Comparative study on WHO Western Pacific Region and World Federation of Chinese Medicine Societies international standard terminologies on traditional medicine: Diseases in Internal Medicine (Part 6)

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

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白浊 white ooze: seminal fluid in the urine or persistent vaginal discharge

The so-called 白浊, as defined above, usually refers to seminal fluid in the urine or persistent vaginal discharge. Thus in the current translation, it is translated either as “spermaturia” or “semenuria” if related to male or as “leukorrhagia” if related to female. In traditional Chinese medicine (TCM), 白浊 also refers to seminal emission as mentioned in Essentials for Treatment of Syndromes (《证治要诀》compiled by Dai Yuanli in the Ming Dynasty (1368 AD-1644 AD)[1].

白浊 white turbidity: (1) murky urine white in color; (2) discharge of a murky white substance from the urethra.

In the current translation practice, 白浊 is either translated as “whitish turbid urine” or “nebulous urine” if it refers to urine white in color or as “gonorrhea” if it refers to discharge of white substance from the urethra without discharge of turbid urine. However, comparatively speaking, “white turbidity” seems structurally more equivalent to the original Chinese term.

尿浊 turbid urine (disease): discharge of turbid urine, white like rice water, with no difficulty or pain in urination, a condition different from unctuous strangury.

In TCM, 尿浊 is a common expression, not a
technical term, the meaning of which is implied in 白浊 as described in the book entitled Criteria for Treatment of Syndromes (《证治准绳》) compiled by Wang Kentang in 1602 in the Ming Dynasty (1368 AD-1644 AD) [10].

湿闭 dribbling urinary block (disease): dribbling urination or complete blockage of urine flow

The so-called 湿闭, also known as 溢 or 闭, means difficulty in urination or dribbling urination or complete blockage of urine, often seen in cases of retention of urine caused by various factors, either deficiency or excess in nature. If it is a syndrome of deficiency, it is usually caused by blockage of qi activity or water passage due to stagnation of lung qi. If it is a syndrome of excess, it is usually caused by failure of fluid transportation due to spleen and kidney yang deficiency. In either case, this problem is much more serious than “dribbling urinary block” (disease). In the WFCMS Standard [2], this term is translated as “ischuria” and “retention of urine”. In some other English-Chinese dictionary of TCM [4], this term is rendered as “dysuria” or “difficulty in urination”.

遗精 seminal emission (disease): a diseased state characterized by involuntary emission of semen

The so-called 遗精 was first used in the book entitled Formulae for General Treatment (《普济本事方》) compiled by Xu Shuwen in the South Song Dynasty (1127AD-1279 AD), also known as 遗泄 in Synopsis of Golden Chamber (《金匮要略》) or 失精 in Origin of Miscellaneous Diseases (《杂病源流犀烛》). It refers to either involuntary seminal emission or dream emission, usually caused by hyperactivity of heart fire and imbalance between the heart and kidney due to fatigue or excessive avarice, or caused by excessive sexual activity that depletes kidney essence and weakens the function of the kidney in retaining semen, or caused by downward flow of dampness heat or physical weakness after illness.

梦遗 dream emission (disease): involuntary emission of semen during sleep associated with dreaming

In the WFCMS Standard [2], 梦遗 is translated as “nocturnal emission”. Comparatively speaking, “dream emission” sounds more equivalent to the original term in structure. This term, also known as 失精, was first used in the book entitled Formulae for General Treatment, referring to spermatorrhea without sexual activity, usually caused by pornographic temptation, wanton activity of kidney fire, or excessive mental activity or exuberance of heart fire. The treatment of this problem mainly concentrates on clearing away heart fire and tranquillizing the spirit. If involving the kidney, the treatment should focus on nourishing yin to clear away heart fire and replenishing the kidney to astringe semen.

滑精 spermatorrhea: involuntary and frequent discharge of semen without copulation

In TCM, 滑精, also known as 精滑, was first used in the book entitled Complete Works of Zhang Jingyue (《景岳全书》). It is usually caused by depression due to failure to realize one’s desire. But sometimes it also can be caused by downward flow of dampness heat. The treatment of such a problem mainly concentrates on tonifying the kidney and enriching the renal essence to astringe semen.

早泄 premature ejaculation (disease): ejaculation of semen immediately after or even prior to penetration

Premature ejaculation may be caused by various factors, such as deficiency and detriment, or by terror and fear, or by dampness heat that will

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eventually slacken the penis. Clinical examination shows that this problem is either caused by congenital weakness, or by excessive sexual activity that weakens the function of the kidney in storing essence, or by mental overstrain that damages the heart and spleen, leading to insufficiency of blood production as well as deficiency and slow movement of qi and blood.

阳痿 impotence: an abnormal state of a male characterized by inability to initiate or maintain an erection in sexual intercourse

The term 阳痿, first used in the book Complete Works of Zhang Jinguue, is either caused by excessive sexual activity that reduces life gate fire, or by deficiency fire in the liver and kidney that involves the heart and spleen, leading to constant fear and depression. If caused by deficiency and coldness of essential qi, often accompanied by spermatorrhea, aching sensation in the waist, coldness of limbs, and deep and thin pulse, it can be treated by warming the kidney and tonifying renal essence. If caused by deficiency and detrimental of the heart and spleen, often accompanied by mental fatigue, palpitation and insomnia, it can be treated by tonifying the heart and spleen. If caused by wanton fluctuation of deficiency fire, usually accompanied by premature ejaculation, spermatorrhea, dysphoria, mouth dryness, red tongue, and thin and rapid pulse, it can be treated by enriching yin and reducing fire. If caused by excessive contemplation and terror that damages the liver, it can be treated by soothing the liver and relieving depression.

阳强 persistent erection: abnormal persistent erection of the penis accompanied by tenderness

TCM believes that persistent erection is either caused by emotional disappointment, fire transformed from liver depression and fire scorching the genitals that contract the penis, or by dampness heat that blocks the meridians in the penis and causes persistent erection of the penis, or by excessive sexual activity that hardens the penis due to constant discharge of semen and damage of the genuine yin that leads to deficiency of yin and hyperactivity of yang. This problem is often accompanied by pain in the penis, flushed complexion, red eyes, restlessness, irritability, dry lips and mouth, reddened margins of the tongue with yellow and slimy coating, and taut and rapid pulse. The treatment usually concentrates on clearing the liver and reducing fire.

精冷 seminal cold: a diseased state characterized by cold thin seminal fluid which leads to sterility

The term 精冷, also known as 精寒, was first used in the book entitled Records of Syndrome Differentiation (《辨证录》) compiled by Chen Shiduo in the Qing Dynasty (1644 AD-1911 AD). TCM believes that seminal cold is caused by cold essence in the kidney due to insufficiency of fire in the life gate and pericardium. Seminal cold often causes sterility due to insufficiency of kidney yang that fails to transform yin.

精浊 seminal turbidity (disease): an inflammatory disease of male genital organ marked by frequent discharge of white turbid secretion from the urethra, generally referring to prostatitis

Seminal turbidity is usually caused by excessive drinking of alcohol and excessive sexual activity that leads to damage of essence and blockage due to stagnation, or by depletion and deficiency of kidney essence that leads to wanton movement of kidney fire and damage of essence complicated by fire, or by downward flow of dampness heat into the essence chamber. If marked by scorching pain during urination, it is mainly treated by reducing fire; if caused by downward flow of dampness heat into the essence chamber with frequent urination, it can be treated by draining dampness; if marked by long duration without scorching pain, it can be treated by tranquilizing the mind and fortifying the kidney.

阴阳易 yin-yang transmission: the disease contracted by a healthy person after sexual intercourse with one who has not yet recovered from an external contraction, also known as yin-yang exchange

The so-called “yin-yang transmission” or “yin-yang exchange” actually refers to two cases of sexual transmission. If a healthy man has sexual intercourse with a woman who has not yet recovered from cold damage and contracts the disease, it is called “yin transmission” or “yin exchange”: if a healthy woman has sexual intercourse with a man who has not yet recovered from cold damage and contracts the disease, it is called “yang transmission” or “yang exchange”. This problem is often characterized by body heaviness, shortness of qi and weakness, spasm of the lower abdomen that even contracts the genital region, heat qi rushing to the chest, heaviness of the head and blurred vision.

奔驰; 奔豚气 running piglet: an ancient name for the morbid condition characterized by a feeling of masses of gas ascending within the abdomen like running piglets, also known as running piglet qi

The term 奔豚 or 奔豚气 was first used in the book Spiritual Pivot (《灵枢》). It is taken as one
of the five kinds of accumulation problem in the book *Canon of Difficult Issues* (《难经》), usually characterized by a feeling of gas running from the lower abdomen to the chest and throat, accompanied by sharp pain, or abdominal pain, or alternate chills and heat, long duration, cough, hiccup, bone wilting and shortness of breath. It is often caused by upward counterflow of cold yin qi from the kidney or counterflow of qi and fire in the liver meridian. The treatment of this disease concentrates on warming and dispersing cold or clearing the liver and stopping counterflow. In some Chinese-English dictionaries of TCM, this term is translated as “running-pig syndrome” or “running piggy"[1]. In the WFCMS Standard[1], it is rendered as “running-pig syndrome”.

郁病 depression: a general term for diseased states characterized by a depressed mood with feelings of despair or uneasiness

In TCM, 郁病 is often called 郁证 which is a general term for various diseases caused by depression or stagnation that can be divided into different categories. In the *Simple Conversation*, depression is classified into five kinds, namely, wood depression, fire depression, earth depression, metal depression and water depression. In the book entitled *Zhu Danxi’s Clinical Experience* (《丹溪心法》), depression is categorized into six kinds, namely, qi depression, blood depression, dampness depression, heat depression, phlegm depression and food depression. In the *Complete Works of Zhang Jingyue*, depression study focuses on the emotional factors, and it is divided into anger depression, contemplation depression, anxiety depression, sorrow depression, fear depression and terror depression. In the book entitled *Red Water and Black Pearl* (《赤水玄珠》) compiled by Sun Yikui in 1584, depression study concentrates on the internal organs, and it is divided into heart depression, liver depression, spleen depression, lung depression, kidney depression and gallbladder depression.

血病 blood disease: a general term for diseases involving the blood, including bleeding, blood stasis and blood heat

鼻衄 nosebleed: hemorrhage from the nose irrelevant to trauma, also called epistaxis

The term 鼻衄, also known as 鼻中出血 or 鼻衄血, is frequently translated as “nasal bleeding” or “epistaxis”. If caused by upper congestion of lung heat and characterized by dryness in the nostrils and cough with scanty sputum, it can be treated by clearing away and draining lung heat; if caused by steaming and fumigation of stomach heat and characterized by dryness of nose, foul smell in the mouth and extreme thirst with excessive drinking of water, it can be treated by clearing away and draining stomach heat; if caused by exuberance of liver fire and characterized by headache, dizziness, red eyes and irritability, it can be treated by clearing away liver fire; if caused by head wind syndrome and characterized by sudden nasal bleeding, it can be treated by soothing the liver, dispersing wind and stopping bleeding; if caused by alcoholism and characterized by accumulation of heat in the stomach and lungs, constant nasal bleeding, yellow tongue coating and hoarse breath, it can be treated by clearing away heat from the lung and stomach through relieving alcoholic effects; if caused by dual yin deficiency of lung and kidney and characterized by tidal fever, night sweating, vertigo, tinnitus, constant cough, and thin and rapid pulse, it can be treated by enriching and nourishing yin of lung and kidney; if caused by repulsion of yang due to deficiency of yin in the lower and floating of yang in the upper, and characterized by nasal bleeding as well as feeble, floating and large pulse in both hands, it can be treated by leading fire to its source and suppressing the floating yang.

齿衄 gum bleeding: bleeding from the gums irrelevant to trauma

齿衄, also known as 牙衄, is caused either by excessive taking of spicy and hot food that leads to accumulation of heat in the stomach, often characterized by foul smell in the mouth, constipation, yellowish slimy tongue coating and frequent oozing of flood, which can be treated by clearing the stomach and reducing fire, or by insufficiency of kidney yin that leads to up flaming of deficiency fire, often characterized by mild redness and swelling of the gum, loose teeth with slight pain and scanty oozing of light-colored blood, which can be treated by enriching yin and descending fire, or by hypo-function of the spleen due to deficiency, often characterized by light-colored lips, sallow complexion, dispiritedness and constant scanty oozing of blood, which can be treated by tonifying the spleen, replenishing qi and controlling the blood.

呞血 hematemesis: vomiting of blood

The term 呕血 was first used in the book *Synopsis of Golden Chamber*, referring to vomiting of blood without any sound like cough, often caused by depression, anger, alcoholism, dyspepsia or overstrain that leads to exuberance of heat in the viscera,
effulgence of fire due to yin deficiency or spleen cold due to qi deficiency. If caused by retention of heat in the stomach and characterized by vomiting of fresh blood or purplish blood, thoracic and abdominal distension and pain, constipation, yellow tongue coating, and slippery rapid pulse, it can be treated by clearing the stomach and draining fire; if caused by intense liver fire and characterized by vomiting of fresh blood, or with purplish clots, bitter taste in the mouth, hypochondriac pain, dysphoria, irritability, red tongue and taut rapid pulse, it can be treated by draining liver fire and harmonizing the stomach; if caused by effulgence of fire due to yin deficiency and characterized by fever, night sweating, tinnitus, insomnia and thin rapid pulse, it can be treated by enriching yin and descending fire or cooling the blood to stop bleeding; if caused by deficiency cold in the spleen and stomach, and characterized by vomiting of purplish blood, chilliness, cold limbs and feeble pulse, it can be treated by warming the middle and stopping bleeding; if caused by deficiency of qi on the verge of collapse and characterized by dispiritedness and feeble and soft pulse, it can be treated by replenishing qi and controlling the blood.

血便 hematochezia: passage of blood in the stool
便血，also known as 下血, first used in the Simple Conversation, is usually caused by pathogenic fire and heat toxin that drive the blood to run frenetically, and can be treated by cooling the blood and draining fire. If caused by accumulation of dampness toxin in the large intestine and characterized by purplish or blackish blood in the stool, it can be treated by resolving dampness toxin; if caused by retention of pathogenic wind in the yin aspect, it can be treated by harmonizing the stomach; if caused by deficiency of spleen and stomach yin, it can be treated by warming and tonifying the spleen and stomach; if caused by excessive contemplation that damages the spleen and causes collapse of qi due to deficiency, it can be treated by tonifying the spleen and replenishing qi.

尿血 hematuria: discharge of bloody urine or blood streaks in the urine, but with no pain during urination
The term 尿血, also known as 瘀血 or 溢血, first used in the Synopsis of Golden Chamber, is usually caused by insufficiency of kidney yin, effulgence of fire in the heart and liver that is transmitted to the small intestine, or dual deficiency of the spleen and kidney and failure of the blood to be normally controlled. If caused by effulgence of fire due to yin deficiency, and characterized by red urine, aching of the waist and legs, tinnitus, blurred vision, dysphoria, dry mouth, red tongue, and thin rapid pulse, it can be treated by enriching yin and clearing away fire or cooling the blood to stop bleeding; if caused by dual deficiency of the spleen and kidney, and characterized by light-colored red urine, sallow complexion, poor appetite, aching waist and legs, light-colored tongue, weak and soft pulse, it can be treated by fortifying the spleen and tonifying the kidney or replenishing qi and controlling the blood.

紫斑 purpura: any disease characterized by ecchymosis or small hemorrhages in the skin and mucous membrane

TCM believes that purpura is usually caused by flow of heat toxin into the collaterals that drives the blood to run frenetically, or by failure of qi to control the blood due to deficiency, or by traumatic injury that prevents the blood to flow in the vessels and causes extravasation. If caused by invasion of wind toxin into the collaterals, it can be treated by dispersing wind, removing toxin, harmonizing the nutrient aspect and unblocking the collaterals; if caused by invasion of heat into the nutrient aspect, it can be treated by clearing the nutrient aspect, cooling the blood and stopping bleeding; if caused by failure of qi to control the blood, it can be treated by tonifying qi to astringe the blood; if caused by effulgence of fire due to yin deficiency, it can be treated by enriching yin to descend fire and cooling the blood to stop bleeding.[5]

瘀血 blood amassment (disease): a disease caused by stagnated blood accumulated in a meridian/channel or an organ, eg, in the uterus, or in the middle energizer

The term 瘀血, also known as 瘀血, first used in the book entitled Treatise on Cold Damage (《伤寒论》), refers to two pathological conditions. One is the disease caused by internal accumulation of stagnant heat due to combat between the blood and pathogenic heat from exogenous febrile disease, characterized by distending pain in the lower abdomen, chilliness or fever, delirium or ravings. The other is the disease caused by internal accumulation and retention of blood stasis.

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李治国
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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