Five Elements Pattern Identification
• **Five Elements Theory:** with Yin/Yang theory originated in ancient China, and are the perspectives and methodologies applied to understand nature. They possess the ideological characteristics of dialectic materialism.

• **Five Elements:** refer to the movement and changes of the five basic material elements, i.e., wood, fire, earth, metal, and water
Inter relationship and movement of the five elements

• Physiological relationship and movements
  – Generating
  – Controlling

• Pathological relationship and movements
  – Overacting
  – Insulting
1. Generating sequence

Generating means mutual production, promotion, and assistance
2. Controlling sequence

Controlling: also been called restraint or interacting. It means mutual restriction, conquering, in check and suppression.
• Generating relationship, also been called “mother-child” (母子) relationship, each element have two positions, “generating” and the “being generated”

• Controlling relationship also been called “mutual surpassing” (相克) relationship. Each of the element also play two roles, “controlling” and “being controlled”
Generating and Controlling relationship among the five elements

- Metal
- Water
- Fire
- Earth
- Wood

The relationships are as follows:
1. Fire generates Earth and Earth generates Metal.
2. Fire generates Wood and Wood generates Fire.
3. Earth generates Metal and Metal generates Water.
5. Water generates Earth and Earth generates Wood.
• Balance among the five elements (organs) are constant being broken and being fixed. Under normal circumstance, generating and controlling among the five elements keeps body in relative dynamic equilibrium.

• Generating and controlling are the physiological activities, they are essential conditions for normal growth and transformation of the human body
3. Over-acting sequence

Over-acting: also been called inter over restraint. It means excessive controlling and restraint, which over the normal rage, lead relative dynamic equilibrium relationship among the five elements broken. It same as controlling sequence, but it is pathological state.
4. Insulting sequence

Insulting: also been called counteracting or inter counter restraint. It is referred to as “opposite controlling”. It is another expression indicating that the systematic structure relationship of the five elements has lost its normal coordination.
### Five Elements and Zang Fu organs

<table>
<thead>
<tr>
<th>Five Element</th>
<th>Zang (Yin) Organs</th>
<th>Fu (Yang) Organs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fire</td>
<td>Heart</td>
<td>Small Intestine</td>
</tr>
<tr>
<td>Earth</td>
<td>Spleen</td>
<td>Stomach</td>
</tr>
<tr>
<td>Metal</td>
<td>Lung</td>
<td>Large Intestine</td>
</tr>
<tr>
<td>Water</td>
<td>Kidney</td>
<td>Bladder</td>
</tr>
<tr>
<td>Wood</td>
<td>Liver</td>
<td>Gallbladder</td>
</tr>
</tbody>
</table>
Fire: hot and flaming upwards
Physiological relationship with other elements

- Earth
  - generating
  - controlling
- Fire
  - controlling
  - generating
- Water
  - controlling
- Metal
- Wood
Pathological relationship with other elements

- Fire
  - over acting
  - insulting
- Metal
  - over acting
  - insulting
- Water
  - over acting
  - insulting
- Earth
  - mother affecting the child
  - child affecting the mother
- Wood
Fire Element Patterns

• **Fire not generate Earth**
  – Kidney and Spleen yang deficiency: Loose stools, chillness and weakness of the limbs
  (Kidney yang deficient instead of Heart yang deficient)

• **Fire over acting on Metal**
  – *Heart fire with excess heat in the lung*: Cough with profuse yellow sputum, a feeling of heat and a red face. Agitate, mental restlessness, canker sores, dream disturbed sleep, thirst, palpitation, a red tongue with a rapid and forceful pulse.
• **Fire insulting Water**

  – *Heart and Kidney disharmony*: palpitations, insomnia, vexation, dream disturbed sleep, dizziness, tinnitus, dry mouth, malar flush, five center heat, night sweats, weakness and aching of the lower back and knees, seminal emissions; a red tongue with little or no coating, and a thready and rapid pulse.
Wood: growth and flourish
Physiological relationship with other elements

- **Wood**
  - **Metal** controlling
  - **Fire** generating
  - **Water** controlling
  - **Earth** controlling

- **Fire**
  - Generating to **Wood**

- **Water**
  - Controlling to **Wood**

- **Metal**
  - Controlling to **Wood**
Pathological relationship with other elements

- Mother affecting the child
- Insulting
- Over acting
- Child affecting the mother

Elements:
- Fire
- Wood
- Earth
- Metal
- Water
Wood Element Patterns

• Wood not generating Fire
  – Clinical manifestation: Timidity, a lack of courage, unable to make decision, palpitations and insomnia (waking up in the early hours of the morning)
  – Note: Wood element include Liver and Gallbladder, since Liver barely deficient, so in here wood deficient means Gallbladder qi insufficient
• **Wood over acting on Earth**
  
  – *Liver and Stomach disharmony*: distention, pain in epigastria and hypochondriac area, belching, hiccups, nausea or even vomiting, acid regurgitation, depression, irritability, frequent sighing, and a poor appetite. The tongue coating is thin white or thin yellow. The pulse is wiry, or perhaps slightly rapid.

  – *Liver qi stagnation with spleen qi deficiency*: distention and pain in the abdominal and hypochondriac area, frequent sighing, depression, irritability, easily angered, poor appetite, bloating, loose stools,. The tongue presentation manifests with a white tongue coating, and a wiry or weak pulse.
• **Wood insulting Metal**
  
  – _Liver fire attack the Lung_: burning pain in the hypochondria, irritability, easily angered, dizziness, distension headaches, red face and eyes, bitter taste in the mouth, paroxysmal cough, or even cough with blood, scanty yellow sticky sputum, a red tongue with thin yellow coating, and a wiry and rapid pulse.
Earth: nourishing and cultivating
Physiological relationship with other elements

- Wood controls Earth and is controlled by Metal.
- Earth controls Fire and is controlled by Water.
- Fire controls Metal and is controlled by Water.
- Metal controls Water and is controlled by Wood.
- Water controls Earth and is controlled by Wood.
Pathological relationship with other elements

- Mother affecting the child
  - Insulting
  - Over acting
- Child affecting the mother
- Over acting
- Insulting

Elements:
- Wood
- Earth
- Fire
- Metal
- Water
Earth Element Patterns

• Earth not generate Metal
  – *Spleen and Lung qi deficiency*: chronic cough or asthma with profuse sputum, feeble voice, dislike of speaking, shortness of breath, general fatigue; poor appetite, abdominal bloating and distention, loose stools; pale complexion, and a deficient pulse.

• Earth overacting on Water
  – *Kidney deficient with Spleen dampness*: Edema, difficult urination and a yellow face

• Earth insulting the Wood
  – Jaundice and hypochondriac pain and distention
Metal: astringing and reforming
Physiological relationship with other elements

- **Fire** controlling **Metal**
- **Metal** controlling **Wood**
- **Water** generating **Metal**
- **Wood** generating **Earth**
- **Earth** generating **Water**
Pathological relationship with other elements

- Fire
- Metal
- Water
- Earth
- Wood

Mother affecting the child

Over acting

Insulting

Child affecting the mother
Metal Element Patterns

• **Metal not generating Water**
  – *Lung and Kidney deficient*: Cough, breathlessness, loss of voice and asthma

• **Metal overacting on Wood**
  – Tiredness, irritability, a feeling of distension, cough and a white face
• Metal insulting the Fire
  – *Lung and Heart qi deficiency*: palpitations, coughing and panting, shortness of breath, and insomnia
Water: moisturizing and flowing downwards
Physiological relationship with other elements

- Wood controls Earth and is controlled by Fire.
- Earth controls Water and is controlled by Metal.
- Water controls Metal and is controlled by Fire.
- Fire controls Metal and is controlled by Wood.
- Metal controls Earth and is controlled by Wood.
Pathological relationship with other elements

- Wood
  - mother affecting the child

- Earth
  - insulting
  - over acting

- Water
  - child affecting the mother

- Fire
  - over acting
  - insulting

- Metal
Water Element Patterns

• Water not generate Wood
  – *Kidney yin deficiency with Liver yang rising*
    Lower back and knee aching and weakness, tinnitus, seminal emission, dizziness, blurred vision, headache, and vertigo, irritability, angry, night sweating, hot flush, five center heat

• Water over acting on Fire
  – Edema of the ankle, backache, feeling cold dizziness, expectoration of thin watery sputum, palpitation (GM)
  – Or no such pattern
• **Water insulting the Earth**

  - *Kidney and Spleen Yang deficiency*: pale complexion, cold limbs and body, chronic loose stools or early morning diarrhea, watery stool with undigested food, edema, and difficult urination. Other signs include: a pale and tender tongue, with white slippery coating, and a deep, weak and slow pulse
<table>
<thead>
<tr>
<th>Element</th>
<th>Failed Generating</th>
<th>Overacting</th>
<th>Insulting</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wood</td>
<td><strong>Wood → Fire</strong></td>
<td><strong>Wood → Earth</strong></td>
<td><strong>Wood → Metal</strong></td>
</tr>
<tr>
<td></td>
<td>Timidity, a lack of courage, palpitation</td>
<td>Hypocondriac pain, irritability, loose stools,</td>
<td>Cough, asthma, distention in chest and hypochondriac</td>
</tr>
<tr>
<td></td>
<td>insomnia, wake up early</td>
<td>poor appetite.</td>
<td></td>
</tr>
<tr>
<td>Fire</td>
<td><strong>Fire → Earth</strong></td>
<td><strong>Fire → Metal</strong></td>
<td><strong>Fire → Water</strong></td>
</tr>
<tr>
<td></td>
<td>Loose stools, chilliness and weak of the limbs</td>
<td>Cough with profuse yellow sputum, hot and red face</td>
<td>Hot flush, dry mouth, insomnia, dizziness, low</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>backache, night sweating</td>
</tr>
<tr>
<td>Earth</td>
<td><strong>Earth → Metal</strong></td>
<td><strong>Earth → Water</strong></td>
<td><strong>Earth → Wood</strong></td>
</tr>
<tr>
<td></td>
<td>Phlegm in the chest, cough and tiredness</td>
<td>Edema, difficult urine and yellowish face</td>
<td>Jaundice, pain in hypochondriac</td>
</tr>
<tr>
<td>Metal</td>
<td><strong>Metal → Water</strong></td>
<td><strong>Metal → Wood</strong></td>
<td><strong>Metal → Fire</strong></td>
</tr>
<tr>
<td></td>
<td>Cough, SOB, loss of voice, asthma</td>
<td>Tiredness, irritability, distension, pale face</td>
<td>Palpitation, insomnia and SOB</td>
</tr>
<tr>
<td>Water</td>
<td><strong>Water → Wood</strong></td>
<td><strong>Water → Fire</strong></td>
<td><strong>Water → Earth</strong></td>
</tr>
<tr>
<td></td>
<td>Dizziness, blurred vision, headache, vertigo</td>
<td>No such pattern or Kidney yang deficient with water</td>
<td>Loose stools, edema, tiredness and weakness of the</td>
</tr>
<tr>
<td></td>
<td></td>
<td>upward</td>
<td>limb</td>
</tr>
</tbody>
</table>