

**Study Questions
Exam 1**

Which are Yin and which are Yang?

- ◆ **Above the waist**

Yang

- ◆ **Inferior**

Yin

- ◆ **Back of the Body**

yang

- ◆ **Skin and muscles**

yang

- ◆ **Body in general**

yin

- ◆ **Superior**

yang

- ◆ **Front of the body**

yin

- ◆ **Head**

yang

- ◆ **Below the waist**

yin

- ◆ **Internal organs in general**

yin

- ◆ **Zang organs**

yin

- ◆ **Fu organs**

yang

- ◆ **Medial surfaces**

yin

- ◆ **Lateral surfaces**

yang

**Of the following clinical manifestations,
which are yin and which are yang?**

- ◆ **Red tongue with yellow coat**

yang

- ◆ **Desire for hot drinks**

yin

- ◆ **Loud voice with much talking**

yang

- ◆ **Sleepiness**

yin

- ◆ **No thirst**

yin

◆ **Thirst**

yin

yang

◆ **Profuse, pale urine**

yin

◆ **Insomnia**

yang

◆ **Pale tongue**

yin

◆ **Red face**

yang

◆ **Heat**

yang

◆ **Pale face**

yin

◆ **Desire for cold drinks**

yang

◆ **Scanty, dark urine**

yang

◆ **Restlessness**

yang

◆ **Listlessness**

yin

◆ **Weak voice, dislike of talking**

What is Qi?

The essential substances of the human body which maintain it's activities and the functional activities of the zangfu organs and tissues.

What are the 3 sources of Qi?

Congenital qi from parents
Air
Food/drink

Name the 6 functions of Qi.

1. promotion
organs to work normally
2. warmth
3. defense
wei qi to
 - a. fight attack
 - b. open/close sweat pores
4. consolidation
 - a. sweat
 - b. urine
 - c. blood
5. hold the organs in place
6. nutritive/transforming

What does "consolidation" of Qi refer to and what 3 things does it consolidate?

Keeps it in the right place doing the right thing.

Sweat
Urine
Blood

What are the 3 functions of the blood?

1. Nourish
2. Moisten
3. Material basis of mental activity

What are the correspondences for Wood?

- ◆ **Environment/climate**
wind
- ◆ **Season**
spring
- ◆ **Zang**
liver
- ◆ **Fu**
gallbladder
- ◆ **Emotion**
anger
- ◆ **Taste**
sour
- ◆ **Sense Organ**
eye
- ◆ **Tissue**
sinew/tendon
- ◆ **Sound**
shout
- ◆ **Direction**
east
- ◆ **Color**
green

(smell = ?)

What are the correspondences for Fire?

- ◆ **Environment/climate**
heat
- ◆ **Season**
summer
- ◆ **Zang**
heart
- ◆ **Fu**
small intestine
- ◆ **Emotion**
joy
- ◆ **Taste**
bitter
- ◆ **Sense Organ**
tongue
- ◆ **Tissue**
vessels
- ◆ **Sound**
laughter
- ◆ **Direction**
south
- ◆ **Color**
red

(smell = burned?)

What are the correspondences for Earth?

◆ **Environment/climate**

damp

◆ **Season**

late summer

◆ **Zang**

spleen

◆ **Fu**

stomach

◆ **Emotion**

worry, pensiveness

◆ **Taste**

sweetish

◆ **Sense Organ**

mouth

◆ **Tissue**

muscle

◆ **Sound**

singing

◆ **Direction**

middle

◆ **Color**

yellow

(smell = sweetish)

What are the correspondences for Metal?

◆ **Environment/climate**

dry

◆ **Season**

autumn

◆ **Zang**

lung

◆ **Fu**

large intestine

◆ **Emotion**

grief, sadness

◆ **Taste**

pungent

◆ **Sense Organ**

nose

◆ **Tissue**

skin

◆ **Sound**

crying

◆ **Direction**

west

◆ **Color**

white

(smell = ?)

What are the correspondences for Water?

◆ **Environment/climate**

cold

◆ **Season**

winter

◆ **Zang**

kidney

◆ **Fu**

bladder

◆ **Emotion**

fear

◆ **Taste**

salty

◆ **Sense Organ**

ear

◆ **Tissue**

bone

◆ **Sound**

groan

◆ **Direction**

north

◆ **Color**

black

Smell = ?

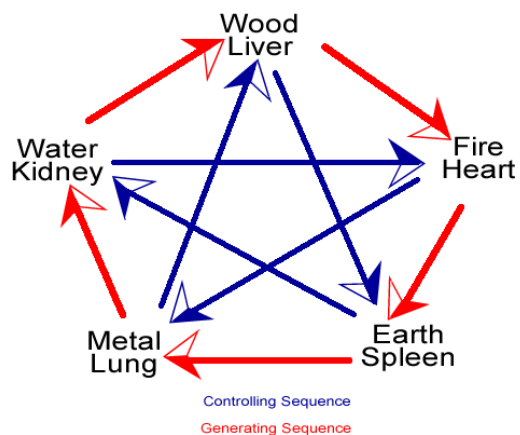
Name the defining principles of Yin and Yang

1. Yin and Yang are opposite
2. Intertransformation (from one into the other)
3. Interdependence (one cannot survive w/o the other)
4. One contains the seeds of the other

What is the most important organ for Qi?

Spleen

Draw the generating/controlling diagram



What 2 major sub-branchings do the meridians include?

1. channels (Jing)
2. collaterals (Luo)

What is another way to say meridian?

Channel or Jing

What is another word for collateral?

Luo, Luo-collateral or Luo connecting channel

What are the 5 major branches of Jing/Channels/Meridians and how many of each are there?

1. 12 primary channels
2. 8 extraordinary channels
3. 12 divergent channels
4. 12 muscular regions
5. 12 cutaneous regions

How many major collateral channels/ Luo channels are there?

15 of them.

1 for each of the 12 primary channels, one for the Ren channel, one for the Du channel, and one for the Great Luo connecting channel of the Spleen.

What are the 4 functions of the channels?

1. transport qi and blood thru the body, making a unified whole.
2. protect the body
3. respond to dysfunction in the body
4. transmit qi to diseased areas.

Name the 3 hand yin channels

1. Lung = hand taiyin
2. Pericardium = hand jueyin
3. Heart = hand shaoyin

Name the 3 hand yang channels

1. Large intestine = hand yangming
2. San Jiao = hand shaoyang
3. Small intestine = hand taiyang

Name the 3 foot yang channels

1. Stomach = foot yangming
2. Gall Bladder = foot shaoyang
3. Bladder = foot taiyang

Name the 3 foot yin channels

1. Spleen = foot taiyin
2. Liver = foot jueyin
3. Kidney = foot shaoyin

What are the 2 Taiyin channels?

Spleen (foot)
Lung (hand)

What are the 2 Jueyin channels?

Liver (foot)
Pericardium (hand)

What are the two Shaoyin channels?

Kidney (foot)
Heart (hand)

What are the two Yangming channels?

Large Intestine
Stomach

What are the two Shaoyang channels?

Gallbladder (foot)
San Jiao (hand)

What are the two Taiyang channels?

Bladder (foot)
Small Intestine (hand)

Taiyin channels run along what superficial portion of a limb?

Inside and anterior

Jueyin channels run along what superficial portion of a limb?

Inside and Medial

Shaoyin channels run along what superficial portion of a limb?

Inside and posterior

Where do yang channels run basically on the limbs?

Outside/lateral side.

Where does the stomach channel run and on which limbs?

Stomach channel runs anterior portion of leg

Where does the gallbladder channel run?

Legs, lateral surfaces.

What is the general path of the Lung hand taiyin meridian?

From about the axial tail on the chest down the medial surface of the arm to the tip of the thumb.

What is the general path of the hand jueyin (Pericardium) meridian?

From heart area down medial surface of arm to tip of middle finger.

What is the general path of the hand shaoyin (Heart) meridian?

From heart down medial surface of arm to tip of the little finger.

What is the general path of the hand yangming (large intestine) meridian?

From tip of index finger up lateral surface of the arm closest to the anterior side up to the face/head.

What is the general path of the hand shaoyang (san jiao) channel?

From the tip of the ring finger up the lateral surface of the arm, over the side of the elbow, over the SITS muscles, up to the face/head.

What is the general path of the hand taiyang (small intestine) channel?

From the posterior tip of the pinkie finger up the part of the palm where the skin changes color, up the back of the arm, zigzags over the scapula, to the face/head.

What is the general path of the foot yangming (stomach) channel?

From lateral side of nose on face to neck/chest, thru nipple, into stomach, down thru groin, down anterior/lateral side of leg (past lateral side of patella), to 2nd toe.

What is the general path of the foot shaoyang (gallbladder) channel?

Near outer canthus of eye on face, zigzags and branches all over the place, down the leg about where the back pocket of the jeans are, then down that side of the leg (lateral/posterior) and terminates at the 4th toe.

What is the general path of the foot taiyang (bladder) channel?

Begins at inner canthus of the eye, down back lateral to spine, down posterior middle of leg deviating at the calf more anteriorly (but still lateral), ending at the little toe.

What directions do the 3 hand yin channels run?

From chest to hand

What directions do the 3 hand yang channels run?

From hand to face/head

What directions do the 3 foot yang channels run?

From head/face to foot

What directions do the 3 foot yin channels run?

From foot to chest.

Where do the yin channels of same name/hand and foot meet?

Chest or abdomen

Where do the yang channels meet?

At the head/face

Where do the yin channels meet the yang channels?

At the jing-well points on the tips of the toes and fingers. The exception is Kidney, which is on the sole of the foot.

How many complete circuits are there in the path of the primary channels?

Three

What two yin/yang channels make the 1st circuit of the primary channels? Give the organ channels in this circuit in order.

Taiyin → yangming

Lung → large intestine → stomach → spleen

What two yin/yang channels make the 2nd circuit of primary channels? Give the organ channels in this circuit in order.

Shaoyin → taiyang

Heart → small intestine → bladder → kidney

What two yin/yang channels make the 3rd circuit of primary channels? Give the organ channels in this circuit in order.

Jueyin → shaoyang

Pericardium → san jiao → gallbladder → liver

Name the 8 extraordinary vessels

1. Conception (ren)
2. Governing (du)
3. Penetrating (chong)

4. Girdling (dai)
5. Yin motility (yin qiao)
6. Yang motility (yang qiao)
7. Yin linking (yin wei)
8. Yang linking (yang wei)

What is the defining characteristics of extraordinary vessels?

Do not pertain to zangfu, but connect with extraordinary organs—brain, marrow, bone, vessels, gallbladder and uterus. Have no points of their own.

What are the three functions of extraordinary vessels?

1. link the 12 primary channels
2. act as reservoirs for qi and blood
3. protect the body

What is a divergent channel?

A channel that emerges/diverges from a primary channel at a big joint in order to supplement the distribution of the regular meridians.

How many points are on a divergent channel?

A divergent channel has no points of its' own.

Where do the divergent channels run?

From the big joints on the primary channels, goes into trunk (ab/chest) and goes deep. It exits at the neck, and converges at it's related Yang meridian.

What channels do the Yang divergent channels reconverge with?

Their related Yang channels.

What channels do the Yin divergent reconverge with after they exit at/near the neck?

Their related or coupled Yang channel. This is how Yin energy gets distributed to the head.

Most divergent channels pass through what organ?

Heart.

Which 2 divergents do not pass thru heart?

Lung and LI

What are the 5 major functions of the divergent channels?

1. By converging (yang div to pri yang and yin div to pri yang) they strengthen the yin/yang relationship pairs or both the channels and the zangfu.
2. By exiting at the neck, they distribute yin and yang energy as well as qi and blood to the head/face.
3. They supplement the distribution of the regular meridians, accessing areas the primaries do not.
4. By passing thru the heart (except Lu, LI), they help heart control whole body.
5. Integrate the body tissues as a whole (joints → heart → face/sense organs)

What pathways do the paths of the 12 muscular regions follow?

Basically follow the 12 primary channels.

Where do the pathways of the 12 muscular regions start?

At the extremities around the jing-well points.

Where are they bundled (whatever that means)?

At the big joints.

Describe the distribution of the muscular/sinew channels.

Always superficial, never enter the organs.

Where do the 12 muscular channels unite?

At the head (yang) and trunk (yin)

What are the 2 functions of the sinew/muscular regions/channels?

1. nourish muscles/tendons/joints.
2. form the defensive layer of the body.

What are the symptoms of problems in the muscular channels?

Muscle or joint pain

How do you treat the muscular channels?

Ahsi points.

What are the 12 cutaneous regions?

Not channels, but broad regions of skin overlaying and linked to the superficial channels.

What are the luo connecting channels or luo collateral channels?

15 channels which branch out from the primary and extraordinary vessels which are distributed superficially throughout the body.

What are the pathways of the collateral/luo connecting channels?

Luo cnx point of own primary to connect with their internally/externally paired channel. From there they have their own paths usually.

What is the function of the luo connecting channels?

Strengthen the connection between the internally and externally paired channels and zang fu.

What other channels strengthen the int/ext paired channels/zangfu? How are those other channels different from the luo connecting channels?

The other channels that strengthen this connection are the divergent channels. The difference is that the divergents go deep on the trunk/chest/ab and the luo's stay superficial and on extremities.

<<Begin Class 3 notes here>>

What are the 3 major categories of points?

1. Ashi
2. Points on channels
3. Extra points

What are the defining characteristics of Ashi points?

- ◆ Can be anywhere, are unnamed, are unrelated to channels.
- ◆ No set locations or indications.
- ◆ Palpate to find tender points.
- ◆ Used to treat local problems, doesn't affect organs.

What are the defining characteristics of the points on the channels?

- ◆ All are named
- ◆ All are on named channels
- ◆ Have specific locations
- ◆ Have specific indications

Describe the defining char's of the extra points

- ◆ All named
- ◆ All have specific locations
- ◆ All have specific indications
- ◆ Don't belong to named channels

What 3 kinds of things can you treat with acupoints?

- ◆ Local problems—all can treat problems
- ◆ Problems along the pathway of meridians
- ◆ Special indications (not necessarily related to the loc or meridian)

What are the best points to treat disorders at the upper end of a channel?

The more distal points have more indications for disorders at the upper end of the channel.

What is a Yuan Source Point?

Where the original qi (Yuan source) qi surfaces and lingers.

What are the indications for the Yuan Source points on the Yin channels?

Tonification and regulation of the respective Zang (Yin) *organs*.

What are the indications of the Yang Source points?

Dispel excess pathogenic factors and treat disorders along the pathway of their respective *channels*.

What 2 things are Yuan source points used for?

Diagnosis

If tender, problem is in organ, not channel

Treatment

Mostly for Zang organs

How many Luo-connecting points are there and on which channels are they located?

One on each primary channel

One on Ren

One on Du

One on Great Spleen

Describe the pathway of the collaterals

Luo connecting of their own channel → int/ext paired channel. Then continue to follow own pathways.

Three applications for Luo-connecting points.

- ◆ Treat external and internal channels or Zangfu diseases

- ◆ Treat disorders in regions reached by the Luo connecting channel.
- ◆ Treat psycho-emotional disorders

What is the Host-Guest combination?

Yuan Source + Luo Connecting point combination.

First channel expressing disease, choose that channel's Yuan source point.

Second channel expressing disease, choose that channel's Luo-connecting point.

What is a Back-Shu point and where are they located?

Points used to transport qi between zang and the point.

Located along bladder channel at about same anatomic location as related zang or fu and basically directly opposite the corresponding front-mu point.

Name 3 functions of the Back-Shu points

- ◆ Treat Zang and Fu organ problems (mostly Zang) – esp defic/cold/yin
- ◆ Treat problems of the 5 sense organs
- ◆ Treat disease of cnx tissue (KI – bone; SP – muscle)

With what type of points do you combine Back-shu points to treat Zang organ problems?

Yuan Source points

If the Back-shu points are tender, what does that mean?

Disharmony exists.

What are the Front-mu points and where are they located?

Points on the front of the body at which qi gathers/collects. Generally located very near to the location of the organ.

What are the Front Mu points used for?

Treat Zangfu organ diseases, but mostly for Fu organs.

What types of points do you combine with Front Mu points in order to treat Fu organ problems?

Lower He-Sea points.

What are Hui-Meeting or Influential points?

Points which have the most direct effect on the corresponding structure.

What are Window of the Sky points?

Also called Window of Heaven points, located around the neck, very non-TCM!

What are the 5 traditional uses of the Window of the Sky/Heaven points?

- ◆ Disharmony btwn the qi of body and head with qi or blood rebellion upwards.
- ◆ Goiter, scrofula, or throat disorders
- ◆ Sudden onset of disorders
- ◆ Psycho emotional disorders
- ◆ Disorders of sense organs

Define Xi-cleft point.

Where Qi and blood gather, plunge and circulate.

What are 2 major indications of the Xi-cleft points?

- ◆ Treatment of acute conditions and pain
- ◆ Yin xi cleft points treat disorders of blood.

What are the lower he-sea points used for?

For Fu organ diseases (not for zang)

Where are the lower he-sea points located?

Lower extremities around or lower than the knee.

What are the Confluent Points of the 8 Extraordinary Vessels?

Underground cnx to the 12 reg channels from the extraordinary channels.

What do you use the confluent points for?

Activate respective extraordinary channel and effect specific symptoms in body.

For what do you use the 13 Ghost Points.

13 points used to treat mental disorders of mania, epilepsy, depression.