

Ref. A

中药英语

话 谈 中 药 (一)

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中 文

名贵药材鹿茸

我国最早的药理学专著《神农本草经》(公元前200年~公元后200年)就有鹿茸入药的记述。鹿周身是宝,以药用而言,有鹿茸、鹿角胶、鹿肾、鹿骨、鹿筋、鹿胎、鹿尾以及鹿角霜等。

鹿系脊椎动物,哺乳纲,偶蹄目,鹿科。鹿种在世界上很多,在我国驯养和入药的主要为梅花鹿和马鹿。鹿对大自然的适应性较强,它的饲养管理和繁殖都比较容易,目前我国很多省、市都有驯养。养鹿的目的主要是取茸入药。鹿茸系雄鹿角初生未骨质前的嫩角。采茸分二种,一是锯茸,一般从第三年开始,每年可采1~2次;一是砍茸,一般多在淘汰鹿上连脑盖骨砍下。取下之茸,须经沸水煮炸,排除瘀血,晾干备用。

据现代的科学报导,鹿茸含有胶质、碳酸钙、磷酸钙、镁盐,并极少量的卵泡激素等。鹿茸及其制剂可强壮全身,动物试验表明能增强心脏收缩,并且有性激素样作用,此外,对长期不易愈合的溃疡或伤口能增强再生过程。按中药理论,鹿茸性温,味甘,入肾、肝、心、心胞,其功用为生精补髓,益血,助阳,强筋健骨。治一切虚损,男子虚劳精衰,腰膝痿弱,眩晕滑精,妇女崩漏,带下等症。鹿茸多入丸、散、酒剂服。如人参鹿茸丸,可治诸虚百损,元气不足,四肢酸软,形体瘦弱等。鹿茸散,可治妇女漏下不止等症。参茸药酒,对神经衰

弱,体弱气虚,遗精阳痿,经血不调均有功效。由于鹿茸和鹿茸制剂疗效显著,深受广大患者赞扬,早已畅销国内外。

英 译

Young Pilose Antler<sup>(1)</sup>—A Precious Crude Drug

In the first pharmacological work Shennong Bencaojing (the Shennong's Classics on Chinese Materia Medica) which appeared in the period 200 B. C.—200 A. D. in China, there was recorded deer's young antler as a medicine. Almost every part of the deer's body is of use; its young antler, its horn glue<sup>(2)</sup>, its kidney, its bone, its tendon, its embryo, its tail and deglued antler powder<sup>(3)</sup>, etc..

The deer as an animal is of the deer family of the artiodactyl order of the mammal class of vertebrata. There are many species of deer in the world, but only two species; the spotted deer and the red deer are raised and used as medicine in China. The deer is adaptable to nature, so it is easy to raise and propagate it. At present deers are being raised in many provinces and cities in our country. The purpose of raising deers is to get the young antler for medical use. The young antler grows from the

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frontal bone of a male deer. In general we use two methods of reaping the young antler. One of them is sawing the young antler and sawing usually begins when the deer is three years old, once or twice a year. The other method is cutting the deer's antler together with the skull of a slaughtered deer. The picked young antler must be treated with boiling water to get rid of extravasated blood<sup>(4)</sup> and then dried up for use.

\* According to research reports of modern medical science, the deer's young antler contains gelatin, calcium carbonate, calcium phosphate, magnesium salts and a little follicular hormone, etc.. The deer's young antler and its patent medicines can strengthen one's vitality as a whole. Experiments on animals have proved it can strengthen the contraction of heart and has similar effect as that of sexual hormone. Besides, it is good for ulcers and wounds failing to heal for long periods of time and it can promote regeneration of new tissues. According to the theory of traditional Chinese medicine, the deer's young antler is warm in property, sweet in taste and it acts on the kidney, the liver, the heart and the pericardium<sup>(5)</sup>. It has the effect of replenishing reproductive essence and marrow<sup>(6)</sup>, nourishing the blood<sup>(7)</sup>, supporting the yang<sup>(8)</sup> and strengthening muscles and bones<sup>(9)</sup>. It cures all kinds of weakness<sup>(10)</sup>, e.g., debility and general exhaustion and adynamia of the loin and knees<sup>(11)</sup>,

dizziness and spontaneous emission<sup>(12)</sup> in men, uterine bleeding and morbid leucorrhoea<sup>(13)</sup>, etc. in women. The deer's young antler, in general, is made into pills or bolus, powders and medicated liquors, for example, the Genseng-Lu-Rong-Wan (Ginseng Antler Pills) are a good remedy for curing general weakness and exhaustion<sup>(14)</sup>, deficiency of original vital energy<sup>(15)</sup>, adynamia of limbs<sup>(16)</sup>, emaciation<sup>(17)</sup>, etc. Lu-Rong-Fen (deer's young antler powder) is an effective remedy for incessant uterine bleeding<sup>(18)</sup>, etc. Seng-Rong-Yao-Jiu (Ginseng Antler Medicated Liquor) is good for Neurasthenia, general debility, spontaneous emissions, impotence<sup>(19)</sup>, menstrual disturbances<sup>(20)</sup>. Conspicuous efficacies of the deer's young antler have won high commendation from patients both at home and abroad and the patent medicines and medicated liquor made with it have a good sale on domestic and foreign markets.

〔注释〕(1) Young pilose antler (deer's young antler) 鹿茸 (2) horn glue 鹿角胶 (3) deglued powders of deer's antler i.e. the pale residue of antler after removal of its glue 鹿角霜 (4) extravasated blood 瘀血 (5) pericardium 心胞 (6) to replenish reproductive essence and marrow 生精补髓 (7) to nourish the blood 益血 (8) to support yang 助阳 (9) to strengthen the muscles and bones 强筋健骨 (10) all kinds of weakness 一切虚损 (11) adynamia of the loin and knees 腰膝痿弱 (12) dizziness spontaneous emi-

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ssion 眩暈滑精 (13)uterine bleeding and morbid leucorrhoea 经漏带下 (14)general weakness and exhaustion 诸虚百损 (15)deficiency of original vital energy 元气不足 (16)adynamia of limbs 四肢倦

怠 (17)emaciation 形体瘦弱 (18)incessant uterine bleeding 漏下不止 (19)impotence 阳痿 (20)menstrual disturbances 经血不调

## 汉英常用中药词汇(二)

北京医学院《汉英常用中医药词汇》编写组

**升降浮沉** ascending and descending, floating and sinking—direction of the action of drugs. The ascending and floating drugs have an upward and outward effect and are used for activating vitality, inducing sweat and dispelling cold, while the descending and sinking drugs, having a downward and inward effect, are used for tranquillizing, causing contraction, relieving cough, arresting emesis, and promoting diuresis or purgation.

**大毒、常毒、小毒、无毒** extremely poisonous, moderately poisonous, slightly poisonous and non-poisonous drugs—a classification of drugs according to their toxicity.

**三品** three grades of drugs—an ancient classification of drugs chiefly based upon their toxicity

**上品** high grade drugs, which are supposed to be non-toxic, possessing rejuvenating properties and can be taken frequently and for long periods of time without harm.

**辛温解表药** diaphoretics with pungent and warm properties, such as *Herba Ephedrae*, *Ramulus Cinnamomi*, etc., which are usually used for treating

exterior symptom-complex caused by wind and cold.

**清热药** Antipyretics, febrifuges, drugs which, being cool or cold in property, have the action to clear up internal heat, and are usually used in febrile or inflammatory conditions and other heat symptom-complexes.

**清热解毒药** febrifugal and detoxicant drugs; drugs for eliminating toxic heat. Toxic heat as a pathogenic factor causes inflammation, mostly pyogenic. Some of the febrifugal and detoxicant drugs such as *Herba Andrographitis*, *Radix Isatidis* and *Rhizoma Paradisi* have been shown to have antipyretic, antibacterial or antiviral actions, while others have the effect to enhance immune function.

**理气药** carminatives, drugs for regulating the flow of vital energy. Most of them are aromatic in odour, pungent in flavour and warm in property and have the action to promote the normal flow of the vital energy, remove obstruction or stagnation of the vital energy, alleviate pain, activate the function of the stomach, and relieve nausea, vomiting and hiccough.

(待续)