

中英文中医防疫经验分享全球

成中侨 成中侨 3月10日

点击 **蓝字** 关注我们

Global sharing of TCM solution to curbing COVID-19 epidemic (English and Chinese):

目前，新型冠状病毒肺炎已蔓延世界各地。面对来势凶猛的新型冠状病毒肺炎，作为中医的一份子，我们应该尝试用中医药方法解决世界难题。侨联成员、全国名中医、著名温病学专家张之文教授，成都中医药大学首席教授、四川省十大名中医梁繁荣教授，和成都中医药大学首席教授、四川省卫生健康首席专家曾芳教授等共同参与，为大家提供新型冠状病毒肺炎的中医预防保健方案。

Many countries around the world have reported outbreak of novel coronavirus pneumonia (COVID-19). Challenged by the epidemic, traditional Chinese medicine (TCM) is recommended as a solution to curbing the transmission of the virus all over the world. Renowned TCM experts in southwest China's Sichuan Province have provided you with the TCM prevention and health care programs to tackle COVID-19. They include Professor Zhang Zhiwen, a member of the Overseas Chinese Federation, a famous TCM expert and a renowned expert on exogenous febrile disease, Professor Liang Fanrong, Chief Professor of Chengdu University of Traditional Chinese Medicine and one of the top ten TCM doctors in Sichuan Province, and Professor Zeng Fang, Chief Professor of Chengdu University of TCM and Chief Health Expert of Sichuan Province.

作为成都中医药大学针灸推拿学院的研究生，我们时时刻刻关注着疫情的进展，听到中医药在抗击疫情的前方阵地捷报频传，我们无不欢欣鼓舞，看到专家们推出的《疑似新型冠状病毒感染轻症居家中医调理建议方案》和《新冠肺炎的针灸预防保健方法》之后，我们备受启发，为了让中医预防保健方案更好地推广至海外，也为了让更多人受益于中医预防保健方案，在导师张虹教授的热情鼓励和悉心指导下，我们以高昂的热情开展了对《疑似新型冠状病毒感染轻症居家中医调理建议方案》和《新冠肺炎的针灸预防保健方法》的翻译工作。

As postgraduate students from the School of Acupuncture- Moxibustion and Tuina of Chengdu University of TCM, we have shown great concern for the spread of the virus around the world. Rejoiced at the news of TCM treating the epidemic and noting that the renowned TCM experts in southwest China's Sichuan Province have recommended TCM prevention and health care programs to tackle COVID-19, we are inspired to translate into English the Manual of Chinese Medical Intervention for

Inspired to translate into English the Manual of Chinese Medical Intervention for Suspected Mild COVID-19 Patient during Home Quarantine and Acupuncture Methods for COVID-19 Prevention and Health Care. Our work of the greatest possible enthusiasm, which is meant to further promote the overseas dissemination of the TCM culture, has been made possible under the guidance of our supervisor Professor Zhang Hong.

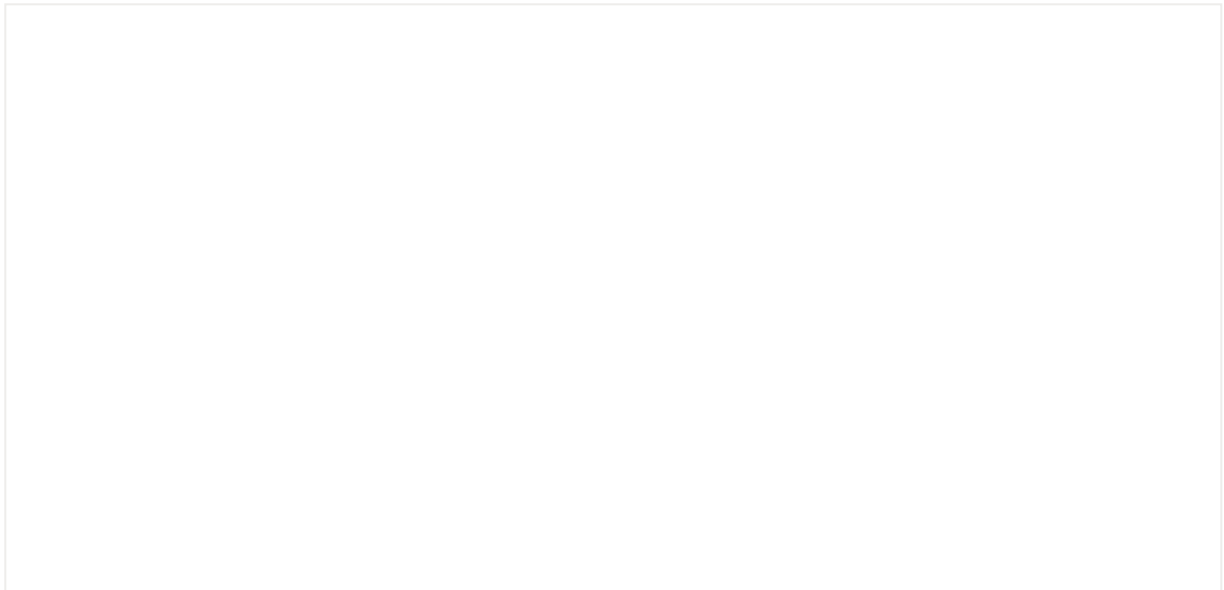
翻译过程中我们争分夺秒，通力合作，虽然并非英语专业的学生，但是根据自己掌握的医学英语知识，结合文献查阅，在张虹教授的帮助下，最终完成了翻译。并请外语学院陈骥副教授修改和审核。我们希望能够以这种方式让更多人了解中医在疫情防治中的作用，通过中医的调理和针灸预防保健，尽量减轻疫情对普通民众的影响，从而为疫情防控贡献自己的力量。

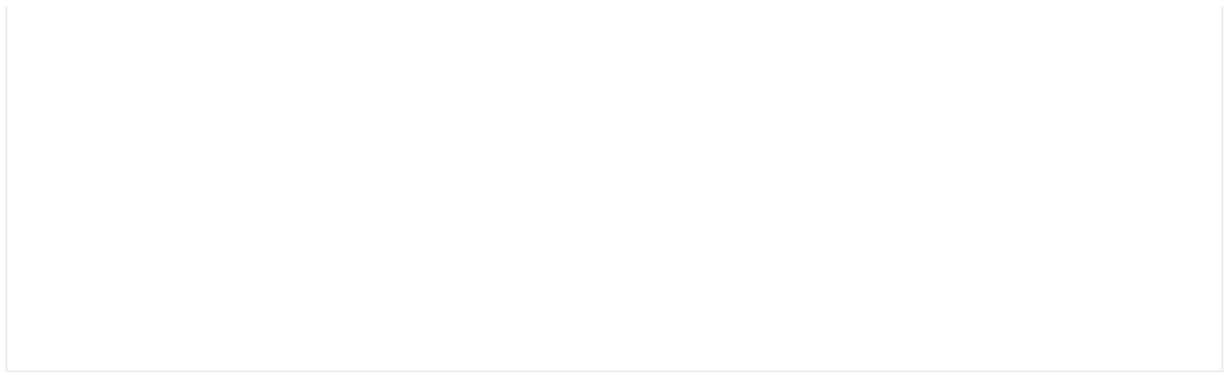
In the process of translation, we seized every second with joined hands. Although we are not English major students, we have been supervised by Professor Zhang Hong, and finally completed the translation by employing our limited medical English, after reading the relevant literature, Dr. Chen Ji, the associate professor from School of Foreign Languages, was invited to revise and finalize the English draft. We hope more people may understand the effect of TCM in epidemic prevention and control, and employ the traditional Chinese medicine and acupuncture methods to minimize the impact of the epidemic on masses, so as to make our contribution to the epidemic prevention .

疑似新型冠状病毒感染轻症

居家中医调理建议方案

Manual of Chinese Medical Intervention for Suspected Mild COVID-19 Patient during Home Quarantine





侨联成员、全国名中医、著名温病学专家张之文教授不辞辛劳、在疫情爆发初期，抓紧完成了《疑似新型冠状病毒感染轻症居家中医调理建议方案》第一版及第二版，从中医药角度对居家人员调理进行建议。1月30日，张之文教授受邀参加四川卫视《四川新闻》以《名中医谈如何预防新型冠状病毒肺炎》为题的电视节目，向广大观众讲授了中医防控新冠肺炎的方案。

At the early stage of the outbreak of COVID-19, Professor Zhang Zhiwen, a member of the Overseas Chinese Federation, a famous Chinese medical doctor of epidemic febrile disease, had been engaged in the 1st and 2nd edition of the Manual of Chinese Medical Intervention for Suspected Mild COVID-19 Patient during Home Quarantine, which provides rational Chinese medical suggestions for people staying at home. On January 30th, Prof. Zhang was invited to "Sichuan News" program on preventing COVID-19 infection and introduced the suggested manual of preventing COVID-19 from Chinese medical point of view.

每个人都是自己健康的第一责任人，需要掌握一些基本的卫生防病知识。除了遵循WHO指南中的建议和国家卫生健康委员会、国家中医药管理局相关诊疗方案外，本方案从中医药角度对居家人员调理进行建议，供参考。本方案也适合流感轻症居家人员。

Everyone is obliged for their own health, and they need to know some basic sanitary and anti-epidemic knowledge. In addition to following the recommendations of the WHO guidelines and the diagnosis and treatment programs of the National Health Commission and the State Administration of Traditional Chinese Medicine, this manual makes Chinese medical suggestions for people at home. And it might fit for people with mild influenza as well.

卫生防疫：

Sanitary and Anti-epidemic Measures:

住所勤换气，每天开门窗通风1—2次，每次最好半个小时；隔离不外出。特殊情况外出（如去医院）需戴口罩（保护自己、不传他人），更不能去人流密集、空气不流通的地方；

勤洗手（用肥皂和清水或含有酒精的洗手液按七步洗手法、用流水洗手），特别是咳嗽或打喷嚏后、护理患者后、准备食物前中后、用餐前、上厕所后、手脏时、接触动物粪便或处

理动物粪便后；

煮熟食物，尤其是肉类和蛋类。

切记不能吃野味。

避免与任何有感冒或类似流感症状的人密切接触（包括在公共场所吐痰，触摸眼睛、鼻子或嘴巴）；

咳嗽和打喷嚏时，用纸巾或屈肘遮住口鼻；

出现发热、乏力、干咳，尽早就医。

Ventilate the room frequently, open the doors and windows once or twice a day, preferably for half an hour each time; do not go out during quarantine. Under special circumstances (such as visiting the hospital), one needs to wear a mask (to protect oneself and others from infection), and do not go to the places where the throng is rather denser and ventilation is poor.

Wash hands frequently (in the seven steps with soap and water or alcohol based hand sanitizer), especially after coughing or sneezing, nursing patients, using the bathroom, contacting with animal feces or disposing animal feces; before and after preparing food, before eating; or when hands are dirty.

Cook the food thoroughly, especially meat and eggs.

Do not eat wild animals.

Avoid close contact with anyone with cold or flu-like symptoms (including avoiding spitting in public, touching the eyes, nose or mouth with unwashed hands).

Cover your mouth and nose with a tissue or elbow when coughing and sneezing.

If one has feverish temperature, fatigue, dry cough and other symptoms, seek medical treatment as soon as possible.

居家护理：

Home Care:

1.空气消毒 Air Disinfection

《内经》云需要“避其邪气”，古代医家很早就认识到：“一人病气，足充一室。”因此，要做好室内空气消毒。

"Preventing pathogenic qi" is mentioned in the Huangdi's Internal Classic. According to ancient Chinese physicians, "one person's illness is enough to infect an entire room." Therefore, great attention should be paid to the indoor air disinfection.

熏蒸：

Fumigation and Steaming Therapy

处方：艾叶10g，石菖蒲10g，贯众10g，金银花15g。加水1000ml，泡10分钟，小火慢煮30分钟，浓缩药液150ml。

使用方法：使用时在室内进行，将熏蒸方药液加入洗净的家用空气加湿器中通电熏蒸或

者在锅中持续蒸煮挥发，每天1-2次。

Formula: mugwort leaves 10g, grassleaf sweetflag rhizome 10g, cyrtomii rhizoma 10g, honeysuckle flower 15g. Add 1000ml water into the above-mentioned medicinal, soak for 10 minutes, simmer over low heat for 30 minutes, and concentrate the liquid to 150ml.

Usage: It should be used indoors; fumigated medicinal liquid is added into the clean household air humidifier for electrified fumigation or into the pod for continuous cooking and evaporating, 1-2 times a day.

香囊：

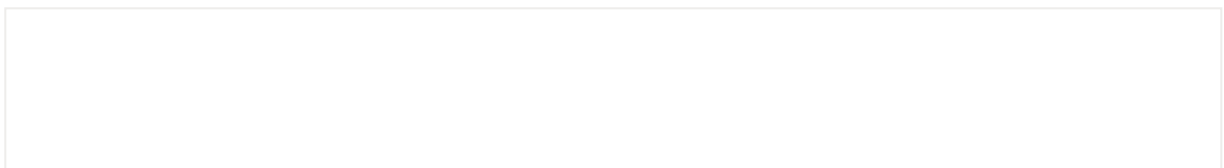
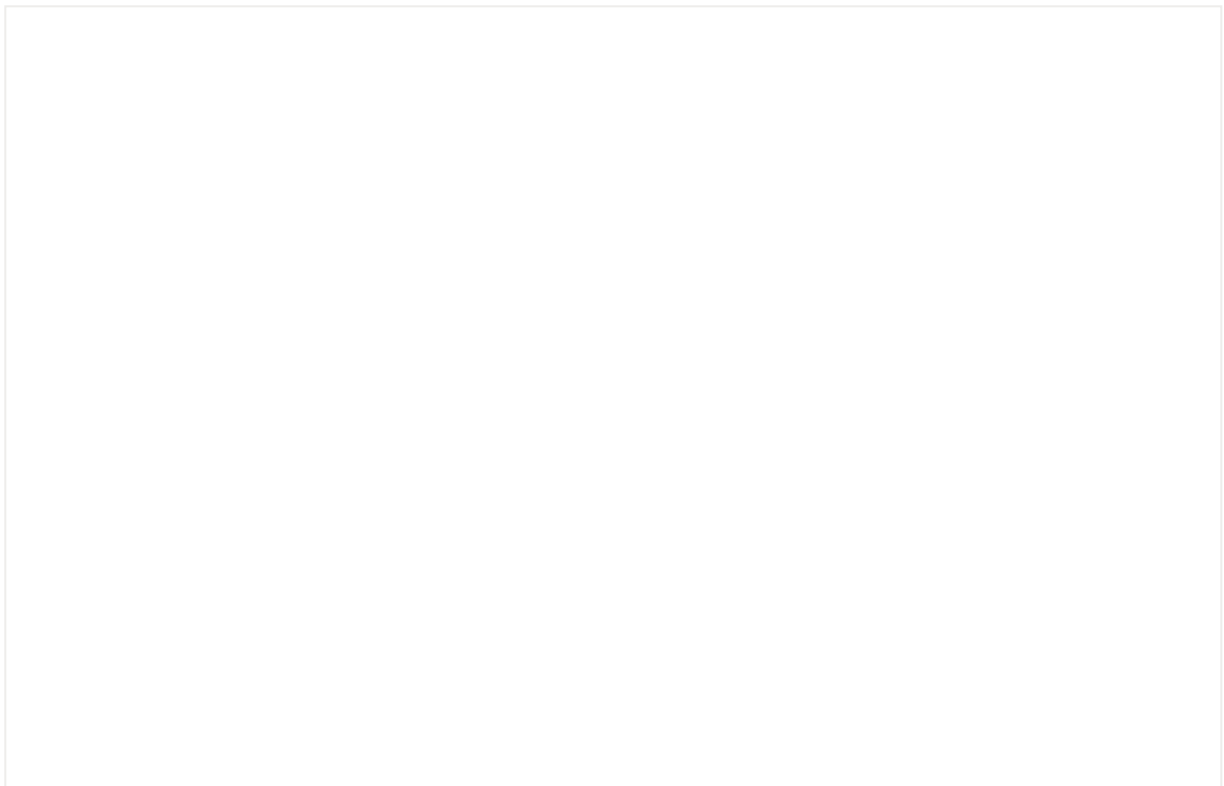
Chinese Medicine Sachet

处方：艾叶、石菖蒲、佩兰等各等量。

使用方法：共研细末，装于布袋中，挂于室内，或随身佩戴，具有芳香辟秽解毒之功效，以预防疫病

Formula: equal amount of mugwort leaves, grassleaf sweetflag rhizome, fortune eupatorium herb, etc.

Usage: grind them into fine powder, put it in cloth bag, and hang it indoors, or wear it. It has the effect of dispelling filth by aroma and detoxification.



2.做好卫生清洁

Pay Attention to Hygiene and Cleaniness.

包括衣服清洁、个人清洁、口腔清洁等。

Including clothes, personal and oral cleanliness, etc.

3.增强正气

Enhance Vital Qi

《黄帝内经》指出“正气存内，邪不可干”。

Huangdi's Internal Classic mentains that "as long as the vital qi exists, the pathogenic factors will not invade."

①合理饮食

Keep a Healthy Balanced Diet

饮食煮熟煮透，营养搭配均衡，每天摄入高蛋白食物，如蛋、奶、肉、大豆等，不食野生动物。适当新鲜蔬菜和水果，多饮水。可食用一些药食同源的食物，如萝卜、芦笋、山药、蒲公英、薏苡仁、大豆黄卷、莲子、冬瓜仁等。

Cook food thoroughly and take in balanced nutrition. Eat high-protein food everyday such as eggs, milk, meat, soybeans, etc. Eating proper fresh vegetables and fruits and drinking plenty of water are also recommend. Some medicinal and edible plants are also advocated, such as radish, asparagus, yam, dandelion, coix seed, yellow soybean roll, lotus seed, wax gourd kernel, etc. And do not eat wild animals.



②调畅情志

Regulate Emotions

面对疫情，保持精神内守，勿惊慌。舒心气、畅心神、怡心情，勿躁勿虑静养。保证充分睡眠。

Keeping calm and not being in a panic during epidemic are important. Being in a good mood, keeping away from fretfulness and ensuring adequate sleep are also beneficial.

③合理运动

Reasonable Exercise

在家活动运动适度，不要太剧烈，以免加重肺部呼吸负担，可做如打太极拳等柔和的运动。

Exercise at home moderately so as not to increase the burden of lung .Some gentle exercises such as Tai chi can be chosen.

预防处方

Prescription for Prevention

防风15克，黄芪20克，金荞麦15克，连翘15克，黄芩15克，藿香15克，甘草6克。

煎服法：此方泡10分钟，大火煮开小火慢煮30分钟，浓缩成600ml，2日1剂，亦可以茶饮。

Formula: saposhnikovia root15g, astragalus root20g, wild buckwheat15g, weeping forsythia capsule5g, scutellaria root15g, agastache15g, licorice root 6g.

Decoction and usage: soak the herbs in water for 10 minutes, and after the water

is boiled, simmer it for 30 minutes. Concentrate it into 600ml and drink one dose for two days. It is also good to drink traditional Chinese medicine as tea.



治疗处方
Therapeutic Prescriptions

①初起风热夹湿，身热畏风，头痛咳嗽，口渴，舌苔白，脉浮数。可予陈平伯风温初起方加减。

处方：金荞麦15g，前胡15g，杏仁15g，银花15g，桔梗10g，桑叶15g，薄荷15g，藿香15g，苍术10g，甘草6g。

若出现轻微干咳，低热或不发热，乏力，周身肌肉酸痛，头痛，纳差，舌淡或红，苔白或微黄腻，脉濡或滑，可以三仁汤加减：藿香15g，黄芩10g，薄荷15g，杏仁15g，薏苡仁15g，白蔻仁10g，芦根20g，竹叶15g，牛蒡子15g，甘草6g。

If the patient manifests fever with aversion to wind, headache, cough, thirst at the beginning, with signs of white tongue coating and float rapid pulse, the syndrome differentiation is wind heat with dampness, and the patient can take Chen Pingbo's Decoction with modification.

Formula: wild buckwheat15g, peucedanum root15g, almond15g, Honeysuckle flower15g, Platycodonroot10g, mulberry leaf15g, mint15g, Agastache 15g, atractylodes rhizome10g, Liquorice root6g.

In case of slight dry cough with low fever or no fever, fatigue, muscle ache

in case of slight dry cough with low fever or no fever, fatigue, muscle ache, headache, poor appetite, light or red tongue, white or yellowish greasy coating, soft or slippery pulse, Sanren decoction can be used with addition and subtraction: Agastache15g, scutellaria root10g, mint15g, almond15g, Coix seed15g, round cardamon kernel10g, reed rhizome20g, henon bamboo leaf15g, great burdock achene15g, liquorice root6g.



②若邪在少阳，时有寒热，一身酸楚，口干苦，舌苔黄腻，可予蒿芩清胆汤加减。

处方：青蒿15g，黄芩15g，碧玉散10g（包），枳壳10g，陈皮15g，姜半夏10g，竹茹15g，甘草6g。

加减：1.咳嗽痰多，加瓜蒌皮15g；2.大便稀溏，可加葛根15g、薏苡仁20g、芦根15g。3.咳嗽干呕，加枇杷叶15g。

If the pathogen resides in Shaoyang, and the patient experience alternative cold and heat, sour muscle, dry and bitter mouth, with yellow and greasy tongue coating , then Haoqin Qingdan decoction can be used with addition and subtraction.

Formula: sweet wormwood15g, scutellaria root15g, Jasper powder 10g (bag), orange fruit10g, aged tangerine peel15g, pinellia rhizome in ginger juice10g, bamboo shavings15g, liquorice root 6g.

Modification: 1. If the patient has cough with excessive phlegm, trichosanthes neel15g should be added: 2 If the patient has the symptom of loose stool kudzuvine

peony should be added; 2. If the patient has the symptom of loose stool, rehmannia root 15g, Coix seed 20g and reed rhizome 15g should be added; 3. If the patient has the symptom of coughing and retching, loquat leaves 15g is necessary.



③邪在肺胃，干咳痰喘，舌红苔黄，可予麻杏石甘合小陷胸汤加减。

处方：炙麻黄10g，苦杏仁10g，石膏20g（先煎），甘草6g，黄连6g，姜半夏10g，瓜蒌皮15g，枳实15g。

加减：1.肺胃热甚，加黄芩10g、虎杖10g、金荞麦30g；2.喘甚，加紫苏子15g、葶苈子10g、莱菔子10g。3.大便不通，酌加生大黄。

If the pathogen is in the lung and stomach, the patient may have symptoms of dry cough with sputum, asthma with signs of red tongue and yellow coating. In this case, patients can take Moxing Shigan Decoction and Xiaoxianxiong Decoction.

Formula: processed ephedra herb 10g, bitter almonds 10g, gypsum (fried first) 20g, licorice root 6g, coptis rhizome 6g, pinellia rhizome in ginger juice 10g, trichosanthes peel 15g, immature orange fruit 15g.

Modification: 1. When lung-stomach heat is extremely excessive, scutellaria root 10g, giant knotweed rhizome 10g, wild buckwheat 30g are indispensable; 2. If heavy Asthma occurs, perilla fruit 15g, gardenia 10g, radish seed 10g should be added. 3. If the patient has constipation, appropriate raw rhubarb root and rhizome are needed.

④疫病后期，余邪恋肺，口咽干燥，干咳少痰，舌面少津或干，或少苔，可予桑杏汤加减。

处方：桑叶15g，苦杏仁10g，川贝母10g，北沙参15g，竹叶10g，梨皮10g，甘草6g。

加减：1.口渴甚，加天花粉15g；2.大肠津枯便秘，加松子仁15g、柏子仁15g、陈皮5g、桃仁15g。3.若脘中微闷，知饥不食，苔薄腻，可予薛氏五叶芦根汤加减，藿香叶15g，佩兰叶15g，枇杷叶15g，荷叶15g，薄荷叶10g，芦根15g，冬瓜仁15g。

以上处方煎服方法：上药用冷水浸泡15分钟，大火煮沸后改用小火煮25分钟，连续熬两次，将两次所熬药液混匀服用，每剂3次，每次150ml，每日一剂。

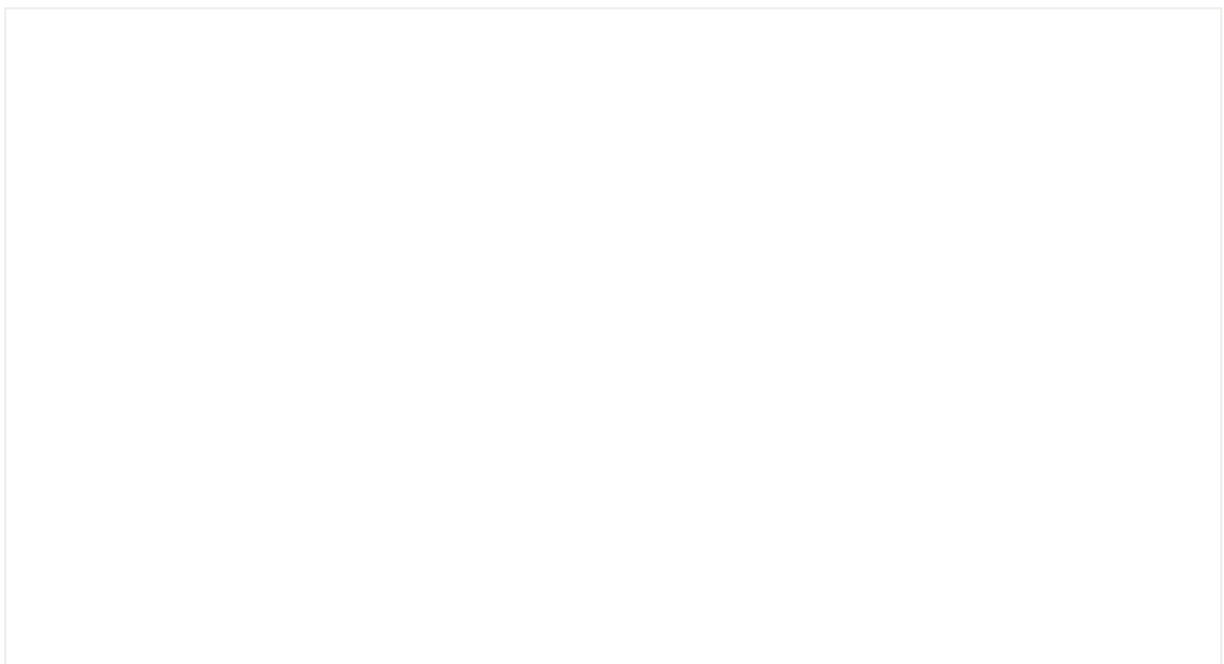
In the advanced stage of infectious disease, the pathogen lingers in the lung. If the patient has dry mouth and throat, dry cough with less sputum and lack of moisture in tongue and less coating, Sangxing Decoction should be taken.

Formula: mulberry leaf15g, bitter almonds10g, tendrilleaf fritillary bulb10g, straight ladybell root15g, henon bamboo leaf10g, pear peel10g, liquorice root6g.

Modification: 1. adding snakegourd root15g for seriously thirsty; 2. adding pinenut15g, arborvitae seed15g, orange peel 5g, peach seed 15g for constipation due to dryness of the bowel; 3. for mild abdominal distension,poor appetite when feeling hungry,mild greasy coating, Xue's Wuye Lugen decoction should be taken.

Prescription: agastache leaf15g, fortune eupatorium leaf15g, loquat leaf 15g, lotus leaf15g, mint leaf10g, reed rhizome 15g, white gourd seed15g.

Decoction and usage: soak the herbs in water for 15 minutes, and after the water boiled, simmer for 25 minutes, and cook twice in a row. Take a mixture of the two time's boiled liquids, and drink one dose of Chinese medicine decoction in 3 times for every day with 150ml each time.

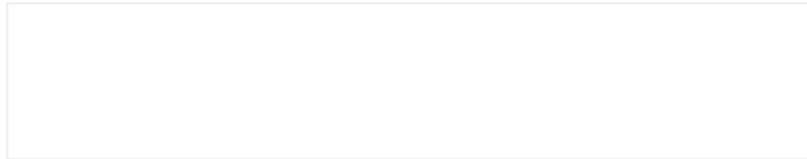


2.中成药参考:

Chinese patent medicine:

藿香正气液、荆防颗粒、肺热咳喘颗粒、莲花清瘟胶囊、抗病毒颗粒、虎杖解毒颗粒、板蓝根颗粒、金花清感颗粒等。以上药物需咨询专业中医师辨证使用。

Huoxiangzhengqi Liquid, Jingfang particles, Lungre Kechuan Granules, Lotus Qingwen Capsules, Antiviral Granules, Polygonum Cuspidatum Detoxification Granules, Banlangen Granules, Jinhua Qinggan Granules. The above medicine should be used under the guidance of the Chinese medical doctor.



新冠肺炎的针灸预防保健方法 Acupuncture Methods for COVID-19 Prevention and Health Care





曾芳教授 (Prof.Zeng Fang)

在面对来势凶猛的新冠肺炎，提高人体免疫力是关键所在，也是中医倡导“正气内存，邪不可干”防病治病理念的体现。2月16日，世界卫生组织传统医药咨询专家、全国政协委员、四川省侨联委员、成都中医药大学侨联副主席、针灸推拿学院/第三附属医院院长曾芳教授主持编制并亲自演示的四川省《新型冠状病毒肺炎的针灸预防保健方法》由成都中医药大学、四川省针灸临床医学研究中心和四川省针灸学会联合发布。该方案制定了“穴位按压”与“灸法”两套操作方案，并提供了详细的操作方法。其配套制作的实操辅导视频简便明了，易学易用，有助于不同社会人群对照操作实施。

It is indispensable and substantial for combating the threatening COVID-19 to improve human immunity, which is also the embodiment of the concept of preventing and treating diseases advocated by Chinese medicine, "as long as the vital qi exists, the pathogenic factors will not invade." On February 16th, Prof.Zeng Fang, a WHO consulting expert on traditional medicine, a member of the National Committee of the Chinese People's Political Consultative Conference, a member of the Chinese People's Political Consultative Conference of Sichuan Province, a vice-chairman of the Overseas Chinese Federation of Chengdu University of Traditional Chinese Medicine, and the director of the College of Acupuncture and moxibustion and Tuina/ The Third Affiliated Hospital presided over the preparation and demonstration of Sichuan "Acupuncture Methods for COVID-19 Prevention and Health Care". It was jointly released by Chengdu University of Traditional Chinese Medicine, Sichuan Acupuncture Clinical Research Center and Sichuan Acupuncture Society. This program has formulated two sets of operation plans of "acupressure" and "moxibustion", and provides operation methods in details. The practical tutorial videos are simple and clear, easy to learn and practice, and could help different social groups to manipulate.

一、穴位按压

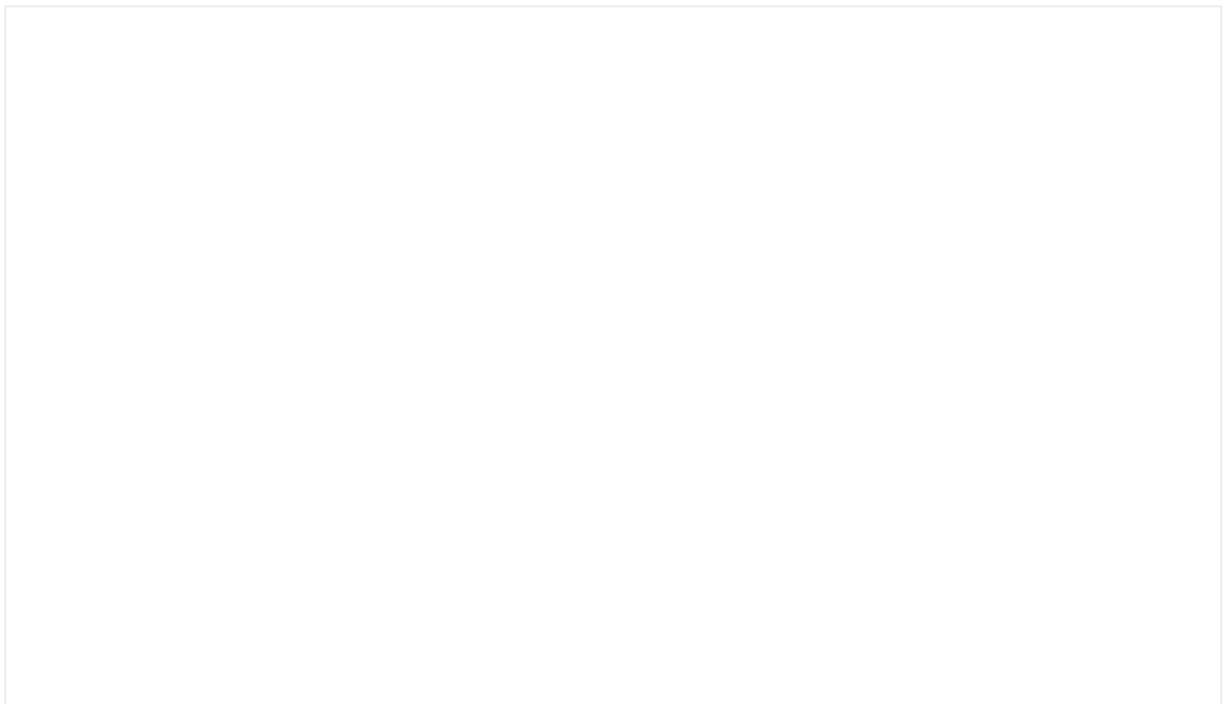
Acupressure

穴位按压是通过手法刺激穴位，达到疏通经络，调和阴阳，增强人体免疫力的作用。操作时可分为两种步骤，一是选定穴位，二是对穴位进行按压操作。针对疫情，我们推荐以下四个穴位， 分别是大椎，风池，中府和足三里。接下来我们一起找一找这些穴位吧！

Acupressure is a sort of manipulation that stimulates acupoints to achieve the purpose of dredging the meridians, regulating yin and yang and strengthening the body's immunity. The manipulation can be divided into two steps, which are selecting acupoints and pressing acupoints. As for the current epidemic situation, we recommend the four acupoints: Da Zhui (DU14), Feng Chi (GB20), Zhong Fu (LU1) and Zu San Li (ST36). Let's find these acupuncture points together!

大椎穴位于项部，在人体后正中线上，第七颈椎棘突下凹陷中。取穴时正坐低头，在颈部能摸到的最突出的椎骨就是第七颈椎，第七颈椎下方的凹陷处就是大椎穴。大椎穴是督脉上的穴位，可以振奋阳气，增强人体抵抗病邪的能力。

Da Zhui (DU14) is located at the posterior mid-line of the neck and in the depression of the seventh cervical spinous process. The acupoint can be found while taking seated position with head drop; the most prominent vertebrae that can be touched on the neck is the seventh cervical vertebrae, and the depression under the seventh cervical vertebrae is DU14 acupoint. DU14 is an acupoint of the governor vessel which can invigorate yang and enhance the body's ability to resist the pathogenic qi.



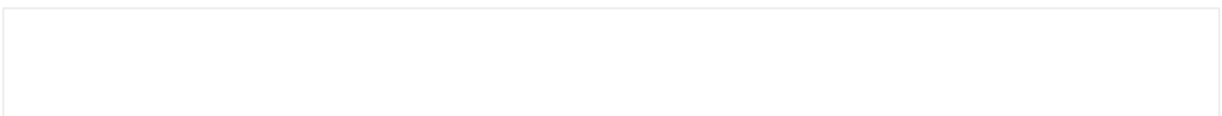
风池穴位于枕骨之下，斜方肌上端与胸锁乳突肌上的凹陷中。取穴时正坐，直臂抬肘，肘与肩同高，屈肘向头，食指自然张开，双手掌心贴着耳朵，食指抱头拇指向上推，大拇指指腹下的凹陷处就是风池穴。风池穴可以祛风散邪，是治疗头痛，发热等外感疾病的重要穴位。

Feng Chi (GB20) is located below the occipital bone and in the depression between the upper end of the trapezius muscle and sternocleidomastoid muscle. The acupoint can be taken while sitting straightening your elbow and raising your hand, when the elbows are at the same height as shoulders, bend your elbows towards your head with fingers open naturally, palms of both hands cover the ears, fingers hold the head to push the thumbs up, the depression under the thumbs are GB20. GB20, an important acupoint for treating exogenous diseases such as headache and fever, can dispel pathogenic wind and expel pathogen.



中府穴位于胸部，横平第一肋间隙，锁骨下窝外侧，前正中线旁开6寸。取穴时双手插腰，肘部向前，微微含胸，首先找到锁骨外侧端下缘的三角形凹陷，手指从这个凹陷正中垂直往下推大约一厘米就是中府穴。中府穴为肺经的穴位，擅长治疗咳嗽，气喘，胸痛等呼吸系统疾病。

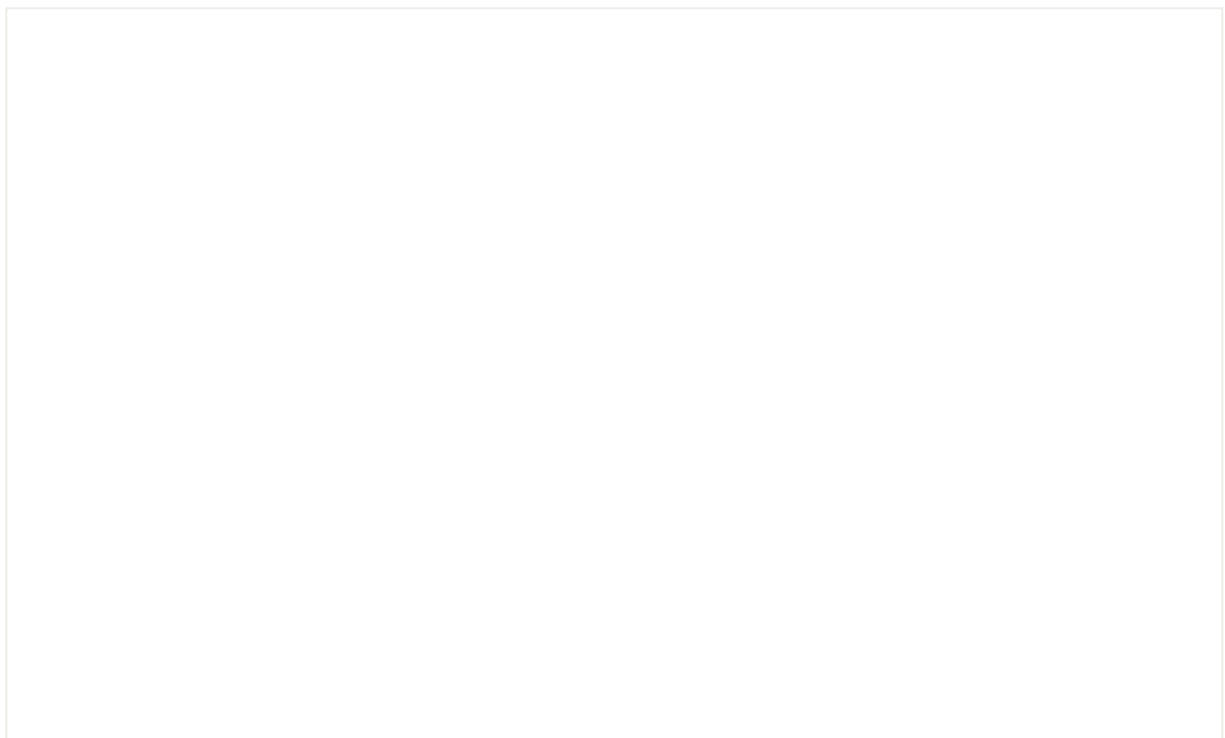
Zhong Fu (LU1) is located on the upper lateral chest, 6 cun lateral to the anterior midline and at the same level with the first intercostal space. When taking the acupoint, please place your hands on your waist with elbows slightly forward and chest slightly backward, then find the triangular depression at the lower edge of the lateral end of the clavicle bone, pushes your finger vertically downward for about 1 cm, where the LU1 acupoint is. LU1 is an acupoint of lung meridian, indicated for respiratory diseases such as cough, asthma and chest pain.





足三里位于小腿外侧，犊鼻下3寸，胫骨前脊旁开一横指（中指）。取穴时取坐位，伸直小腿，先在膝盖上方找到髌骨上外缘，用同侧手掌开虎口，围住髌骨上外缘，四指直指向下，中指尖处就是足三里穴。足三里是人体最重要的强壮保健穴，还具有显著的调补脾胃的功效。

Zu San Li (ST36) is located on the outside of the calf, 3 cun below Du Bi (ST35), and a horizontal finger (middle finger) length next to anterior tibia. When taking the acupoint, please take a seated position, straighten your calf, and find the upper outer edge of the kneecap, place part of the hand (between the thumb and index finger) surround the upper outer edge of the kneecap with four fingers pointing straight down, and the middle fingertip is the ST36 acupoints. ST36 is an important acupoint for health preserving, and it also has significance effect on replenishing the spleen and stomach.





找准穴位后就可以开始按压操作了，我们可以在刚才选定的穴位上用指腹用力按压穴位一下，然后以顺时针方向揉按三下，称为一按三揉，一按三揉为一次，每次操作50-100次，每次操作以穴位局部酸胀感或发热感为度。穴位按压从大椎穴开始，依次为双侧的风池穴，中府穴，足三里穴，每日早晚可以各按一次。对于老年人而言，按压大椎穴的操作可能不太方便，可以请家人帮忙操作。同时我们也可以利用另外一种简单的方法来刺激大椎穴，张开双手，掌心微微外突，两手掌心相对，快速摩擦，感受到掌心温热后继续摩擦，直到感觉掌心发烫之后，迅速将手掌置于大椎穴上，使热度能够渗透到大椎穴，然后用手掌在大椎穴局部做快速的左右来回摩擦，重复操作3-5分钟。

After finding all the acupoints, we can use our finger pulp to press on the selected acupoints and then knead 3 times in clockwise direction, this method is called as 'one press three knead', repeat this method for 50-100 times. It is necessary to reach a degree of soreness and slight warm sensation on the local area for each time. Pressing the acupoint starts from DU14, following by both sides of GB20, LU1 and ST36, these points can be pressed once in morning and evening respectively. It maybe inconvenient for the elder people to press DU14,, you may ask family members for help or use another simple method to stimulate DU14 acupoint. Open your hands with palms slightly protruded, rub your palm quickly until you feel the palms are hot, then quickly place your palms on the DU14 point, so that the heat can penetrate through DU14. After that, use the palm of your hand to rub on DU14 points back and forth, repeat this method for 3-5 minutes.

穴位按压时，有以下注意事项：

- 1) 在进行穴位按压疗法时，要保持全身肌肉放松，呼吸均匀。
- 2) 穴位的顺序可先上后下，先左后右。
- 3) 操作时用力要均匀，揉和，持久，禁止使用暴力。
- 4) 皮肤破损的部位禁止穴位按压。

When performing acupressure, there are following precautions:

1. When performing acupressure, keep our whole body muscles relaxed and breathe evenly.

2. The order of the acupoints can from up to down, left to right.

2. The order of the acupoints can from up to down, left to right.
3. Apply the lasting force evenly, gently, and avoid pressing too hard.
4. Acupressure is not allowed on damaged skin.

二、灸法

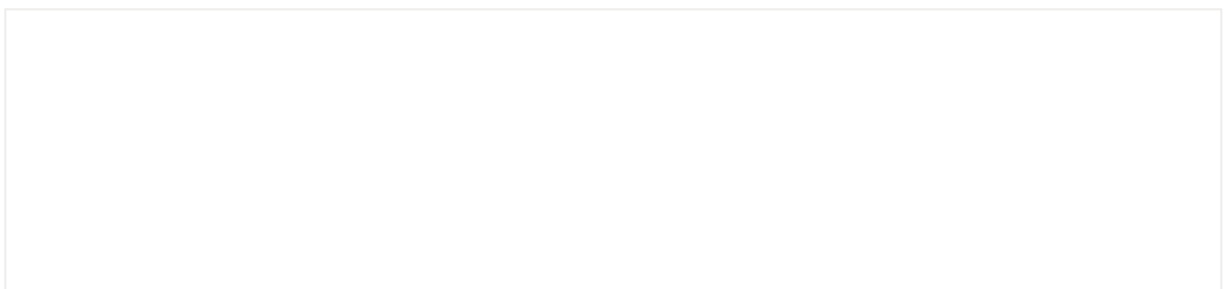
Moxibustion

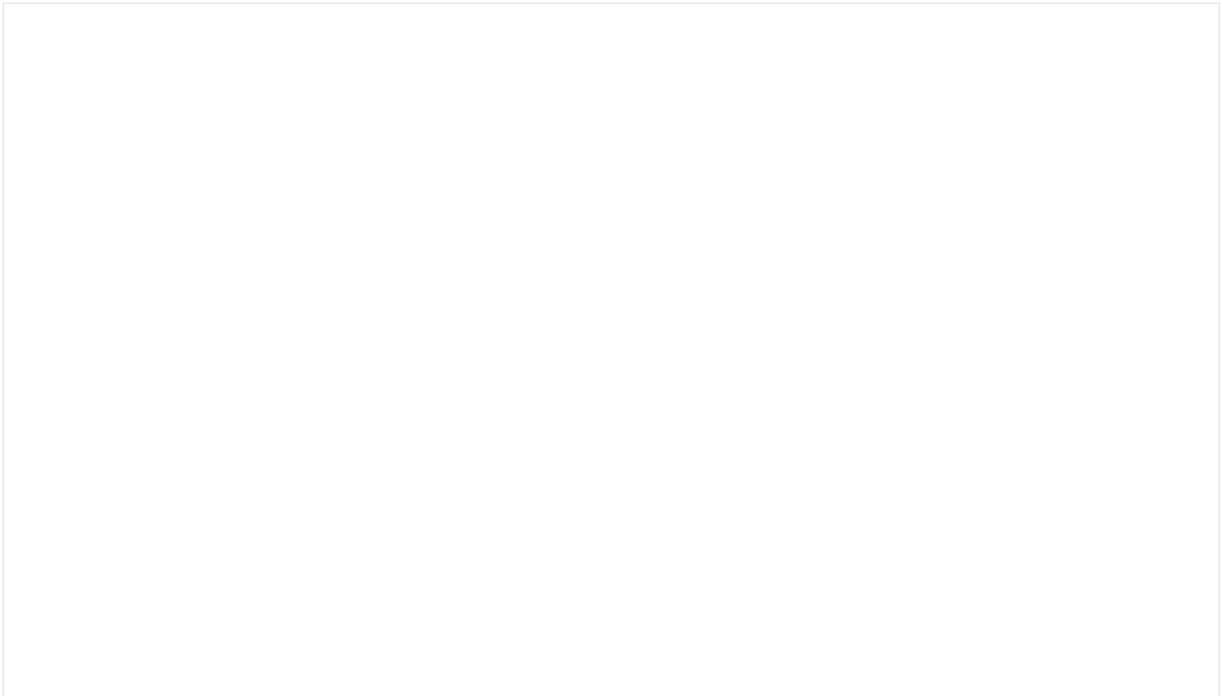
灸法可以显著提高机体免疫力，具有抗病毒、止咳平喘，以及舒缓情绪等作用。艾条燃烧产生的烟雾具有芳香辟秽的作用，可以用作空气消毒。居家使用时，大家可以根据情况选择温灸盒灸或随身灸两种方式，根据三孔灸盒的长度，我们以肚脐（神阙穴）为中心，上下各约9厘米，左右大约4厘米的长方形区域作为施灸的部位。

Moxibustion can significantly improve the body's immunity, and it has the function of antivirus, relieving cough and asthma, and relaxing emotion. The smoke produced by the burning of moxa sticks can dispel filth with aroma. It can be used for air sterilization. When using at home, we can choose warm moxibustion box or portable moxibustion according to the circumstance. According to the length of the three-hole moxibustion box, we take navel (Shen Que acupoint, CV8) as the center, and the rectangular area of about 9 cm above and below and about 4 cm left and right is used as the moxibustion site.

这个区域内的神阙穴、气海穴、关元穴、都是人体重要的保健穴位，具有增强人体免疫力、抵御病邪的作用。中脘穴和天枢穴具有显著的调节胃肠功能的作用。施灸需要准备的器具包括：三孔灸盒、艾条、打火机、小刀、镊子、小型盛水器具。取一根艾条，用小刀将其平均地分为三段，用打火机将其一端点燃，分别插入灸盒上方的灸孔当中。

Shen Que acupoint (CV8), Qi Hai acupoint (CV6) and Guan Yuan acupoint (CV4) in this area are important health care acupoints, and they have the function of strengthening human immunity and resisting diseases and pathogen. Zhong Wan acupoint (CV12) and Tian Shu acupoint (ST25) can substantially regulate gastrointestinal function. The instruments prepared for moxibustion includes: three-hole moxibustion box, moxa sticks, lighters, knives, tweezers and small water utensils. Take a moxa stick and divide it evenly into three sections with a knife, light one end, respectively inserted into the holes above the moxibustion box.





您可以仰卧在床上，或者是沙发的一侧，将长方形三孔灸盒的第二个孔正对肚脐（神阙穴），施灸盒的长边与身体的纵轴平行，覆盖中脘、神阙、气海、关元穴，而灸盒的短边与身体的水平轴平行，覆盖两侧的天枢穴。每次施灸的时间大约20至30分钟，每段灸条至少应灸完1/2的长度，或者直至灸条燃尽，这可以根据你的时间或者你对温热的感受来进行自行调节。

You can supine on the bed, or on the sofa, and place the second hole of the rectangular three-hole moxibustion box directly to the navel (CV8). The long side of the moxibustion box is parallel to the longitudinal axis of the body, covering CV12, CV8, CV6 and CV4. The short side of the moxibustion box is parallel to the horizontal axis of the body, covering ST25. Moxibustion duration should be about 20 to 30 minutes at a time. Each section of moxibustion stick should be burnt at least 1/2 of the length, or until the moxibustion stick burns out. This can be adjusted according to your time or

your tolerance towards warmth.

如果您觉得温灸盒施灸烟雾过大，不易接受，也可以采用随身灸法，您可以将一根灸条平均分为5小段，分别将其一端点燃，放入随身灸盒当中，随后再将灸盒依次放入配套的布袋中，您可以取站立位，将布袋系在腰部上，让正中的灸盒正对肚脐，这样施灸的区域就可以涉及我们刚才提到的中脘、神阙、关元、气海、天枢穴。施灸的时间大约20至30分钟，施灸时有如下的注意事项，请您留意。

If you feel the moxibustion smoke is too heavy accept, you can divide the moxa stick into 5 segments, lit the end respectively, and put into the portable moxibustion box, then put the boxes in the matching bag to receive portable moxibustion. You can stand, tie the matching bag on the waist, putting the center moxibustion box right to the middle of the belly button, so that moxibustion area can cover the acupoints we just mentioned: CV 12, CV 8, RN 6, CV 4, ST 25. It takes about 20 to 30 minutes to accomplish moxibustion. Please pay attention to the following points when applying moxibustion.

- 1、温灸盒灸适用于可接受较大艾灸烟雾者，不能接受者可酌情选择随身灸。
- 2、施灸过程中请关闭门窗或轻掩门窗，以保证灸烟对室内空气消毒效用。
- 3、当施灸局部温度降低时，先将灸盒放置在地面上，然后将艾条取出，轻弹艾条尾端，使艾灰掉落至陶瓷碗等盛水容器内，再插入艾条，向下按压0.5cm-1cm，以调整局部施灸温度。
- 4、年老体弱、糖尿病患者应警惕低温烫伤。
- 5、灸后饮用100-150ml温开水，可缓解艾灸后的口鼻干燥。
- 6、艾条易燃难灭，灸后务必将其置于盛水的陶瓷碗内熄灭。

1. Warm moxibustion box moxibustion is suitable for those who can tolerate heavy moxibustion smoke, and those who can't receive moxibustion box moxibustion can choose portable moxibustion.
2. In the process of moxibustion, please close the doors and windows or cover the doors and windows slightly to ensure the efficacy of moxibustion smoke on indoor air disinfection.
3. When the local temperature of moxibustion decreases, place the moxibustion box on the ground at first, then take out the moxa stick, gently flick the end of moxa stick, so that moxa ash falls into the water container such as ceramic bowl, then insert moxa stick, and press down 0.5cm-1cm to adjust the local moxibustion temperature.
4. The aged, infirm and diabetic patients should be alert to the low temperature scald.
5. Drinking 100-150ml warm boiled water after moxibustion can relieve the dry mouth and nose after moxibustion.
6. After moxibustion, it must be placed in a ceramic bowl filled with water to extinguish.

以上图片均来源于网络

The above pictures are from the Internet.

讲解

成都中医药大学首席教授 四川省卫生健康首席专家 曾芳

Interpreter:

Zeng Fang, the chief professor of Chengdu University of TCM and the chief health expert of Sichuan Province.



翻译: 黄爱玲 2018级硕士研究生

林晨欣 2019级硕士研究生

宋凯 2018级博士研究生

宋敏灵 2017级硕士研究生

熊凡捷 2018级硕士研究生等人

指导: 张虹教授

审核: 陈骥副教授

Translation:

Huang Ailing, Postgraduate student of 2018

Lin Chenxin, Postgraduate student of 2019

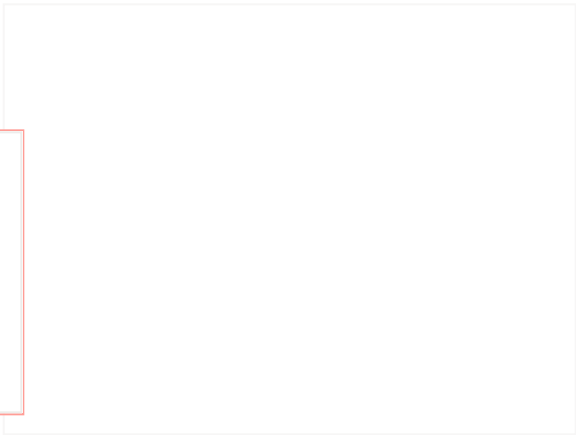
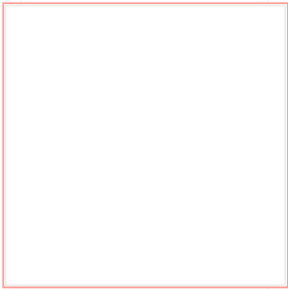
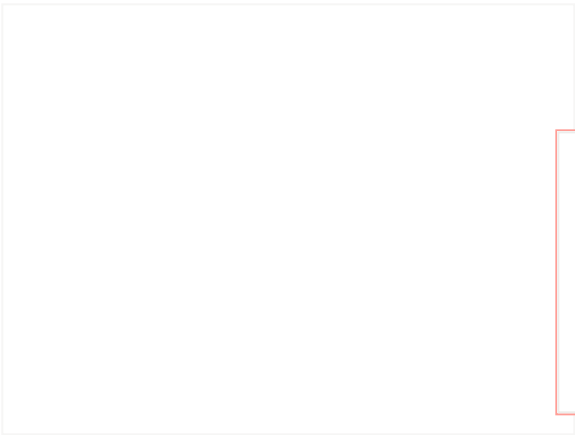
Song Kai, Doctoral student of 2018

Song Minling, Postgraduate student of 2017

Xiong Fanjie, Postgraduate student of 2018, etc.

Guidance: Professor Zhang Hong

Revision: Associate Professor Chen Ji



扫码关注我们
成都中医药大学侨台联