

The ABC's
of
CHINESE
MEDICINE
Part A Workbook

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Muddy Bottom Press

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Chapter 1

Intro

A. Basic Books About Chinese Medicine

B. Language: Translation & Terminology

C. The Key Concept of Qi

D. Chinese Energetic Anatomy

Books About Chinese Medicine

	<u>TITLE</u>	<u>Author(s)</u>
1.	Who Can Ride the Dragon	Zhang & Rose
2.	A Brief History of Qi	Zhang & Rose
3.	Between Heaven and Earth	Beinfeld & Korngold
4.	Traditional Acupuncture: The Law of the Five Elements	Connolly
5.	The Complete Book of Chinese Health & Healing	Reid
6.	The Web That Has No Weaver	Kaptchuk
7.	Acupuncture: The Ancient Art of Healing ...	Mann
8.	Acupuncture: How It Works, How It Cures	Firebrace
9.	The Yellow Emperor's Classic of Medicine	Ni
10.	The Dao of Chinese Medicine	Kendall
11.	The Foundations of Chinese Medicine	Maciocia
12.	BodyMind Energetics	Seem
13.	Dragon Rises, Red Bird Flies	Hammer

Language & Translation

Words & Thoughts - a few thoughts about words

- We think with language
- Language determines how we think
- How we think is reflected in our spoken and written language
- Thoughts are essentially Words
- Ideas and beliefs are formulated in words/language, *then* they are spoken
- Chinese culture thinks in a different language, as well as speaks a different tongue
- To translate, we have to interpret their thought patterns from their language.
- How language is written reflects the thinking process as well.
- In Western languages we “spell things out”
- the Chinese “picture” their world
- Chinese words are pictures (characters = pictographs/ideographs)
and as we say, a picture, is worth a thousand words! • Speech is human, literacy is cultural. We learn to speak, then we learn to read.
- Speech happens naturally, literacy requires education (conscious effort).

Chinese Language

- There are many dialects of Chinese, but they share a common written language
- All characters are a complete concept (word)
- All characters/words are one syllable (words can be compounds just like in English)
- There are thousands of characters, but there are fewer than 400 syllables, so there are many homonyms in Chinese.
- One way Chinese differentiate similar sounds is by the use of ‘tones’
- The official dialect is Mandarin. In Mandarin there are four tones.
- The same syllable pronounced in a different tone is a completely different word.

The purpose of language is to communicate – some things are very difficult to communicate.

- We need different ‘languages’ to communicate about different things. (art, music, poetry are all languages)

Language of Medicine is usually thought to be ‘scientific’, but I think it is twofold.

- Language of science: is about precision, and identification (naming things)
- Language of art: is symbolic, its purpose is to be open (to interpretation), and somewhat amorphous.

Its multi-layered referents engage our intuition and open us to ‘different ways of knowing’

Idiom

- All languages include idiomatic uses, context helps establishes meaning, sometimes the literal meaning is incomprehensible and you just have to *learn* what a word or phrase means.

(consider the following expressions in English: knock on, knock over, knock down, knock up, knock out (two meanings: a blow causing loss of consciousness, or a beautiful woman), how 'bout knock-kneed)

Terminology

- To study anything involves learning its terminology
- In order to understand Chinese medicine we have to know some things about Chinese language.
(in other words, to talk about Chinese medicine we have to learn to speak some Chinese)
- Doing so will help us understand the concepts and the mind behind the terminology.
- There is no better place to begin our discussion of Chinese medicine than with the word/concept of **Qi**.

The Concept of Qi

- **The Character:**

氣

type-face

氣

handwritten

气

simplified

- **Pronunciation:**

spelling Chinese sounds

- **Romanization Systems:**

- Pin-Yin
- Wade-Giles
- Japanese

- **Generally Translated:**

- **Character Analysis:**

气 • The upper/outer part:

米 • The lower/inner part:

- **A better translation:**

- **Qi & Xue**

Jing-Luo – The Channel Network

Energetic Anatomy

- circulatory system
- circulates Qi

Translating Jing

as Channels vs. Meridians

- 2 common misconceptions (how we conceive them influences how we look for & think about them)
- not imaginary lines:
- not tubes:

The Character Jing:

經

糸

徑

- silk / threadlike
- river/waterway
- underground

- Luò

絡

Conceptualizing Channels

- the body as landscape/watershed
- body as ocean
- planetary orbits

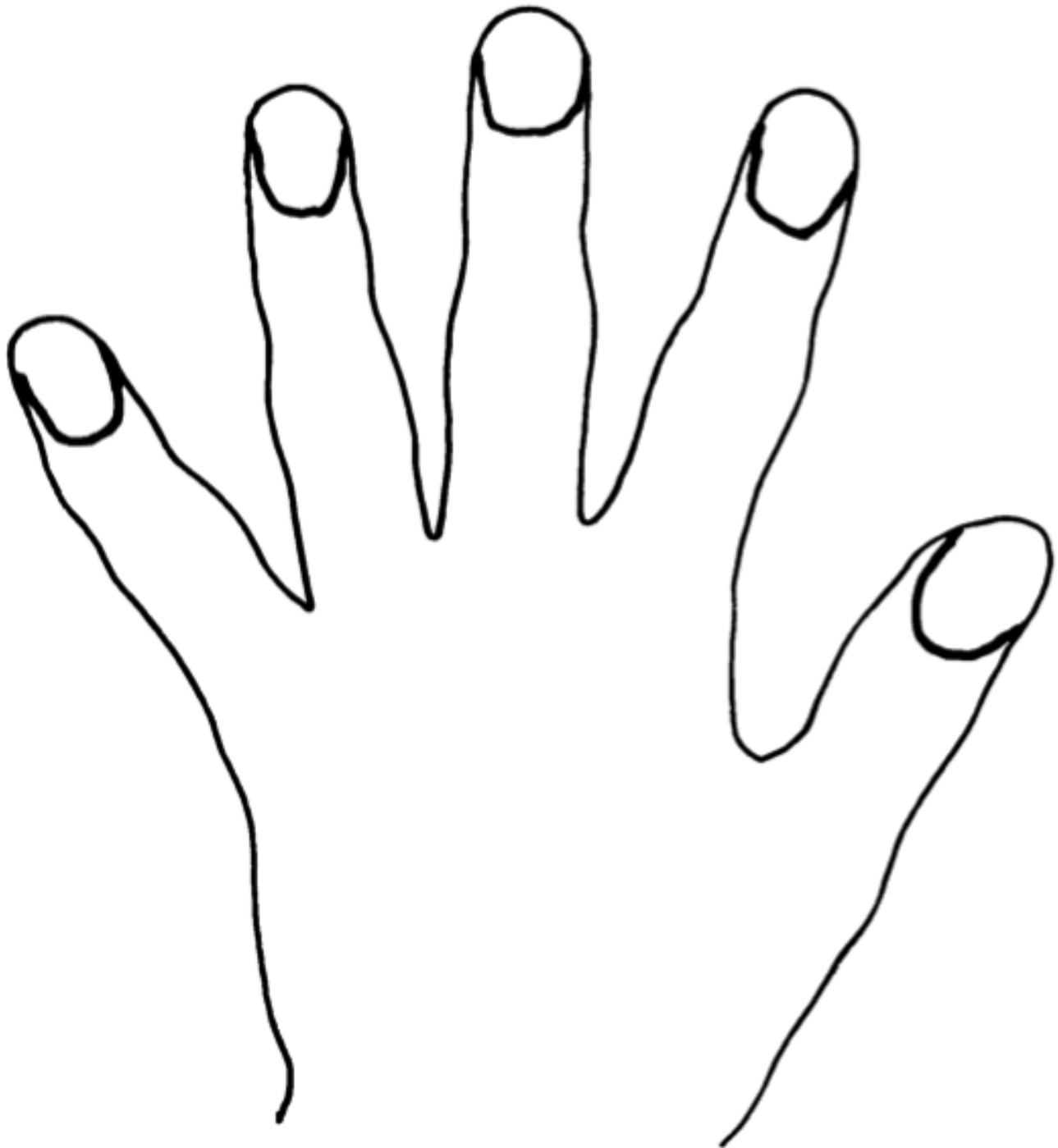
Significance of channels

- explains body
- explains pathology
- explains treatment

- * Label the beginning and ending points for the twelve bilateral channels:**

- finger & toe correlations
- nail pts. (radial & ulnar / medial & lateral sides of the nails)
- beginning & ending nail points; their numbers (direction of flow & length of channel)
- head & torso beginning & ending points (location and # of)

Label beginning and ending points



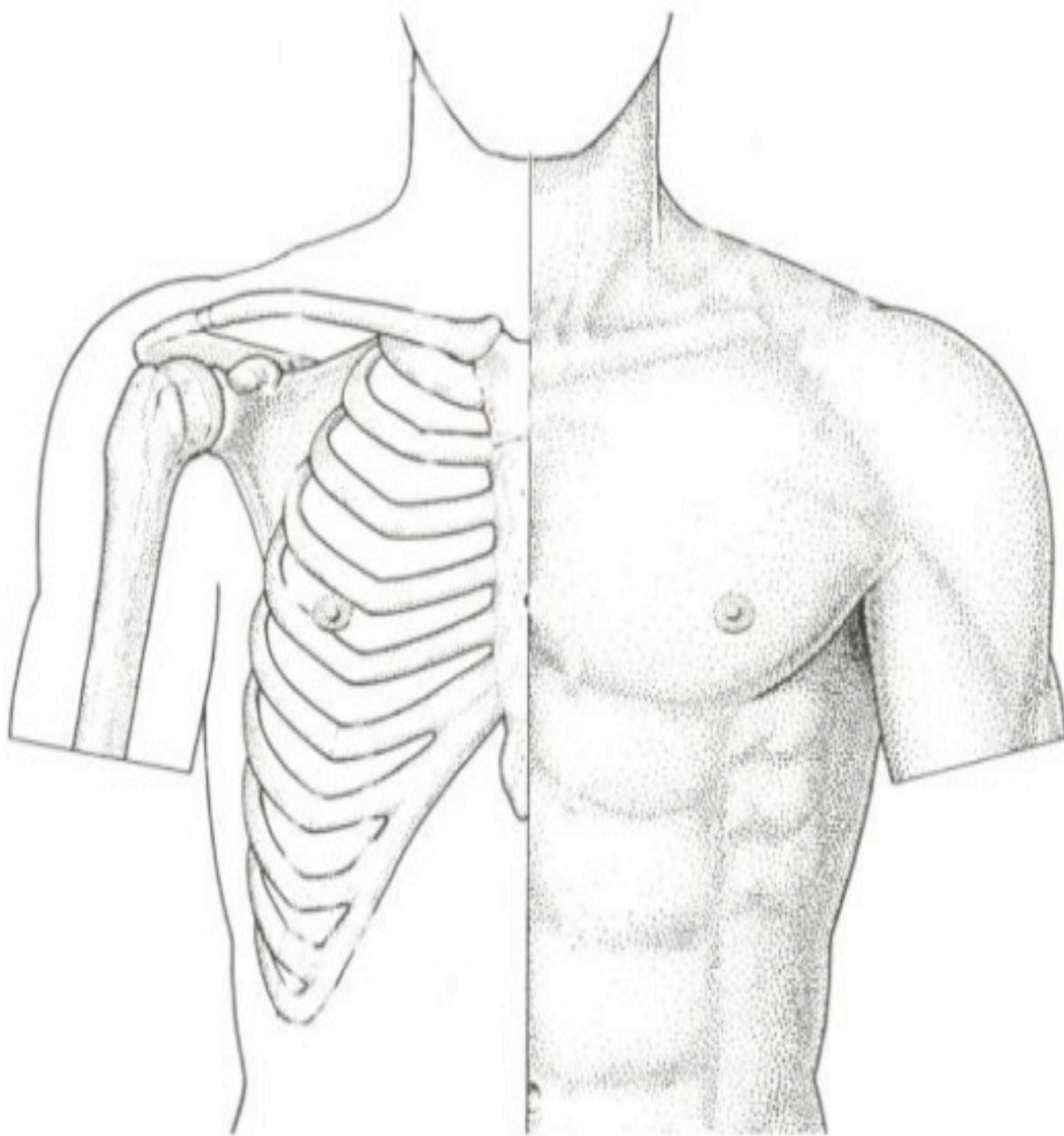
Label beginning and ending points



Label beginning and ending points

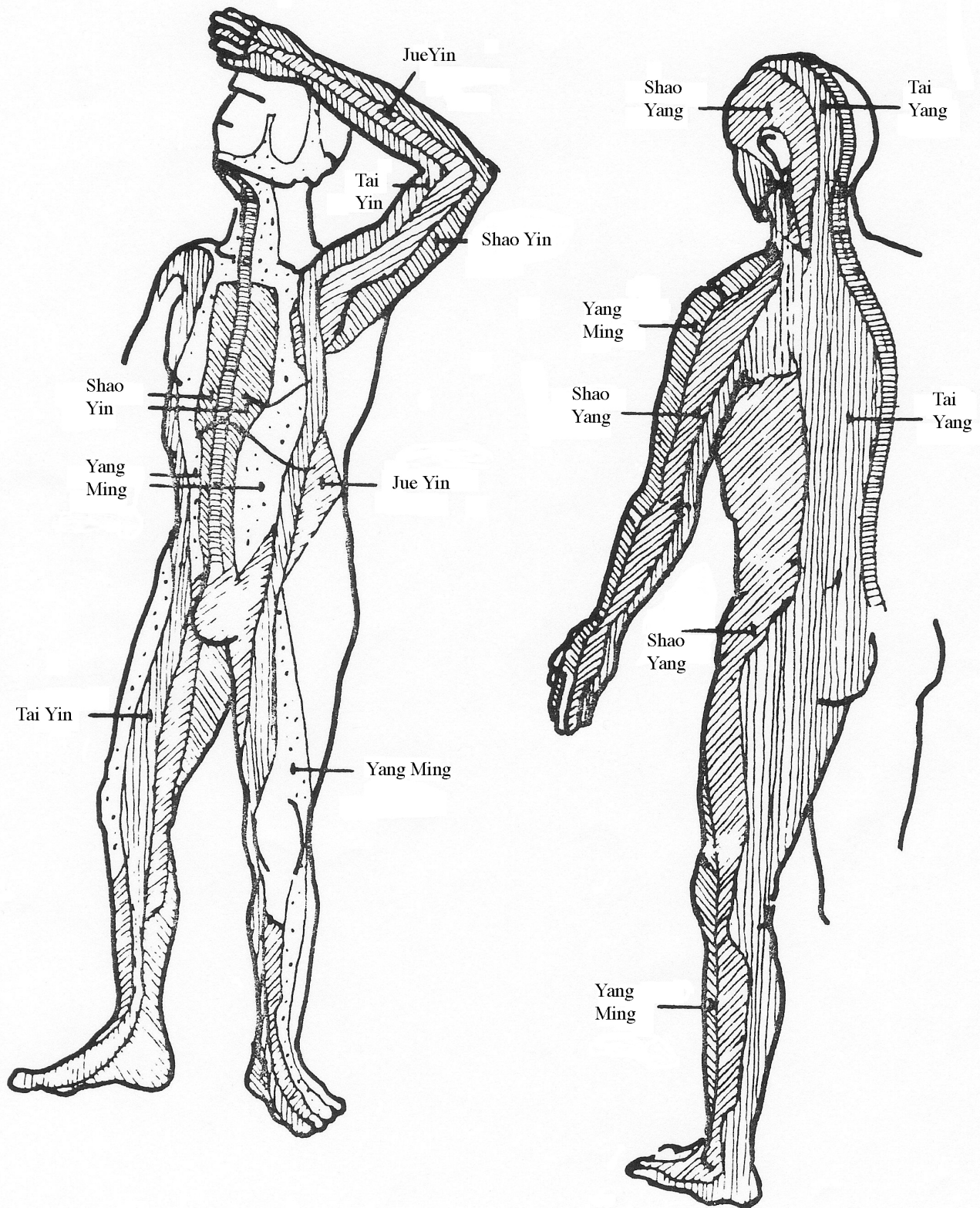


Label beginning and ending points



Six Divisions

Color the Divisions



Channel Pairings

Fill in the blanks for homework

Three Pairings of the 12 Channels

1st Pairing: 6 Divisions/Channels

- One upper body and one lower body channel of the same polarity

3 Yang pairs =	Tai-yang (greater yang)	Shao-yang (lesser yang)	Yang-ming (bright yang)
arm }	_____	_____	_____
leg }	_____	_____	_____
3 Yin pairs =	Tai-yin (greater yin)	Shao-yin (lesser yin)	Jue-yin (faint yin)
arm }	_____	_____	_____
leg }	_____	_____	_____

2nd Pairing: 5 Phase/Elements: **Wood** **Fire** **Earth** **Metal** **Water**

- Phase Colors: _____
- pairs of channels within each phase-element – yin/yang (int/ext or wife/husband)

	<u>Wood</u>	<u>I. Fire</u>	<u>M. Fire</u>	<u>Earth</u>	<u>Metal</u>	<u>Water</u>
yin }	_____	_____	_____	_____	_____	_____
yang }	_____	_____	_____	_____	_____	_____

3rd Pairing: High & Low Tide / Clock Pairs (midday–midnight rule/law)

	<u>1–3</u>	<u>3–5</u>	<u>5–7</u>	<u>7–9</u>	<u>9–11</u>	<u>11–1</u>
am }	_____	_____	_____	_____	_____	_____
pm }	_____	_____	_____	_____	_____	_____

Circulation of Qi through the Channels (Cycle of Energy Flow)

- one channel, 12 sections (end of one connects to the beginning of the next)
- 12 time periods, 2 hrs. each (always odd hour to odd hour) (can also use military time)
- Roman numeral designations for channels (I – XII + XIII & XIV)

Three Circuits

4 channels complete one circuit of the whole body, thus each circuit takes 8 hrs.

	<u>Arm (out)</u>	<u>Arm (in)</u>	<u>Leg (out)</u>	<u>Leg (in)</u>	<u>Phases</u>	<u>Divisions</u>	<u>Realm</u>
A.	Lu	LI	ST	Sp			
B.	Ht	SI	BL	Kd			
C.	Pc	TB	GB	Lr			

Arm cross section:

Leg cross section:

Grand Synthesis Chart

*Create your own table/chart of **all** the channel info*

The Complete Channel System

- primary channels jing
- connecting channels luo
- channel divergences jing bie
- channel sinews jing jin
- skin zones pi bu

• 8 Extraordinary Vessels Qi Jing Ba Mai 奇經八脈

- **Mai/Mo** 脈 =
- **Ren/Jen** 任 =
- **Du/Tu** 督 =
- **Dai** 帶 =
- **Chong** 衝/沖 =
- Yn/Yg **Wei** 維 =
- Yn/Yg **Qiao/Ch'iao** 蹻 =

Chapter 2

History

A. Three Legendary Rulers

B. Classical Training

C. Medicine Pyramid

D. Treatment Methods & Principles

The Three Sovereigns:

Huang Di
(Huang Ti)

Fu Xi
(Fu Hsi)

Shen Nong
(Shen Nung)



Ancient History: Chinese Medicine How Old? and So What?

Three Legendary Rulers: reigned approximately 3000 to 2500 BCE
They are credited with the origins of Chinese civilization,
including medicine.

1. Fu Xi/Hsi (~2,900 BCE)

2. Shen Nong/Nung (~2,800 BCE)

3. Huang Di/Ti (~2,700 BCE)

The Shang Dynasty (1600 – 1100 BCE)

The Zhou/Chou Dynasty (1100 – 220 BCE)

The Qin/Chin Dynasty (220 to 200 BCE)

The Han Dynasty (200 BCE to 200 CE)

• The (Huang Di) Nei Jing (1st cent. BCE)

Chinese Medicine as Art & Science

- Simple vs. Simplistic:
- Non-technical Language:
- Natural Images:
- The Language of Poetry:
- Simplicity vs. Complexity:
- CCM is Scientific:
- CCM is Art and Science:

Classical Training

5 Areas of Study / Pillars of Personal Cultivation & Development

1. Spiritual Studies:

2. Fine Arts:

3. Sciences:

4. Martial Arts:

- Sun Zi/Tzu

5. Medical Arts:

- Massage

- Cultivation of Self:

- Jun-zi (chün tzu) =

Four Aspects of Study

1. Philosophy:

2. Theory:

3. Technique:

4. Practice:

GENERAL THEORY of MEDICINE

Common sense tells us the basic parameters ANY system of medicine must address, be it shamanism or modern medicine.

– Medicine Pyramid –

V. Ways & Means to Cure – Techniques to Remedy Problems

IV. Methods to Identify, Classify & Distinguish Problems

III. Theories about Disease Process

(what can go wrong)

- **Origins & Progression**

(how problems begin and develop)

II. Descriptions of Health

- healthy structure =

- healthy function =

- healthy system =

I. Principles & Beliefs (Cosmology)

V. TREATMENT

A. Methods

B. Principles

C. Strategy

A. Treatment Methods – 3 Branches [Technique]

1. Herbal Medicine: 藥草 Yào-cǎo (medicinal plants), 藥物 Yào-wù (medicinal substances)

yào 藥 } derives from 樂 yuè =

Herbs may include:

2. Acupuncture & Moxibustion: 針灸 Zhēn-Jiǔ

the stimulation of acu-points

3. Bodywork: (2 divisions of bodywork = 4 Wings of medicine)

a. massage: 按摩 àn-mó =

推拿 tuī-ná =

b. therapeutic exercise:
氣功 qì-gōng =

B. Treatment Principles [Theory]

Two basic principles:

1. 補 Bǔ =

2. 瀉 Xiè =

C. Treatment Planning [Experience]

- combining:

- sequencing:

- adjustment:

- root vs. branch:

Chapter 3

Cosmology

A. Dao

B. Yi – Change

C. Yin-Yang

D. Wu Xing – 5 Phase-Elements

I. COSMOLOGY

Four Key Concepts

1. *Dao*

2. *Yi*

3. *Yin/Yang*

4. *Wu-Xing*

1. 道 Dào / Tao⁴

- translated:
- character:
- every-thing has its dao
- but the Dao itself (i.e. of everything)
- an all inclusive wholism
- The Dao embraces opposition
- referred to as the *way* of return/reversal
- The Dao = Nature (the way the universe *Is*)
- Nature is the standard of reference for Chinese medical cosmology

• Lao Zi (Lao Tzu) & the Dao De Jing (Tao Te Ching)

- | | |
|---------------------|-----------------------------------|
| 1. The Way of Water | (8, 78) |
| on humility | (9, 12, 13, 22, 24) |
| on simplicity | [pǔ = an uncarved block] (15, 19) |
| on emptiness | (4, 11) |

2. Wú Wéi =

- *The basic message:*
- 1. *is not to meddle with things (i.e. Nature) (don't try to fix things/people, you'll only make a mess)*
principle of non-interference applies well to medicine – basic principle of CM is: to use least intervention possible.
- 2. *Only humility is trustworthy (13)*
opposite of modern medicine's heroic ways
knowledge (medicine) is a powerful thing
doctors have wielded great power (as we all know power corrupts)
(this is one reason Chinese culture never gave doctors much status)
it's easy to become arrogant – full of oneself
and forget the simple message of the Dao.

2. 易 Yi / I⁴ = Change

- Change in the West:

- The Chinese View:

- The Yi Jing / I Ching 易經

- The Yi Jing posits 3 basic **kinds of change**:

1. random change:

2. polar change:

3. cyclic change:

3. Yīn-Yáng (polar change)

陰

陽

- pronunciation
- graphically symbolized
- number symbols
- simplified characters

阴

阳

• Misunderstandings about Yin/Yang:

- not dualism
- not judgmental
- not things

• Fundamental Logic:

- binary logic
- it is a theory of relativity,
- a way of perceiving reality,
- one that perceives relationship even in opposites
- y/y describes relationship

• Describes relationships between two definitive poles:

- | | | | | |
|-----------------|-------------------|---------------------|-------------------------------|-------------|
| - light/dark | - up/down | - hot/cold | - firm/yielding | |
| - left/right | - male/female | - health/disease | - positive/negative | - good/evil |
| - space/time | - expand/contract | - matter/energy | - form/function | |
| - acid/alkaline | - arterial/venous | - flexion/extension | - sympathetic/parasympathetic | |

• An extremely useful tool:

- it defines the possibilities - the two poles of a spectrum (field)
- describes the connection between the poles - the continuum
- describes the relationship along the continuum (relative measure)

• Examples:

Spectrum

Field

Hot/Cold
Male/Female
Up/Down
Positive/Negative
Good/Evil

Yin Yang (cont.)

- In Nature **Yin & Yang are not Absolute:**

- Examples of **Yin-Yang Relativity:**

- Nothing “**IS**” Yin or Yang:

- **To Apply Y/Y Usefully:**

- **Lists of Associations**

- primary
- logical errors

- **Y/Y symbol**

- At extremes **CHANGE** becomes Inevitable

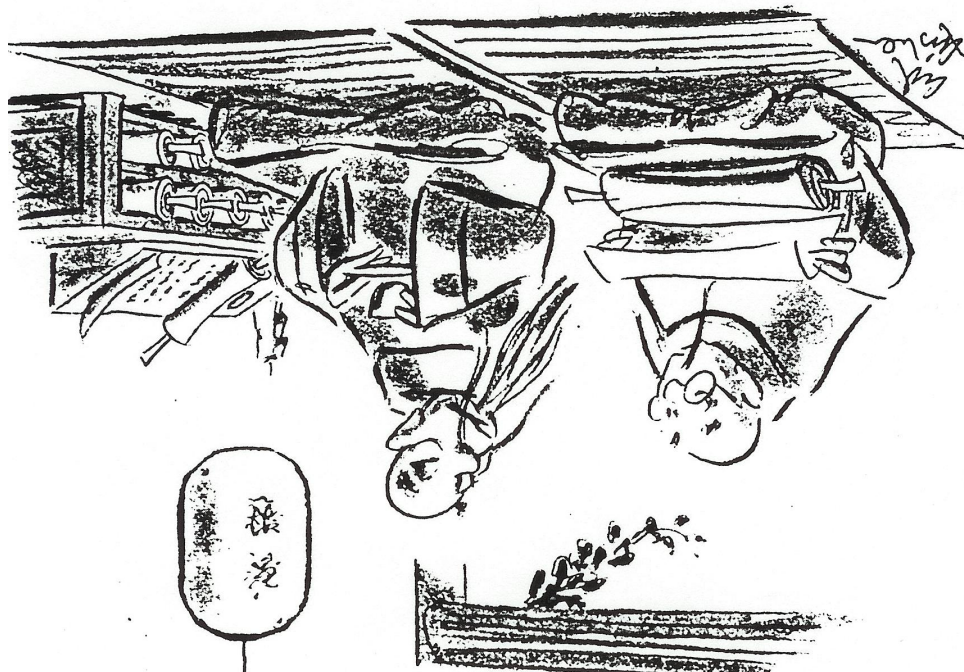
- **Heaven & Earth are (Yin/Yang) Archetypes**

天 地



"In strictest confidence, there are times when even
I cannot tell yin from yang."

"In strictest confidence, there are times when even
I cannot tell yin from yang."



Cosmology (cont.)

- the creative interplay of Heaven & Earth generate the next level of change ...

Cyclic Change

Dao
(everything & nothing - no-thing-ness - emptiness-void, primal chaos – before the Big Bang)
The Grand Bifurcation

Yin

Yang

Darkness/Earth

&

Light/Heaven

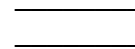
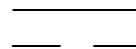
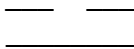
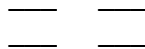
H & E / Y & Y bifurcate again to generate four

Tai Yin

Shao Yin

Shao Yang

Tai Yang



Winter
W. Solstice
mid-night
full dark
new moon

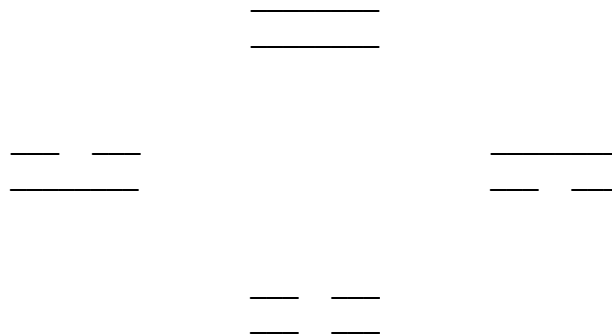
Autumn
A. Equinox
dusk
sunset
half moon waning

Spring
V. Equinox
dawn
sunrise
half moon waxing

Summer
S. Solstice
mid-day
full sun
full moon

- H & E each contribute Y/Y qualities (according to its nature)
and the 4 seasons result. (variations on light & dark)

- Each season is associated with a direction & produces a primary element.



* I prefer the depiction of shao yin & shao yang as shown in this view, over the one above.

Cosmology (cont.)

Four Directions Evolve to Five:

Fire

Wood

Soil

Metal

Water

• **Earth = Soil/land**

• **Wood**

• **Metal & Air**

4 Seasons also evolved into Five:

Cosmology (cont.)

4. Wǔ Xíng / Hsing²:

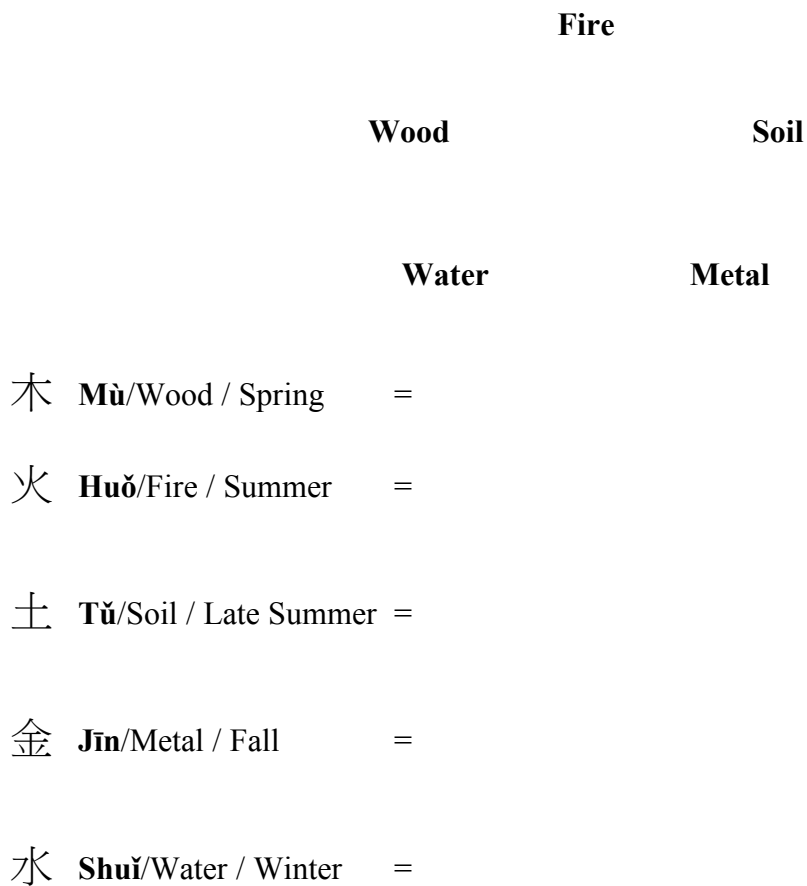
五 Wǔ =

行 Xíng =

• Wu-Xing =

- Each phase is named according to the element it produces
- first postulated around 350 BCE (by Zou Yan)
- it is integrated into medical theory in the Nei Jing (200 BCE) and
- Nan Jing (circa 200 CE)

• A New Graph develops:



5 Phase-Elements (*cont.*)

Fire

Wood

Soil

Water

Metal

- The graph also represents relationships among the 5 elements and the dynamics of their interrelating
- the CL circle (生 shēng cycle) =
- the CL star (克 kè cycle) =
- Both are necessary & considered HEALTHY relationships.

Unhealthy Relations:

- too much, or too little sheng/generation
- too much, or too little ke/restraint
- sheng or ke going backwards
- over control (too much ke)
- insult (reverse ke)
- 5 element dynamics can be used to assess the source & progression of imbalance.

5 Phase-Elements (*cont.*)

Wu Xing as a Map:

- The organs are therefore ‘elemental’ in nature, and can be mapped into the pentagram

SI/TB
Ht/Pc

GB/Lr

Sp\ST

BL\Kd

Lu/LI

- the **inner ring** contains the 臟 Zàng / Ts'ang⁴ organs (viscera)

Yin in nature:

- they are solid (yin structure)
- filled with Blood (yin substance)
- which is the form of energy they store (yin function)

- the **outer ring** contains the 腑 Fǔ / Fu³ organs (bowels)

Yang in nature:

- they are hollow (yang structure)
- filled with Qi (yang substance)
- they transform & distribute (yang function)

- The Fu transport qi to the Zang,
The Zang in turn nourish the entire Body-Mind-Spirit with blood
- The Zang/Fu interact with one another according to the principles of 5 element dynamics.
- Thus imbalances can be mapped & effects traced forward or back in time.
- Disharmony can thus be described in terms of elemental or organ patterns.

In the Body:

- Qi and Blood are a tangible way of talking about Yang & Yin in the body.
- Qi & Blood are ...

- **Treatment:** seeks to maintain or re-establish a sufficient quantity & quality of Qi & Blood (usually by adjusting the appropriate Zang or Fu)
- Ideally this is done using the least amount of intervention possible
Respecting all the internal & cosmological relationships
so as not to disrupt any of the healthy ones
thereby creating a disharmony from the treatment i.e. SIDE EFFECTS
 - side effects:
 - iatrogenesis:
(term coined by Ivan Illich Medical Nemesis 1976)

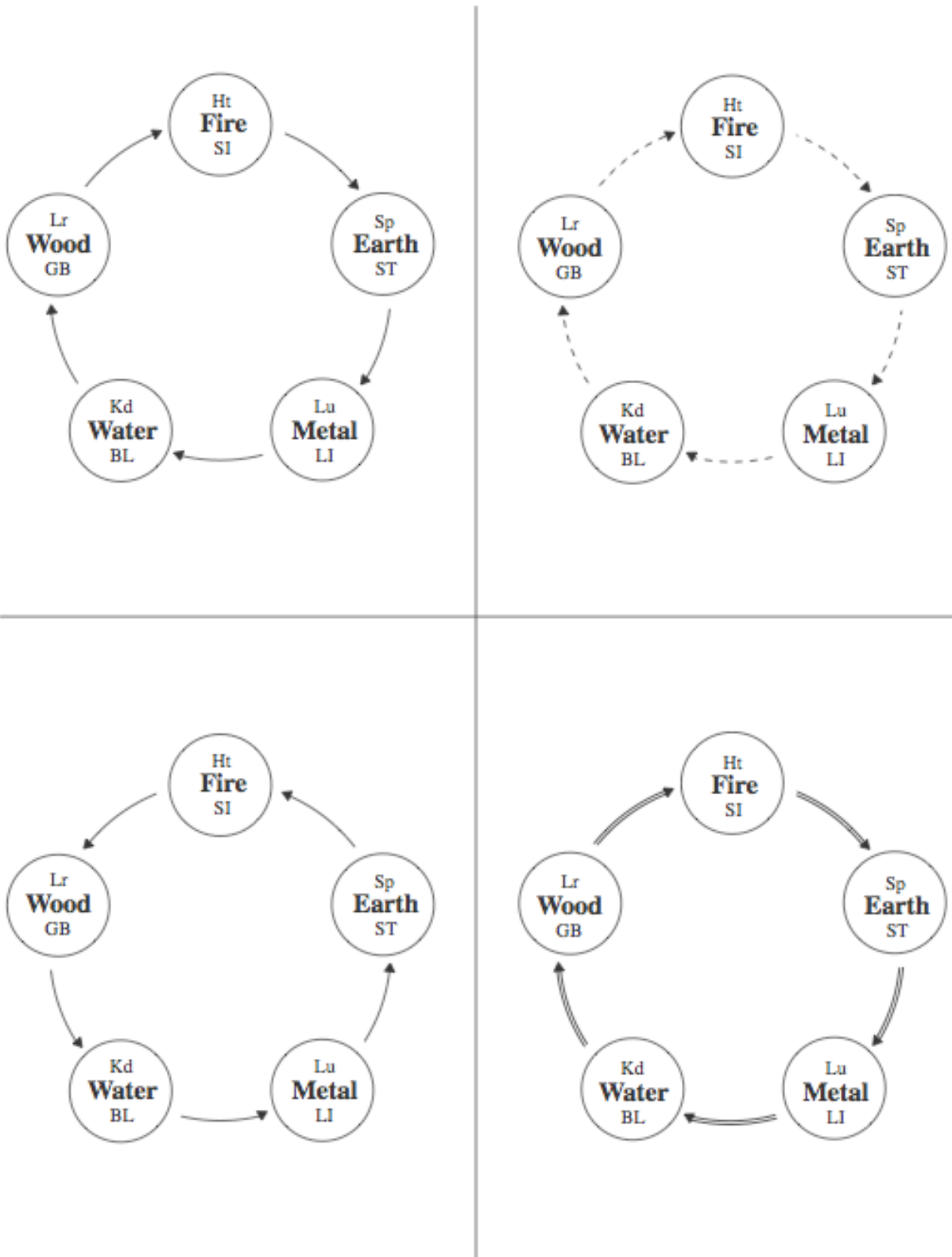
1. Elements	Wood	Fire	Earth/Soil	Metal	Water
2. 5 Directions	east	south	center	west	north
3. 5 Seasons	spring	summer	long summer	autumn	winter
4. Seasonal Energy	(re)birth & beginnings	growth & development	maturation & harvest	withering & decline	endings, death dormancy, storage
5. 5 Climates	windy	hot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

Five Phase-Element InterAction Relationships I

生 Shēng = Engendering/Production/Birthing Cycle

A: normal, healthy production
(aka mother/child)

B: insufficient production
(leads to under-development, weakness, hypofunction)



C: backwards, ineffective production

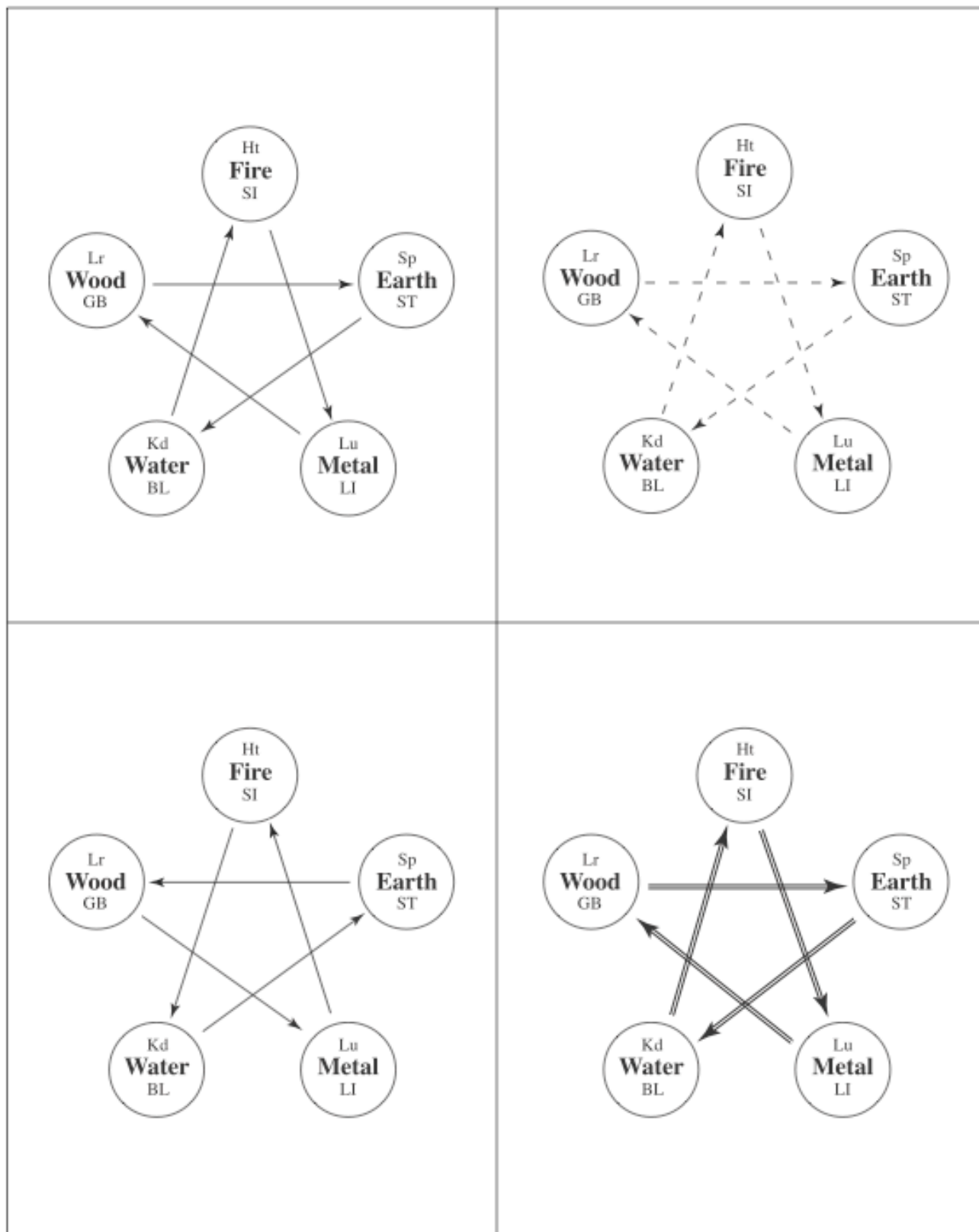
D: over production, overgrowth

Five Phase-Element InterAction Relationships II

克 Kè = Control/Restraining/Inhibiting Cycle

A: normal, appropriate, healthy control

B: insufficient control and restraint



C: *backwards*, improper control

D: too much restraint / over control

Chapter 4

Physiology

A. Vital Substances

B. Three Burning Spaces

C. Organs (Zang-fu)

- Zang organs
- Fu organs
- Extra organs

II. DESCRIBING HEALTH

A. Anatomy

B. Physiology

C. Three Burners

The Functional Bias of Chinese Medicine:

Energy (Qi) condenses & coalesces to form matter

matter & energy – structure & function are a continuum and not really separable

- Yin aspect =
- Yang aspect =

A. Anatomy

1. Channels (Jīng-Luò) 經絡 the body's energetic circulatory system

- not imaginary lines (meridians)
- not inanimate
- not tubes (like blood vessels)
- the search for something microscopic (structural)
- river metaphor
- body as landscape
- ocean currents • air currents • planetary orbits (all non-structural)
- Porkert: *'to guide the rhythmic manifestation of qi along definite paths'*

• Channels are the body's communication system/network:

- internal pathways
- points are sites of access
- qi is:

• **Channel Theory is vital to all aspects of Chinese medicine:** (not just acupuncture)

(qi and) channels explain everything

from basic anatomy & physiology

to the transmission of disease

to the therapeutic effects of treatment

- herbs:
- acupuncture:
- moxibustion:

- bodywork:
- qi-gong:

- *all utilize channel theory*

2. Acu-points

穴 Xué =

輸 Shū =

• point location =

• point actions =

Regulatory Action of Points

-
-
-
-
-

• Channels are:

• Points are:

• Qi is:

B. Physiology

As it was for anatomy, Qi is the theoretical foundation of physiology.
Qi is virtually synonymous with FUNCTION

Qi is diversified – into what are known as the 5 VITAL SUBSTANCES, which are stored, regulated, and/or produced by, and therefore affiliated with one or more organs (usu. a zang organ)

Five Vital Substances

氣	• Qì	=
血	• Xuè	=
精	• Jīng	=
津液	• Jīn-yè	=
神	• Shén	=

Five Aspects of Spirit/Mind/Consciousness

魄	• pò	=
魂	• hún	=
意	• yì	=
志	• zhì	=
神	• shén	=

These spirits & substances vitalize the 12 primary functional networks we call organs

Yin Organs Zang (are solid)			Yang Organs Fu (are hollow)		
肺	1. Fèi	=	大腸	1. Dà Cháng	=
心	2. Xīn	=	小腸	2. Xiǎo Cháng	=
脾	3. Pí	=	胃	3. Wèi	=
肝	4. Gān	=	膽	4. Dǎn	=
腎	5. Shèn	=	膀胱	5. Páng Guāng	=
心包	6. Xīn Bāo	=	三焦	6. Sān Jiāo	=

San Jiao is a kind of synopsis of bodily regions & organs (anatomy)

	<u>cavity</u>	<u>primary organs</u>	<u>Functions</u>
上焦 Upper Jiao	=		
中焦 Middle Jiao	=		
下焦 Lower Jiao	=		

- The TB channel connects and conducts qi between the 3 cavities and their organs and coordinates their functions right down to the cellular level.

San Jiao literally means:

The TB explains the absorption of Qi from the environment & its transformations in the body.

(TB as conductor of, and conduit for, the body's qi) (alchemy vs. chemistry)

- U.Jiao =
- M.Jiao =
- L.Jiao =

Types of Qi traditional / simplified character
氣 / 气

谷 • gu qi =

清 • qing qi =

中 • zhong qi =

真 • zhen qi =

正 • zheng qi =

營 • ying qi =

衛 • wei qi =

- surplus stored as Jing () in LJiao / lower dan tian / Kidney (returns to source)

元 • yuán qi =

原 • yuán qi =

先天 • xian tian qi = (lit. before/earlier celestial/heavenly qi) =

後天 • hou tian qi = (lit. after/after celestial/heavenly qi) =

- TB is classically described as a system of ducts or waterways that distributes yuan qi from the lower jiao throughout the body. The form the water takes in each jiao is different.
 - U. Jiao =
 - M. Jiao =
 - L. Jiao =
- San Jiao has an important role in the circulation and distribution of water, and thus has an intimate relationship with the Kidneys and jin-ye
- **The Triple Burner roughly corresponds to:**
 - As we have already seen San Jiao denotes the means (energetic & mechanical) by which the body derives Qi from the environment.
- It is the monitor and regulator of that internal environment, especially in regard to temperature
- It:
 - dynamically adjusts heating & cooling (of the body)
 - monitors & maintains optimum operating temperatures
 - is the body's feedback mechanism
 - maintains balance relative to external environment
 - is in charge of and responsible for the adaptability of the organism/body/person

Thus we can derive a working definition of health modeled on triple burner principles:

Definition of Health:

Health is:

- effects of controlled environments
- importance of challenge
- opposite of stress

Organ Worksheets

Fill in most of the first page for each organ before class.
(Use pencil)

We will review and fill in the new pieces together in class.

The Chinese organ 心 is pronounced _____

is translated as the _____

It is classified as a _____

which is to say its nature is _____

Its channel is named _____

The channel is coupled with (division partner) _____

High tide occurs between the hours _____

Its *low tide*, clock partner is the _____

Its elemental partner is the _____

in the phase/element _____

specifically, the phase is _____

their color is _____

Their season is _____

which comes from the (direction) _____

Its climate is _____

Its power is that of _____

Its flavor is _____

Its odor is _____

It confers the sense of _____

through its sense organ, _____

It controls the special tissue(s) _____

The body fluid it secretes is _____

Its condition is observable in the _____

Pain, discomfort or abnormal sensations are frequently experienced in the

Sensitivity &/or tension can often be palpated in the _____

This organ produces feelings of _____

expressed by vocal sounds of _____

too much or too little [pleasure] makes the qi _____

Major Functions of Heart include:

- 1.
- 2.
- 3.
- 4.

Its *Official* role is that of the _____

It *houses/provides a home for* the spirit known as _____

It *disseminates* Qi _____
and _____

This organ is *injured* by (the climate) _____

is *strained* by too much _____

and/or _____

is *drained* by the flavor _____

and is *overcome* by too much _____

Foods the Nei Jing recommends for this organ:

(from Ling Shu chapter 56, 63, 65 / see Veith p.55)

1. **grain:**
 2. **meat:**
 3. **fruit:**
 4. **vegetable:**
- avoid:*

The Chinese organ 肺 is pronounced _____

is translated as the _____

It is classified as a _____

which is to say its nature is _____

Its channel is named _____

Its division partner is _____

High tide occurs between the hours _____

Its *low tide* clock partner is the _____

Its elemental pair is the _____

in the phase _____

their color is _____

Their season is _____

which comes from the direction _____

The climate is _____

Its power is that of _____

Its flavor is _____

Its odor is _____

It confers the sense of _____

through its sense organ, the _____

It controls the special tissue(s) the _____

The body fluid it secretes is _____

Its condition is observable in the _____

Pain-discomfort or abnormal sensations are frequently experienced in the _____

Sensitivity &/or tension can often be palpated in the _____

This organ produces feelings of _____

expressed by voice/vocal sounds of _____

[grief/sobbing] makes the qi _____

Major Functions of the Lungs include:

1.

2.

2a.

3.

4.

5.

6.

Its *Official* role is that of the _____

It *houses/provides a home for* the spirit known as _____

It *disseminates* Qi _____

This organ is *injured* by (the climate) _____

is *strained* by too much _____

is *drained* by the flavor _____

and is *overcome* by too much _____

Foods the Nei Jing recommends for this organ:

(from Ling Shu chapter 56, 63, 65)

grain:

meat:

fruit:

vegetable:

avoid:

ABC's of Chinese Medicine – Part A – Anatomy & Physiology and Cosmology

The Chinese organ 脾 is pronounced _____

is translated as the _____

It is classified as a _____

which is to say its nature is _____

Its channel is named _____

The channel is coupled with _____

High tide occurs between the hours _____

Its *low tide*, clock partner is the _____

Its elemental pair is the _____

in the (phase) _____

their color is _____

Its season is _____

specifically _____

which comes from the (direction) _____

Its climate is _____

Its power is that of _____

Its flavor is _____

Its odor is _____

The Spleen controls the sense of _____

through its sense organ, the _____

The body part or tissue it controls is _____

The body fluid it secretes is _____

The Spleen's condition is observable in the _____

When out of balance:

Pain, discomfort, or abnormal sensations are commonly experienced and reported in the _____

Sensitivity &/or tension may be elicited upon palpation of the _____

This organ produces feelings of _____

The quality of its voice is _____

[worry & anxiety] make the qi _____

Major Functions of the Spleen include:

1.

1a.

1b.

2.

3.

4.

5.

5a.

Is the *Official* in charge of _____

It *houses/provides a home* for the spirit known as _____

It *directs* Qi _____

This organ is:

injured by excessive (climate) _____

is *strained* by too much (activity) _____

is *drained* by too much (flavor) _____

and is *overwhelmed* by excessive _____

Foods the Nei Jing recommends for this organ:

(from Ling Shu chapter 56, 63, 65)

grain:

meat:

fruit:

vegetable:

avoid:

The Chinese organ 肝 is pronounced _____

is translated as the _____

It is classified as a _____

which is to say its nature is _____

Its channel is called _____

The channel is coupled with the _____

High tide occurs between the hours _____

Its *low tide* clock partner is the _____

Its elemental pair is the _____

in the (phase) _____

their color is _____

Their season is _____

which comes from the _____

The climate is _____

Its power is that of _____

Its flavor is _____

Its odor is _____

The Liver controls the sense of _____

through its sense organ, the _____

The body part or tissue it controls is _____

The body fluid it secretes is _____

The Liver's condition is observable in the _____

When out of balance:

Pain, discomfort or abnormal sensations are commonly experienced and reported in the _____

Sensitivity &/or tension may be elicited upon palpation in the _____

This organ produces feelings of _____

expressed in voice sounds that are _____

[anger & shouting] makes the qi _____

Major Functions of Liver include:

*

1.

2.

3.

4.

5.

6.

Its *Official role* is that of the _____

It *houses/provides a home* for the spirit known as _____

It *directs* Qi _____

This organ is *injured* by (climate) _____

is *strained* by overuse of the _____

is *drained* by too much of the _____

is *overwhelmed* by excessive _____

Foods the Nei Jing recommends for this organ:

(from Ling Shu chapter 56, 63, 65)

grain:

meat:

fruit:

vegetable:

avoid:

The Chinese organ 腎 is pronounced _____

is translated as the _____

It is classified as a _____

which is to say its nature is _____

Its channel is named _____

The channel is coupled with the _____

High tide occurs between the hours _____

Its *low tide* clock partner is the _____

Its elemental pair is the _____

in the phase _____

their *color* is _____

Their *season* is _____

which comes from the _____

Its *climate* is _____

Its *power* is that of _____

Its *flavor* is _____

Its *odor* is _____

The Kidney controls the *sense* of _____

through its sense organ, the _____

The body part or *tissue* it controls is _____

The body fluid it *secretes* is _____

The Kidney condition is *observable* in the _____

When out of balance:

Pain - discomfort or abnormal sensations are commonly experienced and reported in the _____

Sensitivity &/or tension may be elicited upon palpation in the _____

This organ *produces* feelings of _____

expressed in voice sounds that are _____

[fear] makes the qi _____

Major Functions of the Kidney include:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Its *Official* role is that of the _____

It *houses/provides a home* for the spirit known as _____

It *directs* Qi _____

This organ is:
injured by the climate _____

is *strained* by too much _____

is *drained* by too much _____

is *overwhelmed* by excessive _____

Is *exhausted* by _____

Foods the Nei Jing recommends for this organ:

(from Ling Shu chapter 56, 63, 65)

grain:

meat:

fruit:

vegetable:

avoid:

The Chinese organ 心胞 is pronounced _____

is translated as the _____

It is classified as a _____

which is to say its nature is _____

Its channel is named _____

The channel is coupled with the _____

High tide in the channel occurs between _____

Its *low tide* clock partner is the _____

Its elemental pair is the _____

in the phase _____

specifically _____

their color is _____

Its season is _____

which comes from the _____

Its climate is _____

its power is that of _____

Its flavor is _____

its odor is _____

It confers the sense of _____

through its sense organ, the _____

It controls the special tissue(s) the _____

The body fluid it secretes is _____

Its condition is observable in the _____

Pain, discomfort or abnormal sensations are usu. experienced in the _____

Sensitivity &/or tension can often be palpated in the _____

This organ produces feelings of _____

expressed by voice sounds of _____

Major Functions of Pericardium are:

1.

2.

Its *Official* role is that of the _____

This organ is:

injured by the climate factor _____

is *strained* by too much _____

and/or _____

is *drained* by the flavor _____

and is *overcome* by too much _____

also _____

[jīng/fright] makes the qi _____

Foods the Nei Jing recommended for the Ht:

(from Ling Shu chapter 56, 63, 65)

grain:

meat:

fruit:

vegetable:

avoid:

ABC's of Chinese Medicine – Part A – Anatomy & Physiology and Cosmology

The Chinese organ 胃 is pronounced _____
is translated as the _____
It is classified as a _____
which is to say its nature is _____

Its channel is named _____
The channel is coupled with _____
High tide in the channel occurs from _____
Its low tide clock partner is the _____
Its elemental pair is the _____
in the phase _____
their color is _____

Their season is _____
associated with the (direction) _____
Its climate is _____

Its power is that of _____
Its flavor is _____
Its odor is _____

The Stomach controls the _____
through its sense organs, the _____
Along with the Spleen it nourishes _____
It controls _____
It secretes _____

The Sp/ST condition is observable in the _____

When the Stomach is out of balance:

Pain, discomfort, abnormal sensations are commonly experienced/reported in the: _____

Sensitivity &/or tension may be elicited upon palpation in the _____

This organ produces feelings of _____

Major Functions of the Stomach include:

1.

2.

3.

Official in charge of: _____

It directs Qi _____

is injured by _____

strained by: _____

drained by: _____

overwhelmed by: _____

ABC's of Chinese Medicine – Part A – Anatomy & Physiology and Cosmology

The Chinese organ 小腸 is pronounced _____
is translated as the _____
It is classified as a _____
which is to say its nature is _____

Its channel is named _____
The channel is coupled with the _____

High tide in the channel occurs from _____
Its low tide clock partner is the _____

Its elemental pair is the _____
in the phase of _____
their color is _____

Their season is _____
which comes from the (direction) _____
Its climate is _____
its power is that of _____
Its flavor is _____
its odor is _____

Pain, discomfort, or abnormal sensations are frequently experienced in the: _____

Sensitivity &/or tension can often be palpated in the _____

Major Functions of the Small Intestine include:

- 1.
- 2.
- 3.

Its Official role is that of _____

It disseminates Qi _____
injured by: _____
strained by: _____
drained by: _____
overwhelmed by: _____

The Chinese organ 大腸 is pronounced _____
is translated as the _____
It is classified as a _____
which is to say its nature is _____
Its channel is named _____
The channel is coupled with the _____
High tide occurs between _____
Its low tide clock partner is the _____
Its elemental pair is the _____
in the phase of _____
their color is _____

Their season is _____
which comes from the _____
The climate is _____
Its power is that of _____
Its flavor is _____
Its odor is _____

It controls the special tissue(s) the _____
The body fluid it secretes is _____

Pain, discomfort, abnormal sensations are frequently experienced in the: _____

Sensitivity &/or tension can often be palpated in the: _____

Major Functions of the Large Intestine include:

1.

2.

3.

Its Official role is: _____

It disseminates Qi: _____

Is injured by: _____

strained by: _____

drained by: _____

overcome by: _____

ABC's of Chinese Medicine – Part A – Anatomy & Physiology and Cosmology

The Chinese organ 膀胱 is pronounced _____
is translated as the _____
It is classified as a _____
which is to say its nature is _____
Its channel is named _____
it is coupled with the _____
High tide occurs between _____
Its low tide clock partner is the _____
Its elemental pair is the _____
in the phase of _____
their color is _____

Their season is _____
which comes from the _____
Its climate is _____

Its power is that of _____
Its flavor is _____
Its odor is _____

The Kidney/Bladder condition is observable in the _____

When the Bladder is out of balance:

Pain, discomfort, abnormal sensations are commonly experienced/reported in the: _____

Sensitivity &/or tension may be elicited upon palpation in the: _____

Major Functions of the Bladder include:

1.

2.

3.

Its Official role is: _____

It directs Qi _____

is injured by: _____

strained by: _____

drained by: _____

overwhelmed by: _____

is exhausted by: _____

The Chinese organ 膽 is pronounced _____
is translated as the _____
It is classified as a _____
which is to say its nature is _____
Its channel is named _____
It is coupled with the _____
High tide occurs between _____
Its low tide clock partner is the _____
Its elemental pair is the _____
in the phase of _____
their color is _____

*Their season is _____
which comes from the _____
Its climate is _____
Its power is that of _____
Its flavor is _____
Its odor is _____*

*The Liver/GB controls the sense of _____
through its sense organ, the _____
The body part or tissue it controls is the _____
The body fluid it secretes is _____
The Liver's condition is observable in the _____*

When the GB is out of balance:

Pain, discomfort, abnormal sensations are commonly experienced/reported in the: _____

Sensitivity &/or tension may be elicited upon palpation in the _____

This organ produces feelings of _____

expressed in a voice that is _____

Major Functions of the Gall Bladder include:

1.

2.

3.

Its Official role is: _____

It directs Qi: _____

Is injured by: _____

strained by: _____

drained by: _____

overwhelmed by: _____

The Chinese organ 三焦 is pronounced _____
is translated as the _____
It is classified as a _____
which is to say _____
Its channel is named _____
The channel is coupled with the _____
High tide occurs between _____
Its clock partner is the _____
Its elemental pair is the _____
in the phase of _____
their color is _____

Its season is _____
which comes from the _____
Its climate is _____
its power is that of _____
Its flavor is _____
Its odor is _____

Pain, discomfort may be experienced anywhere in the body: but think about: _____

Major Functions of the Triple Burner are:

*

1.

2.

3.

4.

Its Official role is that of the _____

injured by: _____

Extra Organs / Extraordinary Fu

膽 * **dǎn** =

腦 • **nǎo** =

胞 • **bāo** =

骨 • **gǔ** =

髓 • **suǐ** =

脈 • **mài** =

膈 • **gé** =

胰 • **yí** =

膏 肓 • **gāo huāng** =

三 焦 • **sān jiāo** =

丹 田 • **dān tián** =

上 - shàng =

中 - zhōng =

下 - xià =

Chapter 5

Pathology

A. Pathogenesis

B. Pathogenic Agents (Factors)

III. PATHOLOGY

A. The Nature of Pain

B. Disease Process

C. Disease Factors/Agents

A. Pathology =

• What is Pain?

- it is the way we know something is wrong
- we don't know or completely understand it
- pain is an interpretation

• Chinese medicine explains pain/suffering as:

- Quantitative disturbance =
- Qualitative aberration =
 - a. the kind or type
 - b. the place or location
 - c. the timing

• All Treatment *is designed to:*

regulate, modify, benefit, adjust, or otherwise reorder the _____

- a. within the system
- b. into & out of the system

B. Disease Process

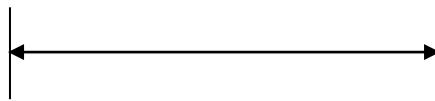
a. Disease is also explained in terms of yin & yang

in fact health and disease is an example of yin-yang

• Health =

• Disease =

The Spectrum of Health



• Two Directions of Ill Health (the yin -yang of Diagnosis)

虛 • Xū (kyo) =

寔 • Shí (jitsu) =

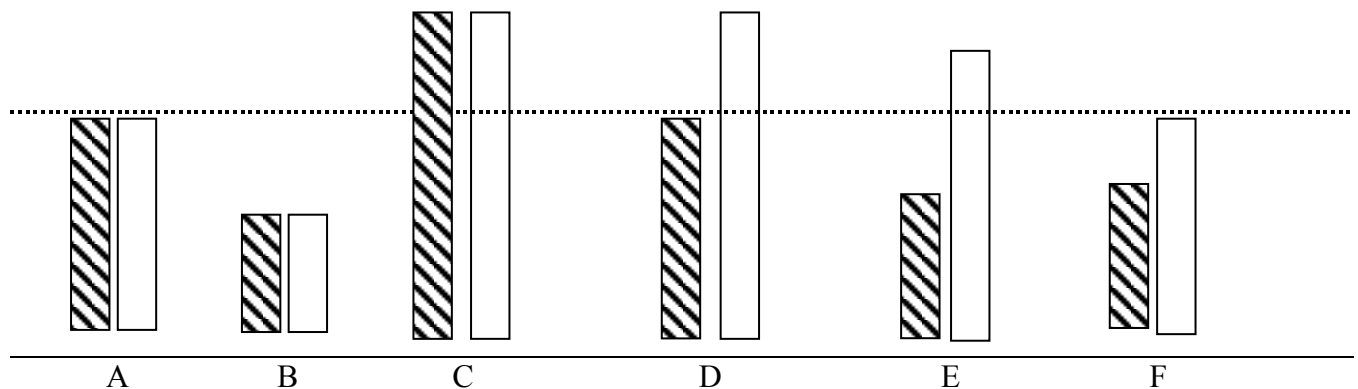
• Two Treatment Principles (the yin & yang of Treatment)

補 • Bǔ =

瀉 • Xiè =

• Yin/Yang, Excess & Deficiency Graphs

Dx:



Tx:

B. Disease Process (cont.)

Diagnostic Templates:

b. Five Phase/Elements

		<u>Phase</u>	<u>Division</u>	<u>Season</u>
2 Yang elements:	Mu	=		
	Huo	=		
neutral element:	Tu	=		
2 Yin elements:	Jin	=		
	Shui	=		

c. Six Stages:

<u>surface to core</u>				
• 3 Yang stages } (exterior)	• <u>Tai Yang</u>	• <u>Shao Yang</u>	• <u>Yang Ming</u>	
• 3 Yin stages } (interior)	• <u>Tai Yin</u>	• <u>Shao Yin</u>	• <u>Jue Yin</u>	

d. Four Levels:

<u>superficial to deep</u>		
• Yang levels } (exterior)	• Wei =	• Qi =
• Yin levels } (interior)	• Ying =	• Xue =

e. Eight Parameters/Guidelines (Ba Gang)

<u>either / or</u>	
• Biao / Li	=
• Han / Re	=
• Xu / Shi	=
• Yin / Yang	=
• Yang parameters	=
• Yin parameters	=

C. Disease Factors

三 因 Sān Yīn = Three Etiologies:

1. Exogenous Factors (EPI = exogenous/external pathogenic influence/agent)

Six Climates (the weather – meteorological conditions) • if contracted = external • if produced = internal
(our expression "under the weather" is apropos here)

風	• fēng	=	_____
寒	• hán	=	_____
熱	• rè	=	_____
燥	• zào	=	_____
濕	• shī	=	_____
暑	• shǔ	=	_____

2. Endogenous Factors

五 志	Wǔ Zhì	=	
七 情	Qī Qíng	=	
怒	• nù	=	_____
喜	• xǐ	=	_____
思	• sī	=	_____
憂	• yōu	=	_____
悲	• bēi	=	_____
恐	• kǒng	=	_____
驚	• jīng	=	_____

3. Miscellaneous Factors:

a. Endog. = Lifestyle:

b. Exog. = Circumstances:

c. Stasis: (reduction of circulation + accumulation in reciprocal relationship, each breeds the other)

6 Stagnations: Liù Yù

風 Fēng =

General Associations

- Wind is yang in nature and therefore tends to injure the body's yin aspects
- comes from the east and associated with springtime
- its the heavenly breath that returns life in spring and initiates sprouting
- has special affinity for the wood organs (Lr/GB)
 - also the Lu as the organ most in contact with the environment, smt. called the vulnerable/sensitive organ
- called the “spearhead of a hundred diseases”; meaning it easily penetrates the body's defenses and is the vehicle that carries disease and other pathogenic influences into the body; thus it is frequently present in combination with other factors

General Characteristics

- by definition wind is moving and constantly changing
- often cooling or chill producing (wind-chill factor)
- can also be very drying (clothes on a line)

General Body Responses

- sx. that: move around or come and go (alternate)
- all abnormalities of movement
 - involuntary / erratic – shaking, tremors, tics, spasms, convulsions, seizures
 - immobility, stiffness, paralysis, atrophy, and loss of motor control (CVA = wind strike)
- sudden onset or disappearance of sx.
- migratory and intermittent sx.
- **pain** tends to be achy, stiffness, muscle tension, but can be intense
- wind tends to effect the upper body
 - esp. the head, neck, shoulders upper back and chest
- wind effects the skin, pores and superficial musculature (wei qi)
 - sx. of itching and rashes, aching and stiffness
- wind effects the emotions volatile emotional outbursts (more subtle = mood swings)

• Examples of diseases often attributed to wind

headaches, torticollis; common colds & flu; epilepsy, stroke, Bell's palsy;
pruritus, urticaria/hives; some types of insanity; Parkinson's (int. wind)

寒 Hán =

General Associations

- cold is a yin pathogen and therefore tends to damage the body's yang
- it comes from the northerly direction and is assoc. w/ winter
the time when light and warmth are at their minimum
- it tends to injure the metal and water organs (Lu & K)
- earth and water are both yin archetypes and relatively cold in nature

General Characteristics

- Cold is contracting, hardening, & tightening
- cold slows things down, retards movement
- cold consumes yang/warmth
- cold congeals fluids, and creates stasis
- cold also tends to sink

General Body Response

- under activity and hypo function
- slow, restricted movements
- **pain**, is relatively severe, precise and localized
- the person looks and feels cold
absence of color, white to gray (blue)
- tends to seek warmth avoids or has aversion to cold
(warmth alleviates cold type pain)
- characterized by frequent, copious, watery (clear or white) eliminations
urine, stool, vomit, nasal discharges, sputum, vaginal discharges, exudates
none of which have much odor
absence of sweating even if feverish
- **Tongue**: pale with clear or white fur
- **Pulse**: slow, tight

熱 Rè =

火 Huǒ =

General Associations

- heat is a yang pathogen and tends to damage the yin aspect (esp. blood and fluids)
- heat comes from the south and is correlated with summer (but can occur anytime)
- is the sensation or perception of heat (subjective or objective), measurable or not
- heat can effect any organ, though it has special affinity for the fire organs (Ht and Pc)
- stifled/repressed, intense emotions can create fire

General Characteristics

- heat incites movement and quickens things, speeds things up, expands
- heat rises
- heat produces redness and increases temperature

General Body Responses

- increased temp can be local (inflammation) or systemic (fever, febrile disease)
- hyperactivity and/or hyper function
- **pain** is burning, searing
- person looks, feels and acts hot
- restless and agitated
- red face, eyes, skin, tongue redness, flushing, vasodilatation (erythema)
- seeks cooling (shade, breeze, water, ice, removes clothing etc.)
- thirsty
- sweaty
- body fluids and secretions are diminished and less frequent,
concentrated, dark, yellowish and malodorous
(urine, stool, vomit, nasal discharges, sputum and vaginal discharges) (& may have blood in them)
- bleeding (reckless blood) fire = hemorrhage
- severe sore throats (red and swollen)
- agitation, confused speech and delirium occur when the Ht and shen are overheated
- red skin lesions, esp. raised and painful (burning) (rashes, boils/carbuncles, ulcerations, pox)
- **4 signs of inflammation:** red, hot, swollen and painful
- **Tongue:** red with yellow fur • **Pulse:** rapid

燥 Zào =

General Associations

- dryness is a yang pathogen which primarily exhausts the body's fluids
- it comes from the west and is a phenomenon of fall
desert, high elevations, certain occupational conditions
- it is closely associated with heat, wind and cold and may accompany any of them
- its effects are mostly felt by the metal and water organs (Lu, LI, & K)

General Characteristics

- drying, withering, toughening, cracking

General Body Responses

- dehydration, thirst
- dryness especially effects the skin and mucus membranes
 - dry skin and loss of luster
 - dry nose, lips, mouth, tongue, eyes etc.
 - chapping, chafing, flaking, cracking (parched)
 - if severe can lead to bleeding (blood vessels crack open)
- aging in general, wrinkles
- dry itching skin, scratchy throat
- dry, non-productive cough
- dry, hard stools, (constipation) (not particularly bad smell)
- infrequent, short, concentrated urination
- decreased saliva and digestive secretions
- **Tongue:** dry and possibly cracked
- **Pulse:** usu. thin or wiry and have a brittle character, may be rough or choppy

濕 Shī =

General Associations

- dampness is a yin pathogen which chiefly hampers the yang
- it corresponds to the humid, wet or rainy season
- and primarily effects the Spleen

General Characteristics

- damp is not so much water as something wet and soggy, water-logged (heavy)
- something saturated is heavy and tends to swell
- dampness is congesting and obstructive, slow to change or move (viscous)
- tendency to rot and decay
- being related to water, damp tends to sink and/or flow out, leak or drip

General Body Responses

- swelling and edema; tissues gets soft and mushy
- body or limbs feel heavy and difficult to move (sluggish)
- tends to effect the lower body and lower jiao
- head feels heavy or full and senses are muddled, dull
- sx. that are chronic, lingering and protracted
- **pain** is fixed and constant, but relatively dull or yields numbness
- sores that are slow to heal and tend to weep or ooze, often becoming purulent (pus)
- excretions/discharges that are continual, thick, sticky, cloudy, turbid (vaginal discharges)
- sometimes profuse sweating, but without much thirst
- productive cough w/ copious sputum
- **Tongue:** wet or greasy
- **Pulse:** slippery, rolling

暑 Shǔ =

General Associations

- is considered to be a yang pathogen, it damages the body's yin
- strictly a phenomenon of summer, whereas heat could occur anytime
- effects the Ht/Pc and Sp

General Characteristics

- overbearing, oppressive humid heat; tropical heat
- hot and sticky

General Body Responses

- expends the qi causing exhaustion
- depletes the body fluids
- confuses the spirit/mind/senses
- high fever & heavy sweating
- parched mouth and strong thirst
- loss of appetite
- sallow complexion
- headaches
- heavy, labored breathing, possible palpitations
- dazed feelings and/or muddled thoughts and speech
- reduced urination (volume & frequency) and defecation
- fainting or collapse

Chapter 6

Diagnostics

A. Diagnostic Method

B. Diagnostic Interpretation

IV. DIAGNOSIS

A. Diagnostic Method

B. Diagnostic Interpretation

C. Dx as (part of) Treatment

A. Diagnostic Method

Si Zhen = **The Four Examinations** (physical exam & case history = comprehensive intake)

1. 望 Wàng =

2. 聞 Wén =

3. 切 Qiè =

4. 問 Wèn =

B. Diagnostic Interpretation

Organizing the Data gathered (signs & sx) & Identifying Patterns of Disharmony
according to:

- **Various Templates**

- a. Cosmological Circumstances:

- b. Constitutional Type:

- c. Differentiation of Symptoms:

- * the Importance of Symptoms:

- **Templates that Assess Disturbance of Function**

- a. **Vital Substances:** analysis according to the type of energy/substance that is out of balance

- 1.

- 2.

- 3.

- 4.

- 5.

- 6.

- b. **Pathogenic Factors:**

- c. **Organ Patterns:**

- d. **Channel Patterns:**

- **Templates that ID the Location of the Problem** (all are energetic layers more than physical places)

- a. 1st two of 8 parameters

- b. 6 Stages/Divisions

- c. 4 Levels

- d. 5 Elements or phases

- e. 12 Organs

- f. 3 Burning Spaces

C. Diagnosis as Treatment

- More than a Name-tag: The Dx lends understanding and meaning to both the disease & the treatment its not just a label.
- Assess the Whole Person: Not simply naming a disease but assessing the condition of a person/individual, trying to understand his or her specific symptoms
- Determines Treatment Principle: The Dx becomes the guiding rationale for Tx, it indicates the Tx methods of choice (i.e. Tx strategy) describes how to untie the knot
- Summarizes the Situation: Sx are messages from the body indicating the nature of the disharmony The Dx is a summary of the situation, it turns something complex & mysterious into something graspable & more manageable something you can work with. provides both client & practitioner with a handle on the situation
- Prognosis: A good Dx projects the probable unfolding of Tx & disease over time & predicts the likely outcome (prognosis)
- Prevention: this in turn suggests lifestyle recommendations in order to prevent recurrence

SUMMARIZING

All the theories we've covered could be said to describe **Relationships**;
in order to understand:

- the Relationship between Health & Disease (the subject of medicine)
- [Relationship between] Body, Mind, and Spirit
- [Relationships within] the Individual Body/Mind,
 between the Internal & External environment
 between Self, Society, and Cosmos.

Relationship & Pattern are key words in Chinese medicine (remember our medicine pyramid)

1. COSMOLOGICAL THEORIES describe the fabric of all *Relationships*
 that everything is in *Relationship* to everything else
 the universal matrix called Dao is one big Web of *inter-Relationships*
 the *patterns* & dynamics of *Inter-relating* is called Change (Yin-yang & Wu-xing)
2. ANATOMICAL & PHYSIOLOGICAL THEORIES
 describe a healthy *pattern of Relationships* for the body (structurally & functionally)
3. THEORIES of PATHOLOGY
 posit that disease arises due to disorderly, or imbalanced *Relationships* (Y/Y is the basic paradigm)
 describe the sources of disorder (endogenous, exogenous & misc. factors)
 codify the common patterns of diseased *Relationships* (groups Sx into categories stages & levels)
4. DIAGNOSTIC THEORIES
 observe & interpret change from healthy to un-healthy *Relationships*
5. TREATMENT STRATEGIES
 are designed to reorder unhealthy *Relationships* & restore them to healthy ones
 and to respect healthy *Relationships* in the process
 Tx that does not sufficiently take into account the intricacy of *Relationships*
 will frequently violate, ignore or supersede those *relationships* to the overall detriment
 of the individual & to society.

By paying attention to *Relationships* – large & small, obvious and subtle,
a system of medicine derives its dependability & predictability;
which enables Prognosis: which in turn describes *how*:

1. *Relationships* deteriorate (predicts future potential for disease)
2. *Relationships* improve (predicts how & in what time frame the treatment plan
 will unravel the problem & to what extent health might be restored)

- We could **define Health** as a function of ***effective Relationships***
 and Disease as ineffective, contradictory, imbalanced, or inappropriate *Relationships*.

Appendix

A. More Books

B. Pín Yín Pronunciation Guide

1. Initials

2. Finals

Recommended Reading

Some of the books I talked about, brought in, or read from; that are not specifically about Chinese medicine.

Holistic Medicine

- | | | |
|-------------------------|---|-----------------------------|
| • The Future of Healing | Exploring the Parallels of Eastern and Western Medicine | Michael Milburn 2001 |
| • Planet Medicine | Vol. 1 Origins Vol. 2 Modalities | 1995
Richard Grossinger |
| • The Healing Arts | A Journey Through the Faces of Medicine | 1986
Kaptchuk & Croucher |

Research

- | | | |
|--|------|---------------------|
| • Acupuncture A Scientific Appraisal | 1999 | Ernst & White |
| • Clinical Acupuncture <i>Scientific Basis</i> | 2000 | Stux & Hammerschlag |
| • The Spark in the Machine | 2014 | Daniel Keown |

Chinese Philosophy

Dao De Jing by Lao Zi / Tao Te Ching by Lao Tzu

- | | | |
|---|------|----------------|
| • <i>the one I read from</i> | 1972 | Feng & English |
| • Dao De Jing (A Philosophical Translation) | 2003 | Ames & Hall |
| • Tao Te Ching (The Definitive Edition) | 2001 | Star |

Zhuang Zi / Chuang Tzu

(companion to the Dao De Jing)

- | | | |
|--|------|----------------|
| • <i>Chuang Tsu (Inner Chapters)</i> | 1974 | Feng & English |
| • <i>B. Watson, or V. Mair (for all 33 chapters)</i> | | |

Book of Change Yi Jing / I Ching

- | | | |
|---|---------|----------------|
| • The I Ching Workbook or The Illustrated I Ching | 1979/82 | R.L. Wing |
| • The Complete Idiot's Guide to the I Ching | 2002 | Moran & Yu |
| • The Complete I Ching | 1998 | Alfred Huang |
| • I Ching or Book of Changes | 1967 | Wilhelm/Baynes |
| • Yi Jing | 1991 | Wu Jing-Nuan |
| • The Art of War by Sun Zi / Sun Tzu | 1988 | T. Cleary |
| • The Art of War by Sun Zi / Sun Tzu | 2001 | Denma Group |

Qi Gong / Ch'i Kung

- | | | |
|--|------|----------|
| • Opening the Energy Gates of Your Body Gain Lifelong Vitality | 1993 | Frantzis |
| • Chi Kung The Chinese Art of Mastering Energy | 1996 | Requena |
| • The Way of Qigong | 1997 | Cohen |
| • The Complete Guide to Chi Kung | 1998 | Reid |
| • The Healing Promise of Qi | 2002 | Jahnke |

Chinese Sexology

- | | | |
|---------------------------|------|--------------|
| • The Tao of Love and Sex | 1977 | Jolan Chang |
| • Art of the Bedchamber | 1992 | Douglas Wile |
| • The Yin-Yang Butterfly | 1993 | Valentin Chu |
| • Passion Play | 1997 | Felice Dunas |

Misc.

- | | | | |
|-------------------|------------------------------------|---------|----------------|
| • Touching | The Human Significance of the Skin | 1971/78 | Ashley Montagu |
| • Medical Nemesis | The Expropriation of Health | 1976 | Ivan Illich |
| • Mortal Lessons | Notes on the Art of Surgery | 1974 | Richard Selzer |

21+2 Initials – (Consonants)

- These tables indicate approximate English equivalents for each pinyin letter/sound.
- Only three are a bit awkward, until one gets used to them. **Pay special attention to: c, q, & x**
- The WG column shows the spelling used in the Wade-Giles system. (pronunciation should be the same)
- *Note the use and importance of the apostrophe in the Wade system.*

WG	PY	Pronunciation	Comments & Notes
p	b	= <i>b</i> as in bog	un-aspirated
ts'/tz'	c	= like the <i>ts</i> in its	(spit it out) never like the c in cat
ch'	ch	= <i>ch</i> as in church	with tongue curled back and up (retroflex) and aspirated [compare with q]
t	d	= <i>d</i> as in door	un-aspirated
f	f	= <i>f</i> as in fun	
k	g	= <i>g</i> as in girl	never like the g in germ
h	h	= <i>h</i> as in her	strongly aspirated, more like the ch in chutzpah, or Bach
ch	j	= <i>j</i> as in jeep (say j+y+ee)	tongue is forward in mouth [compare with zh] (only followed by 'i' or 'ü')
k'	k	= <i>k</i> as in kite	but more strongly aspirated
l	l	= <i>l</i> as in like	
m	m	= <i>m</i> as in mother	
n	n	= <i>n</i> as in none	
p'	p	= <i>p</i> as in park	but more strongly aspirated
ch'	q	= like the <i>ch</i> in cheese or cheat (say ch+y+ee)	tongue is forward in mouth [compare with ch] never like k, as in the English q (only followed by 'i' or 'ü')
j	r	= <i>r</i> as in run	with tongue curled back and up (retroflex)
s, ss/sz	s	= <i>s</i> as in sister	but more strongly aspirated
sh	sh	= <i>sh</i> as in shirt or sure	with tongue curled back and up (retroflex)
t'	t	= <i>t</i> as in ton	but more strongly aspirated
w	w	= <i>w</i> as in won	<i>functions as an initial in syllables without an initial consonant that begin with u</i>
hs	x	= like <i>sh</i> in sheet	with the tip of the tongue against the lower teeth, hiss it out – (like hsss, but short)
i/y	y	= as in English, but softer	like the <i>y</i> in young never like why <i>(functions as an initial in syllables without an initial consonant that begin with i or ü)</i>
ts/tz	z	= <i>z</i> as in English	more like the <i>ds</i> in pads, or just try to say 'dz'
ch	zh	= like the <i>j</i> in jump	with tongue curled back and up (retroflex) [compare with j]

* 'w' and 'y' are the two extra initials

37 Finals – (Vowels and Diphthongs)

- Among vowel sounds, the unlauted 'ü', and the 3 variations of 'i' require the most attention.

WG	PY	Pronunciation	Comments & Notes
a	a	= like the <i>a</i> in father	never like hay, never like yank
ai	ai	= like the <i>ai</i> in Thailand	or <i>ie</i> in tie, or the <i>ye</i> in rye
ao	ao	= like the <i>ow</i> in how, or cow	or the <i>ou</i> in ouch
an	an	= like the <i>ohn</i> in John	
ang	ang	= like the <i>ang</i> in angst	
ê / eh	e	= like the <i>a</i> in sofa	never like <i>e</i> in elongate, or the <i>e</i> in men
ei	ei	= like the <i>ay</i> in bay	
ên	en	= like the <i>un</i> in fun	
êng	eng	= like the <i>ung</i> in lung, or hung	
êrh	er	= like the <i>ar</i> in far	
i	i	= like the <i>ee</i> in bee	never like the <i>i</i> in high (follows b, d, j, l, m, n, p, q, t, x, y)
e / u	i	= short 'i' like the <i>i</i> in it	very clipped (only follows c, s, z, r)
ih	i	= like the <i>urr</i> in burr, or the <i>ir</i> in sir	when following an 'h' (only ch, sh, zh)
ia	ia	= <i>ee-ah</i> , but slurred like <i>ya</i>	
ien	ian	= <i>ee-an</i>	like the name Ian, but less of the long e sound slurred as in yen
iao	iao	= like the <i>eow</i> in meow	but more slurred like yeow
ieh	ie	= <i>ee-eh</i>	like the <i>ie</i> in experience, but more fused, like the <i>ye</i> in yet
in	in	= like the <i>een</i> in sheen	
ing	ing	= like the <i>ing</i> in ring	
iang	iang	= <i>ee-ang</i> or yang	
iung	iong	= <i>ee-ong</i> or yong	
iu	iu	= like the <i>yo</i> in yoyo, or yolk	
o	o	= like <i>aw</i> in paw	or <i>au</i> in maudlin, or <i>ou</i> in ought never like <u>over</u> or <u>of</u>
ung	ong	= like the <i>ong</i> in gong	
ou / o	ou	= like the <i>ou</i> in though	or <i>ow</i> in low, or the <i>oe</i> in toe
u	u	= like the <i>oo</i> in too or boo	never like <u>unit</u> with no other initial sound it becomes a 'w'
ua	ua	= like <i>wa</i> , or the <i>ua</i> in guava	
uai	uai	= like the <i>ui</i> in quiet	or like <i>why</i>
uen	uan	= like the <i>uan</i> in quantify	or like wan
uang	uang	= as <i>uan</i> above	but with a g ending, like wang
ui	ui	= like <i>way</i>	sometimes like whee, but clipped
un	un	= like the <i>one</i> in done	or the <i>on</i> in won
o	uo	= <i>oo+aw</i>	but slurred like the <i>wa</i> in war
ü	ü	= like u in unit or yew (lips very pursed)	(only follows j, q, x, y, l, n) with no other initial sound it becomes a 'y'
üeh	üe	= like yew-eh, slurred together	
üen	üan	= like yew-an, slurred together	
ün	ün	= like yew-n, slurred together	

* the umlaut is only necessary over 'u' following l or n (i.e. to differentiate lu from lü & nu from nü)