

# The Five Elements and Homotoxicology

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"The Theory of Five Elements holds that Wood, Fire, Earth, Metal and Water are basic materials constituting the material world. There exists among them an interdependence and interrestraint which determines their state of constant motion and change" (Biopuncture by Kersschot).

The theory of Five Elements is applied to assist in determining both diagnosis and treatment of disease.

Considering that it was developed over 2000 years ago, this was actually an extremely advanced model of physiology and pathology.

## Typical View of the Five Elements of Chinese Medicine & Some of Their Relationships

ELEMENTS	WOOD	FIRE	EARTH	METAL	WATER
Environment	Wind	Heat	Damp	Dry	Cold
Season	Spring	Summer	Late Summer	Autumn	Winter
Zang	Liver	Heart	Spleen	Lung	Kidney
Fu	Gallbladder	Small Intestine	Stomach	Large Intestine	Bladder
Tissue	Tendon	Vessel	Muscle	Skin & Hair	Bone
Taste	Sour	Bitter	Sweet	Pungent	Salty
Emotion	Anger	Joy	Worry	Grief	Fear
Sense Organs	Eye	Tongue	Mouth	Nose	Ear

Western medicine uses *allopathic substances* to treat causative factors, while Chinese medicine incorporates *anti-pathogenic factors* such as *Qi* or *Vital Force*, to which they attribute their effectiveness.

Homotoxicology employs the Greater Defense System (Psycho-neuro-immunology), which can be compared to the Vital Force, as it signifies regulation ability. In homotoxicology, the emphasis is thus also on the ability of the specific organism to deal with the causative factor, rather than only on the causative factor alone. These therapeutic strategies, being so similar, account for the complimentary action of Homotoxicology and Chinese Medicine.

Homotoxicological treatment may be utilized in the 5 Element theory (as shown below) in order to bridge Chinese medicine and Homotoxicology. The main focus will be on the Zang (Yin) organ systems.

It is up to the physician to use skill in differentiating and selecting the exact homeopathic remedy. Each patient is an individual and may possess qualities of more than one element. Here is a brief overview of choices of antihomotoxic remedies for consideration when using the "five element" treatment.

## Five Element Chart and Homotoxicology

