

# SaAm Acupuncture



## ***First Level Meridians***

Hand Yang Ming LI and Foot Yang Ming ST

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# General Characteristics of Yang Ming

- **6 Energy/Qi Attribute: Dryness** (Humidity)
  - Yang Ming energy is described as:
    - sharp
    - solid
    - straight-forward
    - tall
    - dry
    - cool
  - The most **drying** energy of all the meridians



cool,  
clear



frame



thorny



DRYNESS



FIBROUS



solid

acute



accurate  
sharp



**YANGMING  
ENERGY**

# General Characteristics of Yang Ming

- ***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 Yang Ming

## *Desire:*

- Yang meridians are associated with feelings of “dissatisfaction”.
- Feelings of dissatisfaction for Yang Ming come from feelings of lack or poverty in regards to basic necessities including money and nutrition

# General Characteristics of Yang Ming

- ***5 Element Attribute:*** Metal (Dry/Cool)
  - Metal refers to the frame of the body. This energy gives support to all the other meridian energies.
  - The frame is considered an “unchangeable” energy and functions as the bodies foundation for a lifetime.

# General Characteristics of Yang Ming

- This concept can best be illustrated by comparing the interconnection of the bodies' "6 Qi and 5 Element" properties to a physical building:
  - Yang Ming = Metal = outer protective structure plus the supportive internal steel girders
  - Tai Yang = Water (cold) = the cooling system
  - Shao Yin = Fire (hot) = the heating system
  - Jue Yin = Wind (air movement) = the ventilation system
  - Shao Yang = Minister Fire (light) = the lighting system
  - Tai Yin = Earth (moisture) = the decoration

# General Characteristics of Yang Ming

- ***Emotional***
- the Metal aspect of Yang Ming energy is reflected mentally in a disposition that is
  - direct
  - accurate
  - detail-oriented
  - strong willed
  - decisive
- In excess, this can manifest as stubborn, inflexible and cold-hearted to the point of no mercy

# Yang Ming Meridians

- Within Yang Ming there is a hand and foot meridian
- Both meridians share the same 6 Qi characteristic,

## *Metal*

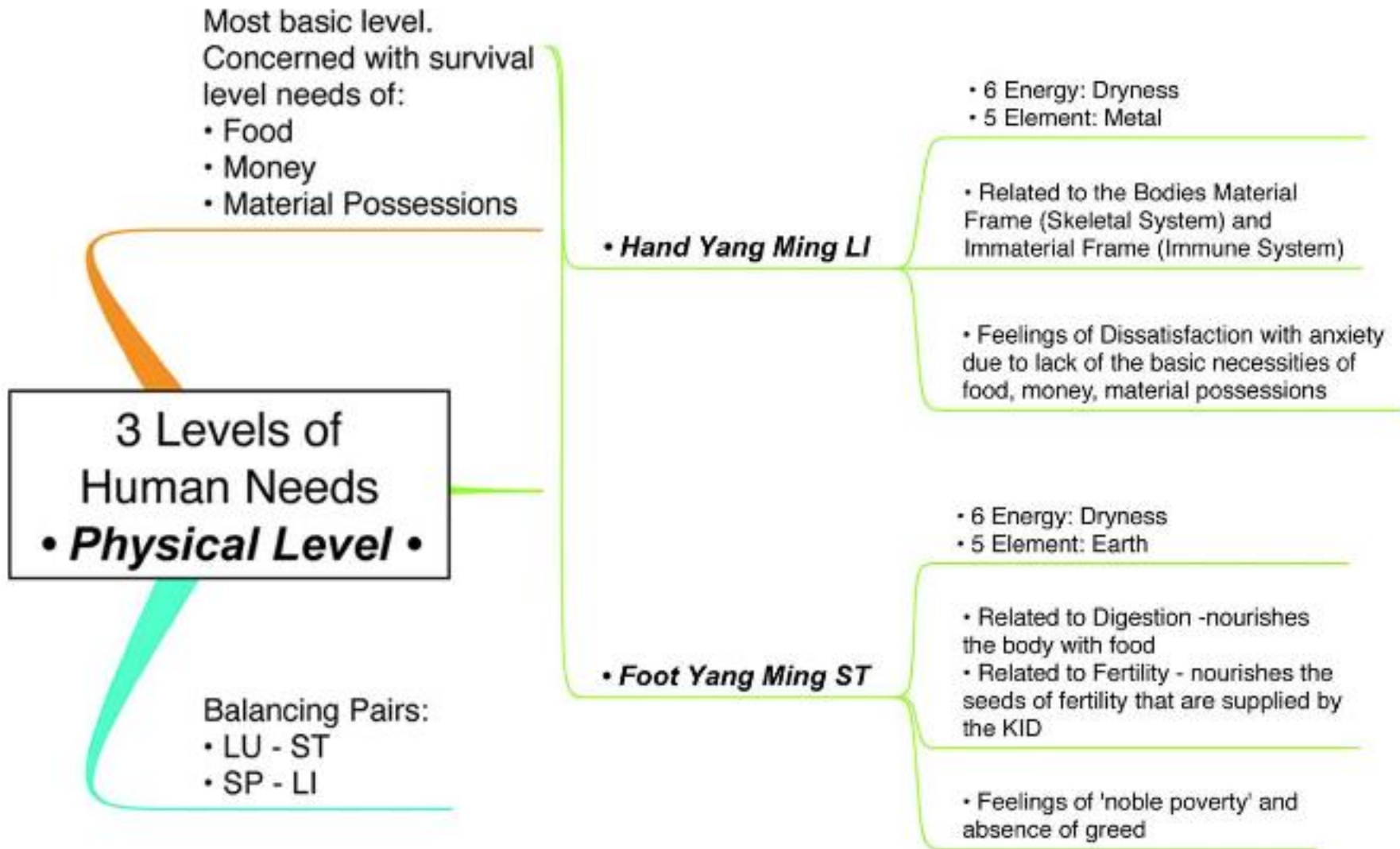
- Each has a **different** 5 Element correspondence

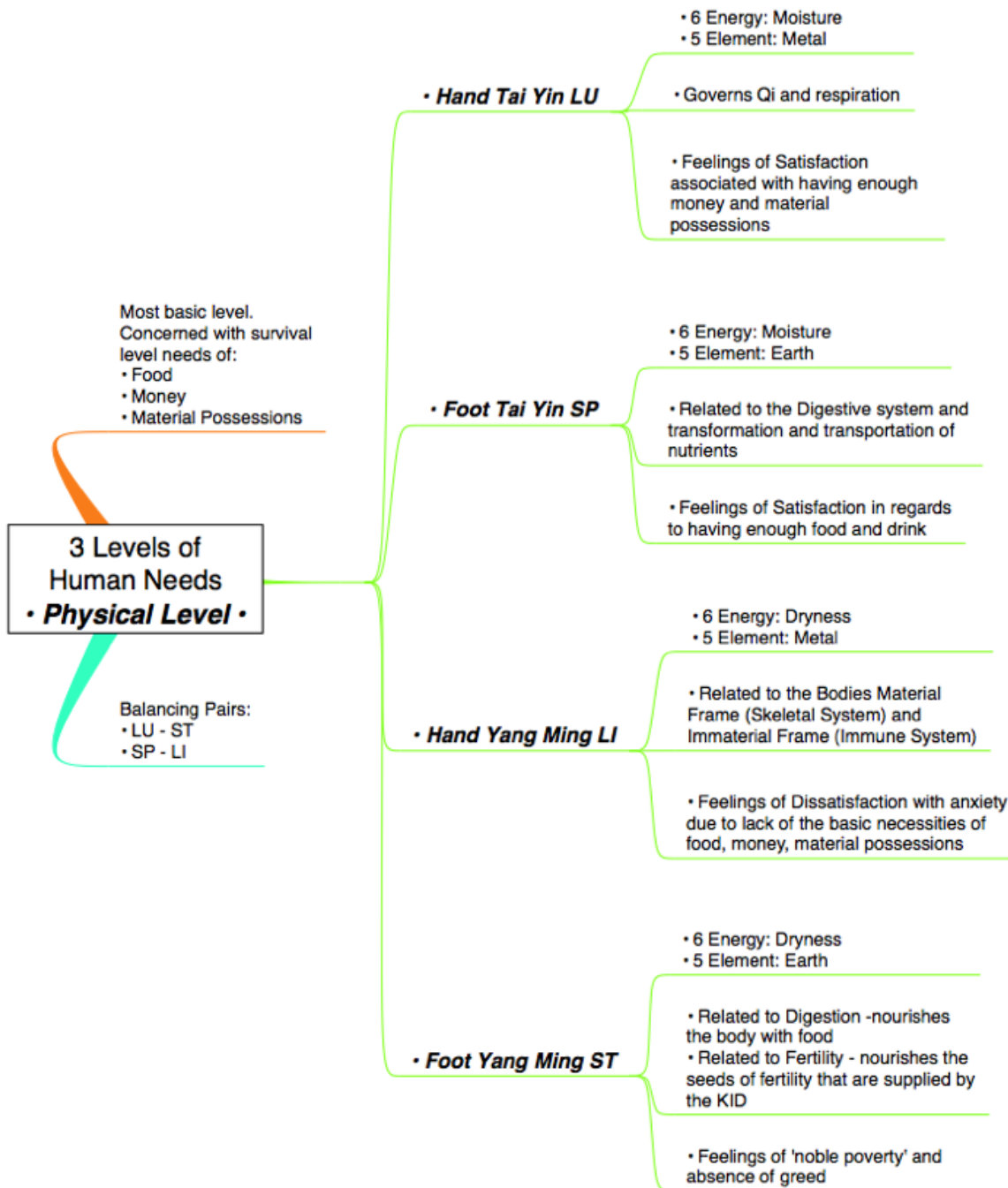
- ***Hand Yang Ming LI*** (*Most Drying Meridian*)

6 Energy: Metal (Dry/Cool), 5 Element: Metal (Dry /Cool)

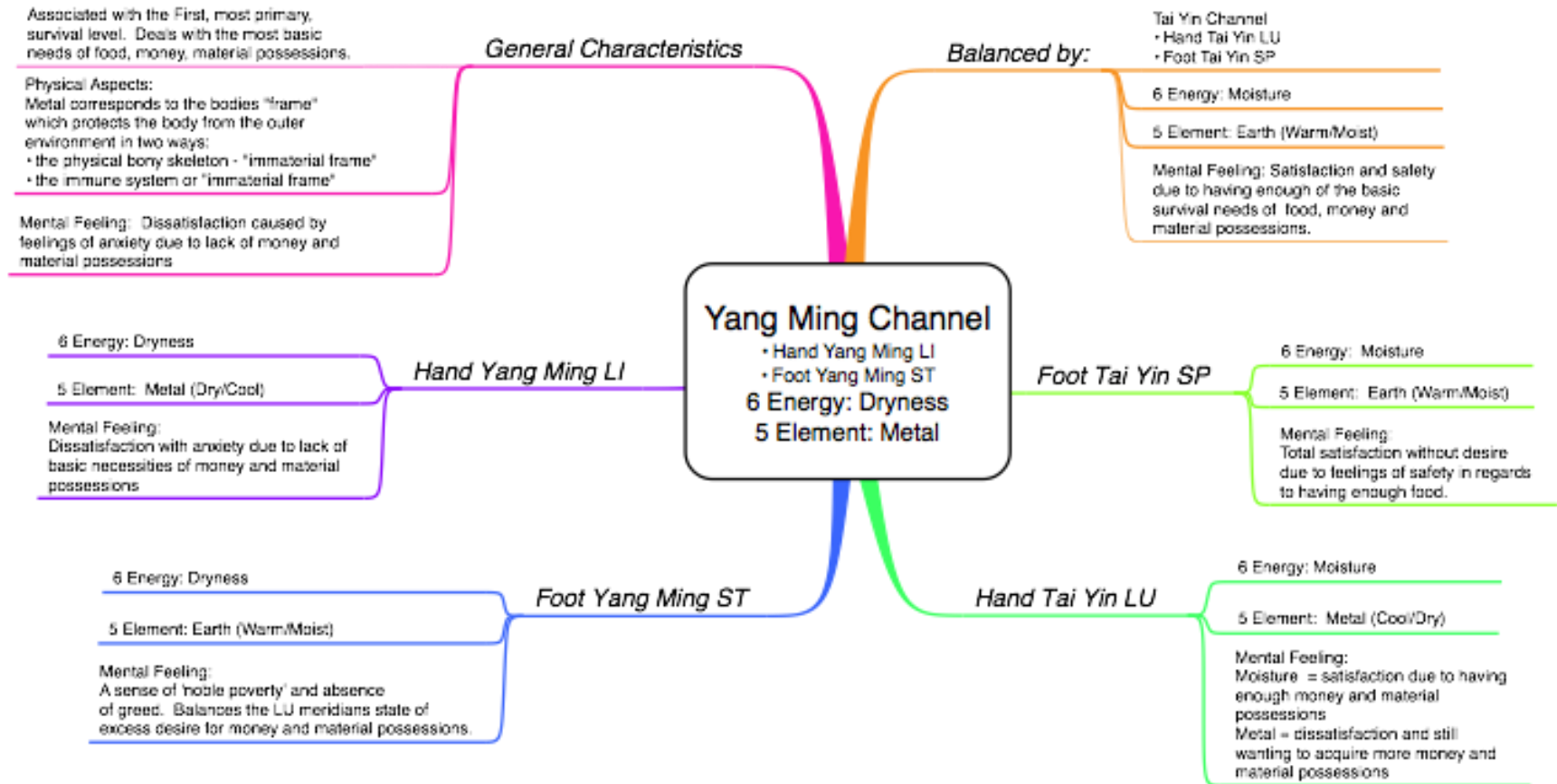
- ***Foot Yang Ming ST*** (*Mixed-Metal/Earth*)

6 Energy: Metal, 5 Element: **Earth** (Warm/Moist)





# BALANCING PAIRS - Yang Ming and Tai Yin



# BALANCING PAIRS

## Environmental Characteristics

- SaAm meridians can be grouped into **BALANCING PAIRS** in regards to their 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/Moist)

# BALANCING PAIRS

## Environmental Characteristics

### *First Level:*

- Foot Yang Ming - ST Meridian's properties of:  
6 Qi = **Dryness** and 5 Element = **Earth** (Warm/Moist)  
*Directly Balances:*
- Hand Tai Yin - LU Meridian's properties of:  
6 Qi = **Moisture** and 5 Element = Metal (Dry/Cool)

# Balancing Pairs

## Emotional Characteristics

### *Primary Mental Feeling*

#### *Yang Ming*

#### **Balances**

#### *Tai Yin*

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

*Yang Meridians=Dissatisfaction*

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

*Yin Meridians=Satisfaction*

# Balancing Pairs

## Emotional Characteristics

### *Feelings - Appropriate Amount*

#### *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*

**Balances**

**Balances**

**Balances**

#### *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*

# Balancing Pairs

## Emotional Characteristics

### *Feelings - Excess Amount*

#### *Yang Ming*

- Feelings of extreme starvation, impoverishment or total lack of basic needs
- Anxious, impatient, cold-hearted, having no mercy

**Balances**

**Balances**

*Yang Meridians=Disatisfaction*

#### *Tai Yin*

- Oversatisfaction manifesting as arrogance due to having an overabundance of basic needs
- Oversatisfaction manifesting as laziness, no motivation, sluggishness, weight gain

*Yin Meridians=Satisfaction*

# Hand Yang Ming LI Characteristics

- Pin Yin =大腸 Da Chang
- Chinese: 大腸= Da Chang, LI 大= da, big 腸=chang, body/transformation
- “Da” means ‘big’ or ‘large’ referring to both the size and function of the large intestine. The LI is where a significant transformation of food occurs in the body.
- 6 Qi = Metal/Dryness (Humidity) 5 Element = Metal

*The LI meridian has the most drying energy of all the meridians.*

# Hand Yang Ming LI Characteristics

- Corresponds to Metal. Analogous to the “frame” of the body the way steel girders are the “frame” of a skyscraper. This has two aspects:
  - The material frame = the skeletal system
  - The immaterial frame = the immune system
  - Both provide support and protection for the body
- Another analogy from nature is the function of thorns on a rosebush - they protect the flowers the way the immune system protects the body

# LI Organ Physiology

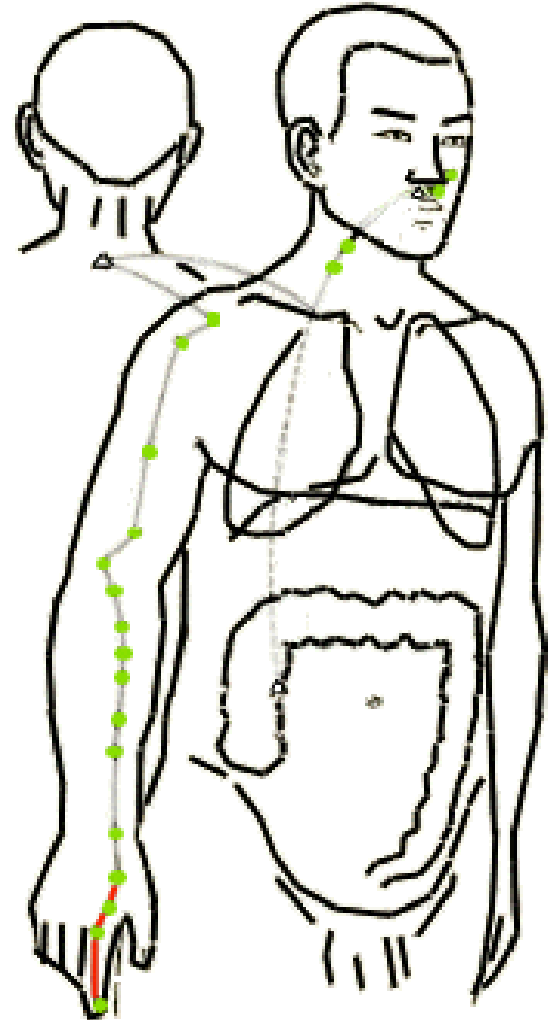
- The LI is the official in charge of transporting and it controls transformation (change).
- The main function of the LI is to:
  - receive food and drink from the SI
  - reabsorb some of the fluids
  - excrete the stool
- The LI is one of the main organs that participates in transforming nutrition so it can be used as energy for the body

# Hand Yang Ming LI Meridian Distribution

- Circulation:

Starts from the tip of the index finger→between the 1st and 2nd metacarpal bones→lateral anterior aspect of the forearm and the upper arm→highest point of the shoulder→GV14→supraclavicular fossa  
└→ connect with the lung→ enters the large intestine.

└→ neck→cheek→lower gum→upper lip→cross the opposite meridian at the philtrum→side of the nose→links with the Stomach Meridian of Foot-Yangming.



# LI Tonify (JG) and Sedate (SG)

Jung Gyuk	Tonify Earth (Mother)		Sedate Fire (Grand Mother)	
	own	mother	own	GM
	LI 11	ST 36	LI 5	SI 5
Seng Gyuk	Tonify Fire (GM)		Sedate Water (Son)	
	own	GM	own	son
	LI 5	SI 5	LI2	BL66

# General Physical Characteristics of Hand Yang Ming LI Energy

- Metal corresponds to both the 6 Energy and 5 Element factors. It has the properties of dryness and coolness making the **LI meridian the most drying energy in the body.**

*This makes the LI JG very effective for damp-heat conditions and may also be used for damp and phlegm stagnation.*

## **Clinical applications include:**

- lifestyle diseases in overweight patients. The LI JG can be used as part of a weight loss regimen where losing weight can alleviate one of the underlying causes of the disease such as in Type 2 Diabetes or hypertension
- chronic autoimmune disorders treated with long-term use of steroids resulting in accumulation of damp-heat

# General Physical Characteristics of Hand Yang Ming LI Energy

- **Protection for the body from the outside environment**
- ***physically*** - the Metal element corresponds to the "material" frame or skeleton.

Clinically the LI JG can be used for weakness in the musculo-skeletal system.

- ***physiologically*** - related to the immune system or the "immaterial frame".
- Clinically the LI JG can be used for conditions which are the result of a lowered immune system such as atopic dermatitis or allergic rhinitis.

# General Mental Characteristics of Hand Yang Ming LI Energy

- **The Metal aspect of the LI meridian corresponds to a straight forward, strong willed, and decisive disposition**

Clinically the LI JG can be used to counterbalance excess Foot Tai Yin SP manifestations of ambiguity, laziness and indecision.

- **The LI meridian has the feelings of lack or poverty especially in regards to the basic necessities of food, money and material possessions.**

Clinically the LI JG could be used to counterbalance a pathological excess of Foot Tai Yin SP energy manifesting as arrogance, lack of motivation and overeating in a person who has an overabundance of food and material possessions.

# Indications of LI Jung Gyuk (LI Tonify)

- The LI JG stimulates the body to generate dryness and coolness
- It would most logically be applied to balance conditions of dampness and heat but can also be used for damp-phlegm conditions because it has the most drying energy of all the meridians

# Indications of LI Jung Gyuk (LI Tonify)

## • Related to Function of the LI Organ/Meridian; GI Tract

- constipation
- diarrhea, could be with borborygmus
- deficiency symptoms include severe diarrhea or diarrhea with undigested food
- excess symptoms include yellow mucus in the stool or damp-heat dysentery with mucus and blood
- acute or chronic colitis, IBS - could be with blood and mucus in the stool
- diverticulitis
- lower abdominal distention due to damp-heat or damp

## • Related to the Anus

- rectal prolapse
- hemorrhoids

# Indications of LI Jung Gyuk (LI Tonify)

- **Related to the Meridian Distribution**

- **pain in the lateral side** of the index finger, forearm, upper arm, shoulder, neck or the teeth

- wrist pain
- tennis elbow
- trigger finger in the index finger
- anterior shoulder pain

- **toothpain** - could be for both lower and upper teeth. The LI meridian 6 Energy factor corresponds to Metal which is associated with the skeletal frame and teeth. Especially indicated when there are also heat signs as Metal has the property of coolness.

# Indications of LI Jung Gyuk (LI Tonify)

- **Musculoskeletal problems - LI corresponds to the element "Metal" which composes the framework of the body**
- the LI JG can be used for any bony skeletal disorders or weaknesses specifically in regards to the hard outer portion, the compact bone, which corresponds to the bodies frame.
- Examples include fractures, osteoporosis and osteoarthritis. It is especially indicated in overweight patients because of the drying nature of the LI meridian, but it can also be used for thin patients particularly when the problem is directly along the LI meridian pathway.

# Indications of LI Jung Gyuk (LI Tonify)

- **Back pain - LI JG is used if patient can bend backward but not forward**

*Both LI and LU have the property of Metal which corresponds to the bodies frame.*

- If someone **can't bend forward** there is an excess of Tai Yin energy on the front or Yin side of the body and a relative weakness of Yang Ming energy on the back or Yang side. LI JG adds Yang Ming energy and restores the balance with Tai Yin energy.
- back pain so severe that it feels like the bone and muscle have become broken. Most commonly this occurs in the lower back
- **opisthotonos** - this would indicate an excess of Tai Yin energy forcing the body into a severely arched posture, the LI JG tonifies the back or Yang side of the body and provides a counterbalancing "straightening" effect

# Indications of LI Jung Gyuk (LI Tonify)

- **Overweight conditions**

- overweight conditions caused by damp and phlegm accumulation.  
HandYang Ming LI energy is the most drying energy in the body
- LI JG can be used to control appetite as it directly balances excess  
Foot Tai Yin SP energy which manifests as overeating

- **Dermatitis**

- damp-heat lesions characterized by redness, wetness, oozing  
atopic dermatitis caused by an immune system deficiency.
- LI JG strengthens the "immaterial" frame.

# Indications of LI Jung Gyuk (LI Tonify)

- **Head, Ear, Eye, Nose, Throat - especially conditions caused by damp-heat**
  - **eyes** - dark circles around the eyes indicate damp stagnation. This could also be dark circles with uneven coloration or puffy/swollen eyelids
  - **nose** - sinusitis with yellow discharge, runny nose, rhinitis, epistaxis
  - **allergies** - especially with nasal congestion, allergic rhinitis, throat problems, coughing. Could also be combined with skin problems.
  - could be used in a "**Stop Smoking**" protocol. The LI meridian terminates at the side of the nose.
  - **mouth sores** - with redness, oozing, wetness, yellow discharge
  - **gum problems** - both upper and lower gums. Symptoms include swelling due to heat or damp-heat accumulation, bleeding gums, gingivitis

# Indications of LI Jung Gyuk (LI Tonify)

- **Head, Ear, Eye, Nose, Throat - especially conditions caused by damp-heat**

*The LI meridian corresponds to Metal and LI JG tonifies the frame.*

- **tooth pain** - In SaAm acupuncture, the hard part of bones and teeth are considered the frame of the body. Especially effective when in combination with damp-heat symptoms.

*Note: the KID JG can be used for tooth pain if there is a dominance of KID deficiency symptoms.*

- **scrofula** – Lymphadenopathy of the neck forms nodules below the ear. The appearance is like a string of beads in the neck

# Indications of LI Jung Gyuk (LI Tonify)

## External-Internal Relationship - LU Problems

- Exterior Wind-Heat conditions with a fever and swollen, sore throat
- *Clinical note:* For sore throat, the LI JG is usually combined with pricking and bleeding two points on the opposite side. Bleeding LU 11 focuses on the throat and bleeding LI 1 reduces heat in the body.

# Indications of LI Jung Gyuk (LI Tonify)

## Related to Emotions

- Yang Ming energy has feelings of **lack, loss and poverty**. It directly balances Tai Yin's energy of oversatisfaction due to an abundance of food and material possessions.
- In excess this can manifest as "arrogance, lack of motivation and overeating".

Clinically the LI JG can be used for:

- someone who always gets everything their own way, feels they are the center of the world and can do whatever they want without regard for others
- **oversatisfaction** manifesting as arrogance and conceit
- boredom, lack of motivation, lethargy

# Indications of LI Jung Gyuk (LI Tonify)

## Related to Emotions:

- Yang Ming energy corresponds to a straight-forward, decisive disposition.
- The LI JG can be used for someone who is vague, ambiguous or indecisive which is a manifestation of excess SP energy.
- In 5 Element theory the SP is associated with Earth which is in the center. From this central position all points of view can be seen and equally considered. When SP energy is excess, this person deliberates so long before making a decision that they become paralyzed with hesitation and doubt. If this mentality becomes chronic, the doubt and suspicion can become stronger and may border on paranoia.
- LI JG adds feelings of clarity and decisiveness as a direct counterbalance

# Indications of LI Seng Gyuk (LI Sedate)

- The LI SG (LI Sedate) inhibits the body from generating dryness and cold
- **If patient doesn't respond to the SP JG - try LI SG**
- the Foot Tai Yin SP Meridian is the direct balancing meridian to the Hand Yang Ming LI Meridian

# Foot Yang Ming ST Characteristics

- Pin Yin = Wei
- Chinese: 胃 = Wei, ST, bowl of rice    田 = tian, field, planting  
月 = rou, body

The ST meridian is like an agricultural field in the body. This has two aspects:

- the “field” provides nourishment in the form of food
  - “fertility” as it is related to the ‘field’ that houses and nourishes the “seeds” or “eggs” which come from the KID
- 
- 6 Qi = **Dryness** (Humidity)    5 Element = **Earth** (warm,moisture)  
*Mixed - Metal(dry) / Earth(warm/moist)*

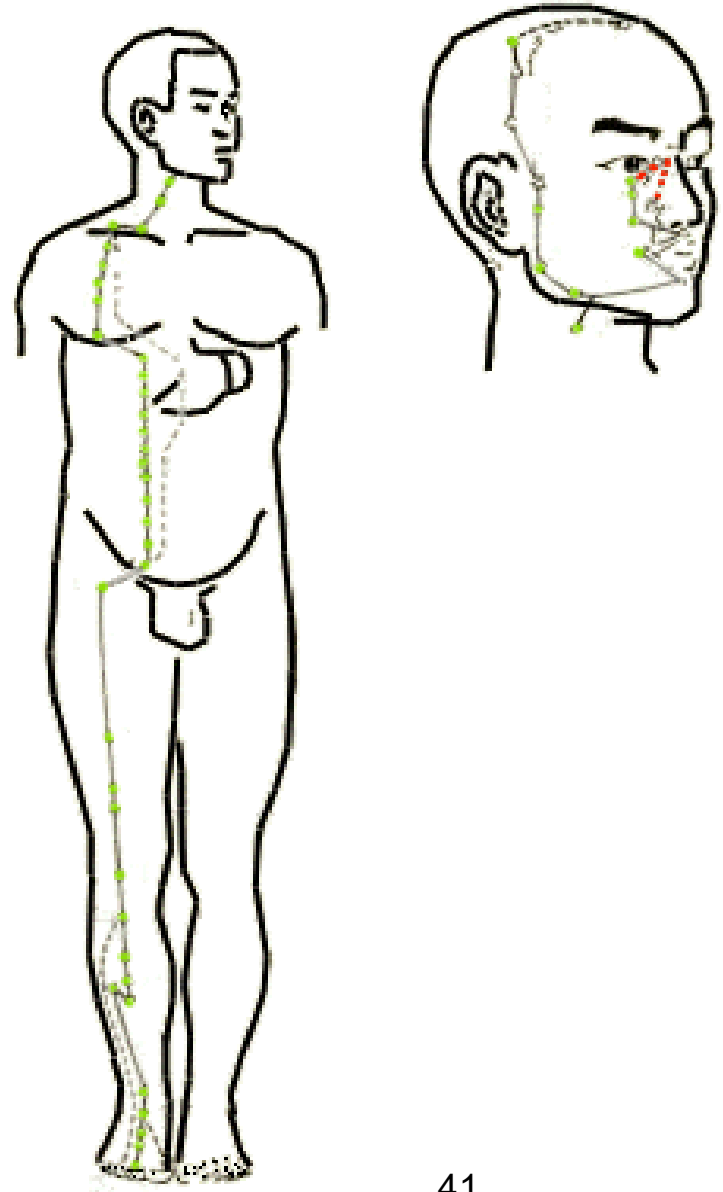
# ST Organ Physiology

- the ST receives food and controls the “rotting and ripening”
- controls the descending of qi
- controls the transportation of food essences
- is the origin of fluids
- likes moisture and hates dryness
- the ST (with the SP) is known as the “Root of Post-Heaven qi”

# Foot Yang Ming ST Meridian Distribution

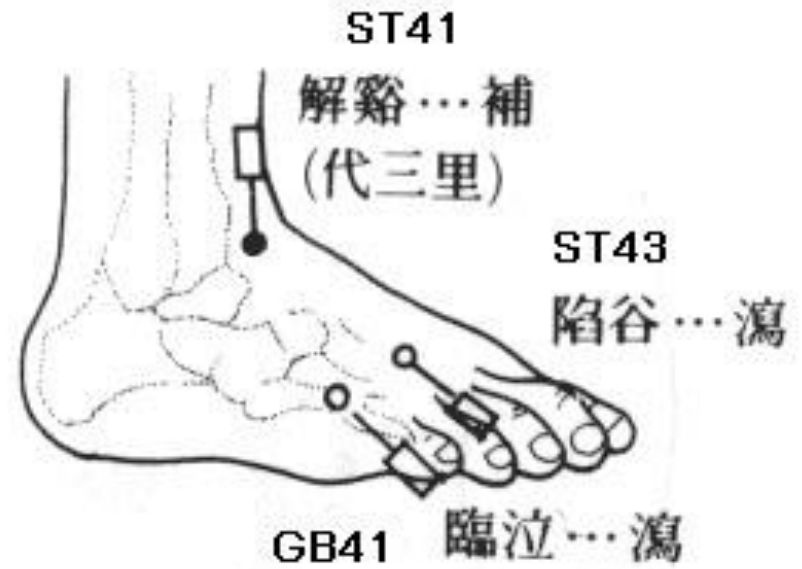
## Circulation:

- Starts from the lateral side of ala nasi→bridge of nose→lateral side of the nose→ upper gum→around the lips→meets CV24→lower portion of the cheek→angle of mandible→ +→front of ear→forehead.
- +→along the throat→supraclavicular fossa+→diaphragm→enters the stomach, connects with the spleen.
- +→\* nipple→by the umbilicus→lateral side of the lower abdomen→ST30
- \*lower orifice of the stomach→inside the abdomen→ST30-+→antero-lateral aspect of the thigh→knee→antero-lateral aspect of the tibia→dorsum of the foot→lateral side of the tip of the 2nd toe.
- \*ST36→lateral side of the middle toe.
- \*ST42→medial side of the tip of the great toe→links with the Spleen Meridian of Foot Taiyin.



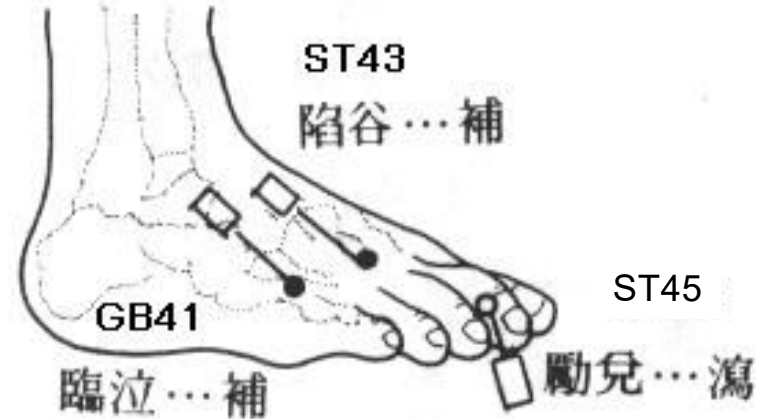
# ST Tonify (ST JG)

Stomach Jeong Gyuk	Tonify Mother (Fire)		Sedate Grand Mother (Wood)	
	own	mother	own	GM
	ST41	SI5	ST43	GB41



# ST Sedate (ST SG)

	Tonify Grand mother (Wood)		Sedate son (Metal)	
	own	GM	own	Son
Stomach	ST43	GB41	ST45	LI1



# General Physical Characteristics of Foot Yang Ming ST Energy

- **ST organ dysfunction is a primary clinical application including:**
  - **ST Qi rebelling** including nausea, vomiting, belching, indigestion
    - acid regurgitation
    - ST pain
- **The ST meridian is likened to an agricultural field in the body. Seeds grow and thrive in the nutrient rich soil.**
- Clinically the ST meridian can be chosen for infertility. It is related both to
  - a) a "field" where seeds grow and
  - b) to the meridian distribution down the mammary line through the nipples

# General Physical Characteristics of Foot Yang Ming ST Energy

- **The ST meridian distributes extensively along the face**
  - very useful clinically for Bell's Palsy, TMJ, frontal headache and nasal congestion with clear discharge.
- **The ST JG has the properties of warmth and dryness**
  - especially effective for conditions with *damp, phlegm and cold signs*

# Indications of ST Jung Gyuk (ST Tonify)

- The ST JG stimulates the body to generate dryness and warmth
- It would most logically be applied to balance conditions of moisture in the form of damp or phlegm and cold especially when associated with digestive system disorders

# Indications of ST Jung Gyuk (ST Tonify)

- **Related to the Function of the ST Organ; GI Tract**
- lack of appetite
- ST Qi rebelling (normal Qi direction is downward)
- nausea, vomiting
- burping, indigestion
- acid reflux
- ST pain - especially in the Ren 12 area

# Indications of ST Jung Gyuk (ST Tonify)

- **Related to the Meridian Distribution**

- pain, swelling, cold sensations or atrophy along the meridian pathway
- nasal congestion with clear (cold) discharge
- weakness and atrophy of the lower limbs including Wei syndrome
- Note: the LU JG is used for problems related to Qi, so it is used for lower leg weakness when there is Qi deficiency. The ST JG is used especially when there is atrophy.
- The Huang di Nei Jing says that the Yang Ming meridian has the most Qi and blood, making the ST JG most effective for atrophy and Wei Syndrome conditions.

# Indications of ST Jung Gyuk (ST Tonify)

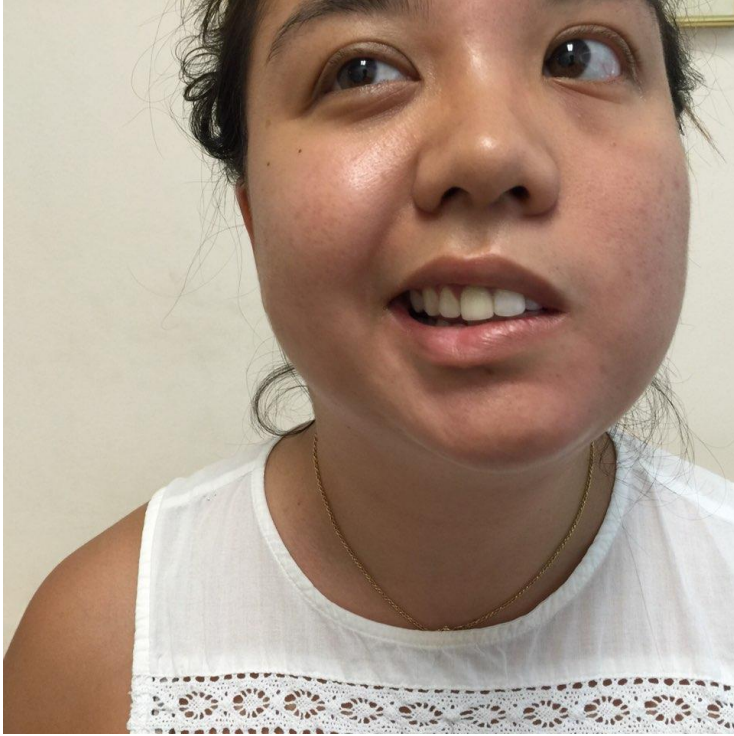
- **Related to Infertility**

- “seeds” grow and thrive in the nurturing “field” of the body.
- The 5 Element correspondence of the ST is Earth which is related to the soil. The “seeds” (eggs) that grow in the soil come from the KID.
  - Clinically, the **ST JG** is used when there is a **problem with the “field”**, the **KID JG** is used when there is a **problem with the seeds (eggs)**.

# Indications of ST Jung Gyuk (ST Tonify)

- **Related to Head, Face, Ear/Nose/Throat**

- **Yang Ming frontal headache.** This could be in combination with dizziness caused by cold-damp or phlegm.
- **drooling** - this effect is like adding "dry soil" to absorb the excess moisture.
- **Bell's Palsy** (facial paralysis), TMJ
- **skin problems around the mouth and lips** characterized by wetness or oozing. *In comparison, if there is redness and heat use the LI JG which has cool and dry properties*









# Indications of ST Jung Gyuk (ST Tonify)

## Related to Head, Face, Ear, Nose, Throat

- **facial swelling, sensation of heat in the face, red eyes, tinnitus due to a flaring up of Minister Fire**

Explanation: Different materials are used to extinguish different types of fire. Water has minimal impact on an oil fire but is very effective for a wood fire. An oil fire requires sand or dirt in order to extinguish it. In SaAm acupuncture, the emotional effect of Shao Yang Minister Fire manifests physically as the type of heat caused by anger, shame or embarrassment.

The Yang Ming channel has cool energy. The Foot Yang Ming ST meridian distributes on the face and its 5 Element association is Earth which is associated with soil including sand or dirt. Therefore it can be used for Shao Yang type heat in the face

## • **Related to Dampness**

- ST JG is used for an invasion by an Exterior damp pathogen
- Note: SP JG is used for internal damp retention due to SP Qi deficiency

# Indications of ST Jung Gyuk (ST Tonify)

## • Related to Emotions

- The ST meridian is the direct balancing meridian of the LU meridian.
- Acquisition of money is the primary desire of the Hand Tai Yin LU meridian. Emotional problems can develop as a result of thinking all the time about acquiring more money, or more generally about overactivity at work.
- This can create a pathological excess of the LU meridian creating problems due to excess greed manifesting as symptoms of:
  - nervousness, anxiety, restlessness
  - shortness of breath, chest stuffiness and discomfort, palpitations
  - always in a hurry because of wanting to make more money
- insomnia or dream-disturbed sleep due to excess thinking about making more money
- The ST JG adds a sense of noble poverty and an absence of greed to counterbalance the excess obsession to obtain more money.

# Indications of ST Jung Gyuk (ST Tonify)

- **Reverse ST JG “ST 43+, GB 41+, ST 41-, SI 5-”**
- the 'reverse ST JG' tonifies the grandmother (Wood) and sedates the mother (Fire).
- Clinical application: The ST meridian begins at the side of the nose (LI 20). This makes the 'reverse ST JG' very effective for chronic sinusitis with yellow discharge

# Indications of ST Seng Gyuk (ST Sedate)

- The ST SG inhibits the body from generating dryness and warmth making it especially indicated for thin body types with heat
- **If patient doesn't respond to the LU JG, try ST SG**
- Foot Yang Ming ST Meridian is the direct balancing meridian to the Hand Tai Yin LU Meridian.