

## Draft Glossary for Chinese Medicine: Simplified Character Version – 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.<sup>1</sup>

1. This simplified character version of the present EP gloss for authors has been made by running our traditional character version through a converting program; it has not been checked for accuracy.

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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* 懊恼 ... anguish and vexation  
*bā gāng* 八纲 ... eight parameters  
*bā huì xué* 八会穴 ... eight meeting points  
*bá* 拔 ... draws out, uproot  
*bá dú* 拔毒 ... uproots toxicity  
*bái dài* 白带 ... white vaginal discharge  
*bái hóu* 白喉 ... diphtherial disorder  
*bái péi* 白痞 ... miliaria alba  
*bái xiè fēng* 白屑风 ... white scaling wind  
*bài* 败 ... defeats, overcomes, corrupts  
*bài dú* 败毒 ... overcomes toxin  
*bài xuè* 败血 ... 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* 胞转 ... 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* 鼻窍 ... nasal passages or nasal orifice  
*bí yuān* 鼻渊 ... deep-source nasal congestion  
*bì* 闭 ... blocked  
*bì* 避 ... repels, clears away  
*bì huì* 辟秽 ... clears away foulness  
*bì jīng* 闭经 ... amenorrhea  
*bì zhèng* 闭症 ... closed-type stroke  
*bì zhèng* 痺症 ... [painful] obstruction  
*bì zhì* 鼻痔 ... nasal piles  
*biàn táng* 便塘 ... loose stool  
*biàn zhèng* 辨证 ... pattern differentiation  
*biāo běn* 标本 ... manifestation and root OR branch and root OK  
*biǎo bú gù* 表不固 ... instability of the exterior  
*bǐng fù* 禀赋 ... [natural] endowment  
*bìng jī* 病机 ... pathodynamic  
*bó* 薄 ... thin, flimsy  
*bó* 搏 ... contend  
*bú mèi* 不寐 ... insomnia  
*bǔ* 补 ... tonifies  
*bù* 布 ... spread out/ spread throughout  
*bù chàng* 不畅 ... impeded  
*bù níng* 不宁 ... 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* 惨惨 ... dull [as in pain]  
*cáo zá* 嘈杂 ... indefinable epigastric discomfort  
*chā shǒu mào xīn* 叉手冒心 ... cross hands to cover the heart  
*chán hóu fēng* 缠喉风 ... entangling throat wind disorder  
*chàn dǒu* 颤抖 ... quivering  
*cháng fēng* 肠风 ... Intestinal wind  
*cháng fǔ bù tōng* 肠腑不通 ... lack of passage through the Intestines  
*cháng kū* 肠枯 ... dessicated Intestines

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- cháng mài* 长脉 ... long pulse
- cháng yōng* 肠痈 ... Intestinal abscess
- chàng* 畅 ... facilitated, patent, open, unimpeded
- chàng qì jī* 畅气机 ... facilitates the qi dynamic
- chàng shén* 畅神 ... ease the spirit
- cháo rè* 潮热 ... tidal fever or afternoon tidal fever
- chè* 撤 ... remove
- chēn* 膜 ... bloating
- chén* 臣 ... deputy [ingredient]
- chén mài* 沉脉 ... submerged pulse
- chéng* 乘 ... overwhelms, encroaches on, rides, travels
- chéng pí* 乘脾 ... exploits/ encroaches on the Spleen
- chí mài* 尺脉 ... proximal pulse
- chí mài* 迟脉 ... slow pulse
- chí zòng* 迟纵 ... slack
- chì bái dài* 赤白带 ... red and white vaginal discharge
- chì rè* 炽热 ... blazing heat
- chōng* 充 ... full, ample, brimming [adj.]; fills up [v.]
- chóng tǔ* 崇土 ... promotes earth
- chòng* 冲 ... gushes, flushes
- chòng mài* 冲脉 ... penetrating vessel [*chòng mài* OK]
- chòng xià* 冲下 ... flushes downward
- chōu chù* 抽搐 ... muscle twitches, tics
- chóu* 愁 ... grief
- chú* 除 ... eliminates, gets rid of
- chú fǎn* 除烦 ... eliminates irritability
- chú shī* 除湿 ... eliminates dampness
- chù* 怵 ... alarm
- chuǎn* 喘 ... wheezing
- chuàn tòng* 串痛 ... pain that penetrates through to the back
- chuāng yáng* 疮疡 ... sores
- chūn wēn* 春温 ... spring-warmth
- cōng* 聪 ... sharpens, improves
- cōng ěr* 聪耳 ... improves hearing
- còu* 凑 ... bears [on]
- còu lǐ* 腠理 ... interstices and pores
- cù mài* 促脉 ... rapid-irregular pulse [Kuriyama - irregular]
- cuàn* 窜 ... scurry, flee [v.]; expeditious [adj.]
- cūi* 催 ... expedites, promotes
- cūi rǔ* 催乳 ... promotes lactation
- cùn mài* 寸脉 ... distal pulse
- cuō kōng* 撮空 ... [hallucinations characterized by] grasping at air
- cuō tòng* 撮痛 ... squeezing pain
- cuò shǎn* 挫闪 ... contusion and sprain
- cuò zōng* 错综 ... interlocked [complex]
- dá* 达 ... 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* 大补 ... powerfully tonifies
- dà cháng yè kuī* 大肠液亏 ... exhausted Large Intestine fluids
- dà cháng* 大肠 ... Large Intestine
- dà mài* 大脉 ... large pulse
- dà qì* 大气 ... great qi
- dà tóu wēn* 大头温 ... massive head febrile disorder
- dài* 怠 ... fatigue and lethargy
- dài mài* 代脉 ... consistently irregular pulse [Kuriyama -faltering]
- dài mài* 带脉 ... girdle vessel [*dài mài* OK]
- dài yáng* 戴阳 ... upcast yang, [face] made up with yang
- dān dú* 丹毒 ... erysipelas
- dān nuè* 瘧疟 ... pure heat malaria
- dān tián* 丹田 ... cinnabar field
- dǎn* 胆 ... Gallbladder
- dàn hóng* 淡红 ... pink
- dàn shèn lì shī* 淡渗利湿 ... blandly leaches out and resolves dampness
- dàng* 荡 ... flush away usually in *dàng dí*
- dàng dí rè xié* 荡涤热邪 ... flush away pathogenic heat

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<i>dǎo</i> 导 ... guides out	<i>duō mèi zhèng</i> 多寐症 ... excessive sleeping
<i>dǎo jī</i> 导积 ... guide out accumulation	<i>duō yǐn</i> 多饮 ... excessive drinking
<i>dǎo zhì</i> 导滞 ... guides out stagnation	<i>duó</i> 夺 ... plunders
<i>dào hàn</i> 盗汗 ... night sweats	<i>duò</i> 惰 ... indolence
<i>dào jīng</i> 倒经 ... inverted menses	<i>è</i> 恶 ... noxious
<i>dào qì</i> 盗气 ... pilfers qi	<i>è chuāng</i> 恶疮 ... noxious sores
<i>dī rè</i> 低热 ... low-grade fever	<i>è</i> 遏 ... holds [something] in, hinders, retains, traps
<i>dí</i> 涤 ... scours [out], flushes [away]	<i>è nì</i> 呃逆 ... hiccough
<i>dí tán</i> 涤痰 ... scours out phlegm	<i>ěr lóng</i> 耳聋 ... deafness
<i>diān</i> 癫 ... withdrawal; yin madness	<i>ěr míng</i> 耳鸣 ... tinnitus
<i>diān kuáng</i> 癫狂 ... withdrawal-mania, insanity, psychosis	<i>è xuè</i> 恶血 ... noxious blood
<i>diān xián</i> 癫痫 ... seizures	<i>è zhòng</i> 恶中 ... noxious attack
<i>dìng</i> 疔 ... rooted sores	<i>fā</i> 发 ... stimulates, promotes. induces, discharges [in tx strategy]; develops, manifests [in pathology]
<i>dìng</i> 定 ... settles [down]	<i>fā bèi</i> 发背 ... headed flat abscesses of the back
<i>dìng chuǎn</i> 定喘 ... settles [down] wheezing	<i>fā biǎo</i> 发表 ... discharges exterior conditions
<i>dìng dú</i> 疔毒 ... deep-set rooted toxic sores	<i>fā hàn</i> 发汗 ... induces sweating
<i>dìng fēng</i> 定风 ... settles wind	<i>fā sàn</i> 发散 ... discharges and disperses
<i>dìng jīng</i> 定惊 ... settles [down] jitteriness, convulsions, fright, or shock	<i>fá</i> 伐 ... hew, curtail, cut down
<i>dìng jìng</i> 定痉 ... 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> 藩篱空疏 ... outside hedge has holes
<i>dōng wēn</i> 冬温 ... winter-warmth	<i>fán</i> 燔 ... flaring
<i>dōng yuè fú shǔ</i> 冬越伏暑 ... winter-extruding lurking summerheat	<i>fán</i> 烦 ... irritability
<i>dòng</i> 动 ... disturb, move, disrupt, stir, agitate [v.]; disruption, perturbation, stirring, agitation [n.]	<i>fán téng</i> 烦疼 ... achy and uncomfortable
<i>dòng bìng</i> 动病 ... disruptive disease	<i>fán yuān</i> 烦冤 ... distress
<i>dòng mài</i> 动脉 ... moving/disturbed pulse	<i>fán zào</i> 烦躁 ... irritability and restlessness
<i>dòng xiè</i> 洞泄 ... cavernous diarrhea	<i>fǎn kè</i> 反克 ... reverse control
<i>dōu sè</i> 兜涩 ... binding confinement	<i>fǎn mài</i> 反脉 ... transposed pulse
<i>dòu</i> 痘 ... pox	<i>fǎn wèi</i> 反胃 ... upset stomach
<i>dū mài</i> 督脉 ... 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> 毒气 ... toxic qi	<i>fáng</i> 妨 ... impedes
<i>duǎn mài</i> 短脉 ... short pulse	<i>fáng fǔ</i> 防腐 ... prevents putrefication
	<i>fèi</i> 肺 ... Lungs
	<i>fèi qì bù xuān</i> 肺气不宣 ... failure of the Lung to disseminate qi

- fèi yōng* 肺痈 ... Lung abscess
- fēn* 分 ... level or sector [in 四分]; aspect [elsewhere]
- fēn lì shī rè* 分利湿热 ... separates and drains out damp-heat
- fēn ròu* 分肉 ... flesh interstices
- fēn cì* 粉刺 ... white thorns, pimples
- fēng* 风 ... wind
- fēng fèi* 风废[痺] ... disability from wind
- fēng hán* 风寒 ... wind-cold
- fēng hán shù biǎo* 风寒束表 ... wind-cold fetters the exterior
- fēng hán xí fèi* 风寒袭肺 ... wind-cold assaults the Lungs
- fēng láo* 风癆 ... wind consumption
- fēng rè* 风热 ... wind-heat
- fēng shī* 风湿 ... wind-dampness
- fēng shuǐ* 风水 ... wind edema
- fēng wēn* 风湿 ... wind-warmth
- fēng yǐn zhěn* 风隐疹 ... wind concealed rash; urticaria
- fēng zào* 风燥 ... wind-dryness
- fēng zhěn* 风疹 ... wind rash
- fú* 扶 ... supports
- fú* 伏 ... lurking
- fú huǒ* 伏火 ... lurking fire
- fú liáng* 伏梁 ... hidden beam
- fú mài* 浮脉 ... floating pulse
- fú mài* 伏脉 ... hidden pulse
- fú qì* 伏气 ... lurking qi
- fú rè* 伏热 ... lurking heat
- fú zhēng* 扶正 ... supports the normal [qi]
- fú zhǒng* 浮肿 ... floating edema
- fǔ* 腑 ... yang organs, bowels
- fǔ* 腐 ... moldy; putrefies, decompose, decomposition
- fǔ* 府 ... dwelling [as in 腰为肾之府 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* 复脉 ... restores the pulse
- fù xiè* 腹泄 ... diarrhea
- gān* 肝 ... Liver
- gān fēng nèi chì* 肝风内炽 ... internal blazing of Liver wind
- gān fēng nèi dòng* 肝风内动 ... 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* 疳积 ... childhood nutritional impairment [Also, esp. in 温病, refers to progressive sores or ulcers, as is 牙疳 and 下疳]
- gān lái chéng pí* 肝来乘脾 ... Liver comes to overwhelm the Spleen
- gān qì héng fàn* 肝气横犯 ... transverse rebellion of Liver qi accosting [the Spleen]
- gān qì yù jié* 肝气郁结 ... constrained and clumped Liver qi
- gān yáng shàng kàng* 肝阳上亢 ... ascendant Liver yang
- gān zhǔ shū xiè* 肝主疏泄 ... Liver governs dredging and draining
- gāng* 刚 ... rigorous
- gāo lín* 膏淋 ... turbid painful urinary dribbling [cloudy OK]
- gé* 膈 ... diaphragm
- gé* 格 ... rejecting/repelling
- gé fán* 膈烦 ... sensation of irritability in the diaphragm
- gé mài* 革脉 ... leather pulse
- gōng dú* 攻毒 ... attacks toxin
- gōng jī* 攻积 ... attacks accumulation
- gōng shàng* 攻上 ... attacks upwards
- gōng xià* 攻下 ... purges
- gōng zhú hán jī* 攻逐寒积 ... attack and drive out cold accumulation
- gòu* 垢 ... foul, filth

- gū yáng* 孤阳 ... orphaned yang
- gǔ* 骨 ... bones
- gǔ bì* 骨痺 ... painful obstruction of the bone
- gǔ dú* 蛊毒 ... *gǔ* toxin
- gǔ jié téng fán* 骨节疼烦 ... bones and joints are achy and bothersome
- gǔ qì* 谷气 ... food qi
- gǔ wǔ* 鼓舞 ... stimulate, drum-up, inspire
- gǔ zhàng* 鼓胀 ... 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* 固涩 ... secures and binds
- gù tuō* 固脱 ... secures abandoned disorders
- guā* 刮 ... peeled [tongue]
- guān gé* 关格 ... plugged and rejecting/repelling disorder
- guān jié jū luán* 关节拘挛 ... contraction and tension of the joints
- guān mài* 关脉 ... middle pulse [position]
- guī* 归 ... restores
- gǔn tán* 滚痰 ... roiling, breaks up phlegm
- guò kè* 过克 ... over-control
- hán* ... 寒 cold, chills
- hán rè* 寒热 ... fever and chills (simultaneous)
- hán rè wǎng lái* 寒热往来 ... alternating fever and chills
- hán shèng* 寒盛 ... abundant cold
- hán shī* 寒湿 ... damp-coldness
- hán shī kùn pí* 寒湿困脾 ... damp-cold encumbers the Spleen
- hán tán* 寒痰 ... cold-phlegm
- hán xié fàn fèi* 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* 寒滞肝脉 ... 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* 鹤膝风 ... crane's knee wind
- hóng mài* 洪脉 ... flooding pulse
- hóu bì* 喉痺 ... painful obstruction of the throat
- hòu tiān zhī jīng* 后天之精 ... postnatal essence
- hù* 护 ... shields [from/by]
- hù yáng* 护阳 ... shields the yang
- huá* 滑 ... slippery, leakage
- huá cháng* 滑肠 ... lubricates the Intestines
- huá mài* 滑脉 ... slippery pulse
- huá tuō* 滑脱 ... leakage and loss
- huà* 化 ... transforms
- huà jiān* 化坚 ... transforms firmness/ hardness
- huà qì* 化气 ... promotes the activities of qi transformation
- huà shī* 化湿 ... transforms dampness
- huà tán zhǐ ké* 化痰止咳 ... transforms phlegm and stops coughing
- huǎn* 缓 ... moderates, relaxes
- huǎn gān* 缓肝 ... relaxes the Liver
- huǎn jí* 缓急 ... moderates [spasmodic abdominal] pain or relaxes tension
- huǎn jiě* 缓解 ... relaxes and relieves
- huǎn mài* 缓脉 ... moderate or lax pulse
- huǎn xiāo zhēng kuài* 缓消症块 ... relaxes and reduces fixed abdominal masses
- huàn* 患 ... suffer [v]; calamity [n]
- huàn* 涣 ... dissipates
- huàn sǎn* 涣散 ... 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  
*huí jué* 蛔厥 ... collapse from roundworm  
*huí yáng* 回阳 ... revives the yang  
*huí yáng jiù nì* 回阳救逆 ... revives the yang and rescues from rebellion  
*huì è zhī qì* 秽恶之气 ... annihilating and foul qi  
*huì xué* 会穴 ... meeting points [8]  
*huì zhuó* 秽浊 ... 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* 活经 ... invigorates the channels  
*huó luò* 活络 ... invigorates the collaterals  
*huó xuè* 活血 ... invigorates the blood  
*huǒ* 火 ... fire  
*huǒ dú* 火毒 ... fire toxin  
*huǒ qì bì mì* 火气闭塞 ... shut in and concentrated fire qi  
*huò* 豁 ... dislodges, forcefully removes  
*huò luàn* 霍乱 ... sudden turmoil disorder  
*huò tán* 豁痰 ... dislodges phlegm  
*jī* 肌 ... muscles, muscle layer  
*jī* 积 ... accumulations  
*jī jù* 积聚 ... accumulations and clusters  
*jī liú* 稽留 ... be detained, hang around, retained  
*jí* 急 ... urgency, [severe] tightness; hypertonicity [Liver]  
*jí mài* 急脉 ... urgent pulse  
*jí mài* 疾脉 ... racing pulse  
*jí zào* 急躁 ... restless agitation, impatience  
*jiǎ* 瘕 ... mobile abdominal mass, conglomeration  
*jiǎ jù* 瘕聚 ... conglomerations and gatherings  
*jiān* 坚 ... fortifies [tx], firms [dx], hard [pulse, adj.]  
*jiān jiào* 尖叫 ... sudden shrieking  
*jiān yīn* 坚阴 ... fortifies the yin  
*jiān zhèng* 兼症 ... concurrent symptom  
*jiǎn* 减 ... 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* 健运脾胃 ... strengthens the transporting functions of the Spleen and Stomach  
*jiàn zhōng* 建中 ... builds up/constructs the middle  
*jiàng* 降 ... directs downward, descends  
*jiàng* 绛 ... scarlet  
*jiàng huǒ* 降火 ... directs fire downward  
*jiàng nì* 降逆 ... [re]directs rebellious [qi] downward  
*jiàng zhuó* 降浊 ... directs turbidity downward  
*jiāo huì xué* 交会穴 ... confluent points [of 8 extra channels]  
*jiào tòng* 疔痛 ... hypertonic pain [see xiù tòng]  
*jiǎo gōng fǎn zhāng* 角弓反张 ... arched back rigidity (aka opisthotonus)  
*jiǎo qì* 脚气 ... leg qi  
*jiē* 疔 ... boil  
*jiē gǔ* 接骨 ... joins bones  
*jié* 结 ... clumping, knotting  
*jié* 竭 ... spent, [n.] exhaustion  
*jié* 劫 ... removed by force  
*jié mài* 结脉 ... slow-irregular pulse [Kuriyama - halting]  
*jié nuè* 截疟 ... checks malarial disorders  
*jié tān* 截瘫 ... traumatic paraplegia  
*jié tán* 截痰 ... bursts [clogged] phlegm  
*jié xiōng zhèng* 结胸症 ... clumping in the chest disorder  
*jié yīn* 劫阴 ... 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* 解痉 ... releases spasms
- jiě rè* 解热 ... resolves heat
- jiě shǔ* 解暑 ... resolves summerheat
- jiě tòng* 解痛 ... relieves pain
- jiě yù* 解郁 ... relieves constraint
- jīn* 筋 ... sinews
- jīn* 津 ... yang fluids, thin fluids
- jìn* 劲 ... powerful
- jīn bì* 筋痺 ... painful obstruction of the sinews
- jīn yè* 津液 ... fluids
- jìn* 尽 ... [totally] gone, expended, finished, exhausted
- jǐn mài* 紧脉 ... tight pulse
- jīng* 惊 ... jitteriness, anxiety, convulsions, fright, shock
- jīng* 经 ... channels, stages, warps
- jīng* 精 ... essence
- jīng fēng* 惊风 ... childhood convulsions, [fright seizures also OK]
- jīng jīn* 经筋 ... 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* 惊妄 ... fright mania
- jīng xué* 经穴 ... traversing point [river point OK]
- jǐng tì* 警惕 ... easily startled
- jǐng xué* 井穴 ... well point
- jìng* 劲 ... sturdy, strong
- jìng* 痉 ... [muscular] tetany, spasms
- jiǒng jiǒng* 炯炯 ... overly bright and feverish [eyes]
- jiǔ tòng rù luò* 久痛入络 ... long-term pain enters the collaterals
- jū* 疽 ... swelling
- jū* 居 ... dwells
- jǔ* 举 ... lifts
- jù* 惧 ... dread
- jù* 聚 ... gathers up, pools (fluids), cluster, collects
- jù* 剧 ... severe
- jù yáng* 巨阳 ... grand yang [synonym for greater yang]
- juān bì* 蠲痺 ... removes painful obstructions
- juǎn* 卷 ... rolled
- jué* 厥 ... collapse [in 逆气自下而上]; inversion [in either 忽然昏晕 or 手足逆冷]
- jué* 绝 ... cut off, severed
- jué yīn* 厥阴 ... terminal yin or reversing yin [*jué yīn* OK]
- jūn* 君 ... chief, sovereign
- jūn huǒ* 君火 ... sovereign fire
- jùn* 峻 ... drastic, intense
- jùn bǔ* 峻补 ... 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* 开 ... opens, unbinds
- kāi bì* 开痺 ... unbinds painful obstruction
- kāi dá mó yuán* 开达膜原 ... opens [up] and spreads the qi and penetrates to the membrane source
- kāi jié* 开结 ... opens up clumps/knots/knotted areas
- kāi qiào* 开窍 ... opens the orifices
- kāi xiōng* 开胸 ... unbinds the chest
- kāi yīn* 开音 ... restores the voice
- kāi yù* 开郁 ... opens up areas of constraint
- kàng* 亢 ... hyperactivity
- kè* 客 ... lodges, resides
- kè* 克 ... upbraid
- kè qì* 客气 ... visitant qi
- kè rè* 客热 ... visitant heat
- kè xiāo* 刻削 ... whittles away
- kōng qì* 空气 ... qi from air
- kǒng* 恐 ... fear
- kōu mài* 芤脉 ... hollow pulse
- kǒu dàn* 口淡 ... bland sensation in the mouth and an inability to taste food
- kǒu yǎn wāi xié* 口眼歪斜 ... deviation of the mouth and eyes

- kū* 枯 ... desiccated, parched
- kǔ* 苦 ... bitter
- kuài gé* 快膈 ... eases the diaphragm [不快sense of unease]
- kuài qì* 快气 ... felicitates the qi
- kuān* 宽 ... expands, eases
- kuān cháng* 宽肠 ... eases the Intestines
- kuān xiōng* 宽胸 ... expands the chest
- kuān zhōng* 宽中 ... eases the middle
- kuáng* 狂 ... mania, yang madness
- kuáng luàn* 狂乱 ... manic and disorderly
- kuáng zào wang dong* 狂躁妄动 ... manic agitation and rash behavior
- kūi* 亏 ... exhausted
- kui jiān* 溃坚 ... induces ulceration
- kùn* 困 ... encumbers
- lài* 癞 ... leprous disorders
- lǎn yán* 懒言 ... laconic speech
- làn* 烂 ... macerated
- làn hóu shā* 烂喉痧 ... putrefying throat granular disorder
- láo* 劳 ... overwork, consumptive disorder, consumption
- láo lín* 淋 ... consumptive painful urinary dribbling
- láo mài* 牢脉 ... confined pulse
- lèi* 泪 ... tears
- lèi fū* 肋 ... ribs, costal region
- lǐ* 里 ... interior
- lǐ* 理 ... regulates
- lǐ jí* 里急 ... abdominal urgency, interior tension/hypertonicity
- lǐ jí hòu zhòng* 里急后重 ... tenesmus
- lǐ qì* 理气 ... regulates qi
- lǐ rè yù jié* 里热郁结 ... 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* 利胆 ... 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* 历节病 ... panarthralgia
- lì niào* 利尿 ... promotes urination
- lì qì* 疠气 ... pestilential qi
- lì qiào* 利窍 ... facilitate passage through the orifices/apertures
- lì shī* 利湿 ... facilitates/promotes resolution of dampness; resolves dampness
- lì shuǐ shèn shī* 利水渗湿 ... 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* 敛 ... preserves, inhibits, restrains
- liǎn chuāng* 敛疮 ... helps close sores
- liǎn fèi* 敛肺 ... preserves the Lungs
- liǎn hàn* 敛汗 ... inhibits sweating
- liàn* 恋 ... clings, attaches to
- liàn yè* 炼液 ... condenses the fluids
- liǎn yīn* 敛阴 ... preserves the yin
- liàn* 练 ... blanches
- liáng* 凉 ... cools
- liáng xuè* 凉血 ... cools the blood
- liáo* 疗 ... remedies
- liè* 烈 ... violent, intense
- liè wén* 裂文 ... cracks
- lín lí* 淋漓 ... dribbling [urination]
- lín lí bù zhǐ* 淋漓不止 ... 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* 留热 ... lingering heat
- liú shī* 流湿 ... causes dampness to flow away [tentative]
- liú yǐn* 留饮 ... lingering thin mucus

- liú zhǔ* 流注 ... spreading, flow into; spreading sores  
*liù jīng* 六经 ... six stages, six warps, six channels, six axes  
*liù yín* 六淫 ... six pernicious influences  
*lóng bì* 癃闭 ... urinary blockage  
*lòu* 漏 ... light uterine bleeding, leaking, spotting  
*lòu* 痿 ... chronic sores  
*lù* 虑 ... deliberation  
*luǒ li* 瘰疬 ... scrofula  
*luò* 络 ... [n.] collaterals; [v.] connects, reticulates  
*luò xué* 络穴 ... connecting points, collateral points  
*má* 麻 ... numbness, tingling  
*má bì* 麻痹 ... paralysis  
*má mù* 麻木 ... numbness and paresthesia  
*mài* 脉 ... [blood] vessels  
*mài xiàng mó hu* 脉象模糊 ... indistinct pulse  
*mǎn* 满 ... fullness  
*máng cì* 芒刺 ... prickles  
*máo* 毛 ... [body] hair  
*mèn* 闷 ... stifling sensation  
*méng bì* 蒙蔽 ... veils  
*měng liè* 猛烈 ... fierce and violent  
*mí màn* 弥漫 ... spreads throughout  
*miàn chì* 面赤 ... flushed complexion  
*miàn huáng* 面黄 ... sallow complexion  
*miàn jī jìng luán* 面肌痉挛 ... facial tic  
*miàn sè* 面色 ... complexion  
 — *bù huá* 不华 ... lusterless  
 — *cāng bái* 苍白 ... dusky pale  
 — *cháo hóng* 潮红 ... flushed  
 — *dàn bái* 淡白 ... dull pale  
 — *guāng bái* 光白 ... shiny, pale  
 — *wěi bái* 萎白 ... pallid  
 — *wěi huáng* 萎黄 ... wan  
*míng* 明 ... brightens, clears, or enlightens  
*míng mù* 明目 ... clears the eyes, improves vision  
*mìng mén* [huǒ] 命门[火] ... gate of vitality [fire]  
*mó* 磨 ... grinds away, wears  
*mó jī* 磨积 ... 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* 目胀 ... distended eyes  
*nà* 纳 ... accepts [Kidneys]; takes in {Stomach, Liver}  
*nà chà* 纳差 ... decreased [food] intake  
*nǎo lòu* 脑漏 ... seepage from the brain  
*nǎo míng* 脑鸣 ... ringing in the brain  
*nǎo rè* 脑热 ... feverish sensation in the head  
*nèi* 内 ... internal, inside  
*nèi shāng fā rè* 内伤发热 ... feverishness from internal damage  
*nèi yǒu yù rè* 内有郁热 ... internal heat due to constraint  
*nì* 逆 ... rebellious, counterflow  
*nì* 膩 ... greasy [coating], cloying [substances]  
*nì chuán* 逆传 ... abnormal transmission  
*nì liú wǎn zhōu* 逆流挽舟 ... hauling the boat upstream  
*nì mài* 逆脉 ... rebellious pulse  
*nián chóu tán* 黏稠痰 ... sticky sputum  
*níng* 凝 ... congeals  
*níng* 宁 ... makes tranquil, [calms OK]  
*níng shén* 宁神 ... makes the spirit tranquil  
*nòng (shé)* 弄[舌] ... moving (tongue)  
*nù* 怒 ... anger  
*nuǎn* 暖 ... warms  
*nüè jí* 疟疾 ... malarial disorder  
*pái* 排 ... pushes out or expels

- pái nóng* 排脓 ... expels pus
- pái shí* 排石 ... pushes out stones
- páng guāng* 膀胱 ... Bladder
- páng guāng shī yuē* 膀胱失约 ... loss of Bladder control
- péi* 培 ... nurtures
- péi shèn* 培肾 ... nurtures the Kidneys
- pī* 劈 ... cuts through
- pí* 皮 ... skin
- pí* 脾 ... Spleen
- pí bù tǒng xuè* 脾不统血 ... Spleen cannot govern blood
- pí fū* 皮肤 ... skin, skin and subcutaneous tissues
- pí qì xià xiàn* 脾气下陷 ... sunken Spleen qi
- pí qì xū* 脾气虚 ... Spleen qi deficiency
- pí ruò* 脾弱 ... frail Spleen
- pí shuǐ* 皮水 ... skin edema
- pí yùn shī rè* 脾蕴湿热 ... damp-heat collects in the Spleen
- pǐ* 痞 ... focal distention
- pǐ* 癖 ... ensconced lumps
- pǐ kuài* 癖块 ... painless lumps
- pì* 辟 ... clears away
- pì huì* 辟秽 ... 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* 平肝熄风 ... 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* 破阴 ... breaks up (accumulations) of yin
- qí héng zhī fǔ* 奇恒之腑 ... miscellaneous Organs
- qí jīng* 奇经 ... extraordinary channels
- qí shàng kǒng* 脐上恐 ... 'butterflies' above the navel
- qǐ bì* 启闭 ... opens up closure/closed [disorders], opens up blockage
- qì bù huà* 气不化 ... qi cannot transform
- qì fēn* 气分 ... qi level or sector [温病]; qi aspect
- qì jī* 气机 ... qi dynamic
- qì kǒu* 气口 ... qi openings
- qì nǐ* 气逆 ... rebellious qi
- qì xiàn* 气陷 ... sinking qi
- qì xū* 气虚 ... qi deficiency
- qì yíng liǎng fān* 气营两燔 ... blazing [fire] in both the qi and nutritive [levels]
- qì zhì* 气滞 ... stagnant qi
- qián* 潜 ... anchors, subdues
- qián yáng* 潜阳 ... anchors the [errant] yang
- qiáng* 强 ... strengthens
- qiáng jīn gǔ* 强筋骨 ... strengthens the sinews and bones
- qiáng mài* 强脉 ... [overly] strong pulse
- qiáng yìng* 强硬 ... 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* 清热热痰 ... cools & transforms phlegm-heat
- qīng máng* 青盲 ... insidious loss of vision without visible physical changes to the eye
- qīng nǎo* 清脑 ... clears the brain
- qīng qiào* 清窍 ... clears consciousness, clears the sensory orifices
- qīng rè* 清热 ... clears heat
- qīng sù* 清肃 ... clearing and clarifying
- qīng xuān zào xié* 轻宣燥邪 ... gently disperses dryness
- qīng zào* 清燥 ... clears dryness

## Draft Glossary for Chinese Medicine: Simplified Character Version

<i>qiū dāi zǐ</i> 秋呆子 ... autumnal obtuseness	<i>rè zhuó yíng yīn</i> 热灼营阴 ... heat scorching the yin of the nutritive level
<i>qiū zào</i> 秋燥 ... autumn-dryness	<i>rèn mài</i> 任脉 ... Conception vessel [ <i>rèn mài</i> OK]
<i>qū</i> 躯 ... physical body	<i>rì bǔ cháo rè</i> 日晡潮热 ... afternoon fevers
<i>qū</i> 祛 ... dispels	<i>róng</i> 荣 ... manifestation
<i>qū</i> 驱 ... expels, drives, reins in	<i>róu gān</i> 柔肝 ... softens the Liver
<i>qū chóng</i> 驱虫 ... expels parasites	<i>róu jīn</i> 柔筋 ... make the sinews supple
<i>qū fēng shī</i> 祛风湿 ... dispels wind-damp	<i>ròu</i> 肉 ... flesh
<i>qū hán</i> 祛寒 ... dispels cold	<i>rú</i> 濡 ... moisten [v.], soggy[adj.]
<i>qū yū</i> 祛瘀 ... dispels blood stasis	<i>rú mài</i> 濡脉 ... soggy pulse
<i>qū zhú</i> 驱逐 ... banish	<i>rǔ pǐ</i> 乳癖 ... breast lumps
<i>qù</i> 去 ... gets rid of	<i>rǔ yōng</i> 乳痈 ... breast abscess
<i>què</i> 却 ... depart, retreat	<i>ruǎn</i> 软 ... softens
<i>rǎo</i> 扰 ... harass, derange, make a disturbance, make trouble	<i>ruǎn jiān</i> 软坚 ... softens areas of hardness
<i>rǎo dòng xīn shén</i> 扰动心神 ... derange/harass and disturb the Heart (spirit)	<i>ruǎn mài</i> 软脉 ... soft pulse
<i>rè</i> 热 ... hot, heat, feverish, fever	<i>rùn</i> 润 ... moistens, lubricates
<i>rè bì</i> 热痺 ... hot painful obstruction	<i>rùn cháng</i> 润肠 ... moistens the Intestines
<i>rè bìng</i> 热病 ... febrile diseases	<i>rùn xià</i> 润下 ... moistening laxative
<i>rè chòng tóu</i> 热冲头 ... sensation of heat rushing to the head	<i>ruò mài</i> 弱脉 ... frail pulse
<i>rè dú</i> 热毒 ... heat toxin	<i>sāi</i> 塞 ... plugs
<i>rè dú yūn jié</i> 热毒蕴结 ... collected clumped heat toxin	<i>sān jiāo</i> 三焦 ... Triple Burner
<i>rè fèi wěi</i> 热肺痿 ... hot Lung atrophy	<i>sàn</i> 散 ... scatters, disperses
<i>rè jí</i> 热积 ... heat accumulation	<i>sàn fēng</i> 散风 ... scatters or disperses wind
<i>rè jié</i> 热结 ... clumped heat	<i>sàn hán</i> 散寒 ... scatters or disperses cold
<i>rè jié páng liú</i> 热结旁流 ... heat clumping with circumfluence	<i>sàn jié</i> 散结 ... dissipates, disperses clumps, knots or nodules
<i>rè rǎo xīn</i> 热扰心 ... heat deranging /harassing the Heart	<i>sàn mài</i> 散脉 ... scattered pulse
<i>rè rù xuè shì</i> 热入血室 ... heat enters the blood chamber	<i>sàn mǎn</i> 散满 ... disperses fullness
<i>rè shèng</i> 热盛 ... [over]abundant heat	<i>sàn yū</i> 散瘀 ... disperses stasis
<i>rè tán</i> 热痰 ... hot phlegm	<i>sàn yù huǒ</i> 散郁火 ... disperses fire from constraint
<i>rè xié yǒng fèi</i> 热邪壅肺 ... heat pathogen clogs the Lungs	<i>sàn zhǒng</i> 散肿 ... disperses swelling
<i>rè zhuó xiōng gé</i> 热灼胸膈 ... heat scorching the chest and diaphragm	<i>sè</i> 涩 ... binds [action]; rough (urination)
	<i>sè cháng</i> 涩肠 ... binds up the Intestines
	<i>sè jīng</i> 涩精 ... binds essence
	<i>sè mài</i> 涩脉 ... rough pulse [choppy OK]
	<i>shā chóng</i> 杀虫 ... kill parasites

- shā lín* 砂淋 ... gravelly painful urinary dribbling  
*shān lán zhàng nuè* 山岚瘴疟 ... mountain mist  
 miasmatic malarial disorder  
*shàn* 疝 ... bulging disorder  
*shàn qì* 疝气 ... bulging qi [disorder]  
*shāng* 伤 ... damages  
*shāng hán* 伤寒 ... cold-damage  
*shāng shí* 伤食 ... food-damage  
*shàng* 上 ... ascends, upwardly  
*shàng chòng* 上冲 ... gushes upward, upflushing  
*shàng jiāo* 上焦 ... upper burner  
*shàng fàn* 上犯 ... upwardly accosts or trespasses  
*shàng gàn* 上千 ... strikes upward  
*shàng téng* 上腾 ... 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* 烧热 ... searing heat  
*shào yáng* 少阳 ... lesser yang [*shào yáng* OK]  
*shào yīn* 少阴 ... lesser yin [*shào yīn* OK]  
*shé dān* 蛇丹 ... snake-creeping red papules  
*shè* 摄 ... contains  
*shè* 射 ... shoots  
*shè* 舍 ... settles [into], shelters  
*shè xuè* 摄血 ... contains blood  
*shēn hán tòng* 身寒痛 ... generalized coldness and pain  
*shēn kūn* 身困 ... heavy lethargy  
*shēn rè* 身热 ... [generalized] fever  
*shēn rè bù yáng* 身热不扬 ... 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* 神识如蒙 ... fuzzy thinking  
*shén shuāi* 神衰 ... lethargic level of consciousness  
*shén yáo* 神摇 ... carousing of the spirit  
*shén zhì chī dāi* 神志痴呆 ... dementia  
*shén zhì cuò luàn* 神志错乱 ... derangement  
*shèn* 肾 ... Kidneys  
*shèn* 渗 ... leaches out, filters out, percolates; [physio.]  
 permeates  
*shèn bú nà qì* 肾不纳气 ... Kidneys cannot accept qi  
*shèn shī* 渗湿 ... leaches out dampness  
*shèn shī fēng cáng* 肾失封藏 ... loss of Kidney closure  
 and storage [functions]  
*shèn yáng bù zhèn* 肾阳不振 ... listless Kidney yang  
*shèn zhuó* 肾著 ... fixed kidneys [or fixed kidney  
 disorder]  
*shēng* 生 ... generates  
*shēng* 升 ... raises, ascends  
*shēng fā* 升发 ... raise out and discharge  
*shēng jǔ* 升举 ... raises and lifts  
*shēng jī* 生肌 ... generates flesh  
*shēng mài* 生脉 ... generates the pulse  
*shēng qīng* 升清 ... raises the clear  
*shēng yáng* 升阳 ... raises the yang  
*shèng* 盛 [~ pathogens] ... [over]abundance,  
 overwhelming; [~ vessels] ... congestion, [over]filled,  
 brimming  
*shèng* 胜 ... prevails [over] [v.], preponderance [n.]  
*shèng jīng* 盛经 ... channels with abundance  
*shèng shī* 胜湿 ... prevails over dampness  
*shī* 湿 ... damp (adj. or compound n.), dampness (n.)  
*shī làn* 湿烂 ... damp erosions  
*shī mián duō mèng* 失眠多梦 ... insomnia with dream-  
 disturbed sleep  
*shī rè* 湿热 ... damp-heat  
*shī rè xià zhù* 湿热下注 ... damp-heat lodged in the  
 lower burner

## Draft Glossary for Chinese Medicine: Simplified Character Version

- shī rè yūn fú* 湿热蕴伏 ... collection of damp-heat smoldering in the body
- shī rùn* 湿润 ... wet
- shī sī* 失司 ... breakdown, loss of management, loss of oversight
- shī tán* 湿痰 ... damp-phlegm
- shī xuǎn* 湿癣 ... damp tinea-like rash
- shī yīn* 失音 ... loss of voice
- shī zhī* 失职 ... loss of ability to do X, loss of management of X, impairment
- shí* 实 ... excess [pathology]; fullness; bolsters, makes replete, make more full [physiology]
- shí bìng* 时病 ... seasonal diseases
- shí lín* 石淋 ... stony painful urinary dribbling
- shí mài* 实脉 ... excessive pulse
- shǐ* 史 ... envoy
- shì* 势 ... momentum
- shì lì zhàng ài* 视力障碍 ... visual disturbance
- shì wò* 嗜卧 ... just desires sleep, somnolence
- shōu shī* 收湿 ... absorbs dampness
- shōu kǒu* 收口 ... closes wounds
- shōu liǎn* 收敛 ... restrain and inhibit [astringent] restrain and hold in/back
- shōu shī* 收湿 ... gathers in dampness
- shǒu* 守 ... defends, conserves
- shǒu zú chì jué* 手足瘳厥 ... contracted and frigid extremities
- shòu* 受 ... receives, picks up
- shū* 疏 ... disperses, dredges
- shū* 舒 ... soothes
- shū fēng* 疏风 ... 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* 疏卫 ... dredges the protective
- shū xiè wú dù* 疏泄无度 ... intemperate dispersing and draining [of qi]
- shū xué* 输穴 ... transporting points [group], transport point [individual - stream OK]
- shū yù* 疏郁 ... disperses constraint
- shǔ* 暑 ... summerheat
- shǔ shī* 暑湿 ... damp-summerheat
- shǔ wēn* 暑温 ... 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* 水谷 ... 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* 水热互结 ... clumping of water and heat, OR water/heat complexes
- shuǐ shī nèi tíng* 水湿内停 ... internal stoppage of water and dampness
- shuǐ xié* 水邪 ... pathogenic water
- shùn* 顺 ... smooth, smoothes, normal
- shùn chuán* 顺传 ... normal transmission
- shùn qì* 顺气 ... smooths the flow of qi
- shuò mài* 数脉 ... 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* 四逆发冷 ... 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

<i>sì zhī juàn dài</i> 四肢倦怠 ... weak and easily fatigued extremities	<i>tán yǐn</i> 痰饮 ... either phlegm and thin mucus or thin mucus
<i>sì zhī kùn juàn</i> 四肢困倦 ... fatigued limbs	<i>tán yū jiāo jié</i> 痰瘀胶结 ... phlegm and blood stasis jell together
<i>sì zhī lěng</i> 四肢冷 ... cold extremities	<i>tán zào</i> 痰燥 ... phlegm-dryness
<i>sì zǒng xué</i> 四总穴 ... four command points	<i>tán zǔ luò</i> 痰阻络 ... phlegm obstructs the collaterals
<i>sōu fēng</i> 搜风 ... tracks (down) wind	<i>téng</i> 疼 ... achy, aches
<i>sōu tī</i> 搜剔 ... searches and digs out [stagnation]	<i>tì</i> 惕 ... dread, jerks
<i>sù jiàng</i> 肃降 ... clarifying and descending/cause to descend	<i>tì</i> 涕 ... nasal mucus
<i>sū jué huí nì</i> 苏厥回逆 ... resuscitate from collapse and revives from rebellion	<i>tiān</i> 添 ... adds, replenishes
<i>sù tán</i> 宿痰 ... dormant or deep, harbored phlegm	<i>tiān guǐ</i> 天癸 ... heavenly dew
<i>sù xié</i> 宿邪 ... dormant, harbored, or deep-seated pathogenic influences	<i>tiān jīng</i> 添精 ... replenishes the essence
<i>suān chǔ</i> 酸楚 ... ache	<i>tián bǔ</i> 填补 ... fills in, replenishes
<i>suǐ</i> 髓 ... medulla, marrow	<i>tiān pào chuāng</i> 天疱疮 ... heaven-borne blisters
<i>sūn luò</i> 孙络 ... minute collaterals	<i>tiáo</i> 调 ... adjusts
<i>sūn xiè</i> 飧泄 ... urgent [morning] diarrhea	<i>tiáo dá</i> 条达 ... thrusts out
<i>sǔn</i> 损 ... harm, impairment, [injury]	<i>tiáo qì</i> 调气 ... adjusts the qi
<i>suō niào</i> 缩尿 ... reserves urine, contain urination	<i>tiáo qì zhì</i> 调气滞 ... adjusts stagnant qi
<i>tāi dòng bù ān</i> 胎动不安 ... restless fetus	<i>tiáo yíng wèi</i> 调营卫 ... adjust the nutritive and protective qi
<i>tài yáng</i> 太阳 ... greater yang [ <i>tài yáng</i> OK]	<i>tíng</i> 停 ... tarry, stop
<i>tài yīn</i> 太阴 ... greater yin [ <i>tài yīn</i> OK]	<i>tōng</i> 通 ... unblocks, promotes, pervades
<i>tán</i> 痰 ... [Chinese medicine] phlegm; [biomedicine] sputum (from lungs), mucous (other organs)	<i>tōng bí qiào</i> 通鼻窍 ... unblocks the nasal passages
<i>tán bì</i> 痰闭 ... phlegm obstruction	<i>tōng biàn</i> 通便 ... unblocks the bowels/excretion
<i>tán duō</i> 痰多 ... profuse sputum	<i>tōng chàng</i> 通畅 ... unobstructed, free moving
<i>tán hé</i> 热核 ... phlegm nodules	<i>tōng fǔ</i> 通腑 ... unblocks the yang organs/bowels
<i>tán huǒ</i> 痰火 ... phlegm-fire	<i>tōng lì</i> 通利 ... unblocks (urine and bowels)
<i>tán huǒ rǎo xīn</i> 痰火扰心 ... phlegm-fire deranges/harries the Heart	<i>tōng lín</i> 通淋 ... unblocks painful urinary dribbling
<i>tán mēng xīn qiào</i> 痰蒙心窍 ... phlegm veils the (Heart) orifices	<i>tōng luò</i> 通络 ... unblocks the collaterals
<i>tán míng</i> 痰鸣 ... gurgling sound in the throat	<i>tōng mài</i> 通脉 ... unblocks the [blood] vessels
<i>tán pī</i> 痰痞 ... phlegm lumps	<i>tōng rù</i> 通入 ... penetrates
<i>tán rè</i> 热痰 ... phlegm-heat	<i>tōng rǔ zhī</i> 通乳汁 ... promotes or unblocks lactation
<i>tán shī</i> 痰湿 ... damp-phlegm	<i>tōng shén míng</i> 通神明 ... facilitates enlightenment of the spirit; improving mental abilities
	<i>tōng xià</i> 通下 ... purge, unblock downwards
	<i>tōng yáng</i> 通阳 ... unblocks the yang
	<i>tōng zhì</i> 通滞 ... unblocks areas of stagnation

- tǒng 统 ... governs
- tòng bì 痛痹 ... severe painful obstruction
- tòng chǔ 痛楚 ... pangs of pain
- tòng fēng 痛风 ... painful wind
- tòng jīng 痛经 ... painful menstruation, dysmenorrhea
- tóu hūn 头昏 ... muzziness
- tóu zhòng 头重 ... sensation of heaviness of the head
- tòu 透 ... vents, thrusts [out]; penetrates [in]
- tòu nóng 透 ... thrusts pus out
- tòu rè 透热 ... vents heat
- tòu xié qì 透邪气 ... 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
- tuì 退 ... reduces
- tuì huáng 退黄 ... reduces jaundice
- tuì rè 退热 ... reduces fever or heat
- tuì zhǒng 退肿 ... reduces edema or swelling
- tūn suān 吞酸 ... acid regurgitation
- tuō 脱 ... loss, abandonment; draw off
- tuō dú 托毒 ... draws out toxicity
- tuō jū 脱疽 ... sloughing ulcer
- tuō lǐ 托里 ... supports the interior
- tuō zhèng 脱症 ... 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 外湿阻脾 ... external damp obstructs the Spleen
- wài yuè 外越 ... [path.] externally oversteps, goes beyond normal boundaries, [physio.] thrust out externally, evict, extrude
- wán tán 顽痰 ... stubborn phlegm
- wǎn 惋 ... miserable
- wǎn 腕 ... [gastric] cavity (胃腕 wèi wǎn)
- wǎn fā 晚发 ... delayed discharge
- wǎn fù mén 腕腹闷 ... stifling sensation in the epigastrium and abdomen
- wáng 亡 ... [great] loss, devastation, destroyed
- wáng yáng 亡阳 ... devastated yang
- wàng 旺 ... flaring, flourishing
- wàng xíng 妄行 ... chaotic movement
- wēi 微 ... feeble, faint, slight; [v.] diminish
- wēi mài 微脉 ... faint pulse
- wēi ruǎn 微软 ... flaccid
- wěi zhèng 痿症 ... atrophy disorder
- wèi 畏 ... antagonizes
- wèi 胃 ... Stomach
- wèi fèn 卫分 ... protective level/sector
- wèi hán 畏寒 ... fear of cold
- wèi huǒ shàng shēng 胃火上升 ... ascending of Stomach fire
- wèi qì 卫气 ... protective qi, defensive qi, defense qi, guardian qi
- wèi qiáng 胃强 ... overly strong Stomach
- wèi wài shī zhí 卫外失职 ... protective qi fails its external assignment,
- wèi xū hán 胃虚寒 ... Stomach deficiency cold
- wèi zhàng tòng 胃胀痛 ... epigastric pain and distention
- wēn 温 ... warms
- wēn bìng 温病 ... warm pathogen diseases
- wēn dú 温毒 ... warm-toxin
- wēn huà hán tán 温化寒痰 ... warms and transforms cold-phlegm
- wēn jí 瘟疫 ... epidemic (seasonal) disorder
- wēn jīng 温经 ... warms menses
- wēn lǐ 温里 ... warms the interior
- wēn rè bìng 温热病 ... warm-heat pathogen diseases
- wēn xià 温下 ... warm [the yang] and purge
- wēn yì 瘟疫 ... epidemic disorders
- wēn yì 温疫 ... warm epidemics

- wū fēng* 恶风 ... aversion to wind
- wū hán* 恶寒 ... chills [aversion to cold OK]
- wū shí* 恶食 ... aversion to food
- wú lì mài* 无力脉 ... forceless pulse
- wǔ chí* 五迟 ... five retardations
- wǔ gēng xiè* 五更泻 ... daybreak diarrhea
- wǔ ruǎn* 五软 ... five weaknesses
- wǔ shù xué* 五腧穴 ... five transport points
- wǔ xīn rè* 五心热 ... 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* 袭 ... assaults
- xí* 熄 ... extinguishes
- xí* 瘕 ... polyp
- xí fēng* 熄风 ... extinguishes wind
- xǐ* 喜 ... elation, joy
- xì mài* 细脉 ... 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* 下气 ... drives qi downward
- xià yuán* 下元 ... lower base
- xiān hóng* 鲜红 ... fresh-looking red
- xiān tiān zhī jīng* 先天之精 ... congenital essence
- xián* 涎 ... oral mucus
- xián* 咸 ... salty
- xián mài* 弦脉 ... wiry pulse
- xiàn* 陷 ... sink
- xiāng bó* 相搏 ... (mutually) contend, struggle, interact
- xiāng cuàn* 香窜 ... aromatically probing
- xiāng jì* 相济 ... mutual aid
- xiāng kè* 相克 ... mutual control
- xiāng shēng* 相生 ... mutual generation
- xiāng xū* 相须 ... mutual accentuation
- xiàng huǒ* 相火 ... ministerial fire
- xiàng huǒ nèi chì* 相火内炽 ... internal blazing of ministerial fire
- xiāo* 消 ... reduces, eliminates, digests, diminishes, dissipates [toxic swellings]
- xiāo dǎo* 消导 ... reduces and guides out
- xiāo dú* 消毒 ... eliminates toxin
- xiāo jī* 消积 ... 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* 消痈 ... reduces abscesses
- xiāo zhǒng* 消肿 ... reduces swelling or edema
- xiǎo biàn bù lì* 小便不利 ... urinary difficulty
- xiǎo biàn yú lì bù jìn* 小便余沥不尽 ... post-urinary drip
- xiǎo cháng* 小肠 ... Small Intestine
- xiǎo cháng qì zhì* 小肠气滞 ... stagnant Small Intestine qi
- xiào* 哮 ... asthma
- xié* 胁 ... hypochondrium
- xié qì* 邪气 ... pathogenic qi
- xié rè* 协热 ... commingled heat
- xié rè lì xià* 协热利下 ... commingled heat with diarrhea
- xié xià* 胁下 ... flanks
- xié yū* 挟瘀 ... harbors [blood] stasis
- xiè* 泻 ... drains, drains out, draws off [physio.]
- xiè* 泄 ... drains out, discharges
- xiè huǒ* 泻火 ... drains fire
- xiè rè jī* 泻热积 ... drains heat accumulation
- xiè xià* 泻下 ... 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* 心热刑肺 ... 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
- xīn xuè yǔ* 心血瘀 ... Heart blood stasis
- xīn yí rè yú xiǎo cháng* 心移热于小肠 ... 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* 行气 ... promotes movement of the qi
- xíng shuǐ* 行水 ... promotes the dissipation of pathogenic water
- xíng zhì* 行滞 ... promotes movement through [areas of] stagnation
- xǐng* 醒 ... wakes, awakens
- xǐng hòu bù fù yuán* 醒后不复原 ... 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* 胸满重 ... tightness and heaviness in the chest
- xiōng mèn* 胸闷 ... stifling sensation in the chest/ sense of oppression in the chest
- xiōng mèn zhòng* 胸闷重 ... stifling and heavy sensation in the chest
- xiōng xié kǔ mǎn* 胸胁苦满 ... an unpleasant fullness in the chest and hypochondriac
- xiōng xié tòng* 胸胁痛 ... chest and hypochondriac pain
- xióng* 雄 ... robust, virile
- xiù tòng* 痼痛 ... sustained pain [see *jiào tòng*]
- xū* 虚 ... deficiency, hollow
- xū huǒ shàng yán* 虚火上炎 ... deficiency fire blazing upward
- xū láo* 虚劳 ... deficiency and overwork; deficiency overwork; or deficiency consumption
- xū mài* 虚脉 ... deficient pulse
- xū shí xié zá* 虚实夹杂 ... enmeshment of deficiency and excess together
- xù jīn* 续筋 ... 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* 宣畅气机 ... disseminates and facilitates the qi dynamic
- xuān fèi tiáo qì* 宣肺调气 ... disseminates and adjusts the Lung qi
- xuān tōng bí qiào* 宣通鼻窍 ... 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]
- xuán yǐn* 悬饮 ... suspended thin mucus
- xuǎn* 癣 ... lichenous rash [old tinea]
- xuàn* 眩 ... vertigo
- xuàn yùn* 眩晕 ... dizziness
- xuè* 血 ... blood
- xuè bì* 血痺 ... painful obstruction of the blood
- xuè fēn* 血分 ... blood level or sector [温病]; blood aspect [elsewhere]
- xuè lín* 血淋 ... painful bloody urinary difficulty
- xuè rè wàng xíng* 血热妄行 ... chaotic movement of hot blood
- xuè xià rù zhù* 血下入注 ... blood lodged in the lower burner
- xuè xū* 血虚 ... 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* 牙龈 ... progressive ulceration of the gums  
*yān hóu zhǒng tòng* 咽喉肿痛 ... painful and swollen throat  
*yān zào* 咽燥 ... parched throat  
*yán yǔ nán chū* 言语难出 ... difficulty in expressing oneself or in forming words  
*yáng míng* 阳明 ... yang brightness [*yáng míng* OK]  
*yáng qiāo mài* 阳跷脉 ... yang heel vessel [*yáng qiāo mài* OK]  
*yáng wéi mài* 阳维脉 ... yang linking vessel [*yáng wéi mài* OK]  
*yǎng* 养 ... 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* 遗尿 ... enuresis  
*yǐ X wéi zhǔ* 以X为主 ... 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* 疫疠 ... epidemic pestilence  
*yì qì* 益气 ... augments the qi  
*yì yīn* 抑阴 ... curbs the yin  
*yì yǐn* 溢饮 ... overflowing or flooding thin mucus  
*yì yù* 抑郁 ... despondency  
*yīn fèi* 瘖废 ... mute paraplegia  
*yīn jū* 阴疽 ... yin flat abscesses  
*yīn qiāo mài* 阴跷脉 ... yin heel vessel [*yīn qiāo mài* OK]

*yīn wéi mài* 阴维脉 ... yin linking vessel [*yīn wéi mài* OK]  
*yīn yǎng* 阴痒 ... genital itching  
*yín qì* 淫气 ... pernicious or out of control qi  
*yín shī* ... 淫湿 pernicious dampness  
*yǐn* 饮 ... thin mucus  
*yíng fēn* 营分 ... nutritive/constructive level/sector  
*yíng qì* 营气 ... nutritive/constructive qi  
*yíng xué* 荣穴 ... gushing point [spring OK]  
*yǐng* 瘿 ... goiter  
*yǐng liú* 瘰疬 ... goiter; neck tumors  
*yōng* 痈 ... abscess, sore, ulcer  
*yōng jū* 痈疽 ... toxic swellings  
*yǒng* 壅 ... clogs  
*yōu* 忧 ... worry, upset, melancholy  
*yóu féng* 游风 ... roving wind  
*yǒu lì mài* 有力脉 ... forceful pulse, pulse with strength  
*yǒu xíng zhī xié rè* 有形之邪热 ... pathogenic heat with form  
*yǒu yú* 有余 ... over abundance, surplus  
*yū rè* 瘀热 ... static heat  
*yù* 郁 ... constrains, constraint  
*yù huǒ* 郁火 ... fire from constraint  
*yù tǔ* 燠土 ... warms the earth  
*yù yīn* 育阴 ... fosters yin  
*yù yù* 郁郁 ... melancholy  
*yù zhèng* 郁症 ... constraint or depression  
*yuán* 元 ... prime, primal, base  
*yuán qì* 元气 ... primal qi  
*yuán qì* 原气 ... source qi  
*yuán xué* 原穴 ... source points  
*yuē* 约 ... binds [up] or constrains (a strong Stomach "binds" a weak Spleen)  
*yuē* 噯 ... eructate  
*yuē nì* 噯逆 ... eructation and rebellion  
*yuè* 越 ... surmount, disseminate (physiology); overstep (pathology); thrust out, evict (treatment)

- yuè jīng shī tiáo* 月经失调 ... irregular menstruation  
*yuè pí* 悦脾 ... delights the Spleen  
*yūn* 蕴 ... collects  
*yùn* 晕 ... lightheadedness  
*yùn pí* 运脾 ... improves the Spleen's transporting function  
*zá bìng* 杂病 ... miscellaneous or heterogeneous diseases  
*zàng* 脏 ... yin Organs, viscera  
*zàng fǔ* 脏腑 ... Organs or yin and yang Organs  
*zàng zào* 脏躁 ... restless organ disorder  
*zāo pò* 糟粕 ... dregs  
*zào* 燥 ... dries (v.), dry, parched (adj.), dryness (n.)  
*zào* 躁 ... restlessness  
*zào shī* 燥湿 ... dries dampness  
*zéi fēng* 贼风 ... bandit wind  
*zēng yè* 增液 ... increases fluids  
*zhān yǔ* 谵语 ... delirious speech, raving  
*zhǎng* 长 ... foster, increase  
*zhàng nuè* 瘴疟 ... miasmatic malarial disorders  
*zhēn hán jiǎ rè* 真寒假热 ... true cold with false heat  
*zhēn qì* 真气 ... true qi  
*zhēn rè jiǎ hán* 真热假寒 ... true heat with false cold  
*zhěn* 疹 ... papule, rash  
*zhèn* 镇 ... sedates, pacify, suppresses, hold down  
*zhèn chàn* 震颤 ... tremble [v.], tremors [n.]  
*zhèn fèn yáng qì* 振奋阳气 ... stimulates the yang  
*zhèn gān* 镇肝 ... sedates the Liver  
*zhèn jīng* 镇惊 ... sedates fright/jitteriness/palpitations with anxiety/convulsions  
*zhèn jìng* 镇痉 ... sedates tremors  
*zhèn nì* 镇逆 ... suppresses rebellion  
*zhèn shén* 镇神 ... sedates the spirit  
*zhèn tòng* 镇痛 ... suppresses pain  
*zhēng* 蒸 ... steam  
*zhēng* 症 ... fixed [immobile OK] abdominal mass  
*zhēng chōng* 怔忡 ... continuous palpitations, panicky throbbing  
*zhēng jiǎ* 症瘕 ... abdominal mass  
*zhēng nuè* 正疟 ... normal malaria  
*zhēng rè* 蒸热 ... vaporized heat  
*zhèng* 症 ... condition, disorder  
*zhèng* 证[证] ... pattern  
*zhèng qì* 正气 ... 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* 支饮 ... 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* 止遗 ... 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* 滞 ... stagnates  
*zhì fǎ* 治法 ... treatment strategy  
*zhì zé* 治测 ... treatment tactic  
*zhì zuǒ* 制佐 ... corrective assistant  
*zhōng jiāo* 中焦 ... middle burner  
*zhōng qì* 中气 ... middle qi  
*zhōng qì bù zú* 中气不足 ... insufficient middle qi  
*zhōng zhōu* 中州 ... middle regions  
*zhǒng dú* 肿毒 ... intense toxic swellings  
*zhǒng zhàng* 肿胀 ... distended  
*zhòng fēng* 中风 ... wind-attack [in context of externally-contracted diseases]; wind-stroke [elsewhere]  
*zhòng jīng* 中经 ... channel-stroke

## Draft Glossary for Chinese Medicine: Simplified Character Version

- zhòng yáng* 重阳 ... hefty yang
- zhòng zàng* 中脏 ... Organ-stroke
- zhú* 逐 ... drives out
- zhú shī* 逐湿 ... 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* 瘵病 ... infestitious disease
- zhù cáng* 贮藏 ... stores
- zhù yáng* 助阳 ... assists the yang
- zhù zǔo* 助佐 ... helpful assistant
- zhuāng* 壮 ... fortifies [v.]; vigorous [adj.]
- zhuāng huǒ* 壮火 ... vigorous fire
- zhuāng huǒ shì qì* 壮火食气 ... vigorous fire consumes the qi
- zhuāng jīn gǔ* 壮筋骨 ... fortifies the sinews and bones
- zhuāng rè* 壮热 ... vigorous fire, sustained high fever
- zhuàng* 撞 ... dash
- zhuī* 追 ... pursues
- zhuó bì* 著痺 ... fixed painful obstruction
- zhuó lín* 浊淋 ... turbid painful urinary dribbling
- zī* 滋 ... enriches
- zī* 资 ... provides for
- zī shèn* 滋肾 ... enriches the Kidneys
- zī yīn* 滋阴 ... enriches the yin
- zǐ bān* 紫斑 ... purple spots or maculae
- zǐ gōng* 子宫 ... Womb
- zōng qì* 宗气 ... gathering qi
- zǒu* 走 ... mobilize, travels [through/with], extends to, acts on
- zǒu cuàn* 走窜 ... mobile and piercing
- zǒu ér bù shǒu* 走而不守 ... mobile and does not conserve
- zǒu mǎ yá gān* 走马牙疳 ... rapidly progressing ulceration of the gums
- zǒu zhǔ* 走注 ... running and pouring [down]
- zú qì* 足气 ... leg qi
- zǔ* 阻 ... obstructs, impedes [as in 阻肠 - 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

