

Traditional Chinese Medicine [TCM] has listed for about 2000 years the various five elements. The five elements are, specifically: Wood, Fire, Earth, Metal and Water. TCM relates all health to Yang [or Spirit, Heat, *etc.*] and Yin [Matter, Cold, *etc.*] If one just looks at the water element, one notices the Fu [or Yang] organs that tend to be more hollow and move more. This would be the Urinary Bladder as opposed to the Zang [or Yin] that is more solid and moves less; in other words, is more material. Observing the five senses, it is related to the ears. The five tissues: the bones, *etc. etc.*

Another example of a major form of medicine associated with the elements is **Ayurvedic Medicine**. “Ayur” means life. “Vedic” relates to “Book”. It speaks of the THREE FAULTS or TRIDOŚA. These include **Vata = Ether +**

Human Body Classified by the Five Elements					
Five Elements	Zang	Fu	Five Sense Organs	Five Tissues	Emotions
Wood	Liver	Gall Bladder	Eye	Tendon	Anger
Fire	Heart	Small intestine	Tongue	Vessel	Joy
Earth	Spleen	Stomach	Mouth	Muscle	Meditation
Metal	Lung	Large intestine	Nose	Skin & Hair	Grief & Melancholy
Water	Kidney	Urinary Bladder	Ear	Bone	Fright & fear

Nature Classified by the Five Elements					
Seasons	Environmental factors	Growth & Development	Colors	Tastes	Orientations
Spring	Wind	Germination	Green	Sour	East
Summer	Heat	Growth	Red	Bitter	South
Late Summer	Dampness	Transformation	Yellow	Sweet	Middle
Autumn	Dryness	Reaping	White	Pungent	West
Winter	Cold	Storing	Black	Salty	North