Comparative study on WHO Western Pacific Region and World Federation of Chinese Medicine Societies international standard terminologies on traditional medicine: Qi and Blood Differentiation of Syndromes

Zhao-guo Li
1. College of Foreign Languages, Shanghai Normal University, Shanghai 200234, China
2. Secretariat of Specialty Committee of Translation, World Federation of Chinese Medicine Societies, Shanghai 200234, China

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WHO 西太区与世界中医药学会联合会中医名词术语
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李照国
1. 上海师范大学外国语学院，上海 200234
2. 世界中医药学会联合会翻译专业委员会秘书处，上海 200234

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In traditional Chinese medicine (TCM), there are many terms related to differentiation of syndromes related to qi and blood. However in WHO International Standard Terminologies on Traditional Medicine in the Western Pacific Region[1] (abbreviated as WPRO Standard), only 35 terms are included. While in International Standard Chinese-English Basic Nomenclature of Chinese Medicine compiled by World Federation of Chinese Medicine Societies[2] (abbreviated as WFCMS Standard), more terms are listed. Compared with the terminologies in other specialities in TCM, the ones related to syndrome differentiation of qi and blood are concrete in structure and connotation, and thus are already quite standardized in translation. However, the translation of other related concepts and terms, such as 痁、滞、瀕、陷, are still in need of further discussion. This article tries to make a comparative study on how to translate and standardize these terms and concepts according to the studies made in the book entitled International Standardization of English Translation of Traditional Chinese Medicine: Study of Theory, Summarization of Practice and Exploration of Methods[3].

气血辨证 qi-blood pattern identification/syndrome differentiation: categorization of patterns/syndromes according to the state of qi and blood

According to the current translation practice, to translate 气血辨证 as “pattern/syndrome differentiation of qi and blood” or “qi and blood pattern/syndrome differentiation” seems to be
more practical and applicable. Such way of translation can be found in most of the popularly used Chinese-English dictionaries of TCM.

气虚证 qi deficiency pattern/syndrome: a pattern/syndrome of deficiency of genuine qi with diminished function of internal organs, marked by shortness of breath, lassitude, listlessness, spontaneous sweating, pale tongue and weak pulse.

In this definition, the phrase “genuine qi” obviously is the translation of the Chinese concept 真气 which is now also translated as “true qi”, sounding quite awkward. In ancient Chinese classics, 真气 is similar to 正气, often translated as “healthy qi”, which is produced by combination of the primordial qi and nutrients of food.

气陷证 qi sinking pattern/syndrome: a pattern/syndrome resulting from failure in its lifting or holding function, marked by dizziness, blurred vision, shortage of qi, lassitude, prolapse of the anus, prolapse of the uterus or visceroposis, pale tongue with white coating and weak pulse.

To translate 气陷 as “qi sinking” is certainly a literal translation. In this term, the Chinese character 陷 means to move or flow abnormally downwards. In this definition, the phrase “shortage of qi” seems to be the translation of the Chinese term 少气 which actually means “shortness of breath”, not “shortage of qi”. In the term 少气, the Chinese character 气 refers to breath, not the philosophical concept known as qi. We can find quite a number of terms in TCM which in which 气 means breath rather than qi, such as 少气懒言 (shortness of breath with no desire to speak) and 少气不足以息 (dyspnea due to shortness of breath) etc.

气滞证 qi stagnation pattern/syndrome: a pattern/syndrome resulting from stagnation of qi, marked by intermittent thoracic, hypochondriac, epigastric and abdominal distention or pain, often ameliorated by sighing or belching.

In the current translation practice, the English word “stagnation” is sometimes also used by some translators to translate other Chinese concepts, such as 瘀 and 郁, creating certain confusion in translation. Semantically speaking, the Chinese concepts 瘀, 瘀 and 郁 may overlap in a certain sense. However, their connotations are still quite distinct if careful comparisons are made.

气逆证 qi counterflow pattern/syndrome: a pattern/syndrome arising when qi moves abnormally upward, manifested by cough and dyspnea, or nausea, vomiting, hiccup, belching or even hematemesis, or feeling of gas ascending from the lesser abdomen to the chest or throat with distension and oppression, headache and vertigo.

The Chinese term 气逆 is also frequently translated as “reverse flow of qi” or “adverse flow of qi”. In this definition, the phrase “lesser abdomen” seems to be the translation of the Chinese term 少腹 which simply refers to the lower abdomen. In fact, “lower abdomen” is traditionally used to translate the Chinese term 少腹. And thus it is obviously unnecessary to change it into “lesser abdomen” which sounds quite confusing.

气闭证 qi block pattern/syndrome: a pattern/syndrome marked by sudden loss of consciousness with restlessness, trismus and contracture of limbs, or by colicky pain in the chest and abdomen, or by sudden onset of panting with cyanosis, or by fecal retention and urinary block.

The Chinese character 闭 in the term 气闭 literally means to be close. That is why sometimes this term is translated as “qi closure”. Comparatively speaking, “qi block” sounds much better than “qi closure” in expressing the meaning of the original term. In this definition the phrase “urinary block” seems to be the translation of the Chinese term 尿闭 which actually just refers to retention of urine.

气脱证 qi collapse pattern/syndrome: a pattern/syndrome marked by sudden appearance of profuse sweating, somber pale complexion, cyanotic lips, cold extremities, feeble breathing, even fainting or loss of consciousness with incontinence of urine, pale tongue and hardly perceptible pulse.

The Chinese character 脱 in the term 气脱 is sometimes translated as “prostration”. However, in terms of 气脱, “collapse” is obviously clearer than “prostration” in meaning. Occasionally we may also find that 脱 is rendered as “loss of qi”. In this definition, the phrase “hardly perceptible pulse” seems to be the translation of the Chinese term 脄微欲绝 which literally means that the pulse is too weak to be felt and is thus often translated as “indistinct pulse”.

气机失调证 disordered qi movement pattern/syndrome: a general term for a group of patterns/syndromes attributed to disorders of qi movement including qi stagnation, qi counterflow, qi fall, qi block and qi collapse.

In the Chinese term 气机失调, the Chinese concept 气机 is also frequently translated as “qi activity” and 失调 is often rendered as “dysfunction” or “disorder”. Thus in the current transla-
tion practice, this term is quite often translated as “dysfunction of qi activity” or “disorder of qi activity”. However, to translate 气机 as “qi movement” is also clear in meaning and quite understandable. In this definition, “qi stagnation”, “qi counterflow”, “qi block” and “qi collapse” are certainly the translation of the Chinese term 气滞, 气逆, 气闭 and 气陷. But what does “qi fall” refer to?

气机不升证 inhibited qi movement pattern/syndrome: a pattern/syndrome that arises when impeded, obstructed or stagnant qi flow impairs the functions of viscera and meridians/channels and is marked by sensation of oppression, distension, and pain associated with frequent sighing, depressed mood and string-like pulse

The phrase 不利 in the Chinese term 气机不升 is also clear in meaning. However, “unsmooth” seems to be used more often in translating 不利. In this definition, the phrase “string-like pulse” is obviously the translation of the Chinese term 脉弦 which is also translated as “taut pulse”.

气机郁滞证 stagnant qi movement pattern/syndrome: a pattern/syndrome caused by stagnation of qi movement, marked by feeling of oppression, distension and pain with a tendency to sighing, emotional depression and string-like pulse

The Chinese characters 郁 and 滞 in the term 气机郁滞 actually mean two different things. 郁 usually means depression while 滞 often indicates stagnation or stagnancy. In this definition, the phrase “emotional depression” may mean the same thing as “depressed mood” in the definition of 气机不升 listed above. I guess both “emotional depression” and “depressed mood” are the translation of the Chinese term 情志不畅. Both ways of translation are understandable and clear in meaning.

气郁证 qi depression pattern/syndrome: a pattern/syndrome marked by feeling of distension in the chest, pain in the hypochondriac region, irritability, irascibility, anorexia and menstrual disorders in women, the same as the qi stagnation pattern/syndrome

In the definition of 气郁证, it says that 气郁证 is the same as 气滞证 (the same as the qi stagnation pattern/syndrome). Actually 气郁 and 气滞 are not quite the same, though they share something in common, just as that of “depression” and “stagnation” in English, though overlapping in some way, appearing quite distinct in connotations.

气郁化火证 pattern/syndrome of depressed qi transforming into fire: a pattern/syndrome marked by emotional depression, irritability, irascibility, distension and burning pain in the chest, and reddened tongue with yellow coating, the same as the pattern/syndrome of stagnated qi transforming into fire

In this definition, 气郁化火 is taken as the same as 气滞化火 (the same as the pattern/syndrome of stagnated qi transforming into fire). Just as mentioned in the discussion about the term 气郁证, the Chinese terms 气郁 and 气滞 are similar to each other, but also quite different from each other, and thus cannot be taken as the same thing.

寒凝气滞证 pattern/syndrome of congealing cold with qi stagnation: a pattern/syndrome that arises when pathogenic cold hampers the qi movement and qi transformation and is characterized by various pains, such as general pain, headache, painful and rigid neck, back pain and lumber, epigastric and abdominal pain with cold feeling, pain of extremities and joints

The Chinese character 凝 in the term 寒凝气滞 means to condense, coagulate, accumulate or congeal. That is why this term is often translated differently in the current translation practice. In fact concepts like 凝, 郁, 滞 and 滞 are all quite rich in connotations and it is hard to express them clearly and fully with one single English word. In this definition, the expression “pathogenic cold” is obviously the translation of the Chinese concept 寒邪. The Chinese character 邪 which, especially in the West, is often translated as “evil” which sounds superstitious. In fact the character 邪 in TCM just means pathogenic or pathogenic factors. Thus it is better to translate 寒邪 as “pathogenic cold” rather than “cold evil”.

中气下陷证 sunken middle qi pattern/syndrome: a pattern/syndrome marked by bearing-down sensation in the epigastrium and abdomen, protracted diarrhea, even prolapse of rectum or visceroptosis

The Chinese character 陷 in the term 中气下陷 means to sink or prolapse. However to translate 中气下陷 as “sunken middle qi pattern/syndrome” is improper in collocation. To change it into “middle qi sinking pattern/syndrome” may sound more reasonable and understandable. In this definition, the expression “protracted diarrhea” is certainly the translation of the Chinese term 久泻不止 which is also translated as “lingering diarrhea”.

气虚不摄证 pattern/syndrome of qi deficiency with failure to constrain: a pattern/syndrome arising when failure of insufficient qi in constraint leads to loss of liquid substances, marked by seminal emission, incontinence of urine, spontaneous sweating, hemorrhages, lusterless complexion, lassitude, lack of strength, pale and plump tongue, and weak pulse.

The Chinese character 摄 in the term 气虚不摄 means to control, constrain or check. So in WFCMS Standard, this term is translated as “qi deficiency failing to control”. However in the current translation practice this term is usually rendered as “failure of qi to control/constrain due to deficiency”. In this definition, the expression “lack of strength” seems to be the translation of the Chinese term 无力 which is also frequently translated as “weakness”. Comparatively speaking, “lack of strength” sounds more expressive and equivalent to the original term. The expression “pale and plump tongue” seems to be the translation of the Chinese term 舌淡胖 which is often rendered as “light-colored and bulgy tongue”. The Chinese character 淡 in the term 舌淡胖 means light-colored, not so serious as “pale”.

气虚发热证 pattern/syndrome of qi deficiency with fever: a pattern/syndrome marked by a low persistent fever exaggerated by physical exertion, associated with fatigue, lack of strength, shortness of breath, pale tongue and weak pulse.

The Chinese term 气虚发热 indicates that 气虚 (qi deficiency) is the cause while 发热 (fever) is the result. That is why it is often translated as “fever due to qi deficiency” or “fever caused by qi deficiency”. However, to translate 气虚发热 as “qi deficiency fever” not only sounds structurally concise and equivalent to the original term, but also seems expressive.

气虚湿阻证 pattern/syndrome of qi deficiency with dampness obstruction: a pattern/syndrome marked by listlessness, lassitude, reduced food intake, shortness of breath, heaviness feeling of the head and body, abdominal distension, diarrhea and soggy weak pulse.

In WFCMS Standard, 气虚湿阻 is translated as “syndrome/pattern of qi deficiency and dampness obstruction”, sounding quite similar to that in WPPO Standard, only differing in the use of “with” and “and”. However, comparatively speaking, the translation in WPPO Standard seems more reasonable because “qi deficiency” and “dampness obstruction” are cause and effect, not parallel to each other. Besides, the Chinese character 阻 in this term is also frequently rendered as “blockage” because 阻 means both blockage and obstruction. In this definition, the expression “soggy and weak pulse” seems to be the translation of the Chinese term 脉濡弱. Literally the Chinese character 濡 in 脉濡弱 means something like dampness or wetness. Actually it just means the pulse is superficial, weak and small. This kind of pulse is easily to be felt when lightly touched but may disappear when pressed hard. In an ancient classic entitled Canon of Pulse (《脉经》), it says that “濡 means easiness to feel the pulse which appears as light and floating as a sheet of silk in water”.

气虚水停证 pattern/syndrome of qi deficiency with water retention: a pattern/syndrome marked by edema of limbs, inhibited urine, heaviness feeling of the head and body, distension, pain and a feeling of pressure in the chest, epigastrium and abdomen, and pale tongue with white slippery coating.

In WFCMS Standard, 气虚水停证 is rendered as “syndrome/pattern of qi deficiency and water retention”, the same case as that discussed in the term 气虚湿阻证 above. In this definition, the expression “pain and a feeling of pressure in the chest” seems to be the translation of the Chinese expression 胸闷痛 in which the Chinese character 闷 means something like “oppression” or “suppression”.

气虚外感证 pattern/syndrome of qi deficiency with external contraction: a pattern/syndrome marked by aversion to cold, fever, spontaneous sweating, headache, stuffy nose, feeble voice, lassitude, lack of strength and shortness of breath.

In both WPPO Standard and WFCMS Standard, the expression 外感 in the term 气虚外感证 is “external contraction”. However, in the current translation practice, 外感 is frequently translated as “exogenous”. For instance, 外感头痛 is often translated as “exogenous headache” instead of “headache with external contraction”.

气阴两虚证: 气阴亏损证 pattern/syndrome of dual deficiency of qi and yin: a pattern/syndrome marked by listlessness, lack of strength, shortness of breath, reluctance to speak, dry throat and mouth, vexing thirst, flushed cheeks in the afternoon, short voidings of small amount of urine, constipation, emaciation, scanty dry tongue coating and vacuous pulse.

The Chinese terms 气阴两虚证 and 气阴亏损证 are similar to each other in a certain sense. However
they are two independent terms with certain difference in connotation and structure. So it is better to translate them separately. According to the theory of TCM, 脾氣虛微 means deficiency of both qi and yin, while 脾胃虚损 means deficiency of qi and yin due to consumption or loss.

血虚证 blood deficiency pattern/syndrome: a pattern/syndrome marked by pale or sallow complexion, pale lips and nails, dizziness, dimmed vision, palpitations, numbness of extremities and fine pulse.

In this definition, the expression “fine pulse” may be the translation of the Chinese term 脉细 which is also frequently translated as “faint pulse” or “indistinct pulse”. Comparatively speaking, “fine pulse” sounds more acceptable. The expression “sallow complexion” is obviously the translation of the Chinese term 面色萎黄, in which the Chinese expression 萎黄 means yellow and lusterless (complexion) due to weakness of the spleen and stomach and insufficiency of qi and blood.

血脱证 blood collapse pattern/syndrome: a critical pattern/syndrome occurring in cases of acute massive bleeding, marked by pallor, dizziness, palpitations, faint and short breathing, cold extremities and even mental confusion, pale tongue, hollow pulse or hardly perceptible pulse.

The Chinese term 血脱 is sometimes also translated as “blood prostration”. In fact both “blood collapse” and “blood prostration” are literal translation, not quite equivalent to the original Chinese term in meaning. In Chinese, 血脱 indicates detriment and consumption of genuine yin and weakness of blood sea (thoroughfare vessel or liver) due to constitutional weakness, or impairment caused by excessive contemplation, fatigue, excessive sexual intercourse, alcoholism and improper diet, or chronic hemorrhage.

血瘀证 blood stasis pattern/syndrome: a pattern/syndrome marked by formation of visible painful and tender purple mass, or abdominal mass with stabbing pain and tenderness, or bleeding of dark purple blood with clots, dark purple tongue, and fine choppy or irregular pulse.

To translate the Chinese term 血瘀 as “blood stasis” is actually quite inaccurate. In English, stasis indicates that the blood stops flowing and retains in a certain place. However, 血瘀 in TCM not necessarily means that the blood stops flowing or retains in a certain place. In fact the blood itself is still flowing. The only problem is that its strength in flowing is not strong enough, and thus affecting its normal function.

瘀血证 blood amassment pattern/syndrome: a pattern/syndrome caused by stagnated blood accumulated in a meridian/channel or an organ, e.g., in the uterus, manifested by distention and pain in the lower abdomen, chills and fever, delirium or other mental disorders at night, or in the middle energizer, manifested by pain and tenderness to touch over the epigastrium.

The Chinese character 瘀 in the term 瘀血 usually means accumulation, gathering or amassment. That is why this term is often translated as “blood accumulation” as done in WFCMS Standard. In this definition, the Chinese term 少腹 is translated as “lower abdomen”, a quite normal way to render this Chinese term. However, in the definition of 气逆证 analyzed above, 少腹 was translated as “lesser abdomen”, sounding quite awkward and unclear.

血热证 blood heat pattern/syndrome: a pattern/syndrome that occurs when exuberant pathogenic heat enters the blood aspect and is manifested by fever, nose-bleeds, vomiting of blood, expectoration of blood, bloody stool, skin eruptions, or advanced periods with profuse bright-red menstrual discharge, vexation, or even delirium and convulsions, deep crimson tongue and rapid string-like pulse.

In this definition, the expression “blood aspect” seems to be the translation of the Chinese term 血分 which is also frequently translated as “blood phase”. The expression “deep crimson tongue” may be the translation of the Chinese expression 舌质红绛 which is also translated as “deep red tongue”. Both ways of translation are used quite popularly in current translation practice. The expression “advanced periods” is perhaps the translation of the Chinese term 月经先期 which is often rendered as “early menstruation”.

气血两虚证 pattern/syndrome of dual deficiency of qi and blood: a pattern/syndrome marked by listlessness, lack of strength, shortness of breath, pale or sallow complexion, dizziness, dimmed vision, pale lips and nails, palpitation, insomnia, pale tongue and weak pulse.

The Chinese character 气 in the term 气血两虚证 is also frequently translated as “both” as is done in WFCMS Standard in which this term is rendered as “syndrome/pattern of both qi and blood deficiency”, a quite popularly used way of translation in the current translation practice. The expression “pale tongue” may be the transla-
tion of the Chinese term 舌淡 which means that the tongue is light-colored rather than pale.
气血失调 qi-blood disharmony pattern/syndrome: a pattern/syndrome resulting from disharmony of qi and blood with failure in mutual nourishing and complementing, and usually associated with persistent pain, reverse flow of qi, menstrual irregularities and chronic bleeding.

The Chinese expression 失调 in the term 气血失调 means dysfunction or disorder. Therefore this term is often translated as “dysfunction of qi and blood” or “disorder of qi and blood”. Of course 失调 also indicates disharmony. However, comparatively speaking, “dysfunction” and “disorder” seems clearer than “disharmony” in demonstrating pathological changes. In this definition, the expression “reverse flow of qi” is obviously the translation of the Chinese term 气逆. However in the term 气逆 and the definition of other related terms in WPRO Standard, 气逆 is translated as “qi counterflow”, failing to keep consistency in standardization.

气虚血瘀证 pattern/syndrome of qi deficiency with blood stasis: a pattern/syndrome of blood stasis resulting from qi deficiency, marked by somber pale complexion, lack of strength, shortness of breath, local stabbing pain, purplish tongue or purple spots on the tongue and sunken choppy pulse.

In the Chinese term 气虚血瘀证, the part of 气虚 is the cause and the part of 血瘀 is the result. That is to say that 血瘀 is caused by 气虚 or 气虚 leads to 血瘀. Thus in the current translation practice, the term 气虚血瘀证 is often translated as “blood stasis due to qi deficiency” or “blood stasis caused by qi deficiency”. In this definition, the expression “sunken and choppy pulse” is unclear. In English, the word “choppy” means “water has a lot of waves and is not smooth to sail on”. According to such an explanation in Longman Dictionary of Contemporary English[4], “choppy pulse” means 洪脉. But if the pulse is sunken, it cannot be choppy.

气滞血瘀证 pattern/syndrome of qi stagnation and blood stasis: a pattern/syndrome marked by moving or stabbing pain in the thoracic, hypochondriac, epigastric or abdominal region with or without mass formation, purple tongue or purple-spotted tongue, and string-like choppy pulse.

In the term 气滞血瘀, the part of 气滞 is the cause while the part of 血瘀 is the result, the same case as the term 气虚血瘀 analyzed above. Thus to take 气滞 and 血瘀 as something parallel to each other, as done in the translation above, is obviously improper. In this definition, the expression “moving pain” may be the translation of the Chinese term 游走性疼痛 which is occasionally translated as “migratory pain”.

气随血脱证 pattern/syndrome of qi collapse following bleeding: a pattern/syndrome marked by pale complexion, reverse cold of limbs, profuse sweating, feeble breathing, or even respiratory arrest, and hardly perceptible pulse or vacuous rootless large pulse.

In this definition, the expression “reverse cold of limbs” may be the translation of the Chinese term 四肢逆冷 which is often simply translated as “cold limbs” or “coldness of limbs”. However “reverse cold of limbs” seems more expressive and equivalent to the original term in structure and connotation. The expression “vacuous rootless large pulse” is perhaps the translation of the Chinese expression 脉虚大无根 in which the Chinese character 虚 just means weak or feeble, not at all vacuous. In some other places in WPRO Standard, the Chinese character 虚 is rendered as “vacuous” or “vacuity” which is obviously in need of serious consideration.

气不摄血证 pattern/syndrome of qi failing to control the blood: a pattern/syndrome marked by hematochezia, bleeding through the pores, gum bleeding, uterine bleeding or excessive menstrual discharge, listlessness, lack of strength, shortness of breath, laziness to speak, lusterless complexion, pale tongue and weak pulse.

In this definition, the expression “laziness to speak” is obviously the translation of the Chinese term 懒言 which in fact means no desire to speak. Of course the Chinese character 懒 means laziness. However in this specific term it means no desire (to speak) because of illness or weakness.

血虚失荣证 pattern/syndrome of blood deficiency complicated by stasis: a pattern/syndrome marked by sallow or pale complexion, dizziness, blurred vision, palpitations, dream-disturbed sleep, stabbing pain fixed in location, scanty menstrual discharge of dark purple blood with clots, dysmenorrhea or amenorrhea, purple tongue or purple spots on the tongue, and fine choppy pulse.

In this definition, the expression “dream-disturbed sleep” seems to be the translation of the Chinese expression 多梦 which is often simply translated as “dreaminess in sleep”; the expression “pain fixed in location” may be the transla-
tion of the Chinese term 痛有定处 which is often rendered as “fixed pain” or “pain with fixed location” in the current translation practice. The expression “fine choppy pulse” may be better understood as “fine pulse and choppy pulse” because a given pulse is hard to be both fine and choppy.

血虚寒凝证 pattern/syndrome of blood deficiency and congealing cold: a pattern/syndrome marked by purplish complexion, dizziness, blurred vision, dark purple lips and tongue, cold hands and feet, and localized cold, pain and numbness; in women, late periods with scanty congealing cold menstrual discharge of dark blood or clots, painful periods or amenorrhea.

In the Chinese term 血虚寒凝，血虚 is translated as “blood deficiency”, 寒凝 is better to be rendered as “cold congealing”, keeping a balance in structure, as done in WFCMS Standard in which 血虚寒凝 is translated as “syndrome/pattern of blood deficiency and cold congealing”.

血虚风燥证 pattern/syndrome of blood deficiency and wind-dryness: a pattern/syndrome marked by dry, rough, itchy, shrunken skin with rhabages, withering and loss of hair, numbness of body surface, contraction of hands and feet, lusterless complexion, pale nails, dizziness and blurred vision, pale tongue and fine pulse.

In terms of pathogenesis, 血虚风燥 means that blood deficiency causes the production of wind and dryness. For this reason, 血虚风燥 is often translated as “wind-dryness due to blood deficiency” or “wind-dryness caused by blood deficiency”. In the original Chinese term, 血虚 and 风燥 seem to be parallel to each other in structure. In fact there is a cause and effect relation between them. This is the unique morphology and syntax of the Chinese language. When we are translating a Chinese phrase or sentence into English, we have to take the logical relationship underlined in the original Chinese into consideration.

血虚生风证 pattern/syndrome of blood deficiency engendering wind: a liver wind pattern/syndrome attributed to blood deficiency that deprives the sinews of nourishment, and marked by numbness, tremor, contraction of limbs, itching, vertigo, lusterless nails, pale tongue and fine weak pulse.

The Chinese character 生 in 血虚生风 maybe translated as “engendering” or “production” or “generation”. That is why the translation of this term is somewhat different in the current translation practice. In this definition, the expression “lusterless nails” is the translation of the Chinese expression 爪甲不荣 which is also translated as “pale nails” in other places in WPRO Standard. Comparatively speaking, “lusterless nails” is better than “pale nails” in revealing the meaning of this Chinese term.

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