

Progress, Problems, and Prospects: A Systematic Review of the English Translation of Culture-loaded Words in Traditional Chinese Medicine

Lili Chen^{1,2}, Salina Husain¹, Chwee Fang NG¹ &Guangyao Ma¹

¹ Faculty of Modern Languages and Communication, Universiti Putra Malaysia, Selangor, Malaysia

² School of Foreign Studies, Suzhou University, Suzhou, Anhui, China

Correspondence: Salina Husain, Faculty of Modern Languages and Communication, Universiti Putra Malaysia, UPM 43400, Selangor, Malaysia.

Received: October 16, 2025

Accepted: January 6, 2026

Online Published: April 17, 2026

doi:10.5430/wjel.v16n4p480

URL: <https://doi.org/10.5430/wjel.v16n4p480>

Abstract

Culture-loaded words in Traditional Chinese Medicine (TCM) convey not only medical knowledge but also traditional Chinese philosophy, cognitive patterns, and cultural wisdom. Their accurate translation facilitates the global acceptance and sustainable development of TCM. To identify research trends and characteristics in the English rendering of culture-loaded words in TCM, the study selected 50 journal articles from five electronic databases, guided by the PRISMA framework, with a restriction to full-text journal articles. The analysis shows a significant rise in research after 2015, with most studies published in TCM-focused journals, and *Huangdi Neijing* is the most studied, followed by *Shanghan Lun* and *Jinkui Yaolüe*. Scholars have made contributions to the definition, classification, theoretical frameworks, and translation methods. Progress has been made, including a relatively comprehensive research scope, diverse perspectives, and multiple translation strategies and methods proposed, which has promoted the international dissemination of TCM. However, certain problems remain unresolved, such as the lack of a unified standard for defining and categorizing culture-loaded words in TCM, inadequate theoretical and empirical support, inconsistent standards, unclear classification of translation strategies and methods, and the absence of standardized evaluation criteria. The study suggests that future research should conduct in-depth explorations of culture-loaded words in TCM, strengthen theoretical inquiry, construct translation evaluation models for culture-loaded words in TCM, enhance empirical research through the use of corpora and digital tools, and promote multilingual translation studies of classical TCM text.

Keywords: culture-loaded words, Traditional Chinese Medicine (TCM), systematic review, progress, prospects

1. Introduction

1.1 Background

Traditional Chinese Medicine (TCM), as a vital part of China's outstanding cultural heritage, plays a significant role in enhancing the nation's cultural soft power (Zhang & Dong, 2020). China's President Xi Jinping has repeatedly emphasized that TCM embodies the scientific achievements of ancient China, recognized as a gem of Chinese civilization (Kan, Zhu, Zheng, & Cui, 2025), calling for "promoting the creative transformation and innovative development of TCM, and facilitating its international dissemination" (Tian, Xu, & Gu, 2024). Meanwhile, TCM and its diverse array of therapies have gained global recognition from the World Health Organization (WHO) for its efficacy (Linde et al., 2016; Cappuzzo, 2022). Hence, enhancing global understanding of TCM and its cultural value is not only essential for contributing to the advancement of global healthcare, but also serves as a key initiative for promoting Chinese culture within the international community.

Culture-loaded words, also known as "culture-specific items" (Aixela, 1996:58), referring to "words with specific cultural connotations in source language" (Baker, 1992: 21), or "the words or terms that lack direct linguistic equivalents in another language" (Zavarch, 2021). TCM discourse abounds in culture-loaded words that reflect distinctive features of Chinese culture, integrating philosophical thought, empirical wisdom, and therapeutic practices. Culture-loaded words in TCM are understood as expressions rooted in a culturally specific medical and philosophical context. As noted by Fan, Ma, & Liu (2019), these are "terms, phrases, idioms that are characterized by the unique cultural features of Chinese medicine, reflecting the wisdom of the Chinese nation".

As a medium for cross-cultural communication, translation is essential to the worldwide spread of TCM. As symbols of TCM cultural connotations, culture-loaded words in TCM play an indispensable role in cultural dissemination and exchange, and their rendering is therefore of great importance. The way culture-loaded words are translated significantly affects the overall effectiveness of the final version, influences target readers' comprehension and acceptance of TCM, and is therefore pivotal to its international communication (Li, 2024; Wang & Li, 2023).

However, due to the professional, academic, and cultural features of culture-loaded words in TCM, their translation is by no means an

easy task. The cross-cultural communication of TCM culture can be described as both opportunities and challenges. Many culture-loaded words in TCM are embedded in Chinese philosophy and culture, posing significant challenges for translation. For instances, “神” (Shen), “经络” (Jingluo), and “阴阳” (Yin-Yang), which lack direct equivalents in English language and culture. Apart from the absence of equivalent words in English, one of the primary obstacles to the wider acceptance of TCM among international readers lies in the inconsistent and non-standardized translation of its core terminology (Feng et al., 2024). Therefore, the translation of culture-loaded words in TCM imposes high demands on both translators and scholars in this field. For translators, this task requires not only bilingual proficiency but also a solid foundation in TCM theory and a profound understanding of traditional Chinese culture.

1.2 Literature Review

Scholars have majorly explored the studies on the rendering of culture-loaded words in TCM from the following perspectives: (1) From a Linguistics aspect, for example, Wang & Li (2023) examined the relationship and distinct features of metaphors within culture-loaded words in TCM in both source and target texts under the guidance of cognitive metaphor theory, proposed specific translation methods for such words in the *Shanghan Lun*, including substitution, interpretation, compensation and deletion. Another study was made by Bai (2017) who categorized the culture-loaded words in *Huangdi Neijing* into five types with reference to Nida's classification of culture. Based on Relevance Theory, direct and indirect translation strategies and methods were proposed aimed at achieving optimal relevance in the target text. (2) From the Pragmatics aspect, for instance, Zhou (2012) discussed the selection approaches in dealing with rendering culture-loaded words in *Huangdi Neijing* through the lens of contextual adaptation, focusing on words that reveal cultural gaps or overlaps in Western cultures. (3) Wu's study from a philosophical perspective. Taking *Jinkui Yaolüe* for example, it took the culture-loaded words in *Jinkui Yaolüe* and their English versions as its research focus. The culture-loaded words in TCM were categorized into five major types guided by Nida's classifications of culture, then, the primary strategies and methods employed in the three English versions were analyzed guided by the three core principles of philosophical hermeneutics (Wu, 2021). (4) Scholars such as Wu & Wang (2015) and Chen (2022) applied Eco-translatology theory to examine optimal strategies for rendering culture-loaded words in terms of language, culture, and communication. (5) Medio-translatology. Liu, Zhong, Jin, Chen, & Wang (2022) examined how culture-loaded words in *Huangdi Neijing* were classified and analyzed in different versions, aiming to identify effective translation strategies. Pan et al. (2022), firstly defined and categorized culture-loaded words in TCM, then analyzed translation strategies and methods through three lenses within the framework of Medio-translatology

These studies on the English rendering of culture-loaded words in TCM have become increasingly comprehensive, and research perspectives have tended toward more integrative and multidimensional approaches (Feng, 2016). However, three key problems have been identified. Firstly, the studies reveal several limitations, such as insufficient integration of theoretical guidance into translation practice (Liu et al., 2022; Pan et al., 2024), the lack of in-depth analysis, and vague translation strategies (Liu et al., 2022; Chen, 2022), and confusion between translation strategies, methods, and techniques (Wang & Li, 2023). Secondly, there is relatively few research on TCM translation (Wang & Chen, 2023), let alone those focusing specifically on the rendering of culture-loaded words in TCM. Thirdly, most of these studies addressed specific issues but failed to outline a thorough summary of current trends and limitations. Consequently, it remains difficult to gain an in-depth interpretation of the current research landscape and the unresolved issues within the field. To examine the unresolved and under-explored issues in the rendering culture-loaded words in TCM, it is essential to first understand the current research trends and characteristics of the field. Only then can research gaps and problems be clearly identified and articulated.

1.3 Research Objectives and Questions

In view of the relatively scarce systematic review-level synthesis on the English rendering of culture-loaded words in TCM, this study employs a systematic review approach to further explore this area and seeks to achieve the following objectives: (1) to find out the research trends and characteristics grounded in existing literature on English rendering of culture-loaded words in TCM; (2) to summarize progress and problems by analyzing those research literature; (3) to offer implications and suggestions for future research. Consequently, the questions in this research are constituted in the following: (1) What are the current research status and key characteristics of studies conducted in this field? (2) What progress and problems have been revealed in prior research? (3) What implications for future research can be drawn from the current findings?

2. Methods

2.1 Literature Search

The systematic review was performed following PRISMA guidelines across five electronic databases, including China National Knowledge Infrastructure (CNKI), Web of Science (WOS), ProQuest, SCOPUS, and Google Scholar. For the initial search, Boolean logic was applied, specifically, TITLE-ABS-KEY/TS= (“traditional Chinese medicine” or “Chinese medicine”) AND (“culture-loaded words” or “culture-specific items”) AND (“translation”), limited to full-text articles. For CNKI, the advanced search was employed, imputing “中医文化负载词 * 翻译”, namely, “culture-loaded words in TCM * translation” in title, keywords or subject (“*” represent “and” in accordance with CNKI algorithm).

2.2 Inclusion and Exclusion Criteria

Publications were considered eligible if: (1) they were scholarly journal papers in full-text. Dissertations, book chapters, book reviews, conference papers, or commentaries were excluded from the analysis; (2) they were translation studies from Chinese into English. In other

words, studies focusing on translations from Chinese to Spanish, French, or other non-English languages were not considered. (3) the studies focused on the rendering of culture-loaded words in TCM, thus translations of culture-loaded words in non-TCM texts were not included.

Studies meeting any of the following criteria were excluded: (1) they were categorized as dissertations, book chapters, conference papers, book reviews, or commentaries; (2) the translation studies were not from Chinese to English, but from Chinese to French or Spanish; (3) the articles were excluded if they did not particularly address the rendering of culture-loaded words in TCM. This includes studies relating to the rendering of culture-loaded words in literary works rather than TCM texts, studies exploring the translation of TCM texts without specifically on culture-loaded words in TCM, and literature reviews on the English translation of TCM works like Suwen or Shanghan Lun without addressing culture-loaded words.

2.3 Data Extraction

In order to make the data extraction process more eligible, the two authors worked in collaboration. Both of them initially extracted the data independently following the inclusion and exclusion criteria and the procedures outlined above, and in case of disagreement, the researchers discussed the issues together. If a consensus could not be reached, a neutral translation expert was consulted for guidance and resolution.

3. Results and Analysis

3.1 Study Inclusion

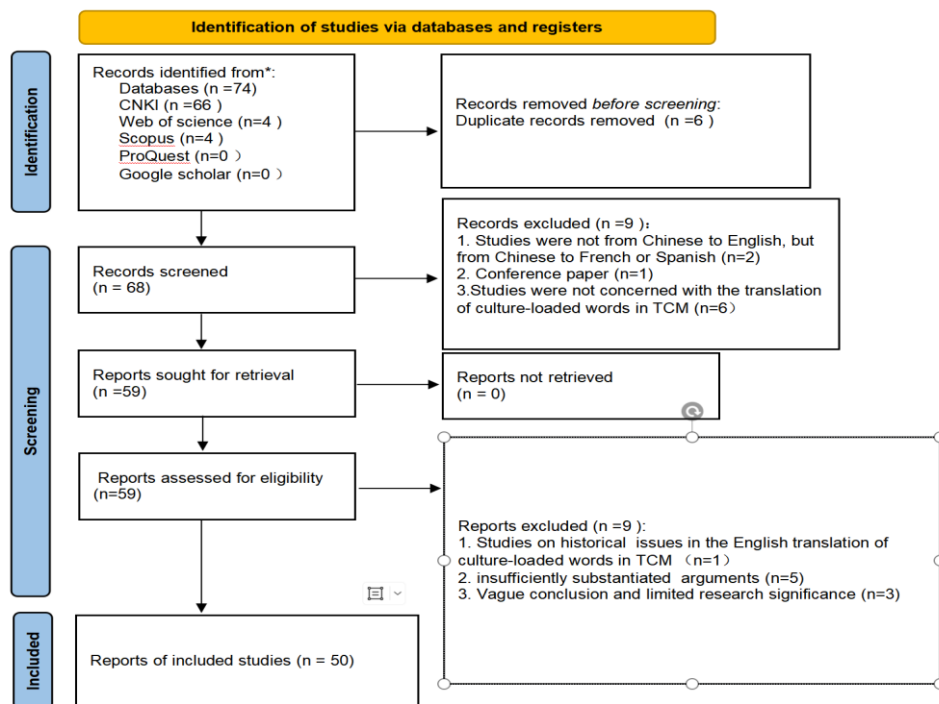


Figure 1. A Prisma diagram of English rendering of culture-loaded words in TCM

Figure 1. outlines the flow diagram of the English rendering of culture-loaded words in TCM in line with PRISMA standards (Moher, Liberati, Tetzlaff, & Altman, 2009). Three steps were composed in the inclusion process. In the initial database search, a total of 66 journal articles were searched in CNKI, 4 in WOS, 4 in Scopus and none in ProQuest, and Google Scholar. Then, a manual check was applied to include all relevant studies after removing duplication. In this step, titles and abstracts were screened independently by two authors in strict accordance with the inclusion and exclusion criteria, resulting in the inclusion of 59 reports. At last, 50 articles were decided to be included in this study after the assessment between the two authors. An Excel form was built to document the 50 studies including titles, researchers, sources, dates of publication, theoretical frameworks, study focus, research methods, translation strategies, and weaknesses, through which a quite clear framework for analyzing and synthesizing the status quo of research status, core issues and areas that remain unsolved.

3.2 Research Trends and Characteristics

3.2.1 General Distribution

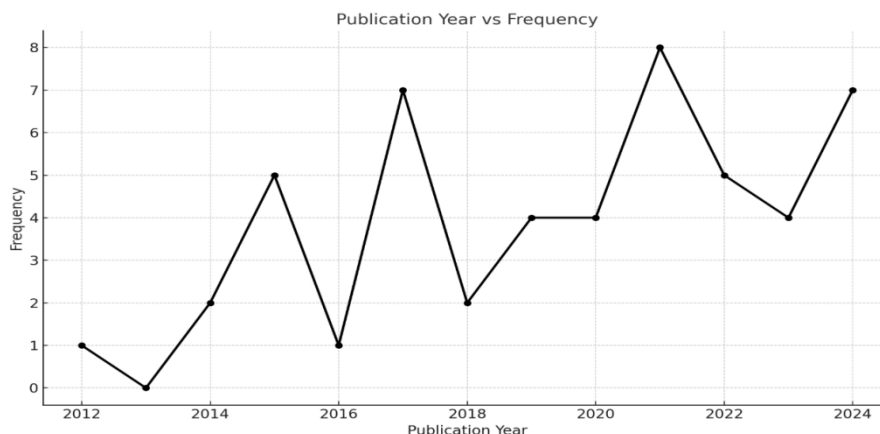


Figure 2. Frequency diagram of papers on the English rendering of culture-loaded words in TCM

Figure 2 provides a clear illustration of the publication frequency of papers on the English rendering of culture-loaded terms in TCM from 2012 to 2024. Although the total number of studies in this field remains limited overall, there has been a noticeable upward trend over the past 13 years, showing a steady and significant increase in recent years. Specifically, the topic firstly caught the scholar’s attention in 2012, and before 2015, there were relatively few studies on this subject. However, after 2015, especially in 2017, 2021, and 2024, the number of publications reached its peak. This can be attributed to several possible factors: firstly, after the “cultural turn” was put forward in 1990s, there was a shift in translation studies from linguistic equivalence toward social and cultural contextualization. This theoretical shift also influenced Chinese translation scholars, who increasingly began to engage with issues related to the international dissemination and translation of Chinese culture, including TCM. Secondly, in 2011, the “Going Global” strategy for advancing Chinese culture was formally introduced in China’s national development blueprint, emphasizing the enhancement of China’s international cultural communication capacity. This policy context encouraged a growing number of scholars to investigate strategies for promoting Chinese culture globally. TCM culture is a treasure of the Chinese nation, and the English rendering of culture-loaded words in TCM began to attract scholarly attention in the early 2010s. Moreover, as shown in Figure 2, the steady increase in publication volume indicates a growing academic interest in the field, suggesting a positive outlook for future research development.

3.2.2 Journals Distribution

Table 1. Top five journals publishing the English rendering of culture-loaded words in TCM

Journal name	Publication volume	Percentage (%)
<i>Western Journal of Traditional Chinese Medicine</i> (WJTCM)	4	8
<i>Overseas English</i> (OE)	4	8
<i>Chinese Archives of Traditional Chinese Medicine</i> (CATCM)	3	6
<i>Global Traditional Chinese Medicine</i> (GTCM)	3	6
<i>Jingu Creative Literature</i> (JGL)	3	6

As shown in Table 1, researches concerning the rendering of cultural-loaded words in TCM were mostly published in specialized journals on TCM, such as WJTCM (8%), CJTCM (6%), and GTCM (6%). In addition, OE and JCL also included articles related to culture-loaded words in TCM. This indicates that the rendering of culture-loaded words in TCM is considered a relatively specialized subfield within translation studies, with both a smaller number of research papers and specialized journals that publish the topic. As cited by Wang, Zhou, & Zhou (2014), “insufficient attention was paid to TCM translation in translation studies and linguistic scholarship”, resulting in the TCM translation as an “isolated island” in medical science, foreign language studies and translation studies (Zhao & Kuang, 2023).

3.2.3 The Selection of Classical Texts in TCM

Table 2. Chinese classical texts cited in the selected studies

Chinese classical texts related to TCM	Number of papers	Percentage (%)
<i>Huangdi Neijing (The Yellow Emperor’s Inner Canon)</i>	15	30%
<i>Shanghan Lun (Treatise on Cold Damage Disorders)</i>	8	16%
<i>Jinkui Yaolüe (Essential Prescriptions of the Golden Coffer)</i>	3	6%
<i>Xiyuan Jilu (Collected Cases of Injustice Rectified)</i>	1	2%
<i>Traditional Chinese Medicine of China</i>	1	2%
<i>Honglouloumeng (Dream of Red Mansions)</i>	1	2%

<i>Liaozhai Zhiyi (Strange Tales from a Chinese Studio)</i>	1	2%
<i>Stories of Chinese Festivals</i>	1	2%

Table 2 presents the number of Chinese classical texts cited in the selected studies. Among the analyzed literature, the *Huangdi Neijing* was the most frequently selected source, adopted in 15 studies, accounting for 30% of the total. The *Shanghan Lun* was also a popular choice, cited in 8 studies (16%). It was followed by the *Jinkui Yaolüe*, which appeared in 3 studies (6%). Other classical texts were rarely examined. For example, only one study analyzed the *Xiyuan Jilu*, one focused on *Liaozhai Zhiyi*, and another on *Honglouneng*. One article examined the Chinese cultural documentary *Tales of Chinese Festivals*, and another focused on the *Traditional Chinese Medicine* in China. This demonstrates that the *Huangdi Neijing*, as the foremost of the four representative classical TCM texts, has exerted a significant effect on the development of medicine, philosophy, and health care. It holds the highest academic value and enjoys the greatest popularity among all TCM classics, making it one of the most widely studied and cited medical texts by scholars. In addition, the *Shanghan Lun*, also one of the four classical TCM classics, established the theoretical system of syndrome differentiation and treatment and has likewise gained significant academic and clinical attention. The *Jinkui Yaolüe*, another seminal work by Zhang Zhongjing, is regarded as a theoretical guideline for the treatment of complex diseases in TCM. These three classical texts contain a rich array of culture-loaded words, philosophical concepts, and medical terminologies, deeply rooted in traditional Chinese thought, and thus offer great scholarly and cultural value for research on the English rendering of culture-loaded words in TCM. Table 2 also reveals that most existing studies focused on classical medical texts such as *Huangdi Neijing* and *Shanghan Lun*, while largely neglecting contemporary TCM textbooks, journal articles, and other related materials that are more closely aligned with practical communication and global dissemination.

3.2.4 Key Contents

By analyzing the selected 50 papers, the existing research majorly focused on the following five aspects: (1) the definition of culture-loaded words in TCM; (2) classifications of culture-loaded words in TCM; (3) Studies on TCM terms translation; (4) theoretical foundations; (5) translation strategies and methods. A detailed description of these categories will be discussed as follows.

3.2.4.1 Definition of Culture-loaded Words in TCM

Culture-loaded words in TCM integrate the unique cultural connotations and disciplinary characteristics of TCM. The theoretical frameworks, models of thinking, and value systems reflected in those terms are closely interrelated with traditional Chinese culture. There are diverse definitions of culture-loaded words in TCM, reflecting differing interpretations among scholars. Zhang (2009) was the first one who put forward the definition of culture-loaded words in TCM, describing them as “words that carry cultural meanings in the source language and no precise counterparts exist in the target language, or whose cultural connotations do not fully correspond across the two languages”. Fan et al. (2019) further clarified and supplemented the definition by noting that culture-loaded words in TCM refer to “terms, phrases, idioms that are characterized by the unique cultural features of Chinese medicine, representing the medical wisdom of the Chinese nation”.

In addition, some scholars expressed their interpretation of culture-loaded words in TCM. For instance, Jiang (2019) viewed them as “a representation of TCM essence, containing philosophical ideas, value system, treatment principles, and humanistic care”. Another example was made by Zhang & Li (2020), who reckoned that culture-loaded words in TCM are rooted in traditional Chinese culture, often leading to cultural gaps in translation owing to the absence of corresponding expressions in the target language. Wang (2020) regarded “Yin” and “Yang” as culture-loaded words, defining them as “deeply rooted in TCM, reflective of China’s unique ecological and cultural values, symbolic of the nation’s distinct cultural identity, and indicative of strong national characteristics”. These definitions help establish clearer criteria for identifying culture-loaded words in TCM, which in turn enhances the precision and effectiveness of their English translation.

3.2.4.2 Classification of Culture-loaded Words in TCM

Various categorizations of culture-loaded words in TCM have been proposed by scholars, depending on differing criteria. To illustrate, Wu & Wang (2015) classified culture-loaded words in TCM into five forms, which are personal names, place names, climate related terms, special terms (including TCM and acupuncture terminology), and human organs and viscera. Xu’s taxonomy was more concise, consisting of personal and place names, specialized TCM terminology, and fundamental philosophical concepts in Chinese medicine (Xu, 2018). Song & Yao (2016), based on Fu’s categorization in the Research Dictionary of *Shanghan Lun*, classified culture-loaded words into six types: TCM symptoms, syndromes, TCM etiology and pathogenesis, TCM treatment methods, TCM philosophical foundations, and other relevant aspects. Fan et al. (2019) categorized culture-loaded words in TCM into three types: proper nouns, TCM terminology, and religious and philosophical terms. Liu et al. (2022) divided culture-loaded words in TCM into three distinct types through the lens of their distinctive natures, including social and ecological terms, TCM-specific terms, and philosophical, and religious terms. By comparison, Jiang (2019) made culture-loaded words into four divisions: (1) terms in TCM in the source language that do not have culturally or linguistically corresponding ones in the target language; (2) words that have the same surface meaning in the original and translated languages, but differ in their deeper meanings. (3) words in TCM that have multiple corresponding words in the target language, but none of them fully match the original meaning. To illustrate, the Chinese “神” (Shen) is translatable into English as “spirit”, “mind”, “vitality”, etc. While these words are somewhat related to the concept of “神” in TCM, none of them captures the full meaning of the term; (4) words whose basic meanings are similar but have different connotative meanings. Classifying culture-loaded words in TCM helps clarify

their types and functions, providing a framework for understanding their linguistic and cultural characteristics.

3.2.4.3 English Translation Studies on TCM Terms

Among the 50 selected articles, eight of them are specifically concerned with TCM terms, including three studies on the translations of “Shen”, “Qi”, and “Yin-Yang”, three papers on the translation of “Fangji” (formula), and a study focusing on the English rendering of “Internal Medicine Diseases”, and one on the translation research of “Shangjiao” (upper Jiao). According to Liu et al.’s classification, TCM terms belong to culture-loaded words in TCM (Liu et al., 2022). For example, Qian & Zhou (2021) analyzed the abstract and specific meanings of “Shen” and summarized different translation strategies for the “Shen” in TCM. Another example explored the translation methods of the Fangji Tang formula and syndrome by comparing three versions of the *Shanghan Lun* (Chen, Wang, He, & Shen, 2021). Due to the complexity and challenges involved in rendering culture-loaded words in TCM, the study makes a contribution to the preservation and transmission of its cultural implications and theoretical foundations.

3.2.4.4 Theoretical Application

By analyzing the selected 50 pieces of papers, it was found that 32 of them adopted relevant theoretical foundations. Among them, 7 articles employed Eco-translatology (Hu, 2008, 2011), 4 used the Cultural Translation Theory (Bassnett, 1991, p.13-25), and 3 studied from the perspectives of Adaptation Theory (Verschuere, 1999, p. 55-56), Intercultural Communication (Samovar, 1998), Skopostheory (Nord, 2013, 2014; Vermeer, 1989), and Cognitive Linguistics (Lakoff, 1993, p. 202-251) respectively. Additionally, 2 articles were based on Medio-translatology (Xie, 1999, 2020). The summary is as follows (Fig. 3):

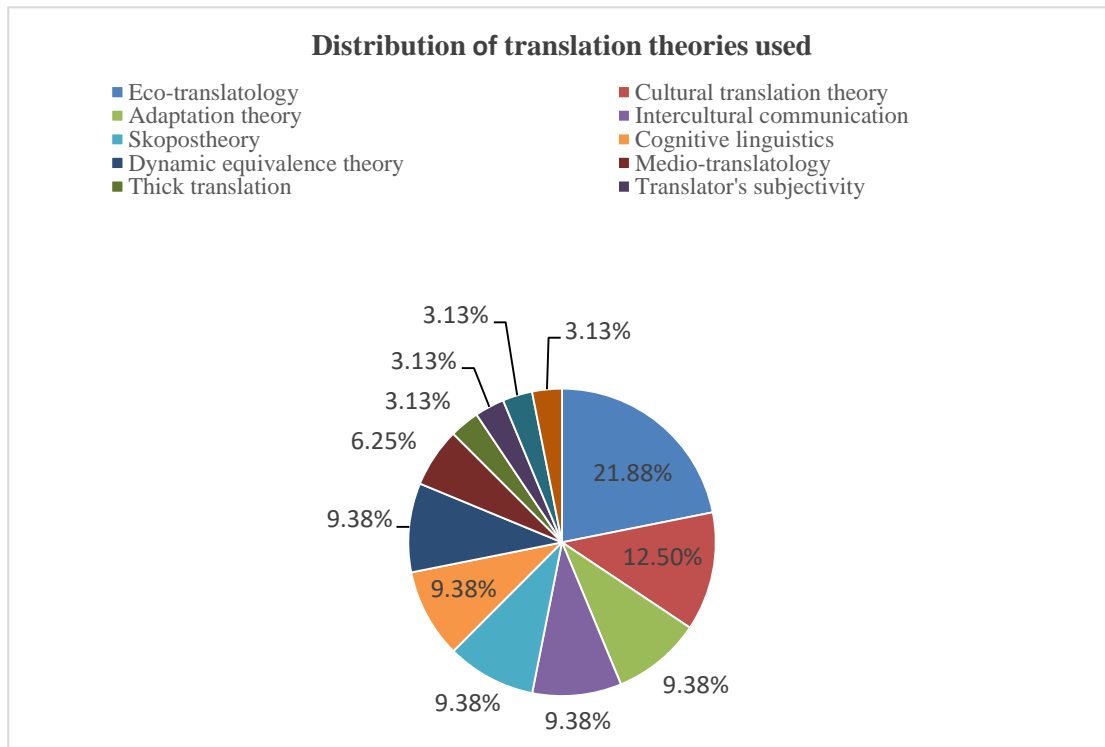


Figure 3. Percentage distribution of theories employed in rendering of culture-loaded words in TCM

A total of 32 papers applied translation theories in the selected studies, occupying around 64% of the total number, while the rest (36%) did not apply any theories. As Figure 3 shows, among the 12 employed translation theories, most of them belong to western translation theories, except Eco-translatology, and Medio-Translatology, put forward by Chinese scholars Hu Gengshen and Xie Tianzhen respectively. Eco-translatology is the most frequently adopted theory among the selected literature, accounting for 21.88% of the theories employed. Its popularity indicates the theory’s applicability to the rendering of culture-loaded words in TCM. This is largely because the multidimensional and culturally embedded nature of TCM discourse aligns well with Eco-translatology’s emphasis on adaptive selection across linguistic, cultural, and communicative dimensions. Moreover, the theory’s prevalence may also be attributed to its resonance with core TCM philosophies, such as the holistic conception of the human body and the nature world, and the Yin-Yang view of dynamic balance, which parallel the theory’s pursuit of balance within different translational ecologies. Building on this alignment, Eco-translatology suggests that translators should seek a dynamic balance among the original and receiving cultures, and the readers’ cognitive capability, thereby improving the scientific accuracy, communicative effectiveness, and cultural transmission of culture-loaded words in TCM. To illustrate, Chen (2022) compared two English versions of *Huangdi Neijing*, and demonstrated how each translator adapted the text through linguistic, cultural and communicative dimensions. Similarly, Wang & Chen (2022) applied Eco-translatology to explore the English rendering of culture-loaded words in TCM, highlighting adaptive choices made from culture, language, and

communicative aspects.

Cultural Translation Theory is the second most prevalent theory in rendering culture-loaded words in TCM into English, comprising 12.50% of the analyzed studies. According to Susan Bassnett, translation equivalence depends on culturally and functionally equivalent expressions between the source and target languages. Chen & Yang (2023), analyzed the main English translation strategies by applying cultural translation theory, offering valuable insights into the rendering of culture-loaded words in Chinese documentaries, thus promoting the external communication and dissemination of Chinese culture. Zhang & Cui (2020), grounded in cultural translation theory, explored the translation strategies of Qi by examining its classifications in three English versions of *Jinkui Yaolüe*. This indicates that the theory also provides a solid theoretical and practical implications for the rendering of culture-loaded words in TCM. Through a strong focus on cultural awareness and the translator's strategic management of cultural differences, the theory offers solid support for the accurate rendering of TCM terminology and promotes effective intercultural communication.

In addition, representative theories include Adaptation Theory, Intercultural Communication, Skopos theory, Cognitive Linguistics, and Dynamic Equivalence are also widely employed in relevant studies, each representing 9.38%. Of these theories, Skopostheory and Dynamic Equivalence belong to the Western functionalist school, which stresses the importance of the communicative function of the text in the English rendering of culture-loaded words in TCM. Moreover, related translation studies should reflect on both the communicative purpose of the original text and the target audience's cognitive capacity and cultural background.

3.2.4.5 Strategies and Methods for Rendering Culture-loaded Words in TCM

Various translation strategies and methods drawn on different theoretical foundations were put forward among the selected journal papers. Venuti's domestication and foreignization were predominantly applied in rendering culture-loaded words in TCM into English. For instance, Liu, Wu, & Wang (2017) underlined that translators ought to minimize cultural conflicts and enhance target readers' understanding and acceptance of culture-loaded words in TCM through the adaptive use of domestication and foreignization in light of the characteristics and context of cultural-loaded words in TCM. Another study was conducted by Wang, Liu, Xu, & Shan (2022) who examined how culture-loaded words were rendered into English in the two versions of *Shanghan Lun*, highlighting the influence of two translators' perspectives, including subjectivity, dynamism, and passivity. Luo Xiwen predominantly adopted a domestication strategy to promote the spread of TCM among target readers by conforming to their linguistic conventions and vocabulary, thereby improving the acceptability of the translated version. In contrast, Wei Naijie commonly utilized the foreignization strategy to retain the conceptual integrity of Chinese medicine, enabling target readers to understand the original form of TCM texts and highlighting its unique cultural connotations. According to Pan et al. (2024), in translating cultural-loaded words concerning the Five Movements and Six Qi, priority should be given to a foreignization strategy, complemented by a flexible use of multiple translation methods. This approach helps preserve the distinctive features and expressive style of the Chinese language, facilitates effective cross-cultural communication, and promotes the broader transmission of TCM culture.

Some translation methods based on different theoretical foundations and translation strategies were put forward. Zhang & Li (2020) reckoned that literal translation was generally applied to culture-loaded words related to basic TCM terminology, while transliteration or transliteration with annotation was used to render terms relevant to unique Chinese material culture; and for cultural-loaded words that were rooted in Classical Chinese, omission or free translation should be employed to promote the international dissemination of Chinese medical classics. Ou (2024), on the basis of Eco-translatology, concluded that literal translation method was used for words related to natural ecology and human body organs; free translation is more commonly adopted for terms pertaining to traditional medicine, health preservation, and culture and customs; and for cultural-loaded words involving personal names and religious or philosophical concepts, transliteration is typically preferred. These methods contribute to conveying the source text's rich cultural connotations, historical background, and philosophical ideas more effectively.

4. Discussion

4.1 Progress

To date, scholars have made substantial foundational contributions in studies on rendering culture-loaded words into English, laying groundwork for the international dissemination of TCM. Overall, the progress can be summarized as follows:

(1) The current studies offer a relatively comprehensive research scope. In terms of research content, more and more studies began to pay more attention to cultural factors in TCM and its translation, indicating that TCM culture and its translation have attracted growing attention. Scholars have offered insights into the definition and classification of culture-loaded words in TCM, approaches to translating TCM terminology, the theoretical foundations, and the strategies selected in rendering culture-loaded words in TCM.

(2) The research perspectives are diverse. As for research theories and perspectives, there is a growing trend toward multidimensional analysis, with the application of various theories enriching the research on translating culture-loaded words in TCM into English. Although most theoretical foundations are primarily grounded in Western translation theories, Eco-translatology, introduced by the Chinese scholar Hu Gengshen, was the most frequently cited. It was followed by cultural translation theory, adaptation theory, intercultural communication, Skopos theory, Medio-translatology, and cognitive linguistics, respectively. The multiple theoretical frameworks broadened the scope of research, expanded translators' cognitive horizons, and contributed to a deeper understanding of TCM translation (Fang & Yang, 2024).

(3) With the diversification of research perspectives, translation strategies, principles, and methods have been proposed based on various theoretical frameworks and viewpoints. In addition to the commonly discussed strategies of domestication and foreignization, scholars have also developed specific translation strategies and approaches tailored to various classifications of culture-loaded words in TCM, such as those proposed by Zhang & Li (2020), Ou (2024) and Xie, Zheng, & Liu.(2024). The combination and dynamic integration of a range of strategies and methods have significantly improved the accuracy and effectiveness in rendering culture-loaded words in TCM. Furthermore, these efforts promoted the international dissemination and communication of TCM. The rendering of culture-loaded words in TCM has been examined by several scholars from the standpoint of cross-cultural communication, establishing a translation framework that fosters, thereby facilitating the broader transmission and exchange of TCM culture.

4.2 Research Problems

Admittedly, current multi-perspective and interdisciplinary research in the research concerning the English rendering of culture-loaded words in TCM has made notable progress, yet several problems remain to be addressed in the existing research, as reflected in the following points.

4.2.1 Lack of Unified Standard for the Definition and Categorization of Culture-loaded Words in TCM

Although there have been numerous studies on culture-loaded words in TCM, there is a lack of research on their definition and classifications within the context of TCM. So far, only a few studies have clearly defined and categorized culture-loaded words in TCM, and these are often lacking in scientific grounding and systematic argumentation. For instance, Wang & Chen (2022), Fan et al. (2019), and Pan et al. (2024) did not mention the definition of culture-loaded words in TCM while Zhang (2019) provided five classifications of culture-loaded words in TCM, but unfortunately, she did not give us the standards that the classifications are based on. He (2015) made the classification in accordance with Nida's taxonomy of culture, which identifies five key types of culture-loaded words in TCM: ecological, material, social, religious, and linguistic. However, it is the cultural taxonomy, not suitable for culture-loaded words in TCM. Therefore, there is a lack of a clear and standardized definition for culture-loaded words in TCM, and their categorization still requires further standardization.

4.2.2 Inadequate Theoretical and Empirical Support

32 articles adopted theories to support the arguments among the 50 selected literature, which indicates that 18 papers, accounting for 36% of the total, did not apply any theoretical framework. Some studies relied primarily on the authors' analysis of selected examples, but the discussions often remained vague and general, making it difficult to offer guidance for the practical translation and further research of culture-loaded words in TCM. Although some theoretical studies are available, the theories specifically suited for the rendering of culture-loaded words in TCM require further development. Some studies failed to effectively integrate the categorization of culture-loaded words in TCM to provide appropriate translation strategies and methods owing to a lack of depth research, such as Pan et al. (2024), Xie et al. (2024). As a result, there are many studies that used examples for explanations, but fewer that delved into the essence of translation or elaborated or provided in-depth analyses of theoretical frameworks. Hence, the foundation of relevant theoretical research is relatively weak. The theoretical foundation for translating culture-loaded words in TCM into English remains incomplete and needs to be further developed through practical application and theoretical refinement. As noted by Zhao & Kuang (2023), theoretical research on TCM translation remains relatively insufficient. In other words, it is a lack of consensus on the existing guiding principles for TCM translation. Accordingly, relevant theoretical frameworks need to be further deepened, specified, and systematized.

Moreover, from a research methodology perspective, comparative analysis and content analysis were primarily employed, with an emphasis on qualitative methods and a lack of quantitative approaches. Moreover, current studies offered little discussion on the evaluation of the translated versions. Hence, further studies are needed to address this gap.

4.2.3 Problems in Translation Strategies and Methods

(1) Inconsistent standards for translation strategies and methods

As we mentioned above, the relatively weak theoretical foundations for rendering culture-loaded words in TCM have resulted in insufficient support for translation strategies and methods. Apart from domestication and foreignization, more suitable translation strategies should be explored under the in-depth guidance of relevant theories. Translation standards remained inconsistent and often lacked explicit guidelines, and research conclusions often emphasized specific insights, with fewer general translation strategies and principles summarized.

The lack of a universally accepted standard for translating culture-loaded words in TCM led to inconsistencies in academic, clinical and related resources. For example, “太阳” has several versions, like Taiyang, Taiyang, Taiyang, Greater yang/Taiyang/temple in accordance with six widely accepted TCM dictionaries worldwide. However, the translation methods adopted in these six versions, whether transliteration or transliteration supplemented with explanation, cannot serve as an ideal model for the translation of TCM terminology (Li, Zhao, & Guo, 2023).

(2) Ambiguous categorization

In addition, the confusion of classification between translation strategies, methods, and techniques was commonly seen in some articles. For instance, Zheng (2021) mistook literal translation, omission, and liberal translation as translation strategies, and Qian & Zhou (2021)

took transliteration, literal translation, and liberal translation as translation strategies. According to Xiong Bin's classification (2014), liberal translation, literal translation, and transliteration are classified as translation methods while omission is categorized as a type of translation technique. This reveals that in some related research, the theoretical framework remains unclear, with a prioritization of translation techniques over theory (Wang et al., 2014), and a lack of grounding in well-considered strategies or methodological foundations.

(3) Lack of standardized evaluation criteria for translation strategies

Although existing studies predominantly focus on the translation strategies and methods used for culture-loaded words in TCM, a critical evaluation of these strategies has been largely overlooked. There is a lack of research employing target readers' acceptance or examining the alignment of translation practices with established terminology standards such as those issued by WHO or International Organization for Standardization (ISO). The absence of such evaluative mechanisms restricts the ability to assess the effectiveness, accuracy, and cross-cultural appropriateness of the translation strategies adopted in current research.

5. Conclusion

5.1 Major Findings

This systematic review explored recent developments in the English rendering of culture-loaded words in TCM. Through the in-depth exploration and analysis of the previous studies, the trends of the previous studies, theoretical frameworks, key contents of the studies as well as the progress and problems were discussed in detail. It is demonstrated that relevant studies have shown a notable rise in publications after 2015, most of which were published in journals focused on TCM. Among the classical texts, the *Huangdi Neijing* was the most frequently cited, followed by the *Shanghan Lun* and the *Jinkui Yaolüe*. Scholars have made significant contributions to the definition, classification, and translation theories, strategies, and methods related to culture-loaded words in TCM. Progress has been made in this field, such as a relatively comprehensive research scope, diverse perspectives, multiple translation strategies, and methods proposed, thus promoted international dissemination of TCM culture.

Moreover, there are still some problems in the existing research, calling for in-depth research on the English rendering of culture-loaded words in TCM. It is suggested that the definition and classification of culture-loaded words in TCM ought to be standardized, and relevant theoretical frameworks should be further deepened, specified, and systematized. More suitable and consistent translation strategies should be explored under the in-depth guidance of relevant theories. Nevertheless, we should adopt an optimistic attitude toward the development of research on rendering culture-loaded words in TCM and view the problems and challenges encountered as part of its evolving progress.

5.2 Limitations

Still, several limitations exist in this research. Firstly, although a systematic review aims for comprehensiveness, certain relevant studies may have been excluded due to limitations such as database selection, inclusion criteria, search keywords, and accessibility of literature, which may result in omissions and limited coverage. Secondly, the review only focused on the English rendering of culture-loaded words in TCM, without addressing research involving other foreign languages, such as French, Spanish, Arabic, Russian, and so on. This expansion of translation studies would not only contribute to a deeper understanding of TCM but also facilitate cultural integration and medical exchange across diverse linguistic and cultural contexts.

5.3 Implications for Future Research

Although some achievements have been made by scholars based on prior studies, research on the English translation of culture-loaded words in TCM is still in its early stages. The problems mentioned above provide directions for future exploration. The suggestions are as follows:

5.3.1 In-depth Exploration of Culture-loaded Words in TCM

Culture-loaded words in TCM consist of a wide range of elements, including ecological, cultural, material, and specialized medical expressions, making their identification both comprehensive and complex. In-depth studies on culture-loaded words in TCM require more attention. More specifically, it is necessary to develop a unified definition, and a robust classification system for those words. The standardization of terminology still needs to be further addressed. Future research needs to aim at developing a systematic and scientific definition, characteristics, and classification criteria with reference to existing literature. The integration of linguistics and TCM theories are also called for in order to offer a solid foundation for further study.

5.3.2 Conducting In-depth Theoretical Research and Constructing a Translation Evaluation Model for Culture-loaded Words in TCM

More theoretical research in this domain should be strengthened. Based on existing applied theories, future researches are encouraged to adopt more diversified perspectives by integrating communication theories and Medio-translatology, emphasizing the translator's identity, and considering multiple factors such as linguistic features, culture context, and target readers' acceptability. In addition, future research should incorporate key philosophical conceptions in TCM, such as Yin-Yang theory and holistic view, to interpret how translators make strategic choices and rebuild meaning when rendering culture-loaded words in TCM. Such perspectives can help uncover the cultural logic embedded in translation decisions and contribute to a more culturally grounded analytical framework. By integrating linguistic, cultural, communicative, and TCM philosophical perspectives, future studies may gradually work toward shaping a widely accepted

theoretical foundation that can guide the selection of appropriate translation strategies and methods, thereby promoting the effective dissemination of cultural connotations.

Future studies to build a translation evaluation model for culture-loaded words in TCM are also needed to assess the effectiveness of the translation. In light of the unique cultural and disciplinary attributes of TCM, efforts should be made to explore a scientific and unified standard to improve translation consistency, accuracy, and international readability, thereby facilitating the standardized and professional dissemination of TCM throughout the world.

5.3.3 Strengthening Empirical Research and the Use of Corpora and Digital Tools

Due to the lack of empirical studies on the translating culture-loaded words in TCM, future research should incorporate both quantitative and qualitative analyses of culture-loaded words in TCM texts. To enhance research reliability and support the publication of high-quality papers, empirical methods such as questionnaires and interviews are also recommended. Moreover, technical tools, like bilingual corpora and terminology databases, enable researchers to identify translation patterns and evaluate the effectiveness of various strategies through more data-driven approaches. With the increasing availability of standardized terminology resources, such as the WHO *International Standard Terminologies on Traditional Chinese Medicine* (2022) and the ISO vocabulary guidelines for Chinese materia medica (2017), future work can make fuller use of these frameworks to enhance the consistency and accuracy of term extraction, corpus annotation, and digital terminology development. As digital technology develops, tools, such as ontology-based term mapping and related computational techniques, may further broaden analysis and provide new methodological directions.

5.3.4 Calling for Multilingual Translation Studies on TCM Classical Text

Current research has mainly concentrated on the English rendering of culture-loaded words in TCM, while limited attention has been given to their translation into other languages. Considering the global spread of TCM, future research should extend the focus to multilingual contexts, especially those involving the WHO's official languages, so as to help comparative analyses of translation strategies and target readers' acceptance across languages, thus promoting the broader cultural and medical dissemination of TCM.

Acknowledgments

Not applicable.

Authors' contributions

Chen designed the study and drafted the manuscript. Chen and Ma conducted the data collection and investigation. Husain and NG supervised the research and contributed to the revision of the manuscript. All authors read and approved the final manuscript. The authors declare that no authors contributed equally to this work.

Funding

This research was supported by Hefei Jinguizi E-commerce Co., Ltd. under the projects Foreign Trade Translation and Corpus Construction (Grant No. 2023xhx114) and Foreign Trade Translation Technology Services (Grant No. 2025xhx122), and Suzhou University 2024 research platform project (No. 2024PTPY04).

Competing interests

The authors declare that they have no known competing financial interests or personal relationships that could have appeared to influence the work reported in this paper.

Informed consent

Obtained.

Ethics approval

The Publication Ethics Committee of the Sciedu Press.

The journal's policies adhere to the Core Practices established by the Committee on Publication Ethics (COPE).

Provenance and peer review

Not commissioned; externally double-blind peer reviewed.

Data availability statement

The data that support the findings of this study are available on request from the corresponding author. The data are not publicly available due to privacy or ethical restrictions.

Data sharing statement

No additional data are available.

Open access

This is an open-access article distributed under the terms and conditions of the Creative Commons Attribution license (<http://creativecommons.org/licenses/by/4.0/>).

Copyrights

Copyright for this article is retained by the author(s), with first publication rights granted to the journal.

References

- Aixela, F. (1996). Culture-specific items in translation. In R. Alvarez & M. Vidal (Eds.), *Translation, power and subversion*. Shanghai: Shanghai Foreign Language Education Press, p 58.
- Bai, H. H. Z. (2017). *On translation of culture-loaded words in Huangdi Neijing from the perspective of relevance theory*. Nanjing: Nanjing University of Chinese Medicine.
- Baker, M. (1992). *In other words: A coursebook on translation*. London, England: Routledge, p 21. <https://doi.org/10.4324/9780203327579>
- Bassnett, S. (1991). *Translation studies* (2nd ed.). London, England, Routledge, London, p 13-25.
- Cappuzzo B. (2022). Intercultural aspects of specialized translation. The language of Traditional Chinese Medicine in a globalized context. *European Scientific Journal*, 18(5), 25-39. <https://doi.org/10.19044/esj.2022.v18n5p25>
- Chen, L. (2022). A study on the English translation of culture-loaded words in the *Huangdi Neijing* from the perspective of Eco-Translatology. *Xin Chu Wen Hua*, 6, 56-59.
- Chen, Y. H., & Yang, S. H. (2023). A study on English translation of culture-loaded words in Chinese documentary from the perspective of Cultural Translation Theory. *Jingu Creative Literature*, 30, 100-102.
- Chen, Z. N., Wang, J., He, H. Q., & Shen, Y. (2021). On the English translation strategies of culture-loaded words in Traditional Chinese Medicine: A case study of the Guizhi formula and syndrome in the *Shanghan Lun*. *Global Traditional Chinese Medicine*, 14(9), 1697-1700.
- Fan, C. X., Ma, Y., & Liu, L. (2019). Study on the features and the translation strategies of the culture-loaded words in Chinese Medicine Classics. *Guiding Journal of Traditional Chinese Medicine and Pharmacy*, 25(18), 135-137.
- Fang, B., & Yang, X. X. (2024). A review of translation studies on Traditional Chinese Medicine from multidimensional theoretical perspectives. *English Square*, 29(10), 37-41.
- Feng, H. L., Terng, H. F., Leow, M. H., & Shuang, G. C. (2024). Translating Traditional Chinese Medicine terms into English from a cultural perspective. *Journal of International Crisis and Communication Research*, 7(11), 87-108.
- Feng, W. L. (2016). A multidimensional study of the English translation of *Huangdi Neijing*. *Journal of Basic Chinese Medicine*, 22(7), 982-985.
- He L. (2015). *A Comparative study of two English versions of Huangdi Neijing from the perspective of Foucault's Power and Discourse Theory*. Lanzhou: Northwest Normal University.
- Hu, G. S. (2011). Eco-translatology: Research foci and theoretical tenets. *Chinese Translators Journal*, 2, 5-9.
- Hu, G.S. (2008). Interpreting translation process from the perspective of adaptation and selection. *Journal of Sichuan International Studies University*, 4, 90-95.
- International Organization for Standardization (2017). *Traditional Chinese medicine—Vocabulary—Part 1: Chinese materia medica*. ISO. Retrieved from <https://cdn.standards.itech.ai/samples/63148/d3db55f25581441581898cdb15c2fc1f/ISO-18662-1-2017.pdf>
- Jiang, C. X. (2019). On the thick translation of culture-loaded words in Traditional Chinese Medicine and its significance. *Global Traditional Chinese Medicine*, 12(1), 104-106.
- Kan, X. L., Zhu, D. D., Zheng, R., Cui, J.Y. (2025). Strategies and recommendations for the preservation of TCM cultural heritage from the perspective of cultural confidence. *Journal of Traditional Chinese Medicine Management*, 33(1), 259-263.
- Lakoff, G. (1993). *The contemporary theory of metaphor in A. Ortony (Ed), Metaphor and thought. 2nd ed.* Cambridge: Cambridge University Press, p 202-251. <https://doi.org/10.1017/CBO9781139173865.013>
- Li, H. R. (2024). Translation of culture-loaded words in TCM from the perspective of cross-cultural communication. *Comparative Study of Cultural Innovation*, 9, 27-30.
- Li, X. Y., Zhao, Y. C., & Guo H. Y. (2023). Exploring the connotations of culture-loaded words in TCM terms to ensure good translation: a case study of Yin and Yang. *Foreign Language Learning Theory and Practice*, 2, 90-96.
- Linde, K., Allais, G., Brinkhaus, B., Fei, Y, Mehring, M., Shin, B. C., ... White A. R. (2016). *Acupuncture for tension-type headache*. Cochrane Database Syst. <https://doi.org/10.1002/14651858.CD007587.pub2>
- Liu, C., Zhong, H. Q., Jin, L.G., Chen, S. Y., & Wang, X. F. (2022). Study on English translation of culturally loaded words in *Huangdi Neijing* from the perspective of Medio-translatology. *China Journal of Traditional Chinese Medicine and Pharmacy*, 37(9), 5475-5479.

- Lu, Y., Li, Y. A., Shen, Y. X., Tian, Y., Hou, J. C., & Hou, Q. (2017). Exploration on the translated terms wording in two sets of TCM translated terms standardization schemes. *Western Journal of Traditional Chinese Medicine*, 30(3), 142-145.
- Moher, D., Liberati, A., Tetzlaff, J., & Altman, D. G. (2009). Preferred reporting items for systematic reviews and meta-analyses: the PRISMA statement. *The PRISMA Group*, 6(7), e1000097. <https://doi.org/10.1371/journal.pmed.1000097>
- Nord, C. (2013). *Functionalism in translation studies*. In C. Millán & F. Bartrina (Eds.), *London, England: The Routledge handbook of translation studies*, p 219-230. <https://doi.org/10.4324/9780203102893-25>
- Nord, C. (2014). *Translating as a purposeful activity: Functionalist approaches explained*. London, England: Routledge. <https://doi.org/10.4324/9781315760506>
- Ou, Z. H. (2024). The English translation of culture-loaded words in the *Medical Classic of the Yellow Emperor* from the perspective of Eco-translatology. *Comparative Study of Cultural Innovation*, 12, 32-36.
- Pan, H. O., Zhou, F. Y., Cui, Z. R., Wang, R., Qiao, W. J., & Yang, Y. F. (2024). Translation strategy of cultural-loaded words in TCM classics from perspective of Medio-translatology. *Chinese Archives of Traditional Chinese Medicine*, 42(7), 44-47.
- Qian, Z. X., & Zhou, E. (2021). A Study on the English Translation of “Shen” in the *Huangdi Neijing: Suwen*. *Chinese Journal of Integrative Medicine*, 41(08), 1004-1009.
- Samovar, L. A., Porter, R. E., & Stefani, L. A. (1998). *Communication between Cultures*. Beijing: Foreign Language Teaching and Research Press.
- Song, C. H., & Yao, X. (2016). On translation of culture-loaded words in *Shanghanlun* from perspective of Eco-Translatology theory. *Guiding Journal of Traditional Chinese Medicine and Pharmacy*, 09, 12-123.
- Tian, X.H., Xu, P.H., & Gu, T.C. (2024). Let the Treasures of Chinese Civilization Shine in the Modern Era-The 2024 World Traditional Medicine Conference Highlights Diversity, Heritage, and Innovation. Retrieved from https://www.gov.cn/yaowen/liebiao/202412/content_6991384.htm.
- Vermeer, H. J. (1989). *Skopos and translation commission in translational action*. Heidelberg, Germany: Julius Groos Verlag, p 29.
- Verschueren, J. (1999). *Understanding Pragmatics*. London, England: Edward Arnold (Publishers) Limited, p 55-56.
- Wang, F., & Chen, J. X. (2023). Translation studies of Traditional Chinese Medicine in China: achievements and prospects. *Sage Open*, Oct.-Dec, 1-10. <https://doi.org/10.1177/21582440231204124>
- Wang, L. L., & Chen, L. (2022). Research on the translation of culture-loaded words in Traditional Chinese Medicine from perspective of Eco-translatology. *Chinese Medicine Modern Distance Education of China*, 20(17), 42-44.
- Wang, L.Y. (2020). A study on English translation of culture-loaded words from the perspective of cognitive metaphor. *Journal of Beijing Institute of Graphic Communication*, 28(12), 84-87.
- Wang, R. H. (2022). A translator-oriented study on the English translation of culture-loaded words in *Shanghanlun*: A comparative analysis of the versions by Luo Xiwen and Nigel Wiseman. *Global Traditional Chinese Medicine*, 15(4), 681-685.
- Wang, Y. Q., Zhou, Y. B., & Zhou, D. M. (2014). A Review and reflection on the English translation of Traditional Chinese Medicine (1981-2010). *Journal of Xi'an International Studies University*, 22(4), 105-112.
- Wang, Z. X., & Li, J. (2023). English translation of culture-loaded words in *Treatise on Cold Damage (Shang Han Lun)* from the perspective of cognitive metaphor. *World Journal of Integrated Traditional and Western Medicine*, 18(3), 619-623.
- World Health Organization. (2022). *International standard terminologies on traditional Chinese medicine*. WHO. Retrieved from <https://iris.who.int/bitstream/handle/10665/352306/9789240042322-eng.pdf>
- Wu, C. Y. & Wang, Y. Q. (2015). Study on translation of culture-specific lexicon in *The Yellow Emperor's Classic of Internal Medicine* from Perspective of Eco-Translatology Theory. *Chinese Archives of Traditional Chinese Medicine*, 33(1), 61-64.
- Wu, X. Z. (2021). A study on the English translation of culture-loaded words in synopsis of the *Golden Chamber* under philosophical Hermeneutics. Dissertation, Jiangxi University of Chinese Medicine.
- Xie, T. Z. (1999). *Medio-translatology*. Shanghai: Shanghai Foreign Language Education Press, p 1-6.
- Xie, T. Z. (2020). *A brief introduction to Medio-translatology*. Beijing: The Commercial Press, p 2-5.
- Xie, W. X., Zheng, L. M., & Liu, Z. L. (2024). A Study on the equivalent translation strategy for culture-loaded words in Traditional Chinese Medicine. *Journal of Hebei North University (Social Science Edition)*, 40(4), 100-102+115.
- Xu, X. Y. (2018). On the English translation of culture-loaded words in Traditional Chinese Medicine from the perspective of Post-colonialism Theory. *Overseas English*, 19, 148-150.
- Zavareh, N. K. (2021). Translation of culture-specific items from English into Persian: A case study of *The Secret Garden*. *International Journal of Language and Translation Research*, 1(3), 15-38.

- Zhang, M., & Li, L. (2020). Discussion on the identification and translation strategy of culture-loaded words in Chinese medical classics. *Medicine & Philosophy*, 41(02), 61-65.
- Zhang, N., & Dong, M. (2020). Translation strategies of Traditional Chinese Medicine terms from the perspective of Cross-Culture Communication. *Open Access Library Journal*, 7, 1-7. <https://doi.org/10.4236/oalib.1106828>
- Zhang, Y. & Cui, Z. (2020). Culture-loaded words “Qi” in the English versions of *JinGui YaoLve* from the perspective of Cultural Translation Theory. *Journal of North China University of Science and Technology (Social Science Edition)*, 20(2), 111-115.
- Zhang, X. (2009). *The Study on the English Translation of Culture-loaded Words in Huangdi Neijing*. Nanjing: Nanjing University of Chinese Medicine.
- Zhao, Y. C., & Kuang, Q.W. (2023). The construction of the evaluation model for Traditional Chinese Medicine terms based on cognitive construction. *Journal of Xi'an International Studies University*, 30(1), 89-94.
- Zheng, L. X. (2021). Three-dimensional adaptation and selection of culture-loaded words in English translation: A case study of *Traditional Chinese Medicine in China*, 36(02): 61-64.
- Zhou, D. M. (2012). Traditional Chinese medicine culture-loaded words translation in *Yellow Emperor's Canon of Medicine* under the Adaptation theory. *Journal of Zhejiang Chinese Medical University*, 36(10), 1139-1141.