

疾病都有各自的病机，但总离不开邪正盛衰、阴阳失调、气血失常、经络和脏腑功能紊乱等病机变化的一般规律。对于医者，需辨明病机，方能防病、治病。

general etiological rules, such as variation of positive versus negative pathogenic factors, imbalance of *yin* and *yang*, disorders of *qi* and blood, dysfunction of meridians and *zang-fu*. In preventing and treating diseases or sicknesses, it is important for medical practitioners to analyze and identify these specific pathogeneses.

中医语境下的辨析与变通

——兼评第七届“岐黄天下杯”世界中医翻译大赛英语组参赛译文

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为进一步弘扬中医药优秀文化，推进中医药国际化进程，提高中医药对外宣传的质量和翻译水平，世界中医药学会联合会于2023年举办了第七届“岐黄天下杯”世界中医翻译大赛。大赛的规模和语种都进一步扩展。作为该大赛的终评专家之一和原文编著者/译者，现就其英语组的某些典型参赛译文，作一点评分析。

一、中医词语辨析

就题目“辨明病机方能防病治病”而言，一般译成 *Only By Identifying the Pathogenesis Can We Prevent and Treat Diseases*，其中的“辨明”都顺理成章地译成 *identity / identify / identifying*，其本义为 *be able to recognize someone / something or distinguish them from others*，似乎不错，但原文在中医里从“辨证论治”而来，其英译文通常为 *treating diseases / illness based on syndrome differentiation, syndrome differentiation and treatment*，而中

医的“病因辨证”为 *etiological analyses and differentiation* 等，故此更宜用 *differentiate / differentiation / differentiating*。当然，在某些中医语境里，又非绝对不可用 *identify*，如 [4] 中“辨别疾病病位所属”，指具体定位，不妨译为 *in identifying the disease location*；[8] 中，就更宽泛意义而言的“对于医者，需辨明病机，方能防病、治病”，不妨译为 “*In preventing and treating diseases or sicknesses, it is important for medical practitioners to analyze and identify these specific pathogeneses*”，但作为该中医篇章的主目标题，更宜译为 “*Syndrome Differentiation: the Prerequisite to Prevention and Treatment of Diseases*”。

[2] 的“中医的病机学说”，许多都译成了 *the pathogenesis theory of Traditional Chinese Medicine*；除了 *pathogenesis* 应为其形容词 *pathogenetic* 外，*pathology* 本身具有 *theory* 性质，如：“中医学深受中国传统哲学的整体观影响，其病机学说也是整体观的”

(Traditional Chinese medicine was highly affected by the holistic concept of viewing things of Chinese classical philosophy, so as its pathology) 等。特别是, 结合“研究疾病发生的原因、发生、发展和转归的机制、一般规律及其临床联系的综合性理论”, 就不妨译为“the pathology of TCM is based on the mechanisms, general patterns and clinical experiences of the causes, occurrence, involvement and prognosis of diseases”。

[3]中,“病性”可以简单地译成 nature of disease / illness 吗? 参阅相关的工具书便知, 更确切的应为 the nature of pathology; 而 [5]中的“‘病势’——病机转化的趋势”, 较为典型的参赛译文: “tendency of disease” – the trend of patho-mechanism conversion / the “disease momentum” – the trend of pathogenetic development / its tendency of progression – the trend of disease alteration 等, 应当说, 均未能尽传其意。鉴于该词是中医特有词汇, 可先存其原形 *bing shi*, 后续释译为 or the pathological trend。同时, “疾病发生、发展、转归等过程中病情的轻重缓急”中的“轻重缓急”之意大都没有译出, 如: its course in the process of onset, development and outcome / which means the severity of patients' condition over the course of the occurrence, advancement, and outcome of disease / the severity of the disease in the process of disease onset, progression, ending and so on 等, 有的试图译出层次, 如: development and outcome according to the urgency of the case / That is, mild or severe, urgent or non-urgent conditions, during the disease occurrence, development, and

prognosis, 但难免冗赘, 不如 involvement and transformation of the disease in order of priority 简单明确。

此外, [4]中的一些典型中医概念, 亦是译法纷繁。“五脏、六腑”, 在通常意义上, 似可译成 the vital organs of the human body / the viscera internal organs of the body (heart, liver, spleen, lungs and kidneys) 等, 但如学术界多年所探讨的, 中医所讲的“心、肝、脾、肺、肾”并不能与西医的 heart、liver、spleen、lungs、kidneys 划等号, 而有着其特殊涵义, 因而更确切的译法应为 the five zang organs, six fu hollow organs; “五体”“九窍”为 five body constituents and nine orifices 等。至于“上中下三焦”的译法, 历来更颇具争议。这一独具中医特色的概念, 可解释为“是脏腑外围最大的腑, 有主持诸气、疏通水道的作用。分上焦、中焦、下焦三部分”(原一祥等, 2000), 因而就其本义, 似可翻译成 “It is the largest one outside all the viscera and bowels within the body cavity consisting of the upper-energizer, middle-energizer and lower-energizer. Its main function is to control the qi movement and to circulate the passage of water”; 但是由于“三焦”没有具体位置, 故在翻译中多作“模糊处理”(如 the largest one 等), 或加释译: In fact, “san jiao” does not describe a physical organ, which is normally included in the “body part” radical in the TCM dictionary. Like the heart in TCM, it has “a name but no form”. It is rather the sum of the functions of transformation and interpretation of various densities and qualities of substance within the organism, “the way and pathways of liquids and cereals

at the beginning and ending of *qi*”。因而，也产生了多种译法，如 three bodily regions of fluid-transport、three hearts、triple energizer 等，参考译文的 upper, middle and lower *San Jiao* 是一种折中、较易接受而又不失中医本色的译法。

其实，由于中医概念深植于中国传统文化，对其翻译的辨析，是个延续至今的探讨过程，如“中国按摩”是要沿用西方的 Chinese massage，还是用更具中医治疗性质的 *Tui Na* (Chinese massage)？“天行赤眼”可以完全按中医原形译成 heavenly red eyes，还是比照西医，变通为 epidemic keratoconjunctivitis？同样，“针灸学”仍是简单的 acupuncture，还是应附学科性质的后缀 -logy，从而形成 Acupunctology？进而，针灸中的“得气”，仅仅是 arrival of *qi*，还是更有实质意义的 having a sense of acupuncture feeling？总之，其主旨是在保持中医本色与参照西医科学术语及西方受众程度之间找到适当的平衡。

二、中医话语变通

应当说，中医话语是渗透中国传统文化、同时又受到西方现代医学词汇影响的一种叙述，因而翻译时须在保持其本色的基础上据英文的表述习惯作出许多变通。

[2] 中，“中医的病机学说是研究疾病发生的原因、发生、发展和转归的机制、一般规律及其临床联系的综合性理论，与藏象、经络学说相渗透、印证，成为辨证论治体系的理论基础；而病机的辨析，既有病性，又有病位”，一段典型的阐述中医话语，参赛译文大都按其语序、逻辑关系翻译，如：The pathogenesis Theory of traditional Chinese

medicine is a comprehensive Theory that studies the general rules, clinical connections and mechanism of disease causes, occurrence, development, and prognosis. It permeates into and confirms with visceral manifestation channel and channel Theory, becoming the Theoretical foundation of the pattern id treatment. Thus the differentiation of pathogenesis involves both the disease character and disease location. / The Theory of pathogenesis in TCM is a comprehensive study that researches the causes of diseases, the mechanism of diseases' occurrence and progression as well as clinical outcome, general laws and clinical correlations. It is deeply integrated with and certified by the Theory of Visceral Manifestations and the Theory of Meridians and Collaterals, servicing as the Theoretical foundation of the syndrome differentiation and treatment system. The identification of pathogenesis comprises both the nature and the location of diseases. 其中下划线部分是问题所在。分析起来，英文的惯用句式对于中医的某些表述并不相称，需作调整。如，“综合性理论”，不一定作宾语，而可为状语前置，Being a comprehensive theory；“相渗透、印证”，不一定要译得那么“实”，如 permeates into and confirms with...；而可融入到 based on / foundation 之中；而“既有病性，又有病位”，是又回转到“病机”话题而言的，故应岔开一笔，on the other hand，因而，整句不妨译为：Being a comprehensive theory, the pathology of TCM is based on the mechanisms, general patterns and clinical experiences of the causes,

occurrence, involvement and prognosis of diseases, laying the foundation for syndrome differentiation and treatment. Analyses of pathogenesis in TCM, on the other hand, involve searching for the nature and location of a disease... 等。

[6] 中, “破坏人体相对平衡状态而引起疾病的原因就是病因。病因是多种多样的, 诸如气候的异常、疫厉的传染、精神刺激、饮食劳倦、持重努伤、跌仆金刃外伤, 以及虫兽所伤等, 均可导致疾病的发生”, 较为典型的参赛译文, 如: The cause of disease that disrupts the relative balance of the human body is called the etiology. Etiologies are diverse, including... / The cause that destroys the relative balance of the human body and causes disease is the pathogenic factor. The pathogenic factors can be diverse, such as... / Factors that disrupt the relative balance of the body and lead to illness are the causes of disease. Disease causes are multifarious, such as... / The causes that break relative balanced state of human body and lead to diseases could be the causative factors. Causative factors are diverse, such as... 其中, (引起疾病的原因) “就是” 分别译成 is called、is、are、could be, 而此处的涵义是指 “在中医里认定的”, 因而应更加确定: is defined (in TCM); 而 “……就是病因。病因是……” 之间的接续, 参赛译文多用的是 “...the etiology. Etiologies...” / “...the pathogenic factor. The pathogenic factors...” / “...the causative factors. Causative factors...”, 而中医所讲的病因, 是指对人体平衡的破坏 (the disruption of proper balance of the

human body), 因而 the disruptions 应成为其强调的重点, 并作为后句的主语; 且 “多种多样的” 意为可由多种因素所引起, 故宜为被动语态 can be caused by various factors.

[3] 中的 “辨证论治首先要从整体上或宏观上把握病变之属性, 这是中医临证的基本要求。只有准确辨识病性, 方可确立基本治疗原则和治疗方法”, 其中蕴含一种因果关系, 一般都会 “顺理成章” 地处理成: this is the basic requirement for /...which are the essential prerequisite that / that constitutes the fundamental conditions.../ the first step in... is to... ; only by... can..., 以及 Only when the nature of the disease is accurately identified, can the foundational treatment principles and methods be established... 等, 其实, 提到 “基本要求”, 不一定总是用名词 basic requirement、essential prerequisite、fundamental conditions, 而若用动词, 有时会更加简练、明确, 如 to be based on...; 同时, “只有……方可……” 的因果关系业已暗含其中的, 故不必再刻意译出; 同时, 还应有语气上的转折, 如 In other words, the basic treatment principles and methods have to be based on accurately identifying the nature of the disease, which can be defined in terms of... 等。

[4] 中, “人体是以五脏为中心, 配以六腑, 通过经络系统外合五体、五官、九窍, 从而组成有机联系的整体, 完成机体统一的机能活动”, 一般容易译成 the human body combines the five bodies, the five sense organs and the nine orifices through the meridian system to form an organic whole and complete the functional activities of the body

system. / The body takes the five zang organs as the centers, with the assistance of the six-fu organs, through the meridian system to link five body constituents, five sense organs and nine orifices to realize an organic whole. / The unity of the body is realized through the five-zang organs, with the assistance of six-fu organs and externally integrates the five body constituents, five sense organs and nine orifices through the communication of the meridian system. 意思固然都不错, 且译文大体可以接受, 但下划线部分仍值得关注、改进。如“以五脏为中心”的意思很容易被埋没, 而即使介词短语 (takes the...as the centers) 亦不如动词 centered on 精准; 具同样效果的, 还有“配以”(六腑), 译成 with the assistance of 不如 assisted by 等; “经络系统外合……”, 用 externally / link/ communication 等, 似都偏拘泥于原文, 可作相应变通; 至于“统一的机能活动”, 除多有漏译外, 即便宾语是 functional activities, 其谓语动词不宜是 complete, 而应是一种 perform; 同时, 还应强调其中医性质, 故可增译为: According to TCM, the human body is centered on the five zang organs, assisted by the six fu viscera, five body constituents and nine orifices connected through collaterals, together making the body an organic whole in performing its functional activities... 等。

此外, 一些通常的表述, 在中医语境下, 亦可能有所不同。如 [7] 中的“一般而言 (虚邪贼风侵袭人体)”, 大都被译成了 generally speaking、in a general sense、overall 等, 但此处恰恰是“具体位置”之意, 因而应为 (The evil wind invades different

parts of the body) in a specific order。再如, [8] 中的“尽管疾病的种类繁多, 临床征象错综复杂, 千变万化, 各个疾病都有各自的病机”, 一般都按部就班译成 Although diseases have voluminous varieties, clinical signs are intricate, with myriad changes, and each disease has its own pathogenesis, they never deviate from the universal rules pathogenetic change... / Although diseases are various and no matter how complicated and changeable their clinical manifestations are, each disease has its own pathogenesis 等, 但可否将原文中的三个部分综合考虑? 且中医里的“临床征象”未必完全等同于西医的 clinical manifestations, 因而可用其副词形式 clinically 连接前二者; 以 be categorized by 划分“各自的病机”, 同时对其中的让步状语从句亦可作些相应变通, 如参考译文: Various types of diseases, though complicated clinically, are categorized by their different pathogeneses, relating to some general etiological rules, 以更符合英文的表达习惯。

三、中医细节表述

同时, 参赛译文在一些中医文本翻译的细节上, 亦多少存有疏僻。

“中医”概念在参赛译文中仍有不同译法和形式, 如 Chinese Medicine、Traditional Medicine of China、Traditional Chinese Medicine 等, 而根据世界卫生组织规范术语, 实为 traditional Chinese medicine, 即不必大写; 而对其缩写形式, 许多参赛者处理成 TCM (Traditional Chinese Medicine), 实则应在其首次以全名出现后, 其缩写在后

的括号中，即 traditional Chinese medicine (TCM)，而在下文中均以 TCM 表述。

对于书名《神农本草经》，亦出现多种译法，如 Shennong's Herbal Classic of Materia Medica / “Shennong Baicao Jing” (Shennong's Classic of Meteria Medica) / Shen Nong Ben Cao Jing (Shen Nong's Classic of Materia Medica)/ Shennong's Classic of Materia Medica 等，其中不乏拉丁文，然而就现在流行译法，不妨为 *Shen Nong's Herbal Classic*，但应不用引号，而为斜体。

文中的“医者”，指“中医医生”，许多人仍译成 Chinese medical doctor，以往多有论述，doctor 这一概念在西方有特定含义：A person who has been trained in medical science, whose job is to treat people who are ill/sick or injured, and it normally refers to someone who can perform surgery (Elizabeth, 2000)。因而“中医医生”不等于 Chinese doctor；TCM 在西方归属于 alternative medicine，其定义为：The various systems of healing, including homeopathy, herbal remedies, hypnosis, and faith healing, that are not regarded as part of orthodox treatment by the

medical profession, especially when offered by unregistered practitioners....The extent to which individual registered practitioners indulge in or spurn these therapies varies enormously but is governed by the overriding principle that shared care is only permitted if the registered practitioner remains in overall control... (同上) (译文：包括顺势疗法、草药、催眠法及信仰疗法等各种治疗体系，被医学界摒除在正统医学之外，特别是那些未注册的行医者。当正统疗法无效时，慢性病或不治之症患者便去尝试这些大部分未经证实的疗效。……即只有在注册医师主导下，才能进行与另类医学的配合治疗……)。因而，此处应译为 practitioner。

同时，有关中医特有术语的音译，应均用斜体，如“阴阳” (yin and yang)、五脏六腑 (five zang organs, six fu hollow organs)、腧穴 (shu points)、募原 (Muyuan) 等。

此外，各种翻译大赛中的通病，即用软件翻译的痕迹不少见；不是不可使用翻译软件，但一定要做必不可少的编辑、加工、再译，特别是如中医这样专业、有特色的原文，任何翻译软件都不可能完全胜任，依赖软件也便失去了翻译大赛的意义。

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