

Oriental Medical Physiology

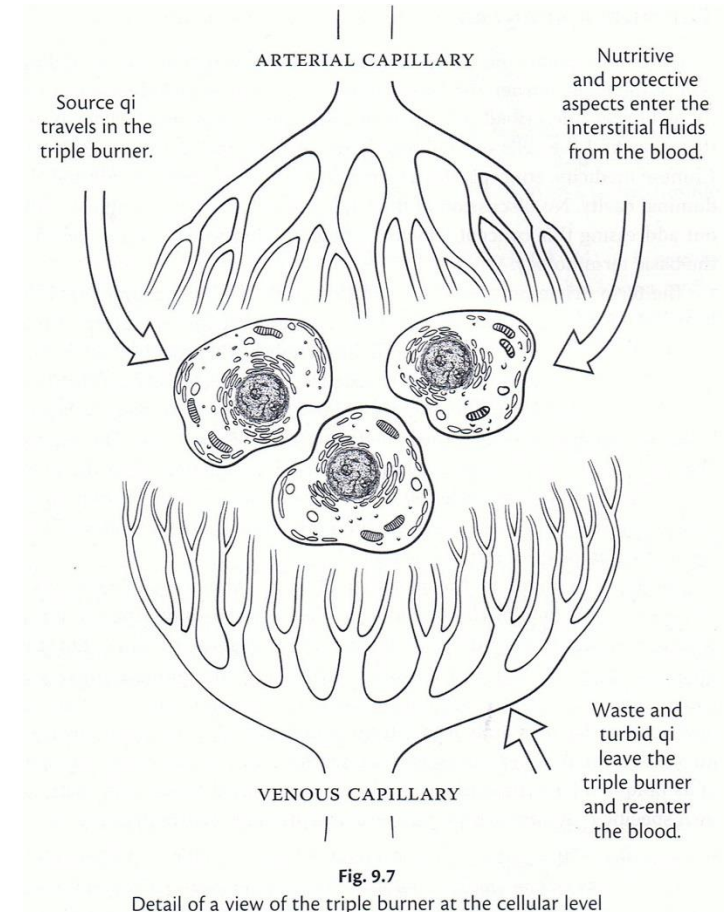
Taiyin (Spleen and Lung) Physiology

Six Levels of Physiology In Chinese Medicine

- Taiyang (UB/SI) – Opens outward (to outside)
- Shaoyang (GB/SJ) – Pivot
- Yangming (LI/ST) – Closes inward
- Taiyin – (LU/SP) – Opens outward (to inside)
- Shaoyin – (HT/KD) – Pivot
- Jueyin – (LV/PC) – Closes inward

Taiyin Introduction

- Comprised of the Spleen and Lung organs and channels
- Taiyin opens outward (to the inside)



The organ pairs associated with each of the six levels have a very close relationship

- In the case of the spleen and lung, there is also a strong relationship between the pair yang organs
- Taiyin organs work with the yangming stomach and large intestine in a coordinated system of fluid and food metabolism
- Taiyin channel is associated with dampness - affinity for dampness is balanced by a corresponding affinity for dryness at yangming
- Also, yangming is the most internal of the three yang levels and taiyin is the most external of the three yin levels
- Nourishment and refined fluids open outward to the internal environment from taiyin, while food and raw fluids from the external environment are transported inward through the passageways of yangming
- This is where internal (yin) meets the external (yang)

Taiyin Metabolism

- Taiyin metabolism may be divided into two basic functions
 - Regulation of dampness
 - Distribution of nutrition

The Lung holds the office of prime minister and is the issuer of management and regulation - *Basic Questions, Ch. 8*

- Prime minister to the heart's 'emperor'
 - Just as the prime minister begins the process of shaping the emperor's commands into policy, so too is the lung woven into the function of the heart
 - The true qi (zhen qi) brought into the body by the lung is necessary to activate heart blood
 - There is a potential in blood that is activated by qi
 - Thus the lung and the heart are the ultimate source of movement for both qi and blood
 - The lung commands qi
 - The heart moves blood
 - Qi is the commander of blood and blood is the mother of qi
- Issuer of management and regulation - 'is the issuer of' literally means 'issue from it'
 - This implies that the administration of qi gets its start (issues from) the lungs
 - This is an assertion that all movement of qi begins with the regular movement of lung qi
 - Again, the lung is the commander of qi

Functions of the Lungs

- Responsible for respiration (Governs qi and respiration)
- Rules the hundred vessels (Controls channels and vessels)
- Controls diffusing and descending of qi
- Regulates all physiological activities
- Regulates water passages
- Controls the skin and space between skin and muscle (cou li)
- Manifests in the body hairs
- Opens to the nose
- Controls nasal mucus
- Houses the corporeal soul (Po)
- Affected by worry, grief, and sadness

Functions of the Lungs

Responsible for Respiration, Rules the Hundred Vessels

- Responsible for respiration (Governs qi and respiration)
 - Includes breathing and the infusion of qi throughout the body
- Rules the hundred vessels (Controls channels and vessels)
 - Lung function is thought to be everywhere in the body - wherever vessels are found
 - Everywhere in the body the lung is responsible for the separation of the clear and the turbid
 - Inhalation brings in the true qi (clear), exhalation sends out turbid qi

Functions of the Lungs

Controls Diffusing and Descending of Qi

- The lung has a downward (descending) movement, but also an upward and outward (diffusing) movement

Functions of the Lungs

Controls Diffusing and Descending of Qi (*cont.*)

- The upward and outward movement (diffusion) sends (wei) qi and fluids up and out to the skin
 - When pathogen invades, the lungs diffusing and descending action is blocked
- Also diffuses a fine mist of fluids to cou li
 - Moistens the skin and regulates the opening and closing of the pores
 - When this function is normal, normal amount of sweat
 - Excess conditions can cause no sweating (blocks this function)
 - Deficiency conditions can cause spontaneous sweating
 - If lungs diffusing aspect is impaired, fluids can accumulate (edema usually present in the face in this case)

Functions of the Lungs

Controls Diffusing and Descending of Qi (*cont.*)

- The descending action facilitates inhalation, balances the middle burner (spleen), and facilitates movement in its paired large intestine organ
 - Lungs are like a lid, they send qi and fluids down
 - Sends fluids down to kidney where kidney yang evaporates and sends fluids back up to the lungs (essential to keep lungs moist)
 - Turbid fluids are excreted by the Urinary Bladder
 - If descending movement of qi is impaired, qi can accumulate in the chest and cause coughing, breathlessness, oppression in chest
 - It can also affect the function of the Large Intestine, as there is not enough power for defecation (especially prevalent with elderly)
 - May also cause a retention of urine (also more prevalent in elderly)

Functions of the Lungs

Regulates all Physiological Activities

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Functions of the Lungs

Regulates Water Passages

- The lung infuses fluids to the cou li - Regulates the pores and sweating
- The lungs send fluids down to the kidneys and urinary bladder
 - Kidney yang warm and sends mist back to the lungs
 - Urinary bladder sends turbid fluids down

Functions of the Lungs

Controls the Skin and Cou Li, Manifests in the Body Hairs

- Controls the skin and space between skin and muscle (cou li)
 - Skin elasticity is a reflection of the 'ampleness' of the lung
 - Deficiency of the lung is associated with dry, dull skin tone
 - Also, regulates sweating (this function is tied in with other functions)
- Manifests in the body hairs
 - Lung diffuses wei qi and fluids to the skin and hair
 - Nourishes and moistens the skin and hair

Functions of the Lungs

Opens to the Nose, Controls Nasal Mucus

- Opens to the Nose
 - Nose is the opening of the Lungs
 - If lung qi is strong, nose will be open, breathing will be easy and the sense of smell will be normal
 - If the defensive qi portion is invaded, it will block the diffusing and descending function of the lung and the nose will be runny
- Controls nasal mucus

Functions of the Lungs

Houses the Po, Affected by Worry, Grief, and Sadness

- Houses the corporeal soul (Po)
 - Reflected in the physical strength of the body
 - Is a sense projected by a person that whatever is undertaken can be completed
 - Confidence that a person inspires in others can be affected by a persons corporeal soul
 - Forms the yin or physical counterpart to the ethereal soul (hun)
- Affected by worry, grief, and sadness

Other Lung Relationships

- Smell is rotten
- Color is white
- Taste is pungent or acrid
- Climate is dryness
- Sound is weeping

Lung Sayings

- The lung controls the 100 vessels
- The lung hates cold
- The lung governs the voice
- The lungs are a delicate organ

The Spleen-Stomach holds the office of the granaries and issues the five flavors

Basic Questions, CH. 8

- Spleen and stomach are described together
 - Other yin and yang organs are given lines of their own
 - Highlights close relationship between these two organs
 - Importance of balance between dampness and dryness and close relationship on the surface of the body of the channels is noted
- When issues the five flavors is mentioned, it is saying that nutrition is ultimately derived from these organs

Functions of the Spleen

- Governs transformation and transportation
- Controls the ascending of Qi
- Controls Blood
- Controls the muscles of the four limbs
- Opens into the mouth and manifests in the lips
- Controls saliva
- Controls the raising of Qi
- House the intellect (Yi)
- Affected by pensiveness

Functions of the Spleen

Governs transformation and transportation

- Transformation of food that has been stored and fermented by the dry warmth of the stomach
- Transport of the resulting nutrition into the blood
 - Spleen send food qi up to Lungs to combine with air
- The Spleen gathers the necessary parts to provide nutritive aspects of blood. And it gathers blood at the level of microcirculation to bring back into the vessels
 - If the fluids in this cellular environment begin to lack nutritive quality, Dampness will result
 - Dampness is a condition where fluids without beneficial qualities accumulate and develop pathology
- If these functions are normal, appetite and digestion will be good with normal absorption and regular bowel movements . If not good, there will be poor digestion and appetite, abdominal distention and loose stool (with undigested food)

Functions of the Spleen

Controls the ascending of Qi

- Spleen directs food-qi upward to lungs
- Spleen and Stomach are in the middle burner and the center of the qi mechanism and therefore influence movement in all burners
 - These movements are essential for production of qi and blood
 - Spleen sends up to lung and heart
 - Stomach sends down to Intestines
 - UB17 is the back shu point of the diaphragm and is an important point to regulate Blood

Functions of the Spleen

Controls Blood

- Spleen's relationship to blood is woven into its role as provider of nutrition
- Blood is the medium for the transportation of nutritive qi
- Also holds blood in the vessels

Functions of the Spleen

Controls the muscles of the four limbs

- The spleen extracts nutrition to nourish the all tissues
- If the spleen is weak, the tissues will not be nourished and will be weak and may even atrophy

Functions of the Spleen

Opens into the mouth and manifests in the lips

Controls saliva

- The action of chewing prepares food for the spleens T&T function
- Taste is good and chewing is normal when spleen qi is normal
- Lack of taste, difficulty chewing and low appetite indicate impairment of spleen qi
- The lips reflect the state of the Spleen

Functions of the Spleen

House the intellect (Yi), Affected by Pensiveness