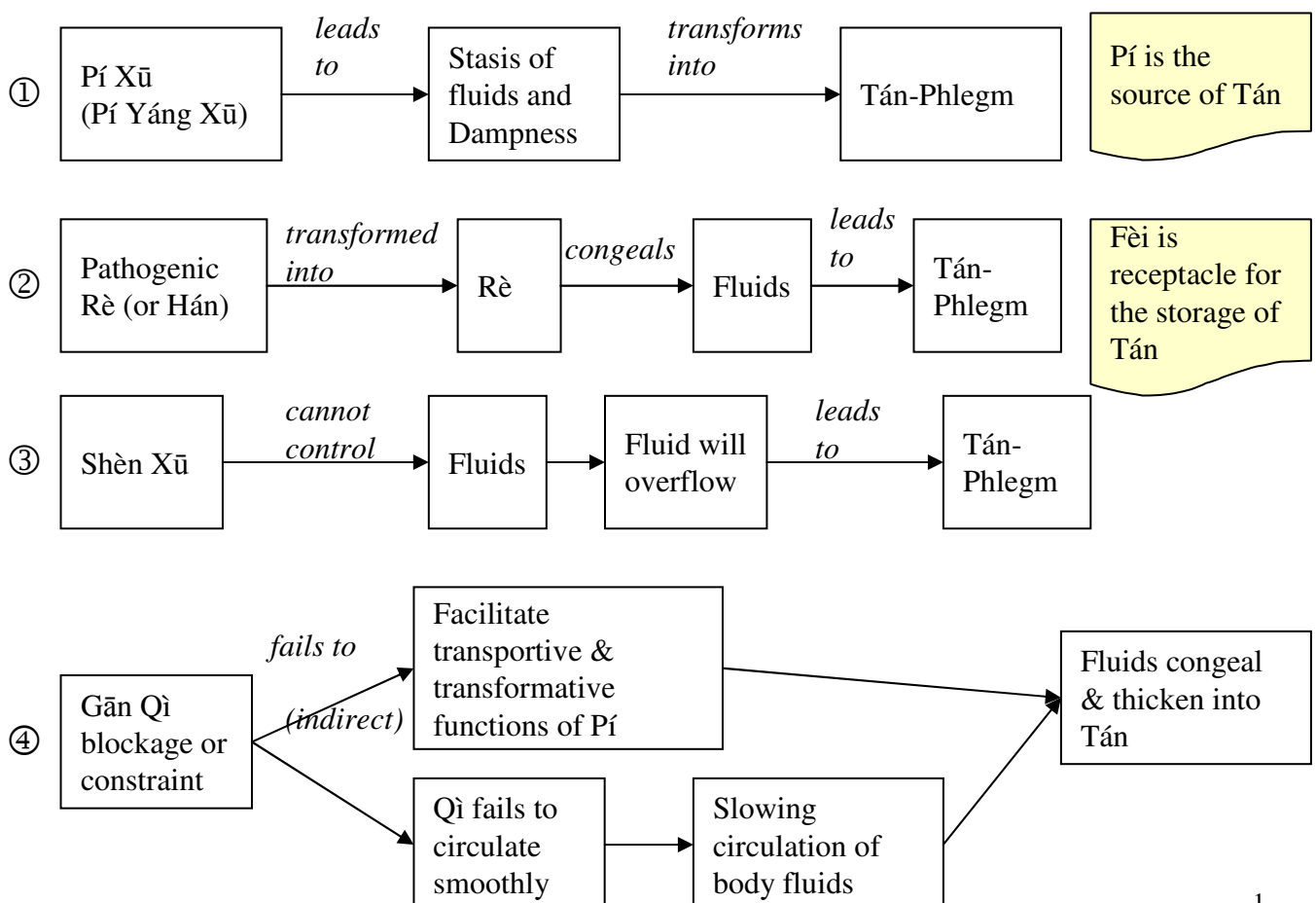
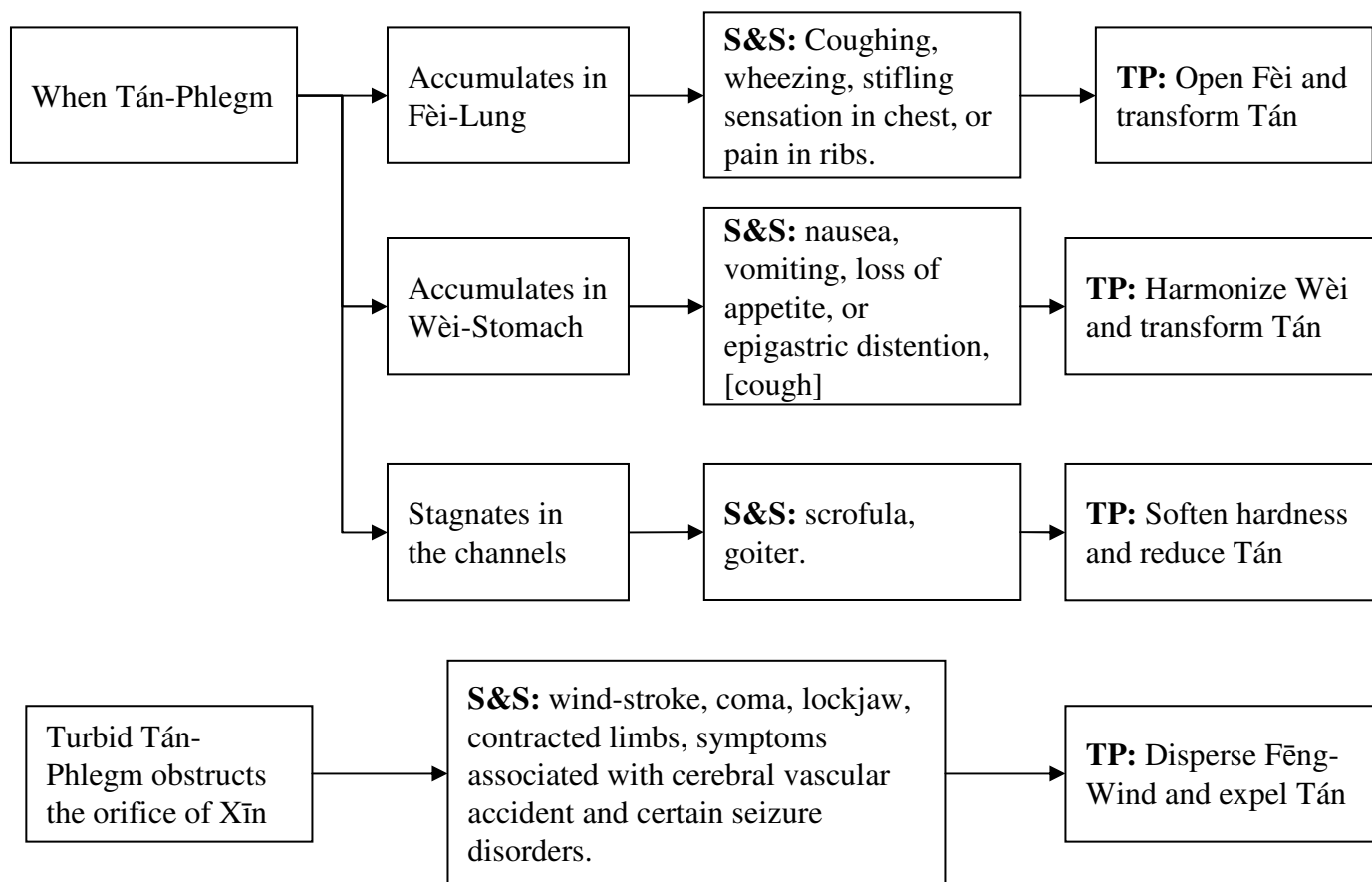


Four Mechanisms that cause Tán





Tán-Phlegm is a secondary pathogen. Treat the underlying cause!

Tán-Phlegm is both the result of pathological process and a cause of further pathology.

Tán-Phlegm and congested fluids are very closely related in that both result from accumulation of Shī-Dampness.

The basis of all Tán-Phlegm is the disruption of the transformative and transportive functions of Pí, and of Shèn Yáng which supports them.

Dysfunction of Fèi, Pí, Shèn and Sān Jiāo can result in accumulation of water.
 Hán can condense water.
 Rè can consume water.
 Qì stagnation can obstruct the flow of water.
 Accumulated water becomes a kind of thick, sticky substance, called Tán.

Visible Tán

Accumulate in Fèi, and this can be expectorated.

Coughing, wheezing and fullness or stifling in the chest often exists because Fèi-Qì is obstructed.

Invisible Tán

When accumulates in Wèi: nausea, vomiting, loss of appetite, and fullness or distension in the upper abdomen.

If it is pushed by rebellious rising Qì then it moves upwards and disturbs the sensory orifices: dizziness, vertigo, tinnitus, heavy sensations of the head.

If Tán obstructs Xīn: palpitations, restlessness, insomnia, depression, mental confusion, delirium, mania, coma, Wind-stroke, epilepsy.

If Tán obstructs meridians and collaterals, blocks the circulation of Qì and Xuè: local symptoms: Chest: chest pain, palpitations; Face: distortion of mouth and eyes; Limbs: sensations of numbness and heaviness.

If Tán accumulates for a long period of time and is combined with other PFs, it can form masses (tumors).

Tán in Fèi: cough, panting, oppression in chest.

Clear thin Tán = Hán

Yellow or thick white Tán = Rè.

Scant Tán difficult to expectorate = Rè or Zǎo

Copious Tán easy to expectorate = Shī

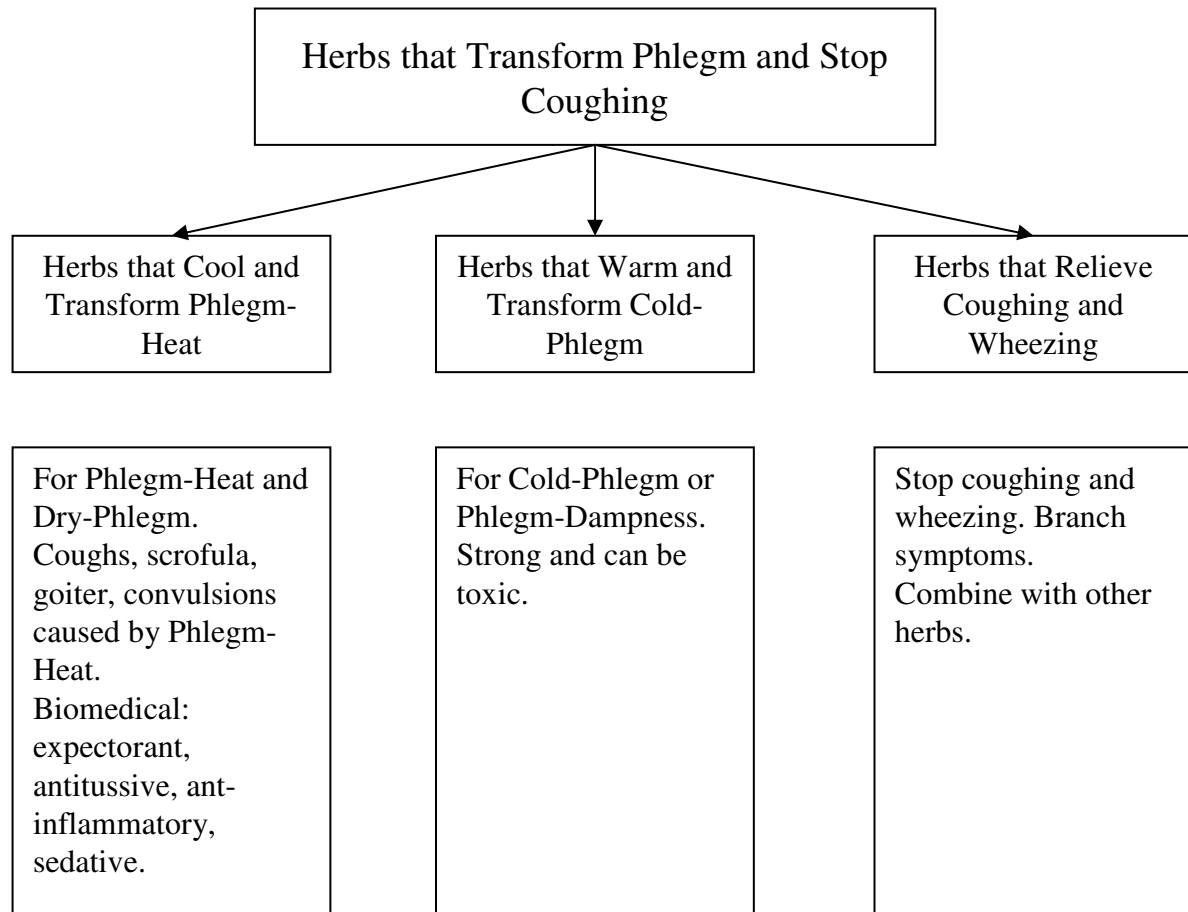
Tán in Wèi-Pí: easily expectorated Tán often accompanied by abdominal distention, sloppy stool, yellow face, lassitude of spirit, heavy limbs, white slimy tongue fur.

Tán in Gān meridian: (ascendant Gān Yáng transforming into Fēng) sudden collapse, phlegm rale (NL:reutel) in the throat, convulsions or hemiplegia.

Tán ascending to invade the head: dizziness, hemilateral headache, deviated eyes and mouth, and hair loss.

Tán in Shèn meridian: black complexion, lassitude of spirit, and phlegm with black flecks and a salty taste.

Tán in exterior Jīng-Luò: numbness, nodes, scrofula, goiter.



WHEN Pí Xū leads to an accumulation of Shī that transforms into Tán **THEN** strengthen Pí, dry Shī, expel Tán.

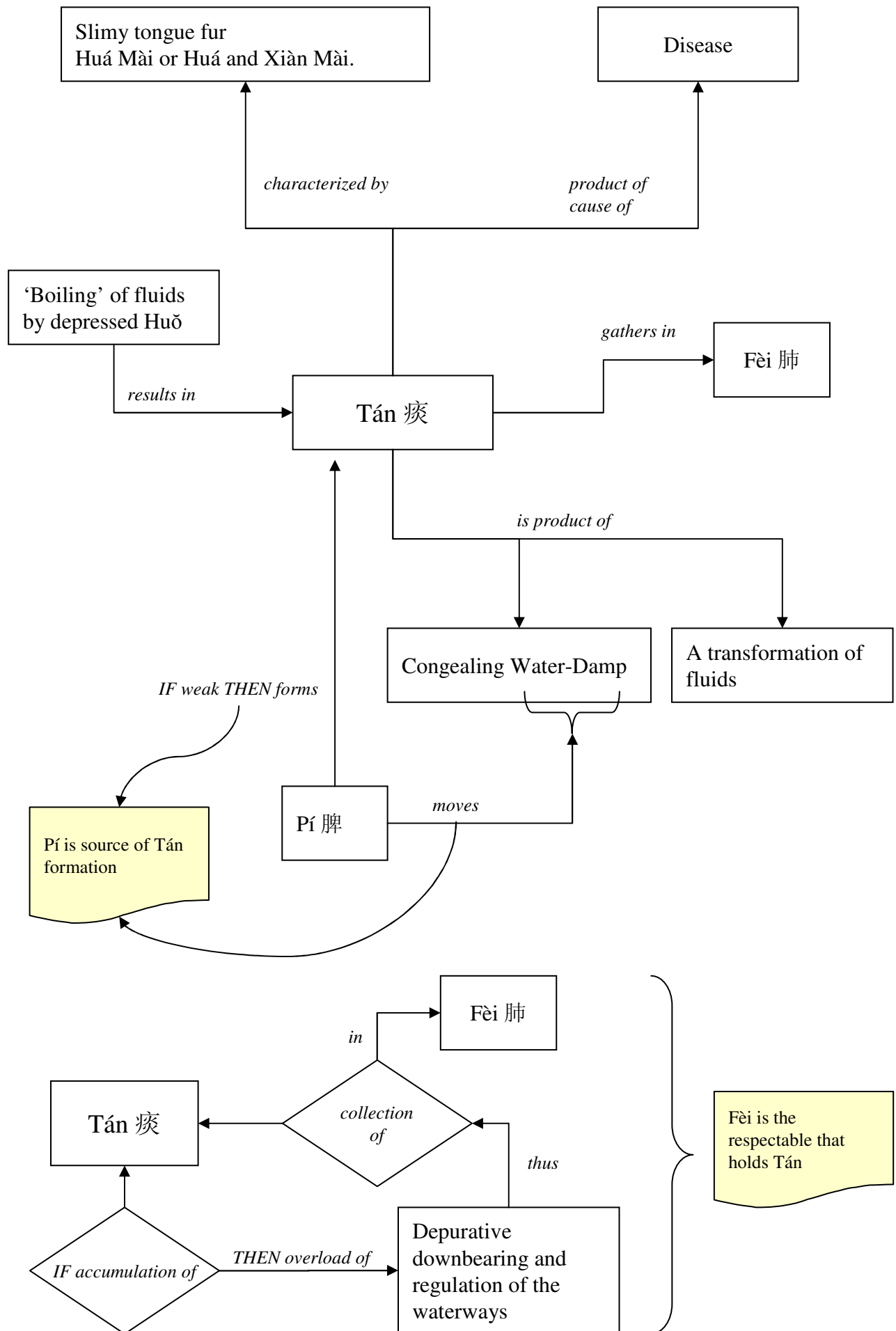
WHEN Rè from Shí-Excess scorches the fluids and transforms them in to Tán **THEN** clear Rè, transform Tán.

WHEN Fèi = dry, Yīn = Xū, Huǒ from Xū transforms fluids into Tán **THEN** moisten Fèi, transform Tán.

WHEN Huǒ burns up the fluids in the channels and precipitates the formation of rubbery nodules or masses **THEN** Cool Huǒ, transform Tán

WHEN Hán injures the Shàng or Zhōng Jiāo and causes the fluids to congeal **THEN** warm Hán and transform Tán.

WHEN Tán severely disturbs the Qì mechanisms that tremors and seizures result **THEN** transform Tán and extinguish Fēng.



Opdracht uit de les.

Formule categorie uit Bensky	Betrokken orgaansysteem		
	Pí - Spleen	Fèi - Lung	Gān - Liver
Dry Dampness & Expel Phlegm	Bàn Xià Tiān Nán Xīng	Bàn Xià Tiān Nán Xīng Xuán Fù Huā	
Clear Heat & Transform Phlegm		Jié Gěng Bèi Mǔ Guā Lóu Shí Zhú Rú Méng Shí	Méng Shí
Moisten Dryness & Transform Phlegm		Bèi Mǔ Guā Lóu Shí Zhú Rú Xīng Rén Bǎi Bù Sū Zǐ	
Transform Phlegm & Dissipate Nodules		Bèi Mǔ Guā Lóu Shí	Bàn Xià
Warm & Transform Cold-Phlegm			
Transform Phlegm & Extinguish Wind			Tiān Nán Xīng Méng Shí
Induce Vomiting to Discharge Phlegm			