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Mongolian Acupressure

# Chinese Traditional Medicine (TCM) Yin and Yang

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## INTRODUCTION:

The Chinese have been studying health for over 5,000 years and their philosophy and understanding of the human body is what we call holistic. To use a metaphor, if you think of the human body as a computer, Western Medicine focuses on the hardware problems while Chinese Medicine looks primarily at the 'software' that runs the system. Traditional Chinese Medicine (TCM) holds that the function of the doctor is prevention; history says that it was common for people to pay doctors as long as they stayed healthy and to stop paying if they got sick.

TCM has typically always concentrated on supporting the body in its own amazing ability to heal even the most difficult diseases. TCM believes that given the proper food and physical / environmental conditions, the body will respond and repair itself.

Compare that history with the European development of medical knowledge which included the illegal but common practice of doctors digging up corpses to cut them open in order to study human anatomy. They focused on the 'hardware' of the body, so it's no wonder they couldn't find the acupuncture meridians that are one of the foundations of TCM. Just like computer software, these channels are an integrated system that moves life energy, or Qi, through the body. They do not show on the 'hardware' of the body, but are marked only by the energy that moves through them. Western Science lacks an adequate model to explain how the Meridians function, but over the last 20 years, many scientific studies have been conducted to explain their function in western terms.



### YIN & YANG:

The Chinese believe that health is the result of maintaining BALANCE in all areas of life which is also the underlying philosophy in health and medicine. In TCM, disease is a result of a lack of balance between the complex systems that organize and run the various organs and the person in the world.

Balance is represented by the concepts of Yin and Yang which divides all of life into a complementary or opposing duality. The Chinese see health as something more than a lack of symptoms of illness. All of life and health is part of an intricate, natural system and man is part of Nature, a view that the West has only recently begun to rediscover. The Chinese have developed an Ecology of Health that places man firmly into the cosmos, not outside it. This why every organ in the body has correspondences to the five Elements which exist in a complex system of correspondence to the Seasons, Directions, Emotions and even Taste. Below is a set of charts, which lay out the basic correspondences and complements.

### YIN & YANG: 7 OF THE BASIC COMPLIMENTS

YANG	YIN
Fire	Water
Sun	Moon
Male	Female
Excess	Deficient
Active	Inactive
Energy	Matter
Function	Form

### THE FIVE ELEMENTS:

Another basic classification that is fundamental to Chinese Philosophy is the Five Elements: Fire, Water, Metal, Earth and Wood. These elements have distinct properties and, again, most physical and environmental conditions correspond to one of the five elements.

### BASIC 5 ELEMENT CORRESPONDENCES

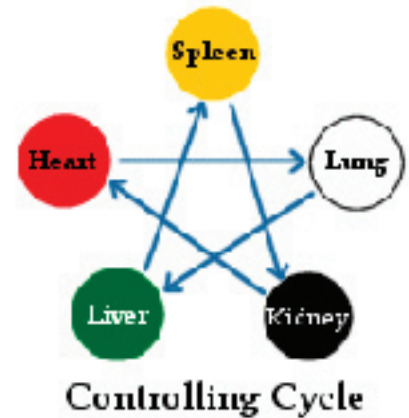
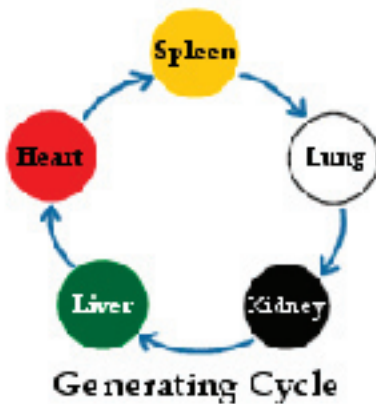
ELEMENTS	WOOD	FIRE	EARTH	METAL	WATER
Seasons	Spring	Summer	Late Summer	Autumn	Winter
Environment	Wind	Heat	Damp	Dry	Cold
Directions	East	South	Middle	West	North
Sounds	Shouting	Laughing	Singing	Crying	Groaning
Colour	Green	Red	Yellow	White	Blue/black
Taste	Sour	Bitter	Sweet	Pungent	Salty
Emotion	Anger	Joy	Pensiveness	Sadness	Fear



### TCM HEALTH / BODY 5 ELEMENT CORRESPONDENCES

ELEMENTS	WOOD	FIRE	EARTH	METAL	WATER
YIN-YANG	Lesser	Utmost	Center	Lesser	Utmost
YIN ORGAN	Liver	Heart	Spleen	Lungs	Kidneys
YANG ORGAN	Gall-Bladder	Small Intestine	Stomach	Large Intestine	Bladder
SYSTEM	Immune	Endocrine	Digestion	Respiratory	Circulatory
SENSE ORGAN	Eyes	Tongue	Mouth	Nose	Ears
TISSUE	Sinews	Vessels	Muscles	Skin	Bones

In Traditional Chinese Medicine, the complementary and opposing energies of Yin and Yang are matched with the 5 elements in two cycles. The Generating Cycle shows the supportive and generative relationship between the Body Systems and Organs and the Controlling Cycle shows how the Systems and Organs control and regulate each other.



### THE EIGHT CONDITIONS:

Using the philosophy of Yin and Yang, TCM describes the various symptoms of diseases and ailments in terms of four pairs of opposite Conditions: All organ systems 'like' or 'dislike' these conditions, so that when there is too much or too little of any of the eight conditions, TCM prescribes treatments and foods and herbal remedies (according to their 'essence'--which can be cold, hot, dry etc.) that will restore balance to the affected organs. Eating the foods and herbs assists the organ to return to balance. Many problems that baffle western Medicine have been successfully treated through this complex system.

YANG	YIN
Hot	Cold
Dry	Wet
Full	Empty
Outer	Inner