

**Correlative Cosmology in Chinese Medicine:
The 12 Organ Systems and their Relationship to
the 12 Months of the Year,
the 24 Seasonal Nodes (*jieqi*), and the 72 Material Manifestations
(*wuhou*)**

*Collated and translated from the Yizhou shu (Document of Zhou, fl. 3rd century)
and a variety of Han and pre-Han dynasty texts*

by Heiner Fruehauf

1 st Month 正月 (February 4/5)	<i>Lichun</i> 立春 (Beginning of Spring) (315°)	<ul style="list-style-type: none"> • <i>Dongfeng jiedong</i> 東風解凍 (The East Wind Liberates From Icy Shackles) • <i>Zhechong shi zhen</i> 蟄蟲始振 (Hibernating Insects Begin to Stir) • <i>Yu shang bing</i> 魚上冰 (Fish Rise Up to the Ice) • <i>Ta ji yu</i> 獺祭魚 (Otters Sacrifice Fish) • <i>Hongyan lai</i> 鴻雁來 (Swan Geese Appear) • <i>Caomu mengdong</i> 草木萌動 (Vegetation Sprouts)
LUNG	<i>Yushui</i> 雨水 (Rain Water) (330°)	
2 nd Month 二月 (March 5/6)	<i>Jingzhe</i> 驚蟄 (Awakening of Insects) (345°)	<ul style="list-style-type: none"> • <i>Tao shi hua</i> 桃始華 (Peach Trees Begin to Blossom) • <i>Canggeng ming</i> 倉庚鳴 (Orioles Sing) • <i>Ying hua wei jiu</i> 鷹化為鳩 (Hawks Transform Into Cuckoos) • <i>Xuanniao zhi</i> 玄鳥至 (Swallows Arrive) • <i>Lei nai fasheng</i> 雷乃發聲 (Thunder Starts Resounding) • <i>Shi dian</i> 始電 (Beginning of Lightning)
LARGE INTESTINE	<i>Chunfen</i> 春分 (Spring Equinox) (0°)	

3 rd Month	<i>Qingming</i> 清明 (Clear and Bright)	<ul style="list-style-type: none"> • <i>Tong shi hua</i> 桐始華 (Tung Trees Begin to Blossom) • <i>Tianshu hua wei ru</i> 田鼠化為鴛 (Field Voles Transform Into Quails) • <i>Hong shi jian</i> 虹始見 (Rainbows Begin to Appear) • <i>Ping shi sheng</i> 萍始生 (Duckweed Begins to Grow) • <i>Mingjiu fu qi yu</i> 鳴鳩拂其羽 (Cockoos Flutter Their Wings) • <i>Daisheng jiang yu sang</i> 戴勝降于桑 (Hoopoes Land on Mulberry Trees)
三月 (April 4/5)	(15°)	
STOMACH	<i>Guyu</i> 穀雨 (Grain Rain)	
	(30°)	
4 th Month	<i>Lixia</i> 立夏 (Beginning of Summer)	<ul style="list-style-type: none"> • <i>Louguo ming</i> 螻蟪鳴 (Mole Crickets Croon) • <i>Qiuyin chu</i> 蚯蚓出 (Earthworms Emerge) • <i>Wangua sheng</i> 王瓜生 (Snake Gourds Grow) • <i>Kucan xiu</i> 苦菜秀 (Sow Thistles Are in Seed) • <i>Micao si</i> 靡草死 (Shepherd's Purses Expire) • <i>Xiaoshu zhi</i> 小暑至 (麥秋至) (Minor Summer Heat Arrives)
四月 (May 5/5)	(45°)	
SPLEEN	<i>Xiaoman</i> 小滿 (Minor Fullness)	
	(60°)	
5 th Month	<i>Mangzhong</i> 芒種 (Bearded Grain)	<ul style="list-style-type: none"> • <i>Tanglang sheng</i> 螳螂生 (Praying Mantises Are Born) • <i>Ju shi ming</i> 鷓始鳴 (Shrikes Begin to Sing) • <i>Fanshe wusheng</i> 反舌無聲 (Mocking Birds Cease to Vocalize) • <i>Lujiao jie</i> 鹿角解 (Deer Shed Their Horns) • <i>Tiao shi ming</i> 蜩蟬始鳴 (Cicadas Begin to Sing) • <i>Banxia sheng</i> 半夏生 (Pinellia Grows)
五月 (June 5/6)	(75°)	
HEART	<i>Xiazhi</i> 夏至 (Summer Solstice)	
	(90°)	

<p>6th Month 六月 (July 7/8)</p>	<p><i>Xiaoshu</i> 小暑 (Minor Heat) (105°)</p>	<ul style="list-style-type: none"> • <i>Wenfeng zhi</i> 溫風（始）至 (Sultry Winds Arrive) • <i>Xishuai ju bi</i> 蟋蟀居壁 (Crickets Take Up Residence in Walls) • <i>Ying nai xuexi</i> 鷹乃學習 (Young Hawks Learn How to Fly) • <i>Fucao hua wei ying</i> 腐草化為螢 (Decaying Grass Transforms Into Fire Flies) • <i>Tu run ru shu</i> 土潤溽暑 (The Earth Lies Wet Beneath Sweltering Heat) • <i>Dayu shixing</i> 大雨時行 (Heavy Rain Falls Intermittently)
<p>SMALL INTESTINE</p>	<p>Dashu 大暑 (Major Heat) (120°)</p>	
<p>7th Month 七月 (August 7/8)</p>	<p><i>Liqiu</i> 立秋 (Beginning of Autumn) (135)</p>	<ul style="list-style-type: none"> • <i>Liangfeng zhi</i> 涼風至 (Cool Winds Arrive) • <i>Bailu jiang</i> 白露降 (White Dew Descends) • <i>Hanchan ming</i> 寒蟬鳴 (Autumn Crickets Sing) • <i>Ying nai ji niao</i> 鷹乃祭鳥 (Hawks Start to Sacrifice Birds) • <i>Tiandi shi su</i> 天地始肅 (Heaven and Earth Become Austere) • <i>He nai deng</i> 禾乃登 (Rice Plants Are Harvested and Presented as Offering)
<p>BLADDER</p>	<p><i>Chushu</i> 處暑 (End of Heat) (150°)</p>	

8 th Month	<i>Bailu</i> 白露 (White Dew)	<ul style="list-style-type: none"> • <i>Hongyan lai</i> 鴻雁來 (Swan Geese Pass Through) • <i>Xuanniao gui</i> 玄鳥歸 (Swallows Go Back) • <i>Qunniao yangxiu</i> 群鳥養羞 (Flocks of Birds Stockpile Morsels) • <i>Lei shi shousheng</i> 雷始收聲 (Thunder Begins to Retract Its Sound) • <i>Zhechong pei hu</i> 蟄蟲培戶 (Hibernating Insects Reinforce Their Shelters) • <i>Shui shi he</i> 水始涸 (Water Begins to Dry Up)
八月 (September 7/8)	(165°)	
KIDNEY	<i>Qiufen</i> 秋分 (Autumn Equinox)	
	(180°)	
9 th Month	<i>Hanlu</i> 寒露 (Cold Dew)	<ul style="list-style-type: none"> • <i>Hongyan lai bin</i> 鴻雁來賓 (Swan Geese Come and Stay) • <i>Jue ru dashui wei ge</i> 爵入大水為蛤 (Siskins Dive Into the Watery Abyss to Become Clams) • <i>Ju you huanghua</i> 菊有黃華 (Chrysanthemums Display Yellow Flowers) • <i>Chai nai ji shou</i> 豺乃祭獸 (Dholes Start to Sacrifice Beasts) • <i>Caomu huangluo</i> 草木黃落 (Vegetation Withers and Defoliates) • <i>Zhechong xianfu</i> 蟄蟲咸附 (Hibernating Insects Stop Up Their Burrows)
九月 (October 8/9)	(195°)	
PERICARDIUM	<i>Shuangjiang</i> 霜降 (Hoarfrost Descends)	
	(210°)	

<p>10th Month</p> <p>十月</p> <p>(November 7/8)</p>	<p><i>Lidong</i> 立冬 (Beginning of Winter)</p> <p>(225°)</p>	<ul style="list-style-type: none"> • <i>Shui shi bing</i> 水始冰 (Water Begins to Freeze) • <i>Di shi dong</i> 地始凍 (Earth Begins to Harden) • <i>Zhi ru dashui wei shen</i> 雉入大水為蜃 (Pheasants Dive Into the Watery Abyss to Become Giant Clams) • <i>Hong cang bujian</i> 虹藏不見 (Rainbows Stay Hidden and Out of Sight) • <i>Tianqi shangteng, diqi xiajiang</i> 天氣上騰，地氣下降 (Heavenly Qi Ascends, Earthly Qi Descends) • <i>Bisai er cheng dong</i> 閉塞而成冬 (All is Shut Up and Has Reached Its Wintry End)
<p>TRIPLE WARMER</p>	<p><i>Xiaoxue</i> 小雪 (Minor Snow)</p> <p>(240°)</p>	
<p>11th Month</p> <p>十一月</p> <p>(December 7/8)</p>	<p><i>Daxue</i> 大雪 (Major Snow)</p> <p>(255°)</p>	<ul style="list-style-type: none"> • <i>Hedan bu ming</i> 鶡旦不鳴 (Spangled Drongos Cease to Sing) • <i>Hu shi jiao</i> 虎始交 (Tigers Begin to Couple) • <i>Li tingsheng</i> 荔挺生 (Water Irises Grow) • <i>Qiuyin jie</i> 蚯蚓結 (Earthworms Congeal) • <i>Mijiao jie</i> 麋角解 (Moose Deer Shed Their Horns) • <i>Shuiquan dong</i> 水泉動 (Aquifers Churn)
<p>GALL- BLADDER</p>	<p><i>Dongzhi</i> 冬至 (Winter Solstice)</p> <p>(270°)</p>	

<p>12th Month</p> <p>十二月</p> <p>(January 5/6)</p>	<p><i>Xiaohan</i> 小寒 (Minor Cold)</p> <p>(285°)</p>	<ul style="list-style-type: none"> • <i>Yan bei xiang</i> 雁北向 (Geese Head North) • <i>Que shi chao</i> 鵲始巢 (Magpies Begin Nest-Building) • <i>Zhi shi gou</i> 雉始雊 (Ring-necked Pheasants Begin to Crow) • <i>Ji shi ru</i> 雞始乳 (Hens Begin to Breed)
<p>LIVER</p>	<p><i>Dahan</i> 大寒 (Major Cold)</p> <p>(300°)</p>	<ul style="list-style-type: none"> • <i>Zhiniao liji</i> 鷲鳥厲疾 (Birds of Prey Act Fierce and Swift) • <i>Shuize fujian</i> 水澤腹堅 (Rivers and Lakes Are Frozen Within)

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