

## Unit 5

### Reading A

#### Traditional Chinese Medicine: An Introduction 《中医：简介》

##### Background 背景

1 Traditional Chinese medicine (TCM) originated in ancient China and has evolved over thousands of years. TCM encompasses many different practices, including acupuncture, moxibustion (burning an herb above the skin to apply heat to acupuncture points), Chinese herbal medicine, tuina (Chinese therapeutic massage), dietary therapy, and tai chi and qi gong (practices that combine specific movements or postures, coordinated breathing, and mental focus). TCM is rooted in the ancient philosophy of Taoism and dates back more than 2,500 years. Traditional systems of medicine also exist in other East and South Asian countries, including Japan (where the traditional herbal medicine is called Kampo) and Korea. Some of these systems have been influenced by TCM and are similar to it in some ways, but each has developed distinctive features of its own.

传统中医起源于古代中国，历经数千年的发展。中医涵盖许多不同的疗法，包括针灸、艾灸（在皮肤上燃烧草药以对穴位加热）、中草药、推拿（中式治疗性按摩）、食疗以及太极拳和气功（将特定的动作或姿势、协调的呼吸和精神专注相结合的练习）。中医植根于古老的道家哲学，可追溯到 2500 多年前。在其他东亚和南亚国家也存在传统医学体系，包括日本（传统草药被称为汉方医学）和韩国。其中一些体系受到了中医的影响，在某些方面与中医相似，但各自也发展出了独特的特征。

##### Underlying Concepts 基本概念

2 When thinking about ancient medical systems such as TCM, it is important to separate questions about traditional theories and concepts of health and wellness from questions about whether specific interventions might be helpful in the context of modern science-based medicine and health promotion practices.

在思考像中医这样的古代医学体系时，重要的是要将关于传统健康和养生理论及概念的问题与关于特定干预措施在现代科学医学和健康促进实践的背景下是否可能有帮助的问题区分开来。

3 The ancient beliefs on which TCM is based include the following:

中医所依据的古老理念包括以下内容：

(1) The human body is a miniature version of the larger, surrounding universe.

人体是周围更大宇宙的微缩版本。

(2) Harmony between two opposing yet complementary forces, called yin and yang, supports health, and disease results from an imbalance between these forces.

两种相互对立又相互补充的力量——阴和阳之间的和谐维持着健康，而疾病则是由这两种力量之间的失衡所导致。

(3) Five elements — fire, earth, wood, metal, and water—symbolically represent all phenomena, including the stages of human life, and explain the functioning of the body and how it changes during disease.

五行——火、土、木、金、水——象征性地代表所有现象，包括人生的各个阶段，并解释身

体的功能以及在疾病期间身体是如何变化的。

(4) Qi, a vital energy that flows through the body, performs multiple functions in maintaining health.

“气”是一种在体内流动的生命能量，在维持健康方面发挥着多种功能。

4 Concepts such as these are of interest in understanding the history of TCM. However, some research on TCM does not focus on these ideas. Instead, it examines specific TCM practices from a scientific perspective, looking at their effects in the body and whether the practices are helpful in symptom management.

诸如此类的概念对于理解中医的历史很有意义。然而，一些对中医的研究并不关注这些理念。相反，它从科学的角度审视特定的中医实践，观察它们在身体中的作用以及这些实践在症状管理方面是否有帮助。

### Treatment Techniques 治疗技术

5 TCM practitioners use a variety of techniques in an effort to promote health and treat disease. In the United States, the most commonly used approaches include Chinese herbal medicine, acupuncture, and tai chi.

中医从业者使用各种技术来努力促进健康和治疗疾病。在美国，最常用的方法包括中草药、针灸和太极拳。

6 Chinese herbal medicine. The Chinese Materia Medica (a pharmacological reference book used by TCM practitioners) describes thousands of medicinal substances —primarily plants, but also some minerals and animal products. Different parts of plants, such as the leaves, roots, stems, flowers, and seeds, are used. In TCM, herbs are often combined in formulas and given as teas, capsules, liquid extracts, granules, or powders.

中草药。《中国药典》（中医从业者使用的一本药理学参考书）描述了数千种药用物质——主要是植物，但也有一些矿物和动物产品。植物的不同部位，如叶、根、茎、花和种子，都可被使用。在中医里，草药通常被组合成方剂，并以茶剂、胶囊、液体提取物、颗粒剂或粉剂的形式给予。

7 Acupuncture. Acupuncture is a family of procedures involving the stimulation of specific points on the body using a variety of techniques. The acupuncture technique that has been most often studied scientifically involves penetrating the skin with thin, solid, metal needles that are manipulated by the hands or by electrical stimulation.

针灸。针灸是一系列程序，涉及使用各种技术刺激身体上的特定穴位。在科学研究中最常被研究的针灸技术是用细而坚实的金属针穿透皮肤，这些针可以用手或通过电刺激进行操作。

8 Tai chi. Tai chi is a centuries-old mind and body practice. It involves gentle, dance-like body movements with mental focus, breathing, and relaxation.

太极拳。太极拳是一种有着数百年历史的身心锻炼方式。它包括轻柔的、类似舞蹈的身体动作，并结合精神专注、呼吸和放松。

### The Status of TCM Research 中医研究的现状

9 In spite of the widespread use of TCM in China and its use in the West, rigorous scientific

evidence of its effectiveness is limited. TCM can be difficult for researchers to study because its treatments are often complex and are based on ideas very different from those of modern Western medicine.

尽管中医在中国被广泛使用且在西方也有应用，但关于其有效性的严格科学证据有限。中医对研究人员来说可能很难进行研究，因为其治疗方法通常很复杂，并且基于与现代西方医学截然不同的理念。

10 Most research studies on TCM have focused on specific techniques, primarily acupuncture and Chinese herbal remedies, and there have been many systematic reviews of studies of TCM approaches for various conditions.

大多数关于中医的研究都集中在特定的技术上，主要是针灸和中草药疗法，并且已经有许多针对各种病症的中医方法研究的系统综述。

11 An assessment of the research found that 41 of 70 systematic reviews of the scientific evidence (including 19 of 26 reviews on acupuncture for a variety of conditions and 22 of 42 reviews on Chinese herbal medicine) were unable to reach conclusions about whether the technique worked for the condition under investigation because there was not enough good-quality evidence. The other 29 systematic reviews (including 7 of 26 reviews on acupuncture and 20 of 42 reviews on Chinese herbal medicine) suggested possible benefits but could not reach definite conclusions because of the small quantity or poor quality of the studies.

对该研究的评估发现，在 70 项科学证据的系统综述中，有 41 项（包括 26 项关于各种病症针灸的综述中的 19 项，以及 42 项关于中草药的综述中的 22 项）无法就该技术对所研究的病症是否有效得出结论，因为没有足够的高质量证据。其他 29 项系统综述（包括 26 项关于针灸的综述中的 7 项，以及 42 项关于中草药的综述中的 20 项）表明可能有益处，但由于研究数量少或质量差而无法得出明确结论。

12 In a 2012 analysis that combined data on individual participants in 29 studies of acupuncture for pain, patients who received acupuncture for back or neck pain, osteoarthritis, or chronic headache had better pain relief than those who did not receive acupuncture. However, in the same analysis, when actual acupuncture was compared with simulated acupuncture (a sham procedure that resembles acupuncture but in which the needles do not penetrate the skin or penetrate it only slightly), the difference in pain relief between the two treatments was much smaller — so small that it may not have been meaningful to patients.

在 2012 年的一项分析中，该分析结合了 29 项关于针灸治疗疼痛的研究中的个体参与者数据。接受针灸治疗背部或颈部疼痛、骨关节炎或慢性头痛的患者比未接受针灸的患者疼痛缓解效果更好。然而，在同一分析中，当将实际针灸与模拟针灸（一种类似针灸的假手术，其中针不穿透皮肤或仅轻微穿透皮肤）进行比较时，两种治疗方法在疼痛缓解方面的差异要小得多——小到对患者来说可能没有实际意义。

13 Tai chi has not been investigated as extensively as acupuncture or Chinese herbal medicine, but recent studies suggest that practicing tai chi may help to improve balance and stability in people with Parkinson's disease; reduce pain from knee osteoarthritis and fibromyalgia; and promote quality of life and mood in people with heart failure.

太极拳不像针灸或中草药那样被广泛研究，但最近的研究表明，练习太极拳可能有助于改善

帕金森病患者的平衡和稳定性；减轻膝骨关节炎和纤维肌痛患者的疼痛；并提高心力衰竭患者的生活质量和情绪。