

YIN YANG THEORY

- I. All things have yin and yang aspects.
- II. Any yin or yang aspect can be further divided into yin and yang.
- III. Yin and Yang mutually create each other.
- IV. Yin and Yang control each other.
- V. Yin and Yang transform into each other.

Yin	Yang
Dark	Light
Solid	air
Dense	etheric
Cold	heat
Inertia	movement
Contraction	expansion
Female	male
Deficiency	excess
Interior	exterior
Chronic	acute

FIVE FUNDAMENTAL SUBSTANCES

- I. **Qi** – a yang substance – kinetic, energy in motion
 - a. Normal or Upright Qi (zheng qi)
 - i. Original Qi (yuan qi) – stored in kidneys
 - ii. Grain Qi (gu qi) – from food
 - iii. Air Qi (kong qi) – from breathing
 - b. Functions of Qi
 - i. Source of all movement
 - ii. Protects the body
 - iii. Source of harmonious transformation
 - iv. Governs retention of body's substances and organs
 - v. Warms the body
 - c. Types of Qi
 - i. Organ Qi
 - ii. Meridian Qi
 - iii. Nutritive Qi (related to blood)
 - iv. Protective Qi (most yang qi)
 - v. Ancestral Qi (Sea of Qi) – lungs and heart
 - d. Disharmonies of Qi
 - i. Deficient qi
 1. also Collapsed Qi: prolapses, hemorrhoids
 - ii. Stagnant Qi (LIVER) – fibroids, stiff joints, bruises, distention, ovarian cysts, lumps; bi pain: stagnant qi in limbs
 1. also rebellious qi – moving in wrong direction: vomit, belch, hiatal hernia etc.

- II. **Blood** (xue) – a yin substance – spleen qi transforms food into gu qi, which moves toward lungs, mixes with air qi, and becomes blood. Material form of qi
 - a. Properties
 - i. Heart rules the blood
 - ii. Liver stores the blood
 - iii. Spleen governs the blood (reckless blood -> spleen)
 - b. Disharmonies
 - i. Deficient blood – common in women
 - ii. Congealed blood – bruising, swelling, stagnation
 - 1. reckless blood: usually heat (spleen, heart)

- III. **Jing** – Essence (yin to the yang of Qi, but yang in relation to xue) – also primordial (pre- yin and yang) FINITE
 - a. Forms
 - i. Prenatal Jing
 - ii. Postnatal Jing – associated with grain and air qi
 - b. Functions
 - i. Growth and development
 - ii. Kidneys store jing
 - c. Disharmonies
 - i. Congenital defects
 - ii. Improper maturation, reproduction, aging

- IV. **Shen** – “spirit” but really mind, consciousness (a yang substance)
 - a. Stored in heart
 - b. Hun – ethereal spirit (liver)
 - c. Po – corporeal spirit (lungs)

- V. **Fluids** (yin) – moisten body

ORGANS OF BODY

I. Yin organs – produce, transform, regulate and store five substances

a. Heart –

- i. rules blood
- ii. stores shen
- iii. transforms grain qi (with lungs)
- iv. opens onto tongue
- v. Pericardium – protective
- vi. Emotion: JOY

b. Lungs

- i. Lungs rule Qi – transform grain qi and combine air qi with normal qi
- ii. Move water
- iii. Rule exterior of body -Protective – vulnerable to pernicious influences, especially cold – wei qi
- iv. For cold in lungs: astragalus, thyme, garlic
- v. House the po
- vi. Open into nose
- vii. Emotion: SADNESS, GRIEF

c. Spleen

- i. Maintains upright qi
- ii. Transforms food into qi and blood
- iii. Prone to dampness and deficiency
- iv. Sends gu qi to lungs
- v. Spleen qi governs flow of xue
- vi. Rules muscles and flesh
- vii. Opens into mouth and lips
- viii. Emotion: PENSIVENESS / WORRY

d. Liver – happy easy wanderer

- i. Rules smooth movement of five substances
- ii. Governs smooth flowing emotional state
- iii. Stores xue
- iv. Stores hun
- v. Rules tendons, ligaments, and nails
- vi. Opens onto eyes
- vii. Disharmonies - stagnation
- viii. Emotion: ANGER
 1. Most sensitive to stagnation
 2. Invading stomach/spleen

e. Kidneys

- i. Yin: (structure) Store Jing – maturation, development (leaky jing gate)
- ii. Yang: (activity) Ming-men huo or Life Gate Fire
- iii. Susceptible to damage from cold
- iv. Rule fluids through yang aspect
- v. Rule bones, hair, and teeth
- vi. Open onto ears
- vii. Grasp lung qi and hold it down
- viii. Emotion: FEAR AND FRIGHT (vs. courage, will power)
- ix. Deficient kidney yin: scanty dark urine, kidney pain, weakness, fatigue
- x. Deficient kidney yang: premature ejaculation, low sperm count, low back pain, weak knees, ankles, profuse pale urine, chronic vaginal discharge

II. Yang organs – transform food into five substances and excrete waste

- a. Gall bladder (liver) : stores and secretes bile
- b. Stomach (spleen): digestion
- c. Small intestine (heart)
- d. Large intestine (lungs)
- e. Bladder (kidneys)
- f. Triple burner
 - i. Relationship between lungs, spleen, and kidneys
 - ii. Upper burner: mist / lungs
 - iii. Middle burner: foam / stomach spleen
 - iv. Lower burner: swamp / kidneys

III. Curious Organs

- a. Brain
- b. Marrow
- c. Bone
- d. Blood vessels
- e. Uterus
- f. Gall bladder

Times of Day Associated with the Organs

11 pm – 1 am	Gall bladder
1 am – 3 am	Liver
3 am – 5 am	Lungs
5 am – 7 am	Large Intestine
7 am – 9 am	Stomach
9 am – 11 am	Spleen
11 am – 1 pm	Heart
1 pm – 3 pm	Small Intestine
3 pm – 5 pm	Bladder
5 pm – 7 pm	Kidneys
7 pm – 9 pm	Pericardium
9 pm – 11 pm	Triple Burner

SIX PERNICIOUS INFLUENCES

- *External :*
Environmental in nature, usually come on quickly and create an aversion to that quality
- *Internal:*
Chronic, can come on slowly

I. Wind

- a. Yang
- b. Almost always associated with other PI
- c. Moving pain or symptoms, spasms, tremors, etc.
- d. External wind: acute infection
- e. Internal wind: usually liver related: dizziness, tinnitus, tremors, etc.
- f. Tongue quivering or crooked
- g. Herbs: wu jia pi, lobelia, skunk cabbage, petasites, black cohosh

II. Cold

- a. Yin – can be deficiency of yang
- b. Pale tongue, white moss
- c. Can lead to blockage and stagnation: sharp pain
- d. Clear, white
- e. Internal cold: Deficient yang (kidney related)
- f. Warming herbs: ginger, cinnamon, licorice, angelica

III. Fire or heat

- a. Yang
- b. Heat, fever, redness, inflammation, fast pulse
- c. Causes dryness and reckless movement of xue and shen
- d. Heat rises (liver fire)
- e. Fire poison: localized topical heat
- f. Red tongue, yellow moss
- g. Cooling herbs – chickweed, marshmallow, bitters

IV. Dampness

- a. Yin
- b. Most affects movement of qi and Spleen
- c. Excessive fluids, edema
- d. Can cause stagnation
- e. Fragrant dispersing herbs: lavender, elecampane, atractylodes
- f. Mucus: internal and excessive dampness
 - i. Lungs: coughing with heavy expectoration
 - ii. Heart: disturbed and obstructed shen
- g. fragrant dispersing herbs: lavender, elecampane, atractylodes
- h. astringent, sour herbs: Schisandra

V. Dryness

- a. Yang
- b. Heat related
- c. Often yin deficiency
- d. Lungs most often affected (esp in winter)
- e. Dry lungs: marshmallow, saw palmetto, slippery elm, licorice

VI. Summer heat

- a. always external
- b. caused by heat, usually with dampness
- c. aloe

PRINCIPAL PATTERNS

<u>Yin</u>	<u>Yang</u>
Interior	Exterior
Deficiency	Excess
Cold	Heat

- I. **Interior** – chronic, pain in trunk, sinking pulse
- II. **Exterior** – acute, sudden onset, chills / aversion to cold, wind, heat, etc., fever, thin tongue moss, floating pulse
- III. **Deficiency** – frail, weak, pale, shallow breathing, pale tongue with little moss, empty or weak pulse; usually chronic
- IV. **Excess** – usually EPI or blockage, heavy breathing, pain exacerbated by pressure, scanty urine, thick tongue moss, swollen tongue, strong / full pulse
- V. **Cold** – from deficient yang qi or from cold PI, slow movement, watery stool, clear urine, pale swollen tongue with white moss, slow pulse, cold sensation and aversion
- VI. **Heat** – heat PI, excess yang r deficient yin, quick agitated movement, talkative, red, hot, delirium, fever, irritability, thirst

MAJOR PATTERNS

I. Deficient qi and deficient yang

- a. General deficiency and weakness, pale
- b. Shallow respiration
- c. Dislike of movement, spontaneous sweating
- d. Pale tongue
- e. Empty weak pulse
- f. Either Normal Qi or specific to Organ
- g. Deficient yang: insufficient fire leading to excess cold / appearance of cold
- h. Deficient qi: adaptogens

II. Stagnant qi

- a. Stuck qi leads to pattern of excess
- b. From emotions, diet, EPI, trauma
- c. Can also result from deficiency leading to stagnation
- d. Distention, soreness, pain – changes in severity and location, responds to emotional changes (liver)
- e. Dark purplish tongue
- f. Stagnant, wiry or tight pulse
- g. Use moving pungent fragrant herbs for stagnation: prickly ash, cayenne, ginger, garlic

III. Deficient blood and deficient yin

- a. Loss of blood, congealed blood, or deficient spleen qi
- b. Dizzy, thin, emaciated, impaired vision, numb limbs, weak tremors
- c. Dry skin and hair, scanty menses, pale
- d. Can affect specific organs
- e. Deficient yin: appearance of heat – heat signs – agitated, red tongue, warm extremities, rapid pulse
- f. Deficient xue: Rehmannia, dan gui, nettles, yellow dock, beets

IV. Congealed Blood

- a. Excess blood
- b. Trauma, hemorrhage, stagnant qi, or cold obstruction
- c. Fixed stabbing pain (distinguishing future from stagnant qi)
- d. Tumors, lumps, masses
- e. Choppy pulse
- f. Dark purple tongue with red spots
- g. Blood movers: dan gui, Angelica pubescens, ginger, ginkgo, prickly ash

V. Hot Blood

- a. Excess
- b. Reckless blood – bleeding
- c. Thirst, irritability,
- d. Scarlet tongue
- e. Rapid pulse

VI. Patterns of Pernicious Influences

- a. Heat PI
 - i. Excess yang
 - ii. Can be external dryness (internal dryness is def yin)
- b. Wind PI
 - i. Excess yang
 - ii. Sudden onset, changing location
 - iii. Can be with heat or cold
- c. Cold PI
 - i. Excess yin
 - ii. Cold blockage / cold pain
- d. Damp PI
 - i. Excess yin
 - ii. Almost always spleen
- e. Mucus
 - i. Excess yin
 - ii. Almost always spleen, but can involve other organs

MAJOR ORGAN DISHARMONIES

- I. Heart
 - a. Deficient heart blood and def heart yin
 - b. Deficient heart qi and def heart yang
 - c. Congealed heart blood
 - d. Cold Mucus in Heart

- II. Lungs
 - a. Cold Invading Lungs
 - b. Heat Clogging Lungs
 - c. Mucus dampness hindering lungs
 - d. Deficient lung yin
 - e. Deficient lung qi

- III. Spleen
 - a. Deficient spleen qi and def spleen yang
 - b. Spleen qi sinking
 - c. Spleen unable to govern blood
 - d. Dampness distressing spleen
 - e. External dampness
 - f. Damp heat in spleen
 - g. Turbid mucus disturbing head

- IV. Liver
 - a. Constrained liver qi
 - b. Liver fire rising
 - c. Deficient liver yin
 - d. Liver yang rising
 - e. Liver wind
 - f. Deficient liver blood
 - g. Cold stagnation

- V. Kidneys
 - a. Deficient kidney yang
 - b. Deficient kidney yin
 - c. Deficient kidney jing

ASSESSMENT TOOLS

(Traditional Diagnostics)

I. Tongue Diagnosis

Overall size, color, moist/dry, color and thickness of furring, scalloping, cracking, raised red papillae, signs of heat and cold

- a. tongue material – affected by blood and qi
 - i. pale: deficient blood or qi, excess cold
 - ii. red: heat
 - iii. purple: stagnant qi or congealed blood
 1. moist: due to cold
 2. dry: due to heat
 - iv. dark: stagnation

- b. tongue moss – result of Spleen activity
 - i. thick: excess
 - ii. moist: usually deficient yang or dampness
 - iii. well rooted: strong spleen qi
 - iv. “floating”: weak spleen qi
 - v. greasy: dampness
 - vi. peeled or shiny tongue: deficient yin or weak spleen qi
 - vii. white: usually cold, but if like cottage cheese: heat
 - viii. yellow: heat
 - ix. black: extreme cold if tongue is pale; extreme heat if tongue is red

- c. tongue shape:
 - i. swollen: deficient qi
 - ii. too thin: deficient xue
 - iii. stiff: wind or mucus obstructing heart qi
 - iv. trembling: deficient qi
 - v. cracks: deficiencies
 - vi. red bumps: heat

II. Facial diagnosis

color, earlobes, cheeks, tone, under eyes, around eyes, broken blood vessels, upper lip, nose

III. Pulse

Speed, depth, regularity, sinking, skipping, strength, wiry, thin

Left hand:

Heart (SI)

Liver (GB)

Kidney Yin (Bladder)

Right hand:

Lung (LI)

Spleen (St)

Kidney Yang (T.B.)

IV. Nail

Strength, vertical/horizontal lines, overall form, coloration, banding

Yin	Yang
Deficient	excess
Cold	hot
Interior	exterior
Chronic	acute
Slow pulse	fast pulse
Slow heart rate	fast heart rate / hypertension
Slow muddled thinking	anxiety / mania
Reduced function / activity	hyperactivity
Chronic, lingering illness	acute, sudden onset
Deficient qi or xue	excess yang / heat
Feels cold, craves heat	feels hot, craves cold
If fever: low grade	high fever
Tongue: heavy white moss or pale / bluish	tongue red, brown moss
Mucus is clear / white	green / yellow mucus
Urine is pale	urine dark
Extremities cold, skin pale / cold	hot skin, extremities
Impaired digestion, constipation	fast transit time, diarrhea

True Yang	False Yang	True Yin	False Yin
Excess	deficient yin	excess	deficient yang
Heat	apparent heat	cold	apparent cold
<i>Tongue:</i>			
bright red, dry	furred	heavy	pale, with broad
moss yellow/ brown	dry, pink	moss white / wet	central rut
<i>Herbs:</i>			
bitter	yin tonics	pungent	qi tonics
cooling		warming drying	