

LEARN TO READ CHINESE

VOLUME TWO



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Volume Two

CONTENTS

Sentence Structures

Lesson 1	The Yinyang Doctrine	1
Lesson 2	The Five Phases Doctrine	28
Lesson 3	The Conduits And Network Vessels	55
Lesson 4	Physiology	85
Lesson 5	Blood and Qi	127
Lesson 6	The External Causes of Illness	173
Lesson 7	The Internal Causes of Illness	213
Lesson 8	The Eight Principles	250

Stroke Order List of Characters	285
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General Glossary	313
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LESSON 1: THE YINYANG DOCTRINE

Text 1.1

Sentence structures

Basic statement

中	医	用	阴	阳	学	说
zhōng	yī	yòng	yīnyáng	xuéshuō		

Chinese medicine employs the yinyang doctrine

why?

来	说	明	基	本	问	题
lái	shuō	míng	jīběn	wèntí		

to explain basic issues

which
basic issues?

医	学	上	的
yīxué		shàngde	

those being present in medicine

1. Adjunct statement

从	而	成	为	思	想	体	系
cóng'ér	chéngwéi	sīxiǎng	tǐxì				

hence it constitutes a thought system

which
thought system?

中	医	理	论	的
zhōng	yī	lǐlùn	de	

(that) of Chinese medical theory

2. Adjunct statement

它	贯	串	各	个	方	面
tā	guànchuān	gègè	fāngmiàn			

it permeates all aspects

which
aspects?

在	中	医学	中的
zài	zhōng	yīxué	zhōngde

(those) **being present in** Chinese medicine

which are
they?

生理,	病理, ...	治疗 和	药物 等
shēnglǐ,	bìnglǐ, ...	zhìliáo hé	yàowù děng

physiology, pathology, ... therapy and drugs

3. Adjunct statement

构成了	一	整套	医疗	方法
gòuchéngle	yì	zhěngtào	yīliáo	fāngfǎ

it **has generated** a complete therapy method

of what kind?

合乎 ... 的
héhū ... de

(one) conforming

conforming
to what?

客观	实际
kèguān	shíjì

to objective reality

4. Adjunct statement

指导着	临床	实践
zhǐdǎozhe	línchuáng	shíjiàn

it guides the clinical practice

what clinical
practice?

中	医	的
zhōng	yī	de

(that) of Chinese medicine

how?

灵活地
línghuóde

adaptably

Text 1.2

Sentence structures

First unit of meaning

Basic statement

阴阳学说是一种思想方法
yīnyáng xuéshuō shì yīzhǒng sīxiǎng fāngfǎ

the yinyang doctrine is a thought method

what kind of a
thought method?

归纳出来(的)
guīnáchūlai(de)

a.)

a conceptualized (one)

conceptualized
by whom?

古人
gǔrén

by the ancients

when?

在观察自然现象中
zài guānchá zìrán xiànxàng zhōng

in observing natural phenomena

用...的
yòng...de

b.)

(one) being used

what for?

以解释
yǐ jiěshì

to explain (something)

what?

自然现象
zìrán xiànxàng

these natural phenomena

Second unit of meaning

Basic statement

前 人 发现
qián rén fāxiàn

earlier people discovered (something)

what?

万 物 万 象 有 属 性
wàn wù wàn xiàng yǒu shǔxìng

all things, all phenomena have attributes

how many?

两 种
liǎng zhǒng

two kinds

which
are they?

正 反
zhèng fǎn

(those) of norm and opposite

1. Adjunct statement

这 种 属 性 是 对 立 而 又 统 一 的
zhèzhǒng shǔxìng shì duìlì ér yòu tǒngyīde

these attributes are antagonistic and yet unified

2. Adjunct statement

(这 种 属 性) 存 在 于 一 切 事 物 中
(zhèzhǒng shǔxìng) cúnzài yú yīqiè shìwù zhōng

(these attributes) exist in all things

3. Adjunct statement

(前 人) 创 立 了 阴 阳 学 说
(qián rén) chuànglìle yīnyáng xuéshuō

(earlier people) established the yinyang doctrine

4. Adjunct statement

用 这个 名词
yòng zhège míngcí

they used these terms

which terms?

阴 阳
yīn yáng

yin and yang

what for?

来 代表 关系
lái dàibiǎo guānxì

to represent relationships

which relationships?

所 存在着的
suǒ cúnzàizhede

a.)

those which are existing

where do they exist?

一切 事物 中
yīqiè shìwù zhōng

in all things

对立 统一的
duìlì tóngyī de

b.)

(those) of antagonism and unity

Third unit of meaning

Basic statement

如 天 为 阳, 地 为 阴
rú tiān wéi yáng, dì wéi yīn

e.g.: heaven is yang, earth is yin

1. - 3. Adjunct statement: structure identical with Basic statement

4. Adjunct statement

并	用	道理
bìng	yòng	dàolǐ

in addition they used principles

which principles?

相反	相成	(的)
xiāngfǎn	xiāngchéng	(de)

a.)

(that) of opposition and complementarity

对立	统一的
duìlì	tǒngyī de

b.)

(that) of antagonism and unity

why?

去	解释	变化
qù	jiěshì	biànhuà

to interpret changes

which changes?

一切	事物的
yíqiè	shìwù de

(those) of all things

where?

宇宙	间
yǔzhòu	jiān

in the universe

Text 1.3

Sentence structures

First unit of meaning

Statement

中	医	认为
zhōng	yī	rènwéi

Chinese medicine holds (something)

what does
it hold?

能	加以	解释
néng	jiāyǐ	jiěshì

(we) can **provide** (something) **with** an explanation

what?

生理
shēnglǐ

physiology

what
physiology?

人	体	的
rén	tǐ	de

(that) of the human body

how can it
be explained?

用	阴阳学说	来
yòng	yīnyáng xuéshuō	lái

with the yinyang doctrine

Second unit of meaning

Basic statement

性质	属	于	动
xìngzhì	shǔ	yú	dòng

the nature is associated with movement

what nature?

阳 的
yáng de

(that) of yang

1. Adjunct statement: structure identical with Basic statement

2. Adjunct statement

阳 有 能力
yáng yǒu nénglì

yang has an ability

which
ability?

保卫 的
bǎowèi de

(one) of safeguarding

what does
it safeguard?

体 表
tǐ biǎo

the body's exterior

3. Adjunct statement: structure identical with 2. Adjunct statement

Third unit of meaning

Basic statement

代表 皮 毛 ... 等
dàibiǎo pí máo ... děng

it represents skin and hair ...

whose skin
and hair ...?

体 表
tǐ biǎo

(those) of the body's exterior

by what?

以 阳
yǐ yáng

by yang

where?

在 生理 上
zài shēnglǐ shàng

in physiology

1. Adjunct statement: structure identical with Basic statement

2. Adjunct statement

并 以 ... 为 阴
bìng yǐ ... wéi yīn

in addition it considers ... as yin

what does it
consider as yin?

五 脏 主 藏
wǔ zàng zhǔ cáng

the five depots master storage

what do they store?

精 气
jīng qì

the essential qi

3. Adjunct statement: structure identical with 2. Adjunct statement

Fourth unit of meaning

Basic statement

(中 医) 分
(zhōng yī) fēn

(Chinese medicine) differentiates

on the basis
of what?

从	位置	上
cóng	wèizhì	shàng

on the basis of locations

that is?

上	焦	为	阳, ...
shàng	jiāo	wéi	yáng, ...

the upper burner is yang, ...

Fifth unit of meaning: structure identical with Fourth unit of meaning

Sixth unit of meaning

Basic statement

(中	医)	用
(zhōng	yī)	yòng

(Chinese medicine) uses (something)

what?

属性
shǔxìng

the nature

what nature?

阴	阳	的
yīn	yáng	de

(that) of yin or yang

which are they?

存在着
cúnzàizhe

(those) being inherent

where?

每一	处	都
měiyī	chù	dōu

in each locality

why?

以 说明
yǐ shuōmíng

to elucidate

to elucidate what?

特有的 性质 和 特殊的功能
tèyǒude xìngzhì hé tèshūde gōngnéng

characteristic qualities and specific functions

which qualities
and functions?

生理 的
shēnglǐ de

(those) of physiology

Text 1.4

Sentence structures

First unit of meaning

Basic statement

(中 医)	区别
(zhōng yī)	qūbié

(Chinese medicine) distinguishes (something)

on what basis?

根据	部位	和	性质
gēnjù	bùwèi	hé	xìngzhì

on the basis of location and nature

what location and nature?

发	病	的
fā	bìng	de

(that) of a developing illness

what does it distinguish?

表	症	属	阳
biǎo	zhèng	shǔ	yáng

a.)

the exterior pathoconditions belong to the yang

b. - d.: structure identical with a.

Second unit of meaning

Basic statement

机能	衰弱	多	为	不足
jīnéng	shuāiruò	duō	wéi	bùzú

functional weaknesses often are insufficiencies

insufficiencies of what?

阳	的
yáng	de

of yang

for example?

如 少	气, 懒 言, ...	等
rú shǎo	qì, lǎn yán, ...	děng

e.g., diminished qi, slow speech, ...

Adjunct statement: structure identical with Basic statement

Third unit of meaning

Statement

因而 分	作 四个 类型
yīnér fēn	zuò sìge lèixíng

hence it categorizes (them) into four types

what is categorized into four types?

一 般 症 状
yìbān zhèng zhuàng

the common patho-manifestations

namely?

阳 虚,	阴 虚,	阳 盛,	阴 盛
yáng xū,	yīn xū,	yáng shèng,	yīn shèng

yang depletion, yin depletion, yang abundance, yin abundance

Fourth unit of meaning

Statement

归	阳 症
guī	yáng zhèng

it identifies (something) as yang pathoconditions

what?

一 切	亢 进	的,	兴 奋 的 ... 都
yīqiè	kàngjìn	de,	xìngfèn de ... dōu

all (cases) of hyperfunction, of excitement ...

Adjunct statement: structure identical with Basic statement

Fifth unit of meaning

Basic statement

推而至于外科
tūi ér zhì yú wài kē

with regard to the external specialty

1. Adjunct statement

阳症	是红,	肿,	发热
yáng zhèng	shì hóng,	zhǒng,	fā rè

yang pathoconditions are reddening, swelling, fever

2. Adjunct statement: structure identical with 1. Adjunct statement

Text 1.5

Sentence structures

First unit of meaning

Basic statement

分有	六个	纲要
fēnyǒu	liùge	gāngyào

(Chinese medicine) distinguishes six **basic categories**

in what
regard?

如以	脉诊	来说
rú yǐ	mài zhěn	lái shuō

e.g., **in regard to** pulse diagnosis

1. Adjunct statement

分	迟	和数
fēn	chí	hé shù

it distinguishes retarded and frequent (pulses)

in what
regard?

在	至	数	上
zài	zhì	shù	shàng

in regard to arrival frequency

2. and 3. Adjunct statement: structure identical with 1. Adjunct statement

Second unit of meaning

Basic statement

数,	浮,	滑	属	于	阳
shù,	fú,	huá	shǔ	yú	yáng

frequent, surface, smooth belong to yang

1. Adjunct statement: structure identical with Basic statement

2. Adjunct statement

阴脉见于阴症
yīn mài xiàn yú yīn zhèng

yin pulses appear with yin pathoconditions

3. Adjunct statement: structure identical with 2. Adjunct statement

Third unit of meaning

Basic statement

变化属于病变
biànhuà shǔ yú bìng biàn

changes belong to the pathological changes

which changes?

舌质的
shé zhì de

(those) of tongue substance

to which pathological changes?

血液的
xuèyè de

(to those) of blood

in what regard?

以舌诊来说
yǐ shé zhěn lái shuō

in regard to tongue diagnosis

1. Adjunct statement

色见红绛
sè xiàn hóng jiàng

the color appears red or crimson

what does that mean?

是血热属阳
shì xuè rè shǔ yáng

this is blood heat; it belongs to the yang

2. Adjunct statement

色	淡	或	青
sè	dàn	huò	qīng

the color is pale or virid

what does
that mean?

是	血	虚	或	血	寒
shì	xuè	xū	huò	xuè	hàn

a.)

this is blood depletion or blood cold

属	阴
shǔ	yīn

b.)

it belongs to the yin

3. Adjunct statement

变化	系	病	变
biànhuà	xì	bìng	biàn

changes are tied to pathological changes

which changes?

舌	苔	的
shé	tái	de

(those) of the tongue coating

to which
pathological
changes?

肠	胃	的
cháng	wèi	de

(to those) of the intestines and the stomach

4. Adjunct statement

燥的,	黄的	属	阳
zàode,	huángde	shǔ	yáng

parched, yellow (coatings) belong to the yang

5. Adjunct statement: structure identical with 4. Adjunct statement

Text 1.6

Sentence structures

First unit of meaning

Basic statement

用	汗	法
yòng	hàn	fǎ

(Chinese medicine) applies sudorific patterns

when?

表	症
biǎo	zhèng

in cases of exterior pathoconditions

in what
regard?

在	治疗	上
zài	zhìliáo	shàng

in regard to therapy

1. - 3. Adjunct statement: structure identical with Basic statement

4. Adjunct statement

都	含有	意义
dōu	hányǒu	yìyì

all have a significance

which significance?

阴阳	的
yīnyáng	de

(one in terms) of the yinyang (doctrine)

Second unit of meaning

Basic statement

主要	是
zhǔyào	shì

the important (thing) is

1. Adjunct statement

阳	胜	则	阴	病
yáng	shèng	zé	yīn	bìng

when yang dominates then the yin is ill

2. Adjunct statement: structure identical with 1. Adjunct statement

3. Adjunct statement

重	寒	现	热	象
chóng	hán	xiàn	rè	xiàng

doubled cold **brings forth** heat signs

4. Adjunct statement: structure identical with 3. Adjunct statement

Text 1.7

Sentence structures

First unit of meaning

Statement

分 fēn	别 bié	气 qì	味 wèi
----------	----------	---------	----------

(Chinese medicine) distinguishes qi and flavor

in which
regard?

药 yào	性 xìng
----------	-----------

(in regard to) drug qualities

which drug
qualities?

中 zhōng	药 yào	的 de
------------	----------	---------

(those) of Chinese drugs

Second unit of meaning

Basic statement

一 yì	般 bān	以 yǐ	气 qì	为 wéi	阳 yáng
---------	----------	---------	---------	----------	-----------

generally, it considers qi to be yang

Adjunct statement

味 wèi	为 wéi	阴 yīn
----------	----------	----------

(it considers) flavor to be yin

Third unit of meaning

Basic statement

气 qì	分 fēn	四 sì	种 zhǒng
---------	----------	---------	------------

the qi is distinguished into four types

1. Adjunct statement

寒	凉	属	阴
hán	liáng	shǔ	yīn

cold and cool belong to yin

2. Adjunct statement: structure identical with 1. Adjunct statement

3. Adjunct statement: structure identical with Basic statement

4. and 5. Adjunct statement: structure identical with 1. Adjunct statement

Fourth unit of meaning

Basic statement

称做	阳药
chēngzuò	yáng yào

(certain drugs) are called yang drugs

which drugs?

具有...的
jùyǒu ... de

(those) possessing (something)

what do they possess?

辛	热性
xīn	rè xìng

acid and hot qualities

for example?

附子, 肉桂, 干姜 等
fùzǐ, ròuguì, gānjiāng děng

fuzi, rougui, ganjiang

1. Adjunct statement

能升	能散
néng shēng	néng sàn

they can ascend and they can disperse

2. Adjunct statement: structure identical with Basic statement

3. Adjunct statement: structure identical with 1. Adjunct statement

Fifth unit of meaning

Basic statement

也	叫	阳	药
yě	jiào	yáng	yào

they too are called yang drugs

which ones?

有	作用	的
yǒu	zuòyòng	de

(those) **having** a function

which function?

芳香	健	胃
fāngxiāng	jiàn	wèi

they are aromatic and strengthen the stomach

for example?

如	砂仁,	豆蔻	等
rú	shā rén,	dòu kòu	děng

e.g. sharen and doukou

Adjunct statement: structure identical with Basic statement

Text 1.8

Sentence structures

First unit of meaning

Basic statement

阴 阳 是 概括性 代名词
yīn yáng shì gàikùoxìng dàimíngcí

yin and yang are general synonyms

of what
meaning?

对立 统一的
duìlì tǒngyī de

(with the meaning) of antagonism and unity

which antagonism
and unity?

事物
shìwù

(those of all) things

Adjunct statement

(阴阳) 可以 包括
(yīnyáng) kěyǐ bāokuò

(yin and yang) can include (something)

what is it?

对立, 都
duìlì, dōu

all antagonisms

which antagonism?

不论 物质的,
búlùn wùzhì de,

regardless of whether those of matter,

机能 的 部位 的
jīnéng de bùwèi de

of function, or of position are concerned

Second unit of meaning

Basic statement

应该	明确
yīngāi	míngquè

it should be made clear

what should
be made clear?

中	医	应用
zhōng	yī	yìngyòng

Chinese medicine applies (something)

what does
it apply?

阴阳
yīnyáng

the yinyang (doctrine)

how?

广泛地
guǎngfānde

extensively

to what?

于各个方面
yú gège fāngmiàn

to all realms

1. Adjunct statement

都是所	指的
dōu shì suǒ	zhǐde

all are those which are referring to (something)

what do they
refer to?

实有
shíyǒu

facts

2. Adjunct Statement

要	理解	道理
yào	lǐjiě	dàolǐ

if someone wishes to understand the principles

which principles?

运用	阴阳	的
yùnyòng	yīnyáng	de

(those) of applying the yinyang (doctrine)

by whom?

中	医
zhōng	yī

by Chinese medicine

then what?

必须	通过	临症
bìxū	tōngguò	línzhèng

it is essential to pass through clinical (experience)

3. Adjunct statement

能	明白	实际	作用
néng	míngbái	shíjì	zuòyòng

it is possible to understand the practical applications

which practical applications?

所	起的
suǒ	qǐde

those which are being brought forth

by what?

阴阳
yīnyáng

by the yinyang (doctrine)

when?

只	有	通过	临症
zhǐ	yǒu	tōngguò	línzhèng

only **after having** passed through clinical (experience)

Third unit of meaning

Basic statement

例如热属于阳
lìrú rè shǔ yú yáng

e.g., heat belongs to yang

1. Adjunct statement

但热有不同
dàn rè yǒu bù tóng

but heat has dis-similarities

namely?

表里
biào lǐ,

a.) (those of) exterior or interior (heat),

虚实的
xū shí de

b.) (those) of depletion and of repletion

2. Adjunct statement

当用汗法
dāng yòng hàn fǎ

it is appropriate to use a sudorific pattern

when?

发热
fā rè

(in case of) fever

which fever?

引起的
yīnqǐde

(one) being set off

set off by what?

伤	风
shāng	fēng

a.)

by harm caused by wind

感冒
gǎnmào

b.)

by a common cold

3. Adjunct statement

叫做	疏散	解	表
jiàozuò	shūsàn	jiě	biǎo

this is called dispersion and opening the exterior

4. and 6. Adjunct statement: structure identical with 2. Adjunct statement

5. and 7. Adjunct statement: structure identical with 3. Adjunct statement

Fourth unit of meaning

Basic statement

热	属	于	阳
rè	shǔ	yú	yáng

heat belongs to yang

1. Adjunct statement

这	是	一	般	情	况
zhè	shì	yì	bān	qíng	kuàng

this is a general condition

2. Adjunct statement

属	于	表	是	机	动	的
shǔ	yú	biǎo	shì	jī	dòng	de

the association with the exterior, ...is a flexible (adaptation)

what association?

热	的
rè	de

(that) of heat

LESSON 2: THE FIVE PHASES DOCTRINE

Text 2.1

Sentence structures

First unit of meaning

Statement

五行 即 木, 火, 土, ... wǔ xíng jí mù, huǒ, tǔ, ...
--

the five phases are wood, fire, soil, ...

Second unit of meaning

Basic statement

关系 有 两个 方面 guānxì yǒu liǎngge fāngmiàn

the relationships have two aspects

which relationships?

这 五者 的 zhè wǔzhě de

(those) of these five (phases)

Adjunct statement

即 “相 生” 与 “相 克” jí “xiāng shēng” yǔ “xiāng kè”

these are “mutual engendering” and “mutual restraint”

Third unit of meaning

Statement

相 生 是 关系 xiāng shēng shì guānxì

mutual engendering is a relationship

of what kind?

相互 资生 和 助长 的
xiānghù zīshēng hé zhúzhǎng de

(one) of mutual creation and support

Fourth unit of meaning

Basic statement

相 生 关系 是 这样 的
xiāng shēng guānxi shì zhè yàng de

the “mutual engendering” relationships are of this kind:

which relationships?

五 行 中 的
wǔ xíng zhōngde

(those) being among the five phases

1. Adjunct statement

木 生 火
mù shēng huǒ

wood generates fire

2. - 5. Adjunct statement: structure identical with 1. Adjunct statement

Fifth unit of meaning

Basic statement

可 以 看 出
kěyǐ kànchū

(we) can see (something)

from where?

从 关系 中
cóng guānxi zhōng

from within the relationships

from which
relationships?

相 生 的
xiāng shēng de

(from those) of mutual engendering

what mutual
engendering?

五 行
wǔ xíng

(that) of the five phases

what can
we see?

任何一行 有 两个 方面
rènheyī xíng yǒu liǎngge fāngmiàn

each phase has two aspects

which aspects?

生 我 和 我 生
shēng wǒ hé wǒ shēng

literally:

(another one) generates me and I generate (another one)

1. Adjunct statement

以 木 为 例
yǐ mù wéi lì

take wood as an example

2. Adjunct statement

生 我 者 为 水
shēng wǒ zhě wéi shuǐ

what generates me is water

3. Adjunct statement

我 生 者 为 火
wǒ shēngzhě wéi huǒ

what I generate is fire

4. Adjunct statement

借 母 子 关系 来说
jiè mǔ zǐ guānxì lái shuō

take the mother son relationship to explain (this)

5. Adjunct statement

水	为	母
shuǐ	wéi	mǔ

water is the mother

whose mother?

木	之
mù	zhī

(that) of wood

6. Adjunct statement: structure identical with 5. Adjunct statement

Sixth unit of meaning

Statement

类推
lèitui

(we) deduce analogously

what?

其它	四	行
qítā	sì	xíng

the other four phases

analogously with what?

以	此
yǐ	cǐ

(analogously) with this (example)

Text 2.2

Sentence structures

First unit of meaning

Statement

相	克	是	关系
xiāng	kè	shì	guānxì

mutual restraint is a relationship

of what kind?

相互	约制	和	克服	的
xiānghù	yuēzhì	hé	kèfú	de

(one) of mutual restrictions and overcoming

Second unit of meaning

Basic statement

相	克	关系	是
xiāng	kè	guānxì	shì

the “mutual restraint” relationship is (as follows):

which relationship?

五	行	中的
wǔ	xíng	zhōngde

(that) being among the five phases

1. Adjunct statement

金	克	木
jīn	kè	mù

metal restrains wood

2. - 5. Adjunct statement: structure identical with 1. Adjunct statement

Third unit of meaning

Basic statement

可 看出
kě kànchū

(we) can see (something)

from where?

从 关系 中
cóng guānxì zhōng

from **within** this relationship

from which
relationship?

相 克 的
xiāng kè de

(from that) of mutual restraints

what mutual restraint?

五 行
wǔ xíng

(that) of the five phases

what can
we see?

任何一行 都有两个 方面
rènheyī xíng dōu yǒu liǎngge fāngmiàn

each phase has two aspects

which aspects?

克 我
kè wǒ

literally:

(another one) restrains me

和 我 克
hé wǒ kè

and I restrain (another one)

1. Adjunct statement

再 以 木 为 例
zài yǐ mù wéi lì

again, take wood as example

2. Adjunct statement

克 我 者 为 金
kè wǒ zhě wéi jīn

what restrains me is metal

3. Adjunct statement

我 克 者 为 土
wǒ kèzhě wéi tǔ

what I restrain is soil

4. Adjunct statement

金 为 所	不 胜 者
jīn wéi suǒ	bù shèngzhě

metal is **that which** (it) does not win against

what does not win
against the metal?

木
mù

the wood

5. Adjunct statement

土 为 所	胜 者
tǔ wéi suǒ	shèngzhě

soil is **that which** (it) wins against

what does win against
the soil?

木
mù

the wood

Text 2.3

Sentence structures

First unit of meaning

Basic statement

关系 guānxì	不是 (关系) bú shì (guānxì)
--------------	----------------------------

the relationships are not (relationships)

which relationships?

它们 之间的 tāmen zhījiānde

(those) among them

among what?

上 述 shàng shù	两个 方面 liǎngge fāngmiàn
------------------	---------------------------

(among) the above mentioned two aspects

which aspects?

相 生 xiāng shēng	和 相 克 hé xiāng kè
--------------------	----------------------

(those) of mutual engendering and mutual restraint

which engendering/
restraint?

五 行 wǔ xíng

(that) of the five phases

what kind of
relationships
are they not?

并 行 不 悖 (的) bìng xíng bù bèi (de)

(those) of parallel moving, not touching

1. Adjunct statement

是 shì	相互 为用 的 xiānghù wéiyòng de
----------	-------------------------------

they are (those) of mutual usefulness

2. Adjunct statement

生	克	之	间	有	关	系
shēng	kè	zhī	jiān	yǒu	guān	xì

among engendering and restraint exist relationships

of what kind?

密	切	的
mì	qiè	de

close (ones)

3. Adjunct statement

生	中	有	克
shēng	zhōng	yǒu	kè

within engendering exists restraint

4. Adjunct statement: structure identical with 3. Adjunct statement

Second unit of meaning

Basic statement

这	种	关	系	称	做
zhè	zhǒng	guān	xì	chēng	zuò

this relationship is called

制	化	关	系
zhì	huà	guān	xì

“construction/counterreaction” relationship

which relationship?

相	互	为	用	的
xiāng	hù	wéi	yòng	de

(that) of mutual usefulness

1. Adjunct statement

木	克	土
mù	kè	tǔ

wood restrains soil

2. - 3. Adjunct statement: structure identical with 1. Adjunct statement

Third unit of meaning

Basic statement

制	化	关系
zhì	huà	guānxì

the construction/counterreaction relationship

是	必要	条件
shì	bìyào	tiáojiàn

is an essential condition

of what?

维持	平衡	的
wéichí	pínghéng	de

of maintaining a balance

1. Adjunct statement

否则	有	生	无克
fǒuzé	yǒu	shēng	wú kè

otherwise **there is engendering but no** restraint

2. Adjunct statement

必使
bì shǐ

this must cause (the following)

what?

盛者	更	盛
shèngzhě	gèng	shèng

the abundant to become **even more** abundant

3. Adjunct statement: structure identical with 1. Adjunct statement

Text 2.4

Sentence structures

First unit of meaning

Basic statement

还有	反常现象
háí yǒu	fǎncháng xiànxàng

there is yet another unusual phenomenon

where?

在生	克中
zài shēng	kè zhōng

within engendering and restraint

1. Adjunct statement

我克者	克	我
wǒ kèzhě	kè	wǒ

literally:

that what I restrain restrains me

when?

有时
yǒushí

sometimes

how?

反来
fǎnlái

contrary (to what is normal)

2. Adjunct statement

克	我者为	我克
kè	wǒ zhě wéi	wǒ kè

literally:

what restrains me is what I restrain

Second unit of meaning

Basic statement

水 克 火
shuǐ kè huǒ

water restrains fire

1. Adjunct statement

火 能 反 过 来 克 水
huǒ néng fǎnguòlái kè shuǐ

fire can, conversely, restrain water

when?

在 某 种 情 况 下
zài móuzhǒng qíngkuàng xià

under certain conditions

2. Adjunct statement

这 称 做 “相 侮”
zhè chēngzuò “xiāng wǔ”

that is called “mutual humiliation”

Third unit of meaning

Basic statement

凡 是 均	有 一 个 条 件
fánshì jūn	yǒu yīgè tiáojiàn

all (relationships) have a precondition

which relationships?

相 生, 相 克, ...
xiāng shēng, xiāng kè, ...

(those of) mutual engendering, mutual restraint, ...

1. Adjunct statement

气 充 实
qì chōngshí

when the qi abounds

whose qi?

本身之
běnshēn zhī

(that) of (a specific phase) itself

what will happen?

则 相 生
zé xiāng shēng

then there is mutual engendering

2. Adjunct statement

否则 不能 生
fǒu zé bù néng shēng

if not then it is not able to generate

3. Adjunct statement

气 有 余
qì yǒu yú

the qi (of a specific phase) has a surplus

what will happen?

则 能 克 和 侮
zé néng kè hé wǔ

then it can restrain and humiliate

restrain what?

所 胜
suǒ shèng

that (phase) which it (usually) wins against

and humiliate what?

所 不胜
suǒ bú shèng

that (phase) which it (usually) does not win against

3. Adjunct statement

(气) 不及
(qì) bù jí

(the qi) is not sufficient

what will happen?

则	不 能	克	所	胜
zé	bù néng	kè	suǒ	shèng

then it is not able to restrain **that which** it (usually) wins against

and?

反	为 乘	侮
fǎn	wéi chéng	wǔ

in contrast, it is seized and humiliated

by what?

所	不 胜
suǒ	bù shèng

by **that which** (usually) does not win against it

Text 2.5

Sentence structures

First unit of meaning

Basic statement

运用	是	归纳起来
yùnyòng	shì	guīnàqǐlái

the application is to conceptualize (something)

the application
of what?

五行	在	中	医学	上	的
wǔ xíng	zài	zhōng	yīxué	shàng	de

(that) of the five phases in Chinese medicine

to conceptualize
what?

自然	界	和	人体	组织
zìrán	jiè	hé	rénǐ	zǔzhī

the natural world and the human organism

how?

按	属性
àn	shǔxìng

a.)

in accordance with the characteristics

which characteristics?

五行	的
wǔ xíng	de

(those) of the five phases

b.)

在	一定的	情况	下
zài	yīdìngde	qíngkuàng	xià

under specific conditions

Adjunct statement

说明
shuōmíng

(we) explain (something)

what?

相互 关系
xiānghù guānxì

the mutual relationships

which
relationships?

脏腑 之间的
zàngfǔ zhījiānde

(those) being among the organs

how are they
explained?

以 关系
yǐ guānxì

by means of relationships

which
relationships?

生 克 的
shēng kè de

(those) of engendering and restraint

Second unit of meaning

Statement

可 从属
kě cóngshǔ

(we) can categorize (something)

what?

东, 南, 中, 西, 北
dōng, nán, zhōng, xī, běi

a.)

east, south, center, west, and north

as what?

方位的
fāngwèi de

(as dimensions) of the cardinal points

b. - f.: structure identical with a.

how?

依 次序 来
yī cìxù lái

in accordance with the sequence

which sequence?

木, 火, 土, 金, 水 的
mù, huǒ, tǔ, jīn, shuǐ de

(that) of wood, fire, soil, metal, and water

in what regard?

自然界 来说
zìrán jiè lái shuō

in regard to the natural world

Text 2.6

Sentence structures

First unit of meaning

Basic statement

(中 医)	以	肝 ...	为	中心
(zhōng yī)	yǐ	gān ...	wéi	zhōngxīn

(Chinese medicine) holds the liver ... to be the center

in what regard?

在	人 体 方 面
zài	rén tǐ fāngmiàn

in regard to the human body

Adjunct statement

联系	(肝, 心, ...)	到
liánxì	(gān xīn, ...)	dào

it links (the liver, the heart ...) to (something)

to what?

七 窍, ...
qī qiào, ...

to the seven orifices, ...

which seven orifices?

目,	舌,	口, ...	的
mù,	shé,	kǒu, ...	de

(those) of the eyes, the tongue, the mouth, ...

Second unit of meaning

Statement

可 结合 起来 加以 分析
kě jiéhéqilai jiāyǐ fēnxī

(we) can link and analyze (something)

what?

把它们
bǎ tāmen

them

how?

从 直接 或 间接 的关系
cóng zhíjiē huò jiànjiēde guānxì

starting from direct or indirect relationships

when?

明白了 后
míngbáile hòu

a.)

after one has understood

what?

这一 归类 方法
zhèyì guīlèi fāngfǎ

this classification method

b.)

当 接触到 事物 时
dāng jiēchù dào shìwù shí

when (we) touch on an item

which item?

属的
shǔde

(one) being related

related to what?

于 某 一行 性质
yú mǒu yī xíng xìngzhì

to a certain phase nature

why?

以便 理解
yǐbiàn lǐjiě

to understand (something)

what?

这一事物的性质
zhèyī shìwù de xìngzhì

this item's nature

Text 2.7

Sentence structures

First unit of meaning

Statement

同样 是 指导 ... 的
tóngyàng shì zhǐdǎo ... de

(both) alike are guiding

what is guiding?

五行 学说 和 阴阳 学说 一样
wǔ xíng xuéshuō hé yīnyáng xuéshuō yīyàng

the five phases doctrine and the yinyang doctrine alike

doctrines of what?

中 医 的
zhōng yī de

(those) of Chinese medicine

what do they guide?

临床 工作
línchuáng gōngzuò

the clinical work

what clinical work?

中 医 的
zhōng yī de

(that) of Chinese medicine

Second unit of meaning

Basic statement

举例来说, 如 木 性 条畅
jǔlìláishuō, rú mù xìng tiáochàng

for example, wood nature is to pass freely

1. Adjunct statement

肝 气 应 舒 畅
gān qì yīng shūchàng

the liver qi should be unimpeded

2. Adjunct statement

郁
yù

when it is impeded

what will happen?

则 为 病
zé wéi bìng

then this is an illness

3. Adjunct statement

(中 医) 治
(zhōng yī) zhì

(Chinese medicine) treats (such a condition)

how?

以 舒 肝 理 气
yǐ shū gān lǐ qì

by opening the liver and regulating the qi

Third unit of meaning

Basic statement

木 克 土
mù kè tǔ

wood restrains soil

1. Adjunct statement

肝 病 可 以 犯 脾
gān bìng kěyǐ fàn pí

liver illness can invade the spleen

2. Adjunct statement

应当	预为	防治
yīngdāng	yùwéi	fángzhì

it is appropriate to prepare a prevention

when?

未	犯	前
wèi	fàn	qián

before an invasion has occurred

3. Adjunct statement

已	发现	脾	病	时
yǐ	fāxiàn	pí	bìng	shí

when (a therapist) has already discovered a spleen illness

what happens
then?

则	宜	疏	肝	健	脾
zé	yí	shū	gān	jiàn	pí

then it is advisable to dredge the liver and to strengthen the spleen

Fourth unit of meaning

Basic statement

水	能	生	木
shuǐ	néng	shēng	mù

water can engender wood

1. Adjunct statement

可	用	方	法
kě	yòng	fāng	fǎ

(we) can employ a method

which one?

滋 ... 的
zī ... de

an enriching (one)

what does it enrich?

肾
shèn

the kidneys

to achieve what?

来柔 肝
lái róu gān

to emolliate the liver

when?

病症
bìngzhèng

in case of a pathocondition

which?

肝虚
gān xū

a liver depletion

2. Adjunct statement: structure identical with Basic statement

3. Adjunct statement: structure identical with 1. Adjunct statement

Text 2.8

Sentence structures

First unit of meaning

Statement

其它脏病是处理的
qítā zāng bìng shì chǔlǐde

other depot illnesses are dealt with

how?

按照道理
ànzhào dàolǐ

according to the principles

which principles?

相生相克的
xiāng shēng xiāng kè de

(those) of mutual engendering/mutual restraint

what engendering/
restraint?

五行
wǔ xíng

(that) of the five phases

for example?

用培土生金法
yòng péi tǔ shēng jīn fǎ

a.)

(we) use a “heap soil and generate metal” pattern

when?

肺劳
fèi láo

in case of lung taxation

用 益 火 培 土 法
yòng yì huǒ péi tǔ fǎ

b.)

(we) use a “boost fire and heap soil” pattern

when?

脾 泻
pí xiè

in case of spleen drainage

Second unit of meaning

Basic statement

可 说明 一个 问题
kě shuōmíng yīge wèntí

(we) can illustrate an issue

on what basis?

从 运用 上
cóng yùnyòng shàng

on the basis of an application

application of what?

这些 治 法 的
zhèxiē zhì fǎ de

(that) of these therapeutic patterns

1. Adjunct statement

中 医 非 但 不 孤 立 起 来
zhōng yī fēi dàn bù gūlìqǐ lái

Chinese medicine not only does not isolate

what does it
not isolate?

内 脏
nèizàng

the depots

而且 重视 密切 联系
érqiě zhòngshì mìqiè liánxì

but it emphasizes close relationships

which relationships?

内脏 之间的
nèizàng zhījiānde

(those) existing among the depots

2. Adjunct statement

(中 医) 进行 治疗
(zhōng yī) jìnxíng zhìliáo

(Chinese medicine) conducts a therapy

when?

在 甲 脏 有 病 时
zài jiǎ zàng yǒu bìng shí

when a first depot has an illness

starting where?

从 乙 脏 或 丙 脏 来
cóng yǐ zàng huò bǐng zàng lái

from a second depot or third depot

3. Adjunct statement

有 方法
yǒu fāngfǎ

there exist patterns

which patterns?

“隔 一”, ...
“gé yī”, ...

a.) (the so-called) “separated by one (depot)”, ...

和 虚 则 补 其 母, ...
hé xū zé bǔ qí mǔ, ...

b.) and “when there is depletion, then fill its mother” ...

LESSON 3: THE CONDUITS AND NETWORK VESSELS

Text 3.1

Sentence structures

First unit of meaning

Statement	经 络 学 说 是 组 成 部 分 jīng luò xuéshuō shì zǔchéng bùfēn
-----------	---

the conduit/network doctrine is a constitutive element

what kind of an element?	重要的 zhòngyào de
--------------------------	--------------------

an important (one)

where is it a constitutive element?	理 论 体 系 中 lǐlùn tǐxì zhōng
-------------------------------------	-------------------------------

in the theoretical system

in which theoretical system?	中 医 zhōng yī
------------------------------	-----------------

(in that of) Chinese medicine

Second unit of meaning

Basic statement	它 为 一 门 课 程 tā wéi yīmén kèchéng
-----------------	-------------------------------------

it is one subject

what kind of a subject?	必 修 的 bì xiū de
-------------------------	--------------------

(one that) must be studied

by whom?

医者
yīzhě

by physicians

1. Adjunct statement

贯穿 各个方面
guànchuān gègè fāngmiàn

it penetrates all aspects

which aspects?

在 中 医 的
zài zhōng yī de

(those) being in Chinese medicine

namely?

生理, 病理, 诊断, ...
shēnglǐ, bìnglǐ, zhěnduàn, ...

physiology, pathology, diagnosis, ...

in which way?

和 阴阳五行学说 一样
hé yīnyáng wǔ xíng xuéshuō yīyàng

with the yinyang/five phases doctrines identical

2. Adjunct statement

并 起有 重要的 作用
bìng qǐyǒu zhòngyào de zuòyòng

simultaneously it fulfills an important function

Third unit of meaning

Basic statement

经 络 网罗 全身
jīng luò wǎngluó quán shēn

the conduits/network (vessels) interconnect the entire body

1. Adjunct statement

直	者	为	经
zhí	zhě	wéi	jīng

the straight ones are the conduits

2. Adjunct statement

横	者	为	络
héng	zhě	wéi	luò

the crosswise ones are the network (vessels)

3. Adjunct statement

错综	联系
cuòzōng	liánxì

they form complicated relationships

Fourth unit of meaning

Statement

它	的	作用	是
tā	de	zuòyòng	shì

their functions are (the following)

namely?

内	属	脏	腑
nèi	shǔ	zāng	fǔ

a.)

internally they connect with the depots and palaces

b.: structure identical with a.

行	气	血
xíng	qì	xuè

c.)

they transmit the qi and the blood

d. - f.: structure identical with c.

Fifth unit of meaning

Statement

经	络	为	经	脉, ...
jīng	luò	wéi	jīng	mài, ...

the conduits/network (vessels) are the conduit vessels, ...

which conduits/
network(vessels)?

全	身
quán	shēn

(those) of the entire body

which conduits/
network(vessels)?

主要的
zhǔyàode

the important (ones)

Text 3.2

Sentence structures

First unit of meaning

Basic statement

分为 fēnwéi	阳 经 yáng jīng	阴 经 yīn jīng
--------------	------------------	-----------------

(we) divide (something) into yang conduits and yin conduits

into how many?

六 支 liù zhī

into six

what do we divide?

十二 经 脉 shí'èr jīng mài

the twelve conduit vessels

where?

其 qí	中 zhōng
---------	------------

among these (conduits and network vessels)

1. Adjunct statement

经 jīng	相 xiāng	传 chuán
-----------	------------	------------

the conduits mutually transmit (their contents)

how?

逐 zhú

successively

2. Adjunct statement

循行	脏	腑	头面, ...
xún xíng	zāng	fǔ	tóu miàn, ...

they permeate the depots/palaces, the head, ...

Second unit of meaning

Basic statement

经	别	是	别出
jīng	bié	shì	bié chū

the conduit branches are offshoots

offshoots of what?

十二	经	脉	的
shí èr	jīng	mài	de

of the twelve conduit vessels

1. Adjunct statement

构成	表	里	配合
gòu chéng	biǎo	lǐ	pèi hé

they fashion the outside-inside combination

where?

在	阳	经	和	阴	经	之间
zài	yáng	jīng	hé	yīn	jīng	zhī jiān

between the yang conduits and the yin conduits

2. Adjunct statement

着重	联系
zhuó zhòng	lián xì

they emphasize connections

which connections?

于	深	部	的
yú	shēn	bù	de

(those) existing with deep-lying regions

3. Adjunct statement

经	筋	起	于	肢	末
jīng	jīn	qǐ	yú	zhī	mò

the conduit sinews arise from the limb ends

4. Adjunct statement

行	于	体	表
xíng	yú	tǐ	biǎo

they pass through the body's exterior

5. Adjunct statement: structure identical with 2. Adjunct statement

6. Adjunct statement

奇	经	八	脉	为	(脉)
qí	jīng	bā	mài	wéi	(mài)

the **eight** extraordinary conduit vessels are (vessels)

of what kind?

调节的
tiáojiéde

regulating (ones)

what do they regulate?

十二	经	脉
shí'èr	jīng	mài

the twelve conduit vessels

Text 3.3

Sentence structures

First unit of meaning

Basic statement

所以 经 脉 是 必由的 通路
suóyǐ jīng mài shì bìyóude tōnglù

hence the conduit vessels are essential pathways

essential for what?

气 血 运行
qì xuè yùnxíng

for qi and blood transmission

1. Adjunct statement

贯 串 内 外, 上 下 ...
guànchuán nèi wài, shàng xià, ...

they penetrate inner and outer, upper and lower, ...

where?

在 人 体
zài rén tǐ

in the human body

2. Adjunct statement

从而 联系
cóng'ér liánxi

hence they connect (something)

what?

各 部分
gè bùfēn

all parts

of what?

人 体
rén tǐ

of the human body

namely which?

包括	五 脏,	六 腑, ...
bāokuò	wǔ zāng,	liù fǔ, ...

this includes the five depots, the six palaces, ...

3. Adjunct statement

成为	有机的统一	整体
chéngwéi	yǒujīde tǒngyī	zhěngtǐ

they create an organic integrated whole

Second unit of meaning

Basic statement

由 阴	入 阳
yóu yīn	rù yáng

from yin (regions) they enter yang (regions)

why?

由于	经 络	互相 衔接
yóuyú	jīng luò	hùxiāng xiánjiē

because the conduits/network (vessels) are mutually linked

1. - 5. Adjunct statement: structure identical with Basic statement

6. Adjunct statement

气	血 流行
qì	xuè líuxíng

the qi and the blood flow

7. Adjunct statement

循环 不 息
xúnhuán bù xī

they circulate without pause

8. Adjunct statement

所 谓 阴 阳 相 随
suǒ wèi yīn yáng xiāng suí

(that is) what is called “yin and yang follow each other”

9. Adjunct statement: structure identical with 8. Adjunct statement

10. Adjunct statement

(所 谓)	如	环	无	端
(suǒ wèi)	rú	huán	wú	duān

(that is what is called) “like a ring without end”

Text 3.4

Sentence structures

First unit of meaning

Basic statement

功能 以 ... 为主 gōngnéng yǐ ... wéi zhǔ
--

the functions rest on ...

which functions?

生理 shēnglǐ

the physiological (functions)

functions of what?

人 体 rén tǐ

(those) of the human body

what do they rest on?

五 脏 六 腑 wǔ zāng liù fǔ

the five depots and six palaces

Adjunct statement

经 络 起有 作用 jīng luò qǐyǒu zuòyòng

the conduits/network (vessels) play a role

what role?

重要的 zhòngyào de

an important (one)

in what regard?

使
shǐ

a.)

they cause (something)

what?

内 外 上 下 保持着 协调
nèi wài shàng xià bǎochízhè xiétiáo

inner and outer, above and below maintain a harmony

which inner/outer,
above and below?

人 体
rén tǐ

(those) of the human body

what kind of harmony?

平衡 的
pínghéng de

(one) of balance

b.)

进行 活动
jìnxíng huódòng

they carry out activities

which activities?

有机的整体
yǒujīde zhěngtǐ

(those) of an organic whole

Second unit of meaning

Basic statement

经 络 学 说 是 形 成 的
jīng luò xuéshuō shì xíngchéngde

the conduit/network doctrine was formed

when?

在 长时期的 临症 实践中
zài chángshíqíde línzhèng shíjiàn zhōng

during long-term clinical practice

by whom?

前 人
qián rén

by former people

how?

根据 分析 研究
gēnjù fēnxī yánjiū

based on analytical research

research of what?

治疗 效果 的
zhìliáo xiàoguǒ de

of therapy results

which therapy results?

无数 病 例
wúshù bìng lì

(those) of innumerable illness cases

Third unit of meaning

Basic statement

用 经 络
yòng jīng luò

(we) employ the conduit/network (doctrine)

why?

来 分析 症 候
lái fēnxī zhèng hòu

to analyze the illness signs

Adjunct statement

能 作
néng zuò

(we) can consider (such an analysis)

as what?

为 准则 之一
wéi zhǔnzé zhī yī

as one of the criteria

criteria of what?

辨 症 论 治 的
biàn zhèng lùn zhì de

of differentiating pathoconditions and of determining a therapy

Text 3.5

Sentence structures

First unit of meaning

Statement

传	变	由	表	入	里, ...
chuán	biàn	yóu	biǎo	rù	lǐ, ...

transmissions/changes occur from outside to inside, ...

which transmissions/
changes?

外	邪	的
wài	xié	de

(those) of external evils

which external
evils?

一	般
yī	bān

general (ones)

how do they occur?

大多	通过	经	络
dàduō	tōngguò	jīng	luò

mostly through the conduits and network (vessels)

Second unit of meaning

Basic statement

以	病	来	说
yǐ	bìng	lái	shuō

(we) take an illness to explain (this)

which illness?

真	中	风
zhēn	zhòng	fēng

being truly struck by wind

1. Adjunct statement

轻 者 中 络
qīng zhě zhòng luò

minor ones hit the network (vessels)

2. Adjunct statement

症 见 肌肤 麻木, ...
zhèng xiàn jīfū má mù, ...

as pathoconditions appear skin insensitivity, ...

3. and 4. Adjunct statement: structure identical with 2. Adjunct statement

Third unit of meaning

Basic statement

疾病 会 反映出来
jībìng huì fǎnyìngchū lái

illnesses can appear

which illnesses?

发生的
fāshēng de

(those) having developed

from where?

自 内 脏
zì nèi zāng

from the inner depots

where can they
appear?

在 经 络
zài jīng luò

in the conduits and network (vessels)

in which?

所 属
suǒ shǔ

in those which belong (to them)

1. Adjunct statement

如	肺	心	有	邪
rú	fèi,	xīn	yǒu	xié

e.g., lung or heart have an evil

what happens?

其	气	留	于	两	肘
qí	qì	liú	yú	liǎng	zhǒu

its qi settles in the two elbows

2. - 4. Adjunct statement: structure identical with 1. Adjunct statement

Fourth unit of meaning

Basic statement

气	留
qì	liú

the qi settles

what happens?

则	痛
zé	tòng

then pain (results)

Adjunct statement

常	可	遇到
cháng	kě	yùdào

(we) can often encounter (that)

where?

临症	上
línzhèng	shàng

in clinical (reality)

Text 3.6

Sentence structures

First unit of meaning

Statement

经	络	是	依据	之一
jīng	luò	shì	yījù	zhī yī

the conduits/network (vessels) are one of the foundations

one of which
foundations?

重要
zhòngyào

(one of) the important (foundations)

where?

在 临症 治疗 上
zài línzhèng zhìliáo shàng

in clinical therapy

Second unit of meaning

Basic statement

针刺	合谷穴
zhēncì	hégu xué

(we) needle the hegu hole

where?

手 上
shǒu shàng

on the hand

with what effect?

能 治 龈 肿 ...
néng zhì yín zhǒng ...

this can treat gum swelling ...

what kind of needling
is that?

大家	熟悉的
dàjiā	shúxīde

one **being known to everybody**

1. Adjunct statement

刺	足三里穴
cì	zú sānlǐ xué

(we) prick the leg sanli hole

with what effect?

能治胃病
néng zhì wèi bìng

this can treat stomach ailments

2. Adjunct statement

这些都是作用
zhèxiē dōu shì zuòyòng

these all are effects

which effects?

所	起的
suǒ	qǐde

those which have been stimulated

how?

通过	经络
tōngguò	jīng luò

through the conduits and network (vessels)

Third unit of meaning

Basic statement

经	络	有关系
jīng	luò	yǒu guānxì

the conduits and network (vessels) **have relationships**

with what?

于 处 方	用 药
yú chǔ fāng	yòng yào

with writing prescriptions and using drugs

1. Adjunct statement

分属	十二经
fēnshǔ	shí'èr jīng

(we) assign (something) to the twelve conduits

what?

主 治	功能
zhǔ zhì	gōngnéng

the main therapeutic functions

which main functions?

药物的
yàowù de

(those) of drugs

where?

中 药 学	上
zhōng yàoxué	shàng

in Chinese pharmaceuticals

2. Adjunct statement

见 病
jiàn bìng

(we) observe an illness

what kind of illness?

那 一 经
nà yī jīng

(one in) that particular conduit

what happens?

用 药
yòng yào

(we) use a drug

what kind of drug?

那	一	类
nà	yī	lèi

(one) of that particular type

Text 3.7

Sentence structures

First unit of meaning

Basic statement

麻黄	入	太	阳	经
máhuáng	rù	tài	yáng	jīng

mahuang enters the major yang conduit

1. and 2. Adjunct statement: structure identical with Basic statement

Second unit of meaning

Basic statement

三	药	能	治	疗	头	痛
sān	yào	néng	zhì	liáo	tóu	tòng

three drugs can treat headache

which drugs?

以	上	均
yǐ	shàng	jūn

(those mentioned) above all alike

which headache?

风	寒
fēng	hán

(that caused by) wind and cold

1. Adjunct statement

痛	在	后	脑	及	项	者
tòng	zài	hòu	nǎo	jí	xiàng	zhě

when pain occurs in the afterbrain and in the nape

what is that?

属	太	阳	经
shǔ	tài	yáng	jīng

this belongs to the major yang conduit

what is to be done?

用	麻	黄
yòng	máhuáng	

use mahuang

2. and 3. Adjunct statement: structure identical with 1. Adjunct statement

Third unit of meaning

Basic statement

其它	尚	有	一些	药
qítā	shàng	yǒu	yīxiē	yào

furthermore there are still some drugs

1. Adjunct statement

用	于	某	种	病	症
yòng	yú	mǒuzhǒng	bìngzhèng		

they are used against specific illness-pathoconditions

when?

常
cháng

often

2. Adjunct statement

成	为	主	药
chéngwéi	zhǔ	yào	

they represent master drugs

which master drugs?

某	种	病	的
mǒuzhǒng	bìng	de	

those of specific illnesses

3. Adjunct statement

辛夷	用	于	鼻	塞
xīnyí	yòng	yú	bí	sè

xinyi is used against nasal blockages

4. Adjunct statement: structure identical with 3. Adjunct statement

5. Adjunct statement

都	是	来	的
dōu	shì	lái	de

all are (those) having come

from where?

从	分	经	上
cóng	fēn	jīng	shàng

via different conduits

Text 3.8

Sentence structures

First unit of meaning

Basic statement

一般 yībān	认为 rènwéi
-------------	--------------

generally (people) assume (something)

what?

经 jīng	络 luò	学说 xuéshuō	指导 zhǐdǎo	理论 lǐlùn	跟据 gēnjù
-----------	----------	---------------	--------------	-------------	-------------

the conduit/network doctrine guides the theoretical basis

what theoretical basis?

针 zhēn	灸 jiǔ	治疗 zhìliáo
-----------	----------	---------------

(that) of acupuncture and moxa therapy

Adjunct statement

这是 zhè shì	不全面的 bùquánmiànde
---------------	----------------------

that is an incomplete (assumption)

Second unit of meaning

Statement

中 zhōng	医 yī	从来 cónglái	没有 méi yǒu	脱离 tuōlí
------------	---------	---------------	---------------	-------------

Chinese medicine has as yet not disassociated (itself)

from what?

范畴 fànchóu

from a realm (of thought)

from which realm of thought?

以 经 络 学说 为 指导 的
yǐ jīng luò xuéshuō wéi zhǐdǎo de

from one taking the conduit/network doctrine as a guide

all Chinese medicine?

各科
gè kē

all specialties

namely?

无论 内 科,
wúlùn nèi kē,

regardless whether it is the internal specialty, ...

以及 正 骨
yǐjí zhèng gǔ

or ... and setting bones

Third unit of meaning

Basic statement

重要性
zhòngyàoxìng

the importance (is obvious from the following)

what importance?

经 络 学说 的
jīng luò xuéshuō de

(that) of the conduit and network doctrine

why is it obvious?

已经 证明
yǐjīng zhèngmíng

a.)

it has already demonstrated (something)

what?

其 实际 价值
qí shíjì jiàzhí

its practical value

when?

在 长时期 实践 中
zài chángshíqí shíjiàn zhōng

during a longtime application

b.)

也 证实了 好些 问题
yě zhèngshíle hǎoxiē wèntí

it has also provided evidence to many questions

in what way?

初步
chūbù

preliminarily

when?

近来
jìnlái

recently

how?

通过 密切 合作
tōngguò mìqiè hézuò

through close cooperation

of whom with whom?

中 西 医
zhōng xī yī

of Chinese and Western medicine

where?

在 实验 研究 中
zài shíyàn yánjiū zhōng

in experimental research

Fourth unit of meaning

Basic statement

蠕动 ...	有	变化
rúdòng ...	yǒu	biànhuà

the peristalsis and ... undergo changes

what peristalsis?

胃	的
wèi	de

(that) of the stomach

what kind of changes?

显明
xiǎnmíng

significant (ones)

when?

针刺后
zhēncì hòu

after needling

what?

委中	内庭	足三里	等穴
wěizhōng	nèitíng	zú sānlǐ	děng xué

the weizhong, neiting and leg sanli holes

Adjunct statement

针刺可使
zhēncì kě shǐ

needling can cause (something)

needling what?

合谷,	三阴交	等穴
hégu,	sānyīnjiāo	děng xué

the hegu and sanyinjiao holes

what can it cause?

加强	和	间隔	缩短
jiāqiáng	hé	jiāngé	suōduǎn

a strengthening and an interval shortening

strengthening and shortening of what?

子宫收缩
zǐgōng shōusuō

of uterus contractions

Fifth unit of meaning

Basic statement

这些	不但	说明了	影响
zhèxiē	bù dàn	shuōmíngle	yǐngxiǎng

these (effects) not only explain the influence

which influence?

针刺对活动的
zhēncì duì huódòng de

(that) of needling on the activities

which activities?

内脏
nèi zāng

(those) of the internal depots

but?

也说明了关系
yě shuōmíngle guānxì

they also explain relationships

which relationships?

经络与脏器的
jīng luò yǔ zāng qì de

(those) of the conduits/network with the depot-organs

Adjunct statement

值得注意 zhídé zhùyì

(that) is worth attention

LESSON 4: PHYSIOLOGY

Text 4.1

Sentence structures

First unit of meaning

Basic statement

五	脏	是	心,	肝,...
wǔ	zàng	shì	xīn,	gān,...

the five depots are the heart, the liver...

1. Adjunct statement: structure identical with Basic statement

2. Adjunct statement

五	脏	中	有	心	包络
wǔ	zàng	zhōng	yǒu	xīn	bāoluò

among the five depots is the heart enclosure

3. Adjunct statement

为	外	卫
wéi	wài	wèi

it is the outer protection

what outer
protection?

心	的
xīn	de

(that) of the heart

4. Adjunct statement

有	独立	起来
yǒu	dúlì	qǐlái

it happens: (we) set up (something) **individually**

what?

把	它
bǎ	tā

it

5. Adjunct statement

列
liè

it is listed

how?

与 五 脏 并
yǔ wǔ zàng bìng

with the five depots together

6. Adjunct statement

称 为 六 脏
chēng wéi liù zàng

they are designated as the six depots

7. Adjunct statement

功能 和 病 变 是 一 致 的
gōngnéng hé bìng biàn shì yìzhìde

functions and pathological changes are identical

which functions and pathological changes?

心 包 络 的
xīn bāoluò de

(those) of the heart enclosure

identical with what?

与 心 脏 相
yǔ xīnzàng xiāng

with the heart

Second unit of meaning

Basic statement

脏 和 腑 为 内 脏
zàng hé fǔ wéi nèi zàng

depots and palaces are inner depots

1. Adjunct statement

其 区别 是
qí qūbié shì

their difference is (as follows)

2. Adjunct statement

五 脏 藏 精 气 而 不 泻
wǔ zàng cáng jīng qì ér bú xiè

the five depots store essential qi and do not drain

3. Adjunct statement: structure identical with 2. Adjunct statement

Third unit of meaning

Basic statement

凡 脏 器 归 属 于 腑
fán zàngqì guīshǔ yú fǔ

all organs belong to the palaces

which organs?

具有的
jùyǒude

(those) having

having what?

功能
gōngnéng

(specific) functions

which functions?

出 纳 转 输
chū nà zhuǎnshū

a.)

they emit and take in and (thereby) forward

b.)

传 化 水 谷
chuán huà shuǐ gǔ

they transmit and transform water and grain

Adjunct statement

脏器属于脏
zàngqì shǔ yú zàng

the organs belong to the depots

which organs?

没有(的)
méi yǒu(de)

a.) (those) not having (something)

具有...的
jùyǒu...de

b.) (those) having (something)

what do they have/
have not

功能
gōngnéng

a function

which function?

直接传化
zhíjiē chuán huà

a.) (that of) directly transmitting and transforming

what?

水 谷
shuǐ gǔ

water and grain

贮藏
zhùcáng

b.) (that of) storing

what?

精 气
jīng qì

essential qi

Text 4.2

Sentence structures

First unit of meaning

Basic statement

心	生	血
xīn	shēng	xuè

the heart generates the blood

Adjunct statement

(心)	主	藏	神
(xīn)	zhǔ	cáng	shén

(the heart) is responsible for storing the spirit

Second unit of meaning

Statement

(心)	为	主宰
(xīn)	wéi	zhǔzǎi

(the heart) is the ruler

what ruler?

人	体	生命	活动	的
rén	tǐ	shēngmìng	huódòng	de

(that) of the human body's vital activities

Third unit of meaning

Statement

心脏	会	出现
xīnzàng	huì	chūxiàn

the heart can let (something) appear

what?

症
zhèng

pathoconditions

which
pathoconditions?

心悸 ...	或 谵 语	等
xīnjì ...	huò zhān yǔ	děng

palpitation ... or wild talk ...

when?

本 身	不 健 全
běnsēn	bú jiànquán

(when) it itself is not sound

why?

或	受
huò	shòu

a.)

either because it has received something

what?

情 志 的 刺 激
qíngzhìde cìjī

an emotional stimulus

b.)

或 因	侵 犯
huò yīn	qīnfàn

or because of an intrusion

intrusion of what?

病	邪 的
bìng	xié de

of a pathological evil

Fourth unit of meaning

Statement

心 脏	有 了	病	变
xīnzàng	yǒule	bìng	biàn

the heart has had a pathological change

what happens?

本身 无	以 自主
běnshēn wú	yǐ zì zhǔ

a.) it itself **has nothing** for self control

能 影响 活动
néng yǐngxiǎng huódòng

b.) it can **influence** activities

which activities?

其它 脏	腑 的
qítā zàng	fǔ de

(those) of the other **depots and palaces**

Adjunct statement

使之 发生 紊乱
shǐ zhī fāshēng wěnluàn

c.) it lets them **develop** disorder

Fifth unit of meaning

Basic statement

肝 藏 血
gān cáng xuè

the liver **stores** the blood

Adjunct statement

主	谋	虑
zhǔ	móu	lǚ

it is responsible for **plotting and planning**

Sixth unit of meaning

Basic statement

肝 性 刚强
gān xìng gāngqiáng

the liver's nature is **strength**

1. Adjunct statement

故 有 称号
gù yǒu chēnghào

hence it has a designation

which designation?

将军 的
jiāngjūn de

(that) of "general"

2. Adjunct statement

当 受到 时
dāng shòudào shí

when (the liver) receives (something)

receives what?

精神 刺激
jīngshén cìjī

mental stimuli

what happens?

影响 其 功能 而 发生 症
yǐngxiǎng qí gōngnéng ér fāshēng zhèng

this influences its functions and generates pathoconditions

which functions?

正常
zhèngcháng

the normal (functions)

which pathoconditions?

恼怒 头 胀 等
nǎonù tóu zhàng děng

anger and head distention

3. Adjunct statement

火 气 上 逆 而 发生 吐 血
huǒ qì shàngnì ér fāshēng tù xù

the fire qi rises and generates: one spits blood

always?

甚	至
shèn	zhì

in severe cases it goes so far

Seventh unit of meaning

Basic statement

肝	为	“先	天”
gān	wéi	“xiān	tiān”

the liver is the “earlier dependence”

whose “earlier dependence”?

女子	的
nǚzǐ	de

(that) of women

1. Adjunct statement

有...的	意思
yǒu...de	yìsi

(this) has the meaning of ...

of what?

生殖	机能	在	内
shēngzhí	jīnéng	zài	nèi

reproductive functions exist inside the (liver)

2. Adjunct statement

故	必须	重视
gù	bìxū	zhòngshì

hence it is essential to emphasize (something)

what?

治疗
zhìliáo

a therapy

which therapy?

对...的
duì...de

one being directed

directed at what?

肝脏
gānzàng

at the liver

when?

调 经
tiáo jīng

a.)

when regulating the (monthly) period

b.)

种子
zhòngzǐ

when (enhancing) the fertility

Text 4.3

Sentence structures

First unit of meaning

Basic statement

脾	统	血
pí	tǒng	xuè

the spleen rules the blood

Adjunct statement

主	运	化
zhǔ	yùn	huà

it governs transport and transformation

Second unit of meaning

Basic statement

主要	是	营养
zhǔyào	shì	yíngyǎng

most important is nourishment

most important for
what?

维持	力量
wéichí	lìliang

to maintain strength

which strength?

生命	的
shēngmìng	de

(that) of (our) life

1. Adjunct statement

脾	能
pí	néng

the spleen can do (something)

what?

消化水谷
xiāohuà shuǐ gǔ

it digests water and grain

2. Adjunct statement

运输到全身
yùntū dào quán shēn

it transports through the entire body

what?

精华
jīnghuá

the essence

which essence?

食物的
shíwù de

(that) of the food

3. Adjunct statement

故被称
gù bèi chēng

hence it is designated

as what?

为本
wéi běn

as the basis

the basis of what?

后天之
hòu tiān zhī

(that) of the "later dependence"

Third unit of meaning

Basic statement

倘	运	化	能力	不足
tǎng	yùn	huà	nénglì	bù zú

if the transport and transformation power is not enough

power of what?

脾	的
pí	de

(that) of the spleen

what happens?

则	作	胀
zé	zuò	zhàng

then (this) causes distention

when?

食	后
shí	hòu

after the meals

Adjunct statement

引起	肌肉	消瘦	精神	疲乏
yǐnqǐ	jīròu	xiāoshòu	jīngshén	pífá

(this) leads to muscular emaciation and to mental fatigue

Fourth unit of meaning

Basic statement

脾	又	主
pí	yòu	zhǔ

the spleen is further responsible

for what?

运	化	水湿
yùn	huà	shuǐshī

it transports and transforms the liquids

1. Adjunct statement

症 状	(是) 所	致
zhèng zhuàng	(shì) suǒ	zhì

the patho- manifestations (are) those which arrive

why do
they arrive?

大多 由于	脾 弱
dàduō yōuyú	pí ruò

mostly because of splenic weakness

which patho-
manifestations are
these?

水湿 停滞 的
shuǐshī tíngzhì de

(those) of liquid stagnation

for example?

如 肌肤 浮肿, 大便 泄泻
rú jīfū fúzhǒng, dàbiàn xièxiè

e.g., skin edema, diarrhea

2. Adjunct statement

因此	用 方法
yīncǐ	yòng fāngfǎ

hence (we) use methods

which methods?

健	脾
jiàn	pí

(those that) strengthen the spleen

why?

利 湿
lì shī

to free the dampness

Fifth unit of meaning

Basic statement

肺 主 气
fèi zhǔ qì

the lung rules the qi

Adjunct statement

司 清 肃
sī qīng sù

it controls the clear and lofty

Sixth unit of meaning

Basic statement

肺 气 不 降
fèi qì bú jiàng

if the lung qi does not descend

what happens?

引起 咳嗽, 气喘
yǐnqǐ késòu, qìchuǎn

(this) causes coughing and panting

how?

最 易
zui yì

most easily

Adjunct statement

见 少 气
jiàn shǎo qì

(we) see diminished qi and

言 语 低 怯 无 力
yányǔ dīqiè wú lì

that the speech is faint and without strength

when?

在	情况	下
zài	qíngkuàng	xià

under (certain) conditions

which?

虚	症	的
xū	zhèng	de

(those) **of** depletion pathoconditions

Seventh unit of meaning

Basic statement

肺	有	调节	作用
fēi	yǒu	tiáojié	zuòyòng

the lung has a regulating effect

on what?

对于	血液	循行
duìyú	xuèyè	xúnxíng

on the blood movement

which movement?

所	主的
suǒ	zhǔde

that which is ruled

ruled by what?

心脏
xīnzàng

by the heart

1. Adjunct statement

前	人	称	做	君主
qián	rén	chēng	zuò	jūnzǔ

former people designated (something) as the ruler

what?

心脏
xīnzàng

the heart

why?

为了形容 密切 关系
wèile xíngróng mìqiè guānxì

to describe the close relationship

which relationship?

两者 间的
liǎngzhě jiānde

(that) between the two

2. Adjunct statement

称 作相傅
chēng zuò xiàngfū

they designated (something) as minister

what?

肺脏
fèizàng

the lung

Text 4.4

Sentence structures

First unit of meaning

Basic statement

肾	藏	精
shèn	cáng	jīng

the kidneys store the essence

Adjunct statement

主	作	强
zhǔ	zuò	qiáng

they are responsible for generating strength

Second unit of meaning

Basic statement

肾脏	起有	积极	作用
shènzàng	qǐyǒu	jījí	zuòyòng

the kidneys develop a positive effect

on what?

对于	精力	充沛
duìyú	jīnglì	chōngpèi

on vigor abundance

on whose vigor
abundance?

人	的
rén	de

(on that) of man

Adjunct statement

肾	虚
shèn	xū

the kidneys are depleted

what happens?

则 症	均 起
zé zhèng	jūn qǐ

then pathoconditions do all emerge

which pathoconditions?

脑转,	耳 鸣
nǎozhuǎn,	ěr míng

a.)

dizziness and ear ringing

b.)

目 无	所	见,... 等
mù wú	suǒ	jiàn,... děng

the eyes **have nothing** by what they see,...

Third unit of meaning

Basic statement

肾 为	“先 天”
shèn wéi	“xiān tiān”

the kidneys are the “earlier dependence”

whose “earlier dependence”?

男子 的
nánzǐ de

(that) of males

1. Adjunct statement

与 意义 相同
yǔ yìyì xiāngtóng

(that) is **identical** with the meaning

the meaning of what?

以	肝 为	先 天	的
yǐ	gān wéi	xiān tiān	de

(that) of considering the liver as the “earlier dependence”

where?

女子
nǚzǐ

in females

2. Adjunct statement

指 生殖 功能 而言
zhǐ shēngzhí gōngnéng ér yán

(that) refers to reproductive functions

Fourth unit of meaning

Statement

症 从 肾脏 治疗
zhèng cóng shènzàng zhìliáo

pathoconditions are treated through the kidneys

which

pathoconditions?

性欲 衰退 及 滑 精, ... 等
xìngyù shuāituì jí huá jīng, ... děng

libido decline and slipping semen, ...

Fifth unit of meaning

Basic statement

肾 有 特点
shèn yǒu tèdiǎn

the kidneys have a characteristic

which

characteristic?

一 不同 的
yī bù tóngde

one not identical

not identical
with what?与 其它 内 脏
yǔ qítā nèi zàng

with the other inner depots

1. Adjunct statement

肾	有	两	枚
shèn	yǒu	liǎng	méi

the kidneys have two pieces

2. Adjunct statement

左	者	为	肾
zuǒzhě	wéi	shèn	

the left is the kidney

3. Adjunct statement: structure identical with 2. Adjunct statement

4. Adjunct statement

肾	主	阴
shèn	zhǔ	yīn

the kidney rules the yin

5. Adjunct statement: structure identical with 4. Adjunct statement

6. Adjunct statement

肾	有	称
shèn	yǒu	chēng

the kidneys have a designation

which designation?

脏	之
zàng	zhī

(that) of a depot

depot of what?

水	火	之
shuǐ	huǒ	zhī

(one) of water and fire

Text 4.5

Sentence structures

First unit of meaning

Basic statement

胆	为	腑
dǎn	wéi	fǔ

the gallbladder is the palace

palace of what?

清	净	之
qīng	jìng	zhī

(that) of purity

Adjunct statement

主	决	断
zhǔ	jué	duàn

it rules decision making

Second unit of meaning

Basic statement

胆	与	肝	为	表	里
dǎn	yú	gān	wèi	biǎo	lǐ

the gallbladder and the liver are outer and inner

1. Adjunct statement

肝	气	虽	强
gān	qì	suī	qiáng

the liver qi may be strong

however?

非	胆	不	断
fēi	dǎn	bú	duàn

if there is no gallbladder (it can) not decide

2. Adjunct statement

肝	胆	相	济
gān	dǎn	xiāng	jì

the liver and the gallbladder provide mutual help

what happens?

勇敢	乃成
yǒnggǎn	nǎi chéng

courage forms as a result

Third unit of meaning

Basic statement

心	为	“君火”
xīn	wéi	“jūn huǒ”

the heart is the “ruler fire”

which heart?

人	身
rén	shēn

(that in) the human body

1. Adjunct statement

胆	与	命门	为	“相火”
dǎn	yǔ	mìng mén	wéi	“xiāng huǒ”

gallbladder and life gate are the “minister fire”

2. Adjunct statement

胆	火	偏	亢
dǎn	huǒ	piān	kàng

the gallbladder fire is unilaterally excessive

what happens?

则	出现	症
zé	chūxiàn	zhèng

then (this) produces pathoconditions

which
pathoconditions?

急躁 jízào	易 yì	怒 ... nù ...	等 děng
-------------	---------	-----------------	-----------

restlessness and easily being angry, ...

Fourth unit of meaning

Basic statement

胃 wèi	为 wéi	海 hǎi
----------	----------	----------

the stomach is the sea

which sea?

水 shuǐ	谷 gǔ	之 zhī
-----------	---------	----------

(that) of water and grain

Adjunct statement

主 zhǔ	受纳 shòunà
----------	--------------

it rules the intake

Fifth unit of meaning

Basic statement

胃 wèi	与 yǔ	脾 pí	为表 wéi biǎo	里 lǐ
----------	---------	---------	----------------	---------

the stomach and the spleen are outer and inner

1. Adjunct statement

前 qián	人 rén	虽 suī	分 fēn	胃 wèi	脾 pí
-----------	----------	----------	----------	----------	---------

earlier people may have differentiated stomach and spleen

in what regard?

胃 (wèi)	司 sī	受纳 shòunà
------------	---------	--------------

a.)

(the stomach) controls the intake

脾	司	消化
(pí)	sī	xiāohuà

b.) (the spleen) controls the digestion

however?

但	胃	的	基	本	功	能
dàn	wèi	de	jīběn	gōngnéng		

but the stomach's basic functions (are the following)

namely?

既	能	受	纳
jì	néng	shòunà	

a.) it both can take in

亦	能	消	化
yì	néng	xiāohuà	

b.) and it also can digest

2. Adjunct statement

脾	胃	相	提	并	论
pí	wèi	xiāngtí	bìnglùn		

spleen and stomach are referred to together

when?

往	往
wǎngwǎng	

often

3. Adjunct statement

并	认	为
bìng	rènwéi	

simultaneously they held an opinion

which opinion?

不	能	受	纳
bù	néng	shòunà	

(when the stomach) can not take in

就 谈不到
jiù tánbùdào

消化
xiāohuà

then there can be no talk of digestion

Text 4.6

Sentence structures

First unit of meaning

Basic statement

小	肠	为	腑
xiǎo	cháng	wéi	fǔ

the small intestine is the palace

which palace?

受	盛	之
shòu	shèng	zhī

(that) of receiving abundance

Adjunct statement

主	化	物
zhǔ	huà	wù

it is responsible for transforming things

Second unit of meaning

Basic statement

小	肠	承受	水	谷
xiǎo	cháng	chéngshòu	shuǐ	gǔ

the small intestine receives water and grain

of which kind?

腐熟的
fǔshúde

decomposed (ones)

where have they
been decomposed?

胃	中
wèi	zhōng

in the stomach

1. Adjunct statement

进一步 jìnyībù	分别 fēnbié	清 qīng	浊 zhuó
----------------	--------------	-----------	-----------

furthermore it separates the clear from the turbid

2. Adjunct statement

使 shǐ

it causes (something)

what?

精华 归 于	五 脏
jīnghuá guī yú	wǔ zàng

a.)

that the essence turns to the five depots

what for?

贮藏 zhùcáng

for storage

b.: structure identical with a.

将	水液 归 于	膀胱
jiāng	shuǐyè guī yú	pángguāng

c.)

it lets the liquids turn to the bladder

which liquids?

糟粕 中的
zāopò zhōngde

(those) being in the waste

渣滓 归 于	大 肠
zhāzǐ guī yú	dà cháng

d.)

(it lets) the solid dregs turn to the large intestine

Third unit of meaning

Statement

这些都是工作
zhèxiē dōu shì gōngzuò

these all are functions

whose functions?

小肠的
xiǎo cháng de

(those) of the small intestine

to achieve what?

化物
huà wù

to transform things

Fourth unit of meaning

Basic statement

大肠为府
dà cháng wéi fǔ

the large intestine is the palace

which palace?

传导之
chuándǎo zhī

(that) of transmission

Adjunct statement

主排泄
zhǔ páixiè

it is responsible for excretion

Fifth unit of meaning

Basic statement

大 肠	接 受	小 肠	糟 粕
dà cháng	jiēshòu	xiǎo cháng	zāopò

the large intestine receives the small intestine's waste

1. Adjunct statement

负 责	输 送	排 泄
fùzé	shūsòng	páixiè

it is in charge of transport and excretion

2. Adjunct statement

为	最 后	阶 段
wéi	zuìhòu	jiēduàn

it represents the very last phase

the very last
phase of what?

整 个 消 化 过 程 的
zhěnggè xiāohuà guòchéng de

(that) of the entire digestion process

Sixth unit of meaning

Basic statement

凡 大 便 闭 结 着 手
fán dàbiàn bìjié zhuóshǒu

each constipation ... is dealt with

how?

从 大 肠
cóng dà cháng

starting from the large intestine

why?

由 于 功 能 是 传 导 职 司
yóuyú gōngnéng shì chuándǎo zhísī

because the function is to transmit and to manage

what function?

大 肠 的
dà cháng de

(that) of the large intestine

to transmit what?

糟粕
zāopò

the waste

to manage what?

大便
dàbiàn

stools

Adjunct statement

有 不同的 疗 法
yǒu bùtóngde liáo fǎ

there are different therapy patterns

namely?

通导, 润泽, 固 涩 等
tōngdǎo, rùnzé, gù sè děng

purging, moistening, and securing astriction

Text 4.7

Sentence structures

First unit of meaning

Basic statement

膀胱	为	官
pángguāng	wéi	guān

the bladder is the official

which official?

州	都	之
zhōu	dū	zhī

(that) of “Regional Rectifier”

Adjunct statement

司	气化
sī	qì huà

it controls the qi transformation

Second unit of meaning

Basic statement

膀胱	为	处
pángguāng	wéi	chù

the bladder is the place

which place?

水液	潴	汇	之
shuǐyè	zhū	huì	zhī

(that) of liquid gathering

1. Adjunct statement

气化	不利
qì huà	bù lì

the qi transformation is not free

what happens?

则	小便	癃闭
zé	xiǎobiàn	lóngbì

then the urine is retained

2. Adjunct statement

气化	不约
qì huà	bù yuē

the qì transformation is not restricted

what happens?

则	遗溺
zé	yí niào

a.)

then one loses urine

小便	不禁
xiǎobiàn	bù jìn

b.)

the urine is not restrained

Third unit of meaning

Basic statement

但	气化	有	关系
dàn	qì huà	yǒu	guānxì

but the qì transformation has a relationship

which qì transformation?

膀胱的
pángguāng de

(that) of the bladder

a relationship to what?

与	肾
yǔ	shèn

to the kidneys

1. Adjunct statement

肾	气	足
shèn	qì	zú

the kidney qi is sufficient

what happens?

则	能	化
zé	néng	huà

then (the bladder) can transform (qi)

2. Adjunct statement: structure identical with 1. Adjunct statement

3. Adjunct statement

治	小便	不利	或	不禁
zhì	xiǎobiàn	bùlì	huò	bùjìn

(we) treat urine that is impeded or unrestrained

what happens?

有时	应	用	法
yǒushí	yīng	yòng	fǎ

sometimes (we) should use a pattern

which pattern?

温	肾	之
wēn	shèn	zhī

(that) of warming the kidneys

Fourth unit of meaning

Basic statement

三	焦	为	官
sān	jiāo	wéi	guān

the triple burner is the official

which official?

决	渎	之
jué	dú	zhī

(that) of clearing the ditches

Adjunct statement

主	行	水
zhǔ	xíng	shuǐ

it is responsible for transmitting water

Fifth unit of meaning

Statement

三	焦	组成
sān	jiāo	zǔchéng

the triple burner is composed

of what?

由	三	部分
yóu	sān	bùfēn

of three parts

which are they?

上	焦,	中	焦,	下	焦
shàng	jiāo,	zhōng	jiāo,	xià	jiāo

upper burner, central burner, lower burner

Sixth unit of meaning

Basic statement

它	的	作	用	为	疏	通	水	道
tā	de	zuòyòng	wéi	shū	tōng	shuǐ	dào	

its function is to dredge the water ways

1. Adjunct statement

例	如	治	胀	满
lì	rú	zhì	zhàng	mǎn

e.g., (we) treat swelling and fullness

which swelling and fullness?

停	水
tíng	shuǐ

(those resulting from) stagnating water

what happens?

用 利	气
yòng lì	qì

(we) use stimulating the qi (flow)

why?

来 帮助	行	水
lái bāngzhù	xíng	shuǐ

to assist in transmitting the water

3. Adjunct statement

用 药物
yòng yàowù

(we) employ drugs

which drugs?

舒畅的
shūchàngde

opening (ones)

what do they open?

三 焦
sān jiāo

the triple burner

when are they employed?

所谓 利	气
suǒwèi lì	qì

for the so-called stimulating the qi (flow)

Text 4.8

Sentence structures

First unit of meaning

Basic statement

有	奇恒之	腑
yǒu	qíhéngzhī	fǔ

there are extraordinary palaces

in what regard?

脏	腑	之外
zàng	fǔ	zhiwài

in addition to the depots and palaces

Adjunct statement

即	脑,	髓,	骨,	脉, ...
jí	nǎo,	suǐ,	gǔ,	mài, ...

these are the brain, the marrow, the bones, the vessels, ...

Second unit of meaning

Basic statement

意义	是
yìyì	shì

the meaning is (the following)

the meaning of what?

奇恒	的
qíhéng	de

(that) of “extraordinary”

1. Adjunct statement

似	脏	非	脏
sì	zàng	fēi	zàng

they resemble depots but they are not depots

2. Adjunct statement: structure identical with 1. Adjunct statement

3. Adjunct statement

形	虽	似	府
xíng	suī	sì	fǔ

the shape may resemble a palace

but?

而	作用	似	脏
ér	zuòyòng	sì	zàng

but their function resembles (that of) a depot

4. Adjunct statement

是	一	种	内	脏
shì	yī	zhǒng	nèi	zàng

they are a type of inner depot

which type?

异	乎	寻常的
yì	hū	xúnchángde

different from normal (ones)

Third unit of meaning

Statement

它们	是	部分
tāmen	shì	bùfēn

they are parts

what kind of parts?

极其	重要的
jíqí	zhòngyàoode

very important (ones)

where?

在	人	体	中
zài	rén	tǐ	zhōng

inside the human body

Fourth unit of meaning

Basic statement

这些 府	并不 是	孤立的
zhèxiē fǔ	bìngbù shì	gūlide

these palaces are **by no means** isolated

which palaces?

奇恒之
qíhéngzhī

(these) extraordinary (ones)

1. Adjunct statement

都 有 联系
dōu yǒu liánxì

they all have a relationship

to what?

和 脏 腑
hé zàng fǔ

to the depots and palaces

2. Adjunct statement

比如 脑 和 心 肝 有 关系
bǐrú nǎo hé xīn gān yǒu guānxì

e.g., brain and heart/ liver have a relationship

3. Adjunct statement

髓 和 骨 有 关
suǐ hé gǔ yǒu guān

marrow and bones have a relationship

why?

因 脑 和 髓 有 关
yīn nǎo hé suǐ yǒu guān

because brain and marrow have a relationship

4. Adjunct statement

骨	属	于	肾
gǔ	shǔ	yú	shèn

the bones belong to the kidneys

5. Adjunct statement: structure identical with 3. Adjunct statement

6. Adjunct statement

女子胞	即	子宫	属	肝
nǚzibāo	jí	zǐgōng	shǔ	gān

the womb is the uterus, it belongs to the liver

7. Adjunct statement

由于	行经	养	胎	等
yóuyú	xíngjīng	yǎng	tāi	děng

because menstruation and nourishing the fetus

有	关
yǒu	guān

have a relationship

to what?

与	血
yǔ	xuè

to the blood

hence?

故	又有	关
gù	yòu yǒu	guān

hence they also have a relationship

to what?

和	心	脾
hé	xīn	pí

to heart and spleen

Fifth unit of meaning

Basic statement

还 有 府
hái yǒu fǔ

also **there are** palaces

what kind of palaces?

传	化	之
chuán	huà	zhī

(those) **of transmission and transformation**

what are they like?

与	奇恒之	府	对称的
yǔ	qíhéngzhī	fǔ	duìchēngde

symmetric to the extraordinary palaces

1. Adjunct statement

即	胃,	大	肠
jí	wèi,	dà	cháng, ...

these are the stomach, the large intestine, ...

2. Adjunct statement

这	五个	腑	属	于	消化	系统
zhè	wǔge	fǔ	shǔ	yú	xiāohuà	xìtǒng

these five palaces belong to the digestive system

where?

在	六	腑	中
zài	liù	fǔ	zhōng

among the six palaces

Sixth unit of meaning

Basic statement

如	所	述
rú	suǒ	shù

it is like **that which** was said

where?

上
shàng

above

Adjunct statement

联系 是完整的 不可分离的
liánxì shì wánzhěngde bù kěfēnlíde

the relationships are integrated and not divisible

which
relationships?

都是有机的
dōushì yǒujīde

all organic (ones)

which relationships?

全身组织
quán shēn zǔzhī

(those) of the entire body structure

LESSON 5: BLOOD AND QI

Text 5.1

Sentence structures

First unit of meaning

Basic statement

气	和	血	并	重
qì	hé	xuè	bìng	zhòng

qi and blood are equally important

1. Adjunct statement

作	为	统帅
zuò	wéi	tǒngshuài

(we) consider (something) as commander

what?

气
qì

the qi

as commander of what?

血	的
xuè	de

(as that) of the blood

2. Adjunct statement

这	是	一	种	认	识	方	法
zhè	shì	yī	zhǒng	rèn	shí	fāng	fǎ

this is a cognitive pattern

where?

生	理	上	的
shēnglǐ	shàngde		

(one) being in the physiology

in which physiology?

中 医
zhōng yī

(in that) of Chinese medicine

Second unit of meaning

Basic statement

名称 相当 多
míngchēng xiāngdāng duō

the designations are quite numerous

which designations?

气的
qì de

(those) of qi

1. Adjunct statement

有 元 气, 真气, ...
yǒu yuán qì, zhēn qì, ...

there are the original qi, the true qi, ...

2. Adjunct statement

这些 都是指 气 血
zhèxiē dōushì zhǐ qì xuè

they all refer to qi and blood

和 其它 物质 及 能力
hé qítā wùzhì jí nénglì

and other substances and abilities

where?

整个人 体内
zhěnggè rén tǐ nèi

in the entire human body

3. Adjunct statement

名	虽	异	而
míng	suī	yì	ér

the names **may be** different, and yet

实	为	一种
shí	wéi	yīzhǒng

the facts are **identical**

Third unit of meaning

Basic statement

另	有	称
lìng	yǒu	chēng

besides, **there are** designations

which?

阳	气,	阴	气	之
yáng	qì,	yīn	qì	zhī

(those) **of** yang qi and yin qi

1. Adjunct statement

这	是
zhè	shì

that is (to serve the following purpose)

namely?

分	别	两	大	作	用
fēn	bié	liǎng	dà	zuò	yòng

to distinguish two **major** functions

where?

从	元	气	内
cóng	yuán	qì	nèi

from **within** the original qi

2. Adjunct statement

(这) 说明
(zhè) shuōmíng

(they) explain (something)

what?

一 种 能 保 卫 体 表
yī zhǒng néng bǎowéi tǐ biǎo

a.) one type (of qi) can protect the body's exterior

另 一 种 能 保 持 精 力 不 使 亏 耗
lìngyī zhǒng néng bǎochí jīnglì bùshǐ kuīhào

b.) another type can conserve vigor and prevent loss

3. Adjunct statement

故 叫 真 阳, 真 阴
gù jiào zhēn yáng, zhēn yīn

hence they are called true yang and true yin

Fourth unit of meaning

Basic statement

有 宗 气, 中 气
yǒu zòng qì, zhōng qì

there are ancestral qi and central qi

1. Adjunct statement

指
zhǐ

they refer (to something)

to what?

有 一 部 分
yǒu yī bùfēn

there is one part

where?

元	气	中
yuán	qì	zhōng

in the original qi

2. Adjunct statement

属	于	上	焦	肺
shǔ	yú	shàng	jiāo	fèi

it belongs to the upper burner and the lung

3. Adjunct statement

另一	部分	属	于	中	焦	...
lìngyī	bùfèn	shǔ	yú	zhōng	jiāo	...

another part belongs to the central burner, ...

4. Adjunct statement

所以	叫	肺	气,	胃	气
suǒyǐ	jiào	fèi	qì,	wèi	qì

hence they are called lung qi and stomach qi

Fifth unit of meaning

Statement

概括的	说	均	为	元	气
gàikuòde	shuō	jūn	wéi	yuán	qì

generally speaking, they all are original qi

Text 5.2

Sentence structures

First unit of meaning

Basic statement

气 代表 能力, ... 物质 qì dài biǎo néng lì, ... wù zhì
--

qi represents power, ... substance

which qi?

气 血 的 qì xuè de

(that) of qi and blood

where?

有些 地方 yǒu xiē dì fāng

(at) some places

Adjunct statement

因而 有 说法 yīn ér yǒu shuō fǎ

hence there is an opinion

which opinion?

气 属 无 形 qì shǔ wú xíng

(that) of "qi belongs to (that which) has no form

血 为 有形 的 xuè wéi yǒu xíng de

blood is (that which) has form"

Second unit of meaning

Basic statement

我们的体会
wǒmen de tǐhuì

(it is) our understanding

1. Adjunct statement

前人提出
qián rén tíchū

earlier people proposed (something)

what?

把气和血 对待
bǎ qì hé xuè duìdài

to treat qi and blood (as follows)

2. Adjunct statement

血是物质
xuè shì wùzhì

blood is substance

3. Adjunct statement

气应该是物质
qì yīnggāi shì wùzhì

the qi should be substance

4. Adjunct statement

作用是“能力”
zuòyòng shì “nénglì”

the effect is “power”

which effect?

气所 发生的
qì suǒ fāshēng de

that which is brought forth by the qi

Third unit of meaning

Basic statement

血液 循行 脉 内
xuèyè xúnxíng mài nèi

the blood moves inside the vessels

1. Adjunct statement

全 身 受 其 营 养
quán shēn shòu qí yíngyǎng

the entire body receives its nourishment

2. Adjunct statement

气 能 改 善 和 帮 助
qì néng gǎishàn hé bāngzhù

the qi can improve and assist

what can it
improve?

功能
gōngnéng

ability

what can it
assist?

正 常 运 行
zhèngcháng yùnxíng

the normal movement

what ability and
movement?

血 液 的
xuèyè de

(those) of the blood

3. Adjunct statement

二 者 是 重 要 因 素
èrzhě shì zhòngyào yīnsù

both are important elements

elements of which kind?

构成...的
gòuchéng....de

(those) generating (something)

what?

正常 生理 活动
zhèngcháng shēnglǐ huódòng

normal physiological activities

which activities?

人 体
rén tǐ

(those of the) human body

4. Adjunct statement

(二者) 是绝对 不能分离的
(èrzhě) shì juéduì bù néngfēnlíde

(both) are definitely not separable

Fourth unit of meaning

Basic statement

假使 气 受到 刺激
jiǎshǐ qì shòudào cìjī

if the qi receives stimuli

which stimuli?

心理上(的) 环境上的
xīnlǐshàng(de) huánjìngshàngde

psychological or environmental (ones)

what will happen?

都会影响 到 血
dōu huì yǐngxiǎng dào xuè

all can exert an influence on the blood

who exerts an influence?

无论
wúlùn

喜,
xǐ,

乐
lè

a.)

regardless whether it is happiness, ... or joy

what stimuli are they?

情志 方面的
qíngzhì fāngmiàn de

(those) **concerning** the emotions

冷 热
lěng rè

b.)

or cold and heat

what stimuli are they?

气候 方面的
qìhòu fāngmiàn de

those **concerning** the climate

劳 逸
láo yì

c.)

or fatigue and idleness

what stimuli are they?

工作 方面的
gōngzuò fāngmiàn de

those **concerning** work

Fifth unit of meaning

Basic statement

前 人 重视 气
qián rén zhòngshì qì

earlier people emphasized the qi

1. Adjunct statement

称做	“气为	血帅”
chēngzuò	“qì wéi	xuè shuài”

they stated “the qi is the blood commander”

2. Adjunct statement

说	“百病	皆生	于	气”
shuō	“bǎi bìng	jiē shēng	yú	qì”

they said “all illnesses emerge from the qi”

Text 5.3

Sentence structures

First unit of meaning

Basic statement

虽	当	用	血	分	药
suī	dāng	yòng	xuè	fēn	yào

although it is appropriate to use blood section drugs

what for?

治疗
zhìliáo

for treatment

when?

血	分	病
xuè	fēn	bìng

(in case of) blood section illness

but?

但	还	有	治	法
dàn	hái	yǒu	zhì	fǎ

but in addition there are therapy patterns

which therapy patterns?

理	气	和	血
lǐ	qì	hé	xuè

a.)

to regulate the qi to harmonize the blood

b.)

行	气	逐	瘀
xíng	qì	zhú	yū

to move the qi to eliminate stagnations

c.)

血	脱	益	气
xuè	tuō	yì	qì

in case of blood loss to increase the qi

1. Adjunct statement

这是因为
zhè shì yīnwèi

that is because (of the following)

namely?

气行 则 血行
qì xíng zé xuè xíng

a.)

when the qi moves, then the blood moves

气滞 则 血滞
qì zhì zé xuè zhì

b.)

when the qi slackens, then the blood slackens

2. Adjunct statement

要 使
yào shǐ

(we) wish to cause (the following)

what?

血液 循行 正常
xuèyè xúnxíng zhèngcháng

(that) the blood flow is normal

what do we do?

先 使 气机 舒畅
xiān shǐ qì jī shūchàng

first (we) cause the qi flow to be unimpeded

3. Adjunct statement

要 使
yào shǐ

(we) wish to cause (the following)

what?

瘀 血 排除
yū xuè páichú

the stagnating blood is eliminated

what does one do?

先	使	气分	通利
xiān	shǐ	qì fēn	tōnglì

first (we) cause the qi section to be passable

Second unit of meaning

Basic statement

还	能用药
hái	néng yòng yào

furthermore (we) can use drugs

which drugs?

补	气
bǔ	qì

(those which) supplement qi

why?

来帮助	收摄
lái bāngzhù	shōushè

to help to acquire (blood)

when?

在	症候
zài	zhèng hòu

in the presence of symptoms

which symptoms?

出血	不止的
chūxuè	bù zhǐ de

(those) of bleeding without end

Adjunct statement

同样	需要用
tóngyàng	xūyào yòng

similarly, (we) must use (something)

what?

补	气药
bǔ	qì yào

drugs supplementing qi

why?

来加速	恢复
lái jiāsù	huīfù

to speed up recovery

on which basis?

根据	道理
gēnjù	dàolǐ

on the basis of a principle

which principle?

阳生则	阴长的
yáng shēng zé	yīn zhǎng de

(that) of “when the yang lives then the yin grows”

when?

严重的	贫血症
yánzhòngde	pínxuè zhèng

in case of serious anemia pathoconditions

Third unit of meaning

Statement

这些方法	都是	很有效的
zhèxiē fāngfǎ	dōu shì	hěn yǒuxiàode

these procedures are all very effective (ones)

where?

在临症	上
zài línzhèng	shàng

in clinical practice

Fourth unit of meaning

Basic statement

气指	气体
qì zhǐ	qìtǐ

qi refers to gases

which qi?

所	称的
suǒ	chēngde

that which is mentioned

when?

临症	时
línzhèng	shí

in clinical practice

in whose clinical practice?

中	医
zhōng	yī

(in that) of Chinese medicine

which gases does it refer to?

产生的
chǎnshēngde

produced (ones)

produced by what?

障碍
zhàng'ài

a.)

by obstructions

what obstructions?

脏	腑	机能	的
zàng	fǔ	jīnéng	de

(those) of the depots and palaces functions

或 消化 不良 等
huò xiāohuà bù liáng děng

b.) or when the digestion is not good

Fifth unit of meaning

Statement

用 名词
yòng míngcí

(Chinese medicine) employs terms

which terms?

气滞, 气壅, 气郁... 等
qì zhì, qì yōng, qì yù... děng

qi sluggishness, qi obstruction, qi stagnation, ...

when does it use
these terms?

常 见的
cháng jiànde

(in case) of often seen (conditions)

for example?

如 胸 膈 痞 闷
rú xiōng gé pǐ mèn

e.g., chest-diaphragm block and pressure

Adjunct statement

作 为 病理的 解释
zuò wéi bìnglǐde jiěshì

it turns them into pathological explanations

Sixth unit of meaning

Statement

用 气 字 为 病 名
yòng qì zì wéi bìng míng

it uses the qi character as illness name

when?

多
duō

often

for example?

如 气 膈, 和 肝 气 痛 等 等
rú qì gé, hé gān qì ... tòng děngděng

e.g., qi blockages, ... and liver qi ... pain and so forth

when?

病症
bìngzhèng

(in case of) illnesses

which illnesses?

发生的
fāshēngde

(those) bringing forth (something)

what do they
bring forth?

这些 症 状
zhèxiē zhèng zhuàng

these patho-manifestations

Text 5.4

Sentence structures

First unit of meaning

Statement

全 身 都 靠 营 养 quán shēn dōu kào yíngyǎng

the **entire** body depends on nourishment

provided by what?

血 液 xuèyè

(by) the blood

Second unit of meaning

Statement

凡 是 心 脏 衰 弱 或 血 亏 fánshì xīnzàng shuāiruò huò xuè kǔ

whenever the heart is weak or the blood is deficient

循 行 失 调 xún xíng shī tiáo

and when the movement loses its regular order

what is then?

会 出 现 huì chūxiàn

(this) can bring forth (something)

namely?

心 悸 , 惊 惕 , 脉 来 歇 止 xīnjì , jīngtì , mài lái xiēzhǐ
--

palpitation, shock, pulse arrival stop

Third unit of meaning

Basic statement

血液得寒
xuèyè dé hán

the blood receives cold

what will happen?

则凝滞
zé níng zhì

then it congeals and slackens

1. Adjunct statement: structure identical with Basic statement

2. Adjunct statement

这寒和热包括
zhè hán hé rè bāokuò

this cold and this heat include (something)

what?

寒邪和热邪
hán xié hé rè xié

a.)

cold evil and heat evil

which cold and heat evil?

外界的
wài jiè de

(those) of the external world

b.)

寒凉和辛热
hánliáng hé xīn rè

coldness and acrid heat

which coldness and acrid heat?

饮食的
yǐn shí de

(those) of beverages and food

以及 偏 寒, 偏 热
yǐjí piān hán, piān rè

c.) and unilateral cold and unilateral heat

which unilateral cold
and unilateral heat?

体 质 的
tǐ zhì de

(those) of the bodily constitution

和 偏 旺
hé piān wàng

d.) and unilateral effulgence

which unilateral
flourishing?

肝 火
gān huǒ

(that) of the liver fire

Fourth unit of meaning

Basic statement

分 为 瘀 血 和 出 血
fēn wéi yū xuè hé chū xuè

(we) divide into stagnating blood and leaving blood

what do we
divide?

血 病
xuè bìng

blood illnesses

Adjunct statement

当然 有 密切 关系
dāngrán yǒu mìqiè guānxì

of course, there are close relationships

to what?

与	气
yǔ	qì

to the qi

Fifth unit of meaning

Basic statement

血	虚	起
xuè	xū	qǐ

blood depletion emerges

from what?

于	疲劳	过度
yú	pí láo	guò dù

a.)

from fatigue in excess

b.)

出血	过多
chū xuè	guò duō

(from) bleeding excessively

what kind of bleeding?

创	伤
chuāng	shāng

(that of) wound injuries

when?

病	后
bìng	hòu

a.)

after illnesses

b.)

及	妇人	产	后
jí	fù rén	chǎn	hòu

and in females **after** delivery

1. Adjunct statement

须	治疗
xū	zhìliáo

it is essential to treat

in what way?

从	三 脏
cóng	sān zàng

starting from the three depots

which three depots?

心, 肝, 脾
xīn, gān, pí

heart, liver and spleen

when?

当	已经 成为 时
dāng	yǐjīng chéngwéi shí

when (something) has already formed

what?

血 虚 症
xuè xū zhèng

a blood depletion pathocondition

2. Adjunct statement

应	治疗
yīng	zhìliáo

it is appropriate to treat

in what way?

从	肾脏
cóng	shènzàng

starting from the kidneys

when?

必要 时
bìyào shí

when necessary

Text 5.5

Sentence structures

First unit of meaning

Statement

精	是	物质	基础
jīng	shì	wùzhì	jīchǔ

essence is the material basis

of what?

生长,	发育	以及	生殖	能力	的
shēngzhǎng,	fāyù	yǐjí	shēngzhí	nénglì	de

of growth, development, and reproductive power

what growth, ...?

人	体
rén	tǐ

(that) of the human body

Second unit of meaning

Basic statement

中	医	归	于	肾脏
zhōng	yī	guī	yú	shènzàng

Chinese medicine associates (something) with the kidneys

what?

精
jīng

essence

1. Adjunct statement

精	为	基础
jīng	wéi	jīchǔ

essence is the basis

the basis of what?

生命 的
shēngmìng de

(that) of life

2. Adjunct statement

所以 称 肾
suǒyǐ chēng shèn

hence it designates the kidneys

为 “先 天”
wéi “xiān tiān”

as the “earlier dependencies”

Third unit of meaning

Basic statement

靠 饮 食
kào yǐn shí

(it) depends on drink and food

what for?

来 给养
lái jǐyǎng

for nourishment

when?

待到 出生 以后
dàidào chūshēng yǐhòu

after it was born

1. Adjunct statement

这是 作用
zhè shì zuòyòng

that is the function

the function
of what?

脾	胃	的
pí	wèi	de

(that) of spleen and stomach

2. Adjunct statement

故	称	脾	胃
gù	chēng	pí	wèi

hence (Chinese medicine) designates spleen and stomach

为	“后天”
wéi	“hòu tiān”

as the “later dependencies”

3. Adjunct statement

并	认为
bìng	rènwéi

simultaneously (Chinese medicine) believes (something)

in which
context?

在 临症	上
zài línzhèng	shàng

in clinical practice

4. Adjunct statement

先 天	不足
xiān tiān	bù zú

the earlier dependencies are not sufficient

what is then?

可	用	后天
kě	yòng	hòu tiān

it is possible to use the later dependencies

what for?

来 调	养
lái tiáo	yǎng

to regulate the nourishment

Fourth unit of meaning

Basic statement

精	有	密切	影响
jīng	yǒu	mìqiè	yǐngxiǎng

essence has a close influence

on what?

对于	体	力
duìyú	tǐ	lì

on bodily strength

Adjunct statement

人	呈	腰	酸,	背	痛,
rén	chéng	yāo	suān,	bèi	tòng, ...

persons present lumbar pain, back pain, ...

which persons?

患...的
huàn...de

suffering (ones)

what do they
suffer from?

有	遗	精
yǒu	yí	jīng

they have (the problem) to lose semen

Fifth unit of meaning

Basic statement

由于	肾	主	藏	精
yóuyú	shèn	zhǔ	cáng	jīng

because the kidneys master storing essence

what has happened?

称	之	为	肾	亏
chēng	zhī	wéi	shèn	kuī

(we) designate them as kidney deficiency

what is designated as kidney deficiency?

对	上	述	症	状
duì	shàng	shù	zhèng	zhuàng

the above mentioned patho- manifestations

when?

一般
yībān

generally

Adjunct statement

以	补	肾	为主
yǐ	bù	shèn	wéi zhǔ

(we) consider supplementing the kidneys as primary

Sixth unit of meaning

Basic statement

必须	指出
bìxū	zhǐchū

it is necessary to emphasize (something)

what?

有	很	多	地	方
yǒu	hě	duō	dì	fāng

there are very many places

where?

中	医	书	上
zhōng	yī	shū	shàng

in Chinese medical texts

what do these places do?

指	精
zhǐ	jīng

they refer to essence

which essence?

广 义 的
guǎng yì de

(one) of a broad sense

Adjunct statement

指	精	气
zhǐ	jīng	qì

they refer to the essential qi

which essential qi?

人 体 的
rén tǐ de

(that) of the human body

Seventh unit of meaning

Statement

不 能	谈
bùnéng	tán

it is impossible to speak (about essence in a broad sense)

how?

混	为 一
hùn	wéi yī

confused into one

confused with
what?

和	精
hé	jīng

with the essence

with which essence?

狭 义 的
xiá yì de

(that) of the narrow sense

Text 5.6

Sentence structures

First unit of meaning

Basic statement

前 人 认为
qián rén rènwéi

earlier people held (the following)

what?

各 组织 都 是 有形的
gè zǔzhī dōu shì yǒuxíngde

all structures are tangible

which structures?

人 体 的
rén tǐ de

(those) of the human body

1. Adjunct statement

还 有 一 种 能 力
hái yǒu yī zhǒng nénglì

also, **there is** a kind of a power

which kind?

一 个 高 级 的, 无 形 的
yīge gāo jíde wúxíngde

a high ranking, shapeless (one)

where?

在 主 持 活 动
zài zhǔchí huódòng

in directing activities

2. Adjunct statement

称	它为“神”
chēng	tā wéi “shén”

they designated this as “spirit”

Second unit of meaning

Basic statement

假使	神能	充旺
jiǎshǐ	shén néng	chōngwàng

if the spirit faculties are complete

what is then?

内	脏	和	形	体	活泼
nèi	zàng	hé	xíng	tǐ	huópō

the internal depots and the physical body are active

Adjunct statement

神一涣散
shén yī huànsǎn

as soon as the spirit slackens

what is then?

一切不起作用了
yīqièbù qǐ zuòyòng le

none will fulfill its functions

Third unit of meaning

Basic statement

神发生病变
shén fāshēng bìng biàn

the spirit exhibits pathological changes

Adjunct statement

会产生
huì chǎnshēng

these can generate (something)

what?

症 状
zhèng zhuàng

patho-manifestations

which?

一 系 列 的
yī xìliè de

(those) of a whole series

namely?

胸 膈 烦 闷
xiōng gé fán mèn

a.) chest/diaphragm uneasiness and pressure

两 胁 不 舒
liǎng xié bù shū

b.) both flanks are not relaxed

精 神 不 能 自 主
jīngshén bù néng zì zhǔ

c.) the mind is not capable of self control

手 足 无 力
shǒu zú wú lì

d.) hands and feet have no strength

狂 妄 不 识 人
kuángwàng bù shí rén

e.) (the patient) is frantic and does not recognize people

记 忆 力 衰 退
jìyì lì shuāitùi

f.) (the patient's) memory strength weakens

前阴 萎缩
qiányīn wěisuō

g.) the genitals shrink

腰 背 酸痛
yāo bèi suāntòng

h.) lumbar and back pain

不能 俯 仰
bù néng fǔ yǎng

j.) (the patient) is not able to lower or lift (his/her head),

转 侧
zhuǎn cè

or to turn to the side

Fourth unit of meaning

Statement

丸 是 治疗的
wán shì zhìliáode

pills are curing (ones)

which pills?

如 朱砂 安 神 丸
rú zhūshā ān shén wán

a.) e.g., the "cinnabar-pacifies-the-spirit" pills

琥珀 定 志 丸
hǔpò dìng zhì wán

b.) the "amber-stabilizes-the-will" pills

where are these pills?

成	方	中
chéng	fāng	zhōng

among the established prescriptions

what do they cure?

这	种	病
zhè	zhǒng	bìng

these kinds of illnesses

Fifth unit of meaning

Basic statement

神	不是	空洞的
shén	bù shì	kōngdòngde

the spirit is not an empty (something)

Adjunct statement

需要	物质	来	营养
xūyào	wùzhì	lái	yíngyǎng

it needs substance for nourishment

Sixth unit of meaning

Basic statement

不	能	单	靠
bù	néng	dān	kào

is is not possible to solely rely on (something)

on what?

安	神 ...
ān	shén ...

on (pills) pacifying the spirit, ...

when?

在	治疗	时候
zài	zhìliáo	shíhòu

whenever treating (something)

what?

神 病
shén bīng

spirit illnesses

Adjunct statement

必须	结合	方法	了
bìxū	jiéhé	fāngfǎ	le

it is essential to combine (them) with methods

with which methods?

养	血,	补	气	等
yǎng	xuè,	bǔ	qì	děng

(those) to nourish blood, and to supplement qi

Text 5.7

Sentence structures

First unit of meaning

Basic statement

津和液是两种液质
jīn hé yè shì liǎng zhǒng yèzhì

jin and ye are two kinds of liquids

of what kind?

不同性质的
bù tóng xìngzhì de

of dis-similar nature

Adjunct statement

但不等于水分
dàn bù dēngyú shuǐ fēn

but they are not equal to watery components

which?

所说的
suǒ shuōde

those that are so-called (ones)

when?

一般
yībān

generally

Second unit of meaning

Statement

故津液亡脱
gù jīnyè wángtuō

hence when the humors are lost

what will happen?

为	腠理	开
wéi	còulǐ	kāi

a.) (this) causes the pores to open

汗	大	泄
hàn	dà	xiè

b.) sweat flows off massively

when?

在	津
zài	jīn

in case of jin (humors)

为	身体	萎枯
wéi	shēntǐ	wěikū

c.) this causes the body to dry up

毛发	憔悴,	耳	鸣, ...
máofǎ	qiáocuì,	ěr	míng, ...

d.) the hairs wither, the ears have sounds, ...

骨	属	屈伸	不利
gǔ	shǔ	qū shēn	bù lì

e.) the bones and joints bend/stretch not freely

when?

在	液
zài	yè

in case of ye (humors)

Third unit of meaning

Basic statement

津液 可以 转化
jīnyè kěyǐ zhuǎnhuà

the humors can transform

to what?

为 血
wéi xuè

into blood

1. Adjunct statement

因而 中 医 有 说法
yīn'ér zhōng yī yǒu shuōfǎ

hence Chinese medicine has an opinion

that is?

津 血 同 源
jīn xuè tóng yuán

jin humors and blood have a common source

2. Adjunct statement

理由 是
lǐyóu shì

the reason is (as follows)

which?

亡 血 有 四 大 症
wángxuè yǒu sì dà zhèng

a.)

blood loss has four major pathoconditions

namely?

吐, 衄, 便, 溺
tù, nù, biàn, niào

vomiting, bleeding, stool, urine

b.)

structure identical with a.)

Fourth unit of meaning

Basic statement

吐	血	出	于	贲门
tù	xuè	chū	yú	bēnmén

if someone spits forth blood, it leaves from the cardia

1. Adjunct statement

与	呕吐	同
yǔ	ǒutù	tóng

that is with vomiting alike

2. Adjunct statement

鼻	衄	名	为	红	汗
bí	nù	míng	wéi	hóng	hàn

nose bleeding is termed as red sweat

3. Adjunct statement

与	汗	出	同
yǔ	hàn	chū	tóng

that is with sweat leaving (the body) alike

4. Adjunct statement: structure identical with Basic statement

5. Adjunct statement: structure identical with 1. Adjunct statement

6. Adjunct statement: structure identical with Basic statement

7. Adjunct statement: structure identical with 1. Adjunct statement

Fifth unit of meaning

Statement

两者	相比
liǎngzhě	xiāngbǐ

the two are compared

what is the result?

性质	相似
xìngzhì	xiāngsì

their natures resemble each other

Basic statement

保	津	即	所以	保	血
bǎo	jīn	jí	suǒyǐ	bǎo	xuè

to protect the jin humors is, hence, to protect the blood

1. Adjunct statement

养	血	亦	可以	生	津
yǎng	xuè	yì	kěyǐ	shēng	jīn

nourishing blood, too, can generate jin

2. Adjunct statement

并	提
bìng	tí

(we) refer to (something) simultaneously

to what?

亡	血	和	亡	津
wáng	xuè	hé	wáng	jīn

to losing blood and to losing jin humor

when?

常
cháng

often

where?

临症	上
línzhèng	shàng

in clinical practice

Text 5.8

Sentence structures

First unit of meaning

Basic statement

津	液	能	化
jīn	yè	néng	huà

jīn and yè can transform

into what?

为	汗,	涕,	泪,	涎,	唾
wéi	hàn,	tì,	lèi,	xián,	tuò

into sweat, snivel, tears, saliva, and spittle

1. Adjunct statement

主要	属	于	肾脏
zhǔyào	shǔ	yú	shènzàng

basically they belong to the kidneys

2. Adjunct statement

故	称
gù	chēng

hence it is said

what is said?

肾	主	五	液
shèn	zhǔ	wǔ	yè

the kidneys rule the five ye humors

Second unit of meaning

Basic statement

津液	不	化
jīnyè	bù	huà

the humors do not transform

where?

人
rén

in persons

in which persons?

脾 阳 虚 弱 的
pí yáng xūruò de

those of spleen yang weakness

1. Adjunct statement

还 能 凝 聚 成 痰 饮
hái néng níngjù chéng tán yǐn

also, they can coagulate and form phlegm-drink

2. Adjunct statement

痰 饮 内 阻
tán yǐn nèi zǔ

phlegm-drink (causes) internal blocks

what will happen?

津 液 无 以 上 升
jīnyè wú yǐ shàngshēng

the humors have no (way) by which to rise

3. Adjunct statement

口 干 不 欲 饮
kǒu gān bù yù yǐn

the mouth is dry; (the patient) does not wish to drink

4. Adjunct statement

当 用 温 药
dāng yòng wēn yào

(we) must use warming drugs

why?

和 之
hé zhī

to harmonize this

Third unit of meaning

Basic statement

症 状	为 口 渴
zhèng zhuàng	wéi kǒukě

one patho-manifestation is thirst

of what kind is it?

常 见 的
cháng jiànde

a regularly seen (one)

where?

临 症	上
línzhèng	shàng

in clinical practice

when?

津 液 缺 少
jīnyè quēshǎo

in case of humor deficiency

1. Adjunct statement

多	由 热 性 病	引 起
duō	yóu rè xìng bìng	yīnqǐ

often it is caused by heat type illnesses

2. Adjunct statement

药 为	石 斛, ... 一 类
yào wéi	shíhú, ... yīlèi

drugs are, for instance, shi-hu, ...

of which type are they?

常 用 的
cháng yòngde

a.)

they are regularly used (ones)

生 津
shēng jīn

b.) they generate jin humor

Fourth unit of meaning

Basic statement

不 一 定 用 药
bù yíding yòng yào

(we) do not necessarily use drugs

which drugs?

生 津
shēng jīn

(those) generating jin humor

when?

轻 浅 的 口 渴
qīngqiǎnde kǒukě

in case of mild thirst

1. Adjunct statement

清 热
qīng rè

(we) cool the heat

what will happen?

则 津 自 回 转
zé jīn zì huí zhuǎn

then the jin humors return by themselves

2. Adjunct statement

性 多 粘 腻
xìng duō nián nì

the nature is often sticky and greasy

what nature?

生	津	药
shēng	jīn	yào

(that of) **drugs** generating jin humor

3. Adjunct statement

应	考虑	有无	流弊
yīng	kǎolǜ	yǒuwú	liúbi

it is appropriate to consider whether it is an abuse

when?

用	时
yòng	shí

at the time of using (them)

Fifth unit of meaning

Basic statement

非	能	治
fēi	néng	zhì

it is not possible to cure

by doing what?

生	津
shēng	jīn

by generating jin humor

when?

口渴	严重的
kǒukě	yánzhòngde

in cases of thirst being severe

Adjunct statement

当	进一步	与	同	用
dāng	jīnyībù	yǔ	tóng	yòng

it is necessary to proceed to a simultaneous use

use of what?

养	血	养	阴
yǎng	xuè,	yǎng	yīn

(of drugs) to nourish blood and to nourish yin

LESSON 6: THE EXTERNAL CAUSES OF ILLNESSES

Text 6.1

Sentence structures

First unit of meaning

Basic statement

病	因	是	因素
bìng	yīn	shì	yīnsù

illness causes are factors

of what kind?

致	病
zhì	bìng

(those) leading to illness

Adjunct statement

分	为	三	种
fēn	wéi	sān	zhǒng

(we) distinguish them into three types

namely?

内	因,	外	因, ...
nèi	yīn,	wài	yīn, ...

internal causes, external causes, ...

Second unit of meaning

Basic statement

以	六淫	为主
yǐ	liù yín	wéi zhǔ

(we) hold the six excesses to be primary

in what regard?

外	因	方面
wài	yīn	fāngmiàn

regarding the external causes

Adjunct statement

即 风, 寒, 暑, ...
jì fēng, hán, shǔ, ...

these are wind, cold, summerheat, ...

Third unit of meaning

Basic statement

寒, ... 风 为 常 气
hán, ... fēng wéi cháng qì

cold, ... and wind are the regular qi

which regular qi?

一 年 四 季 的
yī nián sì jì de

(those) of one year's four seasons

Adjunct statement

称 为 五 气
chēng wéi wǔ qì

they are designated as the five qi

when?

在 正 常 的 情 况 下
zài zhèngchángde qíngkuàng xià

under normal circumstances

Fourth unit of meaning

Basic statement

因 暑 是 热
yīn shǔ shì rè

a.)

because summerheat is heat

热 极 化 火
rè jí huà huǒ

b.)

(because) heat, if extreme, transforms into fire

其余	亦能化	火
qíyú	yì néng huà	huǒ

c.) (because) the remaining, too, can transform into fire

which remaining?

风,	湿,	燥,	寒
fēng,	shī,	zào,	hán

wind, dampness, dryness, and cold

when?

在	一定条件	下
zài	yīdìng tiáojiàn	xià

under certain conditions

so what?

因而	将“火”	加入
yīn'ér	jiāng “huǒ”	jiārù

hence fire is added

Adjunct statement

称	做	“六气”
chēng	zuò	“liù qì”

they are designated as the “six qi”

Fifth unit of meaning

Basic statement

六气为	正常	气候
liù qì wéi	zhèngcháng qì	hòu

the six qi are the regular qi manifestations

1. Adjunct statement

亦称	“正气”
yì chēng	“zhèng qì”

they are also called “proper qi”

2. Adjunct statement

如果	非	其时	而	有	其气
rúguǒ	fēi	qí shí	ér	yǒu	qí qì

if it is not its time and yet there is its qi

what is then?

便	是	反常	气候
biàn	shì	fǎncháng	qì hòu

then (this qi) is an irregular qi manifestation

3. Adjunct statement

叫	“邪气”
jiào	“xié qì”

it is called “evil qi”

for example?

如	风邪, 暑邪, 之类
rú	fēng xié, shǔ xié, ... zhī lèi

e.g., wind evil, heat evil, ...

4. Adjunct statement

因	这种	现象	越出	常轨
yīn	zhèzhǒng	xiànxàng	yuèchū	cháng guǐ

because these phenomena leave the normal course

what is the result?

故	叫	“六淫”
gù	jiào	“liù yín”

hence they are called the “six excesses”

Text 6.2

Sentence structures

First unit of meaning

Basic statement

风	性	多	动	善	变
fēng	xìng	duō	dòng	shàn	biàn

the nature of wind is frequent movement; it tends to change

1. Adjunct statement

流	行	最	广
liú	xíng	zuì	guǎng

(the wind) passes over very wide (regions)

2. Adjunct statement

有	异
yǒu	yì

there are differences

which differences?

风	温,	风	热,	风	寒	之
fēng	wēn,	fēng	rè,	fēng	hán	zhī

(those) of wind-warmth, wind-heat, wind-cold

why?

因	季	节	不	同
yīn	jì	jié	bù	tóng

a.)

because the seasons are not identical

b.)

跟	着	气	候	转	化
gēn	zhe	qì	hòu	zhuǎn	huà

following climatic changes

Second unit of meaning

Basic statement

(风)	结合
(fēng)	jiéhé

(the wind) joins

with what?

与	其它邪气
yǔ	qítā xié qì

with the other evil qi

to form what?

为	风暑,	风湿, ...	等
wéi	fēng shǔ,	fēng shī, ...	děng

to form wind-summerheat, wind-dampness, ...

Adjunct statement

故	前人	称	风为长
gù	qián rén	chēng	fēng wéi zhǎng

hence earlier people designated the wind as chief (cause)

as chief (cause)
of what?

百	病	之
bǎi	bìng	zhī

of hundreds of illnesses

Third unit of meaning

Basic statement

感染	风邪发	病
gǎnrǎn	fēng xié fā	bìng

affection by wind evil brings forth illness

1. Adjunct statement

轻者	为	伤	风
qīngzhě	wéi	shāng	fēng

minor ones are a "harm-caused-by-wind"

where?

在	气	分
zài	qì	fēn

in the qi section

in which qi section?

上	焦
shàng	jiāo

(in that) of the upper burner

2. Adjunct statement

出现	恶	风, ...	咳嗽
chūxiàn	wù	fēng, ...	késou

they produce aversion to wind, ... and cough

Fourth unit of meaning

Basic statement

重者	为“中	风”
zhòngzhě	wéi “zhòng	fēng”

serious ones are “struck-by-wind”

where?

在	经	络	脏	腑
zài	jīng	luò	zàng	fǔ

in the conduit/network (vessels), depots and palaces

1. Adjunct statement

出现	口	眼歪斜, ...
chūxiàn	kǒu	yǎn wāixié, ...

they produce mouth and eye wryness, ...

2. Adjunct statement

轻微的	能	苏醒
qīngwēide	néng	sūxǐng

mild (cases) can regain consciousness

when?

移	时
yí	shí

in the course of time

3. Adjunct statement

严重的	不省	人	事
yánzhòngde	bù xǐng	rén	shì

serious (cases) do not recognize persons and items

Text 6.3

Sentence structures

First unit of meaning

Basic statement

寒 为 阴 邪 hán wéi yīn xié

cold is a yin evil

Adjunct statement

性 主 收引 xìng zhǔ shōuyǐn

(its) nature rules **drawing together**

Second unit of meaning

Basic statement

伤者 为 伤 寒 shāngzhě wéi shāng hán

harm is harmed-by-cold

harm where?

于 体 表 yú tǐ biǎo

(harm) in the body's outside

Adjunct statement

呈现 症 状 chéngxiàn zhèng zhuàng

it produces patho-manifestations

which?

恶 寒, 发热, 头痛 wù hán, fā rè, tóu tòng
--

a.)

aversion to cold, fever, headache

身体疼痛
shēntǐ téngtòng

b.) the body aches

脉象浮紧
mài xiàng fú jǐn

c.) the pulse appears floating and tight

舌苔白腻
shé tāi bái nì

d.) the tongue coating is white and oily

Third unit of meaning

Basic statement

直接伤者为“中寒”
zhíjiē shāngzhě wéi “zhòng hán”

direct harm is “struck-by-cold”

direct harm
where?

于里
yú lǐ

in the interior

1. Adjunct statement

呈现
chéngxiàn

it produces (the following conditions)

namely?

呕吐清水
ǒutù qīng shuǐ

a.) (the patient) vomits clear liquid

腹	痛.	肠	鸣,	大便	泄泻
fù	tòng,	cháng	míng,	dàbiàn	xièxiè

b.) abdominal pain, intestinal sounds, diarrhea

2. Adjunct statement

并	有	严重的
bìng	yǒu	yánzhòngde

additionally **there are** serious (cases)

leading to what?

肢	冷,	脉	伏
zhī	lěng,	mài	fú

the limbs turn cold, the pulse hides

Fourth unit of meaning

Basic statement

只	有	一	法
zhǐ	yǒu	yī	fǎ

there is only one pattern

which one?

辛	温
xīn	wēn

(that to employ) acrid and warming (drugs)

why?

祛散	寒邪
qūsàn	hán xié

to dispel the cold evil

1. Adjunct statement

以	为主
yǐ	wéi zhǔ

(Chinese medicine) holds (something) to be primary

what?

解 jiě	表 biào
----------	-----------

to open the outside

when?

但 dàn	伤 shāng	寒 hán
----------	------------	----------

only in case of harm- caused-by-cold

2. Adjunct statement

中 zhòng	寒 hán
------------	----------

someone is struck by cold

what is the
consequence?

则 zé	宜 yí	温 wēn	回 huí
---------	---------	----------	----------

then it is appropriate to warm and to make return

to warm what?

中 zhōng

the center

to make return
what?

阳 yáng

the yang (qi)

Fifth unit of meaning

Basic statement

伤 shāng	寒 可以 hán kěyǐ
------------	------------------

harm-caused-by-cold can (do something)

what?

化	热
huà	rè

it transforms into heat

when?

传	变
chuán	biàn

(during) transmission and change

1. Adjunct statement

不	能	固	执
bù	néng	gù	zhí

it is not possible to stubbornly cling (to something)

to what?

温	散
wēn	sàn

to warming and dispersing (therapies)

2. Adjunct statement

中	寒	少	化	热
zhòng	hán	shǎo	huà	rè

a struck-by-cold rarely transforms into heat

3. Adjunct statement

常	使	阳	气	衰退
cháng	shǐ	yáng	qì	shuāitùi

often it causes the yang qi to weaken

how does it
weaken?

日	渐
rì	jiàn

daily gradually

Text 6.4

Sentence structures

First unit of meaning

Statement

暑	是	主	气
shǔ	shì	zhǔ	qì

summerheat is the ruling qi

what ruling qi?

夏令	的
xiàlìng	de

(that) of summertime

Second unit of meaning

Basic statement

暑	病	是	热	病
shǔ	bìng	shì	rè	bìng

summerheat illnesses are heat illnesses

Adjunct statement

是	分别
shì	fēnbié

(that) is a distinction

what kind of a
distinction?

季节	上的
jìjié	shàngde

one concerning the seasons

Third unit of meaning

Basic statement

故	感受	暑	热
gù	gǎnshòu	shǔ	rè

hence, if (someone) was affected by summerheat-heat

what will happen?

多见热症
duō jiàn rè zhèng

then (we) often see heat pathoconditions

namely?

壮热, 口渴心烦, 自汗
zhuàng rè, kǒukě xīn fán, zì hàn

strong heat, thirst, heart vexation, and spontaneous sweating

Adjunct statement

常兼见喘喝, ...
cháng jiān jiàn chuǎnhē, ...

often, jointly, (we) see panting, ...

why?

由于暑热伤气
yóuyú shǔ rè shāng qì

a.) because summerheat-heat harms the qi

影响心脏
yǐngxiǎng xīnzàng

b.) (because) it influences the heart

Fourth unit of meaning

Basic statement

暑热伤表
shǔ rè shāng biǎo

summerheat-heat harms the outside

how?

挟风
xié fēng

together with wind

what will happen?

影 响	上 焦
yǐngxiǎng	shàng jiāo

a.) (it) influences the upper burner

有	症
yǒu	zhèng

b.) there are pathoconditions

which?

恶	风, 身 热, ... 自	汗
wù	fēng, shēn rè, ... zì	hàn

aversion to wind, body heat, ... spontaneous sweating

of which kind are they?

类 似	风 温	症
lèisì	fēng wēn	zhèng

they resemble wind warmth pathoconditions

when?

初 起
chū qǐ

when they first emerge

Fifth unit of meaning

Basic statement

倘	长 途 奔 走
tǎng	cháng tú bēnzǒu

a.) when (someone) goes a long way

where?

在	烈 日 下
zài	liè rì xià

under the burning sun

或 huò	在 zài	田野劳动 tiányě láodòng
----------	----------	------------------------

b.) or when (someone) toils in the fields

感受 gǎnshòu	暑 shǔ	热 rè
---------------	----------	---------

c.) and is affected by summerheat-heat

what will happen?

则身热口渴, ... zé shēn rè kǒukě, ...

then body-heat, thirst, ...

1. Adjunct statement

这称为中暑 zhè chēng wéi zhòng shǔ

this is designated as struck-by-summerheat

2. Adjunct statement

也叫中暈 yě jiào zhòngyē

it is also called sunstroke

Sixth unit of meaning

Basic statement

暑 shǔ	热 rè	挟 xié	有 yǒu	湿 shī	气 qì
----------	---------	----------	----------	----------	---------

summerheat-heat occurs jointly with dampness qi

when?

往往 wǎngwǎng

often

1. Adjunct statement

这	是	积	湿
zhè	shì	jī	shī

that is: there accumulates dampness

when?

先
xiān

first

where?

内
nèi

internally

why?

由于	郁	蒸	的结果
yóuyú	yù	zhēng	de jiéguǒ

a.)

because of heavy steaming

why does the steaming occur?

天	热	地	湿
tiān	rè	dì	shī

when heaven is hot and the earth is damp

b.)

或	啖瓜果
huò	dàn guāguǒ

or (someone) eats gourds

2. Adjunct statement

再	感	暑	邪
zài	gǎn	shǔ	xié

additionally, (someone) was affected by summerheat evil

what will happen?

则	暑	湿	愈	盛
zé	shǔ	shī	yù	shèng

then summerheat-dampness is **even more** abundant

Text 6.5

Sentence structures

First unit of meaning

Basic statement

湿	为	邪
shī	wéi	xié

dampness is an evil

which evil?

重	浊	之
zhòng	zhuó	zhī

(that) of heaviness and turbidity

Adjunct statement

粘	滞
nián	zhì

a.)

it is sticky and sluggish

b.)

难	化
nán	huà

it has difficulties to transform

Second unit of meaning

Basic statement

多	指	潮湿
duō	zhǐ	cháo shī

often it refers to moisture

which moisture?

雾	露	或	天雨
wù	lù	huò	tiānyǔ

(that) of fog and dew or rain

in which regard?

在	外	因	中
zài	wài	yīn	zhōng

among the external causes

Adjunct statement

感受者	发为	寒	热, ...
gǎnshòuzhě	fāwéi	hán	rè, ...

those affected develop cold and heat, ...

Third unit of meaning

Basic statement

也	有
yě	yǒu

it also happens

what?

湿	邪流	入	肌肉,	经 ...
shī	xié liú	rù	jīròu,	jīng ...

dampness evil flows into the flesh, the conduits ...

from where?

由	皮肤
yóu	pífū

from the skin

why?

因
yīn

because of (the following)

坐	卧	湿	地
zuò	wò	shī	dì

a.)

(someone) sits or lies in a damp place

居处	潮湿
jūchù	cháoshī

b.) (someone) lives in a moist (environment)

或	水	中	作业
huò	shuǐ	zhōng	zuòyè

c.) or (someone) works in water

汗	出	沾	衣
hàn	chū	zhān	yī

d.) sweat flows and wets the clothes

what will happen?

则	发生	症
zē	fāshēng	zhèng

then (this) develops pathoconditions

which?

浮肿	和	关节	疼痛	等
fúzhǒng	hé	guānjié	téngtòng	děng

swelling and joint pain

Fourth unit of meaning

Basic statement

嗜	食	膏粱, ...
shì	shí	gāoliáng, ...

a.) a desire to eat rich food, ...

或	过食	生	冷瓜	果, ...
huò	guò shí	shēng	lěng guā	guǒ, ...

b.) or overconsumption of raw/ cold gourds and fruits, ...

what will happen?

能 使 néng shǐ

(this) can cause (the following)

what?

脾 阳	不 运
pí yáng	bù yùn

a.)

the spleen yang (qi) does not move

b.)

湿 生
shī shēng

dampness emerges

from where?

自 内
zì nèi

from the interior

Adjunct statement

称做 内 湿
chēngzuò nèi shī

(this) is called internal dampness

Fifth unit of meaning

Basic statement

内 湿	在 上
nèi shī	zài shàng

internal dampness is situated in the upper (region)

what will happen?

则 为 胸 闷, ...
zé wéi xiōng mèn, ...

a.)

then (this) causes chest pressure, ...

气	分	不	畅
qì	fēn	bù	chàng

b.) the qi section is not free

痰	多
tán	duō

c.) phlegm is abundant

1. and 2. Adjunct statement: structure identical with Basic statement

3. Adjunct statement

能	上	至	头
néng	shàng	zhì	tóu

it can ascend to the head

what does it
cause there?

为	面	浮
wéi	miàn	fú

it causes the face to bloat

4. Adjunct statement: structure identical with 3. Adjunct statement

Text 6.6

Sentence structures

First unit of meaning

Basic statement

燥	为	主	气
zào	wéi	zhǔ	qì

dryness is the ruling qi

which ruling qi?

秋季
qiūjì

(that) of autumn

Adjunct statement

亦	称	秋	燥
yì	chēng	qiū	zào

it is also called autumn dryness

Second unit of meaning

Basic statement

邪	多	在	上	焦
xié	duō	zài	shàng	jiāo

the evil is often situated in the upper burner

which evil?

秋	燥	之
qiū	zào	zhī

(that) of autumn dryness

how did it enter?

外	感
wài	gǎn

through external affection

1. Adjunct statement

类似	伤	风
lèisi	shāng	fēng

it resembles harm- caused- by- wind

2. Adjunct statement

表现	为	微	寒	微	热, ...
biǎoxiàn	wéi	wēi	hán	wēi	rè, ...

it manifests itself as mild cold, mild heat, ...

and furthermore?

或	痰	少	粘	滞	挟	血
huò	tán	shǎo	nián	zhì	xié	xuè

a.)

or the phlegm is little, sticky, viscous, with blood

b.)

大便	燥	结	等
dàbiàn	zào	jié	děng

and the stool is dry and cloddy

Third unit of meaning

Basic statement

燥	亦	为	余	气
zào	yì	wéi	yú	qì

dryness, also, is a residual qi

of what?

火之
huǒ zhī

of fire

Adjunct statement

往往	发现	干燥	现象
wǎngwǎng	fāxiàn	gānzào	xiànxàng

there often appear dryness-signs

when?

热	病	之后
rè	bìng	zhīhòu

after heat- illnesses

Fourth unit of meaning

Basic statement

燥	有	密切	关系
zào	yǒu	mìqiè	guānxì

dryness has a close relationship

with what?

与	津	血
yǔ	jīn	xuè

with the jin humor and with blood

Adjunct statement

津	血	内	亏
jīn	xuè	nèi	kuī

if jin humor and blood vanish internally

what will happen?

燥	症	起
zào	zhèng	qǐ

dryness pathoconditions emerge

how?

易
yì

easily

Fifth unit of meaning

Basic statement

凡	此	皆	属	内	伤
fán	cǐ	jiē	shǔ	nèi	shāng

all these belong to internal harm

1. Adjunct statement

不	同	外	乘
bù	tóng	wài	chéng

they are not like the external affections

affections by what?

时	气
shí	qì

by the seasonal qi

which seasonal qi?

秋	燥
qiū	zào

(that) of autumn dryness

2. Adjunct statement

故	当	佐入	微	辛
gù	dāng	zuǒrù	wēi	xīn

hence it is essential to enter slightly acrid (drugs)

enter where?

于	甘	凉	剂	中
yú	gān	liáng	jì	zhōng

into the sweet and cooling prescriptions

when?

秋	燥
qiū	zào

(in case of) autumn dryness

and for what reason?

清	泄
qīng	xiè

in order to cool and to drain

3. Adjunct statement

此	则	但	宜	甘	凉
cǐ	zé	dàn	yí	gān	liáng

here then however, (we) should (use) sweet and cooling (drugs)

why?

清	润
qīng	rùn

in order to cool and to moisten

Sixth unit of meaning

Basic statement

范围	较	广
fàn wéi	jiào	guǎng

the spectrum is relatively broad

which spectrum?

燥	症
zào	zhèng

(that) of dryness pathoconditions

which dryness-
pathoconditions

内	伤
nèi	shāng

(those) of inner harm

1. Adjunct statement

皮肤	干	糙, ...
pí fū	gān	cāo, ...

the skin is dry and coarse, ...

where?

在	外
zài	wài

in the exterior

2. Adjunct statement: structure identical with 1. Adjunct statement

Text 6.7

Sentence structures

First unit of meaning

Basic statement

火 是 一 种 热 邪
huǒ shì yī zhǒng rè xié

fire is one type of heat evil

in what regard?

从 外 因 方 面 来 说
cóng wài yīn fāngmiàn lái shuō

speaking in regard of the external causes

Adjunct statement

(火 是) 所 化
(huǒ shì) suǒ huà

(fire is) something that was transformed

out of what?

由 五 气
yóu wǔ qì

out of the five qi

these are which?

风, 寒, 暑, 燥, 湿
fēng, hán, shǔ, zào, shī

wind, cold, summerheat, dryness, and dampness

Second unit of meaning

Basic statement

及 其 燔 灼
jí qí fánzhuó

when it comes to its burning

what will happen?

则	充斥	三	焦
zé	chōngchì	sān	jiāo

then it fills the triple burner

1. Adjunct statement

表现
biǎoxiàn

it manifests itself (as follows)

为	口	臭，	喉	痛	红	肿
wéi	kǒu	chòu,	hóu	tòng	hóng	zhǒng

a.) as mouth odor, throat pain, redness, swelling

胸	闷	烦躁
xiōng	mèn	fánzào

b.) chest pressure and vexation

腹	满	溲	赤
fù	mǎn	sǒu	chì

c.) abdominal fullness and urine redness

2. Adjunct statement

甚	至
shèn	zhì

in severe cases it comes (to the following conditions)

发	斑	发	疹
fā	bān	fā	zhěn

a.) it develops macules and it develops papules

神 昏
shén hūn

狂乱
kuángluàn

b.) the spirit is confused; (the behavior) is wild

迫 血 妄 行
pò xuè wàng xíng

c.) agitated blood moves **disorderly**

3. Adjunct statement

有 势
yǒu shì

it has the strength

what kind of strength?

如 燎原 之
rú liáoyuán zhī

comparable to (that) of a prairie fire

Third unit of meaning

Basic statement

五 脏 亦 能
wǔ zàng yì néng

the five depots are also able

able to do what?

化 火
huà huǒ

to transform (something) into fire

Adjunct statement

称做 火
chēngzuò huǒ

it is called fire

which fire?

五	志	之
wǔ	zhì	zhī

(that) of the five emotions

Fourth unit of meaning

Basic statement

以	火最为	多见
yǐ	huǒ zuì wéi	duō jiàn

(we) consider the fire as **most** often visible

which fire?

肝	胆	之
gān	dǎn	zhī

(that) of liver and gallbladder

Adjunct statement

症	现	目赤, ...	等
zhèng	xiàn	mù chì, ...	děng

as pathoconditions appear eye redness, ...

Fifth unit of meaning

Basic statement

火多	为实	火
huǒ duō	wéi shí	huǒ

fire often is repletion fire

which fire?

不论	五气	化
bùlùn	wǔ qì	huà

regardless whether the five qi have transformed

或	五志	之
huò	wǔ zhì	zhī

or whether it is (a fire) of the five emotions

1. Adjunct statement

当	用	苦	寒
dāng	yòng	kǔ	hán

it is necessary to use bitter and cold (substances)

what for?

直	折
zhí	zhé

to directly break it

2. Adjunct statement

不	是	所	能	治	疗
bù	shì	<u>suǒ</u>	néng	zhì	liáo

it is **not** that which (prescriptions) can cure

which prescriptions?

一	般	清	热	剂
yī	bān	qīng	rè	jì

those commonly cooling the heat prescriptions

Text 6.8

Sentence structures

First unit of meaning

Basic statement

邪 发	病
xié fā	bìng

an evil brings forth an illness

which evil?

感染 之
gǎnrǎn zhī

(that) of an affection

an affection by what?

六 淫
liù yín

(an affection by one) of the six excesses

when?

不 即
bù jí

not immediately

1. Adjunct statement

出现 病症
chūxiàn bìngzhèng

it produces illness-conditions

when?

经过 一个 相当 时期 方才
jīngguò yīgè xiāngdāng shíqī fāngcái

after a suitable time, only then

2. Adjunct statement

例如, 受了 寒 邪
lìrú, shòule hán xié

if one, e. g., has received a cold evil

when?

冬天
dōngtiān

in winter

what will happen?

生 温 病
shēng wēn bìng

then this generates a warmth illness

when?

到 夏天 才
dào xiàtiān cái

when it comes to summer, then

3. Adjunct statement: structure identical with 2. Adjunct statement

Second unit of meaning

这 称做 伏 邪
zhè chēngzuò fú xié

that is called "hidden evil"

Third unit of meaning

Statement

邪 为 因素 之一
xié wéi yīnsù zhī yī

the evil is one of the factors

which evil?

疫病 之
yìlì zhī

(that) of epidemics

one of which factors?

外 来 wài lái	致 病 zhì bìng
----------------	-----------------

those coming from **outside** to cause illness

Fourth unit of meaning

Basic statement

疫 是 互 相 染 易 yì shì hùxiāng rǎnyì

“yì” is mutual passage

1. Adjunct statement

病 状 bìng zhuàng	相 似 xiāng sì
--------------------	-----------------

the illness manifestations are mutually alike

in what regard?

不 问 bùwèn	大 小 dà xiǎo
--------------	----------------

regardless whether adults or children (are concerned)

2. Adjunct statement

即 意 思 jí yìsī

that is the meaning

of what?

传 染 的 chuánrǎn de

(that) of “infection”

Fifth unit of meaning

Basic statement

疠 指 一 种 气 lì zhǐ yī zhǒng qì

“lì” refers to one type of qi

to which type of qi?

毒	戾	之
dú	lì	zhī

(to that) of poison and viciousness

where?

自然界
zìránjiè

in nature

1. Adjunct statement

危害	健康	最	大
wēihài	jiànkāng	zuì	dà

it endangers health most massively

2. Adjunct statement

不	同	于	普	通	的	邪
bù	tóng	yú	pǔtōng	de	xié	

it is not identical with the common evils

with which common evils?

六	淫	之
liù	yín	zhī

(with those) of the six excesses

Sixth unit of meaning

Basic statement

发	生	(是)	所	成
fāshēng	(shì)	suǒ	chéng	

the emergence (is) that which is formed

what emergence?

疝	气	的
lì	qì	de

(that) of lì qì

out of what is
it formed?

由 酝酿
yóu yùnniàng

out of transformation

when?

淫 雨, 亢 旱
yín yǔ, kàng hàn

a.) in case of excessive rain and severe drought

或 家畜 瘟 死
huò jiāchù wēn sǐ

b.) or when the livestock died of an epidemic

秽 物 腐败
huì wù fǔbài

c.) and when filthy items decay

Seventh unit of meaning

Basic statement

分为 两项
fēnwéi liǎng xiàng

(we) distinguish two types

which two types?

寒 疫 和 瘟 疫
hán yì hé wēn yì

cold epidemics and warmth epidemics

in what regard?

从 性质 上
cóng xìngzhì shàng

seen from (their) nature

1. Adjunct statement

吸	受
xī	shòu

they are inhaled and taken in

how?

由口	鼻
yóu kǒu	bí

by mouth and nose

2. Adjunct statement

入	肠	胃
rù	cháng	wèi

they enter the intestines and the stomach

how?

直
zhí

directly

3. Adjunct statement

发	病
fā	bìng

they develop an illness

how?

极速
jí sù

very quickly

LESSON 7: THE INTERNAL CAUSES OF ILLNESS

Text 7.1

Sentence structures

First unit of meaning

Basic statement

以	七	情	为	主
yǐ	qī	qíng	wéi	zhǔ

(we) consider the seven affects as primary

in what regard?

内	因
nèi	yīn

(in regard to) the internal causes

1. Adjunct statement

还	有	痰,	瘀, ...	等
hái	yǒu	tán,	yū, ...	děng

additionally **there are** phlegm, stagnations, ...

2. Adjunct statement

同	为	重	要	因	素
tóng	wéi	zhòng	yào	yīn	sù

they are **equally** important factors

Second unit of meaning

Statement

七	情	即	忧, ...	惊
qī	qíng	jī	yōu, ...	jīng

the seven affects are sorrow, ... and fright

Third unit of meaning

Basic statement

病	是	一	种	情	志	病
bìng	shì	yī	zhǒng	qíngzhì	bìng	bìng

the illnesses are one type of emotional illness

which illnesses?

七	情	发
qī	qíng	fā

(those, which) the seven affects bring forth

Adjunct statement

是	因	于
shì	yīn	yú

that is so because of (the following)

namely?

刺	激	使	发	生	变	化
cìjī	shǐ	fāshēng	biàn	huà	biàn	huà

a stimulus causes (a person) to develop changes

where?

精	神	上
jīngshén	shàng	jīngshén shàng

in the mind

what kind of stimulus?

外	界	事	物	的
wàijiè	shìwù	de	de	de

(one) of an environmental entity

Fourth unit of meaning

Statement

变	化	有	反	映
biàn	huà	yǒu	fǎn	yǐng

the changes have reflections

which changes?

精神 的
jīngshén de

(those) of the mind

which reflections?

不同的
bùtóngde

different (ones)

why?

由于 不同
yóuyú bù tóng

because of dis- similarities

which dissimilarities?

外界 刺激 的
wàijiè cìjī de

(those) of the environmental stimuli

Fifth unit of meaning

Basic statement

症 状 如 抑郁 ...
zhèng zhuàng rú yìyù ...

patho- manifestations are, e.g., depression ...

which patho-
manifestations?

常 见的
cháng jiànde

often seen (ones)

1. Adjunct statement

严重的 神志 恍惚, ...
yánzhòngde shénzhì huǎnghū, ...

serious (cases) are absentmindedness, ...

2. Adjunct statement

如	癡	如	痴
rú	diān	rú	chī

they resemble insanity, they resemble idiocy

Sixth unit of meaning

Statement

病	变	是	变化
bìng	biàn	shì	biànhuà

pathological changes are transformations

which pathological changes?

引起的
yǐnqǐde

brought forth (ones)

brought forth by what?

七	情
qī	qíng

(by) the seven affects

transformations of what?

气	的
qì	de

(those) of qi

Seventh unit of meaning

Basic statement

影响	是	气
yǐngxiǎng	shì	qì

the influence is on the qi

what influence?

七	情	的
qī	qíng	de

(that) of the seven affects

when?

最 先 zuì xiān

on the very first

1. Adjunct statement

气 与 血 是 不 可 分 离 的 qì yǔ xuè shì bù kěfēnlíde

qi and blood are not separable

2. Adjunct statement

故	病情	进 一 步	影 响 到	血
gù	bìngqíng	jìnyībù	yǐngxiǎng dào	xuè

hence the illness has, furthermore, an influence on the blood

Text 7.2

Sentence structures

First unit of meaning

Basic statement

似	可	作	为	外	因
sì	kě	zuò	wéi	wài	yīn

it seems as if they could be regarded as external causes

what?

变化
biànhuà

the changes

which changes?

七	情
qī	qíng

(those) of the seven affects

why?

既	引起
jì	yīnqǐ

because they are brought forth

brought forth
by what?

由	外	界	刺激
yóu	wài	jiè	cìjī

by external world stimuli

Adjunct statement

但是	毕竟	不一样
dànshì	bìjìng	bù yīyàng

however, finally this is not identical

with what?

与	外	因	发	病
yǔ	wài	yīn	fā	bìng

with how the external causes bring forth illnesses

which external causes?

一般的
yībānde

the common (ones)

Second unit of meaning

Basic statement

只 要 去 其 外 因
zhǐ yào qù qí wài yīn

it is only necessary to remove their external causes

when?

外 因 引 起 的
wài yīn yīnqǐde

(in case of illness) brought forth by external causes

what is
the result?

其 病 即 愈
qí bìng jì yù

this illness will then be cured

Adjunct statement

七 情 起 到 变 化
qī qíng qǐdào biànhuà

the seven affects have effected changes

when?

已经
yǐjīng

already

where?

在 精 神 上
zài jīngshén shàng

in the mind

and furthermore?

并	使	改变
bìng	shǐ	gǎibiàn

also, they stimulate changes

what changes?

内在的生活	情况
nèizàide shēnghuó	qíngkuàng

(those) of internal physiological conditions

what will happen?

即	使	刺激	不再	存在时
jí	shǐ	cìjī	bù zài	cúnzài shí

then, as soon as (we) cause the stimulus no longer to exist

也 不 能	立 即	恢 复
yě bù néng	lìjī	huīfù

(the patient) is still not able to immediately recover

Third unit of meaning

Statement

同样的病	有差别
tóngyàngde bìng	yǒu chābié

identical illnesses have differences

which identical illnesses?

七情
qī qíng

(those brought forth by) the seven affects

which differences?

显著的
xiǎnzhùde

obvious (ones)

in what regard?

在	病	症	上
zài	bìng	zhèng	shàng

as regards the illness conditions

why?

由于	刺激	有	强	弱
yóuyú	cìjī	yǒu	qiáng	ruò

because the stimuli have strong and weak (variants)

Fourth unit of meaning

Basic statement

体质	和	敏感性	有	关系
tǐzhì	hé	mǐngǎnxìng	yǒu	guānxì

constitution and susceptibility have a relationship

what constitution
and susceptibility?

病人的
bìngren de

(those) of the patient

what kind of a
relationship?

极大
jí dà

a very great (one)

relationship
to what?

对受	病
duì shòu	bìng

to contracting an illness

Adjunct statement

需要	仔细	观察
xūyào	zǐxì	guānchá

(we) must carefully examine (them)

Text 7.3

Sentence structures

First unit of meaning

Basic statement

脾	阳	衰弱
pí	yáng	shuāiruò

the spleen yang is weak

what will happen?

水湿	不化
shuǐshī	bù huà

a.)

liquids do not transform

b.)

凝聚	成痰
níngjù	chéng tán

they coagulate to form phlegm

Adjunct statement

肺热	煎熬	津液
fèi rè	jiān'áo	jīnyè

when lung heat boils the fluids of the body

what will happen?

亦能成痰
yì néng chéng tán

that, too, can form phlegm

Second unit of meaning

Statement

以	为密切
yǐ	wéi mìqiè

(we) consider (something) to be close

what?

肺 和 脾
fèi hé pí

(the relationships to) lung and spleen

how close?

最
zuì

very (close)

in what regard?

关系
guānxi

(in regard to) the relationships

which relationships?

痰 与 内 脏 的
tán yú nèi zàng de

(those) of phlegm to the inner depots

Third unit of meaning

Basic statement

主要 症 状 为 咳 嗽
zhǔyào zhèng zhuàng wéi késou

the primary patho-manifestation is cough

which primary patho-manifestation?

痰 的
tán de

(that) of phlegm (illnesses)

1. Adjunct statement

阻碍 肃降
zǔ'ài sùjiàng

(phlegm) blocks the descending (movement)

which descending
movement?

气	机	的
qì	jī	de

(that) of the qi dynamics

what will happen?

则	为	喘息
zé	wéi	chuǎnxī

then this causes panting

2. Adjunct statement

亦	能	流	窜
yì	néng	liú	cuàn

it is also able to flow through (something)

through what?

经	络
jīng	luò

the conduits and the network (vessels)

what will happen?

出现	症
chūxiàn	zhèng

(that) produces pathoconditions

which
pathoconditions?

手	足	麻木, ...
shǒu	zú	mámù, ...

hands and feet being numb, ..

Fourth unit of meaning

Basic statement

若	和	其它	因素	结合
ruò	hé	qítā	yīnsù	jiéhé

when it merges with other factors

what will happen?

有 寒 痰, ...
yǒu hán tán, ...

a.) there is cold phlegm, ...

则 症 状 更 为 复 杂 了
zé zhèng zhuàng gèng wéi fùzá le

b.) then the patho-manifestations are even more complex

Fifth unit of meaning

Basic statement

痰 占 有 地 位
tán zhànyǒu dìwèi

phlegm occupies a position

what kind of
a position?

重 要
zhòngyào

an important (position)

where?

在 病 因 中
zài bìng yīn zhōng

among the illness causes

1. Adjunct statement

病 症 能 引 起 痰 浊
bìngzhèng néng yīnqǐ tán zhuó

illness conditions can give rise to phlegm turbidity

all illness
conditions?

很 多
hěnduō

very many

in what regard?

除了	病	之外
chúle	bìng	zhīwài

in addition to illnesses

which illnesses?

因	痰	生
yīn	tán	shēng

those generated because of phlegm

2. Adjunct statement

既	必须	兼顾
jì	bìxū	jiān gù

hence (we) must consider (this) too

when?

有痰	浊
yǒu tán	zhuó

when (a patient) has phlegm turbidity

Text 7.4

Sentence structures

First unit of meaning

Basic statement

饮	食	为	泉源
yǐn	shí	wéi	quányuán

drink and food are sources

sources of what?

营养	的
yíngyǎng	de

of nourishment

Adjunct statement

但	恣	贪	口腹,	没有	节制, ...
dàn	zī	tān	kǒufù,	méiyǒu	jiézhì, ...

but indulging in food without restraint, ...

亦	能	致	病
yì	néng	zhì	bìng

they too can lead to illness

Second unit of meaning

Statement

称	做	伤	食
chēng	zuò	shāng	shí

(we) designate (something) as harm caused by food

what?

痞	闷
pǐ	mèn

a.)

blocks and pressure

where?

胸 xiōng	膈 gé
------------	---------

in the chest and at the diaphragm

b.: structure identical with a.

吐逆 tǔnì	吞 tūn
------------	----------

c.)

vomiting and regurgitation

what is regurgitated?

酸 suān

(stomach) acid

d.)

或 huò	引起...的 yǐnqǐ...de
----------	----------------------

or (conditions) bringing forth (something)

what do they bring forth?

寒 hán	热, rè,	头痛, tóutòng,	泄泻 xièxiè
----------	-----------	-----------------	--------------

cold heat, headache, diarrhea

Third unit of meaning

Statement

伤 shāng	食 shí	成 chéng	病 bìng
------------	----------	------------	-----------

harm caused by food generates illnesses

where?

肠 cháng	胃 wèi
------------	----------

(in) the intestines and the stomach

when?

多
duō

often

Fourth unit of meaning

Basic statement

也 有 消 化 薄 弱
yě yǒu xiāohuà bórùo

it also happens: digestion is weak

in what regard?

本 身
běnshēn

originally

1. Adjunct statement

不 能 多 食
bù néng duō shí

(the patient) is not able to eat **much**

2. Adjunct statement

饱 胀
bǎo zhàng

fullness and distension (result)

when?

食 后
shí hòu

after the meals

3. Adjunct statement

进 油 膩
jìn yóu nì

(someone) eats oily or greasy (food)

how much?

稍
shāo

little

what will happen?

大便 溏薄
dàbiàn tángbó

the stool is semiliquid

4. Adjunct statement

中 医 称为 脾 虚
zhōng yī chēngwéi pí xū

Chinese medicine calls (that) spleen depletion

Fifth unit of meaning

Basic statement

以 能 食不 消化
yǐ néng shí bù xiāohuà

it considers an ability to eat without digestion

为胃 强 脾 弱
wéi wèi qiáng pí ruò

as stomach strength and spleen weakness

Adjunct statement: structure identical with Basic statement

Text 7.5

Sentence structures

First unit of meaning

Statement

以	肠	寄生虫	为	常	见
yǐ	cháng	jìshēngchóng	wéi	cháng	jiàn

(we) consider intestinal parasites as often seen

which intestinal
parasites?

蛔虫, ...	寸白虫	等
huíchóng, ...	cùnbaichóng	děng

roundworms, ... and tapeworms

Second unit of meaning

Statement

成
chéng

(those parasites) are generated

why?

多	由	湿	热	素	重
duō	yóu	shī	rè	sù	zhòng

a.) mostly because dampness and heat are always considerable

饮	食	不	洁
yǐn	shí	bù	jié

b.) drink and food are not clean

进	生	菜	...	等
jìn	shēng	cài	...	děng

c.) someone eats raw vegetables, ...

how?

杂
zá

mixed

Third unit of meaning

Basic statement

症状	呈现	面黄...
zhèngzhuàng	chéngxiàn	miàn huáng ...

the pathomanifestations appear as facial yellowness ...

which
pathomanifestations?

患	病的
huàn	bìng de

(those) of suffering from an illness

from which illness?

有	肠	寄生虫
yǒu	cháng	jīshēngchóng

that of having intestinal parasites

1. Adjunct statement

鼻孔	或	肛门	作痒
bí kǒng	huò	gāngmén	zuòyǎng

the nose holes or the anus itches

2. Adjunct statement

唇内	生	白点	如	粟粒
chún nèi	shēng	bái diǎn	rú	sù lì

the lip interior develops white dots resembling millet grains

3. Adjunct statement

食欲	减退	或	异常	亢进
shíyù	jiǎntuì	huò	yìcháng	kàngjìn

the appetite decreases or shows abnormal hyperfunction

4. Adjunct statement

有的嗜	食生米,	茶叶
yǒude shì	shí shēng mǐ,	chá yè

some prefer to eat raw rice or tea leaves

5. Adjunct statement

腹	内	阵痛
fù	nèi	zhèn tòng

the abdominal interior has labor pain

6. Adjunct statement

面部	变	色
miàn bù	biàn	sè

the face changes its color

Fourth unit of meaning

Basic statement

酿成	痞	积
niàng chéng	gān	jī

(parasites) produce malnutrition accumulation

where?

在小儿
zài xiǎo ér

in small children

how?

尤	易
yóu	yì

especially easily

1. Adjunct statement

腹	大, 坚,	满
fù	dà, jiān,	mǎn

the abdomen grows big, hardens, and is full

2. Adjunct statement

俗	呼	疴	膨...
sú	hū	gān	péng...

that is commonly called malnutrition inflation...

Fifth unit of meaning

Basic statement

癆瘵	即	传	尸	癆
láo zhài	jì	chuán	shī	láo

consumption is corpse-transmitted consumption

1. Adjunct statement

由	癆	虫	传染
yóu	láo	chóng	chuán rǎn

it is transmitted by consumption worms

2. Adjunct statement

病	在	于	肺
bìng	zài	yú	fēi

the illness is situated in the lung

Sixth unit of meaning

Basic statement

症	见	咳嗽 ...
zhèng	jiàn	késou ...

as pathoconditions appear cough, ...

Adjunct statement

伤	人	最	甚
shāng	rén	zuì	shèn

(this illness) harms a person very severely

Text 7.6

Sentence structures

First unit of meaning

Statement

虽	分	外	因	和	内	因
suī	fēn	wài	yīn	hé	nèi	yīn

although (we) distinguish external causes and internal causes

in what regard?

病	因
bìng	yīn

(in regard to) illness causes

but?

但	不	能	把	它	们	看
dàn	bù	néng	bǎ	tāmen	kàn	

but it is not possible to view **them**

view them how?

孤立起来
gūlìqǐlái

separately

Second unit of meaning

Basic statement

中	医	分	疾	病
zhōng	yī	fēn	jī	bìng

Chinese medicine distinguishes the illnesses

为	两	类
wéi	liǎng	lèi

into two categories

into which
categories?

外	感	和	内	伤
wài	gǎn	hé	nèi	shāng

external affections and internal harm

1. Adjunct statement

以	六淫 ...	作为主因
yǐ	liù yín ...	zuòwéi zhǔ yīn

it considers the six excesses ... as main causes

as main causes
of what?

两者	的
liǎngzhě	de

of the two (categories of illnesses)

2. Adjunct statement

外	因	侵	害	人	体
wài	yīn	qīn	hài	rén	tǐ

external causes invade and harm the human body

how?

不容易
bù róngyì

not easily

under which
conditions?

不通过内因
bù tōngguò nèi yīn

if not through internal causes

3. Adjunct statement

内因	往往	引发
nèi yīn	wǎngwǎng	yīnfā

the internal causes are often brought forth

by what?

由	外	因
yóu	wài	yīn

by the external causes

how?

同样地
tóngyàngde

similarly

Third unit of meaning

Basic statement

同是 应当 注意 其它 因素
tóngshì yīngdāng zhùyì qítā yīnsù

similarly (we) should pay attention to other factors

in which regard?

除了 主 因 之外
chúle zhǔ yīn zhīwài

in addition to the major causes

what major causes?

发... 的
fā... de

(those) bringing forth (something)

what?

病
bìng

the illnesses

for instance?

如 生活, 营养, 居住 条件 等
rú shēnghuǒ yíngyǎng jūzhù tiáojiàn děng

e.g., life (style), nourishment, and housing conditions

Adjunct statement

均有 极大 关系
jūn yǒu jí dà guānxì

they all have a very great association (with illness)

Text 7.7

Sentence structures

First unit of meaning

Basic statement

发生	有	意外	损害
fāshēng	yǒu	yìwài	sǔnhài

an emergence has an accidental injury (as its cause)

emergence
of what?

疾病的
jībìng de

of an illness

so what?

既不	属	于	内	因
jìbù	shǔ	yú	nèi	yīn

a.)

neither does it belong to the internal causes

又不	属	于	外	因
yòubù	shǔ	yú	wài	yīn

b.)

nor does it belong to the external causes

Adjunct statement

称	为	不	内	外	因
chēng	wéi	bù	nèi	wài	yīn

(we) designate this as “neither- internal- nor-external-cause”

Second unit of meaning

Statement

房室	伤	指	受伤
fángshì	shāng	zhǐ	shòushāng

bedroom-caused-harm refers to harm

harm to what?

精	气
jīng	qì

to essence and qi

caused by what?

色欲	过度
sèyù	guòdù

caused by sexual excesses

Third unit of meaning

Statement

不	仅	身	体	虚	弱
bù	jīn	shēn	tǐ	xū	ruò

not only the body is depleted and weak

but also?

还	招	致	病	邪
hái	zhāozhì	bìng	xié	

it also invites an illness evil

how?

易
yì

easily

Fourth unit of meaning

Statement

金	刃	伤	指	一	类
jīn	rèn	shāng	zhǐ	yī	lèi

weapon-caused-harm refers to one group

which group?

创伤	或	损伤
chuāngshāng	huò	sūnshāng

(that) of wounds or injuries

which kind of wounds?

刀	剑
dāo	jiàn

(those caused by) knives or swords

which kind of injuries?

跌打
diē-dǎ

(those caused by) accidental falls

Fifth unit of meaning

Statement

汤	火伤
tāng	huǒ shāng

harm (caused by) hot liquids or fire

指	烫伤	或	烧伤
zhǐ	tàngshāng	huò	shāoshāng

refers to scalding or burns

scaldings by what?

汤水
tāng shuǐ

by hot water

burns by what?

火灼
huǒzhuó

by fire

Sixth unit of meaning

Basic statement

虫兽	伤指	咬伤
chóng shòu	shāng zhǐ	yǎo shāng

insect/animal-(caused)-harm refers to bite harm

bite-harm caused by
what?

毒	蛇	猛 兽
dú	shé	měng shòu

by poisonous snakes and wild animals

Adjunct statement

还 能 引 起 中 毒
hái néng yīnqǐ zhòngdú

they also can evoke poisonings

which kind of
poisonings?

不 同 程 度 的
bùtóng chéngdù de

(those) of different degrees

in what regard?

除 了	直 接 伤 害 外
chúle	zhíjiē shānghài wài

in addition to direct wounds

of which kind?

体 表 受 到
tǐ biǎo shòudào

(those which) the body outside receives

Seventh unit of meaning

Statement

中 毒 指 食 物 中 毒 或 ...
zhòngdú zhǐ shíwù zhòngdú huò ...

poisoning refers to food poisoning or ...

when?

一 般 多
yībān duō

generally, mostly

Eighth unit of meaning

Basic statement

不	内	外	因	有	关系
bù	nèi	wài	yīn	yǒu	guānxì

the neither-internal- nor-external causes have relationships

to what?

和	内	因,	外	因
hé	nèi	yīn,	wài	yīn

to the internal causes, and to the external causes

Adjunct statement

譬如	外	邪	侵入
pìrú	wài	xié	qīnrù

e.g., an external evil invades (the body)

when?

刀	伤	后
dāo	shāng	hòu

after a knife caused harm

how does it enter?

从	创	口
cóng	chuāng	kǒu

through the wound opening

what will happen?

能	发生	破	伤	风	症
néng	fāshēng	pòshāng	fēngzhèng		

it can evoke a tetanus condition

what kind of a tetanus condition?

严	重的
yán	zhòngde

a very serious (one)

Ninth unit of meaning

Statement

不 能 把 它 孤 立 起 来 bù néng bǎ tā gūlìqǐlái
--

(we) can not isolate it

what?

任 何 一 因, 都 rènhe yī yīn, dōu

each single cause

where?

三 因 中 sān yīn zhōng

among the three causes

Text 7.8

Sentence structures

First unit of meaning

Basic statement

来 必 有 因
lái bì yǒu yīn

an arrival must have a cause

arrival of what?

病 之
bìng zhī

of an illness

1. Adjunct statement

一个 原因 可以 生出 病
yīgè yuányīn kěyǐ shēngchū bìng

one cause can generate illnesses

what kind
of illnesses?

多 种 不 同 的
duō zhǒng bù tóngde

many types, dis-similar (ones)

2. Adjunct statement

同一 病症 可 造成
tóngyī bìngzhèng kě zàochéng

one identical illness can be generated

by what?

由 各 种 不 同 的 原 因
yóu gè zhǒng bù tóngde yuányīn

by all kinds of dis-similar causes

Second unit of meaning

Basic statement

所以 中 医 有 特点
suǒyǐ zhōng yī yǒu tèdiǎn

hence Chinese medicine has a characteristic

which characteristic?

异 病 同 治,
yì bìng tóng zhì,

(that) of "different illnesses identical treatment,

同 病 异 治 的
tóng bìng yì zhì de

identical illnesses different treatment"

1. Adjunct statement

一个 药 方 治 病
yīgè yào fāng zhì bìng

one drug formula cures illnesses

illnesses
of what kind?

几 种 不 同 的
jǐ zhǒng bù tóngde

several kinds of dis-similar (ones)

2. Adjunct statement

必须 用 几个 药 方
bìxū yòng jǐgè yào fāng

it is necessary to use several drug formulas

when?

有时 在 一 种 病 上
yǒushí zài yī zhǒng bìng shàng

sometimes, in case of one single type of illness

why?

来 治疗
lái zhìliáo

to cure (it)

Third unit of meaning

Basic statement

有的表现 为 发热
yǒude biǎoxiàn wéi fāre

some appear as fever

for example?

例如, 同一 热 邪
lìrú, tóngyī rè xié

e.g., identical heat evil

1. Adjunct statement

有的 咳嗽
yǒude késòu

some (appear as) cough

2. Adjunct statement: structure identical with 1. Adjunct statement

3. Adjunct statement

要 求得是 热 邪
yào qiúde shì rè xié

it is necessary to find this heat evil

4. Adjunct statement

病症 虽 异
bìngzhèng suī yì

the illness conditions may differ

but?

都 能 用 清凉 剂
dōu néng yòng qīngliáng jì

in all cases it is possible to use cooling formulas

Fourth unit of meaning

Basic statement

如 同 一 发 热
rú tóngyī fā rè

if identical fevers (appear)

what are they?

有 起 的
yǒu qǐ de

there are brought forth (ones)

brought forth
because of what?

因 热 邪, ... 而
yīn rè xié, ... ér

because of heat evil, ...

1. Adjunct statement

发 热 虽 同
fā rè suī tóng

the fevers may be identical

but?

而 原 因 不 同
ér yuányīn bù tóng

but the causes are not identical

which causes?

所 以	引 起... 的
suǒyǐ	yīnqǐ... de

(those) by which (something) was brought forth

what?

发 热
fā rè

the fever

2. Adjunct statement

不 能	专	用
bù néng	zhuān	yòng

it is not possible to exclusively use (something)

to use what?

清 凉 剂
qīngliáng jì

cooling formulas

to achieve what?

退 热
tùi rè

to repel the heat

Fifth unit of meaning

Basic statement

这 是	说 明	重 要 性
zhè shì	shuōmíng	zhòngyàoxìng

that is to explain the importance

what importance?

病 因 对 于 治 疗 的
bìng yīn duìyú zhìliáo de

(that) of illness causes vis-a-vis a therapy

1. Adjunct statement

治 疗 任 何 一 种 病
zhìliáo rènhéyī zhǒng bìng

to treat any type of illness

what is necessary?

要	弄 清 楚
yào	nòngqīngchǔ

it is necessary to clarify (something)

what?

原因
yuányīn

the causes

when?

首先
shǒuxiān

first

LESSON 8: THE EIGHT PRINCIPLES

Text 8.1

Sentence structures

First unit of meaning

Basic statement

每一个病 都有症状
měi yīgè bìng dōu yǒu zhèngzhuàng

each single illness has pathomanifestations

of what kind?

错综 复杂的
cuòzōng fùzáde

complex (ones)

Adjunct statement

要 找到 它的关键
yào zhǎodào tāde guānjiàn

(we) wish to find out its keypoints

掌握 它的主要 方面
zhǎngwò tāde zhǔyào fāngmiàn

and to grasp its major aspects

so what?

必须 懂得 运用
bìxū dǒngdé yùnyòng

(we) must understand how to employ (something)

what?

八 纲
bā gāng

the eight principles

Second unit of meaning

Basic statement

八	纲	是	阴	阳, ...
bā	gāng	shì	yīn	yáng, ...

the eight principles are yin and yang, ...

1. Adjunct statement

为	纲领
wéi	gānglǐng

they are **guiding principles**

what guiding principles?

辨	症	的
biàn	zhèng	de

(those) **of** differentiating the pathoconditions

2. Adjunct statement

阴	阳	为	纲领
yīn	yáng	wéi	gānglǐng

yin and yang are **guiding principles**

what guiding principles?

纲领	的
gānglǐng	de

(those) **of** the guiding principles

where?

其	中
qí	zhōng

among them

Third unit of meaning

Basic statement

表	里, ...	是	演绎
biǎo	lǐ, ...	shì	yǎnyí

outside/inside, ... are deductions

deductions of what?

阴阳的
yīn yáng de

of the yin/yang (correspondence)

in what regard?

实际上
shíjì shàng

in regard to reality

1. Adjunct statement

亦称 六变
yì chēng liù biàn

they are also called "the six changes"

2. Adjunct statement

它指示了
tā zhǐshìle

they refer to (something)

to what?

部位
bùwèi

a.)

to the locations

which locations?

所在的
suǒzài de

(those) of where they are situated

where who is situated?

病 变
bìng biàn

the pathological changes

b.)

征象
zhēngxiàng

to the appearances

which appearances?

病	的
bìng	de

(those) of the illnesses

和	变化
hé	biànhuà

c.)

and to changes

what
changes?

消	长	的
xiāo	zhǎng	de

(those) of the waning and waxing

which waning and
waxing?

邪	正
xíe	zhèng

(those) of evil and proper (qi)

Fourth unit of meaning

Statement

根据	八	纲
gēnjù	bā	gāng

(we) base (ourselves) on the eight principles

why?

来	观察	全部	情况
lái	guānchá	quánbù	qíngkuàng

to examine the entire circumstances

which circumstances?

症	候	的
zhèng	hóu	de

(those) of pathological signs

and furthermore?

加以	分析	归纳
jiāyǐ	fēnxi	guīnà

and add analysis and deduction

what will happen?

得出	诊断	结论
déchū	zhěnduàn	jiélùn

(we) reach diagnostic conclusions

how?

不难
bù nán

it is not difficult

Fifth unit of meaning

Basic statement

已	叙述
yǐ	xùshù

(we) have already recounted (something)

in what regard?

关于	阴	阳	方面
guānyù	yīn	yáng	fāngmiàn

in regard to yin and yang

where?

在	第一章
zài	dìyī zhāng

in the first chapter

Adjunct statement

兹	说明	如下
cī	shuōmíng	rú xià

here (we) explain something as follows

what?

意义 yìyì

the meaning

what meaning?

六 变 的 liù biàn de

(that) of the six changes

Text 8.2

Sentence structures

First unit of meaning

Basic statement

表	是	外
biǎo	shì	wài

“outside” is outer

Adjunct statement

里	是	内
lǐ	shì	nèi

“inside” is inner

Second unit of meaning

Basic statement

表	是	体	表
biǎo	shì	tǐ	biǎo

the “outside” is the body's outside

in what
regard?

从	内	外	来	说
cóng	nèi	wài	lái	shuō

in regard to inner and outer

whose inner
and outer?

人	体	的
rén	tǐ	de

(those) of the human body

1. Adjunct statement

包括	组织
bāokuò	zǔzhī

(that) includes tissues

which tissues?

皮肤	肌肉	等
pífū	jīròu	děng

skin and muscles

2. Adjunct statement

里	指	内	脏
lǐ	zhǐ	nèi	zàng

the "inside" refers to the inner depots

3. Adjunct statement

包括	器官
bāokuò	qìguān

(that) includes the organs

which organs?

脏,	腑	和	脑	等
zàng,	fǔ	hé	nǎo	děng

the depots, the palaces, and the brain

Third unit of meaning

Basic statement

症	为表	症
zhèng	wéi biǎo	zhèng

pathoconditions are outside pathoconditions

which pathoconditions?

属...者	均
shǔ...zhě	jūn

all (those) belonging (to something)

what do they belong to?

于	体	表
yú	tǐ	biǎo

to the body's outside

for example?

如 恶 寒, ... 等
rú wù hán, ... děng

e.g., aversion to cold, ..

in what regard?

症状
zhèngzhuàng

(in regard of) the pathomanifestations

which patho-
manifestations?

所 出现的
suǒ chūxiànde

those appearing

when do they appear?

病 邪 侵犯 人体
bìng xié qīnfàn réntǐ

when an illness evil invades the human body

Adjunct statement

症 为 里 症
zhèng wéi lǐ zhèng

the pathoconditions are inside pathoconditions

which
pathoconditions?

属 于 体 内 者
shǔ yú tǐ nèi zhě

those **belonging to** the body's interior

for example?

神 昏 烦躁, ... 等
shén hūn fánzào, ... děng

(e.g.,) mental confusion and restlessness, ...

Text 8.3

Sentence structures

First unit of meaning

Basic statement

邪	侵犯	人	体
xié	qīnfàn	rén	tǐ

the evil invade the human body

which evil?

六	淫	之
liù	yín	zhī

(those) of the six excesses

which six excesses?

风,	寒	等
fēng,	hán	děng

wind, cold, etc.

what will happen?

首先	伤	于	皮	毛,	...
shǒuxiān	shāng	yú	pí	máo,	...

first (there is) harm to skin and hair, ...

Adjunct statement

概	称	表	症
gài	chēng	biǎo	zhèng

summarily they are called outside pathoconditions

Second unit of meaning

Basic statement

病	多	自	内	生
bìng	duō	zì	nèi	shēng

illnesses emerge mostly from the interior

which illnesses?

所 suǒ	引起的 yīnqǐde
----------	----------------

those which are brought forth

brought forth
by what?

因 yīn	七 qī	情 qíng	或 huò	饮 yǐn	食 ... shí ...
----------	---------	-----------	----------	----------	------------------

by the seven affects or drink and food, ...

which seven
affects?

喜 xǐ	怒 nù
---------	---------

joy, anger etc.

Adjunct statement

概 gài	称 chēng	里 lǐ	症 zhèng
----------	------------	---------	------------

summarily they are called inside pathoconditions

Third unit of meaning

Statement

这是 zhè shì	概况 gàikuàng
---------------	----------------

that is a survey

a survey of what?

辨别 biànbíe	的 de
---------------	---------

(a survey) of a differentiation

a differentiation
of what?

表 biǎo	里 lǐ
-----------	---------

(of) outside and inside

Fourth unit of meaning

Basic statement

表	邪	可以	传
biǎo	xié	kěyǐ	chuán

an outside evil can be transmitted

where?

内
nèi

to the interior

Adjunct statement

进	入	脏	腑
jìn	rù	zàng	fǔ

it enters into the depots and palaces

what will happen?

则	症状
zé	zhèngzhuàng

then the pathomanifestations

为里症
wéi lǐ zhèng

are inside pathoconditions

which patho-
manifestations?

其所	现的
qí suǒ	xiànde

those which are manifested by it

Fifth unit of meaning

Basic statement

也	有
yě	yǒu

it also happens

what?

表	邪	虽已	传
biǎo	xié	suī yǐ	chuán

although an outside evil has already been transmitted

where?

内
nèi

to the interior

but?

而	尚 未 到	里
ér	shàng wèi dào	lǐ

but it has not yet reached the inside

Adjunct statement

成为	半表	半里	症
chéngwéi	bàn biǎo	bàn lǐ	zhèng

that is called half-outside- half-inside-pathocondition

Sixth unit of meaning

Basic statement

表	邪	内	传
biǎo	xié	nèi	chuán

when an outside evil is transmitted to the interior

and?

表	症	仍在
biǎo	zhèng	réng zài

while the outside pathoconditions are still present

what is then?

称为	表	里	同	病
chéngwéi	biǎo	lǐ	tóng	bìng

that is called outside and inside are jointly ill

Seventh unit of meaning

Basic statement

分辨	表	里	症
fēnbiàn	biǎo	lǐ	zhèng

(we) distinguish outside and inside pathoconditions

in what regard?

临症	上
línzhèng	shàng

in regard to clinical practice

Adjunct statement

更	重要的	是
gèng	zhòngyàoode	shì

the **even more** important (aspect) is

what?

注意	倾向
zhùyì	qīngxiàng

to **pay attention** to the directions

what directions?

其	传	变
qí	chuán	biàn

(those) of their transmission and change

Text 8.4

Sentence structures

First unit of meaning

Statement

症状	为
zhèngzhuàng	wéi

pathomanifestations are (the following)

namely?

口	不	作渴
kǒu	bù	zuòkě

a.) the mouth is not **thirsty**

喜	饮	热	汤
xǐ	yǐn	rè	tāng

b.) (someone) likes to drink hot liquid

手	足	厥	冷
shǒu	zú	jué	lěng

c.) hands and feet have receding (yang qi) and are cold

无	风	恶	寒
wú	fēng	wù	hán

d.) there is no wind but an aversion to cold

小便	清	长
xiǎobiàn	qīng	cháng

e.) the urine is clear and (its flow is) extended

f. - i.: structure identical with e.

these are patho-
manifestations
of what?

寒 的
hán de

of cold

Second unit of meaning: Structure identical with First unit of meaning

Third unit of meaning

Basic statement

表现 有 现象
biǎoxiàn yǒu xiànxàng

manifestations have appearances

which manifestations?

病 情 的
bìng qíng de

a.) (those) of the illness nature

这里 可以 看出
zhèlǐ kěyǐ kànchū

b.) (those) which can be observed here

which
appearances?

两种 不同的
liǎngzhǒng bù tóngde

two dis-similar (ones)

appearances
of what?

寒 和 热
hán hé rè

of cold and heat

Adjunct statement

辨别 是 一个 关键
biànbí shì yīgè guānjiàn

differentiation is a key element

differentiation between
what?

寒	热
hán	rè

between cold and heat

key element of what?

决定	用	药	的
juéding	yòng	yào	de

of deciding about using drugs

which drugs?

或	温	或	凉
huò	wēn	huò	liáng

whether to use warming or cooling (drugs)

Fourth unit of meaning

Basic statement

寒	症	和	热	症
hán	zhèng	hé	rè	zhèng

cold pathoconditions and heat pathoconditions

是	全	身	症	状
shì	quán	shēn	zhèng	zhuàng

are entire body pathomanifestations

always?

有	时	不	完	全
yǒushí	bù	wánquán		

sometimes not completely

1. Adjunct statement

如	发	热	是	全	身	的
rú	fā	rè	shì	quán	shēn	de

e.g., fever is (a condition) of the entire body

2. Adjunct statement

小 溲 可 以 有 关
xiǎosōu kěyǐ yǒu guān

urine can have relationships

which urine?

黄 赤
huáng chì

yellow red (urine)

relationships
to what?

与 发 热
yǔ fā rè

to fever

3. Adjunct statement

也 有
yě yǒu

it also happens

what happens?

仅 属 于
jǐn shǔ yú

(fever) does solely belong to (the following condition)

to which condition?

膀 胱 有 热
pángguāng yǒu rè

the bladder has heat

Fifth unit of meaning

Statement

所 以 辨 寒 症
suǒyǐ biàn hán zhèng

hence to distinguish cold pathoconditions

和 热 症
hé rè zhèng

and heat pathoconditions

what is
to be done?

需要 进一步 分别
xūyào jìnyībù fēnbié

(we) must go a step further and distinguish (something)

what?

上 下
shàng xià

upper and lower (locations)

in what regard?

除 一般者 以外
chú yībānzhe yìwài

in addition to the general (criteria)

Text 8.5

Sentence structures

First unit of meaning

Statement

虚	实	是说的
xū	shí	shì shuōde

depletion and repletion are mentioned

what for?

指 ...	来
zhǐ ...	lái

to refer to something

what?

两 方面
liǎng fāngmiàn

two aspects

namely?

正 气 和 邪 气
zhèng qì hé xié qì

proper qi and evil qi

Second unit of meaning

Basic statement

指	强	弱
zhǐ	qiáng	ruò

they refer to strength and weakness

strength and weakness
of what?

正 气 的
zhèng qì de

of the proper qi

in what
regard?

从	人	体	说
cóng	rén	tǐ	shuō

in regard to the human body

Adjunct statement: Structure identical with basic statement

Third unit of meaning

Basic statement

虚	多	指	正	气
xū	duō	zhǐ	zhèng	qì

depletion often refers to proper qi

where?

在	一	般	临	症	上
zài	yī	bān	lín	zhèng	shàng

in general clinical practice

1. Adjunct statement: Structure identical with basic statement

2. Adjunct statement

因
yīn

the reason (is the following)

namely?

正	气	充	旺
zhèng	qì	chōng	wàng

proper qi flourishes

and?

无	所	谓	实
wú	suǒ	wèi	shí

nothing exists that is to be called repletion

3. Adjunct statement

邪	气	退	却
xié	qì	tuì	què

evil qi has abated

and?

无	所	谓	虚
wú	suǒ	wèi	xū

nothing exists that is to be called depletion

Fourth unit of meaning

Statement

表现	为	神	疲 ...
biǎoxiàn	wéi	shén	pí ...

manifestations are mental weakness ...

which manifestations?

虚	症	的
xū	zhèng	de

(those) of the depletion pathoconditions

Fifth unit of meaning: Structure identical with Fourth unit of meaning

Sixth unit of meaning

Basic statement

凡	体	壮	新	病
fán	tǐ	zhuàng	xīn	bìng

whenever a body is strong and suffers from a new illness

what is then?

症	多	属	实
zhèng	duō	shǔ	shí

the pathoconditions mostly belong to repletion

Adjunct statement: structure identical with Basic statement

Seventh unit of meaning

Basic statement

体	质	和	机转	表现	为
tǐ	zhì	hé	jīzhuǎn	biǎoxiàn	wéi

physical constitution and processes appear as (something)

whose constitution?

患者
huànzhe

(that) of the patient

which processes?

病理
bìnglǐ

the pathological (ones)

they appear
as what?

有	余	结实, ... 的
yǒu	yú	jiéshí, ... de

as having surplus, being firm, ... ones

what is then?

称为	实	症
chēngwéi	shí	zhèng

they are called repletion pathoconditions

Adjunct statement: structure identical with Basic statement

Text 8.6

Sentence structures

First unit of meaning

Statement

辨别	是	根据
biànbíé	shì	gēnjù

to differentiate is the basis

to differentiate
what?

虚	实
xū	shí

depletion and repletion

is the basis
of what?

攻	邪和	补	正	的
gōng	xié hé	bǔ	zhèng	de

of attacking evil and of supplementing proper (qi)

Second unit of meaning

Basic statement

病	有	纯	虚...	者
bìng	yǒu	chún	xū...	zhě

if there is, as illness, pure depletion...

what is then?

辨别	较	易
biànbíé	jiào	yì

to differentiate is relatively easy

and?

治疗	亦	简单
zhìliáo	yì	jiǎndān

to treat is also easy

1. Adjunct statement

有 yǒu	虚 xū	实 shí	错杂者 cuòzá zhě
----------	---------	----------	------------------

if there is depletion and repletion mixed

能 néng	挽救 wǎnjiù
-----------	--------------

it is possible to help

when?

正 zhèng	强 qiáng	邪 xié	实 shí
------------	------------	----------	----------

if the proper is strong, and if the evil is weak

under all circumstances?

虽 suī	重 zhòng
----------	------------

although (the condition) is serious

2. Adjunct statement

以 yǐ	危殆 wēidài
---------	--------------

it can also be dangerous

when?

正 zhèng	虚 xū	邪 xié	实 shí
------------	---------	----------	----------

if the proper is depleted while the evil is replete

under all circumstances?

虽 suī	轻 qīng
----------	-----------

although (the problem) is light

Third unit of meaning

Basic statement

经常	出现	现象
jīngcháng	chūxiàn	xiànxàng

regularly a phenomenon appears

of which kind?

邪	正	消	长
xié	zhèng	xiāo	zhǎng

the evil and the proper wane and wax

where does
that happen?

在	过程	中
zài	guòchéng	zhōng

in the course

in the course
of what?

每	一个	病	的
měi	yīgè	bìng	de

(in that) of each single illness

Adjunct statement

必须	注意	情况
bìxū	zhùyì	qíngkuàng

(we) must pay attention to states

which states?

变化
biànhuà

(those) of changes

for example?

虚	中	有	实
xū	zhōng	yǒu	shí

a.)

within depletion exists repletion

实	中	有	虚
shí	zhōng	yǒu	xū

within repletion

exists depletion

虚	多	实	少, ...
xū	duō	shí	shǎo, ...

b.) depletion is more, repletion is less, ...

Fourth unit of meaning

Basic statement

例如
lírú

for example (the following conditions)

namely?

外	感	风	寒
wài	gǎn	fēng	hán

a.) external affection by wind cold

恶	寒	发热
wù	hán	fā rè

b.) aversion to cold with fever

脉	象	浮	紧
mài	xiàng	fú	jǐn

c.) the pulse appears superficial and tight

what is that?

这是一个表	实	症
zhè shì yīgè biǎo	shí	zhèng

that is an outside-repletion pathocondition

1. Adjunct statement

如果汗出不止
rúguǒ hàn chū bù zhǐ

if sweat flows without end

when?

发汗后
fā hàn hòu

after (we) have induced sweating

and?

身热骤降
shēn rè zòu jiàng

a.)

the body heat suddenly drops

反而畏
fǎn ér wèi

b.)

and, in contrast, (we) fear (something)

what?

冷更剧
lěng gèng jù

the cooling down even worsens

what is that?

这是症状
zhè shì zhèng xiàng

that is a pathological sign

sign of what?

转为虚症
zhuǎn wéi xū zhèng

of a change into a depletion pathocondition

2. Adjunct statement: structure identical with 1. Adjunct statement

Text 8.7

Sentence structures

First unit of meaning

Basic statement

表	里, ...	是	一	种	归纳	方法
biǎo	lǐ, ...	shì	yī	zhǒng	guīnà	fāngfǎ

outside/inside, ... are a kind of classifying method

for the classification of what?

症状	的
zhèngzhuàng	de

of the pathomanifestations

Adjunct statement

单	看	一个	症状
dān	kàn	yīge	zhèngzhuàng

to only observe one pathomanifestation

是	没有	意思的
shì	méiyǒuyiside	

is meaningless

Second unit of meaning

Basic statement

因为	每一个	症状	都能	出现
yīnwèi	měiyīge	zhèngzhuàng	dōu néng	chūxiàn

the reason is, each pathomanifestation can appear

how can it appear?

在	两	方面
zài	liǎng	fāngmiàn

in two aspects

1. Adjunct statement

表	症	有	怕	冷
biǎo	zhèng	yǒu	pà	lěng

outside pathoconditions include aversion to cold

2. - 6. Adjunct statement: structure identical with 1. Adjunct statement

Third unit of meaning

Statement

究竟	属	于	哪一	类型?
jiūjìng	shǔ	yú	nǎyī	lèixíng?

finally it belongs to which type?

Fourth unit of meaning

Statement

必须	结合	多种	症状
bìxū	jiéhé	duōzhǒng	zhèngzhuàng

(we) must combine many pathomanifestations

why?

来	决定
lái	juéding

to decide (this)

Fifth unit of meaning

Basic statement

所以	分析
suǒyǐ	fēnxī

hence (we) analyze (something)

what?

把	许多	症状	加以
bǎ	xǔduō	zhèngzhuàng	jiāyǐ

many pathomanifestations

1. Adjunct statement

就 联系起来
jiù liánxiqǐlái

then (we) combine

what?

类同
lèitóng

similar (ones)

similar in
what regard?

其 性质 上的
qí xìngzhì shàngde

in regard to their nature

2. Adjunct statement

成为 一个 群
chéngwéi yīgè qún

(we) form one group

a group of what?

症候
zhèng hòu

of patho-indicators

3. Adjunct statement

才 能 诊断
cái néng zhěnduàn

then (we) can diagnose

what?

它是 表 是 里, ...
tā shì biǎo shì lǐ, ...

it is an outside or it is an inside (problem)

Sixth unit of meaning

Basic statement

这说明了
zhè shuōmíngle

this explains (something)

what?

目的是在求 本质
mùdì shì zài qiú běn zhì

the goal is in searching for the basic nature

goal of what?

辨 症 的
biàn zhèng de

of differentiating pathoconditions

what basic nature?

病 的
bìng de

(that) of an illness

Adjunct statement

要 掌握 真相
yào zhǎngwò zhēnxiàng

(we) wish to grasp the truth

what is then?

必须 观察
bìxū guānchá

(we) must examine (a problem)

how?

从 多 方面
cóng duō fāngmiàn

from many sides

Text 8.8

Sentence structures

First unit of meaning

Basic statement

内 容	包 括 了	关 系
nèiróng	bāokuòle	guānxi

the contents comprise the relationships

what contents?

八	纲	的
bā	gāng	de

(those) of the eight principles

principles of what?

辨	症
biàn	zhèng

(those) of differentiating the pathoconditions

which relationships?

体	表	和	体	内	的
tǐ	biǎo	hé	tǐ	nèi	de

(those) of the body's outside and of the body's inside

1. Adjunct statement

指 出 了	性 质 和	情 况
zhīchūle	xìngzhì hé	qíngkuàng

they refer to the nature and to the circumstances

circumstances of what?

发 展
fāzhǎn

(those) of the development

what nature and
developmental
circumstances?

病 症 的
bìng zhèng de

(those) of illness-conditions

Second unit of meaning

Basic statement

最后	阶段	是	为了	治疗
zùihòu	jiēduàn	shì	wèile	zhìliáo

the final phase is devoted to therapy

what final phase?

辨	症	的
biàn	zhèng	de

(that) of differentiating pathoconditions

1. Adjunct statement

分辨	表	里
fēnbiàn	biào	lǐ

(we) distinguish outside and inside

what for?

可以	定出
kěyǐ	dìngchū

(we) can decide (something)

what?

或	汗	或	下
huò	hàn	huò	xià

whether to cause sweating or to purge

2. and 3. Adjunct statement: structure identical with 1. Adjunct statement

Third unit of meaning

Basic statement

汗	法	有	辛	温	发汗, ...
hàn	fǎ	yǒu	xīn	wēn	fāhàn, ...

the sweating pattern includes acrid and warming diaphoresis, ...

1. Adjunct statement: structure identical with Basic statement

2. Adjunct statement

其它也都有不同的用法
qítā yě dōu yǒu bù tóngde yòng fǎ

the other, too, all have dis- similar application patterns

which others?

温法, 凉法, ...
wēn fǎ, liáng fǎ, ...

the warming pattern, the cooling pattern, ...

Fourth unit of meaning

Basic statement

如何来 确定 治疗 方针
rúhélái quèdìng zhìliáo fāngzhēn

how to determine a therapeutic approach?

which therapeutic approach?

具体的
jùtǐde

a specific (one)

Adjunct statement

非 结合 不可
fēi jiéhé bù kě

without combining, it is not possible

without combining what?

表 里, 寒 热, 虚 实
biǎo lǐ, hán rè, xū shí

outside and inside, cold and heat, depletion and repletion

LEARN TO READ CHINESE

PAUL U. UNSCHULD

The techniques of Natural Language Development applied in *Learn to Read Chinese* follow the methods of learning used by children who are born into a mature linguistic environment. From a child's perspective he or she is learning to make sense of the complex sentences used by adults. Children first learn key terms and key statements. Next they learn to identify modifications of these key terms and statements. Only in a third and final stage are they able to link key statements and adjunct statements. In *Learn to Read Chinese* the same principles guide the student toward mastery of technical Chinese.

The program consists of two volumes. The first contains sixteen lessons, each of which includes eight short texts. All the texts are presented in Chinese characters, in pinyin transcription, in Chinese-English vocabulary, and in English translation. Companion audio tapes present the native pronunciation of each text. In Volume Two all 64 texts of the first eight lessons are graphically presented in the structural units of Natural Language Development. This permits the reader to trace the translation of every statement from the original Chinese to its appropriate rendition in English.

