

	Water	Wood	Fire	Earth	Metal
Organs	Bladder & Kidneys	Gall Bladder & Liver	Heart & Small Intestines; <i>also</i> Pericardium & Triple Warmer (Sanjiao Channel)	Stomach & Spleen	Lungs & Large Intestine
Functions	<p><u>Bladder</u>: Stores and eliminates fluid; helps in adaptation to environment</p> <p><u>Kidney</u>: Store-house of Vital Essence, <i>i.e.</i>, Life Force from ancestors; regulates amount of fluid in the body</p>	<p><u>GB</u>: Decisions; judgement</p> <p><u>Liver</u>: Planning</p>	<p><u>Heart</u>: Oversees workings of bodymindspirit</p> <p><u>SI</u>: Separates essential from the crude; the wheat from the chaff</p> <p><u>P</u>: Protector of the heart; guides joys, pleasures, emotions, relationships, sexual functioning, blood flow</p> <p><u>TW</u>: Brings the operation of the organs in the three cavities into balance; maintains temperature</p>	<p><u>Stomach</u>: Culls and brings to fruition essential nutrients</p> <p><u>Spleen</u>: Distributes energy and nutrients</p>	<p><u>Lungs</u>: Assimilates ch'i and sets rhythmic order of bodily functions</p> <p><u>LI</u>: Regulates removal and storage of waste</p>
Time	Bladder: 3pm–5pm Kidneys: 5pm–7pm	GB: 11pm–1am Liver: 1am–3am	Heart: 11am–1pm SI: 1pm–3pm CS: 7pm–9pm TW: 9pm–11pm	Stomach: 7am–9am Spleen: 9am–11am	Lungs: 3am–5am LI: 5am–7am
Season	Winter	Spring	Summer	Indian summer	Autumn
Climate	Cold		Hot	Dampness & humidity	Dryness
Direction	North	East	South	Center	West

	Water	Wood	Fire	Earth	Metal
Orifice	Genitals, Urethra, Anus	Eyes	Ears	Mouth	Nose
Sense Organ	Ears	Eyes	Tongue		Nose
Bodily Fluid	Spittle, <i>i.e.</i> , the saliva which constantly keeps the mouth irrigated	(Bile?)	Sweat	Saliva	Mucous
Parts of Body	Bones & bone marrow	Sinews & ligaments	Blood vessels		Skin & body hair
External Physical Manifestations	Head Hair	Nails, hands, feet	Complexion	Flesh	Skin & body hair
Power	Capacity to tremble; release tension and tightness	Capacity for control	Capacity for sadness and grief	Capacity for obstinacy	Capacity to cough; eliminate something irritable to your system
Life Aspect	Will power & ambition (Zhi)	Spiritual faculties (Hun)	Spirit (Shen)	Ideas & Opinions (Yi)	Inferior animal spirit (Po)
Emotion	Fear	Anger	Joy, happiness	Sympathy	Grief
Sound	Groaning	Shouting	Laughing	Singing	Weeping
Color	Blue or Black	Green	Red	Yellow	White
Flavor	Salty	Sour	Bitter	Sweet	Pungent, spicy
Smell	Putrid	Rancid (urine; sour-sweet)	Scorched	Fragrant (cloyingly sweet; the smell of burning flesh)	Rotten
Dreams	Boats, drowning, lying in water, being frightened, approaching a ravine, plunging into water, swimming, sensation of back and waist being split apart	Of mushrooms, being under a tree, forests, fights and battles, cutting open one's body	Of fires, hills and mountains (when Heart is deficient), populous towns and busy thoroughfares (when SI is deficient); Fire is healthy if in dreams there is laughter or fear	Of starving, putting up walls or buildings, chanting and playing music, of a heavy body and difficulty rising, hills and marshes, ruined buildings, storms	Of white objects; the cruel killing of people; strange metal objects; where crying, frightened or soaring through air; fields and rural landscapes (if LI is deficient)
Grain	Beans & Peas	Wheat	Glutinous millet	Millet	Rice

	Water	Wood	Fire	Earth	Metal
Fruit	Dates	Peach	Plum	Apricot	Chestnut
Meat	Pork & Fish	Chicken, fowl	Lamb	Beef	Horse
Vegetable	Leeks	Mallow (okra?)	Course greens	Scallions	Onion
Number	6	8	7	5	9
Musical Note	Yu	Chio	Chih	Kung	Shang
Instrument	25-stringed lute	Lute	36-reed mouth organ	Drum	
Pulse	Left wrist, 3 rd position: <i>Superficial</i> – Bladder <i>Deep</i> – Kidney	Left wrist, 2 nd position: <i>Superficial</i> – GB <i>Deep</i> – Liver	Left wrist, 1 st position: <i>Superficial</i> – SI <i>Deep</i> – Heart Right wrist, 3 rd position: <i>Superficial</i> – TW <i>Deep</i> – P	Right wrist, 2 nd position: <i>Superficial</i> – Stomach <i>Deep</i> – Spleen	Right wrist, 1 st position: <i>Superficial</i> – LI <i>Deep</i> – Lungs