



## 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