

**TRADITIONAL CHINESE VETERINARY MEDICINE**

**Volume 1**

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# Fundamental Principles

# **TRADITIONAL CHINESE VETERINARY MEDICINE**

## **Volume 1: Fundamental Principles**

Huisheng Xie, DVM, PhD  
Vanessa Preast, DVM

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Vanessa Preast, DVM



# PREFACE

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This volume, *Fundamental Principles*, is the first of four books which comprise the textbook *Traditional Chinese Veterinary Medicine*. As a collaborative work, it has developed into an update and expansion of the text *Traditional Chinese Veterinary Medicine* published in 1994 by Dr. Huisheng Xie. This volume intends to clarify the basic principles of Traditional Chinese Veterinary Medicine.

We have created this text for several reasons. First, Traditional Chinese Veterinary Medicine has been used to treat animals for thousands of years in China. Only in recent history have practices such as acupuncture and herbal therapy come into use in the Western world. The majority of the literature about these traditional techniques is written in Chinese and is inaccessible to most Westerners. Because of the paucity of texts in the English language regarding these techniques, we hope this text will fill some gaps in the current knowledge. This is especially true of the basic philosophies and principles of traditional medicine for which English-language information is quite deficient. For this reason, we dedicate the entire first volume to the underlying principles of Traditional Chinese Veterinary Medicine.

Second, we wish to create a book which would be a relevant, functional resource for veterinarians and students who wish to apply these principles. For this reason, we intend to present the material in a practical manner and to illustrate these principles with case examples and questions at the end of the chapters. In addition, the final chapter of this book consists of numerous, lengthy case studies with descriptions and explanations of all the findings and treatments. It is our hope that this will promote understanding of how one may apply these principles to clinical cases.

Third, creating a new edition of *Traditional Chinese Veterinary Medicine* provided us an opportunity to clarify the text, to add additional detail, and to alter the appearance of the book. We hope that the diagrams and illustrations in this text will further enhance readers' understanding. Much of the new information in this book had not been available in the original edition. Readers familiar with the first edition will also note that we avoided detailed discussions of herbal formulas and acupuncture techniques in this book. These topics will be discussed in subsequent volumes.

We sincerely appreciate the efforts of all who have helped to make this book possible. Special thanks to Drs. Robert Spiegel and Bruce Ferguson for proofreading the manuscript and to Mr. Li Hongfan for coordinating with the press. Thanks also to family and friends for their patience, encouragement and support.

**HUISHENG XIE  
VANESSA PREAST**



## ABOUT THE AUTHORS

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**Huisheng Xie** received his Doctor of Veterinary Medicine at the Sichuan College of Animal Science and Veterinary Medicine in Sichuan, China in 1983. Dr. Xie became an assistant and staff veterinarian in the College of Veterinary Medicine of the Beijing Agricultural University from 1983 to 1987. In 1988, he received his Master of Veterinary Science in Veterinary Acupuncture. From 1988 to 1994, he was an Assistant and Associate Professor in the Beijing Agricultural University College of Veterinary Medicine. In 1992, he also received advanced training in human acupuncture at the Beijing College of Traditional Chinese Medicine and the National Academy of Traditional Chinese Medicine. In 1999, he received his Ph.D. from the University of Florida for his investigation of the mechanisms of pain control in horses using acupuncture. Currently, he serves as the Complementary and Alternative Veterinary Medicine Clinician in the Veterinary Medical Teaching Hospital at the University of Florida. In 1998, Dr. Xie founded the Chi Institute in Reddick, Florida to train veterinarians in Chinese acupuncture and herbal medicine.

Dr. Xie's academic accomplishments in China include Achievement Awards from the Ministry of Agriculture, the National Science and Technology Committee and the Beijing Agricultural University. He has been invited to talk about veterinary acupuncture and herbal medicine all over the United States, Japan, Mexico and Europe. He is also the author of eight books and 35 scientific papers. His English-language textbook, *Traditional Chinese Veterinary Medicine*, was published in 1994 and has been used for TCVM training programs in China, Europe and the United States.

**Vanessa Preast** received her Doctor of Veterinary Medicine from the University of Florida. As a graduate of the Chi Institute, she has become certified in small animal acupuncture. She practiced integrative medicine in small animal practice.





## NOTICE

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This book is written for use by veterinarians who practice Traditional Chinese Veterinary Medicine (TCVM). It is a guide to the general principles behind this medical system, and it is not intended to be a substitute for sound medical education. Veterinarians are strongly advised to seek a comprehensive TCVM training program before using acupuncture or herbal medicine. There are several certification programs in the United States that are available to veterinarians. Nonveterinarians are cautioned against practicing medicine on animals, unless permitted by law. Untrained or inadequately-trained individuals are unable to accurately assess a patient's health status and make appropriate recommendations.

Traditional Chinese Veterinary Medicine, as with any other medical system, is an ever-changing field. In addition, much of the information in this book is based on clinical observations, as opposed to controlled studies. The publisher, editor, and authors make no warrant as to results of acupuncture or other treatments described in this book. Medical practitioners should be aware of the standard safety precautions and make appropriate changes in therapies as new research becomes available and as clinical experience grows. Any person administering medical therapy is responsible for using his or her professional skill and experience to determine the best treatment for the patient and to assure that the benefits of this treatment justifies the associated risk. Thus, the information within this book should not be construed as specific instructions for individual patients, and readers should use clinical judgment in deciding when and if the acupuncture procedures described should be applied. The authors cannot be responsible for misuse or misapplication of the material in this work.

While every effort has been made to ensure the accuracy of information contained herein, the publisher, editor, and authors are not legally responsible for errors or omissions. Readers are advised to check the product information currently provided by the manufacturer of each drug or formula to be administered to be certain that changes have not been made in the recommended dose or in the contraindications for administration.



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# INTRODUCTION

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Knowing others is wisdom;  
Knowing the self is enlightenment.  
Mastering others requires force;  
Mastering the self needs strength.

He who knows he has enough is rich.  
Perseverance is a sign of will power.  
He who stays where he is endures.  
To die but not to perish is to be eternally present.

– Lao Tsu, “Thirty-Three” of *Tao Te Ching*

Traditional Chinese Veterinary Medicine (TCVM), although relatively new to the Western world, is a medical system that has been used to treat animals in China for thousands of years. This system developed as prehistoric people tried to understand domestic animal disease and each subsequent generation has added their knowledge and discoveries to those of the previous generation up through present day. As such, TCVM continues to change and grow as new information is incorporated into the system. Thus, even though many of the therapeutic techniques were developed through the trials and observations of ancient Chinese people, TCVM is not immune to adaptations from other cultures and to advances in technology. For example, ancient Chinese techniques are combined with modern medical practice through the use of sterile, single-use filiform acupuncture needles, hypodermic needles with syringes, electrical current or laser-light to stimulate acupoints. The scientific research of recent history has also added to the ever-growing understanding of this medical system.

Today, the practice of TCVM in the Western world differs from its Chinese origins. First, most of the acupoints and Meridian lines used by Western veterinarians are transposed from humans. The ancient texts describing many of the classical Meridian lines and charts were lost long ago; however, some ancient books describing the acupoint locations were preserved and are still used today. This has inspired some discussion about the actual location of the Meridian lines and points in species with fewer digits or more ribs than humans. The energetic significance of some of these points is also called into question when one considers a human biped compared to a quadruped animal that has all four limbs touching the ground. Second, veterinary acupuncture in China was primarily used for agriculturally important species such as cattle, pigs and horses. In Western society, dogs, cats and birds have great significance as companions, so the understanding of acupuncture in these species has grown greatly in recent history. Third, many of the ancient techniques have been modified to fit Western perceptions and medical practice. For example, the needles commonly used today are very thin, solid and sterile. The traditional tools were large, non-sterile needles of various shapes and sizes. Last, Western practitioners may combine TCVM with a variety of other medical techniques such as chiropractics, Western herbal medicine and homeopathy. These modifications are not inherently good or bad but are merely part of the system's continued development.

Traditional Chinese Veterinary Medicine may initially be quite foreign to Western-trained minds. To some, it may seem that the principles of TCVM and Western Veterinary Medicine (WVM) are separated by a great abyss. Bridging that gulf is largely an individual mental process, but readers of this text have already made the first steps towards understanding through their interest and willingness to accept new ideas.

These medical systems are not mutually exclusive. Each has aspects that place them on opposite ends of the spectrum, but there is a large area of overlap between them. This common ground provides some familiarity for those new to TCVM concepts. It does, however, make accurate simplification and categorization of the systems difficult for teaching purposes. Bearing this in mind, realize that the complexities of medical systems are learned through experience, and this text provides only a framework to build upon.

Learning TCVM requires a shift in perspective. In general, Western medicine believes in control while traditional Chinese medicine believes in balance; WVM is more mechanistic while TCVM is more energetic. Western medical practitioners are very familiar with analyzing a disease process to discover its specific, fundamental, physical cause whether this is an infectious agent, an enzymatic defect or a toxic insult. By fully understanding the functions of the physical body all the way down to a cellular or molecular level, one can target the abnormality and better control the disease process. On the other hand, TCVM practitioners recognize disease as an imbalance in the body. They understand that the body is an integrated, energetic structure, and that disturbance of energy flow creates disease in the whole organism. When a disease Pattern is identified, one can restore balance and health by helping the body regulate itself.

Both systems rely on medical history and physical examination to make a diagnosis or identify a Pattern. Western medicine adds in diagnostic tests such as bloodwork or radiographs. The diagnostic tests of TCVM include palpation of the pulse and the *shu* points. In both cases, an experienced clinician interprets the findings and chooses an appropriate therapeutic regimen. A Western veterinarian may recommend surgery or reach for antibiotics, steroids or other pharmaceuticals. A TCVM practitioner may recommend herbs, acupuncture or special management practices as therapy.

Generally, the goals of TCVM and WVM are the same; both hope to promote health and to prevent disease. They are merely two different ways of viewing the world, and each system has its own strengths and weaknesses. Western medicine deals well with acute diseases and has advanced surgical techniques. TCVM can be beneficial for chronic diseases, especially those that Western medicine can only control but not cure. Due to the more individual nature of TCVM, Western medicine can better handle herd health problems. Although Western veterinarians promote disease prevention through yearly physical exams and vaccines, TCVM is very beneficial for identification of potential problems and preventing disease through dietary modification or preventative therapies. In addition, when veterinarians practice traditional Chinese medical techniques such as *Tai Qi Quan* or *Qi Gong*, they are able to remain centered and to better assist their patients. The therapeutics of TCVM can avoid some of the deleterious side effects of the Western drugs, but the Western drugs act much more quickly. Thus, through integration of the two systems, one may take advantage of the strengths of each while minimizing the weaknesses. Practitioners who are able to bridge the mental gap between Eastern and Western medicine may find that this combination brings better results than either one alone.

## CHAPTER ONE

# YIN AND YANG

---

Under heaven all can see beauty as beauty only  
because there is ugliness.  
All can know good as good only because there is evil.

Therefore having and not having arise together.  
Difficult and easy complement each other.  
Long and short contrast each other;  
High and low rest upon each other;  
Voice and sound harmonize each other;  
Front and back follow one another.

– Lao Tsu, “Two” of *Tao Te Ching*

Yin-Yang and the Five Elements are two philosophical views originating in ancient China. These were initially developed in order to understand and interpret natural phenomena. These principles were applied in the field of Chinese Medicine some time between the Spring and Autumn Period (722-481 B.C.) and the Warring States Period (403-221 B.C.). Yin-Yang and the Five Elements promoted the development of two theoretical systems: Traditional Chinese Medicine (TCM) and Traditional Chinese Veterinary Medicine (TCVM). Yin-Yang and Five Elements represent the conceptual foundation of each system and have guided clinical work up to the present.

## The Concept of Yin-Yang

The earliest reference to Yin and Yang is probably in *Yi Jing (Book of Changes)* which dates back to about 700 B.C. In this book, Yin and Yang are respectively represented by a broken line ( — — ) and an unbroken line ( ——— ). By combining the broken and unbroken lines into pairs, four diagrams are formed. These represent utmost Yin, utmost Yang, Yang within Yin and Yin within Yang (Figure 1.1). The addition of another broken or unbroken line to these four diagrams forms the eight trigrams. In this case, various combinations of the three lines form eight different characters (Figure 1.2). These trigrams can also be paired to compose the sixty-four hexagrams (Figure 1.3). The hexagrams symbolize all possible phenomena in the universe.

For example, each of the three example hexagrams illustrated in Figure 1.3 has a different meaning. 1) The *Tai* diagram represents the harmony between Yin and Yang. Yin lies in the upper part and Yang lies in the lower part. Yin descends to nourish Yang, and Yang rises to support Yin. 2) The *Weiji* diagram represents the disconnection between Water (Kidney) and Fire (Heart). The Fire goes up while Water descends, thus Fire and Water fail to connect and support each other. 3) The *Xiaoguo* diagram represents Cold or Yang Deficiency. Yang is surrounded by too much Yin (Cold).

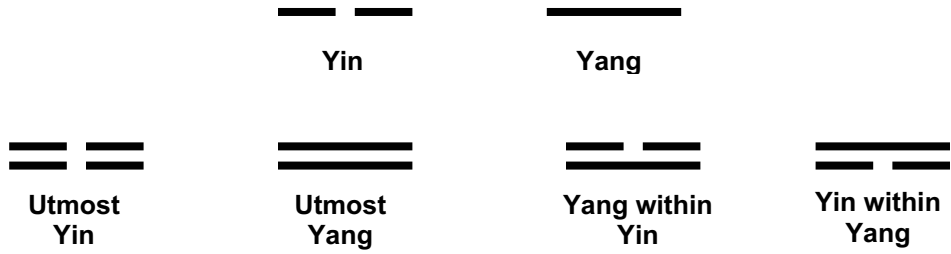


Figure 1.1: Yin and Yang diagrams

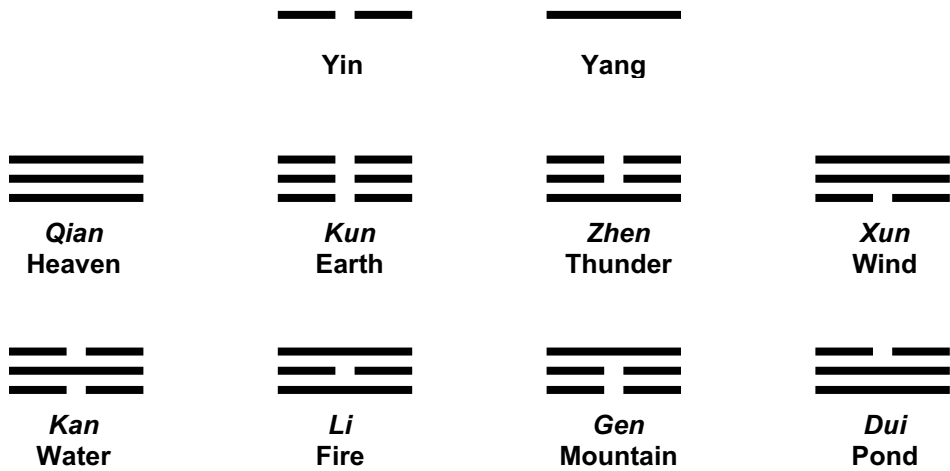


Figure 1.2: The Eight Trigrams

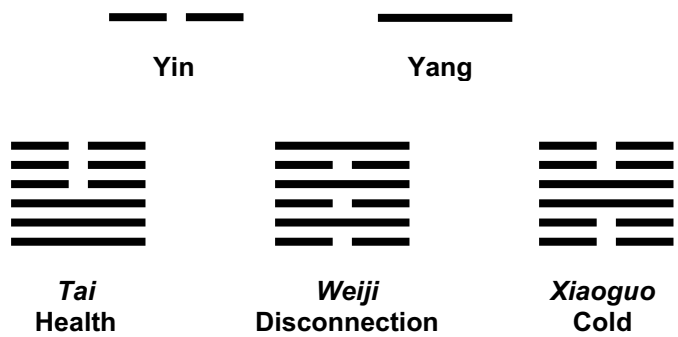


Figure 1.3: An example of three hexagrams

The Yin-Yang principles are derived, in part, from observation of the cyclical alternation between day and night. Day belongs to Yang and night belongs to Yin. Similarly, light and activity relate to Yang, as darkness and rest relate to Yin. The continuous interchange between two alternate poles observed for every circumstance can be described in terms of Yin and Yang. Light, Sun, Brightness, Activity, Heat, and Strength correspond to Yang while Darkness, Moon, Dimness, Rest, Cold, Weakness correspond to Yin. From this perspective, Yin and Yang are two stages of a cyclical movement or phenomenon; thus, Yin and Yang are representative names for dual opposites and interdependent aspects of everything in the universe. Chapter five of the book *Su Wen (Plain Questions)* pointed out that "Yin and Yang are the laws of heaven and earth, the great framework of everything, the parents of change, the root and beginning of life and death." According to *Su Wen*, all natural events and states of being are rooted in Yin and Yang, and they can be analyzed by the theory of Yin and Yang.



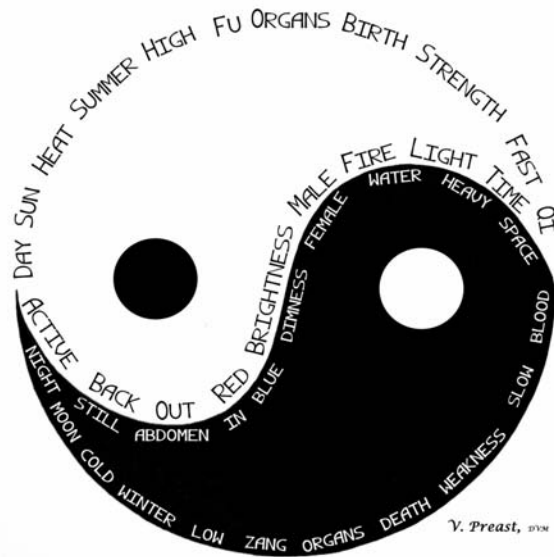
### Tai Ji

The symbol above is traditionally used to represent the interrelationship of Yin and Yang. One can think of Yin and Yang as a way of trying to understand the events of the universe by organizing phenomena into distinct categories. It is at once extremely simple and staggeringly complex.

Basically, all conceivable entities or events are broken down into two opposite aspects. Many concepts may even lose their meaning without a comparison to their opposites. For example, what is heat without cold? How do we recognize dark without light? Yin and Yang are opposite sides of the same coin; they are inseparable. Like a bar magnet, no matter how it is divided, there will always be a North and South pole, a Yang and a Yin. Keep cutting and you get smaller and smaller pieces, each with a North and South pole. Any Yin or Yang aspect can be further broken down into other Yin and Yang qualities. Our world is full of endless shades of grey. Summer may be considered Yang, but there is still nighttime (Yin) as well as daytime (Yang) throughout the summer months. What about a cool summer day compared to a hot summer day? What about an eclipse of the Sun? Similarly, Yin becomes Yang and Yang becomes Yin in an endless cycle of transformation and generation. Day turns to night and back to day again.

The circle can represent the universe divided equally into Yin (black) and Yang (white). The division is not straight; but rather, Yin and Yang merge and continuously cycle with each other. Each controls and transforms into the other while carefully maintaining balance. The small circles within Yin and Yang represent the seeds of Yang within Yin and Yin within Yang. Yin and Yang compose and divide all things; yet, they cycle unceasingly in a state of eternal transformation.

The theory of Yin and Yang is a conceptual framework. It is a means to generalize any two opposite principles, which may be observed in all related phenomena within the natural world. In this way, Yin-Yang may be used to explain animal physiology and pathology and to guide clinical diagnosis and treatment. Yin and Yang represent not only two separate phenomena with opposing natures, but also two different and opposite aspects within the same phenomenon. Generally speaking, one may compare the different properties of everything in the universe, as shown in Table 1.1 and Figure 1.4.



**Figure 1.4: A Pictorial view of the Yin-Yang aspects of Phenomenon**

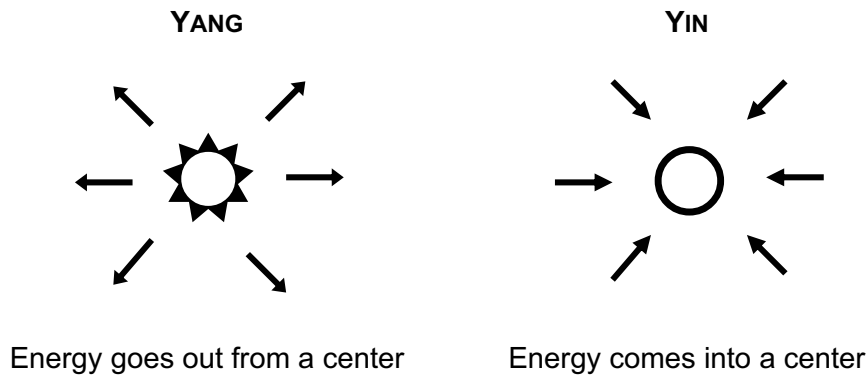
The Yin-Yang nature of a phenomenon or event is not absolute; it is relative. This relative nature of Yin-Yang includes two meanings. First, under certain conditions, Yang may change into Yin. For instance, the day (Yang) turns into night (Yin), and vice versa. Second, any phenomenon or thing can be infinitely divided into its Yin and Yang aspects thus reflecting its own inner relationship, which may be Yang within Yin or Yin within Yang. For example, day is Yang, while night is Yin. Each day and night, however, can be further classified as follows: morning is Yang within Yang, afternoon Yin within Yang, the first half of night Yin within Yin, and the second half of the night Yang within Yin. In an animal, the back belongs to Yang, but the thorax and abdomen belong to Yin. The front half of back is Yang within Yang while the second half is Yin within Yang. The thorax is Yang within Yin while the abdomen is Yin within Yin. The front limb is Yang while the rear limb belongs to Yin. The body surface (the Exterior) belongs to Yang, but the internal organs (the Interior) are Yin.

Yin-Yang theory maintains that everything is essentially composed of two opposing, yet complementary pairs of opposites. Yin-Yang theory can extend to TCVM physiology, pathology, pharmaceuticals, diagnosis and treatment with acupuncture or herbs.



Table 1.1: Comparison of Yin and Yang

Parameter	Yang	Yin
Time of Day	Day	Night
Heavenly Body	Sun	Moon
Light	Brightness	Dimness
Position	Movement / Activity	Stillness / Rest
Temperature	Heat	Cold
Season	Summer	Winter
Color	Red (Light)	Blue (Dark)
Weight	Light	Heavy
Catalyst	Fire	Water
Speed	Fast	Slow
Elements	O, K, P	Na, Ca
Building	Outside / Roof	Inside / Bottom
Vibration	Short wave	Long Wave
Gender	Male	Female
Biological	Vegetable	Animal
Food	Salad	Cereals
Nerve	Sympathetic	Parasympathetic
Birth/death	Birth	Death
Physical Condition	Health	Illness
Attitude	Active / Positive / Excited	Gentle / Negative / Depressed
Tendency	Expansion	Contraction
Direction	Ascend / Forward / Outward	Descent / Backward / Inward
Structure	Time	Space
Fitness	Strength	Weakness
Space	Heaven	Earth
Shape	Round	Flat
Compass Direction	East / South	West / North
Body	Back	Abdomen
Qi / Blood	Qi	Blood
Taste	Pungent / Bitter	Salty / Sweet
Organs	<i>Fu</i> Organs Large Intestine, LI Bladder, BL Gall Bladder, GB Stomach, ST Small Intestine, SI Triple Heater, TH	<i>Zang</i> Organs Lung, LU Kidney, KID Liver, LIV Spleen, SP Heart, HT Pericardium, PC



**Figure 1.5: The Energy relationship with Yin and Yang**

In summary, anything that relates to activity, brightness or function and whose direction goes or tends to go upwards and outwards belongs to Yang. On the other hand, anything that relates to inactivity, darkness or structure and whose direction goes or tends to go downwards and inwards belongs to Yin.

## Five Principles of Yin-Yang

### 1. Everything in the universe has two opposite aspects: Yin and Yang

Male	● — ●	Female
Warm	● — ●	Cold
Morning	● — ●	Afternoon
Left	● — ●	Right

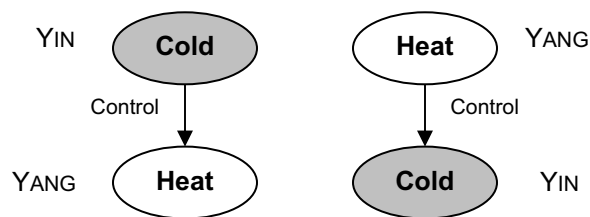
### 2. Any Yin-Yang division can be further divided into Yin and Yang aspects.



Day (Yang):	Morning (Yang)	→	Yang within Yang
	Afternoon (Yin)	→	Yin within Yang
Night (Yin):	1 <sup>st</sup> half of night	→	Yin within Yin
	2 <sup>nd</sup> half of the night	→	Yang within Yin
Back (Yang):	Upper back	→	Yang within Yang
	Lower back	→	Yin within Yang
Abdomen (Yin):	Upper abdomen	→	Yin within yang
	Lower abdomen	→	Yin within Yin

### 3. Yin and Yang control each other

Everything in the universe has two opposite aspects, Yin and Yang, which struggle with and control each other. For example, Heat (Yang) and Cold (Yin) are two opposite aspects. Heat may dispel Cold, but Cold may lower a high temperature (Heat). Thus, the Yin or Yang aspect within any phenomenon will restrict the other through opposition. Under normal conditions in the animal body, a relative physiological balance is maintained through the mutual opposition of Yin and Yang.



However, the opposition of Yin and Yang is relative, not absolute. Nothing is totally Yin or completely Yang. Everything contains the seed of its opposite aspect. Because everything that is associated with Yin or Yang is relative to something else, the opposition of Yin-Yang must be relative as well. Therefore, strictly speaking, it is wrong to say that something is always Yang or always Yin. For instance, activity pertains to Yang insofar as stillness pertains to Yin.

### 4. Yin and Yang mutually create each other

Although Yin and Yang oppose each other, they are also interdependent. The existence of one of the two opposites, Yin or Yang, depends upon the existence of the other. Neither of them can exist in isolation. There is no Yang without Yin, and there is no Yin without Yang. There is no meaning of Heat (Yang) without Cold (Yin). There is no meaning of upward movement (Yang) without downward movement (Yin). The existence of either Yin or Yang is mandatory for the other's existence.

Neither of Yin and Yang can exist without the other. Moreover, they support each other. For instance, nutrient substances of the animal body correspond to Yin while the functional activities correspond to Yang. Therefore, the production of Yin needs the activities of Yang and vice versa.

Yin and Yang co-exist in a constant and dynamic state in which one rises while the other declines. Yin and Yang are not fixed. Instead, they exist in a state of continuous mutual consumption and support. For example, the production of various functional activities (Yang) of the animal body will necessarily consume a certain amount of nutrient substances (Yin). This process is called "consumption of Yin leads to gaining of Yang". On the other hand, the production of various nutrient substances (Yin) will necessarily consume a certain amount of energy (Yang). This process is called the "consumption of Yang leads to the gaining of Yin".

The mutual creation of Yin and Yang is also called "the Ebb-Rise relation". Under normal conditions, the Ebb-Rise relation of Yin and Yang is in a state of relative balance. This balance is maintained by continuous adjustment of the relative Yin and Yang levels. However, if this relationship goes beyond normal physiological limits, the relative balance of Yin and Yang will not be maintained. This results in a Deficiency or Excess of either Yin or Yang as well as the development of disease.

#### **"Consumption of Yin leads to growth of Yang"**

Consumption of nutrients (Yin)



Functional activities (Yang)

In this case, nutrients or Yin is used to provide the supplies needed for the activities or Yang Functions of the body. The Yin is consumed to produce Yang. For example, an animal's body uses the stored glycogen to provide energy for running.

#### **"Consumption of Yang leads to growth of Yin"**

Consumption of energy (Yang)



Nutrient substances (Yin)

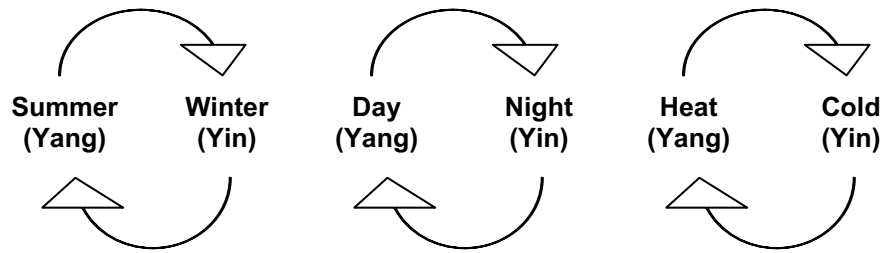
In this case, energy or Yang is expended to form nutrients or Yin. The Yang is consumed to produce Yin. For example, it requires energy for the body to create and store the glycogen.

Because Yin and Yang are related in this manner, deficiency or excess of one can lead to an imbalance in the other.

Yang Deficiency ⇒ Yin Deficiency

Yin Deficiency ⇒ Yang Deficiency

## 5. Yin and Yang may transform into each other in certain circumstances



Yin and Yang transform into each other as the seasons, with their temperature changes, flow into one another. Each transition from day to night is a transformation from Yang to Yin and back again.

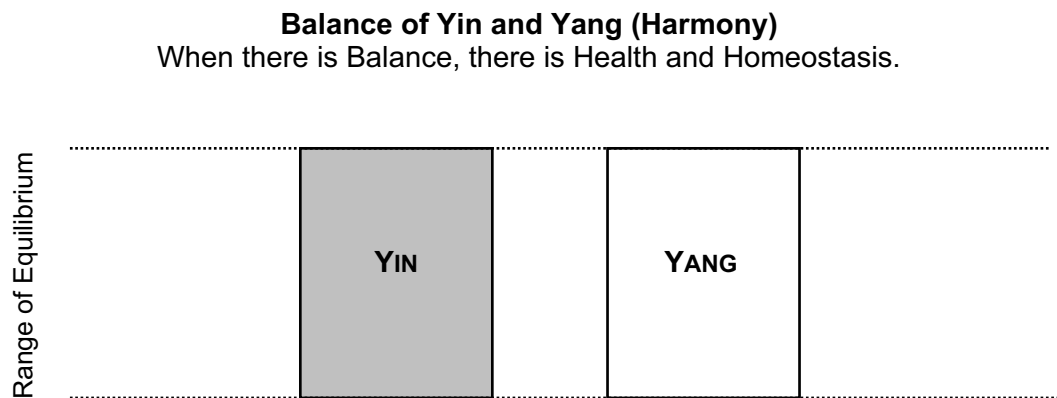
Yin and Yang are not static. Under certain circumstances, they may mutually transform into each other. Yin may change into Yang and vice versa. This change does not happen at random; instead, it occurs only at a certain stage of development. Summer changes into winter, day changes into night, heat changes into cold. If the Ebb-Rise of Yin and Yang is a process of quantitative change; then, inter-transformation is a process of qualitative change.

For example, a patient with an acute febrile disease has a high fever, a rapid respiratory rate, a red tongue and a fast pulse, which is considered Yang (Excess Heat). Long-term Excess Heat tends to consume body fluids and damage Qi, leading to Cold signs (Yin). After a persistent high fever, severe Cold symptoms may appear. This is a process of Yang transforming into Yin. If proper emergency treatment is given in time, the Yang Qi will be resuscitated and the Cold symptoms may disappear. This process is the transformation of Yang from Yin.

## Clinical Application of the Yin-Yang Theory

### PHYSIOLOGICAL ASPECTS

Within the theory of Yin-Yang, the various physiological functional activities of the animal body belong to Yang, while the various nutrient substances correspond to Yin. The functional activities depend on the support of the nutrient substances, and these activities act concurrently as the motive force for the production of nutrient substances. In this circumstance, Yin and Yang within the animal body are mutually supportive. They perform together protecting the body from invasion by pathogenic factors including bacteria and viruses, and they maintain a relative balance within the body thus resulting in disease prevention. The goal of the TCVM practitioner, when providing animal health care, is to achieve and maintain the balanced state.



**Figure 1.6: Illustration of Yin and Yang in the Normal (Balanced) state**

This harmony or balanced state of an animal depends on three pairs of forces. The first is the balance between the universe and the animal itself. The second is the balance between the individual animal and the other animals in the environment, including the humans of the household. The third is the balance between the various organ systems within the animal body. For example, a castrated male Himalayan cat named “Newton” lives together with his human guardian, Mary, and three other cats in a South Florida home. Newton’s health depends upon his status at the three different levels:

- How well Newton self-adjusts to the hot, humid weather or how Mary helps Newton to adjust.
- How well Newton gets along with Mary and the other three cats. Do the individuals live in peace and harmony or do they fight with each other?
- Whether or not Newton’s own body systems are in balance.

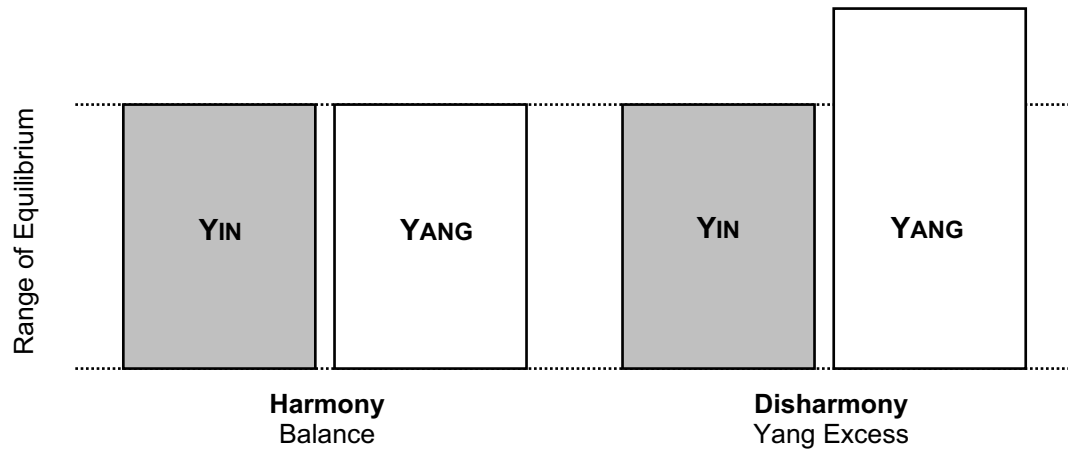
Thus, it is on three levels that a body must maintain balance in order to remain healthy. There is balance between the body and the external elements or the environmental forces. There is emotional or social balance between individuals in contact with each other. There is balance within the body itself among the internal processes.

## **PATHOLOGICAL ASPECTS**

The theory of Yin-Yang is also applied to explain pathological changes. According to Traditional Chinese Veterinary Medicine, no disease occurs if Yin and Yang maintain a relative balance. Disease occurs when there is loss of the balance between Yin and Yang, as with the excess or deficiency of either Yin or Yang due to pathogenic factors. The pathogenic factors can be also classified into two types: Yin and Yang. There are four possible states of imbalance between Yin and Yang: Excess of Yin, Excess of Yang, Weakness of Yin and Weakness of Yang.

**Imbalance of Yin and Yang (Disharmony)**  
When there is not balance, there is illness and disease.

**1. Yang Excess (Excess Heat)**



**Figure 1.7: An unbalanced state—Excess Heat (Yang Excess)**

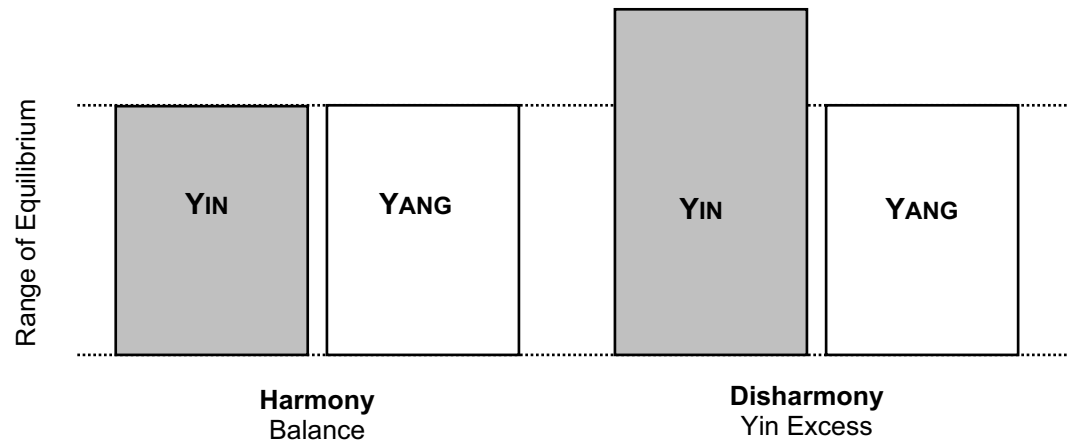
In this unbalanced state, Yang is greater than normal. The cooling properties of Yin are unable to counteract the warming properties of Yang, so an Excess Heat condition appears. The treatment principle is to clear the Heat or sedate the Yang.

TCVM Diagnosis: Excess Heat or Yang Excess

Treatment Principle: Clear Heat (Sedate Yang)

Treatment: Herb: *Coptis Huang Lian*  
Acupoint: GV-14

## 2. Yin Excess (Excess Cold)



**Figure 1.8: An unbalanced state—Excess Cold (Yin Excess)**

In this unbalanced state, Yin is greater than normal. The cooling properties of Yin overwhelm the warming properties of Yang, so an Excess Cold condition appears. The treatment principle is to clear the Cold or sedate the Yin.

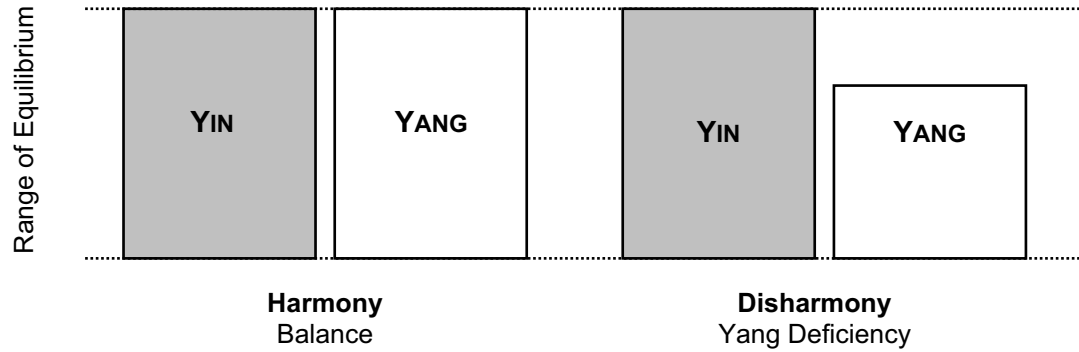
TCVM Diagnosis: Excess Cold or Yin Excess

Treatment Principle: Clear Cold (Sedate Yin)

Treatment: Herb: Cinnamon *Rou Gui*  
Acupoint: GV-4



### 3. Yang Deficiency (Deficient Cold)



**Figure 1.9: An unbalanced state—Deficient Cold (Yang Deficiency)**

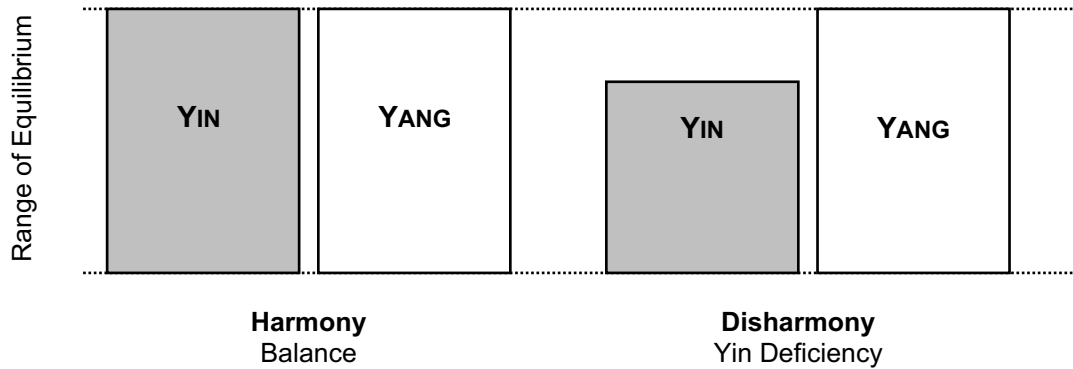
In this unbalanced state, Yin is at the normal level, but Yang is lower than normal. The warming properties of Yang are insufficient to equalize the cooling properties of Yin, so a cold condition appears. However, the coldness is caused by the Deficiency of Yang. In order to treat this condition, it is necessary to tonify Yang.

TCVM Diagnosis: Yang Deficiency or Deficient Cold

Treatment Principle: Tonify Yang

Treatment: Herb: *Morinda Ba Ji Tian*  
Acupoint: Moxa at *Bai Hui*

#### 4. Yin Deficiency (Deficient Heat)



**Figure 1.10: An unbalanced state—Deficient Heat (Yin Deficiency)**

In this unbalanced state, Yang is at the normal level, but Yin is lower than normal. The cooling properties of Yin are insufficient to equalize the warming properties of Yang, so a Heat condition appears. The Heat is caused by the weakness of Yin. Because Yin is deficient, it is necessary to focus on the nourishment of Yin.

TCVM Diagnosis: Yin Deficiency or Deficient Heat

Treatment Principle: Nourish Yin

Treatment: Herb: *Rehmannia Shu Di Huang*  
Acupoint: KID-3

## HERBOLOGICAL ASPECTS

The theory of Yin-Yang can be applied to the properties and tastes of herbs. If the herb has traits of warmth and Heat, it is associated with Yang. The Yang herbs are designed to treat coldness (Yin diseases). For example, dry Ginger *Gan Jiang* is hot and is considered a Yang herbal medicine. It is commonly used for coldness of the stomach (abdominal pain, vomiting, and abdominal discomfort).

Cooling herbs, however, are associated with Yin. The Yin herbal medicines are used for the treatment of Heat (Yang diseases). For example, Coptis *Huang Lian* is very cold and is considered a Yin herbal medicine. It is commonly used for Large Intestine Heat conditions (bloody diarrhea or inflammatory bowel disease).

Type of Herb	Nature / Property	Indication
Yang Herb	Hot / Warm	Yin Excess, Cold
Yin Herb	Cold / Cool	Yang Excess, Heat

## YIN-YANG AS A GUIDE TO CLINICAL DIAGNOSIS AND TREATMENT

Imbalance between Yin and Yang is the root cause for disease occurrence and development. If the Pattern of Yin and the Pattern of Yang are grasped, the correct diagnosis can be made regardless of how complicated or changeable the clinical signs of an animal disease may appear. Yin-Yang is the basis for the Pattern Identification according to the Eight Principles (Yin, Yang, Interior, Exterior, Cold, Heat, Deficiency and Excess). For this diagnostic system, Yin is associated with Interior, Cold and Deficiency Patterns, and Yang is associated with Exterior, Heat and Excess Patterns.

Because a disease occurs due to excessive or inadequate amounts of Yin or Yang, the basic treatment principles are to dispel the Excess and to tonify the Deficiency. In this way, one adjusts the Yin-Yang and allows Yin and Yang to maintain balance once again. For instance, herbs with Cold properties should be used for an Excessive Heat Pattern. Herbs that enhance Yin should be used for a Deficient Yin Pattern.

Table 1.2: Clinical Signs and Treatment of Yin and Yang Patterns

Patterns		Signs	Treatment
Yang	Excess Heat (Yang Excess)	<ul style="list-style-type: none"> <li>• Acute onset</li> <li>• Short course</li> <li>• Young age</li> <li>• No general weakness</li> <li>• Hyperactive</li> <li>• High fever</li> <li>• Red or purple tongue</li> <li>• Strong, fast pulse</li> </ul>	<p>Clear Heat Sedate Yang</p> <p>GV-14, LI-4, LI-11</p> <p><i>Coptis Huang Lian</i></p>
	Deficiency Heat (Yin Deficiency)	<ul style="list-style-type: none"> <li>• Chronic onset</li> <li>• Long course</li> <li>• Older animal</li> <li>• General weakness</li> <li>• Thirsty</li> <li>• Lower degree of fever</li> <li>• Restless or anxiety</li> <li>• Prefers cool</li> <li>• Red and dry tongue</li> <li>• Thready and fast pulse</li> </ul>	<p>Nourish Yin Clear Heat</p> <p>KID-3</p> <p><i>Rehmannia Shu Di Huang</i></p>
Yin	Excess Cold (Yin Excess)	<ul style="list-style-type: none"> <li>• Acute onset</li> <li>• Short course</li> <li>• Young age</li> <li>• No general weakness</li> <li>• Pain</li> <li>• Swelling or edema</li> <li>• Loose stool</li> <li>• Pale or purple tongue</li> <li>• Strong and slow pulse</li> </ul>	<p>Clear Cold</p> <p>Moxa at GV-4</p> <p><i>Dry Ginger Gan Jiang</i></p>
	Deficiency Cold (Yang Deficient)	<ul style="list-style-type: none"> <li>• Chronic onset</li> <li>• Long course</li> <li>• Older animal</li> <li>• Coldness at extremities</li> <li>• Edema, Loose stool,</li> <li>• Urinary incontinence</li> <li>• Chronic back pain/weakness</li> <li>• Weakness of the rear limbs</li> <li>• Infertility</li> <li>• Pale tongue</li> <li>• Weak and deep pulse</li> </ul>	<p>Warm and tonify Yang</p> <p>Moxa at <i>Bai Hui</i></p> <p><i>Morinda Ba Ji Tian</i></p>

## YIN-YANG AS A GUIDE TO PREVENTION

The best medical care for animals is disease prevention. In TCVM, disease is prevented by maintaining the Yin-Yang balance or by making adjustments to the body based upon the animal's constitution. In general, the active, outgoing, younger animals are Yang. Yang animals tend to have Yang disease including Excess Heat (Yang Excess) or False Heat (Yin Deficiency). In order to keep the Yin-Yang balance for Yang animals, provide a cool environment during Yang weather (summer) and give foods that are cooler in nature, such as fish or bananas.

The quiet, shy and elder animals are Yin. These Yin animals tend to have Yin disease including Excess Cold (Yin Excess) or False Cold (Yang Deficiency). Providing a warmer environment in Yin weather (winter) and feeding warm foods such as chicken, ginger, and garlic can help keep the Yin animal in balance.

IDENTIFICATION		Yang Animals	Yin Animals
<b>Individual Traits</b>	Activity Level:	Hyperactive	Quiet
	Personality:	Outgoing	Shy
	Preferred Climate:	Cool	Heat
	Age:	Younger	Older
MODIFICATION		Yang Animals	Yin Animals
<b>Environment</b>	Climate adjustment:	Cooling place	Warming place
		Shade Air Conditioning Northern climate Fans and misting	Sunbathing Heaters Southern climate Blankets
<b>Small Animal Diet</b>	Dietary adjustment:	Cooler diets	Warmer diets
		Fish	Mutton
		Turkey	Deer Meat
		Banana	Chicken
		Tofu	White rice
		Brown rice	Oats
		Wheat	Citrus
		Duck	Ginger
		Egg	Garlic
		Celery	Pepper
		Kelp	Chicken Liver
Spinach	Squash		
Broccoli	Pumpkin		
<b>Equine Diet</b>	Dietary adjustment:	Cooler diets	Warmer diets
		Buckwheat	Oats
		Barley	Ginger
		Wheat Bran	Garlic Onion

## Case Examples

### Case 1.1

**Signalment:** A six year old Thoroughbred gelding

**Primary Complaint:** Photic headshaking unresponsive to conventional therapy

**History and Exam:**

He is a show hunter for an amateur rider and is a nice, graceful horse. He is fairly sturdy in body type for a thoroughbred. He is active and friendly; he likes attention and loves treats.

The problem is triggered by sunlight. He is fine while in a barn, but he headshakes severely when outdoors in the daylight. At these times, he displays the typical photic type of head flip. When he is turned out at night, he acts normally. No physical problems were noted (including eye problems) other than the photic headshaking. There appears to be little paraesthesia associated with this problem. According to the owner, he will sometimes rub the end of his nose on things when he is in the sunlight. The non-pigmented snip end of his nose will get a little pink (vasodilatation).

His tongue appears red, and the pulse is forceful. His coat is glossy, and his appetite is good. All else is within normal limits.

**Case 1.1 Assessment:**

This is a “Yang” horse because he is active, likes attention, and looks strong. It is a Yang disease or Excess Heat Condition because the major clinical signs (headshaking triggered by sunlight, forceful pulse and red tongue) are characteristics of Yang.

The treatment strategy is to balance Yin and Yang by clearing the Excess Yang (Excess Heat). The acupuncture points LI-4 and GV-14 (to clear general Heat) and the Chinese herb *Coptis Huang Lian* (to clear Excess Heat) can be used.

## Case 1.2

**Signalment:** A seventeen year old, white Andalusian gelding

**Primary Complaint:** Cough and Phlegm when beginning work

### History and Exam:

He is a tall, quiet and independent horse. He prefers to stay alone and likes warm weather. He caught several respiratory infections with a high fever and cough over the past three years. Now, he has recovered from the infection, but he has an occasional cough and gags up phlegm when he starts work. He continues to have this problem with mucus in his throat. He coughs when he starts to work then seems better. Overall, he does not like work (exercise intolerance).

His tongue is pale, very moist with white foam. He has a white, thin nasal discharge. His pulses are deficient.

### Case 1.2 Assessment:

This is a Yin disease\*, specifically a Yang Deficiency Pattern, as evidenced by the chronic cough (three year duration), wet tongue, weak pulse, exercise intolerance, and old age (17 years). The treatment strategy is to balance Yin and Yang by enhancing Yang. The acupuncture points GV-4 and CV-17 and herbal medicine *Bu Fei San* (Lung Tonic Powder) are recommended for this case.

\* There are two types of Yin diseases: 1) Yin Excess (Excess Cold) and 2) Deficiency Cold (caused by Yang Deficiency).

### Case 1.3

**Signalment:** A seven year old, female spayed Labrador Retriever

**Primary Complaint:** Separation anxiety

**History and Physical Findings:**

From a Western perspective, the dog has all the signs of separation anxiety. Acupuncture treatment did not help much. She has also been on the herbal formula *Long Dan Xie Gan Wan* for signs of Liver Stagnation.

Her tongue is slightly red and dry and her gums are tacky. Her eyes are red. Her pulses are thready and fast.

**Case 1.3 Assessment:**

This is a Yin Deficiency Pattern (Deficient Heat), specifically a Heart Yin Deficiency pattern. The Yin Deficiency can be determined from the red, dry tongue (Heat signs) and the thready and fast pulse. The association with the Heart is based on the major complaint of separation anxiety because this is due to a Shen (Spirit or Mind) disturbance. Of the five Yin organs, the Heart is the one that houses the Shen. Separation anxiety and other behavior problems are mostly related to the Heart. The treatment strategy is to balance Yin and Yang by enhancing Yin. The acupuncture points *An Shen*, HT-7, *Da Feng Men*, and KID-3 as well as the herbal formula Shen Calmer (Modified *Tian Wan Bu Xin Dan*) are recommended for this case.



## Case 1.4

**Signalment:** A thirteen year old female spayed American Eskimo dog

**Problem List:**

1. Cushing's disease which has been treated with Mitotane for the past four years
2. Seizures which began last month and clustered about once a week.
3. Hypothyroidism
4. Generalized stiffness with weak hind end. There is no limping, but the dog's gait is very stiff. The dog takes three to four steps then huffs and puffs and lies down.
5. Generalized lethargy, weakness, lack of energy.

**Physical Findings:**

- Pulse is thin and fast
- Ravenous appetite and thirst
- Bilateral cataracts
- Deafness
- Panting constantly
- Poor teeth and gums
- Rose colored thin ocular discharge
- Stool dark brown and foul smelling
- Chronic urinary incontinence, all day, all the time
- Draining pressure sore on left hip
- Pot-bellied with muscle wasting
- Tongue is pink with thin coating

**Case 1.4 Assessment:**

This can be considered a Deficient Heat (Yin Deficiency) condition with a Qi Deficiency and Internal Wind. The old age, weakness, urinary incontinence and lethargy indicate Qi Deficiency. The fast pulse, thirst, ravenous appetite, constant panting and foul smelling stool can indicate Heat. Seizures are caused by Internal Wind.

The treatment strategy is to use acupuncture to balance Yin and Yang by enhancing Yin and clearing the Wind. In addition, acupuncture can be used for the stiffness while using Chinese Herbal medicine for the internal organ problems. Acupuncture points such as GB-20, LIV-3 and GV-20 may be beneficial for the seizures (Wind). The points KID-3 and SP-6 may be beneficial for Yin. Two herbal formulas may be beneficial: *Tian Ma Gou Teng Yin* for Internal Wind and *Suo Quan Wan* for incontinence and Kidney Qi Deficiency.

## Case 1.5

**Signalment:** An eight year old, male Labrador Retriever dog

**Primary Complaint:** Crying at night

### History and Physical Findings:

This dog has a history of severe hip dysplasia and arthritis; however, the owner does not notice any lameness or stiffness. The owner's main concern is the dog's tendency to cry during the night. This has been occurring for two years and typically happens at 1:00 to 3:00 in the morning. The dog will go back to sleep if the owner gets up and sits with him.

The dog's tongue is purple-pink with very fine central cracks. The pulses are stronger on left than right, and they are thready or wiry. The dog is sensitive at BL-18 to BL-21.

### Case 1.5 Assessment:

The TCVM pattern is Heart/Liver Yin Deficiency with Kidney Yang Deficiency. Because the crying occurs at night, this is associated with Yin. The crying itself indicates a disturbance of the dog's Shen (consciousness or Mind) which often relates to the Heart. The time (1 am to 3 am) and the sensitivity at BL-18 and BL-19 are associated with the Liver. The very fine centrally located cracks on the tongue indicate a Yin Deficiency as well. The weaker pulse on the right side and the purple tongue indicate a Yang Deficiency. Because the Kidney is associated with bone, the hip dysplasia in this dog indicates a Kidney problem.

Initially, the treatment should focus on the Heart and Liver Yin Deficiency as the major complaints are crying at night. The usual treatment strategy is to treat the major complaint(s) first and then treat other underlying deficiencies. The treatment period for Heart Yin Deficiency may last one to four months. The acupuncture points HT-7, PC-6, BL-15, BL-18, BL-23, KID-3, and *An Shen* may be beneficial. In addition, *Yi Guan Jian* and Shen Calmer (Modified *Tian Wan Bu Xin Dan*) are two recommended herbal medicines which nourish Yin and calm the Mind.

Subsequent treatment should focus on the Kidney Yang Deficiency. This treatment may require two to five months. Depending upon the character and appearance of the pulse and tongue, Loranthus Powder (to tonify Yang) and *Sang Zhi San* (to resolve Bi syndrome including hip dysplasia and arthritis) are the herbal medications that may be used. Loranthus Powder is the modified *Ba Ji San*. The acupuncture points GV-3, GV-4 and *Bai Hui* may be used as well.

## Case 1.6

**Signalment:** An eight year old, neutered male Bichon Frise

**Primary Complaint:** Acute cardiovascular collapse

### History and Physical Findings:

The dog presented with acute cardiovascular collapse following a dog attack by two Jack Russell Terriers. The patient suffered multiple deep and superficial bite wounds on the face, neck and caudal extremities. There were many wounds on the inner and outer thighs of both hind legs as well as some bruises on the caudal abdomen. There were no penetrating wounds to the abdomen.

The patient was hypothermic with a temperature of 99.4 °F. Initially, he was stabilized with oxygen and intravenous fluids. In addition, he received Solu-Delta-Cortef<sup>®</sup>, Baytril<sup>®</sup>, and Penicillin. His wounds were flushed with copious amounts of saline solution, and he was given Torbugesic<sup>®</sup> for pain management. He improved slowly with treatment, but temperature regulation was still a problem. He continued to remain hypothermic.

Bloodwork revealed azotemia, low glucose, elevated alanine aminotransferase (ALT) levels and an elevated packed cell volume. Radiographs showed no chest involvement; however, soft tissue trauma of the neck muscles was evident. In addition, a large, radioopaque bladder stone was observed.

### Case 1.6 Assessment:

Yang is warm. When Yang is deficient in the body, it almost always results in signs of coldness or hypothermia. The two most important organs to keep the body warm are Kidney and Heart. Thus, the TCVM pattern of this case is a Heart and Kidney Yang Deficiency. Traditional Chinese Veterinary Medicine can be used in combination with the conventional Western treatments to assist the patient's recovery. The herbal medication *Si Ni Tang* may be beneficial; however, it should not be used for longer than two weeks. Also, the acupoints *Bai Hui*, GV-4, and *Shen Shu* may be used to tonify Yang. Moxibustion techniques can help provide some extra warming effect as well.

### Case 1.7

**Signalment:** A thirteen year old female cat

**Primary Complaint:** Constipation

**History and Physical Findings:**

This cat frequently experiences severe constipation. She occasionally becomes extremely painful, and she requires emergency care to manually evacuate the feces. Her medications include daily Cisapride and every other day Laxatone<sup>®</sup>. Her feces are very dry and without mucus. She has some halitosis. Her thirst, urination, and temperature preferences do not differ from that of the other household cats. Her tongue is red and dry, and her pulse is fast and thready.

**Case 1.7 Assessment:**

The major function of Large Intestine (LI) is to excrete feces. Difficulty in defecation can be due to either a Yin Deficiency (fails to moisten the LI and leads to constipation) or a Qi Deficiency (LI Qi is too weak to excrete feces). Very dry feces, a dry, red tongue and a fast, thready pulse indicate Yin Deficiency. Painful defecation, constipation and halitosis indicate Qi Stagnation. The TCVM pattern is Large Intestine Yin Deficiency and Qi Stagnation.

In her case, several recommendations may be helpful. Her diet should be high in fiber. The herbal medication *Ma Zi Ren Wan* may be given for one to three months to moisten the Large Intestine and to move the Stagnation. The suggested acupuncture points include ST-37, ST-25, GV-1, and BL-21. In addition, the owner can massage the acupoints CV-12 and CV-8 for ten minutes twice daily.

## Self Test

Of the following pairs, choose which one belongs to Yang.

- Question 1.1: Fire (a) or Water (b)
- Question 1.2: 10 a.m. (a) or 10 p.m. (b)
- Question 1.3: Mare (a) or Stallion (b)
- Question 1.4: Winter (a) or Summer (b)
- Question 1.5: East (a) or West (b)

Of the following pairs, choose which one belongs to Yin.

- Question 1.6: Function (a) or Structure (b)
- Question 1.7: Fast (a) or Slow (b)
- Question 1.8: Head (a) or Tail (b)
- Question 1.9: Interior (a) or Exterior (b)
- Question 1.10: Left eye (a) or Right eye (b)

Question 1.11: If the Yin-Yang equilibrium is destroyed by Excess Heat, what is the proper treatment principle to restore the Yin-Yang balance?

- a. Clear Excess Heat
- b. Tonify Excess Heat
- c. Tonify Yang
- d. Clear Excess Yin

Question 1.12: If Yin is deficient, what is the treatment principle?

- a. Clear Excess Yin
- b. Clear Excess Heat
- c. Tonify Yang
- d. Tonify Yin

Question 1.13: Jumper, a 10-month old castrated male cat, is an outdoor-indoor cat. He enjoys running, climbing trees, and jumping from high places. He is also a good hunter, catching small creatures such as dragonflies and lizards. He likes attention, and he always walks with his human guardian. His whole body feels hot. He drinks a lot, but he does not have any endocrine disorders. What type of animal is Jumper?

- a. Yin
- b. Yang

Question 1.14: What is the best type of food for Jumper?

- a. Yang
- b. Yin



## CHAPTER TWO

# FIVE ELEMENT THEORY

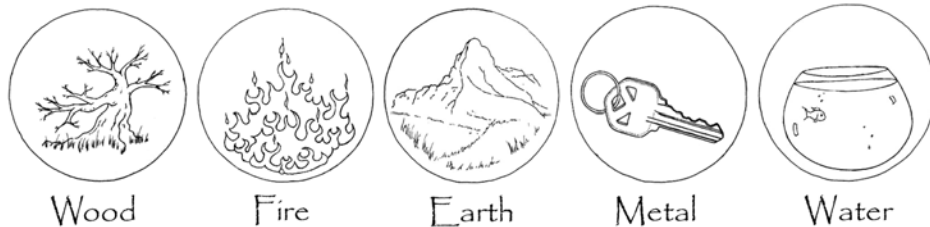
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When the minds of the people are closed and wisdom is locked out they remain tied to disease. Yet their feelings and desires should be investigated and made known, their wishes and ideas should be followed; and then it becomes apparent that those who have attained spirit and energy are flourishing and prosperous, while those perish who lose their spirit and energy.

– Huang Ti, *Nei Ching Su Wen*

The Five Elements, also known as *Wu Xing*, the five activities, or the five principles in action, refer to the five categories in the natural world: Metal, Water, Wood, Fire and Earth. These are the indispensable and fundamental elements that constitute the universe. Enhancing, inhibiting and restraining relationships exist between them. Also, these elements are in constant motion and change. In Traditional Chinese Veterinary Medicine, the properties and the mutual relationships of the Five Elements are used to explore and illustrate the basis of medical problems.

The Five Element theory was first formed in China around the time of the Yin and Zhou Dynasties (16<sup>th</sup> century B.C. to 221 B.C.). Later, it was adopted into medical practice, thus becoming a founding theory of Traditional Chinese Veterinary Medicine. The Five Element principles can describe the nature of the Zang-Fu organs, the inter-relationships between the organs and the relationship between the animal body and the natural world. Thus, the theory of Five Elements, together with the theory of Yin-Yang, serves to guide clinical diagnosis and treatment.



**Table 2.1: Comparison of the Five Element characteristics**

	<b>Wood</b>	<b>Fire</b>	<b>Earth</b>	<b>Metal</b>	<b>Water</b>
<b>Season</b>	Spring	Summer	Late Summer	Fall	Winter
<b>Climate</b>	Wind	Heat	Damp	Dryness	Cold
<b>Direction</b>	East	South	Center	West	North
<b>Color</b>	Green	Red	Yellow	White	Gray / Black
<b>Flavor</b>	Sour	Bitter	Sweet	Pungent	Salty
<b>Sound</b>	Shouting	Laughter	Singing	Weeping	Groaning
<b>Emotion</b>	Anger Irritation	Joy Fright	Preoccupation Worry	Grief Sadness	Fear Terror
<b>Growth</b>	Germination	Growth	Transformation	Reaping	Storing
<b>Zang Organs</b>	Liver	Heart Pericardium	Spleen	Lung	Kidney
<b>Fu Organs</b>	Gall Bladder	Small Intestine Triple Heater	Stomach	Large Intestine	Bladder
<b>Orifice</b>	Eyes	Tongue	Mouth	Nose	Ears
<b>Sense</b>	Vision	Speech	Taste	Smell	Hearing
<b>Tissue</b>	Tendons Ligaments	Vascular system	Muscles	Skin Hair Coat	Bones
<b>Functions</b>	Purification	Circulation	Digestion	Respiration	Elimination
<b>Exterior</b>	Nails	Complexion	Lips	Skin Pores	Head Hair
<b>Secretion</b>	Tears	Sweat	Saliva	Nasal Fluid	Urine
<b>Body Action</b>	Spasms Tantrums	Mania Depression	Spitting Vomiting	Coughing Wheezing	Trembling Shivering
<b>Body Odor</b>	Rancid	Scorched	Fragrant	Rotten	Putrid
<b>Weakness</b>	Looking	Walking	Sitting	Lying	Standing
<b>Tongue Part</b>	Sides	Tip	Center	Mid-tip	Rear



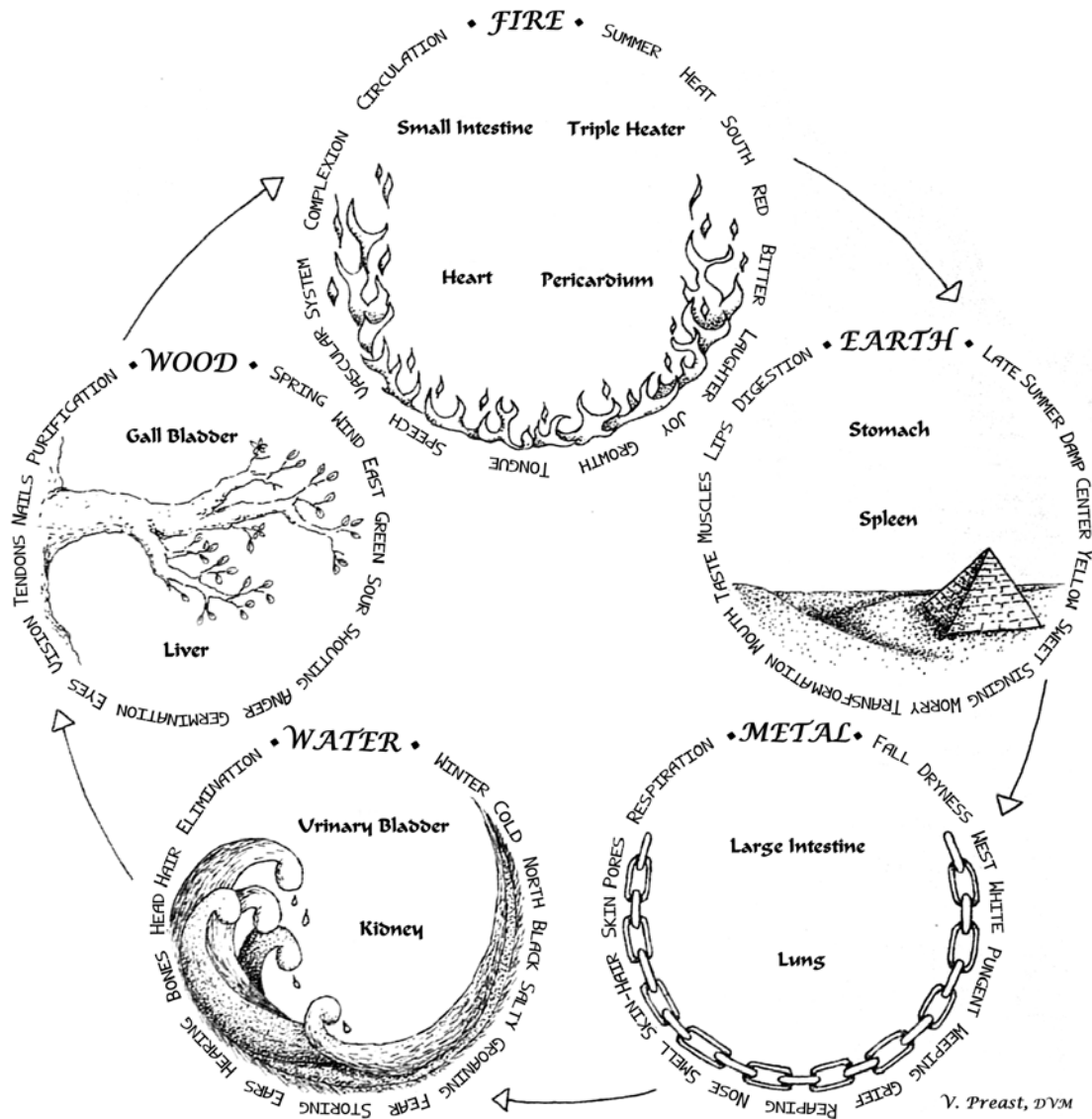


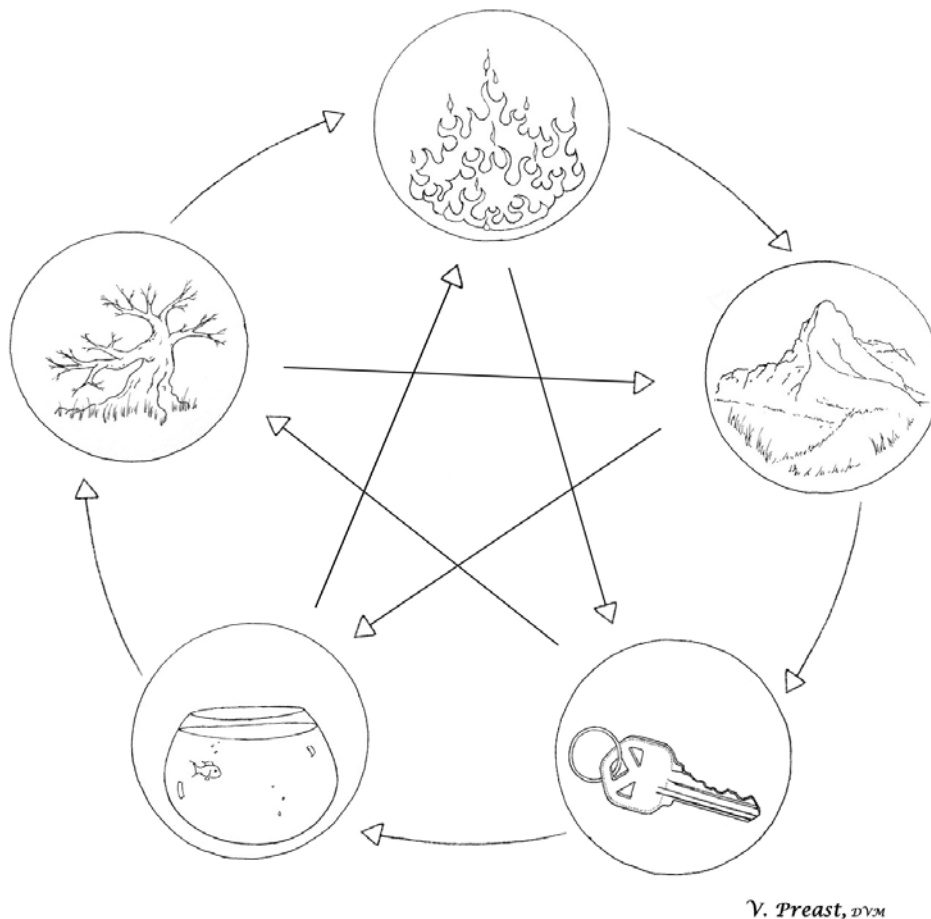
Figure 2.1: The characteristics of the Five Elements

## Two Physiological Cycles of the Five Elements

Each of the five internal organs and sense organs pertains to one of the Five Elements. The Five Elements' properties serve as an analogy to explain some of the physiological functions of the five Zang or five Fu organs.

There are two physiological cycles of the Five Element Theory: the inter-promoting and the inter-inhibiting relationships. These explain the interconnections among the five Zang organs or the five Fu organs as well as the connections between Zang and Fu. As discussed in Chapter 4, the Zang-Fu is the collective term for internal organs, which

include five major Yin organs (Heart, Lung, Spleen, Liver, Kidney) and five major Yang organs (Small Intestines, Triple Heater, Large Intestine, Gallbladder, Bladder). For instance, the Kidney promotes the Liver, which in turn promotes the Heart; therefore, the Liver is the mother of the Heart and the child of the Kidney. On the other hand, each of the five Zang organs or the five Fu organs inhibits another thus maintaining a relative balance among the organs. For instance, the Liver inhibits the Spleen, and the Spleen promotes the Lung, which then inhibits the Liver. The Heart Fire promotes the Spleen, while the Kidney Water inhibits the Heart Fire. The inter-promoting and inter-inhibiting relationships among the five Zang organs are shown in Figure 2.2.



**Figure 2.2: The interactions of the Five Elements**

The outer circle of arrows represents the inter-promoting relationship in which each element supports the next. The crossing arrows in the center represent the inter-inhibiting relationship in which each element can restrain another.

## THE INTER-PROMOTING CYCLE: *SHENG* CYCLE

**Wood ⇨ Fire ⇨ Earth ⇨ Metal ⇨ Water ⇨ Wood**

This sequence of elements illustrates how each Element promotes, nurtures, or generates another. For any element, the previous element in the series is the “mother” of the element. Similarly, any element next in the series is the “child” or “son” of the previous element.

Wood promotes Fire:	Wood is the mother of Fire Fire is the child of Wood
Fire promotes Earth:	Fire is the mother of Earth Earth is the child of Fire
Earth promotes Metal:	Earth is the mother of Metal Metal is the child of Earth
Metal promotes Water:	Metal is the mother of Water Water is the child of Metal
Water promotes Wood:	Water is the mother of Wood Wood is the child of Water

## THE INTER-RESTRAINING CYCLE: *KE* CYCLE

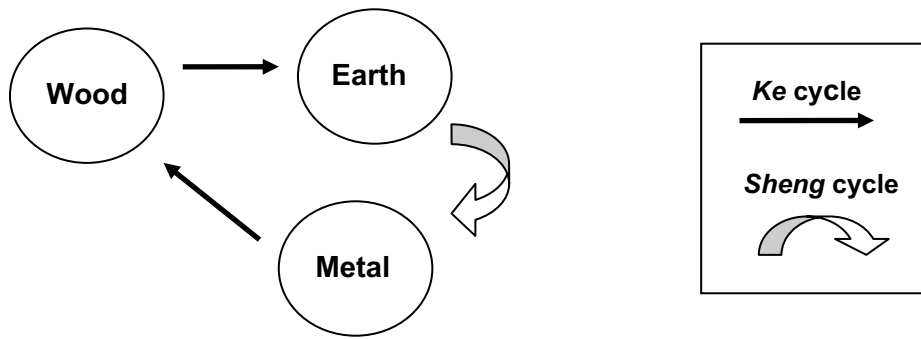
**Wood → Earth → Water → Fire → Metal → Wood**

This sequence of elements illustrates how each Element restrains and controls another. For any element, the previous element in this “Ke Cycle” series is the “grandparent” of that element. Similarly, any element next in this “Ke Cycle” series is the “grandchild” of the previous element. It is the job of the grandparent to control the grandchild. In this way the elements keep each other in check and maintain the balance.

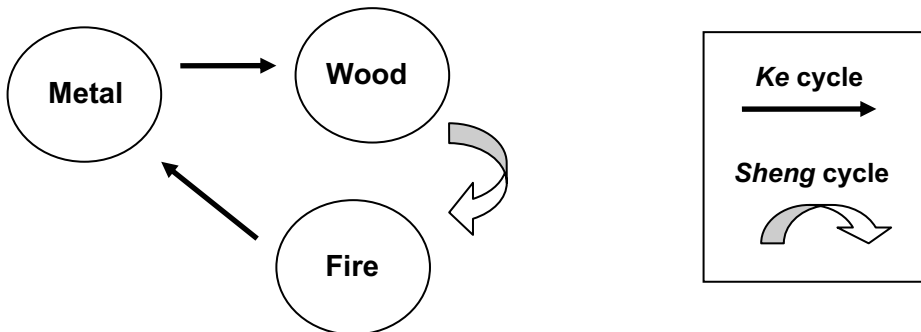
## THE *SHENG* AND *KE* CYCLES KEEPING THE BODY IN BALANCE

Together, these cycles form a feedback system that helps to keep everything functioning at the proper level. When one element acts upon another, whether to replenish or to drain the next, the connection between the elements will eventually cause a reaction upon the original element. This prevents one element from acting too severely upon another and causing an imbalance within the system.

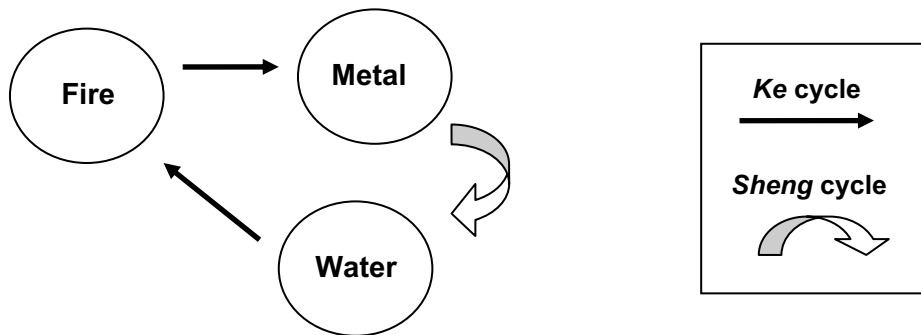
Wood restrains Earth (Ke cycle), but at the same time the Earth promotes the Metal which then restrains the Wood. In this instance, the Metal makes sure that the Wood does not restrain the Earth too excessively.



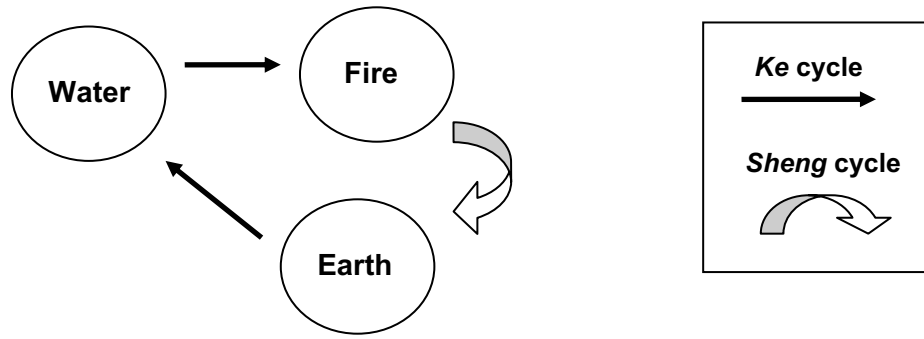
Metal restrains Wood (Ke cycle) to prevent an Excess of Wood, but Wood promotes the Fire which then restrains the Metal. Thus, the Fire restrains the Metal to make sure that it does not restrain the Wood too much.



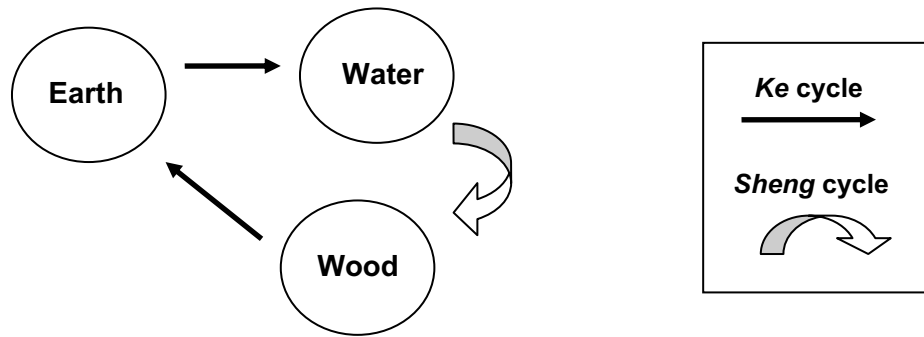
Fire restrains Metal (Ke cycle), but Metal promotes the Water which simultaneously restrains the Fire. In this way, the Fire is unable to restrain Metal too excessively.



Water restrains Fire (Ke cycle), but Fire promotes the Earth which simultaneously restrains the Water. The Earth prevents the Water from restraining the Fire too much.



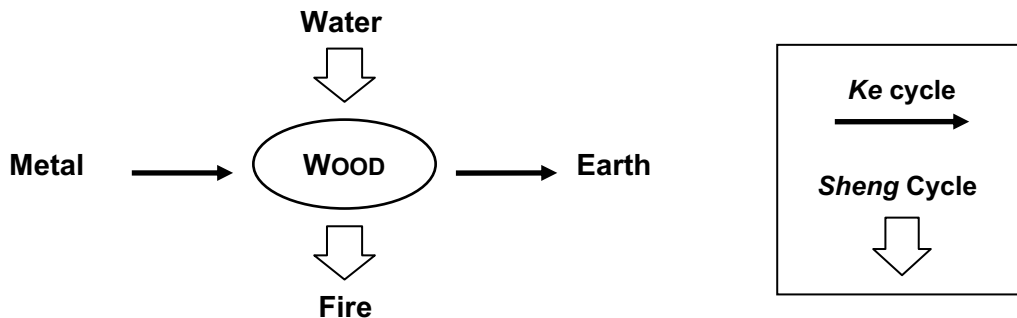
Earth restrains Water (Ke cycle), but Water promotes the Wood which simultaneously restrains the Earth. The Wood prevents excessive restraint of the Water by the Earth.



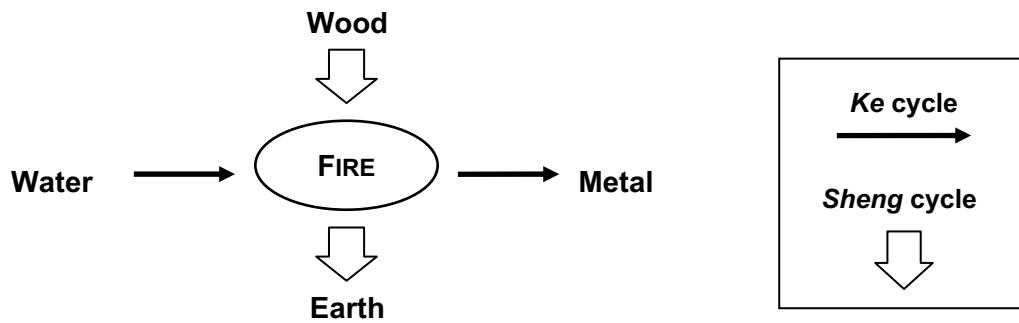
### THE SHENG AND KE CYCLES FORMING A NETWORK WITHIN THE BODY

The Sheng and Ke Cycles ensure that each element is connected with the other four elements. Consequently, a network is established within the universe and the body. No element is immune to the forces from the other elements.

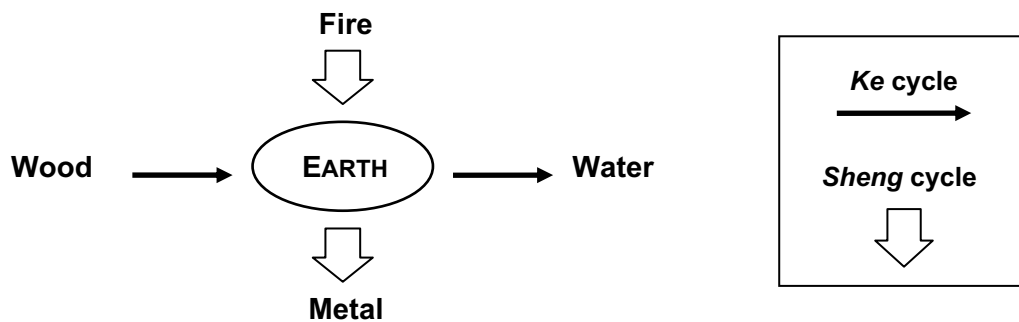
For example, Wood restrains (Ke Cycle) the Earth and promotes (Sheng cycle) the Fire. At the same time, the Wood is restrained by the Metal and is promoted by the Water.



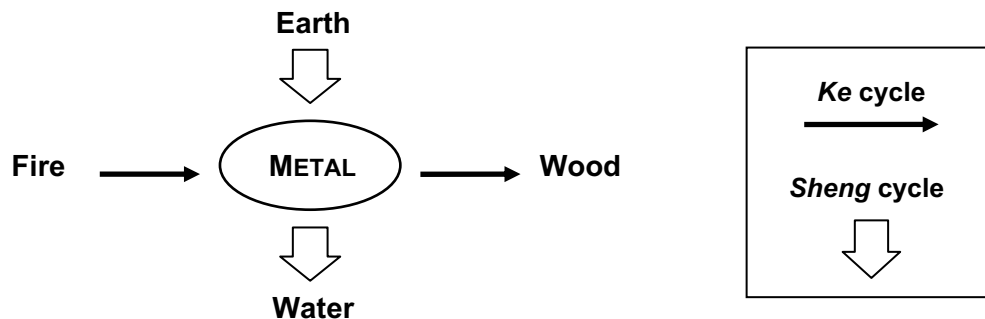
Fire Restrains the Metal and promotes the Earth. Meanwhile, the Fire is restrained by the Water and is promoted by the Wood.



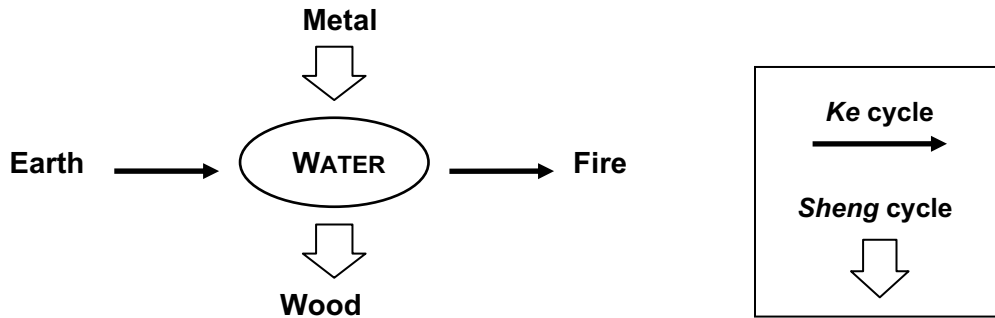
Earth Restrains the Water and promotes the Metal. At the same time, the Earth is restrained by the Wood and is promoted by the Fire.



Metal Restrains the Wood and promotes the Water. At the same time, the Metal is restrained by the Fire and is promoted by the Earth.



Water Restrains the Fire and promotes the Wood. At the same time, the Water is restrained by the Earth and is promoted by the Metal.



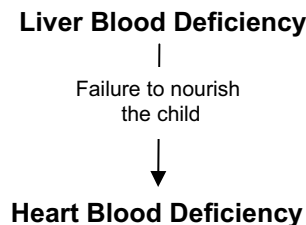
## Four Pathological Cycles of the Five Elements

A disease occurs as a pathological manifestation of a Zang-Fu organ and related tissue dysfunction. This may be due to a number of factors. The animal body is an organic whole; there are inter-promoting and inter-inhibiting relationships among the Zang-Fu organs. Disease occurs when the Five Element inter-promoting and inter-inhibiting relationships go out of control thus becoming excessive or deficient. There are four basic pathological cycles: Mother Element to Child Element, Child Element to Mother Element; Overwhelming Cycle and Insulting Cycle.

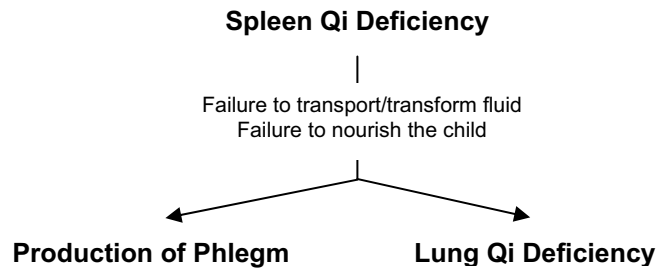
### THE MOTHER ELEMENT (ORGAN) AFFECTS THE SON ELEMENT (ORGAN)

In this case, an imbalance follows along the same route of the promoting cycle; however, the mother element transmits problems to her child instead of nourishment. For instance, a Liver problem will transmit to the Heart. When Liver Blood is deficient, the Liver fails to nourish the Heart. This affects the Heart Blood thus resulting in a Deficiency of Heart Blood. Similarly, Spleen problems can transmit to the Lung. If the Spleen's function of transformation and transportation is impaired, pathogenic phlegm will be formed and will remain in the Lung thus causing a Lung problem.

Example 1: Liver problems transmitted to the Heart (Wood → Fire)



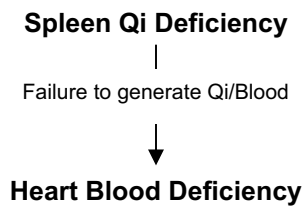
Example 2: Spleen problems transmitted to the Lung (Earth → Metal)



### THE SON ELEMENT AFFECTS THE MOTHER ELEMENT

In this case, an imbalance follows along a reverse path of the Sheng cycle; problems with the child are transferred to the parent. For example, a Spleen problem will transmit to the Heart. The Spleen is the original supplier of Qi and Blood, which are important for the Heart. When the Spleen does not make enough Blood, a Deficiency of Heart Blood may occur.

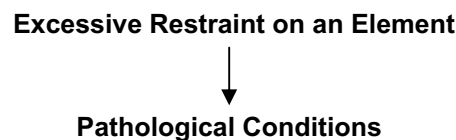
Example: Spleen problems transmitted to the Heart (Earth → Fire)



### THE OVERWHELMING CYCLE: CHENG CYCLE

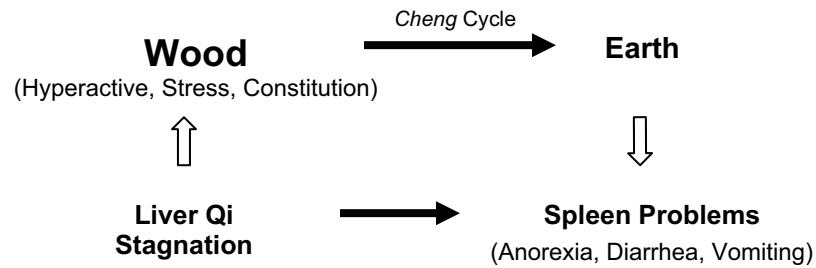
**Wood → Earth → Water → Fire → Metal → Wood**

In this case, an imbalance follows along the same route of the Ke cycle; each element excessively restrains another beyond the normal extent. This usually occurs when an element is in Excess. This is the most common pathological condition seen in practice.





Example 1: Excessive Wood



Example 2: Excessive Fire

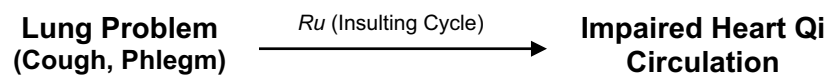


**THE INSULTING CYCLE: RU CYCLE**

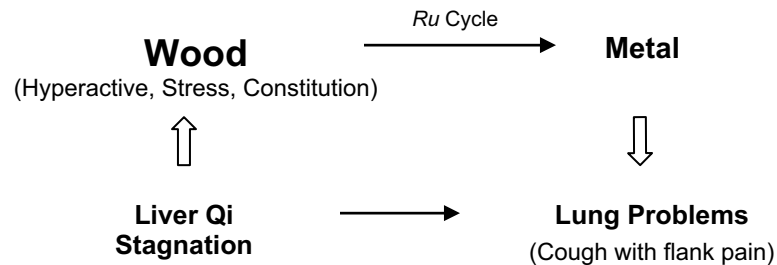
**Wood > Metal > Fire > Water > Earth > Wood**

In this case, an imbalance follows along the opposite route of the Ke cycle; each element can insult the one that normally restrains it. This reversal of the Ke cycle usually occurs when the balance is broken, especially when one Element is insufficient.

Example 1: Excessive Metal (Lung) or Deficient Fire (Heart)



Example 2: Excessive Wood (Liver) or Deficient Metal (Lung)



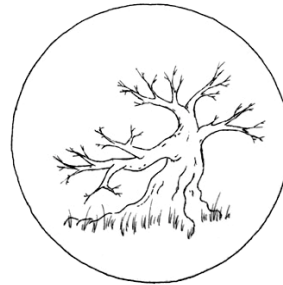
## The Five Constitutional Types of Animals

The principles of the Five Element Theory can be applied to the personal characteristics of individuals. This is a way of categorizing the personality and disease tendencies of an animal. By comparing an animal to its most dominant elemental personality type, a TCVM practitioner can understand the patient as a whole and can better address the imbalances associated with that constitutional type.

### WOOD TYPE

#### Personal Characteristics:

- Dominant behavior or attitude
- Quick, fast movements
- Enjoys or skilled with running or moving
- Impatient
- Easily becomes angry or loses temper
- Alert and responds quickly to stimuli
- Good at adapting to changing conditions
- Good diplomat (human)
- Quickly forms ideas, but then changes his/her mind
- Narrow-minded and intolerant to different ideas



#### Physical Characteristics:

- Thin body, either tall or short
- Big eyes
- Pulse: Wiry (String-taut)
- Performance: Good, but variable. Sometime good; sometimes bad
- Hooves and tendons are strong and healthy
- Runs like the wind. Quick and nimble movement
- Good type for the racetrack

#### Disease Predispositions:

- Hypertension
- Stroke
- Allergy
- Depression (Liver Stagnation)
- Hysteria
- Neurosis

#### Life Span:

Short (a little bit longer than the Fire type)

## TCVM Health Suggestion

In TCVM, the Liver (Wood organ) is considered as “Yang function” and “Yin body”. Yang function means that the Liver acts upward and outward and has little tolerance for depression. Even a small amount of stress, depression or Stagnation will devastate or strain the Liver function. Thus, foods that have harmonizing or regulating properties are very important to Liver function. Yin body refers to the Liver Yin and the Liver Blood, which are the major sources of nourishment for the tendons, hooves and eyes. The herbal medicine *Xiao Yao San* is recommended to maintain a balanced Liver. The recommended foods include chicken liver or pork liver, green vegetables (mustard greens, spinach, cabbage), carrots, and citrus fruits.

## FIRE TYPE

### Personal Characteristics:

- Easily excited
- Extroverted
- Love to be loved
- Tends to be the center of party
- Loves and is skilled at fostering a social life
- Difficult to calm down
- Sharp mental activities
- Inventor. Suddenly conceives good ideas
- Persuasive. Skilled at inspiring others
- Proficient in competition or fighting
- Aggressively peruses ambitions
- Arrogant attitude
- Exaggerates. (Making a mountain out of a molehill; blowing things out of proportion)



### Physical Characteristics:

- Strong body
- Small head
- Small, but bright, shining eyes
- Red face (human)
- Prominent blood vessels
- Pulse: Fast or Full
- Runs very fast, but easily fatigued
- Good for short-distance racing

**Disease Predispositions:**

- Cardiovascular Disease
- Chest pain
- Arteriosclerosis
- Stroke
- Separation anxiety
- Restlessness
- Sudden Death

**Life Span:**

Very short

**TCVM Health Suggestion:**

The Heart belongs to Fire. Yang is often excessive, and Yin is often deficient; the fire (Heat) easily becomes excessive and damages Yin. A Heart Yin tonic is very important to maintain the functions of the Heart energy system. The herbal formula Shen Calmer (Modified *Tian Wan Bu Xin Dan*) is recommended to help balance the Heart. Diet recommendations include foods such as pork heart, fish, brown rice, wheat and vegetables such as spinach, broccoli, celery and mushrooms.

**EARTH TYPE****Personal Characteristics:**

- Honest and kind
- Takes care of others (A good type for a mare)
- Generous and modest
- Laid back
- Humble
- Speaks and walks neither fast nor slow
- Easily satisfied
- Holds oneself aloof from the world
- Slow response to a stimulus
- Good worker, but a little slow

**Physical Characteristics:**

- Short but sturdy body
- Prominent musculature
- Big head
- Brown hair-coat on the head (Yellow face in humans)
- Thick lips and big nose
- Pulse: Slow

**Disease Predispositions:**

- Chronic gastrointestinal problems. Diarrhea. Colic.
- Edema
- Obesity

**Life Span:**

Long

**TCVM Health Suggestion:**

The Spleen belongs to the Earth. The Spleen is the dominant organ system for Earth type animals. Like the Earth's characteristics, the Spleen consistently works very hard. There are no complaints until a big problem develops. The Spleen deserves special attention and careful medication because the Spleen, as the source of energy, muscular strength, and defending force, is important to the whole body.

The major natural challenge to the Spleen is "Damp". Damp may originate from food, drink, weather changes and the environment. In addition, the collection of damaged cells/tissues or abnormal (mutated) cells within the body is considered Damp or Yin production. The Spleen Qi and Wei Qi are associated with the body's ability to identify abnormal tissue. If the function of the Spleen diminishes, the Damp will not be identified. Damp is thick, sticky and difficult to move. If it is allowed to remain in place for long periods of time, cancerous growths may develop.

According to TCVM herbal theory, plants with "dryness" properties, such as *Atractylodes Cang Zhu*, will support the Spleen because that herb can dry up the "Damp". In addition, the Spleen (Earth) requires Fire because Fire is the mother of Earth. Therefore, all herbs supporting the Spleen should also have the property of "Fire"; they should be warm or hot herbs. This is probably why those who live in humid areas (Damp) prefer hot, spicy foods (Fire).

It is also important to understand that the Spleen is located in the middle-jiao (Middle-Burner) where it dominates the Qi flow (Qi-Ji). The two major directions of Qi flow are upward and downward. All the beneficial substances, nutrients and energy, should be transported upward to the Lung, then to the whole body. All the useless materials (metabolic by-products) and the harmful substances (toxins) should go downward to large intestines for excretion from the body. Thus, a good herbal prescription for Spleen should contain ingredients that maintain this up-down relationship of Qi flow. The Herbal formula *Ping Wei San* may be used. The recommended foods include rumen, lamb, chicken, ginger, garlic, and sweet potato.

## METAL TYPE

### Personal Characteristics:

- Foresight and sagacity (good vision)
- Broad-minded
- Good organizer
- A leader in a group
- Always follow the rules
- Righteous
- Holds oneself aloof
- Confident and consistent
- Haughty or vain



### Physical Characteristics:

- Broad forehead
- Big and wide nose
- Broad chest
- Good hair coat

### Disease Predispositions:

- Respiratory problems. Cough. Asthma. Nasal congestion
- Diabetes
- Constipation

### Life-span:

Long

### TCVM Health Suggestion:

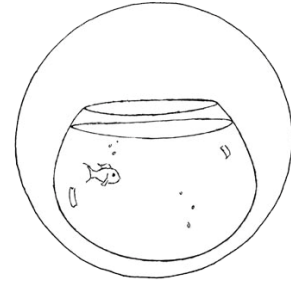
In TCVM, the Lung (Metal organ) functions primarily to control breathing and to regulate the respiratory system. The Lung is a delicate organ. Dryness and Heat can easily damage the Lung Yin, which holds and supports the Lung Qi. Lung Yin damage (Lung Yin Deficiency) causes malfunction of respiratory activities (Lung Qi) and results in asthma or cough.

The Lung is located at the top of the Three-Burner (Sanjiao, Triple Heaters). It distributes Ying-Qi (nutrients) down to the entire body. This inspiratory direction (descending) of the Lung Qi flow should be downward as well. The expiratory direction (ascending) of the Lung Qi should be upwards. This is the reason why the Lung dominates the ascending and descending Qi flow. In the case of dyspnea or asthma, it is caused by damage of the Lung Qi's descending or ascending direction. The TCVM treatment strategy for the Lung is as follows: 1) use a Yin tonic herb to moisten and nourish the Lung Yin, 2) restore the downward direction of the Lung's Qi flow. The herbal medicine *Bai He Gu Jin Tang* may be used. The recommended foods include eggs, duck, barley, tofu and rice.

## WATER TYPE

### Personal Characteristics:

- Introverted
- Terrified or fearful about everything
- Quiet, but a good observer
- Skilled at planning and scheming
- Good advisor or supervisor
- Prefers deep thought
- Willing to live alone
- Very consistent, but slow when doing something
- Sinister or insidious if evil
- Fear biter



### Physical Characteristics:

- Thin, middle sized body
- Black hair on the head
- Deep, big eyes and big ears
- Cold intolerance. Prefers to stay in a warm area
- Pulse: Deep
- Not a favorable type for a stallion

### Disease Predispositions:

- Edema
- Infertility
- Back pain
- Urinary infections
- Diarrhea at dawn
- Depression

### Life Span:

Very long

### TCVM Health Suggestion:

The Kidney (Water organ) dominates reproduction and supplies vital force (Ming-Men Fire, or Kidney Yang). Coldness is the natural enemy of the Kidney. Herbs with warm or hot properties, which eliminate coldness, can help the Kidney.

The Kidney stores the Essence (Jing), which influences the animal's growth, development and reproduction. Therapy for the Kidney should maintain the balance between Kidney Yang (Ming-Men Fire) and Kidney Jing. The herbal formula Epimedium Powder (*Sheng Jing San*) is recommended. The food recommendation includes pork kidney, eggs, duck, mussels, sweet potato, and black beans.

## The Five Elements in Diagnosis

The Five Element Theory may be used with the Four Diagnostic Techniques to examine the clinical findings and to elucidate the Patterns of disease according to the nature of the Five Elements.

### COLOR OF THE MOUTH OR TONGUE

One of the most important diagnostic parameters is the color of an animal's tongue or mouth. There are five abnormal colors that may indicate an imbalance in the associated Element and its organs.

- A purple, blue, or lavender indicates an imbalance in Wood, which may be due to Stagnation of Liver-Qi.
- A red color indicates an imbalance in Fire, which may be due to an Excess of Heart-Fire.
- A yellow color may indicate an imbalance in Earth, which may be due to a Deficiency of Spleen-Qi.
- A white color may indicate an imbalance in Metal, which may be due to a Deficiency of Lung-Qi.
- A dark color may indicate an imbalance in Water, which may be due to a Deficiency of Kidney Yin.

However, the above diagnostic method is just one possible indication. Because a disease is complex, every symptom should be systematically analyzed before determining the diagnosis.

### TISSUES

Pathological changes of the tissues can be used as a diagnostic tool. These changes may indicate an imbalance of a certain organ according to the Five Element associations.

Tendon, ligament disorders may indicate a Liver Yin Deficiency. A problem with blood vessels may indicate a Heart disharmony. Muscle atrophy may indicate a Spleen Qi Deficiency. Dry hair and skin may indicate a Lung Yin Deficiency. Degenerative bone diseases may indicate a Kidney Qi or Kidney Yin Deficiency.

### SENSE ORGANS

A problem with one of the five sense organs may reflect an imbalance of the associated internal organ. For example, red and painful eyes often reflect a Liver problem. A tongue problem may indicate a Heart imbalance. A mouth and lip problem may be related to the Spleen. If the nose is troubled by heat, dryness or sneezing, there may be a Lung problem. Deafness may be related to a Deficiency of the Kidney.



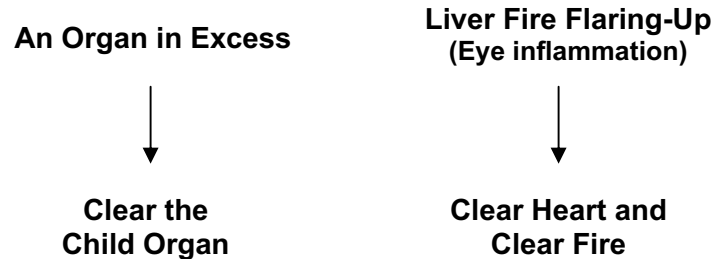
## Three Treatment Strategies of the Five Element Theory

### TONIFY (*BU*) THE MOTHER FOR DEFICIENCY

If an organ is deficient, its mother organ should be tonified. In a case with a Deficiency of Lung Qi, the treatment should involve tonification of Spleen Qi. Because the mother element nourishes the child element, stimulation of the mother will provide more support for a weak child.

### CLEAR (*XIE*) THE SON FOR EXCESS

This method is called *Xie* in Chinese. *Xie* can be also translated as clear, reduce or sedate. If an organ is in Excess, the child organ should be sedated. In a case with a Liver Fire Flaring-Up Pattern, the treatment principle may be to reduce the Heart and to eliminate the Fire. By stimulating the child organ, the child organ can draw some of the Excess away from the parent.

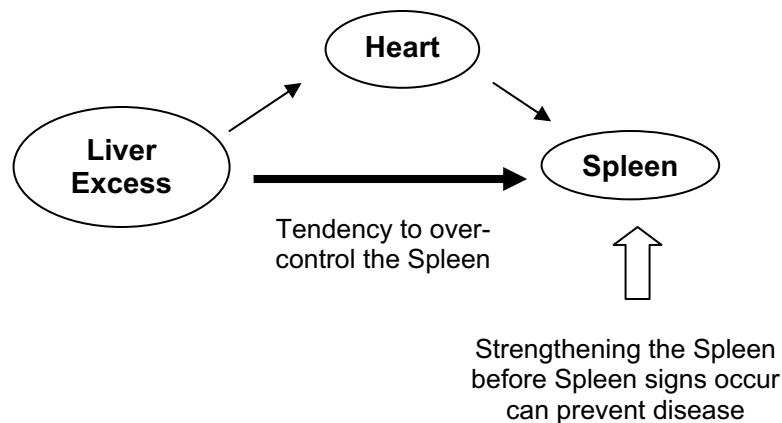


### STRENGTHEN THE “GRANDCHILD” ELEMENT FOR PREVENTION

It is a common clinical practice to determine the principle of treatment according to the pathological influence among the Zang-Fu organs in the Five Element cycle. When there is disharmony between the Liver and Spleen, the principle of treatment should include methods that promote the Spleen and clear the Liver because Stagnation of Liver Qi over-acts on the Spleen.

If one organ is in Excess, it is beneficial to strengthen its “grandchild” organ (the element that directly follows the child element). An excessive element can over-act (*Cheng*) upon its grandchild organ, thus strengthening the grandchild organ in the Cheng cycle will provide a protective function for that organ.

- If the Liver has problems, strengthen the Spleen for prevention.
- If the Spleen has problems, strengthen the Kidney.
- If there are Heart problems, strengthen the Lung.
- If the Lung has problems, strengthen the Liver.
- If there are Kidney problems, strengthen the Heart.



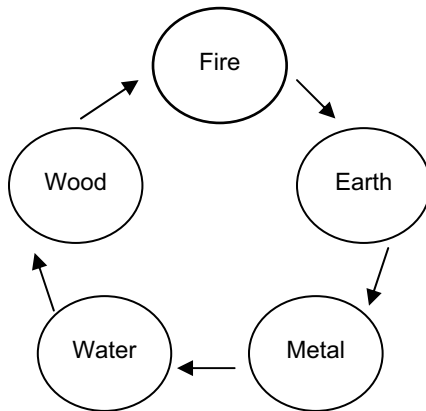
When Liver is Excessive, it tends to over-control (*Cheng*) Spleen. For prevention, Spleen should be reinforced before the signs of Spleen Deficiency occur.

## Conclusions

The Yin-Yang and Five Element Theories form the foundation of Traditional Chinese Veterinary Medicine (TCVM). These two theories are used to explain physiological activities and pathological changes and to provide a basic guideline for clinical practice. They are interdependent and cannot be entirely separated during clinical evaluation. For a horse with high fever, the Yin-Yang Theory should be used to determine if it is an Excess Pattern (Yang) or Deficient Pattern (Yin), and the Five Element Theory should be used to determine which organs are affected. Both theories, however, are limited by the historical development of ancient Chinese society. They may be incomplete and need to be complemented with modern, advanced scientific research and clinical experience.

## Summary of Normal Five Element Physiology

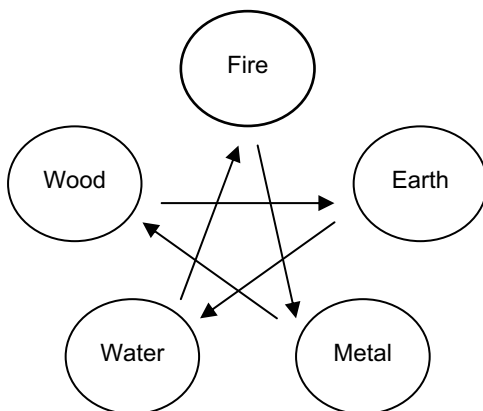
### Inter-Promoting Relationship *Sheng Cycle*



This cycle is the normal generative cycle found in the five-element system. It is a “parent-child” relationship in which one element nourishes the following element. Fire promotes Earth, which promotes Metal, which promotes Water, which promotes Wood, which promotes Fire. In other words, Fire is the “mother” of Earth but is also the “son” of Wood. In this way, each element serves as both a parent and a child to the surrounding elements in the cycle.

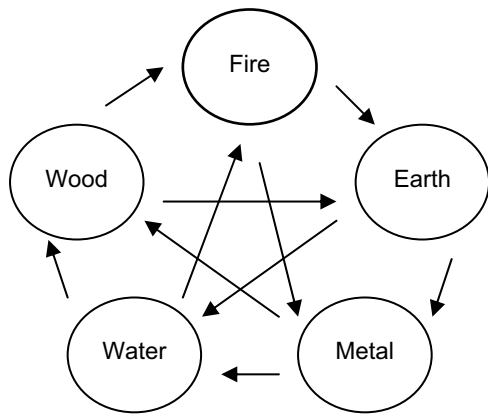
It is possible to imagine this sequence in nature with one element promoting and flowing into the next. The river Water nourishes a young seedling, which becomes a great Wood tree. A forest Fire burns the tree and the ash nourishes the Earth’s soil. This Earth is mined for Metal ore. Metal tools are used to discover and collect Water; and the Water flows into the river that nourishes the tree.

### Inter-Inhibiting Relationship *Ke Cycle*



This cycle is the normal control cycle found in the five-element system. It is a restraining relationship between the elements. The elements involved can be called the “grandparent” and the “grandchild”. The “grandparent” is the element that is one ahead of the “parent” element, and it is involved in controlling the activity of the “grandchild” element. Water inhibits Fire; Fire inhibits Metal; Metal inhibits Wood; Wood inhibits Earth; and Earth inhibits Water.

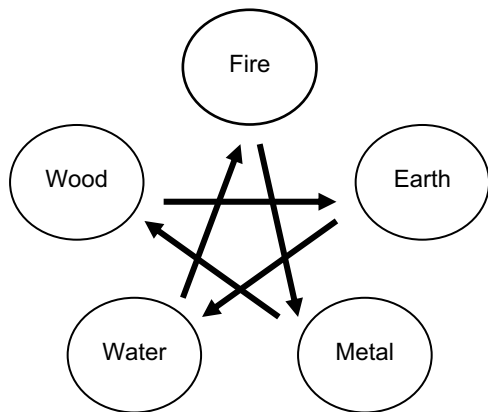
Once again an analogy can be used to illustrate the restraining effects that each element can have on another. Fire melts Metal ore and allows it to be shaped. A Metal saw is used to harvest trees for Wood. The Wood is used to mold the Earth into a dam. The dam restrains the flow of Water in a reservoir. The Water collected is used to extinguish the Fire.



### Normal Five Element Interactions

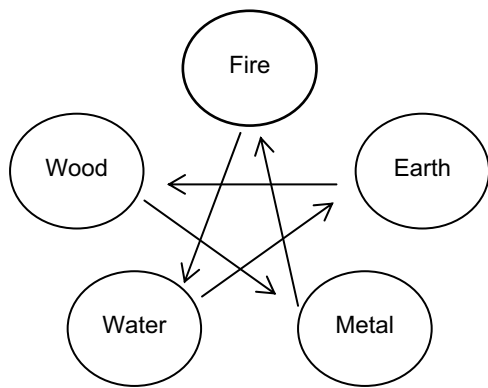
Together these two cycles create balance among the elements. When the elements are cooperating normally through this system of inhibition and promotion, there should be no Excess or Deficiency. When there is Excess or Deficiency of any of the elements, there is an abnormality within one or both of the cycles. In a normal situation, the cycle would work to feed back upon the original element and maintain it at its balanced state. For example, Water inhibits Fire, but then Fire promotes Earth, which inhibits Water.

## Summary of Abnormal Five Element Physiology



### Over-Acting Relationship *Cheng Cycle*

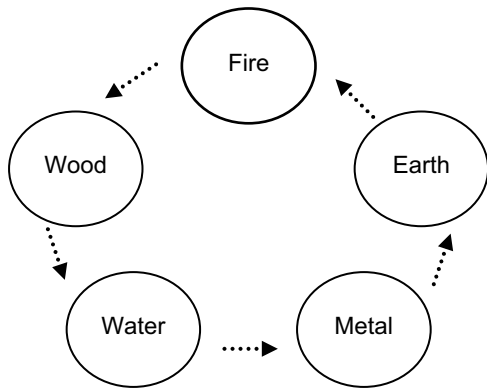
This cycle occurs as a pathologic form of the *Ke* cycle when the balance of the normal *Ke* cycle is broken due to an excess of one element. The “grandparent” element goes beyond the normal amount of control of the “grandchild” element so that it results in disease. This can be seen when one element is in excess and exerts too much restraint upon another element. For example, the Over-Acting Relationship would be occurring if Wood was so excessive that Metal cannot inhibit it. In this case Wood excessively inhibits Earth and causes a pathologic condition.



### Inter-Insulting Relationship *Ru Cycle*

This cycle occurs as a pathologic form of the *Ke* cycle when the balance of the normal *Ke* cycle is broken due to an insufficiency of one element. In this case, the *Ke* cycle is reversed. The “grandparent” element is weak, thus unable to exert a normal amount of control over the “grandchild” element. The flow of control is reversed and “grandchild” element restrains the “grandparent” element. For example, the Insulting Relationship can occur if Metal was weak or if there was an excess of Wood. In this case, the Wood will exert restraint upon Metal.

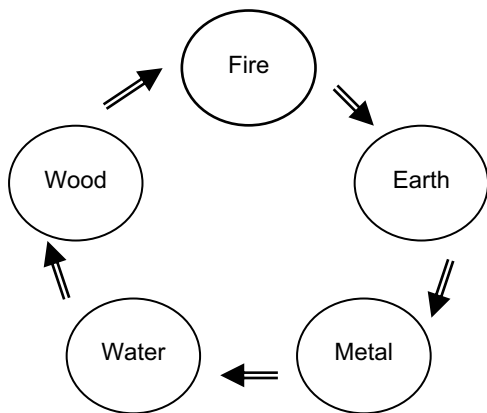
**Son Element affects the Mother Element**



This cycle occurs as a pathologic form of the *Sheng* cycle. In this case, the *Sheng* cycle is reversed. If the Child Element has a problem, it can transfer problems to the Mother Element. For example, if the Spleen is deficient, it may lead to a deficiency of the Heart.

One way of thinking about this is to imagine a sick child. The mother spends all her time and energy helping her sick child until she becomes ill herself.

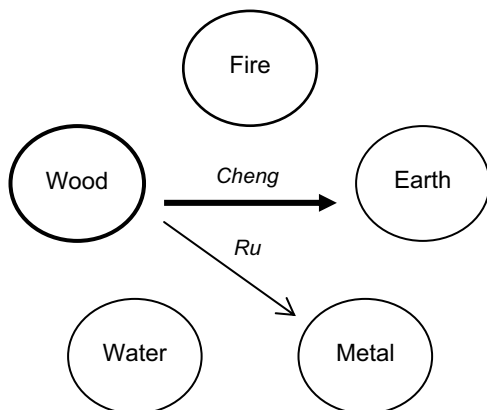
**Mother Element affects the Son Element**



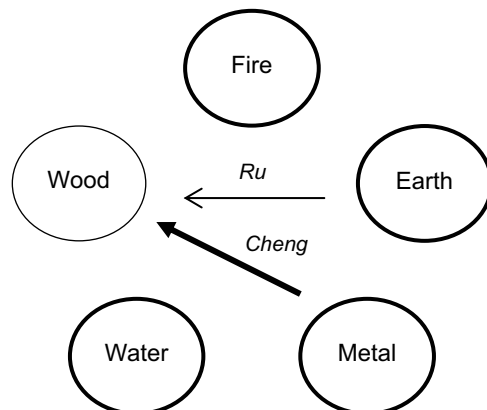
This cycle occurs as a pathologic form of the *Sheng* cycle. In this case there is an imbalance in which the elements pass problems from Mother to Child. The mother element, which is ailing, is unable to maintain the proper balance within the cycle. Instead of supporting and nourishing the following element, the mother transmits problems to the child. For example a deficiency of Liver may eventually lead to a deficiency of the Heart, because the Liver is unable to properly nourish the Heart.

One could imagine an overworked, stressed parent who does not feel good. This parent comes home and does not want to interact with the child. This causes the child to become upset.

**Example of Excessive Wood:**



**Example of Deficient Wood:**



## Identifying Small Animal Constitution Types in the Exam Room

### Wood

- Confident
- Irritable, “Crabby”
- Active, Energetic, Athletic
- Aggressive, Angry
- Bites with little provocation
- Impatient

### Fire

- Friendly
- Greets strangers warmly
- Noisy, Barking
- Excited, Hyper-excitable
- Difficult to keep still

### Earth

- Friendly
- Enjoys sleeping or relaxing
- Eager to please
- Slow walker
- “Laid back”

### Metal

- Clean hair coat
- Quiet
- Confident
- Disciplined
- Follows the owner’s commands
- Organized, Knows what to do next or knows what to expect

### Water

- Hiding behind owner or under the exam table
- Fear biter
- Not confident
- Watches what the veterinarian is doing
- Urine leakage
- Owner calls to cancel appointment because the cat is hiding under the bed.

## Identifying Constitution Types of Horses in the Barn

### Wood

- Confident
- Irritable, “Crabby”
- Active, Energetic, Athletic
- Ears back
- Aggressive, Angry
- Kicks, Stomps, or Strikes
- Impatient
- Bites

### Fire

- Friendly
- Noisy, Vociferous
- Loves to be touched or petted
- Excited, Hyper-excitabile
- Difficult to keep still
- Very Sensitive

### Earth

- Friendly
- Enjoys relaxing
- Easy going, mellow
- Eager to please
- Moves slow or walks

### Metal

- Clean hair coat
- Quiet
- Organized
- Prepared for what happens next
- Confident
- Disciplined
- Follows the rules

### Water

- Hides or runs away
- Kicks when afraid
- Not confident
- Watches the veterinarian
- Nervous when being examined
- May present rump and threaten to kick when examined

## Case Examples

### Case 2.1

**Signalment:** An eleven-year male, castrated Domestic Long Hair cat.

**History and Physical Findings:**

He is a very tolerant and friendly cat. He likes to dominate animals of equal strength, but he lets very young or very old animals dominate him. Although he likes to be petted, he hates to be groomed. He only wants attention on his own terms, when he wants it. He loves to be around people, but does not like to be the center of the party. He purrs both when happy and angry.

He prefers the support of furniture, shoes or folded rugs. He loves to sleep in the morning. He eats only when the owner eats or when the owner offers food, rarely eating when the owner is not home. When he was young, he was very fast and agile, catching birds and lizards; but, now he will not even catch a moth. He used to eat only what he caught; now he won't kill anything.

Recently he sleeps a lot and is sluggish. There is decreased muscle tone in both hind limbs. He used to breathe clearly, now his nose is congested chronically. Sometimes the nasal congestion is so bad that he has to use his mouth to breathe. His nasal discharge is clear and is worse on the right side. He coughs a lot recently, but it seems worse in the daytime.

His tongue is pale, and his pulse is deep and weak. Because of nasal discharge and congestion, he was given antibiotics and anti-histamines for the past month. The medications did not seem to help.

**Case 2.1 Assessment:**

This cat's tolerant, friendly attitude and his tendency to please others mark him as a typical Earth type cat. It is not uncommon for an Earth constitution cat to tend towards a deficient Spleen or Stomach. Deficient Earth might lead to deficient Metal (the Mother element affects the Child element). The chronic clear nasal discharge and congestion, the pale tongue, and the weak pulse indicate Lung Deficiency.

The treatment strategy is to tonify the Lung and Spleen. It is important to tonify the Spleen because the Spleen is the mother of the Lung. The acupuncture points LU-9 (the Earth point on the Lung Meridian) and BL-13 (the Lung association point) are recommended. Herbal formulas *Si Jun Zi Tang* (to tonify Spleen) and *Bai He Gu Jin Tang* (to tonify Lung) are recommended.



## Case 2.2

**Signalment:** A thirteen year old Quarter Horse mare

**History and Physical Findings:**

She is always angry, irritable and “crabby”. When the veterinarian examines her, she often has her ears pinned. The mare stomps her feet even tries to bite and kick the veterinarian.

Her tongue is red, purple and swollen. Her pulse is wiry and forceful. Her eyes are large, red, and watery.

**Case 2.2 Assessment:**

This is a typical Wood type mare. She has Liver Qi Stagnation and Liver Fire. The anger, irritability, aggressive behavior, purple tongue and wiry pulse are indications of Liver Qi Stagnation. A red and swollen tongue, red and swollen eyes, and a forceful pulse indicate Liver Fire. The treatment plan is to soothe the Liver Qi and clear Fire.

Treatment with the acupuncture points LIV-1, LIV-3, HT-9 and HT-8 are recommended. The herbal formula *Long Dan Xie Gan Tang* is also recommended to clear the Liver and to clear Fire.

### Case 2.3

**Signalment:** An eight-year-old Paint gelding

**History and Physical Findings:**

He loves to run and to compete, but he has some anger problems. He is easily irritated and hyperactive. His tongue is purple. He is reactive on the entire Stomach Meridian of his neck, BL-20 (Spleen associate point), BL-21 (Stomach associate point), and *Dan Tian* (the stifle point). He is also very reactive at PC-1. His pulses are fast and wiry. His eyes are red. He had several episodes of laminitis. He also had history of colic and diarrhea. Recently his front feet seem to bother him.

**Case 2.3 Assessment:**

This gelding is a wood type of horse. He has liver Qi Stagnation (Liver Excess). The treatment strategy includes clearing the Liver Qi Stagnation and strengthening the Spleen.

The Wood (Liver) over-acts (*Cheng*) on the Earth (Spleen). This explains the sensitivity of the Stomach Meridian (the “husband” of the Spleen Meridian), of BL-20 (Spleen association point) and of BL-21 (Stomach association point). The stifle soreness is also considered a sign of a Stomach Meridian disorder.

The acupoints LIV-3, ST-45, GB-44, BL-20, BL-21, PC-9, and TH-1 are recommended. The herbal formula *Xiao Yao San* may also be beneficial.

The previous two cases have a core of similarity with slightly different clinical presentations. The root is the same: a Wood horse with Liver Qi Stagnation. The first case had secondary signs of Liver Fire, which were caused by the Liver Qi Stagnation because any long-term Stagnation may transform into Fire. The Liver Fire is a Yang factor which tends to flare upwards. Red and swollen eyes occur as a consequence because the eyes are the orifice of the Liver.

The second case also had Liver Qi Stagnation (Liver Excess). The Excessive Liver tends to affect the Stomach/Spleen (the Wood over-acts/*cheng* on the Earth), leading to sensitivity of the Stomach Meridian.

Since both cases have the same root (Liver Qi Stagnation), the primary treatment is the same: the acupoint LIV-3 and the herbal medication *Xiao Yao San*. However, since their secondary clinical presentation is different, the secondary treatment is different. For the first case, HT-8, HT-9 and the herbal formula *Long Dan Xie Gan Tang* are used to clear Liver Fire. For the second case, BL-20 and BL-21 are used to strengthen the Spleen and Stomach. PC-9 and TH-1 are used for the local foot soreness.

## Case 2.4

**Signalment:** A thirteen year old, neutered, male cat

### History and Physical Findings:

The cat had a history of fibrosarcoma. The tumor was surgically removed only to have it removed again when it reappeared many months later. Following the second surgery, the owner wanted to try holistic therapy.

The cat was bright and responsive. He was overweight and his coat was shiny. The cat was afraid of thunderstorms, loud noises, and strangers. However, the cat was very independent, stubborn and loud when he became hungry. He preferred to lie in the sun.

The cat's pulses were rapid and superficial. The upper and lower pulses were strong, and the middle pulses were slightly less strong. The tongue is pink with a normal coating. There was no pain on palpation of the alarm points. The mass was removed from the area around BL-20/21.

The treatment so far included diet modification and supplementation. He was given a natural diet that included fish, and he received omega-3 fatty acid supplements and antioxidants.

### Case 2.4 Assessment:

This cat has a Water type personality. If the Water energy is deficient, a Water type of animal is prone to arthritis, intervertebral disc disease, and renal failure. If the water is excessive, the animal may develop problems due to counter-control (*Ru* Cycle) of the Earth, over-control (*Cheng* Cycle) of the Fire, or both. When the water is excessive, the result may be Spleen Qi Deficiency (gastrointestinal complaints or tumor) or Heart Deficiency (heart murmur or insomnia). The cat in this case is thirteen years old, but he is still bright and has a pink tongue, a strong pulse at the Kidney level, and a shiny coat. For these reasons, his condition is associated with a strong Water element.

Water over-controls Earth (Spleen) resulting in Spleen Qi Deficiency. The Spleen Qi Deficiency results in failure to produce enough Qi, including Wei-Qi. (Wei-Qi arises from Spleen Qi or food Qi.) When Wei Qi is insufficient, the T-cells fail to check the tissues for mutations and abnormal cells (Yin substances). Thus the body fails to move the Yin substances, and these substances accumulate eventually forming tumors or cancer.

The current therapy is intended as prevention. Thus, the focus of treatment should be on Spleen Qi Deficiency. Acupuncture points such as ST-36, SP-6, and BL-20/21 may be beneficial. Wei Qi Booster (Modified *Si Jun Zi Tang*), an herbal formula that assists Spleen Qi and Wei Qi, is also recommended.

### Case 2.5

**Signalment:** A nine year old, spayed female mix breed dog

**Primary Complaint:** Urinary Incontinence

**History and Physical Findings:**

This dog has had urinary incontinence that is under control using Phenylpropanolamine. The owners would like to get her off the drug if possible. She is also on Thyroxine.

Her tongue is lavender and her pulses are weakest on the left. The pulses show weakness at Heart and Pericardium. She pants at night. She is a very excitable girl, wiggling and barking all the time. It is hard to keep needles in her. Her diet is a turkey and rice Purina food. She eats much and is over-weight. She prefers to lie on cool, hard surfaces.

**Case 2.5 Assessment:**

This dog has a Fire type constitution. The lavender indicates either cold or Yang Deficiency (Fire Deficiency). When the Heart Fire (emperor Fire) is deficient, it can lead to Ming-Men Fire (Minister Fire) weakness. Ming-Men Fire weakness is Kidney Yang Deficiency. The major complaint of urinary incontinence indicates Kidney Qi or Kidney Yang Deficiency. One of the major functions of the Kidney is to control urination.

The panting at night indicates Yin Deficiency. In this case it is a Heart Yin Deficiency. Since the dog is a Fire-type, the dog is prone to Heart Yin Deficiency by the nature of its constitution. (Fire consumes the body fluid easily and leads to Yin Deficiency).

Thus the TCVM diagnosis for this dog is both Yang Deficiency (Kidney) and Yin Deficiency (Heart). The recommended herbal formulas include *Suo Quan Wan* and *Jin Suo Gu Jin Wan* to tonify Kidney Qi and Kidney Yang. The acupuncture points including BL-28, BL-39, *Shen Shu* and CV-6 are recommended. After the Kidney Yang becomes stronger (normal urination), Yin tonification (HT-7, KID-3 and BL-23) can be used.

## Case 2.6

**Signalment:** A five year old, neutered, male cat

### **History and Physical Findings:**

As a kitten this cat had a portal shunt that was surgically repaired. For a while afterwards the cat did well, except for a couple of episodes of cystitis. Then the cat began acting strangely and was drooling intermittently.

On physical exam no dental problems were identified. There was no jaundice noted. The cat exhibited signs such as blindness, diminished hearing, seizures, poor appetite and occasional vomiting. The complete blood count and biochemical values were normal. An ultrasound of the liver was unremarkable, but the serum bile acids, both pre- and post-prandial, were grossly elevated. The cat was thought to have microvascular abnormalities resulting in diversion of portal blood flow from the normal detoxification path through the liver, but this was not confirmed by a liver biopsy. The tongue was pink to red and slightly dry. The pulses were very weak and difficult to palpate.

The cat's treatment included lactulose, metronidazole, and a low protein diet.

### **Case 2.6 Assessment:**

This cat has a Liver Yin Deficiency pattern with Spleen Qi Deficiency. The red and dry tongue, blindness, seizure and elevated serum bile acids indicate Liver Yin Deficiency. Poor appetite, occasional vomiting and weak pulse indicate Spleen Qi Deficiency. Spleen Qi Deficiency can be secondarily caused by Liver Yang Rising due to Liver Yin Deficiency (the Wood over-acts the Earth).

The Liver Yin Deficiency may have resulted from Kidney Jing Deficiency. The cat had a severe developmental problem as a kitten, thus he was likely born with weak Kidney Jing. The Kidney (Water) is the mother of the Liver (Wood). If the mother is weak, she fails to nourish the child.

The treatment should focus primarily on the Liver and secondarily on the Spleen. After the Liver and Spleen problems are fixed, the treatment should include the Kidney. The acupoints BL-18, BL-20, KID-3 and SP-6 are recommended treatments. In addition, the herbal formulas *Yi Guan Jian* (to nourish Liver Yin) and *Xiang Sha Liu Jun Wan* (to tonify Spleen Qi) may be used. Afterwards, Epimedium Powder (*Sheng Jing San*) may be used to treat the Kidney.

### Case 2.7

**Signalment:** A six year old, male, Arab-Trakehner cross-breed

**History and Physical Findings:**

This horse has previously been treated with acupuncture for allergies. He is allergic to molds and experiences intense pruritis. The horse will even self-mutilate his chest and ventral abdomen.

He seems to have a very "Yang" personality, as he is a bit hyperactive. The allergy problem tends to appear in the Spring.

**Case 2.7 Assessment:**

Where there is itching, there must be Wind. Both Wind and springtime are associated with the Wood element. In addition, a hyperactive, Yang personality may be consistent with a Wood type of animal.

The TCVM diagnosis is Wind Heat with Liver Yang Rising. Some suggested acupuncture points to help dispel the Wind and to sooth the Liver include GB-20, LIV-3, LIV-4, BL-10, LI-10, LI-11, and LI-4. *Xiao Yao San* is an herbal medication that can be used before spring to soothe Liver Qi and to prevent Liver Yang rising. When it is close to springtime, *Fang Feng Tang* can help to clear Wind Heat.

## Case 2.8

**Signalment:** An eleven year old, Quarter Horse gelding

### **History and Physical Findings:**

This horse has had chronic front foot soreness. He has not been completely sound for three years. Radiographs of his right front foot revealed multiple problems. There are some changes in the navicular bone of his right foot. It is also a slightly "clubbed" foot, and there is an angle problem in the pastern.

This horse was very fearful for a long time. He was difficult to catch and he would tremble when caught. He became calm and less fearful with the herbal medication, Shen Calmer (Modified *Tian Wang Bu Xin Dan*).

He was fat in the crest of the neck, and his eyes were red and draining. The gelding appeared to have Cushing's disease; however, he did not have colic, laminitis, or long hair. His tongue is red, dry and darker on the edges. His pulses are weaker on his left side.

### **Case 2.8 Assessment:**

The TCVM diagnosis is Liver Heat with Kidney Yin Deficiency. The sore foot, the red eyes and the darker edges of the tongue indicate Liver Heat. Navicular bone changes, fear and a weak pulse on the left side indicate Kidney Yin Deficiency. Liver Heat can be caused by Yin Deficiency. Liver Heat can lead to Blood Stagnation and result in the sore foot.

The oral herbal medication, *Long Dan Xie Gan Tang*, may be beneficial in this case. If the foot is very painful (Blood Stagnation), Four Herbs Salve (*Si Sheng Gao*) may be added topically for two to three weeks. This herbal medication works very well for navicular disease and other severe sore foot problems.

## Case 2.9

**Signalment:** A five year old, female, spayed Sheltie

### History and Physical Findings:

She is scared and panics during thunderstorms or loud noises. She is very outgoing and sweet with strangers.

She has had a two-year history of reoccurring interdigital cysts. The red, firm, swollen, and painful areas are located on the left rear and right front paws. A change to hypoallergenic diet resolved the redness on the bottom of her paws, but the cysts continued. Examination by specialists, several surgical procedures, and medications did not resolve the problem.

Her diet is supplemented with Vitamins E and C and fatty acids. The dog has normal feces, normal thirst, normal urination, and no gastrointestinal complaints. She seeks cold floors to sleep on; however, she is not restless at night nor does she pant excessively. Her skin and hair coat are normal. She has a large scar on her left lumbar area from a bite wound three years ago. (The scar is lateral to the area of BL-24/25.) She has been healthy other than the interdigital cysts. The areas on the two paws where the cysts were removed are just slightly swollen, red, and cracked with a little clear, red, odorless discharge.

She was not sensitive at any alarm points. Her tongue was pink to red, a little dry, and had faint cracks. Pulses were normal to a little deep. The pulses may have been a little weak, especially in the Heart and Lung positions.

### Case 2.9 Assessment:

Her personality is Fire. The problems with the paws may be considered part of the Wood element. The red and swollen cysts indicate Heat. Firm and painful cysts indicate Blood Stagnation.

Her TCVM pattern may be considered Liver Heat with Blood Stagnation. The recommended herbal medications are *Long Dan Xie Gan Tang* and Max Formula (Modified *Nei Xiao San*). The acupuncture points LIV-3, LIV-2, SP-10, LI-11, and LI-4 are recommended in this case to help sooth the Liver, nourish Blood, and eliminate Heat.



## Case 2.10

**Signalment:** A ten year old, neutered, male Golden Retriever and Shepherd crossbreed

### **History and Physical Findings:**

Twelve days previously, this dog was in a raccoon fight and he received bite wounds on his face. Eleven days after the fight, the owners noticed significant stiffness in the hind legs. He also developed orange, watery diarrhea.

He is very attached to the owner and becomes anxious and panics when she is not around. He tolerates other people and dogs well, but he only makes efforts to please his female owner (as opposed to her husband). He does not seem aggressive, but when there is something going on he wants to be part of it. For this reason, gets bitten first when chasing raccoons. Overall, he tends to be fairly high strung, but he will settle down especially if the owner gives him a massage.

He prefers soft surfaces such as a dog bed instead of hard ones such as a rug on the floor. The dog shows no preference for sun or shade. His thirst and urination are normal, but he will pant a lot. This dog always has a great appetite and would overeat if allowed. He is not an overly vocal dog, but he will always bark at any noise outside. This dog shares the house with another dog and a cat with which he has no difficulties. He loves to roll in rotten animals and to get dirty.

Lately, he has been very healthy with normal feces, urination, and hair coat and with no recent history of medical problems. However, three years ago, he fought with a raccoon and suffered bite wounds all over his lips. He subsequently developed coonhound paralysis ten days after the incident. During the illness, the dog had a weak to absent bark. Three days after the onset of clinical signs (stiffness), he suffered from flaccid paralysis. He seemed to make a complete recovery, although it was 75 days before he was able to stand up on his own. There appears to be a residual trembling of his hind legs since that time.

At the current presentation, the dog's vaccine status was noted to be current for Rabies and Distemper-Hepatitis-Leptospirosis-Parainfluenza-Parvovirus (DA<sub>2</sub>LPP). The dog was panting and nervous. His tongue was pink/red without a coating. The pulse was normal to slow and very strong, almost bounding. He was weak in the hind end, and the neurological examination was consistent with lower motor neuron disease in the hind end. No problems were noted in the front end. The cranial nerve function appeared normal.

The next day, the dog was worse, but he could still get up and walk. His front legs were involved, and there was a dramatic bowing out at the elbows. There were lower motor neuron signs in the front end as well.

**Case 2.10 Assessment:**

He is not an Earth type because he does not seem to be laid back. Also, he is high-strung and is nervous/pants during the physical exam. Because he is not relaxed and laid-back, he is NOT typical of Earth.

He is not a Wood type because he is NOT the boss or the dominant dog. The Wood dog loves or tends to boss around the other dogs or cats. This dog, however, seems untroubled with other animals, and he leaves them alone.

He is NOT a Metal type because he is not clean and aloof.

He is NOT Water because he not afraid of other creatures; he is the first to fight with the raccoon. Being the first one to go to the action, such as fighting, is definitely NOT a Water trait.

Most likely, this is a Fire dog. A Fire dog tends to become excitable or anxious and will panic. For the fire dog, it is very important to be part of any event including barking, playing and even fighting.

The raccoon's saliva is considered a Toxin in TCVM. The toxin invades the body and then it consumes or damages the Qi or Yin. Consequently, a Qi or Yin Deficiency occurs. Weakness in the hind limbs and diarrhea indicate Qi Deficiency. Panting or nervousness in the exam room and a red tongue indicate Yin Deficiency.

The TCVM treatment strategies are to dispel the toxins, to tonify Qi, to strengthen the rear weakness, and to nourish Yin. Acupuncture points at the tip of the tail and the ears can be used to dispel toxins in acute cases. Additional useful acupuncture points include LI-4, ST-40, ST-36, *Bai Hui*, *Shen Shu*, KID-1, GB-34, GV-1, *Liu Feng*, KID-3, and SP-6. Electroacupuncture and aquapuncture may also be beneficial. The herbal formula *Bu Yang Huan Wu Tang* may be useful to tonify Qi and strengthen the rear weakness in this case.

## Self Test

Question 2.1: Which is the correct order for the Sheng (promoting) Cycle?

- a. Wood → Fire → Metal → Water → Earth
- b. Wood → Metal → Water → Fire → Earth
- c. Wood → Fire → Earth → Metal → Water
- d. Wood → Earth → Water → Fire → Metal
- e. Wood → Fire → Water → Metal → Earth

Question 2.2: Which is the correct order for the Cheng (over-control) Cycle?

- a. Wood → Fire → Metal → Water → Earth
- b. Wood → Metal → Fire → Water → Earth
- c. Wood → Fire → Earth → Metal → Water
- d. Wood → Earth → Water → Fire → Metal
- e. Wood → Earth → Metal → Water → Fire

Question 2.3: The Season Spring belongs to which element?

- a. Wood
- b. Earth
- c. Fire
- d. Water
- e. Metal

Question 2.4: The Climate Damp belongs to which element?

- a. Wood
- b. Earth
- c. Fire
- d. Water
- e. Metal

Question 2.5: The color red belongs to which element?

- a. Wood
- b. Earth
- c. Fire
- d. Water
- e. Metal

Question 2.6: The fearful emotion belongs to which element?

- a. Wood
- b. Earth
- c. Fire
- d. Water
- e. Metal

Question 2.7: The direction West belongs to which element?

- a. Wood
- b. Earth
- c. Fire
- d. Water
- e. Metal

Question 2.8: The nose belongs to which element?

- a. Wood
- b. Earth
- c. Fire
- d. Water
- e. Metal

Question 2.9: The Fu organ Bladder belongs to which element?

- a. Wood
- b. Earth
- c. Fire
- d. Water
- e. Metal

Question 2.10: The bodily secretion saliva belongs to which element?

- a. Wood
- b. Earth
- c. Fire
- d. Water
- e. Metal

Question 2.11: A dog has a history of chronic ocular discharge and a hyperactive personality. According to the Five Element theory, which organ is most important?

- a. Spleen
- b. Lung
- c. Kidney
- d. Liver
- e. Heart

Question 2.12: According to the Five Elements, which organ should be tonified when the Lung is deficient?

- a. Heart
- b. Kidney
- c. Liver
- d. Spleen
- e. Bladder

Question 2.13: According to the Five Elements, which organ should be cleared (sedated) when the Heart is in excess?

- a. Liver
- b. Kidney
- c. Spleen
- d. Lung
- e. Bladder

Questions 2.14 and 2.15 are based on the following case.

Pete is a ten year old male Labrador Retriever who has a history of weakness and back pain for several years. Three weeks ago, Pete fell down several times. After prednisone therapy, the acute paresis seemed under control; however, he would no longer get up to urinate and would occasionally fall down. He was also very thirsty, but ice cubes seemed to help. A veterinary neurologist examined him and diagnosed chronic multifocal intervertebral disc disease (spondylosis deformans at C7-T1, T13-L1, L1-L3, and L7-S1). The owner does not want to pursue the surgical treatment approach.

Pete is a very friendly and excitable dog. He has been with the current owner since he was a puppy. He never acted aggressively towards humans or animals except for one instance when the owner returned home very late at night. According to the owner, he prefers cool or cold conditions. He wags his tail and is nice to everybody. During a TCVM examination, he fell down four times, rested for a short while, got up again, and walked across the slippery floor from the front room to the exam room (the whole distance is about 20 meters). Pete is overweight. He panted a lot while in the exam room, and he tried to avoid the acupuncture needling several times. The tongue is red and dry. The pulse is fast, thready and very deep/weak. The TCVM Diagnosis is Bony Bi syndrome due to Yin Deficiency.

Question 2.14: What is Pete's constitutional type?

- a. Wood
- b. Earth
- c. Fire
- d. Metal
- e. Water

Question 2.15: If Pete is an "Earth" dog, why does he show panting and restlessness during the examination?

- a. He has Excess Cold
- b. He is Deficient Cold
- c. He has Yang Deficiency
- d. He has Yang Excess
- e. He has Yin Deficiency

Question 2.16 and 2.17 are based on the following case.

Chief is a nine year old, male, castrated Japanese Chin dog with a history of chronic congestive heart failure and bronchitis. He was hospitalized due to lethargy, weakness and anorexia. Diagnostics revealed azotemia due to chronic renal failure (BUN: 88; Creatinine: 6.9). He was also diagnosed with mild pancreatitis and cervical disc disease.

Chief is a very confident and dominant dog. He does not fear anything, not big or small dogs, strangers, or thunderstorms. He loves to be in charge. He was very cooperative during the examination and acupuncture procedure. His nose was dry with a little crack line. His tongue is deep red and dry and his pulse is thready and thin. Chief prefers cool environments. His Shen is subdued. He eats well but is not thirsty. Chief also always holds his neck, back and hind limbs as if he feels pain or feels unhappy. He is reluctant to lower his head to eat or drink so the owner must lift the bowl to his mouth.

Question 2.16: What is Chief's constitutional type?

- a. Wood
- b. Fire
- c. Earth
- d. Metal
- e. Water

Question 2.17: What is the TCVM Diagnosis for him?

- a. Yang Excess
- b. Yin Deficiency
- c. Excess Cold
- d. Excess Heat
- e. Deficiency Cold

Question 2.18 is based on the following case.

Fireman is a 17 year old Quarter Horse-Thoroughbred cross gelding. He was diagnosed with navicular disease of the left front limb. Fireman is a friendly, sensitive and smart horse. He loves to be petted and touched but he becomes irritable and shows restlessness as soon as he realizes you will needle him. He is sensitive to acupuncture needling as well as the regular injections.

Fireman used to be the submissive to another horse (a 20 year old gelding who was the only other horse to share the pasture) until the old gelding died. The old gelding was always his boss. One year later, Fireman had a little pony to share the same pasture. He started to boss him around. He kicked and controlled the little pony. When the little pony left, a mare about his same age shared his pasture. He started to boss her around. The owner is very close with Fireman as she owned him since he was born. She often gives him treats. She rides him for pleasure about once or twice a week. He loves to run and play, but will let the mare go first if there is something unfamiliar ahead.

His left front lameness was grade 2 to 3. His tongue was purple and pulse was fast. The sensitive points on palpation using a needle cap include LI-18, LI-15, LI-16, BL-18 and 19, PC-1, BL-13 (worse at left side). The TCVM diagnosis is Qi and Blood Stagnation of the front foot (front foot lameness).

The horse was responding well after each treatment (3 to 5 weeks apart). He became completely sound after the 3rd acupuncture treatment. He had two episodes of mild left forefoot soreness six months and one year later, which resolved with acupuncture and herbal medicine.

Question 2.18: What is Fireman's personality?

- a. Wood
- b. Fire
- c. Earth
- d. Metal
- e. Water

