

# FIVE ORGANS AND SEVEN EMOTIONS

**五臟 FIVE ORGANS: Liver, Heart, Spleen, Lungs, Kidneys 肝、心、脾、肺、腎**

**七傷 SEVEN EMOTIONS:**

The seven emotions related to organ function are anger, joy, worry, over-thinking, sadness, fear, and shock. Each organ has a corresponding emotion, imbalance of this emotion can affect the organ's function.

**怒 Anger → 肝 Liver**

Anger is associated with the liver. Anger causes qi, the life force energy, to rise, leading to a red face and red eyes, headaches and dizziness. Anger can also cause liver qi to attack the spleen, producing lack of appetite. Anger or frustration often causes liver qi to become stagnant; this might result in depression.

**喜 Joy → 心 Heart**

The emotion of joy is connected with the heart. The disorders from this emotion are not caused by happiness, the imbalance comes from too much excitement or stimulation.

A person who is constantly living a life of excess can eventually develop heart imbalances with anxiety and insomnia. A person with heart imbalances may also exhibit emotional symptoms, since the heart is the seat of the spirit, or shen.

**憂 Worry → 脾 Spleen**

A very common emotion in our stress-filled society, worry can deplete the energy of the spleen. This can cause digestive disturbances and eventually lead to chronic fatigue. A weakened spleen cannot efficiently turn food into qi, and the lungs are unable to extract qi from air efficiently.

**思 Over-thinking → 脾 Spleen**

Too much thinking about a topic can also deplete the spleen, causing a stagnation of its qi. A person with this condition may exhibit such symptoms as poor appetite, forgetting to eat, and bloating after eating. In time, the person may develop a pale complexion from a deficiency of spleen qi. This can eventually affect the heart, causing the person to dream about the same subjects at night.

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**悲 Sadness** → 肺 Lungs

Sadness or grief affects the lungs. Producing fatigue, shortness of breath, crying, or depression.

**恐 Fear** → 腎 Kidneys

The emotion of fear is related to the kidneys. This relationship can readily be seen when extreme fear causes a person to urinate uncontrollably. In children, this can also manifest as bed-wetting, which might be linked to insecurity and anxiety. Long-term anxiety due to worrying about the future imbalance the kidneys and qi, eventually leading to chronic weakness.

**驚 Shock** → 腎 Kidneys

Shock is especially debilitating to the kidneys. The "fight or flight" reaction causes an excessive release of adrenaline from the adrenal glands that sit on top of the kidneys. This causes the heart to respond with palpitations, anxiety, and insomnia.