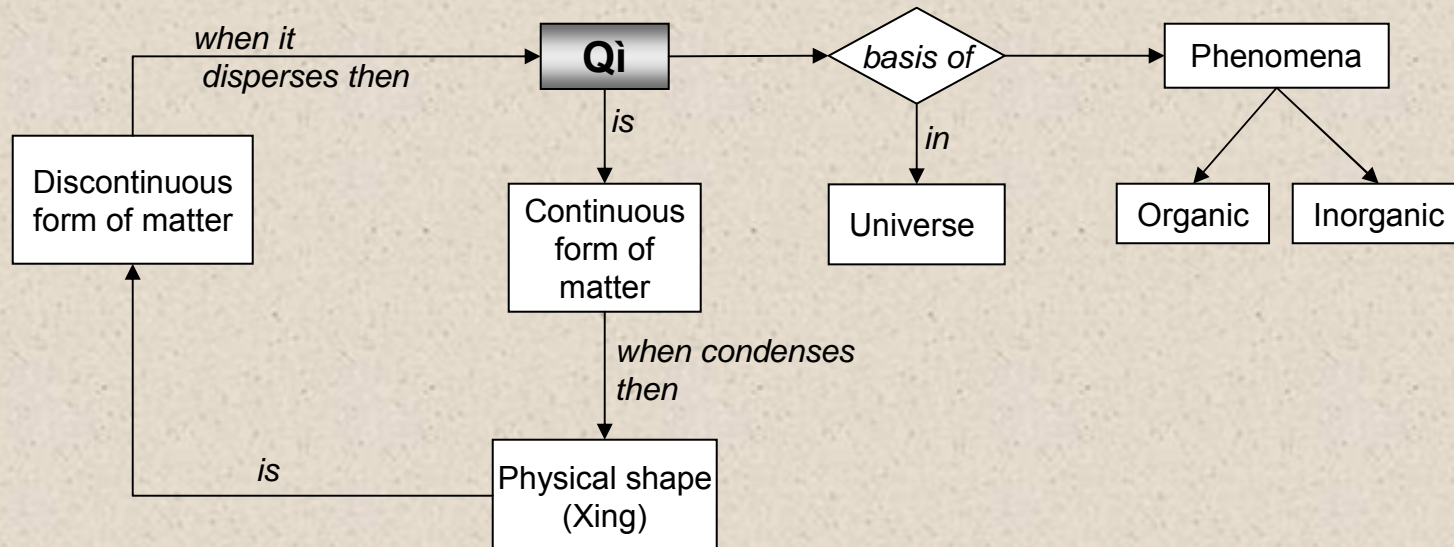
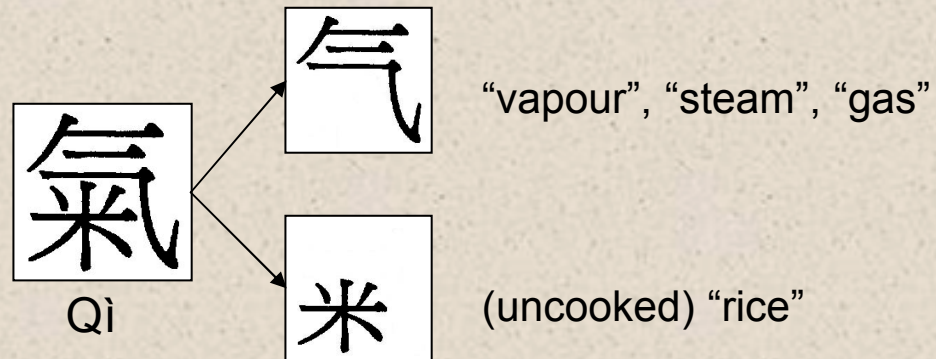


Chapter 4

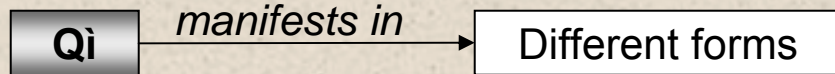
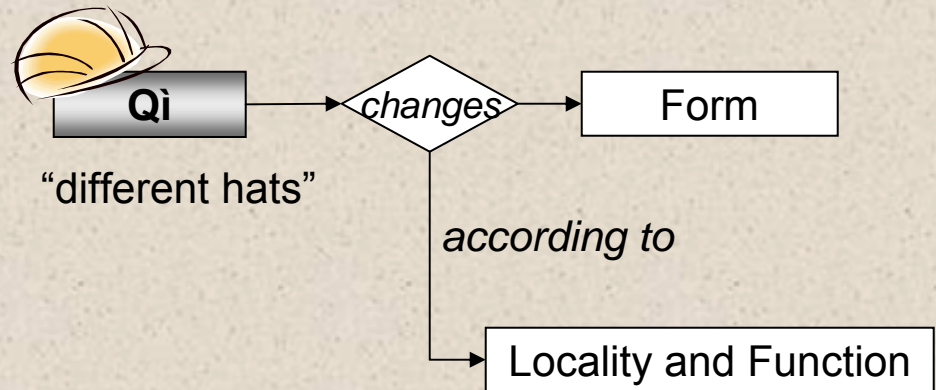
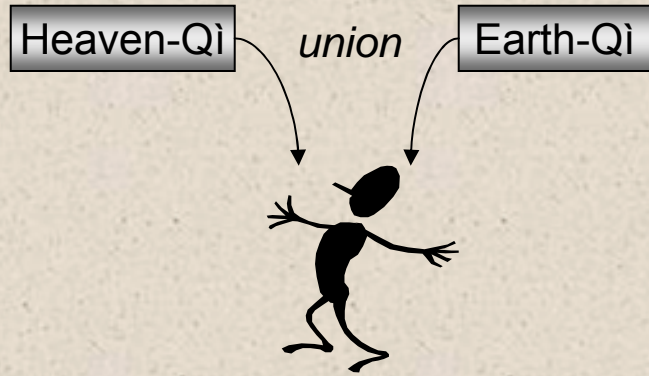
The Vital Substances

Qì, Xuè, Jīn-Yè, Jīng and Shén

Qì in Chinese Philosophy

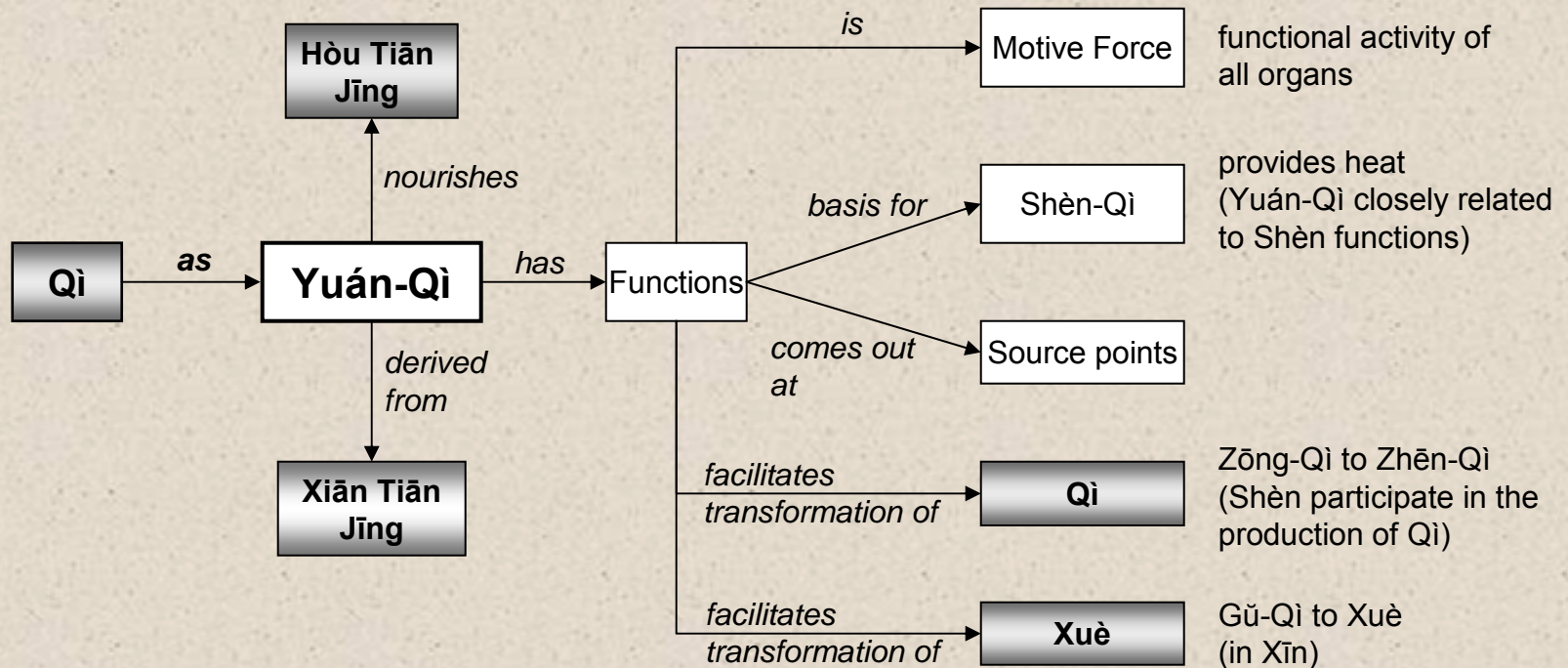


Qì in Chinese Medicine



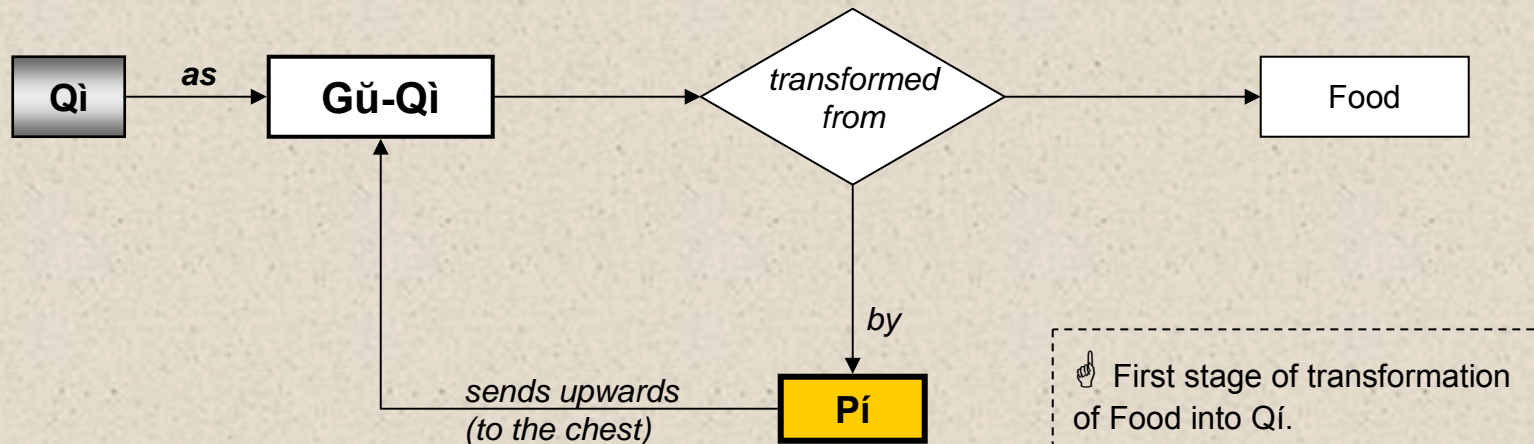
Qì in Chinese Medicine

Various forms of Qì



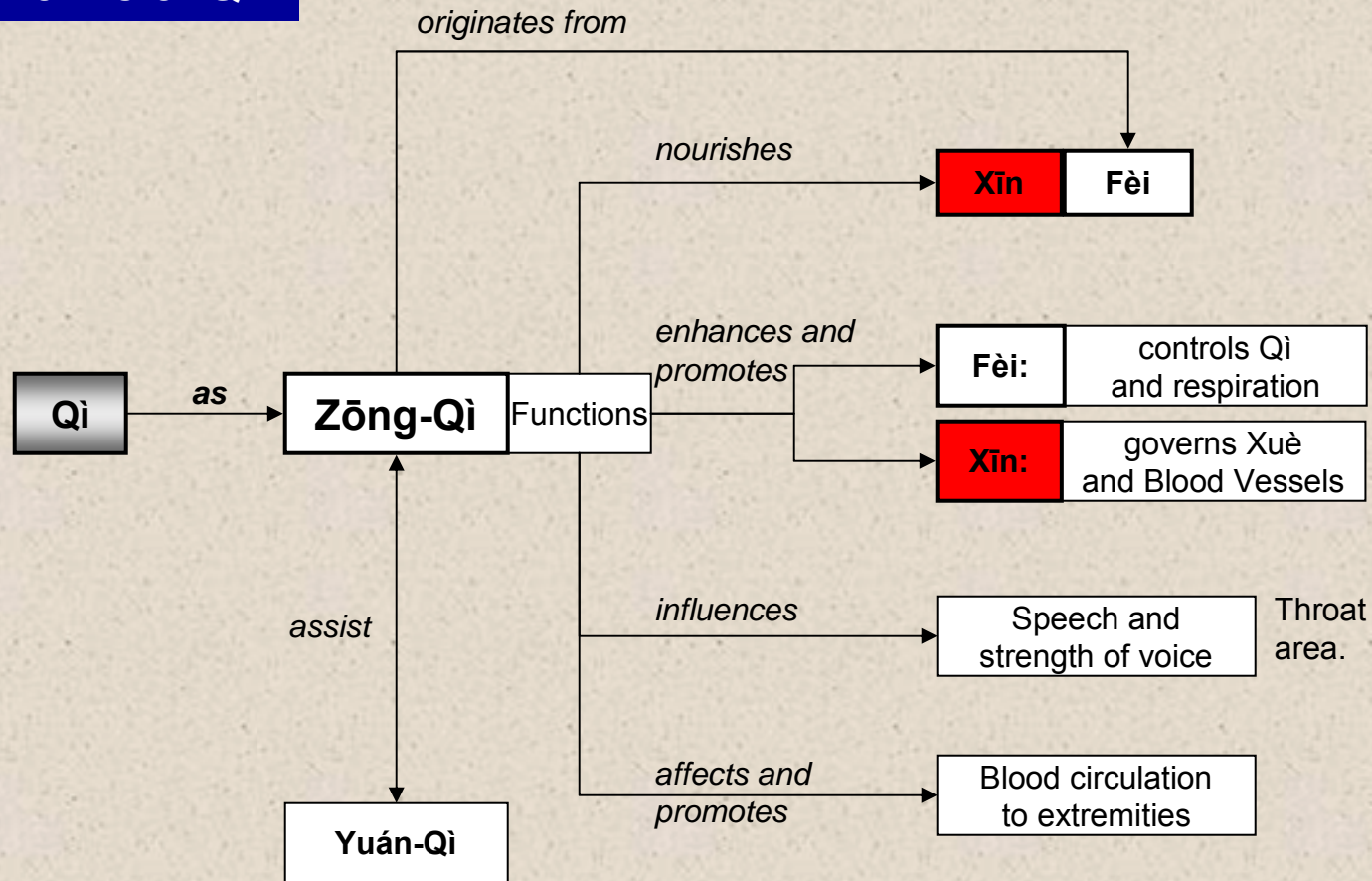
Qì in Chinese Medicine

Various forms of Qì



Qì in Chinese Medicine

Various forms of Qì



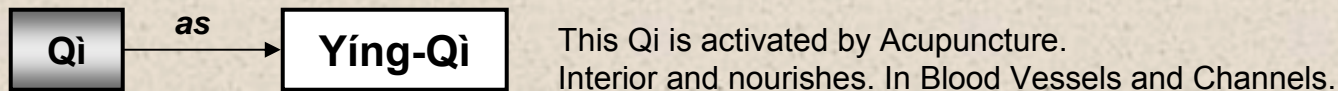
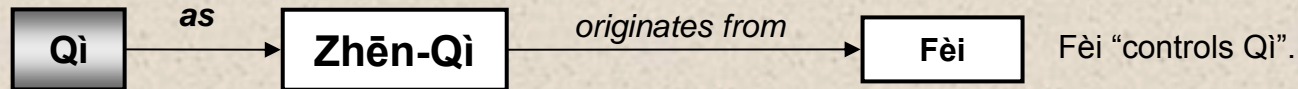
Qì in Chinese Medicine

Various forms of Qì

- Area where Zōng-Qì collects in chest is called “Sea of Qì”. The controlling point is Shānzhōng CV-17 (Ren-17).
- Zōng-Qì is also treated via Xīn and Fèi channels and by breathing exercises.
- Zōng-Qì affected by emotional problems.
- Zōng-Qì flows downwards to aid Shèn-Kidneys.
- Yuán-Qì flows upwards to aid respiration.
- Zōng-Qì is also called: “Chest-Qì” (Xiōng-Qì) or “Big-Qì” (Dà Qì).

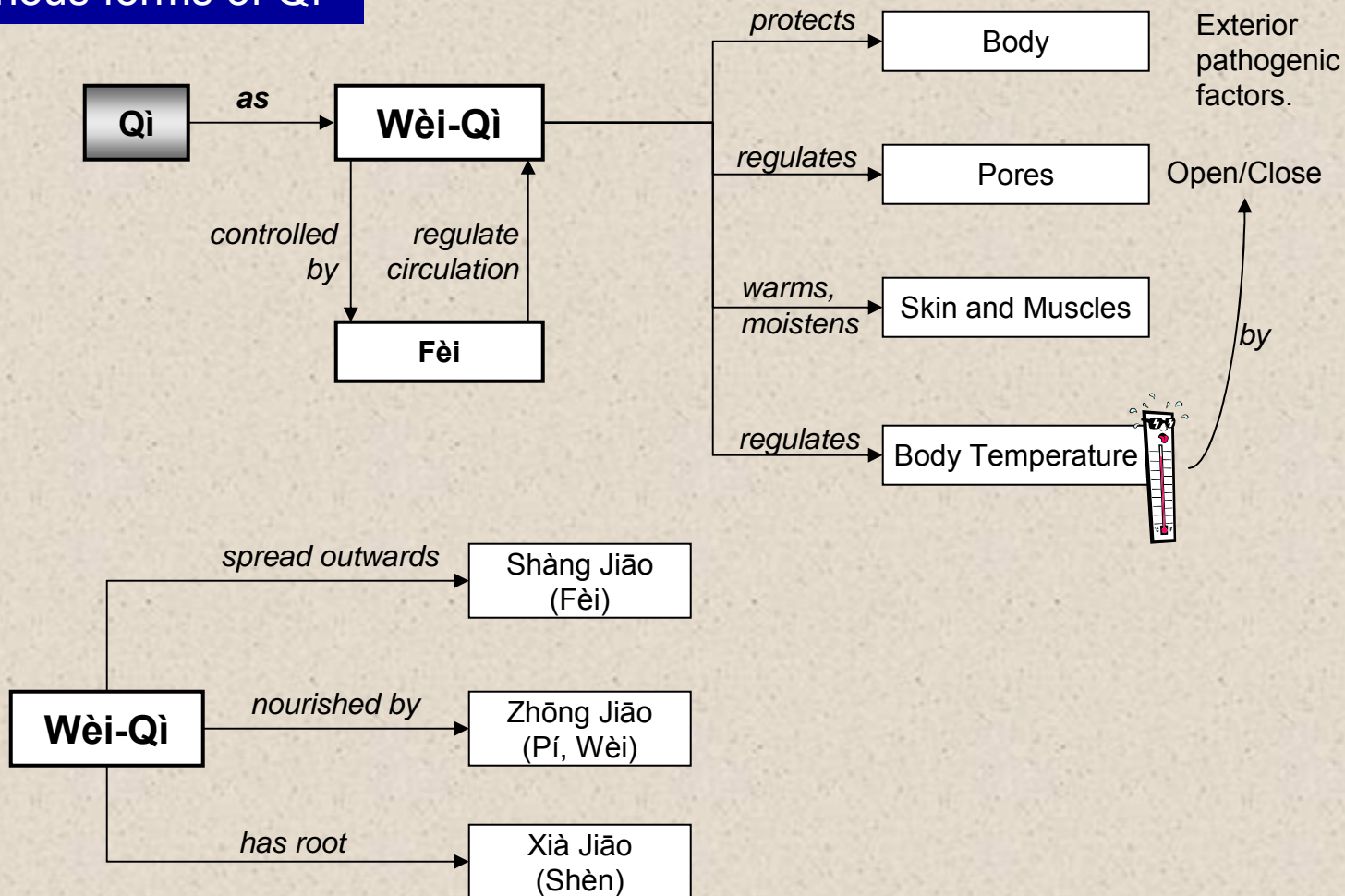
Qì in Chinese Medicine

Various forms of Qì



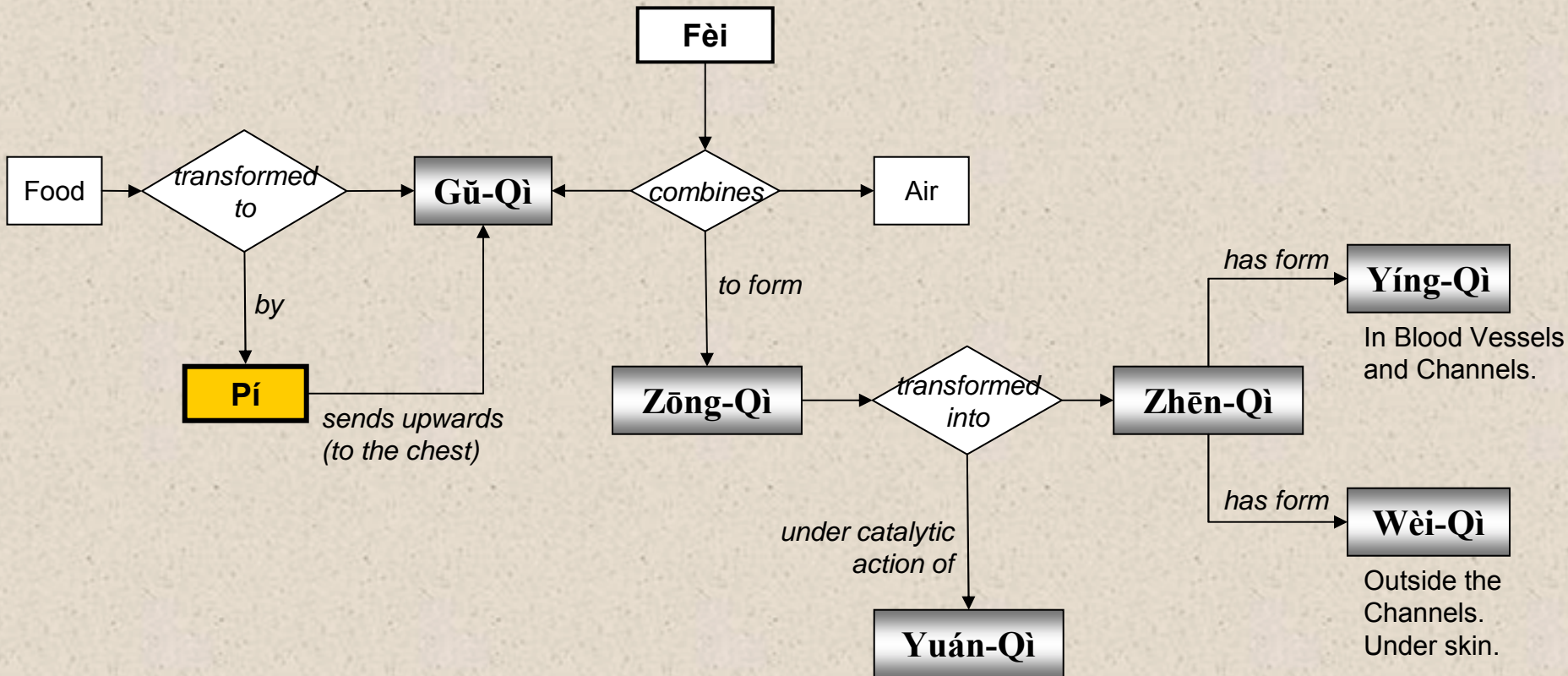
Qì in Chinese Medicine

Various forms of Qì



Qì in Chinese Medicine

Relationships between the various forms of Qì



Qì in Chinese Medicine

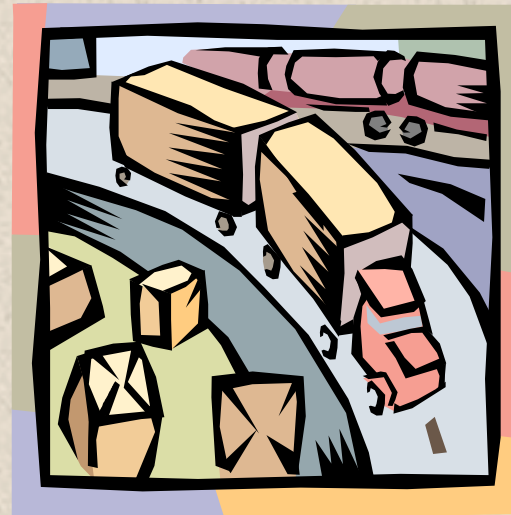
Relationships between the various forms of Qì

- **Zhōng-Qì** - Is Qì of Pí and Wèi, or Xiān Tiān Qì derived from food.
- **Zhèng Qì** - is the active aspect of all components including Zàng-Fǔ, Xuè, Jīn-Yè, Jīng and various forms of Qì in maintaining health and resisting disease (protecting the body from invasion by exterior pathogenic factors). It indicates the body's resistance to pathogenic factors.
- **Xié-Qì** – different types of evils. For example exterior pathogenic factors. These attack the body.

Qì in Chinese Medicine

Basic functions of Qì

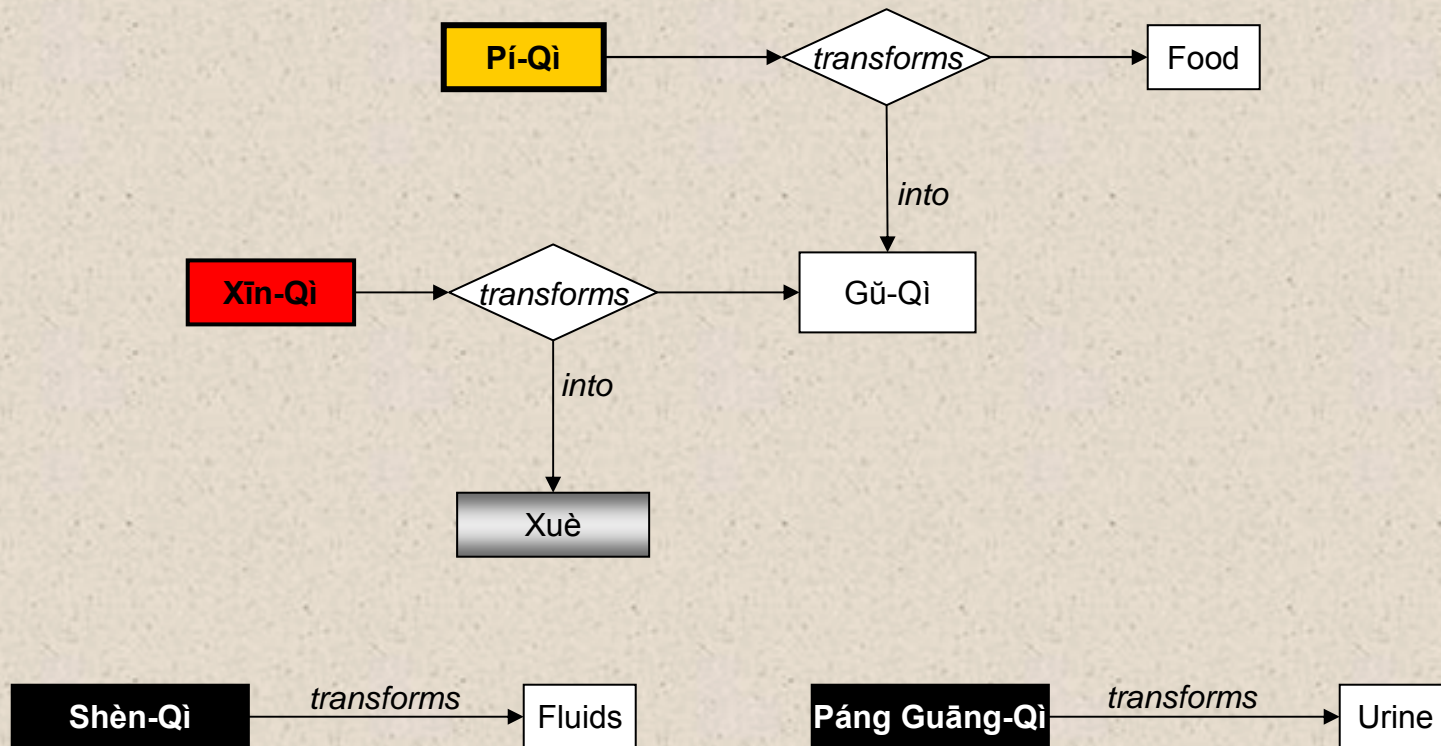
- Transforming
- Transporting
- Protecting
- Holding
- Raising
- Warming



Qì in Chinese Medicine

Basic functions of Qì

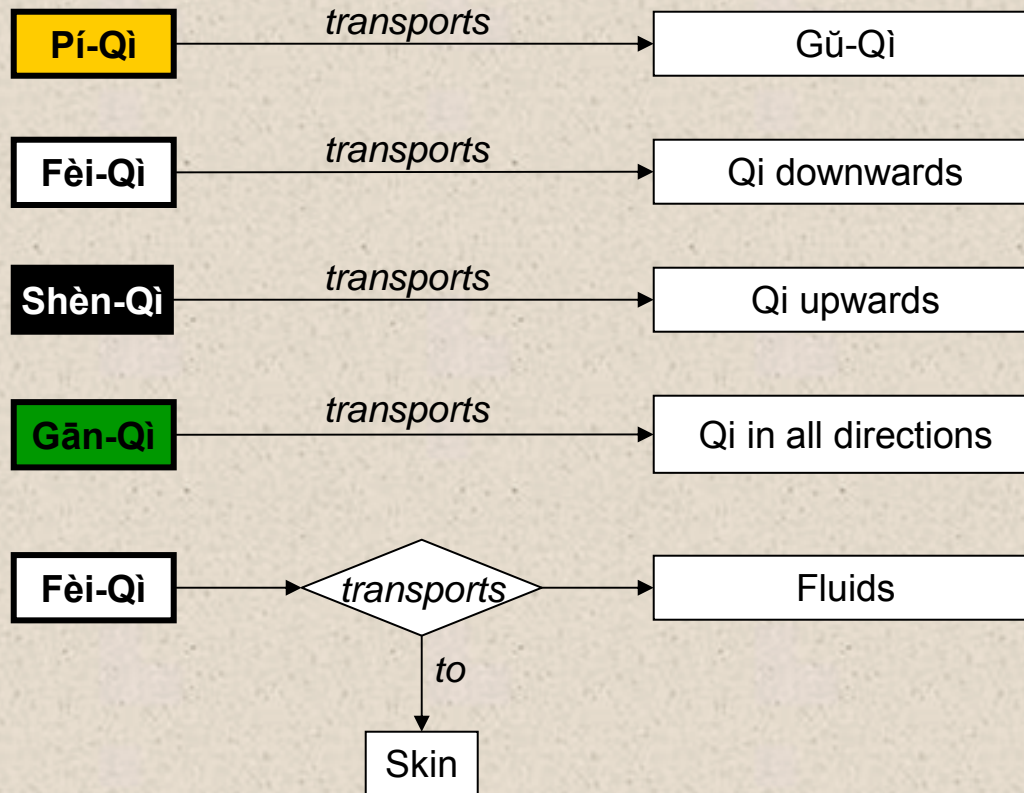
Transforming



Qì in Chinese Medicine

Basic functions of Qì

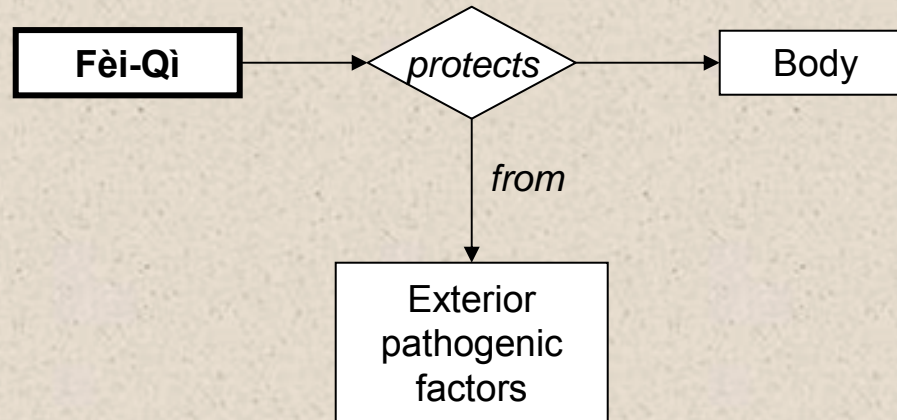
Transporting



Qì in Chinese Medicine

Basic functions of Qì

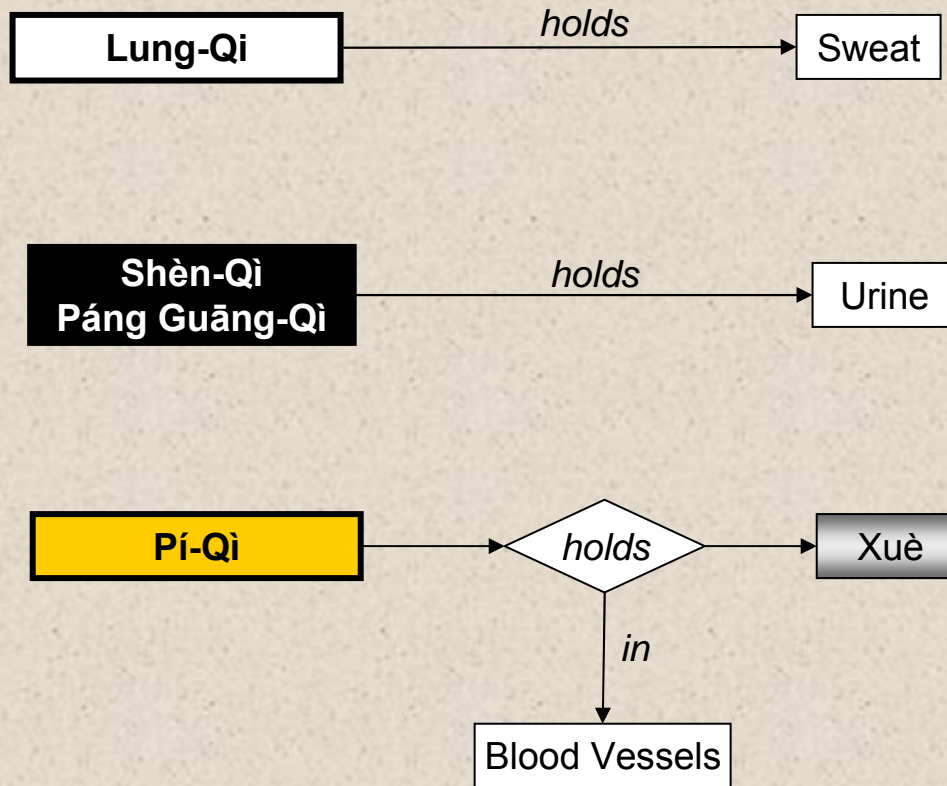
Protecting



Qì in Chinese Medicine

Basic functions of Qì

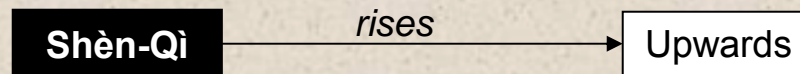
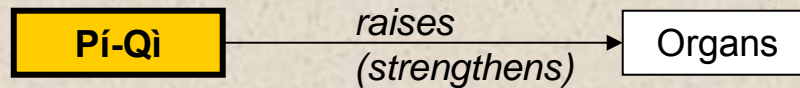
Holding



Qì in Chinese Medicine

Basic functions of Qì

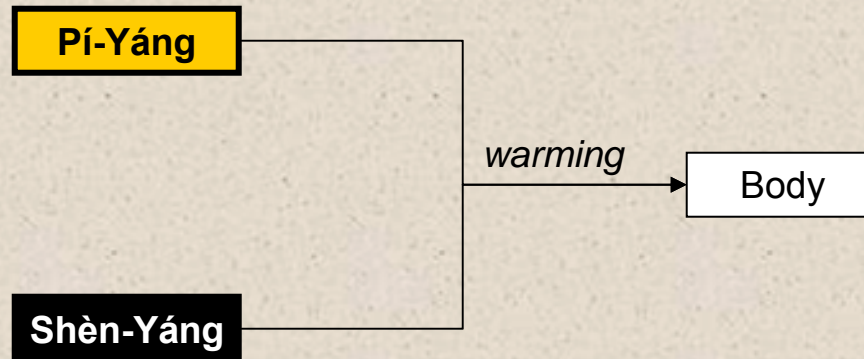
Raising



Qì in Chinese Medicine

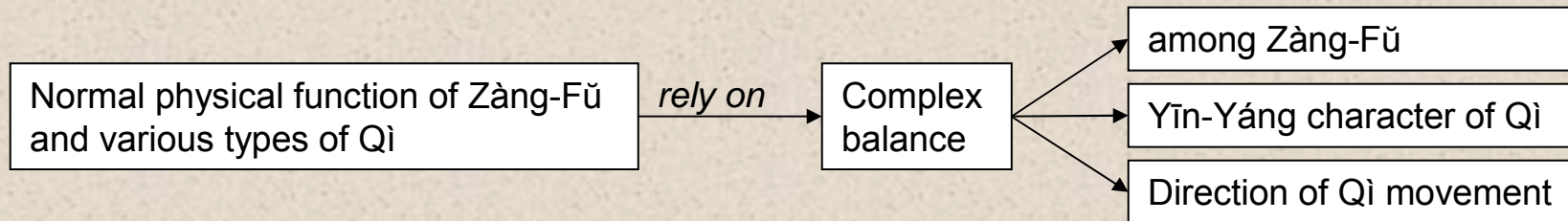
Basic functions of Qì

Warming



Qì in Chinese Medicine

Directions of movement of Qì



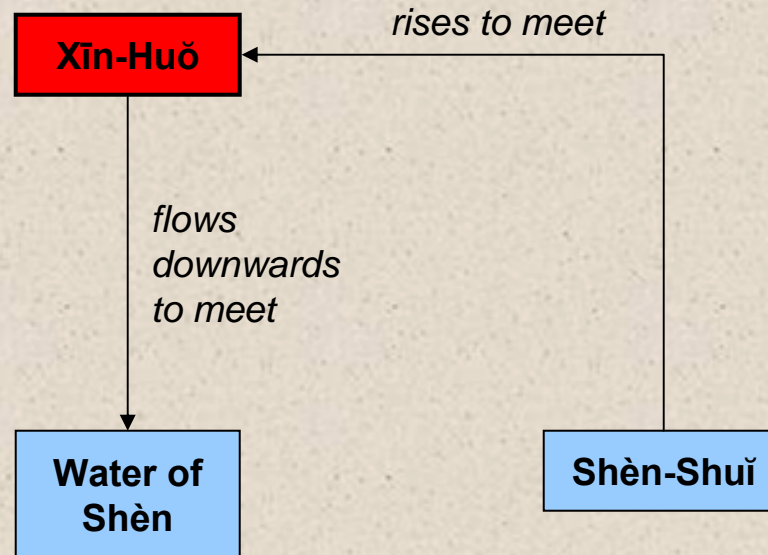
Examples:

- Xīn – Shèn
- Pí – Wèi
- Fèi
- Gān
- Shèn

Qì in Chinese Medicine

Directions of movement of Qì

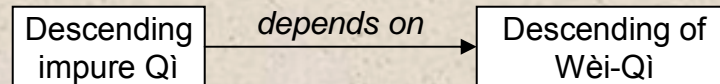
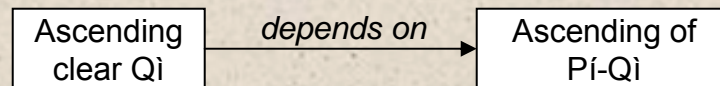
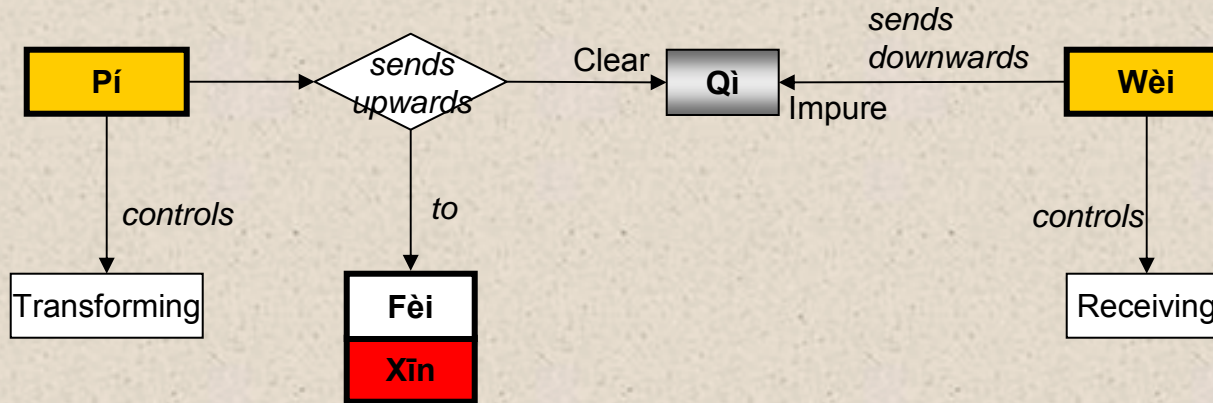
Xīn – Shèn



Qì in Chinese Medicine

Directions of movement of Qì

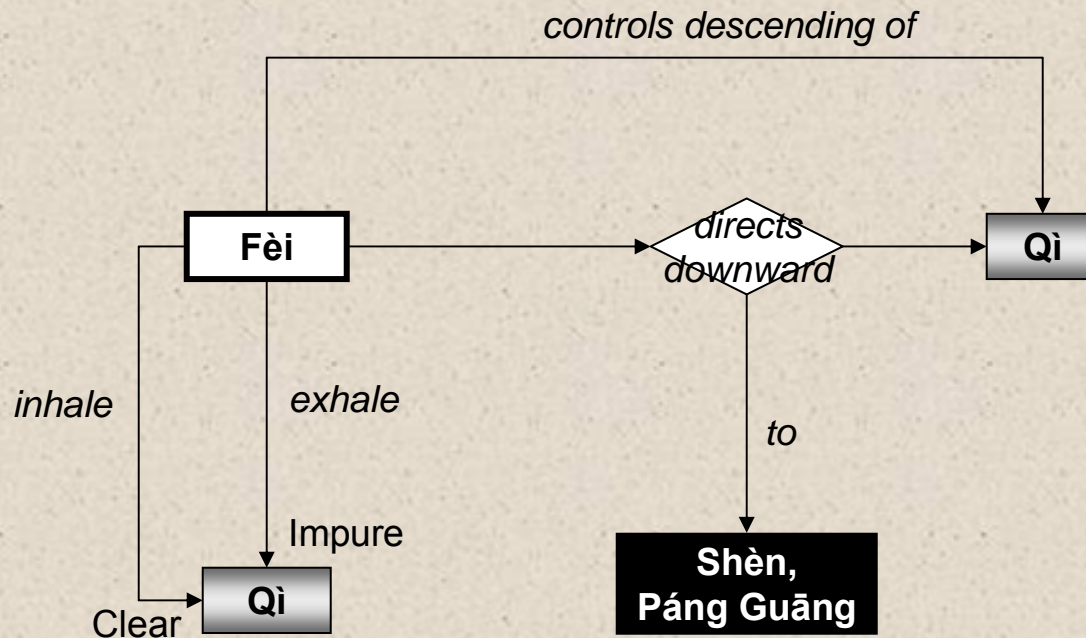
Pí – Wèi



Qì in Chinese Medicine

Directions of movement of Qì

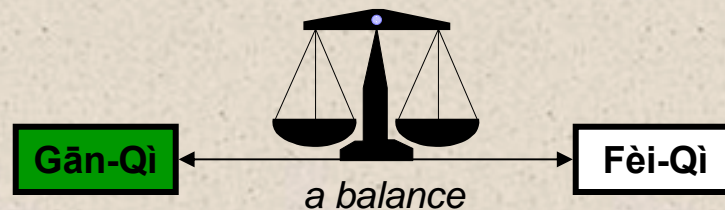
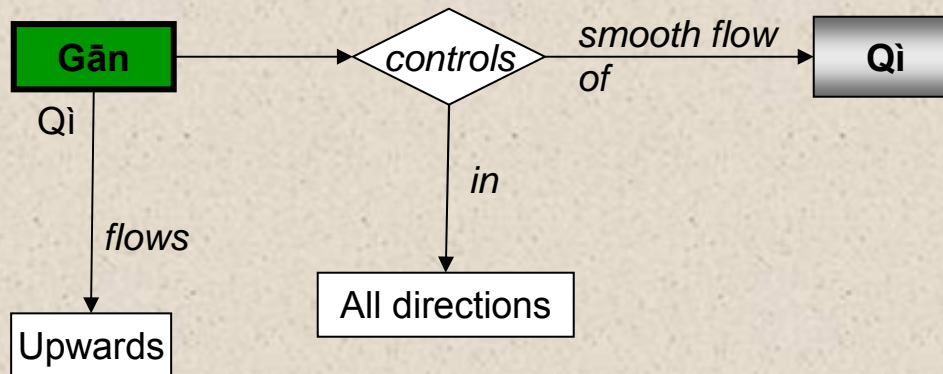
Fèi



Qì in Chinese Medicine

Directions of movement of Qì

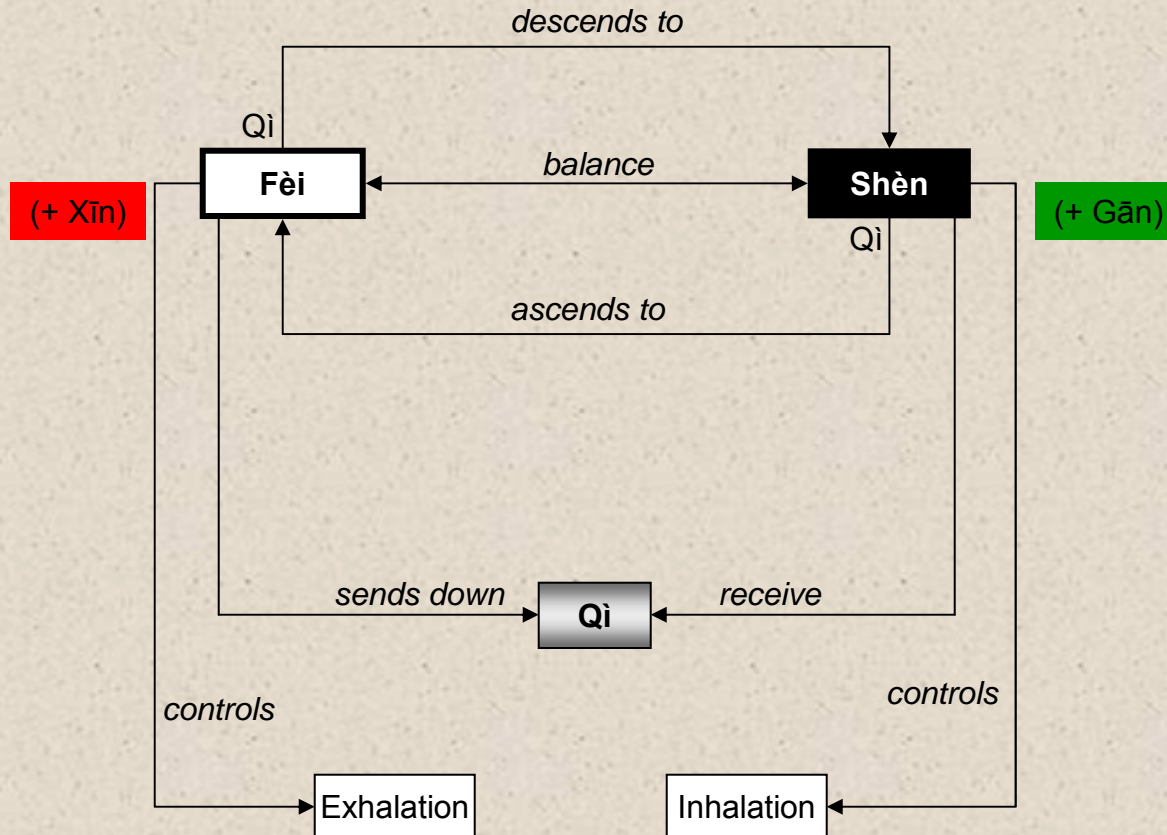
Gān



Qì in Chinese Medicine

Directions of movement of Qì

Shèn

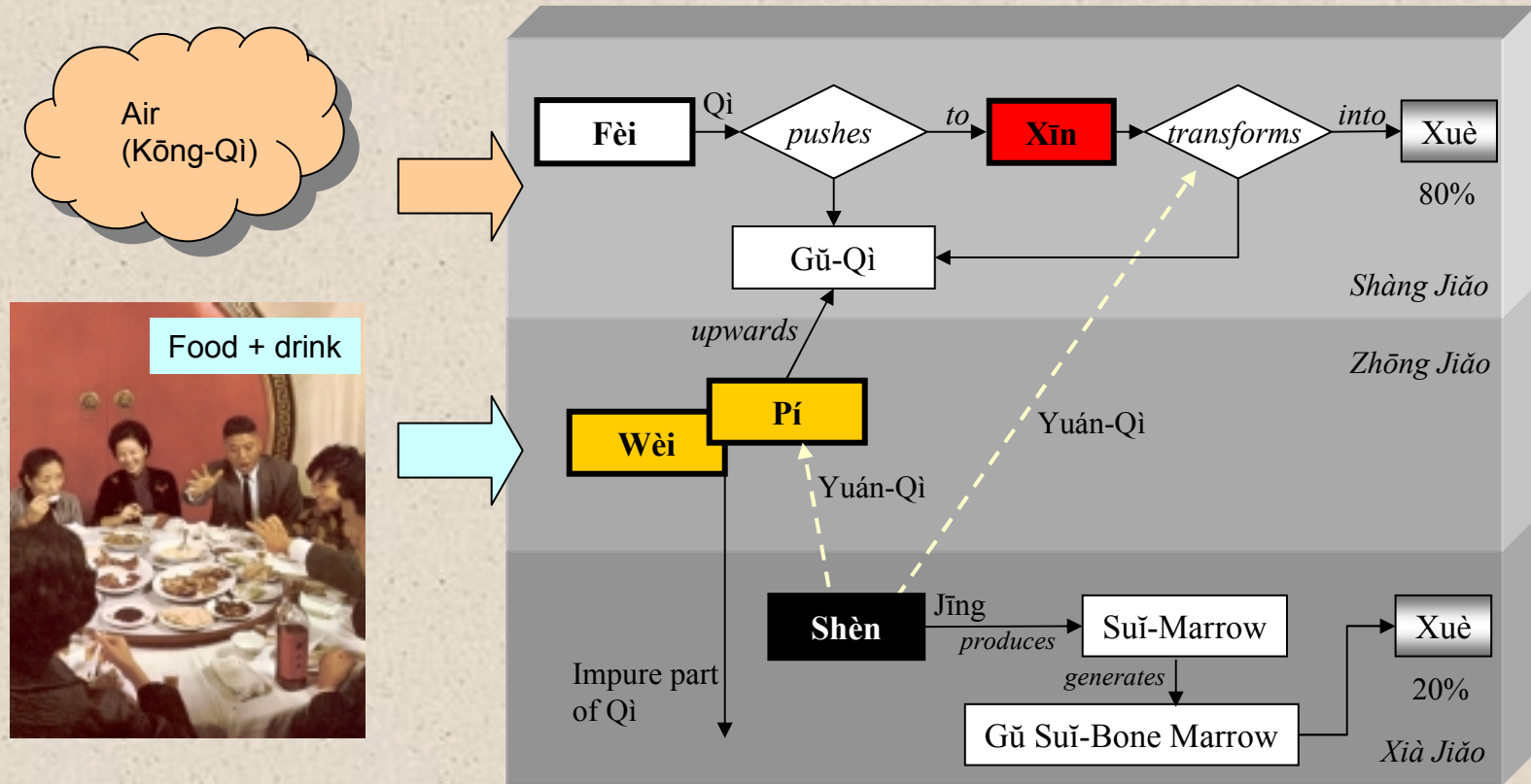


Qì in Chinese Medicine

Pathology of Qì

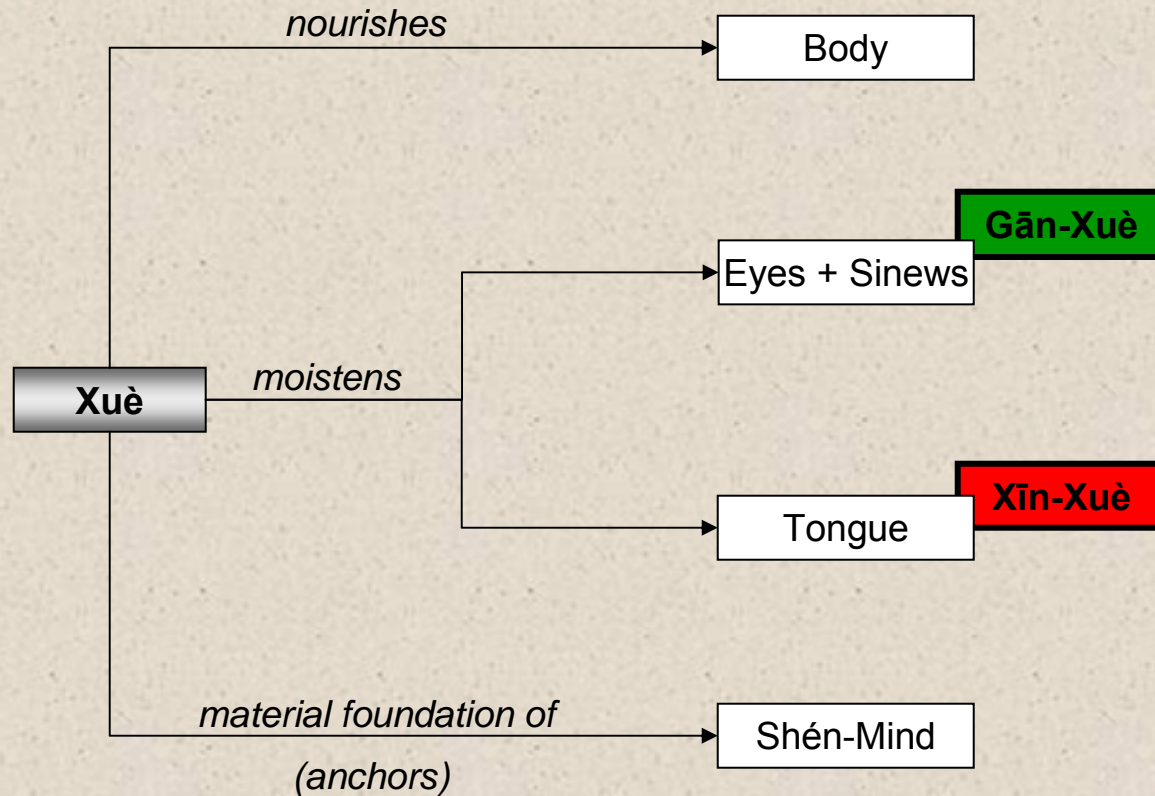
- **Qì Xū** – Qì deficiency: mainly Fèi, Pí, and Shèn.
- **Qì Xiàn** – Qì sinking: sub type of Qì Xū. Applies mostly to Pí-Qì.
- **Qì Zhì** – Qì stagnation: Qì cannot/does not move and stagnates. Mainly Gān-Qì.
- **Qì Nì** – Qì counterflow: a reversal of the normal direction of the flow of Qì.

Xuè in Chinese Medicine



Xuè in Chinese Medicine

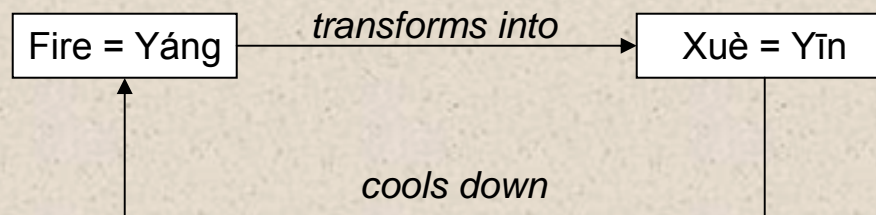
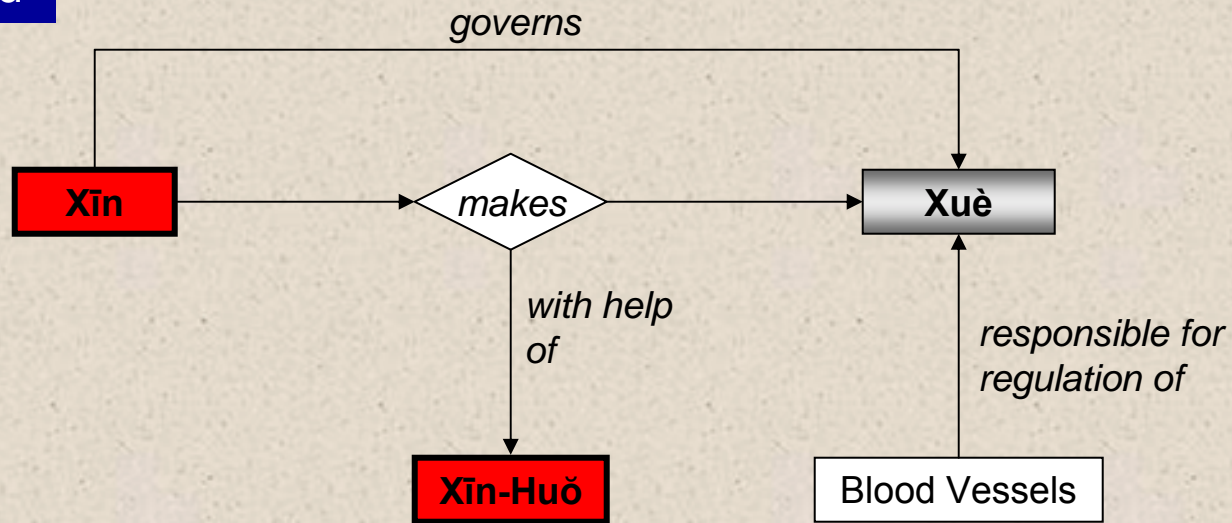
Functions of Xuè



Xuè in Chinese Medicine

Xuè and Zàng-Fǔ

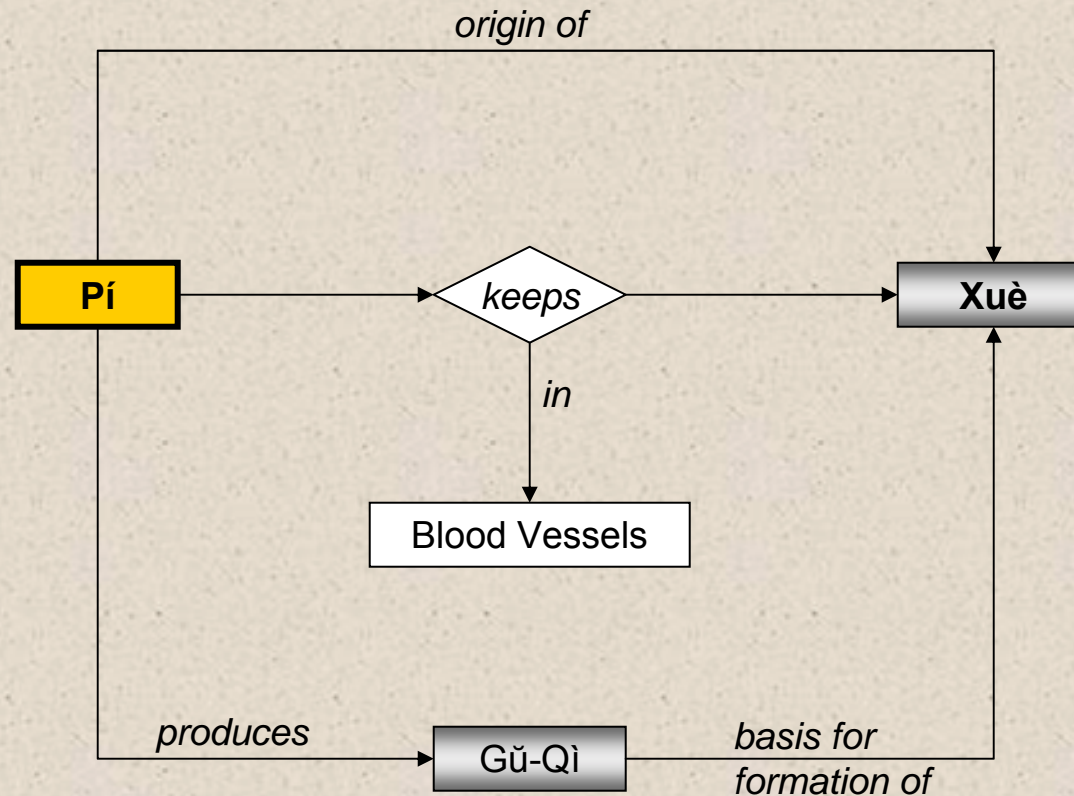
Xīn



Xuè in Chinese Medicine

Xuè and Zàng-Fǔ

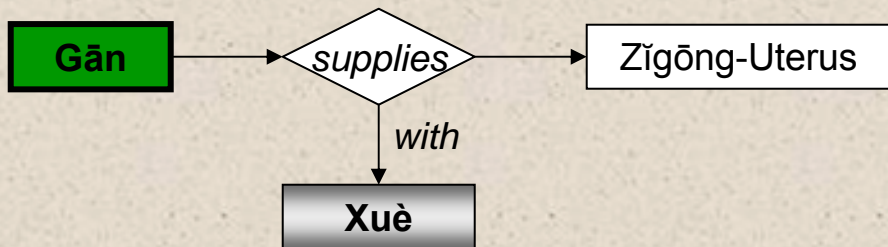
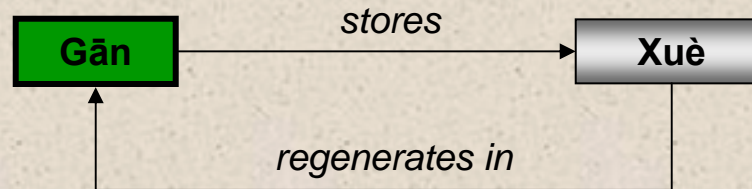
Pí



Xuè in Chinese Medicine

Xuè and Zàng-Fǔ

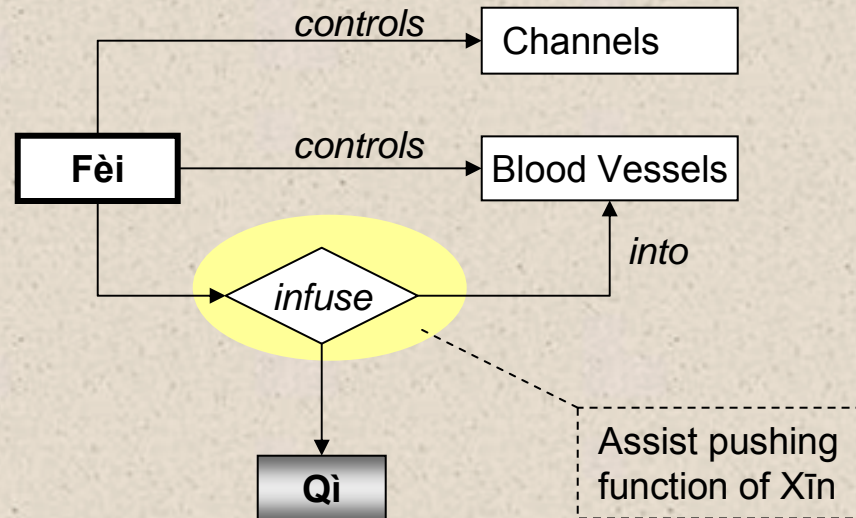
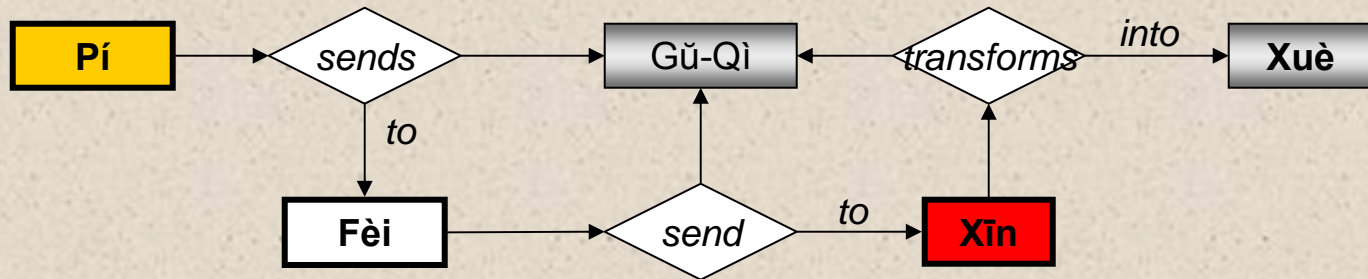
Gān



Xuè in Chinese Medicine

Xuè and Zàng-Fǔ

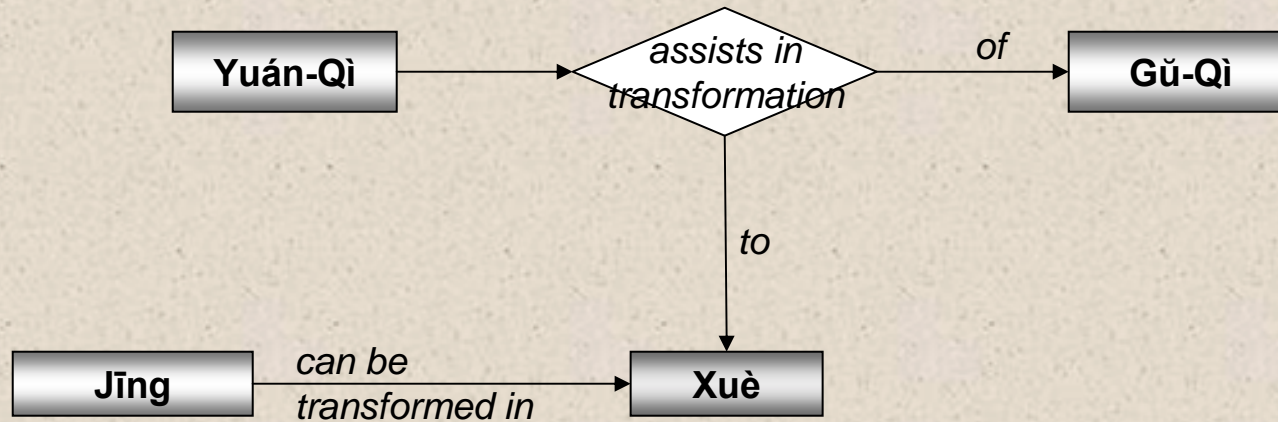
Fèi



Xuè in Chinese Medicine

Xuè and Zàng-Fǔ

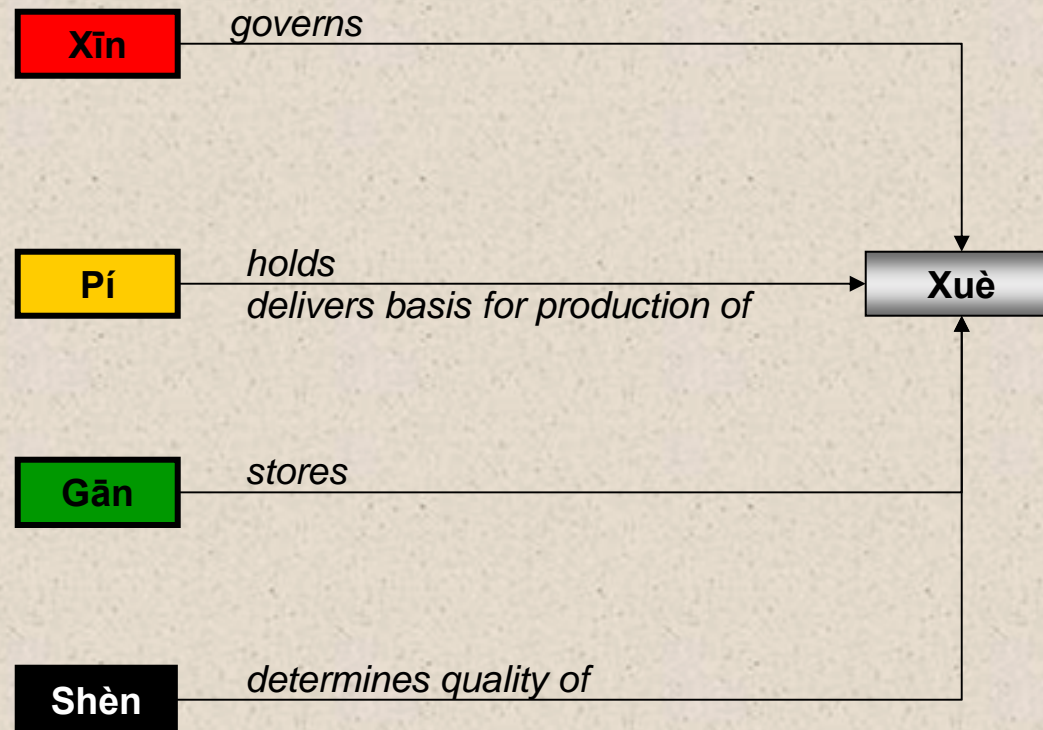
Shèn



Xuè in Chinese Medicine

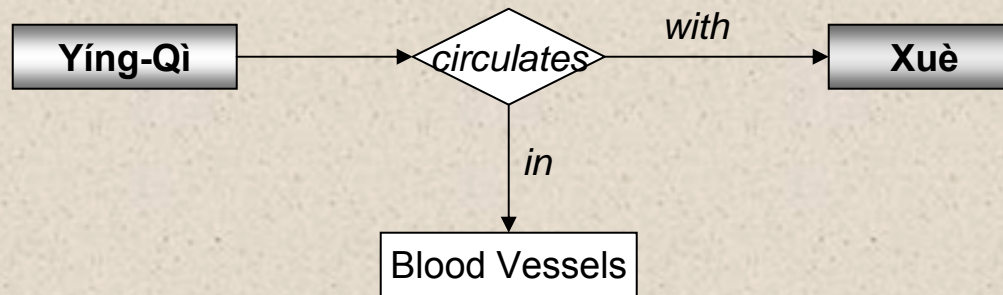
Xuè and Zàng-Fǔ

To summarize



Xuè in Chinese Medicine

Xuè Qì relationship



Four aspects are:

1. Qì generates Xuè
2. Qì moves Xuè
3. Qì holds Xuè
4. Xuè nourishes Qì

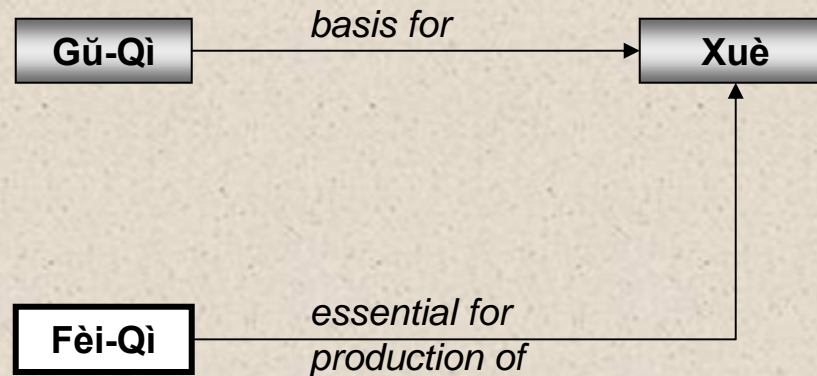
} Qì is the commander of Xuè

} Xuè is the mother of Qì

Xuè in Chinese Medicine

Xuè Qì relationship

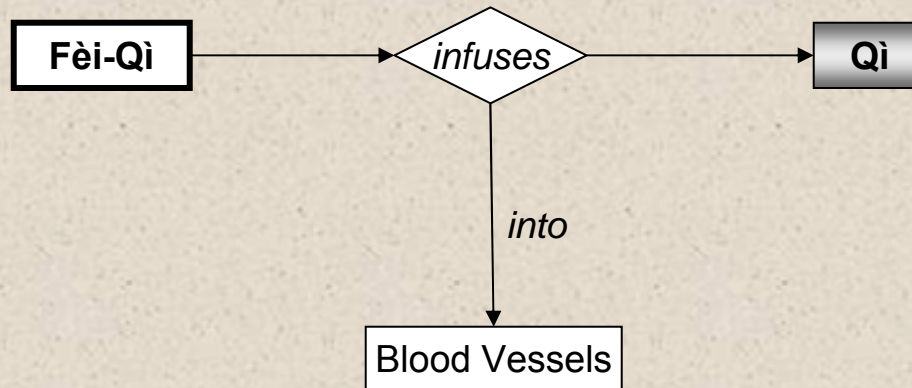
Qì generates Xuè



Xuè in Chinese Medicine

Xuè Qì relationship

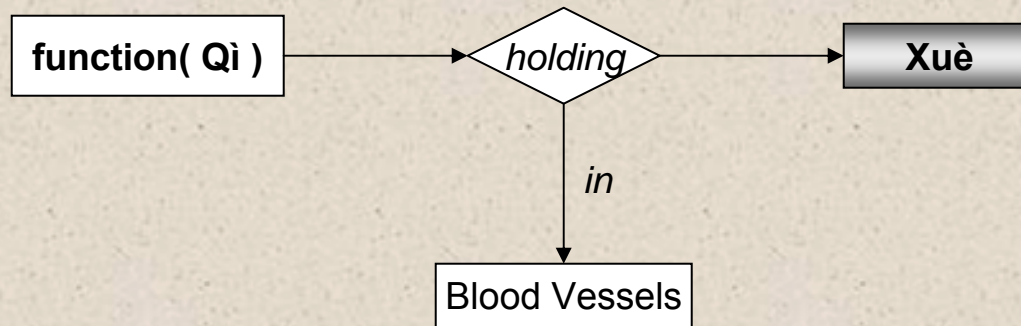
Qì moves Xuè



Xuè in Chinese Medicine

Xuè Qì relationship

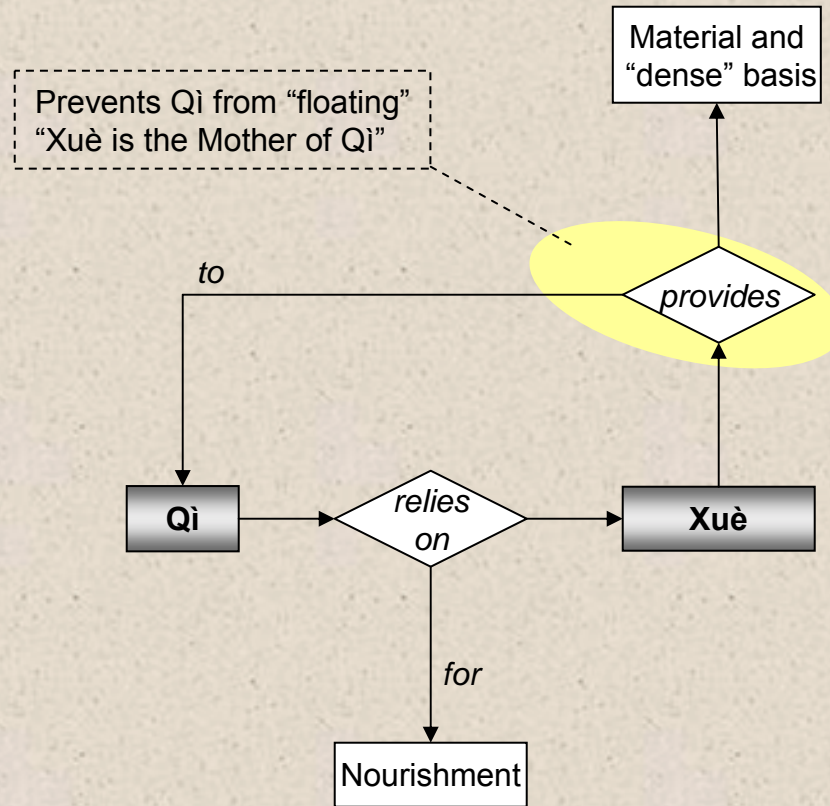
Qì holds Xuè



Xuè in Chinese Medicine

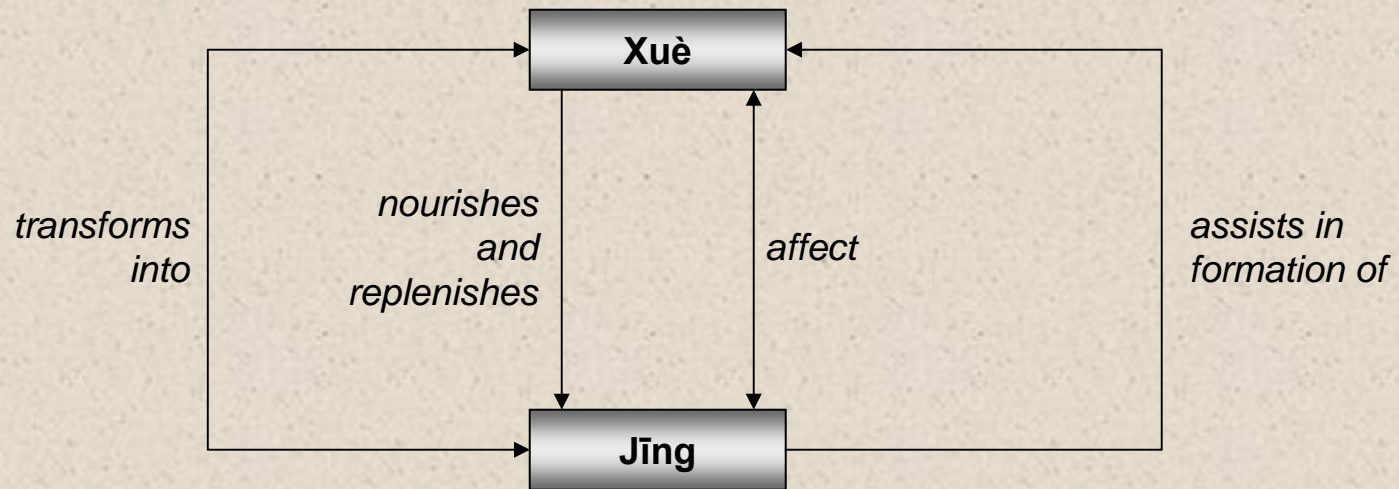
Xuè Qì relationship

Xuè nourishes Qì



Xuè in Chinese Medicine

Xuè Jīng relationship



Xuè in Chinese Medicine

Xuè Pathology

- **Xuè Xū** – mostly caused by Pí-Qì Xū.
- **Xuè-Rè** – mostly due to Gān-Rè.
- **Xuè Yū** – caused by Qì Zhì, Rè and by Hán

Jīn-Yè in Chinese Medicine

Types of Jīn-Yè

Jīn (fluids)	Yè (liquids)
Clear.	Turbid.
Light.	Heavy.
Thin-watery.	Dense.
Circulates with Wèi-Qì (defensive) on exterior.	Circulates with Yíng-Qì in the interior.
Moves relatively quickly.	Moves relatively slowly.
Under control of Fèi (spreads under skin). Under control of Shàng Jiǎo for transformation and movement towards skin.	Under control of Pí and Shèn for transformation. Under control of Zhōng Jiǎo and Xià Jiǎo for movement and excretion.
Function: moisten and nourish skin and muscles.	Function: moisten spine, joints, brain and bone marrow.
Sweat, tears, mucus. Component of fluid part of Xuè.	Lubrication of orifices of sense organs (eyes, nose, ears, mouth).

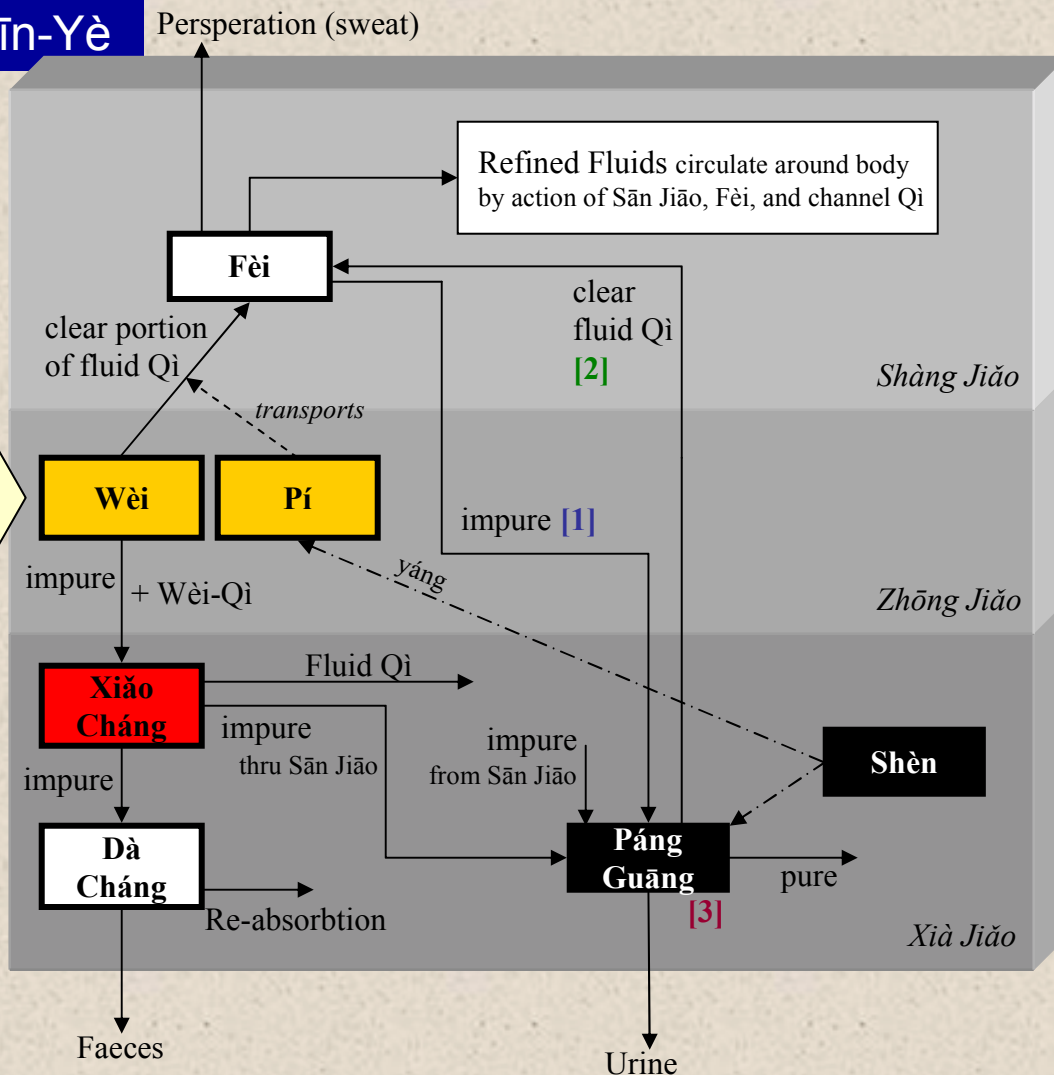
Jīn-Yè in Chinese Medicine

Types of Jīn-Yè

Jīn	Sense organ	Fluid of
Tears	eyes	Gān
Sweat	pores	Xīn
Watery saliva (xian)	mouth	Pí
Nasal mucus	nose	Fèi
Mucoid saliva (tuo)	-	Shèn
Ear wax	ear	Shèn

Jīn-Yè in Chinese Medicine

Source and Transformation of Jīn-Yè

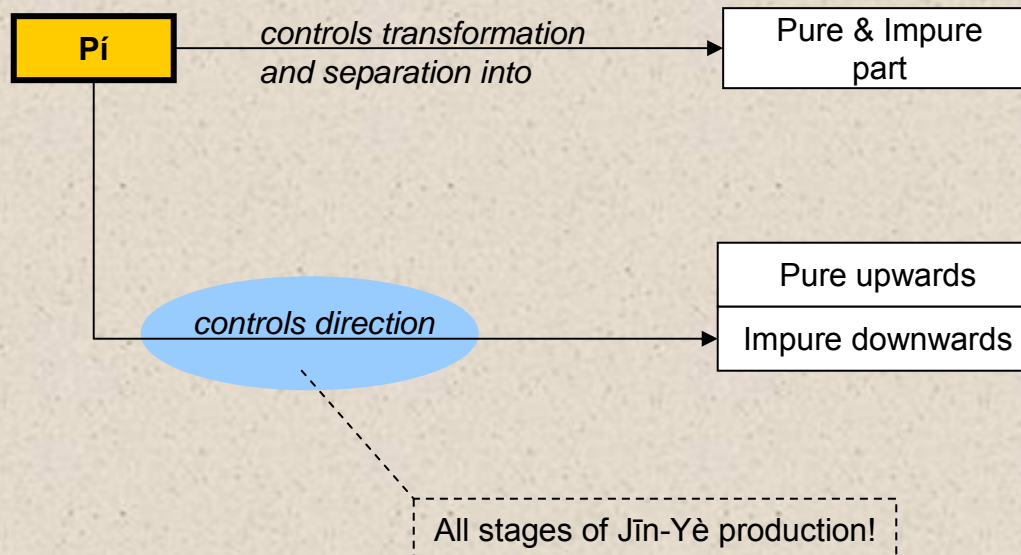


- [1] by Fèi's spreading + descending function
- [2] via *Sān Jiǎo* and Shèn channel
- [3] Steaming action does separation

Jīn-Yè in Chinese Medicine

Jīn-Yè and Zàng-Fǔ

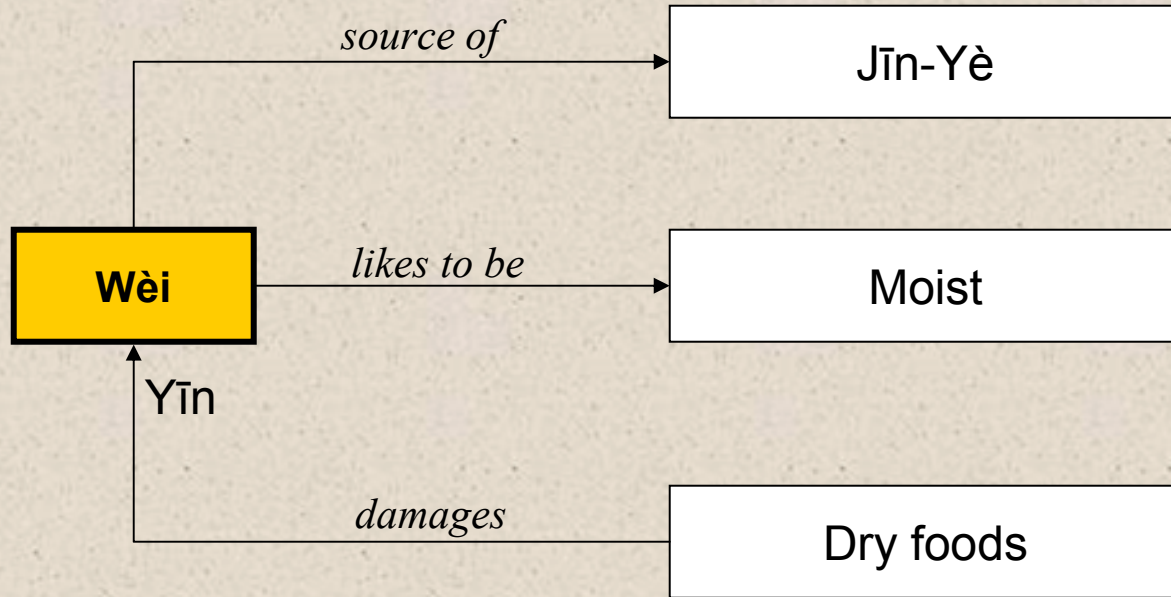
Jīn-Yè and Pí



Jīn-Yè in Chinese Medicine

Jīn-Yè and Zàng-Fǔ

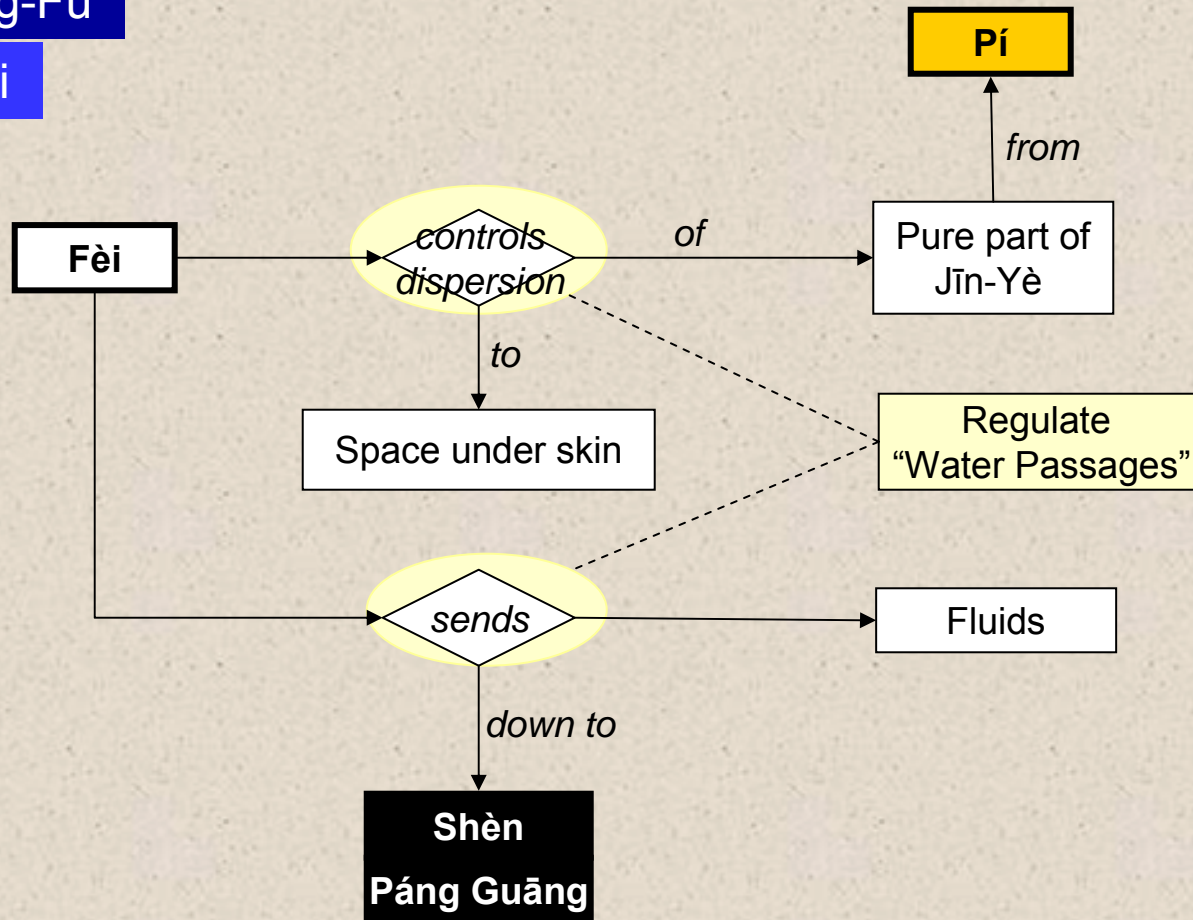
Jīn-Yè and Wèi



Jīn-Yè in Chinese Medicine

Jīn-Yè and Zàng-Fǔ

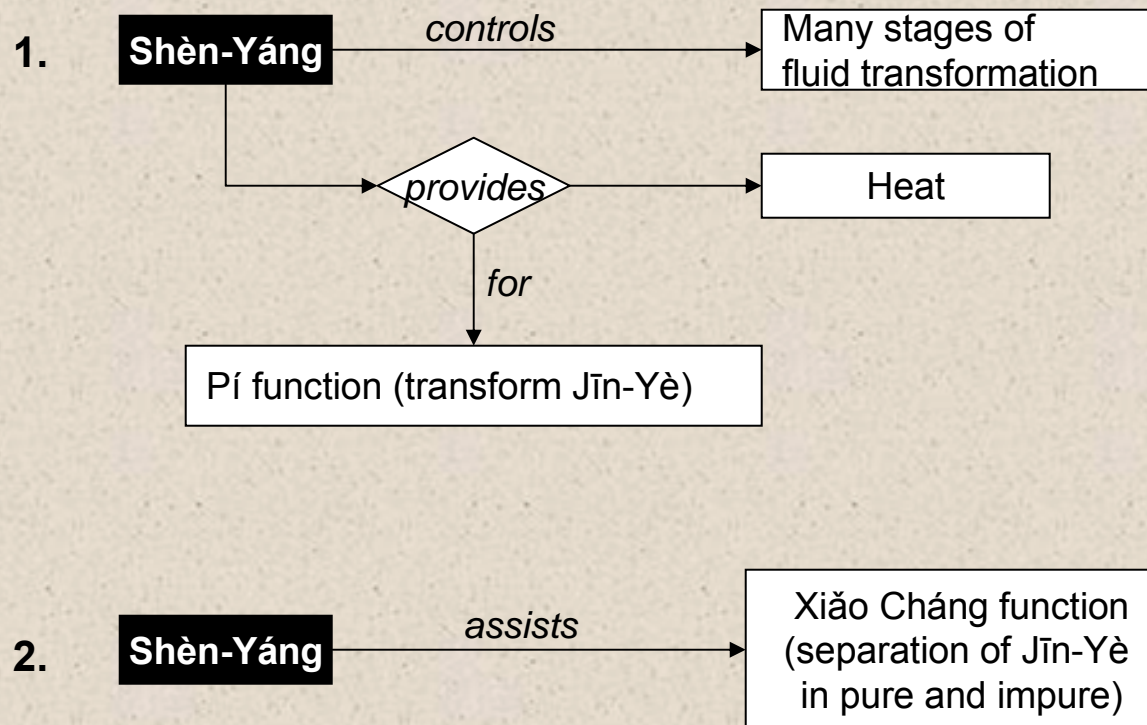
Jīn-Yè and Fèi



Jīn-Yè in Chinese Medicine

Jīn-Yè and Zàng-Fǔ

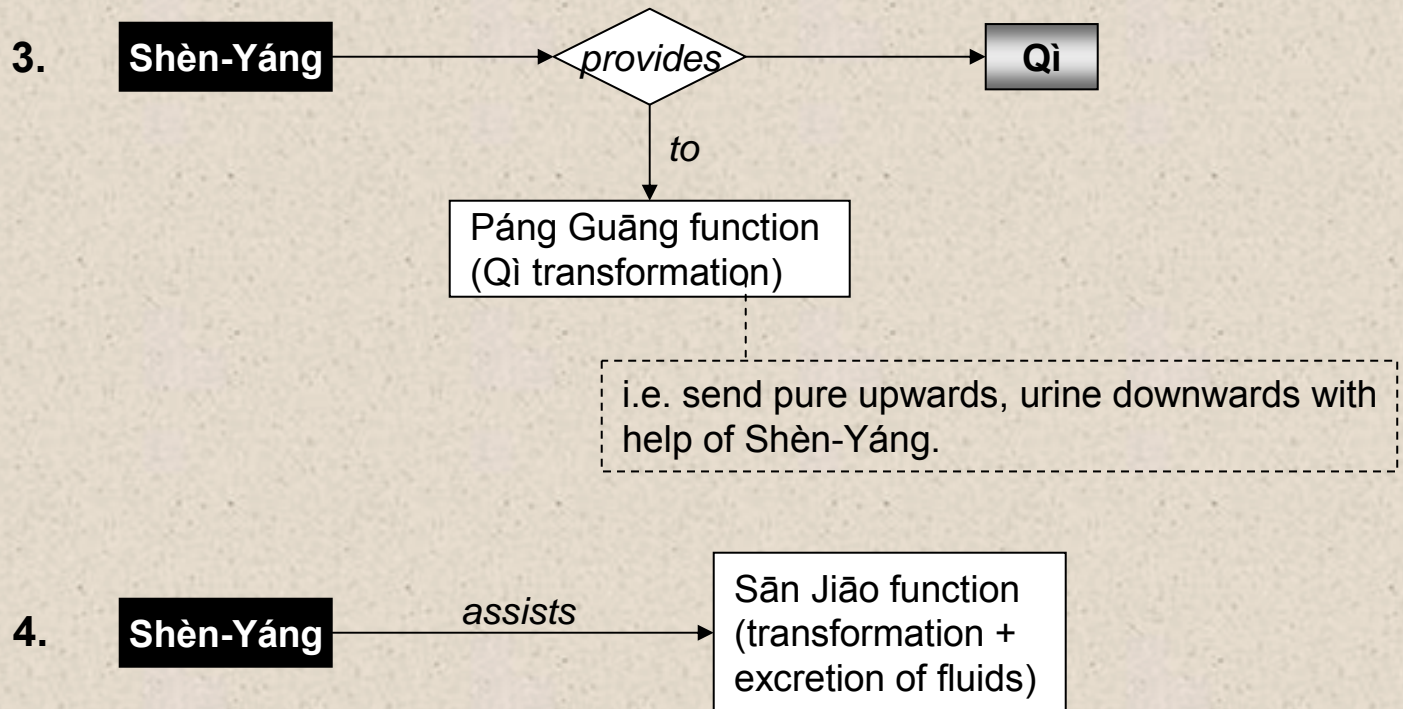
Jīn-Yè and Shèn



Jīn-Yè in Chinese Medicine

Jīn-Yè and Zàng-Fǔ

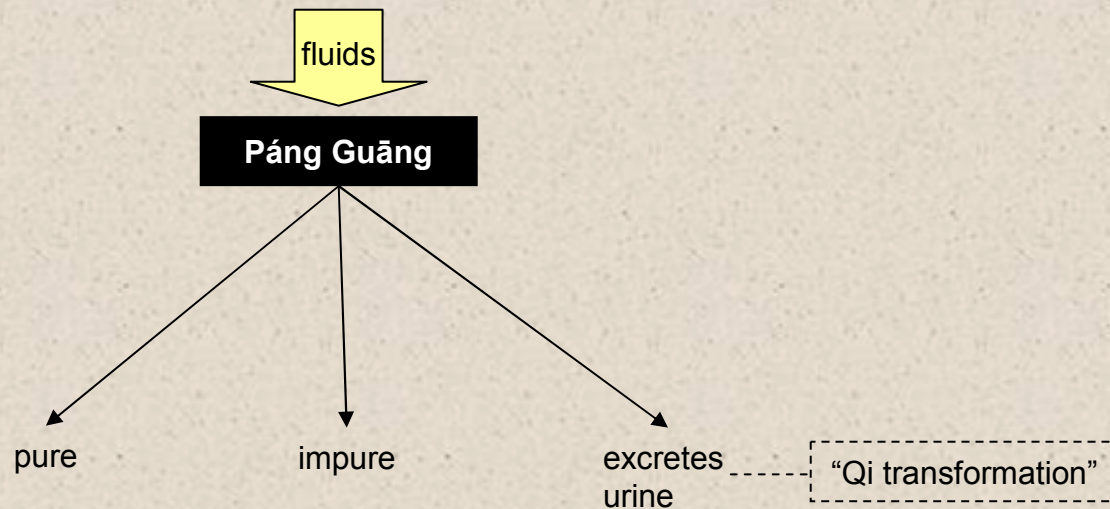
Jīn-Yè and Shèn



Jīn-Yè in Chinese Medicine

Jīn-Yè and Zàng-Fǔ

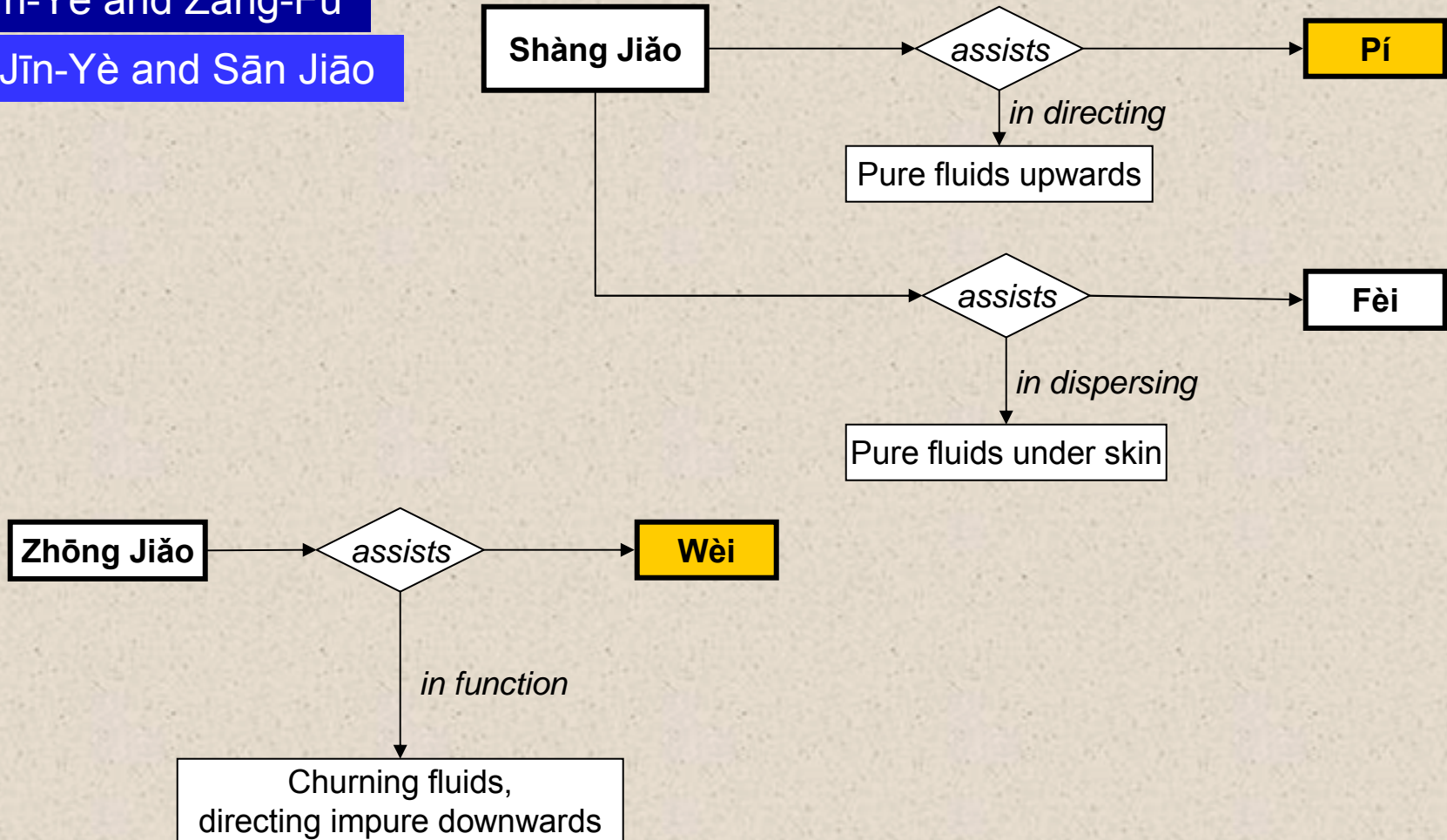
Jīn-Yè and Páng Guāng



Jīn-Yè in Chinese Medicine

Jīn-Yè and Zàng-Fǔ

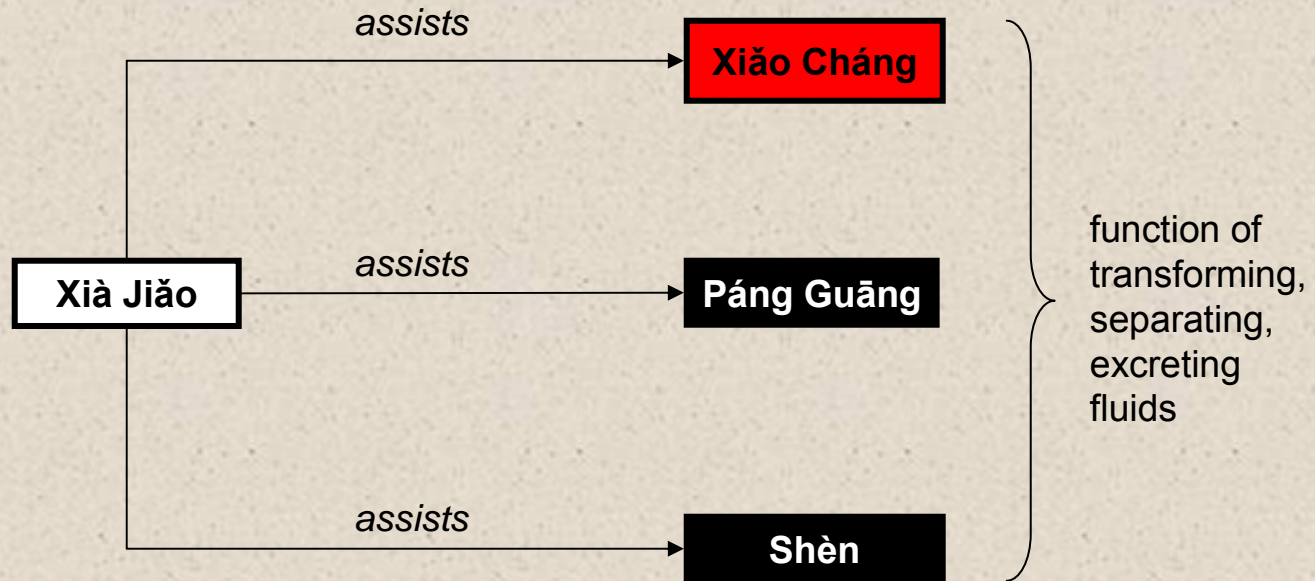
Jīn-Yè and Sān Jiāo



Jīn-Yè in Chinese Medicine

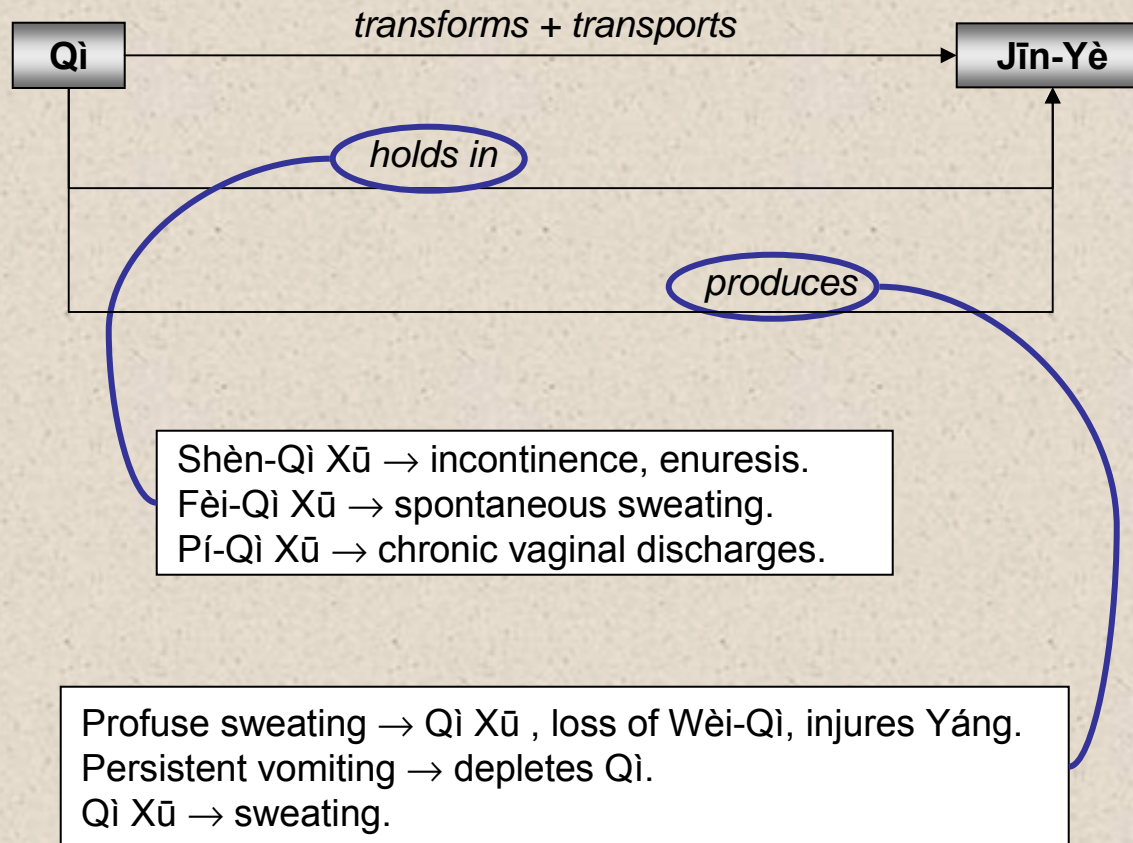
Jīn-Yè and Zàng-Fǔ

Jīn-Yè and Sān Jiāo



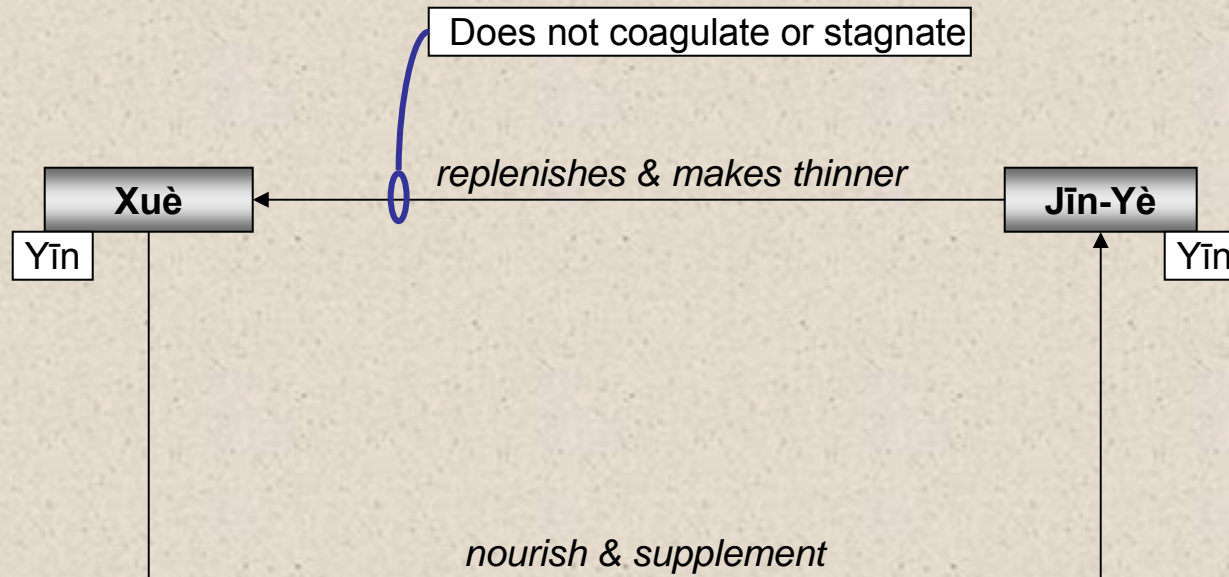
Jīn-Yè in Chinese Medicine

Relationship Jīn-Yè and Qì



Jīn-Yè in Chinese Medicine

Relationship Jīn-Yè and Xuè



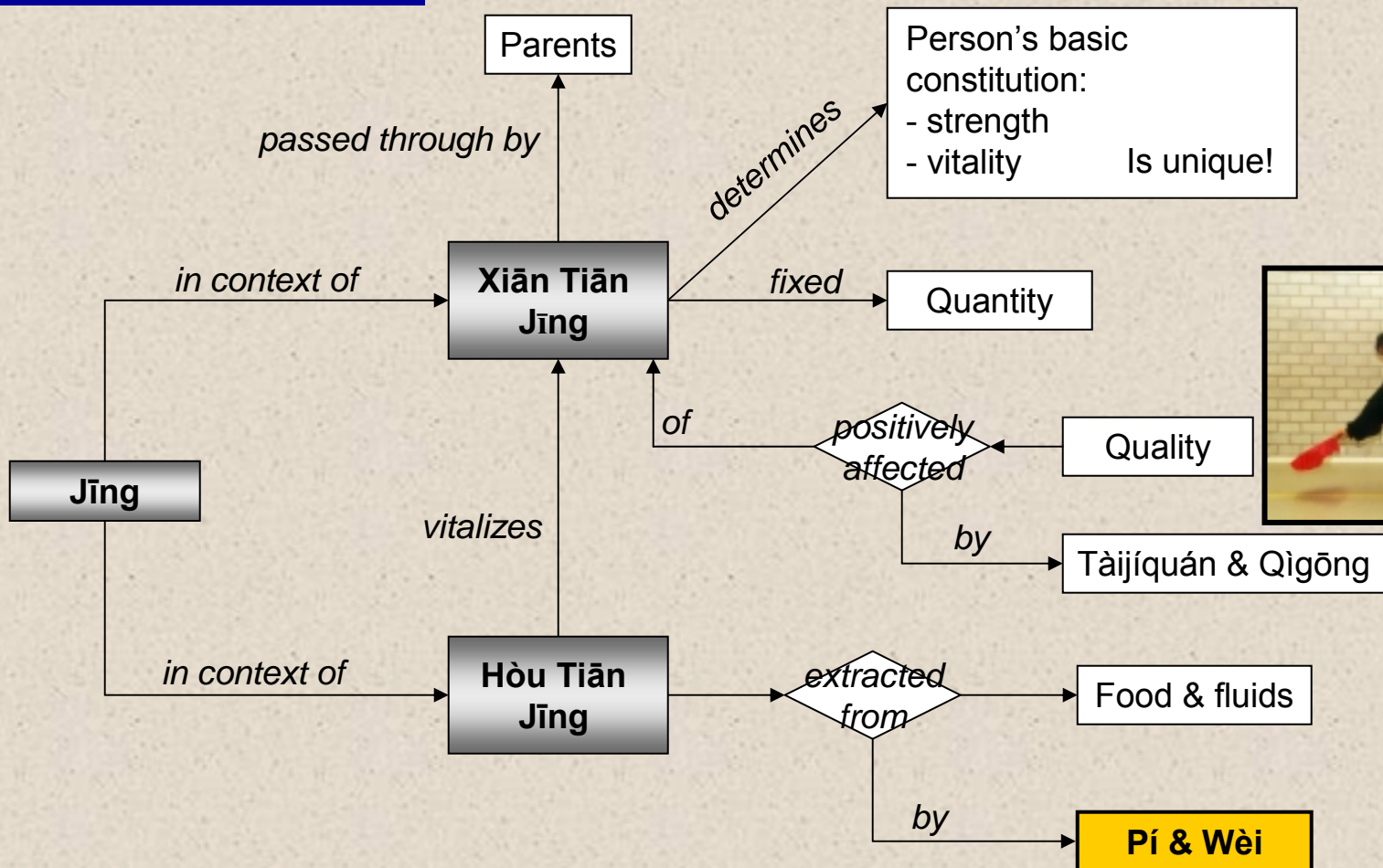
Jīn-Yè in Chinese Medicine

Pathology of Jīn-Yè

- Jīn-Yè Xū
- Jīn-Yè Xū accumulation in the form of oedema or Tán-Yǐn (Phlegm-Rheum)

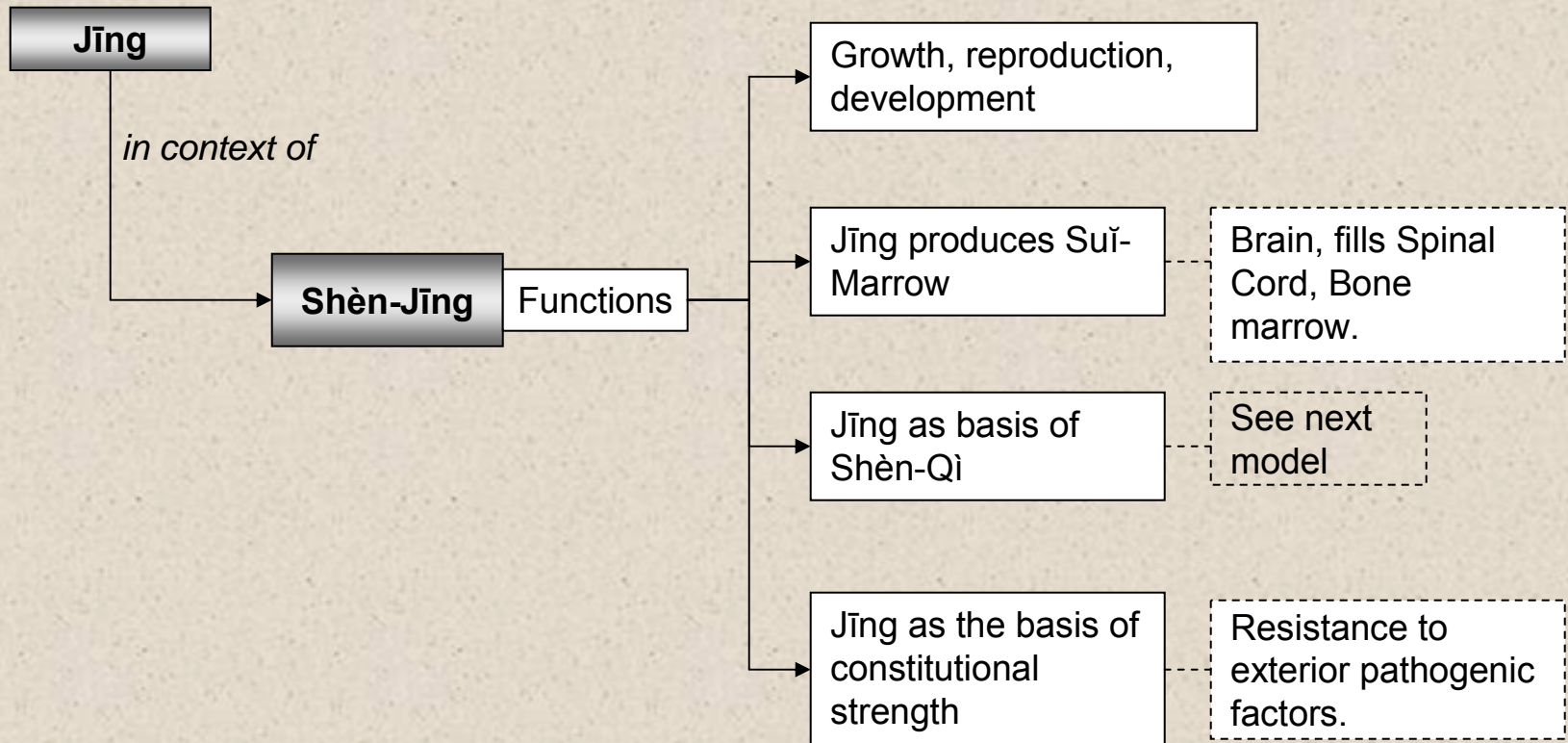
Jīng in Chinese Medicine

Types of Jīng - Essence



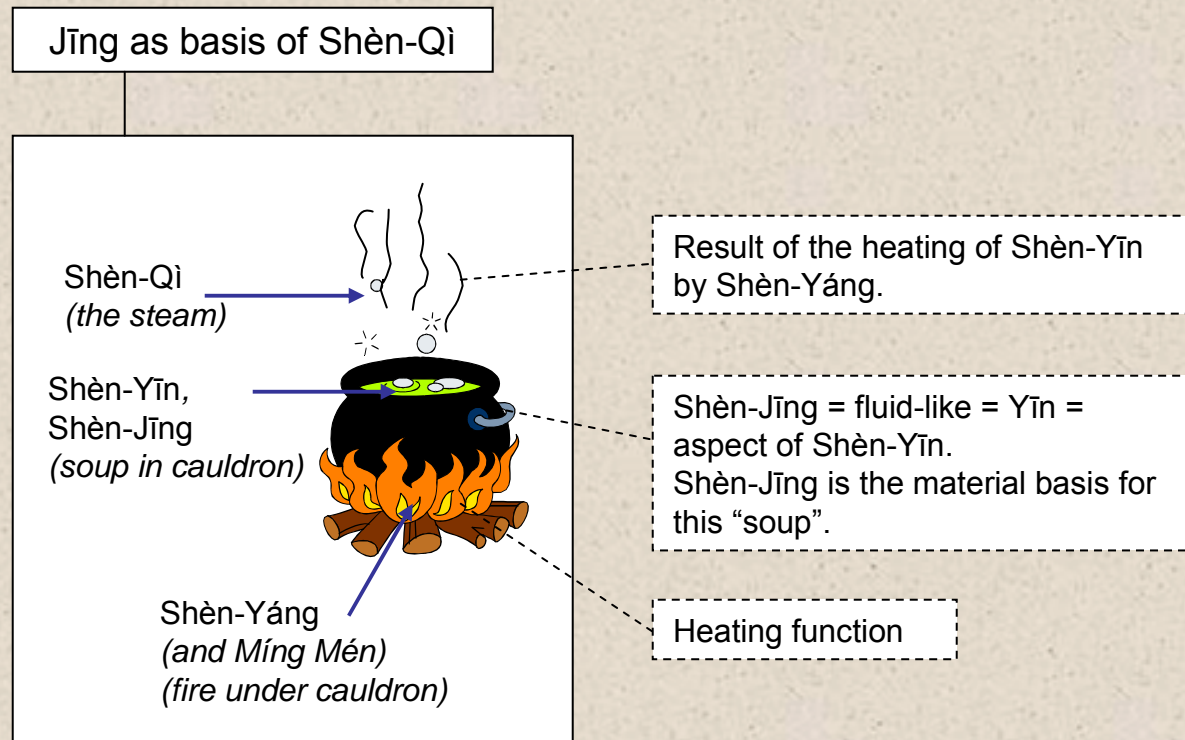
Jīng in Chinese Medicine

Types of Jīng - Essence



Jīng in Chinese Medicine

Types of Jīng - Essence



Jīng in Chinese Medicine

Types of Jīng - Essence

Differences between Qì and Jīng

Qì	Jīng
Formed after birth	Derived from parents
Energy like	Fluid like
Everywhere	Mostly in Shèn-Kidneys
Easy to replenish	Difficult to replenish
Short cycles (yearly or shorter)	Long cycles (7 or 8 years)
Changes quickly from moment to moment	Changes gradually and slowly

Jīng in Chinese Medicine

Problems when Jīng-Xū

Growth, reproduction, development

Poor bone development, stunted growth in children, infertility, habitual miscarriage, mental retardation in children, bone deterioration in adults, loose teeth, hair falling out or greying prematurely.

Jīng as basis of Shèn-Qì

Impotence, poor sexual function, weakness of knees, nocturnal emissions, tinnitus, deafness.

Jīng produces Suǐ-Marrow

Poor memory, poor concentration, dizziness, tinnitus, feeling of emptiness in head.

Jīng as basis of constitutional strength

Constantly prone to colds, influenza, other exterior diseases, chronic rhinitis, allergic rhinitis (hay fever).