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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 (*shào 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 liǎo fǎ*: 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 tongue-like projection in front of the ear. [WMC] tragus. **2.** TB-21 (*ěr 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*, 耳蕈 *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 qīng gān tāng*). Sal Ammoniac Powder (*náo shā sǎn*) 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 sǎn*). Intense triple burner and ministerial fire is treated by clearing and discharging liver, gallbladder, and triple burner fire, using formulas like Gentian Liver-Draining Decoction (*lóng dān 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 (*tīng huì*, Auditory Convergence), LI-4 (*hé gǔ*, Union Valley), GV-14 (*dà zhuī*, Great Hammer), and GB-34 (*yáng líng quán*, Yang Mound Spring); needle with drainage. For concurrent intense triple burner and ministerial fire, add TB-3 (*zhōng zhǔ*, Central Islet) and prick TB-1

(*guān chōng*, Passage Hub) to bleed. **Wind evil with damp-heat** causes pain accompanied by erosion and watery discharge. [MED] Dispel wind, eliminate dampness, and clear heat with formulas such as Sweet Dew Toxin-Dispersing Elixir (*gān lù xiǎo dú dān*), minus cardamom (*bái dòu kòu*) and agastache/patchouli (*huò xiāng*) plus large gentian (*qín jiāo*), ledebouriella (*fáng fēng*), and silkworm (*bái jiāng cán*). [ACU] Base treatment mainly on GB, TB, LI, SP, and ST. Select GB-20 (*fēng chí*, Wind Pool), TB-5 (*wài guān*, Outer Pass), TB-17 (*yì fēng*, Wind Screen), SI-19 (*tīng gōng*, Auditory Palace), TB-3 (*zhōng zhǔ*, Central Islet), LI-11 (*qū chí*, Pool at the Bend), LI-4 (*hé gǔ*, Union Valley), ST-36 (*zú sān lǐ*, Leg Three Li), SP-9 (*yīn líng quán*, Yin Mound Spring), and GB-34 (*yáng líng quán*, Yang Mound Spring); needle with drainage. **Vacuity fire** ear pain is characterized by mild pain and dizziness upon standing up after crouching. [MED] Nourish the blood and enrich yin with Anemarrhena, Phellodendron, and Rehmannia Pill (*zhī bǎi dì huáng wán*). [ACU] Base treatment mainly on KI and TB. Select BL-23 (*shèn shū*, Kidney Transport), KI-3 (*tài xī*, Great Ravine), TB-17 (*yì fēng*, Wind Screen), TB-21 (*ěr mén*, Ear Gate), and TB-3 (*zhōng zhǔ*, Central Islet); needle with even supplementation and drainage. **Qi-blood stasis obstruction** is characterized by a pulling pain in the ear with clouded head and tinnitus, thin tongue fur, dark tongue, and a fine rough pulse. [MED] Clear and drain liver heat; quicken the network vessels and free the orifices. Use Gentian Liver-Draining Decoction (*lóng dǎn xiè gān tāng*) combined with Four Agents Decoction (*sì wù tāng*). [ACU] Base treatment mainly on TB, LR, and SP. Select TB-17 (*yì fēng*, Wind Screen), TB-3 (*zhōng zhǔ*, Central Islet), SP-10 (*xuè hǎi*, Sea of Blood), LR-3 (*tài chōng*, Supreme Surge), and SP-6 (*sān yīn jiāo*, Three Yin Intersection) as the main points. For gallbladder heat evil, add GB-2 (*tīng huì*, Auditory Convergence), GB-43 (*xiá xī*, Pinched Ravine), and LR-2 (*xíng jiān*, Moving Between), needling with drainage. For external injury with congealing qi and blood, add TB-21 (*ěr mén*, Ear Gate) and LI-4 (*hé gǔ*, Union Valley); needle with even supplementation and drainage and if necessary prick to bleed with a three-edged needle. [26: 250] [50: 503] [46: 595, 618, 723] [113: 486] [13: 699]

ear pile 耳痔 *ěr 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 土不制水 *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 viscus 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 viscus 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 地廓 *dì kuò*: See EIGHT RAMPARTS. [27: 500]

Eastern Jin 东晋 *dōng jìn*: The name of a dynasty (A.D. 317–420).

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).

Eastern Zhou 东周 *dōng zhōu*: The name of a dynasty (770–256 B.C.).

eclampsia 妊娠痫症 *rèn shēn xián zhèng*, 子痫 *zǐ xián*: See EPILEPSY OF PREGNANCY. [26: 341]

efflux 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 diarrhea 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 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 sǎn*). [ACU] Base treatment mainly on GV, LU, CV, ST, and SP. Select GV-20 (*bǎi huì*, Hundred Convergences), CV-12 (*zhōng wǎn*, Center Stomach Duct), CV-6 (*qì hǎi*, Sea of Qi), CV-4 (*guān yuán*, Pass Head), ST-25 (*tiān shū*, Celestial Pivot), CV-9 (*shuǐ fēn*, Water Divide), ST-21 (*liáng mén*, Beam Gate), and SP-6 (*sān yīn jiāo*, Three Yin Intersection); needle with supplementation and large amounts of moxa. Perform moxibustion on salt or ginger at CV-8 (*shén què*, Spirit Gate Tower). **Heat efflux** is efflux characterized by pronounced heat signs. [MED] Use Intestine-Securing Pill (*gù cháng wán*) or Chebule Powder (*hē zǐ sǎn*). [ACU] Base treatment mainly on GV, CV, ST, and SP. Select GV-20 (*bǎi huì*, Hundred Convergences), GV-14 (*dà zhuī*, Great Hammer), CV-12 (*zhōng wǎn*, Center Stomach Duct), ST-21 (*liáng mén*, Beam Gate), ST-25 (*tiān shū*, Celestial Pivot), ST-36 (*zú sān lǐ*, Leg Three Li), LI-11 (*qū chí*, Pool at the Bend), ST-44 (*nèi tíng*, Inner Court), SP-6 (*sān yīn jiāo*, Three Yin Intersection), and ST-37 (*shàng jù xū*, Upper Great Hollow); needle with even supplementation and drainage. Moxa CV-12 (*zhōng wǎn*, Center Stomach Duct). See also EFFLUX. [26: 759] [97: 584] [46: 665] [113: 89] [37: 323]

effulgent 旺 *wàng*: Exuberant (of heat or fire). See HEAT.

effulgent gallbladder fire 胆火旺盛 *dǎn huǒ wàng shèng*: See GALLBLADDER HEAT.

effulgent heart fire 心火旺 *xīn huǒ wàng*: See HEART FIRE.

effulgent heart-liver fire 心肝火旺 *xīn gān huǒ 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 stool, 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 Cop-tis Toxin-Resolving Decoction (*huáng lián jiě dú tāng*). Comparison: Effulgent heart-liver fire is similar to *liver fire flaming upward*. Both have heat effusion, red eyes, thirst, yellow urine, and dry stool. Effulgent 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]

effulgent life gate fire 命门火旺 *mìng mén huǒ wàng*: HYPERACTIVE KIDNEY FIRE.

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

effulgent yin depletion fire 阴亏火旺 *yīn kuī huǒ wàng*: EFFULGENT YIN VACUITY FIRE.

effulgent yin vacuity fire 阴虚火旺 *yīn xū huǒ 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. Effulgent yin vacuity fire is characterized by vexation, agitation, and irascibility, reddening of the cheeks, dry mouth and sore throat, and excessive libido. [ACU] Needle with supplementation at BL-23 (*shèn shū*, Kidney Transport), KI-3 (*tài xī*, Great Ravine), and SP-6 (*sān yīn jiāo*, Three Yin Intersection), and with drainage at KI-6 (*zhào hǎi*, Shining Sea), KI-2 (*rán gǔ*, Blazing Valley), BL-17 (*gé shū*, Diaphragm Transport), ST-36 (*zú sān lǐ*, Leg Three Li), ST-44 (*nèi tíng*, Inner Court), and HT-7 (*shén mén*, Spirit Gate). If there is effulgent fire, prick HT-8 (*shào fǔ*, 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*: SWEATING²

effusion 发 *fā*: 1. The act of effusing; see EFFUSE. 2. A large severe WELLING-ABSCESS (*yōng*) or FLAT-ABSCESS (*jū*), e.g., *effusion of the back*. ◇ Chin 发 *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 (*dū*) 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*

shū, Lung Transport); reachable sores of the middle of the back are located at BL-43 (*gāo huāng shū*, Gao-Huang Transport); reachable sores of the lower back are located at BL-23 (*shèn shū*, Kidney Transport) and BL-51 (*huāng mén*, Huang Gate). See also REACHABLE SORE; WELLING-ABSCESS. ◇ Chin 发 *fā*, effuse; 背 *bèi*, back. [26: 718] [27: 458] [97: 169] [61: 89]

effusion of the brain 发脑 *fā nǎo*: A HEADED FLAT-ABSCESS 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-abscess (yōng)*. A severe MAMMARY WELLING-ABSCESS that putrefies after bursting, quickly spreads, and easily gives rise to the development of fistulae. WMC cellulitis of the breast; necrotic cellulitis of the breast. [26: 378] [96: 63]

eggplant disease 茄子疾 *qié zi jí*: YIN PROTRUSION.

eggplant yin 阴茄 *yīn 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 (*rèn*), thoroughfare (*chōng*), girdling (*dài*), yang linking (*yáng wéi*), yin linking (*yīn wéi*), yang springing (*yáng qiāo*), and yin springing (*yīn qiāo*) vessels. ◇ Chin 奇 *qí*, extraordinary, strange, wondrous; 经 *jīng*, channel; 八 *bā*, eight; 脉 *mài*, vessel, pulse; 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 dùn*, 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]

3. Eight Meeting Points

Viscera	LR-13 (<i>zhāng mén</i> , Camphorwood Gate)
Bowels	CV-12 (<i>zhōng wǎn</i> , Central Stomach Duct)
Qi	CV-17 (<i>dàn zhōng</i> , Chest Center)
Blood	BL-17 (<i>gé shū</i> , Diaphragm Transport)
Sinews	GB-34 (<i>yáng líng quán</i> , Yang Mound Spring)
Vessels	LU-9 (<i>tài yuān</i> , Great Abyss)
Bone	BL-11 (<i>dà zhù</i> , Great Shuttle)
Marrow	GB-39 (<i>jué gǔ</i> , Severed Bone)

eight methods 八法 *bā fǎ*: A classification of medicinal treatment methods by Cheng Zhong-Ling of the Qing Dynasty under the eight rubrics SWEATING, EJECTION, PRECIPITATION, HARMONIZATION, WARMING, CLEARING, SUPPLEMENTATION, and DISPERSION. [27: 246] [97: 10]

eight-principle pattern identification 八纲辨证 *bā gāng biàn zhèng*: *Synonym: eight principles*. Identification of disease patterns by eight fundamental principles, namely interior and exterior, cold and heat, vacuity and repletion, and yin and yang. Interior and exterior are the principles of depth of the disease; cold and heat are the nature of disease; vacuity and repletion are the weakness of right qi and strength of evil qi. Yin and yang, which embrace the other six principles, are general categories of disease. Interior, cold, and vacuity are yin, whereas exterior, heat, and repletion are yang. Each principle is associated with specific signs. By matching the patient's signs to them, it is possible to determine the depth and nature of the disease, and the relative strength of the forces that resist disease and those that cause it. Eight-principle pattern identification is a preliminary organization of examination data: treatment should be determined only when other methods of pattern identification have provided a more detailed picture of the patient's condition. [6: 127]

eight principles 八纲 *bā gāng*: See EIGHT-PRINCIPLE PATTERN IDENTIFICATION. ◇ Chin 八 *bā*, eight; 纲 *gāng*, headrope of fishing net, guideline, principle. [26: 25] [27: 205] [97: 11]

eight ramparts 八廓 *bā kuò*: Eight divisions of the eye; the water, wind, heaven, earth, fire, thunder, marsh, and mountain ramparts. These have correspondences with the *five wheels*. The water rampart is the pupil, corresponding to water wheel.

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 (颤 *chàn*): trembling of the arms and legs

Grabbing (搦 *nuò*): clenching of the fist or alternating tensing and slackening of the fingers

Arching (反 *fǎn*): arching of the back (arched-back rigidity, opisthotonos)

Drawing (引 *yǐn*): stretching backward of the arms as if drawing a bow

Piercing (穿 *chuān*): 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*, 涌吐法 *yǒng tù 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 (*guā dì*), veratrum (*lí lú*), chalcantite (*dǎn fán*), gleditsia (*zào jiá*), and salt. Commonly used formulas include the powerful Melon Stalk Powder (*guā*

dì sǎn) and less powerful Ginseng Tops Beverage (*shēn lú yǐn*). 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 (*guā dì*) melon stalk (*Cucumeris Melonis* Pedicellus)

常山 (*cháng shān*) dichroa (*Dichroae Radix*)

蜀漆 (*shǔ qī*) dichroa leaf (*Dichroae Folium*)

胆矾 (*dǎn fán*) chalcantite (*Chalcanthitum*)

藜芦 (*lí lú*) veratrum (*Veratri Radix et Rhizoma*)

人参芦 (*rén shēn lú*) ginseng top (*Ginseng Rhizoma*)

皂荚 (*zào jiá*) gleditsia (*Gleditsiae Fructus*)

ejection of foamy drool 吐涎沫 *tǔ 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 Decoction (*xiǎo qīng lóng tāng*), Poria (Hoelen) Five Powder (*wú líng sǎn*), or Evodia Decoction (*wú zhū yú tāng*). Compare VOMITING OF PHLEGM-DROOL and PHLEGM-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 (*xióng huáng jiě dú wán*). (2) For WIND STROKE phlegm reversal characterized by phlegm-drool congesting the diaphragm and throat, causing a rasping sound, and comatose states, use Drool-Thinning Powder (*xī xián sǎn*). (3) For phlegm stagnating in the chest and diaphragm, use Sagacious Powder (*rú shèng sǎn*). [70: 40-50] [94: 67]

elbow taxation 肘劳 *zhǒu 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 lǐ*, Arm Three Li), LI-4 (*hé gǔ*, Union Valley), and the ouch point Tip of the Elbow (*zhǒu jiān*); 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 fǎ*, 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 *chú*: See DRAIN.

eliminating depression and stale water 去宛陈莖 *qù yù chén cuò*: From *Elementary Questions* (*sù wèn, tāng yè láo lǐ lùn*). A method of treatment used to address stagnation and old fluid accumulations with medicinals such as kansui (*gān suì*) and morning glory (*qiān niú zǐ*). See EXPELLING WATER. ◊ Chin 去 *qù*, eliminate; 宛, read as *yù*, is the same as 郁 *yù*, depression; 陈 *chén*, old; 莖 *cuò*, old; cut straw. [27: 258]

eliminating fire toxin 去火毒 *qù huǒ dú*: 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 generalized 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, shortage of qi and laziness to speak, tender-soft pale tongue, and a large vacuous pulse, using Center-Supplementing Qi-Boosting Decoction (*bù zhōng yì qì 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 vacuous pulse, using Tangkuei Blood-Supplementing Decoction (*dāng guī bù xuè tāng*). [26: 186]

eliminating phlegm and opening the orifices 除痰开窍 *chú tán kāi qiào*: TRANSFORMING PHEGEM AND OPENING THE ORIFICES.

eliminating stasis and engendering the new 去瘀生新 *qù yū shēng xīn*: See DISPELLING STASIS AND QUICKENING THE BLOOD.

elixir 丹 *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 xuě dān*) and Supreme Jewel Elixir (*zhì bǎo dān*). Elixirs applied externally are powder preparations of sublimated or otherwise refined minerals such as mercury (*shuǐ yín*) and sulfur (*shí liú huáng*). Examples include white downborne elixir (*bái jiàng dān*) and red upborne elixir (*hóng shēng*). (See MAGIC MEDICINE.) Those used internally include powder preparations such as Purple Snow Elixir (*zǐ xuě dān*), pill preparations such as Supreme Jewel Elixir (*zhì bǎo dān*) and Five Grains Return-of-Spring Elixir (*wǔ lì huí chūn dān*), and lozenges such as Scourge-Repelling Elixir (*bì wēn 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 shòu xuē*, 消瘦 *xiāo shòu*: Synonym: *shedding of the flesh and loss of bulk*. Marked thinning 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 laziness 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 jūn zǐ tāng*) with added medicinals. **Qi-blood vacuity:** Emaciation is accompanied by a withered-yellow lusterless complexion, shortage of qi and laziness 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 Decoction (*bā zhēn tāng*). **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 expectoration of pure blood), dry mouth and throat, tidal heat [effusion] and night sweating, postmeridian 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 (*bǎi hé gū jīn tāng*). **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 stringlike pulse. [MED] Clear the stomach and drain fire. Use Jade Lady Brew (*yù nǚ jiān*). **Exuberant liver fire:** Emaciation due to exuberant liver fire is accompanied by vexation and agitation, impatience and irascibility, dizzy head and vision, scorching 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 Decoction (*lóng dǎn xiè gān tāng*) and variations. **Worm accumulation:** Emaciation due to worm accumulation is associated with withered-yellow facial complexion, clamoring stomach, intermittent umbilical 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 yīn*: A method of treatment involving the use of one of the Qi-Coordinating Decoctions (*chéng qì tāng*) to free stool, discharge heat, and eliminate dryness binds, in order to preserve fluids and prevent development of TETANIC REVERSAL. Emergency precipitation to preserve yin is one form of RAKING THE FIREWOOD FROM BENEATH 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 prickles, a forceful sunken replete pulse. [50: 1142]

emesis 吐法 *tù fǎ*: 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 acuity, 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 “unyielding” viscus; hence the method of treating liver yin vacuity is called emolliation. [MED] Commonly used liver-emolliating medicinals include tangkuei (*dāng guī*), white peony (*bái sháo yào*), rehmannia (*dì huáng*), flowery knotweed (*hé shǒu wū*), lycium berry (*gōu qǐ zǐ*), eclipia (*mò hàn lián*), and mulberry (*sāng shèn*). *Systematized Patterns with Clear-Cut Treatments* (*lèi zhèng zhì cái*) states, “The liver is the unyielding viscus, in charge of free coursing. It calls for the use of softness, not hardness, of harmonizing, not quelling.” For this reason, emolliating the liver is the standard method of supplementing the liver. ◊ Chin 柔 *róu* is rendered 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. *e(x)*, out; *mollire*, soften. [27: 264] [50: 1196]

emotion 情志 *qíng zhì*: Affect or mind.

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

empirical points 经验穴 *jīng yàn xué*: An acupuncture point that has been empirically shown to be effective for a particular condition. See SELECTION OF PATHOCONDITION POINTS.

empowering 相使 *xiāng shǐ*: See SEVEN RELATIONS.

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 hǎi kōng xū*: The “sea of blood” can refer either to thoroughfare (*chōng*) vessel or to the liver. In “emptiness of the sea of blood,” it appears to refer to the thoroughfare (*chōng*) vessel, which with the controlling (*rèn*) vessel starts in the uterus, percolates into all the yang channels, and irrigates all the essences, and intersects with all the yin channels, 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 *suǐ hǎi 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 ENGEN- DERS BONE AND MARROW. [6: 193]

emptiness of the thoroughfare and control- ling vessels 冲任空虚 *chōng rèn kōng xū*: DAM- AGE TO THE THOROUGHFARE AND CONTROLLING VESSELS.

empty pain 空痛 *kōng tòng*: A pain associated with a feeling of emptiness and lightness; at- tributable to yin vacuity, yang vacuity, blood vacu- ity, or dual vacuity of yin and yang. See PAIN. [29: 190]

empty pain in the head 头脑空痛 *tóu nǎo kōng 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 jiǎ cuò*, 甲错 *jiǎ cuò*: *Synonym: snake body; snake scales; toad skin.* Dry rough scaly hardened skin. It usually observed in emaciated patients with abdom- inal fullness and inability to eat. **Blood vacu- ity 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 fur- rows that create a reticular appearance. Blood vacuity wind-dryness encrusted skin is most pro- nounced 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 sum- mer and worsens in winter. Occasionally there is itching and the skin may split at the joints, caus- ing soreness. It is associated with dry mouth and pharynx, reduced sweating, pale tongue with lit- tle liquid and with white fur, and a forceless fine sunken pulse. This form of encrusted skin tradi- tionally 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 (*yǎng xuè rùn fū yǐn*). **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 coalesc- ing. 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 ker- atosis and splitting of the palms and soles, thicken- ing 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 dry-

ness. Use Blood-Cooling Dryness-Moistening Bev- erage (*liáng xuè rùn zào yǐn*). **Damp-heat ob- structing the network vessels**: This form of en- crusted 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 se- vere 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 coa- lesce 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 Po- ria (Hoelen) Five Decoction (*chú shī wèi líng tāng*), swallowing Rhubarb and Wingless Cockroach Pill (*dà huáng zhè chóng wán*) with it. **Nondistri- bution of fluids**: The skin is generally rough. Dense cornifying follicular papules appear on the nape, trunk, elbows, and knees, giving the appear- ance of toad skin that is hard and prickly to the touch. This form of encrusted skin is often as- sociated 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 con- dition 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 Atractylodes Paste (*jiǎ wèi cāng zhú gāo*). ◇ Chin 肌 *jī*, flesh; 肤 *fū*, skin; 甲 *jiǎ*, armor, scales, fingernail or toe- nail; 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 ké*: From *Elementary Questions* (*sù wèn, ké lùn*). COUGH that per- sists 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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