

**KNOWN CORRESPONDENCE TERMS BETWEEN
EASTLAND PRESS AND PRACTICAL DICTIONARY
ONLY (NO MATCH WITH XIE ZHU-FAN)**

<i>ào nǎo</i>	懊	vexation	anguish, (<i>ào</i>)
<i>bá</i>	拔	draws out, uproot	pull up, (<i>bá</i>) (also 拔罐法 <i>bá guàn fǎ</i> , cupping, 拔脓 <i>bá nóng</i> , draw out pus, etc.)
<i>bái péi</i>	白疖	miliaria alba	Miliaria alba
<i>bài</i>	敗	defeats, overcomes, corrupts	vanquish (v.), (<i>bài</i>) (败血冲心 (<i>bài xuè chōng xīn</i>), vanquished blood surging into the heart)
<i>bài xuè</i>	败血	corrupted blood	vanquished blood, (<i>bài xuè</i>)
<i>bān</i>	斑	spots, maculas/maculae	macule (n.), (<i>bān</i>) (斑疹 (<i>bān zhěn</i>), maculopapular eruption)
<i>bǎo</i>	保	guards (e.g., Stomach), takes care of	safeguard, (<i>bǎo</i>)
<i>bāo zhuǎn</i>	胞轉	twisted Bladder or gestation membranes	shifted bladder, (<i>bāo zhuǎn</i>)
<i>báo</i>	薄	thin, flimsy	thin (adj.), (<i>bó</i>) (大便溏薄 (<i>dà biàn táng bó</i>), thin stool, 苔薄 (<i>tāi bó</i>), thin fur); also a plant name when read as (<i>bò</i>)
<i>bào</i>	暴	sudden, violent	sudden (adj.), (<i>bào</i>) (暴盲 (<i>bào máng</i>), sudden blindness)
<i>bào máng</i>	暴盲	sudden visual failure	sudden blindness, (<i>bào máng</i>)
<i>bèn</i>	奔	run wild	run (v.), (<i>bēn</i>) (奔豚 (<i>bēn tún</i>), piglet)
<i>bèn tún</i>	奔豚	running piglet [disorder]	running piglet, (<i>bēn tún</i>)
<i>bēng</i>	崩	profuse uterine bleeding, gushing	flooding (n.), (<i>bēng</i>) (崩漏 (<i>bēng lòu</i>), flooding and spotting)
<i>bēng lòu</i>	崩漏	irregular uterine bleeding	flooding and spotting, (<i>bēng lòu</i>)

<i>bí yuān</i>	鼻淵	deep-source nasal congestion	deep-source nasal congestion, (<i>bí yuān</i>)
<i>bì</i>	閉	blocked	block (v.), (n.), (<i>bì</i>) (熱閉 (<i>heat block</i>), heat block)
<i>bì</i>	避	repels, clears away	avoid, (<i>bì</i>)
<i>bì jīng</i>	閉經	amenorrhea	menstrual block, (<i>bì jīng</i>)
<i>biāo běn</i>	標本	manifestation and root (branch and root OK)	root and tip, (<i>biāo běn</i>)
<i>bó</i>	薄	thin, flimsy	thin (adj.), (<i>bó</i>) (大便溏薄 (<i>dà biàn táng bó</i>), thin stool, 苔薄 (<i>tāi bó</i>), thin fur)
<i>bó</i>	搏	contend	contend (v.), contention (n.), (<i>bó</i>) (風水相搏 (<i>fēng shuǐ xiāng bó</i>), wind and water contending with each other)
<i>bú mèi</i>	不寐	insomnia	sleeplessness, (<i>bú mèi</i>)
<i>bǔ</i>	補	tonifies	supplement (v.), supplementation (n.), (<i>bǔ</i>) (補氣 (<i>bǔ qì</i>), supplement qì. 補法 (<i>bǔ fǎ</i>), supplementation)
<i>bù</i>	布	spread out/ spread throughout	cloth, (<i>bù</i>)
<i>bù chàng</i>	不暢	impeded	inhibited, (<i>bù chàng</i>)
<i>bù níng</i>	不寧	malaise, uneasy, disquiet	disquieted, (<i>bù níng</i>)
<i>bù shū</i>	不舒	uncomfortable	constrained, (<i>bù shū</i>)
<i>bù tōng</i>	不通	no passage [through], [x] does not afford passage, no free flowing	stoppage, (<i>bù tōng</i>)
<i>bù zhèn</i>	不振	listless, sluggish, not aroused	devitalized (n.)
<i>bù zú</i>	不足	insufficiency	insufficiency, (<i>bù zú</i>)
<i>cáo zá</i>	嘈雜	indefinable epigastric discomfort	clamoring stomach, (<i>cáo zá</i>)
<i>cháng fēng</i>	腸風	Intestinal wind	intestinal wind, (<i>cháng fēng</i>)
<i>chàng</i>	暢	facilitated, patent, open, unimpeded	uninhibited, (<i>chàng</i>) (汗出不暢 (<i>hàn chū bù chàng</i>), inhibited sweating)
<i>chēn</i>	ㄟ	bloating	bloating, (<i>zhēn</i>)
<i>chén mài</i>	沉脈	submerged pulse	sunken pulse, (<i>chén mài</i>)
<i>chéng</i>	乘	overwhelms, encroaches on, rides, travels	overwhelm (v.), (<i>chéng</i>) (木乘土 (<i>mù chéng tǔ</i>), wood overwhelming earth)
<i>chǐ mài</i>	尺脈	proximal pulse	cubit pulse, (<i>chǐ mài</i>)
<i>chì bái dài</i>	赤白帶	red and white vaginal discharge	red and white vaginal discharge, (<i>chì bái dài</i>)

<i>chōng</i>	充	full, ample, brimming [adj.]; fills up [v.]	fullness (n.), (<i>chōng</i>) (腎, 其華在骨 (<i>shèn, qí huá zài gǔ</i>), the kidney, its (<i>fullness</i>) is in the bone)
<i>chòng</i>	衝	gushes, flushes	surge, (<i>chōng</i>) (頭衝 (<i>tóu chōng</i>), Head Surge)
<i>chú</i>	除	eliminates, gets rid of	eliminate (v.), elimination (n.), (<i>chú</i>) (除濕 (<i>chú shī</i>), eliminate dampness)
<i>chú fǎn</i>	除煩	eliminates irritability	eliminate vexation, (<i>chú fán</i>)
<i>chú shī</i>	除濕	eliminates dampness	eliminate dampness, (<i>chú shī</i>)
<i>chù</i>	怵	alarm	apprehensive, (<i>chù</i>)
<i>chūn wēn</i>	春溫	spring-warmth	spring warmth, (<i>chūn wēn</i>)
<i>cōng</i>	聰	sharpens, improves	acute of hearing, (<i>cōng</i>)
<i>cōng ěr</i>	聰耳	improves hearing	sharpen the hearing, (<i>cōng ěr</i>)
<i>cuàn</i>	竄	scurry, flee [v.]; expeditious [adj.]	scurry (v.)
<i>cuī</i>	催	expedites, promotes	hasten, (<i>cuī</i>)
<i>cuī rǔ</i>	催乳	promotes lactation	promote lactation, (<i>cuī rǔ</i>)
<i>cùn mài</i>	寸脈	distal pulse	inch pulse, (<i>cùn mài</i>)
<i>cuō kōng</i>	撮空	[hallucinations characterized by] grasping at air	groping in the air, (<i>cuō kōng</i>)
<i>dá</i>	達	spreads out, thrusts out	outthrust (v.), (n.), (<i>dá</i>) (木郁達之 (<i>mù yù dá zhī</i>), depressed wood is treated by outthrust)
<i>dà biàn bù shuǎng</i>	大便不爽	incomplete/ unfinished and irregular bowel movements	ungratifying defecation, (<i>dà biàn bù shuǎng</i>)
<i>dà biàn táng bó</i>	大便溏薄	semiliquid stools	thin sloppy stool, (<i>dà biàn táng bó</i>)
<i>dà qì</i>	大氣	great qi	great qi, (<i>dà qì</i>)
<i>dài</i>	怠	fatigue and lethargy	fatigue (n.), fatigued (adj.), (<i>dài</i>) (倦怠乏力 (<i>juàn dài fá lì</i>), fatigue and lack of strength)
<i>dān dú</i>	丹毒	erysipelas	cinnabar toxin [sore], (<i>dān dú</i>)
<i>dān nuè</i>	瘧瘧	pure heat malaria	pure-heat malaria, (<i>dàn nuè</i>)
<i>dān shèn lì shī</i>	淡滲利濕	blandly leaches out and resolves dampness	disinhibit dampness by bland percolation, (<i>dàn shèn lì shī</i>)
<i>dàng</i>	蕩	flush away usually in <i>dàng dí</i>	flush away, (<i>dàng</i>)
<i>dǎo</i>	導	guides out	abduct (v.), abduction (n.), (<i>dǎo</i>) (消食導滯 (<i>xiāo shí dǎo zhì</i>), disperse food)

			and abduct stagnation)
<i>dǎo zhì</i>	導滯	guides out stagnation	abduct stagnation, (<i>dǎo zhì</i>)
<i>dī rè</i>	低熱	low-grade fever	low-grade fever, (<i>dī rè</i>)
<i>dí</i>	滌	scours [out], flushes [away]	flush (v.), (<i>dí</i>) (滌痰(<i>dí tán</i>), (<i>flush</i>) phlegm)
<i>dí tán</i>	滌痰	scours out phlegm	flush phlegm, (<i>dí tán</i>)
<i>diān</i>	癲	withdrawal; yin madness	withdrawal (n.), (<i>diān</i>) (癲狂 (<i>diān kuáng</i>), mania and withdrawal)
<i>diān kuáng</i>	癲狂	withdrawal-mania	mania and withdrawal, (<i>diān kuáng</i>)
<i>diān xián</i>	癲癇	seizures	epilepsy, (<i>diān xián</i>)
<i>dìng</i>	定	settles [down]	stabilize, (<i>dìng</i>)
<i>dìng chuǎn</i>	定喘	settles [down] wheezing	stabilize panting, (<i>dìng chuǎn</i>)
<i>dìng dú</i>	疔毒	deep-set toxic sores	clove-sore toxin, (<i>dìng dú</i>)
<i>dìng fēng</i>	定風	settles wind	stabilize wind, (<i>dìng fēng</i>)
<i>dìng zhì</i>	定志	settles the emotions, focuses the mind, settles the resolve	stabilize the mind, (<i>dìng zhì</i>)
<i>dōng wēn</i>	冬溫	winter-warmth	winter warmth, (<i>dōng wēn</i>)
<i>dòng</i>	動	disturb, move, disrupt, stir, agitate [v.]; disruption, perturbation, stirring, agitation [n.]	stir (n.), (<i>dòng</i>) (肝風內動 (<i>gān fēng nèi dòng</i>), liver wind stirring internally)
<i>dòu</i>	痘	Pox	pox (n.), (<i>dòu</i>) (痘瘡(<i>dòu chuāng</i>), pox sores)
<i>dú qì</i>	毒氣	toxic qi	toxic qi, (<i>dú qì</i>)
<i>duó</i>	奪	plunders	despoilate (v.), despoliation (n.), (<i>duó</i>) (奪精 (<i>duó jīng</i>), despoliation of essence)
<i>è</i>	惡	noxious	nausea, (<i>ě</i>)
<i>è</i>	遏	holds [something] in, hinders, retains, traps	trap, (<i>è</i>)
<i>è</i>	惡血	noxious blood	malign blood, (<i>è xuè</i>)
<i>è nì</i>	呃逆	hiccup	hiccup, (<i>è nì</i>)
<i>fā</i>	發	stimulates, promotes, induces, discharges [in tx strategy]; develops, manifests [in pathology]	effuse (v.), effusion (n.), (<i>fā</i>) (發表 (<i>fā biǎo</i>), effuse the exterior)
<i>fā biǎo</i>	發表	discharges exterior conditions	effuse the exterior, (<i>fā biǎo</i>)

<i>fā hàn</i>	發汗	induces sweating	promote sweating, (<i>fā hàn</i>)
<i>fā sàn</i>	發散	discharges and disperses	effuse and dissipate, (<i>fā sàn</i>)
<i>fá</i>	伐	hew, curtail, cut down	quell, (<i>fá</i>)
<i>fá gān</i>	伐肝	hew/curtail the Liver	quell the liver, (<i>fá gān</i>)
<i>fán</i>	燔	flaring	blaze (v.), ablaze (adj.), (<i>fán</i>) (氣營兩燔 (<i>qì yíng liǎng fán</i>), qi and construction both ablaze)
<i>fán</i>	煩	irritability	vex (v.), vexation (n.), (<i>fán</i>) (五心煩熱 (<i>wǔ xīn fán rè</i>), vexing heat in the five hearts)
<i>fán yuān</i>	煩冤	distress	vexation and low spirits, (<i>fán yuān</i>)
<i>fǎn wèi</i>	反胃	upset stomach	stomach reflux, (<i>fǎn wèi</i>)
<i>fǎn wèi</i>	反胃	stomach reflux, upset stomach	stomach reflux, (<i>fǎn wèi</i>)
<i>fàn</i>	犯	accosts, trespasses	invade (v.), invasion (n.), (<i>fàn</i>) (肝氣犯胃 (<i>gān qì fàn wèi</i>), liver qi invading the stomach)
<i>fáng</i>	妨	impedes	hinder, (<i>fáng</i>)
<i>fèi yōng</i>	肺癰	Lung abscess	welling-abscess of the lung, (<i>fèi yōng</i>)
<i>fēn</i>	分	level or sector [in 四分]; aspect [elsewhere]	divide, (<i>fēn</i>)
<i>fēn lì shī rè</i>	分利濕熱	separates and drains out damp-heat	separate and disinhibit damp-heat, (<i>fēn lì shī rè</i>)
<i>fēn ròu</i>	分肉	flesh interstices	seam of the flesh, (<i>fēn ròu</i>)
<i>fēn cì</i>	粉刺	white thorns, pimples	acne, (<i>fēn cì</i>)
<i>fēng</i>	風	wind	wind (n.), (<i>fēng</i>) (外風 (<i>wài fēng</i>), external wind)
<i>fēng wēn</i>	風溫	wind-warmth	wind warmth, (<i>fēng wēn</i>)
<i>fēng yīn zhēn</i>	風隱疹	wind concealed rash; urticaria	wind dormant papules, (<i>fēng yīn zhēn</i>)
<i>fú</i>	扶	supports	support (v.), (<i>fú</i>) (祛邪扶正 (<i>qū xié fú zhèng</i>), dispel evil and support right)
<i>fú</i>	伏	lurking	deep-lying (adj.), (<i>fú</i>) (伏飲 (<i>fú yǐn</i>), deep-lying rheum)
<i>fú liáng</i>	伏梁	hidden beam	deep-lying beam, (<i>fú liáng</i>)
<i>fú zhǒng</i>	浮腫	floating edema	puffy swelling, (<i>fú zhǒng</i>)
<i>fǔ</i>	腐	moldy; putrefies, decompose, decomposition	putrid (adj.), putridity (n.), putrefy (v.), putrefaction (n.), (<i>fǔ</i>)
<i>fǔ</i>	府	dwelling [as in 腰为肾之	house ; exchange, (<i>fǔ</i>) (place where business is transacted)

		府 lower back is the dwelling of the Kidneys]	
<i>fù mài</i>	復脈	restores the pulse	restore the pulse, (<i>fù mài</i>)
<i>fù xiè</i>	腹泄	diarrhea	diarrhea, (<i>fù xiè</i>)
<i>gān zhǔ shū xiè</i>	肝主疏泄	Liver governs dredging and draining	liver governs free coursing, (<i>gān zhǔ shū xiè</i>)
<i>gāng</i>	剛	rigorous	hard, (<i>gāng</i>)
<i>gāo lín</i>	膏淋	turbid painful urinary dribbling [cloudy OK]	unctuous strangury, (<i>gāo lín</i>)
<i>gōng xià</i>	攻下	purges	offensive precipitation, (<i>gōng xià</i>)
<i>gòu</i>	垢	Foul, filth	grime (n.), grimy (adj.), (<i>gòu</i>) (胎垢 (<i>tāi gòu</i>), fetal grime)
<i>gǔ bì</i>	骨痺	painful obstruction of the bone	bone impediment, (<i>gǔ bì</i>)
<i>gǔ qì</i>	穀氣	food qi	grain qi, (<i>gǔ qì</i>)
<i>gǔ wǔ</i>	鼓舞	stimulate, drum-up, inspire	ra.ly, (<i>gǔ wǔ</i>)
<i>gǔ zhàng</i>	鼓脹	drum-like abdominal distention	drum distention, (<i>gǔ zhàng</i>)
<i>gù</i>	固	secures, stabilizes	secure (v.), security (n.), (<i>gù</i>) (益氣固表 (<i>yì qì gù biǎo</i>), boost qi and secure the exterior)
<i>gù sè</i>	固澀	secures and binds	securing and astringency, (<i>gù sè</i>)
<i>gù tuō</i>	固脫	secures abandoned disorders	stem desertion, (<i>gù tuō</i>)
<i>guā</i>	刮	peeled [tongue]	scrape, (<i>guā</i>); peeled [tongue]
<i>guān gé</i>	關格	plugged and rejecting/repelling disorder	block and repulsion, (<i>guān gé</i>)
<i>guān mài</i>	關脈	middle pulse [position]	bar pulse, (<i>guān mài</i>)
<i>guī</i>	歸	restores	return (v.), (<i>guī</i>) (引火歸原 (<i>yǐn huǒ guī yuán</i>), return fire to its source)
<i>gǔn tán</i>	滾痰	roiling, breaks up phlegm	roll phlegm, (<i>gǔn tán</i>)
<i>hán</i>	寒	cold, chills	cold (adj.), (n.), (<i>hán</i>) (表寒 (<i>biǎo hán</i>), exterior cold)
<i>hán tán</i>	寒痰	cold-phlegm	cold phlegm, (<i>hán tán</i>)
<i>hé zhōng</i>	和中	harmonizes the middle [burner]	harmonize the center, (<i>hé zhōng</i>)
<i>hóu bì</i>	喉痺	painful obstruction of the throat	throat impediment, (<i>hóu bì</i>)
<i>hù</i>	護	shields [from/by]	safeguard, (<i>hù</i>)
<i>huá</i>	滑	slippery, leakage	glossy (adj.), (<i>huá</i>) (舌苔滑 (<i>shé tāi huá</i>), glossy tongue fur)

<i>huá cháng</i>	滑腸	lubricates the Intestines	lubricate the intestines, (<i>huá cháng</i>)
<i>huá tuō</i>	滑脫	leakage and loss	efflux desertion, (<i>huá tuō</i>)
<i>huà</i>	化	transforms	transform (v.), transformation, (<i>huà</i>) (舌苔不化 (<i>shé tāi bú huà</i>), non-transforming tongue fur
<i>huà qì</i>	化氣	promotes the activities of qì transformation	perform qì transformation, (<i>huà qì</i>) (physiological)
<i>huà tán zhǐ ké</i>	化痰止咳	transforms phlegm and stops coughing	transform phlegm and suppress cough, (<i>huà tán zhǐ ké</i>)
<i>huǎn</i>	緩	moderates, relaxes	slack (adj.), slacken (v.), (<i>huǎn</i>) (筋緩 (<i>jīn huǎn</i>), slack sinews
<i>huǎn jiě</i>	緩解	relaxes and relieves	relieve, (<i>huǎn jiě</i>)
<i>huàn</i>	患	suffer [v]; calamity [n]	suffer, (<i>huàn</i>)
<i>huàn</i>	渙	dissipates	dissipate, (<i>huàn</i>)
<i>huàn sǎn</i>	渙散	flimsy	dissipate, (<i>huàn sǎn</i>)
<i>huī</i>	灰	grey	ash (n.), ashen (adj.), (<i>huī</i>) (灰指甲 (<i>huī zhǐ jiǎ</i>), ashen nail)
<i>huí</i>	回	revives	return (v.), (<i>huí</i>) (回陽救逆 (<i>huí yáng jiù nì</i>), return yáng and stem counterflow)
<i>huí jué</i>	蛔厥	collapse from roundworm	roundworm reversal, (<i>huí jué</i>)
<i>huì xué</i>	會穴	meeting points [8]	meeting point, (<i>huì xué</i>)
<i>hūn</i>	昏	lightheadedness, muddled or impaired consciousness (e.g. 神昏)	cloud (v.), (<i>hūn</i>) (神昏 (<i>shén hūn</i>), clouded spirit)
<i>hūn mí</i>	昏迷	stuporous, comatose	stupor, (<i>hūn mí</i>)
<i>huō</i>	豁	breached	sweep (v.), (<i>huò</i>) (豁痰 (<i>huò tán</i>), sweep phlegm)
<i>huó</i>	活	invigorates	quicken (v.), (<i>huó</i>) (活血化癥 (<i>huó xué huà yǐ</i>), quicken the blood and transform stasis)
<i>huó luò</i>	活絡	invigorates the collaterals	quicken the network vessels, (<i>huó luò</i>)
<i>huò</i>	豁	dislodges, forcefully removes	sweep (v.), (<i>huò</i>) (豁痰 (<i>huò tán</i>), sweep phlegm)
<i>huò luàn</i>	霍亂	sudden turmoil disorder	cholera, (<i>huò luàn</i>)
<i>huò tán</i>	豁痰	dislodges phlegm	sweep phlegm, (<i>huò tán</i>)
<i>jī</i>	積	accumulations	accumulate (v.), accumulation (n.), (<i>jī</i>) (積熱 (<i>jī rè</i>), accumulated heat)
<i>jī jù</i>	積聚	accumulations and clusters	accumulations and gatherings, (<i>jī jù</i>)
<i>jī mài</i>	急脈	urgent pulse	urgent pulse, (<i>jī mài</i>)

<i>jiǎ</i>	癥	mobile abdominal mass	conglomeration (n.), (<i>jiǎ</i>) (癥瘕積聚 (<i>zhēng jiǎ jī jù</i>), concretions, conglomerations, accumulations, and gatherings)
<i>jiān</i>	堅	fortifies [tx], firms [dx], hard [pulse, adj.]	hard (adj.)
<i>jiān yīn</i>	堅陰	fortifies the yin	consolidate yīn, (<i>jiān yīn</i>)
<i>jiǎn</i>	減	diminishes, deleted	reduce, (<i>jiǎn</i>)
<i>jiàn</i>	建	constructs, builds up; strengthens	establish, (<i>jiàn</i>)
<i>jiàn wàng</i>	健忘	forgetful, absent-minded	forgetfulness, (<i>jiàn wàng</i>)
<i>jiàn zhōng</i>	建中	builds up/constructs the middle	fortify the center, (<i>jiàn zhōng</i>) (健中)
<i>jiàng</i>	降	directs downward, descends	downbear (v.), downbearing (adj.), (n.), (<i>jiàng</i>) (和胃降逆 (<i>hé wèi jiàng nì</i>), harmonized the stomach and downbear counterflow)
<i>jiàng</i>	絳	scarlet	crimson, (<i>jiàng</i>)
<i>jiàng nì</i>	降逆	directs rebellious [qi] downward	downbear counterflow, (<i>jiàng nì</i>)
<i>jiǎo gōng fǎn zhāng</i>	角弓反張	arched back rigidity [aka opisthotonus]	arched-back rigidity, (<i>jiǎo gōng fǎn zhāng</i>)
<i>jiǎo qì</i>	腳氣	leg qi	leg qi, (<i>jiǎo qì</i>)
<i>jiē gǔ</i>	接骨	joins bones	Bone Joiner, (<i>jiē gǔ</i>)
<i>jié</i>	結	clumping, knotting	bind (v.), (n.), bound \PP, (adj.), (<i>jié</i>) (熱結 (<i>rè jié</i>), heat bind)
<i>jié</i>	竭	spent, expended	exhaust (v.)
<i>jié tān</i>	截癱	traumatic paraplegia	paraplegia, (<i>jié tàn</i>)
<i>jiě</i>	解	releases, relieves, resolves	resolve (v.), resolution (n.), (<i>jiě</i>) (解表 (<i>jiě biǎo</i>), resolve the exterior, exterior resolution)
<i>jiě jìng</i>	解瘧	releases spasms	resolve tetany, (<i>jiě jìng</i>)
<i>jiě rè</i>	解熱	resolves heat	resolve heat, (<i>jiě rè</i>)
<i>jiě yù</i>	解鬱	relieves constraint	resolve depression, (<i>jiě yù</i>)
<i>jīn bì</i>	筋痺	painful obstruction of the sinews	impediment of the sinew, (<i>jīn bì</i>)
<i>jìn</i>	盡	[totally] gone, expended, finished, exhausted	terminate, (<i>jìn</i>) (經盡 (<i>jīng jìn</i>), terminate in channel)
<i>jīng</i>	經	channels, stages, warps	channel (n.), (<i>jīng</i>) (太陽經 (<i>tài yáng jīng</i>), greater yáng channel)

<i>jīng shén bù zhèn</i>	精神不振	apathy	devitalized essence-spirit, (<i>jīng shén bù zhèn</i>)
<i>jīng shén wēi mǐ</i>	精神萎靡	listlessness	listlessness of essence-spirit, (<i>jīng shén wēi mǐ</i>)
<i>jìng</i>	瘳	[muscular] tetany, spasms	tetany (n.), (<i>jìng</i>) (瘳病 (<i>jìng bìng</i>), tetanic disease)
<i>jiǔ tòng rù luò</i>	久痛入絡	long-term pain enters the collaterals	enduring pain entering the network vessels, (<i>jiǔ tòng rù luò</i>)
<i>jū</i>	疽	swelling	flat-abscess (n.), (<i>jū</i>) (癰疽 (<i>yōng jū</i>), welling-abscesses and flat-abscesses)
<i>jū</i>	居	dwells	live, (<i>jū</i>)
<i>jǔ</i>	舉	lifts	lift, (<i>jǔ</i>)
<i>jù</i>	聚	gathers up, pools (fluids), cluster, collects	gather (v.), gathering (n.), (<i>jù</i>) (脈所聚 (<i>zōng mài suǒ jù</i>), gathering place of the ancestral sinews)
<i>jù</i>	劇	severe	severe, (<i>jù</i>)
<i>juǎn</i>	卷	rolled	curled, (<i>juǎn</i>)
<i>jué</i>	絕	cut off, severed	expire (v.), expiry (n.), (<i>jué</i>) (絕汗 (<i>jué hàn</i>), expiry sweating)
<i>jué yīn</i>	厥陰	terminal yin [reverting yīn, (<i>jué yīn</i>)
<i>jùn</i>	峻	drastic, intense	drastic (adj.), (<i>jùn</i>) (峻補 (<i>jùn bǔ</i>), drastic supplementation)
<i>jùn bǔ</i>	峻補	intense tonic	drastic supplementation, (<i>jùn bǔ</i>)
<i>kāi</i>	開	opens, unbinds	open (v.), (adj.), opening (n.), (<i>kāi</i>) (開竅 (<i>kāi qiào</i>), open the orifices)
<i>kāi yīn</i>	開音	restores the voice	restore the voice, (<i>kāi yīn</i>)
<i>kāi yù</i>	開鬱	opens up areas of constraint	open depression, (<i>kāi yù</i>)
<i>kàng</i>	亢	hyperactivity	hyperactive (adj.), hyperactivity (n.), (<i>kàng</i>) (肝陽上亢 (<i>gān yáng shàng kàng</i>), ascendant hyperactivity of liver yáng)
<i>kè</i>	客	lodge resides	visit (v.), visiting (adj.), (<i>kè</i>) (小兒客忤 (<i>xiǎo ér kè wǔ</i>), child visiting hostility)
<i>kè</i>	剋	upbraid	restrain (v.), (<i>kè</i>) (木克土 (<i>mù kè tǔ</i>), wood restrains earth)
<i>kǒu yǎn wāi xié</i>	口眼歪斜	deviation of the mouth and eyes	deviated eyes and mouth, (<i>kǒu yǎn wāi xié</i>)
<i>kū</i>	枯	desiccated, parched	desiccate (v.), desiccated \PP, (adj.), desiccation (n.), (<i>kū</i>) (牙齒干燥如枯骨 (<i>yá chǐ gān zào rú kū gǔ</i>), teeth dry as

			(desiccated) bones
<i>kǔ</i>	苦	bitter	bitter (adj.), bitterness (n.), (<i>kǔ</i>) (苦寒藥 (<i>kǔ hán yào</i>), cold bitter medicinals)
<i>kuān</i>	寬	expands, eases	loosen (v.), (<i>kuān</i>) (lit. widen. 寬胸 (<i>kuān xiōng</i>), loosen the chest)
<i>kuān xiōng</i>	寬胸	expands the chest	loosen the chest, (<i>kuān xiōng</i>)
<i>kuān zhōng</i>	寬中	eases the middle	loosen the center, (<i>kuān zhōng</i>)
<i>kuáng</i>	狂	mania, yang madness	mania (n.), manic (adj.), (<i>kuáng</i>) (癲狂 (<i>diān kuáng</i>), mania and withdrawal)
<i>kuáng luàn</i>	狂亂	manic and disorderly	manic derangement, (<i>kuáng luàn</i>)
<i>kuī</i>	虧	exhausted	deplete (v.), depleted \PP, (adj.), depletion (n.), (<i>kuī</i>) (肝腎虧損 (<i>gān shèn kuī sǔn</i>), liver-kidney depletion)
<i>kùn</i>	困	encumbers	cumbersome (adj.), encumber (v.), encumbrance (n.), (<i>kùn</i>) (肢體困重 (<i>zhī tǐ kùn zhòng</i>), heavy cumbersome) limbs)
<i>lǎn yán</i>	懶言	laconic speech	laziness to speak, (<i>lǎn yán</i>)
<i>làn</i>	爛	macerated	putrefy (v.), putrefaction (n.), (<i>làn</i>) (爛喉沙 (<i>làn hóu shā</i>), putrefying throat sand)
<i>làn hóu shā</i>	爛喉痧	putrefying throat granular disorder	putrefying throat sand, (<i>làn hóu shā</i>)
<i>láo</i>	癆	overwork, consumptive disorder, consumption	consumption (n.), (<i>láo</i>) (肺癆 (<i>fèi láo</i>), pulmonary (<i>consumption</i>))
<i>láo lín</i>	淋	consumptive painful urinary dribbling	strangury (n.), (<i>lín</i>) (血淋 (<i>xuè lín</i>), blood strangury)
<i>lèi</i>	肋	ribs, costal region	rib, (<i>lèi</i>)
<i>lǐ</i>	裡	interior	interior, (<i>lǐ</i>)
<i>lǐ</i>	理	regulates	rectify (v.), rectification (n.), (<i>lǐ</i>) (理氣 (<i>lǐ qì</i>), rectify qì)
<i>lǐ jí</i>	裡急	abdominal urgency	abdominal urgency, (<i>lǐ jí</i>)
<i>lǐ jí hòu zhòng</i>	裡急後重	tenesmus	tenesmus, (<i>lǐ jí hòu zhòng</i>)
<i>lǐ xuè</i>	理血	regulates the blood	rectify the blood, (<i>lǐ xuè</i>)
<i>lì</i>	利	improves, promotes, benefits, facilitates	disinhibit (v.), uninhibited (adj.), (<i>lì</i>) (利水 (<i>lì shuǐ</i>), disinhibit water)
<i>bù lì</i>	不利	can be difficulty or discomfort	inhibited, (<i>bù lì</i>)
<i>lì niào</i>	利尿	promotes urination	disinhibit urine, (<i>lì niào</i>)
<i>lì shuǐ</i>	利水	promotes water	disinhibit water and percolate dampness,

<i>shèn shī</i>	滲濕	metabolism and leaches out dampness	(<i>lì shuǐ shèn shī</i>)
<i>lì shuǐ</i>	利水	promotes urination, moves water	disinhibit water, (<i>lì shuǐ</i>)
<i>liǎn</i>	斂	preserves, inhibits, restrains	constrain (v.), (<i>liǎn</i>) (斂陰 (<i>liǎn yīn</i>), constrain <i>yīn</i>)
<i>liǎn fēi</i>	斂肺	preserves the Lungs	constrain the lung, (<i>liǎn fēi</i>)
<i>liǎn hàn</i>	斂汗	inhibits sweating	constrain sweat, (<i>liǎn hàn</i>)
<i>liàn</i>	戀	clings, attaches to	lodged, (<i>liàn</i>) (lit. attached, not wishing to part. 邪戀心包 (<i>xié liàn xīn bāo</i>), evil lodged in the pericardium)
<i>liǎn yīn</i>	斂陰	preserves the yin	constrain <i>yīn</i> , (<i>liǎn yīn</i>)
<i>liàn</i>	練	blanches	process (v.), (<i>liàn</i>)
<i>liáng</i>	涼	cools	cool (v.), (<i>liáng</i>) (涼血 (<i>liáng xuè</i>), cool the blood)
<i>liáng xuè</i>	涼血	cools the blood	cool the blood, (<i>liáng xuè</i>)
<i>liáo</i>	療	remedies	treat, (<i>liáo</i>)
<i>liè</i>	烈	violent, intense	harsh, (<i>liè</i>)
<i>lín lí</i>	淋瀝	dribbling [urination]	dribbling, (<i>lín lí</i>)
<i>líng</i>	凌	intimidates	intimidate (v.), (<i>líng</i>) (水氣凌心 (<i>shuǐ qì líng xīn</i>), water- <i>qì</i> intimidating the heart)
<i>liú</i>	留	linger, lodges; remains	lodge (v.), (<i>liú</i>) (邪留三焦 (<i>xié liú sān jiāo</i>), evil lodged in the triple burner)
<i>liú huǒ</i>	流火	flowing fire	fire flow, (<i>liú huǒ</i>)
<i>liú yǐn</i>	留飲	lingering thin mucus	lodged rheum, (<i>liú yǐn</i>)
<i>liú zhǔ</i>	流注	spreading, flow into; spreading sores	streaming sore, (<i>liú zhù</i>) (gravitation abscess)
<i>liù jīng</i>	六經	six stages, six warps, six channels, six axes	six channels, (<i>liù jīng</i>)
<i>lòu</i>	瘻	chronic sores	fistula (n.), (<i>lòu</i>)
<i>lù</i>	慮	deliberation	preoccupation, (<i>lù</i>) (思慮過度 (<i>sī lǜ guò dù</i>), excessive thought and preoccupation)
<i>luǒ lì</i>	瘰癧	scrofula	scrofula, (<i>luǒ lì</i>)
<i>luò</i>	絡	[n.] collaterals; [v.] connects, reticulates	network (vessel) (n.), (<i>luò</i>) (經絡 (<i>jīng luò</i>), channels and network vessels)
<i>má</i>	麻	numbness, tingling	tingling (adj.), (n.), (<i>má</i>)
<i>má bì</i>	麻痺	paralysis	paralysis, (<i>má bì</i>)
<i>mǎn</i>	滿	fullness	fullness (n.), (<i>mǎn</i>) (腹滿 (<i>fù mǎn</i>), abdominal fullness)
<i>máng cì</i>	芒刺	prickles	prickles, (<i>máng cì</i>)

<i>máo</i>	毛	[body] hair	[body] hair, (<i>máo</i>)
<i>mèn</i>	悶	stifling sensation	oppression (n.), (<i>mèn</i>) (胸悶 (<i>xiōng mèn</i>), oppression in the chest)
<i>méng bì</i>	蒙蔽	veils	clouding, (<i>méng bì</i>) (as of mind or spirit)
<i>miàn chì</i>	面赤	flushed complexion	red face, (<i>miàn chì</i>)
• <i>cāng bái</i>	蒼白	dusky pale	somber white, (<i>cāng bái</i>) (complexion)
• <i>cháo hóng</i>	潮紅	flushed	tidal reddening, (<i>cháo hóng</i>) (of the face)
<i>míng</i>	明	brightens, clears, or enlightens	bright (n.)
<i>mó</i>	磨	grinds away	rub, (<i>mó</i>)
<i>mò yuán</i>	膜原	membrane source	membrane source, (<i>mó yuán</i>)
<i>nà</i>	納	accepts [Kidneys]; takes in [Stomach, Liver]	intake (n.), (<i>nà</i>) (胃主受納 (<i>wèi zhǔ shòu nà</i>), the stomach governs intake)
<i>nǎo lòu</i>	腦漏	seepage from the brain	brain leak, (<i>nǎo lòu</i>)
<i>nǎo míng</i>	腦鳴	ringing in the brain	ringing in the brain, (<i>nǎo míng</i>)
<i>nèi</i>	內	internal, inside	insert, (<i>nèi</i>) (see also (<i>nèi</i>))
<i>nèi shāng fā rè</i>	內傷發熱	feverishness from internal damage	internal damage heat [effusion] (fever), (<i>nèi shāng fā rè</i>)
<i>nì</i>	逆	rebellious, counterflow	counterflow (n.), (adj.), (<i>nì</i>) (氣逆 (<i>qì nì</i>), qì counterflow)
<i>nì</i>	膩	greasy [coating], cloying [substances]	slimy (adj.), sliminess (n.), (<i>nì</i>) (苔膩 (<i>tāi nì</i>), slimy [tongue] fur)
<i>nì liú wǎn zhōu</i>	逆流挽舟	hauling the boat upstream	hauling the boat upstream, (<i>nì liú wǎn zhōu</i>)
<i>níng</i>	凝	congeals	congeal (v.), (<i>níng</i>) (寒凝肝脈 (<i>hán níng gān mài</i>), cold congealing in the liver vessel)
<i>níng</i>	寧	makes tranquil, [calms OK]	quiet (v.), (<i>níng</i>) (寧心 (<i>níng xīn</i>), quiet the heart)
<i>nuǎn</i>	暖	warms	warm (v.), (<i>nuǎn</i>) (暖胃 (<i>nuǎn wèi</i>), (warm) the stomach)
<i>nuè jí</i>	瘧疾	malarial disorder	malaria, (<i>nuè jí</i>)
<i>pái</i>	排	pushes out or expels	expel (v.), (<i>pái</i>) (排膿 (<i>pái nóng</i>), expel pus)
<i>pái shí</i>	排石	pushes out stones	expel stones, (<i>pái shí</i>)
<i>péi</i>	培	nurtures	bank up (v.), (<i>péi</i>) (培土生金 (<i>péi tǔ shēng jīn</i>), bank up earth to engender)

			metal)
<i>pī</i>	劈	cuts through	split, (<i>pī</i>)
<i>pí</i>	皮	skin	skin (n.), (<i>pí</i>) (肺主皮毛 (<i>fèi zhǔ pí máo</i>), the lung governs the skin and [body] hair)
<i>pí fū</i>	皮膚	skin, skin and subcutaneous tissues	skin, (<i>pí fū</i>)
<i>pí qì xià xiàn</i>	脾气下陷	sunken Spleen qi	spleen qi fall, (<i>pí qì xià xiàn</i>)
<i>pí qì xū</i>	脾气虚	Spleen qi deficiency	spleen qi vacuity, (<i>pí qì xū</i>)
<i>pǐ</i>	癥	ensconced lumps	aggregation (n.), (<i>pǐ</i>) (癥癧 (<i>xián pì</i>), strings and aggregations)
<i>piān kū</i>	偏枯	hemilateral withering or hemiplegia	hemilateral withering, (<i>piān kū</i>)
<i>píng</i>	平	calms [pacifies OK] [v]; balanced [adj.]	calm (v.), (<i>píng</i>) (medicinal action. 平肝熄風 (<i>píng gān xī fēng</i>), calm the liver and extinguish wind)
<i>píng chuǎn</i>	平喘	calms wheezing	calm panting, (<i>píng chuǎn</i>)
<i>píng gān xī fēng</i>	平肝熄風	calms the Liver and extinguishes wind	calm the liver and extinguish wind, (<i>píng gān xī fēng</i>)
<i>pò</i>	迫	stresses, compels, forces, disturbs	hurry (v.), (<i>pò</i>)
<i>pò</i>	破	breaks up	break (v.), (<i>pò</i>) (破血 (<i>pò xuè</i>), break blood)
<i>pò xuè</i>	破血	breaks up blood (stasis)	break blood, (<i>pò xuè</i>)
<i>qí héng zhī fǔ</i>	奇恆之腑	miscellaneous Organs	extraordinary organ, (<i>qí héng zhī fǔ</i>)
<i>qián</i>	潛	anchors, subdues	subdue (v.), (<i>qián</i>) (潛陽 (<i>qián yáng</i>), subdue yáng)
<i>qiáng</i>	強	strengthens	strong (adj.); strengthen (v.) (胃強脾弱 (<i>wèi qiáng pí ruò</i>), strong stomach and weak spleen. See also 強 (<i>jiàng</i>) = stiff (adj.), stiffness (n.), (<i>jiàng</i>) (項強 (<i>xiàng jiàng</i>), rigidity of the neck. See also 強 (<i>qiáng</i>))
<i>qiáng jīn gǔ</i>	強筋骨	strengthens the sinews and bones	strengthen sinew and bone, (<i>qiáng jīn gǔ</i>)
<i>qiáng mài</i>	強脈	[overly] strong pulse	strong pulse, (<i>qiáng mài</i>)
<i>qīn</i>	侵	invade, infiltrates	invade (n.), invasion (n.), (<i>qīn</i>) (白膜侵

			睛 (<i>bái mó qīn jīng</i>), white membrane invading the eye)
<i>qīng</i>	清	clears	clear (adj.), (v.), clearing (n.), (<i>qīng</i>) (清陽不升 (<i>qīng yáng bù shēng</i>), non-upbearing of (<i>clear</i>) yang
<i>qīng guāng yǎn</i>	青光 眼	glaucomatous disorder	glaucoma, (<i>qīng guāng yǎn</i>)
<i>qīng máng</i>	青盲	insidious loss of vision without visible physical changes to the eye	clear-eye blindness, (<i>qīng máng</i>)
<i>qīng qiào</i>	清竅	clears consciousness, clears the sensory orifices	clear orifice, (<i>qīng qiào</i>)
<i>qīng rè</i>	清熱	clears heat	clear heat, (<i>qīng rè</i>)
<i>qīng sù</i>	清肅	clearing and clarifying	depuration, (<i>qīng sù</i>)
<i>qīng zào</i>	清燥	clears dryness	clear dryness, (<i>qīng zào</i>)
<i>qū</i>	祛	dispels	dispel (v.), (<i>qū</i>) (祛寒 (<i>qū hán</i>), dispel cold
<i>qū</i>	驅	expels, drives, reins in	expel (v.), (<i>qū</i>) (驅蟲 (<i>qū chóng</i>), expel worms)
<i>qū chóng</i>	驅虫	expels parasites	expel worms, (<i>qū chóng</i>)
<i>qū fēng shī</i>	祛風 濕	dispels wind-damp	dispel wind-damp, (<i>qū fēng shī</i>)
<i>qū hán</i>	祛寒	dispels cold	dispel cold, (<i>qū hán</i>)
<i>qū yū</i>	祛瘀	dispels blood stasis	dispel stasis, (<i>qū yū</i>)
<i>qū zhú</i>	驅逐	banish	expel, (<i>qū zhú</i>)
<i>què</i>	卻	depart, retreat	eliminate, (<i>què</i>)
<i>rǎo</i>	擾	harass, derange, make a disturbance, make trouble	harass (v.), (<i>rǎo</i>) (痰濁上擾 (<i>tán zhuó shàng rǎo</i>), phlegm turbidity harassing the upper body)
<i>rè</i>	熱	hot, heat, feverish, fever	heat (n.)
<i>rè bì</i>	熱痺	hot painful obstruction	heat impediment, (<i>rè bì</i>)
<i>rè shèng</i>	熱盛	[over]abundant heat	exuberant heat, (<i>rè shèng</i>)
<i>rè tán</i>	熱痰	hot phlegm	heat phlegm, (<i>rè tán</i>)
<i>rè xié yōng fèi</i>	熱邪 壅肺	heat pathogen clogs the Lungs	heat evil congesting the lung, (<i>rè xié yōng fèi</i>)
<i>róng</i>	榮	manifestation	luxuriant (adj.), luxuriance (n.), (<i>róng</i>) (失榮 (<i>shī róng</i>), loss-of-luxuriance)
<i>rú</i>	濡	moisten [v.], soggy[adj.]	moisten (v.), (<i>rú</i>) (燥者濡之 (<i>zào zhě rú zhī</i>), dryness is treated by moistening)

<i>rǔ pǐ</i>	乳癖	breast lumps	mammary aggregation, (<i>rǔ pǐ</i>) (breast lump)
<i>rǔ yōng</i>	乳癰	breast abscess	mammary welling-abscess, (<i>rǔ yōng</i>) (equivlaent to WM acute mastitis)
<i>ruǎn</i>	軟	softens	soft (adj.), (<i>ruǎn</i>) (脈軟 (<i>mài ruǎn</i>), the pulse is soft)
<i>ruǎn jiān</i>	軟堅	softens areas of hardness	soften hardness, (<i>ruǎn jiān</i>)
<i>rùn</i>	潤	moistens, lubricates	moist (adj.), moisten (v.), (<i>rùn</i>) (潤苔 (<i>rùn tāi</i>), moist [tongue] fur)
<i>sāi</i>	塞	plugs	stop (v.)
<i>sàn</i>	散	scatters, disperses	dissipate (v.), dissipation (n.); scatter (散脈 <i>sàn mài</i> , scattered pulse) or, if read in the 3rd tone: powder (n.), (<i>sǎn</i>) (平胃散 (<i>píng wèi sǎn</i>), Stomach-Calming Powder)
<i>sàn fēng</i>	散風	scatters or disperses wind	dissipate wind, (<i>sàn fēng</i>)
<i>sàn jié</i>	散結	dissipates, disperses clumps, knots or nodules	dissipate binds, (<i>sàn jié</i>)
<i>sè</i>	澀	binds [action]; rough [urination]	rough (adj.), (<i>sè</i>) (澀脈 (<i>sè mài</i>), rough pulse; rough (adj.) (澀脉 <i>sè mài</i> , rough pulse; 小便短澀 <i>xiǎo biàn duǎn sè</i> , short rough voidings of urine); inhibited (adj.) (小便短澀 <i>xiǎo biàn duǎn sè</i> , short inhibited voidings of urine); dry (adj.) (目干澀 <i>mù gān sè</i> , dry eyes); astringe (v.), astringent (adj.) (澀腸 <i>sè cháng</i> , astringe the intestine; 澀劑 <i>sè jì</i> , astringent formula)
<i>sè cháng</i>	澀腸	binds up the Intestines	astringe the intestines, (<i>sè cháng</i>)
<i>sè jīng</i>	澀精	binds essence	astringe essence, (<i>sè jīng</i>)
<i>shā lín</i>	砂淋	gravelly painful urinary dribbling	sand strangury, (<i>shā lín</i>)
<i>shāng</i>	傷	damages	damage (v.), (n.), (<i>shāng</i>) (熱邪傷陰 (<i>rè xié shāng yīn</i>), heat evil damages yīn)
<i>shàng</i>	上	ascends, upwardly	up (adv.), upward (adv.), upper (body) (n.), (<i>shàng</i>)
<i>shàng yán</i>	上炎	flares upward	flame upward, (<i>shàng yán</i>)
<i>shào yáng</i>	少陽	lesser yang [lesser yáng, (<i>shào yáng</i>)
<i>shào</i>	少陰	lesser yin [lesser yīn, (<i>shào yīn</i>)

<i>yīn</i>			
<i>shè</i>	攝	contains	contain (v.), containment (n.), (<i>shè</i>) (氣不攝血 (<i>qì bú shè xuè</i>), qì failing to contain the blood)
<i>shè</i>	射	shoots	shoot (v.), (<i>shè</i>) (水寒射肺 (<i>shuǐ hán shè fèi</i>), water-cold shooting into the lung)
<i>shè</i>	舍	settles [into]	abandon, (<i>shě</i>)
<i>shén hūn</i>	神昏	impaired consciousness, muddled consciousness	clouded spirit, (<i>shén hūn</i>)
<i>shén juàn</i>	神倦	weariness	lassitude of the spirit, (<i>shén juàn</i>)
<i>shén qíng dàn mò</i>	神情淡漠	apathetic expression	haziness of spirit-affect, (<i>shén qíng dàn mò</i>)
<i>shén shuāi</i>	神衰	lethargic level of consciousness	debilitated spirit, (<i>shén shuāi</i>)
<i>shèn</i>	滲	leaches out, filters out, percolates. Permeates	percolate (v.), (<i>shèn</i>) (淡滲利水藥 (<i>dàn shèn lì shuǐ yào</i>) bland percolating water-disinhibiting medicinals)
<i>shèn shī</i>	滲濕	leaches out dampness	percolate dampness, (<i>shèn shī</i>)
<i>shèn shī fēng cáng</i>	腎失封藏	loss of Kidney closure and storage [functions]	kidney failing to store, (<i>shèn shī fēng cáng</i>)
<i>shèn zhuó</i>	腎著	fixed kidneys [or fixed kidney disorder]	kidney fixity, (<i>shèn zhuó</i>)
<i>shēng</i>	生	generates	engender (v.), engenderment (n.), (<i>shēng</i>) (火生土 (<i>huǒ shēng tǔ</i>), fire engenders earth)
<i>shēng</i>	升	raises, ascends	bear upward (v.), (<i>shēng</i>) (清陽不升 (<i>qīng yáng bù shēng</i>), clear yáng failing to bear upward)
<i>shēng</i>	升舉	raises and lifts	uplift, (<i>shēng jǔ</i>)
<i>shēng jī</i>	生肌	generates flesh	engender flesh, (<i>shēng jī</i>)
<i>shēng qīng</i>	升清	raises the clear	upbear the clear, (<i>shēng qīng</i>)
<i>shèng</i>	盛	[~pathogens] ... [over]abundance, overwhelming; [~vessels] ... congestion, [over]filled, brimming	exuberant (adj.), exuberance (n.), (<i>shèng</i>) (邪氣盛 (<i>xié qì shèng</i>), exuberant evil qì)
<i>shèng</i>	勝	prevails [over] [v.], preponderance [n.]	prevail (v.), prevalent (adj.), prevalence (n.), (<i>shèng</i>)
<i>shèng shī</i>	勝濕	prevails over dampness	overcome dampness, (<i>shèng shī</i>)

<i>shī</i>	濕	damp (adj. or compound n.), dampness (n.)	damp (adj.), (n.), dampness (n.), (<i>shī</i>) (濕氣 (<i>shī qì</i>), damp qì)
<i>shī làn</i>	濕爛	damp erosions	damp ulceration, (<i>shī làn</i>)
<i>shī sī</i>	失司	breakdown, loss of management, loss of oversight	breakdown, (<i>shī sī</i>)
<i>shī tán</i>	濕痰	damp-phlegm	damp phlegm, (<i>shī tán</i>)
<i>shī xuǎn</i>	濕癬	damp tinea-like rash	damp lichen, (<i>shī xiǎn</i>)
<i>shī zhí</i>	失職	loss of ability to do X, loss of management of X, impairment	failure to perform its office, (<i>shī zhí</i>)
<i>shí bìng</i>	時病	seasonal diseases	seasonal disease, (<i>shí bìng</i>)
<i>shí lín</i>	石淋	stony painful urinary dribbling	stone strangury, (<i>shí lín</i>)
<i>shǐ</i>	史	envoy	history, (<i>shǐ</i>)
<i>shì</i>	勢	momentum	dynamic, (<i>shì</i>) (位數勢 (<i>wèi shù xíng shì</i>), position, pace, form, and dynamic)
<i>shōu liǎn</i>	收斂	restrain and inhibit [astringent] restrain and hold in/back	astringe, (<i>shōu liǎn</i>)
<i>shǒu</i>	守	defends, conserves	guard, (<i>shǒu</i>)
<i>shòu</i>	受	receives, picks up	contract (v.), contraction (n.), (<i>shòu</i>) (受寒 (<i>shòu hán</i>), contract cold)
<i>shū</i>	疏	disperses, dredges	course (v.), (<i>shū</i>) (肝主疏泄 (<i>gān zhǔ shū xiè</i>), the liver governs free (<i>coursing</i>))
<i>shū</i>	舒	soothes	soothe (v.), (<i>shū</i>) (舒肝 <i>shū gān</i>), soothe the liver)
<i>shū gān</i>	舒肝	soothes the Liver	soothe the liver, (<i>shū gān</i>)
<i>shū jīn</i>	舒筋	soothes the sinews	soothe the sinews, (<i>shū jīn</i>)
<i>shū yù</i>	疏鬱	disperses constraint	course depression, (<i>shū yù</i>)
<i>shǔ</i>	暑	summerheat	summerheat (n.), (<i>shǔ</i>) (暑濕 (<i>shǔ shī</i>), summerheat-damp)
<i>shǔ wēn</i>	暑溫	summerheat-warmth	summerheat warmth, (<i>shǔ wēn</i>)
<i>shù</i>	束	fetters, ties up	fetter (n.), (<i>shù</i>) (風寒束肺 (<i>fēng hán shù fèi</i>), wind-cold fettering the lung)
<i>shuāi</i>	衰	debilitated, sapped	debilitate (v.), debilitation (n.), (<i>shuāi</i>) (陰盛陽衰 (<i>yīn shèng yáng shuāi</i>), prevalence of yīn with (<i>debilitation</i>) of yang)
<i>shuǐ bù hán mù</i>	水不涵木	water cannot restrain wood	water failing to moisten wood, (<i>shuǐ bù hán mù</i>)

<i>shuǐ rè hù jié</i>	水熱互結	clumping of water and heat, OR water/heat complexes	binding of water and heat, (<i>shuǐ rè hù jié</i>)
<i>shuǐ xié</i>	水邪	pathogenic water	water evil, (<i>shuǐ xié</i>)
<i>shùn</i>	順	smooth, smooths, normal	favorable (adj.), (<i>shùn</i>) (順證 (<i>shùn zhèng</i>), favorable pattern)
<i>shùn qì</i>	順氣	smooths the flow of qì	normalize qì, (<i>shùn qì</i>)
<i>sī</i>	司	manage	be in charge of, (<i>sī</i>)
<i>sì zhī</i>	四肢	extremities, limbs	four limbs, (<i>sì zhī</i>)
<i>sì zhī juàn dài</i>	四肢倦怠	weak and easily fatigued extremities	fatigued limbs, (<i>sì zhī juàn dài</i>)
<i>sì zhī kùn juàn</i>	四肢困倦	tired limbs	fatigued cumbersome limbs, (<i>sì zhī kùn juàn</i>)
<i>sì zǒng xué</i>	四總穴	four command points	four command points, (<i>sì zǒng xué</i>)
<i>sōu fēng</i>	搜風	tracks (down) wind	track (down) wind, (<i>sōu fēng</i>)
<i>sù tán</i>	宿痰	dormant or deep, harbored phlegm	abiding phlegm, (<i>sù tán</i>)
<i>sǔn</i>	損	harm	detriment (n.), (<i>sǔn</i>) (虛損 (<i>xū sǔn</i>), vacuity detriment)
<i>suō niào</i>	縮尿	reserves urine, contain urination	reduce urine, (<i>suō niào</i>)
<i>tāi dòng bù ān</i>	胎動不安	restless fetus	stirring fetus, (<i>tāi dòng bù ān</i>)
<i>tài yīn</i>	太陰	greater yin [greater yīn, (<i>tài yīn</i>)
<i>tán bì</i>	痰閉	phlegm obstruction	phlegm block, (<i>tán bì</i>)
<i>tán duō</i>	痰多	profuse sputum	copious phlegm, (<i>tán duō</i>)
<i>tán huǒ</i>	痰火	phlegm-fire	phlegm-fire, (<i>tán huǒ</i>)
<i>tán mēng xīn qiào</i>	痰蒙心竅	phlegm veils the (Heart) orifices	phlegm clouding the orifices of the heart, (<i>tán méng xīn qiào</i>)
<i>tán pī</i>	痰痞	phlegm lumps	phlegm glomus, (<i>tán pī</i>)
<i>tán rè</i>	熱痰	phlegm-heat	heat phlegm, (<i>rè tán</i>)
<i>tán yǐn</i>	痰飲	either phlegm and thin mucus or thin mucus	phlegm-rheum, (<i>tán yǐn</i>)
<i>téng</i>	疼	achy, aches	pain (n.), painful (adj.), (<i>téng</i>) (胃脘疼痛 (<i>wèi wǎn téng tòng</i>), stomach duct (<i>pain</i>))
<i>tì</i>	惕	dread, jerks	fear, (<i>tì</i>); jerk

<i>tiáo</i>	調	adjusts	regulate (v.), regulation (n.), (<i>tiáo</i>) (調經 (<i>tiáo jīng</i>), regulate menstruation)
<i>tiáo dá</i>	條達	thrusts out	orderly reaching, (<i>tiáo dá</i>)
<i>tiáo qì</i>	調氣	adjusts the qì	regulate qì, (<i>tiáo qì</i>)
<i>tíng</i>	停	tarry, stop	collect (v.), (<i>tíng</i>) (水液內停 (<i>shuǐ yì nèi tíng</i>), water-humor collecting internally)
<i>tōng</i>	通	unblocks, promotes, pervades	free (v.), (<i>tōng</i>) (通可去滯 (<i>tōng kě qù zhì</i>), freeing can eliminate stagnation)
<i>tōng fǔ</i>	通腑	unblocks the yang organs/bowels	free the bowels, (<i>tōng fǔ</i>)
<i>tōng lín</i>	通淋	unblocks painful urinary dribbling	free strangury, (<i>tōng lín</i>)
<i>tōng mài</i>	通脈	unblocks the [blood] vessels	free the vessels, (<i>tōng mài</i>)
<i>tōng rǔ zhī</i>	通乳汁	promotes or unblocks lactation	promote lactation, (<i>tōng rǔ zhī</i>)
<i>tōng xià</i>	通下	purge, unblock downwards	precipitation, (<i>tōng xià</i>)
<i>tǒng</i>	統	governs	control (v.), (<i>tǒng</i>) (脾不統血 (<i>pí bù tǒng xuè</i>), spleen failing to control the blood)
<i>tòng bì</i>	痛痹	severe painful obstruction	painful impediment, (<i>tòng bì</i>)
<i>tòng chǔ</i>	痛楚	pangs of pain	pain, (<i>tòng chǔ</i>)
<i>tòng fēng</i>	痛風	painful wind [**biomedical = gout]	pain wind, (<i>tòng fēng</i>)
<i>tòng jīng</i>	痛經	painful menstruation, dysmenorrhea	menstrual pain, (<i>tòng jīng</i>)
<i>tòu</i>	透	vents [out]; penetrates [in]	thrust out(ward) (v.), (<i>tòu</i>)
<i>tòu rè</i>	透熱	vents heat	outthrust heat, (<i>tòu rè</i>)
<i>tù</i>	吐	vomit, spit up	spit, (<i>tǔ</i>)
<i>tù xuè</i>	吐血	spitting up blood	blood ejection, (<i>tù xuè</i>)
<i>tuì</i>	退	reduces	abate (v.)
<i>tuì huáng</i>	退黃	reduces jaundice	abate jaundice, (<i>tuì huáng</i>)
<i>tuì rè</i>	退熱	reduces fever or heat	abate heat, (<i>tuì rè</i>)
<i>tuì zhǒng</i>	退腫	reduces edema or swelling	reduce swelling, (<i>tuì zhǒng</i>)
<i>tūn suān</i>	吞酸	acid regurgitation	acid swallowing, (<i>tūn suān</i>)
<i>tuō</i>	脫	loss, abandonment; draw off	desert (v.), desertion (n.), (<i>tuō</i>) (氣隨血脫 (<i>qì suí xuè tuō</i>), qì deserting with the blood)
<i>tuō jū</i>	脫疽	sloughing ulcer	sloughing flat-abscess, (<i>tuō jū</i>)

			(equivalent to gangrene of the extremities)
<i>tuō lǐ</i>	托裡	supports the interior	internal expression, (<i>tuō lǐ</i>)
<i>wài</i>	外	external, outside	out (adv.), outward (adv.), outer (adj.), outer body (n.), (<i>wài</i>) (宗氣外泄 (<i>zōng qì wài xiè</i>), (<i>outward</i>) discharge of ancestral qi)
<i>wán tán</i>	頑痰	stubborn phlegm	stubborn phlegm, (<i>wán tán</i>)
<i>wǎn</i>	腕	[gastric] cavity (胃腕	stomach duct (n.), (<i>guǎn</i>) (see (<i>wǎn</i>) 腕)
<i>wǎn fā</i>	晚發	delayed discharge	late emergence, (<i>wǎn fā</i>)
<i>wáng</i>	亡	[great] loss, devastation, destroyed	collapse (v.), (n.), (<i>wáng</i>) (亡陽虛脫 (<i>wáng yáng xū tuō</i>), <i>yáng</i> -collapse vacuity desertion)
<i>wàng</i>	旺	flourishing	effulgent (adj.), effulgence (n.), (<i>wàng</i>) (陰虛火旺 (<i>yīn xū huǒ wàng</i>), effulgent <i>yīn</i> vacuity fire)
<i>wàng xíng</i>	妄行	chaotic movement	frenetic movement, (<i>wàng xíng</i>)
<i>wēi</i>	微	feeble, faint, slight; [v.] diminish	mild (adj.), (<i>wēi</i>) (微風 (<i>wēi fēng</i>), mild wind); slight (adj.) (微微出汗 <i>wēi wēi chū hàn</i> , slight sweating); faint (n.) (微脈 <i>wēi mài</i> , faint pulse); debilitation (n.) (衰微 <i>shuāi wēi</i> , debilitation)
<i>wèi</i>	畏	antagonizes	fear, (<i>wèi</i>)
<i>wèi xū hán</i>	胃虛寒	Stomach cold from deficiency	stomach vacuity cold, (<i>wèi xū hán</i>)
<i>wēn</i>	溫	warms	warm (adj.), (v.), warmth (n.), (<i>wēn</i>) (溫病 (<i>wēn bìng</i>), warm disease)
<i>wēn lǐ</i>	溫裡	warms the interior	warm the interior, (<i>wēn lǐ</i>)
<i>wēn rè bìng</i>	溫熱病	warm-heat pathogen diseases	warm heat disease, (<i>wēn rè bìng</i>)
<i>wēn yì</i>	溫疫	warm epidemics	warm epidemic, (<i>wēn yì</i>)
<i>wū shí</i>	惡食	aversion to food	aversion to food, (<i>wù shí</i>)
<i>wǔ chí</i>	五遲	five retardations	five slownesses, (<i>wǔ chí</i>)
<i>wǔ ruǎn</i>	五軟	five weaknesses	five limpnesses, (<i>wǔ ruǎn</i>)
<i>wǔ shù xué</i>	五腧穴	five transport points	five transport points, (<i>wǔ shù xué</i>)
<i>wǔ yè</i>	五液	five excretions	five humors, (<i>wǔ yè</i>)
<i>xī</i>	吸	inhales, draws in	inhale, (<i>xī</i>)
<i>xí</i>	襲	assaults	assail (v.), assailment (n.), (<i>xí</i>) (風邪襲表 (<i>fēng xié xíe biǎo</i>), wind evil assailing)

			the exterior)
<i>xí</i>	熄	extinguishes	extinguish (n.), (<i>xī</i>) (熄風 (<i>xī fēng</i>), extinguish wind)
<i>xí</i>	瘕	polyp	polyp (n.), (<i>xī</i>) (鼻息肉 (<i>bí xī ròu</i>), nasal polyp)
<i>xià gān</i>	下疳	sypilitic sores	lower body gān, (<i>xià gān</i>)
<i>xià yuán</i>	下元	lower base	lower origin, (<i>xià yuán</i>) (kidney, esp. kidney yáng and kidney qì)
<i>xián</i>	鹹	salty	salty (adj.), saltiness (n.), salted (adj.), (<i>xián</i>) (鹹入腎 (<i>xián rù shèn</i>), saltiness enters the kidney)
<i>xiàn</i>	陷	sink	fall (v.), (n.), (<i>xiàn</i>) (中氣下陷 (<i>zhōng qì xià xiàn</i>), center qì fall)
<i>xiāng bó</i>	相搏	[mutually] contend, struggle, interact	contend, (<i>xiāng bó</i>)
<i>xiāo</i>	消	reduces, eliminates, digests, diminishes	disperse (v.), dispersion (n.), (<i>xiāo</i>) (食導滯 (<i>xiāo shí dǎo zhì</i>), disperse and abduct stagnation)
<i>xiāo dǎo</i>	消導	reduces and guides out	abductive dispersion, (<i>xiāo dǎo</i>)
<i>xiāo jī</i>	消積	reduces accumulation	disperse accumulations, (<i>xiāo jī</i>)
<i>xiāo kē</i>	消渴	wasting and thirsting disorder; unquenchable thirst [Zhang Zhong-Jing's works]	dispersion-thirst, (<i>xiāo kē</i>)
<i>xiāo shí</i>	消石	reduces/dissolves stones	niter, (<i>xiāo shí</i>) (Nitrum)
<i>xiāo yōng</i>	消癰	reduces abscesses	disperse welling-abscesses, (<i>xiāo yōng</i>)
<i>xiǎo cháng qì zhì</i>	小腸氣滯	stagnant Small Intestine qi	small intestinal qì stagnation, (<i>xiǎo cháng qì zhì</i>)
<i>xié</i>	脅	hypochondrium	rib-side (n.), (<i>xié</i>) (胸脅脹滿 (<i>xiōng xié zhàng mǎn</i>), distention and fullness in the chest and rib-side)
<i>xié xià</i>	脅下	flanks	under the rib-side, (<i>xié xià</i>)
<i>xiè</i>	瀉	drains, drains out, draws off [physio.]	drain (v.), drainage (n.), (<i>xiè</i>) (清熱瀉火 (<i>qīng rè xiè huǒ</i>), clear heat and drain fire)
<i>xiè</i>	泄	drains out, discharges	discharge (v.), (n.), (<i>xiè</i>) (泄熱 (<i>xiè rè</i>), discharge heat)
<i>xīn</i>	辛	acrid	acrid (adj.), acridity (n.), (<i>xīn</i>) (辛入肺 (<i>xīn rù fèi</i>), acridity enters the lung)
<i>xīn xià</i>	心下	epigastrium [premodern: area below the Heart OK]	below the heart, (<i>xīn xià</i>)

<i>xīn yí rè yú xiǎo cháng</i>	心移熱于小腸	Heart fire transferred to the Small Intestine	heart heat spreading to the small intestine, (<i>xīn yí rè yú xiǎo cháng</i>)
<i>xīng</i>	腥	fishy	fishy-smelling (adj.), (<i>xīng</i>) (腥味 (<i>xīng wèi</i>), fishy smell)
<i>xíng</i>	行	promotes (movement), proceeds, travels	move (v.), (<i>xíng</i>) (行氣 (<i>xíng qì</i>), move qì)
<i>xíng bì</i>	行痺	[v.] promotes movement (in areas of painful obstruction); [n.] moving painful obstruction	moving impediment, (<i>xíng bì</i>)
<i>xíng shuǐ</i>	行水	promotes the dissipation of pathogenic water	move water, (<i>xíng shuǐ</i>)
<i>xǐng</i>	醒	wakes, awakens	rouse (v.), (<i>xǐng</i>) (醒脾 (<i>xǐng pí</i>), rouse the spleen)
<i>xǐng pí</i>	醒脾	awakens the Spleen	arouse the spleen, (<i>xǐng pí</i>)
<i>xǐng shén</i>	醒神	awakens the spirit/restores consciousness	arouse the spirit, (<i>xǐng shén</i>)
<i>xiōng bì</i>	胸痺	chest painful obstruction	chest impediment, (<i>xiōng bì</i>)
<i>xiōng xié tòng</i>	胸脅痛	chest and hypochondriac pain	chest and rib-side pain, (<i>xiōng xié tòng</i>)
<i>xióng</i>	雄	robust, virile	male (of birds), (<i>xióng</i>)
<i>xū láo</i>	虛勞	deficiency and overwork; deficiency overwork; or deficiency consumption	vacuity taxation, (<i>xū láo</i>)
<i>xuān</i>	宣	disseminates, dissipates, diffuses, disbands	diffuse (v.), diffusion (n.), (<i>xuān</i>) (宣肺 (<i>xuān fèi</i>), diffuse the lung)
<i>xuān tōng bí qiào</i>	宣通鼻竅	disperses and unblocks the qì of the nasal orifice	free the nasal orifices, (<i>xuān tōng bí qiào</i>)
<i>xuán pǐ</i>	癰	[Chinese] periumbilical and hypochondriac firmness & pain; [Japanese] chronic muscle cramps [primarily of chest & shoulders]	aggregation (n.), (<i>pǐ</i>) (癰癰 (<i>xián pǐ</i>), strings and aggregations)
<i>xuán yǐn</i>	懸飲	suspended thin mucus	suspended rheum, (<i>xuán yǐn</i>)
<i>xuǎn</i>	癬	tinea	lichen (n.), (<i>xiǎn</i>) (松皮癬 (<i>sōng pí xiǎn</i>), pine bark lichen)
<i>xuàn</i>	眩	vertigo	dizziness, (<i>xuàn</i>)
<i>xuàn yùn</i>	眩暈	dizziness	dizziness, (<i>xuàn yùn</i>)
<i>xuè bì</i>	血痺	painful obstruction of the	blood impediment, (<i>xuè bì</i>)

		blood	
<i>xuè lín</i>	血淋	painful bloody urinary difficulty	blood strangury, (<i>xuè lín</i>)
<i>xūn zhēng</i>	熏蒸	fumes upwards [path]; evaporates [treatment]	fuming and steaming, (<i>xūn zhēng</i>) (methods of treatment)
<i>xún</i>	循	traverses	follow, (<i>xún</i>)
<i>yān hóu zhǒng tòng</i>	咽喉腫痛	painful and swollen throat	sore swollen throat, (<i>yān hóu zhǒng tòng</i>)
<i>yān zào</i>	咽燥	parched throat	dry pharynx, (<i>yān zào</i>)
<i>yáng míng</i>	陽明	yang brightness [yáng brightness, (<i>yáng míng</i>)
<i>yǎng</i>	養	nourishes	nourish (v.), nourishment (n.), (<i>yǎng</i>) (養陰 (<i>yǎng yīn</i>), nourish yīn)
<i>yì</i>	益	augments, benefits	boost (v.), (<i>yì</i>) (益氣生津 (<i>yì qì shēng jīn</i>), boost qì and engender liquid)
<i>yì</i>	抑	curbs	repress (v.), (<i>yì</i>) (抑肝 (<i>yì gān</i>), repress the liver)
<i>yì gān</i>	抑肝	curbs the Liver	repress the liver, (<i>yì gān</i>)
<i>yì yǐn</i>	溢飲	overflowing or flooding thin mucus	spillage rheum, (<i>yì yǐn</i>)
<i>yīn yǎng</i>	陰癢	genital itching	puddental itch, (<i>yīn yǎng</i>)
<i>yǐn</i>	飲	thin mucus	rheum (n.), (<i>yǐn</i>) (痰飲 (<i>tán yǐn</i>), phlegm-rheum)
<i>yǐng liú</i>	瘰癧	goiter; neck tumors	goiters and tumors of the neck, (<i>yǐng liú</i>)
<i>yōng</i>	癰	abscess, sore, ulcer	welling-abscess (n.), (<i>yōng</i>) (腸癰 (<i>cháng yōng</i>), intestinal welling-abscess)
<i>yōng</i>	壅	clogs	congest (v.), congestion (n.), (<i>yōng</i>) (飲邪壅肺 (<i>yǐn xié yōng fèi</i>), rheum evil congesting the lung)
<i>yóu fēng</i>	游風	roving wind	wandering wind, (<i>yóu fēng</i>)
<i>yǒu yú</i>	有餘	over abundance, surplus	superabundance, (<i>yǒu yú</i>)
<i>yū rè</i>	瘀熱	static heat	stasis heat, (<i>yū rè</i>)
<i>yù</i>	鬱	constrains, constraint	depression (n.), (lie) depressed (adj.), (<i>yù</i>) (肝郁 (<i>gān yù</i>), liver depression)
<i>yù huǒ</i>	鬱火	fire from constraint	depressed fire, (<i>yù huǒ</i>)
<i>yù yīn</i>	育陰	fosters yin	foster yīn, (<i>yù yīn</i>)
<i>yuán</i>	元	prime, primal, base	origin (n.), original (adj.), (<i>yuán</i>) (下元 (<i>xià yuán</i>), lower origin)
<i>yuē</i>	約	binds [up] or constrains (a strong Stomach “binds” a	retain (v.), (<i>yuē</i>); constrain (v.); straiten (v.)

		weak Spleen)	
yuè	越	surmount, disseminate (physiology); overstep (pathology); thrust out, evict (treatment)	stray (v.), astray (adj.), (yuè) (孤陽浮越 (gū yáng fú yuè), solitary yáng floating astray)
yuè jīng shī tiáo	月經失調	irregular menstruation	menstrual irregularities, (yuè jīng shī tiáo)
yūn	蘊	collects	brew (v.), (yùn) (濕熱蘊結 (shī rè yùn jié), damp-heat brewing (and binding))
yùn	暈	lightheadedness	dizzy (adj.), dizziness (n.), (yūn) (頭暈目眩 (tóu yūn mù xuàn), dizzy head and vision)
yùn pí	運脾	improves the Spleen's transporting function	move the spleen, (yùn pí)
zàng zào	臟躁	restless organ disorder	visceral agitation, (zàng zào)
zào	燥	dries (v.), dry, parched (adj.), dryness (n.)	dry (adj.), dryness, (zào) (口干咽燥 (kǒu gān yān zào), dry throat and mouth)
zào	躁	restlessness	agitation (n.), agitated (adj.), (zào) (煩躁 (fán zào), vexation and agitation)
zéi fēng	賊風	bandit wind	bandit wind, (zéi fēng)
zēng yè	增液	increases fluids	increase humor, (zēng yè)
zhǎng	長	foster, increase	long (adj.), (cháng) (小便清長 (xiǎo biàn qīng cháng), long voidings of clear urine)
zhēn hán jiǎ rè	真寒假熱	true cold with false heat	true cold and false heat, (zhēn hán jiǎ rè)
zhēn qì	真氣	true qi	true qi, (zhēn qì)
zhēn rè jiǎ hán	真熱假寒	true heat with false cold	true heat and false cold, (zhēn rè jiǎ hán)
zhèn	鎮	sedates, pacify, suppresses, hold down	settle (v.), (zhèn) (鎮肝熄風 (zhèn gān xī fēng), settle the liver and extinguish wind)
zhèn chàn	震顫	tremble [v.], tremors [n.]	tremor, (zhèn chàn)
zhèn fèn yáng qì	振奮陽氣	stimulates the yang	vitalize yáng qì, (zhèn fèn yáng qì)
zhèn gān	鎮肝	sedates the Liver	settle the liver, (zhèn gān)
zhèn jīng	鎮驚	sedates jitteriness/palpitations with anxiety/convulsions	settle fright, (zhèn jīng)

zhèn jìng	鎮瘳	sedates tremors	settle tetany, (zhèn jìng)
zhēng	蒸	steam	steam (v.), (zhēng) (骨蒸潮熱 (gǔ zhēng cháo rè), steaming bone tidal fever
zhēng	癥	fixed [immobile OK] abdominal mass	concretion (n.), (zhēng) (癥瘕 (zhēng jiǎ), concretions and conglomerations
zhēng chōng	怔忡	continuous palpitations, panicky throbbing	fearful throbbing, (zhēng chōng)
zhèng	症	condition, disorder	concretion (n.), (zhēng) (癥瘕 (zhēng jiǎ), concretions and conglomerations
zhī yǐn	支飲	prodding [or propping] thin mucus	propping rheum, (zhī yǐn)
zhǐ	止	stops, arrests, halts	suppress (v.), (zhǐ) (止咳 (zhǐ kē), suppress cough)
zhǐ kē	止咳	stops coughing	suppress cough, (zhǐ kē)
zhǐ lì	止痢	stops dysenteric disorders	check dysentery, (zhǐ lì)
zhǐ tòng	止痛	alleviates pain, stops pain	relieve pain, (zhǐ tòng)
zhǐ xuè	止血	stops bleeding	stanch bleeding, (zhǐ xuè)
zhì	窒	jammed; stopped up	asphyxiation, (zhì) WM; sometimes congestion; stifling
zhì	制	control, restrain	restrain (v.) (壯水制陽 zhàng4 shuǐ zhì yáng, invigorate water to restrain yáng); dam (v.) (培土制水 péi tǔ zhì shuǐ, bank up earth to dam water); control (v.) (制胃酸 zhì wèi suān, control stomach acid); process, (zhì) (制劑 (zhì jì), preparation of medicinals)
zhì	滯	stagnates	stagnate (v.), stagnation (n.), stagnant (adj.), (zhì) (氣滯 (qì zhì), qì stagnation)
zhǒng dú	腫毒	toxic swellings	toxin swelling, (zhǒng dú)
zhǒng zhàng	腫脹	distended	swelling, (zhǒng zhàng)
zhòng yáng	重陽	hefty yang	double yáng, (chóng yáng)
zhú	逐	drives out	expel (v.), (zhú) (逐水 (zhú shuǐ), expel water)
zhú shuǐ	逐水	drives out water	expel water, (zhú shuǐ)
zhú tán	逐痰	drives out phlegm	expel phlegm, (zhú tán)
zhǔ	主	governs; focuses ["x" organ "y" = x organ governs/focuses on y	govern (v.), governing (n.), governor (n.), (zhǔ) (心主血脈 (xīn zhǔ xiè mài), the heart (governs) the blood and vessels

		(tissue)], masters [“x” 方 主之 = x formula masters it]	
zhù	助	assists, reinforces	assist (v.), (zhù) (助陽 (zhù yáng), assist yáng)
zhù yáng	助陽	assists the yang	reinforce yáng, (zhù yáng)
zhuāng	壯	fortifies [v.]; vigorous [adj.]	vigorous (adj.), invigorate (v.), (zhuàng) (壯火 (zhuàng huǒ))
zhuāng huǒ	壯火	vigorous fire	vigorous fire, (zhuàng huǒ)
zhuāng huǒ shí qì	壯火 食氣	vigorous fire consumes the qì	vigorous fire consuming qì, (zhuàng huǒ shí qì)
zhuāng jīn gǔ	壯筋 骨	fortifies the sinews and bones	strengthen sinew and bone, (zhuàng jīn gǔ)
zhuàng	撞	dash	hit, (zhuàng)
zhuī	追	pursues	expel (v.), (zhuī)
zhuó bì	著痺	fixed painful obstruction	fixed impediment, (zhuó bì)
zhuó lín	濁淋	turbid painful urinary dribbling	turbid strangury, (zhuó lín)
zī	滋	enriches	enrich (v.), (zī) (滋陰 (zī yīn), enrich yīn)
zī	資	provides for	support, (zī)
zī shèn	滋腎	enriches the Kidneys	kidney enrichment, (zī shèn)
zǐ gōng	子宮	Womb	womb, (zǐ gōng)
zǒu	走	mobilize, travels [through/with], extends to, acts on	penetrate (v.), penetration (n.), (zǒu)
zǒu cuàn	走竄	mobile and piercing	mobile and penetrating, (zǒu cuàn)
zǒu ér bù shǒu	走而 不守	mobile and does not conserve	mobile, (zǒu ér bù shǒu)
zǒu mǎ yá gān	走馬 牙疳	rapidly progressing ulceration of the gums	galloping gān of the teeth and gum, (zǒu mǎ yá gān) (equivalent to WM cancrum oris)
zǒu zhǔ	走注	running and pouring [down]	traveling influx, (zǒu zhù) (moving impediment)
zǔ	阻	obstructs, impedes [as in 阻腸 – impedes the Intestines]	obstruct (v.), obstruction (n.), (zǔ) (痰阻 心竅 (tán zǔ xīn qiào), phlegm (obstructing) the orifices of the heart