

Acupuncture Treatment According to the Five elements and Six meridians

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Introduction

This is an attempt to put together information from different sources to create methods to work with acupuncture in a five element context. Hopefully inspiring to think out different models and combinations. Since the five *shu* points with *yuan* and *luo* points are the center of treatments and they are described in the classics in several ways, one can combine the functions of their element and their action according to Nanjing 68, etc. I will mostly quote from the classics from the Han dynasty.

“It is easier to carry a package of needles with you and some moxa punk than a suitcase of herbs”

Zhang Zhongjing Acumoxa Instructions

- Multiple Acupuncture References in the Shanghan Lun
 - Lines 8: prevent channel passage from taiyang to yangming
 - Line 24: combine herbs with acupuncture to treat taiyang disease; Fengchi GB-20, Fengfu GV-16
 - Line 108: needle to balance liver and spleen: Qimen LV-14
 - Line 109: needle to balance liver and lung: Qimen LV-14
 - Line 142: needle to treat Chest Bind *jiexiong* and Glomus *pi*: Dazhui GV-14, Feishu BL-13, Ganshu BL-18, Qimen LV-14
 - Line 143: needle to treat heat entering the blood chamber: Qimen LV-14
 - Line 171: needle to treat hardness under the heart: Dazhui GV-14, Feishu BL-13, Ganshu BL-18
 - Line 216: needle to treat ‘heat entering the blood chamber’: Qimen LV-14
 - Line 231: replace acupuncture treatment with herbs for yangming-shaoyang disease
 - Line 308: sole shaoyin scenario eligible for needling
- Warming Needle Contra-indications in the Shanghan Lun:
 - Lines 16, 29, 117, 118, 119, 221,
- Multiple Moxa References in the Shanghan Lun
 - Lines 292, 304, 325, 362: moxa for shaoyin disease
 - Lines 343, 349: moxa for jueyin disease
- Moxa Contra-indications in the Shanghan Lun:
 - Lines 114, 115, 116, 284

- Multiple Acupuncture References in the Jingui Yaolue
 - Malaria Chapter 4: needle for cold malaria
 - Blood Impediment Chapter 6: needle for numbness
 - Hernia Chapter 10: use herbs when acumoxa is insufficient
 - Spine Rigidity Chapter 19: acupuncture for stiff back: Weizhong BL-40
 - Pregnancy Disorders Chapter 20: acupuncture for fetus failing to thrive in seventh month: Laogong PC-8, Guanyuan CV-4
 - Women’s Diseases Chapter 21: acupuncture and herbs treatment
 - Women’s Diseases Chapter 22: needle for heat entering the blood chamber: Qimen LV-14

Basic information

When we chose points to treat the six meridians we use them according to which element they belong to, their function as the five shu points and from there special functions. We also use yuan, luo, xi, mu and the shu points on the back as well as special points to control symptoms.

The function of the points will be affected of the element they belong to since each element has their specific functions according to the five element model. We will also use the dynamics between the elements in their creative and controlling cycles. When we want to strengthen the yin meridians we can use the mother points or the yuan points and when we want to reduce the yang meridians we can use their son points or luo points. In five element acupuncture models we often use the mother point of the channel to be treated but we can also add the same element point on the mother channel so for the liver it would be Liv 8 and Ki 10. We will use the controlling cycle to calm down an element which is overacting on the element which it is otherwise balancing. If wood is overacting on earth we can strengthen the metal point on wood or on metal and the earth point on earth which would be GB-44 or LI-1 and ST-36. Yang meridians when out of balance will show fullness and they are usually treated one by one using the controlling cycle. Yin meridians will show deficiency and can be treated together from the generating cycle using the mother point.

Other typical combinations in acupuncture practice are yuan and back-shu points to strengthen, mu and yuan to strengthen and regulate, mu and he points to regulate, yuan and luo to treat the host and guest relation between the interiorly-exteriorly coupled yin and yang channels.

Core Therapeutics in Suwen Chapter 22 (My point suggestions in brackets).

I have chosen the points strictly according to the taste we use in the herb method. The action of the flavours are functional and do not belong to the same element as the symbolic relationship as in Suwen 5. See further on for more details. If the taste is sweet I will choose an earth point since sweet belongs to earth and if sour it will be a metal point since sour belongs to metal, etc. in this functional method.

“When the liver suffers tightness [urgency], then swiftly eat sweet to moderate [buffer] (puncture LIV 3)
When the heart suffers moderation [softness], then swiftly eat sour to collect [astringe] (puncture HE-4)
When the spleen suffers dampness, swiftly eat bitter to dry it (puncture SP-9)
When the lung suffers adverse flow of qi, then swiftly eat bitter to drain it (puncture LU-5)
When the kidneys suffer dryness, then swiftly eat pungent to moisten (puncture KID-1).
[Because] opening the skin layers [allows for] the arrival of [thin and dense] fluids and frees the flow of qi.” *Neijing Plain Questions*

“When the liver desires to disperse, quickly eat pungent to disperse, for it is tonified with pungent and purged with sour (puncture LIV-1 and LIV- 4).
When the heart desires to be soft, quickly eat salty to soften it, for it is tonified with salty, and purged with sweet (puncture HE-8 and HE-7).
When the spleen desires to be moderated, quickly eat sweet to moderate it, for it is purged with bitter, and tonified with sweet (puncture SP-9 and SP-3).
When the lung desires to be collected [astringed], quickly eat sour to collect it, for it is tonified with sour, and purged with pungent (puncture LU-8 and LU-11).
When the kidney desires to be firmed, then quickly eat bitter to consolidate, for it is tonified with bitter, and purged with salty (puncture KID-10 and KID-2).” *Neijing Plain Questions*

Five element points

Here we will look at the points and their action in the five element model with its different cycles of nourishing, controlling etc. but also by associating the five tastes with their functional tastes as we saw in Suwen 22.

Wood points will strengthen fire and reduce earth. It will also moisten because it will spray liquids with wind. It will circulate wood which means that it is tonifying wood's ability to circulate qi. It will regulate things in a rhythmical and even way, for example, the beats of the heart. It will move qi, blood, dampness and water. It moves in all directions. It will spread the qi in the lungs so it can circulate in the whole body but if we do it too much it will reduce metal.

Fire points will tonify fire and control metal, which is dryness, so therefore they can liquefy dryness as blood or stools. Fire reduces the kidneys to melt their ice, softens things and moves downward.

Earth points will strengthen the whole body, earth, liquids, metal and the blood of the heart. They will moisten earth, strengthen and relax muscles, moderate the heart to calm it which means either too much beating or too much activity in the mind. Earth will control fire like a clay oven who makes the fire burn slowly and during a long time.

Metal points will strengthen metal, control wood, calm wind and tonify kidneys. It makes things more containing, concentrated like the ability to focus one's mind or to hold liquids or qi in the lungs etc. Since metal is heavy it makes things go down and counteracts the rising of wood.

Water points will strengthen water, cools water, cools fire and wood and brings things downward. It makes water into ice, so we get less water, and keeps water away from earth, can also stop bleeding because of heat.

The five shu points

According to Nanjing chapter 68

Jing-points treat fullness bellow the heart (epigastrium)

Ying-points treat heat in the body.

Shu-points treat heaviness of the body and pain of the joints.

Jing-points treat cough and dyspnoea, chills and fever.

He-points treat counterflow qi and diarrhea.

According to Ling Shu chapter 44

When the disease is at the zang, needle the jing-well point.

If manifesting as a change in the color (complexion), needle the ying point.

When the disease attacks intermittently, needle the shu point.

When the disease manifests as changes in the patient's voice, needle the jing-river point.

If there is disease of the Stomach and disorders resulting from irregular eating and drinking, needle the he point.

According to Ling Shu chapter 6

When the disease is at the yin within yin (zang), needle the ying and shu points of the yin channels.

When the disease is at the yang within yang (skin), needle the he points of the yang channels.

When the disease is at the yin within yang (sinews and bones), needle the jing-river points of the yin channels.

When the disease is at the yang within yin (fu), needle the luo points.

Xi points are used for acute conditions and pain and on the yin channels they have an additional action of treating disorders of blood like resolving blood stasis and treat bleeding disorders.

Yuan points on the yin channels are used to tonify and regulate their respective zang but on the yang channels they are reduced when their fu is diseased.

Luo points are treating diseases in fu organs, treating disorders in regions reached by the luo-connecting channel and the luo ramifications related to the channel it is located on,

treating disorders of their interiorly-exteriorly related channel or zang-fu and treating emotional disorders on the yin channels.

Combining the **yuan** and **luo** points is known as the **host and guest combination**. If a meridian is affected the yuan point of the involved meridian should be taken as the main point in combination with the luo point of the related internal and external meridians. If we are treating taiyin dampness with additional signs of phlegm we treat SP-3 with ST-40 or if we treat jueyin blood problems with LIV-3 we can add GB-37 to circulate wood qi contained within wood blood and pacify the flare-up of congested shaoyang ministerial fire that is contained within jueyin.

We can also combine the **yuan** point with the **he** point on the external and internally related meridians, the yuan point of yin meridian and the he or lower he point of the yang meridian are usually selected. For example nausea, vomiting, abdominal distension and diarrhea caused by the dysfunction of the spleen and the stomach can be treated by SP-3 and ST-36 to strengthen the spleen, elevate the clear and descend the turbid. We can also combine yuan and he points on the same meridian for example LI4 and LI-11 to clear heat in the upper jiao or on the coupled meridians for example LI-4 and ST-36 to regulate the gastro-intestinal tract, dissipate stagnation and promote defecation or LIV-3 and P-3 for counter flow qi and flaring fire in jueyin.

Additional information on the five shu points

Jing well points can drain excess and dispel stagnation along the course of the channel and its belonging muscles which have led to obstruction, *bi*, which may manifest as distention and pain. They can also treat irritation and worry, insomnia, tooth grinding at night, insufficient lactation, generalized numbness around the hands and feet, etc.

Ying points clear heat from deficiency of yin or blood and moisten the blood and generate yin fluids. For example LIV-2 can be used when blood is dry and stagnated and gives rise to upward flaring of heat.

Shu points augment the qi and warm the yang and transform dampness. When we have a deficiency of yang it will lead to an accumulation of dampness and coldness which will cause pain.

Jing river points promote proper movement of channel qi because of the strong, constant flow here which can force exterior pathogens out of the body and clear the surface of external pathogens. Some of them can treat wheezing, coughing, heat and cold. The jing river point on the shaoyang channel clears constrained heat from all three burners. BL-60 has a strong clearing of excess from the bladder channel by moving downwards especially from the upper part of the channel.

He points treat counterflow and regulate organ qi transformation.

We can also see that the element quality on the five shu points relates to the belonging organs especially on the yin meridians: The **jing**-well points are related to the liver and able

to disperse the depressed liver qi and eliminate wind, regulate qi and blood and dissipate the depression, dredge the meridians and induce resuscitation. The **ying** points are related to the heart and able to clear and tranquilize the mind, reduce the heat and cool the blood, the **shu** points are related to the spleen and able to strengthen the spleen and stomach and transport the water and eliminate the dampness, the **jing**-river points are related to the lung and able to strengthen the descending of the lung and stop coughing and wheezing, and the **he** points are related to the kidney and able to regulate the kidney and nourish yin and treat the stomach.

Based on *Ling Shu 4 and 10 and Suwen 22* we get the following instructions: “Analyze the pain in the meridian to know with what it corresponds. In case of fullness one disperse and in case of deficiency one strengthen”

For the internal meridian syndromes, the corresponding five shu points should be selected. For the disease of hand-taiyin meridian the corresponding jing-river point LU-8 is selected to descend qi and gather qi in the lung. For the excess syndrome of the meridian, the ying point LU-10 is selected (for example if the air in the lung is heated up because of closure of the surface), while for the deficiency the shu point LU-9 is selected. If the disease is complicated with fullness of the upper abdomen or with liver problems the jing-well point LU-11 is added, if complicated with body heat or heart problems the ying point LU-10 is added, if complicated with joint pain or spleen symptoms the shu point LU-9 is added and if with adverse flowing of qi or kidney symptoms the he point LU-5 is added. The same principle can be used for the other yin meridians.

For the yang meridians: If Large Intestine have fullness in the meridian then choose the Ying-point LI-2. If the meridian is deficient choose the Shu-point, LI-3 and then add points in the same way as for the yin meridians.

In chapter 4 of Ling Shu”the ying and shu points treat disturbances in the channel, the he points treat the fu”. So if we have meridian disease signs in hand taiyin we should select LU-9 for deficiency with reinforcing or moxa and if excess we choose LU-10. If the hand yangming channel is deficient we should choose LI-3 and if excess we choose LI-2 with reducing method and if the organ is diseased then choose the He-point ST-37

Summary of *Nanjing 69 and 75*: In case of deficiency tonify the mother and if excess disperse the child. To tonify the Liver which belongs to wood we choose LIV-8, the water point which is the mother to wood. If we have excess in the Gallbladder we disperse the child, GB-38, the fire point, child to wood, etc. When tonifying a meridian we can also add the mother point on the mother meridian. In the case of tonifying the Lung we chose the mother point on the Lung which is earth, LU-9 and then we add SP-3 which is the mother point on the mother meridian. If we have fullness in Large Intestine we chose the child, water, LI-2 and add the child point on the child meridian, UB-66 which is water.

Summary of *Nanjing 75*: When the East have fullness, the West have deficiency. Disperse the South and tonify the North. The explanations in *Nanjing* is: East corresponds with the Liver. It is about fullness of the later. West corresponds with the Lung and it is about deficiency of the later. Disperse the South is to disperse Fire. Tonify the Nord, is to tonify Water. Fire is the child of Wood and Water is the mother of Wood. Water control Fire. The child can weaken the mother and the mother can strengthen the child. Therefor one must disperse Fire and tonify Water. In this way Wood will calm down and Metal will become balanced. So if the Liver is excessive it is due to the weakness of the Lung (metal controls wood) so then we tonify the Lung to calm the Liver. If wood is excessive we can also disperse the child, Fire. Fire is also controlling metal so by dispersing fire we strengthen metal so it can increase its control on wood. When tonifying the child we can avoid exhaustion of the mother, tonifying Water is then to support the energy of Metal. Water is also controlling Fire so it doesn't invade Metal. With this protocol we are strengthening Metal. One suggestion (mine) could be LU-8 (metal on metal), LIV-2 (fire point) and LIV-8 (water) or KID-10 (water on water). Another source suggest HT-8, disperse, with KI-10, tonify.

Suwen Chapter 22 and Complete works of Zhangjiebin

The same principle for choosing acupuncture points as described under Suwen 22 above. My suggestions for acupuncture points.

Liver

- *When the liver suffers tightness [urgency], then swiftly eat sweet to moderate [buffer]:* puncture LIV-3.
- *When the liver desires to disperse, quickly eat pungent to disperse:* puncture LIV-1.
- *For it is tonified with pungent:* moxa LIV-1, movement in wood is health)
- *And purged with sour:* puncture LIV-4.
- *For deficiency tonify the mother:* puncture LIV-8.
- *For excess purge the child:* puncture LIV-2.

Heart

- *When the heart suffers moderation, then swiftly eat sour to collect [astringe]:* puncture HE-4.
- *When the heart desires to be soft, quickly eat salty to soften it:* puncture HE-8.
- *And purged with sweet:* puncture HE-7, earth control fire.
- *For deficiency tonify the mother:* puncture HE-9, LIV-1.
- *For excess purge the child:* puncture HE-7.

Spleen

- *When the spleen suffers dampness, swiftly eat bitter to dry it:* puncture SP-9.
- *When the spleen desires to be moderated, quickly eat sweet to moderate it:* puncture SP-3.
- *For it is purged with bitter:* puncture SP-9.
- *And tonified with sweet:* puncture SP-3.

- *For deficiency tonify the mother: puncture SP-2.*
- *For excess purge the child: puncture SP-5.*

Lung

- *When the lung suffers adverse flow of qi, then swiftly eat bitter to drain it: puncture LU-5.*
- *For it is tonified with sour: puncture LU-8.*
- *And purged with pungent: puncture LU-11.*
- *For deficiency tonify the mother: puncture LU-9.*
- *For excess purge the child: puncture LU-5.*

Kidney

- *When the kidneys suffer dryness, then swiftly eat pungent to moisten: puncture KID-1.*
- *When the kidney desires to be firmed, then quickly eat bitter to consolidate: puncture KID-10.*
- *For it is tonified with bitter: puncture KID-10.*
- *And purged with salty: puncture KID-2.*
- *For deficiency tonify the mother: puncture KID-7.*
- *For excess purge the child: puncture KID-1.*

In difficult nr 50 in Nanjing we have a description how the elements influence each other.

”Among the illnesses are the depletion (deficiency) evil, the repletion (excess) evil, the destroyer (wicked)evil, the weakness (mild)evil, and the regular evil. How can they be distinguished?

It is like this. Those coming from behind represent a depletion evil (this is the mother depleting its child, also called progressive), those coming from ahead represent a repletion evil (the child is invading the mother, also called retrogressive), those coming from what cannot be overcome represent a destroyer evil (this is an assault by the controlling cycle, also called lengthwise), those coming from what can be overcome represent a weakness evil (this is the insulting cycle with other words against the controlling cycle. Also called wife attacking the husband or crosswise). If the organ is afflicted from within itself, that represents a regular evil. Why do I say so? Take an illness in the heart as an example. If it was contracted because the patient was hit by wind, that represents a depletion evil. If it was contracted because the patient was harmed by heat, that represents a regular evil. If it was contracted because of unrestrained drinking and eating, or because of weariness and exhaustion, that represents a repletion evil. If it was contracted because the patient was harmed by cold, that represents a weakness evil. If it was contracted because the patient was hit by humidity, that represents a destroyer evil.” Nanjing 50 översatt av Paul Unschuld. (My commentaries in brackets)

“The sixty-ninth difficulty states: In case of depletion, fill it. In case of repletion, drain it. When neither a repletion nor a depletion are present, remove the (illness) from the channel. What does that mean? It is like this. In case of depletion, fill the respective mother, in case of

repletion, drain the respective child. One must fill first and drain afterward. The removal of an illness from the channels themselves, because neither a repletion nor a depletion is present is appropriate if a regular channel has fallen ill by itself rather than as a result of having been hit by an evil from another channel. In this case one must select for treatment just this channel. Hence the scripture states: Remove it from the channel.” Nanjing översatt av Paul Unschult

How to use the methodology in Nanjing 50 and 69

Mild Evils: Wife on Husband (insulting or crosswise cycle)

- The treatment methodology for Mild Evils is to purge the child of the invading organ.
- Spleen invades liver: dampness inhibits the flow of qi= purge metal child= Pungent= puncture SP-5, metal child or LIV-1, pungent.
- Liver invades lung: wind impairing the flow of lung qi= purge fire child= Sweet= LIV-2 fire child or LU-9, sweet.
- Lung invades heart: dryness desiccates blood leading to dry blood stasis: purge water child= Salty= LU-5, water child or HT-8, salty.
- Heart invades kidney: fire invading water= purge earth child= Bitter= HT/PE-7 or KID-10, bitter.
- Kidney invades spleen: cold water invades earth= purge wood child= Sour= KID-1 or SP-5, sour.

Excess Evils: Child on Mother

- The treatment methodology for Excess Evils is to tonify the husband (lengthwise) (purge the child) of the invading organ.
- Spleen dampness obstructs heart fire: dampness obstructing of heart orifice= tonify wood husband (purge metal child)= Pungent= SP-1, HT-9, wood husband.
- Lung dryness invades spleen earth: dryness induced stomach congestion= tonify fire husband (purge water child)= Salty= LU-10, ST-41, fire husband.
- Kidney water invades lung metal: upper burner water stagnation causing phlegm rheum= tonify earth husband (purge wood child)= Sour= KID-3, LU-9 earth husband.
- Liver wind invades kidney: failure of the kidney containment= tonify metal husband (purge fire child)= Sour (Bland)= LIV-4, KID-7, metal husband.
- Heart fire invades liver: wood heat= tonify water husband (purge earth child)= Bitter= HT/PE-3, LIV-8, water husband.

Proper Evils

As Proper Evils concerns the disease of the organ itself, the treatment methodology is to apply the resonating taste of the actual organ.

- Tonify spleen= Sweet= SP-3.
- Benefit liver= Sour= LIV-4.
- Open lung= Pungent= LU-11.
- Descend heart= Bitter= HT/PE-3.
- Contain kidney= Salty= KID-2.

Or employ the Suwen Chapter 22 rules on Tonification and Reduction

- Liver= sour reduction (LIV-4), pungent tonification (LIV-1)
- Heart= sweet reduction (HT-7), salty tonification (HT-8)
- Spleen= bitter reduction (SP-9), sweet tonification (SP-3)
- Lung= pungent reduction (LU-11), sour tonification (LU-8)
- Kidney= salty reduction (KID-2), bitter tonification (KID-10)

Deficiency Evils: Mother on Child

- The treatment methodology for Deficiency Evils is to tonify the husband of the invading organ.
- Heart fire invades earth: middle burner fire= tonify water husband= Bitter= HT-3/PE-3.
- Spleen damp invades metal: damp accumulation on lungs= tonify wood husband= Pungent= SP-1.
- Lung dryness invades water: kidney deficiency with lung excess= tonify fire husband= Salty= LU-10.
- Kidney water invades wood: liver channel dampness= tonify earth husband= Sweet/Bland= KID-3´.
- Liver wind invades heart: palpitations and agitation= tonify metal husband= Sour= LIV-4.

Wicked Evils: Husband on Wife

- The treatment methodology for Wicked Evils is to tonify the husband of the invading organ.
- Spleen dampness invades water: turbid water retention and edema= tonify wood husband= Pungent= SP-1, KID-1.
- Kidney water encroaches on fire: palpitations and running piglet= tonify earth husband= Sweet/ Bland= KID-3, HT-7.
- Heart fire scorches metal: lung heat= tonify water husband= Bitter= HT-3/PE-3, LU-5.
- Lung dryness invades wood: dry tendons, blood stasis and amassment= tonify fire husband= Salty= LU-10, LIV-2.
- Liver wind invades earth: tonify metal husband= Sour= LIV-4, SP-5.

Combining points

When combining points I seldom put them bilateral. In Japanese Toyohari tradition they will use points for tonifying the yin channels on the right hand side for women and left hand side for men and points for reducing yang channels on the same side as one sided symptoms and if not one sided then treat on the same side as the pulse position of the channel to be treated. We can also decide which side to use considering how the yin and yang channels are flowing in the body. Since the yang channels descends and the yin channels ascends and blood and liquids are ascending on our right side and qi and fire is descending on our left side then one

can treat the yang channels on the left side and the yin channels on the right side when it comes to regulating the six confirmations with the exception of the Lung channel which descends qi and fluids and therefore I needle the Lung channel on the left side or reducing the yang channels on their affected side.

If I want to tonify yin meridians and strengthening their upward movement one can use points on the right hand side and if you want to disperse yang meridians and strengthening their downward movement you can do it on the left hand side. One can also compare points on both sides and treat the most deficient point. When it comes to the yang confirmations it is also depending on which side the patient have their symptoms and if not one sided one can chose points by palpating them looking for tenderness or other excess signs. One can also treat the opposite side of the symptoms using the strength of the non-affected side to sweep out the problem. This can be used for all pairs and one do this to minimize the number points used in each treatment because the less information we give to the body the greater is the change that the body does not get confused.

Basic points for the six channels

Taiyang: SI-3 and UB-65

SI-3 is the shu and wood point and the confluent point of the Du mai and is used to release the exterior and treat pain, stiffness and contraction in the areas covered by Taiyang and Dumai. Ub-65 is the shu and wood point and the child point of the Bladder channel and is therefore suitable to reduce excess in the channel and is used for aversion to wind and cold with chills and fever and pain in the back and lumbar region. Wood points are particle suitable to treat cold contraction because wood fan fire and circulates qi which in this case will bring heat to the surface to melt the ice and enhance circulation so the pain and contractions can be released.

Another common pair is SI-3 with UB-62 which is the confluent point of the Yangqiaomai which has the function to harmonize yang and yin. Together they will clear congestion in the two involved channels and aid in the strong promotion of yang flow on the whole body surface. The combination of Jinggu UB-64 with Dazhong KID-4 activates the host/guest relationship between the Bladder and Kidney channels. This strengthens the Bladder channel by accessing its yang resources stored in the Kidneys, because contained within the taiyang channel is the shaoyin imperial fire. The same thing if we combine SI-4 and HT-7. UB-64 clears the head and eliminates wind and it treats headache, stiffness, pain and contraction along the meridian from the neck to the feet.

Additional points would be GB-20, DU-16 and UB-12 for wind and stiff neck, DU-14 for regulating ying and wei and stop sweating, expels wind and firm the surface, if the surface is frozen we can use rice grain size moxa at DU-14 to open the surface. LU-7 and KID-7 to control excessive sweating and excessive wood. LIV-1 with moxa to fan wind to increase fire. If the surface is closed with fever increasing we can also use DU-14 to open the surface to reduce fever with points like LI-11. If panting because of the air in the lung is heating up we can add LU-10.

Zusanli ST-36 is the main tonification point; it is able to protect and strengthen the middle jiao and thereby prevent the illness from penetrating into the yangming layer. Zusanli ST-36 also nourishes the centre in order to strengthen the nutritive and protective qi derived from food and water qi. Moreover, Zusanli ST-36 has the specific effect of harmonising the nutritive and protective qi. The needling of points on the yangming channel to prevent passage from the taiyang channels into yangming is mentioned in line 8 of the original text: "If it is about to pass to another channel, needle the foot yangming to prevent passage ..."

If we look at point selection among the five shu, etc. from the classics we come up with combinations such as SI-8 and UB-40 Lingshu 6 "When the disease is at the yang within yang (skin), needle the he points of the yang channels and When the disease is at the yang within yin (fu), needle the luo points." SI-7 and UB-58 which could be a situation of closed bladder where we would add points as CV-3, ST-28 and SP-9 which would be a Wulingsan scenario. If we also have counter flow qi and diarrhea in Wulingsan then we add He-sea points SI-8 and UB-40 (Nanjing 68) or we can also combine the yuan point with the he point on the external and internally related meridians, the yuan point of yin meridian and the he or lower he point of the yang meridian are usually selected HT-7 with SI-8 and KI-3 with UB-40.

Yangming: LI-11 and ST-44

LI-11 is the he point and clears cold damage induced incessant heat effusion with thirst and copious sweating. Being a he point it is also suitable for regulating disorders in the digestive system and counter flow of qi. ST-44 is the ying point and clears heat from the stomach channel, drain yangming fire and harmonizes the intestines. We can also add Hegu L.I.-4 is the yuan-source point which can strongly dispel excess pathogens from the channel and when combined with Fuliu KID-7, stops copious sweating. We reduce L.I.-4 and tonify Fuliu KID-7. As the Kidney is the source of the true water, all fluids in the yangming originally draw from the shaoyin Kidney water resources.

If we have yangming bowel pattern when yangming with heat and stagnation we can use ST-37, ST-25, SJ-6, KID-6 and Hegu L.I.-4. When we have depleted fluids and dryness REN-12 can be added, needled with a tonifying technique, to protect and strengthen the middle jiao and Stomach. REN-12 is the Stomach front-mu point and the hui-meeting point of all the fu. It is able to treat any Stomach disorder while strengthening digestion and building qi and blood. Because it focuses so strongly on the middle jiao, the actions REN-12 can here be compared to those of Zhi Gan Cao to harmonise the middle. And as a point on the Conception vessel it has the ability to access and promote yin fluids. ST-37 is still used to descend and move stools while KID-6 and L.I.-4 are kept to move, moisten and soften.

Another possible combination is the two he points LI-11 and ST-36. Both of them are he points and clear heat in the Yangming and treats problems in the digestive system. ST-36 also generates fluids. We can also use the water points since water control fire; LI-2 and ST-44. With great fever we can add DU-14. When the Yangming is in the dry stage without fever we can use fire points to counter dryness; LI-5 and ST-41. If hard stool we can add points such as ST-25, ST-37, SJ-6 and KI-6. DU-14 is the junction point for all the yang channels and can clear excessive heat from all of them. It releases the exterior and clears heat by promoting sweating in the same way that Shi Gao opens the surface through its pungent taste and clears heat with its cold nature while preventing fluid and qi damage through its latent sweet taste. DU-14 also firms the exterior to arrest the heavy perspiration and

reinforce fluid retention. DU-14 reinforces the qi that is damaged due to the dry heat and excessive sweating of the yangming channel pathology.

Classical Point combinations are to use He-points if there is skin problems, LI-11 and ST-36 or constipation but then we chose the lower He-point ST-37 or chose Luo points to treat the Fu, LI-6 and ST-40 according to Lingshu 6 and Lingshu 4. If “Pi” in the epigastric area use the Jing-well points (Nanjing 68) LI-1 and ST-45 and add PE-5 and REN-14 and if dry Pi we could add Yuan and He points; SP-3 and ST-36 which also protects Spleen from Yangming dryness. If heat in the upper burner we could choose yuan and he points; LI-4 and LI-11 or LI-4 and ST-36 to regulate qi through Yangming and LU-9 and LI-11 to protect Lung from Yangming dryness. Lingshu 44; if red face needle ying points LI-2 and ST-44.

Nanjing 68; if there is cough, panting, fever and cold needle jing-river points, LI-5 and ST-41.

Shaoyang: SJ-5 and GB-41

The shaoyang channel is the lesser yang channel of the ministerial fire. Its pathologies are marked by stagnation of the ministerial fire, which is physiologically propelled by the jueyin Liver wind contained within it. This ‘stuck fire’ causes the typical symptoms of a bitter taste, dry or sore throat and blurry vision, along with a possible series of discomforts at pivotal hinge areas of the body, such as the eyes, ears, throat, ribs etc.

SJ-5 is the luo point of the Sanjiao channel and the confluent point of the Yangweimai. As luo it connects with the interior Pericardium, freeing interior pathogens, and as confluent point of the Yangweimai, it is freeing the exterior and therefore treating pathologies of a pivotal and alternating nature. SJ-5 outwardly resolves the exterior and disperses wind, while inwardly courses the stagnation of interior heat. GB-41 is the shu and wood point of the gall bladder channel and it benefits the chest and lateral costal region and breasts, clears the head and benefits the eyes and transforms phlegm. Another pair is SJ-6 and GB-34. SJ6 is very good in coursing qi and clearing heat in the three jiao and benefits the chest and lateral costal region. As a jing-river point it benefits the voice. GB-34 courses qi and benefits the lateral costal region and harmonises Shaoyang. Together they are very good to move qi and liberate Shaoyang especially if we have problems in the coastal region or digestive problems. SJ-6 and GB-38 are both jing-river and fire points and as such we can choose them for problems in the throat and to descent fire and counteract dryness and stockiness in shaoyang. We need to add LIV-14 to protect the middle jiao, course wood qi and clear chest or rib-side fullness. As the Liver front-mu point, LIV-14 is useful for any Liver or Gall Bladder disease, but it is especially appropriate for shaoyang disease due to qi stagnation, with symptoms manifesting on the sides and intercostal areas of the body, SP-9 to remove excess fluids from the body by transforming dampness through both warming and strengthening the Spleen. ST-36 is combined to further strengthen and protect the middle jiao and in combination with SP-9, it strengthens Spleen and Stomach qi and builds earth to govern fluids and dry dampness. PE-5 to harmonize shaoyang, protect earth and descend qi. If we need to calm the mind (Longgu) we can add DU-20 and Sishencong and PE-5.

Classical point combinations: Nanjing 68: If Pi use jing-well points; SJ-1 and GB-44. If there is heat use ying points; SJ-2 and GB-43. Suwen 44; If there is changing in the voice needle jing-river points, SJ-6 and GB-38. Lingshu 44; When the disease attacks intermittently needle shu

points; SJ-3 and GB-41. According to five elements; earth points control fire, metal points control wood and wood points circulates qi; SJ-10 and GB-34, SJ-1 and GB-44, SJ-3 and GB-41.

Taiyin: LU-5 and SP-9

LU-5 and SP-9 are both the points which treat counter flow qi and diarrhea according to Nanjing 68 and Lingshu 44. Together they can regulate the qi dynamic in Taiyin and treat excessive dampness. LU-9 and SP-3 are earth and yuan points and are therefore important to fortify Lung and Spleen and resolve dampness and treat heaviness of the body and pain. REN-4 moxa warms the fire under earth to dry earth. REN-12 harmonizes the middle jiao and fortifies the Spleen. ST-36 fortifies the Spleen and resolves dampness, tonifies qi and blood. UB-20 with moxa warms the Spleen. SP-6 tonifies the Spleen and resolves dampness and invigorates the blood. ST-25 is the front-mu point of the Large Intestine and regulates the ascending and descending function of the middle jiao, especially combined with REN-12, it assists in regulating the pivotal functions of the Spleen and Stomach. By combining yuan and he points on the coupled channels we can treat nausea, vomiting, abdominal distension and diarrhea cause by the dysfunction of the spleen and the stomach can be treated by SP-3 and ST-36 to strengthen the spleen, elevate the clear and descend the turbid. SP-1 stops bleeding and calms the mind and as a wood point it moves dampness. LU-7 promotes the descending function of the Lung and regulates the water passages.

Shaoyin: HE-7 and KID-3

They are both Yuan points and as such they strongly tonify all deficiencies of their respective channel and organ. As Earth points they can moderate any floating yang which could cause sore throat. Another possibility is to use the mother, wood, points to tonify the fire of the heart on the heart channel and on the mother channel which means LIV-1 and HE-9 with moxa and KI-7 for the Kidney. Moxa on REN-4, front Mu point of Small intestine and on UB-15, UB-23 and DU-4. In case of diarrhea do moxa at points such as ST-25, REN-8, SP-15, UB-25, UB-23 and needle KID-7. If excess water at points as SP-9, KID-7, REN-9 and LU-7. If there is emotional problems use the Luo points HT-5 and KI-4 and if problems to focus one's mind we use metal points such as HT-4. According to Lingshu 6 if there is problems in joint and sinews needle the Jing-river points; HT-4 and KI-7.

Jueyin: P-6 and LIV-3

P-6 is the Luo point of the Pericardium channel and communicates with the Sanjiao meridian and is the confluent point of the yinweimai. The Sanjiao meridian dominates qi and the pericardium meridian governs blood and is a very important point to course the blood through the vessels and eliminating stagnation of qi within the blood. It has a strong effect on the chest and lateral costal region. It regulates the heart and calms the spirit and it descends qi through the three jiao and can treat nausea and vomiting and with SP-4 it will regulate the Chong mai to circulate and strengthen blood. LIV-3 is the yuan point of the Liver channel. It nourishes Liver blood and yin, spreads Liver qi and regulates blood, subdues too

much rising of wood and extinguishes wind which we can combine with the Luo point on the coupled meridian GB-37 which can calm flaring fire, course liver qi and treat eye problems. Other possible combinations are to use the fire points on Jueyin in cases of dry blood since fire is soft and can soften hard things and fire control metal which is the dryness of the west so we could use LIV-2 and P-8. Another possible combination is PE-6, LIV-2 and SP-4 all on left side for regulating Chongmai. We can also add LIV-14 to any of these combinations. UB-17 and 18 with moxa to strengthen and warm blood. We can also add SP-6 and 10 and ST-36 with reinforcing method to supplement blood. Other possible combinations are Yuan and He on the same meridian or on coupled meridians like LIV-3 and PE-3 to calm upward rushing;; LIV-3 and GB-34 to treat muscular problems. If there is bleeding and/or blood stasis we can use xi-points LIV-6 and PE-4. PE-3 and LIV-8 are He points belonging to the water element and as such they can treat upward rushing, calm rising fire and descend fire and wood.

Summary of useful point combinations according to Classic Textbooks

Yuan with Shu point on the back. For example LU-9 with UB-13 for Lung.

Yuan with He point on the same meridian. For example LI-4 and LI-11 to clear Yangming.

Yuan with He on different meridians. For example LI-4 and ST-36 to regulate the Stomach and Intestines.

Yuan with He on inner and outer meridian. For example SP-3 with ST-36 to strengthen Spleen and regulate the Stomach.

Yuan on a yin meridian with a Yuan on a yang meridian according to the following rule: Foot Shaoyin with hand Shaoyang, KID-3 and SJ-4, hand Shaoyin with foot Shaoyang, HT-7 and GB-40, foot Taiyin with hand Taiyang, SP-3 and SI-4, hand Taiyin with foot Taiyang, LU-9 and UB-64, foot Jueyin with hand Yangming, LIV-3 and LI-4, hand Jueyin with foot Yangming. PE-7 and ST-42.

Yuan with Luo: on the coupled yin and yang meridians, for example LU-9 with LI-6 or LI-4 with LU-7 or on the same meridian, for example LU-9 and LU-7 for chronic cough.

Xi-cleft with the Hui-meeting points. For example LU-6 and UB-17 for coughing blood, for acute pain in the stomach, ST-34 and REN-12, etc.

Shu points on the back with Mu points on the front. For example UB-13 and LU-1 for coughing.

Mu points with He points to regulate and harmonize, especially yang meridians. For example ST-25 with ST-37 with diarrhea and pain in the abdomen.

The confluent points of the eight extraordinary vessels: SI-3 – UB-62, LU-7 – KI-6, PE-6 – SP-4, SJ-5 – GB-41 to balance muscular tensions which creates asymmetric posture, etc. For further information see Yoshio Manaka; Chasing the Dragons Tail.

Combining close and distant points

Lingshu 19: “Constant abdominal rumbling with qi up surging to hit the chest that gives rise to panting and inability to stand for long is due to the presence of the vicious qi in the large intestine which should be treated with.....Ren-6, E-37 and E-36”. If there is pain at the occiput we could puncture VB-20 and UB-10 with SI-3 and UB-65 etc.

Combining front and back: We have already mentioned combining front Mu points with back Shu points. Other examples could be DU-26 with DU-16 for upward rising of wind (apoplexy), UB-10 and LI-20 for nasal obstruction, REN-14 and UB-15 for pain in the chest, PE-6 and SJ5. The later thus freeing the exterior and treating pathologies of a pivotal and alternating nature. Waiguan SJ-5 outwardly resolves and PE-6 interior Jueyin Pericardium, freeing interior pathogens, LIV-8 and GB-33 for pain in the knee.

Combining up and down: LI-4 and LIV-3 to calm liver wind, PE-6 and ST-40 for pain in the chest with phlegm, PE-6 and ST-36 for stomach related problems such as glomus, Pi. HT-7 and ST-45 for insomnia due to yangming, DU-20 and DU-1 for rectum prolapse and haemorrhoids, DU-26 and UB-40 for lumbar sprain etc.

Combining yin and yang meridians: Taiyang with Shaoyin, Yangming with Taiyin and Shaoyang with Jueyin. We already have seen examples of this with combining yuan and luo points and yuan and yuan points. For example LIV-3 with GB-37 where the later can calm flaring of minister fire.. The combination of Jinggu BL-64with Dazhong KID-4 activates the host/guest relationship between the Bladder and Kidney channels. This strengthens the Bladder channel by accessing its yang resources stored in the Kidneys, because contained within the taiyang channel is the shaoyin imperial fire and BL-64 also strongly dispels wind.

Combining left with right.

Combining points on the same meridian: See above with the points on the same meridian or yuan – he etc. or for example UB-40 with local points on the UB meridian for lumbar pain or GB-41 with GB-25 and 26 for lumbar pain.

Combining points on meridians with the same name: For example the hand and foot of Taiyang: SI and UB. See above.

Combining points within four related meridians: For example Taiyin and Yangming, Lung and Spleen with Large Intestine and Stomach which couples the meridians with the same name with the inner outer related channels.

Humans are the result of the connection between Heaven and Earth and her body and mind is as a holistic connection where all parts are connected with each other. From this we can develop some treatment methods such as:

- We can needle the lower body to treat the upper body and the reverse.
- We can needle the left side to treat the right side and vice versa

- Contralateral balance, for example elbow and knee
- Balance between six channels for example, taiyang, yangming, shaoyang etc.
- Twelve joints are related

12 joints and six meridians, for example, treat pain right side at LI-11 with ST-35 on the left side. Also includes relationships, body clock (opposite and alongside) and zangfu. E.g. the spleen has the following relationships Lu (taiyin), St (zangfu), Sj (opposite the body clock), He (beside the body clock)

1. Harmonize zang fu associated meridians: Horizontal balance

Pain in the right wrist at LU-9 treated with LI-5 on left side

3. Harmonize yin and yang:

Balance fullness and lack in the zang fu organs through the meridians five shu points, yuan and luo points. Includes 4 linked meridians, for example. taiyin and yangming.

Cheat sheet for these relationships

- Lu: sp, li, ub, liv - Tj: st, lu, ki, st
- Ki: he, ub, li, pe - Ub: si, ki, lu, si
- Liv: pe, gb, si, lu - Gb: sj, liv, he, sj
- He: ki, si, gb, sp - Si: ub, he, liv, ub
- Pe: le, sj, st, ki - Sj: gb, pe, sp, gb
- Sp: lu, st, sj, he - St: li, sp, pe, li

There are various ways to find mirror points as shown in the tables. Because the navel is the horizon and thus represents the midpoint, then the distance between toe-and finger-tips to the navel will be the same distance if we hold up the arm above the head. E.g. pain at LU-2 on the right side can be treated by SP-11 on left side because both points are equidistant from the navel. Look for painful point (ashi). If the pain is at the right SJ-13 do left GB-31 on the left side according to the same principle.

The treatments are based on relationships according to six meridians, zang fu and body clock.

Or according to the functions of the five shu points according to Nanjing 68 or according to their element or according to their mirror positions as described above (12 joints and six meridians, for example, treat pain right side at LI-11 with ST-35 on the left side. Or choose from the other relationships; body clock (opposite and alongside) and zangfu. E.g. the spleen has the following relationships Lu (taiyin), St (zangfu), Sj (opposite the body clock), He (beside the body clock) so pain at LI-11 we can also choose LU-5, SJ-10, HE-3 on the opposite side.

Point combinations from clinical experience

GB-30 and GB-34 for bi syndrome due to cold, wind and damp, impairment of the lower limbs, flaccidity, clonic convulsion and sciatica.

LI-11 and LI-4 to reduce yangming heat subdue swelling and relieve pain for example in toothache.

REN-17 and PE-6 is able to regulate qi and check the adverse flow of qi, clear lung heat and resolve phlegm, check coughing and relieve asthma and stuffiness of the chest and is good at treating disorders of qi.

DU-14 and UB-65 for relieving the exterior symptoms and reducing fever by open the pores.

UB-2 and LI-3 for reducing heat and improving eyesight due to yangming heat.

LI-4 and GB-37 for reducing heat in shaoyang and improving eyesight.

REN-11 and ST-36 for strengthening the spleen with needle and/or moxa.

LI-4 and ST-36 for ascending the clarity and descending the turbidity, regulating qi and relieving pain, eliminating distension, promoting bowel movement and checking diarrhea and can be used in indigestion, anorexia, epigastric and abdominal distension, constipation, or first dry and then loose stools, chronic and acute diarrhea due to dryness or heat in yangming.

UB-15 and UB-23 to harmonize the heart and kidney.

LI-4 and LIV-3 for calming the liver to stop wind. The two points used in combination help each other promoting qi flow and activate blood circulation, calm the liver and subdue wind. They are used to treat headache, dizziness, and hypertension and wind stroke.

KI-3 and LIV-3 for nourishing the kidney and subduing the liver. The two points are able to nourish the kidney and calm the liver, remove the excess and reinforce the deficiency, clear the upper body and stabilize the lower part, and drop the blood pressure.

DU-26 and UB-40 for activating the blood circulation to remove obstructions from the meridians. The two points together is able to regulate yin and yang, relax tendons, promote qi flow and check pain for example when external contraction due to cold leads to pain or for lumbago.

GB-34 and LIV-3 for relaxing the tendons and muscles and activating the flow of qi and blood. The combination of these two points can regulate and harmonize liver and

gallbladder, promote qi flow and check pain, promote the earth to inhibit wood, eliminate distension and fullness, activate blood circulation and remove stagnation and relax the tendons and muscles. Suitable for periarthritis of the shoulders, shoulder pain due to sprain, hypochondriac pain, dizziness, motor impairment of the lower limbs and painful knees and foot, especially effective for acute shoulder pain while the patient move the shoulder during manipulation of needles.

ST-29 and LIV-3 for warming and regulating the lower jiao, regulate menstruation and benefits the genital organs and to check sinking. The two points can treat swelling and pain in testis, hernia, and prolapse of the uterus, amenorrhea, irregular menstruation, uterine masses, swelling pain and cold of the vagina, infertility, leucorrhoea, and retraction of the testicles, pain of the penis, impotence and seminal emission.

REN-12 and ST-36 for chronic facial paralysis with reinforcing method.

The combination of Back-Shu points and front Mu-points when treating related organs and meridians.

The combination of yin and yang points because taiyang is external shaoyin, yangming is external tai yin and shaoyang is external jueyin and vice versa; ST-36 and SP-6 for digestive problems, LI-4 and LU-7 for cold and headache, SJ-5 and P-6 for headache and chest pain and LI-4 and LU-9 for nasal obstruction, etc.

The combination of distant points and adjacent points: For example REN-22 and LI-4 for asthma, REN-12 and ST-36 for stomach pain, REN-4 and LIV-3 for dysmenorrhea, UB-13 and LU-7 for coughing, LIV-13 and LIV-3 for chest pain, UB-14 and P-6 for pain of the chest and ribs, REN-17 and P-6 for chest pain due to obstruction of qi, REN-4 and SP-6 for abdominal pain, ST-25 and ST-36 for abdominal pain and diarrhea, ST-25 and ST-37 for constipation or diarrhea and REN-6 and LIV-3 for functional uterine bleeding.

Chen Zuolin's Clinical Experience: Neck pain: Chose points from the affected meridian; DU-26 for dumai with pain in the middle of the neck, SI-3 or SI-6 for the taiyang with in which the pain appears on the lateral side of the cervical vertebrae and radiates downwards between the spinal column and the medial side of the scapula. SJ5 and/or GB-39 for pain in the shaoyang in which the pain occurs in the lateral side of the taiyang and radiates along the upper border of the scapula. It is possible to puncture LI-4 and/or LU-7 for neck pain in the yangming in which the pain appears in the anterior and posterior sides of m.

sternocleidomastoideus. For the treatment of acute lumbar sprain, Dr. Chen worked out three effective remote acupoints: SI-3, DU-26 and Yaotongxue (extra) on the hand. SI-3 is most effective for the problem in the foot taiyang and DU-26 is most effective for the problem in the dumai. For the problem in foot taiyang and foot shaoyang (pain in the lateral sides of spinal column radiates to hip and thigh), yaotongxue would be most effective. In case of insomnia due to blood deficiency in the heart and qi deficiency in the spleen choose ST-36, SP-6 and HT-7. To tonify and warm earth he combines ST-36, REN-4 and DU-14 often with moxa.

The combination of the points on the upper part and the lower part.

The yang meridians of the hands and feet cross at the head and yin meridians of the hands and feet cross at the chest and abdomen. Therefore chest and abdominal diseases can be treated by combining the points on the hands and feet. For example P-6 and SP-4 for stomach pain, SJ-6 and KI-6 for constipation, LI-4 and ST-44 for toothache and sore throat, LI-11 and ST-36 for heat in the body, HT-7 and SP-6 for insomnia, LI-4 and SP-6 for prolonged labor, LI-4 and KI-7 for night sweating or spontaneous sweating by reducing LI-4 and reinforcing KI-7 or induce sweating when surface is closed by reinforcing LI-4 and reducing KI-7, PE-6 and ST-36 for stomach pain, LI-4 and ST-41 for dizziness, HT-5 and KI-1 for palpitations.

Selection of the points from the left or right side: the points on the right side are selected for the disease located on the left side and vice versa in cases of long-standing stagnation leading to deficiency of qi and blood, activating the meridian qi on the healthy side is not enough to dissolve the stagnation and therefore massage is added on the affected side to help eliminate the pathogenic factors. For example, in the treatment of severe heel pain needle on the corresponding acupoint of the palmer base on the opposite side. Meanwhile the patient is asked to walk.

Moxa: It is important to use moxa when we want to strengthen yang, circulate and warm blood and eliminate cold and dampness. For example when asthma we can moxa at DU-14, UB-13 and DU-10. We can also add points like REN-22 if excessive phlegm, UB-43 for those who are weak and thin, REN-6 if kidney deficiency, REN-12 for those with excessive phlegm and dampness, DU-13 for those with spontaneous and night sweating.

Chronic diarrhea (Chronic ulcerative colitis): REN-4, ST-25 and for weak patients we can add UB-43 and DU-14.

Dysmenorrhea due to cold and blood stagnation: REN-4, SP-6 and ST-25

Thanks

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Source Texts

Acupuncture Along the Six Conformations of the Shanhan Lun

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