

# SaAm Acupuncture



## ***Second Level Meridians***

Hand Tai Yang SI and Foot Tai Yang BL

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# General Characteristics of Tai Yang

- **6 Energy/Qi Attribute:** Cold (Temperature)
- Tai Yang energy is a cold, tense, shrinking and compressing energy
- The **coldest** energy of all the meridians



[https://m.health.chosun.com/svc/news\\_view.html?contid=2022020701653](https://m.health.chosun.com/svc/news_view.html?contid=2022020701653)

[http://www.dicalove.com/index.php?document\\_srl=19429273&mid=board\\_ekVk92](http://www.dicalove.com/index.php?document_srl=19429273&mid=board_ekVk92)

# General Characteristics of Tai Yang

- ***Desire:*** Associated with the second, or emotional level, of human needs.
- Yang Meridians are associated with dissatisfaction.
- For Tai Yang, this is “dissatisfaction” characterized by feeling fearful of the presence of danger in the surrounding environment or concern for ones safety and well-being.

# General Characteristics of Tai Yang

- ***5 Element Attribute:*** Water (Cold)
- Water has a tendency to seek its own level
- Tai Yang energy also has a tendency to move downward because of its 5 Element characteristic of Water.

# General Characteristics of Tai Yang

- ***Physical***

- In a sexual context, the cold & fearful energy of Tai Yang directly balances the Shao Yin heat of romantic passion.
- If someone has a pathologically obsessive desire for sex, Tai Yang energy would add the “icy cold” feelings of chastity, restraint and fear.
- Clinically Tai Yangs’ characteristics of “cold water” can be used for STD’s with heat signs



# General Characteristics of Tai Yang

- ***Emotional***

- If someone is fearful for their safety or well-being, they tend to have a heightened feeling of self-consciousness. If this becomes pathological, it can manifest as feelings of insecurity, suspicion, cowardice and paranoia.
- Clinically, Shao Yin's feelings of losing oneself in pleasure can be used to counterbalance the pathological Tai Yang emotional manifestations



# General Characteristics of Tai Yang

- ***Emotional***
- **Example:** if someone is scheduled for a major operation and they are very scared, they have an excess of Tai Yang energy which is characterized by fear and concern for one's well-being.
- Shao Yin energy directly balances Tai Yang energy. Shao Yin's feelings of being unselfconscious and "loosing one-self in pleasure" can be used to balance the excess Tai Yang energy.

- Within Tai Yang, there are hand and foot meridians that share the same six Qi characteristics, Cold (Temperature), while each has a distinct correspondence with the Five Elements.
- ***Hand Tai Yang SI*** (*Mixed- Cold and Fire*)  
6 Energy: **Cold** (Temperature), 5 Element: **Fire**
- ***Foot Tai Yang BL*** (*Coldest Meridian*)  
6 Energy: **Cold** (Temperature), 5 Element: **Water** (Cold)

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 Tai Yang SI**

- 6 Energy: Cold
- 5 Element: Fire

• Primary use of the SI meridian clinically is related to "warm red body fluids" or blood. Used for all disorders of blood especially blood deficiency or blood heat.

• Feelings of Dissatisfaction which are a combination of fear with happiness. Very limited clinical application.

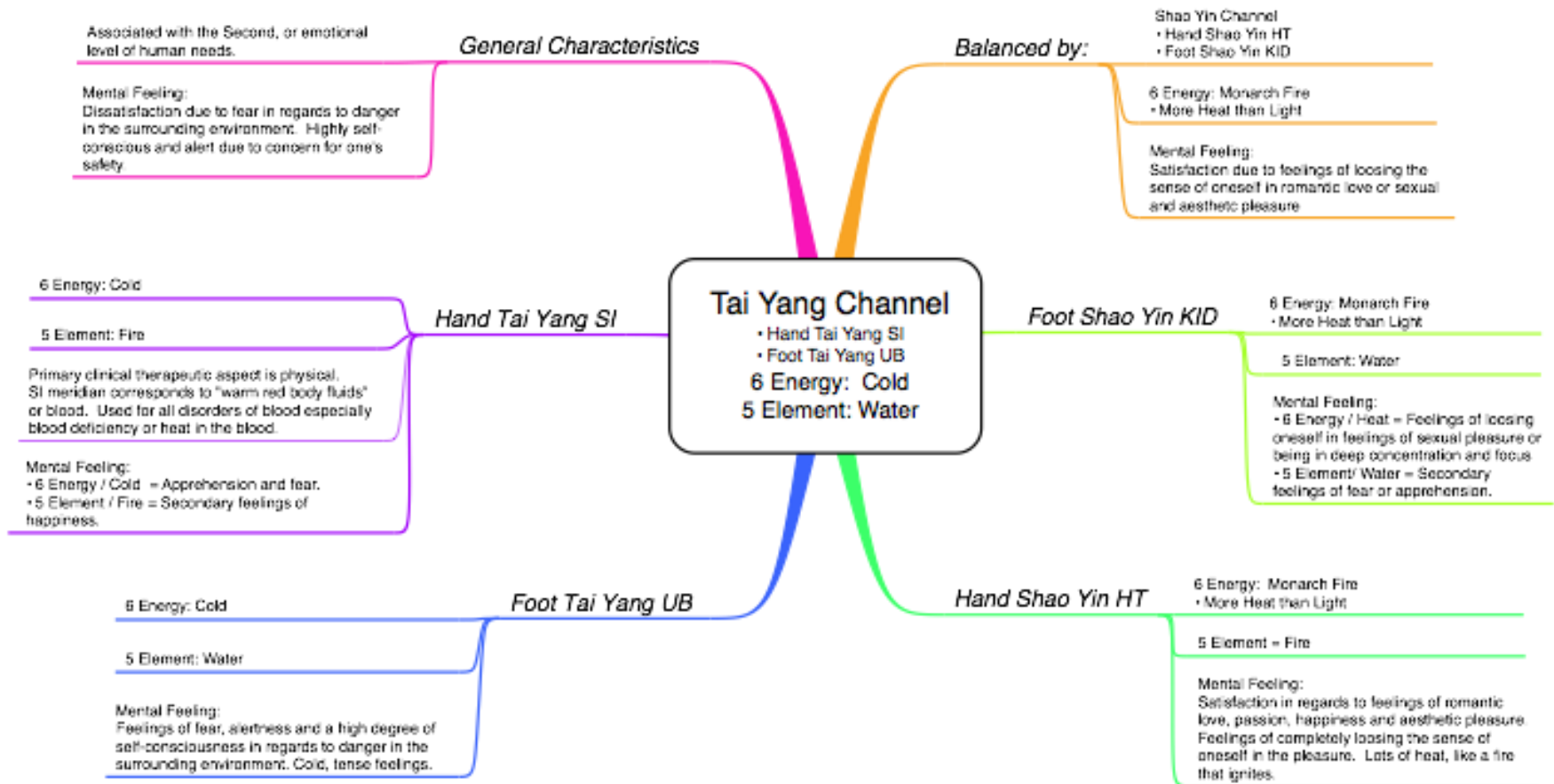
**• Foot Tai Yang UB**

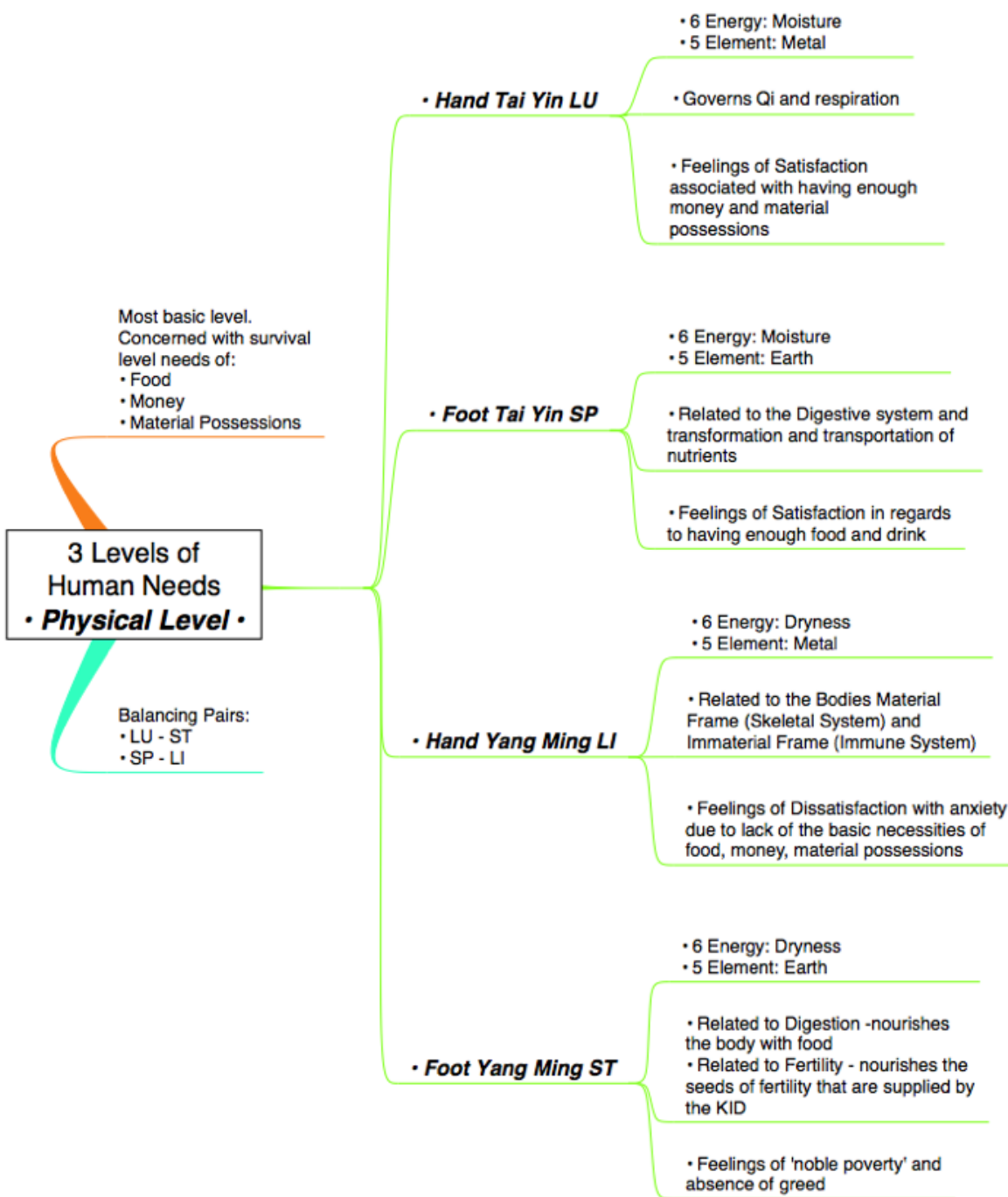
- 6 Energy: Cold
- 5 Element: Water

• Related to "clear body fluids" or urine and the function of transforming liquids into urine and their storage and excretion

• Balances excess Shao Yin HT heat manifesting as pathological sexual behavior or an overwhelming desire for hedonistic and escapist pleasures.

# BALANCING PAIRS - Tai Yang and Shao Yin





# BALANCING PAIRS

## Environmental Characteristics

- In SaAm theory, the meridians can be grouped into **BALANCING PAIRS** based on their 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 = **Monarch Fire** and 5 Element = **Water** (Cold)

# BALANCING PAIRS

## Environmental Characteristics

### *Second Level:*

- Foot Tai Yang - BL Meridian's properties of:  
6 Qi = **Cold** and 5 Element = **Water** (Cold)  
*Directly Balances:*
- Hand Shao Yin - HT Meridian's properties of:  
6 Qi = **Monarch Fire** and 5 Element = **Fire**

# Balancing Pairs

## Emotional Characteristics

### *Primary Mental Feeling*

#### *Tai Yang*

- 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.

#### **Balances**

#### *Shao Yin*

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

*Yang Meridians=Disatisfaction*

*Yin Meridians=Satisfaction*



# Balancing Pairs

## Emotional Characteristics

### *Feelings - Appropriate Amount*

#### *Tai Yang*

- Feelings of wariness, tension, apprehension, fear

**Balances**

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

**Balances**

- Emotionally cold feelings of chastity, fear, restraint

**Balances**

*Yang Meridians=Disatisfaction*

#### *Shao Yin*

- 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

*Yin Meridians=Satisfaction*

# Balancing Pairs

## Emotional Characteristics

### *Feelings - Excess Amount*

#### *Tai Yang*

- Feelings of suspicion, doubt, paranoia

**Balances**

- Feelings of cowardice, mediocrity or betrayal, faint of heart

**Balances**

#### *Shao Yin*

- Feelings of hedonism, lecherousness, narcissism, vanity

- Feeling total self-absorbed

*Yang Meridians=Disatisfaction*

*Yin Meridians=Satisfaction*

# Hand Tai Yang SI Characteristics

- Pin Yin = Xiao Chang
- Chinese: 小腸 = Xiao Chang, SI  
小 = xiao, small    腸 = chang, Intestine
- Xiao = small; Chang is composed of two characters - one representing “body/flesh” and the other representing “change/transformation”
- 6 Qi = **Cold**    5 Element = **Fire**

# Hand Tai Yang SI Characteristics

- The 5 Element attribute of Tai Yang is **Water** which corresponds to **body fluids**.
- **Cold Water + Fire** = “Warm Water” or warm body fluids
- The SI meridians’ 5 Element correspondence is Fire which has the color **RED** and Tai Yang’s Water has the color **BLACK**
- Warm Water (**Black**) + Fire (**Red**) = Warm Red Water corresponding to Warm Red Body Fluids or **BLOOD**

# Hand Tai Yang SI Characteristics

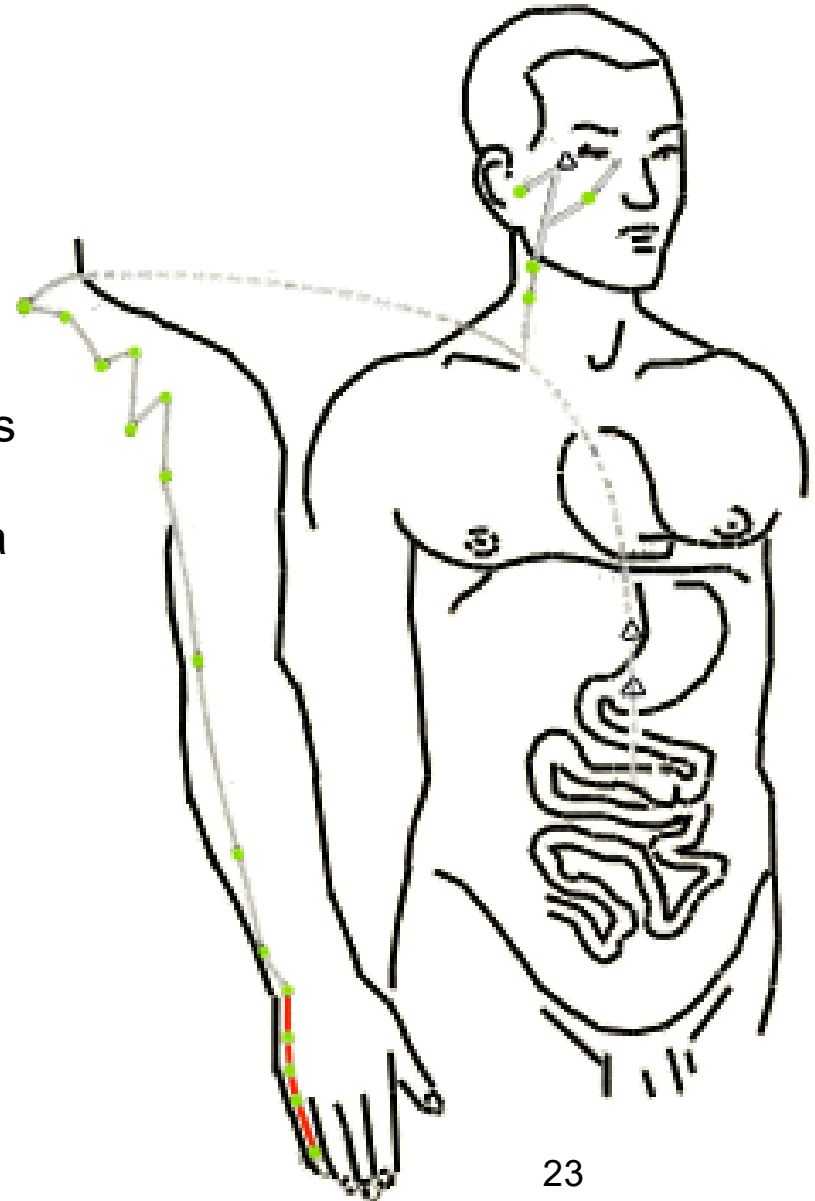
- In the context of SaAm acupuncture, the primary clinical use of the SI JG is for any type of blood disorder - especially blood deficiency or heat in the blood.
- Blood has a cooling effect on body temperature and SI JG is very effective for menopausal symptoms or hyperthyroidism. (ex, Jiawei xiakucao tang + Si JG)
- Clinically SI JG is often used for gynecological problems related to blood including bleeding conditions and blood stagnation caused by Qi and blood deficiency.

# SI Organ Physiology

- controls receiving and transforming
- separates the clear from the turbid fluids

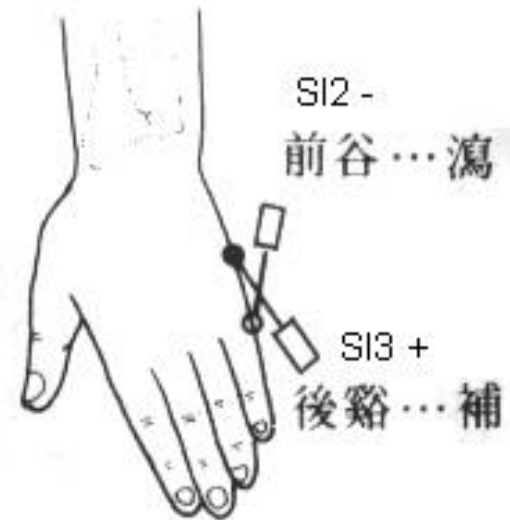
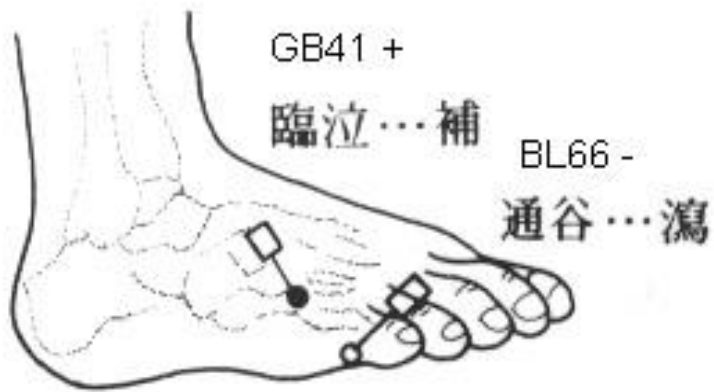
# Hand Tai Yang SI Meridian Distribution

- Starts from the ulnar side of the little finger.
- It ascends along the medial border of posterior aspect of the forearm
- Passes between the olecranon of the ulnar and the medial epicondyle of the humerus, and runs the medial border of the posterior aspect of the upper arm to the shoulder.
- Circling around the scapular region, it meets GV14
- Turns downward to the suprascapular fossa
- It connects with the heart, from there it descends along the esophagus to the stomach and enters the small intestine.
- A branch from the supraclavicular fossa ascends to the neck and to the cheek.
- Via outer canthus, it enters the ear
- The branch of the neck runs upward to the infraorbital region and to the lateral side of the nose
- It reaches the inner canthus to link with BL



# SI Jung Gyuk (SI reinforce)

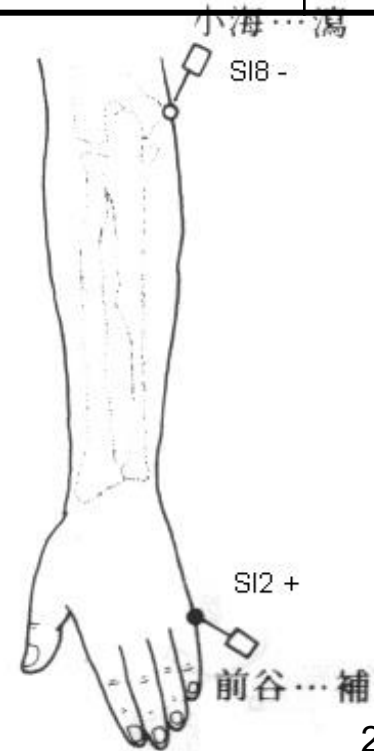
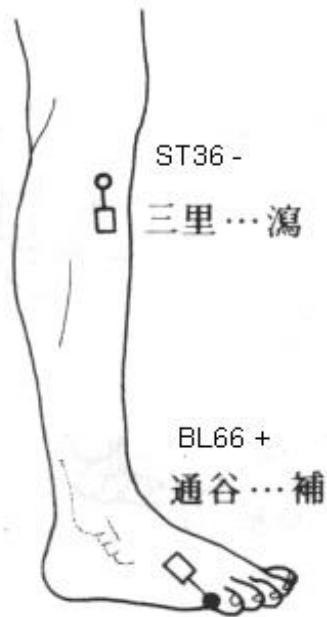
Small Intestine JG	Reinforce Mother (Wood)		Sedate Grand Mother (Water)	
	own	mother	own	GM
	SI3	GB41	SI2	BL66





# SI Seng Gyuk (SI Sedate)

Small Intestine SG	Reinforce Grand Mother (Water)		Sedate Son (Earth)	
	own	GM	own	son
	SI2	BL66	SI8	ST36



# General Physical Characteristics of Hand Tai Yang SI Energy

- **The primary function of the SI meridian is related to blood.** (similar function with si wu tang)
- This corresponds to "red body fluids" or the combo of "warm water" with the dark red color of Water plus Fire in Five Elements.
- Blood has a cooling effect on heat, especially when caused **by blood or yin deficiency.**
- clinically the SI meridian is used for any kind of blood disorder, especially for gynecological problems, menopausal conditions, hyperthyroid symptoms and internal bleeding conditions

# General Physical Characteristics of Hand Tai Yang SI Energy

- **SI meridian distributes along the scapula, upper back and lateral side of the neck**
- clinically the SI JG can be used for upper back pain or problems with neck rotation SI 3
- **The SI separates the clear from turbid fluids**
- clinically used for urinary problems including turbid urination and burning urination due to HT fire transferring to the SI (UTI symptoms- no real fever)

# General Mental Characteristics of Hand Tai Yang SI Energy

- **The main mental traits of the SI meridian are alertness and apprehension in conjunction with happiness.**

This is the combination of the Tai Yang aspect of Cold which is associated with fear with the 5 Element factor of Fire which relates to happiness.

- an example of this could be a new mother who is watchful and on guard to protect her new infant, but also has warm feelings of love and happiness.
- the mental aspect of the SI meridian has limited application and is more for theoretical understanding than clinical use



# Indications of SI Jung Gyuk (SI reinforce)

- The SI meridian is a mix of Cold and Fire which creates a “warm” temperature; their associated colors of **black** and **red**, plus the Tai Yang 5 Element attribute of **Water**.
- This combination produces “warm red water” which corresponds to **BLOOD** in the body.
- Clinically, it is predominantly used for **blood disorders**, especially **blood and yin deficiency** conditions

# Indications of SI Jung Gyuk (SI reinforce)

## • **Related to Function of the SI Organ - controlling reception and transformation.**

This is most effective when blood deficiency symptoms are also present.

- indigestion
- abdominal distention
- borborygmus
- pain around the umbilicus
- diarrhea
- constipation
- hypogastric pain
- acid reflux/GERD

# Indications of SI Jung Gyuk (SI reinforce)

- **Related to the separation of clear and turbid fluids**
- **difficult urination** - HT fire transferring to the SI causing frequent urination with burning sensation, scanty quantity and dark color
  - red, cloudy or turbid urine
- **Related to the SI Meridian Distribution**
  - pain of the **little finger**
  - medial **wrist pain** - ulnar side
  - **upper arm** – medio-posterior aspect
  - **shoulder pain** – posterior(scapular)
  - **neck pain** - especially if problems with rotation (luo zhen)
  - **cheek pain**
  - **ear problems** - tinnitus, deafness
- **upper and lower back** problems (Taiyang meridian=BL))

# Indications of SI Jung Gyuk (SI reinforce)

- **Related to Problems with the Blood**
- **blood diseases** - leukemia, hemophilia
  - excellent for **women's gynecological problems**
    - menopause
    - uterine bleeding
  - **infertility** – especially for a very thin person with blood and yin deficiency
  - **blood or yin deficiency**
    - hyperthyroidism - tidal fever, palpitations
    - insomnia, nightmares
  - **internal bleeding** - epistaxis, hemoptysis, intestinal bleeding, gastric bleeding, hematuria, blood in the stool, hemorrhage
  - **blood stagnation** - especially if caused by **Qi and blood deficiency** causing blood stagnation
    - clinically the SI JG and the LIV JG can be alternated for blood stagnation



# Indications of SI Jung Gyuk (SI reinforce)

- **Related to Interior-Exterior relationship with the SI**

- **ulcers in the oral cavity** caused by HT fire
- **HT fire transferring to the SI** causing difficult urination with burning, pain, dark scanty urine or hematuria

- **Head and E.N.T. Problems**

- **headache** - with empty feeling due to blood deficiency
- **tinnitus** - caused by blood deficiency; especially for patients who are thin and pale with poor digestion
- **eye pain** - SI meridian goes to both the inner and outer canthus

# Indications of SI Seng Gyuk (SI Sedate)

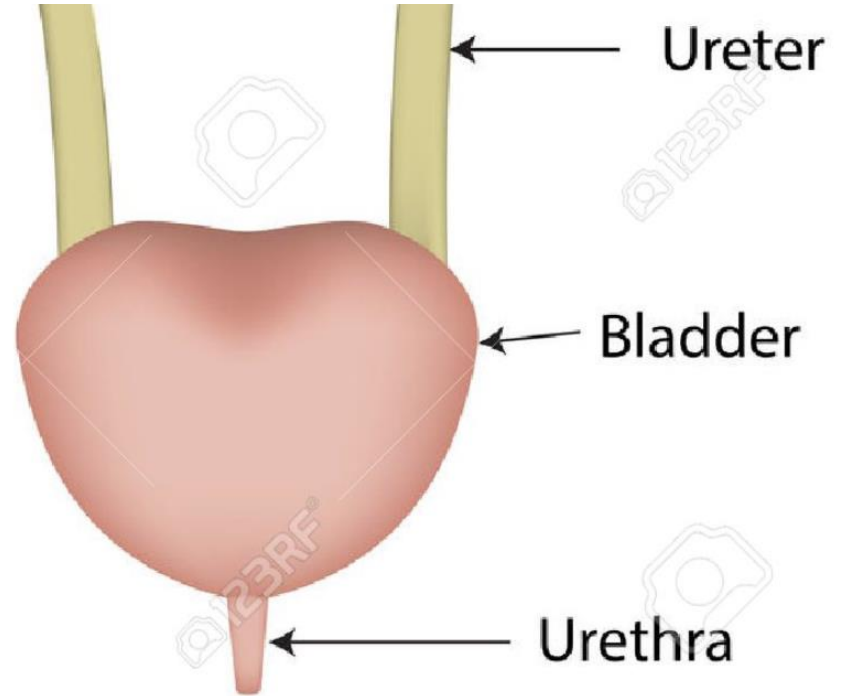
- Theoretically, the SI SG (SI Sedate) inhibits the body from generating “warm water” but it is very rarely used in clinical practice

# Foot Tai Yang BL Characteristics

- Pin Yin = Pang Guang
- Chinese: 膀胱 = Pang Guang, BL
  - 膀(月+旁) = pang, two boats sailing next to each other in a large body of water
  - 胱 = guang, bladder (bowl of urine)
- The BL meridian, with its 5 Element factor of **Water**, is analogous to an ocean in the body. This is one of the longest meridians in the body and this correlates to the body being composed of two-thirds water. Have you ever thought about why the bladder meridian has the longest and most acupuncture points and why it has the broadest area among the twelve cutaneous region covering on the whole back?
- 6 Qi = **Cold** (Temperature)    5 Element = **Water**  
This is the Coldest temperature meridian



膀(月+旁)



<https://socratic.org/questions/is-team-work-between-the-kidneys-and-urinary-bladder-an-example-of-an-organ-syst>

# Foot Tai Yang BL Characteristics

- The Foot Tai Yang BL meridian is associated with the second, or emotional level of human needs.
- Yang meridians are associated with dissatisfaction. For the BL meridian, dissatisfaction relates to feelings of fear with a high degree of self-consciousness in regard to danger in the surrounding environment.
- Being the most superficial meridian, the Foot Tai Yang BL acts like a defensive mental and physical boundary for the body. Its energy can easily be felt, when someone is frightened and alert the hairs on the back of their neck along the path of the meridian stand up and they may feel a cold sensation.

# Foot Tai Yang BL Characteristics

- Like a physical boundary, the pathway of the BL meridian travels over the head and the entire back length of the body. One of its most common clinical uses is for posterior neck, back and leg pain.
- In Shang Han Lun theory, Exterior pathogens first attack the Tai Yang meridian and clinically the BL JG can be used for the early stages of a Wind-Cold attack, especially with headache
- Its cold properties also make it applicable for a Wind-Heat attack or a high fever such as is associated with the flu.

# Foot Tai Yang BL Characteristics

- The Tai Yang meridians' 5 Element attribute of Water correlates physically to fluids in the body.
- Water covers two-thirds of the earth's surface and human beings, always a microcosm of nature, have a body composition that averages about two-thirds water.
- The Foot Tai Yang BL meridian relates to all of the clear fluids in the body, most specifically urine. A primary clinical application of the BL JG is for any disorders related to the storing of fluids and their excretion as urine, such as BL infections with pain and burning symptoms.

# BL Organ Physiology

- Removes water by transforming Qi.
- Qi transforms fluids into urine, then stores and excretes it.

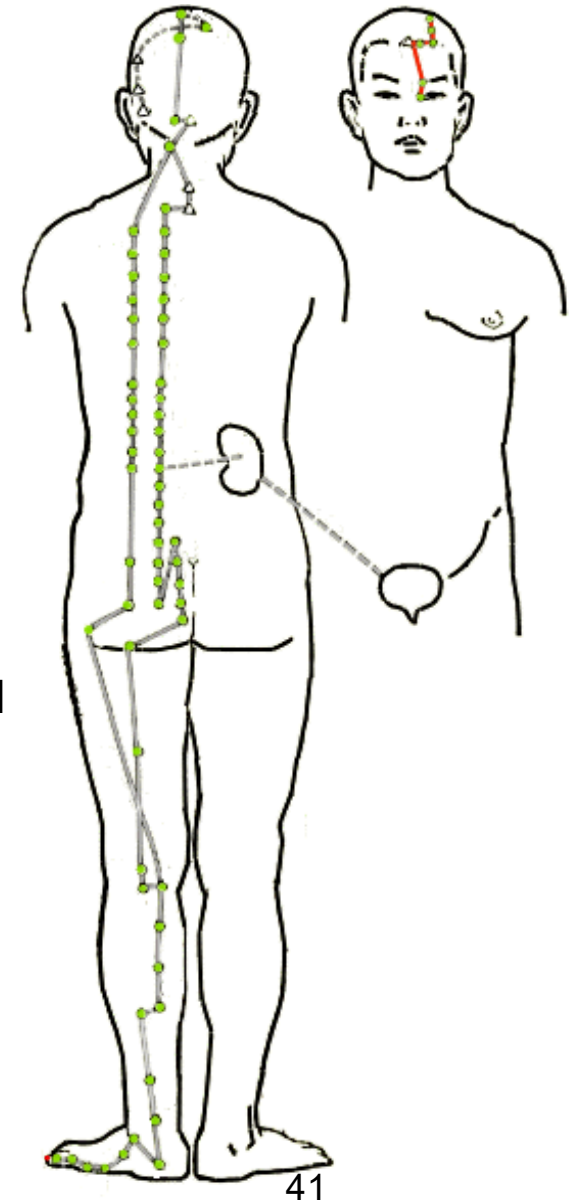
靈蘭秘典論(sw 8.1)

膀胱者 州都之官 津液藏焉  
氣化則能出矣



# Foot Tai Yang BL Meridian Distribution

- Start from inner canthus
- Ascending to the forehead, it joins the Du meridian at the vertex, a branch arises, running to the temple.
- The straight portion of the meridian enters and communicates with the brain from the vertex.
- It emerges and bifurcates to descend along the posterior aspect of the neck.
- Running downward alongside the medial aspect of the scapula and parallel to the vertebral column, it reaches the lumbar region, where it enters the body cavity to connect with the kidney and join the bladder.
- The branch of the lumbar region descends through the gluteal region and ends in the popliteal fossa.
- The branch from the neck runs downward along the medial border of the scapula.
- Passing through the gluteal region and along the lateral aspect of the thigh, it meets the preceding branch in the popliteal fossa.
- It descends to the leg and to the posterior aspect of the external malleolus.
- Running along the tuberosity of the 5<sup>th</sup> metatarsal bone, it reaches the lateral side of the tip of the little toe, where it links with the Kidney Meridian of foot-shaoyin.

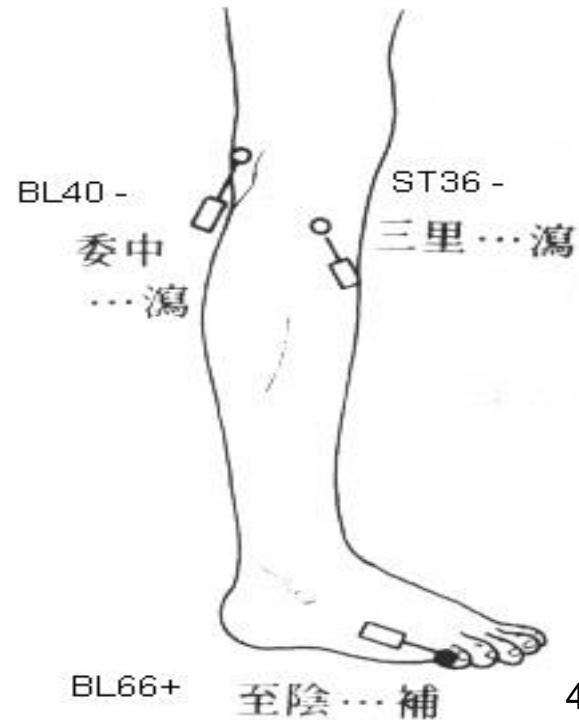


# BL reinforce (BL JG)

	reinforce		Sedate	
	Own	Mother	Own	GM
Urinary Bladder	BL67	LI1	BL40	ST36

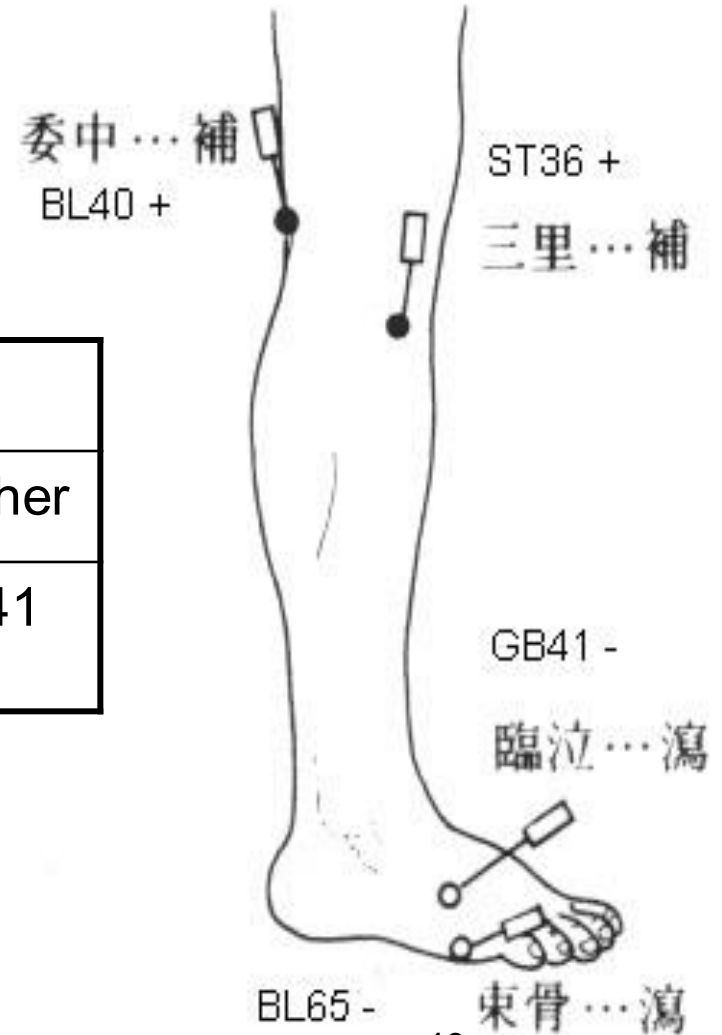


商陽...補  
LI1 +



BL40 - 委中...瀉  
ST36 - 三里...瀉  
BL66+ 至陰...補

# BL Sedate (BL SG)



	reinforce		Sedate	
	Own	GM	Own	Mother
Urinary Bladder	BL40	ST36	BL65	GB41

# **General Physical Characteristics of Foot Tai Yang BL Energy**

- **The primary function of the BL organ is related to the storing of fluids and excreting them as urine (via "Qi transformation")**
  - clinically the BL JG is used for BL and KID stones with hematuria and Urinary Bladder infections with symptoms of lower abdominal pain, heaviness and burning
- **The BL meridian distributes from the inner canthus, over the head and down the entire length of the back body to the little toe**
  - clinically the BL JG is used for lack of lacrimation, occipital headache, posterior neck, shoulder, back and leg pain, sciatica and muscular cramping on the back of the lower legs

# General Physical Characteristics of Foot Tai Yang BL Energy

- **BL Energy is the coldest energy in the body**
- clinically the "double cold Water" attributes can counterbalance a high fever associated with the flu or conditions of excess heat in combination with dryness

# General Mental Characteristics of Foot Tai Yang BL Energy

- **The primary mental aspect is fear and a high degree of self-consciousness and alertness to danger in the surrounding environment.**
- clinically the BL JG can be used to counterbalance an excess of Hand Shao Yin HT energy which manifests as an overwhelming desire to lose oneself in feelings of hedonistic and escapist pleasures by adding the energy of alert concentration and focus

# General Mental Characteristics of Foot Tai Yang BL Energy

- **The coldness of the BL meridian adds feelings of sexual purity, chastity, self-consciousness and restraint**
- clinically used for someone who has excess sexual Shao Yin heat and is lecherous, promiscuous, has too great a desire for sex or manifests other sexually deviant behavior
- the cold property of the BL meridian makes it clinically applicable for STD's with heat such as syphilis or genital herpes

# Indications of BL Jung Gyuk (BL reinforce)

- The BL JG stimulates the body to generate cold and Water and is the coldest energy in the body
- It would most logically be applied to balance conditions of excess heat and dryness



# Indications of BL Jung Gyuk (BL reinforce)

- **Related to the function of transforming liquids into urine and their storage and excretion**
  - **Urinary Bladder infections** with symptoms of frequent urination, lower abdominal pain, heaviness, and burning sensation, fever.
  - **BL or KID stones**
- **Related to the BL meridian distribution in the head; E.N.T. disorders**
  - **lack of lacrimation, floater (vitreous detachment)** - BL JG adds water to relieve dry eyes
    - **occipital headache**
    - BL 1 and 2 area **eye pain**
    - **flu** with high fever

# Indications of BL Jung Gyuk (BL reinforce)

- **Musculoskeletal disorders along the meridian distribution**
  - neck pain, cervical herniated intervertebral discs
  - posterior shoulder pain
  - back pain
  - sciatica
  - muscular cramping on lower legs
  - posterior hip, knee or ankle joint pain ( prick BL40)
- **External-Internal Relationship - KID problems**
  - leukorrhea - yellow type with more heat than damp, could also be related to STD's
- **Related to Digestive Disorders**
  - excess stomach acid/GERD - especially in a thin person with heat. BL JG is cooling and adds water to dilute the acid

# Indications of BL Jung Gyuk (BL reinforce)

- **Related to Mental Disorders**

- excessive sexual desire caused by excess Shao Yin heat which turns into lechery, sexual perversion, promiscuous or deviant sexual behavior.

- The cold energy of the BL meridian **adds feelings of sexual purity, chastity, self-consciousness and restraint (celibate)**

- the BL JG can be used to counterbalance an excess of Hand Shao Yin HT energy which manifests as an overwhelming desire to lose oneself in feelings of hedonistic and escapist pleasures by adding the energy of alert concentration and focus.

- **HT fire causing manic states** with hyper-irritability, anxiety, palpitations, rapid pulse - the Cold and Water properties of the counterbalancing BL meridian help to extinguish the fire.

# Indications of BL Seng Gyuk (BL Sedate)

- **The BL SG inhibits the body from generating cold water.**
- If the patient doesn't respond to the HT JG - Hand Shao Yin HT is the direct balancing meridian of the Foot Tai Yang BL meridian
- BL SG can be used for cold conditions such as lower back pain or sciatica due to cold-damp