ear 耳  ěr: Organ of hearing; orifice of the kidney. The ear's hearing ability depends on the state of essence, marrow, qi, and blood. Diagnosis: Ear diseases are largely related to the kidney, but may also be related to the heart, liver, and spleen. The hand greater yang (tài yáng) small intestine channel, foot greater yang (tài yáng) bladder channel, and hand lesser yang (shǎo yáng) triple burner channel all pass through the region of the ear. The withering of the auricles and shrinking of the lobes in the course of enduring or severe illness is a sign of qi and blood depletion and impending expiration of kidney qi. In recent years, extensive research into ear acupuncture has shown that some diseases of the bowels and viscera are reflected by changes in ear point reactivity. See Diseases of the Ear. [26: 246]

ear acupuncture 耳针 ěr zhēn, 耳针疗法 ěr zhēn liáo fá: A method of treatment that involves the needling of specific points of the ear. In a wider sense, it also includes massage, medicinal injections, and application of pressure to seeds or metal balls at specific points. When needling ear points, the needle is inserted and rotated for a few seconds. The needle may be retained for 30–60 minutes, during which time the needle may be rotated at intervals. Needles may also be implanted. Ear acupuncture has broad applications. The action of each point is usually indicated by the name. Points named after organs or parts of the body are used to treat diseases of those organs or parts. For example, the anus point is used to treat itching anus, splitting of the anus, hemorrhoids, and prolapse of the rectum; the toe, heel, ankle, and knee points are used to treat pain and stiffness in those areas. Points named after diseases or therapeutic actions treat those diseases or have those therapeutic actions. Thus, the allergy point treats allergies, whereas the panting-calming point relieves coughing and panting. A small number of points are named by their position on the auricle. These include helix points 1–6, which all treat disease of the tonsils and the apex point, which abates heat, reduces inflammation, lowers blood pressure, and resuscitates. Some ear points can be used in acupuncture anesthesia. [26: 248]

ear gate 耳门 ěr mén: 1. The tonguelike projection in front of the ear. [wmc] tragus. 2. TB-21 (ĕr mén, Ear Gate), which is located at the tragus. [27: 63]

earlier heaven 先天 xiān tiān: What is received from the parents at an individual’s conception; the congenital constitution. Earlier heaven is understood to be governed by the kidney, in opposition to later heaven (or the acquired constitution) governed by the spleen. ◎ Chin 先 xiān, first, earlier; 天 tiān, heaven, i.e., that upon which life depends. [97: 212] [26: 65]

ear lock 锐发 ruì fà: The lock of hair in front of the ear. [27: 63]

early morning diarrhea 晨泄 chén xiè: See Fifth-Watch Diarrhea.

ear mushroom 耳菌 ěr jùn, 耳菌 ěr xùn: Synonym: ear pile. A growth on the ear, bulbous in form and attached to the body by a thinner stem. An ear mushroom may be associated with slight pain, and pressure may cause pain stretching to the vertex of the head. It gradually grows in time and may block the ear hole or hang out of it. It can cause hearing impairment. It is attributed to congealing and gathering of liver and kidney channel fire toxin. [wmc] benign neoplasm of the ear. [med] Clear the liver and drain fire using Gardenia Liver-Clearing Decoction (zhī zǐ qìng gān tāng). Sal Ammoniac Powder (nǎo shā sān) can be applied topically. [26: 250] [27: 494]

ear pain 耳痛 ěr tòng: Pain within the ear, usually associated with reduced hearing ability. Ear pain patterns are identified by attending signs. The main patterns are liver-gallbladder wind-heat, wind with damp-heat, vacuity fire, and qi-blood stasis obstruction. Liver-gallbladder wind-heat ear pain is attended by itching. Concurrence of intense triple burner and ministerial fire is characterized by swelling and distention. [med] Treat by coursing wind and clearing heat with formulas such as Diaphragm-Cooling Powder (liáng gé sān). Intense triple burner and ministerial fire is treated by clearing and discharging liver, gallbladder, and triple burner fire, using formulas like Gentian Liver-Drainage Decoction (lóng dàn xiè gān tāng). [acu] Base treatment mainly on GB, TB, and LI. Select GB-20 (fēng chí, Wind Pool), TB-5 (wài guān, Outer Pass), TB-17 (yì fēng, Wind Screen), GB-2 (tǐng huì, Auditory Convergence), LI-4 (hé gū, Union Valley), GV-14 (dà zhùi, Great Hammer), and GB-34 (yāng lóng guān, Yang Mound Spring); needle with drainage. For concurrent intense triple burner and ministerial fire, add TB-3 (zhōng zhú, Central Islet) and prick TB-1
ear pile 耳痔 ér zhì: EAR MUSHROOM.

earth 土 tǔ: In the doctrine of the five phases, the phase associated with the season of long summer, the spleen (and stomach), the flavor sweetness, and the color yellow. [6: 28]

earth engenders the myriad things 土生万物 tǔ shēng wàn wù: The earth produces plant life on which man and animals feed. In the body, spleen belongs to earth; it extracts the essence of grain and water (nutrients in foodstuffs) that nurtures the whole body. [27: 13] [97: 27]

earth failing to dam water 土不治水 tǔ bù zhì shuǐ: In the five phases, the spleen belongs to earth and the kidney belongs to water. Normally, the spleen restrains the fluids and ensures their normal movement and transformation, thereby preventing diseases characterized by the flooding of water. When spleen-earth is weak, it fails to restrain water-damp, causing water swelling or phlegm-rheum. NB: Water in this context refers to fluid in the body rather than to the kidney, the viscous belonging to water in the doctrine of the five phases. [27: 13] [97: 27]

earth level 地部 dì bù: The lower third of the insertion range of a needle, i.e., the lower third of the distance between the surface of the body and the point of deepest insertion. See HEAVEN, HUMAN, AND EARTH.

earth likes warmth and dryness 土喜温燥 tǔ xǐ wēn zào: Earth needs fresh water to produce crops, but if inadequately drained, it remains permanently damp and soggy, and therefore less productive. Its production is greatly increased by warmth. Similarly, the spleen, the viscera that corresponds to earth in the body, needs liquid as well as solid food (water and grain) to supply the body with nutrients (essence of grain and water). However, impairment of the splenic movement and transformation can give rise to water-damp in the body with inhibited urination, water swelling, and phlegm-rheum; conversely, exuberant water-damp and ingestion of raw and cold food places an added burden on the spleen’s movement and transformation function. Through five-phase correspondences, “earth likes warmth and dryness” sums up these physiological and pathological characteristics. [27: 13] [97: 27]

earth rampart 地壘 dì luò: See EIGHT RAMPARTS. [27: 500]


Eastern (Later) 东汉 dōng hàn: The name of a dynasty (A.D. 25–220).

Eastern medicine 东医 dōng yī: Chinese medicine as it is known in Korea and Japan. [27: 514]

Eastern Wei 东魏 dōng wèi: The name of a dynasty (A.D. 534–550).

eclampsia 妊娠痫症 rèn shēn xiàng zhèng, 子痫 zǐ xiàn: See EPILEPSY OF PREGNANCY. [26: 341]
eflus 滑 huá: Denotes uncontrollable loss of urine, and especially stool or semen. The term occurs in the phrases “seminal efflux,” “efflux desertion”
(see DESERTION), and “efflux diarrhea” (see DIARRHEA). See also EXUBERANCE AND DEBILITATION.

efflux desertion 滑脱 huá tuō: See DESERTION.

efflux diarrhea 滑泄 huá xiè: Diarrhea with loss of voluntary continence; results when enduring diarrheaa causes qi fall. The diarrhea is uncontrollable and may occur in the day or night without regularity. Other signs include reduced intake of food and drink, reversal of cold of the limbs, sometimes swelling of the limbs, physical cold and Shortness of breath, emaciation, and in some cases heat. Distinction is made between cold and heat. Cold efflux is efflux characterized by pronounced cold signs. [MED] Use Five Pillars Powder (bā zhù sán). [ACU] Base treatment mainly on GV, LV, CV, ST, and SP. Select GV-20 (bài hui, Hundred Convergences), CV-12 (zhòng wān, Center Stomach Duct), CV-6 (qi hāi, Sea of Qi), CV-4 (guān yuán, Pass Head), ST-25 (tiān shā, Celestial Pivot), CV-9 (shuǐ fēn, Water Divide), ST-21 (liàng mén, Beam Gate), and SP-6 (sān yín jiāo, Three Yin Intersection); needle with supplementation and large amounts of moxa. Perform moxibustion on salt or ginger at CV-8 (shēn qū, Spirit Gate Tower). Heat efflux is efflux characterized by pronounced heat signs. [MED] Use Intestine-Securing Pill (gū cháng wān) or Chemule Powder (hē zì sán). [ACU] Base treatment mainly on GV, CV, ST, and SP. Select GV-20 (bài hui, Hundred Convergences), GV-14 (dā zhū, Great Hammer), CV-12 (zhòng wān, Center Stomach Duct), ST-21 (liàng mén, Beam Gate), ST-25 (tiān shā, Celestial Pivot), ST-36 (zú sān lì, Leg Three Li), LI-11 (qū chō, Pool at the Bend), ST-44 (nèi tīng, Inner Court), and SP-6 (sān yín jiāo, Three Yin Intersection); needle with even supplementation and drainage. Moxa CV-12 (zhòng wān, Center Stomach Duct). See also EFFLUX. [26: 759] [97: 584] [46: 665] [113: 89] [37: 323].

effluent 肝 wàng: Exuberant (of heat or fire). See HEAT.

effluent gallbladder fire 胆火旺盛 dān huò wàng shèng: See GALLBLADDER HEAT.

effluent heart fire 心火旺 xīn huò wàng: See HEART FIRE.

effluent heart-liver fire 心肝火旺 xīn gān huò wàng: A disease pattern characterized by signs of both liver fire and heart fire. The chief signs are sleeplessness, distention and fullness in the chest and rib-side, and generalized heat [effusion]. Other signs include red face, red eyes, bitter taste in the mouth, yellow urine, dry stoal, vexation, agitation, and irascibility. In some cases there is mania or blood ejection or spontaneous external bleeding. The tongue is red with dry yellow fur. The pulse is stringlike, rapid, and forceful. [MED] Clear the liver, drain fire, and quiet the heart. Use Coptis Toxin-Resolving Decotion (hưng liàn jiě dú tân). Comparison: Effulent heart-liver fire is similar to liver fire flaming upward. Both have heat effusion, red eyes, thirst, yellow urine, and dry stool. Effluent heart-liver fire differs by the additional presence of signs of heart fire flaming upward such as insomnia, mania, and blood ejection or spontaneous external bleeding. [116: 135].

effluent life gate fire 命门火旺 mìng mén huò wàng: HYPERACTIVE KIDNEY FIRE.

effluent liver yang 肝阳偏旺 gān yáng piān wàng: See ASCENDANT HYPERACTIVITY OF LIVER YANG.

effluent yin depletion fire 阴亏火旺 yīn kuī huò wàng: EFFULGENT YIN VACUITY FIRE.

effluent yin vacuity fire 阴虚火旺 yīn xū huò wàng: Synonym: exuberant yin vacuity fire. A strong fire that arises from yin vacuity according to the principle that when yin is vacuous, heat develops internally. Effluent yin vacuity fire is characterized by vexation, agitation, and irascibility, redening of the cheeks, dry mouth and sore throat, and excessive libido. [ACU] Needle with supplementation at BL-23 (shēn shā, Kidney Transport), KI-3 (tài xī, Great Ravine), and SP-6 (sān yín jiāo, Three Yin Intersection), and with drainage at KI-6 (zhào hǎi, Shining Sea), KI-2 (rǎn gū, Blazing Valley), BL-17 (yé shā, Diaphragm Transport), ST-36 (zuì sān lì, Leg Three Li), ST-44 (nèi tīng, Inner Court), and HT-7 (shēn mén, Spirit Gate). If there is effluent fire, prick HT-8 (shào fù, Lesser Mansion) to bleed. Compare YIN VACUITY WITH YANG HYPERACTIVITY. [26: 619] [27: 128] [97: 235].

effuse 发 fā: To move outward, as sweat through the interstices; to induce such movement. For example, “effuse the exterior” means to induce sweating so that evils located in the exterior can escape.

effusing sweat 发汗 fā hàn: SWEATING.

effusion 发 fā: 1. The act of effusing; see EF-FUSE. 2. A large severe WELLING-ABSCESS (yōng) or FLAT-ABSCESS (jū), e.g., effusion of the back. ° Chin fā, emit, issue, present an appearance. [27: 168].

effusion of the back 发背 fā bèi: A HEADED FLAT-ABSCESS of the back, usually on the governing (dā) vessel or bladder channel and attributable to stagnation in the channels and blockage of qi and blood stemming either from fire toxin brewing internally or exuberant yin vacuity fire. Distinction is made between effusions of different locations. Effusions of the upper back are located at BL-10 (tiān zhù, Celestial Pillar); effusions of the middle of the back are located at GV-8 (jīn suō, Sinew Contraction); effusions of the lower back are located at GV-4 (mìng mén, Life Gate); reachable sores of the upper back are located at BL-13 (fèi
effusion of the brain 发脑 fā nǎo: A HEADED FLAT-ABSCES located on the pillow bone (occipital bone) or in the region of GB-20 (fēng chí, Wind Pool). [26: 719]

effusion of the breast 乳发 rǔ fā, 发乳 fā rǔ: Synonym: shell-bursting mammary welling-abcess (yōng). A severe MAMMARY WELLING-ABCESS that putrefies after bursting, quickly spreads, and easily gives rise to the development of fistulae.

eggplant disease 茄子病 qié zǐ bìng: YIN PROTRUSION.

eggplant yin 明茄 yīng qié: YIN PROTRUSION.

eight extraordinary vessels 奇经八脉 qí jīng bā mài: Synonym: extraordinary vessels. Any of the eight vessels that do not home to any organs, have no interior-exterior relationships, and whose function is to supplement the insufficiencies of the other channels. The eight extraordinary vessels are the governing (dū), controlling (rén), thoroughfare (chōng), girdling (dài), yang linking (yáng wéi), yin linking (yīn wéi), yang springing (yáng qǐào), and yin springing (yīn qǐào) vessels. ◆ Chin 奇 qí, extraordinary, strange, wondrous; 经 jīng, channel; 八 bā, eight; 脉 mài, vessel, pulse; 线 line, range. [27: 85] [97: 329]

eight meeting points 八会穴 bā huì xué: A set of eight points, each of which treats diseases of one of eight physiological entities: the viscera, bowels, qi, blood, sinews, marrow, vessels, and bones (see Table 3). Application: The meeting points are used to treat a general category of disease and are combined with others to address the specific needs of a patient. For example, BL-17 (gé shū, Diaphragm Transport), the meeting point of the blood, can be combined with SP-1 (yīn bái, Hidden White) and LR-1 (dà dūn, Large Pile) to treat flooding and spotting, and GB-34 (yáng líng quán, Yang Mound Spring), the meeting point of the sinews, can be coupled with local points in the treatment of sprains and strains in any part of the body. [27: 101] [97: 11]
The wind rampart is the black of the eye, corresponding to the wind wheel. The heaven rampart corresponds to the qi wheel. The earth rampart corresponds to the flesh wheel. The fire, thunder, marsh, and mountain ramparts (the upper and lower parts of the inner and outer canthi respectively), correspond to the blood wheel. In former times, the eight ramparts were applied in diagnosis; however, there was disagreement about their diagnostic significance. [27: 500] [97: 11]

eight signs of fright wind 惊风八候 jīng fēng bā hòu: Eight traditionally recognized signs of fright wind are: convulsions, pulling, tremor, grabbing, arching, drawing, piercing, looking. See the list below. Since fright wind patterns vary in their manifestations, the eight signs are not necessarily all present at the same time, e.g., jerking of the limbs sometimes is unaccompanied by rigidity of the body or arched-back rigidity. [27: 433]

Eight Signs of Fright Wind

Convulsions (搐 chù): spasmodic flexing of the elbow
Pulling (掣 chè): drawing together of the shoulders
Tremor (顫 chàn): trembling of the arms and legs
Grabbing (搦 nuò): clenching of the fist or alternating tensing and slackening of the fingers
Arching (反 fán): arching of the back (arched-back rigidity, opisthotonos)
Drawing (引 yǐn): stretching backward of the arms as if drawing a bow
Piercing (窜 cuàn): forward staring of the eyes
Looking (视 shì): squinting and exposure of the whites of the eyes

eject 吐 tù: 1. To spontaneously expel matter from the digestive or respiratory tract through the mouth. 2. To induce expulsion of harmful matter from the digestive tract, throat, or lungs through the mouth. See EJECTION.

ejection 吐法 tù fǎ, 涌法 yǒng fǎ: One of the EIGHT METHODS. A method of treatment that involves induction of vomiting, either by medicinals or by mechanical means (e.g., tickling the throat with a feather) in order to expel collected phlegm or lodged food. In clinical practice, ejection is used when phlegm-drool obstructs the throat and hampers breathing or when, after voracious eating, food stagnates in the stomach, causing distention, fullness, and pain. This method may also be used to treat poisoning, provided treatment is administered swiftly after ingestion of the toxic substance. Ejection medicinals include melon stalk (瓜 dì), veratrum (伞 lú), chalcanthiite (Dan fán), gleditsia (皂 jiǎ), and salt. Commonly used formulas include the powerful Melon Stalk Powder (瓜 dì sān) and less powerful Ginseng Tops Beverage (shén lú yín). Ejection is generally contraindicated in pregnancy and must be used with care in weak patients. [50: 531] [27: 281] [97: 185] [70: 35] [60: 296]

Ejection Medicinals

瓜蒂 (瓜 dì) melon stalk (Cucumeris Melonis Pedicellus)
常山 (常山 shān) dichroa (Dichroae Radix)
蜀漆 (蜀漆 shú qí) dichroa leaf (Dichroae Folium)
胆矾 (胆矾 dǎn fán) chalcanthiite (Chalcanthiitum)
藜芦 (藜芦 lì lú) veratr (Veratri Radix et Rhiｚoma)
人参 (人参 rén shēn lú) ginseng top (Ginseng Rhiｚoma)
皂荚 (皂荚 zào jiá) gleditsia (Gleditsiae Fructus)

ejection of foamy drool 吐痰沫 tù xián mò: Copious drooling or vomiting of foamy drool, attributable to rheum evil. [MED] Warm and transform using formulas such as Minor Green-Blue Dragon Decotion (zǎo qīng lóng tāng), Poria (Hoelen) Five Powder (wu lǐng sān), or Evodia Decotion (wu zhū yú tāng). Compare VOMITING OF PHLEGDM-DROOL AND PHLEGDM-DROOL CONGESTION. [26: 258] [50: 532]

eject phlegm-drool 吐痰涎 tù tán xián: To induce the ejection of harmful substances from the throat and chest by emesis. Ejection of phlegm-drool is used in three conditions: (1) For THROAT WIND, THROAT MOTH, OR THROAT IMPEDIMENT caused by exuberant phlegm obstructing the throat, use Realgar-Toxin-Resolving Pill (xiǎng huáng jié dù wán). (2) For WIND STROKE phlegm reversal characterized by phlegm-drool congesting the diaphragm and throat, causing a rasping sound, and comatose states, use Drollo-Thinning Powder (xi xián sān). (3) For phlegm stagnating in the chest and diaphragm, use Sagacious Powder (rú shèng sān). [70: 40–50] [94: 67]

elbow taxation 肘劳 zhòu láo: Synonym: tennis elbow. Pain and weakness in the elbow joint, developing gradually, without any history of obvious injury. The pain sometimes stretches down the lower arm or up to the shoulder. Elbow taxation is exacerbated by rotating movement of the lower arm such as are performed when wringing a flannel. There is no obvious swelling, and despite the pain there is no impeded movement of the joints, although there is a pressure point at the humeral epicondyle. It arises through constant rotation of the lower arm and flexing of the wrist and elbow. It affects people such as carpenters, plumbers, electricians, and tennis players. Unlike sprains, which
involve sudden damage to muscles and sinews, tennis elbow develops gradually through a combination of repeated strain and external contraction of wind and cold, which concentrate in the elbow joint. The condition is thus one of taxation damage to qi and blood or wind-cold contracting the vessels and sinew channels. [WMC] external humeral epicondylitis; radiohumeral bursitis; radiohumeral epicondylitis. [ACU] Base treatment mainly on local points, selecting LI-11 (qū chí, Pool at the Bend), LI-10 (shǒu sān lì, Arm Three Li), LI-4 (hé gǔ, Union Valley), and theouch point Tip of the Elbow (zhōu jiǎn); needle with drainage and add moxa. Tapping with a cutaneous needle until blood appears and cupping are methods that may be used. [46: 718]

electroacupuncture 电针疗法 diàn zhēn liáo fá,电针 diàn zhēn: A method of acupuncture in which an electrical current is applied to needles inserted in the body in order to produce a combined needle and electrical stimulus. Electroacupuncture was first reported after the Communist Party assumed power in China, and over recent years has come to be widely used. Method: Select two suitable acupuncture points, insert needles, and obtain qi. Then wire the needles to the electrical stimulator, and apply a stimulus of appropriate intensity and duration. Then turn off the electrical stimulus and remove the needles. Electroacupuncture can be used in regular body acupuncture, ear acupuncture, head acupuncture, facial acupuncture, and for anesthesia. In patients suffering from heart disease, it is important not to allow the current to pass through the region of the heart. [50: 408] [27: 329]
elevated scar 肉疙瘩 ròu gē da: A scar from a wound, burn, or surgical incision that protrudes from the flesh, is pink or deep red in color, uneven, smooth, hairless, and sometimes associated with pain or itching (especially in hot weather). [MED] Treat by topical application of Black Cloth Paste (hēi bù gāo). [26: 261]
eliminate 除 chì: See DRAIN.
eliminating depression and stale water 去宛陈莝 qù yuān chén cuò: From Elementary Questions (sù wèn, tàng yè lǎo lì lùn). A method of treatment used to address stagnation and old fluid accumulations with medicinals such as kansui (gān suí) and morning glory (qián niú zǐ). See EXPPELLING WATER. *Chin go qu, eliminate;宛, read as yù, is the same as 郁 yù, depression; 陈 chén, old; 舛 cuò, old; cut straw. [27: 258]
eliminating fire toxin 去火毒 qù huǒ dù: A method of treatment used to remove irritants from medicinal plasters. Plasters applied to the skin immediately after preparation can cause irritation to the skin that in mild cases results in itching and, in severe cases, in blistering and erosion. This irrita-
tion is traditionally attributed to “fire toxin.” Fire toxin is removed by one of two methods: storing for long time out of direct sunlight; and soaking in cool water for several days. The latter method is more practical. [27: 325]
eliminating (great) heat with warmth and sweetness 甘温除(大)热 gān wēn chú (dà) rè: A method of treatment used to address general-ized heat [effusion] with medicinals warm in nature and sweet in flavor. Eliminating heat with warmth and sweetness includes, for example, treating qi vacuity heat marked by generalized heat [effusion], sweating, thirst with desire for warm drinks, short-age of qi and laziness to speak, tender-soft pale tongue, and a large vacuous pulse, using Center- Supplementing Qi-Boosting Decotion (bū zhōng yì qi tāng). It also includes treating postpartum or taxation fatigue heat effusion marked by hot flesh, red face, vexation and thirst with desire for liquids, pale red tongue, and a large floating vac-
eliminating phlegm and opening the orifices 除痰开窍 chū tán kāi qiào: TRANSFORMING PHLEGM AND OPENING THE ORIFICES.
eliminating stasis and engendering the new 去瘀生新 qù yǔ shēng xīn: See DISPELLING STA-
SIS AND QUICKENING THE BLOOD.
elixir 石 dān: Originally, any formula containing cinnabar or other minerals; by extension, a formula containing drastic or harsh agents used in small quantities, e.g., Purple Snow Elixir (zǐ xué dān) and Supreme Jewel Elixir (zhì bāo dān). Elixirs applied externally are powder preparations of sublimated or otherwise refined minerals such as mer-
cury (shuǐ yǐn) and sulfur (shí liú huáng). Examples include white downborne elixir (bái jiàng dān) and red upborne elixir (hóng shāng). (See MAGIC MEDICINE.) Those used internally include powder preparations such as Purple Snow Elixir (zǐ xué dān), pill preparations such as Supreme Jewel Elixir (zhì bāo dān) and Five Grains Return-of-Spring Elixir (wǔ lǐ huì chūn dān), and lozenges such as Scourge-Repelling Elixir (bì wèn dān). Jade Pivot Elixir (yù shū dān) prepared in pill or lozenge form is suitable for both internal and external use. [27: 312] [97: 112]
emaciation 形体消瘦 xíng tǐ xiāo shòu,形体瘦削 xíng tǐ xiāo xuē, 消瘦 xiāo shòu: Synonym: shedding of the flesh and loss of bulk. Marked thin-
ing of the body, usually accompanied by other signs of disease. Emaciation appears in a variety of illnesses that present as vacuity or repletion patterns (emaciation is not only a vacuity sign). Spleen-stomach qi vacuity: Emaciation due to spleen-stomach qi vacuity is accompanied by poor appetite, distention after eating, sloppy stool, fa-
tigue and lack of strength, shortage of qi and lazine-
ness to speak, withered-yellow facial complexion,
pale tongue with white fur, and a weak vacuous
pulse. [MED] Fortify the spleen and boost qi. Use
Four Gentlemen Decoction (sì jiān zī tóng) with
added medicinals. **Qi-blood vacuity:** Emaciation
is accompanied by a withered-yellow lusterless
complexion, shortage of qi and lazine to speak,
dizziness, heart palpitations, insomnia, pale tongue
with thin fur, and a weak fine pulse. [MED] Boost
qi and nourish the blood. Use Eight-Gem Deco-
cition (bā zhēn tōnɡ). **Insufficiency of lung yin:**
Emaciation due to insufficiency of lung yin is
accompanied by cough with scant phlegm that
may be flecked with blood (in some cases there
may be expectation of pure blood), dry mouth
and throat, tidal heat [effusion] and night sweating,
postmenstrual reddening of the cheeks, vexing
heat in the five hearts, red tongue with little liquid,
and a fine rapid pulse. [MED] Insufficiency of lung
yin is treated by nourishing yin and clearing the
lung with Lily Bulb Metal-Securing Decoction (bái
dù jín tānɡ). **Intense stomach heat:** Emaciation
due to intense stomach heat is associated
with thirst with desire for fluids, increased eating
and rapid hungering, heart vexation, bad breath,
short voidings of reddish urine, dry bound stool,
dry yellow tongue fur, and a forceful rapid string-
like pulse. [MED] Clear the stomach and drain
fire. Use Jade Lady Brew (yù nù jiān). **Exu-
berant liver fire:** Emaciation due to exuberant
liver fire is accompanied by vexation and agitation,
impatience and irascibility, dizzy head and vision,
scoching pain in the rib-side, bitter taste in the
mouth, red eyes, short voidings of reddish urine,
dry bound stool, red tongue with yellow fur, and
a stringlike rapid pulse. [MED] Clear the liver and
drain fire. Use Gentian Liver-Draining Deco-
cition (lóng dàn xìe gàn tānɡ) and variations. **Worm
accumulation:** Emaciation due to worm accumu-
lization is associated with withered-yellow facial
complexion, clamingor stomach, intermittent umbil-
ical pain, poor appetite, predilection for strange
foods, sloppy stool, pale tongue with white fur,
and a forceless weak pulse. [MED] Quiet and expel
worms. Use Worm-Transforming Pill (huà chóng
wán). [92: No. 29]

**emergency precipitation to preserve yin** 急下
存阴 jí xià cún yin: A method of treatment involving
the use of one of the Qi-Coordinating Deco-
citions (chénɡ qì tānɡ) to free stool, discharge heat,
and eliminate dryness binds, in order to preserve
fluids and prevent development of TETANIC RE-
VERSAL. Emergency precipitation to preserve yin
is one form of RAISING THE FIREWOOD FROM BE-
NEATH THE CAULDRON and is used in acute febrile
diseases with signs of repletion heat vigorous heat
[effusion], vexation and thirst, constipation, dry
yellow tongue fur or black tongue fur with prickers,
a forceful sunken replete pulse. [50: 1142]

**emesis 吐法 tú fá:** See EJECTION.

**emolliating the liver** 柔肝 róu gān: Synonyms:
nourish the liver; nourish the blood and emolliate
the liver. To treat liver yin vacuity (or insufficiency
of liver blood), characterized by loss of visual acu-
ity, dry eyes, night blindness, periodic dizzy head
and tinnitus, and pale nails, or poor sleep, profuse
dreaming, dry mouth with lack of fluid, and a fine,
weak pulse. NB: The liver is described as the “un-
yielding” viscus; hence the method of treating liver
yin vacuity is called emolliation. [MED] Commonly
used liver-emolliating medicinals include tangkuei
dān guì), white peony (bái sháo yào), rehman-
nia (dí huánɡ), flowery knotweed (hé shòu wài), ly-
cium berry (gǒu qì zǐ), eclipta (mò hán lián), and
mulberry (sānɡ shèn). *Systematized Patterns with
Clear-Cut Treatments* (lì zhènɡ zhě cǎi) states,
“The liver is the unyielding viscus, in charge of free
courting. It calls for the use of softness, not hard-
ness, of harmonizing, not quelling.” For this rea-
son, emolliating the liver is the standard method of
supplementing the liver. ♦ Chin 柔 róu is ren-
dered as “emolliate” rather than soften to reduce
the danger of misconstruing the term as denoting
a treatment for cirrhosis (hardening) of the liver.
Eng. L. el(z), out; mollire, soften. [27: 264] [50:
1196]

**emotion 情志 qínɡ zhì:** Affect or mind.

**empirical formula** 验方 yàn fānɡ: A formula that
has been empirically shown to be effective for
a particular condition. [26: 1000]

**empirical points** 经穴 jīnɡ xué: An acu-
nupuncture point that has been empirically shown
to be effective for a particular condition. See SElec-
TION OF PATHOCOndITION POINTS.

**empowering** 相使 xiāng shǐ: See SEVEN RELA-
tIONS.

**emptiness below the heart** 心下空虚 xīn xià
kōng xū: A subjective feeling of emptiness in the
area just below the breastbone.

**emptiness of the sea of blood** 血海空虚 xuè
hái kōng xū: The “sea of blood” can refer either
to thoroughfare (chōnɡ) vessel or to the liver. In
“emptiness of the sea of blood,” it appears to refer
to the thoroughfare (chōnɡ) vessel, which with the
controlling (rén) vessel starts in the uterus, per-
culates into all the yang channels, and irrigates all
the essentials, and intersects with all the yin chan-
nels, thereby helping to maintain the ability of qi
and blood to nourish the whole body. Emptiness
of the sea of blood is impairment of this capacity,
as observed in BLOOD DESERTION. [46: 74] [26: 
282]

**emptiness of the sea of marrow** 髓海空虚 suí
hái kōng xū: A kidney vacuity pattern in which
the kidney’s function of engendering marrow is affected and characterized by dizziness, slowness of thought, forgetfulness, etc. See Kidney Engenders Bone and Marrow. [6: 193]

emptiness of the thoroughfare and controlling vessels 冲任空虚 chóng rèn kōng xiū: Damage to the thoroughfare and controlling vessels.

empty pain 空痛 kōng tòng: A pain associated with a feeling of emptiness and lightness; attributable to yin vacuity, yang vacuity, blood vacuity, or dual vacuity of yin and yang. See Pain. [29: 190]

easy pain in the head 头痛 tóu tòng: Pain and an empty sensation in the head, associated with kidney vacuity.

encirclement needling 围针法 wéi zhēn fǎ: An acupuncture method involving the insertion of needles around a disease site, for example around a boil, angling the tips toward the center of the area.

encrusted skin 肌肤甲错 jī fū jiá cuò, 甲错 jiá cuò: Synonym: snake body; snake scales; toad skin. Dry rough scaly hardened skin. It usually observed in emaciated patients with abdominal fullness and inability to eat. Blood vacuity and wind-dryness: The skin gradually turns gray, dry, rough, and scaly like the skin of a snake, lizard, or even crocodile. The scales are dense, dirty looking or gray white, and elevated at the edges. The scales are separated by white furrows that create a reticular appearance. Blood vacuity wind-dryness encrusted skin is most pronounced on the extensor side of the limbs, but can cover the whole body, although it rarely invades the face. It may be temporarily relieved in summer and worsens in winter. Occasionally there is itching and the skin may split at the joints, causing soreness. It is associated with dry mouth and pharynx, reduced sweating, pale tongue with little liquid and with white fur, and a forceless fine sunken pulse. This form of encrusted skin traditionally called snake body, snake scales, and snake skin. [MED] Nourish the blood and moisten the skin; enrich yin and engender liquid. Use Blood-Nourishing Skin-Moistening Beverage (yáng xuè rùn fū yìn). Blood heat and wind-dryness: This form of encrusted skin starts with dry hard papules the size of millet seeds, transpierced by fine hairs, prickly to the touch, and gradually coalscing. It usually occurs on the extensor side of the elbows and knees, and can spread over the whole body. The skin is dry and sloughs, and there is keratosis and splitting of the palms and soles, thickening of the nails, and mild itching. The tongue is red and the pulse is fine and rapid. [MED] Clear heat and cool the blood; disperse wind and moisten dryness. Use Blood-Cooling Dryness-Moistening Beverage (liáng xuè rùn zào yìn). Damp-heat obstructing the network vessels: This form of encrusted skin usually occurs on the nape and neck, behind the ears, forehead and face, and around the nose, and can spread to down the limbs and the medial line of the chest and back. Sometimes there is a clear hemilateral distribution. It is severe in summer and mild in winter, and associated with itching. It starts with hard follicular papules that are prickly to the touch, without change in skin color. As it advances, there appear oily gray-brown scabs, which darken over the years and coalesce to take on a warty appearance. There is often malodor. The tongue is red with stasis speckles with a slimy yellow fur. The pulse is slippery and rapid. [MED] Clear heat and eliminate dampness; quicken the blood and free the network vessels. Use Dampness-Eliminating Stomach-Calming Poria (Hoelen) Five Decoction (chú shì wèi líng tāng), swallowing Rhubarb and Wingless Cockroach Pill (dà huáng zhè chōng wán) with it. Nondistribution of fluids: The skin is generally rough. Dense cornifying follicular papules appear on the nape, trunk, elbows, and knees, giving the appearance of toad skin that is hard and prickly to the touch. This form of encrusted skin is often associated with dry eyes and clouded, flowery vision. Around hair follicles on the abdomen, lumbus, and buttocks are brown cornified plates, attached at their center and raised at the edges. The condition is more severe in winter than in summer. The tongue is pale with little liquid. The pulse is sunken, fine, and forceless. [MED] Assist the spleen and nourish the stomach; nourish the blood and moisten dryness. Use Supplemented Atractyloides Paste (jiā wèi cāng zhǔ gāo). § Chin 肌 ji, flesh; 肤 fū, skin; 甲 jiá, armor, scales, fingernail or toenail; 错 cuò, crossed, uneven, irregular, wrong. In Essential Prescriptions of the Golden Coffer (jīn guì yào lüè), the term took the form of 甲错, in which 甲 has been interpreted as denoting the skin, although, by primary uses (shell, nail), it clearly connotes something hard. [26: 272] [27: 432] [97: 214] [92: No. 425] [50: 600] [49: 528]

encumbrance 困 kùn: Describes the effect of dampness on the spleen. See Exuberance and Debilitation.

end addition 后下 hòu xià: An act or instance of adding at the end. See Add at End.

enduring 久 jiǔ: Chronic or persistent; indicates duration, not degree, of acuteness.

enduring cough 久咳 jiǔ kē: From Elementary Questions (sù wèn, kē lǎn). Cough that persists for an extended period. Enduring cough with copious phlegm is usually due to spleen vacuity engendering phlegm. Enduring cough with scant
Index

This index allows all English entry terms to be accessed by Pinyin-Chinese. For example, by looking up shèn yán 肾岩 in this index, the reader will be given English term “kidney rock,” which is the entry under which this item appears in the body of the text.

The names of medicinals and formulas appearing in the main body of the text in their English names with parenthesized Pinyin can be accessed in the index by English and Pinyin-Chinese; medicinals can also be accessed by Latin pharmaceutical names which are capitalized. Acupuncture point names, which appear in the text in alphanumeric code with parenthesized Pinyin and English, can be accessed their alphanumeric code, Pinyin-Chinese, and English names.

The index also includes classical texts such as The Inner Canon (nèi jīng) and On Cold Damage (shāng hán lùn). These can be accessed by the Pinyin-Chinese title or by the English translation. Modern source texts used in the creation of this dictionary are given under References (preceding pages).

* indicates a Western medical term.
1,2 after a drug name indicates that this name serves for two drugs.

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