

SaAm Acupuncture (Korean 4 Needle)



Hand Jue Yin PC and Foot Jue Yin LIV

Virginia University of Integrative Medicine

Tae Cheong Choo L.Ac. OMD. Ph.D.

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***

“6 Qi” Enviromental Characteristics Of the Third Level

- Environmentally, the third level is associated with:
- **WIND** (Air) and **MINISTER FIRE** (Light) *and their*
- **INWARD** and **OUTWARD** Movement

Meridian Correspondences:

- Jue Yin: “6 Qi” = **WIND**
 - This is the **INWARD** movement of **AIR** (Wind)
- Shao Yang: “6 Qi” = **MINISTER FIRE** or **LIGHT**
 - This is the **OUTWARD** movement of **LIGHT** (Minister Fire)

General Characteristics of Jue Yin

- **6 Energy/Qi Attribute: Wind** (Air/Light Movement)
 - The **Wind** attribute refers to dynamic, always moving energy that spirals and pulls inward - analogous to a tornado
 - Once inside, this energy is puffed up and huge, like a balloon. It also has an astringent effect.

General Characteristics of Jue Yin

- ***Desire:*** Associated with the third, or intellectual level of human needs
- Deals with the issues of:
 - ego
 - power
 - knowledge
 - fame

General Characteristics of Jue Yin

- Yin meridians are associated with feelings of “satisfaction”.
- Satisfaction for Jue Yin comes from feelings of acknowledgement, praise and honor that come from the acquisition of knowledge, power or fame.

General Characteristics of Jue Yin

- ***5 Element Attribute:*** **Wood**
- **Wood** corresponds to the Spring season.
- The seeds that start out as small sprouts in the spring represent promise and potential – emotionally analogous to “hope”
- Mentally, Jue Yin energy adds feelings of self-confidence and self-esteem.

Jue Yin Meridians

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

Wind

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

- ***Hand Jue Yin PC*** (*Mixed - Wood/Fire*)

6 Energy: **Wind**, 5 Element: **Fire**

- ***Foot Jue Yin LIV*** (*Pure Wood/Wind Energy*)

6 Energy: **Wind**, 5 Element: **Wood**

General Characteristics of Jue Yin

- The Hand Jue Yin PC meridian is associated with feelings of satisfaction in relation to the acquisition and storage of knowledge - includes: memory, understanding and communication.
- *Associated more with “intellect”*
- The Foot Jue Yin LIV meridian (*the “General”*) is associated with creating the strategy for the overall planning of the bodies functions. Contributes to its mental and physical defense.
- *Associated more with “power and strength”*

Highest level.
Concerned with feelings
related to:

- Ego
- Knowledge
- Power
- Intellect
- Fame

• **Hand Jue Yin PC**

- 6 Energy: Wind
- 5 Element: Fire

• PC organ protects the HT organ.
Clinically used for disorders of the HT,
chest and ST like the indications of PC 6.

• Feelings of Satisfaction in relation to
acquisition and storage of knowledge.
Balanced in this function by the Hand Shao
Yang SJ meridian which drains memories.

• **Foot Jue Yin LIV**

- 6 Energy: Wind
- 5 Element: Wood

• Related to creating the strategy for the
overall planning of the bodies functions and
contributing to its mental and physical
defense.

• Satisfaction associated with feelings of
self-esteem and self-confidence. Associated
more with the acquisition of power and
strength than intellect.

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

Balancing Pairs:
• PC - GB
• LIV - SJ

• PC - SJ
Used for Storage
and Drainage of
Memories and
Knowledge

Balancing Pairs - Concept

- Jue Yin energy is balanced by Shao Yang Energy
- Each energy is half of the full picture
- Jue Yin and Shao 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 appreciate feelings of self esteem without the knowledge of feelings of inferiority and shame.

3 Levels of Human Needs
• Intellectual Level •

Highest level.
 Concerned with feelings related to:

- Ego
- Knowledge
- Power
- Intellect
- Fame

Balancing Pairs:

- PC - GB
- LIV - SJ

• PC - SJ
 Used for Storage and Drainage of Memories and Knowledge

• Hand Jue Yin PC

- 6 Energy: Wind
- 5 Element: Fire

• PC organ protects the HT organ. Clinically used for disorders of the HT, chest and ST like the indications of PC 6.

• Feelings of Satisfaction in relation to acquisition and storage of knowledge. Balanced in this function by the Hand Shao Yang SJ meridian which drains memories.

• Foot Jue Yin LIV

- 6 Energy: Wind
- 5 Element: Wood

• Related to creating the strategy for the overall planning of the bodies functions and contributing to its mental and physical defense.

• Satisfaction associated with feelings of self-esteem and self-confidence. Associated more with the acquisition of power and strength than intellect.

• Hand Shao Yang SJ

- 6 Energy: Minister Fire
- 5 Element: Fire

• Related to depletion or knowledge or forgetting traumatic memories. Balanced in this function by the Hand Jue Yin PC which stores knowledge.

• Feelings of Dissatisfaction due to feelings of inferiority with the use of sarcasm as a defense against those with greater superiority or self-esteem.

• Foot Shao Yang GB

- 6 Energy: Minister Fire
- 5 Element: Wood

• Dissatisfaction caused by feelings of inferiority, shame, anger and humiliation.

• Commonly used clinically for pain caused by cold and damp along the length of the meridian pathway.

BALANCING PAIRS - Jue Yin and Shao Yang

Associated with the third or highest level of human needs, the intellectual level. Concerned with ego, knowledge, power and fame.

General Characteristics

Physical: energy that spirals inward, inflates and astringes causing the interior to become huge and puffed up like a balloon

Mental Feeling:
Feelings of satisfaction and self-confidence that come from acknowledgement or praise in regards to the acquisition of knowledge, fame or power.

Balanced by:

Shao Yang Channel
• Hand Shao Yang SJ
• Foot Shao Yang GB

6 Energy: Minister Fire
• more Light than Heat

Mental Feeling:
Dissatisfaction which is caused by feelings of inferiority, inadequacy or the negative energy associated when one feels shame or humiliation

Jue Yin Channel

- Hand Jue Yin PC
- Foot Jue Yin LIV
- 6 Energy: Wind
- 5 Element: Wood

Hand Jue Yin PC

6 Energy: Wind

5 Element: Fire

Mental Feeling:
Feelings of satisfaction in relation to acquisition and storage of knowledge, including memory, understanding and communication. This is balanced by Hand Shao Yang SJ which relates to depletion of knowledge.

Foot Shao Yang GB

6 Energy: Minister Fire
• more Light than Heat

5 Element: Wood

Mental Feeling:
Dissatisfaction caused by feelings of inferiority, shame and humiliation.

Foot Jue Yin LIV

6 Energy: Wind

5 Element = Wood

Related to creating the strategy for the overall planning of the bodies functions and contributing to its mental and physical defense.

Mental Feeling:
Satisfaction associated with feelings of self-esteem and self-confidence. Associated more with the acquisition of power and strength than intellect.

Hand Shao Yang SJ

6 Energy: Minister Fire
• more Light than Heat

5 Element: Fire

Mental Feelings:
Related to depleting of knowledge or forgetting traumatic memories. This is balanced by Hand Jue Yin PC which is related to storage of knowledge.

Mental feelings of inferiority with the use of sarcasm as a defense against others with greater superiority or self-confidence.

BALANCING PAIRS

Environmental Characteristics

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

Third Level:

- Hand Jue Yin - PC Meridian's properties of:
6 Qi = **WIND** and 5 Element = **FIRE**
Balances:
- Foot Shao Yang - GB Meridian's properties of:
6 Qi = **MINISTER FIRE** and 5 Element = **WOOD**

BALANCING PAIRS

Environmental Characteristics

Third Level:

- Hand Shao Yang - SJ Meridian's properties of:
6 Qi = MINISTER FIRE and 5 Element = FIRE

BALANCES:

- Foot Jue Yin - LIV Meridian's properties of:
6 Qi = WIND and 5 Element = WOOD

• *NOTE: Compare Shao Yang's "6 Qi" attribute of Minister Fire which has the characteristic of MORE LIGHT THAN HEAT with Shao Yin's "6 Qi" element of Monarch Fire which has the property of MORE HEAT THAN LIGHT*

Balancing Pairs

Emotional Characteristics

Primary Mental Feeling

Jue Yin

Balances

Shao Yang

- Satisfaction which comes from the feeling of acquiring knowledge, power or fame and receiving positive praise and honor for these accomplishments

- Dissatisfaction which derives from feelings of inferiority, shame, embarrassment, anger or humiliation

Yin Meridians=Satisfaction

Yang Meridians=Dissatisfaction

Balancing Pairs

Emotional Characteristics

Feelings - Appropriate Amount

Jue Yin

- Feelings of satisfaction in the context of:
- a scholastic spirit
- a leadership spirit
- pride in accomplishment
- competitiveness
- desire to win
- self-confidence
- self-esteem

Balances

Shao Yang

- Feelings of dissatisfaction which come from
- criticism
- disapproval
- fault finding
- putting others down
- feelings of inferiority
- sarcasm
- humiliation

Yin Meridians=Satisfaction

Yang Meridians=Disatisfaction

Balancing Pairs

Emotional Characteristics

Feelings - Excess Amount

Jue Yin

- arrogance
- egotism
- stubbornness
- domineering personality
- belligerence
- attitude of superiority
- condescending attitude

Balances

Shao Yang

- self abasement
- defeatism
- shame
- ignorance
- inhuman actions
- aggression
- murderous spirit
- desire for revenge

Yin Meridians=Satisfaction

Yang Meridians=Disatisfaction

Hand Jue Yin PC Characteristics

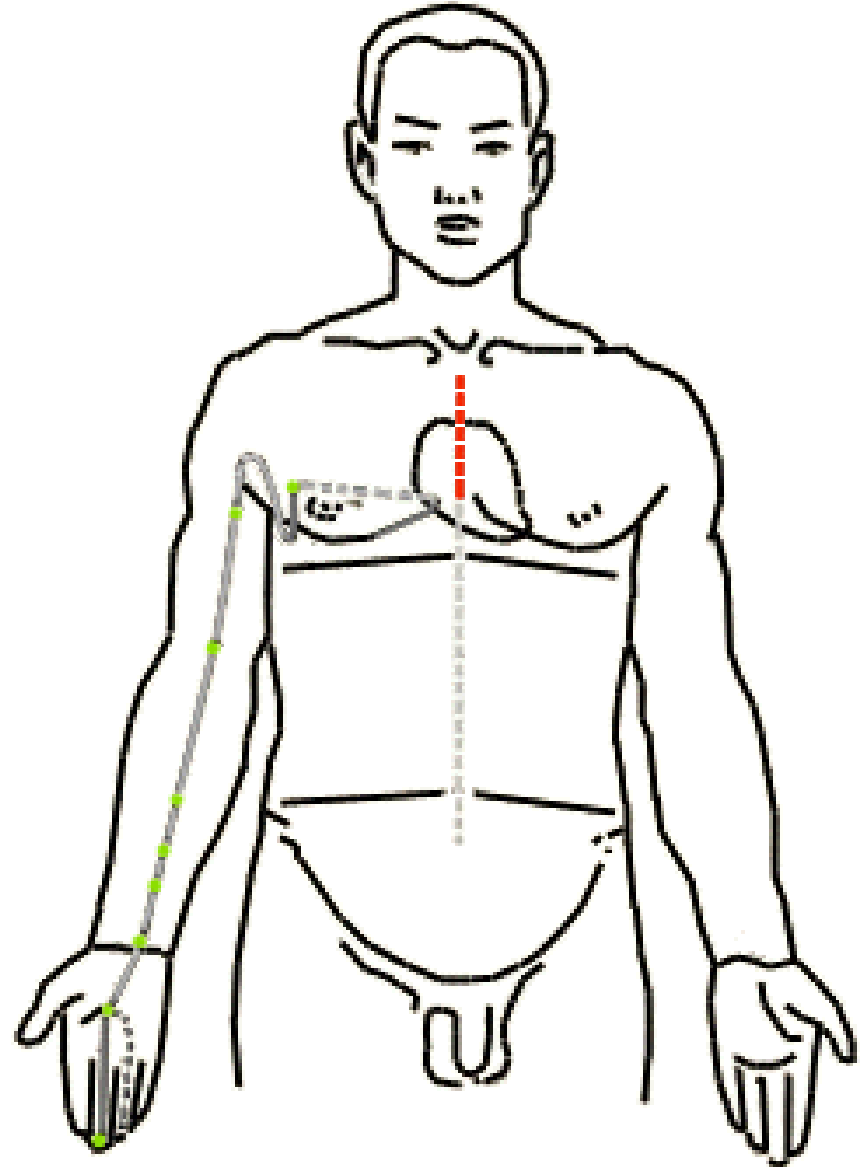
- Pin Yin = Xin Bao
- Chinese: 心 = Xin, HT, center, chest, spirit
包 = Bao, wrapping, package
- The PC wraps around and protects the HT
- 6 Qi = **Wind** (Air Movement) 5 Element = **Fire**

PC Organ Physiology

- Functions as an external covering of the HT, protecting it from attacks by exterior pathogenic factors
- As an “internal organ”, the PC is closely related to the HT and displays many of the same functions including governing Blood and housing the Mind
- The PC channel influences the area at the center of the thorax - this explains why PC 6 has such a strong impact on the chest area

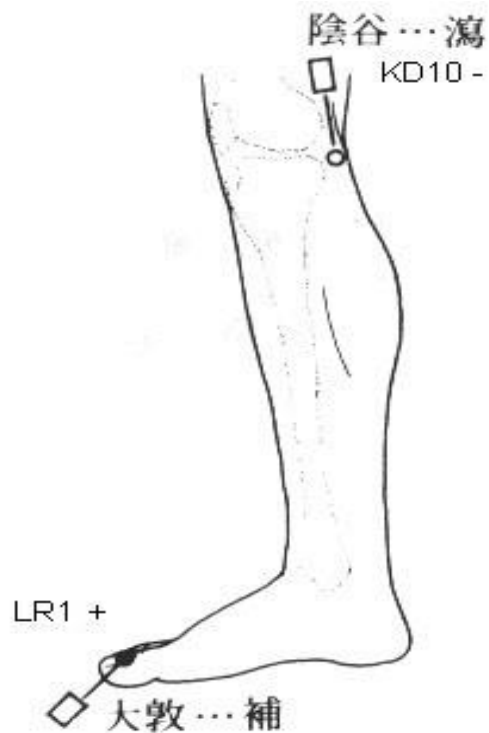
Hand Jue Yin PC Meridian Distribution

- Originates from the chest. Emerging, it enters its pertaining organ, the pericardium.
- Descends through the diaphragm to the abdomen, connecting with Triple Energizer.
- A branch arising from the chest runs inside the chest, emerges from the costal region at a point 3 cun below the anterior axillary fold and ascends to the axilla.
- Following the medial aspect of the upper arm, it goes to the cubital fossa, further downward to the forearm between the two tendons, ending in the palm.
- From there it passes along the middle finger; right down to its tip.
- Another branch arises from the palm at Laogong, runs along the ring finger to its tip and links with the Triple Energizer Meridian of Hand-Shaoyang.



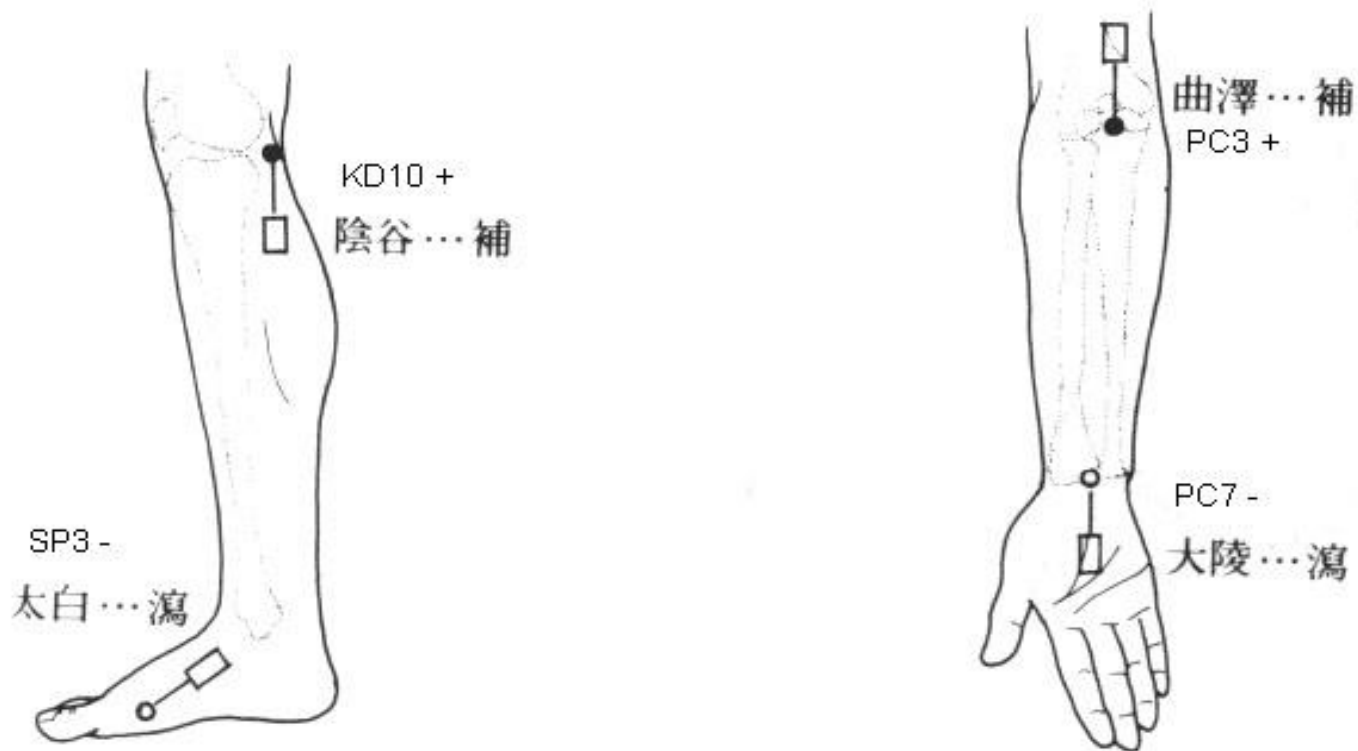
PC Jung Gyuk (PC Tonify)

	Tonify		Sedate	
	Own	Mother	Own	GM
Pericardium	PC9	LR1	PC3	KI10



PC Seng Gyuk (PC Sedate)

	Tonify		Sedate	
	Own	GM	Own	Son
Pericardium	PC3	KI10	PC7	SP3



General Physical Characteristics of Hand Jue Yin PC Energy

- **The PC externally covers and protects the "material" HT. In ancient books the HT was considered the king and the PC its bodyguard.**
- clinically use the PC JG for HT arrhythmia, palpitations, chest discomfort, pain or stuffiness especially when caused by excess Shao Yang energy.
 - Examples include strong feelings of shame and inferiority in regards to test anxiety, failing an important test or loosing an important job or election.

General Mental Characteristics of Hand Jue Yin PC Energy

- **The PC covers the "immaterial" brain and is related to the storage of knowledge**
- clinically use the PC JG for students with test anxiety or for someone who doesn't like to study. The pulling and holding inward characteristic of the 6 Energy factor of Wind functions to improve their mental storage capacity and self-confidence.
 - It can also be used for conditions of **dementia and forgetfulness**.

***Note:** In regards to the **storage** of memories and knowledge, the Hand Jue Yin-PC is balanced by the Hand Shao Yang-SJ which is related to the **draining** of memories and knowledge. This is an exception to the standard Balancing scheme which pairs "Hand and Foot" meridians.*

General Mental Characteristics of Hand Jue Yin PC Energy

- **The PC meridian contains feelings of self-esteem and self-confidence**
- clinically the PC JG counteracts an excess of Foot Shao Yang GB energy manifesting as feelings of:
 - inadequacy
 - inferiority or
 - humiliation

Indications of PC Jung Gyuk (PC Tonify)

- The PC JG is most related to the mental activity of storage of knowledge.
- It would most logically be applied clinically to assisting students in studying and memorizing or for forgetfulness and dementia
- Due to the PC's close relationship to the HT, it can be used for chest discomfort and symptoms caused by feelings associated with excess Shao Yang energy including shame, embarrassment and inferiority

Indications of PC Jung Gyuk (PC Tonify)

Physical Aspect

- **Related to Function of the PC Organ**

- functions as an external covering of the HT **protecting it from attacks by exterior pathogenic factors**
- for **arrhythmia, palpitations, chest pain, or stuffiness** associated with excess Shao Yang feelings of shame, inferiority, embarrassment
 - **Note:** the HT JG is used for the same symptoms of HT disorders and chest discomfort but it is indicated when they are caused by **emotional unhappiness**, romantic conflict, and suppression of passion.

Indications of PC Jung Gyuk (PC Tonify)

Physical Aspect

- **Related to the PC Meridian Distribution**

- **chest discomfort** caused by excess feelings of ShaoYang energy
- **mass in the armpit area**
- **numbness or pain** along the inside of the arm
- **sweating palms due to anxiety or nervousness** - especially in relation to test anxiety for students
- "goose palm wind" syndrome - **peeling palms**

- **Related to Head and E.N.T.**

- **headaches, migraines, dizziness** due to a suffocating sensation. The PC JG adds the Jue Yin characteristic of Wind to increase ventilation which clears out the feelings of suffocation and stagnation.
 - **stiffness of the head** with breathing discomfort due to lack of ventilation
 - **gas intoxication and unconsciousness** caused by lack of ventilation

Indications of PC Jung Gyuk (PC Tonify)

Physical Aspect

- **Digestive System Disorders**

- **bloating caused by indigestion with belching, borborygmus, flatulence**
- this is from the analogy in nature of a stagnant pool of water. Over time gas bubbles will be produced. The Jue Yin characteristic of adding Wind gets things moving and releases the stagnation.
- low appetite - use PC JG if there is no effect after SP JG. Jue Yin energy pulls inward and could help increase the desire to eat

- **Related to the PC's Astringent Function**

- Jue Yin energy has the action of **pulling inward and astringing**. The PC JG could be used when there is a leakage of body fluid that feels like a faucet that can't be turned off.
 - Examples: frequent urination, rhinorrhea, diarrhea, spermatorrhea

Indications of PC Jung Gyuk (PC Tonify)

Emotional Aspect

- **Related to storage of knowledge**

- used to increase memory for students
- treats fear or phobia associated with test anxiety
- can be used for someone who doesn't like to study
- for students with **headaches and fatigue from studying too much**
- **unconsciousness, shock** (indicates there is no energy in PC meridian) – stimulate PC 9 for unconsciousness

- **Forgetfulness, dementia**

- PC JG can be used to address the "immaterial" brain and increase memory function.
- The KID JG is used to address problems with brain marrow. The two prescriptions can be used alternatively for these conditions.

Indications of PC Jung Gyuk (PC Tonify)

Emotional Aspect

- **Insomnia** - the PC JG can be used secondarily to the HT JG
- **Sarcastic, defensive behavior**
 - This is excess Shao Yang energy. The PC JG adds feelings of self-esteem as counterbalance to the feelings of inferiority and inadequacy
 - for a person who suffers from a sense of ignorance
- **Tiredness, slackness or exhaustion of energy** after extreme happiness or joy
 - the PC protects the HT
- **Curing stuttering or talking disabilities.** This is indicated for the person is overly worried about making a mistake due to lack of self-confidence and self-esteem.

Indications of PC Seng Gyuk (PC Sedate)

- **The PC SG (PC Sedate) inhibits the body from generating warm Wind**
- **If patient doesn't respond to the Foot Shao Yang GB JG**
- Foot Shao Yang GB is the direct balancing meridian to Hand Jue Yin PC meridian
- **PC SG can be used for:**
 - someone who has **too much self-esteem which has turned into arrogance**. This could manifest as someone who talks excessively about themselves and how "superior" they are.
 - the arrogant attitude of someone who claims to know everything because of the extensive amount of education he has acquired
 - Note: arrogance in the context of Jue Yin is related to an excess of knowledge. The Hand Yang Ming LI JG is used to counterbalance arrogance in relation to the excessive amount of money and material possessions someone has acquired

Foot Jue Yin LIV Characteristics

- Pin Yin = Gan

- Chinese: 肝 = Gan, LIV

月 = rou, body 干 = gan, shield, protect

- 6 Qi = **WIND** 5 Element = **WOOD**

Pure Wood (Wind) Energy - the LIV energy has the strongest influence on the Jue Yin meridian

Foot Jue Yin LIV Characteristics

- The Huang di Nei Jing describes the LIV as “like an army’s general from whom the strategy is derived”
- This strategy has two primary aspects:
 - 1) It is related to the overall planning of the bodies functions
 - 2) It is responsible for overseeing the body’s defense, both physically and mentally
- The Foot Jue Yin LIV meridian corresponds more to power and strength while the Hand Jue Yin PC meridian, due to its relationship with the HT and mental function, is more commonly associated with knowledge, especially in the context of memorization and storage

Foot Jue Yin LIV Characteristics

Physical Aspect

- The LIV protects the body physically by ensuring the smooth flow of Qi throughout the body. The “6 Qi” factor of Wind, with its characteristic of constant movement, can be applied clinically to help relieve physical symptoms of Qi stagnation.
- Clinically this is very effective in regards to women’s gynecological disorders related to stagnation of Qi and Blood, including PMS and dysmenorrhea.

Foot Jue Yin LIV Characteristics

Physical Aspect

- The LIV functions to store and regulate blood volume in the body. Blood nourishes the muscles. The “6 Qi” factor of Wind, with its characteristic of movement, is analogous to the contraction of the muscles and tendons.
- Clinically, the LIV JG can be used for conditions of blood stagnation causing muscular pain and blood deficiency which causes muscle weakness and spasms. It can also nourish and revive muscles exhausted from physical overwork.

Foot Jue Yin LIV Characteristics

Mental Aspect

- A person with strong Foot Jue Yin LIV Qi displays many of the traits of a strong general such as standing proudly with their chin up and chest puffed out. This clearly illustrates the inward movement and inflation of Jue Yin's physical Wind energy in addition to its mental energy characterized by feelings of strong self-esteem and self-confidence.
- These strong feelings of self-esteem help protect the body emotionally from an excess of Shao Yang energy which manifests as feelings of inferiority and lack of confidence. It gives someone a positive emotional strength which protects them in the context of daily life.

Foot Jue Yin LIV Characteristics

Mental Aspect

- The LIV's 5 Element factor of Wood corresponds to the Spring season when new plant growth displays the potential to become great vegetation later in the year. This is analogous to feelings of hope.
- Clinically the LIV JG can be used for someone who is physically exhausted and depressed. Its "6 Qi" factor of Wind pulls inward, astringes and inflates to relieve the physical fatigue and adds the emotional feelings of hope and self-confidence to alleviate the depression.

Comparison of the Foot Jue Yin LIV and Hand Jue Yin PC

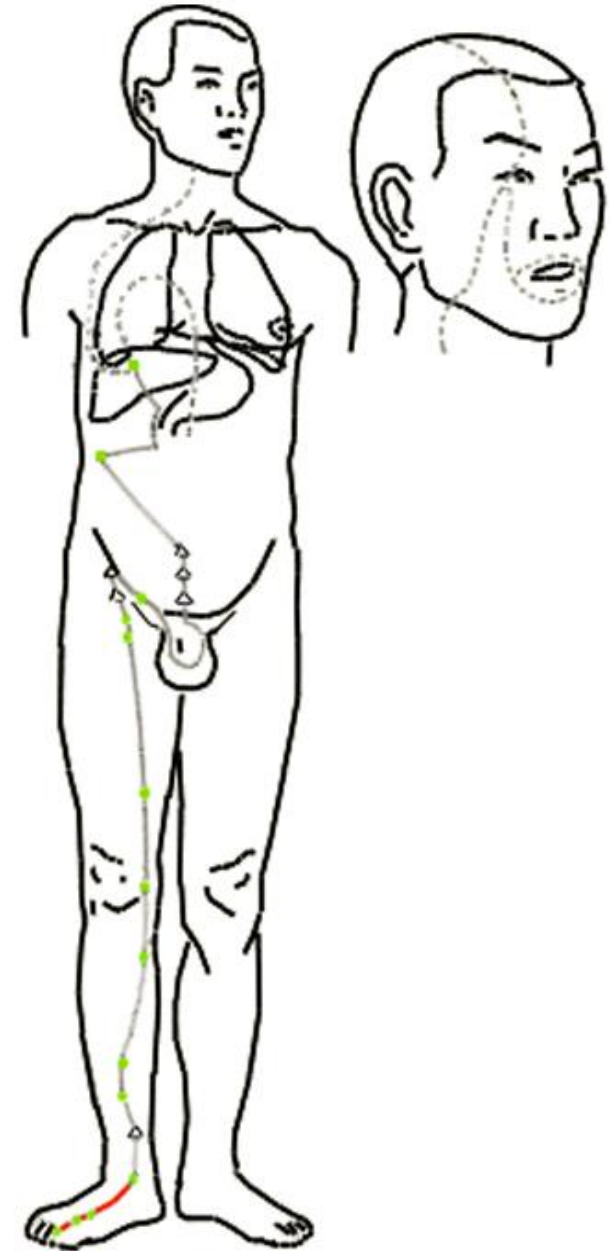
- Both the PC and LIV meridians clinically use the inward, inflating characteristic of Jue Yin's "6 Qi" attribute of Wind to treat exhaustion.
- The LIV is related to exhaustion in the context of
 - a) mental feelings of hopelessness and depression or
 - b) muscular fatigue due to physical overwork.
- The PC is associated with mental exhaustion due to mental overwork, such as can be felt after too much studying.

LIV Organ Physiology

- Stores Blood
- Ensures the smooth flow of Qi
- Controls the tendons.
- Nourishes the tendons and muscles with Blood.
- Manifests in the nails
- Opens into the eyes
- Houses the Ethereal Soul (Hun)

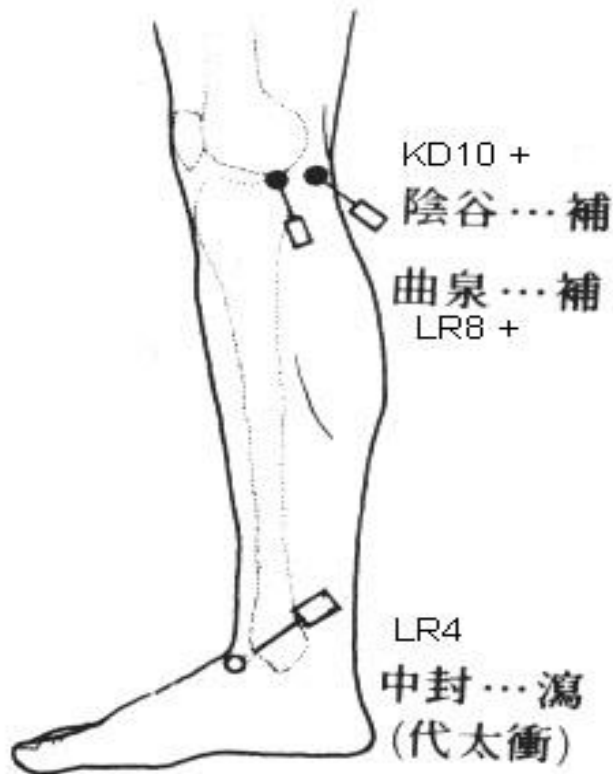
Foot Jue Yin LIV Meridian Distribution

- Starts from the dorsum of the great toe. Running upward along the dorsum of the foot, passing through the front of the medial malleolus, it ascends to an area 8cun above the medial malleolus, where it runs across and behind the Spleen Meridian.
- Then it runs further upward to the medial side of the knee and along the medial aspect of the thigh to the pubic hair region, where it curves around the external genitalia and goes up to the lower abdomen.
- It then runs upward and curves around the stomach to enter the liver, and connects with the gallbladder. From there it continues to ascend, passing through the diaphragm, and branching out in the costal and hypochondriac region.
- Then it ascends along the posterior aspect of the throat to the nasopharynx and connects with the "eye system". Running further upward, it emerges from the forehead and meets the Governor Vessel at the vertex.
- The branch which arises from the "eye system" runs downward into the cheek and curves around the inner surface of the lips.
- The branch arising from the liver passes through the diaphragm, runs into the lung and links with the Lung Meridian of Hand-Taiyin



LIV Jung Gyuk (LIV Tonify)

	Tonify		Sedate	
	Own	Mother	Own	GM
Liver	LR8	KI10	LR4	LU8

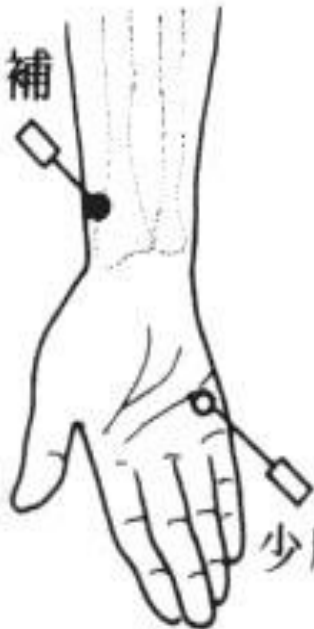


LIV Seng Gyuk (LIV Sedate)

	Tonify		Sedate	
	Own	GM	Own	Son
Liver	LR4	LU8	LR2	HT8

LU8 +

經渠...補



HT8 -

少府...瀉

行間...瀉 LR2 -



LR4 +

中封...補
(代太衝)



General Physical Characteristics of Foot Jue Yin LIV Energy

- **The LIV is responsible for ensuring the smooth flow of Qi throughout the body**
 - the movement of the 6 Energy attribute of Wind can be used clinically to **relieve symptoms of Qi stagnation** including distention and bloating of the hypochondriac, chest and abdominal regions
- **The LIV is related to the left side of the body, even though the physical organ is on the right side**
 - the **left side of the body is associated with blood** while the right side of the body is associated with Qi and the LU
 - clinically the LIV JG can be used for single or multiple disorders which **only affect the left side of the body**. Examples include joint or hypochondriac pain, numbness, tingling and/or sweating.

General Physical Characteristics of Foot Jue Yin LIV Energy

- **The LIV opens into the eyes**

- clinically the LIV JG can be used for redness, fatigue, photophobia, **vision problems**

- **The LIV controls the tendons and sinews and nourishes the muscles with blood.** Clinically the LIV JG has many functions:

- for **pain, contraction and stiffness of tendons and muscles** due to blood stagnation

- for **muscle weakness and spasms** due to blood deficiency

- for **upper back pain, stiffness, tightness and heaviness** along the GB meridian distribution, the internally-externally paired meridian to the LIV. Note that SaAm theory also indicates GB SG for these symptoms

General Mental Characteristics of Foot Jue Yin LIV Energy

- **The LIV is considered the "army's general from whom the strategy is derived"**
 - it is responsible for **overseeing the body's defense both mentally and physically**
 - the LIV is associated with protecting the self by adding **feelings of self-confidence** to counterbalance excess Shao Yang feelings of inferiority, shame and humiliation
 - clinically this is used for someone who has low self-esteem or lacks confidence

General Mental Characteristics of Foot Jue Yin LIV Energy

- **The LIV correspondence to the Spring season is analogous mentally to feelings of hope and potential**
- **clinically this can be applied for someone who is mentally depressed and exhausted.**

The LIV JG adds **feelings of hope and self-esteem**. The 6 Energy factor of Wind moves inward, inflates and astringes to add physical and mental energy.

Indications of LIV Jung Gyuk (LIV Tonify)

- The LIV JG stimulates the body to generate Wind with a moving, pulling inward, inflating and astringing action. Wind is also cooling.
- It would most logically be applied to conditions of Qi and Blood stagnation.

Indications of LIV Jung Gyuk (LIV Tonify)

- **Related to Function of the LIV Organ**

- for single or multiple disorders occurring **only on the left side of the body**. The left side corresponds to blood, the right side corresponds to Qi (use LU JG)
- **hyperthyroidism** - due to LIV Yang rising with underlying LIV Yin/blood deficiency
 - Symptoms include heat sensations, palpitations, headache, tachycardia, weight loss, vision problems
- **jaundice** - due to damp-heat in the LIV

Indications of LIV Jung Gyuk (LIV Tonify)

- **Related to the LIV Meridian Distribution**
 - medial **knee and thigh pain**
 - pain around the **genitals and lower abdomen**
 - **STD's** due to damp-heat in the LIV channel, genital herpes
 - **hypochondriac pain** and pain under the breast
 - **vertex headache** - the LIV meridian goes to the vertex

Indications of LIV Jung Gyuk (LIV Tonify)

- **Related to Head and E.N.T. - including Eye Problems**
 - **Headache**
 - due to blood stagnation
 - vertex headache - caused by LIV blood deficiency.
 - temporal headache - caused by LIV Yang rising
 - behind the eyes - caused by LIV blood deficiency or LIV Yang rising
 - **Eye disorders**
 - Caused by **LIV blood deficiency**: near sightedness, night blindness, dryness, eye fatigue
 - Caused by **LIV Fire**: eyes suddenly red and painful
 - Caused by **LIV Yang Rising**: red eyes and vision problems, including those caused by hyperthyroidism

Indications of LIV Jung Gyuk (LIV Tonify)

• Digestive System Disorders

- **low appetite** - can use LIV JG when there is no result from SP JG
- **left abdominal pain** with distension
- **acid regurgitation**
 - Wind is cooling and clears heat. Jue Yin energy astringes which keeps acid in the ST.
 - this is very effective if the acid regurgitation is due to **stress causing the LIV to overact on the ST**
 - can be used alternating with ST JG for heavier body types or SP JG for thinner physiques
 - Note: acid regurgitation could also start out as Qi stagnation which progresses to Qi rebellion or regurgitation

Indications of LIV Jung Gyuk (LIV Tonify)

• Skin Problems

- **Acne** - especially for Shao Yang excess causing acne in teens
 - Wind is cooling and clears heat from the Upper Jiao.
 - Jue Yin energy adds feelings of self-confidence to balance excess Shao Yang feelings of inferiority and embarrassment.
 - LIV blood nourishes skin
 - can also be used for acne in adults when caused by Upper Jiao heat
- **varicose veins** - the blood vessels cannot contract strongly enough due to blood stagnation
- blisters such as **oral and genital herpes, shingles**
- blisters are considered a stagnation of fluid. The Jue Yin characteristic of Wind dispels the stagnation and causes the water to flow normally

Indications of LIV Jung Gyuk (LIV Tonify)

- **Left side of body disorders** - the LIV dominates blood which corresponds to the Yin or Left side of the body
 - **left side numbness/paresthesia**
 - **sweating** only on the left side
 - **pain/numbness/paresthesias** in multiple left side areas only
- **wind-stroke with hemiplegia.** Movement is affected on the left side of the body.
 - **left side hypochondriac pain or mass**
 - **Shan disorder** - left side pain from the lower back to the scrotum

Indications of LIV Jung Gyuk (LIV Tonify)

- **Urogenital Problems**

- **impotence**

- the characteristic of Jue Yin energy is to **come inward, astringe and inflate analogous** to blowing up a balloon
 - the LIV meridian pathway **curves around the genitals**

- LIV blood **nourishes and strengthens all the muscles** in the body

- **enuresis**

- uses the **astrigent** characteristic of Jue Yin energy
 - can use LIV JG as an alternative to KID JG or UB JG

Indications of LIV Jung Gyuk (LIV Tonify)

- **Muscle Problems**

 - Due to **Blood Deficiency**

 - muscle weakness, spasms

 - Due to **Blood Stagnation**

 - muscle pain, muscle spasms, pulling or contraction symptoms

- **Gynecological Disorders**

 - **lower abdominal pain, dysmenorrhea** - due to Qi and blood stagnation

 - **amenorrhea** - due to blood deficiency, Qi and blood stagnation

 - **PMS** due to Qi and blood stagnation

Indications of LIV Jung Gyuk (LIV Tonify)

- **Related to Mental and Emotional Conditions:**

- the LIV develops the strategy to **oversee the body's defense, mentally and physically**
- it protects mentally by **counterbalancing excess Shao Yang feelings** of inferiority, shame, embarrassment, sarcasm and defensive behavior
- the LIV correspondence to the Spring season is analogous mentally to **feelings of hope and potential**
- used for **mental depression and physical exhaustion**. Jue Yin energy adds feelings of self-esteem and moves inward and inflates to add physical energy
- **hand tremors** - caused by excess Shao Yang feelings of inferiority due to too much pressure from others

Indications of LIV Seng Gyuk (LIV Sedate)

The LIV SG inhibits the body from generating Wind.

- **If the patient doesn't respond to the Hand Shao Yang SJ JG**

- Hand Shao Yang SJ is the direct balancing meridian to Foot Jue Yin LIV meridian

- **LIV SG can be used for:**

- **Exterior Wind pathogen causing feelings of cold** or an aversion to cold.

Wind is cooling, LIV SG inhibits the body from generating Wind.

- sudden, jerky motions such as those associated with **seizures and epilepsy**