

DEFINITIONS OF FOUNDATION TERMS

PHYSIOLOGY AND PATHOLOGY OF BODY CONSTITUENTS



ESSENCE



PHYSIOLOGY: *Essence* is the fundamental material matrix inherited from parents, transmitted to children and supplemented by the nutritive elements assimilated from food, fluid, and air. It is the basic “stuff” that engenders and sustains all processes of growth, maturation, and regeneration.

PATHOLOGY: *Essence* can be eroded as a result of injury, overwork, excessive sex, abuse of drugs and medicines, inadequate nutrition, difficult or prolonged illness, abortions and miscarriages, multiple births, excessive or frequent loss of blood and body fluids. *Essence* deteriorates as a natural consequence of aging and this decline is responsible for many of the observable changes in our bodies commencing with the fourth decade.

The clinical manifestations of the deterioration of *Essence* include loss of hair color; thinning of head, body and pubic hair; coarsening and wrinkling of the skin; loss of muscle mass and tone; diminishing libido; loss of fertility; repeated miscarriages or spontaneous abortions; early menopause; amenorrhea; weakness and emaciation; decline of mental faculties; deterioration of the sensory organs; weakening of bones and connective tissue; chronic low resistance to infection; appearance of degenerative and autoimmune diseases such as arthritis, diabetes, cancer, lupus, multiple sclerosis, chronic fatigue (CFIDS) and AIDS; a shrivelled and pale tongue; a feeble and deep pulse.



BLOOD



PHYSIOLOGY: *Blood* is the crude material out of which the mental and physical life of the organism forms itself. All glands, bones, viscera, nerves, muscles, and connective tissue construct themselves from the *Blood*. However, *Blood* is not only the red fluid that

transmits nutrients and carries away toxins, but it provides a container for the *Shen* (Mind). Through the liquid medium of the *Blood*, consciousness continuously permeates all regions of the body.

PATHOLOGY: *Blood* is subject to conditions of depletion and congestion. Congestion of *Blood* occurs as a result of trauma, emotional distress, and the development of other pathogenic conditions such as *Heat*, *Cold*, and *Phlegm* which disrupt, retard or obstruct its circulation. Depletion of *Blood* arises from overwork, under nutrition, excessive bleeding, exhaustion from difficult or prolonged illness, difficult pregnancy and childbirth, excessive thinking, and chronic sleep deprivation.

The clinical manifestations of *Blood* congestion include chilliness or numbness due to poor circulation; sharp localized pain; irregular menstruation; bruising; dark red or purple coloring to skin and mucus membranes; hard, fixed lumps and masses; a dark red or purplish tongue; an uneven or irregular pulse.

The clinical manifestations of *Blood* depletion include restless fatigue; insomnia; dry and itchy skin; blurry or weak vision; dry, pale finger nails; dry, limp hair; scanty menstruation; infertility; insufficient breast milk; tendency to miscarry; poor healing of skin; palpitations; anemia; emotional sensitivity; a pale, dry tongue; a thin and weak pulse.



MOISTURE



PHYSIOLOGY: *Moisture* is the body's most fluent liquid medium. It nourishes and lubricates all membranes, sheaths, joints, and body cavities and is the source of all normal body secretions such as tears, mucus, sweat, urine, and saliva.

PATHOLOGY: *Moisture* is subject to conditions of depletion and congestion. Congestion of *Moisture* occurs due to pathogenic influences such as *Wind*, *Heat* and *Cold* resulting in the accumulation of body fluids under the skin, in the channels and vessels that transport *Qi*, *Moisture* and *Blood*, inside the joints, within the body cavities, and even within the organs themselves. Depletion of *Moisture* occurs due to the presence of *Heat*, external dryness, loss of fluids due to sweating, vomiting, diarrhea, coughing, nasal discharge, and excessive bleeding.

The clinical manifestations of *Moisture* congestion include soft or loose stool, water retention, puffiness, edema, ascites, enlarged organs and lymph nodes, tender muscles and sore joints, stuffiness of the ears, nose, and sinuses; a wet tongue with moist coating; a soft pulse.

The clinical manifestations of *Moisture* depletion include dryness, thirst, hot or feverish sensations that come and go, unstable blood sugar, scanty urine, lack of perspiration, vaginal dryness, dry eyes, dry stool, a non-productive cough, hot flashes, flushed cheeks, a dry or red tongue without any coating, a thin and rapid pulse.



QI



PHYSIOLOGY: *Qi* is the dynamic principle which expresses itself through all living processes. It is an immaterial yet palpable force (like air) that enlivens and warms all parts of the psyche and soma. Since *Qi* cannot be perceived directly, its presence is known by what can be felt and

observed. All human functions, capacities, and

behaviors are initiated, regulated, and limited by *Qi*. *Qi* circulates throughout the body via a network of conduits known as channels or meridians, each of which connects with an internal organ. There are fourteen primary channels, two which run longitudinally along the anterior and posterior midline of the body and twelve which run bilaterally up and down both sides of the body.

PATHOLOGY: *Qi* is subject to conditions of congestion and depletion. Congestion of *Qi* results from pathogenic influences such as *Heat*, *Cold*, *Wind*, *Dampness*, and *Phlegm* as well as from trauma, shock, emotional inhibition, and overeating. *Qi* depletion occurs due to overwork, excessive sex, under-nutrition, over-exposure to environmental, mental, or emotional stress, and prolonged or difficult illness.

The clinical manifestations of congested *Qi* include vague or diffuse pain, distension, stuffiness in the head and chest, flatulence, gas pains, belching, hiccups, wheezing, and difficulty swallowing, defecating, or urinating; a stiff tongue; a tense pulse.

The clinical manifestations of depleted *Qi* include weakness, fatigue, chilliness, loose stool, profuse or frequent urine, diminished libido and fertility, weak or slow digestion, loss of mental and perceptual acuity, apathy, poor appetite, shortness of breath, weak voice, perspiration at rest; a pale moist tongue with a thin or absent coating; a slow and weak pulse.



SHEN (MIND)



PHYSIOLOGY: *Shen* is the integrative, animating quality we think of as mind, spirit and intelligence. *Shen* is the most intangible constituent of the organism, yet the most important: without the presence of *Shen*, the body may continue to function in a vegetative state, but its identity, character, and personality are absent. We know that *Shen* is strong and present by the lustre of the skin and eyes, the focus and intensity of the gaze, and the responsiveness and sensitivity of the mind and emotions.

PATHOLOGY: *Shen* is subject to conditions of disturbance and detachment. *Shen* becomes disturbed by traumatic or shocking events internally or externally, whether from a loud clap of thunder or a sudden and intense feeling of joy, rage, or hurt.

Since *Shen* is the pre-eminent organizing function, a disturbance of *Shen* can result in a disorder of many or all functions of the psyche and soma. *Shen* can become detached—loosened or separated from the body—due to emotional and physical shock or severe weakness due to extreme depletion of other body constituents, especially *Qi* and *Blood*. Without adequate *Qi* and *Blood*, the *Shen* does not have a well-knit matrix to contain it.

The clinical manifestations of disturbed *Shen* include confusion, emotional lability, insomnia, mania, unpredictable behavior, distorted perceptions, dread and panic.

The clinical manifestations of detached *Shen* include amnesia, loss of feeling and affect, catatonia, coma, delirium, severe depression, and inability to speak or communicate.

PHYSIOLOGY AND PATHOLOGY OF ORGAN NETWORKS



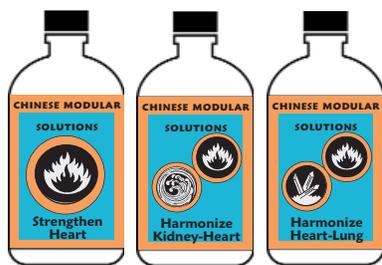
LIVER NETWORK



PHYSIOLOGY: The *Liver Network* regulates the volume of circulating *Blood*, smoothes the circulation of *Qi*, nurtures the *Blood*, and tempers the emotions. It is linked with the *GallBladder*, the eyes, nerves and tendons, the secretion of tears, the finger and toenails.

PATHOLOGY: The disorders of the *Liver Network* are usually due to congestion of *Qi* or depletion of *Blood* as well as the presence of pathogenic influences such as *Heat*, *Wind*, and *Damp-Heat*. Intense emotional states will also disturb its function.

The clinical manifestations of *Liver Network* distress include irritability; erratic appetite and digestion; erratic bowel movements; spasmodic pains in the chest, abdomen, or pelvis; muscle cramps; emotional volatility; photophobia and blurred vision; vascular headaches; hypertension; vertigo; disequilibrium; brittle nails and hair; excessive sexual arousal; pain and stiffness in the neck and across the shoulders.



HEART NETWORK



PHYSIOLOGY: The *Heart Network* propels the *Blood* and envelops the *Shen*. The *Blood* is the medium of the mind, so the *Heart* enables the mind to communicate with all parts of the psyche and soma. Because the *Heart* governs the *Blood* and the *Shen*, it sustains the higher functions of the

central nervous system including thinking, feeling, imagining, remembering, perceiving, and communicating. It is linked with the *Small Intestine*, the tongue, perspiration, the arterial circulation, and the color and lustre of the complexion.

PATHOLOGY: Disorders of the *Heart Network* are generally due to the influence of mental and emotional distress, and depletion and congestion of other body constituents, especially *Qi*, *Moisture* and *Blood*, as well as the presence of pathogenic influences such as *Heat* and *Phlegm*.

The clinical manifestations of *Heart Network* distress include confusion, poor memory, excitability, anxiety and panic, melancholy, insomnia, dream-disturbed sleep, frequent or profuse perspiration associated with sensations of heat or flushing, thirst, palpitations, arrhythmias, tachycardia, and angina.



SPLEEN NETWORK



PHYSIOLOGY: The *Spleen Network* governs digestion, assimilation, distribution of fluids, maintenance of stability, density, and viscosity of tissue and fluid. Because of its role in maintaining continuity and stability, the *Spleen* confers the power of concentration and attention. It is linked

with the *Stomach*, the mouth, saliva, lymphatic fluid, muscles and flesh.

PATHOLOGY: Disorders of the *Spleen Network* are mostly due to congestion of *Qi* and *Moisture*, depletion of *Qi*, excessive mental activity, overconsumption of food and information, and lack of physical activity. The presence of pathogenic influences such as *Cold*, *Dampness*, and *Damp-Heat* will also interfere with the activity of the *Spleen*.

The clinical manifestations of *Spleen Network* distress include weak or disturbed digestion, loose stool, abdominal gas and bloating, water retention, sore muscles and joints, lethargy and inertia, excessive appetite, difficulty maintaining consistent weight, prolapse of the stomach and pelvic organs, difficulty concentrating or sustaining a train of thought, a tendency to worry, obsess, and be overwhelmed by details.



LUNG NETWORK



PHYSIOLOGY: The *Lung Network* governs the respiration, circulation and distribution of *Moisture* and *Qi*, rhythmicity of bodily processes, and maintains the defensive boundary of the body. Through breathing the fundamental cadence and sequence of body activities is established including the

beat of the heart, the peristalsis of the gut, and the pulsation of the fluid-filled pouch that contains the brain and spinal cord. The *Lung* receives the fresh *Qi* from inspired air and alchemically blends it with the clear *Qi* from digested food to form the “genuine” or “pure” *Qi* that circulates throughout the organism.

PATHOLOGY: Disorders of the *Lung Network* are most often due to congestion and depletion of *Qi* and *Moisture* as well as the presence of pathogenic influences such as *Wind*, *Heat*, *Cold*, and *Phlegm*. Intense grief or anguish can also disrupt the activity of the *Lung Network*.

The clinical manifestations of *Lung Network* distress include vulnerability to colds and respiratory allergies, coughing, shortness of breath, wheezing, tightness or distension of the chest, stiffness of the neck, shoulders and upper back, runny nose and sneezing, dry skin, dry mucus membranes, laryngitis, loss of the sense of smell, emotional inhibition and sensitivity.



KIDNEY NETWORK



PHYSIOLOGY: The *Kidney Network* stores the *Essence*, governs growth and development, confers fertility, sexual capacity, and regulates the elimination of surplus fluid. The *Kidney* preserves and conserves both the *Essence* that is received from one’s parents as well as the *Essence* derived from air and food. Any

surplus generated by the work of the *Spleen* and *Lung* is then stored by the *Kidney*. This stored *Essence* provides the reserve of resources that are needed to cope with the stresses of living, the maintenance of adaptability and stamina, and to fulfill one’s potential for work, procreation, imagination, maturation and longevity. The *Kidney* is linked with the *Bladder*, the orifices of the ear, anus, and urethra, semen and sexual secretions, the hair on the head, the bones and marrow, the brain and spinal cord.

PATHOLOGY: Disorders of the *Kidney Network* are primarily due to the natural decline of *Essence* that occurs with aging in addition to the deficiencies that arise as a result of unusual stresses such as severe illness, difficult pregnancies, malnutrition, or strenuous work, and inadequate rest. In addition the presence of pathogenic influences such as *Cold*, *Dampness*, or *Damp-Heat* can damage the *Kidney’s* ability to store *Essence* and facilitate the maintenance of fluid balance.

The clinical manifestations of *Kidney Network* distress include infertility, miscarriage, diminished potency and libido, lack of semen or sexual secretions, apathy, frequent sore throat, puffiness of the eyelids, ankles, and feet; early menopause; forgetfulness and dull-mindedness; tinnitus; lack of stamina and endurance; increased need for sleep; incontinence or difficult urination; pain and weakness in the low back, hips, knees, ankles, or feet.

PATHOLOGY OF ADVERSE CONDITIONS



WIND



a condition associated with sudden or extreme fluctuations in the external or internal environment: externally generated by sudden or dramatic changes in climatic conditions such as barometric pressure, humidity, temperature, and wind velocity; internally generated by changes in emotional states, blood pressure, body temperature, sudden or overwhelming stress such as shock, fright, trauma, high fever, loss of blood and body fluids.

The clinical manifestations of *Wind* include itching or tenderness of the skin, scratchy throat; irritated eyes or nose; sensitivity or aversion to drafts; migratory pains; vertigo and disequilibrium; paralysis; clumsiness; headaches with dizziness or changing locales; muscle spasms; emotional unpredictability; and a superficial, tight or vibrating pulse.



HEAT



a condition associated with characteristic changes in subjective and objective feelings of warmth as well as in coloration of fluids, secretions, excretions and tissues. Externally generated by excessive exposure to the wind, sun, and other sources of heat and secondarily by dehydration. Internally generated by hyperactivity due to emotional, physical or environmental stresses such as anxiety, rage, excitement, infection, trauma, allergic reaction, poisoning, and loss of body fluids.

The clinical manifestations of *Heat* include sensations of feverishness, burning, and thirst; fetid odor of secretions, discharges, and excretions; increased warmth and/or reddening of the skin, mucus membranes, and eyes; yellow to green coloration of mucus secretions; darkening of urine and feces; yellow to brown coating on the tongue; a rapid and/or bounding pulse.



COLD



a condition associated with subjective and objective feelings of chilliness as well as in odor and coloration of fluids, secretions, excretions, and tissues. Externally generated by excessive exposure to cold environments or wind and secondarily by immersion for extended periods in water that is equal to or less than body temperature, including very windy and humid or windy and rainy weather. Internally generated by extreme shock, grief or fright; overwork, lack of rest; lack of food; loss of blood; prolonged diarrhea;

ingestion of cold foods and liquids or those whose properties retard circulation or inhibit metabolic activity.

The clinical manifestations of *Cold* include sensations of chilliness and numbness; pallor of the skin and mucus membranes, and eyes; thin odorless, colorless quality of secretions, discharges, and excretions; profuse, odorless, colorless urine; light, odorless feces; pale body of the tongue with a very white coating; a slow and/or deep pulse.



DAMP-HEAT



a condition associated with subjective feelings of warmth, dryness, heaviness and lethargy. Externally generated by a hot and humid environment especially with motionless air. Internally generated by constant worry, overeating (especially fatty, spicy, sweet, starchy foods, alcohol and coffee), and prolonged illness due to infection, allergy, indigestion, or poor elimination.

The clinical manifestations of *Damp-Heat* include sensations of heat or burning; a feeling of dryness or thirst without the desire to drink; queasiness; sticky perspiration; strong smelling feces that are sticky or combined with mucus or pus; thick sticky mucus discharges or secretions, especially if yellow or green in color; heavy dull and sore feelings in the limbs, muscles and head; pus in urine, feces, phlegm, or in discharges from the ears, nose, and vagina.



PHELG M



a condition associated with the thickening and congealing of body fluids other than blood and the dysfunction of the channels or vessels that transport and transmit *Qi*, *Blood*, and *Moisture*. Internally generated by dehydration, obstruction of movement and eventual stasis of body fluids; accumulation of undigested food and its byproducts in the stomach and intestines; ingestion of dairy products, fatty, glutinous, sweet, foods or astringent medicines that concentrate body fluids and secretions.

The clinical manifestations of *Phlegm* include the presence of thick, sticky or gelatinous mucus in the chest, throat, nose, sinuses, or eyes; dizziness; queasiness in the chest or abdomen, unclarity of the mind and poor concentration; numbness and paralysis; severe or intractable headaches; gelatinous discharges from urethra, vagina, or rectum; soft or hard non-tender lumps beneath the skin; soft or hard enlarged lymph nodes; a sticky, oily, or cheesy appearing coating on the tongue; a large, soft and/or slippery pulse.

