

• English Translation of TCM

Comparative study on WHO Western Pacific Region and World Federation of Chinese Medicine Societies international standard terminologies on traditional medicine: Diseases of Paediatrics (Part 1)

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The following is a brief analysis about some terms related to paediatrics in traditional Chinese medicine (TCM) included in the *WHO International Standard Terminologies on Traditional Medicine in the Western Pacific Region* (abbreviated as the WPRO Standard)^[1] and the *International Standard Chinese-English Basic Nomenclature of Chinese Medicine* compiled by the World Federation of Chinese Medicine Societies (abbreviated as the WFCMS Standard)^[2], according to explanations made in the book entitled *A Concise Dictionary of Traditional Chinese Medicine*^[3], the book entitled *Chinese-English Dictionary of Traditional Chinese Medicine*^[4] and 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*^[5].

胎怯; 胎弱 fetal weakness: congenital weak constitution

In TCM, 胎弱, also known as 胎怯 or 胎瘦, means weakness or feebleness of fetus due to insufficiency of qi and blood, characterized by brittleness of skin, no hair, coldness of limbs and body, sallow complexion, emaciation, ache and weakness of the waist and knees. It can be treated by tonifying and replenishing qi and blood as well as enriching and nourishing the liver and kidney.

胎热 fetal heat: a group of diseases with heat manifestations occurring in the newborn due to contraction of heat toxin in the fetal stage

The term 胎热 is first used in the book entitled *Guidance of Infantile Diseases* (*Xiao'er Yaozheng Zhijue*, 《小儿药证直诀》) compiled by Qian Yi (钱乙) and published in 1119 A.D. It is caused by invasion of heat, characterized by closed eyes and red complexion, droopy of eyelids, high fever, hot breath, restlessness, frequent crying, red urine and constipation after birth. It can be treated by clearing heat and removing toxin.

囟陷 depressed fontanel: sunken fontanel in an infant

The term 囟陷, also commonly translated as “sunken fontanel in infant”, was first used in the book entitled *General Treatise on the Causes and Symptoms of Diseases* (*Zhubing Yuanhou Lun*, 《诸病源候论》) compiled by Chao Yuanfang (巢元方) in the Sui Dynasty (581–618 A.D.). It is often caused by depletion of source qi, deficiency of qi and failure of spleen qi to nourish the upper part of the body due to congenital weakness or malnutrition, frequently accompanied by sallow complexion, dispiritedness, poor appetite, sloppy stool, coldness of limbs and pale fingers. It can be treated by enriching source qi and tonifying the kidney.

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囟填 bulging fontanel: outward swelling of the fontanel in an infant

The term 囟填 was first used in the book entitled *General Treatise on the Causes and Symptoms of Diseases*. It is usually caused by improper feeding of milk that is of heat or cold in nature, affecting the functions of the viscera and driving visceral qi to flow upwards. If caused by heat, treatment should focus on clearing away heat; if caused by cold, treatment should concentrate on dissipating cold.

变蒸 growth fever: a physiological phenomenon due to the growth and development of the child

The so-called 变蒸 refers to symptoms of fever, disorder of pulse and sweating without real disease during the course of growth among children. That is why it is generally taken as a physiological phenomenon, not as a pathological change. In the book entitled *Golden Prescriptions for Emergency* (*Beiji Qianjin Yaofang*, 《备急千金要方》) compiled by Sun Simiao (孙思邈) in the Sui Dynasty (581–618 A.D.) and Tang Dynasty (618–907 A.D.), for instance, it says that “the phenomenon of fever among children during growth indicates promotion of the blood and improvement of the five zang-organs”.

滞颐; 小儿多涎 dribbling: salivation in an infant with wet cheeks

The term 滞颐 was first used in the *General Treatise on the Causes and Symptoms of Diseases*, also translated as “infantile hypersalivation” or “infantile polysialosis”. Comparatively speaking, “dribbling” is more concise. This problem is mainly caused by weakness and coldness of the spleen and stomach that fail to control or by dampness-heat in the spleen and stomach that steams the mouth. If caused by weakness and coldness of the spleen and stomach, it can be treated by warming and tonifying the spleen and stomach; if caused by dampness-heat in the spleen and stomach, it can be treated by clearing heat and resolving dampness.

溢乳 milk regurgitation: vomiting of milk due to improper feeding

The term 溢乳 refers to the phenomenon of regurgitation of milk, not really vomiting of milk. In the book entitled *Secrets on Paediatrics* (*Yuying Mijue*, 《育婴秘诀》) compiled by Wan Quan (万全) in the Ming Dynasty (1368–1644 A.D.), it says that “regurgitation of milk is caused by excessive feeding of milk, and it is not really vomiting of milk. Such a phenomenon can be seen among babies within one hundred days after birth. But if measures are not taken to improve it, vomiting of milk will be followed”.

百晬内嗽 neonatal cough: cough with sputum and dyspnea occurring in newborn within one hundred days after birth

The term 百晬内嗽 is a synonym of 百晬嗽. In TCM, 百晬嗽 is used as the formal term to describe such an infantile problem, which is also known as 百晬咳, 乳嗽, 奶嗽 and 胎嗽. Clinically it is characterized by repeated cough, short breath and excessive sputum and dribbling, usually caused by common cold or neonatal pneumonia. If it is of deficiency, it can be treated by tonification; if it is of excess, it can be treated by dissipation.

小儿哮喘 infantile asthma: an infantile disease characterized by paroxysmal labored breathing accompanied by a whistling

sound

In the term 小儿哮喘, 哮 and 喘 are similar in nature but different in manifestation. According to *Luo's Medical Mirror* (*Luoshi Huiyue Yijing*, 《罗氏会约医镜》) compiled by Luo Guogang (罗国纲) and published in 1789, 喘 means “paroxysmal labored breathing accompanied by a whistling sound” and 哮, though similar to 喘, but appears milder in breathing and whistling. In the book entitled *Essentials of Paediatrics* (*Baoying Cuoyao*, 《保婴撮要》) compiled by Xue Kai (薛铠), supplemented by Xue Ji (薛己) and published in 1555, it says that 哮喘 is caused by deficiency of lung qi and spleen qi, resulting in invasion of pathogenic factors into the lung, and leading to failure of lung qi to diffuse and descend. Since lung qi originates from the kidney, long duration of this problem will eventually impair the kidney and cause deficiency of kidney qi. Clinically it can be treated by calming asthma and stopping counterflow as well as diffusing the lung and resolving phlegm.

马脾风 horse-spleen wind: critical case of asthma and lung distension in children with a sudden attack

The term 马脾风, also known as 风喉 and 暴喘, was first used in the book entitled *Compendium of Medicine* (*Yixue Gangmu*, 《医学纲目》) compiled by Lou Ying (楼英) and published in 1565 by Cao Zhuo (曹灼). According to the *Standard for Diagnosis and Treatment of Infantile Diseases* (*Youke Zhengzhi Zhunsheng*, 《幼科证治准绳》) compiled by Wang Kentang (王肯堂) and published in 1602, 马脾风 is a critical case of asthma and lung distension in children with a sudden attack. So in the WFCMS Standard^[2], this term is translated as “infantile acute asthma”, appearing more clearer in meaning. In the book entitled *A Collection of Paediatrics* (*Yoyou Xinshu*, 《幼幼新书》) compiled by Liu Fang (刘昉) and published in 1132, it says that such an infantile acute asthma is caused by “accumulation of heat in the diaphragm, heart fire intimidating the lung and congestion of phlegm-heat”, and can be treated by diffusing the lung and clearing heat.

食积 food accumulation: a diseased state characterized by the accumulation of undigested food in the stomach and intestines, causing abdominal distension and pain, vomiting, diarrhea and anorexia

The term 食积 was first used in the book entitled *Pre-requisite Knowledge for Physicians* (*Rumen Shiqin*, 《儒门事亲》) compiled by Zhang Zhihe (张子和) and Jin Ge (金戈) in 1228. It is usually caused by dysfunction of the spleen and stomach in transformation and transportation, leading to stagnation and accumulation of food taken into the stomach. Clinical manifestations also include acid regurgitation, constipation, thick and greasy tongue coating. Clinically it is often treated with Baohe Wan (保和丸, Pill for Promoting Digestion). If accompanied by spleen deficiency, it can be supplemented by Liujunzi Tang (六君子汤, Decoction of Six Mild Herbs). This term is also frequently translated as “food retention”.

疳; 疳癆 (infantile) malnutrition: a chronic nutritional disorder of infants with emaciation and weakness

The term 疳, also known as 疳证 and 疳疾, first used in the book entitled *Canon of Skull and Fontanel* (*Luxin*

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