

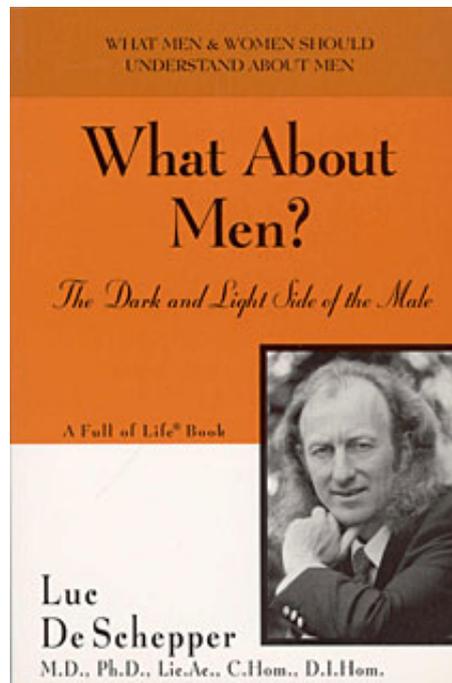
Luc De Schepper What About Men?

Reading excerpt

[What About Men?](#)

of [Luc De Schepper](#)

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ONE

The Five Constitutions and their Relationship

Western medicine still views illness as a misplacement or wear and tear of spare parts. Healing, therefore, in their books is simply replacement or mending those bad parts. Chinese Traditional Medicine, established 5,000 years ago is, on the other hand, an energetic medicine. It is not the only one. Homeopathy, brought to humankind by Samuel Hahnemann (°1755-t1843), stresses the overall importance of the strength of "Qi or Vital Energy." What makes them essentially different from modern medicine is that these alternative medicines have been able to organize their observations in the formulation of laws and principles. For the intelligent practice of Western medicine, simplification is necessary. Phenomena which at present are so difficult to understand due to their diversity are all produced in few simple ways. What is now so complicated and difficult will become simplified and easy to understand once allopathic medicine follows the roads of holistic medicines.

The concept of Yin and Yang are two terms found in any explanation of Chinese medicine. This principle allows one to classify all the observations in two entities, one Yin, the other Yang. When we mention Yin or Yang, that only means *preponderant* Yin or Yang: there is neither absolute Yin or Yang. While they are each other's opposites, they are each other's complement; the one cannot exist without the other.

They are both necessary. While the Yin usually refers to women and Yang to men, we find also Yin referring to the dark side in men, and Yang to the light side in women. Another classification system is found in the *Five Elements and its Laws*. The Chinese again were able to classify all observations into these five elements. These elements interact through cycles of activation and inhibition. What are these elements?

FIRE - EARTH - METAL - WATER - WOOD

These five elements are five totalities with five organs and five hollow organs (Figure 1). They correspond to our five prototypes of men.

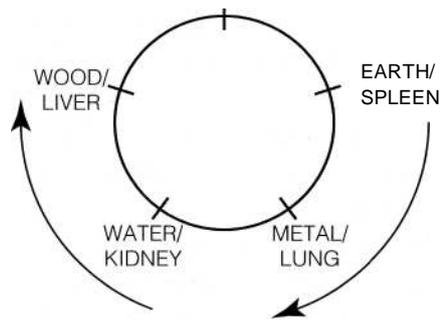


Figure 1

Normally the Earth element would be placed in the center, but for reasoning purposes, it is put on the circle. Several important laws will dominate these five elements: the *Generation cycle*, the *Controlling cycle* and the *Destruction cycle*.

The Generation Cycle

These five elements are by no means inert or immovable. In the Generation cycle, a certain element (or prototype) activates another one, which in turn, activates the next one. This always goes clockwise (Figure 1).

- Fire activates the Earth.
- Earth activates Metal.
- Metal activates Water.
- Water activates Wood.
- Wood activates Fire.

It needs to be well understood that each organ does not provide energy to the next organ in the cycle, just like one prototype of men will not give energy to the next person (female or male) in the cycle. Rather, it activates or *stimulates* the organ or the person that follows in the Generation cycle. This gives us the following law:

"Each organ (person) activates the element (person) that follows and is activated by the organ (person) that precedes it."

All this may not be clear at first, but a few examples will clarify this frequently-used concept in acupuncture.

- Fire activates or produces Earth: the Fire burns everything to ashes, which will be mixed with the Earth.
- Earth produces Metal: the metals are found in the earth and are produced there.
- Metal produces Water: any metal at a certain temperature becomes liquid.
- Water produces Wood: any wood or

vegetation needs water for its growth.

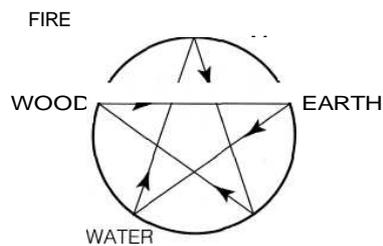
- Wood produces Fire: the first fire was made with the help of wood.

The Control Cycle

To keep an equilibrium in this world, there is no production without control. (Figure 3)

- Water controls the Fire: this is self-evident.
- Wood controls the Earth: wood or vegetation covers the earth; the stronger the vegetation, the less earth is seen.
- Fire controls the Metal: self-evident.
- Earth controls the Water: when it rains, most of the water is absorbed by the earth.

Figure 2



The Destruction Cycle

This is the opposite of the Control cycle: a certain element (person) becomes so strong that it (s/he) reverses the more natural Control cycle. (Figure 3)

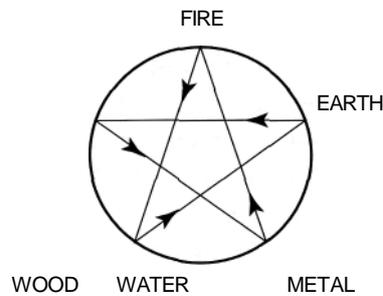
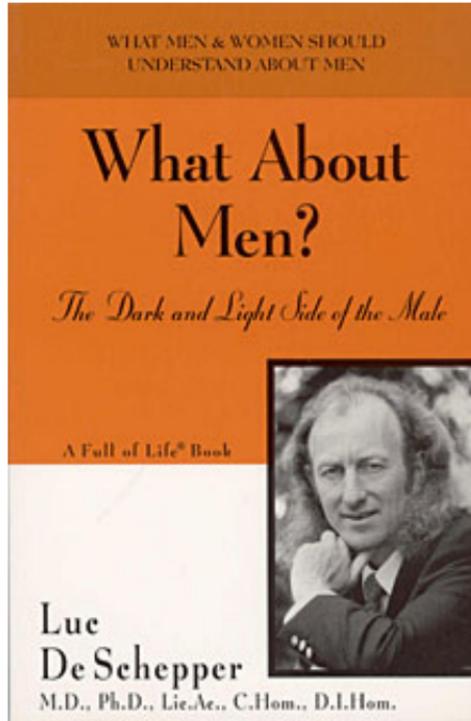


Figure 3

How do we know that an element or person is strong or weak? This will become clear to the reader once the different constitutions are described. To be complete, outlined in Table 1 are all the characteristics of the Five elements. Later it will help to determine the weak and strong points of the different prototypes.

Table 1 Characteristics of the Five Elements

Wood	Fire	Earth	Metal	Water
Spring	Summer	5th Season	Fall	Winter
Fog	Heat	Dampness	Dryness	Cold
Acidity	Bitter	Sweet	Pungent	Salty
West	South	Center	East	North
Blood	Psyche	Flesh	Energy	Will
Nails	Face Color	Lips	Hair-Body	Hair
Eyes	Tongue	Mouth	Nose	Ear
Eye Sight	Taste	Touch	Smell	Hearing
Tears	Sweat	Saliva	Mucus	Urine
Anger	Happiness	Worry	Sadness	Fear
Walking	Observing	Sitting	Lying	Standing
Sheep	Chicken	Beef	Horse	Pork
Green	Red	Yellow	Blue	Black
Speaking	Salivation	Swallowing	Coughing	Yawning



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