

# Acupuncture of Wandering Monks

Introduction & Practice of Saam Acupuncture




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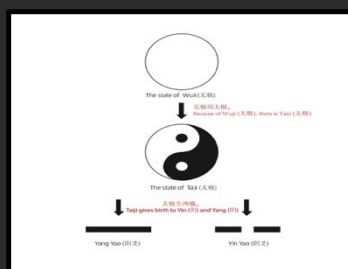
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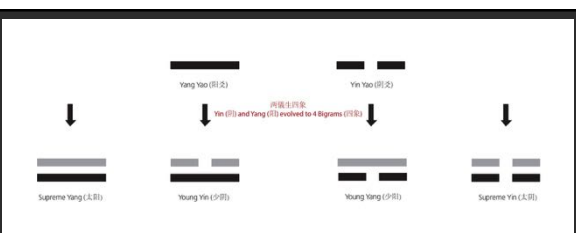
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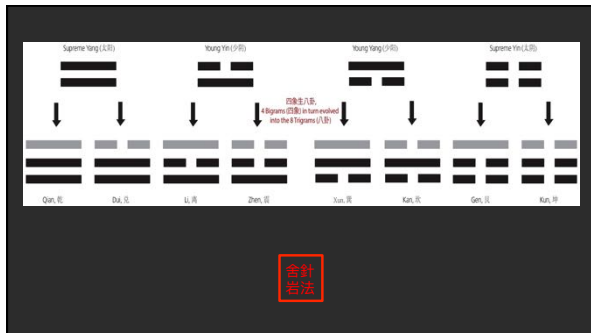
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Heaven	Marsh/ Lake	Fire/ Lightning	Thunder	Wind	Water	Mountain	Earth
Du Mai	Tai Yin	Shao Yin	Shao Yang	Jue Yin	Tai Yang	Yang Ming	Ren Mai

Diagram illustrating the Eight Trigrams (Bagua) and their corresponding Five Elements (Wuxing) and Sixiang (Sixiang) lines. A red box contains the text "會計 岩法".

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*Huang Di Nei Jing Su Wen Chapter 66*

“What is above in Jue Yin, the wind qi rules it.  
 What is above in Shao Yin, the heat qi rules it.  
 What is above in Tai Yin, the dampness qi rules it....

Diagram illustrating the Eight Trigrams (Bagua) and their corresponding Five Elements (Wuxing) and Sixiang (Sixiang) lines. A red box contains the text "會計 岩法".

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### Huang Di Nei Jing Su Wen Chapter 66

...What is above in Shao Yang, the minister fire qi rules it.  
 What is above in Yang Ming, the dryness qi rules it.  
 What is above in Tai Yang, the cold qi rules it."




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Conformation	Yi Jing	Su Wen 66
Jue Yin	Wind	Wind qi
Shao Yin	Fire	Heat qi
Tai Yin	Marsh/Lake	Dampness qi
Shao Yang	Thunder	Minister fire qi
Yang Ming	Mountain	Dryness qi
Tai Yang	Water	Cold qi




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### Su Wen Chapter 5:

Wood (Liver, Gallbladder) is characterised by wind  
 Fire (Heart, Pericardium, Small Intestine, San Jiao) is  
 characterised by heat




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*Su Wen* Chapter 5 (continued)

Earth (Spleen, Stomach) is characterised by dampness

Metal (Lung, Large Intestine) is characterised by  
dryness

Water (Kidney, Bladder) is characterised by water



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"As to methods there may be a million and then some, but principles are few. The man who grasps principles can successfully select his own methods. The man who tries methods, ignoring principles, is sure to have trouble."

Harrington Emerson



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Yin Yang, 6 Conformation, and 5 Phase qualities

Liver organ system

Yin + Jue Yin (Wind) + Wood (Wind) =

Dark, cool forest, and inner contemplation



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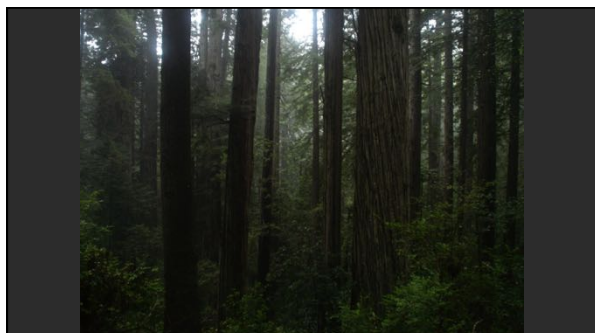
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Yin Yang, 6 Conformation, and 5 Phase qualities

Gallbladder organ system

Yang + Shao Yang (Thunder/Fire) + Wood (Wind) =

Expansive heat and outward aggression



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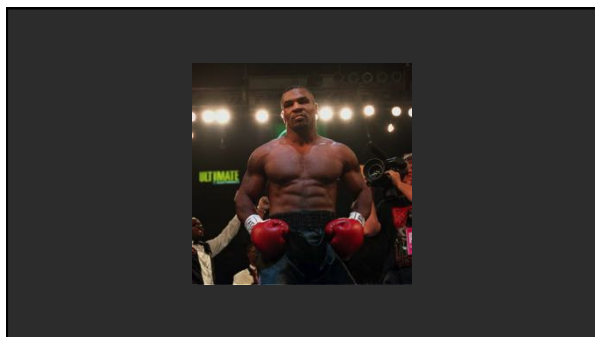
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Yin Yang, 6 Conformation, and 5 Phase qualities

Heart organ system

Yin + Shao Yin (Fire) + Fire =

Extreme heat and love (outward)



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Yin Yang, 6 Conformation, and 5 Phase qualities

Pericardium organ system

Yin + Jue Yin (wind) + Fire =

Calm intelligence



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Yin Yang, 6 Conformation, and 5 Phase qualities

Small Intestine organ system

Yang + Tai Yang (cold water) + Fire =

Dynamic movement



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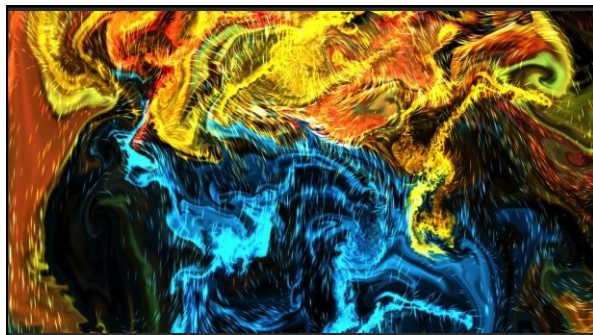
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Yin Yang, 6 Conformation, and 5 Phase qualities

San Jiao organ system

Yang + Shao Yang (fire) + Fire =

Brightness, piercing concentration on external objects



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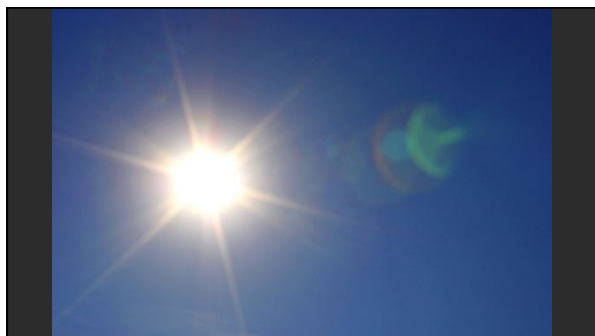
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Yin Yang, 6 Conformation, and 5 Phase qualities

Spleen organ system

Yin + Tai Yin (damp) + Earth (damp) =

Inner and outer dampness, boredom



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Yin Yang, 6 Conformation, and 5 Phase qualities

Stomach organ system

Yang + Yang Ming (dryness) + Earth (damp) =

Inner dryness and outer dampness



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Yin Yang, 6 Conformation, and 5 Phase qualities

Lung organ system

Yin + Tai Yin (dampness) + Metal (dryness) =  
Inner dampness and outer dryness



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Yin Yang, 6 Conformation, and 5 Phase qualities

Large Intestine organ system

Yang + Yang Ming (dryness) + Metal (dryness) =  
Inner and outer dryness



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Yin Yang, 6 Conformation, and 5 Phase qualities

Kidney organ system

Yin + Shao Yin (fire) + Water =

Life (liquid fire)



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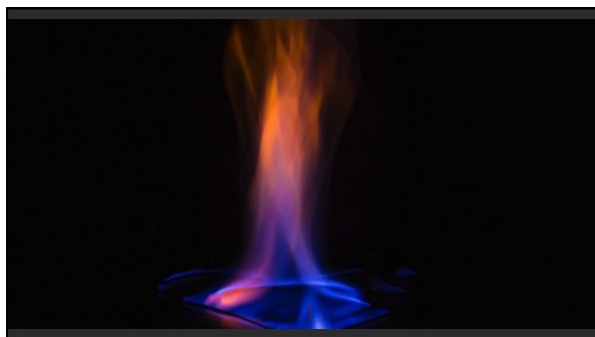
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Yin Yang, 6 Conformation, and 5 Phase qualities

Urinary Bladder organ system

Yang + Tai Yang (cold) + Water =

Extreme cold and fear



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"It is by virtue of the twelve channels that human life exists, that disease arises, that human beings can be treated and illness cured. The twelve channels are where beginners start and masters end. To beginners, it seems easy; the masters know how difficult it is."

*Ling Shu Chapter 17 (Deadman)*



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#### When the Liver Organ System is in Excess

- The body is cool (especially the upper part), dense and heavy
- Mental focus is dull and inward (shield)
- No desire to control others
- The eyes are dull



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#### When the Liver Organ System is in Excess

- They are impolite
- They have plenty of blood and pathology tends to manifest on the left side of the body
- Pathology along the Liver channel and San Jiao channel trajectories



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#### When the Gallbladder Organ System is in Excess

- Rapidly changing emotions (especially anger)
- Rely on their powerful body to back-up arguments (sword)
- Exhibit convex diseases



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#### When the Gallbladder Organ System is in Excess

- Suffers from insomnia
- Shortness of breath
- Pathology along the Gallbladder channel and Pericardium channel trajectories



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#### When the Heart Organ System is in Excess

- The body is prone to high fevers, hot flashes, etc
- Love is directed at others
- Pulses are chronically rapid



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#### When the Heart Organ System is in Excess

- Abdomen midline is soft and warm
- Pathology along the Heart channel and Urinary Bladder channel trajectories



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When the Pericardium Organ System is in Excess

- Intellectually snobbish
- Relies on reason to backup their arguments
- Concave diseases



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When the Pericardium Organ System is in Excess

- "Rooted" body with slow deliberate movements
- Pathology along the Gallbladder channel and Pericardium channel trajectories



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When the Small Intestine Organ System is in Excess

- Diminished love for self (suicidal when extreme)
- Diminished fertility
- Little to no signs of blood stasis (little to no varicose veins, very mild pain or even not painful menstruation, etc)



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When the Small Intestine Organ System is in Excess

- Pathology along the Small Intestine channel and Kidney channel trajectories



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When the San Jiao Organ System is in Excess

- The body is warm (especially the upper part) and light
- Exhibits sudden changes in temperature
- Extremely polite
- No shielding and no protection for the center



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When the San Jiao Organ System is in Excess

- Anger directed at self
- Intensely focused on external details
- Pathology along the San Jiao channel and Liver channel trajectories



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When the Spleen Organ System is in Excess

- Body is damp on the inside and outside, warm, heavy and soft
- Prone to laziness and boredom
- Has a sweet tooth



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When the Spleen Organ System is in Excess

- Has weak bones, teeth, and gums
- Tends toward numbness
- Pathology along the Spleen channel and Large Intestine channel trajectories



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When the Stomach Organ System is in Excess

- The body has inner dryness and outer dampness
- Tends toward numbness
- Tends to have perpetual financial problems
- Has a sunken chest



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#### When the Stomach Organ System is in Excess

- The flesh around Lu 10 is deflated
- Has weak knees (especially after losing \$) and has to sit frequently
- Pathology along the Stomach channel and Lung channel trajectories



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#### When the Lung Organ System is in Excess

- The outside is dry and the inside is damp (banker)
- The flesh around Lu 10 is firm, full, and inflated
- Pathology tends to manifest on the right side of the body



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#### When the Lung Organ System is in Excess

- The chest is inflated
- The have plenty of qi and external resources
- Pathology along the Lung channel and Stomach channel trajectories



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When the Large Intestine Organ System is in Excess

- Inside and outside both exhibit dryness
- Teeth, bones, and gums are strong
- Never bored or lazy



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When the Large Intestine Organ System is in Excess

- Has thin and powerful arms
- Tends to be stubborn
- Pathology along the Large Intestine channel and Spleen channel trajectories



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When the Kidney Organ System is in Excess

- Exhibit strong sexual drive and high fertility
- Narcissistic
- Tends to exhibit hard masses in the lower abdomen



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When the Kidney Organ System is in Excess

- Exhibit fleshy, firm, and not dry or cracked medial heel
- Pathology along the Kidney channel and Small Intestine channel trajectories



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When the Urinary Bladder Organ System is in Excess

- The pulse tends to be slow
- Cool and hard abdomen (especially the midline) on palpation
- Tends to feel cold (whole body), especially females



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When the Urinary Bladder Organ System is in Excess

- Pathology along the Heart channel and Urinary Bladder channel trajectories



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Excess (實) and Deficiency (虛) relative to what?



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*Su Wen* Chapter 24

Tai Yang and Shao Yin constitute exterior and interior.

Shao Yang and Jue Yin constitute exterior and interior.

Yang Ming and Tai Yin constitute exterior and interior.



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"When the ancients treated patients, they became familiar with the cycles of yin and yang and of time, and with the exhalations of qi from mountain, forest, river and marsh. They discerned the patient's age, body weight, social status, style of life, disposition, likes, feelings, and vigor. In accordance with what was appropriate to these characteristics, and avoiding what was not, they determined which medicine was appropriate."

- Shen Kuo, *Su Shen Liangfang*, 12th century (Rosenberg)



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Counterbalanced Pairs

Liver (dark, cool forest, inner contemplation)

vs

San Jiao (brightness, piercing concentration on external objects)



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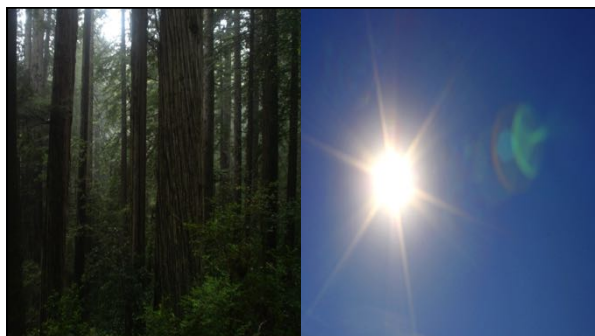
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Counterbalanced Pairs

Gallbladder (expansive heat and outward aggression)

vs

Pericardium (calm intelligence)



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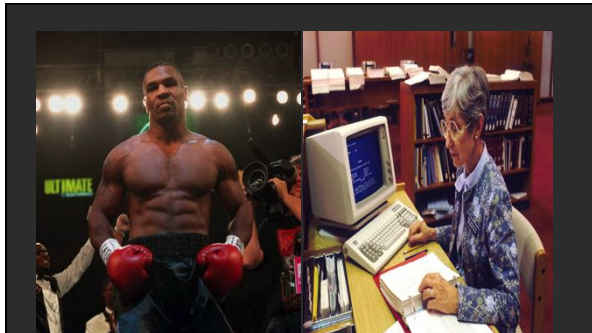
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Counterbalanced Pairs

Heart (extreme heat and love)

vs

Urinary Bladder (extreme cold water and fear)



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Counterbalanced Pairs

Small Intestine (dynamic movement)

vs

Kidney (liquid fire)



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Counterbalanced Pairs

Spleen (inner and outer dampness)

vs

Large Intestine (inner and outer dryness)



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Counterbalanced Pairs

Stomach (Inner dryness and outer dampness)

vs

Lung (Inner dampness and outer dryness)



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"Coherence (理 /lǐ) refers to the fundamental but invisible patterning that produces the myriad manifestations of qi flow in the visible world. In order to gain the insight necessary for grasping how coherence manifests through qi at any one moment in time, physicians at the bedside, like scholars seeking to make correct moral and political choices, had to cultivate their own Heart so that it would spontaneously mirror the Heart of the Way. Fixed prescriptions or the words of the sages could never accomplish this by themselves." (Scheid, 2013)



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## Clinical Application



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"Diseases and their signs of suffering appear in innumerable combinations. One must locate their origin and then sort out their endpoints." Xu Dachun 1757 (Unschuld 2018)



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### Nan Jing Chapter 69

"It is like this. In case of depletion, fill the respective conduit's mother. In case of repletion, drain the respective conduit's child. One must fill first and drain after-ward."

(Unschuld, 1986)




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### Nan Jing Chapter 75

"It is like this. Metal, wood, water, fire and earth should level (平) each other...If the wood is on the point of repletion, the metal should level it..."

(Unschuld, 1986)




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### Supplement Deficiency Patterns

For example: The Lung

Supplement - Earth point on the Earth channel (Taibai SP-3)  
 Supplement - Earth point on the Lung channel (Taiyuan LU-9)  
 Drain - The Fire point on the Fire channel (Shaofu HE-8)  
 Drain - The Fire point on the Lung channel (Yuji LU-10)




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### Drain Excess Patterns

For example: The Lung

Supplement - Fire point on the Fire channel (Shaofu HE-8)  
 Supplement - Fire point on the Lung channel (Yuji LU-10)  
 Drain - Water point on the Water channel (Yingu KID-10)  
 Drain - Water point on the Lung Channel (Chize LU-5)




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### Ling Shu Chapter 17

"Supplementation and draining must not be carried out at random; they should match heaven and earth as if one were one with them. Grasp the nature of this oneness to know death and survival." (Unschuld 2011)




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### Ling Shu Chapter 1

"Now when the five *zàng* organs have a disease, we can compare this to a thorn, to filth, to a knot, or to an obstruction.




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### Ling Shu Chapter 1

Even though the thorn has been there for a long time, we can still pull it out. Even though the filth has been there for a long time, we can still make it white like fresh snow. Even though the knot has been there for a long time, we can still untangle it. Even though the obstruction has been there for a long time, we can still dredge it.




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### Ling Shu Chapter 1

The fact that some people say that chronic illness cannot be removed is not persuasive.




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### Ling Shu Chapter 1

Now, skill in using needles means removing the patient's disease, just like pulling out a thorn, cleaning away filth, untangling a knot, or dredging an obstruction. Even though it is chronic, it can still be brought to an end.




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*Ling Shu* Chapter 1

Those who say that it cannot be treated have not yet attained this art." (Wilms 2014)



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Clinical Practicalities



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Clinical Practicalities

"Reality is that which, when you stop believing in it, doesn't go away"

Philip Dick



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### Clinical Practicalities

- Completely avoid draining the Heart and Kidney channels



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### Clinical Practicalities

- Abdominal palpation
- Left hypochondriac region stuck and tight (consider supplementing Liver channel)
- Right hypochondriac region stuck and tight (consider supplementing Lung channel)



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### Clinical Practicalities

- Abdominal palpation
- Anterior midline stuck, cool, and tight (consider supplementing Heart channel)



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### Clinical Practicalities

- Contralateral needle insertion
- "Hence, those who know well how to use the needles, from the Yin they pull the Yang and from the Yang they pull the Yin. With the right they treat the left and with the left they treat the right." *Su Wen* Chapter 5 (Unschuld)




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### Clinical Practicalities

- If there are no contralateral considerations - Needle females on the right and males on the left
- If at all possible, supplement the Liver channel on the right and supplement the Lung channel on the left




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### Clinical Practicalities

- Acupuncture points: special considerations
- Pc 9 (中衝)
- GB 41 (足臨泣)
- SI 5 (陽谷)




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### Clinical Practicalities

- Needle size
- Needle angle
- Needle technique (clockwise to supplement, counterclockwise to drain)



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### Clinical Practicalities

- Needle direction (with the channel to supplement, against to drain)
- Three deep and slow breaths
- Needle retention



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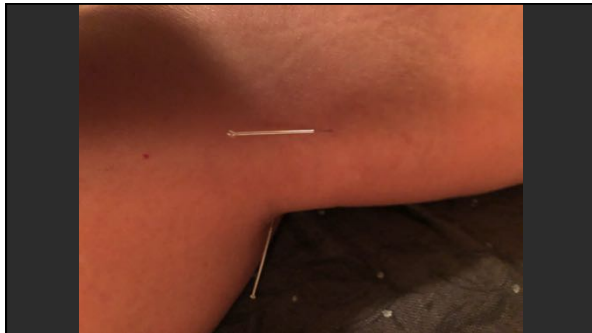
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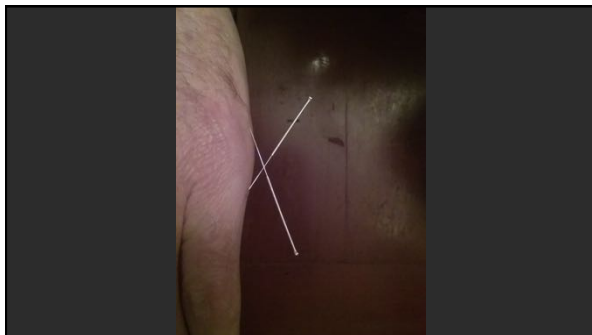
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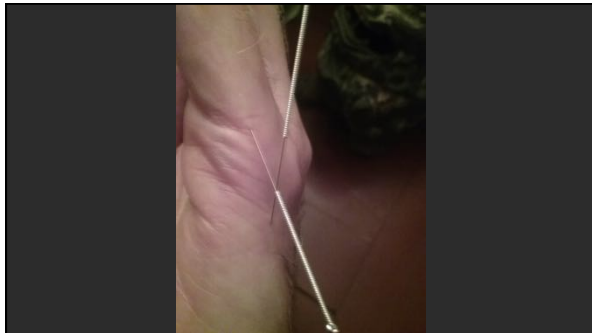
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#### Clinical Practicalities

- Pay close attention to the patient's facial coloring before, during, and after needle insertion



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#### Clinical Practicalities

- Patient's facial coloring becomes pale or blotchy, or tense and wide eyed - What do I do?
- Remove all four points and insert the four points of the counterbalancing channel on the opposite side



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### Clinical Practicalities

- Needle Removal (reverse technique)
- Needle Removal (close to supplement, open to drain)



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### Clinical Practicalities

- After treatment recommendations:
- If Tai Yang (SI, UB) was supplemented then drink water
- If Liver was supplemented then drink lemon or vinegar water
- If Heart was supplemented then drink coffee



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### Clinical Practicalities

- After treatment recommendations:
- If Spleen was supplemented then drink warm honey water
- If Lung was supplemented then drink (unspecified) acrid water
- If Kidney was supplemented then drink warm salt water



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### Clinical Practicalities

- After treatment recommendations:
- Also combinations: Heart and Spleen supplemented then drink hot chocolate, etc




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### Clinical Practicalities

- After treatment recommendations:
- "Live a simple and happy life with a flexible mind and body."




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### Clinical Practicalities

- Back Shu (俞) points resonate with their respective channel and counterbalancing channel
- Example: back pain @ UB 25 大腸俞




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