

Six Fu Organs

臟腑 Zang Fu

- 臟 zàng: internal organs
- 腑 fǔ: bowels, entrails, internal organs
- describing the role of each official

METAPHOR

OFFICIALS

ZANG		OFFICIAL AND FUNCTION
LV	將軍之官(將軍官)	Army's general from whom the strategy is derived
HT	君主之官(君主官)	Monarch and it governs the Mind
PC	使臣之官(使臣官)	Ambassador and from it joy and happiness derive
SP	倉廩之官(倉廩官)	Granary official from whom the five tastes are derived
LU	精德之官(精德官)	Prime Minister in charge of regulation
KD	作強之官(作強官)	Strong official from whom ingenuity is derived
FU		OFFICIAL AND FUNCTION
GB	中正之官(中正官)	Upright official that makes decisions
SI	受盛之官(受盛官)	Official in charge of receiving, being filled and transforming
SJ	決瀆之官(決瀆官)	Official in charge of irrigation and it controls the Water passages
ST	倉庫之官(倉庫官)	Officials in charge of food storage and from whom the five flavors are derived
LI	傳導之官(傳導官)	Official in charge of passage and conduction
UB	州都之官(州都官)	District capital, it stores fluids which are then excreted by the power of Qi transformation

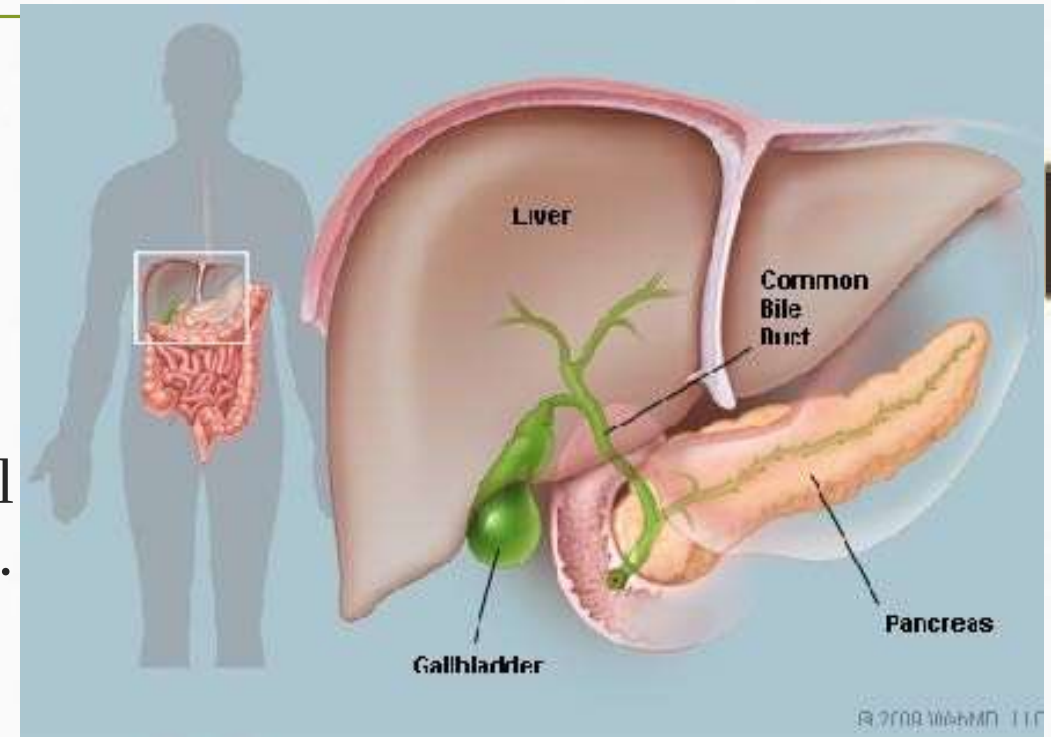
Gall Bladder

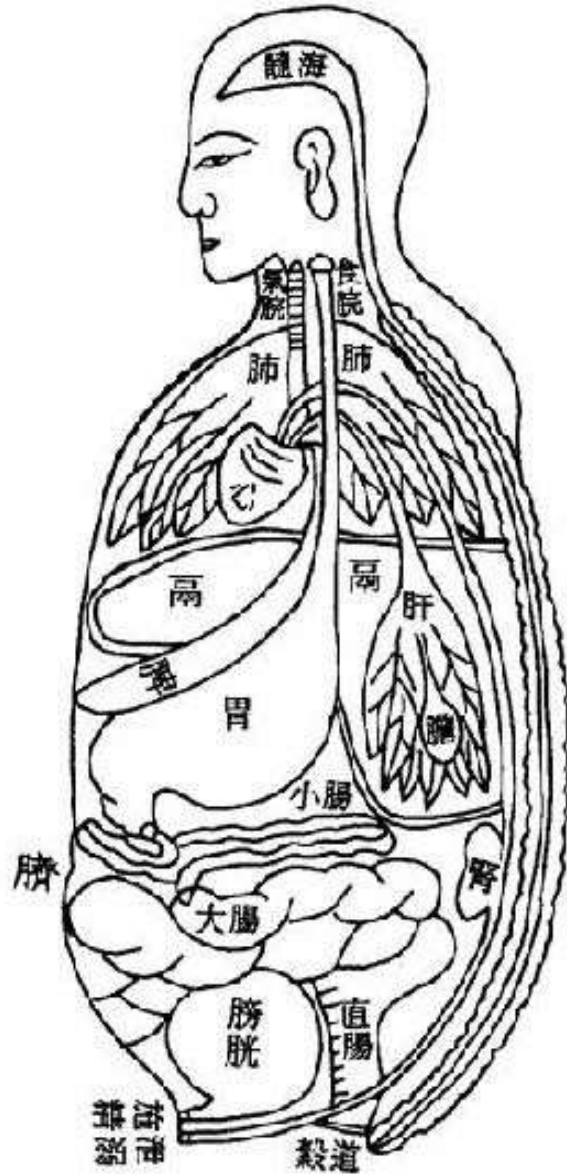
膽腑

Gall Bladder

- The gallbladder is a small pouch that sits just under the liver. The gallbladder stores bile produced by the liver.
- After meals, the gallbladder is empty and flat, like a deflated balloon.
- Before a meal, the gallbladder may be full of bile and about the size of a small pear.

bile





GALL BLADDER 膽

《難經》曰：
膽在肝之短葉
間，重三兩三
銖，長三寸，
盛精汁三合。

Gall Bladder

- It is the head of six Fu Organs, and belongs to extraordinary organs, its shape like a sac, hanging attached to the liver. 膽居六腑之首
- **Gall Bladder is yang organs**
- It is wood element 膽屬陽屬木
- Gall Bladder is in charge of storage and excrete bile 膽貯藏排泄膽汁
- In charge of **decision** 主決斷
- It regulate **internal organs Qi** 調節臟腑氣
- **Raises the clear lowers the turbid to clear the Middle Earth** 主升清降濁，疏利於中土

Relationship Between Liver and Gall Bladder

- 臟率腑 Zang Organ leads Fu Organs
- 有軍功者,各以率受上爵。《史記》
- Gall Bladder is known as Zhong Zheng (upright) Official 中正之官
- 九品中正制
- 中正: Government authorities were given the task of selecting talented candidates, then categorizing them into nine grades depending on their abilities.

11 Zang and Fu relation with Gall Bladder

- 《雜病源流犀燭》「十一臟皆賴膽氣以為和」
- The smooth flow of Qi relies on the Gall Bladder Qi.
- This script came up in Huang Di Nei Jing and throughout the ages there are many different scholars who tried to explain what this means.

Li Gao Treatise of Spleen and Stomach

金·李杲《脾胃論·脾胃虛實傳變論》

- 膽者，少陽春生之氣，春氣升則萬化安，故膽氣春升，則餘臟從之，所以十一臟取決於膽也。”
- Gall Bladder, Shao Yang Qi of growth, when Spring Qi rises then all will be safe, because **Gall Bladder Qi is Spring Rising**, therefore the rest of the Zang organ will follow, **therefore all 11 Zang is decided by Gall Bladder.**

膽是元陽

Gall Bladder is the Original Yang

- An opinion by: 《易道與人生》 Yi Dao Yu Ren Shen 郭學本
- He stated that the Origin of the human body is the Gall Bladder
- This means that the Original Qi starts with Gall Bladder

Store and Excrete Bile

- The physiological function of the gallbladder is to store and excrete the bile. The gallbladder itself is empty.
- The gallbladder is connected with the liver and contains bile.

Bile

- The bile comes from the liver and is the accumulation of the surplus part of liver-qi. 「肝之餘氣，泄於膽，聚而成精」《脈經》Pulse Classic
- The bile is greenish yellow in color and bitter in taste, playing an important role in assisting the absorption of food.

貯藏和排泄膽汁

- The bile is directed by the dredging 疏通 and dispersing 發散 functions of the liver, excreted into the small intestine (2nd part of duodenum) to participate in the process of digestion and absorption of food and promote the small intestine to separate the lucid from the turbid.

膽汁

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- That is why the **bile is called "the essential juice"** 「精汁」 or "the **lucid juice**" 「清汁」 and the gallbladder is called "the fu-organ of essential juice"; or "the fu-organ of lucid juice" in TCM.
 - The Gall Bladder is in charge of collecting this juice and condense it into bile.
 - This process is controlled by the Liver's controlling and dispersing function.
 - 貯藏於膽腑的膽汁，由於肝的疏泄作用，使之排泄，注入腸中

Relationship with Liver

- Liver is the main organ that helps Gall Bladder generate bile secretion, excretion
- Because of such a theory, so Chinese medicine **treatment of Gall Bladder pathology, focusing on treatment of liver, and not as much on Gall Bladder.**
- In future when we start Herbology, herbs that enter the gall bladder meridian bound enter the liver meridian as well.

Pathology

- Jaundice (Yellow Skin) treatment, traditional Chinese medicine called 黃疸 (Huang Dan), biliary excretion is abnormal, often with soothing liver and promoting bile secretion 疏肝利膽
- If such a problem is only Gall Bladder then the treatment principle should just be soothing of the Gall Bladder 疏泄膽，膽腑

Jaundice

Emotions

Common

- In the Chinese language, the gallbladder (Chinese: 膽) is associated with courage and lots of related idioms, including using terms such as
- "a body completely [of] gall" (Chinese: 渾身是膽) to describe a brave person
- "single gallbladder hero" (Chinese: 孤膽英雄) to describe a lone hero
- 大膽/ 膽大 “Dan Da” Very brave, decisive and fast in decision making
- 膽小 “Dan Xiao” timid, fluctuates in his/her decisions and has trouble deciding on a course of action.

Gall Bladder and Emotions: Fear

- In terms of theory, people with more bile, are bold without fear;
- 若以汁論，膽汁多者，膽大而無畏懼；
- In terms of Qi theory, the gallbladder with excess Fire, have no fear also.
- 若以氣論，則膽火旺者，亦無畏懼。

Gall Bladder in charge of decision

- What is the main decision gall bladder in the process of primary gall bladder decision refers to the gall bladder in **spiritual awareness** and **thinking activities**, has the ability to judge things and the ability to make final decisions.

《素問.

靈蘭秘典論》「膽者，中正之官，決斷出焉」

膽主決斷

- This process is essentially separated into two points:
- One is the **ability to differentiate** 判斷
- Second is to **make a decision** 決斷/ 決定
- When **weak**, the Gall Bladder may cause us to be **indecisive or hesitant**.
When strong, the Gall Bladder allows us to be decisive and bold.

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- The actual process is a thinking activity, receive information, using traditional Chinese medicine theory of consciousness, through the role of Shen, the information is processed, and finally make a decision, issued a directive, which is an active process of consciousness, then this job, this is the process of Zhang Organ TCM like the doctrine (belief) which is determined by the gall bladder.
 - This role is reflected in the upon the Gall Bladders **ability to defend and eliminate negative stimuli.**

Physiology of the Gall Bladder

膽的生理特性

- Gall Bladder Qi is in charge rising function, they are both wood element. 膽氣主升
- From the point of Heavenly Stems and Earthly Branches 天干地支. Wood element from here is the Jia and Yi 甲乙.
- 肝屬乙木: **Liver is Yi Wood**
- 膽屬甲木: **Gall Bladder is Jia Wood**
- We will talk about more of this in Nei Jin during the five movements and six climates 五運六氣

Liver and Gall Bladder

- Liver has the ascending function and likes to grow without restrictions. 木喜條達 and dislike to be restricted or constricted 惡抑鬱.
- This has decided that Gall Bladder behaves this way as well.
- Liver and Gall Bladder in Synchronism 肝膽相照 this talks about the importance of Liver and Gall Bladder having each other.

Digestion

- 膽不直接接受水穀，也不直接傳化糟粕
- While the Gallbladder is one of the only two Yang organs that don't directly deal with food (San Jiao is the other), it does have an impact on digestion.
- All problems in the Gallbladder organ (though not necessarily in the Gallbladder channel) involve digestive disorders.

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- Bile is continuously excreted into the intestinal lumen to assist in digestion.
 - The bitter taste and yellow color of bile are significant in disease manifestations of bitter taste in the mouth, vomiting of bile, jaundice, etc.
 - The liver and the gall bladder are externally 表 and internally 裡 related

Dysfunction

- Gall Bladder Qi rises and once that function is stagnated then we call it Gall **Bladder Qi Stagnation** 膽氣鬱滯
- If the Gall Bladder Qi does not rise 膽氣不升 this is called Gall Bladder **Dispersion Dysfunction** 膽失疏泄

Controls Sinews

Sinews

- Like Liver, Gallbladder controls sinews. Liver blood nourishes the sinews, but the Gallbladder provides Qi to the sinews to assure movement, suppleness, and agility.



Meridian

- When you study the Gallbladder channel in your Meridian and Acupoint classes you will see that the channel has many points on it that can assist the smooth movement of sinews.
- You might also notice that where the Gallbladder channel flows down the leg it passes right down the tensor fasciae lata and iliotibial band on the lateral side of the thigh as well as through many other fibrous fasciae coverings of the body.

性喜寧謐 Likes Quiet

- 膽為清靜之臟，也稱它為清靜之腑
- Gall Bladder likes quiet, it means that the environment that is suitable for good quality bile to be stored and distributed it is in a quiet environment.
- It is afraid negative stimulation.