

Sa Am Medical Approaches

- Six Qi
 - Climatic Influences
 - Cold, Heat, Fire, Wind, Dampness, Dryness
- Zhang Fu
 - Organ Influences
- Musculoskeletal Influences
 - Channel affiliated Issues
- Constitutional (Internal Influences)
 - Hwa Harmony Method
 - 8 Constitutional Method

Empirical Approach A: The Six Climatic Factors

Climactic Factor	Organ Pair	Correlating Organ and Elements	Sa Am Tonification Effect	Symptoms Addressed
Wind	Jue Yin	Hand: Pericardium	Converging, Calming	Forgetfulness, Scattered thoughts
		Foot: Liver	Converging, Nourishing	Liver Disorders
Monarch Fire	Shao Yin	Hand: Heart	Warming	Internal and External Cold Disorders
		Foot: Kidney	Warming and Nourishing	Kidney Yin and/or Yang Deficiency
Dampness	Tai Yin	Hand: Lungs	Moistening and Cooling	Lung Disorders, Wind Heat/Lung Heat Issues
		Foot: Spleen	Moistening and Warming	Spleen Disorders, Dampness
Ministerial Fire	Shao Yang	Hand: San Jiao	Warming and Drying	Cold Damp Disorders (Affecting San Jiao and/or San Jiao Channel)
		Foot: Gall Bladder	Warming and Drying	Cold Damp Disorders (Affecting Gall Bladder and/or Gall Bladder Channel)
Dryness	Yang Ming	Hand: Large Intestine	Drying and Cooling	Damp Heat Disorders (Affecting Large Intestine and/or Large Intestine Channel)
		Foot: Stomach	Drying and Warming	Stomach Disorders, Indigestion
Cold	Tai Yang	Hand: Small Intestine	Cooling, Blood Nourishing	Vertigo, Bleeding, Insomnia
		Foot: Urinary Bladder	Cooling	Heat Disorders (Affecting Urinary Bladder and/or Urinary Bladder Channel)