

Quadro 01. Tabela de correspondência dos Cinco Elementos com as características biopsicossociais.

<b>CINCO ELEMENTOS (Wǔ Xíng 五行)</b>	<b>MADEIRA (Mù 木)</b>	<b>FOGO (Huǒ 火)</b>	<b>TERRA (Tǔ 土)</b>	<b>METAL (Jīn 金)</b>	<b>ÁGUA (Shuǐ 水)</b>	
SISTEMA DO CORPO	Hepático	Cardiovascular		Gastrointestinal	Respiratório	Genitourinária e reprodutor
ÓRGÃO YĪN (陰) (Zàng 脏)	Fígado (Gān 肝)	Coração (Xīn 心)	Pericárdio (Xīn Bāo 心包)	Baço e Pâncreas (Pí 脾)	Pulmão (Fèi 肺)	Rim (Shèn 腎)
VÍSCERA YÁNG (陽) (Fǔ 腑)	Vesícula Biliar (Dǎn 膽)	Intestino Delgado (Xiǎo Cháng 小肠)	Triplo Aquecedor (Sān Jiāo 三焦)	Estômago (Wèi 胃)	Intestino Grosso (Dà Cháng 大肠)	Bexiga (Pǎng Guāng 膀胱)
ESTRUTURAS E RESPECTIVAS FUNÇÕES	Tendões Ligamentos Movimento muscular Olhos Unhas	Vasos sanguíneos e linfáticos Língua Tez	Músculos (trofismo/carne) Cartilagem Tecido adiposo Boca Lábios	Brônquios e alvéolos Traqueia Nariz Pele Pelos	Ossos e articulações Cérebro, medula, nervos Uretra, ânus Ouvido Cabelos	
FUNÇÃO SENSORIAL	Visão	Tátil	Gustativa	Olfativa	Auditiva	
FLUÍDO CORPORAL	Lágrimas	Suor	Saliva	Muco	Urina, sêmen	
SENSAÇÃO DE DOR	Dor migratória, dormência nos membros, tremores	Dor febril, queimação	Sensação de peso, fadiga, edema, espasmo muscular	Pele seca, prurido, contratura muscular	Dor fixa agravada pelo frio, dor fria, profunda, calafrios	
FUNÇÃO MENTAL	Cólera, raiva, estresse Criatividade, execução, ação Desejo, subconsciente (Hun)	Alegria, euforia, excitação Inteligência, razão Consciência, mente (shèn 肾)	Pensamento, reflexão Preocupação, ruminação Ponderação, ideias (Yi)	Tristeza, melancolia, magoa, luto Instinto de preservação Instinto, automatismo (Po)	Medo, pânico Iniciativa, tomar decisões Força de vontade (Zhi)	
COMUNICAÇÃO	Grito	Riso	Canto	Lamento, choro, suspiro	Gemido	
PERSONALIDADE	Personalidade forte, franca, firme, liderança	Alegria de viver, sorridente, comunicativo, bom amigo	Emotivo, sensível, receptiva, espiritualizada	Racional, objetiva, observador, desapegado	Introspectiva, calma, sabe escutar	
FATORES DE CONTEXTO	Primavera, Vento, Leste Verde, azul, ciano Odor rançoso Sabor azedo Galinha, trigo	Verão, Calor e canícula, Sul Vermelho Odor queimado Sabor amargo Carneiro, milho	Interestação, Umidade, Centro Amarelo Odor perfumado Sabor doce Boi, centeio	Outono, Secura, Oeste Branco Odor fétido Sabor picante Cavalo, arroz	Inverno, Frio, Norte Preto Odor pútrido Sabor salgado Porco, feijão	
MOVIMENTO	Germinação, surgimento	Crescimento, desenvolvimento	Transformação	Interiorização, declínio	Armazenar, guardar	

Fonte: Adaptado pelo Projeto GAIPA-UFC de WORLD HEALTH ORGANIZATION. WHO international standard terminologies on traditional Chinese medicine. Geneva: WHO, 2022. pg. 3-19, 323, 447-449 (15-31, 335, 459-461). Disponível em: <<https://apps.who.int/iris/handle/10665/352306>>; WORLD HEALTH ORGANIZATION. WHO international standard terminologies on traditional medicine in the Western Pacific Region. Manila: WHO Regional Office for the Western Pacific, 2007, pg 27-32 (37-34). Disponível em: <<https://apps.who.int/iris/handle/10665/206952>>; BEIJING COLLEGE OF CHINESE MEDICINE (Org.). **Essentials of Chinese Medicine**. Beijing: Foreign Languages Press; 1988.

Quadro 02. Classificação diagnóstica dos padrões dos sistemas orgânicos e dos meridianos principais segundo a padronização da Organização Mundial de Saúde na CID-11.

ORGAN SYSTEM PATTERNS (BlockL2-SF5)	CHARACTERISTICS	MAIN MERIDIAN PATTERNS (BlockL3-SG2)	SYMPTOMATOLOGY: signs, symptoms or unique findings by traditional medicine diagnostic methods, including inspection such as tongue examination, history taking (inquiry), listening and smelling examination, palpation such as pulse taking, abdominal examination, and other methods.
<b>Liver system patterns (BlockL3-SF5)</b>	This section contains a series of TM disorders that are all attributable to dysfunction of the liver system. The system consists of the organs <u>liver and gallbladder, tendons, nails, eyes</u> , related meridians and collaterals.	<b>Liver meridian pattern</b> ( <i>zú jué yīn gān jīng zhèng</i> ) 足厥阴肝经证 (SG2B)	*A pattern characterized by pain in the waist and an inability to look upwards and downwards. In men there are swellings and pain in the groin and scrotum while in women there are swellings of the lower abdomen. Symptoms and signs also include chest fullness, counterflow vomiting, diarrhea with undigested food, inguinal swellings and incontinent and obstructed urine. It may be explained by Liver meridian dysfunction. **Characterized by lower back pain, chest fullness, hiccups, enuresis, inhibited urination, hernia and lower abdominal swelling. This pattern often results from impaired qi flow of the liver meridian.
		<b>Gallbladder meridian pattern</b> ( <i>zú shào yáng dǎn jīng zhèng</i> ) 足少阳胆经证 (SG2A)	*A pattern characterized by bitter taste in the mouth, frequent sighs, pain in the heart and rib-sides and an inability to rotate the body from side to side. Symptoms and signs also include headache and pain along the side of the face, pains at the lateral corners of the eyes, distension and pain in the supraclavicular fossa, swelling beneath the axilla, pain in the chest, thighs, along the outer knees down the shin, to the external malleolus and within various joints, and impaired use of the fourth toe. It may be explained by Gall Bladder meridian dysfunction. **Characterized by a bitter mouth, blurred vision, alternating fever and chills, headache, pain in the chin, outer canthus and clavicle, armpit swelling, pain along the chest, subcostal region, thigh and lateral aspect of the leg and foot, and a feverish sensation along the lateral aspect of the foot. This pattern often results from impaired qi flow of the gallbladder meridian.
<b>Heart system patterns (BlockL3-SF6)</b>	This section contains a series of TM disorders that are all attributable to dysfunction of heart system. The system consists of the <u>heart, vessels, tongue</u> and related meridians and collaterals.	<b>Heart meridian pattern</b> ( <i>shǒu shào yīn xīn jīng zhèng</i> ) 手少阴心经证 (SG24)	*A pattern characterized by dry throat, heart pain and thirst with a desire to drink. Symptoms and signs also include yellow eyes, pain in the lateral abdomen, pain and circulation reversals in the ulnar aspect of the arm and heat and pain in the palms. It may be explained by Heart meridian dysfunction. **Characterized by cardiac pain, a dry throat, thirst, yellowish eyes, pain in the subcostal region and along the medial aspect of the arm, and a feverish sensation in the palms. This pattern often results from impaired qi flow of the heart meridian.
		<b>Small intestine meridian pattern</b> ( <i>shǒu tài yáng xiǎo cháng jīng zhèng</i> ) 手太阳小肠经证 (SG25)	*A pattern characterized by throat pain, jaw swelling, inability to turn the head to look backwards and pulling up and back of the (muscles) of the shoulders and arms. Symptoms and signs also include deafness, cheek swelling and pain along the neck, jaws, shoulders, upper arms, elbows and ulnar aspect of the forearms. It may be explained by Small intestine meridian dysfunction. **Characterized by lower abdominal pain, lower back pain lower back pain that radiates towards the testis, deafness, yellowish eyes, swollen cheek, a sore, swollen throat and pain along the posterior border of the lateral aspect of the shoulder and arm. This pattern often results from impaired qi flow of the small intestine meridian.

		<p><b>Pericardium meridian pattern</b> (<i>shǒu jué yīn xīn bāo jīng zhèng</i>) 手厥阴心包经证 (SG28)</p>	<p>*A pattern characterized by heat in the palms, spasms in the forearms and elbows and axillary swelling. Symptoms and signs also include heart vexation and heart pain. It may be explained by Pericardium meridian dysfunction. **Characterized by cardiac pain, chest tightness, restlessness, mania, armpit swelling, arm contracture and a feverish sensation in the palms. This pattern often results from impaired qi flow of the pericardium meridian.</p>
		<p><b>Sanjiao meridian pattern</b> (<i>shǒu shào yáng sān jiāo jīng zhèng</i>) 手少阳三焦经证 (SG29)</p>	<p>*A pattern characterized by deafness and tinnitus, swelling and obstruction of the throat. Symptoms and signs also include sweating, pain at the lateral corners of the eye and cheeks, pain behind the ear and along the shoulders, upper arms, elbows and outer border of the forearms and impaired use of the fourth finger. It may be explained by Triple Energizer meridian dysfunction. **Characterized by abdominal distension, oedema, enuresis, inhibited urination, deafness, tinnitus, a sore throat, red, swollen and painful eyes, swollen cheeks, and pain behind the ears and along the lateral aspect of the shoulder, arm and elbow. This pattern often results from impaired qi flow of the Sanjiao meridian.</p>
<p><b>Spleen system patterns (BlockL3-SF7)</b></p>	<p>This section contains a series of TM disorders that are all attributable to dysfunction of the spleen system. The system consists of the <u>spleen and stomach organs, muscle, lips, mouth,</u> related meridians and collaterals.</p>	<p><b>Spleen meridian pattern</b> (<i>zú tài yīn pí jīng zhèng</i>) 足太阴脾经证 (SG23)</p>	<p>*A pattern characterized by stiff tongue root, vomiting after eating, stomach pain, abdominal distention and a feeling of weakness and heaviness in the entire body. Symptoms and signs also include the pain in the tongue root, trembling, indigestion, heart vexation, cramping pain beneath the heart, swelling and upset of meridian Qi flowing along the inner aspect of the knee and thigh, and impaired use of the first toe. It may be explained by Spleen meridian dysfunction. **Characterized by gastric pain, vomiting immediately after eating food, belching, abdominal distension, loose stools, jaundice, body heaviness and weakness, pain or stiffness of the base of the tongue, swelling along the medial side of the leg and cold limbs. This pattern often results from impaired qi flow of the spleen meridian.</p>
		<p><b>Stomach meridian pattern</b> (<i>zú yáng míng wèi jīng zhèng</i>) 足阳明胃经证 (SG22)</p>	<p>*A pattern characterized by cold shivering, a tendency to groan, frequent yawning, and dark complexion. Symptoms and signs include nasal congestion, facial deviations, lip sores, neck swelling, throat obstructions, water swelling in the abdomen and swelling and pain in the patella. Pain occurs along the channel path from the breast to groin, along the thigh and down the lateral shin to the top of the foot. It may be explained by Stomach meridian dysfunction. **Characterized by bowel sounds, abdominal distension, oedema, stomach ache, vomiting, fast hunger after eating food, thirst, a sore, swollen throat, nosebleed, pain in the chest or knee, fever and mania. This pattern often results from impaired qi flow of the stomach meridian.</p>

<b>Lung system patterns (BlockL3-SF8)</b>	<p>This section contains a series of TM disorders that are all attributable to dysfunction of the lung system. The system consists of the <u>lung and large intestine organs, skin, body hair, nose</u>, related meridians and collaterals.</p>	<b>Lung meridian pattern</b> ( <i>shǒu tài yīn fèi jīng zhèng</i> ) 手太阴肺经证 (SG20)	<p>*A pattern characterized by distention and fullness in the chest difficulty in breathing, cough and pain in the supraclavicular fossa. Symptoms and signs include pain and flow reversals along the inner aspect of the arm and heat in the palms, pain in the shoulders and back. It may be explained by Lung meridian dysfunction.</p> <p>**Characterized by cough, panting, shortness of breath, haemoptysis, chest fullness/distension, a sore, swollen throat, pain in the clavicle and along the anterior border of the medial aspect of the arm, and pain with a cold sensation in the shoulder and back. This pattern often results from impaired flow of lung meridian qi.</p>
		<b>Large intestine meridian pattern</b> ( <i>shǒu yáng míng dà cháng jīng zhèng</i> ) 手阳明大肠经证 (SG21)	<p>*A pattern characterized by toothache and swollen neck. Symptoms and signs also include dry mouth, obstructions of the nose and throat, pain in the anterior aspect of the shoulder and upper arm, and impaired use of the forefinger. It may be explained by Large Intestine meridian dysfunction.</p> <p>**Characterized by abdominal pain, bowel sounds, diarrhoea, constipation, dysentery, a sore, swollen throat, toothache, clear nasal discharge, nosebleed, and pain, hot or cold sensation along the meridian pathway. This pattern often results from impaired qi flow of the large intestine meridian.</p>
<b>Kidney system patterns (BlockL3-SF9)</b>	<p>This section contains a series of TM disorders that are all attributable to dysfunction of the kidney system. The system consists of the <u>kidney and bladder organs, bones, hair, ears, genitalia, anus, marrow</u>, related meridians and collaterals.</p>	<b>Kidney meridian pattern</b> ( <i>zú shào yīn shèn jīng zhèng</i> ) 足少阴肾经证 (SG27)	<p>*A pattern characterized by hunger without the desire to eat, a facial complexion the color of dark lacquered wood, coughing up blood tinged sputum, thirst with shortness of breath, a desire to rise when sitting, dim vision and a worry of starvation. Symptoms and signs also include dry tongue, throat swelling, dry and painful throat, pain along the posterior border of the inner thighs, lower limb atrophy, heat and pain on the soles of the feet. It may be explained by Kidney meridian dysfunction.</p> <p>**Characterized by haemoptysis, panting, a dry tongue, a sore, swollen throat, oedema, constipation, diarrhoea, lower back pain, pain along the posterior of the spine and thigh, flaccidity and a feverish sensation in the soles. This pattern often results from impaired qi flow of the kidney meridian.</p>
		<b>Bladder meridian pattern</b> ( <i>zú tài yáng páng guāng jīng zhèng</i> ) 足太阳膀胱经证 (SG26)	<p>*A pattern characterized by clashing headache and sensation that the eyes are being torn out. The nape of the neck is tight, there is pain in the spine, the waist arches backwards, the thigh cannot flex, the back of the knee has lumps and there is a sensation that the calf is being split apart. Symptoms and signs also include excess lacrimation, nasal congestion, pain in the head, neck, back, waist, sacrum, back of the knee, calf and foot, and impaired use of the little toe. It may be explained by Bladder meridian dysfunction.</p> <p>**Characterized by inhibited urination, enuresis, mania, alternating fever and chills, eye pain, lacrimation with exposure to wind, nasal obstruction with discharge, nosebleed, headache and pain along the neck, back, low back, buttocks and posterior aspect of the leg. This pattern often results from impaired qi flow of the bladder meridian.</p>

Referências:

\*WORLD HEALTH ORGANIZATION. Supplementary Chapter Traditional Medicine Conditions – ICD-11 for Mortality and Morbidity Statistics. Geneva: WHO, 2019. pg. 35-51. Disponível em: <<https://icd.who.int/browse11/l-en#/http%3a%2f%2fid.who.int%2fcd%2fent%2f18687701>>;

\*\*WORLD HEALTH ORGANIZATION. WHO international standard terminologies on traditional Chinese medicine. Geneva: WHO, 2022. pg. 172-174 (184-186). Disponível em: <<https://apps.who.int/iris/handle/10665/352306>>.

Quadro 03. Categorização da natureza da desordem baseado nos Oito Princípios da MTC (Principle-based patterns - BlockL2-SE7) segundo a CID-11.

	<b>YANG PATTERN (SE70)</b>	<b>HEAT PATTERN (SE72)</b>	<b>EXCESS PATTERN (SE74)</b>	<b>EXTERIOR PATTERN (SE76)</b>
<b>YANG CHARACTERISTICS</b>	Exterior, heat, and excess patterns with excitatory, hyperfunctional, restless or bright manifestations, outward and upward symptoms. It may be explained by pathogenic factors of a yang nature.	Fever, aversion to heat and preference for cold, thirst, flushed face, irritability and vexation, thick yellow sputum and nasal mucus, short voidings of dark-colored urine, constipation, red tongue with yellow coating, or a rapid pulse. It may be explained by external heat factor, prevalence of yang qi, or by an excess of internal heat production.	Forceful pulse or a robust body with a strong constitution and a strong abdominal wall. It may be explained by strong responses against external pathogenic factors such as, the six excesses, pestilential pathogens, worms and toxins, by accumulated pathological products (due to dysfunction of internal organs), such as phlegm, retained fluid, water, dampness, pus, static blood, and retained food.	Aversion to cold or to wind, fever, headache, body aches, a film coating the tongue or floating pulse. These signs and symptoms are usually seen at the early stage of external contraction related disorders, mainly characterized by sudden onset, superficial location, mild and short-term in nature. It may be explained by pathogenic factors affecting the exterior part of the body such as skin, joints and head and the subsequent reaction against those factors.
	<b>YIN PATTERN (SE71)</b>	<b>COLD PATTERN (SE73)</b>	<b>DEFICIENCY PATTERN (SE75)</b>	<b>INTERIOR PATTERN (SE77)</b>
<b>YIN CHARACTERISTICS</b>	Interior, cold, and deficiency patterns with inhibitory, hypofunctional, quiescent, or dimmed manifestations, inward and downward symptoms. It may be explained by pathogenic factors of a yin nature.	Aversion to cold or fear of cold, cold pain with preference for heat, absence of thirst, thin clear sputum and nasal mucus, long voidings of clear urine, loose bowels, white facial complexion, pale tongue with white coating, and a tight or slow pulse. It may be explained either by an external cold factor, by deficient yang within the body, or by an insufficient internal heat production.	Fatigue, feeble pulse or a vulnerable body with a weak constitution and a weak abdominal wall. It may be explained by weak response against the pathogenic factors, by deficiency of the healthy qi, including deficiency of yin, yang, qi, and blood.	Persistent or recurrent abdominal distension, abdominal pain, constipation, diarrhea, or deep pulse which are of deeply located, severe nature or long duration. It may be explained by pathogenic factors entering the deep parts of organs, qi, blood or bone marrow and the subsequent reaction of the body against the pathogens.

Fonte: WORLD HEALTH ORGANIZATION. Supplementary Chapter Traditional Medicine Conditions – ICD-11 for Mortality and Morbidity Statistics. Geneva: WHO, 2019. pg. 28-29. Disponível em: <<https://icd.who.int/browse11/l-m/en#/http%3a%2f%2fid.who.int%2fcd%2fentity%2f718687701>>;