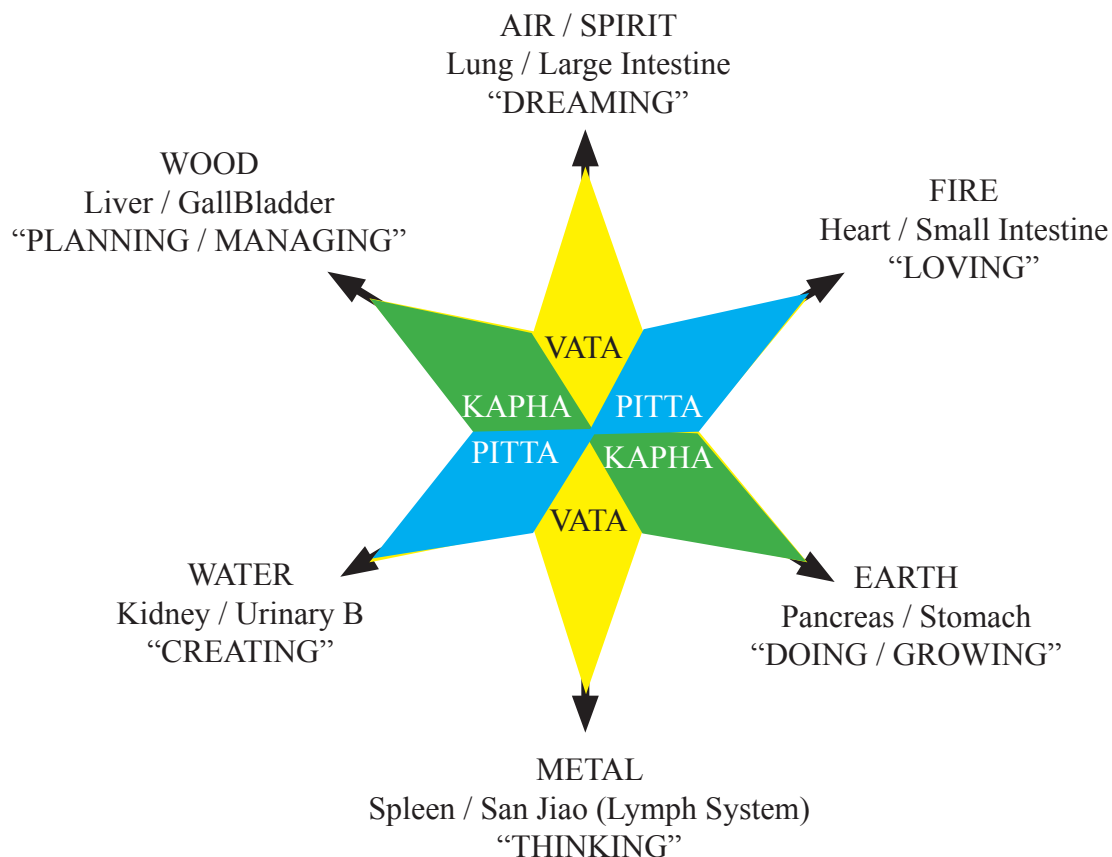


SIX ELEMENT MEDICINE

Marriage of Ayurvedic Medicine and Chinese Five Element Medicine

“Live your life as if no one element is dominant over another.”



Ayurvedic Medicine (India) stresses a balance of three elemental energies that should be balanced for health. This approach does not clearly show how the elements of **Wood, Metal and Water** fit into this scheme.

Earth: Kapha - Construction / Growing

Wind: Vata - Spirit / Dreaming

Fire: Pitta - Passion / Loving

Chinese Five Element Medicine (Tibet) stresses a balance of five elemental energies that should be balanced for health. This approach leaves out the important element of **Air / Spirit - Dreaming**, as well as a more accurate look at **Earth and Wood**. **The Pancreas**, an essential digestive organ, and its intimate relationship with the Liver is ignored. Also the **Spleen is inappropriately targeted as a digestive organ**, when in fact its main function is lymph clearing.

Earth: Spleen - Growing

Metal: Lung - Thinking

Water: Kidney - Creating

Wood: Liver - Managing

Fire - Heart - Loving