

Glossary

The first column consists of the terms used in the body of the text. Subsequent columns provide correlation to the Chinese characters, pinyin transliteration, previous translation by Wiseman and Feng, and finally, a definition of the term.

When a Chinese term is important to the understanding of a theoretical or clinical concept, or when it is a term familiar to many students and practitioners of Chinese Herbal Medicine, that term is given in pinyin in the text, with an accompanying translation, if needed. However, for lesser-known terms, English translations have been used in the body of the text, with the glossary provided to assist interested individuals in making connections with the Chinese.

The authors have carefully considered the translation of each term and have offered the clearest and most practical translation they could discover, based on the consideration of both the Chinese terminology and nuances of standard American English usage. In some cases, this differs slightly from translations offered by Wiseman and Feng, which we have included here for purposes of assisting readers already familiar with their work. These small differences in no way diminish our respect for and appreciation of the diligence with which our esteemed colleagues have worked to provide thorough, extensive and effective bridges in understanding via their work.

Terminology	Chinese	Pinyin	Wiseman & Feng	Definition
5 a.m. diarrhea	五更泄	<i>wu geng xie</i>	fifth-watch diarrhea	Characterized by early morning (approximately 5 a.m.) diarrhea, this is often caused by Kidney deficiency.
Accumulation	积聚	<i>ji ju</i>	accumulation and gathering	An inclusive term describing the accumulation of <i>ji</i> (yin substances) and <i>ju</i> (yang substances), that may occur in any organ. Clinical presentation differs, depending on the area(s) and organ(s) affected.
<i>Ah shi</i> point	阿是穴	<i>ah shi xue</i>	a-shi point	A type of acupuncture point having no fixed location or name, but corresponding to an underlying disorder. Stimulating an <i>ah shi</i> point elicits tenderness and pain.
Ao (simmer)	熬	<i>ao</i>		A method that slowly cooks the herbs using low heat, extracts active constituents, and removes excess water.
<i>Ba gang bian zheng</i> (eight principle differentiation)	八纲辨证	<i>ba gang bian zheng</i>	eight-principle pattern identification	A system of differential diagnosis based on patterns of imbalance or disharmony of the eight factors: exterior and interior location, cold and hot attributes, deficiency and excess states, and yin and yang qualities.
<i>Ba hui</i> (eight meeting) points	八会穴	<i>ba hui xue</i>	eight meeting points	A set of eight points corresponding to <i>zang</i> (solid organs), <i>fu</i> (hollow organs), qi, blood, tendons, vessels, bones and marrows.
<i>Ban</i> (blend)	拌	<i>ban</i>		To mix medicinal substances.
<i>Bang</i> (scrape)	镑	<i>bang</i>	flaking	A method used to process horn substances to obtain thin flakes. This method increases the surface area and enhances extraction of active ingredients.
<i>Bei</i> (stone-bake)	焙	<i>bei</i>	stone-baking	A method to indirectly dry the herbs without changing their color by placing the herbs on a heated stone.
<i>Ben tun</i> (running piglet)	奔豚	<i>ben tun</i>	running piglet	A sensation of qi rushing upwards from the lower abdomen to the chest, epigastrium and throat. There will generally be concurrent pain, discomfort, alternation of heat and cold, and palpitations.
<i>Beng lou</i> (flooding and spotting)	崩漏	<i>beng lou</i>	flooding and spotting	A condition that includes massive uterine bleeding at irregular intervals and incessant dripping of blood from the uterus.

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<i>Bi zheng</i> (closed disorder)	闭证	<i>bi zheng</i>	block pattern	Characterized by clenched jaws, tight fists, unconsciousness, a warm body and cold extremities; this generally occurs in wind stroke or febrile disorders, with heat attacking the <i>ying</i> (nutritive) and <i>xue</i> (blood) levels.
<i>Bi zheng</i> (painful obstruction syndrome)	痹证	<i>bi zheng</i>	impediment pattern	A pain condition characterized by stagnation and obstruction that may affect any tissue and/or organ.
Big pulse	大脉	<i>da mai</i>	big pulse	A broad pulse.
Blood	血	<i>xue</i>	blood	The red, viscous fluid in the body that comprises nutrients, body fluids and Kidney <i>jing</i> (essence).
Blood deficiency	血虚	<i>xue xu</i>	blood vacuity	Pale, lusterless face, pale lips, dizziness, vertigo, palpitations, insomnia, coldness and numbness of the extremities, and a fine, weak pulse illustrate this condition, caused by loss of blood, excessive thinking and worrying, the presence of parasites, or injury to the internal organs.
Blood desiccation	血枯	<i>xue ku</i>	blood desiccation	Following profuse loss of blood, a condition characterized by dizziness, a feeling of weightlessness of the extremities, and amenorrhea.
Blood stagnation/stasis	血瘀	<i>xue yu</i>	blood stasis	A condition characterized by obstructed blood flow, leading to dark purplish skin color, dried or scaly skin, pain at a fixed location, pain that intensifies with pressure, fullness and distention of the lower abdomen, amenorrhea, black, tarry stools, and a dark purple tongue with black spots. Blood stagnation/stasis may be caused by external injuries, menstrual irregularities, qi stagnation and cold stagnation. Blood stagnation refers to mild to moderate obstruction of blood circulation. Blood stasis refers to moderate to severe obstruction of blood circulation, possibly with clotting.
<i>Bo</i> (open)	擘	<i>bo</i>		To open the medicinal substances to allow maximum extraction of active ingredients.
Body fluids	津液	<i>jin ye</i>	fluids	An all-inclusive term that describes all the fluids in the body, including tears, saliva, sweat, blood and fluids that lubricate the joints.
Bound pulse	结脉	<i>jie mai</i>	bound pulse	A slow pulse with pulses at irregular intervals.
Bowl	盅	<i>zhong</i>		A traditional unit of measurement for volume. The exact unit varies depending on the place and time in history.
Breast abscess	乳痈	<i>ru yong</i>	mammary welling-abscess	A hard breast abscess accompanied by distention and pain, chills and fever, and obstructed flow of breast milk; this is generally caused by Liver qi stagnation, Stomach fire, or stasis of breast milk.
<i>Bu fa</i> (tonifying)	补法	<i>bu fa</i>	supplementation	A method of treatment that nourishes, enriches, supplements, and benefits qi, blood, yin, and yang in the <i>zang fu</i> organs.
<i>Chang feng</i> (intestinal wind)	肠风	<i>chang feng</i>	intestinal wind	A condition caused by wind attacking the intestines, leading to the presence of bright red blood in the stools.

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<i>Chao</i> (dry-fry)	炒	<i>chao</i>	stir-frying	Parching or tossing medicinal substances in a heated wok. This method increases the warmth of the herb, harmonizes and moderates therapeutic effects, and facilitates extraction of active constituents.
<i>Chao huang</i> (dry-fry to yellow)	炒黄	<i>chao huang</i>		Parching or tossing medicinal substances in a heated wok until they become yellow in color.
<i>Chao jiao</i> (dry-fry to burnt)	炒焦	<i>chao jiao</i>	scorch-frying	Parching or tossing at high temperature until the medicinal substances are burnt on the outside.
<i>Chao tan</i> (dry-fry to ash)	炒炭	<i>chao tan</i>	char-frying	Parching or tossing at high temperature until the medicinal substances turn into ash.
<i>Chen yao</i> (deputy herb)	臣药	<i>chen yao</i>	minister	The second of four guiding principles in herbal formulation: <i>Jun Chen Zuo Shi</i> (Chief, Deputy, Assistant, Envoy). This herb serves two main functions: 1) to reinforce the effect of <i>jun yao</i> (chief herb) to treat the key disease or symptom; and 2) to treat the associated or coexisting diseases or symptoms.
<i>Chi</i> position	尺	<i>chi</i>	cubit	The third (most proximal) position on the wrist for pulse diagnosis; it represents Kidney yang (right hand) and Kidney yin (left hand).
<i>Chong</i> (thoroughfare) channel	冲脉	<i>chong mai</i>	thoroughfare vessel	One of the eight extraordinary vessels which controls the twelve channels. Also known as the “sea of blood,” as it has functions related to blood and gynecology.
<i>Chong fu</i> (take drenched)	冲服	<i>chong fu</i>	take drenched	Infusing the medicinal substances into water, decoction or other liquid before ingestion.
<i>Chu</i> (pestle)	杵	<i>chu</i>		Using a club-shaped implement to pound or grind medicinal substances in a mortar. This method increases the surface area and enhances extraction of active ingredients.
Clumping	结	<i>jie</i>	bind	This describes the formation of a solid mass or masses from one or more substances, such as phlegm, heat or cold.
Cold	寒	<i>han</i>	cold	Cold is a yin pathogenic factor that attacks both the outside and inside of the body and is characterized by contraction and stagnation. Clinical presentation of cold includes chills, shivering, aversion to cold, cold extremities, pale face and lips, the presence of undigested food in the stools, and clear urine.
Collapse	厥	<i>jue</i>	reversal	A condition of sudden collapse and loss of consciousness that generally can be reversed. The causes of collapse include cold, heat, phlegm and dietary injury, among others.
Controlling sequence	相克	<i>xiang ke</i>	restraining	A concept of <i>wu xing</i> (five element) theory that describes the orderly sequence in which one element controls the growth of another.
<i>Cui</i> (quench)	淬	<i>cui</i>	calcining and quenching	Heating medicinal substances at high temperature until they turn red, followed by dipping them in cold water or vinegar. This method makes the substances brittle to facilitate pulverization.

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<i>Cun</i> position	寸	<i>cun</i>	cun	The first (most distal) position on the wrist for pulse diagnosis; it represents the Lung (right hand) and the Heart (left hand).
<i>Cuo</i> (grate)	挫	<i>cuo</i>	grating	To reduce hard medicinal substances into small particles. This method increases the surface area and enhances extraction of active ingredients.
Cup	升	<i>sheng</i>		A traditional unit of measurement for both volume (approximately 200 mL) and weight (approximately 18-30g). Today, <i>sheng</i> has been standardized to 1,000 mL.
<i>Da tou wen</i> (swollen head epidemic)	大头瘟	<i>da tou wen</i>	massive head scourge	An epidemic disease characterized by redness and swelling of the face and sore throat, caused by wind, heat and toxins attacking the face and head.
<i>Dai</i> (girdle) channel	带脉	<i>dai mai</i>	girdling vessel	Another of the eight extraordinary vessels, this one serves to bind all of the channels together, and influences lower extremity function.
Damp	湿	<i>shi</i>	damp	Damp is a pathogenic factor that occurs mainly in the late summer or in places with high humidity. Dampness is characterized by heaviness and turbidity, which may lead to such symptoms as feeling heaviness in the head and extremities, general fatigue, and fullness in the chest and epigastrium. Dampness is also characterized by increased viscosity of substances and stagnation, such as in cases of abscesses, oozing ulcers, leukorrhea with foul discharge, and arthritis.
Damp rash	湿疹	<i>shi zhen</i>		Red eruption of the skin characterized by wind, dampness and heat.
<i>Dao</i> (pound)	捣	<i>dao</i>	crushing	To reduce medicinal substances into particles by crushing or grinding. This method increases the surface area and enhances extraction of active ingredients.
<i>De qi</i> (arrival of qi)	的气	<i>de qi</i>	obtaining qi	Qi sensation (numbness, pressure, swelling, warmth or other) that follows insertion and manipulation of acupuncture needles.
Debilitation	劳	<i>lao</i>	taxation	Generalized weakness resulting from persistent mental and physical wear and tear on the body.
Deep pulse	沉脉	<i>chen mai</i>	sunken pulse	A pulse that is distinct at the deep level. It cannot be felt with light pressure of the fingers, but can only be felt with heavy pressure.
Deficiency	虚	<i>xu</i>	vacuity	Deficiency refers to a state of insufficiency (such as deficiency of qi, blood, yin or yang), or decreased ability of the organ to carry out its normal physiological functioning (Spleen deficiency, Kidney deficiency, and so on). Deficiency occurs due to congenital deficiency, lack of nourishment, or long-term illness.
Deficient pulse	虚脉	<i>xu mai</i>	vacuous pulse	A soggy pulse that is also fine and forceless. It feels soft, weak and forceless, at all three levels.
<i>Dian kuang</i> (mania and withdrawal)	癫狂	<i>dian kuang</i>	mania and withdrawal	An inclusive term for various types of mental illness. <i>Dian</i> (withdrawal) represents yin disorders: the individual is quiet and socially inactive. <i>Kuang</i> (mania) represents yang disorders: the individual is irritable, restless, and physically active.

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Do not expose to heat	不见火	<i>bu jian huo</i>		To avoid direct or indirect contact with fire or high temperature.
Drooling phlegm	痰涎	<i>tan xian</i>	phlegm-drool	Characterized by profuse dripping of saliva in children; this is generally caused by wind-heat attacking the Spleen, resulting in its inability to properly process water.
Drum skin pulse	革脉	<i>ge mai</i>	drum skin pulse	A pulse that is string-like and empty in the middle.
Drum-like abdominal distention	鼓胀	<i>gu zhang</i>	drum distention	Characterized by severe fullness and distention, resulting in the abdomen resembling a drum; this may be caused by emotional constraint, inappropriate diet, excessive use of alcohol, or intestinal parasites.
Dryness	乾	<i>gan</i>	dry	Dryness is a pathogenic factor that invades the body in late autumn when there is a lack of moisture in the environment. Dryness consumes yin and body fluids, and may lead to clinical presentations such as dry and chapped skin, dryness of the mouth and throat, thirst, dry cough with little sputum, and so on.
Du (governing) channel	督脉	<i>du mai</i>	governing vessel	Confluence of all yang vessels, one of the eight extraordinary vessels, also known as the “sea of yang qi.” It influences brain and spinal column functioning.
Duan (calcine)	煨	<i>duan</i>	calcination	A preparation method to make medicinal substances crisp and brittle by burning them directly or indirectly in a container. This method is often reserved for minerals or shell-like substances to facilitate pulverization.
Dun (stew)	炖	<i>dun</i>	double-boiling	To boil slowly or with simmering heat.
Dysentery	痢疾	<i>li ji</i>	dysentery	A disorder characterized by abdominal pain, increased frequency but decreased volume of bowel movements, tenesmus, and the presence of undigested food, mucus, and blood in the stool.
Earth	土	<i>tu</i>	earth	Another of the five elements, earth corresponds to ripeness and late summer, to sweet flavors, transformation, and centeredness. The corresponding organ is the Spleen.
Epidemic toxin	疫毒	<i>yi du</i>	epidemic toxin	An epidemic pathogenic factor that attacks and affects the entire community, regardless of individual health and constitution.
Epilepsy	痫证	<i>xian zheng</i>	epilepsy pattern	Characterized by altered consciousness and muscle convulsions, this disorder occurs frequently in children because they have not yet gained fully-developed defenses against external pathogens. Factors commonly causing seizure include wind, heat, phlegm and inappropriate diet.
Excess	实	<i>shi</i>	repletion	Excess refers to the state of surplus or overload that creates a pathologic condition in the body, such as when there is excess heat, formation or accumulation of phlegm, or blood stagnation, among others. Excess conditions occur in the case of invasion of exogenous pathogenic factors or in disharmony of the internal organs.
Excess pulse	实脉	<i>shi mai</i>	replete pulse	A broad, large and forceful pulse upon arrival and departure. It feels very forceful at all three levels.

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Exterior	表	<i>biao</i>	exterior	The outside of the body, such as the skin, mouth, nose and nostrils. Pathogenic factors are often said to attack the exterior prior to invading the interior. The clinical presentation of an exterior syndrome includes headache, muscle aches and pain, nasal congestion, coughing and so on.
Exterior and interior	表里	<i>biao li</i>	exterior and interior	A term used to indicate differentiation between the exterior and interior parts of the body.
Faint pulse	微脉	<i>wei mai</i>	faint pulse	A pulse that is extremely fine, forceless, and indistinct.
Febrile diseases	热病	<i>re bing</i>	heat disease	A term that describes all externally-contracted diseases characterized by heat.
<i>Fen sui</i> (pulverize)	粉碎	<i>fen sui</i>		To reduce medicinal substances by crushing, beating, or grinding into powder. This method increases the surface area and enhances extraction of active ingredients.
<i>Feng lao bing</i> (wind consumption disease)	风劳病	<i>feng lao bing</i>	wind taxation disease	A yin-deficient heat syndrome characterized by tidal fever and steaming bones sensation, caused by maltreatment of an exterior condition leading to formation of heat in the interior damaging yin and blood.
<i>Feng shi</i> (wind-damp)	风湿	<i>feng shi</i>	wind-damp	A condition caused by invasion of wind-dampness, leading to pain and limited movements of the joints, muscles and bones.
<i>Feng shui</i> (wind water)	风水	<i>feng shui</i>	wind water	A condition caused by invasion of wind to the exterior parts of the body, leading to swelling and water accumulation.
Filth and fetidness	秽	<i>hui</i>	foulness	Terms used to describe things that are dirty, foul, or turbid, such as foods or pathogenic factors.
Fine pulse	细脉	<i>xi mai</i>	fine pulse	A small and well-defined pulse. It feels narrow, like a fine thread, but is very distinct and clear.
Fire	火	<i>huo</i>	fire	Fire is one of the five elements, associated with upward movement of energy, the sparkling flaring of fire, and summer. The corresponding organ is the Heart. In disease terminology, fire is a yang pathogenic factor representing a severe form of heat.
Firm pulse	牢脉	<i>lao mai</i>	firm pulse	A pulse that is deep and forceful.
Five elements	五行	<i>wu xing</i>	five phases	A theory which evaluates all things according to elements of water, wood, fire, earth and metal. The theory is also used to explain anatomy, physiology, and pathology of the human body, as well as treatment strategies.
Floating edema	浮肿	<i>fu zhong</i>	puffy swelling	A symptom characterized by fluid accumulation in superficial parts of the body. This is generally caused by Lung, Spleen or Kidney deficiency, and the consequent inability to properly regulate water metabolism pathways.
Focal distention	痞满	<i>pi man</i>	glomus fullness	Fullness, distention and oppression in the chest and abdomen, caused by food retention, phlegm stagnation, and/or damp-heat accumulation.
Fright and palpitations	惊悸	<i>jing ji</i>	fright palpitations	A condition of emotional instability and increased sensitivity to stimulus caused by Heart qi deficiency.

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Frightened wind	惊风	<i>jing feng</i>	fright wind	Literally “frightened wind,” this describes seizures and convulsions in children. It is most common in children under the age of five, with incidence gradually decreasing with increased age. Clinical presentations include high fever, red eyes, convulsion, opisthotonos, clenched jaws, tight fists, eyes rolled upward, and urinary and bowel incontinence.
<i>Fu</i> (hollow organ)	腑	<i>fu</i>	bowel	The hollow organs of the body are the Small Intestine, Large Intestine, Gallbladder, Stomach and Urinary Bladder.
Gallbladder	胆	<i>dan</i>	gallbladder	Paired with the Liver, the Gallbladder stores bile and excretes it to the intestines to facilitate digestion.
<i>Gan ji</i> (infantile malnutrition)	疳疾	<i>gan ji</i>	gan disease	A disorder characterized by the inability of the Spleen and Stomach to properly transform and transport food. Generally occurring in children under five years of age, <i>gan ji</i> is characterized by a sallow facial appearance, weight loss, thin hair, poor appetite, abdominal distention, and irregular bowel movements.
<i>Gao lin</i> (cloudy dysuria)	膏淋	<i>gao lin</i>	unctuous strangury	A urinary tract disorder in which the urine has a milky or cloudy appearance, and may be slightly pink (an indication of bleeding). This is caused by damp-heat attacking the Urinary Bladder, leading to the bladder’s inability to clear turbid substances.
Generating sequence	相生	<i>xiang sheng</i>	engendering	A concept of <i>wu xing</i> (five element) theory that describes the orderly sequence in which one element promotes the generation of another.
<i>Gu</i> (food) <i>qi</i>	谷气	<i>gu qi</i>		Qi that is derived from the ingestion and absorption of food.
<i>Guan</i> position	关	<i>guan</i>	bar	The second (middle) position on the wrist for pulse diagnosis represents the Spleen (right hand) and the Liver (left hand).
Half-body perspiration	半身汗	<i>ban shen han</i>		Half-body perspiration refers to sweating only on half of the body, such as the left or right side, or upper or lower half. This condition occurs because of obstruction of the channels and collaterals caused by wind-phlegm or wind-dampness. It may also be caused by disharmony of qi and blood, or of <i>ying</i> (nutritive) and <i>wei</i> (defensive) levels.
<i>Han fa</i> (sweating)	汗法	<i>han fa</i>	diaphoresis	A method of treatment that induces a mild sweat by ventilating and dispersing Lung qi, and regulating and harmonizing the <i>ying</i> (nutritive) and <i>wei</i> (defensive) levels. Sweating is primarily used to expel pathogenic factors at the exterior (skin) level to treat common cold, influenza, the early stage of measles, acute edema (especially above the waist), abscesses and sores with fever and chills, dysentery with exterior signs and symptoms, and many others.
<i>He</i> (uniting) point	合穴	<i>he xue</i>	uniting point	Known as “uniting” or “sea” point, this point represents the flow of qi where it is vast and deep, near the elbows or knees.

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<i>He fa</i> (harmonizing)	和法	<i>he fa</i>	harmonization	A method of treatment that regulates and accords complicated patterns of disease that affect multiple parts of the body. Harmonizing is generally used to treat such disorders as <i>shaoyang</i> syndrome, <i>mo yuan</i> (membrane source) disorders, disharmony of the Liver and Spleen, concurrent presentation of heat in the Stomach and cold in the Intestines, irregularities of qi and blood, and disharmony of the nutritive and defensive levels.
<i>He xi feng</i> (crane's knee wind)	鹤膝风	<i>he xi feng</i>	crane's-knee wind	A condition in which the knees are swollen and enlarged, but the muscles above and below the knees are atrophied.
Heart	心	<i>xin</i>	heart	The Heart functions to control the blood channels and house the <i>shen</i> (spirit). It connects to the Small Intestine and opens to the tongue, and is associated with the fire element.
Heat	热	<i>re</i>	heat	Heat is a yang pathogenic factor that attacks both external and internal aspects of the body; it is characterized by the tendency to disperse outwards and to consume yin and fluids. Clinical presentations of heat include a wide variety of signs and symptoms, such as fever, inflammation, infection, bleeding, and others.
Heat in the blood	血热	<i>xue re</i>	blood heat	A condition characterized by nosebleeds, coughing of blood, and late-afternoon fever, because of heat affecting the <i>xue</i> (blood) level.
Hernial disorder	疝气	<i>shan qi</i>	mounting qi	Historically, this term covers a wide variety of disorders related to both internal and external genitalia, in men and women. More recently, it refers specifically to disorders of the male external genitalia (testicles and scrotum).
Hidden pulse	伏脉	<i>fu mai</i>	hidden pulse	A pulse that is distinct at the deep level, deeper than the deep pulse.
<i>Hong</i> (bake)	烘	<i>hong</i>		A method to directly dry the herbs at low temperature without charring it.
<i>Hou bi</i> (painful obstruction of the throat)	喉痹	<i>hou bi</i>	throat impediment	Redness, swelling and pain of the throat caused mainly by wind-cold at the exterior, or Liver or Lung fire in the interior.
<i>Hua</i> (dissolve)	化	<i>hua</i>	transform	To cause to pass into solution.
<i>Hui</i> (influential) point	会穴	<i>hui xue</i>	meeting point	Referred to as “meeting” or “influential” points, these eight points individually represent one of the following: <i>zang</i> , <i>fu</i> , <i>qi</i> , blood, tendons, channels, bones or marrow.
<i>Hun</i> (ethereal soul)	魂	<i>hun</i>	ethereal soul	Similar to the Western interpretation of “soul” or “spirit,” the <i>hun</i> functions to maintain mental and psychological health and well-being. It has been said that the Liver stores blood, and blood contains <i>hun</i> . Therefore, disorders of the <i>hun</i> are often secondary to the inability of the Liver to store blood; or, secondary to deficiency of Liver blood.

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Insulting sequence	相侮	<i>xiang wu</i>	rebellion	A concept of <i>wu xing</i> (five element) theory that describes the situation in which an element normally controlled by another reverses the sequence and suppresses or reduces what is normally the controlling element.
Interior	里	<i>li</i>	interior	Internal aspects of the body, such as organs, bone marrow, and the <i>qi</i> (energy) and <i>xue</i> (blood) levels. Pathogenic factors may affect the interior of the body directly or indirectly (via the exterior). Clinical presentation of interior conditions varies significantly, depending on the area and/or organs affected.
Intermittent pulse	代脉	<i>dai mai</i>	intermittent pulse	A pulse interspersed with more relatively regular pauses.
Intestinal abscess	肠痈	<i>chang yong</i>	intestinal welling-abscess	Intestinal abscesses generally arise from inappropriate diet or emotional disturbances (excessive anger or worry), and are characterized by abdominal pain.
Irritability	烦	<i>fan</i>	vexation	A state of impatience, anger, annoyance, and increased sensitivity to stimulus.
<i>Jian</i> (decoct)	煎	<i>jian</i>	decoct, brew	To boil medicinal substances in water to extract their active ingredients.
<i>Jie xiong</i> (stagnant chest)	结胸	<i>jie xiong</i>	chest bind	A condition caused by stagnation in the chest of pathogenic heat or cold with retention of fluid, phlegm or blood.
<i>Jin</i> (soak)	浸	<i>jin</i>	soaking, steeping	To infuse or steep medicinal substances in water or other fluids over a period of time.
<i>Jin</i> (thin body fluid)	津	<i>jin</i>	liquid	An inclusive term that describes body fluids of lesser density, such as tears, saliva and sweat.
<i>Jing</i> (clean)	净	<i>jing</i>		To remove unwanted or non-medicinal parts from medicinal substances.
<i>Jing</i> (essence)	精	<i>jing</i>	essence	The basic substance that makes up the human body and sustains the vital functions of the internal organs. Derived prenatally from one's parents, and postnatally from food, essence is stored in the Kidney.
<i>Jing</i> (river) point	经穴	<i>jing xue</i>	river point	Commonly referred to as either "traversing" or "river" points, these points suggest that the flow of <i>qi</i> at the forearms or lower legs has attained a large volume.
<i>Jing</i> (well) point	井穴	<i>jing xue</i>	well point	"Well" points represent the beginning of <i>qi</i> circulation within channels, at the most distal parts of the body, where <i>qi</i> flow is still small and shallow.
<i>Jueyin</i>	厥阴	<i>jue yin</i>	reverting yin	The last of six stages in the paradigm of yin and yang. This describes the degree of pathology of disease according to the <i>Shang Han Lun</i> (Discussion of Cold-Induced Disorders) text. It also identifies the level attributed to the Liver and Pericardium channels that travel throughout the body.
<i>Jun yao</i> (chief herb)	君药	<i>jun yao</i>	sovereign	The first of four guiding principles in herbal formulation: <i>Jun Chen Zuo Shi</i> (Chief, Deputy, Assistant, Envoy). It is the essential ingredient used at a large dosage to maximize the effect and treat the key disease or symptom.

Glossary

Terminology	Chinese	Pinyin	Wiseman & Feng	Definition
Kidney	肾	<i>shen</i>	kidney	The Kidney controls growth, maturation, reproduction and aging. It produces marrow that forms the brain and spinal cord, and it promotes production of bones and blood. Furthermore, it dominates body fluids and receives qi from air via the Lung. Associated with the water element, the Kidney connects with the Urinary Bladder, opens to the ears, and houses the faculty of <i>zhi</i> (will power).
<i>Lao lin</i> (fatigue dysuria)	劳淋	<i>lao lin</i>	taxation strangury	A urinary tract disorder involving increased frequency of urination, especially with physical stress and exertion. Accompanying symptoms include fatigue, lower back and knee soreness and pain, with dribbling urine, but no pain during urination. This is caused when prolonged exertion leads to Spleen and Kidney exhaustion and inability to control the normal flow of water and urination.
Large Intestine	大肠	<i>da chang</i>	large intestine	Connected to the Small Intestine, the Large Intestine absorbs nutrients and water from food.
Large spoon	方寸匕	<i>fang cun bi</i>		A large spoon that contains approximately 6-9 grams of powdered herbs.
Leg <i>qi</i>	脚气	<i>jiao qi</i>	leg <i>qi</i>	A disorder of the leg(s) characterized by numbness, soreness, pain, weakness, possible swelling and cramps, and possible atrophy of leg muscles. Accompanying symptoms may include nausea, vomiting, dyspnea, incoherent speech, and palpitations. Generally caused by wind, damp, and toxins attacking the legs, it overlaps in symptomology with beriberi.
<i>Li feng</i> (dysenteric wind)	痢风	<i>li feng</i>		A condition of constitutional weakness and deficiency caused by chronic dysentery, in which wind attacks the legs leading to weakness, pain, paralysis, and inability to walk.
<i>Lin zheng</i> (dysuria syndrome)	淋证	<i>lin zheng</i>	strangury pattern	Dysuria syndrome refers to a condition of frequent and painful urination, abdominal pain, and/or pain radiating to the lower back.
<i>Liu jing bian zheng</i> (six stages differentiation)	六经辨证	<i>liu jing bian zheng</i>	six-channel pattern identification	A system of differential diagnosis based on identifying patterns of disharmony by relationship to the energetic stages <i>taiyang</i> , <i>yangming</i> , <i>shaoyang</i> , <i>taiyin</i> , <i>shaoyin</i> , and <i>jueyin</i> .
<i>Liu yin</i> (six exogenous factors)	六淫	<i>liu yin</i>	six excesses	The six exogenous climatic conditions that may cause illness when in excess, including wind, cold, summer-heat, dampness, dryness, and fire.
Liver	肝	<i>gan</i>	liver	The Liver stores blood, maintains proper flow of qi, and controls tendons. It connects to the Gallbladder, opens to the eyes, and is associated with the wood element.
Long pulse	长脉	<i>chang mai</i>	long pulse	A pulse that can be felt beyond the <i>cun</i> and <i>chi</i> positions.
Loss of qi with hemorrhage	气随血脱	<i>qi sui xue tuo</i>	qi deserting with the blood	A dangerous dynamic in which qi is lost because it flows out with the blood in severe bleeding.
Lower <i>jiao</i>	下焦	<i>xia jiao</i>	lower burner	The lower <i>jiao</i> represents the hypogastrium, and includes the functions of the Kidney and the Urinary Bladder.
Lung	肺	<i>fei</i>	lung	The Lung controls breathing and the flow of air, regulates water passages, and dominates the skin and hair. It connects with the Large Intestine, opens to the nose, and is associated with the metal element.

Glossary

Terminology	Chinese	Pinyin	Wiseman & Feng	Definition
Lung abscess	肺癆	<i>fei yong</i>	pulmonary welling-abscess	A disorder characterized by cough, chest fullness, fever and chills, rapid pulse, dry throat without thirst, foul-smelling sputum, and profuse discharge of sputum. It is generally caused by wind-heat attacking the Lung.
<i>Luo</i> (connecting) point	絡穴	<i>luo xue</i>	network point	Known as “connecting” or “vessel” points, these points assist communication between the yang external and yin internal channels. Fifteen points in all represent each of the twelve channels and one on each of the front, back and side of the trunk.
Malaria	瘧疾	<i>nue ji</i>	malaria	An infectious disorder characterized by alternation of chills, fever and perspiration. This disorder occurs most frequently in summer and fall, and is diagnosed as wind, cold, summer-damp, and damp attacking the <i>ying</i> (nutritive) and <i>wei</i> (defensive) levels.
Mammary aggregation	乳癰	<i>ru pi</i>	mammary aggregation	A breast nodule of variable size, slightly mobile, not painful, not of cold or hot origin, does not cause a change in local skin color, nor erupt or cause ulceration. These form primarily because of Liver qi stagnation.
Mammary ‘rock’	乳岩	<i>ru yan</i>	mammary rock	Single or multiple breast nodules similar in size to jujubes, that do not cause pain, itching, redness or heat sensations, and may continue to grow in size. Most common in women past middle age, this is caused by emotional constraint and obstructed flow of Liver and Spleen qi.
<i>Man</i> (fullness)	滿	<i>man</i>	fullness	<i>Man</i> (fullness) is the feeling of bloating and fullness in the epigastric and abdominal regions.
Metal	金	<i>jin</i>	metal	One of the five elements, metal has inward or contracting movement, represents autumn and harvest, and is associated with the Lung.
Middle <i>jiao</i>	中焦	<i>zhong jiao</i>	middle burner	The middle <i>jiao</i> represents the epigastrium, and includes the functions of the Spleen and Stomach.
<i>Ming men</i> (life gate)	命門	<i>ming men</i>	life gate	This is key to the overall vitality of the individual. A strong <i>ming men</i> (life gate) often indicates that an individual is in great health and will age slowly. A weak <i>ming men</i> is often evident in persons who look older than their actual age, and suffer from numerous age-related illnesses.
Moderate pulse	緩脈	<i>huan mai</i>	moderate pulse	A slow pulse with approximately three or more beats per respiration.
<i>Mo yuan</i> (membrane source)	膜原	<i>mo yuan</i>	membrane source	A term used in <i>wen bing</i> (warm disease) to describe a space situated midway between the exterior and the interior of the body where warm disease factors tend to settle.
<i>Mu</i> (collecting) point	募穴	<i>mu xue</i>	alarm point	Commonly referred to as “alarm” or “collecting” points, these twelve points individually represent where the qi of a specific internal organ passes on the chest and abdomen.

Glossary

Terminology	Chinese	Pinyin	Wiseman & Feng	Definition
Mumps	痄腮	<i>zha sai</i>	mumps	An acute infectious disorder commonly seen in children. Clinical presentations include swelling and pain of the parotid glands, chills and fever, difficulty chewing, and discomfort of the entire body. Most common in winter and spring, it may occur in any season, and is caused by wind-heat (entering the body through the mouth and nose) that becomes blocked in the <i>shaoyang</i> channels.
Night perspiration	盗汗	<i>dao han</i>	night sweating	Night perspiration refers to sweating that occurs during sleep, and stops when one awakens. It is an indication of yin deficiency.
Over-acting sequence	相乘	<i>xiang cheng</i>	overwhelming	A concept of <i>wu xing</i> (five element) theory that describes a situation in which a controlling element suppresses or reduces the controlled element instead of controlling its growth or activity.
<i>Pao</i> (blast-fry)	炮	<i>pao</i>	blast-drying	To stir fry medicinal substances in an iron wok over intense fire until their surface becomes dark-brown, burnt, or cracked open.
Pericardium	心包	<i>xin bao</i>	pericardium	The Pericardium is the external covering of the Heart. It functions as the protective barrier of the Heart against pathological factors, and connects with the <i>San Jiao</i> .
Persistent, indeterminate hunger	嘈杂	<i>cao za</i>	clamoring stomach	An uncomfortable sensation that mimics pain yet is not painful, that mimics hunger yet the person is not hungry. This condition is usually caused by fire, phlegm accumulation, qi stagnation, or food retention.
Perspiration of the palms and soles	手足心汗	<i>shou zhu xin han</i>	sweating in the (heart of the) palms and soles	Profuse perspiration of the hands and feet is an indication of yin deficiency with heat. It is often caused by excessive thinking and worrying that leads to injuries of the Heart and Spleen.
Phlegm	痰	<i>tan</i>	phlegm	Phlegm is a by-product formed from water and damp stagnation. The presence of phlegm may obstruct healthy flow and cause illness throughout the body, damaging the Lung, Heart, Stomach, peripheral channels and collaterals, throat and skin.
<i>Pi</i> (distention)	痞	<i>pi</i>	glomus	<i>Pi</i> (distention) is the feeling of oppression, obstruction, and increased pressure in the chest and epigastric regions.
<i>Pi shui</i> (skin water)	皮水	<i>pi shui</i>	skin water	Severe and generalized edema due to Spleen deficiency and damp accumulation, with symptoms such as pitting edema and heaviness and pain of the body and limbs.
<i>Piao</i> (rinse)	漂	<i>piao</i>	long rinsing	To steep or soak medicinal substances with frequent change of water to remove dirt, odor or toxicity.
Plum-pit <i>qi</i>	梅核气	<i>mei he qi</i>	plum-pit <i>qi</i>	The feeling of having a foreign substance, such as a plum pit, obstructing the throat which cannot be expectorated or swallowed.
<i>Po</i> (break open)	破	<i>po</i>		To force open.
<i>Po</i> (corporeal soul)	魄	<i>po</i>	corporeal soul	A term that refers to basic human instinct and reaction, such as the ability to smell, taste, see, distinguish between cold and hot, and the ability of the newborn to nurse and feed. The main function of <i>po</i> , which resides in the Lung, is to maintain physical awareness in order to react and adapt to the external environment.

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Terminology	Chinese	Pinyin	Wiseman & Feng	Definition
Post-decoct	后下	<i>hou xia</i>	add at end	A specific instruction when preparing a decoction, to add specific herbs near the end of the cooking process and then continue cooking the herbs for approximately 5 to 10 additional minutes.
Pre-decoct	先煎	<i>xian jian</i>	predecoct	Instruction to cook a certain herb or herbs first (usually for 30 minutes, but this varies) before adding the rest of the herbs to cook a decoction.
Profuse sweating	大汗	<i>da han</i>	great sweating	Profuse perspiration often leads to depletion of body fluids. It may occur because of excessive heat or yang collapse.
Qi	气	<i>qi</i>	qi	Qi represents the vital energy needed for proper functioning and existence of the organs and the body.
Qi (energy) level	气分	<i>qi fen</i>	qi aspect	Qi (energy) level refers to the second of four levels of febrile infections. Heat attacking the <i>qi</i> level may affect such organs as the Stomach, Lung, Intestines, Gallbladder and Spleen. Clinical presentations will vary depending on the organ(s) affected.
Qi and blood deficiency	气血两虚	<i>qi xue liang xu</i>	dual vacuity of qi and blood	Insufficiency of both qi and blood, which influences basic organ functions more strongly than insufficiency of either one alone.
Qi and blood stagnation	气滞血瘀	<i>qi zhi xue yu</i>	qi stagnation and blood stasis	Obstructed flow of both qi and blood.
Qi collapse	气陷	<i>qi xian</i>	qi fall	Severe insufficiency of qi results in collapse of vital functions.
Qi deficiency	气虚	<i>qi xu</i>	qi vacuity	A condition in which insufficient quantity of qi affects body or organ functions.
Qi deficiency bleeding	气虚失血	<i>qi xu shi xue</i>	qi vacuity bleeding	Bleeding caused by insufficiency of qi, and its consequent inability to properly guide the flow of blood.
Qi lin (qi dysuria)	气淋	<i>qi lin</i>	qi strangury	A urinary tract disorder characterized by obstructed urinary flow, lower abdominal distention and pain, and green-blue tongue color. It is caused by Liver stagnation leading to obstructed flow of qi and urine.
Qi qing (seven emotions)	七情	<i>qi qing</i>	seven affects	The seven emotional factors that may cause illness when out of balance, including joy, anger, melancholy, thought (over-thinking), grief, fear and fright.
Qi stagnation	气滞	<i>qi zhi</i>	qi stagnation	Obstructed qi flow in internal organs or peripheral channels and collaterals, caused by a variety of factors, including inappropriate diet, emotional disturbance, environmental factors, or external injuries.
Qi xue jin ye bian zheng (qi, blood, and body fluid differentiation)	气血津液辨证	<i>qi xue jin ye bian zheng</i>	qi, blood and fluids pattern identification	A system of differential diagnosis based on patterns of disharmony of qi, blood, and body fluids.
Qie (slice)	切	<i>qie</i>	cutting	To cut open. This method increases the surface area, creates standard portion weights and sizes, facilitates drying, and prolongs shelf life.
Qing fa (clearing)	清法	<i>qing fa</i>	clearing	A method of treatment that clears heat, purges fire and cools the blood to treat diseases characterized by warmth, heat, fire, and toxins.

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Terminology	Chinese	Pinyin	Wiseman & Feng	Definition
Racing pulse	疾脉	<i>ji mai</i>	racing pulse	A fast pulse with seven or more beats per respiration.
Rapid pulse	数脉	<i>shu mai</i>	rapid pulse	A fast pulse with six or more beats per respiration.
<i>Re bi</i> (heat painful obstruction)	热痹	<i>re bi</i>	heat impediment	One type of <i>bi zheng</i> (painful obstruction syndrome) characterized by local redness, swelling, burning sensations and pain. The development of heat is often caused by prolonged obstruction of the channels and collaterals by wind, cold or damp.
<i>Re jue</i> (heat reversal)	热厥	<i>re jue</i>	heat reversal	A morbid condition in which excessive pathogenic heat leads to consumption of body fluids which impairs the normal circulation of yang qi and results in cold extremities.
<i>Re lin</i> (heat dysuria)	热淋	<i>re lin</i>	heat strangury	A urinary tract disorder characterized by frequent urination, painful and burning sensations upon urination, yellow urine, muscle cramps and pain in the lower abdomen, and a bitter taste in the mouth. This condition is caused by damp-heat attacking the lower <i>jiao</i> .
Rebellious qi	气逆	<i>qi ni</i>	qi counterflow	Rebellious qi is the flow of qi opposite of its normal or appropriate direction, such as the flow of Lung qi upwards, that leads to coughing.
<i>Ren</i> (conception) channel	任脉	<i>ren mai</i>	conception vessel	The confluence of all yin vessels, one of the eight extraordinary vessels. Also known as the “sea of yin qi,” it relates to urogenital, gynecological and obstetrical functions.
Restless fetus	胎动不安	<i>tai dong bu an</i>	stirring fetus	Constant downward movement of the fetus, abdominal pain, sore back, and perhaps bleeding, are generally caused by qi deficiency, blood deficiency, Kidney deficiency, heat in the blood, or external injuries.
Rock-like breast abscess	乳石痈	<i>ru shi yong</i>	rock-like mammary welling-abscess	A rock-hard breast abscess.
Rough pulse	涩脉	<i>se mai</i>	rough pulse	A pulse that does not flow smoothly. It feels hesitant, rough and uneven; pulse deficits can often be present with this pulse type
<i>Run</i> (moisten)	润	<i>run</i>		To soak the herbs in water to soften the substances prior to slicing, or to ensure complete extraction prior to cooking in decoctions.
<i>San Jiao</i>	三焦	<i>san jiao</i>	triple burner	The <i>San Jiao</i> is not an anatomical organ, but a generalization of different sections of the body compartment. The <i>San Jiao</i> is divided into upper, middle and lower sectors.
<i>San Jiao bian zheng</i> (triple burner differentiation)	三焦辨证	<i>san jiao bian zheng</i>	triple burner pattern identification	A system of differential diagnosis based on locating patterns of disharmony in the upper <i>jiao</i> , middle <i>jiao</i> , or lower <i>jiao</i> .
Scallion-stalk pulse	芤脉	<i>kou mai</i>	scallion-stalk pulse	A large superficial pulse that feels empty in the middle upon pressure.
Scattered pulse	散脉	<i>san mai</i>	scattered pulse	A large superficial pulse without root.
Scoop	合子	<i>he zi</i>		A device used to measure herbs, such as <i>Dan Dou Chi</i> (Semen Sojae Praeparatum).

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Terminology	Chinese	Pinyin	Wiseman & Feng	Definition
Seven emotions	七情	<i>qi qing</i>	seven affects	Joy, anger, melancholy, thought (over-thinking), grief, fear and fright. An excess of any of the seven emotions may create illness.
<i>Sha zhang</i> (acute filthy disease)	痧脹	<i>sha zhang</i>	sand distention	A disease contracted primarily via ingestion of filthy (raw, dirty or unclean) foods, leading to fever, chest oppression, abdominal distention, nausea, vomiting and diarrhea.
<i>Shang han</i> (cold damage)	伤寒	<i>shang han</i>	cold damage	A collective term for disorders caused by cold externally-contracted pathogens, diagnosed and treated via <i>Liu Jing Bian Zheng</i> (Six Stages Differentiation).
<i>Shang Han Lun</i> (Discussion of Cold-Induced Disorders)	伤寒论	<i>shang han lun</i>	on cold damage	A text written by Zhang Zhong-Jing in the Eastern Han dynasty that focuses on diagnosis and treatment of cold-induced disorders. The basic principles of diagnosis and treatment are based on <i>Liu Jing Bian Zheng</i> (Six Stages Differentiation).
<i>Shao</i> (burn)	烧	<i>shao</i>	burn	To treat the medicinal substances with heat or fire.
<i>Shaoyang</i>	少阳	<i>shao yang</i>	lesser yang	Third of six stages in the paradigm of yin and yang. This term identifies the degree of pathology of disease according to the <i>Shang Han Lun</i> (Discussion of Cold-Induced Disorders) text. It also describes the level attributed to the Gallbladder and <i>San Jiao</i> channels that travel throughout the body.
<i>Shaoyin</i>	少阴	<i>shao yin</i>	lesser yin	The fifth of six stages in the paradigm of yin and yang. This term describes the degree of pathology of disease according to the <i>Shang Han Lun</i> (Discussion of Cold-Induced Disorders) text. It also identifies the level attributed to the Heart and Kidney channels that travel throughout the body.
<i>Shen</i> (spirit)	神	<i>shen</i>	spirit	A term that refers to the entire presentation of the human being, including energy levels, the state of consciousness, and the ability to think and reason. Because it is housed in the Heart, disorders affecting the Heart may also lead to disturbance of the <i>shen</i> (spirit).
<i>Shi</i> (hardness)	实	<i>shi</i>	repletion	<i>Shi</i> (hardness) is the excess condition in which the dry hard stools are interlocked with heat, causing constipation and abdominal pain that intensifies with palpation.
<i>Shi lin</i> (stone dysuria)	石淋	<i>shi lin</i>	stone strangury	A urinary tract disorder characterized by lower abdominal tightness and pain, the presence of sandy particles (and possibly blood) in the urine, difficult and painful urination, or sudden termination of the stream of urine. This is caused by damp-heat attacking the lower <i>jiao</i> , drying fluids, and leading to the formation of stones.
<i>Shi yao</i> (envoy herb)	使药	<i>shi yao</i>	courier	The fourth of four guiding principles in herbal formulation: <i>Jun Chen Zuo Shi</i> (Chief, Deputy, Assistant, Envoy). This herb has two main functions: 1) it acts as a channel-guiding herb to direct the formula to the affected channels/areas of the body; and 2) it harmonizes all of the herbs within the formula. <i>Shi yao</i> (envoy herb) is usually used only in small doses.

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Terminology	Chinese	Pinyin	Wiseman & Feng	Definition
<i>Shi-re lin</i> (damp-heat dysuria)	湿热淋	<i>shi re lin</i>	damp-heat strangury	A urinary tract disorder characterized by frequent urination, painful and burning sensations upon urination, yellow urine, muscle cramps and pain in the lower abdomen, and a bitter taste in the mouth, all caused by damp-heat attacking the lower <i>jiao</i> . Other symptoms of damp-heat may include nausea, vomiting, constipation, a yellow, greasy tongue coating, and a slippery, rapid pulse.
Shivering perspiration	战汗	<i>zhan han</i>	shivering	Shivering perspiration is a phenomenon that occurs when the body fights against pathogenic factors. The prognosis is good if the patient has a normal temperature after perspiring. The prognosis is poor if the patient becomes fidgety and irritable after perspiring.
Short pulse	短脉	<i>duan mai</i>	short pulse	A pulse that can be felt only at <i>guan</i> position.
<i>Shu</i> (stream) point	输穴	<i>shu xue</i>	stream point	Commonly referred to as “stream” points, these are usually located near the wrists or ankles and suggest that the flow of <i>qi</i> is now of sufficient quantity to carry out these functions.
<i>Shu</i> (transport) point	俞穴	<i>shu xue</i>	transport point	Known as “associated points of the back,” or “transporting” points, these are twelve points on the upper and lower back where the <i>qi</i> of the internal organs passes. Each represents an organ.
<i>Shui fei</i> (refine with water)	水飞	<i>shui fei</i>	water-grinding	A technique to reduce medicinal substances into fine particles by repeatedly grinding them in water.
Skipping pulse	促脉	<i>cu mai</i>	skipping pulse	A relatively fast pulse that is broken up by regular pauses.
Slippery pulse	滑脉	<i>hua mai</i>	slippery pulse	A pulse that feels smooth and flowing. It feels smooth and rounded and slides away from pressure when pressed.
Slow pulse	迟脉	<i>chi mai</i>	slow pulse	A pulse with three or less beats per respiration.
Small Intestine	小肠	<i>xiao chang</i>	small intestine	Connecting to the Stomach and Large Intestine, the Small Intestine absorbs nutrients from food.
Small pulse	小脉	<i>xiao mai</i>	small pulse	A fine and well-defined pulse. Same as fine pulse.
Small spoon	钱匕	<i>qian bi</i>		A small spoon that contains approximately 1.5-1.8 grams of powdered herbs.
Soggy pulse	濡脉	<i>ru mai</i>	soggy pulse	A pulse that is fine and floating.
Sores	疮疡	<i>chuang yang</i>	sore	An inclusive term for skin lesions, boils, ulcers, carbuncles and furuncles.
Spleen	脾	<i>pi</i>	spleen	The Spleen governs the transportation and transformation of food, controls blood, and dominates muscle. It connects with the Stomach, opens to the mouth, and represents the earth element.
Spontaneous sweating	自汗	<i>zi han</i>	spontaneous sweating	Spontaneous perspiration, especially after only mild physical activities, is an indication of <i>wei</i> (defensive) <i>qi</i> deficiency.
Steaming bones sensation	骨蒸	<i>gu zheng</i>	steaming bone	A Kidney disorder characterized by heat and steaming sensations originating from the bone marrow. Accompanying symptoms include bodily coldness in the mornings and warm sensations in the evenings, irritability, restlessness, disturbed sleep, red urine, low back pain, cold hands and feet, and warm palms and soles.

Glossary

Terminology	Chinese	Pinyin	Wiseman & Feng	Definition
Stifling sensation	闷	<i>men</i>	oppression	An oppressive and congested feeling in the chest that leads to difficulties in breathing deeply.
Stirred pulse	动脉	<i>dong mai</i>	stirred pulse	A forceful rapid slippery pulse.
Stomach	胃	<i>wei</i>	stomach	Connecting to the mouth through the esophagus, the Stomach receives and decomposes food to facilitate digestion and absorption.
Sudden turmoil	霍乱	<i>huo luan</i>	sudden turmoil	An acute disorder characterized by sudden onset of nausea, vomiting, and chest and abdominal pain. Generally occurring in summer and fall, it is usually caused by inappropriate diet, leading to dysfunction of the stomach and intestines.
Summer heat	暑	<i>shu</i>	summerheat	Summer heat is a yang pathogenic factor that occurs only in the summer, and is comprised of both heat and damp characteristics, including upward direction and dispersion. Clinical presentations of summer heat include excessive perspiration, thirst, shortness of breath, fatigue, elevated body temperature, heavy sensations in the extremities, poor appetite, and a feeling of congestion in the chest.
Superficial pulse	浮脉	<i>fu mai</i>	floating pulse	A pulse that is more pronounced at the superficial level. It can be easily felt with light finger pressure, but is easily obliterated by heavy pressure.
Supreme physician	太医	<i>tai yi</i>	supreme physician	Physicians that practice in the Imperial Palace to treat the royalties and their court members.
Surging pulse	洪脉	<i>hong mai</i>	surging pulse	A pulse that is broad, large and forceful at all three levels.
Sweaty head	头汗	<i>tou han</i>	sweating head	Head perspiration generally arises from heat affecting the upper and middle <i>jiaos</i> , possibly accompanied by irritability, thirst, a yellow tongue coating, and a rapid pulse.
<i>Taiyang</i>	太阳	<i>tai yang</i>	greater yang	First of six stages in the paradigm of yin and yang, identifying the degree of pathology of disease according to the <i>Shang Han Lun</i> (Discussion of Cold-Induced Disorders) text. It also names the level attributed to the Small Intestine and Urinary Bladder channels that travel throughout the body.
<i>Taiyin</i>	太阴	<i>tai yin</i>	greater yin	The fourth of six stages in the paradigm of yin and yang. This term describes the degree of pathology of disease according to the <i>Shang Han Lun</i> (Discussion of Cold-Induced Disorders) text. It also identifies the level attributed to the Spleen and Lung channels that travel throughout the body.
<i>Tan</i> (char to ash)	炭	<i>tan</i>		Charring at high temperature until the medicinal substances turn into ash. This method harmonizes and moderates therapeutic effects, reduces side effects, and potentiates the 'stop bleeding' properties of specific substances.
<i>Tan yin</i> (phlegm retention)	痰饮	<i>tan yin</i>	phlegm-rheum	Phlegm retention caused by accumulation of water and dampness, this may occur at various organs and tissues in the body, leading to different illnesses and clinical presentations.
Tight pulse	紧脉	<i>jin mai</i>	tight pulse	A pulse that is forceful and string-like.

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Terminology	Chinese	Pinyin	Wiseman & Feng	Definition
<i>Tong bi</i> (extremely painful obstruction)	痛痹	<i>tong bi</i>	painful impediment	One type of <i>bi zheng</i> (painful obstruction syndrome) characterized by cold. Similar to cold that is stationary and constricting, <i>tong bi</i> is distinguished by severe pain at a fixed location. This type of pain intensifies with exposure to cold, and is relieved by exposure to warmth.
Toxin	毒	<i>du</i>	toxin	A toxin is any substance that is potentially harmful to the body. 'Toxin' also describes a pathogenic factor that may cause illness either on the exterior or in the interior of the body. Clinical manifestations of toxicity include pus, abscesses, sores, ulcerations, swelling and inflammation.
<i>Tu fa</i> (vomiting)	吐法	<i>tu fa</i>	ejection	A method of treatment that induces emesis to eliminate phlegm, stagnant food, or toxic matters from the throat, chest and diaphragm, or epigastrium. Vomiting induces qi to move upwards and outwards to treat ingestion of poisonous substances, severe cases of food stagnation, sudden turmoil disorder with vomiting and diarrhea, mania and withdrawal caused by phlegm accumulation, and <i>zhong feng</i> (wind stroke) with phlegm accumulation.
<i>Tuo zheng</i> (abandoned syndrome)	脱证	<i>tuo zheng</i>	desertion pattern	Characterized by profuse sweating, cold extremities, open mouth and closed eyes, and urinary incontinence, this condition occurs when there is severe exhaustion of yin, yang, qi and blood.
Upper <i>jiao</i>	上焦	<i>shang jiao</i>	upper burner	The upper <i>jiao</i> represents the chest, and includes functions of the Heart and the Lung.
Urinary Bladder	膀胱	<i>pang guang</i>	bladder	The Urinary Bladder stores and excretes urine.
Uroschisis	癃闭	<i>long bi</i>	dribbling urinary block	A disorder in which there is little or no urination, brought about by any of the following: heat in the Urinary Bladder, Kidney yang deficiency, qi deficiency, qi stagnation, or body fluid deficiencies.
<i>Wan bi</i> (stubborn painful obstruction)	顽痹	<i>wan bi</i>	insensitive impediment	One type of <i>bi zheng</i> (painful obstruction syndrome) that generally occurs after chronic or repetitive injuries to the same areas, causing stiffness, numbness, and lack of mobility.
Warm epidemics	温疫	<i>wen yi</i>	warm epidemic	Contagious diseases characterized by heat, with clinical manifestations such as fever, headache, irritability, thirst, vomiting, and with or without sweating.
Water	水	<i>shui</i>	water	Water is one of the five elements, associated with winter, with the Kidney, downward movement, and the ability to store or accumulate.
Water and fluid stagnation	水液停滞	<i>shui ye ting zhi</i>		Obstructed flow of water and thick fluids in the body.
Weak pulse	弱脉	<i>ruo mai</i>	weak pulse	A deep and forceless pulse.
<i>Wei</i> (defensive) level	卫分	<i>wei fen</i>	defense aspect	The first of four levels affected by febrile infections. Heat attacking the <i>wei</i> (defensive) level is characterized by disorders of the Lung, with such symptoms as fever, headache, dry mouth, thirst, cough, and sore throat, and a red tongue, and superficial, rapid pulse.

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Wei (defensive) qi	卫气	wei qi	defense qi	A type of yang qi responsible for warming the exterior, nourishing the skin and muscles, circulating under the skin to prevent invasion by external pathogenic factors, and controlling the skin pores and perspiration. It is generated by the Spleen and Stomach from the essence of food, controlled by the Lung, and resides in the upper <i>jiao</i> .
Wei (roast)	煨	wei		To cook and parch by wrapping the herbs in wet cloth, paper, or mud, and heating this bundle in hot cinders until the coating has turned black or burned away. This method reduces toxicity or moderates the drastic actions of some herbs.
Wei bi (atrophic painful obstruction)	痿痹	wei bi	wilting impediment	One type of <i>bi zheng</i> (painful obstruction syndrome) caused by deficiency of the Liver and Kidney, with such presentations as atrophy, weakness and pain of the muscles and bones.
Wei qi ying xue bian zheng (defensive, qi, nutritive, blood differentiation)	卫气营血辨证	wei qi ying xue bian zheng	four aspect pattern identification	A system of differential diagnosis based on patterns of disharmony found in the <i>wei</i> (defensive) level, <i>qi</i> (energy) level, <i>ying</i> (nutritive) level or <i>xue</i> (blood) level.
Wei zheng (atrophy syndrome)	痿证	wei zheng	wilting pattern	A condition involving decreasing muscle mass and physical strength of the extremities, especially the legs; generally caused by the concurrent presence of excess and deficiency factors.
Wen bing (warm disease)	温病	wen bing	warm disease	Acute illnesses caused by externally contracted heat factors: diagnosed and treated based on <i>Wei Qi Ying Xue Bian Zheng</i> (Defensive, Qi, Nutritive, Blood Differentiation) and <i>San Jiao Bian Zheng</i> (Triple Burner Differentiation).
Wen fa (warming)	温法	wen fa	warming	A method of treatment that warms the interior, dispels cold, restores yang, and unblocks channels and collaterals. Warming is usually used to treat the presence of cold affecting the normal functions of <i>zang fu</i> organs, or stagnation of cold blocking the channels and collaterals.
Wheezing and dyspnea	哮喘	xiao chuan	wheezing and panting	A disorder characterized by wheezing, dyspnea and hurried respiration.
Wind	风	feng	wind	Wind is a pathogenic factor that attacks the body through the pores. Wind is a yang pathogenic factor characterized by upward, outward dispersion. Clinical presentation of exterior wind includes headache, nasal obstruction, sore throat, aversion to wind and sweating.
Wind rash	风疹	feng zhen	wind papules	An infectious skin disorder commonly seen during winter and spring in children under five years of age. Generally caused by wind-heat attack, it is characterized by itching, rashes and wheals of various sizes.
Wiry pulse	弦脉	xian mai	wiry pulse	A pulse that feels like a string of a musical instrument. It has decreased flexibility, feels straight and long, like pressing a violin string.

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Wood	木	<i>mu</i>	wood	One of the five elements, wood represents the expansive energy of Spring, moving outward in all directions, and is associated with the Liver.
<i>Wu shu</i> (five transport) points	五输穴	<i>wu shu xue</i>	five transport points	Located below the knees and elbows, these points represent the growth of qi from small to large volume. Their name suggests images of the flow of water. It starts with only a small quantity in a <i>jing</i> (well), gushes out into a <i>ying</i> (spring), flows from shallow to deep as a <i>shu</i> (stream), traverses like a <i>jing</i> (river) through the continent, and finally unites with the <i>he</i> (sea).
<i>Wu xin re</i> (five-center heat)	五心热	<i>wu xin re</i>	vexing heat in the five hearts	A condition characterized by yin-deficient heat in which there is a warm sensation in the middle of the chest, palms and soles.
<i>Xi</i> (cleft) point	郄穴	<i>xi xue</i>	cleft point	“Accumulating” or “cleft” points represent the holes or crevices where circulating qi accumulates. There are a total of sixteen such points, one for each of the twelve regular channels, as well as the <i>yangqiao</i> , <i>yingqiao</i> , <i>yangwei</i> and <i>yingwei</i> channels.
<i>Xi</i> (wash)	洗	<i>xi</i>		To remove unwanted substances or odor with water.
<i>Xia fa</i> (draining downwards)	下法	<i>xia fa</i>	precipitation	A method of treatment that cleanses the Stomach and Intestines, induces defecation, and eliminates pathogenic accumulation from the body. This method is generally used to treat stagnant food, dry stools, cold accumulation, hot accumulation, blood stasis, phlegm stagnation, water stagnation, and parasitic infestation.
<i>Xiao fa</i> (reducing)	消法	<i>xiao fa</i>	dispersion	A method of treatment that dissolves and disperses hardness and nodules to treat accumulation and stagnation of various substances, such as food, qi, blood, phlegm, water, and parasites. Reducing may be used to treat a wide variety of illness due to various causes.
<i>Xiao ke</i> (wasting and thirsting)	消渴	<i>xiao ke</i>	dispersion-thirst	A pathological condition characterized by increased intake of water and food, increased frequency of urination, and decreased body weight.
<i>Xing bi</i> (mobile painful obstruction)	行痹	<i>xing bi</i>	moving impediment	One type of <i>bi zheng</i> (painful obstruction syndrome) caused by wind attacking the body. Similar to wind that is light and mobile, <i>xing bi</i> is characterized by pain in the upper body, specifically pain that travels from one area to another.
<i>Xiong bi</i> (pain- ful obstruction of the chest)	胸痹	<i>xiong bi</i>	chest impediment	Characterized by feelings of chest congestion, pain and discomfort, this condition is usually caused by factors such as cold excess, yang deficiency, or phlegm stagnation.
<i>Xuan yin</i> (pleural effusion)	悬饮	<i>xuan yin</i>	suspended rheum	Accumulation of <i>yin</i> (invisible phlegm) in the chest and hypochondrium causing pain with coughing, breathing, and rotation of the trunk.
<i>Xue</i> (blood) level	血分	<i>xue fen</i>	blood aspect	<i>Xue</i> (blood) level refers to the fourth level of febrile infections. Heat attacking the <i>xue</i> level is characterized by disorders of the Heart and Liver, with such symptoms as high fever, anger, mania, various types of bleeding, delirium, convulsions and clenched jaws.

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<i>Xue bi</i> (blood painful obstruction)	血痹	<i>xue bi</i>	blood impediment	One type of <i>bi zheng</i> (painful obstruction syndrome) that is related to blood. Dull pain may be caused by blood deficiency and the inability to nourish the tendons and bones. Sharp pain is often related to blood stagnation blocking the channels and collaterals.
<i>Xue lin</i> (bloody dysuria)	血淋	<i>xue lin</i>	blood strangury	A urinary tract disorder characterized by the presence of blood or blood clots in the urine, and burning sensations and pain during urination. Accompanying symptoms may include fatigue, back pain, a pale red tongue, and a fine, rapid pulse. This condition is caused by damp-heat attacking the lower <i>jiao</i> , leading to bleeding and obstructed flow of qi and urine.
<i>Ya</i> (press)	轧	<i>ya</i>		To push or squeeze into small particles. This method increases the surface area and enhances extraction of active ingredients.
<i>Yan</i> (drown)	淹	<i>yan</i>		To soak or steep in water or other liquids.
<i>Yan</i> (grind)	研	<i>yan</i>	grinding	To reduce into small particles with a mortar and pestle. This method increases the surface area and enhances extraction of active ingredients.
Yang	阳	<i>yang</i>	yang	Yang is the complement to and opposite of yin. Anatomically, it represents the upper, posterior and exterior parts of the body. Physiologically, it represents body functioning, such as the energy level, rate of metabolism, and state of awareness. Pathologically, it represents disharmony or imbalance of body organs.
<i>Yang</i> (melt)	烔	<i>yang</i>		To dissolve or disintegrate in water or other liquids.
<i>Yangming</i>	阳明	<i>yang ming</i>	yang brightness	Second of the six stages in the paradigm of yin and yang, this term describes the degree of pathology of disease according to the <i>Shang Han Lun</i> (Discussion of Cold-Induced Disorders) text. It also identifies the level given the Stomach and Large Intestine channels that travel throughout the body.
<i>Yangqiao</i> (movement) channel	阳跷脉	<i>yang qiao mai</i>	yang springing vessel	Of the eight extraordinary vessels, this one pairs with <i>yingqiao</i> to maintain proper sleep cycles and control movement and balance.
<i>Yangwei</i> (linking) channel	阳维脉	<i>yang wei mai</i>	yang linking vessel	Of the eight extraordinary vessels, this one dominates the exterior in cooperation with <i>yingwei</i> , to balance yin and yang in the four extremities.
<i>Ye</i> (thick body fluid)	液	<i>ye</i>	humor	An inclusive term that describes body fluids of higher density, such as the fluid that lubricates the joints and moistens the bone marrow.
<i>Yi</i> (intellect)	意	<i>yi</i>	intellect	The ability to think, study, memorize, focus, understand, and all other cognitive activities. It resides in the Spleen. Therefore, excessive use of <i>yi</i> may consume the Spleen, and deficiency of the Spleen may interfere with the optimal performance of <i>yi</i> (intellect).

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Yin	阴	<i>yin</i>	yin	Yin is the complement to and opposite of yang. Anatomically, it represents the lower, anterior and interior parts of the body. Physiologically, it represents the substances of the body, such as blood, sweat, saliva and body fluids. Pathologically, it represents the disharmony or imbalance of body organs.
Yin (invisible phlegm)	饮	<i>yin</i>	rheum	<i>Yin</i> (invisible phlegm) is the by-product formed from stagnation of water and dampness. <i>Yin</i> is the less viscous form of <i>tan</i> (phlegm).
Yin shui (yin edema)	阴水	<i>yin shui</i>	yin water	A type of edema caused by yang qi deficiency, with generalized deficiency and cold manifestations such as cold hands and feet and loose stools.
Ying (nutritive) level	营分	<i>ying fen</i>	construction aspect	The <i>ying</i> (nutritive) level refers to the third of four levels of febrile infections. Heat attacking the <i>ying</i> level is characterized by disorders of the Heart, with such symptoms as fever, thirst, irritability, delirium, red tongue and fine, rapid pulse.
Ying (nutritive) qi	营气	<i>ying qi</i>	construction qi	The qi produced by Spleen and Stomach and circulates within blood vessels to nourish the entire body.
Ying (spring) point	荣穴	<i>ying xue</i>	spring point	“Gushing” or “spring” points are located in distal parts of the body; their name suggests that qi has begun to flow in larger quantity.
Yinqiao (movement) channel	阴跷脉	<i>yin qiao mai</i>	yin springing vessel	Of the eight extraordinary vessels, this one pairs with <i>yangqiao</i> to maintain proper sleep cycles and control movement and balance.
Yinwei (linking) channel	阴维脉	<i>yin wei mai</i>	yin linking vessel	Another of the eight extraordinary vessels: in cooperation with <i>yangwei</i> , this one dominates the interior; to balance yin and yang in the four extremities.
Yuan (source) point	原穴	<i>yuan xue</i>	source point	Known as “source” points, these are locations to which the qi of the organs flows and is retained. There are twelve such points, each representing a channel and an organ.
Yuan (source) qi	原气	<i>yuan qi</i>	source qi	The most basic and most important qi in the body, <i>yuan</i> (source) <i>qi</i> is derived prenatally from the <i>jing</i> (essence) of one’s parents, and postnatally from the essence of food. It is distributed throughout the body to maintain health and well-being.
Zang (solid organ)	脏	<i>zang</i>	viscus	Solid organs of the body, including the Heart, Lung, Spleen, Liver and Kidney.
Zang du (solid organ toxin)	脏毒	<i>zang du</i>	visceral toxin	A condition caused by presence of toxin attacking the solid organ leading to dysentery with presence of dark black blood in the stools.
Zang fu	脏腑	<i>zang fu</i>	bowels and viscera	The general term for the five <i>zang</i> (solid) and six <i>fu</i> (hollow) organs.
Zang fu bian zheng (organ pattern differentiation)	脏腑辨证	<i>zang fu bian zheng</i>	organ pattern identification	A system of differential diagnosis based on patterns of disharmony of <i>zang</i> (solid) organs and <i>fu</i> (hollow) organs.

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<i>Zang zao</i> (restless organ)	脏躁	<i>zang zao</i>	visceral agitation	In middle-aged to geriatric women, this disorder is characterized by symptomology such as emotional instability, mental confusion, crying, episodes of extreme sadness or happiness, and increased sensitivity to stimulus.
<i>Zao</i> (dryness)	燥	<i>zao</i>	dryness	<i>Zao</i> (dryness) refers to the dry compacted stool, which feels hard upon abdominal palpation.
<i>Zha</i> (crush)	砸	<i>zha</i>		To reduce medicinal substances into particles by pounding. This method increases the surface area and enhances extraction of active ingredients.
<i>Zheng</i> (steam)	蒸	<i>zheng</i>	steam	A preparation method to heat the medicinal substances with steam. This method indirectly introduces heat and water to the herbs to alter the therapeutic effect or reduce toxicity.
<i>Zheng</i> (upright) <i>qi</i>	正气	<i>zheng qi</i>	right qi	A term that summarizes the positive strength generated by healthy functioning of the organs. In comparison to the pathogenic factors, <i>zheng</i> (upright) <i>qi</i> also represents one's immunity.
<i>Zhi</i> (fry with liquid)	炙	<i>zhi</i>	mix-frying	Stir-frying with liquid to improve effectiveness, enhance smell, or reduce side effects. Liquids used for frying include honey, grain-based liquor, vinegar, ginger juice, and salt water.
<i>Zhi</i> (prepared)	制	<i>zhi</i>	prepare	To process medicinal substances with different methods.
<i>Zhi</i> (will-power)	志	<i>zhi</i>	mind	A term that encompasses will-power and memory. Stored by the Kidney, <i>zhi</i> controls drive, determination, motivation, memory and will-power.
<i>Zhong</i> (central) <i>qi</i>	中气	<i>zhong qi</i>	center qi	The <i>qi</i> of the middle <i>jiao</i> represents the healthy functioning of the Spleen and Stomach to transport and transform food and nutrients.
<i>Zhong feng</i> (wind stroke)	中风	<i>zhong feng</i>	wind stroke	An acute disorder of semi- or un-consciousness, deviation of the eyes or mouth, hemiparalysis, and difficulty with speech. The cause of the illness is predominantly wind, but this may be accompanied by blood deficiency, phlegm, fire, or other pathogens.
<i>Zhong qi</i> (qi stroke)	中气	<i>zhong qi</i>	qi stroke	A condition characterized by stagnated or reversed flow of <i>qi</i> , caused by internal injuries, accumulation of dampness and phlegm, or imbalance of the seven emotions.
<i>Zhou bi</i> (generalized painful obstruction)	周痹	<i>zhou bi</i>	generalized impediment	One type of <i>bi zheng</i> (painful obstruction syndrome) characterized by generalized pain that also affects the bones and joints.
<i>Zhu</i> (boiling)	煮	<i>zhu</i>	boil	Cooking certain medicinal substances in boiling water or another medium to enhance the therapeutic effect or reduce toxicity.
<i>Zhuo bi</i> (fixed painful obstruction)	著痹	<i>zhuo bi</i>	fixed impediment	One type of <i>bi zheng</i> (painful obstruction syndrome) that often occurs when dampness affects specific, fixed areas. Similar to dampness that is heavy and sinking, <i>zhuo bi</i> is characterized by pain and swelling in the lower extremities.

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Terminology	Chinese	Pinyin	Wiseman & Feng	Definition
<i>Zong</i> (essential) <i>qi</i>	宗气	<i>zong qi</i>	ancestral qi	<i>Zong</i> (essential) <i>qi</i> is derived from air taken in by the Lung, and nutrients absorbed by the Spleen and Stomach. It functions to maintain proper ventilation of the Lung and circulation of the Heart.
<i>Zuo yao</i> (assistant herb)	佐药	<i>zuo yao</i>	assistant	The third of four guiding principles in herbal formulation: <i>Jun Chen Zuo Shi</i> (Chief, Deputy, Assistant, Envoy). This herb has three main functions: 1) it reinforces the effect of <i>jun yao</i> (chief herb) or <i>chen yao</i> (deputy herb) to treat the disease, or directly treats the secondary symptoms; 2) it counteracts the toxicity or minimizes the drastic effects of the <i>jun yao</i> (chief herb) or <i>chen yao</i> (deputy herb); and 3) it has an opposite effect as, but works in synergy with, the <i>jun yao</i> (chief herb) to treat the most serious and complex disorders.