

课程详述

COURSE SPECIFICATION

以下课程信息可能根据实际授课需要或在课程检讨之后产生变动。如对课程有任何疑问，请联系授课教师。

The course information as follows may be subject to change, either during the session because of unforeseen circumstances, or following review of the course at the end of the session. Queries about the course should be directed to the course instructor.

1.	课程名称 Course Title	中医学 Traditional Chinese Medicine
2.	授课院系 Originating Department	医学院 School of Medicine
3.	课程编号 Course Code	MED402
4.	课程学分 Credit Value	2.5
5.	课程类别 Course Type	专业核心课/Major Core Courses
6.	授课学期 Semester	春季/Spring
7.	授课语言 Teaching Language	中英双语 English & Chinese
8.	授课教师、所属学系、联系方式（如属团队授课，请列明其他授课教师） Instructor(s), Affiliation & Contact (For team teaching, please list all instructors)	李佑生，南方科技大学第一附属医院，syzyklys@163.com Yousheng Li, 1st Affiliated Hospital of SUSTech, syzyklys@163.com
9.	实验员/助教、所属学系、联系方式 Tutor/TA(s), Contact	王博，医学院，wangb7@sustech.edu.cn Bo Wang, School of Medicine, wangb7@sustech.edu.cn
10.	选课人数限额(可不填) Maximum Enrolment (Optional)	

11. 授课方式 Delivery Method	讲授 Lectures	习题/辅导/讨论 Tutorials	实验/实习 Lab/Practical	其它(请具体注明) Other (Please specify)	总学时 Total
	32		16		48
学时数 Credit Hours					
12. 先修课程、其它学习要求 Pre-requisites or Other Academic Requirements	无/NA				
13. 后续课程、其它学习规划 Courses for which this course is a pre-requisite	待定/To be determined				
14. 其它要求修读本课程的学系 Cross-listing Dept.	待定/To be determined				

教学大纲及教学日历 SYLLABUS

15. 教学目标 Course Objectives

中医学是中华民族在长期的生活、生产及医疗实践中逐渐积累的经验总结，是中华民族瑰宝。通过学习中医学，使学生了解中医学的发展历史及其对人类的健康和社会发展的贡献，让学生对中医学理论与实践形成初步的认识。

Traditional Chinese Medicine (TCM) is a summary of the experience gradually accumulated by the Chinese nation in long-term life, production and medical practice. It is the treasure of the Chinese nation. By learning TCM, students can understand its development history and its contribution to human health and social development, and form a preliminary understanding of the theory and practice of TCM.

16. 预达学习成果 Learning Outcomes

- 掌握整体观念、辨证论治及恒动观念内涵及“阴阳五行”、“气血津液”、“脏腑”、“病因病机”、“诊法辨证”、“治则治法”等中医学基础理论。
- 熟悉常见疾病的中医诊疗。
- 了解中医学解决常见疾病的基本技能。
- Master the overall concept, syndrome differentiation, the connotation of perpetual motion concept, as well as the basic theories of TCM such as "Yin and Yang and five elements", "Qi, blood and body fluid", "Zang Fu organs", "etiology and pathogenesis", "diagnosis and differentiation", "treatment principles and treatment".
- Be familiar with the TCM diagnosis and treatment of common diseases.
- Understand the basic skills of TCM in solving common diseases.

17. 课程内容及教学日历 (如授课语言以英文为主, 则课程内容介绍可以用英文; 如团队教学或模块教学, 教学日历须注明主讲人)

Course Contents (in Parts/Chapters/Sections/Weeks. Please notify name of instructor for course section(s), if this is a team teaching or module course.)

第一章 导论

- 掌握中医学理论体系的主要特点及认知和思维方法, 掌握四大经典的主要贡献。
- 熟悉金元四大家及其主要学术主张, 温病学派的主要贡献。

3、了解中西医结合研究成果及进展，认识中医学的起源及中医学理论体系的形成与发展史。

Chapter 1 Introduction

1. Master the main characteristics, cognitive and thinking methods of the theoretical system of TCM, and master the main contributions of the four classics.

2. Be familiar with the four masters of Jin Yuan and their main academic propositions, and the main contributions of the febrile disease school.

3. Understand the research results and progress of integrated traditional Chinese and Western medicine, understand the origin of TCM and the formation and development history of TCM theoretical system.

第二章 阴阳五行学说

1、掌握阴阳的概念和属性。熟悉阴阳学说、阴平阳秘、阴阳失调等概念。

2、掌握五行概念属性和归类和生克乘侮规律。

3、熟悉阴阳学说的主要内容和在医学中的应用。

Chapter 2 The theory of yin-yang and the five elements

1. Master concepts and attributes of yin-yang. Be familiar with the concepts of yin-yang theory, yin-yang secret, and yin-yang imbalance.

2. Master the conceptual attributes of the five elements and the laws of classification and restraint.

3. Be familiar with the main contents of the theory of yin-yang and its application in medicine.

第三章 藏象

1、了解藏象理论的形成和特点。

2、掌握五脏的主要功能。

3、掌握五腑的主要功能。

4、了解奇恒之腑的组成，了解脑、女子胞的生理功能。

Chapter 3 Viscera and their manifestations

1. Be familiar with the concept of the visceral theory.

2. Master the major functions of five zang-organs.

3. Master the major functions of five fu-organs.

4. Be familiar with the major functions of brain and uterus.

第四章 气、血、津液

1、掌握气的概念、生成、分类、运动形式及功能。

2、掌握血的概念、生成及功能。

3、熟悉津液的概念、代谢和功能。

4、了解精与血、气与津液之间的关系。

Chapter 4 Qi, blood and body fluid

1. Master the basic concept, production, movement, functions and classification of qi.

2. Master the concept, production and functions of blood.

3. Be familiar with the concept, metabolism and functions of body fluid.

4. Understand the relationships among qi, blood and body fluid.

第五章 病因病机

1、掌握六淫的概念、致病的特点；以及六淫各自的性质和致病特点。

2、熟悉邪正盛衰与虚实变化情况。

3、了解七情的概念、七情内伤的含义和致病特点；了解痰饮、瘀血、结石的概念和致病特点。

Chapter 5 Etiology and pathogenesis

1. Master the concepts, the common characteristics of pathogenicity, and the respective nature and pathogenic characteristics of the six pathogenic evils.

2. Be familiar with the relationship between the rise and fall of evil and positive and the changes of deficiency and excess.

3. Understand the concept of seven emotions, the meaning and pathogenic characteristics of seven emotions injury. Understand the concept and pathogenic characteristics of phlegm, blood stasis, calculus.

第六章 四诊

1、掌握望神方法与临床意义、望舌方法和常见病舌的特征与主病、脉诊方法。

2、熟悉望舌的方法、脉诊的方法及注意事项。

Chapter 6 The four methods of diagnosis

1. Master four diagnostic methods of observation, auscultation, olfaction and interrogation.

2. Be familiar with pulse feeling and palpation diagnostic methods.

第七章 八纲辨证

1、掌握八纲和八纲辨证的概念。

2、熟悉表证、里证、寒证、热证、虚证、实证、阴证、阳证的基本概念、临床表现和辨证要点。

Chapter 7 The eight principal syndromes

1. Master the differentiation of syndromes (bian zheng) in TCM which is a method to analyse and recognize the syndrome of disease.

2. Be familiar with syndrome differentiation of eight principles.

第八章 脏腑辨证

- 1、掌握脏腑辨证的概念,掌握应用中医藏象理论确定疾病病因、病位、病性和病机的中医辨证体系。
- 2、熟悉各脏腑常见病证的证候类型、临床表现、产生机制、辨证要点。熟悉各脏腑之间相互影响的病变规律与脏腑兼证类型。

Chapter 8 Syndrome differentiation of viscera

1. Master the concept of viscera dialectics and the TCM syndrome differentiation system of determining the etiology, location, nature and pathogenesis of diseases by using the theory of Zang Xiang in TCM.
2. Be familiar with the syndrome types, clinical manifestations, mechanism and key points of syndrome differentiation of common diseases and syndromes of Zang Fu organs. Be familiar with the pathological rules of the interaction between the Zang Fu organs and the types of both Zang Fu organs and syndromes.

第九章 经络

- 1、掌握经络系统的组成和生理作用。
- 2、熟悉经络的命名、十二经脉在四肢部位的循行路线和流注关系,以及任督两脉的循行路线。
- 3、了解经络的病理表现。
- 4、了解各经的主要治疗范围和某些特殊治疗作用。
- 5、了解经络的现代研究概况。

Chapter 9 The meridians and collaterals

1. Master the composition and physiological role of the meridian system.
2. Be familiar with the nomenclature of meridians, the circulation route and flow relationship of the twelve meridians in the extremities, and the circulation route of the two meridians of Ren Du.
3. Understand the pathological findings of meridians.
4. Understand the main therapeutic range and some special therapeutic effects of each meridian.
5. Understand the modern research overview of meridians.

第十章 腧穴

- 1、掌握穴位位置。
- 2、了解穴位的指征。

Chapter 10 Science of acupuncture points

1. Master the location of acupoints.
2. Understand the indication of acupoints.

第十一章 针灸治疗

了解针灸的基本操作技能及处方选穴原则。

Chapter 11 Acupuncture treatment

Understand the basic operating skills of acupuncture and moxibustion and the principle of acupoint selection by prescription.

第十二章 防治原则与治疗方法

- 1、掌握中医防治疾病的总原则。
- 2、掌握中医八种基本治法（八法）的概念和基本内容。
- 3、掌握中医“治未病”预防医学思想。
- 4、熟悉“未病先防、既病防变”、“正治与反治”、“同病异治、异病同治”、“调整阴阳”、“扶正祛邪”、“三因制宜”等治则的应用规律。
- 5、熟悉中医八大治法的临床适应证。

Chapter 12 Principle of disease prevention and treatment

1. Master the general principles of TCM prevention and treatment of diseases.
2. Master the concept and basic content of eight basic treatment methods (eight methods) of TCM.
3. Master the idea of preventive medicine for "prevention of disease" in TCM.
4. Be familiar with the application rules of therapeutic principles such as "prevention of disease, prevention of change of existing disease", "treatment and treatment", "different treatment of the same disease, the same treatment of different diseases", "adjustment of yin and yang", "strengthening qi and eliminating pathogenic factors", and "three factors".
5. Be familiar with the clinical applications of eight therapeutic methods in TCM .

第十三章 中药基本知识

- 1、掌握中药四气五味的内容、临床意义，及气味与中药功效的关系。
- 2、熟悉中药归经、配伍的内容与临床意义。
- 3、了解中药的产地、炮制、升降浮沉、毒性、用药禁忌、用量及煎服法。
- 4、了解中药的分类。
- 5、了解中药的现代研究进展。

Chapter 13 Basic knowledge of TCM

1. Master the content and clinical significance of four qi and five flavors of traditional Chinese medicine, and the relationship between odor and the efficacy of traditional Chinese medicine.
2. Be familiar with the content and clinical significance of meridians and compatibility of traditional Chinese medicines.
3. Understand the origin, processing, rise and fall floatation, toxicity, medication taboos, dosage and decoction methods of traditional Chinese medicines.

4. Understand the classification of TCM.

5. Understand modern pharmacology research of TCM.

第十四章 方剂基本知识

1、掌握方剂“君臣佐使”的组方原则及临床意义。君臣佐使是本章节的重点与难点，因此，在讲明君臣佐使的概念后，必须分析君臣佐使在方剂中的差异与意义，并根据临床病例的用药进行分析证明。

2、熟悉方剂的临床组成变化形式。

3、了解方剂的常用剂型及优点、缺点。

4、了解方剂与治法的关系及方剂的分类。

5、了解方剂的现代研究进展。

Chapter 14 Basic knowledge of prescription

1. Master the formula principle and clinical significance of the formula "monarchy". Monarchy is the focus and difficulty of this chapter. Therefore, after explaining the concept of monarchy, it is necessary to analyze the difference and significance of monarchy in the formula, and analyze and prove it according to the medication of clinical cases.

2. Be familiar with the clinical change form of TCM prescription.

3. Understand commonly used dosage forms of prescription and their advantages and disadvantages.

4. Understand usage and classification of TCM prescription.

5. Understand modern pharmacology research progress of TCM prescription.

第十五章 常见疾病（一）感冒、咳嗽、喘证

1、掌握感冒的病因病机与治则。

2、掌握风寒感冒与风热感冒辨治的异同。

3、掌握外感咳嗽和内伤咳嗽的临床特点及其辩证论治

4、掌握实喘和虚喘的临床特点及其辩证论治

Chapter 15 Common diseases (1) Common cold, Cough and Asthma

1. Master the etiological factors and pathogenesis as well as therapeutic principle of common cold in TCM.

2. Master the similarity and difference between wind-cold induced common cold and wind-heat induced common cold in syndrome differentiation treatment of TCM.

3. Master the clinical features of exopathogen invasion induced cough and visceral impairment induced cough, and be able to manage with syndrome differentiation treatment of TCM.

4. Master the clinical features of dyspnea with hyperactive presentations and dyspnea with hypoactive presentations, and be able to manage with syndrome differentiation treatment of TCM.

第十六章 常见疾病（二）水肿、消渴

1、掌握阴水阳水的鉴别要点，掌握治疗水肿的三条基本原则。

2、熟悉水肿的基本病机。

3、了解水肿的主要证型，初步认识慢性肾脏病的中西医结合诊治方法。

4、了解消渴的概念、病因、病机。熟悉消渴的诊断要点与鉴别诊断。掌握消渴的辨证论治。

Chapter 16 Common diseases (2) Edema and Diabetes practice

1. Master the differentiation points of Yin edema and Yang edema, and master the three basic principles for the treatment of edema.

2. Be familiar with the basic pathogenesis of edema.

3. Understand the main syndrome types of edema and preliminarily understand the diagnosis and treatment of chronic kidney disease with integrated traditional Chinese and Western medicine.

4. Understand the concept, etiology and pathogenesis of diabetes. Be familiar with the diagnostic points and differential diagnosis of diabetes. Master the syndrome differentiation and treatment of diabetes.

第十七章 常见疾病（三）心悸、胸痹、不寐

1.了解心悸、胸痹、不寐的概念、病因、病机。

2.熟悉心悸、胸痹、不寐的诊断要点与鉴别诊断。

3.掌握心悸、胸痹、不寐的辨证论治。

Chapter 17 Common diseases (3) Palpitation, Coronary heart disease and Insomnia

1. Understand the concept, etiology and pathogenesis of palpitation, coronary heart disease and insomnia.

2. Be familiar with the diagnostic points and differential diagnosis of palpitation, coronary heart disease and insomnia.

3. Master the syndrome differentiation and treatment of palpitation, coronary heart disease and insomnia.

第十八章 常见疾病（四）胃痛、泄泻、便秘

1.了解胃痛、泄泻、便秘的概念、病因、病机。

2.熟悉胃痛、泄泻、便秘的诊断要点与鉴别诊断。

3.掌握胃痛、泄泻、便秘的辨证论治。

Chapter 18 Common diseases (4) Stomach pain, Diarrhea and Constipation

1. Understand the concept, etiology and pathogenesis of Stomach pain, Diarrhea and Constipation.

2. Be familiar with the diagnostic points and differential diagnosis of Stomach pain, Diarrhea and Constipation.

3. Master the syndrome differentiation and treatment of Stomach pain, Diarrhea and Constipation.

第十九章 常见疾病（五）黄疸、眩晕、中风

1.了解黄疸、眩晕、中风的概念、病因、病机。

2.熟悉黄疸、眩晕、中风的诊断要点与鉴别诊断。

3.掌握黄疸、眩晕、中风的辨证论治。

Chapter 19 Common diseases (5) Jaundice, Vertigo and Stroke

1. Understand the concept, etiology and pathogenesis of Jaundice, Vertigo and Stroke.
2. Be familiar with the diagnostic points and differential diagnosis of Jaundice, Vertigo and Stroke.
3. Master the syndrome differentiation and treatment of Jaundice, Vertigo and Stroke.

第二十章 常见疾病（六）痹症、肿瘤

- 1.了解痹症、肿瘤的概念、病因、病机。
- 2.熟悉痹症、肿瘤的诊断要点与鉴别诊断。
- 3.掌握痹症、肿瘤的辨证论治。

Chapter 20 Common diseases (6) Arthralgia and Tumor

1. Understand the concept, etiology and pathogenesis of Arthralgia and Tumor.
2. Be familiar with the diagnostic points and differential diagnosis of Arthralgia and Tumor.
3. Master the syndrome differentiation and treatment of Arthralgia and Tumor.

第二十一章 常见疾病（七）月经病、乳痛

- 1.了解月经病、乳痛的概念、病因、病机。
- 2.熟悉月经病、乳痛的诊断要点与鉴别诊断。
- 3.掌握月经病、乳痛的辨证论治。

Chapter 21 Common diseases (7) Emmenopathy and Acute mastitis

1. Understand the concept, etiology and pathogenesis of Emmenopathy and Acute mastitis.
2. Be familiar with the diagnostic points and differential diagnosis of Emmenopathy and Acute mastitis.
3. Master the syndrome differentiation and treatment of Emmenopathy and Acute mastitis.

章节 Section	教学内容 Teaching Contents	总学时 Lecture Hours	教学方法 Teaching Methods	
			讲授 Lecture	实验 Lab
1	导论 Introduction	3	2	1

	阴阳五行学说 The theory of yin-yang and the five elements			
2	藏象 Viscera and their manifestations 气血津液 Qi, blood and body fluid	3	2	1
3	病因病机 Etiology and pathogenesis	3	2	1
4	四诊 The four diagnostics methods	3	2	1
5	八纲辨证 Syndrome differentiation of eight principles	3	2	1
6	脏腑辨证 Syndrome differentiation of viscera	3	2	1
7	经络学说 The meridians and collaterals 腧穴 Science of acupuncture points	3	2	1
8	针灸治疗学 Acupuncture treatment 防治原则 Principle for disease prevention and treatment	3	2	1
9	中药学基础 Basic knowledge of Traditional Chinese Medicine 方剂基础 Basic knowledge of prescription	3	2	1
10	常见疾病（一）感冒、咳嗽、喘证 Common diseases (1) Common cold, Cough and Asthma	3	2	1

11	常见疾病（二）水肿、消渴 Common diseases (2) Edema and Diabetes practice	3	2	1
12	常见疾病（三）心悸、胸痹、不寐 Common diseases (3) Palpitation, Coronary heart disease and Insomnia	3	2	1
13	常见疾病（四）胃痛、泄泻、便秘 Common diseases (4) Stomach pain, Diarrhea and Constipation	3	2	1
14	常见疾病（五）黄疸、眩晕、中风 Common diseases (5) Jaundice, Vertigo and Stroke	3	2	1
15	常见疾病（六）痹症、肿瘤 Common diseases (6) Arthralgia and Tumor	3	2	1
16	常见疾病（七）月经病、乳痈 Common diseases (7) Emmenopathy and Acute mastitis	3	2	1

18. 教材及其它参考资料 Textbook and Supplementary Readings

教材:

《中医学》（人民卫生出版社出版 第九版：陈金水主编）

参考资料:

《中医学学习指导及习题集》（人民卫生出版社 第二版：高鹏翔、陈金水主编）

课程评估 ASSESSMENT

19. 评估形式 Type of Assessment	评估时间 Time	占考试总成绩百分比 % of final score	违纪处罚 Penalty	备注 Notes
出勤 Attendance		10		
课堂表现 Class Performance				
小测验 Quiz				
课程项目 Projects				
平时作业 Assignments		30		
期中考试 Mid-Term Test				

期末考试 Final Exam		60		
期末报告 Final Presentation				
其它（可根据需要 改写以上评估方 式） Others (The above may be modified as necessary)				

20. 记分方式 GRADING SYSTEM

- A. 十三级等级制 Letter Grading
 B. 二级记分制（通过/不通过） Pass/Fail Grading

课程审批 REVIEW AND APPROVAL

21. 本课程设置已经过以下责任人/委员会审议通过
This Course has been approved by the following person or committee of authority

本课程已经医学院教学副院长张文勇教授审核通过。