

Chart: Elemental Correlation in Traditional Chinese Medicine

	Earth	Metal	Water	Wood	Fire
Yin Organs	Spleen-Pancreas	Lungs	Kidneys	Liver	Heart and Pericardium
Yang Organs	Stomach	Large Intestine	Bladder	Gall-bladder	Small Intestine and Triple Heater
Sense Organs	Mouth/Taste	Nose	Ears	Eyes	Tongue
Colours	yellow	white	blue/black	green	red
Sounds	singing	crying	groaning	shouting	laughing
Emotions	Worry / anxiety	grief or sadness	Fear and fright	anger	joy
Overcome emotions	giving	vigor	Keeping moral precepts	Patience	Wisom and Concentration
Development	Transformation	Harvest	Storing	Birth	Growth
Tissue	Muscles and Flesh	Skin and Hair	Bones	Tendon and Ligaments	Blood vessels
Seasons	Late summer	Autumn	Winter	Spring	Summer
Environmental Influence	Dampness	Dryness	Cool	Wind	Heat
Tastes	Sweet	Pungent	Salty	Sour	Bitter

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