

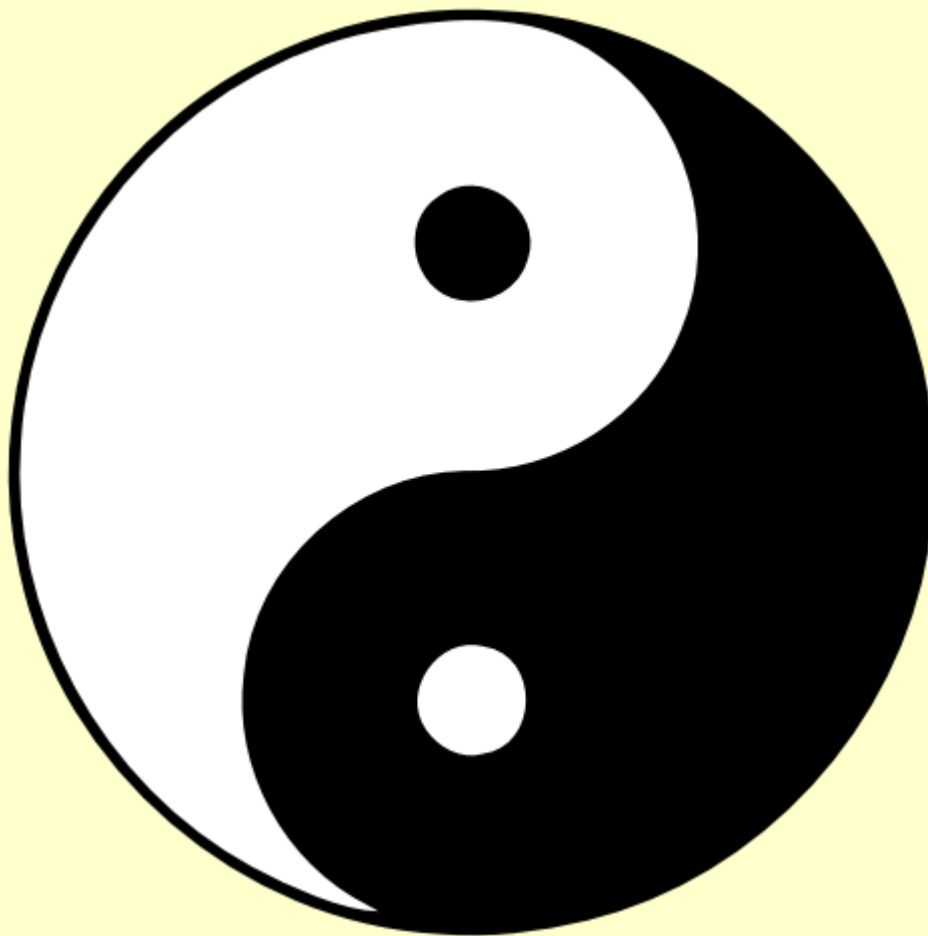
# **The basic theory of Chinese Medicine**

Yu Qi MD (China)

<http://www.CNacupuncture.com>  
<http://www.AcupunctureForStroke.com>

# Basic theory of Chinese Medicine

## 1. Yin and Yang



This is the **Yin-yang symbol** or **Taijitu**, with black representing *yin* and white representing *yang*. It is a symbol that reflects the inescapably intertwined duality of all things in nature, a common theme in Taoism. No quality is independent of its opposite, nor so pure that it does not contain its opposite in a diminished form: these concepts are depicted by the vague division between black and white, the flowing boundary between the two, and the smaller circles within the large regions.

**Appendix     Dynasties in ancient China:**

Dynasties	Period
Prehistoric Times	1.7 million years - the 21st century BC
Xia Dynasty	21st - 16th century BC
Shang Dynasty	16th - 11th century BC
Zhou Dynasty	Western Zhou (11th century BC - 771 BC)
	Eastern Zhou
	---- Spring and Autumn Period (770 BC - 476 BC)
	---- Warring States Period (476 BC - 221 BC)
Qin Dynasty	221 BC - 206 BC
Han Dynasty	Western Han (206 BC - 24 AD)
	Eastern Han (25 - 220)
Three Kingdoms Period	220 - 280
Jin Dynasty	Western Jin (265 - 316)
	Eastern Jin (317 - 420)
Northern and Southern Dynasties	Northern Dynasties (386 - 581)
	Southern Dynasties (420 - 589)
Sui Dynasty	581 - 618
Tang Dynasty	618 - 907
Five Dynasties and Ten States	Five Dynasties---- Later Liang (907 - 923) ---- Later Tang (923 - 936) ---- Later Jin (936 - 946) ---- Later Han (947 - 951) ---- Later Zhou (951 - 960)
	Ten States (902 - 979)
Song Dynasty	Northern Song (960 - 1127)
	Southern Song (1127 - 1279)
Liao Dynasty	916 --- 1125
Jin Dynasty	1115 --- 1234
Yuan Dynasty	1271 --- 1368
Ming Dynasty	1368 --- 1644
Qing Dynasty	1644 --- 1911

## **Four aspects of Yin-Yang relationship**

- A. The opposition of Yin and Yang**
- B. The interdependence of Yin and Yang**
- C. The mutual consuming of Yin and Yang**
- D. The intertransformation of Yin and Yang**

## 2. The Five Elements

A. Generating sequence

B. Controlling sequence

C. Overacting sequence

D. Insulting sequence

### Main correspondences of five elements

	Wood	Fire	Earth	Metal	Water
Zang	liver	heart	spleen	lung	kidney
Fu	gall bladder	S. intestine	stomach	L. intestine	urinary
Tastes	sour	bitter	sweet	pungent	salty
Sense Organs	eye	tongue	mouth	nose	ear
Tissue	tendon	vessel	muscle	skin	bone
Emotions	Anger	Joy	Pensiveness	sadness	Fear

## 3. The vital substance

### 1. Qi

- A. Original Qi
- B. Gathering Qi
- C. True Qi
- D. Nutritive Qi
- E. Defensive Qi

F. Central Qi  
G upright Qi

## 2. Essence

A. Pre-birth essence  
B. Post-birth essence  
C. Kidney essence

## 3. Blood

## 4. Body fluid

Jin---Clear, light, thin-watery  
Ye---Turbid, heavy, dense

## 5. Mind (Shen)

# 4. The transformation of Qi

1. The Original Qi is the motive force for the transformation of Qi

2. The fire of the gate of life (Ming Men) is the warmth for the transformation of Qi

3. The Qi mechanism---The dynamics and physiology of the transformation of Qi

A. Ascending---descending  
B. Entering---exiting

## **5. The functions of internal organs**

### **1. Five Zhang organs**

#### **1. Heart**

1. Governs blood and blood vessels
2. Manifests in the complexion
3. Houses mind
4. Opens into the tongue

#### **2. Liver**

1. Store blood
2. Ensures the smooth flow of Qi
3. Controls the sinews
4. Opens into the eyes

#### **3. Lung**

1. Governs Qi and respiration
2. Controls channels and blood vessels
3. Controls the diffusing and descending of Qi and body fluid
4. Opens into the nose

#### **4. Spleen**

1. Governs transformation and transportation of food essence and Qi
2. Controls the ascending of Qi
3. Controls blood
4. Controls the muscles and the four limbs
5. Opens into the mouth and manifests on the lips

#### **5. Kidney**

1. Stores essence and govern birth, growth, reproduction and development
2. Produce marrow, fillup the brain and control bones
3. Govern water
4. Control the reception of Qi

5. Open into the ears

## **Pericardium**

1. Protects heart

## **2. Six Fu organs**

### **1. Small intestine**

1. Controls receiving and transforming
2. Separates fluid

### **2. Large intestine**

1. Controls passage and conduction
2. Transforms stool and reabsorbs fluid

### **3. Gall bladder**

1. Stores and secretes bile
2. Controls decisiveness

### **4. Bladder**

1. Removes water by Qi transformation

### **5. Sanjiao (triple burner)**

1. Mobilized the original Qi (Yuan Qi)
2. Controls the transportation and penetration of Qi
3. Controls water passages and the excretion of fluid



### **3. Six extraordinary yang organs**

#### **1. The uterus**

1. Regulates menstruation
2. Houses the fetus during pregnancy

#### **2. The brain**

1. Controls intelligence
2. It is the sea of marrow and controls sight, hearing, smell and taste

#### **3. Marrow**

1. Fill the bones
2. Contributes to make blood
3. Nourishes the brain

#### **4. The bines**

1. Contributes to make blood
2. Nourishes the brain

#### **5. The blood vessels**

1. House blood and are the vehicle for the circulation of Qi and blood
2. Transport the refined food essence, Qi and blood all over the body

#### **6. The Gall bladder**