

Five Flavors and Properties

Wood (木 mù)	Sour (酸 suān)	Astringes Prevents leakage of fluids or qi	Enters the Liver
Fire (火 huǒ)	Bitter (苦 kǔ)	Clears heat Dries dampness	Enters the Heart
Earth (土 tǔ)	Sweet (甘 gān)	Tonifies Moistens	Enters the Spleen
Metal (金 jīn)	Acrid (辛 xīn)	Disperses and moves	Enters the Lung
Water (水 shuǐ)	Salty (咸 xián)	Softens hardness Purges accumulation Animal parts	Enters the Kidney
	Bland (淡 dàn)	Promotes urination Leaches out dampness	
	Astringent (涩 sè)	Stops leakage	
	Aromatic (香 xiāng)	Revives Spleen Opens orifices	