

SaAm (Korean) Acupuncture



Hand Shao Yang TE and Foot Shao Yang GB

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General Characteristics of Shao Yang

- **6 Energy/Qi Attribute: Minister Fire**
- Minister Fire has the characteristic of **“more light than heat”**. This has two aspects:
 - 1) In regards to temperature: this energy is warm and bright - like the rays of the sun
 - It is a life giving heat - like when a chicken incubates an egg (*vs. the flaming Monarch Fire of Shao Yin*)

General Characteristics of Shao Yang

2) The second aspect deals with the *movement* of the light.

- Minister Fire explodes from the inside outward analogous to the way lightning explodes outward suddenly from inside a cloud
- This outwardly explosive energy is balanced by Jue Yin's inwardly spiraling energy

General Characteristics of Shao Yang

- ***Desire:*** Associated with the third, or intellectual level, of human needs.
- Yang Meridians are associated with dissatisfaction.
- For Shao Yang, this “dissatisfaction” has two distinct aspects:
 - 1) feelings of inferiority and shame
 - 2) the physical sensation of heat that someone feels when they are criticized or humiliated

General Characteristics of Shao Yang

- ***5 Element Attribute:*** Minister Fire
- This life-giving warmth is analogous to the rays of the sun moving outward to help nourish the earth's vegetation.



<https://www.britannica.com/science/light>

General Characteristics of Shao Yang

- *Physical*

- The life-giving warmth of Shao Yang energy is commonly used clinically to treat *cold and damp* conditions causing pain along the Hand Shao Yang TE and Foot Shao Yang GB meridians

General Characteristics of Shao Yang

- ***Emotional***

- Shao Yang's mental energy is associated with the desire to offer advice or guidance.
- This is a reflection of Minister Fire's characteristic of going outward to nurture and illuminate - much like the warmth of the sun's rays help cultivate young sprouting plants in the Spring.
- This advice is in the context of fostering one's development in life. It is contrasted to Jue Yin's energy which includes teaching and imparting academic knowledge.

General Characteristics of Shao Yang

- ***Emotional***
- Another aspect is related to Shao Yang's feelings of inferiority, jealousy and shame.
- Initially these could manifest as sarcasm which is intended to “pop the balloon” of self-confidence and superiority associated with Jue Yin energy (*the balancing meridians' energy.*)
- At its most extreme, this could manifest as a murderous rage and desire for revenge

Shao Yang Meridians

- Within Shao Yang there is a hand and foot meridian
- Both meridians share the same 6 Qi characteristic,
Minister Fire (Light Movement/Outward)
- Each has a **different** 5 Element correspondence
 - **Hand Shao Yang TE** (*Pure Minister Fire*)
6 Energy: **Minister Fire** (Light Movement/Outward),
5 Element: **Fire** (Minister Fire)
 - **Foot Shao Yang GB** (*Mixed-Minister Fire/Wood*)
6 Energy: **Minister Fire** (Light Movement/Outward)
5 Element: Wood

- Highest level.
Concerned with feelings related to:
- Ego
 - Knowledge
 - Power
 - Intellect
 - Fame

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

- Balancing Pairs:
- PC - GB
 - LIV - SJ
- PC - SJ
Used for Storage and Drainage of Memories and Knowledge

• **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.

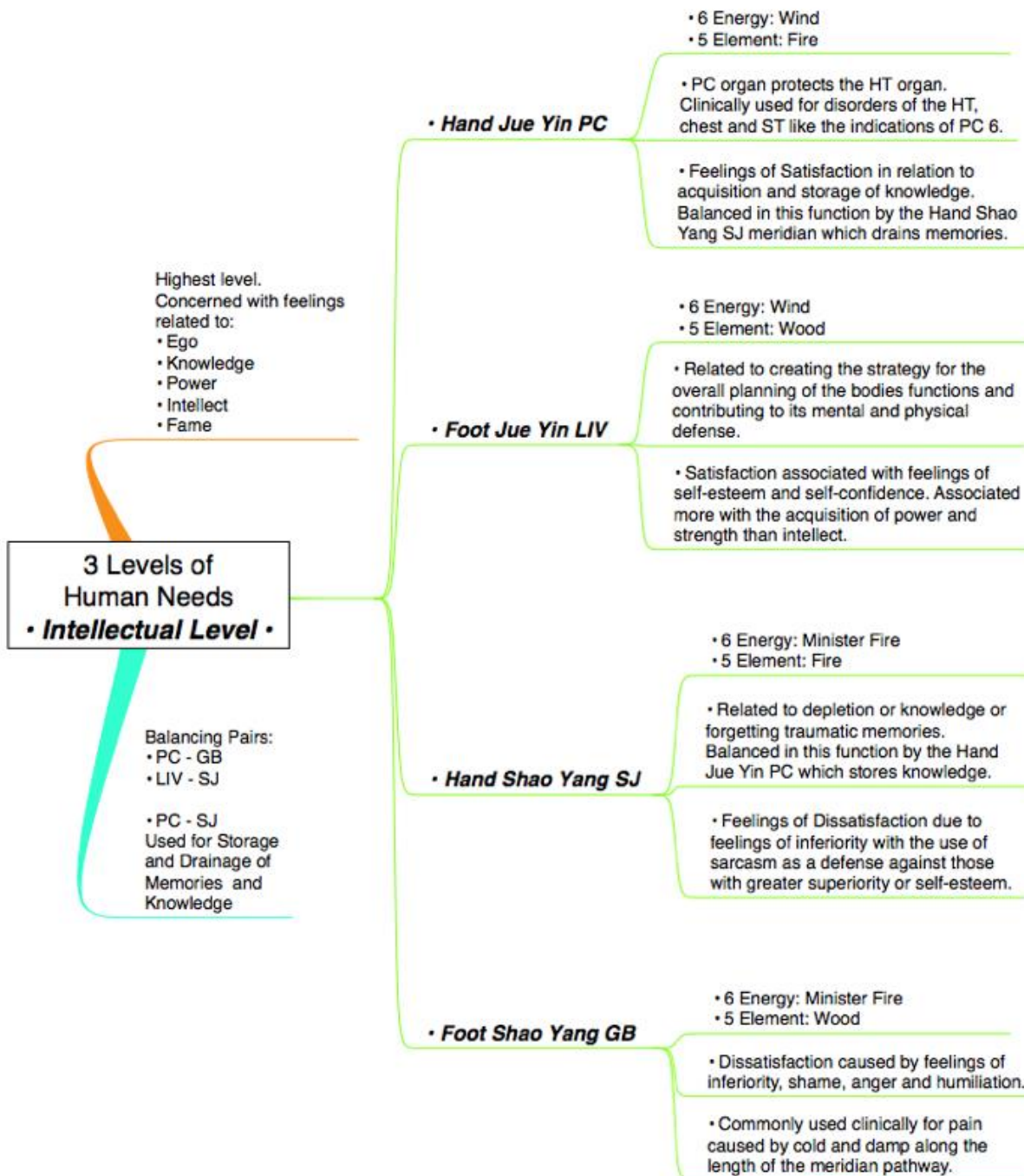
• Feelings of Dissatisfaction due to feelings of inferiority with the use of sarcasm as a defense against those with greater superiority or self-esteem.

• **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 - ShaoYang and JueYin

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

General Characteristics

Physical: warm and bright energy that explodes from inside outward like lightning or sunlight. Warm, life giving energy like when a chicken incubates an egg. Contrasted with Monarch Fire which ignites like the heat associated with romantic passion.

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

Balanced by:

Jue Yin Channel
• Hand Jue Yin PC
• Foot Jue Yin LIV

6 Energy: Wind

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

Shao Yang Channel

- Hand Shao Yang SJ
- Foot Shao Yang GB

6 Energy: Minister Fire
5 Element: Fire

Hand Shao Yang SJ

6 Energy: Minister Fire
• more Light than Heat

5 Element: Fire

Mental Feeling:
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.

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.

Foot Shao Yang GB

6 Element: Minister Fire
• more Light than Heat

5 Element: Wood

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

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

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 similar to the indication of PC 6

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.

BALANCING PAIRS

Environmental Characteristics

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

Third Level Balances

- Hand Shao Yang - TE Meridian's properties of:
 - 6 Qi = **Minister Fire** (Light Movement/Outward)
 - 5 Element = **Fire** (Minister Fire, Light Movement/Outward)
- Foot Jue Yin - LR Meridian's properties of:
 - 6 Qi = **Wind** (Air Movement/Inward)
 - 5 Element = **Wood** (associated with Wind, Air Movement/Inward)

BALANCING PAIRS

Environmental Characteristics

Third Level:

Foot Shao Yang –GB Meridian's Properties of:

6 Qi = **Minister Fire** (Light Movement/Outward)

5 Element = **Wood** (assoc. with Wind, Air Movement/Inwards)

Balances:

•Hand Jue Yin - PC Meridian's properties of:

6 Qi = **Wind** (Air Movement/Inward) and

5 Element = **Fire** (Minister Fire, Light Movement/Outward)

BALANCING PAIRS

Mental-Emotional Characteristics

- In an exception to the regular balancing scheme, Hand Jue Yin-PC and Hand Shao Yang-SJ meridians can be grouped into a **BALANCING PAIR** in regards to their emotional characteristics.

Third Level

- Hand Shao Yang - SJ Meridian's emotional properties of: **Draining** Memories and Knowledge

Balances:

- Hand Jue Yin - PC Meridian's emotional properties of:
Storing Memories and Knowledge

- ***Clinically, this is a significant indication for both meridians.***

Balancing Pairs

Emotional Characteristics

Primary Mental Feeling

Shao Yang

Balances

Jue Yin

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

- Feelings of satisfaction from acquiring knowledge, power or fame and the associated praise and honor

Yang Meridians=Disatisfaction

Yin Meridians=Satisfaction

Balancing Pairs

Emotional Characteristics

Feelings - Appropriate Amount

Shao Yang

- Feelings of inadequacy, negativity and inferiority
- Feelings of shame, disapproval, criticism, sarcasm, fault-finding, lampoon, satirisation, Wry humor

Yang Meridians=Disatisfaction

Jue Yin

Balances

- Feelings of self-confidence and self-esteem

Balances

- Feelings of pride in accomplishment and a leadership spirit or scholastic spirit

Yin Meridians=Satisfaction

Balancing Pairs

Emotional Characteristics

Feelings - Excess Amount

Shao Yang

- Feelings of defeatism, shame, ignorance

- Inhuman cruelty, aggression, murderous spirit, desire for revenge

Yang Meridians=Dissatisfaction

Jue Yin

- Feelings of arrogance, egotism, superiority, belligerence, condescending attitude

Yin Meridians=Satisfaction

Balances

Hand Shao Yang TE Characteristics

- Pin Yin = San Jiao, (Triple Energizer, Triple Burner)
- Chinese: 三= San, three 焦= jiao, scorch/burn
隹= zhui, a kind of dove + 火(灬)= hua, fire
- San=three; jiao= burner, warmer, heater

This refers to the three divisions of the body, the Upper, Middle and Lower Jiaos.

- 6 Qi = **Minister Fire** (Light Movement/Outward)
- 5 Element = **Fire** (Minister Fire, Light Movement/ Outward)

Hand Shao Yang TE Characteristics

Physical

- The drying warmth of the “6 Qi” factor of Minister Fire plus the warmth of the 5 Element correspondence of Fire makes the Hand Shao Yang TE meridian excellent for damp and cold conditions along the meridian distribution.
- Clinically very effective for wrist, elbow and posterior shoulder and neck pain

Hand Shao Yang TE Characteristics

Mental-Emotional

- The mental-emotional aspect of “draining memories” is a very significant clinical application
- Functionally, food comes into the Upper Jiao, is transformed in the Middle Jiao and excreted in the Lower Jiao. It would not be possible or desirable to retain everything ever eaten or eliminate everything at once.
- Occasionally constipation can occur and this physical obstruction of the digestive tract is analogous to retention of memories that are associated with negative emotions.

Hand Shao Yang TE Characteristics

Mental-Emotional

- The TE JG functions as a type of “mental laxative” to facilitate the mental flow and draining of problematic or traumatic memories
- Clinically this can be used for any upsetting or traumatic memories including those associated with Post Traumatic Stress Disorder (PTSD).
- This directly balances the Hand Jue Yin-PC meridians mental-emotional function of storing knowledge and memories.

Hand Shao Yang TE Characteristics

Mental-Emotional

- Another facet of the mental aspect of TE is related to the Shao Yang feelings of inferiority - especially when confronted by someone with a lot of positive Jue Yin energy.
- TE's feelings of inadequacy may manifest as jealousy or defensive sarcasm intended to “pop” the inflated energy associated with Jue Yins' feelings of high levels of self-esteem and self-confidence.

Hand Shao Yang TE Characteristics

Mental-Emotional

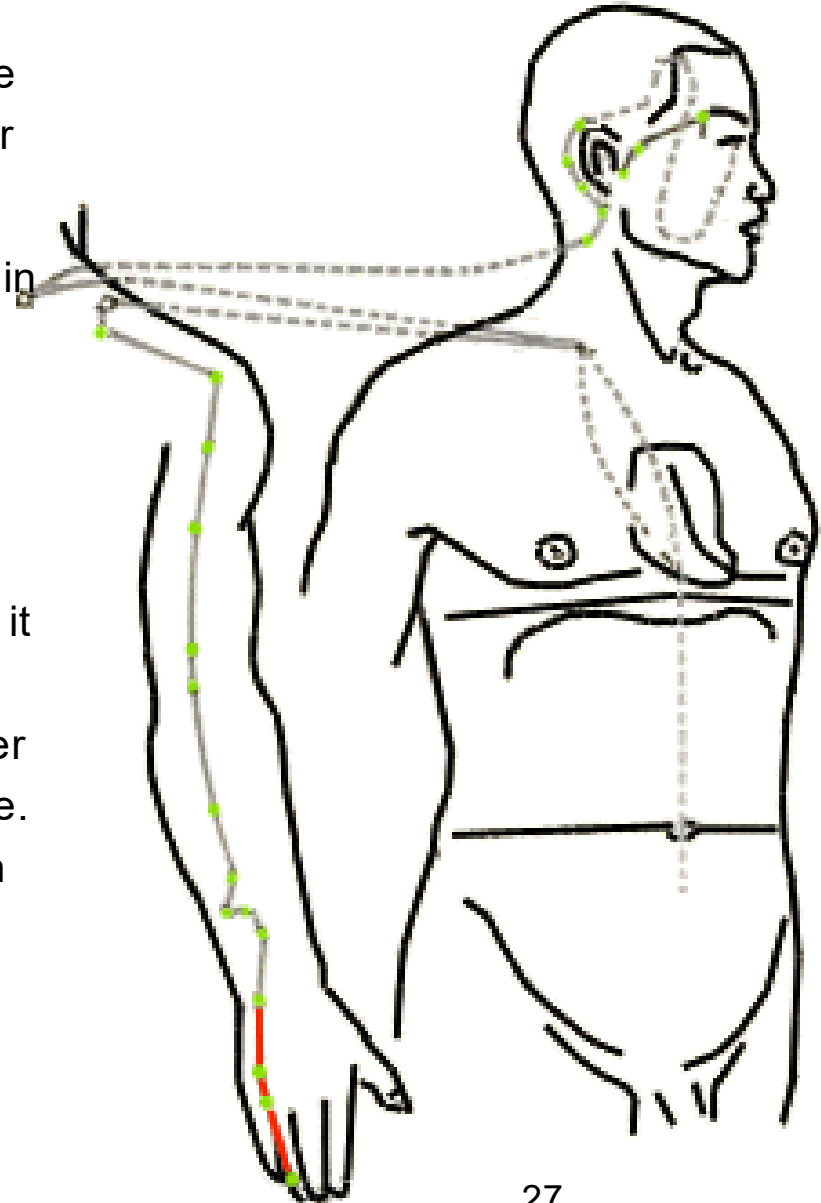
- An additional aspect of Shao Yang energy is the desire to give advice or guidance. An example of this would be a spiritual leader, teacher or mentor advising how best to live one's life.
- Hand Shao Yang TE's "6 Qi" characteristic of the outward movement of light is analogous to the advice going outward from the respected leader to illuminate and guide the younger person.

TE Organ Physiology

- The Triple Energizer is seen as three divisions of the body
- The Upper Jiao includes the HT, LU, throat and head and is thought of as a “mist” which has the least form
- The Middle Jiao includes the ST and SP and is considered to be like a ‘bubbling cauldron’ whose contents have more substance than the “mist” of the Upper Jiao.
- The Lower Jiao includes the LR, KID, intestines and BL. It is compared to a drainage ditch whose products are the most solid of the three Jiaos.

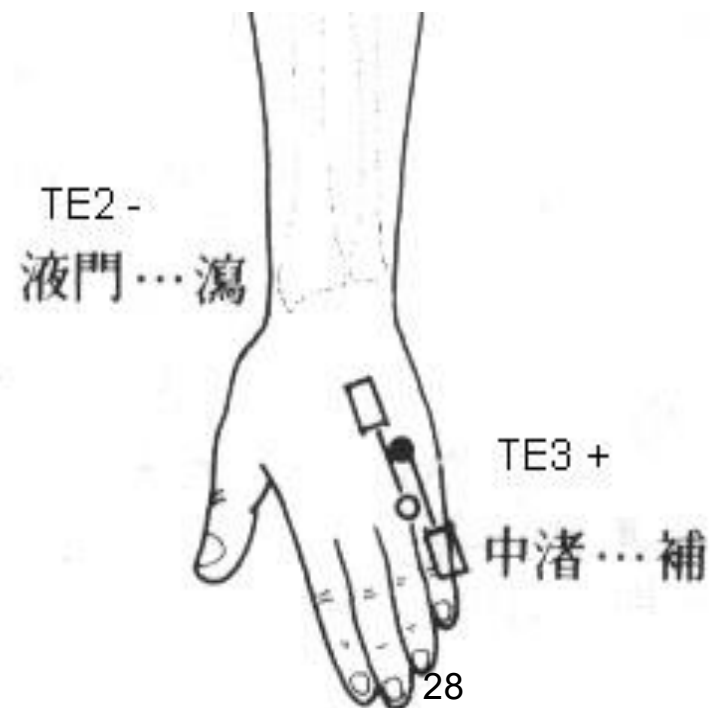
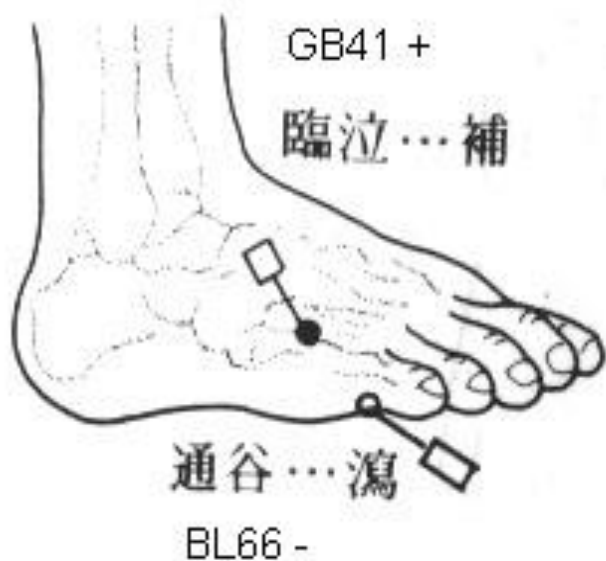
Hand Shao Yang TE Meridian Distribution

- Originates from the tip of the ring finger, running upward along the lateral aspect of the forearm and the lateral aspect of the upper arm, it reaches the shoulder region.
- Winding over to the supraclavicular fossa, it spreads in the chest to connect with the pericardium.
- It then descends through the diaphragm down to the abdomen, and joins its pertaining organ, the upper, middle and lower jiao (i.e., Triple Energizer).
- A branch originates from the chest. Running upward, it emerges from the supraclavicular fossa. From there it ascends to the neck, running along the posterior border of the ear, and further the corner of the anterior hairline. Then it turns downward to the cheek and terminates in the infraorbital region.
- The auricular branch arises from the retroauricular region and enters the ear. Then it emerges in front of the ear, crosses the previous branch at the cheek and reaches the outer canthus (Sizhukong, TE23) to link with the Gallbladder Meridian of Foot-Shaoyang



TE Jung Gyuk (TE reinforce)

San Jiao JG	Reinforce Mother (Wood)		Sedate Grand Mother (Water)	
	Own	Mother	Own	GM
	TE3	GB41	TE 2	UB66

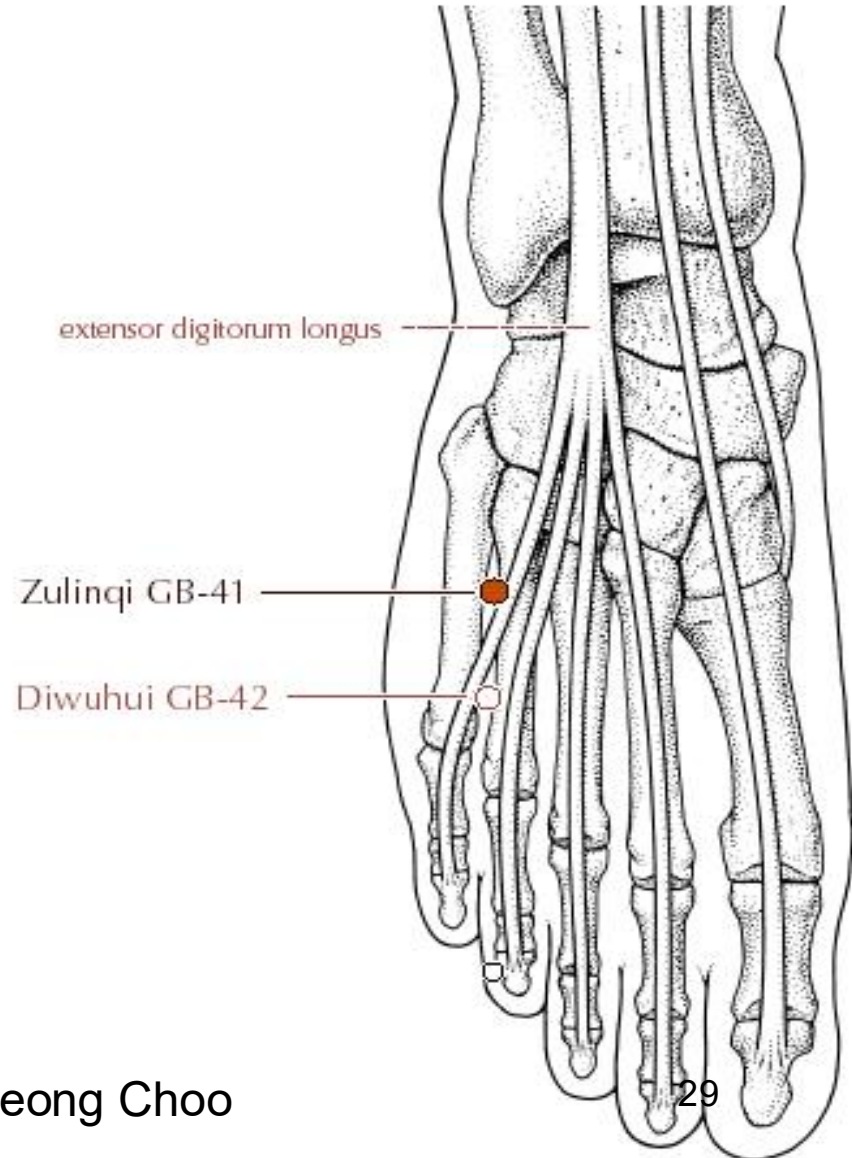


Zulinqi GB41 족임읍(Foot Governor of Tears)*

Nature: Shu-Stream point of GB

Confluent point of the Belt vessel

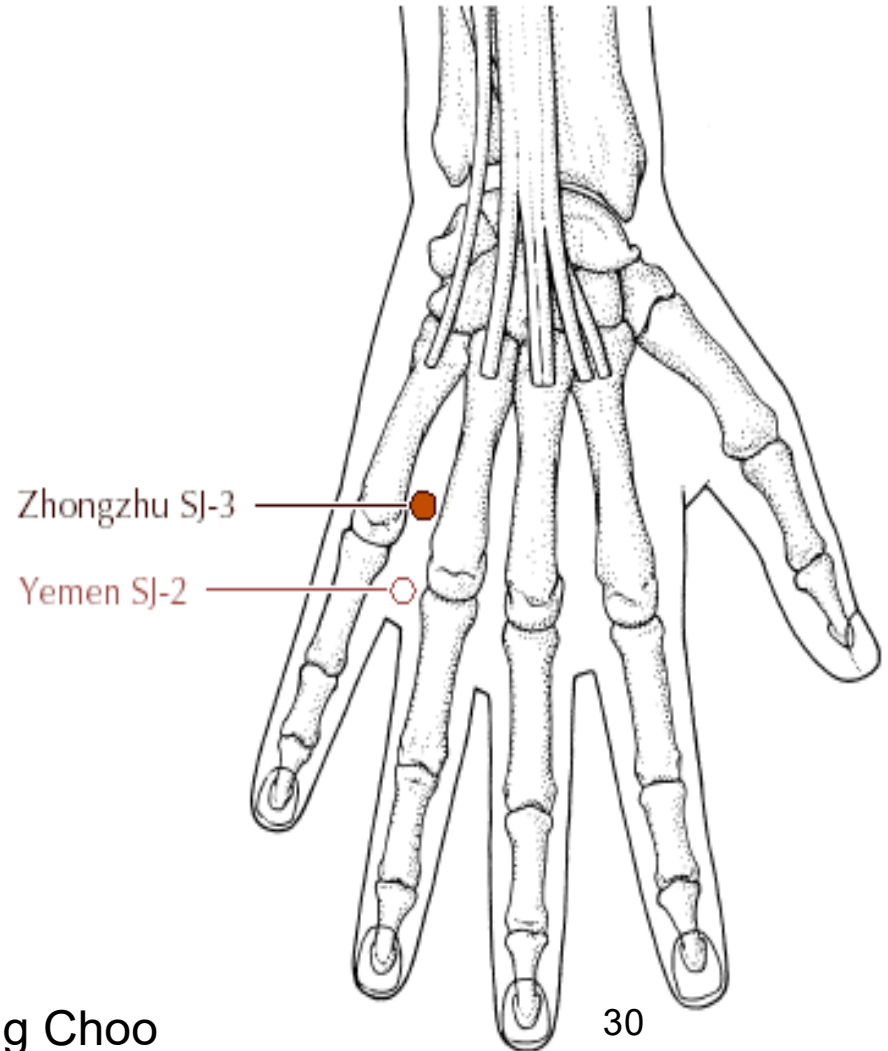
In the depression distal to the junction of the 4th and 5th metatarsal bones, on the lateral side of the tendon of m. extensor digitorum longus(branch of little toe).



Zhongzhu TE3 중저 (Central Islet)*

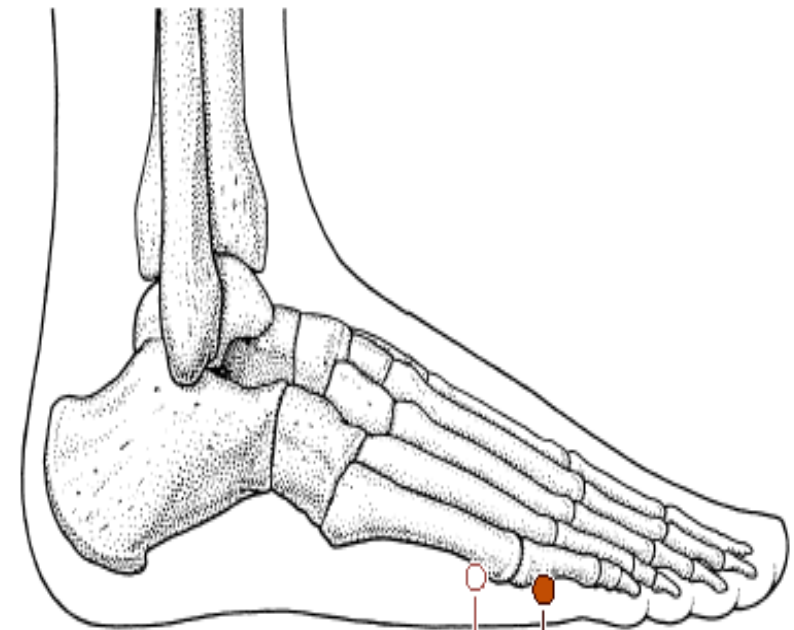
Nature: Shu-Stream point of TE

On the dorsum of hand, in the depression just proximal to the fourth and fifth metacarpophalangeal joints.



Zutonggu BL 66 족통곡(Foot Connecting Valley) *

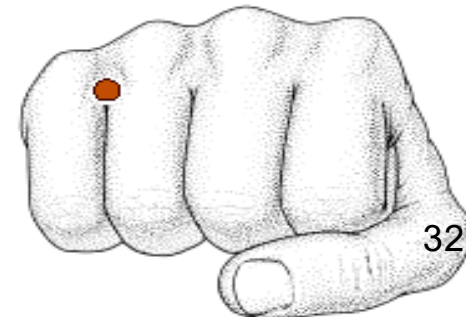
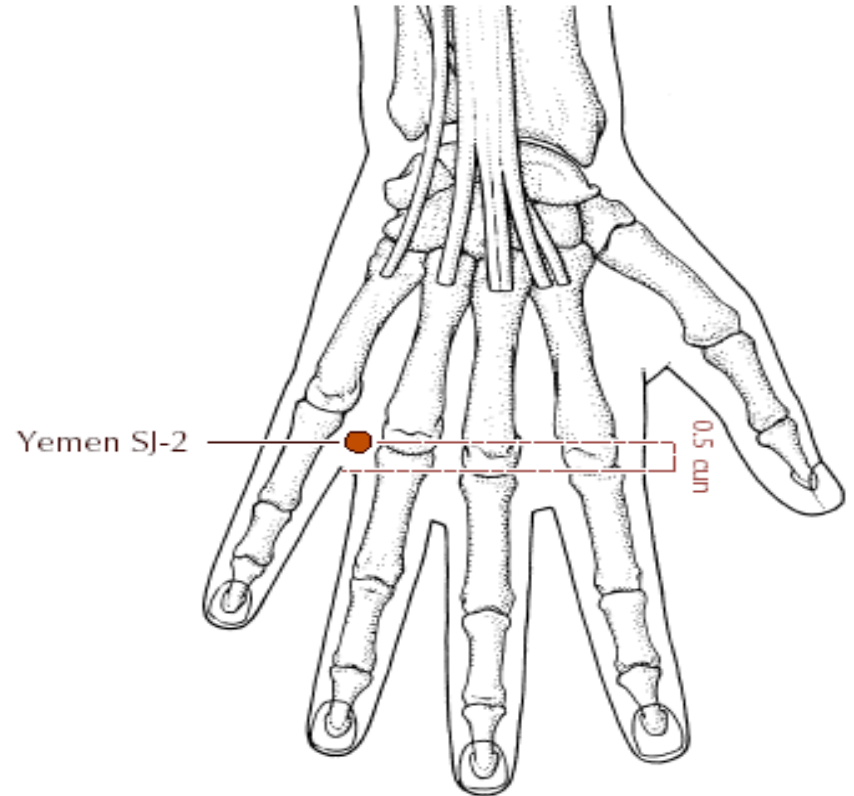
- Nature: Ying-Spring Point
- Location: Anterior to the fifth metatarsophalangeal joint, at the junction of the red and white skin.
- Needling: Perpendicularly 0.2-0.3 cun
- Moxibustion: Applicable



Yemen TE2 액문 (Fluid Gate)

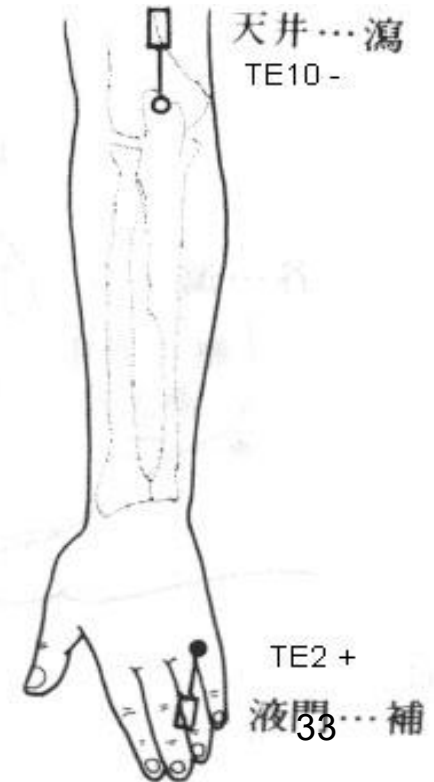
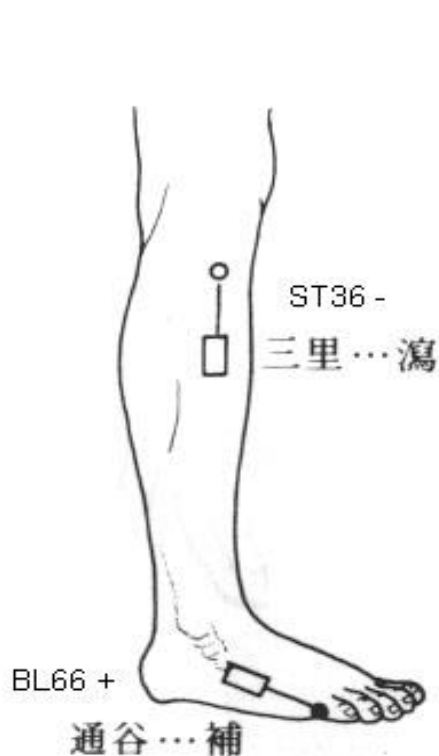
Nature: Ying-Spring point

Between the ring and little fingers, 0.5 cun proximal to the margin of the web.



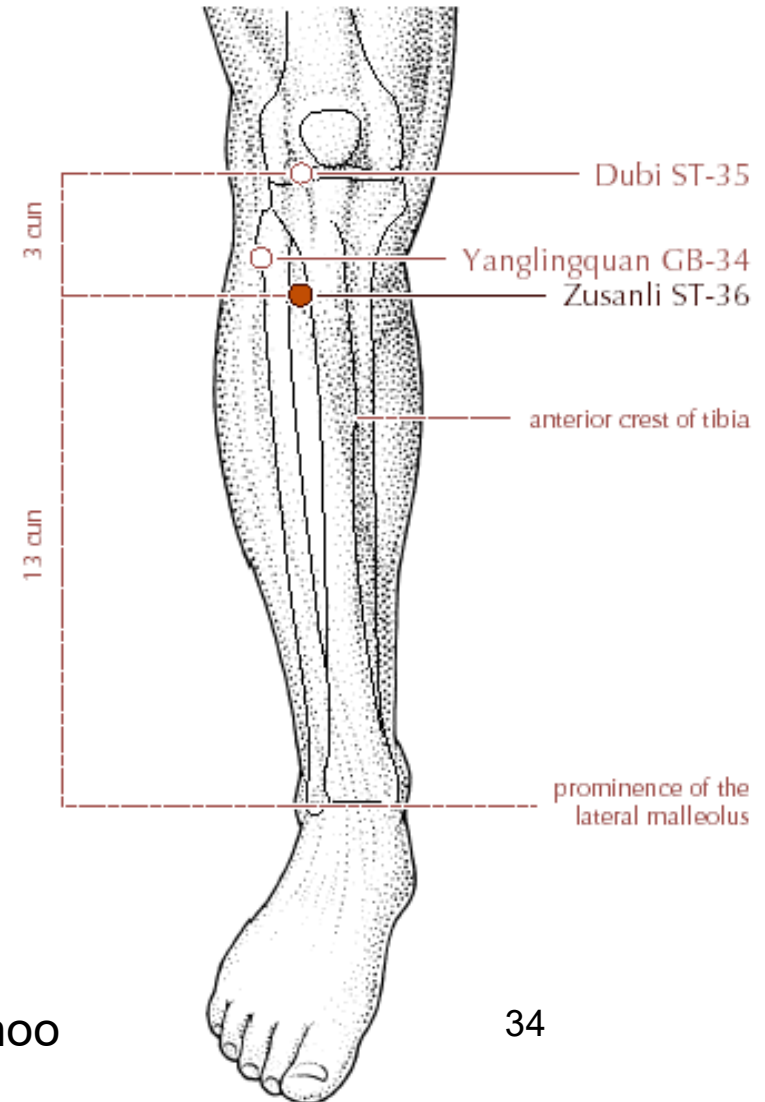
TE Seng Gyuk (TE Sedate)

San Jiao SG	Reinforce Grand Mother (Water)		Sedate Son (Earth)	
	Own	GM	Own	Son
	TE2	BL66	TE10	ST36



Zusanli ST-36 족삼리 (Leg three miles)*

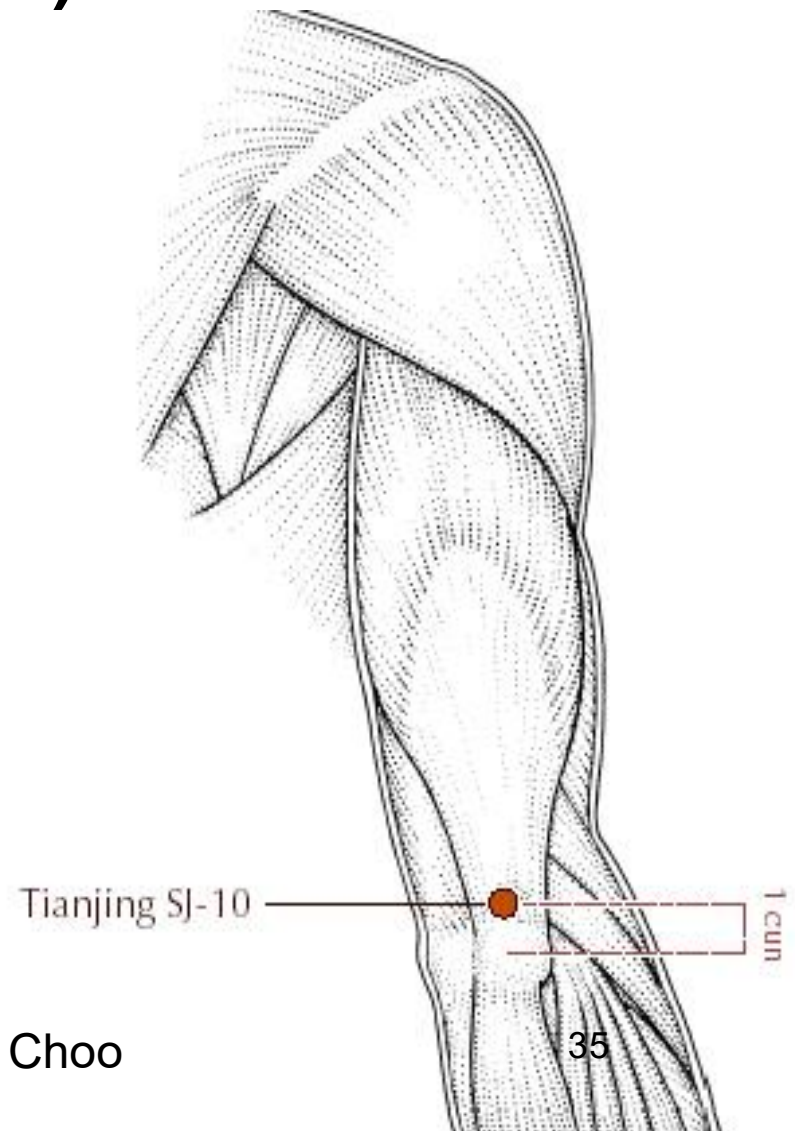
- Nature: He-Sea point
Gao Wu Command point
Ma Dan-yang Heavenly Star point
Point of Sea of Water and Grain
- Location: Below the knee, 3 cun inferior to ST-35, one finger-breadth lateral to the anterior crest of tibia.



Tianjing TE10 천정 (Heavenly Well)

He-sea Point of TE

With the elbow flexed, this point is located in the depression 1 cun proximal to the olecranon.



General Physical Characteristics of Hand Shao Yang TE Energy

- **Pain along the meridian distribution**
 - clinically use for wrist, elbow, posterior shoulder and neck pain
- **Nasal congestion with cold and clear discharge**
 - the Minister Fire of Shao Yang has the warmth of light and is slightly drying so it can be used for cold discharge. This is compared to the cool properties of the LI JG which is more appropriately used for yellow nasal discharge

General Mental Characteristics of Hand Shao Yang TE Energy

- **TE energy drains knowledge or undesirable memories**
 - clinically use for anxiety caused by unforgettable memories of past traumas. TE JG is used for draining memories associated with negative emotions. This makes the person feel innocent and untroubled again.
 - This is excellent for Post Traumatic Stress Disorder (PTSD)

General Mental Characteristics of Hand Shao Yang TE Energy

- **Shao Yang energy adds feelings of "inferiority" or feelings of "knowing nothing"**
- clinically use the TE JG to counterbalance excess Jue Yin energy manifesting as arrogant behavior caused by how much knowledge or power one has
- **Shao Yang energy wants to advise or guide others. In excess this can become nagging or badgering**
- clinically use the TE SG to inhibit the body from generating Minister Fire which is the energy of advice or guidance

Indications of TE Jung Gyuk (TE reinforce)

- The TE JG stimulates the body to generate the drying warmth of light and would most logically be applied to someone who feels pain with cold and damp symptoms along the meridian pathway

Indications of TE Jung Gyuk (TE reinforce)

- **Related to the TE Meridian Distribution**

- **pain** along the meridian distribution including:

- wrist pain
- elbow pain
- posterior aspect of upper shoulder
- side of neck pain

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

- **headache** due to cold

- this is a Jue Yin headache. The Jue Yin meridian goes to the vertex and its characteristic is Wind which is cooling. The TE meridian balances the Foot Jue Yin LR meridian and has the attribute of the warmth of light which counteracts the excess cold in the Jue Yin meridian.

Indications of TE Jung Gyuk (TE reinforce)

- **Related to Head and ENT - continued**

- **Headache** in the Yin Tang area
- The TE JG drains away the negative emotional knowledge or memories that are the cause of the stress. When someone is very anxious their facial expression is often a frown with a furrow between the eyebrows, exactly in the Yin Tang area.
- **alopecia** caused by excess damp
- when the ground is over-saturated in nature, the roots of the plants have difficulty keeping hold in the soil. This is analogous to the process of hair loss caused by excess damp in the body. The Light from Minister Fire is warm and drying.
- **nasal congestion** and runny nose from cold
- TE has warming and drying characteristics so it is indicated for clear and white nasal congestion

Indications of TE Jung Gyuk (TE reinforce)

- **Related to Mental Disorders**

- illness or anxiety caused by **memories of unforgettable past traumas**. The TE JG drains emotionally negative memories to return one to an innocent and untroubled state
- used for excess Jue Yin energy which manifests as **arrogance** in regards to how much knowledge or power one has. TE JG adds feelings of "inferiority" as a counterbalancing energy
- **insomnia** caused by conflict over power or competition
- TE JG gives feelings of distancing oneself from the conflict, like looking from a distance and laughing sarcastically at it

Indications of TE Seng Gyuk (TE Sedate)

- The TE SG (TE Sedate) inhibits the body from generating Minister Fire, which has the property of “more Light than heat”.
- The Hand ShaoYang TE meridian is the direct balancing meridian to the Foot Jue Yin LR meridian, however this application is only theoretical, it is not used clinically.

Indications of TE Seng Gyuk (TE Sedate)

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

- **dementia** - use the PC JG first to increase storage of memories then alternate with TE SG which would function to keep the body from draining memories and knowledge

- someone whose desire to give advice becomes excess and turns to **nagging or badgering**. The TE SG takes away the desire to give guidance associated with Shao Yang energy

Foot Shao Yang GB Characteristics

- Pin Yin = Dan
- Chinese: 膽 = Dan, GB
月 = body, 詹 = to reach, to look at, to talk a lot, Be afraid
- In Oriental thinking, having a big GB means you are very brave. An alternate meaning for this character is bravery.
- 6 Qi = **Minister Fire** (Light Movement/Outward)
- 5 Element = **Wood** (Wind, Air Movement/Inward)

Foot Shao Yang GB Characteristics

- The Foot Shao Yang GB meridian is associated with the third, or intellectual level of human needs.
- Yang meridians are associated with dissatisfaction. For the GB meridian, dissatisfaction relates to feelings within the context of ego, including anger, shame and inferiority.
- The physical nature of GB is a complex mix of two opposing energies. The “6 Qi” factor of Minister Fire has the characteristic of “light / warmth” radiating outward, often with an explosive nature, like lightning.

Foot Shao Yang GB Characteristics

- The 5 Element factor of Wood (associated with Wind) has the same action of moving inward and inflating as Jue Yin's "6 Qi" energy.
- While there is no specific example of this mixed energy in nature, it clearly illustrates the complexity of the natural features of Shao Yang energy.

Foot Shao Yang GB Characteristics

- Both the TE and GB meridians share Shao Yang's negative mental feelings, but they reflect different degrees of intensity.
- The Hand Shao Yang TE meridian's energy manifests as criticism or sarcasm directed at deflating the large ego of Jue Yin energy.(lampoon) wry humors
- The Foot Shao Yang GB's energy is more intense and explosive - more like the energy of lightning. It manifests as the energy associated with criticism of an oppressive situation combined with the spirit of revolution.(satire)

Foot Shao Yang GB Characteristics

- Another example showing the distinctions between TE and GB energy is in the context of giving advice and guidance.
- The TE meridians' energy is associated with giving advice in the context of how to best live one's life.
- The GB meridians' desire to give advice manifests as illuminating (the quality of Light) the realities of an oppressive situation which causes people to feel anger and humiliation. The guidance aspect is in regards to inspiring others to join in the revolution for change.

Foot Shao Yang GB Characteristics

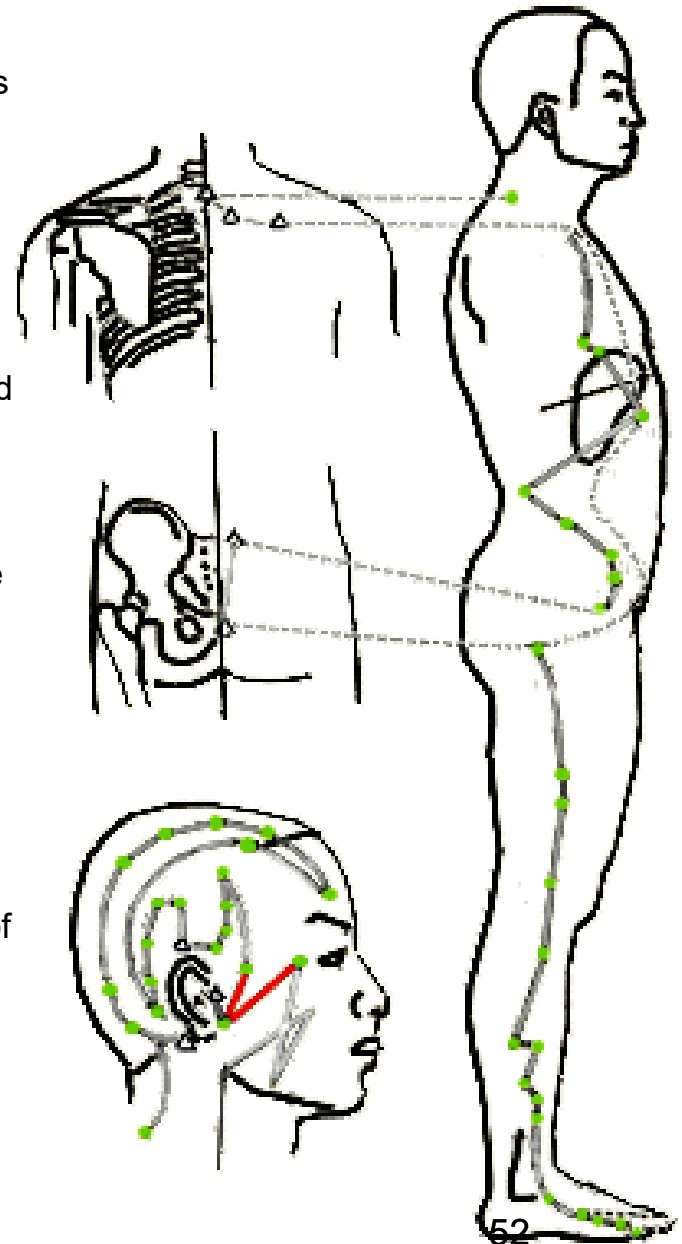
- Physically, the GB meridian has significant clinical indications.
- The warm and drying properties make it excellent for pain due to cold and damp anywhere along the length of the meridians pathway.
- It can be effectively be used for headaches and migraines in the temporal and occipital regions.

GB Organ Physiology

- stores and excretes bile (storage like a yin organ)
- controls judgment and the capacity to make decisions
- controls sinews - provides Qi to the sinews to assure their proper movement and agility

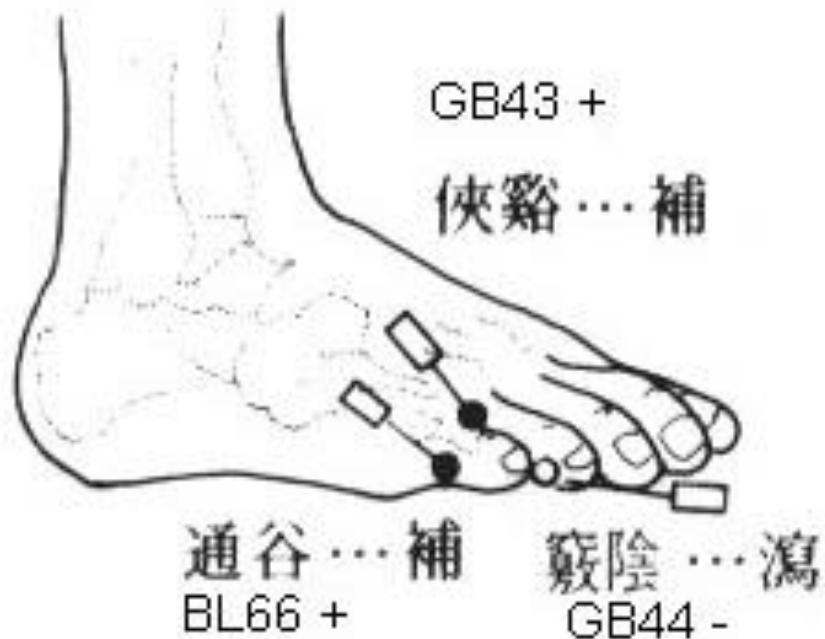
Foot Shao Yang GB Meridian Distribution

- Originates from the outer canthus, ascends to the corner of the forehead, then curves downward to the retroauricular region and runs along the side of the neck to the shoulder.
- Turning back, it travels down to the supraclavicular fossa
- The retroauricular branch arises from the retroauricular region and enters the ear. It then comes out and passes the preauricular region to the posterior aspect of the outer canthus.
- The branch arising from the outer canthus descends to the neck and enters the supraclavicular fossa where it meets the main meridian.
- From there it further descends into the chest, passes through the diaphragm connect with the liver and enters the gallbladder. Then it runs inside the hypochondriac region, comes out from the lateral side of the lower abdomen at the inguinal region. From there it goes transversely into the hip region.
- The straight portion of the channel runs downward from the supraclavicular fossa, passes in front of the axilla along the lateral aspect of the chest to the hip region where it meets the previous branch. Then it descends along the lateral aspect of the thigh to the lateral side of the knee. Going further downward, it reaches the anterior aspect of the external malleolus. It then follows the dorsum of the foot to the lateral side of the tip of the 4th toe.
- The branch of the dorsum of the foot springs from GB 41, runs between the 1st and 2nd metatarsal bones to the distal portion of the great toe and terminates at its hairy region (Dadun, LR 1), where it links with the Liver Meridian of Jueyin.



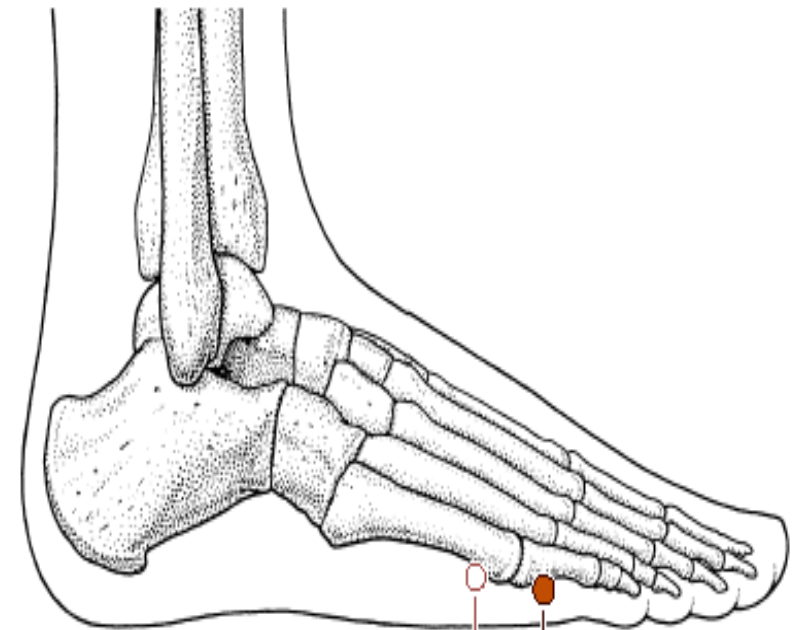
GB reinforce (GB JG)

Gall bladder JG	Reinforce Mother (Water)		Sedate Grand Mother (Metal)	
	Own	Mother	Own	GM
	GB43	UB66	GB44	LI1



Zutonggu BL 66 족통곡(Foot Connecting Valley) *

- Nature: Ying-Spring Point
- Location: Anterior to the fifth metatarsophalangeal joint, at the junction of the red and white skin.
- Needling: Perpendicularly 0.2-0.3 cun
- Moxibustion: Applicable



Shugu BL-65

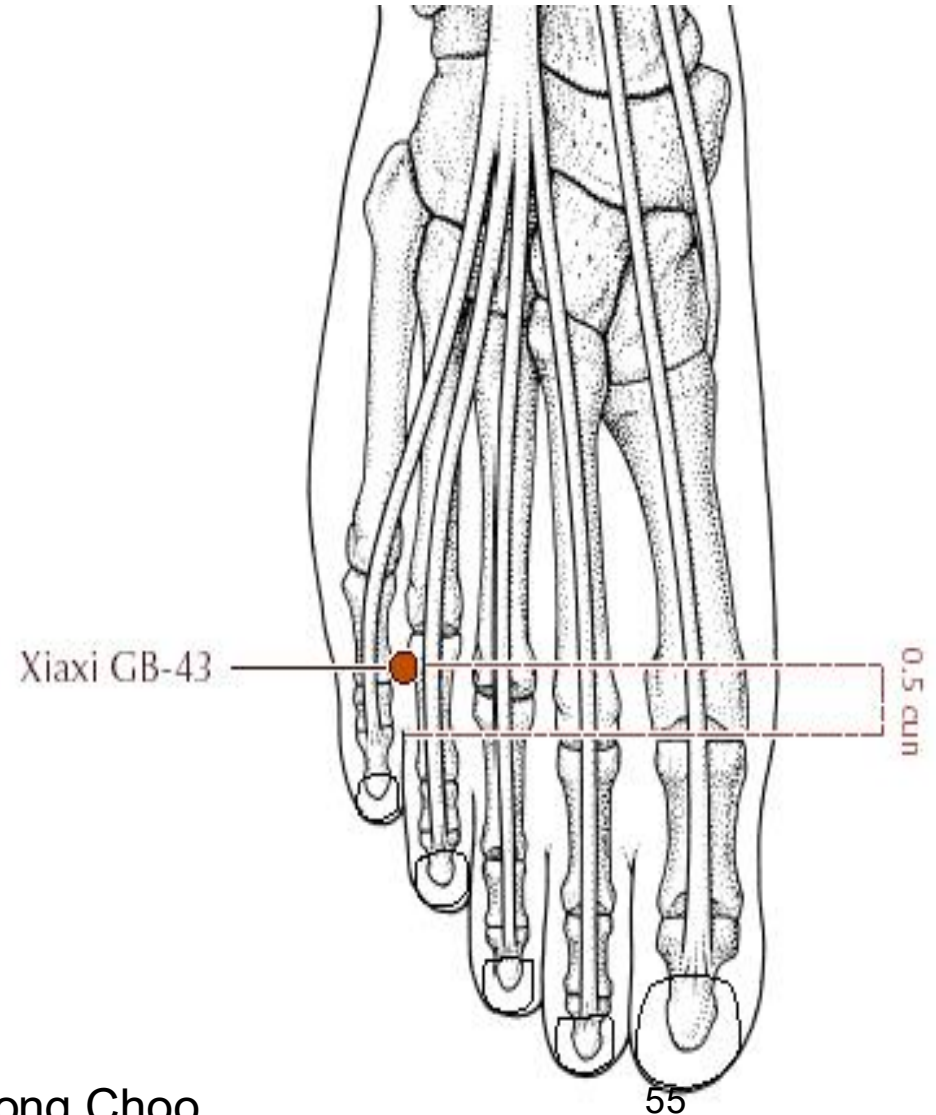
Zutonggu BL-66

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Xiaxi GB43 협계(Clamped Stream)

Nature: Ying-Spring point

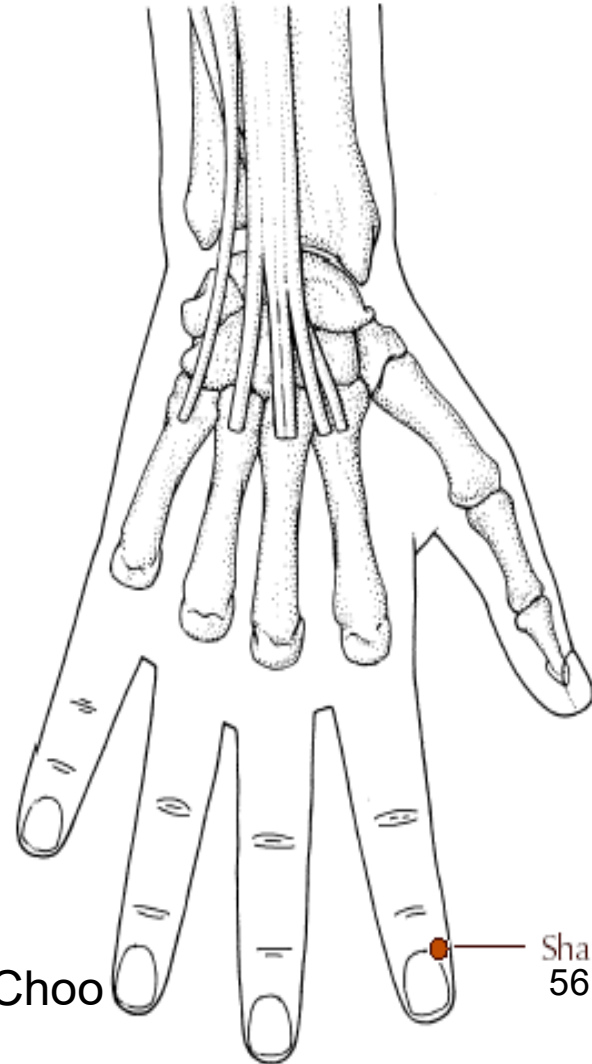
Between the fourth toe and the little toe, 0.5 cun proximal to the margin of the web.



SANGYANG LI-1 상양(Sangyang)

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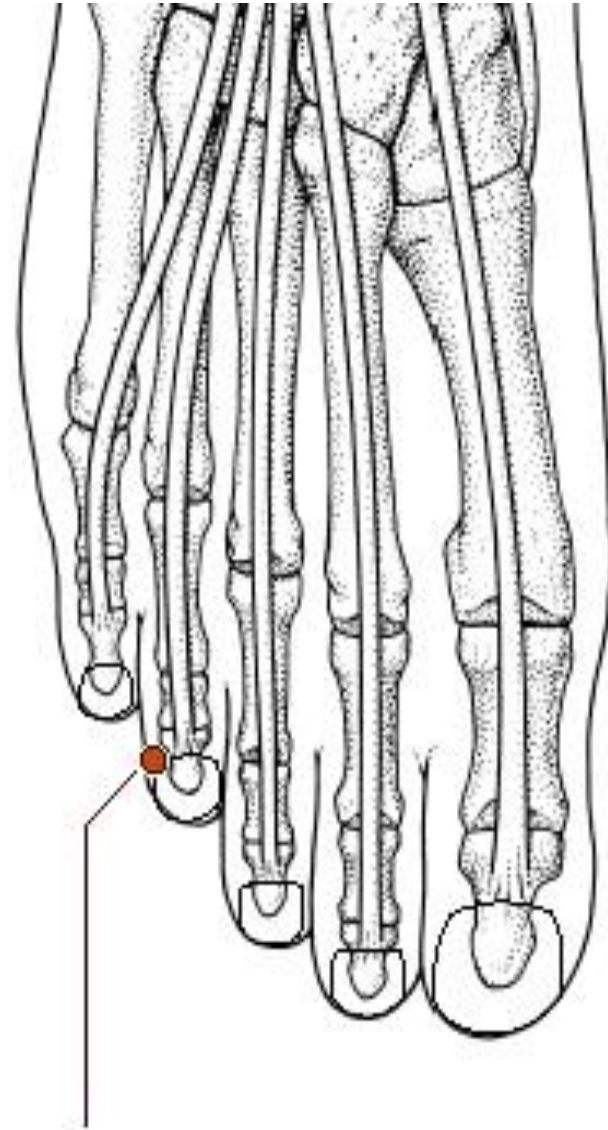
- Nature: Jing-well point of LI
- Location: On the dorsal aspect of the index finger, at the junction of lines drawn along the radial border of the nail and the base of the nail, approximately 0.1 cun from the corner of the nail.



Zuqiaoyin GB44 족큐음(Yin Portal of the Foot)*

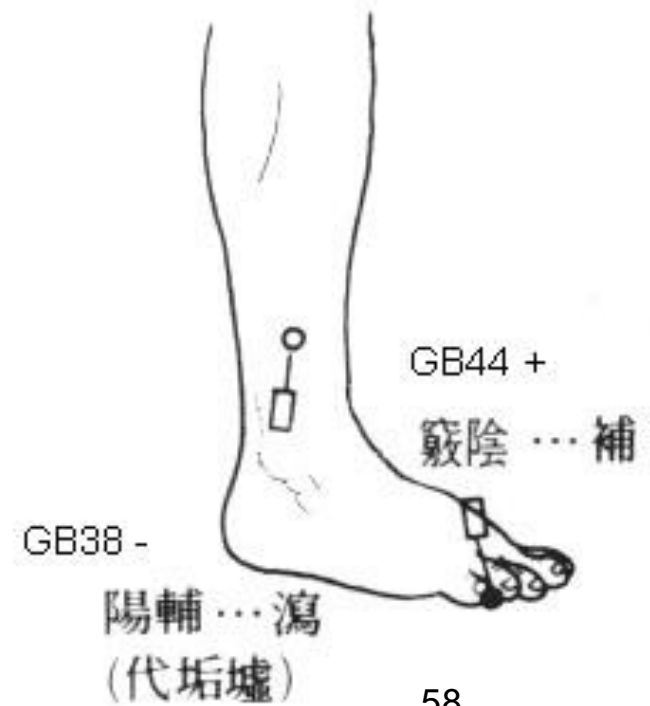
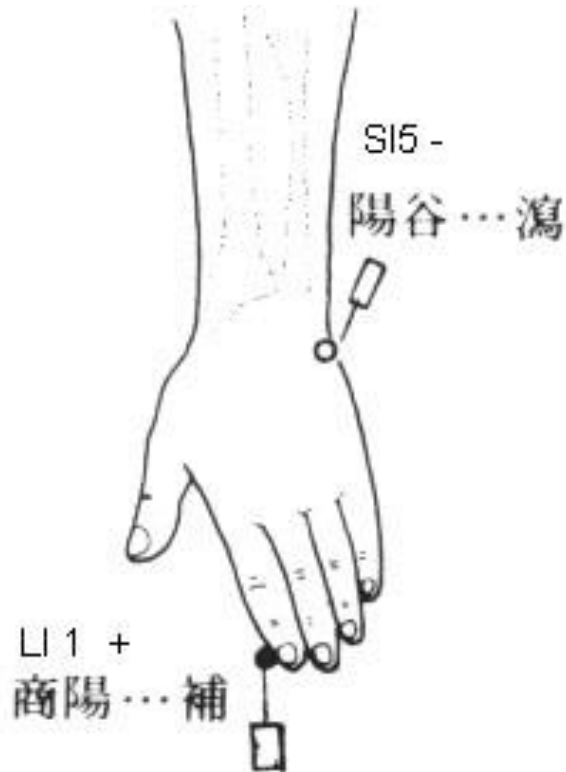
Nature: Jing-Well point

On the dorsal aspect of the 4th toe, at the junction of lines drawn along the lateral border of the nail and the base of the nail, approximately 0.1 cun from the corner of the nail.



GB Sedate (GB SG)

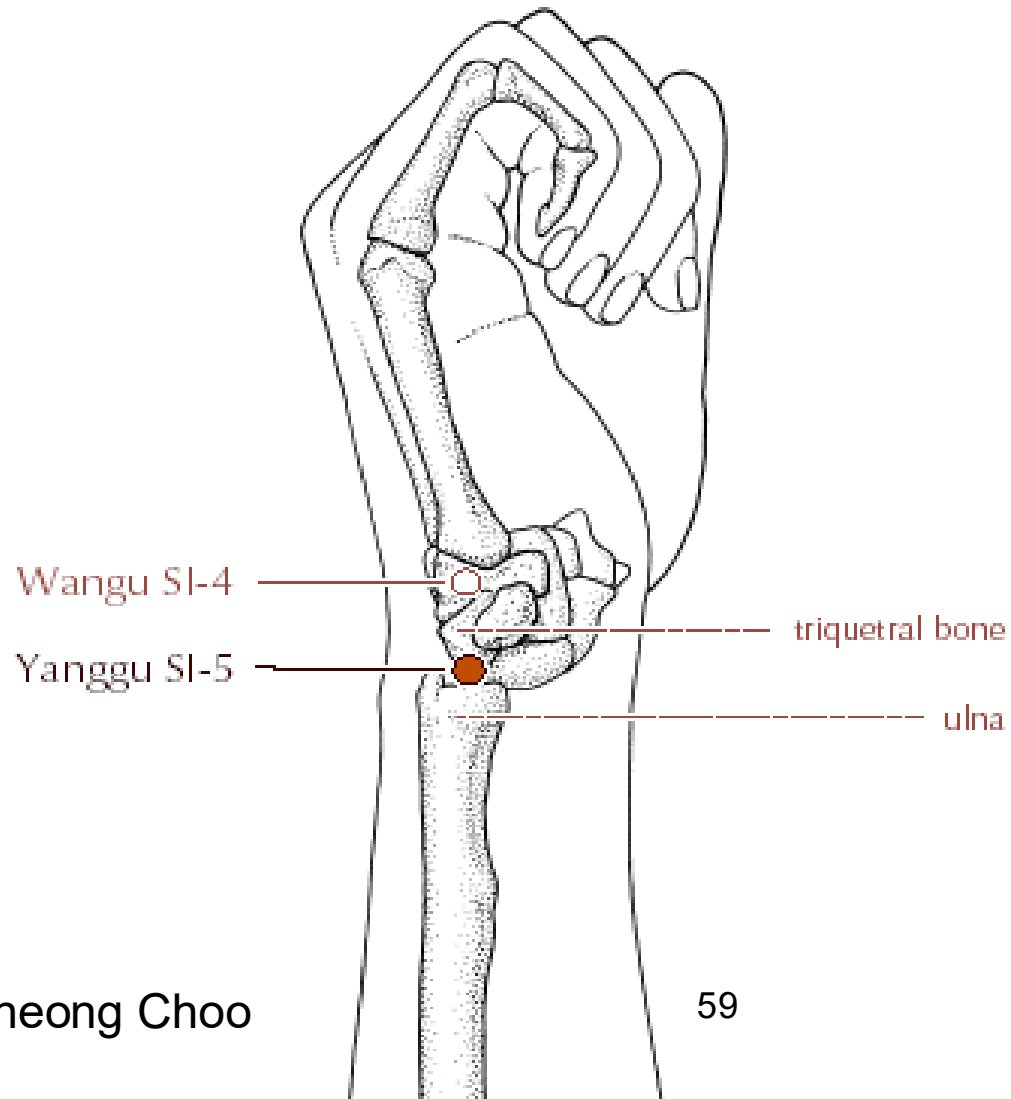
Gall bladder SG	Reinforce Grand Mother (Metal)		Sedate Son (Fire)	
	Own	GM	Own	Son
	GB44	LI1	GB38	SI5



Yanggu SI-5 양곡 (Yang valley)*

Nature: Jing-River point

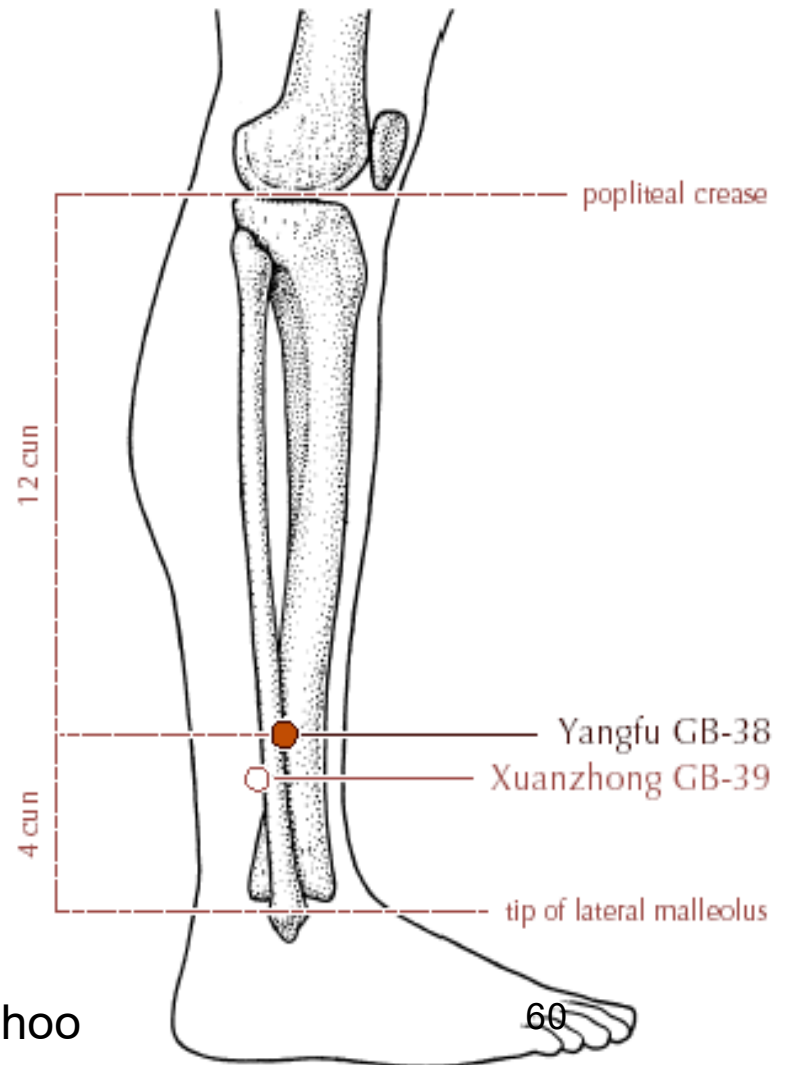
At the ulnar border of the wrist, in the depression between the styloid process of the ulnar and the triquetral bone.



Yangfu GB38 양보 (Yang assistance)

Nature: Jing-River point

On the lateral aspect of the lower leg, 4 cun superior to the prominence of the lateral malleolus, at the anterior border of the fibula.



General Physical Characteristics of Foot Shao Yang GB Energy

- **Pain along the meridian distribution.**

Especially effective for cold and damp conditions, GB JG adds a drying warmth which comes from the 6 Energy attribute of Minister Fire (Light). Often used clinically for:

- lateral flank, leg, hip, knee or ankle **pain**
- **low back pain** radiating to the **lateral side** of the body with cold sensations
- **neck stiffness and heaviness** caused by wind-cold-damp pathogens
- **insomnia** characterized by waking up early with an inability to go back to sleep
- clinically the GB JG tonifies a deficiency of the GB organ

General Physical Characteristics of Foot Shao Yang GB Energy

- **GB JG adds Minister Fire (Light) to enhance eyesight**

- clinically used for impaired vision disorders including night blindness, glaucoma and macular degeneration. These types of conditions would not cause a change in the appearance of the eye such as redness or swelling, just a reduction in vision.

General Physical Characteristics of Foot Shao Yang GB Energy

- The GB SG inhibits the body from generating Minister Fire (Light). This is the heat one feels in association with the **negative emotions of shame, embarrassment, humiliation or feelings of inferiority.**
- This is the most commonly used Seng Gyuk (sedating) prescription as it treats conditions which are a result of the **negative effects of stress, anger and frustration.**
- often used for stress and anger related conditions including migraines (temporal and occipital area) and the sudden onset of tinnitus or neck stiffness and heaviness.

General Mental Characteristics of Foot Shao Yang GB Energy

- **feelings of anger, humiliation and inferiority** caused by the presence of an abusive social or political situation. The feelings become so great so as to inspire a revolutionary spirit.
- clinically this energy could be used for a **very timid and shy person** who is paralyzed in an abusive situation. The GB JG would give feelings of bravery and the explosive revolutionary spirit needed to motivate them to change their circumstances.
- the **desire to give advice** in the context of illuminating oppressive social and political circumstances.
- Once passions are aroused, this energy would **inspire bravery** and guide the oppressed to revolution.

Indications of GB Jung Gyuk (GB reinforce)

- The GB JG stimulates the body to generate the drying warmth of Minister Fire (Light)
- It would most logically be applied to conditions of pain caused by cold and damp along the meridian pathway

Indications of GB Jung Gyuk (GB reinforce)

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

- problems with bile storage and excretion. This manifests as difficulty digesting food after eating. GB JG stimulates bile function to improve digestion.
- night cramps in the legs - the GB controls sinews and their agility. First choice is LR JG which then can be alternated with GB JG

- **Related to the GB Meridian Distribution**

- low back pain radiating to the lateral side with cold sensations
- neck stiffness and heaviness caused by wind-cold-damp pathogens

Indications of GB Jung Gyuk (GB reinforce)

- **Related to Head and E.N.T.**
- **eyesight disorders with impaired vision** including night blindness, glaucoma, macular degeneration. There are no external symptoms such as redness or swelling, just impaired vision function.
- The GB JG adds Minister Fire (Light) which improves the diminished vision.

Indications of GB Jung Gyuk (GB reinforce)

- **Related to Mental Disorders**

- used therapeutically for **timidity or shyness** manifesting as an inability to remove oneself from an abusive situation. The GB JG adds an explosive revolutionary energy to stimulate the person to take positive action.

- used to **treat an attitude of excess superiority** or belligerence caused by feelings of over-confidence in relation to how much knowledge or power one has. The GB JG adds counterbalancing feelings of inferiority.

Indications of GB Seng Gyuk (GB Sedate)

- The GB SG inhibits the body from generating Minister Fire (Light)
- The presence of negative emotions caused by anger, stress or extreme frustration can generate an excess of Minister Fire, often accompanied with feelings of heat.
- The GB SG is one of the most often used Seng Gyuk prescriptions clinically because of its therapeutic action against the negative physical manifestations of stress, anger and frustration.

Indications of GB Seng Gyuk (GB Sedate)

- GB SG can be used for conditions that are **caused by the negative emotions associated with stress, anger and frustration** including:
 - **heat sensations or itching** along the GB meridian distribution (lateral side)
 - **headache** - either temporal due to the GB meridian distribution or occipital with a sensation of heat caused by anger or high blood pressure
 - **tinnitus** with sudden onset - caused by anger, stress
 - **neck stiffness** and heaviness - caused by anger, stress
- GB SG can be used to **inhibit the excess energy of giving advice** manifesting as harassing, badgering or inciting others to rebel against authority