

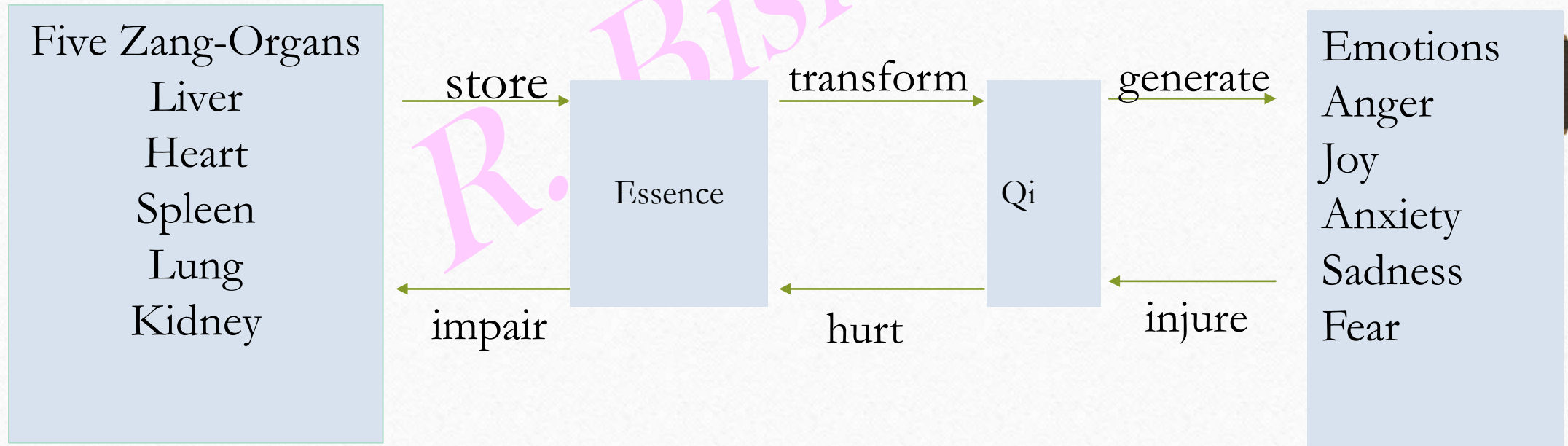
Foundation of TCM II

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Review 1:

The relationship between Seven Emotions and Zang Qi



Review 2: Six Evils

- Characteristics Common to the Six Evils:
 - Exogenous
 - Seasonal
 - Regional
 - Combinable
 - Transformable

Wind

- Wind:
 - Wind tends to float
 - Wind tends to move
 - Wind tends to change
 - Wind tends to be complicated by other pathogenic factors
 - All exogenous pathogenic factors characteristic of lightness, rising, opening-dispersing, and migrating are called wind pathogen

Cold

- Cold:
 - Cold tends to impair Yang
 - Cold tends to coagulate
 - Cold tends to contract

Summer-Heat

- Summer-Heat:
 - Summer-heat is hot
 - Summer-heat tends to disperse
 - Summer-heat is often complicated by Dampness

Dampness

- Dampness:
 - Dampness is heavy and turbid
 - Dampness tends to block Qi
 - Dampness is sticky and stagnant
 - Dampness tends to descend and apt to attack Yin locations

Dryness

- Dryness:
 - Dry and pucker and apt to impair fluids
 - Dryness likely to injure Lung
 - When invading the body, it is most apt to impair fluids
 - Results in various xerotica (abnormal dryness) symptoms such as dry mouth, nose and throat, lusterless hair, dry stools, scanty urine, etc.

Heat (Fire)

- Heat (Fire):
 - Heat (Fire) tends to flame up
 - Heat (Fire) tends to consume Qi and impair body fluid
 - Heat (Fire) tends to cause convulsion and bleeding
 - Heat (Fire) tends to cause sores and abscesses

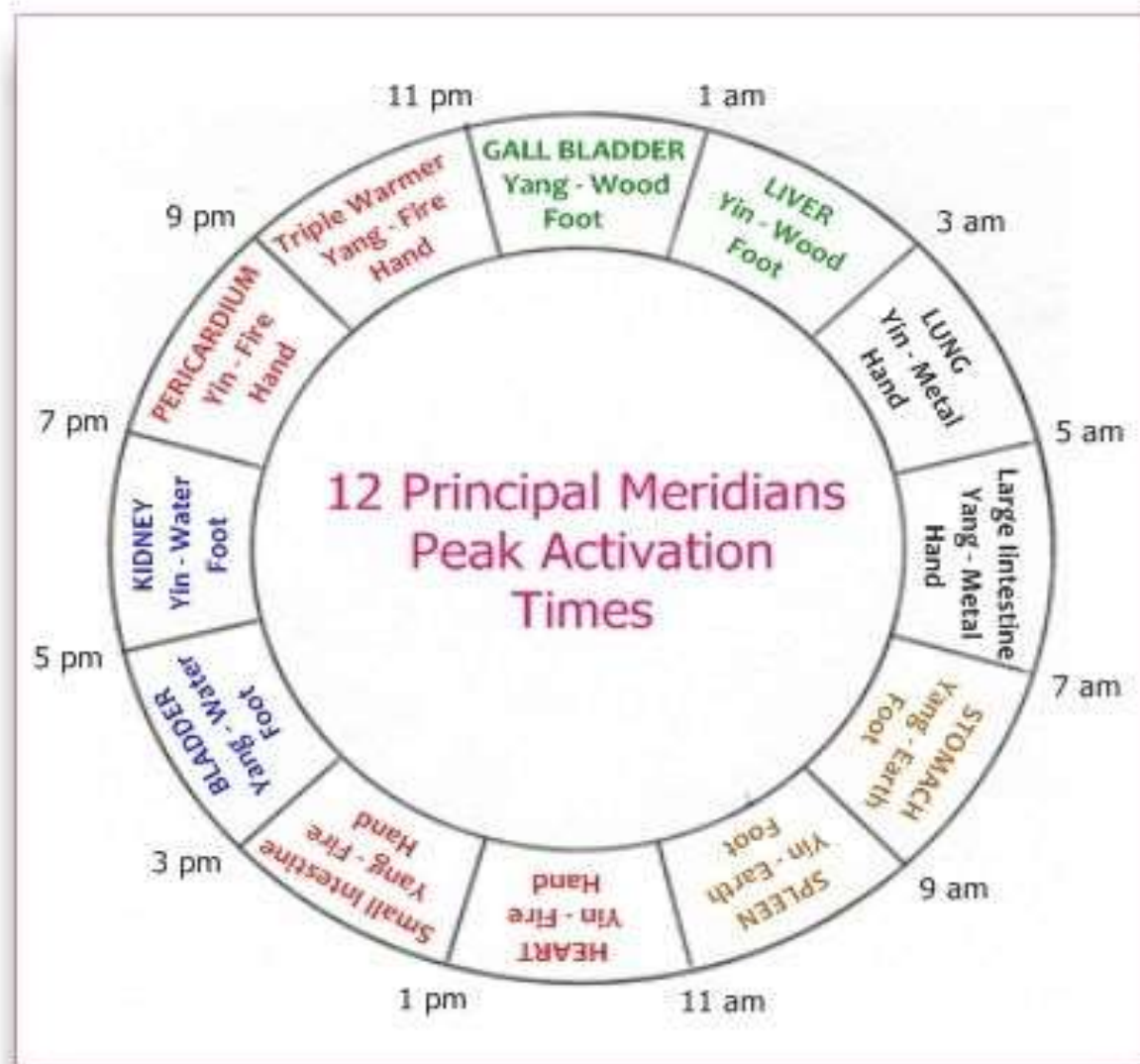
Other Causes of Disease:

1. Irregularity of Diet:

- Three main factors:
 - Improper Diet
 - Unhygienic Diet
 - Food Preferences

Improper Diet

- Under-eating
 - Results from or leads to psychological disorders
 - Anorexia, lusterless complexion, palpitations, short breath, general lassitude
- Overeating
 - Impairs the Spleen and Stomach
 - Gastric and abdominal fullness and distention, eructation, acid regurgitation, anorexia, vomiting, and diarrhea
- Irregular Eating
 - Spleen unprepared for digestions, leads to Food stagnation and subsequently impairs the Spleen and Stomach



Improper Diet

- Eating Too Quickly
 - Spleen and Stomach cannot process fast enough, Food stagnates, Impairs the Spleen and Stomach
- Eating without chewing
 - Stomach cannot rot, Spleen cannot separate, Food Stagnate, Impairs the Spleen and Stomach
- Drinking too much after eating
 - Fluids floods the Stomach, Spleen cannot separate clear and turbid, Food stagnates OR Dampness pervades Spleen, Spleen and Stomach impaired
- Eating while distracted
 - Qi does not gather in Spleen and Stomach, Food stagnates, Impairs the Spleen and Stomach

Unhygienic Foods

- Refers to unclean food
 - May include food that has rotted, soured, grown bacteria, grown mold, polluted by chemicals or pestilence, contains parasites, or has natural toxins
- Taking in food that has gone bad:
 - Gastric and abdominal pain, nausea and vomiting, diarrhea with borborygmus, or dysentery
- Taking in foods contaminated by epidemic toxins:
 - Results in infectious diseases

Improper Food Choices or Food Predilection

- A preference for a certain flavor, food, aroma, etc. that results in disease
- Types of predilection include:
 - Hot or Cold foods – can result in Internal Heat or Cold
 - Alcohol – Can disperse Qi, deplete Qi, stagnate Liver, impair Spleen and Stomach
 - One or more of the five tastes – Each of the five tastes cause different effects
 - A particular cooking technique – Each cooking technique can cause different effects in the food prepared
 - One type of food – Can offset the balanced equilibrium in the body

Hot or Cold Foods

- Excess Cold Foods
 - Impair Yang of Spleen and Stomach
 - Cold and Damp is produced internally
 - Results in diarrhea and cold abdominal pain
- Excess Hot and Spicy Foods
 - Impair Stomach Yin
 - Dry up bodily fluids
 - Results in thirst, halitosis, abdominal distention, abdominal pain, constipation, etc

Five Tastes

- Each of the five tastes corresponds to a Zang-Fu, leading the foods' energy to it
- Bitter -- Heart; Sour/Astringent -- Liver; Sweet/Bland -- Spleen; Pungent/Acid Lung; Salty Kidney
- Bitter can astringe and dry
- Sour can astringe and generate fluids --
- Sweet can create Dampness and stickiness
- Pungent disperses and creates Heat and dryness
- Salty descends and can flood

Predilection for One Type of Food

- Taking only one type of foods or not taking in a group of another types of food
Excess rich, greasy foods:
 - Stagnates Spleen and Stomach
- Sticky food coupled with Spleen/Stomach deficiency brings Damp and Phlegm
 - Damp and Phlegm Accumulation creates Heat
 - Results in obesity, vertigo, stroke, consumptive thirst, etc.
- Refuses a particular types of food
 - Lack in certain nutrients
 - Cannot nourish all parts of the body, resulting in specific deficiencies
 - Examples include night blindness, goiter, tumors, etc

Other Causes of Disease:

- 2. Imbalance Between Work and Rest
 - Either over-strain due to took much work, or lack of movement
 - Normal work can help build the body, move Qi, promote bodily functions, improve health
 - Proper rest can remove fatigue, nourish the Zang-Fu, promote recovery, and built up bodily reserves
- SuWen: "Long period of standing impairs the Bones; protracted watching injures the Blood; lying in bed for a long time injures the Qi; excessive walking injures the Tendons; sitting for a long time impairs the Muscles."

3 Types of Over-strain

- 3 Types of Over-strain:
 - Over-exertion
 - Mental Over-strain
 - Sexual Over-strain

Over-Exertion

- Prolonged physical movement or labor
 - Consumes Qi and Blood
 - Impairs Zang-Fu
 - Reduces Qi of Zang-Fu
 - Results in Qi and Blood deficiency
 - Reluctant to speak, fatigue and tiredness, easy sweating, dyspnea, etc
 - Impairment or injury to muscles, tendons, bones
 - Local stagnation or deficiency
 - Local pain, distension, etc

Mental Overstrain

- Prolonged thought, pensiveness, concentration, or attentiveness
 - Uses up Spleen Qi, and consumes Qi and Blood
 - Spleen Qi depletion may result in low Blood production, also impairing the Heart, causing Heart Blood deficiency
 - Palpitations, amnesia, insomnia, dreaminess, poor appetite, abdominal distention, diarrhea, etc.

Sexual Overstrain

- Excess sexual activities, excess masturbation, early pregnancy, multiple births, etc.
 - Consumes Kidney Jing
 - Results in Kidney Qi, Kidney Yin, and Kidney Yang deficiency
 - Aching and weakness in the waist and knees, vertigo, tinnitus, dispiritedness,
 - or spermatorrhea, prospermia (pre-mature ejaculation), impotence, dysmenorrhea, leukorrhea, sterility

Other Causes of Disease

- 3. Indulgence in Rest
 - Absence of physical work or movement
 - Stagnation Qi of the body
 - Spleen and Stomach Qi movement reduces
 - Reduced appetite, abdominal distention, limb heaviness, muscular flaccidity, oppression in chest, and shortness of breath

Other Causes of Disease:

- 4. Trauma
 - Physical damage to the body's muscles, sinews, bones, skin, etc
 - Causes local Blood stagnation and Qi stagnation
 - May also introduce local Heat, Damp, Cold, Wind, etc (External factors of disease)
 - Blood and Qi stagnation impairs the Liver, Heart, then Kidneys in turn

Other Causes of Disease:

- 5. Wrong Treatment, Medicine, Drug
 - Giving the wrong medicine, or excess of a medicine or treatment
 - May exacerbate the condition, cause concomitant factors, or lead the disease in an erroneous direction
 - Pharmaceutical drugs can be particularly damaging, as they are concentrated, used in excess, often over-prescribed
 - Antibiotics, in particular, are cold in nature, impair the body's Yang Qi, and deplete the Qi of the Spleen and Stomach