

3-LEVEL ACUPUNCTURE PROTOCOL

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HANDOUT ADDENDUM

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EDWARD OBAIDEY: THE DIFFERENCE BETWEEN ORGAN AND MERIDIAN

Taken from Translator's Introduction by Edward Obaidey, *The Practice of Japanese Acupuncture and Moxibustion* by Ikeda, Masakazu, Eastland Press, Seattle, 2005

A. ORGANS VERSUS MERIDIANS

1. General

- a. Organ and meridian systems are interrelated and complimentary
 - 1. The idea that organs and meridians have identical functions is not supported by the classics
 - 2. Best to understand them as an organ-meridian system
- b. The organ and meridian help to regulate each other
 - 1. *Yang-yin*: Expansion-contraction, heating-cooling, etc.

2. LIVER

- a. Organ
 - 1. Stores the blood (*Divine Pivot/Ling Shu*, Chapter 8)
 - 2. Has spreading centrifugal function (*Basic Questions/Su Wen*, Chapter 22)
 - a. The spreading function is dependent on the power of the stored blood and the power of *yang* within the blood
 - b. This cannot take place if there is a blood deficiency

b. Meridian

1. The main direction of flow in the liver meridian is centripetal
 - a. It leads blood to the liver
 - b. The astringent sour flavor actually refers to the meridian, not the organ (*Basic Questions/Su Wen*, Chapter 10)
 - c. When this centripetal function is diminished, there is not enough blood coming to the liver
 - d. This is called liver deficiency
 1. Liver meridian deficiency implies that there is blood deficiency, which will affect the organ

3. HEART

a. Organ

1. *Yang* in nature
 - a. Heart organ is always moving and excited
 1. If it gets too hot, it's function is diminished

b. Meridian

1. Is *yin* in nature
 - a. Meridian is full of *yin qi* to cool the heart (*shaoyin*)
 - b. The *yin* energy keeps the heart cool and inhibits overworking
 - c. *Shaoyin* is related to the kidney meridian, also full of cooling *yin qi*

2. The meridian responds well to bitter taste, which is cooling by nature (*Basic Questions/Su Wen*, Chapter 10)

4. LUNG

a. Organ

1. Active in autumn when there is a need to tighten the pores of the skin in preparation for the coming cold
2. Relates to harvesting and collecting (*Basic Questions/Su Wen*, Chapter 22)
3. Has clarifying and descending functions

b. Meridian

1. The meridian has the complimentary function of disseminating and spreading the *qi* through the body
2. The spicy taste aids the meridian function, rather than the organ (*Basic Questions/Su Wen*, Chapter 10)

5. KIDNEY

a. Organ

1. Associated with storage and contraction (*Basic Questions/Su Wen*, Chapter 22)

b. Meridian

1. The meridian acts to insure that the fluids in the kidney organ are not overly abundant
2. Salty flavor helps the meridian function of moving fluids (*Basic Questions/Su Wen*, Chapter 10)

3. The fact that the organ stores, while the meridian moves fluids, helps the whole body stay firm and hard

a. This firmness comes from fluids filling a structure

b. This not the dry hardness that comes from fluid depletion

c. *Mingmen* fire

1. Both meridian and organ do well in cold (winter)

2. Too cold, due to deficiency of *mingmen* fire, leads to sexual weakness and difficulty moving stools

6. SPLEEN

a. Organ

1. Neutral – neither to *yang* or *yin*

2. Not particularly mobilizing

3. Organ in charge of production of *gu qi* (from food)

b. Meridian

1. Meridian is *taiyin*, like Lung meridian

2. Has radiating, discharging and dispersing actions

a. “The acrid and sweet *qi* and flavors discharge and disperse, and so are considered *yang*” (*Basic Questions/Su Wen*, Chapter 5)

b. Unlike the lung, Spleen meridian cannot do this work alone

- c. Works by directing Stomach meridian to do this function (*Basic Questions/Su Wen*, Chapter 29)
- 3. The meridian is involved in radiation and dispersal
 - a. This is called its transportive function

WANG JU-YI'S OBSERVATIONS ON SIX LEVELS

From *Applied Channel Theory in Chinese Medicine*,
Wang Ju-Yi and Jason Robertson, Eastland Press, 2008

1. Nomenclature

a. <i>Tai yang</i>	Greater <i>yang</i>	SI-BL
b. <i>Shao yang</i>	Lesser <i>yang</i>	TW-GB
c. <i>Yang ming</i>	<i>Yang</i> brightness	LI-ST
d. <i>Tai yin</i>	Greater <i>yin</i>	LU-SP
e. <i>Shao yin</i>	Lesser <i>yin</i>	HT-KI
f. <i>Jue yin</i>	Terminal <i>yin</i>	PC-LV

2. Classical Organization of Six Levels (*Ling Shu*, Chapter 5)

a.	Organized from <i>most yang</i> (outwardly expansive) to <i>most yin</i> (inwardly contractive)		
b.	<i>Tai yang</i>	Governs opening to the outside	Expanding
c.	<i>Shao yang</i>	Governs the <i>yang</i> pivot	Pivot
d.	<i>Yang ming</i>	Governs uniting to the inside	Closing
e.	<i>Tai yin</i>	Governs opening to the outside	Expanding
f.	<i>Shao yin</i>	Governs the <i>yin</i> pivot	Pivot
g.	<i>Jue yin</i>	Governs uniting to the inside	Closing

3. Depth in body

a.	Placement on arms and legs, from lateral to medial, corresponds with depth of associated organ		
b.	<i>Yang</i> channels, from most superficial to deepest		
	1. <i>Tai yang</i> :	Small Intestine, Bladder	Lateral
	2. <i>Shao yang</i> :	Triple Warmer, Gallbladder	Central
	3. <i>Yang ming</i> :	Large Intestine, Stomach	Medial
c.	<i>Yin</i> channels, from most superficial to deepest		
	1. <i>Tai yin</i> :	Lung, Spleen	Medial
	2. <i>Jue yin</i> :	Pericardium, Liver	Central
	3. <i>Shao yin</i> :	Heart, Kidney	Lateral

4. Functions

a. *Yang* channels

1. Pathways distribute outwardly the substances generated by the *yin*
2. Affect a much greater area of the body than the *yin* channels
3. Channel pathways more responsible for musculoskeletal frame than for organ nourishment
4. These are hollow organs, and the associated channels must be kept full and moving
5. *Yang* channels and related sinew channels are prone to circulation and pain disorders
6. Accumulation or stagnation leads to dysfunction

b. *Yin* channels

1. Generate fluids, flesh and blood
2. Protect and nourish the associated internal organ

5. *Tai Yang* (SI-BL)

- a. Opens out to the exterior
- b. Clears *shao yin* heat through skin and hair
- c. Covers large area of body
- d. First line of defense against exogenous invasion
- e. Warms, comforts and discharges the exterior
 1. Primary defense to protect body from cold
 2. Moxa to CV 6, BL 10, BL 11, GV 14, ST 36
 3. Exogenous heat damages PC and Lung, not BL
- f. Other functions
 1. Circulates warmth from *mingmen* fire
 - a. Distributes *yang qi* throughout the body
 - b. Distributes to all back *shu* points
 2. Small intestine helps absorb energy from food, aiding in blood production and distribution by the heart
 - a. Contributes to cold limbs
 - b. *Taiyang* disorders affect sweating and urination
 - c. Sweating and urination have *yin-yang* relationship

6. *Shao Yang* (TW-LV)

- a. Pivot between opening of *tai yang* at the surface, and closing of *yang ming* inwards towards *yin*
- b. Shang Han Lun: *shao yang* as “between the exterior and the interior”
 1. Works the *yang* areas between the internal organs and the surface
 2. Regulates *qi* and fluids around internal organs
- c. Warms and moistens middle burner; facilitates the transport of fluid
- d. *Shao yang* gallbladder acts as pivot for for regulation of digestion among *yang* organs
 1. Whereas *tai yang* opens to skin and external surfaces, *shao yang* handles all other *yang* aspects of the body
 2. In part due to the vast scope of the Triple Warmer
- e. Functions
 1. Help regulate the paired organ/channels PC and LV
 2. GB helps liver distribute blood to the organs
 3. *Shao yang* facilitates the movement of joints
 4. Liver nourishes sinews, from blood
 5. Kidney nourishes bone, from *jing*
 6. *Shao yang* moistens the joint capsules
- f. Triple Warmer
 1. Maintains fluid passage ways
 2. Allows circulation of *yuan qi* (source *qi*, prenatal *qi*)
 3. This warms the organs by stimulating their function
 4. Transmits post-natal *qi*
 5. Bathes cells in an extra-cellular environment
 6. Controls mesentery
 - a. Useful in treating fat accumulation
- g. Gallbladder
 1. Maker of decisions
 2. Clinically
 - a. Clears and drains heat while dispersing “clumped” *qi*
 - b. *Shao yang* pathology revolves around the concept that if regulation is compromised, heat and *qi* become clumped in the interior

7. *Yang Ming* (LI-ST)

- a. *Yang* channels closest to interior
- b. Controls interior of digestive tract, which is *yang*, but which is deep in the center of the body
- c. Responsible for movement and fluid balance within digestive tract
- d. Creates *yang* and warmth by extracting post-natal essence
 - 1. Uses warmth to remove fluid from intestines
 - 2. When movement and warmth are compromised, *yang ming* can regulate this
 - a. LI 10 and ST 36
 - b. Useful in colitis, IBS
- e. Large Intestine
 - 1. Transports and transforms waste
 - 2. Removes fluids
 - 3. Stores and decomposes

8. *Tai yin* (LU-SP)

- a. Opens outwards
 - 1. Nourishment spreads broadly outwards to meet the 3 yang channels
 - 2. Spleen and Lung work with Stomach and Large Intestines
 - 3. Important in fluid and food metabolism
 - 4. *Tai yin* dampness balances with *yang ming* dryness
- b. Function:
 - 1. Regulates dampness
 - 2. Distributes nutrition

9. *Shao Yin* (HT-KI)

- a. Regulates fire
- b. Regulates heat from exterior
- c. Distributes fire and blood from interior
- d. Pivot
 - 1. Moved by beating of heart
 - 2. Moved by *mingmen* fire in kidney
 - 3. Refined regulation of pre-natal *qi* and the movement of blood
- e. Clinical

1. Drain fire and clear the heart
2. Invigorate blood in the collaterals
 - a. The associated organs will create and distribute metabolic fire (*mingmen* fire)
 - b. *Mingmen* fire is generated from *jing*, the most *yin* of substances

10. *Jue Yin* (PC-LV)

- a. Considered “the inside of the inside”
- b. Function: retreat, storage and rejuvenation
- c. Associated with blood
- d. Pericardium protects the heart with *yin* blood
- e. Liver holds blood in reserve, and distributes by dredging and draining the *qi* pathways
- f. The strength of *jue yin* blood stabilizes internal wind, and provides reservoir to expel external wind
- g. *Qi* depends on the fullness of *jue yin* blood for nourishment
- h. Blood is stored and clarified during the evening in *jue yin*
 1. Emotional excess is held, calmed and released by pericardium

TCM OVERVIEW OF 8 EXTRAORDINARY CHANNELS

1. General

a. Name

1. *Qí Jīng Bā Mài*, 奇经八脉
2. “Extraordinary Channel Eight Circulation”

2. History in Classical Texts

- a. *Huang Di Nei Jing (Ling Shu)*, Chapters 17, 21 and 62; date unknown, but before 221 BCE
- b. *Nan Jing*, Chapters 27, 28 and 29; date unknown, probably first century CE
 1. Confirms existence, but no pathway description or relevant points
- c. *Zhen Jiu Jia Yi Jing* (“Classic of Acupuncture and Moxibustion”), Huang Fu-Mi, 3rd c. CE
 1. Elucidated the flows of the 8 Extraordinary channels
- d. *Zhen Jing Zhi Nan* (“Compass to Needles and Meridians”), Dou Han-Qing, 1241
 1. First to describe hand and foot command/confluent points
 2. Beginning of actual clinical application of 8 Extra
- e. *Shi Si Jing Fa Hui* (“An Elaboration of the Fourteen Channels”), Hua Bo-Ren, 1341
 1. Further described routes of 8 Extraordinary channels
 2. Elaborated on clinical application
- f. *Zhen Jiu Da Quan* (“Acupuncture Great Text”), Xu Feng, 1439
 1. Further described routes of 8 Extra channels
 2. Made first pairings of the 8 Extra channels
- g. *Yi Xue Ru Men* (“A Primer on Medicine”), Li Ting, 1575
 1. “There are 360 points in the whole body. They are presided over by the 66 points of the hands and feet. These are ruled by the 8 confluent points”
- h. *Zhen Jiu Da Cheng* (“Acupuncture Moxibustion Great Compendium”), Yang Ji-Zhou, 1601
- i. *Qi Jing Ba Mai Kao*, (“A Study of the 8 Extraordinary Vessels”), Li Shi-Zhen, 1578
 1. Elaborated pathways beyond those described in *Nan Jing*
 2. Created a pulse diagnosis method
 3. Applied herbs and formulas

- 4. Did not name or include the command points
 - a. But did articulate primary points along the 8 Extraordinary pathways
- j. *Lin Zheng Zhin Mai Nan Yi An*, (“Case Records as a Guide to Clinical Practice”), Ye Tian-Shi, 1746
 - 1. Applied 8 extra treatment to *wen bing*, warm diseases
 - 2. Talked about how exogenous pathogens can enter 8 Extra system

3. TCM Understanding of Eight Extraordinary Channels

- a. 8 Extra channels are considered to be storage vessels or reservoirs of energy
 - 1. Stores and distributes *yuan-jing*
 - 2. Constitutional, pre-heaven channels
- b. They are not regular channels
 - 1. They follow their own courses
 - a. Do not have cutaneous, sinew, or channel divergences
 - 2. They are not associated directly with the *zang-fu*
 - 3. They do not have dedicated acupuncture points
 - a. They cross primary channel points and are controlled or influenced by primary channel points
 - 4. Do not have normal *yang-yin* pairs
 - 5. Flow from below to above
 - 6. Did not come into clinical use until the 14th century
- c. Main characteristics
 - 1. As constitutional vessels, they represent the link between pre-heaven (inherited) energies, and post-heaven energies
 - a. “They carry out the construction of the body after conception, and also synchronize the various life cycles and aging in accordance with inherited *jing*” – Montakab
 - 2. Maintain the inner equilibrium of *qi*, blood and distribution of *jing*
 - a. Will handle overflow and excess of *qi* and blood from primary channel system
 - 3. The *Nanjing*:
 - a. They act as reservoirs in case of primary channel depletion

1. “They integrate the channel system like a series of lakes”
 - b. Act as reservoirs in case of primary channel excess
4. Protect against external pathogenic factors
 - a. Can absorb and transfer excess during blockages in the primary channel network
- d. Act as a sequence, starting with the unfolding of *jing*, in three groups
 1. First ancestry: *Chong, Ren, Du, Dai*
 - a. Becomes active at conception
 - b. *Jing* gives birth to *yin* and *yang*
 - c. This will manifest in post-natal life as *qi* and blood
 2. Second ancestry: *Yin Wei* and *Yang Wei*
 - a. Allows unfolding of *yin* and *yang*
 3. Third ancestry: *Yin Qiao* and *Yang Qiao*
 - a. Regulates movement of *yin* and *yang*
- e. Structural
 1. *Ren* and *Du* divide the body left and right
 2. *Chong* divides the body into *yin* and *yang*
 3. *Dai* divides the body top and bottom
 4. *Wei* and *Qiao* coordinate life changes and are responsible for the aging process

4. Functions in General

- a. Fertility and conception: manage and distribute *jing*
- b. Embryological development
 1. The unfolding and development of the embryo is dependent on *jing*
 - a. *Chong, Dai, Ren, Du*
 2. Prenatal 8 Extra channels consist of parents’ *jing*, embryo’s *yuan*-source *qi*, and *zong qi* – the cosmic or ancestral *qi*
 3. Stored in lower *dantian*
 4. *Chong, Ren* and *Du* originate here
 - a. Emerge at perineum

- c. 8 Extra channels link pre-heaven and post-heaven *qi*
 - 1. Circulate and distribute inherited *jing*
 - a. *Jing* is transformed into *qi*
 - b. Distributes to the *zang-fu* via Triple Warmer function
 - 1. Three burners
 - a. Heart fire
 - b. Digestive fire
 - c. *Mingmen* fire
 - 2. *Yuan*-source points help direct *qi* of the Triple warmer toward corresponding channels and organs
 - c. Distribute *ying qi*, *wei qi*, fluids and blood
 - d. Nourishes marrow and brain
 - 2. This enables the various stages of growth and life
 - 3. Stored in kidney and under influence of *mingmen* fire
- d. Regulation of *wei qi*
 - 1. Distributed by *Du* via Bladder channel
 - 2. *Yin* and *Yang Qiao* regulate circulation of *wei qi*
- e. Regulation of the four seas
 - 1. The four seas
 - a. Sea of Marrow – *Ren Mai*; GV 16, 17, 20
 - b. Sea of Blood – *Chong Mai*; BL 11, St 37, St 39, St 30
 - c. Sea of *Qi* – *Chong Mai*; CV 17, GV 15, GV 14, St 9
 - d. Sea of Nourishment (grains) – *Du*, *Yang Qiao*; St 30, St 36
 - 2. The four seas help absorb excess on primary channels and redistribute to deficient channels
 - a. Primary channels are regulated by 8 Extra channels
 - b. 8 Extra channels is maintained by the four seas
- f. Relation to *Luo* Connecting Channels
 - 1. The *luo* channels distribute essential blood
 - a. Connect to the *luo* of the *Ren Mai* and the *Du Mai*
 - b. Allows blood to return to *jing*

2. 50% of the opening points for the 8 Extra channels are *luo* points

5. Specific Functions

a. *Ren Mai*

1. “Sea of *Yin*”
2. Controls all aspects, functions and location of *yin*
3. Connections
 - a. *Chong* and *Yinqiao* connect at CV 1 and CV 7
 - b. *Yinwei* connects at CV 22 and CV 23
 - c. Connects to *Du* at GV 28
4. Command/confluent point: LU 7

b. *Du Mai*

1. “Sea of *Yang*”
2. Controls all aspects, functions and location of *yang*
3. Original name means stitching on the back of clothing, eg the spine
4. Connections
 - a. All *yang* channels connect at GV 14
 - b. *Yangwei* and *Du* connect at GV 15 and GV 16
 - c. Enters brain at GV 16
 - d. Bladder channel connects at GV 12
 - e. Connects to *Du* at GV 28
5. Command/confluent point: SI 3

c. *Chong Mai*

1. Original Chinese name meant “pregnancy”
 - a. Important for uterus, ovary, fertility, menses
2. Chinese name also means “vital passageway”
 - a. Links *yin* and *yang*, exterior and interior
 - b. Maintains free flow of *qi* and blood
 - c. Integrates *jing* and *zheng qi*
 - d. Known as “Sea of Blood”, “Sea of Nourishment”
 - e. Known as “Sea of Channels and Collaterals”
3. Supports and distributes post-natal *qi* to the *zang-fu* as well as the twelve channels

4. Connections
 - a. At ST 30, connects to *Ren mai*, Stomach channel and Kidney channel
 - b. In lower abdomen, connects to *Du Mai*, Spleen channel and Kidney channel
 5. Command/confluent point: SP 4
- d. *Dai Mai*
1. Belt/Girdle vessel
 2. Regulates upper and lower regions
 3. Organizes *yang*
 4. Command/confluent point: GB 41
- e. *Yang Wei Mai*
1. *Yang* Linking
 - a. Links all *yang* channels
 2. Preserves and supports *yang*
 3. Maintains the surface
 4. Command/confluent point: TW 5
- f. *Yin Wei Mai*
1. *Yin* Linking
 - a. Links all *yin* channels
 2. Preserves and supports *yin*
 3. Maintains the interior
 4. Command/confluent point: PC 6
- g. *Yang Qiao Mai*
1. *Yang* Motility
 2. Accelerates and regulates *yang*
 3. *Qiao* means “to lift up one’s heel”
 4. Meets Gallbladder channel at GB 20
 5. Command/confluent point: BL 62

h. *Yin Qiao Mai*

1. *Yin* Motility
2. Accelerates and regulates *yin*
3. Command/confluent point: KI 6

i. *Yin* and *Yang Qiao* and *Yin* and *Yang Wei* together

1. Regulate basic rhythms and transformational life cycles
2. Puberty, menstrual cycle, menopause, pregnancy, aging

6. Traditional pairings

- | | |
|-----------------|-----------------------|
| a. Lu 7 – KI 6 | <i>Ren - Yinqiao</i> |
| b. PC 6 – SP 4 | <i>Yinwei - Chong</i> |
| c. SI 3 – BL 62 | <i>Du - Yangqiao</i> |
| d. TW 5 – GB 41 | <i>Yangwei - Dai</i> |

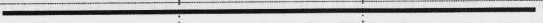
7. 8 Extra Pulse Diagnosis, according to Li Shi-Zhen

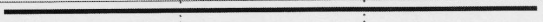
<i>Du Mai</i>	Whole pulse is floating, wiry and long
<i>Yang Qiao</i>	Tight at <i>cun</i> position, vibrating right and left
<i>Ren Mai</i>	Tight at <i>cun</i> . Thin, full and long <i>cun</i> to guan
<i>Yin Qiao</i>	Tight at <i>chi</i> , vibrating right and left
<i>Yin Wei</i>	Pulse at <i>chi</i> rolls up towards <i>cun</i> . Sinking, big, full.
<i>Chong Mai</i>	Firm, wiry, full.
<i>Yang Wei</i>	<i>Chi</i> pulse rolls towards little finger, or up to <i>cun</i> . Floating, big, full.
<i>Dai Mai</i>	Tight at <i>guan</i> , vibrating right and left

continued

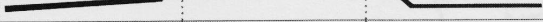
CHAPTER G | An Overview of Pulse Diagnosis

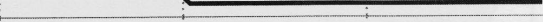
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<i>Du</i>	DISTAL	MIDDLE	PROXIMAL	
SUPERFICIAL				<i>Du</i> pulse
MIDDLE				Normal pulse
DEEP				

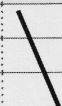
<i>Ren</i>	DISTAL	MIDDLE	PROXIMAL	
SUPERFICIAL				
MIDDLE				
DEEP				

<i>Chong</i>	DISTAL	MIDDLE	PROXIMAL	
SUPERFICIAL				
MIDDLE				
DEEP				

<i>Dai</i>	DISTAL	MIDDLE	PROXIMAL	
SUPERFICIAL				
MIDDLE				
DEEP				

<i>Yang Qiao</i>	DISTAL	MIDDLE	PROXIMAL	
SUPERFICIAL				
MIDDLE				
DEEP				

<i>Yin Qiao</i>	DISTAL	MIDDLE	PROXIMAL	
SUPERFICIAL				
MIDDLE				
DEEP				

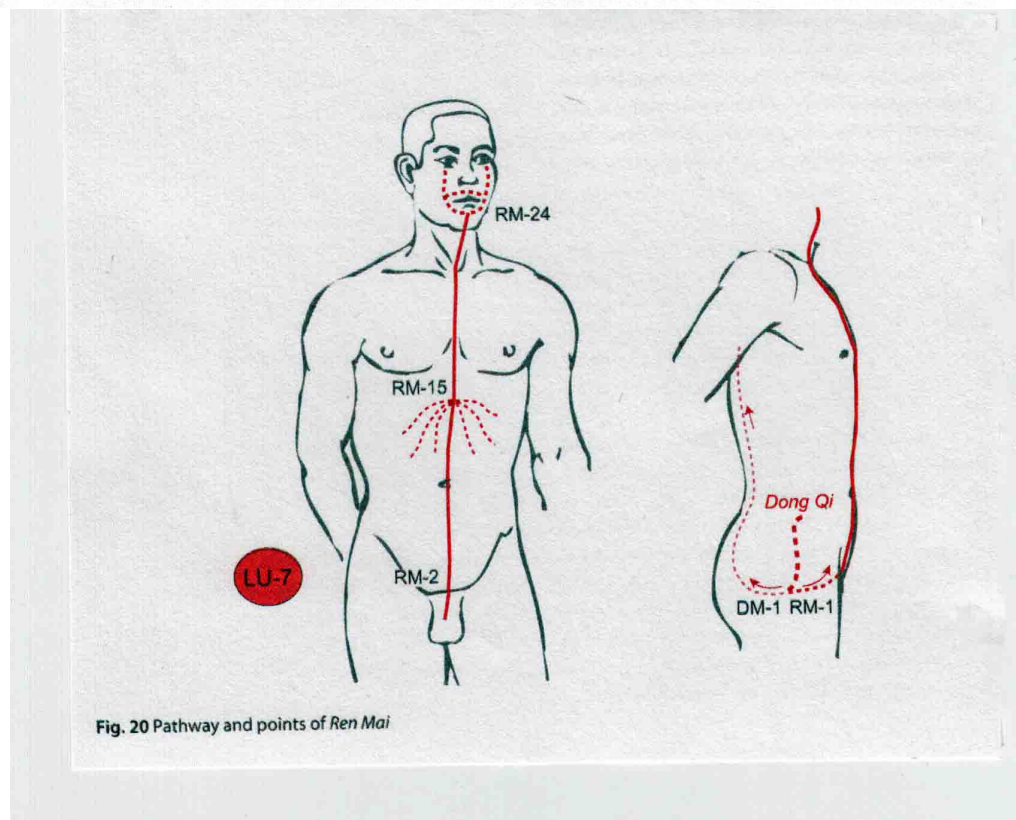
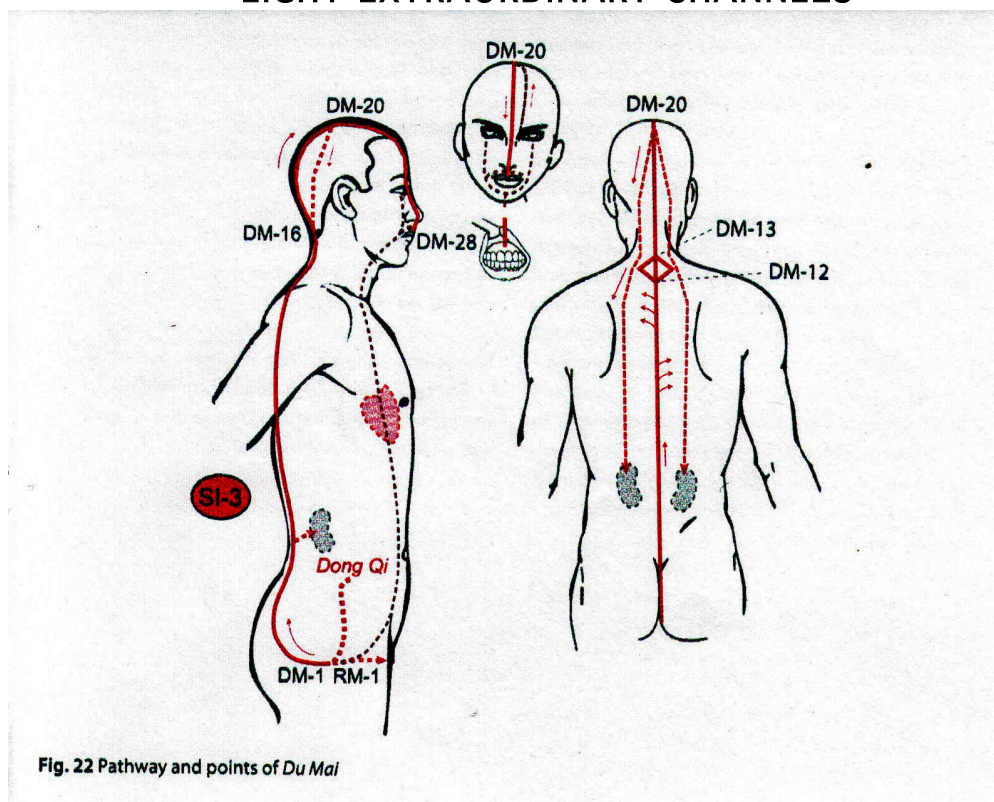
<i>Yang Wei</i>				
DISTAL				
MIDDLE				
PROXIMAL				

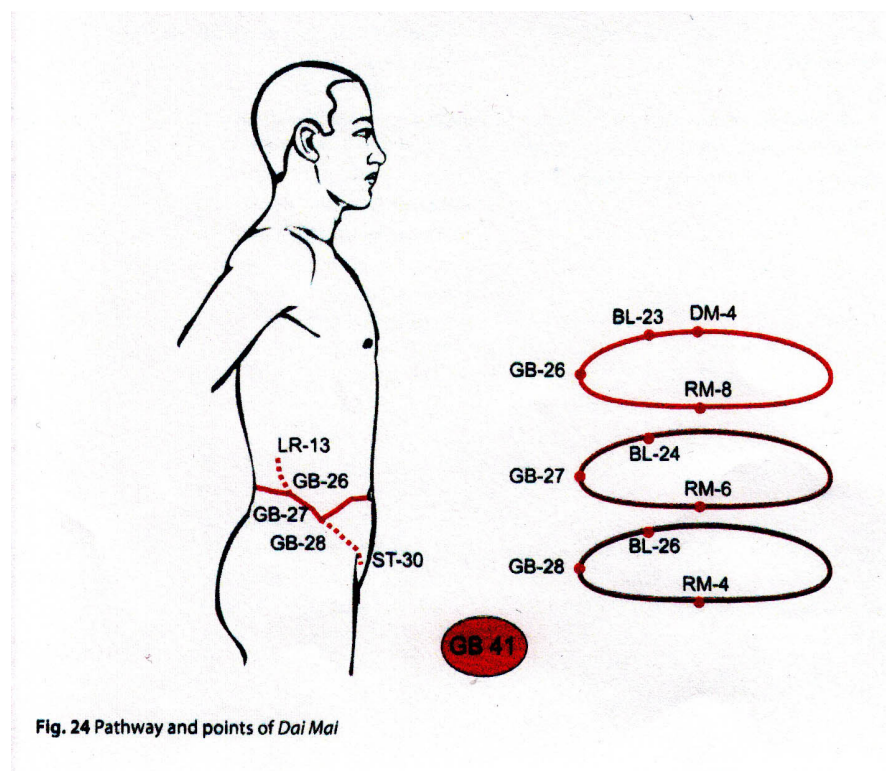
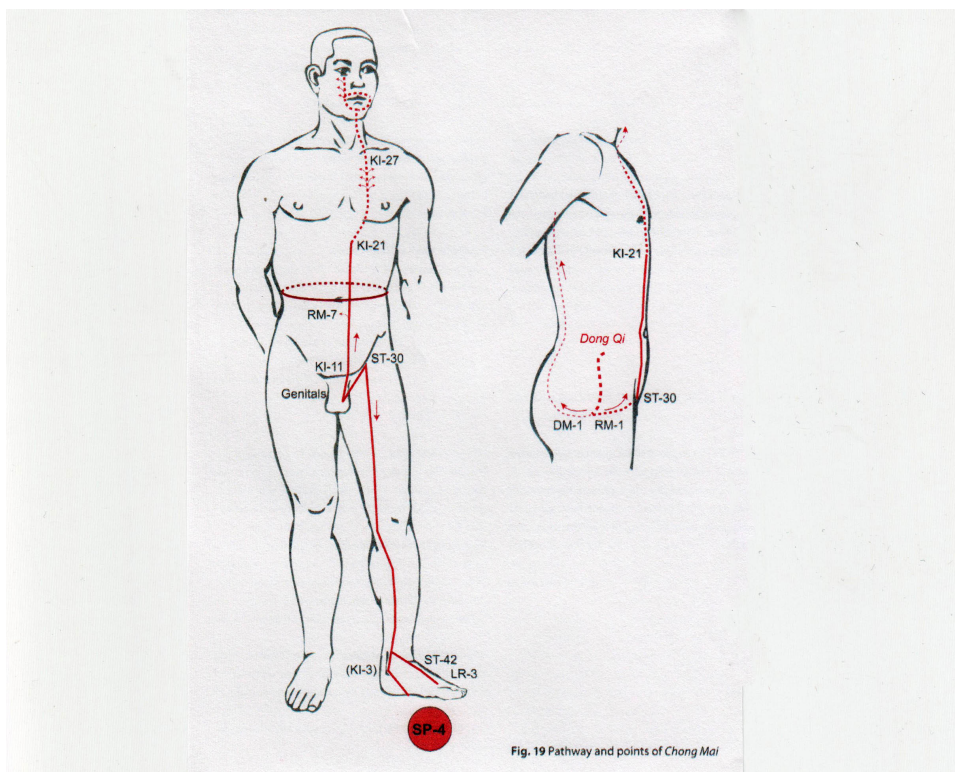
<i>Yin Wei</i>				
DISTAL				
MIDDLE				
PROXIMAL				

Table G-2

From Chace and Shima, *An Exposition of the Eight Extraordinary Vessels*, p. 83

EIGHT EXTRAORDINARY CHANNELS





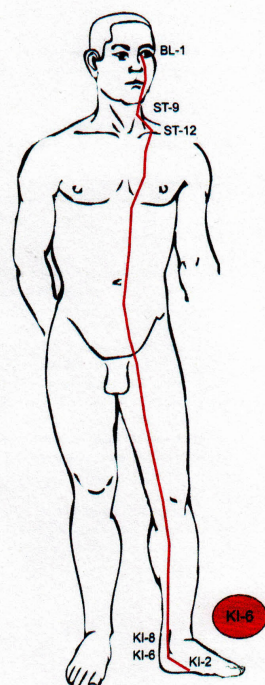


Fig. 28 Pathway and points of Yinqlao Mai

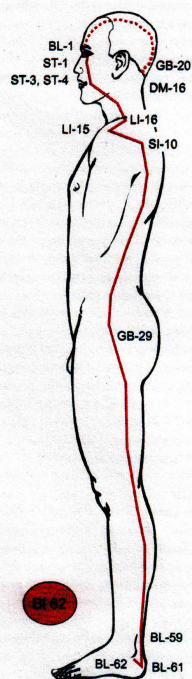
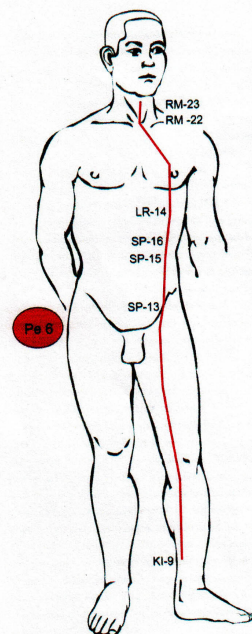


Fig. 29 Pathway and points of Yangqlao Mai



- Taiyin: SP-13, SP-15, SP-16
- Jueyin: LR-14
- Shaoyin: KI-9, RM-23

Fig. 26 Pathway and points of Yin Wei Mai

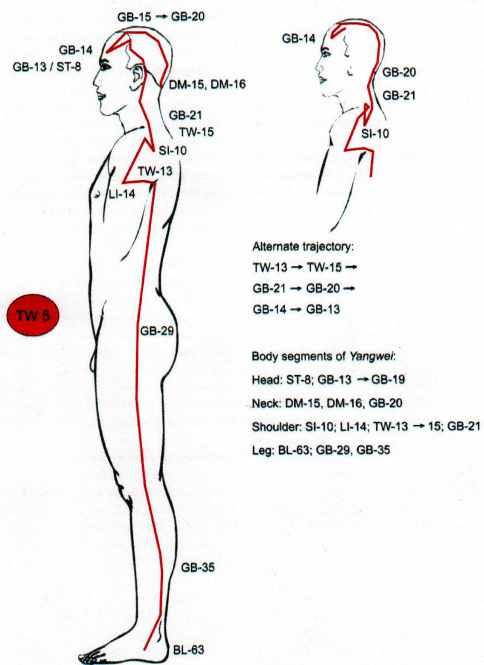


Fig. 27 Pathway and points of Yangwei Mai

TCM OVERVIEW OF DIVERGENT CHANNELS

1. General

- a. Described in Chapter 11, *Ling Shu (Huang Di Nei Jing): 经别 jīng bié*
 - a. No symptomology or treatment protocols are described
 - b. The channel “diverges” from the main channel to join with their *yin-yang* partner channel and organ
 1. Eventually joins again into the *yang* channel that enters neck and head
 2. Because *yin* and *yang* channels merge, they take on therapeutic aspects of the other
 - a. Lu 7 for example can influence the face, even though primary channel does not go there
 - b. It does so by joining with LI
 3. Only channels beside primary channel to connect with *zang-fu*
 4. Enhance the relationship between exterior and interior
 - c. Helps connect head and neck with body and organs
 1. Balances channels with associated organs
 2. Seen to balance heaven (head) and earth (body)
 - d. Operates in Six Confluences
 1. The 6 *yin-yang* pairs
 2. Confluence 1: BL-KI (Water)
 3. Confluence 2: GB-LV (Wood)
 4. Confluence 3: ST-SP (Earth)
 5. Confluence 4: SI-HT (Fire)
 6. Confluence 5: TB-PC (Ministerial Fire)
 7. Confluence 6: LI-LU (Metal)
 - e. Term first is described in *Nei Jing*
 1. Applied to directions
 - a. North, South, East, West, Heaven, Earth
 - b. Space as a polyhedron
 2. Applied to Seasons
 3. Influenced Chinese astrology
 - a. 12 Earthly branches
 4. Precursor to 5 phases

2. Distribution

- a. Start at *He*-Sea points
 - 1. The energy dives deep into the interior
- b. They all join their coupled channel
 - 1. The coupled channels go to their associated *zang-fu* organs
 - 2. Specifically, to the *gao huang* membranes surrounding the organ
- c. All divergent channels pass through the heart area
- d. Upper divergent channels pass through the throat
- e. All converge at GV 20

3. Functions

- a. Maintain connection between head (heaven) and body (earth)
 - 1. Regulates distribution of *qi*, blood, *yin*, *yang* and fluids
 - 2. Under stress, energy will rise to head
 - a. Stress includes physical, emotion, or depletion
 - b. Heaven and earth separate
 - c. Root with lower *dantian* is broken
 - d. Treatment brings excess above (neck and face) back down to He-sea points
- b. Protection of internal organs divergent channel
 - 1. Last protection against *xie qi* (pathogenic *qi*) penetrating to *zang fu*
 - 2. If it has passed the *wei qi*, *jing jie* (sinew channels) or *luo mai* (connecting channels)
 - 3. Deeper pathogens can get stuck at the divergent channel level
 - a. Become more chronic or latent

4. Clinical Applications of Divergent Channels

- a. Chronic exposure or cyclic conditions
 - 1. *Bi* syndrome
 - 2. *Wei* syndromes
 - 3. Seasonal allergies
 - 4. Chronic dermatological conditions
 - 5. Chronic respiratory
 - 6. Internal toxicity
 - 7. Psycho-emotional disorders

8. Autoimmune disorders
9. Degenerative conditions, incl cancer
10. Chronic deficiency conditions

5. Specific Channel Applications

a. *Yang* pairs

1. BL-SI

- a. *Bi*: Wind-cold
- b. Skin: Flakey

2. GB-TB

- a. *Bi*: Wind-damp
- b. Eyes, ears
- c. Skin: Raised wheals

3. LI-ST

- a. *Bi*: Wind-heat
- b. Nose, throat, mouth
- c. Skin: Red or itchy

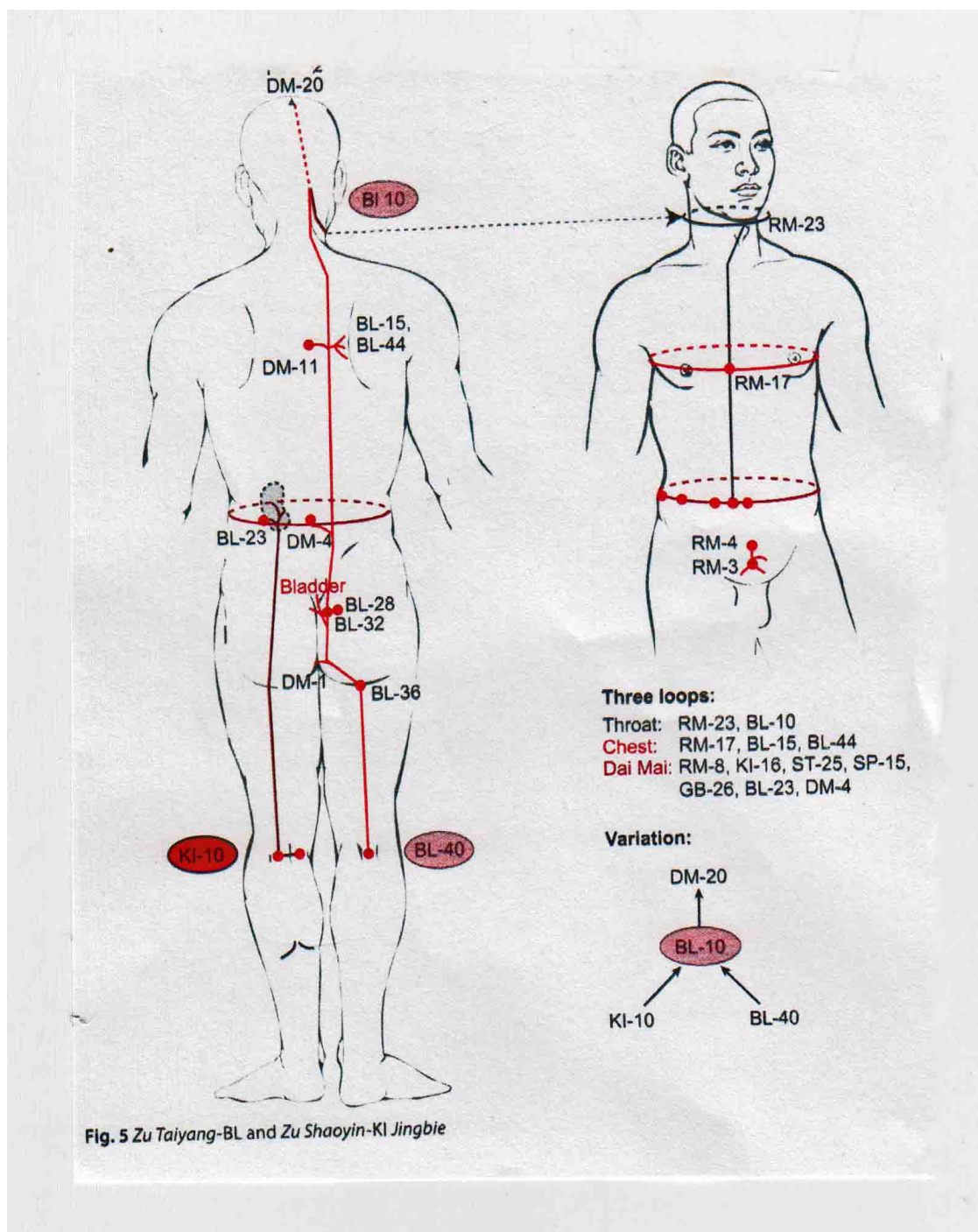
b. Six Confluences in Divergent Channel Application

1. BL-KI (Water): Bring *yin* and fluids to the head; bring *yang* downwards
2. GB-LV (Wood): Carry blood and *yin* to the head
3. SI-HT (Fire): Carry *ye* (thick fluids) to the head (cerebral-spinal fluid)
4. TB-PC (Ministerial Fire): Regulate blood, fluids and *qi* in the head, move *yin* and blood
5. ST-SP (Earth): Bring clear *yang* and fluids to the head
6. LI-LU (Metal): Diffuse *wei qi* and *yang* to the surface and bring up to the head

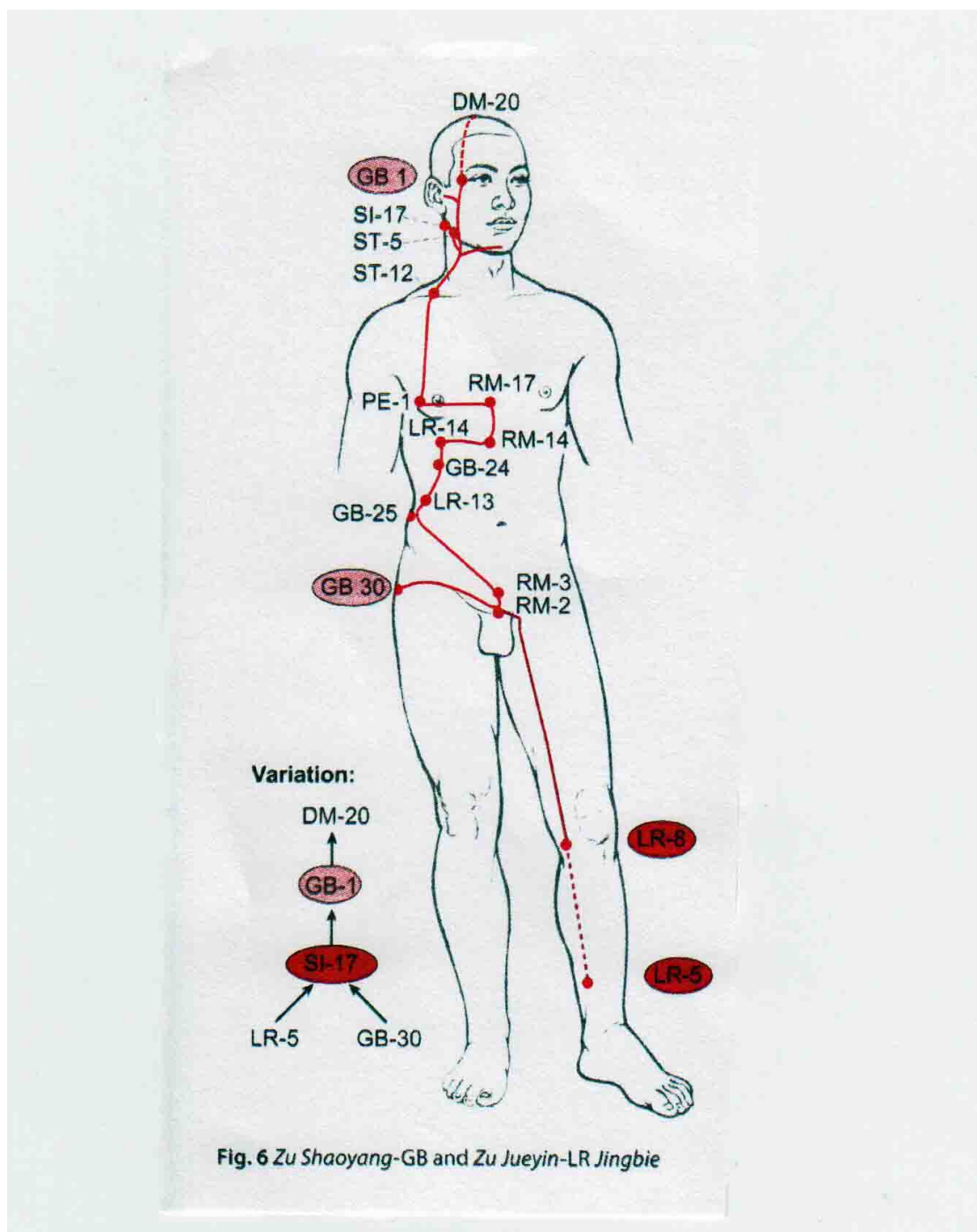
DIVERGENT CHANNELS

All drawings from Montakab, *Acupuncture Point and Channel Energetics*

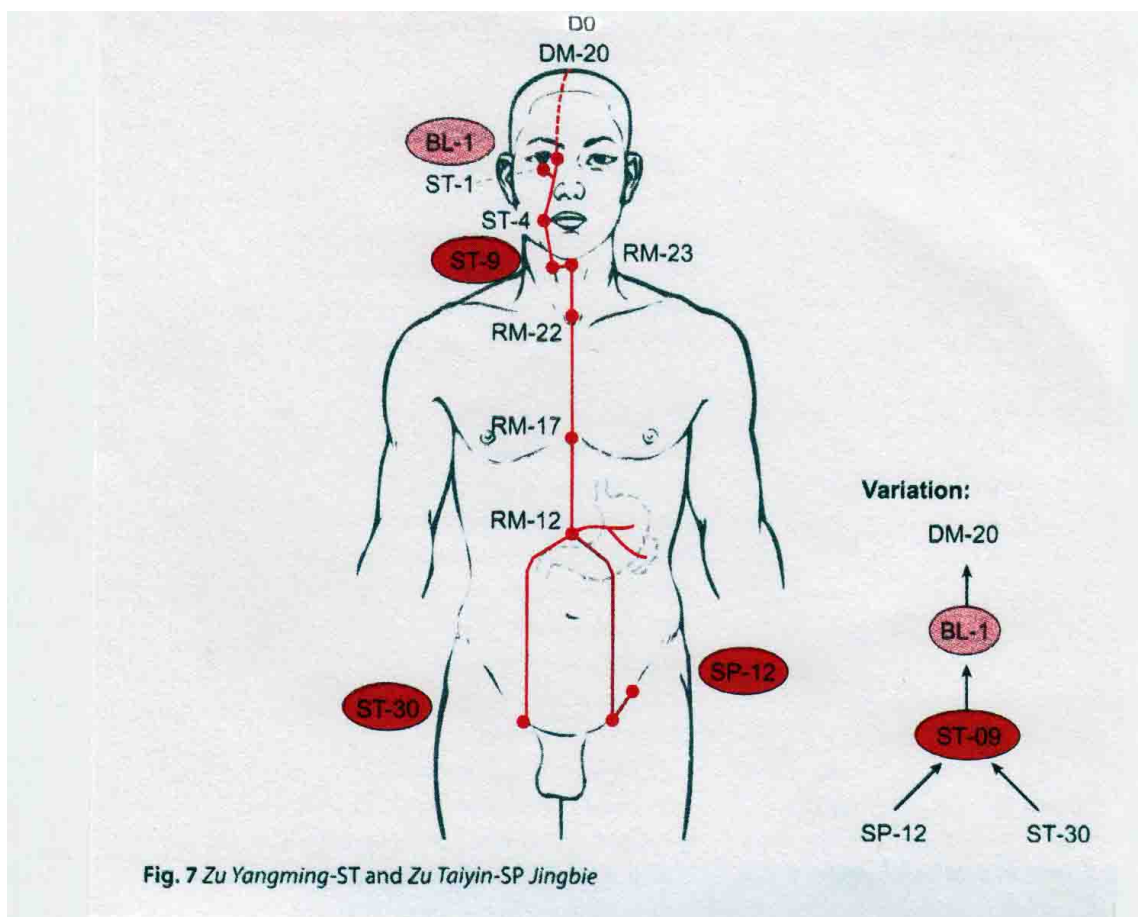
CONFLUENCE 1: BLADDER - KIDNEY



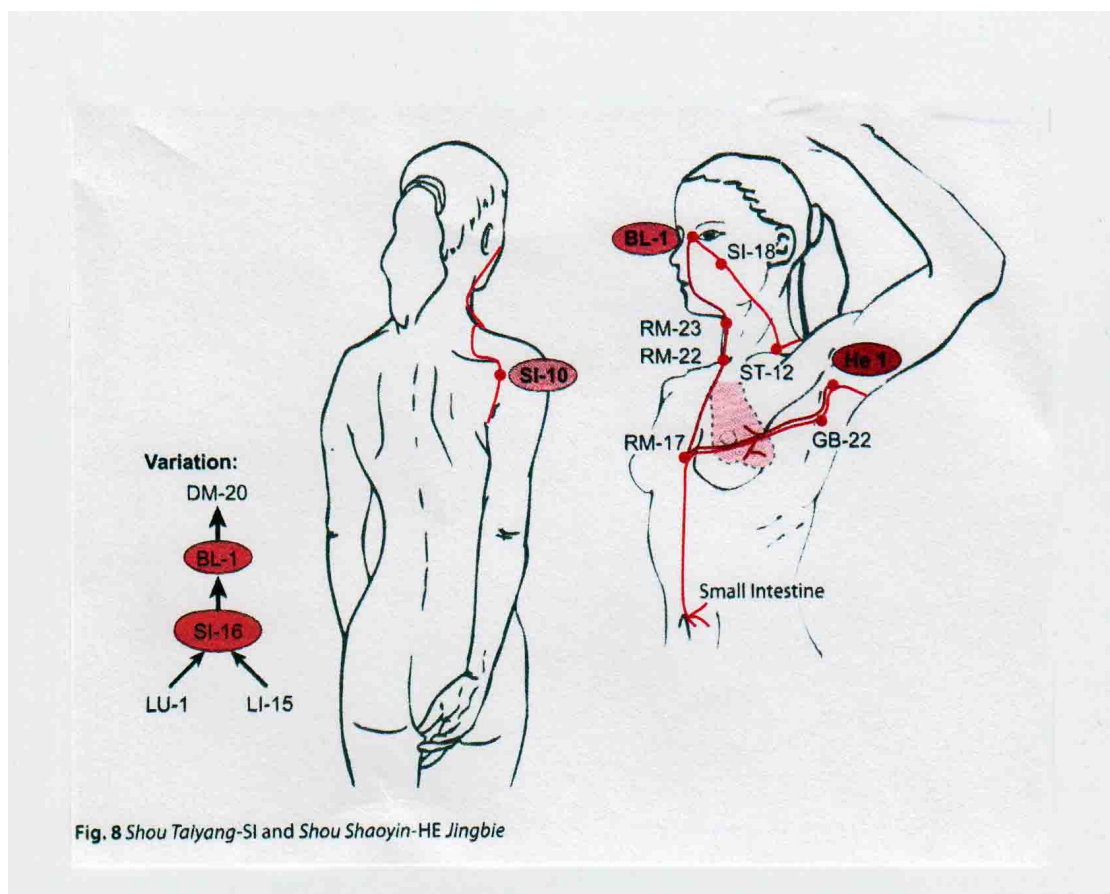
CONFLUENCE 2: GALLBLADDER - LIVER



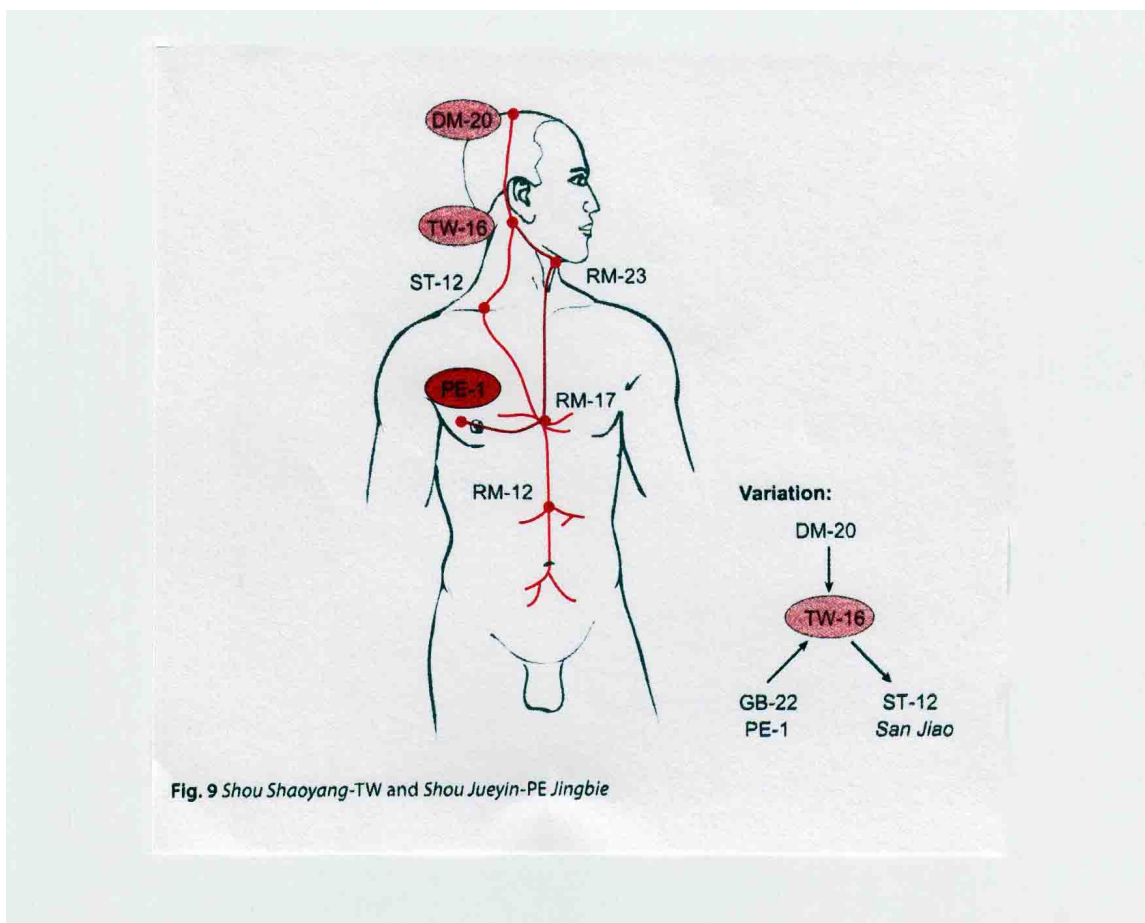
CONFLUENCE 3: STOMACH – SPLEEN



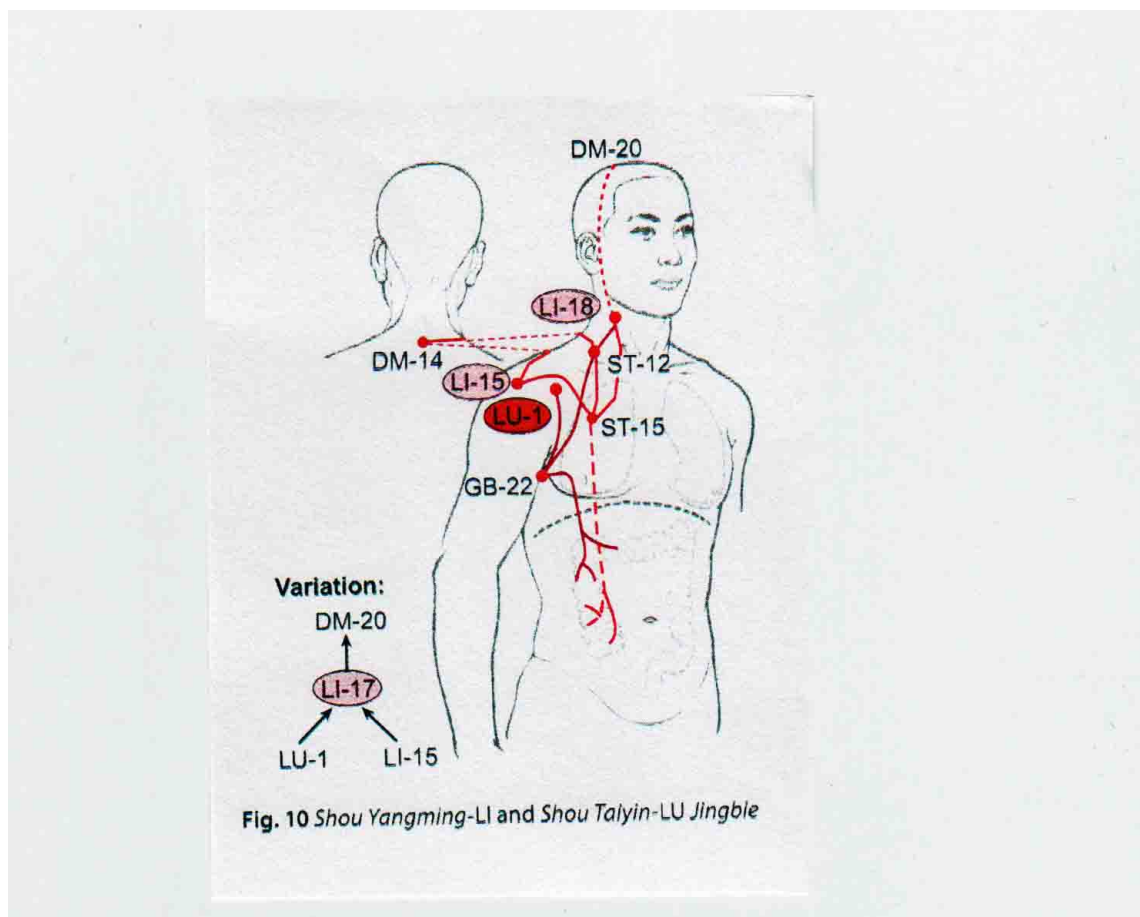
CONFLUENCE 4: SMALL INTESTINE - HEART



CONFLUENCE 5: TRIPLE BURNER - PERICARDIUM



CONFLUENCE 6: LARGE INTESTINE - LUNG



YOSHIO MANAKA: ADDITIONAL MATERIAL

1. Abdominal Patterns of the 8 Extraordinary Channels

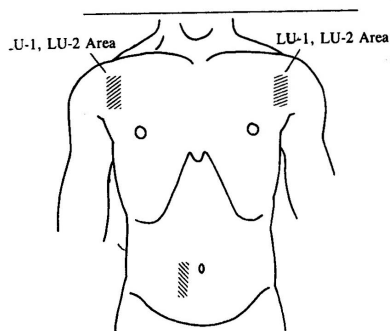


Figure 11.15 Lung vacancy.

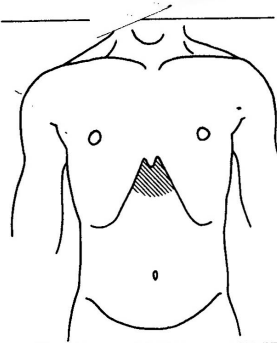


Figure 11.16 Heart problem.

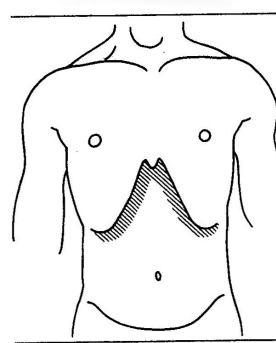


Figure 11.17 Yin Wei-Chong Mai
(Possibly liver and spleen related).

PG-SP4

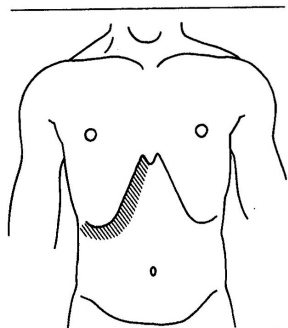


Figure 11.18 Yin Wei-Chong Mai
(Possibly liver vacancy)

PG-SP4

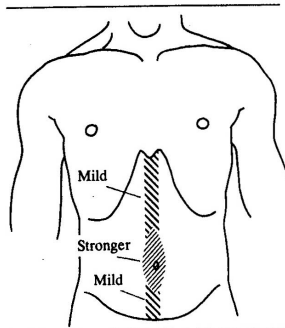


Figure 11.19 Yin Qiao-Ren Mai.

hi 6 - hi 7

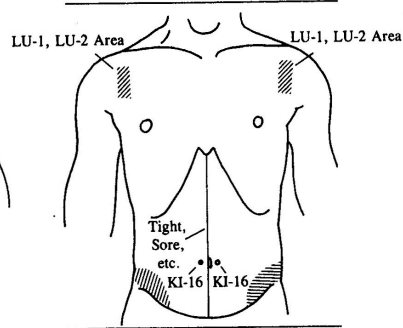


Figure 11.20 Yin Qiao-Ren Mai.

hi 6 - hi 7

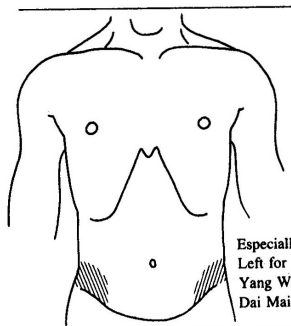


Figure 11.21 Yang Wei-Dai Mai.
Yang Qiao-Du Mai.
Yin Qiao-Ren Mai.
Gallbladder.

TS-GB41
hi 6 - hi 7
hi 6 - hi 7

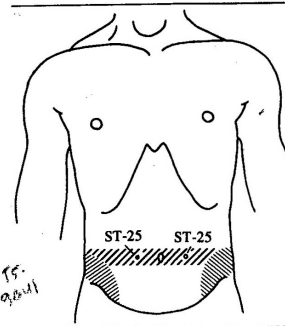


Figure 11.22 Yang Wei-Dai Mai.

TS-GB41

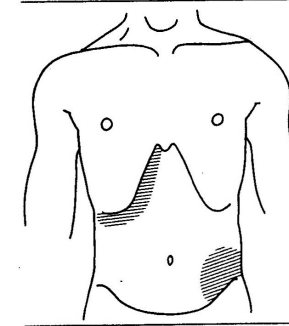
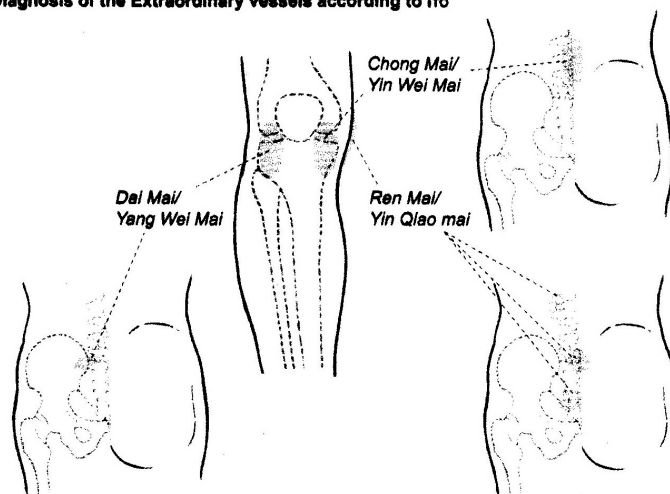


Figure 11.23 "The Cross Syndrome":
Right Yin Wei-Chong Mai.
Left Yang Wei-Dai Mai.

PG-SP4
TS-GB41

2.

Diagnosis of the Extraordinary vessels according to IRO



Tension zones and the Extraordinary vessels according to MANAKA

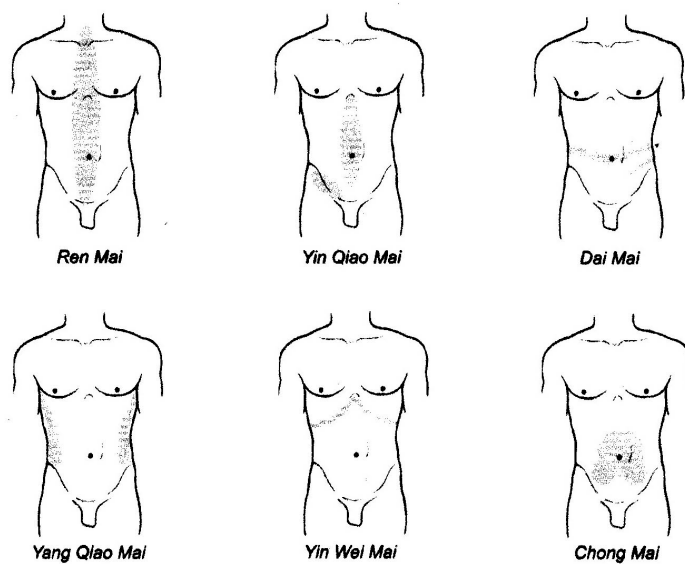


Fig. 16 The Japanese palpational diagnosis for the Eight Extraordinary vessels

2. Manaka's Mu Points

- | | |
|-------|--------------------------------------|
| a. LU | LU 1 to LU 2 |
| b. LI | ST 27 (+ slightly lateral) |
| c. ST | CV 12 to ST 21 |
| d. SP | SP 21 to GB 26 |
| e. HT | CV 14; CV 17; KI 23 |
| f. SI | ST 26 (+ slightly medial) |
| g. BL | KI 11 |
| h. KI | KI 16 |
| i. PC | CV 17 + PC 1 |
| j. TW | ST 25 (+ slightly lateral) |
| k. GB | GB 24 +/- to GB 29 (ASIS) |
| l. LV | LV 14 TO GB 26 (esp right subcostal) |

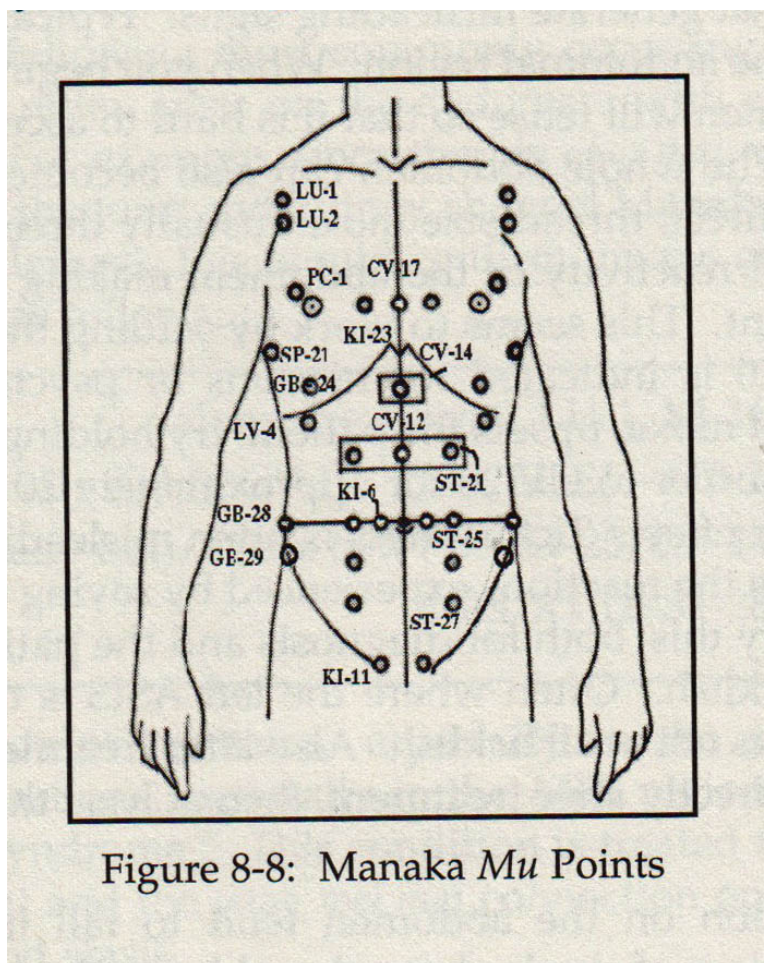


Figure 8-8: Manaka *Mu* Points

from Manaka, *Chasing the Dragon's Tail*, p. 135

3. Treatments based on 8 Extra abdominal diagnosis, using IPC (points indicate areas of tension or soreness)

- a. LU 7 (+) – KI 6 (-) *Ren – Yinqiao* / bilateral
 - 1. *Ren mai*: CV 16 to CV 2
 - 2. Upper: LU 1, LU 2, ST 12
 - 3. Lower: KI 16, KI 11, ASIS
 - 4. Distal: KI 8
- b. SP 4 (+) – PC 6 (-) *Chong – Yinwei* / right side or bilateral
 - 1. Dx: Subcostal region, esp right
 - 2. Upper: PC 1, CV 17, CV 22, ST 11
 - 3. Mid: SP 21 to GB 26
 - 4. Distal: KI 9
- c. SI 3 (+) – BL 62 (-) *Du – Yangqiao* / bilateral
 - 1. Lower: ASIS + ST 26, KI 11
 - 2. Back: SI 9, SI 10, sides of cervical vertebrae, PSIS
- d. GB 41 (+) – TW 5 (-) *Dai – Yangwei* / left side or bilateral
 - 1. Mid: Along belt: KI 16, SP 15, BL 23
 - 2. Lower: ASIS + ST 25, GB 24
- e. R: SP 4 (+) – PC 6 (-) *Chong – Yinwei*
 L: GB 41 (+) – TW 5 (-) *Dai – Yangwei*
 - 1. Mid and lower: right subcostal + left ASIS
 +/- or left naval - ST 25, ST 27

4. Manaka's Back Treatment for 8 Extra

- a. *Ren – Yinqiao* : BL 23 + BL 25
- b. *Chong – Yinwei* : BL 18 + BL 20
- c. *Du – Yangqiao* : BL 27 + BL 28
- d. *Dai – Yangwei* : BL 19 + /or BL 22 / BL 23
- e. `Cross Pattern : BL 18 + BL 25 or BL 27

MIKI SHIMA'S SAT PROTOCOL (Somato-Auricular Therapy)

1. Akabane diagnosis
 - a. Akabane testing became Shima's principal diagnostic tool
 1. Also used pulse, abdomen, point palpation, questioning
 2. Useful when patient has stagnant flow of *qi* or is fatigued
 - b. *Jing*-well points are stroked with an incense stick
 1. Number of strokes is recorded for each *jing*-well point
 2. Points that require more strokes are colder and more *yang* deficient
 - c. Compares number of incense strokes on each *jing*-well acupuncture point
 1. Highest number – most weak/cold
2. Akabane mathematical analysis
 - a. Shima created mathematical grid for comparing the various channels
 - b. Channels or pairs with greatest deviation from the total showed greatest imbalance
 1. These channels would be selected for treatment
 - a. Most affected side chosen for treatment
 - b. Usually the channel requiring the most incense strokes
 - c. Would be weakest/coldest
 - c. Three groups are compared
 1. Lateral polarization
 - a. Greatest deviation of right from left of same channel
 - b. Use BL *shu* point to balance
 2. Extraordinary channel Polarization
 - a. Points chosen are based on greatest deviation for each of the Extraordinary pairs
 1. Deviation between 10 and 20
 2. Top two 8 Extraordinary pairs are chosen
 3. Side chosen is the lower of the R-L readings
 - b. *Yang* channels: SI-BL, GB-TW / LI-ST
 - c. *Yin* channels: LU-KI, PC-SP / PC-LV, LU-SP, HT-KI
 1. The incorporate new 8 Extraordinary pairings

3. Divergent Channel Polarization

- a. Points chosen are based on greatest deviation for each *wu xing* pair (eg ST-SP, GB-LV, etc)
 1. Deviation is greater than 20
 2. Side chosen is the lower of the R-L readings
- b. Greatest deviation in divergent channel confluences
 1. BL-KI, GB-LV, ST-SP, SI-HT, TW-PC, LI-LU

3. Shima's Treatment Sequence

- a. Would first apply *sesshokushin*
 1. Massage to *kori* (superficial hardenings) on trapezius and back
 2. Stroking, *teishin* technique, or superficial needling technique to any meridians showing excess or deficiency
 3. Esp along muscle spasms
 4. This opens up superficial aspects of the network
 5. Inhibits chance that *qi* may become stuck during treatment
- b. Back Shu treatment
 1. Greatest R-L imbalance of single meridian, use *haineishin* (IDN) on weak side
 - a. Direct moxa to back *Shu* point as determined by Akabane diagnosis
 2. Other weak primary channels, are treated with direct moxa (> 10 cones) on weakest side, back *shu*
 3. For weakened patient, poor constitution, cancer, etc
 - a. Kidney Return Protocol
 1. Developed by Tadashi Irie
 2. Points:
 - a. BL 40 (-)
 - b. BL 23 (+)
 - c. BL 11 (+)
 3. If unable to lie prone, use:
 - a. BL 40 or Ki 10 (-)
 - b. CV 6 (+)
 - c. BL 1 (+)

- c. 8 Pair Extraordinary channel treatment
 - 1. Used pulse diagnosis to evaluate 8 extras before and during treatment
 - a. Master points of 8 Extra are used
 - b. Sees 8 Extra in terms of pairs rather than isolated channels
 - 2. With Akabane diagnosis
 - a. Relied on Akabane diagnosis to determine 8 Extra channel treatment
 - 1. 8 Extra pair with greatest deviation to each other (eg, SI versus BL), would be chosen
 - 2. Saw 8 Extra in terms of pairs rather than isolated channels
 - 3. Differences > 10
 - b. Higher number of strokes = weakest/coldest
 - 1. Do (+) treatment
 - 2. 8 Extra partner gets (-)
 - 3. Prioritize weakest side for needle placement
 - c. Top two pairs are chosen
 - 1. Weakest side is chosen and treated
 - d. Use ion-pumping cords
- d. Divergent Channels
 - 1. Used Akabane for diagnosis, and determining side to treat
 - a. Differences > 20
 - b. Top two pairs are chosen
 - c. Weakest side is chosen
 - 2. Direction of flow
 - a. Shima follows Irie's directions of the six confluences
 - b. Leg confluences direct *qi* from leg *he*-sea points toward the head
 - c. Arm confluences direct *qi* from the head towards the arm *he*-sea points
 - 3. Technique
 - a. Chooses (-) point first, using silver or stainless needles
 - b. Then treats (+) point with gold needle

- c. Uses just one head point, usually on the *yang* side
 - 1. Eg, GB 1 (+) L, GB 34 (-) L, LV 8 (-), R
- d. Or uses needles with IPC determining polarity (red to +, black to -)

4. Considerations

- a. If doing Divergent channel treatment, unnecessary to do primary *yuan*-source point
- b. Divergent treatment balances the deeper *zang-fu* imbalances
- c. When choosing a divergent channel, he would prioritize the *yang* channel, especially with pain
- d. If results were not satisfactory, he would add in partner *yin* channel on other side
- e. For divergent points, he would angle the needle 45° in direction of channel flow

e. Auriculotherapy

- 1. Address related complaint
- 2. Preferred Nogier correspondences rather than TCM correspondences
- 3. Used Nogier VAS (pulse diagnosis) to confirm point
 - a. Used Carotid artery at St 9
 - b. Used thumb or index finger to palpate
 - c. Look to see when pulse moves either superior or inferior
- 4. Used electro-stim to ear point and distal point, 5 minutes
 - a. Used Hibiki-7
 - 1. Channel extremity point (-)
 - 2. Ear point (+)
 - b. No electricity if patient too weak

5-SYSTEM TAI JI BALANCE METHOD

Based on Dr. Richard Tan

ARM	#1	#2	#3	#4	#5
LU	SP	UB	LI	UB	LIV
PC	LIV	ST	TB	ST	KI
HT	KI	GB	SI	GB	SP
LI	ST	LIV	LU	KI	ST
TB	GB	KI	PC	SP	GB
SI	UB	SP	HT	LIV	UB
FOOT					
SP	LU	SI	ST	TB	HT
LIV	PC	LI	GB	SI	LU
KI	HT	TB	UB	LI	PC
ST	LI	PC	SP	PC	LI
GB	TB	HT	LIV	HT	TB
UB	SI	LU	KI	LU	SI
	Opposite	Either	Opposite	Either	Opposite

#1	6 Level Hand-Foot	#4	Chinese Clock - Opposite
#2	6 Level Yin-Yang Pair	#5	Chinese Clock - Neighbor
#3	5-Phase Partner (Ext-Int)		