

Five Elements

Water

- Cooling
- Nourishing
- Moving Down
- deep and thin pulse
- salty taste
- kidney/bladder zang fu
- black color
- north direction
- fright and fear emotion
- bone tissue
- 1, 6 numbers
- winter season
- groaning sound

Wood

- Growth
- Spread
- pulse wiry
- taste sour
- zang fu liver/gall bladder
- color green
- direction east
- emotion anger
- tissue tendons
- numbers 3, 8
- season spring
- sound shouting

Fire

- Flare Up
- Warm Up
- pulse surging / flooding
- taste bitter
- zang fu heart (pericardium) / Small Intestine (San Jiao)
- color red
- direction south
- emotion joy
- tissue vessels
- numbers 2, 7
- season summer
- sound laughing

Earth

- Carrying
- Nourish
- Growth
- pulse rolling
- taste sweet
- zang fu spleen/stomach
- color yellow
- direction middle
- emotion worry
- tissue muscle
- numbers 5, 10
- season late summer
- sound singing

Metal

- Descending
- Cleaning
- Astringing
- superficial pulse
- pungent taste
- lung / large intestine zang fu
- white color
- west direction
- grief and melancholy emotion
- skin and hair tissue
- 4, 9 numbers
- autumn season
- crying sound