

# 4 QI IMBALANCES and 5 ELEMENTS

## A New System for Diagnosis and Treatment

by Jeremy Ross

### Part III: How to compare different Herbs

Please first read: *Introduction to 4QI +5E*

#### THE PROBLEM

##### **Herb choice**

One of the biggest problems for students and practitioners of Western herbs is that related herbs may have many overlapping actions and uses, in the literature.

This can make it difficult to differentiate between them, and to choose the right herb for the patient's needs.

The practitioner wants to know about a particular herb:

*what makes it special, and what makes it different from similar herbs?*

#### 4 Qi Imbalances + 5Elements

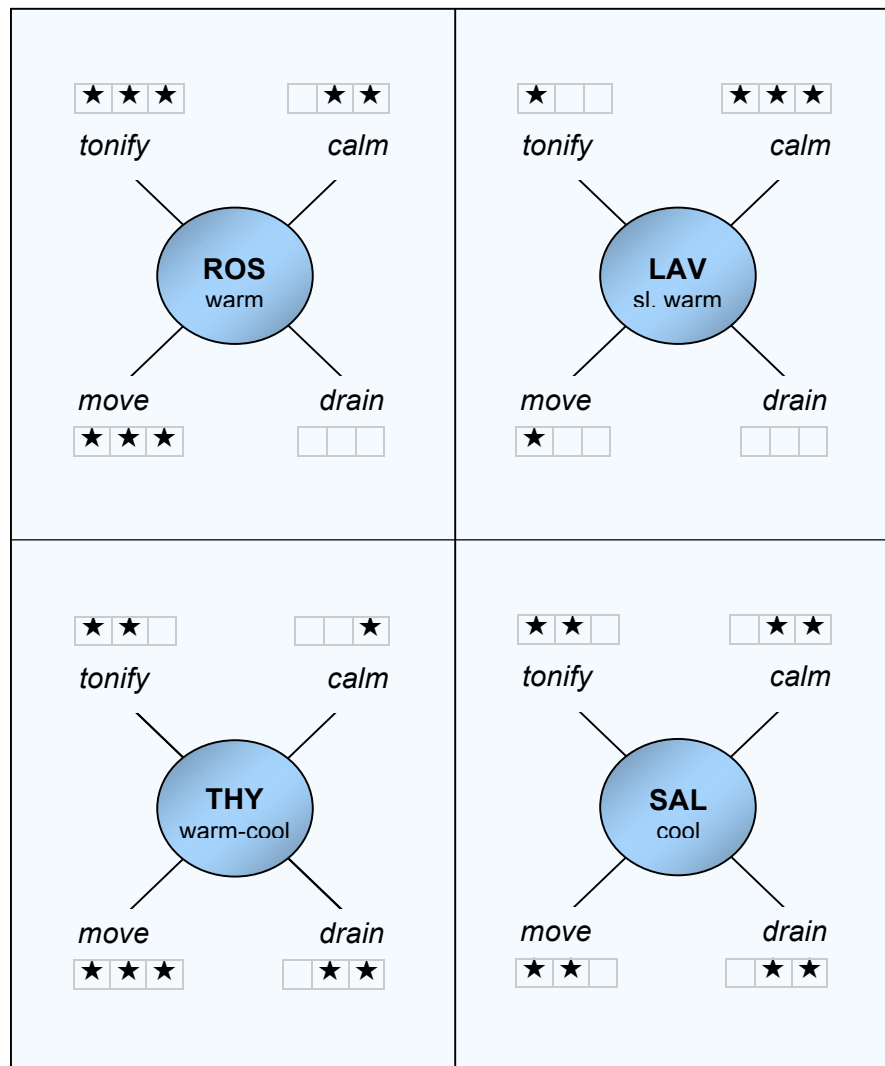
The 4 Qi Imbalances + 5Elements diagrams can be used to give a quick and clear visual impression of the essential differences between similar herbs.

##### **Example**

We will look at the similarities and differences between four widely used herbs in the Lamiacea family that have many overlapping actions:

- Rosmarinus officinalis
- Lavandula angustifolia
- Salvia officinalis
- Thymus vulgaris

## 4 QI IMBALANCES DIAGRAM



### Summary

*Rosmarinus* mainly tonifying and moving

*Thymus* mainly moving, but also tonifying and draining

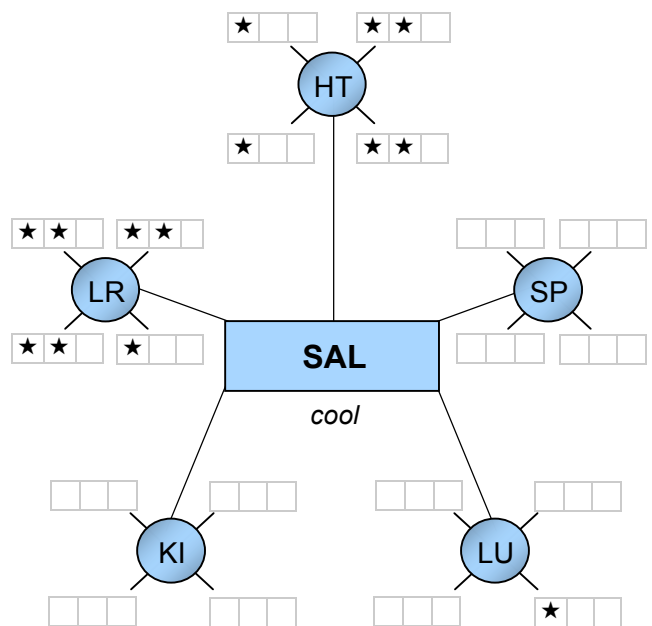
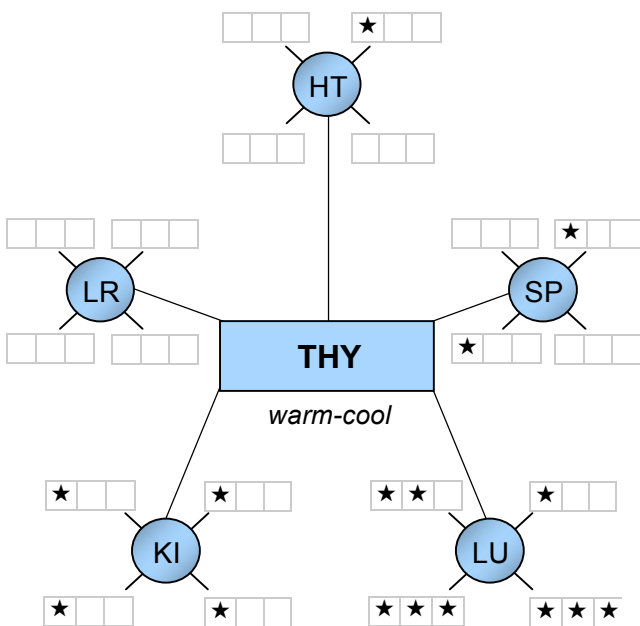
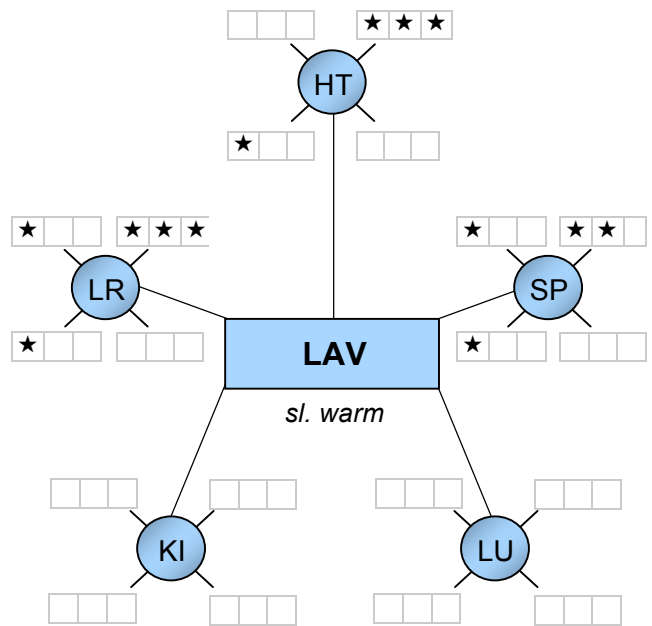
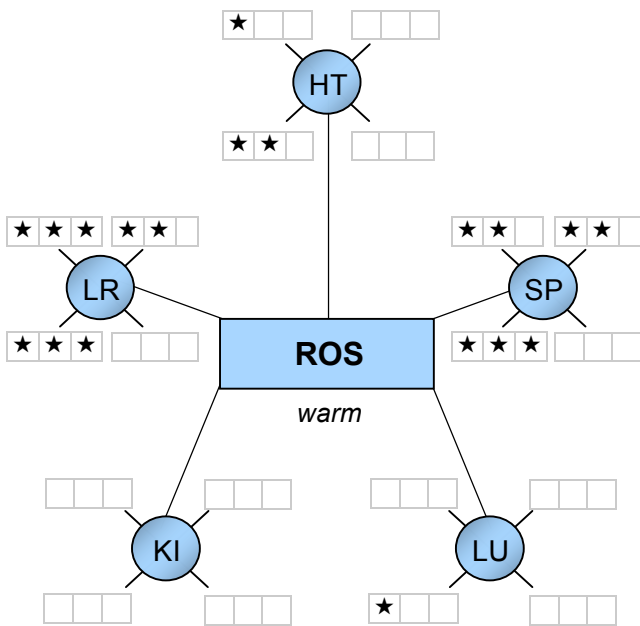
*Lavandula* mainly calming

*Salvia* tonifying, moving, draining, calming

#### 4 QI IMBALANCES + 5 ELEMENTS DIAGRAMS

The diagrams give a clear **visual** impression of the detailed similarities and differences between the four herbs that is worth a hundred words.

These diagrams are based on data from both traditional sources and modern research that is discussed in my books on *Combining Western Herbs and Chinese Medicine*.



## Summary

<i>Rosmarinus</i>	especially to tonify and move Liver and Spleen
<i>Lavandula</i>	especially to calm Heart and Liver
<i>Thymus</i>	especially to move and tonify Lung, and to drain pathogens from Lung
<i>Salvia</i>	especially to tonify, move, and calm Liver, and to calm and drain Heart

## FURTHER READING

Please refer to the following pdfs for further explanation of 4 QI + 5E:

- Introduction to 4QI +5E
- Patient example with herbs
- Patient example with acupuncture
- How to compare acupoints