

## Five Phases System in Chinese Medicine

**Alex Kung-Hsiung Chang\***

Pingtung University of Science and Technology, Taiwan

**\*Corresponding Author:** Alex Kung-Hsiung Chang, Pingtung University of Science and Technology, Taiwan.

**Received:** July 29, 2021; **Published:** August 01, 2021

In traditional Chinese medicine (TCM) philosophy, we believe that Human body are holist, it is a small universe. We also believe the corresponding relationship between five Yin organs, six Yang organ, five tissues, five sense organs with five directions, four seasons and five tastes in the nature. It unify the human body and nature environment together, reflecting the mutual acceptances of the human body and universe, which just reflects the concept of harmony between human and nature.

“The Yellow Emperor’s Internal Classics” applied the five phases into medicine. This is important in the research and clinic data collection and forming a unique theoretical system of Traditional Chinese medicine [5].

“The Yellow Emperor’s internal classic”, or Nei Jing is considered the earliest TCM classic medical textbook, and it has a profound influence on the establishment of the later medical theory. The Yellow Emperor’s was first issue around the warring state period to Qin and HAN dynasty, and it was revised and supplemented during the period from Eastern HAN to SUI and TANG Dynasty. The “Nei Jing” includes two parts, “Su Wen”, or “Simple Question” and “Ling Shu”, or “Spirit of Soul”, with a total of 18 volumes and 162 articles. This book establishes the foundation of traditional Chinese medicine and is the corner stone of the foundation of Traditional Chinese medicine and the development of clinical practice [4,7,8].

### Structure of Five Phases

The five-phase philosophy includes: five phases are one of the basic categories of Ancient Chinese philosophy. It is the Chinese primitive scientific thoughts “Wu: Five” is wood, fire, earth, metal and water, these five material substance. “Xin: Phase” means extends in all directions, it also means actions, transport, and transformed, it also indicates the changes of transporting and endless of transform. The concept of five phases represents five functional attributes. It is the basic material of five powerful forces that constantly circulating rather than passive and immobile [3].

### The Generating Sequence

Each phase generates another and is generated by another one. “Shen: generate” in these words contains the meaning of breeding, fostering, supporting and promoting, for example Fire is mother of Earths, because of fire generating earth correspondingly, Heart (Fire in five phases) is mother of spleen (Earth in five phases), because heart beat supporting and promoting spleen’s function, if the function of heart is insufficient the spleen will be affected. According to the theory of TCM, the insufficient of heart function will cause heart fail to push the blood in the vessels and the spleen will suffer as it makes and control blood, and which may cause imbalance, this imbalance can be mild, but in severe case, it can cause disease or illness [1,2].

### The Controlling Sequence

Each phase control another and is controlled by another one. The controlling sequence ensures that a balance is maintained among five phases. There is also an interrelationship between the generating and the controlling sequence. It prevents either too much rising or decline in any organ [1,2].

## The Generating and Controlling System

In Ming Dynasty, Chinese Medicine practitioner Zhang Jing Yue (1563-1640) said: “The mechanism of creation will not be made without generating and controlling. It will not be grow or develop without generating; it will not be over excessive without controlling. The continuously creation of life must be made in generating with control, controlling with generation” [9].

Tradition Chinese Medicine had applied the five-phase theory into the medical field and observes the operation of the human body from the perspective of system structure and expounds the organic connection between the local and local parts, the local and the whole, and the interaction and unification of the human body and the external environment [5]. And there must be a relative dynamic balance in multilateral relations. When it is imbalance, it may cause disease and need to find the specifically adjust, treat and balance it.

The relationship among the five phases are like a model of relationship among the internal organs and between them and the various tissue, sense organs, colors, smell and tastes. And it reveals the dynamic balance adjustment mechanism between the internal and external environment and it clarify the patterns of heath and disease, diagnosis and prevention [6].



**Figure 1:** The Generating Relationship between Five Phases.



**Figure 2:** The Controlling Relationship between Five Phases.

### References

1. Anwei College of Tradition Chinese Medicine Clinical Manual. Anwei Scientific Publishing House, Anwei (1979).
2. Beijing College of Traditional Chinese Medicine, Practical Chinese Medicine. Beijing Publish House, Beijing (1980).
3. Joseph Needham. "Science and Civilization in China". Cambridge University (2011).
4. People's Health Publishing House. The Yellow Emperor's classic of Internal Medicine-Simple Questions, Beijing (1979).
5. Selected Historical Theories of Chinese Medicine. Shandong Scientific Publishing House, Jinan. (1983).
6. Syndromes and Treatment of the Internal Organs. Tianjin Scientific Publishing House, Tianjin. (1981).
7. Tanba Genkan. Simple Question and Ling Shu: 1775-1810.
8. Wang Bing. The Yellow Emperor's classic of Internal Medicine-Simple Question. second edition. 762.
9. Zhang Jing Yue. Complete Book of Jing Yue, Shanghai Scientific (1986).

**Volume 1 Issue 1 August 2021**

**© All rights are reserved by Alex Kung-Hsiung Chang.**