



Excerpt of Su Wen Chapter 5

Translated by Michael LaFemina

西方生燥,	Western direction gives rise to dryness
燥生金,	dryness gives rise to metal
金生辛,	metal gives rise to pungent
辛生肺,	pungent gives rise to the lung
肺生皮毛,	lung gives rise to the skin and body hair (fur)
皮毛生腎,	skin and body hair give rise to the kidneys
肺主鼻。	lungs master the nose.
其在天為燥,	In heaven it acts as dryness
在地為金,	On earth it acts as metal
在體為皮毛,	in the body it acts as the skin and body hair
在藏為肺,	in <i>Zang</i> acts as Lungs
在色為白,	in colors acts as white
在音為商,	in tone acts as <i>sheng</i>
在聲為哭,	in voice acts as weep/cry
在變動為欬,	in <i>bian dong</i> (change/alteration) it is the cough
在竅為鼻,	in orifice acts as nose
在味為辛,	as a taste acts as pungent
在志為憂。	as a will (emotion) acts as sadness (grief).
憂傷肺,	Sadness injures the lungs
喜勝憂；	love/joy controls sadness
熱傷皮毛,	heat injures the skin and body hair
寒勝熱；	cold controls heat
辛傷皮毛,	pungent injures the skin and body hair
苦勝辛。	bitter controls pungent.