

Contents

1	Introduction — 1
1.1	The discipline, nature, and properties of traditional Chinese medicine — 1
1.1.1	TCM is characterized by its natural science nature — 1
1.1.2	TCM has the characteristics of social science — 1
1.1.3	The mutual influences of TCM and ancient Chinese philosophy — 2
1.1.4	TCM is a product of multidisciplinary interactions — 2
1.2	The main characteristics of TCM theory — 3
1.2.1	Concept of holism — 3
1.2.2	Differential diagnosis and treatment — 5
2	The Philosophical Basis of Traditional Chinese Medicine — 7
2.1	Theory of yin-yang — 7
2.1.1	The basic concept of yin-yang — 7
2.1.2	The basic contents of yin-yang theory — 8
2.1.3	The applicable examples in traditional Chinese medicine of the yin-yang theory — 10
2.2	Five elements theory — 14
2.2.1	Fundamental concepts and characters of the five elements — 14
2.2.2	The classification of the five elements — 16
2.2.3	The cycle of generation, restriction, over-restriction, and counter-restriction in five elements — 18
2.2.4	The application of five elements theory in TCM — 19
3	Visceral Manifestation — 24
3.1	Summarization of visceral manifestations — 24
3.2	Five zang-organs — 25
3.2.1	Heart — 25
3.2.2	Lung — 27
3.2.3	Spleen — 30
3.2.4	Liver — 34
3.2.5	Kidney — 38
3.3	Six fu-organs — 43
3.3.1	Gallbladder — 43
3.3.2	Stomach — 44
3.3.3	Small intestine — 45
3.3.4	Large intestine — 45
3.3.5	Urinary bladder — 46
3.3.6	Triple-jiao — 47

- 3.4 Extraordinary fu-organs — 48
- 3.4.1 Brain — 48
- 3.4.2 Uterus — 49
- 3.5 The relationships among the zang-organs and fu-organs — 50
- 3.5.1 The relationships among the six fu-organs — 56
- 3.5.2 The relationship between the five zang-organs and six fu-organs — 57

4 The Theory of Qi, Blood, and Body Fluids — 59

- 4.1 Qi — 59
- 4.1.1 Concept of qi — 59
- 4.1.2 Production of qi — 59
- 4.1.3 Movement of qi — 60
- 4.1.4 Functions of qi — 61
- 4.1.5 Classification of qi — 62
- 4.2 Blood — 65
- 4.2.1 Concept of blood — 65
- 4.2.2 Production of blood — 65
- 4.2.3 Functions of blood — 66
- 4.2.4 Blood circulation — 66
- 4.3 Body fluids — 67
- 4.3.1 Concept of body fluids — 67
- 4.3.2 Metabolism of body fluids — 68
- 4.3.3 Function of body fluids — 69
- 4.4 The relationships among qi, blood, and body fluids — 69
- 4.4.1 The relationship between qi and blood — 70
- 4.4.2 The relationship between qi and body fluids — 71
- 4.4.3 The relationship between blood and body fluids — 72

5 Theory of Meridians and Collaterals — 73

- 5.1 Overview of the theory of the meridians and collaterals — 73
- 5.1.1 The concept of the meridians and collaterals — 73
- 5.1.2 Composition of the meridian — 73
- 5.2 Twelve meridians — 75
- 5.2.1 Nomination of 12 meridians — 76
- 5.2.2 Route and connection of the 12 meridians — 76
- 5.2.3 Distribution of the 12 meridians — 77
- 5.2.4 Exterior–interior relationship — 78
- 5.2.5 Circulating sequence of the 12 meridians — 78
- 5.2.6 Travelling routes of the 12 meridians — 79
- 5.3 Eight extra meridians — 90
- 5.3.1 Concept and functions of eight extra meridians — 91

5.3.2	Distribution and physiological functions of the eight extra meridians — 91
5.4	Physiological functions and applications of the meridians — 99
5.4.1	Physiological functions of the meridian — 99
5.4.2	Application of the theory of the meridian — 100
6	Constitutional Theory — 101
6.1	Concept of constitutional theory — 101
6.1.1	Basic concept of constitution — 101
6.1.2	Signs and characteristics of constitution — 102
6.2	Factors affecting constitution — 102
6.2.1	Relationship of the constitution to viscera, meridians, essence, qi, blood, and body fluids — 103
6.2.2	Factors which affect the constitution — 103
6.3	Classification of constitution — 106
6.3.1	Balance constitution — 107
6.3.2	Yang-inclined constitution — 107
6.3.3	Yin-inclined constitution — 107
6.4	Application of the constitution theory — 108
6.4.1	Explanation of the susceptibility of individual to certain pathogens — 108
6.4.2	Illustrating the etiology — 109
6.4.3	Explaining the pathological changes — 109
6.4.4	Guiding syndrome differentiation — 110
6.4.5	Guiding treatment — 110
6.4.6	Guiding the health maintenance — 111
7	Onset of Disease — 112
7.1	Concepts of pathogenesis — 112
7.2	Cardinal principle of disease onset — 112
7.2.1	Deficiency of vital qi is the intrinsic factor for the pathogenesis — 113
7.2.2	Pathogenic qi is an important factor to cause the disease — 114
7.2.3	Struggle between pathogenic and vital qi determines the progress and prognosis of disease — 115
8	Etiology — 117
8.1	Exogenous pathogens — 117
8.1.1	Six evils — 117
8.1.2	Pestilential pathogens — 125
8.2	Endogenous pathogens — 127
8.2.1	Internal injury due to mental disorders — 127

- 8.2.2 Injury due to improper diet — 129
- 8.2.3 Injury due to overstrain and over-idleness — 131
- 8.3 Pathogens from pathological products — 132
- 8.3.1 Water-dampness, phlegm, and retained fluid — 133
- 8.3.2 Blood stasis — 135
- 8.3.3 Calculus — 137
- 8.4 Other pathogens — 139
- 8.4.1 Medicine abuse — 139
- 8.4.2 Iatrogenic pathogen — 141

9 Pathogenesis — 143

- 9.1 Exuberance and debilitation between vital and pathogen — 143
- 9.1.1 Concept of pathogen, vital, exuberance, and debilitation — 143
- 9.1.2 Changes of deficiency or excess — 145
- 9.1.3 The relationships among pathogen, vital qi, excess, and deficiency as well as the outcome of disease — 147
- 9.2 Imbalance of yin and yang — 150
- 9.2.1 Concept of imbalance of yin and yang — 150
- 9.2.2 Types of imbalance of yin and yang — 150
- 9.3 Disorders of qi, blood, and body fluids — 155
- 9.3.1 Disorders of qi — 156
- 9.3.2 Disorder of blood — 158
- 9.3.3 Disharmony between qi and blood — 160
- 9.3.4 Metabolic disorders of body fluids — 161
- 9.3.5 Disharmony among qi, blood, and body fluids — 163

10 Principles of Prevention and Treatment of Diseases — 165

- 10.1 Principles of disease prevention — 165
- 10.1.1 Disease prevention prior to its outbreak — 165
- 10.1.2 Controlling the development of an existing disease — 165
- 10.2 Principles of treatment — 166
- 10.2.1 Treating the root of a disease — 166
- 10.2.2 Strengthening the vital and dispelling the pathogen — 170
- 10.2.3 Regulating yin and yang — 173
- 10.2.4 Regulating qi and blood — 175
- 10.2.5 Regulating the viscera — 175
- 10.2.6 Three optimal treatment administrations — 175

References — 179