

臟腑像

Zàng-Fǔ Xiàng

Organ Images *2.0*

*A Combined Chinese Language & Chinese Medicine Study Guide
Using Translation Exercises*

Student Workbook

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Introduction

This book is a continuation of my '*Chinese Language, History, and Culture*' book.

Its primary language objective is to go beyond single character vocabulary into phrases and sentences.

Its primary medical objective is to explore the fundamental tenets of the medicine using its native tongue. Especially important in this regard are the principles expressed in what are known as the 'organ images' or *zang-fu xiang*.

I decided to present easier to understand and translate modern passages, and then an excerpt from a classical text using the most foundational passage concerning the organs, the locus classicus if you will, chapter 8 of the Su Wen. The Su Wen or Simple Questions is the first part of the Huang Di Nei Jing.

How To Use This Book

- **The First section:** concerns vocabulary used in the organ image statements.

I have extracted 112 characters from the images that will not have been encountered previously, i.e. in the '*Language, History, and Culture*' book.

In addition, some of those characters are consistently used together as compounds and would be difficult to make sense of without knowing that, so I have appended them to the end of the glossary section to alert you to them ahead of time.

The best approach is probably to go through this section first (i.e. build your vocabulary) then proceed to the next section, but it is also entirely reasonable to fill in the glossary as you come across the character in the second section and thus do them together. In other words complete the glossary as you go.

- **The Second section:** concerns translation of key phrases/sentences regarding primary associations and functions of the organs.

- Utilize the glossary (if you did that first) and a dictionary to figure out each character, then attempt to make a translation of the line. Think of the phrases as puzzles to solve. Conceptually, you must think about the theory you know to help figure out the right choice of words and hence an accurate translation as a whole.

- **The Third section:** is a continuation of the second, but changes the focus to a classical passage you will have to try to figure out. It is relatively short, but provides a good sense of classical succinctness.

- **The Fourth section:** concerns writing, and in the end your ability to read. It is very difficult to learn characters without writing them, at least beyond a relatively small number. Thus to learn to read you must practice writing. This teaches several other important aspects of Chinese, specifically stroke order (which is the equivalent of spelling in phonetic languages). It is also the prerequisite for the art of calligraphy. This can be done as you go, or saved for the end, as a kind of review.

Feel free to copy this, so you can use it both ways and often.

- **Add tone marks to the pinyin as you go:**

Tone marks always go over vowels.

Specifically as follows:

In diphthongs, if there is an 'a' it always gets the tone mark (ai, ao, ia, iao, ua, uai)

then 'e' as in (ei, ie, ue)

'o' in (ou, iong, uo)

lastly 'i' in (iu & ui) (u & ü only get a mark when they are the only vowel)

Part I

臟腑像

Zàng-Fǔ Xiàng

Glossary of Key Terms
(dictionary exercise)

Key Vocabulary – Dictionary Exercise

Organ Images: Key Vocabulary

1. find following characters (I have provided the pinyin) in your dictionary – write definitions in the space provided
2. then use this glossary to help translate the phrases in the next section (starting on p. 11)
3. practice writing these characters in the writing section (starting on p. 93)

#	文	Pīn-yīn	Definitions
1.	本	běn	
2.	別	bié	
3.	稟	bǐng	
4.	不	bù	
5.	藏	cáng	
6.	朝	cháo	
7.	出	chū	
8.	傳	chuán	
9.	存	cún	
10.	導	dǎo	
11.	動	dòng	
12.	瀆/瀆	dú	
13.	斷	duàn	
14.	而	ér	
15.	發	fā	
16.	分	fēn	
17.	府	fǔ	
18.	蓋	gài	
19.	干	gān	
20.	根	gēn	
21.	合	hé	
22.	和	hé	
23.	乎	hū	
24.	呼	hū	
25.	華	huá	

Key Vocabulary – Dictionary Exercise

#	文	Pīn-yīn	Definitions
26.	化	huà	
27.	寄	jì	
28.	降	jiàng	
29.	嬌	jiāo	
30.	交	jiāo	
31.	皆	jiē	
32.	靜	jìng	
33.	聚	jù	
34.	決	jué	
35.	開	kāi	
36.	可	kě	
37.	慮	lǜ	
38.	苗	miáo	
39.	謀	móu	
40.	母	mǔ	
41.	納	nà	
42.	乃	nǎi	
43.	能	néng	
44.	漚	ōu òu	
45.	拍	pāi / pò	
46.	粕	pò	
47.	其	qí	
48.	起	qǐ	
49.	竅	qiào	
50.	清	qīng	
51.	去	qù	
52.	如	rú	
53.	濡	rú	
54.	入	rù	

Key Vocabulary – Dictionary Exercise

#	文	Pīn-yīn	Definitions
55.	傷	shāng	
56.	攝	shè	
57.	升	shēng	
58.	生	shēng	
59.	聲	shēng	
60.	食	shí	
61.	受	shòu	
62.	樞	shū	
63.	疏	shū	
64.	熟	shú	
65.	屬	shǔ	
66.	帥	shuài	
67.	司	sī	
68.	肅	sù	
69.	胎	tāi	
70.	體	tǐ	
71.	調	tiáo	
72.	通	tōng	
73.	同	tóng	
74.	統	tǒng	
75.	為	wéi wèi	
76.	惡	wù	
77.	霧	wù	
78.	息	xī	
79.	吸	xī	
80.	喜	xǐ	
81.	系/係	xì	
82.	夏	xià	
83.	相	xiāng	

Key Vocabulary – Dictionary Exercise

#	文	Pīn-yīn	Definitions
84.	泄	xiè	
85.	煦	xù	
86.	宣	xuān	
87.	言	yán	
88.	養	yǎng	
89.	腰	yāo	
90.	也	yě	
91.	夜	yè	
92.	移	yí	
93.	宜	yí	
94.	用	yòng	
95.	于	yú	
96.	餘	yú	
97.	與	yǔ	
98.	運	yùn	
99.	在	zài	
100.	糟	zāo	
101.	則	zé	
102.	蟄	zhé	
103.	者	zhě	
104.	之	zhī	
105.	肢	zhī	
106.	殖	zhí	
107.	志	zhì	
108.	晝	zhòu	
109.	主	zhǔ	
110.	壯	zhuàng	
111.	濁	zhuó	
112.	總	zǒng	

Key Vocabulary – Dictionary Exercise

Compound Words & Phrases

- 臟像 **Zàng Xiàng** = visceral images / organ pictures / manifestations of the organs
1. **fǔ-shú** = rot and ripen Sp/ST #20
 2. **hū-xī** = breathe out & breathe in (respiration) Lu #2
 3. **huá-gài** = a flowerlike canopy (CV-20 = Floral Canopy) Lu #14
 4. **jué-duàn** = to make a decision; be decisive GB #
 5. **kāi qiào yú** = opens [the] portal to/of/at / portal opening is (the); “window” of = sense orifice
 6. **qí huá zài** = outwardly manifests in-on-at [the...]; is reflected, mirrored on; it flowers/blooms at
 7. **shēng-zhí** = reproduction sheng zhi qi = reproductive organs
 8. **xuān-fā** = diffuse/perfuse and effuse/erupt (Wiseman) Lu #3
 9. **zāo pò** = sediments & dregs (i.e. wastes) (see Wiseman G & V p.98) Lu #24

Part II

臟腑像

Zàng-Fǔ Xiàng

Key Phrases
(translating exercise)

Translation Exercise – Vital Subs and Channels

Vital Substance & Channel Images

PY = pinyin w/ tone marks, *Def.* = definitions, *Tr.* = translate (make a sentence)

1.	津	血	同	源					
<i>PY</i>									
<i>Def.</i>									
<i>Tr.</i>									
2.	血	為	氣	母					
<i>PY</i>									
<i>Def.</i>									
<i>Tr.</i>									
3.	氣	為	帥	血					
<i>PY</i>									
<i>Def.</i>									
<i>Tr.</i>									
4.	氣	行	則	血	行				
<i>PY</i>									
<i>Def.</i>									
<i>Tr.</i>									

Translation Exercise – Vital Subs and Channels

Vital Substance & Channel Images

5.	氣	聚/聚	則	生						
<i>PY</i>										
<i>Def.</i>										
<i>Tr.</i>										
6.	髮	為	血	之	餘	神	為	氣	之	餘
<i>PY</i>										
<i>Def.</i>										
<i>Tr.</i>										
7.	經	主	氣	絡	主	血				
<i>PY</i>										
<i>Def.</i>										
<i>Tr.</i>										
8.	氣	能	攝	血						
<i>PY</i>										
<i>Def.</i>										
<i>Tr.</i>										

Translation Exercise – Vital Subs and Channels

Vital Substance & Channel Images

9.	左	屬	血	右	屬	氣			
<i>PY</i>									
<i>Def.</i>									
<i>Tr.</i>									
10.	氣	主	煦	之	血	主	濡	之	
<i>PY</i>									
<i>Def.</i>									
<i>Tr.</i>									
11.	正	氣	存	內	邪	不	可	干	
<i>PY</i>									
<i>Def.</i>									
<i>Tr.</i>									
12.	營	在	脈	中	衛	在	脈	外	
<i>PY</i>									
<i>Def.</i>									
<i>Tr.</i>									

Translation Exercise – Vital Subs and Channels

Vital Substance & Channel Images

13.	營	為	者	精	氣	也			
<i>PY</i>									
<i>Def.</i>									
<i>Tr.</i>									
14.	清	者	為	營	濁	者	為	衛	
<i>PY</i>									
<i>Def.</i>									
<i>Tr.</i>									
15.	衛	氣	者	晝	行	於	陽		
<i>PY</i>									
<i>Def.</i>									
<i>Tr.</i>									
15a.	夜	行	於	陰					
<i>PY</i>									
<i>Def.</i>									
<i>Tr.</i>									

Translation Exercise – Vital Subs and Channels

Vital Substance & Channel Images

16.	十二	經	絡	者	內	屬	於	五	臟
<i>PY</i>									
<i>Def.</i>									
<i>Tr.</i>									
16a.	外	絡	於	肢	節				
<i>PY</i>									
<i>Def.</i>									
<i>Tr.</i>									
17.	沖 衝	為	血	海					
<i>PY</i>									
<i>Def.</i>									
<i>Tr.</i>									
18.	沖 衝	脈	屬	肝	腎				
<i>PY</i>									
<i>Def.</i>									
<i>Tr.</i>									

Translation Exercise – Vital Subs and Channels

Vital Substance & Channel Images

18a.	沖 衝	任	本	乎	血	而	屬	肝	
<i>PY</i>									
<i>Def.</i>									
<i>Tr.</i>									
19.	沖/衝	任	起	於	胞	中			
<i>PY</i>									
<i>Def.</i>									
<i>Tr.</i>									
20.	任	主	胞	胎					
<i>PY</i>									
<i>Def.</i>									
<i>Tr.</i>									
21.	沖/衝	脈	者	為	十	二	經	之	海
<i>PY</i>									
<i>Def.</i>									
<i>Tr.</i>									

Translation Exercise – Vital Subs and Channels

Vital Substance & Channel Images – Summary

• <u>add tone marks here</u>	• <u>record your translation here</u>
1. jin xue tong yuan	=
2. xue wei qi mu	=
3. qi wei shuai xue	=
4. qi xing, ze xue xing	=
5. qi ju ze sheng	=
6. fa wei xue zhi yu,	=
6a. shen wei qi zhi yu	=
7. jing zhu qi, luo zhu xue	=
8. qi neng she xue	=
9. zuo shu xue, you shu qi	=
10. qi zhu xu zhi, xue zhu ru zhi	=
11. zheng qi cun nei, xie bu ke gan	=
12. ying zai mai zhong,	=
12a. wei zai mai wai	=
13. ying wei zhe jing qi ye	=
14. qing zhe wei ying	=
14a. zhuo zhe wei wei	=
15. wei qi zhe zhou xing yu yang,	=
15a. ye xing yu yin	=
16. shi er jing luo zhe, nei shu yu wu zang	=
16a. wai luo yu zhi jie	=
17. chong wei xue hai	=
18. chong mai shu gan shen	=
18a. chong ren ben hu xue er shu gan	=
19. chong ren qi yu bao zhong	=
20. ren zhu bao tai	=
21. chong mai zhe wei shi er jing zhi hai	=

Translation Exercise – Vital Subs and Channels

Vital Substance & Channel Images – Summary

<u>Add Tone Marks</u>	<u>• Suggested Translations</u>
1. jin xue tong yuan	= liquids & blood [have/share the] same source
2. xue wei qi mu	= blood is the qi mother
3. qi wei shuai xue	= qi is the commander of blood
4. qi xing, ze xue xing	= when the qi moves, then blood moves
5. qi ju ze sheng	= when qi gathers, then there is generation (of life)
6. fa wei xue zhi yu,	= (head) hair is the blood's surplus,
6a. shen wei qi zhi yu	= spirit is the qi's surplus
7. jing zhu qi, luo zhu xue	= [primary] channels govern qi, network [vessels] govern blood
8. qi neng she xue	= qi enables the containment of blood
9. zuo shu xue, you shu qi	= left pertains to blood, right pertains to qi
10. qi zhu xu zhi, xue zhu ru zhi	= qi governs warming, blood governs moistening
11. zheng qi cun nei, xie bu ke gan	= [when] upright qi [is present] internally, evil qi cannot attack
12. ying zai mai zhong,	= nutritive is in the vessels,
12a. wei zai mai wai	= protective qi is outside the vessels
13. ying wei zhe jing qi ye	= ying & wei are also essence & qi
14. qing zhe wei ying	= clear/refined becomes nutritive[qi]
14a. zhuo zhe wei wei	= turbid/coarse becomes defensive [qi]
15. wei qi zhe zhou xing yu yang,	= wei qi circulates in the yang (during daytime),
15a. ye xing yu yin	= at night circulates within the yin
16. shi er jing luo zhe, nei shu yu wu zang	= 12 channels & collaterals internally home to the 5 zang
16a. wai luo yu zhi jie	= externally net the limbs & joints
17. chong wei xue hai	= The chong [mai] is the sea of blood
18. chong mai shu gan shen	= The penetrating vessel pertains to liver & kidney
18a. chong ren ben hu xue er shu gan	= Chong & CV are rooted in blood, and pertain to the liver
19. chong ren qi yu bao zhong	= The chong & CV begin within the uterus
20. ren zhu bao tai	= The CV governs the uterus & fetus
21. chong mai zhe wei shi er jing zhi hai	= The chong mai is the sea of the 12 channels

臟 腑 像 Zang Fu Xiang

1.	臟	行	氣	於	腑				
<i>PY</i>									
<i>Def</i>									
<i>Tr:</i>									
2.	腑	輸	精	於	臟				
<i>PY</i>									
<i>Def</i>									
<i>Tr:</i>									
3.	五	臟	化	液					
<i>PY</i>									
<i>Def</i>									
<i>Tr:</i>									
4.	六	腑	傳	化	物				
<i>PY</i>									
<i>Def</i>									
<i>Tr:</i>									

Translation Exercise – Zang-Fu

臟腑像 Zang Fu Xiang

5.	五	臟	為	實	藏	而	不	泄	
PY									
Def									
Tr:									
6.	六	腑	為	空	泄	而	不	藏	
PY									
Def									
Tr:									
7.	臟	腑	相	合					
PY									
Def									
Tr:									
PY									
Def									
Tr:									

Translation Exercise – Zang-Fu

Zang Fu Images – Summary

• add tone marks here

• record your translation here

- | | | |
|----|--------------------------------|---|
| 1. | zang xing qi yu fu | = |
| 2. | fu shu jing yu zang | = |
| 3. | wu zang hua ye | = |
| 4. | liu fu chuan hua wu | = |
| 5. | wu zang wei shi cang er bu xie | = |
| 6. | liu fu wei kong xie er bu cang | = |
| 7. | zang fu xiang he | = |

Translation Exercise – Zang-Fu

Zang Fu Images – Summary

<u><i>add tone marks</i></u>	<u><i>Suggested Translations</i></u>
1. zang xing qi yu fu	= the viscera move (circulate) qi to the bowels
2. fu shu jing yu zang	= the bowels transport essence (nutrients) to the viscera
3. wu zang hua ye	= 5 zang transform fluids
4. liu fu chuan hua wu	= 6 fu transfer/convey & transform things/substances/matter 6 fu transport transformed substances
5. wu zang wei shi cang er bu xie	= the 5 zang are solid, [they] store, and/but do not drain/discharge
6. liu fu wei kong xie er bu cang	= 6 fu are hollow, [they] discharge/drain, and/but do not store
7. zang fu xiang he	= viscera and bowels mutually connect / are mutually connected are interconnected, are united, (mutually combined, interrelated, intertwined)

Translation Exercise – Zang-Fu

三焦像 San Jiao Xiang

1.	三	焦	主	決	瀆/瀆				
PY									
Def									
Tr:									
2.	三	焦	氣	化					
PY									
Def									
Tr:									
3.	三	焦	為	營	衛	之	源		
PY									
Def									
Tr:									
4.	上	焦	主	納					
PY									
Def									
Tr:									

Translation Exercise – Zang-Fu

三焦像 San Jiao Xiang

5.	中	焦	主	化					
PY									
Def									
Tr:									
6.	下	焦	主	出					
PY									
Def									
Tr:									
7.	上	焦	如	霧					
PY									
Def									
Tr:									
8.	中	焦	如	漚					
PY									
Def									
Tr:									

Translation Exercise – Zang-Fu

三焦像 San Jiao Xiang

9.	下	焦	如	瀆/瀆					
PY									
Def									
Tr:									
10.	三	焦	有	名	無	形			
PY									
Def									
Tr:									
11.	心	胞	絡	與	三	焦	相	表	里
PY									
Def									
Tr:									

Translation Exercise – Zang-Fu

三焦像 San Jiao Xiang – Summary

- | | <u>add tone marks here</u> | <u>record your translation here</u> |
|-----|---|-------------------------------------|
| 1. | sān jiao zhǔ jué dú | = |
| 2. | sān jiao qì huà | = |
| 3. | sān jiao wéi yíng wèi zhī yuán | = |
| 4. | shàng jiao zhǔ nà | = |
| 5. | zhōng jiao zhū huà | = |
| 6. | xià jiao zhū chū | = |
| 7. | shàng jiao rù wù | = |
| 8. | zhōng jiao rú ōu
òu | =
= |
| 9. | xià jiao rú dú | = |
| 10. | sān jiāo yǒu míng wú xíng | = |
| 11. | xīn bao luò yú sān jiao xiāng biao li=
or xīn bao luò hé | = |

Translation Exercise – Zang-Fu

三 焦 像 San Jiao Xiang – Summary

- | | <u>add tone marks</u> | <u>Suggested Translations</u> |
|-----|--|--|
| 1. | sān jiao zhǔ jué dú
jué dú | = TB governs the <u>clearing of rivers/waterways</u>
= to burst open, clear clearing & draining
= river, ditch, sluice, drain |
| 2. | sān jiao qì huà | = TB <i>transforms</i> qì (metabolism)
TB Qi transforms |
| 3. | sān jiao wéi yíng wèi zhī yuán | = TB <u>is the source of</u> ying & wei |
| 4. | shang jiao zhǔ nà | = upper jiao governs <u>intake</u> (reception) |
| 5. | zhong jiao zhu huà | = middle jiao governs <u>transformation</u> |
| 6. | xia jiao zhu chū | = lower jiao governs <u>going out / leaving</u> (elimination) |
| 7. | shang jiao rù wù | = the upper jiao is <i>analogous to</i> an <u>atomizer/vaporizer/mist/fog</u> |
| 8. | zhong jiao ru ōu
òu | = the middle jiao is <i>like</i> bubbles/foam i.e. a <u>fermenting pot</u>
= o soak, steep M.4819 |
| 9. | xia jiao ru dú | = the lower jiao is <i>like/similar to</i> a <u>drain/sluice/sewer</u> |
| 10. | sān jiāo yǒu míng wú xíng | = TB has a name, [but is] without form |
| 11. | xin bao luò yú sān jiao xiang biao li
or xin bao luò he | = Pc network & TB [have a] <i>reciprocal</i> exterior interior <i>relationship</i>
= Pc network unites with ... |

Translation Exercise – Zang-Fu

心 小腸 像 = Xin & Xiao Chang Xiang

1.	心	屬	火						
PY									
Def									
Tr:									
2.	赤	色	屬	心					
PY									
Def									
Tr:									
3.	夏	氣	通	心					
PY									
Def									
Tr:									
4.	心	主	血						
PY									
Def									
Tr:									

Translation Exercise – Zang-Fu

心 小腸 像 = Xin & Xiao Chang Xiang

5.	心	主	脈						
6.	心	主	血	脈					
7.	心	藏	神						
8.	汗	為	心	液					

Translation Exercise – Zang-Fu

心 小腸 像 = Xin & Xiao Chang Xiang

9.	心	其	華	在	面				
10.	舌	為	心	之	苗				
11.	心	開	竅	於	舌				
12.	心	之	脈	係	於	舌	本		

Translation Exercise – Zang-Fu

心 小腸 像 = Xin & Xiao Chang Xiang

13.	心	主	言						
14.	苦	味	入	心					
15.	心	志	為	喜					
16.	心	惡	熱						

Translation Exercise – Zang-Fu

心 小腸 像 = Xin & Xiao Chang Xiang

17.	心	腎	相	交					
18.	心	合	小	腸					
19.	心	於	小	腸	相	表	里		
20.	心	移	熱	於	小	腸			

Translation Exercise – Zang-Fu

心 小腸 像 = Xin & Xiao Chang Xiang

21.	小	腸	化	食	分	別	清	濁	
22.	小	腸	主	液					
23.	小	腸	主	分	清	別	濁		

Translation Exercise – Zang-Fu

心 小 腸 像 = Xin & Xiao Chang Xiang – Summary

	<u>add tone marks here</u>	<u>record your translation here</u>
1.	xin <u>shu</u> huó	=
2.	<u>chi</u> se <u>shu</u> xin	=
3.	xia qí <u>tong</u> xin	=
4.	xin <u>zhu</u> xue	=
5.	xin <u>zhu</u> mai	=
6.	xin zhu xue mai	=
7.	xin <u>cang</u> shen	=
8.	<u>han</u> wei xin ye	=
9.	xin qí hua zai <u>mian</u>	=
10.	she wei xin zhi <u>miao</u>	=
11.	xin kai qiao yu <u>she</u>	=
12.	xin zhi mai <u>xi</u> yu she ben	=
13.	xin zhu <u>yan</u>	=
14.	ku wei <u>ru</u> xin	=
15.	xin <u>zhi</u> wei <u>xi</u>	=
16.	xin <u>wu</u> re	=
17.	xin shen xiang jiao	=
18.	xin <u>he</u> xiao chang	=
19.	xin <u>yu</u> xiao chang, xiang <u>biao li</u>	=
20.	xin <u>yi</u> re yu xiao chang	=
21.	xiao chang hua <u>shi</u> <u>fen-bie</u> <u>qing zhuo</u>	=
22.	xiao chang zhu <u>ye</u>	=
23.	xiao chang zhu <u>fen qing bie zhuo</u>	=

Translation Exercise – Zang-Fu

心 小腸 像 = Xin & Xiao Chang Xiang – Summary

<u>add tone marks</u>	<u>Suggested Translations</u>
1. xin <u>shu</u> huó	= the heart <u>corresponds to</u> fire
2. <u>chi</u> se <u>shu</u> xīn	= the <u>red color</u> (complexion) <i>pertains to</i> the heart
3. xia qì <u>tong</u> xīn	= summer qì <u>flows thru/communicates with/opens</u> the heart
4. xin <u>zhu</u> xuè	= heart <u>governs/controls/is master of</u> blood
5. xin <u>zhu</u> mài	= heart <u>governs</u> [the] vessels/pulse
6. xin zhu xuè mài	= heart governs blood vessels (blood & vessels/pulse)
7. xin <u>cang</u> shén	= heart <u>stores</u> spirit-mind-consciousness
8. <u>han</u> wēi xīn yè	= <u>sweat</u> <i>is</i> the heart fluid
9. xīn qì huà zài <u>mian</u>	= the heart <i>outwardly manifests/flowers on</i> the <u>face</u> (complexion)
10. shē wēi xīn zhī <u>miao</u>	= the tongue is the <u>sprout</u> of the heart
11. xīn kāi qiào yú <u>she</u>	= the heart <i>opens the sensory orifice of</i> the <u>tongue</u> the heart's opening (portal) is the tongue
12. xīn zhī mài <u>xī</u> yú shē běn	= heart vessels <u>attach</u> to the tongue root (root of the tongue)
13. xīn zhu <u>yan</u>	= heart governs <u>speech</u>
14. kǔ wēi <u>ru</u> xīn	= bitter flavor <u>enters</u> heart
15. xīn <u>zhī</u> wēi <u>xī</u>	= heart's <u>emotion/disposition</u> is <u>delight-happiness-joy</u> (pleasure)
16. xīn <u>wu</u> rē	= heart <u>hates/loathes-has aversion to</u> heat
17. xīn shēn xiāng jiāo	= heart & kidneys mutually/reciprocally intersect
18. xīn <u>hé</u> xiǎo cháng	= the heart <u>unites</u> with the small intestine
19. xīn <u>yú</u> xiǎo cháng, xiāng <u>biao</u> lǐ	= the Ht & SI <i>form</i> an <u>interior/exterior</u> relationship
20. xīn <u>yì</u> rē yú xiǎo cháng	= heart <u>shifts/transfers</u> heat to Sm Int
21. xiǎo cháng huà <u>shí</u> <u>fēn-bie</u> <u>qīng</u> <u>zhuó</u>	= SI <i>transforms</i> <u>food</u> , <i>divides-separates</i> <u>clear & turbid</u> (useful & useless)
22. xiǎo cháng <u>zhu</u> <u>yè</u>	= SI <i>governs</i> <u>fluids</u> (yin fluids i.e. humors)
23. xiǎo cháng <u>zhu</u> <u>fēn</u> <u>qīng</u> <u>bie</u> <u>zhuó</u>	= SI <i>governs</i> <u>dividing the clear/pure & separating the murky/turbid</u>

Translation Exercise – Zang-Fu

肝 膽 像 = G a n & D a n X i a n g

1.	肝	屬	木						
2.	肝	藏	血						
3.	肝	主	血	海					
4.	肝	主	疏	泄					

Translation Exercise – Zang-Fu

肝 膽 像 = G a n & D a n X i a n g

5.	肝	主	筋						
6.	肝	主	運	動					
7.	肝	其	花	在	爪				
8.	爪	為	筋	之	餘				

Translation Exercise – Zang-Fu

肝 膽 像 = G a n & D a n X i a n g

9.	肝	開	竅	於	目				
10.	肝	氣	通	於	目				
11.	肝	為	淚						
12.	肝	受	血	而	能	視			

Translation Exercise – Zang-Fu

肝 膽 像 = G a n & D a n X i a n g

13.	肝	和	則	眼	能	辨	五	色	
14.	肝	藏	魂						
15.	肝	體	陰	而	用	陽			
16.	肝	為	營	之	原				

Translation Exercise – Zang-Fu

肝 膽 像 = G a n & D a n X i a n g

17.	肝	惡	風						
18.	酸	味	入	肝					
19.	怒	傷	肝						
20.	肝	主	升						

Translation Exercise – Zang-Fu

肝 膽 像 = G a n & D a n X i a n g

21.	肝	脈	絡	陰	氣				
22.	膽	脈	絡	於	耳				
23.	十	二	臟	去	決	於	膽		
24.	氣	移	膽	壯	脅	不	能	敢	

Translation Exercise – Zang-Fu

肝 膽 像 = G a n & D a n X i a n g – S u m m a r y

	<u>add tone marks here</u>	<u>record your translation here</u>
1.	gan <u>shu</u> mu	=
2.	gan <u>cang</u> xue	=
3.	gan <u>zhu</u> xue hai	=
4.	gan <u>zhu</u> <u>shu-xie</u>	=
5.	gan <u>zhu</u> <u>jin</u>	=
6.	gan <u>zhu</u> <u>yun</u> <u>dong</u>	=
7.	gan <u>qi</u> <u>hua</u> <u>zai</u> <u>zhao</u>	=
8.	zhao <u>wei</u> jin <u>zhi</u> <u>yu</u>	=
9.	gan <u>kai</u> <u>qiao</u> <u>yu</u> <u>mu</u>	=
10.	gan <u>qi</u> <u>tong</u> <u>yu</u> mu	=
11.	gan <u>wei</u> <u>lei</u>	=
	lei <u>wei</u> gan <u>ye</u>	=
12.	gan <u>shou</u> <u>xue</u> <u>er</u> <u>neng</u> <u>shi</u>	=
13.	gan <u>he</u> <u>ze</u> <u>yan</u>	=
	<u>neng</u> <u>bian</u> wu <u>se</u>	
14.	gan <u>cang</u> <u>hun</u>	=
15.	gan <u>ti</u> <u>yin</u> <u>er</u> <u>yong</u> <u>yang</u>	=
16.	gan <u>wei</u> <u>ying</u> <u>zhi</u> <u>yuan</u>	=
17.	gan <u>wu</u> <u>feng</u>	=
18.	<u>suan</u> <u>wei</u> <u>ru</u> gan	=
19.	<u>nu</u> <u>shang</u> gan	=
20.	gan <u>zhu</u> <u>sheng</u>	=
21.	gan <u>mai</u> <u>luo</u> <u>yin</u> <u>qi</u>	=
22.	dan <u>mai</u> <u>luo</u> <u>yu</u> <u>er</u>	=
23.	shi <u>er</u> zang <u>qu</u> <u>jue</u> <u>yu</u> dan	=
24.	qi <u>yi</u> dan <u>zhuang</u> , xie bu neng <u>gan</u>	=

Translation Exercise – Zang-Fu

肝 膽 像 = Gan & Dan Xiang – Summary

<u>add tone marks</u>	<u>Suggested Translations</u>
1. gan <u>shu</u> mu	= the liver <i>corresponds to</i> wood
2. gan <u>cang</u> xue	= the liver <i>stores</i> blood
3. gan <u>zhu</u> xue hai	= the liver governs the sea of blood (blood reservoir)
4. gan <u>zhu</u> <u>shu-xie</u>	= the liver <i>governs</i> (smooth) <u>flow (coursing) & discharge</u>
5. gan <u>zhu</u> <u>jin</u>	= the liver <i>governs</i> the <u>sinews</u>
6. gan <u>zhu</u> <u>yun</u> <u>dong</u>	= the liver governs <u>movement</u> & <u>action</u> (N= physical movement)
7. gan <u>qi</u> <u>hua</u> <u>zai</u> <u>zhao</u>	= the liver <i>blooms at</i> the <u>nails</u>
8. <u>zhao</u> <u>wei</u> <u>jin</u> <u>zhi</u> <u>yu</u>	= nails <i>are</i> sinew's <i>extension/surplus</i>
9. gan <u>kai</u> <u>qiao</u> <u>yu</u> <u>mu</u>	= the liver <i>opens at the portal of</i> the <u>eyes</u>
10. gan <u>qi</u> <u>tong</u> <u>yu</u> mu	= liver qi <u>flows to</u> the eyes
11. gan <u>wei</u> <u>lei</u>	= the liver <i>makes/forms</i> <u>tears</u>
lei <u>wei</u> gan <u>ye</u>	= <u>tears are the Liver's fluid/humor</u>
12. gan <u>shou</u> <u>xue</u> <u>er</u> <u>neng</u> <u>shi</u>	= the liver's blood (confers) the <u>ability</u> to <u>see</u>
13. gan <u>he</u> <u>ze</u> <u>yan</u> <u>neng</u> <u>bian</u> <u>wu</u> <u>se</u>	= liver harmony, <u>enables</u> the eyes to (<i>differentiate, distinguish, recognize</i>) the five colors
14. gan <u>cang</u> <u>hun</u>	= the liver stores the hun
15. gan <u>ti</u> <u>yin</u> <u>er</u> <u>yong</u> <u>yang</u>	= the liver <u>substance</u> is yin <i>but</i> its <u>function</u> is yang
16. gan <u>wei</u> <u>ying</u> <u>zhi</u> <u>yuan</u>	= the liver is <u>the source</u> of ying (constructive qi)
17. gan <u>wu</u> <u>feng</u>	= the liver <i>loathes</i> (is intolerant of / has aversion to) <u>wind</u>
18. <u>suan</u> <u>wei</u> <u>ru</u> gan	= <u>sour</u> flavor <i>enters</i> the liver
19. <u>nu</u> <u>shang</u> gan	= rage (anger-fury-wrath) <i>injures</i> the liver
20. gan <u>zhu</u> <u>sheng</u>	= liver governs <u>upbearing</u> (ascent, rising up) (Hex. 46)
21. gan <u>mai</u> <u>luo</u> <u>yin</u> <u>qi</u>	= liver vessels connect (enmesh) the genital <u>organs</u>
22. dan <u>mai</u> <u>luo</u> <u>yu</u> <u>er</u>	= GB vessels <i>enmesh</i> the <u>ear</u>
23. <u>shi</u> <u>er</u> <u>zang</u> <u>qu</u> <u>jue</u> <u>yu</u> <u>dan</u>	= 12 viscera/organs depend upon the GB
24. <u>qi</u> <u>yi</u> <u>dan</u> <u>zhuang</u> , <u>xie</u> <u>bu</u> <u>neng</u> <u>gan</u>	= if the qi of the GB is <u>robust</u> , then evils cannot <u>attack/offend</u>

Translation Exercise – Zang-Fu

脾 胃 像 = Pi Wei Xiang

1.	脾	屬	土						
2.	脾	主	運	化					
3.	脾	統	血						
4.	脾	藏	營						

Translation Exercise – Zang-Fu

脾 胃 像 = Pi & Wei Xiang

5.	脾	主	升	清					
6.	脾	主	肌	肉					
7.	脾	主	四	肢					
8.	脾	其	華	在	唇				

Translation Exercise – Zang-Fu

脾 胃 像 = Pi Wei Xiang

9.	脾	開	竅	於	口				
10.	脾	藏	意						
11.	脾	志	為	思					
12.	脾	惡	濕						

Translation Exercise – Zang-Fu

脾 胃 像 = Pi Wei Xiang

13.	涎	為	脾	液					
14.	甘	味	入	脾					
15.	脾	主	后	天					
16.	脾	為	后	天	之	本			

Translation Exercise – Zang-Fu

脾 胃 像 = Pi Wei Xiang

17.	脾	主	五	臟	之	氣			
18.	脾	為	化	生	氣	血	之	臟	
19.	胃	主	受	納					
20.	胃	主	腐	熟					

Translation Exercise – Zang-Fu

脾 胃 像 = Pi Wei Xiang

21.	五	臟	六	腹	皆	稟	其	於	胃
22.	胃	乃	衛	氣	之	原			
23.	胃	主	降	濁					
24.	胃	為	中	樞	升	降	陰	陽	

Translation Exercise – Zang-Fu

脾 胃 像 = Pi Wei Xiang – Summary

	<u>add tone marks here</u>	<u>record your translation here</u>
1.	pi <u>shu</u> tu	=
2.	pi <u>zhu</u> <u>yun-hua</u>	=
3.	pi <u>tong</u> xue	=
4.	pi <u>cang</u> <u>ying</u>	=
5.	pi <u>zhu</u> <u>sheng qing</u>	=
6.	pi <u>zhu</u> <u>ji-rou</u>	=
7.	pi <u>zhu</u> <u>si-zhi</u>	=
8.	pi <u>qi hua zai</u> <u>chun</u>	=
9.	pi <u>kai qiao yu</u> <u>kou</u>	=
10.	pi <u>cang</u> yi	=
11.	pi <u>zhi</u> wei <u>si</u>	=
12.	pi <u>wu</u> <u>shi</u>	=
13.	<u>xian</u> wei pi ye	=
14.	gan wei ru pi	=
15.	pi <u>zhu</u> hou tian	=
16.	pi wei hou tian zhi ben	=
17.	pi <u>zhu</u> wu zang zhi qi	=
18.	pi wei <u>hua sheng</u> qi xue zhi zang	=
19.	wei <u>zhu</u> <u>shou-na</u>	=
20.	wei <u>zhu</u> <u>fu-shu</u>	=
21.	wu zang liu fu <u>jie bing</u> qi yu wei	=
22.	wei <u>nai</u> wei qi <u>zhi yuan</u>	=
23.	wei <u>zhu</u> <u>jiang</u> zhuo	=
24.	wei wei <u>zhong shu</u> , <u>sheng jiang</u> yin yang	=

Translation Exercise – Zang-Fu

脾 胃 像 = Pi Wei Xiang – Summary

<u>add tone marks</u>	<u>Suggested Translations</u>
1. pi shu tu	= spleen <i>corresponds/belongs to</i> earth (soil)
2. pi zhu <u>yun-hua</u>	= spleen <i>governs</i> <u>transport & transformation</u>
3. pi <u>tong</u> xue	= spleen <u>manages</u> (unifies, keeps in order) the blood
4. pi <u>cang</u> <u>ying</u>	= the spleen <i>stores</i> <u>ying</u> (nutrients - constructive qi)
5. pi zhu <u>sheng qing</u>	= the spleen <i>governs</i> <u>ascension</u> of the <u>clear</u>
6. pi zhu <u>ji-rou</u>	= the spleen <i>governs</i> the <u>muscle-flesh</u> (nourishment of the flesh)
7. pi zhu <u>si-zhi</u>	= the spleen <i>governs</i> the <u>four limbs</u>
8. pi qi hua zai <u>chun</u>	= the spleen <i>outwardly manifests at</i> the <u>lips</u>
9. pi kai qiao yu <u>kou</u>	= the spleen <i>opens the portal to</i> the <u>mouth</u>
10. pi cang yi	= spleen stores the yi (ability to concentrate & remember)
11. pi zhi wei <u>si</u>	= the spleen's emotion (orientation) is <u>thought</u> (thinking)
12. pi wu <u>shi</u>	= the spleen <i>loathes</i> (is intolerant of / has aversion to) <u>dampness</u>
13. <u>xian</u> wei pi ye	= <u>drool</u> (thick saliva) is the spleens' fluid (secretion)
14. gan wei ru pi	= sweet[ness] enters the spleen
15. pi zhu hou tian	= the Sp is the master of latter heaven (post natal qi)
16. pi wei hou tian zhi ben	= Sp is the root of latter heaven (acquired constitution)
17. pi zhu wu zang zhi qi	= the spleen governs the qi of the 5 zang
18. pi wei <u>hua sheng</u> qi xue zhi zang	= Sp is the viscera that <u>transforms, & produces</u> qi & blood
19. wei zhu <u>shou-na</u>	= the stomach <i>governs</i> <u>passive reception</u> (intake)
20. wei zhu <u>fu-shu</u>	= the stomach <i>governs</i> <u>rotting & ripening</u> (decomposition)
21. wu zang liu fu <u>jie bing</u> qi yu wei	= the 5 zang & 6 fu <u>all receive</u> qi from the ST
22. wei nai wei qi <u>zhi yuan</u>	= ST <i>is</i> <u>the source of</u> protective qi
23. wei zhu <u>jiang zhao</u>	= the ST governs <u>descent</u> (<u>downbearing</u>) of the turbid
24. wei wei <u>zhong shu</u> , <u>sheng jiang</u> yin yang	= the ST is the <u>central pivot</u> for the <u>upward & downward</u> movement of yin & yang

Translation Exercise – Zang-Fu

肺 大腸 像 = Fei & Da Chang Xiang

1.	肺	屬	金						
2.	肺	主	氣	司	呼	吸			
3.	肺	主	宣	發					
4.	肺	主	肅	降					

Translation Exercise – Zang-Fu

肺 大腸 像 = Fei & Da Chang Xiang

5.	肺	為	水	之	上	原			
6.	肺	主	行	水					
7.	肺	主	通	調	水	道			
8.	肺	主	一	身	之	表			

Translation Exercise – Zang-Fu

肺 大腸 像 = Fei & Da Chang Xiang

9.	肺	主	衛	表					
10.	肺	主	皮	毛					
11.	肺	主	輸	精	於	皮	毛		
12.	肺	開	竅	於	鼻				

Translation Exercise – Zang-Fu

肺 大腸 像 = Fei & Da Chang Xiang

13.	肺	主	聲						
14.	肺	為	花	蓋					
15.	百	脈	朝	肺					
16.	肺	為	嬌	臟					

Translation Exercise – Zang-Fu

肺 大腸 像 = Fei & Da Chang Xiang

17.	肺	寄	養	於	脾				
18.	肺	為	體						
19.	辛	味	入	肺					
20.	肺	惡	寒						

Translation Exercise – Zang-Fu

肺 大腸 像 = Fei & Da Chang Xiang

21.	肺	藏	魄						
22.	肺	志	為	悲					
23.	人	身	右	降	屬	肺			
24.	大	腸	主	傳	化	糟	粕		

Translation Exercise – Zang-Fu

肺 大腸 像 = Fei & Da Chang Xiang – Summary

	<u>add tone marks here</u>	<u>record your translation here</u>
1.	fei shu jin	=
2.	fei zhu qi, si hu-xi	=
3.	fei zhu xuan-fa	=
4.	fei zhu su-jiang	=
5.	fei wei shui zhi shang-yuan	=
6.	fei zhu xing shui	=
7.	fei zhu tong tiao shui-dao	=
8.	fei zhu yi-shen zhi biao	=
9.	fei zhu wei biao	=
10.	fei zhu pi-mao	=
11.	fei zhu shu jing yu pi-mao	=
12.	fei kai qiao yu bi	=
13.	fei zhu sheng	=
14.	fei wei hua-gai	=
15.	bai-mai chao fei	=
16.	fei wei jiao zang	=
17.	fei ji yang yu pi	=
18.	fei wei ti	=
19.	xin wei ru fei	=
20.	fei wu han	=
21.	fei cang po	=
22.	fei zhi wei bei	=
23.	ren shen you jiang shu fei	=
24.	da chang zhu chuan hua zao po	=

Translation Exercise – Zang-Fu

肺 大腸 像 = Fei & Da Chang Xiang – Summary

<u>add tone marks</u>	<u>Suggested Translations</u>
1. fei shu jin	= the lungs <i>correspond to</i> metal
2. fei zhu qi, si hu-xi	= the lungs <i>governs</i> qi, and = <i>manages/attends</i> <u>breathing out & breathing in</u> (respiration)
3. fei zhu xuan-fa	= lungs <i>govern</i> <u>dissemination & diffusion</u> (diffusion & effusion)
4. fei zhu su-jiang	= lungs <i>govern</i> <u>depuration & descent</u> (downbearing)
5. fei wei shui zhi shang-yuan	= the lungs <i>are</i> water's <u>upper source</u>
6. fei zhu xing shui	= lungs <i>govern</i> the <u>movement/circulation</u> of water
7. fei zhu tong tiao shui-dao	= lungs <i>govern</i> the <u>regulation of flow through</u> the <u>water-ways</u>
8. fei zhu yi-shen zhi biao	= the lungs <i>govern</i> the whole body's <u>exterior</u>
9. fei zhu wei biao	= lungs <i>govern</i> defending the <u>exterior</u> (protecting the exterior)
10. fei zhu pi-mao	= lungs <i>govern</i> the <u>skin & body hair</u>
11. fei zhu shu jing yu pi-mao	= lungs <i>govern</i> <i>transportation</i> of essence to the <u>skin hair</u>
12. fei kai qiao yu bi	= the lung <i>opens the portal to</i> the <u>nose</u>
13. fei zhu sheng	= lungs <i>govern</i> the <u>voice</u> (strength of)
14. fei wei hua-gai	= lungs <i>are like</i> a <u>canopy</u> (flowery umbrella = imperial carriage = Ht)
15. bai-mai chao fei	= <u>100 (blood) vessels face (head toward)</u> the lungs
16. fei wei jiao zang	= the lungs <i>are</i> a <u>delicate</u> organ
17. fei ji yang yu pi	= the lungs <i>depend on</i> nourishment from the spleen
18. fei wei ti	= lungs <i>form</i> <u>snivel</u> (mucus)
19. xin wei ru fei	= acrid/pungent flavors <i>enter</i> the lungs
20. fei wu han	= lungs <i>dislike</i> the cold (vs. dryness)
21. fei cang po	= lungs <i>store</i> the po (yin soul)
22. fei zhi wei bei	= the lung's emotion (affect, orientation) is <u>sorrow/grief</u>
23. ren shen you jiang shu fei	= the human body has downbearing on the right this corresponds to the lungs (Lr upbears on the Left)
24. da chang zhu chuan hua zao po	= LI <i>governs</i> conveyance, and transforms dregs & sediment (transforms waste products)

Translation Exercise – Zang-Fu

腎 膀 胱 像 = Shen & Pang Guang Xiang

1.	腎	屬	水						
2.	腎	藏	精						
3.	腎	主	納	氣					
4.	腎	主	骨						

Translation Exercise – Zang-Fu

腎 膀 胱 像 = Shen & Pang Guang Xiang

5.	齒	為	骨	之	餘				
6.	腎	主	五	津					
7.	腎	主	命	門	之	火			
8.	腎	主	生	殖					

Translation Exercise – Zang-Fu

腎 膀 胱 像 = Shen & Pang Guang Xiang

9.	腎	為	先	天	之	本			
10.	腎	藏	志						
11.	恐	傷	腎						
12.	腎	惡	燥						

Translation Exercise – Zang-Fu

腎 膀 胱 像 = Shen & Pang Guang Xiang

13.	腎	其	華	在	髮				
14.	腰	為	腎	之	府				
15.	腎	開	竅	於	耳				
16.	腎	開	竅	於	二	陰			

Translation Exercise – Zang-Fu

腎 膀 胱 像 = Shen & Pang Guang Xiang

17.	腎	脈	絡	舌	本				
18.	腎	生	骨	髓					
19.	腎	為	唾						
20.	八	脈	屬	腎					

Translation Exercise – Zang-Fu

腎 膀 胱 像 = Shen & Pang Guang Xiang

21.	腎	之	精	為	瞳	子			
22.	黑	色	屬	腎					
23.	鹹	味	入	腎					
24.	腎	為	元	氣	之	根	本		

Translation Exercise – Zang-Fu

腎 膀 胱 像 = Shen & Pang Guang Xiang

25.	腎	主	蛰						
26.	腎	水	涵	肝	木				
27.	腎	陽	宜	靜	靜	則	能	藏	
28.	膀	胱	藏	津	液				

Translation Exercise – Zang-Fu

腎 膀 胱 像 = Shen & Pang Guang Xiang

29.	膀	胱	為	水	之	導	引		
30.	命	門	總	乎	兩	腎			
31.	腦	為	元	神	之	府			

Translation Exercise – Zang-Fu

腎 膀 胱 像 = Shen & Pang Guang Xiang – Summary

	<u>add tone marks here</u>	<u>record your translation here</u>
1.	shen shu <u>shui</u>	=
2.	shen <i>cang</i> <u>jing</u>	=
3.	shen <i>zhu</i> <u>na qi</u>	=
4.	shen <i>zhu</i> <u>gu</u>	=
5.	chi wei gu <u>zhi yu</u>	=
6.	shen <i>zhu</i> <u>wu jin</u>	=
7.	shen <i>zhu</i> ming-men zhi <u>huo</u>	=
8.	shen <i>zhu</i> <u>sheng-zhi</u>	=
9.	shen wei <u>xian-tian</u> zhi ben	=
10.	shen <i>cang</i> <u>zhi</u>	=
11.	<u>kong shang</u> shen	=
12.	shen <i>wu</i> <u>zao</u>	=
13.	shen <i>qi hua zai</i> <u>fa</u>	=
14.	<u>yao</u> wei shen zhi fu	=
15.	shen <i>kai qiao yu</i> <u>er</u>	=
16.	shen <i>kai qiao yu</i> <u>er-yin</u>	=

Translation Exercise – Zang-Fu

腎 膀 胱 像 = Shen & Pang Guang Xiang – Summary

	<u>add tone marks here</u>	<u>record your translation here</u>
17.	shen mai luo she ben	=
18.	shen sheng gu sui	=
19.	shen wei tuo	=
20.	ba mai shu shen	=
21.	shen zhi jing wei tong zi	=
22.	hei se shu shen	=
23.	xian wei ru shen	=
24.	shen wei yuan qi zhi gen ben	=
25.	shen zhu zhe	=
26.	shen shui <i>han</i> gan mu	=
27.	shen yang yi jing jing ze neng cang	=
28.	pang guang <i>cang jin-ye</i>	=
29.	pang guang wei <u>shui</u> zhi <u>dao yin</u>	=
30.	ming men zong hu liang shen	=
31.	nao wei yuan shen zhi fu	=

Translation Exercise – Zang-Fu

腎 膀 胱 像 = Shen & Pang Guang Xiang – Summary

<u>add tone marks</u>	<u>Suggested Translations</u>
1. shen shu <u>shui</u>	= the kidney <i>corresponds to</i> <u>water</u>
2. shen <i>cang</i> <u>jing</u>	= the kidneys <i>store</i> <u>essence</u>
3. shen <i>zhu</i> <u>na qi</u>	= the kidneys <i>govern</i> <u>grasping of qi/air</u> (inhalation)
4. shen <i>zhu</i> <u>gu</u>	= the kidneys <i>govern</i> <u>bones</u>
5. <i>chi wei</i> gu <u>zhi yu</u>	= teeth <i>are</i> the bone's <u>extensions</u>
6. shen <i>zhu</i> <u>wu jin</u>	= the kidneys <i>govern</i> the <u>five fluids</u>
7. shen <i>zhu</i> ming-men <i>zhi</i> <u>huo</u>	= the kidneys <i>govern</i> life gate <u>fire</u>
8. shen <i>zhu</i> <u>sheng-zhi</u>	= the kidneys <i>govern</i> <u>reproduction</u>
9. shen <i>wei</i> <u>xian-tian</u> <i>zhi</i> ben	=the kidneys <i>are</i> <u>one's constitutional</u> root
10. shen <i>cang</i> <u>zhi</u>	= the kidneys <i>store</i> <u>will</u>
11. <u>kong shang</u> shen	= <u>fear (& apprehension)</u> <i>injure</i> the kidneys
12. shen <i>wu</i> <u>zao</u>	= the kidneys <i>loathe</i> (is intolerant of / has aversion to) <u>dryness</u>
13. shen <i>qi hua zai</i> <u>fa</u>	= the kidneys <i>outwardly manifest in</i> the <u>head hair</u>
14. <u>yao wei</u> shen <i>zhi</i> fu	= <u>the lumbar region</u> is the kidney repository/residence
15. shen <i>kai qiao yu</i> <u>er</u>	= the kidney <i>portal opening is</i> the <u>ear</u>
16. shen <i>kai qiao yu</i> <u>er-yin</u>	= the kidney <i>portal openings are</i> the <u>2 yin</u> (urethra & anus)

Translation Exercise – Zang-Fu

腎 膀 胱 像 = Shen & Pang Guang Xiang – Summary

<u>add tone marks</u>	<u>Suggested Translations</u>
17. shen mai luo she ben	= the kidney vessels network to the tongue root
18. shen sheng gu sui	= the kidneys engender/produce bone & marrow
19. shen wei tuo	= the kidney make spit/spittle
20. ba mai shu shen	= the 8 (extra) vessels home to the kidney
21. shen zhi jing wei tong zi	= the kidney's essence is in the pupil (of the eye)
22. hei se shu shen	= the black color (complexion) pertains to the kidney
23. xian wei ru shen	= the salty flavor enters the kidney
24. shen wei yuan qi zhi gen ben	= kidney are the root of the source qi
25. shen zhu zhe	= the kidney governs hibernation/dormnacy
26. shen shui <i>han</i> gan mu	= kidney water moistens liver wood
27. shen yang yi jing jing ze neng cang	= kidney yang should be still, stillness confers the ability to store
28. pang guang <i>cang</i> <u>jin-ye</u>	= the bladder <i>stores</i> <u>body fluids</u>
29. pang guang <i>wei</i> <u>shui</u> zhi <u>dao yin</u>	= the bladder is <u>water's</u> <u>guide</u>
30. ming men zong hu liang shen	= the life gate is the chief of both kidneys
31. nao wei yuan shen zhi fu	= the brain is the original spirit's residence

Part III

臟腑像

Zàng-Fǔ Xiàng

Classical Source:
Su Wen Chapter Eight
(translating exercise)

Translating a Paragraph from the Nei Jing

The following is a famous passage from the Nei Jing concerning the roles/functions of the organs. It is often referred to as the **12 Officials chapter**. This derives from the approach used, in which the function of each organ is presented as analogous to the role/position of a government official. A role that would have been well understood in ancient times and for the most part still makes sense to us today.

Part of the beauty of this passage, especially for a neophyte translator, is the degree of repetition within the lines. It is quite formulaic, which I trust, you will appreciate.

What follows is a breakdown of the formula for each line.

part 1: **the name of an organ** followed by 者:

者 zhě = *all boils down to this, the essence of which is ...*
*i.e. the character which precedes **is like this** (which will be explained by what follows)*
in English = [**The**] named organ **is ...** or **is like ...**

part 2: a two character statement followed by 之 官

之 zhī = *connects the previous statement to the one which follows. In this case:*
官 guān = **official**, office [responsible] **for**, [in charge] **of**
• zhī guān = **official of**; **is the official** in charge of / responsible for ... / holds the office of ...

part 3: another two character statement followed by 出 焉

出 chū = go/come out; produce/generate; occur/happen, take place
焉 yān = *how, here*
• chū yān = go/come out/exit **from here** / stem from here / issue forth / **emanate from here**
出矣 chū yǐ = **from it** (see Paragraph 11 / BL)

* 焉 yan & 也 ye in classical Chinese are used as exclamatory endings:

Yes, yea; done, period; here-here, ! etc.

Translation Exercise – Su Wen 8

素問 Sù Wèn Chapter 8.a

T.	靈	蘭	秘	點	論						
PY											
Def.											
Tr:											
1.	心	者	君	主	之	官	也	神	明	出	焉
PY											
Def.											
Tr:											
2.	肺	者	相	傳	之	官		治	節	出	焉
PY											
Def.											
Tr:											

Translation Exercise – Su Wen 8

素問 Sù Wèn Chapter 8.b

3.	肝	者	將	軍	之	官		謀	慮	出	焉
PY											
Def.											
Tr:											
4.	膽	者	中	正	之	官		決	斷	出	焉
PY											
Def.											
Tr:											
5.	臚	中	者	臣	使	之	官	喜	樂	出	焉
PY											
Def.											
Tr:											

Translation Exercise – Su Wen 8

素問 Sù Wèn Chapter 8.c

6.	脾	胃	者	倉	廩	之	官	五	味	出	焉
PY											
Def.											
Tr:											
7.	大	腸	者	傳	道	之	官	變	化	出	焉
PY											
Def.											
Tr:											
8.	小	腸	者	受	盛	之	官	化	物	出	焉
PY											
Def.											
Tr:											

Translation Exercise – Su Wen 8

素問 Sù Wèn Chapter 8.d

9.	腎	者	作	強	之	官		技	巧	出	焉
PY											
Def.											
Tr:											
10.	三	焦	者	決	瀆	之	官	水	道	出	焉
PY											
Def.											
Tr:											

Translation Exercise – Su Wen 8

素問 Sù Wèn Chapter 8.e

11a.	膀	胱	者	州	都	之	官				
PY											
Def.											
Tr:											
11b.	津	液	藏	焉		氣	化	則	能	出	矣
PY											
Def.											
Tr:											

Translation Exercise – Su Wen 8

The Twelve Officials Explained in Eleven Lines (Sp & St are addressed in the same line)

Five Characters Repeat in every line:

- 者 zhe means to be like, or is like this (i.e. it signals that the previous character/phrase is about to be explained)
之官 zhi-guan = official of (in charge of)
出焉 chu-yan = to come from, come out of (emerges from, emanates from, exits)

Characters & Tone marks included Record Your Translations

- 8.1 心者君主之官也 神明出焉
PY: Xīn zhě jūn zhǔ zhī guān yě shén míng chū yān
Tr:
- 8.2 肺者相傳之官 治節出焉
PY: Fèi zhě xiāng fù zhī guān zhì jié chū yān
Tr:
- 8.3 肝者將軍之官 謀慮出焉
PY: Gān zhě jiāng jūn zhī guān móu lù chū yān
Tr:
- 8.4 膽者中正之官 決斷出焉
PY: Dǎn zhě zhōng zhèng zhī guān jué duàn chū yān
Tr:
- 8.5 膻中者臣使之官 喜樂出焉
PY: Dàn/Tàn zhōng zhě chén shǐ zhī guān xǐ lè chū yān
Tr:
- 8.6 脾胃者倉廩之官 五味出焉
PY: Pí wèi zhě cāng lǐn zhī guān wǔ wèi chū yān
Tr:
- 8.7 大腸者傳道之官 變化出焉
PY: Dà cháng zhě chuán dào zhī guān biàn huà chū yān
Tr:
- 8.8 小腸者受盛之官 化物出焉
PY: Xiǎo cháng zhě shòu shèng zhī guān huà wù chū yān
Tr:
- 8.9 腎者作強之官 伎巧出焉
PY: Xīn zhě jūn zhǔ zhī guān yě shén míng chū yān
Tr:
- 8.10 三焦者決瀆之官 水道出焉
PY: Sān jiāo zhě jué dú zhī guān shuǐ dào chū yān
Tr:
- 8.11 膀胱者州都之官 津液藏焉，氣化則能出矣
PY: Páng guāng zhě zhōu dū zhī guān jīn yè cāng yān , qì huà zē néng chū yǐ
Tr:

Translation Exercise – Su Wen 8

5 Characters Repeat in every line:

- 者 zhe means to be like, or is like this (i.e. it signals that the previous character/phrase is about to be explained)
之官 zhi-guan = official of (in charge of)
出焉 chu-yan = to come from, come out of (emerges from, emanates from, exits)

Characters & Tone marks included along with Suggested Translations

- 8.1** 心者君主之官也 神明出焉
PY: Xīn zhě jūn zhǔ zhī guān yě shén míng chū yān
Tr: The heart is may be likened to the/a noble sovereign (official) Mental clarity/wisdom emanates from such a one.
- 8.2** 肺者相傳之官 治節出焉
PY: Fèi zhě xiāng fù zhī guān zhì jié chū yān
Tr: The lungs are like the prime minister official Administration (Rules & Regulations) stem from it.
- 8.3** 肝者將軍之官 謀慮出焉
PY: Gān zhě jiāng jūn zhī guān móu lù chū yān
Tr: The liver is like the commander of the military official Strategic planning emanates from it.
- 8.4** 膽者中正之官 決斷出焉
PY: Dǎn zhě zhōng zhèng zhī guān jué duàn chū yān
Tr: The GB is like middle-upright official (judge) Decisions & distinctions/resolutions come from it.
- 8.5** 膻中者臣使之官 喜樂出焉
PY: Dàn/Tàn zhōng zhě chén shǐ zhī guān xǐ lè chū yān
Tr: The pericardium is like the ministerial envoy official Joy & happiness derive from it. (pomp & circumstance)
- 8.6** 脾胃者倉廩之官 五味出焉
PY: Pí wèi zhě cāng lǐn zhī guān wǔ wèi chū yān
Tr: The spleen & stomach are the officials in charge of storage (short & long term).
The five flavors derive from them. They allow discernment of the five flavors.
- 8.7** 大腸者傳道之官 變化出焉
PY: Dà cháng zhě chuán dào zhī guān biàn huà chū yān
Tr: The large intestine is like the transportation official Change and transformation derive from it.
- 8.8** 小腸者受盛之官 化物出焉
PY: Xiǎo cháng zhě shòu shèng zhī guān huà wù chū yān
Tr: The small intestine is like the official that ensures abundance Transformation of things/substances derive from it.
- 8.9** 腎者作強之官 伎巧出焉
PY: Xīn zhě jūn zhǔ zhī guān yě shén míng chū yān
Tr: The kidney is like the disciplinarian/task-master official Skillfulness & technical mastery derive from it.
- 8.10** 三焦者決瀆之官 水道出焉
PY: Sān jiāo zhě jué dú zhī guān shuǐ dào chū yān
Tr: The triple burner is like the official in charge of flood control & irrigation. Waterways are its jurisdiction.
- 8.11** 膀胱者州都之官 津液藏焉, 氣化則能出矣
PY: Páng guāng zhě zhōu dū zhī guān jīn yè cāng yān , qì huà zē néng chū yǐ
Tr: The bladder is like a mayor or district magistrate (official) It stores body fluids (lit. fluids & liquids) ,
until/while/whereupon energy/qi transforms it, and it is then able/thereby enabled to exit (be excreted).

Translation Exercise – Su Wen 8

Addendum:

Twelve Officials According to Eight Translators

Translation of the Title of Su Wen Chapter Eight

Veith: 1949/72	p. 133	Treatise on the Ingeniousness and Subtlety of the Secret Records
Lu: 1978	p. 57	On the Secret Treatises Stored in the Emperor's Treasure House of Books
Occ: 1979	p. 24	Secret Bible
Larre: 1987/92	p. 151	The Secret Treatise of the Spiritual Orchid
Ni: 1995	p. 34	The Sacred Teachings
Wu: 1997	p. 55	The Confidential Collections in the Royal Library
Zhu: 2001	p. 33	Discussion of Secret Classic in Ganoderma and Orchid House
Unsch: 2003	p. 133	<i>untranslated</i>

Organ

心

1. **Xin/Heart**
(regular)

Two Pairs of Key Words in each Line

君主

jun zhu
(**bold**)

神明

shen ming
(***bold italics***)

Veith: The heart is like the **minister of the monarch** who excels through **insight and understanding**;

Lu: The heart is the **monarch** from whom the **spirits** are derived.

Occ: The Heart is the **royal organ**; it represents the **King**; in it resides the **Spirit**.

Larre: The heart holds the office of **lord and sovereign**. The **radiance of the spirits** stems from it

Ni: The heart is the **sovereign of all organs** and represents the consciousness of one's being. It is responsible for **intelligence, wisdom, and spiritual transformation**.

Wu: The heart is the **supreme commander or the monarch** of the human body, it dominates the **spirit, ideology and thought** of man.

Zhu: The heart is the **monarch** – **thoughts** get out there.

Unsch: The heart is the official functioning as **Ruler**, **spirit brilliance** originates in it.

Translation Exercise – Su Wen 8

Organ

Two Pairs of Key Words in each Line

	肺	相 傳	治 節
2.	Fei/Lung	xiang fu	<u>zhi jie</u>

Veith: The lungs are the **symbol of the interpretation and conduct** of the official **jurisdiction and regulation**;

Lu: The lungs are the **ministers** from whom **policies** are derived.

Occ: The lungs are the **ministers**; they **rule the energy of the exterior, of the skin**.

Larre: The lungs hold the office of **minister and chancellor**.
The **regulation of the life-giving network** stems from it

Ni: The lung is the **advisor**. It helps the heart in **regulating the body's qi**.

Wu: The lung **governs the various vessels and regulates the energy of the whole body, like a prime minister** assisting the king to reign the country.

Zhu: The lungs are the **premier** – **controls and adjustments** get out there.
The lungs dominate qi. If the qi is harmonious, the viscera will be congruous, so controls and adjustments get out there.

Unsch: The lung is the official functioning as **Chancellor and Mentor**,
order and regulation originate in it.

Translation Exercise – Su Wen 8

Organ

Two Pairs of Key Words in each Line

肝

將 軍

謀 慮

3. Gan/Liver

jiang jun

mou lu

Veith: The liver has the functions of a **military leader** who excels in his strategic planning.

Lu: The liver is the **general** from whom strategies are derived.

Occ: The liver is the **general**; who works out the plans.

Larre: The liver holds the office of **general of the armed forces**.
The assessment of circumstances and conception of plans stem from it.

Ni: The liver is like the **general**, courageous and smart.

Wu: The liver is a vigorous viscera, its emotion is anger,
it is like a **general** who is valiant and resourceful.

Zhu: The liver is the **general** – strategies get out there.
When a person is angry, strategies do not exist

Unsch: The liver is the official functioning as **General**
planning and deliberation originate in it.

Translation Exercise – Su Wen 8

Organ

Two Pairs of Key Words in each Line

膽

中 正

決斷

4. Dan/Gall Bladder

zhong zheng

jue duan

Veith: The gall bladder occupies the position of an **important and upright official** who excels through his **decisions and judgement**;

Lu: The gall bladder is the **impartial justice** from whom **judgements** are derived.

Occ: The gall bladder is the **judge**; who **decides and condemns**.

Larre: The gall bladder is responsible for what is **just and exact**.
Determination and decision stem from it.

Ni: The gall bladder is like a **judge** for its **power of discernment**.

Wu: The gall bladder like an **impartial judge**
who makes one to **judge what is right and what is wrong**.

Zhu: The gall bladder is the **upright judiciary official** – **decisions** get out there.
The judiciary official is upright and resolute without hesitation.

Unsch: The gall bladder is the official functioning as **Rectifier**,
judgements and decisions originate in it.
The term zhong zheng was only introduced after the Han (i.e. 3rd century CE). see also TB

Translation Exercise – Su Wen 8

Organ

Two Pairs of Key Words in each Line

膻中

臣使

喜樂

5. Dan-zhong/Pericardium

chen shi

xi le

Veith: The middle of the thorax (between the breasts) is like the **official of the center** who guides subjects in their joys and pleasures;

Lu: The pericardium are the **messenger** from whom joy is derived.
It acts as the messenger of the heart to spread the emotion of joy

Occ: The envelope of the heart represents the **civil servants**; from them can come joy and pleasure.

Larre: Tan zhong has the charge of **resident as well as envoy**.
Elation and joy stem from it.

Ni: The pericardium is like the **court jester** who makes the king laugh, bringing forth joy.

Wu: The Tan zhong (Pc) is like a **butler** of the king
who can transmit the joyfulness of the heart through it.

Zhu: The pericardium is the **herald official** – joys and sadness get out there.

Unsch: The dan zhong is the official functioning as **Minister and Envoy**,
joy and happiness originate in it.

Translation Exercise – Su Wen 8

Organ

Two Pairs of Key Words in each Line

脾胃

倉廩

五味

6. Pi Wei = Spleen & Stomach

cang lin

wu wei

Veith: The stomach acts as the **official of the public granaries** and grants the five tastes;

Lu: The spleen and the stomach are the **officials in charge of food storage** and from whom the five flavors are derived.

Occ: The spleen and the stomach are the **granaries**; the food warehouses.

Larre: The spleen and stomach are responsible for the **storehouses and granaries**.
The five tastes stem from them.

Ni: The spleen and stomach are like **warehouses** where one stores all the food and essences.
They digest, absorb, and extract the food and nutrients.

Wu: The spleen is like an **officer** who is **in charge of the granary**,
it takes charge of the digesting, absorbing, spreading, and storing of the essence of food.

Zhu: The spleen and stomach are the **garner officials** – the five flavors get out there.

Unsch: The spleen and stomach are the officials functioning as **granary**,
the five flavors originate from them.

Translation Exercise – Su Wen 8

Organ

Two Pairs of Key Words in each Line

大腸

傳 道

變化

7. Da Chang/Large Intestine

chuan dao

bian hua

Veith: The lower intestines are like the **officials who propagate the Right Way of Living**, and they **generate evolution and change**;

Lu: The large intestine is the **official of transportation** from whom **change in the shape of things** are derived.

Occ: The large intestine **transforms**.

Larre: The large intestine is responsible for **transit**.
The **residue from transformation** stems from it.

Ni: The large intestine is responsible for the **transportation of all turbidity**.
All waste products **go through** this organ.

Wu: The large intestine is the **route for transmitting the drosses** into feces then **excretes them to the outside** of the body.

Zhu: The large intestine is the **transportation official** – **changes** get out there.

Unsch: The large intestine is the official functioning as **Transmitter along the Way**, **changes and transformation** originate in it.

Translation Exercise – Su Wen 8

Organ _____

Two Pairs of Key Words in each Line _____

小腸

受 盛

化 物

8. Xiao Chang/Small Intestine

shou sheng

hua wu

Veith: The small intestines are like the **officials who are trusted with riches**, and they create changes of the physical substance;

Lu: The small intestine is the **receiving official** from whom assimilable substances are derived.

Occ: The small intestine contains the most fullness (like a lake regularizes the course of a river) it makes the transformed food pass into the organism.

Larre: The small intestine is responsible for **receiving and making things thrive**. Transformed substances stem from it.

Ni: The small intestine **receives the food** that has been digested by the spleen and stomach, and further extracts, absorbs, and distributes it throughout the body, all the while separating the pure from the turbid.

Wu: The small intestine **receives food** from the stomach, it digests the food further, divides them into essence and dregs, then absorbs the essence and transmits the dregs to the large intestine.

Zhu: The small intestine is the **reception official** – digestions get out there.

Unsch: The small intestine is the official functioning as **Recipient of what has been perfected**, the transformation of things originates in it.

Translation Exercise – Su Wen 8

Organ

Two Pairs of Key Words in each Line

腎

作強

技巧

9. Shen/Kidney

zuo qiang

ji qiao

Veith: The kidneys are like the **officials who do energetic work**, and they excel through their ability and cleverness;

Lu: The kidneys are the **health officials** from whom *the* strength of the body and the healthy movements of the four limbs are derived.

Occ: The kidneys engender the power; the strength

Larre: The kidneys are responsible for the **creation of power**. Skill and ability stem from them.

Ni: The kidneys store the **vitality** and mobilize the four extremities. They also aid the memory, willpower, and coordination.

Wu: The kidney is an organ with **strong functions**, when the essence and energy in the kidney are abundant, the body will be strong and the person is skillful and wise in doing things.

Zhu: The kidneys are the **power official** – skills get out there.
The Kidneys dominate the essence. If a person has not enough essence, they will be unintelligent and have few skills.

Unsch: The kidneys are the official functioning as **Operator with Force**, technical skills and expertise originate from them.

Translation Exercise – Su Wen 8

Organ

Two Pairs of Key Words in each Line

三焦

決瀆

水道

10. San Jiao/Triple Burner

jue du

shui dao

Veith: The burning spaces are like the officials who plan the construction of **ditches and sluices**, and they create waterways;

Lu: The triple burning space is the **irrigation official** who builds waterways.

Occ: The triple burner is like the **water-gate of a dam**; which serves to maintain the levels.

Larre: The triple heater is responsible for the **opening up of passages and irrigation**. The regulation of fluids stems from it.

Ni: The sanjiao, or three visceral cavities, promotes the transformation and transportation of water and fluids throughout the body.

Wu: The triple warmer takes the office of **dredging** water in the watercourse[s] of the whole body, it takes charge of the activity of the vital energy of the body fluid and regulation and the dredging of the fluid.

Zhu: The triple-warmer is the **water administration official** – water networks get out there.

Unsch: The triple burner is the official functioning as the **Opener of Channels**, the passageways of water originate in it.

Translation Exercise – Su Wen 8

Organ _____

Two Pairs of Key Words in each Line _____

膀胱

州都

津液藏

氣化則能

11. Pang Guang/Bladder

zhou du

jin-ye cang

qi hua ze neng

Veith: The groins and the bladder are like the **magistrates of a region or a district**, they store the overflow and the fluid secretions which serve to regulate vaporization.

Lu: The bladder is the **district official** (because it is located distant from the organs) who stores fluids so that they can flow outward when energy transformation takes place.

Occ: The bladder is like the **Mandarin of the Sub-Prefecture**; it is a secondary organ which stores the products of excretion. This is the terminal phase of the transformation of energy.

Larre: The bladder is responsible for **regions and cities**. It stores the body fluids. The transformations of the qi then give out their power.

Ni: The bladder is where the **water converges**, and where after being catalyzed by the qi, it is eliminated.

Wu: The bladder takes the **office of gathering**, it stores the water and fluid, after the body fluid is transformed into water by the activating of vital energy, it can be excreted.

Zhu: The bladder is the **water reservation official** – fluids are stored there and waste water is discharged after transformation.

Unsch: The urinary bladder is the official functioning as the **Regional Rectifier**, body liquids are stored in it ...
The term zhou du was only introduced after the Han (i.e. 3rd century CE). see also GB

Translation Exercise – Su Wen 8

Translation References – Chronological Order

<u>Date</u>	<u>Author</u>	<u>Title</u>	<u>Publisher</u>	<u>status</u>
1949/72	Ilza Veith	The Yellow Emperor's Classic of Internal Medicine	UCAL	in print
1978	Henry Lu	A Complete Translation of the Yellow Emperor's Classic of Internal Medicine & Difficult Classic	Academy of Oriental Heritage	???
1979	Occidental	Chinese Medical Classics Nei Ching & Nan Ching	Occidental Inst. Alumni Assoc. (Alumni Assoc. involved 234 translators)	O/P
1987	Claude Larre & Elizabeth Rochat	Secret Treatise of the Spiritual Orchid (Su Wen 8)	Monkey Press	in print
1995	Maoshing Ni	The Yellow Emperor's Classic of Medicine	Shambala	in print
1997	Wu & Wu	Yellow Empero's Canon Internal Medicine (the misspelling of the title is theirs) (I believe it has finally been corrected)	China Science & Technology Pr.	in print
2001	Zhu Ming	The Medical Classic of the Yellow Emperor	Foreign Languages Press	???
2003	Paul Unschuld	Huang Di Nei Jing Su Wen: Nature, Knowledge, Imagery in an Ancient Chinese Medical Text	UCAL	in print

Part IV

Writing
&
Reading Practice

Writing Practice – Intro – Writing Basics


The Chinese word for a character, and hence for writing, is **wén**:
Stroke order is the equivalent of spelling.

It is composed of four strokes.


To write this character follow the instructions:

Try using a pencil with a relatively blunt/rounded tip.


Start by drawing over the character a few times.

	<ol style="list-style-type: none"> 1. Start at the top with the downward dash (called a dian), 2. then the horizontal line from left to right. 3. Next the downward sweeping stroke to the left, 4. followed by the sweep across to the right. <p>Try to keep the character centered and balanced within the box.</p>
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	<p>The character yǒng (meaning forever, always, eternal, everlasting) is one traditionally used as the first character to practice, because it contains all the basic strokes.</p> <p style="text-align: center;"><i>How many strokes?</i></p>
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	<p>For medical students, the character qì is an appropriate, if slightly more complicated, one to begin with.</p> <p style="text-align: center;"><i>How many strokes is this one?</i></p>
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Part A

Individual
Characters

Writing Practice

Traditional (complex) Characters

plus some simplified characters

*You may want to slip a piece of paper between pages to prevent pressure indentations,
or if you use a felt tip, or fountain pen, to prevent ink from bleeding through.*

** I recommend using a slightly rounded-tip pencil **

Writing Practice – Sentences

pinyin	文	Zang Fu Characters (1)									
	肺										
	心										
	肝										
	脾										
	腎										
	心										
	胞										
	三										
	焦										
	腸										
	膽										
	胃										
	膀										
	胱										

Writing Practice – Sentences

Zang Fu Characters (2)

pinyin

文

	臟						腑				
	脏						腑				
	肺										
	大						腸				
	心										
	小						腸				
	肝						膽				
	脾						胃				
	腎										
	膀						胱				
	心						胞				
	膻						中				
	心						主				
	三						焦				
	命						門				

Writing Practice – Sentences

pinyin	文	Meaning	Organ Image Vocabulary (A)				simplified				
	像						象				
	本										
	別										
	稟										
	不										
	藏										
	朝										
	出										
	傳						传				
	存										
	導						导				
	動						动				
	瀆			瀆			渎				
	斷						断				
	而										
	發						发				
	分										
	府										

see page 5

Writing Practice – Sentences

pinyin	文	Meaning	Organ Image Vocabulary (B)				simplified				
	蓋						盖				
	干										
	根										
	合										
	和										
	乎										
	呼										
	華						华				
	化										
	寄										
	降										
	嬌						娇				
	交										
	皆										
	靜						静				
	聚						聚				
	決										

see page 5-6

Writing Practice – Sentences

pinyin	文	Meaning	Organ Image Vocabulary (C)				simplified				
	開						开				
	可										
	慮						虑				
	苗										
	謀						谋				
	母										
	納						纳				
	乃										
	能										
	漚						沤				
	粕										
	其										
	起										
	竅						窍				
	清										
	去										

see page 6

Writing Practice – Sentences

pinyin	文	Meaning	Organ Image Vocabulary (D)				simplified				
	如										
	濡						濡				
	入										
	傷						伤				
	攝						摄				
	升										
	生										
	聲						声				
	食										
	受										
	樞										
	疏										
	熟										
	屬						属				
	帥						帅				
	司										
	肅						肃				

see page 7

Writing Practice – Sentences

pinyin	文	Meaning	Organ Image Vocabulary (E)					simplified				
	胎											
	體						体					
	調						调					
	通											
	同											
	統						统					
	為						为					
	惡						恶					
	霧						雾					
	息											
	吸											
	喜											
	系											
	係						系					
	夏											
	相											
	泄											

see page 7-8

Writing Practice – Sentences

pinyin	文	Meaning	Organ Image Vocabulary (F)					simplified				
	煦											
	宣											
	言											
	養						养					
	腰											
	也											
	夜											
	移											
	宜											
	用											
	於						于					
	餘						余					
	與						与					
	運						运					
	在											
	糟											
	則						则					

see page 8

Writing Practice – Sentences

pinyin	文	Meaning	Organ Image Vocabulary (G)				simplified				
	蟄						蟄				
	者										
	之										
	肢										
	殖										
	志										
	晝						晝				
	主										
	壯						壯				
	濁						濁				
	總						总				

Part B

Sentences

Writing Practice

Traditional (complex) Characters

*You may want to slip a piece of paper between pages to prevent pressure indentations,
or if you use a felt tip, or fountain pen, to prevent ink from bleeding through.*

** I recommend using a slightly rounded-tip pencil **

Writing Practice – Sentences

Su Wen 8 a

靈		蘭		秘		點		論			
心	者	君	主	之	官	也	神	明	出	焉	
肺	者	相	傳	之	官		治	節	出	焉	

4 rows each or write the pinyin in the first row

see page 74

Writing Practice – Sentences

Su Wen 8 b

肝	者	將	軍	之	官		謀	慮	出	焉	
膽	者	中	正	之	官		決	斷	出	焉	
臚	中	者	臣	使	之	官	喜	樂	出	焉	

4 rows each or write the pinyin in the first row

see page 75

Writing Practice – Sentences

Su Wen 8 c

脾	胃	者	倉	廩	之	官	五	味	出	焉	
大	腸	者	傳	道	之	官	變	化	出	焉	
小	腸	者	受	盛	之	官	化	物	出	焉	

4 rows each or write the pinyin in the first row

see page 76

Writing Practice – Sentences

Su Wen 8 d

腎	者	作	強	之	官		技	巧	出	焉	
三	焦	者	決	瀆/瀆	之	官	水	道	出	焉	

4 rows each or write the pinyin in the first row

see page 77

Writing Practice – Sentences

Su Wen 8 e

膀	胱	者	州	都	之	官					
津	液	藏	焉		氣	化	則	能	出	矣	

4 rows each or write the pinyin in the first row

see page 78

Part C

Reading Practice

Traditional (complex) Characters

Reading Practice – Su Wen 8

Pinyin Practice: write in the pin-yin under each character

素問 =

靈 蘭 秘 點 論

心 者 君 主 之 官 也 神 明 出 焉

肺 者 相 傳 之 官 治 節 出 焉

肝 者 將 軍 之 官 謀 慮 出 焉

膽 者 中 正 之 官 決 斷 出 焉

膻 中 者 臣 使 之 官 喜 樂 出 焉

脾 胃 者 倉 廩 之 官 五 味 出 焉

大 腸 者 傳 道 之 官 變 化 出 焉

小 腸 者 受 盛 之 官 化 物 出 焉

腎 者 作 強 之 官 技 巧 出 焉

三 焦 者 決 瀆/瀆 之 官 水 道 出 焉

膀 胱 者 州 都 之 官

津 液 藏 焉 氣 化 則 能 出 矣

Reading Practice – Su Wen 8

Translation Review: write in a (word for word) translation

素問 Sù Wèn =

靈	蘭	秘	點	論						
心	者	君	主	之	官	也	神	明	出	焉
肺	者	相	傳	之	官	治	節	出	焉	
肝	者	將	軍	之	官	謀	慮	出	焉	
膽	者	中	正	之	官	決	斷	出	焉	
膾	中	者	臣	使	之	官	喜	樂	出	焉
脾	胃	者	倉	廩	之	官	五	味	出	焉
大	腸	者	傳	道	之	官	變	化	出	焉
小	腸	者	受	盛	之	官	化	物	出	焉
腎	者	作	強	之	官	技	巧	出	焉	
三	焦	者	決	瀆/瀆	之	官	水	道	出	焉
膀	胱	者	州	都	之	官				
津	液	藏	焉	氣	化	則	能	出	矣	

Reading Practice – Su Wen 8

Reading Practice: use this page to practice reading

素問 八

靈 蘭 秘 點 論

心 者 君 主 之 官 也 神 明 出 焉

肺 者 相 傳 之 官 治 節 出 焉

肝 者 將 軍 之 官 謀 慮 出 焉

膽 者 中 正 之 官 決 斷 出 焉

膻 中 者 臣 使 之 官 喜 樂 出 焉

脾 胃 者 倉 廩 之 官 五 味 出 焉

大 腸 者 傳 道 之 官 變 化 出 焉

小 腸 者 受 盛 之 官 化 物 出 焉

腎 者 作 強 之 官 技 巧 出 焉

三 焦 者 決 瀆/瀆 之 官 水 道 出 焉

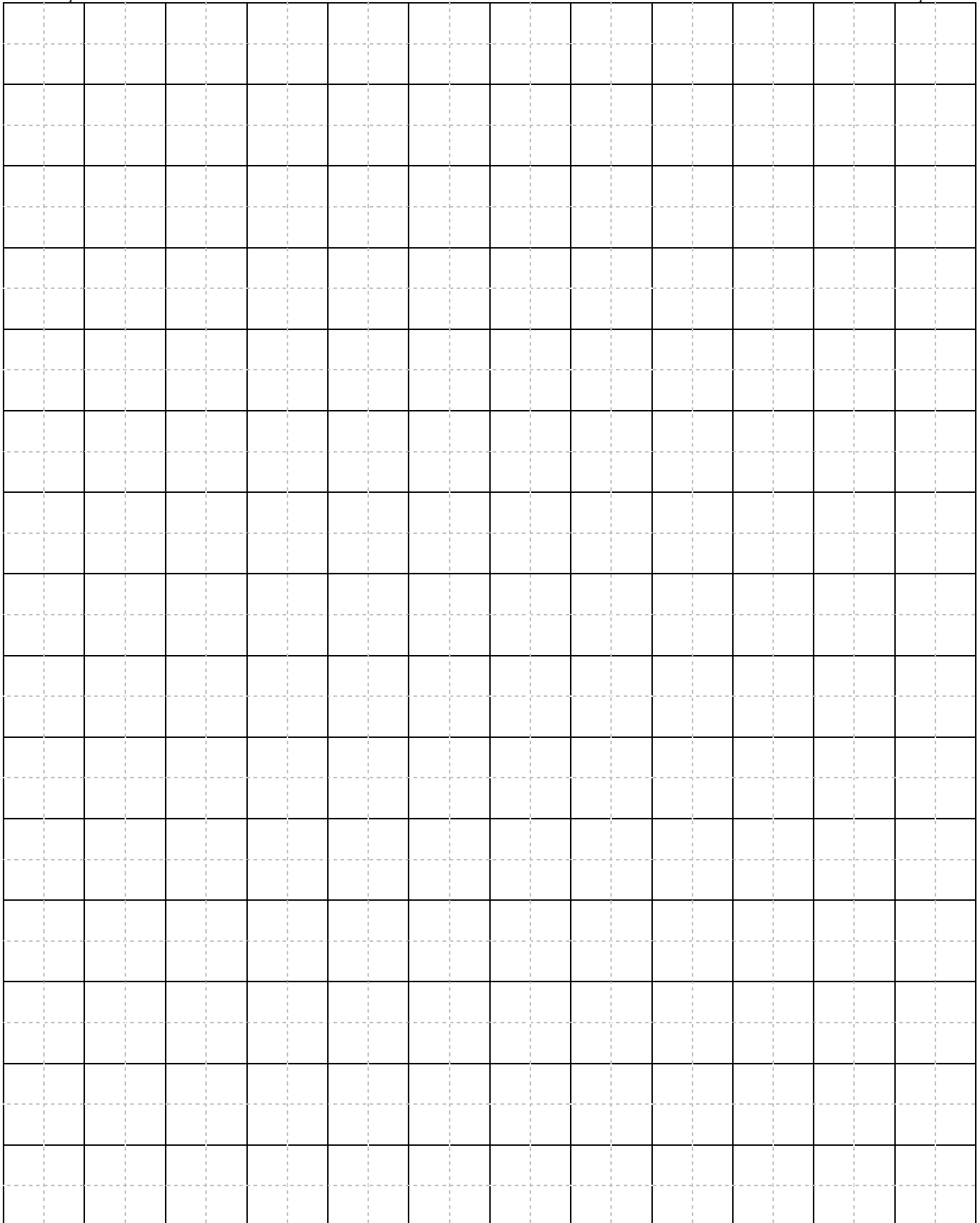
膀 胱 者 州 都 之 官

津 液 藏 焉 氣 化 則 能 出 矣

Writing – Practice Blank

make copies

0.3 inch within 0.6 inch squares



Big squares = 15 rows x 12 columns or small (inner) squares = 30 rows x 24 columns

Appendix

Five

Phase-Element

Tables

Five Phase Correspondences – English

1. 5 Elements	Wood	Fire	Earth/Soil	Metal	Water
2. 5 Directions	east	south	center	west	north
3. 5 Seasons	spring	summer	long summer	autumn	winter
4. Seasonal Energy	(re)birth & beginnings	growth & development	maturation & harvest	withering & decline	endings, death, dormancy, storage
5. 5 Climates	windy	hot	humid / damp	arid / dry	cold
6. 5 Colors	green / blue-green	red	yellow, tan, brown	white	black
7. 5 Flavors	sour	bitter	sweet	pungent / spicy	salty
8. 5 Odors	rank / rancid	burnt	fragrant	rotten	putrid
9. 5 Tones	3rd / mi / (A#)	4th / sol / (C#)	1st / do / (F#)	2nd / re / (G#)	5th / la / (D#)
10. 5 Viscera (yin organs)	Liver	Heart	Spleen	Lungs	Kidneys
11. Six Divisions	leg faint-yin	arm lesser-yin	leg greater-yin	arm greater-yin	leg lesser-yin
12. Time of Day	1–3 am	11am – 1pm	9–11 am	3–5 am	5–7 pm
13. Major function:	movement courses qi stores blood	circulation ruler of body-mind	digestion transformation & distribution of nutrients	respiration governs qi	reproduction rules life cycle
13a. <i>Official:</i>	<i>general</i>	<i>sovereign</i>	<i>quartermaster</i>	<i>prime minister mystic/sage</i>	<i>worker</i>
14. <i>in charge of:</i> Vital substance	blood	spirit-mind consciousness	nutritive qi qi & blood	vital energy defensive qi	body fluids jing/essence (yin & yang)
15. Sense organ	eyes	tongue	mouth	nose	ears
15a. <i>Sense of:</i>	<i>sight/vision</i>	<i>speech</i>	<i>taste</i>	<i>smell</i>	<i>hearing</i>
16. 5 Fluids	tears	sweat	saliva (drool)	snivel , mucus	spit (spittle)
17. 5 Internal tissues	sinews (tendons & ligaments, connective tissue, muscles)	vessels (vascular system)	flesh (nutritional status of the body)	mucus membranes	bones & marrow
18. 5 External tissues	nails	face (facial complexion)	lips 4 limbs	skin & body hair	teeth & head hair
19. pain / tension discomfort in:	hypochondrium & sides	chest (sub-sternal)	abdomen	thorax pectoral	low back knees
20. 5 Emotions 7 Feelings	anger, rage irritability frustration depression hopelessness	joy, negativity restless hyper-excitable hysterical easily startled	worry, anxiety pensive think too much preoccupation obsessive	grief, sadness melancholic unable to let go	fear, terror phobic
21. 5 Voices	shouting boisterous	laughing giggly	singing melodic	crying/weepy whiny	moaning groaning
22. 5 Strains	looking reading eye strain	walking hectic lifestyle stress	sitting	lying	standing physical, mental, sexual overwork
22a. <i>Strain hurts:</i>	<i>hurts blood</i>	<i>hurts sinews</i>	<i>hurts flesh</i>	<i>hurts qi</i>	<i>hurts bones</i>
23. 5 Bowels	Gall Bladder	Sm Intestine	Stomach	Lg Intestine	Bladder
24. Six Divisions	leg lesser-yang	arm greater-yang	leg bright-yang	arm bright-yang	leg greater-yang
25. Time of Day	11pm – 1am	1–3 pm	7–9 am	5–7 am	3–5 pm
26. Major function:	decisive, resolute bold, courageous	discrimination & separation	transformation	elimination: solid waste	elimination: liquid waste

Five Phase Correspondences – English

1. 5 Elements					
2. 5 Directions					
3. 5 Seasons					
4. Seasonal Energy					
5. 5 Climates					
6. 5 Colors					
7. 5 Flavors					
8. 5 Odors					
9. 5 Tones					
10. 5 Viscera <i>(yin organs)</i>					
11. Six Divisions					
12. Time of Day					
13. Major function:					
13a. <i>Official:</i>					
14. <i>in charge of:</i> Vital substance					
15. Sense organ					
15a. <i>Sense of:</i>					
16. 5 Fluids					
17. 5 Internal tissues					
18. 5 External tissues					
19. pain / tension discomfort in:					
20. 5 Emotions 7 Feelings					
21. 5 Voices					
22. 5 Strains					
22a. <i>Strain hurts:</i>					
23. 5 Bowels					
24. Six Divisions					
25. Time of Day					
26. Major function:					

Five Phase Correspondences – PinYin

1. Wǔ Xíng	Mù	Huǒ	Tǔ	Jīn	Shuǐ
2. wǔ fāng	dōng	nán	zhōng	xī	běi
3. wǔ shí wǔ jì	chūn	xì	cháng xià	qiū	dōng
4. shí qì	shēng	zhǎng	huà	shōu	cáng
5. wǔ qì = 5 climates wǔ wù = 5 aversions	fēng	rè	shī	zào	hán
6. wǔ sè	qīng	chì	huáng	bái	hēi
7. wǔ wèi	suān sè	kǔ	gān dàn	xīn	xián
8. wǔ xiù xiù = smells chòu = odors	shān = mutton sāo = animal (lit. urine)	jiāo	xiāng	xīng = fishy raw meat	xiǔ = foul fǔ = putrid
9. wǔ yīn	3rd = jiǎo / jué	4th = zhǐ/zhēng	1st = gōng	2nd = shāng	5th = yū / yǔ
10. Wǔ Zàng	Gān	Xīn	Pí	Fèi	Shèn
11. liù jīng	zú jué yīn	shǒu shǎo yīn	zú tài yīn	shǒu tài yīn	zú shǎo yīn
12. shí-èr shí	dì èr shí = 2nd watch 1–3 am	dì qī shí = 7th watch 11 am–1 pm	dì liù shí = 6th watch 9–11 am	dì sān shí = 3rd watch 3–5 am	dì shí shí = 10th w. 5–7 pm
13. major function:	movement	circulation	digestion	respiration	reproduction
13a. wǔ guān:	jiāng jūn	jūn zhǔ	cáng lǐn	xiàng fù	zuò qiáng
14. wǔ zàng cáng vital sub. stored	xuè	shén	jīn-yè	qì	jīng
15. wǔ guān 5 offices/organs	mù	shé	kǒu	bí	ěr
15a. wǔ senses	shì	shuō	wèi	xiù	tīng
16. wǔ yè	lèi	hàn	xián	tì nián yé / nián mó	tuò
17. wǔ zhǔ zhu = governings	jīn = sinew jī = muscle/flesh	mài	ròu	pí	gǔ suǐ
18. huá = blooms manifests	zhǎo	sè	chún	máo	chǐ tóu fǎ
19. tòng / bì pain/discomfort	jì lèi jì xié	tán zhōng	fù	xiōng yīng	yāo xī
20. wǔ zhì qī qíng	nù	xǐ lè	sī yōu	bēi yōu	kǒng jīng
21. wǔ shēng	hū	xiào	gē	kū	shēn
22. wǔ láo	looking reading	xíng = walking	zuò = sitting	wò = lying	lì = standing lao = overwork
22a. shàng:	xuè	jīn	ròu	qì	gǔ
23. Fǔ	Dǎn	Xiǎo Cháng	Wèi	Dà Cháng	Páng Guāng
24. liù jīng	zú shǎo yáng	shǒu tài yáng	zú yáng míng	shǒu yáng míng	zú tài yáng
25. shí-èr shí	dì yī shí = 1st watch 11 pm–1 am	dì ba shí = 8th watch 1–3 pm	dì wu shí = 5th watch 7–9 am	dì sì shí = 4th watch 5–7 am	dì jiù shí = 9th watch 3–5 pm
26. function:	jue	jie	huà	da bian	xiao bian

Five Phase Correspondences – PinYin

1. Wǔ Xíng					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10. Wǔ Zàng					
11.					
12.					
13.					
13a					
14.					
15.					
15a.					
16.					
17.					
18.					
19.					
20.					
21.					
22.					
22a					
23. Fǔ					
24.					
25.					
26.					

Five Phase Correspondences – 文 Wén Characters

1. 五行	木	火	土	金	水
2. 五方	東	南	中	西	北
3. 五時 四季	春	夏	長夏	秋	冬
4.	生	長	化	收	藏
5. 五氣 五惡	風	熱	濕	燥	寒
6. 五色	青	赤	黃	白	黑
7. 五味	酸	苦	甘	辛	鹹
8. 五臭 五嗅	臊	焦	香	腥	腐
9. 五音	角	徵	宮	商	羽
10. 五臟	肝	心	脾	肺	腎
11. 六經	足厥陰	手少陰	足太陰	手太陰	足少陰
12. 十二時					
13. function					
13a. 官	將軍	君主	倉廩	相傅	作強
14. 五臟藏	血	神	津液	氣	精
15. 五官 15a. <i>sense of:</i>	目	舌	口	鼻	耳
16. 五液	淚	汗	涎	涕	唾
17. 五主	筋	脈	肉肌	皮	骨髓
18. 五華	爪	色	唇	毛	齒
19. 痛 痺	肋脅	壇中	腹	胸膺	腰膝
20. 五志 七情	怒	喜樂	思憂	悲憂	恐驚
21. 五聲	呼	笑	歌	啼	呻
22. 五勞		行	坐	卧	立
22a. 傷	血	筋	肉	氣	骨
23. 腑	膾	小腸	胃	大腸	膀胱
24. 六經	足少陽	手太陽	足陽明	手陽明	足太陽
25. 十二時					
26. function					

Five Phase Correspondences – 文 Wén Characters

1.					
2.					
3.					
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9.					
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15a.					
16.					
17.					
18.					
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21.					
22.					
22a					
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25.					
26.					

About the Author

About the Author

Jim Cleaver has devoted much of the last forty years to teaching many aspects of Chinese medicine, having held positions at Five Branches Institute in Santa Cruz, CA., The Oregon College of Oriental Medicine, and the last 22 years at National College/University of Natural Medicine in Portland, OR.

Using this book, students, teachers, and practitioners will benefit from his depth of experience in clinic and classroom.

As a classroom tool and an office reference, this book is an invaluable resource.

Now retired from academics, Jim is making available some of the many books he created for his classes and students during his teaching career. These cover a wide range of topics related to Chinese Medicine, the Yi-Jing, and Chinese philosophical classics.

He also maintains a private practice and an on-going Qi-Gong & Tai-Ji class begun in 1991.

