

SaAm Acupuncture



First Level Meridians

Hand Tai Yin LU and Foot Tai Yin SP

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Review: Three Groups of Climactic Factors

6 Qi / Energy Characteristics

- **Humidity** - Moisture/Dryness
- Tai Yin - Yang Ming

- **Temperature** - Heat/Cold
- Shao Yin - Tai Yang

- **Air/Light Movement** - Inward/Outward
- Jue Yin - Shao Yang

In these **Three Groups of Climactic Factors**, we witness the interplay of energies that govern both the natural world and the human body. Understanding their characteristics and relationships offers insight into how we maintain balance amidst the shifting forces of life.

General Characteristics of Tai Yin

- **6 Energy/Qi Attribute: Moisture** (Humidity)
 - Reflected in a tendency to sink downward - the way rain or dampness sinks into the Earth's soil
 - Physically this energy could be felt in someone who just had a very large, wonderful meal and now feels very heavy and lethargic

General Characteristics of Tai Yin

- ***Desire:*** Associated with the first, or most primary level of human needs
- Deals with the desire to acquire the most basic survival needs of
 - Food
 - Shelter
 - Money
 - Material Possessions

General Characteristics of Tai Yin

Desire:

- Yin meridians are associated with feelings of “satisfaction”.
- Feelings of satisfaction for Tai Yin comes from having enough of the basic survival needs including food, money, material possessions

General Characteristics of Tai Yin

- ***5 Element Attribute:*** Earth
 - Reflected in the damp richness of the earth.
 - Words that describe the nature of Tai Yin are the same that describe the bountiful fruits of the land:
 - slippery • tender
 - soft • pulpy
 - sweet • yellowish color

Tai Yin Meridians

- Within Tai Yin there is a hand and foot meridian
- Both meridians share the same 6 Qi characteristic, **Moisture**
- Each has a **different** 5 Element correspondence
 - *Hand Tai Yin LU (Mixed Moisture/Metal)*
6 Energy: **Moisture**, 5 Element: **Metal** (Dry /Cool)
 - *Foot Tai Yin SP (Most Moisture)*
6 Energy: **Moisture**, 5 Element: **Earth** (Warm/Moist)

Most basic level.
Concerned with survival
level needs of:

- Food
- Money
- Material Possession:



3 Levels of
Human Needs
• **Physical Level** •

Balancing Pairs:
• LU - ST
• SP - LI



• **Hand Tai Yin LU**

- 6 Energy: Moisture
- 5 Element: Metal

• Governs Qi and respiration

• Feelings of Satisfaction
associated with having enough
money and material
possessions

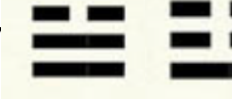
• **Foot Tai Yin SP**

- 6 Energy: Moisture
- 5 Element: Earth

• Related to the Digestive system and
transformation and transportation of
nutrients

• Feelings of Satisfaction in regards
to having enough food and drink

Balancing Pairs - Concept

- Tai Yin energy is balanced by Yang Ming Energy 
- Each energy is half of the full picture
- Tai Yin and Yang Ming together represent a complete concept, Humidity.
- Each is in direct contrast to the other and depends on the other for their expression (yin and yang)
- For example, you could not recognize moisture without the presence and understanding of dryness and vice versa

3 Levels of Human Needs
• Physical Level •

Most basic level.
 Concerned with survival level needs of:

- Food
- Money
- Material Possessions

Balancing Pairs:

- LU - ST
- SP - LI

• Hand Tai Yin LU

- 6 Energy: Moisture
- 5 Element: Metal

• Governs Qi and respiration

• Feelings of Satisfaction associated with having enough money and material possessions

• Foot Tai Yin SP

- 6 Energy: Moisture
- 5 Element: Earth

• Related to the Digestive system and transformation and transportation of nutrients

• Feelings of Satisfaction in regards to having enough food and drink

• Hand Yang Ming LI

- 6 Energy: Dryness
- 5 Element: Metal

• Related to the Bodies Material Frame (Skeletal System) and Immaterial Frame (Immune System)

• Feelings of Dissatisfaction with anxiety due to lack of the basic necessities of food, money, material possessions

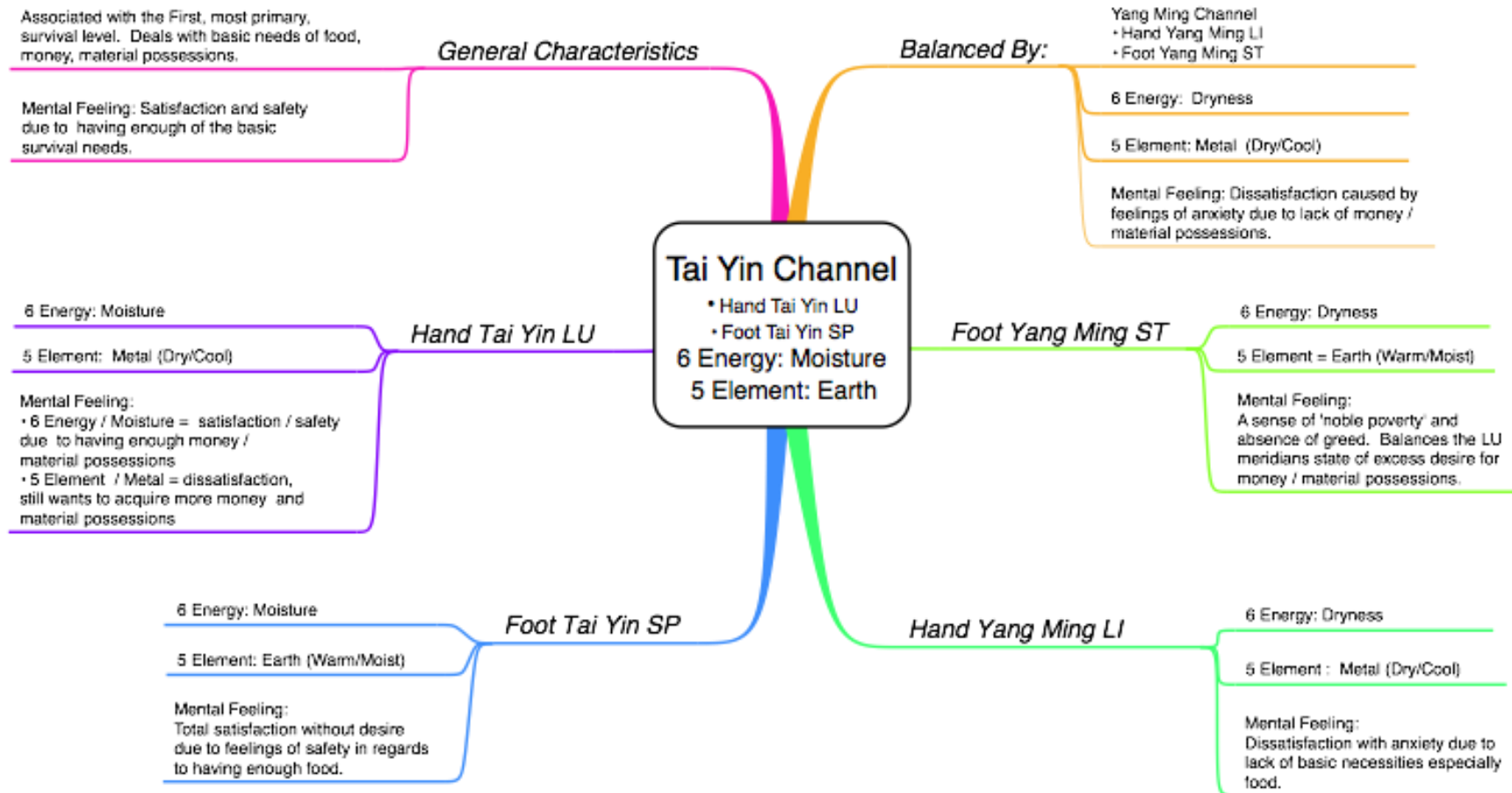
• Foot Yang Ming ST

- 6 Energy: Dryness
- 5 Element: Earth

• Related to Digestion -nourishes the body with food
 • Related to Fertility - nourishes the seeds of fertility that are supplied by the KID

• Feelings of 'noble poverty' and absence of greed

BALANCING PAIRS - Tai Yin and Yang Ming

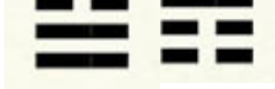


BALANCING PAIRS

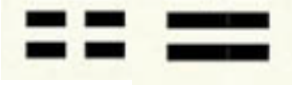
Environmental Characteristics

- SaAm meridians can be grouped into **BALANCING PAIRS** in regards to their environmental characteristics.

First Level:

- Hand Tai Yin - LU Meridian's properties of: 
6 Qi = **Moisture** and 5 Element = **Metal (Cool)**

Directly Balances:

- Foot Yang Ming - ST Meridian's properties of: 
6 Qi = **Dryness** and 5 Element = **Earth (Warm)**

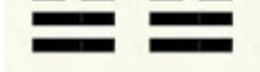
BALANCING PAIRS

Environmental Characteristics

First Level:

- Hand Yang Ming - LI Meridian's properties of: 
6 Qi = **Dryness** and 5 Element = **Metal (Cool)**

Directly Balances:

- Foot Tai Yin - SP Meridian's properties of: 
6 Qi = **Moisture** and 5 Element = **Earth (Warm)**

Balancing Pairs

Emotional Characteristics

Primary Mental Feeling

Tai Yin

Balances

Yang Ming

- Satisfaction which comes from having enough of the basic physical necessities including food, money and material possessions

- Dissatisfaction which comes from NOT having enough of the basic physical necessities including food, money and material possessions

Yin Meridians=Satisfaction

Yang Meridians=Dissatisfaction

Balancing Pairs

Emotional Characteristics

Feelings - Appropriate Amount

Tai Yin

- Feelings of satiation, generosity, richness, relaxation and comfort

- Feelings of safety regarding having enough food, material possessions, money

- Satiation after eating

Yin Meridians=Satisfaction

Balances

Balances

Balances

Yang Ming

- Feelings of lack, emptiness, or impoverishment

- Feelings of anxiety regarding NOT having enough food, material possessions, money

- Feeling alert and hungry

Yang Meridians=Disatisfaction

Balancing Pairs

Emotional Characteristics

Feelings - Excess Amount

Tai Yin

- Oversatisfaction manifesting as arrogance due to having an overabundance of basic needs

Balances

- Oversatisfaction manifesting as laziness, no motivation, sluggishness, weight gain

Balances

Yin Meridians=Satisfaction

Yang Ming

- Feelings of extreme starvation, impoverishment or total lack of basic needs, begging, panhandling

- Anxious, impatient, cold-hearted, having no mercy.

Yang Meridians=Disatisfaction

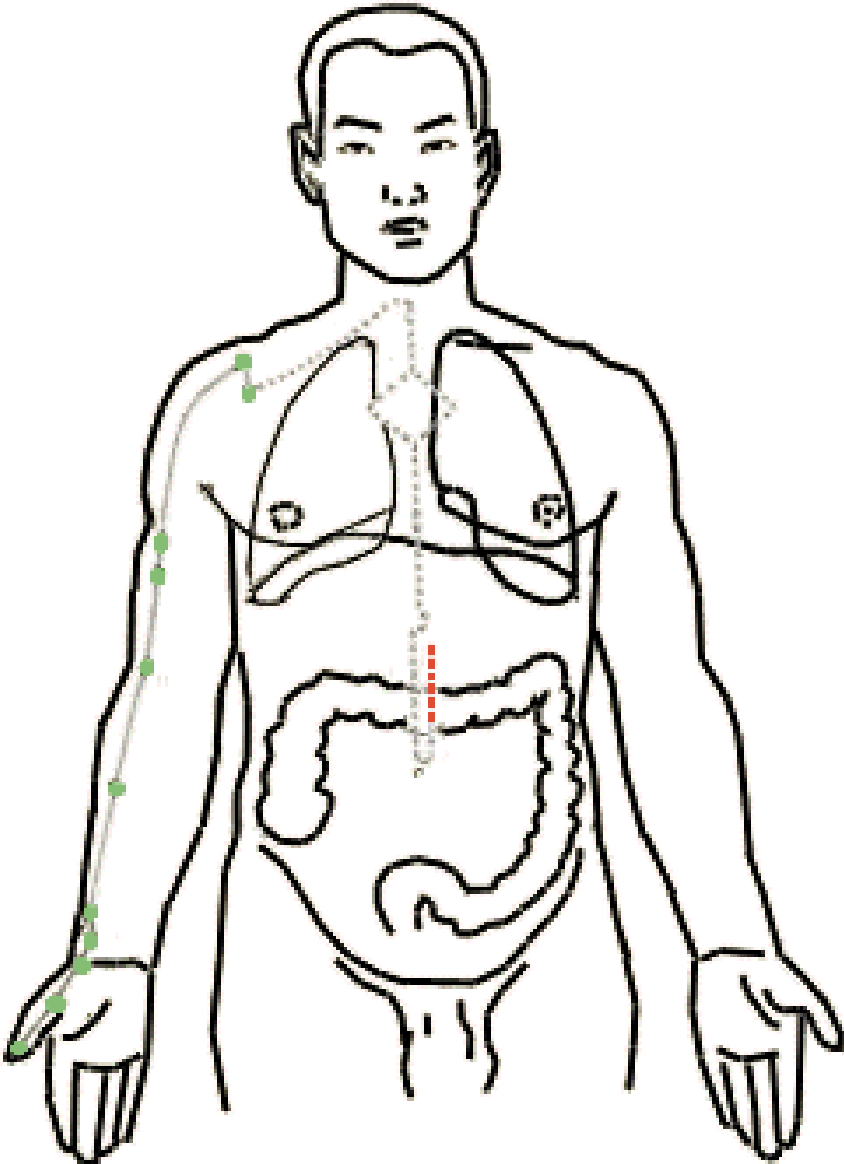
Hand Tai Yin LU Characteristics

- Pin Yin = Fei
- Chinese: 肺 = Fei, LU 月 = rou, moon, body, flesh 市 = Shi, market
- One of the primary functions of the LU organ is to exchange oxygen and carbon dioxide during respiration. This “exchange” is similar to a market where money is exchanged for goods, so the LU is considered to be like a market in the body
- 6 Qi = Moisture (Humidity) 5 Element = Metal
Mixed - Moisture and Metal (dryness)

Lung Organ Physiology

- Governs Qi and respiration 肺主氣, 司呼吸
- Controls channels and blood vessels 肺朝百脈
- Controls dispersing and descending. 肺主宣發, 肅降
- Regulates water passages 肺主通調水道
- Houses the corporeal soul 肺藏魄
- Controls skin and hair 肺主皮毛
- Opens to the nose 肺開竅於鼻
- Controls the voice 肺主聲
- Dominates the right side of the body, 左肝右肺, 男左女右,
左血右氣

Hand Tai Yin LU Meridian Distribution



The lung meridian originates from the middle energizer and first runs downward to the large intestine, back upward to the gate of the stomach, moves on the diaphragm, and reaches the lungs.

It moves along the pulmonary systems, armpit (LU3), middle of the anterior aspect of the arm, flows into the lateral side of the pericardium meridian, and then moves to LU5.

It moves around the corner of the antero-lateral aspect of the forearm, enters into the wrist pulse (LU9), and moves on the place in the hand in shape of a belly of a fish (LU10), exits through the tip of the thumb (LU11).

Its side branch comes out to the lateral aspect (LU7) and then to the lateral aspect of the tip of the index finger (it enters as it meets with the large intestine meridian).

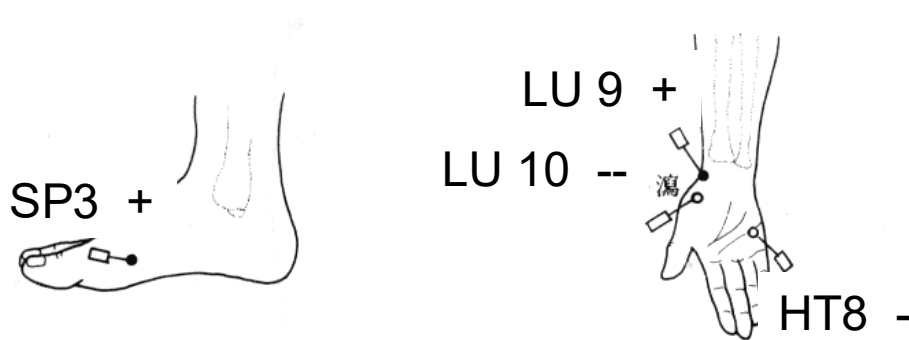
- Diseases transmitted by the meridian are as follows: lung distention, shortness of breath, coughing, and pain in ST12. If the disease worsens, the patient crosses his or her arms and eye sight becomes weak, and this is called reversal of *qi* in the arm, or Bigwol (臂厥).
- Diseases produced by the lungs are as follows: cough with dyspnea, asthma, heart vexation, and fullness in the chest, fullness in the upper torso, pain and coldness in the anterior and medial upper arm and forearm, and heat in the palm of the hand.
- If there is excessive *qi* in the meridian, the patient suffers from pain in the shoulder and back, wind-cold, and perspiration. If it develops into wind stroke, the patient experiences polyuria and frequent yawning.
- If there is a deficiency of *qi*, the patient suffers from pain in the shoulder and neck, subversion to cold, and shortness of breath.
- When the meridian is diagnosed as excess, that means the wrist pulse is three times stronger than the carotid pulsation; when the diagnosis is the opposite, then it means the wrist pulse is three times weaker than the carotid pulsation.^[B081]

- 正(Jeong) : rectify, straight direct, upright, erect, (be) right, (as) right as nails, righteous, justice.
- 勝(seung) : victory, win
- 格(gyuk) : norme, module, standard, compass

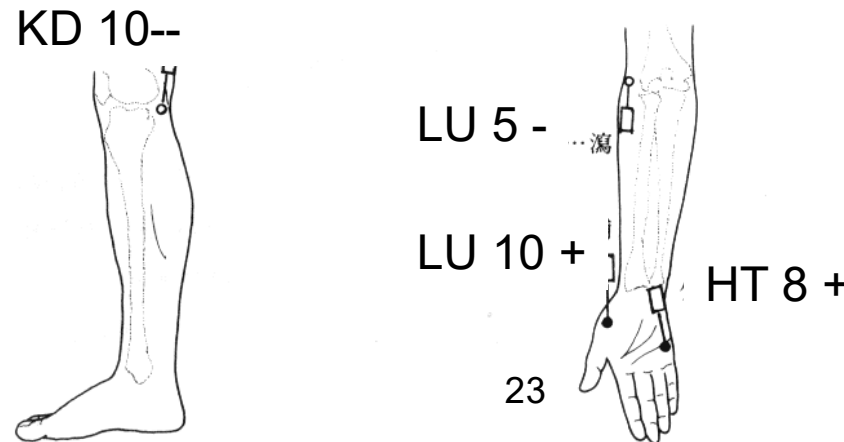
LU reinforce (JG) and Sedate (SG)

	reinforce		sedate	
	own	Other	own	Other
Jung Gyuk	LU9 (M)	SP3 (MM)	LU10(GM)	HT8(GGM)
Seng Gyuk	LU10 (GM)	HT8 (GGM)	LU5 (S)	KI10(SS)

Lung Jung Gyuk



Lung Seung Gyuk



1. metal's mother – Earth
2. Metal's Grand Mother- Fire
3. Metal's son- water

Jung gyuk (deficiency case)

- 1) + Mother: + own meridian
 - LU meridian's earth point – Lu9
 - + Mother meridian's horary point
 - SP meridian's earth point --SP3
- 1) - Grandmother: own GM
 - LU meridian's fire point – LU 10
 - Grandmother Meridian's horary point
 - Fire meridian's fire point – HT 8

General Physical Characteristics of Hand Tai Yin LU Energy

- **The LU governs Qi and respiration**

- Clinically the LU JG can be used for respiratory disorders
- Its properties of coolness and moisture make it most effective for thin people with dryness signs (treat dry heat)
- The LU JG can be used for all symptoms of Qi deficiency including fatigue, low energy and mental exhaustion, especially for thin and weak constitutions
- The right side of the body is the Yang side and is dominated by Qi.

Clinically the LU JG can be used if there are multiple disorders occurring only on the right side of the body.

General Physical Characteristics of Hand Tai Yin LU Energy

- **The LU organ is highly elastic, expanding and contracting with each breath**
 - The LU JG tonifies the elasticity of skin and muscles.
 - Clinically it is used for dry skin with lack of elasticity or muscle stiffness caused by Qi deficiency.
- **The LU controls dispersing and descending of Qi**
 - Clinically the LU JG is used when LU Qi is too deficient to do its function of descending Qi which results in lower body muscular weakness

General Mental Characteristics of Hand Tai Yin LU Energy

- **The mental spirit of the LU meridian is characterized by satisfaction in regards to having enough material possessions and money.**
 - It includes feelings of ***generosity, richness, relaxation and comfort***
 - clinically the LU JG is used for someone who is very anxious and unable to relax due to worries about not having enough money, food and basic material possessions
 - this can include **respiratory symptoms of shortness of breath and chest discomfort**

Example: LU JG can be used clinically for insomnia which is caused by someone who is worried about a true lack of money or material possessions

Indications of LU Jung Gyuk (LU reinforce)

- The LU JG stimulates the body to generate moisture and coolness
- It would most logically be applied to balance conditions of dryness and heat associated with respiratory system disorders

Indications of LU Jung Gyuk (LU reinforce)

- **Related to the Function of the LU Organ and Respiratory System**
 - bronchitis, asthma
 - cough with dry-phlegm that is difficult to expectorate
 - shortness of breath, weak voice due to LU Qi deficiency
- **Hemoptysis** - caused by Empty Fire rising, especially indicated for a slim person with empty heat. This could also be caused by pulmonary TB.
- **Respiratory system disorders** including sinusitis, nasal congestion, rhinitis, epistaxis, difficulty smelling

Indications of LU Jung Gyuk (LU reinforce)

• Conditions Occurring along the Meridian Distribution

- anterior shoulder pain
- lateral elbow pain
- wrist pain
- thumb pain

• Related to Head, Face, Ear, Nose and Throat

- throat disorders including tonsillitis, pharyngitis
- respiratory system disorders including sinusitis, nasal congestion, rhinitis, epistaxis, difficulty smelling
- red, thread-like blood vessel in sclera of eye. The sclera is associated with the LU, the exposed blood vessel is due to heat/dryness.

Indications of LU Jung Gyuk (LU reinforce)

- **Qi Disorders due to LU Qi Deficiency**

- the LU JG is the most effective prescription for **LU Qi deficiency with fatigue or low energy** especially if the person is thin, weak and has dryness signs.

- Symptoms include: shortness of breath - worse on exertion, feeble cough, weak voice/dislikes speaking, spontaneous sweating (daytime), pale face, aversion to wind - catches cold easily

- **muscular weakness** - especially lower leg weakness. Very effective clinically.

- the direction of LU Qi is downward, if LU Qi is deficient and cannot descend the lower extremities cannot receive adequate amounts of Qi. The LU JG tonifies LU Qi to strengthen its natural direction of movement.

Indications of LU Jung Gyuk (LU reinforce)

- **Related to Muscles and Joints**
- **lack of elasticity in the muscles caused by Qi deficiency.**
 - The LU organ is very elastic, expanding and contracting when breathing. LU JG adds moisture which improves the elasticity of muscles
- **back pain.** The LU JG is used if patient can bend forward but not backward.
 - Both LU and LI correspond to Metal which relates to the body's frame. If someone can't bend backward there is an excess of Yang Ming energy along the back or Yang side of the body and a relative weakness of Tai Yin energy along the Yin side or front of the body.
 - The LU JG adds Tai Yin energy and restores the balance with Yang Ming energy. This theory also applies to a hunchback condition.

Indications of LU Jung Gyuk (LU reinforce)

- **Right Side of Body Disorders - LU Qi dominates the right side of the body**

- diseases or disorders which effect **only the right side** of the body including:
 - right side numbness/paresthesia
 - sweating only on the right side
 - numbness/pain in multiple right side areas only
- **wind-stroke with hemiplegia.** Movement is affected on the right side of the body. LU JG is especially indicated for a thin person with heat
 - right side hypochondriac pain or mass
- **Shan disorder** - a Qi disorder causing pain from the lower back to the scrotum.

Use LU JG for pain on the right side or LIV JG if the pain is on the left side of the body

Indications of LU Jung Gyuk (LU reinforce)

- **Skin Conditions - especially with Dryness and Heat**

- problems due to dryness including dry skin, skin cracking or flaking, urticaria, dry-type rash, dandruff.

- The LU organ controls skin and the LU JG adds moisture to counteract the dryness.

- lack of skin elasticity caused by Qi deficiency. The LU organ is highly elastic and expands and contracts while breathing. The LU JG adds moisture and elasticity.

- **Common Cold**

Exterior Wind-Heat symptoms including more fever than chills and copious sweating

- *Clinical tip: if there is a high fever, for fever with sore throat - prick and bleed LU 11; for fever only - prick and bleed LI 1*

Indications of LU Jung Gyuk (LU reinforce)

• Activating Qi to Relieve Stagnation - For Blood Stasis or Damp-Phlegm Stagnation

• *Blood Stasis*

- this is a special modification of the LU JG and an exception to the standard SaAm Prescription **SP 3+, LU 9+, TE 5-, LI 11-**.
- considered the most effective formula for acute or chronic blood stasis originally caused by trauma

• *Damp-phlegm Stagnation*

- this is a special modification called the "Reverse LU JG".

HT 8+, LU 10+, SP 3-, LU 9-

- This is a **famous** formula **for phlegm** - especially when caused by long term damp stagnation. The traditional LU JG adds moisture and coolness, the reverse prescription tonifies the grandmother (Fire) and sedates the mother (Earth) removing moisture and coolness.
- this is used for whole body symptoms of phlegm including nausea/vomiting, heavy sensation in the head and body, dizziness due to phlegm obstructing the head orifice (including Meniers disease), lassitude and unstable gait due to dizziness caused by damp-phlegm stagnation.

Indications of LU Jung Gyuk (LU reinforce)

- **KID Related Disorders** - Water (KID) is the son of Metal (LU).
Use the LU JG instead of KID JG when there are other LU indications in addition to the KID disorders.
 - dry throat. The throat is the pathway of the KID and LU meridians.
- **Related to Mental-Emotional Conditions**
 - The LU JG is used for someone who is anxious and unable to relax due to excess worry about a true lack of money and basic material possessions. Physical symptoms can manifest as shortness of breath or chest discomfort.
 - The LU JG adds the mental feelings of richness, relaxation and comfort.

Indications of LU Seng Gyuk (LU Sedate)

The LU SG inhibits the body from generating moisture and coolness.

- ***If patient doesn't respond to the ST JG, try LU SG***
- Foot Yang Ming ST Meridian is the direct balancing meridian to the Hand Tai Yin LU Meridian.
- ***Multi-joint or Rheumatoid arthritis also known as "White Tiger Wind"***
- for arthritis in multiple joints. "White" is the color corresponding to the LU In 5 Element theory; "Tiger" refers to the strength of the pain and "Wind" refers to pain that can move from joint to joint.
- Use LU SG for swelling with cold signs.

Foot Tai Yin SP Characteristics

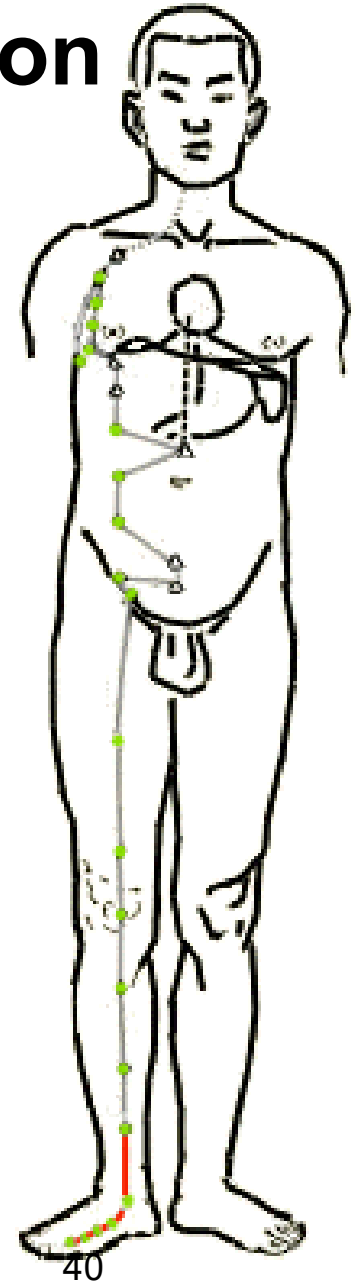
- Pin Yin = Pi
- Chinese: 脾 = Pi, SP 月 = rou, body 卑 = bei, lowliness
- The energy of the SP meridian has its emphasis on obtaining satisfaction from acquiring food. As food is one of the most essential needs for the bodies' survival, the SP is associated with the most basic or "lowest" level
- 6 Qi = Moisture (Humidity) 5 Element = Earth (warm, moisture)
The SP meridian has the moisture of all the meridians

SP Organ Physiology

- The SP itself is damp so it likes dryness and hates dampness
- Clinically all diseases of edema and dampness belong to SP
- SP is the origin of Post Natal Qi - the SP is essential for the production of qi and blood.
- Governs transformation and transportation of food and water/dampness
- Keeps the blood in the vessels
- Opens into the mouth and manifests on the lips
- Controls the muscles and four limbs.
- Controls the raising of Qi and raises the clear Yang upwards
- Houses Thought (pensiveness)

Foot Tai Yin SP Meridian Distribution

- The spleen meridian begins at the tip of the big toe (SP1).
- It then runs along the medial aspect of the toe at the border between the red and white flesh (SP2), passes proximal to the first metatarsophalangeal joint (SP3), and rises up anteriorly to the medial malleolus (SP5).
- It rises to the medial part of the calf (the calf is elevated portion of the leg, which resembles the shape of fish belly), crosses the liver meridian from posterior to the medial border of the tibia, and moves to the front.
- It then follows along the knee (SP9), front of the medial aspect of the thigh, enters into the abdomen then connects to the stomach, and reaches the spleen.
- It moves up to the diaphragm, follows through the esophagus, and is connected to the base of the tongue.
- Then it branches out from the bottom of the tongue.
- The collateral meridian then is divided again in the stomach, moves up to the diaphragm, and enters into the heart (here, it enters while connecting with the heart meridian). (Ling shu)



- Diseases transmitted by the meridian: stiffness in the base of the tongue, nausea after ingesting food, gastric pain, abdominal distention, and frequent belching that is alleviated after passing gas or moving the bowels, and heaviness of the entire body. The spleen meridian of the foot greater yin governs the spleen.
- Diseases produced by the viscus: pain at the base of the tongue, immobility of the body, indigestion, vexation, distress and pain below the heart, cold malaria, loose stools, watery diarrhea, jaundice, difficulty in lying down, swelling of the medial aspects of the thighs and knees in forced standing, and the inability to move the big toe. When the meridian is in excess, the carotid pulsation beats three times stronger than the wrist pulse. If it is deficient, the carotid pulsation beats three times weaker than the wrist pulse. (Ling shu)
- ② Its movement begins 9:00 to 11:00 a.m, from ST42, meets with SP1, rises along the thigh and the abdomen, and stops in SP21 under the armpit. (intro to medicine)
- ③ The spleen meridian is rooted in SP1 and reaches to CV12. (Ling shu).

SP reinforce (JG)

	reinforce Mother		Sedate Grand Mother	
	own	mother	own	GM
Spleen	SP2	HT8	SP1	LR1

Spleen Jung Gyuk

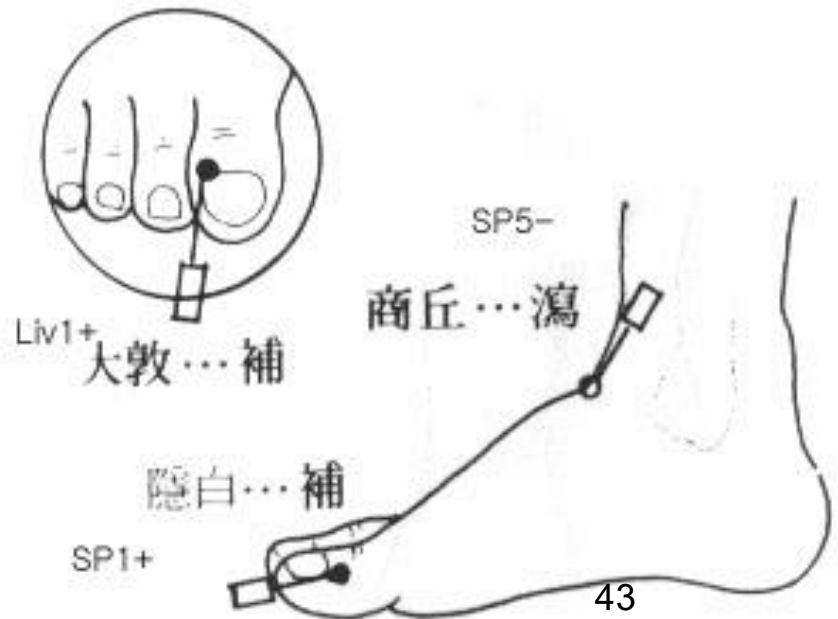


隱白...瀉
SP1-

SP Sedate (SG)

	reinforce Grand Mother		Sedate Son	
	own	GM	own	son
Spleen	SP1	LR1	SP5	LU8

Spleen seng Gyuk



General Physical Characteristics of Foot Tai Yin SP Energy

- **Dominates digestive system functions of transformation and transportation**
- The SP JG can be used clinically for all **impaired digestive system** functions and resulting internal damp stagnation impacting the Middle Jiao. It adds moisture and warmth and is especially appropriate for thin patients with dryness and cold signs.
- **neutralizing effect** - especially for detoxification from alcohol, drugs, food, poisonous gas
 - In 5 Element theory the central position of the Earth is "neutral". Clinically adding more Foot Tai Yin SP energy functions to neutralize or counteract toxins in the body.

General Physical Characteristics of Foot Tai Yin SP Energy

- **Poor digestive system function causing muscular weakness, numbness and atrophy**
- the SP controls the muscles and the 4 limbs. Clinically, the SP JG adds Moisture which **nourishes and strengthens the SP and digestive system** and ultimately **the muscles** of the whole body.

General Mental Characteristics of Foot Tai Yin SP Energy

- **Feelings of deep satiation and satisfaction**

- Emotionally, this is like the feeling of satisfaction and deep relaxation one experiences after a great meal. At that time, the feeling of satiation is so strong that there is no desire to acquire more food. This is reflected in the 6 Energy element of Moisture which correlates to feeling fully satisfied.

- In excess, this feeling manifests as "over-satisfaction" with sluggishness, laziness, lack of motivation and general couch potato tendencies.

- **Overthinking, overanalyzing, indecisiveness**

- In 5 Element theory, the Earth (SP/ST) is in the center. From this central position, one can look in all directions equally. This results in being able to "see" and consider so many points of view that one is unable to make a decision.

Indications of SPJung Gyuk (SP reinforce)

- The SP JG stimulates the body to generate moisture and warmth
- It would most logically be applied to balance conditions of dryness and cold associated with digestive system disorders

Indications of SPJung Gyuk (SP reinforce)

• Related to the Function of the SP Organ - Middle Jiao Digestive System Disorders (*Transformation and*

Transportation Problems)

- long time food stagnation
- indigestion
- reduced appetite
- abdominal distention
- rebellious Qi including belching, nausea and vomiting
- diarrhea
- borborygmus
- epigastric pain
- ascities in the Middle Jiao due to LIV cirrhosis. reinforcing the SP strengthens the transformation and transportation function to help remove the damp stagnation.

Indications of SPJung Gyuk (SP reinforce)

- **Related to the Function of the SP Organ - continued**

- **Hyperacidity of the ST** - SP JG adds Moisture and warmth to balance the dryness and heat. It is like using warm water to put out a fire. The element of warmth is less irritating to the ST than using something with a cold nature.

- **Difficult urination** - Transformation and Transportation problems can include a dysfunction of the water metabolism. This could result in difficult urination in combination with other SP Qi deficiency signs and/or digestive system disorders

- **Jaundice** - Yin type, cold-damp. Earth is associated with the color yellow. Yellow tinted skin and eyes are a sign of jaundice.

- **Diabetes mellitis** - Middle Xiao Ke with excessive hunger and increased food intake

- **Upper abdominal masses** - epigastric area

- **Lips - dryness and cracking.** The SP manifests on the lips

Indications of SPJung Gyuk (SP reinforce)

• Related to Conditions Occurring Along the Meridian Distribution

- **chest pain** - lateral side
- **midback/hypochondriac area pain.** The Foot Tai Yin SP Muscle Meridian connects with the hypochondriac area and spine in the midback
- **stiffness or paralysis of the tongue** as a sequelae of wind-stroke. A branch of the main SP meridian connects to the lower surface of the root of the tongue
- **submandibular** area pain
- **lower leg** medial aspect pain and disorders

Indications of SPJung Gyuk (SP reinforce)

- **Middle Jiao SP Qi Deficiency**

- **general SP Qi Deficiency signs** including: poor appetite, loose stools, abdominal distention
- **hernia** - weakness of the abdominal wall and genital wall muscles due to Qi deficiency; rectal hernia
- **fatigue with chronic digestive problems.** Especially for a thin, weak person who is easily fatigued due to SP Qi Deficiency

Indications of SPJung Gyuk

- **Problems of the Four Limbs and Muscles caused by Poor Digestive System function**
 - **whole body pain**, myalgia
 - **emaciation and muscular weakness**, numbness or atrophy
 - **wind-stroke** causing hemiplegia or affected movement on the **right side** of the body. Especially indicated for a thin person with poor digestion. If a person is too thin they can generate a lot of fire which creates internal wind resulting in wind-stroke. The 6 Energy element of Moisture helps extinguish the fire and dispel the internal wind.

Note: The SP and LU are associated with the right side of the body and are indicated for disorders of Qi. In comparison, the LIV and HT are associated with the left side of the body and are indicated for disorders of blood.

Indications of SPJung Gyuk (SP reinforce)

- **Multi-joint arthritis** (rheumatoid arthritis) with damp signs of pain and heaviness.
 - Symptoms include pain in the four limbs and the feeling of wearing a tight cap - can be exacerbated on a gloomy, damp and rainy day.

Comparison of clinical indications for multi-joint arthritis based on the signs presented:

- Use SP JG if there is less swelling with cold symptoms. SP JG adds moisture and warmth.
- Use SP SG if there is swelling with heat. SP SG inhibits the body from generating moisture and warmth.
- Use LU SG if there is more swelling with cold symptoms. LU SG inhibits the body from generating moisture and coolness.

Indications of SPJung Gyuk (SP reinforce)

- **Detoxification - SP corresponds to Earth in 5 Element Theory.**

Earth is in the center which is considered neutral. Therefore the SP JG has a neutralizing effect on toxic substances.

- alcohol
- C02
- environmental pollutants
- drugs
- poisonous gas
- cigarettes/nicotine
- food

- **Related to Eye/Vision Problems**

- hordeolum (stye on upper or lower eyelid) - the SP is related to eyelids
- trichiasis - eyelash inversion toward the eyeball (usually lower eyelash)
- blurry vision / photophobia - due to SP Qi deficiency with fatigue causing vision problems (raising clear yang)

Indications of SPJung Gyuk (SP reinforce)

- **Related to Mental Conditions - Overthinking, Overanalyzing, Indecisiveness**

- in 5 Element theory the Earth is in the central position allowing equal consideration of all points of view. This causes a tendency to overthinking and indecisiveness which can cause digestive problems.

Clinical note: if there is no digestive system involvement, the LI JG can be used to add feelings of clarity and decisiveness.

Indications of SP Seng Gyuk (SP Sedate)

- The SP SG inhibits the body from generating heat and dampness making it especially indicated for heavier body types
- **If the patient doesn't respond to the LI JG**
 - Hand Yang Ming LI is the direct balancing meridian to the Foot Tai Yin SP meridian.
 - SP SG has a similar effect to LI JG - its properties are cool and Dry, and its function is to remove warmth and Moisture. The SP SG is not commonly used, as the LI Jung Gyuk is very frequently used with good result.
 - However, if there is no result with LI JG, SP SG can be tried.
- **Obesity** - SP SG has drying properties.
- **After being exposed to Exterior Damp pathogenic factor**
- patient feels dizziness, heaviness in the body, voice can become lower, huskier

Indications of SP Seng Gyuk (SP Sedate)

- **Lymphedema**

- patient feels a strange sensation on their skin as if its not their own

- **Leukorrhea** - yellow, heat-type