment do you think is suitable for me?

D: For facial paralysis, acupuncture is one of the best treatments. It not only gives you a good curative effect but scarely leaves any sequela either.

P: I was also told that acupuncture was very good for my case.

D: Since face is the place where the Hand–*Yangming* and Foot–*Yangming* Channels originate and end, the points of *Yangming* Channels are often chosen. Puncturing the points of *Yangbai* (GB 14) *Fengchi* (GB 20) *Sibai*(ST 2) *Yingxiang*(LI 20) *Dicang*(ST 4) *Jiache*(ST 6)*Hegu* (LI 4) and applying moxibustion on the point of *Yif eng* (SJ 17) is effective.

P: What is the function of acupuncture and moxibustion?

D: Their function is to expel wind and clear away cold, dredge and clear the channel and regulate the flow of *Qi*

and blood. Please lie on bed, I'll insert the needles. Does it hurt?

P: No, it does not hurt me at all.

D: The paralytic face is insensitive, so you don't feel any pain. But with the condition turning for the better, you can gradually feel the pain, and the points on the face will give you more pain than those on the four limbs. Now, do you have the distending sensation?

P: Yes, aching distention.

D: Don't move, I'll do moxibustion for 15 minutes.

(15 minutes later)

Now I'll pull out the needles. Since the points on the face bleed easily after pulling out the needles, they should be rubbed with cotton swabs.

P: Do I need to take some medicines?

D: Yes. In order to help you get well quickly, I'll prescribe you several doses of herbal medicine, the modified *Qianzheng San*. In addition, since the eyes are easy to be affected due to the failure of the closure of the eyelids, you should put drops in your eyes twice or three times a day. Here is your prescription.

P: Do I need to come for the acupuncture everyday?

D: Yes. You need to come here once a day. Besides, you should try to avoid being affected by wind. And you'd better wear a mask when going out.

P: Can I massage this part by myself?

D: Yes. The method is to rub your hands until they are heated and then massage the paralytic side of your face from the lower level upward. It will aid you much in re-

covery.

P: Thank you, doctor. See you later.

1.6.3 Insomnia

Patient: Doctor, I have a neurasthenic trouble and it is said that auricularplaster therapy has a good effect on it, so I come here for a try.

Doctor: Can you tell me your condition in detail?

P: It's difficult for me to go to sleep usually. Even if I get to sleep, I dream heavily and wake up easily. I also have the sensation of general weakness and palptation.

D: How is your appetite?

P: Poor.

D: Let me feel your pulse and inspect your tongue. Your tongue is pale with thin coating, the pulse is small and weak. You suffer from insomnia and it was due to the deficiency of both the heart and spleen.

P: Do you think that auricular–plaster therapy can cure my disease?

D: Well, this kind of therapy has the function to regulate the balance of nerves, tranquilize the mind and relieve pain, desensitize allergy and lessen itching, regulate the flow of *Qi* and blood and invigorate the kidneys to strengthen the body. It can treat many diseases. For neurasthenia, it can get a good result.

P: That is to say it is very suitable for me. By the way, what is auricular–plaster therapy?

D: The therapy is that a bean or seed of Vaccaria segetalis is taped tightly to a particular ear acupuncture point and pressed so as to stimulate the point for therapeutic

purpose.

P: How can pressing something on the ear treat diseases?

D: There are many points on the auricles and the auricular points are the places where the superficies of the auricle connect with the channels of the *Zangfu* organs (viscera), tissues and the bones of the whole body. When somewhere in the body is diseased, the points on the auricles will show the location. Conversely, we can use some points on the auricles to treat certain diseases.

P: Are the same points chosen for every disease?

D: No, the choice of the points should be made according to the differential diagnosis. Take you for example, in order to regulate your balance of norres and tranquilize and allay excitement, points of *Pizhixia*, *Shenmen* and *Zhenxue* should be chosen. Since you also have the syndroms of deficiency of both the heart and spleen, the points of the heart and spleen me needed to be dealt with. Now, I' ll tape and press the seeds of Vaccaria segetalis to your ears.

How are you feeling now?

P: I feel pain, just as if I am being punctured.

D: Good. This is the spot of positive reaction. Please press each of the taped points for one to two minutes by yourself to irritate them three times a day after you go back home.

P: How often should I come here to change the seeds and tapes?

D: Every three days.

P: This therapy is convenient and really good.

D: Auricular–plaster therapy is suitable for many diseases. Since it is effective, Simple and easy to practise and has few side–effects. it is well received by the patients.

1.6.4 Sorethroat

Patient: Doctor, I have such a terrible pain in my throat that I can' t even swallow the tablets. I have been told that acupuncture treatment has a good effect for this kind of disease, so I come here to see you.

Doctor: When did it start?

P: Three days ago. It was a common cold at first, but later, my throat started to be sore.

D: Is there any other sensation besides the pain?

P: Yes, I feel my throat burning and I do like to eat something cold. I have a slight fever and an offensive smell in my mouth.

D: How are your bowel movements and urine?

P: I'm constipated and have yellow urine.

D: Open your mouth and say Ah.

P: Ah ....

D: Your tonsils have a swelling of 2nd Degree with bad congestion and your tongue is red with a yellow, dry coating. It is obvious that you are suffering from an acute congestive tonsillitis. In TCM, it is called " Throat–Bi" . Now I' ll give you the acupuncture treatment. Please show me your hand, I' ll puncture your fingers.

P: It is such a big needle.

D: Well, it is called three–edged needle. I'll prick the point of *Shao–Shang*(L.N 11) on your finger tip.

Does it hurt?

P: A little.

D: Now I'll squeeze out several drops of blood from the prick. This is called "pricking blood therapy".

P: Why can a slight prick and discharge of drops of blood treat sorethroat?

D: Because the pharynx connects with the esophagus which communicates with the stomach; the throat connects with the trachea which communicates with the lung. The stagnated heat of the channels of the lung and stomach is inclined to go upward and accumulated in the throat, leading to the sorethroat. So the objective of the treatment should be clearing away the heat of the lung and stomach.

P: Then does pricking blood mean clearing away the heat?

D: That's right. Pricking blood therapy has the functions to purge away the stagnated heat and subdue the swelling. The point of *Shaoshang*(Ln 11) is one of the Jing points of the lung channel of *Hand*–Taiyin. Pricking this point and squeezing out some blood can purge lung–heat.

P: Will this single pricking be enough for my disease?

D: No, the other fingers and toes will also be punctured.

P: Also the three–edged needle?

D: No, the filliform needle.

(After inserting the needle into the point)

Any sensation?

P: Yes. I feel a very strong distention.

D: Your disease manifests an excessive heat syndrome.

The purgation method should be used, so the manipulation is harder than the normal.

P: How many days later should I come again for the acupuncture?

D: You have to come everyday. You'll get well after five or six sessions of acupuncture.

P: Do I need to take some herbal medicines?

D: No, you don't.

(four days later)

How many times have you been given the acupuncture?

P: Let me see... it is the fourth time today.

D: How are you feeling now?

P: I feel no pain.

D: Open your mouth wide and let me take a look at your throat. Oh, the inflammation has completely been relieved.

P: Do I need to come again?

D: No, it is unnecessary to give you acupuncture any more. You should try to avoid catching cold, not to smoke and drink.

P: Thank you, doctor.

1.6.5 Headache

Patient: Doctor, I have a migraine which hurts me terribly. Sometimes, I even can't bear it.

Doctor: In which part?

P: In the frontomalar part of the left side of the head. It is a throbbing pain. Sometimes I have a dizziness. There is a nausea and vomiting when it is bad.

D: How long have you had this trouble?

P: About two years. It attacks at regular intervals and after that, any painful sensation will vanish.

D: What medicine have you used?

P: *Ergotamine caffeine*. At first, it was effective, but gradually, it became ineffective.

D: Are you apt to get angry easily?

P: Yes. Anything makes me feel upset and restless and I often get angry.

D: I'll inspect your tongue and feel pulse. Oh, you have red tongue with thin, yellow coating and stringy and forceful pulse. I'd like you to have a rheoencephalogram examination and after you have had it, come back to me.

(After some time)

P: Doctor, here is the examination report.

(After reading the report)

D: You suffer from the angioneurotic headache. In TCM, it belongs to migraine due to hyperactivity of the liver–yang. For this kind of headache, pricking blood therapy by puncturing the back of the ears should be suitable.

P: Can my disease be cured by using this therapy?

D: Yes. The curative rate of this disease by using this kind of therapy is over 90% Most patients can get rid of it with one treatment. For the stubborn ones, two treatment is effective.

P: That's very good. This illness causes me too much suffering.

D: Please sit down and bend over the table. I'll draw some

blood from the superficial vein on the back of the ear.

P: What's the purpose of drawing blood?

D: I'll inject the blood from that part into your points of *Fengchi*(GB 28) and *Yanglingquan*(GB 34).

P: Why are only these two points to be injected with blood?

D: Well, you know, your headache is the liver–*Yang* headache and the liver and gallbladder are related internally–externally to each other. When the blood is injected into these two points, Since they are the points of the gallbladder channel of Foot–*Shaoyang*, they have the function to clear away the fire of both the liver and gallbladder.

P: I see.

D: Now the treatment is over. You can stand up. After returning home, you should be especially careful about the hygiene of the ears and have an appropriate rest. You should come again to have a reexamination a month later.

(A month later)

P: Doctor, I have not had a headache for a month. I feel quite well.

D: In order to strengthen the curative effect, you should take some *Longdan Xiegan Wan*.Take 6g of it two to three times a day. You needn't come again if the headache does not recur.

P: Thank you, doctor.

1.6.6 Toothache

Patient: Doctor, I have a bad toothache.

Doctor: When did it start?

P: Three days ago.

D: Can you tell me what made your tooth ache?

P: Recently, I have been eating a lot of hot pepper, maybe this is the reason for it.

D: Are you often thirsty?

P: Yes, very thirsty. I always want to drink something cold.

D: How are the bowel movements and urine?

P: Recently I am constipated and have yellow urine.

D: Your tongue is red with yellow coating and the pulse is rapid and smooth. According to this, your illness belongs to stomach—fire toothache.

P: What treatment do you think is suitable?

D: Needle treatment. The Hand—*Yangming* and Foot—*Yangming* channels connect with upper and lower teeth respectively. The fire in the large intestine and stomach go upward along the channels to the teeth and causes them to ache. For this reason, the points of Hand and Foot *Yangming* channels are often chosen and the purgation treatment is often used to clear away the heat of *Yangming* channels. Now I' ll puncture the points of *Hegu*(LI 4), *Jiache*(ST 6), *Neiting*(ST 44) and *Xiaguan*(ST 7).

Don' t move, the needles will be retained for 15 minutes.

(15 minutes later)

P: I am feeling better now, doctor.

hey? This spot has swollen. What 's the matter with it?

D: Let me see. Oh, this is subcutaneous hemotoma due to the breaking of the blood vessels when puncturing the *Hegu*(LI 4) point.

P: What's to be done?

D: I'll press it with a cotton ball for a while. After going home, first apply cold compress for 24 hours and then exchange it for hot compress, the stagnated blood can be absorbed by itself.

P: Do I need to come again tomorrow?

D: Yes, you should come once a day.

P: How many times do you think I need be given the acupuncture?

D: About 5 to 6 times in all.

P: Do I need to take some herbal medicines?

D: No. For this disease it is unnecessary to take drugs. Good results can be obtained only by acupuncture.

P: Thank you, doctor. See you tomorrow.

1.6.7 Apoplexy

Physician: How are you, Doctor Wang. We have asked you to come here today to hold a consultation on a patient.

Acupuncturist: Could you give me a brief account on the patient's condition?

P: The patient is named Liu, male, 58 years old and has had hemiplegia for half a month.

A: Did he have hypertension in the past?

P: Yes. He had a history of hypertension for ten years. Before his illness, he often had a dizziness and the sensation of numbness of the limbs on the left side. Half a month ago, when he got up in the morning, he found

his left limbs paralysed and had a difficulty in speaking, but had no coma.

A: What's the diagnosis?

P: The preliminary diagnosis was cerebral thrombosis. Since then patient's condition is stable, he is given routine treatment now. We hope acupuncture treatment can be combined with the routine treatment.

A: Let's go and see him.

P: This way, Please.

A: (to the patient)Mr. Liu, how old are you?

Patient: Ah, oh....

P: At present, he still has some difficulty in speaking.

A: Does he have any difficulty in swallowing something?

P: Yes , when drinking and eating something, he often chokes.

A: Is there something abnormal mentally?

P: Yes, he has some trouble in reaction.

A: Let me give him an examination. Oh, the mouth is wry to the right–hand side. The myodynamia of the left upper limb is 0 degree and the one of the left lower limb is II degree. The tendons of the kneels reflects actively and the pathological reflection has not been induced. I agree with the diagnosis you've made.

P: Can you let me know how to treat him with acupuncture?

A: First, scalp acupuncture treatment combined with injection on some points should be given for a period of time. Scalp acupuncture is a method of combining modern medicine with ancient acupuncture. Needling

the motor area of cerebrum of this patient can promote the recovery of the functions of his limbs and speech.

P: Is electroacupuncture needed?

A: Yes. Electrotherapy instrument should be used to stimulate the needle instead of the manipulation by the hand to regularly irritate the motor area of cerebrum. The needle is to be retained for an hour, during which the paralytic limbs may be moved to conduct the functional training.

P: What medicine is to be injected into the points?

A: *Fufang Danshen Zhusheye*. It may be injected into the points of *Jianyu*(LI 15), *Zusanli*(ST 36) every Monday Wednesday and Friday and into the points of *Quchi* (LI 11) and *Yanglingquan*(G.B 34) every Tuesday, Thursday and Saturday. In doing so, to sterilize the skin with conventional method.

Injection should be given after there is a needling response.

Wife of the patient: What should I do?

A: For this kind of disease, the important thing is to conduct some functional training. The earlier you help him conduct the training, the sooner he can recover.

Wife of the patient: Thank you, doctor.

(some time later)

A: I suppose, this is the 20th time. Is it all right?

P: Yes. The patient has made a quick recovery. Now he is able to walk by himself.

A: I'm glad to hear that. Let's go and see him together and consult for the future treatment.

P: Recently he has not choked when eating something, and has had a great improvement in his speech.

A: (to the patient)

Please stretch your legs strongly.

All right. Now, raise your arms.

The myodynamia of upper limbs is II degree and the one of the lower limbs is IV degree.

Wife of the patient: The recovery of the arms are rather slow.

A: It is usual that the arms have a lower recovery rate than the legs.

(to the physician)

What we do next is to consider applying the body acupuncture to regulate channels, ensuring the free flow of both *qi* and blood through the channels.

P: What points should be chosen?

A: Since wind–diseases are often related to *Yang* channels and *Yangming* channels are the ones which are rich in *Qi* and blood, the points of *Hand* and Foot *Yangming* channels are often chosen first. In addition, the points of *Taiyang* and *shaoyang* channels are used. For the upper limbs, Puncture *Jianyu*(LI 15), *Quchi*(LI 11), *Waiguan* (SJ 5) and *Hegu* (LI 4). For the lower limbs, puncture *Huantiao* (GB 30), *Yanglingquan* (GB 34), *Zusanli* (ST 36) and *Kunlun* (BL 60) and for the face, *Dicang* (ST 4) and *Jiache* (ST 6).

P: Is it still necessary to go on with the point–injection?

A: No, it isn't.

P: Do you think he can leave the hospital after the second course of treatment?

A: Yes. If he does not have any deterioration he can be discharged from the hospital and get the treatment at home.

1.6.8 Stopping Smoking by Acupuncture

Patient: I heard that acupuncture could help stop smoking, is it true?

Doctor: Yes, but you must have both determination and willpower. Besides, you must cooperate well.

P: I'll try to cooperate with you. I know smoking can do me a lot of harm.

D: You are right. Smoking is really harmful to our health. When did you start to smoke? And how many cigarettes do you smoke a day?

P: About ten years ago, and I have to smoke 20 to 40 cigarettes a day.

D: Since you have smoked for such a long time, it is difficult to give it up overnight. A period of time is necessary. You must persevere with the treatment.

P: Yes, I will.

D: Now let me sterilize your ears and give you the ear needling.

P: There are also points in the ears?

D: Yes. The ear is just like an inverted foetus, each part of the body has its corresponding points on the ear. We can use these points to treat different diseases of the body.

P: What points should be chosen for stopping smoking?

D: Since smoking is mainly related to the lungs and trachea, the points of the lung and trachea are first to

be chosen.

P: What kind of needle it is? It is like a thumbpin.

D: It is called thumb—tag needle. After it is inserted into the ear point, it will be adhered to the auricle with the plaster.

P: The ear is so thin, can't it be pricked through?

D: No, the puncture will be superficial. Do you have any sensation?

P: Yes, I feel both distention and pain. And the ear feels hot.

D: This sensation, in acupuncture treatment, is called "Deqi", also called needling sensation. Rapid needling sensation can bring about a good effect.

P: Do you think I won't want to smoke any more after needling?

D: Right. After needling, there will occur a bad stimulus and you will feel bitter and astringent feeling in your mouth, which causes you not to want to smoke any more.

P: How many days later do I need to come again and change the needles?

D: Five. During this time you should take care with the cleaning of this part, because the blood circulation in the ear is poor and it is easy to be affected. Next time, I'll puncture the other ear. They will be dealt with alternately.

P: I see. I am determined to give up smoking and I'll certainly do my best to cooperate with you.

D: I hope so.

1.6.9 Arthralgia–Syndrome

Doctor: What's your trouble?

Patient: I have a pain in both the lumbar region and right leg. When I want to sit down, the whole right side of the body aches so terribly that I can't even exert my strength to do so.

D: Can you describe the whole process and tell me exactly where the pain is.

P: Half a month ago, I suddenly felt a pain in the lumbar region. Then the pain gradually went along the buttock and leg to the heel.

D: Do you know what caused it?

P: I suppose it was caused by catching cold.

D: Do you have a cold or hot sensation in the painful area?

P: I am sentative to cold. You see, I'm wearing many clothes and I still feel chill.

D: When dose it hurt you most?

P: After fatigue and in the night.

D: Have you noticed that it has a relation with the weather?

P: On cold and rainy days, the pain obviously becomes serious.

D: At what time does the pain relieve?

P: It can relieve when a hot–water bag is put on the aching part of the back and leg.

D: Let me take a look at your tongue and feel your pulse. Oh, the tongue is pale with white and thin coating and the pulse is taut and tense. Please lie on the bed, I'll ex-

amine your legs. Keep them straight, I'll raise them.

P: Ouch, it hurts!

D: There is nothing wrong with your left leg except the big toes of your right leg, please make the two toes stick–up with your strength. It is obvious that the right one is not as strong as the left one. Now please turn over and tell me the exact place it hurts when I press.

P: Just here.

D: There is an obvious tenderness near the vertebrae of the right side of the lumbar. You suffer from the dextral sciatica. In TCM, it is called "Arthralgia–syndrome".

P: What do you think of my illness? Can it be cured?

D: Yes, but it will take some time.

P: Can you tell me how to treat my disease?

D: Certainly. I' ll treat you with acupuncture treatment. Since the pain occurs mainly in the areas where Urinary Bladder Channel of *Foot–TaiYang* lies, the points of *Urinary Bladder* Channel are mainly chosen. *Zhibian* (V.B 54), *Weizhong* (V.B 40), *Chengshan* (V.B 57) and *Kunlun* (V.B 60) and also *Jiaj i* on lumbar 5.

P: I see.

D: Now I' ve inserted the needle into the point. How do you feel?

P: I have a strong electrifying sensation which goes through from the buttock to the heel.

D: That the normal sensation when *Zhibian*(V.B 54) point is pricked. Don' t move, the needle will be retained for 15 minutes.

(15 minutes later)

It is time now. I' ll pull out the needle. Did you move your body just now?

P: Yes.

D: There is a slight difficulty in pulling out the needle. Please return the body to the original position, I 'll twirl the needle slowly and pull it out.

P: What's all this about?

D: In acupuncture treatment, this phenomenon is called sticking of needle. This is due to the dislocation of the body. Be sure not to move when you are given acupuncture next time.

P: I see.

D: Here is the prescription of *Dahuoluo Dan.*Take one or two onee a day.

P: When should I come again?

D: You'll have to come once a day for two couses(20 days in all). You should sleep on a hard bed, try to avoid wind and cold, and have a good rest.

P: Thank you, doctor.

1.6.10 Stiffneck

Patient: Doctor, I was all right last night, but this morning, when I got up, I found there was a pain in my neck and it hurt me so hard that I could not turn my head.

Doctor: Was your neck exposed to the cold?

P: No, I don't think so.

D: Your sternocleidomastoid muscles are tense and spasmodic. Please turn your head slowly.

P: Ouch, it hurts me terribly when I turn my head.

D: It is stiffness. Was your pillow high when you slept last

night?

P: Yes. Is this related to the pillow?

D: Yes. If the pillow is high, the muscles on one side of the head and neck will be in a long constant over-stretching state. As a result there may be a spasm.

P: It seems that it is not wise to use a high pillow.

D: High pillow not only causes a stiffness easily, but also a cervical spondy lopathy.

P: I'll be careful about it in future.

D: Now I'll give you a massage to relax the muscles and tendons, and promote the blood circulation. Please sit properly, I'll use the soft rolling manipulation with the head bending forward and backward, turning left and right.... Now, please relax your neck, I'll use the rotating manipulation to rotate your neck.

P: I feel both aching and distending.

D: This is because I am massaging the point.

P: Now I feel much better.

D: Good. Let's stop here today. I'll give you another massage tomorrow.

P: All right. See you tomorrow, doctor.

1.6.11 Omalgia

Doctor: What's your trouble?

Patient: There is a pain on my shoulders and recently I can't even move them.

D: How long have you had this trouble?

P: Since this Summer. I think it was caused by the electric fan. When the weather is cold, the pain becomes serious that I can't raise my arms . While in the night, both of

the shoulders ache so much that I can't even fall asleep.

D: Stretch your arms and raise upward.

P: I can only raise them as high as this level.

D: It is just about 90 ° angle and the arms bending backward just reach the middle line of the back.

P: Doctor, what do you think I have?

D: You have an omalgia, also called a scapulohumeral periarthritis. The persons who are about 50 years old are subject to this.

P: I'm just 51 yers old.

D: When a person reaches old age, he will become weak, *Qi* and blood will be deficient. If he is attacked by the wind and cold, the *Qi* and blood in the shoulder will be stagnated, and the tendons and muscles of this part will fail to be nourished and cause spasm of channels and meridians. As a result, the pain is to be caused. Please lie on bed, and let me give you a massage to dredge and clear the local meridians and promote the blood circulation so as to stop the pain. You can sit up now. Shake your shoulders. All right, I'd like you to stick to the massage for a period of time.

P: Is there anything I should be careful about?

D: Suitable, constant and progressive shoulder exercises are very beneficial to the recovery of the function of the shoulder. You'd better do the exercises of "climbing a wall". That is, to put both of your hands, or a single one on the wall and slowly raise your arms to the greatest possible height, then slowly put them back to the original place. Keep doing so several times a day. An-

other exercise is called " clasping hands behind the back" . It means to have both of your hands behind your back, and use the healthy hand to hold the wrist of the troubled one tightly and then raise them upwards together slowly. Both of these two methods are suitable for your case.

P: Thank you, doctor. I'll follow your advice.

1.6.12 Diarrhoea

Doctor: How old is your baby?

Mother: Six months.

D: What's wrong with him?

M: Both vomiting and diarrhoea.

D: When did he get this trouble?

M: The day before yesterday.

D: How often does he move his bowels? And what do the stools look like?

M: More than ten times a day. They give out a foul odour and his digestion is poor.

D: Was there any pus or blood in the stools?

M: No.

D: Did the baby cry when he had his bowel movements?

M: Yes. Each time he passed stool, he cried. But he stopped crying as soon as he finished them.

D: Did he vomit very often?

M: No, once or twice a day.

D: What did he vomit?

M: Undigested milk with sour smell.

D: How about his appetite? Does he like to drink milk?

M: Usually it is all right. But since yesterday, he seems to

have a dislike for milk. If he was given the milk, he would vomit it.

D: Do you breast feed him or give him cow's milk?

M: Both. He has a good appetite and I often have insufficient milk for him.

D: Are the milk and milk-bottle boiled before they are used?

M: Yes. I'm always careful about that.

D: Do you feed the baby regularly?

M: No, I feed him when he cries.

D: Let me take an examination for him. Oh, slippery pulse with thick fur and the red superficial venule of index finger. Your son suffers from dyspepsia due to improper feeding. Please unbutton his clothes, I'll give him a massage.

M: Is it because he ate too much?

D: Yes. Since an infant's spleen and stomach are weak, when the feeding is *unsuitable*, they will be impaired, their transformation and transportation functions will be disordered, leading to dyspepsia due to the retention of food as well as abdominal distention and diarrhoea due to checking of the movement of *Qi*.

Please hold his hand slightly, I'll massage his fingers.

M: Is there anything I should be careful about?

D: You should wash his anus with warm water after each motion. Change the diaper promptly and form a habit to feed him regularly. Feed him some digestible food such as dilute milk and skimmed milk.

M: Do we need to come again tomorrow?

D: Yes, you do.

M: Thank you, doctor. See you tomorrow.

D: See you tomorrow.

1.6.13 Infantile Malnutrition

Mother: Hello, doctor, I've brought my son to see you. He is getting thinner and thinner and has a poor appetite. He is languid and lacks vigour. In the night, he can't sleep well and often cries a lot. What's wrong with him?

Doctor: How old is he?

M: One year and two months.

D: How long has he had this trouble?

M: For two months. He was weaned breasts two months ago and from then on this trouble started.

D: Then, why didn't you bring him to hospital earlier?

M: At first, I always thought it was just the temperary inadaptation to the weaning, and he would get well soon after a period of time.

D: What do you usually feed him?

M: Milk and eggs. He doesn't like other food. Recently though he often vomits after eating them.

D: Does he have a fever?

M: Yes, but only in the afternoon.

D: What do his stools and urine look like?

M: The stools sometimes are dry and sometimes are loose with a sour and foul smell. The urine is turbid.

D: (in examining the baby)

You see, his hairs have become fringes; The belly is distending; The tongue coating is thick and greasy; The pulse is slippery and rapid and the superficial venule of

index finger is purple and stagnated.

M: Is it serious?

D: No, Please put the baby on the bed and unbutton his clothes to show his abdominal part, I'll give him a massage.

M: What is wrong?

D: He has infantile malnutrition. The main cause of it is that he didn't adapt himself to the weaning, and the food he was fed was monotonous; the excessive hunger and fullness impaired the spleen and stomach, which affected the transformation and transportaion functions of these two organs, leading to the retention of food. As a long–term failure to remove it, infantile malnutrition was brought about. The purpose of massaging him is just to promote digestion, remove the stagnated food and regulate the function of the spleen and stomach.

M: What should I do about it?

D: You should let him take in more fresh air and have more sunshine. Food should be given at regular intervals. Try to avoid partial food. Give him vegetables, fruits and other digestible food such as porridge. Since milk contains large quantity of casein, when this kind of casein encounters stomach acid, it may form a bigger and indigestible milk mass. Your son has a poor digestive function, so he should be fed with dillute milk and mixed with sugar water.

M: I think it would have been bettor if I had consulted you earlier. Do we need to come everyday for the massage?

D: Yes. But I don't think it will take you much time, he

will get well very soon.

M: Thank you, doctor. See you tomorrow.

D: See you tomorrow.

1.7 Hemorrhoid and Fistula

1.7.1 Internal Hemorrhoids

Patient: Doctor, there is often a bleeding when I have a bowel movement. I do not know what's the cause.

Doctor: How long have you been like this?

P: More than half a year.

D: Is there much blood lost?

P: Yes, it is lost by drops. Sometimes when a strength is exerted to have a bowel movement, it will be shed in spurting form.

D: Are there any other symptoms?

P: Sometimes I have a fever, dry mouth and a yellow urine.

D: Please come with me to the next room. Now please take off your trousers and kneel on the table with body bending over, I'll examine your anus.

P: Doctor, is there anything abnormal?

D: Yes. There is a hemorrhoid above the anal dentate line. It is rather big but has no erosion. The other parts are normal. Please put on your trousers and go back to your chair.

P: All right.

D: I'll take a look at the tongue. Oh, it is red in color with yellow coating. I'll feel your pulse. It is rapid.

P: Doctor, since I've been busy recently and have no time

to come to see you, the disease has dragged for so long, it must be difficult to be cured, I suppose.

D: Don't worry. It is only an internal hemorrhoid.

P: How could I get this illness?

D: What is your work?

P: I'm an accountant.

D: That is easy to understand.TCM(Traditional Chinese Medicine) believes that long sitting position would cause the obstruction of blood circulation, leading to both the stagnation of blood and *Qi* and the attack of the blood by the heat–evil. As a result, they stagnate and then develop into a hemorrhoid.

P: Is there any effective treatment for it?

D: Yes. The principle of the treatment is to remove the evil heat from blood and dispel wind. The herbal medicine, modified *Liangxue Dihuang Tang*,is very suitable for you. Decoct and drink each dose once a day. Besides, I'll prescribe some lotions *"Jingj ie Tang"* for you. You may use it to wash the anus. It has the functions to promote the blood circulation, subdue swelling, relieve pain and astringe to arrest bleeding.

P: Is there any other treatment?

D: Yes. If this treatment doesn't give you any good results, operation can be considered.

1.7.2 External Hemorrhoid

Patient: Doctor, when I have my bowel movements, I always have a falling and distending sensation to the anus, and I have noticed that there is a small lump in the anal part.

Doctor: How long have you had this sensation?

P: About two years.

D: Is there any blood when you have your bowel movements?

P: No.

D: Are the stools dry?

P: Yes.

D: Please, let us go to the next room and I'll examine your anus. Oh, there is a soft neoplastic skin flap near the edge of the anus. Besides, the periphery of the anus is swelling. All right, that's all, you can sit up now.

P: Is it hemorrhoids?

D: Yes, I think so. You suffer from an external hemorrhoid. Practically, it is a collective tissue external hemorrhoid.

P: I wonder what's the cause.

D: Well, it is often due to the repeated stimulations of the acute and chronic inflammation. These repeated stimulations can cause the collective tissues of the skin fold of the periphery of the anus to be proliferated and overgrown.

P: How can it be treated?

D: Since your hemorrhoid is in the inflammatory period, the steaming and washing method is better. Generally speaking, this method, together with an ointment for external use, can get a good result.

P: What kind of ointment shall I use? And how do I use it?

D: *Huanghan Gao*. Apply some to the affected part when it is heated and bathed with the steam and hot decoction.

Here is the prescription. Please go to the dispensary and get the medicine there.

P: Thank you, doctor.

1.7.3 Anus Fissure

Patient: Doctor, there is a burning pain in my anal region during bowel movements. And sometimes it hurts like the cutting of a knife.

Doctor: How long have you had this pain?

P: Over a year.

D: How are your bowels? Are they dry?

P: Yes. I have some difficulty in passing my motions.

D: Is it a continuous pain?

P: No. Sometimes it is serious and sometimes not. Recently, since I've been constipated, the pain has become more serious; Sometimes the pain can last one to two hours, which makes me feel restless. Now, I'm even afraid of having my bowel movements.

D: Is there any blood when you have your movements?

P: Sometimes there is, but only a small quantity.

D: What color is it?

P: Bright red.

D: Is the blood mixed with the stools?

P: No.

D: Please come with me to the next room, I'll examine your anus. At the back of your anus, there is a small prismatic ulcer. The affected surface is shallow but the border of it is both thick and firm. Around the fissure there is some congestion and edema.

P: Do I have hemorrhoid?

D: No. It is an anal fissure.

P: How was it caused?

D: It is because when someone is constipated, the dry stools often make the anus dilates beyond the normal extent, which causes the lacerated wound. Then after secondary infection, it gradually forms the chronic ulceration.

P: How can it be treated?

D: The principle of the treatment should be to replenish the vital essence and remove heat, loosen the bowels to relieve constipation. The medicine for internal use is *Runchang Tang*. Take one dose once a day after decocting it. The medicine for external use is *Shengj i Yuhong Gao*. You may also take a hip bath with *Kushen Tang* or with the decocted water of Chinese prickly ash and salt.

P: Is there anything else should I keep in mind?

D: Try to take more vegetables and fruits, avoid drinking and eating pungent food, and form a habit of having your bowel movements at regular time to keep the stools discharged freely.

P: The hip bath with chinese prickly ash and salt sounds easy to do. Can you tell me the recipe and how to prepare it?

D: Put 25g Chinese prickly ash and half a spoon of salt in half a basin of water, then put the basin on the stove and boil for 15 minutes. The hip bath is just to squat down on the basin for half an hour and use the steam of the hot decoction to heat the affected part. Twice a day is all right.

P: I'll try it.

D: Here is the prescription of the medicines for internal and external use. Please go to the dispensary and get them there.

P: I'll do as you say. Thank you, doctor.

1.7.4 Prolapse of Rectum

Doctor: What's your trouble?

Patient: I often feel that there is something dropping out of my anus whenever I have a bowel movement. At first, it could draw back itself after the movement, but now it drops as long as I have a cough or a posture to squat down. Sometimes it can't draw back until it is pushed back with hand or after I lie in bed for a while.

D: How long have you had this trouble?

P: Three years.

D: Are there any other uncomfortable feelings?

P: Yes. I often have the sensation of unfinished bowel vnovement or constipation. Besides, there is a feeling of pruritus around the anus.

D: Do you have an abdominal pain?

P: I often have a falling pain in the lower abdomen. And sometimes there is an aching distention in the lumbar region.

D: Please come to the next room, I'll examine your anus. Take off your trousers, kneel on the examination table and bend over. Oh, the dropping is the whole rectum with mild edema. It is firm and elastic. The anus is relaxed without any congestion, ulcer and bleeding. All right, the examination is over. You may get down and

go back to your chair.

P: Sure.

D: Please let me see your tongue. Oh, the tongue is pale with thin and white fur. I'll feel your pulse. It's small and weak.

P: Is it the prolapse of the anus?

D: Yes. It is also called prolapse of rectum. Generally, this disease can be divided into three degrees. According to your condition and the result of the examination, your case belongs to Degree II.

P: What's the cause of it?

D: It is due to the deficiency and sinking of *Qi* in middle-*Jiao* and the dysfunction of *Qi* in astringing, and all of them are the result of weakness and deficiency of *Qi* and blood.

P: How can it be treated?

D: The treating principle should be to invigorate *Qi* to attain the purpose of lifting up *Qi* in *middle-Jiao* and promoting the astringing function of *Qi*. The medicine for oral use is the modified *Buzhong Yiqi Tang*.Decoct and drink each dose once a day.

P: Is there any medicine for external use?

D: Yes, the medicine is the recipe of *Kushen Tang* and other three single ones, the Fructus schisandrae Pericarpium Granati Alumen, dried alum and Chinese gall. You should steam and wash this region twice a day after boiling.

P: Is there any other treatment for my disease?

D: Well, acupuncture and moxibustion can be used in your

case. You can go and see the doctors in the department of acupuncture and consult with them. If you are treated cooperatively with acupuncture, better result will be attained.

P: Thank you, doctor.

2 Dialogue on the Basic Knowledge of Traditional Chinese Medicine

2.1 The Four Diagnostic Methods

Student: How should we give treatment with traditional Chinese medicine?

Teacher: First, we should comprehend the disease through "the four diagnostic methods", then, we can make a comprehensive analysis, which will enable us to differentiate the "eight principal syndromes" in accordance with etiology, location of diseased *Zangfu*, pathologic changes of *Wei, Qi, Ying, Xue* and body fluid, determine the property of syndrome, work out the principle of treatment, perform appropriate therapy and make proper prescription. This is called "type and treatment", which is the basic method and course in the diagnosis and treatment of disease by traditional Chinese medicine.

S: What are the "four diagnostic methods"?

T: The diagnostic methods of traditional Chinese medicine are mainly by means of inspection, listening and smelling, inquiring and palpation. They are called the "four diagnostic methods" for short.

S: What is inspection?

T: Inspection is to make an objective observation of the patient's mental state, facial expression, complexion, physical condition, picture of the tongue and abnormal changes of excretions and secretions, so as to predict the pathological changes of the internal organs and to understand the disease.

S: Is it very important to observe the tongue?

T: Yes, there is a close relationship between the tongue and the internal organs. The channels of spleen and kidney connect to the root of the tongue and the tongue is the window of the heart. The coating appearing on the surface of the tongue can be steamed by stomach–*Qi*, Therefore, the state of *Zangfu* and changes of disease can be reflected by observing whether the tongue and the coating are normal or not.

S: What about the normal tongue?

T: The tongue proper is reddish and moist, agile in stretching withdrawing and rolling. The, normal coating is thin, white and clean, with moderate moisture.

S: What is listening and smelling?

T: Listening and smelling is one of the four diagnostic methods by using the doctors' auditory and olfactory functions, to differentiate the voice and smell given out by the patient. Listening and smelling is to judge mainly the voice high or low and odour, sour, foul, fishy, or rotten to differentiate cold, heat, deficiency and excess.

S: And what about inquiring, then?

T: Inquiring is to ask the patient or his or her companion about the date and cause of onset, course of the dis-

ease, self symptoms and other conditions necessary for differentiating the disease. This is one of the major methods for collecting materials for differentiation of disease.

S: Is feeling the pulse equal to palpation?

T: Palpation consists of two parts: feeling the pulse and taking the pulse. Taking or feeling patient's pulse, chest, abdomen, skin, hand and foot all pertain to the category of palpation.

S: It is rather difficult to grasp the pulse condition!

T: Palpation is the precious experience which has been accumulated over a long period of time in the practice of the predecessors. From the changes of pulse, we will be able to predict sthenia and asthenia of *Yin Yang* of the body, and growth and decline of body restance and the pathogenic factor.

2.2 The Eight Principal Syndromes

Student: What are the eight principal syndromes?

Teacher: The eight principal syndromes refer to *Yin, Yang*, exterior, interior, cold, heat, deficiency and excess.

S: What is the differential diagnosis in accordance with the eight principal syndromes?

T: It is the basic method of differential diagnosis by analyzing comprehensively the clinical data collected from the four diagnostic methods and further by explaining the nature with induction and site of pathological changes and the state of conflict between the healthy energy and the evil in the course of pathological

changes with the eight principal syndromes, i.e. *Yin*, *Yang*, exterior, interior, cold, heat, deficiency and excess.

2.3 Etiology and Pathogenesis

Student: What is etiology?

Teacher: Etiology is the pathogenic factors which can distroy the relative balance of human body and cause the uprise of disease.

S: How can a person catch a disease?

T: The incidence of disease involves two aspects: one is the dysfunction of the human body and relative weakness in the body resistance, the other is the influence of the evil to the human body.

S: What are "healthy energy" and "evil energy"?

T: "Healthy energy" refers to the vital function of the body and the ability of body resistance against diseases. It is called "healthy" for short. "Evil energy" refers to various pathogenic factors. It is called "evil" for short. The incidence and changes of disease are the reflection of conflict between the healthy and evil energy under certain conditions.

S: Does Chinese medicine pay much attention to the healthy energy of human body?

T: Yes, Chinese medicine believes that under ordinary conditions, when healthy energy of the body is in the state of abundance evil energy can not invade into the body, and the human body is not subject to disease. Only when the healthy energy of the body is compara-

tively weak and is not able to resist the exogenous evils, then, the evil energy would seize an opportunity to sneak into the body and encroach upon it, and disease will inevitably occur. That is, "when the healthy energy exists fully inside the body, the evil can not interrupt," "whenever the body is exposed to the evils, the vital energy must be deficient."

S: What are the common pathogenic factors?

T: Pathogenic factors which may cause disease are many and varied, such as six "excess" as exogenous factors, pestilence, internal damage of seven emotions, irregular diet and over-exertion, exogenous cold and injury by insects and animals as well as excessive sexual intercourse and blood stasis.

S: What are the six "excess"?

T: "Excess" here refers to over wind, cold, summerheat, dampness, dryness and fire which are called six climates under normal conditions. The six climates could become pathogenic factors and invade into human body only under the conditions of unusual climates and rapid changes or under the condition of decline of the body resistance. Under these conditions, the six climates are called six "excess".

S: What are the seven emotions?

T: Seven emotions are joy, anger, melancholy, anxiety, grief, fear and terror. Changes of the seven emotions belong to mental pathogenic factors.

S: How could these seven emotions cause disease?

T: Under ordinary conditions, seven emotions are the dif-

ferent reflections of human body to the objective outside world, which pertain to the normal category of mental activity, and would not lead to disease. Only sudden, severe and prolonged emotional stimulus can affect the physiological function of the human body, and make *Zangfu*, *Qi* and blood in disorder, finally, it will lead to the incidence of disease.

S: Do seven emotions and six "excess" lead to disease in the same manner?

T: No, they are different. Six "excess" are the pathogenic factors of exogenous disease and they encroach on human body mainly through mouth, nose or skin and hair, while seven emotions affect the related internal organs directly and cause disease. Therefore, they are also called "seven emotions of internal damange", and are one of the major pathogenic factors of internal injury.

S: Well, what is pathogenesis?

T: Pathogenesis refers to the mechanism of the incidence, development and changes of disease.

S: What is the general pathogenesis of the incidence of disease, then?

T: Although diseases are intricate and volatile in regard to its pathological process, they are nothing more than the following aspects: the confliction between healthy energy and evil, imbalance of *Yin* and *Yang*, abnormality in rise and fall. In the course of pathological changes, these aspects are often affected mutually and are closely related to each other.

2.4 *Zangfu, Qi,* Blood and Meridian

Student: What is *Zangfu*, please?

Teacher: *Zangfu* is the general term for the internal organs, including the five solid organs, the six hollow organs and the extraordinary fu–organs.

S: What are the five solid organs?

T: They are the heart, liver, spleen, lungs and kidneys.

S: And what are the six hollow organs?

T: Gall–bladder, stomach, large intestine, small intestine, sanjiao and urinary bladder.

S: What is the meaning of extraordinary fu–organs?

T: Extraordinaryfu–organs include the brain, marrow, bone, vessels, gall and uterus six organs. Although they are so called "*Fu*", they are different from the normal *Fu* in function, so, they are known as "extraordinary fu–organs".

S: What are the physiological functions of the five solid organs and hollow organs?

T: The main function of the five solid organs is to store vital essence and energy, while that of the six hollow organs are to receive and decompose the food, absorb and transport the body fluid, and transport and discharge wastes.

S: Do *Zangfu* in Chinese medicine have the same meaning as that in Western medicine?

T: Although the names of heart, liver, spleen, lungs and kidneys in *Zangfu* theory are the same with those in Western medicine, yet they have some difference as far

as their implications in physiology and pathology are concerned.

S: Why?

T: For instance, the functions of one *Zangfu* in Chineses medicine may include the functions of several organs in Western medicine. The functions of one organ in Western medicine may be scattered in the functions of several *Zangfus* in Chinese medicine. This is because *Zangfu* in Chinese medicine is not only a simple concept of anatomy, it is more important that they bear the concepts of physiology and pathology.

S: Now, would you please speak about *Zangfu* one by one?

T: Yes, I would like to.

S: Could you start from the heart?

T: Heart is "the organ of domination". The main functions of the heart are to control mental activities. blood and vessels. The facial complexion reflects the condition of the heart and the tongue is the aperture to the heart. Therefore, the heart in Chinese medicine, apart from representing an organ in anatomy, includes also the functions of circulation, blood central nerve as well as vegetative nervous system.

S: How about liver?

T: Liver is "the organ of marshalling" and does the scheming. The main function of liver is to master dispersion, store blood, and control the tendons. The nails reflects the condition of liver. The liver has its aperture in the eyes. Therefore, liver in Chinese medicine

basically includes the function of liver, gall, central nerve, vegetative nerve, blood system and visual organs in Western medicine.

S: What about the spleen?

T: The spleen is "the basis of constitution acquired after birth". The main functions of the spleen are to govern transportation and transformation, control blood and nourish the muscles and four extremities. The spleen has its aperture in the mouth and "its complexion is reflected on the lips". Therefore, the spleen in Chinese medicine includes the functions of digestion, absorption, metabolism of substance of body fluid and a part of blood circulation.

S: Well, how about the lungs?

T: The main functions of the lungs are to dominate *Qi*, control respiration, govern the discharge and letting out, make connection with outside skin and hair. The lungs also govern the purifying and lowering functions and clearing and regulating water passage. The lungs have their aperture in the nose. So, we can see that the lungs in Chinese medicine mainly refer to the respiratory system and have also the function of regulating the body fluid and blood circulation.

S: Now, the kidney, please?

T: The kidney is "the basis of congenital constitution". The main functions are to store essence, dominate growth and reproduction, govern water metabolism, reception of air, and control the bone, and produce marrow. The complexion of kidney is reflected by hair.

The kidney has its aperture in the ears, urethra and anus. The kidney in Chnese medicine includes basically the functions of urinary system, reproductive system as well as a part of hematopoietic endocrine and nervous system in Western medicine. Kidney has something to do with the disease related to these systems.

S: What is the difference of six hollow organs between Chinese medicine and Western medicine?

T: In the six hollow organs, the functions of gall–bladder, stomach, large intestine, small intestine, urinary bladder are generally similar to those in physiology of modern medicine, except sanjiao. Yet there are still some differences, for instance, the small intestine has something to do with the production of urine, the gall–bladder controls the power of decision and has something to do with the central nerve.

S: What is the relation between *Zang* and *Fu*?

T: *Zang* and *Fu* share a paired relationship of exterior and interior. *Zang* is *Yin, Fu* is *Yang, Yang* represents exterior, while *Yin* represents interior. *Fu* and *Zang, Yang* and *Yin,* coordinated with each other, and forms through the channels in network of collaterals. Thus, *Zang* and *Fu* share the relationship of exterior and interior.

S: Could you say a few words about it?

T: Yes, of course. The heart and small intestine, lungs and large intestine, spleen and stomach, liver and gall–bladder, kidney and urinary bladder, all form a

relationship of exterior and interior.

S: Now, could you explain what *Qi* is?

T: There are many versions about *Qi* in Chinese medicine. It is generally divided into *Qi* of the body and *Qi* of the natural world. *Qi* which we talk about as the *Qi* of the body, contains two implications: one is nutritive refined substance which constitutes human body and maintains activities of human life, such as *Qi* of water and food, inspired air etc, the other is the physiological function of internal organs and tissues, such as *Qi* of *Zangfu*, *Qi* of the channels, etc. However, these two kinds of *Qi* are related to each other. The former is the material base of the latter, the latter is the functional manifestation of the former.

S: What is *Xue?*

T: *Xue* is blood in Chinese. Traditional Chinese medicine considers that blood is transformed from the essence of water and grains. Blood is controlled by the heart, stored in the liver, dominated by the spleen, and circulates in channels and vessels. Blood has nourishing functions on the various organs of *Zangfu* of the whole body and is an indispensable nutritious substance for the human body.

S: What is meant by meridian?

T: Meridian is the general term for channels and collaterals. Channels, which has the meaning of "passage" are the longitudinal conduit of the meridian system. Collaterals, which has the meaning of "network", are the branches of the channels, a crisscross network

of collaterals spread all over the body and reach everywhere.

S: What is the function of the meridians?

T: Meridians are the important passage for circulating vital energy and blood of the whole body, connecting *Zangfu* with extremities and joints, linking the upper, lower, interior and exterior parts, and regulating the various parts of the body. With the extension of the extension of the meridians all over the body, and by way of regular circulation and intricate connection and intersection, meridians play an important role in joining the organs of the body, such as five solid organs, six hollow organs, four limbs and hundreds of bones, five sense organs, nine apertures, skin, muscle, tendon and pulse etc, into an unified entirety.

2.5 Principles of Treatment

Student: What are the principles of treatment?

Teacher: Principles of treatment are the rules for treating diseases, and are made out under the guidance of the concept of wholism and differentiation and treatment. To the clinical treatment, decision, prescription and selection of medicine, principles of treatment are the rules of treatment with universal significance of guidance.

S: What are the principles of treatment we commonly use?

T: Searching for the primary cause of disease in treatment, strengthening the body resistance and eliminating the evils, regulating *Yin* and *Yang* as well as

giving suitable treatment in accordance with seasonal conditions, and physque of an individual are the rules which we should abide by in the treatment.

S: What is searching for the primary cause of disease in treatment?

T: That is to seek the basic cause of disease and give due treatment according to the basic cause. This is the basic rule of differentiation and treatment.

S: Could you give us an example?

T: Yes, for instance, headache may be caused by exogenous cold, deficiency of blood, phlegm–dampness, blood stasis, hyperactivity of the liver–*Yang*. In treatment, you can not simply treat the disease by stopping pain, and should seek the cause of disease through an overall and comprehensive analysis and treat it by using the method of relieving exterior syndrome, nourishing the blood, eliminating dampness and phlegm, promoting blood circulation and removing blood stasis calming the liver respectively, so as to obtain satisfactory result.

S: What do you mean by strengthening the body resistance to eliminate evils?

T: Strengthening the body resistance is the reinforcement, which is used for deficiency–syndrome. Eliminating evils is the purgation, which is used for excess–syndrome. The cause of disease, in a sense, may be considered as the process of struggling between healthy energy and evil. The disease turns worse if the evil surpass the body resistance, while the disease turns better if the body resistance surpass the evil. Therefore, strengthening the body resistance to eliminate evil is to

change the relative strength of vital energy and evil, so as to make it beneficial to the total recovery of disease.

S: How is this rule applied?

T: Under ordinary conditions, strengthening the body resistance is applicable to the syndromes of weakened body resistance and evil in asthenia, with weakened body resistance as the principal contradiction, while eliminating the evil is applicable to the syndromes of evil in sthenia and weakened body resistance but not apparent, with real evil as the principal contradiction. Strengthening the body resistance and eliminating the evil simultaneously is applicable to the syndromes of weakened body resistance and evil in sthenia. But during the specific application, we should discern which one is the primary factor. When strengthening the body resistance and eliminating the evil are used simultaneously, we should stick to the rule of strengthening the body resistance without retaining the evil and eliminating the evil with no harm to the body resistance.

S: Why should treatment be taken in accordance with seasonal conditions, local conditions and physique of an individual?

T: Human beings are closely linked with the nature. The incidence and development of disease are influenced by the factors from various aspects, such as season, climate, geographical environment, people' s life habits, difference in constitution, the disparity of male, female, old and young. Therefore, all the factors from various aspects must be taken into consideration when the treatment is given. We make a specific analysis on

the specific case and deal with different cases in different ways, in order to make out an appopriate therapy. So, treatment should be given in accordance with seasonal conditions, local conditions and physique of an in dividual.

2.6 Method of Decocting Medicinal Herbs

Patient: What kind of utensils should be used when decocting medicinal herbs?

Physician: Generally the utensils we use are made of pottery, enamel or aluminium but iron pots are unsuitable, because some Chinese herbs have tannin or other chemical substances which may cause chemical reaction with iron and make the fluid of medicine turn black or produce sideeffects, and lower the curative effect. At present, earthenware pot with covers are commonly used. They are cheap in price and no chemical reaction will happen.

P: What kind of water should be used for decocting herbs?

P: Usually, we use running water, clean and clear well water, or river water.

P: What is the proper quantity of water to be added when decocting medicinal herbs?

P: It is determined by the degree of water absorbed by the herbs and the volume which the patient is to take, Generally, the proper volume of water being added should immerse the herbs or its level is a little higher than the herbs. More water is added for the

first dose and less for the second at one's discretion.

P: Should the medicinal herbs be washed and soaked before decocting?

P: No, there is no need to wash them. It is better to soak the herbs first, and make the herbs are soaked through.

P: How long is suitable for decocting medicinal herbs?

P: The time should be determined in accordance with the property and function of herbs. Generally, the herbs may be divided into three sorts:

herbs for relieving exterior syndrome, herbs for nourishing and common herbs.

P: How are the herbs for relieving exterior syndrome?

P: The time for decocting medicinal herbs for relieving exterior syndrome is longer for the first dose, 10–15 minutes after beginning to boil, and the same herbs can be bolied twice. for 5–10 minutes When decocting herbs, at first, a strong fire is to be used, then after boiling, a gentle fire, It's better to keep the fluid of herbs boiling gently.

P: How about common herbs and herbs for nourishing?

P: Common herbs will take longer for decocting than that for relieving exterior syndrome. And the time for decocting herbs for nourishing will be longer than for common herbs. Both of them should be better decocted by a slow fire, instead of intense fire.

P: What is meant by "intense fire" and "slow fire"?

P: Intense fire is strong fire and slow fire is gentle fire.

P: Shall the fluid of medicine be kept in the pot after boiling?

P: No, the fluid should be filtered immediately to discard the dregs and put it in a container for internal use.

P: How is the fluid of medicinal herbs taken?

P: Usually, the first dose and second dose are mixed together, and one half is taken each time.

P: What time would be better to take the herbs?

P: The herbs for nourishing are better to be taken with empty andomen early in the morning and late in the evening before going to bed. But those herbs irritant to the gastrointestinal tract should be taken after meals.

P: How does one take the herbs for tranquilization?

P: It's better to take them before going to bed.

P: Should the medicine be taken twice?

P: That depends on the condition of disease. You can take it just once, or you can take two galenicals in a day. Take it flexibly without limit of time.

P: What should I do in case of vomitting during taking medicine?

P: Take a little ginger juice or a piece of ginger before taking the herbs.

P: What should I do if I can not take it orally?

P: You can take it by nasal feeding.

P: Thank you, Doctor!

P: You are welcome.

3 Selections of Medical Record

3.1 Jaundice

Zhang × ×, male, 32 years old, a worker.

The patient felt unwell all over the body one week before he came to the hospital. He felt cold and had a fever at the onset. After administering the Chinese patent medicine, the fever abated, but he still had poor apppetite, nausea, vomit, aversion to greasy food, lassitude and fatigue, and yellowish skin. His yellowish and redish urine was like teawater, his stool was normal. In addition, there was pain under the right rib, and fullness of the abdomen.

Examination temperature: 37.5℃ , blood pressure: 125 / 85mmHg. sclera and skin of the whole body appeared yellowish, softness of abdomen, the liver lies 2 cm under the margin of rib with property of softness. tenderness (+), spleen(−).

Chemical examination: Thymol Turbidity Test 5 units, Glutamic−pyruric Transaminase 540 units, Van den Bergh's test showed reaction of dual−direction. Icteric index was 44 units.

Diagnosis Acute Icterohepatitis

Differentiation and Treatment

First visit: bright−colored jaundice, the complexion, the eyes and over the body appeared yellowish, yellow and greasy coating on the tongue, slippery and rapid pulse. These symptoms were caused by the accumulation of damp−heat. The disease would be best treated by removing heat to expel dampness, normallzing the

function of the gall–bladder and curing jaundice. So the recipe was given by *Yinchen Gao Tang* in addition to the other two ingredients.

Recipe: *Yinchen Gao Tang*

Ingredients:	Herba Artemisiae Scopariae	45 g
	Radix Pittospori	9 g
	Radix et Rhizoma Rhei	9 g
	Radix Isatidis	30 g
	Poria	15 g

Take decoction of the herbal medicine.

Second Visit: After taking five galenicals of the above reeipe, nausea was gone. His appetite a little bit increased, his temperature was 37.1℃ . There was no obvious improvement in other symptoms. The original rule was maintained in this second treatment.

Recipe: Eadix Salviae Miltiorrhizae 15 g was added to the first recipe.

Third Visit: After taking 12 galenicals of the above recipe, the jaundice mostly disappeared, pain under the rib had gone, but he still felt heavy in the liver region. His appetite was not good and still he felt the fullness of abdomen. He had loose stool, and his temperature dropped to 36.5℃ . His liver could be felt 1 cm under the region of rib. Chemical examination: Thymol Turbidity Test 4 units, Glutamic–pyruric Transaminase 100 units, Icteric Index 5 units. These results indicated that the interior–heat was mostly removed. Fullness of the abdomen, anorexia, loose stool were caused by the disturbance of spleen–dampness and the dysfunction of transportation and transformation. So, the patient was best treated by invigorating the spleen and promoting

diuresis.

Recipe: (ingredients):

Radix Pseudostellariae	15 g
Rhizoma Atractylodis Macrocephalae	9 g
Poria	12 g
Polyporus Umbellatus	9 g
Radix Aucklandiae	4.5 g
Fructus Amomi	6 g
(Put it in some minutes later)	
Pericarpium Arecae	9 g
Pericarpium Citri Reticulatae	6 g
Liuyi San	12 g
(mixed with the decoction)	

Take decoction of the herbal medicine.

Result: After taking eight galenicals of the above recipe continously, his stool became normal, appetite increased, fullness of the abdomen had gone. In order to consolidate the effect, the recipe was modified on the basis of the original one. The patient was asked to take six galenicals. His physique recovered and his chemical examination proved normal after administration.

(Extracted from 《Eighty cases of Medical Records of Traditional Chinese Medicine》 Compiled by HeBei New Medical University)

3.2 Hemoptysis

Duan × ×, male, 38 years old, a cadre.

first visit: He had anulcer disease, and a history of gastric hemorrhage. The stoolexamination showed occult blood was

possitive 20 days before. Because of his recent over–exertion, and in addition, he drank a cup of grape–wine after begin attacked by the cold in the rain when he was out side, he had a sudden hemoptysis and was in the state of lassitude. It was diagnosed as gastrorrhagia when he was hurriedly sent to the hospital. After 2 days' treatment spitting mouthfuls of blood could not be arrested. For fear that it would lead to gastric perforation, operation was determined to be done immediately or it would be too late, but unexpectedly, the patient's relatives didn't agree. After midnight, Mr. Pu Fuzhou was invited to make a prescription to arrest+bleeding. Mr. Pu said:" (hemoptysis for two days and nights and) if it is not perforated after being in the state of hemoptysis for two days and nights, it could be controlled by taking herbal medicine". The hemoptysis was caused by over–flowing of blood resulting from the attack of cold and the drink. So, the treatment could not be given by cooling the blood to arrest bleeding. It was better to give *Cebaiyie Tang* in 《JinKui YaoLue》 (Synopsis of Prescriptions of the Golden Chamber). It had the function of warming stomach–*Yang* and removing stasis and arresting bleeding.

Recipe: (ingredients):

Cacumen Biotae	9 g
Rhizoma Zingiberis Praeparata	6 g
Folium Artemisiae argyi	6 g

The thick herbal liquid was drained after decocting and mixed with 60 CC of infantile urine, then, taken little by little. The next morning, hemoptysis was gradually controlled. His pulse condition was sunken, thready and uneven, tongue was thin and without coating. Aside from the above recipe, Radix Panacis

Quinquefólii 12 g was added to supplement *Qi* and control blood, Radix Notoginseng 6 g was added (ground into powder and swallowed it) to arrest bleeding and remove stasis. The above herbal liquid was taken little by little. On reexamination the following day, bleeding was arrested. The patient became calm and wanted to sleep, he felt hungry and desired for food. However, he was in the state of general debility. Both of his right and left *Cun* pulses were weak, *Guan* and *Chi* pulses were sunken and weak. His tongue picture was thin and without coating. All these were signs of asthenia of *Qi* and deficiency of blood. But after a lot of hemorrhaging, it was a good sign that the pulse corresponded with the syndrome, In this case, the patient was best treated by warming and transporting spleen—*Yang* and nourishing *Ying*—blood, as well as removing stasis., Principally, we gave *Lizhong Tang* in addition to Radix Angelicae Sinensis and Radix Paeoniae Alba which could enrich the blood, and also added Radix Notoginseng to remove stasis. After the herbal medicine, he felt a little bit dizzy and had some tinnitus, his pulse condition was thready and rapid, which were caused by flaming–up of the asthenic heat. With the above recipe as a basis, we added Cortex Lycii Radicis 6 g and Nodus Nelumbinis Rhizomatis 9 g. The thick liquid of the herbal medicine decoct was drained and mixed with 60 CC of infantile urine. then taken.

Next visit: The previous syndromes relieved. His pulse condition was getting better, his appetite increased, too. But he was still in the state of general debility and without stool. Therefore, the appropriate recipe needed to supplement *Qi* and enrich the blood, nourish *Yin* to moisten dryness and to remove stasis.

Recipe: (ingredients):

Radix Ginseng Alba	6 g
Semen Biotae	6 g
Herba Cistanchis	12 g
Fructus Cannabis	12 g(dizen)
Radix Angelicae Sinensis Melo	6 g
Nodus Nelumbinis Rhizomatis	6 g
Pericarpium Citri Reticulatae	3 g
Fructus Crataegi	3 g

The thick decoction was drained from the above herbal medicine, then Colla Corii Asini (12 g) was dissolved in it and it was mixed up with 60 CC of infantile urine for internal use. It was taken four times separately. After taking the medicine, the accumulated stools were gradually discharged. He had a good appetite and good sleep. Stool examination showed occult blood was negative. The patient was asked to stop administration of medicine and take nourishing food instead, Thus, the patient recovered gradually.

Note The case mentioned above had the symptom of stomach–damage, and he didn't use to drink alcohol. However, this time he drank only because he was attacked by the cold. Blood over–flowing upwardly was due to the conflict between cold and heat. So, this case could not compare with that of hemoptysis due to excessive–heat. The proper treatment should be given by the rule of warming and descending with *Cebaiyie Tang*. Cacumen Biotae is light and clear with sweet and fragrant flavour, which has the function of clearing away heat and arresting. Cacumen Biotae combined with Rhizoma Zingiberis and Folium Artemisiae argyi which are marked by warmth. Infantile urine characterized by salty and cold was included in the recipe

had the function of keeping the adverse energy downwards and removing stasis. Since the therapeutic rules of warming and descending were applied simutaneously, bleeding was arrested after taking the herbal medicine. In another recipe, Radix Notoginseng and Radix Panacis Quinquefolii were added to supplement *Qi*, to remove stasis and to arrest bleeding. As a result, the scheduled operation was prevented. We learned a lot from this case. And after that, we tried to warm and transport spleen-yang with the rule of regulating middle warmer. This was because spleen-*Yang* is the governor of the middle warmer. By warming spleen-*Yang*, it meant to enrich blood. After administration, a little dizziness and tinnitus were seen, which were considered as flam-ing-up of the asthenic heat. So, Cortex Lycii Radicis was given to remove hurt from the blood and to resolve stagnation, Nodus Nelumbinis Rhizomatis was given to remove obstruction in the channels and stasis, infantile urine was included to descend the fire. All his symptoms had gone after administration. His pulse condition was quite normal and he could have a good sleep. The treatment ended by supplementing *Qi* and reinforcing blood, nourishing *Yin* and moistening dryness so as to observe the development. Mr. Pu pointed out that the case was not caused by pathogenic heat attacking the blood through channels. Therefore, the cold and cool method for arresting bleeding could not be applied in this case. If the cause of syndrome were not known and misused with the cold and cool method, the patient would be in great danger of obstruction of *Qi*.

(Extracted from 《Medical Records of Pu Fu-zhou》)

3.3 Apoplexy

Zu × ×, female, 30 years old, a commune member.

The patient had a history of hypertension. She had a sudden syncope two days age when she was working in the field. She had hemiplegia on the left side with a mental confusion.

Examination blood pressure 260 / 160 mmHg, unconsciousness, her left pupil became dilated, light reflex was absent, hemiplegia on the left side. The pressure of cerebrospinal fluid increased, and which showed homogeneous blood.

Diagnosis Western medicine: cerebral hemorrhage
Chinese medicine: apopletic stroke (middle *Zangfu*)

After admission, the patient had been given slow intravenous injection with 10 CC of 10% magnesium sulfate mixed with 40 CC of 25% glucose liquid, and also given intravenous drip with 50mg of chlorpromazine mixed with 500 CC of 10% glucose liquid. In addition, the patient was asked to take 4mg of *Jiangyaling* three times a day, There was no obvious improvement after treatment. It became aggravated at 11 o' clock the next day. Chinese herbal medicine was replaced in the treatment.

Differentiation and Treatment

First visit: It was manifested as trismus, unconsciousness, failure of response, abundent expectoration, hemiplegia on the left side and convulsion, flushed face and heavy breath, yellow and greasy coating on the tongue withwiry, slippery and strong pulse. This case was excess–syndrome of stroke due to hyperactivity of the liver–*Yang* and disturbance of phlegmheat and obstruction of the heat. It was best treated by removing heat

from the liver and expelling wind, clearing away heat to remove phlegm, removing the obstruction of the heart–orifice and waking up the patient from unconsciousness. We gave *Lingyang Gouteng Tang* and *Gepu Yujin Tang* which were modified.

Recipe: Modified Lingyang Gouteng Tang and Gepu Yujin Tang

(ingredients):	powder of Cornu Saigae Tataricae	3 g
	(mixed with the liquid)	
	Spica Prunellae	15 g
	Concha Haliotidis	30 g
	Ramulus Uncariae cum Uncis	12 g
	Scorpio	6 g
	Exocarpium citri Grandis	9 g
	Radix Achyranthis Bidentatae	30 g
	Rhizoma Acori Cranminei	15 g
	Semen Curcumae	9 g
	Bulbus Fritillariae Cirrhosae	6 g
	Concretio Silicea Bambusae	6 g
	Succus Bambusae	15 g
	(mixed with the liquid medicine)	
	Radix Glycyrrhizae	6 g

The patient take the medicine by nasal feeding after decocting it with water. At the same, the patient was asked to take *Zixue Dan* twice a day, 3 g. per time.

Second visit: After taking 2 galenicals of the above herbal medicine, her blood pressure dropped to 210 / 140 mmHg, phlegm decreased, but she was still in the state of mental confusion, convulsion, and her pulse was still wiry and rapid.

Recipe was given by the following herbs in addition to the

original: Rhizoma Coptidis 6 g, Fructus Cardenniae 6 g, Cortex Moutan Radicis 9 g. *Angongniuhuang Wan* took the place of *Zixue Dan*. Twice a day and one pill per time.

Third visit: After taking 3 galenicals of the above recipe, the patient became conscious and without phlegm. Her jaw was unlocked. Her blood pressure descended to 180 / 110 mmHg. The limbs of left side were able to move up and down. However, convulsions remained. Again, she was treated by nourishing the blood and *Yin*, and nourishing the liver to remove wind.

Recipe: (ingredients):

Colla Corii Asini	12 g
(to be melt by the liquid medicine)	
Radix Paeoniae Alba	15 g
Concha Haliotidis	15 g
Radix Rehmenniae	24 g
Lignum Pini Poriaferum	12 g
Caulis Trachelospermi	15 g
Concha Ostreae	15 g
Radix Achyranthis Bidentatae	24 g
Rhizoma Gastrodiae	12 g
Radix Glycyrrhizae Praeparata	6 g

The above herbal medicine was taken as a decoction.

Result: Convulsion had gone after taking 4 galenicals of the above recipe. Then we asked her to continue the administration for regulation and later observation. The patient had the intention of leaving the hospital and being given acupuncture treatment. We agreed.

Note Hemorrhage is manifested as sudden and severe onset with mental obstruction, paralysis of extremities, aphasia, which

pertain to apoplexy in traditional Chinese medicine. The above mentioned case definitely belonged to excesssyndrome of coma accompanied by heat syndrome according to the characteristic of the manifestations. So, the treatment was given by removing heat from the liver and expelling wind, clearing away heat to remove phlegm, removing the obstruction of the heart and inducing resuscitation. After she became conscious and her blood pressure went down, we tried to nourish *Yin* and blood, and nourish the liver to remove wind for prognosis.

(Extracted from 《Eighty cases of Medical Records of Traditional Chinese Medicine》 Compiled by Hebei New Medical University)

3.4 Melancholia

Li ××, female, 48 years old, a worker.

First visit: In recent years, the patient had a continuous headache. When it became severe, it would cause nausea, upsetness, irritabllity and liability to get angry, much suspicion, mental confusion as if there was frequent talking in the ears, and she would become more irritable after hearing if. Sometime times, she felt so upset that she wanted to cry. She slept badly and was frightened by nightmares. She also had tinnitus, dizziness, soreness of the waist, excessive leukorrhea, lassitude, lusterless complexion, thin and greasy coating on the tongue, and thready and rapid pulse. Although she had taken sedatives for a long time, there was no improvement. The above symptoms were caused by excessive sadness and consideration resulting in consumption of the heart–*Qi*, which accompanied with stagnation of

the liver–*Qi* and disturbance of wind–*Yang*. So, it was best treated by nourishing the heart to calm the mind and relieving the depressed liver.

Recipe: (ingredients):

Radix Glycyrrhizae Praeparata	9 g
Fructus Tritici levis	9 g
Fructus Ziziphi Jujubae	5 pieces
Radix Curcumae	9 g
Rhizoma Acori Graminei	9 g
Arisaema Cum Bile	9 g
Iron Scale	60 g
(decoct it before the others)	
Caulis Polygoni Multiflori	30 g
Scolopendra 6 pieces	
(swallow them in two separate doses.)	

Take 7 galenicals of the above recipe.

Second visit: She was in the menstruation period, irritabil, her headache less severe then during the previous menstruation period. The other symptoms remained generally the same as before. The talksing in the ears became less. During her second visit, she had a frequent urination with pain, Routine Urine Examination showed that white cells were seen here and there. She used to take Furantin tablets, but she felt uneasy in the stomach, so that she had stopped taking them. In this case, the doctor modified the original recipe.

Omit Fructus Ziziphi Jujubae and Rhizoma Acori Graminei, add Radix Scutellariae 12 g and Rhizoma Anemarrhenae 12 g. Take 7 galenicals.

Third visit: Morning headache had gone recently, afternoon

headache relieved compared with that in the past. There was some improvement in sleep, she could sleep for a while even at noon. Irritability became less, but talking in the ears still remained. Frequency of urination decreased. The treatment was given still based on the original principle.

Recipe: (ingredients):

Radix Glycyrrhizae Praeparata	9 g
Fructus Tritici Levis	30 g
Fructus Ziziphi Jujubae	5 pieces
Radix Curcumae	12 g
Radix Salviae Miltiorrhizae	12 g
Rhizoma Anemarrhenae	15 g
Iron Scale	60 g
(decoct it before the others)	
Caulis Polygoni Multiflori	30 g
Scolopendra	6 pieces
(swollow them in two separate doses.)	

Take 7 galenicals.

Fourth visit: Morning headache had not relapsed, and afternoon headache be came mild. Moreover, there was no severe onset although she was in her menstruation period. She had a good sleep during the night, and she could have a onehour nap. The talking in the ears became less since her previous visit. There was thin and greasy coating on the tongue and she had a thready but not rapid pulse. According to the case, the original therapeutic principle was maintained.

Recipe: (ingredients):

Radix Glycyrrhizae Praeparata	9 g
Fructus Tritici Levis	30 g

Fructus Ziziphi Jujubae	5 pieces
Radix Curcumae	9 g
Rhizoma Acori Graminei	9 g
Iron Scale	60 g
(decoct it before the others)	
Radix Salviae Miltiorrhizae	9 g
Caulis Polygoni Multiflori	30 g

7 galenicals. In addition, take *Duliang Pian* (which is made of powder ground from Radix Angelicae, one fen per tablet) 5 tablets three times a day.

Fifth visit: She had a better sleep, but still with dreams. When she felttired she would have a slight headache, with lusterless complexion, thready pulse and reddish tongue. The original was still maintained, but Rhizoma acori Graminei was omitted, and Radix Paeoniae Alba 15 g was added. 7 galenicals were taken.

Sixth visit: She had a slight headache only on the day before during the whole week. She had a good sleep and could sleep more than 9 hours round the clock. Vexation and dreaming were both reduced. But some times, she was not in good spirits. Talking in the ears had nearly gone, it occurred only occasionally at quiet hour. She became cheerful in sentiments. Her pulse was thready and with thin and greasy coating on the tongue. Again, the original rule was maintained and some herbs for supplementing *Qi* and replenishing blood were added.

Recipe: (ingredients):

Radix Glycyrrhizae Praeparata	9 g
Fructus Tritici Levis	30 g
Radix Codonopsis Pilosulae	9 g

Fructus Ziziphi Jujubae	5 pieces
Radix Paeoniae Alba	9 g
Radix Salviae Miltio rrhizae	9 g
Radix Polygalae Praerata	4.5 g

7 galenicals.

Note In accordance with the differential analysis, the patient in this case pertains to the category of " hysteria" "melancholia." Her sadness and excessive anxiety led to her consumption of the heart–*Qi* and insufficiency of *Zangyin*. It was said in 《Jin Kui Yao Lue》 (synopsis of Prescriptions of the Golden Chamber):" Hysteria of women would manifest as grief and desire for crying. It seems to be fancied as souls, and there is frequent yawns. This kind of disease could be principally treated by *Ganmai Dazao Tang*." The above mentioned quotation referred to this syndrome. The so–called " to be fancied as souls" didn't mean that there was a real "soul", it indicated that the patient might have various illusions like talking in the ears in this case. Therefore, Fructus Tritici Levis was given to nourish the heart–*Qi*, Radix Glycyrrhizae and Fructus Ziziphi Jujubae were given to relieve the emergency, Caulis Polygoni Multiflori, Arisaema Cum Bile, Rhizoma Acori Graminei and Radix Curcumae were given to calm the mind, induce resuscitation and relieve the depressed liver, Iron Scale and Scolopendra were given to calm the liver, and to stop the wind pain. She had "infection of the urinary system" at the second visit, so that Radix Scutellariae and Rhizoma Anemarrhenae were added to clear away the heat and eliminate dampness. After treatment, her headache was relieved from a severe pain to a slight one and whole–day headache to one slight pain in several days. Her sleep was getting better and

she could have naps All the symptoms were obviously abated or disappeared. After treatment for over a month, the lingering disease was gradually cured. Thus, her sentiment was turned from anxiety to joy.

(Extracted from 《Medical Records from Huang Wendong》)

3.5 Depressive Psychosis

Sun × ×, male, 32 years old, a fisherman.

The patient was a reticent person. He was sad, unhappy and restless, even failed to sleep the whole night through due to mental stimulation recently. He took a lot of sleeping pills (which medicine he took was not known), and he could sleep a bit after taking them. But he would have relapse sometime later.

During relapses He could not recognize anybody or find his way around. He would go to ditche when he came across them, and he would wade when he came across a stream. He was silent and suffered dementia. He had no desire for food and with much suspicion and terror. He often talked to himself and cried or laughed for no reason. He was in the state of amentia and was diagnosed as "Schizophrenia" by the local hospital.

Differentiation and Treatment

First Visit: The onset occurred five days ago. He looked slow-witted and melancholy. He muttered to himself and spoke incoherently. He couldn't help crying. He hadn't had passed any stool for three days. His pulse was wiry, slippery and strong. His tongue was light-red with yellow, thick and greasy coating. It was stagnation of *Qi* and accumulation of phlegm which was

caused by excessive anxiety that led to amentia and developed as depressive psychosis. So, the recipe was given by *Chaihu* and modified *Longgu Duli Tang*.

Recipe: (ingredients):

Radix Bupleuri	12 g
Radix Codonopsis Pilosulae	12 g
Radix Scutellariae	9 g
Rhizoma Pinelliae	9 g
Poria	12 g
Radix et Rhizoma Rhei	6 g
(put it in some minutes later)	
Rhizoma Acori Graminei	9 g
Radix Cuecumae	9 g
Concretio Silicea Bambusae	9 g
Os Draconis	9 g
Concha Ostreae	9 g
Rhizoma Zingiberis Recenns	3 pieces

Cinnabaris 1 g (mixed with the liquid)

Succinum 1 g (mixed with the liquid)

The above herbal medicine was taken as a decoction.

Acupuncture treatment was given on *Dazhui* point without retaining the neddle, *Shaoshang* points (both sides) with wliich moxibustion was also given simultaneously.

Second visit: His sleep was a little better the first night after administration of medicine and acupuncture were given simultaneously. After taking second galenical, he had a stool discharge, but it was seriously dry. There was some improvement in the muttering. His mind became clearer, and his appetite slightly increased. He was dispirited, listless and desired for sleep. His

yellow, thick and greasy coating had cheereased slightly.

Recipe: (ingredients):

Ramulus Cinnamomi	6 g
Arisaema Cum Bile	9 g
Caulis Bambusae in Taeniam	9 g

These herbs were added in addition to the original recipe. *Radix Codonopsis Pilosulae* was increased from 12g in the original 15g in this recipe.

Acupuncture treatment was given on *Yinbai* points (both sides) plus moxibustion, *Baihui* point which caused bleeding.

Third visit: After taking 5 galenicals of the herbal medicine, he became quite conscious. He could have a talk. He had a free stool discharge and normal urination. His appetite increased. His tongue coating had gradually gone and his pulse condition was getting normal. But he only felt listless and desired for sleep. Considering his physical condition was going to be asthenia, the treatment was given by modified *Shubqi Daotan Tang*.

Recipe: (ingredients):

Rhizoma Pinelliae	9 g
Poria	15 g
Pericarpium Citri Reticulatae	9 g
Radix Glycyrrhizae	6 g
Fructus Aurantii	9 g
Arisaema Cum Bile	9 g
Radix Aucklandiae	3 g
Rhizoma Cyperi	9 g
RAdix Curcumae	9 g
Rhizoma Acori Graminei	9 g
Radix Polygalae	9 g

Concretio Silicea Bambusae	6 g
Dens draconis	30 g
Alumen	0.3 g
Zhubo San	0.5 g
(mixed with the liquid)	

The above herbal medicine was taken as decoction.

Acupuncture treatment was given on *Yinbai* (SP1) points (both sides) and *Zhaohai* (KI6) points(both sides).

Fourth visit: After taking 10 galenicals of the above recipe, he became conscious. His memory had gradually recovered. He felt better in listless and desiring for sleep. His appetite increased, his urine and stool were normal. His tongue coating had already gone. His pulse condition was wiry and slow. This time modified *Wendan Tang* was given.

Recipe: (ingredients):

Rhizoma Pinelliae	9 g
Pericarpium Citri Reticulatae	9 g
Poria	12 g
Radix Glycyrrhizae	6 g
Fructus Aurantii Immaturus	6 g
Caulis Bambusae in Taeniam	9 g
Arisaema Cum Bile	9 g
Rhizoma Acori Graminei	9 g
Radix Curcumae	6 g
Os Draconis	30 g
Concha Ostreae	30 g
Zhubo San	0.5 g
(mixed with the liquid)	

The above herbal medicine was taken as a decoction.

Fifth visit: After taking 5 galenicals of the above recipe, he became fully conscious and he was in high spirits. He could make himself understood when he was talking. He had a good appetite and good sleep. He felt that there was phlegm in the chest and with a feeling of suffocation in the throat. There was redness—color on the tip of his tongue, with little and greasy coating. His pulse condition was wiry and a little bit slippery. Stagnation of phlegm had not gone. The original principle was maintained.

Recipe: (ingredients):

Rhizoma Pinelliae	6 g
Pericarpium Citri Reticulatae	9 g
Poria	15 g
Radix Glycyrrhizae	6 g
Fructus Aurantii Immaturus	9 g
Caulis Bambusae in Taeniam	9 g
Arisaema Cum Bile	9 g
Concretio Silicra Bambusae	9 g
Radix Curcumae	12 g
Rhizoma Acori Graminei	9 g
Ramulus Uncariae Cum Uncis	18 g
(put it in some minutes later)	
Powder of Succinum	0.5 g
(mixed with the liquid)	

The above herbal medicine was taken as a decoction.

Result: By follow—up survey, we knew that his illness became quite stable after taking 5 galenicals of the above recipe. After stopping the administration and recuperating for three months, he would be able to go to work. He had not had relapsed

for half a year so far.

(Extracted from 《Eighty-cases of Medical Records of Traditional Chinese Medicine》 Compiled by Hebei New Medical University)

3.6 Arthralgia-syndrome

Patient: Yang × ×, female, 15 years old.

She had an arthralgia and low fever for half a month. She was admitted into the hospital due to her high fever and severe arthralgia in the recent four days. She had a sore-throat before the onset. Half a month later, she had arthralgia on both knees. The pain was migrating to the ankle and accompanied with low fever. Having had a high fever for four days, she had perspiration, slight intolerance to wind, excessive thirst and the desire for drink. She had no appetite. It was manifested as severe arthralgia at the moment, it was swelling and pain on both knees and ankles. The skin-color was light-redness. All these affected her movement. And, she had reddish and heat urine.

Examination: The patient appeared to be acutely ill. Her tongue was slightly reddish with thin and whitish coating, throat congestion, swelling of the tonsil, slight rough breath in the lung, heartrate was 120 / second, and there was no obvious pathological murmur. The skin was burning-hot when the inferior of the liver and rib were touched. Her pulse condition was floating and rapid. There was no obvious abnormality in the total and classification of white cells on blood examination, sedimentation was 97mm / per hour, urine was normal.

Primary diagnosis: Rheumatic-fever of Arthralgia-syndrome (Acute Rheumatic Arthritis)

Recipe: (ingredients):

Ramulus Cinnamomi	6 g
Gypsum Fibrosum	30 g
Rhizoma Anemarrhenae	9 g
Radix Paeoniae Rubra	9 g
Radix Glycyrrhizae	4.5 g
Rhizoma Polygoni Cuspidati	15 g
Achyranthes Aspera	9 g
Semen Coicis	12 g
Caulis Lonicerae	30 g
Radix Gentianae Macrophyllae	9 g
Excrementa Bombycum	12 g (a packet)

After taking one galenical of the above recipe, her temperature went down. After 2 galenicals, her temperature was normal, swelling and pain of the joints also relieved. After we made some regulations on the recipe, the patient could get up and walk. The swelling was diminished and the pain relieved. Her illness had been turned better after 6 days' in hospital. She left the hospital and continued her treatment.

Note Redness and soreness of the throat were seen at the onset of this case. But she didn' t receive any treatment. Half a month later, she had arthralgia, and then, it manifested as redness and swelling of the joints, later, there was also high fever, excessive thirst and desired for drink. Pulse condition was floating and rapid, tongue proper was light reddish congestion in the throat. The disease was rheumatic fever of arthralgia–syndrome. Because of the insufficiency of healthy energy, and the body was attacked by wind, dampness and heat evils, they had blocked the channels and bone–joints. This would lead to unsmooth circulation of *Qi*

and blood. So redness and swelling and pain of bonejoints had occurred. When the wind evil of the exterior has not been driven away and in the case of overabundance of the interior–heat, we should at first get rid of the evils or prevent further attack by the exogenous evils may hide in the internal organs. First, we tried to eliminate wind, clear away heat and remove dampness in order to disperse the evils. The recipe was given by *Guizhi Tang* aside from Radix Cynanchi Atrati. In the recipe, Gypsum Fibrosum, Rhizoma Anemarrhenae and Radix Glycyrrhizae were used to clear away heat, Ramulus Cinnamoni and Radix Paeoniae were used to dispel wind and regulate the nutrient and defensive system, Caulis Lonicerae was used to clear away the heat in the channels, Radix Gentianae Macrophyllae combined with Ramulus Cinnamoni were used to dispel wind and remove obstruction in the channels, Semen Coicis and Excrementa Bombycum were used to eliminate dampness and remove obstruction in the channels, Rhizoma Polygoni Cuspidati was used to promote blood circulation, clear away heat and disperse arthralgiay–syndrome, Achyranthes Aspera was used to clear away heat and relieve sore–throat. Besides, the liquid of the herbs might go down to the lower joints to promote the effect.

〔Extracted from 《Internal Medicine of Traditional Chinese Medicine》
Published by Jiangsu People's Publishing House〕

3.7 Obstruction of *Qi* in the Chest

Wang × ×, female, 48 years old, a worker.

The patient had got a severe pain in the chest on the left side

for 4 hours and accompanied with palpitation and sweating owing to over–exertion.

Examination temperature 36℃, pulse 96 / minute, blood pressure 160 / 90 mmHg, breath of both lungs was clear, the heart enlarged slightly towards the left side, there was early heart–beat occasionally, and windish–like murmur of Ⅱ systole on the tip of the heart. It was examined by ECG as an acute inferior myocardial infection. There was ventricular anterior systole occasionally.

Diagnosis Western Medicine: coronary heart disease, acute inferior myocardial infarction.

Chinese Medicine: obstruction of *Qi* in the chest

Differentiation and Treatment

First visit: The patient felt strangulated and continuous pain at the precordium in the left chest, and the pain radiated to the left shoulder and back, shortness of breath, dizziness, weakness, palpitation, profuse sweating, coldness of the four extremities, pale and whitish tongue with thin and whitish coating, and sunken, thready and wiry pulse. All these are the syndromes of stagnation of *Qi*, blood stasis of the heart channel and prostration due to *Yang*–deficiency. The disease was best treated by the rule of warming *Yang* and supplementing *Qi*, promoting blood circulation by removing blood stasis as well as by the rule of inducing resuscitation and stopping pain.

Recipe: (ingredients):

Radix Aconiti Praeparata	9 g
Cortex Cinnamomi	6 g
Radix Ginseng Rubra	9 g

(decoct it individually and mix the liquid with that of other

herbs after decocting)

Semen Persicae	9 g
Radix Salviae Miltiorrhizae	9 g

The above herbal medicine was taken as a decoction. In addition, take one pill of *Suhexiang Wan* with warm and boiled water.

Second visit: After taking 3 galenicals of the above recipe, the pain greatly relieved. Fullness of the chest remained, the pain often came for a little while. She felt bitter taste in the mouth and had redish urine. Her tongue turned red, and she had wiry pulse. These were due to phlegm–heat and blood stasis stagnating at the heart channel. So we replaced the principle by clearing away heat and eliminating phlegm, promoting blood circulation by removing blood stasis.

Recipe: (ingredients):

Rhizoma Pinelliae	9 g
Radix Sophorae Flavescentis	9 g
Fructus Ttichosanthis	18 g
Semen Persicae	9 g
Flos Carthami	9 g
Pollen Typhae	9 g
Faeces Trogopterorum	9 g

The above herbal medicine was taken as a decoction.

Third visit: After taking 10 galenicals of the above recipe, fullness of the chest and chest–pain slightly relieved, but it had not been cured. She was in the state of shortness of breath, weakness and hyperhidrosis after movement. Tongue picture turned pale with sunken, wiry and weak pulse. Again, the treatment was given by warming *Yang* and supplementing *Qi*, promoting blood

circulation by removing blood stasis.

Recipe: (ingredlents):

Radix Aconiti Praeparata	3 g
Cortex Cinnamomi	3 g
Radix Ginseng Rubra	9 g

(decocted individually and taken after mixing the liquid with that of the other herbs after decocting)

Semen Persicae	9 g
Radix Salviae Miltiorrhizae	9 g
Radix Astragali Seu Hedysari	15 g

The above herbal medicine was taken as a decoction.

Result: After the patient had taken the above recipe for a month and a half, it was indicated on ECG that she had an remote inferior myocardial infarction. The symptoms had generally gone, so that the patient left the hospital.

Note This case, acute inferior myocardial infarction, pertains to obstruction of *Qi* in the chest, angina pectoris and precardial pain with cold limbs in traditional Chinese medicine. Its pathogenesis is insufficiency of the heart–*Yang* and blood stasis of the heart channel. It was so obstructed that prostration would occur due to *Yang*–deficiency. It may be the excess–syndrome of stroke interiorly and prostration syndrome exteriorly. Therefore, the patient must be immediately given Radix Ginseng, Radix Aconiti Praeparata and Cortex Cinnamomi to recuperate depleted *Yang* and controlling prostration, Ralviae and Semen Persicae were given to promote blood circulation by removing blood stasis as well as warming *Yang*, removing obstruction, inducing resuscitation so as to stop pain with *Suhexiang Wan*, At the second visit, her tongue turned red

and she had bitter taste in the mouth and reddish urine, which suggested that it had brought about heat. So Radix Sophorae Flavescentis Fructus Trichosanthis and Rhizoma Pinelliae were given to clear away heat and eliminate phlegm, *Shixiao San*, Semen Persicae and Flos Carthami were given to promote blood circulation by removing blood stasis. At the third visit, her tongue was pale, her fever had gone, but her pulse condition was sunken, wiry and thready. The treatment ended by the original principle of warming *Yang* and supplementing *Qi*, promoting blood circulation by removing blood stasis. After administration, the symptoms had nearly gone. She left the hospital owing to the indication of remote inferior myocardial infarction by ECG.

(Extracted from 《Eighty-cases of Medical Records of Traditional chinese Medicine》 Compiled by Hebei New Medical University)

3.8 Syndrome Characterized by Asthma

Wang × ×, male, 23 years old, a worker.

Chief complaint: Asthma had relapsed for nearly one month.

Case history: He had asthma for already 8 years. It would occur at any time no matter what season it was and what food he took and it would be especially aggravated at night. The patient was usually given treatment by Western medicine, but it only relieved if for the time being. When he was admitted into the hospital, he had cough, asthma and there was sound produced by the collection of sputum in the throat, which was likely to be blocked due to heavy breath. It was difficult for him to lie down on his back, he has lassitude and loss of appetite. After the onset one

month before admission, the patient had been injected Aminophyline, Adrenalin, and together with the application of block therapy. But the result was no good. So he was sent to the hospital to receive the treatment by Chinese herbal medicine.

Examination temperature 37℃ , pulse 80 / minute, breath 25 / minute, normal growth and development, moderate nutrition, pale complexion, having the appearance of an acute disease. His tongue was red with whitish coating, there were breath-sounds in both lungs, the heart(-), his abdomen was smooth and soft, the liver and spleen had not been affected.

Diagnosis Western medicine: bronchial asthma

Chinese medicine: syndrome characterized by asthma (cold-type)

Recipe: (ingredients):

Herba Ephedrae	3 g
Ramulus Cinnamomi	3 g
Herba Asari	3 g
Fructu Schisandrae	3 g
Rhizoma Zingiberis Praeparata	4.5 g
Radix Paeoniae Alba	12 g
Rhizoma Pinelliae Praeparata	9 g
Radix Glycyrrhize Praeparata	3 g

After taking one galenical of the above recipe, asthma stopped. Since he didn't continue to take the herbal medicine, asthma relapsed the day after. He breathed with his shoulder raised, and there was sound produced by the collection of sputum in the throat. He couldn't sleep all the night. There was whitish coating on the tongue and with rapid pulse. So, the original principle was maintained.

Recipe: (ingredients):

Herba Ephedrae	6 g
Herba Asari	3 g
Rhizoma Zingiberis Praeparata	3 g
Rhizoma Pinelliae Praeparata	9 g
Folium Ginkgo	9 g
Radix Glycyrrhizae Praeparata	3 g
Guangjubai	4.5 g
Cortex Mori Radicis	9 g
Semen Lepidii seu Descurainiae	6 g
Polyporus Umbellatus	12 g
Poria Rubra	12 g
Zijin Dan	0.1g

(take it after mixing it with cold boiled water)

After taking 2 galenicals, asthma was greatly relieved, and the other symptoms seemed to have vanished. After continuous administration of 9 galenicals of the above recipe, asthma was fully cured. The patient left the hospital.

Note The case was differentiated as asthma of cole–type at the primary treatment, so *Xiaoqinglong Tang* was given to warm the cold phlegm–retention and it proved to be effective. Except whitish coating on the tongue, the recipe would have the effect when sputum was white, greasy or clear and watery. But fluid–retention existed in the interior, which suggested deep root of the disease. Thus, in the course of treatment, development of the disease should be affended to and herbal medicine should also be modified in accordance with the syndromes. In the recipe of the second visit, Semen Lepidii seu Descurainiae, Polyporus Umbellatus, Poria Rubra, Cortex Mori Radicis were added ac-

cording to the adverseness of fluidretention and *Qi* accompanied with stagnated heat.

(Extracted from 《Internal Medicine》 4th Ed. of the textbook of Medical College for National Higher Education)

3.9 Psoriasis

Zhang ×, male, 31 years old.

Erythema and silver–white colored scale had been seen all over his body for three years. He had been treated in another city, but threre was no curative effect. In the last two months, the skin rash had obviously increased and the patient was intolerant to the itch.

Examination Disseminated skin damage was seen in a large area of the scalp, arm, and the two lower extremities. They were distributed symmtrically and appeared to be infiltrative thickening with dark–red of the bottom–color, which was covered with scale. It was also seen punctate red–colored skin rash with slight scale on the trunk and the forearm. His pulse condition was wiry and slippery. His tongue was purple–red with thin and whitish coating.

Diagnosis Chinese medicine: vitiligo. Western medicine: psoriasis. Differentiation: prolonged stagnation of wind and heat brought about fire, which consumed *Ying* and reattacked by the exogenous wind.

The rule of treatment removing heat from the blood and clearing away heat, and promoting blood circulation by removing the wind.

Recipe: (ingredients):

Radix Rehmanniae	30 g
Flos Sophorae	30 g
Radix Angelicae Sinensis	15 g
Rhizoma Anemarrhenae	9 g
Gypsum Fibrosum	30 g
Radix Arnebiae seu Lithospermi	30 g
Semen Persicae	9 g
Flos Carthami	9 g
Herba Schizonepetae	9 g
Radix Ledebouriellae	6 g
Periostracm Cicadae	6 g

Take the decoction of the above herbal medicine.

Second visit: After taking 5 galenicals, some of damaged skin had evidently improved. The itching sensation had also relieved and there was no new skin-rash. The patient was ordered to take 10 galenicals of the above recipe. It was noted that there was no relapse on follow-up survey three months later.

〔Extracted from 《Collections of Clinical Experience from zhu Ren-kang》 Published Oct. 1979. The People's Hygienie Publishing House〕

3.10 Vitiligo

Wang ×, female, 23 years old.

First visit: There had been a white patch on the forehead of the patient for almost three or four years. It had gradually developed in the last six months and expanded and enlarged to both

cheeks, it was as large as a palma at present. Everything was normal except the patch. There was thin coating on the tongue, her pulse condition was normal. It was caused by the incoordination of *Qi* and blood in the struggle of wind and dampness, The principle of treatment should be removing wind and dampness, regulating *Yin* and *Wei* and coordinating *Qi* and blood.

Recipe: (ingredients):

Herba Siegesbeckiae	9 g
Fructus Xanthii	9 g
Herba Spirodelae	9 g
Fructus Psoraleae	12 g
Rhizpma Ligustici Chuanxiong	9 g
Flos Carthami	9 g
Radix Angelicae Dahuricae	4.5 g
Ramulus Cinnamomi	3 g
Radix Paeoniae Rubra	12 g

Second visit: There was no obvious improvement after administration for one month. The color around the vitiligo appeared to be slightly purple. Her tongue was red with thin coating. Her pulse condition was normal. Since her prolonged disease had got into the channels, many more herbs for promoting blood circulation and removing blood stasis should added in order to remove stasis and wind and obstruction of channels.

Recipe: (ingredients):

the tip of Radix Angelicae Sinensis	9 g
Radix Paeoniae Rubra	15 g
Rhizoma Ligustici Chuanxiong	9 g
Cortex Moutan Radicis	9 g

Ramulus Cinnamomi	9 g
Zaocys	9 g
Cortex Dictamni Radicis	9 g
Fructus Kochiae	9 g
Herba Siegesbeckiae	9 g

Third visit: It was seen pigment layer in the middle of the vitiligo after administration for one month. There were 70% of pigmentation at the moment. The herbal medicine of the above recipe was taken continuously, and she was fully cured a month later.

〔Extracted from 《Collections of Surgical Experience》 Written by Gu Bo-hua, Published Aug, 1977,Shanghai People's Publishing House〕

3.11 Dermatasclerosis

Liu ×, male, 10 years old.

The patient had found that the lateral skin of the right thigh appeared to have streaks of solidness three years previously, and there wasn't any result after many treatment. The damaged skin enlarged gradually and he walked with a limp.

Examination It was seen that there was about a 7 × 13 cm of the skin which was as solid as a plank on the lateral part of the right thigh from the inferior to the popliteal fossa.

Differentiation wind and damoness obstructed the channels, and channels and collaterals were also stagnated, *Qi* and blood failed to circulate freely.

The principle of treatment removing obstruction in the channels to relieve stagnation, promoting blood circulation to

remove wind.

Recipe for making pills: (ingredients):

Radix Angelicae Sinensis	60 g
Radix Paeoniae Rubra	60 g
Rhizoma Ligustici Chuanxiong	30 g
Ramulus Loranthi	60 g
Radix Angelicae Pubescentis	60 g
Cortex Lycii Radicis	30 g
Flos Carthami	30 g
Ramulus Cinnamomi	30 g

The herbs should be ground into fine powder and refined for pills. Each pill weighed 6 grams. One pill taken each morning and evening.

Second visit: After administration, a large part of the damaged skin on the thigh became soft and he felt better than before when walking. The patient twas asked to take pills of the above recipe continuously.

Third visit: It was seen on follow—up survey that the damaged skin of the right thigh became soft and was getting normal. No atrophy was found. The patient said that he could run 200 metres or so. The pill—recipe was maintained, and two more herbs: Caulis Spatholobi 60 g and Epimedium Grandiflorum morr 60 g were added. They were ground into fine powder, and refined into pills.

Each pill weighed 6 grams. 2 pills a day were taken to consolidate the effect.

(Extracted from 《Collections of Clinical Experience from Zhu Ren—kang》 Published Oct, 1979. People's Hygienic Publishing House)

3.12 Dysmenorrhea

Che × ×, female, 22 years old, unmarried.

First visit: Dysmenorrhea occured when the patient had menstruation for the first time at the age of 16. It had been 7 years so far. Every time on the onset, she was given the painkiller to relieve pain, but the root of the disease had not been removed. Her menstruation cycle was quite normal, only with small quantity, pale color and small blood clots. During the period, she felt distension and tenderness in the lower abdomen, which was even worse when pressed and at the same time, it was accompanied with nausea, anorexia and loose stools, After menstruation, she had thin leukorrhagia, lumbar pain, fatigue, pale tongue with whitish and smooth coating, sunken and thready pulse. The disease was caused by deficiency and cold in the spleen and stomach and accompanied with blood stasis. Since her menstruation cycle was drawing near at that moment, she felt a falling–pain in the waist and abdomen, the doctor made a recipe for warming the middle–*Jiao* and invigorating the spleen as well as regulating *Qi* and blood.

Recipe: (ingredients):

Rhizoma Atractylodis Macrocephalae	9 g
Rhizoma Dioscoreae	12 g
Poria	12 g
Cortex Magnoliae Officinalis	6 g
Charcoal of Rhizoma Zingiberis Praeparata	9 g
Radix Saussureae Lappae	4.5 g
Radix Glycyrrhizae	4.5 g

Fructus Piperis Longi	9 g
Fructus Meliae Toosendan	12 g
Radix Paeoniae Alba	12 g
Herba Serissae	12 g
Rhizoma Corydalis	4.5 g
Zhifupian	3 g

3 galenicals to be taken after decocting the above herbs with water.

Second visit: Her menstruation cycle stopped the day before. Still her menstruation color was pale with small quantity. She felt less lower abdominal pain compared with that in the previous month, but she still felt discomfort with pressure. Her pulse condition was sunken and uneven and she had a pale tongue. According to the principle of "painkilling by obstruction–removing", she was given the recipe for promoting blood circulation to remove blood stasis.

Recipe: (ingredients):

Radix Angelicae Sinensis	12 g
Rhizoma Cyperi	9 g
Radix Paeoniae Rubra	9 g
Radix Bupleuri	9 g
Faeces Trogopterorum	12 g
Herba Serissae	12 g
Lignum Sappan	9 g
Fructus Piperis Longi	9 g
Rhizoma Ligustici Chuanxiong	6 g
Rhizoma Corydalis	4.5 g
Radix Linderae	6 g
Fructus Evodiae	4.5 g

Rhizoma Cyperi Praeparata	4.5 g

3 galenicals were taken after decocting the above herbs with water.

Third visit: Her abdominal pain had gone. Her menstruation cycle had stopped at the moment. Her pulse condition was becoming normal with thin and whitish coating. The patient was asked to take one pill of *Wenjing Wan* every morning, and half pill of *Erchen Wan* every afternoon. The patient should not stop the administration until three days before the menstruation cycle. The patient was asked to take 4 galenicals of the recipe given below.

Recipe: (ingredients):

Rhizoma Cyperi	9 g
Rhizoma Corydalis	4.5 g
Fructus Meliae Toosensan	9 g
Faeces Faeces Trogopterorum	9 g
Radix Paeoniae Sinensis	9 g
Radix Saussureae Lappae	4.5 g
Herba Serissae	12 g
Fructus Piperis Longi	9 g
Rhizoma Ligustici Chuanxiong	9 g
Radix Limderae	9 g
Rhizoma Atractylodis Macrocephalae	9 g

Note This case manifested as the lower abdominal distension and tenderness of the patient during the menstruation cycle, and accompanied with nausea, anorexia, loose stools, which resulted from deficiency and cold in the spleen and stomachm dysfunction of ascending and descending. Deficiency of the spleen–*Yang* would fail to warm the channels, and make

the *Qi* and blood circulation slow and stagnated. That was why her menstruation had less quantity with pale color and blood stasis, as well as abdominal pain with a version to pressure, Cold may bring about turbidity. That was the reason for thin leukorrhagia. Deficiency of the spleen may affect the kidney, so it was seen soreness and weakness of the waist and knees. In the first recipe, Rhizoma Atractylodis Macrocephalae, Poria, Cortex Magnoliae Officinalis, Rhizoma Zingiberis, Radix Aconiti Praeparata, Radix Aucklandiae, Fructus Piperis Longi were given to warm *Yang* and expel cold, to invigorate the spleen by normalizing the function of the stomach and spleen. This therapeutic principle aimed at treating the root of the disease, Rhizoma Coryualis, Fyuctus Meliae Toosendan and Herba Serissae were given to regulate *Qi* and activate blood, regulate menstruation and stop pain. This principle aimed at removing the symptoms of the disease, in addition, Rhizoma Dioscoreae was given to strengthen the lumbas and kidney, Radix Paeoniae was given to remove the stagnation of the liver and nourish the kidney. In this way, the liver would became normal, which could make it easy for ascending and descending of the spleen and stomach. At the second visit, the patient was just in the menstruation period, so the treatment was given particularly by regulating *Qi* to elminate blood stasis; nourishing blood to regulation. Abdominal pain ought to be arrested if her blood circulation and menstruation were to be regulated.

(Extracted from 《Selections of Medicaldialogue of Gynecological Records From Ha Li-tian》)

3.13 Morning Sickness

Zhang × ×, female, 25 years old, married.

First Visit: The patient had been pregnant for three months and manifested intolerance to the smell of food, fullness of the chest, vomitting after intaking. The vomitting consisted of sputum and food, She had listlessness and fatigue, just lying in bed and desiring no movement, suffering dizziness and vomiting when moving. She had sticky and bitter taste in the mouth, oliguria with yellowish urine, there was yellow and greasy coating on the tongue and wiry and slippery pulse. These symptoms were caused by heat–syndrome in pregnancy flaming up to the liver and phlegm–turbidity descending to the stomach. The treatment was given according to the principle of clearing away heat to eliminate phlegm and stopping vomiting by lowering the adverse flow of *Qi*.

Recipe: (ingredients):

Rhizoma Pinelliae	9 g
Poria	9 g
Caulis Bambusae In Taeniam	12 g
Folium Eriobotryae	15 g
Fructus Aurantii	9 g
Radix Satellariae	9 g
Exocarpium Citri Grandis	6 g
Caulis Perillae	6 g

Take 2 galenicals and draw from each galenical 200 milliliter of the liquid after decocting the above herbs twice with water and drink it 3 times seperately.

Second visit: After administration, the chest became quite

clear and she didn't feel dizzy and had no desire to vomit when getting up, sitting or moving. She could take some food as well. After she was asked to take two more galenicals of the above recipe, phlegm and fluid-retention were removed.

Note During the period of pregnancy, *Yin*-blood would flow down to nourish the new-born. Accumulation of blood and overabundance of *Qi*, as well as the heat syndrome in p egnancy would flow adversly upwardly following the *Qi* of *Chong* and *Ren* Channels. this would bring the phlegm to the stomach, and make the clear-*Yang* fail to come out from the seven orifices. So, it was seen as vomitting and phlegmretention. dizziness and blurring of vision, fullness sensation in the chest, poor appetite etc. Cheng Zhongling said: "During the period of pregnancy, the channels are blocked. Turbidity will go up to the clear-tract, which will lead to accumulation of phlegm in the middle part of the gastric cavity, dizziness, vomit, fullness sensation in the chest. This is called morning sickness." This statement could be regarded as the explanation of the pathogenesis of this case. The recipes were given by modified *Wendan Tang* and *Jupi Zhuru Tang*. In the recipe, the accumulated Radix Glycyrrhizae was omitted, while Caulis Pesillae and Folium Eriobotryae were added so as to supplement *Qi*. As a result, remarkable effect was received since the herbal medicine we prescribed were suitable to the pathogenesis of the disease.

〔Extracted from《Selections of medical-dialogue of Gynecological Records from Ha Li-tian》〕

3.14 Complication of Wind, Summer–heat and Dampness (Encephalitis B)

Chen × ×, female, 4 years old. Consultation on the 15th of August.

She had had a fever for 8 days, and was diagnosed as having encephalitis B after 5 days of admission. It was manifested as severe headache, restlessness, soporous state, her body temperature would come down when sweating, oliguria, and dry stools, pale tongue with whitish, yellowish and greasy coating. Her pulse condition was floating, slippery and rapid. Since the case was the complication of wind, summerheat and dampness, the patient was best treated by the principle of expelling wind, removing dampness and regulating the function of the three–*Jiao*.

Recipe: (ingredients):

Herba Agastachis Recens	6 g
Semen Armeniacae Amarum	6 g
Semen Coicis	12 g
Fructus Amomi Rotundus	3 g
Cortex Magnoliae Officinalis	6 g
Rhizoma Pinelliae Praeparata	6 g
Fructus Tribuli	9 g
Flos Chrysanthemi	6 g
Bombyx Batryticatus	6 g
Semen Sojae Praeparatum	9 g
Bulbus Allii Fistulosi	3 cun
(put it in some minutes later)	
Six–to–one Powder	15 g
(decoct it by putting them in a small cloth–sack)	

Herba Lophatheri 4.5g

Second visit on the 17th of August: There was a little sweat all over the body. Her temperature was normal. Headache had been fully relieved. Only her stools remained dry. According to the original recipe, Semen Sojae Praeparatum and Bulbus Allii Fistulosi were omitted and Massa Fermentata Medicinalis 4.5 g and Semen Arecae 4.5 g were added. She fully recovered after recuperating under medical treatment continuously.

Note The sick child had had a fever for 8 days, but there was no thorough swearing then. Her temperature would rise up at the time of inhidrosis. So, *Sanren Tang* and *Congchi Tang* were given to activate and disperse the stagnation and to regulate the function of three *Jiao*. Severe headache was caused by abundant summerheat and wind, so, Fructus Tribuli, Bombyx Batryticatus and Flos Chrysanthemi were given. She sweated all over the body after the administration, her temperature, her headache was arrested. She was fully cured by the treatment.

(Extracted from 《Medical Records from Pu Fu-zhou》)

3.15 Convulsion due to Wiud-warmness and Phlegm-heat

A child named Xu had had a fever for 6 days, and manifested as uneasy sweating, cough, and shortness of breath. There were sounds produced by the collection of sputum in the throat, gritting of his teeth and frequent convulsions. There was thin, greasy and yellowish coating on the tongue. His pulse condition was slippery

and rapid which was not good. His fasciat stria was purple which had already come to the *Qi* pass. The previous doctor had made the disease even worse by prescribing Cornu Antelopis, Gypsum Fibrosum and Ramulus Uncarlae Cum Uncis, etc. The disease was caused by invisible wind–warmth and visible phlegm–heat which blocked the lung and stomach. This lead to dysfunction of descending. The heat of *Yangming* was in the interior, the warmth of *TaiYin* failed to resolve. Though he seemed to have convulsion, in fact he didn't. It was the heavy syndrome of acute asthmatic attack in children. So it was not suitable to treat *Jue–Yin* only. It was crucial at that moment. There was little chance of the patient's life without prescribing the right remedy for his illness. Modified *Maxing Shigan Tang* was given and we hoped that this dangerously ill child could be saved.

Recipe: (ingredients):

Herba Ephedrae	3 g
Semen Armeniacae Amarum	6 g
Radix Glycyrrhizae	3 g
Gypsum Fibrosum	9 g
Xiangbei	9 g
Concretio Silicea Bambusae	6 g
Radix Curcumae	3 g
Fresh Herba Lophatheri	30 pieces
Pieces Succus Bambusae	15 g
Rhizoma Phragmitis (remove the joints)	30 g

Second visit: After taking the modified *Maxing Shigan Tang*, it was a good sign that the fever of the patient was relieved, his teeth gritting and convulsions had stopped. But cough, adverseness of *Qi*,

sound produced by the collection of phlegm in the throat still existed. His pulse condition was slippery and rapid. His fasical striae decreased. His dry mouth made him desire for drink, oliguria with reddish urine. It was wind–warmth, and phlegm–heat that obstructed the lung and stomach interchangeably. Since the obstructions were not easily thoroughly removrd, the patient needed further treatment.

Recipe: (ingredients):

Herba Ephedrae	3 g
Semen Armeniacae Amarum	9 g
Radix Glycyrrhizae	3 g
Gypsum Fibrosum	9 g
Xiangbei	9 g
Radix Curcumae	3 g
Concretio Silicea Bambusae	6 g
Fructus Aristolochiae	4.5 g
Semen Benincasae	9 g
Succus Bambusae	15 g
Rhizoma Phragmitis (remove the joints)	60 g

Third visit: After taking *Maxing Shigan Tang* twice, the fever of the patient relieved, his breath was normal, gritting his teeth and convulsion were gone. It was only manifested as cough, excessive phlegm, dry mouth and desire for drink oliguria with reddish urine, slightly loose stool with yellowish color. This suggested that the wind–warmth has been resolved exteriorly, the phlegm–heat had the tenfency of coming down. His pulse condition was still slippery and rapid. The remaining heat hadn't all been driven away. In addition, the patient was very young and weak, so we could not

give a heavy prescription; a light one was better at that moment.

Recipe: (ingredients):

Periostrcum Cicadae	2.5 g
Chuan Xiangbei	4.5 g
Flos Lonicerae	9 g
Folium Mori	9 g
Medulia Tetrapanacis	2.5 g
Semen Armeniacae Amarum	9 g
Radix Polygalae Praeparata	1.5 g
Fructus Forsythiae	4.5 g
Semen Benincasae	9 g
Radix Trichosanthis	9 g
Fructus Aristolochiae	4.5 g

Juice of Eleocharis Tuberosa a wine–cup.

Note According to the records of the case, the chief symptoms of the patient were cough, obstruction of phlegm, shortness of breath, gritting his teeth and convulsion. Undoubtedly, it was the complications of Hand *Tai–Yin* and Foot *Jue–Yin,* but why was the patient aggravated and continued to have frequent convulsion after repeatedly taken Cornu Antelopis and Ramulus Uncariae cum Uncis, which were for relieving heat from the liver and removing wind? However, after the patient had taken *Maxing Shigan Tang*, his fever relieved, his breath, gritting teeth and convulsion were gone. Why? This was because the origin of the disease was due to phlegm–heat blocking the lung and stomach although convulsion was the sympcom of the liver–channel. So, *Maxing Shigan Tang* was given to clear away the lung–heat. In this way, convulsion could be controlled even it was not the herb to cure the convulsion. We must search for the primary cause of disease in treatment,

so that we can receive perfect results.

〔Extracted from 《Medical Records from Ding Ganren》〕

3.16 Flaccidity Syndrome

Wang x, male, 6 years old.

Complaint: The patient had had a fever for 3 days. After treatment, the fever was gone. But on the fourth day, both the lower limbs were found unable to stand and move, and he was admitted into the pediatric Department in a hospital. The patient was diagnosed as poliomyelitis on admission. Doctors from acupuncture department were invited to have a consultation.

Examination clear mind and normal body, but lusterless complexion, anorexia and loose atools, flaccidity of both lower limbs, the right was even worse than the left. Red tongue with thin and yellowish coating. His pulse condition was soft and slight moderate. Chinese medicine diagnosed it as flaccidity syndrome.

The rule of treatment Principally, the treatment was given by the rule of clearing away heat, resolving dampness and dispersing evils, and combined with strengthening the spleen and nourishing the kidney.

Dazhui (DU 14), *Jiaji*(EX−B2) on limbosacral, *Pishu*(BL 20), *Futu*(ST 32), *Zusanli*(ST 36), *Jiexi*(ST 41), *Weizhong*(BL 40), *Yanglingquan*(GB 34), *Xuanzhong*(GB 39), and *Taixi*(KI 3) were selected and to be tapped with a seven−star needle, once a day. After acupuncture treatment with the above prescription for 18 times, the patient was able to have free movement and without sequela.

Note This case was caused by the existance of dampness−heat in the

interior, which steamed *Yangming* and consumed the body fluid. The fascia was in the state of flaccidity because fascia and channel lost the nourishment of body fluid. If we talk about the superficiality and origin of the disease, dampnessheat was the superficiality; consumption of body fluid was the origin. Since the disease was newly–occured, the treatment was given chiefly by treating the superficiality so as to remove the evils and not to retain the evils any longer. At the time of dispersing exogenous evils, the primary cause of disease must be dealt with. *Dàzhui*(DU 14) was for clearing away heat and dispersing the superficial evil; *Yinlingquan*(SP 9) and *Pishu*(BL 20), which are the "He–sea and back Shu" points of the spleen, respectively were for invigorating and transporting the spleen, by this way, dampness–heat could be resolved; *Futu*(ST 32), *Zusanli*(ST 36), *Jiexi*(ST 41), and *Neiting*(ST 44) are points in the channel of Foot *Yangming*. By acupuncture on these points, it could lead dampness–heat to come out from the channel tract of *Yangming*; *Jiaji* on the lumbosacral was beneficial for the kidney and flaccidity of the lower extremities; *Taixi*(KI 3) is the "Shu–Stream" point in the Kidney Channel of Foot *Shaoyin*, which was also for treating flaccidity and nourishing the kidney. By doing this, the patient could have free circulation of the kidney *Qi*. So, the technique of "skin needling" and "shallowneedling" indicated in 《Ling Shu》 (Miraculous Pivot) were applied in the above treatment. That was to tap the acupoints with seven–star needle. This was the most suitable way, so that the patient fully recovered.

(Extracted from 《Selected Medical Records on Modern Acupuncture》)

3.17 Facial Paralysis

Ma × ×, male, 45 years old.

Complaint The patient took a long–distance bus for two consecutive days a fortnight ago, when his head and face were attacked by the cold–wind, he began to feel slight dizzy and pain, and after that, numbness of the face was seen on tbe right side, and he couldn't close his right eye completely, the liquid would flow out from the right angle of his mouth while drinking, the food would remain inside the right cheek while eating. He was sent to the local hospital immediately after the onset. There was no visible result after oral administration and injection of Vitamin B1 for several days. In this case, he came to our hospital to receive treatment.

Examination thin configuration and constitution of the body, slight swelling of the face on the right side, smooth forehead–striae, incomplete closing of the right eye, nasolabial groove became shallower, prolapse of the right angle of mouth which sloped to the left. Skin on the right side was cold. Sense of heat was present but thigmesthesia became weak, there was incomplete closure of the right lip while pouting the cheeks. He had poor appetite, normal urine and stools, thin and whitish coating on the tongue with floating and moderate pulse.

The rule of treatment Acupuncture treatment was given with reinforcement chiefly in the channel of *Hand* and *Foot Yangming*, and combined with warm moxibustion on related "Back–Shu" points of *Zangfu*, and also tapping of the facial channels on the diseased side with a plum–blossom needle, in order to promote flow of *Qi* and blood circulation, and to expel wind and remove obstruation in the channels.

First visit: *Hegu*(LI 4), *Renzhong*(Shuigou)(DU 26), and *Fengchi*(GB 20) points were selected by tapping the area around the right eye and the circulation region of the facial channels with a plum-blossom needle.

Second visit: The patient said the numbness of the right eye and face on the right side had been relieved, closing of the eye became better, deviation of the mouth had improved. According to the above principle of treatment, choose *Zusanli*(ST 36), *Yifeng*(SJ 17), *Quanliao*(SI 18), acupoints and give warm moxibustion on *Yangbai*(GB 14), *Dicang*(ST 4) and *Pishu*(BL 20) points.

Third visit: The swelling of face on the right side had gone, closing of the right eye had greatly improved, epiphora induced by wind had relieved, deviation of mouth, the flowing of liquid, the remaining of food inside the mouth was less of a problem. He had a better appetite, thin and moist coating on the tongue with floating and moderate pulse. All this indicated *Qi* and blood in the channels began to circulate, but the wind-evils hadn't been all expelled. Since the channeis on face of the right side still lost its nourishment, deviation of the mouth couldn't be improved. According to the original principle, we choose *Hegu*(LI 4) *Dicang*(ST 4) penetrating *Jiache* (ST 6), and give warm moxibustion on *Ganshu*(BL 18), *Pishu*(BL 20), to dredge the channels and regulate *Qi* and blood.

Fourth visit: Clear expression on the face, normality of the right musculi faciales, visible forehead-striae, complete closing of the eye, visible nasolabial groove, no deviation of the mouth, no problem of food remaining inside the mouth. He had a good appetite, thin and moist coating on the tonguewith moderate pulse condition. Since the obstructions in the channels had been removed, *Qi* and blood had begun to circulate, that is to say, wind-evil had

already been expelled, and the channels had already got the nourishment, so all the symptoms had gone. *Zusanli*(ST 36) was chosen again to regulate *Qi* and blood as the termination of the treatment. In addition, the patient was asked to take some moxa sticks back home to receive moxibustion everyday on *Zusanli*(ST 36) *Hegu*(LI 4), *Ganshu*(BL 18), *Pishu*(BL 20), so as to strengthen the vital energy of *Yangming*.

He was fully cured seven days later.

Note The physique of this patient was weak, in addition, he was attacked by cold–wind. Thus, the channel *Qi* of the face was in disorder. The disease occured owning to the the channels and muscle failing to be nourished. This syndrom was different from the deviation of the mouth caused by wind–evil accumulating *Zangfu* or the result of other diseases. Acupuncture treatment could give good result on such kind of disease. *Yangming* channel is the channel with much blood and *Qi*, it can promote *Qi* to circulate in the three *Yang* channels. The three *Yang* channels are distributed on the head and face. Therefore, the treatment should be given chiefly by the points on *Hand* and *Foot Yangming*, and combined with the relevant points distributed on the eyes and face. These points could directly regulate *Qi* and blood of affected side. Warm moxibustion on *Pishu*(BL 20) and *Ganshu*(BL 18) could strengthen the function of *Qi* and blood, fascia and muscle. Tapping the acupoints on the diseased side with a plumblossom needle could directly dredge the *Qi* and blood in the channels in order to expel wind. Deviation of the mouth could be cured since the vital energy was in good order and wind–evil was expelled.

(Extracted from 《Selected Medical Records on Modern Acupuncture》)

3.18 Supracondylar Fracture of Humerus

Wang × ×, male, 11 years old.

The child slipped due to carelessness when he was recing in the street. His left hand was seriously hurt it hit the ground, and a sound could he heard at that moment. As a result, his elbow joint was unable to move. He was examined then after taking off his clothes. A curved swelling was seen on the left side of the elbow joint, which he was unable to move. He was diagnosed by fluoroscopy as having bone–fracture when he was sent to the hospital.

Examination It was seen through inspection that there was visible swelling and deformation on the left elbow with partial blood stasis. The supracondylar deviated to the posterior. There was a clear rubbing sound when feeling the bone by technique. X–ray showed supracongylar fracture of Humerus, the distal margin was total displacement towards the posterior.

Diagnosis Supracondylar fracture of Humerus

Treatment Face–to–face traction should be done by two assistants, so that the fascia bone could be extended. The doctor should stand at the diseased side of the patient and cover the supracingylar protion with his both hands circled, the both thumbs aimed at the protruding part of the lower margin, and the other fingers hold tightly the upper margin (while the assistants were doing traction) with the application of lifting the upper and pressing the lower. At the time of doing this, the sound of fracturereduction could be heard. Next, the diseased limb was made gradually to come to flexion and to the right angle. Deformation of the bone

had vanished at that moment. There was no sigh of apophysis on the following examination. The joint could move freely when doing passive exercises, which suggested that reduction had succeeded.

Postoperative treatment: Add pressure at the lower fractured margin of posterior of the supracongylar fracture. Apply anti-inflammatory agent exteriorly and bandage by forming 90° angle of the elbow joint, and fix the elbow joint with a fixator, then let him carry it on the neck with a three-angled cloth. Finally, examine whether the fixator is tight or not; whether pulse-beating is normal or not; how the diseased limb was progressing, as well as whether there were any symptoms of nervous system trouble. 37 days later, the reduction was shown by X-ray to be good. The fractured bone had already fused. The flexion of the elbow-joint proved perfect when the patient came to the hospital for examination 3 weeks later.

(Extracted from《Chen's Osteopathy》)

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临床会话

序

《英汉实用中医药大全》即将问世，吾为之高兴。

歧黄之道，历经沧桑，永盛不衰。吾中华民族之强盛，由之。世界医学之丰富和发展，亦由之。然而，世界民族之差异，国别之不同，语言之障碍，使中医中药的传播和交流受到了严重束缚。当前，世界各国人民学习，研究、运用中医药的热潮方兴未艾。为使吾中华民族优秀文化遗产之一的歧黄之道走向世界，光大其业，为世界人民造福，徐象才君集省内外精英于一堂，主持编译了《英汉实用中医药大全》。是书之问世将使海内外同道欢呼雀跃。

世界医学发展之日，当是歧黄之道光大之时。

吾欣然序之。

中华人民共和国卫生部副部长
兼国家中医药管理局局长
世界针灸学会联合会主席
中国科学技术协会委员
中华全国中医学会副会长
中国针灸学会会长

胡熙明

1989 年 12 月

序

中华民族有同疾病长期作斗争的光辉历程，故而有自己的传统医学——中国医药学。中国医药学有一套完整的从理论到实践的独特科学体系。几千年来，它不但被完好地保存下来，而且得到了发扬光大。它具有疗效显著、副作用小等优点，是人们防病治病，强身健体的有效工具。

任何一个国家在医学进步中所取得的成就，都是人类共同的财富，是没有国界的。医学成果的交流比任何其他科学成果的交流都应进行得更及时，更准确。我从事中医工作 30 多年来，一直盼望着有朝一日中国医药学能全面走向世界，为全人类解除病痛疾苦作出其应有的贡献。但由于用外语表达中医难度较大，中国医药学对外传播的速度一直不能令人满意。

山东中医学院的徐象才老师发起并主持了大型系列丛书《英汉实用中医药大全》的编译工作。这个工作是一项巨大工程，是一种大型科研活动，是一个大胆的尝试，是一件新事物。对徐象才老师及与其合作的全体编译者夜以继日地长期工作所付出的艰苦劳动，克服重重困难所表现出的坚韧不拔的毅力，以及因此而取得的重大成绩，我甚为敬佩。作为一个中医界的领导者，对他们的工作给予全力支持是我应尽的责任。

我相信《英汉实用中医药大全》无疑会在中国医学史和世界科学技术史上找到 x 它应有的位置。

中华全国中医学会常务理事
山东省卫生厅副厅长

张奇文

1990 年 3 月

出 版 前 言

中国医药学是我中华民族优秀文化遗产之一，建国以来由于党和国家对待中医药采取了正确的政策，使中医药理论宝库不断得到了发掘整理，取得了巨大的成绩。当前，世界各国人民对中国医药学的学习和研究热潮日益高涨。为促进这一热潮更加蓬勃的发展，为使中国医药学能更好地为全人类解除病痛服务，就必须促进中医中药在世界范围内的传播和交流，而要使这一传播和交流进行得更及时、更准确，就必须首先排除语言障碍。因此，编译一套英汉对照的中医药基本知识的书籍，供国内外学习、研究中医药时使用，已成为国内外医药学界和医药学教育界许多人士的迫切需要。

多年来，在卫生部门的号召下，在"中医英语表达研究"方面，已经作出了一些可喜的成绩。本书《英汉实用中医药大全》的编辑出版就是在调查上述研究工作的历史和现状的基础上，继续对中医药英语表达作较系统、较全面的研究，以适应中国医药学对外传播交流的需要。

这部"大全"的版本为英汉对照，共有 21 个分册，一个分册介绍论述中国医药学的一个分科。在编著上注意了中医药汉文稿的编写特色，在内容上注意了科学性、实用性、全面性和简明易读。汉文稿的执笔撰写者主要是有 20 年以上实践经验的教授、副教授、主任医师和副主任医师。各分册汉文稿撰写成后，均经各学科专家逐一审订。各分册英文主译、主审主要是国内既懂中医又懂英语的权威人士，还有许多中医院校的英语教师及医药卫生部门的专业翻译人员。英译稿脱稿后，经过了复审、终审，有些译稿还召开全国 22 所院校和单位人员参加的英译稿统稿定稿

研讨会，对英译稿进行细致的研讨和推敲，对如何较全面、较系统、较准确地用英语表达中国医药学进行了探讨，从而推动整个译文达到较高水平，因此，这部“大全”可供中医院校高年级学生作为泛读教材使用。

这部“大全”的编纂得到了国家教育委员会、国家中医药管理局、山东省教育委员会、山东省卫生厅等各部门有关领导的支持。在国家教委高等教育司的指导下，成立了《英汉实用中医药大全》编译领导委员会。还得到了全国许多中医院校和中药生产厂家领导的支持。

希望这部“大全”的出版，对中医院校加强中医英语教学，对国内卫生界培养外向型中医药人才，以及在推动世界各国人民对中医药的学习和研究方面，都将产生良好的影响。

高等教育出版社

1990年3月

前　言

《英汉实用中医药大全》是一部以中医基本理论为基础，以中医临床为重点，较为全面系统、简明扼要、易读实用的中级英汉学术性著作。它的主要读者是：中医药院校高年级学生和中青年教师，中医院的中青年医生和中医药科研单位的科研人员，从事中医对外函授工作的人员和出国讲学或行医的中医人员，西学中人员，来华学习中医的外国留学生和各类进修人员。

由于中国医药学为我中华民族之独有，因此，英译便成了本《大全》编译工作的重点。为确保译文能准确表达中医的确切含义，我们邀集熟悉中医的英语人员、医学专业翻译人员、懂英语的中医药人员乃至医古文人员于一堂，共同翻译、共同对译文进行研讨推敲的集体翻译法，这样，就把众人之长融进了译文质量之中。然而，即使这样，也难确保译文都能尽如人意。汉文稿虽反映了中国医药学的精髓和概貌，但也难能十全十美。我衷心地盼望读者能提出批评和建议，以便《大全》再版时修改。

参加本《大全》编、译、审工作的人员达 200 余名，他们来自全国 28 个单位，其中有山东、北京、上海、天津、南京、浙江、安徽、河南、湖北、广西、贵阳、甘肃、成都、山西、长春等 15 所中医学院，还有中国中医研究院，山东省中医药研究所等中医药科研单位。

山东省教育委员会把本《大全》的编译列入了科研计划并拨发了科研经费，山东省卫生厅和一些中药生产厂家也给了很大支持，济南中药厂的资助为编译工作的开端提供了条件。

本《大全》的编译成功是全体编译审者集体劳动的结晶，是各有关单位主管领导支持的结果。在《大全》各分册即将陆续出

版之际，我诚挚地感谢全体编译审者的真诚合作，感谢许多专家、教授、各级领导和生产厂家的热情支持。

愿本《大全》的出版能在培养通晓英语的中医人才和使中医早日全面走向世界方面起到我所期望的作用。

主编　徐象才

于山东中医学院

一九九〇年三月

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说　明

本书是大型系列丛书《英汉实用中医药大全》的第 21 分册。

本分册共有临床各科会话，中医基本常识会话和医案三章；采用患者与医生、学生与教师、患者与患者之间的对话形式，用英汉两种语言简述了内科、外科、骨科、妇科、儿科、针灸、推拿和痔瘘各科某些疾病的临床表现、检查诊断、辨证论治和处方用药，四诊、八纲、病因病机等中医基本常识，以及中医专家长期总结的某些疾病的医案。旨在帮助读者提高中医临床的英语会话能力。在编译过程中充分尊重了英、汉两种语言各自的表达习惯。

本分册的编译工作得到了许多专家、教授和朋友的帮助。山东中医学院的张志刚副教授等帮助校阅了汉文稿，天津医学院的 John Han 教授和新西兰朋友 John Black 帮助审校了英文稿。

编　者

1 临床各科会话

1.1 内科

1.1.1 感冒

患者：医生，我觉着身上很冷。

医生：身上痛吗？

患者：周身酸痛。

医生：有多长时间了？

患者：从昨天开始的。

医生：是啊，昨天，天气突然变冷，有许多人穿衣服少，都感冒了。

患者：我也是穿的衣服少，昨天晚上回家后，就周身酸痛。

医生：测测体温吧！

患者：我昨天晚上测过，38℃。

医生：现在再测一下。

患者：好。

医生：你头痛吗？

患者：头痛。

医生：鼻子不大通气吧？

患者：是啊，光流鼻涕。

医生：是什么样的？

患者：流清水，还打喷嚏。

医生：咳嗽吗？

患者：有点咳嗽，不严重。

医生：身上有汗吗？

患者：一点汗也没有，周身发紧。

医生：嗓子痛吗？

患者：不痛。

医生：你还没吃药？

患者：昨天感到不舒服，还认为是变天的原因，今天仍不见好，所以，才来找您给看看。

医生：伸出舌头，我看一看。舌质淡红苔薄白。

患者：我还觉着口中无味。

医生：让我诊一下你的脉。脉是浮紧，从脉象和舌象看都说明你感冒了，是受风寒的原因。

患者：体温还高吗？

医生：不算高，37.7℃

患者：我需要吃退烧药吗？

医生：现在体温不高，但到晚上如要高起来，可以吃点退烧药。

患者：我每次感冒吃两付汤药就好了，请您还是给我开两付汤药吧！

医生：好，我给你开两付。

患者：还是银翘散吗？

医生：不是。是荆防败毒散。

患者：为什么不用银翘散呢？

医生：因为你这次是风寒感冒，银翘散是治风热感冒的。

患者：煎药的方法一样吗？

医生：一样。火要急，时间短，不然药的有效成份就跑掉了。

患者：噢，同是感冒，但是类型不同，用药也就不一样了。

医生：对，虽同是感冒，类型是不一样的，不只有风寒感冒、风热感冒、还有暑湿和时疫感冒呢。

患者：我懂了，谢谢你的指教。

1.1.2 头痛

患者：我患头痛病已经5年了，经常服止痛药也不除根，想请您看看，用中医治疗一下。

医生：好！你感到哪个部位痛？

患者：左侧头痛。

医生：怎么痛法？是胀痛、灼痛、还是刺痛？

患者：是刺痛。

医生：疼痛与天气变化有关吗？比如：受风以后疼重，或天热后疼重？

患者：没关系。劳累生气后痛重，发作时象锥刺一样，一跳一跳的痛。有时还伴有恶心，欲呕吐。

医生：一直固定在这个位置吗？

患者：是的。

医生：到别的科看过吗？

患者：到神经科看过，做过多次检查，都说是神经性头痛，服药后还是常常发作，后来干脆不吃药了。

医生：这么长时间，你服过中药治疗吗？

患者：我怕苦，所以一直没服中药。

医生：针灸过吗？

患者：也没有。

医生：有外伤史吗？

患者：5年前，晚上骑自行车跌倒，头碰破了，几天就好了，也没在意，以后就落了个头痛的毛病。

医生：就是碰的左侧吗？

患者：是的。

医生：你睡眠好吗？

患者：平时可以，一犯了头痛病，则睡眠欠佳。

医生：你的脉沉涩，舌质紫黯，苔薄白。

患者：医生，我这是怎么回事？

医生：你这是外伤引起的瘀血头痛。因为瘀血阻络，血滞不

行，不通则痛的原因。

患者：服什么药?

医生：我给你开个活血化瘀的通窍活血汤，瘀血得通，疼痛自然缓解。

患者：需要服多长时间的药?

医生：5年之痼疾，需服一阶段的药，具体时间则根据服药后效果而定。

患者：我明白了，再见。

1.1.3 咳嗽

(老师在门诊带学生见习)

患者：医生，近几天我咳嗽，夜晚不能入睡。请您给看看，想用点中药。

老师：过去你有支气管炎吗?

患者：没有。只是感冒时，才出现咳嗽。

老师：你觉着又感冒了吗?

患者：前几天，我感冒了，服点治感冒的药，发烧退下来了，但是咳嗽总不好。

老师：你咳嗽吐什么痰?

患者：只是干咳，不见有痰。

老师：一点也没有?

患者：偶尔有点痰、也是很粘稠的。

老师：鼻子干燥吧?

患者：是啊，嗓子也很干，我吃了点梨，稍好一点。但是解决不了根本的问题。

老师：喝水多吗?

患者：多，还总是嗓子干。

老师：是否头痛。

患者：有点头痛。

老师：同学们，大家看看这个病人舌象。

学生：老师，舌质是红的，苔薄黄，你说对吗？

老师：对！但是，你还应注意一下，这个病人的舌是否缺乏津液。

学生：是的、舌苔不只薄黄，而且少津。

老师：诊一下脉。

患者：好！

学生：老师，他的咳嗽是由于外感引起的吗？

老师：是外感引起的。但他现在的咳嗽主要还属肺热咳嗽。

学生：那么，他的脉象还浮吗？

老师：脉象不浮，而是数脉。

学生：为什么燥热会引起咳嗽呢？

老师：肺为娇脏，而今又是秋燥当令，燥热伤肺、肺津受灼，所以就要咳嗽。

学生：为什么没有痰呢？

老师：肺的津液被燥热耗灼，哪还会有痰呢？

学生：燥热咳嗽的机理我明白了，那该怎么治疗呢？

老师：你们想想中医的治疗原则，说说看。

学生：肺热津亏，那就要清肺热，润燥生津了。

老师：对。

学生：老师，让他服桑杏汤可以吗？

老师：可以，用桑杏汤是对症的。

患者：我需要吃几剂呢？

老师：先取 3 剂，每剂中加两个梨皮，与药同煎。

学生：老师，此方剂中为何要用梨皮呢？

老师：因为梨皮能清热润肺生津，可以止咳呀？

患者：什么样的梨好呢？

老师：当然还是渣少汁多的好。

患者：我照你说的去做，再见。

师生：再见！

1.1.4 喘证

医生：您是刚入院的病人？

患者：是的，刚住进来。

医生：看您，坐着都喘不过气来，口唇发紫，得马上吸上氧气。

患者：好！我憋的真受不了，胸口堵得慌。

医生：你这次患病几天了？

患者：7天了。

医生：过去就有喘病吗？

患者：是的，我得病已十几年了，每年冬季就发作，一般都咳嗽2～3个月，一年比一年重，近几年不但咳嗽，还添了喘，夜里睡觉躺不下，只好坐着。

医生：现在感觉好点吗？

患者：吸上氧好多了。

医生：咳嗽吐什么痰？

患者：是黄粘痰，咳嗽半天才吐一点。

医生：发烧吗？

患者：发烧3天了，有时高达38℃。

医生：你是不是感冒了？

患者：象是感冒了。7天前，我早上出去觉得冷，回来就头痛，晚上周身酸痛。

医生：服过药吗？

患者：经常吃药，这次犯病又在家注射了两天青、链霉素针。

医生：感觉好些吗？

患者：觉不出来，有抗药性了。

医生：让我先诊查一下，你的两肺满布干性罗音，肺底可听到湿罗音。

患者：大夫，我刚做过肺部透视，说是支气管炎合并感染、

肺气肿。

医生：来诊一下脉，看看舌象。

患者：医生，我想痰好吐了，喘也就减轻了，能给我祛痰吗？

医生：你这是痰热阻肺、肺失肃降而引起的喘。

患者：那怎么办呢？

医生：应该清热化痰，宣肺平喘。服中药治疗。

患者：好，那针还打吗？

医生：继续打吧！配合治疗效果更好。

患者：吃中药，谁给我煎药呢？

医生：您先休息一会儿，我去给你开个方子，请护士给您煎好了送来。

患者：那太好了，给你们添麻烦了。

1.1.5 哮证

患者：医生，听说你们开展冬病夏治的工作，是吗？

医生：是的，我们正在研究哮喘病人的缓解期的治疗。

患者：我患有哮喘病，现在没发作，想请您给治疗可以吗？

医生：可以，您患哮喘病几年了？

患者：已经十几年了。

医生：是冬天发作呢，还是夏天？

患者：是冬天发作，夏天遇到感冒也会发作。但是不厉害。

医生：你觉得是什么原因使你容易犯病？

患者：常常是感冒。

医生：当你嗅到特殊气味的时候，哮喘发作吗？

患者：不明显。

医生：过去你是怎么样治疗的？

患者：初时，服用一些氨茶碱和消炎药，喘的就轻。病久就不管用了。

医生：你最近的治疗呢？

患者：我最近哮喘一发作，服药效果不明显，只有输液打针才能控制。

医生：你现在还常感冒吗？

患者：现在感冒少，冬天才严重呢。这几年，冬天把我折腾苦了，几乎没有一天是好受的。

医生：现在我们研究哮喘缓解期的治疗，对你是很适合的。

患者：在不发作时，治疗能起作用吗？

医生：防患于未然吗！在未发病的时候，提高人的抗病能力，就能使疾病减少发作或不发作。

患者：有好了的病人吗？

医生：有好多病人，采取了冬病夏治的方法，病情明显好转，体质好了，病也就少发，或不发了。

患者：看来是有道理的，我要坚持这个方法。

医生：那好，让我给你检查一下。

患者：好。

医生：你容易感冒，平时出汗多吗？

患者：汗多，还怕风，遇风就感冒。

医生：噢，你的脉象细弱，舌质淡红,苔薄白，一派肺虚症状。

患者：怎么治疗？

医生：用玉屏风散以补肺固卫，我们有配好的散剂，你可以按说明服。

患者：需要服多长时间。

医生：要坚持一个夏天。

1.1.6 胃脘痛

患者：医生，我胃痛病又犯了。

医生：多长时间了？

患者：一周。

医生：怎样引起来的？

患者：一周前，因吃凉饭，犯了胃痛，至今不好。

医生：你感到怎么痛，是胀痛？刺痛，还是隐痛？

患者：是隐隐作痛。

医生：吐酸水，嗳气吧？

患者：吐些清水，不吐酸水。嗳气。

医生：饭前痛，还是饭后痛？

患者：饭前胃内隐隐作痛，吃了饭就好点。

医生：痛的时候，喜温喜按吧？

患者：喜欢用手按，用热水袋，热敷痛轻。

医生：大便怎么样？

患者：大便稀，每日 1—2 次。

医生：你的胃脘痛经常发作吗？

患者：近 5、6 年，每年秋冬季节就发作。

医生：你做过检查吗？

患者：今年，在外院作钡餐透视，诊为十二指肠球部溃疡。

医生：你做过什么治疗？

患者：吃过胃仙 U，胃复安等药，疼痛也能减轻。我一同事与我一样的病，在你们医院治好的，有 2 年没犯病了，我也想吃点中药。

医生：我看看你的舌象，舌质淡，苔薄白，再切切脉，脉沉细弱。

患者：大夫，你看，这就是我同事吃的方子，我按这个方子吃行吗？

医生：你吃饭是喜欢凉，还是热？

患者：当然是热的，吃点凉的就胃痛。平时水果我都不敢吃。

医生：你这同事吃的是丹参饮，他大概是瘀血胃痛，所以吃这个方子减轻，而你属于虚寒胃痛。治法应当温中健脾，而不应活血化瘀，行气止痛。你应当服黄芪建中汤。

患者：怎么一样的病，不一样的治法？

医生：这就是中医辨证施治的根本，这是同病异治，虽然都是十二指肠球部溃疡，就有不同的治疗原则。

患者：中医治病太灵活了。

医生：你吃完药后，请及时来看看。

患者：谢谢您。

1.1.7 呃逆

患者：大夫，我不停的打嗝，真难受。

医生：你深吸一口气，憋一会，看看能止住吗？

患者：这个方法我用过，止不住。他们还突然拍我一下，吓我一跳，这个方法也不起作用。

医生：那你打嗝几天了？

患者：三天了，一声接一声，还那么响。连话都没法讲了。

医生：你的大便秘结吗？

患者：大便干结已经一周了。

医生：小便有什么改变？

患者：小便很黄。

医生：你口臭，我嗅到了。

患者：是啊，别人也这么说。

医生：你口干吗？嘴里有味吧。

患者：我觉着口苦，口总觉着干。

医生：喜饮水？

患者：喜欢。

医生：多不多？

患者：一天两暖瓶。

医生：你是浸茶喝的？

患者：不是，我喜欢喝凉开水。

医生：平时喝酒吧？

患者：是的，常喝，但这次喝的多了点。

医生：你常喝什么酒？

患者：白酒。

医生：你也爱吃辣的吗？

患者：我也常吃辣椒，一般吃饭离不开辣味。

医生：你的脉象滑数，舌苔是黄的。

患者：我到别的医院就过诊，说是膈肌痉挛。

医生：吃药了吗？

患者：吃了，是药片。

医生：有效吗？

患者：开始有点作用，后来就不管用了。

医生：你饮酒太多了。

患者：与饮酒有关系？

医生：是的。

患者：饮酒会打嗝？

医生：因为你平常多食辛辣及醇酒厚味、胃热壅盛，气机不能下降，上逆为呃。

患者：那我怎么治疗？

医生：得给你清胃泻热，降逆止呃。

患者：能治好吗？

医生：这不是什么难治之病。

患者：听说呃逆频发不好。

医生：你是单纯性呃逆，是实证，胃火得降就会好的。

患者：我父亲病重时，怎么打了几天嗝就死了。

医生：那是病重后期危象，是胃气将败之兆，与你不同。

患者：我明白了。

医生：这次我给您治好以后，你要注意以下几点。

患者：哪几点？

医生：从今以后，少饮酒、少食辛辣之物。

患者：还有什么？

医生：再就是注意不要生气。

患者：生气也有关系？

医生：是的。

患者：那我一定注意。

1.1.8 胁痛

患者：大夫，我低烧有半个多月了。

医生：体温都在多少度？

患者：下午在37.5℃～37.8℃。

医生：咳嗽吗？

患者：不咳嗽。

医生：关节痛吧？

患者：全身疲乏，肌肉酸软无力，不疼痛。

医生：两胁疼痛吧？

患者：右胁下疼痛。

医生：怎么痛法？

患者：右胁下胀痛，也有点灼热感。

医生：有时后背部也痛吗？

患者：对，也痛。

医生：你喜欢吃油腻的食物吗？

患者：不能，吃点就恶心。我现在基本上不吃荤菜。

医生：一天能吃几两饭？

患者：2两左右。

医生：你吐过吗？

患者：干恶心，没吐出来。

医生：口苦吗？

患者：口苦，就象含着黄连一样。

医生：是否胀肚子？

患者：胀，嗳气后稍舒服点。

医生：嗓子干吧？

患者：干。

医生：喜欢饮水吧？

患者：不愿意多喝水。

医生：大小便是否正常？

患者：大便干、小便黄。

医生：过去你也这样发作过吗？

患者：二年前，我也同样发作过一次，当时体温高，在38℃～39℃，胁痛也重。

医生：当时，你做过检查吗？

患者：做过十二指肠引流。

医生：结果怎么样？

患者：大夫说：患了急性胆囊炎。

医生：怎样治疗的？

患者：住了两个月的院，静脉用的消炎药。

医生：出院后情况怎么样？

患者：出院后右胁经常隐痛，开始还吃消炎药，时间长了，什么药也没服用。

医生：我看你已患了慢性胆囊炎，这次又发作了。

患者：你说的对。

医生：你的舌质是红的，苔黄腻，脉弦数。

患者：这说明什么？

医生：结合症状，说明你湿热蕴结于肝胆，属于胁痛范畴。应该清热，疏利肝胆。

患者：请大夫开方吧！

医生：用大柴胡汤治疗。

患者：我一定做到按时服药。

(附：病房的病员对话)

李：老王，你是刚住进来的吧？

王：是啊，今天刚入院。

李：你是什么病？

王：胆结石，是做 B 超确诊的。你呢？

李：咱俩一个样，我也是胆石症。

王：你住了多长时间了？

李：一个多月了。

王：治疗效果怎么样？

李：很好，我已排出 20 多块石头了。

王：噢，我现在痛的厉害，痛起来真要命。

李：发烧吗？

王：前几天发烧、现在不烧了。

李：你胁痛吧？

王：是啊，右胁撑胀着痛。觉着肩背也撑胀作痛。

李：你的症状和我来时差不多。

王：开始你也是这样？

李：是的，我比你重多了，入院时发冷，发烧，胆绞痛，还有黄疸。

王：那你治疗的不错啊！

李：是的，石头下来一部分，黄疸就消退了。病也好多了。

王：我看你服药还真行，一大碗药，几口就喝下去了。

李：我是怕手术，听说中药能排石，才来治疗的。不做手术，再不吃药还能行，恨病吃药吗！

王：是啊，我也是不愿做手术，来吃中药排石的。

李：你的石头范围有多大？

王：范围 2.5×1.5 厘米，说是形如米粒大小堆积而成的。

李：是泥砂样的。

王：不知吃药能排出来吗？

李：能，我听说泥砂样的更好排。

王：那就好，我就有希望了。

李：你放心吧，既来之，则安之吗。

王：那，大夫怎么给排石呢？

李：喝汤药，叫什么排石汤，是通过研究组成的。药味不多，效果很好、有效率达 70%～80%呢。

王：你喝了几付就开始排石头了。

李：喝了七付就排出一块小的。

王：以后越排越大？

李：不，有大的，也有小的。已经排出 20 多块了，最大有 1.0×0.9cm 大小。

王：你快有希望出院了。

李：是的，再坚持一段时间，把石头排干净。

王：我也得象你这样树立信心。

李：你也没问题，只要配合好。

王：怎么个配合呢？

李：听从大夫、护士的治疗、要坚持筛大便，看有石头排出吗？

王：这好办。

1.1.9 虚劳

患者：请大夫给我看看病。

医生：你说说，觉得怎么不舒服呢？

患者：我一吃饭就腹胀，嗳气。

医生：是不是吃的多了点？

患者：不是，吃的少时也这样。

医生：每次吃完饭都这样？

患者：是的，有时还觉心口窝疼，坠的慌。

医生：有几年了？

患者：已经有 3 年了。

医生：你需要做胃肠钡餐透视，明早 8 点空腹到放射科去检查。

患者：医生，这是钡餐透视报告。

医生：噢，是胃下垂。

患者：我感到疲乏无力。

医生：你的脉是很弱，舌质也淡。

患者：有时我还脱肛。

医生：你是脾胃虚弱，中气下陷，属中医虚劳范畴。用中药补中益气汤会给你治好的。请放心吧！

患者：谢谢你。

医生：不用谢。你这是常见的病，如果能配合针灸，升提中气，效果会更好。

患者：那我就也吃药，也针灸吧！

医生：很好。

1.1.10 痢疾

(老师带见习学生)

老师：同学们，这个病人，中医诊断为痢疾，西医诊断为特发性溃疡性结肠炎。经两个月的中药治疗，效果很好，你们可以问问病史，有问题大家一起讨论。

学生：请问，您患这病多少年了。

病人：有 10 多年了。

学生：主要感觉是什么？

病人：腹痛，腹泄。

学生：大便带脓血吗？

病人：带脓血，有时也不带。

学生：什么时候带脓血？

病人：发作时，时常有反复。

学生：你入院时的病情严重吗？

病人：那时候很严重，一天大便 10 多次。入院时，我自己都走不动了，还是别人背我到病房的呢。

学生：那时候大便怎么样？

病人：大便为脓血便。

学生：有下坠感觉吗？

病人：有，还拧着肚子痛，蹲在厕所里就起不来，老是解不尽。

学生：老师，他会不会是阿米巴痢疾呢？

老师：多次化验大便，排除了阿米巴痢疾。

学生：让我看看你的舌头。

病人：你看吧！

学生：老师，我看他的舌质是暗红的，苔是薄白的，对吗？

老师：对。

学生：我诊诊你的脉。

病人：好。

学生：老师，他的脉象沉细。

老师：嗯！

学生：入院时，用的是芍药汤加味对吗？

老师：对，因为那时候，他大便一日 10 多次，有腹痛，里急后重，肛门灼热，为正虚邪实，是湿热之邪壅滞肠中。

学生：用的芍药汤是清热化湿解毒的作用吗？

老师：是的，还有调气行血导滞。

学生：请问你，服药后感觉怎样？

病人：我自从服了大夫开的药，大便次数少了，脓血不见了，下坠的感觉也减轻了。

老师：现在患者的大便一天还有 4 次，为稀便，常有粘冻，还有下坠，里急后重的感觉，少腹部发凉。

学生：这样用什么方呢？

老师：应该健脾理中，兼以清热化湿，用连理汤即可。

学生：请问，你服用西药了吗？

病人：用过，当时好象起作用，但是治不了根本，我觉着中药治根本，能全面照顾，根据病情辨证施治、效果也好。

学生：你说得对，我们应该学好祖国医学，掌握辨证施治。

1.1.11 泄泻

病人：大夫，我每天天不明就要大便。

大夫：肚子疼吗？

病人：肚子疼，大便后就不疼了。

大夫：大便是脓样的？

病人：不是，只是稀点，有时如水样。

大夫：有下坠和肛门灼热的感觉吗？

病人：没有。

大夫：有多长时间了？

病人：已有2年多了。

大夫：平时大便一天几次？

病人：不一定，但是，早晨天不明便肚子疼，一咕噜，就必须上厕所。

大夫：你做过什么检查？

病人：做过多次大便化验，也做过胃肠钡餐透视和钡灌肠。

大夫：有问题吗？

病人：大夫，没有什么问题。

大夫：你服过什么药物？

病人：服药很多，黄连素、痢特灵、土霉素等，就是解决不了问题。

大夫：服过中药吗？

病人：没服过。

大夫：你觉着腰酸腿软吗？

病人：是的，腰酸无力，肢冷。

大夫：平常敢吃冷食吗？

病人：不行，吃了以后不光泄泻的厉害，肚子疼的也加重。

大夫：吃饭还可以吗？

病人：还可以，只是吃饭不香，量也少了。

大夫：让我诊诊脉看看。

病人：大夫，我这是什么病呢？

大夫：这是五更泻，是中医的病名。

病人：是什么原因引起的腹泻呢？

大夫：是因为肾阳虚衰，不能温脾，脾的运化失调引起的。

病人：那中医怎么给我治呢？

大夫：用中药来温补肾阳，健脾益气。四神丸加减服用。

病人：大夫，我服完你的药了。

大夫：你觉着怎么样？

病人：效果很好。

大夫：肚子还痛吗？

病人：不痛了，现在大便基本上是在早上6点钟。

大夫：原来大约是几点钟？

病人：早上4点，天不亮，肚子一疼就得去大便，天再冷也是这样，真痛苦。

大夫：我给你开点中药丸，巩固一下疗效。

病人：好。

大夫：你坚持服用四神丸，半个月后再来看看。每次1包，1天两次。

病人：谢谢大夫。

1.1.12 便秘

病人：大夫，我排便困难。

大夫：大便干吧！

病人：不太干，就是上厕所时蹲半天也解不下大便来，有时累得我汗流夹背才能解下一点。

大夫：你吃过药吗？

病人：吃过泻药，当时排便痛快，过后还是不行。

大夫：你是否感觉有些气短？

病人：气短！解大便时更明显。

大夫：我看你说话有气无力，你的身体很虚弱。

病人：是的。

大夫：这样有几年了？

病人：自从做了肺叶切除术后才出现这种现象，有两年了。

大夫：为什么切除肺叶？

病人：因为结核空洞。

大夫：你吃饭怎样？

病人：吃的很少，多吃就胀肚子。

大夫：你吃过中药吗？

病人：吃过麻子仁丸。

大夫：你的脉很微弱，舌质淡有齿痕，苔薄白。

病人：这说明什么？

大夫：说明你气虚。

病人：我就是整天疲乏无力。

大夫：我看你是脾肺气虚而致的排便困难。

病人：那怎么服麻子仁丸不管用。

大夫：便秘分实秘与虚秘，麻子仁丸是治疗实秘中的热秘者。

病人：热秘是不是有热？

大夫：对。大便干结，小便黄，口干口臭，心烦，舌质红，苔黄。

病人：我没有这些症状。

大夫：因此你是属于虚秘。

病人：我应服补气药吗？

大夫：你说得对，应当给你益气健脾，升阳。

病人：你给我开个方吧，我回去一定好好服药。

大夫：我给你开个黄芪汤，只要脾肺之气充沛，传导有力了，大便就会通畅。

病人：谢谢大夫，再见。

大夫：再见。

1.1.13 心悸

患者：大夫，我感到心慌。

医生：请你慢慢躺在床上，我给你听听心脏。

患者：今天上班，工作很紧张，我的心慌病又犯了，已经两个多小时了。

医生：噢，心率快，115次/分。你经常发病吗？

患者：是的，一年来，我经常一阵阵觉着心慌，休息一会可以好点。

医生：在什么情况下容易发作？

患者：生气、劳累以后都容易引起心慌。

医生：你过去关节痛过吗？

患者：没有。

医生：你吃饭多不多？

患者：吃饭和平常一样，不多。

医生：你觉着体重比过去减轻了没有？

患者：没觉出来减轻。

医生：做过心电图没有？

患者：刚在厂卫生室做过。

医生：让我看看心电图。噢，是窦性心动过速。

患者：做过多次，都是这个结论。

医生：你做什么工作？

患者：纺织工人。

医生：是不是工作太紧张了？

患者：我觉着是这样，上班后两腿闲不着，还要注意力集中。

医生：除了心慌，还有什么感觉吗？

患者：我心烦，夜间睡眠不好。

医生：做梦也多？

患者：是的，睡眠不好，就觉着头晕。

医生：你口腔内有溃疡的地方吗？

患者：我经常有口疮，舌苔挺黄。

医生：你张嘴我看看，舌质还挺红呢！

患者：我舌尖上还有个小疮。

医生：我诊诊你的脉。

患者：好，我手心也发热。

医生：脉象细数，手心确实热。

患者：不光手心热，脚心也热，夜间睡觉，我总是喜欢把脚露在被外。

医生：大便正常吗？

患者：大便干燥，有时 2～3 天大便一次。

医生：你服过什么药物。

患者：心慌时，我服用心得安、安定，有时不吃药，休息一会也能减轻。

医生：你这是阴虚火旺，需要滋阴清热，养血安神。现在，你感觉比刚来时好点吧。

患者：好点，我服从你的治疗，只是煎汤药不方便。

医生：那就给你用中成药天王补心丹。

患者：怎么服用？

医生：1 天 3 次，1 次 1 丸。

患者：我记清了，谢谢您。

医生：不客气。

1.1.14 不寐

患者：大夫，我晚上睡不好觉。

医生：很长时间了吗？

患者：10 多年了，睡不宁，很容易醒。

医生：最近怎样？

患者：最近一周，每晚只能睡 2～3 个小时，做梦特别多，休息不好。

医生：是不是有什么不顺心的事。

患者：不是。

医生：那是什么原因呢？

患者：我们刚接到一个科研项目，任务紧迫，日夜攻关，开始，晚上还能睡点觉，现在就睡不着了。

医生：你考虑问题太多了。

患者：上大学时，考试前就经常失眠。

医生：你头晕吗？

患者：昏沉沉的，有时猛一站起来，眼前发花。

医生：心慌吧？

患者：心慌，浑身没劲，很疲乏。

医生：吃饭好吗？

患者：吃饭不好。

医生：你脉象很细弱，舌质淡，苔白，属心脾两虚。

患者：我服用安眠药已经很多了。请你给我用中药调理一下吧。

医生：能服汤药吗？

患者：我现在工作很忙，吃汤药不方便，能吃点中成药吗？

医生：可以用归脾丸。

患者：怎么服法？

医生：1天3次，每次1丸。

患者：大夫，我需要注意什么？

医生：要避免精神过度紧张，注意夜晚不要饮茶。

患者：练气功可以吗？

医生：可以。适当地参加一些体育活动，锻炼身体，保持心情舒畅，对你都是有益的。

患者：好，我照你说的去做。

1.1.15 眩晕

患者：我这段时间头晕，不知是什么原因。

医生：你有天旋地转的感觉吗？

患者：不是天旋地转，是头重脚轻，头胀痛，眼球发胀而晕。

医生：你恶心呕吐了吗？

患者：没有呕吐，只是有点恶心。

医生：大约多长时间了。

患者：5天了。

医生：你的血压高不高？

患者：血压偏高。

医生：你常服降压药吗？

患者：我服降压片，复方罗布麻，血压能维持在160／100mmHg左右。

医生：你爱发火吗？

患者：是啊！最近老想发脾气，实际别人也没惹我生气。

医生：性情急躁，是吧！

患者：自己也觉着性格变了，原来不这样，自从血压高后，性情烦躁多了。

医生：你嘴里觉着苦吗？

患者：口苦，嗓子也干。

医生：最近，睡眠还好？

患者：不好，心烦意乱，晚上睡不着。

医生：做梦多吗？

患者：做梦，乱七八糟的，什么都梦见了。

医生：是不是害怕的梦。

患者：打仗的，离奇的，真害怕的还不多。

医生：你的耳朵响不响。

患者：响，象是有蝉在叫。

医生：让我再给你测一下血压。220／120mmHg。

患者：这几天我头胀得厉害，晕得比以前也重了，可能血压

又比以前高了。

医生：是的，昨晚没休息好吗？

患者：一夜未合眼。

医生：为什么？

患者：是因为我和家属吵了架。

医生：那不就加重病情了吗？

患者：是啊，过后也觉着不应该，可当时控制不住。

医生：你服中药多不多？

患者：多是西药，只吃了点中成药。

医生：让我给你诊一下脉。脉弦滑。

患者：好吧！

医生：伸出舌头来看看。

患者：我的舌苔又黄又厚。

医生：你的手麻吗？

患者：有一次，我头晕得厉害，左侧身发麻，测血压，比以往都高。

医生：你应该注意，血压高会产生中风的。

医生：我给你用天麻钩藤饮，既能平肝潜阳，又能清热熄风。

患者：我还用服西药吗？

医生：先不用吧！这中药本身就有降压的作用，先用用再说吧！

患者：这很好！

医生：做一个心电图和超声心动图，检查一下心脏的情况。

患者：我很同意。

医生：那我先给你开检查单，回来后再开处方。

患者：好，我检查去了。

患者：大夫，这是检查结果。

医生：根据检查，你的心脏有点问题。

患者：严重吗?

医生：不要紧。这是高血压病造成的，你要配合吃点治疗心脏的药。这是处方，要到成药房去拿。这是中药处方，请到中药房去取。听明白了吗?

患者：听明白了。

1.1.16 胸痹

(早晨病房护士交班)

护士：3床，赵××，住院诊断：西医：冠心病心绞痛。中医：胸痹

昨晚2点，患者心绞痛突然发作。心前区闷痛，并向左肩背放射。速含活心丹2粒，吸氧约10分钟后，疼痛缓解。夜间睡眠差，今早脉搏88次／分，体温36℃，BP 140／90mmHg

医生：这个病人住院20天，病情基本稳定，昨晚发作有什么诱因吗?

护士：昨晚，他在美国的姐姐，回国探亲来看他，两人见面很亲热，谈话时间很长。

医生：大概是太兴奋了吧！别的病人有事吗?

护士：别的病人没有新变化。

医生：我们先看看病人的情况。

护士：好，我们一块去看一下病人。

医生：我想请你谈谈昨天心绞痛发作的情况。

患者：昨天我姐姐来看我，我很高兴，我们谈了好长时间的话。她走后，我一直平静不下来，夜间睡不着。分别几十年，许多事情一直在脑海中浮现。直到下半夜，天气又热，我感到胸闷、憋气，心前区开始刺痛，伸向肩背。出了一身汗。这时，我才叫护士，护士赶来给我服了2粒药，吸上氧气。慢慢地才觉着好些了。现在周身无力。心电图做过了，不知比过去怎样。

医生：你不必紧张，心电图，我们已经看过了，没有大的变化。你这次发作，和激动、劳累有关系，你现在不必担忧。

患者：我都是由于生气、劳累才发作的，有时高兴了也会犯，吃得饱了，胸闷也会更严重。

医生：是啊，这些都会使病情加重，最近你觉着服中药怎样。

患者：我觉着比过去好多了，犯病的次数少了。过去2～3天一次，现在服着中药，已经20多天没发作了，这次可能是说话多的原因吧！

医生：你伸舌头我看看，再诊一下脉。

患者：过去我一犯病，就要含化硝酸甘油，这次没用硝酸甘油，效果也很好。用的是什么药？

医生：你这次服用的是活心丹，是中成药。

患者：用中成药也能治疗我这病？

医生：是的，根据你的脉象和舌象，你不光气虚，而且血瘀。活心丹就是有活血化瘀止痛的作用。

患者：大夫，活心丹是最近研制成的吗？

医生：是的，现在我们加强了对中药剂型的改进，要用中药治疗急症。

患者：太好了。

医生：用中药治疗疾病，不但效果满意，而且副作用小，疗效持久而稳固。

患者：我们祖国医学真是一个伟大的宝库。

医生：你说的对，应当发挥我们祖国医学的特色。

患者：我一定和你们配合。

医生：好，你的病用中药治疗，会慢慢好起来的。但是你更要好好注意休息。

患者：谢谢您，我一定按你说的做。

1.1.17 水肿

童母：大夫，你看我这孩子，脸和腿近来都肿了。

医生：有多长时间了。

童母：有一周了。

医生：怎么才来看，都肿成这个样子了。你看，下肢一按一个凹陷。

童母：起初，只发现孩子眼皮有点肿，还认为是没睡好觉的原因，没引起重视。这几天连腿也肿了，面色也苍白，这才请了假来看病。

医生：来，小朋友，坐下我给你量量血压。血压偏高。这孩子十几岁了？

童母：13岁了，今年小学就毕业了。

医生：前些时候，这孩子患过感冒吗？当时，嗓子疼吧？有没有皮肤感染。

童母：在10天前，他们学校组织学生春游，那天天气不好，是淋着雨回家来的，结果感冒了，发烧，嗓子痛，用药后，烧退了，就上学去了。

医生：以后，他是否感到不舒服？

童母：是啊，那天放学回来，先是说累的慌，后来又觉着怕冷。

医生：张开嘴，让我看看你的嗓子，你说"啊"。

儿童：啊。

医生：咽部充血，扁桃体Ⅱ°大。再让我诊诊你的脉，看看舌头。

儿童：好！

医生：脉浮数，舌质是红的，苔薄黄。应该查一下小便，我给你开化验单，等化验回来后再开药吧！

童母：大夫，他的小便有问题吗？

医生：是啊，根据化验结果，孩子是患了急性肾炎。

童母：哎呀！听说肾炎不好治，大夫你说是吗？

医生：你不必紧张，我们采用中西结合的方法，是可以治愈的。

童母：大夫我这孩子身体一直很好，怎么能得肾炎呢？

医生：现代医学认为肾炎是一种与细菌、病毒、原虫或螺旋体感染及个体反应性有关的变态反应性疾病。这孩子淋雨后嗓子痛就是他发病的诱因。祖国医学认为，水肿的产生与肺、脾、肾三脏有着密切的关系，他淋雨后受凉，以致风邪袭表，肺失宣降，不能通调水道，下输膀胱，风水相搏，流溢肌肤，发为水肿。这孩子的病属于风水范畴。

童母：需要住院吗？

医生：我给你办个家庭病床，我按时到家里去看你们。

童母：那太好了，还要打针吗？

医生：需要配合打一阶段青霉素，消除咽部的炎症。中药要疏风清热，宣肺利水，急性期必须治疗彻底，等化验结果完全正常后，孩子才能上学。

童母：好，大夫，请您开方吧！

医生：我给他开越脾加术汤加减，共服 5 付。请你观察他服药后小便是否增多？水肿是否减轻？

童母：我们怎样做好护理工作。

医生：孩子要好好休息，调剂好生活，多吃营养丰富的食品，忌辛辣油腻，注意低盐饮食。要预防感冒。

童母：打针怎么办？

医生：由负责家庭病房的护士给他打针，你先到注射室做皮肤试验吧，如果不过敏，就先在注射室打一针，以后在家里打

童母：谢谢您了。您把我的家庭住址记清楚了吗？

医生：记清楚了。

1.1.18 消渴

(与学生分析病症)

老师：你们实习已经 3 周了，我们病房有两个消渴患者，你们注意到他们的特点了吗？

学生：他们的症状都以口渴多饮、消瘦为主，血糖高于正

常。

老师：这两个病人不同的地方在哪里？

学生：10 床病人以口渴多饮为主，入院前，每天需喝四暖瓶水，但食量正常，是消渴病中的上消。

老师：12 床病人与他有何不同？

学生：12 床病人不仅是口渴多饮，而且消谷善饥，进食量多，我们认为他的病属消渴中的中消。

老师：你能说一下上消的发病机理吗？

学生：上消的发病机理是燥热伤肺，阴液耗伤，所以病人出现口渴多饮，舌干唇燥，尿频量多等热盛津伤的征象，舌质红，苔薄黄，脉数，都反映了此病的发病机理。

老师：10 床病人的治疗原则是什么？

学生：应当清热润肺，生津止渴。

老师：用什么方剂治疗？

学生：用消渴方加减治疗。

老师：消渴方的主要作用是什么？

学生：消渴方以花粉为主，重用来生津清热，并佐黄连清热降火，生地黄等养阴增液，所以它能清热润肺，生津止渴。

老师：用药后，病情现在如何？

学生：比入院时好多了，现在每天饮水量已降至原来的 1/4。

老师：再说一下 12 床病人的情况吧。

学生：12 床消谷善饥，大便干燥，舌苔黄，脉象滑数。

老师：病机是什么？

学生：阴虚燥热。阴虚为本，燥热为标。

老师：用什么方药？

学生：玉女煎方。

老师：这个方子有什么作用？

学生：能清胃泻火，养阴增液。

老师：你回答的不错。

学生：老师，中医的消渴与西医的糖尿病是否一样。

老师：基本上相同，但又不完全一样，糖尿病包括在消渴中。

学生：那中医消渴的症状有哪些？

老师：消渴是以多饮、多食、多尿、身体消瘦或尿浊、尿有甜味为特征的病证。

学生：用中药能降低血糖和尿糖吗？

老师：能。药理研究已证明许多中药和成方具有降低血糖和尿糖的作用。

学生：老师，您能给我们谈谈糖尿病控制饮食的重要性吗？

老师：好。糖尿病患者的饮食控制很重要，可以单纯通过控制饮食，使病情得到控制。饮食以清淡为宜，不可过饱，一般以适量米类，配以蔬菜、豆类、瘦肉、鸡蛋为宜，禁食辛辣刺激之品。

学生：古人所谈的此病多发痈疽，雀目或内障、肺痨、中风等，是不是糖尿病的并发症？

老师：对，就是现代医学所说的糖尿病的并发症和伴随症。

学生：老师，通过结合临床学习，讨论病例，我觉得收获很大。

老师：是的，这样理论和实践相结合，学到的知识会更扎实。

学生：谢谢老师，请休息一会吧。

老师：不累。要注意观察病情，明天给病人再查一次血糖。

学生：好，我拿化验单去。

1.1.19 淋证

患者：大夫，我的小便不好。

医生：你有什么不好的感觉？

患者：有灼热的感觉，并且疼痛，总是想小便，一点儿也控

制不住。

大夫：发热吗？

患者：我发烧已经 2 天了，先是冷的厉害，后来就发热，昨晚测体温 39.5℃。

医生：头痛吗？

患者：头痛。

医生：嗓子痛？

患者：没觉得嗓子痛。

医生：有胸闷咳嗽吗？

患者：没有，我倒觉着腰痛。

医生：你从什么时间起觉着不好？

患者：是从我们旅行结婚的时候开始的，已经 10 多天了。

医生：结婚之前有什么不舒服吗？

患者：没有，只是结婚后，才感到不舒服，起初小便有点涩痛，也没在意，回家后就发起烧来，少腹部也疼，小便如浓茶。

医生：好，我叩一下你的腰部，哪边疼你告诉我。

患者：好吧！

医生：右侧疼吗？

患者：不痛。

医生：：这边呢？

患者：啊！大夫，疼！疼！

医生：让我诊脉，看看舌象。

患者：我这是什么病，大夫。

医生：我看你是患了急性肾盂肾炎，这在中医来说是淋证。

患者：是肾盂肾炎！

医生：需要化验，这是化验单，让你爱人扶你去。

患者：好吧。

医生：好，化验回来，我再给你开药。

患者：大夫，我化验过小便了，说是有问题，您看看化验单

吧!

医生：好，化验结果与诊断是一致的，你能否住院治疗!

患者：我不想住院，还是在家治疗吧。

医生：也好，但要注意休息，在家服中药，再打打针，好的会快些。

患者：打什么针?

医生：抗菌素。

患者：我不能打这种针，因为我对许多抗菌素过敏，是过敏体质，还是只吃中药吧。

医生：也可以。你这是湿热下注膀胱，应当给你清热利湿通淋，用八正散加减治疗。

患者：我本来有点恶心，服汤剂吐了怎么办呢?

医生：在药中我加了竹茹，有清热止呕的作用。可以放在药中一齐煎，也可以单煎，多次服。

患者：那我放心了。

医生：另外你要注意外阴清洁。

患者：我知道了，吃完药星期五我再来找您。

医生：好吧，吃完药再来看。

患者：再见。

医生：再见。

1.1.20 耳聋

患者：大夫，我的耳朵象有什么东西堵着似的，听不清声音，难受得很。

医生：多长时间了?

患者：两天了。

医生：你在耳鼻喉科检查过了吗?

患者：检查过了，说我患的是神经性耳聋。检查的大夫说，这种病吃中药效果不错，所以我来请您看看。

医生：你过去血压高吗? 最近晕不晕?

患者：我过去没患过高血压，最近也没感觉晕。

医生：你胆囊有问题吗？

患者：我有胆囊炎，但最近感觉还好。

医生：你与别人生气了？

患者：是的。两天前，我与别人吵了架，自觉耳朵嗡的一下，就听不清了。

医生：你平常也容易生气吗？

患者：我就是肝火旺，容易发脾气，一有点不顺心的事，别人不觉怎样，我就受不了。

医生：这是由肝胆郁热造成的。再加上你一生气，肝气不得条达，肝火上扰清窍，所以耳朵听不清了。

患者：那怎么办呢？

医生：需要清肝泻火，龙胆泻肝汤治你这病最对症。

患者：一天喝几次呢？

医生：1天服1剂，分两次服。

患者：服后会泻肚子吗？

医生：大便可能会稀点，不要紧。你先服3剂后再调方吧！

患者：大夫，你的药真灵，吃了3剂，我觉得病去了一大半，耳朵能够听见声音了，头也不胀了，晚上睡觉也好了。

医生：我再给你诊诊脉，看看舌苔。脉象好些了，但还是有些弦，舌苔也不象过去那样黄厚了。

患者：那我还需要再服药吗？

医生：是的，肝胆郁热虽然减轻了，但还需要吃几付药，巩固疗效。

患者：饮食上我应注意什么呢？

医生：吃的清淡一些，不能吃辛辣和油腻的食物。另外，千万不要再生气了。

患者：好的，谢谢您，大夫。

1.1.21 遗精

患者：请问大夫，遗精是怎么回事？

医生：遗精就是不因性生活，而精液遗泄的现象。

患者：不因性生活，有时做梦精液也会自己流出，是什么原因呢？

医生：这是遗精病证的一种，叫梦遗。

患者：不因性生活，也不做梦。甚至清醒时，精液也会自己流出来，这又是为什么呢？

医生：这要从两方面来说。

患者：哪两个方面？

医生：一方面，凡成年未婚的男子，或夫妻分居的男方，一月遗精1～2次者属于生理现象，不能说是病态。

患者：这对身体有害吗？

医生：一般来说，没有损害。

患者：第二个方面呢？

医生：第二个方面，是因为肾气虚损，不能藏精，所以精液自己流出。

患者：那对身体是有害的啦？

医生：是的，不同的人会出现不同的损害，病证也各不相同。

患者：偶尔遗精的人，出现头晕乏力，心悸，是轻还是重？

医生：这是遗精病者中较轻的病症。因为缺乏生理知识，遇到正常遗精，就产生恐惧心理造成的。

患者：需要治疗吗？

医生：讲明道理，解除顾虑，不做治疗也会好的。

患者：有的人遗精的厉害，整天头晕，精神萎靡不振，腰膝酸软无力，经常失眠，这是重的吧！

医生：是的，这是遗精过多造成的重证，必须及时治疗。

患者：导致遗精的原因是什么？

医生：这是多方面的，但多数是因为情志失调，或房劳过度

引起的。也与饮食失节，湿热下注等因素有关。

患者：还有其它原因吗？

医生：再就是有手淫毛病的人。

患者：大夫，因为我有遗精的现象，但不明白是怎么一回事，所以来请教您。

医生：寻求知识是好事嘛！

患者：对遗精我已有大概印象，大夫，您能给我治一下吗？

医生：可以，你今年多大了？

患者：二十八岁。

医生：结婚了吗？

患者：结婚已经3年了。

医生：有孩子吗？

患者：没有。

医生：为什么婚后这些年没孩子？

患者：起初，我们夫妇在两地工作，再说还年轻，有孩子后有很多不方便，所以没要孩子。

医生：后来呢？

患者：后来就有了梦遗这个毛病，半年后又出现了滑精，心里总是害怕，越害怕，就越犯这病。

医生：那你的性生活还好吗？

患者：刚结婚那时还好，后来就差多了。

医生：你觉得怎么不好？

患者：时常腰膝酸软无力，头晕头昏，周身乏力，一点精神也没有。

医生：现在性生活正常吗？

患者：我现在虽然和爱人在一起生活，但性欲很低。

医生：应该及时进行治疗，你也需要好好配合。

患者：怎么配合？

医生：目前少同房，或暂时不同房。

患者：这是可以做到的。

医生：你的病是由于梦遗加重了滑精，伤了肾气，肾气虚弱，精液不能固藏，所以精液自流。

患者：是的，我现在自己想控制也控制不了。

医生：你可以服用六味地黄丸配合金锁固精丸，坚持一段时间，病情就会逐渐好起来。

患者：谢谢您。

1.1.22 腰痛

患者：大夫，我腰痛。

医生：请坐。你腰痛多长时间了？

患者：2年多了。

医生：你患过肾炎吗？

患者：没有。

医生：小便有急迫、疼痛的感觉吗？次数多吗？

患者：你说的这些都没有。

医生：那你的腰痛是怎么引起的。

患者：2年前，我做了子宫全切手术，从此就渐渐感到腰痛，越来越重。

医生：你的腿酸吗？

患者：腿酸，下肢很沉重，走路多了，一步也不想迈。

医生：你的腰什么时候疼的厉害？

患者：劳累后，酸痛地都伸不直，慢慢活动后才差些。

医生：早晨起床后疼的厉害吗？

患者：不，休息一夜很起作用。

医生：你拍过腰椎片吗？

患者：拍过，大夫说没事。

医生：你的腰部凉不凉？

患者：凉，我坐在板凳上看书，就象坐在冰水里一样，冬天腰部觉得特别冷。

医生：你腰部喜欢温暖。

患者：是的，冬天非铺电褥子不可，要不就疼的睡不着，夏天也离不开热水袋。

医生：看来夏天你是不能睡凉席了。

患者：可受不了。

医生：平常小便颜色怎样？

患者：是清的，晚上小便多。

医生：大便好吗？

患者：还可以，只是稀点儿，1天1次。

医生：有头晕吗？

患者：头不晕，但不清爽，象压着什么似的。

医生：有耳鸣吗？

患者：耳鸣是怎么回事？

医生：耳鸣就是耳中有一种声响，严重时象蝉鸣。

患者：是有一种声响，但不象蝉鸣那样严重。

医生：让我看看你的舌头，诊一下你的脉。

患者：大夫，我这是什么病？

医生：这是肾阳虚所致的腰痛，尺脉很弱。

患者：我这是怎么得的？

医生：你身体平常就虚弱，再加上手术后没有很好的休息。

患者：大夫，您说得真对，因工作忙，我假没休完就上班了。

医生：所以你就出现了腰疼，下肢酸软无力，肾主生殖发育，腰为肾之府髒。

患者：我腰部为什么发凉呢？

医生：肾阳虚不能温养肢体，就会感到发凉。

患者：那您如何给我治疗呢？

医生：吃温补肾阳的中药，我给你开张方子。

患者：好。

医生：我给你开金匮肾气丸，这是成药，服用很方便。1天3次，每次1丸，用淡盐水或白开水送服。

1.1.23 痹证

患者：我周身关节痛，请您给看看。

医生：好，请坐。

患者：我这病已两年半了

医生：在别的地方看过吗？

患者：看过。

医生：吃过什么药吗？

患者：吃过，有些效果，但对胃有刺激。

医生：你的小关节疼吗？

患者：也疼，但疼的轻，多是大关节严重。

医生：疼的地方固定吗？

患者：基本固定，有时也窜着疼。

医生：阴雨天加重吗？

患者：阴雨天疼的很。

医生：局部肿不肿？

患者：没觉得肿。

医生：疼痛遇冷加重吗？

患者：怕凉，天一冷就觉得凉气往里钻。

医生：你的下肢怎样？

患者：我觉得下肢比上肢重，晚上睡觉好象没处放，怎么也不合适。

医生：睡觉好吗？

患者：睡不好，有时夜里疼起来，就睡不着了。

医生：你住的地方潮湿吗？

患者：我住的是旧房子，很潮湿，而且很冷。

医生：你查过血吗？

患者：查过多次，血沉偏高。

医生：从这些情况分析，你是因感受了风寒湿邪，得了痹证。

患者：什么是痹证？

医生：痹证就是人体因为受了风、寒、湿、热等外邪侵袭，闭阻经络，气血运行不畅所导致的，以肌肉，筋骨，关节酸痛，麻木，重者屈伸不利，甚或关节肿大灼热为主要临床表现的病证。

患者：我这是什么痹证？

医生：风寒湿痹。

患者：该用什么药治啊？

医生：用汤剂独活寄生汤。

患者：不用打针吗？

医生：不用，我给你用的这个方子有祛风散寒、除湿通络的作用，会把你的病治好的。

患者：不用吃补药吗？

医生：不用。邪气已去，络脉得养，经脉则通，通则不疼，你的病就会好了。

患者：谢谢您，大夫，您给了我不少知识。

医生：哪里，相互学习吧。

(朱振铎)

1.2 外科

1.2.1 白癜风

患者：大夫，听说你治疗白癜风效果很好，特地慕名来求你给我治疗。

医生：多长时间了？

患者：3年多了。

医生：开始在哪个部位发现的？

患者：开始偶然发现面颊部有一小片皮肤发白。

医生：治疗过吗？

患者：先用偏方治疗了半年。

医生：用的什么偏方？

患者：别人告诉用鲜马齿苋、红糖和醋熬了滤汁除患处。

医生：效果怎么样？

患者：开始好象有些效果，这半年身上又突然发现了几片。

医生：都在哪些部位，你解开衣我检查一下好吗？

患者：胸部、手指、足背各有一片。

医生：作痒吗？

患者：不痒。

医生：脱屑不脱屑？

患者：不脱屑。

医生：冬天是否轻一些？

患者：不明显。

医生：平时有什么不舒服的感觉吗？

患者：从患这个病后，常觉得从咽喉至胸部有些憋闷，来月经时乳房和胸胁有些胀痛。

医生：月经正常吗？

患者：常常提前。

医生：颜色正常吗？

患者：色黯，有紫血块。

医生：心里烦躁吗？

患者：经常心烦。

医生：你伸出手来我诊一下脉吧。再伸出舌头来看一下舌象。发病前是否遇到过不顺心的事了？

患者：是的。这种病和精神刺激有关系吗？

医生：主要是因为你精神上不愉快，加上皮肤受了风邪，使

气血不和，血不能营养肌肤就形成了白斑。

患者：你看能治好吗？

医生：你先服五瓶白驳片试试看，如果有效，可以继续服；如果效果不明显，再来调调方。

患者：大约多长时间才能见好？

医生：因为每个人的体质不同，环境不一，所以治疗效果也不一致，有的人用这种方法效果好，有的人用那种方法效果好。关键是要坚持治疗。

患者：好好，谢谢。

1.2.2 血栓闭塞性脉管炎

医生：你来看什么病？

患者：我的左脚痛。

医生：多长时间了？

患者：一年多了。

医生：有什么感觉？

患者：开始时只感觉脚凉、疼痛，后来逐渐在劳累后腿肚胀痛，休息后减轻，有时走路有点瘸。

医生：现在有什么症状？

患者：这个月痛得重了，小拇指发红，拇指前部溃烂，很臭。

医生：以前在哪里治疗过？

患者：县医院、地区医院都治过。

医生：都是怎么治疗的？

患者：打消炎针、服止痛药，后来都动员我截肢。听说中医治疗不用截肢，才来这里求治。

医生：你今年多大岁数了？

患者：29岁。

医生：你吸烟吗？

患者：以前吸烟，现在戒了。

医生：吸烟多少年了？

患者：从16岁吸烟，接近13年。

医生：你的脚受过冻吗？

患者：是的。3年前刚过了春节，我领着人挖河，在泥水里干了半个月，脚冻得都麻木了。

医生：你脱下鞋袜，上床躺平，两条腿伸直抬高3分钟。感觉有什么变化吗？

患者：抬起来痛得更厉害。

医生：你看，左足的颜色也变得苍白了。请坐起来两足下垂。

患者：左足又变得发红了。

医生：我诊一下你脚上的脉。你左足背动脉和胫后动脉搏动消失了。除了脚痛还有什么症状吗？

患者：这几天还有点发热。

医生：大小便正常吗？

患者：大便干，小便颜色象浓茶。

医生：请把舌头伸出来，我看一下舌象。口干吗？

患者：口干。

医生：吃饭怎么样？

患者：不想吃饭。

医生：睡觉安稳吗？

患者：平时爱睡觉，最近脚痛得整夜不能睡。

医生：还得过其它病吗？

患者：小时候常患肠炎。

医生：有糖尿病吗？

患者：查过3次，都正常。

医生：你去做一次超声波检查，再拍张X光片。

患者：好吧。

医生：从检查和拍片看，你患的是血栓闭塞性脉管炎，属中

疾的脱疽。

患者：为什么会得这种病呢？

医生：主要原因是你长期吸烟，又受了寒湿的侵袭。

患者：我这腿不截可以治好吗？

医生：只要抓紧治疗，目前看可以不截肢。

患者：请你费心吧！

医生：我先给你开六剂中药四妙勇安汤加蒲公英、牛膝，服服看。

患者：不用外敷药吗？

医生：溃烂处用红油膏纱布掺上九一丹外敷，等死骨脱落、创面洁净时，再改用白玉膏掺生肌散外敷。

患者：大概要多长时间才能治好？

医生：根据以前的经验，你这种情况有 3 个月左右，就可以明显好转。

患者：还有什么要注意的吗？

医生：除了坚持药物治疗外，生活上还要注意保暖，避免外伤，绝对忌烟，适当休息。

患者：好，我一定按你说的去做。

1.2.3 腋下淋巴结炎

医生：你哪里不舒服？

患者：我的左腋下长了个鸽子蛋大的疙瘩，西医说是腋下淋巴结炎，注射了 4、5 天青、链霉素，还是痛。昨天开始又怕冷又发烧，想用中药治疗。

医生：多长时间了？

患者：10 多天了。

医生：什么时间痛得重？

患者：夜里痛重。

医生：吃饭怎么样？

患者：吃饭不如平时。

医生：大小便正常吗？

患者：大便干，小便色黄。

医生：口渴吗？

患者：口渴。

医生：你把手伸过来，我诊一下脉。再看看舌象。平时爱生气发怒吗？

患者：这一年多处处不顺心。

医生：你的上肢有过损伤或长过疮、生过疖子吗？

患者：生过一个小疖子。

医生：你这是因为小疖子没有认真治疗，感染后引起淋巴结肿大，中医叫腋痈。

患者：这种疙瘩好治吗？

医生：我给你开几付清热解毒的中药，每日煎服1剂。疙瘩外面用冲和散掺在消炎膏上，每天换1次药。

患者：我住的离这儿很远，带回药去自己换可以吗？

医生：可以。

患者：还有什么要注意的吗？

医生：除了坚持用药外，还要注意少生气，避免发怒，不能喝酒。

患者：谢谢。

1.2.4 颈淋巴结核

学生：老师，这位患者颈部患淋巴结核，溃后疮口不收，最近左侧又出现两个结节，慕名来求你治疗。

医师：你检查过了吗？

学生：查了一下，颈部两侧有疮口两处，周围皮色暗红。两疮口均有腐败组织，四周有空腔，流稀薄脓液，夹有豆腐渣样物质。

医师：诊舌、脉了吗？

学生：舌苔薄黄，尚未诊脉。

医师：好，我来诊一下脉。你今年多大岁数了？

患者：25岁。

医师：后起的肿块发现多长时间了？

患者：半年多了。

医师：你家中还有患结核病的吗？

患者：我的祖母曾患肺结核。

医师：先发现的疙瘩有多大？

患者：有核桃大。

医师：用过什么药？

患者：链霉素、异烟肼都用了不少。

医师：睡觉好吗？

患者：经常作恶梦。

医师：吃饭怎么样？

患者：食欲也差。

医师：还有什么不舒服的感觉？

患者：有时头胀痛，咽干有梗塞的感觉。

医师：你患病前精神上受到过刺激吗？

患者：是的，家庭不太和睦。

医师：你先服3合小金丹，每天服两次，每次1.2克，用黄酒送服。如果效果不明显,我再给你开中药。

患者：这疮口还用作手术吗？

医师：疮口用二宝丹药线引流，红油膏外敷，等新鲜肉芽长出来时，再改用生肌白玉膏外敷。

患者：还有什么要注意的吗？

医师：这种病治疗较慢，关键是要坚持用药。

患者：谢谢。

1.2.5 乳腺囊性增生症

学生：老师，这位女同志两乳房出现结块半年多，吃药打针未见好转，慕名来求你诊治。

医师：你给她检查过了吗？

学生：查了一下，两乳房的结块各有4×5厘米大小，边界不清，质地不硬，光滑无结节，与周围组织无粘连，推之可以活动。

医师：诊舌、脉了吗？

学生：舌质红、苔薄，脉还未诊。

医师：好，请把手伸出来我诊一下脉。你今年多大岁数了？

患者：32岁。

医师：结婚了吗？

患者：结婚了。

医师：有小孩吗？

患者：有个女孩。

医师：吃饭怎么样？

患者：不如以前食欲好。

医师：还有哪里不舒服吗？

患者：还经常腹痛，胸胁部有闷胀感。

医师：月经正常吗？

患者：有时提前，也有时错后。

医师：月经前后，乳中的结块有变化吗？

患者：来月经前有胀痛感，肿块也硬；月经过后肿块就变得软些。

医师：经量怎么样？

患者：量多。

医师：颜色有没有变化？

患者：经色紫暗。

医师：大小便正常吗？

患者：大便干。

医师：以前做过哪些治疗？

患者：消炎药吃了不少，还注射了1个月的青链霉素。

医师：你能吃中药吗？

患者：能吃。

医师：同学，你先处个方好吗？

学生：根据她的症状和脉象弦细、舌质红苔薄，病机是否属于肝郁气滞，冲任失调？

医师：你分析的不错。该处什么方呢？

学生：你看用逍遥散或柴胡舒肝散合适吗？

医师：可以，不过在方中还要加上几味活血药和调补冲任的药，如仙灵脾、鹿角粉等，效果会更好。

学生：老师，先给她开几付？

医师：先开 6 付吃吃看吧。

患者：大夫，光吃中药能治好吗？

医师：可以。一是要坚持服药，二是精神上不要有负担，心胸要开朗些。

1.2.6 银屑病

患者：大夫，我身上长了几片皮癣，别的医院说是银屑病，你看看能治吗？

医生：在哪些部位？

患者：胸部、后背、小腹和四肢都有。

医生：头上有没有？

患者：没有。

医生：你解开衣服我看一下好吗？

患者：好吧。

医生：这些白色的鳞屑多不多？

患者：一搔抓就有鳞屑，鳞屑下来后出现筛状出血点。

医生：长的癣是对称的吗？

患者：是的。

医生：有多少年了？

患者：10 多年了。

医生：你知道是怎么得的这种病吗？

患者：当时我领着学生下乡，住得很潮湿，活又较累。其间患了感冒，嗓子痛，心里挺烦躁，半个月后开始出现皮癣。

医生：治疗过吗？

患者：好多大医院都跑遍了，有时有效，就是不能根治。

医生：用过什么药？

患者：服过白血宁、维生素 B_6，外用牛皮癣药水、抗银涂剂等。

医生：你把手伸出来我诊一下脉。心里还烦躁吗？

患者：有时心烦。

医生：吃饭怎么样？

患者：一般。

医生：睡觉好吗？

患者：痒得厉害时就睡不着。

医生：你把舌头伸平我看一下。口干吗？

患者：口干，又不愿喝水。

医生：大小便正常吗？

患者：大便偏干。

医生：能服汤药吗？

患者：可以。

医生：我给你开几付土茯苓汤，每日煎 1 剂，早晚分两次服。如果有效，可以照方服半个月，再来调调方。

患者：还用外涂药吗？

医生：你这癣较分散，我给你开两瓶玉黄膏，痒得重时可以涂一涂。

患者：多长时间才能治好？

医生：这种病比较顽固，治好了也容易反复。不过你要有信心，坚持治疗，还是能好的。

患者：好吧，谢谢。

1.2.7 手掌间隙感染并发淋巴管炎

学生：老师，这位患者手掌间隙感染，伴发急性淋巴管炎。在乡镇医院一听说是疔疮，很害怕，慕名来求你诊治。

医师：你检查过了吗？

学生：左侧手掌和手背红肿，手掌姆指侧高起，按之硬有压痛。沿挠侧手腕有一条红线，上至肋窝。

医师：测体温了吗？

学生：体温 39.2℃。

医师：查血了吗？

学生：白细胞 19.2×10^9／L，中性 86%。

医师：诊舌和脉了吗？

学生：舌质红，舌苔薄黄腻。还未诊脉。

医师：好吧，我诊一下脉。怎么感染的？

患者：5 天前左手被铁钉扎伤，两天后突然恶寒发烧，服退烧药和消炎药，不见好转。

医师：吃饭怎么样？

患者：不想吃饭。

医师：头痛吗？

患者：头痛，浑身无力。

医师：大小便正常吗？

患者：大便不爽，小便稍有点黄。

医师：胸部痛不痛？

患者：不痛。我这是疔疮吗？

医师：中医是叫疔疮，不过不用紧张，只要治疗及时，很快就会好的。

患者：我害怕手术。

医师：不用手术。你能吃中药吗？

患者：能。

医师：先服黄连解毒汤，服上 3 付再来看看。外伤处用千锤

膏外敷。

患者：谢谢。

1.2.8 背痈

患者：大夫，我背上长了个疮，痛得很厉害。

医师：多长时间了？

患者：7天了。

医师：怎么引起的？

患者：开始只是个米粒大的小疖，有些作痒，搔破后第2天突然肿了起来。

医师：发烧吗？

患者：发烧。

医师：先测一下体温吧。

患者：刚测过了，38.5℃，这4天都是这样。

医师：用过什么药？

患者：消炎片、消炎针用了好几种，还是不见好。

医师：你撩起衣服我看一下。你的疮已经出了不少蜂窝状的脓头。

患者：这叫什么疮？

医师：这叫背疮，中医叫发背。你把手伸出来我诊一下脉。头痛吗？

患者：头痛。

医师：再把舌头伸出来我看一下。口干不干？

患者：口干。

医师：喝水多吗？

患者：喝水多。

医师：大小便正常吗？

患者：小便黄赤，大便干。

医师：多长时间大便一次？

患者：有4天未大便了。

医师：你患过什么病吗？

患者：有糖尿病。

医师：最近感冒过吗？

患者：长疮前几天感冒过。

医师：能吃汤药吗？

患者：能吃。

医师：你先服几付消肿止痛、清热解毒的中药；疮顶上我给你撒上层提脓散后用万应膏盖上；疮周红肿处用芝麻油调如意金黄散外敷。每天来换1次药。

患者：大约多长时间才能治好？

医师：你这疮比较大，再加上有糖尿病，愈合要慢些，还要注意糖尿病的治疗。

患者：好吧、谢谢。

1.2.9 脂膜炎

医生：你看什么病？

患者：我的腿上经常起结节，在西医院作活检说是脂膜炎，治疗不见效，想用中药试试。

医生：有多久了？

患者：最早发现的有11年了。

医生：开始先从哪里起的？

患者：两下肢的内侧。

医生：结节有多大？

患者：大的如核桃，小的如花生米大。

医生：用手摸着感觉结节是否高出皮肤？

患者：不高出。

医生：和皮肤是否粘连？

患者：连在一起。

医生：结节硬不硬？

患者：硬。

医生：用手挤压痛不痛？

患者：痛。

医生：结节处皮色变不变？

患者：皮色淡红。

医生：你注意过结节形成时的变化吗？

患者：结节形成前，先出现一片片的淡红色肿块，大片的有手掌大，小片的如手表大，肿块肌肉和关节疼痛，过7、8天后，肿块缩小变黯，形成结节。

医生：这些结节自己能消失吗？

患者：自己能消，有的1个月左右，有的1年左右才消失。

医生：还有什么不舒服的感觉吗？

患者：结节起时，身体怕冷、发低烧、口苦、恶心。

医生：吃饭怎么样？

患者：不爱吃饭。

医生：你把手伸出来我诊诊脉。再把舌头伸平我看一下。平时出汗多吗？

患者：稍一活动就出汗，一着风还容易感冒。

医生：最近感冒过吗？

患者：是的。

医生：以前用过什么药？

患者：服过消炎镇痛片，也注射了不少青霉素，还是不见好。

医生：我给你开几付舒肝解郁、化痰散结的中药，你先服服看，有什么变化随时再来调调方。

1.2.10 硬皮病

甲患：你来住院治什么病？

乙患：在西医院说是硬皮病，这里中医叫皮痹。

甲患：我也是这种病。你得病多久了？

乙患：6年多了。

甲患：你是怎么得了这病？

乙患：我生孩子后半年，发现两手指关节肿胀，过了两年，每遇寒冷手指就变得苍白，到第四年，手指尖上的皮发硬，带衣扣自己系也困难了。

甲患：以前治过吗？

乙患：在西医院打了半年青霉素、普鲁卡因，维生素 B_{12} 也用了不少，越来越重，这才来找中医，不知能不能治好？

甲患：能治好。我刚来时比你现在还重，手臂上象涂了一层蜡，皮肤硬的捏都捏不起来。

乙患：大夫怎么给你治疗的？

甲患：大夫说我主要是气血虚，1天喝1付中药，有时是十全大补丸，有时是独活寄生汤加减。

乙患：你治了多长时间了？

甲患：有多半年了。

乙患：你现在好多了吧？

甲患：现在好多了。你看手臂上的皮肤已经变软了，手也能握拳了。

乙患：你说我也能治好吗？

甲患：听大夫们说，只要坚持治疗，大部分的效果是不错的。

1.2.11 鱼鳞病

医生：同志，你来看什么病？

患者：在西医院说我患的是鱼鳞病。

医生：多长时间了？

患者：从小就发现皮肤干燥。

医生：有癣的部位是什么颜色？

患者：褐色。

医生：有鳞屑吗？

患者：有，象荞麦皮，摸摸棘手。

医生：你的年龄多大了？

患者：18岁。

医生：都是哪些部位有癣？

患者：四肢，胸腹和躯干都有。

医生：哪里最重？

患者：小腿的外侧。

医生：鳞癣痒不痒？

患者：重时有点痒。

医生：你捋起裤脚来我看一下。你家里还有人患这种病吗？

患者：没有。

医生：你感觉冬天和夏天什么时间重？

患者：冬天重。

医生：你把手伸出来我诊一下脉。再把舌头伸出来看看舌象。你平时吃饭怎么样？

患者：吃饭还可以，但是浑身无力。

医生：大便干不干？

患者：大便干。

医生：你这种癣西医叫鱼鳞病，中医叫蛇皮癣。从你的面色白而无华，舌质淡无苔，脉象弦细看，主要是血虚风燥。

患者：西医说不好治，中医能治好吗？

医生：能治好。我给你开几付养血润肤的中药，每天煎1付，可连续服用1个月后再来调调方。

患者：好，谢谢！

医生：不客气。

1.2.12 带状疱疹

患者：大夫，我的腰部长了些小水疱，西医说是带状疱疹，让我服止痛片、金霉素，又给我注射了维生素B_{12}，都不见效，痛得厉害，我想请中医治疗。

医生：多少天了？

患者：起疱3天了。

医生：先痛还是先起疱。

患者：先是腰部一阵阵的象针扎样刺痛，以为是神经痛，未治疗，4天后才出现大片红斑、丘疹，今日出现小水疱，刺痛加重。

医生：你把衣服撩起来我看一下。这样一碰疼痛加重吗？

患者：触碰时痛的重。

医生：今年多大岁数了？

患者：32岁。

医生：请把手放在脉枕上，我诊一下你的脉。再把舌头伸出来看看舌象。舌苔这么黄，口苦不苦？

患者：口苦。

医生：大便干吗？

患者：大便干。

医生：嗓子干不干？

患者：嗓子也干。

医生：愿意喝水吗？

患者：爱喝水，还爱喝凉水。

医生：心里烦燥吗？

患者：心烦，爱发脾气。

医生：你这种病叫缠腰火丹，西医叫带状疱疹。根据你的脉象弦细，舌红苔黄和疱疹颜色红，口渴，大便干的症状，主要是热盛化火。

患者：怎样治疗呢？

医生：能服汤药吗？

患者：可以。

医生：我给你开几付中药，回去每天煎服1付。

患者：能止痛吗？

医生：能。主要作用是清化湿热，通便泻火。火毒解了，也就不痛了。再给你开1瓶玉露膏也能帮助消炎止痛。

患者：大概多长时间才能止住痛呢？

医生：有5、6天就能不痛了。

1.2.13 慢性咽炎

医生：同志，你来看什么病？

患者：慢性咽炎。

医生：有什么感觉？

患者：咽部经常干痛。

医生：你张开口我看一下，咽炎有多少年了？

患者：有20多年了。

医生：你做什么工作？

患者：教师。

医生：什么时间痛重？

患者：夜间痛得厉害。

医生：嗓子干吗？

患者：口和嗓子都干。睡着觉有时能干醒了。

医生：咳嗽吗？

患者：嗓子一发痒就干咳。

医生：有痰吗？

患者：咽部常觉有痰贴着，但吐不出；有时有少量灰白痰块，但仍常有物作梗。

医生：吃饭有梗阻感吗？

患者：没有。

医生：请把手放在脉枕上，我诊一下脉。还有其他症状吗？

患者：还常有腰酸腿软，耳鸣失眠，有时盗汗。

医生：以前服过什么药？

患者：服过不少消炎药片，还服过六神丸、喉症丸、清音丸等。

医生：慢性咽炎中医叫喉痹。从脉象，舌象和症状看，你主要是肺肾阴亏，虚火上炎。治疗不能求速效，必须坚持较长时间用药。

患者：用什么药？

医生：我给你用清火补阴汤配成蜜丸，每次 1 丸，1 日 3 次，便于长期服用。

患者：需要多长时间？

医生：最少需连续服半年时间，疗效才能巩固。

1.2.14 乳痈

患者：大夫，我挤着奶了，乳房肿痛 4 天了。

医生：发烧吗？

患者：发烧两天了。

医生：体温怎样？

患者：在 38℃～39℃之间。

医生：产后有多少天了？

患者：两个月了。

医生：奶多吗？

患者：多，孩子吃不了。自从挤着奶后我不敢给他吃了，光用吸奶器吸。近 4 天来明显减少。

医生：你口渴吗？

患者：渴。

医生：吃饭怎样？

患者：不愿意吃饭。

医生：我给你检查一下。请脱去衬衣。你看，右乳头外侧肿胀，皮色红、触之灼热，有 3×3 厘米大硬结，硬块中央部较软，按之有波动。请穿上衣服吧。伸舌头，噢，舌质红，苔黄。再诊诊脉，脉弦数。你需要查查血。

患者：大夫，这是化验结果。

医生：噢，白细胞很高，你患了急性乳腺炎，中医称乳痈。

患者：我没想到挤一下奶会这么严重。

医生：哺乳期要特别注意，挤着后乳汁分泌不畅，很容易发炎。

患者：已经化脓了吗？

医生：是的，化脓了。

患者：怎么治疗呢？

医生：需要切开引流。并配合内服药物治疗。

患者：服什么药？

医生：中药以清热解毒、通乳透脓为原则。用瓜蒌牛蒡子汤加减。这是处方，请你家属取药，你到治疗室去行切开引流术。

患者：手术后什么时候再来复查？

医生：每天来一次，观察患处是否引流通畅，并换药。

患者：孩子能吃奶吗？

医生：要停止哺乳。可用吸乳器吸出乳汁，用胸罩托起乳房，以减少活动和疼痛。

患者：谢谢。

(张道安)

1.3 骨科

1.3.1 肩关节脱臼

患者：我打篮球时摔倒，感到右肩部疼得厉害，不能活动。

医生：什么时候发生的？

患者：1 小时以前。

医生：以前有过肩部摔伤，不能活动史吗？

患者：没有。

医生：请将上衣脱下，露出肩部及上肢，让我检查一下。右肩部呈方肩畸形，肩胛盂下空虚，能把手放在对侧肩上吗？

患者：不能。

医生：上肢有无麻木感觉？

患者：没有。

医生：手部和腕部活动怎样？

患者：活动正常。

医生：你的肩关节可能脱臼了。神经没有受到损伤。我送你到放射科检查一下，看看是否合并骨折。X线片显示右肩关节脱臼，没有骨折。

患者：大夫，怎样治疗呢？

医生：首先要复位。请你躺在治疗床上，让我用手牵足蹬方法给你复位。好啦，请起来吧。

患者：复位了吗？

医生：已经复位了。右肩部外形已恢复正常。

患者：肩关节可以活动了。

医生：你的手能放到对侧肩上吗？

患者：能放上了。

医生：这说明已经复上位了。

患者：还需固定吗？

医生：需要固定。这样使受伤的软组织得以恢复，以防日后形成习惯性脱臼。将右上臂放在胸前，我用绷带将你的胸部和上臂固定在一起。屈肘，用颈腕带悬吊前臂。

患者：固定多长时间？

医生：2周。

患者：可以活动吗？

医生：可以活动。不过，固定期间先要练习手腕和手指活动，待解除固定后再逐步练习肩关节活动。

患者：还吃药吗？

医生：要吃药的。早期因患处瘀肿，疼痛明显，宜活血化瘀，消肿止痛，用活血止痛汤。我先给你开几付中药，每日1剂，水煎服。3天后可再来医院复查。

患者：谢谢。

1.3.2 桡骨远端骨折

患者：大夫，我右手腕部摔伤4个小时，疼得厉害，不敢活动。

医生：怎么摔的？

患者：下雪后路滑，不小心跌倒了。当时手腕部疼痛肿胀，不敢活动。

医生：来，让我检查一下。噢，腕部肿胀呈餐叉样畸形，按压(桡骨远端)疼痛吗？

患者：痛。

医生：腕关节能活动吗？

患者：不敢活动，手腕一活动就疼。

医生：活动一下手指。

患者：手指活动好。

医生：到放射科拍个片子。

患者：这是片子。

医生：让我看看。噢，桡骨远端骨折。

患者：大夫，好治吗？

医生：不必担心。我给你整复一下，然后固定就行。

患者：怎样固定？

医生：用小夹板固定。用它可以不固定上、下关节，能保持骨折整复后的稳定，又能使上、下关节主动活动，以防止肌肉萎缩，有利于骨折愈合。

患者：这方法好。

医生：在固定以前，首先要整复好骨折。你跟我到整复室来。请躺在治疗床上，把右胳膊伸出来。不用害怕，一会儿就好了。(请助手握住病人的前臂上部。我们牵引了。)好，复位了，我用夹板固定好了，先去透视一下。

患者：大夫，这是透视单。

医生：对位很好。回家后手部可能肿胀，你要把手部抬高，多做握拳活动，这样利于肿胀消退,并防止以后手的功能障碍。我再给你跌打丸，每次服 1 丸，每天 3 次，用以活血理气，消肿止痛。如果没有特殊情况的话，过 3 天再来复查。

患者：好。

(3 天后来医院复诊)

医生：治疗后感觉怎样?

患者：回家后第 2 天手部肿胀得厉害，也很疼痛。我按照你说的，把手抬高，经常做握拳活动，肿胀逐渐消退，疼痛也减轻了。

医生：很好，夹板固定得很牢固，手的活动也很好。请拿透视单再去透视。

患者：大夫，放射科的大夫说骨折对位很好。这是透视单。

医生：我给你调整一下夹板，继续固定。药物还有吗?

患者：还有。您再给我开点接骨的药物好吗?

医生：现在还不能使用接骨药物，因为目前还是骨折初期，治疗宜活血化瘀，消肿止痛。待肿胀及瘀血消退后再服用接骨片，以接骨续筋。

患者：你看要固定多长时间?

医生：固定 4 周。回去后每周来复查一次。

患者：再见。

(4 周后)

患者：大夫，今天整 4 周了，是不是可以去掉夹板?

医生：我来检查一下。按压骨折的部位疼吗?

患者：不疼。

医生：活动手腕的时候骨折部位疼吗?

患者：也不疼。

医生：请你到放射科拍一张 X 片，看看骨折愈合的情况。

患者：大夫，这是 X 片，请您看看。

医生：骨折部对位对线很好，骨折线已经消失，这说明骨折愈合了．可以将夹板解除。

患者：还要注意什么？

医生：回去后逐渐进行肩、肘、腕和手部的功能锻炼。我再给你开几付活血止痛散烫洗。

患者：谢谢。

1.3.3 肱骨髁上骨折

家长：我的孩子在玩耍时摔倒，肘部疼痛，不敢活动，请您看看。

医生：小朋友，今年几岁了？

患者：7岁。

医生：摔倒后哪里疼？

患者：(指肘部)这里不敢活动，很痛。

医生：小朋友，你想想，摔倒时是不是手掌先着地？

患者：是。

医生：让我检查一下。你看，左肘部肿胀明显，呈"靴形"畸形，但肘后三点关系正常。按压这里疼痛吗？

患者：疼。

医生：活动一下肘关节好吗？

患者：不敢活动，一活动就疼。

医生：活动一下手指，活动很好，手部感到麻木吗？

患者：不麻。

医生：把左手伸出来，检查一下桡动脉搏动情况。桡动脉搏动正常。

家长：摔的很严重吗？

医生：不要紧，可能是骨折。请你领着孩子到放射科拍左肘正侧位X线片，这是检查单。

家长：大夫，片子拍好了。给您片子，是骨折了吧？

医生：根据片子看，是左肱骨髁上骨折。

家长：还要手术吗？

医生：不用手术。闭合整复就能复位。让你的孩子跟着我一起到整复室去。

患者：妈妈，我害怕。

家长：孩子，不要怕，要勇敢些。

医生：小朋友，来，平躺在床上，叔叔在你的胳膊上绑个小夹板就行了。

患者：叔叔，轻点。

医生：好孩子，真乖。你们握好他的上臂，一个人抓住他的前臂牵引。我要复位了，屈曲肘关节。

患者：啊，啊，痛！痛！妈妈！妈妈！

医生：好了、好了。固定好了。

患者：这要固定多长时间。

医生：一般固定4周。

患者：能活动吗？

医生：固定期间，肘部不能活动。多做握拳，腕关节屈伸及肩部等活动，以利于骨折尽快愈合，关节恢复正常活动。

患者：还服药吗？

医生：两周内重在活血祛瘀，消肿止痛。我给你开几付中药，用复元活血汤加减。

家长：回家后注意什么？

医生：整复固定后要密切注意手指活动及血运情况，因肘上部骨折，易损伤血管及神经，再则复位后屈肘，又使用夹板固定，有可能出现血管受压致前臂缺血性挛缩，所以要注意观察。如遇手部颜色改变，手指活动时剧痛，手部有异常感觉，桡动脉搏动减弱或消失等表现时，请马上来医院。

家长：好。

医生：请去透视一下，看看复位后的骨折位置怎样。

患者：这是报告单。

医生：对位很好。这是中药处方，回去煎服，先喝3付，过3天再来复查。

家长：谢谢。

1.3.4 胫腓骨干骨折

患者：我小腿部摔伤了，疼痛，不能下地。

医生：摔伤多长时间了？

患者：1天。

医生：怎样摔伤的？

患者：在3米高处工作时，不慎踏空，滑下致伤。

医生：当时身体的哪个部位先着地？

患者：右足部先着地，当时就感到右小腿部疼痛，不敢下地走路，很快就肿胀了。

医生：摔伤后神志清楚吗？

患者：神志清楚。

医生：这夹板是在哪里固定的？

患者：摔伤后马上被送到当地医院。照X片说是骨折，先用夹板临时固定后又让我们到上级医院来。

医生：你用过什么止疼药吗？

患者：没有，只服过两次跌打丸。

医生：请躺下，让我把夹板解掉。请你指出最疼的部位。

患者：就在这里，大夫，小腿中部。

医生：你右小腿中上段以下至足部肿胀明显，右足呈外旋位，胫骨中下1／3处前凸，我压这里疼痛吗？

患者：痛。

医生：腓骨上段也有压痛，足背动脉搏动稍弱。足趾能活动吗？

患者：能活动。

医生：足趾活动还好。我看一下X片。X片显示胫骨中下1／3处骨折，有移位。腓骨上段也有骨折，对位还可以。

患者：医生，能治好吗？

医生：当然能治好。通过 X 片观察，你的骨折是不稳定骨折，治疗比较复杂，要用手法整复，夹板固定配合跟骨牵引。请你住院治疗好不好。

患者：同意住院治疗。住院后也要用药吗？

医生：用药。早期要活血祛瘀，消肿止痛，用复元活血汤加减；中期以接骨续筋为主，服用接骨片；后期需滋补肝肾，强壮筋骨，口服六味地黄丸。

患者：好愈合吗？

医生：不好愈合。此骨折因局部供血较差，容易发生骨折迟缓愈合或不愈合，所以在治疗期间一定要夹板固定可靠。

患者：我如何配合治疗？

医生：待骨折稳定后可轻轻纵向叩击足跟部，以刺激骨折端骨痂生长，有利于愈合。

患者：可以下地吗？

医生：下地一定不要过早，经临床检查及 X 摄片证实骨折临床愈合后才能下地。

患者：大约要固定多长时间？

医生：一般固定 8～12 周。

患者：固定期间要注意什么事项？

医生：要注意练功活动。整复固定后，即可作髁、足部关节屈伸活动及股四头肌舒缩活动；中期以后逐渐练习髋、膝关节活动；经 X 线片显示骨折部骨痂形成，骨折线消失，达到临床愈合后，逐渐下地活动。

患者：谢谢大夫。

医生：我为你开张住院票，请你到住院部办理住院手续。

患者：好。

1.3.5 腰部扭伤

患者：我腰疼得很厉害，不敢活动。

医生：多长时间了？

患者：1天了。

医生：怎么引起的？

患者：我弯腰搬木箱时，突然觉得腰部疼痛，腰不能挺直，行走也疼。

医生：其他部位痛吗？

患者：其他部位不疼。

医生：咳嗽，喷嚏及用力大便时疼痛减轻还是加重？

患者：加重。我不敢咳嗽。

医生：当你伸腰和弯腰的时候疼痛加重吗？

患者：是的。

医生：怎么样就好些呢？

患者：休息后疼就减轻，但稍走一点路就疼得厉害，不得不停下。

医生：下肢有无症状？

患者：两下肢无不适感。

医生：请到检查床上，俯卧。我按的部位你觉得疼吗？

患者：是的，就是这里疼。

医生：按压这里疼痛，向其他部位放射吗？

患者：没有。

医生：请仰卧。将右腿伸直抬高，疼痛吗？

患者：不疼。

医生：放平右腿，再把左腿伸直抬高，疼痛吗？

患者：不疼。

医生：请下床站起来，让我检查一下你的腰部。请向前弯，向后仰。好，再向左右侧弯，疼痛吗？

患者：疼痛厉害。腰部一活动就疼，大夫，我的腰椎有问题吗？

医生：没问题，只是腰肌扭伤。因为你在搬运重物时用力过

度或体位不正而引起腰部肌肉瘀血郁滞，气机不通所致。

患者：能治好吗？

医生：能治好。可以用些药物治疗，结合理筋手法和针灸治疗，效果很好。

患者：用什么药物？

医生：用中药。治疗宜活血化瘀，行气止痛。我给你开几付中药，用舒筋汤加减。煎服。再开几贴镇江膏敷于患处。回去后要睡硬板床，好好休息，以缓解肌肉痉挛。给你处方，请陪人去拿药。让我用理筋手法为你治疗一下。现在你可以活动一下腰部，感觉腰痛怎样？

患者：腰痛减轻了。

医生：这几天可每天来医院推拿一次。减轻以后可两天来一次。你若喜欢用针灸治疗亦可，配合治疗，效果会更好。到针灸科针灸、拔火罐都可以。

患者：谢谢。

1.3.6 附骨疽

患者：大夫，我左小腿被拖拉机撞伤两个多月了。在小腿部有一个伤口，经常流脓水，现在也不能下地。

医生：当时撞伤后皮肤破了没有？

患者：皮肤破了，流血不止。小腿部疼痛，不敢活动。

医生：在哪里看过？

患者：当地医院，经过拍片，说是开放性骨折，伤口清创缝合后又打了石膏托固定。

医生：用过什么药物吗？

患者：用过青霉素和链霉素。还注射了一针破伤风抗毒素。

医生：伤口没有愈合吗？

患者：10 天后拆线见伤口已经愈合了，可是过了 5 天我感觉伤口部疼痒难忍，解开石膏见伤口部又溃破了，流脓水。经常换药，至今也没有愈合。有一次换药还取出一块小骨片。

医生：来，我给你检查一下，左小腿内侧有一个伤口，约有$2\times3cm^2$，流淡黄色脓液，量不多，周围肉芽不新鲜。请你去化验室化验一下血常规，再做一下伤口分泌物的培养和药敏，然后再到放射科拍一张X线片。

患者：这是化验结果。

医生：根据化验结果和X线片情况看，你得的是附骨疽，西医叫化脓性骨髓炎。

患者：这是怎样引起的？

医生：受伤后，小腿骨骼损伤处引起感染。

患者：大夫，这种病好治吗？

医生：不太好治，现在已是慢性期，治疗时间要长一些。只要坚持治疗，一定能治好。

患者：怎样治疗呢？

医生：因为小腿骨折还没有愈合，而且又有骨髓炎，所以先换药，然后在下肢打一个管形石膏。

患者：以后还换药吗？

医生：需要换药，在伤口部位从石膏上开一个窗，便于以后换药。

患者：听说配合创伤膏治疗效果很好，对吗？

医生：对。用创伤膏敷在伤口处，伤口愈合很快。请跟我到治疗室来。

患者：还要吃药吗？

医生：我先给你开几付中药，用托里消毒散加减，水煎服。

患者：回家后要注意什么？

医生：要注意加强营养。多吃一些含蛋白质多的食物。我再给你开点维生素，以利伤口早期愈合。两天后再来换药。

患者：谢谢。

(刘复奇)

1.4 妇科

1.4.1 月经先期

患者：大夫，我月经来的频，不知是什么原因？

医生：多长时间来一次？

患者：半月到 20 天来一次。

医生：有多长时间了？

患者：有 3 个多月了。

医生：来的量多不多？

患者：比以前多点。

医生：多少天干净？

患者：6～7 天干净。

医生：什么颜色？

患者：紫红色，比较稠。

医生：有血块吗？

患者：血块不多。

医生：经期小腹痛吗？

患者：轻微疼痛。

医生：平时好心烦吗？

患者：嗯，经常心烦，口也干。

医生：大小便正常吗？

患者：大便干，两天才解一次，小便有点黄。

医生：以前月经正常吗？

患者：正常，每次都是 28 天来一次。

医生：饮食有什么特殊嗜好吗？

患者：很愿意吃辣椒。

医生：结婚了吗？

患者：结婚半年了。

医生：避过孕吗？

患者：没有。

医生：你先去解一下小便，排空膀胱，我给你做妇科检查。

患者：我到现在还没怀孕,正好查一下。

医生：妇科检查子宫发育正常，附件未见异常。

患者：子宫正常我就放心了。

医生：伸出舌头来，让我看一下。舌质红，苔黄。

医生：试试脉。脉滑数。

患者：大夫，这是怎么回事？

医生：你是由于血热所导致的月经先期。

患者：听说中医调月经很有效果，我想吃点中药调理一下可以吗？

医生：可以，我这就为你开几付清热凉血调经的清经散。

患者：这药来月经时吃还是平时吃？

医生：平时吃最合适。

患者：还需要再来看吗？

医生：吃几付后，来看看，再给你调一下方。

患者：好吧。

医生：另外，还应注意平时少吃辛辣食物，这样有利于月经周期的恢复。

患者：我知道了，谢谢你！

医生：不客气。

1.4.2 月经过多

患者：大夫，我来月经量很多。

医生：有几个月了？

患者：已经4个多月了.

医生：每次用多少纸？

患者：要用2包多。

医生：月经多少天来一次？

患者：每月都是30天来一次

医生：来月经持续几天干净？

患者：6～7天干净。

医生：月经是什么颜色？

患者：淡红色，清稀。

医生：有血块吗？

患者：没有。

医生：小腹疼痛吗？

患者：有点坠痛。

医生：最后一次来月经是什么时候？

患者：8号，已经干净6天了。

医生：来月经时还有其它不舒服的感觉吗？

患者：感到全身乏力，有时走路腿都拖不动，不愿意多说话，光想睡觉。

医生：大便正常吗？

患者：平时大便就稀，已经3年了。

医生：到医院看过吗？

患者：看过，医生讲是慢性结肠炎，经治疗现在好多了，大便基本上是1天1次。

医生：以前月经正常吗？

患者：正常，只是月经颜色较淡。

医生：你多大年龄了？有小孩吗？

患者：34岁，生过一个孩子，已经8岁了。

医生：放过节育环吗？

患者：已经放了6年了。

医生：我给你做个妇科检查，看是否有器质性病变。象子宫肌瘤就可以使月经量增多。

患者：请给检查吧。

医生：妇科检查正常。查过血常规吗？

患者：前段时间体检时，医生说正常，只是血色素偏低一点，10.5克。

医生：我看一下舌头。舌淡，边有齿痕。

医生：伸过手腕，试试脉，脉细弱无力。

患者：医生，我月经流血多是崩漏吧？

医生：你是气虚所致的月经过多，不是崩漏。崩漏是指月经的周期、经期、经量严重失常的病症。

患者：那么，怎样治疗呢？

医生：服汤药较好，开6付举元煎，可以健脾益气，摄血固冲。

患者：怎样服法呢？

医生：这个方子平时可以服，经期再加上几味固涩止血药物，如炮姜炭，焦艾叶，乌贼骨。

患者：噢，平时和经期治疗还不同？

医生：对，这叫经期治标，平时治本。

患者：还需要注意什么？

医生：要注意锻练身体，增强体质。另外，注意营养和经期的卫生。

患者：麻烦了，谢谢！

1.4.3 崩漏

患者：医生，我月经干净才2天又来血，现在已经流血40多天了。

医生：你今年多大了？

患者：24岁，结婚4个月了。

医生：这种情况多长时间了？

患者：大约半年了，现在比前段时间重一些。

医生：这半年月经周期规律吗？

患者：不规律，有时7—8天来一次，有时20多天来一次。

医生：每次来月经持续多长时间？

患者：最短8—9天，长时1个月还未干净。

医生：来的血量是多是少?

患者：量不多。

医生：这次来的多吧?

患者：不是很多，但老是不干净，昨天好象又多了些。

医生：这40天用了多少纸?

患者：大概用了3包纸。

医生：血的颜色是什么样的?

患者：颜色鲜红。

医生：粘稠还是稀薄?

患者：看样子比较稠。

医生：有血块吗

患者：偶尔有小血块。

医生：小腹和腰痛吗?

患者：不痛、只有腰酸。

医生：还有其它感觉吗?

患者：经常头晕、耳鸣、感到没力气。

医生：心烦吗?

患者：心烦，还经常口干。

医生：大小便正常吗?

患者：都正常。

医生：你多大年龄来第一次月经?来后正常吗?

患者：14岁来月经，第一年不太正常，有时几个月来一次，后来就正常了。但来的量多一些，每次都要用1包多纸。

医生：你以前做过什么治疗吗?

患者：3个月前因阴道出血20天不止，在医院做过刮宫手术，送过病理。这是报告单。

医生：从病理单看是子宫内膜增殖症。你还用过什么药吗?

患者：用过止血药，还用过乙底酚，因服后胃难受，老恶

心，不能吃饭，就没再吃。

医生：你结婚后采取过避孕措施吗？

患者：没有。

医生：你测过基础体温吗？

患者：没有。

医生：我给你检查一下，看看是否由于怀孕、炎症、子宫肌瘤等引起的出血。

患者：查吧！

医生：通过妇科检查，子宫和盆腔无异常发现，说明没有器质性病变。

患者：还要检查什么

医生：再查血常规、血小板和出、凝血时间，看看是否贫血，另外排除一下凝血机制障碍引起的阴道出血。

患者：好，做吧！(过了一会儿)医生,请你看一下化验结果。

医生：除血色素 9.5 克外，其它指标都在正常范围，属轻度贫血。

患者：是流血多引起的吗？

医生：是的。西医诊断是功能性子宫出血，继发性贫血。

患者：那么中医诊断是什么呢？

医生：你伸出舌头，让我看一下。舌质偏红、苔少。

医生：把手伸过来试试脉。脉细数。

医生：中医诊断是崩漏，属于肾阴虚型。

患者：崩漏还分不同的类型？

医生：是的，除肾阴虚型外，还有肾阳虚型、血热型、脾虚型、血瘀型等，只有辨证清楚，才能用药准确。

患者：啊，原来是这样。可以中药治疗吗？

医生：可以。因目前你还在流血，时间也比较长，先给你开个止血的方。方名叫止血灵。

患者：医生，我服了 3 服药出血量就明显减少，服完 6 付药

就完全止住了。

医生：再给你换个方吧。

患者：效果挺好的，为什么要换方呢？

医生：上个方是为了止血，血止后要治本，这就是中医讲的“急则治其标，缓则治其本”，这是治疗崩漏的原则。

患者：换什么方呢？

医生：用左归丸去牛膝合二至丸，来益肾养阴调经，另外再给你一张基础体温表，你坚持测基础体温，可提供下一步治疗参考。

患者：吃完后还需要再来看吗？

医生：你的病需要调理一段时间，吃完药，再来看看吧！

患者：好！谢谢！

医生：再见！

1.4.4 闭经

患者：我半年没来月经了，全身没有力气，经常觉得头晕眼花。

医生：你今年多大了？

患者：35岁。

医生：你以前的月经情况怎样？

患者：以前月经正常。自1年前做痔疮手术后，就开始不正常了。

医生：当时手术情况如何？

患者：当时出血较多，手术后又没有得到很好的休息，后来就经常腰酸腿软，月经后拖，颜色很淡，量也越来越少。

医生：饮食好吗？

患者：饮食也比以前减少了，不想吃东西。

医生：心慌吗？

患者：心慌气短，睡眠也不好，光做梦。

医生：小腹和腰痛吗？

患者：腰酸痛，腹不痛。

医生：大便怎么样？

患者：大便还正常，1天1次，都是软便。

医生：患过结核病吗？

患者：没有。

医生：服过避孕药吗？

患者：以前服过，因月经量少，近1年未再服。

医生：先做一下妇科检查看看，排除早孕的可能。

患者：好吧。

医生：从妇科检查看，子宫正常大小，没有其他异常现象，不是怀孕。

患者：大夫，我曾用过黄体酮针，用的那一个月来月经了。以后不用又不来了。

医生：还用过其他药物吗？

患者：没有。

医生：伸出舌头我看一下。舌质淡，苔薄白。

医生：伸过手腕试一下脉。脉细弱。

患者：我得的什么病？

医生：是气血虚弱所致的闭经。

患者：大夫，月经不来，服活血的药，可以吧？

医生：是血瘀气滞者可用活血类药物，其他象肾虚、痰湿阻滞等型不能使用这类药物。

患者：我服什么药好呢？

医生：用人参营养汤较好，这个方子能够双补气血。气充血足，血海满盈，月经自会来潮。

患者：大夫，我服了你开的6付中药后，感到心慌减轻了，全身也比以前有力了，只是有点腰酸。

医生：我为你试一下脉。脉沉细。

患者：是否可以继续吃药？

医生：我给你调整一下方子，去远志加菟丝子、川断，再吃吃看。

患者：应注意什么呢？

医生：加强营养，注意锻练，劳逸结合，以促进身体机能的恢复。

患者：好的，谢谢！

医生：不要客气。

1.4.5 痛经

患者：我这4个月来，每次来月经小腹和腰部疼痛。

医生：是经前痛还是经后痛？

患者：经前1～2天就开始痛，来月经的第一天痛的最厉害。

医生：你是学生吗？

患者：我正在上高中，学习比较紧张，可每次来月经腹痛时，都不能上学校。

医生：怎样痛法？是胀痛、坠痛还是绞痛？

患者：是绞痛，感觉小腹部发凉。

医生：用热水袋热敷一下腹部，疼痛会减轻吗？

患者：是的，热敷后感到舒服一些。

医生：月经是什么颜色？

患者：黯黑色，有时带有小血块。

医生：经期腹痛时，还有其他感觉吗？

患者：痛的厉害时，手脚发凉，出冷汗，有时恶心，直想吐。

医生：以前月经正常吗？

患者：正常。每次都是30天来一次，有时仅小腹轻微下附，没有疼痛。

医生：那么现在的经期腹痛，有什么明显的原因吗？

患者：记得4个月前，正好是来月经的第一天，我和同学们

打篮球，跑的又热又渴，喝了一些凉自来水。

医生：当时小腹痛了吗？

患者：过后小腹就痛，月经量也比以前减少了，而且颜色发黯。

医生：发烧了吗？

患者：没有。

医生：用过什么药吗？

患者：腹痛厉害时用过止痛针，听医生说，叫安痛定，用后就不痛了，过后来月经还是痛。

医生：我给你做一下妇科检查，看一下你子宫的发育情况怎样。

患者：怎么个检查法？

医生：查一下肛诊就可以。

患者：好吧。

医生：妇科检查正常。把舌头伸出来看一下。舌质暗，苔白腻。

医生：把手腕伸过来试试脉，脉象沉紧。

患者：医生，我得的什么病？是痛经吗？

医生：是痛经。是由于经期饮冷水从而导滞了寒湿凝滞，使经血运行不畅。

患者：能给我开几付中药吗？

医生：可以，少腹逐瘀汤效果较好。这个方子可以散寒除湿，化瘀止痛。

患者：我的同学也有痛经，她也用这个方子行吗？

医生：中医讲辨证施治，虽都是痛经，但有虚实之分，治则方药也有不同。

患者：噢，原来是这样，还是让她自己来看一下吧。医生，治疗痛经还有其他办法吗？

医生：痛经可以用针灸止痛。

患者：中药什么时候开始吃呢？

医生：在经前 7 天左右开始吃，每日 1 付，服至来月经。经期腹痛重时还应酌加相应止痛药物。

患者：需要服多长时间的药呢？

医生：一般情况下，连续服药 3 个月就会好的。

患者：那么平时还要注意些什么？

医生：生活要有规律，保持心情舒畅，注意经期卫生，如不要食生冷及刺激性食物，经期不要游泳涉水等。

患者：我都记住了，再见！

医生：再见！

1.4.6 带下病

患者：医生，我近来白带量多，而且有难闻的气味。

医生：多长时间了？

患者：20 多天了。

医生：你多大年龄了？

患者：28 岁。

医生：白带是什么颜色？

患者：是黄色的。

医生：清稀还是粘稠？

患者：粘稠。

医生：你刚才说的难闻的气味是腥味还是臭味？

患者：腥臭味。尽管天天洗，可还是有味。

医生：外阴痒不痒？

患者：有点痒，但不厉害。

医生：吃饭好吗？

患者：不太愿意吃，总觉得饭没有味。

医生：小腹痛不痛？

患者：有些坠痛。

医生：大小便正常吗？

患者：大便正常，小便有些黄。

医生：最近做过人工流产手术吗？

患者：一个月前做过。当时手术做得挺好，流血也不多。但手术后第3天可能受了凉，发了2天烧，体温38℃。

医生：治疗过吗？

患者：注射了5天庆大霉素，就好了。

医生：以后白带就开始增多了？

患者：是的。

医生：我先给你化验一下白带，看有没有滴虫和霉菌。另外做个妇科检查，以排除盆腔炎症。

患者：好吧。

医生：妇科检查发现你的宫颈有轻度糜烂，左侧附件有点炎症。

患者：化验结果呢？

医生：化验未找到滴虫和霉菌。

患者：我白带多是炎症引起来的吧？

医生：是的。西医诊断是慢性附件炎（左侧），慢性宫颈炎Ⅰ°。中医属于湿热型带下病。

患者：用什么办法治呢？

医生：吃几付清利湿热的止带方吧，同时用洗必泰栓治疗宫颈炎。

患者：这些药物怎样使用？

医生：中药1日1付，水煎服。洗必泰栓1个，每晚或隔日放入阴道内。

患者：好，我回去照您的说法做。谢谢！

医生：不客气，再见！

1.4.7 恶阻

患者：我已有2个月不来月经了，恶心、呕吐。

医生：恶心、呕吐多长时间了？

患者：十几天了，近几天更厉害了。

医生：结婚了吗？

患者：结婚半年了。

医生：采取过避孕措施吗？

患者：没有。家里老人说，可能我有喜了。但不知呕吐的确实原因，就来看看。

医生：吐的是什么东西？

患者：吐的全是吃的饭，有时带些很稀的粘液。

医生：每天吐几次？

患者：前些日子1天吐1～2次，近两天只要吃进去东西，过不了一会就开始吐，有时喝点水都吐。

医生：口苦吗？

患者：不苦，嘴里老觉着没味，不想吃东西。

医生：看你的精神也不太好，面色有点㿠白。

患者：是的。光想睡觉不愿动。

医生：你以前有胃病吗？

患者：以前经常胃不舒服，到医院查说是胃炎，治疗后已经好了。

医生：你到检查床上，我给你查查看。子宫如2个月妊娠大小，软。双侧附件无异常。看来你是怀孕了，是2个月妊娠。

患者：太好了，我正担心呢。

医生：再给你开个化验单，化验一下尿酮体。

患者：这是化验结果。

医生：尿酮体（+），说明你有轻度酸中毒情况，应该输点液体纠正一下。

患者：医生，我害怕打针，你还是给我开点中药吧。

医生：好吧！我看一下你的舌头。舌淡、苔薄白。

医生：再试一下脉。脉缓滑无力。

患者：医生，我是不是还有其它的病？

医生：你现在是妊娠恶阻，由脾胃虚弱造成的。如果能吃进中药去，就会好起来的。

患者：请给开个方吧！

医生：我给你开几付香砂六君子汤，可以健脾和胃，降逆止呕。这个方经临床使用对脾胃虚弱型的效果都很好。

患者：我属于脾胃虚弱型？

医生：对，另外还有肝胃不和型，治则方药都是不同的。

患者：噢，是这样！医生，我现在喝水都吐，汤药怎么服法？

医生：你可以将药少量多次分服，每次只喝几口。

患者：吐了药怎么办？

医生：少量多次分服，吐一点也没关系，过一会再喝。

患者：听医生这么一说，我也就有信心了。谢谢医生了。

医生：不必客气。

1.4.8 滑胎

患者：我以前怀孕4次，都流产了。这次又怀孕3个月了，昨天起不知什么原因又流血。请您给好好看一下吧。

医生：你以前4次都是怀孕后几个月流的产？

患者：第一次是怀孕两个月，后3次都是近3个月时流产的。

医生：每次怀孕间隔多长时间？

患者：大约1年左右。

医生：流产时到医院看过吗？

患者：看过。第一次因是不完全流产，做了清宫术，后3次都是整个掉下来的，让医生看过。

医生：都送病理了吗？

患者：送了，报告单都说是妊娠。

医生：连续发生流产，去医院查过原因吗？

患者：查过，血型和染色体都正常，丈夫的精液也正常。

医生：这次阴道流血量多吗？

患者：不多，只在内裤上染了一点。

医生：什么颜色？

患者：红的。

医生：腹部和腰痛吗？

患者：腹部不痛，只有点腰酸。

医生：有下坠的感觉吗？

患者：没有。

医生：还有其它感觉吗？

患者：经常头晕心慌，全身无力。

医生：吃饭好吗？

患者：我平时吃饭就不太好，怀孕后吃的更少了。

医生：大小便正常吗？

患者：都正常。

医生：最后一次月经是什么时候来的？

患者：8 月 20 日。

医生：你做过妇科检查吗？

患者：没有。我测过基础体温，排卵后体温上升到 37℃，持续时间超过 20 多天时，我又做了酶免试验，是阳性结果。

医生：多次流产，使你的心情很紧张。

患者：可不是吗，我真怕这次再流产了。听说中医保胎效果好，我赶紧到这里来了。

医生：我看看你的舌苔，试试脉。舌淡苔薄，脉细弱无力。

患者：医生，我老是流产，到底是怎么回事？

医生：你的病属于气血两虚所致。气虚则胎失所载，血亏则胎失所养，所以屡孕而坠，中医叫滑胎，西医叫习惯性流产。

患者：能治好吗？

医生：可以服中药试试，我给你开几付泰山磐石散吃吃。气血充沛，肾气健固，则胎居母腹若泰山之稳，磐石之安。

患者：这药名太有意思了，经你这么一说，我的心情不那么紧张了。

医生：你吃完这些药后，再来我给你调一下方。

患者：好，回去我应注意些什么？

医生：治疗期间要绝对卧床，好好休息，避免不良刺激，尤其严禁房事。保胎应超过原来流产月份一段时间，保胎期间要情绪放松，避免过分紧张。

患者：还有吗？

医生：回去后，若发现阴道出血量多，腹中剧痛，要及时到医院就诊。

患者：谢谢大夫！这次很希望能保住这个孩子。

医生：祝你顺利！

1.4.9 产后周身酸痛

医生：你哪儿不舒服？

患者：我现在产后 20 天，全身关节疼痛。

医生：生产时顺利吗？出血多不多？

患者：顺利，出血也不多。

医生：以前有关节炎吗？

患者：没有。

医生：这次关节痛有什么原因呢？

患者：前天夜里给孩子喂奶，穿衣服少，受凉了，当时即感到关节疼痛。

医生：关节怎样痛法？是酸痛还是刺痛？

患者：象锥刺一样痛。

医生：是串痛还是痛有定处？

患者：是串痛。

医生：有麻木沉重的感觉吗？

患者：有，尤其是四肢凉麻。

医生：多穿衣服，暖和一些疼痛会减轻吗？

患者：减轻。

医生：你现在阴道还流血吗？

患者：已经干净了。

医生：我看一下你的舌苔，试一下脉。舌淡，苔薄白，脉细缓。

患者：我得了什么病？

医生：是产后身痛。

患者：是受凉的原因吗？

医生：是的。因产后体虚，现天气寒冷，风寒湿乘虚而入，留滞经络，使气血运行不畅所致。

患者：听老人讲月子里的病，应在月子里治。我想吃中药治一下。

医生：我明白。你的病应当养血祛风，散寒除湿，用独活寄生汤最合适。

患者：要吃几付药呢？

医生：先开3付吃吃看，有什么感觉下次来说一下，可根据需要调整药方。

患者家属：大夫，我爱人吃了3付药，效果很好，关节疼痛明显减轻，只是有点头晕无力。

医生：要继续吃药。

患者家属：继续吃这个方行吗？

医生：行、可用原方加黄芪，再吃几付。

患者家属：谢谢了。

医生：再见！

1.4.10 缺乳

患者：近两天我的奶汁很少，孩子不够吃的。大夫，您看怎么办？

医生：你产后多少天了？

患者：10多天了。

医生：是顺产吗？

患者：不，是剖宫产。

医生：当时出血多吗？

患者：出血不多。第二天说是子宫缩复不良，出血较多，用过宫缩剂。

医生：产后一直奶少吗？

患者：开始很少，以后慢慢多起来，不知为什么这两天又少了。

医生：乳房胀不胀？

患者：不胀。

医生：检查一下乳房。乳房柔软。乳汁是稠的还是稀的。

患者：清稀的。

医生：吃饭好吗？

患者：一般，我一向饭量偏少。

医生：现在阴道还流血吗？

患者：很少了。1 天换 1 次纸垫。

医生：大便干吗？

患者：有点干，但还是 1 天 1 次。

医生：其它还有什么感觉吗？

患者：疲乏无力，虽然整天在床上也感到劳累。

医生：出汗多吗？

患者：多。我坐车来医院，只走了这么几步就出汗，感到虚弱。

医生：看一下你的舌苔和脉象。舌淡，苔薄白，脉细弱。

患者：这是什么病呢？

医生：你这是由于气血虚弱所致的缺乳。

患者：吃中药可以调理一下吧？

医生：可以，应该补气养血，通脉增乳，用通乳丹较合适。

患者：怎么用法呢？

医生：取两只猪蹄，煮烂后取出，去除浮油，用汤煎上方。约煎 500 毫升，顿服。

患者：吃几付药？

医生：先服两付看看。

患者：还应注意些什么？

医生：应注意加强营养，保证充分的睡眠和休息，按时喂奶，让孩子吃空一侧再换另一侧。

患者：好的。

医生：另外，还要保持心情舒畅，以促进乳汁的正常生化和排泄。

患者家属：医生，我爱人服了您开的药后，奶水比以前多了，能再开几付吗？

医生：再服两付就可以了。

患者家属：太感谢您了。

医生：不要客气。

1.4.11 不孕症

患者：我结婚 4 年多了，还没有怀孕，不知是怎么回事？

医生：月经正常吗？

患者：月经后拖，经常都是 40—50 天来一次。

医生：几天干净？

患者：3 天。

医生：量多少？

患者：量少，一次用半包纸。

医生：月经什么颜色？

患者：淡红色。

医生：经期小腹和腰部疼痛吗？

患者：有时隐痛，经常腰酸。

医生：经前乳房胀吗？

患者：有时胀，但不厉害。

医生：白带多吗？

患者：不太多，很清稀。

医生：吃饭好吗？

患者：还可以。

医生：大小便正常吗？

患者：正常，偶尔大便稀。

医生：你今年多大了？

患者：28岁。

医生：结婚4年来夫妇同居吗？

患者：同居。

医生：性生活正常吗？

患者：正常。

医生：以前到医院看过吗？

患者：看过一次，给我的乙蒜酚，吃了3个月，以后再没吃。

医生：你丈夫查过吗？

患者：他查过精液常规，都正常。

医生：我给你做一下妇科检查。

患者：好的。

医生：妇科检查你的子宫稍小，别的未发现异常。你的月经干净几天了？

患者：干净5天了。

医生：时间正好，请你到治疗室去，做一下输卵管通水，看看输卵管是否通畅。

患者：好，我去了。医生，通水结果输卵管通畅。

医生：我再看一下你的舌头，试试脉。舌淡、苔薄白，脉沉细。

患者：这么长时间不怀孕，中医能治吗？

医生：可以。你的病西医属原发性不孕症，子宫发育不良，

中医认为属肾虚不孕。

患者：我这种情况多见吗？

医生：在不孕当中比较多见，其它证型如肝郁、血瘀、痰湿等也常见。

患者：怎么治疗？

医生：我给你开个方子，叫毓麟珠。

患者：毓麟珠？

医生：对！用这个方来温肾补气养血，调补冲任。可以使精充血足，冲任得养，胎孕易成。

患者：这太好了。

医生：我再给你一张基础体温表，用法反面有说明。

患者：干什么用？

医生：主要观察排卵情况，对诊断和治疗不孕症都有帮助。

患者：我回去后按照您的话去做，再见！

医生：再见！

1.4.12 阴痒

医生：你哪儿不舒服？

患者：我外阴痒。

医生：多长时间了？

患者：有 10 多天了。

医生：痒的厉害吗？

患者：白天轻一些，晚上厉害，痒的睡不好觉。

医生：白带多吗？

患者：嗯，量很多。

医生：黄色还是白色？

患者：黄色，比较稠。

医生：有异常气味吗？如腥、臭味。

患者：有腥臭味。

医生：吃饭怎样？

患者：不想吃饭，有时口里发苦。

医生：还有其它不舒服感觉吗？

患者：经常胸闷、心烦。

医生：大小便正常吧？

患者：大便干，小便正常。

医生：月经规律吗？

患者：规律。

医生：请到检查床上，给你检查一下。

患者：好吧。

医生：你的外阴和阴道都有轻度充血，盆腔无异常发现。

患者：噢。

医生：我给你开个化验单，查一下有无滴虫霉菌。

患者：医生，这是化验结果。

医生：化验结果没有找到滴虫霉菌。

患者：我这是怎么回事呢？

医生：你这种情况西医诊断为外阴、阴道炎。中医属于阴痒，带下（湿热型）。

患者：怎么治？

医生：我给你开了个清热、渗湿、止痒的方子，叫萆薢渗湿汤，吃吃看。

患者：好。吃几付？

医生：先开3付。另外，再给你开个外洗方。

患者：外洗的药怎么用？

医生：将药多加点水，煮好后去渣，热时先熏一下，不太热时再洗，还可以坐浴。

患者：洗多长时间？

医生：每次20分钟左右，多洗一会也可以，每天两次。

患者：我都清楚了。

医生：好了，药用完后，再来看看。

患者：大夫，我用药后白带明显减少，阴痒也减轻了，还需要再开几付吧？

医生：嗯，再开3付就可以了。

患者：中药的效果可真好。谢谢您！

医生：不客气。

(叶　青、张运河)

1.5　儿科

1.5.1　感冒

家长：大夫，我的孩子发烧了，是在这儿看吗？

医生：请坐下，不要着急。孩子几岁了？

家长：2岁半了。

医生：是从什么时候发烧的？测过体温没有？

家长：夜间孩子哭闹，我醒来一看，被子蹬在一边，摸摸他身上挺热，一测体温是38℃。

医生：昨天晚上刚睡觉时孩子有什么异常吗？

家长：没有。我想是不是夜间孩子蹬了被子受凉了吧。

医生：这有可能。那么，孩子发烧时身上有汗吗？

家长：全身干热，不出汗。

医生：流鼻涕吗？

家长：来看病的路上，发现孩子开始流鼻涕了。

医生：是清涕还是浊涕？

家长：是清涕。一见风，孩子蜷缩成一团，好象是怕冷。

医生：咳嗽吗？

家长：不咳嗽，这两天食欲不好，总是胀肚子。

医生：有没有呕吐和腹泻？

家长：没有。

医生：好，再给孩子测个体温。好孩子，不要怕，一点也不痛。

家长：好孩子，听话，一会儿就会好的。

医生：体温 38.5℃。来，请给孩子解开衣服。好孩子，不要怕，让叔叔给你打个电话，好，心肺没什么问题。来，摸摸肚子，问题不大，只是有些胀。皮肤也没有什么异常。

家长：大夫，孩子胀肚子是怎么回事？

医生：孩子患了感冒，胀肚子是常有的事。孩子食欲不好，肚子胀，说明有内伤饮食的情况。

家长：唉，这都怪我，前两天给孩子吃肉吃多了。

医生：来，好孩子，让我看看舌头。对，是这样，真乖。舌质淡红，苔薄白，只是中间还有点厚苔。嗓子充血不明显。来，让我看看手，指纹浮露，鲜红色，在风关。

家长：这指纹是怎么回事呀？孩子的病不要紧吧？

医生：看指纹是中医对 2、3 岁的孩子用来代替脉诊的一种辅助诊断方法，可以了解疾病的表里、寒热、虚实及预后。你不用担心，孩子的指纹浮露，说明病在表；纹色鲜红，说明是感受了风寒；在风关出现呢，是说明病情比较轻。根据孩子的病情看，是感冒了。去给孩子查一下血吧，这是化验单。

家长：化验有问题吗？

医生：化验结果白细胞不高，说明是病毒性感冒。中医认为是风寒感冒兼内伤饮食。

家长：服什么药呢？

医生：用解表散来发汗退热。每次冲服 1 包，每天吃 3 次；用消食片来消积除胀，每次吃 4 片，每天也是 3 次。

家长：需要注意什么呢？

医生：服药期间，孩子可能要出点汗，要注意避避风，多饮开水，千万不要再给孩子吃难以消化的食物了。

家长：好，我知道了。

医生：病情如有什么变化可随时来看。

1.5.2 肺炎喘嗽

家长：大夫，快给我孩子看看，他喘的厉害。

医生：病了多长时间了？从什么时候开始喘的？

家长：咳嗽有 1 周了，今晚开始有些喘，而且越来越重，哭闹不止，我就赶紧抱他来了。

医生：孩子有 1 岁了吧？

家长：刚过 1 岁的生日。那天带他去公园玩，可能着了凉，回来就咳嗽。他以前还没闹过病。

医生：烧不烧？先给他测个体温吧。

家长：摸着浑身发热，慌得我也没来的及给他测体温就跑来了。

医生：来，我看看。面色潮红，鼻翼 动，喉中痰挺多，有些烦躁，哭声还有力。

家长：体温测的到时间了吧？

医生：好，哦！体温 39℃。给孩子解开衣服，让我听听他的心肺。

家长：心肺怎么样？问题严重吗？

医生：不要着急，两肺底有中小水泡音，心率快一些，不要紧，看来是急性肺炎。来，看看舌头。舌质红，苔黄厚。指纹紫暗略沉，已到气关。大小便怎么样？

家长：大便平素就很干，最近尿也发黄。大夫，中医认为是什么病？是不是肺热？

医生：对，中医辨证属痰热闭肺型肺炎，是肺炎喘嗽的一个证型。病了 1 周了，你没有给他看过吗？

家长：我只是给他服了止咳糖浆，没想到发展的这样快。

医生：小儿脏腑娇嫩，抗病力差，发病容易，变化也快。你先带孩子去注射室打半支退烧针，就在隔壁。然后去化验室和放射科检查一下，这是化验单和透视单。

家长：大夫，检查结果出来了。

医生：根据检查结果，我的诊断是正确的。你的孩子需要住院治疗，我已通知病房，这是住院票，你快抱孩子去吧。

家长：大夫，这儿是儿科病房吗？

护士：是的，刚才门诊电话通知有个急症入院的孩子，这里已做好了准备，请到 12 床。

家长：大夫，这是门诊病历和检查结果。

医生：好。我再给孩子检查一下，呼吸有些困难，口唇有点发绀。护士，先给孩子吸上氧。

家长：需要打针吗？

医生：他的血象很高，肺部感染比较重，要中西医配合治疗，打针、吃中药要一起用的。医嘱已写好，护士马上就会执行的。

护士：静脉针已打上了，你要看好孩子。门诊已给予退烧处理，现在体温有些降了。

家长：谢谢你。大夫，吃什么中药？这么晚了，怎么煎呢？

医生：你不要担心，我们有配好的小儿清肺饮，有清肺化痰平喘的作用。

家长：能喂进去吗？

医生：这是糖浆制剂，很好喝。你慢慢喂或用奶瓶给他喝都行。每次 10 毫升，每天 3 次。你看，孩子这会儿安静多了，可以给他服中药了。

家长：好，我这就给他喝。

1.5.3 咳嗽

医生：小朋友，你哪儿不舒服？

患儿：叔叔，我咳嗽。

医生：你几岁了？咳嗽有几天了？

患儿：我 8 岁了。我说不清是几天了。

家长：大夫，这孩子咳嗽有 7、8 天了，开始我没拿着当回

事。最近两天，咳嗽厉害了。咳的晚上也睡不好觉。他以前经常咳嗽。

医生：这次咳嗽有没有喘憋的表现呢？

家长：没有。

医生：发烧吗？身上有没有出汗？

家长：不烧，身上有点潮润。

医生：有其他不舒服的感觉吗？

患儿：一咳嗽，就震得头痛，不咳嗽时不痛。还有咳嗽时嗓子还有点痛。

家长：这孩子近两天挺能喝水，老吵着口干。

医生：小朋友，是这样吗？

患儿：是，想喝水，还想喝凉的。

医生：小朋友，咳嗽时有没有痰？

患儿：有，就是有点不好咳出。

家长：痰挺稠，量不多，好象有点发黄。

医生：小朋友，妈妈说的对不对？

患儿：对！

医生：有没有鼻涕？

家长：有，流粘稠鼻涕，一天得用好几块手绢呢。

医生：小朋友，咳嗽时胸部痛不痛？

患儿：一点儿也不痛。

医生：吃饭怎么样？

家长：还可以。

医生：来，小朋友，让叔叔给你检查一下。把衣服解开，先听听肺脏怎么样。双肺没问题，心脏也没什么问题。再摸摸肚子。也没问题。大小便正常吗？

家长：正常。

医生：好，伸出舌头让我看看。舌质红，苔薄黄。嗓子也发红，扁桃体倒不大。来，把手放在这儿，让我诊诊你的脉。是浮

数脉。看起来没什么大问题。

家长：肺脏没事就好，我就怕他得肺炎呢。他两岁时得过肺炎。

医生：这次不是肺炎，是风热犯肺引起的咳嗽。不要担心，服点中药，很快就会好的。

家长：服什么药呢？

医生：用辛凉宣肺、止咳化痰的桑菊饮。先开 3 剂吧。

患儿：叔叔，我能喝中药，只要不打针就行。

家长：这药怎么煎服呢？

医生：给你一张外感用药煎法说明，煎药时间不宜过长。煎好后要少量多次给孩子服药。吃完药后再回来看看。

家长：好。

1.5.4 腹痛

医生：这孩子的脸色这么难看，是哪儿不舒服？

家长：孩子肚子痛。

医生：什么时候开始的？

家长：从中午开始痛，连午饭都没吃。

医生：痛的重吗？

患儿：嗯，痛的厉害，身子都不敢伸直。

家长：痛起来直出冷汗。

医生：呕吐过吗？

家长：吐过 3、4 次，吐的都是清水。

医生：吐的量多不多？

家长：不太多。

医生：大便了吗？

家长：没有。

医生：发烧吗？

家长：不烧，身上和手脚有点发凉。

医生：小朋友，哪个部位痛的明显呢？

患儿：肚脐周围。

医生：以前大便中带过虫子吗？

家长：没有，曾服过驱虫药，也没有打下虫子。

医生：肚子痛是持续的还是一阵阵的？

患儿：一阵一阵的，象拧着痛。

医生：是怎么引起来的？是不是吃不好消化的食物了？

家长：上午学校开运动会，走前吃了两个炸鸡蛋，喝了一瓶奶。

医生：小朋友，运动会上你买过什么东西吃吗？

患儿：买过，吃了6支冰糕，喝了两瓶冰镇汽水。

医生：吃的可不少。

家长：大夫，他是不是吃这些东西吃坏了？

医生：是的。来，躺在床上，把腿蜷起来，让我检查一下。这儿痛吗？

患儿：不痛。

医生：这儿呢？（马氏点）

患儿：也不痛。

医生：这儿呢？

患儿：这儿痛，一按就痛。

医生：是在肚脐周围，但整个腹部还是柔软的，肝脾也不大。

家长：大夫，不是急腹症吧？

医生：看来不象。吃过什么药吗？

家长：没有，只是给他热敷过肚子。

医生：结果怎么样？

家长：热敷的时候，就痛的轻。

医生：让我看看舌头。舌质正常，苔白滑。脉象有些弦紧。

家长：大夫，孩子是为什么痛呢？要紧吗？

医生：不要紧。是冷饮吃的过多，损伤了脾胃，寒凝肠间，

气机不通所致的腹痛。

家长：有一次，他吃油炸的粘糕吃多了，也肚子痛了。

医生：对呀！小孩的脾胃功能还常常是处于比较薄弱的状态，若是饮食不当或是饮凉纳冷过度，都容易损伤脾胃引起腹痛。

家长：大夫，先给他止止痛吧。

医生：好，我用耳穴压豆疗法试一试。

患儿：叔叔，痛吗？

医生：不痛。

家长：耳穴压豆与针灸是一个道理吗？

医生：是的。

家长：压的这些穴位有什么作用呢？

医生：有止痛和调节胃肠功能的作用。小朋友，这一会儿肚子有什么感觉吗？

患儿：叔叔，真管用，这一会儿觉的不太痛了。

医生：我还要给孩子开 2 剂温中散寒止痛的方子以巩固疗效。

家长：好，我回去后就给他煎了喝。还要注意什么呢？

医生：不能再吃生冷的东西了，这几天要吃易消化的食物，睡觉时要盖好肚子，避免受凉。

家长：我一定注意，谢谢你。

医生：如有什么变化，可随时来。耳部压的穴位每天要按揉 3、4 次。如果腹痛好了就可以自行取下来。

1.5.5 泄泻

医生：孩子多大了？怎么不好？

家长：才 10 个月，最近拉肚子。

医生：多长时间了？

家长：有 7、8 天了。

医生：一天拉几次呢？

家长：一天大约得 8、9 次。

医生：大便是什么样的？量多不多？

家长：多是稀粘便，每次量不很多。

医生：大便是什么颜色？

家长：多是黄白色的。

医生：有脓血或粘液吗？

家长：没有，经常可以看到很多奶瓣或蛋花样东西。

医生：有什么气味吗？

家长：有一股酸臭味。

医生：大便时孩子哭闹吗？

家长：哭，但泻完之后很快就不哭了。

医生：这可能表示孩子有肚子痛。来，让我给他检查一下肚子。肚子是有些胀。呕吐过吗？

家长：没有，但有时干噎，口中也有酸味。

医生：看看舌头。舌质正常，苔厚腻。食欲也不好吧？

家长：是的，食欲不好。大夫，你怎么知道？

医生：孩子的舌苔这么厚，这是一种脾胃呆滞的表现。根据孩子的病情，我认为是乳食不当引起的伤食泻.你去给孩子查个大便，看看有没有其他问题。这是化验单。

家长：大夫，这是化验报告，有问题吗？

医生：可以排除其他的病，只有脂肪球（++），是消化不良，符合我的诊断。

家长：那么说，是因为吃的过多引起的了？

医生：是的，小儿的脾胃功能比较薄弱，中医称为“脾常不足”，饮食稍过量，很容易形成乳食积滞，伤及脾胃，就要拉肚子的。

家长：对了，前几天，孩子老是爱哭，我总认为是饿的。一哭就给他吃奶，谁知后来就拉肚子了。

医生：这种做法可不好。中医有个说法：“若要孩儿安，三分

饥与寒”。这三分饥指的是乳食不可过度。这几天你尤其要注意呢!

家长：我明白了。要服什么药呢?

医生：小儿消食合剂。这药有消食化积止泻的作用。每次喝5毫升，1天3次。

家长：还有其他好办法吗?

医生：还有推拿疗法和激光照射穴位疗法。我估计孩子吃完药后会好的。如果不好，可以配合以上疗法。

家长：好，我去取药了。

1.5.6 水痘

医生：孩子哪儿不好?

家长：发烧，全身起带泡的疹子。

医生：几天了?

家长：4天了。

医生：发烧几天才出的皮疹?

家长：开始先发烧，流鼻涕，咳嗽，很象是感冒，1天多后，身上就出了皮疹。

医生：先测个体温。皮疹是先从什么部位开始的?

家长：先从头面部，随后身上、四肢也出现了。先出的是小丘疹，很快就变成了小水泡。

医生：痒不痒?

家长：有些痒。

医生：你住的周围或幼儿园里有生这病的孩子吗?

家长：约半个多月前，邻居家的孩子患过这种病。这孩子经常和他玩。

医生：体温是38.6℃。来，好孩子，让我看看。嗯，起的比较多，有斑丘疹，有疱疹，有的已结痂。看看舌头。舌质红，苔黄略厚腻。看来是水痘。

家长：水痘传染吗?

医生：传染。去给孩子查个血。这是化验单。

家长：大夫，化验结果怎么样？

医生：白细胞不高。

家长：发烧为什么白细胞还不高呢？

医生：因为水痘是由水痘病毒引起的。

家长：大夫，能先退烧吗？上次发烧，打的吊针，用了激素，很快就退烧了。

医生：水痘是禁用激素的，用了会加重病情。

家长：应该用什么药呢？

医生：抗病毒最好是用中药。

家长：好，那就服中药吧。

医生：先开 3 剂银翘散加减的方子，有疏风清热解毒的作用。煎好后要少量多次饮服。

家长：好，还应该注意些什么？

医生：溃破的水痘要预防感染，我给你开点青黛散，外敷在溃破的地方。

家长：还能去幼儿园吗？

医生：不能去了，要隔离到全部疱疹结痂。另外，饮食上要吃清淡的易于消化的食物，忌食油腻和辛辣的东西。要多饮开水。

家长：好的，谢谢你。

医生：吃完药后再来看看。

1.5.7 痄腮

家长：大夫，请你看一看，孩子两侧腮部都肿起来了。

医生：果然是。肿了几天了？发烧吗？

家长：已经两天多了。开始先发烧，38℃左右。我以为是感冒，昨天发现右腮部有些肿，今天早上左侧也肿起来了。

医生：测测体温吧。孩子喊痛了没有？

家长：痛！吃饭时不敢张嘴。

医生：还有其他表现吗？

家长：孩子还说有点头痛。我看他不爱吃饭，还有轻微咳嗽。大小便都正常。

医生：体温 38.1℃。来，让我检查一下。两腮都是以耳垂为中心肿胀，右侧明显，边缘不清，皮色不红，按之稍硬。小朋友，痛不痛。

患儿：痛！

医生：把嘴张开有什么感觉？

患儿：张开时痛。

医生：好孩子，几岁了？

患儿：5 岁了。

医生：5 岁的孩子一定是挺勇敢的。来，尽量张大嘴，让我看看，腮腺管口有些红肿，舌质红，苔薄黄。

家长：有问题吗？

医生：我看是痄腮，就是腮腺炎。给你化验单，带孩子去查个血，在三楼东头。

家长：大夫，化验结果怎么样？

医生：证明我的诊断是对的。

家长：要打针吗？

医生：可以肌注板兰根注射液，1 次 1 支，每天 2 次。

家长：还吃汤药吗？

医生：中医辨证是温毒在表，要疏风清热，消肿散结，先开 3 剂吃吃看。

家长：还有别的办法吗？

医生：有，外治法也不少。比例用紫金锭或如意金黄散，用水调匀外敷，或每日用全蝎 7 条，用香油炸服，连用 3 天。这些都可以。我们医院有自制的大青膏效果更好一些，就外敷大青膏吧。

家长：好。这个病要持续多长时间？

医生：从肿胀起约 4、5 天才开始消肿，整个病程约 1—2 周。

家长：要注意什么呢？

医生：因为是传染病，应隔离到腮腺完全消肿为止。

家长：我知道了，谢谢你。

医生：3 天后需要更方和更换大青膏，请来复诊。

1.5.8 鹅口疮

医生：这孩子有 1 个月了吧，她哪儿不好？

家长：一个半月了，出生后一直挺好。不知为什么，最近两天昼夜哭闹不安。

医生：发烧吗？

家长：不烧。

医生：有呕吐和腹泻吗？

家长：也没有。小便黄，大便偏干。

医生：吃奶怎么样？

家长：不好好吃奶，一吃奶哭的更厉害。

医生：哭声有力还是无力？

家长：哭声很大。

医生：让我检查一下，面色红润，口唇发红，皮肤没有异常，心肺没问题，肚子是柔软的，四肢活动也很好，牵拉耳朵也不哭。

家长：大夫，拉拉耳朵是查什么呢？

医生：牵拉耳朵不哭说明哭闹不是由中耳炎引起的。

家长：唉，孩子小不会说，真急人。

医生：不要着急。看看口腔，舌质红，苔略黄厚。哦，问题在这儿了！口腔粘膜可以看到一些斑块状白屑，舌边也有一点。

家长：大夫，是怎么回事？不是奶块吗？

医生：奶块擦掉后下面是正常粘膜，这些白屑擦掉后粘膜是潮红的。看来是鹅口疮。这是带有白屑的棉棒，你拿到化验室去

检查一下，这是化验单。

家长：大夫，化验报告是白色念珠菌。

医生：就是鹅口疮。综合孩子的各种表现，我看属心脾积热。

家长：需要怎么治疗呢？

医生：孩子小，喝汤药会有困难。先用外用药试试吧。

家长：用什么药？

医生：冰硼散。可以用蜂蜜把冰硼散调成糊状，搽口舌患处，每天 4～5 次。

家长：还需要注意什么呢？

医生：要保持孩子口腔的清洁。注意奶具的卫生消毒。每次哺乳前要清洗乳头。另外，做母亲的不宜食用辛辣燥热的食物，以免通过乳汁影响孩子。

家长：我懂了，谢谢你。

（马云汉）

1.6 针灸、推拿

1.6.1 腹痛

患者：医生，我经常腹痛，针灸能治吗？

医生：针灸治疗腹痛效果很好，你讲讲腹痛的情况好吗？

患者：整个腹部痛，发凉，热敷或揉按能减轻。

医生：吃冷食物或劳累后痛得厉害吗？

患者：厉害。

医生：大、小便正常吗？

患者：大便稀、小便清。

医生：请伸出舌头。舌淡苔白。诊诊脉。脉沉细。你做过钡餐透视吗？

患者：上周刚做过，没有异常。这是什么病？

医生：中医诊断是腹痛。由于脾阳不振造成的。用温针灸的方法给你治疗.请躺到床上。

患者：什么是温针灸?

医生：它是针刺与艾灸结合使用的一种方法，适用于既需要留针又必须施灸的疾病。我先将针扎到中脘穴。有什么感觉?

患者：胀得很。

医生：这叫得气，然后剪一小段艾条，插入针尾，点燃艾条，这就是温针灸。

患者：热烘烘的，很舒服。

医生：艾条燃尽了，我给你起针。请翻过身去,再针背部的脾俞、胃俞穴，合中脘穴，起到温中散寒、振奋脾阳的作用。

患者：也用温针灸吗?

医生：不。背部皮肉浅薄且内有重要脏器，只能斜刺。有感觉吗?

患者：有胀的感觉了。

医生：好，留针 15 分钟。你平时不要吃生冷油腻的食物，适当吃些大枣、饴糖。针完了，请你起来吧。

患者：还吃中药吗?

医生：吃。你愿吃汤药还是吃中成药?

患者：吃中成药吧!

医生：开两盒附子理中丸,每次 1 丸,每日 2 次。

患者：什么时候再来?

医生：每天上午来针一次。

1.6.2 面瘫

患者：医生，我嘴歪了，你快给治治吧。

医生：不要着急。你得病几天了?

患者：昨晚天热，我开着电风扇睡着了，今早醒来觉得右侧脸部不舒服，漱口时漏水，一照镜子，发现嘴歪了，急忙来医院。

医生：你多大年龄？

患者：30岁。

医生：以往血压高吗？

患者：不高。

医生：四肢有麻木的感觉吗？

患者：没有。

医生：耳朵后面疼吗？

患者：疼。

医生：让我检查一下。皱眉、闭眼、吹气。你的右侧额纹消失，眼睑闭合不全，口角漏气，鼻唇沟变浅，嘴向左歪。请闭上眼睛，伸出舌头。我先后放两种食物，注意品尝是什么味道？

患者：开始是咸的，像盐；后来是甜的，像糖。

医生：回答的对。我把手表放在你耳旁听听，试试两耳的听力是不是一样。

患者：一样。

医生：你患得是周围性面神经麻痹，由于受风引起的。

患者：为什么要尝味道和试听力？

医生：这是检查病情的轻重，严重时出现患侧舌前2／3味觉减退或消失。听觉过敏。

患者：我的病重吗？

医生：通过检查，你的病不重，及时治疗,能很快恢复。

患者：怎样治疗？

医生：治疗面瘫，针灸是最佳方法之一，效果好，而且不留后遗症。

患者：是啊，别人介绍说针灸效果很好。

医生：面部属手足阳明经之分野，故以阳明经穴为主，针阳白、风池、四白、迎香、地仓、颊车、合谷。艾灸翳风穴。

患者：针灸起什么作用？

医生：祛风散寒，疏通经络，调和气血。请躺到床上，我给

你扎针。痛吗?

患者: 一点也不痛。

医生: 麻痹的面部，感觉迟钝，所以不觉得痛。随着病情好转，渐渐会觉得痛。面部的穴位比四肢的穴位要痛一些，有胀的感觉吗?

患者: 酸胀。

医生: 艾灸 15 分钟，不要动。针面部的穴位容易出血，所以拔针后要用棉球揉按。

患者: 还需要吃药吗?

医生: 我给你开几付中药，用牵正散加减，配合针灸，恢复快。另外，眼睑闭合不全，容易感染，每天点 2—3 次眼药水。这是处方。

患者: 每天来针灸吗?

医生: 对，每天 1 次。你要避免受风，出门最好戴口罩。

患者: 可以自己按摩吗?

医生: 可以。方法是两手搓热后，在患侧面部由下向上按摩，有助于恢复。

患者: 谢谢，明天见!

1.6.3 不寐

患者: 医生，我有神经衰弱的毛病，听说耳穴压豆能治，我来试试。

医生: 你能不能详细讲讲病情?

患者: 我入睡难，梦多，既使睡着了也容易醒，全身乏力，心慌。

医生: 饮食怎么样?

患者: 不爱吃饭。

医生: 诊诊舌、脉。舌淡苔薄，脉细弱。中医诊断你患得是不寐症，属于心脾两虚。

患者: 压豆能治好吗?

医生：耳穴压豆具有调节神经平衡，镇静止痛，脱敏止痒，疏通经络，调和气血，强壮健肾等功能，能治疗许多疾病，对神经衰弱，效果很好。

患者：对我很适合。什么叫耳穴压豆？

医生：把一种叫王不留的植物种籽，粘在胶布上，然后贴到耳廓穴位上，用来治疗，这叫耳穴压豆。

患者：压耳穴为什么能治病呢？

医生：耳廓上有许多穴位，耳穴是耳廓表面与人体脏腑经络、组织器官、四肢百骸相互沟通的部位。

患者：耳廓上还有穴位？

医生：是的。当人体某处患病时，耳廓穴位产生阳性反应；反过来，我们通过耳廓上某些穴位来治疗人身体的某些疾病。

患者：每种病取的穴位一样吗？

医生：不。要辨证取穴。对你来说，为了调节神经平衡，镇静安神，取皮质下、神门、枕穴；你心脾两虚，所以也压心、脾穴。现在我来为你压豆。压上后有感觉吗？

患者：痛，象针刺一样。

医生：这就是阳性反应点。回去后每天自己在贴敷处各按压刺激 3 次，每次每穴按压 1—2 分钟。

患者：几天来换一次？

医生：3 天换 1 次。

患者：这办法好，很方便。

医生：耳穴压豆适应症广，而且疗效好，简便易行，副作用少，所以很受病人欢迎。

患者：确实很好，再见！

1.6.4 咽喉肿痛

患者：医生，我嗓子痛得吃药片都困难，听说针灸疗效好。

医生：多长时间了？

患者：3 天。开始是感冒，后来嗓子痛起来。

医生：除了痛还有别的感觉吗？

患者：嗓子火辣辣的，只想吃凉的东西，嘴里有臭味，有点发烧。

医生：大、小便什么样？

患者：便秘，小便黄。

医生：张开嘴，说“啊”。

患者：啊——。

医生：你的扁桃体有Ⅱ度肿大，充血厉害。舌质红，苔黄燥。你是患了急性扁桃体炎，中医叫喉痹。我给你针刺一下。

患者：这么粗的针。

医生：这叫三棱针，我要在你手指少商穴上轻轻点刺一下。痛吗？

患者：有点痛。

医生：挤出几滴血。这叫刺血疗法。

患者：医生，怎么刺点血就能治嗓子痛？

医生：咽接食道，通于胃；喉连气管。通于肺。肺胃二经郁热上壅咽喉，导致咽喉肿痛。所以治疗应该清泄肺胃之热。

患者：那么刺血能泄热了。

医生：对。刺血疗法能泄热消肿。少商穴是手太阴肺经的井穴，点刺出血，可清泄肺热。

患者：这一针就行了吗？

医生：来，还要针一下手和脚。

患者：还用三棱针吗？

医生：不，用毫针。针进去后有感觉吗？

患者：胀得很。

医生：你是实热证，要用泻法，所以手法要重一些。

患者：多长时间来针一次？

医生：每天来针一次，针 5—6 次就会好。

患者：还用吃中药吗？

医生：不用。

医生：今天是针第几次了。

患者：第4次了。

医生：现在还有什么感觉?

患者：不痛了。

医生：张大嘴，让我再检查一下。噢，炎症完全消了。

患者：以后我还来针吗?

医生：再针这一次就不用来了。注意要预防感冒，不要吸烟、饮酒。

患者：谢谢。

1.6.5 头痛

患者：我偏头痛，痛得实在不能忍受。

医生：哪个部位痛?

患者：左侧额颞部一跳一跳的痛，有时头晕，痛得剧烈时恶心呕吐。

医生：得病多长时间了?

患者：有2年了，每隔一段时间就犯病，过后一点感觉也没有了。

医生：用过什么药?

患者：麦角胺咖啡因，开始有效，渐渐不管用了。

医生：爱生气吗?

患者：对，看见什么都心烦，总想发火。

医生：伸出舌头。舌红苔薄黄。诊诊脉。脉弦有力。请做一下脑血流图检查。

患者：这是检查报告单。

医生：你患得是血管神经性头痛，中医属肝阳上亢性偏头痛。这种病用耳背放血疗法很适合。

患者：能治好吗?

医生：这种方法治愈率在90%以上，一般患者做一次就痊

愈，顽固的做两次。

患者：太好了，这病太痛苦了。

医生：请坐、趴到桌子上。我要在你耳背部静脉抽点血。

患者：抽血干什么？

医生：将抽好的血注射到你的风池穴和阳陵泉穴。

患者：为什么要注射到这二个穴位？

医生：你是肝阳头痛。肝胆互为表里，这二个穴位是足少阳胆经经穴，可以清泄肝胆之火。

患者：明白了。

医生：请起来吧，治疗做完了。回去后要注意耳部卫生，适当休息，1个月后来复查一次。

患者：医生，这一个月没再犯病，感觉很好。

医生：为了巩固疗效，再服用点龙胆泻肝丸。每次6克，每天2—3次。如果不再犯头痛，就不用再来了。

患者：谢谢！

1.6.6 牙痛

患者：医生，我牙痛。

医生：几天了？

患者：3天。

医生：怎么引起的？

患者：最近总吃辣椒，我想是这个原因。

医生：口渴吗？

患者：口渴的很，总想吃冷饮。

医生：大、小便怎么样？

患者：最近大便秘结、小便黄。

医生：你的舌质是红的、苔黄，脉滑数，属于胃火牙痛。

患者：怎么治疗？

医生：我给你针刺一下。手足阳明经脉分别入上下齿，大肠、胃腑之火循经上炎，导致牙痛，所以取手足阳明经穴为主，

用泻法，清阳明之热。针合谷、颊车、内庭、下关。不要动，15分钟后起针。

患者：痛得轻多了。医生，这儿怎么肿了？

医生：这是皮下血肿，针合谷穴时刺破了血管。

患者：这怎么办呢？

医生：我先用棉球给你压迫一下，回去后先冷敷，24小时后热敷慢慢自己就会吸收了。

患者：明天还来吗？

医生：对。每天1次。

患者：总共针几次？

医生：大约针5—6次。

患者：还服中药吗？

医生：一般不用中药，只针灸就会好。

患者：明天见！

1.6.7 中风

内科医生：王医生你好！今天请你来给一个内科病人会诊。

针灸医生：请你介绍一下这个病人的病情好吗？

内科医生：刘×，男，58岁，偏瘫半个月。

针灸医生：以往血压高吗？

内科医生：有高血压病史10年。得病前常有头晕，左侧肢体麻木。半个月前晨起后发现左侧肢体瘫痪，语言蹇涩，无昏迷。

针灸医生：诊断是什么？

内科医生：初步诊断为脑血栓形成，现病人病情稳定，内科常规治疗，请配合针灸治疗。

针灸医生：我们去看一下病人。

内科医生：请这边儿走。

针灸医生：刘同志，你多大年纪了？

患者：啊？

内科医生：他目前仍言语蹇涩。

针灸医生：他吞咽困难吗？

内科医生：吃饭、喝水有时呛。

针灸医生：精神上有异常吗？

内科医生：反应有些迟钝。

针灸医生：我检查一下。嘴向右歪，左侧上肢肌力0级，左下肢肌力2级，膝腱反射活跃、病理反射未引出。我同意你们的诊断。

内科医生：请你谈谈针灸怎样治疗？

针灸医生：先用头针配合穴位注射治疗一段时间。头针是现代医学与针刺相结合治疗疾病的方法。刺激这个病人的运动区，会促使其肢体及语言功能的恢复。

内科医生：还使用电针吗？

针灸医生：要用。用电疗仪代替手捻针。有规律地刺激运动医。留针1个小时，期间可以活动肢体进行功能锻炼。

内科医生：穴位注射什么药？

针灸医生：复方丹参注射液，每周1，3，5注射肩髃穴和足三里穴。每周2、4，6注射曲池穴和阳陵泉穴。常规皮肤消毒，进针有针感后，将药物推入。

家属：需要注意什么？

针灸医生：这种病的恢复，关键是功能锻炼，早一些活动，恢复快。

家属：谢谢医生。

针灸医生：病人已针灸20次了。

内科医生：是的。恢复得很快，已能行走了。

针灸医生：我们一起去看一下，研究下一步治疗方案。

内科医生：近来吃饭不呛了，说话也流利些了。

针灸医生：用力伸腿。抬胳膊。上肢肌力2级，下肢肌力4级。

家属：上肢恢复得慢。

针灸医生：这是规律，上肢比下肢恢复得要慢一些，下一步我们改用体针，调和经脉，疏通气血。

内科医生：取什么穴位？

针灸医生：风病多在阳经，阳明为多气多血之经，因此取手足阳明经穴为主，辅以太阳、少阳经穴，上肢取肩髃、曲池、外关、合谷穴；下肢取环跳、阳陵泉、足三里、昆仑穴等：面部针刺地仓、颊车穴。

内科医生：还继续用穴位注射吗？

针灸医生：不用了。

内科医生：这样治疗2个疗程，就可出院吧？

针灸医生：没其它变化，可以出院在家治疗就行了。

1.6.8 针刺戒烟

患者：听说针刺能戒烟，是吗？

医生：是的。但你必须有决心、有毅力，很好配合才能取得效果。

患者：我尽力做好，我知道吸烟危害很大。

医生：对，吸烟确实有害无益，你吸烟多久了？每天吸多少支？

患者：我吸烟有10多年了，每天要吸1—2盒。

医生：吸烟有这么长时间了，想一下子戒掉是不容易的，需要一段时间，你必须坚持下来。

患者：好的。

医生：来扎耳针，耳朵要先消毒。

患者：耳朵上也有穴位？

医生：耳朵就象个倒置的胎儿，全身各部在耳朵上都有相应的穴位，我们借这些穴位治疗全身疾病。

患者：戒烟取什么穴位？

医生：吸烟主要与肺、气管有关，所以取肺穴和气管穴为主

进行治疗。

患者：这是什么针？象图钉一样。

医生：这叫揿针。刺入耳穴后，用胶布固定在耳廓上。

患者：耳朵这么薄，会不会穿透？

医生：刺的很浅，不会穿透。有什么感觉？

患者：又胀又痛，耳朵发热。

医生：这叫得气。得气快，效果就好。

患者：针后就不再想抽烟了吗？

医生：针刺后再抽烟时你就会觉得嘴里又苦又涩，产生不良刺激，这样就不再想抽了。

患者：几天换一次。

医生：5天换一次。注意耳部卫生，因为耳朵上血运较差，容易感染。

患者：下次我们针另一耳朵，这样交替针刺。

患者：明白了。一定与大夫配合，下决心戒烟。

医生：希望如此。

1.6.9 痹证

医生：你怎么不舒服？

患者：我感到腰和右腿痛，坐下的时候右侧也不敢用力，痛得很。

医生：你能不能详细讲讲痛的过程和部位？

患者：半个月前我感到腰痛，逐渐痛沿臀部、大腿直达足跟。

医生：是什么原因引起的？

患者：是受凉引起的。

医生：你疼痛部位有凉感还是热感？

患者：特别怕冷，你看我穿这么多衣服，还不觉得暖。

医生：什么时候疼得重？

患者：劳累后及夜间痛得厉害。

医生：与天气变化有关系吗？

患者：阴雨天时疼痛明显加重。

医生：什么情况下疼痛减轻呢？

患者：在腰部及腿部放置热水袋后疼痛减轻。

医生：我看一下你的舌头。舌淡苔薄白。诊诊你的脉。脉弦紧。请上床，我为你检查一下。你把两腿伸直，我要用力抬你的腿。

患者：痛！

医生：你的左腿没有毛病，但右腿抬举不到45度。下面我要按你的两拇趾，你用力向上翘。右侧不如左侧有力。再请你翻过身子去，当我按到疼的地方，请告诉我。

患者：这儿痛。

医生：你腰部右侧脊椎旁有明显的压痛，你患得是右侧坐骨神经痛，在中医叫痹证。

患者：医生，能治好吗？

医生：能，但要治疗一段时间。

患者：怎样治疗呢？

医生：我用针刺法给你治疗。疼痛主要在足太阳膀胱经分布的区域，所以取膀胱经穴为主，取腰与夹脊、秩边、委中、承山、昆仑穴。

患者：好。

医生：我把针扎到穴位中，有什么感觉？

患者：有触电感，从臀部一直到足跟，很强烈。

医生：这是秩边穴的正常感觉。你不要动，留针15分钟。

医生：15分钟已到，我给你起针。你身体动了没有？

患者：刚才我动了一下。

医生：我觉得出针有点困难，你恢复原来体位，我慢慢捻转出针。

患者：这是怎么回事？

医生：在针灸学上称这种现象为滞针。由于体位移动造成的，今后针刺时一定不要动。

患者：知道了。

医生：这是大活络丹药的处方，每天服 1—2 丸。

患者：什么时候再来？

医生：以后每天来针 1 次，大约要针 2 个疗程共 20 天。睡硬板床，不要受风寒，好好休息。

患者：谢谢！

1.6.10 落枕

患者：医生，昨晚我还很好，可今早一起床脖子就痛起来，不敢动。

医生：是不是受凉了？

患者：不，我觉得不是这个原因。

医生：你的胸锁乳突肌紧张、痉挛，请慢慢转动头部。

患者：哎哟！一扭头就痛得厉害。

医生：这是落枕。你的枕头是不是太高？

患者：是的。这与枕头有关系吗？

医生：枕头过高，使头项一侧肌群在较长时间内处于过度伸展状态而发生痉挛。

患者：那以后不能枕得太高了。

医生：高枕不但易落枕，还容易患颈椎病。

患者：确实应该注意啊！

医生：我给你推拿一下，舒筋活血。你坐好，先用轻柔的滚法，配合头部前屈后伸、左右旋转……。现在放松脖子，再用摇法转动脖子。

患者：又酸又胀！

医生：这是给你推拿穴位。

患者：现在舒服多了！

医生：明天再推拿一次。

患者：好，明天见！

1.6.11 漏肩风

医生：你哪儿不舒服？

患者：我肩膀疼，越来越不能转动了。

医生：你得这病多长时间了？

患者：从夏天就开始疼。我觉得是吹电风扇引起来的。天一冷疼得更厉害，而且胳膊也抬不起来了，晚上疼得都睡不着觉。

医生：胳膊向上举。

患者：只能到这儿。

医生：有90°，胳膊向后背屈刚到背部正中线。

患者：大夫！我得的是什么病呀？

医生：这叫漏肩风，就是肩关节周围炎，50岁左右的人易得这种病。

患者：我恰好51岁。

医生：年老体虚，气血不足，再感受风寒，致使肩部气血凝滞，筋失濡养，经脉拘急引起疼痛。你躺到床上，我给你推拿一下，疏通局部经络，活血止痛。请坐起来！抖动肩部，好了。我建议你坚持推拿一段时间。

患者：我还要注意哪些问题？

医生：适当的，持之以恒的，循序渐进的肩部锻炼，对恢复肩部运动功能有很大帮助。你不妨做爬墙锻炼，用双手或单手沿墙壁缓缓向上爬动，使上肢尽量高举，然后再缓缓向下回到原外，反复进行。另一种叫体后拉手，双手向后反背，由健康手拉住患肢腕部，渐渐向上抬拉。这两种办法都适合你的病情。

患者：我一定按医生说的做。

1.6.12 泄泻

医生：你的孩子多大了？

母亲：六个月了。

医生：他有什么不舒服？

母亲：又吐又泻。

医生：病多久了？

母亲：从前天开始生病。

医生：他每天大便几次？解什么样的大便？

母亲：一天 10 多次，大便很臭，好象消化得不太好。

医生：大便中有脓或血吗？

母亲：没有。

医生：孩子大便时啼哭吗？

母亲：是的，每次大便前都哭，大便完就不哭了。

医生：吐得很厉害吗？

母亲：不。一天吐 1—2 次。

医生：吐什么东西？

母亲：奶块，带酸味。

医生：他吃奶好吗？

母亲：从昨天起不爱吃了，勉强喂他就呕吐。

医生：他吃母乳还是牛奶？

母亲：都吃，我的奶不够他吃，他很能吃。

医生：奶瓶和奶都煮过再喂吗？

母亲：是的，我很注意。

医生：你定时喂他吗？

母亲：不是，他一哭就喂。

医生：让我检查一下。苔厚脉滑，指纹色红，你的孩子是伤乳食泻，把他的衣服解开，我给他推拿一下。

母亲：是不是他吃得太多了？

医生：是的。小儿脾胃虚弱，喂养不当，脾胃损伤，运化失司，消化不良，食积脘腹，阻遏气机，产生腹胀，泄泻。你轻轻抓住他的手，我再推一推他的手指。

母亲：还要注意些什么？

医生：每次便后用温水洗净肛门，勤换尿布。养成定时喂奶

的习惯，吃些易消化的食物，如稀释奶、脱脂奶等。

母亲：明天还需要再来吗？

医生：明天再来。

1.6.13 疳证

母亲：大夫你看我的孩子得了什么病？他一天比一天瘦，没有精神，也不想吃饭，夜里哭闹不安。

医生：你的孩子多大了？

母亲：1岁2个月。

医生：病了多长时间了？

母亲：2个月了。他从1岁时断奶，从那时起就开始生病。

医生：为什么不早来医院？

母亲：我总认为是孩子断奶暂时不适应，慢慢会好起来的。

医生：你喂他什么食物？

母亲：牛奶、鸡蛋，别的他不爱吃，最近吃了就吐。

医生：发烧吗？

母亲：下午发烧。

医生：大、小便是什么样的？

母亲：大便时干时稀，有酸臭味，小便很浑。

医生：头发成穗了，肚子很胀，舌苔厚腻，脉滑数，指纹紫滞。

母亲：是不是病得很重？

医生：还好，请把孩子放到床上，露出腹部我给他推拿。

母亲：这叫什么病？

医生：叫疳证，由于他对断奶不适应，喂养食物单调，肌饱无度，损伤脾胃，影响运化功能。而形成积滞，积久不消转化为疳、我给他推拿的目的是消积导滞，调理脾胃。

母亲：我需要注意些什么呢？

医生：多呼吸新鲜空气，多晒太阳。进食要定时定量，纠正偏食，多吃些蔬菜水果、米粥等易消化的食物。牛奶含大量酪蛋

白，此蛋白遇胃酸后结成大的、很难消化的乳块。你的孩子消化功能差，所以应加些糖水，将牛奶稀释后喂他。

母亲：早来请教医生就好了。是不是每天来推拿？

医生：是的。用不多久就会好的。

母亲：谢谢医生，明天见！

（梅　彤）

1.7　痔瘘

1.7.1　内痔

患者：大夫，我大便时经常带血。

医生：多长时间了？

患者：已经有半年多了。

医生：出血量多不多？

患者：出血量较多，呈点滴状，有时用力解大便时呈喷射状。

医生：还有其他症状吗？

患者：有时感觉发热，口干，小便很黄。

医生：请跟我来检查室。脱下裤子，跪着趴在检查台上，给你做肛门检查。

患者：大夫，有什么异常吗？

医生：在肛门齿状线以上处有一痔核，比较大，无糜烂现象，其他部位正常。请回到椅子上坐下。

患者：好的。

医生：请伸出舌头，看看舌质及舌苔变化。舌质红，苔黄。诊诊脉。脉数。

患者：大夫，我一直拖着没治，不要紧吧？

医生：你不必紧张，仅是内痔。

患者：我怎样得的这种病？

医生：你干什么工作？

患者：会计。

医生：这就明白了。中医认为久坐可致血行不畅，气血郁结，热与血相搏，结滞而成痔。

患者：有什么办法治疗吗？

医生：有。治疗要清热凉血祛风，用凉血地黄汤加减，每日1剂，水煎内服。再给你开些熏洗药，用荆芥汤洗，它具有活血消肿，止痛收敛作用。

患者：还有什么办法？

医生：如果治疗效果不好的话，还可以手术。

1.7.2 外痔

患者：我在大便时感到肛门坠胀，肛门部起了个小疙瘩。

医生：多长时间了？

患者：约有2年了。

医生：大便时带血吗？

患者：不带血。

医生：大便干燥吗？

患者：经常干燥。

医生：请跟我到检查室，给您做肛门检查。噢，您的肛门边缘部有一赘生皮辫，质地柔软，肛周肿胀。起来吧。

患者：得的是不是痔疮？

医生：是，您患的是外痔病，具体地说是结缔组织外痔。

患者：怎么引起来的？

医生：多由急、慢性炎症反复刺激，使肛门缘皮肤皱的结缔组织增生，肥大所致。

患者：怎样治疗呢？

医生：你的病正在炎症期，用熏洗法。此外加用外敷膏药治疗，一般均可好转。

患者：外敷药怎样用？

医生：用黄连膏，在每次熏洗结束后外敷患处。处方已开好，请您去取药。

患者：谢谢。

1.7.3 肛裂

患者：大夫，我大便时肛门灼痛，有时痛如刀割。

医生：多长时间了？

患者：1年多了。

医生：大便干燥吗？

患者：大便干燥，排便困难。

医生：持续样疼痛吗？

患者：不，时轻时重，近来因为便秘，疼痛加重了，有时可持续痛1—2小时，使我坐卧不安，现在都不敢解大便了。

医生：大便带血吗？

患者：有时带血，量不多。

医生：什么颜色？

患者：鲜红色。

医生：血和大便混在一起吗？

患者：不混在一起。

医生：到检查室来，我给你做肛门检查。你的肛门后部皮肤上，有一个小的棱形溃疡，创面较浅，但边缘较厚而硬，裂口周围有充血水肿现象。

患者：我患的是痔疮吧？

医生：不是痔疮，是肛裂病。

患者：怎样引起的？

医生：因大便秘结，排便努挣，致使肛门皮肤裂伤，然后继发感染而逐渐形成慢性溃疡。

患者：怎样治疗？

医生：治疗以养阴清热，润肠通便为主。用润肠汤，每日1剂，水煎内服。用生肌玉红膏外敷；亦可用苦参汤或花椒，食盐

用水煎坐浴。

患者：我还要注意什么事项？

医生：多吃一些蔬菜水果，尽可能避免饮酒和吃辛辣食物。按时解大便，保持大便通畅，减少刺激。

患者：花椒和盐用水煎坐浴很方便，如何配方？

医生：花椒半两，盐半匙，放入半盆水中煎开 15 分钟，然后蹲在盆上面半小时，每天两次即可。

患者：我可以试试。

医生：我为你开了内服药和外用药。请你去取药。

患者：我照你说的办，谢谢。

1.7.4 脱肛

医生：您感到哪里不舒服？

患者：我在大便时常有一物从肛门内脱出，开始在便后能自行回纳，现在咳嗽或下蹲时都会脱出，有时不能回纳，必须用手推回或卧床休息才能回纳。

医生：何时得的这种病？

患者：3 年前。

医生：还感觉哪里不适？

患者：常有大便不净或大便不畅感，肛门周围皮肤瘙痒。

医生：肚子疼吗？

患者：小腹部有坠痛，有时腰部酸胀沉重。

医生：到检查室来。请脱下裤子，跪着趴在检查台上，给你做肛门检查。噢，脱出之物是直肠全层，轻度水肿，触之较硬，有弹性，肛门松弛，没有充血、溃疡和出血现象。检查完了，请回到椅子上坐下。

患者：好的。

医生：请伸出舌头观察舌象。舌质淡，舌苔薄白。诊诊脉。脉细弱。

患者：我是不是脱肛？

医生：对，是脱肛，也称直肠脱垂。此病分为3度，根据你的病情和检查看，属于2度。

患者：怎样引起的？

医生：因气血虚弱，中气不足，气虚下陷，不能收摄所致。

患者：怎样治疗呢？

医生：治疗以补气、升提、固摄为主。使用补中益气汤加减，每日1付，水煎内服。

患者：有外用药吗？

医生：有。用苦参汤加石榴皮、枯矾、五倍子煎水熏洗，1日两次。

患者：还有什么治疗方法？

医生：可用针灸治疗。你可以再到针灸科看看，配合针灸治疗，效果会更好。

患者：谢谢。

（刘复奇）

2 中医基本常识会话

2.1 四诊

学生：中医怎样看病？

老师：中医看病，首先是通过四诊了解病情，然后进行分析综合，辨其八纲所属。根据病因、脏腑病位、卫气营血津液的病理变化，掌握证候属性，拟定治疗原则，施以相应的治法，采用适当的方药。这就是"辨证施治"。也就是中医诊治疾病的基本方法和过程。

学生：什么是四诊？

老师：中医对疾病的诊查方法主要是通过望、闻、问、切，简称四诊。

学生：什么是望诊？

老师：望诊，是对病人的神、色、形、态、舌象以及分泌物、排泄物色质的异常变化，进行有目的的观察，以测知内脏病变，了解疾病情况的一种诊断方法。

学生：望舌很重要吗？

老师：是的。舌与内脏有着密切的关系。脾肾诸脉联系于舌本，舌又为心之窍，其舌面所生之苔，又为胃气所蒸化。因此，观察舌和苔的正常与否，可以反映出脏腑的情况和疾病的变化。

学生：正常舌应该是什么样？

老师：舌质是淡红而润泽，伸缩自如，转动灵活、舌苔薄白清净，干湿适度。

学生：什么是闻诊？

老师：闻诊是医者通过听觉和嗅觉来辨别病人发出的声音及气味的一种诊断方法。闻诊主要以声音的高低，气味的酸臭腥腐

来辨别寒热虚实。

学生：那么问诊呢？

老师：问诊，是医者通过询问病人或陪诊者，以了解其发病时间，发病原因，病情经过。自觉症状以及与辨证有关的情况。它是搜集辨证资料的主要方法之一。

学生：诊脉就是切诊吗？

老师：切诊包括脉诊和按诊两个部分。凡切按病人的脉搏。胸腹、皮肤、手足等，均属切诊的范围。

学生：脉象真不好掌握！

老师：切脉是前人长期在实践过程中积累起来的宝贵经验，从脉搏的变化，可以测知人体的阴阳盛衰、邪正消长的情况。

2.2 八纲

学生：什么是八纲？

老师：八纲，即指阴、阳、表、里、寒、热、虚、实八类证候。

学生：什么是八纲辨证？

老师：通过对四诊所取得的材料，进行综合分析，进而用阴、阳、表、里、寒、热、虚、实这八类证候归纳说明病变的部位，性质以及病变过程中正邪双方力量对比等情况的辨证方法，就是八纲辨证。

2.3 病因病机

学生：老师，什么是病因？

老师：破坏人体相对平衡状态而引起疾病的原因就是病因。

学生：人是怎样发病的呢？

老师：疾病的发生，关系到两个方面：一是人体本身的功能紊乱、正气相对虚弱；二是邪气对人体的影响。

学生：什么是正气和邪气？

老师：所谓正气是指人体的机能活动及其抗病能力，简称为正。所谓邪气是指各种致病因素，简称邪。疾病的发生和变化，就是在一定条件下邪正斗争的反映。

学生：中医很重视人体的正气吗？

老师：是的，中医认为，在一般情况下，人体的正气旺盛，邪气就不易侵入，人体就不会得病；只有人体的正气相对虚弱，不足以抵抗外邪时，邪气才能乘虚而入，侵犯人体，发生疾病。即"正气存内，邪不可干"，"邪之所凑，其气必虚"。

学生：常见病因有哪些呢？

老师：导致疾病发生的原因，是多种多样的。如外感之淫、疫疠，内伤七情，饮食劳逸，外感及虫兽所伤，以及房欲，瘀血等。

学生：什么是六淫？

老师："淫"有太过的意思。风、寒、暑、湿、燥、火、在正常情况下称为六气。只有气候异常急骤的变化或人体的抵抗力下降时，六气才能成为致病因素，侵犯人体发生疾病。这种情况下的六气，就称为六淫。

学生：什么是七情？

老师：七情，即喜、怒、忧、思、悲、恐、惊七种情志的变化。属于精神致病因素。

学生：它们怎么致病呢？

老师：在一般情况下，七情是人体对客观外界事物的不同反映，属正常的精神活动范围，并不致病。只有突然、强烈或长期持久的情志刺激，才能影响人体的生理，使脏腑气血的功能紊乱，导致疾病的发生。

学生：七情和六淫致病相同吗？

老师：不同。六淫主要从口鼻或皮毛侵人人体，是外感疾病的致病因素；而七情则是直接影响有关内脏而发病，故又称内伤七情，是造成内伤病的主要致病因素之一。

学生：老师，什么是病机？

老师：病机，就是疾病发生，发展与变化的机理。

学生：那么疾病发生总的病机是什么？

老师：疾病发生虽然错综复杂、千变万化，但就其病理过程来讲，总不外乎邪正斗争，阴阳失调，升降失常等几个主要方面。而在病变过程中，这几个方面又常相互影响，密切联系。

2.4 脏腑、气、血、经络

学生：老师，什么是脏腑？

老师：脏腑，是内脏的总称，包括五脏、六腑和奇恒之腑三类。

学生：哪五脏？

老师：心、肝、脾、肺、肾。

学生：六腑呢？

老师：胆、胃、大肠、小肠、三焦、膀胱。

学生：为什么叫奇恒之腑？

老师：奇恒之腑包括脑、髓、骨、脉、胆、女子胞六种器官组织，虽名为腑，但其功能有异于正常的腑，所以叫做奇恒之腑。

学生：五脏、六腑的生理功能是什么？

老师：五脏的主要功能是藏精气，而六腑的主要功能是受纳和腐熟水谷，吸收和输布津液，传化和排泄糟粕。

学生：中医脏腑和西医所说的相同吗？

老师：脏腑学说中的心、肝、脾、肺、肾等脏器，虽与西医脏器的名称相同，但在生理，病理的含义上，却不完全相同。

学生：这是为什么？

老师：如：一个中医脏腑的功能，可能包括好几个西医脏器的功能；一个西医脏器的功能，可能分散在好几个中医脏腑的功能之中。这是因为脏腑在中医学里不单纯是一个解剖学概念，更

重要的是一个生理或病理学方面的概念。

学生：老师，您能一个脏器一个脏器地给我们谈谈吗？

老师：可以。

学生：先谈心吧？

老师：心的主要功能是：心为君主之官而主神明。心主血脉，其华在面，开窍于舌。因此，中医的心除了代表解剖学上的实体外，还包括了循环、血液、中枢神经和植物神经系统的功能。

学生：肝脏呢？

老师：肝脏的主要功能是：肝为"将军之官"而出谋虑。主疏泄，能藏血，主筋，其华在爪，开窍于目。因此，中医讲的肝基本上包括西医讲的肝胆和中枢神经、植物神经、血液系统以及视觉器官的功能。

学生：脾脏呢？

老师：脾为"后天之本"。主运化、主统血、主肌肉、四肢，开窍于口，其华在唇。因此，中医讲的脾包括消化、吸收、物质代谢、体液平衡和部分血液循环方面的功能。

学生：肺脏呢？

老师：肺主气，司呼吸，主宣发，外合皮毛，主肃降，通调水道，开窍于鼻。可见中医的肺主要是指呼吸系统，对体液和血液循环也有调节的作用。

学生：肾脏呢？

老师：肾为"先天之本"，功能是藏精、主发育与生殖、主水、主纳气、主骨、生髓、其华在发，开窍于耳及二阴。中医讲的肾基本上包括西医讲的泌尿、生殖系统和部分造血、内分泌、神经系统的功能。这些系统的疾患都与肾有关。

学生：六腑与西医有什么不同？

老师：六腑中除三焦外，胆、胃、大肠、小肠、膀胱的功能大体与现代生理学相似，但也有不同，如小肠与尿液的生成有一

定关系，胆主决断，与中枢神经有一定的关系。

学生：老师，脏与腑之间的关系是什么？

老师：脏与腑主要是表里关系。脏为阴，腑为阳：阳主表，阴主里。一腑一脏，一阳一阴，相互配合，并由其经脉互为络属，以构成表里关系。

学生：您能简单说一下吗？

老师：好。心与小肠，肺与大肠，脾与胃，肝与胆，肾与膀胱，均为表里关系。

学生：老师，什么是气？

老师：中医对气的提法很多，大体上分为人体的气和自然界的气。我们所说的是人体的气。概括起来有两个含义，一是指构成人体和维持人体生命活动的精微物质，如水谷之气、呼吸之气，等等；二是指脏腑组织的生理功能，如脏腑之气、经脉之气，等等。但二者又是相互联系的，前者是后者的物质基础，后者为前者的功能表现。

学生：什么是血？

老师：血，就是血液。中医认为血的生成是由水谷的精微转化而成。血由心所主，藏于肝，统于脾，循于脉中，对人体各脏腑组织器官具有濡养作用，是人体不可缺少的营养物质。

学生：什么是经络？

老师：经络是经脉和络脉的总称。经，有路径的意思，经脉是经络系统的纵行干线。络，有网络的意思，络脉是经脉的分支，纵横交错，网络全身，无处不至。

学生：经络有什么作用？

老师：经络是运行全身气血，联络脏腑肢节，沟通上下内外，调节体内各部分的通路。通过经络遍布全身，有规律性地循行和错综复杂的联络交会，把人体的五脏六腑、四肢百骸、五官九窍，皮肉筋脉等器官联结成一个有机的统一整体。

2.5 治则

学生：老师，什么是治则？

老师：治则，即治疗疾病的法则。是在整体观念和辨证论治基本精神指导下制定的。对临床治疗，立法处方用药，具有普遍指导意义的治疗规律。

学生：我们常用的治则是哪些？

老师：治病求本，扶正祛邪，调整阴阳，因时、因地，因人制宜是我们治疗疾病常遵循的法则。

学生：什么叫治病求本？

老师：就是治疗疾病时必须要寻求疾病发生的根本原因，并针对其根本原因进行治疗。这是辨证论治的根本原则。

学生：能举个例子吗？

老师：比如头痛可由外感、血虚、痰湿、瘀血、肝阳上亢等多种原因引起，治疗时就不能简单地采取对症止痛的疗法，而应该通过全面地综合分析，找出致病的原因，分别用解表、养血、燥湿化痰、活血化瘀、平肝潜阳等方法进行治疗，才能收到满意的效果。

学生：扶正祛邪怎样理解？

老师：扶正即是补法，用于虚证；祛邪即是泻法，用于实证。疾病的过程，在某种意义上可以说成是正气与邪气相争的过程，邪胜于正则病进，正胜于邪则病退。因此，扶正祛邪就是改变邪正双方的力量对比，使之有利于疾病的痊愈转化。

学生：扶正祛邪具体怎样应用？

老师：在一般情况下，扶正适用于正虚邪不盛，以正虚为主要矛盾的病证；祛邪适用于邪实而正虚不显，以邪实为主要矛盾的病证。扶正祛邪同时并举，适用于正虚邪实的病证。但在具体应用时，也要分清是以正虚为主，还是以邪实为主。在扶正祛邪兼用的同时，应以扶正不留邪，祛邪不伤正为原则。

学生：为什么在治疗时要因时、因地、因人制宜？

老师：人与自然是息息相关的。疾病的发生、发展是受多方面因素影响的，如时令、气候、地理环境、人的生活习惯、体质的差别、男、女、老、幼的差异等等。因此，在治疗疾病时，必须把各个方面的因素考虑进去，对具体情况作具体分析，区别对待，以制定出适宜的治疗方法。所以，要因时、因地、因人制宜。

2.6 中药的煎服方法

患者：大夫，煎中药用什么器皿呀？

医生：一般为陶器，搪瓷或铝制品，切忌使用铁锅。因某些中药中含有鞣质或其它化学物质，能与铁起化学反应，使药液变黑或产生副作用，影响疗效。现在多用有盖的砂锅，价廉而又不会发生化学变化。

患者：用什么样的水煎药呢？

医生：煎药用水，一般可用自来水，洁净的井水，河水，都可以。

患者：煎药时加多少水最为适宜呢？

医生：可根据药物的吸水程度及服用量而定。一般加水，以浸没药料或略高出药面为度。头煎可多加些，二煎可酌量减少。

患者：煎药之前还泡洗吗？

医生：不用洗，可先将药物加水浸泡一下最好，以浸透为度。

患者：煎药多长时间最为适宜？

医生：那要根据药物的性能、作用来定，通常可分为三类：即解表药、一般药，滋补药。

患者：解表药怎么煎呢？

医生：解表药煎的时间较短，头剂于煮沸后 10—15 分钟即可；二煎于煮沸后 5—10 分钟。煎煮时，可先用急火，待沸后，

改用微火，保持药液微沸为好。

患者：一般药和滋补药呢？

医生：一般药比解表药煎的时间长，滋补药比一般药煎的时间长，它们都宜用文火煎，不宜先用武火煎。

患者：什么是武火和文火？

医生：武火是急火，文火是慢火。

患者：药煎好了，放在锅里吗？

医生：不行，得立即过滤，去掉药渣，将药液盛在容器内待服。

患者：怎样服用呢？

医生：一般采用头煎与二煎合在一起，分二次服用。

患者：什么时候服好？

医生：早晨和临睡前，空腹服用较好。这多是滋补药。但是，对胃肠有刺激的药物，应在饭后服。

患者：服安神药呢？

医生：宜在睡觉前服用。

患者：都是分二次服吗？

医生：不是的，可根据病情而定，一次顿服，一日连服二剂也可以。灵活掌握，不拘时间。

患者：如服药呕吐怎么办？

医生：可先少服点姜汁，或吃点姜片。

患者：不能口服怎么办？

医生：可以鼻饲给药。

患者：谢谢，医生。

医生：不客气。

（朱振铎）

3 医案

3.1 黄疸

张××，男，32岁，工人。

患者一周前全身不适，初起发冷发热，曾服用感冒中成药而发热减轻，但仍食欲不振，恶心呕吐，厌油腻，神疲乏力，皮肤发黄，小便黄赤如茶水，大便正常，右肋下疼痛，腹部胀满。

检查 体温37.5℃，血压125／85mmHg，巩膜及全身皮肤黄染。腹软，肝于肋缘下2cm，质软，触痛（+），脾（-）。化验：麝香草酚浊度5单位，谷丙转氨酶540单位，凡登白试验呈双向反应。黄疸指数44单位。

诊断 急性黄疸性肝炎。

辨证与治疗

初诊：黄疸色鲜明，面目一身俱黄。舌苔黄腻，脉象滑数。此系湿热蕴结所致。治宜清热祛湿，利胆退黄。用茵陈蒿汤加味。

处方：茵陈45克，山栀9克，大黄9克，板兰根30克，茯苓15克。水煎服。

二诊：上方服五剂，恶心消失，食欲略有增加，体温37.1℃，其它症状无明显变化，仍守原意。

处方：原方加丹参15克。

三诊：上方共服12剂，黄疸基本消退，胁痛已除，但肝区有沉重感。食欲欠佳，腹胀依然，大便溏薄，体温36.5℃，肝于肋下缘可触及1厘米。化验：麝香草酚浊度试验4单位，谷丙转氨酶100单位，黄疸指数5单位。内热基本得清，腹胀、纳呆、便溏，乃脾为湿困，运化失职所致。治宜健脾利湿。

处方：孩儿参 15 克，白术 9 克，茯苓 12 克，猪苓 9 克，木香 4.5 克，砂仁 6 克（后下），大腹皮 9 克，陈皮 6 克，水煎服。六一散 12 克（冲服）。

效果：上方连服 8 剂，大便成形，食欲增加，腹胀消失。原方略为加减，以资巩固。6 剂后，体质恢复，化验正常。

（录自《中医医案八十例》河北新医大学编著）

3.2 吐血

段××，男，38 岁，干部。

初诊：旧有溃疡病，并有胃出血史。前二十日大便检查潜血阳性，近因过度疲劳，加之外出逢大雨受冷，饮葡萄酒一杯后，突然发生吐血不止，精神萎糜，急送某医院检查为胃出血。经住院治疗二日，大口吐血仍不止，恐导致胃穿孔，决定立即施行手术，迟则将失去手术机会，而患者家属不同意，半夜后请蒲辅周老师处一方止血。蒲志曰：吐血已两昼夜，若未穿孔，尚可以服药止之。询其原因由受寒饮酒致血上溢，未可以凉血止血，宜用《金匮要略》侧柏叶汤，温通胃阳，清瘀止血。

处方：侧柏叶 9 克，炮干姜 6 克，艾叶 6 克。浓煎取汁，兑童便 60 毫升，频频服之。次晨往诊，吐血渐止。脉沉细涩，舌质淡，无苔。原方再进，加西洋参 12 克益气摄血，三七（研末吞服）6 克，止血消瘀，频频服之。次日复诊，血止，神安欲寐，知饥思食，并转矢气，脉两寸微，关尺沉弱，舌质淡无苔，此乃气弱血虚之象。但在大失血后，脉证相符为吉，治宜温运脾阳，并养营血，佐以消瘀，主以理中汤，加归芍补血，佐以三七消瘀。服后微有头晕耳鸣，脉细数。此为虚热上冲所致。于前方内加入地骨皮 6 克，藕节 9 克，浓煎取汁，仍兑童便 60 毫升续服。

再诊：诸证悉平，脉亦缓和，纳谷增加，但转矢气而无大便，继宜益气补血，养阴润燥，兼消瘀之剂。

处方：白人参 6 克，柏子仁 6 克，肉苁蓉 12 克，火麻仁 12 克（打），甜当归 6 克，藕节 6 克，新会皮 3 克，山楂肉 3 克。浓煎取汁，清阿胶 12 克（烊化）和童便 60 毫升内入，分 4 次温服。服后宿粪渐下，食眠俱佳。大便检查，潜血阴性，嘱其停药，以饮食调养，逐渐恢复健康。

按 本例旧有胃损之症，素不饮酒，骤因受寒饮酒，寒热相攻，致血上溢，非热极吐血可比，故主以温降之法，采用侧柏叶汤。柏叶轻清，气香味甘，能清热止血，佐以姜、艾辛温，合以童便咸寒降逆消瘀，温通清降并行，故服后吐血渐止。再剂加三七，洋参，益气消瘀止血，因而得以避免手术。蒲老师的治法给我们很大的启发。继以理中法温运脾阳，盖因脾为中州之司，而甘温有固血之用，服后微见头晕耳鸣，知其虚热上冲，则佐以地骨皮凉血化滞，藕节通络消瘀，使以童便降火，服后诸症悉平，脉和睡安，终以益气补血，滋阴润燥而善其后。蒲老师指出：此非热邪传经迫血妄行，故不用寒凉止血之法，若不知其所因，误用寒凉，必然血凝气阻而危殆立至。

〔录自《蒲辅周医案》〕

3.3 中风

祖××，女，30 岁，社员。

患者素有高血压病史。两天前在劳动时，突然昏倒，左侧偏瘫，神志不清。

检查 血压 260／160mmHg，神志昏迷，病侧瞳孔散大，对光反射消失，左半侧瘫痪。脑脊液压力增高，呈均匀血性。

诊断 西医：脑出血。中医：类中风（中脏腑）。

入院后曾用10%硫酸镁10毫升加入25%葡萄糖溶液40毫升缓慢静脉注射，氯丙嗪50mg加入10%葡萄糖溶液500毫升静脉点滴，降压灵每次4mg，日3次。经治疗无明显好转，至次日11时，病情加重，改用中药治疗。

辨证与治疗

初诊：牙关紧闭，神志昏迷，呼之不应，痰涎壅盛，左侧偏瘫抽搐，面赤气粗。舌苔黄腻，脉象弦滑有力。此属肝阳上亢，痰热上扰，蒙闭心窍之中风闭证。治宜凉肝熄风，清热豁痰，通窍开闭。方用羚羊钩藤汤合菖蒲郁金汤化裁。

处方：羚羊角粉3克（冲），夏枯草15克，石决明30克，钩藤12克（后下），全蝎6克，橘红9克，怀牛膝30克，菖蒲15克，郁金9克，川贝母6克，天竺黄6克，竹沥15克（冲），甘草6克。水煎，以鼻饲灌入，同时送服紫雪丹，每次3克，日2次。

二诊：上方服2剂，血压210／140mmHg，痰涎减少，仍神志不清，抽搐，脉弦数。

处方：原方加黄连6克，栀子6克，丹皮9克，紫雪丹改用安宫牛黄丸，每次1丸，日2次。

三诊：上方服3剂，神志已清醒，痰涎消失，牙关已开，血压降至180／110mmHg，左侧肢体上下能活动，唯仍抽搐。再以养血滋阴、柔肝熄风。

处方：阿胶12克（烊化），生白芍15克，生石决明15克，生地黄24克，茯神12克，络石藤15克，生牡蛎15克，怀牛膝24克，明天麻12克，炙甘草6克。水煎服。

效果：上方连服4剂后，手足抽搐消失，仍以上方调理以善其后，病家要求回去针灸治疗。同意出院。

按 脑出血一病，表现起病急骤，意识障碍，肢体瘫痪，语言失利，属于祖国医学之中风。本例患者依其表现特点，确属中风之阳闭证。故以凉肝熄风，清热豁痰，通窍开闭之剂治之。候

神清，血压下降后则以滋阴养血，柔肝熄风之剂调善其后。

〔录自《中医医案八十例》河北新医大学编著〕

3.4 郁证

李××，女，48岁，工人。

一诊：近年来，头痛持续不已，剧痛时引起泛恶，情绪抑郁不乐，急燥易怒，多疑，精神恍惚，耳中时闻语言声，听后更增烦闷，有时悲伤欲哭，睡眠甚差，恶梦引起惊恐，耳鸣头昏，腰酸，白带甚多，神疲乏力，面色无华，舌苔薄腻，脉细数。长期服镇静剂，效果不显。以上诸症，由于忧愁思虑过多，耗伤心气，兼有肝郁气滞，风阳上扰所引起。治以养心安神，疏肝解郁。

处方：炙甘草9克，淮小麦9克，大枣5枚，郁金9克，菖蒲9克，胆南星9克，铁落60克（先煎），夜交藤30克。服七剂。蜈蚣片6片（分二次吞服）。

二诊：月经来潮，情绪急躁、头痛较以往经期减轻，其余症状基本如前，耳中语声已少，目前小便频急而痛。尿常规化验：白细胞满视野。曾服呋喃坦啶药片，胃中不舒，现已停服。

处方：再以原方加减。去大枣、菖蒲，加黄芩12克，知母12克。服七剂。

三诊：近日头痛上午已除，下午头痛较以前减轻，睡眠已有进步，中午亦能入睡片刻，烦躁已少，耳中仍有语言声，尿频减少，再守原意。

处方：炙甘草9克，淮小麦30克，大枣5枚，郁金12克，丹参12克，知母15克，铁落60克（先煎），夜交藤30克。服七剂。蜈蚣片6片（分二次吞服）。

四诊：上午头痛未发，下午仅有轻微头痛。近日月经来潮，

亦未见大发作。晚上安睡，午睡可达1小时，耳中人语声继续减轻。舌苔薄腻，脉细不数，再守原意。

处方：炙甘草9克，淮小麦30克，大枣五枚，郁金9克，菖蒲9克，铁落60克（先煎），丹参9克，夜交藤30克。七剂。另都梁片（白芷研粉制成药片，每片1分），每日3次，每次5片。各服。

五诊：睡眠较好，但仍有梦，有时感乏力，疲劳则觉头痛，程度较轻，面色少华。脉细，舌质红。再守原法。前方去菖蒲，加白芍15克。七剂。

六诊：一周来仅昨日头痛小发，睡安，日夜可睡九小时以上，心烦及梦均减，有时精神欠佳。平时已无耳语，但在安静时偶有出现。情绪开朗，脉细，苔薄腻。再于前法加入补益气血之品。

处方：炙甘草9克，淮小麦30克，大枣5枚，党参9克，白芍9克，丹参9克，炙远志4.5克。七剂。

按 根据辨证分析，本患者证属脏躁，郁证的范畴。患者情志抑郁，思虑过度，以致心气方耗，脏阴不足。《金匮要略》说："妇人脏躁，喜悲伤欲哭，象如神灵所作，数欠伸，甘麦大枣汤主之。"即指此症。所谓"象如神灵所作"，非真有"神灵"，说明病人可以出现各种幻觉，如本例出现耳中闻语言之类。故用小麦以养心气，甘草、大枣甘以缓急；夜交藤，胆星、菖蒲、郁金以安神宣窍解郁；铁落，蜈蚣以平肝熄风止痛。二诊时出现尿感症状，故加黄芩，知母以清热化湿。治疗后头痛由剧痛减为微痛，由全天持续痛减为数天仅有一次小痛；睡眠渐见好转，且能午睡；各症状明显减轻或已消失。治疗一月余，缠绵已久之症日见向愈，故情绪亦由忧虑而渐趋开朗。

〔录自《黄文东医案》〕

3.5 癫证

孙××，男，32岁，渔民。

患者平素沉默寡言，近因精神刺激，郁而不舒，闷闷不乐，坐卧不安，竟至彻夜不眠。曾服大量安眠药片（药名不祥），服后稍能入睡。继即发病，病后不识人，不识路，逢沟下沟，遇水趟水，沉默痴呆，不知饥饿，且多疑恐惧，自言自语，无端哭笑，精神失去常态。经当地医院诊为精神分裂症。

辨证与治疗

初诊：发病五天，表情呆钝，精神抑郁，喃喃自语，出言无序，哭笑无时，大便3日未行。脉弦滑有力，舌淡红，苔黄厚腻，忧思太过，气郁痰结，以致情志失常，发为癫证。拟柴胡加龙骨牡蛎汤加减。

处方：柴胡12克，党参12克，黄芩9克，清半夏9克，茯苓12克，生大黄6克（后下），菖蒲9克，郁金9克，天竺黄9克，生龙骨9克，生牡蛎9克，生姜3克。水煎服。硃砂1克（冲），琥珀1克（冲）。

针刺大椎，不留针；少商（双），加灸。

二诊：针药并进，第一夜睡眠稍安。二剂后排便一次，干燥异常，独语好转，意识稍清，饮食略增，精神转萎靡，倦怠欲睡，苔略退。

处方：原方加桂枝6克，胆星9克，竹茹9克，党参改为15克。

针刺隐白（双），加灸；百会刺后放血。

三诊：服药共5剂，意识基本清醒，可以与之交谈，大便较畅，小便正常，饮食增加。舌苔渐退，脉趋缓和。唯感倦怠嗜睡。病势渐衰，再与顺气导痰汤加减。

处方：清半夏9克，茯苓15克，陈皮9克，甘草6克，炒枳壳9克，胆南星9克，木香3克，香附9克，郁金9克，菖蒲

9克，远志9克，天竺黄6克，生龙齿30克，白矾0.3克。水煎服。硃珀散0.5克（冲）。

针刺隐白（双），照海（双）。

四诊：服上方10剂，神志清楚，记忆渐渐恢复，疲倦，嗜睡好转，食欲增加，二便正常，舌苔已净，脉弦而缓。再拟温胆汤加味。

处方：清半夏9克。陈皮9克，茯苓12克，甘草6克，炒枳实6克，竹茹9克，胆南星9克，菖蒲9克，郁金6克，生龙骨30克，生牡蛎30克。水煎服。硃珀散0.5克（冲）。

五诊：服上方5剂，神志已完全清楚，精神振作，谈话时对答明白，饮食，睡眠均佳，自觉胸中似有痰，咽喉略感憋闷。舌尖红，苔少黄腻，脉弦略滑，痰郁未净，仍守原意。

处方：清半夏6克，陈皮9克，茯苓15克，甘草6克，炒枳实9克，竹茹9克，胆南星9克，天竺黄9克，郁金12克，菖蒲9克，钩藤18克（后下）。水煎服。琥珀粉0.5克（冲）。

效果：经追访，末次方服药5剂后，病情稳定。停药调养3个月后，已上班工作。迄今半年，未再复发。

（录自《中医医案八十例》河北新医大学编著）

3.6 痹证

患者：杨××，女，15岁。

因半月来关节疼痛，低热，近4天来高热，关节疼痛加剧入院。起病前咽喉痛，半月后两膝关节痛，游走及踝，伴有低热。近4天高热汗出不解，微恶风，烦渴引饮，不思饮食，骨节疼痛加剧，两侧膝踝肿痛，肤色微红，影响活动，溲赤而热。诊查：患者呈急性病容，舌苔薄白，舌质微红，咽弓充血，扁桃体Ⅰ°肿大。肺部呼吸音略粗糙，心率120次／分，无明显病理性杂

音，肝肋下触及，肌肤灼热，脉象浮数。血检验白细胞总数及分类无明显异常，血沉 97 毫米／小时，尿正常。

初步诊断：风湿热痹证（急性风湿性关节炎）。

处方：桂枝 6 克，生石膏 30 克，知母 9 克，赤芍 9 克，生甘草 4.5 克，虎杖 15 克，土牛膝 9 克，薏苡仁 12 克，忍冬藤 30 克，秦艽 9 克，晚蚕砂 12 克（包）。

服上药 1 剂，体温渐降。服 2 剂，体温退至正常，关节肿痛亦减轻。原方出入调理，渐可起床行走，关节肿消痛缓。住院 6 天，显著好转，乃出院继续调治。

按 本例初起，咽喉红痛，未经治疗，半月后关节痛，继而红肿，近又壮热，烦渴引饮，脉象浮数，舌质微红，咽部充血，病属风湿热痹证。因正气不足，感受风湿热邪，痹阻经络骨节，气血运行不畅，故骨关节红肿热痛。在表之风邪尚未尽解，而里热炽盛，防其邪盛充斥，或复感外邪，内舍于脏，先予疏风清热祛湿，以逐其邪。拟方白虎加桂枝汤。方中石膏、知母、甘草清热为主、佐桂枝、白芍祛风而和营卫，忍冬藤清络中之热，秦艽伍桂枝以祛风通络、薏苡仁、蚕砂祛湿疏通经络，虎杖行血清热蠲痹，土牛膝清热利咽，且可下行以助药力，达于下肢关节。

（录自《中医内科学》江苏人民出版社出版）

3.7 胸痹

汪××，女，48 岁，工人。

患者因过度劳累，左侧胸部剧烈疼痛 4 小时，并有心慌，出汗。

检查 体温 36℃，脉搏 96 次／分，血压 160／90mmHg。双肺呼吸音清晰，心脏稍向左侧扩大，偶有早搏，心尖部有Ⅱ级收缩期吹风样杂音。心电图检查为急性下壁心肌梗塞。偶有室性

期前收缩。

诊断 西医：冠心病，急性下壁心肌梗塞。中医：胸痹。

辨证与治疗

初诊：左胸心前区绞窄样持续性疼痛不解，并向左肩背放射，气短，头晕，无力，心悸，出大汗，四肢发凉，舌淡白，苔薄白，脉沉细弦。此系气滞血瘀，心脉瘀阻，阳虚欲脱之证。治宜温阳益气，活血化瘀，佐以温通开窍止痛之法。

处方：制附子9克，肉桂6克，红参9克，(另煎兑服)，桃仁9克，丹参9克。水煎服。

另用苏合香丸1丸，温开水送服。

二诊：上方服3剂，痛大减，胸仍闷胀，时作痛片刻，感口苦，小便赤。舌质转红，脉象弦。证属痰热瘀血结于心脉，改用清热化痰，活血化瘀之法。

处方：半夏9克，苦参9克，瓜蒌18克，桃仁9克，红花9克，生蒲黄9克，五灵脂9克。水煎服。

三诊：上方服10剂，胸闷痛稍轻，仍未愈；活动后气短，无力，多汗。舌质转淡，脉沉弦无力。复用温阳益气，活血化瘀法。

处方：制附子3克，肉桂3克，红参9克，(另煎兑服)，桃仁9克，丹参9克，黄芪15克。水煎服。

效果：上方服1个半月，心电图提示为陈旧下壁心肌梗塞。症状基本消失出院。

按 本例急性下壁心肌梗塞，属祖国医学胸痹，真心痛、厥心痛的范畴，其病机是心阳不足，心脉瘀阻。痹阻至极，以致阳虚欲脱，则可成为内闭外脱之证。故本例急以人参、附子、肉桂回阳固脱，丹参、桃仁活血化瘀，并用苏合香丸温通开窍以止痛。二诊舌质转红、且口苦、溲赤，是已化热，以苦参、瓜蒌、半夏清热化痰、失笑散、桃仁、红花活血化瘀。三诊舌淡热退，且脉沉弦细，仍以温阳益气，活血化瘀之剂论治，使症状基本消

失。心电图提示陈旧性下壁心肌梗塞而出院。

〔录自《中医医案八十例》　河北新医大学编著〕

3.8　哮证

王×，男，23岁，工人。

主诉：哮喘复发，已近1月。

病史：素有哮喘，已8年，不受季节与食物影响，随时可以发作，每至夜间发作尤甚。经常以西药对症治疗，仅获片刻缓解。入院时咳嗽，哮喘，喉间痰鸣气粗欲塞，难以平卧，精神萎钝，食欲减退。入院前1月于发作后，曾注射氨茶碱、肾上腺素，并施行封闭疗法等，效果不显，随转来服中药治疗。

检查　体温37℃，脉搏80次／分，呼吸25次／分，发育正常、营养中等，面色苍白，呈急性病容。舌质红，苔白，两肺满布哮鸣音，心（—），腹平软，肝脾未触及。

诊断　西医：支气管哮喘。中医：哮证（寒型）。

处方：蜜炙麻黄3克，川桂枝3克，北细辛3克，五味子3克，炮干姜4.5克，大白芍12克，姜半夏9克，炙甘草3克。

服药1剂，哮喘立停，未续服药，再隔1日，哮喘又发，喘息抬肩，喉间漉漉水鸣声，彻夜不寐，苔白脉数，再守原意。

净麻黄6克，北细辛3克，炮干姜3克，姜半夏9克，银杏肉9克，炙甘草3克，广橘白4.5克，桑白皮9克，甜葶苈6克，猪苓12克，赤茯苓12克。

紫金丹0.1克（分两次冷开水送服）。

服2剂后，哮喘大减，余症若失。原方连服9剂，哮喘完全停止出院。

按　本例初诊按冷哮辨证，用小青龙汤温化寒饮而获效，除苔白外，痰当属白粘腻或清稀，方为有据。但饮伏于内，病根深

痼，在治疗过程中，应注意病情变化，随证加减。二诊处方中加入葶苈子，猪苓，赤伏苓，桑白皮等，是根据饮气并逆，兼有郁热而设。

〔录自《内科学》　全国高等医药院校试用教材（第四版）〕

3.9　银屑病

张×，男，31岁。

三年来全身遍见红斑和银白色鳞屑，曾在外地医院治疗，未见疗效。2月来皮疹明显增多，瘙痒难忍。

检查　头皮，手臂，双下肢播散性大片皮损，呈对称性分布，浸润肥厚，基底暗红色，复盖鳞屑；在躯干，前臂等处，可见大批点滴状红色皮疹，上有轻度鳞屑。脉弦滑，舌质紫红，苔薄白。

诊断　中医诊断：白疕风。西医诊断：银屑病。证属：风热郁久，化火伤营，复受外风。

治则　凉血清热，活血祛风。药用：生地30克，生槐花30克，当归15克，知母9克，生石膏30克，紫草30克，桃仁9克，红花9克，荆芥9克，防风6克，蝉衣6克。水煎服。

二诊：上方服5剂后部分皮损已明显消退，痒感亦显著减轻，未见新起皮疹。嘱服前方10剂。3个月随访：未见复发。

〔录自《沐仁康临床经验集》　人民卫生出版社1979年10月版〕

3.10　白癜风

王×，女，23岁。

初诊：额上一处白斑已3、4年，近6个月来逐渐发展，向

两面频漫延扩大，目前已有掌大一片。其它无不适。苔薄，脉平。风湿相搏，气血不和。拟祛风湿，调营卫，和气血。

处方：豨莶草 9 克，苍耳草 9 克、浮萍草 9 克、补骨脂 12 克、川芎 9 克、红花 9 克、白芷 4.5 克、桂枝 3 克、赤芍 12 克。

二诊：服药 1 月，无显效。白癜风四周色稍紫。苔薄舌红，脉平。久病入络，加重活血祛瘀，祛风通络之品。

当归尾 9 克，赤芍 15 克，川芎 9 克，丹皮 9 克，桂枝 9 克，乌梢蛇 9 克，白蒺皮 9 克，地肤子 9 克，豨莶草 9 克。

三诊：服药后 1 月，中间已有色素岛出现，目前已有 70% 色素沉着。前方续服。1 个月后痊愈。

（录自《外科经验选》　顾伯华著　上海人民出版社 1977 年 8 月版）

3.11　硬皮病

刘×，男，10 岁。

3 年前发现右大腿屈侧皮肤呈条索状发硬，屡治无效，皮损逐渐扩大，走路跛行。

检查　右大腿屈侧下段到腘窝约 7×13 厘米皮肤硬如板状。

证属　风湿阻络，经络痹滞，气血不达。

治则　通络行痹，祛风活血。拟用丸方当归 60 克、赤芍 60 克、川芎 30 克、桑寄生 60 克、独活 60 克、地骨皮 30 克、红花 30 克、桂枝 30 克、研末炼蜜为丸，每丸 6 克、每日早晚各服 1 丸。

二诊：服丸药后腿部皮损大部变软，走路已较前方便。嘱继前方丸药壹料。

三诊：随访复查，右大腿皮损变软，已趋正常，未见萎缩，称已能跑 200 余米，仍拟丸方。照前方加鸡血藤 60 克、仙灵脾

60克，研末，蜜丸，每丸6克。日服2丸，以资巩固。

（录自《沫仁康临床经验集》人民卫生出版社1979年10月版）

3.12 痛经

车××，女，22岁，未婚。

初诊：16岁月经初潮时，即发作痛经，迄今已7年，每用止痛药物症状有所缓解，但病未根除。月经周期尚准，惟量少色淡，有小血块，经中小腹痛胀，按之益甚。伴泛恶纳呆，大便不实。经后白带清稀，腰酸乏力。苔白滑，脉沉细。属脾胃虚寒，兼有血瘀。刻诊周期迫近，腰腹坠痛，拟先温中健脾，兼调气血。

处方：炒白术9克，怀山药、云茯苓各12克，姜厚朴6克，炮姜炭9克，广木香、粉甘草各4.5克，川萆、川楝子、杭白芍、刘寄奴各12克，元胡索4.5克，制附片3克。3剂，水煎服。

二诊：

昨日经至，量少色淡，小腹痛楚较上月为轻，仍不喜按揉。脉沉涩，舌质淡。据"通则不痛"意，予活血化瘀之剂。

处方：秦当归12克，香附米、赤芍药、醋柴胡各9克，五灵脂、刘寄奴各12克，净苏禾、川萆薢各9克、川芎6克、元胡4.5克，台乌6克，淡吴萸、制香附各4.5克。3剂，水煎服。

三诊：

腹痛已瘥，现已经净，脉亦缓和，苔薄白。嘱每日上午服温经丸1付，下午服二陈丸半付，至经潮前3天，改服下方连服4剂。

香附末9克，元胡索4.5克、川楝子、五灵脂、赤芍药、全当归各9克、广木香4.5克，刘寄奴12克，川萆薢、川芎片、台乌首、炒白术各9克。

按 本例经期小腹胀痛，泛恶纳少，大便溏薄，乃脾胃虚寒，升降失司之候。脾阳虚不能温运经脉，气血运行迟滞，故经来量少色淡，夹有血块，腹痛拒按。寒气生浊，故白带清稀；脾虚及肾，故腰膝酸软。初诊予术、苓、朴、姜、附子、木香、荜茇等，温阳散寒，健脾合胃，治其本；元胡、川楝、寄奴等，理气活血，调经止痛，顾其标；再加山药利腰肾，芍药舒肝郁，俾肾水得滋，肝木条畅，自然脾胃升降有度。二诊正值经期，则专事理气化瘀，养血调经，使血调经顺，腹痛自止。

（《哈荔田妇科医案医话选》）

3.13 恶阻

张××，女，23岁，已婚。

一诊：怀妊三月，恶闻食气，胸闷不舒，食入则吐，所吐皆为食物痰涎，倦怠乏力，卧床不欲动，动辄眩晕呕吐。口粘且苦，小便黄短，苔黄易腻，脉来弦滑，此系胎热上干，痰浊逆胃拟予清热化痰，降逆止呕之法。

处方：清半夏、云茯苓各9克，淡竹茹12克，枇杷叶15克，炒枳壳、条黄芩各9克，桔皮、苏梗各6克。2剂，水煎2次，取200毫升分3次温服。

二诊

前方服后，胸次豁然，起坐行动已不晕吐，略能进食。原方再进2剂，即啖饮如常矣。

按 妊娠之际，阴血下聚养胎，血壅气盛，胎热随冲脉之气上逆，挟痰下胃，清阳不能上出清窍，故见呕吐痰涎，头目眩晕，胸满不食等症，程钟龄谓："妊娠之际，经脉不行，浊元上行清道，以致中脘停痰、眩晕呕吐，胸膈满闷，名曰恶阻。"斯语可为本案病机之注脚。方用温胆汤与桔皮竹茹汤合方化裁，去甘草

之壅满，加苏梗、杷叶之利气，以恰合病机，因能获效较著。

〔录自《哈荔田妇科医案医话选》〕

3.14 风暑湿合病（乙型脑炎）

陈××，女，4岁，8月15日会诊。

发热8天，住院5天，诊为乙脑。头痛剧烈。烦躁，昏睡，汗出时体温即降，小便少，大便干。舌淡苔白黄腻，脉浮滑数。由风暑湿合病，治宜祛风利湿，调和三焦。

处方：鲜藿香6克，杏仁6克，苡仁12克，白蔻3克，厚朴6克，法半夏6克，白蒺藜9克，菊花6克，僵蚕6克，豆豉9克，葱白（后下）三寸，六一散（布包煎）15克，竹叶4.5克。

8月17日复诊：周身有微汗，体温已正常，头痛已除，大便尚偏干。原方去豆豉、葱白、加神曲4.5克，槟榔4.5克，继续调治而愈。

按 患儿发烧已8天，汗出未彻，无汗时体温即升高，故用三仁汤合葱豉汤，宣通郁闭，调和三焦。头痛剧烈为暑风偏盛，故加白蒺藜、僵蚕、菊花。药后周身微汗出，体温正常，头痛亦除，调治而愈。

〔录自《蒲辅周医案》〕

3.15 风温痰热痉厥

徐孩，发热6天，汗泄不畅，咳嗽气急，喉中有痰声漉漉，咬牙嚼齿，时时抽搐。舌苔薄腻而黄，脉滑数不扬。筋纹色紫，已达气关。前医迭进羚羊，石膏、钩藤等，病情加剧。良由无形之风温与有形之痰热，互阻肺胃，肃降之令不行，阳明之热内

炽，太阴之温不解，有似痉厥，实非痉厥，即为马脾风之重证，徒治厥阴无益也。当此危急之秋，非大将不能去敌，拟麻杏石甘汤加减，冀挽回于十一。

处方：麻黄3克，杏仁6克，甘草3克，石膏9克，象贝9克，天竺黄6克，郁金3克，鲜竹叶30张，竹沥15克，活芦根30克（去节）。

二诊：昨投麻杏石甘汤加减，发热较轻，咬牙嚼齿抽搐均定，佳兆也。惟咳嗽气逆，喉中尚有痰声。脉滑数，筋纹缩退，口干欲饮，小溲短赤，风温痰热交阻肺胃，一时未易清除，仍击鼓再进。

处方：麻黄3克，杏仁9克，甘草3克，石膏9克，象贝9克，广郁金3克，天竺黄6克，马兜铃4.5克，冬瓜子9克，淡竹沥15克，活芦根60克（去节）

三诊：两进麻杏石甘汤以来，身热减，气急平，嚼齿，抽搐亦平，惟咳嗽痰多，口干欲饮，小溲短赤，大便微溏色黄。风温已得外解，痰热亦有下行之势，脉仍滑数。余焰留恋，然质小体稚，毋使过之，今宜制小其剂。

处方：净蝉衣2.5克，川象贝各4.5克，金银花9克，冬桑叶9克，通草2.5克，杏仁9克，炙远志1.5克，连翘4.5克，冬瓜子9克，天花粉9克，兜铃4.5克，荸荠汁一酒杯。

按 依据病案记载，病人的主要证候是咳嗽痰阻喘促、嚼齿、抽搐．无疑这是手太阴与足厥阴同病，但又为什么屡进羚羊角、钩藤等凉肝息风之品而抽搐不止，病情反剧?而两进麻杏石甘汤以后，身热减；气急和嚼齿，抽搐亦平，病情得到改善?这是因为抽搐虽是肝经的见证，但其起因却是由于痰热互阻肺胃，所以用麻杏石甘汤清宣肺热，不治抽搐而抽搐自平。治病必求其本，所以能获得理想疗效。

〔录自《丁甘仁医案》〕

3.16 痿证

王×，男，6岁。

自诉：发热3天，经治疗后热退。第4天发现双下肢不会站立和活动，即住某医院小儿科。入院检查诊为急性脊髓灰白质炎。邀针灸科会诊。

检查 神清身和，面色失润，纳差便溏，双下肢痿软，右甚于左，舌赤绛，苔薄黄，脉濡微缓。中医诊为：痿证。

治则 以清热化湿疏邪为主，佐以扶脾滋水。

乃取大椎.腰骶夹脊、脾俞、伏兔、足三里、解溪、委中、阳陵泉、内庭、悬钟、太溪，用七星针叩刺，每日1次，按上方治疗18次，行动自如，无后遗症。

按 此例系湿热内蕴，熏蒸阳明，耗津灼液，筋脉失却濡润，致使筋弛而痿。若论标本，湿热之邪为标，津液受损为本。由于新病时短，故以治标达邪为主，不使邪恋久留，在疏达外邪之际，兼顾其本。大椎以清热泻邪于表；脾俞与脾之合穴阴陵泉以健运脾土，使湿热得能疏化；伏兔，足三里、解溪、内庭悉为足阳明之经穴，以导湿热出自阳明脉道；腰骶夹脊益肾疗下肢之痿；太溪为足少阴肾经之俞，亦为其原，乃治痿兼滋肾水，宜于泻达，故宗《灵枢》"毛刺"、"半刺"之法，予七星针叩刺之，恰如其分，而病自愈。

〔录自《现代针灸医案选》〕

3.17 面瘫

马××，男，45岁。

自诉：两周前由于连续两日长途乘车，头面部受寒风吃袭，初感头微眩痛，继则右侧面肌麻木，右眼闭合不全，饮水时液体从右口角渗出，进食时食物滞留右颊内。发病后即就诊于当地，经内服药物及注射维生素 B_1，数日未获显效而转我院治疗。

检查 形体消瘦，右侧面部肌肉轻度肿胀，额纹平坦，右眼闭合不全，鼻唇沟变浅，右侧口角下垂，歪向左侧，右面皮肤冷，热觉存在，触觉减弱，鼓颊右唇闭合不全。胃纳欠佳，二便正常。苔薄白，脉浮缓。

治则 治以手、足阳明经为主，针刺用补法，并佐以温灸有关脏腑背俞及用梅花针轻叩刺患侧面部经络，以达行气活血，祛风通络治疗目的。

一诊：取穴合谷、人中、风池；梅花针叩刺右眼周围及面部经络循行区。

二诊：患者右眼及面部麻木减轻，眼闭合较好，口歪改善，仍按前法，取穴：足三里、翳风、颧髎；温灸阳白、地仓、脾俞。

三诊：右侧面部肿胀消退，右眼闭合明显改善，迎风流泪现象已缓解，口角歪斜、流液、食物滞留颊内症状均有改善。胃纳增进，苔薄润，脉浮缓。此乃经络气血运行始复，但风邪未尽祛，故右面经络仍失濡养，致口眼歪斜未全复。仍本原意，取穴：合谷、地仓透颊车；温灸肝俞、脾俞，以通经络，调气血。

四诊：神态清爽，右面肌活动正常，额纹显露，眼能闭合，鼻唇沟显现，口角不歪，食物滞留颊内现象消失。胃纳佳，苔薄润。脉缓。经络得疏通，气血运行得复，风邪已祛，经络得濡养，故诸症得除。再取足三里，以调和气血，而终止治疗。并嘱患者带回艾条，每日自灸足三里、合谷、肝俞、脾俞，以旺盛阳明气机。患者七天后痊愈。

按 本例形气本虚，加之感受风寒，遂致面部经气失调，经络、肌肉失养而致病，证与风邪中于脏腑或继发于他病之口眼歪斜有别。针灸对此类型疗效较满意。阳明经为多血多气之经，且能行气于三阳经，而三阳经皆循布于头面，故治以手、足阳明经穴为主。配伍循布眼、面有关经穴，能直接调和患部经络气血；温灸脾俞、肝俞能旺盛血气机能，强壮筋肌；梅花针叩刺患部，能直接疏通经络气血而祛风。气机和利，风邪得祛，故口眼歪斜之疾可愈。

（录自《现代针灸医案选》）

3.18 肱骨髁上骨折

王××，男，11岁。

孩子在街上赛跑时不慎滑倒，左手猛力触地，当时就听有响声，肘关节失去活动能力。当时脱衣检查，左肘关节有弯曲形肿胀，不敢活动。赴医院透视检查为骨折。

检查 通过望诊左肘有明显变形和肿胀，局部有血斑，髁上向后方移位，再经手法摸触骨擦音明显。X光片证实肱骨髁上骨折，远端向后完全移位。

诊断 左肱骨髁上骨折。

治则 须用两助手相对牵引，使其筋骨拉开。医者站在患侧，双手环扣髁上部，双大拇指对准下端突出部，馀指握住上折端，在助手牵引的同时施行提上压下法，同时即听到有骨折复位声，再使患肢逐渐屈曲成直角。当时变形消失，再检查折端无骨突现象，被动关节活动自如即复位。

术后处置：在髁上骨折的后方下折端加压，外敷消炎剂，用绷带包扎，使肘关节屈曲成90°角，以肘关节固定器固定，再用三角巾将患肢挎在颈部。然后检查固定的松紧是否适宜，脉搏

跳动是否正常，患肢活动情况如何，以及有无神经症状。至37天，又通过照片观察，对位尚好，骨折已初步连接。活动关节，至3周来院检查，伸屈尚好。

〔录自《陈氏整骨学》〕

THE ENGLISH-CHINESE ENCYCLOPEDIA OF PRACTICAL TCM

(Booklist)

英汉实用中医药大全

(书目)

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