

Draft Glossary for Chinese Medicine 2009

Translating traditional Chinese terminology is a fascinating but frustrating task, just as reading translations of traditional Chinese texts can be. Translators are caught in a number of binds. Literal translations are often misleading; seemingly precise translations are inaccurate; and accurate translations can be so vague as to be almost meaningless, or so long as to constitute minor treatises. Phrases or terms that are elegant and flow beautifully in Chinese can be extremely awkward and even silly in English. There are a tremendous number of variables in the mix and so we believe that every audience and every text requires a specific type of translation.

Our overall approach to translation is to make the transmission of the concepts as transparent as possible. We have attempted to avoid neologisms and other unnecessarily odd terminology, and have sacrificed a modicum of word-to-word consistency in order to enhance clarity. While there are many technical terms in Chinese medicine, the majority are more akin to those of wine tasting than of biomedicine. They are likely to be at least somewhat intelligible to the uninitiated and, in general, not a barrier to the interested nonprofessional reader picking up and reading medical texts. Also we believe that an open and familiar terminology has the possibility of enabling readers to focus on the subtleties and depths of the medical concepts, rather than stumbling over odd words. Other translators have different perspectives. As plurality is one of the strengths of Chinese medicine and there are always different ways to approach a subject and an audience, there are many acceptable translations.

We believe that it is the task of the translator to translate, not transliterate, and in the past the only words that we have left in transliterated form are yin, yang, and qi. Only rarely will there be a term that we find nearly impossible to translate, and for these we

have surrendered to the inevitable and used the *pīnyīn* transliteration, as in *gǔ* toxin (蛊毒 *gǔ dú*). Some of our authors believe that other terms, such as the names of the six warps or stages, or of the extraordinary vessels, also require transliteration, and therefore use 太阳 *tài yáng*, 带脉 *dài mài*, etc.

This glossary is both a work in progress and a simple utility to help us with our work. Some of the entries are technical medical terms that are included here to facilitate consistency in translation and editing; others provide our authors with some pretty decent ways to translate certain terms; and admittedly some important terms have been inadvertently omitted. In addition we recognize that, at least since the later Han dynasty, Chinese words are usually made up of two or more characters. This means that many of the single term translations in this gloss, even though we have tried to reflect usage in multiple contexts, may not work in a given situation and so would then be replaced by a more appropriate translation. Many terms used in medical texts, e.g., 酸 *suān* for the sour flavor or 小便 *xiǎo biàn* for urine, are not included, as they are both common and uncontroversial. Similarly terms that would not pose any problem to writers working with us, such as Spleen deficiency for 脾虚 *pí xū*, have also been omitted.

Note that the ongoing project of developing a draft gloss has grown as an aid to help people writing books for our company and has no pretense of being a systematically prepared text. This glossary was first created in 1983 and has continuously evolved ever since. It has stemmed from a long series of discussions and relatively rigorous research on the part of many translators. While many others have been involved, the primary contributors have been Randall Barolet, Dan Bensky, Steven Clavey, Andrew Gamble, Guohui Liu, Volker Scheid and Boping Wu.

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- ān* 安 ... quiets [preferred], calms, rests
ān shén 安神 ... quiets the spirit\)
ān tái 安胎 ... quiets the fetus
ào nǎo 懊惱 ... anguish and vexation
bā gāng 八綱 ... eight parameters
bā huì xué 八會穴 ... eight meeting points
bá 拔 ... draws out, uproot
bá dú 拔毒 ... uproots toxicity
bái dài 白帶 ... white vaginal discharge
bái hóu 白喉 ... diphtherial disorder
bái péi 白痞 ... miliaria alba
bái xiè fēng 白屑風 ... white scaling wind
bài 敗 ... defeats, overcomes, corrupts
bài dú 敗毒 ... overcomes toxin
bài xuè 敗血 ... corrupted blood
bān 斑 ... spots, maculae
bān zhěn 斑疹 ... rashes
bāo 保 ... guards (e.g., Stomach), protects, takes care of
bāo 胞 ... Womb, Bladder, or (when ambiguous) gestation membranes
bāo zhuǎn 胞轉 ... twisted Bladder or gestation membranes
báo 薄 ... thin, flimsy
bào 暴 ... sudden, violent
bào máng 暴盲 ... sudden visual failure
bēi 悲 ... sorrow, sadness, being disheartened
bèi shū xué 背俞穴 ... back associated points
bèn 奔 ... run wild
bèn tún 奔豚 ... running piglet [disorder]
bēng 崩 ... profuse uterine bleeding, gushing
bēng lòu 崩漏 ... irregular uterine bleeding
bī 逼 ... forces, compels, presses
bí qiāo 鼻竅 ... nasal passages or nasal orifice
bí yuān 鼻淵 ... deep-source nasal congestion
bì 閉 ... blocked
bì 避 ... repels, clears away
bì huì 辟穢 ... clears away foulness
bì jīng 閉經 ... amenorrhea
bì zhèng 閉症 ... closed-type stroke
bì zhèng 痺症 ... [painful] obstruction
bì zhì 鼻痔 ... nasal piles
biàn táng 便溏 ... loose stool
biàn zhèng 辨證 ... pattern differentiation
biāo běn 標本 ... manifestation and root OR branch and root OK
biǎo bú gù 表不固 ... instability of the exterior
bǐng fù 稟賦 ... [natural] endowment
bìng jī 病機 ... pathodynamic
bó 薄 ... thin, flimsy
bó 搏 ... contend
bú mèi 不寐 ... insomnia
bǔ 補 ... tonifies
bù 布 ... spread out/ spread throughout
bù chàng 不暢 ... impeded
bù níng 不寧 ... malaise, uneasy, disquiet
bù rěn 不忍 ... unbearable
bù rén 不仁 ... insensitivity; lack of sensation
bù shū 不舒 ... uncomfortable
bù tōng 不通 ... no passage [through], [x] does not afford passage, no free flowing, blockage
bù zhèn 不振 ... listless, sluggish, not aroused
bù zú 不足 ... insufficiency
cǎn cǎn 慘慘 ... dull [as in pain]
cáo zá 嘈雜 ... indefinable epigastric discomfort
chā shǒu mào xīn 叉手冒心 ... cross hands to cover the heart
chán hóu fēng 纏喉風 ... entangling throat wind disorder
chàn dǒu 顫抖 ... quivering
cháng fēng 腸風 ... Intestinal wind
cháng fǔ bù tōng 腸腑不通 ... lack of passage through the Intestines
cháng kū 腸枯 ... desiccated Intestines

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- cháng mài* 長脈 ... long pulse
- cháng yōng* 腸癰 ... Intestinal abscess
- chàng* 暢 ... facilitated, patent, open, unimpeded
- chàng qì jī* 暢氣機 ... facilitates the qi dynamic
- chàng shén* 暢神 ... ease the spirit
- cháo rè* 潮熱 ... tidal fever or afternoon tidal fever
- chè* 撤 ... remove
- chēn* 臌 ... bloating
- chén* 臣 ... deputy [ingredient]
- chén mài* 沉脈 ... submerged pulse
- chéng* 乘 ... overwhelms, encroaches on, rides, travels
- chéng pí* 乘脾 ... exploits/ encroaches on the Spleen
- chí mài* 尺脈 ... proximal pulse
- chí mài* 遲脈 ... slow pulse
- chí zòng* 遲縱 ... slack
- chì bái dài* 赤白帶 ... red and white vaginal discharge
- chì rè* 熾熱 ... blazing heat
- chōng* 充 ... full, ample, brimming [adj.]; fills up [v.]
- chóng tǔ* 崇土 ... promotes earth
- chòng* 衝 ... gushes, flushes
- chòng mài* 衝脈 ... penetrating vessel [*chòng mài* OK]
- chòng xià* 衝下 ... flushes downward
- chōu chù* 抽搐 ... muscle twitches, tics
- chóu* 愁 ... grief
- chú* 除 ... eliminates, gets rid of
- chú fǎn* 除煩 ... eliminates irritability
- chú shī* 除濕 ... eliminates dampness
- chù* 怵 ... alarm
- chuǎn* 喘 ... wheezing
- chuàn tòng* 串痛 ... pain that penetrates through to the back
- chuāng yáng* 瘡瘍 ... sores
- chūn wēn* 春溫 ... spring-warmth
- cōng* 聰 ... sharpens, improves
- cōng ěr* 聰耳 ... improves hearing
- còu* 湊 ... bears [on]
- còu lǐ* 腠理 ... interstices and pores
- cù mài* 促脈 ... rapid-irregular pulse
- cuàn* 竄 ... scurry, flee [v.]; expeditious [adj.]
- cūi* 催 ... expedites, promotes
- cūi rǔ* 催乳 ... promotes lactation
- cùn mài* 寸脈 ... distal pulse
- cuō kōng* 撮空 ... [hallucinations characterized by] grasping at air
- cuō tòng* 撮痛 ... squeezing pain
- cuò shǎn* 挫閃 ... contusion and sprain
- cuò zōng* 錯綜 ... interlocked [complex]
- dá* 達 ... spreads out, thrusts out
- dà biàn bù shuǎng* 大便不爽 ... incomplete/unfinished and irregular bowel movements
- dà biàn táng bó* 大便溏薄 ... semiliquid stools
- dà bǔ* 大補 ... powerfully tonifies
- dà cháng yè kuī* 大腸液虧 ... exhausted Large Intestine fluids
- dà cháng* 大腸 ... Large Intestine
- dà mài* 大脈 ... large pulse
- dà qì* 大氣 ... great qi
- dà tóu wēn* 大頭溫 ... massive head febrile disorder
- dài* 怠 ... fatigue and lethargy
- dài mài* 代脈 ... consistently irregular pulse
- dài mài* 帶脈 ... girdle vessel [*dài mài* OK]
- dài yáng* 戴陽 ... upcast yang, [face] made up with yang
- dān dú* 丹毒 ... erysipelas
- dān nuè* 瘧瘧 ... pure heat malaria
- dān tián* 丹田 ... cinnabar field
- dǎn* 膽 ... Gallbladder
- dàn hóng* 淡紅 ... pink
- dàn shèn lì shī* 淡滲利濕 ... blandly leaches out and resolves dampness
- dàng* 蕩 ... flush away usually in *dàng dí*
- dàng dí rè xié* 蕩滌熱邪 ... flush away pathogenic heat
- dǎo* 導 ... guides out
- dǎo jī* 導積 ... guide out accumulation

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<i>dǎo zhì</i> 導滯 ... guides out stagnation	<i>duó</i> 奪 ... plunders
<i>dào hàn</i> 盜汗 ... night sweats	<i>duò</i> 惰 ... indolence
<i>dào jīng</i> 倒經 ... inverted menses	<i>è</i> 惡 ... noxious
<i>dào qì</i> 盜氣 ... pilfers qi	<i>è chuāng</i> 惡瘡 ... noxious sores
<i>dī rè</i> 低熱 ... low-grade fever	<i>è</i> 遏 ... holds [something] in, hinders, retains, traps
<i>dí</i> 滌 ... scours [out], flushes [away]	<i>è nì</i> 呃逆 ... hiccough
<i>dí tán</i> 滌痰 ... scours out phlegm	<i>ěr lóng</i> 耳聾 ... deafness
<i>diān</i> 癲 ... withdrawal; yin madness	<i>ěr míng</i> 耳鳴 ... tinnitus
<i>diān kuáng</i> 癲狂 ... withdrawal-mania, insanity, psychosis	<i>è xuè</i> 惡血 ... noxious blood
<i>diān xián</i> 癲癇 ... seizures	<i>è zhòng</i> 惡中 ... noxious attack
<i>dìng</i> 疔 ... rooted sores	<i>fā</i> 發 ... stimulates, promotes. induces, discharges [in tx strategy]; develops, manifests [in pathology]
<i>dìng</i> 定 ... settles [down]	<i>fā bèi</i> 發背 ... headed flat abscesses of the back
<i>dìng chuǎn</i> 定喘 ... settles [down] wheezing	<i>fā biǎo</i> 發表 ... discharges exterior conditions
<i>dìng dú</i> 疔毒 ... rooted toxic sores	<i>fā hàn</i> 發汗 ... induces sweating
<i>dìng fēng</i> 定風 ... settles wind	<i>fā sàn</i> 發散 ... discharges and disperses
<i>dìng jīng</i> 定驚 ... settles [down] jitteriness, convulsions, fright, or shock	<i>fá</i> 伐 ... hew, curtail, cut down
<i>dìng jìng</i> 定瘧 ... settles tremors/convulsions	<i>fá gān</i> 伐肝 ... hew/curtail the Liver
<i>dìng zhì</i> 定志 ... settles the emotions, focuses the mind, settles the resolve	<i>fān lí kōng shū</i> 藩籬空疏 ... outside hedge has holes
<i>dōng wēn</i> 冬溫 ... winter-warmth	<i>fán</i> 燔 ... flaring
<i>dōng yuè fú shǔ</i> 冬越伏暑 ... winter-extruding lurking summerheat	<i>fán</i> 煩 ... irritability
<i>dòng</i> 動 ... disturb, move, disrupt, stir, agitate [v.]; disruption, perturbation, stirring, agitation [n.]	<i>fán téng</i> 煩疼 ... achy and uncomfortable
<i>dòng bìng</i> 動病 ... disruptive disease	<i>fán yuān</i> 煩冤 ... distress
<i>dòng mài</i> 動脈 ... moving/disturbed pulse	<i>fán zào</i> 煩躁 ... irritability and restlessness
<i>dòng xiè</i> 洞泄 ... cavernous diarrhea	<i>fǎn kè</i> 反剋 ... reverse control
<i>dōu sè</i> 兜澀 ... binding confinement	<i>fǎn mài</i> 反脈 ... transposed pulse
<i>dòu</i> 痘 ... pox	<i>fǎn wèi</i> 反胃 ... upset stomach
<i>dū mài</i> 督脈 ... Governing vessel [<i>dū mài</i> OK]	<i>fǎn wèi</i> 反胃 ... stomach reflux, upset stomach
<i>dú</i> 毒 ... toxin	<i>fàn</i> 犯 ... accosts, trespasses
<i>dú qì</i> 毒氣 ... toxic qi	<i>fáng</i> 妨 ... impedes
<i>duǎn mài</i> 短脈 ... short pulse	<i>fáng fǔ</i> 防腐 ... prevents putrefication
<i>duō mèi zhèng</i> 多寐症 ... excessive sleeping	<i>fèi</i> 肺 ... Lungs
<i>duō yǐn</i> 多飲 ... excessive drinking	<i>fèi qì bù xuān</i> 肺氣不宣 ... failure of the Lung to disseminate qi
	<i>fèi yōng</i> 肺癰 ... Lung abscess
	<i>fēn</i> 分 ... level or sector [in 四分]; aspect [elsewhere]

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- fēn lì shī rè* 分利濕熱 ... separates and drains out damp-heat
- fēn ròu* 分肉 ... flesh interstices
- fēn cì* 粉刺 ... white thorns, pimples
- fēng* 風 ... wind
- fēng fèi* 風廢[痺] ... disability from wind
- fēng hán* 風寒 ... wind-cold
- fēng hán shù biǎo* 風寒束表 ... wind-cold fetters the exterior
- fēng hán xí fèi* 風寒襲肺 ... wind-cold assaults the Lungs
- fēng láo* 風癆 ... wind consumption
- fēng rè* 風熱 ... wind-heat
- fēng shī* 風濕 ... wind-dampness
- fēng shuǐ* 風水 ... wind edema
- fēng wēn* 風溫 ... wind-warmth
- fēng yǐn zhěn* 風隱疹 ... wind concealed rash; urticaria
- fēng zào* 風燥 ... wind-dryness
- fēng zhěn* 風疹 ... wind rash
- fú* 扶 ... supports
- fú* 伏 ... lurking
- fú huǒ* 伏火 ... lurking fire
- fú liáng* 伏梁 ... hidden beam
- fú mài* 浮脈 ... floating pulse
- fú mài* 伏脈 ... hidden pulse
- fú qì* 伏氣 ... lurking qi
- fú rè* 伏熱 ... lurking heat
- fú zhēng* 扶正 ... supports the normal [qi]
- fú zhǒng* 浮腫 ... floating edema
- fǔ* 腑 ... yang organs, bowels
- fǔ* 腐 ... moldy; putrefies, decompose, decomposition
- fǔ* 府 ... dwelling [as in 腰為腎之府 lower back is the dwelling of the Kidneys]
- fǔ dǐ jiā xīn* 釜抵加薪 ... adding firewood under the cauldron
- fǔ dǐ chōu xīn* 釜抵抽薪 ... removing firewood from under the cauldron
- fù* 腹 ... abdomen
- fù mài* 復脈 ... restores the pulse
- fù xiè* 腹泄 ... diarrhea
- gān* 肝 ... Liver
- gān fēng nèi chì* 肝風內熾 ... internal blazing of Liver wind
- gān fēng nèi dòng* 肝風內動 ... internal stirring of Liver wind
- gān huǒ shàng yán* 肝火上炎 ... upward blazing of liver fire
- gān huǒ wàng* 肝火旺 ... exuberant Liver fire
- gān jī* 疳積 ... childhood nutritional impairment [Also, esp. in 溫病, refers to progressive sores or ulcers, as is 牙疳 and 下疳]
- gān lái chéng pí* 肝來乘脾 ... Liver comes to overwhelm the Spleen
- gān qì héng fàn* 肝氣橫犯 ... transverse rebellion of Liver qi accosting [the Spleen]
- gān qì yù jié* 肝氣鬱結 ... constrained and clumped Liver qi
- gān yáng shàng kāng* 肝陽上亢 ... ascendant Liver yang
- gān zhǔ shū xiè* 肝主疏泄 ... Liver governs dredging and draining
- gāng* 剛 ... rigorous
- gāo lín* 膏淋 ... turbid painful urinary dribbling [cloudy OK]
- gé* 膈 ... diaphragm
- gé* 格 ... rejecting/repelling
- gé fán* 膈煩 ... sensation of irritability in the diaphragm
- gé mài* 革脈 ... leather pulse
- gōng dú* 攻毒 ... attacks toxin
- gōng jī* 攻積 ... attacks accumulation
- gōng shàng* 攻上 ... attacks upwards
- gōng xià* 攻下 ... purges
- gōng zhú hán jī* 攻逐寒積 ... attack and drive out cold accumulation
- gòu* 垢 ... foul, filth
- gū yáng* 孤陽 ... orphaned yang
- gǔ* 骨 ... bones

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- gǔ bì* 骨痺 ... painful obstruction of the bone
- gǔ dú* 蠱毒 ... *gǔ* toxin
- gǔ jié téng fán* 骨節疼煩 ... bones and joints are achy and bothersome
- gǔ qì* 穀氣 ... food qi
- gǔ wǔ* 鼓舞 ... stimulate, drum-up, inspire
- gǔ zhàng* 鼓脹 ... drum-like abdominal distention
- gǔ zhēng* 骨蒸 ... steaming bone disorder
- gù* 固 ... secures, stabilizes
- gù biǎo* 固表 ... stabilizes the exterior
- gù jīng* 固精 ... secures the essence
- gù sè* 固澀 ... secures and binds
- gù tuō* 固脫 ... secures abandoned disorders
- guā* 刮 ... peeled [tongue]
- guān gé* 關格 ... plugged and rejecting/repelling disorder
- guān jié jū luán* 關節拘攣 ... contraction and tension of the joints
- guān mài* 關脈 ... middle pulse [position]
- guī* 歸 ... restores
- gǔn tán* 滾痰 ... roiling, breaks up phlegm
- guò kè* 過剋 ... over-control
- hán ...* 寒 cold, chills
- hán rè* 寒熱 ... fever and chills (simultaneous)
- hán rè wǎng lái* 寒熱往來 ... alternating fever and chills
- hán shèng* 寒盛 ... abundant cold
- hán shī* 寒濕 ... damp-coldness
- hán shī kùn pí* 寒濕困脾 ... damp-cold encumbers the Spleen
- hán tán* 寒痰 ... cold-phlegm
- hán xié fàn fēi* 寒邪犯肺 ... cold accosts the Lungs
- hán xié shēn qīn* 寒邪深侵 ... deep invasion of pathogenic cold
- hán zhì gān mài* 寒滯肝脈 ... stagnant cold in Liver vessel
- hàn* 悍 ... prowess, bold, nimble
- hàn* 汗 ... sweat
- hào jīn* 耗津 ... depletes or consumes fluids
- hé wèi* 和胃 ... harmonizes the Stomach
- hé xué* 合穴 ... uniting point [sea OK]
- hé zhōng* 和中 ... harmonizes the middle [burner]
- hè xī fēng* 鶴膝風 ... crane's knee wind
- hóng mài* 洪脈 ... flooding pulse
- hóu bì* 喉痺 ... painful obstruction of the throat
- hòu tiān zhī jīng* 後天之精 ... postnatal essence
- hù* 護 ... shields [from/by]
- hù yáng* 護陽 ... shields the yang
- huá* 滑 ... slippery, leakage
- huá cháng* 滑腸 ... lubricates the Intestines
- huá mài* 滑脈 ... slippery pulse
- huá tuō* 滑脫 ... leakage and loss
- huà* 化 ... transforms
- huà jiān* 化堅 ... transforms firmness/ hardness
- huà qì* 化氣 ... promotes the activities of qi transformation
- huà shī* 化濕 ... transforms dampness
- huà tán zhǐ ké* 化痰止咳 ... transforms phlegm and stops coughing
- huǎn* 緩 ... moderates, relaxes
- huǎn gān* 緩肝 ... relaxes the Liver
- huǎn jí* 緩急 ... moderates [spasmodic abdominal] pain or relaxes tension
- huǎn jiě* 緩解 ... relaxes and relieves
- huǎn mài* 緩脈 ... moderate or lax pulse
- huǎn xiāo zhēng kuài* 緩消癥塊 ... relaxes and reduces fixed abdominal masses
- huàn* 患 ... suffer [v]; calamity [n]
- huàn* 渙 ... dissipates
- huàn sǎn* 渙散 ... flimsy
- huǎng hū jīng shén* 恍惚精神 ... disorientation, vagueness
- huī* 灰 ... grey
- huí* 回 ... revives
- huí jué* 回厥 ... revives from collapse/inversion

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- huí jué* 蛔厥 ... collapse from roundworm
- huí yáng* 回陽 ... revives the yang
- huí yáng jiù nì* 回陽救逆 ... revives the yang and rescues from rebellion
- huì è zhī qì* 穢惡之氣 ... annihilating and foul qi
- huì xué* 會穴 ... meeting points [8]
- huì zhuó* 穢濁 ... foul turbidity
- hūn* 昏 ... lightheadedness, muzziness, muddled or impaired consciousness (e.g. 神昏)
- hūn mí* 昏迷 ... stuporous, comatose
- hún* 魂 ... ethereal soul
- huō* 豁 ... breached
- huó* 活 ... invigorates
- huó jīng* 活經 ... invigorates the channels
- huó luò* 活絡 ... invigorates the collaterals
- huó xuè* 活血 ... invigorates the blood
- huǒ* 火 ... fire
- huǒ dú* 火毒 ... fire toxin
- huǒ qì bì mì* 火氣閉密 ... shut in and concentrated fire qi
- huò* 豁 ... dislodges, forcefully removes
- huò luàn* 霍亂 ... sudden turmoil disorder
- huò tán* 豁痰 ... dislodges phlegm
- jī* 肌 ... muscles, muscle layer
- jī* 積 ... accumulations
- jī jù* 積聚 ... accumulations and clusters
- jī liú* 稽留 ... be detained, hang around, retained
- jí* 急 ... urgency, [severe] tightness; hypertonicity [Liver]
- jí mài* 急脈 ... urgent pulse
- jí mài* 疾脈 ... racing pulse
- jí zào* 急躁 ... restless agitation, impatience
- jiǎ* 瘕 ... mobile abdominal mass, conglomeration
- jiǎ jù* 瘕聚 ... conglomerations and gatherings
- jiān* 堅 ... fortifies [tx], firms [dx], hard [pulse, adj.]
- jiān jiào* 尖叫 ... sudden shrieking
- jiān yīn* 堅陰 ... fortifies the yin
- jiān zhèng* 兼症 ... concurrent symptom
- jiǎn* 減 ... diminishes, deleted
- jiàn* 建 ... constructs, builds up
- jiàn* 脾 ... strengthens
- jiàn pí* 健脾 ... strengthens the Spleen
- jiàn wàng* 健忘 ... forgetful, absent-minded
- jiàn yùn pí wèi* 健運脾胃 ... strengthens the transporting functions of the Spleen and Stomach
- jiàn zhōng* 建中 ... builds up/constructs the middle
- jiàng* 降 ... directs downward, descends
- jiàng* 絳 ... scarlet
- jiàng huǒ* 降火 ... directs fire downward
- jiàng nì* 降逆 ... [re]directs rebellious [qi] downward
- jiàng zhuó* 降濁 ... directs turbidity downward
- jiāo huì xué* 交會穴 ... confluent points [of 8 extra channels]
- jiào tòng* 疔痛 ... hypertonic pain [see *xiù tòng*]
- jiǎo gōng fǎn zhāng* 角弓反張 ... arched back rigidity (aka opisthotonus)
- jiǎo qì* 腳氣 ... leg qi
- jiē* 癰 ... boil
- jiē gǔ* 接骨 ... joins bones
- jié* 結 ... clumping, knotting
- jié* 竭 ... spent, [n.] exhaustion
- jié* 劫 ... removed by force
- jié mài* 結脈 ... slow-irregular pulse
- jié nuè* 截瘧 ... checks malarial disorders
- jié tān* 截癱 ... traumatic paraplegia
- jié tán* 截痰 ... bursts [clogged] phlegm
- jié xiōng zhèng* 結胸症 ... clumping in the chest disorder
- jié yīn* 劫陰 ... plunders the yin
- jiě* 解 ... releases, relieves, resolves
- jiě biǎo* 解表 ... releases the exterior
- jiě dú* 解毒 ... resolves toxicity
- jiě jī* 解肌 ... releases the muscle layer
- jiě jìng* 解瘳 ... releases spasms

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- jiě rè* 解熱 ... resolves heat
- jiě shǔ* 解暑 ... resolves summerheat
- jiě tòng* 解痛 ... relieves pain
- jiě yù* 解鬱 ... relieves constraint
- jīn* 筋 ... sinews
- jīn* 津 ... yang fluids, thin fluids
- jìn* 勁 ... powerful
- jīn bì* 筋痺 ... painful obstruction of the sinews
- jīn yè* 津液 ... fluids
- jìn* 盡 ... [totally] gone, expended, finished, exhausted
- jǐn mài* 緊脈 ... tight pulse
- jīng* 驚 ... jitteriness, anxiety, convulsions, fright, shock
- jīng* 經 ... channels, warps [old -stages]
- jīng* 精 ... essence
- jīng fēng* 驚風 ... childhood convulsions, [fright seizures also OK]
- jīng jīn* 經筋 ... channel sinews
- jīng shén* 精神 ... consciousness, essence-spirit
- *jīng shén bù zhèn* 精神不振 ... apathy
- *jīng shén wěi mǐ* 精神萎靡 ... listlessness
- jīng wàng* 驚妄 ... fright mania
- jīng xué* 經穴 ... traversing point [river point OK]
- jǐng tì* 警惕 ... easily startled
- jǐng xué* 井穴 ... well point
- jìng* 勁 ... sturdy, strong
- jìng* 瘓 ... [muscular] tetany, spasms
- jiǒng jiǒng* 炯炯 ... overly bright and feverish [eyes]
- jiǔ tòng rù luò* 久痛入絡 ... long-term pain enters the collaterals
- jū* 疽 ... swelling
- jū* 居 ... dwells
- jǔ* 舉 ... lifts
- jù* 懼 ... dread
- jù* 聚 ... gathers up, pools (fluids), cluster, collects
- jù* 劇 ... severe
- jù yáng* 巨陽 ... grand yang [synonym for greater yang]
- juān bì* 蠲痺 ... removes painful obstructions
- juǎn* 卷 ... rolled
- jué* 厥 ... collapse [in 逆氣自下而上]; inversion [in either 忽然昏暈 or 手足逆冷]
- jué* 絕 ... cut off, severed
- jué yīn* 厥陰 ... terminal yin or reversing yin [*jué yīn* OK]
- jūn* 君 ... chief, sovereign
- jūn huǒ* 君火 ... sovereign fire
- jùn* 峻 ... drastic, intense
- jùn bǔ* 峻補 ... intense tonic
- jùn xià zhú shuǐ* 峻下逐水 ... drastically purges and drives out water
- jùn xià* 峻下 ... drastically purges
- kǎ xuè* 咳血 ... coughing up of blood
- kāi* 開 ... opens, unbinds
- kāi bì* 開痺 ... unbinds painful obstruction
- kāi dá mó yuán* 開達膜原 ... opens [up] and spreads the qi and penetrates to the membrane source
- kāi jié* 開結 ... opens up clumps/knots/knotted areas
- kāi qiào* 開竅 ... opens the orifices
- kāi xiōng* 開胸 ... unbinds the chest
- kāi yīn* 開音 ... restores the voice
- kāi yù* 開鬱 ... opens up areas of constraint
- kàng* 亢 ... hyperactivity
- kè* 克 ... controls, overcomes
- kè* 客 ... lodges, resides
- kè* 剋 ... upbraid
- kè qì* 客氣 ... visitant qi
- kè rè* 客熱 ... visitant heat
- kè xiāo* 刻削 ... whittles away
- kōng qì* 空氣 ... qi from air
- kǒng* 恐 ... fear
- kōu mài* 芤脈 ... hollow pulse
- kǒu dàn* 口淡 ... bland sensation in the mouth and inability to taste food
- kǒu yǎn wāi xié* 口眼歪斜 ... deviation of the mouth and eyes

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- kū* 枯 ... desiccated, parched
- kǔ* 苦 ... bitter
- kuài gé* 快膈 ... eases the diaphragm [不快sense of unease]
- kuài qì* 快氣 ... felicitates the qi
- kuān* 寬 ... expands, eases
- kuān cháng* 寬腸 ... eases the Intestines
- kuān xiōng* 寬胸 ... expands the chest
- kuān zhōng* 寬中 ... eases the middle
- kuáng* 狂 ... mania, yang madness
- kuáng luàn* 狂亂 ... manic and disorderly
- kuáng zào wāng dòng* 狂躁妄動 ... manic agitation and rash behavior
- kuī* 虧 ... exhausted
- kùi jiān* 潰堅 ... induces ulceration
- kùn* 困 ... encumbers
- lài* 癩 ... leprous disorders
- lǎn yán* 懶言 ... laconic speech
- làn* 爛 ... macerated
- làn hóu shā* 爛喉痧 ... putrefying throat granular disorder
- láo* 癆 ... overwork, consumptive disorder, consumption
- láo lín* 淋 ... consumptive painful urinary dribbling
- láo mài* 牢脈 ... confined pulse
- lèi* 淚 ... tears
- lèi fū* 肋 ... ribs, costal region
- lǐ* 裡 ... interior
- lǐ* 理 ... regulates
- lǐ jí* 裡急 ... abdominal urgency, interior tension/hypertonicity
- lǐ jí hòu zhòng* 裡急後重 ... tenesmus
- lǐ qì* 理氣 ... regulates qi
- lǐ rè yù jié* 裡熱鬱結 ... constrained and clumped interior heat
- lǐ xuè* 理血 ... regulates the blood
- lì* 利 ... improves, promotes, benefits, facilitates, enables [*bù lì* 不利 can be difficulty or discomfort]
- lì dǎn* 利膽 ... benefits the Gallbladder
- lì gé* 利膈 ... enables the diaphragm
- lì hóu* 利喉 ... improves the condition of the throat
- lì jí* 痢疾 ... dysenteric disorder
- lì jié bìng* 歷節病 ... panarthralgia
- lì niào* 利尿 ... promotes urination
- lì qì* 癘氣 ... pestilential qi
- lì qiào* 利竅 ... facilitate passage through the orifices/apertures
- lì shī* 利濕 ... facilitates/promotes resolution of dampness; resolves dampness
- lì shuǐ shèn shī* 利水滲濕 ... promotes water metabolism and leaches out dampness
- lì shuǐ* 利水 ... promotes urination, moves water
- lì shuǐ dào* 利水道 ... facilitates the water pathways
- liǎn* 斂 ... preserves, inhibits, restrains
- liǎn chuāng* 斂瘡 ... helps close sores
- liǎn fèi* 斂肺 ... preserves the Lungs
- liǎn hàn* 斂汗 ... inhibits sweating
- liàn* 戀 ... clings, attaches to
- liàn yè* 煉液 ... condenses the fluids
- liǎn yīn* 斂陰 ... preserves the yin
- liàn* 練 ... blanches
- liáng* 涼 ... cools
- liáng xuè* 涼血 ... cools the blood
- liáo* 療 ... remedies
- liè* 烈 ... violent, intense
- liè wén* 裂文 ... cracks
- lín lí* 淋瀝 ... dribbling [urination]
- lín lí bù zhǐ* 淋瀝不止 ... continuous trickle
- lín zhèng* 淋症 ... painful urinary dribbling disorder
- líng* 凌 ... intimidates
- liú* 留 ... linger, lodges; remains
- liú huǒ* 流火 ... flowing fire
- liú rè* 留熱 ... lingering heat
- liú shī* 流濕 ... causes dampness to flow away [tentative]
- liú yǐn* 留飲 ... lingering thin mucus

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- liú zhǔ* 流注 ... spreading, flow into; spreading sores
- liù jīng* 六經 ... six warps, six channels, six stages, six axes
- liù yín* 六淫 ... six pernicious influences
- lóng bì* 癃閉 ... urinary blockage
- lòu* 漏 ... light uterine bleeding, leaking, spotting
- lòu* 癩 ... chronic sores
- lù* 慮 ... deliberation
- luǒ li* 瘰癧 ... scrofula
- luò* 絡 ... [n.] collaterals; [v.] connects, reticulates
- luò xué* 絡穴 ... connecting points, collateral points
- má* 麻 ... numbness, tingling
- má bì* 麻痺 ... paralysis
- má mù* 麻木 ... numbness and paresthesia
- mài* 脈 ... [blood] vessels
- mài xiàng mó hu* 脈象模糊 ... indistinct pulse
- mǎn* 滿 ... fullness
- máng cì* 芒刺 ... prickles
- máo* 毛 ... [body] hair
- mèn* 悶 ... stifling sensation
- méng bì* 蒙蔽 ... veils
- měng liè* 猛烈 ... fierce and violent
- mí màn* 彌漫 ... spreads throughout
- miàn chì* 面赤 ... flushed complexion
- miàn huáng* 面黃 ... sallow complexion
- miàn jī jìng luán* 面肌痙攣 ... facial tic
- miàn sè* 面色 ... complexion
- *bù huá* 不華 ... lusterless
 - *cāng bái* 蒼白 ... dusky pale
 - *cháo hóng* 潮紅 ... flushed
 - *dàn bái* 淡白 ... dull pale
 - *guāng bái* 光白 ... shiny, pale
 - *wěi bái* 萎白 ... pallid
 - *wěi huáng* 萎黃 ... wan
- míng* 明 ... brightens, clears, or enlightens
- míng mù* 明目 ... clears the eyes, improves vision
- mìng mén* [huǒ] 命門[火] ... gate of vitality [fire]
- mó* 磨 ... grinds away, wears
- mó jī* 磨積 ... wears down accumulations
- mò mò* 默默 ... sullen
- mò yuán* 膜原 ... membrane source
- mù* 木 ... wood, wooden, numbness [absence of feeling]
- mù jīng jīng cǎi* 目睛精采 ... lively, expressive eyes
- mù wàng chéng tǔ* 木旺乘土 ... exuberant wood overwhelms/exploits/takes advantage of earth
- mù xué* 募穴 ... alarm points
- mù yuán* 募原 ... membrane source
- mù zhàng* 目脹 ... distended eyes
- nà* 納 ... accepts [Kidneys]; takes in [Stomach, Liver]
- nà chà* 納差 ... decreased [food] intake
- nǎo lòu* 腦漏 ... seepage from the brain
- nǎo míng* 腦鳴 ... ringing in the brain
- nǎo rè* 腦熱 ... feverish sensation in the head
- nèi* 內 ... internal, inside
- nèi shāng fā rè* 內傷發熱 ... feverishness from internal damage
- nèi yǒu yù rè* 內有鬱熱 ... internal heat due to constraint
- nì* 逆 ... rebellious, counterflow
- nì膩* ... greasy [coating], cloying [substances]
- nì chuán* 逆傳 ... abnormal transmission
- nì liú wǎn zhōu* 逆流挽舟 ... hauling the boat upstream
- nì mài* 逆脈 ... rebellious pulse
- nián chóu tán* 黏稠痰 ... sticky sputum
- níng* 凝 ... congeals
- níng* 寧 ... makes tranquil, [calms OK]
- níng shén* 寧神 ... makes the spirit tranquil
- nòng* (shé) 弄[舌] ... moving (tongue)
- nù* 怒 ... anger
- nuǎn* 暖 ... warms
- nüè jí* 瘧疾 ... malarial disorder
- pái* 排 ... pushes out or expels
- pái nóng* 排膿 ... expels pus

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- pái shí* 排石 ... pushes out stones
- páng guāng* 膀胱 ... Bladder
- páng guāng shī yuē* 膀胱失約 ... loss of Bladder control
- péi* 培 ... nurtures
- péi shèn* 培腎 ... nurtures the Kidneys
- pī* 劈 ... cuts through
- pí* 皮 ... skin
- pí* 脾 ... Spleen
- pí bù tǒng xuè* 脾不統血 ... Spleen cannot govern blood
- pí fū* 皮膚 ... skin, skin and subcutaneous tissues
- pí qì xià xiàn* 脾气下陷 ... sunken Spleen qi
- pí qì xū* 脾气虛 ... Spleen qi deficiency
- pí ruò* 脾弱 ... frail Spleen
- pí shuǐ* 皮水 ... skin edema
- pí yùn shī rè* 脾蘊濕熱 ... damp-heat collects in the Spleen
- pǐ* 痞 ... focal distention
- pǐ* 癖 ... ensconced lumps
- pǐ kuài* 癖塊 ... painless lumps
- pì* 辟 ... clears away
- pì huì* 辟穢 ... clears away filth
- piān kū* 偏枯 ... hemilateral withering or hemiplegia
- piān wāi* 偏歪 ... deviated
- piāo hàn* 剽悍 ... nimble and forceful
- píng* 平 ... calms [pacifies OK] [v]; balanced [adj.]
- píng chuǎn* 平喘 ... calms wheezing
- píng gān xī fēng* 平肝熄風 ... calms the Liver and extinguishes wind
- píng mì* 平秘 ... balanced and dense
- píng wèi* 平胃 ... calms the Stomach
- pò* 魄 ... corporeal soul
- pò* 迫 ... stresses, compels, forces, disturbs
- pò* 破 ... breaks up
- pò xuè* 破血 ... breaks up blood (stasis)
- pò yīn* 破陰 ... breaks up (accumulations) of yin
- qí héng zhī fǔ* 奇恆之腑 ... miscellaneous Organs
- qí jīng* 奇經 ... extraordinary channels
- qí shàng kǒng* 臍上恐 ... 'butterflies' above the navel
- qì bì* 啟閉 ... opens up closure/closed [disorders], opens up blockage
- qì bù huà* 氣不化 ... qi cannot transform
- qì fēn* 氣分 ... qi level or sector [溫病]; qi aspect
- qì jī* 氣機 ... qi dynamic
- qì kǒu* 氣口 ... qi openings
- qì nì* 氣逆 ... rebellious qi
- qì xiàn* 氣陷 ... sinking qi
- qì xū* 氣虛 ... qi deficiency
- qì yíng liǎng fān* 氣營兩燔 ... blazing [fire] in both the qi and nutritive [levels]
- qì zhì* 氣滯 ... stagnant qi
- qián* 潛 ... anchors, subdues
- qián yáng* 潛陽 ... anchors the [errant] yang
- qiáng* 強 ... strengthens
- qiáng jīn gǔ* 強筋骨 ... strengthens the sinews and bones
- qiáng mài* 強脈 ... [overly] strong pulse
- qiáng yìng* 強硬 ... stiff
- qiáo cuì* 憔悴 ... haggard
- qīn* 侵 ... invade, infiltrates
- qīng* 清 ... clears
- qīng guāng yǎn* 青光眼 ... glaucomatous disorder
- qīng hua rè tán* 清熱熱痰 ... cools & transforms phlegm-heat
- qīng máng* 青盲 ... insidious loss of vision without visible physical changes to the eye
- qīng nǎo* 清腦 ... clears the brain
- qīng qiào* 清竅 ... clears consciousness, clears the sensory orifices
- qīng rè* 清熱 ... clears heat
- qīng sù* 清肅 ... clearing and clarifying
- qīng xuān zào xié* 輕宣燥邪 ... gently disperses dryness
- qīng zào* 清燥 ... clears dryness
- qiū dāi zi* 秋呆子 ... autumnal obtuseness

- qiū zào* 秋燥 ... autumn-dryness
qū 軀 ... physical body
qū 祛 ... dispels
qū 驅 ... expels, drives, reins in
qū chóng 驅虫 ... expels parasites
qū fēng shī 祛風濕 ... dispels wind-damp
qū hán 祛寒 ... dispels cold
qū yū 祛瘀 ... dispels blood stasis
qū zhú 驅逐 ... banish
qù 去 ... gets rid of
què 卻 ... depart, retreat
rǎo 擾 ... harass, derange, make a disturbance, make trouble
rǎo dòng xīn shén 擾動心神 ... derange/harass and disturb the Heart (spirit)
rè 熱 ... hot, heat, feverish, fever
rè bì 熱痺 ... hot painful obstruction
rè bìng 熱病 ... febrile diseases
rè chòng tóu 熱衝頭 ... sensation of heat rushing to the head
rè dú 熱毒 ... heat toxin
rè dú yūn jié 熱毒蘊結 ... collected clumped heat toxin
rè fèi wěi 熱肺痿 ... hot Lung atrophy
rè jí 熱積 ... heat accumulation
rè jié 熱結 ... clumped heat
rè jié páng liú 熱結旁流 ... heat clumping with circumfluence
rè rǎo xīn 熱擾心 ... heat deranging /harassing the Heart
rè rù xuè shì 熱入血室 ... heat enters the blood chamber
rè shèng 熱盛 ... [over]abundant heat
rè tán 熱痰 ... hot phlegm
rè xié yǒng fèi 熱邪壅肺 ... heat pathogen clogs the Lungs
rè zhuó xiōng gé 熱灼胸膈 ... heat scorching the chest and diaphragm
rè zhuó yíng yīn 熱灼營陰 ... heat scorching the yin of the nutritive level
rèn mài 任脈 ... Conception vessel [*rèn mài* OK]
rì bǔ cháo rè 日晡潮熱 ... afternoon fevers
róng 榮 ... manifestation
róu gān 柔肝 ... softens the Liver
róu jīn 柔筋 ... make the sinews supple
ròu 肉 ... flesh
rú 濡 ... moisten [v.], soggy[adj.]
rú mài 濡脈 ... soggy pulse
rǔ pǐ 乳癖 ... breast lumps
rǔ yōng 乳癰 ... breast abscess
ruǎn 軟 ... softens
ruǎn jiān 軟堅 ... softens areas of hardness
ruǎn mài 軟脈 ... soft pulse
rùn 潤 ... moistens, lubricates
rùn cháng 潤腸 ... moistens the Intestines
rùn xià 潤下 ... moistening laxative
ruò mài 弱脈 ... frail pulse
sāi 塞 ... plugs
sān jiāo 三焦 ... Triple Burner
sàn 散 ... scatters, disperses
sàn fēng 散風 ... scatters or disperses wind
sàn hán 散寒 ... scatters or disperses cold
sàn jié 散結 ... dissipates, disperses clumps, knots or nodules
sàn mài 散脈 ... scattered pulse
sàn mǎn 散滿 ... disperses fullness
sàn yū 散瘀 ... disperses stasis
sàn yù huǒ 散鬱火 ... disperses fire from constraint
sàn zhǒng 散腫 ... disperses swelling
sè 澀 ... binds [action]; rough (urination)
sè cháng 澀腸 ... binds up the Intestines
sè jīng 澀精 ... binds essence
sè mài 澀脈 ... rough pulse [choppy OK]
shā chóng 殺蟲 ... kill parasites

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- shā lín* 砂淋 ... gravelly painful urinary dribbling
- shān lán zhàng nuè* 山嵐瘴癘 ... mountain mist
miasmatic malarial disorder
- shàn* 疝 ... bulging disorder
- shàn qì* 疝氣 ... bulging qi [disorder]
- shāng* 傷 ... damages
- shāng hán* 傷寒 ... cold-damage
- shāng shí* 傷食 ... food-damage
- shàng* 上 ... ascends, upwardly
- shàng chòng* 上衝 ... gushes upward, upflushing
- shàng jiāo* 上焦 ... upper burner
- shàng fàn* 上犯 ... upwardly accosts or trespasses
- shàng gàn* 上幹 ... strikes upward
- shàng téng* 上騰 ... upward surging
- shàng yán* 上炎 ... flares upward
- shǎo tái* 少苔 ... sparse coating [tongue]
- shào fù jū jí* 少腹拘急 ... lower abdominal tightness
and contractions
- shào rè* 燒熱 ... searing heat
- shào yáng* 少陽 ... lesser yang [*shào yáng* OK]
- shào yīn* 少陰 ... lesser yin [*shào yīn* OK]
- shé dān* 蛇丹 ... snake-creeping red papules
- shè* 攝 ... contains
- shè* 射 ... shoots
- shè* 舍 ... settles [into], shelters
- shè xuè* 攝血 ... contains blood
- shēn hán tòng* 身寒痛 ... generalized coldness and pain
- shēn kūn* 身困 ... heavy lethargy
- shēn rè* 身熱 ... [generalized] fever
- shēn rè bù yáng* 身熱不揚 ... fluctuating fever
- shén* 神 ... spirit, psychic aspect
- shén hūn* 神昏 ... impaired consciousness, muddled
consciousness
- shén juàn* 神倦 ... weariness
- shén mí* 神迷 ... disorientation
- shén níng* 神凝 ... frozen affect
- shén qiè* 神怯 ... timidity, trepidation
- shén qíng dàn mò* 神情淡漠 ... apathetic expression
- shén shì rú mēng* 神識如蒙 ... fuzzy thinking
- shén shuāi* 神衰 ... lethargic level of consciousness
- shén yáo* 神搖 ... carousing of the spirit
- shén zhì chī dāi* 神志癡呆 ... dementia
- shén zhì cuò luàn* 神志錯亂 ... derangement
- shèn* 腎 ... Kidneys
- shèn* 滲 ... leaches out, filters out, percolates;
[physiology] permeates
- shèn bú nà qì* 腎不納氣 ... Kidneys cannot accept qi
- shèn shī* 滲濕 ... leaches out dampness
- shèn shī fēng cáng* 腎失封藏 ... loss of Kidney closure
and storage [functions]
- shèn yáng bù zhèn* 腎陽不振 ... listless Kidney yang
- shèn zhuó* 腎著 ... fixed kidneys [or fixed kidney
disorder]
- shēng* 生 ... generates
- shēng* 升 ... raises, ascends
- shēng fā* 升發 ... raise out and discharge
- shēng jǔ* 升舉 ... raises and lifts
- shēng jī* 生肌 ... generates flesh
- shēng mài* 生脈 ... generates the pulse
- shēng qīng* 升清 ... raises the clear
- shēng yáng* 升陽 ... raises the yang
- shèng* 盛 [~ pathogens] ... [over]abundance,
overwhelming; [~ vessels] ... congestion,
[over]filled, brimming
- shèng* 勝 ... prevails [over] [v.], preponderance [n.]
- shèng jīng* 盛經 ... channels with abundance
- shèng shī* 勝濕 ... prevails over dampness
- shī* 濕 ... damp (adj. or compound n.), dampness (n.)
- shī làn* 濕爛 ... damp erosions
- shī mián duō mèng* 失眠多夢 ... insomnia with dream-
disturbed sleep
- shī rè* 濕熱 ... damp-heat
- shī rè xià zhù* 濕熱下注 ... damp-heat lodged in the
lower burner

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- shī rè yūn fú* 濕熱蘊伏 ... collection of damp-heat smoldering in the body
- shī rùn* 濕潤 ... wet
- shī sī* 失司 ... breakdown, loss of management, loss of oversight
- shī tán* 濕痰 ... damp-phlegm
- shī xuǎn* 濕癬 ... damp tinea-like rash
- shī yīn* 失音 ... loss of voice
- shī zhí* 失職 ... loss of ability to do X, loss of management of X, impairment
- shí* 實 ... excess [pathology]; fullness; bolsters, makes replete, make more full [physiology]
- shí bìng* 時病 ... seasonal diseases
- shí lín* 石淋 ... stony painful urinary dribbling
- shí mài* 實脈 ... excessive pulse
- shǐ* 史 ... envoy
- shì* 勢 ... momentum
- shì lì zhàng ài* 視力障礙 ... visual disturbance
- shì wò* 嗜臥 ... just desires sleep, somnolence
- shōu shī* 收濕 ... absorbs dampness
- shōu kǒu* 收口 ... closes wounds
- shōu liǎn* 收斂 ... restrain and inhibit [astringent] restrain and hold in/back
- shōu shī* 收濕 ... gathers in dampness
- shǒu* 守 ... defends, conserves
- shǒu zú chì jué* 手足癱厥 ... contracted and frigid extremities
- shòu* 受 ... receives, picks up
- shū* 疏 ... disperses, dredges
- shū* 舒 ... soothes
- shū fēng* 疏風 ... disperses wind
- shū gān* 疏肝 ... dredges Liver qi
- shū gān* 舒肝 ... soothes the Liver
- shū jīn* 舒筋 ... soothes the sinews
- shū wèi* 疏衛 ... dredges the protective
- shū xiè wú dù* 疏泄無度 ... intemperate dispersing and draining [of qi]
- shū xué* 輸穴 ... transporting points [group], transport point [individual - stream OK]
- shū yù* 疏鬱 ... disperses constraint
- shǔ* 暑 ... summerheat
- shǔ shī* 暑濕 ... damp-summerheat
- shǔ wēn* 暑溫 ... summerheat-warmth
- shù* 束 ... fetters, ties up
- shù biǎo* 束表 ... fetters the exterior
- shù xué* 腧穴 ... [acupuncture] point, [back] associated point
- shuāi* 衰 ... debilitated, sapped
- shuǐ* 水 ... water, edema
- shuǐ bù hán mù* 水不涵木 ... water cannot restrain wood
- shuǐ dào* 水道 ... water pathway
- shuǐ dào zhī shàng yuán* 水道之上原 ... upper source of the water pathways
- shuǐ gǔ* 水穀 ... liquids and grains
- shuǐ jīng tāi* 水晶苔 ... crystal [tongue] coating
- shuǐ nì zhèng* 水逆症 ... water rebellion disorder
- shuǐ rè hù jié* 水熱互結 ... clumping of water and heat, OR water/heat complexes
- shuǐ shī nèi tíng* 水濕內停 ... internal stoppage of water and dampness
- shuǐ xié* 水邪 ... pathogenic water
- shùn* 順 ... smooth, smoothes, normal
- shùn chuán* 順傳 ... normal transmission
- shùn qì* 順氣 ... smooths the flow of qi
- shuò mài* 數脈 ... rapid pulse
- sī* 司 ... manage
- sī* 思 ... pondering, pensiveness, excessive thinking
- sǐ xuè* 死血 ... lifeless blood
- sì fèn* 四分 ... four levels or sectors
- sì nì fā lěng* 四逆發冷 ... frigid extremities
- sì yào xué* 四要血 ... four dominant points
- sì zhī* 四肢 ... extremities, limbs
- sì zhī bù suì* 四肢不遂 ... unresponsive extremities

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- sì zhī juàn dài* 四肢倦怠 ... weak and easily fatigued extremities
- sì zhī kùn juàn* 四肢困倦 ... fatigued limbs [old – tired]
- sì zhī lěng* 四肢冷 ... cold extremities
- sì zǒng xué* 四總穴 ... four command points
- sōu fēng* 搜風 ... tracks (down) wind
- sōu tī* 搜剔 ... searches and digs out [stagnation]
- sù jiàng* 肅降 ... clarifying and descending/cause to descend
- sū jué huí nì* 蘇厥回逆 ... resuscitate from collapse and revives from rebellion
- sù tán* 宿痰 ... dormant or deep, harbored phlegm
- sù xiè* 宿邪 ... dormant, harbored, or deep-seated pathogenic influences
- suān chǔ* 酸楚 ... ache
- suǐ* 髓 ... medulla, marrow
- sūn luò* 孫絡 ... minute collaterals
- sūn xiè* 飡泄 ... urgent [morning] diarrhea
- sǔn* 損 ... harm, impairment, [injury]
- suō niào* 縮尿 ... reserves urine, contain urination
- tāi dòng bù ān* 胎動不安 ... restless fetus
- tài yáng* 太陽 ... greater yang [*tài yáng* OK]
- tài yīn* 太陰 ... greater yin [*tài yīn* OK]
- tán* 痰 ... [Chinese medicine] phlegm; [biomedicine] sputum (from lungs), mucous (other organs)
- tán bì* 痰閉 ... phlegm obstruction
- tán duō* 痰多 ... profuse sputum
- tán hé* 熱核 ... phlegm nodules
- tán huǒ* 痰火 ... phlegm-fire
- tán huǒ rǎo xīn* 痰火擾心 ... phlegm-fire deranges/harries the Heart
- tán mēng xīn qiào* 痰蒙心竅 ... phlegm veils the (Heart) orifices
- tán míng* 痰鳴 ... gurgling sound in the throat
- tán pī* 痰痞 ... phlegm lumps
- tán rè* 熱痰 ... phlegm-heat
- tán shī*, 痰濕 ... damp-phlegm
- tán yǐn* 痰飲 ... either phlegm and thin mucus or thin mucus
- tán yū jiāo jié* 痰瘀膠結 ... phlegm and blood stasis jell together
- tán zào* 痰燥 ... phlegm-dryness
- tán zǔ luò* 痰阻絡 ... phlegm obstructs the collaterals
- téng* 疼 ... achy, aches
- tì* 惕 ... dread, jerks
- tì* 涕 ... nasal mucus
- tiān* 添 ... adds, replenishes
- tiān guǐ* 天癸 ... heavenly dew
- tiān jīng* 添精 ... replenishes the essence
- tián bǔ* 填補 ... fills in, replenishes
- tiān pào chuāng* 天皰瘡 ... heaven-borne blisters
- tiáo* 調 ... adjusts
- tiáo dá* 條達 ... thrusts out
- tiáo qì* 調氣 ... adjusts the qi
- tiáo qì zhì* 調氣滯 ... adjusts stagnant qi
- tiáo yíng wèi* 調營衛 ... adjust the nutritive and protective qi
- tíng* 停 ... tarry, stop
- tōng* 通 ... unblocks, promotes, pervades
- tōng bí qiào* 通鼻竅 ... unblocks the nasal passages
- tōng biàn* 通便 ... unblocks the bowels/excretion
- tōng chàng* 通暢 ... unobstructed, free moving
- tōng fǔ* 通腑 ... unblocks the yang organs/bowels
- tōng lì* 通利 ... unblocks (urine and bowels)
- tōng lín* 通淋 ... unblocks painful urinary dribbling
- tōng luò* 通絡 ... unblocks the collaterals
- tōng mài* 通脈 ... unblocks the [blood] vessels
- tōng rù* 通入 ... penetrates
- tōng rǔ zhī* 通乳汁 ... promotes or unblocks lactation
- tōng shén míng* 通神明 ... facilitates enlightenment of the spirit; improving mental abilities
- tōng xià* 通下 ... purge, unblock downwards
- tōng yáng* 通陽 ... unblocks the yang
- tōng zhì* 通滯 ... unblocks areas of stagnation

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- tǒng 統 ... governs
- tòng bì 痛痹 ... severe painful obstruction
- tòng chǔ 痛楚 ... pangs of pain
- tòng fēng 痛風 ... painful wind
- tòng jīng 痛經 ... painful menstruation, dysmenorrhea
- tóu hūn 頭昏 ... muzziness
- tóu zhòng 頭重 ... sensation of heaviness of the head
- tòu 透 ... vents, thrusts [out]; penetrates [in]
- tòu nóng 透 ... thrusts pus out
- tòu rè 透熱 ... vents heat
- tòu xié qì 透邪氣 ... vents pathogenic influences
- tòu zhěn 透疹 ... vents rashes
- tǔ 土 ... earth
- tù 吐 ... vomit, spit up
- tù xuè 吐血 ... spitting up blood
- tuí shàn 癩疝 ... protuberant bulging disorder
- tùi 退 ... reduces
- tùi huáng 退黃 ... reduces jaundice
- tùi rè 退熱 ... reduces fever or heat
- tùi zhǒng 退腫 ... reduces edema or swelling
- tūn suān 吞酸 ... acid regurgitation
- tuō 脫 ... loss, abandonment; draw off
- tuō dú 托毒 ... draws out toxicity
- tuō jū 脫疽 ... sloughing ulcer
- tuō lǐ 托裡 ... supports the interior
- tuō zhèng 脫症 ... abandoned patterns, abandoned-type stroke
- tuò 唾 ... saliva [n], spit [v]
- wài 外 ... external, outside
- wài gǎn 外感 ... externally-contracted
- wài shī zǔ pí 外濕阻脾 ... external damp obstructs the Spleen
- wài yuè 外越 ... [path.] externally oversteps, goes beyond normal boundaries, [physiology] thrust out externally, evict, extrude
- wán tán 頑痰 ... stubborn phlegm
- wǎn 惋 ... miserable
- wǎn 腕 ... [gastric] cavity (胃腕 wèi wǎn)
- wǎn fā 晚發 ... delayed discharge
- wǎn fù mén 腕腹悶 ... stifling sensation in the epigastrium and abdomen
- wáng 亡 ... [great] loss, devastation, destroyed
- wáng yáng 亡陽 ... devastated yang
- wàng 旺 ... flaring, flourishing
- wàng xíng 妄行 ... chaotic movement
- wēi 微 ... feeble, faint, slight; [v.] diminish
- wēi mài 微脈 ... faint pulse
- wēi ruǎn 微軟 ... flaccid
- wěi zhèng 痿症 ... atrophy disorder
- wèi 畏 ... antagonizes
- wèi 胃 ... Stomach
- wèi fèn 衛分 ... protective level/sector
- wèi hán 畏寒 ... fear of cold
- wèi huǒ shàng shēng 胃火上升 ... ascending of Stomach fire
- wèi qì 衛氣 ... protective qi, defensive qi, defense qi, guardian qi
- wèi qiáng 胃強 ... overly strong Stomach
- wèi wài shī zhí 衛外失職 ... protective qi fails its external assignment,
- wèi xū hán 胃虛寒 ... Stomach deficiency cold
- wèi zhàng tòng 胃脹痛 ... epigastric pain and distention
- wēn 溫 ... warms
- wēn bìng 溫病 ... warm pathogen diseases
- wēn dú 溫毒 ... warm-toxin
- wēn huà hán tán 溫化寒痰 ... warms and transforms cold-phlegm
- wēn jí 瘟疫 ... epidemic (seasonal) disorder
- wēn jīng 溫經 ... warms menses
- wēn lǐ 溫裡 ... warms the interior
- wēn rè bìng 溫熱病 ... warm-heat pathogen diseases
- wēn xià 溫下 ... warm [the yang] and purge
- wēn yì 瘟疫 ... epidemic disorders
- wēn yì 溫疫 ... warm epidemics

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- wǔ 侮 ... insult
- wū fēng 惡風 ... aversion to wind
- wū hán 惡寒 ... chills [aversion to cold OK]
- wū shí 惡食 ... aversion to food
- wú lì mài 無力脈 ... forceless pulse
- wǔ chí 五遲 ... five retardations
- wǔ gēng xiè 五更瀉 ... daybreak diarrhea
- wǔ ruǎn 五軟 ... five weaknesses
- wǔ shù xué 五腧穴 ... five transport points
- wǔ xīn rè 五心熱 ... heat in the five centers
- wǔ xíng 五行 ... five phases, five-phase
- wǔ yè 五液 ... five excretions
- xī 吸 ... inhales, draws in
- xī gǔ 溪谷 ... muscular striations
- xī tán 稀痰 ... watery sputum
- xī xué 郄穴 ... accumulating point [cleft OK]
- xí 襲 ... assaults
- xí 熄 ... extinguishes
- xí 癰 ... polyp
- xí fēng 熄風 ... extinguishes wind
- xǐ 喜 ... elation, joy
- xì mài 細脈 ... thin or fine pulse
- xià gān 下疳 ... syphilitic sores
- xià hé xué 下合穴 ... lower uniting point [lower sea OK]
- xià jiāo 下焦 ... lower burner
- xià qì 下氣 ... drives qi downward
- xià yuán 下元 ... lower base
- xiān hóng 鮮紅 ... fresh-looking red
- xiān tiān zhī jīng 先天之精 ... congenital essence
- xián 涎 ... oral mucus
- xián 鹹 ... salty
- xián mài 弦脈 ... wiry pulse
- xiàn 陷 ... sink
- xiāng bó 相搏 ... (mutually) contend, struggle, interact
- xiāng cuàn 香竄 ... aromatically probing
- xiāng jì 相濟 ... mutual aid
- xiāng kè 相剋 ... mutual control
- xiāng shēng 相生 ... mutual generation
- xiāng xū 相須 ... mutual accentuation
- xiàng huǒ 相火 ... ministerial fire
- xiàng huǒ nèi chì 相火內熾 ... internal blazing of ministerial fire
- xiāo 消 ... reduces, eliminates, digests, diminishes, dissipates [toxic swellings]
- xiāo dǎo 消導 ... reduces and guides out
- xiāo dú 消毒 ... eliminates toxin
- xiāo jī 消積 ... reduces accumulation
- xiāo kě 消渴 ... wasting and thirsting disorder; unquenchable thirst [Zhang Zhong-Jing's works]
- xiāo mó 消磨 ... grinds down
- xiāo shí 消石 ... reduces/dissolves stones
- xiāo shǔ 消暑 ... eliminates summerheat
- xiāo yōng 消癰 ... reduces abscesses
- xiāo zhǒng 消腫 ... reduces swelling or edema
- xiǎo biàn bù lì 小便不利 ... urinary difficulty
- xiǎo biàn yú lì bù jìn 小便余瀝不盡 ... posturinary drip
- xiǎo cháng 小腸 ... Small Intestine
- xiǎo cháng qì zhì 小腸氣滯 ... stagnant Small Intestine qi
- xiào 哮 ... asthma
- xié 脅 ... hypochondrium
- xié qì 邪氣 ... pathogenic qi
- xié rè 協熱 ... commingled heat
- xié rè lì xià 協熱利下 ... commingled heat with diarrhea
- xié xià 脅下 ... flanks
- xié yū 挾瘀 ... harbors [blood] stasis
- xiè 瀉 ... drains, drains out, draws off [physiology]
- xiè 泄 ... drains out, discharges
- xiè huǒ 瀉火 ... drains fire
- xiè rè jī 瀉熱積 ... drains heat accumulation
- xiè xià 瀉下 ... drains downward

- xīn* 心 ... Heart
- xīn* 辛 ... acrid
- xīn bāo* 心包 ... Pericardium
- xīn huāng* 心慌 ... flustered, alarmed
- xīn jì* 心悸 ... palpitations
- xīn rè xíng fèi* 心熱刑肺 ... Heart heat punishes the Lung
- xīn xià* 心下 ... epigastrium [premodern: area below the Heart OK]
- xīn xià jí* 心下急 ... gripping pain and tenderness in the upper epigastrium [per Huang Huang]
- xīn xuè yū* 心血瘀 ... Heart blood stasis
- xīn yí rè yú xiǎo cháng* 心移熱于小腸 ... Heart fire transferred to the Small Intestine
- xīng* 腥 ... fishy
- xíng* 行 ... promotes (movement), proceeds, travels
- xíng bì* 行痺 ... [v.] promotes movement (in areas of painful obstruction); [n.] migrating painful obstruction
- xíng qì* 行氣 ... promotes movement of the qi
- xíng shuǐ* 行水 ... promotes the dissipation of pathogenic water
- xíng zhì* 行滯 ... promotes movement through [areas of] stagnation
- xǐng* 醒 ... wakes, awakens
- xǐng hòu bù fù yuán* 醒後不復原 ... inability to fully recover after loss of consciousness
- xǐng pí* 醒脾 ... awakens the Spleen
- xǐng shén* 醒神 ... awakens the spirit/restores consciousness
- xiōng bì* 胸痺 ... chest painful obstruction
- xiōng gé bù kuài* 胸膈不快 ... sense of unease in the chest and diaphragm
- xiōng mǎn zhòng* 胸滿重 ... tightness and heaviness in the chest
- xiōng mèn* 胸悶 ... stifling sensation in the chest/ sense of oppression in the chest
- xiōng mèn zhòng* 胸悶重 ... stifling and heavy sensation in the chest
- xiōng xié kǔ mǎn* 胸脅苦滿 ... an unpleasant fullness in the chest and hypochondriac
- xiōng xié tòng* 胸脅痛 ... chest and hypochondriac pain
- xióng* 雄 ... robust, virile
- xiù tòng* 痼痛 ... sustained pain [see *jiào tòng*]
- xū* 虛 ... deficiency, hollow
- xū huǒ shàng yán* 虛火上炎 ... deficiency fire blazing upward
- xū láo* 虛勞 ... deficiency and overwork; deficiency overwork; or deficiency consumption
- xū mài* 虛脈 ... deficient pulse
- xū shí xié zá* 虛實挾雜 ... enmeshment of deficiency and excess together
- xù jīn* 續筋 ... reconnects sinews
- xù shuǐ* 蓄水 ... buildup of water
- xù xuè* 蓄血 ... buildup blood
- xuān* 宣 ... disseminates, dissipates, diffuses, disbands
- xuān bì* 宣痺 ... disbands painful obstruction
- xuān chàng qì jī* 宣暢氣機 ... disseminates and facilitates the qi dynamic
- xuān fèi tiáo qì* 宣肺調氣 ... disseminates and adjusts the Lung qi
- xuān tōng bí qiào* 宣通鼻竅 ... disperses and unblocks the qi of the nasal orifice
- xuán pǐ* 痲痺 ... [Chinese] periumbilical and hypochondriac firmness & pain; [Japanese] chronic muscle cramps [primarily of chest & shoulders] – [both very tentative]
- xuán yǐn* 懸飲 ... suspended thin mucus
- xuǎn* 癬 ... lichenous rash [old tinea]
- xuàn* 眩 ... vertigo
- xuàn yùn* 眩暈 ... dizziness
- xuè* 血 ... blood
- xuè bì* 血痺 ... painful obstruction of the blood
- xuè fēn* 血分 ... blood level or sector [溫病]; blood aspect [elsewhere]
- xuè lín* 血淋 ... painful bloody urinary difficulty
- xuè rè wàng xíng* 血熱妄行 ... chaotic movement of hot blood

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- xuè xià rù zhù* 血下入注 ... blood lodged in the lower burner
- xuè xū* 血虛 ... blood deficiency
- xuè yū* 血瘀 ... blood stasis, or stasis of blood
- xūn* 熏 ... fumes
- xūn zhēng* 熏蒸 ... fumes upwards [path]; evaporates [treatment]
- xún* 循 ... traverses
- yā gān* 牙疳 ... progressive ulceration of the gums
- yān hóu zhǒng tòng* 咽喉腫痛 ... painful and swollen throat
- yān zào* 咽燥 ... parched throat
- yán yǔ nán chū* 言語難出 ... difficulty in expressing oneself or in forming words
- yáng míng* 陽明 ... yang brightness [*yáng míng* OK]
- yáng qiāo mài* 陽蹻脈 ... yang heel vessel [*yáng qiāo mài* OK]
- yáng wéi mài* 陽維脈 ... yang linking vessel [*yáng wéi mài* OK]
- yǎng* 養 ... nourishes
- yāo tòng* 腰痛 ... lower back pain
- yē* 噎 ... dysphagia
- yē gé* 噎膈 ... dysphagia-occlusion
- yè* 液 ... yin fluids, thick fluids
- yí niào* 遺尿 ... enuresis
- yǐ X wéi zhǔ* 以X為主 ... X is paramount
- yì* 益 ... augments, benefits
- yì* 意 ... intention, signification
- yì* 翳 ... superficial visual obstruction
- yì* 抑 ... curbs
- yì dú* 疫毒 ... epidemic toxin
- yì gān* 抑肝 ... curbs the Liver
- yì lì* 疫癘 ... epidemic pestilence
- yì qì* 益氣 ... augments the qi
- yì yīn* 抑陰 ... curbs the yin
- yì yǐn* 溢飲 ... overflowing or flooding thin mucus
- yì yù* 抑鬱 ... despondency
- yīn fèi* 瘖廢 ... mute paraplegia
- yīn jū* 陰疽 ... yin flat abscesses
- yīn qiāo mài* 陰蹻脈 ... yin heel vessel [*yīn qiāo mài* OK]
- yīn wéi mài* 陰維脈 ... yin linking vessel [*yīn wéi mài* OK]
- yīn yǎng* 陰癢 ... genital itching
- yín qì* 淫氣 ... pernicious or out of control qi
- yín shī* ... 淫濕 pernicious dampness
- yǐn* 飲 ... thin mucus
- yíng fēn* 營分 ... nutritive/constructive level/sector
- yíng qì* 營氣 ... nutritive/constructive qi
- yíng xué* 榮穴 ... gushing point [spring OK]
- yǐng* 瘰 ... goiter
- yǐng liú* 瘰癧 ... goiter; neck tumors
- yōng* 癰 ... abscess, sore, ulcer
- yōng jū* 癰疽 ... toxic swellings
- yǒng* 壅 ... clogs
- yōu* 憂 ... worry, upset, melancholy
- yóu féng* 游風 ... roving wind
- yǒu lì mài* 有力脈 ... forceful pulse, pulse with strength
- yǒu xíng zhī xié rè* 有形之邪熱 ... pathogenic heat with form
- yǒu yú* 有餘 ... over abundance, surplus
- yū rè* 瘀熱 ... static heat
- yù* 鬱 ... constrains, constraint
- yù huǒ* 鬱火 ... fire from constraint
- yù tǔ* 燠土 ... warms the earth
- yù yīn* 育陰 ... fosters yin
- yù yù* 鬱鬱 ... melancholy
- yù zhèng* 鬱症 ... constraint or depression
- yuán* 元 ... prime, primal, base
- yuán qì* 元氣 ... primal qi
- yuán qì* 原氣 ... source qi
- yuán xué* 原穴 ... source points
- yuē* 約 ... binds [up] or constrains (a strong Stomach “binds” a weak Spleen)

Draft Glossary for Chinese Medicine

- yuě* 噦 ... eructate
- yuě nì* 噦逆 ... eructation and rebellion
- yuè* 越 ... surmount, disseminate (physiology); overstep (pathology); thrust out, evict (treatment)
- yuè jīng shī tiáo* 月經失調 ... irregular menstruation
- yuè pí* 悅脾 ... delights the Spleen
- yūn* 蘊 ... collects
- yùn* 暈 ... lightheadedness
- yùn pí* 運脾 ... improves the Spleen's transporting function
- zá bìng* 雜病 ... miscellaneous or heterogeneous diseases
- zàng* 臟 ... yin Organs, viscera
- zàng fǔ* 臟腑 ... Organs or yin and yang Organs
- zàng zào* 臟躁 ... restless organ disorder
- zāo pò* 糟粕 ... dregs
- zào* 燥 ... dries (v.), dry, parched (adj.), dryness (n.)
- zào* 躁 ... restlessness
- zào shī* 燥濕 ... dries dampness
- zéi fēng* 賊風 ... bandit wind
- zēng yè* 增液 ... increases fluids
- zhān yǔ* 譫語 ... delirious speech, raving
- zhǎng* 長 ... foster, increase
- zhàng nuè* 瘴瘧 ... miasmatic malarial disorders
- zhēn hán jiǎ rè* 真寒假熱 ... true cold with false heat
- zhēn qì* 真氣 ... true qi
- zhēn rè jiǎ hán* 真熱假寒 ... true heat with false cold
- zhěn* 疹 ... papule, rash
- zhèn* 鎮 ... sedates, pacify, suppresses, hold down
- zhèn chàn* 震顫 ... tremble [v.], tremors [n.]
- zhèn fèn yáng qì* 振奮陽氣 ... stimulates the yang
- zhèn gān* 鎮肝 ... sedates the Liver
- zhèn jīng* 鎮驚 ... sedates fright/jitteriness/palpitations with anxiety/convulsions
- zhèn jìng* 鎮瘧 ... sedates tremors
- zhèn nì* 鎮逆 ... suppresses rebellion
- zhèn shén* 鎮神 ... sedates the spirit
- zhèn tòng* 鎮痛 ... suppresses pain
- zhēng* 蒸 ... steam
- zhēng* 癥 ... fixed [immobile OK] abdominal mass
- zhēng chōng* 怔忡 ... continuous palpitations, panicky throbbing
- zhēng jiǎ* 癥瘕 ... abdominal mass
- zhēng nuè* 正瘧 ... normal malaria
- zhēng rè* 蒸熱 ... vaporized heat
- zhèng* 症 ... condition, disorder
- zhèng* 證 ... pattern
- zhèng qì* 正氣 ... normal qi or antipathogenic factor/qi
- zhī chǔ* 肢楚 ... uncomfortable limbs
- zhī yè fù yóu* 汁液富油 ... rich in greasy fluids
- zhī yǐn* 支飲 ... prodding [or propping] thin mucus
- zhǐ* 止 ... stops, arrests, halts
- zhǐ ké* 止咳 ... stops coughing
- zhǐ lì* 止痢 ... stops dysenteric disorders
- zhǐ tòng* 止痛 ... alleviates pain, stops pain
- zhǐ xuè* 止血 ... stops bleeding
- zhǐ yí* 止遺 ... stops leakage
- zhì* 志 ... resolve, purpose, mind, emotions [*wǔ zhì* 五志 =five emotions]
- zhì* 智 ... intelligence, wisdom
- zhì* 窒 ... jammed; stopped up
- zhì* 制 ... control, restrain
- zhì* 滯 ... stagnates
- zhì fǎ* 治法 ... treatment strategy
- zhì zé* 治測 ... treatment tactic
- zhì zǔo* 制佐 ... corrective assistant
- zhōng jiāo* 中焦 ... middle burner
- zhōng qì* 中氣 ... middle qi
- zhōng qì bù zú* 中氣不足 ... insufficient middle qi
- zhōng zhōu* 中州 ... middle regions
- zhǒng dú* 腫毒 ... intense toxic swellings
- zhǒng zhàng* 腫脹 ... distended
- zhòng fēng* 中風 ... wind-attack [in context of externally-contracted diseases]; wind-stroke

- [elsewhere]
- zhòng jīng* 中經 ... channel-stroke
- zhòng yáng* 重陽 ... hefty yang
- zhòng zàng* 中臟 ... Organ-stroke
- zhú* 逐 ... drives out
- zhú shī* 逐濕 ... drives out dampness
- zhú shuǐ* 逐水 ... drives out water
- zhú tán* 逐痰 ... drives out phlegm
- zhǔ* 主 ... governs; focuses [“X” organ *zhǔ* “y” =X Organ governs/focuses on y (tissue)], masters [“X”方主之 = X formula masters it.
- zhù* 助 ... assists, reinforces
- zhù bìng* 疰病 ... infestitious disease
- zhù cáng* 貯藏 ... stores
- zhù yáng* 助陽 ... assists the yang
- zhù zǔo* 助佐 ... helpful assistant
- zhuāng* 壯 ... fortifies [v.]; vigorous [adj.]
- zhuāng huǒ* 壯火 ... vigorous fire
- zhuāng huǒ shǐ qì* 壯火食氣 ... vigorous fire consumes the qì
- zhuāng jīn gǔ* 壯筋骨 ... fortifies the sinews and bones
- zhuāng rè* 壯熱 ... vigorous fire, sustained high fever
- zhuàng* 撞 ... dash
- zhuī* 追 ... pursues
- zhuó bì* 著痺 ... fixed painful obstruction
- zhuó lín* 濁淋 ... turbid painful urinary dribbling
- zī* 滋 ... enriches
- zī* 資 ... provides for
- zī shèn* 滋腎 ... enriches the Kidneys
- zī yīn* 滋陰 ... enriches the yin
- zǐ bān* 紫斑 ... purple spots or maculae
- zǐ gōng* 子宮 ... Womb
- zōng qì* 宗氣 ... gathering qì
- zǒu* 走 ... mobilize, travels [through/with], extends to, acts on
- zǒu cuàn* 走竄 ... mobile and piercing
- zǒu ér bù shǒu* 走而不守 ... mobile and does not conserve
- zǒu mǎ yá gān* 走馬牙疳 ... rapidly progressing ulceration of the gums
- zǒu zhǔ* 走注 ... running and pouring [down]
- zú qì* 足氣 ... leg qì
- zǔ* 阻 ... obstructs, impedes [as in 阻腸 – impedes the Intestines]
- zuǒ* 佐 ... assistant
- zuǒ fǎn* (or *fǎn zuǒ*) 佐反 ... paradoxical assistant
- zuǒ zhì* 佐制 ... corrective assistant
- zuǒ zhù* 佐助 ... helpful assistant

