English translation of traditional Chinese medicine based on relevance theory

Jia-bei HUI, Bin ZHANG
Foreign Language School, Nanjing University of Chinese Medicine, Nanjing 210029, China

Keywords: relevance theory; translation; English; terms, traditional Chinese medicine

Abstract

The relevance theory (relevance theory) is a human language interaction theory that is based on finding an understanding of the meaning of the text through the analysis of the context. It is a theory that emphasizes the importance of the meaning of the text. In the context of translation, relevance theory helps to identify the meaning of the text and the context in which it is used. It is a theory that is closely related to the meaning of the text and the context in which it is used.

1. The relationship between relevance theory and translation

Relevance theory is a theory that is based on the interaction of human language. It is a theory that emphasizes the importance of the meaning of the text. In the context of translation, relevance theory helps to identify the meaning of the text and the context in which it is used. It is a theory that is closely related to the meaning of the text and the context in which it is used.

2. The relationship between relevance theory and translation

Relevance theory is a theory that is based on the interaction of human language. It is a theory that emphasizes the importance of the meaning of the text. In the context of translation, relevance theory helps to identify the meaning of the text and the context in which it is used. It is a theory that is closely related to the meaning of the text and the context in which it is used.

3. The relationship between relevance theory and translation

Relevance theory is a theory that is based on the interaction of human language. It is a theory that emphasizes the importance of the meaning of the text. In the context of translation, relevance theory helps to identify the meaning of the text and the context in which it is used. It is a theory that is closely related to the meaning of the text and the context in which it is used.

4. The relationship between relevance theory and translation

Relevance theory is a theory that is based on the interaction of human language. It is a theory that emphasizes the importance of the meaning of the text. In the context of translation, relevance theory helps to identify the meaning of the text and the context in which it is used. It is a theory that is closely related to the meaning of the text and the context in which it is used.

5. The relationship between relevance theory and translation

Relevance theory is a theory that is based on the interaction of human language. It is a theory that emphasizes the importance of the meaning of the text. In the context of translation, relevance theory helps to identify the meaning of the text and the context in which it is used. It is a theory that is closely related to the meaning of the text and the context in which it is used.

6. The relationship between relevance theory and translation

Relevance theory is a theory that is based on the interaction of human language. It is a theory that emphasizes the importance of the meaning of the text. In the context of translation, relevance theory helps to identify the meaning of the text and the context in which it is used. It is a theory that is closely related to the meaning of the text and the context in which it is used.

7. The relationship between relevance theory and translation

Relevance theory is a theory that is based on the interaction of human language. It is a theory that emphasizes the importance of the meaning of the text. In the context of translation, relevance theory helps to identify the meaning of the text and the context in which it is used. It is a theory that is closely related to the meaning of the text and the context in which it is used.

8. The relationship between relevance theory and translation

Relevance theory is a theory that is based on the interaction of human language. It is a theory that emphasizes the importance of the meaning of the text. In the context of translation, relevance theory helps to identify the meaning of the text and the context in which it is used. It is a theory that is closely related to the meaning of the text and the context in which it is used.

9. The relationship between relevance theory and translation

Relevance theory is a theory that is based on the interaction of human language. It is a theory that emphasizes the importance of the meaning of the text. In the context of translation, relevance theory helps to identify the meaning of the text and the context in which it is used. It is a theory that is closely related to the meaning of the text and the context in which it is used.

10. The relationship between relevance theory and translation

Relevance theory is a theory that is based on the interaction of human language. It is a theory that emphasizes the importance of the meaning of the text. In the context of translation, relevance theory helps to identify the meaning of the text and the context in which it is used. It is a theory that is closely related to the meaning of the text and the context in which it is used.
就是要避开不关联的因素，获得最佳关联。对于中西文化差别翻译，美国汉学家夏威夷大学哲学系安乐哲教授在其译作《中庸》序言中从语言角度有如下评述：Our Western languages are substance-oriented and are therefore most relevant to the descriptions of a world defined by discreteness, objectivity and permanence. Such languages are ill disposed to describe and interpret a world. Such as that of the Chinese，that is primarily characterized by continuity, process and becoming[3]。在几千年的社会生活过程中，中医学融合了古代哲学、逻辑学及自然科学等，其基本理论和诊疗特点在各方面与西医学有显著区别，不少术语非常含蓄，意义深远，比如命门、三焦、元气、虚实等，在西学中很难找到合适的词汇与之对应。中医学的翻译是传播中国传统医学，译者要尊重文化的异质性。

根据关联理论，在翻译中医的过程中要考量目标语与源语的最大化沟通，不仅要理解和认知源语，同时还要根据背景信息和语境特征等知识推导出源语作者的表达意图，以及目标语读者的认知信息，这样才能达到中医翻译被理解的目的，实现沟通最大化。

2 关联理论指导下的中医英语翻译举例

许多学者对于对等翻译理论争论不休。关联理论下的翻译不需要对等原则，交际中话语的输出和理解不可能对等，中医中跨语言的话语的二次输出和理解更不可能对等。中医翻译是跨文化的示义-推理过程，整个过程包含3个交际者，中医著作作者，译者和译文读者。译者需承担双重角色，相对于原文作者而言是受体，是听话人；而相对于译文读者而言他又是说话者。在中医英译过程中为使相关“说话者”与“听话者”双方获得最大关联，译者需具有扎实的中医功底和较好的语言驾驭能力外还应对中西文化，以及中医与西医两种思维方式具有较强的剖析力，如此才能有助于译者在相应的交际明示中找到最佳关联，从而使自己的交际意图和读者的期望相吻合。

从关联理论角度分析中医英译，目前普遍流行的方法为注释加注释，如对阴阳、营和卫气等中医学核心词汇的翻译；或运用“比照西医”再加注释的方法翻译与西医解剖部位和具体病症相关的中医名词，如肾（Shen）kidney、心（Xin）heart、血（Xue）blood和消渴病（Xiaoke）diabetes等，类似这样的名词采用音译，再加上注释，既保留了词汇的中医特色，又有利于与外国学者交流。

中医术语很多采用类比方法。英译时首先要准确理解文化内涵才能将有关信息顺利传达给目标语读者，使听话者获得相似关联。为表达一定的交际效果，译者也可以考虑运用相应的修辞手法。比如三焦（triple energizer）是一个非常抽象的概念。《灵枢・营卫生会》：“上焦如雾，中焦如沤，下焦如渎。”这是以比喻方法来表达三焦的功能：上焦气盛，如雾露之空虚；下焦水盛，如川渎之注流；而气火变化之源，出于中焦，中焦气，火气之交，气方升而水方降，水欲成气，气欲成水，气水未分，其形如渎。世界中医药学会联合会《中医基本名词术语中英对照国际标准》将三焦译为：Upper energizer as sprayer, middle energizer as fermentor and lower energizer as drainer[4]。实践中发现将以上译文稍作修改更易被外国学生接受。修改后的译文：The upper Jiao disperses qi, the middle Jiao is like a burner that ferments and ripens food, and the lower Jiao drains turbid qi。

关于中医的英译方法，翻译界长期以来一直有直接与意译，归化与异化之争。而关联理论的出现为中医翻译提供了一种统一的理论模式，用来化解看似矛盾的翻译现象。它以关联为准则，以译文读者的认知效果为最终目的，译者可根据实际需要采用多种翻译策略来处理翻译时所遇到的困难，使译文一方面能满足原作者的表达意图，即包含丰富的传统文化和中医思想理念，另一方面又符合译语的规范和标准。

中医术语往往要伴随语境变化进行翻译，如厥(jue)的英译，《素问・阴阳应象大论》“厥气上行，满脉去形”指血逆气逆，脉道壅盛而致突然昏仆的病理，厥气译为a condition of chaotic qi。《灵枢・厥病》：“厥心病，痛如如之针刺其心。”厥心痛译为a condition of violent chest pain with cold hands。《伤寒论》“厥阴之为病，消渴，气上撞心。”厥阴refers to the name of the sixth and final channel in the six channel system of Shang Han Lun，also translated as terminal yin。

对于中医典籍的翻译，原则上应遵守原文作者的表达方式和句子的结构形式，按关联理论要求可以适当增加词汇，并按原文行文风格采用综合翻译法尽可能传递内涵信息。

以下是根据关联理论动态推理特性和认知语境特点来处理中医英语翻译的几个例子。

例1 若酒客病，不可与桂枝汤，得之则呕，以酒客不喜甘故也。选自《伤寒论》第18条。

Wiseman译为：If a drinker is sick, Guizhi
Tang cannot be given, since it will cause retching. This is because drinkers do not like sweet things[2].

Wiseman 采用了模糊方式翻译 (We have tried to make the English translation as ambiguous as the Chinese context, so that it supports either interpretation[3]), 这种翻译是基于译者对原文的理解：(1) If a liquor drinker is sick (with greater yang disease), one cannot give Guizhi Tang; (2) If the patient has liquor drinker sickness (alcoholism, without greater yang disease), one cannot give Guizhi Tang.

在教学实践中可借鉴 Wiseman 的译文稍作修改。首先明确原文的内涵为太阳中风而湿热内蕴者不可纯用桂枝汤。原作要传达的信息为嗜酒之人多湿热内蕴，因为桂枝汤为辛甘温剂，能助湿，湿能生热，而患者湿热内蕴，升降失司，服之可致呕吐。稍作修改后译为：One cannot give Guizhi Tang to alcoholics because it will cause retching. This is because alcoholics cannot take sweet things (Guizhi Tang is sweet in nature). 如此，对“酒客”及“酒客不喜甘故也”的翻译采用文外加注法增加了信息量，从临床认知语境上让外国学生对原文的内涵了解得更为清楚了了。

例 2 太阴病欲解时，从亥至丑上。选自《伤寒论》第275条。

译文 The Taiyin disease is likely to heal between Hai and Chou[3].

分析 “亥至丑上”为中国特有的农历纪年法。考虑到译文读者缺乏此认知语境，可采用注释法，既传达原文内容又兼顾形式。译为：The time that Taiyin disease is ready to resolve is from Hai to Chou (9 pm to 3 am).

例 3 患有发热恶寒者，发于阳也；无热恶寒者，发于阴也。选自《伤寒论》第7条。

译文 If the disease has fever and aversion to cold, it stems from yang; if there is only aversion to cold but no fever, it stems from yin.

例 4 (太阳病中风) 阳浮者热自发，阴弱者汗自出。选自《伤寒论》第12条。

译文 Where yang is floating, there is spontaneous fever; where yin is weak, there is spontaneous sweating.

分析 例 3 与例 4 均有术语阴阳，但随语境变换意义不一样。例 3 的阴阳是指六经辨证，以寒热来辨阴阳。The terms yin and yang represent the three yang channels and three yin channels, 例 4 的阴阳指脉象。轻按则浮，为阳浮；重按则弱，称阴弱。The terms yin and yang refer to the pressure used in pulse taking.

3 结 语

翻译是一种交际活动，如何保留并传递中医文化内涵是中医英语翻译工作者的重要课题。不可否认在翻译中由于个体差异会引起认知语境和推理的差异，但是只要以关联作为一种评估方法，以意图作为最终目标，相信中医翻译者最终会获得他与原作者及译文读者的最佳关联。

REFERENCES
3 Chinese.
6 Huang H. Introduction to Treatise on Exogenous Febrile Disease. Shanghai: Shanghai University of Traditional Chinese Medicine Press, 2005; 245.