

# I. **Acupuncture: The Clinical Fundamentals**

## 1. **Weekend 1 Introduction**

a) **Faculty**

b) **9-Weekend 135-Hour Program /**

c) **Class Sequence**

d) **Regulations**

(1) *120 CCEs*

(2) *Hours Requirements*

(a) State

(b) NBCE Exam

(c) ACA Exam

e) **Theoretical Principles Presented this weekend**

(1) Reviewed in All Subsequent Seminars

(2) Basis of all Internal Oriental Medical (Acupuncture & Herbal ) Treatment

(3) Less important for AcupunctureTx. Of Musculoskeletal / Neurological Disorders

f) **Required Book: The Web That Has No Weaver: by Ted Kaptchuck**

(1) *This is a “Must Read” for all doctors who practice acupuncture*

g) **Recommended Books**

(1) **Acupuncture Clean Needle Technique Manual**

(a) <http://www.ccaom.org/cntprogram.asp>

(b) All the information needed on Clean Needle Technique is in this book.

(c) Get it and read it, before taking the national exam

(2) **A Manual of Acupuncture: by Peter Deadman and Mazin Al-Khafaji with Kevin Baker**

(a) The premier textbook on acupuncture points.

(3) **Close To The Bone: by David Legge**

(a) Sydney College Press

(b) A wonderful book, on the treatment of pain with acupuncture. We highly recommend it to all our students.

(4) **Acupuncture Points and Meridians: by David Legge**

(a) A nice little point handbook, for your pocket

(b) *Special Thanks to Dr. David Legg for allowing us to reproduce his meridian diagrams in our notes.*

- j) **Eastern Paradigm**
  - (1) **Holistic / Homeostatic medicine**
  - (2) **Laws of the universe govern people**
  - (3) **Non-Reductionist: Relationships predominate causal factors**
  - (4) **One of the oldest living traditional medicines**
- k) **Chinese Medicine History:**
  - (1) **Legends and History intertwined in dating of ancient material**
  - (2) **Seminal & Important Books**
    - (a) **Nei Jing: Yellow Emperor's Internal Classic of Medicine**
      - i) **Oldest extant book on Acupuncture & Chinese Medicine**
      - ii) **Probably written between 300 and 100 BCE**
      - iii) **Divided into two books: Su Wen & Ling Shu**
    - (b) **The Nan Jing**
      - i) **Companion to the Nei Jing**
      - ii) **Written in the Han Dynasty 206 BCE - 220 CE**
  - (3) **Famous Doctors**
    - (a) **Huangdi (Huang Ti): The Yellow Emperor**
      - i) **Mythical Emperor: 1500 - 2000 BCE**
      - ii) **Said to have written the Nei Jing**
    - (b) **Zhang Zhong Jing**
      - i) **Circa 160 CE**
      - ii) **Wrote: Shang Han Lun**
    - (c) **Sun Si Miao**
      - i) **Circa 581 CE**
      - ii) **Wrote on Morality in Medicine**
      - iii) **Drew the First Acupuncture Charts**
      - iv) **Pioneered OB/GYN**
    - (d) **Li Shi Zhen**
      - i) **A Most Famous Dr. 1593 CE (Late Ming)**
      - ii) **Well known for Establishing Radial Pulse Diagnosis**
      - iii) **9 positions, 27 categories**
      - iv) **Wrote: The Great Pharmacopoeia**
    - (e) **Yang Ji Zhou**
      - i) **Considered by many to be the foundation of modern Acupuncture/Moxibustion: Early 1500s CE (Ming)**
      - ii) **Wrote: Zhen Jiu Da Cheng (Great Compendium of Acupuncture/Moxibustion)**
      - iii) **Dr. Tin Yao So, my teacher, is part of this lineage.**
  - (4) **Progression to TCM**
    - (a) **3,000 years of Folk Medicines**
    - (b) **1800s to 1930s Western Cultural Invasion**
    - (c) **1930s - 1940s Shang Kai Shek**
    - (d) **1949 – Mao Ze Dong's Revolution in China:**
    - (e) **1949-Present - Institutionalized Traditional Chinese Medicine (TCM)**
- l) **The Five Branches of Oriental Medicine**
  - (1) **Acupuncture/Moxibustion**
    - (a) **Zhenjiu**
  - (2) **Herbal Medicine**
  - (3) **Exercise**

- (a) Qi Gong
- (b) Tai Ji
- (4) Diet/Lifestyle
- (5) Massage & Manipulation
  - (a) Tuina
- (6) Some People Also Include
  - (a) Meditation
  - (b) Feng Shui
- m) Popular Styles of Acupuncture
  - (1) Medical/Chiropractic Acupuncture
    - (a) Meridian Based Acupuncture
  - (2) TCM
  - (3) Japanese Acupuncture
  - (4) Five Element Schools
  - (5) American Acupuncture

## 2. Yin Yang



- a) General Theory
  - (1) Everything consists of Yin & Yang
    - (a) Yin & Yang are Relative terms that exist only in relationship to one another
    - (b) Nothing is totally Yin or totally Yang
  - (2) Yang produces Yin and Yin produces Yang
    - (a) Each is necessary for the other's existence
    - (b) If Yin increases, Yang decreases and vice versa
  - (3) Yin & Yang are Infinitely Divisible
  - (4) Yin & Yang are Inter-transformational Inter-consuming & Inter-supporting
  - (5) At Extremes Yin and Yang transform into one another
- b) Main Uses of YIN/YANG in Clinical Settings
  - (1) To explain physiology and pathology
  - (2) To serve as a broad guide to Diagnosis and Treatment

Most Clinically Useful Associations of Yin & Yang

CLINICAL ASSOCIATIONS OF YANG	CLINICAL ASSOCIATIONS OF YIN
Function	Substance
<i>Action</i>	<i>Result Of Action</i>
<i>Happens In The Present</i>	<i>Happened In The Past</i>
<i>Incipient-Just Beginning,</i>	<i>Completing, Sustaining</i>
<i>Setting Loose, Setting In Motion, Dynamic</i>	<i>Responsive, Static, Quiescent</i>
<i>Transforming, Causing Change</i>	<i>Conserving, Preserving</i>
<i>Dissolving, Dispersing, Expanding</i>	<i>Condensing, Contracting</i>

### Functions of Yin & Yang Energies in the Body

FUNCTIONS OF YANG ENERGY IN THE BODY	FUNCTIONS OF YIN ENERGY IN THE BODY
<i>Warms</i>	<i>Cools</i>
<i>Moves, Activates, Circulates</i>	<i>Provides Rest the Ability to Rest</i>
<i>Protects / Provides Defense</i>	<i>Provides the Ability to Recover from Disease</i>
<i>Transforms - Brings About Change</i>	<i>Maintains Structure</i>
<i><u>Holds Up and In Place:</u> Blood, Fluids, &amp; Organs</i>	<i><u>Nourishes &amp; Moistens:</u> Blood, Fluids, &amp; Organs</i>

### Yin/Yang Table of Correspondences

DISORDERS WHICH ARE <b>YANG</b> IN NATURE ARE ASSOCIATED WITH	DISORDERS WHICH ARE <b>YIN</b> IN NATURE ARE ASSOCIATED WITH
<u>Excess Yang or Deficient Yin</u>	<u>Excess Yin or Deficient Yang</u>
<i>Acute / Rapid Onset</i>	<i>Chronic / Slow Onset</i>
<i>Activity / Daytime / Insomnia</i>	<i>Rest / Nighttime / Sleepiness</i>
<i>Stretch Out To Sleep - Throws Off Covers</i>	<i>Curled Up In Sleep - Likes To Be Covered</i>
<i>Heat Signs: Red Efflorescences / Rapid Pulse /</i>	<i>Cold Signs: Pale Efflorescences / Slow, or at least <u>Not Rapid</u> Pulse</i>
<i>Thirst: Likes Cold Drinks</i>	<i>No Thirst: Sips Warm Drinks</i>
<i>Loud Voice - Extrovert</i>	<i>Soft/Weak Voice - Introvert</i>

### Anatomy of Yin/Yang Relationship Within Body

BODY AREAS WHICH ARE <b>YANG</b> (CONTRASTED WITH YIN AREAS)	BODY AREAS WHICH ARE <b>YIN</b> (CONTRASTED WITH YANG AREAS)
<i>Superior</i>	<i>Inferior</i>
<i>Posterior</i>	<i>Anterior</i>
<i>Lateral</i>	<i>Medial</i>
<i>External</i>	<i>Internal</i>

## ***B.Eight Principles***

### **1. Four Pairs of Opposites**

*a) Internal / External*

*b) Hot / Cold*

*c) Excess / Deficient*

*d) Yin / Yang*

### **2. Internal / External**

*a) Location of Disease or Etiology*

(1) Internal

*(a) Many manifestations within the Organs Bones & Blood*

(2) External

*(a) Skin*

*(b) Muscles*

*(c) Meridians (Channels & Collaterals)*

*(d) Lungs:*

i) Special Case: Upper Respiratory Infection (OPI/EPI/EPF)

### 3. Hot / Cold

<b>DESCRIPTION OF CONDITION</b>	<b>PATHOLOGY</b>	<b>TREATMENT PRINCIPLE</b>
<b>NORMAL BALANCED CONDITION</b>	<b>N/A</b>	<b>N/A</b>
<b>TRUE EXCESS YIN CONDITION</b>	<b>TRUE COLD</b>	<b>SEDATE YIN</b>
<b>TRUE EXCESS YANG CONDITION</b>	<b>TRUE HEAT</b>	<b>SEDATE YANG</b>
<b>DEFICIENCY OF YIN CONDITION</b>	<b>FALSE HEAT</b> (HEAT FROM DEFICIENCY)	<b>TONIFY YIN</b>
<b>DEFICIENCY OF YANG CONDITION</b>	<b>FALSE COLD</b> (COLD FROM DEFICIENCY)	<b>TONIFY YANG</b>

**a) Hot**

<b>Excess, Full or True Heat (Usually Seen in OPI Heat)</b>	<b>Deficient Yin (False Heat) (A Condition which is Yang in Nature)</b>
Thirst	Dry Mouth
Red Face / Red eyes	Malor Flush
Full (Daytime) Sweat	Night Sweats
Full Fever	PM Fever / PM Hot Flashes / Heat in 5 Hearts
Sore/Painful Throat	Chronic, Dry, Scratchy Throat
Strong Cough	Chronic, Dry, Weak Cough
Dark, Scanty, Urine (Burning if severe)	Dark, Scanty Urine
Constipation (w/ discomfort) / Hot Diarrhea	Dry Stool / Constipation
<b>Full, Rapid</b> , Pulse	<b>Thin, Rapid</b> , Pulse
Red Tongue / <b>Yellow Coat</b>	Red Tongue / <b>No Coat</b> (Peeled)

**b) Cold**

<b>Excess /Full / True Cold (Often Seen in OPI Cold)</b>	<b>Deficient Yang (False Cold) (A Condition which is Yin in Nature)</b>
Clear Copious Urine	SAME
Preference for Warm Liquids	SAME
Cramping Pain Better with Heat	SAME
No Thirst	SAME
Chills	Cold Body /Hands & Feet
Pale Face	Pale Face
Cramping Pain	No Pain Associated
Cold Diarrhea	Loose Stools / Undigested Food
Thick White Tongue Coat	Pale Puffy Tongue / Wet Coat
Full & Tight Pulse	Weak & <b>Slow</b> Pulse

**4. Excess / Deficient**

**a) There are Many Various Signs of Excesses and Deficiencies in Organs, Substances, and Meridians. They will be discussed in future lectures.**

**5. Yin / Yang**

**a) Based on the other 6 Principles and the Nature of the Disorder**

## **C. Five Elements**

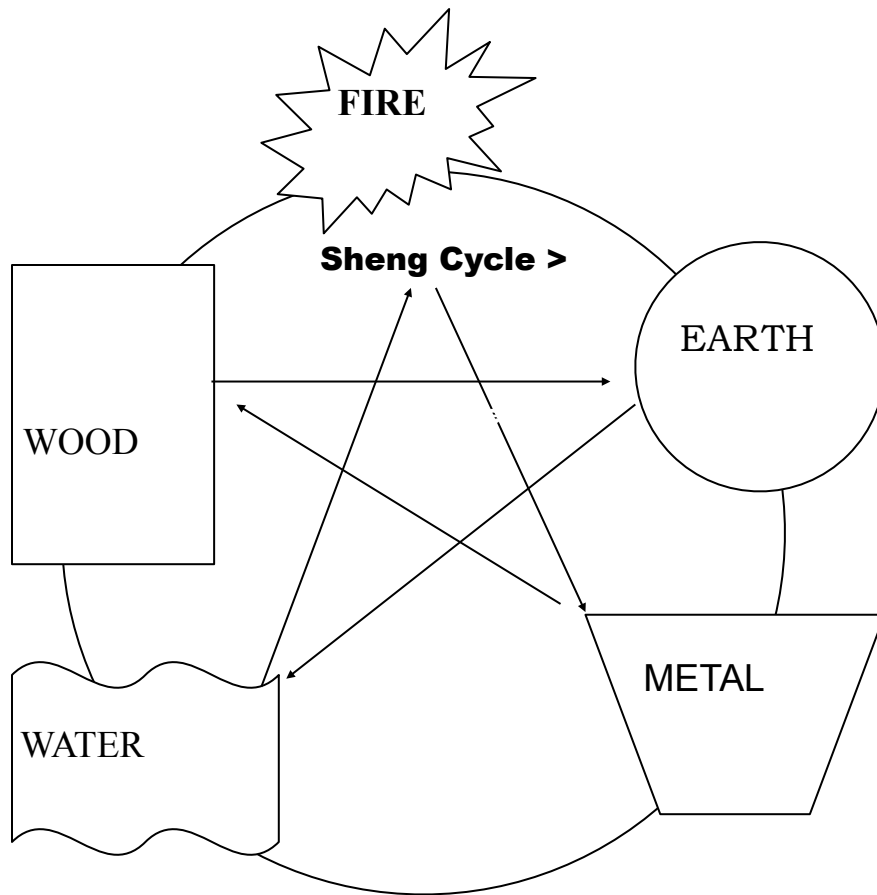
### **1. 5 Element Diagnosis**

- a) The 5 Elements can be helpful in Diagnosis and Prognosis.*
- b) Colors*
- c) Sounds*
- d) Smell*
- e) Emotions*
- f) Tastes*
- g) Tissues*
- h) Orifices*
- i) Weather /Climate*
- j) Body Type*

### **2. Treatment**

#### *a) Five Phases in Treatment:*

- (1) Constitutional typing often follows a five element scheme
- (2) Many options exist for applying this theory to treatment,
  - (a) 5 Element Based Treatment largely depends on one's level of understanding and willingness to design creative strategies using the principles,*
  - (b) Often includes various ways of transferring Qi between organs using the five Shu (transport) points. We will not address this form of treatment in any substantial manner.*



### 3. Cycles & Pathology

- a) *All this happens simultaneously to effect a balanced and harmonious order*
- b) *Within each phase/element are Yin and Yang aspects, sometimes referred to as the husband-wife relationship*
- c) **Creative or Generating Cycle (Sheng)**

#### (1) AKA: Mother / Son Cycle

- (a) *The clockwise circle shows creative, productive, inter-promoting relationships. Wood - Fire - Earth - Metal - Water*

#### (2) Deficiency Creates Deficiency (2)

- (a) *Deficient Mother Can't Nourish the Son. Son becomes Weak*
- (b) *Deficient Son Drains the Mother. Mother becomes Weak*

#### (3) Excess Creates Excess (1)

- (a) *Excessive Mother Overfeeds Son. Son becomes Excessive*

**d) Control Cycle (Ko)**

**(1) AKA: Grandmother / Grandson relationship**

(2) The clockwise star illustrates restraining, inhibiting, or controlling relations. Wood  
- Earth - Water - Fire - Metal

**(3) Excess Creates Deficiency (2)**

(a) *Excessive Grandmother exercises too much control, over Grandson.  
Grandson becomes Weak.*

(b) *Excessive Grandson rebels and exercises too much control, over Grandmother.  
Grandmother becomes Weak*

**(4) Deficiency Creates Excess (1)**

(a) *Weak Grandmother exercises too little control, over Grandson. Grandson  
becomes Excessive.*

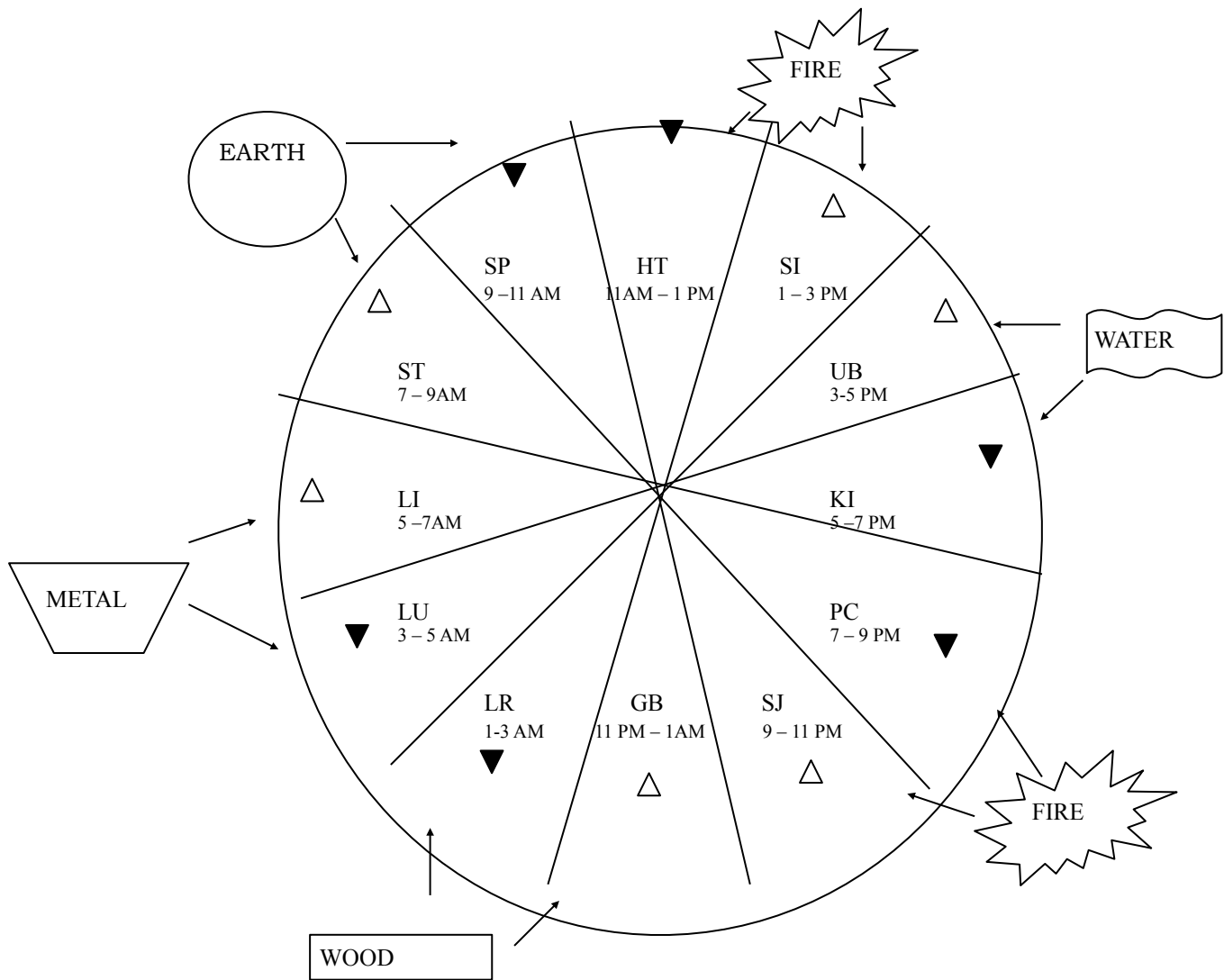
D.

**E. AcuPractice's Table of 5 Element Correspondences**

CATEGORY	WOOD	FIRE		EARTH	METAL	WATER
SEASON	Spring	Summer		Late Summer	Fall	Winter
CYCLE	Birth	Growth		Maturity	Harvest	Rest / Storage
ZANG: Solid / Yin Organ	Liver	Heart	PC	Spleen	Lungs	Kidney
FU: Hollow / Yang Organ	Gall Bladder	S I	SJ / TW	Stomach	Lg. Intestine	Bladder
CLIMATE	Wind	Heat		Damp	Dry	Cold
ORIFICE	Eyes	Tongue		Mouth	Nose	Ears
SENSE	Vision	Speech		Taste	Smell	Hearing
BODY TISSUE	Tendons Sinews	Blood & Blood Vessels		Flesh & Muscles	Skin	Teeth, Bone & Marrow
TONGUE	Sides	Tip		Center	Behind Tip	Root
RESIDUES	Nails	Complexion		Lips	Body Hair	Head Hair
COLOR	Cyan (Green)	Red		Yellow	White	Black (Blue)
SOUND	Shouting (Sighing)	Laughing		Singing	Weeping	Groaning
OFFICE & DUTY	General Planning	Sovereign Ruling		Minister of Agriculture Nourishing	Architect Create Order	Treasurer Store Essence
STORAGE	Soul Benevolence	Consciousness Righteous		Intent Faith	Vitality Decorum	Determination Wisdom
SPIRITS	Hun (Soul) Persona / Ego: Yang Soul Leaves at Death,	Shen (Spirit) Heart / Mind		Yi (Thoughts) Memory Recollection	Po (Skeleton) Yin Soul Stays with the body @ Death	Zhi (Will) Intention / Commitment / Follow Through
EMOTION	Decisiveness Control Anger	Joy Enlightenment		Harmonizing Preoccupation Obsessive	Strength Sustainability Grief/Sadness	Determination Fear
BODY FLUID	Tears	Sweat		Saliva	Nasal Mucus	Internal Moisture
TASTE	Sour	Bitter		Sweet	Pungent Hot/Spicy	Salty
ODOR	Sour	Burnt		Fragrant	Putrid	Musty

I

## F. Chronotherapy (The Horary Cycle)



## **G. The Essential Substances**

1. **Qi, Xue (Blood), Jing (Essence), Shen (Spirit), Jin Ye (Fluids)**

2. **Qi**

*a) Energy, Prana, Life-force, Innate*

*b) The Body Is It's Physical Manifestation*

*c) Circulates Inside and Outside the Meridians*

*d) Origin*

(1) Constitution

(2) Food / Drink

(3) Air/ Environment

3. **Qi (& Blood) Production**

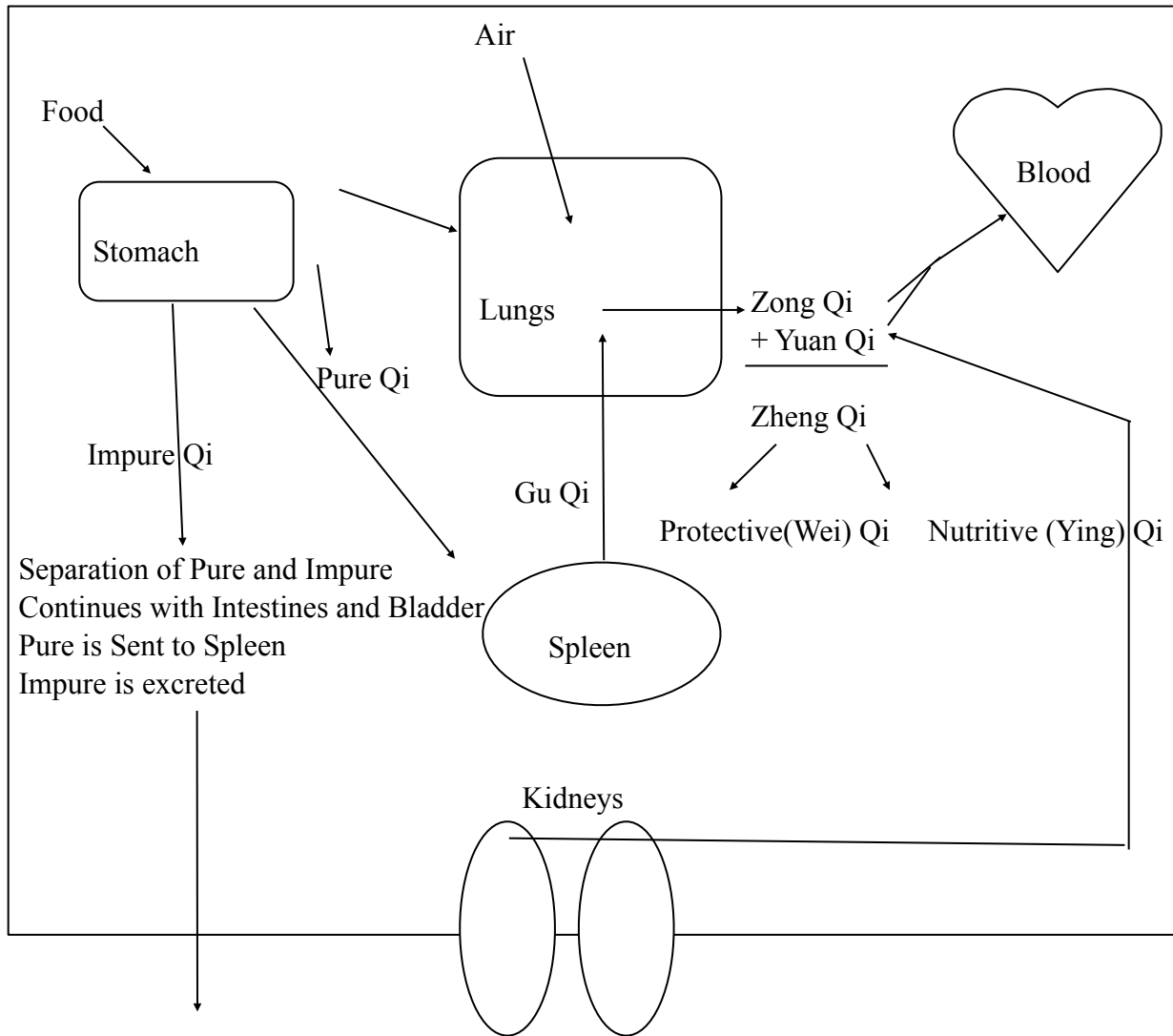
(1) Gu Qi / AKA: Grain or Food Qi

(2) Zong Qi / AKA: Gathering or Essential Qi

(3) Zheng Qi / AKA: True Qi

(4) Ying Qi / AKA: Nutritive Qi

(5) Wei Qi / AKA: Protective Qi



***b) Functions Of Qi***

- (1) Activation Or Movement
- (2) Warmth
- (3) Transformation
- (4) Defense
- (5) Containment

***c) Four Directions Of Qi In The Body***

- (1) Up Bearing
- (2) Down Bearing
- (3) Entering
- (4) Exiting

***d) Imbalances Of Qi***

- (1) Deficient Qi (Qi Deficiency)

*(a) Origin*

- i) Malnutrition
- ii) Exhaustion From Overwork
- iii) Chronic Illness
- iv) Congenital Disease
- v) Old Age

*(b) Can Manifest In:*

- i) Entire Body
- ii) Spirit
- iii) A Particular Organ

*(c) Signs & Symptoms (S&S)*

- i) Fatigue

- ii) Malaise
- iii) Pale Face
- iv) Weak Pulse
- v) Pale & Swollen (Puffy) Tongue
- vi) Organ Dysfunction

(2) Collapsed Qi

(a) S&S (*Two Presentations*)

- i) Qi Deficiency S & S + Prolapse
- ii) Qi Deficiency S & S + Heart Attack

(3) Stagnant Qi (Qi Yu)

(a) *Origin*

- i) Trauma
- ii) Outside Pernicious Influences (OPI)
- iii) Emotional Upset
- iv) Inappropriate Diet

(b) S&S

- i) Dull Achy Pain / Unfixed in Time And Space
- ii) Intermittent Or Traveling Pain
- iii) Feels Better With Massage Strokes
- iv) Intercostal Neuralgia (LR Qi Yu)

(4) Rebellious Qi

(a) *Moving In The Opposite Direction*

(b) S&S

- i) Nausea / Vomiting / Acid Reflux
- ii) Cough / Sneezing

#### **4. Jing**

- a) AKA: Pre-Heaven Qi, Constitutional Qi*
- b) Formed At Conception; Inherited From The Parents*
- c) Governs Growth and Development*
- d) Stored In The Kidneys*
- e) Imbalance: Jing Deficiency*
  - (1) Poor Development In Children
  - (2) Poor Concentration / Memory
  - (3) Reproductive Disorders
  - (4) Loose Teeth
  - (5) Brittle Bones
  - (6) Gray-Thinning Hair
  - (7) Senility

#### **5. Blood**

- a) Blood Is Yin In Relationship To Qi*
- b) Blood Is A Fluid and a Type of Qi*
  - (1) Liquid Form Of Qi (Yin In Nature)
- c) Functions:*
  - (1) Nourishes All Parts Of The Body
  - (2) Moistens All Parts Of The Body
    - (a) Esp. Tendons, Eyes, Hair*
  - (3) Maintains Physical Structure
  - (4) Cools
  - (5) Calms
  - (6) Provides Rest & Ability to Rest

**d) Relationships Of Blood:**

- (1) **Heart:** Moves It Through Body
- (2) **Liver:** Stores and Releases (includes Menstrual Blood)
- (3) **Spleen:** Produces Blood & Holds It In the Vessels

**e) Disharmonies Of Blood:**

- (1) Deficient Blood (Xue Deficiency)

*(a) Origin*

- i) Malnutrition
- ii) Chronic Illness
- iii) Congenital Disease
- iv) Old Age
- v) Exhaustion From Overwork
- vi) Loss of blood

*(b) Can Manifest In:*

- i) Entire Body
- ii) Spirit
- iii) A Particular Organ

*(c) Signs & Symptoms (S&S)*

- i) Similar to Qi Deficiency, but with the addition of Lack of Nourishment, and Moistening
- ii) Fatigue
- iii) Malaise
- iv) Pale Lusterless Face
- v) Weak Thin Pulse
- vi) Pale & Thin Tongue
- vii) Organ Dysfunction
- viii) Dry Skin

- ix) Brittle Hair
- x) Twitches And Spasms (Due To Drying Out Of Tendons)
- xi) Scanty/Light/Shortened/Infrequent Menses
- xii) Dizziness
- xiii) Difficulty Falling Asleep (Yin Substance)
- xiv) Dry Eyes (Liver)
- xv) Palpitations (Heart)

(2) Stuck Blood (Xue Yu)

- (a) Sharp, Stabbing Pain Fixed in Time & Space*
- (b) Tumors Or Cysts (Non-Moving)*
- (c) Swollen Organs*
- (d) Hematoma*

(3) Hot Blood

- (a) Red Dry Skin*
- (b) Pimples*
- (c) Rashes*
- (d) Hemorrhage Of Fresh Red Blood (Hemorrhoids, Uterine Bleeding, Urine)*

**6. Fluids: Jin Ye**

***a) Includes All Normal Bodily Fluids Except Blood***

***b) Jin***

- (1) Clear, More Yang, Watery
- (2) Provides Moisture To Surface Of Skin And Flesh
- (3) Provides Moisture To Mucous Membranes
- (4) Transformed By Lungs Into Sweat

***c) Ye***

- (1) Thick, Internal, More Yin

- (2) Lubricates Bones, Brain, Organs, Joints
- (3) Circulates In The Blood & Gives Luster To Skin

**7. *Shen (Spirit)***

**a) *Spirit That Is Stored In The Heart and Reflected in the Eyes***

**b) *Lightest, Most Insubstantial Of All Substances***

**c) *Origin***

- (1) Birth & Acquired From Life Experience

**d) *Function:***

- (1) Guides Bodymind
- (2) Dysfunction Causes Physical/Mental Disease

**e) *Disharmonies Of Shen:***

- (1) Emotional Problems, Psychological And Emotional Shock, Disturbances Of Psychological/Mental Nature
- (2) Eyes That Lack Luster
- (3) Muddled Personality Forgetful And Slow
- (4) General Spiritual Disorder (Psychosis)

**H. *The Causes of Disease or Pathogenic Factors***

**1. *External Pathogenic Factors***

**a) *The Evil Winds***

- (1) Wind
- (2) Cold
- (3) Damp
- (4) Dryness
- (5) Heat
- (6) Summer Heat

## **2. Internal Pathogenic Factors**

### ***a) The Emotions***

- (1) Anger
- (2) Joy
- (3) Melancholy & Grief
- (4) Meditation (Over thinking)
- (5) Fear
- (6) Fright

## 2. Miscellaneous Pathogenic Factors

- a) *Inappropriate Diet*
- b) *Inappropriate Exercise*
- c) *Inappropriate Timing*
- d) *Parasites*
- e) *Trauma*
- f) *Insect / Animal Bites*
- g) *Epidemics*
- h) *Wrong Treatment*
- i) *Excess Sex*
- j) *Drug Use, Contact / Environmental, Etc.*
- k) *Perhaps Bad Feng Shui*

## J. Organs

### 1. Lung

- a) *AKA: Tender Organ, Master Of Qi*
- b) *Opens To The Nose & Throat*
- c) *Most Easily Affected By OPI*
- d) *Dislikes Cold And Dryness*
- e) *Properties*
  - (1) Liquefies
  - (2) Descends
  - (3) Disseminates
  - (4) Circulates
- f) *Functions*
  - (1) Govern Qi & Respiration
  - (2) Rules The Exterior

**g) Common Disharmonies:**

- (1) LU Qi Deficiency
- (2) LU Yin Deficiency
- (3) Rebellious Qi in LU
- (4) OPI
- (5) Dampness. Phlegm in LU

**h) Major S&S**

- (1) Respiratory

**2. Large Intestine**

**a) The Official In Charge Of The Dregs**

**b) Dependent Upon Lungs For Descending**

**3. Spleen**

**a) AKA: The Official In Charge Of Transportation And Transformation (T&T)**

- (1) Governs T&T of Qi, Blood & Jin Ye

**b) Holds Blood & Organs in Place**

**c) Opens To The Mouth**

**d) Manifests In The Lips**

**e) Dislikes Dampness & Cold**

**f) Functions**

**g) Rules The Flesh & Muscles**

**h) Common Disharmonies:**

- (1) SP Qi Deficiency
- (2) SP Blood Deficiency
- (3) SP Yang Deficiency
- (4) Dampness in SP
- (5) Major S&S

(a) *Lower Digestive*

(b) *Fatigue*

(6)

#### **4. Stomach**

**a) *The Official In Charge Of Rotting And Ripening***

(1) Prepares Food and Drink for T&T by the Spleen

**b) *Common Disharmonies:***

(1) Rebellious ST Qi

(2) Heat in the ST

(3) Major S&S

(a) *Upper Digestive*

#### **5. Heart**

**a) *AKA: The Emperor***

**b) *Houses The Consciousness / Shen***

**c) *Rules Blood And Blood Vessels***

**d) *Dislikes Heat***

**e) *Opens To The Tongue***

**f) *Manifests In The Complexion***

**g) *Common Disharmonies:***

(1) Heart Blood Deficiency

(2) Heart Yin Deficiency

(3) Blood Stagnation in the Heart or Chest

(4) Heat in the Heart

(5) Major S&S

(a) *Psychological Disorders*

(b) *Palpitations*

## 6. Small Intestine

*a) Separates The Pure From The Impure*

## 7. Liver

*a) AKA*

(1) The General

*(a) Charge of Planning*

(2) Free & Easy Wanderer

*(a) Maintains easy going internal environment*

(3) Sea of Blood (Stores)

(4) The Master Alchemist / transmutes and detoxifies

*b) Opens To The Eyes*

*c) Dislikes WIND (Heat / Stagnation)*

*d) Responsible for the Smooth and Easy Flow of Qi & Emotions*

*e) Rules the Tendons & Muscles*

*f) Houses the Hun (ego)*

*g) Controls the eyes*

*h) Common Disharmonies:*

(1) Liver Qi Stagnation

(2) Liver Invading

*(a) Stomach*

*(b) Spleen*

*(c) Lung*

(3) Liver Blood Stagnation

*(a) Painful periods, Clots, Sharp Stabbing Pain*

(4) Damp-Heat in the Liver and Gall Bladder

***i) Major S&S:***

- (1) Stress Related Disorders
- (2) Tight/Tense Muscles
- (3) Tics, Twitches & Tremors
- (4) Anger / Irritability
- (5) Gynecological problems
- (6) Meridian related Sx.

**8. Gall Bladder**

***a) The Official in Charge of Decision Making***

***b) Dislikes Wind***

***c) Very Closely Related to the LR***

**9. Kidney**

***a) AKA***

(1) Root of Yin

*(a) HT, LR*

(2) Root of Yang

*(a) SP*

(3) Root of Qi

(4) Root of Life

***b) Opens To The Ears***

***c) Dislikes Cold***

***d) Functions***

(1) Stores Jing

(2) It houses the Will

(3) Rules the Bones

(4) Housed in the Low Back

(5) Rules the Knees & Ankles

(6) Governs birth, growth and reproduction.

(7) Nourishes and Warms (supplies Yin & Yang to) the Lower Warmer

***e) Common Disharmonies:***

(1) Deficiencies ONLY: NO Excess Conditions

(2) KD Qi Deficiency

(3) KD Yang Deficiency

(4) KD Yin Deficiency

(5) KD Jing Deficiency

***f) Major S&S:***

(1) General Qi & Yang Deficiency S & Sx

(2) General Yin Deficiency S & Sx

(3) Low Back / Knee Pain and Weakness

(4) Impotence and Infertility

(5) Incontinence / Urinary Frequency

(6) S&S of Premature Ageing

**10. Urinary Bladder**

***a) Transforming and excreting fluids via the power of KD Qi***

**11. Pericardium**

***a) The Minister: Insulates, Screens, & Protects The Heart***

***b) Maintains The Order Of The Heart Energy***

***c) Treats All Heart Disorders Organic & Spirit***

**12. San Jiao (Triple Warmer)**

***a) AKA: Triple Heater, Triple Warmer, Triple Energizer***

***b) San Jiao: Literally Three Burning Spaces***

(1) Upper Jiao

(a) LU & HT

- (b) *Respiration & Circulation*
- (2) Middle Jiao
  - (a) *SP & ST*
  - (b) *Digestion & Assimilation*
- (3) Lower Jiao
  - (a) *KD, UB & Reproductive Organs*
  - (b) *Elimination & Reproduction*
- c) ***The Three Jiaos are collectively responsible for Water Metabolism (Classically Described As A System Of Sluices Or Waterways)***
  - (1) Lung Adjusts Water
    - (a) *Descends & Disseminates*
  - (2) Spleen Transforms Water
    - (a) *T & T (Sends it Up)*
  - (3) Kidney Rules Water

### **13. Extraordinary/Curious Vessels/Organs**

#### **a) *Extraordinary / Curious Organs***

- (1) Fu Shape /Store Essences
- (2) Six Curious Organs
  - (a) *Gall Bladder*
  - (b) *Brain*
  - (c) *Marrow*
  - (d) *Bone*
  - (e) *Blood Vessels*
  - (f) *Uterus*

#### **b) *Extraordinary Meridians***

- (1) Names
  - (a) ***Du Mai (Governing Vessel)***

- (b) *Ren Mai (Conception Vessel)*
- (c) *Chong Mai (Penetrating Vessel)*
- (d) *Dai Mai (Belt Meridian)*
- (e) *Yang Wei Mai*
- (f) *Yin Wei Mai*
- (g) *Yin Qiao Mai*
- (h) *Yang Qiao Mai*

(2) Origin

- (a) *Created at conception*
- (b) *Deep energies*

(3) General Functions

- (a) *Reservoirs of Qi*

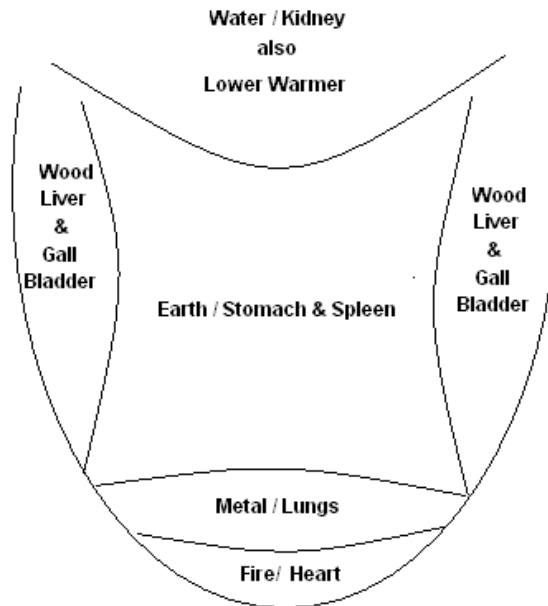
**K. Introduction to Tongue and Pulse Diagnosis**

**1. Tongue**

*a) Areas*

- (1) See 5 Element Chart

### Tongue Diagnostic Areas



2.

**a) Color**

(1) Normal

(a) *Pale Red*

(b) *Thin White Coat*

(2) Pale

(a) *Qi Deficiency*

(b) *Blood Deficiency*

(c) *Yang Deficiency*

i) False Cold

(3) Red

(a) *Heat*

i) True Heat

(1) *Internal*

(2) *External*

ii) Yin Deficiency

(1) *False Heat*

(4) Purple

(a) *Stagnation*

(b) *Light Purple = Qi Stagnation*

(c) *Dark Purple = Blood Stagnation*

**b) *Shape***

(1) Normal

(2) Thin

(a) *Less Substance*

i) Yin Deficiency

ii) Thin & Red / No Coat

iii) Blood Deficiency

iv) Thin & Pale

(3) Puffy

(a) *Qi Deficiency*

i) WHITE Coat

(b) *Yang Deficiency*

i) WET Coat

**c) *Coat***

(1) Thin White

(a) *Normal*

(2) Thick White

(a) *True Cold*

(3) Yellow

- (a) *True Heat*
- (4) Wet
  - (a) *Yang Deficiency (False Cold)*
- (5) No Coat (Peeled)
  - (a) *Yin Deficiency (False Heat)*
- (6) Greasy
  - (a) *Dampness or Phlegm*

**d) Usual Tongue Combinations**

- (1) Pale & Puffy with a WHITE Coat
  - (a) *Qi Deficiency*
- (2) Pale & Puffy with a GREAZY WHITE Coat
  - (a) *Spleen Qi Deficiency*
- (3) Pale & Puffy with a WET Coat
  - (a) *Yang Deficiency*
- (4) Pale and Thin
  - (a) *Blood Deficiency*
- (5) Red and Thin with Little to No Coat (Peeled)
  - (a) *Yin Deficiency*
- (6) Red with a Yellow Coat
  - (a) *Internal Heat*
- (7) Scalloped Edges
  - (a) *Spleen Qi/Yang/Blood Deficiency*

**3. Pulse**

**a) Rate**

- (1) Normal
  - (a) *60 – 80 BPM*
- (2) Rapid

(a) *More than 80 BPM*

(b) *Heat*

i) *True or False*

(3) *Slow*

(a) *Less than 60 BPM*

(b) *False Cold (Yang Deficiency)*

**b) *Strength / Size***

(1) *Normal*

(2) *Full*

(a) *Excess Condition*

(3) *Weak*

(a) *Deficient Condition*

(4) *Thin*

(a) *Deficient Yin or Blood*

**c) *Quality***

(1) *Slippery*

(a) *Dampness*

(2) *Wiry*

(a) *Stagnation*

i) *Usually liver*

(3) *Tight*

(a) *Pain*

(b) *True Cold*

**d) *Usual Pulse Combinations***

(1) *Weak*

(a) *Qi Deficiency*

(2) *Weak & Slow*

(a) *Yang Deficiency*

(3) Weak & Thin

(a) *Blood Deficiency*

(4) Thin & Rapid

(a) *Yin Deficiency*

(5) Full & Rapid

(a) *Excess Heat*

(6) Full & Wiry

(a) *Liver Qi Stagnation*

***I. Usual Tongue & Pulse Combinations***

<b>Condition</b>	<b>Tongue</b>	<b>Pulse</b>
Normal	Normal Red Thin White Coat	Moderate Strength Fills Middle - Touches Superficial & Deep Slightly Slippery
Qi Deficiency	Pale & Puffy Thin White Coat	Weak
Yang Deficiency	Pale & Puffy Wet Coat	Weak & Slow
Blood Deficiency	Pale & Thin Dry Thin White Coat	Weak & Thin
Yin Deficiency	Red & Thin Dry No / Peeled Coat	Weak & Thin & Rapid
True Excess Heat	Red Dry Thick Yellow Coat	Full & Rapid
Dampness	Greasy Coat	Slippery
Qi Stagnation	Slightly Purple	Slightly Wiry
Blood Stagnation	Dark Purple (Maybe Spots)	Definitely Wiry
OPI Heat	Red Tip Red Edges	Rapid & Floating
OPI Cold	Normal	Floating
Long-Standing SP Xu	Scalloped Edges	Weak in Middle Position
LR Qi Stagnation	Slightly Purple	Full & Wiry