

Tab. 1 . The Five categories of things classified according to the five elements.

Five Elements	Human Body					Nature					
	Zang	Fu	Five Sense Organs	Five Tissues	Emotions	Seasons	Environmental Factors	Growth & Development	Colours	Tastes	Orientations
Wood	Liver	Gall Bladder	Eye	Tendon	Anger	Spring	Wind	Germination	Green	Sour	East
Fire	Heart	Small Intestine	Tongue	Vessel	Joy	Summer	Heat	Growth	Red	Bitter	South
Earth	Spleen	Stomach	Mouth	Muscle	Meditation	Late Summer	Dampness	Transformation	Yellow	Sweet	Middle
Metal	Lung	Large Intestine	Nose	Skin & hair	Grief & melancholy	Autumn	Dryness	Reaping	White	Pungent	West
Water	Kidney	Urinary Bladder	Ear	Bone	Fright & fear	Winter	Cold	Storing	Black	Salty	North