

**ACUPUNCTURE WITHOUT BORDERS  
SWITZERLAND**

**Jacques Pialoux**

**Guide  
to Acupuncture  
and Moxibustion**



English translation:  
Brian Levin

Fondation Cornelius Celsus  
Editeur



**GUIDE TO ACUPUNCTURE  
AND MOXIBUSTION**

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# Foreword

Acupuncture Sans Frontières - Suisse (Acupuncture Without Borders-Switzerland, AWB-Switzerland) is a department of the Cornelius Celsus Foundation, which was founded on 18 April 1980 and has its seat at Vatseret, Erde, Conthey, Switzerland.

Its objective is to contribute to the development of greater autonomy on the part of disadvantaged populations in the field of medical care, by providing them with teaching and practice in acupuncture therapy.

To this end, AWB-Switzerland sends volunteer acupuncture practitioners on mission to developing countries that so request, with a view to:

- sharing acupuncture expertise with local practitioners (doctors, nurses, midwives, health workers, etc.) by way of basic theoretical and practical training,
- providing basic teaching materials: books, photocopies, acupuncture charts,
- providing essential therapeutic equipment: needles, moxas, sterilizers,
- ensuring the installation and correct use of the acupuncture equipment provided,
- ensuring, over the years, follow-up and evaluation of such training in the context of public health and primary health care.

The chief problem encountered by the majority of dispensaries is the difficulty of procuring the requisite drugs, because they are either unavailable or too expensive, or have to be brought in from afar. In these circumstances, acupuncture has been found an extremely valuable complementary therapy by virtue of:

- its preventive in addition to its curative action,
- substantial economies in terms of drugs,
- the autonomy acquired by practitioners trained in acupuncture, greatly reducing their dependence on outside help and contributing to the preservation of human dignity.

An exploratory mission is first undertaken to establish the modalities of intervention by AWB-Switzerland, in consultation with the competent local authorities (Ministry of Health, heads of clinics, local leaders, etc.), covering such aspects as duration of the training, participants, allocation of medical premises, and organization of the training programme.

The actual intervention by AWB-Switzerland at a given location generally takes the form of four effective teaching missions or sessions, each lasting two weeks, at intervals of six to twelve months. One or more supervision or follow-up missions may then be planned every two or three years where necessary.

Such training provides students, after the initial two weeks, with a basic knowledge of the therapeutic protocols for the commonest functional pathologies in their country such as dysentery, constipation, rheumatism, influenza, sinusitis, asthma, colic or malaria.

This manual serves as textbook to support the instructions given by volunteers of Acupuncture Without Borders-Switzerland when on mission. It is now available to all who desire to master this therapeutic art.

The present **Guide to Acupuncture and Moxibustion** serves as a basic tool for the study and everyday practice of the ancient science of acupuncture. Integrating the latest research on the Classics of Traditional Chinese Medicine, it enables the practitioner to achieve optimum efficacy in the understanding and application of this therapy. The acupuncture tradition, based on the interplay of energies in the Universe and man, was not built in a day, but over millennia, and its present evolution bears witness to its vitality.

It is of course important to remember that the act of writing, of putting down words in black and white, gives an illusion of fixity, whereas life is in perpetual evolution and constantly on the move. Our understanding of the patient and his disease must always be based on the present moment and the changes occurring over time... Thus what we offer here is something of a model permitting reflection on the part of the reader and student.

Based on research by Jacques Martin-Hartz<sup>1</sup>, French sinologist, acupuncturist and engineer (1923-1971), and Jacques Pialoux<sup>2</sup> OMD, acupuncturist, this Guide to Acupuncture and Moxibustion contains three chief innovations as against the traditional texts dealing with this science:

- Chapter 2 contains a description of the three stages of any energy system, offering a comprehensive approach to coordination of the functions of the 3 Burners, 8 Extraordinary Channels, 5 Earth Elements and 6 Environmental Phenomena.

1 Jacques Martin-Hartz and Jacques Pialoux: *Le Dragon de Jade, Atlas d'Acupuncture* - Fondation C. Celsus, Erde, Switzerland, 1982, dedicated to Professor Cheng Xinnong, Director of international acupuncture training at the Academy of Traditional Chinese Medicine, 44 Hou Hai Bei Yan, Peking, China.

2 Jacques Pialoux: *Le Diamant Chauve Plus ou la Tradition des évidences* – Published by C. Celsus Foundation, Erde, Switzerland, 1979 – Updated 2009

- Chapter 4 offers a description of the functions and regulation of the six Paired Channels, as peripheral functions of Three Heaters, based on studies of *Shang Han Lun*, On Cold Damage, by Master *Zhang Zhong Jing* and of the Homotoxicology by Dr. Reckeweg.
- Chapter 11 provides a decoding, description and regulation, on the basis of mathematical analysis of the *Yi Jing*, of both the traditional *Front-Mu* and *Back-Shu* points and the corresponding somatic and emotional points situated on that part of the Kidney meridian (*Zu Shao Yin*) corresponding to the Extraordinary Channel *Chong Mai*, on the Stomach meridian (*Zu Yang Ming*) and on the Governing Vessel (*Du Mai*).

The particular phonetics of the Chinese language have given rise to a number of transcription systems: Ecole française d'Extrême-Orient, Wade and so on, and more recently the transcription system known as Pinyin. For ease of reference we have used the Pinyin transcription in this text, adding the more familiar western transcription where necessary. A further complication is the fact that the numbering of the acupuncture points has varied over the course of the centuries. Here we have used the system recommended by the Academy of Chinese Traditional Medicine (Peking).

We have added to this edition a glossary of acupuncture terms in Chinese, English and French. We would like to thank Sylvie Hu for the compilation of this glossary.

The English translation of the Guide to Acupuncture and Moxibustion was undertaken by Brian Levin, with technical supervision by Sylvie Hu, to whom we wish to express our most heartfelt thanks for their work.

**Cornelius Celsus Foundation**



**Part One**  
**Traditional Chinese Medicine**



# 1

## A Brief Excursion into History

There is considerable evidence that the Art of commanding energies using needles and moxas has been practiced in China since the greatest antiquity, the dawn of the reign of the Emperor *Fu Xi* some five thousand years ago, in the early days of the Middle Empire.

It was found that not only could vitality be increased by heating vital points located in the body hollows to treat weakness, colds and rheumatism, but that these very same points could be cooled to relieve pain due to an excess of heat or overintense vitality. The first tool used for this purpose was a stone punch, while copper needles were later introduced under the *Xia* dynasty (2207 to 1766 B.C.). Around this time, it was observed that manipulating the metal needle by inserting it during inspiration or expiration, twirling it to the left or right, pecking it or leaving it in place for a certain amount of time, would produce a dispersion or tonification of vital energy, relief of pain, dissipation of fatigue, and so on.

Later, under the *Zhou* dynasty (474 to 221 B.C.), the discussions of Emperor *Huang Di*, the organizer of Time and the Empire, were published in the *Nei Jing*, the canon of internal medicine, at the winter solstice of the year 2698 B.C.<sup>3</sup> For it was on this date that the Emperor established for posterity the sexagesimal cycle, still in use by the inhabitants of the Middle Empire, derived from the relationship between the 10 Heavenly Stems (*Tian Gan*)

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<sup>3</sup> Huang Di Nei Jing Su Wen: Nature, Knowledge, Imagery in an Ancient Chinese Medical Text, translated by Paul U. Unschuld, University of California Press, 1st edition 2003.

– the 10 energies of the 5 Earth Elements, a fundamental structure related to the divisions of space in a centre and four directions - and the 12 earthly Branches (*Di Zhi*) – the 12 heavenly energies of the 6 Environmental Phenomena – the peripheral aspect linked to the division of time, and the day of 12 hours (each lasting two of our present-day hours)<sup>4</sup>.

Thus the relations between space and time, aspects inseparable from daily life – out of the interplay between the 10 terrestrial energies and the 12 celestial energies – gave birth to the cycles of sixty units that have applied to our years, months, days and hours ever since. To achieve this, the Emperor relied on reports from his ministers – in particular minister *Qi Bo*, his astronomer *Gui Yu Qi*, and the latter's disciple *Lei Gong* – and on their knowledge of the play of energies in the Universe and man, and their mastery of the art of commanding these energies, all of which are revealed in the *Nei Jing*.

Meanwhile, around 500 B.C. at the time of *Confucius* and *Lao Zi*, fine steel needles came into being as Traditional Chinese Medicine continued to advance. Several centuries were still to elapse before it reached perfection in respect of energy theory – *Yin/Yang*, the five Earth Elements, the six Environmental Phenomena; diagnosis – questioning of the patient and medical history, auscultation, examination of the complexion, tongue and pulse; and practice – organ grafts under anesthesia, cesarean childbirth, phytotherapy (pharmacopoeia), moxibustion and acupuncture.

It remained for *Zhang Zhong-Jing* to write the *Shang Han Lun* (A Treatise on Febrile Diseases Caused by Cold), *Wang Shu-He* his *Mai Jing* (Pulse Classic), *Li Yan* the *Yi Xue Ru Men*, (Gateway to Medical Studies), to *Li Shi-Zhen*, the *Qi Jing Ba Mai Kao* (a Study of the 8 Extraordinary Channels), until finally in 1601 *Yang Ji-Zhou* published the *Zhen Jiu Da Cheng*, a compilation of all the therapy practiced to date.

In the eleventh century of our era the bronze man, the *Tong Ren*, the first known model of the topography of the acupuncture points, made its appearance, thanks to *Wang Wei-Yi*; it still remains the basic reference work for all practitioners of the art of commanding energies.

With it come eight energetic and therapeutic principles, immutable since the dawn of time: *Yin/Yang*, *Deficiency/Excess*, *Cold/Heat*, *Interior/Exterior*. We shall come back to these in a later chapter.

Notwithstanding the chaos wrought by palace revolutions that shook the Empire, from the Warring Kingdoms to the *Song*, *Ming* and *Qing* dynasties, and attempts to forbid traditional medicine in *Nankin* in 1929, the knowledge of the play of the energies in the Universe and man's energetic body has withstood all the tests of time.

And so it is to this ancient Science, with all its transformations and vicissitudes over the millennia, that we shall now turn our attention.

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4 For further details of the play of energies of Heaven and Earth, see Jean Michel Huon de Kermaec: *The Way to Chinese Astrology, The Four Pillars of Destiny*, Unwin Paperbacks, London.



## **2**

# **The Energies of the Universe and Man**

### **The universe and man: a complete energy system**

Whether we are dealing with man or the universe, a motor-car or an industrial enterprise, it is always a matter of a complete energy system. All these cases display three levels of functioning, or three stages, from the producer to the consumer, one might say, corresponding to those of a well managed industrial organization: (1) manufacture, (2) distribution, and (3) end product use.

In order to manufacture products for sale, or energy, raw materials first need to be transformed, then distributed and lastly used or consumed. In the case of the motor-car, petrol, air and the electric spark work together within a variable-pressure system to produce the energy necessary for it to function; this energy is then distributed by way of the pistons, crankshaft, etc. and used by the wheels to propel the vehicle forward.

But, given that we are dealing with energy, a fundamental question first needs to be asked: what is Energy? In scientific terms, energy is defined as an interaction or force occurring between the elements of matter. The science of physics recognizes four basic types of energy: strong and weak nuclear interactions, electromagnetic interactions and gravitational interactions. Each of these interactions is supported by a messenger which creates a wave field, a vibration; this vibration is characterized by its frequency (the number of oscillations per second), its amplitude (power) and its direction (where does it come from and where is it going?)<sup>5</sup>.

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<sup>5</sup> The last aspect, direction, is itself a function of the electromagnetic field and the gravitational field.

In the Chinese tradition, energy is the Vital Breath, Qi (pronounced Chi), characterized by a quality (related to frequency but also including a notion of form), a quantity (its amplitude or power) and a point of application (this of course being related to its origin and thus to its direction). It should be added that in the traditional view, energy and function are very often inseparable, coming under a single definition, and indeed this seems perfectly justified when we consider that the energy gets its name from its point of application and the function attached to it.

### First stage: production

This immediately gives rise to another basic question: What is it that enables man to live and subsist? For a start, we may take it that in Nature there is a Life energy that ensures the existence of all the kingdoms and species, vegetable, animal or human; next, another force comes into play, that which makes each individual what he is, with, among other things, the transmission of hereditary family characteristics; then comes what he eats and what he drinks, food in all its forms; and finally, there is the air that he breathes.

According to the Chinese tradition, four basic "potential" energies are made available to man, pre-heated and transformed by his "Three Burners" (*San Jiao* 三焦). These are:

- 元氣 *Yuan Qi*, the Original Energy (Original Breaths), the spark of life, the most ancient of the energies, ensures the continuity of the characteristics of the species (phylogenesis). Localized at the *Ming Men* point (Gate of Destiny : DM 4), *Yuan Qi* is the vital "transcendental" energy, present everywhere and at all times.
- 精氣 *Jing Qi*, innate and acquired energy, ensures the transmission of hereditary characteristics (ontogenesis). This is the "ancestral", genetic energy of the lower burner.
- 穀氣 *Gu Qi*, food energy, energy of the middle burner.
- 清氣 *Qing Qi*, energy of the breath, of breathing, of combustion, "respiratory" comburent energy from the upper burner.

The air we breathe is heated in the upper respiratory tract before being passed to the lungs, just as our food, chewed and liquefied by the saliva, is prepared before arriving in the stomach. The three warmers, peripheral aspects of the Three Burners, ensure the preliminary heating of the air, food and ancestral energy in particular. Their anatomical counterparts are the skin and upper respiratory tract (from the nose to the bronchi), the upper digestive tracts (mouth and oesophagus) and the genito-urinary tracts: the acupuncture channels, in their function of maintaining the integrity of the organism<sup>6</sup>, are the energetic counterparts of the three warmers.

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<sup>6</sup> For the regulatory functions of the Great Meridians see Chapter 4

In man

元氣  
Yuan QiOriginal Breaths  
Original Energy

localized at the Ming Men point

清氣

Qing Qi

Respiratory Energy

穀氣

Gu Qi

Food Energy

精氣

Jing Qi

"Ancestral"  
Genetic Energy

San Jiao

Three Burners

三焦

Three Warmers  
peripheral aspects  
of the three burnersThree burners proper  
central aspects  
of the three burners

For their part, the three burners proper, central aspects of the Three Burners, ensure the transformation of the four fundamental energies received by the three warmers. Their anatomical and energetic counterparts are the functions-organs of respiration (lungs and heart), digestion (stomach, small intestine, spleen) and reproduction (genital organs, kidneys). In passing, it is important to stress that the energy functions we are referring to here go considerably beyond the notions generally understood when we speak of organs in the West<sup>7</sup>.

The Three Burners and *Qing Qi* – the respiratory energy of the upper burner –, together with *Gu Qi*, the food energy of the middle burner, and *Jing Qi*, the genetic or ancestral energy of the lower burner, all three dynamized by the original energy *Yuan Qi*, produce two energies: nourishing energy (*Ying Qi*, becoming, in traditional Chinese medicine, what we call the Blood<sup>8</sup>) and defensive energy (*Wei Qi*, also known simply as Energy, *Qi*, which we may call schematically the energy of surface tension and of movement)<sup>9</sup>.

In the meantime, the “passage from earlier heaven to later heaven” (*Xian Tian - Hou Tian*), comes about, the passage from gestation to the birth of the manifested, with the eight “Extraordinary Channels” according to *He Tu*, the

7 See Chapter 5: The Three Burners, and Chapter 6: Reciprocal Functions of the Organs and Viscera.

8 “Blood” may be assimilated to the energies of the three body fluids, blood, lymph and cerebrospinal fluid.

9 For certain authors, *Zong Qi*, the manifestation of the heartbeat, is intermediate between the four fundamental energies and the two nourishing and defensive energies.

cycle of generation. By distributing the two nourishing and defensive energies, Blood and Energy, the Extraordinary Channels also specify the energies of the organs and meridians that constitute the third stage of the body.

The great Traditions of all continents, speaking of the genesis of the Universe, offer us a similar understanding at this macrocosmic level. We shall of course take the example of the Chinese tradition, as well as the one at the source of western thought, the Egyptian tradition.

The Chinese Daoist tradition paints a precise picture of this genesis, the Dao being at the root of all manifestation.

	道 <b>Dao</b> <i>Flow</i>	
天 <b>Tian</b> <i>Heaven</i>	太易 <b>Tai Yi</b> <i>Great Mutation</i>	神 <b>Shen</b> <i>Spirit</i>
地 <b>Di</b> <i>Earth</i>	太初 <b>Tai Chu</b> <i>Great Origin</i>	精 <b>Jing</b> <i>Essence</i>
人 <b>Ren</b> <i>Man</i>	太始 <b>Tai Shi</b> <i>Great Beginning</i>	氣 <b>Qi</b> <i>Energy</i>

However, Chinese thought also expresses this another way: as with Man, the supply of energies comes first, followed by their transformation, and then the manufacture of end products. It is thus to this group of functions that the definition of the four primordial aspects of energy at this first level refers. "Before, there is only the Unknowable, the Inexpressible, the Unsoundable, the Unformulated Impenetrable, Emptiness, *Wu*".

Some five thousand years ago now, the Chinese Emperor *Fu Xi* transmitted this knowledge, at the very source of the entire Chinese cosmogony:

- The original energy, the first expression beyond emptiness, *Tai Yi*, the First Principle of all that exists; 太一
- next comes the *Dao* (*Tao*), the Flow, the (Luminous) Way, the creative thought of *Tai Yi*; 道
- finally, two principles, *Yin* 陰 and *Yang* 陽, invoking the concepts of dark (yin) and light (yang).

太 一

**Tai Yi**

*The "Great One"*

*First Principle of all that exists*

天	陽	精
<b>Tian</b>	<b>Yang</b>	<b>Jing</b>
<i>Heaven</i>	<i>Light</i>	<i>Essence</i>
人	道	形
<b>Ren</b>	<b>Dao</b>	<b>Xing</b>
<i>Man</i>	<i>Flow</i>	<i>Form</i>
地	陰	體
<b>Di</b>	<b>Yin</b>	<b>Ti</b>
<i>Earth</i>	<i>Dark</i>	<i>Substance</i>

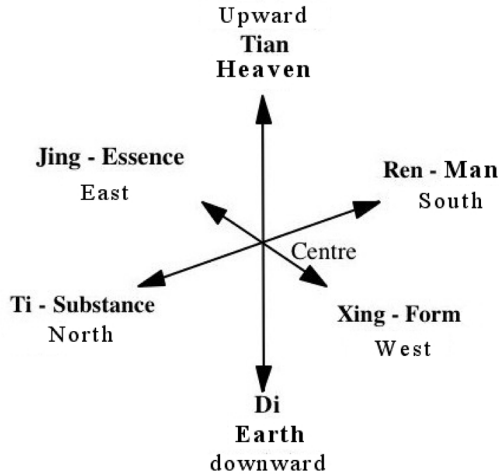
Four Principles, four aspects, four energies are thus potentially available to all creation, be it to generate the Universe or to assure the subsistence of man. But as yet nothing exists.

So we need to define precisely the structures, the framework, which will permit the transformation of these four potential energies, essential for the manufacture of a product which has first to be distributed and then utilized. The Chinese tradition specifies these structures, the characteristics of which now become evident. They take their positions according to the six cardinal directions:

- "The fifth principle is *Tian*, Heaven 天 (directed upwards)
- "the sixth, *Di*, Earth 地 (directed downwards)
- "the seventh, *Ren*, man 人 (quality of the South)
- "the eighth, *Ti*, Substance 體 (quality of the North)
- "the ninth, *Jing*, the Essence 精 that will impregnate substance (quality of the East)
- "the tenth, *Xing*, Form 形 (quality of the West)"

Out of these ten immaterial principles (1 centre, 3 axes, 6 directions indicating the impending movement), this manufacturing system, will emerge two effective energies out of the central "Great Crossroads, *Tai Chong*": *Yin*, (centrifugal), and *Yang*, (centripetal) energy, at the same time as eight secondary forces that allow their distribution. These ten immaterial principles permit the "passage from earlier heaven to later heaven", from the

non-manifested to the manifested, from creation or manufacture to use or destruction, from negentropy to entropy.



The Egyptian tradition offers a parallel teaching, with all the poetry and beauty of the symbols it contains.

In the beginning, four powers (four “energies”) are present: *Tum* the Light Principle of *Ra*, God, of which he is the Spirit; *Her*, the unifying Light of the Verb, Breath of the Spirit; *Ruha*, darkening of the Light; and *Heru*, the light of day. Each of the two last principles, *Ruha* and *Heru*, has a plural sense, pre-figuring the opposed and complementary cyclic energies of day and night in the Universe; whereas the first two principles, *Tum* and *Her*, are always in the One, indivisible.

But the genesis of the Universe continues, in this allegory with its characters that enchant us: the Divine Spirit, *Tum*, has fecundated the Lady of Heaven, the Virgin *Nut*, who gives birth to a son, *Osiris*, the messenger from Heaven. *Nut*'s husband, *Geb*, Master of the Earth, satisfying his paternal obligations, prepares *Osiris*, Master of the South, for his future role of Great Instructor of the World. In the meantime, three other children are born out of the union of *Geb* and *Nut*, the union of Heaven and Earth: *Isis*, *Nephtys* and *Seth*, Mistresses of the East and West and Master of the North respectively. Here once again six directions in three-dimensional space are proposed to us, appearing together with the Masters who govern them.

These “*Neteru*”, these ten “immaterial” functional principles, will give rise to the Universe, thanks to the intervention of two cosmic Serpents who succeed them, *Kem-Atef* and *Ir-Ta* – two effective energies –, and their eight children, Frogs and Serpents – eight secondary forces – symbols of the energies and centrifugal and centripetal forces.

Clearly, Numbers are the key to these teachings, whether in China or in Egypt: 4 energies + 6 secondary forces for manufacture, and 2 energies + 8 secondary forces for distribution, a subject we shall now look at in more detail.

**Second stage: distribution**

To better understand the process of distribution, let us return to the beginning, the Centre, and the Chinese tradition. To recapitulate: from the Centre (*Tai Yi*, the First Principle of all that exists), three aspects emerge – three potential energies, the Way (*Dao*), the dark (*Yin*) and the light (*Yang*) – analogous to the three axes of a three-dimensional Universe of which the six directions define the orientations: a skeleton one might say, but a skeleton where emptiness still reigns. These ten principles – 1 centre + 3 axes + 6 directions – are, once again, but potentialities, possibilities of realization.

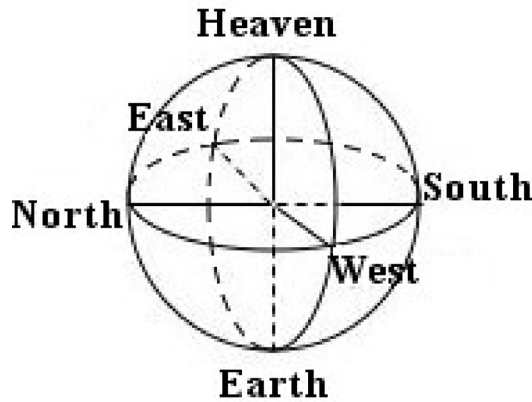
In the wake of the ten, potentially present, aspects of this first stage, the second stage emerges: that is the stage of distribution, generation, the genesis of the manifest Universe, the passage from earlier heaven to later heaven.

That is the stage of the two fundamental energies, centrifugal (*Yin*) and centripetal (*Yang*) and the eight secondary forces: Earth, Mountain, Water, Wind, Earthquake, Fire, Cloud, Heaven, depicting *Kun*, to obey, *Gen*, to block, *Kan*, to fall, *Xun*, to enter, *Zhen*, to shatter, *Li*, to reunite, *Dui*, to exchange, *Qian*, to direct.

	10 Functional Principles : 2 + 8	乾	Qian: Heaven - Father
		兌	Dui: Marsh - Young Daughter
陽	Yang Qi: constrictive energy, heavenly breaths, centripetal	離	Li: Fire - Middle Daughter
氣		震	Zhen: Thunder - Eldest Son
陰	Yin Qi: expansive energy, earthly breaths, centrifugal	巽	Xun: Wind - Eldest Daughter
氣		坎	Kan: Water - Middle Son
		艮	Gen: Mountain - Young Son
		坤	Kun: Earth - Mother

We will start by looking at the two fundamental energies, Yin, centrifugal, and Yang, centripetal. The former, Yin, issuing from the centre, is in expansion in all directions, and will progressively fill up the emptiness, give consistency to the skeleton, flesh it out, so to speak. The latter, Yang, also coming from the centre, intervenes once the expansive movement of the first energy begins to wane, so exhibiting a tendency to return to the source. Thus this second, centripetal, energy, derived from the other, may find expression as an energy of constriction, surface tension – the skin of the Universe – constantly seeking a balance with the centrifugal energy, its complementary counterpart.

Thus a sphere is created.



Three perpendicular planes – one horizontal and two vertical, North-Heaven-South-Earth and East-Heaven-West-Earth (also perpendicular to each other) – pass through the centre and define this three-dimensional space, splitting it into four lower and four upper quadrants of the orange – that is to say eight oriented secondary forces – issuing directly out of the centrifugal and centripetal energies and their interactions, and provide them with a means of expression.

In Egypt, succeeding the ten primordial Neters, the serpent Kem-Atef is “He whose Breath is accomplished” the power of expansion, centrifugal energy, while his son – issued from him, need we say? – the serpent Ir-Ta, is the “Creator of the Earth”, the power that gathers the matter scattered throughout the Universe, centripetal energy. With that their eight children, the Ogdoade, “the Eight Primordials”, four frogs – who swell up hugely by breathing in before croaking, – and four serpents – who suffocate their victims in their coils – variations on the theme of expansion and constriction. The city of Khmunu, later to become Hermopolis, the “Guardian of the Eight Celestial Places”, was responsible for perpetuating this knowledge and its cult in the memory of man.

The two radical energies and the eight secondary forces are as active on man and within man as in the entire universe. Here again we have the passage from earlier heaven to later heaven: two energies, the one nourishing, centrifugal, Yin, the other defensive, centripetal, Yang, are available, as we have seen above, following their manufacture by the Three Burners. These are then distributed by eight “Extraordinary Channels”, four Yin and four Yang<sup>10</sup>, which serve both as reservoirs and energetic structures for the distribution and regulation of the two energies:

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<sup>10</sup> In order to simplify the nomenclature, we will sometimes use the abbreviation y for Yin and Y for Yang.



**In man**  
**two radical energies**  
**eight secondary forces**

營 氣 **Ying Qi: nourishing energy**

衛 氣 **Wei Qi: defensive energy**

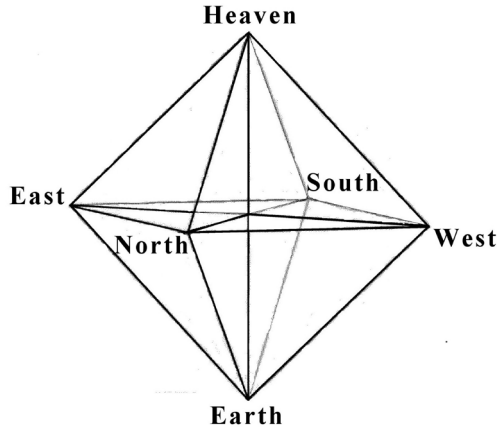
衝脈      帶脈  
**Chong Mai - Dai Mai**  
陰維脈      陽維脈  
**Yin Wei Mai - Yang Wei Mai**  
陰驕脈      陽驕脈  
**Yin Qiao Mai - Yang Qiao Mai**  
任脈      督脈  
**Ren Mai - Du Mai**

- *Chong Mai* (CV), Penetrating Vessel
- *Yin Wei Mai* (yWM), Yin Linking Vessel or regulator of Yin
- *Yin Qiao Mai* (yQM), Yin motility Vessel
- *Ren Mai* (RM), Conception Vessel, running along the anterior midline
- *Du Mai* (DM), Governing Vessel on the posterior midline
- *Yang Qiao Mai* (YQM), Yang motility Vessel
- *Yang Wei Mai* (YWM), Yang Linking Vessel or regulator of Yang
- *Dai Mai* (DaiM), Belt or Girdle Vessel

The two radical energies, centrifugal *Yin* and centripetal *Yang*, and the eight secondary forces are indispensable intermediaries at both the microcosmic level (man) and the macrocosmic level (the Universe). But how does all this fit together? To find the answer, let us project what we have just discovered into space. For it is all already there, before our eyes. Starting with our sphere, like an orange with four upper and four lower quadrants, we can observe the irrefutable logic of the succession of events, the gestation of life and how it hatches out. Creation pursues its course smoothly, with no need for further intervention.

Let us first note the lines of intersection between the surface of the sphere on the one hand and the three perpendicular planes that pass through its centre on the other, the horizontal plane – north, east, south, west – and the two vertical planes, north-south in one case and east-west in the other. This being so, if the centripetal energy (*Yang*) is stronger than the centrifugal energy (*Yin*) and our six points, Heaven, Earth, North, South, Orient (East)

and Occident (West) remain fixed, the skin of our orange is obliged to shrink and stretch like a drum skin around these intersections or lines of force.



### Carbon and the Octahedron, universal models

The resulting shape is no longer a sphere but an octahedron, although with the same structure in geometric terms. In other words, a diamond, the shape of the natural polyhedron into which pure carbon normally crystallizes, the basic building block in the construction of our biological universe<sup>11</sup>.

Now, having polished the eight faces of this diamond, let us have a little fun and project it into space, towards a sun of which it becomes a satellite, turning upon itself and around the sun, just as the Earth does. These two movements constantly change the orientation of its faces towards the source of light and heat of the central sun. One face will be hot when it is in the full light of the sun, while the diametrically opposed one will of course be in darkness and therefore cold.

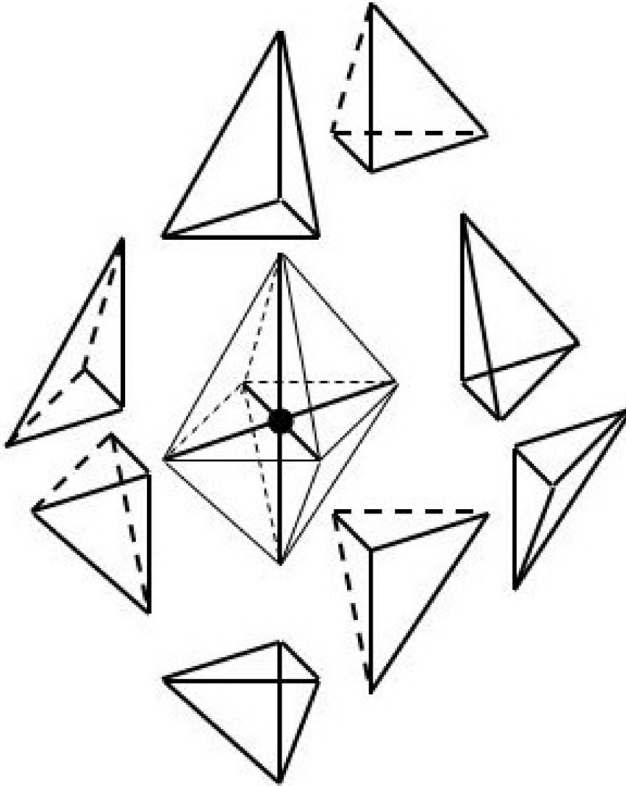
Differences of temperature (or thermal potential) thus come into being, automatically giving rise to transfers of energy and the circulation of energy. Now we know that to transport energy in the form of electric current, for example, high-voltage lines are necessary. And indeed twelve high-voltage lines, twelve lines of force, are there to be seen, to carry out this task: the twelve edges of our diamond.

With this we arrive at the final function, the utilization of energy, at least its visible part, its twelve external components, the twelve lines of force that underlie the skin of the octahedron. For in fact the function of energy use has a further part, an internal function which in principle is made up of ten components, as we shall soon see. Being internal, these are not, of course, visible from the outside. This gives us 22 components in all, 22 points of application, which use the energies that have first been manufactured and then distributed.

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<sup>11</sup> We know that the carbon atom also has the same mathematical formula: 2 electrons close to the nucleus + four at a distance!

The eight oriented energetic structures – i.e. the eight small tetrahedra which compose the mass of the octahedron and which link the centre to the periphery – exist in reality only by virtue of the two centrifugal and centripetal energies, expansion and constriction, Yin and Yang, on which they are formed and of which they also ensure the distribution. Just as light diffuses through the mass of the diamond, across the eight tetrahedra that compose it, so in man, the nourishing and defensive energies are diffused via the eight Extraordinary Channels that distribute them.

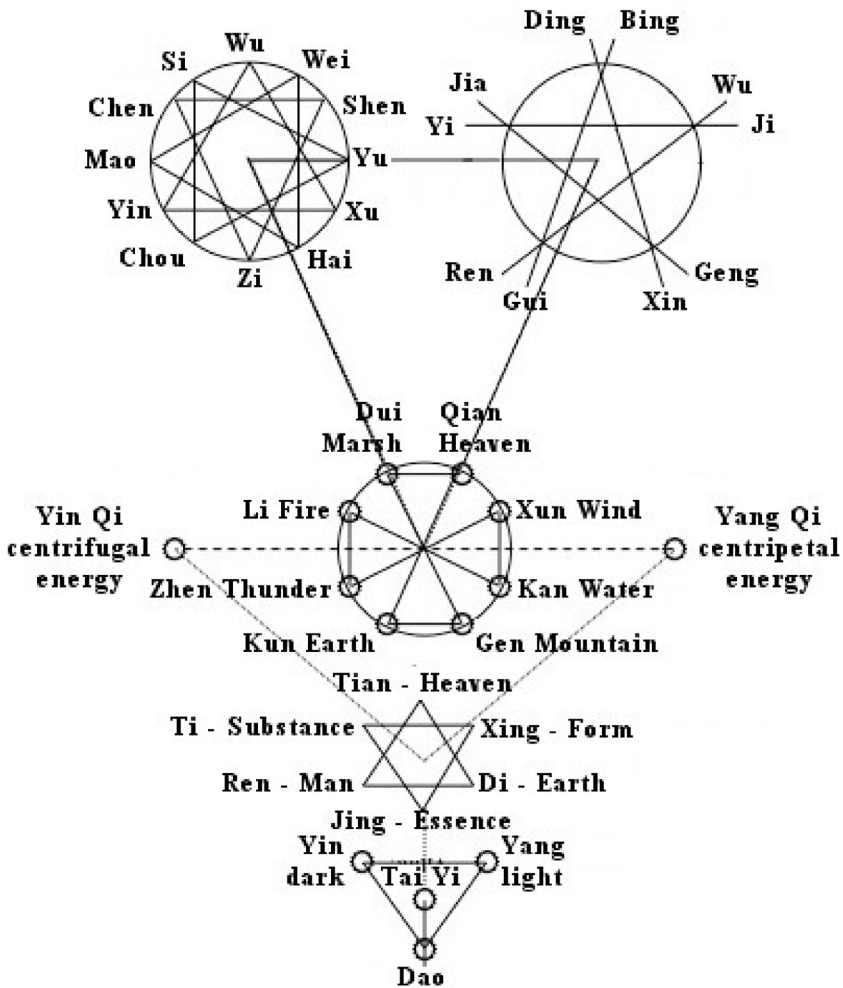


### Third stage: utilization

In its understanding of the Universe, the Chinese tradition with its 10 terrestrial and 12 celestial energies runs parallel to the Egyptian and Western traditions – with the 22 major Arcanes, those mysterious symbols of the three phases of the Great Alchemical Work<sup>12</sup>, analogous to the 10 planets and luminaries and the 12 constellations of the Zodiac which appear to turn around the Earth.

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<sup>12</sup> Jacques Pialoux: Le 8ème Jour de Ptah – Traité des 22 Arcanes de la Science d'Al Kemit – Les Deux Océans - Paris

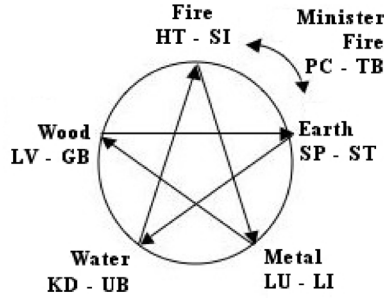


Similarly, in man, traditional Chinese medicine postulates 10 internal energy functions with the organs as anatomical counterparts and 12 peripheral energy currents, the 12 acupuncture meridians:

The 10 internal Organs and Viscera are: Heart HT - Spleen SP - Lungs LU - Kidneys KD - Liver LV - Small intestine SI - Stomach ST - Large intestine LI - Bladder UB - Gallbladder GB. To these ten functions-organs we must add two others, veiled or masked by the others, one might say, of which only the first is structured:

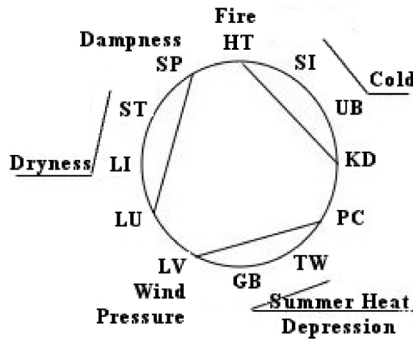
Triple Burner, TB, having as anatomical counterpart the organs as a whole and the Pancreas (exocrine) in particular; and the pericardium PC (or circulation-sex meridian). These latter two functions relate to the vagotonic and sympatheticotonic functions of the body's parasympathetic and orthosympathetic systems.

The functions of the organs and viscera correspond two by two to the organization of the "5 Elements of the Earth" (*Wu Xing*): Fire + Minister Fire (implicit), Earth, Metal, Water and Wood, whose functions we shall soon discover.



5 ELEMENTS

The 12 Meridians of external function, antennae of the functions-organs, are: Heart HT - Small intestine SI - Urinary bladder UB - Kidneys KD - Pericardium PC (or Circulation-Sex channel) - Triple Warmer TW - Gallbladder GB - Liver LV - Lungs LU - Large intestine LI - Stomach ST - Spleen SP.<sup>13</sup>



These meridians are bilateral (on both the left and right sides), with trajectories that run from the upper or lower limbs to the trunk or head. They correspond in pairs to the heavenly six Environmental Phenomena (*Liu Qi*), that is to say to atmospheric variations of temperature, hygrometry and pressure, which we shall study below:

- Fire, (HT - KD) and Cold (SI - UB)
- Dampness (LU - SP) and Dryness (LI - ST)
- Atmospheric Pressure (Wind) (PC - LV) and Depression (Summer Heat) (TW - GB).

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<sup>13</sup> Be sure not to confuse the 3 Warmers and the 3 Burners proper (peripheral and central functions of the 3 Burners), with the Triple Burner (TB: the Pancreas, a function/organ) and the Triple Warmer (TW: a channel).

The Meridians link the 360 bilateral acupuncture points, making it possible to act on the various functions that we are in the process of discovering.

These 22 energy structures – ten concerned with internal function and twelve with external function (Minister Fire, i.e. Triple Burner and Pericardium, being implicit in the 5 Elements) – utilize the two energies distributed by the Extraordinary Channels, nourishing energy and defensive energy, in the form of Blood (*Xue*) and Energy (*Qi*) respectively.

At this point it should be noted that the functioning of the organs and viscera can be approached from two main angles:

- That related to the regulation and function of the Three Burners, the Way of Water and Cereals, for the manufacture of nourishing (*Ying Qi*) and defensive energies (*Wei Qi*): Blood (*Xue*) and Energy (*Qi*). As we have said, this manufacture comes about by way of the four fundamental energies: original energy (*Yuan Qi*), ancestral or genetic energy (*Jing Qi*), food or alimentary energy (*Gu Qi*) and respiratory energy (*Qing Qi*).
- That of the body's utilization of the energies of the earthly Five Elements (*Wu Xing*), Wood, Fire, Earth, Metal and Water, associated with five major functions known as "muscle, blood, flesh, skin and bone", and sensitive to seasonal variations in particular.

A similar situation holds for the 12 channels, the function of which may be approached from either of the following two angles:

- That of the regulation of the Three Warmers, the peripheral function of the Three Burners, in order to maintain the integrity of the organism and prepare the transformation of the four fundamental energies and manufacture of the nourishing and defensive energies by the Three Burners proper; in a word, to ensure the good functioning of the Way of Water and Cereals.
- That of the body's adaptation to the circadian cycle and variations of temperature, hygrometry and pressure, and the use by the body of the energies associated with the heavenly six environmental phenomena (*Liu qi*), Cold, Fire, Dryness, Dampness, Summer Heat or Atmospheric Depression, and Wind or Atmospheric Pressure. Body temperature, hydration status and arterial tension (pressure) are all dependent on this function.

#### **An energy system:**

To summarize, the organization of the energies and forces in man may be presented schematically as follows:

#### ● **Stage One:**

- *4 fundamental potential energies:*
  - vital or original energy, the Original Breaths (*Yuan Qi*)
  - respiratory comburent energy (*Qing Qi*)
  - food or alimentary energy (*Gu Qi*)
  - ancestral, genetic energy (*Jing Qi*)
- *6 secondary forces for preheating and transformation, peripheral and central functions of the Three Burners (San Jiao):*
  - the upper, median and lower Warmers, having the Meridians as energetic counterparts

- the upper, median and lower Burners, having the Functions-Organs as energetic counterparts

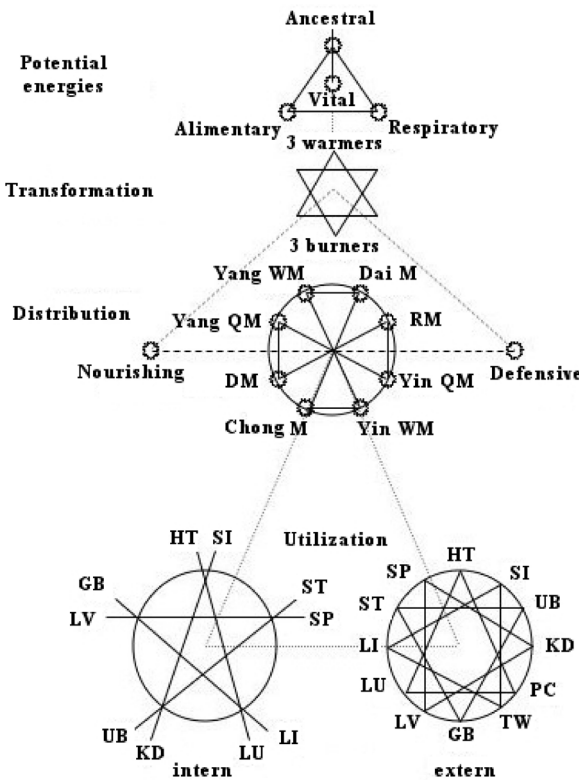
● **Stage Two**

- 2 radical energies for distribution:
  - nourishing energy, *Ying Qi*, i.e. "Blood", *Xue*
  - defensive energy, *Wei Qi*, i.e. "Energy", *Qi*
- 8 secondary forces of generation and distribution (passage from earlier heaven to later heaven):
  - 8 Extraordinary Channels (*Qi Jing Ba Mai*)

● **Stage Three**

- 22 energies of utilization:
  - 10 energies of internal function (organs and viscera – *Zang* and *Fu*)
  - 12 energies of external function (meridians or channels – *Jing Mai*)

However, all these energies are in fact but the different aspects of one single energy, the Energy of Life, that of the Original Breaths (*Yuan Qi*), for all is Life, all is Spirit, all is the expression of the First Principle of everything that exists, *Tai Yi*.



Analysing the human energy system in greater detail, we find a certain number of forces which are complementary to those we have just discovered, and also a bilateral structure of some of the constituent energies. The overall picture then looks as follows:

- 4 Potential Energies: (Original, alimentary, respiratory, ancestral)
- 3 Warmers and 3 Burners proper, the peripheral and central functions of the Three Burners
- 2 Fundamental Energies: (nourishing and defensive, i.e. Blood and Energy)
- 8 Extraordinary Channels, bilateral (*Qi Jing Ba Mai*)
- 12 Functions-Organs and Viscera (*Zang-Fu*)
- 12 Divergent channels, bilateral (*Jing Bie*)
- 12 Main channels, bilateral (*Jing Mai*)
- 12 muscle sinew channels or tendino-muscular channels, bilateral (*Jing Jin*)
- 12 bilateral transverse *Luo*-connecting vessels.
- 16 longitudinal *Luo*-connecting vessels, 15 of which are bilateral.

The divergent channels (*Jing Bie*) establish a special relationship between the Main Meridians and the Functions-Organs.

The tendino-muscular channels (*Jing Jin*) run parallel with the Main Meridians at the surface.

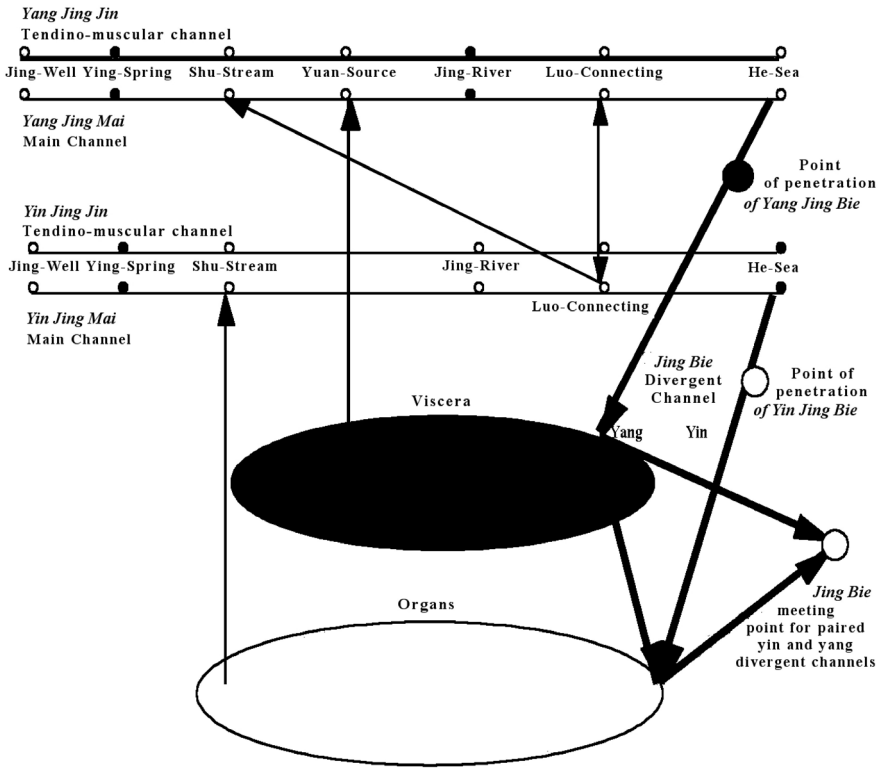
The transverse *Luo*-connecting vessels (*Luo* means "passage") link the *Yin* and *Yang* meridians.

The longitudinal *Luo* "irrigate" a number of specific areas of the body, from the *Luo*-connecting (passage) point of each of the meridians or from certain special points.

### **Meridian-Organ Relationships**

The diagram below shows the organization of the Tendino-muscular Channels, the Main Meridians and the Divergent Channels, in relation to the Organs and Viscera, together with the organization of the transverse *Luo*-connecting vessels (passages) linking the paired main meridians (yin and yang):







### 3

## The Eight Principles Energy and Blood (Qi and Xue)

As we embark on a study of Traditional Chinese Medicine and its vision of energies, we make the acquaintance of eight fundamental principles: Yin-Yang, Deficiency-Excess, Cold-Heat, Interior-Exterior. And indeed we might say that these eight principles contain the whole of our knowledge of the energies: their origin, genesis, qualities, distribution, excesses and insufficiencies, functions, pathologies, levels, applications, regulation, and so on. At this point, however, we shall limit ourselves to some basic information about them.

#### Yin and Yang<sup>14</sup>

Yin and Yang are the qualities of the potential energies, even before anything whatsoever exists: as we have seen, duality emanates ready to be manifested from the Way, the *Tao (Dao)*, in the form of dark and light principles.

Yin and Yang are also the qualities of the two fundamental energies of expansion and constriction, centrifugal and centripetal energies, which, arising out of the Universe's Three Burners, will ensure its genesis.

Yin and Yang are also the qualities of everything that is defined in terms of duality, opposition or complementarity: dilatation-contraction, centre-periphery, inside-outside, below-above, right-left, front-back, ventral-dorsal, female-male, organs-viscera, structure-energy, passivity-activity, nourishing energy-defensive energy, Blood-Energy, etc.

All this seems very simple, but there is a hitch! For according to whether the designations Yin and Yang refer to structures or to energies, their

<sup>14</sup> Yin and Yang, for brevity we shall sometimes use the abbreviations y for Yin and Y for Yang

qualities are reversed: a Yin structure will have Yang energy, while a Yang structure will have Yin energy. But that said, how is it possible to designate something that at the same time both unites and opposes structures and energies? Let us start with some definitions:

A *structure* is fundamentally static, although it may be either passive or (if an energy is applied to it) active.

An *energy* is fundamentally dynamic, but it may be either at rest (potential) or in motion (when it imparts activity to the structure).

**When we engage in the study of energies, what we are looking at is the dynamics of motion!**

To use an analogy, imagine I take a bicycle pump and stop up the hole through which the air is drawn in, and then pull out the handle of the piston. When I do this, the little air contained in the shaft of the pump will expand, so becoming a static, dilated structure, Yin, but at the same time it has acquired an inverse energy, dynamic, albeit only potential, an energy of constriction, centripetal, and thus Yang: if I release the piston it will revert to its original position.

If, on the other hand, I first pull out the piston, stop up the outlet, and then push it in again with the outlet stopped up, the air in the shaft of the pump will be compressed. It is now a static, concentrated structure, Yang; but it has acquired a dynamic energy, again potential, of dilatation, centrifugal, which in terms of its nature or quality is the opposite: Yin. If now I release the piston, it will recoil all the more violently depending on the amount of force with which I pushed it in. Compressed gas in a bottle is Yang, but the energy that makes it shoot out forcibly is Yin.

The heart, being a dense, concentrated, active muscle, is Yang in terms of its structure, but its energy, being centrifugal – sending blood all over the body as it does –, is Yin. Now take the small intestine, an elongated sac that holds the food bolus and propels it forward by very slow peristaltic movements. As such it has a Yin (dilated) structure, but by ensuring the concentration of the food bolus and its digestion, it also exerts a centripetal, Yang energy. In the same way, heat – fire – the quality of a structure undergoing calcination, contracted, Yang, also has a Yin energy of expansion; whereas cold, the quality of a frozen structure, dilated (remember that ice has a greater volume than that of the equivalent quantity of water) is Yin, but it also possesses a Yang energy of constriction. Thus it becomes evident that:

- The skin and muscles have Yang energy, using surface tension in particular to exercise a protective function.
- The interior has Yin energy, nourishing the individual by way of Blood energy.
- The dorsal part of the body houses the Yang meridians: the nature of Yang is to be behind, superficial, protecting the body from external pathogenic elements.
- The ventral part of the body houses the Yin meridians, the function of which is to nourish.
- The viscera (Gallbladder, Small Intestine, Stomach and Pancreas, Large Intestine, Bladder) have Yang energy: they store, transform and digest

matter or fluids and concentrate pure energies, then evacuate impure energies from the food and breath to the outside.

- The organs (Liver, Heart, Spleen, Lungs, Kidneys) have Yin energy: they store the pure energies extracted by the viscera from the original, alimentary, respiratory, and ancestral energies, and distribute it throughout the body in the form of Blood.
- Centripetal, active, Yang Energy exerts the functions of protection (surface tension), ensuring external heat, concentrating and transforming.
- The Blood (Blood energy), centrifugal, passive, Yin, has the function of distributing, nourishing, ensuring internal heat, expanding. At its peak, the Blood (its Yin, centrifugal energy) is transformed into (Yang, centripetal) Energy.
- The concentrated, heavy, physiologically active dense structures of the body are Yang, but their energy (centrifugal) is Yin: this is true of the structures of the organs in particular.
- The dilated, light, physiologically passive sac-like structures are Yin, but their energy (centripetal) is Yang: this is the case in particular for the visceral structures.

But remember, nothing is ever totally Yin nor totally Yang: the most powerful Yin contains Yang, and the strongest Yang, Yin.

Taking our enquiry a little further and to help us grasp the dynamic aspect of all energy and become familiar with the interplay of Yin and Yang, let us turn our attention to the autonomic nervous system and its orthosympathetic and parasympathetic functions.

### **Orthosympathetic - Parasympathetic**

We know that the automatic nerve impulses of autonomic life arise from a twin system composed of the orthosympathetic – also called more simply the sympathetic – and the parasympathetic. To better understand the sympathetic and parasympathetic modes, we can take a look at some basic definitions in the physiology of three major organ systems of the human body, with this point in mind:

- The five organs – heart, spleen, lungs, kidneys and liver – all share the common feature of rapid transit of blood and the distribution to the rest of the organism of the materials carried and delivered to them by the blood.
- The six viscera – small intestine, stomach, large intestine, bladder, gall-bladder and exocrine pancreas – all have as common feature the storage and slow transit of material or fluids, and concentration of the pure energies these contain, after which they evacuate the material or fluids in some specific direction.
- The five somatic and sensory correspondences – blood/peripheral vessels, flesh, skin, skeleton, tendons/muscular aponeuroses on the one hand, and tongue, lips, nose, ears and eyes on the other – share the common feature of the adaptation and use or elaboration of matter or fluids and then their propulsion in a given direction.

Each of these three systems thus has a dual aspect:

- An internal aspect, its major function
  - Distribution in the case of the organs
  - Storage in the case of the viscera
  - Adaptation, use or elaboration of substances in the case of the somatic and sensory correspondences
- An external aspect, consisting of a real or theoretical sphincter which in its normal state will be either open or closed:
  - Open, for distribution by the organs
  - Closed, for storage by the viscera
  - Open, for the adaptation, use or elaboration of substances by the somatic and sensory correspondences

To each of these three systems, the sympathetic and the parasympathetic apply tonus and inhibition of tonus respectively.

Thus, as far as the organs are concerned, the sympathetic accelerates the rhythm of contractions and closes the sphincter: in the case of the heart, it produces vasoconstriction of the arteries (closure of the sphincter) and acceleration of the rhythm of contractions. In energetic terms, we may say that the sympathetic applies a Yang energy of activation and constriction. The parasympathetic has the opposite effect, that is to say application of Yin energy of inhibition and dilatation.

Autonomic nervous system	Organs		Viscera		Somatic and sensory correspondences	
	Movements	Sphincter	Movements	Sphincter	Functions	Sphincter
<b>Sympathetic</b>	accelerates Yang	closes Yang	moderates Yin	closes Yang	accelerates Yang	opens Yin
<b>Para-sympathetic</b>	moderates Yin	opens Yin	accelerates Yang	opens Yin	moderates Yin	closes Yang

In the case of the viscera, the sympathetic moderates the rhythm of contractions and closes the sphincter: in the intestines, it moderates the peristaltic movements and closes the anal sphincter. Here the sympathetic is applying Yin energy of inhibition and Yang energy of constriction. The parasympathetic for its part of course exerts the opposite effect, i.e. the application of Yang energy of activation and Yin energy of dilatation.

Lastly, with respect to the somatic and sensory correspondences, the sympathetic accelerates elaboration and opens the sphincter: for example, acting on the skin, muscles or organs, it exerts a pilomotor, sudoromotor effect and dilatation of the bronchi and pupil, muscular vasodilatation, etc. The sympathetic thus exerts Yang energy of activation and Yin energy

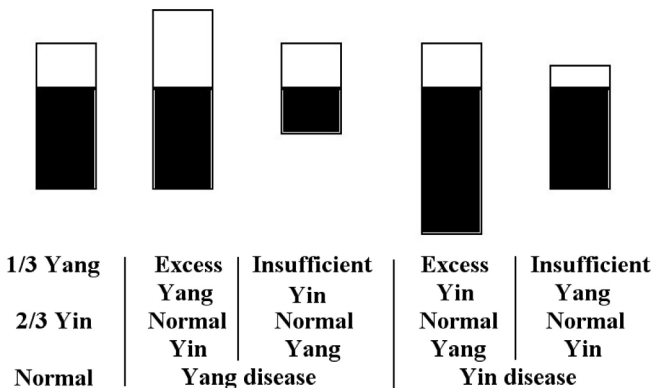
of dilatation. Here again the parasympathetic will have the opposite effect, applying Yin energy of inhibition and Yang energy of constriction.

Finally, as we said above, it is important to remember that nothing is ever totally Yin nor totally Yang. Yin contains a certain quantity of Yang and Yang a certain quantity of Yin, it all being a question of proportion. This being so, when defining the good functioning of an energy system – its state of health, to put it more precisely – it is considered that approximately two-thirds Yin (the vital energy represented by Blood, Xue) to one-third Yang (surface tension and movement energy, Qi), represents the most harmonious proportion.

**Yin and Yang Dysfunctions**

According to Traditional Chinese Medicine, man functions through energy, Qi (pronounced Chi), the primary definition of which has two parts, since it necessarily has two opposite and complementary components, Yin and Yang. Energy, as we have seen, takes on a multiplicity of aspects, derived from the original or transcendental energy, present everywhere and always, through our alimentary, respiratory and ancestral energies. These four energies are transformed by the Three Burners into nourishing and defensive energies, which are distributed by the extraordinary channels and then used by the organs, viscera and meridians in the form of Blood and Energy – i.e. Yin energy and Yang energy – for the good functioning of the organism and its adaptation to the variations of its environment (homeostasis).

To deepen our understanding of the relations between Yin and Yang, let us now jump ahead and look at physio-pathology and diagnosis in Traditional Chinese Medicine. In terms of Yin/Yang, a Yang-type dysfunction may take on two different forms, the symptoms of which are quite similar: an insufficiency of Yin, or an excess of Yang. Accordingly, a dysfunction of the Yin type may manifest as insufficient Yang or excess Yin. It is clear that any attempt at regulation needs to take this reasoning into account, resulting in two quite distinct types of treatment for each of these dysfunctions:



### Treatment

- Yang disease due to an excess of Yang: remove excessive Yang, disperse Yang.
- Yang disease due to insufficient Yin: increase and tonify Yin.
- Yin disease due to an excess of Yin: tonify Yang (which is then nourished by the excess Yin); **we never disperse general Yin energy, this being the energy that assures the vitality of the organism.**
- Yin disease due to insufficient Yang: tonify both Yang and Yin; since Yang is nourished by Yin, after tonifying Yang, Yin should also be tonified.

Without these distinctions, no diagnosis or therapy can ever be accurate.

### Excess and Deficiency

While all energy has a quality, Yin or Yang, we also have to consider its quantity in terms of normal, insufficient ("deficiency") or excessive ("excess"). All energies, starting from the nutritive and defensive energies issuing from the Three Burners, to those of the functions/organs and meridians, respond to a qualitative and quantitative regulation. This gives us four possible configurations:

- Excess with dominant Yin quality (excess of Yin)
- Excess with dominant Yang quality (excess of Yang)
- Deficiency with dominant Yin quality (deficiency of Yang)
- Deficiency with dominant Yang quality (deficiency of Yin)

These four aspects of energy are fundamental, especially in respect of the quantity and quality of the general energies, Blood (*Xue*: deep, Yin-type, expansive, centrifugal energy) and Energy (*Qi*: more superficial, Yang-type, constrictive, centripetal energy). In practice, the signs of excess or deficiency of the quantity of Blood or Energy manifest as follows:

Quantity: General features			
Deficiency	Excess	Deficiency	Excess
Weak, short, slow breathing. Pallor, aversion to cold	Rapid, ample, energetic breathing. Redness, heat	<b>of Energy:</b> Slow pulse with depression	<b>of Energy:</b> Rapid pulse with hyperexcitation
Soft pulse, short (not reaching the pulse location)	Hard pulse, long (beyond the pulse location)	<b>of Blood:</b> Thin, fine pulse with anemia	<b>of Blood:</b> Full pulse, with congestion, plethora
Lassitude, laziness, depression, diarrhea	Intense activity, hyperexcitation Constipation, contractures	<b>superficial:</b> pruritus, weakness, edema retaining finger imprint	<b>superficial:</b> contractures, edema not retaining finger imprint



Quantity: General features			
Deficiency	Excess	Deficiency	Excess
Numbness, loss of sensitivity	Dull or acute pain	<b>deep:</b> signs of cold, atonia	<b>deep:</b> inflammation, excitation

The major signs of insufficiency or excess of Yin and Yang qualities are as follows:

Deficiency		Excess	
Yin	Yang	Yin	Yang
Right wrist pulse and deep pulses weaker	Left wrist pulse and superficial pulses weaker	Right wrist pulse and deep pulses stronger	Left wrist pulse and superficial pulses stronger
Internal cold, extremities hot	External cold, sweating	Internal heat, extremities cold	External heat, skin dry
Emaciation with weakness	Stoutness, pallor and weakness, lack of tonus of muscles	Stoutness with strength	Emaciation with strength, muscles firm

A number of specific points are available to us to regulate the quantity and quality of Blood and Energy:

- Quantity of Blood: SP 6
- Quantity of Energy: ST 36
- Blood Yin quality: RM 6
- Blood Yang quality: RM 12
- Yin quality of Energy: DM 14: *Da Zhui*, or *Bai Lao* – Hundred Labors
- Yang quality of Energy: DM 20: *Bai Hui* - Hundred Meetings
- Quantity of energy in the yin channels (all deep pulses, all right pulses): PC6
- Quantity of energy in the yang channels (all superficial pulses, all left pulses): LI 4

In consequence of the rules stated above<sup>15</sup>, the general regulation table is thus as follows (t = tonify; d = disperse or drain):

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<sup>15</sup> See above: Yin diseases and Yang diseases.

<b>Blood</b> ( <i>Xue</i> )	<b>Excess</b>	Tonify ST 36	<i>Yin excess</i>	Full pulse (cun loca- tion)	Tonify RM 12
			<i>Yang excess</i>	Wiry pulse (cun loca- tion)	Drain RM 12
	<b>Deficiency</b>	Tonify SP 6	<i>Yin deficiency</i>	Deep pulse (cun location)	Tonify RM 6
			<i>Yang deficiency</i>	Floating pulse (cun location)	Tonify RM 12 RM 6
<b>Energy</b> ( <i>Qi</i> )	<b>Excess</b>	Drain ST 36	<i>Yin excess</i>	Full pulse (carotid pulse)	Tonify DM 20
			<i>Yang excess</i>	Wiry pulse (carotid pulse)	Drain DM 20
	<b>Deficiency</b>	Tonify ST 36 SP 6	<i>Yin deficiency</i>	Deep pulse (carotid pulse)	Tonify DM 14
			<i>Yang deficiency</i>	Floating pulse (carotid pulse)	Tonify DM 20 DM 14
<b>Yin radial pulses</b>	All pulses on right radial artery. All deep pulses.		<i>Excess</i>	Tonify LI 4	
			<i>Deficiency</i>	Tonify PC 6	
<b>Yang radial pulses</b>	All pulses on left radial artery. All superficial pulses.		<i>Excess</i>	Drain LI 4	
			<i>Deficiency</i>	Tonify LI 4 - PC 6	

### Complex Yin-Yang patterns:

If a patient presents pain, the type of pain encountered (Yin or Yang), in combination with the quantity of Blood or Energy, gives rise to similar regulation techniques for complex Yin-Yang patterns.

The aspects of blocked Yin or blocked Yang correspond to the concentration in a precise location of the little energy available – being insufficient, blocked, it is no longer able to circulate – with resulting pain of the same type. A typical example is angina, where Lung Yang is blocked.

Complex Yin-Yang patterns				
<b>BLOOD</b> <i>(Xue)</i>	<b>Quantity</b>	<b>Points</b>	<b>Pain</b>	<b>Points</b>
	<i>Excess</i>	ST 36 t LI 4 t	Yin	RM 12 t
			Yang	RM 12 d
	<i>Deficiency</i>	SP 6 t PC 6 t	Yin (blocked Yin)	RM 6 t
Yang (blocked Yang)			RM 12 t RM 6 t	
<b>ENERGY</b> <i>(Qi)</i>	<b>Quantity</b>	<b>Points</b>	<b>Pain</b>	<b>Points</b>
	<i>Excess</i>	ST 36 d LI 4 d	Yin	DM 20 t
			Yang	DM 20 d
	<i>Deficiency</i>	ST 36 t LI 4 t SP 6 t PC 6 t	Yin (blocked Yin)	DM 14 t
Yang (blocked Yang)			DM 20 t DM 14 t	

### Cold and Heat

The question of temperature is of course of the utmost importance for animal life and human life in particular.

An old legend dating back five or six thousand years relates that once there was a gang of children of ancient China who climbed the trees in search of birds' nests, just as children have always done and still do today.

One day, one of these children, perhaps more evolved than the others, began to reflect on the fact that in these nests, under the effect of gentle heat, the amazing power of life was manifesting itself in the hatching of the eggs that the nightingale, the warbler, or the Vermillion Bird had laid there. Might this not be so for every circumstance? Had vitality not always needed a nest and warmth in order to express itself?

And so, passing from theory to practice, it came about that our young researcher discovered that his body contained hollows and nests where vitality, vital energy, could be amplified by simple cauterization with the help of a firebrand: his vitality and strength were increased tenfold! He had just invented not only moxibustion but also the art of manipulating energies, and all the resultant knowledge concerning the acupuncture points and meridians, the 3 Burners and the 8 Extraordinary Channels, the 5 Elements and the 6 Qualities, and lastly our understanding of health and disease...

Earlier, when studying the general signs, we saw the significance of the symptoms of cold or heat in relation to variations in the quality of Yin or Yang considered as principles of Blood or Energy:

- Excess Cold is a phenomenon of passive congestion (Yin) due to slowing down of the circulation and deficiency of Blood (Yin) or of Energy, Qi (Yang).

- Excess Heat is a phenomenon of active congestion (Yang) and inflammation corresponding to hypermobilization of Qi (Yang) Energy or Blood (Yin) Energy.

<b>Deficient Yin (Blood)</b>	<b>Deficient Yang (Qi)</b>	<b>Excess Yin (Blood)</b>	<b>Excess Yang (Qi)</b>
Internal cold, hot extremities	External cold, sweating	Internal heat, cold extremities	External heat, skin dry

This brings us to symptoms caused by attacks of cold or heat, which are related to the Blood quality in particular, giving rise to the following pattern:

<b>Cold</b>		<b>Heat</b>	
<b>Internal</b>	<b>External</b>	<b>Internal</b>	<b>External</b>
Blood Yang deficiency (apparent Yin)	Aggression by cold or external wind-cold	Excess of Blood Yang	Aggression by heat or external wind-heat
Absence of thirst or desire for hot drinks, abundant clear urine, soft stools or diarrhea, pallor, shivering, cold bones, deep, weak, slow pulse	Acute pain, fixed (cold) or mobile (wind), neuralgia	Desire for cold drinks, infrequent, dark urine, constipation, dry stools, hot limbs, agitation, red, hot, dry skin, rapid pulse, ample or tight	Redness, heat, fixed pain (heat) or mobile pain (wind), with or without fever

To provide heat, when cold dominates, we need to warm the acupuncture points, for which we use mugwort moxas. For cooling, the needles will be called into play...

### **Surface and Depth or Exterior (*biao*) and Interior (*li*)**

We have already touched upon the two aspects of depth and surface, in connection with Blood, deep energy, and Energy, superficial energy. With that we discovered the major corresponding signs of deficiency or excess, as regards both quantity and quality.

However, we have yet to delve into the more specific functions of each of these deep and superficial levels of energy. These functions respond overall to the laws of regulation of the peripheral and central functions of the Three Burners (the three warmers and three burners proper respectively) (first stage, manufacture of energies)<sup>16</sup>; they also respond to the laws of the

<sup>16</sup> See Part 2 – Manufacture of Energies: the Three Burners

five Earth Elements and to those of the heavenly “six Environmental Phenomena” (*Liu Qi*) (third stage, utilization of energies)<sup>17</sup>.

We also need to take account of the various energy structures on the surface that are related to the main channels<sup>18</sup>:

- ligamentary or tendino-muscular channels (*Jing Jin*), which run parallel with the main channels on the surface.
- transversal *Luo* vessels, passages from a channel to the paired channel (Yin-Yang); longitudinal *Luo*, passages irrigating specific territories of the body; group *Luo* vessels, passages linking the channels in groups of three.

Lastly, we note an energy structure that establishes a link between surface and depth:

- divergent vessels or distinct channels (*Jing Bie*), which link the channels to the organs and viscera and thence to the neck or the head.

In a later chapter we shall study the trajectories, functioning, symptomatology and treatment pertaining to each of these energy structures<sup>19</sup>.

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17 See Part 4 - Utilization of Energies: Organs and Meridians

18 See Chapter 2 – The Energies in the Universe and Man - General organization of the energetic structures

19 See Chapter 14: Complementary Vessels - Trajectory, Symptomatology and Treatment



**Part Two**  
**First stage - Manufacture of Energies:**  
**The Three Burners**





**A) Peripheral Function  
of the Three Burners:  
The Three Warmers**



## 4

# The Six Paired Channels (Liu Jing) and their Regulatory Functions

The twelve Acupuncture Channels, grouped two by two as the “Six Channels” (*Liu Jing*), ensure a number of functions designed to eliminate anything that might disturb the harmonious regulation of the organism.

As we have seen, the functioning of the channels can be approached from two standpoints:

- Adaptation to the circadian cycle and variations of temperature, hygrometry and pressure, and the body’s utilization of the energies associated with the so-called “Six Environmental Phenomena”: Cold, Fire, Dryness, Dampness, Summer Heat or Atmospheric Depression, Wind or Atmospheric Pressure.
- Regulation by the three Warmers, the peripheral function of the three Burners, in order to maintain the integrity of the organism<sup>20</sup> and prepare for the transformation of the four fundamental energies and the manufacture of nourishing and defensive energies by the three Burners proper – in a word, to ensure the smooth functioning of the “Pathway of Water and Cereals”.

It is this latter aspect, with its six levels of energetic defense, which we shall now deal<sup>21</sup>.

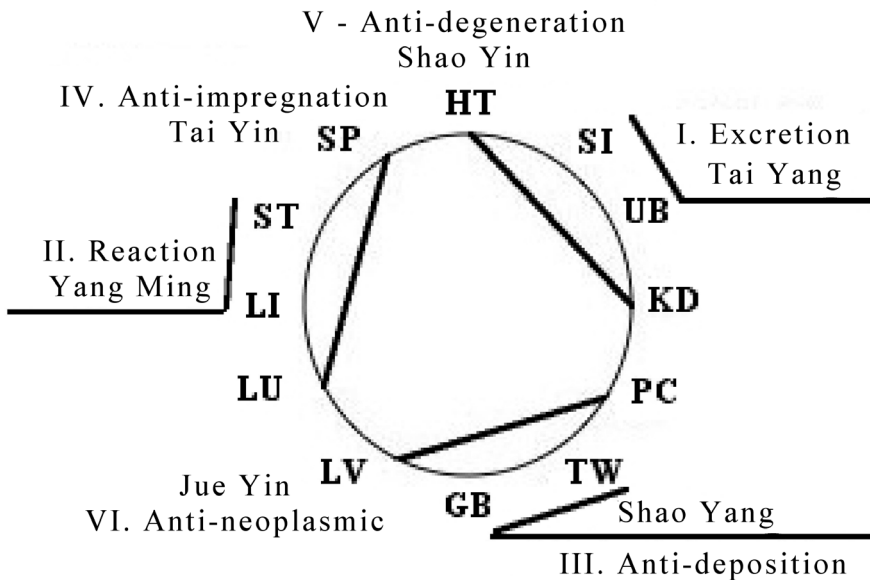
I. The *Tai Yang* channel (Small Intestine–Bladder), Greater Yang, has as its function excretion. The excretory functions corresponding to the small intestine and bladder are the elimination of toxic fluids, urine and sweat,

20 Jacques Martin-Hartz describes this process in his study of Shang Han Lun, On Cold Damage by Master Zhang Zhong Jing (150 - 219) and Die Homotoxinlehre by Dr Reckeweg, Baden-Baden: Le Dragon de Jade - Atlas d’Acupuncture, Ed. Fondation C. Celsus, Erde, Switzerland

21 Huang Di Nei Jing Su Wen: Chapter 31, Re Lun (On Febrile Diseases), defines the order of these six levels.

in parallel with those of absorption, nutrition of the organism, and supply of energy in the blood.

- II. The *Yang Ming* channel (Large Intestine–Stomach), Yang Brightness, has as its function reaction. Without such reaction necessary to complete the excretion process, elimination via the stools could not come about correctly.
- III. The *Shao Yang* channel (Triple Warmer–Gallbladder), lesser Yang, has as its function anti-deposition. This function prevents clogging of the organism by various types of stones (salivary, renal, biliary, etc.) and cysts or benign tumors.



- IV. The *Tai Yin* channel (Lungs–Spleen) greater Yin, has as its function anti-impregnation. The purpose of this function is to prevent accumulation of toxins in the organs and tissues, impregnation that can give rise to ulcers, migraine, asthma, eczema, rheumatism, tuberculosis, disorders of the glandular system, etc.
- V. The *Shao Yin* channel (Heart–Kidneys), lesser Yin, has as its function anti-degeneration, that is the prevention of all organic degeneration, in particular at the cardio-renal level, manifesting as diabetes, cardiovascular disease, hypertension or hypotension, etc.
- VI. The *Jue Yin* channel (Pericardium–Liver), terminal Yin, has as its function anti-neoplasm. Thus it prevents anarchic cellular proliferation and so participates in maintaining the integrity of the organism.

**Symptomatology and treatment of the Main Channels** (*Jing Zheng*)

Channel	Deficiency	Excess
<p><b>Lungs</b>  <b>Tonification point</b>                      LU 9  <b>Dispersion point</b>                      LU 5  <b>Yin-Yang pairing:</b> Large Intestine</p>	<p>Breathing difficulty: shortness of breath - cold in the shoulders and back - changing complexion - pain in the subclavicular fossa - sore throat - dry cough - dreams of white shapes</p>	<p>Panting, cough with expectoration - pain in shoulders, back, side - white complexion - sweating - frequent urination - sneezing - dreams of terrifying scenes</p>
<p><b>Large Intestine</b>  <b>Tonification point</b>                      LI 11  <b>Dispersion point</b>                      LI 2  <b>Yin-Yang pairing</b>                      Lungs</p>	<p>Atonic diarrhea or constipation - skin rash, pruritus - cold - slowness of warming - improved by bitter taste</p>	<p>Spasmodic constipation - dry mouth - cracked lips - warm body</p>
<p><b>Stomach</b>  <b>Tonification point</b>                      ST 41  <b>Dispersion point</b>                      ST 45  <b>Yin-Yang pairing</b>                      Spleen</p>	<p>Sluggish digestion - vomiting of water after eating - flushed face, pain in eyebrows - emotivity, tearfulness, sadness - cold feet</p>	<p>Stomach cramps and pain - acidity, hyperchlorhydria - chapped mouth - cracked lips - nightmares - rashes - acne</p>
<p><b>Spleen</b>  <b>Tonification point</b>                      SP 2  <b>Dispersion point</b>                      SP 5  <b>Yin-Yang pairing</b>                      Stomach</p>	<p>Abundant eliminations - loss of energy from 9 a.m. to 5 p.m. - aerogastria - poor digestion - cold and weakness of the feet - dreams of construction</p>	<p>Swelling of abdomen - yellow complexion - scanty elimination - articular pain - heavy sighs, grief, obsessions - dreams of songs and music</p>
<p><b>Heart</b>  <b>Tonification point</b>                      HT 9  <b>Dispersion point</b>                      HT 7  <b>Yin-Yang pairing</b>                      Small Intestine</p>	<p>Grief, absence of laughter - pale face - depression, fear, anxiety - shortness of breath on effort - night sweats, insomnia - dreams of fire</p>	<p>Crazed laughter or tears of joy - flushed face - agitation of spirit, hyperexcitation - pain of angina pectoris - dreams of celebration</p>

Channel	Deficiency	Excess
<b>Small Intestine</b> <b>Tonification point</b> <b>SI 3</b> <b>Dispersion point</b> <b>SI 8</b> <b>Yin-Yang pairing</b> <b>Heart</b>	Blue lips with white border - emaciation - frequent, abundant urination - violent sweating	Scarlet face, dry mouth - abscess of mouth and pharynx - scanty urine - joyfulness and laughter
<b>Bladder</b> <b>Tonification point</b> <b>UB 67</b> <b>Dispersion point</b> <b>UB 65</b> <b>Yin-Yang pairing</b> <b>Kidneys</b>	Disturbance of mind - sexual impotence - frequent urination both night and day - urinary incontinence - cystitis - intestinal worms	Agitation - excessive erection, priapism - prostatitis - urinary retention - headache on defecation
<b>Kidneys</b> <b>Tonification point</b> <b>KD 7</b> <b>Dispersion point</b> <b>KD 2</b> <b>Yin-Yang pairing</b> <b>Bladder</b>	Indecision, confused speech - frequent urine, colorless with strong odor - cold feet and legs - abundant sweating - dreams of expanses of water, boats or people drowning	Recklessness - gray complexion - scanty, dark urine, - heavy, hot, painful feet - dry tongue - headache - dreams of difficulty undoing belt, dreams of fear of drowning
<b>Pericardium</b> <b>Tonification point</b> <b>PC 9</b> <b>Dispersion point</b> <b>PC 7</b> <b>Yin-Yang pairing</b> <b>Triple Warmer</b>	Mental depression - fatigue, absence of joy - sexual vigor - stiffness of larynx	Oppression, anger - cardiac agitation, dull alarming pain, - panting, joy and laughter - congestion headache - bad breath
<b>Triple Warmer</b> <b>Tonification point</b> <b>TW 3</b> <b>Dispersion point</b> <b>TW 10</b> <b>Yin-Yang pairing</b> <b>Pericardium</b>	Physical and moral lassitude - sadness, boredom - unresponsiveness of limbs - urinary insufficiency, cold - migraines, stiff neck	Grief, absence of joy, irritability - insomnia - pain when very windy, without precise localization - shortness of breath, inability to speak - overflowing of urine - loss of appetite

Channel	Deficiency	Excess
<b>Gallbladder</b> <b>Tonification point</b> <b>GB 43</b> <b>Dispersion point</b> <b>GB 38</b> <b>Yin-Yang pairing</b> <b>Liver</b>	Insomnia - wandering pain - pain in the chest and chin - swelling of cheeks and chin - swollen breasts	Much sleep - heavy sighs - irritability - bitter mouth in the morning on awakening - pain in all joints - numbness of knees and legs - swelling under knees
<b>Liver</b> <b>Tonification point</b> <b>LV 8</b> <b>Dispersion point</b> <b>LV 2</b> <b>Yin-Yang pairing</b> <b>Gallbladder</b>	Fear - white, waxy complexion - constipation - yellow or grey stools - impotence, frigidity - pain in thigh, pelvis minor and throat - frequent hematomas - slow coagulation - dreams of open spaces	Anger, discontentment - bluish or greenish complexion - difficult, painful micturition - lumbar pain - genital pain - dreams of angry disputes

**Treating the Main Channels**

Disequilibrium of the Main Channels calls for regulation using the tonification or dispersion points corresponding to each of them, depending on the situation.

- When there are symptoms of excess, we tonify the paired channel (Yin-Yang) at its tonification point and disperse the channel concerned at its dispersion point.
- When there are symptoms of deficiency, we tonify the channel concerned at its tonification point<sup>22</sup>.

Tonification and dispersion points						
Yin Channels	Liver	Heart	Pericardium	Spleen	Lungs	Kidneys
<i>Tonifying</i>	LV 8	HT 9	PC 9	SP 2	LU 9	KD 7
<i>Dispersing</i>	LV 2	HT 7	PC 7	SP 5	LU 5	KD 1
Yang Channels	Gall-bladder	Small Intestine	Triple Warmer	Stomach	Large Intestine	Bladder
<i>Tonifying</i>	GB 43	SI 3	TW 3	ST 41	LI 11	UB 67
<i>Dispersing</i>	GB 38	SI 8	TW 10	ST 45	LI 2	UB 65

<sup>22</sup> For the treatment of the paired channels in relation to the six Environmental Phenomena, see Chapter 13: The "Exogenous Evils" and their Treatment.

**Example:**

- if a patient presents an excess of the large intestine channel, with constipation, dry mouth, cracked lips, warm body, we tonify the tonification point of the paired channel (Yin-Yang), in this case LU 9, and disperse the dispersion point of the channel concerned, LI 2.
- If on the other hand the patient presents a deficiency of the same large intestine, with diarrhea, skin rash, pruritus, cold, we tonify the tonification point of the meridian concerned, LI 11.

However, pathologies related to the functions that preserve the integrity of the organism by way of the three Warmers, the peripheral functions of the three Burners, may involve both the paired channels and the Extraordinary Channels, which are commanded via Master Points located on the channels. Indeed, it should be remembered that these functions, if they are overstretched, give rise to pathological phases in which the paired channels and the Extraordinary Channels, which supply their energy, may be involved simultaneously, by virtue of their reciprocal relationship:

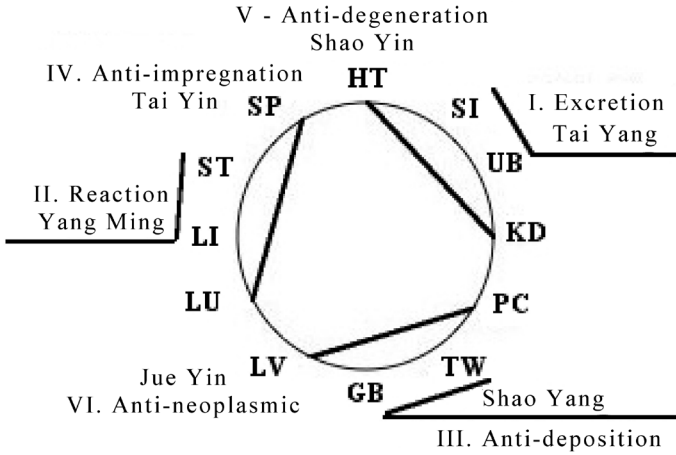
- I - Phase 1, Greater Yang (*Tai Yang*), Excretion, involves the small intestine channel and the bladder channel, with its 67 points, among which the series of back-shu points for the command of organs and functions<sup>23</sup>. In addition they are associated with two particularly important Extraordinary Channels, the Governing Vessel (*Du Mai*) and the Yang Motility Vessel (*Yang Qiao Mai*), with SI 3 and UB 62 as Master Points. This system serves as the first major line of defense. If it is overstretched, sweating and diarrhea occur.
- II - Phase 2, middle Yang or Yang Brightness (*Yang Ming*), Reaction, regulated by Large Intestine and Stomach, involves the only pair of channels exhibiting a balance of Yin and Yang<sup>24</sup> and having no link to the Extraordinary Channels. Disturbance of their function corresponds to classic gastroenteritis. The so-to-speak automatic elimination of the first phase is replaced here by an inflammatory phase necessary to induce excretion. Without this reaction phase, there can be no elimination.
- III - Phase 3, Lesser Yang (*Shao Yang*), Deposition, Triple Warmer and Gallbladder, involves the Belt (or Girdle) Vessel (*Dai Mai*), plus the Yang Linking Vessel (*Yang Wei Mai*), Master Points GB 41 and TW 5. The line of defense is still very strong here. If however the previous reaction phase no longer has sufficient energy to eliminate the toxins, and if the Lesser Yang function is itself overstretched, clogging of the organism sets in, at this stage still localized: kidney or biliary stones, cysts, benign tumors, with various disturbances of the nervous system such as migraine headaches.

It is important to note that since these first three phases are of the Yang type, they are by nature superficial and are thus readily reversible.

<sup>23</sup> See Chapter 11: Front-mu and Back-shu points

<sup>24</sup> Huang Di Nei Jing Su Wen - Chapter 24: "Tai Yang contains more Blood than Qi... the Yang Ming has much of the two..."





IV - In phase 4, Greater Yin (*Tai Yin*), Impregnation, involving Lungs and Spleen, two further important Extraordinary Channels come into play, the Conception Vessel (*Ren Mai*) and the Penetrating Vessel (*Chong Mai*), with Master Points at LU 7 and SP 4. The situation is now more serious, for we are no longer dealing with the Yang meridians, antennae of the viscera, but with the Yin meridians, antennae of the organs. Toxins accumulate and impregnate the tissues, resulting in tuberculosis, damp rheumatic conditions of the rheumatoid arthritis or ankylosing spondylarthritis type, and so on. Alternatively the glandular system may be affected, with the possibility of mucoviscidosis, for example<sup>25</sup>.

V - In phase 5, Lesser Yin (*Shao Yin*), Degeneration, Heart and Kidneys, the defenses are weakened, and only one Extraordinary Channel operates, the Yin Motility Vessel (*Yin Qiao Mai*) with its Master Point KD 6. At this point, the body seeks to establish harmony between Fire and Cold. Degeneration of the organs may set in, with cardiovascular disturbance, hypertension, diabetes, etc.

VI - In phase 6, Terminal Yin (*Jue Yin*), Neoplasm, only one single line of defense remains: the Yin Linking Vessel (*Yin Wei Mai*) with its Master Point PC 6. The coup de grâce comes about when the Heart is damaged via the pericardium and the liver. This phase is marked by neoplasia, as the organism is unable to control the anarchic proliferation of cells<sup>26</sup>.

25 Energetic analysis of the mutations occurring in the CFTR gene responsible for mucoviscidosis highlights the major role of the spleen meridian and its dysfunction. In this context see the Cornelius Celsus Foundation website: [www.cornelius-celsus.org](http://www.cornelius-celsus.org).

26 See Chapter 8: The Eight Extraordinary Channels, Trajectories, Symptomatology and Treatment. Energetic analysis of the genes of the human genome, and in particular the gene of P 53, anti-oncogenic protein, demonstrates the importance of the Extraordinary Channels in the regulation of energies and highlights the important role played by the Heart and its dysfunctions in the majority of cancers. In this context see the Cornelius Celsus Foundation, website: [www.cornelius-celsus.org](http://www.cornelius-celsus.org).

It should be noted that, as a result of proximity, phase 1 (excretion) may lead directly to phase 5, degeneration; similarly phase 2 (reaction) may lead directly to phase 4 (impregnation), and phase 3 (deposition) to phase 6 (neoplasm)<sup>27</sup>.

For the therapy applicable to these six phases which, as we have said, relate to preservation of the integrity of the organism at the level of the three Warmers, the peripheral function of the Three Burners, see the rules for the treatment of the Extraordinary Vessels<sup>28</sup>.

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<sup>27</sup> A cure may also come about in the reverse direction, from phase 6 to phase 3, 5 to 1 and 4 to 2.

<sup>28</sup> See Chapter 8: The Eight Extraordinary Channels, Trajectories, Symptomatology and Treatment.

**B) Central Function  
of the Three Burners:  
The Three Burners proper**



## **5**

# **The Three Burners Pathway of Water and Cereals**

### **The Pathway of Water**

Chinese traditional medicine basically has two different ways of viewing water:

- Water as matter, as we commonly know it, with its usual constituents.
- Water as a symbol, the opposite and complementary energy to Fire, and also one of the five traditional Elements: Water, Wood, Fire, Earth and Metal, which have the characteristics of cold, wind, heat, dampness and dryness respectively.

Thus in this second instance, Kidney Water and Kidney Fire are at the origin of all the mechanisms underlying animal life: Kidney Fire, associated with the Heart (the Shao Yin channel: fire), conveys heat to the body, which is cooled by the Water of the Kidney (Water Element: cold).

The food we eat and the water it contains are absorbed, transformed, assimilated, utilized and finally eliminated from the body by way of the Three Burners, also known as the "Pathway of Water and Cereals".

On its arrival in the Stomach, at the level of the Middle Burner, where it is "liquified", the food is sorted and separated out into:

- turbid (impure) liquids, which are directed towards the Small Intestine
- pure liquids, which are absorbed and sent to the Spleen.

In the Small Intestine, a further sorting process takes place: the pure liquids are sent on to the Spleen, while the others are directed towards the Bladder and Large Intestine. From the Spleen, the pure liquids are dispatched to the Upper Burner, Heart and Lungs. Thus the Spleen performs a

“transport and transformation” function, in which respect it is supported by the Kidneys. The pure liquids are then separated into two categories, fluid (jin) and thick (ye), Blood being considered apart:

- Fluid liquids (jin) are superficial, more specifically associated with defensive energy; they impregnate the tissues and ensure humidification of the mucous membranes lining the body’s orifices.
- Thick liquids (ye) are located at depth: they are made up principally of the synovial fluid, which ensures lubrication of the joints, and the lymph and cerebrospinal fluid which nourish the marrows (bone marrow, spinal cord and brain).

In the Upper Burner, the body fluids pass through the Lungs and in part through the Heart, which provides the impulsion to the Blood. The Lungs, by way of the respiration, govern Energy (Qi) and control the diffusion and descent of this Energy and body fluids to the Kidneys, i.e. distribute them throughout the body.

In summary, Blood is acted upon by two viscera and four organs:

- The Stomach, Small Intestine and Spleen, which produce it by providing the liquids and substances of which it is composed; (the function of the Spleen is to raise it to the Upper Burner and control it by containing it within the vessels);
- The Heart which governs and circulates it;
- The Lungs which ensure its diffusion and descent;
- The Liver which stores and purifies it during the night while the body is sleeping, and then distributes it as required during the day.

These fluid and thick liquids (jin and ye) are in constant circulation throughout the body. The Kidneys heat them and raise them up to the upper reaches of the body, while the Lungs refresh and clarify them and bring them down again to the lower half of the body.

Finally, once they have served their purpose, the Bladder separates them from the other liquids and eliminates them in the form of urine, whereby it performs its role of emunctory.

### **Physiological derivatives of the body fluids**

In pregnant women, the amniotic fluid is considered an equivalent of Blood. If the amniotic sac ruptures prematurely at the end of pregnancy, this is tantamount to a loss of Blood.

After delivery, milk is a derivative of the body fluids.

Fat is also a derivative of these fluids, a combination of symbolic Water and Fire.

### **Pathological derivatives of body fluids: Mucosities and Phlegm (Tan)**

Mucosities and phlegm are the pathological derivatives of the fluid and thick liquids (jin ye) and may be classified together under the general head “phlegm”. When the body fluids do not circulate correctly, stagnation occurs, with consequent formation of phlegm. This may be the consequence of Liver, Lung or Kidney disorders, but most often of Spleen deficiency.

The Spleen's transport and transformation function is no longer performed in the normal way, liquids accumulate and are transformed into phlegm of one of two types:

- Substantial phlegm such as nasal or bronchial mucus;
- Insubstantial phlegm which stagnates in the skin, heart or joints.

### General Command Points for the body fluids

Function	Direction	Command Points
<b>Production</b>	Middle Burner	RM 6 - RM 12 - ST 21 - ST 25 - ST 36 - LV 13 - UB 20 - UB 21
<b>Regulation</b>	Three Burners	KD 3 - KD 6 - KD 7 - UB 23 - UB 27 - SP 6 - RM 17
<b>Circulation</b>	Ascent of liquids from Spleen to Lungs	SP 17 - KD 3
	Descent of liquids from Lungs to Kidneys	KD 27 - LU 1 - LU 9 - RM 6 - UB 13 - RM 22
	Reception by Kidneys	UB 23 - UB 27
<b>Elimination</b>	Lower Burner	RM 9 - SP 9

### Triggering factors

- *Faulty eating habits*  
Acid foods, excessive sugar intake, raw or cold foods, malnutrition, all give rise to Spleen deficiency and disturbance of the transport and transformation function.
- *Emotional disturbances*  
These produce a flaring up of Liver Fire, with consequent production of phlegm.
- *Disturbances of the circulation of body fluids*  
If the descent of these liquids is no longer assured by the Lungs or if the Kidneys no longer receive them or cause them to rise, or again if their excretion is no longer effected correctly by the Kidneys, they will accumulate and produce phlegm.

**Phlegm, Symptoms and Therapy**

<b>Substantial phlegm</b>		
<b>Localization</b>	<b>Symptoms</b>	<b>Therapy</b>
<b>Spleen and Stomach</b>	Vomiting, gastric fullness, bloating, pasty stools with mucosities, dry mouth	Tonify: ST 36 - ST 25 RM 12 - RM 6 - SP 9 Disperse ST 40
<b>Lungs</b>	Asthmatiform bronchitis, cough, abundant expectoration, swelling of face	Tonify: LU 9 - UB 13 Disperse: RM 22 - UB 20 - ST 40
<b>Insubstantial phlegm</b>		
<b>Localization</b>	<b>Symptoms</b>	<b>Therapy</b>
<b>Skin</b>	Subcutaneous cysts and nodules, ganglions, lipomas	Disperse: ST 40 - LI 14
<b>Heart</b>	Mental disorders, delirium, hysteria, agitation, epilepsy, etc.	Disperse: PC 6 - HT 7 DM 20 - DM 26 - RM 14 - ST 40 - LI 4 - LV 3
<b>Joints</b>	Arthrosis, rheumatism caused by dampness	Tonify ST 45 Disperse SP 3 - ST 40 Tonify SP 2

**Phlegm and Environmental phenomena/Elements<sup>29</sup>**

<b>Wind Phlegm (Wood)</b>	<b>Heat Phlegm (Fire)</b>	<b>Dampness Phlegm (Earth)</b>	<b>Dryness Phlegm (Metal)</b>	<b>Cold Phlegm (Water)</b>
<i>Etiology</i>	<i>Etiology</i>	<i>Etiology</i>	<i>Etiology</i>	<i>Etiology</i>
Weakness of Kidney, Liver and Heart Yin: Wind agitation	The heat burns up the body fluids	Spleen deficiency and excessive dampness	Yin deficiency and excess of Yang	Cold and deficient qi: condensation of phlegm

<sup>29</sup> See Chapter 9: Organs, Viscera and the Five Elements



<b>Wind Phlegm (Wood)</b>	<b>Heat Phlegm (Fire)</b>	<b>Dampness Phlegm (Earth)</b>	<b>Dryness Phlegm (Metal)</b>	<b>Cold Phlegm (Water)</b>
<p><i>Symptoms</i></p> <p>Dizziness, flashes of light in the visual field, sore throat, trembling, palpitation, hemiplegia</p>	<p><i>Symptoms</i></p> <p>Yellow, sticky expectoration; flushed face, dry mouth, red tongue with yellow coating; agitation</p>	<p><i>Symptoms</i></p> <p>Abundant expectoration, , loss of appetite, thoracic fullness</p>	<p><i>Symptoms</i></p> <p>Sticky phlegm, dry mouth, dry throat, bloody sputum</p>	<p><i>Symptoms</i></p> <p>Thick white expectorations, pale tongue with white coating ; intolerance to cold</p>
<p><i>Therapy</i></p> <p>Tonify: UB 23-UB 27 KD 3-UB 18</p> <p>Disperse: LV 3-GB 20 ST 40</p>	<p><i>Therapy</i></p> <p>Tonify: LU 9</p> <p>Disperse: PC 6-UB 13 UB 20-ST 40</p>	<p><i>Therapy</i></p> <p>Tonify: RM 12-RM 9</p> <p>Disperse: RM 22-UB 20 LU 5-ST 40</p> <p>Difficult inspiration, disperse: UB 23-UB 27</p> <p>Difficult expiration, disperse: LU 9-UB 13</p>	<p><i>Therapy</i></p> <p>Tonify: LU 6-SP 8 SP 6-KD 3 RM 4</p> <p>Disperse: LU 1-UB 13 RM 22-ST 40</p>	<p><i>Therapy</i></p> <p>Tonify: RM 6-RM 12 LI 4-LU 7 UB 13-DM 4</p> <p>Disperse: LU 5</p>

The chapters that follow will permit us to deepen our understanding of the function of the three Burners, the “Pathway of Water and Cereals”, and of the dysfunctional relationships of the organs and viscera which act as their energetic and physiological counterparts.



## **6**

# **Organs (Zang) and Viscera (Fu) Reciprocal functions, Dysfunctions**

The function of the organs and viscera can be approached from two main viewpoints:

- That related to the 5 Earth Elements, concerning in particular the body's utilization of the energies corresponding to each of its five major functions: muscle, blood, flesh, skin and bone.
- That related to regulation of the "Pathway of Water and Cereals", that is to say the regulation and functioning of the three Burners for the manufacture of nutritive (Yong Qi) and defensive energies (Wei Qi), i.e. Blood (Xue) and Energy (Qi).

Let us now look at this second aspect of the functions of the organs and viscera: the tables below show the relationships between the organs among themselves and with their associated viscera (Yin/Yang), in the order Upper Burner, Middle Burner and Lower Burner.

Organs involved	Functions	Pathologies
<b>Heart Lungs</b>	Relationship between Energy ( <i>Qi</i> ) and Blood ( <i>Xue</i> ) - The Blood circulation relies on Lung Qi: dynamizing Original Energy ( <i>Yuan Qi</i> ), ancestral energy ( <i>Jing Qi</i> - KD) and food energy ( <i>Gu Qi</i> - SP) join with respiratory energy ( <i>Qing Qi</i> - LU), which gives momentum to the Heart	- If Lung Qi is depleted, the Heart lacks momentum -> Slowing down of the circulation, mal-nourishment of the Lungs by the Blood: <i>bronchitis, asthma, arrhythmia</i> . -> Stasis of the blood: <i>stitch in the side, cardiac pain, coronaropathies, hemoptysis</i> . -> The excess of Heart Fire burns the Lungs: <i>cough, hemoptysis</i> .
<b>Heart Spleen</b>	The Heart dominates the Blood produced by the Spleen, which retains it in the vessels. Spleen Qi and Heart Blood are interdependent	- Deficiency of Spleen -> Insufficiency of Heart Blood: <i>insomnia, dizziness, amnesia</i> -> Insufficiency of Spleen Qi: <i>hemorrhages</i>
<b>Heart Liver</b>	The Heart governs the circulation, the Liver regulates it. At rest, the Liver stores Blood; when there is movement, the Liver sends it all over the body. The Heart is master of the <i>Shen</i> (overall intelligence); with its drainage-decongestion function, the Liver regulates the emotions.	- Stagnation of Liver Qi damages the Shen: <i>depression, bad mood, palpitation, insomnia, nightmares, mental disorders</i> . -> Excess of Liver Fire rises to the Heart: <i>apoplexy, "Wind agitation"</i>
<b>Heart Kidneys</b>	Kidney Yin, Kidney Essence ( <i>Jing Qi</i> ) must rise to nourish Heart Yin and thus control Heart Yang. Heart Yang must descend to warm Kidney Yang. If Yin and Yang are disconnected, Essence and Qi disperse and disappear.	- If Heart Yang is not controlled, it cannot move down -> Heart Fire increases and ascends with depletion of Kidney Yang, Kidney Water cannot be warmed and rises to attack and freeze the Heart: <i>edema of lower extremities, palpitation, asthma</i>

Organs involved	Functions	Pathologies
<p><b>Lungs Spleen</b></p>	<p>Relationship between Energy (<i>Qi</i>) and Water. Lung <i>Qi</i> regulates the functions of all the organs. The condition of the Lungs depends on Spleen <i>Qi</i>, which produces Water and food energy (<i>Gu Qi</i>) which join with respiratory energy (<i>Qing Qi</i>). Body fluids (Water) rise from the Spleen to the Lungs; Lung <i>Qi</i> is distributed throughout the body and Water is directed downward.</p>	<p>- Disturbance of Spleen -&gt; accumulation of body fluids -&gt; dampness, phlegm rises to the Lungs and obstructs them: <i>bronchitis, phlegm (Tan)</i> - Spleen deficiency -&gt; accumulation of body fluids: <i>edema, bloating, pasty stools, anorexia</i></p>
<p><b>Lungs Liver</b></p>	<p>“Ascent and descent” Function of <i>Qi</i>. Liver <i>Qi</i> is distributed from the roots to the branches, it ascends. Lung <i>Qi</i> descends and controls the excess of Liver <i>Qi</i></p>	<p>- Liver Fire burns the Lungs: <i>urticaria, skin and respiratory allergies, Quincke’s edema.</i></p>
<p><b>Lungs Kidneys</b></p>	<p>Movements of Water (body fluids), and Yin Essences. The Lungs are “the upper source of Water”, which they direct downward. Kidney Energy (Essence) (<i>Jing Qi</i>, primordial Yin), rises with the food energies (<i>Gu Qi</i> - Spleen) and condition Lung Yin. The Kidneys are the root of <i>Qi</i>, while the Lungs control <i>Qi</i>. Respiration depends on Lung <i>Qi</i> and the Kidney’s capacity to receive <i>Qi</i>.</p>	<p>- Insufficiency of Kidney Yang -&gt; Water is not warmed, cold, rises into the Lungs: <i>edema of lower extremities, cough, asthma, impossibility of lying down; pulmonary edema</i> - Deficiency of Lung <i>Qi</i>: <i>difficult expiration, phlegm</i> - Deficiency of Kidney <i>Qi</i>: <i>strong, abundant expiration, weak, difficult inspiration</i></p>

Organs involved	Functions	Pathologies
<p><b>Spleen Liver</b></p>	<p>The Spleen performs a Transport- Transformation function, the Liver a Drainage-Decongestion function. The Liver drains to assist transport and transformation. The Liver stores Blood produced by the Spleen</p>	<ul style="list-style-type: none"> <li>- Stagnation of Liver Qi -&gt; disturbance of drainage</li> <li>- Excess of Liver Yang or Liver Fire -&gt; excess of drainage</li> <li>- If the Spleen does not produce sufficient Blood -&gt; Deficiency of Liver, undernourished</li> <li>-&gt; insufficient drainage</li> <li>-&gt; transport-transformation dysfunction</li> <li>-&gt; accumulation of liquids -&gt; heat and dampness -&gt; attack on the Liver -&gt; poor secretion of bile: <i>icterus</i></li> <li>- Fats, spices, alcohol, exogenous damp heat -&gt; attack the Liver and Gallbladder: <i>cirrhosis, hepatitis</i></li> </ul>
<p><b>Spleen Kidneys</b></p>	<p>Transcendental Original Energy (<i>Yuan Qi</i>, located at <i>Ming Men</i>, DM 4) in the right Kidney gives rise to the functions of all the other organs: the Spleen's transport- transformation function (acquired, later heaven) thus depends on the Kidney and in particular makes use of original energy (<i>Yuan Qi</i>) and innate ancestral energy (<i>Jing Qi</i>). Warming of Spleen Yang depends on Kidney Yang.</p>	<ul style="list-style-type: none"> <li>- Joint deficiency of Spleen and Kidneys -&gt; Spleen disorder: <i>chronic edema of lower extremities</i></li> <li>- Insufficiency of Kidney Yang Qi: <i>early morning diarrhea</i></li> <li>- Deficiency of Fire of Ming Men: <i>diarrhea of undigested food</i></li> </ul>

<b>Organs involved</b>	<b>Functions</b>	<b>Pathologies</b>
<b>Liver Kidneys</b>	The Liver stores Blood The Kidneys store Essences (right kidney: Original Energy: <i>Yuan Qi</i> ; both kidneys: genetic Ancestral Energy: <i>Jing Qi</i> ). Essences and Blood can be transformed one to the other. The Kidneys need to control Liver Yang.	- Deficiency of Kidney Yin and Liver Yin -> hyperfunctioning of Liver Yang: <i>headache, dryness of eyes, tremor of extremities</i> - Ascent of Liver Fire -> excess of Liver Yang: <i>headache, red eyes, irritability</i>
<b>Heart Small Intestine</b>	1/ The Small Intestine separates pure from impure arriving from the Stomach (pure: nutritive substances; impure: turbid substances) and sends the pure to the Spleen. 2/ Of the remaining impure substances, the Small Intestine separates out the pure from the impure once again and sends the pure to the Bladder (for evacuation via the urine) and the impure to the Large Intestine (for evacuation by the stools).	The Heat of the Heart is transmitted to the Small Intestine: - <i>ulceration of the mouth and tongue, canker sores, anxious agitation and insomnia</i> - <i>painful, urgent micturition, dark yellow urine.</i>
<b>Lungs Large Intestine</b>	The Large Intestine transports downward, ensures descent. Large Intestine Qi influences Lung Qi and vice versa.	- Deficiency of Lung Qi: <i>constipation with false urge to defecate - tenesmus</i> - Blockage of Large Intestine Qi -> Lung Qi cannot descend: <i>cough, asthma, bulimia</i>

<b>Organs involved</b>	<b>Functions</b>	<b>Pathologies</b>
<b>Spleen Stomach</b>	Spleen Qi must rise. Stomach Qi must descend. The Spleen prefers dryness, the Stomach prefers dampness.	Blockage of Stomach Qi -> Disturbance of Spleen's transport-transformation function -> accumulation of fluids: <i>loss of appetite, gastritis, fetid stools, vomiting.</i> - Stomach Fire too strong -> Digestion too rapid: <i>hunger - bulimia</i>
<b>Liver Gallbladder</b>	Formation and evacuation of bile.	Stagnation of Liver Qi or Liver Yin: <i>headache, dizziness, poor evacuation of bile</i>
<b>Kidney Bladder</b>	The Bladder holds urine in reserve and evacuates it under the control of the Kidneys, on which the opening and closing of the bladder and anal sphincters depend.	Disturbance of Kidney Qi: <i>interstitial nephritis, bladder-prostate conditions, pollakiuria</i>



# **7**

## **Organs and Viscera Physiopathology and Therapy**

In the previous chapter we looked at the relationships of the organs among themselves in the context of regulation of the “Pathway of Water and Cereals”, that is the regulation and functioning of the three Burners for the manufacture of nutritive (*Ying Qi*) and defensive energies (*Wei Qi*), i.e. Blood (*Xue*) and Energy (*Qi*). We also listed the main pathologies associated with them.

Let us now analyze these pathologies in more detail, with an indication of the therapy and its effects, for each of the organs and associated viscera: Heart and Small Intestine, Liver and Gallbladder, Kidneys and Bladder, Spleen and Stomach with, secondarily, the Triple Burner (Exocrine Pancreas), Lungs and Large Intestine.

**Physiopathology of the Organs and Viscera**

(t = tonify d = disperse mx = moxas)

<b>Organ/ Function</b>	<b>Pathology</b>	<b>Therapy</b>	<b>Effect</b>
<p><b>Heart - Emperor:</b> Controls Blood and Vessels. Imparts momentum to the Blood. Opens to the tongue. Seat of intellectual activity, general intelligence (<i>Shen</i>)</p>	<p><b>Deficiency of Heart Qi and Yang</b> <i>Etiology:</i></p> <ul style="list-style-type: none"> <li>• Long-term disease</li> <li>• Weakness due to age</li> <li>• Lesion due to acute heart impairment</li> <li>• Congenital insufficiency</li> </ul> <p><i>Symptoms:</i> 1/ Deficiency of Heart Qi: Palpitation on effort, feeling of emptiness in chest, fatigue, pallor, oppression, pale tongue with thin white coating. 2/ Deficiency of Heart Yang: As above, plus spontaneous sweating, external cold and cold extremities, blue tongue and lips, asthma, edema.</p> <p>If there is stasis of the blood</p>	<p><b>Tonify Heart Qi and that of the other organs. Activate Heart Yang</b></p> <p>UB 15 t</p> <p>RM 17 t RM 6 t</p> <p>HT 9 t</p> <p>UB 17 t UB 14 t RM 14 t</p>	<p>Tonifies HT Qi Tonifies <i>Qi</i> Tonifies Blood (<i>Xue</i>) throughout the body Tonifies HT</p> <p>These activate circulation of Blood (<i>Xue</i>)</p>
<p><b>Heart - Small Intestine:</b> Governs reception of the food bolus from Stomach and pursues its transformation. Separates pure and impure liquids.</p>	<p><b>Deficiency of Blood and Heart Yin</b> <i>Etiology:</i> Malnutrition, defective digestion (Spleen), hemorrhage Febrile disease Excessive thinking, emotional trauma. <i>Symptoms:</i> 1/ Heart Yang becomes excessive: - Palpitation 2/ Insufficient Blood no longer nourishes the Heart, the Shen (general intelligence) cannot remain: - Insomnia, amnesia, dreams, frights.</p>	<p><b>Nourish Heart Blood. Tonify Yin. Calm Shen</b></p> <p>SP 6 t mx KD 3 t mx</p> <p>HT 7 d</p> <p>PC 8 t KD 1 t</p>	<p>These tonify and nourish Yin</p> <p>Cools HT, calms the <i>Shen</i> and palpitation</p> <p>These distribute heat to the five organs</p>

Organ/ Function	Pathology	Therapy	Effect
<b>HT - SI</b> (cont.)	3/ Blood no longer ascends to the head: Dizziness on standing up, pallor. 4/ Heart Yin deficiency, no longer controls Yang -> internal heat: - Evening fever, night sweats, red cheeks, dry mouth without thirst.	ST 36 t  HT 9 t	Nourishes the Blood ( <i>Xue</i> ) Tonifies Heart Yin
<b>HT - SI</b>	<b>Stagnation of Heart Blood</b> <i>Etiology:</i> Deficiency of Heart Qi or Yang Overwork or exogenous cold Infarct Emotional trauma <i>Symptoms:</i> 1/ Obstruction of circulation of Qi: - Chest pain; cyanosis of face, lips and nails. 2/ Paroxysmic episodes: - Palpitation, angina pectoris. 3/ Slowing down of circulation: - Cold of extremities, lusterless purple tongue with spots, edema, shortness of breath, inability to speak.	<i>During the crisis:</i> <b>Free the Heart Meridian. Revitalize circulation. Eliminate stasis.</b> PC 4 d  RM 17 d  UB 17 d <i>After the crisis: Warm Spleen and Kidneys. Activate Heart Yang</i> PC 6 t TW 5 d  UB 14 t  UB 20 t mx ST 36 t UB 23 t KD 3 t <i>Recovery:</i> E 36 t mx RM 4 t mx SP 6 t mx	Causes Blood ( <i>Xue</i> ) to rise Causes Qi and Blood ( <i>Xue</i> ) to circulate Causes Blood ( <i>Xue</i> ) to circulate  These unblock the meridians Regulates PC and heart Qi Tonifies SP Qi Tonifies ST Qi These tonify KD Qi  These mobilize <i>Yuan Qi</i> and tonify <i>Qi</i>

Organ/ Function	Pathology	Therapy	Effect
HT - SI	<p><b>Flaring up of Heart Fire</b>  <i>Etiology:</i>            Excessive emotion            Attack by the 6 climatic pathogens (especially Heat, Dryness, Wind)            Excess of spicy or acid food  <i>Symptoms:</i>            1/ Heart Fire disturbs the <i>Shen</i>:            - Insomnia, anxious agitation.            2/ Heat consumes liquids:            - Desire for cold drinks.            3/ Tongue attacked by Fire:            - Red, eroded tongue, thin yellowish coat, with ulcerations, canker sores.            4/ The Heart Fire passes to the Small Intestine:            - Pollakiuria, Bladder heat, painful micturition, hematuria.</p>	<p><b>Cool Heart Disperse Fire. Promote micturition.</b></p> <p>HT 9 d (bleed)</p> <p>ST 39 d</p>	<p>Disperses heat-agitation            Disperses SI Fire and regulates micturition disturbances</p>
HT - SI	<p><b>Disturbance of Heart by Phlegm Fire</b>  <i>Etiology:</i>            Nervous breakdown            Excess of anger, fright, discontent, fear            Excessive Fire burns body fluids: stagnation of phlegm (<i>Tan</i>)  <i>Symptoms:</i>            1/ Liver fire disturbs <i>Shen</i> -&gt; insubstantial phlegm:            - Mental disorders, logorrhea, spasmodic laughter and weeping, agitation, aggressiveness. Red tongue, yellow coating.</p>	<p><b>Cool Heart. Open the natural orifices. Dissolve phlegm. Disperse Fire.</b>            Disperse HT - DM, Jue Yin, Yang Ming</p> <p>HT 7 d</p> <p>PC 6 d</p> <p>DM 20 d DM 26 d</p> <p>RM 14 d</p>	<p>Opens the orifices, cools Heart, dissolves phlegm.</p> <p>Disperses HT Fire, calms <i>Shen</i>.            Cools HT, calms <i>Shen</i>, opens the HT orifice.            These awaken <i>Shen</i>, open orifices.            Cools HT.</p>

Organ/ Function	Pathology	Therapy	Effect
<b>HT - SI</b> (cont.)	2/ Stagnation of phlegm: - Hysteria, epilepsy, schizophrenia, manic-depressive syndrome.  If hysterical paralysis	ST 40 d  LI 4 d LV 3 d  KD 1 d	Dissolves phlegm, attenuates Fire. These soften the Liver, promote circulation of <i>Qi</i> and Blood. ( <i>Xue</i> ). Awakens <i>Shen</i> .
<b>Liver: "General in Chief"</b> <b>S t o r e s</b> Blood. Governs drainage and decongestion: free circulation of <i>Qi</i> , emotions, digestion, bile. Controls the tendons, the muscular aponeuroses and nails. Opens to the eyes. Houses the imagination, the subtler and more spiritual part of consciousness, ( <i>Hun</i> ).	<b>Stagnation of Liver Qi</b> <i>Etiology:</i> - Discontentment, irritation <i>Symptoms:</i> 1/ General: Impatience, irritability, sighing, abdominal distension. - If the irritation is suppressed: Nervous breakdown. - If the irritation is expressed: Anger or weeping.  2/ In association with phlegm: sensation of foreign body in throat.  3/ Attacks Spleen and Stomach Qi: - Loss of appetite, anorexia, acid reflux, burping, nausea.  4/ Affects the Blood storage function: - Irregular menses, red discharge, premenstrual distension and pain in breasts and abdomen.	<b>Soften the Liver.</b> <b>Regulate Qi.</b> <b>Treat Spleen and Conception Vessel (Ren Mai).</b> LV 14 d  LV 3 d  GB 34 d  TW 5 t PC 6 d SP 4 d  RM 6 t  If heat dominates: UB 18 d  If deficiency: LV 14t UB 18t	Softens the Liver Eliminates stagnation. Reduces breast pain.  These free chest and eliminate stagnation.  Tonifies Blood ( <i>Xue</i> ) throughout the body, preheats Middle Burner.  Disperses heat.  These nourish Yin and Liver Qi.

Organ/ Function	Pathology	Therapy	Effect
<p><b>Liver - Gallbladder:</b> Stores and releases bile. Controls decision-making, willpower, judgment and choice.</p>	<p><b>Hyperfunction of Liver Yang</b> <i>Etiology:</i> - Sexual excess or overwork damage Kidney Yin and empty Liver Yin -&gt; Flaring up of Liver Yang. - Depression or anger damage Liver Yin: flaring up of Yang. <i>Symptoms:</i> 1/ Weak Yin: Dryness of eyes, throat, mouth. 2/ Yin deficiency -&gt; Deficiency of Blood, tendons and muscles lack nourishment: Numbness, trembling of extremities, spoon-shaped nails, pruritus with dry skin. 3/ Excess of Yang (increase of Qi and Blood): arterial hypertension, neuroses, Menière's syndrome, hyperthyroidism, menopausal disturbances, headache, dizziness, heavy head, tinnitus) (low-pitched: LV Yang +, or high-pitched: LV Yin-)</p>	<p><b>Nourish Yin Reduce Yang Disperse Liver Tonify Kidneys</b></p> <p>GB 20 d LV 2 d</p> <p>UB 18 t UB 23 t</p> <p>KD 3 t</p>	<p>These disperse Liver Yang</p> <p>These nourish Liver and Kidney Yin</p> <p>Nourishes Kidney Yin</p>
<p><b>LV - GB</b></p>	<p><b>Flaring up of Liver Fire</b> <i>Etiology:</i> Stagnation of Liver Qi Tobacco, alcohol: accumulation of heat in the Liver channel Attack by exogenous heat <i>Symptoms:</i> 1/ Liver Fire rises to the head: - Headache, red face and eyes, conjunctivitis, impatience, irritability, Menière's syndrome, tinnitus (low pitch) due to disorder of Gallbladder.</p>	<p><b>Disperse Liver Fire Disperse Liver and Gallbladder</b></p> <p>GB 20 d</p> <p>LV 3 d</p> <p>UB 2 d</p>	<p>Disperses Liver Fire, clears head and eyes.</p> <p>Disperses Liver Fire.</p> <p>Eliminates local heat.</p>

Organ/ Function	Pathology	Therapy	Effect
<b>LV - GB</b> (cont.)	2/ Liver Fire burns Lung and Stomach: - Hematemesis, epistaxis. 3/ Excess of Fire: - Dark urine, constipation, red tongue, yellowish coating.		
<b>LV - GB</b>	<b>Internal Agitation of Liver Wind</b> <i>Etiology:</i> Excess of heat Excess of Yang caused by Yin deficiency Deficiency of Liver Blood <i>Symptoms:</i> 1/ Excess of heat -> Wind damages Liver -> meridians, tendons and muscular aponeuroses inadequately nourished: - High fever, encephalitis, meningitis, contractures of feet and hands, convulsions, opisthotonos. Red tongue, yellow coating. 2/ Deficiency of Liver Yin -> Yang rises -> Blood is depleted and Wind ascends: - Numbing of limbs, trembling of hands and feet, Parkinson's disease, hemiplegia, apoplexy, coma	<b>Calm the Liver Drive out Wind</b>  DM 16 d GB 20 d  LV 3 d  DM 14 d LI 4 d  Bleed fingertips	These calm the Liver and drive out Wind  Disperses Liver Fire  These reduce temperature  Disperses heat, arrests spasm
<b>LV - GB</b>	<b>Dampness / Heat in Liver – Gallbladder</b> <i>Etiology:</i> - Exogenous attack disturbs the Liver's drainage-decongestion function, prevents normal evacuation of bile. - Unhealthy diet disturbs the Spleen's transport and transformation function -> Dampness -> Heat in the Liver (reverse Ke cycle).	<b>Disperse heat. Eliminate dampness. Soften the Liver. Promote evacuation of bile</b>	

Organ/ Function	Pathology	Therapy	Effect
<b>LV - GB</b> (cont.)	<i>Symptoms:</i> 1/ Exogenous attack: - Yellowing of white of eyes, complexion and skin. 2/ Blockage of Spleen and Stomach Qi: - Vomiting, nausea, anorexia, abdominal bloating, hepatitis, cholecystitis. - Skin rash, urticaria 3/ Heat consumes body fluids: Fever with thirst, oliguria, red blisters on skin. Yellowish coating of tongue.	LV 14 d UB 18 d GB 24 d UB 19 d  GB 34 d  LV 8 t	These soften the Liver, disperse heat, facilitate evacuation of bile.  Evacuates bile.  Tonifies Liver.
<b>Kidneys: Prime Minister (with PC and TB)</b> Store the Essences (Original Energy, <i>Yuan Qi</i> and ancestral energy, <i>Jing Qi</i> ). Govern Water and reception of <i>Qi</i> . Produce marrows. Control micturition and defecation. Control bones and hair. Open to the ears. Seat of willpower, "capacity for action" ( <i>Zhi</i> ).	<b>Deficiency of Kidney Qi</b> <i>Etiology:</i> Constitutional weakness Overwork and sexual excess Chronic disease, malnutrition Weakness due to age <i>Symptoms:</i> 1/ General: Lumbar pain, weak knees, sexual weakness, pallor, pale, swollen, tender tongue.  2/ Loss of control of Kidney Qi: Spermatorrhea, ejaculatio praecox, pollakiuria, incontinence, enuresis, diabetes, nephritis, neurasthenia.  3/ Disturbance of reception function of Qi: difficult inspiration, dyspnea exacerbated on effort.  4/ Disorder of Kidney Yang: cold in all four extremities	<b>Tonify Kidney Qi</b>  UB 23 t mx UB 27 t mx  KD 3 t  HT 7 t  RM 4 t mx  UB 23 d UB 27 d	These tonify Kidney Qi, improve reception of Qi by the Kidneys.  Tonifies Kidney Yin.  Tonifies Yin.  Mobilizes the reserve of Original Energy.  These enhance reception of Lung Qi by the Kidneys.



Organ/ Function	Pathology	Therapy	Effect
<p><b>Kidneys - Bladder:</b> Governs reception of impure liquids. Holds and eliminates urine.</p>	<p><b>Deficiency of Kidney Yang</b> <i>Etiology:</i> Aggravation of Kidney Qi deficiency <i>Symptoms:</i> 1/ Qi deficiency and cold: - Cold, especially in the extremities, emotional asthenia, impotence. 2/ Insufficiency of transport-transformation of liquids (Spleen): - Oliguria, edema, ascites. 3/ Water (cold) attacks the Lungs: - Palpitation, shortness of breath, cough, asthma, impossibility of lying down. Whitish coating of tongue.</p>	<p><b>Warm Kidneys Tonify Kidney Yang</b> RM 4 t mx  DM 4 t mx  UB 23 t GB 25 t  SP 6 t</p>	<p>Mobilizes the reserve of Original Energy and Yang. Tonifies the Original Energy source. These tonify Kidney Qi.  Alleviates urogenital disorders.</p>
<p><b>KD - UB</b></p>	<p><b>Deficiency of Kidney Yin</b> <i>Etiology:</i> Overwork and sexual excess. High fever: heat damages Yin. Chronic Yin deficiency of other organs -&gt; depletion of Kidney Yin. Too much hot food (spices, garlic, etc.). <i>Symptoms:</i> 1/ Insufficiency of Kidney Yin -&gt; insufficiency of Liver and Heart Yin, hyperfunction of Liver Yang, agitation of "Prime Minister Fire" (KD and PC): - Tinnitus (high pitch), dizziness, deafness, vision impairment (occurrence of halo or flashes of light in front of the eyes – photopsia) , dreams, spermatorrhea, insomnia, wind phlegm.</p>	<p><b>Nourish the Kidneys Tonify Kidney Yin Cool the Heart</b>  UB 23 t KD 3 t  HT 7 d</p>	<p>These nourish Kidney Yin  Cools HT</p>

Organ/ Function	Pathology	Therapy	Effect
<b>KD - UB</b> (cont.)	2/ General Yin deficiency: - Dry mouth and throat, red cheeks, heat in the "five hearts" (hands, feet, and chest), night sweats 3/ Deficiency of Kidney Yin: - Lumbar pain, asthenia of knees, loosening of teeth, bleeding of gums, red tongue, scanty coat.	(Always tonify the Kidneys in chronic disease – there is never an excess of Kidney Yin!) KD 9 t LU 9 t	These tonify Lung and Kidney Yin and Qi.
<b>KD - UB</b>	<b>Dampness - Bladder Heat</b> <i>Etiology</i> Exogenous attack accumulating in the Bladder. Excess of heating food: milk, eggs, spices, etc. <i>Symptoms:</i> 1/ Damp Heat prevents transformation of Bladder energy: - Pollakiuria, painful micturition with urgency.  2/ Heat concentrates the urine: - Scanty, dark yellow urine, hematuria, sand or stones in urinary tract, yellowish coating of tongue.	<b>Disperse heat</b> <b>Eliminate dampness</b> <b>Promote micturition</b> RM 3 d UB 28 d  UB 23 t  SP 6 t	These disperse heat and dampness of Bladder. Supports the transformation of Bladder Energy. Disperses heat, drives out dampness, alleviates urogenital disorders.
<b>Spleen:</b> Governs Transportation. Produces Blood ( <i>Xue</i> ) and holds it in the vessels. Controls flesh and lips. Opens to the mouth. Seat of thought ( <i>Yi</i> ).	<b>Deficiency of Spleen Yang and Qi</b> <i>Etiology:</i> Excessive thinking Unhealthy diet Overwork Vomiting and diarrhea <i>Symptoms:</i> 1/ Disturbance of transportation function: - Loss of appetite, malnutrition, yellow complexion, asthenia of tongue, gastritis, vomiting.	<b>Tonify Qi</b> <b>Fortify Spleen</b> <b>Tonify Spleen and Stomach</b> <b>Tonify Front-Mu and Back-Shu (moxas)</b>  RM 12 t UB 21 t ST 36 t mx	These tonify Stomach and Qi

Organ/ Function	Pathology	Therapy	Effect
<p><b>Spleen:</b> (cont.) <b>Stomach:</b> G o v e r n s r e c e p t i o n , t r a n s p o r t a n d d e s c e n t o f f o o d a n d d r i n k . S e p a r a t e s p u r e f r o m i m p u r e . <b>Triple Burner</b> (exocrine Pancreas): G o v e r n s d i - g e s t i o n , a s - s i m i l a t i o n , t r a n s i t a n d e x c r e t i o n .</p>	<p>2/ Qi deficiency: - Anorexia, bloating, pasty stools, pale tongue with teeth marks, whitish coating. 3/ Spleen Qi no longer rises -&gt; Spleen no longer controls Blood: - Hypermenorrhea, bloody stools, hematuria, hematomas, ptoses, prolapse, metrorrhagia. 4/ Yang deficiency: - Aggravation of above symptoms + cold pain in the epigastrium, vomiting of cold liquids, edema, abundant, clear leukorrhea, cold extremities.</p>	<p>UB 20 t mx LV 13 t mx</p>	<p>These tonify Spleen Qi fortify Spleen.</p>
<p><b>SP - ST - TB</b></p>	<p><b>Deficiency of Spleen Yin</b> <i>Etiology:</i> - Excess of Spleen Yang <i>Symptoms:</i> 1/ Excess of heat: - Eats and drinks a lot. 2/ Deficiency of Yin: - Anemia, tuberculosis, diabetes, etc.</p>	<p>Tonify Spleen Yin: disperses Yang and strengthens Qi by supporting Kidney Qi LV 13 t SP 6 t  UB 18 t UB 20 t UB 21 t UB 23 t</p>	<p>Fortifies Spleen. Tonifies Blood and Spleen Yin.  These tonify Qi.</p>
<p><b>SP - ST - TB</b></p>	<p><b>Obstruction of Spleen by Damp Cold</b> <i>Etiology:</i> - Excess of raw and cold food. - Exogenous attack of damp cold.  <i>Symptoms:</i></p>	<p><b>Warm the Middle Burner Eliminate damp cold</b></p>	

Organ/ Function	Pathology	Therapy	Effect
<b>SP - ST - TB</b> (cont.)	<b>Obstruction of Spleen by Damp Cold</b> (cont.) 1/Blockage of spleen Yang and Qi: - Heaviness of whole body and head. 2/ Dampness stagnates in the interior: - Sticky mouth, absence of thirst, anorexia, gastric oppression, vomiting, nausea; abdominal pain, rumbling sounds in belly, pasty stools. - Tongue with whitish coating.	RM 12 t ST 25 t  RM 6 t  SP 9 t  ST 40 d	These warm the Middle Burner. Preheats the Middle Burner. Promotes elimination of Water and Cold, fortifies Spleen. Dissolves damp phlegm.
<b>SP - ST - TB</b>	<b>Accumulation of food in Stomach</b> <i>Etiology:</i> - Faulty diet. <i>Symptoms:</i> Stagnation of food blocks the circulation of Stomach Qi: - Distension and pain in Stomach, loss of appetite, sour vomit, fetid stools (diarrhea or constipation), thick coating on tongue.	Support digestion. Eliminate stagnation  RM 12 d RM 10 d  LV 13 t  ST 36 t	These activate the circulation of Stomach Qi.  Fortifies Spleen and supports digestion.  Tonifies the Spleen's transport-transformation function and stimulates Qi.

Organ/ Function	Pathology	Therapy	Effect
<p><b>SP - ST - TB</b></p>	<p><b>Retention of phlegm and cold in Stomach</b>  <i>Etiology:</i>            Deficiency of Stomach Yang.            Faulty diet.            Attack of the epigastrium by Cold.  <i>Symptoms:</i>            1/ Blockage of Qi due to stagnation of cold in Stomach:            - Pain alleviated by cold, exacerbated by heat, whitish coating on tongue.            2/ Accumulation of liquids:            - Dull taste in mouth, absence of thirst, vomiting of clear liquids after eating, sound of liquids on palpation.</p>	<p><b>Warm the Middle Burner Expel Cold</b></p> <p>RM 12 t UB 21 t</p> <p>RM 6 t</p> <p>ST 21 t ST 36 t</p> <p>ST 40 d</p>	<p>These expel cold from the Stomach</p> <p>Tonifies <i>Xue</i> and the Middle Burner. These regulate the circulation of Stomach Qi. Dissolves phlegm.</p>
<p><b>Lungs:</b>            Govern Energy (<i>Qi</i>) and respiration.            Control dispersion and descent.            Participate in regulation of the Pathway of Waters.            Control skin and hair.            Open to the nose.            Seat of the instinct, the most material part of consciousness (<i>Po</i>).</p>	<p><b>Deficiency of Lung Qi</b>  <i>Etiology:</i>            - Chronic cough damages <i>Qi</i>  <i>Symptoms:</i>            1/ <i>Qi</i> is no longer governed:            - Deep, weak cough, shortness of breath, dyspnea.            2/ Disturbance of circulation of liquids, deficiency of defensive energy:            - Liquid phlegm (<i>Tan</i>), abundant expectoration, spontaneous sweating.            3/ Deficiency of Blood:            - Fatigue, pale complexion and tongue.</p>	<p><b>Tonify Lung Qi</b></p> <p>LU 9 t</p> <p>LU 1 t UB 13 t mx</p> <p>RM 17 t mx</p> <p>ST 36 t</p> <p>ST 40 d</p>	<p>Tonifies <i>Qi</i>.</p> <p>These warm Yang and tonify <i>Qi</i>.</p> <p>Tonifies <i>Qi</i>.</p> <p>Tonifies Stomach Qi, regulates circulation of <i>Qi</i>.</p> <p>Dissolves phlegm.</p>

Organ/ Function	Pathology	Therapy	Effect
<p><b>Lung – Large Intestine:</b> Dries out waste material. Controls the transport and evacuation of waste.</p>	<p><b>Deficiency of Lung Yin</b> <i>Etiology:</i> Chronic attack by exogenous heat. General constitutional Yin deficiency <i>Symptoms:</i> 1/ The absence of Yin depletes the Lungs of its liquids: - Itching in throat, dry cough, hoarse voice, scanty, sticky expectoration, emaciation, red tongue, scanty saliva, thin whitish coat. 2/ Excess of Fire due to lack of Yin: - Evening fever, night sweats, red cheeks. 3/ Heat burns the vessels: - Bloody sputum, hemoptysis, heat in the “five hearts” (hands, feet, and chest).</p>	<p><b>Nourish Yin to tonify Lungs</b> <b>Diminish Fire</b> LU 1 d UB 13 d  UB 17 t  SP 6 t KD 3 t RM 4 t UB 26 t  ST 40 d  LU 6 t SP 8 t</p>	<p>These disperse heat, nourish Lung Yin. Tonifies Blood. These tonify and nourish Yin. Mobilize Original Energy and ancestral energy. Dissolves phlegm. These arrest hemorrhagia.</p>
<p><b>LU - LI</b></p>	<p><b>Attack of Lungs by Cold Wind</b> <i>Etiology:</i> - Exogenous attack by cold Wind, Lung Qi is blocked. <i>Symptoms:</i> 1/ The cold Wind blocks the descent of Lung Qi: - Cough, shortness of breath. 2/ Cold (Yin) damages Yang Qi: - Whitish liquid expectoration, aggravation by cold, aversion to cold, fever without sweating, headache, runny nose.</p>	<p><b>Free the Lung</b> <b>Drive out Cold</b> UB 12 t mx UB 13 t mx  LU 5 d  LI 4 t LU 7 t</p>	<p>These drive out Cold Wind, free Lung Qi.  Frees the Lungs, arrests cough.  These eliminate Cold Wind, free the Lungs, alleviate cough.</p>

Organ/ Function	Pathology	Therapy	Effect
<p><b>LU - LI</b></p>	<p><b>Obstruction of Lungs by Phlegm and Dampness</b>  <i>Etiology:</i>            - Long-standing cough blocks Lung Qi -&gt; accumulation of liquids.            - Deficiency of Spleen Qi or Yang -&gt; disturbance of Spleen's transport-transformation function -&gt; stagnation of body fluids.  <i>Symptoms:</i>            1/ Blockage of Lung Qi, which cannot descend: If expiration is difficult -&gt; Wheezing breath, oppression in chest, cough, asthma, abundant expectoration, nausea, pale tongue, white coating, yellow in presence of heat.             If inspiration is difficult:            2/ Stagnation of fluids: Formation of phlegm (<i>Tan</i>) -&gt; The Lungs receive phlegm, of which the spleen is the source.</p>	<p><b>Free Lungs Fortify SP Dry out dampness Dissolve phlegm</b>            RM 22 d             UB 20 d            ST 40 d             LI 4 t             LU 7 d             LU 9 d            UB 13 d             UB 23 d            UB 27d</p>	<p>Brings down Qi.            These fortify Spleen and dissolve phlegm.            Unblocks Large Intestine Qi.            Brings down Lung Qi.            These free the Lungs, remove dampness, arrest cough            These enhance reception of Qi by the Kidneys</p>
<p><b>LU - LI</b></p>	<p><b>Large Intestine Damp Heat</b>  <i>Etiology:</i>            Exogenous Damp Heat attacks Stomach and Large Intestine.            Faulty diet, intoxication  <i>Symptoms:</i>            1/ Blockage of circulation of Qi and Blood in Large Intestine:            - Abdominal pain, tenesmus, diarrhea.            2/ Damp Heat -&gt; Fire            -&gt; Dampness descends:            - Bloody, purulent stools, tenesmus, explosive diarrhea, anal burning;</p>	<p><b>Disperse Damp Heat</b>             ST 25 d            UB 25 d             LI 11 d            ST 37 d             LI 4 t             LU 7 d</p>	<p>These free LI, disperse dampness and heat.            These bring down the temperature.            Unblocks Large Intestine Qi.            Brings down Qi from the Lungs.</p>

Organ/ Function	Pathology	Therapy	Effect
<b>LU - LI</b> (cont.)	<b>Large Intestine Damp Heat</b> (cont.) red tongue with yellow coating. 3/ If Dampness dominates: - Dryness of the mouth, without desire to drink 4/ If Heat dominates: - Fever and thirst.	LI 4 t  LU 7 d	Unblocks Large Intestine Qi. Brings down Qi from the Lungs.



## Command Points

(Tonification = t Dispersion = d Moxas = mx)

Organs	Points	Action
<b>Heart</b>	HT 7 d	Calms the <i>Shen</i> , alleviates palpitation, cools Heart, disperses Heart Fire
	HT 9 t	Tonifies Heart Yin
	HT 9 d	(bleed) Disperses heat-agitation (wind-heat)
	UB 14 t	Unblocks blood stasis, causes Blood to circulate, regulates Pericardium and Heart Qi
	RM 14 t	Unblocks blood stasis, causes Blood to circulate
	RM 14 d	Cools Heart
	ST 36 t UB 15 t	Nourishes Blood Tonifies Heart Qi
<b>Small Intestine</b>	ST 39 d	(lower <i>He</i> -sea point of small intestine) Disperses Small Intestine Fire, regulates micturition disorders
	UB 27 t	Tonifies Kidney Qi
	UB 26 t	Mobilizes Ancestral Energy
<b>Bladder</b>	UB 2 d	(bleed) Eliminates local heat
	UB 28 d	Disperses Damp Heat in Bladder
	RM 3 d	Disperses Damp Heat in Bladder
	UB 39 d	Frees the Lower Burner and harmonizes the three Burners
<b>Kidneys</b>	KD 1 d	Awakens the <i>Shen</i>
	KD 3 t	Nourishes Yin, tonifies Kidney Qi
	KD 7 t mx	Tonifies the Kidneys, causes body fluids to ascend
	UB 23 t mx	Tonifies Kidney Qi
	UB 23 d	Promotes reception of Lung Qi by the Kidneys
	UB 27 t	Tonifies Kidney Qi, nourishes Yin of Kidney and Liver, supports transformation of Bladder energy, causes body fluids to ascend.
	UB 27 d	Promotes reception of Lung Qi by the Kidneys
	GB 25 t mx	Tonifies Kidney Qi, causes body fluids to ascend.
	KD 1 t	Increases heat

<b>Organs</b>	<b>Points</b>	<b>Action</b>
<b>Pericardium</b>	UB 14 t PC 8 t PC 6 t PC 6 d	Regulates PC, regulates Heart Qi Increases heat Unblocks the meridians Cools Heart, calms the Shen, opens the Heart orifice, releases the chest, eliminates stagnation
<b>Triple Burner</b>	RM 5 t  RM 7 t ST 25 t RM 12 t RM 17t UB 22 d UB 39 d	Enables Blood and Triple Burner Qi to circulate Tonifies the Lower Burner Warms the Middle Burner Tonifies and worms the Middle Burner Tonifies the Upper Burner and Qi Harmonizes the three Burners Frees the Lower Burner and harmonizes the three Burners
<b>Gallbladder</b>	GB 34 d GB 20 d  GB 24 d UB 19 d	Reduces chest pain, evacuates bile Disperses Liver Yang and Liver Fire, clears head and eyes, calms Liver, drives out Wind Disperses heat, promotes evacuation of bile Disperses heat, promotes evacuation of bile
<b>Liver</b>	LV 2 d LV 3 d  LV 8 t LV 14 d UB 18 t UB 18 d	Disperses Liver Fire Softens the Liver, promotes circulation of Qi and Blood, eliminates stagnation, disperses Liver Yang, disperses Liver Fire Tonifies Liver Blood Softens Liver, disperses heat Nourishes Liver Yin Disperses Liver heat
<b>Lungs</b>	LU 5 d LU 6 t LU 7 t  LU 9 t LU 1 d  UB 13 d  LU 1 t UB12 t mx UB 13 t mx	Frees Lung, arrests cough Arrests hemorrhage Frees Lung attacked by cold Wind, arrests cough Tonifies Lung Qi, frees Lung, arrests cough Disperses heat, nourishes Lung Yin, clears body fluids and causes them to descend Disperses heat, nourishes Lung Yin, clears body fluids and causes them to descend Heats Yang and tonifies Lung Qi Drives out wind and cold, frees Lung Qi Heats Yang and tonifies Lung Qi, drives out cold, frees Lung, arrests cough

Organs	Points	Action
<b>Large Intestine</b>	LI 4 d	Promotes circulation of <i>Qi</i> and Blood ( <i>Xue</i> ), reduces temperature
	LI 4 t	Eliminates exogenous attacks, frees Lungs, arrests cough by eliminating cold Wind.
	LI 11 d	Lowers the temperature Frees Large Intestine, disperses dampness and heat
	ST 25 d	
	UB 25 d	Frees Large Intestine, disperses dampness and heat (lower He-sea point of large intestine) disperses damp heat
	ST 37 d	
<b>Stomach</b>	RM 12 t	Tonifies Stomach and <i>Qi</i> , expels cold from Stomach, warms the Middle Burner
	UB 21 t	Tonifies Stomach and <i>Qi</i> , expels cold from Stomach
	RM 12 d	Activates circulation of Stomach <i>Qi</i>
	RM 10 d	Activates circulation of Stomach <i>Qi</i>
	RM 13 t	Facilitates separation of the pure from the impure
	ST 28 t	Tonifies the Pathway of Water
	ST 36 t	Nourishes Blood, tonifies Stomach <i>Qi</i> , regulates circulation of <i>Qi</i> Dissolves phlegm, calms Fire, eliminates damp phlegm
	mx	
ST 40 d		
<b>Spleen</b>	SP 2 t	Tonifies Spleen
	SP 17 t	Tonifies Spleen
	SP 4 d	Releases the chest, eliminates stagnation
	UB 17 t	Unblocks blood stasis
	UB 17 d	Causes Blood to circulate
	SP 6 t	Tonifies Yin of Spleen, Liver and Kidney, disperses heat, drives out dampness, alleviates urogenital disorders
	SP 8 t	Alleviates hemorrhage
	SP 9 t mx	Promotes elimination of Water and Cold (edema) and fortifies Spleen
	LV 13 t	Fortifies Spleen and supports digestion; on right side: alleviates food poisoning
	ST 36 t	Tonifies the transport and transformation function (Spleen) and activates <i>Qi</i>
	UB 20 d	Fortifies Spleen
	UB20tmx	Tonifies Spleen <i>Qi</i>
	UB 18 t	Tonifies Liver <i>Qi</i> and Spleen <i>Qi</i>
	UB 21 t	Tonifies Stomach <i>Qi</i> and Spleen <i>Qi</i>
UB 23 t	Tonifies Kidney <i>Qi</i> and Spleen <i>Qi</i>	

Organs	Points	Action
Conception Vessel – Ren Mai	RM 4 t	Mobilizes the reserves of Original Energy ( <i>Yuan Qi</i> ) and Original Yang
	RM 6 t	Tonifies Blood ( <i>Xue</i> ) and <i>Qi</i> of whole body, warms the Middle Burner
	RM 9 t	Facilitates drainage of edema
	mx	
	RM 12 t	Tonifies the Middle Burner
	RM 17 d	Activates circulation of <i>Qi</i> and Blood ( <i>Xue</i> )
	RM 17 t	Tonifies <i>Qi</i>
mx		
RM 22 d		Brings down <b>Qi</b> (wheezing breath)
Governing Vessel – Du Mai	DM 4 t	Mobilizes the Original Energy source ( <i>Yuan Qi</i> )
	mx	
	DM 14 d	Reduces temperature
	DM 16 d	Calms Liver, drives out Wind
	DM 20 d	Awakens the <i>Shen</i> , opens natural orifices
DM 26 d		Awakens the <i>Shen</i> , opens natural orifices

**Part Three**  
**Second Stage - Distribution of Energies:**  
**"From Early Heaven to Later Heaven"**



# 8

## **The Eight Extraordinary Channels (Qi Jing Ba Mai) Trajectory, Symptomatology and Treatment**

### **Yin-Yang and Deficiency-Excess of the Extraordinary Channels**

Yin and Yang and Deficiency-Excess are of prime importance in the functioning of the eight Extraordinary Channels, given that these channels, acting as “the passage from earlier heaven to later heaven”, distribute the two radical nutritive and defensive energies (or fundamental Yin and Yang, in both quality and quantity) to the meridians and organs.

The pathways of six of the Extraordinary Channels are made up of points belonging to the meridians; only two of them have their own points: Du Mai, the Governing Vessel, along the posterior midline, and Ren Mai, the Conception Vessel, along the anterior midline. These constituent points are known as Hui-meeting points.

To better understand the physiology of the Extraordinary Channels, they may be visualized in their entirety as a “Sea”, an immense reservoir with eight compartments, four Yin and four Yang. In its chapter 44, the Su Wen<sup>30</sup> states, “Chong Mai is the Sea of the Meridians”: with the aid of the seven other Extraordinary Channels that it conducts in its capacity of Penetrating Vessel, the Chong Mai spills out this sea of energy coming from the Three Burners into the meridians. Each of the eight Extraordinary Channels is thus linked to a particular meridian into and through which it distributes the energy necessary for the smooth functioning of all the meridians and organs<sup>31</sup>.

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30 Huang Di Nei Jing Su Wen: Nature, Knowledge, Imagery in an Ancient Chinese Medical Text, opus cit.

31 Confirmation in the Ling Shu, chapter 38: “Chong Mai, sea of the 5 zang (organs) and 6 fu (viscera) truly supplies them all... Its ascending branch nourishes all the Yang... its descending branch the three Yin.”

One Master Point located on each of these eight meridians – eight bilateral Master Points in all – acts as a faucet which we can open or close. It can be tonified to drain the Extraordinary Channel and give energy to the meridian, or dispersed to send the energy from the meridian back to the corresponding Extraordinary Channel:

Eight Extraordinary Channels		Master Points
<i>Chong Mai</i>	Penetrating Vessel	SP 4
<i>Yin Wei Mai</i>	Yin Linking Vessel	PC 6
<i>Yin Qiao Mai</i>	Yin Motility Vessel	KD 6
<i>Ren Mai</i>	Anterior midline vessel - Conception vessel	LU 7
<i>Du Mai</i>	Posterior midline vessel - Governing Vessel	SI 3
<i>Yang Qiao Mai</i>	Yang Motility Vessel	UB 62
<i>Yang Wei Mai</i>	Yang Linking Vessel	TW 5
<i>Dai Mai</i>	Belt Vessel	GB 41

In his Chinese Acupuncture, Master George Soulié de Morant states that “the 360 points of the whole body are commanded by the 66 (antique<sup>32</sup>) points on the feet and hands. These 66 points in turn are commanded by these 8 points. It is for this reason that they are known as the Extraordinary Points of the Meridians”. This says much for the great importance of these eight Master Points.

Lastly, it should be noted that the Extraordinary Channels are paired two by two and opposed two by two, that is to say the paired Extraordinary Channels mutually support one another, while those that are in opposition exert a mutual control, or complementarity:

- *Chong Mai* (Penetrating) paired with *Yin Wei Mai* (Yin Linking)<sup>33</sup> : SP 4 - PC 6
- *Yin Qiao Mai* (Yin Motility)<sup>34</sup> paired with *Ren Mai* (Conception): KD 6 - LU 7
- *Du Mai* (Governor) paired with *Yang Qiao Mai* (Yang Motility) : SI 3 - UB 62
- *Yang Wei Mai* (Yang Linking) paired with *Dai Mai* (Belt): TW 5 - GB 41

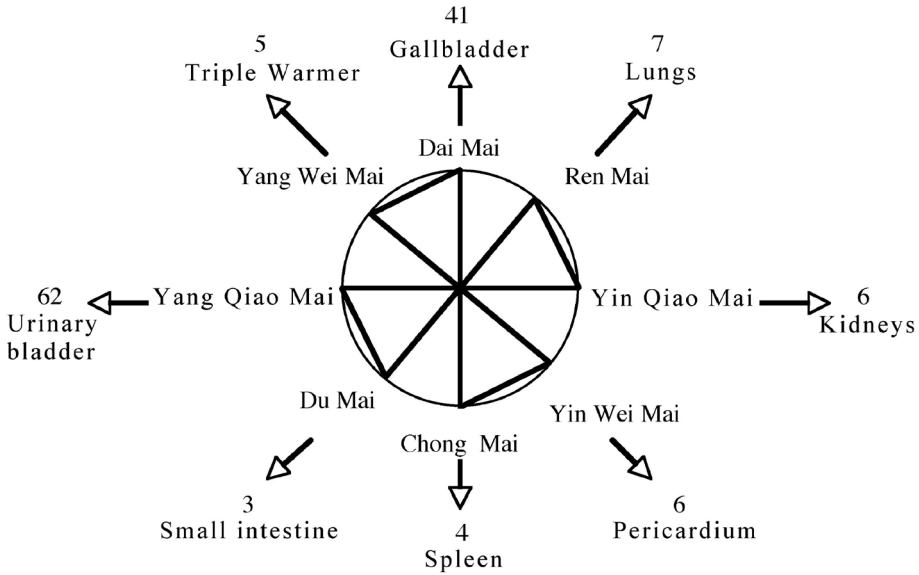
In accordance with these laws, it becomes apparent that when an Extraordinary Channel is in excess (because it is not distributing sufficient energy), the corresponding meridian will be in deficiency; the opposed Extraordinary Channel will be in deficiency, and the meridian corresponding to it will be in excess.

32 See Chapter 9: Organs, Viscera and the Five Elements

33 Regulator of the quantity of Yin energy (for Yin Wei Mai) or Yang energy (for Yang Wei Mai).

34 Motility or movement of Yin energy (in the case of Yin Qiao Mai) or Yang (in the case of Yang Qiao Mai).





For example, if the bladder meridian is in deficiency because the *Yang Qiao Mai* (YQM) does not distribute its energy correctly, the following picture results:

Deficiency	Excess	Deficiency	Excess
Bladder meridian	<i>Yang Qiao Mai</i> (Yang Motility)	<i>Yin Qiao Mai</i> (Yin Motility)	Kidney Meridian

This configuration of the energies often corresponds to the classic picture of cystitis (with a sensation of burning on micturition) accompanied by locomotor disorders (e.g. lumbago or frozen shoulder) and insomnia. We shall come back to this when dealing with therapy involving the pairings of the Extraordinary Channels and their Master Points.

Let us now turn to the cases of disequilibrium by excess<sup>35</sup> that may occur in the eight Extraordinary Channels, and the pathways and symptomatology specific to each of them.

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<sup>35</sup> The only exception is the Penetrating Vessel, Chong Mai, which also presents a symptomatology of deficiency.

Pathway<sup>36</sup> and Symptomatology

Extraordinary Channel	Trajectory	Excess
<p><i>Chong Mai</i> <b>Penetrating Vessel</b></p> <p>Master Point: SP 4 Paired Master Point: PC 6 Oppositions: GB 41 - TW 5 12 Hui-meeting points</p> <p><b>Central immunity defense</b></p>	<p><b>First branch - Main vessel:</b> Lower abdomen &gt; ST 30 &gt; KD 11 to KD 21 &gt; Chest &gt; RM 7</p> <p><b>Second branch - ascending vessel:</b> Chest &gt; throat &gt; nasal fossae</p> <p><b>Third branch - descending vessel:</b> lower abdomen &gt; below kidneys &gt; internal aspect of thigh &gt; popliteal fossa &gt; internal aspect of tibia &gt; posterior part of internal malleolus &gt; sole of foot</p> <p><b>Fourth branch - Foot vessel:</b> internal aspect of tibia &gt; below and in front of internal malleolus &gt; ankle &gt; great toe</p> <p><b>Fifth branch - Vertebral vessel:</b> lower abdomen &gt; spine, from the coccyx to T 1</p>	<p>Acute lancinating pain in abdomen - spasms, contractures of abdomen and diaphragm - respiratory difficulty.</p> <p><b>Ascending vessel:</b> Tightness of throat - aphonia - excessive salivation</p> <p><b>Descending vessel and foot vessel:</b> heat and pain in kidneys - cramps and contractures on internal side of legs - frozen feet</p> <p><b>Vertebral vessel:</b> epileptiform convulsions - epilepsy</p> <hr/> <p><b>Chong Mai Deficiency:</b> Intense itching all over the body</p>
<p><i>Yin Wei Mai</i> <b>Yin Linking Vessel</b></p> <p>Master Point: PC 6 Paired Master Point: SP 4 Oppositions: TW 5 - GB 41 7 Hui-meeting points</p> <p><b>Regulation of Blood (Xue) and Blood Vessels</b></p>	<p>KD 9 &gt; SP 13 &gt; SP 15 &gt; SP 16 &gt; LV 14 &gt; RM 22 &gt; RM 23</p>	<p>Precordialgia - lancinating pain in heart radiating to back - lump in throat - nervous breakdown - anxiety - anger</p>

36 Points recognized by certain authors only are shown in parentheses ( ).

Extraordinary Channel	Trajectory	Excess
<p><i>Yin Qiao Mai</i>  <b>Yin Motility Vessel</b></p> <p>Master Point: KD 6  Paired Master Point: LU 7  - Oppositions:  UB 62 - SI 3  4 Hui-meeting points</p> <p><b>Adaptation,  Blood (<i>Xue</i>) motility</b></p>	<p>(KD2) &gt; KD 6 &gt; KD 8 &gt;  Genital organs &gt; chest  &gt; subclavicular fossa &gt;  throat &gt; internal border  of cheek bone &gt; internal  angle of eye &gt; UB 1</p>	<p>Locomotor disorders  of lower extremities -  convulsions or epileptic  fits during the day  - daytime somnolence -  urinary retention - head-  ache - pain in lower  abdomen and genital  organs, radiating to  coccyx and perineum</p>
<p><i>Ren Mai</i>  <b>Conception Vessel</b></p> <p>Master Point: LU 7  Paired Master Point:  KD 6  Oppositions:  SI 3 - UB 62  24 Hui-meeting points</p> <p><b>Central immunity de-  fense</b></p>	<p>Anterior midline, from  RM 1 between anus  and scrotum (or labiae  majorae) to RM 24 hol-  low of chin &gt; throat &gt;  cheeks &gt; eyes</p>	<p>Skin of abdomen pain-  ful - strangling pain in  lower abdomen and  throat - genito-urinary  disorders - red dis-  charge - oppression in  chest - pain and swell-  ing of lips, gums, eyes;  pruritus and watering  of the eyes - spasms of  eyelids - deviation of  eyes - difficulty speak-  ing</p>
<p><i>Du Mai</i>  <b>Governing Vessel</b></p> <p>Master Point:  SI 3  Paired Master Point:  UB 62  Oppositions:  LU 7 - KD 6  28 Hui-meeting points</p> <p><b>Yang external defense</b></p>	<p><b>First branch - Main ves-  sel:</b> from DM 1 to DM  28 : Coccyx &gt; spinal co-  lumn &gt; nape of neck &gt;  DM 16 &gt; brain &gt; crown  of head &gt; forehead &gt;  nose &gt; upper gum  <b>Second branch - Ver-  tebral vessel:</b> uterus &gt;  genital organs &gt; RM 1 &gt;  coccyx &gt; curves around  buttocks &gt; penetrates  spine &gt; kidneys  <b>Third branch - Dorsal  vessel:</b> Internal angle  of eye &gt; forehead &gt;  crown of head &gt; brain  &gt; follows bladder me-  ridian to nape of neck  then on both sides of  the vertebral column &gt;  loins &gt; kidney</p>	<p><b>Main vessel:</b> Pain and  stiffness of vertebral  column - convulsions  - epilepsy - opisthoto-  nos - heat in middle of  back - hallucinations -  headaches - heaviness  of head - pain in eyes  - lumbago</p> <p><b>Vertebral vessel:</b> stif-  fness and pain in lum-  bar spine</p> <p><b>Dorsal vessel:</b> lumbar  pain, fever, urinary in-  continence</p>

Extraordinary Channel	Trajectory	Excess
<p><i>Du Mai</i> <b>Governing Vessel</b> (cont.)</p>	<p><b>Fourth branch - Abdominal vessel:</b> Lower abdomen &gt; umbilicus &gt; heart &gt; throat &gt; cheeks &gt; lips &gt; under eye &gt; middle of orbital border</p>	<p><b>Abdominal vessel:</b> pain in lower abdomen radiating to cardiac region</p>
<p><i>Yang Qiao Mai</i> <b>Yang Motility Vessel</b></p> <p>Master Point: UB 62 Paired Master Point: SI 3 Oppositions: KD 6 - LU 7 13 Hui-meeting points</p> <p><b>Yang Adaptation</b></p>	<p>UB 62 &gt; UB 61 &gt; GB 38 &gt; GB 29 &gt; SI 10 &gt; LI 15 &gt; LI 16 &gt; ST 4 &gt; ST 3 &gt; ST 1 &gt; UB 1 &gt; (GB 20) &gt; Enters brain at DM 16</p>	<p>Insomnia - locomotor disorders of upper or lower extremities - cystitis - convulsions or epileptic fits at night</p>
<p><i>Yang Wei Mai</i> <b>Yang Linking Vessel</b></p> <p>Master Point: TW5 Paired Master Point: GB 41 Oppositions: PC 6 - SP 4 17 Hui-meeting points</p> <p><b>Regulates Qi</b></p>	<p>UB 63 &gt; GB 35 &gt; GB 24 &gt; SI 10 &gt; LI 14 &gt; GB 21 &gt; TW 15 &gt; GB 13 &gt; GB 14 &gt; GB 15 &gt; GB 16 &gt; GB 17 &gt; GB 18 &gt; GB 19 &gt; GB 20 &gt; DM 16 &gt; DM 15</p>	<p>Intermittent fever or mild febricula - heat in loins and back - cutaneous hyperesthesia - wandering pain - pain in nape of neck radiating to shoulders - neuralgia - migraines</p>
<p><i>Dai Mai</i> <b>Belt Vessel</b></p> <p>Master Point: GB 41 Paired Master Point: TW 5 Oppositions: SP 4 - PC 6 4 Hui-meeting points</p> <p><b>General peripheral defense</b></p>	<p>GB 28 &gt; GB 27 &gt; GB 26 &gt; (LV 13)</p>	<p>Abdominal fullness - sensation of sitting in water: cold buttocks - pain and heaviness of the lower extremities - lumbar pain in girdle area - headache.</p>

### Treatment of the Extraordinary Channels

Regulation of the Extraordinary Channels is effected either by treating their *Hui*-meeting points (constituent points), and their Master Points (*Hui*-

converging points), bearing in mind the laws of paired master points and opposition detailed above. This results in the following picture:

For the six Extraordinary Channels that share their points with meridians (*Chong Mai*, *Yin Wei Mai*, *Yin Qiao Mai*, *Yang Wei Mai*, *Yang Qiao Mai* and *Dai Mai*):

- Dispersion of their *Hui*-meeting points facilitates the flow of energy toward the Meridians and Organs/Functions (one might say the “birth” of the latter).
- Tonification of their *Hui*-meeting points stops the flow of energy toward the Meridians and Organs/Functions (one might say the “death” of the latter)

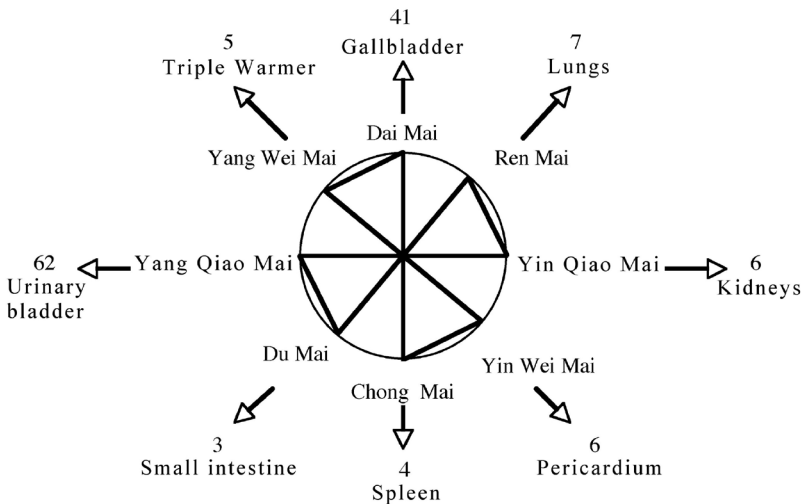
In the case of the two Extraordinary Channels having points specific to them (*Du Mai* and *Ren Mai*):

- Tonification of their *Hui*-meeting points facilitates the flow of energy to the Meridians and Organs/Functions (the “birth” of the latter).
- Dispersion of their *Hui*-meeting points stops the flow of energy toward the Meridians and Organs/Functions and facilitates its evacuation to the exterior or the opposed Extraordinary Channel (*Du Mai* to *Ren Mai* and vice versa).

In the case of the eight Extraordinary Channels:

- Tonification of the Master Points calls up the energy available in the Extraordinary Channels and promotes its distribution to the Meridians.
- Dispersion of the Master Points produces drainage of excess energy in the Meridians and its discharge into the Extraordinary Channels.

Thus for all treatment of the Extraordinary Channels, taking their pairings and oppositions into account, we should proceed as follows:



- As a first measure and contrary to the general rule applied in acupuncture, first disperse the *Hui*-meeting points of the Extraordinary Channel (in excess), which control the zone concerned by the pain or pathology.
- In the second phase, tonify both the master point located on the Meridian presenting a deficiency (Extraordinary Channel in excess), and the paired master point.
- Lastly, disperse the master point and the paired master point opposed to the master point and paired master point above.

As an example let us take the case of excess of the *Yang Qiao Mai* (YQM), with a deficiency of the bladder meridian:

- **Clinical picture:** cystitis with sensation of burning on micturition, insomnia, and for example, frozen right shoulder.

- **Energetic picture:**

Deficiency	Excess	Deficiency	Excess
Bladder meridian (UB 62)	<i>Yang Qiao Mai</i> YQM	<i>Yin Qiao Mai</i> yQM	Kidney meridian (KD 6)
Paired with: Small Intestine meridian (SI 3)	Paired with: <i>Du Mai</i> DM	Paired with: <i>Ren Mai</i> RM	Paired with: Lung meridian (LU 7)

- **Therapy:**

- Disperse SI 10, LI 15 and LI 16 on the right, and GB 29 (YQM *Hui*-meeting Points)
- Tonify UB 62 and SI 3 (YQM and DM Master Points)
- Disperse KD 6 and LU 7 (yQM and RM Master Points)

**Part Four**  
**Third stage - Utilization of Energies:**  
**Organs and Channels**





**A) Internal Function:  
The Five Earth Elements**



## 9

# **Organs, Viscera and the Five Elements**

The function of the organs and viscera may be approached from two main viewpoints:

- That related to regulation of the “Pathway of Water and Cereals”, i.e. the regulation and functioning of the three Burners for the manufacture of nutritive (Ying Qi) and defensive energies (Wei Qi), that is to say, Blood (Xue) and Energy (Qi).
- That related to the body’s use of the nutritive and defensive energies in relation to the Five Earth Elements and the corresponding seasonal changes, for regulation of the functions “muscle, blood, flesh, skin and bone”.

We shall now turn to this latter aspect of the use of the energies manufactured by the three Burners.

### **The Five Earth Elements**

All that is manifested is located, as a matter of principle, between Heaven and Earth, in relation to the Centre with the four cardinal points, its limits, around it. North, East, South, West and Centre represent the five fundamental aspects within the general framework of the Five Earth Elements: Wood to the East, Fire to the South, Earth in the Centre, Metal to the West and Water to the North. Thus the Five Elements also regulate, by analogy, a whole set of functions or qualities.

**General Aspects of the Five Elements**

Element	Season	Quality	Orienta- tion	Vegeta- bles	Cereals	Taste
<b>Wood</b>	Spring	Wind Pressure	East	Fruits	Oats / Millet	Acid
<b>Fire</b>	Summer	Heat	South	Green vegeta- bles	Wheat / Rye	Bitter
<b>Earth</b>	Late summer	Damp- ness	Centre	Cereals	Barley / Corn	Sweet
<b>Metal</b>	Autumn	Dryness	West	Roots	Rice	Pungent
<b>Water</b>	Winter	Cold	North	Legumes	B u c - kwheat	Salty

**Anatomo-physiological Aspects of the Five Elements**

Element	Yin organ	Yang viscera	Function	Com- plexion	Sense	Fati- gues
<b>Wood</b>	Liver	Gall bladder	Tendons, muscular aponeuroses	Green (greenish)	Sight	Walking
<b>Fire</b>	Heart	Small Intestine	Blood and Ves- sels	Red	Taste	Observa- tion
<b>Earth</b>	Spleen	Stomach	Flesh	Yellow	Touch	Sitting
<b>Metal</b>	Lungs	Large Intestine	Skin	White	Smell	Lying
<b>Water</b>	Kidneys	Urinary bladder	Bone	Black (grayish)	Hearing	Standing

**Complementary Aspects of the Five Elements**

Element	Fluid	Location	Orifice	Psyche	Emotion	Expres- sion
<b>Wood</b>	Tears	Nails	Eyes	Imagina- tion	Anger	Shouting
<b>Fire</b>	Sweat	Com- plexion	Tongue	Intelli- gence	Joy	Laughing
<b>Earth</b>	Saliva	Lips	Mouth	Thinking	Anxiety Worry	Singing
<b>Metal</b>	Sputum	Body hair	Nose	Instinct	Sadness	Weeping

Element	Fluid	Location	Orifice	Psyche	Emotion	Expres- sion
<b>Water</b>	Urine Cerumen	Head hair Teeth	Ears	Will- power	Fear	Groaning

To grasp the functioning of the Five Earth Elements, consider the cycle of the seasons in temperate countries: from the fall (autumn) when the leaves fall and rot (oxidize), followed by a period of rest in winter which leads to germination in the spring, followed by growth in the summer, to the apex of the annual cycle which finds its fulfillment in the late summer, the fifth season intermediate between summer and autumn, during which cereals come to maturity and are ready for harvest.

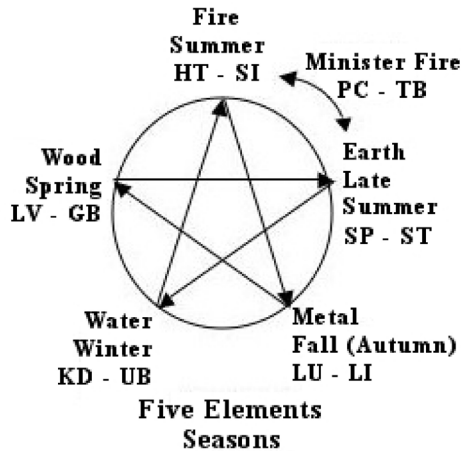
In the tropical countries, although we tend to speak of just two seasons, a wet season corresponding to late summer and a dry season corresponding to autumn, it is in fact possible to discern all five seasons, winter, spring, summer, late summer and autumn, something of which the local people are quite aware.

It goes without saying that each organ (*zang*), associated with an Element and accompanied by the corresponding viscus (*fu*), experiences its maximum energy during the season with which it is associated.

For a better understanding we can also approach this system in biological terms, taking the parallel of the five great physiological cycles, it being understood that the system relates rather to cell function than to the physiology of the organs:

- The Glycogen-Glucose Cycle, in relation to Liver and Wood: glucose (sugar) is stored in the liver in the form of glycogen as fuel for the muscle cells.
- The Magnesium-Iron (Mg-Fe) Cycle in relation to Heart and Fire: the porphyrin nuclei (molecules) of chlorophyll and hemoglobin are virtually identical, with one important difference: the central atom of chlorophyll is an atom of magnesium, permitting carbon dioxide fixation, whereas in the case of hemoglobin, an iron atom fixes oxygen. This is a striking case of the complementarity that exists between the vegetable kingdom and the animal and human kingdoms, between sap and blood.
- The Sodium-Potassium (Na-K) Cycle in relation to Spleen and Earth: the sodium pump, the exchange of sodium and potassium ions across the cell membrane, serves to manufacture the electricity the body needs at the cellular level, the "Flesh", in particular for the nerve fluid which regulates muscle function.
- The Oxygen-Carbon Dioxide (O<sub>2</sub>-CO<sub>2</sub>) Cycle in relation to Lungs and Metal: this cycle constitutes the very basis of the cell respiration and oxidation processes that permit combustion of the cellular fuel in particular.
- The Phosphorus-Calcium (P-Ca) Cycle in relation to Kidneys and Water, on which the structure and maintenance of the bony tissue and the whole skeleton as well as the functioning of the nerve tissue and its cells depend.

After this biological approach to the body's five internal functions, let us return to the energetics of the Five Elements: two cycles illustrate the functioning of this system, the Sheng or generation cycle around the circumference – running in a clockwise direction – and the Ke or victory cycle, thus giving rise to a 5-branched star.



Running clockwise around the circumference, each organ (zang) or viscus (fu) is both son to the one preceding it and mother to the one that comes next; the same holds for the seasons. The son is nourished by the mother, while the mother nourishes the son... Stated differently, each organ receives its energy from the preceding one and transmits its own energy to the next: the heart is son to the liver and mother to the spleen... the small intestine is son to the gallbladder and mother to the stomach... similarly, summer is son to spring and mother to late summer... In general terms, we say that Wood nourishes (and maintains) Fire which nourishes Earth (with its ashes) which nourishes Metal (within it) which nourishes Water (through its metal salts) which nourishes Wood<sup>37</sup>.

Within the circumference each organ is victorious of and controls the organ following it on the 5-branched star: the heart is victorious of the lungs which are victorious of the liver... the small intestine is victorious of the large intestine which is victorious of the gallbladder... Wood impoverishes the Earth which absorbs Water which extinguishes Fire which melts Metal which cuts Wood...

And so each Organ/Function/Element has its own specific role to play in relation to the current season.

Each organ can thus be:

- Emperor: the dominant organ in its season: liver in spring, heart in summer, spleen in late summer, lungs in autumn and kidneys in winter
- Mother to the Emperor: preceding it on the circumference

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<sup>37</sup> Minister Fire with Pericardium and Triple Burner is very ambivalent, having now a Fire aspect and now an Earth aspect (Earth Fire), from case to case. See Chapter 2: The Energies of the Universe and Man.

- Son to the Emperor: following it on the circumference
- Counselor: preceding the Emperor on the 5-branched star
- Vanquished Enemy: following the Emperor on the 5-branched star

Thus, in Spring, the relationships are as follows:

- Emperor: Liver (and Gallbladder)
- Mother: Kidneys (and Urinary Bladder)
- Son: Heart (and Small Intestine)
- Counselor: Lungs (and Large Intestine)
- Vanquished Enemy: Spleen (and Stomach)



The picture as it appears in Spring

These energies are regulated by 66 acupuncture points on the channels, grouped under the name of Shu or transporting points<sup>38</sup>:

### Yang Meridians

Element	Metal	Water	Wood	Earth Fire	Fire	Earth
Y a n g Meridian Point	Jing- Well	Ying- Spring	Shu- Stream	Yuan- Source	Jing- River	He- Sea
Large Intestine	<b>1</b>	2	3	4	5	11
Stomach	45	44	43	42	41	<b>36</b>
Small In- testine	1	2	3	4	<b>5</b>	8

<sup>38</sup> In the table and diagram below, the points shown in bold are representative of the Element corresponding to the organ or viscus concerned. They are known as Ben points.

Element	Metal	Water	Wood	Earth Fire	Fire	Earth
<b>Y a n g Meridian Point</b>	<b>Jing- Well</b>	<b>Ying- Spring</b>	<b>Shu- Stream</b>	<b>Yuan- Source</b>	<b>Jing- River</b>	<b>He- Sea</b>
<b>Urinary Bladder</b>	67	<b>66</b>	65	64	60	40
<b>T r i p l e Warmer</b>	1	2	3	4	<b>6</b>	10
<b>Gallblad- der</b>	44	43	<b>41</b>	40	38	34

### Yin Meridians

Element	Wood	Fire	Earth	Metal	Water
<b>Yin Meri- dian Point</b>	<b>Jing-Well</b>	<b>Ying- Spring</b>	<b>Shu- Stream</b>	<b>Jing- River</b>	<b>He- Sea</b>
<b>Lungs</b>	11	10	9	<b>8</b>	5
<b>Spleen</b>	1	2	<b>3</b>	5	9
<b>Heart</b>	9	<b>8</b>	7	4	3
<b>Kidneys</b>	1	2	3	7	<b>10</b>
<b>Pericar- dium</b>	9	<b>8</b>	7	5	3
<b>Liver</b>	<b>1</b>	2	3	4	8

While each of these points corresponds to the qualities/elements of Wood, Fire, Earth, Metal or Water, each also has a special function of its own to fulfill:

Points	Function
<b>Jing-Well</b>	Point where energy oozes like the water at the bottom of a well
<b>Ying-Spring</b>	Point where energy trickles and stagnates like water in a pond
<b>Shu-Stream / Yuan-Source</b>	Point where energy is amplified like gushing water: the Source
<b>Jing-River</b>	Point where energy flows like the water of a river
<b>He-Sea</b>	Point where energy penetrates like water merging into the sea



In practical terms we need to take account of the quality/Element and the function we wish to stimulate when using this or that point. We shall see how this works in the following chapters, when we discuss the therapeutic use of these points.



# 10

## **“Internal Wounds” and their Treatment**

### **Health and disease**

So long as the regulatory systems of the body – warmers and burners, extraordinary channels, internal organs and peripheral meridians – are in good functioning order and receive what they require, the energy will be in harmony and circulate normally, in the quality and quantity necessary to health (Zheng Qi: correct energy). The harmony of energy (or energies) then becomes manifest, in particular, through that of the metabolism, the automatic regulation of the body’s functions and its chemical and biological transformations. This regulation subserves the physical body’s energy needs, the formation, maintenance and repair of tissues, elaboration of certain substances, in particular hormonal, constituting what we call nutrition.

If, however, the physical or psychic alimentation or the energy supply is in a state of disequilibrium, or there is an excess of fatigue, this will have repercussions on the vital energies, giving rise to a dysfunction of the neuro-endocrine system, which distributes the orders for the regulation of the body’s functions as a whole. The result is functional disease, which may progressively turn into an organic disorder if no effective remedy is forthcoming.

Following on from these internal assaults, changes in the “terrain” of the individual involved, or sensitivity to the atmospheric effects of temperature, hygrometry or pressure may manifest as secondary pathologies.

Within this context, traditional Chinese medicine places diseases (when not accidental, traumatic or toxic) into two major categories, internal wounds and external pathogens: the first relate to the interior, the depth, the second to the exterior, the surface.

### Internal wounds

Internal wounds concern the major functions of the organism that Traditional Chinese Medicine designates as “muscle, blood, flesh, skin and bone”, in relation to the liver, heart, spleen, lung and kidney (organs) and the corresponding viscera, gallbladder, small intestine, stomach and triple burner (pancreas), large intestine and bladder.

In the initial phase, foods and fatigues injure the spleen and stomach; these organs are in effect the substrates, the instruments, of the central digestive function (the central Element Earth). Both excess and deficiency of the quantity of food are noxious, as may also be its quality: food containing too much cold, or dampness, heat or dryness, will injure the spleen in the same way as an excess or insufficiency of fatigue.

Through the intermediary of the spleen and stomach other organs – and their corresponding functions – are then affected: physical or emotional foods, reactions of passion, will injure them depending on their quantity, quality or flavour:

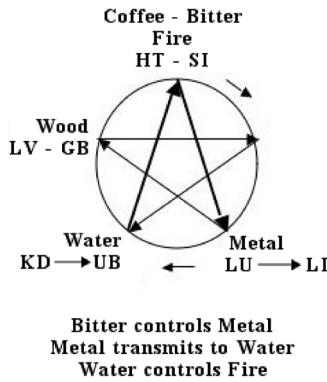
- An excessively acid, vinegary taste, or anger, damages the liver and gallbladder, the Wood element.
- An excessively bitter taste, or excessive joy, damages the heart and small intestine, the Fire element.
- An excessively sweet taste, or too much sugar, anxiety, worry, damages the spleen and stomach, the Earth element, in an even more specific way.
- An excessively pungent taste, or sadness, damages the lungs and large intestine, the Metal element.
- An excessively salty taste or astonishment, visceral fear, damages the kidney and bladder, the Water element.

To take a simple example and help us practice the rules underlying the functioning of the Five Elements, let us take a look at what happens in the case of coffee (bitter taste).

Many people need a cup of coffee in the morning to help them defecate. Why? Since bitter is victorious of the lungs (the *Ke* control cycle), the lungs transmit their energy on the one hand to the large intestine (the associated viscus: activation of the stools) and on the other to the kidney (the *Sheng* generation cycle) and bladder (activation of micturition).

Some people get palpitations if they drink a single cup of coffee, while others can drink ten cups without ill effects, and may even need it to sleep well. Why? Here too, the bitter taste is responsible: it controls the lungs, and thus increases the energy of the kidneys, as we have just seen. The kidneys, now stronger, in turn control the heart (the *Ke* control cycle) which then transmits its energy to both the small intestine (the associated viscus) and spleen (*Sheng* generation cycle). Two situations may then result:

1. If the baseline energy of the heart is normal, it will be reduced, with an acceleration of the cardiac physiology (structure or physiology are the inverse of energy), giving rise to palpitations: an excessively bitter taste damages the heart.



2. If the baseline energy of the heart is excessive, on being diminished it returns to normal and functions perfectly, permitting, among other things, untroubled sleep: the bitter flavor of the coffee then acts like a remedy.

At the same time, we have just seen that the function of an organ or viscus is inversely proportional to the quantity of energy available:

- The physiological function of the organs (Yin) of distributing blood is accelerated or slowed down according to whether Yin energy is reduced (tachycardia) or increased (bradycardia)<sup>39</sup>.
- The physiological function of the viscera (Yang) of storing material or fluids for a lesser or greater period of time is increased or diminished depending on whether Yang energy is reduced (diminution of peristaltic movements) or increased (activation of peristaltic movements...). But beware! – an excess of energy can then give rise to intestinal spasticity and concomitant constipation...

Again in respect of the organs, we noted above that fatigues, like flavors, can injure them, depending on their aspects:



<sup>39</sup> In this context see Chapter 3, The Eight Principles: Sympathetic and Parasympathetic Functions.

- Too much walking damages the tendons and muscular aponeuroses (muscles): the liver is fatigued.
- Too much observation, concentration, meditation, damages the blood: the heart is fatigued.
- Remaining sitting for too long damages the flesh, connective tissue and joints: the spleen is fatigued.
- Remaining lying down or bent over forwards for too long – such as planting rice, for example – damages the skin: the lungs are fatigued.
- Standing without moving for too long damages the bones and skeleton: the kidney is fatigued<sup>40</sup>. Abuse of the sexual functions will also damage this function.

Schematically, the symptoms proper to each of the five Functions/Elements are as follows:

<b>Wood</b>	<b>Fire</b>	<b>Earth</b>	<b>Metal</b>	<b>Water</b>
<b>Liver Gall bladder</b>	<b>Heart Small Intestine</b>	<b>Spleen Stomach</b>	<b>Lungs Large Intestine</b>	<b>Kidneys Urinary Bladder</b>
<i>Deficiency:</i> Trembling, brittle nails, mental confusion, sensitivity to light, teary eyes, tearfulness <i>Excess:</i> Green complexion, pulse too tense, irritability, anger, shouts, tics, spasms	<i>Deficiency:</i> Palpitation, weak, fine pulse, depression, night sweats, pale complexion and tongue <i>Excess:</i> Red complexion, too ample, rapid pulse, excitation, excessive joy, laughter, tip of tongue red	<i>Deficiency:</i> Edema, pale lips, sluggish digestion, acid reflux, hyper-salivation <i>Excess:</i> Yellow complexion, pulse too slow, anxiety, obsession, compulsive singing, swollen lips, cracked mouth	<i>Deficiency:</i> Skin rash, pruritus, sore throat, dry cough, dyspnea, anosmia <i>Excess:</i> White complexion, too floating pulse, sadness, weeping, sneezing, cough with abundant expectoration	<i>Deficiency:</i> Indecision, loss of hair, deafness, frequent urination, albuminuria, amnesia, visceral fear, groaning, <i>Excess:</i> Gray complexion, pulse too deep, recklessness, scanty urine

Thus internal wounds disturb the harmony established between the five internal functions. In his General Treatise on Chinese Medicine, Mitchi Mesa Nishizawa<sup>41</sup> states in this context that “the places that become deprived of energy on account of this disequilibrium, i.e. where resistance is abnormally reduced, are then likely to be affected by external pathogens”.

40 A familiar example is the particular pathology, orthostatic albuminuria, in sentries who remain at attention for hours without moving.

41 Mitchi Mesa Nishizawa: Traité général de médecine chinoise – Translated into French by André Duron – Not published to date to our knowledge.

And he goes on: "In other words, without internal wounds, the external pathogens have no means of penetrating the body and diseases do not become manifest. Preventive measures against disease thus consist in not provoking internal wounds". We have seen what could provoke these wounds!

**The Four Needles Technique in the treatment of internal wounds**

As we have already stated, the acupuncture points with which we can regulate the energies in relation to the Five Elements, by way of the meridians, depending on the internal wounds sustained, are grouped under the heading of "Transporting or Antique Points", of which there are 66:

Element	Metal	Water	Wood	Earth Fire	Fire	Earth
<b>Y a n g Meridian Point</b>	<b>Jing- Well</b>	<b>Ying- Spring</b>	<b>Shu- Stream</b>	<b>Yuan- Source</b>	<b>Jing- River</b>	<b>He- Sea</b>
<b>Large Intestine</b>	<b>1</b>	2	3	4	5	11
<b>Stomach</b>	45	44	43	42	41	<b>36</b>
<b>Small In- testine</b>	1	2	3	4	<b>5</b>	8
<b>Urinary Bladder</b>	67	<b>66</b>	65	64	60	40
<b>Triple Warmer</b>	1	2	3	4	<b>6</b>	10
<b>Gallblad- der</b>	44	43	<b>41</b>	40	38	34

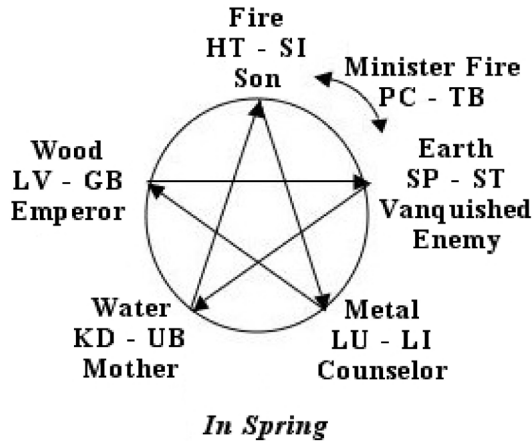
Element	Wood	Fire	Earth	Metal	Water
<b>Yin Meri- dian Point</b>	<b>Jing-Well</b>	<b>Ying- Spring</b>	<b>Shu- Stream</b>	<b>Jing- River</b>	<b>He- Sea</b>
<b>Lungs</b>	11	10	9	<b>8</b>	5
<b>Spleen</b>	1	2	<b>3</b>	5	9
<b>Heart</b>	9	<b>8</b>	7	4	3
<b>Kidneys</b>	1	2	3	7	<b>10</b>
<b>Pericar- dium</b>	9	<b>8</b>	7	5	3
<b>Liver</b>	<b>1</b>	2	3	4	8

The rules for using these Transporting Points for the treatment of Internal Wounds are related on the one hand to the seasonal role of each organ or viscus and on the other to the generation (Sheng) and control cycles (Ke) described above<sup>42</sup>. We thus need to take account of the quality/Element of each of these points (Wood, Fire, Earth, Metal or Water), as well as their specific function as recapitulated below.

Points	Function
<b>Jing-Well</b>	Point where energy oozes like the water at the bottom of a well
<b>Ying-Spring</b>	Point where energy trickles and stagnates like water in a pond
<b>Shu-Stream</b>	Point where energy is amplified like gushing water: the Source
<b>Jing-River</b>	Point where energy flows like the water of a river
<b>He-Sea</b>	Point where energy penetrates like water merging into the sea
<b>Yuan-Source (of Yang)</b>	Point where energy is amplified, like water springing from the Source

According to the energetic state of the Emperor, we decide on one of the following therapies, named the four needle technique (by Masters Yanagiya Sorei (柳谷素靈) and Honma Shohaku).

Let us take the example of the Liver Emperor in Spring, with a deficiency of Wood energy and thus symptoms of trembling, brittle nails, mental confusion, sensitivity to light, teary eyes, tearfulness.



<sup>42</sup> See Chapter 9: Organs, Viscera and the Five Elements



**Deficient Emperor:**

When the Counselor is too powerful and dominates the Emperor:

- Tonify the Ben point (representing the Element) of the Mother of the Emperor (in this case the Kidney): KD 10 (Kidney Water)
- Tonify on the Emperor the point homologous to the Ben point of its Mother: LV 8 (Liver Water Point)
- Disperse the Ben point of the Counselor: LU 8 (Lung Metal Point)
- Disperse on the Emperor the point homologous to the Ben point of the Counselor: LV 4 (Liver Metal Point)

Exceptionally, if the Mother of the Emperor is powerful and does not yield her energy to him, with the Counselor being normal, we will use only two needles:

- Tonify the Mother point on the Emperor: LV 8 (Liver Water Point)
- Tonify the point homologous to the Ben point of the Emperor (here Liver - Wood), on its Mother: KD 1 (Kidney Wood Point)

If on the other hand the Liver Emperor is in excess, with a greenish complexion, overtense pulse, irritability, anger, shouts, tics, spasms:

**Emperor in excess:**

The Counselor is too weak and cannot control the Emperor:

- Tonify the Ben point (representing the element) of the Counselor: LU 8 (Lung Metal Point)
- Tonify on the Emperor, the point homologous to the Ben point of the Counselor: LV 4 (Liver Metal Point)
- Disperse the Ben point of the Emperor's Son: HT 8 (Heart Fire Point)
- Disperse on the Emperor the point homologous to the Ben point of his Son: LV 2 (Liver Fire Point).



# 11

## Front-Mu and Back-Shu Points

In traditional Acupuncture, two sets of specific points enable a deeper level of treatment and offer direct access to the organs and viscera:

- The *Front-Mu* points (also known as alarm points) located on the front of the trunk .
- The *Back-Shu* points located on the back of the trunk<sup>43</sup>.

The *Mu* points permit us to intervene on the “Blood” (*Xue*) of the organs and viscera; the *Back-Shu* points on the “Energy” (*Qi*) of the organs and viscera. We have already seen this in our discussion of the first stage of the organism, that of the Triple Burner responsible for the manufacture of nourishing and defensive energies<sup>44</sup>.

However, we may also consider that the *Front-Mu* points serve to tonify the blood (Yin) of the organs and viscera, i.e. their vitality, and the *Back-Shu* points to disperse their energy (Yang). Thus, depending on the situation, we can use them as tonification or dispersion points<sup>45</sup>.

Regulation of the organs and viscera with the help of the *Front-Mu* and *Back-Shu* points thus corresponds to a set of relationships deriving from a circuit resembling that of the horary cycle in the meridians, but distinct. This circulation corresponds, in a manner of speaking, to a development of the five-branched star used for the antique points<sup>46</sup> (transporting points).

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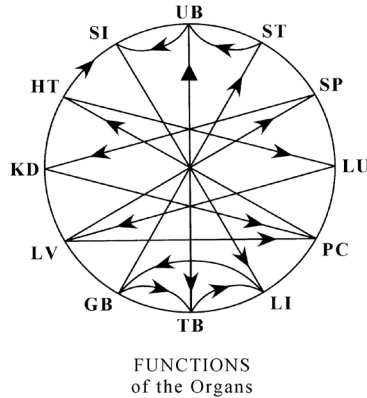
43 In the text that follows, these classic *Front-Mu* and *Back-Shu* points are called “organ-*Jing Bie*”, in order to distinguish them from the function *Front-Mu* and *Back-Shu* points, dealt with below.

44 See Chapter 7: Organs and Viscera - Physiopathology and therapy

45 See George Soulié de Morant: *Chinese Acupuncture*, Paradigm Publications

46 This circulation in the organs and viscera, while not described in any text known today, derives from study of the generation of energies following the *He Tu* and *Yi Jing*. See J. Pialoux, *Le Diamant Chauve Plus ou la Tradition des evidences*, Ed. Fondation C. Celsus - Erde Switzerland

First, we have a circulation of the energies of the organs and viscera around the circumference (the *Sheng* generation cycle), where the heart is mother to the small intestine, itself mother to the urinary bladder; the spleen is mother to the left lung; while the liver is mother to the kidneys, the left one of which is mother to the heart...



In addition, we have a control cycle (the *Ke* Cycle or relations within the circumference) for each group of organs and viscera.

- The heart controls the lungs, the right lung controls the liver, which controls the pericardium and spleen, the spleen controls the kidneys, the right kidney in its turn controls the pericardium, the pericardium controls the heart.
- The stomach controls the bladder, which controls the triple burner and small intestine, the triple burner<sup>47</sup> and small intestine control the large intestine, itself controlling the gallbladder, which controls the stomach and triple burner.

The classic Front-Mu and Back-Shu points are as follows:

Element	Organs and Viscera	Blood: Mu points	Energy: Shu points
Wood	Liver	LV 14	UB 18
	Gallbladder	GB 24	UB 19
Fire	Heart	RM 14	UB 15
	Small Intestine	RM 4	UB 27
Minister Fire	Pericardium	RM 15	None
	Triple Burner	RM 5	UB 22

<sup>47</sup> The Triple Burner and Pericardium are sometimes Fire, sometimes Earth.

Element	Organs and Viscera	Blood: Mu points	Energy: Shu points
Earth	Spleen	LV 13	UB 20
	Stomach	RM 12	UB 21
Metal	Lungs	LU 1	UB 13
	Large Intestine	ST 25	UB 25
Water	Kidneys	GB 25	UB 23
	Bladder	RM 3	UB 28

In practical terms, as we have seen<sup>48</sup>, acute or recent pathologies must be treated using the antique (transporting) points. Semi-chronic or chronic disorders of the organs and viscera, related to the Five Elements, require treatment using the Front-*Mu* and Back-*Shu* points, but following a first superficial treatment using the antique points.

As an example, let us take a chronic excess of Spleen, with yellow complexion, slow pulse, anxiety, obsessions, compulsive singing, swollen lips, cracked mouth, etc. After a preliminary treatment using the antique points, treatment with the *Mu* and back-*Shu* points will consist in tonifying the organ that dominates the Spleen in the *Ke* control cycle, i.e. the Liver, at its *Mu* point, LV 14; then dispersing the organ (or viscus) that follows it in the circuit, in this case the Lungs, according to the Mother-Son principle, at their Back-*Shu* point, UB 13; and lastly dispersing the Spleen itself at its Back-*Shu* point, UB 20.

Let us now take the opposite example with a deficiency of Spleen and some of the following symptoms, which are sufficiently significant: edema, pale lips, sluggish digestion, acid eructations, hypersalivation, and so on.

The treatment will consist in tonifying the organ (or viscus) that precedes the Spleen in the circuit, in this case the Stomach, according to the Mother-Son law, at its *Mu* point, RM 12; then tonifying the Spleen at its *Mu* point, LV 13; and lastly dispersing the organ that dominates it in the control cycle, the Liver, at its Back-*Shu* point, UB 18.

### **Front-Mu and Back-Shu points: somatic and emotional points, organ-Jing Bie and organ-function points<sup>49</sup>**

In addition to the classic *Mu* and Back-*Shu* points, the study of the *Yi Jing* has allowed a new understanding of a number of similar points<sup>50</sup>.

The series of *Mu* and Back-*Shu* points available to us is then as follows:

- Somatic organ-Jing Bie Front-Mu and Back-*Shu* points (seasonal, semi-chronic; see table on the previous page):

<sup>48</sup> See Chapter 10: Internal Wounds and their Treatment

<sup>49</sup> See below

<sup>50</sup> See J. Pialoux, *Le Diamant Chauve Plus ou la Tradition des évidences*, Ed. Fondation C. Celsus – Erde, Switzerland

- classic *Mu* points, located on the front of the trunk and the Conception Vessel (*Ren Mai*).
- classic Lung, Heart, etc. Back-*Shu* points, on the inner pathway of the Urinary Bladder meridian.

An horary symptomatology corresponds to an external syndrome affecting the *Jing Bie*, or divergent vessels (cf. Chapter 14 – Complementary Vessels). A seasonal (semi-chronic) symptomatology corresponds to an internal syndrome affecting the *Jing Bie* which we have called “*organ-Jing Bie*” syndrome. This is distinct from the chronic derangement of the function of the organs.

- Somatic organ-function Front-*Mu* and Back-*Shu* points (chronic):
  - *Mu* points: 12 points on the Penetrating Vessel (*Chong Mai*) (disperse these to tonify the functions of the organs)
  - Classic Back-*Shu* organ-function points: on the inner pathway of the Urinary Bladder meridian (traditionally known as function Back-*Shu*).

Element	Organs and Viscera	Blood: Mu points	Energy: Back-Shu points
Wood	Liver	KD 21	UB 14 - Terminal Yin
	Gallbladder	KD20	UB 30 - Sphincter
Fire	Heart	KD 11	UB 16 - General
	Small Intestine	KD 12	UB 26 - Source of the barrier
Minister Fire	Pericardium	ST 30	None
	Triple Burner	KD 19	None
Earth	Spleen	KD 18	UB 17 - Diaphragm and Blood
	Stomach	KD 17	None
Metal	Lungs	KD 14	UB 12 - Respiratory tract
	Large Intestine	KD 15	UB 24 - Ocean of Energy
Water	Kidneys	KD 16	UB 11 - Bones
	Bladder	KD 13	UB 29 - Central vertebra

- Emotional organ-*Jing Bie* Front-*Mu* and Back-*Shu* points (seasonal, semi-chronic):
  - *Mu* points: of Lung, Heart, etc. on the Stomach meridian
  - Back-*Shu* points: on the Governing Vessel (*Du Mai*)

Element	Organs and Viscera	Blood: Mu points	Energy: Back-Shu points
Wood	Liver	ST 18	DM 8
	Gallbladder	ST 19	DM 2
Fire	Heart	ST 15	DM 11
	Small Intestine	ST 27	DM 10
Minister Fire	Pericardium	None	DM 14
	Triple Burner	ST 22	DM 5
Earth	Spleen	ST 20	DM 6
	Stomach	ST 21	DM 9
Metal	Lungs	ST 13	DM 12
	Large Intestine	ST 25	DM 3
Water	Kidneys	ST 23	DM 4
	Bladder	ST 28	DM 13

- Emotional organ-function Front-*Mu* and Back-*Shu* points (chronic):
  - *Mu* points: on the Stomach meridian
  - Back-*Shu* points: on the second chain of the bladder meridian (tonify to disperse the emotional functions of the organs )

Element	Organs and Viscera	Blood: Mu points	Energy: Back-Shu points
Wood	Liver	ST 14	UB 47
	Gallbladder	ST 30	UB 48
Fire	Heart	ST 16	UB 44
	Small Intestine	ST 26	UB 45
Minister Fire	Pericardium	None	UB 53
	Triple Burner	None	UB 51
Earth	Spleen	ST 17	UB 49
	Stomach	None	UB 50

<b>Element</b>	<b>Organs and Viscera</b>	<b>Blood: Mu points</b>	<b>Energy: Back-Shu points</b>
<b>Metal</b>	Lungs	ST 12	UB 42
	Large Intestine	ST 24	UB 43
<b>Water</b>	Kidneys	ST 11	UB 52
	Bladder	ST 29	UB 46



**B) External Function:  
The Six Environmental Phenomena**



# 12

## **The Channels (Zheng Jing) and the Six Environmental Phenomena**

### **The Horary Cycle**

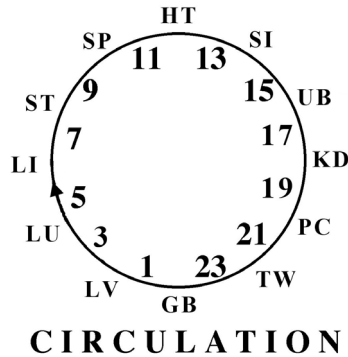
We have seen that the functioning of the channels (Zheng Jing) can be approached from two different angles:

- That related to regulation of the three Warmers, the peripheral function of the three Burners, in order to maintain the integrity of the organism, prepare the transformation of the four fundamental energies and the production of nourishing and defensive energies by the three burners proper, and ensure the smooth functioning of the "Pathway of Water and Cereals".
- That concerning adaptation to the circadian cycle and variations in temperature, hygrometry and pressure, and the body's use of the energies associated with the "Six Environmental Phenomena", Cold, Fire, Dryness, Dampness, Summer Heat or Atmospheric Depression, Wind or Atmospheric Pressure.

It is with this second aspect that we shall now deal.

First, it should be noted that energy circulates in the twelve channels following the horary cycle, starting each day at 3 a.m. solar time, at the Lung channel.

Energy is predominant in each channel for two hours: in the Heart channel between 11 a.m. and 1 p.m., by analogy with the sun at its zenith, then associated with the south.



### Channel entry and exit points

In the horary cycle, the entry and exit points of energy are not always at the extremities of the channels. A reason to become familiar with them is to be able to regulate jetlag, for example, a very common feature in this age of intercontinental airplane travel. The procedure is as follows:

- 1/ Calculate the present solar time at the point of departure of the patient, and the corresponding acupuncture channel in which the energy is located.
- 2/ Calculate the solar time of the location of the patient at the time of treatment, and the corresponding acupuncture channel where the energy needs to be.
- 3/ Gradually bring the energy from the first of these channels (point 1 above) to the second (point 2), by successively tonifying the entry points of the intermediary channels to pump in energy and dispersing the exit point of the channel immediately preceding the meridian that has just been tonified, to flush the energy.

Meridian	Entry point	Exit point
Lungs	1	7
Large Intestine	4	20
Stomach	8	42
Spleen	1	21
Heart	1	9
Small Intestine	1	18
Urinary Bladder	1	67
Kidneys	1	22
Pericardium	1	8
Triple Warmer	1	21

Meridian	Entry point	Exit point
Gallbladder	1	41
Liver	1	14

**Example:**

- At the point of departure it is midnight (solar time): Gallbladder channel
- At the present location it is 9:30 a.m. (solar time): Spleen channel.

Treatment: bring energy from Gallbladder to Spleen:

- Tonify LV 1 – disperse GB 41
- Tonify LU 1 – disperse LV 14
- Tonify LI 4 – disperse LU 7
- Tonify ST 8 – disperse LI 20
- Tonify SP 1 – disperse ST 42

It is recommended that this technique be practiced “without needles” – as for the treatment of children - and, as far as possible, within twelve hours of the arrival of the jetlagged traveler.

As a corollary to the above horary cycle, the so-called midday-midnight rule, i.e. based on relations of opposition and complementarity, regulates the flow of energy between diametrically opposite meridians: heart-gallbladder; small intestine-liver; urinary bladder-lungs, etc. This regulation corresponds to the fact that when a meridian is at its maximum of energy, the one diametrically opposite it is at its minimum of energy, and vice versa: maximum of energy in the heart at midday, in the gallbladder at midnight, and so on.

If there is a disequilibrium in this regulation, the *Luo* (passage) points may be used, unless we are dealing with “hourly symptoms” due to a dysfunction of the Divergent Vessels (*Jing Bie*)<sup>51</sup>.

Finally, we may recall that the channels, antennae of the organs and viscera, are also paired two by two, according to their Yin-Yang relationship: Lungs with Large Intestine, Spleen with Stomach, Heart with Small Intestine, Kidneys with Bladder, Pericardium with Triple Warmer, Liver with Gallbladder.

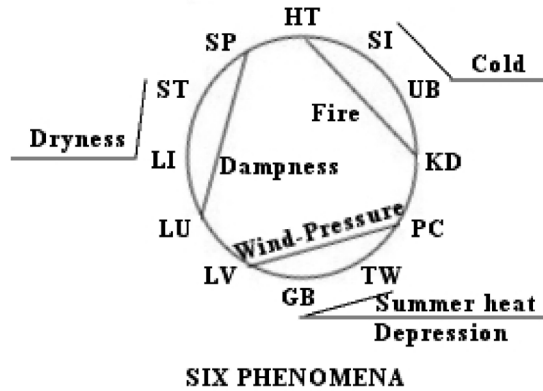
**The Six Environmental Phenomena**

The laws of the Six Environmental Phenomena relate to the six directions of the space around us and the twelve “Chinese” hours producing the rhythm of the cycle of day and night, concerning in particular the six atmospheric changes of temperature, hygrometry and pressure to which they enable us to adapt: Cold and Fire, Dryness and Dampness, Summer Heat (or Atmospheric Depression) and Wind (or Atmospheric Pressure).

In this way the twelve channels are grouped two by two to form six channels whose energies will have a major influence on:

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51 See chapter 14 - Complementary Vessels



- **Body temperature:**
  - cold: Small Intestine - Urinary Bladder (Tai Yang, Greater Yang);
  - inner fire: Heart - Kidneys (Shao Yin, Lesser Yin);
- **Water balance:**
  - hydration: Lungs - Spleen (Tai Yin, Greater Yin)
  - dehydration: Large Intestine - Stomach (Yang Ming, Bright Yang);
- **Blood pressure:**
  - hypertension: Pericardium - Liver (Jue Yin, Terminal Yin);
  - hypotension: Triple Warmer - Gallbladder (Shao Yang, Lesser Yang).

Adaptation and sensitivity to cold or heat, dampness or dryness, or changes in atmospheric pressure, will thus depend on the functioning of the six channels, the peripheral antennae of the organs.

# 13

## The “Exogenous Evils” and their Treatment

In his General Treatise on Chinese Medicine, Master Mitchi Mesa Nishizawa<sup>52</sup> states that “without internal wounds, the exogenous evils have no way of penetrating the body and disease will not occur”.

Exogenous evils coming in addition to internal wounds take the form of atmospheric variations of temperature, hygrometry or pressure. Normally these are compensated in the body by regulation of the internal temperature, hydration of the tissues and the blood pressure. This becomes a problem when such compensation no longer operates as it should as a result of internal wounds. Pathogenic energy, Xie qi, due in this case to the penetration of the body by a climatic pathogen (cold, dampness, wind, heat, etc.), will then give rise to specific pathologies. In the case of the exogenous evils, we need to discover the ways by which this energy permeates the organism.

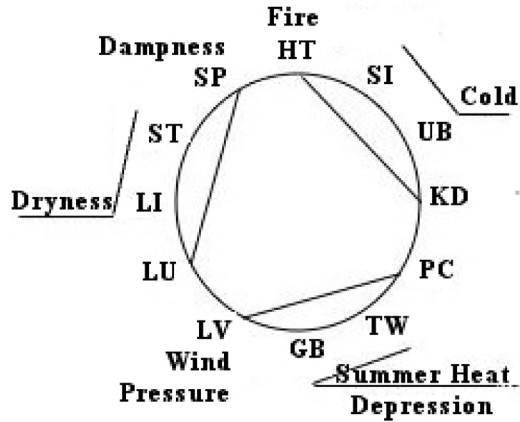
We may recall that the twelve acupuncture channels constitute the surface antennae of the internal functions. When certain energies are mobilized in an attempt to remedy internal wounds, a number of the circuits of the peripheral channel system are then depleted or weakened in direct relation with the functions – and the organs or viscera – that are subject to the assaults.

In qualitative terms, the six paired channels, each grouping one foot and one hand channel, correspond to specific lines of defense and adaptation mechanisms in respect of atmospheric changes. These are:

- The bladder and small intestine channels, paired to form the Greater Yang channel (Tai Yang), “Cold”, permit adaptation to fire.
- The heart and kidney channels, paired to form the Lesser Yin channel (Shao Yin), “Fire”, permit adaptation to cold.

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<sup>52</sup> Mitchi Mesa Nishizawa: General Treatise on Chinese Medicine – Translated into French by André Duron - Unpublished to date, to our knowledge.



- The triple warmer and gallbladder channels, paired to form the Lesser Yang channel (Shao Yang), “Fire or atmospheric depression”, permit adaptation to the feng, wind, atmospheric pressure;
- The pericardium and liver channels, paired to form the Terminal Yin channel (Jue Yin), “Feng, Wind or atmospheric pressure”, permit adaptation to fire, atmospheric depression;
- The large intestine and stomach channels, paired to form the Bright Yang channel (Yang Ming), “Dryness”, permit adaptation to dampness;
- The lung and spleen channels, paired to form the Greater Yin channel (Tai Yin), “Dampness”, permit adaptation to dryness.

Clearly, if one of these channels is deprived of its own energy, the exogenous pathogenic energies are then able to penetrate and act as evil energies to provoke their specific pathologies: the patient will say that he has caught a cold, or will feel that it is going to rain, and so on.

In this context, to help familiarize ourselves with external attacks, let us look at the three most common forms of rheumatism, depending on whether the exogenous evil takes the form of dampness, cold or wind:

- In rheumatism due to dampness, the frequent swelling of the tissues is accompanied by dull pains which get worse at night, and numbness; such pain is relieved by movement such as morning exercise.
- Rheumatism resulting from cold is manifested by sharp, acute, very intense fixed pain, which is greatly aggravated by movement and tends to occur in the daytime; it is relieved by heat.
- In rheumatism caused by wind, the pain has a very special quality, in that it “wanders” around, having sometimes an articular, sometimes a muscular form, for example.

With time, these attacks may in some cases be transformed into “heat”, with intense pain – the patient cannot bear being touched – accompanied by redness, heat and occasionally fever; pain of this type is relieved by cold.



### Treatment of the paired channels

The treatment strategy should take account of the following principles, depending on the level of deficiency or excess of the paired channels:

- When a channel is deficient, with sensitivity to the corresponding quality – cold, heat, dampness, etc. – the treatment is as follows:
  - Tonify the (paired) channel concerned at its root treatment tonification point, i.e. the tonification point of the paired channel located on the lower limb (the foot channel);
  - Disperse the complementary channel (fire in the case of cold, dryness in the case of dampness, etc.) at its root treatment dispersion point.

**Example:** if the patient presents sensitivity to dampness, tonify SP 2 (the point of infusion of energy, of tonification, in accordance with the "Mother-Son law") and disperse ST 45 (the point from which the compensating energy, dryness, is strengthened, to complement the Spleen channel).

Root treatment tonification and dispersion points						
Channel	Cold SI - UB	Depres- sion TW - GB	Dryness LI - ST	Damp- ness LU - SP	Fire/heat HT - KD	Pressure PC - LV
<b>Tonifying</b>	UB 67	GB 43	ST 41	SP 2	KD 7	LV 8
<b>Dispersing</b>	UB 65	GB 38	ST 45	SP 5	KD 2	LV 2

- An excess of pathogenic energy in a channel triggers a functional pathology amenable to the following treatment – except in the case of attack by wind :
  - Tonify the complementary (paired) channel at the root treatment point of a quality (element) opposite to the pathogen in question.
  - Disperse the (paired) channel concerned using the root treatment point of a quality (element) identical to the pathogen in question.
  - Finally, tonify the (paired) channel concerned using its root treatment tonification point, to restore proper energy to it, or using the point possessing a quality (element) opposite to the pathogen in question.

**Example:** Excessive (pathogenic) dampness: tonify ST 45 (Metal point: dryness) and disperse SP 3 (Earth point: dampness); then tonify SP 2 (root treatment tonification point of Spleen, as well as the Fire point of spleen, to evaporate the dampness).

Qualities/Elements of the root treatment points of the paired channels						
Channel	Tai Yang SI - UB	Shao Yang TW - GB	Yang Ming LI - ST	Tai Yin LU - SP	Shao Yin HT - KD	Jue Yin PC - LV
<b>Wood: Wind</b>	UB 65	GB 41	ST 43	SP 1	KD 1	LV 1
<b>Fire: Hot</b>	UB 60	GB 38	ST 41	SP 2	KD 2	LV 2
<b>Earth: Damp</b>	UB 40	GB 34	ST 36	SP 3	KD 3	LV 3
<b>Metal: Dry</b>	UB 67	GB 44	ST 45	SP 5	KD 7	LV 4
<b>Water: Cold</b>	UB 66	GB 43	ST 44	SP 9	KD 10	LV 8

In addition to this treatment, the following knot points can be dispersed if necessary, in order to open the link between the two paired channels concerned. This sends the energy from the root (foot) channel to the branch (hand) channel.

Channel	Tai Yang SI - UB	Shao Yang TW - GB	Yang Ming LI - ST	Tai Yin LU - SP	Shao Yin HT - KD	Jue Yin PC - LV
<b>Knot Points</b>	UB 1 <i>Jing Ming</i>	GB 2 <i>Ting Hui</i>	ST 8 <i>Tou Wei</i>	RM 12 <i>Zhong Guan</i>	RM 23 <i>Lian Quan</i>	RM 18 <i>Yu Tang</i>

In the event of attacks by wind, first disperse GB 20, GV 16 and GV 15 (if necessary also SI 12, UB 12, UB 22, GB 31, ST 40: *Feng* points), then tonify GB 41 and TW 5, and disperse SP 4 and PC 6; here we are treating the Extraordinary Channels<sup>53</sup>:

Regulation of the three other peripheral energy structures associated with the paired channels requires specific techniques: the *Luo* vessels (passages) of various types, tendino-muscular channels (*Jing Jin*), divergent channels (*Jing Bie*).

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<sup>53</sup> Treatment of the Extraordinary Channels: see Chapter 8

# 14

## Complementary Vessels Trajectory, Symptomatology and Treatment

### 1 - Physiopathology and Treatment of the Transversal and Longitudinal Luo

The longitudinal *Luo* irrigate certain zones of the body, originating at the *Luo* points. Given that they have points in common with the transversal *Luo* linking the Yin and Yang channels, it is not practical to study the one without the other. Their regulation will consist simply in tonifying any deficiencies and dispersing excesses.

- In the case of the transversal *Luo* linking the paired Yin and Yang channels, the quantity of energy in these channels should be taken into account.  
**For example**, in the case of the Heart and Small Intestine channels:
  - If the Yang channel is in excess and the Yin channel deficient, we need to tonify the *Luo* point (of the deficient Yin channel) and disperse the *Luo* point (of the Yang channel in excess): HT 5t -SI 7d.
  - If the Yin channel is in excess and the Yang channel deficient, in accordance with the "*Shu-Stream-Luo* law"<sup>54</sup>, we tonify the *Shu-Stream* point (of the deficient Yang channel) and disperse the *Luo* point (of the Yin channel in excess): SI 3t - HT 5d.
- In the case of the longitudinal *Luo*, we need to take account of the symptoms of deficiency or excess of the longitudinal *Luo* concerned:
  - If symptoms of deficiency are present: tonify the corresponding *Luo* point.
  - If symptoms of excess are present: disperse the corresponding *Luo*

<sup>54</sup> See Chapter 2: The Energies of the Universe and Man, relations between the Yin and Yang channels: the Yang *Shu-Stream* points allow us to bring in energy from the Yin *Luo* points, by "amplifying" it. Note that the Yin *Shu-Stream* (*Yuan*) points amplify energy exclusively from the organs themselves.

point, possibly after having tonified the *Luo* point or *Shu*-Stream point of the paired channel, with the exception of the last two Longitudinal *Luo*: the Great *Luo* of the Stomach, *Xu Li*, and the Spleen, SP 21, *Da Bao*, which are dispersed directly.

**For example**, if a patient presents a strong sensation of heat in the palm of the hand, a sign of excess of the Lung *Luo*, we may tonify the *Shu*-Stream point of the Large Intestine, LI 3, in accordance with the *Shu-Stream-Luo* law, and disperse the Lung *Luo* point, P7.

### Trajectory, symptomatology of the 16 longitudinal Luo

Longitudinal Luo	Trajectory	Deficiency	Excess
<b>Lungs</b> <b>LU 7</b> Paired organ (LI)	From LU 7 to palm of hand, thenar eminence and fingers	Tight mouth, dyspnea, yawning, sweating, frequent urination	Heat in palm of hand, pain in fingers, burning sensation
<b>Large Intestine</b> <b>LI 6 (Shu-Stream: LI 3)</b> Paired organ (LU)	From LI 6 to arm, teeth and ear	Cold in teeth, contraction of diaphragm, oppression	Dental caries, deafness
<b>Stomach</b> <b>ST 40 (Shu-Stream: ST 43)</b> Paired organ (SP)	From ST 40 to external aspect of leg, to neck, head and DM 20, and to throat	Muscular atrophy of legs	Paralysis of throat, aphonia, convulsions, difficulty in swallowing, epilepsy, dementia, phlegm
<b>Spleen</b> <b>SP 4</b> Paired organ (ST)	From SP 4 to abdomen, intestines and stomach	Stabbing abdominal pain	Intestinal bloating, diarrhea, dysentery, vomiting
<b>Heart</b> <b>HT 5</b> Paired organ (SI)	From HT 5 to heart, base of tongue and eye	Inability to speak	Contracture of diaphragm
<b>Small Intestine</b> <b>SI 7 (Shu-Stream: SI 3)</b> Paired organ (HT)	From SI 7 to elbow and shoulder (zone of LI 15)	Warts, scabs (as in scabies)	Hyperlaxity of elbow, which does not function
<b>Bladder</b> <b>UB 58 (Shu-Stream: UB 65)</b> Paired organ (KD)	From UB 58 to head	<i>E p i s t a x i s</i> , rhinorrhea with clear liquid	Congested nose, headache, pain in neck and head, dorsal pain

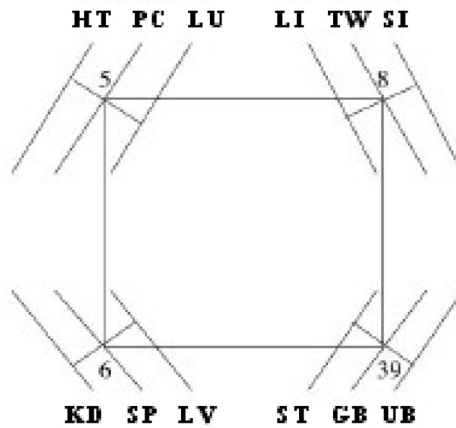
Longitudinal Luo	Trajectory	Deficiency	Excess
<b>Kidneys</b> <b>KD 4</b> Paired organ (UB)	From KD 4, curving around the heel, to UB 60, knee, abdomen, heart and lumbar spine	Lumbar pain	Talgia, scanty urine, worry, boredom, anxiety
<b>Pericardium</b> <b>PC 6</b> Paired organ (TW)	From PC 6 to cardiovascular system and mediastinum	Tight, painful head and neck, anxiety, precordialgia	Pain in shoulder and upper limb
<b>Triple Warmer</b> <b>TW 5 (Shu-Stream: TW 3)</b> Paired organ (PC)	From TW 5 to external aspect of arm and chest	Limpness of muscles of upper limb: the hands cannot grasp anything, limp elbow	Contracture of elbow, which will not extend
<b>Gallbladder</b> <b>GB 37 (Shu-Stream: GB 41)</b> Paired organ (LV)	From GB 37 to upper aspect of foot	Legs wasted, flaccid and weak: cannot stand up from sitting position	Cold in extremities, loss of consciousness
<b>Liver</b> <b>LV 5</b> Paired organ (GB)	From LV 5 to testes and genital organs	Severe itching of scrotum or penis, vulvar pruritus	Swelling of testes or ovaries, scrotal hernia, painful erection, priapism
<b>Ren Mai</b> <b>RM 15</b> Paired organ (DM)	From RM 15 to pelvis minor	Itching, abdominal pruritus	Pain on skin of abdomen, which is sensitive to the slightest contact
<b>Du Mai</b> <b>DM 1</b> Paired organ (RM)	From DM 1 to sides of spinal column, neck, crown of head, shoulders, scapulae, terminating at the inner and outer Bladder pathways and dorsal tendons	Heaviness of head with tremor, dizziness	Tight, stiff back

Longitudinal Luo	Trajectory	Deficiency	Excess
<b>Great Luo of Stomach</b> ( <i>Xu Li</i> )	From below left breast to diaphragm and lung		Asthma, dyspnea, apnea, oppression in chest: false angina pectoris
<b>Great Luo of Spleen</b> ( <i>Da Bao</i> ) <b>SP 21</b>	From SP 21 to chest and sides	Loss of strength in all joints	Pain throughout body: stiffness (influenza)

### Group Luo

Four Group Luo exist which make it possible to act on three channels at the same time:

- Yang Channels of the upper body (LI - TW - SI): TW 8
- Yin Channels of the upper body (LU - PC - HT): PC 5
- Yang Channels of the lower body (UB - GB - ST): GB 39
- Yin Channels of the lower body (KD - SP - LV): SP 6



It is thus possible to switch the energies from one side to the other by tonifying deficiencies and dispersing excesses:

- Between the Yang and Yin channels of the upper body and vice versa
- Between the Yang and Yin channels of the lower body and vice versa
- Between the Yang channels of the upper body and those of the lower body and vice versa
- Between the Yin channels of the upper body and those of the lower body and vice versa
- Between the *Luo* on the right side and those on the left and vice versa

For example, following a (recent benign) external sprain of the ankle affecting the territory of the Bladder, Gallbladder and Stomach channels, if

treatment is carried out within a few hours, the following procedure may be applied to release the blocked energy and restore the circulation of the energies concerned:

- tonify TW 8 on the affected side
- tonify SP 6 on the affected side
- tonify GB 39 on the opposite side
- disperse GB 39 on the affected side,

The pain and edema disappear rapidly, and ankle function is restored.

Here we may add that, generally speaking, the right side of the body is Yin and the left side Yang, as we have already seen in respect of interpretation of the right and left radial pulses.

In the treatment of hemiplegia, depending on the energy diagnosis, this feature of the Group *Luo* may also be exploited in certain cases:

- Left hemiplegia (atonic):
  - Tonify TW 8 and GB 39 on the right side
  - Disperse PC 5 and SP 6 on the left side

Thus we treat fullness (excess) of Yin quality energy (passivity -> atonia, in the Yin channels) on the Yang (left) side of the body, and deficiency of *Qi* in the Yang channels on the right side.

- Left hemiplegia (spastic):
  - Tonify PC 5 and SP 6 on the right side
  - Disperse TW 8 and GB 39 on the left side

Fullness or excess of Yang quality energy (activity -> spasm, in the Yang channels) on the Yang (left) side of the body, and deficiency of *Qi* in the Yin channels on the right side.

- Right hemiplegia (atonic):
  - Tonify TW 8 and GB 39 on the left side
  - Disperse PC 5 and SP 6 on the right side

Thus we treat fullness (excess) of Yin quality energy (passivity -> atonia, in the Yin channels) on the Yin (right) side of the body, and deficiency of *Qi* in the Yang channels on the left side.

- Right hemiplegia (spastic):
  - Tonify PC 5 and SP 6 on the left side
  - Disperse TW 8 and GB 39 on the right side

Fullness or excess of Yang quality energy (activity -> spasm, in the Yang channels) on the Yin (right) side of the body, and deficiency of *Qi* in the Yin channels on the left side.

## 2 - Physiopathology and Treatment of the Ligamentary or Tendino-muscular Channels (Jing Jin)

Generally speaking the Ligamentary Channels follow the course of the Main Channels on the surface, being grouped three by three. They then converge in a zone of the upper body or the head:



- 3 Yin of the upper body: Lungs - Heart - Pericardium - *Hui*-Meeting point: GB 22
- 3 Yin of the lower body: Kidneys - Liver - Spleen - *Hui*-Meeting point: RM 3
- 3 Yang of the upper body: Large Intestine - Small Intestine - Triple Warmer - *Hui*-Meeting point: GB 13
- 3 Yang of the lower body: Urinary Bladder - Gallbladder - Stomach - *Hui*-Meeting point: SI 18

Disorders (*Bi* syndromes) of the ligamentary channels (in general there is no corresponding variation of the radial pulse) are often associated with a precise period of the annual cycle, which is subdivided into twelve months with the solstices and equinoxes as the principal landmarks.

It will be noted that the Yang Ligamentary channels occupy the period from February 4 to August 6, and the corresponding Yin vessels the period from August 6 to February 4, with an either horizontal or vertical Yin-Yang paired organ relationship<sup>55</sup>: ST - SP, UB - KD, GB - LV, LI - LU, SI - HT, TW - PC.

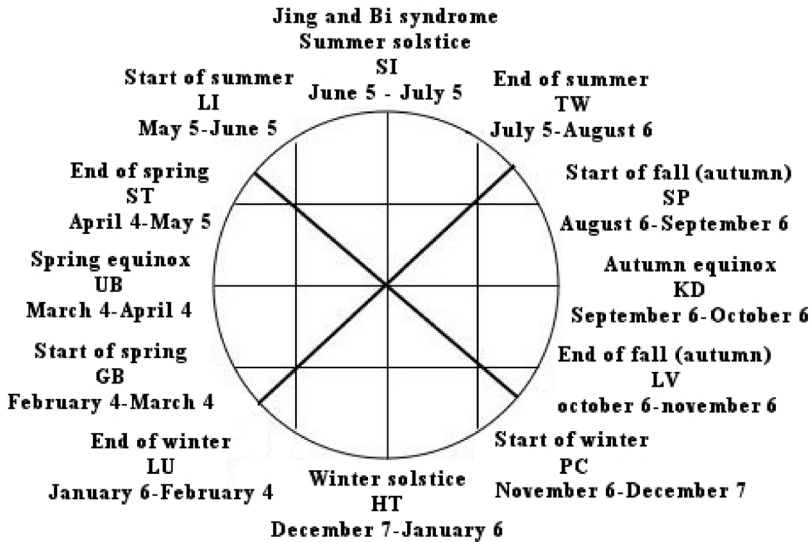
The terminology thus refers to the attack<sup>56</sup> (*Bi*) of the end of winter (January 6 to February 4) or the start of spring (February 4 to March 4), and so on.

The signs common to all the Ligamentary Channels are often associated with an excess of perverse energy secondary to a deficiency of circulating energy, giving rise to superficial hyperesthesia. According to the cold or hot quality of this perverse energy, tendino-muscular hypertonia or hypotonia will result.

<sup>55</sup> See the diagram on the previous page

<sup>56</sup> See the table of the trajectories and symptoms of the Ligamentary Channels.





In line with these common signs and specific symptoms referred to in the above table, the treatment will consist in eliminating the perverse energy that has been able to penetrate the ligamentary channel on account of the deficiency of its energy and at the same time giving good energy to the channel concerned. Four points, three of which are antique (*Shu*-transporting) points<sup>57</sup>, are tonified, always in the same order, on the basis of their specific functions:

- *Hui*-Meeting Point
- *Jing*-Well Point, the point of the extremity where the energy arises
- *Shu*-Stream Point, the point where the energy is amplified, the source
- *Jing*-River Point, the point at which the energy flows abundantly.

For example, in an attack of the Bladder characterized significantly by some of the following symptoms: contraction of ligaments – cramps – pain or edema of the little toe and heel – contraction of the popliteal cavity – opisthotonos – stiff nape muscles and ligaments – impossibility of raising shoulder – tractive and filiform pain from the armpit to the subclavicular fossa:

- Tonify SI 18 (*Hui*-Meeting point)
- Tonify V67 (extremity point - *Jing*-Well)
- Tonify UB 65 (source point - *Shu*-Stream)
- Tonify UB 60 (point at which the energy flows abundantly - *Jing*-River)

<sup>57</sup> See Chapter 10, "Internal Wounds" and their Treatment: Table of the 66 antique points

**Trajectory and symptomatology of the Ligamentary or Tendino-muscular channels (Jing Jin)**

<b>Jing Jin: Tendino-muscular channels Vessels</b>	<b>Trajectory</b>	<b>Symptoms</b>
<p><b>Lungs</b> Hui-Meeting Point: GB 22 - <i>Jing-Well</i>: LU 11 - <i>Shu-Stream</i>: LU 9 - <i>Jing-River</i>: LU 8</p>	<p>Thumb &gt; thenar eminence &gt; radial tunnel &gt; forearm &gt; elbow &gt; anterior aspect of arm &gt; underneath armpit &gt; subclavicular fossa &gt; LI 15 &gt; ST 12 &gt; chest &gt; diaphragm &gt; floating ribs</p>	<p><i>Bi</i> of the last month of winter: <i>January 6 to February 4</i>, end of winter - Ligaments contracted - respiratory blockage - vomiting of blood - costal ligaments affected</p>
<p><b>Large Intestine</b> Hui-Meeting Point: GB 13 - <i>Jing-Well</i>: LI 1 - <i>Shu-Stream</i>: LI 3 - <i>Jing-River</i>: LI 5</p>	<p>Extremity of forefinger &gt; back of wrist &gt; external border of forearm &gt; external side of elbow &gt; external aspect of arm &gt; LI 15 - <i>first branch</i> &gt; upper part of scapula &gt; insertion of T2 to T7 - <i>main branch</i> &gt; neck &gt; side of nose &gt; nasal eminence GB 13 &gt; skull &gt; descends again to the opposite corner of the jaw</p>	<p><i>Bi</i> of the first month of summer: <i>May 5 to June 5</i>, start of summer - Ligaments contracted and spasmic - blocked shoulder - not possible to rotate neck</p>
<p><b>Stomach</b> Hui-Meeting Point: SI 18 - <i>Jing-Well</i>: ST 45 - <i>Shu-Stream</i>: ST 43 - <i>Jing-River</i>: ST 41</p>	<p>- <i>first branch</i>: 2nd, 3rd and 4th toes &gt; instep (ankle) &gt; external aspect of leg, fibula &gt; external aspect of knee &gt; hip (joint) &gt; side &gt; spinal cord &gt; T 11 - T 12 - <i>second branch</i>: 2nd, 3rd and 4th toes &gt; instep (ankle) &gt; frontal aspect of leg &gt; front of knee (sending a small vessel to join the first branch) &gt; ST 32 &gt; loins (head of femur) &gt; genital organs &gt; abdomen &gt;</p>	<p><i>Bi</i> of the last month of spring: <i>April 4 to May 5</i>, End of spring Ligaments contracted - cramps in second, third, fourth toes - frontal aspect of leg - region of ST 32 (<i>Fu Tu</i> – crouching rabbit) - edema of pubis - spasms in the genital and abdomen region, subclavicular fossa and jaw – pulling of muscles in the ocular region:</p>

<b>Jing Jin: Tendino-muscular channels Vessels</b>	<b>Trajectory</b>	<b>Symptoms</b>
<b>Stomach</b> (cont.)	> subclavicular fossa > neck > around mouth > nose > a tiny vessel below the eye and another at the front of the ear	When due to cold, the eye cannot close, displacement of the angle of the mouth; when due to heat, paralysis of the muscles of the jaw, the eyes cannot open
<b>Spleen</b> <i>Hui</i> -Meeting Point: RM 3 - <i>Jing</i> -Well: SP 1 - <i>Shu</i> -Stream: SP 3 - <i>Jing</i> -River: SP 5	Posterointernal angle of nail of great toe > internal malleolus > tibia > internal aspect of thigh > hip > head of femur > genital organs > abdomen > umbilicus > ribs > chest > frontal aspect of spinal cord > T 11	<i>Bi</i> of the first month of autumn: <i>August 6 to September 6</i> , start of autumn Ligaments contracted - pain in great toe, internal malleolus - cramps in calf, internal aspect of thigh - genital contractures - pain in umbilical region, ribs, spinal cord
<b>Heart</b> <i>Hui</i> -Meeting Point: GB 22 - <i>Jing</i> -Well: HT 9 - <i>Shu</i> -Stream: HT 7 - <i>Jing</i> -River: HT 4	External extremity of little finger > pisiform bone > internal elbow > internal arm > armpit > breast > sternum > diaphragm > umbilicus	<i>Bi</i> of the second month of winter: <i>December 7 to January 6</i> , Winter solstice Ligaments contracted - pain from umbilicus to heart: aggravated by lying face down on a hard surface
<b>Small Intestine</b> <i>Hui</i> -Meeting Point: GB 13 - <i>Jing</i> -Well: SI 1 - <i>Shu</i> -Stream: SI 3 - <i>Jing</i> -River: SI 5	Internal extremity of little finger > back of wrist > internal aspect of forearm > epitrochlea > back of arm > under armpit > behind and above fold of armpit > scapula > neck > tip of the mastoid > ear > lower mandibular angle > external angle of eye > forehead	<i>Bi</i> of the second month of summer: <i>June 5 to July 5</i> , Summer solstice Ligaments contracted - earache, internal aspect of elbow and arm, armpit, scapula, neck - Noise causes pain from ear to chin - eye closed constantly - edema of neck - stiff neck

Jing Jin: Tendino-muscular channels Vessels	Trajectory	Symptoms
<p><b>Urinary Bladder</b>  <i>Hui</i>-Meeting Point:            SI 18            - <i>Jing</i>-Well: UB 67            - <i>Shu</i>-Stream: UB 65            - <i>Jing</i>-River: UB 60</p>	<p><b>First Part:</b>            Extremity of little toe            &gt; external malleolus &gt;            external aspect of knee            &gt; external aspect of leg            &gt; heel &gt; external aspect            of foot &gt; external popliteal            cavity &gt; descends            down middle of calf &gt;            internal popliteal cavity            &gt; posterior aspect of            thigh &gt; buttock &gt; spinal            cord &gt;</p> <p><b>Second Part:</b>  <i>First branch:</i> nape of            neck &gt; base of tongue            &gt; occiput &gt; crown of            head &gt; forehead &gt; nose            &gt; eye &gt; insertion at side            of the nose  <i>Second branch:</i> T 8 &gt;            under armpit and LI 15            &gt; in front of armpit &gt;            subclavicular fossa &gt;            tip of mastoid  <i>Third branch:</i> T 1            &gt; subclavicular fossa &gt;            side of nose</p>	<p><i>Bi</i> of the second month            of spring:  <i>March 4 to April 4,</i>            Spring equinox</p> <p><b>First Part:</b>            Ligaments contrac-            ted - cramps - pain or            edema of little toe and            heel - popliteal cavity            contracted - opisthotonos</p> <p><b>Second Part:</b>            Muscles and ligaments            of the nape of neck            stiff - shoulder cannot            be raised - tractive, fili-            form pain from armpit            to subclavicular fossa</p>
<p><b>Kidneys</b>  <i>Hui</i>-Meeting Point:            RM 3            - <i>Jing</i>-Well: KD 1            - <i>Shu</i>-Stream: KD 3            - <i>Jing</i>-River: KD 7</p>	<p>Beneath little toe &gt; sole            of foot &gt; under internal            malleolus &gt; heel &gt; in-            ternal aspect of knee &gt;            thigh &gt; genitals &gt; spi-            nal cord &gt; nape of neck            &gt; occiput</p>	<p><i>Bi</i> of the second month            of autumn:  <i>September 6 to Octo-            ber 6,</i>            Autumn equinox            Ligaments contracted -            cramps in sole of foot            - spasms, convulsions            - impossible to lean            either forwards or bac-            kwards</p>

<b>Jing Jin: Tendino-muscular channels Vessels</b>	<b>Trajectory</b>	<b>Symptoms</b>
<p><b>Pericardium</b> Hui-Meeting Point: GB 22 - <i>Jing-Well</i>: PC 9 - <i>Shu-Stream</i>: PC 7 - <i>Jing-River</i>: PC 5</p>	<p>Middle finger &gt; internal aspect of elbow &gt; internal aspect of arm &gt; under armpit &gt; inferoanterior external rib cage &gt; inner aspect of chest &gt; diaphragm</p>	<p><i>Bi</i> of the first month of winter: <i>November 6 - December 7</i>, start of winter</p> <p>Ligaments contracted - blockage of respiration - spasms of cardia</p>
<p><b>Triple Warmer</b> Hui-Meeting Point: GB 13 - <i>Jing-Well</i>: TW 1 - <i>Shu-Stream</i>: TW 3 - <i>Jing-River</i>: TW 6</p>	<p>Fourth finger &gt; forearm &gt; elbow &gt; arm &gt; shoulder &gt; neck <i>First branch</i>: angle of jaw &gt; base of tongue <i>Second branch</i>: angle of jaw &gt; in front of ear &gt; external angle of the eye &gt; forehead &gt; nasal eminence: GB 13</p>	<p><i>Bi</i> of the last month of summer: <i>July 5 to August 6</i>, end of summer</p> <p>Ligaments contracted, spasmic - the tongue bends back on itself</p>
<p><b>Gallbladder</b> Hui-Meeting Point: SI 18 - <i>Jing-Well</i>: GB 44 - <i>Shu-Stream</i>: GB 41 - <i>Jing-River</i>: GB 38</p>	<p>Fourth toe &gt; above external malleolus &gt; external leg and knee &gt;</p> <p><i>First branch</i>: external condyle &gt; ST 32</p> <p><i>Second (principal) branch</i>: external aspect of thigh &gt; hip &gt; sacrum &gt; extremity of floating ribs &gt; chest &gt; breast &gt; in front the armpit &gt; subclavicular fossa &gt; posterior ear &gt; temple &gt; nasal eminence &gt; crown of head &gt; branches towards lower jaw, side of nose and external angle of eye</p>	<p><i>Bi</i> of the first month of spring: <i>February 4 to March 4</i>, start of spring</p> <p><i>First branch</i>: Ligaments contracted - cramps in fourth toe and calf - the knee joint cannot be either flexed or extended</p> <p><i>Second (principal) branch</i>: Pain in pubis, sacrum, hypochondria, floating ribs, subclavicular fossa, throat - attack from one side: the opposite eye cannot open - injury of the nasal eminence: the opposite foot cannot move</p>

<b>Jing Jin: Tendino-muscular channels Vessels</b>	<b>Trajectory</b>	<b>Symptoms</b>
<b>Liver</b> <i>Hui</i> -Meeting Point: RM 3 - <i>Jing</i> -Well: LV 1 - <i>Shu</i> -Stream: LV 3 - <i>Jing</i> -River: LV 4	Big toe > antero-internal region of malleolus > internal aspect of leg > internal tuberosity of tibia > internal aspect of thigh > genital organs	Bi of the last month of autumn: <i>October 6 to November 6</i> End of autumn  Ligaments contracted - pain in first toe, front antero-internal malleolus, internal aspect of knee - cramp in internal thigh - permanent or absent erection

### 3 - Treatment of the Divergent Channels (Jing Bie)

The divergent channels link the main channels to the organs and the corresponding viscera<sup>58</sup>, starting from the barrier zones located in the elbows and knees, then meet up with either the same Yang channel, or, in the case of Yin channels, the paired Yang channel.

In general, the symptomatology of the divergent channels is of the horary type – recurring, or being amplified, every day at the same time – and in addition lateralized with synchronization of the pathological manifestations between the organ and divergent channel concerned. This makes diagnosis of pathology of a divergent channel relatively easy, given that the more specific symptoms we have just seen occur in addition to the tension or pain on its trajectory. In addition, attacks of the divergent channels are in general very rapidly localized in the neck or the head.

Regulation of the divergent channels requires a very specific technique:

- 1- From the opposite side to the one affected, tonify the extremity point (*Jing*-Well point) of the channel concerned, following the indications in the table below:

<b>Divergent channel</b>	<b>Points concerned</b>
<b>Lungs</b>	Tonify LU 11 on opposite side
<b>Large Intestine</b>	Tonify LI 1 and LU 11 on opposite side
<b>Stomach</b>	Tonify ST 45 on opposite side
<b>Spleen</b>	Tonify RM 2, opposite side
<b>Heart</b>	Tonify HT 9 on opposite side

<sup>58</sup> See the relationship between the channels and organs in Chapter 2, The Energies of the Universe and Man.

<b>Divergent channel</b>	<b>Points concerned</b>
<b>Small Intestine</b>	Tonify SI 1 on opposite side
<b>Bladder</b>	Tonify UB 67 on opposite side
<b>Kidneys</b>	Tonify KD 1 on opposite side
<b>Pericardium</b>	Tonify PC 9 on opposite side
<b>Triple Warmer</b>	Tonify TW 1 and PC 9 on opposite side
<b>Gallbladder</b>	Tonify GB 44 and UB 67 on opposite side
<b>Liver</b>	Tonify LV 1 on opposite side

2- On the affected side, disperse the entry point (He point), the penetration point and the Hui-Meeting point of the divergent channel concerned, and those of the paired channels (Yin/Yang: LV with GB, LI with LU etc.).

<b>Divergent channel</b>	<b>Entry point</b>	<b>Penetration point</b>	<b>Hui-Meeting point</b>
<b>Lungs</b>	LU 5	LU 1	LI 18
<b>Large Intestine</b>	LI 11	LI 15	LI 18
<b>Stomach</b>	ST 36	ST 30	UB 1
<b>Spleen</b>	SP 9	SP 12	UB 1
<b>Heart</b>	HT 3	HT 1	UB 1
<b>Small Intestine</b>	SI 8	SI 10	UB 1
<b>Bladder</b>	UB 40	UB 40	UB 10
<b>Kidneys</b>	KD 10	KD 10	UB 10
<b>Pericardium</b>	PC 3	PC 1	TW 16
<b>Triple Warmer</b>	TW 10	DM 20	TW 16
<b>Gallbladder</b>	GB 34	GB 30	GB 1
<b>Liver</b>	LV 8	LV 5	GB 1

For example, in the case of Gallbladder pathology, with oppression in the right chest, cough and sweating, between 11 p.m. and 1 a.m. (solar time):

- Tonify GB 44 and UB 67 on the left side
- Disperse GB 34 - GB 30 - GB 1 and disperse LV 8 - LV 5 on the right side.

### Trajectory and Symptomatology of the Divergent Channels (Jing Bie)

<b>Jing Bie Divergent Channels</b>	<b>Trajectory</b>	<b>Lateralized symptoms (onset or aggravation)</b>
<p><b>Lungs</b> <b>Extremity point on the opposite side: LU 11</b></p> <p>Paired organ: Large Intestine</p>	<p><b>Entry point: LU 5</b> &gt; in front of the armpit &gt; <b>Penetration point: LU 1</b> &gt; lungs &gt; large intestine &gt; Point of emergence: subclavicular fossa &gt; neck <b>Hui-Meeting point: LI 18</b></p>	<p><b>Between 3 a.m. and 5 a.m.:</b></p> <p>Asthma - acceleration of respiratory rhythm – heat in chest</p>
<p><b>Large Intestine</b> <b>Extremity point on the opposite side: LI 1 &amp; LU 11</b></p> <p>Paired organ: Lungs</p>	<p><b>Entry point: LI 11</b> &gt; branching to thorax, breast &gt; <b>Penetration point LI 15</b> &gt; back of neck &gt; spinal cord &gt; large intestine &gt; lungs &gt; Point of emergence: subclavicular fossa &gt; neck <b>Hui-Meeting point: LI 18</b></p>	<p><b>From 5 a.m. to 7 a.m.:</b></p> <p>Pain in angle of transverse colon, shoulder, subclavicular fossa, throat - heat in chest - hand contorted - headache</p>
<p><b>Stomach</b> <b>Extremity point on the opposite side: ST 45</b></p> <p>Paired organ: Spleen</p>	<p><b>Entry point: ST 36</b> &gt; hip &gt; <b>Penetration point: ST30</b> &gt; abdomen &gt; stomach &gt; spleen &gt; heart &gt; esophagus &gt; mouth &gt; Point of emergence: bridge of nose &gt; orbit &gt; forehead &gt; internal angle of eye <b>Hui-Meeting point: UB 1</b></p>	<p><b>From 7 a.m. to 9 a.m.:</b></p> <p>Migraine, epistaxis</p>
<p><b>Spleen</b> <b>Point to tonify: RM 2 (opposite side)</b></p> <p>Paired organ: Stomach</p>	<p><b>Entry point: SP 9</b> &gt; hip &gt; <b>Penetration point: SP 12</b> &gt; abdomen &gt; spleen &gt; stomach &gt; heart &gt; parallel to the Jing Bie of stomach &gt; <b>Hui-Meeting point: UB 1</b></p>	<p><b>From 9 a.m. to 11 a.m.</b></p> <p>Lumbar pain radiating downwards to the sides and lower abdomen – impossibility of lying on the back</p>



<b>Jing Bie Divergent Channels</b>	<b>Trajectory</b>	<b>Lateralized symptoms (onset or aggravation)</b>
<b>Heart</b> <b>Extremity point on the opposite side: HT 9</b>  Paired organ: Small Intestine	<b>Entry point: HT 3</b> > armpit > <b>Penetration point: HT 1</b> > chest > heart > throat > Point of emergence: face > internal angle of eye <b>Hui-Meeting point: UB 1</b>	<b>From 11 a.m. to 1 p.m.</b>  Precordialgia - oppression
<b>Small Intestine</b> <b>Extremity point on the opposite side: SI 1</b>  Paired organ: Heart	<b>Entry point: SI 8</b> > shoulder > behind armpit > <b>Penetration point: SI 10</b> > small intestine > heart > throat > Point of emergence: internal face > angle of eye <b>Hui-Meeting point: UB 1</b>	<b>From 1 p.m.. to 3 p.m.</b>  Intense ringing in ears - deafness
<b>Urinary Bladder</b> <b>Extremity point on the opposite side: UB 67</b>  Paired organ: Kidneys	<b>Entry point UB 40</b> <b>Penetration point: UB 40</b> > anus > bladder > kidney > vertebral column > heart > Point of emergence: posterior base of neck > nape of neck <b>Hui-Meeting point: UB 10</b>	<b>From 3 p.m. to 5 p.m.</b>  Pain in the neck and head
<b>Kidney</b> <b>Extremity point on the opposite side: KD 1</b>  Paired organ: Urinary Bladder	<b>Entry point: KD 10</b> <b>Penetration point: KD 10</b> > bladder > kidney > L2 > DM 4 > heart > Point of emergence: nape of neck <b>Hui-Meeting point: UB 10</b>	<b>From 5 p.m. to 7 p.m.</b>  Bloating - thoracic oppression - pain in heart
<b>Pericardium</b> <b>Extremity point on the opposite side: PC 9</b>  Paired organ: Triple Warmer	<b>Entry point: PC 3</b> > armpit <b>Penetration point: PC 1</b> > thorax > organs and viscera of the three burners > throat > ear > Point of emergence: tip of the mastoid <b>Hui-Meeting point: TW 16</b>	<b>From 7 p.m. to 9 p.m.</b>  Sore throat > dry mouth > anxiety > precordialgia

<b>Jing Bie Divergent Channels</b>	<b>Trajectory</b>	<b>Lateralized symptoms (onset or aggravation)</b>
<p><b>Triple Warmer</b> <b>Extremity point on the opposite side:</b> <b>TW 1 &amp; PC 9</b></p> <p>Paired organ: Pericardium</p>	<p><b>Entry point: TW 10</b> &gt; crown of head &gt; <b>Penetration point: DM 20</b> Back of ear &gt; subclavicular fossa &gt; organs and viscera of Triple Heater &gt; branching to thorax &gt; throat &gt; ear &gt; Point of emergence: tip of mastoid <b>Hui-Meeting point: TW 16</b></p>	<p><b>From 9 p.m. to 11 p.m.</b> Pain in the throat &gt; migraines &gt; dry mouth &gt; anxiety &gt; precordialgia</p>
<p><b>Gallbladder</b> <b>Extremity point on the opposite side:</b> <b>GB 44 &amp; UB 67</b></p> <p>Paired organ: Liver</p>	<p><b>Entry point: GB 34</b> &gt;posterior part of hip &gt; <b>Penetration point: GB 30</b> pubis &gt; abdomen &gt; tip of 11th rib &gt; gallbladder &gt; liver &gt; heart &gt; esophagus &gt; throat &gt; Point of emergence: chin &gt; mouth &gt; forehead &gt; external angle of eye <b>Hui-Meeting point: GB 1</b></p>	<p><b>From 11 p.m. to 1 a.m.</b> Oppression in chest-cough - sweating</p>
<p><b>Liver</b> <b>Extremity point on the opposite side: LV 1</b></p> <p>Paired organ: Gallbladder</p>	<p><b>Entry point: LV 8</b> &gt; instep (ankle)&gt; <b>Penetration point: LV 5</b> &gt; pubis &gt; parallel to Jing Bie of gallbladder &gt; Point of emergence: chin &gt; mouth &gt; forehead &gt; external angle of eye <b>Hui-Meeting point: GB 1</b></p>	<p><b>From 1 a.m. to 3 a.m.</b> Pain in genital organs</p>

**Part Five**  
**Practical Recommendations**  
**for Acupuncture and Moxibustion**



# 15

## Examination of the Patient

Four methods of investigation and their main features should be noted:

### **Questioning, inspection, palpation and auscultation.**

These four steps in the examination of the patient permit us to establish the presence of excesses or deficiencies, in quantity and quality, in respect of both the general energies, Blood (*Xue*) and Energy (*Qi*), and the specific energies proper to the systems regulating the internal or external functions, organs and meridians.

When the examination has been completed, it is important to remember that we always treat the acute before the chronic and the superficial before the deep, and also, as a general rule, tonify any deficiency before dispersing an excess. This provides a “way out” for the energy and prevents a possibly dangerous anarchic deviation of its course.

### **Questioning**

As a first step, the medical history will permit the practitioner to situate the patient’s present problem in respect of the natural regulation of energies, taking into account the most common pathologies occurring in the region of the world where the examination is taking place.

A note should also be made of any horary symptomatology in relation to the circulation of energy in the meridians: 3 a.m. to 5 a.m. = Lungs; 5 a.m. to 7 a.m. = Large Intestine, etc., whether the patient feels cold or warm, whether the pain is dull or acute.

This boils down to answering the four essential questions: where, when, how, why? in respect of all Deficiencies and Excesses, Yin and Yang, Cold and Heat, Superficial and Deep, the main features of which are shown in the following tables:

**General deficiency or excess**

<b>General deficiency</b>	<b>General excess</b>
<i>Chronic – Past</i>	<i>Acute – Recent</i>
Weakness, degeneration, infirmity, paralysis, fatigue, atrophy, hypofunction, gradual evolution, long-established fixed, deep, constant pain, finger imprint retained in edema, signs of cold, choked voice, muscles relaxed at the surface and contracted at depth, floating or deep pulse	Excitation, inflammation, convulsions, hypertrophy, hyperfunction, rapid evolution, recent, mobile, superficial, intermittent pain, finger imprint not retained in edema, signs of heat, strong, high-pitched voice, muscles contracted at the surface, cramps, full or tense pulse

**Quantity: Deficiency or Excess**

<b>Symptoms</b>		<b>Manifestations</b>	
<i>Deficiency</i>	<i>Excess</i>	<i>Deficiency</i>	<i>Excess</i>
Slow, short, weak breathing	Powerful, full, rapid breathing	<b>of Energy:</b> depression, slow pulse	<b>of Energy:</b> hyperexcitation, rapid pulse
Soft pulse, short (not reaching its anatomical location)	Hard pulse, long (beyond its anatomical location)	<b>of Blood:</b> anemia, thin, fine pulse	<b>of Blood:</b> congestion, plethora, full, powerful pulse
Lassitude, laziness, mental depression	Intense activity, mental hyperexcitation	<b>at the surface:</b> weakness, pruritus, finger imprint retained in edema	<b>at the surface:</b> contractures, finger imprint not retained in edema
Numbness, loss of sensitivity	Dull or acute pain		
Pallor, aversion to cold	Redness, heat	<b>at depth:</b> cold, atonia	<b>at depth:</b> inflammation, excitation
Diarrhea	Constipation, contractures		

**Quality: Yin or Yang**

<b>Deficiency</b>		<b>Excess</b>	
<i>Yin</i>	<i>Yang</i>	<i>Yin</i>	<i>Yang</i>
Pulse of right wrist and deep pulses weaker	Pulse of left wrist and superficial pulses weaker	Pulse of right wrist and deep pulses stronger	Pulse of left wrist and superficial pulses stronger
Internal cold Extremities hot	External cold, sweats	Internal heat, Extremities cold	External heat Dry skin
Emaciation with weakness	Stoutness, pallor, lack of tonus of muscles	Stoutness with strength	Emaciation with strength – muscles firm

**Cold or Heat**

<b>Attack by Cold</b>		<b>Attack by Heat</b>	
<i>Internal</i>	<i>External</i>	<i>Internal</i>	<i>External</i>
Deficiency of Blood Yang (apparent Yin)	Aggression by cold or external wind-cold	Excess of Blood Yang	Aggression by heat or external wind-heat
Absence of thirst or desire for hot drinks, abundant clear urine, soft stools or diarrhea, pallor, shivering, ice-cold limbs, cold bones, pale tongue with white coating, slow, weak, floating or deep pulse	Acute pain, fixed (cold) or mobile (wind), neuralgia	Thirst for cold drinks, scanty, dark urine, constipation, dry stools, hot extremities, agitation, red, hot, dry skin, red tongue with yellow coating, rapid, ample or tense pulse	Redness, heat, fixed pain (heat) or mobile pain (wind) with or without fever

The tables that follow summarize the possible relations between the pathologies met with, the Five Elements, the seasons and the five internal functions of the body:

Wood	Fire	Earth	Metal	Water
<b>Liver Gallbladder</b>	<b>Heart Small Intestine</b>	<b>Spleen Stomach</b>	<b>Lungs Large Intestine</b>	<b>Kidneys Urinary Bladder</b>
<b>Deficiency:</b> Trembling, brittle nails, mental confusion, sensitivity to light, watering of eyes, tearfulness	<b>Deficiency:</b> Palpitation, weak, fine pulse depression, night sweats, pale complexion and tongue	<b>Deficiency:</b> Edema, pale lips, sluggish digestion, acid belching, hyper-salivation	<b>Deficiency:</b> Skin rash, pruritus, sore throat, dry cough, dyspnea, anosmia	<b>Deficiency:</b> Indecision, hair loss, deafness, frequent urination, albuminuria, amnesia, visceral fear, groaning
<b>Excess:</b> Green complexion, over-tense pulse, irritability, anger, shouts, tics, spasms	<b>Excess:</b> Red complexion red, over-full, rapid pulse, excitation, excessive joy, laughter, tip of tongue red	<b>Excess:</b> Yellow complexion, over-slow pulse, anxiety, obsessive thoughts, repetitive singing, swollen lips, cracked mouth	<b>Excess:</b> White complexion, pulse too floating, sadness, weeping, sneezing, cough with abundant expectoration	<b>Excess:</b> Gray complexion, pulse too deep, recklessness, scanty urine

## Inspection

### Attitude and complexion:

- Note the patient's bearing: prostrate, excited (Yin or Yang), or normal
- Note the complexion (not always evident depending on the color of the skin) and luster of the face, in relation to the five internal functions, Yin/Yang, etc.

### Examination of the tongue:

In general, examination of the tongue should be undertaken before meals, so that its appearance is not altered by foods or drinks such as coffee, chocolate, orange juice, etc.

- Tongue pink, thin, light coating, luster from saliva = good health
  - Red with yellow coating: sign of heat



- Pale with white coating: sign of cold
- Blue: stagnation of blood
- Coating increasingly thick: aggravation
- Coating increasingly thin: recovery
- Coating gray to black: condition severe
- No coating: deficiency of Energy
- Correspondences:
  - Base (root) of tongue: Kidneys
  - Centre: Spleen
  - Edges: Liver - Lungs
  - Tip: Heart

For example a red tip of the tongue indicates an excess of Heart Fire.

**Tongue color:**

Color	Pathology
Pale	Yang deficiency - Cold
Scarlet	Yin deficiency (apparent Yang) – Noxious heat in Blood
Purple	Noxious heat - Deficiency of Blood - Stagnation of Blood
Blue	Deficiency of Energy - Stagnation of Blood

**Tongue appearance:**

Appearance	Color	Pathology
Swollen	Pale, shiny	Yang deficiency, stagnation of dampness
	Scarlet	Noxious heat in Blood
Thin - dry	Pale	Deficiency of Energy and Blood
	Scarlet	Noxious fire - Deficiency of Blood
Contracted	Pale	Cold - Deficiency of Energy and Blood
	Scarlet	Noxious Heat - Dried out fluids
Stiff	Pale	Noxious wind penetrates the Heart Luo
	Scarlet	Heat in Pericardium
Soft with teeth marks	Pale	Deficiency of Blood and Energy
	Scarlet	Yin deficiency - Noxious fire
Trembling	Pale	Yang deficiency - Deficiency of Blood and Energy
	Scarlet	Yin deficiency - perverse Wind

Appearance	Color	Pathology
Rough, fissured	Scarlet	Body fluids dried out
Shrunken		Deficiency of Liver energy

#### Tongue coating:

Coating	Pathology
White	Cold
Yellow	Heat
Black	Serious: Cold or Heat
White, thin	Cold - External pathology
White, greasy	Cold - Dampness
White, dry	Noxious cold
Yellow, thin	External heat
Yellow, greasy	Heat - Dampness
Yellow, rough	Stomach Heat injures the body fluids
Yellow, thick	Excess of Heat in ST - LI
Black, thin	Deficiency - Cold (serious)
Black, thick	Excess of Heat (serious)
White, flaky	Serious: suspension of Energy production
No coating	Deficiency of Stomach energy

#### Examination of the eye:

- Reddening of external angle: excess of heart
- Reddening of internal angle: deficiency of heart
- Reddening of pupil and conjunctivitis with watery eyes and increased luster: excess of liver fire
- Watering with lack of luster: deficiency of liver
- Edema of upper eyelid: deficiency of stomach
- Edema of lower eyelid: deficiency of spleen

#### Palpation

The main focus of palpation is the abdomen, the trajectories of the meridians and taking of the radial pulse, the general pulse and alternative pulses (carotid pulses and those along the channels).

**Palpation of the abdomen:**

If one of the areas of the abdomen mentioned below is particularly tender, or if there is a deviation from the normal tension for these zones, this suggests a problem of the corresponding function-organ: Earth and Spleen are situated in the umbilicus, the other functions being distributed in the vicinity, with Fire above, Water below, Metal to the right and Wood to the left:

	<b>Fire</b>	
	<b>Heart</b>	
	<b>Ample</b>	
<b>Metal</b>	<b>Earth</b>	<b>Wood</b>
<b>Lungs</b>	<b>Spleen</b>	<b>Liver</b>
	<b>Water</b>	
	<b>Kidneys</b>	
	<b>Deep</b>	

**Palpation of the abdomen****Palpation of the channel trajectories:**

Tenderness or tension found on the trajectory of a meridian indicates a problem associated with this meridian.

**Palpation of pulse**

There are 12 "radial" pulses corresponding to each of the 12 meridians, 3 "general" pulses related to Blood and Energy, and 9 pulses along the channels providing information on the function of the organs and viscera in the Three Heaters.

**The radial pulses**

There are twelve radial pulses situated on the radial arteries of the wrists, in direct relation with the energy of the twelve meridians, permitting the quantity and quality of this energy to be defined. Their location is as follows: *Cun* (between the base of the thumb and the tip of the radial styloid process), *Guan* (in the radial styloid) and *Chi* (above the styloid, in the anatomical position).

For palpation of the pulse of the left radial artery, we use the second, third and fourth fingers of the right hand, and the corresponding fingers of the left hand for the right radial artery, exerting counterpressure with the thumb to control the pressure on the artery.

Location		Right radial artery		Left radial artery	
		<i>Superficial Yang</i>	<i>Deep Yin</i>	<i>Deep Yin</i>	<i>Superficial Yang</i>
III	<i>Chi</i>	Triple Warmer TW	Pericardium PC	Kidneys KD	Urinary Bladder UB
II	<i>Guan</i>	Stomach ST	Spleen SP	Liver LV	Gall-bladder GB
I	<i>Cun</i>	Large Intestine LI	Lungs LU	Heart HT	Small Intestine SI

The discussion of Yin-Yang and Deficiency-Excess indicated a number of general features that serve as indicators of pulse quality<sup>59</sup>. The table below gives details of the quantity and quality indicated by the pulses<sup>60</sup>:

Deficiency	Excess	Deficiency	Excess
<b>of Energy or Blood:</b> soft pulse, short, not reaching its location	<b>of Energy or Blood:</b> hard pulse, long, beyond its location	<b>of Energy:</b> slow pulse	<b>of Energy:</b> rapid pulse
		<b>of Blood:</b> thin, fine pulse	<b>of Blood:</b> full, powerful pulse
<b>Quality: Insufficiency</b>		<b>Quality: Excess</b>	
<b>Yin</b>	<b>Yang</b>	<b>Yin</b>	<b>Yang</b>
Pulse of right wrist and deep pulse weaker	Pulse of left wrist and superficial pulse weaker	Pulse of right wrist and deep pulse stronger	Pulse of left wrist and superficial pulse stronger

We are now ready to approach the energetic diagnosis both in general terms, i.e. of Blood and Energy, and in relation to the individual channels.

To refine the diagnosis a little further, we may exert three levels of pressure – light, medium and strong – first with the three middle fingers and then with each finger separately, and note the location, frequency, form, strength and rhythm of the pulses.

### 1/ Location

- Superficial, on light pressure, at the *Cun* location: attack by cold wind (pulse taut like a bow) or hot wind (full pulse).

<sup>59</sup> See Chapter 3: The Eight Principles of Traditional Chinese Medicine

<sup>60</sup> According to Master *Wang Shu-He*, to define the value of Blood or Energy.

- Deep, on strong pressure: internal deficiency or cold, deficiency of *Qi*, or (at the *Chi* location) deficiency of Kidney Yin.
- *Guan* pulses (SP - ST - LV - GB) thinner than those of *Cun* and *Chi*: sign of a severe condition

### 2/ Frequency

- Slow, with less than four beats per respiration cycle (inspiration and expiration): pathological Earth pulse, internal cold syndrome, deficiency of Spleen Yang, often associated with a deep pulse.
- Rapid, with more than five beats per respiration cycle: pathological pulse of Minister Fire, heat syndrome (full = excess, fine = deficiency)

### 3/ Form

- Taut like a bow: Disorders of Liver and Gallbladder; - with intense, wandering pain: stagnation of Liver Qi or excess of Liver Yang due to deficiency of Kidney Yin, or internal agitation of Liver Wind with high blood pressure.
- Slippery with sensation of waves or large beads (on medium pressure):
  - Phlegm or accumulation of food, Deficiency of Spleen Qi, phlegm - dampness.
  - Pregnant women after the third month: stronger at the *Chi* location, left hand, indicates a boy; stronger at the *Chi* location, right hand, indicates a girl.
- Fine: Deficiency of *Qi*, Blood (*Xue*) or Yin

### 4/ Strength

- Weak: Deficiency of *Qi* and Blood (*Xue*)
- Strong, powerful on all three levels of pressure: phlegm obstructing the Heart, mental disease, depression, manic-depressive syndrome.

### 5/ Rhythm

- Periodic, with slow beats and regular arrest: exhaustion of *Qi* of the organs and viscera.
- "Staircase" pulse, rising, falling, rising again, continually changing = sign of a severe condition

### Examples:

- Tense pulse: Liver – Gallbladder
  - + rapid pulse: heat
  - + fine pulse: Yin deficiency -> Rise of Liver Fire due to deficiency of Liver (and Kidney) Yin

### Yin-Yang and Deficiency-Excess: the four physiological forms of the pulse

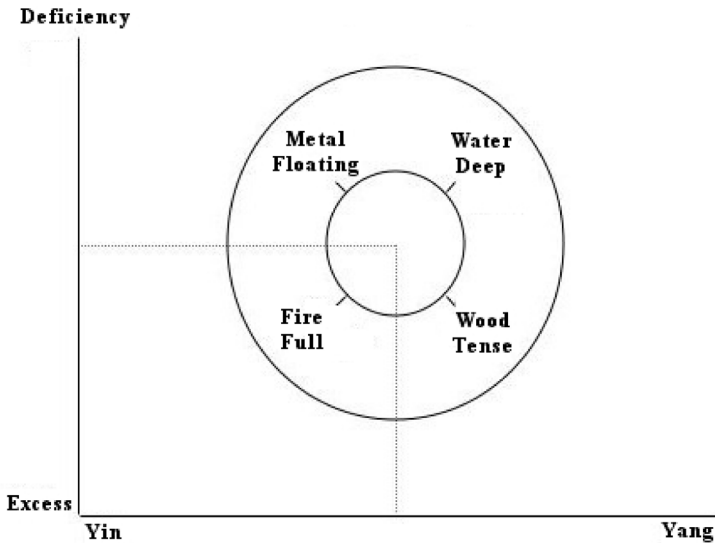
The pulse may display four different configurations in terms of the quantity and quality of energy in respect of Meridians, Blood (*Xue* = deep) or Energy (*Qi* = superficial). But never forget: life is movement, so that we must also take the dynamic aspect of the quality of the energies into account.

To comprehend this in all its subtlety, we need to bear in mind that while yin is deep and yang superficial (a static definition), and even though yang is the source of the movement and thus has an effect on yin.

- A yin quality of energy is manifested centrifugally (dilatory: from the centre towards the periphery),
- a yang quality of energy is manifested centripetally (constricting: from the periphery towards the deep regions),

depending on which of them is predominant.

In light of the above, the four aspects of the pulses associated with the quantity and quality of Energy or Blood may be defined as follows:



- Excess with preponderant Yin quality (excess of Yin, normal Yang): the physiological pulse of Fire, Heart and Small Intestine; full pulse of summer. Blood (or Energy) in excess, powerful, fills the whole location of the pulse concerned, as a result of its preponderant centrifugal Yin quality.
- Deficiency with preponderant Yin quality (deficiency of Yang, normal, apparent Yin): the physiological pulse of Metal, Lungs and Large Intestine; floating pulse of autumn (fall). Thanks to its preponderant centrifugal yin quality, Blood (or Energy), although in small quantity, diminishing, in deficiency, comes up to the surface of the location concerned. But because this quantity is just sufficient, the pulse which seemed strong when palpated at the surface of the location disappears with the pressure: we pass through the weak surface tension, like pressing down on a cork floating on water.

- Deficiency with preponderant Yang quality (deficiency of Yin, normal, apparent Yang): the physiological pulse of Water, Kidneys and Bladder; deep pulse of winter. Blood (or Energy), in deficiency, in poor quantity, is brought to the centre, in depth, by its preponderant centripetal Yang quality. On palpation, it then appears relatively strong, being concentrated at depth.
- Excess with preponderant Yang quality (excess of Yang, normal Yin): the physiological pulse of Wood, Liver and Gallbladder: tense pulse, like a bow, of spring. Blood (or Energy), in excess, powerful, fills the whole anatomical location of the pulse concerned, and thanks to its centripetal Yang quality, adds a very strong surface tension to it.

These four forms of the pulses are physiological when, in the appropriate season, they concern the meridians (and organs) corresponding to them, as described above, but they become pathological if the other meridians or the general energies of the body are excessively involved. The energetic diagnosis can then be carried out on the basis of the superficial radial pulses of the Yang meridians, and the deep radial pulses of the Yin meridians. It should be added that, as regards the overall evaluation and diagnosis of Blood and Energy, which are essential before any regulation is carried out, we may also use the general pulses in addition to or instead of the pulses described above.

### **The general pulses of Energy and Blood:**

We have just described the four physiological forms of the pulses: full, floating, deep and tense. These pulses become pathological if the other meridians or the general energies of the body are excessively involved. In this case, the diagnosis can be confirmed using the general pulses relating to Blood (internal nutritive energy) and Energy (external defensive energy of surface tension,).

These general pulses are located as follows:

- ST 9: (Ren Ying) on the carotid artery lateral to the thyroid cartilage
- LU 9: (Tai Yuan) on the right radial artery (at the location of the Cun pulse, intermediate between the deep pulse of the lung and the superficial pulse of the large intestine)
- ST 42: (Chong Yang) on the pedis artery, at the level of the ankle, before it descends between the first and second metatarsals.

In light of the above details regarding the relations between the quantity and quality of energies, it follows that

- comparison of the pulses at ST 9 on the left and ST 9 on the right gives an idea of the value of Energy (on the left) and Blood (on the right).
- comparison between the general pulse at ST 9 (right and left) and the pulse at LU 9 on the right gives an idea of the value of Energy (ST 9) and Blood (LU 9).
- comparison between the general pulse at ST 9 (right and left) and general pulse on ST 42 (right and left) gives an idea of the value of Energy (ST 9) and Blood (ST 42).

Firstly we compare the quantities – deficient, normal or excessive – and then take account of the quality – tense (excess of Yang), full (excess of Yin), floating (deficiency of Yang) or deep (deficiency of Yin) – in respect of both Energy and Blood.

In this context let us now look once again at the principles applying to the general regulation of Blood (*Xue*) and Energy (*Qi*).

### General regulation of Blood and Energy, in quantity and quality

The general regulation of Blood and Energy must be carried out before all other therapy. To this end, as we have seen, a number of specific points are available to the acupuncturist:

- Quantity of Blood (*Xue*): SP 6
- Quantity of Energy (*Qi*): ST 36
- Yin quality of the blood (*Xue*): RM 6
- Yang quality of the blood (*Xue*): RM 12
- Yin quality of energy (*Qi*): DM 14, "*Bai lao* – the 100 fatigues"
- Yang quality of energy (*Qi*): DM 20, "*Bai hui* – the 100 reunions"
- Quantity of energy in the yin channels (all deep pulses, all right pulses): PC6
- Quantity of energy in the yang channels (all superficial pulses, all left pulses): LI 4

Depending on the general diagnosis (Blood *Xue* and Energy *Qi*) comprising observation of the patient, examination of the tongue, palpation of the pulse, carried out according to the rules set out above<sup>61</sup>, the energy regulation table presents as follows:

<b>Blood</b> ( <i>Xue</i> )	<b>Excess</b>	Tonify ST 36	<i>Yin</i> <i>excess</i>	Full pulse (cun loca- tion)	Tonify RM 12
			<i>Yang</i> <i>excess</i>	Wiry pulse (cun loca- tion)	Drain RM 12
	<b>Deficiency</b>	Tonify SP 6	<i>Yin</i> <i>deficiency</i>	Deep pulse (cun location)	Tonify RM 6
			<i>Yang</i> <i>deficiency</i>	Floating pulse (cun location)	Tonify RM 12 RM 6

<sup>61</sup> See Chapter 3, The Eight Principles: Yin diseases and Yang diseases



<b>Energy (Qi)</b>	<b>Excess</b>	Drain ST 36	<i>Yin excess</i>	Full pulse (carotid pulse)	Tonify DM 20
			<i>Yang excess</i>	Wiry pulse (carotid pulse)	Drain DM 20
	<b>Deficiency</b>	Tonify ST 36 SP 6	<i>Yin deficiency</i>	Deep pulse (carotid pulse)	Tonify DM 14
			<i>Yang deficiency</i>	Floating pulse (carotid pulse)	Tonify DM 20 DM 14
<b>Yin radial pulses</b>	All pulses on right radial artery. All deep pulses.		<i>Excess</i>	Tonify LI 4	
			<i>Deficiency</i>	Tonify PC 6	
<b>Yang radial pulses</b>	All pulses on left radial artery. All superficial pulses.		<i>Excess</i>	Drain LI 4	
			<i>Deficiency</i>	Tonify LI 4 - PC 6	

In order to become familiar with the practical application of these findings, let us now see what regulations need to be carried out in terms of the various pathological forms of the general pulse:

- Pulse full (excess of Yin with normal Yang): here, three cases may be considered:
  - 1/ In the event of an excess of Blood: tonify ST 36 (we never disperse the blood, a nutritive energy vital to the organism, but rather we tonify Energy)
  - and an excess of Blood Yin: tonify RM 12 (we never disperse the vital Yin, but rather tonify Yang)
  - 2/ In the event of an excess of Energy: disperse ST 36
  - and an excess of Energy Yin (yin aspect of energy): tonify DM 20 (same remark as above)
  - 3/ In the event of an excess of the Yin meridians: tonify LI 4 (same remark as above)
- Tense pulse (excess of Yang with normal Yin), three cases may be considered:
  - 1/ In the event of an excess of Blood: tonify ST 36 (same remark)
  - and an excess of blood Yang: disperse RM 12
  - 2/ In the event of an excess of Energy: disperse ST 36
  - and an excess of Energy Yang (yang aspect of energy): disperse DM 20.
  - 3/ In the event of an excess of the Yang meridians: disperse LI 4

- Floating pulse (Yang deficiency: apparent Yin), three cases may be considered:
  - 1/ In the event of a deficiency of Blood: tonify SP 6 and deficiency of Blood Yang: tonify RM 12 and RM 6 (since Yang is nourished by Yin we tonify both Yang and Yin)
  - 2/ In the event of a deficiency of Energy: tonify ST 36 and SP 6 (same remark as above) and deficiency of Energy Yang: tonify DM 20 and DM 14 (same remark)
  - 3/ In the event of a deficiency of the Yang meridians: tonify LI 4 and PC 6 (same remark)
  
- Deep pulse (Yin deficiency: apparent Yang), three cases may be considered:
  - 1/ In the event of a deficiency of Blood: tonify SP 6 and deficiency of Blood Yin: tonify RM 6
  - 2/ In the event of a deficiency of Energy: tonify ST 36 and SP 6 (same remark as above) and deficiency of Energy Yin: tonify DM 14
  - 3/ In the event of a deficiency on the Yin meridians: tonify PC 6

But beware, because these pulses may be physiological and not pathological, in spring (tense), summer (full), autumn (floating), or winter (deep), providing they are not excessive.

### The nine Alternative Pulses

In addition to the twelve radial pulses and the three general pulses, there exist alternative pulses<sup>62</sup>. These pulses indicate the level of the energies in the organs and certain viscera, in quantity and in quality; but above all they provide information on the three levels "Heaven – Earth – Man" analogous to the upper, lower and middle Burners:

- Gallbladder, Lungs and Liver correspond to Heaven.
- Stomach, Large Intestine and Kidneys correspond to Earth.
- Triple Burner (Pancreas), Heart and Spleen correspond to Man, the result of interactions between Heaven and Earth.

Location	Point	Level	Quality
Temporal artery	GB 3	Heaven	Yang
Facial artery	ST 3	Earth	Yang
Preauricular artery	TW 21	Man	Yang
Radial artery, in the radial tunnel	LU 8	Earth	Yin

62 *Huang Di Nei Jing Su Wen* - Chapter 20: "San Bu Jiu Hou Lun".

Location	Point	Level	Quality
Radial artery, in the first interosseous space (intermetacarpal)	LI 4	Earth	Yang
Cubital artery, in the infero-external angle of the pisiform bone	HT 7	Man	Yin
Femoral artery, on the medial border of the sartorius, at 3 1/2 distances below ST 30	LV 10	Heaven	Yin
Posterior tibial artery, behind the internal malleolus	KD 3	Earth	Yin
Femoral artery, in the middle of the internal aspect of the thigh, at 5 distances above SP 10	SP 11	Man	Yin

### Auscultation

Essentially, this is a matter of listening to the patient's voice ... and respiration:

- Listening to the voice:
  - Speaks loudly or shouts: Yang, Liver in excess
  - Speaks ceaselessly, interspersed with crazed laughter: Heart in excess
  - Hums incessantly, speaks to him/herself: Spleen in excess
  - Sobbing voice: Lungs in excess
  - Sighing, groaning voice: weak Kidneys
- Listening to the respiration
  - Strong breathing: external disease due to excess
  - Weak breathing: internal disease due to deficiency



# 16

## Therapeutic Recommendations in Acupuncture and Moxibustion

As we have already seen,

- *Acupuncture, using needles, will be applied in particular in the case of hot diseases*
- *Moxibustion with mugwort moxas will be applied in cold diseases*
- *However, in certain cases, acupuncture and moxibustion may be used in association, especially in rheumatism due to dampness.*
- Needles should never be used in pre-pubertal children, and should whenever possible be avoided in pregnant women. Massage of the acupuncture points or mugwort moxas are then to be preferred.
- Practice in a calm place, with attention to the patient's comfort.
- Whenever possible, carry out acupuncture or moxibustion with the patient lying down.

### **General rules**

- Give priority to the general energies before the particular: if necessary, treat Energy (Qi) and Blood (Xue) (in quantity and quality) before all other treatment.
- Treat the acute before the chronic.
- Treat the recent before the long-standing.
- Treat the superficial before the deep: the channels before the organs.
- Tonify where there is insufficiency before draining an excess.
- Constantly bear in mind that energy follows thought.

### **Acupuncture:**

- Rigorously use only sterilized needles.
- Check that the needles are in perfect condition before every use.
- Discard any rusted, bent or blunt needles, etc.

- Learn to manipulate the needles delicately and cleanly, with meticulously washed hands.
- Clean the skin thoroughly with a cotton swab impregnated with disinfectant, before inserting the needle.

### **Moxibustion**

- Use only sticks or the cones of pure mugwort and not cigarettes or incense sticks.
- Take care that no ash falls from the mugwort stick onto the patient's skin, risking a burn.
- After use, ensure that the mugwort stick is completely extinguished.
- Air the room well where moxibustion is performed to avoid headache or nosebleed.
- Never burn the skin: remove the mugwort cone or stick as soon as the patient feels too intense a heat.

### **Manipulation of needles**

#### **Tonification** (*Bu*)

- Insert the needle slowly, during expiration.
- Twist the needle clockwise to "grasp" energy.
- Leave in place for a few minutes.
- Withdraw the needle rapidly during inspiration.
- Fill the hole by rubbing the point immediately afterwards.

#### **Dispersion** (*Xie*)

- Insert the needle rapidly, during inspiration.
- Twist the needle counter-clockwise to "grasp" energy.
- Where appropriate manipulate the needle during the 15 to 20 minutes that it is in place.
- Withdraw the needle slowly during expiration.
- Open the hole by pulling the skin on both sides.

### **Contraindications in Acupuncture**

- Never practice regulation by acupuncture in a patient who:
  - is in a state of inebriation
  - is angry
  - has just eaten a copious meal
  - has just been on a long journey
  - has just had sexual intercourse
  - is fasting
  - has just had a great shock
  - is in a state of malnutrition
  - is very emaciated or very weak
- Never needle point RM 8, but use only mugwort moxas on coarse salt.
- Never needle LU 1 on account of the proximity of the apex of the lung.
- Never needle ST 17 at the centre of the nipple.

**Pregnant women: Forbidden Points<sup>63</sup>**

Period	Forbidden points
<b>In general</b>	ST 36 in tonification - LI 4 in tonification SP 6 in dispersion - RM 6 in dispersion
<b>First month</b>	SP 2 - UB 33 - LV 2 - LV 4 - LV 10 - RM 17
<b>Second month</b>	UB 59 - GB 34
<b>Third month</b>	PC 3 - PC 4 - PC 5 - PC 7 - PC 8
<b>Fourth month</b>	TW 1 - TW 4 - TW 10 - PC 6 - SI 13
<b>Fifth month</b>	SP 9 - LV 9
<b>Sixth month</b>	ST 40 - ST 45 - LI 8 - LI 10
<b>Seventh month</b>	LU 3 - LU 7 - LU 11
<b>Eighth month</b>	LI 1 - LI 2 - LI 8 - LI 10 - LI 11 - LI 15 - GB 21 - CV 2
<b>Ninth month</b>	LI 4 - SP 6 - KD 1 - KD 2 - KD 3 - KD 7 - KD 8

**Pregnant women, recommended point:**

Tonify KD 9 (healthy baby point) in the third and sixth months of pregnancy.

**Possible incidents****Malaise:**

- In all cases: Tonify DM 26
- Caused by a needle in the upper limb: tonify ST 36
- Caused by a needle in the lower limb: tonify LI 4

**Bent or broken needles**

- Bending as the result of incorrect manipulation or sudden movement by the patient:
  - Withdraw the needle gently and delicately
- Broken needle:
  - remove the implanted piece with tweezers,
  - or place 4 needles, in dispersion, around the broken needle,
  - or make an incision to remove the offending piece.

**Contraindications in Moxibustion**

- Do not practice moxibustion in a patient who:
  - has a pathology associated with heat
  - has a rapid pulse and fever (heat)
  - is in a state of inebriation

- is angry
  - has just eaten a copious meal
  - has just been on a long journey
  - has just had sexual intercourse
  - is fasting
  - has just had a great shock
- Never practice moxibustion on the face or the genital organs.

### **Sterilization of Needles**

Sterilization is obligatory and must be carried out rigorously.

### **A POORLY STERILIZED NEEDLE CAN TRANSMIT SERIOUS DISEASE**

### **Mugwort**

#### **Cultivation, harvesting and preparation**

- Sow the mugwort in late February or early March (or at the beginning of the rainy season)
- Cut the mugwort stalks at the base, before the flowers open (in Europe around June 21)
- Hang the mugwort away from the sun and draughts, and leave it to dry for three weeks to one month
- Delicately detach the dried leaves and remove the veins, and rub them together to give them a cottony consistency and appearance
- The mugwort is then ready for use, either in the form of cones, or rolled up very tightly in paper like a cigar.



# 17

## **Simplified therapeutic protocols**

### **General:**

**Blood and Energy to be performed before all other regulation**

### **Special cases**

- Superficial and deep pulses separated by a gap (disconnected!): the flow of energy between yin and yang is interrupted:  
Tonify Du Mai 27
- Pulses contrary to the symptoms: energy does not flow:  
Tonify RM 14
- Arrhythmias and irregular extrasystoles:  
Tonify HT 6 and RM 14
- Regular extrasystoles: 1 per 50 beats (1 organ),  
2 per 50 beats (2 organs), etc.: indicates severity.  
Tonify LV 13

**General regulation**

<b>Blood</b> ( <i>Xue</i> )	<b>Excess</b>	Tonify ST 36	<i>Yin excess</i>	Full pulse (cun loca- tion)	Tonify RM 12
			<i>Yang excess</i>	Wiry pulse (cun loca- tion)	Drain RM 12
	<b>Deficiency</b>	Tonify SP 6	<i>Yin deficiency</i>	Deep pulse (cun location)	Tonify RM 6
			<i>Yang deficiency</i>	Floating pulse (cun location)	Tonify RM 12 RM 6
<b>Energy</b> ( <i>Qi</i> )	<b>Excess</b>	Drain ST 36	<i>Yin excess</i>	Full pulse (carotid pulse)	Tonify DM 20
			<i>Yang excess</i>	Wiry pulse (carotid pulse)	Drain DM 20
	<b>Deficiency</b>	Tonify ST 36 SP 6	<i>Yin deficiency</i>	Deep pulse (carotid pulse)	Tonify DM 14
			<i>Yang deficiency</i>	Floating pulse (carotid pulse)	Tonify DM 20 DM 14
<b>Yin radial pulses</b>	All pulses on right radial artery. All deep pulses.		<i>Excess</i>	Tonify LI 4	
			<i>Deficiency</i>	Tonify PC 6	
<b>Yang radial pulses</b>	All pulses on left radial artery. All superficial pulses.		<i>Excess</i>	Drain LI 4	
			<i>Deficiency</i>	Tonify LI 4 - PC 6	

**Pathologies, modalities and treatment**

<b>Pathologies</b>	<b>Modalities</b>	<b>Treatment</b>
<b>Anemias</b>		Tonify - UB 43: stimulates the manufacture of red blood cells - GB 39: stimulates the body's defenses and wound healing.
<b>Burns</b>	Lateralized	Tonify LU 7 on the opposite side Disperse LU 7 on the affected side Always tonify GB 39 (in order to prevent infections)
<b>Cardiovascular</b>	Hypertension (diastolic)	Disperse PC 7 ST 32 KD 2
	With arteriosclerosis	+ Disperse PC 8
	With heavy legs	+ Disperse SP 5
	(Systolic) with reduced differential blood pressure	Disperse HT 7
<b>Headache</b>	Frontal	Tonify LI 4 LV 8 Disperse LU 7 LV 2
	Migraines	Disperse GB 20 DM 16 Tonify TW 5 GB 41 Disperse SP 4 PC 6
<b>Emotional shock</b>	Giving rise to a pathology	Tonify ST 14
<b>Conjunctivitis</b>	In general	Tonify LV 8 Disperse UB 2 and LV 2
	With watering of eyes	+ Disperse GB 20
		+ Tonify GB 39

<b>Pathologies</b>	<b>Modalities</b>	<b>Treatment</b>
<b>Epilepsy</b>	During crisis	Tonify SI 3 - DM 26 then disperse DM 26
	Independent of crises	Moxas at DM 12 Disperse DM 20
	Crisis during the day	Tonify KD 6 - LU 7 Disperse UB 62 - SI 3
	Crisis during the night	Tonify UB 62 - SI 3 Disperse KD 6 - LU 7
<b>Gastric disorders: gastritis, acidity, heartburn, ulcers</b>	In general	Disperse RM 21 RM 12 UB 21
	With regurgitation	+ Tonify RM 13
	With nausea	+ Disperse KD 21 - ST 21
	With vomiting: by small quantities, eructation sounds	+ Moxas at UB 14
	With vomiting of entire bolus, with spurting	+ PC 6, tonify 6 times and Disperse 3 times
<b>Gynecology</b>	Painful menstruation	Tonify LI 4 - GB 41 Disperse SP 6 UB 60
	Menstruation too far apart	Disperse RM 3
	Hemorrhagic menstrea- tion	Tonify SP 6 SP 10 Disperse LV 2
	Menopause: hot flashes, palpitation, sweating	Tonify SI 1 HT 9 ST 37 KD 7 UB 15 Disperse LV 2 RM 3 - GB 20
<b>Intestinal disorders: Dysentery</b>	In general	Tonify LV 3 Disperse SP 4 ST 25 - UB 25 - ST 37
	Severe	+ Moxas on salt to RM 8 + Moxas at ST 36 - ST 37 - ST 39

<b>Pathologies</b>	<b>Modalities</b>	<b>Treatment</b>
<b>Intestinal disorders: Dysentery</b> (cont.)	With abdominal pain	+ Disperse ST 43
	With vomiting	<i>See Gastric disorders above</i>
<b>Intestinal disorders: Constipation</b>	Atonic, no pain, abdomen normal, stools of ten small hard pellets	Tonify LI 11 Disperse LI 3
	Spasmodic, with belly ache, abdomen hard and painful	Tonify ST 25 Disperse UB 25
	With bloating, gas	+ Disperse ST 36 RM 12
	With fetid gas	+ Tonify LV 3
	With lancinating pain	Disperse ST 30 Tonify SP 4 PC 6 Disperse TW 5 GB 41
<b>Food poisoning</b>	In general	Tonify LV 13 on the right side
	With vomiting	<i>See gastric disorders</i>
	With diarrhea	<i>See intestinal disorders</i>
<b>Malaria</b>	Treatment once or twice daily, 2 hours before the anticipated time of the crisis, alternating the two treatments indicated:	1/ Tonify SI 3 Disperse DM 14 PC 5 2/ Tonify GB 39 Disperse DM 9 SP 10
<b>Prolapse</b>	Anal	Tonify DM 20 ST 36 SP 6 Disperse DM 1 Moxas at RM 6 - RM 8
	Uterine	Tonify DM 20 ST 36 SP 6 Moxas at RM 6 - RM 8
<b>Respiratory</b>	Influenza	Tonify LI 4 RM 12 GB 39 DM 14 Disperse GB 20 UB 12 LU 7

Pathologies	Modalities	Treatment
<b>Respiratory</b> (cont.)	With stiffness and shivering, no fever	+ Disperse SP 21 + Moxas at RM 12
	<b>Common cold</b> , with runny nose	Tonify LI 4 Disperse LI 20
	<b>Common Cold</b> , nose blocked	Tonify LI 4 LI 20
	With sinusitis	+ Tonify LV 8 Disperse LV 2
	<b>Asthma</b> : with LU pulse full, LI pulse floating	Tonify LI 4 Disperse LU
	With LU pulse floating or full, KD pulse floating	Tonify KD 7 Disperse LU 5
	With LU pulse full, SI pulse floating	Disperse DM 14 Tonify SI 3 UB 62 Disperse LU 7 KD 6
	With LU pulse tense (the other pulses are then often tense)	Tonify LU 9 SP 5 Disperse HT 8 LU 10
	<b>Sore throat</b>	Tonify LU 11 LI 4
	With fever	+ Disperse LI 11
	<b>Bronchitis</b> : with cough, liquid expectoration, sneezing	Tonify LI 4 - LU 9 Moxas UB 12 - UB 13 Disperse LU 5 - ST 40
<b>Rheumatic disorders</b>	<b>Due to Cold</b> : sharp, acute, intense pain, aggravated by movement, relieved by heat	Tonify KD 2 Disperse UB 66 Tonify UB 60 + local points in dispersion + moxas
	<b>Due to Cold</b> , paired with insomnia and cystitis	Disperse SI 10 - LI 15 - LI 16 (upper limb) or GB 29 - GB 38 (lower limb) Tonify UB 62 SI 3 Disperse KD 6 LU 7
	<b>Due to Dampness</b> : dull pain, nocturnal, improved by movement, morning exercise, with swelling of the affected tissues	Tonify ST 45 Disperse SP 3 Tonify SP 2 (except where there is associated heat)

Pathologies	Modalities	Treatment
<b>Rheumatic disorders</b> (cont.)	With attack of the upper extremities	+ Tonify LI 1 Disperse LU 9 - LI 15 Tonify LU 10 (except in the event of associated heat)
	With arthrosis of hip	+ Moxas at GB 30 or needle in dispersion (where there is associated heat)
	<b>Due to Wind:</b> Wandering pain	Disperse GB 20 - DM 16 Tonify TW 5 GB 41 Disperse SP 4 PC 6
	With pain in girdle	+ Disperse at start of treatment GB 26 or GB 27
	With abdominal pain and diarrhea	+ Disperse UB 22 at start of treatment
	With pain radiating to shoulders	+ Disperse at start of treatment SI 12
	With pain radiating to thighs and legs	+ Disperse at start of treatment GB 31 ST 40
<b>Syncope during treatment</b>	In general	Tonify DM 26
	Caused by a needle in the upper limb	+ Tonify ST 36
	Caused by a needle in the lower limb	+ Tonify LI 4
<b>Urinary disorders</b>	Very frequent micturition, cystitis, accompanied by locomotor disorders and insomnia	Disperse SI 10 (upper limb) or GB 29 (lower limb) Tonify UB 62 SI 3 Disperse KD 6 LU 7
	<b>Urinary incontinence</b> following childbirth	Tonify UB 64 GB 34
	<b>Kidney stones</b> , nephritic colic	Disperse KD 4 KD 5
	<b>Urinary retention</b> due to weakness	Tonify UB 67

<b>Pathologies</b>	<b>Modalities</b>	<b>Treatment</b>
<b>Urinary disorders</b> (cont.)	With water retention, ankle edema	+ Tonify UB 62 UB 60 Disperse KD 2 on the right side
	With heavy legs and hypertension	+ Disperse ST 32 SP 5



# Glossary of medical terms

## Name and definitions

Name	Definitions
<b>Acne</b>	Affection of the skin (dermatitis) due to inflammation of the sebaceous or pilo-sebaceous glands
<b>Algia</b>	Pain in an organ or a region that does not correspond to a clear anatomical lesion
<b>Allergy</b>	Increased sensitivity
<b>Alopecia</b>	Loss of hair
<b>Amenorrhea</b>	Absence of menstrual flow
<b>Amnesia</b>	Total or partial memory loss
<b>Amniotic fluid</b>	The liquid in which the fetus develops
<b>Anemia</b>	Reduction of the quantity of hemoglobin (red blood cells) in the blood
<b>Angina pectoris</b>	Syndrome characterized by episodes of violent constrictive pain in the precordial region, radiating to the left arm, and accompanied by severe anxiety and a feeling of imminent death. Pain on effort, especially walking
<b>Ankylosis</b>	Diminution or impossibility of movement of a naturally mobile joint

Name	Definitions
<b>Anorexia</b>	Loss or reduction of appetite
<b>Anosmia</b>	Reduction or complete loss of the sense of smell
<b>Aphonia</b>	More or less complete loss of the voice
<b>Aphthe</b>	a.k.a. Canker Sore – Minor superficial ulceration of the mucosae of the mouth or pharynx, following a vesicle
<b>Apoplexy</b>	Sudden more or less complete suspension of all brain functions, characterized by a loss of consciousness and voluntary motility, with persistence of circulation and respiration
<b>Arrhythmia (cardiac)</b>	An anomaly of the cardiac rhythm, in terms of the frequency, regularity and equality of the contractions
<b>Arteriosclerosis</b>	Thickening of the intimal and medial muscular fibers of the arteries
<b>Arthrosis</b>	Degenerative, non-inflammatory attack of the joints, characterized by cartilaginous lesions with production of osteophytes and chondrophytes (excrescences), and by pain, deformation and loss of mobility
<b>Ascites</b>	Accumulation of liquid in the peritoneal cavity (abdomen)
<b>Asthenia</b>	Depression giving rise to multiple functional insufficiencies
<b>Asthma</b>	Respiratory difficulty characterized by bouts of slow expiratory dyspnea, associated with spasm, congestion and hypersecretion of the bronchi
<b>Atonia</b>	Diminution of normal tonicity
<b>Biology</b>	The science of the life of organisms
<b>Bipolar disorder (manic-depressive syndrome)</b>	Psychosis with alternation of euphoric excitation and depression
<b>Bleeding</b>	Removal of a defined quantity of blood
<b>Bloating</b>	Swelling of the abdomen as a result of gas trapped in the intestine
<b>Blunt</b>	(of a needle), of which the tip is worn or broken
<b>Bradycardia</b>	Slowing down of the cardiac rhythm below normal
<b>Bronchitis</b>	Inflammation of the bronchial mucosae
<b>Cachexia</b>	Profound disturbance of all functions of the organism

Name	Definitions
<b>Cardia</b>	The upper orifice of the stomach by which it communicates with the esophagus
<b>Cardialgia</b>	See <i>Heartburn</i>
<b>Carotid (artery)</b>	Artery whose pulsations can be felt over and lateral to the thyroid cartilage
<b>Cauterization</b>	Destruction of living tissue by burning with a suitable appliance
<b>Centrifugal</b>	Movement from the centre towards the periphery
<b>Centripetal</b>	Movement from the periphery towards the centre
<b>Cephalalgia</b>	Any form of headache
<b>Chlorophyll</b>	Respiratory pigment from the sap of plants
<b>Cholecystitis</b>	Inflammation of the gallbladder
<b>Circadian (cycle)</b>	The 24-hour cycle (or 12-hour cycle in the case of the Chinese)
<b>Cirrhosis</b>	A disease characterized by proliferation of the connective tissue of the Liver according to a certain anatomical and physiological type: fatty, pigmentary, etc.
<b>Coma</b>	A morbid state characterized by profound drowsiness with total or partial loss of consciousness, sensitivity and motility, with maintenance of respiratory and circulatory functions
<b>Concomitant</b>	Occurring at the same time
<b>Congenital</b>	Depending on the constitution of the individual at the moment of birth
<b>Conjunctiva</b>	Mucous membrane lining the internal aspect of the eyelids and the front of the eyeball
<b>Conjunctivitis</b>	Inflammation of the conjunctiva
<b>Consumption</b>	Emaciation and loss of strength
<b>Contractures</b>	Prolonged involuntary contractions of one or several muscles, without a lesion of the muscle fibers
<b>Convulsions</b>	Sudden involuntary contractions causing movements localized in one or several muscle groups or generalized throughout the body
<b>Coronaropathy</b>	Disease of the coronary arteries
<b>Coryza</b>	A nasal complaint characterized by obstruction with discharge, sneezing and mildly sore throat

<b>Name</b>	<b>Definitions</b>
<b>Cosmogony</b>	Theory of the formation of the universe
<b>Cutaneous</b>	Relating to the skin
<b>Cyanosed</b>	Describes a blue-violet color of the forehead or lips
<b>Cyst</b>	A cavity that does not communicate with the outside, containing a liquid, soft or solid substance, the wall of which has no vascular connection with its content
<b>Cystitis</b>	Acute or chronic inflammation of the bladder
<b>Defecation</b>	Expulsion of the feces (excrements, stools) via the lower extremity of the rectum (anus)
<b>Degeneration</b>	Total or partial degradation of an organism
<b>Deglutition</b>	Movement permitting the swallowing of food
<b>Dehydration</b>	Loss of body water
<b>Delirium</b>	Disorder of the mental faculties characterized by a series of incoherent ideas, not in accordance with the factual situation, inaccessible to critical argument
<b>Diabetes</b>	A generic term designating several types of morbid attacks having the following characteristics in common: increased hunger and thirst, increased quantity of urine, leading ultimately to cachexia and possibly death
<b>Diaphragm</b>	The band of muscle between the chest and the abdomen
<b>Diurnal</b>	During the day
<b>Dynamic</b>	In movement
<b>Dysentery</b>	An ulcerous inflammation of the large intestine, causing frequent evacuation of bloody phlegm accompanied by violent colic
<b>Dyspepsia</b>	Difficult digestion
<b>Dyspnea</b>	Difficulty of respiration
<b>Eczema</b>	A skin lesion characterized by a bright red itchy rash, with oozing of serosities
<b>Edema</b>	Serous infiltration of certain tissues, in particular of the skin or mucous membranes
<b>Emphysema (pulmonary)</b>	Dilatation and destruction of the respiratory bronchioles
<b>Emunctory</b>	An organ that eliminates food waste

Name	Definitions
<b>Encephalitis</b>	More or less extensive inflammation without suppuration of one side of the brain (encephalus)
<b>Endocrine (gland)</b>	That secretes hormones
<b>Endogenous</b>	Produced within the organism itself
<b>Entropy</b>	The degree of degradation of energy of a system in thermodynamics: the entropy of a system characterizes its degree of disorder
<b>Enuresis</b>	Urinary incontinence
<b>Epigastric</b>	Relating to the stomach region (epigastrium)
<b>Epilepsy</b>	Simultaneous, abnormally intense activation of a large number of cerebral neurons giving rise to paroxysmic episodes ranging from absences to partial or generalized episodes with loss of consciousness and convulsions
<b>Epistaxis</b>	Nosebleed
<b>Equinox</b>	One of the two periods of the year in which the length of the day is equal to that of the night
<b>Eructation</b>	Noisy emission of gas from the stomach by way of the mouth (burping or belching)
<b>Etiology</b>	Study of the causes of diseases
<b>Etiopathogenesis</b>	Study of causes of the mechanism producing a disease
<b>Exocrine</b>	(of a gland), which excretes its product by way of a duct
<b>Exogenous</b>	Produced outside the organism
<b>Expectoration</b>	Expulsion of products produced in the respiratory tract, sputum
<b>Fetid</b>	Having a strong, repugnant odor
<b>Frigidity</b>	Inertia of genital function
<b>Ganglion</b>	A small gland of the lymph system
<b>Gastric</b>	Relating to the stomach
<b>Hallucinations</b>	The powerful conviction of a sensation that is not caused by any outside agency
<b>Heartburn</b>	A sharp exacerbating pain in the region of the epigastrium

<b>Name</b>	<b>Definitions</b>
<b>Hematemesis</b>	Vomiting of blood
<b>Hematoma</b>	Effusion of encysted blood
<b>Hematopoietic</b>	Relating to the formation of blood cells (hematopoiesis)
<b>Hematuria</b>	The emission of blood mixed with urine through the urethra
<b>Hemiplegia</b>	Complete or partial paralysis affecting all or part of one side of the body
<b>Hemoglobin</b>	The respiratory pigment of the red blood cells
<b>Hemoptysis</b>	Coughing up of blood from the respiratory tract
<b>Hemorrhagia</b>	Effusion of blood outside of a blood vessel
<b>Hepatitis</b>	Inflammatory disorder of the Liver
<b>Hydration</b>	The content or increase in content of water in the body
<b>Hygrometry</b>	The state of humidity (dampness) of the atmosphere
<b>Hyperchlorhydria</b>	An excess of hydrochloric acid in the gastric juice
<b>Hyperesthesia</b>	Excessive sensitivity
<b>Hyperfunction</b>	Greater than normal function
<b>Hyperlaxity</b>	Lack of tension and strength of the ligaments of a joint
<b>Hypermenorrhea</b>	Overabundant menstruation
<b>Hypertension (arterial)</b>	High blood pressure
<b>Hyperthyroid</b>	Increased secretion of the thyroid gland
<b>Hypertonia (muscular)</b>	Excessive muscular rigidity
<b>Hypertrophy</b>	Increase in the volume of an organ
<b>Hypoacusia</b>	Diminution of auditory acuity (hearing)
<b>Hypochondrium</b>	Concerning the region of the Liver, Spleen and Stomach
<b>Hypofunction</b>	Diminution of function
<b>Hypotonia (muscular)</b>	Insufficient muscular tension

<b>Name</b>	<b>Definitions</b>
<b>Hysteria</b>	Neurosis with permanent or transitory motor or sensory disorders that cannot be classed under any nervous, anatomical or physiological systematization
<b>Icterus</b>	Jaundice
<b>Incontinence</b>	Involuntary emission of feces or urine
<b>Leukorrhea</b>	Mucous or mucopurulent discharge from the vulva
<b>Lingual</b>	Relating to the tongue
<b>Lipoma</b>	A benign subcutaneous tumor caused by proliferation of fatty tissue
<b>Lithiasis</b>	Formation of stones in a gland or vessel
<b>Lumbago</b>	Lumbar pain following an effort
<b>Lymphatic</b>	Referring to a temperament inclined to tiredness, asthenia, chronic disease, etc.
<b>Malaria</b>	An infectious disease caused by Plasmodium, a parasite transmitted by the bite of certain mosquitoes (Anopheles)
<b>Manic-depressive (syndrome)</b>	See <i>Bipolar disorder</i>
<b>Marrows</b>	Spinal cord or bone marrow
<b>Mediastinum</b>	The zone of the body situated behind the sternum and containing the bronchi, trachea, esophagus, etc.
<b>Medical history</b>	Information provided by the patient regarding the onset and course of a disease
<b>Ménière's syndrome</b>	Sudden episodes of dizziness accompanied by buzzing in the ears and deafness
<b>Meningitis</b>	Acute or chronic inflammation of the cerebral or medullary meninges (membranes lining the nerve centers)
<b>Metabolism</b>	The totality of the chemical processes relating to nutrition occurring in the body, designed to satisfy its energy requirements, the formation, maintenance and repair of tissues and the elaboration of various substances (hormones, antibodies, etc.)
<b>Metrorrhagia</b>	Uterine bleeding occurring between the menstrual periods
<b>Micturition</b>	The act of urinating
<b>Migraine</b>	Intense headache, generally lateralized, located in the temporal and orbital regions, accompanied by general malaise, nausea and possibly vomiting

Name	Definitions
<b>Motility</b>	The ability to move
<b>Mucosities</b>	A mass of thick glairous substance lining some mucous membranes (cf. phlegm)
<b>Nausea</b>	Urge to vomit
<b>Neguentropy</b>	The degree of organization of a system, contrasting with entropy, which characterizes its degree of disorder
<b>Neoformation</b>	Formation of new tissue the elements of which replace those of a former tissue, and, by extension, tumorous proliferation, cancer
<b>Nephritic colic</b>	A syndrome comprising violent pain in the lumbar region, radiating to the bladder and thigh, with constipation, vomiting and bladder tenesmus, due to migration of a kidney stone towards the bladder
<b>Nephritis</b>	Acute or chronic inflammation of the kidneys
<b>Neuralgia</b>	Spontaneous or reactive, continuous or paroxysmic pain, located on the trajectory of the nerves
<b>Neurasthenia</b>	Neurosis with insomnia, sensation of great fatigue, sadness, fear and indecision
<b>Nodules</b>	Small nodosities produced "in error", somewhat rounded and clearly circumscribed, offering a sensation of a solid body to the touch
<b>Numbness</b>	Temporary paralysis of a limb, accompanied by tingling
<b>Octahedron</b>	A polyhedron with eight regular triangular faces
<b>Oliguria</b>	Reduced quantity of urine
<b>Ontogenesis</b>	Development of the individual
<b>Opisthotonos</b>	Contractures of the extensor muscles of the extremities and trunk
<b>Orthosympathetic (= sympathetic)</b>	The autonomic nervous system that regulates vegetative life, having the parasympathetic as antagonist
<b>Palpitation(s)</b>	A perceptible heartbeat that is unpleasant for the patient
<b>Paludism</b>	See <i>Malaria</i>
<b>Paralysis</b>	Reduction or abolition of motor function



Name	Definitions
<b>Parasympathetic</b>	The branch of the autonomic nervous system acting as antagonist to the (ortho)sympathetic
<b>Parkinson's disease</b>	A specific form of trembling and muscular rigidity related to a disorder of the corpus striatum or locus niger in the brain
<b>Paroxysmic</b>	Exhibiting periods of maximum acuity and intensity
<b>Pathogenic</b>	Referring to the factors causing a disease
<b>Pathological</b>	The state of the functions of an organism affected by disease
<b>Peristaltism (adj.: peristaltic)</b>	(Physiological) contractions of the stomach or intestines, occurring in a downward direction in the digestive tract, permitting progression of the food bolus
<b>Perspiration</b>	Production of sweat, the action of sweating
<b>Phlegm (in western medicine)</b>	More or less thick glairous liquids, ranging from transparent to yellowish or greenish, secreted by the mucosae in certain pathological states
<b>Phosphenes</b>	Luminous sensations without the action of light
<b>Photophobia</b>	Fear of the light on account the pain that it causes
<b>Phylogenesis</b>	Development of the species
<b>Physiological</b>	State of the bodily functions in good health
<b>Physiology</b>	The science of the functions and properties of the organs and tissues of living beings in health; these functions
<b>Pigment</b>	A product that colors or dyes
<b>Pilomotor (adj.)</b>	Referring to the reflex that causes the hair to stand on end ("goose flesh")
<b>Plethora</b>	Superabundance
<b>Pollakiuria</b>	Over-frequent micturition, with abundance of urine
<b>Polyhedron</b>	A solid with regular flat faces
<b>Porphyrin</b>	Pigment with red fluorescence when combined with iron, and green when combined with magnesium; a constituent of hemoglobin or chlorophyll
<b>Postprandial</b>	After meals
<b>Precordialgia</b>	Any pain in the precordial region, situated in the front of the chest and corresponding to the heart
<b>Preponderant</b>	That dominates other aspects

<b>Name</b>	<b>Definitions</b>
<b>Priapism</b>	Violent, prolonged erection, sometimes painful, without sexual desire
<b>Prolapse</b>	Slipping down or descent of an organ or part of an organ (uterus, rectum)
<b>Pruritus</b>	Itching
<b>Psoriasis</b>	A skin condition characterized by the appearance of rounded elements, made up of dry, shiny, silvery patches of skin, easily removed, leaving underneath them a glossy red surface which bleeds easily
<b>Psychology</b>	The scientific study of the mind
<b>Ptosis</b>	Displacement of a viscera as a result of weakness of the muscles holding it in place
<b>Pulp (of the fingers)</b>	Soft tissue of the extremity of the fingers
<b>Quincke's edema</b>	A form of urticaria characterized by the sudden appearance of edematous infiltrations of the face or mucous membranes, especially the larynx
<b>Regurgitation</b>	Return of the food from the stomach or esophagus to the mouth, without vomiting
<b>Restless legs syndrome</b>	Unpleasant sensation of nervousness in the legs, with motor agitation and sudden jolts, occurring at rest, in the evening or the night
<b>Retention</b>	Accumulation of a solid, liquid or gaseous product in the evacuation conduit or reservoir that naturally contains it
<b>Rhinorrhea</b>	Flow of liquid from the nose without inflammation
<b>Scabies</b>	A skin disease caused by an animal parasite, with itching and specific lesions (raised bumps or ridges)
<b>Schizophrenia</b>	Dissociation and discordance of mental functions, with loss of the unity of the personality, rupture of contact with reality and a tendency to retreat into a private world
<b>Scrotum</b>	The small sac containing the testes (testicles)
<b>Solstice</b>	Period of the year during which the days are the longest or the shortest
<b>Somatic</b>	Concerning or belonging to the body
<b>Spasm</b>	Involuntary contraction of a muscle

Name	Definitions
<b>Spasticity</b>	A more or less pronounced tendency of the muscles to go into contracture
<b>Spermatorrhea</b>	Involuntary emission of sperm
<b>Sphincter</b>	A ring muscle that assures the closure of a tract; for example the anal sphincter assures closure of the anus
<b>Stagnation</b>	See <i>Stasis</i>
<b>Stasis</b>	Stoppage or marked slowing of the circulation or flow of a liquid or energy
<b>Static</b>	Not in motion
<b>Sudoromotor</b>	Causing production of sweat
<b>Sympathicotonic</b>	Acting in line with of the sympathetic system (see Orthosympathetic)
<b>Symptomatology</b>	The section of medicine dealing with the signs and symptoms of disease
<b>Syncope</b>	Sudden complete loss of consciousness
<b>Syndrome</b>	A set of symptoms
<b>Tachycardia</b>	Acceleration of the cardiac rhythm above normal
<b>Talalgia</b>	Persistent pain in the heel of the foot
<b>Tenesmus</b>	Painful tension accompanied by a continuous desire to defecate or urinate, sometimes with a sensation of burning in the anus or bladder
<b>Tetrahedron</b>	A polyhedron with four regular triangular faces
<b>Texture</b>	Arrangement and aspect of the parts of a tissue (e.g. of the skin)
<b>Thermodynamics</b>	The branch of physics dealing with the relations between mechanical and calorific phenomena
<b>Tic</b>	Involuntary contraction of one or several muscles, especially of the face
<b>Tinnitus</b>	Buzzing, ringing, clicking or throbbing sound in the ears
<b>Tonicity (tone)</b>	The particular permanent state of involuntary tension of living tissues
<b>Trismus</b>	Contracture of the masticator muscles
<b>Tuberculosis</b>	A contagious, inoculable disease caused by Koch's bacillus, with dissemination of bacilli in part of or throughout the organism

<b>Name</b>	<b>Definitions</b>
<b>Tumefaction</b>	Abnormal increase of the volume of a localized part of the body
<b>Ulceration</b>	Loss of substance of part of an integument (e.g. ulceration of the skin or of the mucosa)
<b>Urticaria</b>	Eruption of the skin with production of raised pink or red lesions and a sensation of burning or pruritus (itching)
<b>Vagotonic</b>	Acting in line with the parasympathetic system
<b>Varicosities</b>	Dilatation (varicose state) of the veins and venules
<b>Vasoconstriction</b>	Reduction of the caliber of a vessel caused by contraction of its muscular fibers
<b>Vasodilatation</b>	Increase in the caliber of a vessel
<b>Vegetative</b>	Said of involuntary bodily functions, such as those regulated by the autonomic nervous system: digestion, growth, blood circulation, etc.
<b>Vesicle</b>	A skin lesion with limited raising of the epidermis containing a transparent serosity
<b>Viscera (singular: viscus)</b>	The yang (hollow) organs of the body: gallbladder, small intestine, stomach, large intestine, bladder. Viscera is sometimes erroneously used to express the singular. In Chinese: <i>Fu</i>
<b>Vulva</b>	The female external genitals in their entirety

## Glossary of terms in Acupuncture

Chinese (pinyin)	English	French	Alternative names and notes
<i>San Jiao (三焦): production of Ying qi (营气) and Wei qi (卫气)</i>			
(Nei) San Jiao (内) 三焦	Three burners  Upper burner Middle burner Lower burner	Trois foyers  Foyer supé- rieur Foyer médian Foyer inférieur	3 physical body zones: upper part of thorax, mid- dle of abdomen (just be- low the ribs) and lower abdomen, including the organs and viscera they contain ( <i>Zang</i> and <i>Fu</i> ). The three burners ensure the functioning of the Pa- thway of water and ce- reals
Wai San Jiao 外三焦	Three warmers  Upper warmer Middle war- mer Lower warmer	Trois réchauf- feurs  Réch. supé- rieur, Réch. médian Réch. inférieur	These ensure the pre-pro- cessing of energies and substances received and maintenance of the ener- getic and physiological integrity of the organism. In this they are supported by two structures:

Chinese (pinyin)	English	French	Alternative names and notes
Wai San Jiao 外三焦 (cont.)			<ul style="list-style-type: none"> <li>• An anatomical structure: three "upper tracts or external organs": <ul style="list-style-type: none"> <li>- upper respiratory tracts (nose and sinuses + bronchi),</li> <li>- upper digestive tracts. (mouth + esophagus)</li> <li>- sexual and urinary tracts</li> </ul> </li> <li>• An energetic structure: the twelve channels, antennae of the corresponding organs and viscera in the three burners. These twelve channels then function in accordance with the six phases of <i>Shang Han Lun</i>.</li> </ul>
<i>San Jiao : Utilization of Ying qi and Wei qi, in the form of Blood and Energy (Xue and Qi)</i>			
Nei San Jiao 内三焦 Gu Fu 孤腑	Triple Burner	Triple foyer	Viscus ( <i>Fu</i> ): energetic function corresponding to the totality of the three burner organs, in particular the exocrine pancreas. The Triple Burner participates in the functions of the 5 Earth elements in the form of Yang Minister Fire. Also known as "lone viscus" ( <i>Gu Fu</i> )
Shou shao yang san jiao jing 手少阳三焦经	Triple Warmer channel	Méridien du Triple réchauffeur	One of the 12 channels: the peripheral energetic channel associated with the Triple Burner function. As a channel, it participates in the 6 phases of <i>Shang Han Lun</i> .
Zang 脏	Organ(s)	Organe(s)	Solid, yin (liver, heart, spleen, lung, kidneys)

Chinese (pinyin)	English	French	Alternative names and notes
Fu 腑	Viscus, viscera	Viscère(s) ou entraille(s)	Hollow, yang (gallbladder, small intestine, stomach, large intestine, urinary bladder, triple burner)
Qi heng zhi fu 奇恒之腑	Extraordinary organs	Entraîlles curieuses	Gallbladder, marrows, brain, uterus
Qi 气	Qi, Energy	Energie	
Xue 血	Blood	Sang	
Sui 髓	Marrows	Moëlles	Includes the bone marrow as well as the spinal cord and the brain.
Jinye 津液	Body fluids	Liquides organiques fluides (jin) et épais (ye)	
Tanyin 痰饮	Mucus, Phlegm	Glaïres	
You Xing Zhi Tan 有形之痰	Substantial phlegm	Glaïres matérielles	Mucus, phlegm, spittle, nasal mucus, etc.
Wu Xing Zhi Tan 无形之痰	Insubstantial phlegm	Glaïres immatérielles	An "immaterial" pathogenic factor that can disturb consciousness and become condensed to form nodules, cysts, etc.
<i>8 wondrous vessels</i>			
Qi jing ba mai 奇经八脉	Eight extraordinary channels, 8 wondrous vessels	Huit merveilleux vaisseaux	
Chong mai 冲脉	CV- Chong Vessel Penetrating vessel	Chong mai	

Chinese (pinyin)	English	French	Alternative names and notes
Yin wei mai 阴维脉	yWM - yin wei mai Yin linking vessel	Yin wei mai	
Yin qiao mai 阴跷脉	yQM - yin qiao mai Yin heel vessel / Yin motility vessel	Yin qiao mai	
Ren mai 任脉	RM - ren mai Conception vessel	Ren mai	The WHO nomenclature of acupuncture points indicates CV (Conception Vessel) as standard abbreviations. This Guide uses RM to avoid confusion with the Chong Vessel (which is not mentioned in the WHO nomenclature)
Du mai 督脉	DM - du mai Governor vessel	Du mai	Governor vessel – GV WHO standard abbreviation, see above.
Yang qiao mai 阳跷脉	YQM - yang qiao mai Yang heel vessel / Yang motility vessel	Yang qiao mai	
Yang wei mai 阳维脉	YWM - yang wei mai Yang linking vessel	Yang wei mai	
Dai mai 带脉	DM - dai mai Belt vessel Girdle vessel	Dai mai vaisseau ceinture	
<i>Various types of channels</i>			
Jing mai 经脉 Zheng Jing 正经	Main channels	M é r i d i e n s principaux	



Chinese (pinyin)	English	French	Alternative names and notes
Liu Da Jing 六大经	6 (paired) channels • Tai Yang • Yang Ming • Shao Yang • Tai Yin • Shao Yin • Jue Yin	6 grands méridiens • Tai Yang • Yang Ming • Shao Yang • Tai Yin • Shao Yin • Jue Yin	Each paired channel divides into a “hand” channel and a “foot” channel, e.g. the <i>Yang Ming</i> paired channel comprises <i>Shou Yang Ming</i> (large intestine channel) and <i>Zu Yang Ming</i> (stomach channel)
Shou tai yin 手太阴	LU – Lung channel	P - poumon	
Shou yang ming 手阳明	LI – Large Intestine channel	GI – gros intestin	
Zu yang ming 足阳明	ST – Stomach channel	E - estomac	
Zu tai yin 足太阴	SP – Spleen channel	Rt - rate	
Shou shao yin 手少阴	HT – Heart channel	C – cœur	
Shou tai yang 手太阳	SI – Small Intestine channel	IG – intestin grêle	
Zu tai yang 足太阳	UB – Urinary Bladder channel • Inner pathway • Outer pathway	V – vessie  • 1ère chaîne de V. • 2ème chaîne de V.	
Zu tai yin 足太阴	KI – Kidney channel	R - rein	
Shou jue yin 手厥阴 Xin bao jing / luo 心包经/络	PC – Pericardium channel	MC – maître du cœur et de la sexualité ou péricarde ou enveloppe du coeur	The Pericardium as a function is known as <i>xin bao luo</i> in Chinese, while the Pericardium meridian or channel is <i>xin bao jing</i>
Shou shao yang 手少阳	TW – Triple Warmer channel	TR – Triple réchauffeur	

Chinese (pinyin)	English	French	Alternative names and notes
Zu shao yang 足少阳	GB – Gall Bladder channel	VB – vésicule biliaire	
Zu jue yin 足厥阴	LV – Liver channel		
Luo mai 络脉 Bie luo 别络	<ul style="list-style-type: none"> <li>• <b>Luo channels</b> Luo-connecting channels; connecting channels; collaterals</li> <li>• 12 Transversal Luo vessels</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Les luo / lo;</b> les vaisseaux luo / lo.</li> <li>• Vaisseaux luo / lo transversaux</li> </ul>	<p>Be sure not to confuse these collaterals with <i>jing bie</i>, the “divergent channels”. (In French, the term “collatéraux” is used for <i>jing bie</i>!).</p> <p>The 12 Transversal <i>Luo</i>-connecting Vessels are short vessels that connect the Main Channel of a <i>Zang</i> (Yin solid organ) with its coupled <i>Fu</i> (Yang hollow bowel).</p>
Zong Luo 纵络	16 Longitudinal Luo Vessels	Vaisseaux luo / lo longitudinaux	The 16 Longitudinal <i>Luo</i> -connecting vessels originate at the <i>Luo</i> points on the extremities and have a distinct symptomatology.
Fu Luo, Sun Luo, Xue Luo 浮络，孙络，血络	Fu Luo, Sun Luo, Xue luo (capillaries)	Vaisseaux luo / lo, fu luo, sun luo, xue luo (capillaires)	Smaller <i>luo</i> vessels branching off the main <i>luo</i> vessels, similar to capillary blood vessels.
Xu Li 虚里	Xu Li	Xu Li	Great <i>Luo</i> of stomach
Da Bao (Pi zhi da luo) 大包(脾之大络)	Da Bao	Da Bao	Great <i>Luo</i> of spleen
Jing Bie 经别 Bie Mai 别脉	<b>Jing Bie</b> Divergent Channels	<b>Jing Bie</b> Vaisseaux collatéraux	Terminology can be confusing in Chinese (not to mention English and French) as divergent vessels appear under different names in the Classics at different epochs.

Chinese (pinyin)	English	French	Alternative names and notes
Jing jin 经筋	<b>Jing Jin</b> Muscle channels Jing jin-sinew channels Ligamentary channels Musculo-tendinous channels	<b>Jing Jin</b> M é r i d i e n s t e n d i n o - m u s - c u l a i r e s V a i s s e a u x l i g a m e n t a i r e s	
Tong Dao 通道	Pathway	Trajectoire / trajet	Pathway of a channel or an extraordinary vessel
<i>Different types of points</i>			
Beishu Xue 背俞穴 背俞	B a c k - S h u points Back transporting points	Points Shu Points assen- timent	
Mu Xue 募穴	F r o n t - M u points Front collec- ting points Alarm points	Points Mu Points h é r a u t	
Xi Xue 郄穴	Xi-cleft points Acumulating points	Points Xi Points d'ac- cumulation	
Luo Xue 络穴	Luo-connec- ting points	Points Luo	
Zu Luo Xue 组络穴	Group Luo points	Points Luo de groupe	The group <i>Luo</i> points act on three channels at the same time. For example, SP 6 acts on the spleen, liver and kidney chan- nels.
Wu Shu Xue 五输穴	(Five) Shu points transporting points antique points	Points Shu antiques	Points corresponding to the five elements on each of the channels
Jīng Xue 井穴	J ī n g - W e i l l point	Point Jīng	

Chinese (pinyin)	English	French	Alternative names and notes
Rong / Ying Xue 荣/荣穴	Ying-Spring point	Point Rong Point Ying	
Shu Xue 输穴	Shu-Stream point	Point Shu	
Yuan Xue 原穴	Yuan-source point	Point Yuan Point Source	On the yang channels only
Jing / Xing Xue 经穴	Jing-River point	Point Jing	
He Xue 合穴	He-Sea point	Point He	Uniting point
4 Hai Xue 四海穴	He-Sea point	Points mer	Sea points of the blood, qi, water and cereals, marrows
Xia He Xue 下合穴	Lower He-Sea	Point He secondaire	
Ba Mai Jiao Hui Xue 八脉交会穴	8 Hui-converging points 8 master points	Points maîtres (des merveilleux vaisseaux)	Always used in relation with an extraordinary vessel
Jiao Hui Xue 交会穴	Hui-meeting points Hui-gathering points Intersection points	Points réunion Points croisement Points CRX	Points common to channels and extraordinary vessels
Dui Xue 对穴 (八脉交会穴)	C o u p l e d points	Points couplés	Refers to the 8 Master points of the extraordinary Channels, which are always used in pairs, for exemple SP 6 with PC 6
Hui Xue 汇穴	8 Hui-influen-tial points	Points réunion	Meeting points of the blood, qi, bones, muscles and ligaments, marrows, vessels and arteries, veins, organs, viscera, etc.

Chinese (pinyin)	English	French	Alternative names and notes
Hui He Xue 汇合穴 (经别)	Jing Bie meeting points	Points de reunion des Jing Bie	Points on the neck or head where the <i>Jing Bie</i> meet two by two (a yin coupled with a yang)
Tian you Tian chuang Xue 天牖/天窗穴	Windows of the sky points	Points fenê- tres du ciel	
Gui Xue 鬼穴	13 ghost points	13 points gui	Points indicated by <i>Sun Si-Miao</i>
Ru, Chu Xue 入/出穴	Entry and exit points	Points d'en- trée et de sortie	In general, the first and last points on a channel
Hui He Xue 汇合穴 (经筋)	Jing Jin convergence points	Points de réu- nion des méri- diens tendino- musculaires	Points at which the tendino-muscular channels converge three by three
Guan Xue 关穴	Guan points Barrier points	Points Guan Points barriè- res	<i>Koann</i> Points
<i>Principles and theory</i>			
Da xunhuan 大循环	Horary cycle	Grande circu- lation	Circulation of <i>Qi</i> in the 12 channels, at 2-hourly intervals. Worsley (Five Element School) and Lavier call this " <i>Wei</i> Circulation".
zi wu liu zhu 子午流柱 Wu Ye (zi-wu) 午夜(子午)	Midnight- noon ebb flow Midday-mid- night rule	(Loi, relation) Midi-minuit	
Fu Qi 夫妻	Husband and Wife rule	Loi époux- épouse	
Bi Zheng 痹症	Bi (syndrome)	Bi	Seasonal attack
Biao ben 標本	Root/branch treatment	Traitement des Racines / branches	

Chinese (pinyin)	English	French	Alternative names and notes
Gen Bu Xue / Gen Xie Xue 根补穴/根泻穴	Root treatment tonification / dispersion point	Point racine de tonification / de dispersion	
<b>8 gang</b> 八纲	<b>8 Principles</b>	<b>8 Principles</b>	
Yin / Yang 阴/阳	Yin / Yang	Yin / Yang	
Biao / Li 表/里	Interior / exterior	Avers / revers	
Han / Re 寒/热	Cold / heat	Froid / chaleur	
Shi / Xu 实/虚	Deficiency / excess	Vide / plénitude	
<i>Movements of Qi and Xue</i>			
Qi Xu 气虚	Qi deficiency	Vide d'énergie	
Qi Xian 气陷	Qi sinking	Energie rentrante	
Qi Yu 气瘀	Qi stagnation	Stagnation d'énergie	
Qi Ni 气逆	Qi counter-flow	Energie à contre-courant	
Xue Xu 血虚	Blood deficiency	Vide de sang	
Xue Yu 血瘀	Blood stasis	Stagnation de sang, stase sanguine	
Xue Re 血热	Blood heat	Chaleur du sang	
Liu Jing Zhuan Bian 六经传变	Six stages	Six phases	After <i>Shang Han Lun</i> (On Cold Damage)

Chinese (pinyin)	English	French	Alternative names and notes
Wu Xing 五行	5 elements	5 éléments	
Mu 木	Wood	Bois	
Huo 火	Fire	Feu	
Tu 土	Earth	Terre	
Jin 金	Metal	Métal	
Shui 水	Water	Eau	
Tu Huo 土火	Earth fire	Feu de la Terre	Concerns the Pericardium and the Triple Burner when they dynamize the “transport-transformation” function of the Earth
Xiang Huo 相火	Minister fire	Deuxième feu Feu ministre	In the Five Elements, concerns the Pericardium (yin Minister Fire) and the Triple Burner (yang Minister Fire)
Jun Huo 君火	Emperor fire	Feu empereur	Concerns the Heart as Emperor
Xiang Sheng 相生	Sheng cycle Engendering cycle	Cycle Sheng	<i>Sheng</i> cycle, also birth or production cycle (a physiological cycle)
Xiang Ke 相克	Ke cycle Control cycle Restraining cycle	Cycle Ke	(physiological cycle)
Xiang Cheng Bei Ke 相乘 倍克	Overwhelming cycle	Cycle d’in- sulte	This is a pathological exacerbation of the <i>Ke</i> cycle – the dominated element is “crushed”
Xiang Wu Fan ke 相侮反克	Reverse Ke cycle Rebellion cycle	Cycle Ke inversé	The reverse <i>Ke</i> cycle is another pathological cycle

Chinese (pinyin)	English	French	Alternative names and notes
Liu qi 六气	Heavenly « 6 environmental phenomena »	6 qualités du ciel	
Liu yin Liu xie 六淫六邪	Six climatic pathogens 6 excesses	Six facteurs pathogènes	When the “environmental phenomena” become excessive or abnormal
Wai xie 外邪	Exogenous evils Exogenous pathogens	Maux extérieurs Energies perverses	
Han 寒	Cold	Froid	
Huo 火	Fire	Feu	«Hot» or «radiating» fire
Shu 暑	Summer heat	Chaleur (de l'été)	Atmospheric depression. A climatic factor, not to be confused with heat ( <i>Re</i> 热), e.g. inner heat
Feng 风	Wind	Vent	Atmospheric pressure. A climatic factor, not to be confused with inner wind.
Zao 燥	Dryness	Sécheresse	
Shi 湿	Dampness	Humidité	
Gen jie 根结	Roots and knots	Noeuds et racines	Treatment of the six pathogenic factors
<i>Emotions</i>			
Qi Qing 七情	<b>Seven emotions</b>	<b>Sept sentiments</b>	
Xi 喜	Joy	Joie	
Nu 怒	Anger	Colère	
You 忧	Worry	Souci	Anxiety



Chinese (pinyin)	English	French	Alternative names and notes
Si 思	Pensiveness	Réflexion	
Bei 悲	Sadness	Tristesse	
Kong 恐	Fear	Peur	
Jing 惊	Fright	Choc	
Xian tian 先天	Earlier heaven	Ciel antérieur	
Hou tian 后天	Later heaven	Ciel postérieur	
Shui gu tong dao 水谷通道	Pathway of water (or liquids) and cereals	Voie de l'eau et des céréales	From <i>Nanjing</i> , chapter 25
Bu 补	Tonify	Tonifier	Pump in energy so as to increase it Close a point
Xie 泻	Drain / disperse	Disperser	Drain or eliminate energy Open a point
<i>Energies</i>			
Gu qi 谷气	Gu qi	Gu qi	Food (alimentary) energy
Qing Qi 清气 Yang qi 氧气	Respiratory energy	Energie respiratoire	<i>Qing Qi</i> is the term used in medical classics to designate respiratory energy, the energy of the air. Modern TCM texts call it <i>Yang Qi</i> (literally "oxygene").
Ying qi 营气	Nourishing or nutritive energy	Qi nourricier	Blood ( <i>Xue</i> )
Wei Qi 卫气	Defensive energy	Énergie défensive	Energy ( <i>Qi</i> )

Chinese (pinyin)	English	French	Alternative names and notes
Qi 气	Energy	Energie	Energy
Xue 血	Blood	Sang	Blood
Ba gua 八卦	Trigrams	Trigrammes	
Kun 坤	Earth	Terre	
Zhen 震	Thunder	Tonnerre	Also lightning
Dui 兑	Lake	Lac	Or Marsh
Xun 巽	Wind	Vent	
Li 离	Fire	Feu	
Kan 坎	Water	Eau	
Gen 艮	Mountain	Montagne	
Qian 干	Heaven	Ciel	
Tian Gan 天干	Heavenly systems	Troncs célestes	
Di Zhi 地支	Earthly branches	Branches terrestres	
<i>Pulses</i>			
Cun 寸	Cun	Pouce	Pulse position I
Guan 关	Guan	Barrière	Pulse position II
Chi 尺	Chi	Pied	Pulse position III

Chinese (pinyin)	English	French	Alternative names and notes
<b>Wang Shu He Mai Xiang</b> 王叔和脉象	<b>Wang Shu- He's pulses</b>	<b>Pouls de Wang Shu-He</b>	28 types of pulse: the 24 classic <i>Wang Shu-He</i> pulses ( <i>Mai Jing</i> – pulse classic) + 4
Chang 长	Long	Long	Beyond the pulse location
Chen 沉	Sinking, deep	Profond	
Chi 迟	Slow	Lent	
Cu 促	Hurried	Précipité	
Da 大	Large	Grand	
Dai 代	Interrupted	Intermittent	Irregular, periodical
Dong 动	Moving	Remuant	Disturbed
Duan 短	Short	Court	Not reaching the pulse location
Fu 浮	Floating	Flottant	Superficial
Fu 伏	Hidden	Caché	
Ge 革	Leather	En peau de tambour	
Hong 鸿	Flooding	Vaste	
Hua 滑	Slippery	Glissant	
Huan Mai 缓脉	Moderate Lax	Paisible	Less than 5 pulsations per breath
Ji 急	Urgent	Hâtif	
Jie 节	Knotty	Noué	

Chinese (pinyin)	English	French	Alternative names and notes
Jin 紧	Tight	Serré	
Kou 扞	Hollow	Creux	
Lao mai 牢脉	Confined	Fixé	
Ru mai 濡脉	Soggy	Mou	
Ruo 弱脉	Weak	Faible	
San mai 散脉	Scattered	Dispersé	
Se 涩	Choppy	Rugueux	
Shi 实	Full	Plein	
Shu 数	Rapid	Rapide	More than 5 pulsations per breath
Wei mai 微脉	Faint	Ténu	
Xi, Xiao 细, 小	Thin, thready	Fin, petit	
Xian 弦	Wiry, stringlike	En corde	
Xu 虚	Empty	Vide	
<b>Wu Xing Mai Xiang</b> 五行脉象			
<b>Wu Xing Mai Xiang</b> 五行脉象	<b>5 Element pulses</b>	<b>Pouls des 5 éléments</b>	
Xian 弦	Wiry	Tendu, en corde	Wood
Man 满	Full	Ample	Fire
Huan 缓	Moderate	Moyen	Earth

Chinese (pinyin)	English	French	Alternative names and notes
Fu 浮	Floating	Flottant	Metal
Chen 沉	Deep, like a stone	Profond, comme un caillou	Water
San Bu Jiu Hou 三部九候 (沿经脉循行的搏动)	Alternative pulses (carotid pulse and pulses along the channels)	Pouls révélateurs	The carotid pulse is mentioned in <i>Zhen Jiu Da Cheng</i> - VIII; the pulses along the channels in <i>Yi Xue Ru Men</i> - I) Also in <i>Nei Jing</i> , Chapter 20 "San bu jiu hou lun"



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