

Eastland Press Draft Glossary for Chinese Medicine - 2008

Translating traditional Chinese terminology is a fascinating but frustrating task, just as reading translations of traditional Chinese texts can be. Translators are caught in a number of binds. Literal translations are often misleading; seemingly precise translations are inaccurate; and accurate translations can be so vague as to be almost meaningless, or so long as to constitute minor treatises. Phrases or terms that are elegant and flow beautifully in Chinese can be extremely awkward and even silly in English. There are a tremendous number of variables in the mix and so we believe that every audience and every text requires a specific type of translation.

Our overall approach to translation is to make the transmission of the concepts as transparent as possible. We have attempted to avoid neologisms and other unnecessarily odd terminology, and have sacrificed a modicum of word-to-word consistency in order to enhance clarity. While there are many technical terms in Chinese medicine, the majority are more akin to those of wine tasting than of biomedicine. They are likely to be at least somewhat intelligible to the uninitiated and, in general, not a barrier to the interested nonprofessional reader picking up and reading medical texts. Also we believe that an open and familiar terminology has the possibility of enabling readers to focus on the subtleties and depths of the medical concepts, rather than stumbling over odd words. Other translators have different perspectives. As plurality is one of the strengths of Chinese medicine and there are always different ways to approach a subject and an audience, there are many acceptable translations.

We believe that it is the task of the translator to translate, not transliterate, and in the past the only words that we have left in transliterated form are yin, yang, and qi. Only rarely will there be a term that we find nearly impossible to translate, and for these we have surrendered to the inevitable and used the *pīnyīn* transliteration, as in *gū* toxin (蠱毒 *gū dú*). Some of our authors believe that other terms, such as the names of the six stages or warps, or of the extraordinary vessels, also require transliteration, and therefore use 太陽 *tài yang*, 帶脈 *dài mài*, etc.

This glossary is both a work in progress and a simple utility to help us with our work. Some of the entries are technical medical terms that are included here to facilitate consistency in translation and editing; others provide our authors with some pretty decent ways to translate certain terms. In addition we recognize that, at least since the later Han dynasty, Chinese words are usually made up of two or more characters. This means that many of the single term translations in this

gloss, even though we have tried to reflect usage in multiple contexts, may not work in a given situation and so would then be replaced by a more appropriate translation. Many terms used in medical texts, e.g., 酸 suān for the sour flavor or 小便 xiǎo biàn for urine, are not included, as they are both common and uncontroversial. Similarly terms that would not pose any problem to writers working with us, such as Spleen deficiency for 脾虛 pí xū, have also been omitted. Note that this draft gloss has grown as an aid to help people writing books for our company and has no pretense of being a systematically prepared text.

This glossary was first created in 1983 and has continuously evolved ever since. It has stemmed from a long series of discussions and relatively rigorous research on the part of many translators. While many others have been involved, the primary contributors have been Randall Barolet, Dan Bensky, Steven Clavey, Andrew Gamble, Guohui Liu, and Volker Scheid. We appreciate Dr. Wu Boping's recent corrections. This is an ongoing project, and we are always striving for the most appropriate choices in terminology. Contact Eastland Press with your input.

ān 安... quiets [preferred], calms, rests	disorder
ān shén 安神 ... quiets the spirit\	bái péi 白瘡.. miliaria alba
ān tāi 安胎 ... quiets the fetus	bài 敗... defeats, overcomes, corrupts
ào nǎo 懊惱... anguish and vexation	bài dú 敗毒... overcomes toxin
bā gǎng 八綱... eight parameters	bài xuè 敗血...corrupted blood
bā huì xué 八會穴... eight meeting points	bān 斑... spots, maculae
bá 拔 ... draws out, uproot	bān zhēn 斑疹 ... rashes
bá dú 拔毒 ... uproots toxicity	bǎo 保 ... guards (e.g., Stomach), takes care of
bái dài 白帶... white vaginal discharge	bǎo 胞 ... Womb, Bladder, or (when ambiguous) gestation membranes
bái hóu 白喉... diphtherial	bǎo zhuǎn 胞轉 ...twisted Bladder or gestation membranes
	báo 薄... thin, flimsy
	bào 暴 ... sudden, violent

bào máng 暴盲... sudden visual failure	manifestation and root (branch and root OK)
bēi 悲 ... sorrow, sadness, being disheartened	biāo bú gù 表不固 ... instability of the exterior
bèi shū xué 背俞穴... back associated points	bīng fù 稟賦 ... [natural] endowment
bèn 奔... run wild	bīng jī 病機 ... pathodynamic
bèn tún 奔豚... running piglet [disorder]	bó 薄... thin, flimsy
bēng 崩... profuse uterine bleeding, gushing	bó 搏 ... contend
bēng lòu 崩漏...irregular uterine bleeding	bú mèi 不寐... insomnia
bí qiāo 鼻竅... nasal passages or nasal orifice	bū 補 ... tonifies
bí yuān 鼻淵... deep-source nasal congestion	bù 布... spread out/ spread throughout
bì 閉...blocked	bù chāng 不暢 ...impeded
bì 避 ... repels, clears away	bù níng 不寧 ...malaise, uneasy, disquiet
bì huì 辟穢... clears away foulness	bù rěn 不忍... unbearable
bì jīng 閉經...amenorrhea	bù rén 不仁 ... insensitivity
bì zhèng 閉症... closed- type stroke	bù shū 不舒 ... uncomfortable
bì zhèng 痺症... [painful] obstruction	bù tōng 不通 ... no passage [through], [x] does not afford passage, no free flowing
bì zhì 鼻痔 ... nasal piles	bù zhèn 不振 ...listless, sluggish, not aroused
biàn táng 便溏 ... loose stool	bù zú 不足... insufficiency
biàn zhèng 辨證... pattern differentiation	cān cān 慘慘 ... dull [as in pain]
biāo bēn 標本 ...	cáo zá 嘈雜 ... indefinable epigastric discomfort
	chǎ shǒu mào xīn 叉手冒心 ... cross hands to cover the heart
	chán hóu fēng 纏喉風 ...

entangling throat
 wind disorder
 chàn dǒu 顫抖... quivering
 cháng fēng 腸風...
 Intestinal wind
 cháng fū bù tōng 腸腑不通
 ... lack of passage
 through the
 Intestines
 cháng kū 腸枯... dessicated
 Intestines
 cháng mài 長脈... long
 pulse
 cháng yǒng 腸癰...
 Intestinal abscess
 chàng 暢 ... facilitated,
 patent, open,
 unimpeded
 chàng qì jī 暢氣機 ...
 facilitates the qi
 dynamic
 chàng shén 暢神 ...ease the
 spirit
 cháo rè 潮熱... tidal fever
 or afternoon tidal
 fever
 chè 撤 ... remove
 chēn 臃... bloating
 chén 臣... deputy
 [ingredient]
 chén mài 沉脈... submerged
 pulse
 chéng 乘... overwhelms,
 encroaches on,
 rides, travels
 chéng pí 乘脾 ... exploits/

encroaches on the Spleen
 chí mài 尺脈... proximal pulse
 chí mài 遲脈... slow pulse
 chí zòng 遲縱 ... slack
 chì bái dài 赤白帶 ... red and
 white vaginal discharge
 chì rè 熾熱... blazing heat
 chōng 充 ... full, ample,
 brimming [adj.]; fills up
 [v.]
 chòng 衝 ... gushes, flushes
 chòng mài 衝脈... penetrating
 vessel [*chòng mài* OK]
 chòng xià 衝下 ... flushes
 downward
 chōu chù 抽搐... muscle
 twitches, tics
 chóu 愁 ... grief
 chú 除 ... eliminates, gets rid
 of
 chú fân 除煩... eliminates
 irritability
 chú shī 除濕 ... eliminates
 dampness
 chù 忱 ...alarm
 chuān 喘... wheezing
 chuàn tòng 串痛... pain that
 penetrates through to the
 back
 chuāng yáng 瘡瘍 ... sores
 chūn wēn 春溫 ... spring-warmth
 cōng 聰... sharpens, improves
 cōng ěr 聰耳... improves hearing
 còu 湊... bears [on]

còu lí 腠理... interstices
and pores

cù mài 促脈... rapid-
irregular pulse
[Kuriyama -
irregular]

cuàn 竄 ... scurry, flee
[v.]; expeditious
[adj.]

cuī 催... expedites,
promotes

cuī rú 催乳... promotes
lactation

cùn mài 寸脈... distal
pulse

cuō kōng 撮空...
[hallucinations
characterized by]
grasping at air

cuō tòng 撮痛... squeezing
pain

cuò shān 挫閃...contusion
and sprain

cuò zōng 錯綜...interlocked
[complex]

dá 達... spreads out,
thrusts out

dà biàn bù shuāng 大便不爽
...
incomplete/unfinishe
d and irregular
bowel movements

dà biàn táng bó 大便溏薄...
semiliquid stools

dà bǔ 大補... powerfully
tonifies

dà cháng yè kuī 大腸液虧...

exhausted Large Intestine
fluids

dà cháng 大腸... Large Intestine

dà mài 大脈... large pulse

dà qì 大氣... great qi

dà tóu wēn 大頭溫... massive head
febrile disorder

dài 怠... fatigue and lethargy

dài mài 代脈... consistently
irregular pulse [Kuriyama
-faltering]

dài mài 帶脈... girdle vessel
[dài mài OK]

dài yáng 戴陽 ... upcast yang,
[face] made up with yang

dān dú 丹毒... erysipelas

dān nuè 瘴瘧 ... pure heat
malaria

dān tián 丹田... cinnabar field

dān 膽 ... Gallbladder

dàn hóng 淡紅... pink

dàn shèn lì shǐ 淡滲利濕 ...
blandly leaches out and
resolves dampness

dàng 蕩... flush away **usually** in
dàng dí

dàng dí rè xié 蕩滌熱邪...flush
away pathogenic heat

dāo 導... guides out

dāo jǐ 導積 ... guide out
accumulation

dāo jīng 倒經... inverted menses

dāo zhì 導滯... guides out
stagnation

dào hàn 盜汗 ...night
sweats

dào qì 盜氣 ...pilfers qi

dī rè 低熱 ... low-grade
fever

dí 滌... scours [out],
flushes [away]

dí tán 滌痰... scours out
phlegm

diǎn 癡... withdrawl; yin
madness

diǎn kuáng 癡狂
...withdrawl-mania,
insanity, psychosis

diǎn xián 癡癲... seizures

dìng 定... settles [down]

dìng chuān 定喘... settles
[down] wheezing

dìng dú 疔毒 ... deep-set
toxic sores

dìng fēng 定風... settles
wind

dìng jīng 定驚... settles
[down] jitteriness,
convulsions, fright,
or shock

dìng jìng 定瘧... settles
tremors/convulsions

dìng zhì 定志... settles
the emotions,
focuses the mind,
settles the resolve

dōng wēn 冬溫 ... winter-
warmth

dōng yuè fú shù 冬越伏暑...
winter-extruding

lurking summerheat

dòng 動 ... disturb, move,
disrupt, stir, agitate
[v.]; disruption,
perturbation, stirring,
agitation [n.]

dòng bìng 動病... disruptive
disease

dòng mài 動脈...
moving/disturbed pulse

dòng xiè 洞泄 ... cavernous
diarrhea

dòu sè 兜澀 ...binding
confinement

dòu 痘... pox

dū mài 督脈... Governing vessel
[dū mài OK]

dú 毒... toxin

dú qì 毒氣... toxic qi

duǎn mài 短脈... short pulse

duō mèi zhèng 多寐症... excessive
sleeping

duō yǐn 多飲 ...excessive
drinking

duó 奪 ... plunders

duò 惰 ... indolence

è 惡 ... noxious

è 遏 ... holds [something] in,
hinders, retains, traps

è 惡血 ... noxious blood

è nì 呃逆... hiccough

êr lóng 耳聾... deafness

êr míng 耳鳴... tinnitus

fā 發 ... stimulates, promotes.

induces, discharges [in tx strategy]; develops, manifests [in pathology]	stomach
fā bèi 發背 ... headed flat abscesses of the back	fàn 犯 ... accosts, trespasses
fā biāo 發表... discharges exterior conditions	fáng 妨 ... impedes
fā hàn 發汗... induces sweating	fáng fū 防腐 ... prevents putrefication
fā sàn 發散... discharges and disperses	fèi 肺... Lungs
fá 伐 ... hew, curtail, cut down	fèi qì bù xuān 肺氣不宣... failure of the Lung to disseminate qi
fá gǎn 伐肝 ... hew/curtail the Liver	fèi yǒng 肺癰 ... Lung abscess
fān lí kōng shū 藩籬空疏... outside hedge has holes	fēn 分 ... level or sector [in 四分]; aspect [elsewhere]
fán 燐 ... flaring	fēn lì shǐ rè 分利濕熱... separates and drains out damp-heat
fán 煩 ... irritability	fēn ròu 分肉 ... flesh interstices
fán téng 煩疼 ... achy and uncomfortable	fēn cì 粉刺... white thorns, pimples
fán yuǎn 煩冤 ... distress	fēng 風... wind
fán zào 煩躁 ... irritability and restlessness	fēng fèi 風廢[痲] ...disability from wind
fān kè 反剋... reverse control	fēng hán 風寒... wind-cold
fān mài 反脈... transposed pulse	fēng hán shù biāo 風寒束表... wind-cold fetters the exterior
fān wèi 反胃 ... upset stomach	fēng hán xí fèi 風寒襲肺... wind- cold assaults the Lungs
fān wèi 反胃 ... stomach reflux, upset	fēng láo 風癆... wind consumption
	fēng rè 風熱... wind-heat
	fēng shī 風濕 ... wind-dampness
	fēng shuǐ 風水... wind edema
	fēng wēn 風溫... wind-warmth

fēng yīn zhēn 風隱疹 ...
wind concealed rash;
urticaria

fēng zào 風燥... wind-
dryness

fēng zhēn 風疹... wind rash

fú 扶... supports

fú 伏... lurking

fú huǒ 伏火... lurking fire

fú liáng 伏梁 ... hidden
beam

fú mài 浮脈... floating
pulse

fú mài 伏脈... hidden pulse

fú qì 伏氣... lurking qi

fú rè 伏熱 ... lurking heat

fú zhèng 扶正... supports
the normal [qi]

fú zhōng 浮腫... floating
edema

fū 腑... yang organs,
bowels

fū 腐... moldy; putrefies,
decompose,
decomposition

fū 府 ... dwelling [as in
腰為腎之府 lower back
is the dwelling of
the Kidneys]

fū dī jiǎ xīn 釜抵加薪...
adding firewood
under the cauldron

fū dī chōu xīn 釜抵抽薪...
removing firewood
from under the
cauldron

fù 腹... abdomen

fù mài 復脈... restores the
pulse

fù xiè 腹泄... diarrhea

gān 肝... Liver

gān fēng nèi chì 肝風內熾...
internal blazing of Liver
wind

gān fēng nèi dòng 肝風內動...
internal stirring of
Liver wind

gān huǒ shàng yán 肝火上炎...
upward blazing of liver
fire

gān huǒ wàng 肝火旺... exuberant
Liver fire

gān jī 疳積... childhood
nutritional impairment
[Also, esp. in 溫病 ,
refers to progressive
sores or ulcers, as is 牙
疳 and 下疳]

gān lái chéng pí 肝來乘脾...
Liver comes to overwhelm
the Spleen

gān qì héng fàn 肝氣橫犯...
transverse rebellion of
Liver qi accosting [the
Spleen]

gān qì yù jié 肝氣鬱結...
constrained and clumped
Liver qi

gān yáng shàng kǎng 肝陽上亢...
ascendant Liver yang

gān zhǔ shū xiè 肝主疏泄... Liver

governs dredging and
draining

gāng 剛 ... rigorous

gāo lín 膏淋... turbid
painful urinary
dribbling [cloudy
OK]

gé 膈... diaphragm

gé 格... rejecting/repelling

gé fán 膈煩 ... sensation
of irritability in
the diaphragm

gé mài 革脈... leather
pulse

gōng dú 攻毒 ... attacks
toxin

gōng jī 攻積... attacks
accumulation

gōng shàng 攻上 ... attacks
upwards

gōng xià 攻下 ... purges

gōng zhú hán jī 攻逐寒積...
attack and drive out
cold accumulation

gòu 垢... foul, filth

gū yáng 孤陽 ... orphaned
yang

gū 骨... bones

gū bì 骨痺... painful
obstruction of the
bone

gū dú 蠱毒 ... gū toxin

gū jié téng fán 骨節疼煩
...bones and joints
are achy and
bothered

gū qì 穀氣... food qi

gū wǔ 鼓舞... stimulate, drum-
up, inspire

gū zhàng 鼓脹... drum-like
abdominal distention

gū zhēng 骨蒸 ... steaming bone
disorder

gù 固... secures, stabilizes

gù biāo 固表... stabilizes the
exterior

gù jīng 固精... secures the
essence

gù sè 固澀... secures and binds

gù tuō 固脫... secures abandoned
disorders

guā 刮... peeled [tongue]

guān gé 關格... plugged and
rejecting/repelling
disorder

guān jié jū luán 關節拘攣...
contraction and tension
of the joints

guān mài 關脈... middle pulse
[position]

guī 歸 ... restores

gūn tán 滾痰... roiling, breaks
up phlegm

guò kè 過剋... over-control

hán ... 寒cold, chills

hán rè 寒熱... fever and chills
(simultaneous)

hán rè wǎng lái 寒熱往來...
alternating fever and
chills

hán shèng 寒盛 ... abundant
 cold
 hán shī 寒濕... damp-
 coldness
 hán shī kùn pí 寒濕困脾...
 damp-cold encumbers
 the Spleen
 hán tán 寒痰... cold-phlegm
 hán xié fàn fèi 寒邪犯肺 ...
 cold accosts the
 Lungs
 hán xié shēn qīn 寒邪深侵...
 deep invasion of
 pathogenic cold
 hán zhì gǎn mài 寒滯肝脈...
 stagnant cold in
 Liver vessel
 hàn 悍 ... prowess, bold,
 nimble
 hàn 汗... sweat
 hào jīn 耗津... depletes or
 consumes fluids
 hé wèi 和胃 ... harmonizes
 the Stomach
 hé xué 合穴... uniting
 point [sea OK]
 hé zhōng 和中... harmonizes
 the middle [burner]
 hè xī fēng 鶴膝風 ...
 crane's knee wind
 hóng mài 洪脈... flooding
 pulse
 hóu bì 喉痺... painful
 obstruction of the
 throat
 hòu tiān zhī jīng 後天之精

... postnatal essence
 hù 護 ...shields [from/by]
 hù yáng 護陽 ... shields the
 yang
 huá 滑... slippery, leakage
 huá cháng 滑腸... lubricates the
 Intestines
 huá mài 滑脈... slippery pulse
 huá tuō 滑脫 ...leakage and loss
 huà 化... transforms
 huà jiǎn 化堅... transforms
 firmness/ hardness
 huà qì 化氣... promotes the
 activities of qi
 transformation
 huà shī 化濕... transforms
 dampness
 huà tán zhī ké 化痰止咳...
 transforms phlegm and
 stops coughing
 huān 緩... moderates, relaxes
 huān gǎn 緩肝... relaxes the
 Liver
 huān jí 緩急... moderates
 [spasmodic abdominal]
 pain or relaxes tension
 huān jiě 緩解... relaxes and
 relieves
 huān mài 緩脈... moderate or
 lax pulse
 huān xiǎo zhēng kuài 緩消癥塊...
 relaxes and reduces fixed
 abdominal masses
 huàn 患... suffer [v]; calamity
 [n]

huàn 渙 ... dissipates
 huàn sǎn 渙散 ... flimsy
 huāng hū jīng shén 恍惚精
 神 ... disorientation,
 vagueness
 huī 灰... grey
 huí 回...revives
 huí jué 回厥... revives
 from
 collapse/inversion
 huí jué 蛔厥... collapse
 from roundworm
 huí yáng 回陽... revives
 the yang
 huí yáng jiù nì 回陽救逆...
 revives the yang and
 rescues from
 rebellion
 huì è zhī qì 穢惡之氣...
 annihilating and
 foul qi
 huì xué 會穴 ...meeting
 points [8]
 huì zhuó 穢濁 ...foul
 turbidity
 hūn 昏... lightheadedness,
 muzziness, muddled
 or impaired
 consciousness (e.g.
 神昏)
 hūn mí 昏迷 ...stuporous,
 comatose
 hún 魂 ... ethereal soul
 huō 豁 ... breached
 huó 活 ... invigorates

huó jīng 活經... invigorates the
 channels
 huó luò 活絡... invigorates the
 collaterals
 huó xuè 活血... invigorates the
 blood
 huō 火... fire
 huō dú 火毒... fire toxin
 huō qì bì mì 火氣閉密 ... shut in
 and concentrated fire qi
 huò 豁... dislodges, forcefully
 removes
 huò luàn 霍亂... sudden turmoil
 disorder
 huò tán 豁痰... dislodges phlegm
 jī 肌 ... muscles, muscle layer
 jī 積... accumulations
 jī jù 積聚... accumulations and
 clusters
 jī liú 稽留 ... be detained, hang
 around, retained
 jí 急... urgency, [severe] tightness
 jí mài 急脈... urgent pulse
 jí mài 疾脈... racing pulse
 jí zào 急躁... restless
 agitation, impatience
 jiā 瘕 ... mobile abdominal mass
 jiān 堅... fortifies [tx], firms
 [dx], hard [pulse, adj.]
 jiān jiào 尖叫... sudden
 shreiking
 jiān yīn 堅陰... fortifies the
 yin

jiǎn zhèng 兼症...
concurrent symptom

jiǎn 減 ... diminishes,
deleted

jiàn 建... constructs,
builds up

jiàn pí 健脾... strengthens
the Spleen

jiàn wàng 健忘...
forgetfull, absent-
minded

jiàn yùn pí wèi 健運 脾胃...
strengthens the
transporting
functions of the
Spleen and Stomach

jiàn zhōng 建中 ... builds
up/constructs the
middle

jiàng 降... directs
downward, descends

jiàng 絳... scarlet

jiàng huǒ 降火... directs
fire downward

jiàng nì 降逆...
[re]directs
rebellious [qi]
downward

jiàng zhuó 降濁... directs
turbidity downward

jiāo huì xué 交會穴...
confluent points [of
8 extra channels]

jiāo gōng fān zhāng 角弓
反張 ... arched back

rigidity (aka
opisthotonus)

jiāo qì 腳氣... leg qi

jiē 癩 ... boil

jiē gū 接骨 ... joins bones

jié 結 ... clumping, knotting

jié 竭 ... spent, [n.]
exhaustion

jié 劫 ... removed by force

jié mài 結脈... slow-irregular
pulse [Kuriyama -
halting]

jié nuè 截瘧 ... checks malarial
disorders

jié tān 截癱... traumatic
paraplegia

jié tán 截痰... bursts [clogged]
phlegm

jié xiōng zhèng 結胸症...
clumping in the chest
disorder

jiē 解 ... releases, relieves,
resolves

jiē biāo 解表... releases the
exterior

jiē dú 解毒... resolves toxicity

jiē jī 解肌 ... releases the
muscle layer

jiē jìng 解痙... releases spasms

jiē rè 解熱 ... resolves heat

jiē shū 解暑... resolves
summerheat

jiē tòng 解痛 ... relieves pain

jiē yù 解鬱... relieves

constraint
 jīn 筋... sinews
 jīn 津... yang fluids, thin fluids
 jìn 勁 ... powerful
 jīn bì 筋痺... painful obstruction of the sinews
 jīn yè 津液... fluids
 jìn 盡 ... [totally] gone, expended, finished, exhausted
 jīn mài 緊脈... tight pulse
 jīng 驚 ... jitteriness, anxiety, convulsions, fright, shock
 jīng 經... channels, stages, warps
 jīng 精... essence
 jīng fēng 驚風 ... childhood convulsions, [fright seizures also OK]
 jīng jīn 經筋... channel sinews
 jīng shén 精神 ... consciousness, essence-spirit
 jīng shén bù zhèn 精神不振... apathy
 jīng shén wēi mī 精神萎靡 ... listlessness
 jīng wàng 驚妄 ... fright mania
 jīng xué 經穴 ...traversing point [river point OK]
 jīng tì 警惕... easily startled
 jīng xué 井穴... well point
 jìng 勁 ...sturdy, strong
 jìng 瘓 ...[muscular] tetany, spasms
 jiōng jiōng 炯炯 ...overly bright and feverish [eyes]
 jiǔ tòng rù luò 久痛入絡... long-term pain enters the collaterals
 jǔ 疽... swelling
 jū 居 ... dwells
 jǔ 舉... lifts
 jù 懼 ... dread
 jù 聚... gathers up, pools (fluids), cluster, collects
 jù 劇 ... severe
 jù yáng 巨陽 ... grand yang [synonym for greater yang]
 juǎn bì 蠲痺... removes painful obstructions
 juān 卷... rolled
 jué 厥 ... collapse [in 逆氣自下而上]; inversion [in either 忽然昏暈or 手足逆冷]
 jué 絕 ... cut off, severed
 jué yīn 厥陰... terminal yin or reversing [jué yīn OK]

jūn 君... chief, sovereign	kè qì 客氣 ... visitant qi
jūn huô 君火... sovereign fire	kè rè 客熱 ... visitant heat
jùn 峻 ... drastic, intense	kè xiǎo 刻削 ... whittles away
jùn bù 峻補 ... intense tonic	kōng qì 空氣 ... qi from air
jùn xià zhú shuǐ 峻下逐水... drastically purges and drives out water	kōng 恐 ... fear
jùn xià 峻下... drastically purges	kōu mài 芤脈... hollow pulse
kā xuè 咳血... coughing up of blood	kōu dàn 口淡... bland sensation in the mouth and an inability to taste food
kāi 開... opens, unbinds	kōu yǎn wǎi xié 口眼歪斜 ... deviation of the mouth and eyes
kāi bì 開痺...unbinds painful obstruction	kū 枯...dessicated, parched
kāi dá mó yuán 開達膜原... opens [up] and spreads the qi and penetrates to the membrane source	kū 苦... bitter
kāi jié 開結... opens up clumps/knots/knotted areas	kuài gé 快膈... eases the diaphragm [不快sense of unease
kāi qiào 開竅... opens the orifices	kuài qì 快氣... felicitates the qi
kāi xiōng 開胸... unbinds the chest	kuǎn 寬... expands, eases
kāi yīn 開音 ... restores the voice	kuǎn cháng 寬腸... eases the Intestines
kāi yù 開鬱... opens up areas of constraint	kuǎn xiōng 寬胸... expands the chest
kàng 亢 ... hyperactivity	kuǎn zhōng 寬中... eases the middle
kè 客 ... lodges, resides	kuáng 狂 ... mania, yang madness
kè 剋 ... upbraid	kuáng luàn 狂亂...manic and disorderly
	kuáng zào wāng dòng 狂躁妄動... manic agitation and rash behaviour
	kuǐ 虧... exhausted

kuì jiǎn 潰堅... induces
 ulceration
 kùn 困 ... encumbers
 lān yán 懶言 ... laconic
 speech
 làn 爛 ... macerated
 làn hóu shā 爛喉痧 ...
 putrefying throat
 granular disorder
 láo 癆... overwork,
 consumptive
 disorder,
 consumption
 láo lín 淋...consumptive
 painful urinary
 dribbling
 láo mài 牢脈... confined
 pulse
 lèi 淚... tears
 lèi 肋 ... ribs, costal
 region
 lī 裡... interior
 lī 理... regulates
 lī jí 裡急... abdominal
 urgency
 lī jí hòu zhòng 裡急後重...
 tenesmus
 lī qì 理氣... regulates qi
 lī rè yù jié 裡熱鬱結...
 constrained and
 clumped interior
 heat
 lī xuè 理血... regulates
 the blood
 lì 利... improves,
 promotes, benefits,
 facilitates [bù lì 不利
 can be difficulty or
 discomfort]
 lì dān 利膽... benefits the
 Gallbladder
 lì hóu 利喉... improves the
 condition of the throat
 lì jí 痢疾 ... dysenteric
 disorder
 lì jié bìng 歷節病 ...
 panarthralgia
 lì niào 利尿... promotes
 urination
 lì qì 厲氣 ... pestilential qi
 lì qiào 利竅 ... facilitate
 passage through the
 orifices/apertures
 lì shī 利濕...
 facilitates/promotes
 resolution of dampness;
 resolves dampness
 lì shuǐ shèn shī 利水滲濕...
 promotes water metabolism
 and leaches out dampness
 lì shuǐ 利水... promotes
 urination, moves water
 lì shuǐ dào 利水道... facilitates
 the water pathways
 lián 斂 ... preserves, inhibits,
 restrains
 lián fèi 斂肺... preserves the
 Lungs
 lián hàn 斂汗... inhibits
 sweating
 liàn 戀 ... clings, attaches to

liàn yè 煉液 ... condenses the fluids	six channels, six axes
liân yīn 斂陰... preserves the yin	liù yín 六淫... six pernicious influences
liàn 練 ... blanches	lóng bì 癰閉... urinary blockage
liáng 涼 ... cools	lòu 漏... light uterine bleeding, leaking, spotting
liáng xuè 涼血 ... cools the blood	lòu 瘻 ... chronic sores
liáo 療 ... remedies	lù 慮... deliberation
liè 烈 ... violent, intense	luō lì 瘰癧 ... scrofula
liè wén 裂文... cracks	luò 絡... [n.] collaterals; [v.] connects, reticulates
lín lí 淋瀝... dribbling [urination]	luò xué 絡穴 ... connecting points, collateral points
lín lí bù zhǐ 淋瀝不止... continuous trickle	má 麻... numbness, tingling
lín zhèng 淋症 ... painful urinary dribbling disorder	má bì 麻痺 ... paralysis
líng 凌 ... intimidates	má mù 麻木... numbness and paresthesia
liú 留 ... linger, lodges; remains	mài 脈... [blood] vessels
liú huǒ 流火 ... flowing fire	mài xiàng mó hu 脈象模糊... indistinct pulse
liú rè 留熱... lingering heat	mān 滿 ... fullness
liú shī 流濕 ...causes dampness to flow away [tentative]	máng cì 芒刺 ... prickles
liú yīn 留飲 ... lingering thin mucus	máo 毛 ... [body] hair
liú zhù 流注 ... spreading, flow into; spreading sores	mèn 悶 ... stifling sensation
liù jīng 六經 ...six stages, six warps,	méng bì 蒙蔽 ... veils
	mēng liè 猛烈... fierce and violent
	mí màn 彌漫 ... spreads throughout
	miàn chì 面赤... flushed complexion
	miàn huáng 面黃... sallow

complexion
 miàn jī jìng luán 面肌痙攣
 ... facial tic
 miàn sè 面色... complexion
 bù huá 不華...
 lusterless
 cāng bái 蒼白 ...
 dusky pale
 cháo hóng 潮紅
 ...flushed
 dàn bái 淡白... dull
 pale
 guāng bái 光白...
 shiny, pale
 wēi bái 萎白... pallid
 wēi huáng 萎黃... wan
 míng 明... brightens,
 clears, or
 enlightens
 míng mù 明目... clears the
 eyes, improves
 vision
 mìng mén [huô] 命門【火】 ...
 gate of vitality
 [fire]
 mó 磨 ... grinds away
 mò mò 默默... sullen
 mò yuán 膜原... membrane
 source
 mù 木... wood, wooden,
 numbness [absence of
 feeling]
 mù jīng jīng cāi 目睛精
 采 ... lively,
 expressive eyes

mù wàng chéng tǔ 木旺乘土...
 exuberant wood
 overwhelms/exploits/takes
 advantage of earth
 mù xué 募穴... alarm points
 mù yuán 募原... membrane source
 mù zhàng 目脹... distended eyes
 nà 納 ... accepts [Kidneys];
 takes in {Stomach, Liver}
 nà chà 納差...decreased [food]
 intake
 nāo lòu 腦漏... seepage from the
 brain
 nāo míng 腦鳴... ringing in the
 brain
 nāo rè 腦熱... feverish
 sensation in the head
 nèi 內 ... internal, inside
 nèi shāng fā rè 內傷發熱...
 feverishness from
 internal damage
 nèi yǒu yù rè 內有鬱熱...
 internal heat due to
 constraint
 nì 逆 ...rebellious, counterflow
 nì膩... greasy [coating],
 cloying [substances]
 nì chuán 逆傳 ...abnormal
 transmission
 nì liú wān zhōu 逆流挽舟...
 hauling the boat upstream
 nì mài 逆脈... rebellious pulse
 nián chóu tán 黏稠痰 ... sticky
 sputum
 níng 凝... congeals

níng 寧... makes tranquil,
[calms OK]

níng shén 寧神... makes the
spirit tranquil

nong (shé) 弄【舌】...
moving (tongue)

nù 怒 ... anger

nuân 暖 ... warms

nuè jí 瘧疾... malarial
disorder

pái 排... pushes out or
expels

pái nóng 排膿... expels pus

pái shí 排石... pushes out
stones

páng guāng 膀胱 ... Bladder

páng guāng shī yuē 膀胱失
約 ... loss of Bladder
control

péi 培... nurtures

péi shèn 培腎... nurtures
the Kidneys

pǐ 劈 ... cuts through

pí 皮 ... skin

pí 脾... Spleen

pí bù tōng xuè 脾不統血...
Spleen cannot govern
blood

pí fū 皮膚... skin, skin
and subcutaneous
tissues

pí qì xi xià xiàn 脾气下陷
... sunken Spleen qi

pí qì xū 脾气虚... Spleen

qi deficiency

pí ruò 脾弱... frail Spleen

pí shuǐ 皮水... skin edema

pí yùn shǐ rè 脾蘊濕熱... damp-
heat collects in the
Spleen

pī 痞... focal distention

pī 癖 ... ensconced lumps

pī kuài 癖塊 ... painless lumps

pì 辟... clears away

pì huì 辟穢... clears away filth

piān kū 偏枯... hemilateral
withering or hemiplegia

piān wǎi 偏歪... deviated

piào hàn 剽悍... nimble and
forceful

píng 平... calms [pacifies OK]
[v]; balanced [adj.]

píng chuān 平喘... calms
wheezing

píng gǎn xǐ fēng 平肝熄風...
calms the Liver and
extinguishes wind

píng mì 平秘 ... balanced and
dense

píng wèi 平胃 ... calms the
Stomach

pò 魄 ...corporeal soul

pò 迫... stresses, compels,
forces, disturbs

pò 破 ... breaks up

pò xuè 破血... breaks up blood
(stasis)

pò yīn 破陰... breaks up

(accumulations) of
yin

qí héng zhī fù 奇恆之腑...
miscellaneous Organs

qí jīng 奇經 ... extraordinary channels

qí shàng kōng 臍上恐 ...
'butterfiles' above
the navel

qī bì 啟閉... opens up
closure/closed
[disorders], opens
up blockage

qì bù huà 氣不化... qì
cannot transform

qì fēn 氣分... qì level or
sector [溫病]; qì
aspect

qì jī 氣機 ... qì dynamic

qì kǒu 氣口 ... qì openings

qì nì 氣逆... rebellious qì

qì xiàn 氣陷... sinking qì

qì xū 氣虛... qì deficiency

qì yíng liàng fān 氣營兩燔
... blazing [fire] in
both the qì and
nutritive [levels]

qì zhì 氣滯 ... stagnant qì

qián 潛... anchors, subdues

qián yáng 潛陽 ... anchors
the [errant] yang

qiáng 強... strengthens

qiáng jīn gū 強筋骨...
strengthens the
sinews and bones

qiáng mài 強脈... [overly]

strong pulse

qiáng yìng 強硬... stiff

qīn 侵... invade, infiltrates

qīng 清... clears

qīng guāng yān 青光眼...
glaucomatous disorder

qīng huā rè tán 清熱熱痰 ...
cools & transforms
phlegm-heat

qīng máng 青盲 ... insidious
loss of vision without
visible physical changes
to the eye

qīng nǎo 清腦... clears the
brain

qīng qiào 清竅... clears
consciousness, clears the
sensory orifices

qīng rè 清熱... clears heat

qīng sù 清肅... clearing and
clarifying

qīng xuān zào xié 輕宣燥邪...
gently disperses dryness

qīng zào 清燥... clears dryness

qiū dāi zi 秋呆子 ...autumnal
obtuseness

qiū zào 秋燥... autumn-dryness

qū 軀 ... physical body

qū 祛... dispels

qū 驅 ... expels, drives, reins
in

qū chōng 驅虫... expels
parasites

qū fēng shī 祛風濕... dispels
wind-damp

qū hán 祛寒... dispels cold
 qū yū 祛瘀... dispels blood
 stasis
 qū zhú 驅逐 ... banish
 qù 去 ... gets rid of
 què 卻 ... depart, retreat
 rāo 擾... harass, derange,
 make a disturbance,
 make trouble
 rāo dòng xīn shén 擾動心神
 ... derange/harrass
 and disturb the
 Heart (spirit)
 rè 熱... hot, heat,
 feverish, fever
 rè bì 熱痺... hot painful
 obstruction
 rè bìng 熱病 ... febrile
 diseases
 rè chōng tóu 熱衝頭...
 sensation of heat
 rushing to the head
 rè dú 熱毒... heat toxin
 rè dú yūn jié 熱毒蘊結...
 collected clumped
 heat toxin
 rè fèi wēi 熱肺痿... hot
 Lung atrophy
 rè jí 熱積... heat
 accumulation
 rè jié 熱結... clumped heat
 rè jié páng liú 熱結旁流... heat
 clumping with
 circumfluence
 rè rāo xīn 熱擾心... heat

 deranging /harassing the
 Heart
 rè rù xuè shì 熱入血室... heat
 enters the blood chamber
 rè shèng 熱盛 ... [over]abundant
 heat
 rè tán 熱痰... hot phlegm
 rè xié yōng fèi 熱邪壅肺... heat
 pathogen clogs the Lungs
 rè zhuó xiōng gé 熱灼胸膈 ...heat
 burning the chest and
 diaphragm
 rè zhuó yīng yīn 熱灼營陰 ...
 heat scorching the yin of
 the nutritive level
 rèn mài 任脈... Conception
 vessel [rèn mài OK]
 rì bǔ cháo rè 日晡潮熱 ...
 afternoon fevers
 róng 榮 ... manifestation
 róu gān 柔肝 ... softens the
 Liver
 róu jīn 柔筋... make the sinews
 supple
 ròu 肉 ... flesh
 rú 濡...moisten [v.],
 soggy[adj.]
 rú mài 濡脈... soggy pulse
 rǔ pī 乳癖... breast lumps
 rǔ yōng 乳癰 ... breast abscess
 ruān 軟... softens
 ruān jiǎn 軟堅... softens areas
 of hardness
 ruān mài 軟脈... soft pulse

rùn 潤... moistens,
 lubricates
 rùn cháng 潤腸... moistens
 the Intestines
 rùn xià 潤下... moistening
 laxative
 ruò mài 弱脈... frail pulse
 sāi 塞 ... plugs
 sān jiāo 三焦... Triple
 Burner
 sǎn 散... scatters,
 disperses
 sǎn fēng 散風... scatters
 or disperses wind
 sǎn hán 散寒 ... scatters
 or disperses cold
 sǎn jié 散結... dissipates,
 disperses clumps,
 knots or nodules
 sǎn mài 散脈... scattered
 pulse
 sǎn mǎn 散滿... disperses
 fullness
 sǎn yū 散瘀... disperses
 stasis
 sǎn yù huǒ 散鬱火...
 disperses fire from
 constraint
 sǎn zhōng 散腫... disperses
 swelling
 sè 澀... binds [action];
 rough (urination)
 sè cháng 澀腸... binds up
 the Intestines
 sè jīng 澀精... binds

essence
 sè mài 澀脈... rough pulse
 [choppy OK]
 shā lín 砂淋...gravelly painful
 urinary dribbling
 shān lán zhàng nuè 山嵐瘴癘
 ...mountain mist miasmatic
 malarial disorder
 shàn 疝... bulging disorder
 shàn qì 疝氣... bulging qi
 [disorder]
 shāng 傷 ... damages
 shāng hán 傷寒... cold-damage
 shāng shí 傷食... food-damage
 shàng 上 ... ascends, upwardly
 shàng chōng 上衝... gushes
 upward, uprushing
 shàng jiāo 上焦... upper burner
 shàng fàn 上犯 ... upwardly
 accosts or trespasses
 shàng gàn 上幹... strikes upward
 shàng yán 上炎... flares upward
 shāo tái 少苔... sparse coating
 [tongue]
 shào fù jū jí 少腹拘急... lower
 abdominal tightness and
 contractions
 shào rè 燒熱... searing heat
 shào yáng 少陽 ... lesser yang
 [shào yáng OK]
 shào yīn 少陰... lesser yin
 [shào yīn OK]
 shé dān 蛇丹... snake-creeping
 red papules

shè 攝... contains
shè 射 ... shoots
shè 舍...settles [into],
shelters
shè xuè 攝血 ... contains
blood
shēn hán tòng 身寒痛...
generalized coldness
and pain
shēn kùn 身困 ... heavy
lethargy
shēn rè 身熱...
[generalized] fever
shēn rè bù yáng 身熱不揚
...fluctuating fever
shén 神... spirit, psychic
aspect
shén hūn 神昏... impaired
consciousnes,
muddled
consciousness
shén juàn 神倦... weariness
shén mí 神迷...
disorientation
shén níng 神凝... frozen
affect
shén qiè 神怯 ... timidity,
trepidation
shén qíng dàn mò 神情淡漠...
apathetic expression
shén shì rú mèng 神識如蒙
... fuzzy thinking
shén shuāi 神衰 ...
lethargic level of
consciousness
shén yáo 神搖... carousing of
the spirit
shén zhì chǐ dāi 神志癡呆...
dementia
shén zhì cuò luàn 神志錯亂...
derangement
shèn 腎 ... Kidneys
shèn 滲 ... leaches out, filters
out, percolates; [physiol]
permeates
shèn bú nà qì 腎不納氣... Kidneys
cannot accept qi
shèn shī 滲濕... leaches out
dampness
shèn shī fēng cáng 腎失封藏 ...
loss of Kidney closure
and storage [functions]
shèn yáng bù zhèn 腎陽不振
...listless Kidney yang
shèn zhuó 腎著...fixed kidneys
[or fixed kidney
disorder]
shēng 生... generates
shēng 升 ... raises, ascends
shēng fā 升發... raise out and
discharge
shēng jǔ 升舉 ... raises and
lifts
shēng jī 生肌... generates flesh
shēng mài 生脈... generates the
pulse
shēng qīng 升清... raises the
clear
shēng yáng 升陽... raises the
yang

shèng 盛 [~ pathogens] ...
 [over]abundance,
 overwhelming; [~
 vessels] ...
 congestion,
 [over]filled,
 brimming

shèng 勝 ... prevails
 [over] [v.],
 preponderance [n.]

shèng jīng 盛經...channels
 with abundance

shèng shī 勝濕... prevails
 over dampness

shī 濕... damp (adj. or
 compound n.),
 dampness (n.)

shī làn 濕爛... damp
 erosions

shī mián duō mèng 失眠多夢
 ... insomnia with
 dream-disturbed
 sleep

shī rè 濕熱... damp-heat

shī rè xià zhù 濕熱下注...
 damp-heat lodged in
 the lower burner

shī rè yùn fú 濕熱蘊伏...
 collection of damp-
 heat smoldering in
 the body

shī rùn 濕潤... wet

shī sī 失司 ... breakdown,
 loss of management,
 loss of oversight

shī tán 濕痰... damp-phlegm

shī xuān 濕癬... damp
 tineae-like rash

shī yīn 失音... loss of voice

shī zhí 失職 ... loss of ability
 to do X, loss of
 management of X,
 impairment

shí 實 ... excess [pathology];
 fullness; bolsters, makes
 replete, make more full
 [physiology]

shí bìng 時病 ... seasonal
 diseases

shí lín 石淋... stony painful
 urinary dribbling

shí mài 實脈... excessive pulse

shī 史... envoy

shì 勢 ... momentum

shì lì zhàng ài 視力障礙...
 visual disturbance

shì wò 嗜臥 ... just desires
 sleep, somnolence

shōu shī 收濕 ... absorbs
 dampness

shōu kǒu 收口 ... closes wounds

shōu liān 收斂... restrain and
 inhibit [astringent]
 restrain and hold in/back

shōu 守 ... defends, conserves

shōu zú chì jué 手足瘈瘲
 ...contracted and frigid
 extremities

shòu 受 ... receives, picks up

shū 疏 ... disperses, dredges

shū 舒 ... soothes

shū fēng 疏風... disperses wind

shū gān 疏肝... dredges
Liver qi

shū gān 舒肝... soothes the
Liver

shū jīn 舒筋... soothes the
sinews

shū wèi 疏衛 ... dredges
the protective

shū xiè wú dù 疏泄無度...
intemperate
dispersing and
draining [of qi]

shū xué 輸穴...
transporting points
[group], transport
point [individual -
stream OK]

shū yù 疏鬱... disperses
constraint

shū 暑 ... summerheat

shū shī 暑濕... damp-
summerheat

shū wēn 暑溫 ...
summerheat-warmth

shù 束 ... fetters, ties up

shù biāo 束表 ... fetters
the exterior

shù xué 膂穴...
[acupuncture] point,
[back] associated
point

shuāi 衰 ... debilitated,
sapped

shuǐ 水... water, edema

shuǐ bù hán mù 水不涵木...
water cannot

restrain wood

shuǐ dào 水道... water pathway

shuǐ dào zhǐ shàng yuán 水道之
上原... upper source of the
water pathways

shuǐ gū 水穀... liquids and
grains

shuǐ jīng tāi 水晶苔... crystal
[tongue] coating

shuǐ nì zhèng 水逆症... water
rebellion disorder

shuǐ rè hù jié 水熱互結
...clumping of water and
heat, OR water/heat
complexes

shuǐ shī nèi tíng 水濕內停...
internal stoppage of
water and dampness

shuǐ xié 水邪... pathogenic
water

shùn 順... smooth, smooths,
normal

shùn chuán 順傳 ... normal
transmission

shùn qì 順氣 ... smooths the
flow of qi

shùo mài 數脈... rapid pulse

sī 司 ... manage

sī 思 ... pondering,
pensiveness, excessive
thinking

sī xuè 死血... lifeless blood

sì fèn 四分 ... four levels or
sectors

sì nì fā lēng 四逆發冷... frigid

extremities
 sì yào xué 四要血... four
 dominant points
 sì zhī 四肢 ... extremities, limbs
 sì zhī bù suì 四肢不遂...
 unresponsive
 extremities
 sì zhī juàn dài 四肢倦怠...
 weak and easily
 fatigued extremities
 sì zhī kùn juàn 四肢困倦
 ... fatigued limbs
 [old - tired]
 sì zhī lēng 四肢冷... cold
 extremities
 sì zōng xué 四總穴 ... four
 command points
 sǒu fēng 搜風... tracks
 (down) wind
 sǒu tī 搜剔 ...searches
 and digs out
 [stagnation]
 sù jiàng 肅降... clarifying
 and descending/cause
 to descend
 sū jué huí nì 蘇厥回逆...
 resuscitate from
 collapse and revives
 from rebellion
 sù tán 宿痰 ... dormant or
 deep, harbored
 phlegm
 sù xiè 宿邪 ... dormant,
 harbored, or deep-
 seated pathogenic
 influences
 suān chū 酸楚 ... ache
 suī 髓... medulla, marrow
 sūn luò 孫絡 ... minute
 collaterals
 sūn xiè 飡泄 ... urgent
 [morning] diarrhea
 sūn 損... harm, injury
 suō niào 縮尿... reserves urine,
 contain urination
 tài dòng bù ān 胎動不安...
 restless fetus
 tài yáng 太陽... greater yang
 [tài yáng OK]
 tài yīn 太陰... greater yin [tài
 yīn OK]
 tán 痰... [Chinese medicine]
 phlegm; [biomedicine]
 sputum (from lungs),
 mucous (other organs)
 tán bì 痰閉... phlegm
 obstruction
 tán duō 痰多... profuse sputum
 tán hé 熱核... phlegm nodules
 tán huō 痰火... phlegm-fire
 tán huō rāo xīn 痰火擾心...
 phlegm-fire
 deranges/harries the
 Heart
 tán mēng xīn qiào 痰蒙心竅...
 phlegm veils the (Heart)
 orifices
 tán míng 痰鳴... gurgling sound
 in the throat
 tán pī 痰痞 ... phlegm lumps
 tán rè 熱痰... phlegm-heat
 tán shī, 痰濕... damp-phlegm

tán yīn 痰飲 ... either phlegm and thin mucus or thin mucus	tōng bí qiào 通鼻竅... unblocks the nasal passages
tán yǔ jiāo jié 痰瘀膠結 ... phlegm and blood stasis jell together	tōng biàn 通便... unblocks the bowels/excretion
tán zào 痰燥... phlegm- dryness	tōng chàng 通暢 ... unobstructed, free moving
tán zū luò 痰阻絡... phlegm obstructs the collaterals	tōng fū 通腑 ... unblocks the yang organs/bowels
téng 疼 ... achy, aches	tōng lì 通利... unblocks (urine and bowels)
tì 惕...dread, jerks	tōng lín 通淋... unblocks painful urinary dribbling
tì 涕 ... nasal mucus	tōng luò 通絡... unblocks the collaterals
tiān 添... adds, replenishes	tōng mài 通脈... unblocks the [blood] vessels
tiān guī 天癸 ... heavenly dew	tōng rù 通入 ... penetrates
tiān jīng 添精... replenishes the essence	tōng rǔ zhī 通乳汁... promotes or unblocks lactation
tián bǔ 填補 ... fills in, replenishes	tōng shén míng 通神明... facillitates enlightenment of the spirit; improving mental abilities
tiáo 調... adjusts	tōng xià 通下... purge, unblock downwards
tiáo dá 條達... thrusts out	tōng yáng 通陽... unblocks the yang
tiáo qì 調氣... adjusts the qì	tōng zhì 通滯... unblocks areas of stagnation
tiáo qì zhì 調氣滯... adjusts stagnant qì	tōng zǒng 統... governs
tiáo yíng wèi 調營衛... adjust the nutritive and protective qì	tòng bì 痛痺 ... severe painful obstruction
tíng 停 ... tarry, stop	tòng chū 痛楚... pangs of pain
tōng 通... unblocks, promotes, pervades	tòng fēng 痛風 ... painful wind

[**biomedical = gout
]

tòng jīng 痛經... painful
menstruation,
dysmenorrhea

tóu hūn 頭昏... muzziness

tóu zhòng 頭重... sensation
of heaviness of the
head

tòu 透 ... vents, thrusts
[out]; penetrates
[in]

tòu nóng 透 ... thrusts pus
out

tòu rè 透熱... vents heat

tòu xié qì 透邪氣... vents
pathogenic
influences

tòu zhēn 透疹... vents
rashes

tū 土 ... earth

tù 吐 ... vomit, spit up

tù xuè 吐血 ... spitting up
blood

tuì 退... reduces

tuì huáng 退黃... reduces
jaundice

tuì rè 退熱... reduces
fever or heat

tuì zhōng 退腫 ... reduces
edema or swelling

tūn suǎn 吞酸... acid
regurgitation

tuō 脫 ... loss,
abandonment; draw
off

tuō dú 脫毒...draws out toxicity

tuō jū 脫疽... sloughing ulcer

tuō lǐ 托裡... supports the
interior

tuō zhèng 脫症... abandoned
patterns, abandoned-type
stroke

tuò 唾 ... saliva [n], spit [v]

wài 外... external, outside

wài gǎn 外感 ...externally-
contracted

wài shī zū pí 外濕阻脾...
external damp obstructs
the Spleen

wài yuè 外越...[path.]
externally oversteps,
goes beyond normal
boundaries, [physio.]
thrust out externally,
evict, extrude

wán tán 頑痰 ... stubborn phlegm

wān 惋 ... miserable

wān 腕 ... [gastric] cavity (胃腕
wèi wǎn)

wān fā 晚發 ... delayed
discharge

wān fù men 腕腹悶... stifling
sensation in the
epigastrium and abdomen

wáng 亡... [great] loss,
devastation, destroyed

wáng yáng 亡陽 ... devastated
yang

wàng 旺 ... flaring, flourishing

wàng xíng 妄行... chaotic

movement
 wēi 微...feeble, faint,
 slight; [v.]
 diminish
 wēi mài 微脈... faint pulse
 wēi ruǎn 微軟... flaccid
 wēi zhèng 痿症... atrophy
 disorder
 wèi 畏 ... antagonizes
 wèi 胃 ... Stomach
 wèi fèn 衛分 ... protective
 level/sector
 wèi hán 畏寒 ... fear of
 cold
 wèi huô shàng shǒng 胃火
 上升... ascending of
 Stomach fire
 wèi qì 衛氣... protective
 qi, defensive qi,
 defense qi, guardian
 qi
 wèi qiáng 胃強... overly
 strong Stomach
 wèi wài shǐ zhí 衛外失職...
 protective qi fails
 its external
 assignment,
 wèi xū hán 胃虛寒...
 Stomach deficiency
 cold
 wèi zhàng tòng 胃脹痛...
 epigastric pain and
 distention
 wēn 溫... warms
 wēn bìng 溫病... warm
 pathogen diseases
 wēn dú 溫毒 ... warm-toxin
 wēn huà hán tán 溫化寒痰... warms
 and transforms cold-
 phlegm
 wēn jí 瘟疾... epidemic
 (seasonal) disorder
 wēn jīng 溫經... warms menses
 wēn lǐ 溫裡 ... warms the
 interior
 wēn rè bìng 溫熱病 ... warm-heat
 pathogen diseases
 wēn xià 溫下 ... warm [the yang]
 and purge
 wēn yì 瘟疫... epidemic
 disorders
 wēn yì 溫疫... warm epidemics
 wǔ fēng 惡風 ... aversion to
 wind
 wǔ hán 惡寒... chills [aversion
 to cold OK]
 wǔ shí 惡食... aversion to food
 wú lì mài 無力脈... forceless
 pulse
 wū chí 五遲 ... five
 retardations
 wū gēng xiè 五更瀉... daybreak
 diarrhea
 wū ruǎn 五軟 ... five weaknesses
 wū shù xué 五腧穴... five
 transport points
 wū xīn rè 五心熱... heat in the
 five centers
 wū xíng 五行 ... five phases,
 five-phase

wū yè 五液... five
excretions
xǐ 吸 ... inhales, draws in
xǐ gū 溪谷 ... muscular
striations
xǐ tán 稀痰 ... watery
sputum
xǐ xué 郛穴 ...
accumulating point
[cleft OK]
xí 襲 ... assaults
xí 熄 ... extinguishes
xí 瘕 ... polyp
xí fēng 熄風...
extinguishes wind
xī 喜 ... elation, joy
xì mài 細脈... thin or fine
pulse
xià gān 下疳...syphilitic
sores [need
something better]
xià hé xué 下合穴... lower
uniting point [lower
sea OK]
xià jiāo 下焦... lower
burner
xià qì 下氣... drives qi
downward
xià yuán 下元 ... lower
base
xiǎn hóng 鮮紅... fresh-
looking red
xiān tiān zhī jīng 先天之
精 ... congenital
essence
xián 涎... oral mucus
xián 鹹... salty
xián mài 弦脈... wiry pulse
xiàn 陷... sink
xiāng bó 相搏... (mutually)
contend, struggle,
interact
xiāng cuàn 香竄 ... aromatically
probing
xiāng jì 相濟...mutual aid
xiāng kè 相剋 ... mutual control
xiāng shēng 相生... mutual
generation
xiāng xū 相須... mutual
accentuation
xiàng huǒ 相火... ministerial
fire
xiàng huǒ nèi chī 相火內熾...
internal blazing of
ministerial fire
xiāo 消... reduces, eliminates,
digests, diminishes
xiāo dǎo 消導... reduces and
guides out
xiāo dú 消毒... eliminates toxin
xiāo jī 消積 ... reduces
accumulation
xiāo kē 消渴... wasting and
thirsting disorder;
unquenchable thirst
[Zhang Zhong-Jing's
works]
xiāo mó 消磨... grinds down
xiāo shí 消石...
reduces/dissolves stones

xiǎo shù 消暑... eliminates
summerheat

xiǎo yōng 消癰 ... reduces
abscesses

xiǎo zhōng 消腫... reduces
swelling or edema

xiǎo biàn bù lì 小便不利...
urinary difficulty

xiǎo biàn yú lì bù jìn 小
便余瀝不盡
...posturinary drip

xiǎo cháng 小腸... Small
Intestine

xiǎo cháng qì zhì 小腸氣滯
... stagnant Small
Intestine qi

xiào 哮 ... asthma

xié 脅... hypochondrium

xié qì 邪氣... pathogenic
qi

xié rè 協熱 ... commingled
heat

xié rè lì xià 協熱利下 ...
commingled heat with
diarrhea

xié xià 脅下... flanks

xié yǔ 挾瘀... harbors
[blood] stasis

xiè 瀉... drains, drains
out, draws off
[physio.]

xiè 泄 ... drains out,
discharges

xiè huǒ 瀉火... drains fire

xiè rè jī 瀉熱積 ... drains

heat accumulation

xiè xià 瀉下 ... drains downward

xīn 心... Heart

xīn 辛... acrid

xīn bāo 心包... Pericardium

xīn huāng 心慌 ...flustered,
alarmed

xīn jī 心悸... palpitations

xīn rè xíng fèi 心熱刑肺 ...
Heart heat punishes the
Lung

xīn xià 心下... epigastrium
[premodern: area below
the Heart OK]

xīn xuè yǔ 心血瘀 ... Heart blood
stasis

xīn yí rè yú xiǎo cháng 心移熱
于小腸 ... Heart fire
transferred to the Small
Intestine

xīng 腥... fishy

xíng 行... promotes (movement),
proceeds, travels

xíng bì 行痺... [v.] promotes
movement (in areas of
painful obstruction);
[n.] moving painful
obstruction

xíng qì 行氣... promotes
movement of the qiperco

xíng shuǐ 行水 ... promotes the
dissipation of pathogenic
water

xíng zhì 行滯 ... promotes
movment through [areas
of] stagnation

xīng 醒 ... wakes, awakens

xīng hòu bù fù yuán 醒後
不復原... inability to
fully recover after
loss of
consciousness

xīng pí 醒脾... awakens the
Spleen

xīng shén 醒神... awakens
the spirit/restores
consciousness

xiōng bì 胸痺... chest
painful obstruction

xiōng gé bù kuài 胸膈不快...
sense of unease in
the chest and
diaphragm

xiōng mǎn zhòng 胸滿重...
tightness and
heaviness in the
chest

xiōng mèn 胸悶... stifling
sensation in the
chest/ sense of
oppression in the
chest

xiōng mèn zhòng 胸悶重...
stifling and heavy
sensation in the
chest

xiōng xié kǔ mǎn 胸脅苦滿
...an unpleasant
fullness in the
chest and
hypochondriac

xiōng xié tòng 胸脅痛...
chest and
hypochondriac pain

xióng 雄 ... robust, virile

xū 虛... deficiency, hollow

xū huǒ shàng yán 虛火上炎...
deficiency fire blazing
upward

xū láo 虛勞... deficiency and
overwork; deficiency
overwork; or deficiency
consumption

xū mài 虛脈... deficient pulse

xū shí xié zá 虛實挾雜...
enmeshment of deficiency
and excess together

xù jīn 續筋 ... reconnects
sinews

xù shuǐ 蓄水... buildup of
water

xù xuè 蓄血... buildup blood

xuān 宣... disseminates,
dissipates, diffuses,
disbands

xuān bì 宣痺... disbands painful
obstruction

xuān chàng qì jī 宣暢氣機...
disseminates and
facillitates the qì
dynamic

xuān fèi tiáo qì 宣肺調氣...
disseminates and adjusts
the Lung qì

xuān tōng bí qiào 宣通鼻竅...
disperses and unblocks
the qì of the nasal
orifice

xuán pī 疝癖 ... [Chinese]
periumbilical and
hypochondriac firmness &

pain; [Japanese]
 chronic muscle
 cramps [primarily of
 chest & shoulders] -
 [both very
 tentative]
 xuán yīn 懸飲... suspended
 thin mucus
 xuān 癬 ... tinea
 xuàn 眩 ... vertigo
 xuàn yùn 眩暈... dizziness
 xuè 血... blood
 xuè bì 血痺... painful
 obstruction of the
 blood
 xuè fēn 血分... blood level
 or sector [溫病];
 blood aspect
 [elsewhere]
 xuè lín 血淋 ... painful
 bloody urinary
 difficulty
 xuè rè wàng xíng 血熱妄行...
 chaotic movement of
 hot blood
 xuè xià rù zhù 血下入注...
 blood lodged in the
 lower burner
 xuè xū 血虛... blood
 deficiency
 xuè yū 血瘀... blood
 stasis, or stasis of
 blood
 xūn 熏 ... fumes
 xūn zhēng 熏蒸... fumes
 upwards [path];
 evaporates

[treatment]
 xún 循...traverses
 yǎ gǎn 牙疳 ... progressive
 ulceration of the gums
 yǎn hóu zhōng tòng 咽喉腫痛...
 painful and swollen
 throat
 yǎn zào 咽燥... parched throat
 yán yǔ nán chū 言語難出...
 difficulty in expressing
 oneself or in forming
 words
 yáng míng 陽明... yang
 brightness [yáng míng OK]
 yáng qiǎo mài 陽蹻脈...yang heel
 vessel [yáng qiǎo mài
 OK]
 yáng wéi mài 陽維脈...yang
 linking vessel [yáng wéi
 mài OK]
 yāng 養... nourishes
 yǎo tòng 腰痛... lower back pain
 yē 噎 ... dysphagia
 yē gé 噎膈... dysphagia-
 occlusion
 yè 液... yin fluids, thick
 fluids
 yí niào 遺尿... enuresis
 yǐ X wéi zhū 以X為主 ... X is
 paramount
 yì 益... augments, benefits
 yì 意 ... intention,
 signification
 yì 翳... superficial visual
 obstruction

yì 抑 ...curbs
 yì dú 疫毒... epidemic
 toxin
 yì gǎn 抑肝 ...curbs the
 Liver
 yì lì 疫癘... epidemic
 pestilence
 yì qì 益氣... augments the
 qi
 yì yīn 抑陰 ...curbs the
 yin
 yì yīn 溢飲 ... overflowing
 or flooding thin
 mucus
 yì yù 抑鬱 ... despondency
 yīn fèi 瘖廢... mute
 paraplegia
 yīn jū 陰疽... yin flat
 abscesses
 yīn qiǎo mài 陰蹻脈...yin
 heel vessel [yīn
 qiǎo mài OK]
 yīn wéi mài 陰維脈...yin
 linking vessel [yīn
 wéi mài OK]
 yīn yāng 陰癢 ... genital
 itching
 yín qì 淫氣 ...pernicious
 or out of control qi
 yín shī... 淫濕 pernicious
 dampness
 yīn 飲 ... thin mucus
 yíng fēn 營分...
 nutritive/constructi
 ve level/sector

yíng qì 營氣...
 nutritive/constructive qi
 yíng xué 榮穴... gushing point
 [spring OK]
 yīng 瘰... goiter
 yīng liú 瘰癧... goiter; neck
 tumors
 yōng 癰 ... abscess, sore, ulcer
 yōng jū 癰疽 ... toxic swellings
 yōng 壅 ... clogs
 yōu 憂 ... worry, upset,
 melancholy
 yóu fēng 游風... roving wind
 yōu lì mài 有力脈... forceful
 pulse, pulse with
 strength
 yōu xíng zhī xié rè 有形之邪熱...
 pathogenic heat with form
 yōu yú 有餘 ... over abundance,
 surplus
 yǔ rè 瘀熱... static heat
 yù 鬱 ... constrains, constraint
 yù huǒ 鬱火... fire from
 constraint
 yù tǔ 燠土... warms the earth
 yù yīn 育陰 ... fosters yin
 yù yù 鬱鬱 ... melancholy
 yù zhèng 鬱症... constraint or
 depression
 yuán 元... prime, primal, base
 yuán qì 元氣... primal qi
 yuán qì 原氣... source qi
 yuán xué 原穴... source points

yuē 噯 ... eructate
 yuē 約 ... binds [up] or
 constrains (a strong
 Stomach "binds" a
 weak Spleen)
 yuè 越 ... surmount,
 disseminate
 (physiology);
 overstep
 (pathology); thrust
 out, evict
 (treatment)
 yuè jīng shǐ tiáo 月經失調
 ... irregular
 menstruation
 yuè pí 悅脾 ... delights
 the Spleen
 yūn 蘊... collects
 yùn 暈... lightheadedness
 yùn pí 運脾... improves the
 Spleen's
 transporting
 function
 zá bìng 雜病 ...
 miscellaneous or
 heterogeneous
 diseases
 zàng 臟... yin Organs,
 viscera
 zàng fù 臟腑... Organs or
 yin and yang Organs
 zàng zào 臟躁... restless
 organ disorder [PS-
 visceral agitation]
 zǎo pò 糟粕 ... dregs
 zào 燥... dries (v.), dry,
 parched (adj.),
 dryness (n.)
 zào 躁 ... restlessness
 zào shǐ 燥濕... dries dampness
 zéi fēng 賊風 ... bandit wind
 zēng yè 增液 ... increases
 fluids
 zhān yǔ 譫語... delirious
 speech, raving
 zhāng 長 ... foster, increase
 zhàng nuè 瘴瘴... miasmatic
 malarial disorders
 zhēn hán jiā rè 真寒假熱... true
 cold with false heat
 zhēn qì 真氣... true qi
 zhēn rè jiā hán 真熱假寒... true
 heat with false cold
 zhēn 疹 ... papule, rash
 zhèn 鎮 ... sedates, pacify,
 suppresses, hold down
 zhèn chàn 震顫... tremble [v.],
 tremors [n.]
 zhèn fèn yáng qì 振奮陽氣...
 stimulates the yang
 zhèn gǎn 鎮肝... sedates the
 Liver
 zhèn jīng 鎮驚... sedates
 jitteriness/palpitations
 with anxiety/convulsions
 zhèn jìng 鎮瘥... sedates
 tremors
 zhèn nì 鎮逆... suppresses
 rebellion
 zhèn shén 鎮神... sedates the
 spirit

zhèn tòng 鎮痛...
 suppresses pain
 zhēng 蒸 ... steam
 zhēng 癥 ... fixed
 [immobile OK]
 abdominal mass
 zhēng chǒng 怔忡...
 continuous
 palpitations,
 panicky throbbing
 zhēng jiā 癥瘕... abdominal
 mass
 zhēng nuè 正瘧 ... normal
 malaria
 zhēng rè 蒸熱... vaporized
 heat
 zhèng 症... condition,
 disorder
 zhèng 證[证] ... pattern
 zhèng qì 正氣... normal qi
 or antipathogenic
 factor/qi
 zhǐ chū 肢楚 ...
 uncomfortable limbs
 zhǐ yè fù yóu 汁液富油 ...
 rich in greasy
 fluids
 zhǐ yīn 支飲 ... prodding
 [or propping] thin
 mucus
 zhǐ 止... stops, arrests,
 halts
 zhǐ ké 止咳... stops
 coughing
 zhǐ lì 止痢... stops
 dysenteric disorders
 zhǐ tòng 止痛... alleviates
 pain, stops pain
 zhǐ xuè 止血... stops bleeding
 zhǐ yí 止遺... stops leakage
 zhì 志 ... resolve,
 purpose, mind, emotions
 [wú zhì 五志=five emotions]
 zhì 智 ... intelligence, wisdom
 zhì 窒... jammed; stopped up
 zhì 制 ... control, restrain
 zhì 滯 ... stagnates
 zhì fā 治法 ... treatment
 strategy
 zhì zé 治測 ... treatment tactic
 zhì zūo 制佐... corrective
 assistant
 zhōng jiāo 中焦... middle burner
 zhōng qì 中氣 ... middle qi
 zhōng qì bù zú 中氣不足...
 insufficient middle qi
 zhōng zhōu 中州 ... middle
 regions
 zhōng dú 腫毒... intense toxic
 swellings
 zhōng zhàng 腫脹... distended
 zhōng fēng 中風... wind-attack
 [in context of
 externally-contracted
 diseases]; wind-stroke
 [elsewhere]
 zhōng jīng 中經... channel-
 stroke
 zhōng yáng 重陽 ... hefty yang

zhòng zàng 中臟... Organ-stroke

zhú 逐 ... drives out

zhú shǐ 逐濕 ... drives out dampness

zhú shuǐ 逐水... drives out water

zhú tán 逐痰... drives out phlegm

zhū 主 ...governs; focuses
["X" organ zhū "y"
=X Organ
governs/focuses on y
(tissue)], masters
["X"方主之 = X
formula masters it.

zhù 助... assists,
reinforces

zhù bìng 疰病 ...
infestitious disease

zhù cáng 貯藏 ... stores

zhù yáng 助陽... assists
the yang

zhù zū 助佐... helpful
assistant

zhuàng 壯... fortifies
[v.]; vigorous
[adj.]

zhuàng huǒ 壯火... vigorous
fire

zhuàng huǒ shí qì 壯火食氣
...vigorous fire
consumes the qì

zhuàng jīn gǔ 壯筋骨...
fortifies the sinews
and bones

zhuàng rè 壯熱... vigorous fire,
sustained high fever

zhuàng 撞 ... dash

zhuī 追... pursues

zhuó bì 著痺 ... fixed painful
obstruction

zhuó lín 濁淋... turbid painful
urinary dribbling

zī 滋... enriches

zī 資... provides for

zī shèn 滋腎... enriches the
Kidneys

zī yīn 滋陰... enriches the yin

zī bān 紫斑... purple spots or
maculae

zī gōng 子宮 ... Womb

zōng qì 宗氣... gathering qì

zōu 走... mobilize, travels
[through/with], extends
to, acts on

zōu cuàn 走竄... mobile and
piercing

zōu ér bù shǒu 走而不守
mobile and does not
conserve

zōu mǎ yǎ gǎn 走馬牙疳 ...rapidly
progressing ulceration of
the gums

zōu zhū 走注 ... running and
pouring [down]

zú qì 足氣 ... leg qì

zū 阻... obstructs, impedes [as
in 阻腸 - impedes the
Intestines]

zuô 佐... assistant

zuô fân (or fân zuô) 佐反
... paradoxical
assistant

zuô zhì 佐制... corrective
assistant

zuô zhù 佐助... helpful
assistant