## Zang-Fu Organ Pathology

The Zang-Fu organs (脏腑) are central to understanding pathology. Each organ is viewed not only in terms of its physiological role, but also its energetic, emotional, and systemic functions. Pathology of the Zang-Fu organs results from imbalances of Qi, Blood, Body Fluids, Yin/Yang, and external or internal pathogenic factors, leading to specific clinical syndromes.

**Overview of Zang-Fu (脏腑) Organ Pathology**

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| Zang-Fu | Organ | Function | Governs | Pathological Focus |
| Zang (Yin organs) |  | Solid, store fundamental substances |  |  |
| Heart (HT) | Governs Blood, houses the Shen | Blood, Shen | Emotional imbalance, palpitations |
| Lung (LU) | Governs Qi and respiration, controls skin and Wei Qi | Qi, Wei Qi, respiration | Cough, asthma, skin/immune issues |
| Spleen (SP) | Governs transformation and transportation, holds Blood | T&T, Blood, muscles | Digestion, Dampness, fatigue |
| Liver (LR) | Stores Blood, ensures smooth flow of Qi | Qi flow, Blood storage | Emotions, menstruation, pain |
| Kidney (KI) | Stores Jing, governs growth, reproduction, water metabolism | Jing, Water, reproduction | Aging, bones, urination, respiration |
| Pericardium (PC) | Protector of the Heart |  |  |
| Fu (Yang organs) |  | Hollow, involved in transport and excretion |  |  |
| Stomach (ST) | Receives and rots food |  |  |
| Large Intestine (LI) | Absorbs fluids, forms stool |  |  |
| Small Intestine (SI) | Separates clear from turbid |  |  |
| Gallbladder (GB) | Stores and excretes bile |  |  |
| Bladder (BL) | Stores and excretes urine |  |  |
| Triple Burner (TB / SJ) | Regulates fluid metabolism and Qi pathways |  |  |

**Zang-Fu Pathology — Overview by Organ**

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| Organ | Common Pathologies | Symptoms | Points |
| Heart (Cœur - HT) |  |  | HT7, PC6, Ren14, BL15, SP6, KI3 |
| Heart Qi Deficiency | Palpitations, fatigue, spontaneous sweating |
| Heart Yang Deficiency | Cold limbs, pale face, chest tightness |
| Heart Blood Deficiency | Insomnia, anxiety, poor memory, pale tongue |
| Heart Yin Deficiency | Insomnia, night sweats, red tongue |
| Heart Fire Blazing | Restlessness, tongue ulcers, red face |
| Phlegm misting the Heart | Confusion, depression, muttering |
| Phlegm-Fire disturbing the Shen | mania, aggressive behaviour |
| Lung (Poumon - LU) |  |  | LU9, LU7, BL13, Ren17, ST36 |
| Lung Qi Deficiency | Weak voice, SOB, frequent colds |
| Lung Yin Deficiency | Dry cough, hoarse voice, 5-palm heat |
| Invasion of Wind-Cold/Heat | Chills, cough, nasal congestion |
| Phlegm in the Lungs | Cough with sputum, chest congestion |
| Dryness invading the Lungs | Dry throat, dry skin, dry cough |
| Spleen (Rate - SP) |  |  | ST36, SP3, BL20, Ren12, SP9 |
| Spleen Qi Deficiency | Poor appetite, loose stools, fatigue |
| Spleen Yang Deficiency | Cold limbs, diarrhea, edema |
| Spleen not controlling Blood | Bleeding (e.g. uterine, gum) |
| Spleen Qi Sinking | Organ prolapses, bearing-down sensation |
| Dampness in the Spleen | Heaviness, bloating, sticky stools |
| Liver (Foie - LR) |  |  | LR3, GB34, SP6, BL18, Yin Tang |
| Liver Qi Stagnation | Distension, PMS, emotional lability |
| Liver Fire | Headache, red eyes, irritability, bitter taste |
| Liver Blood Deficiency | Dizziness, blurry vision, dry nails |
| Liver Yin Deficiency | Dry eyes, tremors, insomnia |
| Liver Yang Rising | Tinnitus, hypertension, dizziness |
| Liver Wind | Convulsions, tremors, stroke |
| Cold in the Liver Channel | Hernial pain, dysmenorrhea |
| Kidney (Rein - KI) |  |  | KI3, BL23, Ren4, DU4, SP6 |
| Kidney Yin Deficiency | Night sweats, dry mouth, tinnitus |
| Kidney Yang Deficiency | Cold back, impotence, edema |
| Kidney Qi Not Firm | Urinary incontinence, dribbling |
| Kidneys Failing to Grasp Qi | SOB on exertion, asthma |
| Kidney Jing Deficiency | Developmental delay, infertility, early aging |
| Pericardium (Péricarde - PC) |  | Similar to Heart, but used more in emotional/mental disturbances | PC6, HT7, Ren14, BL14 |
| Heat in the Pericardium (e.g. in febrile disease at Ying level) | Delirium, high fever, incoherent speech |
| Stomach (Estomac - ST) |  |  | ST36, Ren12, ST44, SP4 |
| Stomach Qi Deficiency | Tiredness after eating, weak digestion |
| Stomach Yin Deficiency | Dry mouth, hunger without appetite |
| Stomach Fire | Bad breath, gum swelling, thirst |
| Food Retention | Bloating, sour reflux, foul breath |
| Cold Invading Stomach | Sudden epigastric pain relieved by warmth |
| Large Intestine (Gros Intestin - LI) |  |  | ST25, LI11, SP15, BL25 |
| Dryness in LI | Constipation, dry stools |
| Damp-Heat in LI | Diarrhea with foul odour, burning anus |
| Qi Stagnation in LI | Abdominal pain, bloating |
| Small Intestine (Intestin Grêle - SI) |  |  | SI3, ST39, Ren6, LI4 |
| Excess Heat | Tongue ulcers, dark urine, irritability |
| Qi Pain (cold-type colic) | Lower abdominal twisting pain |
| Qi Tied | Acute appendicitis-type pain, worse with pressure |
| Gallbladder (Vésicule Biliaire - GB) |  |  | GB34, LR14, GB24, DU9 |
| Damp-Heat in GB | Jaundice, bitter taste, hypochondriac pain |
| GB Qi Deficiency | Indecisiveness, easily startled |
| Bladder (Vessie - BL) |  |  | Ren3, BL28, SP9, BL32 |
| Damp-Heat in Bladder | Burning urination, urgency, turbid urine |
| Bladder Deficiency and Cold | Frequent clear urination, incontinence |
| Triple Burner (Triple Réchauffeur - TB) | Not an anatomical organ but a functional system:* Upper Jiao (LU & HT): distributes Qi and fluids
* Middle Jiao (SP & ST): digestion and transformation
* Lower Jiao (LR, KI, BL, Intestines): elimination, reproduction

Disorders depend on fluid metabolism and Qi regulation across these areas. | TB6, SJ5, Ren5, BL22 |