

Organ Review

Phenomenon	Wood
Zang Organ	
Fu Bowel	
Direction	
Season	
Transformation	
Tissue	
Exterior	
Sensory Organ	
Sensory Commanded	
Fluid	
Portal	
Odor	
Pathogen	
Emotion	

Phenomenon	Wood
Zang Organ	Liver
Fu Bowel	Gall Bladder
Direction	East
Season	Spring
Transformation	Birth
Tissue	Sinews(help the muscles to move)
Exterior	Nails (extensions of the sinews)
Sensory Organ	Eyes
Sensory Commanded	Vision
Fluid	Tears
Portal	Eye Socket
Odor	Goatish
Pathogen	Wind
Emotion	Anger

Phenomenon	Fire
Zang Organ	
Fu Bowel	
Direction	
Season	
Transformation	
Tissue	
Exterior	
Sensory Organ	
Sensory Commanded	
Fluid	
Portal	
Odor	
Pathogen	
Emotion	

Phenomenon	Fire
Zang Organ	Heart
Fu Bowel	Small Intestine
Direction	North
Season	Summer
Transformation	Growth
Tissue	Blood (vessels)
Exterior	Complexion
Sensory Organ	Tongue – the tongue is the sprout of the heart.
Sensory Commanded	Speech (aphasia – inability to speak)
Fluid	Sweat – the fire element.
Portal	Auditory Canal
Odor	Scorching / Burning
Pathogen	Heat
Emotion	Joy

Phenomenon	Earth
Zang Organ	
Fu Bowel	
Direction	
Season	
Transformation	
Tissue	
Exterior	
Sensory Organ	
Sensory Commanded	
Fluid	
Portal	
Odor	
Pathogen	
Emotion	

Phenomenon	Earth
Zang Organ	Spleen
Fu Bowel	Stomach
Direction	Center
Season	Late Summer
Transformation	Maturity
Tissue	Flesh
Exterior	Lips
Sensory Organ	Mouth
Sensory Commanded	Taste
Fluid	Tongue Saliva
Portal	Mouth
Odor	Fragrant
Pathogen	Damp
Emotion	Preoccupation Ruminantion

Phenomenon	Metal
Zang Organ	
Fu Bowel	
Direction	
Season	
Transformation	
Tissue	
Exterior	
Sensory Organ	
Sensory Commanded	
Fluid	
Portal	
Odor	
Pathogen	
Emotion	

Phenomenon	Metal
Zang Organ	Lung
Fu Bowel	Large Intestine
Direction	West
Season	Fall
Transformation	Old Age
Tissue	Skin (skin rashes treated with topical steroids can turn into asthma)
Exterior	Body Hair
Sensory Organ	Nose
Sensory Commanded	Smell
Fluid	Mucus
Portal	Nostrils
Odor	Rank – dirty oily smell. Raw flesh or fat that clings to the nose.
Pathogen	Dry
Emotion	Anxiety

Phenomenon	Water
Zang Organ	
Fu Bowel	
Direction	
Season	
Transformation	
Tissue	
Exterior	
Sensory Organ	
Sensory Commanded	
Fluid	
Portal	
Odor	
Pathogen	
Emotion	

Phenomenon	Water
Zang Organ	Kidney
Fu Bowel	Urinary Bladder
Direction	South
Season	Winter
Transformation	Death
Tissue	Teeth & Bones (false teeth and osteoporosis)
Exterior	Head Hair
Sensory Organ	Ears
Sensory Commanded	Hearing
Fluid	Gum Saliva
Portal	Anus & urethra (yin gates)
Odor	Rotten – rancid or musty. Kind of like decayed meat.
Pathogen	Cold
Emotion	Fear

More Review

Fluids:

- ✓
- ✓
- ✓
- ✓
- ✓

8 Parameters:

- ✓ vs
- ✓ vs
- ✓ vs
- ✓ vs

More Review

Fluids:

- ✓ Blood (xue)
- ✓ Chi
- ✓ Fluids (Jin Ye)
- ✓ Essence (Jing)
- ✓ Spirit (Shen)

8 Parameters:

- ✓ internal vs external
- ✓ excess vs deficiency
- ✓ hot vs cold
- ✓ yin vs yang
- ✓

Review General Symptoms of Qi Deficiency

General qi deficiency

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Review General Symptoms of Qi Deficiency

General qi deficiency

- ✓ Shortness of breathe
- ✓ Quite voice
- ✓ pale face
- ✓ No active principle – tired
- ✓ can't digest foods
- ✓ loose stools
- ✓ copious urine
- ✓ sweat is leaking out of he body

Wind cold fettering the lungs (Wind cold invasion of lungs)

Symptoms:

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Wind cold fettering the lungs

Symptoms:

- ◆ Chills and fever at the same time, but more chills than fever.
- ◆ Itchy throat
- ◆ cough
- ◆ phlegm (white) (Like egg-whites)
- ◆ Headache (usually an occipital or top/back of shoulders in the region of the tai yang channels)
- ◆ aches in the body
- ◆ aversion to cold and aversion to wind
- ◆ stuffy nose (bladder starts in the root of the eyes at the root of the nose)
- ◆ sneezing
- ◆ sweating is possible (with wind cold, this may not happen, the cold freezes the pores)
- ◆ The tongue has a thin white coat
- ◆ pulse is floating and superficial (especially in right thumb)

All caused by wind keeping the qi from dispersing and descending. It's fighting with the body's defense qi.

When the lungs are attacked, we are talking about the exterior part of the lungs (as opposed to bronchitis or pneumonia that are more the lung organ). It hasn't gotten into the lungs yet. You still have a chance to fight it off.

The tongue could look normal. As a matter of fact, a thin white coat could be normal. However, white does indicate cold. Itchy throat tossed in would add up to a diagnosis. The thin coat indicates it's in the initial stage.

Wind cold fettering the lungs

Causes:

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Wind Cold fettering the lungs

Causes:

- ✓ Lots of peoples have problems with their lungs due to a sedentary life style.
- ✓ Not enough activity, poor elimination (LI) can all affect if you can get sick.
- ✓ Faulty diet, not enough roughage, eating too much
- ✓ Improper organ function/imbalance (Su Wen – any of the five bowels and 6 viserca can cause the lungs to cough)
- ✓ Too much meat or dairy can cause lung problems.
- ✓ Drugs, cigarettes, or overly processed foods.
- ✓ Poor eating habits can cause phlegm in the lungs.
- ✓ When toxins build up in the lungs or LI, there can be exhaustion and skin/hair problems.

Treatment

Principles Principle

x

x

Treatment

✓ Acupuncture:

✓ Foods:

✓

✓

✓

✓

✓

✓

✓

✓

✓

✓

✓

✓

Treatment

Principles Principle

x release the exterior – open things up so that the pathogen can get out. Scatter the cold.

x Stimulate the lung function to disperse and descend. - Get the lungs going again.

Treatment

✓ Acupuncture: Bladder 13 is the back shu point of the lungs. Cupping or needling this is useful.

✓ Foods and herbs can help

✓ eat less foods

✓ Sea salt in the bath tub.

✓ eat more liquid based diets/simple foods - soups, well cooked vegetables

✓ Candy – red pepper

✓ for wind cold you want more warming/nurturing foods.

✓ Ma Huang – this is illegal now.

✓ Ginger/ginger tea (ginger root with scallion in a tea)

✓ Garlic – it's a hot spice.

✓ Cinnamon tea

✓ Sauna – not too much.

✓ you want to sweat usually, but not so that it exhausts you more.

✓ Never eat crab meat! OR any external attack! It causes the external pathogen to crawl in deeper...

Wind Heat Invades the Lungs

Symptoms:

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Wind Heat Invades the Lungs

Symptoms:

- ✓ Cough (wind) (lung function is disrupted) This is a loud harsh cough – sticky yellow sputum (perhaps coughing up some blood).
 - ✓ Fever but still feels chilled – there's more fever.
 - ✓ Still get a headache (basic wind symptom) but now there's a heat component, it feels like steam. It can be a splitting headache.
 - ✓ The look more hot (red in ears, lips, face) (They feel hot, fever...)
 - ✓ More thirst (ice water)
 - ✓ More sweating because of the heat
 - ✓ At the same time, the whole body fluids are low – dark, concentrated urine.
 - ✓ Throat is raw and sore and burning and inflamed. RED
 - ✓ Nose phlegm comes out yellow/green perhaps some blood in there. Or, the heat can dry out the fluids and the nose can be dry. (The lungs open to the nose... Dry nose with flared nostrils. You see some movement in the nostrils – they are working so hard to get their breath you see the nostrils flare...)
 - ✓ Wind heat will cause trouble breathing, dyspnea. Shortness of breath, can't catch their breath, rough respiration. Also rapid breathing. Like an elephant sitting on your chest.
 - ✓ Pulse, it's floating and rapid.
 - ✓ Tongue is red. Sometimes there is a yellow coat. If the coat is white, it's more an initial stage – the tongue coating isn't always indicative.
 - ✓ Still an aversion to cold. (wei qi isn't warming the muscles properly)
- Key symptoms are fever, the feelings of heat, sore throat – hot burning and red instead of ticklish sore throat. Pulse being rapid. What color is the phlegm.

Treatment

Principles:

- ✓
- ✓
- ✓

Treatment

- | | | |
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Treatment

Principles:

- ✓ want to release the exterior and push the bad guys out – this is where you start just as with the wind-cold – you don't want to necessarily make the body stronger here.
- ✓ Clear the heat
- ✓ get the lungs working better – stimulate the lungs to descend and disperse.

Treatment

Get the pathogen out first - earlier you treat the better the result

eat less

eat simple

liquid based diet – especially for wind-heat

fresh fruit – it's very cooling

vegetable or fruit juice

peppermint tea is very cooling. (all mints are cooling)

Yarrow tea is also cooling

elder flowers are also cooling for wind-heat

Yin Qiao – this is for wind heat.

Honeysuckle as well as other stuff.

Foods include:

cantelope

apples

watercress

peaches

pears

Strawberries

Seaweed

Citrus fruits

Daikon radish

radish in general

carrots

califower

white-fungus (good for complexion as well)

pumpkin

want soups to be the major part of the diet

Conjes/Jook

Millet

Barley

Rice

Avoid warming foods.

Coffee

alcohol

lamb

chicken

beef

some fish (trout, salmon, anchovies)(Tuna ok)

onions (garlic and other onion family)

Cinnamon

ginger

Fennel

Lung Dryness

Causes:

- x
- x
- x
- x
- x
- x

Symptoms

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- ✓
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Lung Dryness

Causes:

- Dry environment
- Long period of hot and dry weather (unusually dry summer, august ;-p)
- From internal causes as well.
 - Irregular diets (sheng cycle – spleen is the mother of the lungs)
 - Irregular meal times
 - Abusing your digestive organs makes them dry. The stomach likes it dry. The stomach is the mother of fluids.

Symptoms

- ✓ Dry coughing
- ✓ Dry nose
- ✓ Dy skin
- ✓ Dry mouth
- ✓ Maybe a hoarse voice/loss of voice.
- ✓ No phlegm.
- ✓ The tongue is dry – an old washcloth. A cat's tongue.
- ✓ The tongue may not be red, it can even be pale looking, but it's dry. It might start out being a cold dry, but can turn into a warm heat.
- ✓ Pulse is empty/weak a deficiency pulse. (it's not going to feel plumped up, especially in the right front position.)
- ✓ It's a deficiency of body fluids.

This is the stage just before yin deficiency. If it continues we're moving into yin deficiency.

Treatment

Foods that will moisten:

x	x	x
x	x	x
x	x	x
x	x	x
x	x	x
x	x	x
x	x	x
x	x	x

Treatment

foods that will moisten

- | | | |
|---|----------------------|---|
| ✓ tofu | ✓ white fungus | ✓ eggs |
| ✓ miso soups | ✓ almonds | ✓ clams |
| ✓ tempeh | ✓ pine nuts | ✓ oysters |
| ✓ soy milk | ✓ peanuts | ✓ herring |
| ✓ spinach | ✓ sesame seeds | ✓ pork |
| ✓ soybeans | ✓ cooked honeysuckle | ✓ a little salt will help moisten dryness |
| ✓ barley, millet, pear, apple, persimmons, loquat | ✓ barley malt | ✓ avoid bitter food, aromatic foods, warming foods. |
| ✓ Seaweeds (nori) | ✓ dairy products | |