

Chapter 2

Yīn – Yáng

Goals of this chapter

Explain the concepts and functions of Yīn – Yáng.

Learning Goals

After this chapter you have to be able to:

- explain the concepts and relationships of Yīn – Yáng
- explain the five principles and four disturbances of Yīn – Yáng.

Introduction

Earliest reference to Yīn and Yáng is probably the one in the “Book of Changes” (Yi Jīng), dating back about 700BC.

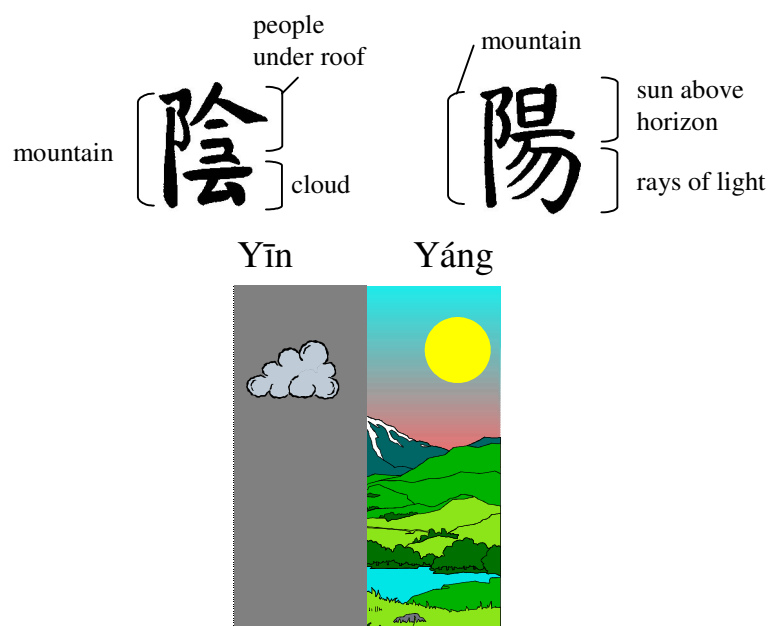
Yīn - Yáng school during Warring States period (476-221 BC). Also called “Naturalist School”.

Main exponent is Zou Yan (350-270 BC)

Assignment

Read page 1 – 14 of The Foundations of Chinese Medicine (G. Maciocia).

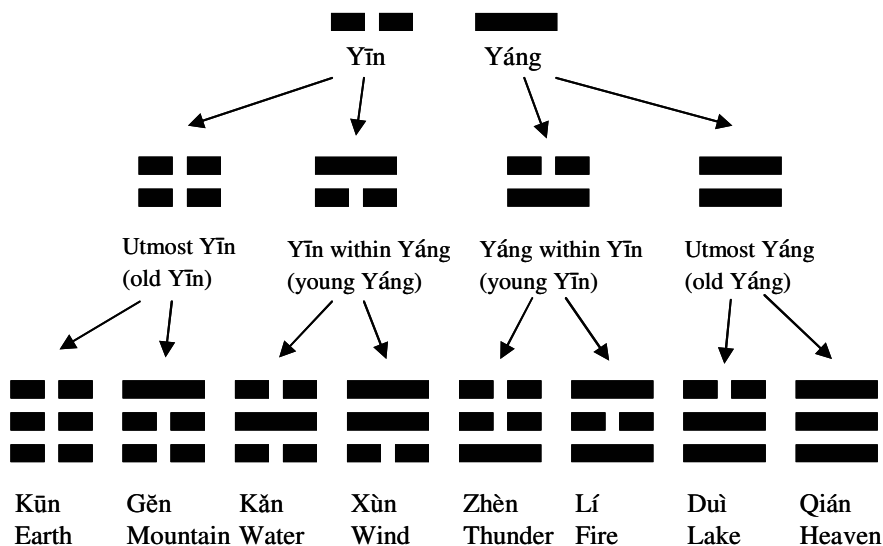
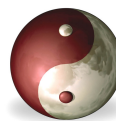
Introduction



Any Yīn or Yáng aspect can be further divided into Yīn and Yáng. Yīn and Yáng depend on each other for definition. e.g. how do we know cold if there is no hot.

Tài Jí – Supreme Ultimate

Tài Jí Tú – Tài Jí symbol, also called Yīn – Yáng symbol



Cyclical movement

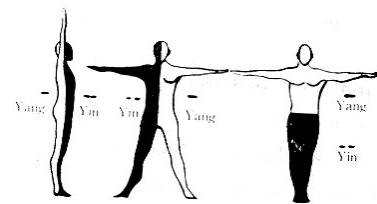
| Yīn | Yáng |
|----------|------------|
| Darkness | Light |
| Moon | Sun |
| Shade | Brightness |
| Rest | Activity |
| Earth | Heaven |
| Flat | Round |
| Space | Time |
| West | East |
| North | South |
| Right | Left |

Physiological

| Yīn | Yáng |
|-------------|-----------------|
| Spleen | Stomach |
| Lungs | Large intestine |
| Kidneys | Bladder |
| Liver | Gall Bladder |
| Heart | Small intestine |
| Pericardium | Triple Burner |

Body structure – general

| Yīn | Yáng |
|-------------------------|---------------------------|
| Inferior | Superior |
| Interior | Exterior |
| Anterior medial surface | Posterior lateral surface |
| Front | Back |
| Structure | Function |



Body structure – specific

| Yīn | Yáng |
|----------------------------------|------------------------------------|
| Front (chest-abdomen) | Back |
| Body | Head |
| Interior (organs) | Exterior (skin-muscles) |
| Below the waist | Above the waist |
| Interior medial surface of limbs | Posterior lateral surface of limbs |
| Yīn organs | Yáng organs |
| Structure of organs | Function of organs |
| Xuè, Jīn-Yè | Qì |
| Yīng Qì | Wèi Qì |

Stages of transformation

| Yīn | Yáng |
|---------------|-----------------|
| Material | Immaterial |
| Produces form | Produces energy |
| Grows | Generates |
| Substantial | Non-substantial |
| Matter | Energy |
| Contraction | Expansion |
| Descending | Rising |
| Below | Above |
| Water | Fire |

Basis qualities for clinical practice

| Yīn | Yáng |
|--|------------------------|
| Water | Fire |
| Cold | Hot |
| Quiet | Restless |
| Wet | Dry |
| Soft | Hard |
| Inhibition | Excitement |
| Slowness | Rapidity |
| Substantial | Non-substantial |
| Conservation, storage, and sustainment | Transformation, change |

Clinical manifestations

| Yīn | Yáng |
|------------------------------|--------------------------------|
| Chronic diseases | Acute diseases |
| Gradual onset | Rapid onset |
| Lingering disease | Rapid pathological changes |
| Cold | Heat |
| Sleepiness, listlessness | Restlessness, insomnia |
| Likes to be covered | Throws of bedclothes |
| Likes to curl up | Likes to lie stretched |
| Cold limbs and body | Hot limbs and body |
| Pale face | Red face |
| Likes hot drinks | Likes cold drinks |
| Weak voice, dislikes talking | Loud voice, talks a lot |
| Shallow weak breathing | Coarse breathing |
| No thirst | Thirst |
| Profuse-pale urination | Scanty-dark urination |
| Loose stools | Constipation |
| Pale tongue | Red tongue with yellow coating |
| Empty pulse | Full pulse |

Two phases of cyclical movement

Yīn and Yáng are essentially an expression of a duality in time, an alteration of two opposite stages in time.

Conclusions were made through observation.

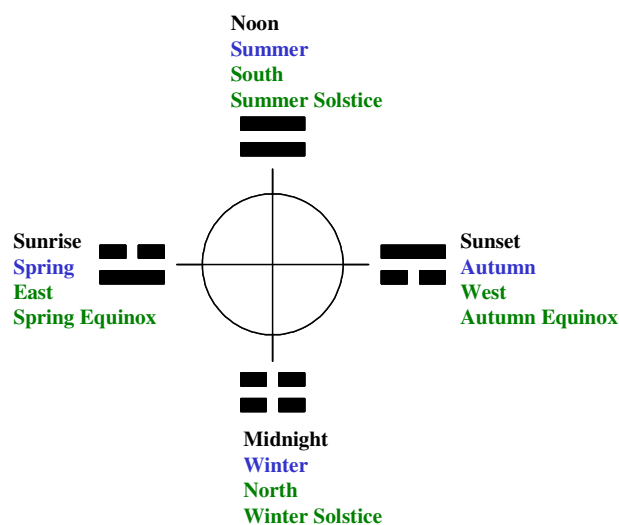
Heaven - round - time ○

Earth - flat - space □

Yīn Yáng in daily cycle

Yīn Yáng in yearly cycle

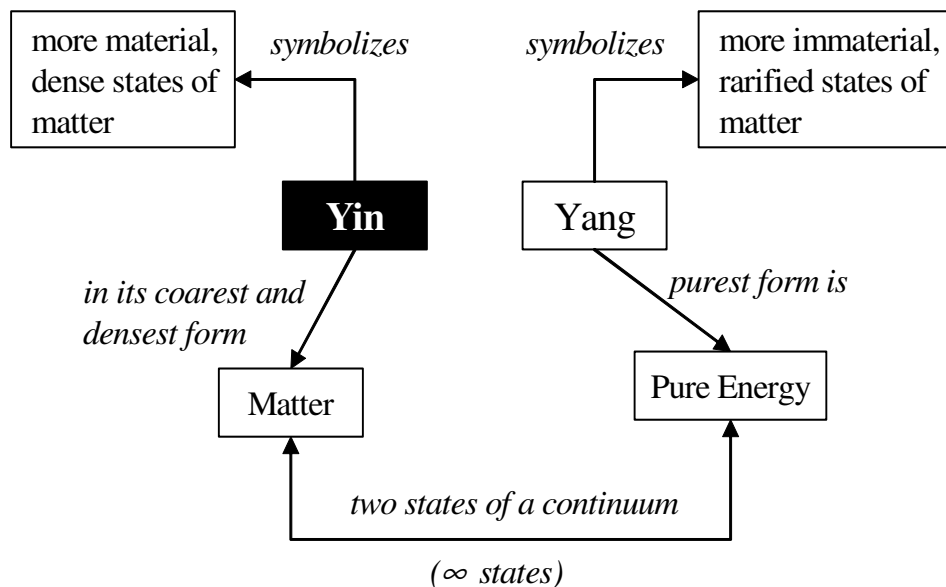
Yīn Yáng in seasonal cycle



Two stages of transformation

Everything goes through phases of a cycle, and in doing so, its form also changes.

Yīn and Yáng stand for two stages in the process of change and transformation.



Aspects of Yīn – Yáng relationship

Interdependence of Yīn and Yáng

- Yīn-Yáng form unity and are complementary;
- Yīn has a seed of Yáng, Yáng has a seed of Yīn;
- Nothing is totally Yīn or totally Yáng;
- Yáng changes into Yīn and vice versa.

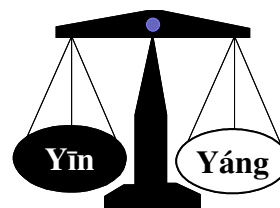
Opposition of Yīn and Yáng

This is relative, not absolute. Both have seed of opposite

Mutual consumption of Yīn and Yáng

A dynamic balance.

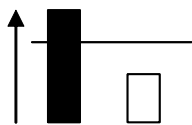
Continuous adjustment of the relative levels of Yīn and Yáng



Four states of imbalance

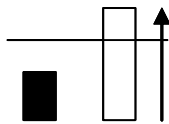
Preponderance of Yīn

Excess of Yīn
consumes Yáng



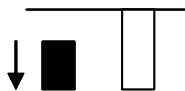
Preponderance of Yáng

Excess of Yáng
consumes Yīn



Weakness of Yīn

leads to preponderance of Yáng



Weakness of Yáng

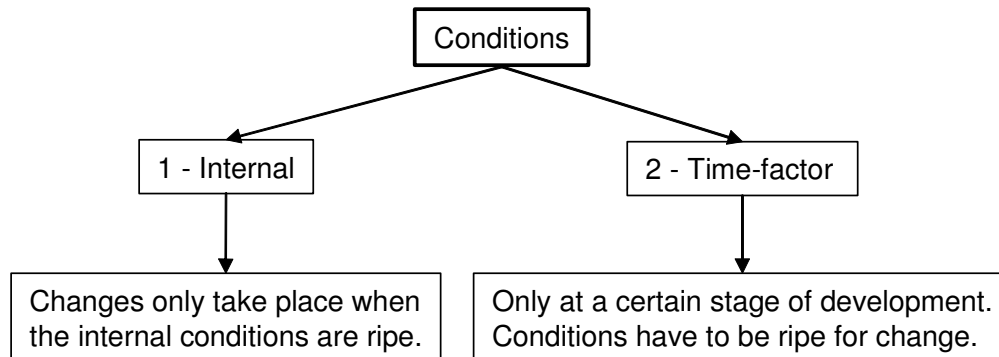
leads to preponderance of Yīn



Inter-transformation of Yīn and Yáng

This is not a static state.

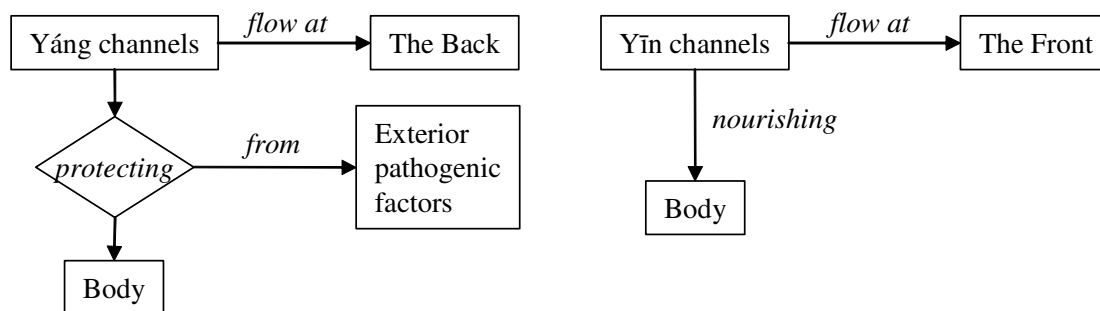
This constant transformation is the source of all change.



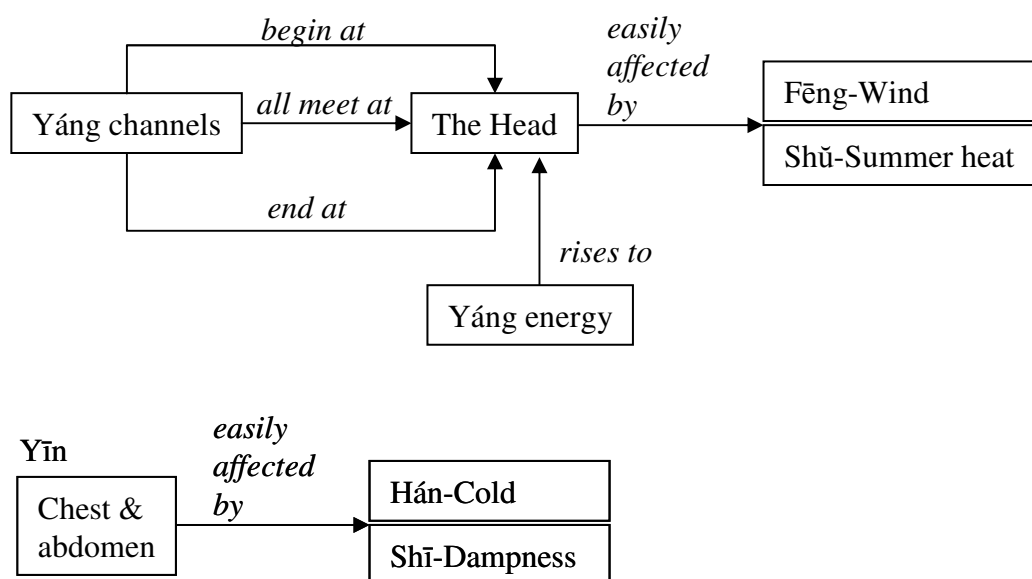
Application of Yīn and Yáng to medicine

Yīn and Yáng and the body structure

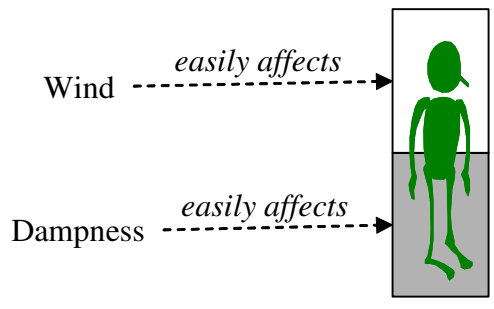
Front Back



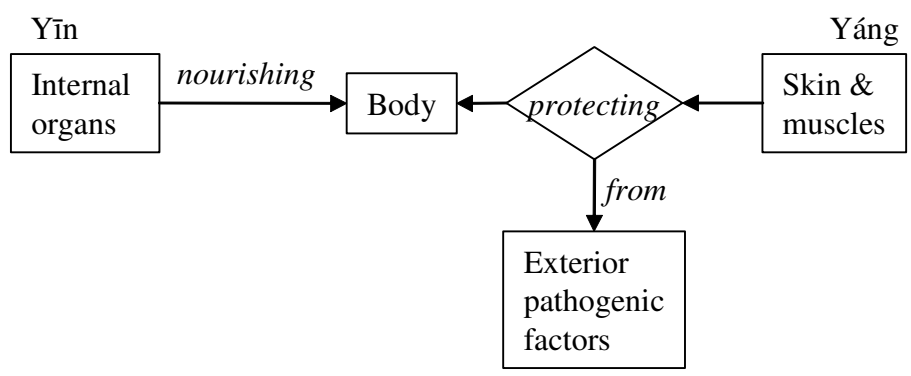
Body Head



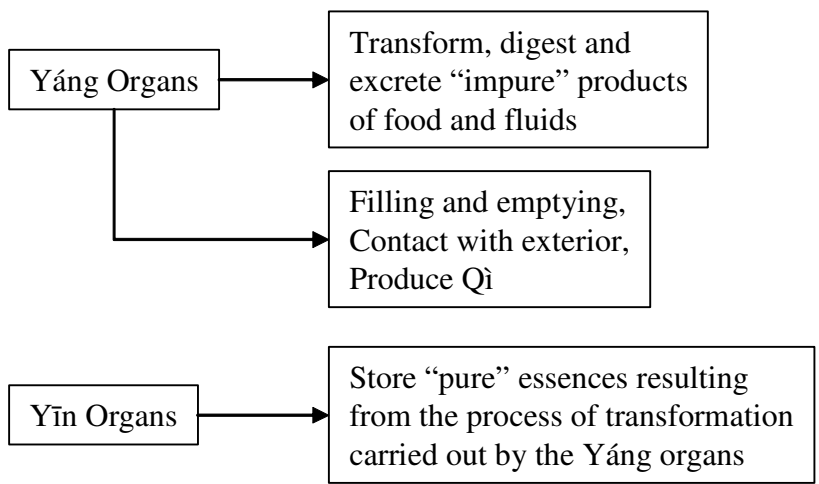
Below **Above**

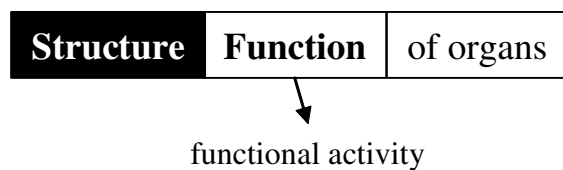
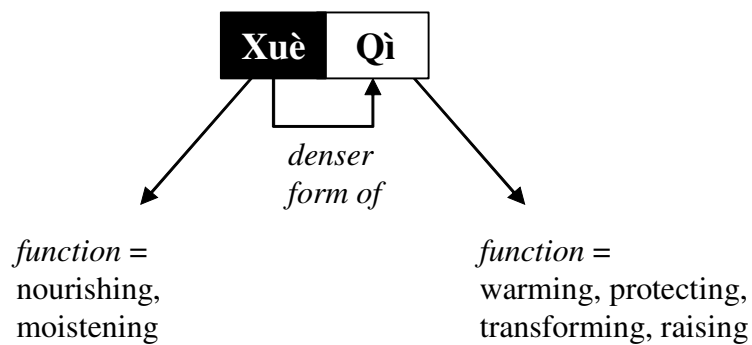


Interior **Exterior**

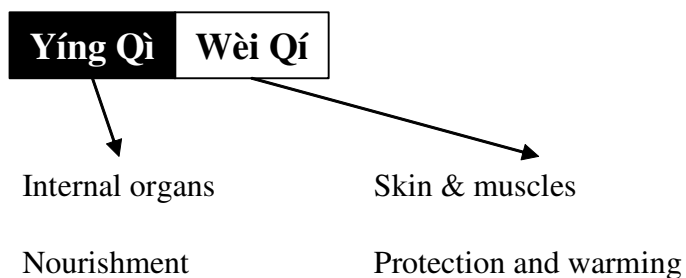
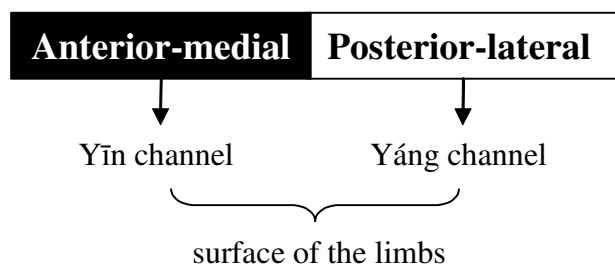


Yīn **Yáng** **Organs**





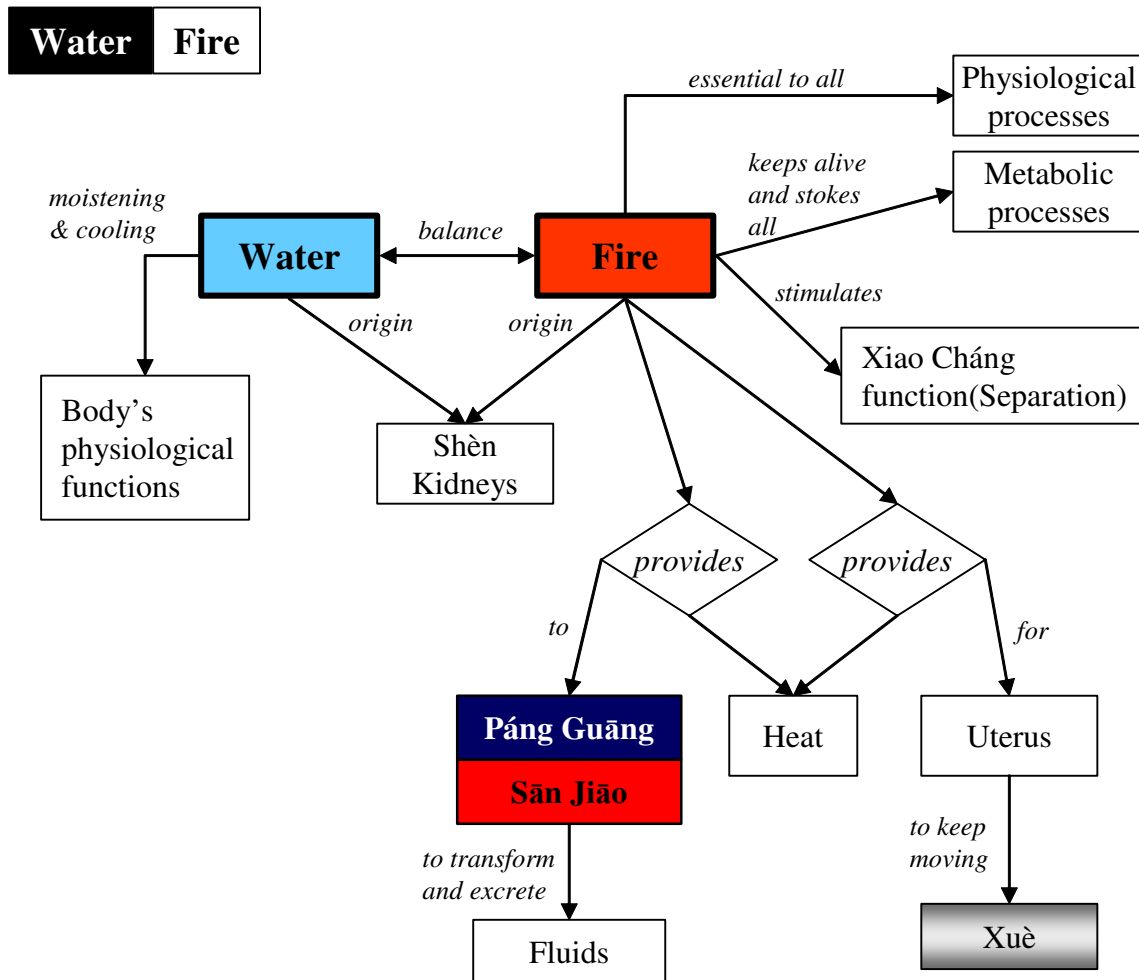
Function and Structure are related and inter-dependent.
e.g. Spleen has Yáng function (transformation) and a Yīn structure (Xuè).



Four principles of Yīn-Yáng and Medicine

Opposition of Yīn-Yáng

All symptoms and signs can be reduced to their elemental, basic character of Yīn and Yáng.



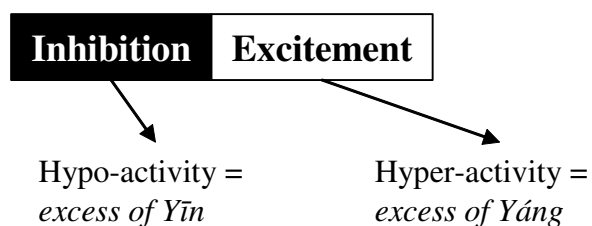
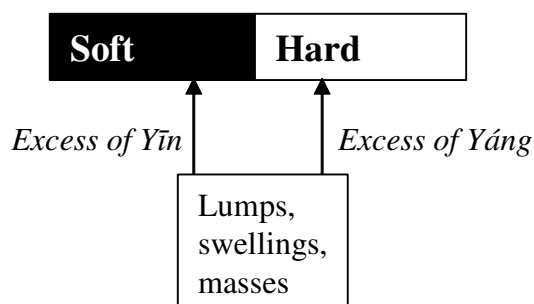
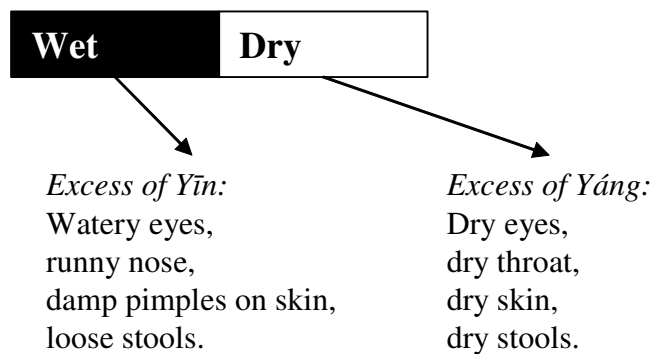
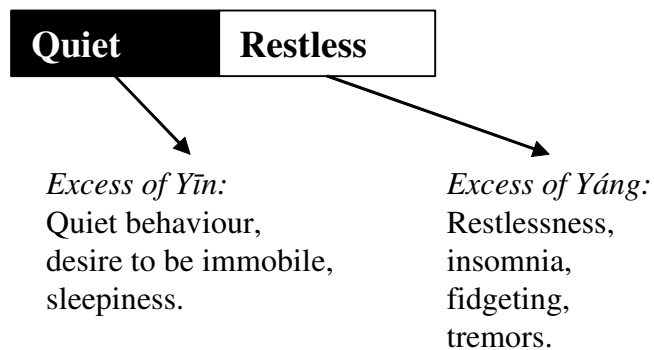
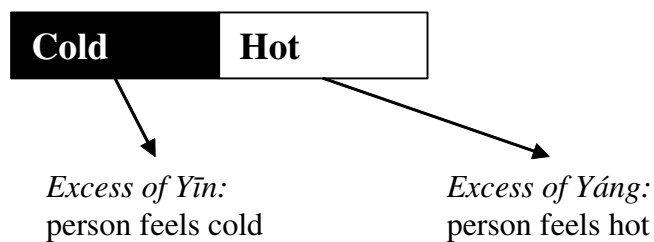
Note:

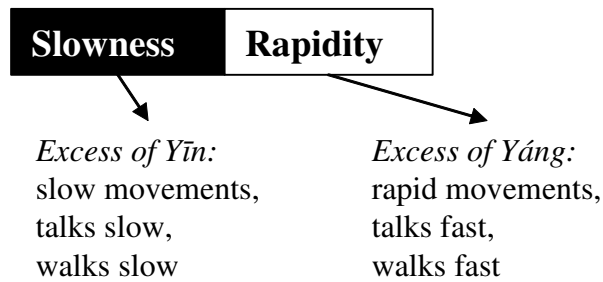
Fire = physiological fire = Fire of Gate of Vitality (Míng Mén)

If Fire declines → Shén-Mind will suffer with depression, Pí cannot transport and transform, Xiǎo Cháng cannot separate fluids, Pángn Guāng and Sān Jiāo cannot excrete fluids causing oedema, Uterus turns Cold and may cause infertility.

If Fire = excessive → tendency to flow upwards → *headaches, red eyes, red face, thirst.*

If Water = excessive → tendency to flow downwards → *oedema of legs, excessive urination or incontinence.*

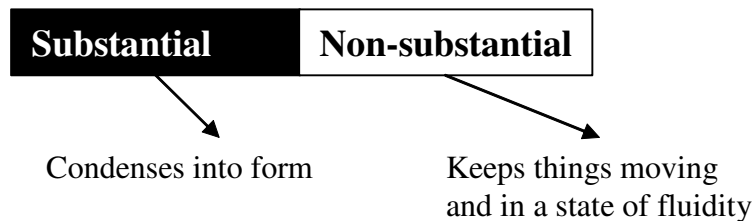




Symptoms and signs:

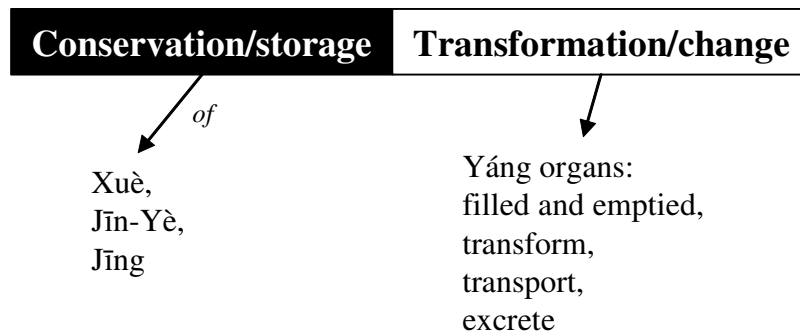
Yīn condition: appear gradually, appear slowly.

Yáng condition: appear suddenly, appear rapidly.



Note for non-substantial:

If Yáng Xū → Qì stagnates, fluids not transformed/excreted → Xuè not moved → possible Xuè Yū (stasis), physical masses/tumours.

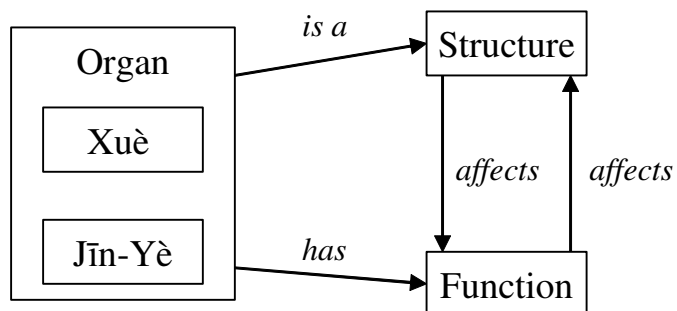
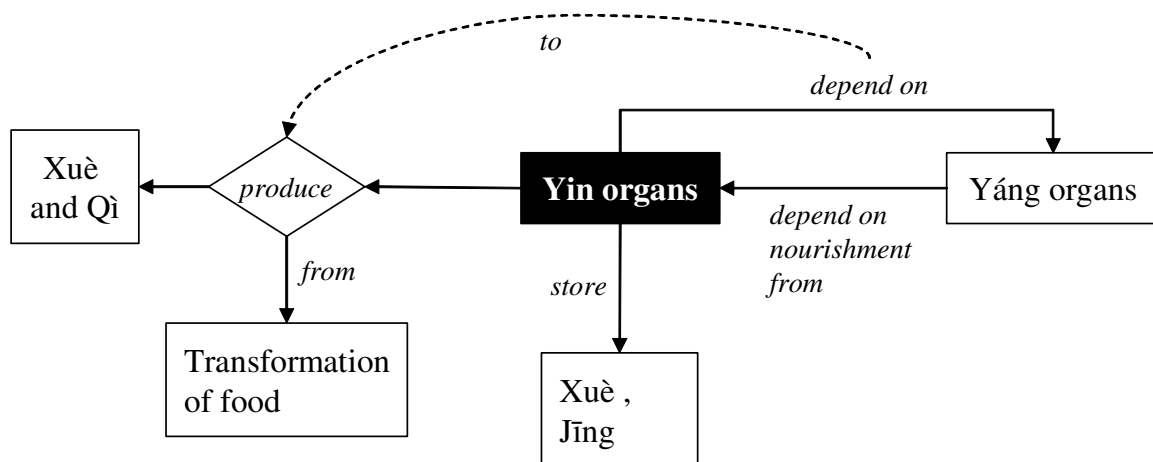


Yīn and Yáng show themselves as they are out of balance. If in balance → Yīn and Yáng are not visible and symptoms and signs will not arise.

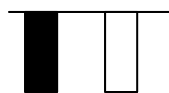
The theory of Yīn-Yáng, although fundamental is thus too general to give concrete guidelines as to the treatment needed.

Interdependence of Yīn-Yáng

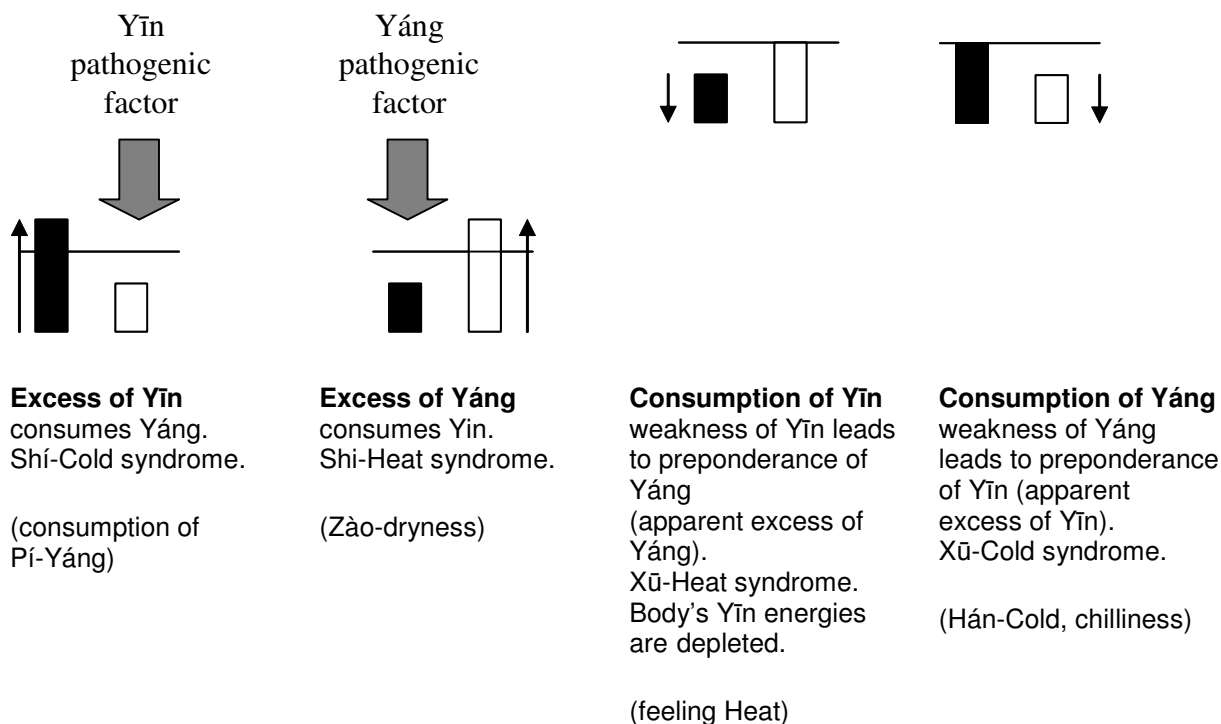
All the physiological processes are a result of the opposition and interdependence of Yīn and Yáng.



Mutual consuming of Yīn-Yáng



Balance



Inter-Transformation of Yīn-Yáng

Yīn and Yáng can change into one another.

- when conditions are ripe at a certain point in time.
- determined by the internal qualities of any given thing or phenomenon.

Examples: day - night, seasons, climate.

Used in medicine for prevention of disease.

Examples:

- excessive work (yáng) without rest → extreme deficiency (yīn) of body's energies.
- exterior Hán-Cold invade body → change into Rè-Heat.
- Shí condition → Xū condition and v.v. (Pí-Yáng Xū → excess of Shī-Dampness).

Knowledge test

1. What are the five principles of Yīn-Yáng?
2. What are the four disturbances of Yīn-Yáng?
3. A half cup of lukewarm water. Is this Yīn or Yáng?

References

Sù Wèn chapter 2, 5, 11.

Bibliography

G. Maciocia, *The Foundations of Chinese Medicine*, Churchill Livingstone, 1989.

T.J. Kaptchuk, *The Web that has no weaver*, Cougdon & Weed, 1983.

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N. Wiseman & Feng Ye, *A practical dictionary of Chinese Medicine*, Paradigm Publications, 1998