

# SaAm Acupuncture



## ***Second Level Meridians***

Hand Shao Yin HT and Foot Shao Yin KID

*Virginia University of Integrative Medicine*

*Dr. Tae Cheong Choo L.Ac. O.M.D. Ph.D.*

# ***Review: Three Groups of Climatic 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

# Characteristics Shao yin

- The energy of Shaoyin is soft and delicate, tender, luxurious, and rises spirally from bottom to top, flourishing. It is an exciting energy that elevates all energies(cheer up energy), possessing a warm and rising aura. The energy of Shaoyin consumes itself to mature others (consumable).

# General Characteristics of Shao Yin

- **6 Energy/Qi Attribute: HEAT** (Monarch Fire)
  - The Fire attribute refers to a fire that ignites and arouses powerful feelings and passions
  - It is an “original energy” or internal fire, which has the nature of “more heat than light”. All living things have this “monarch fire” within them

# Monarch Fire and Minister Fire

- In the Six Qi, there are two types of fire: one is Monarch Fire and the other is Minister Fire. In terms of climatic factors, Monarch Fire represents the heat of fire, while Minister Fire can be seen as brightness. From a physiological perspective, Monarch Fire refers to the inherent DNA, the life that can be expressed, while Minister Fire helps Monarch Fire to be expressed.
- For example, in winter, sand and seeds in the ground are indistinguishable, but in spring, as the sunlight increases and the weather warms up, the seeds sprout. The seeds contain the information needed to sprout, grow, and eventually bloom, which we call Monarch Fire. The warm sunlight in spring that helps the seeds sprout is called Minister Fire. In other words, sand does not contain Monarch Fire, so it cannot sprout even when it encounters Minister Fire in the spring. Likewise, seeds cannot sprout in winter because there is no Minister Fire.

# General Characteristics of Shao Yin

- ***Desire:*** Associated with the second, or emotional and sexual level of human needs
- Deals with the feelings of losing oneself within the emotional passions of:
  - romantic love
  - aesthetic pleasures
  - sexual passions

# General Characteristics of Shao Yin

- Yin meridians are associated with feelings of “satisfaction” .
- Satisfaction for Shao Yin comes from feelings of happiness that comes from within - from giving or even sacrificing oneself for passion.
- In Shao Yin energy, the sense of “self” is gone, replaced by feelings of “loosing oneself” in emotional, romantic and sexual pleasures.”

# General Characteristics of Shao Yin

- ***5 Element Attribute:*** **Fire**
  - Reflected in a fire that ignites and arouses powerful emotional, aesthetic and sexual passions.
  - The associated season is “Summer” - the hottest season of the year

# Shao Yin Meridians

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

## Heat

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

- ***Hand ShaoYin HT*** (*Monarch Fire/Fire* )

*The meridian that has the most HEAT.*

6 Energy: **Monarch Fire**, 5 Element: **Fire** (Heat)

- ***Foot ShaoYin KID*** (*Mixed - Heat and Cold*)

6 Energy: **Monarch Fire**, 5 Element: **Water** (Gold)

# General Characteristics of Shao Yin

- The Hand Shao Yin HT meridian is the mental core of the body and is more associated with the Shen and feelings of romantic, emotional and aesthetic pleasures
- The Foot Shao Yin KID meridian is associated with birth, growth and reproduction and is more related to feelings of sexual pleasure, or feelings of deep concentration and focus like “being in the zone”

Second level.  
Concerned with  
feelings related to:

- Emotions
- Romance
- Aesthetics
- Sexual Passion

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

Balancing Pairs:

- HT - UB
- KID - SI

• ***Hand Shao Yin HT***

- 6 Energy: Monarch Fire
- 5 Element: Fire

• The HT is the physical and  
mental core of the body

• Feelings of Satisfaction  
associated with losing oneself  
in emotional, romantic or  
aesthetic pleasures

• ***Foot Shao Yin KID***

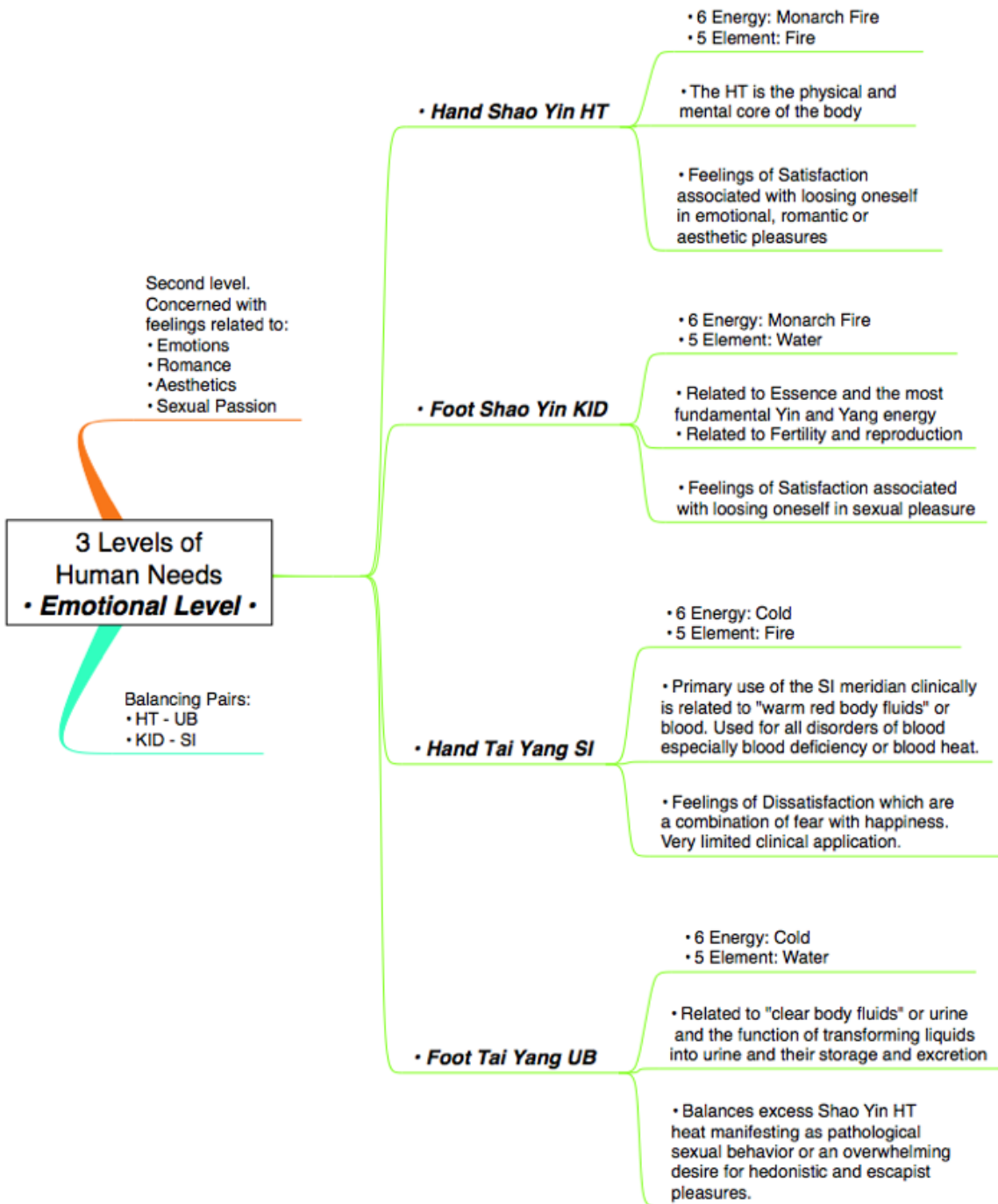
- 6 Energy: Monarch Fire
- 5 Element: Water

• Related to Essence and the most  
fundamental Yin and Yang energy  
• Related to Fertility and reproduction

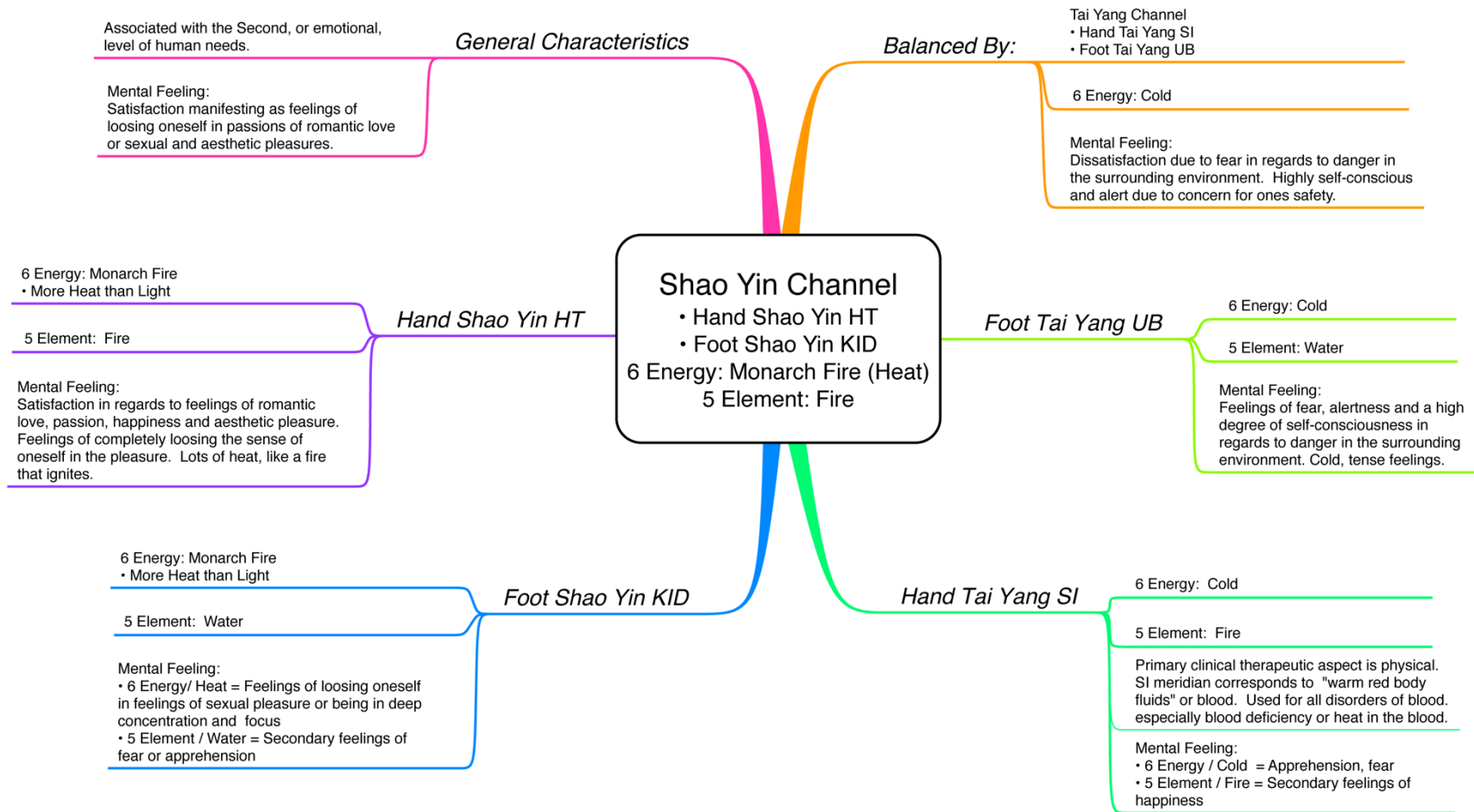
• Feelings of Satisfaction associated  
with losing oneself in sexual pleasure

# ***Balancing Pairs - Concept***

- Shao Yin energy is balanced by Tai Yang Energy
- Each energy is half of the full picture
- Shao Yin and Tai Yang together represent a complete concept
- Each is in direct contrast to the other and depends on the other for their expression
- For example, you could not recognize heat without the presence and understanding of cold and vice versa



# BALANCING PAIRS - Shao Yin and Tai Yang



# BALANCING PAIRS

## Environmental Characteristics

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

### ***Second Level:***

- Hand Shao Yin - HT Meridian's properties of:  
6 Qi = **HEAT** and 5 Element = **Fire(HEAT)- hottest**

### ***Directly Balances:***

- Foot Tai Yang - UB Meridian's properties of:  
6 Qi = **COLD** and 5 Element = **WATER (COLD)- coldest**

# BALANCING PAIRS

## Environmental Characteristics

### *Second Level:*

- Hand Tai Yang - SI Meridian's properties of:  
6 Qi = COLD and 5 Element = FIRE (Heat)  
*Directly Balances:*
- Foot Shao Yin - KID Meridian's properties of:  
6 Qi = HEAT and 5 Element = WATER (Cold)

# Balancing Pairs

## Emotional Characteristics

### *Primary Mental Feeling*

#### ***Shao Yin***

**Balances**

#### ***Tai Yang***

- Satisfaction which comes from the feeling of losing oneself in feelings of romantic love or sexual and aesthetic pleasures

- Dissatisfaction and fear due to danger in the surrounding environment. Feelings of being highly alert and self-conscious due to fear for one's safety.

*Yin Meridians=Satisfaction*

*Yang Meridians=Disatisfaction*

# Balancing Pairs

## Emotional Characteristics

### *Feelings - Appropriate Amount*

#### *ShaoYin*

- Feelings of love, sensuality, sentimentality, artistic senses

- Feelings of happiness, ecstasy, trance, being “in the zone”, submitting totally to pleasure

- Sacrificing oneself for others or a cause

**Balances**

**Balances**

**Balances**

*Yin Meridians=Satisfaction*

#### *Tai Yang*

- Feelings of wariness, tension, apprehension, fear

- Feeling highly alert and self-conscious in regards to danger in the surrounding environment

- Emotionally cold feelings of chastity, fear, restraint

*Yang Meridians=Disatisfaction*

# Balancing Pairs

## Emotional Characteristics

### *Feelings - Excess Amount*

#### *Shao Yin*

- Feelings of hedonism, lecherousness, narcissism, vanity

- Feeling total self-absorbed

*Yin Meridians=Satisfaction*

**Balances**

**Balances**

#### *Tai Yang*

- Feelings of suspicion, doubt, paranoia

- Feelings of cowardice, mediocrity or betrayal

*Yang Meridians=Disatisfaction*

# Hand Shao Yin HT Characteristics

- Pin Yin = Xin
- Chinese: 心 = Xin, HT, center, chest, spirit
- In Oriental medicine, the HT is the King or overriding ruler of the body. Physically - in the center of the chest. Mentally - it is the residence of the Shen and houses the full range of emotional, mental and spiritual aspects of a human being.
- 6 Qi = Monarch Fire (Heat)    5 Element = Fire

*The hottest meridian energy in the body. This heat ignites, stimulates and motivates the other organ's energies.*





<https://www.youtube.com/watch?v=DvICl4KMvRc>

# HT Organ Physiology

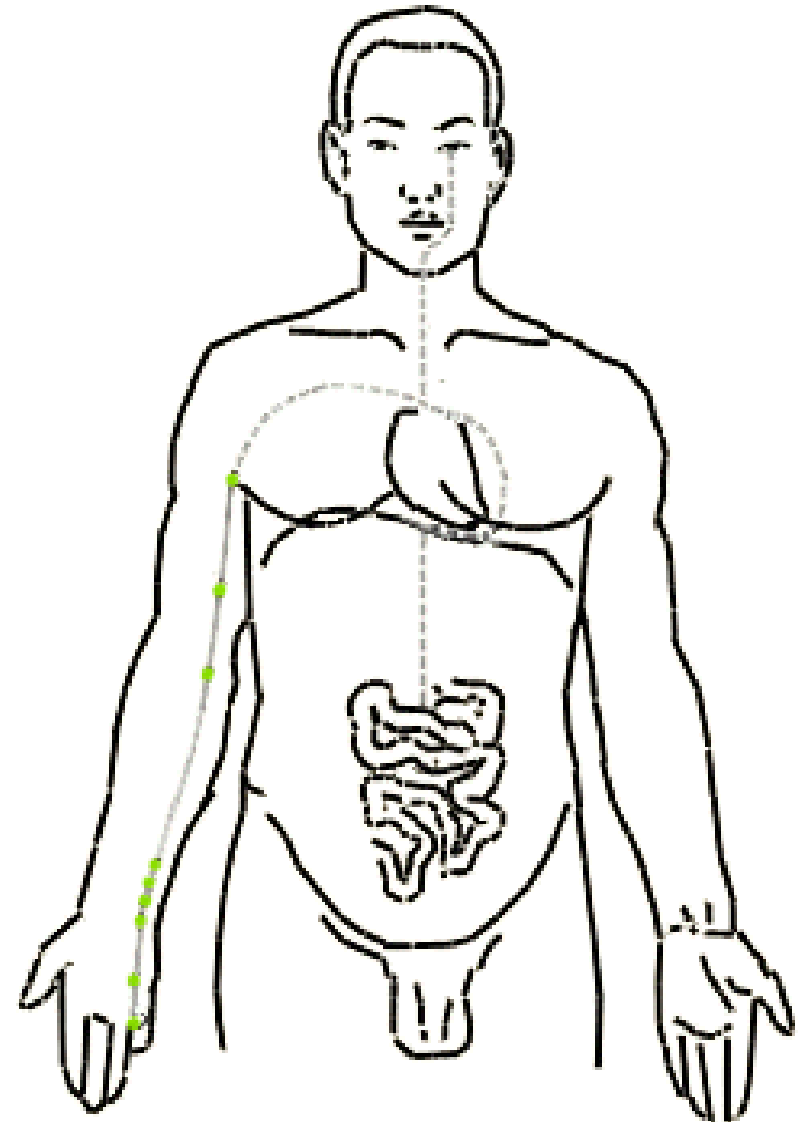
- Houses the Mind
- Governs blood
- Controls the blood vessels
- Controls sweat
- Opens into the mouth
- Manifests on the complexion

# Hand Shao Yin HT Meridian Distribution

•Originates from the heart→heart system+→diaphragm→connect with the small intestine.

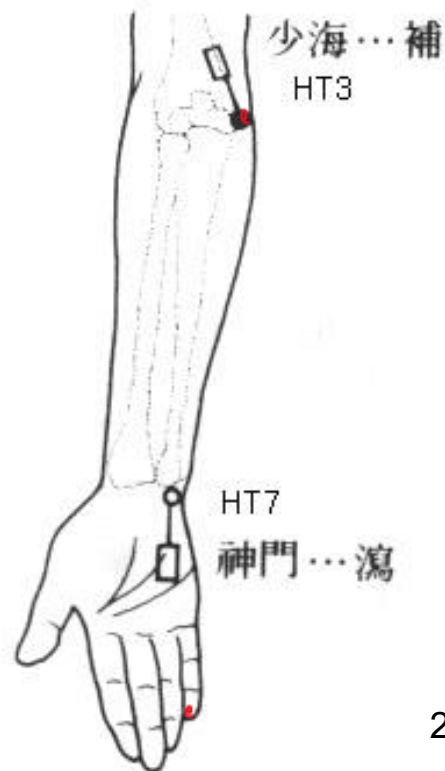
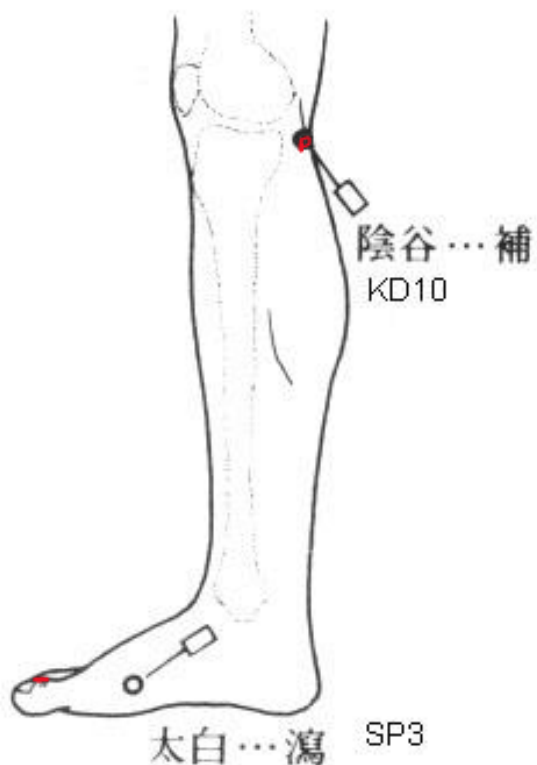
|→\*esophagus→connect with the eye system.

→\*lung→axilla→medial border of the anterior aspect of the upper arm→cubital fossa→medial border of the anterior aspect of the forearm→pisiform region proximal to the palm→palm→lateral aspect of little finger→tip of the little finger→links with the Small Intestine Meridian of Hand-Taiyang.



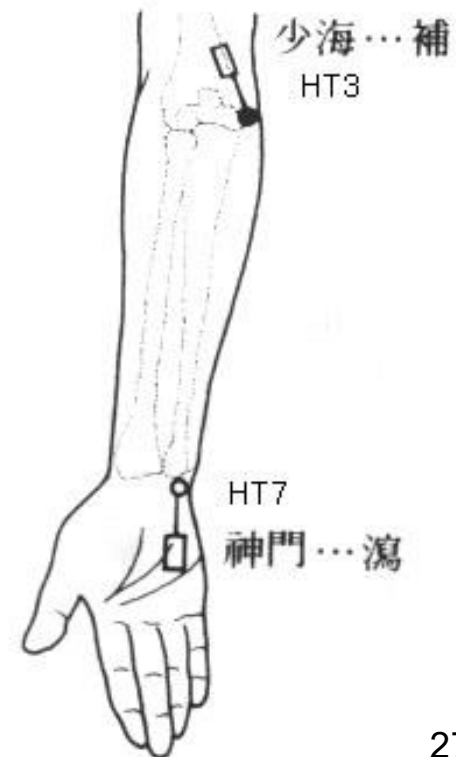
# HT Jung Gyuk (HT reinforce)

Heart JG	Reinforce Mother (Wood)		Sedate Grand Mother (Water)	
	own	mother	own	GM
	HT 9	LIV 1	HT 3	KID 10



# HT Seng Gyuk (HT Sedate)

Heart SG	Reinforce Grand Mother (Water)		Sedate Son (Earth)	
	own	GM	own	son
	HT3	KI10	HT7	SP3



# General Physical Characteristics of Hand Shao Yin HT Energy

- **This is the hottest of the 6 Energies in the body. Its heat can "melt frozen meridians".**
- **The HT is the king or monarch of the body, so its fire is designated as Monarch Fire.**
- clinically this is very effective to counterbalance an excess of Foot Tai Yang UB energy. The UB meridians 6 Energy and 5 Element factors are cold Water making it the **coldest energy in the body**
- clinically the HT JG's properties of heat can be used for **cold signs related to the HT organ** including pain due to cold, cyanotic changes associated with angina pectoris such as blue lips and fingers and limbs which feel cold to the touch

# General Physical Characteristics of Hand Shao Yin HT Energy

- **Restores the normal HT organ function and function of blood vessels.**
- Clinically the HT JG can be used for:
  - HT Qi/Yang deficiency signs including chest pain due to cold, arrhythmias, cold hands/feet
  - HT Yin/Blood deficiency signs including palpitations, night sweats, pale complexion

# General Mental Characteristics of Hand Shao Yin HT Energy

- **Feelings of happiness, joy, even ecstasy or trance**
  - clinically HT JG is used for someone who is depressed, who does not have a positive perspective on life; with no sense of humor, artistic sense, passion or cheerfulness
- **Feelings of losing oneself in the pleasure of sexual or aesthetic gratification**
  - clinically HT JG could be used for someone who feels suppressed romantically and sexually. This could be seen in a monk, nun, widow or lonely single person.

# General Mental Characteristics of Hand Shao Yin HT Energy

- **HT JG could be used for someone with a lot of fear and "cold" feelings.**

- this could be used clinically for a person with strong feelings of alienation or wariness in regards to other people

- **Someone who derives pleasure from making sacrifices for the good of others.**

- Giving of themselves causes their feelings of happiness and gratification.
- clinically this could be applied to someone who is so self-absorbed and selfish that they are negligent towards their children.
  - The HT JG would add the feelings of *"deriving pleasure from giving to others"*.

# **General Mental Characteristics of Hand Shao Yin HT Energy**

- **Insomnia - sleep is related to adequate amounts of blood and yin being able to house the Shen.**
- clinically HT JG is effective for insomnia due to "honey" or romantic problems

# Indications of HT Jung Gyuk (HT reinforce)

- The HT JG stimulates the body to generate Monarch Fire and Fire - it is the hottest of the 6 Energies in the body
- It is indicated for cold signs, especially in the upper half of the body and would most logically be applied to Yang deficient patients or patients with depression.
- The physical aspect of Monarch Fire adds heat and the mental aspect of HT JG adds happiness and joy

# Indications of HT Jung Gyuk (HT reinforce)

- **Related to Function of the HT Organ - restores the normal HT function**

- **heart pain** - due to excess stress and tension
- **heart pain due to cold invading the HT.** This could be either internal or external cold.
  - ie: angina pectoris with sudden pain and cyanotic symptoms such as blue lips and fingers
- **arrhythmia**
- **chest distention, shortness of breath, sighing, HT pain**
- **mental conflict** and suppression of passion causes Qi stagnation in the chest
- **palpitations** due to HT Qi deficiency
- **pale complexion** due to HT blood deficiency

# Indications of HT Jung Gyuk (HT reinforce)

- **Related to Function of the HT Organ - restores the normal HT function** - *continued*
  - **pain from "fire stagnation"** - this is intermittent pain with heat sensation in the chest (Ren 17 area)
    - example: "**Hwabyung**" - this is conflict between a mother-in-law and daughter-in-law. All the repressed feelings turn into "fire stagnation" with pain in the chest near the HT.
  - **signs related to the HT function of governing blood vessels**
    - blood deficiency combined with cold causing numbness, itching, weakness, pale complexion
    - blood stagnation with cold causing amenorrhea

# Indications of HT Jung Gyuk (HT reinforce)

- **Related to the HT Meridian Distribution**

- medial arm pain
- sweaty palms (cold sweat) - caused by anxiety/nervousness
- "goose palm wind" syndrome - peeling palms
- pain in the axilla
- anterior shoulder pain
- chest pain
- related to the HT opening into the tongue. Could be used for alalia (loss of speech).

# Indications of HT Jung Gyuk (HT reinforce)

- **Digestive System Disease**

- **epigastric pain, acid regurgitation.** This is due to suppressed feelings causing HT Qi Stagnation. HT disorders can feel like food stagnation or severe indigestion.
- **indigestion** - caused by lack of "fire" or heat in the body
  - pale complexion / cyanosis
  - cold hands / lower abdomen
  - nausea
- **upper abdominal distention**
  - can be used for a mass in the area which starts below the sternocostal angle and runs in a narrow strip in the center of the upper abdomen to the top of the umbilicus.
- **hiccups, burping** - emotionally related disorder of HT Qi resulting in Qi rebelling. Caused by cold or sudden fear.

# Indications of HT Jung Gyuk (HT reinforce)

- **Attack by Summer Heat**

- heat exhaustion with headache, chills, agitation, cold sweat, weak pulse, physical exhaustion, Yang depletion

- **External-Internal Relationship - SI Problems**

- frequent urination due to having a lot of fear and feelings of cold. Fear causes the Qi to descend.

- difficult urination
- abdominal pain

# Indications of HT Jung Gyuk (HT reinforce)

- **Related to Emotions**

- **insomnia** - could be associated with relationship or "honey" problems or due to loneliness.

  - This is suppressed HT energy and the HT JG adds joy and cheerfulness.

- **sense of cowardice**, fear, wariness, apprehension, alienation, phobias or evasiveness.

- **feelings of shrinking or withdrawal** that could ultimately develop into hysteria or neurosis

  - caused by fear which is an excess of Tai Yang energy in the body

- someone who sees things as being too depressing or has a negative perspective on life, with no humor, passion or cheerfulness

- **someone who talks of sexually perverted things often**

  - sexually perverted ideas are considered "ugly". HT JG adds beauty to counteract the "ugliness"

- **family conflict** - an example is strong tension between a mother-in-law and daughter-in-law (hwabyung)

# Indications of HT Jung Gyuk (HT reinforce)

- **Related to Emotions (continued)**

- a strong fundamentalist or **someone who is very suppressed**. These repressed feelings are caused by feeling very small or scared inside

- signs related to **problems with "the HT housing the mind"**

- raving
- delirium
- irritability due to fear
- amnesia
- mood swings
- hysteria
- neurosis

- **fatigue or exhaustion of energy** after extreme happiness (joy scatters the Qi)

- **fear for ones safety** - like fear of an upcoming medical operation. Shao Yin's warm, happy energy balances the cold fear of Tai Yang energy.

- HT JG could be used to calm the **anxiety associated with withdrawal symptoms** caused by stopping cigarette smoking or drugs

# Indications of HT Seng Gyuk (HT Sedate)

- The HT SG (HT Sedate) inhibits the body from generating heat
- **If patient doesn't respond to the UB JG**
- Hand Shao Yin HT Meridian is the direct balancing meridian to the Foot Tai Yang UB meridian
- HT SG can be used for excess heat conditions including:
  - **Phlegm fire symptoms**: irritability, constipation, red/hot face, mania, loud voice
  - **carbuncles** from heat
  - **epistaxis** due to excess heat in the blood
  - **mouth ulcers** - red color

# Foot Shao Yin KID Characteristics

- Pin Yin = Shen
- Chinese: 腎 = Shen, KID

There are two ways of writing this character:

1) 堅 = jian, hard, strong      月 = rou, body  
related to the KID function as the strong foundation of the Yin and Yang energies of the body and their lowest physical location anatomically of all the Yin organs

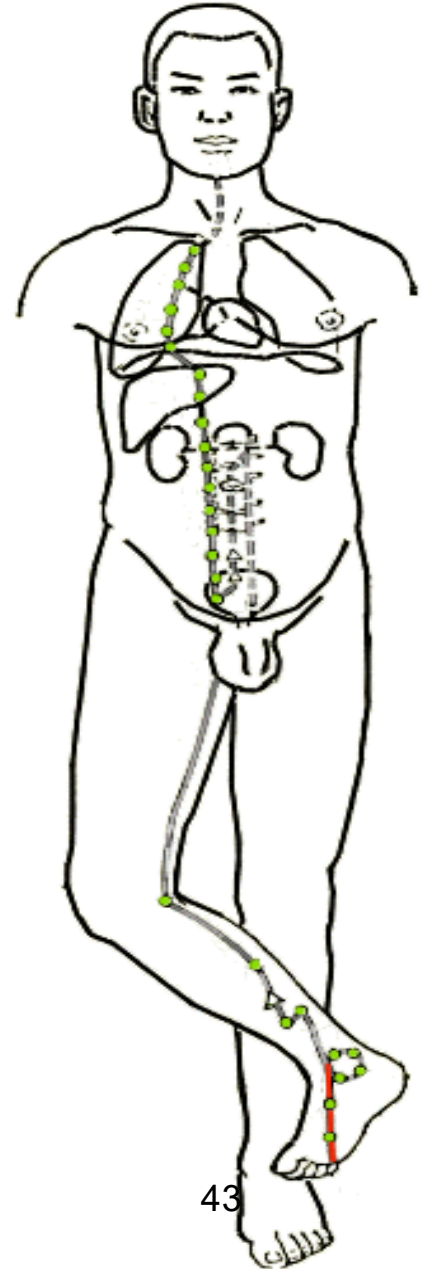
2) 臣 = chen, official, minister      又 = you, double, again  
refers to the two kidneys as two ministers or servants of the body

- 6 Qi = Monarch Fire      5 Element = Water (Cold)

*Mixed - Heat and Cold*

# Foot Shao Yin KID Meridian Distribution

- Starts from the inferior aspect of the tuberosity of the navicular bone and running behind the medial malleolus, it enters the heel.
- Then it ascends along the medial side of the leg to the medial side of the popliteal fossa and goes further upward along the postero-medial aspect of the thigh towards the vertebral column, where it enters the kidney, its pertaining organ, and connects with the bladder.
- The straight portion of the meridian reemerges from the Kidney. Ascending and passing through the liver and diaphragm, it enters the lung, runs along the throat and terminates at the root of the tongue.
- A branch springs from the lung, joins the heart and runs into the chest to link with the Pericardium Meridian of Hand-Jueyin.



# Foot Shao Yin KID Characteristics

- As the KID govern birth, growth and reproduction, the emotional emphasis of the KID meridian is primarily on feelings of losing oneself in sexual pleasure
- The KID are described as the “official” that support and strengthen the body’s infrastructure in the context of mental focus and technical skill. KID energy is the feeling of deep concentration or “being in the zone”
- Strong KID are responsible for:
  - patience
  - concentration
  - perseverance
  - a powerful ability to focus on goals
- The KID represent the most fundamental Yin and Yang energy of the body and store essence. Clinically the KID JG can be used for all disorders of KID Essence deficiency.

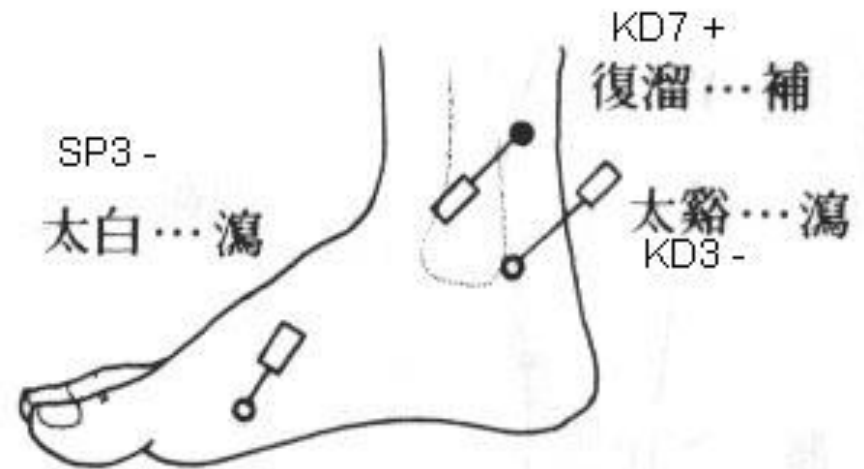
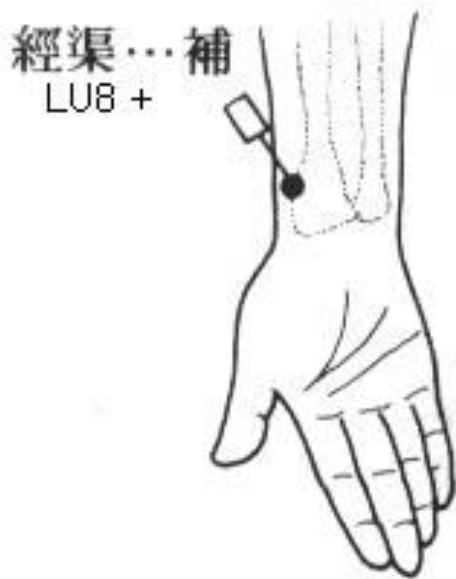
- The **Kidneys (KID)** play a vital role in governing birth, growth, and reproduction. Emotionally, the Kidney meridian is closely linked to the sensation of losing oneself in sexual pleasure, reflecting its deep connection to primal instincts and life force.
- In the context of mental focus and technical skill, the Kidneys are regarded as the "official" responsible for supporting and strengthening the body's core infrastructure. Kidney energy manifests as a profound sense of concentration, often described as the experience of "being in the zone," where focus and precision come effortlessly.
- A person with strong Kidney energy demonstrates key qualities such as **patience, concentration, perseverance, and an unwavering ability to stay focused on their goals**, enabling them to overcome challenges with resilience and determination.
- The **Kidneys (KID)** represent the body's most fundamental **Yin and Yang energy** and serve as the reservoir for **essence (Jing)**, which is crucial for growth, development, and overall vitality.
- Clinically, the **Kidney Jing (KID JG)** can be utilized in the treatment of **all disorders related to Kidney Essence deficiency**, addressing conditions such as **developmental delays, reproductive issues, premature aging, weak bones, and cognitive decline**. By strengthening the Kidney Essence, treatments targeting this aspect can restore balance, enhance longevity, and support the body's foundational energy.

# KID Organ Physiology

- stores Essence and governs birth, growth, reproduction and development
- produces marrow, fills up the brain, controls the bones
- governs water
- controls the reception of Qi
- opens into the ears
- manifests in the hair (head)
- controls the two lower orifices
- determines or "houses" will power and motivation
- the left KID is considered a KID proper, the right KID is the Gate of Vitality
- Functions of the Gate of Vitality
  - root of the original Qi
  - the source of fire for all the internal organs
  - warms the Lower Jiao and UB

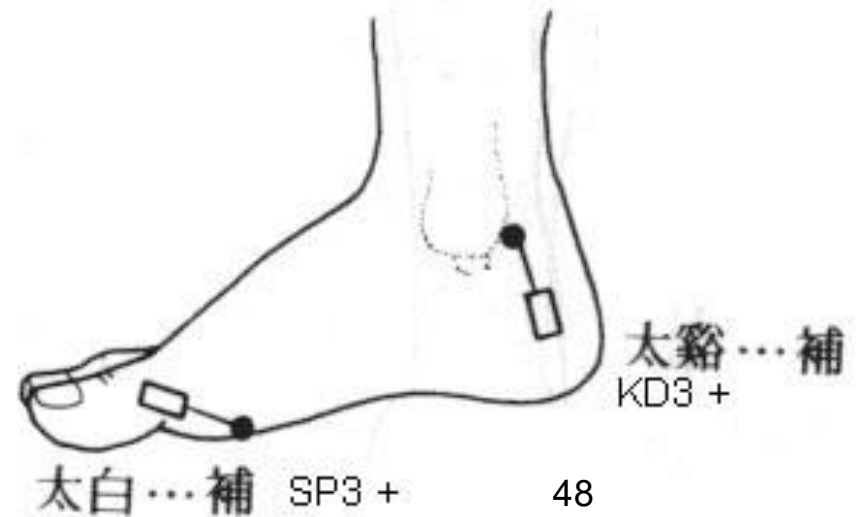
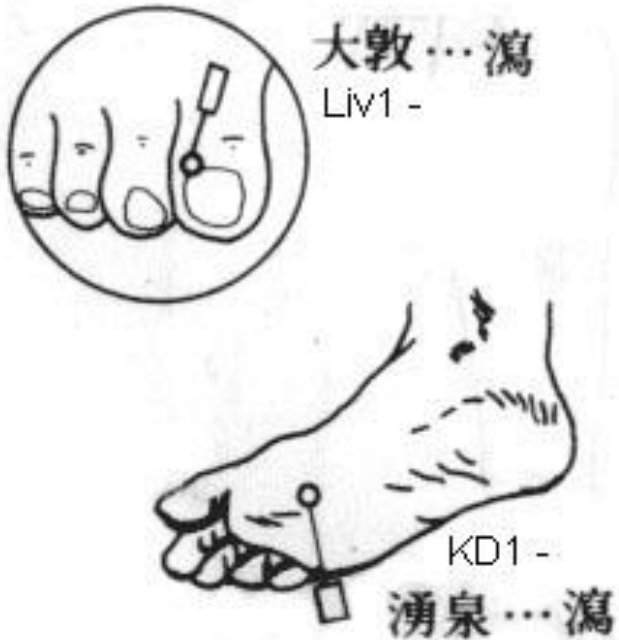
# KID Reinforce (JG)

Kidney JG	Reinforce Mother (Metal)		Sedate Grand Mother (Earth)	
	own	mother	own	GM
	KI7	LU8	KI3	SP3



# KID Sedate (SG)

	reinforce		sedate	
	own	GM	own	son
Kidney	KI3	SP3	KI1	LR1



# General Physical Characteristics of Foot Shao Yin KID Energy

- **KID stores Essence (Jing), the fundamental energy of the body.**
- if the KID organ is deficient, then Essence cannot be adequately stored
- clinically KID JG can be used for **problems with Essence storage** including nocturnal emissions, premature ejaculation, spermatorrhea.
- **KID governs birth, growth, reproduction and development**
- clinically KID JG can be used for infertility, impotence, irregular menstruation

- The **Kidneys (KID)** are responsible for storing **Essence (Jing)**, which serves as the body's fundamental energy, supporting overall vitality, development, and reproductive health. When the **Kidney organ is deficient**, it becomes unable to properly store Essence, leading to various imbalances and disorders.
- Clinically, the **Kidney Jing (KID JG)** can be utilized to address issues related to **Essence storage**, such as **nocturnal emissions, premature ejaculation, and spermatorrhea**. Additionally, since the **Kidneys govern birth, growth, reproduction, and development**, **KID JG** can be effectively used in treating conditions like **infertility, impotence, and irregular menstruation**, helping to restore reproductive function and overall well-being.

# General Physical Characteristics of Foot Shao Yin KID Energy

- **KID produces marrow, fills the brain and controls bone**

- Produces marrow: clinically KID JG can be used for bone weakness and bone marrow disorders including osteomalacia, osteoporosis or osteomyelitis. The color of the red marrow in bones is the same color as the KID organ.

shao yin=fire- red/ kid=water –black // red + black=purple

- Fills the brain: KID JG can be used clinically for brain marrow problems including dementia and Alzheimers , Parkinson's disease etc.

- Controls bone: Teeth are considered an extension of bone. KID JG can be used clinically for problems inside the tooth, including toothache, especially in combination with other KID deficiency signs

- The **Kidneys (KID)** play a vital role in producing **marrow, filling the brain, and controlling bone health**, making them essential for maintaining structural integrity and cognitive function.
- **Producing Marrow:** The Kidneys generate **bone marrow**, which is crucial for bone strength and regeneration. Clinically, **Kidney Jing (KID JG)** can be applied to treat **bone weakness and bone marrow disorders**, including **osteomalacia, osteoporosis, and osteomyelitis**. Notably, the red marrow within bones shares the same deep red color associated with the Kidney organ in TCM.
- **Filling the Brain:** Since the **brain is considered the "sea of marrow"** in TCM, Kidney deficiency can contribute to cognitive decline. Clinically, **KID JG** can be used to address **brain marrow deficiencies**, including conditions like **dementia, Alzheimer's disease, and Parkinson's disease**, by nourishing the brain and improving neurological function.
- **Controlling Bone:** The Kidneys govern **bone health**, and in TCM, **teeth are considered an extension of bone**. Therefore, **KID JG** can be applied to **tooth-related problems, including toothaches**, particularly when accompanied by other signs of Kidney deficiency. When combined with additional Kidney-strengthening treatments, it can support **oral health and bone integrity**.

# General Physical Characteristics of Foot Shao Yin KID Energy

- **KID governs water metabolism**
  - clinically applicable for edema, frequent urination or anuresis
- **KID opens into the ears**
  - clinically used for tinnitus, deafness

- The **Kidneys (KID)** govern water metabolism, playing a crucial role in regulating fluid balance within the body. When Kidney function is impaired, it can lead to disorders such as **edema, frequent urination, anuresis, or incontinence**. Clinically, **Kidney Jing (KID JG)** can be applied to address these water metabolism imbalances, helping to restore proper fluid regulation.
- Additionally, the **Kidneys open into the ears**, meaning that Kidney deficiency can manifest as **tinnitus or deafness**. In clinical practice, **KID JG** is often used to treat hearing-related conditions, especially those linked to Kidney weakness or aging.

# General Mental Characteristics of Foot Shao Yin KID Energy

- **Shao Yin energy is happy and joyful. For Foot Shao Yin KID energy, happiness is derived primarily from sexual pleasure and orgasm.**
- clinically KID JG is most logically indicated for **sexual problems with a mental cause** including sexual frustration or lack of interest.
- It can also treat **too much interest in sex** because even though the primary mental energy of Shao Yin is happiness, the physical 5 Element factor of cold Water adds a secondary element of fear or apprehension which tempers the happiness associated with the 6 Energy component of Monarch Fire (Heat).  
happiness+ fear

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# **General Mental Characteristics of Foot Shao Yin KID Energy**

- **KID energy is associated with concentration, perseverance and a powerful ability to focus on goals.**
- it is the feeling of deep concentration, determination and "being in the zone", when everything is forgotten including the sense of self (lost oneself).
- the KID JG can be used clinically for problems with mental focus and concentration such as ADD or for someone who gives up on goals far too easily

# Indications of KID Jung Gyuk (KID reinforce)

- The KID JG stimulates the body to generate Monarch Fire (Heat)
- It would most logically be applied for patients with cold signs, particularly in the lower half of the body, who also have reproductive or sexual disorders . seed = kidneys, field= stomach

- The **Shao Yin energy** is naturally **happy and joyful**, and in the case of **Foot Shao Yin Kidney (KID) energy**, happiness is primarily derived from **sexual pleasure and orgasm**. This deep connection between the **Kidney energy and sexual fulfillment** reflects its role in **reproductive health and Jing (Essence) storage**.
- Clinically, **Kidney Jing (KID JG)** is particularly useful for treating **sexual dysfunctions with a mental or emotional cause**, including **sexual frustration or lack of interest in sex**. By restoring balance to the Kidney system, it helps regulate the emotional aspects of sexual health.
- Interestingly, **KID JG** can also be applied to cases of **excessive sexual desire**. Although **Shao Yin energy** is primarily associated with **happiness**, the **Water element**—which corresponds to the Kidneys—introduces a **secondary influence of fear or apprehension**. This moderating effect tempers the **intense happiness of the Monarch Fire (Heat) energy of the Six Qi system**, creating a balance between **desire and restraint**.

# Indications of KID Jung Gyuk (KID reinforce)

- **Related to a Deficiency of KID Essence**

- **impotence, infertility** (especially if cold signs are present)
  - KID Essence deficiency is associated with the body's inability to create eggs or sperm. Compare this to the use of ST JG for infertility caused by "field" problems. Here the eggs or sperm are fine, but the uterus ("field") cannot hold the seed
- disorders caused by a **problem with storing Essence**: wuzi lian Zhong wan  
오자연종환, 조경종옥탕  
tiaojingzhongyutang
  - nocturnal emission
  - premature ejaculation
  - spermatorrhea
- **diabetes mellitus** - specifically Lower Xiao Ke caused by a deficiency of KID Yin or KID Yin and Yang

# Indications of KID Jung Gyuk (KID reinforce)

- **constipation** - caused by dryness/ Yin deficiency (ren chang wan)      TE6, KD6
- **irregular menstruation** - due to KID Yin deficiency
- **chronic lower back pain, sciatica**
- the lower back is the "House of the KID" and storage of Essence. If the reserve of Essence is deficient the body cannot be adequately supported. This results in chronic lower back pain which is exacerbated by fatigue and improves with rest.  
degenerative spine-(spondylosis, spinal canal stenosis, osteoarthritis, osteophyte...)

# Indications of KID Jung Gyuk (KID reinforce)

- **Related to KID Yang Deficiency / Lower Jiao Problems**
  - **impotence** - cold causes the muscle to shrink, Liv JG (weak muscle)
  - **infertility** - cold impairs the ability for the KID to dominate reproduction
  - **frequent urination, enuresis, edema** - the KID governs water metabolism
  - **irregular menstruation** - due to KID Yang deficiency
- **Shan disorder** - cold and contracted scrotum in males; swelling of scrotum with abdominal pain

# Indications of KID Jung Gyuk (KID reinforce)

## • Related to the KID Function of Controlling the Bones

Includes bone marrow problems caused by KID deficiency.

- **withered bone**
- **osteomalacia**
- **osteoporosis** - KID JG is used in the presence of more KID deficiency signs, LI JG is used if there is a weakness of the bodies "frame"
- **osteomyelitis**
- **Bone wei** (deficient marrow) - legs become so weak it is hard for the patient to walk. This could be muscular dystrophy or multiple sclerosis.

If

# Indications of KID Jung Gyuk (KID reinforce)

- **Related to Head and ENT problems - due to KID organ deficiency**

- **tinnitus, deafness** - especially in older people
- **toothache, gum pain, periodontis** - due to KID deficiency or KID Essence deficiency with cold signs.
- **thirst, throat pain** - due to KID yin deficiency
- **thin, brittle, dull looking hair; hair loss**
- **dementia, Alzheimers Disease** - the KID produces marrow which fills the brain.
- **cerebellar disorders** characterized by imbalance and incoordination of the limbs     **apraxia** inability to perform particular purposive actions, as a result of brain damage
- **vision problems** - the LIV stores blood and opens to the eyes. Blood and Essence share the same source. KID Essence deficiency can manifest as diminished vision especially if there are other KID deficiency signs present.

- <https://www.sciencedirect.com/science/article/abs/pii/S0006295217302460?via%3Dihub>
- Modulation of neurogenesis via neurotrophic factors in acupuncture treatments for neurological diseases

# Indications of KID Jung Gyuk (KID reinforce)

- **Related to the Meridian Distribution**
  - **heat and pain in the sole/plantar aspect of the foot**– plantar fasciitis.
  - **UB or KID stones**
  - **uterine fibroids**
    - SaAm believed that KID energy was concentrated in the lower abdomen below the umbilicus. Therefore, any masses in this area, including uterine fibroids, would be addressed with the KID JG.
  - **lower central abdominal pain**
  - **pain in the medial aspect of the thighs**

# Indications of KID Jung Gyuk (KID reinforce)

- **Related to the Water (KID) and Metal (LU) Relationship**
  - **asthma, cough with phlegm** - due to KID not grasping the Qi
  - **pulmonary tuberculosis with bloody phlegm** - due to a severe case of KID Yin deficiency (insufficient Yin to control the empty fire causes bleeding in the LU)
- **Related to KID and HT Disharmony**
  - **insomnia** - KID Yin cannot nourish the HT
  - conditions characterized by **upper body heat and lower body cold**

# Indications of KID Jung Gyuk (KID reinforce)

## • Related to Digestive Problems

- **'early morning' diarrhea** - due to KID/SP Yang deficiency:  
sishenwan
- **indigestion** - caused by inability of KID Yang to warm SP Yang
- **cold hiccup** - caused by fear. Fearful feelings create cold. Cold affects KID Yang so it can't warm ST Yang. This results in rebellious ST Qi in the form of hiccups.

# Indications of KID Jung Gyuk (KID reinforce)

- **Related to Emotional and Mental Conditions**
- KID energy is characterized by **feelings of loosing oneself in sexual pleasure and orgasm**
  - clinically the KID JG can be used for **sexual problems with a mental cause** including sexual frustration or either lack or interest or too much interest in sex. The 5 Element aspect of cold Water adds an element of fear which can counterbalance too much interest in sex.
- the KID support and strengthen the body's infrastructure in the context of mental focus. They are responsible for **patience, concentration, of being "in the zone"** and a powerful ability to focus on goals.
  - Clinically KID JG can be used for someone who has ADD or who gives up on goals too easily
  - the KID account for high levels of technical skill combined with great dexterity and accuracy

# Indications of KID Seng Gyuk (KID Sedate)

- the KID SG (KID Sedate) is not used as the KID only has deficiency symptoms