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The Five Shen in Ba Zi astrology and tongue diagnosis

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In an ideal world we will have enough time in our Chinese medicine clinic to diagnose our patients with all the attention for all the little details, in order to diagnose their cases deeply and completely. But in the modern clinic when we have to treat many patients we tend to follow the symptoms and not go to the roots of the problem. We make a short questionnaire; we take a quick look at the tongue and while feeling the pulse, we think about the treatment we are going to give. But something is missing with the understanding of the person's true self, and why he has these problems. I believe that the most important thing in the treatment is the diagnosis! And with the methods that I have shown in this lecture, we can identify the potential energy of each one of the elements. From the Ba Zi chart (time of birth), we can distinguish the strong and weak elements, to understand how the patient looks at himself and at the world and how he acts there. By observing the tongue map we can see the current situation on the spiritual, emotional and physical aspects and to identify the manifestations of the Five Zang and the energy of the internal organs. With the combination of these two strong tools we can see a wide picture about the patient's shen and guide him to his balanced path to live in harmony with himself and with the surroundings.

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