

论《黄帝内经》中“瘵”的含义及其英译

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摘要:根据《黄帝内经》中出现的脾瘵、胆瘵、消瘵、瘵热、瘵症、黄疸等系列“瘵”病征,通过文献研究法考究“瘵病”含义并梳理对比李照国、吴氏父子、倪毛信和文树德四个译本中“瘵”的英译情况,提出“瘵”虽含“热”义,但其在不同语境中的含义却不尽相同,不宜一概译之为 heat(热),而应依据“瘵”在不同语境下的具体含义灵活地将之译出。

关键词:《黄帝内经》;“瘵”义;英译

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On Meaning and Translation of “Dan” (瘵) in *Huangdi Neijing*

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Abstract: Based on a series of “Dan” (瘵) symptoms in *Huangdi Neijing*, such as Pidan (脾瘵), Dandan (胆瘵), Xiaodan (消瘵), fever (瘵热), Dannue (瘵症) and Jaundice (黄疸). To study the meaning of “Dan” (瘵) through literature research and compare its four English translation versions by Li Zhaoguo, Wu Liansheng, Paul U. Unschuld, and Maoshing Ni. It proposes that although “Dan” (瘵) contains the meaning of “heat”, its meaning varies in different contexts. Therefore, it is inappropriate to translate it as “heat” altogether but according to different contexts.

Keywords: *Huangdi Neijing*; The Different Meaning of “Dan” (瘵); English Translation

《黄帝内经》(以下简称《内经》)作为中国医药之祖、医家之宗,是中国传统医学四大经典之首。历代医家对《内经》行文字词所含医理进行了注解,当代医家结合临床经验对经文要义进行了深入阐释。近年来,学者们对《内经》中“瘵”字相关的含义进行了

考证,可见与“瘵”相关的病症、病征是中医理论中一个重要概念。当前,从不同角度探讨《内经》中概念术语的翻译研究成果层出不穷,却鲜有学者研究“瘵”相关概念的英译。基于此,本研究以流通最广的李照国、吴连胜父子、倪毛信和文树德四个译文版

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本为例,探析他们对《内经》中“瘵”的不同英译方法,以期正确翻译“瘵”不同语境下的具体含义,助力推动中医文化对外翻译与传播。

1 《内经》中“瘵”的英译情况

不同类别的“瘵”病,内涵不一,其英译也应随之而变。由于倪毛信无《灵枢》译本,本研究仅以《素问》中的“瘵”英译为例进行分析。经统计,“瘵”字在《素问》原文中共出现 15 次,其中“脾瘵”出现 1 次,“胆瘵”1 次,“消瘵”3 次,“瘵热”1 次,“瘵疟”5 次,“黄瘵”3 次,“瘵”1 次。在此基础上,笔者从上述三位译者和吴连胜父子的《素问》译本中找出含“瘵”症词语的相应译文,见表 1。

由表 1 可见,李译和吴译多用音译+直译,倪

译和文译则常用意译。由于“瘵”字本身内涵丰富,以上译名是否译出其实,下文通过剖析“瘵”字在不同语境下的实际含义,并结合四位译者的译文进行对比分析,以进一步辨析这些译文的得失优劣。

2 《素问》英译本中“瘵”的具体内涵及其英译

古文中“瘵”多与病症、病状相关联,如《说文》与《尔雅·释诂下》皆将“瘵”释为“劳病”^[1-2]。《论衡·顺鼓》言:“其有旱也,何以知不如人有瘵疾也”,该句以天旱喻瘵疾,即中医常论及的热病。此外,《金匱玉函经二注》卷十五亦有言:“疸即瘵,单阳而无阴”^[3],此处以“瘵”通“疸”,表“黄病”(即黄疸)。在《内经》中,以杨上善、王冰为首的历代注家皆释“瘵”为“热”义,限定了“瘵”含“热”之特性^[4]。

表 1 “瘵”症词语的四个版本英译文

译者译法	脾瘵	胆瘵	消瘵	瘵热	瘵疟	黄瘵
李译	Pidan (Spleen-Heat Syndrome)	Dandan (Gallbladder-Heat Syndrome)	Xiaodan	fever	Dannüe (Heat-Malaria)	Dan; jaundice
吴译	pidan (heat and wetness in spleen)	Dandan (heat and wetness in gallbladder)	diabetes	hot	dan-malaria	jaundice
倪译	pi tan or digestive heat	dan tan or gallbladder heat	diabetic exhaustion; exhaustion syndromes	fever	dan malaria, an extreme heat type of malaria; dan ji, or heat malaria	jaundice
文译	spleen solitary [heat] disease	gallbladder solitary [heat] disease	wasting solitary [heat] disease	The heat of solitary [heat] disease	solitary [heat] malaria	solitary [heat] disease

本研究认为,《内经》中“瘵”义可归为三类,即“劳病”之热、形容热之“丰盛”以及通假为“疸”。

2.1 劳病之热:脾瘵、胆瘵、消瘵

2.1.1 脾瘵 “脾瘵”一词首见于《素问·奇病论》,黄帝问岐伯病口甘为何病,岐伯曰脾瘵。五味入口,藏于胃,脾为之行其精气,津液在脾,故令人口甘。病因在于过食肥甘厚味,肥者味厚助阳,阳气滞而不畅,故内热;甘者性缓不散,留滞于中,故中满^[5]。王冰亦注:“瘵,热也,脾热则四藏同禀,故五气上溢也。”^[6]可见,此处的热是由于饮食过度导致的脾胃蕴热,属脾胃过劳,日久可转为消渴(与现代糖尿病相似)。

例 1:此五气之溢也,名曰脾瘵。

李译:It is caused by upward flow of [the Essence of] five kinds of flavors and is called PIDAN (Spleen-Heat Syndrome)^[7].

吴译:It is due to the overflowing of the earth-energy, and the disease is called pidan (heat and wetness in spleen)^[8].

倪译:This is a condition that is due to the essence of the five flavors spilling upward. It is called pi tan or digestive heat^[9].

文译:This is an overflow of the five qi. The name [of the disease] is spleen solitary [heat] disease^[10].

此处四位译者皆译“瘵”为“热”,其中倪译为消化热症(Digestive heat),其余三者译为脾热。虽脾胃主消化,但消化系统并非仅有脾胃,故此处倪译指代不够明确,与该术语的关联性较低。李译和文译皆为脾热,符合大部分医家的释义,而吴译为脾湿热,热邪之外,仍有湿邪。依王冰之见,脾瘵即脾热^[6],而现代内科专家和中国科学院院士仝小林^[11]医师等则补充道:“脾热内渗,津液在脾……是脾之湿。脾主运化水湿,脾失健运,则津液输布代谢障碍,水液不化,聚而成湿,停而为痰。”概而言之,脾热内渗,津液在脾,自然伴有湿气。此外,《温热论》亦指出脾瘵乃湿热气聚,与谷气相转,土有余也^[12]。故脾瘵应为湿热之证(实热),可见此处吴译之为 pidan (heat and wetness in spleen) 更为适切。

2.1.2 胆瘵 “胆瘵”同载于《素问·奇病论》,帝曰:“有病口苦,取阳陵泉,口苦者病名为何? 何以得之?”岐伯曰:“病名曰胆瘵。夫肝者,中之将也,取决于胆,咽为之使。此人者,数谋虑不决,故胆

虚,气上溢,而口为之苦。据张志聪注^[13],谋虑在肝,决断在胆,数谋虑不决则肝气郁而胆气虚,胆之虚气上溢而口苦。

例 2:病名曰胆瘴。

李译:It is called Dandan (Gallbladder-Heat Syndrome)^[7].

吴译:The disease is called Dandan (heat and wetness in gallbladder)^[8].

倪译:This condition is called dan tan or gallbladder heat^[9].

文译:The disease is named gallbladder solitary [heat] disease^[10].

与前文“脾瘴”相似,四个译本皆释“胆瘴”为“胆热”,其中吴译之热为湿热。“脾瘴”病位在脾,“胆瘴”起因在肝而病位在胆。由于肝胆相邻,热气由肝及胆,胆府受热则摄藏胆汁的正常功能被扰,导致胆汁外泄。据国家中医药管理局中医药名词术语成果转化与规范推广项目提供的百度词条,胆瘴病因多为情志所伤、饮食不节、外感湿热、劳倦所伤或过嗜烟酒。此处原文为谋虑不决而致胆虚气溢,非湿热所致,故吴译“湿热”有所不妥。考虑到中医特色文化术语的传播且在不影响读者正确理解的前提下,笔者认为李译 Dandan (Gallbladder-heat syndrome)采用音译+注释的方式略胜一筹。

2.1.3 消瘴 历代医家对“消瘴”看法不一,大部分认为消瘴即消渴,如薛雪称:“消瘴即后世所谓三消症也”,张志聪也认为消瘴为三消之症,心肺主上消,脾胃主中消,肝肾主下消^[14]。《中医大辞典》^[15]对消瘴一症作出的解释有二:一为消渴病。消瘴为众消之总名,渴而多饮为上消,称膈消;消谷善饥为中消,称消中;渴而便数有膏为下消,称肾消。二即热中。消瘴为肝心肾三经之阴虚而生的内热病,即所谓热中,与三消异。其症阴虚内热,肌肉消瘦,脉微细。从上述译本的“消瘴”英译情况看,四位译者对“消瘴”的阐释大致也参考医家的注解,但译文阐释方式各异。

例 3:帝曰:“消瘴虚实何如?”岐伯曰:“脉实大,病久可治;脉悬小坚,病久不可治。”

李译:Huangdi asked, “What about the Xu (Deficiency) and Shi (Excess) in Xiaodan.”

Qibo answered, “[If] the pulse is strong and large, it is curable; [if] the pulse is small and hard, it is incurable”. (篇末注释: Xiaodan (消瘴) is another name for Xiaoke (消渴) which literally means consumptive and thirst disease, similar to diabetes. Zhang Jiebin (张介宾) said, “Xiaodan is a

general term for Saruciao (三消), three kinds of consumptive and thirst disease, which is caused by consumption due to internal heat and marked by extreme emaciation.”^[7]

吴译: Yellow Emperor, asked, “What about the asthenic and sthenic condition of diabetes?”

Qibo said: “When the pulse condition is sthenic and gigantic, even though the disease is protracted, it can still be cured, if the pulse condition is very tiny, firm and urgent, and the disease

Is protracted, it will not be cured”.^[8]

倪译: Huang Di asked, “How do you differentiate the pulses and determine the prognosis in cases of diabetic exhaustion?”

Qi Bo answered, “If one detects excess pulses here, the illness may be prolonged, but it is curable. If the pulse is floating, small, and hard, then the longer the condition persists, the poorer the prognosis”^[9].

文译: [Huang] Di: “When in the case of wasting solitary [heat] disease [the vessels show] depletion or repletion, how is that?”

Qi Bo: “When the vessels [show] repletion and are big, the disease lasts for long and can be treated. When the vessels are suspended, small, and firm, the disease lasts for long and cannot be treated”. (脚注: Guo Tian: “瘴 is read 丹, dan; it means ‘heat.’ ”)^[10]

本例出自《通评虚实论》,大意为黄帝问消瘴病脉象的虚实如何,岐伯则回答脉见实大,病虽久,但仍可治愈;脉象悬小而坚,病的时间又长,则不可治疗。《灵枢·五变》曰:“五藏皆柔弱者,善病消瘴。”张志聪释:消瘴者,五藏之精气皆虚,转而为热,热则消肌肉,故为消瘴也^[13]。可见,此处消瘴的病因病机为脏腑柔弱、阴虚内热,症状表现为肌肉消瘦、脉象微弱,与“热中”相应。吴译和倪译直接将“消瘴”译为 diabetes,未能完全阐释中医“消瘴”的完整含义。对于英文 diabetes 一词,牛津高阶英语学习词典(第 7 版)(以下简称“词典”)中的释义为“a medical condition which makes the patient produce a lot of urine and feel very thirsty”,该释义所述症状与“消渴”大致相同,但未能阐明消瘴所含的“阴虚内热”之病机。相较之下,李译则较为完整地将“消瘴”的内涵解释清楚。李译采用音译的方式(Xiaodan)较好保留中医“消瘴”概念的完整性,且利用篇末注释方式翻译历代医家对“消瘴”的不同

注解,方便读者更充分地了解该概念的内涵。李译采取音译+注释的阐释方法既可以保留中医文化术语特色,也帮助国外读者更好地理解“消瘴”的病证与病机,不失为一个理想的译案。

2.2 厚盛之热:瘴热、瘴疟

2.2.1 瘴热 “瘴”不仅有名词义,更有形容词义。“瘴”的“厚盛”义也体现在《内经》中,常用来形容热势的厚盛,如“瘴热”“瘴疟”^[4]。

例4:热气留于小肠,肠中痛,瘴热焦渴,则坚干不得出,故痛而闭不通矣。

李译:Retention of Heat-Qi into the small intestine causes in testinal pain, fever, thirst and retention of dry feces...^[7]

吴译:When the heat-evil retains in the small intestine, pain will occur in the intestine, and the patient will be hot and thirsty, together with dry stool and retention of feces^[8].

倪译:If the pathogenic heat is allowed to accumulate in the small intestine because of stagnation, pain results. Additionally, fever, thirst, a ferocious appetite, and hard, dry stool and constipation will occur^[9].

文译:When heat qi stays in the small intestine, there is pain in the intestine. The heat of solitary [heat] disease burns and dries out [the intestine], and as a result [the stools] harden and dry and cannot leave...^[10]

本例出自《素问·举痛论》,原文可解析为“如果热邪留蓄于小肠,也可发生肠中疼痛。由于内热伤津而唇焦口渴,粪便坚硬难以排出,故腹痛而大便闭结不通”^[5]。此处瘴为“厚盛”义,与热连用,强调了热势之盛。文译的表达(The heat of solitary [heat] disease)在英文中语义重复,稍有累赘之嫌。李译和倪译均以 fever 译“瘴热”,因为 fever 一词本身就含“发烧,高热”之意,与“瘴热”所强调的热势之厚盛一致,不失为准确的译案。

2.2.2 瘴疟 对于此处“瘴疟”,王冰注:“瘴,热也,极热为之也”^[6]。可见,“瘴疟”之“瘴”亦体现了热势厚盛之义。

例5:其但热而不寒者,阴气先绝,阳气独发,则少气烦冤,手足热而欲呕,名曰瘴疟。

李译:[If] there is only fever but no chills, it is due to... [This kind of malaria] is called Dannüe (Heat-Malaria)^[7].

吴译:“If the patient is feeling hot only and not feeling cold, it is because of... The disease is

called the dan-malaria”^[8].

倪译:Huang Di said, “Will you please tell me about the type of malaria where there is fever but no chills?” Qi Bo answered, “This occurs when... We call this dan malaria, an extreme heat type of malaria”^[9].

文译:When [the patient experiences] only heat but no cold... [This disease] is named solitary [heat] malaria”^[10].

此例源自《素问·疟论》,大意为:“如果只热不寒,这是由于阴气先亏于内,而阳气独旺于外,因而发作时就出现气短烦闷,手足发热,欲呕,这叫作瘴疟。”结合张志聪所注“瘴,单也,单发于阳而病热”^[13],此处“瘴”为厚盛之热。而“疟”在中医里有狭义和广义之分:前者由疟邪、瘴毒引起;后者为非疟邪、瘴毒所致的寒热往来证候^[16]。此处之“疟”实为广义之疟,四个译本均采用了西医术语 malaria,其在词典中释义为“a disease that causes fever and shivering caused by the bite of some types of mosquito”,等同于中医学中狭义的疟症,其窄化了中医术语的丰富内涵。因此,为保证中医术语概念相对完整,可以内涵上较为相似的西医术语 malaria 为基础,通过变换词性修饰类属词的方式,以“malarial disorders”译“疟”,进而以“特征词+malarial disorder”译各类疟病^[17]。较之 disorder (an illness that causes a part of the body to stop functioning correctly),笔者认为 syndrome (a set of physical conditions that show you have a particular disease or medical problem)更能反映瘴疟“气短烦闷,手足发热,欲呕”等病征,在此提供译名 Dannue (heat malarial syndrome)以供参考。

2.3 “瘴”通假“疸”:黄疸

《说文·疒部》记载:“疸,黄病也。”段玉裁注“瘴、疸二字互相假而淆惑矣”^[18]。据马继兴先生和张纲先生的考证,马王堆汉墓出土的医学帛书《阴阳十一脉灸经》和《足臂十一脉灸经》中单字的“瘴”病,随后出现的《灵枢经》等书中均已被复合的“黄疸”或“黄瘴”所取代^[19]。“瘴”与“疸”不仅在非医学文献中通假,在《内经》中亦有所体现。

例6:弗治,肝传之脾,病名曰脾风,发瘴,腹中热,烦心,出黄……

李译:If it is not treated in time, the disease will be transmitted to the spleen and cause Pifeng (Spleen-Wind Syndrome) [with the symptoms of] Dan, abdominal fever, dysphoria and yellowish urine...^[7]

篇末注释:Dan(瘧):① pathogenic heat or exuberance of heat; ② another term for jaundice in Chinese; and ③ malaria involving three Yin Channels.

吴译:if the treating is delayed, the evil-energy will be transmitted from liver to spleen to cause splenic wind-syndrome, jaundice, hotness of the abdomen, irritability and yellow urine^[8].

倪译:If these are still ineffective, the pathogen will transfer from the liver to the spleen. This will cause spleen wind, manifesting in jaundice, a burning sensation of the abdomen, restlessness, and scanty, dark urination^[9].

文译:If no cure is achieved, the liver transmits it to the spleen. The disease is [now] called 'spleen wind.' [The patient] develops solitary [heat] disease and has heat in the abdomen. The heart is vexed and the discharge is yellow^[10].

此例出自《素问·玉机真脏论》,前文论述风是百病之长,若受风寒发生麻痹或肿痛等症不及时治疗,病气内传于肺,再由肺传行于肝,如未及时治疗,便传于脾,引致脾风,发生黄疸、腹中热、烦心、小便黄等症状。据《灵枢·论疾诊尺》载,黄疸的病征为:“寒热身痛而色微黄,齿垢黄,爪甲上黄,(黄疸也)安卧,小便黄赤,脉小而涩者,不嗜食。”《素问·六元正纪大论》中亦有:“四之气,溽暑湿热相薄,争于左之上,民病黄疸而为胗肿”,提出炎暑湿热之邪为黄疸的病因。此处“发瘧”病征与《灵枢·论疾诊尺》中的黄疸病征相符,故为“瘧”通假“疸”,黄疸即黄疸。前三个译本将其理解为现代医学中的 jaundice (a medical condition in which the skin and the white parts of the eyes become yellow), 语义相符,但为保留中医文化术语特色,笔者认为可将译名处理为 Dan (jaundice)。

3 结语

“瘧”字源远流长,在《内经》中含义丰富。在分析《素问》所含“瘧”词的语义分类基础上,本研究对比分析了目前流通最广的四个《内经》英译本对“瘧”词的不同译法,评析各自英译的得失优劣,提出“瘧”虽含“热”义,但其在不同语境中的含义却不

尽相同,不宜一概译之为 heat(热),而应依据“瘧”在不同语境下的具体含义灵活地将之译出。对中医典籍中术语的英译探讨有助于对外准确传播中医文化,助力中医药更好地走出去。

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