中医保健运动

Self-Care Routines in TCM

白迪迪　毛国强　主编
白迪迪　毛国强　李德杏　尚秀葵　刘小琳　编著

Sinolingua
华语教学出版社

First Edition 2024

ISBN 978-7-5138-2506-1

Published by Sinolingua Co., Ltd
24 Baiwanzhuang Street, Beijing 100037, China
Tel: (86)10-68320585, 68997826
Fax: (86)10-68997826, 68326333
https://www.sinolingua.com.cn
E-mail: hyjx@sinolingua.com.cn
Printed by Beijing Hucais Culture Communication Co., Ltd

Printed in the People's Republic of China

致读者

亲爱的朋友：

很开心你能翻开这本专门为你写的书。

我是一名汉语老师，在天津中医药大学工作。在工作的 20 多年里，我教过很多很多外国学生。他们觉得中医很神奇，有意思，能治病，于是就来中国学中医。他们学习很努力，但仍感觉到中医太难了，尤其是刚开始学中医的时候。这种“难”不仅仅是生词看不懂，更多的是不能理解中医思维，中医为什么这样想，为什么这样做。

中医药及其文化在中国老百姓的日常饮食、生活习惯、运动锻炼、语言表达中都随处可见。比如：吃多了不消化，来串糖葫芦消消食；晚上睡不着，可以通过按摩穴位、热水泡脚来助眠……其实，中医是可亲、可近、可爱的。

我一直在思考和寻找，希望能够找到一种方式，让外国学生放下语言包袱，轻松愉快地走近中医，

了解一种完全不同的文化、一种全新的思维方式、一种健康生活的理念，最终发现原来中医还可以这样学。我尝试以漫画故事形式来讲述中医药知识，于是有了“我在中国学中医”这套系列读物。这套读物分为四册：《神奇的中医疗法》《家有小郎中》《吃出健康来》和《中医保健运动》。

读物中有两位外国兄弟——好学和好奇，他们来中国学习汉语和中医。跟随他们，你可以走进中国人白玲一家的生活。你会惊奇地发现，中国人常吃的白菜、萝卜、羊肉等食物可以起到中药的作用，让身体更加健康。书里还介绍了各种中医保健运动，可以让流传至今、有上千年历史的健身功法为你服务。还有，埋头工作时间长了脖子不舒服、晚上睡不着失眠了、感冒咳嗽了……这些小毛病，中医小妙招都可以帮你解决。更多有用、有趣、神奇的中医药知识，都在这套读物中。

看到这里，你也许会产生疑问，“我只会一点点汉语，中医这么深奥，我能看懂吗？”可以肯定地告诉你，“没问题！”这套读物中配有漫画，看画可比看字容易多啦！中医抽象的概念，如阴阳、穴位、经

络……都用漫画进行了直观展示，形象易懂。为了让你更准确、更容易理解，中医专有名词和中医常用口语加了英文翻译。人物的对话、语言点原句和例句所用词汇在《国际中文教育中文水平等级标准》中等四级以内，超出四级的词语均列入生词表，给出拼音和英文解释，故事全文也配有英文翻译。全书配套的中文音频和动画可以让这套读物与你的距离更近。

不管你是在学习中医还是在学习中文，或是对中医有兴趣，这套读物都是很棒的选择。它将汉语、中医、中国的社会生活、东西方文化差异都融合在一个个有趣的故事中，可以让你在轻松“悦”读中开卷有益！

白迪迪

To the Reader

Dear reader,

It is a delight to meet you through this book, specifically written for you.

As a Chinese language teacher at Tianjin University of Traditional Chinese Medicine, I have taught many international students over the past 20-odd years. They have come to China to learn Chinese medicine because it impresses them as something miraculous, interesting, and useful. Unfortunately, though they work very hard, learning Chinese medicine has proved too difficult for many of them, particularly beginners. Part of the challenge lies in the vocabulary, to be sure, but, more often than not, it is the thinking, the logic behind Chinese medicine that baffles them.

The presence of traditional Chinese medicine and its culture is felt everywhere in Chinese people's daily lives: diet, habits, customs, language, and the ways they work out to keep fit. For example, they may have a *tanghulu* to help

digestion after overeating; and may massage certain points on the body, coupled with a foot bath, to tackle a sleep disorder. Look! Chinese medicine isn't that mysterious; it is approachable, friendly, and lovely.

I have been trying to make learning Chinese medicine easy and enjoyable for international students, help them overcome the language barrier, and expose them to a whole new culture, a new way of thinking, and a new philosophy about healthy living. Now I have found the solution: why not illustrate Chinese medicine in the form of comic stories? Hence this book series entitled My TCM Journey in China in four volumes: *Healing with TCM, TCM Wisdom for Families, Keeping Fit by Eating Fit,* and *Self-Care Routines in TCM*.

Two foreign brothers Hao Qi and Hao Xue have been featured in this book series. They have come to China to learn Chinese language and traditional Chinese medicine. Following them, you will get a glimpse of the everyday life of a Chinese family – the family of their schoolmate named Bai Ling. Then, you will find, much to your

amazement, that common foods on the Chinese dinner table, such as cabbage, radish, and mutton, are believed to have the same health benefits as medicinal herbs. The books also introduce you to various TCM-based exercises to help you keep fit. Furthermore, for those minor physical complaints such as neck strains after working for a long time with your head bent low, sleep disorders, and coughs, this book series offers a number of effective health tips. Read this series, and you will acquire useful, interesting, and miraculous knowledge of Chinese medicine.

That said, you may still have misgivings: "Have I learned the Chinese language well enough to understand Chinese medicine, which usually appears so profound and obscure?" To this, I can assure you: "Yes! You'll have no problem reading them at all." The books are richly illustrated; and looking at pictures is far easier than reading the words, isn't it? The basic concepts of Chinese medicine, such as yin yang, *xuewei* (acupuncture points), *jingluo* (meridians), etc., are all illustrated with pictures. For TCM terminology and colloquial expressions, English

translations are provided, which ensures a more accessible and more accurate understanding. The Chinese vocabulary employed in the dialogues and the sample sentences (of the language points section) are in line with Intermediate Grade Four of the Chinese Proficiency Grading Standards for International Chinese Language Education, and words that go beyond this scope are listed in the glossaries, along with their phonetic representations (in pinyin form) and English translations. The dialogues are also bilingual, and the attached audio-visual Chinese learning materials that go with the textual content will bring this book series closer to you.

Whether you are trying to learn Chinese medicine or the Chinese language itself, or are simply interested in Chinese medicine, this book series will be a fairly good choice. It brings together the Chinese language, Chinese medicine, Chinese social life, and the East-West cultural difference through interesting stories, offering an enriching and pleasant reading experience.

Bai Didi

序 言

“文化为体，医学为用”是中医药学的鲜明特征。中医药学根植于中华传统文化的沃土，在其长期发展过程中，汲取了大易以及儒释道的精华，并蕴涵着中华传统文化中优秀的文化要素、文化基因。中医药文化不仅是中华优秀传统文化的重要组成部分，而且已经成为了中华民族的文化符号和形象标识。但是对于来自文化迥异的外国的友人来说，横在他们与中医之间的不仅仅是语言，还有文化的阻隔。

“我在中国学中医”丛书抓住外国留学生学习中医药的难点，创造性地采用漫画的形式，将中医思维、中医理论等抽象的知识用形象具体的漫画呈现出来。将原本深奥难懂的知识变得生动可感，创新了中医药文化传播的形式，也彰显了中医药文化的魅力。

该丛书从来华学习、生活的外国人的视角出发，设置话题，设计情节，提高了故事的针对性，降低了语言门槛。该丛书还将中医药文化中尊重自然、和谐统一等理念巧妙融入到一个个故事之中，让读者不仅

能够了解中医学的理念，还能获得为人处世的人生智慧。

中医药文化的国际传播不自我设限，创新传播内容，采用更加灵活、通俗的传播方式，助力向世界展现中医药文化，促进中西方文明交流互鉴，这是这套丛书给我的感受，相信会有更多的读者喜欢阅读该丛书，并从中受益！

全国政协委员
北京中医药大学国学院创建院长
张其成

Foreword

The phrase “Culture as the foundation, treatment as the goal” encapsulates a distinctive character of traditional Chinese medicine (TCM). TCM is deeply embedded in the rich Chinese culture. Throughout its evolution, it has drawn on insights from the Book of Changes, as well as the wisdom of Confucianism, Buddhism, and Daoism, weaving together valuable cultural elements and traits from the complex tapestry of traditional Chinese culture. TCM culture is not just a vital component of China’s fine cultural legacy. It has also become a cultural symbol and identity of the Chinese nation. However, for international friends from culturally diverse backgrounds, the barriers to understanding TCM extend beyond language, as there are also significant cultural challenges to navigate.

The book series “My TCM Journey in China” addresses the challenges faced by international students in studying TCM. It creatively employs comics to present abstract concepts such as TCM thinking and theories vividly and tangibly. By doing so, the series transforms what was once complex and difficult to understand into engaging and perceptible knowledge. This innovate the way TCM is communicated but and highlights its charm.

Designed from the perspective of international friends studying and living in China, the series addresses relevant

topics and crafts engaging plots that enhance the relevance of the stories while lowering the language barrier. It subtly incorporates concepts from TCM culture, such as respect for nature, harmony and unity, into each narrative. This approach allows readers to understand the concepts of TCM and imparts valuable lessons for navigating interpersonal relationships.

Without self-imposed limits, the promotion of TCM culture on a global stage can embrace innovation by introducing engaging content and utilizing flexible, accessible communication methods. This approach effectively showcases TCM to the world and fosters mutual understanding between the East and the West. This is my impression of this series, and I believe it will resonate with a wide audience, who will find enjoyment and enlightenment in its pages.

Zhang Qicheng
Member of the National Committee of CPPCC,
Founding Dean of the School of Chinese Culture
Studies at Beijing University of Chinese Medicine

主要人物介绍

白玲

中国某中医药大学三年级的学生。性格开朗、喜欢交友。

好奇

美国人，在中国某中医药大学学习汉语和中医药。汉语水平较高，对中医药很感兴趣。

好学

美国人，好奇的弟弟。来中国短期留学。对中国文化、历史、美食等很多方面都很感兴趣。

白爸爸

中国某中医大学的教授。温文尔雅，知识广博，热情好客。

白妈妈

中国某中医医院的医生。贤妻良母，把生活打理得井井有条。

目录

Contents

4

五禽戏

Wuqinxi

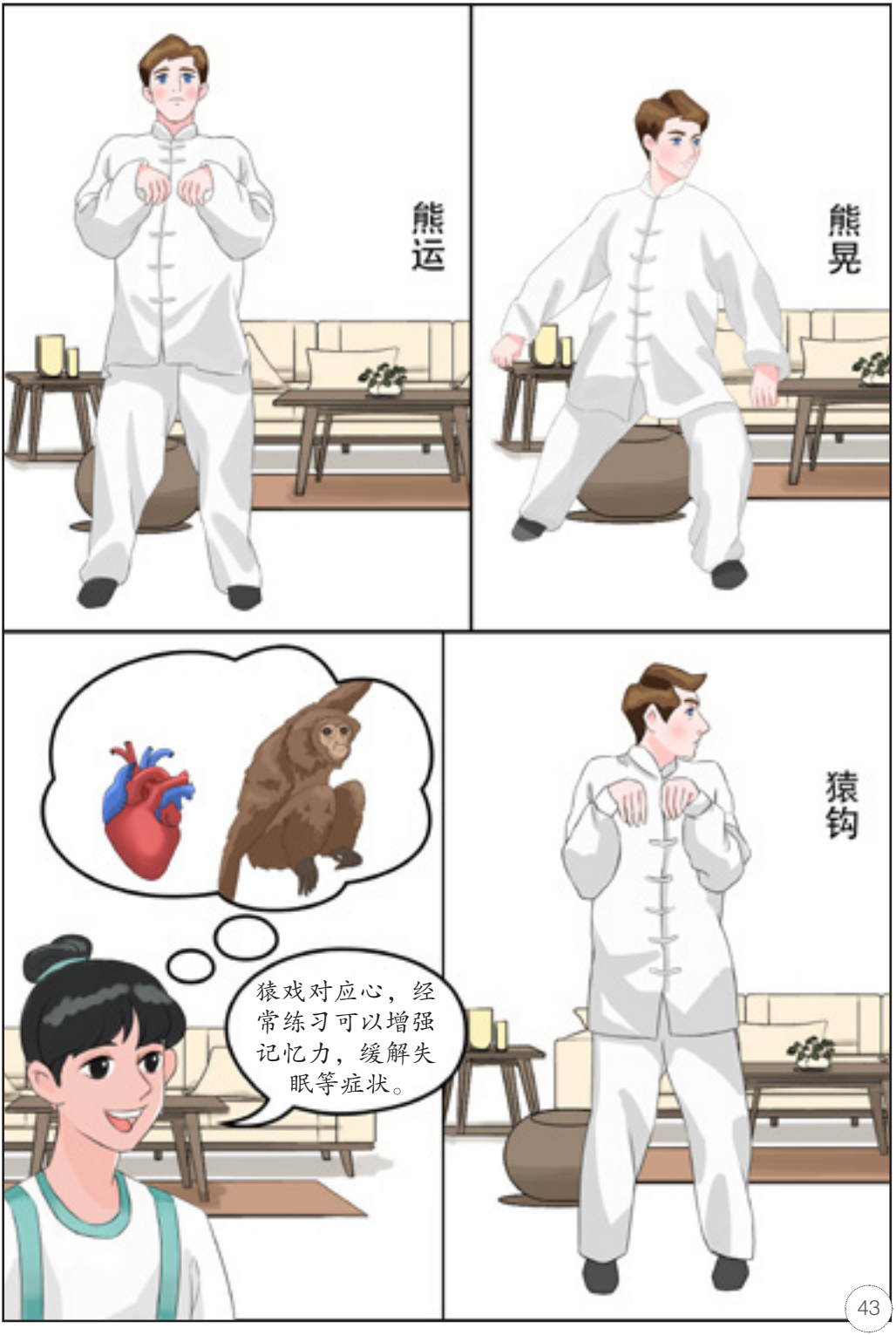

白玲，在忙什么？
写作业，明天上课我要给同学们介绍五禽戏。
Wǔ——
qín——戏？
你不是学中医的吗？为什么还学京剧呀？
京剧？哈哈，不是京剧啦！
五禽戏，你看，是这几个字。


五禽戏是三国时期华佗创制的一套健身运动方法。
华佗，就是那个神医华佗吧？
对啊！
我想起来了，他还给曹操看过头疼病，是吧？
这你都知道！
我看过《三国演义》啊！
三国演义


麻沸散
华佗做过很多手术，救过很多人。他发明了“麻沸散”，也就是麻药。
他给病人做手术以前会给他们喝麻沸散。
那“五禽戏”是什么样的运动呢？
“五禽戏”是模仿虎、鹿、熊、猿、鸟五种动物的动作来设计的一套运动功法。


肝
心
肾
脾
肺
“五禽”分别对应人体五脏，有不同的保健作用。
虎戏对应肝，经常练习能疏肝理气。
虎举
虎扑


鹿戏对应肾，经常练习可以补肾益气。
鹿抵
鹿奔
熊戏对应脾，经常练习可以帮助消化。


熊运
熊晃
猿钩
猿戏对应心，经常练习可以增强记忆力，缓解失眠等症状。


猿摘
鸟戏对应肺，经常练习可以增强呼吸功能。
鸟伸
鸟飞


华佗真聪明啊，向动物们学习，研究出了强身健体的运动。
没错。这五种戏可以一起练，也可以分开练，动作也很简单。
五禽戏这么有用，我也想学习。
好啊，这儿有五禽戏的视频，咱们可以边看边做。

生词

序号	词汇	拼音	《等级标准》词汇级别	英文释义
1	三国	Sān Guó		Three Kingdoms
2	华佗	Huá Tuó		Hua Tuo
3	创制	chuàngzhì		to create
4	神医	shényī		miracle-working doctor
5	曹操	Cáo Cāo		Cao Cao
6	头疼	tóuténg	六级	headache
7	麻药	máyào		anesthetic
8	模仿	mófǎng	五级	to mimic
9	虎	hǔ	五级	tiger
10	鹿	lù	高等	deer
11	熊	xióng	五级	bear
12	猿	yuán		ape
13	肝	gān	六级	liver
14	肾	shèn	高等	kidney
15	脾	pí	高等	spleen
16	增强	zēngqiáng	五级	to enhance
17	记忆力	jìyìlì		memory
18	失眠	shīmián	高等	insomnia
19	症状	zhèngzhuàng	六级	symptom
20	肺	fèi	六级	lung
21	强身健体	qiángshēn-jiàntǐ		strengthen one's health
22	视频	shìpín	五级	video

中医专有名词

1 五禽戏 *Wuqinxi*

Wuqinxi is a set movements that mimic the five creatures—tiger, deer, bear, ape, and bird.

2 麻沸散 *Mafeisan*

Mafeisan is a traditional Chinese medicine for general anesthesia, invented by Hua Tuo in the Han Dynasty (206 BC-AD 220).

3 疏肝理气 Soothe the liver and regulate *qi*

It is a treatment method to soothe the liver, regulate *qi*, unblock stagnation and resolve depression. It is indicated for conditions due to liver *qi* stagnation.

4 补肾益气 Tonify the kidney and replenish *qi*

It is a treatment method to tonify the kidney and replenish *qi*. It is indicated for conditions due to kidney *qi* deficiency.

中医常用口语

1. 五禽戏是华佗创制的。
   Wuqinxi was created by Hua Tuo.
2. 华佗是中国古代著名的大夫。
   Hua Tuo was a famous doctor in ancient China.
3. 华佗发明了麻沸散，也就是麻药。
   Hua Tuo invented *mafeisan*, a kind of anesthetic.

语法点

原句：他给病人做手术以前会给他们喝麻沸散。
语法：……（以）前
解释：It often describes an action or event that occurs before a certain time.

例句 1：考试以前，我总是很紧张。
例句 2：来中国以前，我没吃过火锅。
例句 3：睡觉前，我会读一会儿书。

故事四

五禽戏

“白玲，在忙什么？”好学问。

“写作业，明天上课我要给同学们介绍五禽戏。”白玲回答。

“Wǔ——qín——戏？”好学托着下巴，脑海里浮现出京剧的画面。

“你不是学中医的吗？为什么还学京剧呀？”好学不解地问。

“京剧？哈哈，不是京剧啦！”白玲明白过来，笑了起来。

“五禽戏，你看，是这几个字。”白玲指着电脑上的PPT给好学看。

“五禽戏是三国时期华佗创制的一套健身运动方法。”白玲给好学介绍。

“华佗，就是那个神医华佗吧？”好学问。

“对啊！”白玲说。

“我想起来了，他还给曹操看过头疼病，是吧？”好学回忆道。

“这你都知道！”白玲竖起了大拇指。

“我看过《三国演义》啊！”好学得意地说。

白玲说：“华佗做过很多手术，救过很多人。他发明了‘麻沸散’，也就是麻药。”

“他给病人做手术以前会给他们喝麻沸散。”

好学问：“那‘五禽戏’是什么样的运动呢？”

“‘五禽戏’是模仿虎、鹿、熊、猿、鸟五种动物的动作来设计的一套运动功法。”白玲说。

白玲接着说：“‘五禽’分别对应人体五脏，有不同的保健作用。”

“虎戏对应肝，经常练习能疏肝理气。”

虎举

虎扑

“鹿戏对应肾，经常练习可以补肾益气。”

鹿抵

鹿奔

“熊戏对应脾，经常练习可以帮助消化。”

熊运

熊晃

“猿戏对应心，经常练习可以增强记忆力，缓解失眠等症状。”

猿钩

猿摘

“鸟戏对应肺，经常练习可以增强呼吸功能。”白玲配合着动作介绍完了五禽戏。

鸟伸

鸟飞

“华佗真聪明啊，向动物们学习，研究出了强身健体的运动。”好学竖起了大拇指。

“没错。这五种戏可以一起练，也可以分开练，动作也很简单。”白玲说。

“五禽戏这么有用，我也想学习。”好学说。

“好啊，这儿有五禽戏的视频，咱们可以边看边做。”白玲说。

Wuqinxi

"What are you up to, Bai Ling?" asked Hao Xue.

"Doing my homework. I'm going to introduce *wuqinxi* in class tomorrow," replied Bai.

"Wǔ—qín—xì?" Hao Xue rested his chin on his hands, images of Peking opera coming to his mind.

"Aren't you studying traditional Chinese medicine? Why are you studying Peking opera at the same time?" Hao Xue asked.

"Peking opera? Haha, it's not Peking opera!" Bai Ling realized the problem and laughed.

"Look! *Wuqinxi* is from these characters," Bai showed Hao Xue the characters by pointing to the PPT on the computer.

"*Wuqinxi* is a set of fitness exercises created by Hua Tuo during the period of Three Kingdoms (220-280)," Bai introduced to Hao Xue.

"Hua Tuo was that miracle-working doctor, wasn't he?" asked Hao Xue.

"Exactly!" Bai said.

"I've got it. He also cured Cao Cao of his headache. Am I right?" Hao Xue recalled.

"You've even learned about this!" Bai praised him with a

thumbs up.

"I've read *The Romance of the Three Kingdoms*!" said Hao Xue proudly.

Bai said, **"Dr. Hua did many surgeries and saved many people. He invented *mafeisan*, a kind of anesthetic."**

"He'd give his patients *mafeisan* before he operated on them."

"Then, what is *wuqinxi*?" asked Hao Xue.

"*Wuqinxi* is a set of exercise designed to mimic the movements of five creatures: tiger, deer, bear, ape and bird," said Bai.

Bai went on, **" Each of the five creatures corresponds to one of the body's five organs and has different health effects."**

"The tiger exercise corresponds to the liver, and regular practice can soothe the liver and regulate *qi*."

Tiger Lifting

Tiger Lunging

"The deer exercise corresponds to the kidney, and regular practice can tonify the kidney and replenish *qi*."

Deer Butting

Deer Running

"The bear exercise corresponds to the spleen, and regular practice can help digestion."

Bear Rotating

Bear Swaying

“The ape exercise corresponds to the heart, and regular practice can enhance memory and relieve symptoms such as insomnia.”

Ape Hooking

Ape Picking

“The bird exercise corresponds to the lung, and regular practice can enhance respiratory function,” Bai finished introducing *wuqinxi* by showing the movements.

Bird Stretching

Bird Flying

“Hua Tuo was so smart that he learned from the animals and worked out exercises to strengthen his health,” Hao Xue gave a thumbs up.

“Yes, he really was. These five exercises can be practiced together or separately, and the movements are simple,” said Bai.

“*Wuqinxi* is very useful, and I want to learn them too,” said Hao Xue.

“All right. Here’s a video of *wuqinxi*, we can watch it and do the exercises at the same time,” said Bai.

附录 2

生词索引

出 品 人：王君校
策划编辑：刘小琳
责任编辑：陆　瑜
英文翻译：胡德良
英文编辑：吴爱俊
封面设计：马　丽
插图绘制：梦堡文化
印刷监制：汪　洋

图书在版编目（CIP）数据

中医保健运动 : 汉英对照 / 白迪迪等编著 . –– 北京 : 华语教学出版社 , 2024.5
（我在中国学中医 / 白迪迪 , 毛国强主编）
ISBN 978-7-5138-2506-1

Ⅰ. ①中… Ⅱ. ①白… Ⅲ. ①中医学 – 保健 – 普及读物 – 英文 Ⅳ. ① R212-49

中国国家版本馆 CIP 数据核字 (2023) 第 245487 号

本书由教育部中外语言交流合作中心支持出版

中医保健运动

白迪迪　毛国强　主编
白迪迪　毛国强　李德杏　尚秀葵　刘小琳　编著

*

华语教学出版社有限责任公司出版
（中国北京百万庄大街 24 号　邮政编码 100037）
电话 :（86）10-68320585　68997826
传真 :（86）10-68997826　68326333
网址 : www.sinolingua.com.cn
电子信箱 : hyjx@sinolingua.com.cn
北京虎彩文化传播有限公司印刷
2024 年（32 开）第 1 版
2024 年第 1 版第 1 次印刷
（汉英）
ISBN 978-7-5138-2506-1
007900