

CONTENTS

<i>Foreword</i>	i
<i>Translator's Introduction</i>	v
1 The Foundation of Traditional Medicine	1
1.1 Yin and Yang	3
1.2 Deficiency and Excess	17
1.3 Five Phase Theory	31
2 Physiology in Traditional Medicine	55
2.1 Production and Circulation of Qi, Blood, Nutritive, and Defensive	57
2.2 Characteristics and Functions of Qi, Blood, Nutritive, and Defensive	62
2.3 Pathology and Symptoms of Qi, Blood, Nutritive, and Defensive	69
2.4 Overall Physiology of the Zang Fu Organs	76
2.5 Physiology of the Liver and Gallbladder	79
2.6 Physiology of the Heart and Small Intestine	87
2.7 Physiology of the Spleen and Stomach	97
2.8 Physiology of the Lungs and Large Intestine	107
2.9 Physiology of the Kidney and Bladder	113
2.10 Physiology of the Triple Heater and Pericardium	122

3	Aetiology	137
3.1	Constitution	139
3.2	Clinical Approach to the Constitution	149
3.3	Internal Pathological Factors	166
3.4	Excessive Labour and Toil	179
3.5	Dietary Factors	191
3.6	External Pathogenic Factors	219
4	Pathology and Symptoms	283
4.1	Pathology and Symptoms of the Liver Deficiency Pattern	285
4.2	Pathology and Symptoms of the Spleen Deficiency Pattern	304
4.3	Pathology and Symptoms of the Lung Deficiency Pattern	345
4.4	Pathology and Symptoms of the Kidney Deficiency Pattern	369
	<i>Bibliography</i>	387