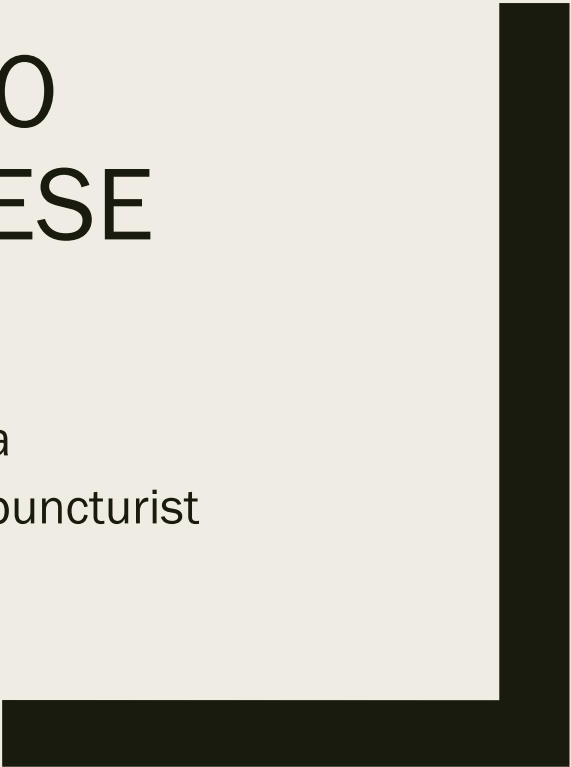


INTRODUCTION TO TRADITIONAL CHINESE MEDICINE

A presentation by Rachael DeLuca
Doctor of Oriental Medicine, Licensed Acupuncturist



Based on the Principles of yin and yang
“The only thing that is constant is change”



Energetics of yin qualities

- Passive
- Tranquil
- Night
- Moon
- Contracting
- Storing

Energetics of yang qualities

- Moving
- Active
- Aggressive
- Expanding
- Sunlight
- Daytime
- Energized

Yin Organs: Extract/Store vital nutrients

Yang organs: Move the material through

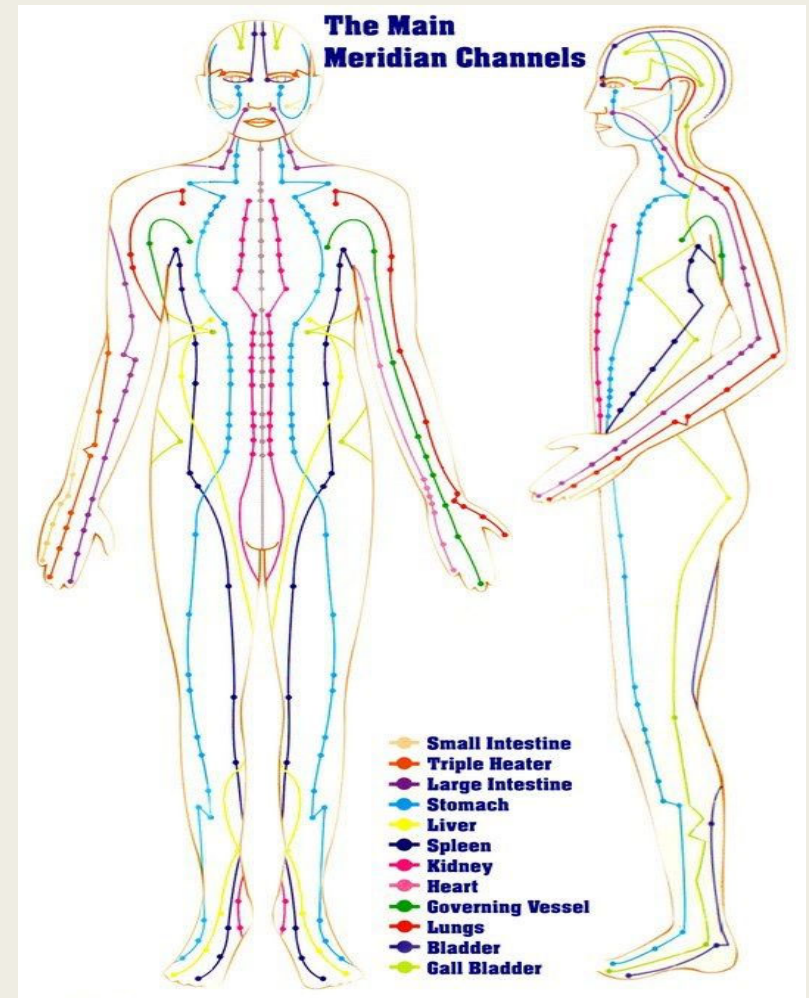
■ Yin Organs:

- Spleen
- Lung
- Heart
- Liver
- Kidney

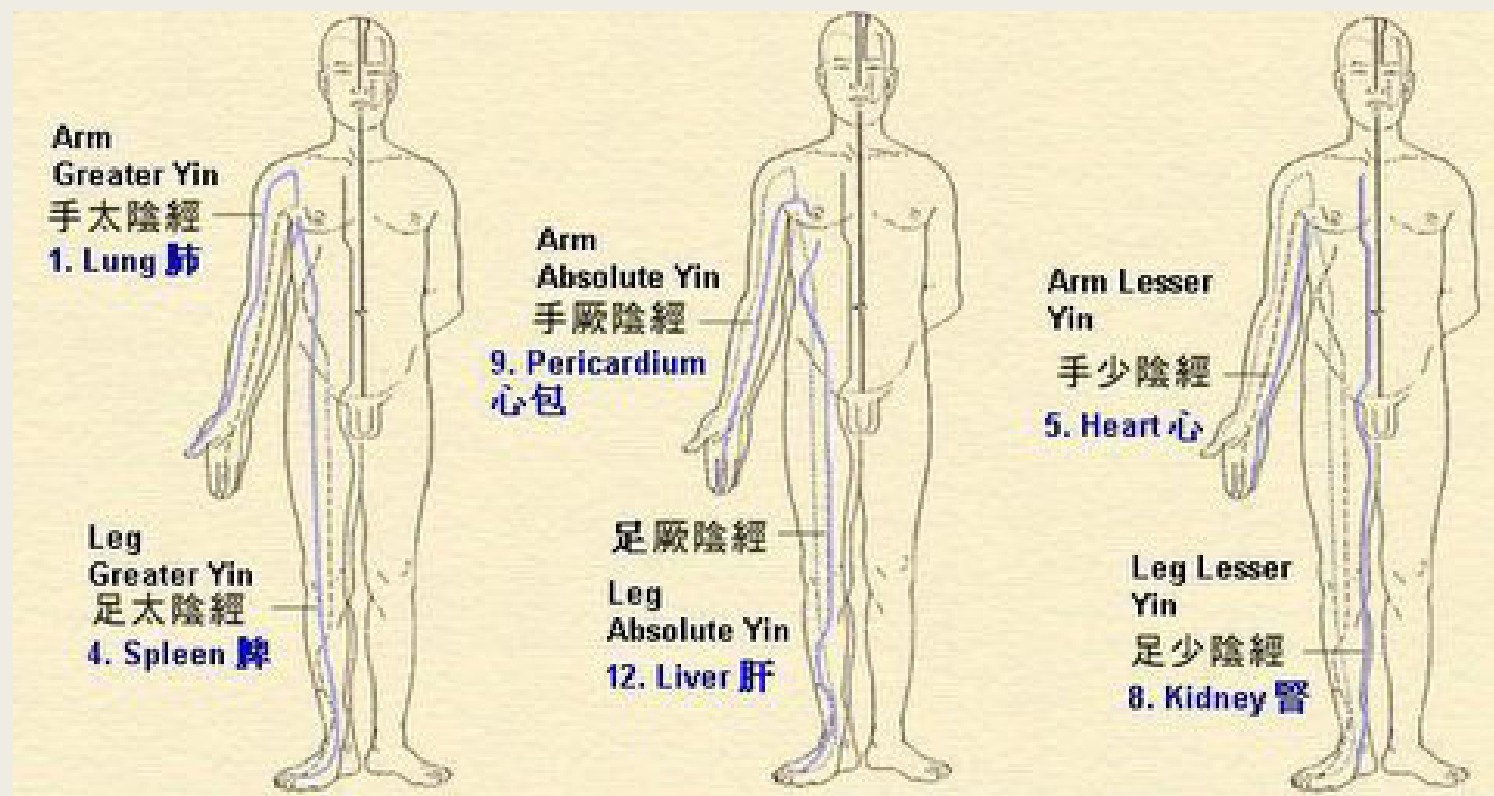
■ Yang Organs:

- Stomach
- Large Intestine
- Small Intestine
- Gallbladder
- Bladder

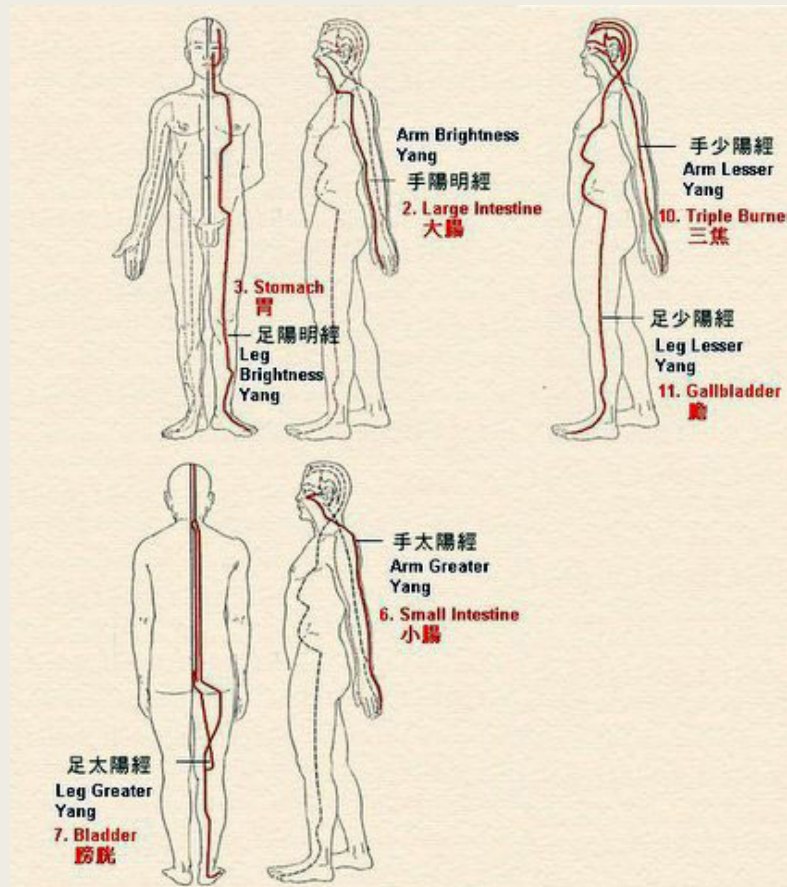
Energy “qi” based medicine based off of the 12 main channels



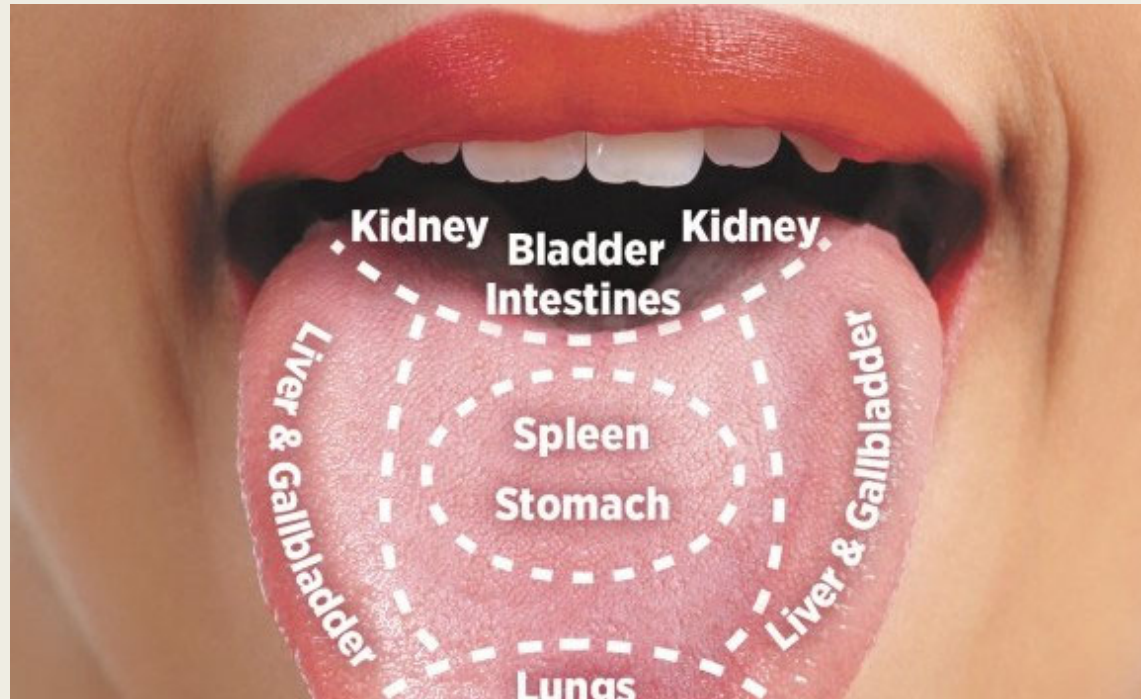
6 yin channels



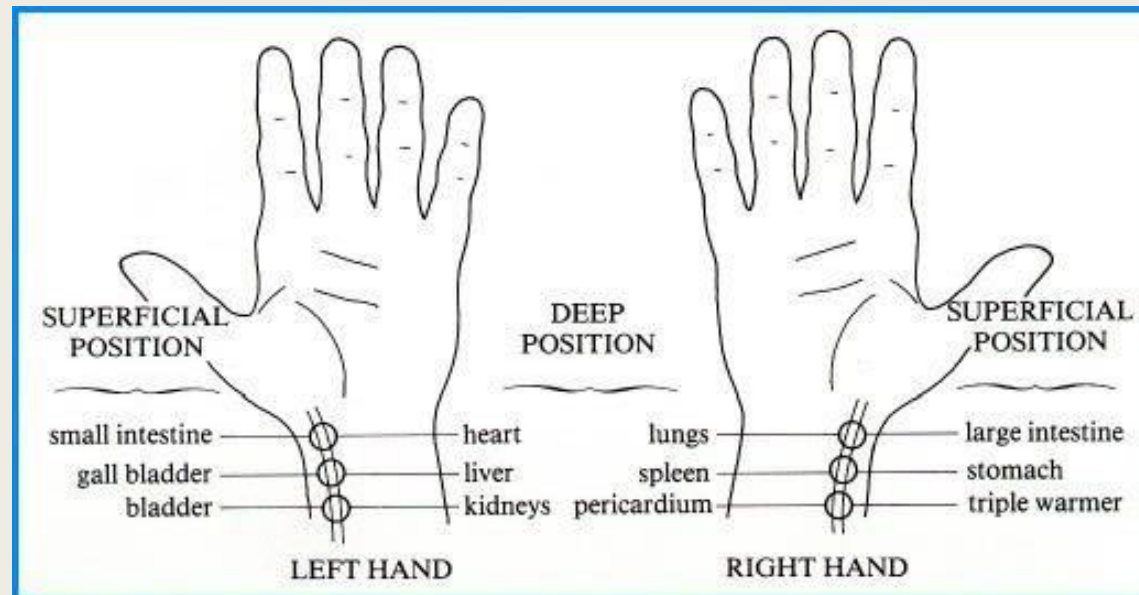
6 Yang Channels



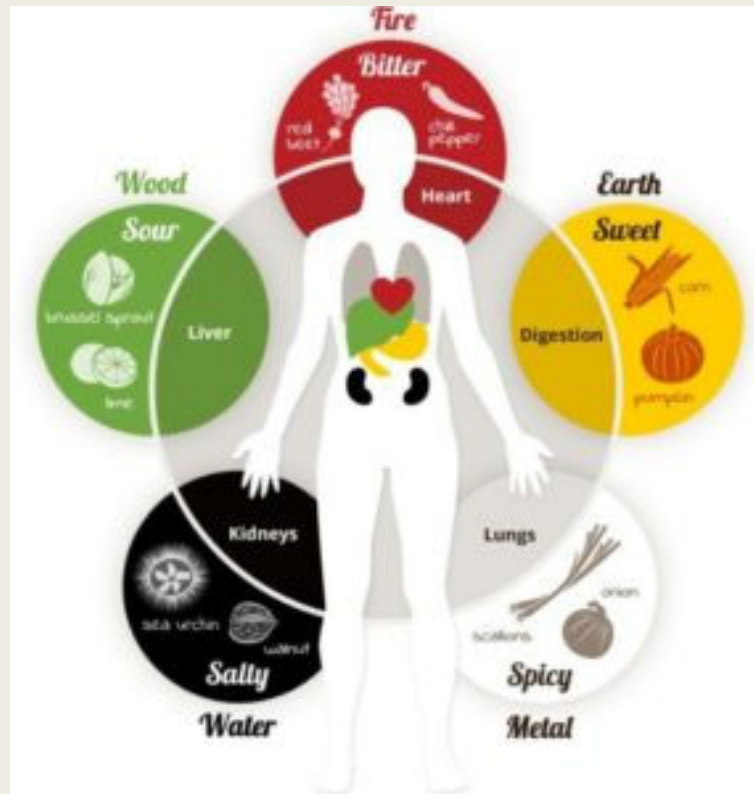
Diagnosis based off of symptoms,
affected meridians, tongue, and pulse



Pulse



Nature based medicine related to the 5 Elements/Seasons



Macrocosm vs. Microcosm

Nature based medicine based on observing the changing of the seasons and how we change with them

■ MODALITIES

- Chinese Herbs—over 300 patented formulas for internal and external disharmonies
- Tuina-Chinese Massage
- Cupping
- Acupuncture needles
- Prevention—Qi Gong/Tai Chi
- Dietary advice—flavors, etc

5 SEASONS: FIRE ELEMENT—SUMMER





SUMMER-FIRE-Utmost yang

Related Organs: Yin: Heart Yang: SI

Color: Red

Sound: Haw

Taste: Bitter

Foods: strawberry, goji, sour cherries, grapefruit,
tomatoes, apples, pomegranate seeds

Emotion: anxiety, joy

Functions:

- Governs Blood
- Controls the blood vessels
- Houses the Shen
- Controls sweating
- Regulates qi/xue movement--circulation

Heart/SI—VIRTUES/ IMBALANCES

Virtues:

- Joy/Passion/Loving/ Intuitive/Perceptive

Imbalances:

- Excessive heat –utmost yang time
- HBP
- HT Palps
- Boundary Issues







EARTH-LATE SUMMER

- Related Organs: Yin: Spleen Yang: Stomach
- Color: Yellow
- Sound: Haw
- Taste: Sweet

Earth Element: Spleen/Stomach

- Emotion: Virtue: nourishing, expressing joy/community Pathology:worry, overthinking, obsession
- Harmony: good digestion/appetite:
- Disharmonies: IBS, bloating, gas, phlegm accumulation, overeating, digestion issues
- Foods/herbs: yellow squash, grains, rice, wheat, buckwheat, carrots, peaches, mangoes, sweet potatoes
- Herbs to tonify spleen and transform phlegm

Metal Element



Autumn: The Season of Letting Go

Lungs + Large Intestine

The Metal Element

The Emotion of Grief

The Color White

The Sound of Crying

The Climate of Dryness

The Flavor of Pungent

The Time of Harvest



Foods/herbs

- Emotion: pathology: grief, depression, sadness
- Virtue: good boundaries, letting go, discernment
- Disharmonies: dry skin, dry cough, respiratory issues, internal dryness, constipation, allergies—expressed through nose/skin
- Foods/herbs: acrid/moistening/white: apricots, pears, garlic, onion, leek, cauliflower, mushrooms, aloe vera
- Herbs to moisten lungs, strengthen defensive qi, open nose and sinuses

WATER ELEMENT

- ☯ *KIDNEY & BLADDER*
- ☯ *Filters all body fluids*
- ☯ *Endocrine Gland function*
- ☯ *Reservoir of Sexual Energy*
- ☯ *Affected by Fear & Anxiety*
- ☯ *Injured by excessive sitting or standing*
- ☯ *Salt consumption*



Water Element:

Yin organ: Kidney, Yang organ: Bladder

- Emotion: Pathology: fear, anxiety, discomfort with the unknown/Virtue: stillness, oneness, comfortable with unknown
- Disharmonies: low energy, water accumulation, low back pain, bone problems, genetic disorders
- Flavor: salty
- Foods/herbs: bone marrow, seaweeds, eggplant, purple cabbage, blackberries, purple grapes, black/purple/salty foods

肝

liver

wood

木



Wood

Organs: Liver & Gallbladder

Season: Spring

Climate: Wind

Emotions: Anger, irritability

Connecting to tendons, joints, ligaments, eyes, nails.

Flavor: Sour

Color: Green

Symptoms of unbalanced Liver & Gallbladder:

Irritability, frustration, joint issues, blurred vision, floaters, brittle nails, dislike windy weather.