

Organs and Meridians in Traditional Chinese Medicine

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Origins of Disease

- Holistic and relativistic view of health and disease
 - Complex interaction between external energetic factors, internal flow of energy and fluids, as well as the balance and flow of the energies and the emotions in relationship to organ function
 - In stark contrast to the Western materialistic, linear and reductionist conception of disease
 - Devils = Pernicious or Pathogenic Factors



Meridian System: Multiple Lines of Energetic Defense

- Jing Luo
 - 12 Main Meridians
 - Tendino-Muscular
 - Transverse Luo
 - Longitudinal Luo
 - Divergent
 - Curious or Extraordinary
- If there is a smooth flow of Qi and Blood in body, pernicious factors (either external or internal) should not cause illness
 - Meridian Defenses should succeed










Key Concepts in Understanding Pathology in Chinese Medicine

- Yang Patterns
 - Deficient Yang relative to Yin
 - Stagnation of Qi or Blood (Yang's action to promote movement is not functioning well)
 - Leads to pain, usually worse with movement, better with rest, massage, heat
 - Blood stagnation more severe pain and more fixed in location
 - Deficient Qi
 - Fatigue, prone to illness, weak pulse
 - Cold Phlegm or Dampness
 - Lack of Yang heating ability affects fluid balance which then stagnates
 - Tumors or masses develop
- Yin Patterns
 - Deficient Yin relative to Yang
 - Deficient Qi and or Blood (Yin organ function to create, nourish and store is not functioning well)
 - Leads to fatigue
 - Weak pulse
 - Primary function of involved organs impaired
 - Lack of regulating effect on Yang can lead to a false Excess
 - Painful condition often affecting an organ
 - Lack of fluids and blood can lead to stagnation and pain
 - Counter Flow occurs, e.g. Spleen cannot move Gu Qi up to Lungs
 - Fluid storage and creation affected
 - Especially affects Lungs

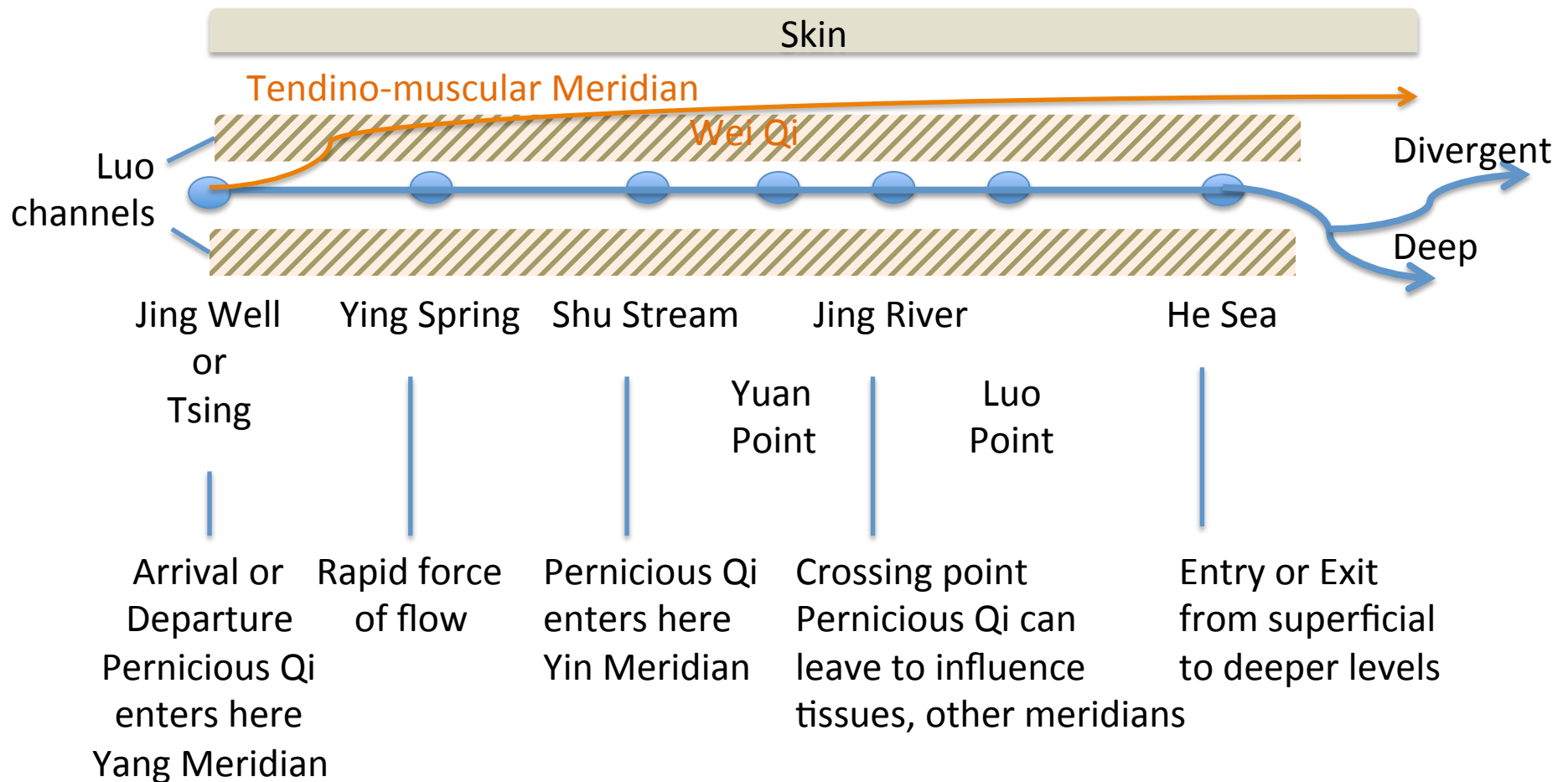
Key Concepts in Understanding Pathology in Chinese Medicine

- Yin or Yang issue
 - Yin = Blood/Fluids + Cooling Function
 - Yang = Qi movement + Body Heat
- Excess or Deficiency issue: Qi, Blood, Fluids
 - **Excess:** Acute, agitated painful area worsens with pressure, cold helps, pulse strong
 - **Deficiency:** Where there is no development, there is pain (Bu rong ze tong)
 - Chronic, listless, painful area either better with pressure or no pain with pressure, aversion to cold, pulse weak
- External Devil
 - Manifest on wei level – acute musculoskeletal
 - Lungs (Infections)
- Internal Devil
 - Organ issues involving lifestyle issues (eating, breathing, Stress, emotions)
- Stagnation
 - Where there is no flow there is pain (bu tong ze tong)
 - Obstruction of smooth flow of Qi and Blood in meridians or Zang fu
- All pain belongs to the Heart (zhu tong shu xin)
 - Emotional factors play a role in pain experiences - Shen disturbance

Key Concepts in Understanding Pathology in Chinese Medicine

- Emotional issues(The 5 Zhi) affect organs and Qi flow
 - Liver Hun
 - Anger makes Qi rise: Red face and eyes, headaches  Anger damages the Liver
 - Heart Shen
 - Joy makes Qi lack direction, scattered thoughts and hypomania  Joy damages the heart
 - Spleen Yi
 - Worry stagnates Qi affecting Spleen ability to transform food 
 - Blood affected and so Heart and shen affected  Worry damages the Spleen
 - Lung Po
 - Sorrow and depression suppress Lung Qi affecting distribution of Qi and respiratory status  Sorrow damages the Lung
 - Kidney Zhi
 - Fear and shock affect Kidney's ability to hold Qi and store Jing and Shen 
 - PTSD, anxiety, libido affected - Chronic Pain  Fear damages the Kidney

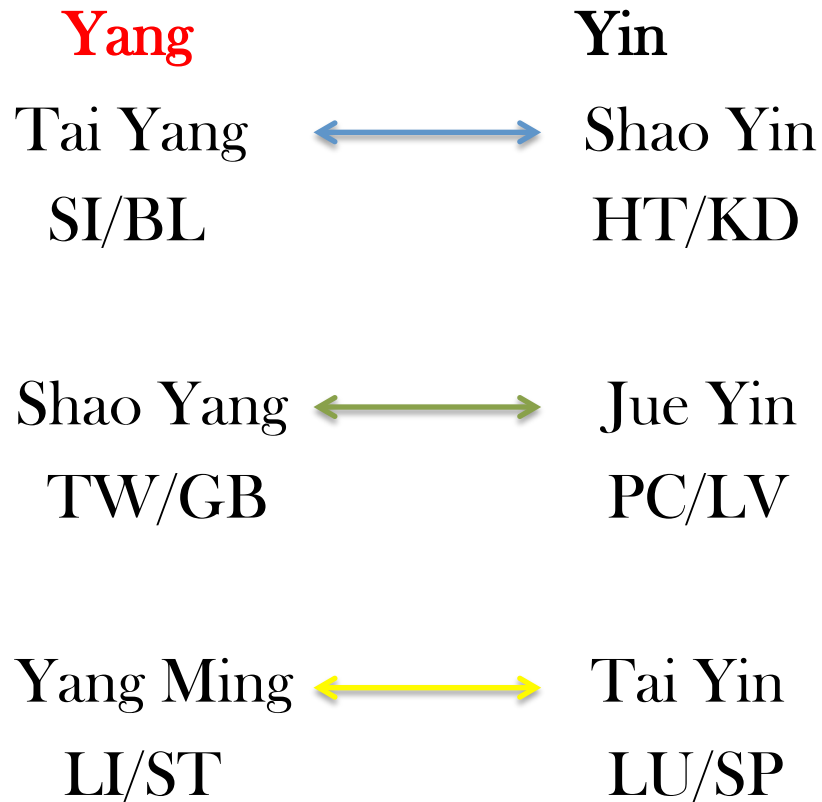
Antique Points and Wei Qi



12 Main Meridians: Energetic View

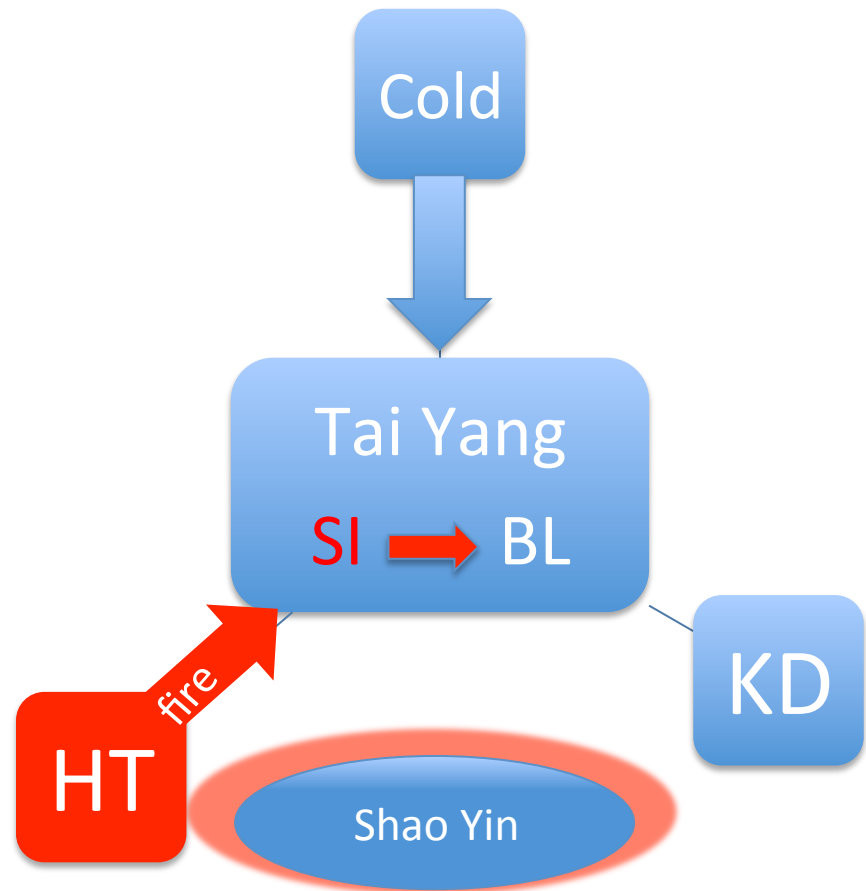
- Energetic View of Meridians
 - Tai Yang of Hand & Foot – Most Superficial
 - Small Intestine & Bladder
 - Yin Pairs: Heart & Kidney – Shao Yin of Hand & Foot
 - Shao Yang of Hand & Foot – Middle Layer
 - Triple Warmer & Gall Bladder
 - Yin Pairs: Pericardium & Liver – Jue Yin of Hand & Foot
 - Yang Ming of Hand & Foot – Deepest Layer
 - Large Intestine & Stomach
 - Yin Pairs: Lung & Spleen – Tai Yin of Hand & Foot

Meridian Energetic Layers of Defense



6 Devils and Meridian Energetics

- Tai Yang - Cold
– **SI** → BL
- Shao Yang - Heat
– TW - GB
- Yang Ming - Dryness
– LI - ST
- Tai Yin - Damp
– LU - SP
- Jue Yin - Wind
– PC - LV
- Shao Yin - Fire
– **HT** - KD



Cold (Yin Factor) Injures Yang Functions

Yang Functions Injured

- Warming
- Moving
- Transformation
- Retaining
- Protecting

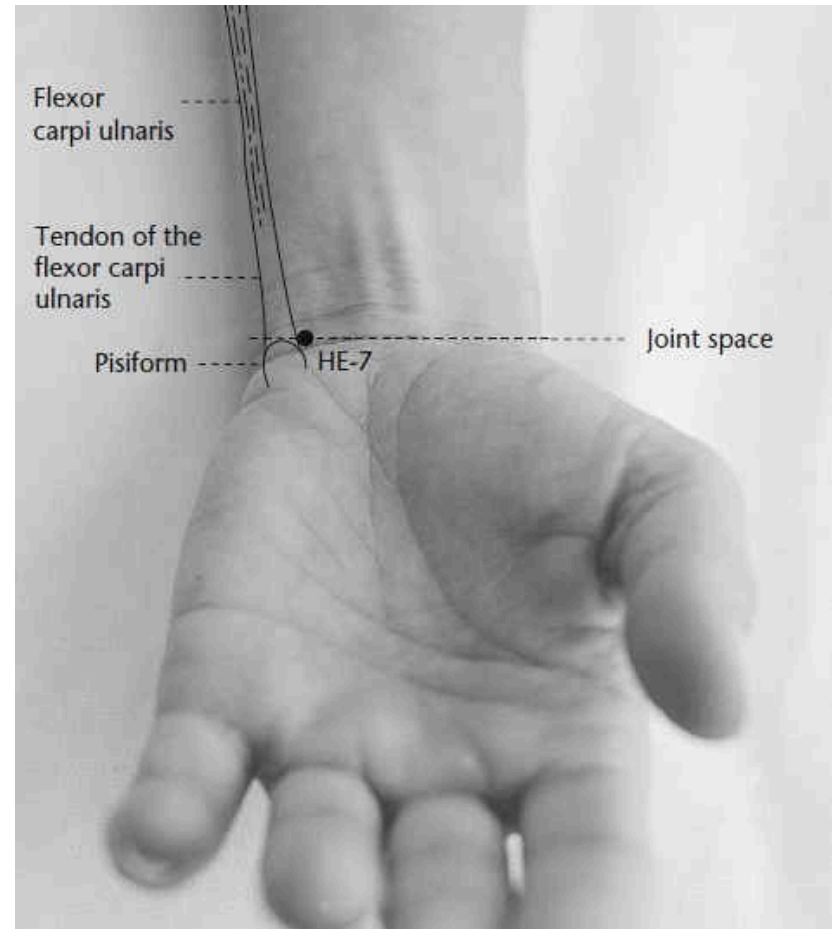


Yin Effects of Cold Invasion

- Feeling of cold in body
- Stagnation of Qi → Pain
- Deficiency of Substances → Poor Digestion
- Loss of Fluids with copious urination and nasal discharge
- Insufficient Wei and Ying Qi → Easier entry of External Devils

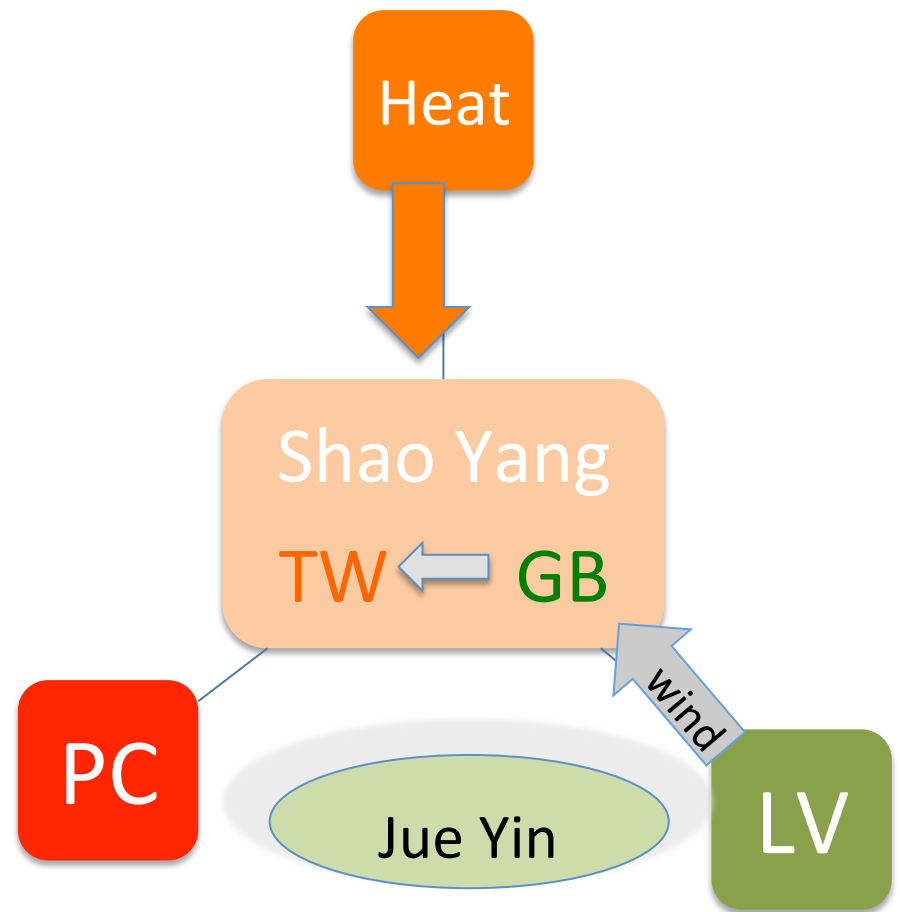
First Layer: Tai Yang

- Tai Yang (SI-BL) -
Attack of External Cold
 - Strengthen heating elements in Shao Yin Pair
 - HT- SI
 - Connect SI and HT with Luo Point HT 7
 - HT 7 is also Source or Yuan Point to strengthen heat



6 Devils and Meridian Energetics

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Heat (Yang Factor) Injures Yin Functions

Yin Functions Injured

- Cooling
- Moistening
- Nourishing
- Resting

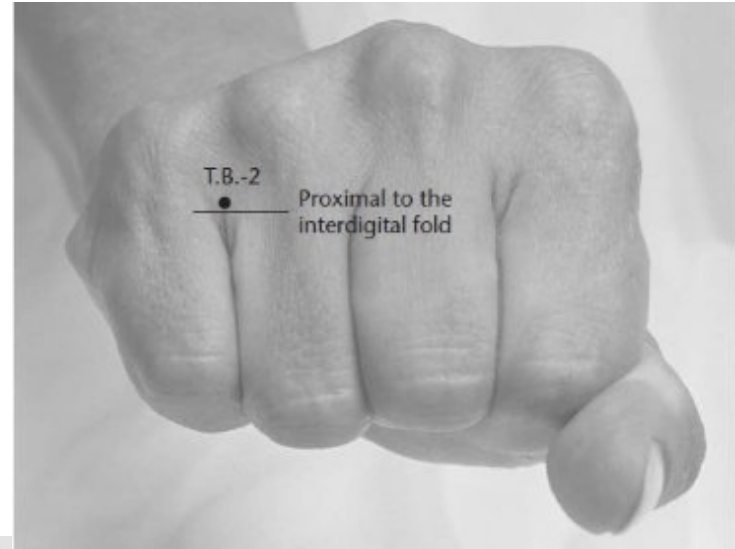


Yang Effects of Heat Invasion

- Excess heat, fever
- Signs of Dryness ➔ Thirst
- Signs of weakness lack of energy from food
- Restlessness, insomnia

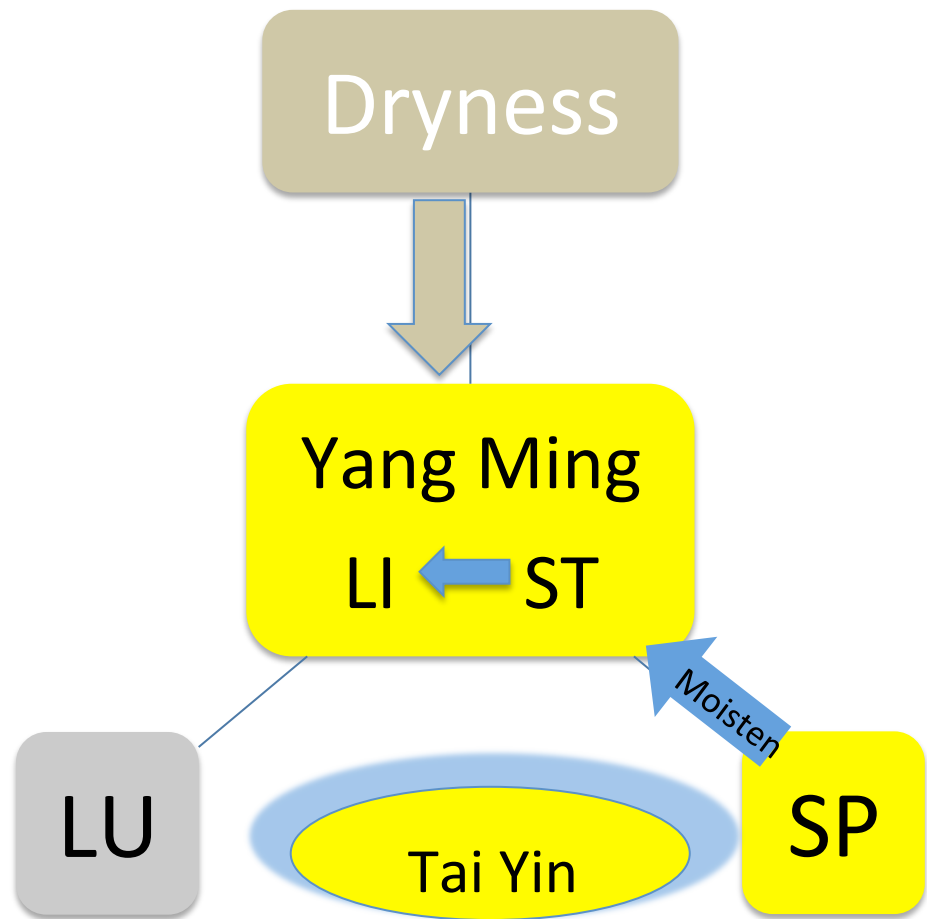
Second Layer: Shao Yang

- Shao Yang (TW/GB)
Attack of External Heat
 - Disperse the heat in the TW and GB meridians
 - TCM 5 transporting points along meridian
 - Ying Spring Points
 - Nourish Liver (Wind) with Yuan or Source Point
 - LV 3
 - SHU STREAM POINT
 - Normally 3rd point in from toes or fingers
 - Exception for GB - it is the 4th point proximal to last point on toe



6 Devils and Meridian Energetics

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Dryness (Yang Factor) Injures Yin Fluids

Yin Functions Injured

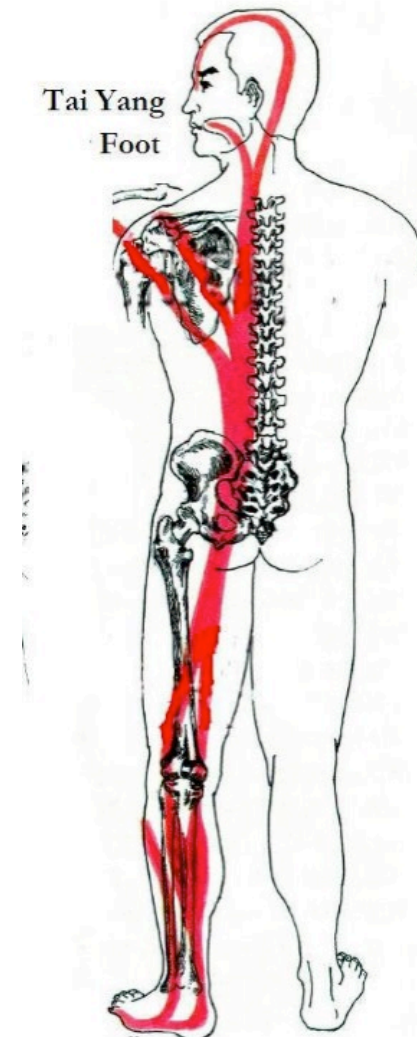
- Moistens Tissues

Yang Effects of Dryness Invasion

- Lung function – Dry, Chapped Skin, Dry Cough

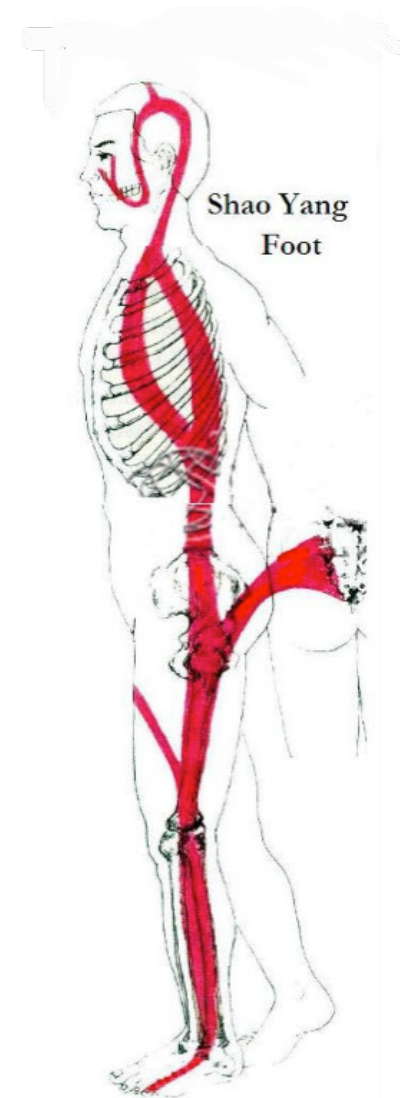
First Layer: Tai Yang (Yang)

- Tai Yang encloses the body and governs surface
 - External Cold enters BL meridian
 - Causes Headache in occipital frontal region and stiffness of neck and joint pain



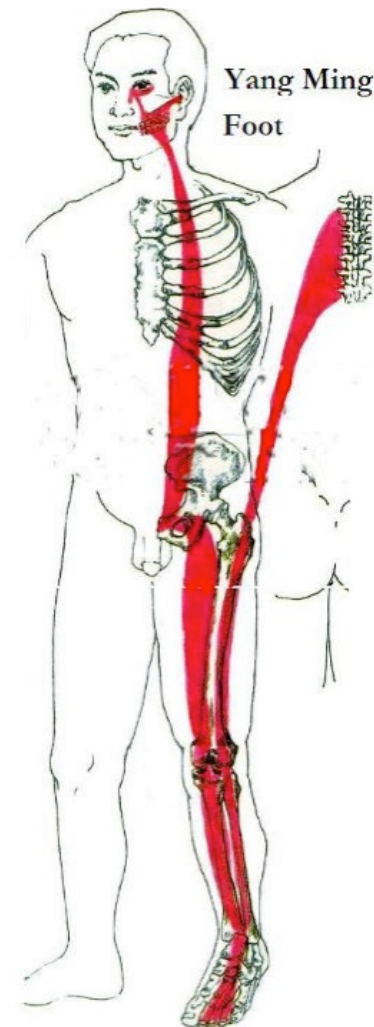
Shao Yang: Middle Layer (Hinge)

- Shao Yang is the hinge between Superficial Tai Yang and the deep Yang Ming layers
 - Full and Rapid pulse
 - Fever alternating with shivering
 - Chest pain and vomiting
 - Lack of appetite
 - Diffuse pains hips, side of body and throat



Yang Ming: Deep Layer (Yin)

- If Cold penetrates to the Yang Ming layer both the meridian and organ is now involved
 - High fever with heavy perspiration
 - With involvement of viscera, stomach pain and abdominal distention with constipation



Tai Yin

- If cold continues to penetrate, it now affects the Tai Yin channels and organs
 - Now abdominal distention is accompanied by diarrhea
 - No fever once the cold has entered the Yin channels
- Lung and Spleen
 - Symptoms with less heat
 - Cold and dampness prevail
 - Ability of Spleen to move Qi up fails and diarrhea ensues

Dampness (Yin Factor) Injures Yang Functions

Yang Functions Injured

- Moving
- Transforming

Yin Effects of Dampness Invasion

- Stagnation of Qi → Spleen and Kidney Qi most effected
 - Indigestion, diarrhea, abdominal distention
 - Blood Deficiency (Spleen weakness)
 - Cloudy Urine, Fatigue
 - Obstruction of flow of Qi and Blood in Jing Luo (Meridians)
- Stagnation of Fluids → Accumulation
 - Heavy bloated feeling
 - Heavy feeling in head or limbs
 - Dull aching pain

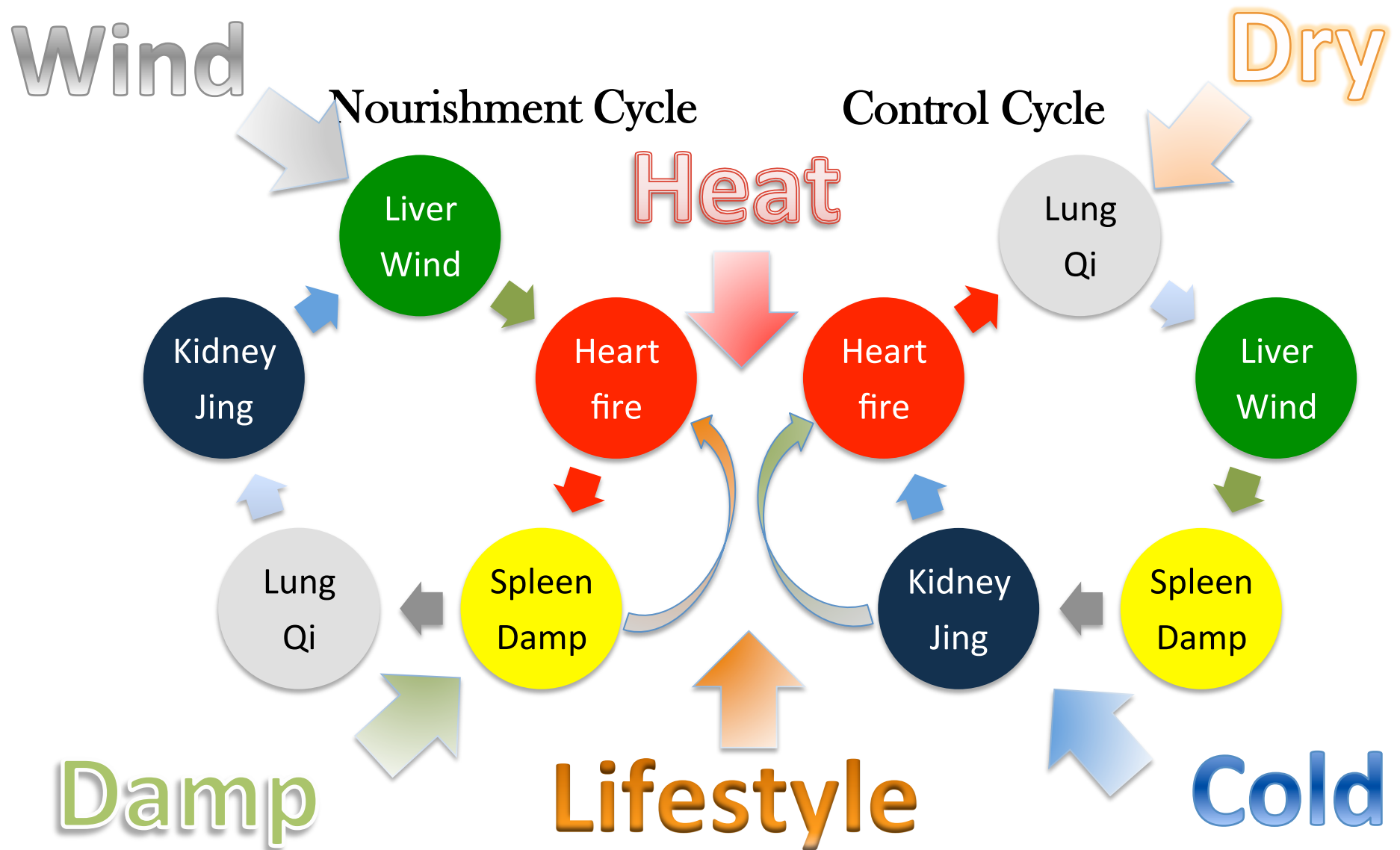
Jue Yin

- Hinge of the Yin Channels
 - Symptoms fluctuate between hot and cold with chills and sweats
 - Head and chest hot, abdomen cold
 - Vomiting
- Pericardium and Gallbladder
 - The disturbance of Pericardium leads to the chest pain and heat in chest
 - Vomiting is part of the dysfunction of pericardium

Shao Yin

- Deepest of pathways
 - Fear of cold
 - Ice cold limbs and body
 - Heart discomfort with chest pain
 - Fatigue
- Heart and Kidney
 - Heart Fire is dampened by cold fueling lassitude and chest pain
 - Kidney depletion could cause a paradoxical restlessness (yin deficiency and lack of cooling of heart fire)

5 Devils and 5 Elements



Organs

- 6 Yin Organs – Zang

- Lung
- Spleen
- Heart
- Kidney
- *Pericardium*
- Liver

- Yin organs Qualities

- Substantial or Solid
- Store Vital Substances
 - Qi, Blood, Body Fluids and Jing

- 6 Yang Organs – Fu

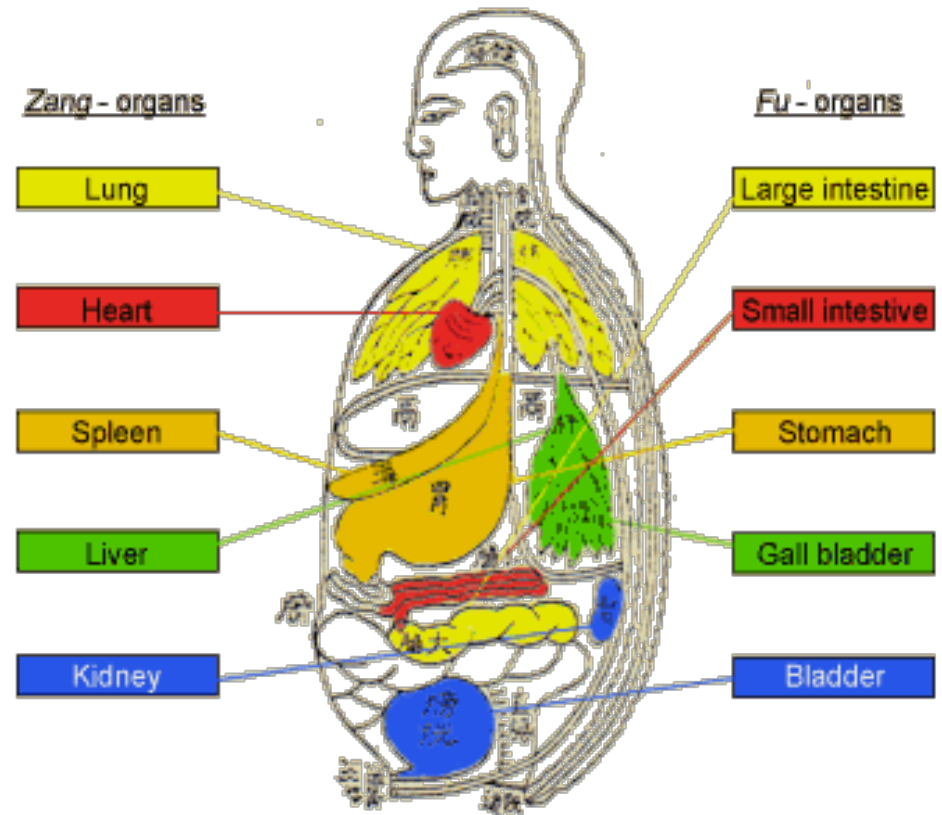
- Large Intestine
- Stomach
- Small Intestine
- Bladder
- *Triple Warmer*
- Gallbladder

- Yang Organ Qualities

- Insubstantial or Hollow
- Moving substance through
- Filling and emptying
- Communicate with exterior through orifices
 - Stomach, SI and LI, Bladder

Ying/Yang Nature of Zang Fu

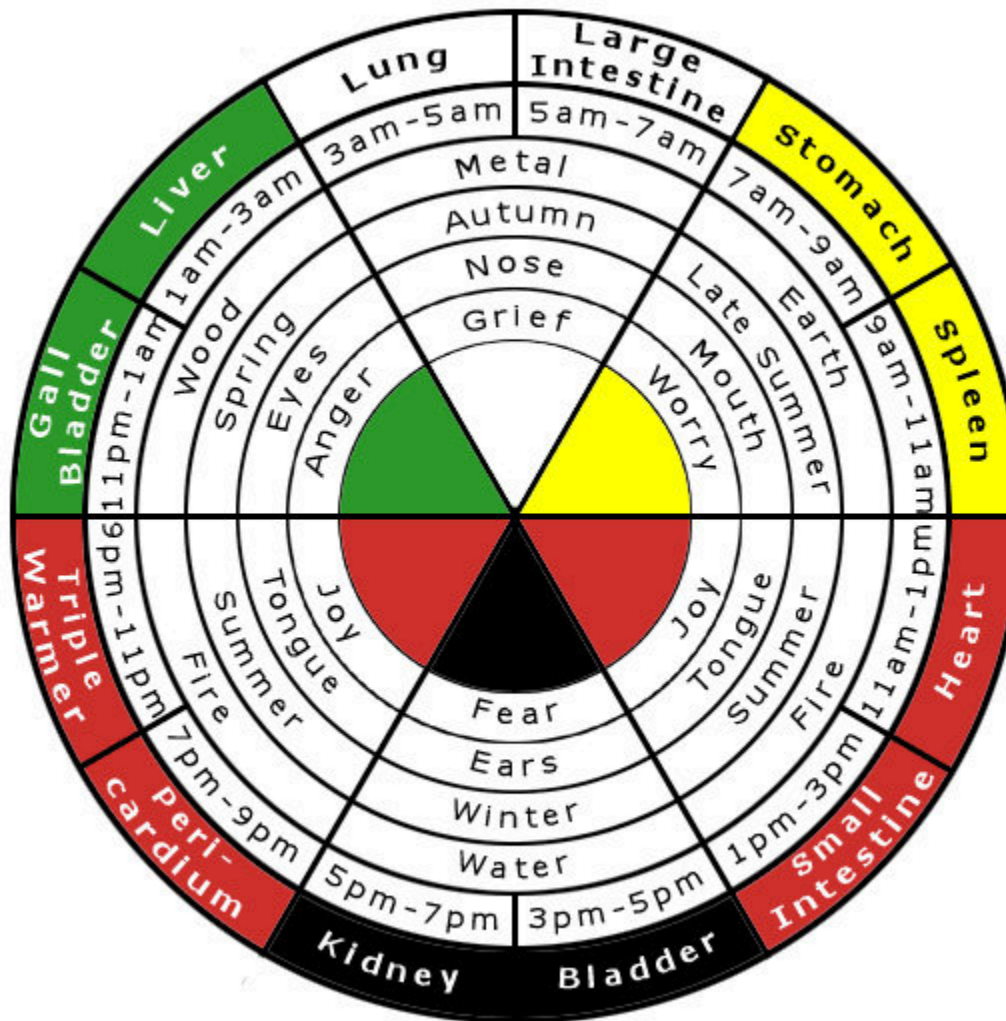
- Yin aspects of Fu
 - Gall Bladder stores bile
- Yang aspects of Zang
 - Spleen transforms and transports Gu Qi
 - Lung communicates with outside



Zang Fu

Zang			Fu		
<i>Chinese</i>	<i>Western</i>	<i>Abbrev</i>	<i>Chinese</i>	<i>Western</i>	<i>Abbrev</i>
Shèn	Kidney	KD	Pang Guang	Bladder	BL
Pi	Spleen	SP	Wei	Stomach	ST
Gan	Liver	LV	Dan	Gall Bladder	GB
Xin	Heart	HT	Xiao Chang	Small Int.	SI
Fei	Lung	LU	Da Chang	Large Int.	LI
Xin Bao	Pericardium	PC	San Jiao	Triple Warmer	
			TW		

Zang Fu Associations



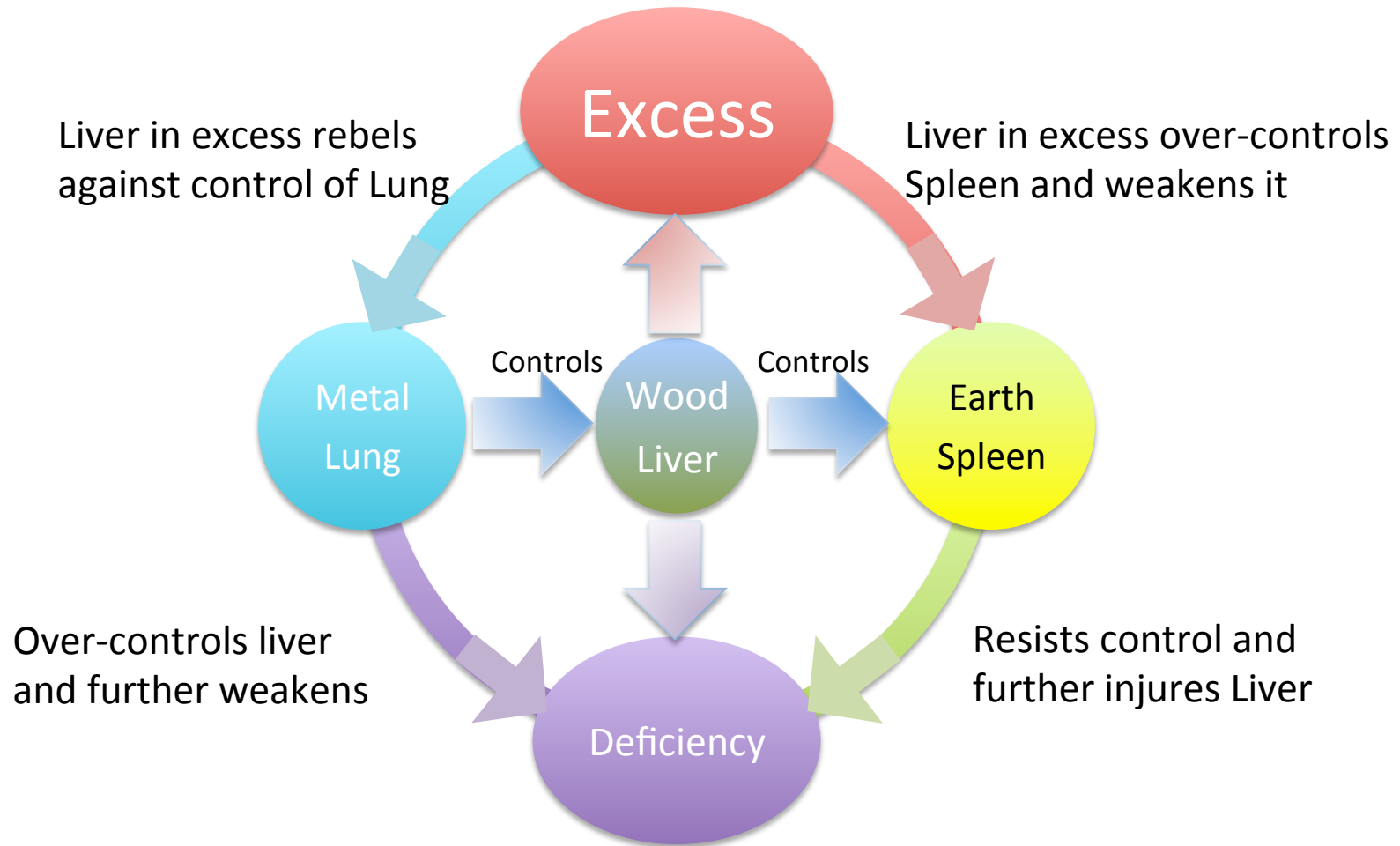
Zang Correspondences

Zang	Manifests	Senses	Tastes	Functions	Tissue	Soul/ Emotion
Liver/ Wood	Nails	Eye	Sour	Qi and Blood Distribution	Sinews, Tendons	Hun/ Anger
Heart/ Fire	Complexion	Tongue	Bitter	Governs speech, psych and mental functions	Blood, Blood Vessels	Shen/ Joy
Spleen/ Earth	Lips	Mouth	Sweet	Move Qi up, holds organs blood in place, prevents prolapse	Muscles, fascia	Yi/ Worry, Rumination
Lung/ Metal	Body Hair	Nose	Pungent	Immune system	Skin	Po/ Sadness
Kidney/ Water	Hair	Ear	Salty	Growth, sexual function	Bones	Zhi/ Fear, Shock

Internal Devils

- Effects the flow of energies between organs
- Organs become injured in various ways
 - Food we eat
 - Way we breath
 - Stress we face
 - Way we exercise
 - Penetration of external pathogens to Zang/Fu level
 - Genetic tendencies
- Internal Climactic Imbalances result
 - Liver Wind
 - Heart Fire
 - Spleen Dampness
 - Lung Dryness
 - Kidney Cold
- Affects Movement of Qi
 - Rebellious Stomach Qi - Moves upward and Spleen Qi reverses and moves down
 - Heart Fire depletes fluids
 - Kidney Coldness affects Kidney Fire and ability to regulate Fluids
 - Liver wind ascends or Liver stagnates
 - Lung Qi fails to descend

Excess and Deficiency in Organ Function



Kidney and Qi Transformation

- Nan-Ching (Classic of Difficulties):

The motive force between the Kidneys determines human life, it is the root of the 12 channels and the font of Original Qi

- Fire of the Gate of Vitality or Ming Men
- Kidney Stores essence or jing
- The Kidneys contain the fire at Min Men
 - Sets all other Qi movement and transformations into motion

Stomach and Spleen: Middle Burner

- Center of Body and essential for all physiological processes
 - Source of Qi and Blood by transforming Food into Gu Qi
 - Source of Body Fluids
- Complementary actions
 - Spleen Qi rises
 - Stomach Qi descends
 - Spleen likes dryness and so brings energy up to the lungs
 - Stomach likes Moisture and so brings energy down to the lower burner

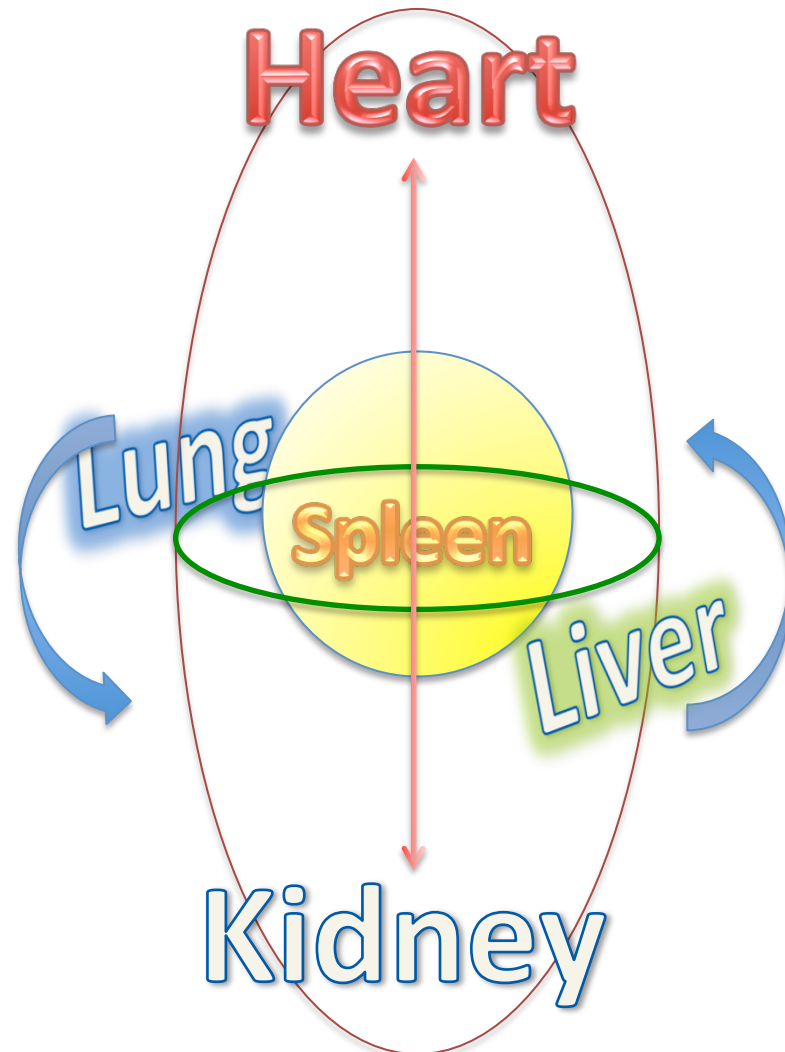
Liver and Lungs: Outer Wheel

- Liver on the left and Qi Ascends
 - Promotes the smooth and unobstructed flow of Blood and Qi
- Lung on the right and the Qi Descends
 - Controls the dispersion of Qi through Zhen Qi
 - Wei Qi through Muscles and Skin
 - Ying Qi through the Jing Luo (Channels)
 - Controls the dispersion of Jin Ye (Fluids)
- Harmony between Ascending Function Liver and Descending Function of Lung leads to Qi cultivation and preservation

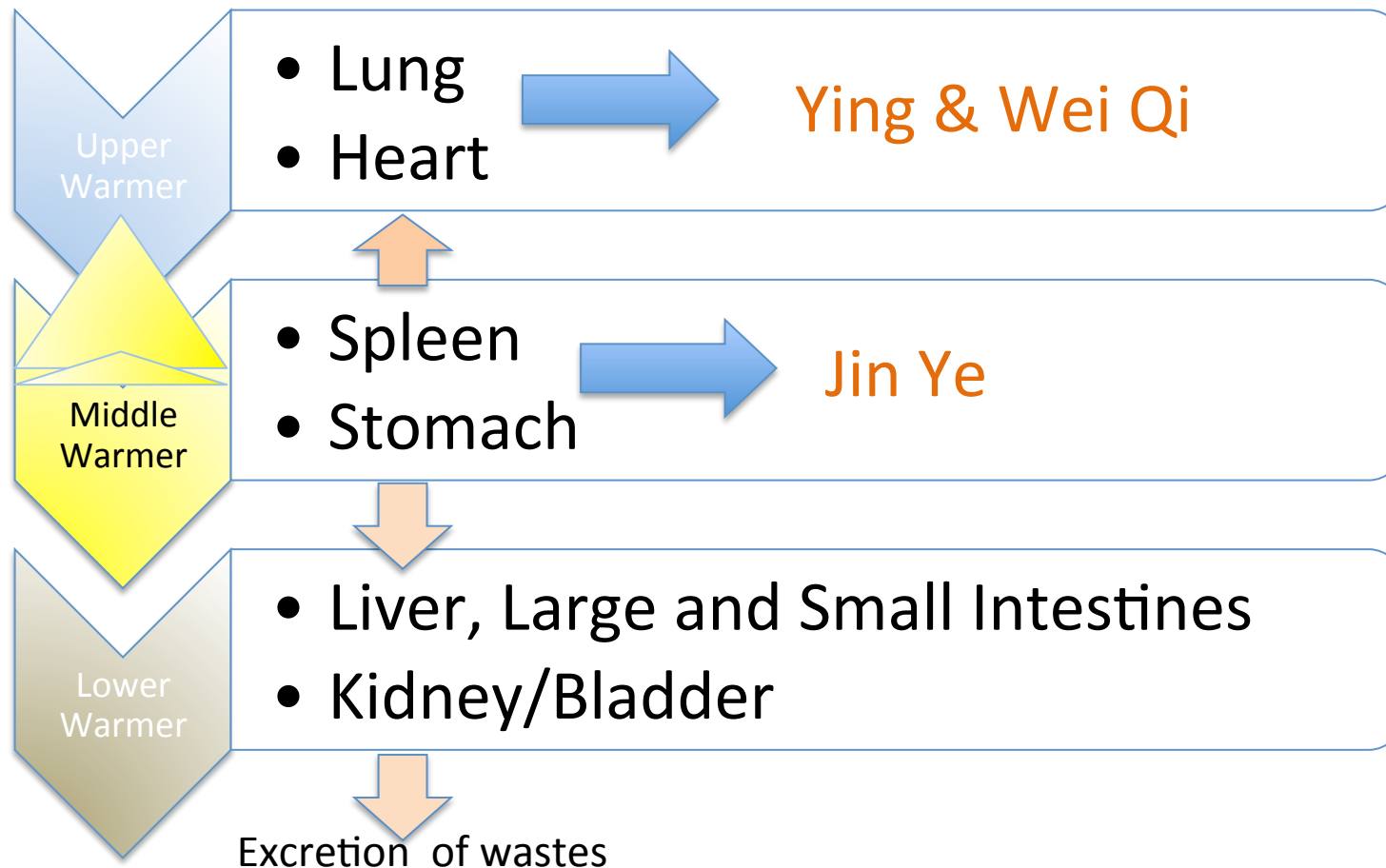
Heart and Kidney: Origin and Root of Organ Function

- Heart contains Mind or Shen
 - Heart is Fire
 - Descends to warm Kidney
- Kidney contains Essence or Jing
 - Kidney is Water
 - Ascends to cool Heart
- Harmony between Heart and Lung maintain balance of polarities between Yin and Yang and Water and Fire and

Axis Root and Wheel of the Zang Fu



Triple Warmer

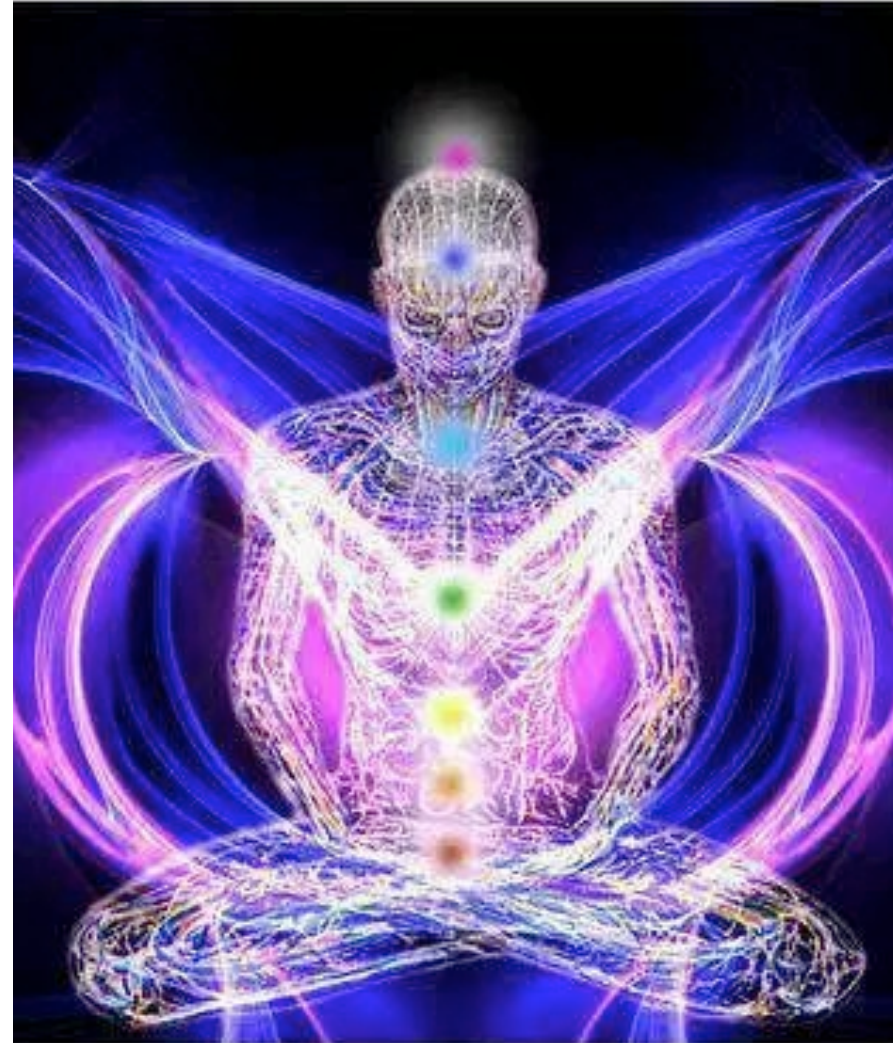


Huato states

*The Triple Warmer assembles and directs the 5 yin and 6 yang organs,
The Ying and Wei Qi and Jing Luo...it balances the Qi of the interior
And exterior, left and right, upper and lower.*

Extraordinary or Curious Organs

- Both Zang and Fu characteristics
 - Resemble Fu (Hollow)
 - Resemble Zang (Stores rather than excrete)
- Store Yin Essence
 - Kidney Essence (Jing)
 - Marrow
 - Blood
- All relate Functionally to Kidney as a result



Uterus

- Uterus & Conception
 - Kidney Jing foundation of fertility and conception
 - Curious or Extraordinary Vessels critical in this function
 - Chung Mai (Sea of Blood)
 - Ren Mai (Conception Vessel)
 - Heart
 - Heart Shen also connects to Uterus through Bao Mai – Emotional Connection to Conception
 - In men, called Room of Jing and relates to virility and semen production
- Uterus & Menstruation
 - Liver: smooth flow of blood
 - Spleen: Formation of Blood and retention of blood
 - Heart: Governs Blood

Marrow, Bones and Brain

- Kidney Jing gives rise to Marrow
 - Forms the Sea of Marrow which functions create the matrix of the Brain and Spinal Cord
 - Forms Bone Marrow which resides in the Bone and helps form blood
 - Erythropoietin
- Bone
 - Stores Bone Marrow and therefore strongly related to Kidney Jing.
 - In practices bone issues always involve Kidney treatments
 - Osteoporosis
 - Bone Fractures
 - Joint arthritis

Blood Vessels and Gall Bladder

- Blood considered a vital substance and so the blood vessels are included in curious organs
- Gallbladder is also considered to contain a vital substance and is unique amongst the Fu organs in this regard

Heart and Lungs

- Heart
 - Governs Blood
 - Drives Blood Circulation but requires Qi to do so
 - Lack of Lung Qi leads to Heart Blood Stagnation
 - Palpations, Chest pain, poor circulation
- Lung
 - Governs Qi
 - Motive force in Blood Circulation
 - Lung require blood for nourishment
 - Excess Heart Fire depletes Lung
 - Dry Cough, thirst

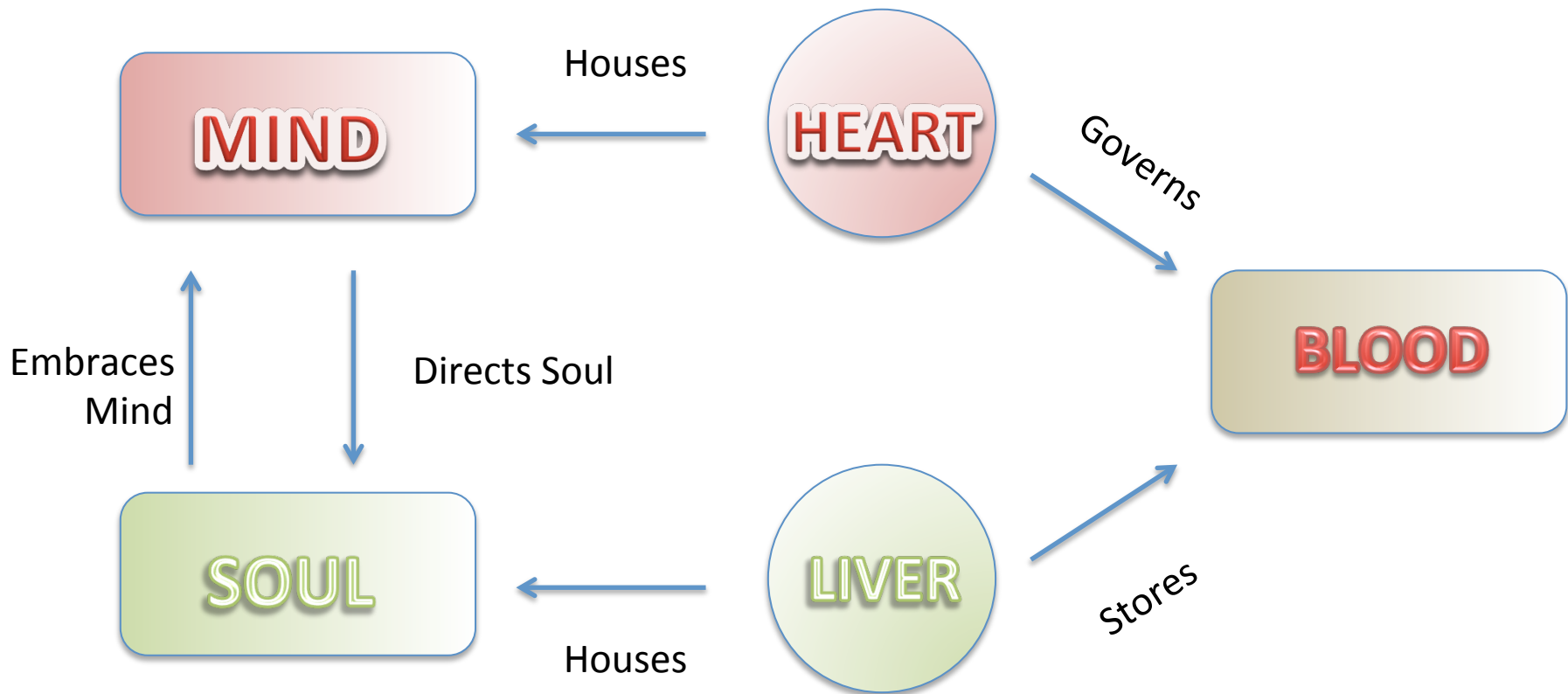
Interconnected through the creation of Zong Qi

Weakened Zong Qi leads to weakness in voice, cold hands and deficient Qi and Blood

Heart and Liver

- Heart Governs Blood
- Mother Child relationship in Five Element Theory
 - Mother (wood) nourishes Child (fire)
- Heart Stores Mind and Vitality
 - Liver responsible for smooth flow of emotions
 - Depression, anxiety, fatigue
- Liver Stores Blood
 - Regulates volume of blood
 - Important for smooth flow
 - Deficiency of Liver Blood leads to weakening of Heart function
 - Palpitations, insomnia

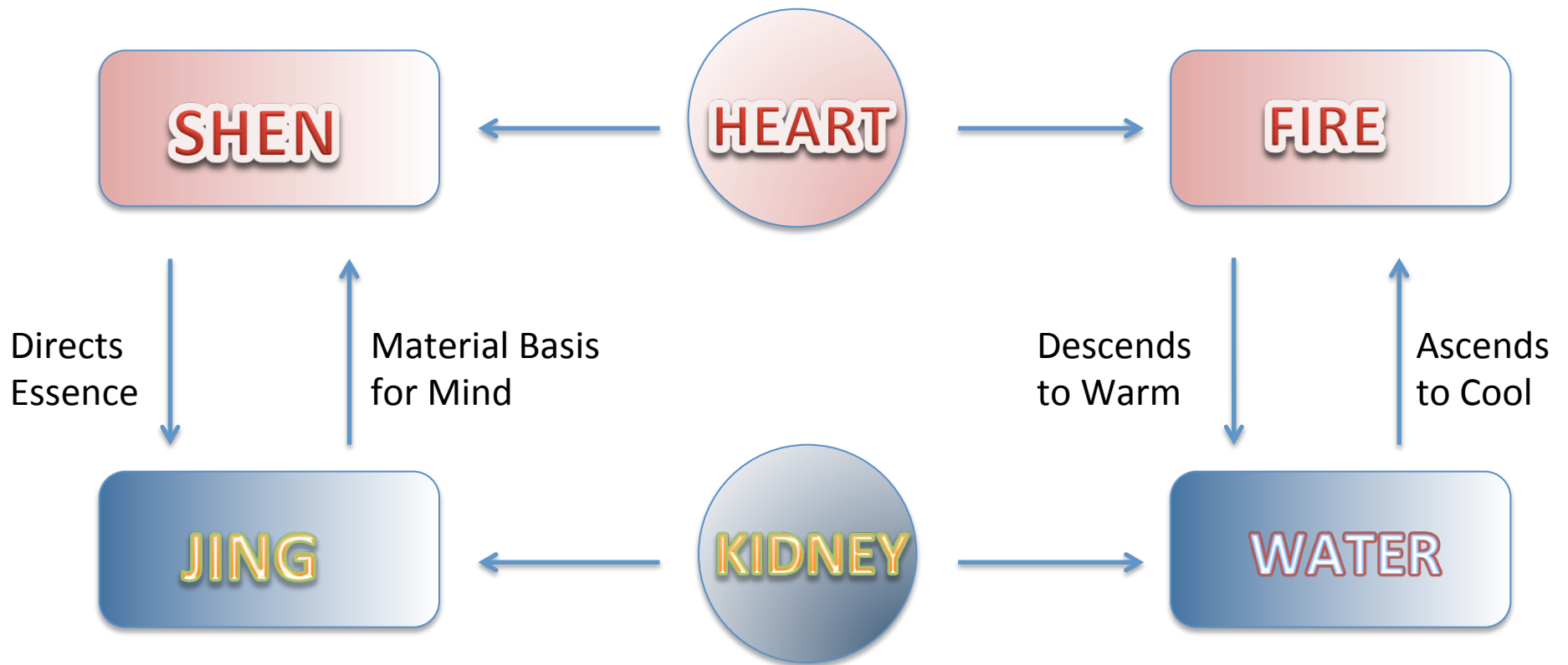
Heart & Liver Relationships



Heart and Kidney

- Heart is Fire Element
 - Upper Burner
 - More Yang
 - Warming effect on Kidney
- Heart houses Mind (Shen)
 - Mind or Shen not stable, Jing will lose direction
 - Fatigue and lack of motivation
- Kidney is Water Element
 - Lower Burner
 - More Yin
 - Cooling effect on Heart
- Kidney houses Essence (Jing)
 - Essence weak, Shen will be impaired
 - Lack of vitality, self confidence, will power

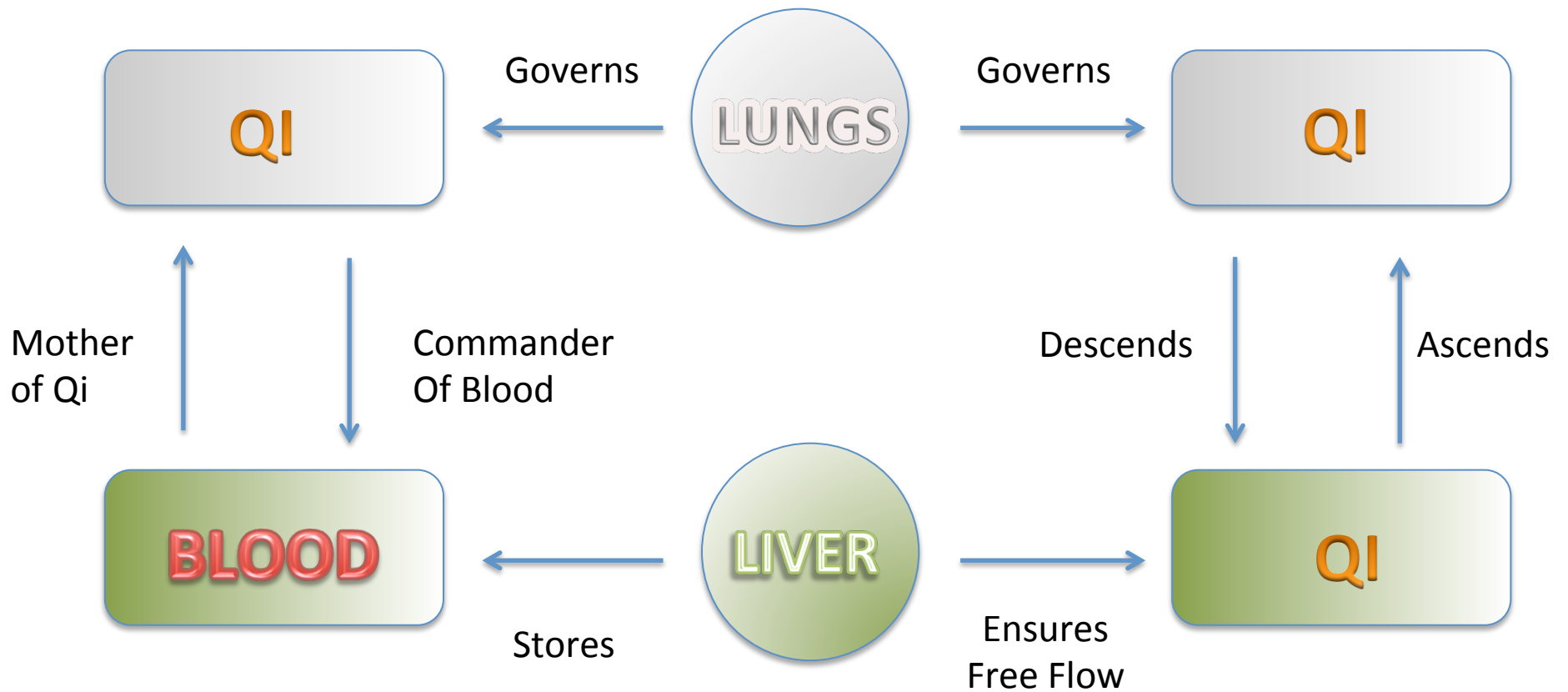
Heart & Kidney Relationships



Liver and Lungs

- Liver stores Blood and ensures smooth flow of Blood and Qi
 - Liver excess can injure Lung (too strong to be controlled by Lung)
 - LV Qi ascends too aggressively (rebellious) and injures lungs (Headache, cough)
 - Liver Qi stagnation (lack of smooth flow of Qi) will impair Lungs ability to move Qi downward
 - Chest pressure, depression
- Lung governs Qi and provides motive force for Blood flow
 - Lung (Metal) controls Liver (Wood)
 - Weak lungs leads to Liver Qi stagnation

Liver & Lung Relationships



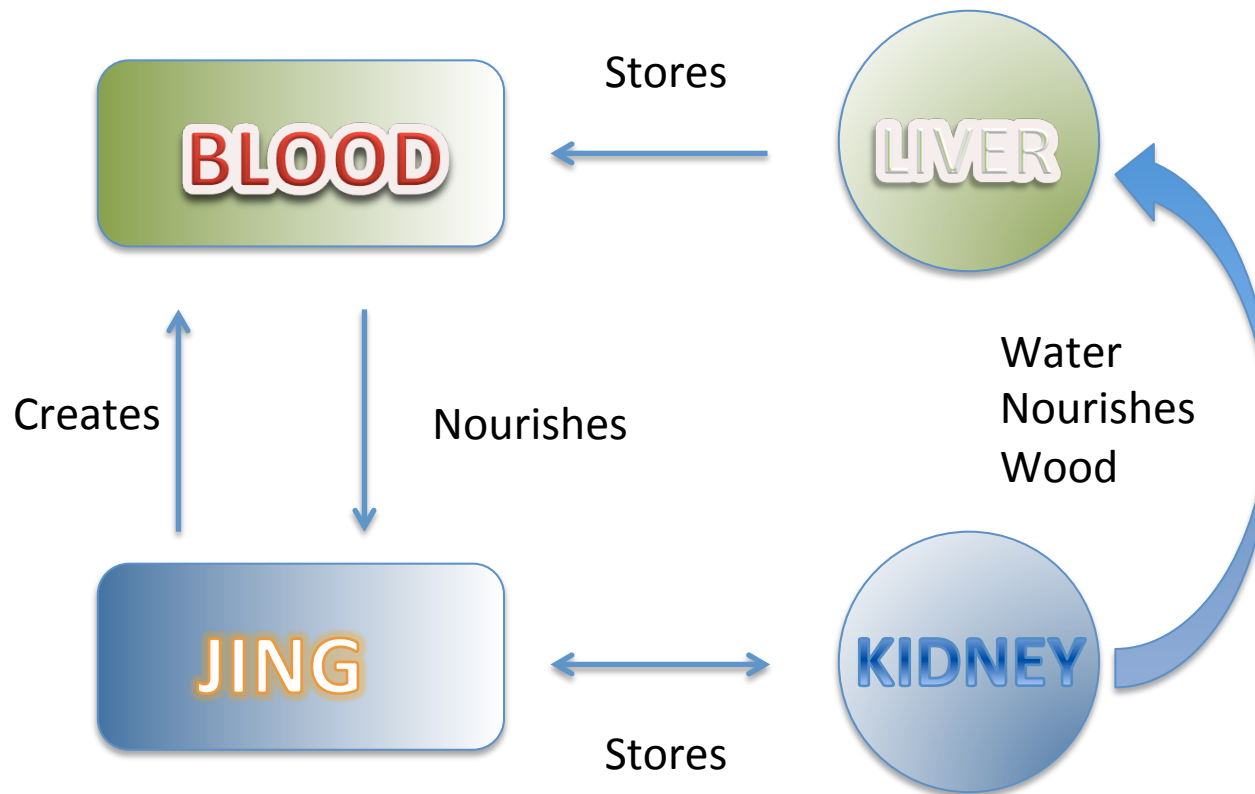
Liver and Spleen

- Liver Qi aids Spleen Function
 - Controls smooth flow of bile which helps digestion
 - Aids Spleen in moving Gu Qi upwards
 - Liver Excess and Liver Qi Stagnation affects function of Spleen – Abdominal Bloating
 - 5 element – Liver (Wood) invades Spleen (Earth)
- Spleen controls transformation, separation, and transportation
 - Spleen Deficiency leads to poor digestion, dampness can ensue and this can then affects Liver
 - Liver Qi Stagnation
 - Alteration in sugar levels in blood causing mood irritability

Liver and Kidney

- Liver's ability to perform function in smooth flow of blood depends on Kidney
 - Deficiency in Jing can lead to deficiency in Blood
 - Lack of nourishment of Liver from the water element of Kidney can lead to excess heat and rising liver fire
 - Headaches, irritability
- Kidney Nourishes Liver
 - 5 Elements Kidney (Water) nourishes Liver Wood)
 - Kidney Jing critical in formation of Blood
- Kidney function depends upon the nourishment of Blood
 - Deficient blood can lead to deficient Kidney Jing
 - Bone loss, tinnitus, fatigue

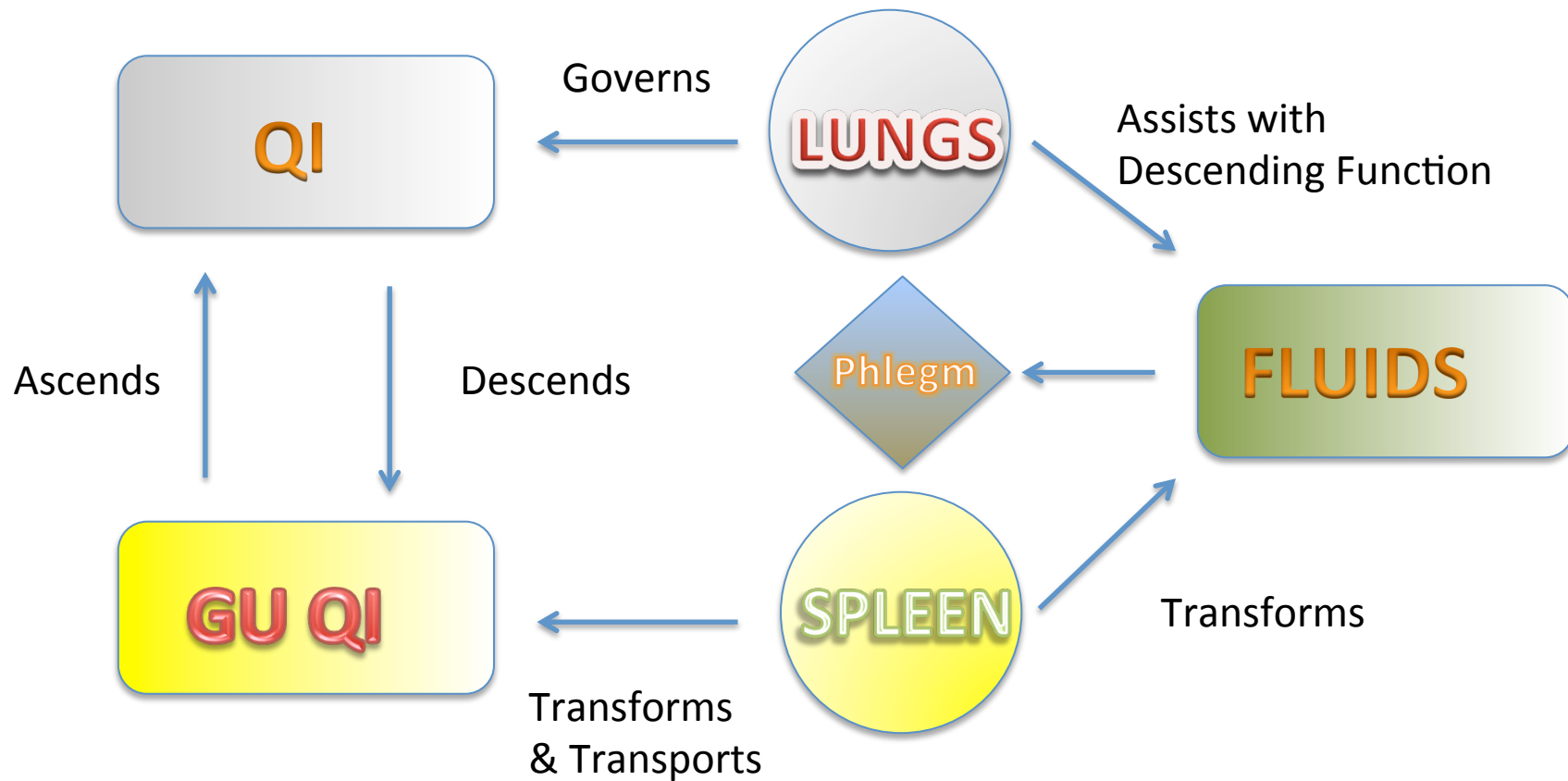
Liver & Kidney Relationships



Spleen and Lungs

- Spleen transforms food into Gu Qi
- 5 Elements
 - Spleen (Earth) creates Lung (Metal)
- Spleen depends on Lungs Descending function
 - Assists in transformation and transportation of food and fluid
- Spleen deficiency can lead to poor fluid transformation and Phlegm
 - Lung tends to store phlegm
- Lung depends on Gu Qi to transform Air into Zong Qi
 - Zong Qi creates Zhen Qi which creates Ying Qi
- Lung has a descending function moving Qi throughout body
 - Weakened Lungs leads to weakened descending function and Spleen accumulates fluids – Dampness and Phlegm
 - Edema

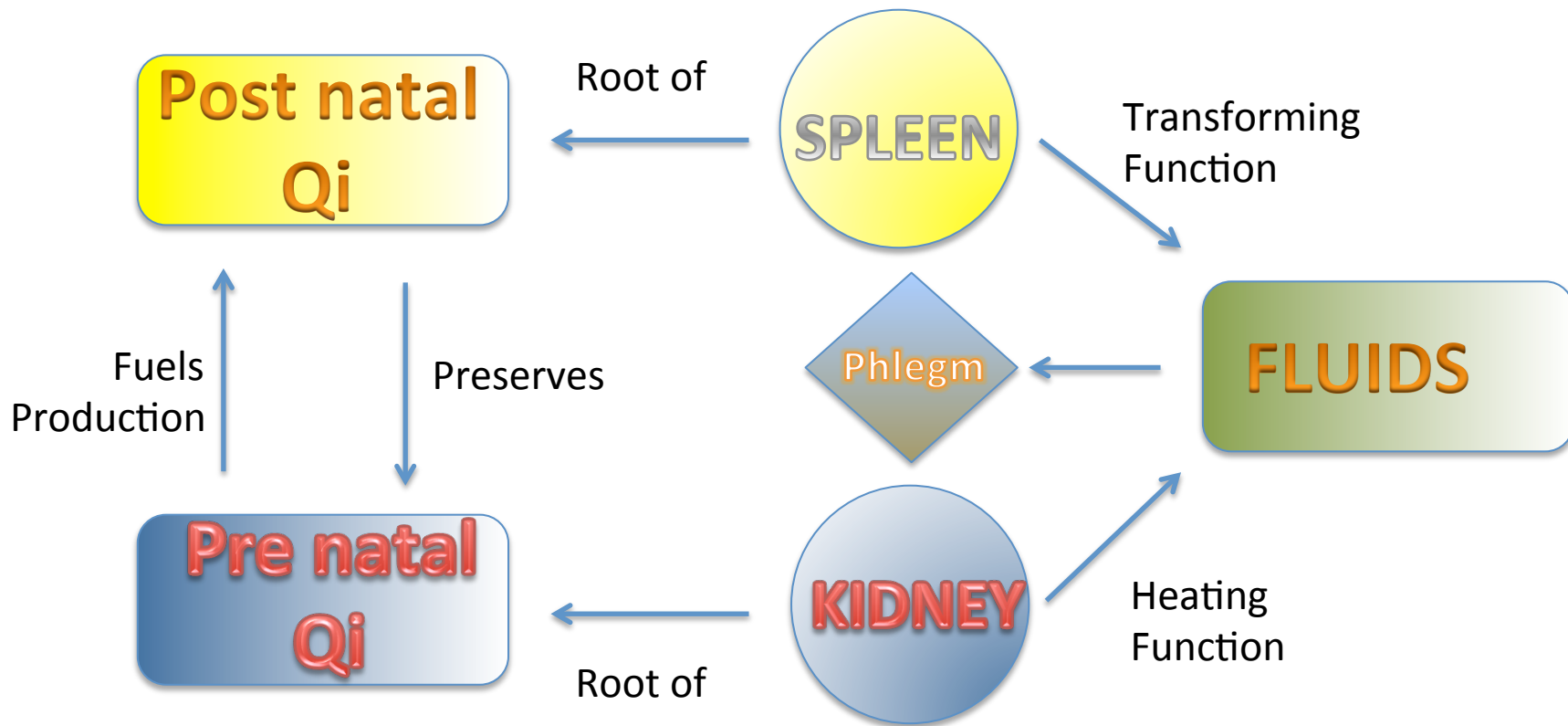
Spleen & Lung Relationships



Spleen and Kidney

- Spleen is root of post natal Qi through its transformative function on Food
 - Kidney Jing will deplete if Spleen not able to replenish Qi
- If Spleen's transformative function on fluids is impaired Dampness occurs
 - Injures Kidney's ability to govern water in the body
 - Edema
- Kidney is root of pre natal Qi
 - The fire between the kidneys produced heat needed for digestion
- If Kidney fire weak then Spleen will be unable to perform fluid transformation
 - Dampness accumulates with edema, diarrhea and coldness in lower burner

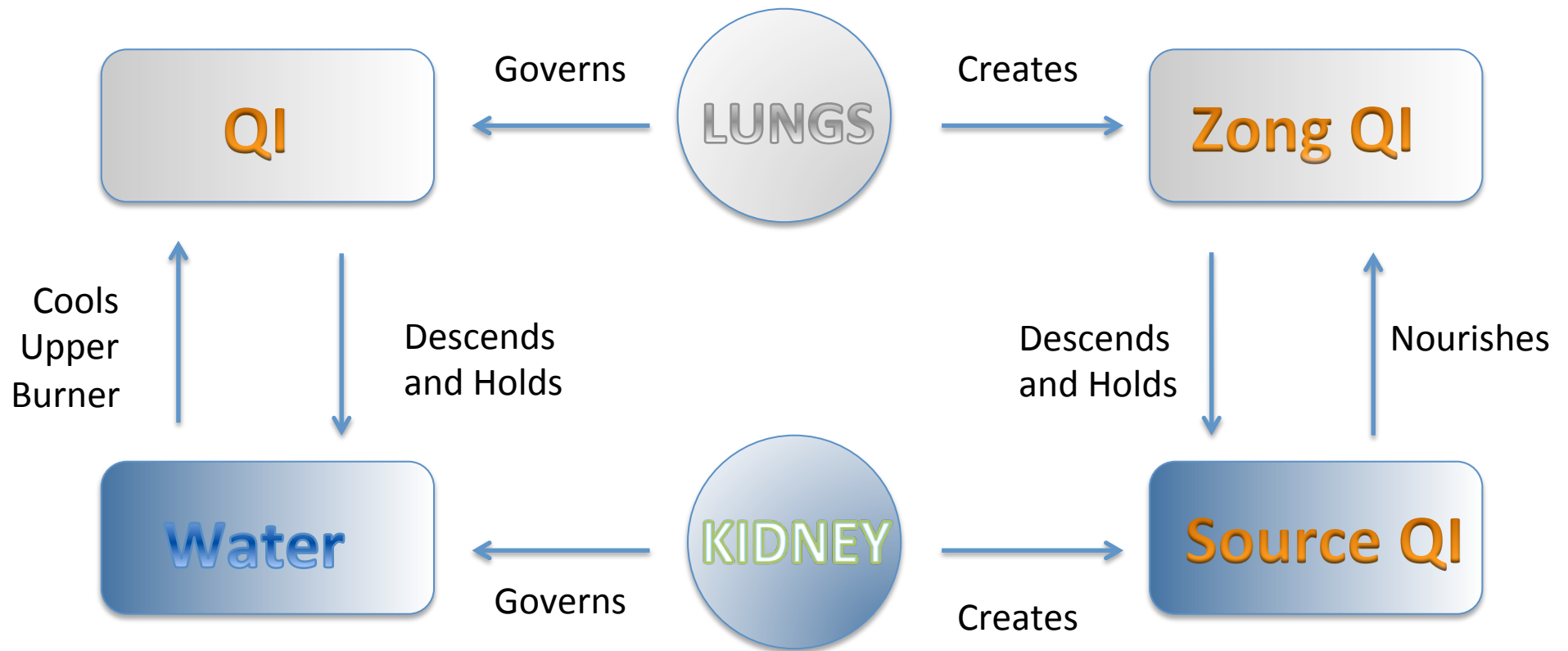
Spleen & Kidney Relationships



Lungs and Kidneys

- Lung's descending function sends Fluids and Qi down to Kidney
 - Weak lungs (shallow breathing) impairing fluid balance in body and weakening Kidney
 - Issues with urination
 - Edema
- 5 element: Lung (metal) nourishes Kidney (water)
- Kidney's heating function creates steam that keeps upper burner and Lung cool and moist
- Kidney also has a holding function to take the Qi from Lung and hold it in Lower Burner to fuel its function
 - Depleted Kidney Qi causes failure to hold Qi from Lung
 - Asthma on inhalation

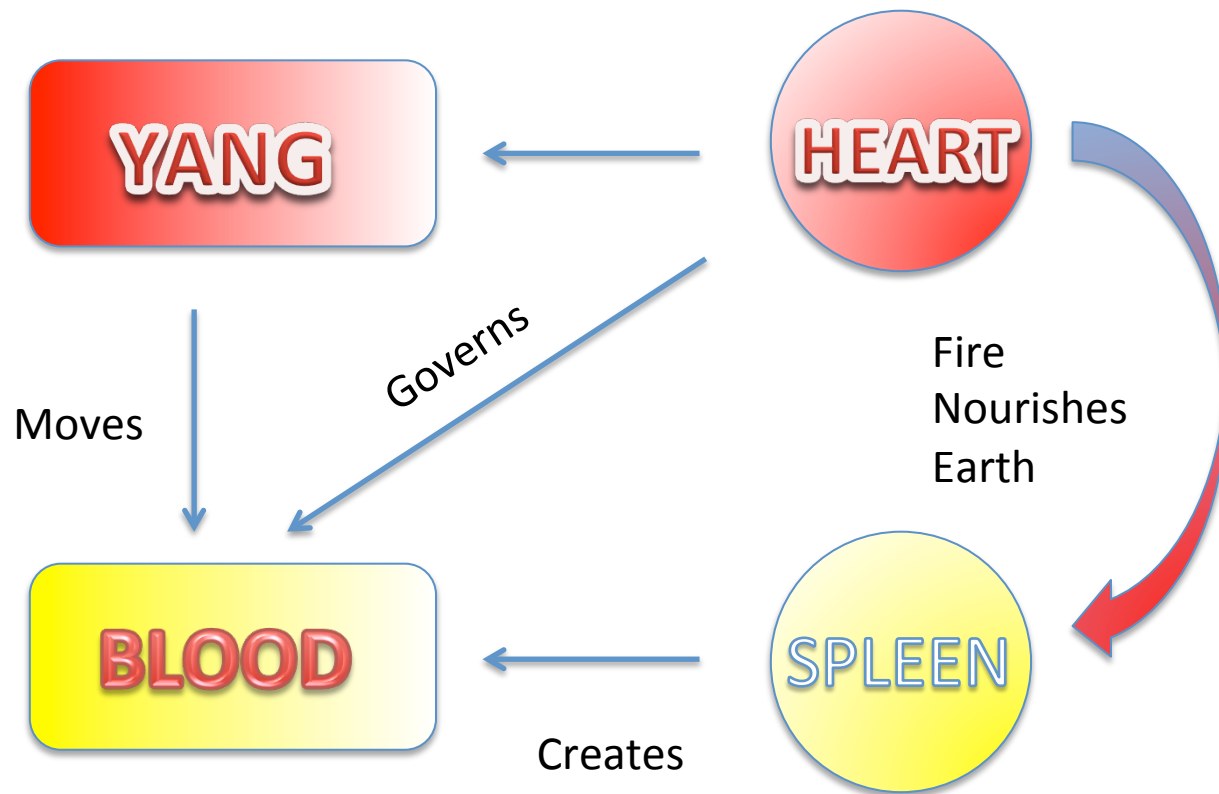
Lung & Kidney Relationships



Spleen and Heart

- Spleen creates Blood from its transformative action on Food
 - Deficient Spleen leads to deficient Heart Blood
 - Anemia
 - Dizziness, palpitations
 - Insomnia
 - Poor memory (Shen)
- Heart Governs and Moves Blood
 - Deficient Heart leads to insufficient nourishment of Spleen

Spleen & Heart Relationships



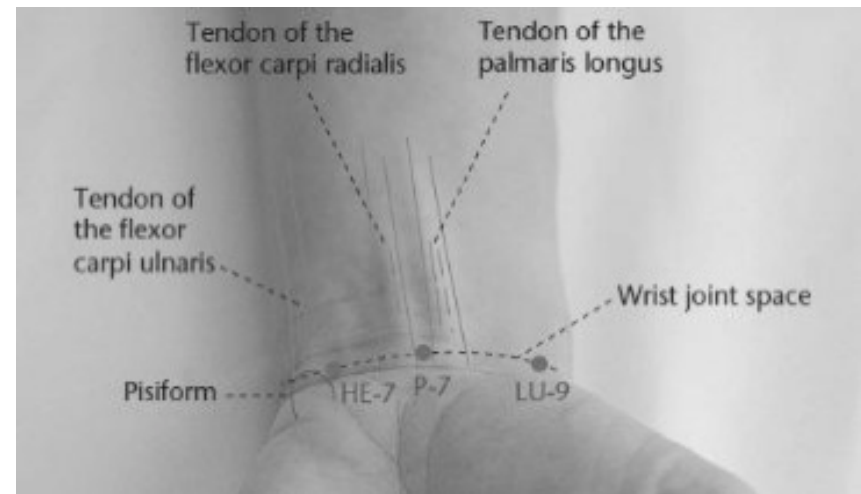
Take Home Messages

- Meridians
 - Energetic relationships between meridians
 - Not just a line of points
 - Learn Energetic and Organ name of meridians
 - Energetic view helps to understand if pathology superficial or deep
 - Tai Yang
 - Shao Yang
 - Yang Ming
- Organs
 - When learning organ functions, focus initially on Yin organs as more important to understand common conditions seen in clinic
 - Basic Rule: Yin organs tend to deficiency, Yang to excess
 - Main exceptions are Liver and Heart
 - Layer on Yang organ relationships later
 - Interconnectedness important to Chinese Medicine
 - Organ function and pathology never in isolation
 - 5 elements
 - TCM relationships

Key Points

- Meridians
 - Yang meridians Jing Well or Tsing Points: Arrival of Pernicious Qi
 - Tai Yang :BL 67 , SI 1
 - Shao Yang: GB 44, TW 1
 - Yang Ming: ST 45, LI 1
 - Yin Meridians: Shu Stream Points: Arrival of Pernicious Qi
 - Shao Yin: HT 7, KD 3
 - Jue Yin: PC 7, LV 3
 - Tai Yin: LU 9, SP 3
- Organs
 - Yin He Sea points: Points at Elbows and Knees where Qi penetrates deeper into organ level
 - Shao Yin: HT 3, KD 10
 - Jue Yin: PC 3, LV 8
 - Tai Yin: LU 5, SP 9
 - Yang He Sea Points:
 - Tai Yang: BL 40, SI 8
 - Shao Yang: GB 34, TW 10
 - Yang Ming: ST 36, LI 11
 - Additional Lower He Sea Points for SI, TW and LI
 - ST 37 – LI He Sea Point
 - ST 39 – SI He Sea Point
 - BL 39 – TW He Sea Point

Tsing and Shu Stream Points



He Sea Points Arms and Legs

