

### **Introduction to the vocabulary lists:**

Below is the itemized vocabulary for lessons 2-5. Please don't feel that you must memorize each and every character right out of the starting gate! In this course, the goal is accomplishing the most in the least amount of time, and since it is a recorded and self-paced, rather than live and scheduled course, it allows you to go back and review at your leisure. Get the hang of the sentences and the underlying grammar first, and keep going back over each. You'll realize that with practice, just as in English, you can sometimes start to understand new words and even expressions from context, especially by drawing on your background knowledge of Chinese medicine. And even if you're not (yet) able to understand a character purely from context, referring to the translation and *learning* it in context will allow you to learn, remember, and retain the character much more easily than simply using a vocabulary list.

With the above principles in mind, while I've mostly only listed words new to each lesson, I've occasionally repeated characters from one lesson to the next when either a) a new meaning was introduced, b) it was used in a two-character expression, c) it made an interesting/useful pair with another new character, or d) it seemed particularly worthwhile to repeat and reiterate.

Lastly, I had originally planned to include etymological notes, traditional form, etc, but reluctantly sacrificed that in the interest of including enough sentences to both illustrate sufficient grammar and patterning, and to give more examples of genuinely interesting and useful statements of fact in the original. If there's enough interest, a dedicated medical Chinese vocabulary-building course might make an appearance in the future!

Good luck with the lessons, and enjoy learning new words, phrases, and concepts!

## Lesson 2

治 zhi treatment

则 ze principle

辨 bian discrimination

病 bing disease (note disease radical)

论 lun basis

治 zhi treat

证 zheng pattern

上 shang upper, above (simple ideogram)

下 xia lower, below (simple ideogram)

同 tong same

异 yi different

阳 yang yang 陽

阴 yin yin 陰

实 shi repletion (others: “excess“, “full”)

泻 xie drain

之 zhi grammatical particle; mostly commonly either 3rd person pronoun (him, her, it) or subordinating/possesive (e.g. “s “)

虚 xu vacuity (others: “deficiency“, “empty”)

补 bu supplement (others: “tonify“)

熱 re heat

者 zhe grammatical particle: a) topic marker

寒 han cold

### Lesson 3

散 san scatter(ing), dissipation

收 shou contraction

结 jie bind(ing) P

微 wei slight (other: faint) P

逆 ni counterflow (“going against”)

甚 shen severe

从 cong following

善 shan good (at), auspicious, benevolent, want, strive

必 bi must

于 yu to, in, within

求 qiu seek

则 ze standard, norm, criterion, rule, regulation, “then”

得 de obtain

升 sheng upbearing

而 er and, as well as, and yet, but, while on the other hand

泉 quan spring

源 yuan source (of a river; also seen without water radical).

不 bu not (verbal negation)

竭 jie exhausted

痰 tan phlegm

气 qi

调 tiao regulate

经 jing channel, menses, classic

肝 gan liver

为 wei act as

先 xian former, pre-, first

疏 shu course

自 zi spontaneously, automatically

按 an press

心 xin heart

满 man fullness

痛 tong pain

此 ci this

当 dang ought, must

亢 kang hyperactivity

害 hai calamity

承 cheng continue, carry on

乃 nai so, therefore, only then

制 zhi control

生 sheng engender, generate

化 hua transform

生化 sheng hua generation & transformation

泉源 quan yuan fountainhead, springhead, wellspring

心下 xin xia "below the heart" i.e. epigastrium

下 precipitate (Bensky: purge)

## Lesson 4

机 ji mechanism

发 fa effuse, emit

脱 tuo desert

悸 ji fright palpitations

烦 fan vexation

津 jin fluids/liquids

液 ye humors

故 gu therefore, "resulting in"

口 kou mouth

渴 ke thirst

小 xiao small

便 bian convenience

数 shu frequent

难 difficult (e.g. nan jing)

通 tong free-flow

营 ying constructive

卫 wei defensive

热 re heat

寒 han cold

淤 yu stasis (refers to blood)

血 xue blood

去 qu eliminate, remove, depart, (cause to) go (to)

新 xin new

郁 yu depression

火 fire

## **Lesson 5**

胆 dan gallbladder

脾 pi spleen

运 yun motion, movement

失 shi lose, miss, not act, neglect, violate, deviate

常 chang frequent, regular, tends to(ward)

见 jian see, appear (to be), refer to (note: duoyin zi “xian”, c.f. “bei”)

知 zhi know, realize, be aware of

传 zhuan pass on, transmit, convey, express (duoyin zi “zhuan”)

土 tu earth

湿 shi damp

木 mu wood

条 tiao order (see other pleco meanings)

达 da extend, be accessible, reach, attain, amount to

疏 shu course

泄 xie discharge

心 xin heart

小 xiao small

肠 chang intestine

烦 fan vexation

属 shu pertains to

躁 zao agitation

肾 shen kidney

客 ke visit(or/ing), settle (referring to evils), guest, intrude/intrusion

聚 ju gather, gathering

后 later, after, post- (e.g. post-heaven (post-natal))

腹 fu abdomen, abdominal

矣 yi classical final particle, exclamatory particle

胃 wei stomach

热 re heat  
乘 cheng exploit, overwhelm  
焦 jiao burner  
和 he harmony, harmonize  
顺 favorable, normal, smooth (c.f. english)  
燥 zao dry, dryness  
太 tai greater  
卧 wo "lying down" (note typo in book)  
安 an quiet (e.g. "an shen" "quiet the spirit")  
肺 fei lung(s)  
大 da big, large, great  
节 jie node, joint, section  
水 shui water (physiological OR pathological)  
道 dao path(way)  
利 li disinhibit  
宣 xuan diffuse, diffusion  
液 ye humor (as in jinye, liquids and humors)  
就 jiu come near, undertake, accomplish, engage in  
枯 ku dessicate(d)  
膀胱 pang guang urinary bladder  
振 zhen shake, quiver  
聚 ju gather, gathering in  
成 cheng become, constitute  
肿 zhong swelling  
少 shao lesser, minor  
蒸 zheng steam  
足 zu sufficient (e.g. St 36 zu san li)  
养 yang nourish (e.g. yangsheng)  
小儿 xiao er "small child" i.e. children  
常 chang (c.f. daode jing 1)

余 yu surplus, superabundant, residual