Internal Organs 臟腑（脏腑）

- Kidneys (shen) 腎
  - Stores Essence
    - Congenital
      - inherited
    - Acquired
      - created from essence of food and water by Spleen and Stomach
  - Dominates [Governs] Development and Reproduction
    - using Kidney Qi
  - Dominates [Governs] water metabolism
    - regulates distribution of body fluids
    - path of water
      - 1. stomach - received
      - 2. spleen - transmitted
      - 3. lung - (disperses /) descends
      - 4. kidney - divided (using kidney yang)
        - clear
          - to lung to disperse to zang fu and tissues
        - turbid
          - urinary bladder
  - Dominates Bone
    - Manufactures Marrow
      - Bone marrow
      - Spinal and Brain marrow
    - Teeth = surplus of bone
    - Abundant bone marrow
      - Bone health and hardness
  - Assists lung in the reception of Qi
  - Opens to the ears and two yin
  - Manifests in the hair
    - hair is surplus of blood
  - Houses will power - Zhi
  - Connects with Bladder (pang guang)
    - located in lower abdomen
    - temporary storage of urine discharged by Qi activity when full
  - Located on either side of lumbus
  - Root of Life (Ming Men)
  - Kidney Yin foundation of Yin fluids of the body
    - moisturizes and nourishes zang fu
  - Kidney Yang foundation of Yang Qi of the body
    - warms and promotes function of zang fu and tissues
- Lungs (fei) 肺
  - Governs Qi
    - respiration
    - Canopy / Shower head to the Zang Fu for Qi and fluid
  - Dominates [Governs] Qi and Respiration
    - Qi of respiration
      - exchange of Qi with environment
    - Qi of body
      - via Zong (Pectoral) Qi = inhaled Qing (Clear) Qi + Food Qi
  - Dominates [Governs] dispersing and descending
    - distributes Wei (Defensive) Qi and body fluid to body
  - Regulate water passages
  - Opens to the nose
    - Communicates through throat
  - Manifests skin and body hair
    - pores
      - disperse Qi
      - regulate respiration
    - protective screen from exogenous pathogens
  - Houses the Corporeal Soul - Po
  - Connects with Large Intestine (da chang)
    - Located in abdomen
    - Receive waste from small intestine
    - absorb fluids
    - form waste
  - Located in thorax
  - Minister to the Monarch
- heart (xin) 心
  - Governs Blood
  - Dominates the blood and vessels
    - Blood circulation propelled by Heart Qi
    - Vessels - Physical structure
  - Controls Sweat
  - Manifests in the face
    - complexion
  - Opens to the tongue
  - Houses the Mind - Shen
  - Connects with Small Intestines (xiao chang)
    - Located in abdomen
    - Reception and Digestion
    - Seperates the clear from the turbid
      - including liquid waste
    - Absorbs essential substance and water
    - Transmits food residue to Large Intestine
    - Transmits liquids to bladder
  - Located in Thorax
  - Monarch
- pericardium (xin bao) 心包
  - outside of meridians identical to heart
  - Connects with Tripple Burner (san jiao)
    - three parts
      - upper
        - dominates
          - dispersion
          - distribution
        - i.e. combines with heart and lung
          - distribute essential food qi to body
          - to warm, nourish and moisturize
          - regulate skin and pores
        - like a "fog"
        - above diaphragm
      - middle
        - dominates
          - digestion of food and water
        - i.e. combines with stomach and spleen
          - digest food
          - absorb essential substance
          - evaporate body fluids
          - transforming nutrient substance to blood
        - like a "froth of bubbles"
        - between diaphragm and umbilicus
      - lower
        - dominates
          - the separation of the clear from the turbid
          - discharge of fluid and solid waste
        - ie. combines kidney and urinary bladder for liquid and large intestine for solid
        - like a "drainage ditch"
        - below umbilicus
    - located in the body but separate from the zang fu
    - govern various forms of qi
    - passage for flow of Yuan (Source) Qi from kidney
    - irrigation official - build waterways
    - passage way of food - part of digestive process
  - Surrounds heart
- Liver (gan) 肝
  - Stores Blood
    - Stores Blood
    - Regulates volume
  - Dominates [Governs] the maintenance of free flow of Qi
    - Ascending/Descending of Spleen and Stomach Qi
    - Qi circulation to prevent stagnation of blood and Qi
  - Controls the Tendons/Sinews
    - Manifests in the nails
      - strength and thickness of nails
  - Opens to the eyes
  - Houses the Ethereal Soul - Hun
  - Connects with Gall Bladder (dan)
    - Attached to Liver
    - Store and Excretes Bile
    - Only fu to not receive food or water
  - Located in right hypochondriac region
  - General
- Spleen (pi) 脾
  - Governs Food-Qi
    - transportation
    - transformation
  - Dominates [Governs] transportation and transformation
    - movement of essential substances
      - dampness
        - body water metabolsim
        - transport excess fluids
        - proper moisture of organs
      - food and water - nutrients
    - digestion and absorption of them
    - Manufacture of blood from nutrients
  - Ascending Qi = Spleen Qi
  - Controls blood
    - maintain blood in vessels
  - Dominates the Muscles and four limbs
  - Opens in to mouth
    - includes taste and apetite
  - Manifests in lips
  - Houses Thought - Yi
  - Connects with stomach (wei)
    - Located in epigastrium
    - Receive and decompose food
    - Transmit decomposed food to small intestines
  - Located in middle energizer (jiao)
  - Office of the Granary