Zang-Fu Organs

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| **Organ** | **Affiliated System** | **Governs and unfolds in** | **Stores** | **Emotion Associated** | **Manifest** | **Vents** |
| Heart | Small Intestine | Blood flow circulation and tracks | *Shen* (Spirit, Consciousness vitality) | *Xi* (Joy, Happiness, Excitement) | Face | Tongue |
| Spleen | Stomach | Transmission and transformation of flesh, muscles and the four limbs | *Yi* (Imagination) | *Si* (Worrying, Pensiveness and Thinking) | Lips | Mouth |
| Lung | Large Intestine | Breathing | *Po* (Corporeal soul, senses and sensations) | *Bei* (Sadness and Grief), *you* (anxiety/sadness) | Skin and body hair | Nose |
| Kidney | Urinary Bladder and Sanjiao | Fluids, marrow, bones | *Zhi (Intellect and memory)* | *Kong (fear), jing (startle, fright)* | Hair | Ear, genitals and anus |
| Liver | Gallbladder | Dredging and Draining, Dispersion upward and outward, sinews | *Blood and Hun (Ethereal Soul)* | *Nu (anger)* | Nails | Eyes |

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## Corresponding Organs

Each of the Five Elements (Wood, Fire, Earth, Metal, and Water) is associated with specific organs. These organ pairs are closely linked both functionally and energetically, and they are often treated together to address imbalances and promote harmony within the body. Here's a brief overview of the organ pairs associated with each element:

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| --- | --- | --- | --- | --- | --- |
| Element | Wood | Fire | Earth | Metal | Water |
| Zang | The Liver is associated with the Wood element and is responsible for storing Blood, regulating the smooth flow of Qi, and controlling the tendons and ligaments. | The Heart is associated with the Fire element. It governs blood circulation, houses the mind, and regulates mental activities and emotions. | The Spleen is associated with the Earth element and governs digestion, the transformation of food into Qi and Blood, and the transportation of nutrients to the body. | The Lungs are associated with the Metal element and regulate respiration, control the circulation of Qi, and govern the skin and hair. | The Kidneys are associated with the Water element and control water metabolism, store Jing (essence), govern reproduction, and regulate the bones and marrow. |
| Fu | The Gallbladder is also associated with the Wood element and is responsible for storing and excreting bile, aiding digestion, and making decisions. | The Small Intestine is also associated with the Fire element and is responsible for separating pure from impure substances, absorbing nutrients, and promoting clarity of thought. | The Stomach is also associated with the Earth element and is responsible for receiving and digesting food and sending the food's essence to the Spleen for further processing. | The Large Intestine is also associated with the Metal element and is responsible for receiving waste material from the Small Intestine, absorbing water, and excreting waste as faeces. | The Urinary Bladder is also associated with the Water element. It is responsible for storing and excreting urine. It also provides support and control over the lower body. |