

Glossary

		Partially Anglicized	English Terms
胞	bāo		uterus, womb
胞絡	bāo luò	Bāo Luò	
胞脈	bāo mài	Bāo Mài	
背膂	bèi shū	Back-Shū	AEP, Correspondence
衝脈	chōng mài	Chōng Mài	Penetrating/Thrusting Vessel
大腸	dà cháng		Large-Intestine
帶脈	dài mài	Dài Mài	Girdle, or Belt Vessel
膽	dǎn		Gall-Bladder
丹田	dān tián	Dān Tián (Tan T'ian)	Field of Cinnabar
膻中	dàn zhōng	Dàn Zhōng	Centre of the Chest
道	dào	Dào (Tao)	The Way
督脈	dū mài	Dū Mài	Governor Vessel
肺	fèi		Lung
腑	fǔ	Fǔ-Bowel	
腹募	fù mù	Front-Mù	Alarm
肝	gān		Liver
膏肓	gāo huāng	Gāo Huāng	
骨	gǔ	bones	
穀氣	gǔ qì	Gǔ-Qì	Grain-Qi
合	hé	Hé-Sea	
會穴	huì xué	Huì-Convergence	
魂	hún	Hún	Spiritual or Vaporous-Soul
交會穴	jiāo huì xué	Jiāohuì-Intersection	
筋	jīn		Sinews
津液	jīn yè	Jīn-Yè	Body-Fluids
井	jǐng	Jǐng-Well	
經	jīng	Jīng-River	
精	jīng	Jīng-Essence	Essence
經絡	jīng luò	Jīng-Luò	Channels and Collaterals
厥陰	jué-yīn	Jué-Yīn	Terminal or Reversal of Yin
克	kè	Kè	Control or inhibition (Cycle)
絡穴	luò xué	Luò-Connecting	Junction, Connecting
脈	mài	Mài	(Stirring) Vessels or Pulse

命門	mìng mén	Mìng Mén	Gate of Life
膀胱	páng guāng		Bladder
脾	pí		Spleen or Spleen/Pancreas
魄	pò	Pò	Animal, or Corporeal-Soul, Vigor/Vitality
氣	qì	Qì (Ch'i)	Breaths, Energy
壬脈	rén mài	Rén Mài	Conception Vessel
肉	ròu	Ròu-Flesh	Flesh
三焦	sān jiāo	Sān Jiāo	Three Heater, Triple Warmer, Triple Energizer, Triple Burning Spaces
少陽	shǎo-yáng	Shǎo-Yáng	Lesser Yáng, Minor Yang
少陰	shǎo-yīn	Shǎo-Yīn	Lesser Yin, Minor Yin
神	shén	Shén	Soul, Spirit
腎	shèn		Kidney
生	shēng	Shēng	Creative (Cycle)
十二官	shí èr guān		Twelve Officials (Theory)
膻	shū	Shū-Stream	
髓	sǔi	Sǔi-Marrow	Marrow
太陽	tài-yáng	Tài-Yáng	Greater Yang, Major Yang
太陰	tài-yīn	Tài-Yīn	Greater Yin, Major Yin
痰	tán		Phlegm
胃	wèi		Stomach
衛氣	wèi qì	Wèi Qì	Defensive Qi
五腧	wǔ shū	Five-Shū	Five Ancient or Antique (Points)
五行	wǔ xíng	Wǔ Xíng (Wu Hsing)	Five Evolutive Phases, Five Agents, , Five Processes, Five Phases.
五運	wǔ yùn		Five Circuit Phases, Five Movements
[运]			
郄穴	xī xuè	Xī-Cleft	Accumulation
小腸	xiǎo cháng		Small-Intestine
邪氣	xié qì	Xié-Qì	Evil-Qi or Pathological-Qi
心	xīn		Heart-Mind
心包絡	xīn bāoluò	Xīn Bāo Luò	Pericardium
心主	xīn zhǔ	Xīn Zhǔ	Heart Master
血	xuě	Xuě-Blood	Blood
陽	yáng	Yáng	Yáng
陽蹻脈	yáng qiāo mài	Yáng Qiāo Mài	Yáng Heel or Agility/Motility Vessel
陽維脈	yáng wéi mài	Yáng Wéi Mài	Yáng Linking Vessel
陽明	yáng-míng	Yáng-Míng	Sunlight Yáng

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意	yì	Yì	Thought/Intent
陰	yīn	Yīn	Yin
陰蹻脈	yīn qiāo mài	Yīn Qiāo Mài	Yin Heel or Agility Vessel
陰維脈	yīn wéi mài	Yīn Wéi Mài	Yin Linking Vessel
榮	yīng	Yīng-Spring	
營氣	yíng qì	Yíng-Qì	Constructive or Nutritive Qi
元氣	yuán qì	Yuán-Qì	Primordial-Qi
原氣	yuán qì	Yuán-Qì	Original-Qi
原穴	yuán xué	Yuán-Source	Source Point
臟	zàng	Zàng-Viscera	Zang
臟腑	zàng fǔ	Zàng-Fǔ	Internal-Organs
真氣	zhēn qì	Zhēn-Qì	True Qi
正氣	zhèng qì	Zhèng-Qì	Upright Qi
志	zhì	Zhì	Will
宗氣	zōng qì	Zōng-Qì	Gathering, Thoracic, or Ancestral Qi

Classical Acupuncture	This is theory and practice that makes greater reference to the Classical period and its texts including: Nei Jing, Nan Jing, Mai Jing. It is important to note that the classics should not be treated as infallible like sacred texts.
Constitutional Five Element Acupuncture	The Five Elements are central to various approaches to acupuncture found in Japan Korea and Taiwan. Constitutional emphasizes the central idea in the teaching of J. R. Worsley of a constitutional basis. Although the same principle is also found in Korean Constitutional acupuncture there are also important differences.
Traditional Acupuncture	J. R. Worsley spoke of Traditional Acupuncture to distinguish it from modern/mainstream Traditional Chinese Medicine (TCM).
Traditional Chinese Medicine (TCM)	The traditional medicine (as opposed to Western Medicine) as practiced in modern China. This is arguably characterized in various ways: systematized, westernized and herbalized are all words that can be used to describe this approach, albeit in a qualified sense.
Traditional Oriental Medicine	The traditional medicine of China, Korea, Taiwan, Hong Kong, Japan. That are all predominantly derived from China, but have not been subject to the standardization of modern TCM. Although “Asian” is preferred to many rather than “Oriental” it would include Indian traditions that are distinct.
Dan Zhong	Translates as ‘centre of the chest’, but refers to a specific vital (energetic) center. In Chapter 8 of the Su Wen this is the name for the Xin Bao Luo/Xin Zhu (see below). The name of CV.17 although this is often referred to by its secondary name a reference to the center of the chest Xiong Tang (Chest Palace)
Xin Bao Luo	Xin Bao or Xin Bao Luo – translates as ‘Heart Wrapping’ or ‘Heart Wrapping Collaterals’ this is an alternate name for the Xin Zhu, Xin Bao Luo, Dan Zhong (see other entries), it is translated in modern books as Pericardium. But to identify it with the anatomical structure would be an error. Epicardium might be better.
Xin Zhu	Heart Governor or Heart Master alternate name for Xin Bao Luo, commonly used in Nan Jing. Sometimes the combined term is used.
Zong Qi	Translated as ancestral, gathering or chest Qi. According to Porkert this has two meanings: 1. Product of Ta Qi and Gu Qi, expressing itself in the cardiac and respiratory rhythm. TCM “Chest Qi” 2. The innate capacity for the above
Circulation/Sex	The first can be understood as a noun a product. The second is a dynamic process, the transformation of innate Qi to acquired Qi (hence the term ancestral). Name given in European texts to a function that is known as Pericardium in modern texts. Circulation may be a more accurate rendering of Xin Bao Luo. See Xin Bao Luo, Dan Zhong, Xin Zhu

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