

Five Element Energetics

| Yin | Jing Well | Ying Spring | Shu Stream | Jing River | He-Sea | Yang | Jing well | Ying spring | Shu stream | Jing River | He-Sea |
|-----|-----------|-------------|------------|------------|--------|------|-----------|-------------|------------|------------|--------|
| | Wood | Fire | Earth | Metal | Water | | Metal | Water | Wood | Fire | Earth |
| LU | 11 | 10 | 9 | 8 | 5 | LI | 1 | 2 | 3 | 5 | 11 |
| SP | 1 | 2 | 3 | 5 | 9 | ST | 45 | 44 | 43 | 41 | 36 |
| HT | 9 | 8 | 7 | 4 | 3 | SI | 1 | 2 | 3 | 5 | 8 |
| KID | 1 | 2 | 3 | 7 | 10 | BL | 67 | 66 | 65 | 60 | 40 |
| PC | 9 | 8 | 7 | 5 | 3 | SJ | 1 | 2 | 3 | 6 | 10 |
| LIV | 1 | 2 | 3 | 4 | 8 | GB | 44 | 43 | 41 | 38 | 34 |

What are the 5 indications for a Jing Well point?

1. Clears heat (excess), mostly from upper regions of channel.
2. Treats fullness below the heart
3. Restore consciousness, rescue collapse
4. Treats uppermost reaches of channel
5. Treats disorders of the spirit.

What are the 3 main indications for the Ying-Spring points?

1. Clears heat (both excess and defic)
2. Treats chgs in complexion
3. Treat disorders of yang channels, treats disorders of Zang when combined with Shu-Stream

What are the 2 main indications for the Shu-Stream points?

1. Heaviness of the body, pain in the joints
2. Disorders of the Zang – the ones on the Yin channels.

3 main indications for the Jing-River points?

1. Cough, dyspnea, chills + fever
2. Diseases manifesting in pt's voice
3. Diseases of sinew and bone

What are the 3 indications for a He-Sea point?

1. Counterflow of Qi and diarrhea
2. Disease of Fu organs
3. Diseases of skin

Choosing Points with Five Element Theory

What are the 2 basic ways to use the Five Shu points?

1. Choose according to function – i.e., to clear heat, choose Jing Well or Ying Spring
2. Choose according to Five Element theory. (5 of these..see next questions)

What is the principle for treating excesses? What is the principle for treating deficiencies?

Excesses: reduce the Child
Deficiencies: tonify the Mother

Name the 5 ways you can use choose points based on the Five Element Theory.

NOTE: Use yins for yin problems, yangs for yang problems.

On the Diseased Channel (1st and 2nd ways):

1. Horary point on the *diseased* channel.
Example: Lung excess, reduce Lung 8
2. Mother or Child point *on the diseased channel*.
 - a. If excess, reduce Child
Example: Lung excess, reduce LU 5 (child point on LU channel)
 - b. If deficient, tonify Mother
Example: Lung xu, tonify LU 9 (mother point on LU channel)

On the Paired Channel (3rd way):

3. Mother or Child point *on the paired channel*.
 - a. If excess, reduce Child element point on paired channel
Example: Lung excess
Go to the paired channel, LI. Find the child element point on the LI channel– since you are talking about a *Lung* problem with is represented by *metal*, then the child element in relation to metal would be water. You would then choose the water point on the paired channel which would be LI 2.
 - b. If deficient, tonify Mother element point on paired channel.
Example: Lung deficiency
Go to the paired channel, LI. Find the mother element point on the LI channel. Since this is a *Lung* problem which is represented by *metal*, then the mother element in relation to metal would be earth. You would then choose the earth point on the paired channel, which would be LI 11.

On the Mother/Child Channel (4th way):

4. Horary point *on the Mother or Child channel*.
 - a. If excess, reduce Horary pt on child channel
Example: For Lung excess

Choose the child element/channel in relation to Lung/metal, which is water/Kidney.
Choose that horary point on the Kidney channel, which is KI 10.

- b. If deficient, tonify Horary pt on mother channel
Example: Spleen deficiency
Go to the mother element/channel, which is fire/Heart or PC.
Choose the horary point on the Heart or PC channel, which is HT 8 or PC 8

Four Needle Technique (5th way)

Excesses:

1. Reduce child
 - a. Reduce the child point on the *diseased* channel
 - b. Reduce the horary point on the *child* channel
2. Tonify Ko (ctrl element)
 - a. Tonify the control point on the diseased channel
 - b. Tonify the horary point on the control channel

Example: Lung Excess

Reduce the child point (water) on the diseased (metal/LU) channel – LU 5

Reduce the horary point (water) on the child (water/KI) channel – KI 10

Tonify the control point (fire) on the diseased (metal/LU) channel – LU 10

Tonify the horary point (fire) on the control (fire/HT or PC) channel – HT or PC 8

Deficiencies:

1. Tonify mother
 - a. Tonify the Mother point on the *diseased* channel
 - b. Tonify the Horary point on the *mother* channel
2. Reduce ctrl elem (Ko)
 - a. Reduce the Control point on the diseased channel
 - b. Reduce the Horary point on the control/ko channel

Example: Lung deficiency

Tonify the mother point (LU 9) on the diseased channel (metal/LU)

Tonify the horary point (SP 3) on the mother channel (earth/SP)

Reduce the control point (LU 10) on the diseased channel (metal/LU)

Reduce the horary point (HT or PC 8) on the control channel (fire/HT or PC)