

ENERGETIC FUNCTIONS

ENERGETIC DYSFUNCTIONS

Lungs:	<ol style="list-style-type: none"> 1. Rules Energy (Qi); governs respiration. 2. Rules the Exterior (skin, pores), leading to normal sweating and skin moisture. 3. Directs inhalation and moistening movements. 4. Directs exhalation. 5. Opens to the nose, throat, and vocal cords. 6. Manifests in the body hair. 	<ol style="list-style-type: none"> 1. Respiratory disorders and fatigue in general; low resistance. 2. Disorders of perspiration, dry skin, weak external defenses. 3. Disorders of inhalation; dry mouth skin, nose, throat. 4. Disorders of exhalation, energy accumulation. 5. Dryness & scratching of the nose & throat, weak voice. 6. Disorders of body hair.
Large Intestines:	<ol style="list-style-type: none"> 1. Moves impure food and fluids downwards. 2. Absorbs water from wastes. 	<ol style="list-style-type: none"> 1. Abdominal pains, rumblings, intestinal disorders. 2. Water and fluid deficiency, diarrhea, constipation.
Spleen:	<ol style="list-style-type: none"> 1. Rules over transportation and transformation of food into Blood and Qi. 2. Maintains Blood in the channels. 3. Governs muscle tone, flesh and the extremities. 4. Opens to the mouth, manifests in the lips, leading to proper taste ability and red moist lips. 	<ol style="list-style-type: none"> 1. Deficient Qi or Blood in the body, mal-absorption, abdominal swelling, loss of appetite, loose stools. 2. Blood in stools, vomit, and urine; uterine bleeding; easily bruised. 3. Poor muscle tone, fleshiness, weak or sluggish extremities. 4. Taste irregularities or insensitivity; pale or dry lips.
Stomach:	<ol style="list-style-type: none"> 1. Receives, rots, and ripens food. Moves the pure to the Spleen, and the impure downward. 2. Intimately connected to the Spleen and digestive functions. 	<ol style="list-style-type: none"> 1. Stomach pain, poor digestion, nausea, belching, vomiting, abdominal distention. 2. Any digestive disturbances.
Heart:	<ol style="list-style-type: none"> 1. Stores Spirit, leading to regular behavior & adequate response to the environment. 2. Rules over Blood & Vessels, promoting smooth blood flow, pulse & heartbeat. 3. Opens to the tongue, governing tongue color, and speech. 4. Shows in the complexion which is normally ruddy. 	<ol style="list-style-type: none"> 1. Irrational behavior, insomnia, excessive dreaming, hysteria. 2. Irregular blood flow, irregular pulse and beats, all arrhythmias. 3. Pale or purple tongue, slurred speech, fast talking. 4. Pale, lusterless complexion or, purplish, congested complexion.
Small Intestine:	<ol style="list-style-type: none"> 1. Rules separation of the pure from the impure, hence food absorption with the Spleen. 	<ol style="list-style-type: none"> 1. Abdominal pains, rumblings, diarrhea, constipation, mal-absorption.
Kidneys:	<ol style="list-style-type: none"> 1. Stores Original Essence, the source of reproduction, growth, and maturation. 2. Rules water metabolism (with the Lungs & Spleen). 3. Rules over the bones and marrow. 4. Opens to the ears and manifests in the head hair. 	<ol style="list-style-type: none"> 1. Congenital disorders, reproductive maturational, or developmental disorders. 2. Edema, urinary disorder, water metabolism problems. 3. Disorders of bones, poor teeth. 4. Hearing disorders, devitalized head hair, hair loss on head.
Bladder:	<ol style="list-style-type: none"> 1. Receives and excretes urine. Controls urination. 	<ol style="list-style-type: none"> 1. Urinary retention, incontinence, dribbling, difficult urination.
Pericardium:	<ol style="list-style-type: none"> 1. Protector of the Heart, warding off "external pernicious influences" to protect the Hearts functions. 	<ol style="list-style-type: none"> 1. Pericarditis, any disorder affecting the Heart due to environmental or emotional stress.
San Jiao:	<ol style="list-style-type: none"> 1. Rules the three regions of the body (Heart & Lungs; Spleen & Stomach; Kidneys & Liver). 2. Controls waterways (coordinates functions of the Lungs, Spleen, and Kidneys). 	<ol style="list-style-type: none"> 1. Disharmonies between the three regions or in one specific region. 2. Fluid metabolism and temperature disorders, edema.
Liver:	<ol style="list-style-type: none"> 1. Rules over the smooth flow of Qi, leading to balanced body movement. 2. Harmonizes the emotions, leading to an even disposition. 3. Controls bile secretion. 4. Stores Blood. 5. Governs tendons & sinews, leading to smooth movement. Manifests in the nails. 6. Opens into the eyes. 	<ol style="list-style-type: none"> 1. Stagnant energy or Blood, leading to pain & distention, swollen breasts, cysts, lumps, erratic body movements. 2. Irritability, anger, frustration, uneven disposition. 3. Digestive disturbances, bitter taste. 4. Blood deficiencies; excess or deficient menstrual flow. 5. Disorders of the tendons/sinews, spasms, jerky movement. Thin, brittle nails. 6. Spot in visual field, night blindness, visual disturbances, or migraines.
Gall Bladder:	<ol style="list-style-type: none"> 1. Stores and secretes bile. Works closely with the liver. 	<ol style="list-style-type: none"> 1. Bile disorders, sour taste, liver organ functional disturbances.