

*Chinese
Language
History & Culture
Chinese Medical Terminology*

Key Terms and Concepts in Chinese Medicine

Second Edition

Teacher Version

(Student Version contains blank spaces to be filled in during class or for homework)

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Table of Contents

		<u>Page #'s</u>
<u>Part I</u>	<u>Introduction to the Chinese Language</u>	<u>5–41 = 35</u>
<u>Chapter 1</u>	<u>Spoken Chinese</u>	<u>6–15 = 10</u>
	General Info <i>Dialects, Tones</i>	6
	Romanization Systems <i>Wade-Giles and Pin Yin</i>	7
	Pinyin Pronunciation Guide <i>Initials and Finals</i>	8
	Pinyin – Wade-Giles Conversion Table <i>List of Syllables</i>	10
	Wade-Giles – Pinyin Conversion Table <i>List of Syllables</i>	13
<u>Chapter 2</u>	<u>Written Chinese</u>	<u>16–23 = 8</u>
	General Info <i>Origins, # of Characters</i>	16
	Character Families <i>Six Families (Liu Shu)</i>	18
	Character Examples <i>Yi/Dr and Yao/medicine</i>	19
	Evolution of Characters <i>Gu Wen Ancient to Modern Scripts</i>	20
	How to Write a Character <i>Strokes (Hua)</i>	21
	Stroke Order <i>and Stroke Count</i>	22
	Simplified Characters <i>What are they?, How many & Why</i>	23
<u>Chapter 3</u>	<u>How To Use A Chinese Dictionary</u>	<u>24–35 = 12</u>
	Introduction <i>Radicals and Phonetics</i>	24
	To Look-up a Character <i>Follow These Steps</i>	25
	Reduced Forms of Radicals <i>Table</i>	26
	214 Kang Xi Radicals <i>Table with Explanations</i>	27
	<u>Writing Practice</u>	<u>36–41 = 5</u>
	Writing Practice Introduction	36
	Writing Practice Top 60 Radicals	37

Chinese Language, History & Culture

<u>Part II</u>	<u>General Vocabulary (~960 characters)</u>	<u>42–102 = 61</u>
<u>Chapter 4</u> (~336 char.)	<u>Basic Terms & Concepts</u>	<u>42–65 = 24</u>
	Cosmology <i>Dao, Yi/change</i>	43-44
	5 Elements <i>Yin/Yang, Wu Xing</i>	45-47
	Direction-ology	48
	Astronomy	49
	Constellations <i>28 Lunar Stations (Xiu)</i>	50
	Numbers, Dates & Time <i>Hao & Shu</i>	51-52
	Stems & Branches <i>Tian Gan & Di Zhi</i>	53-55
	Sexagenary Cycle <i>Liu Shi Hua Jia</i>	56-57
	Calendar Science <i>24 Solar Periods (Jie Qi)</i>	58
	Trigrams <i>Ba Gua</i>	59-60
	Lunar Hexagrams <i>Shi Er Gua</i>	61
	The Five Virtues <i>Wu Chang</i>	62
	Martial Arts <i>Qi Gong</i>	63-64
	Microcosmic Orbit <i>Xiao Zhou Tian</i>	65
	<u>Writing Practice</u>	<u>66-79 = 14</u>
<u>Chapter 5</u> (~89 char.)	<u>Geographical References</u>	<u>80–85 = 6</u>
	Mountains, Oceans, Lakes, & Rivers	81
	Map of Provinces	83
	Names of Provinces	84
	12 Rivers & 12 Channels	85
<u>Chapter 6</u> (~115 char.)	<u>Historical References</u>	<u>86–98 = 13</u>
	Dynastic Periods	87
	Maps of Ancient China	89-90
	Important Rulers (Kings & Emperors)	91-92
	Important Philosophers	93
	Ancient Classics	94
	Philosophical Classics	95
	Noted Physicians	96
	Medical Classics	97
	<u>Writing Practice</u>	<u>99-102 = 4</u>

Chinese Language, History & Culture

<u>Part III</u>	<u>Medical Vocabulary</u>	<u>103–149 = 47</u>
<u>Chapter 7</u> (~97 char.)	<u>Energetic Anatomy</u>	<u>103–117 = 10</u>
	Channel System	104
	Extraordinary Vessels	108
	Channel Pairings Worksheet	110
	Points & Point Categories	111
	<u>Writing Practice</u>	<u>113–117 = 5</u>
<u>Chapter 8</u> (~201 char.)	<u>Names of Body Parts</u>	<u>118–127 = 10</u>
	Body Parts (1. General, 2. Tissues, 3. Head & Senses, 4. Torso, 5. Limbs)	119
	Body Regions & Point Names (Part 6)	127
	<u>Writing Practice</u>	<u>128–135 = 8</u>
<u>Chapter 9</u> (~122 char.)	<u>Physiological Terms</u>	<u>136–143 = 8</u>
	Vital Substances	137
	Types of Qi	139
	Organs	140
	The 4 Seas	143
	<u>Writing Practice</u>	<u>144–149 = 6</u>
<u>Part IV</u>	<u>Appendices</u>	<u>150–165 = 16</u>
<u>Appendix 1</u>	Calendar Science Tables	150
	• Cycle of Sixty 6 cycles of 10 (Elements & Animals)	151
	• Cycle of Sixty 5 cycles of 12 (counting years)	152
	• Solar Periods 24 Fortnights (half months / 15 days)	153
	• Small (5 Day) Weeks 72 Hou (3 per fortnight)	154
	• Lunar Festivals 7 Primary Festivals	155
	• Lunar Stations 28 Constellations	158
<u>Appendix 2</u>	Books Recommended Books & Translations	159
	• Ancient Classics	160
	• Medical Classics	162
	• Chinese Language	163
	• General History & Misc.	164
Inside Back Cover	Chinese New Year Dates (26 years: 1995–2021)	165

Part I

Chapters 1-2-3

***Intro
to
Chinese
Language Basics***

Monosyllabic

Every character is pronounced using just one syllable.

Endings

All characters end in either an open vowel sound, or with an ‘n’, or an ‘ng’, known as 'nasal' endings.

Initials and Finals

Chinese looks at each syllable in terms of an ‘initial sound’ and the ‘final sound’ (see pronunciation guide)

Number of syllables

There are only 405 different syllables to learn. This means there are a lot of homonyms.

One way to reduce the number of homonyms is through the use of tones.

Intonation

In Chinese, changing the intonation changes the word, in other words Chinese is a **tonal** language.

It is for this reason that Chinese has sometimes been described as sounding sing-song.

Intonation is **not** an accent (like a southern or New York accent), nor is it a dialect.

Dialects

Chinese is part of the Sino-Tibetan family of languages. In fact there are hundreds of dialects in China (tantamount to different languages and mutually unintelligible).

These are usually grouped into 8-9 distinct language families.

The two most common are **Mandarin** and **Cantonese**. Basically a northern and a southern dialect.

Historically most Chinese immigrants came to the U.S. from the south and spoke Cantonese.

Most people in Hong Kong speak Cantonese which is a sub-dialect of Yue.

The official language is Mandarin and everything we will learn pertains to Mandarin Chinese.

In Chinese this is called **putonghua** = the common language/speech.

Since 1955 all school children learn putonghua, but in most instances this is learning a second language.

Tones

In Mandarin there are **four tones**. They are referred to as first, second, third and fourth tones.

Sometimes a fifth and neutral tone is mentioned.

It takes time for the American ear to hear these differences.

1. First tone is high and even
2. Second tone starts in the middle and rises
3. Third tone starts medium low, dips lower and then rises
4. Fourth tone starts high and falls sharply

This may be graphed out and/or numbered as follows:

On a scale from 1 to 5, with five being higher pitch, and one being lower.

Simplified to:

- | | |
|--|--------------|
| 1. First tone starts at 5 and stays at 5 | 5-5 |
| 2. Second tone starts at 3 and ends at 5 | 3-5 |
| 3. Third tone starts at 2, dips to 1, then rises to end at 4 | 2-1-4 |
| 4. Fourth tone starts at 5 and ends at 1 | 5-1 |

There are eight or nine tones in Cantonese.

Chapter 1 – Chinese Language Studies

Romanization Systems

Pinyin has been the international standard since 1976.

The previous system is known as the **Wade-Giles** system, using the last names of its co-developers.

It was the standard for nearly one hundred years. Thus many texts and dictionaries use it.

Therefore, we need to have a working familiarity with both systems to function in the world of transliterating Chinese into western languages. That being said, we will focus on learning Pinyin.

As examples of the differences between them, the following should serve to illustrate:

Mao Tse Tung in W-G became Mao Ze Dong in PY, or more precisely Mao Zedong.

Peking turns into Beijing, and Tao becomes Dao.

Pinyin does, in most cases, provide the average English speaker with a closer approximation of Mandarin Chinese pronunciation than the older Wade-Giles system, though in the end both should get one to the same pronunciation if one understands the rules of each.

However, both are only approximations at best. But we are beginners and have to start somewhere.

Also it should be appreciated that the sounds, especially the vowel sounds, are intended to be more or less universal for Western languages and serve European speakers as well as English speakers.

In fact, English is very irregular and European conventions are much more consistent, thus a strict attention to those pronunciations should be adhered to.

The Apostrophe in Wade-Giles

The biggest problem in the W-G system is the use of the apostrophe, which is often ignored and even dropped by the uninitiated.

<u>with apostrophe</u>	<u>without apostrophe</u>	<u>example</u>	<u>pronounced</u>	<u>Pinyin</u>
ch' = ch	ch = j	T'ai Chi	= tie jee	Tai Ji
k' = k	k = g	kua	= gwa	gua
p' = p	p = b	pa	= ba	ba
t' = t	t = d	Tao	= dow	Dao

• Another problem in W-G is the '**J**' which is used for a **rolled 'r'** sound.

Thus, the Conception vessel is spelled **jen**, but should be pronounced like you are swallowing an 'r'. In pinyin it is spelled **ren**.

Indicating Tones

The marks graphically depict the tone thus:

1st tone	= →	mā	even	In Pinyin, tone 'marks' are placed over the vowel.
2nd tone	= ↗	má	rising	If there is more than one vowel, priority goes to 'a'
3rd tone	= ∪	mǎ	dip & rise	then 'e', and 'o' (over the 'i' in 'iu' & 'ui')
4th tone	= ↘	mà	falling	never over 'u' unless it is the only vowel
(5th tone)	= ˊ	a neutral tone is used in speech, but rarely indicated since all characters have an tone.		

In Wade-Giles superscript numbers are appended example ma⁴.

Unfortunately, most English publications leave out tone indicators, making it difficult to know what word/character is being discussed.

The learning pinyin is relatively easy and brief. There are **four difficult consonants**:

1. '**c**' which is sort of spit out like the 'ts' in its;
2. '**q**' which is always a simple 'ch' sound, as in qi = chee;
3. '**x**' which is hissed out, like trying to say 'hs';
4. '**zh**', which is pretty much a 'j' sound.

Vowels are very consistent but pronounced more as they are in many European languages.

The one exception, is the '**i**' which is pronounced three different ways depending on what consonant it follows.
(see the pinyin pronunciation guide on the next two pages)

Chapter 1 – Chinese Language Studies

Pin Yin Pronunciation Guide

21+2* = 23 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	
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	strongly aspirated, with the tongue on the palate [compare with q]
t	d	= <i>d</i> as in door	
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
ch	j	= <i>j</i> as in jeep	the tip of the tongue is against the lower teeth [compare with zh]
k'	k	= <i>k</i> as in kite	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	strongly aspirated
ch'	q	= like the <i>ch</i> in cheek	place the tip of the tongue against the lower teeth [compare with ch] never like k, as in the English q
j	r	= <i>r</i> as in rapid	but with the tongue on the palate
s, ss/sz	s	= <i>s</i> as in sister	
sh	sh	= <i>sh</i> as in shine	
t'	t	= <i>t</i> as in ton	strongly aspirated
w	*w*	= <i>w</i> as in won	Functions as an initial in syllables without an initial consonant. Those that begin with a plain 'u'. (see also 'y')
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 Functions as an initial in syllables without an initial consonant. Those that begin with 'i or ü' (see also 'w')
ts/tz	z	= <i>z</i> as in English	or like the <i>ds</i> in pads, or just try to say 'dz'
ch	zh	= like the <i>j</i> in jump	but with the tongue on the palate [compare with j]

* *w* & *y* are the two extra initials

Chapter 1 – Chinese Language Studies

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	= like the <i>ai</i> in Thailand	or <i>ie</i> in tie, or the <i>ye</i> in rye
	-ao	= like the <i>ow</i> in how, or cow	or the <i>ou</i> in ouch
	-an	= like the <i>ohn</i> in John	
	-ang	= like the <i>ang</i> in angst	
e / eh	e	= like the <i>a</i> in sofa	never like <i>e</i> in elongate, or the <i>e</i> in men
	-ei	= like the <i>ay</i> in bay	
	-en	= like the <i>un</i> in fun	
	-eng	= like the <i>ung</i> in lung, or hung	
êrh	êr	= 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, p, m; d, t, n, l; j, q, x, y)
e / u	-i	= short ‘i’ like the <i>i</i> in it	very clipped (only follows c, s, z, or r)
ih	-i	= like the <i>urr</i> in burr, or the <i>ir</i> in sir	when following an ‘h’ (only 3 = ch, sh, or zh)
	-ia	= <i>ee-ah</i> , but slurred like <i>ya</i>	
ien	-ian	= <i>ee-in</i>	like the name Ian, but less of the long e sound and slurred more like yen
	-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	= like the <i>een</i> in sheen	
	-ing	= like the <i>ing</i> in ring	
	-iang	= <i>ee-ang</i> or yang	
iung	-iong	= <i>ee-ong</i> or yong	
	-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>o</u>ver or <u>o</u>f)
ung	-ong	= like the <i>ong</i> in gong	
	-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>u</u>nit with no other initial sound it becomes a ‘w’
	-ua	= like <i>wa</i> , or the <i>ua</i> in guava	
	-uai	= like the <i>ui</i> in quiet	or like <i>why</i>
uen	-uan	= like the <i>uan</i> in quantify	or like <i>wan</i>
	-uang	= as <i>uan</i> above	but with a <i>g</i> ending, like <i>wang</i>
	-ui	= like <i>way</i>	sometimes like <i>whee</i> , but clipped
	-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 <i>yew</i> (lips very pursed)	only follows j, q, x, y, l, or n with no other initial sound it becomes a ‘y’
üeh	-üe	= like <i>yew-eh</i> , slurred together	
üen	-üan	= like <i>yew-an</i> , slurred together	
	-ün	= like <i>yew-n</i> , slurred together	

* in pinyin the umlaut is only necessary when following l or n (to differentiate lu from lü & nu from nü)

Pin-Yin to Wade-Giles – Conversion Table I

Both sides **Bold** = different spelling – One side **bold** = difference is the apostrophe

Pin-Yin	Wade-Giles
a	a
ai	ai
an	an
ang	ang
ao	ao
ba	pa
bai	pai
ban	pan
bang	pang
bao	pao
bei	pei
ben	pen
beng	peng
bi	pi
bian	pian
biao	piao
bie	pieh
bin	pin
bing	ping
bo	po
bu	pu
ca	ts'a
cai	ts'ai
can	ts'an
cang	ts'ang
cao	ts'ao
ce	ts'e
cen	ts'en
ceng	ts'eng
cha	ch'a
chai	ch'ai
chan	ch'an
chang	ch'ang
chao	ch'ao
che	ch'e
chen	ch'en
cheng	ch'eng
chi	ch'ih
chong	ch'ung
chou	ch'ou
chu	ch'u
chua	ch'ua
chuai	ch'uai
chuan	ch'uan
chuang	ch'uang
chui	ch'ui

Pin-Yin	Wade-Giles
chun	ch'un
chuo	ch'o
ci	tz'u / ts'u
cong	ts'ung
cou	ts'ou
cu	ts'u
cuan	ts'uan
cui	ts'ui
cun	ts'un
cuo	ts'o
da	ta
dai	tai
dan	tan
dang	tang
dao	tao
de	te
dei	tei
deng	teng
di	ti
dian	tien
diao	tiao
die	tieh
ding	ting
diu	tiu
dong	tung
dou	tou
du	tu
duan	tuan
dui	tui
dun	tun
duo	to
e	e
e	eh
ei	ei
en	en
eng	eng
er	erh
fa	fa
fan	fan
fang	fang
fei	fei
fen	fen
feng	feng
fo	fo
fou	fou
fu	fu

Pin-Yin	Wade-Giles
ga	ka
gai	kai
gan	kan
gang	kang
gao	kao
ge	ke, ko
gei	kei
gen	ken
geng	keng
gong	kung
gou	kou
gu	ku
gua	kua
guai	kuai
guan	kuan
guang	kuang
gui	kui
gun	kun
guo	kuo
ha	ha
hai	hai
han	han
hang	hang
hao	hao
he	ho, (he)
hei	hei
hen	hen
heng	heng
hong	hung
hou	hou
hu	hu
hua	hua
huai	huai
huan	huan
huang	huang
hui	hui
hun	hun
huo	huo
ji	chi
jia	chia
jian	chien
jiang	chiang
jiao	chiao
jie	chieh
jin	chin
jing	ching

Pin-Yin to Wade-Giles – Conversion Table I

Both sides **Bold** = different spelling – One side **bold** = difference is the apostrophe

Pin-Yin	Wade-Giles
jiong	chiung
jiu	chiu
ju	chü
juan	chüan
jue	chüeh, chüo
jun	chün
ka	k'a
kai	k'ai
kan	k'an
kang	k'ang
kao	k'ao
ke	k'e, k'o
ken	k'en
keng	k'eng
kong	k'ung
kou	k'ou
ku	k'u
kua	k'ua
kuai	k'uai
kuan	k'uan
kuang	k'uang
kui	k'ui
kun	k'un
kuo	k'uo
la	la
lai	lai
lan	lan
lang	lang
lao	lao
le	le, lo
lei	lei
leng	leng
li	li
lia	lia
lian	lian
liang	liang
liao	liao
lie	lieh
lin	lin
ling	ling
liu	liu
long	lung
lou	lou
lu	lu
lū	lū
luan	luan

Pin-Yin	Wade-Giles
lüe	lüeh, lüo, lio
lun	lun
luo	lo
ma	ma
mai	mai
man	man
mang	mang
mao	mao
me	me
mei	mei
men	men
meng	meng
mi	mi
mian	mien
miao	miao
mie	mieh
min	min
ming	ming
miu	miu
mo	mo
mou	mou
mu	mu
na	na
nai	nai
nan	nan
nang	nang
nao	nao
ne	ne
nei	nei
nen	nen
neng	neng
ni	ni
nian	nien
niang	niang
niao	niao
nie	nieh
nin	nin
ning	ning
niu	niu
nong	nung
nou	nou
nu	nu
nū	nū
nuan	nuan
nüe	nüeh, nūo, nio
nun	nun

Pin-Yin	Wade-Giles
nuo	no
o	o
ou	ou
pa	p'a
pai	p'ai
pan	p'an
pang	p'ang
pao	p'ao
pei	p'ei
pen	p'en
peng	p'eng
pi	p'i
pian	p'ien
piao	p'iao
pie	p'ieh
pin	p'in
ping	p'ing
po	p'o
pou	p'ou
pu	p'u
qi	ch'i
qia	ch'ia
qian	ch'ien
qiang	ch'iang
qiao	ch'iao
qie	ch'ieh
qin	ch'in
qing	ch'ing
qiong	ch'iung
qiu	ch'iu
qu	ch'ü
quan	ch'üan
que	ch'üeh, ch'üo
qun	ch'ün
ran	jan
rang	jang
rao	jao
re	je
ren	jen
reng	jeng
ri	jih
rong	jung
rou	jou
ru	ju
ruan	juan
rui	jui

Pin-Yin to Wade-Giles – Conversion Table I

Both sides **Bold** = different spelling – One side **bold** = difference is the apostrophe

Pin-Yin	Wade-Giles
run	jun
ruo	jo
sa	sa
sai	sai
san	san
sang	sang
sao	sao
se	se
sen	sen
seng	seng
sha	sha
shai	shai
shan	shan
shang	shang
shao	shao
she	she
shei	shei
shen	shen
sheng	sheng
shi	shih
shou	shou
shu	shu
shua	shua
shuai	shuai
shuan	shuan
shuang	shuang
shui	shui
shun	shun
shuo	sho, shuo
si	su, szu, ssu
song	sung
sou	sou
su	su
suan	suan
sui	sui
sun	sun
suo	so
ta	t'a
tai	t'ai
tan	t'an
tang	t'ang
tao	t'ao
te	t'e
tei	t'ei
teng	t'eng
ti	t'i

Pin-Yin	Wade-Giles
tian	t'ien
tiao	t'iao
tie	t'ieh
ting	t'ing
tong	t'ung
tou	t'ou
tu	t'u
tuan	t'uan
tui	t'ui
tun	t'un
tuo	t'o
wa	wa
wai	wai
wan	wan
wang	wang
wei	wei
wen	wen
weng	weng
wo	wo
wu	wu
xi	hsi
xia	hsia
xian	hsien
xiang	hsiang
xiao	hsiao
xie	hsieh
xin	hsin
xing	hsing
xiong	hsiung
xiu	hsiu
xu	hsü
xuan	hsüan
xue	hsüeh, hsüo
xun	hsün
ya	ya
yan	yen
yang	yang
yao	yao
ye	yeh
yi	i
yin	yin
ying	ying
yo (iu)	yo (io)
yong	yung
you	yu
yu	yü

Pin-Yin	Wade-Giles
yuan	yüen
yue	yüeh
yun	yün
za	tsa
zai	tsai
zan	tsan
zang	tsang
zao	tsao
ze	tse
zei	tsei
zen	tsen
zeng	tseng
zha	cha
zhai	chai
zhan	chan
zhang	chang
zhao	chao
zhe	che
zhei	chei
zhen	chen
zheng	cheng
zhi	chih
zhong	chung
zhou	chou
zhu	chu
zhua	chua
zhuai	chuai
zhuang	chuang
zhui	chui
zhun	chun
zhuo	cho, chuo
zi	tsu, tsu
zong	tsung
zou	tsou
zu	tsu
zuan	tsuan
zui	tsui
zun	tsun
zuo	tso

Wade-Giles to Pin-Yin – Conversion Table II

Both sides **Bold** = different spelling – One side **bold** = difference is the apostrophe

Wade-Giles	Pin-Yin
a	a
ai	ai
an	an
ang	ang
ao	ao
ch'a	cha
ch'ai	chai
ch'an	chan
ch'ang	chang
ch'ao	chao
ch'e	che
ch'en	chen
ch'eng	cheng
ch'i	qi
ch'ia	qia
ch'iang	qiang
ch'iao	qiao
ch'ieh	qie
ch'ien	qian
ch'ih	chi
ch'in	qin
ch'ing	qing
ch'iu	qiu
ch'iung	qiong
ch'o	chuo
ch'ou	chou
ch'u	chu
ch'ü	qu
ch'ua	chua
ch'uai	chuai
ch'uan	chuan
ch'üan	quan
ch'uang	chuang
ch'üeh, ch'üo	que
ch'ui	chui
ch'un	chun
ch'ün	qun
ch'ung	chong
cha	zha
chai	zhai
chan	zhan
chang	zhang
chao	zhao
che	zhe
chei	zhei
chen	zhen

Wade-Giles	Pin-Yin
cheng	zheng
chi	ji
chia	jia
chiang	jiang
chiao	jiao
chieh	jie
chien	jian
chih	zhi
chin	jin
ching	jing
chiu	jiu
chiung	jiong
cho, chuo	zhuo
chou	zhou
chu	zhu
chü	ju
chua	zhua
chuai	zhuai
chuan	zhuan
chüan	juan
chuang	zhuang
chüeh, chüo	jue
chui	zhui
chun	zhun
chün	jun
chung	zhong
e	e
eh	e
ei	ei
en	en
eng	eng
erh	er
fa	fa
fan	fan
fang	fang
fei	fei
fen	fen
feng	feng
fo	fo
fou	fou
fu	fu
ha	ha
hai	hai
han	han
hang	hang
hao	hao

Wade-Giles	Pin-Yin
hei	hei
hen	hen
heng	heng
ho, (he)	he
hou	hou
hsi	xi
hsia	xia
hsiang	xiang
hsiao	xiao
hsieh	xie
hsien	xian
hsin	xin
hsing	xing
hsiu	xiu
hsiung	xiong
hsü	xu
hsüan	xuan
hsüeh, hsüo	xue
hsün	xun
hu	hu
hua	hua
huai	huai
huan	huan
huang	huang
hui	hui
hun	hun
hung	hong
huo	huo
i	yi
jan	ran
jang	rang
jao	rao
je	re
jen	ren
jeng	reng
jih	ri
jo	ruo
jou	rou
ju	ru
juan	ruan
jui	rui
jun	run
jung	rong
k'a	ka
k'ai	kai
k'an	kan

Wade-Giles to Pin-Yin – Conversion Table II

Both sides **Bold** = different spelling – One side **bold** = difference is the apostrophe

Wade-Giles	Pin-Yin
k'ang	kang
k'ao	kao
k'e, k'o	ke
k'en	ken
k'eng	keng
k'ou	kou
k'u	ku
k'ua	kua
k'uai	kuai
k'uan	kuan
k'uang	kuang
k'ui	kui
k'un	kun
k'ung	kong
k'uo	kuo
ka	ga
kai	gai
kan	gan
kang	gang
kao	gao
ke, ko	ge
kei	gei
ken	gen
keng	geng
kou	gou
ku	gu
kua	gua
kuai	guai
kuan	guan
kuang	guang
kui	gui
kun	gun
kung	gong
kuo	guo
la	la
lai	lai
lan	lan
lang	lang
lao	lao
le, lo	le
lei	lei
leng	leng
li	li
lia	lia
lian	lian
liang	liang

Wade-Giles	Pin-Yin
liao	liao
lieh	lie
lin	lin
ling	ling
liu	liu
lo	luo
lou	lou
lu	lu
lū	lū
luan	luan
lueh, lūo, lio	lüe
lun	lun
lung	long
ma	ma
mai	mai
man	man
mang	mang
mao	mao
me	me
mei	mei
men	men
meng	meng
mi	mi
miao	miao
mieh	mie
mien	mian
min	min
ming	ming
miu	miu
mo	mo
mou	mou
mu	mu
na	na
nai	nai
nan	nan
nang	nang
nao	nao
ne	ne
nei	nei
nen	nen
neng	neng
ni	ni
niang	niang
niao	niao
nieh	nie
nien	nian

Wade-Giles	Pin-Yin
nin	nin
ning	ning
niu	niu
no	nuo
nou	nou
nu	nu
nū	nū
nuan	nuan
nueh, nūo, nio	nüe
nun	nun
nung	nong
o	o
ou	ou
p'a	pa
p'ai	pai
p'an	pan
p'ang	pang
p'ao	pao
p'ei	pei
p'en	pen
p'eng	peng
p'i	pi
p'iao	piao
p'ieh	pie
p'ien	pian
p'in	pin
p'ing	ping
p'o	po
p'ou	pou
p'u	pu
pa	ba
pai	bai
pan	ban
pang	bang
pao	bao
pei	bei
pen	ben
peng	beng
pi	bi
pian	bian
piao	biao
pieh	bie
pin	bin
ping	bing
po	bo
pu	bu

Wade-Giles to Pin-Yin – Conversion Table II

Both sides **Bold** = different spelling – One side **bold** = difference is the apostrophe

Wade-Giles	Pin-Yin
sa	sa
sai	sai
san	san
sang	sang
sao	sao
se	se
sen	sen
seng	seng
sha	sha
shai	shai
shan	shan
shang	shang
shao	shao
she	she
shei	shei
shen	shen
sheng	sheng
shih	shi
sho, shuo	shuo
shou	shou
shu	shu
shua	shua
shuai	shuai
shuan	shuan
shuang	shuang
shui	shui
shun	shun
so	suo
sou	sou
su	su
su, szu, ssu	si
suan	suan
sui	sui
sun	sun
sung	song
t'a	ta
t'ai	tai
t'an	tan
t'ang	tang
t'ao	tao
t'e	te
t'ei	tei
t'eng	teng
t'i	ti
t'iao	tiao
t'ieh	tie

Wade-Giles	Pin-Yin
t'ien	tian
t'ing	ting
t'o	tuo
t'ou	tou
t'u	tu
t'uan	tuan
t'ui	tui
t'un	tun
t'ung	tong
ta	da
tai	dai
tan	dan
tang	dang
tao	dao
te	de
tei	dei
teng	deng
ti	di
tiao	diao
tieh	die
tien	dian
ting	ding
tiu	diu
to	duo
tou	dou
ts'a	ca
ts'ai	cai
ts'an	can
ts'ang	cang
ts'ao	cao
ts'e	ce
ts'en	cen
ts'eng	ceng
ts'o	cuo
ts'ou	cou
ts'u	cu
ts'uan	cuan
ts'ui	cui
ts'un	cun
ts'ung	cong
tsa	za
tsai	zai
tsan	zan
tsang	zang
tsao	zao
tse	ze

Wade-Giles	Pin-Yin
tsei	zei
tsen	zen
tseng	zeng
tso	zuo
tsou	zou
tsu	zu
tsu, tsu	zi
tsuan	zuan
tsui	zui
tsun	zun
tsung	zong
tu	du
tuan	duan
tui	dui
tun	dun
tung	dong
tz'u / ts'u	ci
wa	wa
wai	wai
wan	wan
wang	wang
wei	wei
wen	wen
weng	weng
wo	wo
wu	wu
ya	ya
yang	yang
yao	yao
yeh	ye
yen	yan
yin	yin
ying	ying
yo (io)	yo (iu)
yu	you
yü	yu
yüeh	yue
yüen	yuan
yün	yun
yung	yong

Chapter 2 – Chinese Language Studies

Written Language

It is the writing of Chinese that constitutes a unified or universal Chinese language. Everybody can ‘read’ in the sense of understand the characters, even if they ‘speak’ pronounce them completely differently. Those many different dialects can *read* the same written language. This includes Japanese and Korean cultures. They, at one point in their histories, adopted the writing system invented by the Chinese.

Every spoken syllable corresponds to a written character.

It has been said that Chinese characters are to the eye what English words are to the ear. Though not completely accurate, it is an apt metaphor.

Western languages ‘spell’ things out. The Chinese ‘picture’ their world. Chinese characters are essentially pictures. We say ‘a picture is worth a thousand words’.

In Chinese the character for a character is 文 it is pronounced wén. By extension it also means ‘writing’ or ‘script’, as well as ‘to write’. Extrapolated further it refers to all things ‘literary’, and to mean ‘cultured’ and ‘culture’, even ‘civilization’ itself.

No Fixed Parts of Speech

A character can *picture* a lot of meaning and is not as fixed as English word counterparts. Thus, a character includes both singular and plural forms. Rén is both ‘a person’ and ‘people’. A character can be a noun, or a verb, or an adjective depending on context. There is no gender, no conjugation (of verbs), no declension (of nouns), no tenses to worry about. But, all this flexibility (and thus, ambiguity) does make translation less than straightforward.

Origins

Wén is thought to have originally meant ‘lines’ and been a picture of the grain in wood or ripples of water and thus represented patterns in general, patterns in/of nature. Some think the ‘lines’, indeed the idea for writing, derived from the line symbols of the Yi Jing (trigrams and hexagrams). These, over time, evolved into characters.

Tradition attributes the line symbols of the Yi Jing to Fu Xi, the first ruler and father of Chinese culture around 3000 BCE. Fu Xi observed nature to understand its patterns and encoded those patterns into symbols. Writing was originally scratched into the dirt or sand and later carved in stone, a tradition the Chinese continue to this day. The earliest characters known were carved into bone and turtle shell. These characters are referred to as OB = Oracle Bone characters or writing.

Fu Xi observed the stars and planets in the heavens, and bird and animal tracks on the earth. He interpreted these imprints as a kind of signature and began the use of clan names.

Chapter 2 – Chinese Language Studies

How Many Characters are There?

Tens of thousands of characters exist, or have existed. Nobody knows how many.

(Do you know how many words there are in English? - of course not)

The oldest are from the oracle bones, and later those cast in bronze.

Collectively these are referred to as *gǔ wén* or ancient writing. This includes everything pre Qin (–221)

Following the language reforms of the Qin came the classical period, and what is now referred to as **wén yán**, literary speech or classical Chinese.

Actually *wén yán* can refer to everything written prior to the early 1900's.

This, of course, is the language of the classical texts we are interested in.

But, as reading Chaucer for us, or even Shakespeare to some extent, the classical literature is likewise difficult for the modern Chinese speaker to read and understand.

The Chinese list of frequently occurring characters is about 2,000.

An average college education probably incorporates around 4-5,000 characters, with a well educated person having a 6-7,000 character vocabulary.

This is a highly literate person that can recognize and remember how to write that many characters.

The most comprehensive dictionaries in English (Mathew's & Far East) list about 7,800 & 7,300 respectively.

The Language is Alive and always changing and developing.

In point of fact 'words' are a slightly different concept. A word, as in English may be a compound and involve multiple characters, so vocabulary is really a function of knowing a great many character combinations, rather than just knowing more and more characters. The combinations are virtually endless and part of the beauty and resourcefulness of the language. It is very much alive.

New words are coined all the time. Some of these new words are created as sound alike terms, especially when they are names for things introduced from a foreign language.

For instance America is **Mei Guo**, Germany is **De Guo** (remember in German it's Deutschland)

New words in Chinese can be created by combining characters based on meaning.

Airplanes did not exist in classical times, but the words for flying, and for machine/mechanism did, thus an airplane is *fei ji*.

Huo che, literally a *fire vehicle*, is a **train**.

Most compounds are two characters, but three and four character compounds are not uncommon.

Dictionaries list compounds following the basic definitions of a character.

Zi xing che = self move(ing) vehicle What do you suppose that is? **a bicycle**

In the classical language the use of compounds is minimal, although frequently words are paired to represent a more all encompassing concept.

A kind of everything from this to that, an all inclusiveness is intended.

Tian-Di literally, sky-earth, meaning Heaven & Earth and everything in between = the world.

Yin-Yang is another juxtaposed pair with broad implications, everything from dark to light.

Chapter 2 – Chinese Language Studies

The Six Types/Families of Characters (六書 Liù Shū)

The Chinese analysis of their language identifies six basics types of characters in terms of their origin.

1. **Pictographs:** a pictographic representation of an object.

(象形 Xiàng Xíng)

日	月	山	木	人
sun	moon	mt	tree	person

2. **Indicators/Ideographs:** suggest their meaning with a visual representation (often of hand gestures)

(指事 Zhǐ Shì)

上	下	中	大	一	二	三
up	down	center	big	one	two	three

3. **Associative Compounds:** combine pictographs to convey a more abstract concept or idea

(會意 Huì Yì)

旦	明	男	盲	坐	信
dawn	bright	male	blind	sit	loyal, trustworthy
sun + horizon	sun + moon	field + strong	lose + eye	people + earth	person + words

(形聲 Xíng Shēng lit. Picto-Phonetic)

4. **Phonetic Compounds:** two characters are combined to create a new character in which one part is a meaning indicator called **the radical**, while the other is a guide to pronunciation, known as the **phonetic**. There are about 8-900 characters that are used as phonetics, because it is assumed that everyone knows them. It is an elaborate form of ‘A is for apple’, bravo, charlie etc..

Most characters fall into this category. Three relevant examples follow on the next page:

5. **Extended Meaning or Transfer:** extending the original meaning to embrace related associations.

(轉注 Zhuǎn Zhù)

wǎng 网 1. originally a fishing net, then any kind of net, then any netlike thing or design; a network
2. extended to mean to catch or capture with a net, then, to catch in a general sense.

(假借 Jiǎ Jiè)

6. **Loans or Borrowed Characters:** words that already have a written form are borrowed for a word that does not, but in the spoken language sounds like it, but has no other relation.

In fact, it should be quite remote in order to preserve a distinction.

The classic example used to illustrate this is ‘wan, a scorpion’ being used for the number 10,000.

醫

Yī = doctor, physician; to treat, cure, heal; by extrapolation: medical treatment 22/5

The upper left is an arrow 失 in a case/quiver 匚 = 医 yì, which serves as the phonetic.

The upper right is a hand 又 holding a stick 攴, meaning to strike with the hand(s).

R.79

The bottom is a container with a stopper sealing the contents = wine.

R.146

In this case it means a vat of herbs soaking in alcohol, indicating medicinal wine, liniments, decoctions, i.e. herbal medicine. The case of arrows suggests needles for acupuncture, and the striking hand suggests massage or massotherapy.

樂

Yuè = music

59/16

The upper part shows a big drum flanked by four small drums 𦔻 pronounced yāo (the phonetic) which means tiny. Together the five represent the five tones of the pentatonic scale and hence music.

The bottom is a tree, in this case a wooden stand for the big drum to rest on/in.

In the modern character the four small drums are represented as stringed instruments 彖, therefore an orchestra (perhaps small) is illustrated.

In any case, this character is special in another way, in that it can also be pronounced lè.

This is uncommon, but not rare, that a character will have more than one pronunciation.

Using this pronunciation the character means joy, joyful, delight.

The association is that music brings delight, joy and pleasure.

By adding another component, the grass radical 艸 abbreviated to 艹 we change the pronunciation to yào and the meaning becomes plants, i.e. herbs, that harmonize or bring pleasure (like music) i.e. medicinal plants or substances and hence becomes the character for medicinal substances and for medicine in general.

藥

Yào = medicinal substance

59/17

We can see in this character a stack of pictures three layers high, and actually composed of five individual pictures.

Which brings us to looking at characters from the perspective of overall layout.

Chapter 2 – Chinese Language Studies

The Evolution of Characters & Writing Styles

As one can imagine the ways of writing characters have changed over the several thousand years since they were first introduced.

They can be divided into two large groups: Archaic (collectively include # 1–4 below) and ‘Modern’ (collectively include # 5–8 below).

The stages of development are typically charted as follows:

<u>Generally known as</u>	<u>~ Date</u>	<u>Dynasty</u>	<u>In Chinese</u>	<u>Pin Yin</u>	<u>Translation</u>
<i>Archaic Scripts</i>	<i>from 28th c. BCE</i>		古文	Gǔ Wén	Ancient Writing
1. Oracle Bone	–1300	Shang	甲骨文	Jiǎ Gǔ Wén	Shell & Bone Script
2. Bronze	–800	Zhou	金文	Jīn Wén	Bronze (metal/gold) Script
3. Great Seal	–400	Zhou	大篆	Dà Zhuàn	Large Seal (Script)
4. Small Seal	–200	Qin	小篆	Xiǎo Zhuàn	Small Seal (Script)
<i>Modern Scripts</i>	<i>from 2nd c. BCE to 2nd c. CE</i>				
5. Official	–100	Han	隸書	Lì Shū	Clerical style
6. Cursive	+200	Later Han	草書	Cǎo Shū	Grass style
7. Running Hand	+200	Later Han	行書	Xíng Shū	Flowing style
8. Regular	+200	Later Han	楷書	Kǎi Shū	Regular style

The latter three more or less co develop and at this point can all be said to be based on the Kai shu, even if in some cases they preceded it. (see Chiang Yee p. 67–)

The cao and xing shu are freer, more artistic versions of the standard kai characters.

It is much the same as the difference we make between print, and script or cursive writing.

After the Han and the introduction of the kai form, the characters have remained pretty much fixed and no major changes have been made to the way a character was constructed. The changes have been artistic, calligraphic styling, in much the same way as we create different fonts. Artists essentially create these changes.

Remember too, that technology in the form of the brush, along with ink and paper drove the big changes from the Small Seal characters onward. Prior to that characters were mostly being ‘carved’ into bone, shell, wax (for bronze casting). The brush and ink were developed during the Warring States period (–500 to –200). Paper was invented by the Chinese during the second century BCE. (The oldest surviving piece of paper comes from a tomb near Xian dating from between 140 and 87 BCE., though it was not used to write on).

9. Simplified 1950’s modern

Chapter 2 – Chinese Language Studies

How to Write a Character

Strokes: 畫 Huà = Stroke

There are 7 basic types of strokes, but with variations that number can be extended to 24. (handout p. 6)

Here are the primary ones:

stroke	name	description	examples
丶	diǎn	a dot, dash (short down L to R)	主 丹 井 下
一	héng	a horizontal (L to R)	丂 七 万 三
丨	shù	a vertical (down)	上 开 且 丁
㇏	piě	downsweep to the left	开 义 乃 久 丰 ㇏
㇚	nà	downsweep to the right	人 亻 八 公
㇀ ㇁	tí	a tick, or check (short up L to R)	冶 氷 疒 江
㇚ ㇛	gōu	a hook (short tag on one of the above)	了 予 宀

Strokes that bend and hook are actually only one stroke.

A stroke is basically determined by whether or not you have to lift the pen/brush from the paper.

Which brings us to stroke count and stroke order

These are intimately related. You need to understand **stroke order** in order to be able to write a character, so this becomes essential for writing and calligraphy.

Being able to **count** the number of strokes in a character is essential to being able to find it in a dictionary.

General Plan/Scheme for Stroke Order

1. Start at the top and work down

2. Start on the left and work to the right

* Combining those two rules leads to the general game plan of:

start at the upper left, and work your way down and to the right.



I go into this in more detail on the next page.

Chapter 2 – Chinese Language Studies

Stroke Order

Stroke order is the equivalent of spelling. You can have all the correct letters, but in the wrong sequence, the word becomes unintelligible. The worst case scenario is that you write or find a different character than you intended.

Follow these rules:

Pertaining to lines:

1. horizontal lines are always written from left to right
2. vertical lines are always written from above to below
3. hooks are part of the line and do not constitute an extra line or lift of the pen
4. likewise a top and right side of a box are written (& counted) as one stroke

Pertaining to characters:

1. start at the top and work downward
2. start at the left and work rightward
3. combining 1 & 2 you write a character from the upper left toward the lower right
but, finish the left side before starting the right side 明
4. dots or spots, called dian in Chinese, tend to begin or finish a character.
5. write horizontal strokes then vertical or other crossing strokes 弋 戈
in this case the horizontal is the first line, followed by the vertical right sweeping line, and finally the dash even though it is above the horizontal.
Sometimes crossing a line makes a big difference, as in the following,
this is the knife radical 刀
this is the radical meaning strength 力

When a character involves a box, or borders: 國 冏

6. a. always draw the left side first,
b. then the top and right side as one stroke
c. anything within, is written next
d. finally the box is closed by drawing the bottom line from left to right

Therefore all boxes are three strokes.

The most basic and most common is kou, 口 the mouth radical, which can stand for any opening. A bigger box is called ‘a surround’ 囗 which usually has something inside of it (mouths don’t)

‘Gates’ follow the same principles: 門 閤

‘bowls’ 凵 and ‘baskets’ 匚 represent a slight variation, in that the left and bottom are one stroke. but ‘cliffs’ 厶 and ‘shelters’ 宀 follow the horizontal first rule.

Based on the previous rules can you figure out how many strokes it takes to write this: 己 _____

and this 弓 _____ (the first is the self radical, the second is a bow) (both are 3 strokes)

try mountain 山 _____ and sprout 屮 _____ (again both are 3 strokes)

7. Radical #162, sometimes called the ‘walking’ radical 辶 is always on the left side of a character, but is added after the rest of the character is written, so it sort of wraps it like so 道

Furthermore, this is an abbreviation of its 7 stroke form, and can have one or two dots, then the vertical squiggle, followed by the horizontal wave.

Chapter 2 – Chinese Language Studies

Simplified Characters

In order to reduce learning time and get children up to speed more quickly some 2,200 characters have been given simplified forms. Most Pinyin dictionaries place the simplified character first, the traditional character follows in parenthesis. Some Pinyin dictionaries relegate the traditional forms to a list in an appendix. Sometimes the difference is so slight that one has trouble distinguishing the simplified from the traditional character.

For example, a common character in herb names is hua/flower trad: 花 simple: 花

Look closely at the top (the grass/herb radical).

Notice that the traditional character has four strokes, while the simplified version takes only three.

In some instances the difference between the two forms is so great as to make them unrecognizable.

The ‘gui’ in Dang gui is a case in point: trad: 歸 simple: 归.

Gui is a common character that means to return, go back.

18 vs. 5 strokes is a significant savings for a commonly written word.

‘Yao’ the character for medicine, is another example:

trad: 藥 simple: 药 19 reduced to 9 strokes.

Most cases are somewhere in between, and one can easily see the relationship.

In fact, many were borrowed from traditional abbreviations already in use.

Wind/feng is a good illustration: trad: 風 simple: 风 9 strokes to 4

- With writing practice, one quickly develops an appreciation for the reduction in effort and time to memorize characters. Remember the whole purpose was to increase literacy.

Imagine a child learning to read and write. The 2,200+ characters that have simplified forms out of ~5,000 in general use, has certainly decreased the time to become literate, though at some expense to cultural history.

The often cited example is ài/love trad: 愛 simple: 爱

(they took the heart out 心 - squished in the middle and saved four strokes)

- Simplification was only implemented in the mid 1950’s, and reached its current level with reforms in 1964. Publications prior to that time all used traditional characters. Remember too, that simplified characters are strictly a product of mainland China, so anything published outside of the PRC (People’s Republic of China) will use traditional characters. All of the classics would have been written in the traditional manner, although they have all been converted to simplified characters in modern publications of them.

Chapter 2 – Chinese Language Studies

How to Use a Chinese Dictionary

If you know the Romanized form your task is fairly straightforward.

Wade-Giles and Pin-Yin dictionaries are organized alphabetically according to their spelling.

You do need to determine if your word is spelled in W-G or PY, or some other transliteration, and convert it to the spelling your dictionary uses. (see PY–WG Conversion Table)

If you know the tone, all pinyin dictionaries are organized in order, first tone through fourth tone.

At this juncture you do need to know what the character looks like in order to differentiate homonyms and find the correct definition.

In lieu of that, you have to have a pretty good sense of its meaning already and look for the definition that seems to fit and *guess* that that character is the right one.

The all round best choice for a basic Chinese Dictionary is the Oxford University Press
Pocket English-Chinese Chinese-English Dictionary. (~\$20)

If you Only have a Character

First things first: Chinese characters are usually divided into two parts.

One part is called the **radical**, the other is called the **phonetic**.

- The phonetic, 聲 shēng in Chinese, literally ‘the sound’, is a guide to pronunciation.

There are about 850-900 phonetics. These are common characters that it is assumed everyone knows.

That being said pronunciations have changed over the millennia, so sometimes they do not sound much like the character they are part of anymore. Sometimes it is the initial, sometimes the final, sometimes just the tone.

- There are 214 radicals, 部首 bù shǒu, literally, ‘section chiefs’ (established in 1716 by the emperor Kang Xi)

With abbreviated forms the number is actually higher.

Radicals provide a basic meaning, in a thematic sense, for the character.

For instance, the water radical suggests the character has something to do with water; being wet, liquid, fluid, or flowing.

Radicals also serve a categorization function, as their Chinese name suggests, and are the traditional way characters are organized in a dictionary (cí diǎn). It is a good idea to survey the list of radicals and familiarize oneself with them as a prelude to a translation project, such as we are about to embark upon. That being said however, there is nothing like just jumping in, to kick start the learning process.

To explore the radicals in more detail, though not in order, I recommend a book entitled **Chinese Calligraphy** by Edoardo Fazzioli. For a more systematic approach see my **Radicals Reference Guide**.

Chapter 2 – Chinese Language Studies

To Look Up a Chinese Character – Follow these Steps:

- Step 1**
- Identify what you suspect to be the radical
(usually on the left, but sometimes on the top or bottom, more rarely on the right or in the middle)
 - Count the number of strokes in it, and look it up under that number.

example: 道

in this case both sides are radicals, try the left side first 辶
but this is an abbreviated form of the radical which actually has 7 strokes (see #162)

- Step 2** Count the number of strokes in the rest of the character

example: in this case, the right side 首 has 9 strokes (and is just as meaningful as the radical)
(it is pronounced shǒu, and means a chief, chieftain, leader; the head of)

- Step 3**
- Under the **radical heading** found in step 1, (R.162, it may or may not be numbered) find the **number heading** that corresponds to the number of strokes from step 2.

example: in this case 9 (sometimes two or more numbers are grouped together)

some dictionaries do the stroke count using Chinese characters, the numbers one to ten are listed below

一 二 三 四 五 六 七 八 九 十

eleven is ten + one, twelve is 十二 etc. twenty, is two tens 二十 twenty-one is 二十一

- Scan through the list of characters until you find the one you are looking for.
(it will usually list a number, which is either a character #, or a page # on which that character will be found)

- Step 4** Look up that character to find its tone and definitions

- Step 5** If the dictionary is using Wade-Giles Romanization, convert its spelling to Pinyin

example: tao⁴ = dào

W-G uses superscript numerals to indicate the tone, whereas Pinyin uses diacritical marks over the vowel

Tone marks:	1st	= —	is high and even, songlike
	2nd	= /	starts low and rises, like a question
	3rd	= ∨	dips and then rises, as in expressing doubt
	4th	= \	sharply descends, as in a command

* Some dictionaries and many glossaries are organized by the first stroke, which means you don't have to figure out the radical.

- Identify the first stroke, then proceed to that heading,
- count the rest of the strokes, and look for your character among the ones listed following that number.

Chapter 2 – Chinese Language Studies

Reduced Forms of Radicals

Many radicals are reduced to a simpler, abbreviated form in order to fit better in a character. These are all listed in the following tables, but the more common and important, or surprising or confusing ones are listed here just to get you acquainted. These are different from simplified characters, which also exist for some radicals.

Full Form	Reduced Form	R #	Name of Radical	usual position
人	亻	9	person	on L
刀	刂	18	knife	on R
川	川	47	river	on L
心	忄	61	heart	on L
水	氵	85	water	on L
火	灬	86	fire	on bottom
爪	㇀	87	claw	on top
月	月	90	L plank	on L
犬	犴	94	dog	on L
示	礻	113	sign	on L (compare 145)
竹	𦰩	118	bamboo	on top
糸	纟	120	fiber or silk	on L
网	囧 𦉳	122	net	on top (compare 146)
羊	𦍋	123	sheep, goat	on L or top
老	耂	125	old	on top
聿	聿	129	brush	on top or middle
肉	月	130	flesh, meat	on L or bottom
艸	艹 𦰩	140	grass	on top
衣	衤	145	clothing	on L (compare 113)
西	𠂔	146	stopper	on top (compare 122)
辵	辵 辵	162	footprints, steps, halt	on L
邑	阝	163	city	(always on R)
阜	阝	170	hill	(always on L)
食	食	184	food, eat	on L

* 24 reduced forms

Chinese Language Studies – Chapter 3 – Radicals Table

214 Bù Shǒu = Section Chiefs = Radicals/Significs of Emperor Kang Xi (1716)

* = top 60, *double* = top 30

R. #	Character	Pīnyīn	English
– 1 –	畫 Huà = Stroke	6 Radicals	
1	一	yī	one ; horizontal, line, bar; horizon; heaven (as a fundamental stroke it is called héng)
2	丨	gǔn	vertical ; down (gnomon: a staff used to measure the altitude of the sun, the vertical pin of a sundial) (as a fundamental stroke it is called shù)
3	丶	zhǔ	teardrop, flame ; spot, dot (as a fundamental stroke it is called diǎn)
4	丿 ㇏ ㇚	piě, piē fǔ yí	left sweep/cut , slashing, cutting, slicing motion; to part • a right sweep/cut is called fǔ, or its variant yí • together they form 乂 yì = cut left and right = scissors, shears; to mow • doubled it becomes 爻 yáo/mutual interaction, see 89/crisscrossing lines
5	乙 乚 ㇚	yǐ yà zhé	2nd Stem, second ; twist , twisted, bent; sprout , the effort of a sprout; sickle • a very similar twisting character pronounced yàn is a bird's call, or a swallow • ya & zhe are variants only used as character components
6	乚	jué, juē	• hook , barb (can also hook to the right) (#2 w/ a hook) • to mark off (M:3408 kou=gōu)
– 2 –	Strokes	23 Radicals	
7	二	èr	two , polarity
8	宀	tóu	lid , cover (with a handle on top) (see 14/cover & 40/roof)
9	人 亻	rén	person , people; human being; adult
10	儿	rén ér	• legs , support; person • used as the simplified character for 兒 ér child (infant; son; male) • also used to represent the retroflex suffix 'r' in Beijing dialect
11	入 入	rù	enter , (roots entering the earth)
12	八 ㄨ 八	bā	eight; divide , separate
13	冂 冂	jiōng, jiǒng	open space; borders , boundaries; suburbs, countryside
14	冃	mì	cover (cover with overhang), to cover; crown (see 8/lid & 40/roof)
15*	冫	bīng	ice (ice crystals)
16	几	jī	stool ; small table
17	凵	kǎn, qiǎn	pit , hole; bowl, an open box; basin, receptacle (often abbreviated as 凵)
18*	刀 刂	dāo	knife , dagger, sword
19*	力	lì	strength , power, force (picture of sinew, strong like tendons)
20	勹 包	bāo bāo	• (a person bent over) wrap , embrace, enfold; envelop • uterus/womb with fetus inside, embryo; pregnant, pregnancy, gestation; germinate
21	匕	bǐ	• a person turned/turning around (see 81/compare) • spoon , ladle
22	匚	fāng	log hollowed out = wooden crate , chest , trunk , box

Chinese Language Studies – Chapter 3 – Radicals Table

R. #	Character	Pīnyīn	English
23	匚	xǐ	conceal (conceal under a cover); hide (inside a box or case); cover up, cover over
24	十	shí	four directions & the center = complete; ten
25	卜	bǔ	to divine, divination (read the cracks in turtle shells)
26	卩 卮 卮 卮	jié	(person kneeling) presenting or receiving their official seal stamp; badge; emblem of authority; insignia <i>when both halves of the seal are put together it is written as:</i> 卩 áng = high 卮 yin = seal, stamp, chop; print, engrave 卮 mǎo = 4th Branch (5–7 am); mortise
27	厂	hǎn, hàn chǎng	<ul style="list-style-type: none"> • cliff, outcropping, elevated; exposed, precarious • slope, steep incline; slide, fall; abyss; danger • chǎng = factory
28	厶 厶	sī gōng	<ul style="list-style-type: none"> • cocoon; private, selfish, myself, oneself (see 49/self and 132/sm nose) • pronounced gōng represents a bent arm (one of the 224 primitive characters) 厶 can also be used as an abbreviation for: 𠂇 17 kǎn/pit, or 巳 49 yǐ/exhale
29	又	yòu	right hand ; again, also, both (see also 手 64 shǒu/hand) contrast zuǒ 左 left hand The two strokes comprising the upper left part of zuo are used as an abbreviation for either left or right hands in other characters. 友 yǒu is two right hands = friends 升 gōng R:55 is two hands holding something, or clasped together
– 3 –	Strokes	31 Radicals	
30	口	kǒu	mouth ; opening; entrance 𠵹 2 mouths = xuān, cry out 品 3 mouths = pǐn, a group of people, or collection of objects
31	口	wéi	enclosure , surround
32	土	tǔ	earth, soil (see 33/scholar)
33	士	shì	scholar , literati, knight (see 32/soil)
34	攴 / 攴	zhǐ	step forward; follow someone's tracks, follow, pursue , pursuit; catch up (R 34 & 35 use same abbrev, found at the top of a character = 34), <i>go</i>
35	攴 / 攴	suī	shackled ; walk slowly, with difficulty; slow ; to go on despite difficulty (found at the bottom of a character = R 35), <i>go slow(ly)</i>
36	夕	xì	a crescent moon; dusk, evening, night (compare 78/evil; see 161/early)
37*	大	dà	person with arms outstretched, big , large, great, grand
38	女	nǚ	kneel/kneeling; girl, woman, female
39	子 孑	zǐ	1st Branch; child , infant (legs are wrapped up); son; egg; seed; honorific suffix
40*	宀	mián	roof (compare 8/lid & 14/cover)
41	寸	cùn	hand with mark = radial styloid/pulse; one inch , hand, thumb
42	小	xiǎo	vertical divides something in half, i.e. smaller pieces = small
43	尢 / 兀 / 允	wāng	person with crooked right leg, or conversely someone putting all their weight on the right leg – either way = limp, lame ; walk with effort ; apply/exert oneself (see R:10 legs)
44*	尸	shī	seated person; corpse (seated to watch over, pay respects to, or even represent the dead body)

Chinese Language Studies – Chapter 3 – Radicals Table

R. #	Character	Pīnyīn	English
45	屮	chè	sprout 艸 cǎo = multiple sprouts; plants, herbs, grass see 140/grass
46*	山	shān	3 rocks, crags, hills, mountain , peaks (compare 170/mound, hill)
47	川 川	chuān	river ; flow, flowing one line = chuān a stream two lines = kuài, a small river three lines = a river (three smaller streams joined together)
48	工	gōng	a carpenter's square = work , labor; worker
49	己 巳 已	jǐ sì yǐ	jǐ = 6th Stem; weaving; weft/horizontal threads on a loom; person sorting threads = self, personal, oneself (see 28/private and 132/sm nose-self) sì = 6th Branch; snake; embryo, fetus yǐ = exhalation; the virtue that emanates from something, its action or use; use til exhausted, to decline, terminate; be done with, be no more, passed; finished, stop, already (yi is often abbreviated as 厶, see 28 & 17)
50*	巾	jīn	cloth hanging from the belt, hand-towel, handkerchief , sash can also be placed over the head (head-scarf), turban distinguish 巾 fū = ancient apron-like garment (waist to knee apron), symbol of authority distinguish 市 shì = a marketplace, trade, town
51	干	gān	shield ; pestle , grind; offend, attack; stem of a plant, celestial stems
52	幺	yāo	two cocoons (see 28) = threads ; slender, tender, delicate see 120/silk (McN = coil radical; Fenn = little, fine; ZW = tiny)
53*	广	yǎn guǎng	R = lean-to, shed (a roof & one to three sides); shelter (see 27/cliff/slope) • wide, broad, vast, extensive; enlarge; common, popular, popularize
54	走	yǐn	a long/extended step, stride ; march (similar to contracted form of 162/walk, step, halt) (see also 34/follow, 35/shackled, 60/step, 144/walk-go)
55	升	gǒng	both hands joined, clasp , hands folded; symbolizing respect the two hands holding something up, to present something, to offer; a clasp
56	弋	yì	dart, arrow, shoot (see 111/arrow) stake (with a tether) or a wall hook
57*	弓	gōng	bow (as in archery) (it is a picture of a compound bow vs. a long bow) 引 yǐn = a strung bow, to draw the bow = to stretch; lead, guide, conduct 强 two bows = qiáng = strength
58	豕 彘 豕	jì	pig/boar's head, or snout (see 152/pig)
59	彡	shān	fine hairs or feathers ; streaks, stripes, markings; feathery; bristles (see 124/wing; 190/bushy)
60*	彳	chì	step (w/ left foot, one step, a small step), walk , travel (see 行 144/travel) (see also 34/follow footsteps, 35/shackled, 54/stride, 156/walk, 157/heel, 162/go & stop/haltingly)
- 4 -	Strokes	34 Radicals	
61	心 忄	xīn	heart/mind (thoughts & feelings)
62*	戈	gē, guō	lance, halberd , weapon (see 110/lance/spear)
63	户 户	hù	door , doorway; household
64	手 扌	shǒu	hand (see 29/right hand)
65	支	zhī	a branch , twig; prop
66*	攴 攴	pū	hand holding a stick or staff – tap, rap, knock, beat (see #79/strike)
67	文	wén	patterns in nature, character ; write, script; literate, cultured (civil vs military / pen vs sword)
68	斗	dǒu	10 ladles/pints/liters abbreviated as two dots = a peck , bushel a dipper, the dipper (constellation)

Chinese Language Studies – Chapter 3 – Radicals Table

R. #	Character	Pīnyīn	English
69	斤	jīn	axe, hatchet (a catty, pound, or ½ kilogram)
70*	方	fāng	2 ships tied together, or a plow – direction, side, square; place; prescription
71	无 无	wú	(see 43/lame) effort without success = lacking, without, un-, not
72	日	rì	sun; day; time 旦 dàn shows the sun above the horizon = dawn (see 106/white)
73	曰	yuē	mouth exhaling words = to say, speak, speech
74	月	yuè	moon, month
75	木 木	mù	tree, wood
76*	欠	qiàn	person's breath, out of breath – yawn, exhausted; owe (owe money)
77	止	zhǐ	foot & toes; stop, limit (see 156/walk, 157/heel, 162/go & stop)
78*	歹 歹	dāi dǎi	<ul style="list-style-type: none"> • fragment, break into pieces, chip; dust (see 36/dusk) • broken bones, skeletal remains = misfortune, evil, wicked, bad [死 sǐ = to die, death]
79	扌	shū	above = flap (like the wing beats of a duck) [distinguish from 几 16/stool] below = 29/R hand = a hand flapping (in motion) to strike (with the right hand) (see 66/tap/beat) by extension a stick, staff, club; weapon
80	毋 毋	wú	a woman behind bars, under arrest = avoid, don't; useless; nothingness (distinguish from 舟 137/boat and 母 mǔ = mother)
81	比	bǐ	two people side by side = to compare, confront (contrast 21/ladle)
82	毛	máo	fur, hair (body hair); rough, coarse, unrefined; 1/10th (distinguish 64/hand) (surname: Mao Ze-dong) 毳 cui = thick hair, luxuriant fur = refined, elegant hair contracted + the character for turning/transforming becomes 老 lǎo/old see 125
83	氏	shì	plant roots, a floating plant (Euryales) clan, family, tribe by extension 氏 dì = reach the bottom, foundation; and 民 mín = the people, masses
84	气	qì	vapors, mist, steam; breath vapors from cooking rice = 氣 qì
85	水 氵	shuǐ	streams flowing together = water, liquids, flowing
86	火 灬	huǒ	flames rising = fire
87	爪 ㇏	zhǎo, zhuǎ	a hand palm down = claw, talon • zhuǎ = paw
88	父	fù	hand with a stick = instructor, enforcer = father
89	爻	yáo	<ul style="list-style-type: none"> • lines (of a trigram or hexagram) 爻 yì = cut left & right = shears; mow (see 4) • crisscross, intersect; interact; mutually influencing; symmetry
90	片 丷	qiáng	plank; stout; frame; bed (bed frame) 75/tree split; left half = thick, strong side = L plank (see 91 R plank)
91	片	piàn	slice, sliver, piece; 75/tree split; right half = thin, weak side = R plank (see 90)
92	牙	yá	tooth (fang, canine) (see 211 teeth/molars)
93	牛 牛	niú	cow, ox/oxen, bovine; cattle (distinguish from 100/engender) (compare abbreviated form with 123/goat/sheep)
94	犬 犳	quǎn	dog (contrast abbreviated form with 153/cat)

Chinese Language Studies – Chapter 3 – Radicals Table

R. #	Character	Pīnyīn	English
– 5 –	Strokes	23 Radicals	
95	玄	xuán	cover what is small, fine, thin, threadlike (see 52/threads & 28/cocoon) = deep, dark , mysterious ; obscure, abstruse; profound see also 120/silk
96	玉	yù	jade (specifically three pieces strung together) (distinguish from 王 wáng = king)
97	瓜	guā	melon, gourd ; squash, curcubitaceous plants
98	瓦	wǎ	tile , (roof tiles) (one concave, one convex – interlocking)
99	甘	gān	sweet (smt <i>sweet</i> in the mouth)
100	生	shēng	plant rising out of the ground (see 32/earth/soil) give birth, produce, engender, life ; fresh, ripe, raw (distinguish from 93/cow)
101	用	yòng	to divine 卜 + center 中 W: suggests ritual offerings which brought blessings, hence useful, efficacious use , useful, usefulness (distinguish from 137/boat, and 80/don't/useless)
102*	田	tián	field ; cultivated land (furrows, irrigation channels); cultivation can stand for any object (produce of the field)
103	疋	pǐ	77/toes + turning round; to roll up (compare with zú 157/heel, foot at rest) bolt/roll of cloth
104	疒	nì, chuáng 病 bìng, 疾 jí, yī	to lie flat on a plank/bed, lie down (M:4675 nì ⁴ , apa ch'uang ²) (WL: nì) sick, ill, illness, disease (W = jì, Fenn = nì, Fazzioli = yì, ZW = chuang)
105	夊	bò	legs spread, feet/toes pointing in opposite directions (some say back to back) feet apart , separate , separation; spread (see 136/discord); tent
106	白	bái	the dot on top indicates the sun/72 is rising white , pale, clear; blank; pure (compare 72/sun & 132/self)
107	皮	pí	above & left = skin, below = hand = to skin, flay; the skin , a pelt, hide; peel, bark; leather (see 177/rawhide & 178/leather); the cover of a book
108	皿	mǐn	serving dish, plate , saucer, container (see 151/platter)
109*	目	mù	eye , seeing
110	矛	máo	spear , lance; spear with a hook (see 62/halberd/lance)
111	矢	shǐ	arrow the top is the point, the bottom the feathers (see 56/stake)
112*	石	shí	composed of a cliff with an object at the bottom = rock, stone , mineral
113*	示 礻	shì	signs revealed from above 上 abbreviated, i.e. the heavens, sun, moon & stars = to show, to reveal ; a sign ; spirit (distinguish contracted form from 衤 145/clothing)
114	冫	rǒu, róu	tracks (animals tracks)
115	禾	hé	grain on a stalk = grain , cereal, crops, corn (compare 127/harrow-rake) (see 119/rice; 199/wheat, & 202/millet)
116*	宀	xué	space created by removing soil = cave, hole (compare 76/yawn)
117	立	lì	stand on the ground, stand , stand up, erect, establish
– 6 –	Strokes	29 Radicals	
118	竹 𥵹	zhú	bamboo shoots 个 gè is a picture of just one shoot
119*	米	mǐ	rice , rice grains, kernels (see 115/grain, 192/fermenting wine, & 197/salt)
120	糸 纟 纆	mì	fibers (fine thread) (see 28/cocoon, 52/threads) two = 絲 sī = threads/fibers twisted together = silk (thus it is usu. referred to as the silk radical)

Chinese Language Studies – Chapter 3 – Radicals Table

R. #	Character	Pīnyīn	English
121	缶	fǒu	a covered vessel = earthenware vessels, crockery , pottery , crock , jar (contrast w/ bronze vessels 193/urn & 206/caldron)
122	网 𦉳 𦉴	wǎng	interlacing ropes = net ; ensnare; entangle
123	羊 𦍋	yáng	sheep , sheep with horns, ram; goat (distinguish 160/hardship)
124	羽	yǔ	long, wing feathers = wings (see 59/feather)
125	老 耂	lǎo	hair turning = old , venerable (see 82/fur/hair)
126	而	ér	beard ; hanging down (and, yet, but)
127	耒	lěi	wood w/ prongs = a harrow , rake ; smt called a plow (distinguish from 115/grain)
128	耳	ěr	ear , hearing (distinguish from 109/eye)
129	聿 聿	yù	hand holding a writing brush, (or broom); to write
130	肉 月	ròu	a carcass cut open = meat , flesh (pertaining to the body, body parts) usu. on Left (contracted form looks like 74/moon) meat hanging, perhaps in a slaughter or smoke house
131	臣	chén	overhead view of person kneeling with head to the floor (磕 頭 kē tóu/kowtow position) servant; vassal, minister ; official, bureaucrat, statesman (distinguish from 巨 jù = huge) (in herb formula composition chén designates the 'minister/deputy' herbs) (the four designations are jūn/ruler, chén/minister, zuǒ/adjutant-assistant, shǐ/envoy-courier-guide)
132	自	zì	small nose; self, oneself (see 209/lg. nose & 49/self) (distinguish 106/white)
133	至	zhì	a bird swooping down & landing on the earth to reach, arrive
134	臼	jiù	mortar originally dug into the earth, thus pit; (smt used to represent heads of animals)
135	舌	shé	mouth w/ tongue extending
136	舛	chuǎn	two people back to back, going in opposite directions discord, oppose; error, contradiction (compare 105/legs spread-feet apart = separate)
137*	舟	zhōu	dugout canoe, boat , barge, ship (distinguish 80/don't, 98/tile, 101/use & 母 mother) (its contracted form can look like moon or flesh radicals 月)
138	艮	gěng gèn	turn around and face, look in the eye defy, resist; rude; stubborn, defiant, tough (distinguish 158/body, 184/food) (4th tone = trigram/mt) keep still, stop/stopping, desist
139	色	sè	flushed face; the color of passion; color in general (distinguish 163/city)
140	艸 艹 𦰩	cǎo	multiple sprouts, see 45/sprout grass, plants, herbs (distinguish 118/bamboo)
141	虍	hū hǔ	R: the tiger's stripes (distinguish 103/bolt, 107/skin, 125/old) 虎 hǔ = the actual tiger rearing up on its hind legs
142	虫	huí chóng	R: insect , worm, bug (see 182/wind) (M:1518) 蟲 chóng = many insects, worms, larvae, maggots, grubs
143	血	xiě, xuè	vessel containing sacrificial blood (see 108/container)
144	行	xíng háng	left step followed by a right step = go, march, travel (see 54/stride, 60/left step, 162/go & stop) (as a radical the two parts usu. bracket a third part 衡)
145	衣 衤	yī	a cloak w/ sleeves & robes trailing = clothes, garments ; coating (distinguish 156/walk, 161/early) (distinguish contracted form from 示 113/reveal signs)
146	酉 酉 𪚩	xià yà	stopper, cork; cover often written as 西 xī = west, which is not a radical (compare with 酉 164 yǒu/wine in a jug)

Chinese Language Studies – Chapter 3 – Radicals Table

R. #	Character	Pīnyīn	English
– 7 –	Strokes	20 Radicals	
147	見 见	jiàn	an eye atop legs/person = look, see, view; observe; sight (distinguish 154/cowrie)
148	角	jiǎo jué	• horn ; angle, corner • one of the five notes of the pentatonic scale (the wood note)
149	言 讠	yán	sounds issuing from a mouth = spoken word(s) ; speech; speak, talk (see R73)
150	谷	gǔ	water, (abbreviated) through the mouth of a gorge = gorge, ravine, valley
151	豆	dòu	platter , ceremonial serving dish (see 108/plate/container); beans, peas, legumes
152	豕	shǐ	pig, hog, boar ; swine (see 58/boar head) (distinguish 153/cat)
153	豸	zhì	cat/feline ; snake/reptile (distinguish 152/pig)
154	貝 贝	bèi	cowrie shell ; used for money, valuables (distinguish 147/see)
155	赤	chì	red ; bare, naked; blush (distinguish 113/sign) (see 139/color)
156	走 辵	zǒu	person leaning forward + foot/toes = walk quickly, go, run, move; leave (see 54/stride, 77/toe/stop, 144/travel, 162/walk)
157	足 踣	zú	heel, foot & leg ; enough, sufficient (see 77/foot & toes = stop, limit) this is a foot at rest vs. 103 pronounced shǔ indicates a foot in motion
158	身	shēn	body, torso (side view, the belly is big; pregnant); life, oneself (distinguish 138/defy)
159*	車 车	chē	vehicle, cart (viewed from above; bed between two wheels all connected by an axle) (distinguish from 重 zhòng/heavy, weighty, which is found under R166)
160	辛	xīn	8th Stem ; offend one's superiors; hardship , harsh, suffer bitterly; acid/pungent (distinguish 123/sheep)
161	辰	chén	woman leaning forward / bending over, menstruating = menses; periodic, cyclic Branch 5 (7–9am = ST time); time; early, morning (see 36/dusk/evening) (distinguish 168/long)
162	辵 辵 辵	chuò ZW:41/3: chuò Wen Lin: chuò	the 3 lines on top represent foot/toe prints, using R59 辵, below is 止 R77/foot-heel-stop steps, walk step by step; step & stop, walk & halt (at an intersection) or just footprints (see 54/stride, 60/step, 77/foot, 156/go)
163	邑 阝	yì	city (a walled city) (distinguish 139/color) (contracted form is always on R vs. 170/mound always on L)
164*	酉	yǒu	10th Branch (5–7pm = Kd time) vase, amphora, wine jug; alcohol, wine in a jug / bottled (vs. 192/fermenting grain, i.e. alcohol in the making) 酒 jiǔ = alcohol/liquor/wine (was originally written w/o the water radical) (not to be confused with 146/stopper variant 西 xi/west)
165	采	biàn	paw print w/ claw marks = to differentiate , to sort, sift , discriminate, distinguish tracks (or scat) (distinguish from 119/rice)
166	里	lǐ	102/field + 32/earth = village , hamlet; ½ a kilometer
– 8 –	Strokes	9 Radicals	
167	金 钅 钅	jīn	metal, gold
168	長 𠂔 长	cháng zhǎng	• grow long (hair); a long time or distance (see 190/long hair/beard) • grow older ; elder, senior
169	門 门	mén	gate ; a two-sided doorway (see 63/door)
170	阜 阡	fù	a height (indicated by 3 levels, the bottom one converted into a cross) mound, hill ; embankment; earthworks (see 46/mt) (contraction is always on L side vs. 163/city on R) (forms characters for yīn & yáng 陰 陽)

Chinese Language Studies – Chapter 3 – Radicals Table

R. #	Character	Pīnyīn	English
171	隶	dài lì	grab, grasp, seize (hand grabbing a tail/wěi 尾) short for lì 隸 ZW 1/48 (enslave) li = slave see also 求 qiú = grasping 82/hair/fur = seek, strive for (distinguish 129/writing brush)
172	隹	zhuī	short-tail birds ; dove, pigeon (see 196/long-tailed birds)
173*	雨	yǔ	upper line = sky; frame = cloud; dots = raindrops = rain (distinguish 124/wing)
174	青 青	qīng	生 100/engender + 丹 dān/cinnabar-elixir changed to 月; usually interpreted as the color of young sprouts = blue, azure; blue-green
175	非	fēi	two opposing sides = no, not, cannot be; wrong (distinguish 179/leeks)
– 9 –	Strokes	11 Radicals	
176	面 面	miàn	face ; to face; a surface, an area (see 132/nose, 181/head, & 185/chief) (also distinguish from 164/wine jug) / also means flour, noodles
177*	革	gé	123/a sheep/ram, skinned, and its hide stretched out for processing hide, rawhide ; (see 178/leather) by extension: change, transform; reform, revolt, revolution (Hex:49)
178	韋 韦	wéi	leather ; soft, pliant, flexible/tanned leather (compare w/ 177/rawhide)
179	韭	jiǔ	leeks, chives , garlic, scallions; alliums (distinguish 175/wrong)
180	音	yīn	see 149/speech altered = sound (see also 73/say & 99/sweet talk/taste) tone, sound , musical note; pronounce
181*	頁 页	yè	• head + legs = a person, head ; (see 185 首 chief, 132/nose & 176/face) • also a page , or leaf (in a book), a sheet (of paper)
182	風 风	fēng	see 142/insects born on/by the wind alternately: wind is the climate of springtime, at which time insects come back
183	飛 飞	fēi	crane in flight = fly, flight
184*	食 食 𠂆	shí	top 3 lines means to gather, underneath is a pot or cooked grain & a ladle = to eat, food (see also 192/ritual wine) (distinguish from 138/defy)
185	首	shǒu	a head with hair or head-dress = chief, leader , head of (see 181/head & 132/nose)
186	香	xiāng	the sweet smell of fermenting millet = fragrant, aromatic ; scent; incense (distinguish from 135/tongue)
– 10 –	Strokes	8 Radicals	
187*	馬 马	mǎ	horse (distinguish from 196/birds)
188	骨	gǔ	primitive guǎ/bones + 130/flesh = bone , skeleton; framework
189	高 高	gāo	a two story building = tall, high ; lofty, noble
190	髟	biāo	168/long (modified) + 59/hair = hairy , bushy, long hair (see also 82/fur)
191	鬥	dòu	raise fists or weapons against each other = fight, quarrel, struggle (distinguish from 169/gate) (compare 136/discord)
192	鬯	chàng	fermenting tub w/ grain (specifically rice) inside + a ladle = rice wine , ritual liqueurs this is alcohol in the making vs. 164/wine & jug = finished/bottled alcohol
193	鬲	lì, gé	cooking pot ; caldron, urn (a 3 legged bronze urn) (distinguish 206 dīng/caldron & 151 dòu/platter)
194	鬼	guǐ	a human form floating in air = a ghost , demon; spirit; devil
– 11 –	Strokes	6 Radicals	
195	魚 鱼	yú	148/horn contracted = a pointed head, the field/102 represents a scaly body, the 4 dots represent a tail/fins = a fish
196	鳥 鸟	niǎo	long-tail birds ; (see 172/short tailed birds)

Chinese Language Studies – Chapter 3 – Radicals Table

R. #	Character	Pīnyīn	English
197	鹵	lǔ	dots = grains like rice (small rocks), from the 西 west (contracted) = salt, rock salt
198	鹿 麋	lù	deer , stag (deer antlers); antelope, gazelle etc.
199	麥 麦	mài	above is lái = a bearded or pendant grain, below is 35/slow = slow growing grain = wheat; barley; corn (see 115/grain, 119/rice, 202/millet) (slow compared to rice)
200	麻	má	hemp fibers hanging under 53/shed = hemp ; flax; fiber, fibrous
– 12 –	Strokes	4 Radicals	
201	黃 黄	huáng	yellow , brown, tan; the color of loess (distinguish from 177/rawhide)
202	黍	shǔ	grain placed in water (to ferment) = millet (distinguish from 199/wheat)
203	黑 黑	hēi	a window 窗 blackened by fire, the dots = soot = black , dark; sinister, illicit
204	黹	zhǐ	embroidery
– 13 –	Strokes	4 Radicals	
205	黽 黽	mǐn	this is a picture of a tadpole , frog; toad
206	鼎	dǐng	sacrificial caldron (bronze 3 legged sacrificial caldron; Hex:50) (see also 193/urn)
207	鼓 鼓	gǔ	drum, beating a drum . drumbeats
208	鼠 鼠	shǔ	rat , mouse, rodent
– 14 –	Strokes	2 Radicals	
209	鼻	bí	(big) nose (see 132/small nose/self)
210	齊 齐	qí	rows of grain, the tops of which are all level = of equal height/stature to line up , in order; even, neat, orderly ; uniform, equal ; complete
– 15 –	Strokes	1 Radical	
211	齒 齒 齿	chǐ	an open mouth, full of teeth = teeth (vs. 92/tooth/fang)
– 16 –	Strokes	2 Radicals	
212	龍 龙	lóng	dragon
213	龜 龟	guī	tortoise, turtle (distinguish from 205/tadpole/frog, esp. abbreviated version)
– 17 –	Strokes	1 Radical	
214	龠	yuè	panpipes , flute

* = top 60, *double* = top 30

(I used Wieger to determine these: 53 he broke down by strokes, of these, 30 were multi page lists. They constitute the top 30.

The remaining 23 plus the next 7 made an even 60) The next 12 with 30+ characters were R: 31, 82, 93, 108, 122, 123, 124, 128, 188, 190, 198, 211)

(The next 10 at 20+ were 1, 10, 27, 29, 39, 147, 152, 172, 182, 203)

Chinese Language Studies – Radicals Writing Practice

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.

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.
- Try to keep the character centered and balanced within the box.

<div style="border: 1px dashed gray; width: 90%; height: 90%; margin: 5px;"></div>	<div style="border: 1px dashed gray; width: 90%; height: 90%; margin: 5px;"></div>	<div style="border: 1px dashed gray; width: 90%; height: 90%; margin: 5px;"></div>	<div style="border: 1px dashed gray; width: 90%; height: 90%; margin: 5px;"></div>	<div style="border: 1px dashed gray; width: 90%; height: 90%; margin: 5px;"></div>	<div style="border: 1px dashed gray; width: 90%; height: 90%; margin: 5px;"></div>
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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.

How many strokes? (5)

<div style="border: 1px dashed gray; width: 90%; height: 90%; margin: 5px;"></div>	<div style="border: 1px dashed gray; width: 90%; height: 90%; margin: 5px;"></div>	<div style="border: 1px dashed gray; width: 90%; height: 90%; margin: 5px;"></div>	<div style="border: 1px dashed gray; width: 90%; height: 90%; margin: 5px;"></div>	<div style="border: 1px dashed gray; width: 90%; height: 90%; margin: 5px;"></div>	<div style="border: 1px dashed gray; width: 90%; height: 90%; margin: 5px;"></div>
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For medical students, the character **qì** is an appropriate,
if slightly more complicated, one to begin with.

How many strokes is this one? (10)

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Chinese Language Studies – Radicals Writing Practice

60 Most Common Radicals

R #	文	# of strokes	1	2	3	4	5	6	7	8	9	10
9	人							イ				
15	丿											
18	刀							リ				
19	力											
30	口											
32	土											
37	大											
38	女											
40	宀											
44	尸											
46	山											
50	巾											
53	广											
57	弓											
60	彳											

Chinese Language Studies – Radicals Writing Practice

60 Most Common Radicals

R #	文	# of strokes	1	2	3	4	5	6	7	8	9	10
61	心							忄				
62	戈											
64	手							扌				
66	攴							攴				
70	方											
72	日											
75	木							朩				
76	欠											
78	歹							𠂇				
85	水							氵				
86	火							灬				
94	犬							犴				
95	玄											
102	田											
104	疒											

Chinese Language Studies – Radicals Writing Practice

60 Most Common Radicals

R #	文	# of strokes	1	2	3	4	5	6	7	8	9	10
109	目											
112	石											
113	示							礻				
115	禾											
116	穴											
118	竹							𥯲				
119	米											
120	糸							糸				
130	肉							月				
137	舟											
140	艸						艹			艹		
142	虫											
145	衣							衤				
149	言											
154	貝											

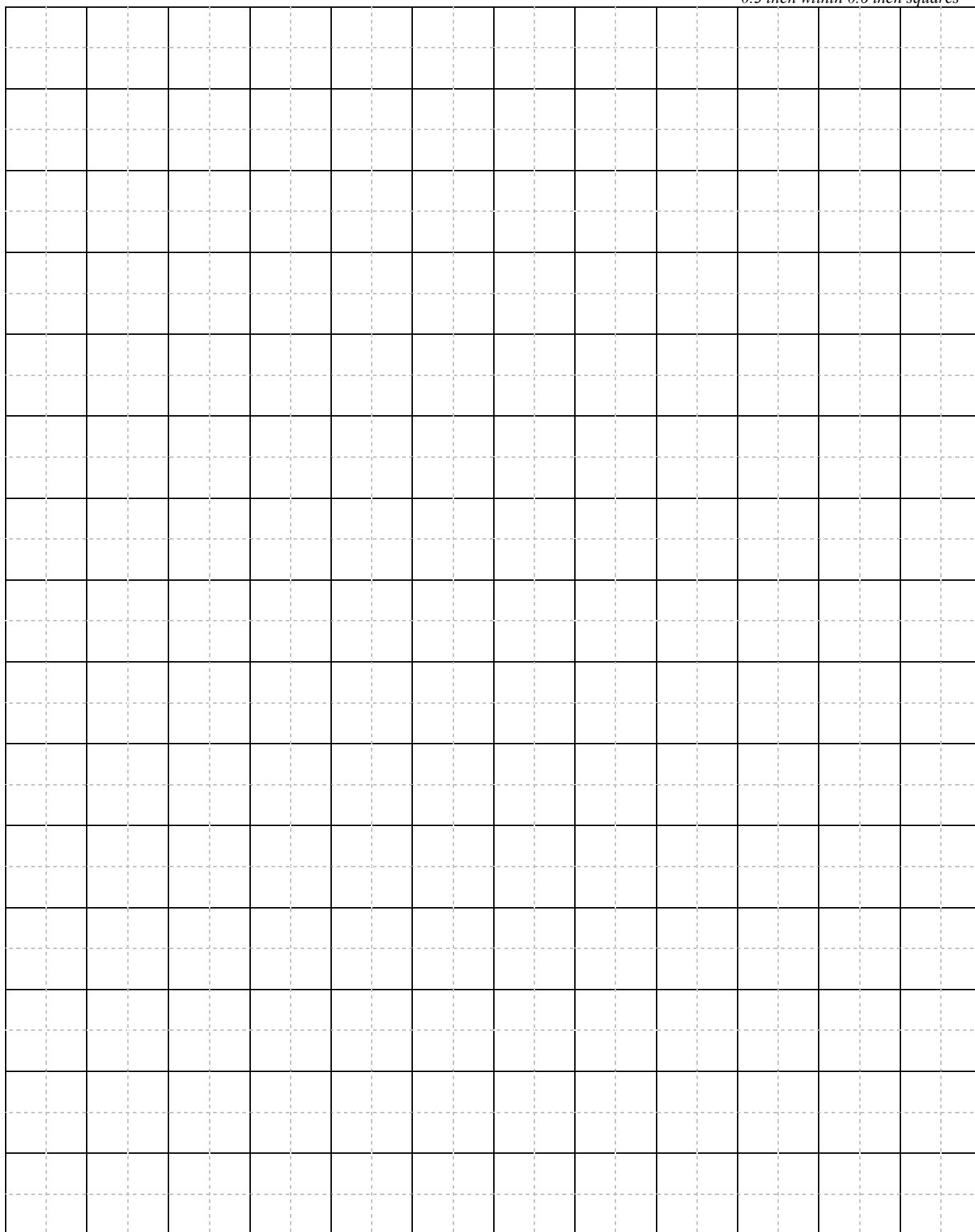
Chinese Language Studies – Radicals Writing Practice

60 Most Common Radicals

R #	文	# of strokes	1	2	3	4	5	6	7	8	9	10
157	足							足				
159	車											
162	辵							辵				
163	邑							邑				
164	酉											
167	金							金				
169	門											
170	阜							阜				
173	雨											
177	革											
181	頁											
184	食							食				
187	馬											
195	魚											
196	鳥											

Chinese Language Studies – Radicals Writing Practice

0.3 inch within 0.6 inch squares



Big squares = 15 rows x 12 columns small squares = 30 rows x 24 columns

Part II

Chapter 4

***Basic
Terms
and
Concepts***

Chinese Medical Terminology – Chapter 4 – Basic Terms: Cosmology

• reminder: characters are singular & plural and all forms of an English word.

Cosmology

#	文	Pīn Yīn	Translation	Notes and Comments
1.	道	Dào (Tao)	a road or path, a way, pathway; The Way	ZW:148/6 the universe is; the Way of Nature
			a method or doctrine; -ism: Daoism	of the Dao De Jing / Lao Zi & Zhuang Zi
		character analysis:	R = eye head w/ head-dress or topknot L = footprints, to walk	= chief, leader to show or lead the way
2.	易	Yì (I)	change, changes changing, changeable	the fundamental characteristic of the Dao
		163/1 lizard head & legs = easy, change	a chameleon <i>or</i> sun & moon	- a logical symbol of changeability - always changing, ever constant - change is the universal constant (the kind of change wherein X replaces Y, as in hexagram lines)
				AS: says the etymology for yi/change is not the same as the etyma for yi/easy. The OB graph shows the contents of one vessel being exchanged with another.
	Yi Wu p. 49			1. change 2. changelessness 3. easiness
	AS: p.569 易 = 移 p.566	yí	change, alter; exchange, substitute	AS: also distinguishes between yí8 and yí9 yí8 connotes a change or alteration of one's character yí9 transfer, displace, migrate; to change course or direction; coming & going
	WL: 移	yí =	move, shift; remove, transplant	
3.	革	gé	renew, reform, renovate; revolution (overthrow)	74/2 – leather, (raw)hide can also mean moult, shed, slough off skin (Hex 49)

Chinese Medical Terminology – Chapter 4 – Basic Terms: Cosmology

#	文	Pīn Yīn	Translation	Notes and Comments
4.	變	biàn	change, alter vary, transmute	everyday change; person getting older, clothing wearing out
S:	变	153/5		yin-negative-entropic change (<i>X changes, but stays X</i>)
5.	化	huà	transform melt	al/chemical transformation, (yang-positive, neg-entropic change)
			metamorphosis morph(ing); evolve, evolving	(<i>X turns into Y</i>) change of form appears magical (tadpole into frog, caterpillar into butterfly)
				Yi Wu p.18 ZZ 1: Kun (great fish) transforms into Peng (huge bird)
	DDJ: 37-19	wan wu jiang zi hua	10,000 things will naturally/self transform	all/10,000 things (the myriad of things) will naturally/self transform
	DDJ: 57-67	wu wei er min zi hua	not do and the people naturally transform	do nothing and people will naturally transform themselves
	SW 8:	bian-hua chu yan	change & transformation come from it	talking about the LI
	SW 8:	hua wu chu yan	transformation of things/substances issue from it	talking about the SI
6.	換	huàn	exchange, substitute	huàn xīn: change + new = renew
7.	更	gēng	change	geng yi = change clothes (euphemism for defecation)
8.	改	gǎi	change, alter	improve(ment) or corrective change Yuan Dao p.56
9.	成	chéng	become (turn into); to finish, complete, accomplish; to succeed at something	ZZ 2.3 says: the organs are cheng /complete, how can there be a ruler among them? calling into question Meng-zi's assertion that the heart is the ruler

Chinese Medical Terminology – Chapter 4 – Basic Terms: Cosmology

Cosmology (continued)

#	文	Pīn Yīn	Translation	Notes and Comments
1.	陰	Yīn	overcast, in the shade, shadow	44/6 – today/now it is cloudy (north side of a hill/mt/slope, south side of a river)
S:	阴		moon	= tai-yin
2.	陽	Yáng	the sun rise(ing) the sunny side	76/52 – the sun rising, above the horizon, rays of light extending like fingers (south side of a hill/mt/slope, north side of a river)
S:	阳		sun	= tai-yang
3.	陰陽 阴 阳	Yīn-Yáng	dark–light	nature's logic of complimentary polarity
			5 Phases	
4.	行	Xíng (hsing)	to take a step, to go on foot; to walk, march; travel	41/5 R. 144 go, do (compare #60 行 step) to circulate; temporarily, pass(ing) through to do, to act, engage in, put into effect behavior, conduct
5.	五行	Wǔ Xíng (wu hsing)	5 Steps- Movements-Stages- Phases	(Elements) 5 Actions-Agents (base 5 counting system)
6.	五材	wu cái	5 Materials	another name for the 5 elements
			5 Elements	Activity (conduct, behaviour) / Power of:
7.	木	mù	wood	beginnings, birth – sprouting <i>initiation, starting, arousing</i>
8.	火	huǒ	fire	growth & development <i>forward momentum, progress</i>
9.	土	tǔ	soil	maturation & ripening – fruition <i>balance, pivot / transition</i>
10.	金	jīn	metal	withering & decline <i>slowing, going back</i>
11.	水	shuǐ	water	death, dormancy; storage – seed <i>conclusion, stopping</i>
			5 Seasons	Element
12.	春	chūn	spring	mu
13.	夏	xià	summer	huo
14.	長夏	cháng xià	long summer	tu
15.	秋	qiū	fall (grain on fire) (burning crops)	jīn
16.	冬	dōng	winter	shui

Chinese Medical Terminology – Chapter 4 – Basic Terms: Cosmology

5 Phase-Element Relationships – Interactions / Interacting

#	文	Pīn Yīn	Translation	Notes and Comments
1.	相	xiāng (hsiang)	mutual inter(relating)	reciprocal, reciprocating
2.	相應	xiāng yìng	mutual answer response, echo	mutually responding, corresponding, correspondence
3.	生	shēng	to engender to produce	engendering, production; to give birth to life; to live
4.	相生	xiāng shēng	mutual generation	mutual creation; inter-promotion too much sheng is an imbalance though (cancer)
5.	不生	bù shēng	not generate failure to produce	sheng cycle operating weakly or insufficiently
6.	母	mǔ	mother	parent
7.	子	zǐ	son	child
8.	相化	xiāng huā	mutually transforming	<ul style="list-style-type: none"> • normal sheng cycle operations wherein wood engenders fire, fire transforms into earth etc. etc. • can also refer to sheng cycle masking the effects of conquest (ex: water conquers fire, but wood masks the effect by generating more fire)
9.	剋 / 克	kè (k'e / k'o)	to restrain, to control	inhibit, subdue , restrict
10.	相克	xiāng kè	mutual control mutually restraining	exercise of normal restraint or control of one element over its grandchild element (wood controls earth, earth controls water etc.)
11.	相制	xiāng zhì	mutual control or checking	<ul style="list-style-type: none"> • normal regulation of elements via the control cycle • can also refer to controlling the control cycle (earth controls water's control over fire)
12.	乘	chéng	invade overwhelm(ing)	exploit, seize; take advantage of; subjugate, conquer too much ke/control is invasive or overwhelming
13.	反	fǎn	to revolt, oppose, counter	counter-attack reverse ke cycle
14.	侮	wǔ	insult humiliate	encroach upon, bully; aggressive/aggression, to rebel against, rebellion (Nigel) reverse sheng cycle
15.	反侮	fǎn-wǔ	rebellion	general reversal of normal order (sheng & ke)
16.	武	wǔ	military, martial	militaristic just to contrast the two third tone wu
17.	五運 六氣	wǔ yùn liù qì	five movements six qì	the movements of the five phase-elements /agents 6 qì = the six climates / meteorological influences
18.	相火	xiàng huǒ	ministerial fire	same xiang as above, but 4th tone
19.	君火	jūn huǒ	sovereign/imperial fire	jūn = lord, ruler, prince; nobility

Chinese Medical Terminology – Chapter 4 – Basic Terms: Cosmology

5 Phase-Element Correspondences

#	文	Pīn Yīn	Translation	Notes and Comments
1.	色	sè	color	skin color/complexion
2.	五色	wǔ sè	the 5 colors	the 5 complexions
3.	青	qīng	blue-green, azure, cyan	mu = the wood color (mu se) with H ₂ O radical = clear, clean, pure
4.	赤	chì	red; bare, naked	huo = the fire color (chi shao = red peony)
5.	黃	huáng	yellow, tan, brown	tu = the earth color (ma huang & huang qi) (Huang Di)
6.	白	bái	white	jīn = the metal color can also mean clear or pure
7.	黑	hēi	black (dull like soot)	shui = the water color (hei zhi ma = black sesame seed)
8.	紅	hóng	red	(hong zao = red dates/jujube)
9.	朱	zhū	vermilion	(硃 zhu sha = cinnabar ore)
10.	褐	hè	of colors = brown	of clothing = coarse (left is clothing radical)
11.	金	jīn	gold/golden	could also mean brass or bronze (yang)
12.	銀	yín	silver	(jīn yīn huā = honeysuckle flowers) (yin)
13.	烏	wū	black (shiny like a crow)	(wū yào = black medicine = linden) (wū-long = oolong = black tea)
14.	玄	xuán	dark (mysterious)	(xuān shēn = dark ginseng = scrofularia)
15.	灰	huī	grey, ashen	cinders, dust, dirt
16.	藍	lán	blue	(bān lán gēn = isatis / indigo)
17.	紫	zǐ	purple, violet	(zǐ huā = violets)
18.	綠	lǜ	green	42/12 = silk with ax over tree lǜ chá = green tea
19.	蒼	cāng	dark/deep, forest green; azure (the color of the sky)	cāng the phonetic = storehouse, warehouse; granary, barn 12/79 = food in an enclosure the color of pine needles (cāng zhū = “red” atracylodes) (top = herb radical)
20.	滄	cāng	blue-green, emerald (the color of water)	same phonetic with water radical

do 1–7 & 11–13 in class finish rows 8–20 for homework

Chinese Medical Terminology – Chapter 4 – Basic Terms: Cosmology

Cosmology (Direction Indicators)

#	文	Pīn Yīn	Translation	Notes and Comments
1.	北	běi	north	Shui/Water
2.	南	nán	south	Huo/Fire Chinese typically orient maps with south at the top
3.	東	dōng	east	Mu/Wood
4.	西	xī	west	Jin/Metal
5.	東北	dong bei	east north	NE
6.	西北	xi bei	west north	NW
7.	東南	dong nan	east south	SE
8.	西南	xi nan	west south	SW
9.	上	shàng	above, upper, superior	associated w/ yang
10.	下	xià	below, lower, inferior	associated w/ yin
11.	中	zhōng	middle, center, central	Earth assoc. w/ neutrality
12.	左	zuǒ	left	smt. used for east and associated w/ yang
13.	右	yòu	right	smt. used for west and associated w/ yin
14.	內	nèi	inside, inner	associated w/ yin
15.	外	wài	outside, outer	associated w/ yang
16.	裏 裡/里	lǐ	interior	associated w/ yin S: characters 裡 = lining 里 is the phonetic, but also used on its own
17.	表	biǎo	exterior	associated w/ yang
18.	前	qián	in front of, before, anterior	earlier in time, before
19.	後	hòu	in back of, behind, posterior	later in time, after, later, latter

Chinese Medical Terminology – Chapter 4 – Basic Terms: Cosmology

Cosmology (Astronomy & Astrology)

#	文	Pīn Yīn	Translation	Notes and Comments
1.	日	rì	sun	<i>also means a day (see p. 52)</i>
2.	月	yuè	moon	<i>also means a month (see p. 52)</i>
3.	星	xīng	star, stars, starlight	
4.	行星	xíng xīng	moving star	means a planet
			5 Planets	
5.	木星	mu xing	wood star	Jupiter
6.	火星	huo xing	fire star	Mars
7.	土星	tu xing	earth star	Saturn
8.	金星	jin xing	metal star	Venus
9.	水星	shui xing	water star	Mercury
				4 Quadrants of the Sky
10.	四宮	Sì Gōng	The Four Palaces	the celestial sphere is divided into four quadrants
11.	東宮	Dōng Gōng	Eastern Palace	associated with Spring
12.	青龍	Qīng Lóng	Blue-Green/Azure Dragon	<i>the dragon's scales are this color associated with Wood</i>
13.	北宮	Běi Gōng	Northern Palace	associated with Winter
14.	玄武	Xuán Wǔ	Dark/Black Warrior	<i>associated with Water</i>
15.	蒼龜	Cāng Guī	Dark-green Turtle	mossy green, the color of turtles
16.	西宮	Xī Gōng	Western Palace	associated with Fall
17.	白虎	Bái Hǔ	White Tiger	<i>associated with Metal</i>
18.	南宮	Nán Gōng	Southern Palace	associated with Summer
19.	朱雀	Zhū Què	Red/Vermilion Bird/Phoenix	<i>associated with Fire</i>

Chinese Medical Terminology – Chapter 4 – Basic Terms: Cosmology

Astronomy: Major Constellations

二十八	Èr-Shí - Bā = 28	宿	Xiù	<i>Constellations</i> <i>aka Lunar Lodges/Mansions/Station</i>
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apa Xiǔ = night-time 休 Xiū = rest

Xiù #	Char.	PīnYīn	Translation	Alternate Names & Explanations
1.	角	Jiǎo	Horn/s	horns and head of the dragon E
2.	亢	Gāng	Neck	the neck of the dragon
3.	氐	Dī	Base , bottom, foundation, floor	shoulders, i.e. base of neck or the dragon's paw
4.	房	Fáng	Room (bedroom)	torso or breast of the dragon
5.	心	Xīn	Heart	heart of the dragon
6.	尾	Wěi	Tail	the tail of the dragon
7.	箕	Jī	Basket , sieve	winnowing basket (the wave/flip of Cang Long's tail)
8.	斗	Dǒu	Dipper , ladle; plow; pipe	aka Nan Dou = Southern Dipper N
9.	牛	Niú	Ox , cow	aka Qiān Niú = herding cows/oxen, i.e. Herd Boy
10.	女	Nǚ	Maiden	aka Xu Nu = Servant Girl
11.	虛	Xū	empty, vacant, Void	unoccupied, wasteland; ruins (lit. Tiger Hill)
12.	危	Wēi	high & steep, Roof top, precipitous	Danger, Peril
13.	室	Shì	House , temple, shrine; ceremonial pyre	aka Ying Shi = Encampment, Camp
14.	壁	Bì	Wall , partition	aka Dong Bi = Eastern Wall of the temple grounds
15.	奎	Kuí	Legs, to Stride ; Astride	Perseus (The Champion) Swine W
16.	婁	Lóu	Hump , mound (a sickle or haystack)	a field where sacrificial animals were kept aka Lǚ = the tether (lit. woman at/of leisure), to wear
17.	胃	Wèi	Stomach	Celestial Granary (grain storehouses)
18.	昂	Mǎo	Cock's Comb	name for the Pleiades
19.	畢	Bì	Net (hunting net, esp. for birds)	hunting funnel (animals were driven into the funnel) a pitchfork
20.	觜	Zuǐ	Beak (bird beak, esp. of a falcon)	the beak of a turtle (Bai Hu's head)
21.	參	Shēn	(ginseng) Triad, Trio, Triplet	three key stars in Orion (Betelgeuse, Bellatrix & Rigel) not the three stars of Orion's belt (Bai Hu's tail)
22.	井	Jǐng	Well	aka Dong Jing = Eastern Well S
23.	鬼	Guǐ	Ghost (spirits of the dead), wisp	aka Yu Gui = Ghost Carriage (souls awaiting incarnation)
24.	柳	Liǔ	(weeping) Willow	(willow was used to wrap the dead) (part of the bird) feathers
25.	星	Xīng	Star (bird star)	aka Qi Xing = 7 Stars
26.	張	Zhāng	(drawn) Bow	Archer Yi's red bow (Red Bird's body/breast/belly)
27.	翼	Yì	Wing(s)	Zhu Que's wings
28.	軫	Zhěn	Carriage or Chariot	the back of a carriage/chariot (tailgate) (tail of the Red Bird)

Chinese Medical Terminology – Chapter 4 – Basic Terms: Cosmology

Numbers & Counting (Mathematics; Counting & Enumeration)

#	文	Pīn Yīn	Translation	Notes and Comments
1.	數	shǔ shù	to count numbers	apa shuò = frequently shù = few, several; fate, destiny (ming-shu=name & #)
	數學	shù-xué	mathematics	xué = to study; the study of (-ology)
2.	一	yī	1	
3.	二	èr	2	
4.	三	sān	3	
5.	四	sì	4	
6.	五	wǔ	5	
7.	六	liù	6	
8.	七	qī	7	
9.	八	bā	8	
10.	九	jiǔ	9	
11.	十	shí	10	
12.	零	líng	zero	
13.	半	bàn	½, half	
14.		shí yī	11	
15.		shí er	12	
16.		shí qī	17	
17.		er shí	20	
18.		san shí	30	
19.		liu shí	60	
20.	百	bǎi	100	
21.		si bai	400	
22.		ba bai	800	
23.		jiu bai wu shi	950	
24.		jiu bai jiu shi jiu	999	
25.	千	qiān	1,000	
26.	萬	wàn	10,000	myriad, all
27.	萬物	wàn wù	10,000 things	objects, substances
28.	第一	dì yī	1st	<i>prefix of enumeration makes into ordinal #</i>
29.		dì er	2nd	
30.		dì san	3rd	
31.	個/个	gè	measure word	<i>generic measure word esp. when enumerating</i>
32.		yī ge	one of	<i>suffix</i>
33.	兩	liǎng	(2) double, a couple	both; dual/duality (unit of wt ~ 30-50 gr)
34.		liang ge	a couple of	a pair of (a few of; some of)

Chinese Medical Terminology – Chapter 4 – Basic Terms: Cosmology

Dates: *follow the order:* *Year – Month – Day*

#	文	Pīn Yīn	Translation	Notes and Comments
1.	年	nián	year	<i>western years are enumerated:</i> er, ling, ling, si = 2004
2.	月	yuè	month	moon p. 39.2
3.	一月	yī yue	January	
4.	三月	san yue	March	
5.	五月	wu yue	May	
6.	十月	shi yue	October	
7.	十一月	shi yi yue	Nov	
8.	十二月	shi er yue	Dec	
9.	日	rì	day	sun p. 39.1 <i>days are also simply enumerated:</i> 1–31
10.	星期	xīng qī	star period /cycle/date	days of the week 1–7
11.	星期一	yī xīng qī	Mon	
12.	星期二	er	Tues	
13.	星期三	san	Wed	
14.	星期六	liu	Saturday	
15.	星期天	tian or ri	Sunday	
16.	昨天	zuò tiān	yesterday	<i>to make or start the day</i>
17.	今天	jīn tiān	today	<i>the present day</i>
18.	明天	míng tiān	tomorrow	<i>bright day</i>
19.	鐘	zhōng	bell	time (as told by a clock/bell)
20.	點	diǎn	a spot	o'clock, the hour
21.	七點鐘	qī dian zhong	7 o'clock	
22.	七點半	qī dian ban	7:30	
23.	時	shí	an hour	double hour (12 hrs in a day / 24 hr period)
24.	小時	xiao shi	small hour	= 1 hr
25.	分鐘	fēn zhong	a minute	a subdivision usu. 1/10th
26.	十五分鐘	shi-wu fen-zhong	15 minutes	
27.	上午	shang wǔ	above wu/noon hr	am fore noon, 7th branch
28.	下午	xià wǔ	below wu/noon hr	pm under/after noon
29.	古	gǔ	ancient	
30.	古人	gǔ rén	ancient people	the ancients

Chinese Medical Terminology – Chapter 4 – Basic Terms: Cosmology

Cosmology (Calendar Science)

#	文	Pīn Yīn	Translation	Notes and Comments
1.	三才	Sān Cái	The 3 Realms, Powers	(M:6660.45 & 5415.75 三才) 材 cái = materials/elements (wu cai is another name for the 5 elements)
2.	天	Tiān (t'ien)	the sky, heavens, firmament	sun — the Celestial / Heavenly Realm
3.	地	Dì (ti)	the earth (planet vs. phase) terra firma	moon — the Terrestrial / Earthly Realm
4.	人	Rén (jen)	a person, human being, an adult	stars — the Human Realm
5.	天干	Tiān Gān	Celestial Stems	干 gān = trunk or stem, main line
6.	十天干	Shí Tiān Gān	10 Celestial Stems	* names for the days of the ancient 10 day week (xún); a ten day or ten year period.
7.	甲	Jiǎ	I	
8.	乙	Yǐ	II	(R.5)
9.	丙	Bǐng	III	
10.	丁	Dīng	IV	
11.	戊	Wù	V	
12.	己	Jǐ	VI	(R.49)
13.	庚	Gēng	VII	
14.	辛	Xīn	VIII	(R.160)
15.	壬	Rén	IX	
16.	癸	Guǐ	X	

Stem #	Stem Name	Char.	Planet	fill in the Polarity	Element	example	fill in the Organs
I	Jiǎ	甲	Jupiter	yang	Wood	conifers	GB
II	Yǐ	乙	Jupiter	yin	Wood	bamboo	Lr
III	Bǐng	丙	Mars	yang	Fire	burning wood	SI
IV	Dīng	丁	Mars	yin	Fire	lamp wick	Ht
V	Wù	戊	Saturn	yang	Soil	hill	ST
VI	Jǐ	己	Saturn	yin	Soil	plains, valleys	Sp
VII	Gēng	庚	Venus	yang	Metal	weapons	LI
VIII	Xīn	辛	Venus	yin	Metal	caldrons/utensils	Lu
IX	Rén	壬	Mercury	yang	Water	waves	BL
X	Guǐ	癸	Mercury	yin	Water	brooks	Kd

Chinese Medical Terminology – Chapter 4 – Basic Terms: Cosmology

Cosmology (Calendrical Science) *cont.*

#	文	Pīn Yīn	Translation	Notes and Comments
1.	地支	Dì Zhī	Terrestrial Branches	lit. branch or branching
2.	十二 地支	Shí-èr Dì Zhī	12 Terrestrial Branches	Earthly Branches
3.	時	shí	hour (double hr.)	time, season
4.	十二時	shí-èr shí	12 hours	* names for the 12 hours of the day, also the 12 years of the Jupiter cycle
		Branch	Hour	Channel
5.	子	zǐ	11pm-1am	GB time/hr (R.39 child, infant)
6.	丑	chǒu	1-3 am	Lr time/hr
7.	寅	yín	3-5 am	Lu time/hr
8.	卯	mǎo	5-7 am	LI time/hr
9.	辰	chén	7-9 am	ST time/hr (R.161 menses, time, early, morning)
10.	巳	sì	9-11 am	Sp time/hr (R.49 snake, embryo)
11.	午	wǔ	11am-1pm	Ht time/hr
12.	未	wèi	1-3 pm	SI time/hr
13.	申	shēn	3-5 pm	BL time/hr
14.	酉	yǒu	5-7 pm	Kd time/hr
15.	戌	xū	7-9 pm	Pc time/hr
16.	亥	hài	9-11 pm	TB time/hr
	生肖	Shēng Xiào	12 Animals	shēng = birth xiào = portrait, likeness
17.	鼠	shǔ	mouse/rat	2008
18.	牛	niú	cow/ox	2009
19.	虎	hǔ	tiger	2010
20.	兔	tù	hare/rabbit	2011
21.	龍	lóng	dragon	2012
22.	蛇	shé	snake	2013
23.	馬	mǎ	horse	2014
24.	羊	yáng	sheep/goat/ram	2015
25.	猴	hóu	monkey	2016
26.	雞	jī	chicken/rooster	2017
27.	犬	quǎn	dog	2018
28.	豬	zhū	pig/boar	2019

Chinese Medical Terminology – Chapter 4 – Basic Terms: Cosmology

Calendar Science – Terrestrial Branch Correspondences

Homework: Fill in the missing information from previous pages

	2		4	5		7	8
Branch #	Branch Name	Char.	Hours	Channels	Animals	Pinyin	English
1	zǐ	子	11pm-1am	GB	鼠	shǔ	mouse/rat
2	chǒu	丑	1-3 am	Lr	牛	niú	cow/ox
3	yín	寅	3-5 am	Lu	虎	hǔ	tiger
4	mǎo	卯	5-7 am	LI	兔	tù	hare/rabbit
5	chén	辰	7-9 am	ST	龍	lóng	dragon
6	sì	巳	9-11 am	Sp	蛇	shé	snake
7	wǔ	午	11am-1pm	Ht	馬	mǎ	horse
8	wèi	未	1-3 pm	SI	羊	yáng	sheep/goat/ram
9	shēn	申	3-5 pm	BL	猴	hóu	monkey
10	yǒu	酉	5-7 pm	Kd	雞	jī	chicken/rooster
11	xū	戌	7-9 pm	Pc	犬	quǎn	dog
12	hài	亥	9-11 pm	TB	豬	zhū	pig/boar

Chinese Medical Terminology – Chapter 4 – Basic Terms: Cosmology

Stems & branches interact (base 10 meets base 12 counting)

六十花甲 Liù Shí Huā Jiǎ =

The 60 flowerings/blooms/blossoms/petals of Jia

The Cycle of Sixty / Sexagenary Cycle

• 6 cycles of 10

• Using Roman numerals for the ten Stems and Arabic numbers for the twelve branches

S & B #'s	Stem-Branch	Element-Animal	S & B #'s	Stem-Branch	Element-Animal
I.1	Jia-zi	Wood-rat	I.7	Jia-wu	Wood-horse
II.2	Yi-chou	Wood-ox	II.8	Yi-wei	Wood-goat
III.3	Bing-yin	Fire-tiger	III.9	Bing-shen	Fire-monkey
IV.4	Ding-mao	Fire-rabbit	IV.10	Ding-you	Fire-rooster
V.5	Wu-chen	Earth-dragon	V.11	Wu-xu	Earth-dog
VI.6	Ji-si	Earth-snake	VI.12	Ji-hai	Earth-boar
VII.7	Geng-wu	Metal-horse	VII.1	Geng-zi	Metal-rat
VIII.8	Xin-wei	Metal-goat	VIII.2	Xin-chou	Metal-ox
IX.9	Ren-shen	Water-monkey	IX.3	Ren-yin	Water-tiger
X.10	Gui-you	Water-rooster	X.4	Gui-mao	Water-rabbit
I.11	Jia-xu	Wood-dog	I.5	Jia-chen	Wood-dragon
II.12	Yi-hai	Wood-boar	II.6	Yi-si	Wood-snake
III.1	Bing-zi	Fire-rat	III.7	Bing-wu	Fire-horse
IV.2	Ding-chou	Fire-ox	IV.8	Ding-wei	Fire-goat
V.3	Wu-yin	Earth-tiger	V.9	Wu-shen	Earth-monkey
VI.4	Ji-mao	Earth-rabbit	VI.10	Ji-you	Earth-rooster
VII.5	Geng-chen	Metal-dragon	VII.11	Geng-xu	Metal-dog
VIII.6	Xin-si	Metal-snake	VIII.12	Xin-hai	Metal-boar
IX.7	Ren-wu	Water-horse	IX.1	Ren-zi	Water-rat
X.8	Gui-wei	Water-goat	X.2	Gui-chou	Water-ox
I.9	Jia-shen	Wood-monkey	I.3	Jia-yin	Wood-tiger
II.10	Yi-you	Wood-rooster	II.4	Yi-mao	Wood-rabbit
III.11	Bing-xu	Fire-dog	III.5	Bing-chen	Fire-dragon
IV.12	Ding-hai	Fire-boar	IV.6	Ding-si	Fire-snake
V.1	Wu-zi	Earth-rat	V.7	Wu-wu	Earth-horse
VI.2	Ji-chou	Earth-ox	VI.8	Ji-wei	Earth-goat
VII.3	Geng-yin	Metal-tiger	VII.9	Geng-shen	Metal-monkey
VIII.4	Xin-mao	Metal-rabbit	VIII.10	Xin-you	Metal-rooster
IX.5	Ren-chen	Water-dragon	IX.11	Ren-xu	Water-dog
X.6	Gui-si	Water-snake	X.12	Gui-hai	Water-boar

* On the next page fill in the Element-Animal column and then color code using the 5 phase colors.

Chinese Medical Terminology – Chapter 4 – Basic Terms: Cosmology

Begins in –2697, the first year of the reign of Huang Di (Yellow Emperor). The present cycle began in 1984.

- 1984 began the 79th cycle of 60 years & the 27th group of 180 years. (shang-zhong-xia = upper, middle & lower 60)
- 2005 is the 22nd year of this cycle. The Chinese year is: 4703* (odd #'s are yang years, even #'s are yin)
- Chinese (Lunar) New Year [Beginning of Spring] was: 2-09-05 It was a Yi-you / Wood-Rooster year.

• 5 cycles of 12

• Using Arabic numbers for the sexagenary numbers

see inside back cover for 25 years of Chinese New Year dates

1-60	Stem	Branch	Element-Animal	1-60	Stem	Branch	Element-Animal
1.	Jia	zi	Wood-rat	31.	Jia	wu	Wood-horse
2.	Yi	chou	Wood-ox	32.	Yi	wei	Wood-goat
3.	Bing	yin	Fire-tiger	33.	Bing	shen	Fire-monkey
4.	Ding	mao	Fire-rabbit	34.	Ding	you	Fire-rooster
5.	Wu	chen	Earth-dragon	35.	Wu	xu	Earth-dog
6.	Ji	si	Earth-snake	36.	Ji	hai	Earth-boar
7.	Geng	wu	Metal-horse	37.	Geng	zi	Metal-rat
8.	Xin	wei	Metal-goat	38.	Xin	chou	Metal-ox
9.	Ren	shen	Water-monkey	39.	Ren	yin	Water-tiger
10.	Gui	you	Water-rooster	40.	Gui	mao	Water-rabbit
11.	Jia	xu	Wood-dog	41.	Jia	chen	Wood-dragon
12.	Yi	hai	Wood-boar	42.	Yi	si	Wood-snake
13.	Bing	zi	Fire-rat	43.	Bing	wu	Fire-horse
14.	Ding	chou	Fire-ox	44.	Ding	wei	Fire-goat
15.	Wu	yin	Earth-tiger	45.	Wu	shen	Earth-monkey
16.	Ji	mao	Earth-rabbit	46.	Ji	you	Earth-rooster
17.	Geng	chen	Metal-dragon	47.	Geng	xu	Metal-dog
18.	Xin	si	Metal-snake	48.	Xin	hai	Metal-boar
19.	Ren	wu	Water-horse	49.	Ren	zi	Water-rat
20.	Gui	wei	Water-goat	50.	Gui	chou	Water-ox
21.	Jia	shen	Wood-monkey	51.	Jia	yin	Wood-tiger
22.	Yi	you	Wood-rooster	52.	Yi	mao	Wood-rabbit
23.	Bing	xu	Fire-dog	53.	Bing	chen	Fire-dragon
24.	Ding	hai	Fire-boar	54.	Ding	si	Fire-snake
25.	Wu	zi	Earth-rat	55.	Wu	wu	Earth-horse
26.	Ji	chou	Earth-ox	56.	Ji	wei	Earth-goat
27.	Geng	yin	Metal-tiger	57.	Geng	shen	Metal-monkey
28.	Xin	mao	Metal-rabbit	58.	Xin	you	Metal-rooster
29.	Ren	chen	Water-dragon	59.	Ren	xu	Water-dog
30.	Gui	si	Water-snake	60.	Gui	hai	Water-boar

Chinese Medical Terminology – Chapter 4 – Basic Terms: Cosmology

Calendar Science – Solar Periods

二 十 四	Èr-Shí-Sì =24	節 氣	Jié Qì	Nodes of Qi = Solar Terms/Periods*
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Node #	Characters	Pīn Yīn	Translation
1.	冬 至	Dōng Zhì	Winter Arrives = Solstice
2.	小 寒	Xiǎo Hán	Small/Slight Cold
3.	大 寒	Dà Hán	Big/Great Cold
4.	立 春	Lì Chūn	Spring Stands Up / Begins
5.	雨 水	Yǔ Shuǐ	Rain & Water (Flow)
6.	驚 蟄	Jīng Zhé	Awakening of Insects
7.	春 分	Chūn Fēn	Spring Divide = Equinox
8.	清 明	Qīng Míng	Clear & Bright
9.	穀 雨	Gǔ Yǔ	Grain Rains (gentle showers)
10.	立 夏	Lì Xià	Summer Stands Up / Begins
11.	小 滿	Xiǎo Mǎn	Small Fullness
12.	芒 種	Máng Zhǒng	Awns/Beards/Bristles (corn tassels) Seeds/Swell/Plump/Ripen
13.	夏 至	Xià Zhì	Summer Arrives = Solstice
14.	小 暑	Xiǎo Shǔ	Small/Slight Summer-Heat
15.	大 暑	Dà Shǔ	Big/Great Summer-Heat
16.	立 秋	Lì Qiū	Autumn Stands Up / Begins
17.	處 暑	Chǔ Shǔ	End of Summer-Heat
18.	白 露	Bái Lù	White Dew
19.	秋 分	Qiū Fēn	Autumn Divide = Equinox
20.	寒 露	Hán Lù	Cold Dew
21.	霜 降	Shuāng Jiàng	Frosts Descend
22.	立 冬	Lì Dōng	Winter Stands Up / Begins
23.	小 雪	Xiǎo Xuě	Small/Light Snow
24.	大 雪	Dà Xuě	Big/Heavy Snow









*Each Solar Period (aka Solar Breath) is ~15 days or half a month/fortnight long, therefore 6 nodes = one Season
The soltices and equinoxes are the midpoints of the seasons

二 至 èr zhì = two solstices
lit. two arrivals

二 分 èr fēn = two equinoxes
two partings / subdivisions

Chinese Medical Terminology – Chapter 4 – Basic Terms: Cosmology

Divination Science – Trigrams

#	文	Pīn Yīn	Translation	Notes and Comments	
1.	卦	Guà	divination symbols/diagrams	70/11	
	圭	phonetic: guī	jade tablet symbolizing feudal authority	70/7 = earth doubled = feudal land	
	卜	radical: bǔ	to divine	26/1 = (picture of cracks in tortoise shells)	
2.	八卦	Ba Guà	8 Trigrams <i>do this column in class</i>	gua can refer a trigram or a hexagram liu shi si gua = 64 hexagrams	
3.	乾	Qián (Ch'ien)	Heaven	<u>Stands For:</u> Creative, Vigor	
4.	坤	Kūn (K'un)	Earth	Receptive, Quietude, Fecundity, Productivity	
5.	離	Lí (Li)	Fire	Light, Brightness Illumination, Clinging	
6.	坎	Kǎn (K'an)	Water	Darkness, Danger	
7.	震	Zhèn (Chen)	Thunder (claps)	Initiating, Arousing Shocking	
8.	巽	Xùn (Sun)	Wind	Gentle, Deferent Reverent	
9.	兌	Duì (Tui)	Lake (marsh)	Joyous, Reflective	
10.	艮	Gèn (Ken)	Mountain	barrier Stop, Cease, Desist Keep Still	
* 8 hexagrams are composed of the same trigram doubled:				1&2 29&30 //	51&52 57&58

Chinese Medical Terminology – Chapter 4 – Basic Terms: Cosmology

Divination Science – Trigrams (cont.)

Homework: Fill in the *missing information* (C: 1–4) using previous pages. *Study* the new information

1. Character <i>draw Hex. Graph below</i>	2. Pin-yin	3. Natural Image	4. Attribute	5. Element	6. Body Part	7. Family Member
乾 ䷀ 三陽	Qián	Heaven	Creativity Vigorous	yang Metal	head	Father
坤 ䷁ 三陰	Kūn	Earth	Receptivity Fertility	yin Earth	abdomen womb	Mother
離 ䷄ 離火	Lí	Fire	Illuminating Intelligent Wisdom	Fire	eyes	2nd daughter
坎 ䷜ 坎水	Kǎn	Water	Darkening	Water	ears	2nd son
巽 ䷸ 巽風	Xùn	Wind	Gentility Reverence Deference	yin Wood	thighs/legs vagina	1st daughter
震 ䷲ 震雷	Zhèn	Thunder	Initiator Impulsive Shocking	yang Wood	feet	1st son
兌 ䷹ 兌澤	Duì	Lake	Joyful Reflective	yin Metal	mouth	3rd daughter
艮 ䷳ 艮山	Gèn	Mt	Stop, Desist Stillness	yang Earth	hands	3rd son

Chinese Medical Terminology – Chapter 4 – Basic Terms: Cosmology

The 12 Lunar Hexagrams (Guà)

(gua can refer to a trigram or a hexagram)

This chart shows the correlation between the branch # and the hexagram graph on the one hand, and the discrepancy between the branch # and the current moon # on the other. (see Ni p.37, 54, 72, 73)

Earthly Branch	Lunar Month	Moon (offset by 2)	Graph (yin & yang increase & decrease)	Hexagram (# & Name)	Organ (corresponds to Branch & hence to the Gua)
1. Zi	Dec/Jan	11th		#24 復 Fu <u>Re-Turn</u> yang/light returns	GB
2. Chou	Jan/Feb	12th		#19 臨 Lin <u>Approach</u> spring approaching	Lr
3. Yin	Feb/Mar	1st		#11 泰 Tai <u>Flowing, Growing</u> V. equinox: Heaven on Earth	Lu
4. Mao	Mar/Apr	2nd		#34 大壯 Da Zhuang <u>Big & Strong</u> robust growth	LI
5. Chen	Apr/May	3rd		#43 夬 Guài <u>Bursting Out/Forth</u> <u>Expel</u> expel the yin	ST
6. Si	May/June	4th		#1 乾 Qian <u>Vigorous</u> S. solstice: active, creative	Sp
7. Wu	June/July	5th		#44 姤 Gou <u>Re-Enter</u> yin returns	Ht
8. Wei	July/Aug	6th		#33 遯 Dun <u>Withdraw/Retreat</u> yang retreats	SI
9. Shen	Aug/Sept	7th		#12 否 Pi <u>Not Flowing, Blocked</u> <u>Stop Growing</u> A. equinox: standstill	BL
10. You	Sept/Oct	8th		#20 觀 Guan <u>Contemplate</u> darkness grows – go inside	Kd
11. Xu	Oct/Nov	9th		#23 剝 Bo <u>Stripped</u> leaves fall / trees bare yang collapses	Pc
12. Hai	Nov/Dec	10th		#2 坤 Kun <u>Quietude</u> W. solstice: rest, rejuvenate	TB

Chinese Medical Terminology – Chapter 4 – Basic Terms: Cosmology

The Five Virtues

德 Dé is the character usually translated as ‘**virtue**’, sometimes as ‘**morality**’, or as *the* ‘**power**’ of (virtue)

#	文	Pīn Yīn	Translation	Notes and Comments
1.	五常	Wu Cháng	5 Constants	= Virtues aka 五行 Wǔ-Xíng = the 5 Virtues (see footnote below = 5 aspects of conduct)
2.	仁	Rén	benevolence , kindness; (love, compassion)	I often translate as humane(ness) or humanity (relationship, betw 2 people) East/Wood/Zhen
3.	禮	Lǐ	(the) rites , ritual; propriety , etiquette, courtesy, politeness	the behavior that goes with the performance of sacred acts contrast with 理 lǐ = principle(s) South/Fire/Li
4.	知 智	Zhī or Zhì	<i>verb</i> : to know, be aware of, realize as <i>noun</i> = knowledge . means to know yourself.	智 zhì = wisdom , intelligence, resourceful; wise 質 zhì = nature, character, disposition, quality 治 zhì = to govern, rule, administrate 志 zhì = will, aspire to, ambition (Kd spirit) Center/ Soil/ all 8 gua
5.	義	Yì	righteousness justice (that which is just) right (that which is right)	what is right – this is contextual, therefore yi = appropriateness (right thing at the right time) that which benefits everyone (greatest good for greatest number); not self righteous West/Metal/Dui
6.	信	Xìn	loyalty, trust , faith ; honesty, sincerity, keep a promise	trustworthy, trustworthiness , sincerity, integrity stand by your word – allegiance North/H₂O/Kan

In ‘The 5 Aspects of Conduct’ 五行篇 Wǔ-Xíng Piān, 聖 shèng/sagacity is used instead of xin/trust/faith.

It is worth noting that in the MWD texts, this text follows the 道德經 Dao De Jing on the same silk.

There is a Guo Dian text called Liu De = 6 Virtues, that uses ren, yi, & li. (see Holloway p. 35)

In any case the five were not absolutely fixed or rigidly applied.

They were connected to the Confucians much later, probably by Western missionaries.

Chinese Medical Terminology – Chapter 4 – Basic Terms: Cosmology

Qi Gong & Martial Arts Terms

#	文	Pīn Yīn	Translation	Notes and Comments
1.	氣功	Qì Gōng (Ch'ì Kung)	energy work	qi + a carpenter's square – craftsmanship
2.	內功	Nèi Gōng	internal work/cultivation	meditative
3.	內丹	Nèi Dān	internal elixir/alchemy	dan = cinnabar = elixir = transformative
4.	外功	Wài Gōng	external work/development	physical work/development
5.	功夫	Gōng Fū (Kung Fu)	work + labor, effort, skill, ability	craftsmanship, skilled labor / refinement of qi work/practice over time leads to skillfulness time / endurance & sweat = skill = mastery
6.	吃苦	chī kǔ	eat bitter	i.e. hardship yields results / no pain, no gain (suck it up)
7.	少林	shào lín	young forest/grove	famous Buddhist martial arts monastery
8.	寺	sì	monastery, temple; mosque	esp. Buddhist/Fo gov't. office
9.	觀	guàn	a Daoist temple	same char: guān = look, see, view; an observatory (H:20)
10.	導引	Dǎo Yǐn	to lead & guide (the qi)	often referred to as Daoist Breathing Exercises
11.	太極拳	Tài Jí Quán (T'ai Chi Ch'uan)	very peak, pinnacle (summit) fist boxing	smt called Chinese shadow boxing the ultimate/consummate martial art
12.	無極	Wú Jí	no, none, without – a summit/pole	before the beginning of time & space primordial state / no-thing-ness
13.	武術	Wǔ Shù	military i.e. martial arts/skill	now = acrobatic gymnastics
14.	武藝	Wǔ Yì	military/martial skill	i.e. one skilled in wu shu
15.	意拳	Yì Quán	mind boxing	mental focus (struggle with your demons)
16.	意	Yì	idea, opinion, view; intention; meaning	Sp spirit
17.	憶	Yì	recall, recollect, think over, remember, reflection	Ht rad. on left = mental activity (mentation)
18.	臆	Yì	chest, breast, bosom; subjective	w/ flesh rad (Ht-Sp relation & blood)

Chinese Medical Terminology – Chapter 4 – Basic Terms: Cosmology

Qi Gong & Martial Arts Terms (cont.)

#	文	Pīn Yīn	Translation	Notes and Comments
19.	形意拳	Xíng Yì Quán (Hsing I Ch'uan)	body-mind boxing	xíng = form, shape, appearance of; body / training body & mind the form of mind boxing merging of thought & action [based on wu xing]
20.	八卦掌	Bā Guà Zhǎng (Pa Kua Chang)	8 (Trigram) Palms	walking the dragon circle, 8 palm changes
21.	筋經功	Jīn Jīng Gōng	sinew & channel work	based on Yi Jin Jing = Change Sinew Classic & Xi Sui Jing = Wash Marrow Classic both attrib. to Da Mo/Bodhidharma
22.	六音訣	Liù Yīn Jué	6 Sound/Syllable Secret	same yin as in pinyin jué = rhymed formula, tricks of the trade, knack; secret of success, key to success (the sounds are silent) organ cleansing, channel clearing exercises (attrib. to Sun Si Miao ~7th c.)
23.	小周天	Xiǎo Zhōu Tiān	small round/circular sky	the smaller heavenly circuit / microcosmic orbit
24.	大周天	Dà Zhōu Tiān	big round/circular sky	the bigger heavenly circuit / macrocosmic orbit
25.	老師	lǎo shī	teacher	lit. old, i.e. venerable teacher/master
26.	師傅 師父	• shī fù • shī fù	• master craftsman, expert, experienced worker • master, teacher, tutor	(sifu in Japanese) terms of respectful address
27.	丹田	dān tián	cinnabar / elixir + field	cultivation alchemical transformation (qi into jing, jing into shen)
28.	上	shàng	upper	3rd eye
29.	中	zhōng	middle	chest/heart
30.	下	xià	lower	lower abd / hypogastrium / below umbilicus
4 Key Points in Qi Gong Practice				
31.	百會	Bǎi Huì	100 Meet/Converge	GV-20 top of the head
32.	會陰	Huì Yīn	Meet/Converge in a yin place	CV-1 perineum
33.	湧泉	Yǒng Quán	Bubble(ing) Spring	KD-1 soles of the feet
34.	勞宮	Láo Gōng	Labor(er's) Palace	PC-8 center of the palms

小周天 Xiǎo Zhōu Tiān / Micro Orbit – Circulating Qi through Gua & Points / Gates

circulation cleanses and purifies, refining the qi

65

Writing Practice for Basic Terms

*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.*

** Initially I recommend using a somewhat blunt pencil **

Chinese Medical Terminology – Chapter 4 – Basic Terms Writing Practice

tone	char.	strokes	definition	Cosmology (p. 43-45)					(say the word every time you write it)		
Dao	道	12									
Yi	易	8									
Hua	化	4									
Ge	革	9									
Yin	陰	10									
Yang	陽	11									
yin	陰	6									
yang	陽	6									

9 boxes

pinyin		try to write from memory					cover above & character with index card				
	道										
	易										
	化										
	革										
	陰										
	陽										
	陰										
	陽										

10 boxes

Chinese Medical Terminology – Chapter 4 – Basic Terms Writing Practice

first write the pinyin, then write characters from memory

Cosmology (cont.)

shuffle

	陽													
	革													
	陰													
	道													
	陰													
	易													
	陽													
	化													

13 boxes

pinyin

try to write smaller

shuffle

	陰													
	陽													
	化													
	陽													
	陰													
	革													
	易													
	道													

13 boxes

Chinese Medical Terminology – Chapter 4 – Basic Terms Writing Practice

tone char. strokes

Five Phases (p. 45-46)

wu	五													
xing	行													
mu	木													
huo	火													
tu	土													
jin	金													
shui	水													
xiang	相													
sheng	生													
ke	剋							克						

12 boxes

pinyin

try to write from memory

	行													
	木													
	火													
	土													
	金													
	水													

13 boxes

Chinese Medical Terminology – Chapter 4 – Basic Terms Writing Practice

pinyin 文 strokes

Colors (p. 47)

se	色	6												
qing	青	8												
chi	赤	7												
huang	黃	12												
bai	白	5												
hei	黑	12												
hóng	紅													
zhū	朱													
hè	褐													
jīn	金													
yín	銀													
wū	烏													
xuán	玄													
huī	灰													
lán	藍													
zǐ	紫													
lǜ	綠													

12 boxes

Chinese Medical Terminology – Chapter 4 – Basic Terms Writing Practice

pinyin 文 strokes

Directions (p. 48)

bei	北	5												
nan	南	9												
dong	東	8												
xi	西	6												
zhong	中	4												
shang	上													
xia	下													
nei	內													
wai	外													
li	裏							里						
biao	表													
qian	前													
hou	後													
zuo	左													
you	右													

12 boxes

Chinese Medical Terminology – Chapter 4 – Basic Terms Writing Practice

pinyin 文 strokes

Numbers & Dates (p. 51-52)

san	三																
si	四																
wu	五																
liu	六																
qi	七																
ba	八																
jiu	九																
shi	十																
bai	百																
qian	千																
wan	萬											万					
nian	年																
yue	月																
ri	日																
xing	星																
qi	期																
zhong	鐘																
dian	點																
shi	時																
fen	分																
gu	古																

0.4 x 0.4 = 15 boxes

Chinese Medical Terminology – Chapter 4 – Basic Terms Writing Practice

pinyin 文 strokes

The Three Realms (p. 53)

tian	天												
di	地												
ren	人												

pinyin 文 strokes

Tian Gan (p. 53)

jia	甲												
yi	乙												
bing	丙												
ding	丁												
wu	戊												
ji	己												
geng	庚												
xin	辛												
ren	壬												
gui	癸												

0.5 x 0.5 = 12 boxes
20 pt

tian	天															
di	地															
ren	人															

0.4 x 0.4 = 18 boxes

Chinese Medical Terminology – Chapter 4 – Basic Terms Writing Practice

pinyin	文	strokes												
zi	子													
chou	丑													
yin	寅													
mao	卯													
chen	辰													
si	巳													
wu	午													
wei	未													
shen	申													
you	酉													
xu	戌													
hai	亥													

0.5 x 0.5 = 12 boxes

Notice the similarities between the following characters:

甲 jia = 1st stem

申 shen = 9th branch

己 jǐ = 6th stem R.49 the self; personal, private

巳 sì = 6th branch a fetus, embryo (in the womb), or a snake

已 yǐ = *orig.*: exhalation; *implication*: to the last breath; to expire, terminate
modern: already, finished; past, come to an end

ZW 57/1, 58/1, 58/3

Wieger L.84A

Wieger L.85A

Wieger L.85B

Chinese Medical Terminology – Chapter 4 – Basic Terms Writing Practice

pinyin 文 graph

Ba Gua (p. 59-60)

gua	卦												
qian	乾												
kun	坤												
li	離												
kan	坎												
zhen	震												
sun	巽												
gen	艮												
dui	兌												

pinyin 文

Five Virtues (p. 62)

wu	五												
chang	常												
ren	仁												
li	禮												
zhi	知												
yi	義												
xin	信												
sheng	聖												

0.45 x 0.5 = 12 boxes

Chinese Medical Terminology – Chapter 4 – Basic Terms Writing Practice

Hex. #	pinyin	文	transl.	Lunar Hexagrams (p. 61)							
24	Fu	復									
19	Lin	臨									
11	Tai	泰									
34	Da	大									
	Zhuang	壯									
43	Guai	夬									
1	Qian	乾									
44	Gou	姤									
33	Dun	遯									
12	Pi	否									
20	Guan	觀									
23	Bo	剝									
2	Kun	坤									

0.6 x 0.6 = 12 rows x 10 boxes

Chinese Medical Terminology – Chapter 4 – Basic Terms Writing Practice

pinyin 文

Qi Gong (p.63-64)

qi	氣												
gong	功												
fu	夫												
dao	導												
yin	引												
tai	太												
ji	極												
quan	拳												
wu	無												
ji	極												
jīn	筋												
jīng	經												
da	大												
xiao	小												
zhou	周												
tian	天												
dan	丹												
tian	田												
qi	氣												

0.45 x 0.5 = 18 rows x 12 boxes

Chinese Medical Terminology – Chapter 4 – Basic Terms Writing Practice

tone char.

Tian Gan (p. 53)

Jia	甲																		
Yi	乙																		
Bing	丙																		
Ding	丁																		
Wu	戊																		
Ji	己																		
Geng	庚																		
Xin	辛																		
Ren	壬																		
Gui	癸																		

16 boxes

tone char.

Di Zhi (p. 54)

zi	子																		
chou	丑																		
yin	寅																		
mao	卯																		
chen	辰																		
si	巳																		
wu	午																		
wei	未																		
shen	申																		
you	酉																		
xu	戌																		
hai	亥																		

20 boxes

Chinese Medical Terminology – Chapter 4 – Basic Terms Writing Practice

0.3 inch within 0.6 inch squares

This image shows a full page of graph paper. It features a uniform grid of small squares. In the upper right-hand corner, there is a printed label that reads "0.5 inch Minus 0.5 inch Squares". The rest of the page is left blank for drawing or writing.

Big squares = 15 rows x 12 columns small squares = 30 rows x 24 columns

Chapter 5

Geography

- *Terms*
- *Provinces*
- *Map*

Chinese Medical Terminology – Chapter 5 – Geography

Geographical Terms

#	文	Pīn Yīn	Translation	Notes and Comments
1.	山	shān	mountain	mt range
2.	岳	yuè	a lofty mt; sacred mt	
3.	五岳	Wǔ Yuè	5 Sacred Mts	see Sacred Mts in Chinese Art p.49
4.	嵩	sōng	of mts, high, lofty	a peak
5.	五嵩	Wǔ Sōng	the 5 Peaks	sacred mts
6.	泰山	Tài shān	exalted, honored, extensive	(H.11) aka Dong yue = east mt Shandong
7.	衡山	Héng shān	to weigh, balance, judge	aka Nan yue = south mt Hunan
8.	華山	Huá shān	splendid, glorious, elegant; China	aka Xi yue = west mt Shaanxi
9.	恆山	Héng shān	constant, permanent, enduring	(H.32) aka Bei yue = north mt Shanxi
10.	嵩山	Sōng shān	high, lofty, eminent	highest of the 5 Peaks aka Zhong yue = central mt Henan
11.	海	hǎi	ocean, sea	CV-6 = Qi Hai BL-24 = Qi Hai Shu Sp-10 = Xue Hai Kd-6 = Zhao Hai Ht-3 = Shao Hai SI-8 = Xiao Hai
12.	灣	(hǎi)wān	gulf, bay	Taiwan
13.	峽	(hǎi)xià	strait	
14.	四海	Sì Hǎi	4 Seas of China	there are also four seas in the body
15.	渤海	Bó hǎi	Bo sea	
16.	黃海	Huáng hǎi	Yellow sea	
17.	東海	Dōng hǎi	East [China] sea	
18.	南海	Nán hǎi	South [China] sea	
19.	湖	hú	lake	the provinces of Hubei & Hunan
20.	湖濱	hú bīn	lakeside, lakeshore	bin = shore, coast, beach Bin Hu = Li Shi Zhen (Lakeside Master)
21.	五湖	Wǔ Hú	the Five Lakes	M:2168 (modern classification)
22.	鄱陽湖	Pó yáng hú	Po yang lake	M:5352 Jiangxi biggest freshwater lake
23.	丹陽湖	Dānyáng hú	Cinnabar/elixir yang lake	Jiangsu
24.	洞庭湖	Dòng Tīng hú	Courtyard of Understanding lake	Jiangsu 2nd
25.	太湖	Tài hú	Great lake	Jiangsu 3rd
26.	青草湖	Qīng Cǎo hú	Blue-green Grass lake	Hunan
27.	西湖	Xī hú	West lake	Zhejiang Hangzhou

Chinese Medical Terminology – Chapter 5 – Geography

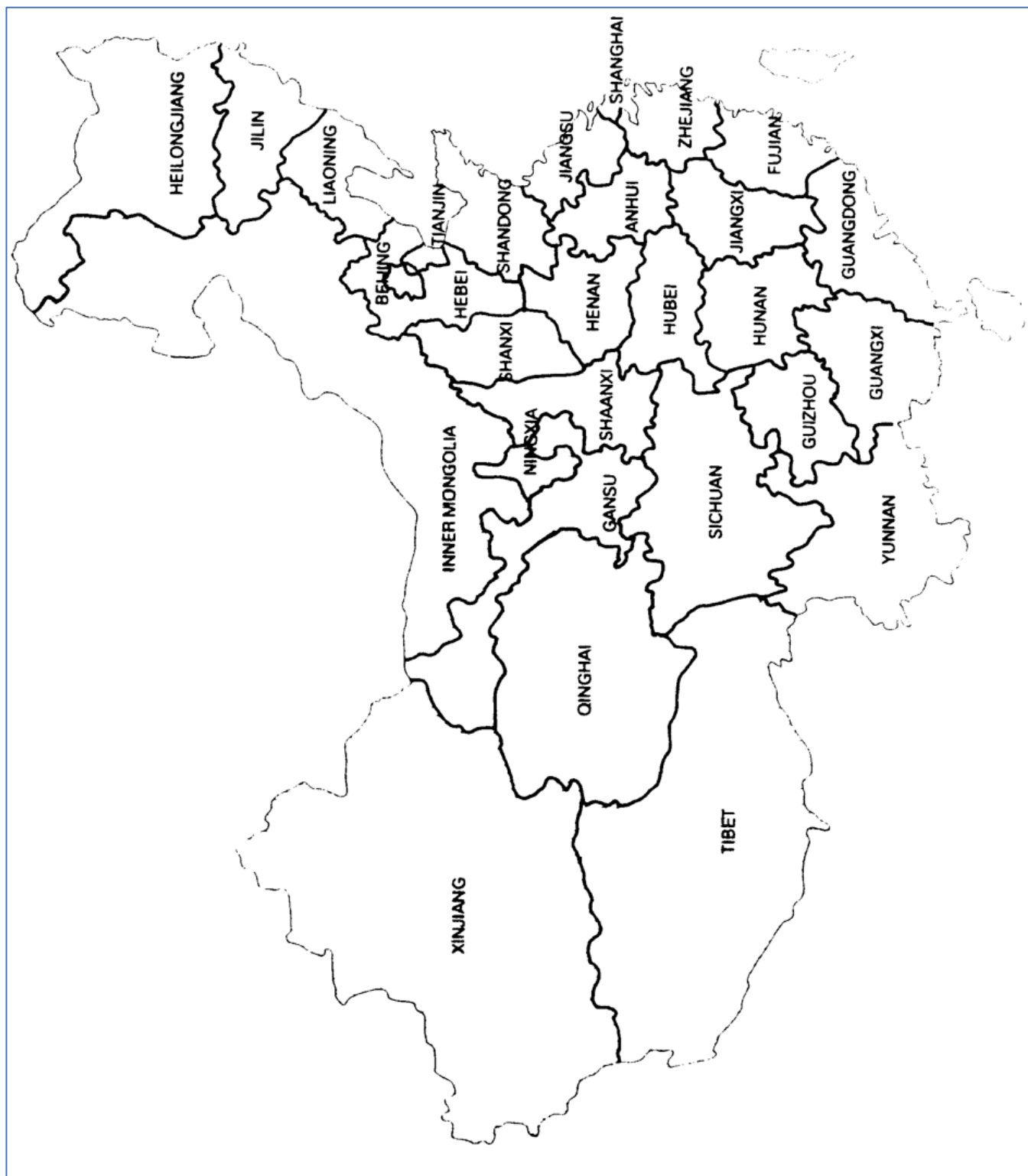
#	文	Pīn Yīn	Translation	Notes and Comments
1.	河	Hé	river	a river, canal
2.	江	Jiāng	river	a large river
3.	川	Chuān	river	a river, creek; plain
4.	四川	Sì Chuan	4 Rivers	name of a province
5.	長江	Chang jiang	Long river (Yangzi, Yangtze)	longest: ~4,000 miles
6.	黃河	Huang he	Yellow river	2nd longest: ~3,400 miles (siltiest)
7.	黑龍江	Hei long jiang	Black Dragon river	forms border with Russia
8.	經	jīng	river, channel	Lu-8 Jing Qu = Rivers & Canals
9.	渠	qú	ditch, canal, tributary (man made)	Lu-8 Jing Qu = Channels & Tributaries (collaterals)
10.	瀆/瀆	dú	ditch, drain, river	TB-9 = Sì Du = 4 Ditches/river GB-32 = Zhong Du = Central Ditch/river
11.	溝	gōu	irrigation ditch, gutter trench, trough, gulley	Lr-5 = Lì Gou = Woodworm Groove TB-6 = Zhī Gou = Branch Ditch GV-26 = Shuǐ Gou = Water Trough
12.	泉	quán	a spring	8 pts
13.	澤	zé	marsh, swamp, wetlands, estuary	SI-1 = Shào Ze = Lesser Marsh Pc-3 = Qū Ze = Marsh at the Crook Lu-5 = Chǐ Ze = Cubital Marsh

Provinces

#	文	Pīn Yīn	Translation	Notes and Comments
1.	國	guó	country, nation, kingdom	3rd largest country (Russia = 1st, Canada = 2nd)
2.	中國	zhong guo	middle kingdom(s) = China	most populous nation (India is 2nd)
3.	州	zhōu	state, county, prefecture	ancient regional administrative units that became the basis for provinces
4.	省	shěng	province	21 provinces
5.	自治區	zì zhì qū	autonomous region	5 = Tibet, Inner Mongolia, Ning-Xia, Xin-Jiang, & Guang-Xi
6.	市	shì	municipality, district	3 = Beijing, Shanghai, & Tianjin (Hong Kong) [like D.C.]
7.	都	dū	a big city, capitol of a district	Sp-2, Da Du; Lr-6, Zhong Du; Kd-19, Yin Du

Chinese Medical Terminology – Chapter 5 – Geography

Number the Provinces on this map using the province numbers from the next page. Then color.



(The islands are: Taiwan off the coast of Fujian, and Hainan is south of Guangdong)

Chinese Medical Terminology – Chapter 5 – Geography

Names of Provinces

Translate the names of the Provinces then Number the provinces on the map

(see Wilkinson p.137)

#	OldMaps	Province	Translation	Capitol (or major city)	Ethnicity
1.	Hei Lung Chiang	Hei Long Jiang	Black Dragon River	Harbin (Hā ěr bīn)	
2.	Chilin	Jilin	Lucky Forest (along the Songhua R.)	Changchun	
3.	Liaoning	Liaoning	Far-away & Tranquil (Liao R.)	Shenyang	
4.	Hopei	Hebei	North of the He River	Beijing (Peking) Tianjin (Tien Tsin)	
5.	Honan	Henan	South of the He River	Zhengzhou, Kaifeng	
6.	Hupeh	Hubei	North of (Dongting) Hu/lake	Wuhan	
7.	Hunan	Hunan	South of (Dongting) Hu/lake	Xiangtan, Changsha	
8.	Kwangsi	<i>Guangxi</i>	Expand/Extend West(ward)	Nanning, Guilin	<i>Zhuang</i>
9.	Kwangtung	Guangdong	Expand/Extend East(ward)	Guangzhou (Canton) Hong Kong	
10.	Fukien	Fujian	Good Fortune Build	Fuzhou (Foochow)	
11.	Kiangsi	Jiangxi	Western regions south of the Jiang	Nanchang	
12.	Chekiang	Zhejiang	Zhe River (old name for Qiantang)	Hangzhou	
13.	Anhwei	Anhui	Peaceful & Beautiful (M:2354)	Hefei	
14.	Kiangsu	Jiangsu	Rivers Revive (refers to Suzhou)	Nanjing, Shanghai Suzhou	
15.	Shantung	Shandong	East of the Taihang Mts.	Jinan, Qingdao (Tsing Tao)	
16.	Shansi 山	Shānxi	West of the Taihang Mts.	Taiyuan	
17.	Shensi 陝	Shaan ³ xi	West Pass (M:5637)	Xi'an (aka Chang'an)	
18.	Kansu	Gansu	Sweet Respect	Lanzhou	
19.	Ningshia	<i>Ningxia</i>	Tranquil Summer (an ancient kingdom)	Yinchuan	<i>Hui</i>
20.		<i>NeiMengGu</i>	Inner Mongolia	Hohhot, Baotou	<i>Mongol</i>
21.	Ch'inghai	Qinghai	Azure/Blue-green Sea	Xining	
22.	Sinkiang	<i>Xinjiang</i>	New (1884) Frontier/Border	Urumqi	<i>Uyghur</i>
23.	Hsits'ang	<i>Xizang</i>	West Zang = Tibet	Lhasa	<i>Tibetan</i>
24.	Szechwan	Sichuan (orig. 4 admin. districts during the Tang)	Four Rivers	Chengdu , Chongqing	
25.	Yunnan	Yunnan	South of Cloud Mts. (Yunling)	Kunming	
26.	Kweichow	Guizhou	Valued Prefecture	Guiyang	
27.	Hainan	Hainan	Southern Ocean (south China Sea)	Haikou	
28.	Formosa Portugese name meaning Beautiful Island	<i>Taiwan</i>	Terrace in the Gulf	Taipei (Taipei)	<i>Taiwanese</i>

Chinese Medical Terminology – Chapter 5 – Geography

經水 Jīng Shuǐ = Channels & Waters / Classic of/on Water(s) Shui is a also generic term for river

(Title of Ling Shu 12, in which the 12 channels are each correlated with a river or body of water, in the following order: (1st legs then arms, first yang then yin; TY-SY-YM; Ty-Sy-Jy)

NVN p.285 Wu p.579 JNWu p.69 Ki p.176

#	文	Pīn Yīn	Translation	Notes and Comments
1.	經	Jīng (BL)	stream(s), river(s) underground waterways flowing water	M:1117 river in Gansu that flows into the Wei river (see GB) M:1121 the Jing & the Wei both join the He near Xi'an • distinguish jing & wei = discriminate pros & cons (LS p.579 uses 清 Qing but spells it Jing in the translation)
2.	渭	Wèi (GB)	river in Shanxi (ST w/ water radical)	M:7077 a large tributary of the Huang, in the heart of Zhou territory (see Lu) wei yang = the relationship betw uncle & nephew in the Odes
3.	海	Hǎi (ST)	sea, oceans (vast, extensive; an accumulation of things)	M:2014 Qing Hai in NW China is the legendary source of the Yellow R.
4.	湖	Hú (SP)	lake(s) (also Hunan & Hubei provinces)	M:2168 famous lake in northern Hunan called Dong Ting Hu NVN p.286 Zhang Shi says this is a region of five lakes, (Dong, Ding, Bengze, Zanze with the Sp in the center) Shan Hai Jing refers to a “River Lake”
5.	汝	Rǔ (KD)	two tributaries of the Huai river (see #7)	M:3142
6.	澠	Miǎn (LR)	river in Henan	M:4507 (only key river to flow westward) all others flow eastward apa mǐn
7.	淮	Huái (SI)	large river in Henan & northern Anhui	M:2229 (Huai Nan Zi)
8.	洛	Luò (TB)	two tributaries of the Yellow R. (see #10) one in Shanxi, one in Hunan	M:4121 assoc. w/ Yu & the mystic markings revealed to him on the back of a turtle from this river (square of 9) [see Waley Ode 186] same luo as Luoyang = ancient capitol of Eastern Zhou & Eastern Han dynasties (TB-12 = Xiao Luo)
9.	江	Jiāng (LI)	the Yang-zi (Chang Jiang)	M:638 rivers in general, esp. the Yangzi / Chang Jiang
10.	河	Hé (LU)	the Huang He (Yellow river)	M:2111 streams/brooks, rivers and canals in general (see also Hebei & Henan provinces)
11.	濟	Jì (HT)	a ford, to cross a river	M:459a to ferry across (as in Hex. 63 & 64)
12.	漳	Zhāng (PC)	large tributary of the river Wei in NE Henan	M:188 this also seems to be a two tributary river (one is considered qing the other zhao)
13.	瀆 / 瀆	Dú	a ditch, sluice; river	M:6518 a river (one that flows directly into a sea) (Mathews says the first is the correct form; see 6515 below) (the latter seems to be the one more commonly used however)
14.	四瀆	Sì Dú	The 4 Ditches/Rivers	10. He=Lu alt. version } 3. Hai=ST 9. Jiang=LI 4. Hu=Sp 7. Huai=SI 8. Luo=TB 11. Ji=Ht 12. Zhang=Pc

* Si Du = TB-9

瀆 M:6515 = to trouble, annoy, harass = The 4 Annoyances: head, tooth, ear, aches/tinnitus, dizziness

Chapter 6

History

- *Dynasties*
- *Emperors*
- *Philosophers*
- *Classics of Philosophy*
- *Physicians*
- *Medical Classics*

Chinese Medical Terminology – Chapter 6 – History

Historical References – Dynasties

#	文	Pīn Yīn	Translation	Notes and Comments
1.	代	dài	historical period; geological era	dynasty
2.	紀	jǐ	rule, reign	dynasty
3.	朝	cháo	imperial court, government	dynasty
4.	朝代	cháo-dài	dynasty	
5.	三皇	Sān Huáng	3 Sovereigns 3 Rulers	–2852 to –2597 (255 yrs) (pre dynastic period of Fu Xi, Shen Nong, & Huáng Di)
6.	五帝	Wǔ Dì	5 Emperors	–2852 to –2205 (647 yrs) (–2597-2205 = 392 yrs) (9 rulers counting the above 3) (the last two, Yao & Shun , are the most significant)
7.	夏	Xià (Hsia)	summer (ancient name for China)	–2205 to –1766 (439 yrs) Da Yu (Great Yu) is the founder
8.	商	Shāng	commerce, trade; traders, merchants*	* 2nd note of the pentatonic scale (corresponds to metal) trad: –1766 to –1122 (644 yrs) (last capitol at Yin) mod: c. –1700 to –1045 (655 yrs)
9.	殷	Yīn	great; abundant, prosperous; deep, profound	name changed in 1401 BCE –1401 to –1122 (last 279 yrs of Shang dynasty)
10.	周	Zhōu (Chou)	circumference; all encompassing whole (universal)	traditional: –1122-255 (867 yrs) modern: –1045-221 (824 yrs) (see Qigong p. 63)
11.	西周	Xi Zhou	Western Zhou	–1122/–1045 to –770 (capitol at Xī ān, aka Hao)
12.	東周	Dong Zhou	Eastern Zhou	–770 to –255/–221 (capitol at Luò yáng)
13.	春秋	Chun Qiu	Spring & Autumn period	–722 to –481 or 770 to –476 (~300 yrs)
14.	戰國	Zhàn Guo	Warring States period	–402 to –221 or –475 to –221 (~250 yrs)
15.	秦	Qín (Ch'in)	fine rice; M:1112 a feudal state [–897-221]	–255-207 (48 yrs) unification completed in –221 to –207 = 16 yrs (capitol at Xī ān, then known as Xián Yáng)
16.	漢	Hàn	the Han people (han yu = the Chinese language)	–206 to +220 (427 yrs)
17.	西漢	Xi Han	Western Han	(capitol at Xī ān, then known as Cháng ān)
18.	前漢	aka Qian Han	Former Han	–206 to +23 (231 yrs)
19.	東漢	Dong Han	Eastern Han	(capitol moved eastward to Luò yáng)
20.	後漢	aka Hou Han	Later Han	+25 to +220 (196 yrs)

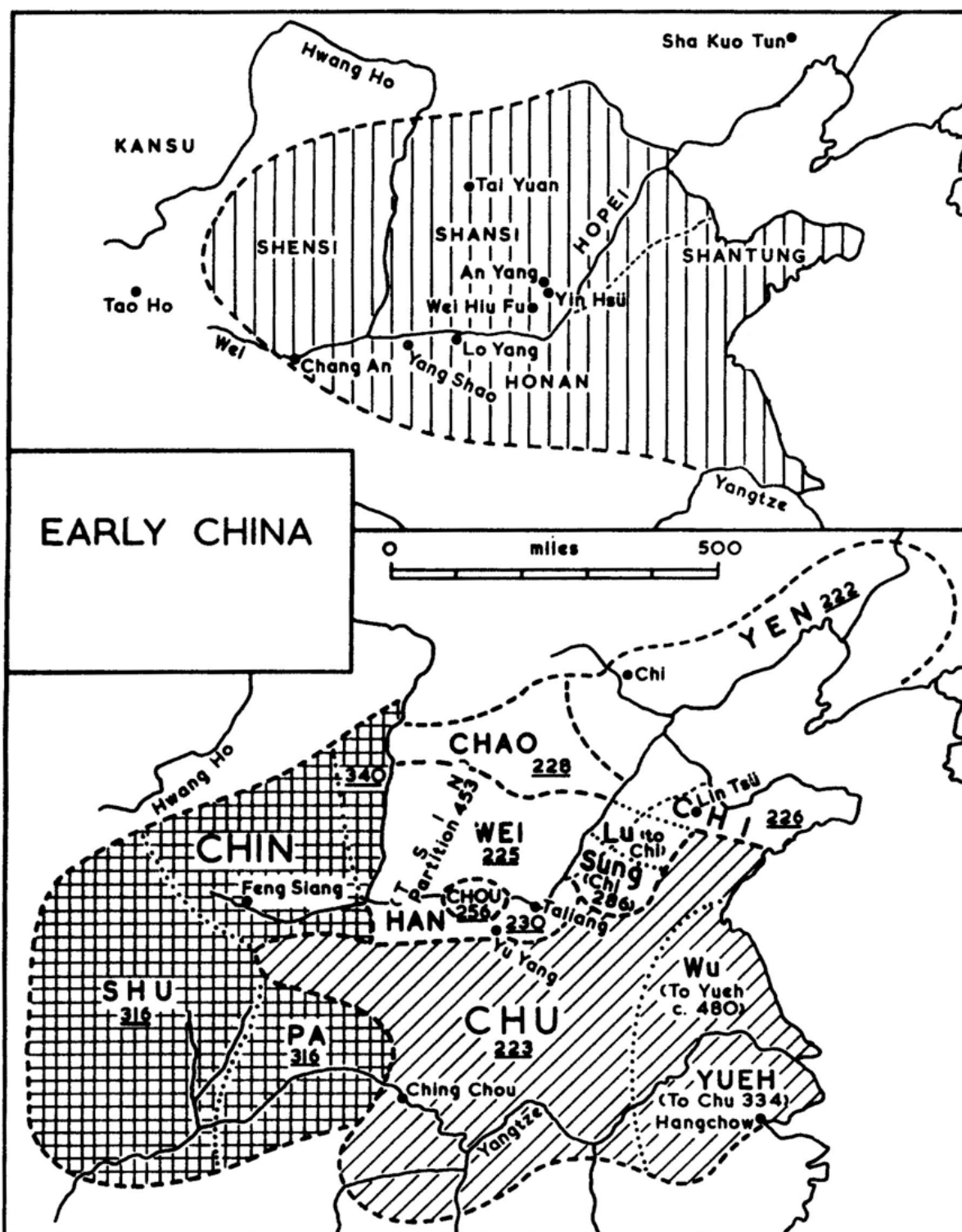
Chinese Medical Terminology – Chapter 6 – History

Dynasties (cont.)

#	文	Pīn Yīn	Translation	Notes and Comments
21.	三國	Sān Guó	Three Kingdoms	220-280 (60 yrs)
22.	蜀漢	Shǔ Hàn	Minor Han	in the west (capitol at Chengdu)
23.	魏	Wèi		in the north (capitol at Luòyáng)
24.	吳	Wú		in the south (capitol at Nanjing, aka Jiankang)
25.	晉 / 晋	Jìn	to advance, promote, make progress, progressive	(H. 35)
26.	西晉	Xī Jìn	Western Jin	265-316 (52 yrs) (capitol at Luò yáng til 311, then moved to Cháng ān)
27.	東晉	Dong Jìn	Eastern Jin	317-420 (103 yrs) (aka 16 Kingdoms shì liú guó 304-439)
28.	南北朝	Nan Bei Cháo	Southern & Northern Dynasties	Southern: 420-589 (169 yrs) Northern: 386-581 (195 yrs)
29.	隋	Suí	family name	(related to suí 隨 = to follow H.17) 581-618 (29 yrs) (capitol at Xī ān then known as Cháng ān)
30.	唐	Táng	family name	(related to táng 糖 = sugar) 618-907 (289 yrs) (capitol at Cháng ān)
31.	五代十國	Wǔ Dài Shí Guó	Five Dynasties Ten Kingdoms	907-960 (53 yrs)
32.	宋	Sòng (Sung)	feudal state the dynasty	M:5565 = to dwell; a style of writing
33.	北宋	Bei Sòng	Northern Song	960-1126 (167 yrs) (capitol at Kāi Fēng) the Tartars move their capitol north to Beijing in 1127, then its name was Da Du (Sp-2 is named Da Du)
34.	南宋	Nan Sòng	Southern Song	1127-1279 (153 yrs) (capitol at Háng Zhōu)
35.	金	Jīn (Tartar)	golden (metal)	1115-1234 (145 yrs) capitol at Dadu (Beijing)
36.	元	Yuán (Mongol)	first, primary [original]	1271-1368 (88 yrs) (Kublai Khan rules 1271-1294) capitol at Dadu (Beijing) (Marco Polo in China ~1274-91)
37.	明	Míng (Han)	bright, brilliant; open; honest	1368-1644 (276 yrs) (capitol at Nanjing til 1421, then to Beijing)
38.	清	Qīng (Ch'ing) (Manchu)	clear, pure, lucid	1644-1911 (268 yrs) (capitol at Beijing)
39.	中華民國	Zhōng Huá Mín Guó	elegant/grand/glorious = central Chinese people country/nation	Republic of China (ROC) 1912-1949 on the mainland – to present in Taiwan (capitol at Beijing til 1927, then Nanjing to '49 (now Taipei)
40.	中華人民共和國	Zhōng-Huá Rén-Mín Gòn-g-Hé Guó	central Chinese people share/mutual harmony = republican country/nation	People's Republic of China (PRC) 1949 to present (capitol at Beijing)

Chinese Medical Terminology – Chapter 6 – History

Upper Map = China During the Shang Era

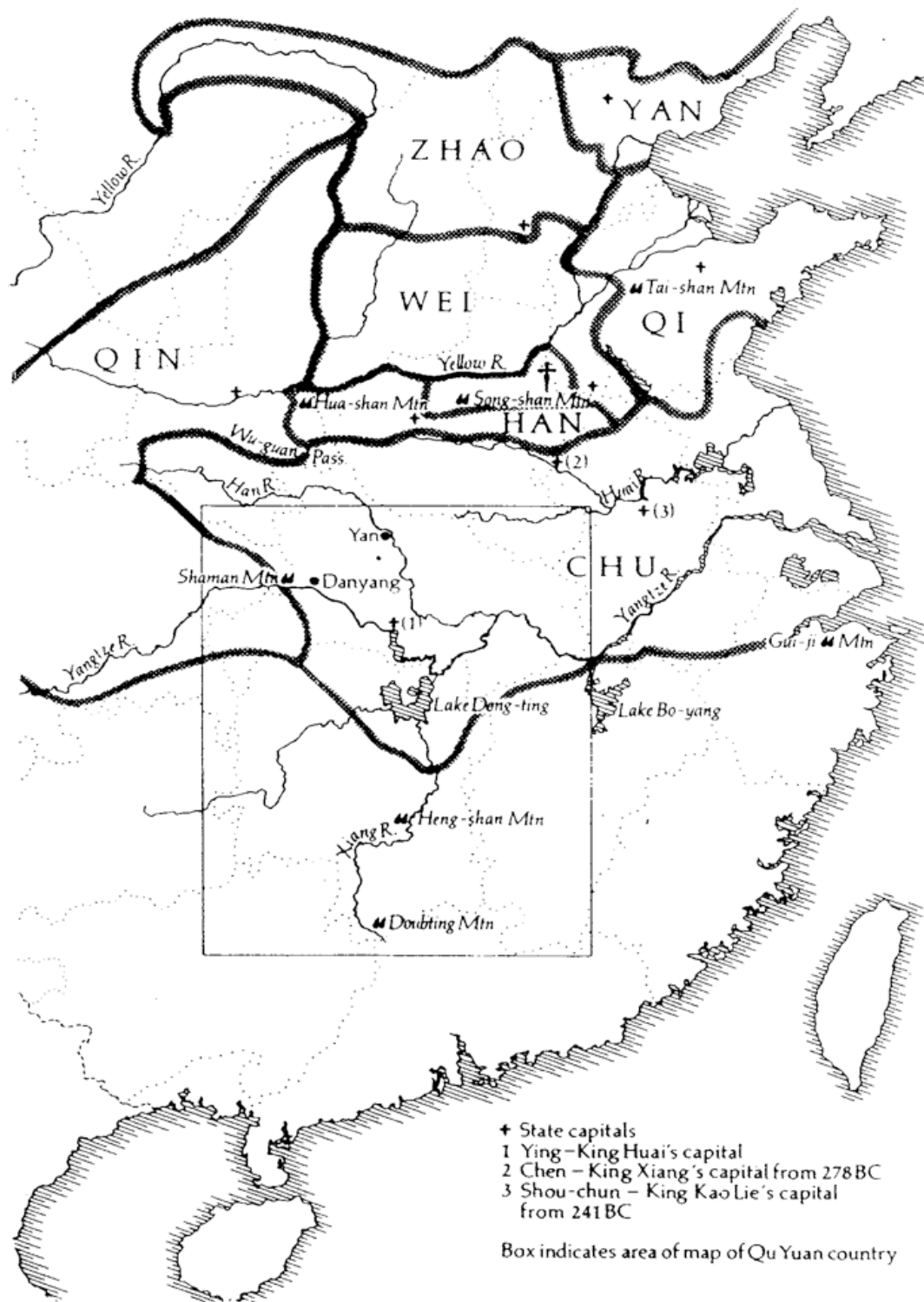


Lower Map = China During the Late Zhou Dynasty (Warring States Period)

(Dates of 'CHIN' conquest are underlined) (map uses old Romanization)

(I'm not sure where I got this map, I cleaned it up considerably)

Principal Kingdoms of the Warring States Period



Note: major mts, rivers and lakes are shown

Chinese Medical Terminology – Chapter 6 – History

IMPORTANT RULERS

#	文	Pīn Yīn	Translation	Notes and Comments
1.	伏羲	Fú Xī (Fu Hsi) aka (Pao Xi)	Humble Emperor fu = to lie prostrate, crouch (fu ling = poria) (fu mai = hidden pulse) (fu tu = ST-32)	(–2852-2738) • the progenitor of Chinese culture & civilization, teaches people to hunt, fish, and cook • discovers the 8 trigrams and the art of divination
2.	神農	Shén Nóng (Shen Nung)	the Divine Farmer Agriculturalist; Husbandman	(–2737-2698) • domesticator of animals, and cereals taught the people to farm father of agriculture and herbalism
3.	黃帝	Huáng Dì (Huang Ti)	Yellow Emperor	(–2697-2598) • credited with most of the inventions & institutions now associated with civilization such as clothing (sericulture), the calendar, writing, music, medicine, law, and gov't. itself.
4.	堯	Yáo	Yao is symbol of industriousness, bravery & wisdom	(–2200) the last two sage emperors are looked upon as paragons of imperial virtue (by the Confucians) • Yao because he passed the throne, not to one of his sons, but to Shun whom he considered most worthy.
5.	舜	Shùn	Shun is symbol of diligence, courage & wisdom	• Shun was considered virtuous because of his devotion to his parents despite their mistreatment of him. • Shun passed the throne to his most worthy official, Yu.
6.	大禹	Dà Yǔ	Big Yu the Great Yu Yu the Great	• earned his distinction battling the great floods that continually threatened the land. Over a period of 13 years he dug the great canals to channel the runoff and serve as transport routes. At the end of his reign the people would only accept his son as the new leader, and thus began the Xia dynasty and the dynastic tradition (–2205)

Chinese Medical Terminology – Chapter 6 – History

IMPORTANT RULERS (cont.)

7.	文王	Wén Wáng (d. -1122)?	King Wen, the Cultural/ Civilized/Literary King wen = refined, cultured, civilized	<ul style="list-style-type: none"> • founder of the Zhou dynasty (actually it was his son Wu that overthrows the Shang) • writer of the Zhou Yi (Yi Jing)
8.	武王	Wǔ Wáng (d. -1115)?	King Wu, the Military/ Martial King wǔ = armed, military, martial; fierce, warlike	wen-wu is rather like our notion of pen vs sword of course the pen is mightier, and the Chinese also revered culture over military, but they recognized a yin-yang type of relationship here as well.
9.	周公	Zhōu Gōng (Chou Kung)	the Duke of Zhou gong = public - impartial, fair, just a duke/prince (Gong Sun = Sp-4)	<ul style="list-style-type: none"> • another of King Wen's sons becomes regent of the empire following Wu Wang's death (he does not assume the throne, but installs Wu's son instead) • He was considered a model statesman and philosopher-scholar, which made him a hero of the Confucians and the last of the great sages. • Author of the Zhou Li (Li Ji / Book of Rites) and the line texts of the Yi Jing.
				<i>At the end of the Warring States period, the contending states are conquered (between 259 and 221) and unified under the Qin, forming the empire of China that has persisted more or less in tact until the present.</i>
10.	秦始皇帝	Qín Shǐ Huáng Dì (Ch'in Shih Huang Ti)	Qin = feudal state Shi = start, begin Huang = emperor Di = emperor Huang-di = supreme/deified ruler (first emperor of China)	(259-210 BCE) <ul style="list-style-type: none"> • ambitious monarch of Qin unifies China and assumes title in 221 BCE. • completes the great wall, builds many roads & canals • standardizes axle width, currency, weights & measures throughout the kingdom • strong adherent of legalism & central control, authorizes the burning of books & execution of scholars • built elaborate tomb near Xian (lifesize terracotta army) discovered in 1974
11.	劉邦	Liú Bāng	liu = family name bang = country	<ul style="list-style-type: none"> • founder of the Han dynasty • ruled from 202 BCE to 195 BCE • one of the few dynasty founders who emerged from the peasant class
12.	高祖高帝	(Han) Gāo Zǔ Gāo Dì	Han high ancestor high emperor	<ul style="list-style-type: none"> • his Temple name • his posthumus Ruling name
13.	康熙	Kāng Xī (Kang Hsi)	Peaceful & Prosperous [emperor]	慷 kāng, same char with heart radical = noble, generous xī = bright, vivid; harmonious, prosperous <ul style="list-style-type: none"> • the 2nd Manchu emperor reigned 1662-1722 • 60 yr reign of peace & prosperity

Chinese Medical Terminology – Chapter 6 – History

PHILOSOPHERS

#	文	Pīn Yīn	Translation	Notes and Comments
1.	老子	Lǎo Zǐ (Lao Tzu)	the Old Master (or old masters)	~ 550 BCE aka Lao Dan 老聃 • reputed author of the Dao De Jing • defacto founder of Daoism
2.	孫子	Sūn Zǐ (Sun Tzu)	Master Sun	~500 BCE aka Sun Wu or Wu Zi vs. descendant Sun Pin (380–316 BCE) • author of The Art of War, the Military Classic
3.	孔夫子	Kǒng Fū Zǐ	Sage Master Kong (Confucius)	(-551-479) aka Kong Zi • author of Lun Yu (The Analects)
4.	墨子	Mò Zǐ (Mo Tzu)	Master Mo	(fl. -479-438) aka Mo Di • founder of the school of universal brotherhood • argues for pragmatism
5.	惠施	Huì Shī (Hui Shih)	Master Hui	(-380-305) aka Hui Zi • prominent Logician & Debater of the Ming Jia (School of Names) • His 10 Paradoxes were supposed to prove the underlying unity of the universe. • ZZ's favorite foil
6.	莊子	Zhuāng Zǐ (Chuang Tzu)	Master Zhuang	(- 369-286) aka Zhuang Zhou • author of the Zhuang Zi (7 Inner chapters out of 33) • greatest exponent of philosophical Daoism
7.	孟子	Mèng Zǐ (Mencius)	Master Meng	(-371-289) • idealistic Confucianism - human nature is good/shàn
8.	荀子	Xún Zǐ (Hsun Tzu)	Master Xun	(-298-238) • naturalistic Confucianism - stresses logic - suggests human nature is bad/è (crude - compare with Mengzi) • a tough minded emphasis on education, law & rules of propriety
9.	韓非子	Hán Fēi Zǐ (Han Fei Tzu)	Master Fei	(??? - 233) • student of Xun Zi • important Legalist (Fa Jia) philosopher (fa as standards vs. law)
10.	鄒衍 騶衍	Zōu Yǎn (Tsou Yen)	zou = family name or ancient state yan = spread out	(-305-240) • Naturalist philosopher - develops yinyang and wuxing theory
11.	司馬遷	Sī-Mǎ Qiān (Ssu Ma Ch'ien)	si = manage, dept. ma = horse qian = move, shift	(-145-90) • author & compiler of Historical Records (史記 Shǐ Jì) • the foremost historian (completed the work his father Si Ma Dan/Tan started)
				Common Era
12.	王弼	Wáng Bì (Wang Pi)		(226-249) • important Neo-Daoist philosopher (dies at age 23) • writes major commentaries on the Lao Zi & the Yi Jing
13.	朱熹	Zhū Xī (Chu Hsi)		(1130-1200) • major Neo-Confucian philosopher • establishes the Four Books as the basis of intellectual, moral & political study

Chinese Medical Terminology – Chapter 6 – History

Ancient Classics				
#	文	Pīn Yīn	Translation	Notes and Comments
			<i>Ancient Classics</i>	
1.	五經	Wǔ Jīng	the 5 Classics	established by Confucius circa –500
2.	易經	Yì Jīng (I Ching)	Book of Change(s)	by Wen Wang = King Wen = Literary/Culture King
3.	周易	Zhōu Yì	Changes of the Zhou (people)	(–1100)
4.	詩經	Shī Jīng (Shih Ching)	Book of Songs/Odes	(–1000) shi = poetry, odes, hymns, songs, verses, rhymes
5.	書經	Shū Jīng (Shu Ching)	Classical Documents	(–900) shu = books, writings; documents
6.	尚書	aka Shàng Shū	Venerated Documents	
7.	禮經	Lǐ Jīng (Li Ching)	Classic of Rites/Rituals	(–800) lǐ = propriety, ceremony, ritual politeness, etiquette, courtesy, manners
8.	周禮	aka Zhōu Lǐ aka Lǐ Jì	Rites of Zhou Ritual Records	includes many sections any of which may be referred to by its title (see Legge Li Chi)
9.	樂經	Yuè Jīng	Music Classic	lost in book burning of –213
10.	春秋	Chūn Qiū (Ch'un Ch'iu)	Spring & Autumn Annals	(–700) documents the period from –722 to –481 (242 yrs) is the court chronicle for the state of Lu, which is why this is sometimes erroneously attributed to Confucius. • The Zuo Zhuan (Zuo's Commentary) also discusses this era (–805 to –453) (B. Watson has translated excerpts)
			<i>Military Classics</i>	
11.	孫子兵法	Sūn Zǐ (Sun Tzu) Bīng Fǎ	Sunzi = master Sun bīng = weapons, soldiers, military fǎ = ways, means, methods; law	(–500) Sun Wu = the Art of War(fare) the art of strategic planning

Chinese Medical Terminology – Chapter 6 – History

Philosophical Classics

#	文	Pīn Yīn	Translation	Notes and Comments
			<i>Daoist Classics</i>	
12.	道德經	Dào Dé Jīng (Tao Te Ching)	The Way and Its Virtue/Power	(–500) (aka the Lao Zi) De Dao Jing = the Virtue/Power of the Way
13.	列子	Liè Zǐ (Lieh Tzu)	Master Lie	(–400) • skeptic, esp. the Yang Chu chapter, represents so called “negative Daoism” Yang Chu (–440-360)
14.	莊子	Zhuāng Zǐ (Chuang Tzu)	Inner Chapters	(–350) of the 33 chapters only the first 7 are attributed to ZZ • philosophical Daoism at its height
15.	淮南子	Huái Nán Zǐ	Masters/Prince of Huai Nan	(–120) Liu An commissioned for his nephew, the prince of Huai
16.	淮南經	aka Huai Nan Jing	Classic of Southern Huai	• Daoist text on statecraft & metaphysics by scholars of the Huai Nan court
			<i>Confucian Classics</i>	
17.	四書	Sì Shū	The 4 Books	established by Neo Confucian Zhu Xi ~1190, forms the basis of gov’t. exam system
18.	論語	Lún Yǔ	Discourses [of Master Kong] The Analects [of Confucius]	(–500) lùn = to discuss, reason, argue, speak of - an essay, treatise yǔ = language, words - to speak, to say Analects, Greek for: ‘to gather’ - a collection of legends or selected misc. writings
19.	孟子	Mèng Zǐ (Mencius)	Writings of Master Meng	(–400) • establishes 仁 Rén as basic concept of Confucianism (Humanistic Confucianism)
20.	大學	Dà Xué (Ta Hsueh)	The Great Learning	(–300) • sums up Confucian educational, moral, & political thought (3 items, 8 steps)
21.	中庸	Zhōng Yōng (Chung Yung)	The Doctrine of the Mean ^{Legge}	(–200) <u>Gardner</u> ²⁰⁰⁷ = Maintaining Perfect Balance <u>Tu</u> ¹⁹⁸⁹ = Centrality & Commonality <u>Ames</u> ²⁰⁰¹ = Focusing the Familiar • zhōng means the middle or “being without inclination to either side” this is the correct course to be pursued. • yōng is the fixed principle regulating all under Heaven (it also means ordinary, common)

Chinese Medical Terminology – Chapter 6 – History

Notable Physicians

#	文	Pīn Yīn	Notes and Comments
1.	岐伯	Qí Bó (Ch'i Po)	<ul style="list-style-type: none"> the Yellow Emperor's court physician in the Nei Jing, Huang Di asks questions & Qi Bo answers
2.	扁鵲	Biǎn Què (Pien Chueh)	(?–407-310) <ul style="list-style-type: none"> credited with authorship of Nan Jing = <u>Difficult Classic</u> master diagnostician, originates the four examinations, emphasis on palpation known as the Father of Medicine. His birthday (May 28) is celebrated as a holiday.
3.	華佗	Huá Tuó (Hua T'ò) (Hwa To)	(~110-210) <ul style="list-style-type: none"> first surgeon & anaesthesiologist emphasizes hygiene, nutrition, & exercise develops wu qin xi = <u>5 animal exercises</u> Hua Tuo Fu Sheng = <u>Hua Tuo, Reincarnate</u> (lit. return birth) is a phrase used on scrolls and diplomas given to doctors
4.	張仲景	Zhāng Zhòng Jǐng (Chang Chung Ching) aka Zhāng Jī	(150-220) <ul style="list-style-type: none"> author of Shāng Hán Lùn & Jīn Guī Yào Luè quote: "To treat a disease one must understand it"
5.	王叔和	Wáng Shū Hé	(210-285) <ul style="list-style-type: none"> edits Shang Han Lun & Jin Gui to present form author of the Mài Jīng = <u>Pulse Classic</u>
6.	皇甫謐	Huáng-Fǔ Mì Huáng-Pu Mì	(215-285) (lit. emperor/imperial/royal/magnificent-courtesy name, Mi/quiet, peaceful) <ul style="list-style-type: none"> author of Zhen-Jiu Jia Yi Jing the first medical book solely devoted to acu-moxa therapy and considered the most comprehensive work on the subject for many centuries.
7.	葛洪 抱朴子	Gě Hóng (Ko Hung) aka Bao Pu Zi	(280-340) <ul style="list-style-type: none"> famous Daoist adept & alchemist wrote Bao Pu Zi = <u>Embrace/Cherish Simplicity</u> master this book emphasizes dietetics & elixirs for attaining immortality. He is the first to describe the sx of smallpox, tuberculosis, and beriberi. wrote Zhou Hou Bei Ji Fang = <u>Emergency Px to Keep Up One's Sleeve</u>
8.	孫思邈	Sūn Sī Miǎo (Sun Ssu Miao)	(581/590-682) <ul style="list-style-type: none"> author: Qian Jin Yao Fang = <u>Px Worth 1000 Pieces of Gold (1000 Ducats)</u> quotes: "A persons life is a thousand times more precious than gold" "I consider the pain & suffering of my clients as my own" His works greatly influenced Japanese & Korean medicine our graduation oath comes from Sun Si-miao
9.	李東垣	Lǐ Dōng Yuán (Li Tung Yuan) (aka Li Gao)	(1180-1250) <ul style="list-style-type: none"> author of the Pi Wei Lun = <u>Sp / ST Treatise/Essay</u> de facto founder of the Earth Nourishing School of Chinese medicine (bu tu pai)
10.	李時珍	Lǐ Shí Zhēn (Li Shih Chen)	(1518-1593) <ul style="list-style-type: none"> author of the Ben Cao Gang Mu = <u>Roots & Grasses, Exhaustive Outline of</u> which took 40 yrs to complete and includes almost 1900 substances. His classification system was original & may have influenced Linneaus He also wrote the Bin Hu Mai Xue = <u>Lakeside Master's Pulse Studies</u> the Qi Jing Ba Mai Kao = <u>Extraordinary Channels, 8 Vessels Examination</u>

Chinese Medical Terminology – Chapter 6 – History

Medical Classics

#	文	Pīn Yīn	Translation	Notes and Comments
1.	神農本草	Shén Nóng Běn Cǎo (Shen Nung Pen Ts'ao)	Shen Nong's Roots & Grasses (Original Herbs)	(-250) <u>materia medica</u> (365 substances) (+500) <u>Ben Cao Jing</u> by Tao Hong-jing (730 subs) (+659) <u>Tang Ben Cao</u> gov't. committee (850 subs) 1st gov't. sponsored pharmacopeia (1590) <u>Ben Cao Gang Mu</u> by Li Shi-zhen (1,898 subs/11,096 px)
2.	黃帝內經	Huáng Dì Nèi Jīng (Huang Ti Nei Ching)	Inner Classic or Canon of Internal Medicine of the Yellow Emperor	(1st-2nd century BCE) authors unknown dialogue between Huang Di & court physicians Qi Bo & Lei Gong
3.	素問	Sù Wèn	Plain or Simple Questions	81 zhang/chapters (chapters 72-73 are lost)
4.	靈樞	Líng Shū	Spiritual Axis Miraculous Pivot	81 zhang/chapters –acupuncture classic–
5.	太素	Tài Sù	Great Purity/Simplicity	added in the 7th century
6.	難經	Nàn Jīng (Nan Ching)	Classic or Canon of [Medical] Difficulties	(circa +200) author unknown usually attributed to <u>Bian Que</u> aka <u>Qin Yue-ren</u>
7.	傷寒論	Shāng Hán Lùn	Injury/Damage by Cold Treatise (Discourse/Essay on Cold Diseases)	(+220) by <u>Zhang Zhong-jing</u>
8.	金匱要略	Jīn Guì Yào Luè (Chin Kuei Yao Lueh)	Golden Cabinet Medicinal Summary Prescriptions from the Golden Cabinet	(+220) by <u>Zhang Zhong-jing</u> 匱 or 櫃 = guì = a cabinet, cupboard, wardrobe (herb cabinet) M:3636 phonetic 貴 guì = expensive, priceless; noble term of respect (time honored, high class)
9.	脈經	Mài Jīng (Mai Ching)	Pulse Classic	(280) by <u>Wang Shu-he</u>
10.	脈學	Bin Hu Mài Xué	Bin Hu's Pulse Studies	(1564) by <u>Li Shi-zhen</u>

Chinese Medical Terminology – Chapter 6 – History

Medical Classics (cont.)

#	文	Pīn Yīn	Translation	Date and Author
11.	針灸 甲乙 經	Zhēn Jiǔ Jiǎ Yǐ Jīng	Acu-Moxa ABC's / Systematic Classic	(282) by <u>Huang-fu Mi</u>
12.	肘后 備急 方	Zhǒu Hòu Bèi Jí Fāng	Emergency Px/Formulas to Keep up One's Sleeve i.e. Handy	(341) by <u>Ge Hong (Ko Hung)</u>
13.	備急 千金 藥方	(Bèi Jí) Qiān Jīn Yào Fāng	Medicinal Formulas [Worth] 1,000 Pieces of Gold (1000 Ducats)	(652) by <u>Sun Si-miao</u>
14.	千金 翼方	Qiān Jīn Yì Fāng	1,000 Gold [Pieces] Wing (1000 Ducats Supplement)	(after 652) by <u>Sun Si-miao</u>
15.	脾胃論	Pí Wèi Lùn	Spleen Stomach Essay/Treatise	(1249) by <u>Li Dong-yuan (aka Li Gao)</u>
16.	針灸 大成	Zhēn Jiǔ Dà Chéng	Acu-Moxa Great Compendium	(1601) by <u>楊繼洲 Yang Ji-zhou</u>
17.	瘟疫 論	Wēn Yì Lùn	Treatise on Acute Febrile Diseases	(1642) by <u>吳又可 Wu You-ke</u>
18.	瘟疫 熱 論	Wēn Rè Lùn	Warm/Hot Treatise (Treatise on Epidemic Fevers)	(1746) by <u>葉天士 Ye Tian-shi</u>

Writing Practice for Geography and History

Traditional 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.*

** Initially I recommend using a somewhat blunt pencil **

Chinese Medical Terminology – Writing Practice for Chapters 5 & 6

pinyin

文

definition

Geography & History

shan	山										
hai	海										
hu	湖										
he	河										
jiang	江										
chuan	川										
du	瀆						瀆				
guo	國										
huang	皇										
di	帝										
Shang	商										
Zhou	周										
Qin	秦										
Han	漢										
Táng	唐					Sòng	宋				

0.6 x 0.6 = 15 rows x 10 boxes

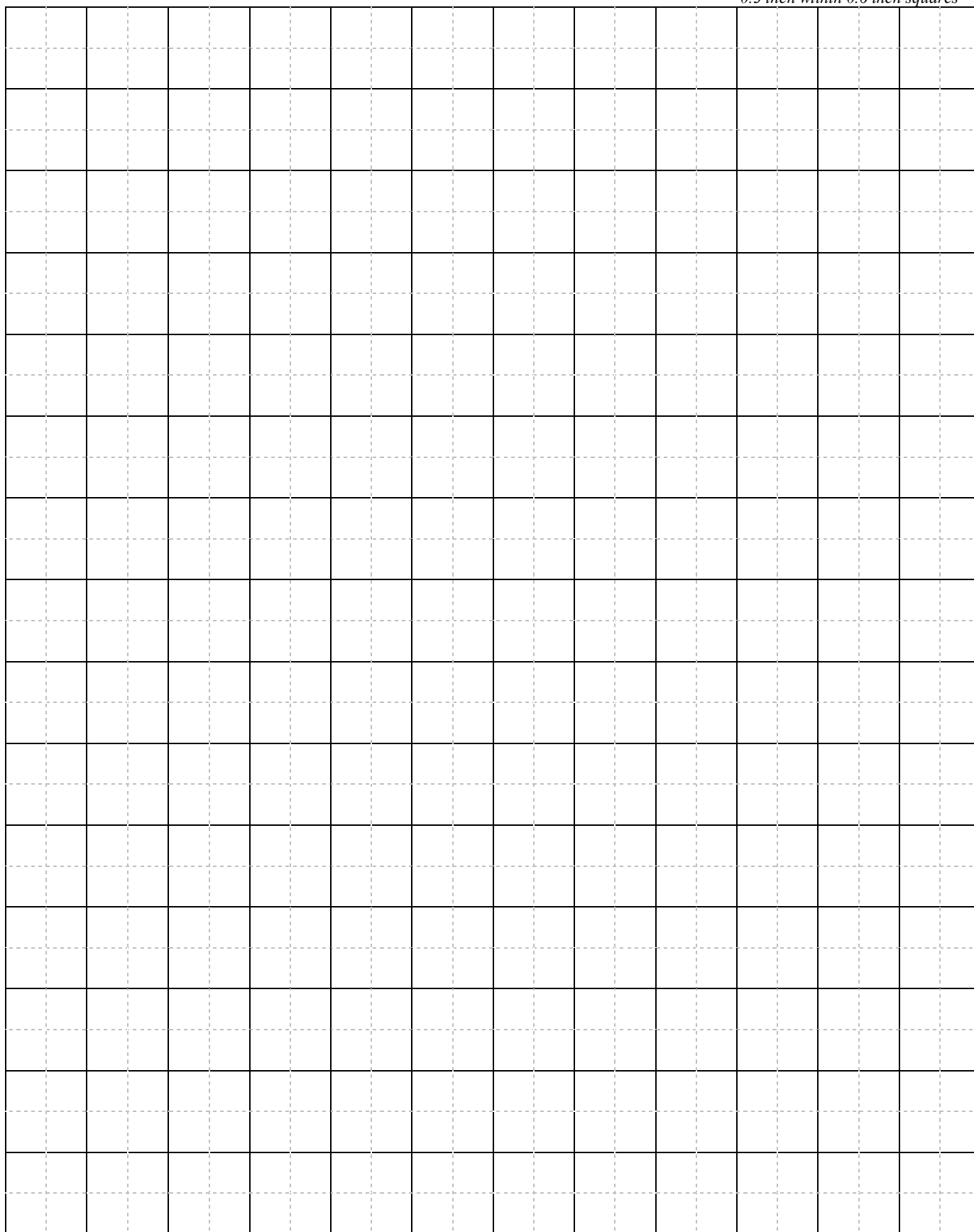
Chinese Medical Terminology – Writing Practice for Chapters 5 & 6

pinyin	文	definition	Authors & Classic Texts									
Lao zi	老子											
Zhuang zi	莊											
Kong zi	孔											
Meng zi	孟											
Dao	道											
De	德											
Jing	經											
Ben Cao	本草											
Nei Jing	內											
Nan Jing	難											
Shang	傷											
Han	寒											
Lun	論											
Mai Xue	脈學											

0.6 x 0.6 = 14 rows x 10 boxes

Chinese Medical Terminology – Writing Practice for Chapters 5 & 6

0.3 inch within 0.6 inch squares



Big squares = 15 rows x 12 columns small squares = 30 rows x 24 columns

Chapter 7

*Anatomical
Terms*

Energetic Anatomy

- *Channels*
- *Points*

Chinese Medical Terminology - Chapter 7 – Anatomy

Channel Terminology				
#	文	Pīn Yīn	Translation	Notes and Comments
1.	六經	Liù Jīng	six rivers, valleys, channels	(divisions) stages, confirmations
2.	太	tài	very – greater	maximum – old – mature
3.	少	shǎo	lesser – fewer	minimum, minor
4.	少	shào	young – immature	often pronounced this way for channel names, but rarely translated using this meaning
5.	明	míng	bright , flaring	channels face the light, high fever
6.	厥	jué	faint inverted	attenuated, shrinking, exhausted, terminal, end of, absolute
7.	開	tai yang wei kāi	open	tai yang [channels] are open open the surface (open outward) (receiving fx)
8.	樞	shao yang wei shū	pivot(s)	shao yang [channels] are pivots /hinges transitional (between yang layers)
9.	合	yang ming wei hé	closed	yang ming [channels] are closed (closing) close the surface
10.	開	tai yin wei kāi	to open	tai yin [channels] are open open the inside (yin regions) (open inward)
11.	樞	shao yin wei shū	pivotal	shao yin [channels] are pivotal /hinges transitional (between yin layers)
12.	合	jue yin wei hé	to close	jue yin [channels] close (up, close off) close the interior (storage fx)
13.	經絡 经络	Jīng Luò	channel network the channel system channels & collaterals	not meridians Important how we conceptualize channels (not imaginary & not tubes)
14.	經	jīng	primary channels	warp threads (vertical), underground (below the surface), (flow like) rivers
15.	絡	luò	netlike – network	meshlike, connect/enmesh (horizontally)
16.	脈	mài	veins – vessels	blood vessels (arteries & veins, esp. superficial/visible veins) (8)
17.	經脈 经脉	Jīng mài	channels & vessels	collective term for all the channels & vessels which circulate qi & blood (20)
	Porkert's definition	Jing-mo/mai	in the text he calls them conduits	“to guide the rhythmic manifestation of energy along definite paths”
18.	絡脈	luò mài	connecting / network vessels	a net, netlike; to enmesh (15-16)
19.	浮	fú (luò)	superficial connecting channels	perfuse the skin, superficial blood vessels esp. visible veins
20.	別	bié (luò)	divergent connecting channels	perfuse the joints
21.	孫	sūn (luò)	minute connecting channels	lit. grandchild luò (tiny, baby luò)
22.	別	(jīng) bié	channel divergences	internal linkages (12)
23.	筋	(jīng) jīn	channel sinews	muscle-tendon channels (12)

Chinese Medical Terminology - Chapter 7 – Anatomy

24.	手三陰經	shǒu sān yīn jīng	hand/arm 3 yin channels
25.	手三陽經	shǒu sān yáng jīng	hand/arm 3 yang channels
26.	足三陽經	zú sān yáng jīng	foot/leg 3 yang channels
27.	足三陰經	zú sān yīn jīng	foot/leg 3 yin channels

28.	臟腑	Zàng-Fǔ	Organs	viscera & bowels (yin & yang organs)
29.	臟 脏	Zàng	structure: function: substance:	<ul style="list-style-type: none"> • solid • storage • blood
30.	腑 腑	Fǔ	structure: function: substance:	<ul style="list-style-type: none"> • hollow • transformation • qì

just introducing pin-yin names here (see p. 110 & 140-141 for characters)

五臟 wǔ zàng	5 viscera yin organs	六腑 liù fǔ	6 bowels yang organs
Fèi	lung	Dà Cháng	lg. intestine
Gān	liver	Dǎn	gall bladder
Pí	spleen	Wèi	stomach
Shèn	kidney	Páng Guāng	bladder
Xīn	heart	Xiǎo Cháng	sm. intestine
Xīn Bāo	pericardium	Sān Jiāo	triple burner

Chinese Medical Terminology - Chapter 7 – Anatomy

31.	屬絡	shǔ luò	home & net	homes to pertaining organ, nets to paired organ
32.	三焦	Sān Jiāo	Three Burning Spaces (TB, TH, TW, TE)	(a bird over fire) to burn, scorch, char, roast (oven) <i>adj.</i> anxious, harassed

#	文	Pinyin	Transl.	Cavity	Organs	Functions (keywords)	Water Image
33.	上焦	shàng jiāo	= upper burner	thorax	Lu & Ht	respiration & circulation	mist/vapor
34.	中焦	zhōng jiāo	= middle burner	abdomen	Sp & ST	digestion & assimilation	soup/liquid
35.	下焦	xià jiāo	= lower burner	pelvic	LI/BL & K	elimination & reproduction	swamp/drain

	TB Functions:		
36.	metabolic (caloric)	warming & cooling	fire & water
37.	regulator of waterways	internal distribution of yuan qi & water	to nourish the organs themselves
38.	TB as adaptive function	dynamic balance, body's thermostat (homeostasis) maintenance	stress = burn out; loss of options

39.	三焦有名無形 sān jiāo yǒu míng wú xíng	SJ has a name [but is] without form	pure function triple energizer)
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My definition of health based on triple burner energetics:

40.	Health	the ability (of an organism / any system) to respond or adapt appropriately (optimally) to an ever-changing environment (remember Dao is always changing)
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41.	健	jiàn	strong, healthy; <i>verb:</i> strengthen, invigorate	Nigel = <u>fortify</u> (usu. jian pi = <u>fortify Sp</u>) 14/29 person who is erect = healthy 14/27 stride + pen = to establish, found, build, construct, erect
42.	康	kāng	health, healthy; peaceful	14/31 hands holding a shield = 7th stem = gēng (phonetic) 14/32 + rice = rice husks = healthy same as Kang-Xi, the emperor
43.	健康	jian-kang	healthy	modern compound term 健壯 jiàn-zhuàng = robust, vigorous

Chinese Medical Terminology - Chapter 7 – Anatomy

Primary Channels – 3 Circuits (of 4 Channels)

Names of the 12 Channels (pinyin practice – fill in the blanks for homework)

Abbrev.	Limb	Division	Organ (pinyin)	經	Time
Lu	shou	tai-yin	Fei	jīng	3-5 am
LI	shou	yang-ming	Da Chang	jīng	5-7
ST	zu	yang-ming	Wei	jīng	7-9
Sp	zu	tai-yin	Pi	jīng	9-11
Ht	shou	shao-yin	Xin	jīng	11-1 pm
SI	shou	tai-yang	Xiao Chang	jīng	1-3
UB	zu	tai-yang	Pang Guang	jīng	3-5
Kd	zu	shao-yin	Shen	jīng	5-7
Pc	shou	jue-yin	Xin Bao	jīng	7-9
TB	shou	shao-yang	San Jiao	jīng	9-11
GB	zu	shao-yang	Dan	jīng	11-1 am
Lr	zu	jue-yin	Gan	jīng	1-3

3 Circuits of 4 channels:

I = Earth (Lu–LI–ST–Sp)

II = Heaven (Ht–SI–BL–Kd)

III = Human (Pc–TB–GB–Lr)

1.	正經	Zhèng Jīng	straight, correct, upright, proper	i.e. regular/ordinary = the primary channels
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2.	多	duō	plenty, more , much	Nigel translates as <u>copious</u> (in G & V p.109)
3.	少	shǎo	less , little, few	Nigel translates as <u>scant</u> (in G & V p.109)

經	血	氣	According to SuWen 24 & Da Cheng II,21r: (LingShu 12 & 65 sometimes disagree)
Tai Yang	duo	shao	all 3 agree
Shao Yang	shao	duo	LS-12 says qi & xue are both duo
Yang Ming	duo	duo	all 3 agree
Tai Yin	shao	duo	12 & 65 say: duo xue, shao qi
Shao Yin	shao	duo	12 says both qi & xue are shao
Jue Yin	duo	shao	12 agrees, but 65 says: duo qi, shao xue

(TY, JY & YM are therefore most suitable for bleeding)

Wu & Wu p.132, 580 & 756

SDM p.27

Ni p.98

Chinese Medical Terminology - Chapter 7 – Anatomy

Extraordinary Vessels				
#	文	Pīn Yīn	Translation	Notes and Comments
4.	奇經八脈	Qí Jīng Bā Mài	extraordinary channels, 8 vessels	
5.	奇	qí	odd, unusual, uncommon, peculiar, strange, wondrous	orig. hunchback
6.	脈	mài	veins, arteries, vessels	mo is archaic pronunciation (M:4382) mai also means the pulse
7.	任	Rèn (Jen)	Conception/Controlling	lit: to employ, appoint, esp. to an official position (GM = Directing V.)
8.	壬	rén	to carry a load to bear a burden	
9.	妊	rèn	the load or burden women carry	to be w/ child - pregnant
10.	督	Dū (Tu)	Governing	lit. to oversee or supervise the picking of the beans Du Shu = BL-16
11.	衝	Chōng	Thoroughfare – penetrating, surging, thrusting	Pulsing (aortic pulse) Qi Chong / ST-30 on Chong & Chong Men / Sp-12 is Yn Wei pt (paired w/ Chong) are located either side of femoral artery
12.	冲	Chōng	rinse, flush - charge, rush, dash, crash, collide	to develop (a fetus?)
13.	帶	Dài	Belt or girdling	dai mai = GB-26
14.	維	Wéi	Linking	to connect, join - to tie down or fasten, hold together (tou wei = ST-8) maintain, safeguard, preserve (wei dao = GB-28)
15.	蹻	Qiāo (ch'iao)	Motility or Heel	to lift up - stand on tiptoe or stilts (Nigel = springing into action)
			Master/Confluent Pt	Trigram Association
16.	任脈	Rèn Mài	Lu-7	Li / fire Fire
17.	督脈	Dū Mài	SI-3	Dui / lake yin Metal
18.	衝脈	Chōng Mài	Sp-4	Qian / heaven yang Metal
19.	帶脈	Dài Mài	GB-41	Zhen / thunder yang Wood
20.	陰維	Yīn Wéi	Pc-6	Gen / mt yang Earth
21.	陽維	Yáng Wéi	TB-5	Xun / wind yin Wood
22.	陰蹻	Yīn Qiāo	Kd-6	Kun / earth yin Earth
23.	陽蹻	Yáng Qiāo	BL-62	Kan / water Water

Master Pts & Trigrams first correlated by Xu Feng in 針灸大全 Zhen Jiu Da Quán 1439 = Acu-Moxa Big Whole (Complete Work)

Chinese Medical Terminology - Chapter 7 – Anatomy

Extraordinary Vessels (cont.)

<i>In Class</i>		↓	↓	<i>Fill these columns in for homework</i>		
文	PY	Relationship	Vessel	Point	Trigram	Graph
主	zhǔ	(master) host	Ren	Lu-7	Li	<div style="text-align: center;"> ——— — — ——— </div>
客	kè	guest	Yin-Qiao	Kd-6	Kun	<div style="text-align: center;"> — — — — — — </div>
夫	fū	husband	Du	SI-3	Dui	<div style="text-align: center;"> — — ——— ——— </div>
妻	qī	wife	Yang-Qiao	BL-62	Kan	<div style="text-align: center;"> — — ——— — — </div>
父	fù	father	Chong	Sp-4	Qian	<div style="text-align: center;"> ——— ——— ——— </div>
母	mǔ	mother	Yin-Wei	Pc-6	Gen	<div style="text-align: center;"> ——— — — — — </div>
男	nán	(male) sons	Dai	GB-41	Zhen	<div style="text-align: center;"> — — — — ——— </div>
女	nǚ	(female) daughters	Yang-Wei	TB-5	Xun	<div style="text-align: center;"> ——— ——— — — </div>

針灸指南

First paired in Zhen Jiu Zhi Nan (1295)

Acu-Moxa Point South = zhǐ-nán is 'a compass' = Acu-Moxa Compass
zhǐ-nán can also mean 'a guidebook' = Acu-Moxa Guidebook

Chinese Medical Terminology - Chapter 7 – Anatomy

Channel Pairings

Do p.140-41 in class.

*Fill in the blanks here for homework: (use **Pinyin**, no English – do as much as you can from memory)*

This table follows the 3 Circuits (Di-Tian-Ren) & Clock Order

Character	Organ	Phase Pair	Division Pair	Clock Pair
肺	Fèi	Da Chang	Pi	Pang Guang
大腸	Dà Cháng	Fei	Wei	Shen
胃	Wèi	Pi	Da Chang	Xin Bao
脾	Pí	Wei	Fei	San Jiao
心	Xīn	Xiao Chang	Shen	Dan
小腸	Xiǎo Cháng	Xin	Pang Guang	Gan
膀胱	Páng Guāng	Shen	Xiao Chang	Fei
腎	Shèn	Pang Guang	Xin	Da Chang
心胞	Xīn Bāo	San Jiao	Gan	Wei
三焦	Sān Jiāo	Xin Bao	Dan	Pi
膽	Dǎn	Gan	San Jiao	Xin
肝	Gān	Dan	Xin Bao	Xiao Chang

Chinese Medical Terminology - Chapter 7 – Anatomy

Points & Point Categories

#	文	Pīn Yīn	Translation	Notes and Comments
24.	解剖學	jiě pōu xué	anatomy	lit. = cut apart, cut open; dissection & analysis study
25.	穴	xué	cave, den, hole acu-point	physical aspect: an actual depression (can be palpated) xuè = <u>study</u> xuě = <u>snow</u> xuè = <u>blood</u>
26.	穴位	xué wèi	pt location or position	some dictionaries usu. older ones & from Taiwan say xue is 4th tone
27.	穴道	xué dào	pt pathway	the channel
28.	氣穴	qì xué	qi hole	a point
29.	俞	shū	to transport acu-point	functional aspect: to transport
30.	穴俞 俞穴	xué-shū shū-xué	an acu-point	physical and functional aspects
31.	俞	shū	stream pt	shu w/o radical
32.	輸	shū	transport pts	shu w/ cart rad.
33.	腧	shū yú	associated pt	shu w/ flesh rad.
34.	點	diǎn	dot, spot, point acu-point	appended to many extra pt names

35.	五輸穴	wǔ shū xué	five transport points	five pts on each of the 12 regular channels each one is associated with a phase-element
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文	PY	Translation	Water Metaphor	Flow (flow is distal to proximal)
井	jǐng	picture of well/field system well	welling up emerging	headwaters small, but has force/power
榮 榮	yíng*	swirling eddy	babbling brook spring	Nigel has settled on 'brook' quán = spring (Kd-1 yǒng = 涌) growing, cascading
輸 輸	shū	same as the overall category transporting	stream	streaming, enlarging flowing (has depth & breadth)
經 經	jīng	channel river	traversing traveling	broadening and moving long distances
合	hé	same as 'to close' uniting confluence	merging with the sea	confluence with sea

* 榮 yíng may also pronounced yóng, róng, or yún / in WG it might be spelled ying, yung, yun, or jung

榮 M:7586 yóng = dashing of waves; streams of water; brooks; name of an ancient marsh in Henan, also a city & district

潏 yóng M:7584 yóng w/ additional water radical = a stream, an eddy

潏 yóng M:7588 with fire below = to revolve, curl in eddies as rushing water

榮 yíng M:7468 = lights shining, sparkle, twinkle; shimmering, glimmering, dazzle; perplex / 82/16 = glowing, luminous

榮 yíng M:7465 = bright (just the top part / find under fire radical)

Chinese Medical Terminology - Chapter 7 – Anatomy

Points & Point Categories (cont.)

#	文	Pīn Yīn	Translation	Notes and Comments
36.	穴	xué	an acu-point	blood is fourth tone
37.	原穴	yuán xué	source pts	Ling Shu says 12, actually only 7 yuan pts (5 are bilateral) <i>Ling Shu 1 & Nan Jing 6 list:</i>
	太淵	Tài Yuān	Lu-9	for Lungs
	大陵	Dà Líng	Pc-7	for Heart
	太沖	Tài Chōng	Lr-3	for Liver
	太白	Tài Bái	Sp-3	for Spleen
	太谿	Tài Xī	Kd-3	for Kidney * Notice all 5 zang yuan pts are called tai or da (great)
	鳩尾	Jiū Wěi	CV-15	for Gao = fat, fatty, lard, paste = fat pad
	氣海	Qì Hǎi	CV-6	for Huang = membranes, fascia, connective tissue
38.	絡穴	luò xué	network/connecting pts	(shi wu luo = 15 luo pts) (GV-1 / CV-15 & Sp-21) + ST-18 = 16 pts
39.	郄 郄 / 隙 穴	xī xì xué	Wiseman & IDCA use this char & tone Xie uses this char., but 4th tone crack, crevice-fissure-cleft aka accumulation/ing	(16 Xi pts) 12 channels + 4 EV (Qiao = Kd-8 & B-59 / Wei = Kd-9 & GB-35)
40.	募穴	mù xué	collecting (alarm pts) eliciting pts / lit. 'to muster'	[6 on Ren, 6 off] [3 below umbilicus, 3 above] 3 on their channel (Lu, Lr, GB)
41.	背 俞/膂 穴	bèi shu xué	back "associated" points corresponding pts	assoc. with some specific organ or tissue [yu is archaic, or Japanese] (25 altogether) 19 on BL channel, 3 on SI, 2 on Kd, 1 on GV
42.	會穴	huì xué	meeting/convergent pts	generically: pts where 2 channels meet 8 pts with hui in their name: GV-20 = Bai Hui, CV-1 = Hui Yin, BL-35 = Hui Yang GV-22 = Xin Hui, GB-2 = Ting Hui, TB-13 = Nao Hui TB-7 = Hui Zong, GB-42 = Di Wu Hui
43.	交會	jiāo-huì [xué]	intersection/ junction /crossing points	
44.	八交 會	ba jiao- hui [xué]	8 crossing/meeting pts	master pts [of the 8 extraordinary vessels] aka confluent pts, or coalescent pts
45.	八會	ba hui [xué]	8 meeting pts	influential pts (for specific tissues) zang, fu, qi, blood, sinews, bones, marrow, vessels/pulse
46.	下合	xià hé [xué]	lower uniting pt	6 yang channels; specifically the 3 arm yang) river/channel unites/confluences with the sea/organ; lower because they are all on the legs
47.	總 穴	zǒng [xué]	general, main, chief command/dominant pts Rulers:	LI-4 for face & mouth Lu-7 &/or SI-3 for back of head & neck BL-54 for back ST-36 for abdomen Pc-6 for chest & diaphragm Sp-6 for pelvis & LJiao GB-34 for sides
48.	經外 穴	jīng wài [xué]	outside the channel points	extra pts aka
49.	阿是 穴	a-shì [xué]	'that's it' point 'ouch' point	pt of local sensitivity / trigger pt

Writing Practice for Anatomy

Traditional Characters

Chinese Medical Terminology - Chapter 7 – Anatomy

pinyin	文	Channels									
tai	太										
shao	少										
ming	明										
jue	厥										
kai	開										
he	合										
shu	樞										
jing	經										
luo	絡										
mai	脈										
shou	手										
zu	足										
zheng	正										
qi	奇										

0.6 x 0.6 = 15 rows x 10 boxes

Chinese Medical Terminology - Chapter 7 – Anatomy

pinyin	文	ExtraOrdinary Vessels									
ren	任										
du	督										
chong	衝										
dai	帶										
wei	維										
qiao	蹻										
zhu	主										
ke	客										
fu	夫										
qi	妻										
fu	父										
mu	母										
nan	男										
nü	女										

0.6 x 0.6 = 15 rows x 10 boxes

Chinese Medical Terminology - Chapter 7 – Anatomy

pinyin	文	Zang Fu									
fei	肺										
xin	心										
gan	肝										
pi	脾										
shen	腎										
xin	心										
bao	胞										
san	三										
jiao	焦										
chang	腸										
dan	膽										
wei	胃										
pang	膀										
guang	胱										

0.6 x 0.6 = 14 rows x 10 boxes

Chinese Medical Terminology - Chapter 7 – Anatomy

pinyin	文	definition	Points & Categories									
xue	穴											
shu	俞											
dian	點											
jing	井											
ying	榮											
shu	輸											
jing	經											
he	合											
yuan	原											
luo	絡											
xi	郤											
mu	募											
hui	會											
jiao	交											
zong	總											

0.6 x 0.6 = 15 rows x 10 boxes

Chapter 8

***Names of
Body parts***

****Dictionary Exercise****

I have provided the pinyin for each character.

You look them up in your dictionary and
provide the best, most fitting medical definition in the space.

Chinese Medical Terminology / Anatomy: Chapter 8 – Body Parts

Body Parts (1) General Body & Anatomical Directions

#	文	Pīn Yīn	Translation	Notes and Comments
1.	形	xíng	form/substance (of the body)	its shape, appearance
2.	身	shēn	the body	orig. a pregnant woman Shen Zhu = Body Pillar = GV-12
3.	體	tǐ	the body, (trunk/torso)	
4.	身體	shēn tǐ	the body	
5.	人體	rén tǐ	human body	
6.	肌體	jī tǐ	(muscles) of the body	
7.	體格	tǐ gé	physical constitution	
8.	體質	tǐ zhì	physical constitution	
9.	體溫	tǐ wēn	body warmth	body temperature
10.	體重	tǐ zhòng	body weight	overwt = pàng = fat, hěn pàng = obese underwt = thin = shòu emaciated = xiǎo shòu
11.	男	nán	man/male – masculine	char: field over strength
12.	女	nǚ	woman/female – feminine	char: buxom or pregnant woman (kneeling)
13.	丹田	dān tián	cinnabar or elixir field	alchemical cultivation transformation of jīng–qì–shén
			Anatomical Directions	(see also p. 48)
14.	上	shàng	upper/superior	
15.	下	xià	lower/inferior	
16.	外	wài	outer/outside	
17.	內	nèi	inner/inside	
18.	表	biǎo	exterior/surface	
19.	里	lǐ	interior	
20.	后	hòu	in back, behind posterior, proximal	in time: = later, afterwards
21.	前	qián	in front/ anterior, before/distal	in time: = earlier, former, previous
22.	左	zuǒ	left*	yang*
23.	右	yòu	right*	yin*

* when facing south, the left side is illuminated at sunrise, just like the sunny side of a mt. = yang
dawn is like springtime (east is to the left when facing south)

Chinese Medical Terminology / Anatomy: Chapter 8 – Body Parts

Body Parts (2) Tissues

language acquisition: how children learn to speak: point & name – naming body parts, etc.

#	文	Pīn Yīn	Translation	Notes and Comments
24.	痛	tòng	pain, ache	
	body part	+ tong	aches or pains of that part/region	ex: tou + tong = headache
	不通則痛	bù tōng zé tòng	no flow/passage, then pain	basic definition of pain
25.	組織	zǔ zhī	tissues	zu = to form, constitute, organize zhī = to knit, weave zu-zhi = to organize
26.	組織學	zǔ zhī xué	histology	tissue study
27.	髮	fǎ	hair (of the head)	tóu fǎ = head hair
28.	毛	máo	fur, hair (body hair)	also pubic hair
29.	皮	pí	skin, hide	leather; bark, peel, husk, rind
30.	膚 / 肤	fū	skin, surface, superficial	fū mai = superficial (floating) pulse fū se = skin color or complexion
31.	皮膚	pí fū	skin & surface	jī fū = flesh & skin
32.	皮毛	pí máo	skin & body hair	Lu
33.	肌	jī	flesh, muscle	esp. voluntary muscles
34.	肉	ròu	flesh, meat	flesh of fruit jī ròu = muscle meat (meaty/fleshy muscles) Sp
35.	筋	jīn	sinews	tendons & ligaments], connective tissue Lr
36.	腠理	còu lǐ	interspace, interstitial spaces	interstices betw skin & muscle
37.	肌腠	jī còu	muscle striations	jī lǐ = skin texture
38.	氣門	qì mén	pores	aka guǐ mén = ghost gates
39.	汗	hàn	sweat	pò han = sweat pò mén = yin soul gate = sweat orifice
40.	骨	gǔ	bone(s)	jīn gǔ = sinews & bones = physique Kd
41.	髌	liáo	bone hole	foramen, edge or depression next to bone ba liao = 8 bone holes = sacral foramen
42.	節	jié	joints	bǎi jié = 100 joints = all joints běn jié = base joints, knuckle (MP)
43.	爪	zhǎo	nails, claw, talon	extension of sinews
44.	脈	mài	veins (& arteries) blood vessels	the pulse Ht
45.	肢	zhī	limb	枝 = a tree branch, twig 支 = branching, branch office
46.	肢體	zhī tǐ	limbs of the body	
47.	四肢	sì zhī	4 limbs	aka sì wéi = 4 links
48.	赤白 肉際	chì bái ròu jì	red & white flesh border	border-boundary-edge jct of the red and white skin

Chinese Medical Terminology / Anatomy: Chapter 8 – Body Parts

Body Parts (3) Head & Senses

#	文	Pīn Yīn	Translation	Notes and Comments
49.	頭	tóu	head	Tou Wei = ST-8
50.	顱	lú	skull	Lu Xi = TB-19 Xuan Lu = GB-5
51.	頂	dǐng	vertex, crown	Qian Ding = GV-21 Hou Ding = GV-19 Ex.pt: He Ding
52.	顛	diān	vertex, top	
53.	囟	xìn	fontanel	Xin Hui = GV-22 Qiang Jian = GV-18 strong/hardened space
54.	腦	nǎo	brain	Nao Hu = GV-17 Nao Kong = GB-19 Nao Qing = Brain Clear (Ex.pt)
55.	髓	suǐ	marrow	medullary tissue (of kidney, vertebra, bones, brain)
56.	髓海	sui hǎi	marrow, sea of	one of the 4 Seas (see p. 143)
57.	髓會	sui huì	marrow meeting	GB-39 (influential pt)
58.	髓府	sui fǔ	marrow mansion/repository	i.e. bones
59.	額	é	forehead	
60.	面	miàn	face	
61.	髮際	fà jì	hairline	
62.	前髮際	qián fǎ jì	anterior hairline	
63.	後髮際	hòu fǎ jì	posterior hairline	
64.	鬢	bìn	temporal hair	Qu Bin = GB-7
65.	頸	jǐng	neck	Jing Bi = Neck and Arm (Ex pt)
66.	五官	wu guān	5 officials	= sense organs
67.	七竅	qī qiào	7 apertures/portals/ orifices	(of the head) (2 eyes, 2 ears, 2 nostrils, 1 mouth) tou & zu qiao yin = GB-11 & 44
68.	九竅	jiǔ qiào	9 apertures/portals	add urethra/vagina & anus
69.	目	mù	eye/s	Mu Chuang = GB-16
70.	睛	jīng	eye/s	Jing Ming = BL-1
71.	眼	yǎn	eye/s	Ex Pts: Xi Yan & Yao Yan
72.	胞	bāo	eyelids (upper & lower)	same character as uterus, womb also used for the bladder (BL-28a = Bao Huang)
73.	耳	ěr	ear/s	Er Men = TB-21
74.	鼻	bí	nose	Du Bi = ST-35 / Ex Pt: Bi Tong

Chinese Medical Terminology / Anatomy: Chapter 8 – Body Parts

Body Parts (3) Head & Senses (cont.)

#	文	Pīn Yīn	Translation	Notes and Comments
75.	顴	quán	cheek(bone)	Quan Liao = SI-18
76.	頰	jiá	lateral cheek, ramus / jaw	Jia Che = ST-6
77.	口	kǒu	mouth	Tiao Kou = ST-38
78.	唇	chún	lips*	aka fei men = flying gate first of the 7 throughway gates qi chong men* (see PD p.527)
79.	齒	chǐ	teeth*	mouthful of teeth R: 211
80.	牙	yá	tooth/fang	canine/molar R: 92
81.	舌	shé	tongue	舌根 she gēn = tongue root
82.	齦	yín	gums	Yin Jiao = GV-28
83.	頰	kē	chin	pronounced ké = throat (of a bird)
84.	喉	hóu	throat, larynx	
85.	嚨	lóng	throat	
86.	喉嚨	hóu-lóng	throat	modern compound
87.	咽	yān	pharynx	
88.	咽喉	yān hóu	pharynx & larynx	
89.	鎖骨	suǒ gǔ	clavicle/collarbone	aka suǒ zǐ gǔ

* see #78 & 79 qī chōng mén = 7 Throughway Gates (see PD p.527)

1. lips = flying gates, 2. teeth = door gates, 3. epiglottis = respiratory gate, 4. esophagus = rushing gate,
5. pylorus = dark gate (see Kd-21), 6. ileocecal = screen gate, 7. anus = po gate (corporeal soul gate)

Chinese Medical Terminology / Anatomy: Chapter 8 – Body Parts

Body Parts (4) Torso

#	文	Pīn Yīn	Translation	Notes and Comments
90.	體	tǐ	torso, body	
91.	缺盆	quē pén	supraclavicular fossa	Que Pen = ST-12 = Empty Basin quē pén gǔ is another name for the clavicle (see previous page #89)
92.	胸	xiōng	chest/thorax	Xiong Xiang = Sp-19, chest countryside
93.	膺	yīng	breast/pectorals/bosom	Ying Chuang = ST-16 = Ventilate the Chest
94.	乳	rǔ	breast/nipple	Ru Gen = ST-18
95.	奶	nǎi	mammary	
96.	腋	yè	axilla	Yuan Ye = GB-22
97.	脅	xié	lateral costal region rib side	not flank
98.	肋	lèi or lè	ribs	same character, two pronunciations
99.	膈	gé	diaphragm	Ge Shu = BL-17 & Ge Guan = BL-41/46
100.	腹	fù	abdomen	Fu Jie = Sp-14 Fu Ai = Sp-16
101.	大腹	dà fu	big abdomen	upper abdomen
102.	小腹	xiǎo fu	small abdomen	lower abdomen
103.	少腹	shào fu	lesser/minor abdomen	lateral abdomen / flank
104.	臍	qí	navel	umbilicus
105.	背	bèi	back	Bei Shu = BL-11 (Bei shu pts)
106.	椎	zhuī	mallet, vertebra	Da Zhui = GV-14
107.	槌	chuí	vertebra	
108.	脊	jí or jǐ	spine	Ji Zhong = GV-6 (jia ji pts)
109.	脊	lǚ	backbone	Zhong Lü Shu = B-29
110.	脾	shèn	paraspinal muscles	erectors
111.	腰	yāo	lumbar region, waist & loins	yao shu = GV-2 / yao yang guan = GV-3
112.	骶骨	dǐ gǔ	sacrum	bone radical 骨 + 氏 foundation, bottom, base
113.	骶	dǐ	coccyx	aka 骶端 di duan see GV-27 Dui Duan
114.	尾閭	wěi lǘ	tail of backbone = coccyx	aka 尾骨 wěi gǔ
115.	尾骶骨	wěi dǐ gǔ	sacrum & coccyx	aka 尻骨 kāo gǔ

Chinese Medical Terminology / Anatomy: Chapter 8 – Body Parts

Body Parts (4) Torso (cont.)

#	文	Pīn Yīn	Translation	Notes and Comments
116.	二陰	er yin	2 yin	= external genitalia the vaginal/urethral & anal orifices
117.	肛門	gāng (men)	rectum/anus	rectal gate
118.	后陰	hòu yīn	posterior yin	anus
119.	胞	bāo (gong)	uterus	lit. to envelop; bag, pouch, wrapper, bladder (gong = palace)
120.	子宮	zǐ gōng	uterus	aka nu zi bao / zi zang / bao zang
121.	產門	chǎn men	vagina	lit. birthing/delivery gate
122.	陰戶	yīn hù	vagina	lit. shaded door
123.	陰股	yīn gǔ	inguinal area	lit. yin thigh
124.	莖	jīng	stem, stalk	penis
125.	玉莖	yù jīng	jade stalk	penis
126.	睪	gāo	testes, testicle	
127.	睪丸	gāo wán	testicles/balls	wán is lit. a ball/pellet in herbology wán means a pill
128.	囊	náng	scrotum	
129.	房	fáng	place, house, room, chamber	euphemism for sexual activity
130.	同房	tóng fáng	companion room	sexual intercourse
131.	行房	xíng fáng	moving room	sexual intercourse
132.	入房	rù fáng	entering room	sexual intercourse
133.	交媾	jiāo gòu	jct, intertwine + to mate	copulate, intercourse
134.	房室 不節	fáng shì bù jié	chamber room (sex) not restricted/limited	sexual intemperance jie = H:60 = Limitations
135.	素女經	Sù Nǚ Jīng	Plain & Simple Woman's Classic	dialogue betw Huang Di & Su Nu (Tang)
136.	金瓶梅	Jīn Píng Méi	Gold-Vase-Plum The Plum in the Golden Vase	16th c. erotic novel (playboy Xi-men's exploits) Title is short for 3 main female character's names: Pan, Jin -lian; Li, Ping -er; & Pang, Chun-mei
137.	黃書	huáng shū	Yellow Book(s)	= porn

Chinese Medical Terminology / Anatomy: Chapter 8 – Body Parts

Body Parts (5) Limbs, Upper Extremity

#	文	Pīn Yīn	Translation	Notes and Comments
138.	上肢	shàng zhī	upper limb(s)	upper extremity
139.	肩	jiān	shoulder	Jian Jing = Shoulder Well = GB-21 Jian Yu = Shoulder Bone = LI-15 Jian Liao = Shoulder Bone-hole = TB-14 Jian Zhen = Shoulder True/Correct = SI-9 Jian Wai Shu = Outer Shoulder Shu = SI-14 Jian Zhong Shu = Mid Shoulder Shu = SI-15
140.	肩甲	jiān jiǎ	shoulder armor	scapula
141.	臑	nào	upper arm humerus/deltoid	Bi Nao = LI-14 Nao Hui = TB-13 Nao Shu = SI-10
142.	肘	zhǒu	elbow/olecranon	Zhou Liao = LI-12
143.	尺	chǐ	cubit, cubital	Chi Ze = Lu-5
144.	臂	bì or bèi	forearm, arm upper arm	Ex Pt: Bi Zhong Bi Nao LI-14
145.	正骨	zhèng gǔ	ulna	rui gu = styloid process of ulna (lit. sharp bone)
146.	輔骨	fǔ gǔ	radius	gao gu = styloid process of radius
147.	腕	wàn	wrist	Wan Gu = SI-4
148.	手	shǒu	hand, arm, UE	Shou San Li = LI-10 Shou Wu Li = LI-13
149.	寸	cùn	thumb	body inch - distal pulse position
150.	魚	yú	fish = thenar eminence	Yu Ji = Lu-10
151.	虎口	hǔ kǒu	tiger's mouth	Ex pt: or alt name for He Gu Ho Ku in Wade-Giles (easily confused)
152.	指	zhī	fingers	
153.	趾	zhǐ	toes	
154.	爪	zhǎo	nails	fingers or toes

Chinese Medical Terminology / Anatomy: Chapter 8 – Body Parts

Body Parts (5) Limbs (cont.), Lower Extremity

#	文	Pīn Yīn	Translation	Notes and Comments
155.	下肢	xià zhī	lower limb(s)	lower extremity
156.	足	zú	foot, leg; LE	Zu San Li = ST-36 / Zu Wu Li = Lr-10 Zu Lin Qi = GB-41 / Zu Qiao Yin = GB-44
157.	臀	tún	buttocks/gluteals	
158.	胯 or 髀	kuà	ilium, hip	aka kuà gu
159.	坐骨	zuò gǔ	ischium / sit bone	
160.	股	gǔ	thigh	
161.	髀	bì	thigh	Bi Guan = ST-31
162.	髀骨	bì gǔ	femur	
163.	髀 樞	bì shū	hip pivot-socket	acetabulum, trochanter
164.	膝	xī	knee	Ex pt: Xi Yan / Xi Guan = Lr-7 / Xi Yang Guan = GB-33
165.	膝節	xī jié	knee joint	
166.	臑 or 髌	bìn	patella	aka xi bin
167.	腘	guó	popliteal fossa	
168.	腿	tuǐ	leg	
169.	腳	jiǎo	leg, foot	
170.	脛	jìng	leg or tibia	chéng gǔ / gàn gǔ = tibia, shin bone
171.	外輔骨	wai fǔ gǔ	fibula	outer/lateral assisting bone (see radius)
172.	踝	huái	malleoli	nei huai = medial malleolus wai huai = lateral malleolus
173.	腓	fěi	gastrocnemius, calf	aka chuǎi or fei chuai
174.	跖	fū	dorsum of the foot	(instep) (Fu Yang = BL-59)
175.	跟	gēn	heel	
176.	跟 骨	gēn gǔ	heel bone	calcaneus
177.	燃 骨	rán gǔ	navicular bone	Ran Gu = Blazing Bone alt name for Kd-2 Blazing Valley

Chinese Medical Terminology / Anatomy: Chapter 8 – Body Parts

Body Parts (6) Points

Body Regions from which Acu-points take their Names

#	文	Pīn Yīn	Translation	Notes and Comments
1.	印堂	yìn táng	betw the eyebrows the glabella	Ex pt: Seal Hall aka Tian Mu
2.	水溝	shuǐ gōu	philtrum	GV-26 Water Trough
3.	承漿	chéng jiāng	mento-labial groove/sulcus	CV-24 Catch-basin for drool
4.	耳門	ěr mén	tragus	TB-21 Ear Gate
5.	頰車	jiá chē	lateral cheek masseter/ramus	ST-6 Jaw Cart
6.	完骨	wán gǔ	mastoid process	GB-12 End Bone
7.	枕骨	zhěn gǔ	pillow bone = occiput	BL-9 Jade Pillow / Yu Zhen
8.	缺盆	quē pén	supraclavicular fossa pen gu = clavicle	ST-12 Empty Basin
9.	巨骨	jù gǔ	acromial end of the clavicle	LI-16 Huge Bone
10.	大椎	dà zhuī	big mallet = C7	GV-14 Big Vertebra
11.	膏肓	gāo huāng	area betw the heart & diaphragm	BL-38/43/14a Gao Huang Shu
	膏	gao	fat, fatty; paste	adipose tissue; spec. the fat pad below the heart
	肓	huang	membrane(s) (gao huang = fat & fascia)	fascia; connective tissue; diaphragm & central tendon
12.	十七 椎下	shí qī zhuī xià	below L5 lumbo sacral jct	Ex pt: Below the 17th Vertebra
13.	膻中 壇中	dàn zhōng tán zhōng	mid chest / area between the nipples	CV-17 Center of the Chest TZ is another name for the Pc for which this is the mu pt (see p. 141)
14.	鳩尾	jiū wěi	xiphoid process	CV-15 Dove's Tail
15.	巨闕	jù què	costal arch	CV-14 Huge Towergate/Watchtower/portal
16.	幽門	yōu mén	pylorus	Kd-21 Secluded Gate
17.	神闕	shén què	umbilicus	CV-8 Spirit/Imperial Watchtower
18.	曲骨	qū gǔ	pubic symphysis	CV-2 Bent/Curved/Curving Bone
19.	橫骨	héng gǔ	pubic bone	Kd-11 Horizontal Bone
20.	會陰	huì yīn	perineum	CV-1 Meeting of Yin
21.	魚際	yú jì	thenar eminence	Lu-10 Fish Belly
22.	京骨	jīng gǔ	5th metatarsal, base	BL-64 Capitol Bone
23.	束骨	shù gǔ	5th metatarsal, head	BL-65 Binding/Strap Bone
24.	燃骨	rán gǔ	navicular bone	Kd-2 Blazing Valley/Bone (both bone & valley gu are 3rd tone) Blazing Valley is the official name, but Blazing Bone is an alternate name

***Writing Practice
for
Anatomy:
Body Parts***

Traditional Characters

Chinese Medical Terminology / Anatomy: Chapter 8 – Body Parts

pinyin

文

Body Parts 1

General Terms & Anatomical Directions

xing	形										
shen	身										
ti	體										
wen	溫										
zhong	重										
shang	上										
xia	下										
wai	外										
nei	內										
biao	表										
li	裏						里				
hou	后										
qian	前										
zuo	左										
you	右										

0.6 x 0.6 = 15 rows x 10 boxes

Chinese Medical Terminology / Anatomy: Chapter 8 – Body Parts

pinyin	文	Body Parts 2				Tissues					
tong	通										
tong	痛										
fa	髮										
mao	毛										
pi	皮										
ji	肌										
rou	肉										
jin	筋										
gu	骨										
liao	膠										
jie	節										
zhao	爪										
zhi	肢										
mai	脈										
mai	脉										

0.6 x 0.6 = 15 rows x 10 boxes

Chinese Medical Terminology / Anatomy: Chapter 8 – Body Parts

pinyin	文	Body Parts 3				Head & Senses					
tou	頭					lǔ	顱				
ding	頂					dian	顛				
xin	凶										
nao	腦										
sui	髓										
mian	面										
fa	髮										
jing	頸										
mu	目			jing	睛			yan	眼		
er	耳										
bi	鼻										
jia	頰			kou	口			chun	唇		
chi	齒			ya	牙			yin	齦		
she	舌										
yan	咽			hou	喉			long	嚨		

0.6 x 0.6 = 15 rows x 10 boxes

Chinese Medical Terminology / Anatomy: Chapter 8 – Body Parts

pinyin	文	Body Parts 4				Torso					
xiong	胸					ying	膺				
ru	乳					nai	奶				
ye	腋					xie	脅				
lei	肋					ge	膈				
fu	腹					qi	臍				
bei	背					zhui	椎				
ji	脊					lü	膂				
yao	腰										
gang	肛					men	門				
bao	胞					gong	宮				
zi	子					gong	宮				
chan	產					men	門				
yu	玉					jing	莖				
gao	皐					nang	囊				
Su	素					Nu	女				

0.6 x 0.6 = 15 rows x 10 boxes

Chinese Medical Terminology / Anatomy: Chapter 8 – Body Parts

pinyin	文	Body Parts 5				Extremities					
jian	肩					jia	甲				
nao	髑					zhou	肘				
chi	尺					bi	臂				
gu	骨					wan	腕				
shou	手					cun	寸				
zhi	指					zhao	爪				
zhi	肢					zu	足				
tun	臀					kua	胯				
gu	股					bi	髀				
xi	膝					jie	節				
bin	臍					guo	臑				
tui	腿					fei	腓				
jiao	腳					jing	脛				
huai	踝					fu	跗				
gen	跟					zhi	趾				

0.6 x 0.6 = 15 rows x 10 boxes

Chinese Medical Terminology / Anatomy: Chapter 8 – Body Parts

pinyin	文	Body Parts 6a				Anatomical Point Names					
yin	印					tang	堂				
shui	水					gou	溝				
cheng	承					jiang	漿				
er	耳					men	門				
jia	頰					che	車				
wan	完					gu	骨				
zhen	枕					gu	骨				
que	缺					pen	盆				
ju	巨					gu	骨				
da	大					zhui	椎				
gao	膏					huang	育				
dan	臄					zhong	中				
jiu	鳩					wei	尾				
ju	巨					que	闕				

0.6 x 0.6 = 15 rows x 10 boxes

Chinese Medical Terminology / Anatomy: Chapter 8 – Body Parts

pinyin	文	Body Parts 6b				Anatomical Point Names					
you	幽					men	門				
shen	神					que	闕				
qu	曲					gu	骨				
heng	橫					gu	骨				
hui	會					yin	陰				
yu	魚					ji	際				
hu	虎					kou	口				
jing	京					gu	骨				
shu	束					gu	骨				
ran	燃					gu	骨				

Chapter 9

Physiology

- *Vital Substances*
 - *Types of Qi*
 - *Organs*
 - *Four Seas*

Chinese Medical Terminology / Chapter 9 – Physiology

Physiology – Vital Substances

#	文	Pīn Yīn	Translation	Notes and Comments
1.	生理	Shēng Lǐ	life principles	life/engendering principles (laws, doctrine) = physiology
2.	三寶	Sān Bǎo	three treasures	three treasures, jewels, gems precious/treasured things Jīng-Qì-Shén
3.	精	Jīng	sperm/ovum reproductive essence	米 mǐ/rice + 青 qīng/green DNA ability to heal/regenerate
4.	後天 S: 后天	hòu tiān	later/after = latter heaven	post natal = acquired essence
5.	先天	xiān tiān	earlier = former heaven	pre natal = congenital essence
6.	先前	xiān qián	previously	in earlier times, former
7.	先后	xiān hòu	before & after	first & last; successively, in order first to last, beginning to end (alpha & omega)
8.	氣	Qì (ch'ì)	vital energy vital function	qì is still a substance (information, intelligence) Qì Hài = CV-6
9.	气	simplified		gas, air, breath ; weather ; odor ; airs, manner, spirit, morale, make or get angry, enrage, insult
10.	汽	qì	mist, vapors, steam	w/ water radical
11.	神	Shén (Ht)	spirit, mind, consciousness	示 shì = R.113 sign : sun, moon stars; reveal + 申 shēn = to explain , 9th branch (the Heavens revealed & explained, stated; the will of Heaven revealed) 8 pts w/ shen: Shen Men = Ht-7, Shen Tang = BL-39/44, Kd-23 = Shen Feng, Kd-25 = Shen Cang, GB-13 = Ben Shen, CV-8 = Shen Que, GV-11 = Shen Dao, GV-24 = Shen Ting
12.	魄	Pò (Lu)	• yin soul, corporeal spirit • animal soul physique instinct/survival	白 bái = white (metal = west = death) + 鬼 guǐ = ghost (R.194 = disembodied head) assoc. w/ body (po men = anus) (Lu/LI)
13.	魂	Hún (Lr)	• yang soul, ethereal spirit • personality sense of self ego – persona	云 yún = cloud + 鬼 guǐ = ghost western paradise / dream state distinct from body
14.	意	Yì (Sp)	thoughts, memories; ideas, meaning, desires	音 yīn = to speak + 心 xīn = one's heart/mind intention
15.	志	Zhì (Kd)	will, willfulness, will power, ambition intention & commitment	心 xīn = the heart/mind + 士 shì = a scholar stamina (exhaustion undermines resolve, unfinished business is an energy drain)

Chinese Medical Terminology / Chapter 9 – Physiology

Physiology – Vital Substances (cont.)

#	文	Pīn Yīn	Translation	Notes and Comments
16.	靈	Líng	spirit (yin spirits) (yin/rain spirit) numinous, magical, supernatural	R.173 yǔ = rain + 3 mouths ZW: 161/8; Wieger L.72K + gōng = work + 2 people / shaman 5 pts w/ ling: Cheng Ling = GB-18, Ling Tai = GV-10, Ling Xu = Kd-24, Qing Ling = Ht-2, Ling Dao = Ht-4
17.	巫	wū	shaman, sorcerer (witch dr.)	
18.	靈樞	ling shū	Spiritual Pivot /Axis	second half of the Nei Jing (81 chapters)
19.	靈龜 八法	líng guī bā fǎ	mystic/magical/sacred/spiritual tortoise/turtle 8(fold) methods/techniques of	style of astro-chrono acupuncture
20.	鬼	Guǐ	ghost – demon (devil)	
21.	十三 鬼穴	shí sān guǐ xué	13 ghost points	for psychosis, possession, exorcism
22.	血	Xuè	blood	nourishing & moistening Xue Hai = Sp-10
23.	津液	Jīn yè	body fluids	liquids & humors Ye men = TB-2 Yuan Ye = GB-22
24.	津	jīn	liquids = yang fluids	thin clear moisturize like dew
25.	液	yè	humors = yin fluids	thick dark lubricates like oil
26.	五液	wǔ yè	5 humors/fluid secretions	
27.	汗	hàn	sweat, perspiration	(cooling) Ht
28.	涕	tì	mucus, snivel	surfactant (not phlegm) Lu
29.	涎	xián	drool/slobber (thick saliva)	digestive saliva Sp
30.	唾	tuò	spit/spittle (thin saliva)	moistening saliva parotid Kd
31.	淚(泪)	lèi	tears, teardrops, lacrimation	moistens, cools, cleanses, lubricates Lr
32.	泣	qì	tearing , to weep, to sob	tears (crying tears)
33.		Cheng Qi	For Tearing	ST-1
34.		Lin Qi	OverSee Tearing	Tou Lin Qi = GB-15 Zu Lin Qi GB-41
35.		Cheng Jiang	For Drooling (sauce)	CV-24
36.	聾	dōng	cerumen	ear + 丁 dōng = 4th Stem, fourth grade, grade D
37.	聾聵	dōng níng	cerumen, earwax	寧 níng = mud, mire
	叮 叮 酊	dīng dīng dīng	w/ mouth = bite, sting w/ eye = stare w/ stopper = tincture	叮 dīng w/ mouth = bite, sting 叮 dīng w/ eye = stare 酊 dīng w/ stopper = tincture

Chinese Medical Terminology / Chapter 9 – Physiology

Types of Qi

see also A Brief History of Qi by Zhang & Rose

#	文	Pīn Yīn	Translation	Notes and Comments
1.	氣	Qì (ch'ì)	vital energy	vital function
2.	元	yuán qì	original qì	
3.	原	yuán qì	source qì	
4.	真	zhēn qì	true - genuine qì	
5.	正	zhèng qì	correct - upright –	proper qì – when all fx are proper i.e. working properly = healthy (= a healthy immune system)
6.	大	dà qì	big/great qì	air
7.	空	kōng qì	empty qì	air
8.	清	qīng qì	clear qì	essence of air (oxygen)
9.	谷	gǔ qì	valley, grain or cereal qì	essence of food
10.	中	zhōng qì	middle qì	Sp & ST, middle jiao qì
11.	宗	zōng qì	ancestral qì - gathering qì	basic rhythm of heart & resp. CV-17
12.	臟	zàng qì	functional activity of the viscera	脏 腑 气 = zang-fu qì = organ function
13.	衛	wèi qì	protective qì - defensive qì	M.7089 = to protect circulates 50x/day day-time = 25x thru yang channels in reverse sheng order: LI–ST–TB–GB–SI–BL (starts w/ metal) night-time = 25x thru yin channels in ke order: Kd–Ht–Lu–Lr–Sp (starting w/ water)
14.	營	yíng qì	nutritive qì, constructive qì	to build; construct (constructive qì) ying/wei imbalance: key sx = sweat
15.	邪	xié qì	evil qì	wicked, vicious; pathogenic qì; noxious influence, sinister opposite of zheng (lit. smth. askew or awry) see Hagen p.73
16.	戾	lì qì	perverse qì	cruel, oppressive; criminal, sinful
17.	癘	lì qì	epidemic qì	pestilence , plague; malignant; leprosy
18.	蠱	gǔ	spoiled – poisonous, lethal	spoiled food – maggots – parasites elixir of poison venoms - black magic - the evil eye H:18
19.	毒	dú	toxins, toxicity, poison, venom	
20.	蠱 毒	gu du	poisons & toxins	gu toxins; a cesspool
21.	時 邪	shí xié	seasonal pathogens/evils	
22.	伏 氣	fú qì/xié	latent/deep lying/hidden qì/pathogens	fu mai = hidden pulse [SW 5] lie or fall, prostrate ST-32 = Fu Tu = Hidden Hare

Physiology – Organs

#	文	Pīn Yīn	Translation	Notes and Comments
1.	臟腑	Zàng Fǔ	viscera & bowels	the organs
2.	脏腑	<i>simplified</i>		zang = solid fu = hollow organs
3.	五臟	Wǔ Zàng	5 viscera	flesh that stores, storage (filled with / stores blood)
4.	五脏	<i>simplified</i>	= yin organs	77/124
5.	𠂔	qiáng	left half of tree = strong/ plank	R.90
6.	戕	qiáng	split w/ lance = attack	R.62
7.	臧	zāng	attack & subjugate (prisoners, slaves)	77/121 zāng
8.	賊	zāng	stolen goods , booty, plunder	77/122 zāng
9.	藏	cáng	grass covering the goods = conceal	77/123 cáng
10.	臟	zàng	concealed flesh = internal organs	77/124 zàng
			Wu Zang	<i>Analyzing the Characters</i>
11.	心	Xīn	Heart	ZW 83/1 picture of heart beating or vessels arising (no flesh radical) all organs except Ht, Pc, & TB include flesh R. (flesh radical is usu. on L. or underneath, moon is usu. on R)
12.	肺	Fèi	Lungs	ZW 29/61 29/60 phonetic: 市 bèi = plants dividing; to multiply, proliferate; prolific vegetation 肉市 = flesh that bifurcates = lungs 66/64 市 shì = marketplace ; city, town
13.	脾	Pí	Spleen	ZW 15/38 15/30 杯 bēi = wood + bu (no) a glass, cup , mug phonetic: 卑 bēi is a left hand holding a mug = low, base, vulgar, inferior, humble, plebian 肉卑 = flesh that is inferior/humble (location & stature) 啤 pí = mouth + mug = beer
14.	胰	Yí	pancreas	flesh + ph: yí = safe; flatten, level; kill; Yí = non Han people/tribes in the east (NE)
15.	肝	Gān	Liver	ZW 50/2 50/1 phonetic: 干 gān = a shield ; pestle, grind; offend, attack the organ that shields/defends, and/or attacks
16.	腎	Shèn	Kidneys	ZW 142/21 the organ that works like a slave, attitude of servitude 142/1 phonetic: 臣 chén = person kneeling (ke tou) = servant , subject; minister/vassal 142/17-18 臣+又 = 堅 jiān = R hand controlling a servant; firm , tight + earth = terra firma 142/21 臣+又+肉 腎 shèn = firm flesh = kidneys, testicles 142/22 臣+宀 宦 huàn = servant/minister under a (palace) roof = a eunuch (huanguan)

Chinese Medical Terminology / Chapter 9 – Physiology

Physiology – Organs (cont.)

#	文	Pīn Yīn	Translation	Notes and Comments
17.	六腑	Liu Fǔ	6 bowels = yang organs	ZW 14/73 transformation, empty/hollow (filled with qi)
18.	寸	cùn	thumb or hand	+ a person = fù 付 = pay + a building = fǔ 府 = archives (ph.) + 月 flesh = archives of the body = bowels, entrails
19.	大腸	Dà Cháng	Large Intestine	ZW 76/51 phonetic: 易 yáng = sunrays extending over the horizon = to expand
20.	小腸	Xiǎo Cháng	Small Intestine	ZW 76/51 phonetic: 易 yáng = sunrays piercing the clouds; bright
21.	膀胱	Páng Guāng	Urinary Bladder	ZW 94/23 旁 páng = beside, near (ph: fáng = direction, place, square) ZW 11/42 光 guāng = person/legs carrying fire = light, smooth, glossy
22.	胃	Wèi	Stomach	ZW 132/7 胃 a cultivated field, or a stomach containing food over flesh
23.	膽 胆	Dǎn	Gall Bladder	ZW 21/13 ZW 21/8 zhān = 21/2 a cliff (danger) + separating + words = verbose 76/42 旦 dàn = sun rise, dawn dan (same char. & tone) = courage, bold, brave
24.	三焦	Sān Jiāo	3 Burning Spaces	ZW 162/26 zhuī = bird/dove over fire/flames (firebird), roast, char; anxious 雀 què = sparrows 鳥 niǎo = short tail birds 鳩 jiū = pigeon, dove
25.	心胞	Xīn Bāo	heart wrapper (Pc)	
26.	心主	Xīn Zhǔ	heart master/host	
27.	壇中	Tán Zhōng	central altar	76/45
28.	膻中	Dàn zhōng	center of the chest	
29.	羊+亼中	Shān zhòng	mutton penetrating	
30.	小心	xiǎo xīn	small heart	take care
31.	命門	Mìng Mén	life gate	ming = life / order, command, decree / to name / destiny, fate Ming Men = GV-4
32.	命門火	mìng men huǒ	life gate fire	(ministerial fire) heat & light
33.	天命	Tiān Mìng	mandate of Heaven	Heaven's/Celestial decree-command
34.	命數	Mìng shù	name/fate & number	science of name & numerology

Chinese Medical Terminology / Chapter 9 – Physiology

Physiology – Organs (cont.)

#	文	Pīn Yīn	Translation	Notes and Comments
35.	奇 恆 之 腑	Qí Héng Zhī Fǔ	Curious Organs Extraordinary Fu	in contrast to zheng fu = regular/ordinary fu
	奇	qí	odd, weird, strange, unusual	rare; surprising, astonishing, wonderful see EV p. 108
	恆	héng	permanent, constant common	Hex. 32
	奇 恆	qí-héng	differing from the norm, inconsistent irregular, uncommon	odd because they are hollow like fu, but store like zang (don't excrete)
36.	胞	bāo	uterus, placenta	胞 宮 bāo gōng = uterine palace (Ex Pt)
37.	腦	nǎo	brain	腦 戶 nǎo hù = GV-17
38.	髓	suǐ	marrow, spinal cord	腦 空 nǎo kōng = GB-19
39.	脈	mài	veins - vessels - pulse	帶 脈 dài mài = Belt Vessel & GB-26
40.	膽	dǎn	GB courage, bravery	膽 汁 dǎn zhī = bile extraordinary due to its bile storage function
41.	膈	gé	diaphragm	(BL-17 = Ge Shu, BL-17a = Ge Guan)
42.	血 室	xuè shì	blood chamber	uterus - liver - CV/Chong) CV-4
43.	精 宮	jīng gōng	palace of essence/semen	(Ex Pt, BL-23a)

For Homework: See if you can figure out the following phrases from the pinyin alone:

44.		zàng xíng qì yú fǔ	the viscera move (circulate) qi to the bowels
45.		fǔ shū jīng yú zàng	the bowels transport essence (nutrients) to the viscera
46.		wǔ zàng huà yè	5 zang transform fluids
47.		liù fǔ chuán huà wù	6 fu transfer/convey & transform things/substances transport the transformed substances
48.		wǔ zàng wéi shí, cáng, ér bù xiè	the 5 zang are solid, [they] store, and/but do not drain/discharge
49.		liù fǔ wéi kōng, xiè, ér bù cáng	6 fu are hollow, [they] discharge/drain, and/but do not store

Chinese Medical Terminology / Chapter 9 – Physiology

The Four Seas

locus classicus: Ling Shu 33

(references: Mann p.135, Ki p.304, Wu p. 650 JNWu p.132, Pirog p.135)

#	文	Pīn Yīn	Translation	Notes and Comments
1.	四海	Sì Hǎi	Four Seas	oceans or reservoirs
2.	氣海	Qì Hǎi	Sea of Vital Energy/Breath	CV-17 zong qi / CV-12 middle qi / CV-6 source qi
3.	血海	Xuè Hǎi	Sea of Blood	refers to the Chong (also Ren, Liver & Spleen / Sp-10)
4.	水穀之海	Shuǐ Gǔ zhī Hǎi	Sea of Water & Grain	aka Sea of Nourishment refers to the stomach
5.	髓海	Suǐ Hǎi	Sea of Marrow	Marrow - refers to the bone marrow, brain & spinal cord CSF & Kidney
6.	濁海	zhuó hǎi	turbid/muddy sea	sea of turbidity = waste products esp. fluids
7.		jīng mǎi zhī hǎi	sea of the channels & vessels	Chong mai
8.		shí èr jīng zhī hǎi	sea of the 12 channels	Chong mai
9.		yáng mǎi zhī hǎi	sea of the yang vessels	Du mai
10.		yīn mǎi zhī hǎi	sea of the yin vessels	Ren mai

#	文	Pīn Yīn	Points	Symptoms
11.	氣海	Qì Hǎi	CV-17, ST-9, & BL-10	<u>shí</u> = heaviness/fullness in the chest, breathlessness and a red face <u>xū</u> = person cannot, or finds it difficult to speak (qi is insufficient to talk) UJ / Lu sx
12.	血海	Xuè Hǎi	BL-11 above ST-37 & 39 below	<u>shí</u> = sense that body has increased in size; inflated, enlarged & puffy <u>xū</u> = sense that body has decreased in size; shrunk, emaciated, small & withered. (both types are absorbed in thought (preoccupied), but cannot describe the problem or site of pain; they may not even realize they are ill)
13.	水穀之海	Shuǐ Gǔ zhī Hǎi	ST-30 & 36	<u>shí</u> = abdominal fullness, distention or swelling (food stag) <u>xū</u> = person feels hungry, but cannot eat (LOA) MJ / Sp/ST sx
14.	髓海	Suǐ Hǎi	GV-16 & 20	<u>shí</u> = person is robust, (light & strong), indicates a good constitution & longevity <u>shí</u> = person feels a surplus of energy, may become hypersexual (and lose vitality) <u>xū</u> = dizziness, tinnitus, head is spinning, too dizzy to see clearly; (jing xu) legs become weak and person wants to lie down (LJ/K sx)

Writing Practice for Physiology

Traditional Characters

Chinese Medical Terminology – Writing Practice for Chapter 9

pinyin

文

Vital Substances

bao	寶										
jīng	精										
qì	氣										
xuè	血										
shén	神										
póu	魄										
hún	魂										
yì	意										
zhì	志										
líng	靈										
guǐ	鬼										
jīn	津					ye	液				
hàn	汗					ti	涕				
xiàn	涎					tuo	唾				
lèi	淚					qi	泣				

0.6 x 0.6 = 15 rows x 10 boxes

Chinese Medical Terminology – Writing Practice for Chapter 9

pinyin

文

Types of Qi

qi	氣										
yuan	元										
yuan	原										
zhen	真					zheng	正				
kong	空					qing	清				
gu	谷					zhong	中				
zong	宗										
xiong	胸										
wei	衛										
ying	營										
xie	邪										
li	戾										
li	癘										
gu	蠱										
du	毒										

0.6 x 0.6 = 15 rows x 10 boxes

Chinese Medical Terminology – Writing Practice for Chapter 9

pinyin

文

Zang Fu 2

zang	臟					fu	腑				
zang	脏					fu	腑				
fei	肺										
da	大					chang	腸				
xin	心										
xiao	小					chang	腸				
gan	肝					dan	膽				
pi	脾					wei	胃				
shen	腎										
pang	膀					guang	胱				
xin	心					bao	胞				
tan	膻					zhong	中				
xin	心					zhu	主				
san	三					jiao	焦				
ming	命					men	門				

0.6 x 0.6 = 15 rows x 10 boxes

Chinese Medical Terminology – Writing Practice for Chapter 9

pinyin

文

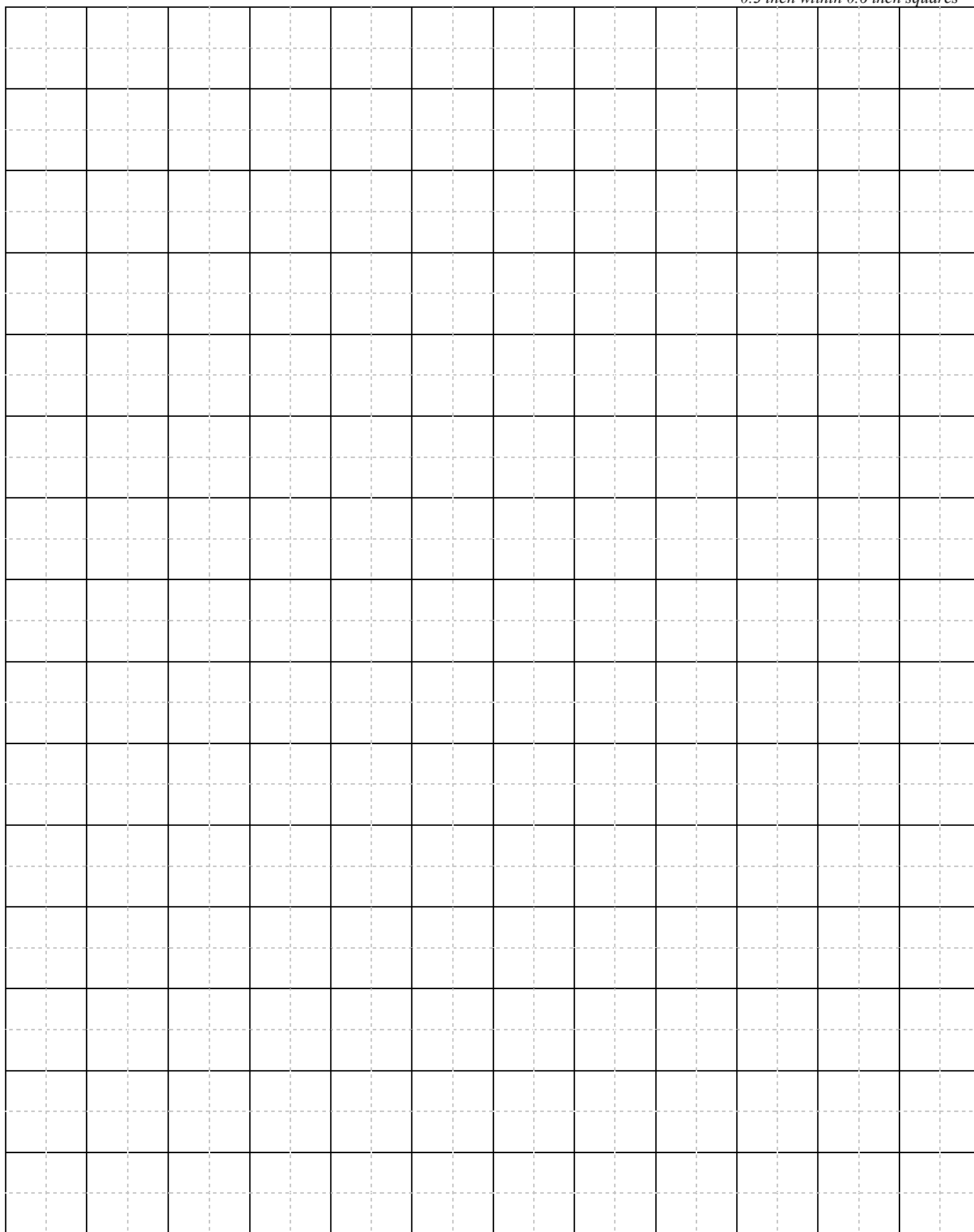
Extra Organs & The Four Seas

bao	胞										
nao	腦										
sui	髓										
mai	脈					mai	脉				
dan	膽					dan	胆				
ge	膈										
xue	血					shi	室				
jing	精					gong	宮				
si	四					hai	海				
qi	氣										
xue	血					hai	海				
sui	髓					hai	海				
shui	水					gu	穀				
zhuo	濁					hai	海				

0.6 x 0.6 = 15 rows x 10 boxes

Chinese Medical Terminology – Writing Practice for Chapter 9

0.3 inch within 0.6 inch squares



Big squares = 15 rows x 12 columns small squares = 30 rows x 24 columns

PART IV

Appendix 1

*Calendar
Science*

Appendix I – Calendar Science

Stems & branches interact (base 10 meets base 12 counting)

六十花甲 **Liù Shí Huā Jiǎ** = lit. six ten flower Jia = the 60 flowerings/blooms/blossoms/petals of Jia

The Cycle of Sixty or Sexagenary Cycle

• 6 cycles of 10

• Using Roman numerals for the ten Stems and Arabic numbers for the twelve branches

S & B #'s	Stem-Branch	Element-Animal	S & B #'s	Stem-Branch	Element-Animal
I.1	Jia-zi	Wood-rat	I.7	Jia-wu	Wood-horse
II.2	Yi-chou	Wood-ox	II.8	Yi-wei	Wood-goat
III.3	Bing-yin	Fire-tiger	III.9	Bing-shen	Fire-monkey
IV.4	Ding-mao	Fire-rabbit	IV.10	Ding-you	Fire-rooster
V.5	Wu-chen	Earth-dragon	V.11	Wu-xu	Earth-dog
VI.6	Ji-si	Earth-snake	VI.12	Ji-hai	Earth-boar
VII.7	Geng-wu	Metal-horse	VII.1	Geng-zi	Metal-rat
VIII.8	Xin-wei	Metal-goat	VIII.2	Xin-chou	Metal-ox
IX.9	Ren-shen	Water-monkey	IX.3	Ren-yin	Water-tiger
X.10	Gui-you	Water-rooster	X.4	Gui-mao	Water-rabbit
I.11	Jia-xu	Wood-dog	I.5	Jia-chen	Wood-dragon
II.12	Yi-hai	Wood-boar	II.6	Yi-si	Wood-snake
III.1	Bing-zi	Fire-rat	III.7	Bing-wu	Fire-horse
IV.2	Ding-chou	Fire-ox	IV.8	Ding-wei	Fire-goat
V.3	Wu-yin	Earth-tiger	V.9	Wu-shen	Earth-monkey
VI.4	Ji-mao	Earth-rabbit	VI.10	Ji-you	Earth-rooster
VII.5	Geng-chen	Metal-dragon	VII.11	Geng-xu	Metal-dog
VIII.6	Xin-si	Metal-snake	VIII.12	Xin-hai	Metal-boar
IX.7	Ren-wu	Water-horse	IX.1	Ren-zi	Water-rat
X.8	Gui-wei	Water-goat	X.2	Gui-chou	Water-ox
I.9	Jia-shen	Wood-monkey	I.3	Jia-yin	Wood-tiger
II.10	Yi-you	Wood-rooster	II.4	Yi-mao	Wood-rabbit
III.11	Bing-xu	Fire-dog	III.5	Bing-chen	Fire-dragon
IV.12	Ding-hai	Fire-boar	IV.6	Ding-si	Fire-snake
V.1	Wu-zi	Earth-rat	V.7	Wu-wu	Earth-horse
VI.2	Ji-chou	Earth-ox	VI.8	Ji-wei	Earth-goat
VII.3	Geng-yin	Metal-tiger	VII.9	Geng-shen	Metal-monkey
VIII.4	Xin-mao	Metal-rabbit	VIII.10	Xin-you	Metal-rooster
IX.5	Ren-chen	Water-dragon	IX.11	Ren-xu	Water-dog
X.6	Gui-si	Water-snake	X.12	Gui-hai	Water-boar

Appendix I – Calendar Science

Begins in –2697, the first year of the reign of Huang Di (Yellow Emperor). The present cycle began in 1984.

- 1984 began the 79th cycle of 60 years & the 27th group of 180 years. (shang-zhong-xia = upper, middle & lower 60)
- 2005 is the 22nd year of this cycle. The Chinese year is: 4703* (odd #'s are yang years, even #'s are yin)
- Chinese (Lunar) New Year [Beginning of Spring] was: 2-09-05 It was a Yi-you / Wood-Rooster year.

• 5 cycles of 12

• Using Arabic numbers for the sexagenary numbers

see inside back cover for 25 years of Chinese New Year dates

1-60	Stem	Branch	Element-Animal	1-60	Stem	Branch	Element-Animal
1.	Jia	zi	Wood-rat	31.	Jia	wu	Wood-horse
2.	Yi	chou	Wood-ox	32.	Yi	wei	Wood-goat
3.	Bing	yin	Fire-tiger	33.	Bing	shen	Fire-monkey
4.	Ding	mao	Fire-rabbit	34.	Ding	you	Fire-rooster
5.	Wu	chen	Earth-dragon	35.	Wu	xu	Earth-dog
6.	Ji	si	Earth-snake	36.	Ji	hai	Earth-boar
7.	Geng	wu	Metal-horse	37.	Geng	zi	Metal-rat
8.	Xin	wei	Metal-goat	38.	Xin	chou	Metal-ox
9.	Ren	shen	Water-monkey	39.	Ren	yin	Water-tiger
10.	Gui	you	Water-rooster	40.	Gui	mao	Water-rabbit
11.	Jia	xu	Wood-dog	41.	Jia	chen	Wood-dragon
12.	Yi	hai	Wood-boar	42.	Yi	si	Wood-snake
13.	Bing	zi	Fire-rat	43.	Bing	wu	Fire-horse
14.	Ding	chou	Fire-ox	44.	Ding	wei	Fire-goat
15.	Wu	yin	Earth-tiger	45.	Wu	shen	Earth-monkey
16.	Ji	mao	Earth-rabbit	46.	Ji	you	Earth-rooster
17.	Geng	chen	Metal-dragon	47.	Geng	xu	Metal-dog
18.	Xin	si	Metal-snake	48.	Xin	hai	Metal-boar
19.	Ren	wu	Water-horse	49.	Ren	zi	Water-rat
20.	Gui	wei	Water-goat	50.	Gui	chou	Water-ox
21.	Jia	shen	Wood-monkey	51.	Jia	yin	Wood-tiger
22.	Yi	you	Wood-rooster	52.	Yi	mao	Wood-rabbit
23.	Bing	xu	Fire-dog	53.	Bing	chen	Fire-dragon
24.	Ding	hai	Fire-boar	54.	Ding	si	Fire-snake
25.	Wu	zi	Earth-rat	55.	Wu	wu	Earth-horse
26.	Ji	chou	Earth-ox	56.	Ji	wei	Earth-goat
27.	Geng	yin	Metal-tiger	57.	Geng	shen	Metal-monkey
28.	Xin	mao	Metal-rabbit	58.	Xin	you	Metal-rooster
29.	Ren	chen	Water-dragon	59.	Ren	xu	Water-dog
30.	Gui	si	Water-snake	60.	Gui	hai	Water-boar

Appendix I – Calendar Science

Calendar Science – Solar Periods

二 十 四	Èr-Shí-Sì =24	節 氣	Jié Qì	Nodes of Qì = Solar Terms/Periods
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Node #	Characters	Pīn Yīn	Translation
1.	冬 至	Dōng Zhì	Winter Arrives = Solstice
2.	小 寒	Xiǎo Hán	Small/Slight Cold
3.	大 寒	Dà Hán	Big/Great Cold
4.	立 春	Lì Chūn	Spring Stands Up / Begins
5.	雨 水	Yǔ Shuǐ	Rain & Water (Flow)
6.	驚 蟄	Jīng Zhé	Awakening of Insects
7.	春 分	Chūn Fēn	Spring Divide = Equinox
8.	清 明	Qīng Míng	Clear & Bright
9.	穀 雨	Gǔ Yǔ	Grain Rains (gentle showers)
10.	立 夏	Lì Xià	Summer Stands Up / Begins
11.	小 滿	Xiǎo Mǎn	Small Fullness
12.	芒 種	Máng Zhǒng	Awns/Beards/Bristles (corn tassels) Seeds/Swell/Plump/Ripen
13.	夏 至	Xià Zhì	Summer Arrives = Solstice
14.	小 暑	Xiǎo Shǔ	Small/Slight Summer-Heat
15.	大 暑	Dà Shǔ	Big/Great Summer-Heat
16.	立 秋	Lì Qiū	Autumn Stands Up / Begins
17.	處 暑	Chǔ Shǔ	End of Summer-Heat
18.	白 露	Bái Lù	White Dew
19.	秋 分	Qiū Fēn	Autumn Divide = Equinox
20.	寒 露	Hán Lù	Cold Dew
21.	霜 降	Shuāng Jiàng	Frosts Descend
22.	立 冬	Lì Dōng	Winter Stands Up / Begins
23.	小 雪	Xiǎo Xuě	Small/Light Snow
24.	大 雪	Dà Xuě	Big/Heavy Snow

Each Solar Period (aka Solar Breath) is ~ 15 days or half a month long, therefore 6 nodes = one Season

The soltices and equinoxes are the midpoints of the seasons

二 至 èr zhì = two solstices

lit. two arrivals

二 分 èr fēn = two equinoxes

two partings / subdivisions

Appendix I – Calendar Science

formally established 520 CE (Wilkinson p.186)

Calendar Science – Small (5 Day) Weeks

七十二	<i>Qī Shí Èr</i> = 72	候	<i>Hòu</i>	<i>Seasons</i> (wait, await, expect; visit)
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Wk # and Name	Pīnyīn	Translation
正月	Zhēng Yuè	Correct/Upright/Straight = First Moon/Month
10. 東風解凍	dōng fēng jiě dòng	east wind(s) relieve the freeze
11. 蟄蟲始振	zhé chóng shǐ zhèn	hibernating insects begin to shake/vibrate/buzz
12. 魚陟負冰	yú zhì fù bīng	fish ascend, but are defeated by the ice
13. 獺祭魚	tǎ jì yú	otters sacrifice fish
14. 候雁北	[hòu] yàn běi	[time for] wild geese (to head) north(ward)
15. 草木萌動	cǎo mù méng dòng	grass & trees (plants) sprout & become active
二月	Èr Yuè	Second Moon/Month
16. 桃始華	táo shǐ huá	peach trees start to flower/bloom
17. 倉庚鳴	cāng gēng míng	(warehouse 7th Stem) orioles call out/sing
18. 鷹化為鳩	yīng huà-wéi jiū	hawks become/turn into doves
19. 玄鳥至	xuán-niǎo zhì	(dark bird) = swallows/cranes arrive
20. 雷乃發聲	léi nǎi fā-shēng	thunder then emit sound (see #55)
21. 始電	shǐ diàn	begin/start lightning
三月	Sān Yuè	Third Moon/Month
22. 桐始華	tóng shǐ huá	tung-oil tree flowers/bloom
23. 田鼠化為鴛	tián-shǔ huà-wéi rú,	field-mice/voles/moles turn into quail
牡丹華	mǔ-dān huá	& tree-peony's flower/bloom
24. 虹始見	hóng shǐ jiàn	rainbows begin to be seen/visible (see #67)
25. 萍始生	píng shǐ shēng	duckweed starts to grow
26. 鳴鳩拂其羽	míng-jiū fú qí yǔ	cooing doves/pigeons (cuckoos) stroke/preen their feathers / flick/flap their wings
27. 戴勝降於桑	dài-shèng jiàng yú sāng	(dai = put on / sheng = victory/triumph / dai-sheng = hoopoe) hoopoe's descend/alight on mulberries
四月	Sì Yuè	Fourth Moon/Month
28. 蜩蟪鳴	lóu-guō míng	frogs call/sound/croak
29. 蚯蚓出	qiū-yǐn chū	earthworms come out/emerge
30. 王瓜生	wáng-guā shēng	king/royal gourd/melons = cucumbers sprout/grow
31. 苦菜秀	kǔ-cài xiù	bitter vegetable = sow thistles put forth seeds
32. 靡草死	mǐ cǎo sǐ	wind-blown grasses = delicate plants die [back]
33. 麥秋至	mài-qiū zhì	wheat fall = harvest [time] arrives

Appendix I – Calendar Science

Wk # and Name	Pinyin	Translation
五月	Wǔ Yuè	Fifth Moon/Month
34. 螳螂生	táng-láng shēng	[praying] mantis are born/grow
35. 鵲始鳴	juān shǐ míng	cuckoo's start to sing
36. 反舌無聲	fǎn-shé wú-shēng	mockingbird's are silent (without sound/voice)
37. 鹿角解	lù-jiǎo jiě	deer antler's are shed (see #2)
38. 蜩始鳴	tiáo shǐ míng	cicadas start to sing
39. 半夏生	bàn-xià shēng	half/mid-summer herb (Pinellia) grows
六月	Liù Yuè	Sixth Moon/Month
40. 溫風至	wēn-fēng zhì	warm winds arrive
41. 蟋蟀居壁	xī fēng jū bì	crickets & wasps inhabit walls
42. 鷹始摯	yīng shǐ zhì	hawks/eagles/falcons=raptors start to present (M:979) (are fledging / leave their nests / learn to fly)
43. 腐草為螢	fǔ cǎo wéi yíng	rotting grasses become glow-worms/fireflies
44. 土潤溽暑	tǔ rùn rù-shǔ	soil is moist, [air is] hot & humid (summerheat)
45. 大雨行時	dà-yǔ xíng-shí	big/heavy rains action time/season (the season of heavy rain)
七月	Qī Yuè	Seventh Moon/Month
46. 涼風至	liáng fēng zhì	cool(ing) winds arrive
47. 白露降	bái lù jiàng	white dew descends
48. 寒蟬鳴	hán-chán míng	cold=Autumn cicadas chirp
49. 鷹乃祭鳥	yīng nǎi jì niǎo	raptors now sacrifice birds
50. 天地始肅	tiān-dì shǐ sù	heaven & earth begins to be solemn (weather gets more severe)
51. 禾乃登	hé nǎi dēng	grains now/are ready for/to harvest
八月	Bā Yuè	Eighth Moon/Month
52. 鴻雁來	hóng-yàn lái	swans come/arrive (see #58)
53. 玄鳥歸	xuán-niǎo guī	(dark-birds = swallows return (swallows are associated with dusk/twilight=dark))
54. 群鳥養羞	qún niǎo yǎng xiū	flocks of birds forage for food
55. 雷始收聲	léi shǐ shōu-shēng	thunder starts to gather in its voice (see #20)
56. 蟄蟲坯戶	zhé-chóng pī hù	hibernating insects homes are unfinished
57. 水始涸	shuǐ shǐ hé	water starts to dry-up (see #64)

Appendix I – Calendar Science

Wk # and Name	Pinyin	Translation
九月	Jiǔ Yuè	Ninth Moon/Month
58. 鴻雁來賓	hóng-yàn lái-bīn	swans come as [if] guests/visitors (see #52)
59. 雀入大水為蛤	què rù dà-shuǐ wéi gé	sparrows enter big waters/flooded areas and turn into clams/bivalves (see #66)
	què rù dà-shuǐ wéi há	sparrows enter/descend onto floodplains and turn into frogs
60. 菊有黃花	jú yǒu huáng-huā	chrysanthemums have/boast yellow flowers (flowers turn yellow)
61. 豺乃祭獸	chái nǎi jì shòu	jackals/wolves now/prepare to sacrifice wild animals/beasts
62. 草木黃落	cǎo mù huáng luò	grasses & trees (plants/leaves) yellow & fade
63. 蟄蟲鹹俯	zhé chóng xián fǔ	hibernating insects salt and bow down bow/tuck their heads (burrow in/down)
十月	Shí Yuè	Tenth Moon/Month
64. 水始凍	shuǐ shǐ dòng	water starts to freeze (see #57 & #65)
65. 地始凍	dì shǐ dòng	earth begins to freeze (see #64)
66. 雉入大水為蜃	zhì rù dà-shuǐ wéi shèn	pheasants enter the big water (flooded areas) and turn into / become clams (see #59)
67. 虹藏不見	hóng cáng bù-jiàn	rainbows hide/ are concealed, and cannot be seen (see #24)
68. 天氣上升 地氣下將	tiān-qì shàng-shēng dì-qì xià-jiāng	celestial qi rises up, terrestrial qi down soon/presently (i.e. T. qi is ready/about to descend/come down)
69. 閉塞而成冬	bì-sè ér chéng dōng	stop-up/close off and achieve/accomplish winter (Winter succeeds closes in)
十一月	Shí-Yī Yuè	Eleventh Moon/Month
70. 鶡鴒不鳴	hé-hú/dǎn/dàn bù míng	fighting nightingales stop calling
71. 虎始交	hǔ shǐ jiāo	tigers start to mate (begin their mating season)
72. 荔挺出	lì tǐng-chū	lychees stick out / poke up / emerge
1. 蚯蚓結	qiū-yǐn jié	earthworms knot (curl-up)
2. 麋角解	jūn jiǎo jiě	hornless deer/moose? horns shed (see #37)
3. 水泉動	shuǐquán dòng	water & springs stir into action
十二月	Shí-Èr Yuè	Twelfth Moon/Month
4. 雁北鄉	yàn běi xiāng	wild geese northward home/countryside head northward (see #14 &)
5. 鵲始巢	què shǐ cháo	magpies start to nest
6. 雉雊	zhì juàn/gòu/jù	[male] pheasants crow
7. 雞乳	jī rǔ	chicks milk/breast/suckle/newborn hatch
8. 征鳥厲疾	zhēng niǎo lìjí	journeying birds (migratory birds) attack birds (birds of prey) come like disease/plague / are fast & formidable
9. 水澤腹堅	shuǐ-zé fù jiān	lakes & marshes abdomen/belly firm/hard/solid are still frozen solid

(Wilkinson p.188)

Lunar Festivals	
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#	文	Pīn Yīn	Translation	Notes and Comments
1.	節 日	jié rì	nodes of the sun	festival, holiday
2.	三 大 節	sān dà jié	3 big nodes	3 big/main/primary festivals* = row 3-7-8
	<div> <div></div> <div>Seven Main Annual Festivals</div> </div>			
3.	元 旦	yuán dàn	originating dawn first dawn/sunrise	(Lunar) New Year* New Year's Day 1/1
4.	春 節	chūn jié	spring node/holiday	aka Spring Festival 1/1
5.	元 宵 節	yuán xiāo jié	original night spring night wedding night	Lantern Festival 1/15
6.	清 明 節	qīng míng jié	clear bright node	Grave-Sweeping Festival early 3rd month kite flying represents & celebrates rebirth (npm.gov.tw/exh96/orientation/flash_4/index.html)
7.	端 午 節	duān wǔ jié	level noon node	Dragon-boat Festival* aka Double 5th Festival 5/5
8.	中 秋 節	zhōng qiū jié	mid-autumn node	Mid-Autumn Festival* aka Moon Festival 8/15*
9.	灶 王爺 節	zào wáng yé jié	stove (alt. char) king father (grandpa) node	kitchen stove, furnace Kitchen-god Festival 12/23 or 24
10.	除 夕	chú xī	get rid of evening/sunset	(Lunar) New Year's Eve 12/29 or 30

Appendix I – Calendar Science

Astronomy: Constellations / Lunar Stations – Calendar Science

二十八	Èr-Shí- Bā = 28	宿	Xiù	<i>Constellations aka Lunar Lodges/Mansions/Stations</i>
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apa Xiǔ = night-time

休 Xiū = rest

Xiù #	Char.	PīnYīn	Translation	Alternate Names & Explanations
1.	角	Jiǎo	Horn/s	horns and head of the dragon E
2.	亢	Gāng	Neck	the neck of the dragon
3.	氐	Dī	Base , bottom, foundation, floor	shoulders, i.e. base of neck or the dragon's paw
4.	房	Fáng	Room (bedroom)	torso or breast of the dragon
5.	心	Xīn	Heart	heart of the dragon
6.	尾	Wěi	Tail	the tail of the dragon
7.	箕	Jī	Basket , sieve	winnowing basket (the wave/flip of Cang Long's tail)
8.	斗	Dǒu	Dipper , ladle; plow; pipe	aka Nan Dou = Southern Dipper N
9.	牛	Niú	Ox , cow	aka Qiān Niú = herding cows/oxen, i.e. Herd Boy
10.	女	Nǚ	Maiden	aka Xu Nu = Servant Girl
11.	虛	Xū	empty, vacant, Void	unoccupied, wasteland; ruins (lit. Tiger Hill)
12.	危	Wēi	high & steep, Roof top, precipitous	Danger , Peril
13.	室	Shì	House , temple, shrine; ceremonial pyre	aka Ying Shi = Encampment, Camp
14.	壁	Bì	Wall , partition	aka Dong Bi = Eastern Wall of the temple grounds
15.	奎	Kuí	Legs, to Stride ; Astride	Perseus (The Champion) Swine W
16.	婁	Lóu	Hump , mound (a sickle or haystack)	a field where sacrificial animals were kept aka Lǚ = the tether (lit. woman at/of leisure), to wear
17.	胃	Wèi	Stomach	Celestial Granary (grain storehouses)
18.	昂	Mǎo	Cock's Comb	name for the Pleiades
19.	畢	Bì	Net (hunting net, esp. for birds)	hunting funnel (animals were driven into the funnel) a pitchfork
20.	觜	Zuǐ	Beak (bird beak, esp. of a falcon)	the beak of a turtle (Bai Hu's head)
21.	參	Shēn	(ginseng) Triad , Trio , Triplet	three key stars in Orion (Betelgeuse , Bellatrix & Rigel) not the three stars of Orion's belt (Bai Hu's tail)
22.	井	Jǐng	Well	aka Dong Jing = Eastern Well S
23.	鬼	Guǐ	Ghost (spirits of the dead), wisp	aka Yu Gui = Ghost Carriage (souls awaiting incarnation)
24.	柳	Liǔ	(weeping) Willow	(willow was used to wrap the dead) (part of the bird) feathers
25.	星	Xīng	Star (bird star)	aka Qi Xing = 7 Stars
26.	張	Zhāng	(drawn) Bow	Archer Yi's red bow (Red Bird's body/breast/belly)
27.	翼	Yì	Wing(s)	Zhu Que's wings
28.	軫	Zhěn	Carriage or Chariot	the back of a carriage/chariot (tailgate) (tail of the Red Bird)

Appendix 2

Books

Ancient Classics

Daoist Classics

Confucian Classics

General Philosophy

Chinese Art

Chinese Medical Classics in Translation

Bibliography

Appendix II – Philosophical Classics – Recommended Translations

Ancient Classics

last updated: Sept. 2011

Yi Jing (I Ching)	<u>The Book of Change</u>	Year of Publication	Features
	Wilhelm/Baynes	23/50	classic translation
	Whincup	86	1st to use pinyin & incorporate modern scholarship
	* Wu Jing-nuan	91	characters & pinyin, running translation
	Karcher	94/02	concordance, but uses Wade-Giles
	Shaughnessy	96	Ma Wang Dui text, comparison with received text
	Chan & Xu	97	Chinese text in back, Xu's calligraphy & transl of Image text
	* Alfred Huang	98	ancient characters & discussion of name
	Gotshalk	99	pinyin, character clarification & substitution
	Rutt	96/02	scholarly background info & notes; only translation that attempts a rhyme scheme
Shi Jing	<u>The Book of Songs/Odes</u>	A. Waley	1937/96 edited by Allen
Li Ji (Li Chi)	<u>The Book of Rites</u>	J. Legge	1885
	<u>The Five "Confucian" Classics</u>	M. Nylan	2001
Sun Zi (Sun Tzu)	<u>The Art of War</u>		
	Griffith, 63; Cleary, 88; Ames, 93; Sawyer, 94; Denma group, 01; Mair 07 Wing, The Art of Strategy 88; (Cleary's Illustrated edition is the best of his, 1998)		
<i>Daoist Classics</i>			
Dao De Jing (Tao Te Ching)	<u>The Way and Its Virtues or The Power of the Way</u>		
	Wu	61/89	characters on facing page, characters large & readable
	* Feng/English	72	good free translation, calligraphy & nice photos
	* Chen	89	contemporary scholarship & commentary, uses Wade-Giles
	* Henricks	89	1st to translate Ma Wang Dui texts, uses Wade-Giles
	* Red Pine	96/09	a poet, characters parallel translation, includes traditional commentaries
	** Richter	98	character by character translation, characters big, pinyin
	* Star	01	buy for concordance, but uses Wade-Giles
	* Roberts	01	good translator with straightforward commentary
	** Ames & Hall	03	philosophical & linguistic approach to translation
	* Wagner	03	uses Wang Bi's commentary to rectify text
Zhuang Zi (Chuang Tzu)	<u>The Inner Chapters</u>		<i>most only translate the 7 'Inner Chapters'</i>
	Watson	64/68	classic translation, still one of the best)
	* Feng/English	74	like LZ, beautifully done, accurate but free, inner chapt only
	Graham	81	scholarly, technical, dense but major contribution to interpretation
	* Mair	94	all 33 chapters, readable & scholarly, historical intro, good glossary, but W-G
	Palmer/Breuilly	96	all 33 chapters, very readable, inexpensive
	Hinton	97	inner chapters only, very readable, translates names
	Hamill/Seaton	98	poets tackle ZZ, 22 chapters, short glossary, W-G
Library of Chinese Classics	Qin/Sun//Wang	99	2 vol. Chinese text & English parallel, names in pinyin
Huai Nan Zi	<u>The Masters/Prince of Huai Nan</u>	aka Huai Nan Jing = <u>Classic of Southern Huai</u>	
Yuan Dao	Lau & Ames	98	(chapter 1) includes characters
H&E in Early Han Thought	Major	93	(chapters 3-4-5)
Huai Nan Zi	Major, Queen, Meyer, Roth	10	all 21 chapters
Tao of Politics	Cleary	90	quotations from, organized topically
Jing Shen	Rochat	11	HNZ chapt 7
Lie Zi	<u>8 Chapters including the Yang Zhu</u>	<i>circa 3rd century BCE</i>	
	Graham	60/90	

Appendix II – Philosophical Classics – Recommended Translations

Confucian Classics

Si Shu	The 4 Books		Li Fu Chen	1986	(all four in one volume)
	The Four Books		D. Gardner	2007	(condensed version)
Lun Yu	The Analects [of Confucius]	<u>Year of Publication</u>			
	* Waley, 38; Lin Yutang	38			classic renditions
	Cleary	92			essential tracts topically correlated w/ Hexagrams
	Huang	97			straightforward, uses pinyin
	Ames	98			modern scholarship, based on recent archeological finds
	Brooks & Brooks	98			unorthodox romanization, scholarly, analytical, attempts to distinguish Confucius's words from those of his disciples
	* Slingerland	03			with selections from traditional commentaries
Meng Zi	Mencius	1895	Legge		
		63	Dobson		
		98	Hinton		
		03	D.C. Lau		(bilingual edition)
Da Xue	The Great Learning	1893	Legge		
(Ta Hsueh)		63	Chan		(A Source Book in Chinese Philosophy p. 84-94)
Zhong Yong	Doctrine of the Mean	1893	Legge		(Dover edition 1971 includes characters)
(Chung Yung)		63	Chan		(A Source Book in Chinese Philosophy p. 95-114)
	Centrality & Commonality	89	Tu Wei-ming		
	Focusing the Familiar	01	Ames & Hall		
<i>General Philosophy</i>					
A History of Chinese Philosophy			Fung, Yu-lan / Bodde	Princeton	1953
Sources of Chinese Tradition			DeBary, Chan, Watson	Columbia	1960
A Source Book in Chinese Philosophy			Wing-Tsit Chan	Princeton	1963
The World of Thought in Ancient China			Schwartz	Belknap/Harvard	1985
Readings in Classical Chinese Philosophy 2nd Kongzi, Mozi, Mengzi, Laozi, Zhuangzi, Xunzi, HanFeizi			Ivanhoe & Van Norden		2005
Encyclopedia of Chinese Philosophy			Antonio Cua		2003
Key Concepts in Chinese Philosophy			Zhang Dainian		2002
A Daoist Theory of Chinese Thought			Chad Hansen		1992
<i>Chinese Art</i>					
The Arts of China (Fourth Edition)			Sullivan		1999
Taoism and The Arts of China			Little		2000

Appendix III – Medical Classics – Recommended Translations

<u>Classic</u>	<u>Title</u>	<u>Author</u>	<u>Publisher</u>	<u>Year</u>
Shen Nong Ben Cao	Divine Farmer's Materia Medica	Yang	Blue Poppy	1998
Huang Di Nei Jing (Huang Ti Nei Ching)	Yellow Emp. Classic of ... Yellow Emp. Canon of ... Huang Di Nei Jing Su Wen 2 vol. Huang Di Nei Jing Ling Shu 3 vol. Complete Nei Jing & Nan Jing	Ni [SuWen only, very readable] Bing/Wu [SW & LS w/ Chinese] Unschuld Van Nghi H. Lu	Shambala China S & T Pr UCAL Jung Tao International College	1995 1997 2011 05-10 2004
<i>individual chapters:</i>	The Way of Heaven SW 1 & 2 The Secret Treatise SW 8 Rooted in Spirit LS 8	Larre / Firebrace Larre / Rochat Larre / Rochat	Monkey Press Monkey Press Station Hill	1994 87/92 1995
Nan Jing (Nan Ching)	Classic of Difficult Issues [Medicine in China series]	Unschuld	UCAL	1986
Shang Han Lun	On Cold Damage Shang Han Lun Explained	Mitchell/Ye Young De Jie/Marchment	Paradigm Churchill-Livingston	1999 2009
Jin Kui Yao Lue (Chin K'uei Yao Lueh)	Synopsis of Px from Golden Chamber Understanding the Jing Gui Yao Lue	 Sung	New World Press People's Medical	1987 2008
Zhong Zang Jing by Hua Tuo	Master Hua's Classic of the Central Viscera		Blue Poppy	1993
Mai Jing (Mai Ching) by Wang Shu He	Pulse Classic	Yang	Blue Poppy	1997
Bin Hu Mai Xue by Li Shi Zhen	Pulse Diagnosis Li Shi-zhen's Pulse Studies	Huynh/Seifert Li Shen-qing & Will Morris	Paradigm People's Med Publ.	1981 2011
Jia-Yi Jing by Huang Fu Mi	Systematic Classic	Yang	Blue Poppy	94/04
Ge Hong	Alchemy, Medicine & Religion in China of A.D. 320 the Nei P'ien of Ko Hung	Ware	MIT	1966
Ge Hong	To Live as Long as Heaven and Earth Ge Hong's Traditions of Divine Transcendents	Campany	U of Cal	2002
Pi Wei Lun by Li Dong Yuan	Treatise on the Spleen & Stomach 2nd edition		Blue Poppy	2004
Zhi Fa Xin Yao by Zhu Dan-xi	Heart & Essence of Zhu Dan-xi's Methods	Yang	Blue Poppy	1993
Qi Jing Ba Mai Kao	An Exposition on the Eight Extraordinary Vessels Chip Chace & Miki Shima		by Li Shi Zhen Eastland	1578 2010
Zhen Jiu Da Cheng Shen Ying Jing (8th book)	The Great Compendium of Acupuncture and Moxibustion The Divinely Responding Classic The Great Compendium: Vol. I The Great Compendium: Vol. V The Great Compendium: Vol. VIII The Great Compendium: Vol. IX	Yang Ji Zhou & Liu Wilms Wilcox Yue Lu Wilcox	by Yang Ji Zhou Blue Poppy Chinese Medicine Database Chinese Medicine Database Chinese Medicine Database Chinese Medicine Database	1601 1994 2010 2010 2011 2011
Bèi Jí Qiān Jīn Yào Fāng Essential Prescriptions Worth a Thousand Gold Pieces For Emergencies Volume 2-4			by Sūn Sī Miǎo Sabine Wilms	~652 2007
Wen Bing:	Warm Disease Theory Warm Diseases A Clinical Guide	Wen/Seifert Liu	Paradigm Eastland	2000 2001
I Hsueh Yuan Liu Lun		by Hsu Ta-chun		1757
	Forgotten Traditions of Ancient Chinese Med.	Unschuld	Paradigm	1990

Appendix IV – Bibliography

Subject & Title	Author(s)	Publisher	Date
Chinese Medical Terminology			
• Chinese Medical Terminology	Liu & Liu	Commercial Press	1980
• Chinese-English Terminology of TCM		Hunan Science & Technology	1981
• Illustrated Dictionary of Chinese Acupuncture	Zhang, Wu, Wang	Sheep's & People's	1985
• Dictionary of Traditional Chinese Medicine	Beijing Medical College	China Books	1985
• Chinese-English Dictionary of TCM	Ou Ming	Guangdong Science & Tech	1988
• Glossary of Chinese Medical Terms & Acupuncture Points	Wiseman & Boss	Paradigm	1990
* English-Chinese, Chinese-English Dictionary of Chinese Medicine	Wiseman	China	1995
* Practical Dictionary of Chinese Medicine	Wiseman & Feng	Paradigm	1998
• Introduction to English Terminology of Chinese Medicine	Wiseman	Paradigm	2002
* Chinese Medical Chinese Grammar and Vocabulary	Wiseman & Feng	Paradigm	2002
* Classified Dictionary of Traditional Chinese Medicine	Xie	Foreign Lang. Press	2002
Glossaries			
• Fundamentals of Chinese Medicine	Wiseman-Ellis-Zmiewski	Paradigm	1985
• Chinese Herbal Medicine (Materia Medica & Formulas)	Bensky et. al.	Eastland Press	1986/90
• Fundamentals of Chinese Acupuncture	Wiseman-Ellis-Boss	Paradigm	1991
* Grasping the Wind	Ellis-Wiseman	Paradigm	1991
* Shang Han Lun (esp. appendix II p.658)	Mitchell-Feng-Wiseman	Paradigm	1999
• Chinese Herbal Patent Medicines (p.1159)	Fratkin	Shya Publications	2001
Dictionaries			
• Mathews' Chinese-English Dictionary (Wade-Giles)	Mathews	Harvard Univ Press	1931-1972
• The Five Thousand Dictionary (Wade-Giles)	Fenn	Harvard Univ Press	1932-1972
• The Pinyin Chinese-English Dictionary (complex char. only in appendix, small and not very useable)		Commercial Press HK	1983
• Learner's Chinese-English Dictionary (pinyin; simple & complex char., but no radical index)		UMUM Publ Singapore	1986
* Chinese Characters A Genealogy & Dictionary	Harbaugh	Zhongwen	1998
Character Etymology			
• Chinese Characters	Wieger	Dover	1915-1965
• Analysis of Chinese Characters	Wilder & Ingram	Dover	1922-1974
• Chinese Calligraphy	Fazzioli	Abbeville	1986-87
• China Empire of Living Symbols	Lindqvist	Addison-Wesley	1989-91
About the Chinese Language			
• About Chinese	Newnham	Penguin	1971
• An Easy Guide to Everyday Chinese	Wolff	Harper Colophon	1974
• The Chinese Language Fact and Fantasy	DeFrancis	Univ of Hawaii	1984
Learning Chinese			
• Beginning Chinese	DeFrancis	Yale	1976-
• Reading & Writing Chinese (official 2,000)	McNaughton	Tuttle	1979-99
Learning Medical Chinese			
• Learn to Read Chinese (2 volumes + tapes)	Unschuld	Paradigm	1994
• Teach Yourself to Read Modern Medical Chinese	Flaws	Blue Poppy	1998
• Pronunciation tapes to Materia Medica & Pt Names	Flaws	Blue Poppy	1997
Chinese Philosophy			
* Science & Civilization in China (Vol. II)	Needham	Cambridge	1956
* A Source Book in Chinese Philosophy	Chan	Princeton	1972

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Subject & Title	Author(s)	Publisher	Date
Chinese History			
• Records of the Grand Historian (Ssu-ma Ch'ien)	Watson	Columbia	1961
* A History of Chinese Civilization	Gernet	Cambridge	1972/82
* A Brief History of Chinese & Japanese Civilizations	Schirokauer	Harcourt	1978-
* China Yesterday & Today	ed. Coxe & Livingston	Bantam	1975-
* 1587 A Year of No Significance	Huang	Yale	1981
* China: A Macro History	Huang	East Gate	1990
• Chinese History, A Manual	Wilkinson	Harvard	2000
History of Chinese Medicine			
• The History of Chinese Medicine	Wong & Wu	Southern Material Center	1936-85
• Chinese Medicine	Huard & Wong	McGraw Hill	1968
• The Theoretical Foundations of Chinese Medicine	Porkert	MIT	1974
• Chen's History of Chinese Medical Science	Hsu & Peacher	OHAI	1977
• Celestial Lancets: History of Acup & Moxa	Lu & Needham	Cambridge	1980
• The Historical Development of Acupuncture	Chuang	OHAI	1982
• The Web That Has No Weaver (appendix)	Kaptchuk	Congdon & Weed	1983
* Medicine In China: A History of Ideas	Unschuld	U Cal	1985
* Medicine In China: A History of Pharmaceutics	Unschuld	U Cal	1986
• Traditional Medicine in Contemporary China	Sivin	U Mich	1987
• Forgotten Traditions of Ancient Chinese Med.	Unschuld	Paradigm	1990
• Fluid Physiology & Pathology (appendix)	Clavey	Churchill Livingstone	1995
• In the Footsteps of the Yellow Emperor	Eckman	Cypress	1996
• Early Chinese Medical Lit. (MaWangDui manuscripts)	Harper	Kegan Paul	1998
• A Flourishing Yin: Gender in China's Medical History	Furth	U CAL	1999
• A Study of Daoist Acupuncture	Liu	Blue Poppy	1999
• Chinese Magical Medicine	Strickmann	Stanford	2002
• Chinese Medicine in Contemporary China	Scheid	Duke	2002
• Currents of Tradition in Chinese Medicine 1626-2006	Scheid	Eastland	2007
Chinese History, Culture, Language, & Medicine			
• Doctors, Diviners & Magicians of Ancient China	DeWoskin	Columbia	1983
• Chinese Mythology	Birrell	Johns Hopkins	1993
• Who Can Ride the Dragon	Zhang & Rose	Paradigm	1995-99
• Nourishing Destiny: The Inner Tradition	Jarrett	Spirit Path	1998-00
• A Brief History of Qi	Zhang & Rose	Paradigm	2001
• The Chinese Have a Word for It	De Mente	Passport	2000
Translations of Chinese Medical Classics			
• The Yellow Emperor's Classic of Internal Medicine (SW 1-34) 1973	Veith	U Cal	1949-
• The Canon of Acupuncture (Ling Shu 1-40)	Ki	Yuin Univ Press	1985
• Ling Shu or The Spiritual Pivot	Wu	U of Hawaii Press	1993
• The Yellow Emperor's Classic of Internal Medicine	Ni	Shambala	1995
• Chinese Life Sciences Introductory Readings in CCM (60 excerpts)	Unschuld	Paradigm	2005
• Classical Chinese Medical Texts (excerpts) Vol. I, II & III	Goodman	Windstone	2009/11
* <u>Chinese Medicine from the Classics</u>	Larre & Rochat	Monkey Press	
• Secret Treatise of the Spiritual Orchid (Su Wen 8)			1987
• individual Zang-Fu volumes: Ht, Lu, Lr, Sp & St, Kd, TB, Extra Fu			1989-94
• The Way of Heaven (Su Wen 1 & 2)			1994
• Rooted In Spirit (Ling Shu 8)			1995
• The Seven Emotions			1996
• Essence, Spirit, Blood & Qi			1999
• 5 Elements, 10 Stems (Nan Ching Theory)	Matsumoto & Birch	Paradigm	1983
• The Washing Away of Wrongs (Forensics in 13th c China)	McKnight	U of Michigan	1984
• Essential Subtleties on the Silver Sea (Classic on Ophthalmology)	Kovacs & Unschuld	U Cal	1998

Chinese New Year Dates

• The following are dates for **Chinese/Lunar New Year's Day** (New Year's Eve is the day before)

Chinese Year	Stem-Branch	1-60	Element-Animal	Gregorian Calendar Date
4693	Yi-hai	12	Wood-Boar	January 31, 1995
4694	Bing-zi	13	Fire-Rat	February 19, 1996
4695	Ding-chou	14	Fire-Ox	February 7, 1997
4696	Wu-yin	15	Earth-Tiger	January 28, 1998
4697	Ji-mao	16	Earth-Hare/Rabbit	February 16, 1999
4698	Geng-chen	17	Metal-Dragon	February 5, 2000
4699	Xin-si	18	Metal-Snake	January 24, 2001
4700	Ren-wu	19	Water-Horse	February 12, 2002
4701	Gui-wei	20	Water-Ram/Sheep	February 1, 2003
4702	Jia-shen	21	Wood-Monkey	January 22, 2004
4703	Yi-you	22	Wood-Rooster	February 9, 2005
4704	Bing-xu	23	Fire-Dog	January 29, 2006
4705	Ding-hai	24	Fire-Boar	February 18, 2007
4706	Wu-zi	25	Earth-Rat	February 7, 2008
4707	Ji-chou	26	Earth-Ox	January 26, 2009
4708	Geng-yin	27	Metal-Tiger	February 10, 2010
4709	Xin-mao	28	Metal-Hare/Rabbit	February 3, 2011
4710	Ren-chen	29	Water-Dragon	January 23, 2012
4711	Gui-si	30	Water-Snake	February 10, 2013
4712	Jia-wu	31	Wood-Horse	January 31, 2014
4713	Yi-wei	32	Wood-Ram/Sheep	February 19, 2015
4714	Bing-shen	33	Fire-Monkey	February 9, 2016
4715	Ding-you	34	Fire-Rooster	January 28, 2017
4716	Wu-xu	35	Earth-Dog	February 16, 2018
4717	Ji-hai	36	Earth-Boar	February 5, 2019
4718	Geng-zi	37	Metal-Rat	January 25, 2020
4719	Xin-chou	38	Metal-Ox	February 12, 2021

Chinese Medical Terminology

This workbook is for students of Chinese Medicine who want to learn, or improve their Chinese language skills.

It presents the most relevant Chinese, using traditional characters, pinyin transliteration, and accurate English translations of those terms within a medical context.

- This is **Volume One** of a two volume set devoted to the basic terminology of Chinese Medicine.

- This volume is divided into three major parts:

Part One (chapters 1-2-3) concerns the basics of **Chinese language**.

Part Two presents **General Vocabulary**.

- Part Two is organized into three major topic sections:
 - Basic Terms & Concepts (chapter 4)
 - History & Geography (chapters 5-6)

Part Three is devoted to **Medical Vocabulary**.

- Part Three is also organized into two major topic sections,
 - **Anatomical Terms** (chapters 7 & 8)
 - Terms Pertaining to **Physiology** (chapter 9)

At the end of each chapter is a **character writing** practice section.

- All are further subdivided into more specific topics.
- **Appendix I** is devoted to various aspects of **Chinese Calendar Science**.
- **Appendices II-III-IV** is a booklist of recommended resources.

About the Author

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.

Jim also maintains a private practice and a Qi-Gong & Tai-Ji class begun in 1993.

