Zang Fu Organ Networks
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Internal organs govern

All the Vital substances including

• Blood
• Essence
• Body fluids
• Qi
Each organ has a related tissue that it governs

- Liver-sinews
- Lungs-skin
- Kidneys-bones
- Spleen-muscles
- Heart-blood vessels
Each organ has a sense organ its related to

- Spleen-mouth and taste
- Liver-eyes and sight
- Lungs-nose and smell
- Kidneys-ears and hearing
- Heart-tongue and taste
Emotions

- Heart- joy
- Lungs- sadness/grief
- Kidney- fear
- Liver- anger/frustration
- Spleen- pensiveness/worry/rumination
Spiritual aspects of organs

- Hun-Ethereal Soul- Liver
- Shen-Mind- Heart
- Yi-Intellect -Spleen
- Po-Corporeal Soul-Lungs
- Zhi-Will Power-Kidneys
Climates related to organs

- Liver - wind
- Heart - heat
- Spleen - dampness
- Lungs - dryness
- Kidneys - cold
External Manifestations of the Organs

- Heart - complexion
- Liver - nails
- Lungs - body hair
- Spleen - lips
- Kidneys - hair
Fluids, odors, tastes, colors, sounds

• Review
• Liver- rancid, sour, green, shouting
• Heart- scorched, bitter, red, laughing
• Spleen- fragrant, sweet, yellow, singing
• Lungs- rotten, pungent, white, crying
• Kidneys- putrid, salty, blue black, groaning
Yin/Zang Organs

- Solid
- Heart
- Lungs
- Liver
- Spleen
- Kidney
- Pericardium
Yin organs

- Store vital substances: qi, blood
- Essence and Body Fluids
- Store pure refined substances they receive from Yang organs after transformation from food
- Do not discharge, are full yet cannot be filled
Yang/Fu Organs

- Stomach
- Small Intestine
- Triple Burner
- Large Intestine
- Gall Bladder
- Bladder
Fu Organs

- Don’t store anything
- Fill and empty in cycles
- Filled yet not full
- Transform nutritive substances to pure essence for the yin organs to store
- Excrete waste products
- Function is to receive, move, transform digest and excrete
Interior/Exterior pairs

- Each yin organ considered to be more interior
- Each yang organ considered to be more exterior
- Each yin and yang pair has interior/exterior relationship
Heart, Liver, Lungs, Spleen

This class we will discuss four yin/zang organs Heart, Liver, Lungs and Spleen. Including the kidney there are 5 zang organs.
Heart

- Most important of all the internal organs
- Ruler or Emperor or Monarch
- Heart governs the Shen (the mind) and the 5 yin organs and the 6 fu organs
Main functions of the heart

- Governs blood by transforming food qi into blood in the heart
- Governs blood vessels by circulating the blood
- Cold hands, lack of circulation, weak constitution
- Warm hands, good circulation, strong and vigorous constitution
Heart blood and menses

- Heart blood controls the downward movement of qi and blood that makes menstruation occur
- The liver blood is responsible for filling the uterus with blood during menstruation
- The heart blood makes the discharge of that blood occur
Heart pulse

- Choppy-deficient blood
- Hard-blood stasis/atherosclerosis
- Feeble and irregular
- Full and smooth
Heart manifests in facial complexion

- Dull- pale- heart blood deficiency
- Bright- white- heart yang deficiency
- Purplish or dark- heart blood stasis
- Red- heart heat
Houses the mind

• Shen - a few different meanings
• Shen is the mental faculty that resides in the heart
• Shen is the sphere of mental and spiritual aspects of all other organs especially the hun liver, po lungs, yi spleen, zhi kidney and the shen itself
• So in a narrow sense is Mind: related to heart
• In a broad sense is Spirit: pertaining to all yin organs
Five heart-mind functions

- Mental activity including emotions
- Consciousness
- Memory
- Thinking
- Sleep
- Heart blood roots the mind if blood is full mind is peaceful and happy
Heart

- Determines a person's capacity to have meaningful relationships
- Positivity is a direct influence of heart and mind
- Conversely, bad relationships can weaken heart and mind
Heart related to joy

- Influenced by joy
- How is joy a cause of disease?
- Sudden joy, precipitates migraine
- Sudden gales of laughter precipitate a heart attack
- Joy makes the heart larger in over stimulation
- Excessive joy injures the heart
Heart opens into tongue

- Tongue is considered the sprout of the heart
- Tongue color form and appearance controlled by the heart
- Controls sense of taste
- With heat can have tongue ulcers, tongue red, bitter taste
- Tongue pale and thin may be weak heart and deficient blood
- Heart influences speech, talking or laughing
Heart controls sweat

- Deficiency of heart yang or heart qi causes spontaneous sweating
- A deficiency of heart yin causes night sweating
- Loss of sweat = loss of body fluids = blood deficiency
- Excess sweating related to heart especially when it is associated with emotional tension
Heart and Dreams

Heart is the residence of the Shen
Shen is anchored when there is sufficient heart blood,
If there is a deficiency of heart blood, the shen will float and not be anchored in sleep
See disturbed sleep, uneasy sleep and excessive dreaming.
Heart

- Smell: scorched
- Color: red
- Taste: bitter
- Climate: heat
- Sound: laughing
Heart and Small intestine

- Interior-exterior relationship
- Heart-nets to the small intestine
- Enclosed by the pericardium
- Close relationship with spleen as well
- Spleen sends food and grain qi to heart to make blood
Liver

Stores blood
Makes qi flow smoothly
Controls sinews
Manifests in the nails
Opens into the eyes
Houses the ethereal soul (hun)
Affected by anger and frustration
Liver stores blood

• Regulates the volume of blood in the body
• If active, blood flows to muscles and sinews
• At rest flows back to liver
• during sleep time the blood rests in the liver
Liver and Energy

• Liver directs blood so muscles and body are nourished during activity

• If this function is sluggish, liver may not supply body properly and person may have low energy
Liver and menses

- Liver deficient, scanty periods
- Liver excess or hot, excess heavy bleeding
- Liver qi stagnation, periods painful, PMS and dark clots in menstrual blood
- Liver 3 good point for regulating liver
Liver as moistener

- Liver blood moistens they eyes
- If deficient, dry eyes, blurry vision
- If Liver is hot, red eyes
- Liver moistens sinews so needed for moistening of joints
- If liver is affected by wind, see tremors
- If Liver fx is improper, can give rise to skin diseases due to blood toxicity
Liver qi

- Liver ensures smooth flow of qi inward, outward, upward and downward
- Therefore affects digestion
- And bile flow. If liver qi is stagnant bile may be obstructed resulting in bitter taste, belching, jaundice and inability to digest fats
Liver controls sinews

- Functionally all movement
- Neurologically, if liver wind, can have tremors and convulsions
- Weakness of muscles is due to spleen
- Difficulty in movement, contractions, flexion, extension, cramps, are related to Liver
Liver and Eyes

- Liver moistens eyes, nourishes eyes
- All other organs relate to eyes as well
- Internal wind, causes nystagmus
- State of Shen reflected in the eyes
- Tears that moisten eyes continually are related to liver
The Ethereal Soul (Hun)

- Capacity to plan our lives
- Sense of direction in life
- Mental confusion can be due to the hun wandering
- Lack of blood, lack of rootedness
- Source of life dreams, projects, ideas, aims, creativity, inspiration
- Active at night, fear at night due to hun
Hun and Po

• Hun-Yang, subtle and non-material energy
• Po-Yin goes back to earth, physical aspect of soul linked to the physical body
• Ling, or Soul in Chinese, have both Hun and Po together as polar aspects of the concept of Soul
Liver left side

- Although its on the right anatomically
- Liver headache due to blood def. on left side of head
- Left side of the tongue is related to Liver
- Left pulse related to Liver
Lungs

- Govern qi and respiration
- Control channels and blood vessels
- Control diffusing and descending of qi and body fluids
- Regulate all physiologic activities
- Regulate water passages
- Control skin and space between skin and muscles
- Manifest in body hair, open into nose,
- Control mucus
- House the corporeal soul or po
- Affected by worry, grief and sadness
Lungs and Qi

- Diffuse and descend fluid and qi to the space between skin and muscles
- If lung qi is weak, person gets sick easily, defensive qi is weak
- Misting function of the upper burner is domain of Lung
- Lungs called the magnificent lid
- Direct fluids down to kidney and bladder
Lungs

- Prime ministers assisting the Emperor
- Zong qi-qi of the chest
- In charge of regulation of physiological activities of the body
- Lungs rule over the 100 vessels, control all channels and blood vessels by controlling the qi entering and exiting them
Lungs

- Regulate water passages and the space between skin and muscles-Cou Li
- Defensive qi is in the Cou Li
- Lungs open to the nose-if normal breathing is easy and sense of smell will be normal
- Control mucus that moistens passages
- Mucus can become pathogenic
Corporeal Soul

- Yin
- Formed at conception
- Dies with the body
- Related to Essence
- Manifestation of Essence in the body
- Interface between Essence and physiological processes of body
- Breathing is a function of the Po
Worry and grief

- Can knot the qi of the lung
- Cause breathing problems
- And shoulder and chest tension
- Hunched position and breast lumps
Spleen

- Governs transformation and transportation
- Controls the ascending of clear qi
- Controls blood
- Controls muscles and limbs
- Opens into mouth
- Manifests in the lips
- Controls saliva
- Houses the intellect (YI)
- Affected by rumination and pensiveness
Spleen makes Food Qi

- Food qi is the basis for the production of qi and blood
- Controls transformation, separation, and movement of fluids
- Makes the clear go up to the lungs and the turbid to the intestines
- Ascending function includes all movements related to digestive function
Spleen controls blood

- Holds blood in the vessels
- If it doesn’t that is impairment of ascending of spleen function
- Hemorrhage or bleeding from uterus, bladder or intestines
- Kidney is more important in making menstrual blood than spleen
State of Spleen and Energy

- If spleen weak, tiredness is common
- Weak limbs common
- Muscular atrophy possible
- When spleen qi is normal, taste is normal, appetite is normal, lips reflect state of spleen
- If dry, yin is deficient
- If heat, lips are red and dry
- If pale, blood is deficient
Houses the intellect

- Influences thinking, studying, memorizing, focusing, concentrating and generating ideas
- Yi and Shen overlap
- Spleen influences ability to think
- Heart influences clarity
- Kidneys nourish brain for memory
Pensiveness

• Knots the spleen
• Worry knots qi
• Worry knots qi in the upper burner
• Pensiveness knots qi in the middle burner
• And causes poor digestion and distention
Class two

• Quiz
Kidneys

- Store essence
- Governs birth, growth, reproduction and development
- Produces marrow
- Controls water, the reception of qi
- Opens into ears, manifests in the hair
- Controls spittle
- Controls the two lower orifices
- House will power (zhi)
- Controls ministerial fire
Kidney

- Root of Life
- Root of pre-heaven qi because they store the essence
- Because they store the essence, they are the foundation of all the yin and yang in the body
Kidney yin and Kidney yang

- Most important yin and yang in the body
- All yang from kidney is foundation for yang of all the other organs
- All yin from the kidney is foundation for the yin of all the other organs
- Kidney yin fundamental to birth, growth
- And development and reproduction
- Kidney yang is force behind all physiological processes
Kidney yin and yang

• Because of their relationship to one another, they form the same root and rely on one another.
• If there is a deficiency of Kd yin then there will be a def of Kd yang as well.
• Also origin of Water and Fire
• Kd is water element, but also houses Ministerial fire, ming men
Kidney

- Governs sexual maturation
- Influences conception
- Supports pregnancy
- Declines in menopause
- Determines aging
Jing or Essence

- Store inherited genetic material from parents
- This Essence determines our strength and vitality
- Essence is the basis for sperm and ova
- Basis for Tian Gui, from which the menstrual blood and the sperm are derived
Kidneys

- Also store post heaven essence we get from food
- Essence circulates thru the whole body and particularly in the 8 Extra Vessels
- Also influences Marrow
- Marrow is bones, bone marrow, brain and spinal cord
- Nourishes brain so effects memory
Kidney, Ears and Hair

- If kidney is healthy, hearing will be fine
- If kidney is weak there may be hearing impairment
- If kidney is healthy, hair is glossy and grows
- If kidney is weak, hair is brittle, dull, thin, and may be prematurely gray
spittle

- Not saliva which is related to spleen
- Excessive spitting detrimental to Essence
- Daoist exercise, roll tongue around gums, gulp down spittle produced and direct it to the dan tien, lower abdomen to nourish kidney essence
- Thick fluid in the back of the throat
Kidney

- Controls urination
- Helps intestine separate and transform fluids
- Gets fluid from lungs and sends fluid back up to lungs
- Provides fire to spleen to help with t and t of fluids
Controls the two orifices

- Urethra and anus
- Includes spermatic duct in males
- Sperm is a manifestation of the essence
- If kidney qi is weak there may be diarrhea or prolapse of the anus
- If kid qi is weak get leakage, spermatorrhea, diarrhea or urinary incontinence
Zhi

- Strong kd, strong will, mind focused
- Bl 52, Bl 23 can strengthen will power
- Control tenacity and determination
Kidney and Gate of Life

- Called the Gate of life
- Functions of the Gate of Life
- Is root of Original Qi (Yuan Qi)
- Source of physiological fire for all the organs
- Warms lower burner and bladder to excrete fluids
- Warms the st/sp to aid digestion
- Harmonizes sexual functions which depend on the fire of the gate of life
Kidney and Gate of Life, cont.

- Helps heart to house the mind
- KD has to communicate with the HT, to warm it for its function, even of housing the shen. If KD doesn’t do this, person can be unhappy and depressed
- If too much fire it can heat the PC and HT too much and cause agitation
Kidney

- Putrid smell is stagnation of water, Kd energy frequently smelled in the elderly
- Black is the color, or blue black or grey, can be seen in cheeks or under eyes
- Salty taste: some salt tonifying, too much is damaging to Kd and heart, Kd has to balance sodium
- Cold climate injures kidney yang
- Groaning, deep raspy hoarse sound
- Weak KD causes dreams of being in water and afraid
Pericardium

- Functions are the same as the heart
- On a physical level the pericardium influences the center of the chest
- Pericardium patterns are characterized by clinical manifestations causing tightness, stuffiness, distension, oppression or pain of the chest
Pericardium as an organ

- Wraps the heart
- Protects the heart
- Governs blood and houses the mind
- Points on PC channel can invigorate blood or cool blood
Pericardium as a channel

Influences Zong qi
Related to triple burner
Pericardium function on mental emotional level

- Pericardium is responsible for movement toward others
- In social relationships, love and family relationships
- Pericardium houses the mind as does the HT
- Blood deficiency or heat of the PC will cause anxiety and depression, or agitation
- Phlegm obstruction causes confusion and mental illness
- PC affects emotions from relationships
PC and ministerial fire

- Minister fire arises from the kidneys
- Flares upwards to liver, GB and PC and flows down to kidneys
- Pathological fire flare upwards and harasses the PC
PC and Uterus

• Pathology of the PC could affect menstruation
• Deficiency of blood can cause scanty periods or amenorrhea
• Heat may cause heavy periods
• Blood stasis in the PC can cause painful periods
• PC influences emotional problems connected with the menses
Yin organ interrelationships

- Yin organs interrelate
- Health depends on proper functioning and balance of organ systems
Heart and lungs

- Zong qi-qi of the chest
- Qi commands blood
- Blood mother of qi
- Need one another as heart and lungs need one another
- Heart governs blood and lungs govern qi
Heart and Lungs

- Heart relies on lungs to provide qi to circulate blood
- Lungs rely on the blood from the heart for nourishment
Heart and liver

- Relationship involves blood
- Liver stores blood that nourishes the heart. Either can be deficient
- If not enough get palpitations and insomnia (def. liver blood) excessive dreaming and dizziness (def. heart blood)
- If heart blood fails to anchor shen, get depression, anxiety, insomnia, palpitations
Heart and kidneys

- Heart upper burner
- Kidneys lower burner
- Heart fire element
- Kidney water element
- Fire and water must balance each other
- In constant balance kidney yin rises to nourish heart and heart yang descends to nourish kidney
Loss of contact b/w heart and kidneys

- Water not nourishing heart get empty heat of heart causing palpitations, mental restlessness, insomnia, malar flush, night sweats and a red peeled tongue with a crack in the center.
Shen and Jing

- The jing nourishes the essence. A supply of Essence is needed for the activity of the mind.
- Weak essence mind will suffer
- Person will lack vitality, self confidence and will power
- If mind is perturbed essence will not be directed by the mind person will lack motivation and be tired all the time
Heart, kidneys and menses

- Menses yin to yang to yin
- Kidneys are origin for tian gui the menstrual blood
- Yang increases maximally at ovulation
- Heart qi and heart blood descend during period to promote downward of blood during period and for yang transformation at ovulation
Lung qi and Liver blood

- Lungs govern qi
- Liver stores blood
- Lungs relay on liver qi for smooth movement of qi
- If liver qi does not ascend to lung get listlessness, depression, cough and hypochondriac pain
- “metal not controlling wood”
Liver and spleen

- Spleen makes blood
- Liver stores blood
- Stagnant liver qi causes disruption in spleen function causing bloating, abdominal pain, irritability and distention
- Earth insulting wood
Liver and kidneys

- Liver blood replenishes essence stored in kidneys to contribute to the making of blood.
- Essence contributes to making blood stored by liver.
- Liver provides blood to uterus and kidneys are the origin of the tian gui menstrual blood so both have a role in menses.
- Both kidney and liver are connected to the ren mai and chong mai channels important in reproduction.
Spleen and lungs

• Spleen extracts essence from food and sends clear qi up to the lungs.
• Spleen relies on qi from the lungs to help the transformation and transportation of food and body fluids
• If deficient spleen qi, get reduced energy, weak limbs, breathlessness and weak voice
• Earth not producing metal
Spleen and kidneys

• Spleen root of post heaven qi
• Kidneys root of pre heaven qi
• If spleen qi deficient, cant replenish kidney essence causing tiredness, lack of appetite, dizziness, tinnitus, lower backache
• If kidney yang is deficient, the fire of the gate of life does not warm the spleen, causing diarrhea and chilliness
• Spleen qi helps kidneys transformation and excretion of fluids and dampness can collect
Lungs and kidneys

- Kidneys help lung to grasp qi
Spleen and heart

• Mental disturbance can have a deleterious effect on the blood but can also affect the splenic transformation
• Conversely the lack of splenic transformation may reduce grain and water qi getting to the heart
• Bleeding not contained by the spleen can result in heart blood deficiency
Class three
Functions of Yang Organs
Stomach

- Most important of all the yang organs
- Controls receiving
- Controls rotting and ripening
- Sea of water and grains
- Great source of nourishment for the six yang organs
- Together with spleen is the root of post heaven qi
Stomach

- Receiving = healthy appetite
- Belching, nausea and vomiting, weak stomach receiving
- 5 yin organs derive qi from the stomach
- Stomach qi synonymous with good prognosis and life itself
- Tongue coating with a thin white rooted coating reflects strong stomach qi
Stomach

• If stomach and spleen qi are weak, person is weak
• Liver qi helps the descending of stomach qi
• Pulse that is smooth and not too strong or too weak is considered to have good stomach qi
Stomach

- Only yang organ in front of body
- Descends fluids a yin movement but is yang organ
- Likes wetness even though its yang
- Spleen likes dryness even though its yin
- Stomach prone to heat
- Spleen prone to cold
- Spleen and stomach probably closest yin/yang pair
Large intestine

• Controls passage and conduction
• Transforms stools and reabsorbs fluid
• Is prone to heat or cold
• Many of the western functions of large intestine are attributed in Chinese medicine to the spleen and liver
• E.g. IBS is spleen-liver disharmony
Large intestine

- Influences capacity for letting go and not dwelling in the past
- Related to lung
- If lung qi is xu, then constipation can result
- If constipation and stagnation of food, the lung qi is impaired and we may see breathlessness
- Because paired with the lung, see skin issues related to LI
Small intestine

- Receives food from stomach and spleen and separates dirty from clean
- Separates pure from impure
- Separates what we need from what we don’t need
- Clean transported by spleen to other tissues
- Dirty is eliminated via urine (bladder) and stool (large intestine)
Small intestine

Influences urination via kidney yang that helps the fluid transformation
If the organ is hot there may be scanty yellow urination
If the organ is cold there may be copious clear urination
Small intestine and heart

- Have a relationship in that the heart houses the mind and the small intestine allows us to sort things out and make a judgment
- SI 5 best point to influence judgment
- Heart fire can be transmitted down to small intestine and we get signs like bitter taste, blood in the urine, tongue ulcers and thirst
Gall bladder

- Controls storage and excretion of bile
- Decision making
- sinews
Gall bladder

- Gall bladder qi is gall bladder fire, not pathological fire but fire that aids digestion
- Liver qi helps bile flow smoothly, if it does not get nausea and belching
- Only yang organ that stores a pure substance, bile
- Minister fire helps GB transmit heat to digestive organs to aid digestion
Gall bladder

• Like a circuit panel for all the other organs
• With liver controls sinews
• Liver provides blood for nourishment
• Gall bladder provides qi to sinews to ensure agility and movement
• GB 34 is gathering point for sinews
Gall bladder mental aspect

Gall bladder divergent channel goes through the heart
If the mind is weak tonify GB to support the heart
Mind provides clarity and the GB provides courage to carry out decisions
GB qi stimulates free flow of liver qi on mental level
If this is not happening, the person will be depressed, if excessive, person is manic
Gall bladder and sleep

• If the GB is deficient, one wakes early in am and cannot fall back to sleep
Gall bladder deficiency

Causes indecision, timidity and discouragement at the slightest adversity
Bladder

- Clear fluids from small intestine pass on to bladder which stores and excretes urine
- Transforming fluids requires qi and heat provided by kidney yang
- Copious clear excessive urination indicative of a deficiency in the ming men.
- Bladder is yang aspect of kidney ming men
Bladder

• Small intestine, heart, triple burner, liver and lungs all work together with the bladder to control urination
• SI 2 used in urinary diseases
• Bladder divergent channel flows thru the Heart
• Heart disharmonies can be transmitted to bladder to cause blood in urine via the small intestine
Bladder mental aspects

- Imbalance in emotions such as jealousy, suspicion and holding of long standing grudges
Triple burner

- Officially one of the six yang organs
- Is it an organ or a function?
- Does it have form or not?
Triple burner

- Mobilizes the original qi
- Controls transportation and penetration of qi
- Controls the water passages and the excretion of fluids
Triple burner

- Controls the entering and exiting of Qi in all parts of the body and especially the body cavities. Liver has no such function in relation to the body cavities.
- TB-6 is point to stimulate Triple burner’s function of transportation and penetration of qi.
- Controls the three qi? Gathering qi (upper burner), nutritive qi (middle burner) and defensive qi (lower burner).
Triple burner

- Upper burner as a mist
- Middle burner maceration chamber (stomach fluids)
- Lower burner like a ditch (urine)
- Body cavities
- Chest, abdominal, pelvic, joint, space between skin and muscles, space above diaphragm, spaces in between membranes, spaces between membranes and abdominal cavity.
Class Four
Functions of Extraordinary Yang Organs

• All of them store some sort of refined essence
Uterus

• Zi Bao in Chinese
• Bao a structure common to men and woman in the Dan Tien
• In men houses sperm
• In woman is the uterus
• The most imp. Of the 6 Extra Yang Organs
• Regulates menses, conception and pregnancy
Uterus

• Yin and Yang
• Yin stores blood and fetus
• Yang in that it discharges blood at menses and baby in childbirth
• Uterus related to Kidneys and both the ren and the chong originate from the Kidneys and flow thru the uterus
Uterus

- Supplied by kidney essence via the directing and penetrating vessels the ren and the chong.
- If ren and chong are empty the uterus is inadequately supplied with Blood and Essence so there can be irregular menstrual cycles, amenorrhea or infertility.
Uterus

- The ren brings yin to uterus
- The chong and the du bring the yang
- Connected to the kidneys via the Bao Luo thd to the Heart via the Uterus Bessel Bao Mai
- Kidneys are the origin of the menstrual blood
- Heart and emotional problems influence menstruation strongly
Uterus

• Heart qi and Heart Blood descend to Uterus promoting the discharge of blood during the bleeding phase and the discharge of the eggs during ovulation

• The beginning of bleeding and the ovulation are transformative moments of yin into yang and back again cyclically
Uterus

- Heart governs blood and the Heart blood nourishes the uterus
- Heart Yang descends down to meet the Kidney Essence to form the Tian Gui, the menstrual blood
- Spleen supplements blood
- Liver supplies blood to Uterus if not sufficient quantity get amenorrhea
Uterus

• Because Liver stores Blood and regulates volume of Blood menstrual irregularities are often due to a dysfunction of the Liver

• Chong Mai links Stomach and Uterus=morning sickness and nausea and vomiting, disruption of stomach Qi
Uterus

• For menses to be regular and normal
• Liver blood and qi must move smoothly
• Heart blood and qi must descend toward the uterus
• In men the Uterus is related to kidneys and Du and produces sperm
• If Du mai and essence and empty person may get impotence, premature ejaculation, spermatorrhea, watery sperm
Prostate

- Prostate is male equivalent of uterus
- Room of Essence is not an actual organ
- Du, Ren and Chong originate from the space between the kidneys and flow thru the uterus in females and through the prostate in males
Brain

• Called Sea of Marrow
• Kidney Essence produces Marrow
• Marrow gathers to fill brain and spinal cord
• Brain depends on Heart Blood for its nourishment
• Activities of brain depend on kidney essence and heart blood
Brain

- If they kidney essence and heart blood are empty, the brain is sluggish, poor memory, poor vitality, poor hearing and poor sight.
- Poor memory and concentration, dizziness and blurry vision can be deficiency of sea of marrow.
Brain

• Its functions are to
• Control intelligence
• Controls sight, hearing, smell and taste
• Some Chinese Doctors attributed the mental functions to the brain and some to the heart
• Overlap between the function of the Brain and the Heart
Marrow

• Marrow functions
• Fills the bones
• Contributes to making Blood
• Nourishes the Brain
Bones

- Kidneys control the bones
- Kidney points can be used to strengthen bones and prevent osteoporosis
- Bones structural framework of body
- Cavity that houses Marrow
- Functionally related to the Kidneys
Blood vessels

- Yang because they act as a container
- House the blood
- Vehicle for circulation of Qi and blood
- Transport the refined food essences, Qi and Blood all over the body
Gall bladder

- Stores a pure substance (bile)
- Does not deal with food, drink or waste products
- Gall Bladder helps us make decisions and gives us courage to act on decisions
- Qi of the Gall Bladder gives the Hun the capacity for movement
- The Mind is the source of inspiration, creativity, direction, purpose, plans, aims, life dreams
Four Seas

- Sea of Qi: fullness of chest, red face, breathlessness
- Sea of Blood: feel body getting bigger
  Or feel body getting smaller
- Sea of Food: abdominal fullness or def.
  hungry but no desire to eat
- Sea of Marrow-excess light limbs and feeling of strength
- Deficiency: dizziness, tinnitus, blurry vision, weak legs, desire to lie down
Review

• Exam
• Evaluation forms