

8 Principle 5 Phase Treatment Strategy

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Books:

Practical Application of Meridian Style Acupuncture, Pirog (1-881896-12-7)

Extraordinary Vessels, Kiko Matsumoto (0-912111-35-6)

Chinese Acupuncture & Moxibustion, Beijing (A lot of the board Q's come from here.)

Assignments

These will count towards the grades on the tests. They'll be a page or two of notes about cases related to the given topic (Extraordinary Vessels, etc...)

Review of TCM Diagnosis

Memorize the Pharmacopoeia Sheets!

8 Principles

- Hot/Cold
- Interior/Exterior
- Yin/Yang
- Deficiency/Excess

These are often used in herbs as well.

Internal organ diagnosis

- Stomach, Heart, etc.

Substances

- Yin, qi, jing
- Phlegm, edema
- Stagnation
- Blood heat, etc

5 Elements

- Shung Cycle Heart – Spleen – Lung – Kidney – Liver – back again
- Ko Cycle Heart – Lung – Liver – Spleen – Kidney – and back to Heart
- Insulting Cycle (energy going the wrong way on the Ko Cycle)

Pathogenic Factors

- Heat
- Cold
- Wind
- Fire
- Phlegm
- Damp
- Interior or Exterior

Acupuncture Channels

When problems reside on/related to the acupuncture channels.

Shang Han Lun

Six stages of disease

- Yang Ming, Tai Yang, Shao yang, etc...

Thermic Level Disease

Wei, Qi, Yin/Blood, etc...

The Pirog book lists the most basic points that are gentle to use and easiest to needle.

Meridian Style

Originally, acupuncture was designed to alter the flow of energy in the body. Disease is a disharmony in the flow of energy along the channels or between the organs. Needles are there to affect the flow of energy in the channels in an effort to create a balance of flow. It was all meridian style in the old days.

After a while acupuncture changed. Acupuncture became more involved with herbs. The herbs use more of the 8 parameter. Acupuncture evolved to be the same. The book we use for treatment strategy in the future is mostly an herb book with points added in.

The modern world also influenced this shift to 8 parameter styles. It was considered more modern.

The Japanese went back and brought back the meridian style again. It goes back to the Nei Jing and the classics.

The meridian style is probably more authentic. It's less like modern Chinese. It assumes that the disease is related to the flow along a given meridian.

There are three things to keep in mind.

1. Select points on the affected meridian
2. Select points on the related meridian (Interior/Exterior (meaning Zang/Fu)) or Arm Yang Ming and Leg yang ming(meaning Top/Bottom))
3. If it doesn't work, try a different meridian.
4. Crossing Combinations

How to choose points w/ Chinese style?

- Local-Adjacent
 - Go into the area and look for local points or adjacent areas.
 - For example Bladder 1 & 2 for eye problems.
 - Local
 - Use LI20, ST3 for Sinus problems
 - Epigastric pain – CV12
 - Headaches – Tai Yang
 - Adjacent
 - Nose disease DU23, BL 7
 - HeadacheGB20, Du16
 - ST25, LV 13 for gastric pain

- Distal Points
 - Located away from the problem (below the elbows and knees).
 - These are very strong to treat. The further away from the problem the point is, the stronger the affect.
 - GB41 is great for headaches.
 - Points on the lower portion should be selected for the upper problems, points on the upper should be selected for problems on the lower. Points on the side should be selected for points in the middle.
 - ST6 great for abdominal disorders.
 - LV3 for eyes
 - LI4 for face problems
- Crossing Combinations
 - Dr. Tan's points (contra-lateral treatments) Crossing Combinations
- According to the symptom
 - DU 14, LI 11 to clear heat.
 - Loss of consciousness – DU 26, KD1
 - Empirical Points
 - SI1 for breast problems.
 - DU1 for Epilepsy.
 - BL32 for dismenorrhea (or pain with periods)

Meridian Style

Modern Chinese style

- Needle manipulation
- Larger gauge needles
- Just the classical points, not the Ashi
- Tw14, LI15, LI10, LI4 for all shoulder problems.

Meridian Style

- More needless
- Less Deep
- No Manipulation
- Palpation for Ashi points.
- For shoulder problems – palpate for sore spots/ashi spots. If it's a little bit off from LI15, use the ashi (perhaps not so deep) (You can still use distal points like LI10, and TW8 – meeting of three arm yang channels.

Good For:

- Treatments for damage to the channel (esp. Musculoskeletal problems)
- More Next week

Types of Channels

(Pg 31 of Pirog)

- Main Meridians (12)
- Sinew
- Collateral (Luo)
- Cutaneous (Sometimes grouped with Luo/Collateral)
- Extraordinary Vessels
- Divergent

They distribute qi and blood throughout the body.

Provides warmth and nourishment for the whole body.

Ling Shu “The channels are the roots by which qi and blood circulate, regulating yin and yang, keeping the sinews loose and the joints lubricated.”

If you are obtaining Qi, the channels are alive and filled with Qi.

The channels can also spread problems throughout the body as well. Problems with an organ can show up anywhere along the channel. (Liver fire can cause the eyes to turn red for example.) If you have heat in the hear (heart fire) can be transferred to the Small intestine and then the Bladder – thus heart heat can manifest and a urinary tract infection.

We can look for organ problems by looking for abnormalities along the channel. Palpating SP9 for dampness. Looking for nodules, or sore points along a channel.

Review where all the acupuncture channels go.

Chinese have two words that describe these channel systems: Jing Mai.

- The character for Jing 经 is a like a thin thread. It's like an electrical circuit. “Energy thread”
- Mai translates to pulse or vessel. 买. It's hollow and can contain a substance. The mai is more concrete.

The main meridians, the sinew meridians, and divergent channels are more like the energy threads, the Jing. They don't contain blood or essence, but more like an electrical cord. They carry energy.

Main Meridians

- Each has an organ.
- Each has a path.
- Each organ has it's own pathology.

Sinew

Also referred to as tendino meridians.

They aren't like the main meridians. They are more like bands of muscles that are associated with a meridian. They have a lot to do with tendons and muscles. They are more superficial.

Historically they came more from massage.

Collaterals (luo)

There are 15 collaterals. One for each of the main meridians, along with one Ren, one Du, and the great Luo.

More on the surface of the body. They “control” the surface of the body. When they get filled with “gunk”, they are visible. Spider veins are like this, this is a luo vessel with blood stagnation.

They come at several different levels. At the skin level they are referred to as Cutaneous.

They luo's are good to treat when you see interior/exterior problems. LU7 is meeting point of LU and LI.

Extraordinary Vessels

A fairly “primitive” way to treat. They are like drainage ditches. If you have too much pathogen in the normal meridians it will spill into these.

Extraordinary vessels – are more mai like. They contain blood, essence, or even pathological substances like damp, etc. They are like drainage ditches.

These are used with more general body areas with the vessel might go. (Spine pains would be related to SI3, because it's the DU master point.)

Divergent Meridians

There's a book on case studies using divergent channels.

They are associated with the main 12, they enter and leave with the main 12. They derived from the main 12 meridians, but they are still different. They mainly run deeper in the body.

They don't have points on their own.

They tend to work on deeper level problems.

Cutaneous

These have to do with the pathogen's being able to enter the body through the pores.

It's the most superficial.

Main Meridian Usage

Tai Yang

Greater – Yang.

The most superficial of the body.

(See page 12)

This is the bladder and small intestine.

It opens out to the exterior, to the whole world.

We are absorbing energy through our back shu points.

It's our first line of defense. Wei qi is yang.

The governing vessel is yang (right in the middle of UB channel)

Movement up and down is Tai Yang.

Shao Yang

Lesser Yang.

It's less superficial.

GB and TW. It's the sides of the body. It's like the seams in your clothes.

It's a hinge. It can go interior, it can go exterior.

The inability to turn the head or turn side to side is a side of Shao Yang disease (shao yang disorder)

it moves energy between the interior and exterior of the body.

Helps us to maintain balance when we are walking.

Yang Ming

Ming means brightness.

Big and bright.

It's located on the front of the body – Somebodies facing sunlight.

Think solar battery – it take sthe sunlight in and stores it in the body.

LI and ST.

Tai Yin

Greater Yin

LU and SP.

The energetics are sucking the energy even deeper inside the body.

The spleen and lungs are sucking energy into the body.

They are said to *open inward*.

Shao Yin

This is lesser Yin

The most interior of all

The heart and kidneys.

This is our storage vault for essence and shen.

This is like a stable axis for the body.

Jue Yin

This is the PC and Liver.

This is energy being as yin as it is going to get. It's here just before it turns back into yang.

The energy is making a u-turn and start turning into yang energy at this point.

This “closes” the yin and going back to yang. 杨

The liver is unusual. It cannot get deficient it tends to stagnate and become excess.

Liver goes to the top of the head – the yang aspect. (Board question)

This is the only yin channel that can be attacked from the outside.

Liver tends to go yang. Causes headaches, dizziness, high blood pressure. The liver is closest to the kidneys. The classics say “The liver and the kidney's share the same root.”.

The PC is also a mixup of the internal and external connections.

It's associated with the heart, but also connected to the ST. An the stomach is the most superficial Fu-Bowel.

Jue Yin connects the upper part of the body with the lower part of the body. It connects everything.

Main Channels

Each of these acupuncture channels each have different amounts of qi and blood relatively speaking.

Do you want to add or subtract.

Tai Yang – has more blood and less Qi

Shao Yang – has more qi and less blood

Yang Ming – has both more qi and more blood.

Tai Yin – more qi and less blood

Shao Yin – more qi and less blood

Jue Yin – more blood and less qi.

Those with more blood (Tai Yang, Yang Ming, and Jue Yin) can be sedated by bleeding.

The others (those with more qi) can be sedated by needling.

Yang Ming is the only meridian with more qi and more blood. IT is especially good to treat wei syndrome (atrophy) because this channel is loaded with qi and blood.

Shung and Ko Cycle, and rebellion

Rebellion - (insulting along the Ko Cycle)

Need to instantly know these.

Time/Direction Flow

Page 10 and page 87

This is based on the idea that energy flows through each of the channels at a certain time of the day or night. It flows through the body in a fixed sequence.

This is designed for sun-dial based time.

The energy with each meridian reaches a peak, and the meridian at the opposite time is at it's lowest.

Earthly branches or heavenly stems – the time when each of the meridians are most/least active.

Earthly branches – during the day.

Heavenly Stems – this is complex.

The Three great Circuits

1st Circuit

- Energy starts with the lung 3am-5am
- It has a strong outward push. It gives the quick start to the energy flow for the day.
- The lung, LI, stomach, and spleen this is building energy into the body.
- This is called the first great circuit.

2nd circuit

- HT, SI, BL, & KD
- The energy is more interior. You're just going through the day.
- You are internalizing it.

3rd circuit

- PC, TW, GB, LV
- The energy is starting to turn around in the system.

Remember which is which circuit.

Have a general idea what the purpose is.