

“Western Herbs”  
 “for Eastern Meridians and Five Element Theory”  
 by Evelyn Mulders

**THE CHINESE ELEMENTS & ASSOCIATIONS**

<b>ELEMENTS</b>	<b>FIRE</b>	<b>EARTH</b>	<b>METAL</b>	<b>WATER</b>	<b>WOOD</b>
<b>colors</b>	red	yellow	white	blue	blue/green
<b>meridians</b>	heart small intestine	spleen stomach	lung large intestine	kidney bladder	liver gallbladder
<b>seasons</b>	summer	between	autumn	winter	spring
<b>conditions</b>	heat	wind	clear	cold	rain
<b>directions</b>	south	center	west	north	east
<b>senses</b>	taste	touch	smell	hearing	sight
<b>sense organs</b>	tongue	mouth	nose	ears	eyes
<b>sound</b>	laughing	singing	weeping	groaning	shouting
<b>notes</b>	chih/chi/G	kung/kyû/C	shang/shô/D	yü/u/A	chiao/kaku/E
<b>tastes</b>	bitter	sweet	spicy	salty	sour
<b>smells</b>	burning	fragrant	rotten	putrid	rancid
<b>faculty</b>	inspiration	intellect	vitality	will	spiritual
<b>action</b>	sight	thought	speech	listening	countenance
<b>fluid</b>	sweat	saliva	mucous	urine	tears
<b>tissues</b>	blood/vessels	flesh/fat	skin/hair	bones/teeth	muscles/ten- dons
<b>grain</b>	rice	millet	corn	beans/peas	wheat
<b>fruit</b>	plum	apricot	chestnut	dates	peach
<b>meat</b>	lamb	beef	horse	pork	chicken
<b>vegetables</b>	greens	scallion	onions	leeks	mallow
<b>emotions</b>	love hate	sympathy empathy	grief guilt	fear anxiety	anger rage wrath