

Interpretation of the Five Elements structure
of Traditional Chinese Medicine in relation with cell's metabolism

Type of Element (kind of Qi)	Metabolic signs of deficiency	Metabolic signs of excess	Related essential ions
Wood (Wind)	Lack of ATP production, low energy potential of cells, oxygen can not penetrate into cell, outer membranes are damaging by free radical	High energy potential of cells, excess of lipid oxidation and ATP production, hyperemia of tissues, high risk of allergy reactions	Phosphorus, Hydrogen
Fire (Heat)	Low cells fission, bad work of old cells, tissue degradation, there is high risk of intercellular oedema	There is high potential of cells fission, cell's structures may be damaged due to swelling from excess of water inside cells when there is lack of sodium ions at intercellular plasma, possibility of cell's oedema	Potassium
Earth (Dampness)	Low potential of cell's structures grow, cells can not mature for full functional condition, there is process of tissues degradation	There is high potential of cell's structures grow, high risk of cell's isolation (cancer, multiple sclerosis, arrhythmia, hypertension), in case of inflammation an infiltration forms	Magnesium
Metal (Dryness)	Low potential of normal apoptosis and lysis process of damaged and old cells, toxins and free radicals contaminate organism, there is deprivation of motor functions of cells	Excessive apoptosis, high risk of necrosis and calcification of tissues, high concentration of free radicals, high rate of lysis of cells	Calcium
Water (Cold)	Low rate of cellular nutrition, low hydration level of intercellular space	High level of hydration of intercellular space, oedema of organs	Sodium
Fire-Minister (Warm)	Low energy level of cells, low rate of cell's fission and grow, high rate of lysis and damaging process of cell's structures	High energy level of cells, high risk of autoimmune diseases, high possibility of allergy reactions	Hydrogen

Each of 12 meridians (functional systems) has the same metabolic structure. The difference is only moments of definite phase activation of given meridian at the time scale. Balance of metabolic processes is maintained as inside of functional system so far between them forming the sole living organism. The structure of metabolism at time scale is represented at reconstructed Chinese calendar at link

http://www.pulse-academy.org/en/The_model_of_Chinese_Calendar.

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