

**TRADITIONAL  
CHINESE  
VETERINARY  
MEDICINE**

FUNDAMENTAL PRINCIPLES  
(2<sup>ND</sup> EDITION)



# TRADITIONAL CHINESE VETERINARY MEDICINE

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## **Authors**

Huisheng Xie, DVM, MS, PhD

Vanessa Preast, DVM, PhD

## **Coauthors**

Stacie Atria, DVM

Lauren Frank, DVM

Aituan Ma, MS, PhD

Carla Pasteur, DVM

Haleh Siahpolo, DVM, MS

Laura Austgen Smith, PhD, DVM

Lisa Trevisanello, DrMedVet

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Huisheng Xie, DVM, MS, PhD  
Vanessa Preast, DVM, PhD

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# PREFACE TO THE SECOND EDITION

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Our goal for this edition was to address our students' needs by making complicated TCVM concepts easier to understand. To do this, we reorganized and rewrote the material to make it more user-friendly. We added images, clinical cases and self-tests to help our readers learn better. The images and diagrams clarify the fundamental principles in TCVM. Clinical cases provide practice opportunities for readers to apply their knowledge to situations like those in practice. Self-test questions help the readers review the most important concepts in the chapters.

We would like to thank our students for their generous, kind and constructive feedback. Your contributions were extremely valuable as we created this volume. We have heard your concerns and have rewritten the text to make this important information more understandable. For example, many students struggled to comprehend the dense and complicated content in Chapter 8 from the first edition. To address students' concerns, we have separated this information into three chapters in the second edition: Primary Diagnostic Systems (Chapter 8), Diagnostic System for Channels and Lameness (Chapter 9), and Other Diagnostic Systems (Chapter 10).

We consolidated and removed some redundant information from this edition. First, we integrated relevant cases throughout the book to illustrate the concepts presented in each chapter rather than having an entire chapter dedicated to case examples. We expect that placing case examples adjacent to the content will help bring the content to life and help the learners make connections between the TCVM principles in the text and the patients that they will encounter in practice. Second, we removed the acupuncture point locations and the herbal medicine formulas. These were necessary when we published the first edition because there was little available information about veterinary acupuncture point locations and herbal medicine formulas. Now, high-quality information about

these topics is more widely available in the English-language TCVM literature and no longer needs to be included in this text. We refer students to resources such as *Xie's Veterinary Acupuncture*, *Xie's Chinese Veterinary Herbology*, and *Xie's Chinese Veterinary Herbal Handbook* if they require more information about these topics.

We sincerely appreciate the efforts of all the students, colleagues, families and friends who have helped to make this book possible. It has been an honor to help our students learn Traditional Chinese Veterinary Medicine so they can bring the gift of healing to their patients across the world. We hope that this improved text continues to be a valuable reference for veterinarians and veterinary students.

We would like to thank the team of coauthors, Drs. Stacie Atria, Lauren Frank, Aituan Ma, Carla Pasteur, Haleh Siahpolo, Laura Austgen Smith and Lisa Trevisanello for their knowledge and expertise. Without their contributions, this new edition would still be a work in progress.

Our special thanks also go to the peer reviewers Drs. Jessie Burgess and Ruth West, the proofreaders Jennifer Gallaher, Morgan Guoan, Fumiko Miyamoto, John Rand, Myles Rowley, Sandy Scarpinato, Samantha Schlemmer, Anita Weiss, Ashlen Lee and the team of design and layout Zhen Zhao and Jessica Bruegger. Your contributions help make this book a pleasure to read.

Finally, we would like to thank all colleagues, friends, clients and patients who have greatly contributed to the new edition. This book belongs to all of us.

March 1, 2013  
**HUI SHENG XIE**  
**VANESSA PREAST**



# PREFACE TO THE FIRST EDITION

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This volume, *Fundamental Principles*, is the first of four books which comprise the textbook *Traditional Chinese Veterinary Medicine*. As a collaborative work, it has developed into an update and expansion of the text *Traditional Chinese Veterinary Medicine* published in 1994 by Dr. Huisheng Xie. This volume intends to clarify the basic principles of Traditional Chinese Veterinary Medicine.

We have created this text for several reasons. First, Traditional Chinese Veterinary Medicine has been used to treat animals for thousands of years in China. Only in recent history have practices such as acupuncture and herbal therapy come into use in the Western world. The majority of the literature about these traditional techniques is written in Chinese and is inaccessible to most Westerners. Because of the paucity of texts in the English language regarding these techniques, we hope this text will fill some gaps in the current knowledge. This is especially true of the basic philosophies and principles of traditional medicine for which English-language information is quite deficient. For this reason, we dedicate the entire first volume to the underlying principles of Traditional Chinese Veterinary Medicine.

Second, we wish to create a book which would be a relevant, functional resource for veterinarians and students who wish to apply these principles. For this reason, we intend to present the material in a practical manner and to

illustrate these principles with case examples and questions at the end of the chapters. In addition, the final chapter of this book consists of numerous, lengthy case studies with descriptions and explanations of all the findings and treatments. It is our hope that this will promote understanding of how one may apply these principles to clinical cases.

Third, creating a new edition of *Traditional Chinese Veterinary Medicine* provided us an opportunity to clarify the text, to add additional detail, and to alter the appearance of the book. We hope that the diagrams and illustrations in this text will further enhance readers' understanding. Much of the new information in this book had not been available in the original edition. Readers familiar with the original edition will also note that we avoided detailed discussions of herbal formulas and acupuncture techniques in this book. These topics will be discussed in subsequent volumes.

We sincerely appreciate the efforts of all who have helped to make this book possible. Special thanks to Drs. Robert Spiegel and Bruce Ferguson for proofreading the manuscript and to Mr. Li Hongfan for coordinating with the press. Thanks also to family and friends for their patience, encouragement and support.

**HUI SHENG XIE**  
**VANESSA PREAST**





# ABOUT THE AUTHORS

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**Huisheng Xie** received his Doctor of Veterinary Medicine at the Sichuan College of Animal Science and Veterinary Medicine in Sichuan, China in 1983. Dr. Xie became an assistant and staff veterinarian in the College of Veterinary Medicine of the Beijing Agricultural University from 1983 to 1987. In 1988, he received his Master of Veterinary Science in Veterinary Acupuncture. From 1988 to 1994, he was an Assistant and Associate Professor in the Beijing Agricultural University College of Veterinary Medicine. In 1992, he also received advanced training in human acupuncture at the Beijing College of Traditional Chinese Medicine and the National Academy of Traditional Chinese Medicine. In 1999, he received his PhD from the University of Florida for his investigation of the mechanisms of pain control in horses using acupuncture. Currently, he serves as an associate professor of Acupuncture/Rehabilitation Service of College of Veterinary Medicine, the University of Florida. In 1998, Dr. Xie founded the Chi Institute in Reddick, Florida to train veterinarians in Traditional Chinese Veterinary Medicine including acupuncture, herbal medicine, *Tui-Na* and Food Therapy.

Dr. Xie's academic accomplishments in China include Achievement Awards from the Ministry of Agriculture, the National Science and Technology Committee and the Beijing Agricultural University. He has been invited to talk about veterinary acupuncture and herbal medicine all over the United States, Japan, Korea, Thailand, Mexico, Brazil,

Australia and Europe. He is also the author of 15 books and over 100 scientific papers. His English-language textbooks *Traditional Chinese Veterinary Medicine*, *Traditional Chinese Veterinary Medicine-Fundamental Principles* (first edition), *Xie's Veterinary Acupuncture* and *Xie's Veterinary Herbology* have been used for TCVM training programs in Asia including China and Japan, Australia, Europe, South America and the United States.

**Vanessa Preast** is an Instructional Design consultant and educational researcher. She received her DVM from the University of Florida in 2000. In 2001 she became certified in small animal acupuncture by the Chi Institute and incorporated acupuncture into her practice of small animal medicine and surgery. In 2012, she received her PhD in Education from Iowa State University. Dr. Preast's professional accomplishments include co-authoring and editing *Dr. Xie's Veterinary Acupuncture* and *Traditional Chinese Veterinary Medicine-Fundamental Principles* with Dr. Xie. She has designed online, face-to-face and hybrid learning experiences for a wide range of topics and audiences. She is passionate about helping adult learners experience high-quality learning experiences. Her research and practice focus on evaluating, developing, and improving college curricula, community-based training, and Team-Based Learning teaching methods. She currently teaches and conducts educational research at Iowa State University.



# NOTICE

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This book is written for use by veterinarians who practice Traditional Chinese Veterinary Medicine (TCVM). It is a guide to the general principles behind this medical system, and it is not intended to be a substitute for sound medical education. Veterinarians are strongly advised to seek a comprehensive TCVM training program before using acupuncture or herbal medicine. There are several certification programs in the United States that are available to veterinarians. Nonveterinarians are strongly cautioned against practicing medicine on animals, unless permitted by law. Untrained or inadequately-trained individuals are unable to accurately assess a patient's health status and make appropriate recommendations.

Traditional Chinese Veterinary Medicine, as with any other medical system, is an ever-changing field. In addition, much of the information in this book is based on clinical observations, as opposed to controlled studies. The publisher, editor, and authors make no warrant as to results of acupuncture or other treatments described in this book. Medical practitioners should be aware of the standard safety precautions and make appropriate changes in

therapies as new research becomes available and as clinical experience grows. Any person administering medical therapy is responsible for using his or her professional skill and experience to determine the best treatment for the patient and to assure that the benefits of this treatment justifies the associated risk. Thus, the information within this book should not be construed as specific instructions for individual patients, and readers should use clinical judgment in deciding when and if the acupuncture procedures described should be applied. The authors cannot be responsible for misuse or misapplication of the material in this work.

While every effort has been made to ensure the accuracy of information contained herein, the publisher, editor, and authors are not legally responsible for errors or omissions. Readers are advised to check the product information currently provided by the manufacturer of each drug or formula to be administered to be certain that changes have not been made in the recommended dose or in the contraindications for administration.



# INTRODUCTION

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*Knowing others is wisdom;  
Knowing the self is enlightenment.  
Mastering others requires force;  
Mastering the self needs strength.*

*He who knows he has enough is rich.  
Perseverance is a sign of will power.  
He who stays where he is endures.  
To die but not to perish is to be eternally present.*

– Lao Zi, “Thirty-Three” of *Dao De Jing*

Traditional Chinese Veterinary Medicine (TCVM), although relatively new to the Western world, is a medical system that has been used to treat animals in China for thousands of years. This system developed as prehistoric people tried to understand domestic animal disease and each subsequent generation has added their knowledge and discoveries to those of the previous generation up through present day. As such, TCVM continues to change and grow as new information is incorporated into the system. Thus, even though many of the therapeutic techniques were developed through the trials and observations of ancient Chinese people, TCVM is not immune to adaptations from other cultures and to advances in technology. For example, ancient Chinese techniques are combined with modern medical practice through the use of sterile, single-use filiform acupuncture needles, hypodermic needles with syringes, electrical current or laser-light to stimulate acupoints. The scientific research of recent history has also added to the ever-growing understanding of this medical system.

Today, the practice of TCVM in the Western world differs from its Chinese origins. First, most of the acupoints and Meridian lines used by Western veterinarians are transposed from humans. The ancient texts describing many of the classical Meridian lines and charts in animals were lost long ago; however, some ancient books describing the acupoint locations were preserved and are still used today. This has inspired some discussion about the actual location of the Meridian lines and points in species with fewer digits or more ribs than humans. The energetic significance of some of these points is also called into question when one considers a human biped compared to a quadruped animal that has all four limbs touching the

ground. Second, veterinary acupuncture in China was primarily used for agriculturally important species such as cattle, pigs and horses. In Western society, dogs, cats and birds have great significance as companions, so the understanding of acupuncture in these species has grown greatly in recent history. Third, many of the ancient techniques have been modified to fit Western perceptions and medical practice. For example, the needles commonly used today are very thin, solid and sterile. The traditional tools were large, non-sterile needles of various shapes and sizes. Last, Western practitioners may combine TCVM with a variety of other medical techniques such as chiropractics, Western herbal medicine and homeopathy. These modifications are not inherently good or bad but are merely part of the system’s continued development.

Traditional Chinese Veterinary Medicine may initially be quite foreign to Western-trained minds. To some, it may seem that the principles of TCVM and Western Veterinary Medicine (WVM) are separated by a great abyss. Bridging that gulf is largely an individual mental process, but readers of this text have already made the first steps towards understanding through their interest and willingness to accept new ideas.

These medical systems are not mutually exclusive. Each has aspects that place them on opposite ends of the spectrum, but there is a large area of overlap between them. This common ground provides some familiarity for those new to TCVM concepts. It does, however, make accurate simplification and categorization of the systems difficult for teaching purposes. Bearing this in mind, realize that the complexities of medical systems are learned

through experience, and this text provides only a framework to build upon.

Learning TCVM requires a shift in perspective. In general, Western medicine believes in control while traditional Chinese medicine believes in balance; WVM is more mechanistic while TCVM is more energetic. Western medical practitioners are very familiar with analyzing a disease process to discover its specific, fundamental, physical cause whether this is an infectious agent, an enzymatic defect or a toxic insult. By fully understanding the functions of the physical body all the way down to a cellular or molecular level, one can target the abnormality and better control the disease process. On the other hand, TCVM practitioners recognize disease as an imbalance in the body. They understand that the body is an integrated, energetic structure, and that disturbance of energy flow creates disease in the whole organism. When a disease Pattern is identified, one can restore balance and health by helping the body regulate itself.

Both systems rely on medical history and physical examination to make a diagnosis or identify a Pattern. Western medicine adds in diagnostic tests such as bloodwork or radiographs. The diagnostic tests of TCVM include palpation of the pulse and the *shu* points. In both cases, an experienced clinician interprets the findings and chooses an appropriate therapeutic regimen. A Western veterinarian may recommend surgery or reach for antibiotics, steroids or other pharmaceuticals. A TCVM

practitioner may recommend herbs, acupuncture or special management practices as therapy.

Generally, the goals of TCVM and WVM are the same; both hope to promote health and to prevent disease. They are merely two different ways of viewing the world, and each system has its own strengths and weaknesses. Western medicine deals well with acute diseases and has advanced surgical techniques. TCVM can be beneficial for chronic diseases, especially those that Western medicine can only control but not cure. Due to the more individual nature of TCVM, Western medicine can better handle herd health problems. Although Western veterinarians promote disease prevention through yearly physical exams and vaccines, TCVM is very beneficial for identification of potential problems and preventing disease through dietary modification or preventative therapies. In addition, when veterinarians practice traditional Chinese medical techniques such as *Tai Qi Quan* or *Qi Gong*, they are able to remain centered and to better assist their patients. The therapeutics of TCVM can avoid some of the deleterious side effects of the Western drugs, but the Western drugs act much more quickly. Thus, through integration of the two systems, one may take advantage of the strengths of each while minimizing the weaknesses. Practitioners who are able to bridge the mental gap between Eastern and Western medicine may find that this combination brings better results than either one alone.

## CHAPTER ONE

# YIN AND YANG 陰陽

HUI SHENG XIE DVM MS PHD, VANESSA PREAST DVM PHD

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*Under heaven all can see beauty as beauty only because there is ugliness.  
All can know good as good only because there is evil.  
Therefore having and not having arise together;  
Difficult and easy complement each other;  
Long and short contrast each other;  
High and low rest upon each other;  
Voice and sound harmonize each other;  
Front and back follow one another.*

– Lao Zi, *Dao De Jing*<sup>1</sup>

The *Yin-Yang* and Five Elements systems are two philosophical views developed in ancient China to explain and interpret natural phenomena. The earliest known reference to *Yin* and *Yang* dates back to about 700 B.C.E. when *Yi Jing (Book of Changes)* represented *Yin* as a broken line (— —) and *Yang* as a solid line (—).<sup>2</sup> The book contained sixty-four figures constructed from six *Yin* or *Yang* lines, and these hexagrams symbolized all possible phenomena in the universe. The *Yin-Yang* and Five Elements systems remain the conceptual foundation for Traditional Chinese Medicine (TCM) and Traditional Chinese Veterinary Medicine (TCVM) through the present day.<sup>3-4</sup>

## Introduction to *Yin-Yang*

Notice how the park fills with activity on a warm, bright, sunny day; yet, the same location is much quieter on the cold, cloudy, rainy day (Figure 1-1). The ancient Chinese people observed this duality in the universe. Everything could be described as a relationship between polar opposites such as hot and cold, light and dark, or active and quiet. All conceivable concepts and entities are composed of two opposing, yet complementary aspects called *Yang* and *Yin*. It is the comparison between opposites which creates the meaning for each side. For example, how do we recognize dark without light, or differentiate heat without cold? This idea is simultaneously extremely simple and staggeringly complex.

*Yin* and *Yang* are opposite sides of the same coin. They are inseparable, just as cutting a bar magnet merely produces smaller pieces, each with North and South poles. Any *Yin* or *Yang* aspect can be further broken down into other *Yin* and *Yang* qualities. Summer is the opposite of winter, yet summer still has nighttime and daytime, warmer or cooler days, and wet or dry days.

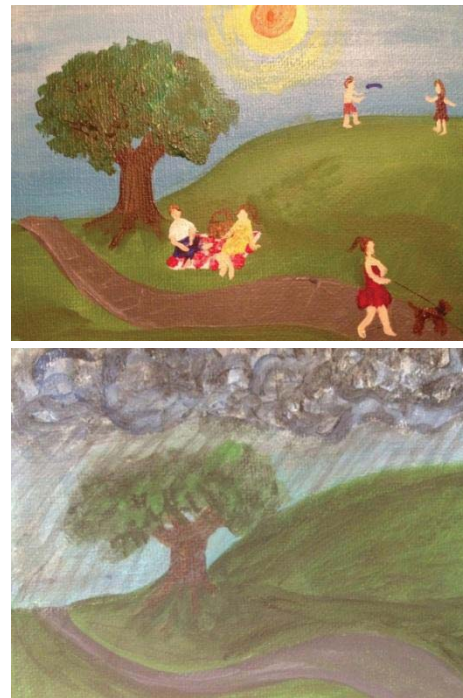


Figure 1-1: Comparison of *Yang* and *Yin*

## Origin of Yin-Yang



Figure 1-2: Yin and Yang characters

The Chinese characters 陰 and 陽 represent *Yin* and *Yang* respectively. Breaking down these characters into their component parts reveals the original meaning of *Yin* and *Yang*. The shape 阝 which represents a hill can be seen on the left side within both characters. On the right side of *Yin*, the shape 隹 is formed by joining 令 and 云. The character 令 refers to cold and resembles an umbrella in the rain. The character 云 refers to clouds and overcast skies. When these parts are combined, the character for *Yin* represents the dark, cool side of a hill (Figure 1-2). On the other hand, the right side of the *Yang* character includes the shape 易, which is formed by joining 日 and 勿. The character 日 refers to sun and light, and the character 勿 refers to rays of light. Thus, the character for *Yang* represents the sunny and warm side of the hill (Figure 1-2). Figure 1-3 summarizes the Chinese characters and their meaning of *Yang* and *Yin*.

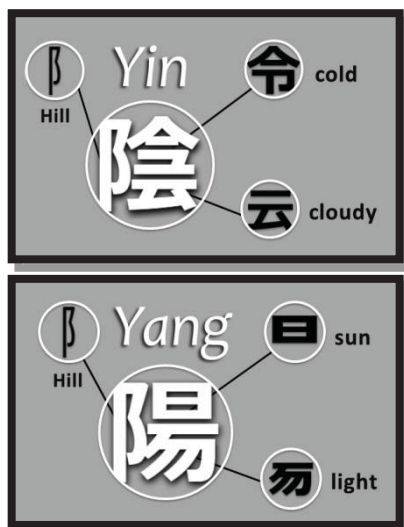


Figure 1-3: Meaning of the Chinese characters for *Yin* and *Yang*

## Yin-Yang Theory

Expanding beyond comparing the dark and light sides of a mountain, we can utilize *Yin* and *Yang* to analyze the relationship between all natural events, including health and disease. *Su Wen (Plain Questions)* states that "*Yin* and *Yang* are the laws of heaven and earth, the great framework of everything, the parents of change, the root and beginning of life and death."<sup>5</sup> The *Yin* and *Yang* conceptual framework gives us the power to identify the cause of disease and influence the outcomes by selecting appropriate treatments.

Just as the *Yang* side of the mountain is bright and warm, all worldly phenomenon associated with heat, brightness, sunshine, activity, strength, and upward or outward movement (the direction warm air moves) are *Yang* (陽). Similarly, cold, darkness, cloudiness, passivity, weakness, and downward movement (the direction rain falls) are *Yin* (陰). Using these differences as a guide, most any concept, physical characteristic or event, can be categorized as *Yin* or *Yang* (Figures 1-4, 1-5 and Table 1-1). *Yin-Yang* theory extends into TCVM diagnosis and treatment when practitioners classify clinical signs, patient characteristics, herbs, food, and acupuncture points as *Yin* or *Yang*.

When determining what TCVM diagnoses and treatments are *Yin* and *Yang*, a practitioner logically extends the basic *Yin-Yang* characteristics relating to temperature, activity level and direction to their observations of the patient. For example, *Yin-Yang* theory applied to a patient's anatomy divides the body into *Yin* and *Yang* portions. A dog's back, being the uppermost part of its body, is *Yang* because this is where light hits. But the ventral portion is *Yin* because it is in shadow. The front limbs are *Yang*, and the rear limbs are *Yin*. The skin, as the exterior surface, is *Yang*, but the internal organs are *Yin* because they are inside the body. Applying *Yin-Yang* theory to disease conditions divides

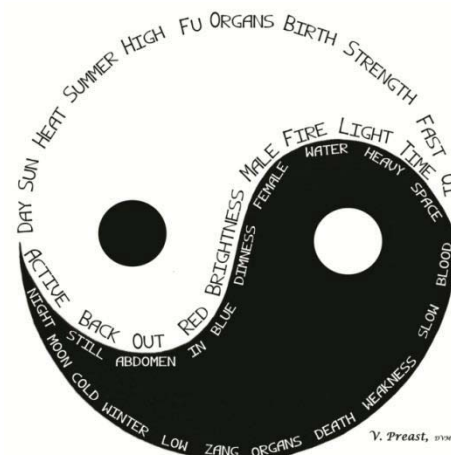


Figure 1-4: A pictorial view of the *Yin-Yang* aspects of phenomenon



symptoms based on their characteristics. A weak patient is too *Yin*, but a hyperactive patient is too *Yang*. A heatstroke or a fever is *Yang*, and hypothermia or frostbite is *Yin*. Treatments which increase energy (tonification) or warmth are *Yang*, and treatments which decrease energy (sedation) or cool the patient are *Yin*. In some cases, the connections between TCVM and *Yin-Yang* might be less obvious. The categorizations are based on a traditional Chinese worldview which utilizes concepts and logic unfamiliar to mainstream Western culture. For example, TCVM classifies hollow internal organs such as intestines (*Fu* organs) as *Yang* and solid internal organs such as spleen (*Zang* organs) as *Yin*, but these *Zang* and *Fu* organs do not necessarily correspond to observable anatomical structures. Thus, practitioners used to thinking in modern Western medical terms may have difficulty logically deducing the *Yin-Yang* classification of a diagnosis or treatment. The practitioner may need to commit some TCVM associations to memory and then attempt to rationalize the *Yin-Yang* categories from a traditional Chinese perspective. For example, a practitioner may not understand why TCVM says pungent herbs are *Yang* while salty herbs are *Yin*. However, the practitioner, knowing these associations, can test the herbal treatments to determine if they are *Yin* or *Yang*.

Observing the world, we notice that similar phenomena are rarely exactly the same. In a pair of identical twins, one brother is thinner and the other is slightly fatter.

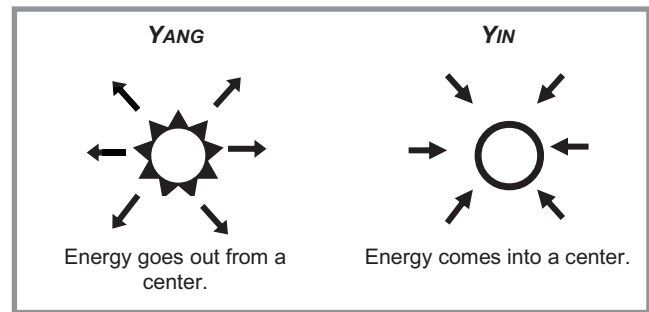


Figure 1-5: The energy relationship with *Yin* and *Yang*

We notice that our dominant hand tends to be stronger and more dexterous than the other. Distinctions arise even within a single phenomenon, including a single organism or season. A dog may have injured a front leg which makes that leg weaker than the other leg. On average, an Iowa winter is much colder than summer, but the winter temperatures can also alternate between cold and extremely cold depending on the day or the year. Relatively speaking, a winter day that is 30°F is warmer than a 10°F day. In this way, *Yin* and *Yang* represent not only two separate phenomena with opposing natures, but also two different and opposite aspects within the same phenomenon. *Yin* and *Yang* are tools to categorize these distinctions between similar phenomena and within a single phenomenon. Table 1-1 lists some common properties of *Yin* and *Yang* which allow all related phenomena in the natural world to be associated with *Yin* and *Yang*.



Tai Ji (太極)

The symbol above is traditionally used to represent the continuous interchange between the two alternate poles, *Yin* and *Yang*. The circle can represent the universe divided equally into *Yin* (black) and *Yang* (white). The division is not straight; but rather, *Yin* and *Yang* merge and continuously cycle with each other. Each controls and transforms into the other while carefully maintaining balance. The small circles within *Yin* and *Yang* represent the seeds of *Yang* within *Yin* and *Yin* within *Yang*. *Yin* and *Yang* compose and divide all things; yet, they cycle unceasingly in a state of eternal transformation. The fluidity between *Yin* and *Yang* is evident at dawn and dusk when the night merges into day and the day becomes night. *Yang* becomes *Yin* and returns to *Yang* in an endless cycle of transformation and generation.

*Yin* within *Yang* =



*Yang* within *Yin* =



Table 1-1: *Yin or Yang properties of associated phenomena*

<i>Yang</i>	<i>Yin</i>	<b>Explanation</b>
<b>Day</b>	<b>Night</b>	The brightest time within a 24 hour period is <i>Yang</i> and the darkest part is <i>Yin</i> .
<b>Sun</b>	<b>Moon</b>	The daytime heavenly body emits energy, bright light, and warmth, so it is <i>Yang</i> . The nighttime heavenly body is dim, so it is <i>Yin</i> .
<b>Brightness, light</b>	<b>Dimness, dark</b>	Brightness and light that occur during the daytime feel warmer and more energetic, so they are <i>Yang</i> . Dimness and dark that occur during the night feel cooler and less energetic, so they are <i>Yin</i> .
<b>Movement, activity</b>	<b>Stillness, rest</b>	There are more movements and activities during the daytime, so they are <i>Yang</i> . It becomes quiet and still during the night, so stillness and rest are <i>Yin</i> .
<b>Hot</b>	<b>Cold</b>	Higher temperatures are more energetic and usually occur during the day and in summer, so they are <i>Yang</i> . Lower temperatures are less energetic and occur at night, in winter and on rainy days, so they are <i>Yin</i> .
<b>Summer</b>	<b>Winter</b>	The hot season is <i>Yang</i> . The cold season is <i>Yin</i> .
<b>Red, yellow, white</b>	<b>Blue, purple, black</b>	Bright colors and white light are <i>Yang</i> . Dark or dim colors are <i>Yin</i> .
<b>Light</b>	<b>Heavy</b>	A person moves a lighter weight more quickly than a heavier one, so the former is <i>Yang</i> and the latter is <i>Yin</i> .
<b>Fire</b>	<b>Water</b>	Fire emits bright light and heat, so it is <i>Yang</i> . Water is cold, heavy, and absorbs heat, so it is <i>Yin</i> .
<b>Fast</b>	<b>Slow</b>	Fast-moving people generate more energy than those who move slowly. Thus, fast belongs to <i>Yang</i> while slow belongs to <i>Yin</i> .
<b>Exterior, outside</b>	<b>Interior, inside</b>	The exterior of the body or entity is exposed to more sunlight than the interior. Thus, the exterior and outside are <i>Yang</i> while the interior and inside are <i>Yin</i> .
<b>Dorsal, back</b>	<b>Ventral, abdomen</b>	When animals stand, their back faces the sun and is warm while their chest and abdomen face the cool earth. Thus, dorsal and the back are <i>Yang</i> while ventral and the abdomen are <i>Yin</i> .
<b>Anterior, head</b>	<b>Posterior, tail</b>	The head moves more frequently and/or is often toward the warm sun, while the tail moves less frequently and/or is closer to the cool earth. Thus, the head is <i>Yang</i> while the tail is <i>Yin</i> .
<b>Sympathetic</b>	<b>Parasympathetic</b>	The sympathetic nervous system works dominantly during daytime and activity, while the parasympathetic works dominantly during the night and rest. Thus, sympathetic is <i>Yang</i> while parasympathetic is <i>Yin</i> .
<b>Birth</b>	<b>Death</b>	Birth begins activity, so it is <i>Yang</i> . Death ends activity, so it is <i>Yin</i> .
<b>Expansion, outward</b>	<b>Contraction, inward</b>	The tendency toward the light and outside is <i>Yang</i> while the tendency toward the dark and inside is <i>Yin</i> .
<b>Ascent, upward</b>	<b>Descent, downward</b>	Ascension and upward movement toward the warm sun is <i>Yang</i> while descension and downward movement toward the cool earth is <i>Yin</i> .
<b>Forward</b>	<b>Backward</b>	A forward motion tends to be faster than a backward one. Therefore, forward is <i>Yang</i> and backward is <i>Yin</i> .
<b>Strength</b>	<b>Weakness</b>	Animals with strength have much more energy than the ones with weakness. Strength is associated with <i>Yang</i> , and weakness is associated with <i>Yin</i> .

**Table 1-1: Yin or Yang properties of associated phenomena (continued)**

<b>Heaven (sky)</b>	<b>Earth</b>	The sky contains the bright, warm sun, so it is <i>Yang</i> . The Earth absorbs the light and energy, so it is <i>Yin</i> .
<b>Male</b>	<b>Female</b>	The sex which is generally larger, more active, and more aggressive is <i>Yang</i> . The sex which tends to be smaller and less aggressive is <i>Yin</i> .
<b>Round</b>	<b>Flat</b>	A round entity moves much faster than a flat one. Therefore, roundness is <i>Yang</i> and flatness is <i>Yin</i> .
<b>East</b>	<b>West</b>	The sun's appearance in the east brings light, so it is <i>Yang</i> . The sun's disappearance in the west brings darkness, so it is <i>Yin</i> .
<b>South</b>	<b>North</b>	According to TCVM: "Wood is in the East. Fire is in the South. Water is in the North." The South's association with the Fire element makes it <i>Yang</i> . Association with Water makes North <i>Yin</i> .
<b>Function</b>	<b>Structure</b>	Function is energetic and active while structure is solid and still. Therefore, function is <i>Yang</i> and structure is <i>Yin</i> .
<b>Qi</b>	<b>Blood</b>	<i>Qi</i> is energetic while Blood is structural. Energy and <i>Qi</i> are associated with <i>Yang</i> , while Blood is associated with <i>Yin</i> .
<b>Fu Organs</b>	<b>Zang Organs</b>	<i>Fu</i> organs are hollow and their contents move fast or are supposed to be eliminated outside the body; <i>Zang</i> organs are solid and their contents move slowly or are supposed to be stored within the body.
Large Intestine, LI	Lung, LU	
Bladder, BL	Kidney, KID	
Gallbladder, GB	Liver, LIV	
Stomach, ST	Spleen, SP	
Small Intestine, SI	Heart, HT	
Triple Heater, TH	Pericardium, PC	

## Five Principles of Yin-Yang

### 1. EVERYTHING IN THE UNIVERSE HAS TWO OPPOSITE ASPECTS: *YIN* AND *YANG*

Categorizing phenomena into *Yin* and *Yang* categories requires two steps. The first step is identifying relevant opposites. The second step involves comparing those opposites to *Yin* and *Yang* characteristics.

Given a phenomenon, one must determine the most important parameter which will be the basis of comparison. Given the word "sound," an important parameter might be volume. In that case, there are various pairs which could illustrate the opposite extremes of volume. The pair "loud" versus "quiet" illustrates that distinction directly; but, a pair such as "stereo speaker" versus "earplugs" can indirectly capture the same idea, since one produces sound and the other muffles it. A comparison is relevant when a word pair shares a common, meaningful parameter and represents the extremes of that parameter. For that reason, a comparison of "stereo speaker" and "strawberry" are difficult to justify as opposites. Yet, the words "fish" and "bird" could represent relevant opposites because they differ along an important parameter, namely the medium in

which they live (birds in the air, fish in the sea). In this way, we can determine the opposite aspects for anything in the universe. The word pairs below are all opposites because their meaning is reversed along one or more relevant parameters.

Opposite Word Pairs		Parameter	
Sunny	● — ●	Rainy	Precipitation
Tall	● — ●	Short	Height
South	● — ●	North	Latitude, relative direction
Left	● — ●	Right	Relative direction

Considering each pair along the relevant parameter, compare each word with the *Yin* and *Yang* characteristics to determine whether the word is more *Yin* or *Yang*. If a word in the pair shares characteristics with *Yang*, then that word is probably *Yang* and the other word in the pair is probably *Yin*. A "sunny" day is *Yang* because it closely

matches *Yang* characteristics of warmth and brightness. On “rainy” days, pedestrians feel wet and cold, which are *Yin* characteristics.

A “tall” object is *Yang* because it can reach further into the sky where the warm, bright sun resides, so a tall object shares the characteristic of warmth with *Yang*. A “short” object is *Yin* because it remains closer to the cool earth, so short objects share the characteristic of cold with *Yin*.

Strictly speaking, it is wrong to say that something is always *Yang* or always *Yin* because *Yin* and *Yang* are relative. Thus, assigning *Yin* or *Yang* to a particular component depends on the internal and external contextual rules influencing each pair of opposites. It is only possible to assign *Yin* or *Yang* to “winter day” once it has been paired with an appropriate opposite; having an opposite establishes the internal context. When “winter day” is paired with “summer day”, the internal context establishes that the former is *Yin* and the latter is *Yang*. Yet, if we paired “winter day” with “winter night,” then there is a new internal context such that the former is now *Yang* compared to its more *Yin* partner.

External context is the frame of reference in which the pair occurs. For example, the default perspective for TCVM is from the northern hemisphere because people who originally categorized *Yin* and *Yang* phenomena lived in central China 3,000 years ago. Their particular viewpoint influenced their observations and their conclusions. Chinese buildings constructed according to *Feng-shui* principles had the most auspicious alignment when they faced south. Arranged this way, the south (front) and east (left) sides of the building were most warm because they received the most sunlight. The north (back) and west (right) sides frequently remained in shadows and were colder. Thus, “left” and “south” are *Yang*, and “right” and “north” are *Yin*. Yet, the perspective from the southern hemisphere is reversed because the sun is mostly in the northern sky, so north-facing buildings are warmer in the north and east (right). Below the equator, “north” and “right” are *Yang*, and “south” and “left” are *Yin*.

## 2. ANY *YIN-YANG* DIVISION CAN BE FURTHER DIVIDED INTO *YIN* AND *YANG* ASPECTS

*Yin* and *Yang* phenomena can always be broken down further into components which also have *Yin* and *Yang* features. *Yin* and *Yang* can never be separated because nothing is totally *Yin* or totally *Yang*. Notice in Figure 1-6 that everything above the dotted line is brighter than everything below the line; everything above the line is

*Yang* compared to the *Yin* objects below. The brighter (*Yang*) half of the bar in part A is divided from the darker (*Yin*) half to form the two smaller bars in part B. Each resulting bar has a brighter (*Yang*) and darker (*Yin*) end; but, the lower bar, which originated from the *Yin* side, is darker than the upper bar, which originated from the *Yang* side. Thus, the lower bar is more *Yin* than the upper bar; so, the upper bar is the *Yang* bar, and the lower is the *Yin* bar. These *Yang* and *Yin* bars can be further divided into their brighter (*Yang*) and darker (*Yin*) halves. As demonstrated by part C in Figure 1-6, the brighter portion of the *Yang* bar produces two squares which are brighter than both squares produced from the *Yin* bar. The brightest square is *Yang* within *Yang* because it originated from the brightest part of the *Yang* bar, which itself was the brightest part of the original bar. The darkest square is *Yin* within *Yin* because it originated from the darkest (most *Yin*) portions of the parent components. The *Yang* within *Yin* square is darker than the *Yin* within *Yang* square because the former originated from the brighter portion of the *Yin* bar while the latter originated from the darker portion of the *Yang* bar.

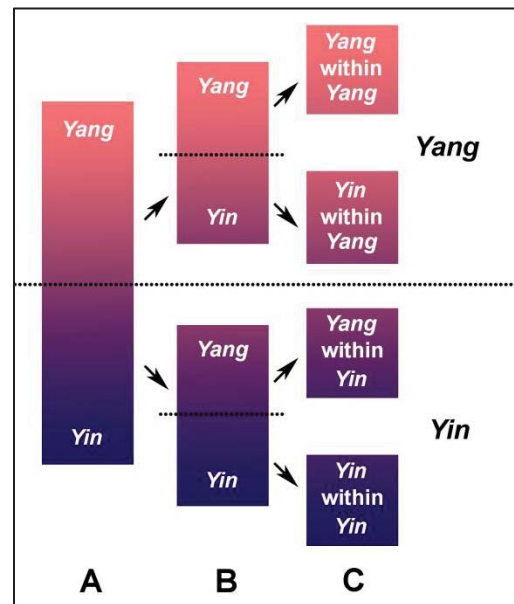
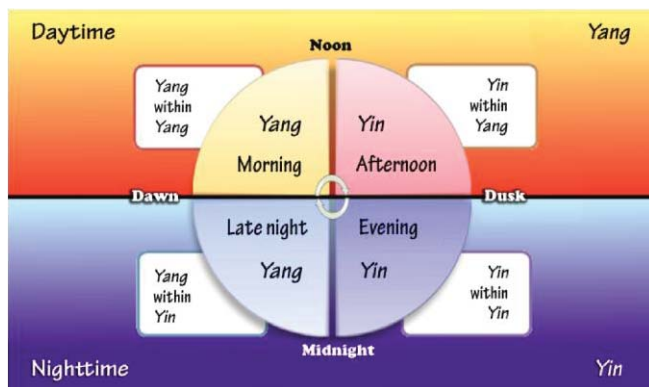


Figure 1-6: *Yin* and *Yang* within *Yin* and *Yang*

Human anatomy is one example of this principle. The back of a person’s body is *Yang* and the front is *Yin*. The person’s head is *Yang* and the feet are *Yin*. These classifications arose when the ancient Chinese watched the farmers bent over their fields. As he worked, a farmer’s back faced the sun and was warm, but his front side faced the cool earth. When he stood upright, his head was closer to the sun than his feet. When these two aspects are considered together, a person’s upper back is *Yang* (towards the head) within *Yang* (the entire back). The

lower back is *Yin* (towards the feet) within *Yang* (the entire back). Along the front side, his chest is *Yang* (towards the head) within *Yin* (front of the body) while his abdomen is *Yin* (towards the feet) within *Yin* (front of the body). This is similar in non-human species. A dog's anterior back is *Yang* within *Yang*; the posterior back is *Yin* within *Yang*. The ventral thorax is *Yang* within *Yin*, and the ventral abdomen is *Yin* within *Yin*.

A more cyclical example of this principle occurs within every 24 hour period. As day turns to night and back to day, *Yang* and *Yin* alternate in an endless daily cycle (Figure 1-7). Daytime is the *Yang* period when there is warm energy, and nighttime is the *Yin* period with cooling energy. When a new day is born at dawn, the *Yang* (warm energy) gradually increases to a peak at noon and then gradually decreases until sunset. Since the *Yang* energy increases in the morning and decreases in the afternoon, the morning is *Yang* (increasing warm energy) within *Yang* (the daytime) and the afternoon is *Yin* (waning warm energy) within *Yang* (the daytime). Beginning at dusk, the *Yin* (cooling energy) increases until it peaks at midnight then gradually weakens until sunrise. Since the *Yin* energy increases in first half of the night and decreases in the second half of the night, the evening is *Yin* (increasing cool energy) within *Yin* (the nighttime) and late night is *Yang* (waning cool energy) within *Yin* (the nighttime).



**Figure 1-7: The energy patterns within a 24-hour period**

### 3. *YIN* AND *YANG* CONTROL EACH OTHER

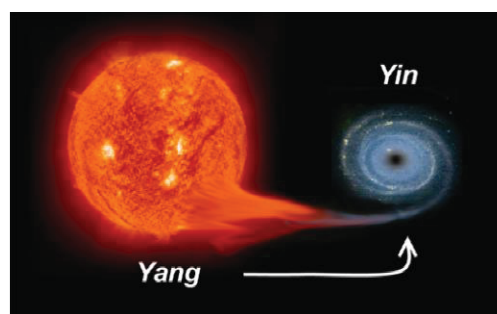
The opposing natures of *Yin* and *Yang* allow them to control or modulate each other. Consider the opposites Heat (*Yang*) and Cold (*Yin*). On a hot summer day, a person may turn on the air conditioning in order to cool a hot room (add *Yin* to *Yang* to dispel the heat). On a cold day, a person may light a fire in the stove (add *Yang* to *Yin* to dispel the cold). While *Yin* and *Yang* oppose each other,

the phenomenon remains somewhere between the extremes of *Yin* and *Yang*. This activity is critical for maintaining physiological balance within a healthy body. The *Yin* or *Yang* aspects oppose each other and restrict each other from becoming too powerful.

### 4. *YIN* AND *YANG* MUTUALLY CREATE EACH OTHER

*Yin* and *Yang* cannot exist in isolation. There is no *Yang* without *Yin*, and no *Yin* without *Yang*. Each derives its meaning by its opposition with the other in the same way that "inside" (*Yin*) has no meaning unless there is an "outside" (*Yang*). There is no meaning for Cold (*Yin*) without Heat (*Yang*). Moreover, *Yin* and *Yang* co-exist in a continuous, dynamic state of mutual consumption and generation called "the Ebb-Rise relation" in which one rises while the other declines.

Under normal conditions, the Ebb-Rise relation of *Yin* and *Yang* is in a state of relative balance, which is maintained by continuous adjustment of the relative *Yin* and *Yang* levels. *Yin* or *Yang* provides the raw materials consumed as the other builds upon itself (Figure 1-8). This occurs during the body's metabolic processes. The "consumption of *Yang* leading to increased *Yin*" is an anabolic process involving the expenditure of energy (*Yang*) to synthesize nutrients (*Yin*). During gluconeogenesis, the body utilizes energy as it creates glycogen; *Yang* is consumed to produce *Yin*. Conversely, the "consumption of *Yin* leading to increased *Yang*" is a catabolic process occurring when nutrients (*Yin*) supply the body's function (*Yang*). When an animal's body uses the stored glycogen to provide energy for running, *Yin* is consumed to produce *Yang*.



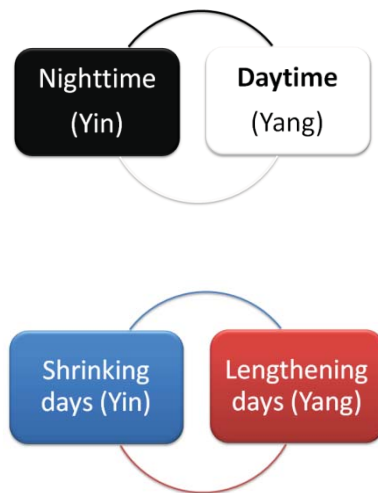
**Figure 1-8: Consumption of *Yang* to form *Yin***

If this relationship goes beyond normal physiological limits, the relative balance of *Yin* and *Yang* will not be maintained, and disease develops. A Deficiency or Excess within *Yin* or *Yang* can lead to an imbalance in the other. For example, if *Yang* is Deficient, there is insufficient *Yang* to spare for making nutrients, so *Yin* will also become Deficient. Similarly, a Deficiency of *Yin* could

eventually result in *Yang* Deficiency since there will not be enough nutrients to turn into energy.

### 5. *YIN* AND *YANG* MAY TRANSFORM INTO EACH OTHER IN CERTAIN CIRCUMSTANCES

Under certain circumstances, *Yin* may transform into *Yang* and *Yang* may transform into *Yin*. This change only occurs at a certain stage of development within the phenomenon. Transition points mark the shift between *Yang* and *Yin*. Several such shifts are evident in our yearly and daily cycles. The solstice occurs twice each year when the sun reaches its greatest distance from the equator, marking the shortest and longest days of the year. Between these extremes, the days are either growing longer (*Yang*) or shrinking (*Yin*). Similarly, the day (*Yang*) transitions into night (*Yin*) at dusk, and night (*Yin*) transforms into day (*Yang*) at dawn.



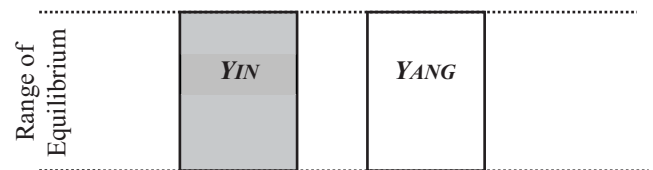
This principle can also be seen in medicine. For example, a patient with a febrile disease may experience *Yang* transforming into *Yin*. Extreme Heat consumes and damages the *Yang-Qi*. After a persistent high fever, severe Cold (*Yin*) symptoms may appear. Timely emergency treatment can resuscitate the *Yang-Qi*, and the Cold symptoms should disappear.

## Clinical Application of the *Yin-Yang* Theory

### NORMAL PHYSIOLOGY

A healthy body requires both form and function working harmoniously. The physical components of the body,

including cells, molecules, fluids and various substances correspond to *Yin*; the function, activity and energy of various bodily components relate to *Yang*. Within the healthy body, *Yin* and *Yang* keep each other in balance through mutual opposition, control and creation. When *Yin* and *Yang* are out of balance, they cannot protect the body from invasion by pathogenic factors such as bacteria and viruses, and disease results. A TCVM practitioner treats disease by returning the body to a balanced, harmonious state between *Yin* and *Yang*.



**Figure 1-9: *Yin* and *Yang* in the normal (balanced) state**

Furthermore, the body must maintain balance on three levels. First, the body must remain in balance with the external elements or environmental forces. For instance, it is important to know how well “Newton,” a castrated male Himalayan cat, is able to adjust to the hot, humid weather in his south Florida home. Second, the body is influenced by the emotional or social balance between individuals in contact with each other. Thus, the TCVM practitioner would want to know how well Newton gets along with the owner and the other household pets. Third, the body must maintain balance among its own internal processes. For this reason, a TCVM practitioner may inquire about the physical and social environment in addition to identifying what internal organ systems are affected.

## DIAGNOSIS AND TREATMENT PRINCIPLES

To remain healthy, the body must maintain a relative balance between *Yin* and *Yang* within a certain range of equilibrium. *Yin-Yang* imbalance results in disease. For that reason, *Yin-Yang* principles are the basis for the Eight Principles diagnostic system, which is used to diagnose disease. The Eight Principles system associates Interior, Cold and Deficiency Patterns with *Yin* and associates Exterior, Heat and Excess Patterns with *Yang*. Knowing the *Yin* and *Yang* Patterns, a TCVM practitioner can determine the correct diagnosis for any disease, regardless of its complexity or the variability in the clinical signs.

The first step to diagnosis is identifying whether the patient is characterized as Excess or Deficient. This is determined by the age, chronicity of the disease and other clinical signs. Young, active, strong patients with acute disease

indicate Excess. Older, weaker patients with chronic disease relate to Deficiency. The next step is to assign *Yin* or *Yang* based on the heat or cold signs. *Yin* or *Yang* for an Excess patient directly corresponds to the cold or heat signs. An Excess patient showing heat signs is *Yang* Excess, and an Excess patient showing cold signs is *Yin* Excess. However, *Yin* and *Yang* for Deficient patients is reversed from their heat or cold signs. A Deficient patient with cold signs is *Yang* Deficiency, and a Deficient patient with heat signs is *Yin* Deficiency.

A TCVM practitioner returns *Yin* and *Yang* to their normal, balanced state by selecting treatments which can adjust *Yin* and *Yang* in the desired way. The treatment is based on the diagnosis. If a disease is caused by excessive amounts of *Yin* or *Yang*, the basic treatment principle is to dispel (remove) the Excess. If a disease is caused by inadequate amounts of *Yin* or *Yang*, the treatment is to tonify (nourish and reinforce) the Deficient *Yin* or *Yang*. Treatments, such as herbs and acupuncture points (acupoints), have unique properties which can affect *Yin* and *Yang* according to the *Yin-Yang* principles. For instance, herbs with Cold properties (such as Mint *Bo He*) will dispel (clear) the extra Heat in an Excessive Heat Pattern. *Yin*-enhancing herbs would add more *Yin* to the *Yin-Yang* relationship, thus correcting a Deficient *Yin* Pattern.

The *Yin-Yang* properties of herbal treatments are determined by their taste. If the herb is pungent, or Hot, it is associated with *Yang*. If the herb is salty, or Cold, it is associated with *Yin*. The *Yang* herbs can treat coldness (*Yin* Excess diseases). For example, the hot (spicy) herb dry ginger *Gan Jiang* is a *Yang* herbal medicine which is commonly used to treat stomach coldness (such as abdominal pain, vomiting, and abdominal discomfort). The *Yin* herbal medicines are used for treating Heat (*Yang* Excess diseases). For example, the cold herb, Coptis *Huang Lian* is a *Yin* herbal medicine which is commonly used for Large Intestine Heat conditions (such as bloody diarrhea or inflammatory bowel disease).

Acupoints including GV-14, LI-4 and LI-11 can dispel Heat and are often used for *Yang* Excess (Heat). GV-3 and GV-4 can warm the *Yang* and dispel coldness and are often used for *Yin* Excess (Cold).

## PATHOLOGICAL STATES

Four possible states of imbalance result when there is too much or too little of *Yin* or *Yang*: *Yang* Excess, *Yin* Excess, *Yang* Deficiency and *Yin* Deficiency.

Imagine the relationship between *Yin* and *Yang* in the body as a sumo wrestling match. The area within the ring represents the normal range of bodily function (homeostasis). Two wrestlers, one *Yin* and the other *Yang*, try to force the other outside the ring. As equally matched wrestlers push against each other, neither is strong enough to overpower the other, so they remain locked in competition within the ring. This is the healthy, balanced state. If one wrestler gained weight or strength, he would have relatively more mass or power than the other wrestler and can push the other out of the ring. In this way, Excess of *Yin* or *Yang* causes imbalance and disease. Alternatively, one wrestler could lose weight/strength and have relatively less mass/power than his opponent, so his opponent can more easily force him out of the ring. In this way, a Deficiency of *Yin* or *Yang* causes imbalance and disease. In disequilibrium, the symptoms resemble those of the winner; there are heat signs when *Yang* wins and cool signs when *Yin* wins.

### 1. YANG EXCESS (EXCESS HEAT)

The “*Shi Re*” or Excess Heat state occurs when *Yang* is greater than the normal range of equilibrium. *Yang* Excess is produced by the invasion of Excessive Heat. The cooling properties of *Yin* are unable to counteract the warming properties of *Yang*, so an Excess Heat condition appears. The treatment principle is to clear (dispel) the Heat or sedate (reduce) the *Yang* to bring it back down within normal levels.

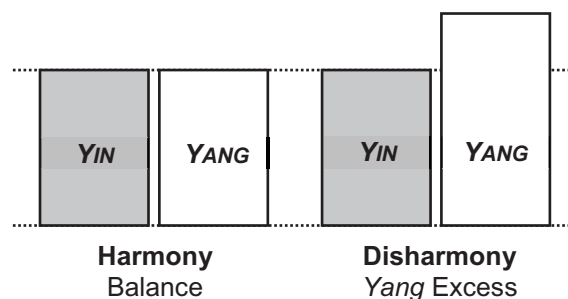


Figure 1-10: An unbalanced state - Excess Heat (*Yang* Excess)

### TCVM quick reference

TCVM Diagnosis: Excess Heat or *Yang* Excess

Treatment Principle: Clear Heat (Sedate *Yang*)

Herb: Coptis *Huang Lian*<sup>6</sup>

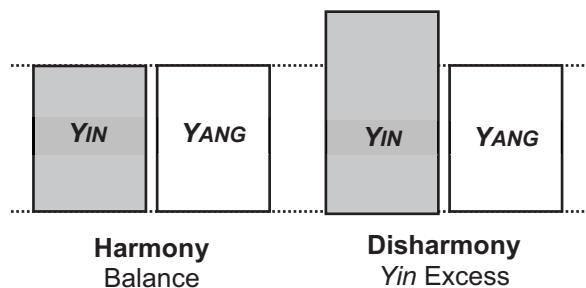
Treatment: Acupoint: GV-14, LI-4, LI-11, *Wei-jian* and *Tai-yang*<sup>7</sup>

## 2. YIN EXCESS (EXCESS COLD)

The “*Shi Han*” or Excess Cold state occurs when *Yin* is greater than the normal range of equilibrium. *Yin* Excess is caused by the invasion of Excessive Coldness. The cooling properties of *Yin* overwhelm the warming properties of *Yang*, so an Excess Cold condition appears. The treatment principle is to clear the Cold or sedate the *Yin*.

### TCVM quick reference

TCVM Diagnosis: Excess Cold or *Yin* Excess  
 Treatment Principle: Clear (eliminate) Cold and Sedate (reduce) *Yin*  
 Treatment: Herb: Cinnamomum *Rou Gui*<sup>6</sup>  
 Acupoint: GV-4, GV-3<sup>7</sup>



**Figure 1-11: An unbalanced state - Excess Cold (*Yin* Excess)**

### Case Example A



**Presentation:** Joe, a two-year-old, Thoroughbred colt presented with an acute onset of coughing and nasal discharge. He was a strong athlete with high energy. His ears and back were hot. His rectal temperature was 104.5 °F. He had a red tongue and fast and strong pulse.

**TCVM Diagnosis:** His diagnosis was Excess Heat in the Lung. His condition was considered “Excess” because the disease has an acute onset and the patient was young, appeared strong, and had a strong pulse. The “Heat” portion of his diagnosis was based on his hot ears and back, high body temperature, red tongue and fast pulse. The disease was in the “Lung” because the Lung is responsible for any respiratory disorders in TCVM, including coughing and nasal discharge.

**Treatment Principle:** to clear (dispel) Heat and sedate (reduce) *Yang*

**TCVM Treatment and Outcome:** Detailed information on treatments and outcome will be discussed in Chapter 11 (page 441).

### Case Example B



**Presentation:** Legend, a five-year-old, Arab gelding presented with intermittent colic and diarrhea for 2 weeks. The weather had been cold 2 weeks prior to presentation and he had episodes of diarrhea after drinking cold water. He was very gassy and produced loud gut sounds. His ears and nose were cold. Overall, he looked strong and active. His tongue was pale, purple and wet, and his pulse was slow and strong.

**TCVM Diagnosis:** His diagnosis was Excess Cold in the gastrointestinal tract along with Spleen *Qi* Deficiency. His condition was “Excess” due to the acute onset of disease, his young age and overall strong condition. This was a “Cold” condition due to the cold ears and nose, slow pulse, and purple tongue which are cold signs. Colic which occurred in close proximity to cold weather and drinking cold water indicated that the Pathogenic Cold had invaded the gastrointestinal tract. Pale and wet tongue, weak pulse and diarrhea indicated Spleen *Qi* Deficiency.

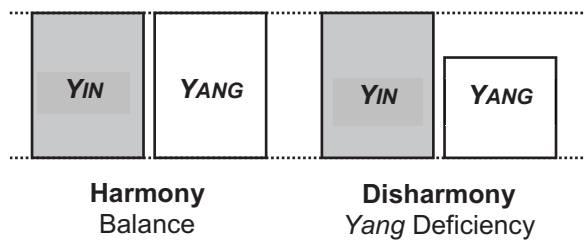
**Treatment Principle:** to clear (dispel) Cold and sedate (reduce) *Yin*

**TCVM Treatment:** He responded well to treatment. His colic and diarrhea had completely resolved after two acupuncture sessions (each session two weeks apart) and one month of herbal medication and food therapy. The detailed information on TCVM treatment will be discussed in Chapter 11 (page 441).



### 3. YANG DEFICIENCY (DEFICIENT COLD, FALSE COLD)

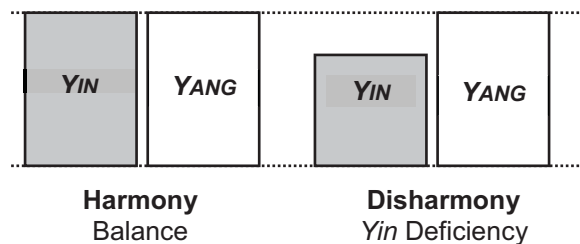
The “*Xu Han*” (Deficient Cold or Vacuity Cold) state occurs when *Yang* is lower than normal, but *Yin* is at the normal level. The warming properties of *Yang* are insufficient to equalize the cooling properties of *Yin*, so a cold condition appears. The Cold caused by *Yang* Deficiency is also called False Cold to differentiate it from *Yin* Excess which is a True Cold. The treatment principle is to tonify *Yang*.



**Figure 1-12: An unbalanced state - Deficient Cold (*Yang* Deficiency)**

### 4. YIN DEFICIENCY (DEFICIENT HEAT, FALSE HEAT)

The “*Xu Re*” (Deficient Heat or Vacuity Heat) state occurs when *Yin* is lower than normal, but *Yang* is at the normal level. The cooling properties of *Yin* are insufficient to equalize the warming properties of *Yang*, which is relatively higher. The Heat condition caused by *Yin* Deficiency is called False Heat to differentiate it from *Yang* Excess which is a True Heat. Because *Yin* is Deficient, the treatment principle focuses on nourishing *Yin*.



**Figure 1-13: An unbalanced state - Deficient Heat (*Yin* Deficiency)**

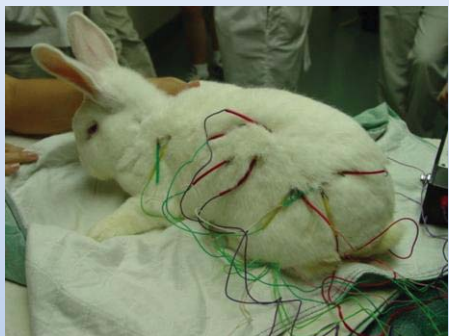
#### TCVM quick reference

TCVM Diagnosis: *Yang* Deficiency or Deficient Cold  
 Treatment Principle: Tonify (increase) *Yang*  
 Treatment: Herb: *Morinda Ba Ji Tian*<sup>6</sup>  
 Acupoint: Moxibustion at GV-4  
 and *Bai-hui*<sup>7</sup>

#### TCVM quick reference

TCVM Diagnosis: *Yin* Deficiency or Deficient Heat  
 Treatment Principle: Nourish (increase) *Yin*  
 Treatment: Herb: *Rehmannia Shu Di Huang*<sup>6</sup>  
 Acupoint: KID-3, KID-6, SP-6, BL-23<sup>7</sup>

## Case Example C



**Presentation:** Pete was a nine-year-old castrated male rabbit. He had lumbar disc disease for over 2 years and was stiff and weak in his rear limbs. His nose, ears, back, and limbs were very cold. His tongue was pale and purple. His pulses were deep, weak and slow.

**TCVM Diagnosis:** His Pattern was *Yang* Deficiency in the Kidney. The *Yang* Deficiency diagnosis was based on the chronic disease course, older age, rear weakness, coldness, pale purple tongue, and deep, weak, slow pulse. The Kidney is responsible for any disc problems.

**Treatment Principle:** to tonify (increase) *Yang*

**TCVM Treatment:** His treatment included electro-acupuncture and herbal medicine. Pete hopped around like a normal rabbit after six sessions of acupuncture and three months of daily herbal medication. With the TCVM treatment and maintenance, he lived two more years with a great quality of life until he passed away at the age of 11. The detailed information on treatment will be discussed in Chapter 11 (page 440).

Table 1-2: Comparing the four pathological *Yin* and *Yang* Patterns

	Patterns	Clinical signs	Treatment
<i>Yang</i>	Excess Heat ( <i>Yang</i> Excess)	<ul style="list-style-type: none"> <li>• Acute onset</li> <li>• Short course</li> <li>• Younger age</li> <li>• No general weakness</li> <li>• Hyperactive</li> <li>• High fever</li> <li>• Red or purple tongue</li> <li>• Strong and fast pulse</li> </ul>	Clear Heat Sedate <i>Yang</i> GV-14, LI-4, LI-11 Coptis <i>Huang Lian</i>
	Deficiency Heat False Heat ( <i>Yin</i> Deficiency)	<ul style="list-style-type: none"> <li>• Chronic onset</li> <li>• Long course</li> <li>• Older age</li> <li>• General weakness</li> <li>• Thirsty</li> <li>• Lower degree of fever</li> <li>• Restless or anxiety</li> <li>• Prefers cool</li> <li>• Red and dry tongue</li> <li>• Thready and fast pulse</li> </ul>	Nourish <i>Yin</i> Clear Heat KID-3, KID-6, SP-6 Rehmannia <i>Shu Di Huang</i>
<i>Yin</i>	Excess Cold ( <i>Yin</i> Excess)	<ul style="list-style-type: none"> <li>• Acute onset</li> <li>• Short course</li> <li>• Younger age</li> <li>• No general weakness</li> <li>• Pain</li> <li>• Swelling or edema</li> <li>• Loose stool</li> <li>• Pale or purple tongue</li> <li>• Strong and slow pulse</li> </ul>	Clear Cold Moxibustion at GV-4, GV-3 Dry Ginger <i>Gan Jiang</i>
	Deficiency Cold False Cold ( <i>Yang</i> Deficiency)	<ul style="list-style-type: none"> <li>• Chronic onset</li> <li>• Long course</li> <li>• Older age</li> <li>• Coldness at extremities</li> <li>• Edema, Loose stool</li> <li>• Urinary incontinence</li> <li>• Chronic back pain/weakness</li> <li>• Weakness of the rear limbs</li> <li>• Infertility</li> <li>• Pale tongue</li> <li>• Weak and deep pulse</li> </ul>	Warm and tonify <i>Yang</i> Moxibustion at GV-4, <i>Bai-hui</i> Morinda <i>Ba Ji Tian</i>

## Case Example D



**Presentation:** LD, a sixteen-year-old castrated male Finnish Spitz presented with spine pain of 6 years duration. He was diagnosed with spondylosis from T-10 to L-5. His water intake had increased significantly. He displayed panting and cool-seeking behavior. His ears and back felt warm to the touch. His tongue was red and dry. His pulse was weak, thin, and fast.

**TCVM Diagnosis:** He had Kidney *Yin* Deficiency. In TCVM, the Kidney is responsible for spondylosis and spine pain. The Deficiency was determined based on his old age, weak pulse, and chronic disease. *Yin* Deficiency was determined due to the warm signs including increased water intake, panting and cool-seeking behavior, warm ears and back, red and dry tongue, and thin and fast pulse.

**Treatment Principle:** to tonify (increase) *Yin*

**TCVM Treatment and Outcome:** His treatments included acupuncture and herbal medicine. LD significantly improved after 6 sessions of acupuncture (one session every 2 weeks) and 3 months of daily herbal medication. With the TCVM treatment and maintenance, he lived 4 more years with a great quality of life until he passed away at 20 years of age. The detailed information on treatment will be discussed in Chapter 11 (page 449).

## PREVENTING DISEASE

According to TCVM, maintaining the *Yin-Yang* balance within the body will prevent disease. Individuals' constitutions can predispose them to certain kinds of *Yin-Yang* imbalance, which would eventually cause disease. Thus, treatments which counteract these tendencies can help maintain balance and prevent disease. Generally, active, outgoing, and younger animals are *Yang*. *Yang* animals tend to have *Yang* diseases including Excess Heat (*Yang* Excess) or False Heat (*Yin* Deficiency). On the other hand, quiet, shy and older animals are *Yin*. These *Yin* animals tend to have *Yin* disease including Excess Cold (*Yin* Excess) or False Cold (*Yang* Deficiency).

Various methods are available to maintain the *Yin-Yang* balance, including environmental changes and diet. To some degree, the animal may self-regulate. For example, an old, quiet *Yin* cat might prefer to nap in a warm window, and a young, excited Labrador retriever might jump in the pool to cool off. However, these animals may need additional assistance to maintain their balance. TCVM practitioners can help *Yang* animals remain balanced by providing a cool environment during *Yang* weather (summer) and giving foods that are cooler in nature, such as fish or bananas. Providing a warm environment in *Yin* weather (winter) and feeding warm foods such as chicken, ginger, and garlic can help keep the *Yin* animal in balance.

**Table 1-3: Preventative therapy methods for *Yin* and *Yang* animals**

Constitution	Preventative therapy principle	Climate adjustments	Canine and feline dietary adjustments	Equine dietary adjustments
<i>Yang</i> (active, young, outgoing)	Provide cooling environments and foods	Shade, air conditioning, northern climate, fans and misting	Fish, turkey, banana, tofu, brown rice, wheat, duck, celery, kelp, spinach, broccoli	Buckwheat, barley, wheat bran
<i>Yin</i> (quiet, old, shy)	Provide warming environments and foods	Sunbathing, Heaters, Southern climate, Blankets	Mutton, deer meat, chicken, white rice, oats, citrus, ginger, pepper, chicken liver, squash, pumpkin	Oats, ginger, garlic, onion

## Case Studies

### CASE 1.1

**Signalment:** A six-year-old Thoroughbred gelding

**Primary Complaint:** Photic headshaking unresponsive to conventional therapy

**History and Exam:**

He was a show hunter for an amateur rider and was a nice, graceful horse. He was fairly sturdy in body type for a Thoroughbred. He was active and friendly; he liked attention and loved treats.

The problem was triggered by sunlight. He was fine while in a barn, but he used to headshake severely when outdoors in the daylight. At these times, he displayed the typical photic type of head flip. When he was turned out at night, he acted normally. No physical problems were noted (including eye problems) other than the photic headshaking. There appeared to be little paraesthesia associated with this problem. According to the owner, he would sometimes rub the end of his nose on things when in the sunlight. The non-pigmented snip end of his nose would get a little pink (vasodilatation).

His tongue appeared red, and the pulse was forceful. His coat was glossy, and his appetite was good. All else was within normal limits.

**Assessment:**

This was a “Yang” horse because he was active, liked attention, and looked strong. It was a *Yang* disease or Excess Heat Condition because the major clinical signs (headshaking triggered by sunlight, forceful pulse and red tongue) are characteristics of *Yang*.

The treatment strategy was to balance *Yin* and *Yang* by clearing the Excess *Yang* (Excess Heat). The acupuncture points including LI-4, LI-11, GV-14, *Tai-yang* to clear general Heat and HT-9, PC-9, HT-7, BL-15 and BL-44 to calm the Mind were recommended.<sup>7</sup> The Chinese herbal formula *Xi Xin San* (Heart Fire Flare-up) to clear Excess Heat could have been used.<sup>8</sup> The cooling foods including barley, wheat bran, watermelon rinds, flax seeds and grass hays were also recommended.

### CASE 1.2

**Signalment:** A two-year-old, castrated male German Shepherd

**Primary Complaint:** Acute onset of bloody diarrhea

**History and Exam:**

He had been healthy for his whole life until 3 days ago when he had an acute episode of bloody diarrhea. Fasting and food changes did not help this condition. His feces had fresh blood and mucus and a bad odor. His body and ears were warm to the touch. He was cool-seeking and panting. His tongue was red with a yellow coating. His pulse felt fast and strong.

He was a strong, young, hyperactive and talkative dog. All parameters of the physical exam, except for bloody diarrhea, were within normal limits.

**Assessment:**

This was a “Yang” young dog because he was young and active, and looked strong. It was a *Yang* Excess or Excess Heat Condition because the major clinical signs (bleeding and mucous diarrhea with a bad odor, acute onset, warm body and ears, red tongue with a yellow coating, fast and strong pulse) were characteristics of *Yang* Excess. The cool-seeking and panting behavior was also a sign of Heat.

The treatment strategy was to balance *Yin* and *Yang* by clearing the Excess *Yang* (Excess Heat). The acupuncture points including LI-4, LI-11, GV-14, *Wei-jian* to clear general Heat and BL-20, BL-21, SP-6, ST-44 and GV-1 to strengthen the gastrointestinal functions were recommended.<sup>6</sup> The Chinese herbal formula *Da Xiang Lian San* (Great Saussurea Coptis) to clear Excess Heat from the gastrointestinal tract could have been used.<sup>7-8</sup> The cooling foods including fish, brown rice, spinach and broccoli were also recommended.

### CASE 1.3

**Signalment:** A twelve-year-old, spayed female Labrador Retriever

**Primary Complaint:** Separation anxiety for over 3 years

**History and Physical Findings:**

From a Western perspective, the dog had all the signs of separation anxiety. Acupuncture treatment did not help much. She had also been on the herbal formula *Long Dan Xie Gan Wan* for signs of Liver Excess Heat.

Her tongue was slightly red and dry and her gums were tacky. Her eyes were red. Her pulses were thready and fast.

**Assessment:**

This was a *Yin* Deficiency Pattern (Deficient Heat), specifically a Heart *Yin* Deficiency Pattern. The Deficiency was determined because of the chronic course and older age. The *Yin* Deficiency could be determined from the red, dry tongue (Heat signs) and the thready, fast pulse. The association with the Heart was based on the major complaint of separation anxiety because this is due to a *Shen* (Spirit or Mind) disturbance. Of the five *Yin* organs, the Heart is the one that houses the *Shen*. Separation anxiety and other behavior problems are mostly related to the Heart. The treatment strategy was to balance *Yin* and *Yang* by enhancing *Yin*. The acupuncture points *An-shen*, HT-7, *Da-feng-men*, PC-6, BL-14, BL-15 and KID-3, as well as the herbal formula *Er Yin Jian*, were recommended for this case.

**CASE 1.4**

**Signalment:** A thirteen-year-old spayed female American Eskimo dog

**Primary Complaints:** Seizures which began last month and clustered about once a week, and urinary incontinence.

**History and Physical Findings:**

This dog had a history of Cushing's disease which had been treated with Lysodren (mitotane) for the past four years. She also had generalized stiffness with weak hind end. According to the owner, there was no limping, but the dog's gait was very stiff. The dog was taking three to four steps then huffed and puffed and lay down. The owner also reported that the dog had ravenous appetite and thirst. Physical examination indicated she had bilateral cataracts. She was deaf. She was panting constantly. Her ears and body felt hot. Her teeth and gums were poor. Her eyes were red with rose colored thin ocular discharge. Her stool was dark brown, foul-smelling. She had chronic urinary incontinence, all day, all the time. She had pot-bellied with muscle wasting. Her tongue was red and dry. Her pulse was thin and fast.

**Assessment:**

This could have been considered a Deficient Heat (*Yin* Deficiency) condition with a *Qi* Deficiency and Internal Wind. The old age and chronic course indicate Deficiency. The thin and fast pulse, red and dry tongue, thirst and ravenous appetite, constant panting and hot ears and body indicated *Yin* Deficiency or Deficiency Heat (False Heat). Weakness, urinary incontinence, muscle wasting and lethargy indicated *Qi* Deficiency. *Qi* refers to energy level, strength and physiological activities and functions. The detailed information on *Qi* will be discussed in Chapter 3.

Seizures were caused by Internal Wind which will be addressed in detail in Chapter 6.

The treatment strategy was to use acupuncture to balance *Yin* and *Yang* by enhancing *Yin* and clearing the Wind. In addition, acupuncture could have been used for the stiffness while using Chinese Herbal medicine for the internal organ problems. Acupuncture points such as GB-20, LIV-3 and GV-20 may have been beneficial for the seizures (Wind), ST-36 and LI-10 could have tonified *Qi*, and other points KID-3, KID-6 and SP-6 may have been beneficial for *Yin*.<sup>6</sup> Two herbal formulas may have been beneficial: *Tian Ma Gou Teng Yin* for Internal Wind and *Suo Quan Wan* for incontinence and Kidney *Qi* Deficiency.<sup>7-8</sup>

**CASE 1.5**

**Signalment:** An eight-year-old, male Labrador Retriever

**Primary Complaint:** Crying at night

**History and Physical Findings:**

This dog had a history of severe hip dysplasia and arthritis; however, the owner did not notice any lameness or stiffness. The owner's main concern was the dog's tendency to cry during the night. This had been occurring for two years and typically happened at 1:00 to 3:00 in the morning. The dog would go back to sleep if the owner got up and sat with him.

The dog was sensitive at BL-18 to BL-21 on palpation. He felt cold at back and extremities. His tongue was deep red with very fine central cracks. His pulses were stronger on left than right.

**Assessment:**

The TCVM Pattern was Heart/Liver *Yin* Deficiency with Kidney *Yang* Deficiency. Because the crying occurred at night, this was associated with *Yin*. The crying itself indicated a disturbance of the dog's *Shen* (consciousness or Mind) which often relates to the Heart. The time (1 am to 3 am) and the sensitivity at BL-18 and BL-19 are associated with the Liver. Deep red tongue indicated *Yin* Deficiency. The very fine centrally located cracks on the tongue indicated a *Yin* Deficiency as well. The cold back and extremities, weaker pulse on the right side indicated a *Yang* Deficiency. Because the Kidney is associated with bone, the hip dysplasia in this dog indicated a Kidney problem.

Initially, the treatment should focus on the Heart and Liver *Yin* Deficiency because the major complaints were crying at night. The usual treatment strategy is to treat the major

complaint(s) first and then treat other underlying Deficiencies. The treatment period for Heart *Yin* Deficiency might last one to four months. The acupuncture points HT-7, PC-6, BL-15, BL-18, BL-23, KID-3, and *An-shen* might be beneficial.<sup>6</sup> In addition, *Yi Guan Jian* and *Shen Calmer* (modified *Tian Wang Bu Xin Dan*) were two recommended herbal medicines which nourished *Yin* and calmed the Mind.<sup>7-8</sup>

Subsequent treatment should have focused on the Kidney *Yang* Deficiency. This treatment may have required two to five months. Depending upon the character and appearance of the pulse and tongue, *Loranthus* Formula (to tonify *Yang*) and *Sang Zhi San* (to tonify Kidney *Qi* and resolve pain associated with hip dysplasia and arthritis) were the herbal medications that might be used.<sup>8</sup> The acupuncture points GV-3, GV-4 and *Bai-hui* may have been used as well.<sup>6</sup>

### CASE 1.6

**Signalment:** An eight-year-old, castrated male Bichon Frise

**Primary Complaint:** Acute cardiovascular collapse

#### History and Physical Findings:

The dog presented with acute cardiovascular collapse following a dog attack by two Jack Russell Terriers. The patient suffered multiple deep and superficial bite wounds on the face, neck and caudal extremities. There were many wounds on the inner and outer thighs of both hind legs as well as some bruises on the caudal abdomen. There were no penetrating wounds to the abdomen. The patient was hypothermic with a temperature of 99.4 °F. Initially, he was stabilized with oxygen and intravenous fluids. In addition, he received Solu-Delta-Cortef<sup>®</sup>, Baytril<sup>®</sup>, and Penicillin. His wounds were flushed with copious amounts of saline solution, and he was given Torbugesic<sup>®</sup> for pain management. He improved slowly with treatment, but temperature regulation was still a problem. He continued to remain hypothermic. Bloodwork revealed azotemia, hypoglycemia, elevated alanine aminotransferase (ALT) levels and an elevated packed cell volume. Radiographs showed no thoracic involvement; however, soft tissue trauma of the neck muscles was evident. In addition, a large, radioopaque object within the bladder (most likely a cystolith) was observed.

#### Assessment:

*Yang* is warm. When *Yang* is Deficient in the body, it almost always results in signs of coldness or hypothermia. The two most important organs to keep the body warm are

Kidney and Heart. Thus, the TCVM Pattern of this case was a Heart and Kidney *Yang* Deficiency. Traditional Chinese Veterinary Medicine could have been used in combination with the conventional Western treatments to assist the patient's recovery. The herbal medication *Si Ni Tang* may have been beneficial; however, it should not have been used for longer than two weeks.<sup>7</sup> Also, the acupoints *Bai-hui*, GV-4, and *Shen-shu* may have been used to tonify *Yang*. Moxibustion techniques could have helped provide some extra warming effects as well.<sup>6</sup>

### CASE 1.7

**Signalment:** A thirteen-year-old spayed female Domestic Shorthair cat

**Primary Complaint:** Constipation

#### History and Physical Findings:

This cat frequently experienced severe constipation. She occasionally became extremely painful, and she required emergency care to manually evacuate the feces. Her medications included daily Cisapride and Lactulose<sup>®</sup> every other day. Her feces were very dry and without mucus. She had some halitosis. Her thirst, urination, and temperature preferences did not differ from that of the other household cats. Her tongue was red and dry, and her pulse was fast and thready.

#### Assessment:

The major function of Large Intestine (LI) is to excrete feces. Difficulty in defecation can be due to either a *Yin* Deficiency (fails to moisten the LI and leads to constipation) or a *Qi* Deficiency (LI *Qi* is too weak to excrete feces). Very dry feces, a dry, red tongue and a fast, thready pulse indicated *Yin* Deficiency. Painful defecation, constipation and halitosis indicated *Qi* Stagnation. The TCVM Pattern was Large Intestine *Yin* Deficiency and *Qi* Stagnation.

In her case, several recommendations may have been helpful. Her diet should have been high in fiber. The herbal medication *Ma Zi Ren Wan* may have been given for one to three months to moisten the Large Intestine and to move the Stagnation.<sup>7</sup> The suggested acupuncture points included ST-37, ST-25, GV-1, and BL-21. In addition, the owner could have massaged the acupoints CV-12 and CV-8 for ten minutes twice daily.<sup>6</sup>

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## Self Test

For each of the questions below, select the one best answer. The answers to these self-test questions are located on the last page of this chapter.

For each question below, choose the item in the pair which belongs to *Yang*.

- Question 1.1:           A. Fire           B. Water  
Question 1.2:           A. 10 am        B. 10 pm  
Question 1.3:           A. Mare          B. Stallion  
Question 1.4:           A. Winter        B. Summer  
Question 1.5:           A. East          B. West

For each question below, choose the item in the pair which belongs to *Yin*.

- Question 1.6:           A. Running       B. Sitting  
Question 1.7:           A. Fast           B. Slow  
Question 1.8:           A. Head          B. Tail  
Question 1.9:           A. Interior       B. Exterior  
Question 1.10:          A. Front leg     B. Back leg

Question 1.11: False Cold occurs when

- A. *Yin* is too high and *Yang* is normal
- B. *Yin* is too low and *Yang* is normal
- C. *Yang* is too high and *Yin* is normal
- D. *Yang* is too low and *Yin* is normal

Question 1.12: False Heat occurs when

- A. *Yin* is too high and *Yang* is normal
- B. *Yin* is too low and *Yang* is normal
- C. *Yang* is too high and *Yin* is normal
- D. *Yang* is too low and *Yin* is normal

Question 1.13: Excess Heat occurs when

- A. *Yin* is too high and *Yang* is normal
- B. *Yin* is too low and *Yang* is normal
- C. *Yang* is too high and *Yin* is normal
- D. *Yang* is too low and *Yin* is normal



Question 1.14: Excess Cold occurs when

- A. *Yin* is too high and *Yang* is normal
- B. *Yin* is too low and *Yang* is normal
- C. *Yang* is too high and *Yin* is normal
- D. *Yang* is too low and *Yin* is normal

Question 1.15: If the *Yin-Yang* equilibrium is destroyed by Excess Heat, what is the proper treatment principle to restore the *Yin-Yang* balance?

- A. Clear Excess Heat
- B. Tonify Excess Heat
- C. Tonify *Yang*
- D. Clear Excess *Yin*

Question 1.16: If *Yin* is Deficient, what is the treatment principle?

- A. Clear Excess *Yin*
- B. Clear Excess Heat
- C. Tonify *Yang*
- D. Tonify *Yin*

Question 1.17: An outgoing, high energy and hyperactive two year old Thoroughbred colt has a

- A. *Yin* constitution
- B. *Yang* constitution

Question 1.18: A quiet, reserved, withdrawn thirteen year old Border Collie is more:

- A. *Yin*
- B. *Yang*

Questions 1.19 and 1.20 are based on the following case.

Jumper, a ten-month-old castrated male Domestic Shorthair cat, is an outdoor-indoor cat. He enjoys running, climbing trees, and jumping from high places. He is also a good hunter, catching small creatures such as dragonflies and lizards. He likes attention, and he always walks with his human guardian. His whole body feels hot. He tends to have urinary tract infections. He drinks a lot, but he does not have any endocrine disorders.

Question 1.19: What is Jumper's TCVM Pattern?

- A. *Yin* Excess (Excess Cold)
- B. *Yin* Deficiency (Deficient Heat)
- C. *Yang* Excess (Excess Heat)
- D. *Yang* Deficiency (Deficient Cold)

Question 1.20: What are the best types of food for Jumper?

- A. Cooling foods
- B. Hot foods
- C. Neutral foods

A one-year-old, castrated male Domestic Shorthair cat presents with an acute onset of nasal discharge and congestion. His ears and back are hot. His temperature is 104 °F. He has a red tongue and fast and strong pulses.

Question 1.21: What is the cat's TCVM disease Pattern?

- A. *Yin* Excess (Excess Cold)
- B. *Yin* Deficiency (Deficient Heat)
- C. *Yang* Excess (Excess Heat)
- D. *Yang* Deficiency (Deficient Cold)

Questions 1.22 -1.24 are based on the following case.

Spot is a quiet, gentle fifteen-year-old spayed female Domestic Shorthair cat. She presents with chronic hind limb weakness. Her ears and back feel cold on palpation. She has a pale, purple and wet tongue. Her pulses are weak.

Question 1.22: What is Spot's constitution/personality?

- A. *Yin*
- B. *Yang*

Question 1.23: What is Spot's TCVM Pattern?

- A. *Yin* Excess (Excess Cold)
- B. *Yin* Deficiency (Deficient Heat)
- C. *Yang* Excess (Excess Heat)
- D. *Yang* Deficiency (Deficient Cold)

Question 1.24: What types of foods are good for Spot?

- A. Cooling foods
- B. Hot foods
- C. Neutral foods

Questions 1.25 and 1.26 are based on the following case.

Marcie, a ten-year-old spayed female Labrador Retriever presents with chronic pruritus. She has had itchy skin since she was 5 years old. Prednisone helped in the first 3 years, but signs have become worse in the past 2 years. The itchiness is worse in the Spring, Summer, and at night. Her skin is mostly itchy around the face, neck and trunk, and she also has alopecia and a skin rash. Her eyes are red. Her tongue is red and dry, and her gums are tacky. Her pulses are thready and fast.

Question 1.25: What is Marcie's TCVM Pattern?

- A. *Yin* Excess (Excess Cold)
- B. *Yin* Deficiency (Deficient Heat)
- C. *Yang* Excess (Excess Heat)
- D. *Yang* Deficiency (Deficient Cold)

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Question 1.26: What types of foods are good for Marcie?

- A. Cooling foods
- B. Hot foods
- C. Neutral foods

**Answer Key for Chapter 1 Self-Test**

Question 1.1: A

Question 1.2: A

Question 1.3: B

Question 1.4: B

Question 1.5: A

Question 1.6: B

Question 1.7: B

Question 1.8: B

Question 1.9: A

Question 1.10: B

Question 1.11: D

Question 1.12: B

Question 1.13: C

Question 1.14: A

Question 1.15: A

Question 1.16: D

Question 1.17: B

Question 1.18: A

Question 1.19: C

Question 1.20: A

Question 1.21: C

Question 1.22: A

Question 1.23: D

Question 1.24: B

Question 1.25: B

Question 1.26: A

## CHAPTER TWO

# FIVE ELEMENTS THEORY 五行学说

HUI SHENG XIE DVM MS PHD, VANESSA PREAST DVM PHD

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*Humans follow the earth as a rule.  
The earth follows heaven as a rule.  
Heaven follows the Dao as a rule.  
The Dao follows the nature as a rule.*

– Lao Zi, *Dao De Jing*<sup>1</sup>

The ancient Chinese divided the natural world into five categories which represented all the indispensable and fundamental elements constituting the universe. This five-category system was called *Wu Xing* (五行). Because *Wu* (五) means five and *Xing* (行) means movement, activity, action, category and element, this system has been translated as the Five Elements, the Five Movements, the Five Activities, or the Five Principles. Traditional Chinese medical practitioners use the properties of the Five Elements and the relationships between them to explain medical problems.<sup>2</sup>

## Origin of the Five Elements System

When the ancient Chinese people observed their world, they were fascinated by the seasonal changes throughout the year. A windy spring gave way to a hot, rainy summer season which transitioned into a dry autumn and then became a cold winter. When winter turned into spring, the cycle started over again. These observers concluded that five forces caused the seasonal changes: Wood (*Mu*, 木),

Fire (*Huo*, 火), Earth (*Tu*, 土), Metal (*Jin*, 金) and Water (*Shui*, 水). As with the changing seasons, these elements are constantly fluctuating due to the enhancing, inhibiting and restraining relationships existing between them.

The ancient Chinese codified these observations into the theory of Five Elements during the Zhou Dynasties (1046 B.C.E. to 221 B.C.E.).<sup>2</sup> They used this Five Elements theory as way to understand and interpret natural phenomena. Similar to *Yin* and *Yang*, the theory of Five Elements is a categorization scheme which divides everything in the universe into five categories. Diverse items such as seasons, directions, climates, colors, tastes, and body parts which shared characteristics were grouped together under a common element (Table 2-1). Later, this system became the foundation of traditional Chinese medical practice. When used in medicine, the Five Elements describe the relationships among the body's internal organs as well as the relationship between the body and the natural world. Together with *Yin-Yang* theory, Five Elements theory guides clinical diagnosis and treatment.



Wood



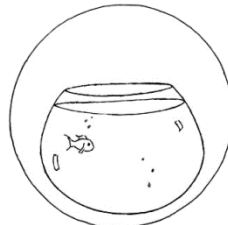
Fire



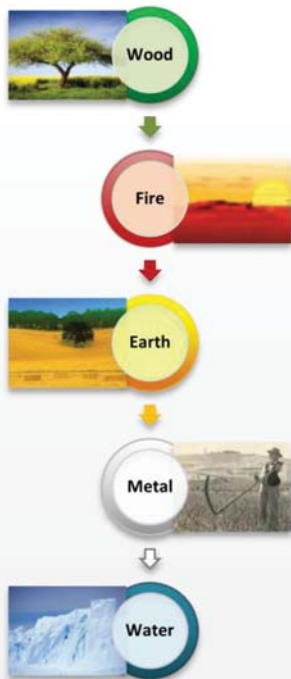
Earth



Metal



Water



### The Five Elements

**Wood.** Trees are a symbol of spring. After a long cold winter, the woody, deciduous trees once again adorn themselves with green leaves. Thus, the Wood element is associated with spring and represented by the color green. Because springtime can be windy, Wood is also associated with Wind.

**Fire.** The hot, blazing sun is the symbol for summer. Thus, the Fire element is associated with summer and heat and is represented by the color red.

**Earth.** A golden field ready for harvest is the symbol for late summer. The rich earth brought forth bountiful crops of wheat and rice which were central to the ancient Chinese diet and economy. Thus, the Earth element is associated with late summer and is represented by the color yellow.

**Metal.** During autumn, the ancient Chinese people repaired or made metal tools such as weapons, plows, and spears which helped them with defense and farming. Thus, the Metal element represents autumn and is represented by the color white, like the shine from polished steel.

**Water.** Ice and snow are the symbols for winter. During this time, the water froze, the nights grew longer and some people sought shelter in dark caves. Thus, the Water element is associated with winter and is represented by dark colors such as black and blue.

## The Five Elements Characteristics

### WOOD (Mu, 木)



The Wood element represents all phenomena associated with springtime and green. During spring, a new year is born as the ice and snow of winter melt away. *Yang*

activities flourish, including birds flying, fish jumping and swimming, seeds germinating, trees sprouting and people engaging in outdoor activities. Thus, activity and conditions promoting activities are associated with the Wood Element. Each of the following belongs to the Wood element.

Phenomenon	Reason
East	When the sun rises in the East, the day begins and life springs into activity.
Sour	Herbs and green fruits, such as lemons and immature tangerine peels, tend to be sour.
Anger, irritation	People desire to release built-up energy or act out when they feel angry or irritated.
Shouting	People tend to shout when they are angry.
Germination	The first green leaves of a plant emerge when a seed germinates.
Liver, Gallbladder	The Liver creates greenish bile which is stored in the Gallbladder.
Eyes, vision	Our eyes, which allow us to see, are constantly active as we blink and look around.
Tendons, ligaments	These structures provide structural support like the woody tissues of a tree.
Purification	The Liver is the primary detoxification organ. Green plants purify the air by absorbing carbon dioxide (CO <sub>2</sub> ) and generating oxygen (O <sub>2</sub> ).
Feet, nails	Feet and toenails (hooves) support the body like the roots of a tree.
Tears	Tears come from the eyes.
Spasms, tantrums	Spasms occur when persons are stressed and the Wood element relates to the body's response to stress.
Rancid	Individuals with a Wood constitution often have rancid body odor.
Staring	Excessively using the eyes, as with intense reading or staring at a computer screen, can damage vision.
Sides of the tongue	The tongue is divided into five parts representing different organs, and the sides are associated with the Liver.

**FIRE (HUO, 火)**

The Fire element represents all phenomena associated with summer, heat and redness. Each of the following belongs to the Fire element.

Phenomenon	Reason
South	Southern China is generally hotter than other places in China.
Bitter	Bitter herbs are good at clearing Excess Heat to balance <i>Yin-Yang</i> .
Joy, laughter, fright	Fire constitution individuals tend to be joyful, laugh a lot, and seek attention; however, they are easily frightened.
Growth	Plants grow fast in the warm, summer season.
Heart, Pericardium, Small Intestine, Triple Heater	According to TCVM, these organs are all related to red blood through their association with the Heart. The Heart pumps blood through the body, and the Pericardium is the “twin sister” of the Heart. The Small Intestine and Triple Heater are partners of the Heart and Pericardium.
Tongue, speech	Fire constitution individuals love attention. To get attention, they use their tongue to speak with others.
Blood vessels, circulation	A healthy body has good circulation in which the blood flows in a system of blood vessels.
Complexion	Individuals’ complexions can reflect their blood circulation.
Sweat	Sweat and blood share the same source (Body Fluids).
Mania, depression	According to TCVM, mania and depression are two common disorders of the Mind ( <i>Shen</i> ), and the <i>Shen</i> resides in the Heart.
Scorched	Heat tends to burn the body and tissues, leading to scorched body odor.
Walking	Excessive walking leads to excessive sweat and consumes blood, thus walking belongs to the Fire element.
Tip of the tongue	Although the entire tongue belongs to the Fire element, the portions of the tongue relate to different organs. Just as heat rises, the tip of the tongue is associated with the Heart.

**EARTH (TU, 土)**

Due to its association with the late summer harvest of crops with damp and yellow natures, the Earth element

represents all phenomena related to food, dampness and yellow coloration. Each of the following belongs to the Earth element.

Phenomenon	Reason
Center	When the Five Elements theory was formed, central China was the nation’s breadbasket (high-yield food crop growing area).
Sweet	Mature crops become yellow and sweet.
Thinking, worry, singing	Earth constitution individuals tend to be happy and sing; but they also tend to think and worry too much.
Transformation, digestion	The earth (soil and clay) can be transformed into various substances including bricks, roads and fields. Through the digestion process, the body transforms food into nutrients that are easily absorbed.
Spleen, Stomach, mouth, lips, saliva	An individual takes food into the body using the mouth and lips. Saliva begins the digestion and transformation process. According to TCVM, the Stomach and Spleen (with the pancreas) receive the foods and complete the transformation process.
Taste	An unpleasant taste can warn an individual that the food is spoiled or unsafe to eat. Taste can help identify good food.
Muscles	A mass of muscles resembles a mass of soil (earth), especially clay.
Vomiting, prolapse	Vomiting and prolapse are two common signs of Stomach and Spleen disorders.
Fragrant	Mature crops have a fragrant odor when they are harvested.
Sitting	Sitting for a long period of time damages muscles and the Earth element, including the Spleen.
Center of the tongue	The center of the tongue belongs to the Earth.

**METAL (JIN, 金)**

The Metal element represents all phenomena associated with autumn, dryness, and white coloration. In TCVM, the

Metal element is considered to be light and superficial. Each of the following belongs to the Metal element.

Phenomenon	Reason
West	Western China has more dry, desert lands than the rest of China.
Pungent	Pungent herbs, such as ginger and wasabi, are good at clearing Stagnation within the respiratory tract (a Metal body system).
Grief, sadness, weeping	Metal constitution individuals tend to be sad and show grief by weeping.
Collection	In fall, the Metal element collects the substances that had been transformed by the Earth element in late summer.
Lung, Large Intestine, skin, hair coat, pores	Like a building with metal siding and walls, the body has a boundary that separates and protects deeper internal structures from the outside environment. The skin, with its associated hair coat and pores, forms a barrier which protects the body from invaders. The Lung directly contacts the external environment (air) and is thus a superficial, boundary organ. The Large Intestine is the Lung's partner.
Respiration, nose, smell, nasal fluid	In TCVM, the Lung controls the respiratory process of inhalation and exhalation so that the body can exchange carbon dioxide and oxygen. The pathway to the lungs begins at the nose. The ability to smell allows the body to test the air entering the lungs through the nose.
Coughing, wheezing	Coughing and wheezing are the main signs of the Lung disorders.
Rotten	The Metal constitution individuals tend to have a rotten body odor.
Reclining	Reclining or lying down for long periods of time can cause <i>Qi</i> Stagnation or may damage <i>Qi</i> and the Metal element, including the Lung.
Mid-tip of the tongue	This portion of the tongue is associated with the Lung.

**WATER (SHUI, 水)**

The Water element represents all phenomena associated with winter, coldness and darkness. Unlike the superficial

and light Metal element, the Water element is heavy and deep. Each of the following belongs to the Water element.

Phenomenon	Reason
North	Northern China is generally colder than the rest of China.
Salty	In TCVM, salt is heavy, so salty herbs strengthen organs related to the Water element (e.g., the Kidney).
Fear, terror, groaning	Water constitution individuals tend to exhibit fear, terror, and groaning.
Storing	During winter, individuals survive by eating their stored foods.
Kidney, Bladder, elimination, urine	The Kidney and Bladder are deep organs. They are the last organs to deal with water metabolism and elimination of toxins and metabolites.
Bones, bone marrow	Deep body structures such as bones and marrow are part of the Water element.
Hearing	Since hearing is due to the functions of tiny bones and other structures deep within the ear, this sense is also related to Water.
Head hair	The dark, black hair on the heads of Chinese people relates to the darkness of the Water element.
Trembling, shivering	Fearful or terrified individuals will tremble and shiver.
Putrid	The Water constitution people tend to have a putrid body odor.
Standing	Standing for long periods of time damages the bones and the Water element, including the Kidney.
Rear part of the tongue	The rear (deep) portion of the tongue is related to the Kidney.



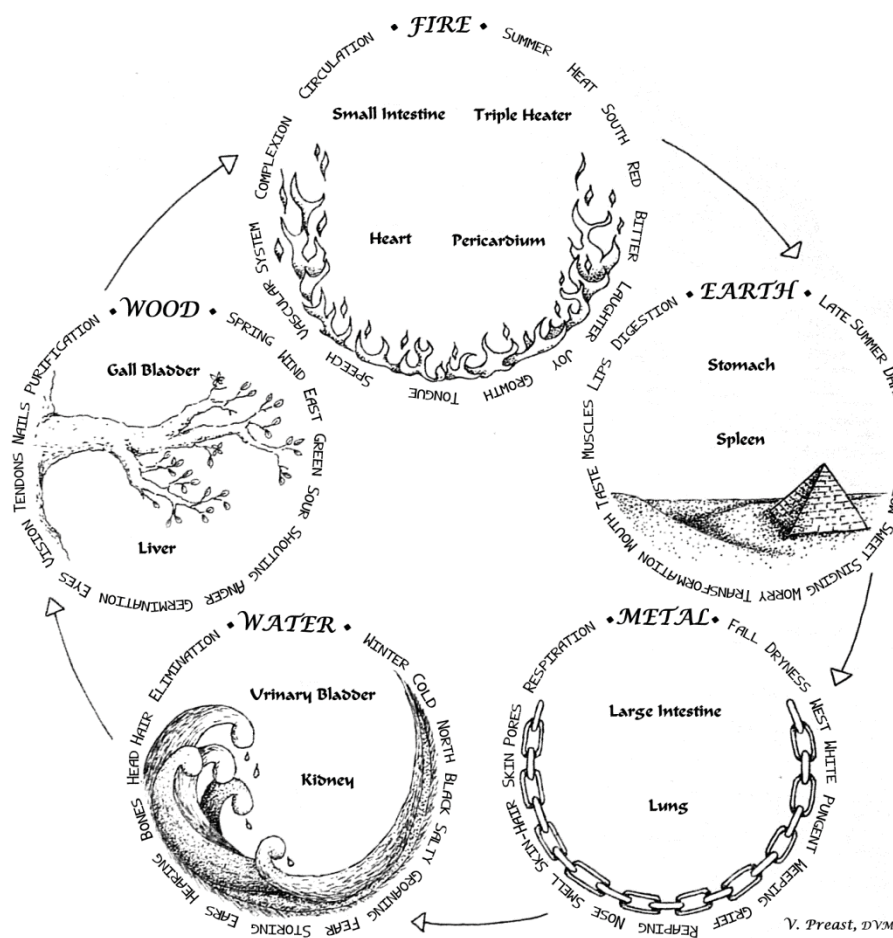


Figure 2-1: The characteristics of the Five Elements

## Applying the Five Elements Theory to Medicine

When the Five Elements theory was applied to medicine, various body functions and structures were categorized as Wood, Fire, Earth, Metal and Water. The five internal organs Liver, Heart, Spleen, Lung and Kidney eventually became synonymous with their element category. In this way, the TCM and TCVM organs gained a broader, more abstract meaning than organs with the same name in Western medicine. In Western medicine, the organ name only refers to the anatomical structure. In TCM and TCVM, the organ name refers to an entire organ system representing all characteristics of a particular element. References to TCM and TCVM organ systems are distinguished from references to the physical organ by capitalizing the organ system name.

The Liver system (or Liver element) represents the whole Wood element and is sometimes called the Liver Wood. The Liver system includes the liver, gallbladder, eyes, tendons, ligaments, nails and feet. The Heart system (or Heart element) is equivalent to the Fire element and is sometimes called Heart Fire. The Heart system represents the heart, small intestines, circulation, blood vessels, and tongue. The Spleen system (or Spleen element) represents the whole Earth element and is sometimes called Spleen Earth. The Spleen system includes the spleen, stomach, digestion, mouth and lips. The Lung system (or Lung element) is equivalent to the Metal element and is sometimes called Lung Metal. The Lung system includes the lung, large intestines, respiratory system, skin and hair coat. The Kidney system (or Kidney element) represents the whole Water element and is sometimes called Kidney Water. The Kidney system includes the kidney, bladder, bones, spine, and bone marrow.

Table 2-1: Summary of the Five Elements characteristics

	<b>Wood</b>	<b>Fire</b>	<b>Earth</b>	<b>Metal</b>	<b>Water</b>
<b>Season</b>	Spring	Summer	Late Summer	Fall	Winter
<b>Climate</b>	Wind	Heat	Damp	Dryness	Cold
<b>Color</b>	Green	Red	Yellow	White	Gray/black
<b>Direction</b>	East	South	Center	West	North
<b>Flavor</b>	Sour	Bitter	Sweet	Pungent	Salty
<b>Emotion</b>	Anger irritation	Joy fright	Thinking worry	Grief sadness	Fear terror
<b>Sound</b>	Shouting	Laughter	Singing	Weeping	Groaning
<b>Growth</b>	Germination	Growth	Transformation	Collection	Storing
<b>Zang Organs</b>	Liver	Heart Pericardium	Spleen	Lung	Kidney
<b>Fu Organs</b>	Gallbladder	Small Intestine Triple Heater	Stomach	Large Intestine	Bladder
<b>Orifice</b>	Eyes	Tongue	Mouth	Nose	Ears
<b>Sense</b>	Vision	Speech	Taste	Smell	Hearing
<b>Tissue</b>	Tendons ligaments	Vascular system	Muscles	Skin hair coat	Bones Bone marrow
<b>Functions</b>	Purification	Circulation	Digestion	Respiration	Elimination
<b>Exterior</b>	Nails/feet	Complexion	Lips	Skin pores	Head hair
<b>Secretion</b>	Tears	Sweat	Saliva	Nasal fluid	Urine
<b>Body Action</b>	Spasms tantrums	Mania depression	Vomiting prolapse	Coughing wheezing	Trembling shivering
<b>Body Odor</b>	Rancid	Scorched	Fragrant	Rotten	Putrid
<b>Weakness</b>	Looking	Walking	Sitting	Reclining	Standing
<b>Tongue Part</b>	Sides	Tip	Center	Mid-tip	Rear

## Normal Cycles within the Five Elements

There are two cycles (Inter-promoting and Inter-inhibiting) within Five Elements theory which explain the interconnections among the Five Elements. The elements are connected with each other in a specific order, and connected elements can promote or inhibit each other in specific ways (Figure 2-2). The outer circle of arrows represents the inter-promoting relationship in which each element supports the next. The crossing arrows in the center represent the inter-inhibiting relationship in which each element can restrain another. Together, these two cycles create balance among the elements and the body structures they represent. When the Five Elements in the body are in balance, the body is healthy.

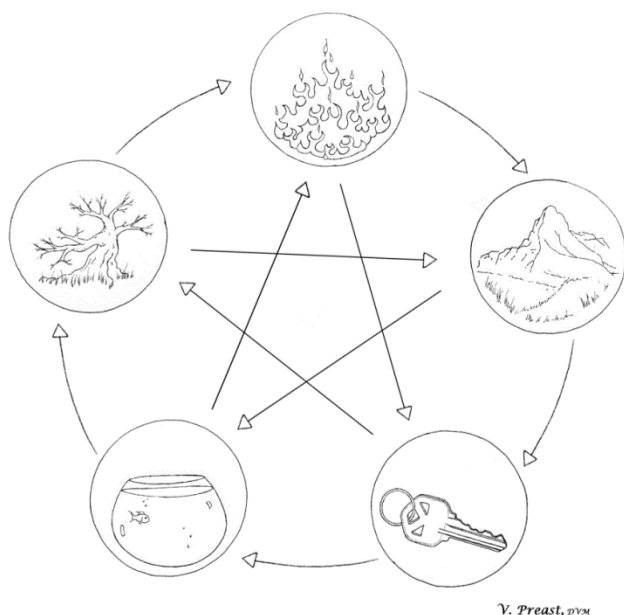
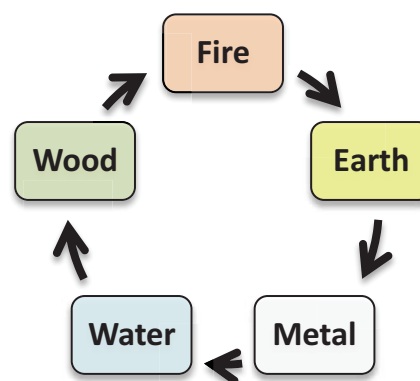


Figure 2-2: The interactions of the Five Elements

### THE INTER-PROMOTING CYCLE: SHENG CYCLE

The *Sheng* (Promoting) cycle is the normal generative cycle in which each element promotes another in a specific sequence. This cycle is also called the mother-child relationship because the first element in the series gives birth to and nourishes the next element in the series. The element which promotes, nurtures, or generates the next is the “mother,” and the element which receives the nourishment is the “child.” Each element is “mother” to one element and “child” to another. In this way, the elements cause each other to grow and flourish.

In the *Sheng* cycle Wood promotes Fire, Fire promotes Earth, Earth promotes Metal, Metal promotes Water, and Water promotes Wood. In this way, Wood is the mother of Fire and Fire is the child of Wood. Fire is the mother of Earth, and Earth is the child of Fire. Earth is the mother of Metal, and Metal is the child of Earth. Metal is the mother of Water, and Water is the child of Metal. Water is the mother of Wood, and Wood is the child of Water. An analogy can illustrate the promoting effects of each element. The river Water nourishes a young seedling, which becomes a great Wood tree. A forest Fire burns the tree and the ash nourishes the Earth’s soil. This Earth is mined for Metal ore. Metal tools are used to discover and collect Water; and the Water flows into the river that nourishes the tree.

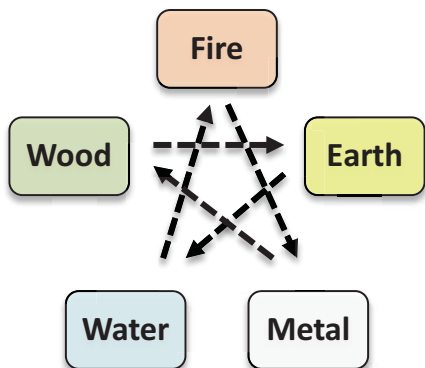


### THE INTER-RESTRAINING CYCLE: KE CYCLE

The *Ke* (Restraining or Controlling) cycle is the normal control cycle in which each element restrains another element in a specific sequence. This cycle is also called the grandparent-grandchild relationship because it is the grandparent’s job to control the grandchild. The “grandparent” is the element that is one ahead of the “parent” element, and it is involved in controlling the activity of the “grandchild” element. For example, Fire is the “parent” to Earth, and Wood is the “grandparent” to Earth. Each element is “grandparent” to one element and “grandchild” to another. This tension between the elements forms a system of checks and balances which maintains harmony among the elements.

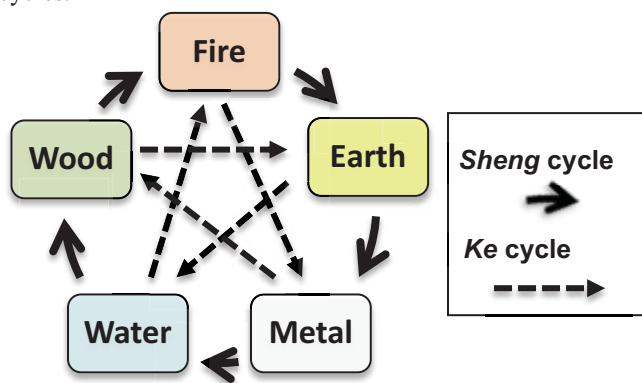
In the *Ke* cycle, Wood inhibits Earth, which inhibits Water, which inhibits Fire, which inhibits Metal, which inhibits Wood. In this way, Wood is the grandparent of Earth, and Earth is the grandchild of Wood. Fire is the grandparent of Metal, and Metal is the grandchild of Fire. Earth is the grandparent of Water, and Water is the grandchild of

Earth. Metal is the grandparent of Wood, and Wood is the grandchild of Metal. Water is the grandparent of Fire, and Fire is the grandchild of Water. An analogy can illustrate the restraining effects of each element. Fire melts Metal ore and allows it to be shaped. A Metal saw is used to harvest trees for Wood. The Wood is used to mold the Earth into a dam. The dam restrains the flow of Water in a reservoir. The Water collected is used to extinguish the Fire.



**KEEPING THE BODY IN BALANCE**

The *Sheng* and *Ke* cycles act together to form a regulatory system that maintains bodily function at its proper level. Normally when one element acts upon another, whether to replenish or to drain the next, the connection between the elements will eventually feedback upon the original element. For example, Fire generates ashes which adds to (promotes) Earth, but Water can quench (inhibit) the Fire so that the Fire does not generate too much Earth. This prevents one element from acting too severely upon another and causing an imbalance within the system. Excess or Deficiency of any element indicates an abnormality in one or both of the inhibition or promotion cycles.



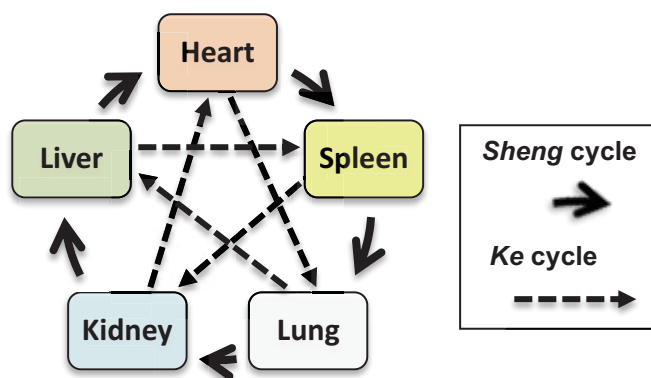
We examine the relationship between the *Ke* and *Sheng* cycles for each element:

- Wood restrains and controls (*Ke* cycle) the Earth, but at the same time the Earth promotes (*Sheng* cycle) Metal which then restrains the Wood. In this instance, the Metal makes sure that the Wood does not restrain the Earth too excessively.
- Metal restrains (*Ke* cycle) Wood to prevent an Excess of Wood, but Wood promotes (*Sheng* cycle) the Fire which then restrains the Metal. Thus, the Fire restrains the Metal to make sure that it does not restrain the Wood too much.
- Fire restrains (*Ke* cycle) Metal, but Metal promotes (*Sheng* cycle) the Water element which simultaneously restrains the Fire. In this way, the Fire is unable to restrain Metal too excessively.
- Water restrains (*Ke* cycle) Fire, but Fire promotes (*Sheng* cycle) the Earth element which simultaneously restrains the Water. The Earth prevents the Water from restraining the Fire too much.
- Earth restrains (*Ke* cycle) Water, but Water promotes (*Sheng* cycle) Wood which simultaneously restrains the Earth element. The Wood prevents excessive restraint of the Water element by the Earth.

Each element has a “parent,” a “child,” a “grandparent,” and a “grandchild.” So each element has familial connections with the other four elements, and no element is immune to changes in another element. This establishes a network within any system represented by the elements, whether that system is the universe or a patient’s body. The connections between each element and the other four are described below:

- Wood restrains (*Ke* cycle) the Earth element and promotes (*Sheng* cycle) the Fire element. At the same time, Wood is restrained by the Metal element and is promoted by the Water element.
- Fire restrains Metal and promotes Earth. Meanwhile, Fire is restrained by Water and is promoted by Wood.
- Earth restrains Water and promotes Metal. Meanwhile, Earth is restrained by Wood and is promoted by Fire.
- Metal restrains Wood and promotes Water. Meanwhile, Metal is restrained by Fire and is promoted by Earth
- Water restrains Fire and promotes Wood. Meanwhile, Water is restrained by Earth and is promoted by Metal.

The *Sheng* and *Ke* cycles can also be depicted as interactions among the TCVM organ systems which keep these organs in balance. The controls among the organ systems work the same way as for the elements. Viewed in this way, the Kidney promotes the Liver, which in turn inhibits the Spleen, and the Spleen inhibits the Kidney to prevent the excessive promotion of the Liver from the Kidney. The Liver inhibits the Spleen, and the Spleen promotes the Lung, which then inhibits the Liver to prevent the excessive inhibition of the Spleen from the Liver. The Heart Fire promotes the Spleen Earth, while the Kidney Water inhibits the Heart Fire. Because of this regulatory system from the *Sheng* and *Ke* cycles, a body functions at its proper level and maintains it in balance, thus no disease occurs.



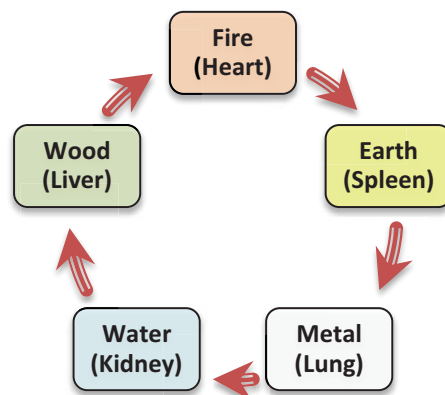
## Pathological Cycles of the Five Elements

When the Five Element *Sheng* (Inter-promoting) and *Ke* (Inter-inhibiting) relationships go out of control, the elements and the organ systems they represent become excessive or Deficient, and disease occurs. There are four ways that the Five Element cycles can become distorted. These pathological cycles include: Mother Element to Child Element, Child Element to Mother Element, Overwhelming cycle, and Insulting cycle.

### THE MOTHER ELEMENT AFFECTS THE CHILD ELEMENT

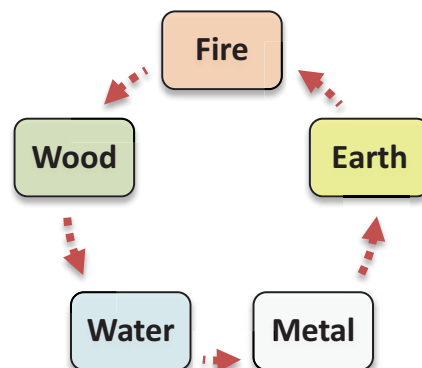
This cycle is a pathologic form of the *Sheng* cycle in which an imbalance is passed from mother element to child element. Although the cycle moves in the same direction as the promoting cycle, an ailing mother element transmits problems to her child instead of nourishment. This condition is analogous to an ill, overworked, stressed parent who does not have energy to make dinner for the

child and the child becomes upset. For example, Liver Blood Deficiency may eventually lead to Heart Blood Deficiency because the Liver is unable to properly nourish the Heart. Similarly, the Spleen can transmit its problems to the Lung. If Spleen *Qi* Deficiency impairs the Spleen's ability to transform and transport fluid, phlegm accumulates in the Lung, causing Lung *Qi* Deficiency.



### THE CHILD ELEMENT AFFECTS THE MOTHER ELEMENT

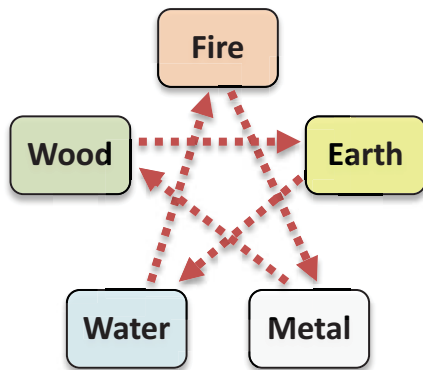
This cycle occurs as a pathologic form of the *Sheng* cycle in which the imbalance is passed along a reverse direction. A child element with a problem transfers the problems to the parent. This condition is somewhat analogous to a mother spending all her time and energy helping her sick child until she becomes ill herself. For example, the Spleen may transfer its Deficiency onto the Heart. The Spleen usually supplies *Qi* and Blood, which are important for the Heart. When the Spleen does not make enough Blood, a Heart Blood Deficiency may occur.



### THE OVERWHELMING CYCLE: CHENG CYCLE

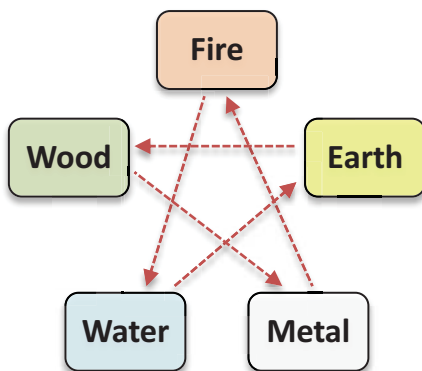
The *Cheng* cycle occurs as a pathologic form of the *Ke* cycle when the balance is broken due to an Excess of one

element. An imbalance follows the same route as the *Ke* cycle, but the “grandparent” element excessively restrains the “grandchild” element so that it results in disease. This usually occurs when an element is in Excess and exerts too much restraint upon another element. This is the most common pathological condition seen in practice. An example of this condition occurs when Liver *Qi* Stagnation causes Wood to become so Excessive that Metal cannot inhibit it, consequently, the Excess Wood excessively inhibits Earth and causes a pathologic condition in the Spleen (anorexia, diarrhea, vomiting). Similarly, Excess Heart Fire can excessively control the Metal element, resulting in Lung *Yin* Deficiency which manifests as a dry cough.



### THE INSULTING CYCLE: *WU* CYCLE

The *Wu* cycle occurs as a pathologic form of the *Ke* cycle which runs in reverse. A weaker “grandparent” element is unable to exert a normal amount of control over an excessive “grandchild” element, so the flow of control reverses. The “grandchild” element counter-controls, or counter-restrains the “grandparent” element. For example, when Lung Metal is Excessive or Heart Fire is Deficient, a Lung problem (cough, phlegm) can result in impaired Heart *Qi* through the *Wu* cycle. Similarly, if Wood was Excessive (Liver *Qi* Stagnation) or Metal was Deficient, then the Wood could counter-restrain the Metal element and cause Lung problems such as coughing with flank pain.



## Diagnostic Techniques

Practitioners may use the Five Elements Theory along with *Yin-Yang* theory to identify the disease Patterns within their patients. *Yin-Yang* Theory should be used to determine if the disease is an Excess (*Yang*) or Deficient (*Yin*) Pattern, and the Five Elements Theory should be used to determine which organs are affected. The TCVM practitioner observes the patient’s symptoms, including the physical appearance of the tongue, tissues and sense organs. Lesions with particular characteristics and locations suggest involvement of particular elements or TCVM organ systems. Since diseases are complex, a practitioner must systematically analyze all symptoms before making the diagnosis. The following diagnostic tools can help identify which organs and elements are out of balance.

### MOUTH AND TONGUE COLOR

The color of a patient’s tongue or mouth is a very important diagnostic parameter. There are five possible abnormal colorations that may occur in the mouth, and each is associated with imbalance in a particular element or organ system. Mouth and tongue color is addressed in greater detail in Chapter 7, but the following are some general guidelines.

- Purple, blue, or lavender coloration may indicate an imbalance in Wood, which may be due to Liver *Qi* Stagnation.
- Red coloration may indicate an imbalance in Fire, which may be due to Excess Heart-Fire.
- Yellow coloration may indicate an imbalance in Earth, which may be due to a Spleen *Qi* Deficiency.
- White coloration may indicate an imbalance in Metal, which may be due to a Lung *Qi* Deficiency.
- A dark color may indicate an imbalance in Water, which may be due to Deficient Kidney *Yin*.

### TISSUES

The kind of tissue experiencing pathological changes can indicate which element or organ system is imbalanced. Since tendons and ligaments are part of the Wood element (Liver organ system), disorders in these structures indicate a Liver *Yin* Deficiency. In a similar way, a problem with blood vessels indicates a Heart-Fire disharmony. Muscle atrophy suggests imbalance of Spleen-Earth, such as Spleen *Qi* Deficiency. Dry hair and skin, which belong to the Lung-Metal element, may indicate a Lung *Yin*

Deficiency. Degenerative bone diseases may indicate a Kidney *Qi* or Kidney *Yin* Deficiency.

## SENSE ORGANS

Each of the five sense organs is associated with a TCVM organ system. A problem with these organs may reflect an imbalance in their associated internal organ. For example, red and painful eyes often reflect a Liver problem. A tongue problem may indicate a Heart imbalance. A mouth and lip problem may be related to the Spleen. If the nose is troubled by heat, dryness or sneezing, there may be a Lung problem. Deafness may be related to a Kidney Deficiency.

## Treatment Strategies

After identifying the element and organ system responsible for the imbalance, a practitioner can utilize the connections among the Five Elements to restore balance. TCVM treatments are based on strengthening or sedating the elements related to the diseased organ system.

### TONIFY (*BU*) THE MOTHER FOR DEFICIENCY

If an organ is Deficient, the treatment is to tonify (reinforce or increase) its mother organ. In the *Sheng* cycle, the mother element nourishes the child element. Thus stimulating and strengthening the mother will allow this element to provide greater support to the weak child. For example, the treatment for Lung *Qi* Deficiency should involve tonification of Spleen *Qi* because Spleen-Earth is the mother of Lung-Metal.

### CLEAR (*XIE*) THE CHILD FOR EXCESS

If an organ is in Excess, the treatment is to clear (sedate) its child organ. In the *Sheng* cycle, the child element draws nourishment from its mother element. Reducing the child element allows the child organ to accept greater nourishment from the parent. In this way, the child element can draw some of the Excess away from the parent. For example, the treatment for eye inflammation caused by a flare up of Liver Heat (Wood Excess) is to clear the Heart (Fire) to eliminate the Liver Heat.

### STRENGTHEN THE GRANDCHILD FOR PREVENTION

Some TCVM treatments may be applied as a preventative measure. If one element is in Excess, the pathological

*Cheng* cycle may cause the grandchild element to become imbalanced. Thus, a practitioner can protect the grandchild organ by strengthening the grandchild before signs of imbalance appear in the grandchild organ. For example, during Liver Excess (Liver *Qi* Stagnation), the Wood element tends to over-control the Earth element; thus, the treatment should reinforce the Spleen and clear the Liver. This prevents Spleen Deficiency while correcting the Liver problem. The same principle applies to all the organ systems:

- Strengthen the Kidney to protect it from Spleen problems.
- Strengthen the Spleen to protect it from Liver problems.
- Strengthen the Liver to protect it from Lung problems.
- Strengthen the Lung to protect it from Heart problems.
- Strengthen the Heart to protect it from Kidney problems.

## Five Constitution and Disease

Each individual has a dominant elemental constitution based on their personality and other characteristics. The individual's constitutional type can influence their tendency towards certain kinds of imbalance. A TCVM practitioner may consider the patient's constitutional type when determining appropriate treatment plans.

### WOOD TYPE

An individual with a Wood constitution has a pioneer spirit and leads the way like a General. Wood types tend to be great athletes who want to be the greatest in their field. These individuals can easily adapt to changing conditions because they are alert and respond quickly to stimuli. Although they quickly form ideas, they also change their minds easily. Wood type individuals tend to be narrow-minded and intolerant of different ideas. When Wood types become unbalanced, they are prone to diseases affecting the Liver organ system. Wood types tend to have a short life span (which is a bit longer than the Fire type).



#### Personal Characteristics:

Dominant  
Aggressive

Competitive  
 Confident  
 Fearless  
 Adaptive  
 Intolerant

#### Physical Characteristics:

Thin body, either tall or short  
 Big eyes  
 Pulse: Wiry (String-taut)  
 Performance: Great, but variable (sometime the best; sometimes the worst)  
 Hooves and tendons are strong and healthy  
 Runs like the wind, quick and nimble movement  
 Good type for the racetrack

#### Characteristics and Diseases when Unbalanced:

Aggression  
 Irritability and anger (may bite, kick, strike)  
 Stressed by changing conditions  
 Hoof, ligament and tendon problems  
 Liver or Gallbladder problems

Eye problems  
 Seizure (Internal Wind)  
 Allergy (External Wind)  
 Hypertension  
 Stroke  
 Neurosis

#### Prevention and Therapy:

Because the Liver is synonymous with the Wood element, Wood type individuals are particularly sensitive to imbalance in the Liver. Even small amounts of stress, depression or Stagnation can impede Liver *Qi* flow, so a Wood type has little tolerance for those conditions. Therapies smoothening and soothing the Liver can help maintain balance and prevent disease.

Wood types can benefit from a diet containing harmonizing foods because they can regulate Liver function. Recommended foods include chicken or pig liver, green vegetables (mustard greens, spinach, cabbage), carrots, and citrus fruits. The herbal medicine *Xiao Yao San* can soothe the flow of Liver *Qi*.<sup>3</sup>

## Case Example

**Presentation:** Lotus, a two-year-old spayed female Border Collie, presented with acute onset cluster seizures two weeks ago. The seizure episodes continued after administering Phenobarbital and Potassium Bromide. She tended to be hot, have red eyes and chronic conjunctivitis. She loved to run and was the most dominant of the five household dogs. Her tongue was red, and her pulse was wiry and forceful.

**TCVM Diagnosis:** This presentation was typical for a Wood Constitution dog. Seizures (Internal Wind), eye problem and wiry pulse strongly signal a Wood/Liver disorder. The young age and acute onset of seizures indicate Excess. Red eyes, red tongue and forceful pulse indicate Heat. Thus, her TCVM diagnosis was Internal Wind due to Liver/Wood Excess Heat.

**TCVM Treatment:** The treatment involved diet therapy, herbal medicines and acupuncture. The goal was to reduce Excessive Liver/Wood Heat by clearing the child element (Fire) and supporting the grandparent element (Metal). Her Chinese herbal medicines included *Di Tan Tang* for the Internal Wind/seizures and Liver Happy (modified *Chai Hu Shu Gan*) to clear Heat and soothe Liver *Qi*.<sup>4</sup> Recommended foods included turkey, pork liver, green vegetables (spinach and cabbage), carrots and barley. The dog received acupuncture at LIV-2, LIV-4, LIV-3, BL-18, BL-19, GB-20, BL-17 and SP-10.<sup>5</sup>

- LIV-2 is the Fire (child element) point which can clear Liver Excess.
- LIV-4 is the Metal (grandparent) point which can control the Excessive Wood.
- LIV-3 is the source point, and it soothes Liver *Qi*.
- BL-18 and BL-19 are the Liver and Gallbladder back *Shu* association points.
- GB-20, BL-17 and SP-10 are the acupoints for Internal Wind (seizures).



## FIRE TYPE

An individual with a Fire constitution is like a good Emperor who is persuasive and skilled at inspiring others. Fire types are very social and enjoy being the center of attention. When Fire types become unbalanced, they are prone to diseases affecting the Heart organ system. Fire types tend to have the shortest life span of the elemental types.

### Personal Characteristics:

Easily excited  
Extroverted  
Friendly and playful  
Sensitive  
Difficult to calm down  
Noisy and talkative  
Enjoy attention and physical contact



### Physical Characteristics:

Strong body  
Small head  
Small, but bright, shining eyes  
Red face (human)  
Prominent blood vessels

Pulse: Fast or Full  
Runs very fast, but easily fatigued  
Good for short-distance racing

### Characteristics and Diseases when Unbalanced:

Hyperactive  
High strung  
Insanity (*Shen* disturbance or behavioral problems: separation anxiety and restlessness)  
Cardiovascular diseases  
Ulcers on the tongue  
Arteriosclerosis or chest pain  
Stroke  
Sudden Death

### Prevention and Therapy:

Because the Heart belongs to the Fire element, *Yang* is often Excessive. The Excess Fire can damage *Yin*; thus, *Yin* is often Deficient in Fire types. A Heart *Yin* tonic is very important for maintaining the Heart system functions. Herbal formulas such as *Shen Calmer* (modified *Tian Wan Bu Xin Dan*) can help balance the Heart.<sup>4</sup> Diet recommendations: pork heart, fish, brown rice, wheat and vegetables such as spinach, broccoli, celery and mushrooms.

## Case Example

**Presentation:** Pete was a thirteen-year-old castrated male Toy Poodle with a happy, playful and hyperactive personality. He had a two-year history of congestive heart failure (CHF) with a 6/6 heart murmur. He exhibited separation anxiety. His skin was dry and had dandruff. His tongue was pale and dry, and pulse was deep and weak.

**TCVM Diagnosis:** This Toy Poodle had a typical Fire constitution. Disorders involving the heart (e.g., CHF) and mind (e.g., separation anxiety) are associated with the Heart/Fire element. Since Pete was exhibiting disorders of the heart and mind, we can conclude that Pete's Fire (Heart) element was unbalanced.

The patient's chronic disease (2 year history), older age (13 year old) and deep and weak pulse suggested that the imbalance was a deficiency. Blood Deficiency was indicated by the dry, flaky skin and pale, dry tongue. Thus, Pete's TCVM pattern was Heart Blood Deficiency.

**TCVM Treatment:** The treatment goal was to tonify Heart Blood and calm Mind (*Shen*). Therapy involved Chinese herbal medicine, diet and acupuncture. His herbal medicine was *Shen Calmer* (modified *Tian Wan Bu Xin Dan*).<sup>4</sup> Recommended foods included pork heart, fish, spinach, mushrooms and brown rice. He received acupuncture at HT-7, BL-15, PC-6, *An-shen*, BL-17, SP-9 and SP-10.<sup>5</sup>

- HT-7 (Source point), BL-15 (Heart association point) and CV-14 (Heart alarm point) tonify the Heart.
- PC-6 and *An-shen* calm the Mind (*Shen*).
- BL-17, SP-9 and SP-10 nourish Blood.
- HT-9, as the Wood (mother) point in the Heart (child) Meridian, is the mother point which can tonify Deficiency of the Heart.

## EARTH TYPE

An individual with an Earth constitution is like a mother or a good host who likes to care for others. When Earth types become unbalanced, they are prone to diseases affecting the Spleen organ system. Earth types tend to have long life spans.

### Personal Characteristics:

Laid Back  
Easy going  
Friendly  
Sweet  
Slow moving  
Easily satisfied  
Humble and kind  
Tolerant



### Physical Characteristics:

Short but sturdy body  
Prominent musculature  
Big head  
Brown hair-coat on the head (Yellow face in humans)  
Thick lips and big nose  
Pulse: Slow

### Characteristics and Diseases when Unbalanced:

Excessive worry  
Obesity  
Muscle atrophy  
Weakness of limbs  
Anorexia  
Vomiting  
Diarrhea  
Abdominal pain or colic  
Constipation  
Gum or lip problems  
Edema  
Chronic hemorrhage  
Rectal or uterine prolapse

### Prevention and Therapy:

Because the Spleen belongs to the Earth, the Spleen is the dominant organ system for Earth type individuals. The Spleen consistently works very hard without complaint until a big problem develops. The Spleen deserves special attention and careful treatment because the Spleen is the source of energy, muscular strength, and defense for the whole body.

The Spleen is sensitive to “Damp,” which may originate from many sources including food, drink, weather changes and the environment. Additionally, TCVM considers the accumulation of damaged or abnormal (mutated) cells and tissues within the body to be Damp. When functioning normally, the Spleen *Qi* and *Wei Qi* allow the body to identify and remove the abnormal tissue (Damp). However, the body’s ability to identify Damp diminishes as the Spleen function decreases. Damp is characterized as thick, sticky and difficult to move. When Damp remains in place for long periods of time, Phlegm (such as cancerous growths) may develop. To offset the influence of Dampness on the Spleen, a TCVM practitioner may utilize hot herbs or herbs with dryness properties, such as *Atractylodes Cang Zhu*. These herbs can help dry up the Dampness. Also, warm or hot herbs can nurture the Spleen because Fire is the mother of Earth. This may explain why people living in humid areas (Damp) prefer hot, spicy foods (Fire).

According to TCVM, the Spleen is very important in regulating the flow of *Qi* in the body. The Spleen transports all beneficial substances, nutrients and energy upward to the Lung so it can go to the whole body. The Stomach, the *Yin* partner of the Spleen, sends all the useless materials (metabolic by-products) and the harmful substances (toxins) downward to the large intestines for excretion from the body. Thus, the upward and downward movement is critical for proper Spleen and Stomach function. Herbal prescriptions and diets intended for the Spleen should help maintain this up-down relationship of *Qi* flow. The herbal formulas Happy Earth (modified *Ping Wei San*) and Equine GI Formula (modified *Ping Wei San*) can support the Spleen in small animals and horses, respectively.<sup>4</sup> Recommended foods include rumen, lamb, chicken, ginger, garlic, and sweet potato.

## Case Example

**Presentation:** Jumper, a thirteen-year-old castrated male Domestic Shorthair cat, presented with a three-year history of inflammatory bowel disease (IBD). He still had a poor appetite, weight loss and occasional loose stool despite receiving long-term prednisone therapy. His tongue was pale and wet. His pulse was deep and weak. He was an easy going, laid back and friendly cat.

**TCVM Diagnosis:** Jumper had a typical Earth constitution as evidenced by his laid back and friendly personality and his Spleen/Earth Element disorders (chronic IBD, weight loss, decreased appetite and loose stool). The patient's chronic disease (3 year history of IBD), old age (13 year old) and deep and weak pulse indicated deficiency. Anorexia, body weight loss, loose stool, pale and wet tongue indicated *Qi* Deficiency. Thus, Jumper's TCVM pattern was Spleen *Qi* Deficiency.

**TCVM Treatment:** The treatment goal was to tonify Spleen *Qi* to stop the diarrhea and promote appetite and weight gain. Therapy involved herbal medicine, diet and acupuncture. His Chinese herbal medicine initially included Eight Gentlemen (*Xiang Sha Liu Jun Zi*) and was later switched to Happy Earth (modified *Ping Wei San*) for maintenance.<sup>4</sup> Recommended foods included chicken, tripe, pumpkin, sweet potato, and ginger. He received acupuncture at SP-2, SP-3, ST-36, SP-6, BL-20 and BL-21.<sup>5</sup>

- SP-2, the Fire Point of the Spleen Meridian, can tonify the weakness (Deficiency) of Earth (Spleen) disorders.
- SP-3 (the Source point) strengthens Spleen while ST-36 is a general *Qi* tonic.
- SP-6 drains Damp to stop diarrhea.
- BL-20, BL-21 (Spleen and Stomach association points) and *Shan-gen* tonify the Spleen/Earth and promote appetite.

## METAL TYPE

An individual with a Metal constitution is like a Prime Minister who has foresight and sagacity (good vision). Metal types are broad-minded, organizers and leaders in a group. They like rules and order. When Metal types become unbalanced, they are prone to diseases affecting the Lung organ system. Metal types tend to have a long life span.

### Personal Characteristics:

Aloof  
Independent  
Ordered, organized  
Quiet  
Confident and consistent



### Physical Characteristics:

Broad forehead  
Big and wide nose  
Broad chest  
Good hair coat

### Characteristics and Diseases when Unbalanced:

Excessive sadness or grief  
Nasal congestion and discharge  
Upper airway infections

Cough, heaves asthma and other lung diseases  
Constipation

### Prevention and Therapy:

In TCVM, the Lung (Metal) is a delicate organ which controls breathing and regulates the respiratory system. Dryness and Heat can easily damage the Lung *Yin*. Because Lung *Yin* supports the Lung functions controlled by Lung *Qi*, Lung *Yin* damage (Lung *Yin* Deficiency) causes respiratory malfunction resulting in asthma or cough.

The Lung functions of inspiration and expiration are respectively associated with downward and upward flow of *Qi*. This ascending and descending *Qi* flow is a critical component of Lung function. After receiving the nutrients sent up from the Spleen, the Lung distributes the nutrients downward to the rest of the body. Damage to Lung *Qi* flow results in dyspnea or asthma. Treatments to support the Lung have two goals: 1) moisten and nourish the Lung *Yin* with a *Yin* tonic herb, and 2) restore the downward direction of the Lung's *Qi* flow. The herbal medicine *Bai He Gu Jin Tang* may be used.<sup>3</sup> Recommended foods include eggs, duck, barley, tofu and rice.

## Case Example

**Presentation:** Mistie was a seventeen-year-old Arab mare who developed allergic heaves four years ago. Antihistamine injections had controlled her heaves and dyspnea during the previous three years, but they did not have any effect this year. Her heaves were worse in the summer and fall. She had dry cough, very labored breathing and her respiratory rate was 88 breaths per minute. Recently, she began showing exercise intolerance. Her tongue was red and dry, and her pulse was deep and weak.

**TCVM Diagnosis:** Heaves and cough indicate a Lung/Metal element disorder. The fall is also part of the Metal element. This was a deficiency pattern due to the patient's chronic disease (4 years), older age (17 year old) and general weakness. Labored breathing, exercise intolerance, and deep and weak pulse indicated *Qi* Deficiency. Warm ears and hot body, dry cough, and red and dry tongue indicated *Yin* Deficiency. Thus, the mare's TCVM pattern was Lung *Qi* and *Yin* Deficiency.

**TCVM Treatment:** Therapy involved Chinese herbal medicine, diet and acupuncture. Her herbal medicine included Breathe Easier B (modified *Ren Shen Ge Jie San*) and Lily Combination (modified *Bai He Gu Jin*).<sup>4</sup> Recommended foods included bran, rice bran, beet pulp, horseradish, pumpkin seeds, tangerine peel, and olive oil. She received acupuncture at LU-9, LU-7, LU-1, BL-13, *Ding-chuan*, CV-22, CV-17, ST-36.<sup>5</sup>

- LU-9 is the Earth (mother) point of the Lung-Metal Meridian, which can tonify weakness (Deficiency) of the Metal (Lung).
- LU-7, LU-1 (the Lung alarm point) and BL-13 (the Lung association point) tonify the Lung.
- *Ding-chuan* and CV-22 stop cough, heaves and dyspnea.
- CV-17 and ST-36 are the general *Qi* tonic acupoints for *Qi* Deficiency.

## WATER TYPE

An individual with a Water constitution is like a philosopher or an observer. Water types prefer to stand back and take their time to carefully observe and analyze events occurring around them.

They think deeply and skillfully make their plans. Water types tend to be fearful. They prefer to hide or run from danger, but will bite or kick in fear when unable to flee. When Water types become unbalanced, they are prone to diseases affecting the Kidney organ system. Water constitution is not a favorable type for a stallion due to tendency towards infertility. Water types tend to have very long lives.

### Personal Characteristics:

Quiet  
Timid  
Introverted, shy  
Solitary  
Hesitant  
Fearful  
Observant



### Physical Characteristics:

Thin, middle sized body  
Black hair on the head

Deep, big eyes and big ears  
Cold intolerance, prefers warm locations  
Pulse: Deep

### Characteristics and Diseases when Unbalanced:

Total withdrawal  
Fear  
Kidney or bladder problems (e.g., urinary tract infections)  
Arthritis and disc disease  
Premature aging  
Infertility  
Back pain

### Prevention and Therapy:

The Kidney (Water) controls reproduction and is the source of the body's vital force (*Ming-Men* Fire, or Kidney *Yang*). The Kidney is very sensitive to Cold. Herbs with warm or hot properties, which can counteract the coldness, are beneficial to the Kidney.

The Kidney stores the Essence (*Jing*), which influences the animal's growth, development and reproduction. Therapy for the Kidney should maintain the balance between Kidney *Yang* (*Ming-Men* Fire) and Kidney *Jing*. The herbal formula Epimedium Formula (*Sheng Jing San*) is recommended.<sup>4</sup> Recommended foods include pork kidney, eggs, duck, mussels, sweet potato, and black beans.

## Case Example

**Presentation:** Dos, a twenty-year-old black Paso Fino stallion, presented with chronic lameness and disfiguring osteoarthritis in his hocks and carpal joints, with a 3/5 lameness of his left front limb. Dos was a retired champion. He was fearful and tended to run away. He also had a low sperm count and infertility. His back and limbs were cold to the touch. His pulse was deep, slow and weak, and his tongue was pale and purple.

**TCVM Diagnosis:** Dos had a Water personality because he exhibited fearful behavior (running away). All his symptoms including infertility and osteoarthritis are related to Water Element disorders. It was a Deficiency pattern because he was twenty-year-old, it was a chronic illness, and his pulse was deep and weak. Coldness, slow pulse, pale and purple tongue indicated *Yang* Deficiency. Thus, his TCVM pattern was Kidney *Yang* Deficiency.

**TCVM Treatment:** The treatment goal was to tonify the Kidney and warm *Yang*. Therapy involved Chinese herbal medicine, diet and acupuncture. His herbal medicines included Epimedium Formula (*Sheng Jing San*) for infertility and *Sang Zhi San* for osteoarthritis in his limbs.<sup>4</sup> Recommended foods included oats, ginger, garlic, fennel, turmeric, cinnamon bark and olive oil. He received acupuncture at GV-3, GV-4, *Bai-hui* (moxibustion), BL-23, *Shen-shu*, *Shen-peng*, *Shen-jiao*, *Yan-chi*, TH-4, LI-5, HT-7, BL-60, BL-61, LIV-4 and KID-7.<sup>5</sup>

- GV-3, GV-4 and *Bai-hui* warm *Yang*. BL-23 (Kidney association point), *Shen-shu*, *Shen-peng*, *Shen-jiao* tonify the Kidney.
- *Yan-chi* is a special point for infertility.
- TH-4, LI-5 and HT-7 are local points for carpal arthritis.
- BL-60, BL-61 and LIV-4 are local hock points.
- KID-7 is the mother (Metal) point of the Water-Kidney Meridian.

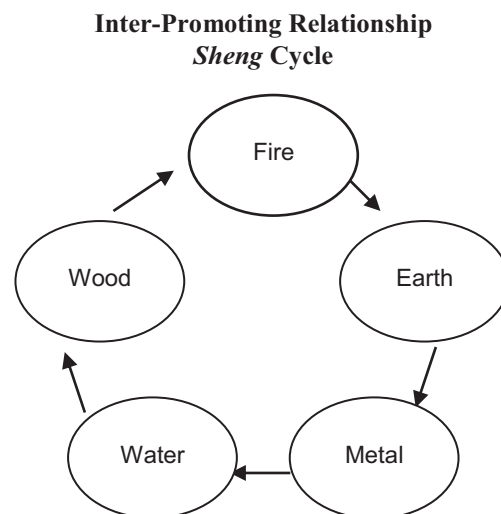
### Conclusions

The *Yin-Yang* and Five Elements Theories form the foundation of Traditional Chinese Veterinary Medicine (TCVM). These two theories are used to explain physiological activities and pathological changes and to provide a basic guideline for clinical practice. They are interdependent and cannot be entirely separated during clinical evaluation. For a horse with high fever, the *Yin-Yang* Theory should be used to determine if it is an Excess Pattern (*Yang*) or Deficient Pattern (*Yin*), and the Five Elements Theory should be used to determine which organs are affected. Both theories, however, are limited by the historical development of ancient Chinese society. They may be incomplete and need to be complemented with modern, advanced scientific research and clinical experience.

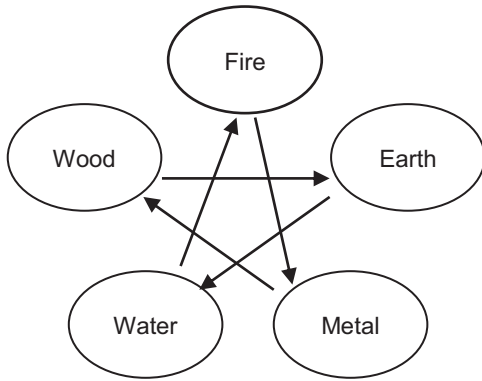
### SUMMARY OF NORMAL FIVE ELEMENTS PHYSIOLOGY

This cycle is the normal generative cycle found in the Five Elements. It is a “parent-child” relationship in which one element nourishes the following element. Fire promotes Earth, which promotes Metal, which promotes Water, which promotes Wood, which promotes Fire. In other words, Fire is the “mother” of Earth but is also the “child” of Wood. In this way, each element serves as both a parent and a child to the surrounding elements in the cycle.

It is possible to imagine this sequence in nature with one element promoting and flowing into the next. The river Water nourishes a young seedling, which becomes a great Wood tree. A forest Fire burns the tree and the ash nourishes the Earth’s soil. This Earth is mined for Metal ore. Metal tools are used to discover and collect Water; and the Water flows into the river that nourishes the tree.



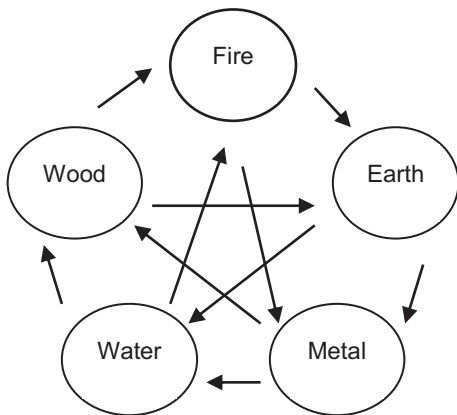
**Inter-Inhibiting Relationship  
*Ke* Cycle**



This cycle is the normal control cycle found in the Five Elements system. It is a restraining relationship between the elements. The elements involved can be called the “grandparent” and the “grandchild”. The “grandparent” is the element that is one ahead of the “parent” element, and it is involved in controlling the activity of the “grandchild” element. Water inhibits Fire; Fire inhibits Metal; Metal inhibits Wood; Wood inhibits Earth; and Earth inhibits Water.

Once again an analogy can be used to illustrate the restraining effects that each element can have on another. Fire melts Metal ore and allows it to be shaped. A Metal saw is used to harvest trees for Wood. The Wood is used to mold the Earth into a dam. The dam restrains the flow of Water in a reservoir. The Water collected is used to extinguish the Fire.

**Normal Five Elements Interactions**

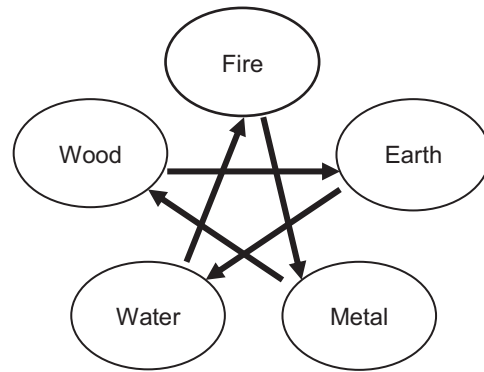


Together these two cycles create balance among the elements. When the elements are cooperating normally through this system of inhibition and promotion, there should be no Excess or Deficiency. When there is Excess or Deficiency of any of the elements, there is an

abnormality within one or both of the cycles. In a normal situation, the cycle would work to feed back upon the original element and maintain it at its balanced state. For example, Water inhibits Fire, but then Fire promotes Earth, which inhibits Water.

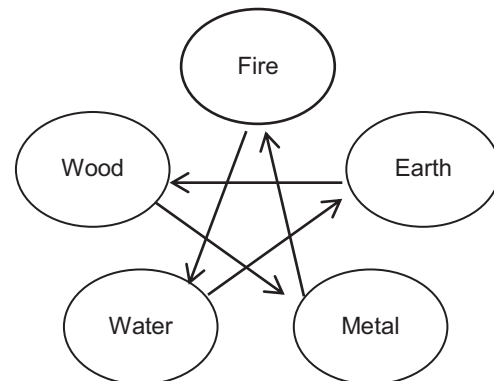
**SUMMARY OF FIVE ELEMENTS PATHOLOGY**

**Over-Acting Relationship  
*Cheng* Cycle**



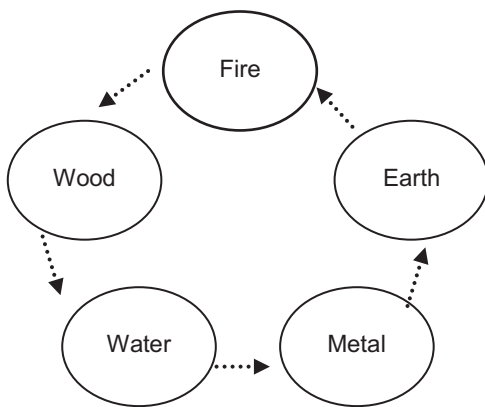
This cycle occurs as a pathologic form of the *Ke* cycle when the balance of the normal *Ke* cycle is broken due to an Excess of one element. The “grandparent” element goes beyond the normal amount of control of the “grandchild” element so that it results in disease. This can be seen when one element is in Excess and exerts too much restraint upon another element. For example, the Over-Acting Relationship would be occurring if Wood was so Excessive that Metal cannot inhibit it; in this case Wood Excessively inhibits Earth and causes a pathologic condition.

**Inter-Insulting Relationship  
*Wu* Cycle**



This cycle occurs as a pathologic form of the *Ke* cycle when the balance of the normal *Ke* cycle is broken due to an insufficiency of one element. In this case, the *Ke* cycle is reversed. The “grandparent” element is weak, thus unable to exert a normal amount of control over the “grandchild” element. The flow of control is reversed and “grandchild” element restrains the “grandparent” element. For example, the Insulting Relationship can occur if Metal was weak or if there was an Excess of Wood. In this case, the Wood will exert restraint upon Metal.

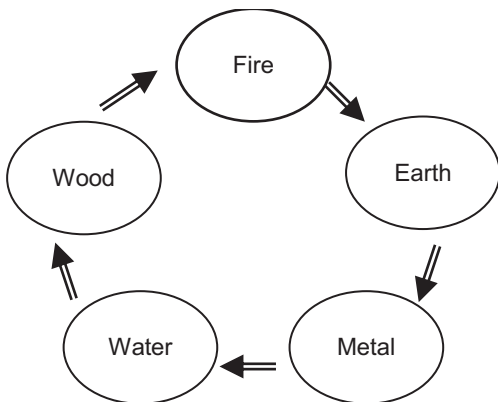
#### Child Element affects the Mother Element



This cycle occurs as a pathologic form of the *Sheng* cycle. In this case, the *Sheng* cycle is reversed. If the Child element has a problem, it can transfer problems to the Mother element. For example, if the Spleen is Deficient, it may lead to a Deficiency of the Heart.

One way of thinking about this is to imagine a sick child. The mother spends all her time and energy helping her sick child until she becomes ill herself.

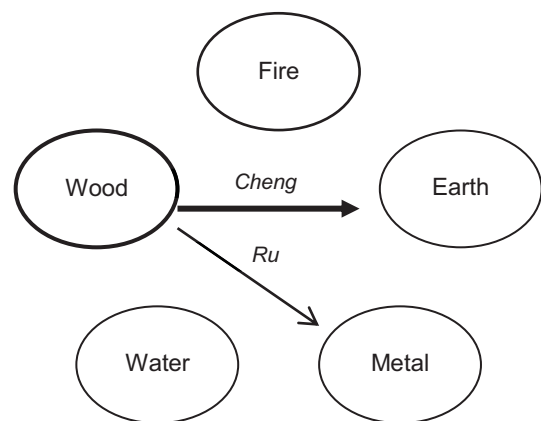
#### Mother Element affects the Child Element



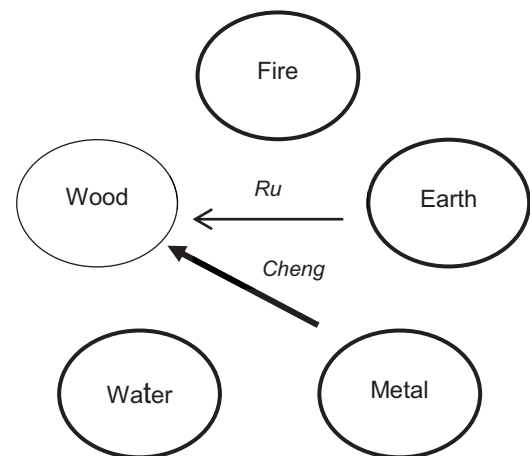
This cycle occurs as a pathologic form of the *Sheng* cycle. In this case there is an imbalance in which the elements pass problems from Mother to Child. The mother element, which is ailing, is unable to maintain the proper balance within the cycle. Instead of supporting and nourishing the following element, the mother transmits problems to the child. For example a Deficiency of Liver may eventually lead to a Deficiency of the Heart, because the Liver is unable to properly nourish the Heart.

One could imagine an overworked, stressed parent who does not feel good. This parent comes home and does not want to interact with the child. This causes the child to become upset.

#### Example of Excessive Wood:



#### Example of Deficient Wood:



### Quickly Identifying Patient Constitution Types

#### Wood

- Confident
- Irritable, “Crabby”
- Active, Energetic, Athletic
- Aggressive, Angry
- Bites with little provocation
- Impatient
- Ears back (horse)
- Kicks, Stomps, or Strikes

#### Fire

- Friendly
- Greets strangers warmly
- Noisy, Vocal
- Excited, Hyper-excitable
- Difficult to keep still
- Loves to be touched or petted

#### Earth

- Friendly
- Enjoys sleeping or relaxing
- Eager to please
- Slow movements, walks not runs
- Easy going, mellow

#### Metal

- Clean hair coat
- Quiet
- Confident
- Disciplined
- Follows the owner’s commands
- Prepared for what happens next
- Follows the rules

#### Water

- Hides or runs away
- Bites or kicks when afraid
- Not confident
- Watches what the veterinarian is doing
- Nervous when being examined
- Submissive urination (dog)
- Owner cancels appointment because the cat is hiding under the bed
- May present rump and threaten to kick when examined (horse)



## Case Studies

### CASE 2.1

**Signalment:** An eleven-year-old castrated male Domestic Longhair cat

#### History and Physical Findings:

He was a very tolerant and friendly cat. He liked to dominate animals of equal strength, but he let very young or very old animals dominate him. Although he liked to be petted, he hated to be groomed. He only wanted attention on his own terms and his own time. He loved to be around people, but did not like to be the center of the party. He purred both when happy and angry.

He preferred the support of furniture, shoes or folded rugs. He loved to sleep in the morning. He ate only when the owner ate or when the owner offered food, rarely eating when the owner was not home. When he was young, he was very fast and agile, catching birds and lizards; but, at the time of presentation he would not even catch a moth. He used to eat only what he caught; now he would not kill anything.

Recently he had been sleeping a lot and was sluggish. There was decreased muscle tone in both hind limbs. He normally breathed clearly and without complication; now his nose was chronically congested. Sometimes the nasal congestion was so severe that he resorted to open-mouth breathing. His nasal discharge was clear and was worse on the right side. He had been coughing frequently, but it seemed worse in the daytime.

His tongue was pale, and his pulse was deep and weak. Because of nasal discharge and congestion, he had been given antibiotics and anti-histamines for the previous month. The medications did not seem to improve his condition.

#### Assessment:

This cat had a tolerant, friendly attitude and his tendency to please others marked him as a typical Earth type cat. It is not uncommon for an Earth constitution cat to tend towards a Deficient Spleen or Stomach. Deficient Earth might lead to Deficient Metal (the Mother element affects the Child element). The chronic clear nasal discharge and congestion, pale tongue, and weak pulse indicated Lung Deficiency.

The treatment strategy was to tonify the Lung and Spleen. It was important to tonify the Spleen because the Spleen is

the mother of the Lung. The acupuncture points LU-9 (the Earth point on the Lung Meridian) and BL-13 (the Lung association point) were recommended. Herbal formulas *Si Jun Zi Tang* (to tonify Spleen) and *Bai He Gu Jin Tang* (to tonify Lung) were recommended.<sup>3</sup>

### CASE 2.2

**Signalment:** A thirteen-year-old Quarter Horse mare

#### History and Physical Findings:

She was always angry, irritable and “crabby.” When the veterinarian examined her, she often had her ears pinned. The mare stomped her feet even tried to bite and kick the veterinarian.

Her tongue was red, purple and swollen. Her pulse was wiry and forceful. Her eyes were large, red, and watery.

#### Assessment:

This was a typical Wood type mare. She had Liver *Qi* Stagnation and Liver Fire. The anger, irritability, aggressive behavior, purple tongue and wiry pulse were indications of Liver *Qi* Stagnation. A red and swollen tongue, red and swollen eyes, and a forceful pulse indicated Liver Fire. The treatment plan was to soothe the Liver *Qi* and clear Fire.

Treatment with the acupuncture points LIV-1, LIV-3, HT-9 and HT-8 were recommended. The herbal formula *Long Dan Xie Gan Tang* was also recommended to clear the Liver and to clear Fire.<sup>3</sup>

### CASE 2.3

**Signalment:** An eight-year-old Paint gelding

#### History and Physical Findings:

He loved to run and to compete, but he had some anger problems. He was easily irritated and hyperactive. His tongue was purple. He was reactive on the entire Stomach Meridian of his neck, BL-20 (Spleen associate point), BL-21 (Stomach associate point), and *Dan Tian* (the stifle point). He was also very reactive at PC-1. His pulses were fast and wiry. His eyes were red. He has had several episodes of laminitis. He also had history of colic and diarrhea. Recently his front feet seemed to bother him.

#### Assessment:

This gelding was a Wood type of horse. He had Liver *Qi* Stagnation (Liver Excess). The treatment strategy included clearing the Liver *Qi* Stagnation and strengthening the Spleen.

The Wood (Liver) overacted (*Cheng*) on the Earth (Spleen). This explains the sensitivity of the Stomach Meridian (the “husband” of the Spleen Meridian), of BL-20 (Spleen association point) and of BL-21 (Stomach association point). The stifle soreness was also considered a sign of a Stomach Meridian disorder.

The acupoints LIV-3, ST-45, GB-44, BL-20, BL-21, PC-9, and TH-1 were recommended.<sup>5</sup> The herbal formula *Xiao Yao San* may also have been beneficial.<sup>3</sup>

The previous two cases (Cases 2.2 and 2.3) had similar basic problems with slightly different clinical presentations. The root was the same: a Wood horse with Liver *Qi* Stagnation. The first case (Case 2.2) had secondary signs of Liver Fire, which were caused by the Liver *Qi* Stagnation because any long-term Stagnation may transform into Fire. The Liver Fire is a *Yang* factor which tends to flare upwards. Red and swollen eyes occurred as a consequence because the eyes are the orifice of the Liver.

The second case (Case 2.3) also had Liver *Qi* Stagnation (Liver Excess). The Excessive Liver tends to affect the Stomach/Spleen (the Wood overacts/*Cheng* on the Earth), leading to sensitivity of the Stomach Meridian.

Since both cases had the same root (Liver *Qi* Stagnation), the primary treatment strategy is the same: to soothe Liver *Qi* using the acupoints including LIV-3. However, since their secondary clinical presentation was different, the secondary treatment was different. For the first case, HT-8, HT-9 and the herbal formula *Long Dan Xie Gan Tang* were used to clear Liver Fire. For the second case, BL-20 and BL-21 were used to strengthen the Spleen and Stomach, and PC-9 and TH-1 were used for the local foot soreness. The herbal medication *Xiao Yao San* may have been used to harmonize the Liver (the Wood) and the Spleen (the Earth).

## CASE 2.4

**Signalment:** A thirteen-year-old, castrated male Domestic Shorthair cat

### History and Physical Findings:

The cat had a history of fibrosarcoma. The tumor was surgically removed without clean margins, recurred, then surgically removed again. Following the second surgery, the owner wanted to try holistic therapy.

The cat was bright and responsive. He was overweight and his coat was shiny. The cat was afraid of thunderstorms, loud noises, and strangers. However, the cat was very

independent, stubborn and loud when he became hungry. He preferred to lie in the sun.

The cat’s pulses were rapid and superficial. The upper and lower pulses were strong, and the middle pulses were slightly less strong. The tongue was pink with a normal coating. There was no pain on palpation of the alarm points. The mass was removed from the area around BL-20 and BL-21.

The treatment thus far included diet modification and supplementation. He was given a natural diet that included fish, and he received omega-3 fatty acid supplements and antioxidants.

### Assessment:

This cat had a Water type personality. If the Water energy is Deficient, a Water type of animal is prone to arthritis, intervertebral disc disease, and renal failure. If the water is Excessive, the animal may develop problems due to counter-control (*Wu* cycle) of the Earth, over-control (*Cheng* cycle) of the Fire, or both. When the water is Excessive, the result may be Spleen *Qi* Deficiency (gastrointestinal complaints or tumor) or Heart Deficiency (heart murmur or insomnia). The cat in this case was thirteen years old, but he was still bright and had a pink tongue, a strong pulse at the Kidney level, and a shiny coat. For these reasons, his condition was associated with a strong Water element.

Water over-controls Earth (Spleen) resulting in Spleen *Qi* Deficiency. The Spleen *Qi* Deficiency resulted in failure to produce enough *Qi*, including *Wei-Qi*. (*Wei-Qi* arises from Spleen *Qi* or food *Qi*.) When *Wei Qi* is insufficient, the T-cells fail to check the tissues for mutations and abnormal cells (*Yin* substances). Thus the body fails to move the *Yin* substances, and these substances accumulate eventually forming tumors or cancer.

The current therapy was intended as prevention. Thus, the focus of treatment should have been on Spleen *Qi* Deficiency. Acupuncture points such as ST-36, SP-6, and BL-20/21 may have been beneficial.<sup>5</sup> *Wei Qi* Booster (modified *Si Jun Zi Tang*), an herbal formula that assists Spleen *Qi* and *Wei Qi*, was also recommended.<sup>4</sup>

## CASE 2.5

**Signalment:** A nine-year-old, spayed female mix breed dog

**Primary Complaint:** Urinary Incontinence

**History and Physical Findings:**

This dog has had urinary incontinence that was under control using Phenylpropanolamine. The owners would have liked to wean her off and discontinue the drug if possible. She was also receiving Thyroxine.

Her tongue was lavender and her pulses were weakest on the left. The pulses showed weakness at Heart and Pericardium. She panted at night. She was a very excitable girl, wiggling and barking all the time. It was hard to keep needles in her. Her diet was a turkey and rice Purina food. She was a good eater and was overweight. She preferred to lie on cool, hard surfaces.

**Assessment:**

This dog had a Fire type constitution. The lavender indicated either Cold or *Yang* Deficiency (Fire Deficiency). When the Heart Fire (emperor Fire) is Deficient, it can lead to *Ming-Men* Fire (Minister Fire) weakness. *Ming-Men* Fire weakness is Kidney *Yang* Deficiency. The major complaint of urinary incontinence indicates Kidney *Qi* or Kidney *Yang* Deficiency. One of the major functions of the Kidney is to control urination.

The panting at night indicated *Yin* Deficiency. In this case it was a Heart *Yin* Deficiency. Since the dog was a Fire-type, the dog was prone to Heart *Yin* Deficiency by the nature of its constitution. (Fire consumes the Body Fluid easily and leads to *Yin* Deficiency).

Thus the TCVM diagnosis for this dog was both *Yang* Deficiency (Kidney) and *Yin* Deficiency (Heart). The recommended herbal formulas included *Suo Quan Wan* and *Jin Suo Gu Jin Wan* to tonify Kidney *Qi* and Kidney *Yang*.<sup>4</sup> The acupuncture points including BL-28, BL-39, *Shen-shu* and CV-6 were recommended.<sup>5</sup> After the Kidney *Yang* becomes stronger (indicated by normal urination), *Yin* tonification (HT-7, KID-3 and BL-23) can be used.

**CASE 2.6**

**Signalment:** A five-year-old, castrated male Domestic Longhair cat

**History and Physical Findings:**

As a kitten, this cat was diagnosed with a portosystemic shunt that was surgically repaired. The cat did well postoperatively, except for a couple of episodes of cystitis. Recently, the cat has begun showing clinical signs of intermittent ptyalism and abnormal behavior, such as episodes of apparent blindness, diminished hearing, seizures, poor appetite and occasional vomiting.

On physical exam no dental problems were identified. No jaundice was noted. The complete blood count and biochemical values were normal. An ultrasound of the liver was unremarkable; but the serum bile acids, both pre- and post-prandial, were severely elevated. The cat was thought to have microvascular abnormalities resulting in diversion of portal blood flow from the normal detoxification path through the liver, but this was not confirmed by a liver biopsy. The tongue was pink to red and slightly dry. The pulses were very weak and difficult to palpate.

The cat's treatment included lactulose, metronidazole, and a low protein diet.

**Assessment:**

This cat had a Liver *Yin* Deficiency Pattern with Spleen *Qi* Deficiency. The red and dry tongue, blindness, seizures and elevated serum bile acids indicated Liver *Yin* Deficiency. Poor appetite, occasional vomiting and weak pulse indicated Spleen *Qi* Deficiency. Spleen *Qi* Deficiency could have been secondarily caused by Liver *Yang* Rising due to Liver *Yin* Deficiency (the Wood overacts the Earth).

The Liver *Yin* Deficiency may have resulted from Kidney *Jing* Deficiency. The cat had a severe developmental problem as a kitten, thus he was likely born with weak Kidney *Jing*. The Kidney (Water) is the mother of the Liver (Wood). If the mother is weak, she fails to nourish the child.

The treatment should have focused primarily on the Liver and secondarily on the Spleen. After the Liver and Spleen problems were fixed, the treatment should have included the Kidney. The acupoints BL-18, BL-20, KID-3 and SP-6 were recommended treatments.<sup>5</sup> In addition, the herbal formulas *Yi Guan Jian* (to nourish Liver *Yin*) and Eight Gentlemen (*Xiang Sha Liu Jun Wan* to tonify Spleen *Qi*) may have been used.<sup>4</sup> Afterwards, Epimedium Formula (*Sheng Jing San*) may have been used to treat the Kidney.<sup>4</sup>

**CASE 2.7**

**Signalment:** A six-year-old, male, Arab-Trakehner crossbreed

**History and Physical Findings:**

This horse had previously been treated with acupuncture for allergies. He was allergic to molds and experienced intense pruritus. The horse would even self-mutilate his chest and ventral abdomen.

He seemed to have a very *Yang* personality, as he was a bit hyperactive. The allergy problem tended to appear in the spring.

**Assessment:**

Where there is itching, there must be Wind. Both Wind and springtime are associated with the Wood element. In addition, a hyperactive, *Yang* personality may be consistent with a Wood type of animal.

The TCVM diagnosis was Wind Heat with Liver *Yang* Rising. Some suggested acupuncture points to help dispel the Wind and to soothe the Liver included GB-20, LIV-3, LIV-4, BL-10, LI-10, LI-11, and LI-4.<sup>5</sup> *Xiao Yao San* is an herbal medication that can be used before spring to soothe Liver *Qi* and to prevent Liver *Yang* Rising.<sup>3</sup> When it is close to springtime, *Fang Feng San* can help to clear Wind Heat.<sup>4</sup>

**CASE 2.8**

**Signalment:** An eleven-year-old, Quarter Horse gelding

**History and Physical Findings:**

This horse has had chronic front foot soreness. He had not been completely sound for three years. Radiographs of his right front foot revealed multiple problems: there were some changes in the navicular bone, it was a slightly "clubbed" foot, and there was an angular abnormality of the pastern.

This horse was very fearful for a long time. He was difficult to catch and he would tremble when caught. He became calm and less fearful with the herbal medication *Shen Calmer* (modified *Tian Wang Bu Xin Dan*).

He was fat in the crest of the neck, and his eyes were red and draining. The gelding appeared to have Cushing's disease; however, he did not have colic, laminitis, or long hair. His tongue was red, dry and darker on the edges. His pulses were weaker on his left side.

**Assessment:**

The TCVM diagnosis was Liver Heat with Kidney *Yin* Deficiency. The sore foot, the red eyes and the darker edges of the tongue indicated Liver Heat. Navicular bone changes, fear and a weak pulse on the left side indicated Kidney *Yin* Deficiency. Liver Heat could have been caused by *Yin* Deficiency. Liver Heat could have led to Blood Stagnation and resulted in the sore foot.

The oral herbal medication, *Long Dan Xie Gan Tang*, may have been beneficial in this case.<sup>3</sup> If the foot was very painful (Blood Stagnation), Four Herbs Salve (*Si Sheng Gao*) may have been added topically for two to three weeks.<sup>4</sup> This herbal medication works very well for navicular disease and other severe sore foot problems.

**CASE 2.9**

**Signalment:** A five-year-old, spayed female Sheltie

**History and Physical Findings:**

She was scared and panicked during thunderstorms or loud noises. She was very outgoing and sweet with strangers.

She had had a two-year history of recurring interdigital cysts. The red, firm, swollen, and painful areas were located on the left rear and right front paws. A change to hypoallergenic diet resolved the redness on the bottom of her paws, but the cysts continued. Examination by specialists, several surgical procedures, and medications did not resolve the problem.

Her diet was supplemented with Vitamins E, C and fatty acids. The dog had normal feces, normal thirst, normal urination, and no gastrointestinal complaints. She sought cold floors to sleep on; however, she was not restless at night nor did she pant excessively. Her skin and hair coat were normal. She had a large scar on her left lumbar area from a bite wound three years prior. (The scar was lateral to the area of BL-24/25.) She had been healthy other than the interdigital cysts. The areas on the two paws where the cysts had been removed were just slightly swollen, red, and cracked with a little clear, red, odorless discharge.

She was not sensitive at any alarm points. Her tongue was pink to red, a little dry, and had faint cracks. Pulses were normal to a little deep. The pulses may have been a little weak, especially in the Heart and Lung positions.

**Assessment:**

Her personality was Fire, and the problems with the paws may have been considered part of the Wood element. The red and swollen cysts indicate Heat. Firm and painful cysts indicated Blood Stagnation.

Her TCVM Pattern may have been considered Liver Heat with Blood Stagnation. The recommended herbal medications were *Long Dan Xie Gan Tang* and Max's Formula (modified *Nei Xiao Luo Li San*).<sup>3-4</sup> The acupuncture points LIV-3, LIV-2, SP-10, LI-11, and LI-4 were recommended in this case to help soothe the Liver, nourish Blood, and eliminate Heat.<sup>5</sup>

## CASE 2.10

**Signalment:** A ten-year-old, castrated male Golden Retriever-Shepherd crossbreed

### History and Physical Findings:

Twelve days previously, this dog was in a raccoon fight and received bite wounds on his face. Eleven days after the fight, the owners noticed significant stiffness in the hind legs. He also developed orange, watery diarrhea.

He was very attached to the owner and became anxious and panicked when she was not around. He tolerated other people and dogs well, but he only made efforts to please his female owner (as opposed to her husband). He did not seem aggressive, but instead curious; when there was something going on he wanted to be involved. For this reason, he was likely bitten first when chasing the raccoon. Overall, he tended to be fairly high strung but would settle down, especially if the owner gave him a massage.

He preferred soft surfaces such as a dog bed instead of hard ones such as a rug on the floor. The dog showed no preference for sun or shade. His thirst and urination were normal, but he would pant a lot. This dog always had a great appetite and would overeat if allowed. He was not an overly vocal dog, but he would always bark at any noise outside. This dog shared the house with another dog and a cat with which he had no difficulties. He loved to roll in rotten animals and to get dirty.

Lately, he had been very healthy with normal feces, urination, and hair coat and with no recent history of medical problems. However, three years before, he had fought with a raccoon and suffered bite wounds all over his lips. He subsequently developed coonhound paralysis ten days after the incident. During the illness, the dog had a weak to absent bark. Three days after the onset of the initial clinical signs of stiffness, he suffered from flaccid paralysis. He seemed to make a complete recovery, although it was 75 days before he was able to stand up on his own. There appeared to be a residual trembling of his hind legs since that time.

At the current presentation, the dog's vaccine status was noted to be current for Rabies and Distemper-Hepatitis-Leptospirosis-Parainfluenza-Parvovirus (DA<sub>2</sub>LPP). The dog was panting and nervous. His tongue was pink/red without a coating. The pulse was normal to slow and very strong, almost bounding. He was weak in the hind end, and the neurological examination was consistent with lower motor neuron disease in the hind end. No problems were

noted in the front end. The cranial nerve function appeared normal.

The following day, the dog was worse, but he could still get up and walk. His front legs were involved, and there was a dramatic bowing out at the elbows. There were lower motor neuron signs in the front end as well.

### Assessment:

He was NOT an Earth type because he did not seem to be laid back. Also, he was high-strung and was nervous/panted during the physical exam. Because he was not relaxed and laid-back, he was NOT typical of Earth.

He was NOT a Wood type because he was not the boss or the dominant dog. The Wood dog loves or tends to boss around the other dogs or cats. This dog, however, seemed untroubled with other animals, and he left them alone.

He was NOT a Metal type because he was not clean and aloof.

He was NOT Water because he was not afraid of other creatures; he was the first to fight with the raccoon. Being the first one to go to the action, such as fighting, is definitely not a Water trait.

Most likely, this was a Fire dog. A Fire dog tends to become excitable or anxious and will panic. For the fire dog, it is very important to be part of any event including barking, playing and even fighting.

The raccoon's saliva is considered a Toxin in TCVM. The Toxin invades the body and then it consumes or damages the *Qi* or *Yin*; consequently, a *Qi* or *Yin* Deficiency occurs. Weakness in the hind limbs and diarrhea indicated *Qi* Deficiency. Panting or nervousness in the exam room and a red tongue indicated *Yin* Deficiency.

The TCVM treatment strategies were to dispel the toxins, to tonify *Qi*, to strengthen the rear weakness, and to nourish *Yin*. Acupuncture points at the tip of the tail and the ears could have been used to dispel toxins in acute cases. Additional useful acupuncture points included LI-4, ST-40, ST-36, *Bai-hui*, *Shen-shu*, KID-1, GB-34, GV-1, *Liu-feng*, KID-3, and SP-6.<sup>5</sup> Electro-acupuncture and aquapuncture may also have been beneficial. The herbal formula *Bu Yang Huan Wu Tang* may have been useful to tonify *Qi* and strengthen the rear weakness in this case.<sup>3</sup>

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## Self Test

For each of the questions below, select the one best answer. The answers to these self-test questions are located on the last page of this chapter.

Question 2.1: Which element is the mother of Metal?

- A. Wood
- B. Fire
- C. Earth
- D. Metal
- E. Water

Question 2.2: Which element is the child of Water?

- A. Wood
- B. Fire
- C. Earth
- D. Metal
- E. Water

Question 2.3: Who is the grandparent of Earth?

- A. Wood
- B. Fire
- C. Earth
- D. Metal
- E. Water

Question 2.4: Who is the grandchild of Fire?

- A. Wood
- B. Fire
- C. Earth
- D. Metal
- E. Water

Question 2.5: Which is the correct order for the *Sheng* (promoting) cycle?

- A. Wood → Fire → Metal → Water → Earth
- B. Wood → Metal → Water → Fire → Earth
- C. Wood → Fire → Earth → Metal → Water
- D. Wood → Earth → Water → Fire → Metal
- E. Wood → Fire → Water → Metal → Earth

Question 2.6: Which is the correct order for the *Cheng* (over-control) cycle?

- A. Wood → Fire → Metal → Water → Earth
- B. Wood → Metal → Fire → Water → Earth
- C. Wood → Fire → Earth → Metal → Water
- D. Wood → Earth → Water → Fire → Metal
- E. Wood → Earth → Metal → Water → Fire

Question 2.7: The spring season belongs to which element?

- A. Wood
- B. Earth
- C. Fire
- D. Water
- E. Metal

Question 2.8: The Damp climate belongs to which element?

- A. Wood
- B. Earth
- C. Fire
- D. Water
- E. Metal

Question 2.9: The color red belongs to which element?

- A. Wood
- B. Earth
- C. Fire
- D. Water
- E. Metal

Question 2.10: Feelings of fear belongs to which element?

- A. Wood
- B. Earth
- C. Fire
- D. Water
- E. Metal

Question 2.11: The direction West belongs to which element?

- A. Wood
- B. Earth
- C. Fire
- D. Water
- E. Metal



Question 2.12: The nose belongs to which element?

- A. Wood
- B. Earth
- C. Fire
- D. Water
- E. Metal

Question 2.13: The Bladder belongs to which element?

- A. Wood
- B. Earth
- C. Fire
- D. Water
- E. Metal

Question 2.14: Saliva belongs to which element?

- A. Wood
- B. Earth
- C. Fire
- D. Water
- E. Metal

Question 2.15: With which element is Mind associated?

- A. Wood
- B. Fire
- C. Earth
- D. Metal
- E. Water

Question 2.16: What is the element of digestive function?

- A. Wood
- B. Fire
- C. Earth
- D. Metal
- E. Water

Question 2.17: A dog has a history of chronic ocular discharge and a hyperactive personality. According to the Five Elements Theory, which organ is most important?

- A. Spleen
- B. Lung
- C. Kidney
- D. Liver
- E. Heart

Question 2.18: According to the Five Elements, which organ should be tonified (reinforced) when the Lung is Deficient?

- A. Heart
- B. Kidney
- C. Liver
- D. Spleen
- E. Bladder

Question 2.19: According to the Five Elements, which organ should be cleared (sedated) when the Heart is in Excess?

- A. Liver
- B. Kidney
- C. Spleen
- D. Lung
- E. Bladder

Questions 2.20 and 2.21 are based on the following case.

Pete is a ten-year-old male Labrador Retriever who has a history of weakness and back pain for several years. Three weeks ago, Pete fell down several times. After prednisone therapy, the acute paresis seemed under control; however, he would no longer get up to urinate and would occasionally fall down. He was also very thirsty, and ice cubes seemed to help. A veterinary neurologist examined him and diagnosed chronic multifocal intervertebral disc disease (spondylosis deformans at C7-T1, T13-L1, L1-L3, and L7-S1). The owner did not want to pursue the surgical treatment approach.

Pete is a friendly and laid-back dog. He has been with the current owner since he was a puppy. He never acted aggressively towards humans or animals. According to the owner, he prefers cool or cold conditions. During a TCVM examination, he fell down four times, rested for a short while, got up again, and walked across the slippery floor from the front room to the exam room (the whole distance is about 20 meters). Pete is overweight. He panted a lot while in the exam room, and he tried to avoid the acupuncture needling several times. The tongue is red and dry. The pulse is fast, thready and very deep/weak. The TCVM Diagnosis is Bony Bi syndrome due to *Yin* Deficiency.

Question 2.20: What is Pete's constitutional type?

- A. Wood
- B. Earth
- C. Fire
- D. Metal
- E. Water

Question 2.21: Why does Pete show panting and restlessness during the examination?

- A. He has Excess Cold
- B. He is Deficient Cold
- C. He has *Yang* Deficiency
- D. He has *Yang* Excess
- E. He has *Yin* Deficiency

Question 2.22 and 2.23 are based on the following case.

Chief is a nine-year-old, castrated male Japanese Chin dog with a history of chronic congestive heart failure and bronchitis. He was hospitalized due to lethargy, weakness and anorexia. Diagnostics revealed azotemia due to chronic renal failure (BUN: 88mg/dL; Creatinine: 6.9 mg/dL). He was also diagnosed with mild pancreatitis and cervical disc disease.

Chief is a very confident and dominant dog. He does not fear anything, not big or small dogs, strangers, or thunderstorms. He loves to be in charge. He was very cooperative during the examination and acupuncture procedure. His nose was dry with a little crack line. His tongue is deep red and dry and his pulse is thready and thin. Chief prefers cool environments. His *Shen* is subdued. He eats well but is not thirsty. Chief also always holds his neck, back and hind limbs as if he feels pain or feels unhappy. He is reluctant to lower his head to eat or drink so the owner must lift the bowl to his mouth.

Question 2.22: What is Chief's constitutional type?

- A. Wood
- B. Fire
- C. Earth
- D. Metal
- E. Water

Question 2.23: What is the TCVM Diagnosis for him?

- A. *Yang* Excess
- B. *Yin* Deficiency
- C. Excess Cold
- D. Excess Heat
- E. Deficiency Cold

Question 2.24: A horse that runs to greet you at the fence, nibbles in play, dances around, spirited and friendly is:

- A. Wood
- B. Fire
- C. Earth
- D. Metal
- E. Water

Question 2.25: A horse that does not pay much attention to you when you come to the fence, but just continues grazing, is:

- A. Wood
- B. Fire
- C. Earth
- D. Metal
- E. Water

Question 2.26: A dog that acts timid and shy and runs from you when you approach is:

- A. Wood
- B. Fire
- C. Earth
- D. Metal
- E. Water

## Answer Key for Chapter 2 Self-Test

Question 2.1: C  
Question 2.2: A  
Question 2.3: A  
Question 2.4: D  
Question 2.5: C  
Question 2.6: D  
Question 2.7: A  
Question 2.8: B  
Question 2.9: C  
Question 2.10: D  
Question 2.11: E  
Question 2.12: E  
Question 2.13: D  
Question 2.14: B  
Question 2.15: B  
Question 2.16: C  
Question 2.17: D  
Question 2.18: D  
Question 2.19: C  
Question 2.20: B  
Question 2.21: E  
Question 2.22: A  
Question 2.23: B  
Question 2.24: B  
Question 2.25: D  
Question 2.26: E

