



OM 307 TCM Review

Lecture Handouts

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Chapter 1 Yin-yang Theory and Five Element Theory

Yin-yang theory:

1. Yin is the _____ for yang.
2. Yang is the _____ of yin.
3. An excess of yang implies a deficiency of ____ and vice versa, generally characteristic of acute conditions.
4. In chronic conditions, a deficiency of one aspect does not always cause an ____ of the opposite aspect.
5. In extremely chronic conditions there is usually a _____ (deficiency/excess) of yin and yang.
6. It is almost impossible to see a case of an _____ (deficiency/excess) simultaneously of both yin and yang.
7. In the case of deficiency of both yin and yang, to tonify either aspect will benefit the opposite aspect. (Correct/Wrong)

The function of Yin:

1. _____ (Cools): By virtue of its fluidity the yin cools the body, therefore an even temperature is maintained when the yin and yang is in harmony.
2. _____ (Nourishes): This aspect of yin, in the form of Ying Qi, supplies the nourishment to the meridians (the body fluids and blood nourish at all levels).
3. _____ (Provides rest (inactivity)): When this nature is in balance with the yang, it enables us to use our energy better, recover easily from fatigue and preserve a good quality of life for a long time. When this nature is not in harmony, hyperactivity will exist and stagnation can develop.

The function of Yang:

1. _____ (Warms): warm the body.
2. _____ (Transforms (change)): All transformation of energy relies on yang. This is usually provided by its nature to warm.
3. _____ (Moves): Body fluids and blood are dependent on the movement of Yang Qi.
4. _____ (Holds): Even though the nature of yang is to move, yang also has the nature to hold blood, body fluids and organs in their proper place.

Yin and Yang Relationships by category

Yin: Zang; Female; Cold; Heavy; Obscured; Earth; Night; Downward/Inward/Stagnation; Autumn/Winter; Lower body/Interior/Abdomen; Yin organs/Sinews/Bones; Weakness/Solitude; Blood/Construction; Interior/Deficient(hypofunction)/Cold; Slow/Deep/Rough/Deficient/Small/Fine; Structure; Contraction; Intrasusceptive(absorbing inward); Responsive; Quiescence; Conservation; Earth; Autumn; Winter; Cold; Moist; Dark; Weak; Lower part; Water; 6pm to 6am; Continuous; Sinking; Body; Solid; Blood; Nutritive Qi(Ying Qi); Po(animal spirit); Chronic; Death; Even Numbers; Salty/Sour; Characteristic of Taste