

# Class 1 - Point Indication

## Review of TCM theory

### Yin / Yang (陰/陽)

#### Yin and Yang are:

1. Counterbalanced

They are the generalization of the relative opposite principles observed throughout all things

2. Inter-transforming

Can be transformed in to each other under certain conditions

3. Infinitely divisible

Every Yang has a Yin and a Yang

Every Yin has a Yin and a Yang

4. Interdependent

They can not exist with out each other.

5. Inter-consuming-supporting

Activities of the body (yang) consume some amount of nutrients (yin)

Production of nutrient substances (yin) will consume an amount of energy (yang)

6. Yin and Yang can be divided in to three levels (intensities)

Yin: 3. tai yin, 2. shao yin, 1. jue yin

Yang: 3. tai yang, 2. yang ming, 1. shao yang

#### Yin

Lower

Interior

Cold, Water

Anterior

Zang (Lung, Heart, Liver, Pericardium, Spleen)

Female

Dark

Left

Nutrient substances

#### Yang

Upper

Exterior

Hot, Heat, Fire

Backside

Fu

(Stomach, Small Intestine, Large Intestine,

Gall Bladder, Urine Bladder, San Jiao)

Male  
Light  
Right  
Activity

Afternoon is Yin within Yang  
Morning is Yang within Yang  
Early evening is Yin with in Yin  
After midnight is Yang with in Yin

### Principals:

In the excess (repletion) or deficiency (vacuity) of Yin or Yang disease arises through loss of relative balance.

1. Def. of yang - yin like symptoms do more prevalent, but not excess of yin
2. Def. of yin - yang like symptoms do more prevalent, but not excess of yang
3. Excess yang
4. Excess yin

Extended or acute deficiency of one can lead to consumption of other

## Five Elements/Phases

Wood (mù 木) - Liver + Gall Bladder

Fire (huó 火) - Heart/Pericardium + Small Intestine/San Jiao

Earth (tǔ 土) - Spleen + Stomach

Metal (jīn 金) - Lung + Metal

Water (shuǐ 水) - Kidney + Urinary Bladder

1) Inter-promoting / Engendering (xiāng shēng) - Growth, Development

Mother/Child

Wood -> Fire -> Earth -> Metal -> Water -> Wood

2) Inter-acting / inter-controlling / Restraining (xiāng kè) - Coordination, Control

Grandmother / Grandson

Wood -> Earth -> Water -> Fire -> Metal -> Wood

3) Over-acting / Overwhelming (xiāng chéng)

Overly increased level of influence in the kè cycle

4) Counter-acting / Rebellion (xiāng wǔ)

Overly increased level of influence in the reverse of the kè cycle

5) Mother affecting the Son

Overly increased level of influence in the shēng cycle

#### 6) Son affecting the Mother

Overly increased level of influence in the reverse of the shēng cycle

### Principals

	Well-jing	Spring-ying	Stream-shu	River-jing	Sea-he
Zang	wood	fire	earth	metal	water
Fu	metal	water	wood	fire	earth

Sedate son for excess

eg. Liver excess -

Liver = Wood

Son of Wood = Fire

Sedate fire point on Liver channel = Spring-ying point

Therefore sedate Lv 2 the Liver Spring-ying point

Tonify mother for def.

### 5 Emotions / Traits:

Wood - Liver - Anger - Green/Blue - East

Excess = Qi ascending

Fire - Heart - Joy - Red - South

Excess = Qi slow down

Earth - Spleen - Worry/Thought - Yellow - Center

Excess = Qi stagnation

Metal - Lung - Grief/Anxiety - White - West

Excess = Qi deficiency

Water - Kidney - Fear - Black - North

Excess = Qi descends

### Eight Principles (bā gāng biàn zhèng 棒綱辨證)

Yin - Cold, Def, Interior

Yang - Heat, Excess, Exterior

Heat (Re Zhèng) - Hot, Fever, Rapid, Red or Yellow, Manic / Hyper

Def. Heat

Excess Heat

Hyperactivity, red complexion, red eyes, argumentative, yellow secretion

Yellow coating, rapid pulse, forceful pulse, very thirsty, profuse sweating

Excess Heat Exterior  
Wind heat  
Summer heat  
Dryness  
Excess Heat Interior

#### Cold (Hán Zhèng)

Cold, white, pale tongue coat, much clear urine, prefers warm

#### Def Cold

Prefer pressure on pain (lower back area) and warmth  
Weak Pulse

#### Excess Cold

Pressure is not welcome  
Forceful Pulse  
Pale or white coating, dilute thin  
Slow activity

#### Excess (Shi)

#### Deficiency (Xu)

#### Internal (Li)

Fever with no chills or Cold with no heat sensations

#### Exterior (Biao) -

Caused from external factors (chills + fever, thin coating, floating pulse)  
xie qi - wind, cold, heat, dampness, dryness, summer heat

#### Yin collapse

profuse sweating  
thick and sticky sweat  
hot skin  
red cheeks  
superficial rapid

#### Yang collapse

profuse sweating, cold  
dilute sweat  
cold skin  
pale complexion like paper  
deep slow and weak  
(could be superficial rapid when pressure added empty, ie. no root)

## Basic Substances

Qì (氣)

Blood (xuè 血)

Fluids (jīn yè 津液)

Yīn (陰)

Yáng (陽)

Essence (Kidney) (jīng 精)

## Diagnosis

### Pulse:

deep/floating = interior/exterior

rapid/slow = heat/cold

forceful/weak = excess/deficiency

(Shen, Root and St Qi = Elements of a pulse)

### Tongue:

Thick/Thin = interior/exterior

Yellow/White = heat/cold