

SaAm Acupuncture

Korean Acupuncture

Theory & Techniques

Virginia University of Integrative Medicine

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A Brief History of Saam Acupuncture

Later Han

- Nan Jing (難經)
- Detailed Description of Five Elemental Diagnosis and Treatment

Ming Dynasty

- Gao Wu (高武)
- *Zhen Jiu Juying* (鍼灸聚英, Gatherings of Eminent Exponential Acupuncturists)

Ming Dynasty

- Zhang Shixian (張世賢)
- *Xiaozheng Tuzhu Congjing* (校正圖註叢經, Collected Teachings and Interpretation of the Modified Diagrams)

Appx . 1600 AC

- *Sa-Am Do In* (舍岩道人)
- *The Essential Acupuncture Teachings of Sa Am Do In* (舍巖道人鍼灸要訣)

Until 1900

- Manuscripts (there was no printed edition for Saam Book)
- Secretes of acupuncture by Park chae dang,
- Saam acupuncture classic (acupuncture and moxibustion part in five element acupuncture method book),
- Booklet of Acupuncture and moxibustion,
- Summary of Economy,
- Sourcebook of Saam acupuncture method,
- Secrete of Saam 5 elements acupuncture methods,
- Vital point of examine disease.

1922

Jong Cheol Hong (홍종철),
Booklet of Korean Medicine, Vol 39, Seoul, Rey kang print.

A Brief History of Saam Acupuncture

1973

- Chae Woo Nam(남채우),
- Chung lang gyul, Seoul, Gye Chook print.

1975

- Tae Ho Lee (이태호)
- Secret of Saam Acupuncture in Korean, Seoul, Hang lim print.

1986

- Ho Young Chung, (정호영)
- Right classics of Saam acupuncture and moxibustion, Dae Gu, Seon Ku Ja

1986

- Se Hyung Cho, (조세형)
- Systemical research of saam acupuncture and moxibustion, Seoul, Seong Bo print.

1989

- Jeong Lae Lee, (이정래)
- Acupuncture part in The great Korean medicine, Seoul, the first cultural print.

1984

- Hong Kyung Kim, (김홍경)
- The Revolution of Oriental Medicine, Seoul, shin nong bak cho print.

1998

- Dal ho kim, Saam (김달호)
- Ascetic acupuncture method, Busan, Sogang print

2007

- Gwan Woo Kim (김관우)
- Essay of Saam acupuncture Method,, chorakdang,

History of Five Elements

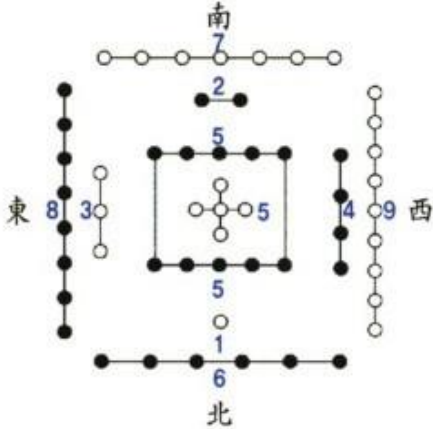
Dynasty	Period	Five Elemental Emphasis
Pre-Historic Times	1.7 million years ago - the 21 st century BC	Fu Hsi's Introduction of the Hetu Diagram
Xia	21st - 17th century BC	Emperor Yu's Introduction of the Luoshu Diagram
Shang	1600 BC - 1046 BC	Birth of the Ten Stems and Twelve Branches Theory
Zhou	1046 BC - 246 BC	Association of the Five Elements with Geomancy, Days of the Week, and Taste
Han	202BC - 8 AD	Collection of older works and combination of the above theories, extensive addition of Five Elemental correlates

Five Elemental Theory

The He Tu and Luo Shu Diagrams

Hetu(河圖)

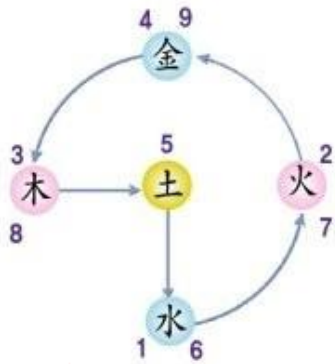
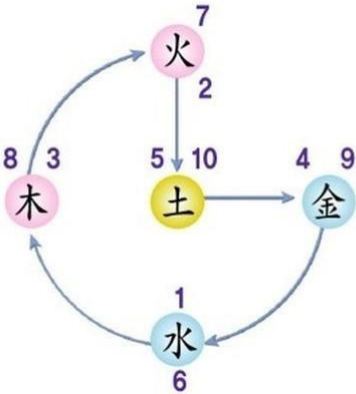
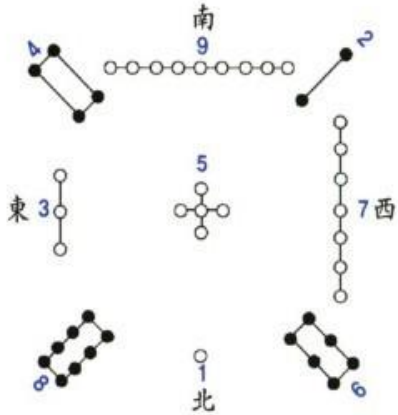
是伏羲氏王天下，龍馬出河，遂則其文以畫八卦，謂之河圖。



Luo Shu (洛書)

天與禹洛出書，神龜負文而出，列於背，有數至於九。

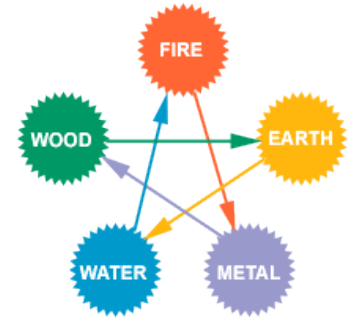
4	9	2
3	5	7
8	1	6



Tian Gan (天干, Heavenly Stems)

- The Tian Gan, also known as the Heavenly Stems, is a Chinese system used in ancient Chinese astronomy, astrology, calendar, and divination. It is one part of the traditional Chinese sexagenary cycle, a 60-year cycle also composed of the Di Zhi (地支), or twelve Earthly Branches.
- The Tian Gan (Heavenly Stems), also known as the Ten Stems (十干), are composed of ten distinct elements. Based on their ordinal position, the odd-numbered stems are classified as Yang (陽), while the even-numbered stems are considered Yin (陰). When assigning the Five Elements (Wu Xing, 五行) to the Ten Stems, the stems are grouped in pairs. There are two traditional systems for this elemental correspondence: one is the “sibling pairing” method, and the other is the “spousal pairing” method.

Nan Jing - Question 64



- "The 'Ten Transformations' also says: The Yin Well point is Wood, the Yang Well point is Metal, the Yin Spring point is Fire, the Yang Spring point is Water, the Yin Stream point is Earth, the Yang Stream point is Wood, the Yin River point is Metal, the Yang River point is Fire, the Yin Sea point is Water, and the Yang sea is Earth. Yin and Yang are all different; what is the meaning of this?"
- The answer is: **This is the matter of controller and subordinate**. The Yin Well is Yi(2nd) Wood, and the Yang Well is Geng(7th) Metal. Yang Well Geng(7th, metal), Geng(7th, metal) is the controller of Yi(2nd, wood); Yin Well Yi(2nd, wood), Yi(2nd, wood) is the subordinate of Geng(7th, metal). Yi(2nd, wood) is Wood, hence it is said that the Yi(2nd) Well is Wood. Geng(7th) is Metal, hence it is said that the Yang Well is Metal. The rest follow this pattern.
- 六十四難曰,《十變》又言, 陰井木, 陽井金, 陰榮火, 陽榮水, 陰俞土, 陽俞木, 陰經金, 陽經火, 陰合水, 陽合土. 陰陽皆不同, 其意何也. 然, 是剛柔之事也, 陰井乙木, 陽井庚金. 陽井庚, 庚者乙之剛也, 陰井乙, 乙者庚之柔也. 乙爲木, 故言陰井木也, 庚爲金, 故言陽井金也. 餘皆倣此.

controlling sequency: Wood – earth, earth-water, water-fire, fire-metal, metal-wood

Ten Heavenly Stems (天干)

The Ten Heavenly Stems (天干) are traditionally ordered as follows: odd-numbered stems are categorized as Yang, while even-numbered stems are Yin.

1. Jiǎ (甲) – 1st – Yang
2. Yǐ (乙) – 2nd – Yin
3. Bǐng (丙) – 3rd – Yang
4. Dīng (丁) – 4th – Yin
5. Wù (戊) – 5th – Yang
6. Jǐ (己) – 6th – Yin
7. Gēng (庚) – 7th – Yang
8. Xīn (辛) – 8th – Yin
9. Rén (壬) – 9th – Yang
10. Guǐ (癸) – 10th – Yin

Sibling pairing: 1 2 (wood), 3 4 (fire), 5 6 (earth),
7 8 (metal), 9 10 (water)

1=GB, 2=LR, 3=SI, 4=HT, 5=ST, 6=SP,
7=LI, 8=LU, 9=BL, 10=KD

Spousal pairing: 1 6, 2 7, 3 8, 4 9, 5 10

GB-SP, LR-LI, SI-LU, HT-BL, ST-KD

LR-LI

HT-BL

SP-GB

LU-SI

KD- ST

Sibling pairing (兄弟配屬)

Each Yang stem is paired with its following Yin counterpart, and then assigned to the Five Elements (五行):

- Jiǎ (甲, Yang) **GB** & Yǐ (乙, Yin) **LR** → Wood (木)
- Bǐng (丙, Yang) **SI** & Dīng (丁, Yin) **HT** → Fire (火)
- Wù (戊, Yang) **ST** & Jǐ (己, Yin) **SP** → Earth (土)
- Gēng (庚, Yang) **LI** & Xīn (辛, Yin) **LU** → Metal (金)
- Rén (壬, Yang) **BL** & Guǐ (癸, Yin) **KD** → Water (水)

Heavenly Ten Stems and Five Element Theory

Stem (Chinese)	甲 1 st	乙 2 nd	丙 3 rd	丁 4 th	戊 5 th	己 6 th ,	庚 7 th	辛 8 th	壬 9 th	癸 10 th
Pinyin	jiǎ	yǐ	bǐng	dīng	wù	jǐ	gēng	xīn	rén	guǐ
Element	Wood	Wood	Fire	Fire	Earth	Earth	Metal	Metal	Water	Water
Yin/Yang	Yang	Yin	Yang	Yin	Yang	Yin	Yang	Yin	Yang	Yin
Yin/Yang Organ	Gall Bladder	Liver	Small Intestine	Heart	Stomach	Spleen	Large Intestine	Lungs	Urinary Bladder	Kidneys

,GB, LR (wood), ,SI, HT (fire), ,ST SP (earth), ,LI, LU (metal), ,BL, KD (water)

Spousal pairing (夫婦配屬)

The Ten Stems into five pairs based on complementary yin-yang relationships, rather than their numerical order. Each Yang stem is paired with a Yin stem from a different elemental group, inter-elemental harmony.

- Jiǎ (甲, Yang Wood) ↔ Jǐ (己, Yin Earth)
- Yǐ (乙, Yin Wood) ↔ Gēng (庚, Yang Metal)
- Bǐng (丙, Yang Fire) ↔ Xīn (辛, Yin Metal)
- Dīng (丁, Yin Fire) ↔ Rén (壬, Yang Water)
- Wù (戊, Yang Earth) ↔ Guǐ (癸, Yin Water)

Zang-fu assign on the spousal pairing (夫婦配合).

- Jiǎ (甲) - Gallbladder (膽) pair with Jǐ (己) - Spleen (脾)
- Yǐ (乙) - Liver (肝) pair with Gēng (庚) - Large Intestine (大腸)
- Bǐng (丙) - Small Intestine (小腸) pair with Xīn (辛) - Lung (肺)
- Dīng (丁) - Heart (心) pair with Rén (壬) - Bladder (膀胱)
- Wù (戊) - Stomach (胃) pair with Guǐ (癸) - Kidney (腎)

Arrange Zang-fu base on Spousal pairing (夫婦配合).

1. *Liver (Wood)* is paired with *Large Intestine (Metal)*
2. *Heart (Fire)* is paired with *Bladder (Water)*
3. *Spleen (Earth)* is paired with *Gallbladder (Wood)*
4. *Lung (Metal)* is paired with *Small Intestine (Fire)*
5. *Kidney (Water)* is paired with *Stomach (Earth)*

Spouse pairing: 1st, GB 6th, Sp, 2nd LR 7th, LI, 3rd, SI 8th, LU, 4th, HT 9th, BL, 5th, ST
10th, KD

5 Shu point	ten stem	Stem sequence (spousal relation)	Zang Fu	Five Element
Jing-well	乙yǐ - 庚gēng	2 nd 7 th	LR – LI	wood -- metal
Ying-spring	丁dīng - 壬rén	4 th 9 th	HT-- BL	fire -- water
Shu-stream	己jǐ -- 甲jiǎ	6 th 1 st	SP-- GB	earth -- wood
Jing-river	辛xīn 丙bǐng	8 th 3 rd	LU -- SI	metal -- fire
He-sea	癸guǐ 戊wù	10 th 5 th	KD -- ST	water -- earth

Foundational Theories of Five Elemental Acupuncture

Nan Jing 69:

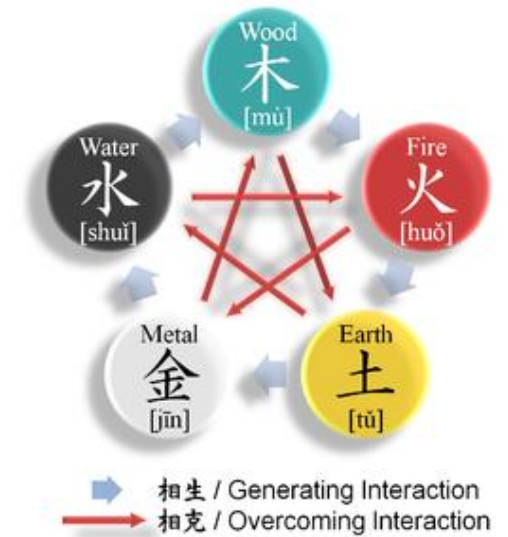
When there is deficiency, tonify the mother.

When there is Excess, Sedate the Son

In General, the tonification method precedes the sedation method.

六十九難曰，經言虛者補之，實者瀉之，不虛不實，以經取之。何謂也。

然，虛者補其母，實者瀉其子，當先補之，然後瀉之。不虛不實，以經取之者，是正經自病生，不中他邪也，當自取其經，故言以經取之..



Shu Point Functions

Source: Nan Jing

Five Shu Points	Jing Well	Ying Spring	Shu Stream	Jing River	He Sea
Yin Channel	Wood	Fire	Earth	Metal	Water
Yang Channel	Metal	Water	Wood	Fire	Earth
Healing Property	Fullness Under The Heart	Fever, Body Heat	Swelling and Muscle/Joint Pain	Coughing, Hot & Cold Sensations	Rebellious Qi, Diarrhea
Quotes from the Nan Jing	Emotional Disability, irritability	Heart Heat causing Fever	Wind Damp Arthritic Pain	Throat Disorders	Stomach, Intestines & disorders of the Six Fu organs
Associated Element	Liver Wood Sickness	Heart Fire Sickness	Spleen Earth Sickness	Lung Metal Sickness	Kidney Water Sickness
Quotes from the Ling Shu	If Sickness Resides in the Zhang Organ, Use the Jing Well Point	If sickness involves change of complexion	For chronic illness the Shu Stream Point is Suitable	Use the Jing River point for sickness involving the voice	The He Sea Point is used for Stagnant Blood in the Channels & Digestive Disorders

5 Shu Point Chart with 5 Element Correspondences

Element Point Shu Point Yin / Zang	Wood Well	Fire Spring	Earth Stream	Metal River	Water Sea	Element Point Shu Point Yang / Fu	Metal Well	Water Spring	Wood Stream	Fire River	Earth Sea
Lung (metal)	11	10	9	⑧	5	Large Intestine (metal)	①	2	3	5	11
Spleen (earth)	1	2	③	5	9	Stomach (earth)	45	44	43	41	③⑥
Heart (fire)	9	⑧	7	4	3	Small Intestine (fire)	1	2	3	⑤	8
Kidney (water)	1	2	3	7	⑩	Urinary Bladder (water)	67	⑥⑥	65	60	40
Pericardium (fire)	9	⑧	7	5	3	San Jiao (fire) (Triple Burner)	1	2	3	⑥	10
Liver (wood)	①	2	3	4	8	Gallbladder (wood)	44	43	④①	38	34

○ - Horary Point or the same elemental point on its corresponding meridian.

Horary Points share the same Channel and Point Element,
Utilized for strong Elemental effect.

The Horary Points cheonbu hyul

- Horary Points share the same Channel and Point Element
- Utilized for strong Elemental effect

Yin Channel	Horary Point	Yang Channel	Horary Point
Hand Taiyin Lungs	LU8 (<i>Jingqu</i>)	Hand Yangming Large Intestine	LI1 (<i>Shangyang</i>)
Foot Taiyin Spleen	SP3 (<i>Taibai</i>)	Foot Yangming Stomach	ST36 (<i>Zusanli</i>)
Foot Shoyin Kidneys	KD10 (<i>Yingu</i>)	Foot Taiyang Urinary Bladder	UB66 (<i>Tonggu</i>)
Hand Shaoyin Heart	HT8 (<i>Shaofu</i>)	Hand Taiyang Small Intestine	SI5 (<i>Yanggu</i>)
Hand Jue yin Pericardium	PC8 (<i>Laogong</i>)	Hand Shaoyang San Jiao	SJ6 (<i>zhigou</i>)
Foot Jue jin Liver	LIV1 (<i>Dadun</i>)	Foot Shaoyang Gall Bladder	GB41 (<i>zulinqi</i>)

The acupoints marked in yellow are called Cheon bu hyul(Tianfu points). They are those where the Three Yin and Three Yang, the organs, and the Five Element attributes of the points all correspond.

Jung Gyuk

(Reinforcing, Tonifying or Rectifying Meridian / Organ)

For cases of deficiency:

- 1) Tonify the mother point of the own meridian
- 2) Tonify the horary point of the mother meridian
- 3) Sedate the grandmother point of the own meridian
- 4) Sedate the horary point of the grandmother meridian

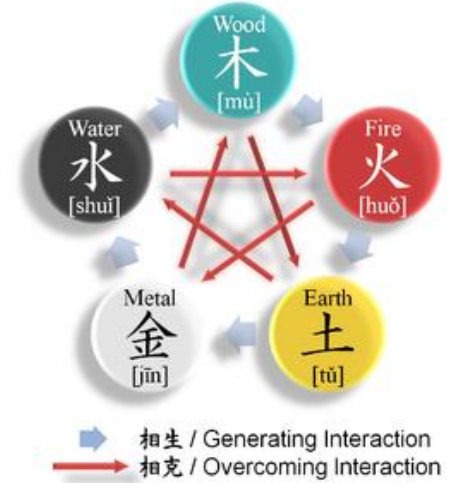
Example: LU Jung Gyuk (Tonify):

Tonify: LU 9, SP 3 *Sedate:* LU 10, HT 8.

LR: LR8+, KD10+, LR4-, LU8-

LI: LI 11+, ST36+, LI 5-, SI 5 –

BL: BL 67+, LI1+, BL 40-, ST 36-



- Liver Jung Gyuk, wood's mother is water, and grandmother is metal.
- tonify mother: own meridian, water point (liver meridian) LR8 +
 - water meridian(KI), water point, KI 10+
- sedate grand mother: own(Liver meridian), metal point, LR4-
 - Metal meridian (Lu), metal point. LU8-
- ST Jung Gyuk: earth's mother is Fire, grandmother is Wood.
 - + own(ST meridian), fire point-ST41 +
 - Fire(SI meridian), Fire point- SI 5 +
 - - own (ST meridian), wood point, ST 43 -
 - wood (GB meridian), Wood point GB41-

- LU JG,
- LU=.metal, mother of the metal-Earth, grandmother-Fire.
- tonify earth point of the lung meridian-LU9
- tonify earth point of the earth(SP) meridian- SP3
- sedate fire point of the Lung meridian- LU10
- sedate fire point of the fire(HT) meridian- HT8

- LI= metal, mother of the metal-Earth, grandmother-Fire
- tonify earth point of the LI meridian= LI11
- tonify earth point of the earth (ST) meridian = ST36
- Sedate fire point of the LI meridian = LI5
- sedate fire point of the fire(SI) meridian= SI5

- KD –water
- mother of water = metal, grand mother = earth
- tonify the metal point kd meridian - KD7 +
- horary point LU meridian - Lu8 +
- Sedate the earth point of KD meridian KD3-
- horary point of Sp meridian SP3-

Jung Gyuk - Tonify

	Tonify		Sedate	
	Own	Mother	Own	GM
Lung	LU9	SP3	LU10	HT8
Large Intestine	LI11	ST36	LI5	SI5
Stomach	ST41	SI5	ST43	GB41
Spleen	SP2	HT8	SP1	LR1
Heart	HT9	LR1	HT3	KI10
Small Intestine	SI3	GB41	SI2	BL66
Urinary Bladder	BL67	LI1	BL40	ST36
Kidney	KI7	LU8	KI3	SP3
Pericardium	PC9	LR1	PC3	KI10
Triple Energizer	TE3	GB41	TE2	UB66
Gall Bladder	GB43	UB66	GB44	LI1
Liver	LR8	KI10	LR4	LU8

Seng Gyuk

(Sedating Meridian / Organ)

For cases of excess:

- 1) Tonify the grandmother point of the own meridian
- 2) Tonify the horary point of the grandmother meridian
- 3) Sedate the son point of the own meridian
- 4) Sedate the horary point of the son meridian

• **Example: LU Seng Gyuk (Sedate):**

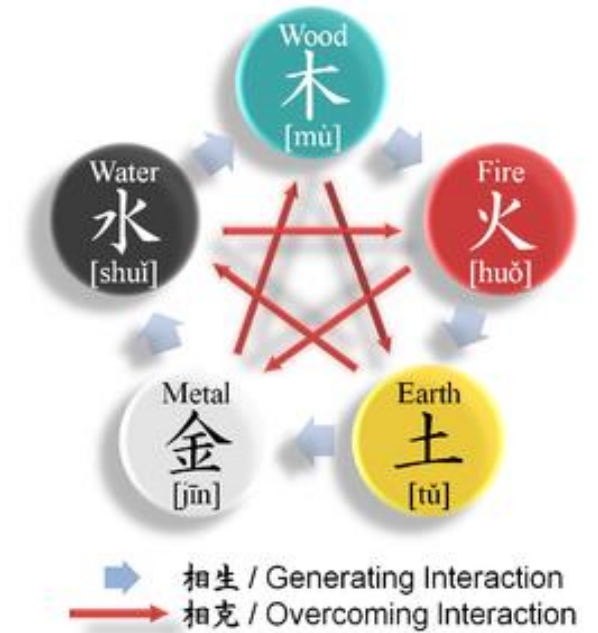
Tonify: LU 10, HT 8 *Sedate:* KID 10, LU 5

SP: SP 1+, LR1+, SP5-, LU8-

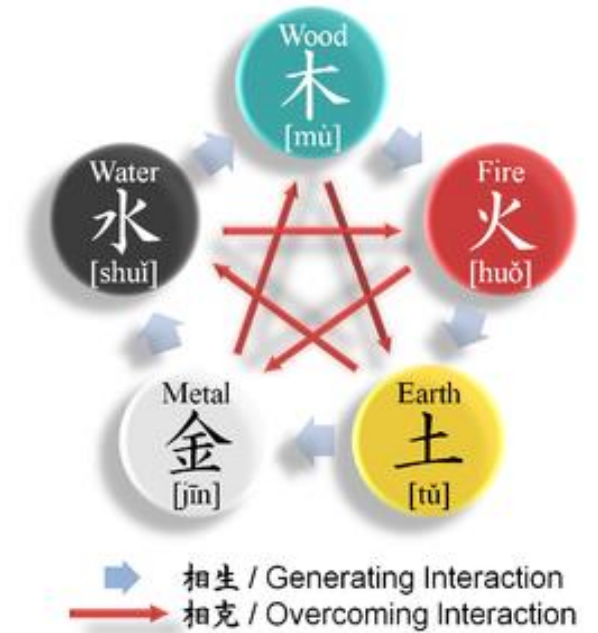
HT: HT3+, KD10, HT7-, SP3-

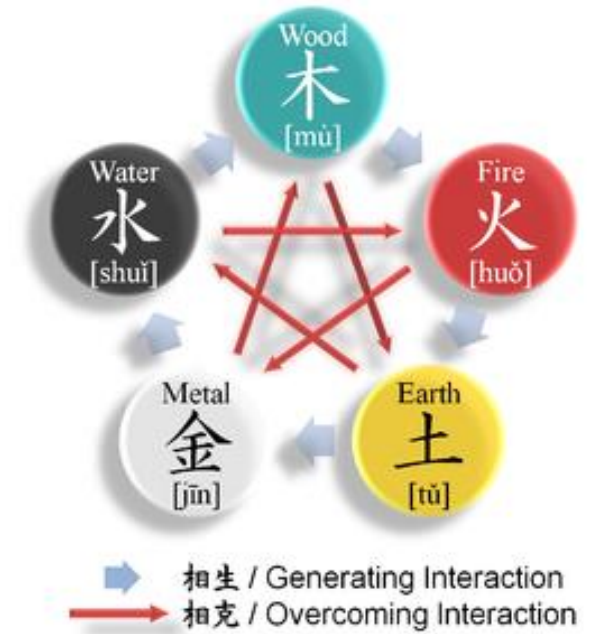
SI: SI 2+, BL66+, SI8-, ST 36-

GB: GB44+, LI1+, GB38-, SI5-

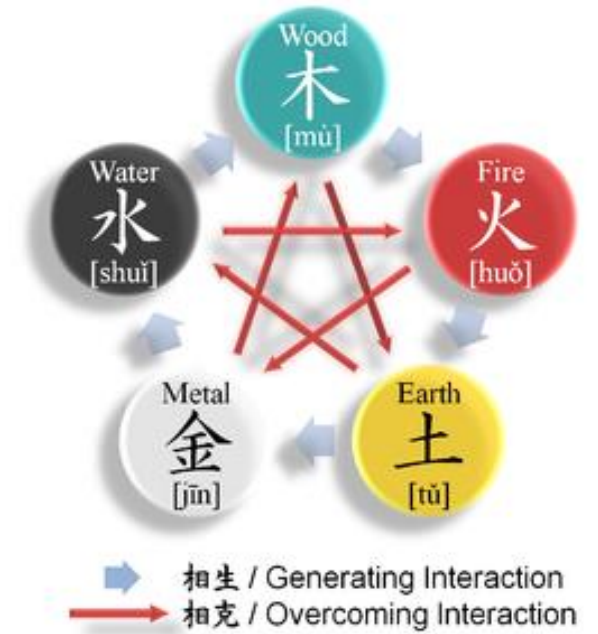


- LR SG,
- LR= wood, son=fire, grandmother = metal
- tonify metal point of LR meridian = LR 4+
- tonify metal point of metal(LU) = LU8+
- sedate fire point of the LR meridian = LR2-
- sedate fire point of the Fire(HT) = HT8





- GB SG
- GB= wood son=fire, grandmother = metal
- tonify metal point of the GB meridian = GB 44 +
- tonify metal point of the Metal(LI) meridian = LI1 +
- sedate fire point of the GB meridian = GB38 -
- sedate fire point of the fire(SI) meridian= SI5 -



- LI seng gyuk
- LI=metal, son- water, grand mom-fire
- 1, sedate son- own LI 2, -
- BL BL 66 -
- 2. tonify grand mom- LI 5 +
- SI 5 +
- PC and SJ are the non –physical organ, only they have name and function.

Seng Gyuk - Sedate

	Tonify		Sedate	
	Own	GM	Own	Son
Lung	LU10	HT8	LU5	KI10
Large Intestine	LI5	SI5	LI2	BL66
Stomach	ST43	GB41	ST45	LI1
Spleen	SP1	LR1	SP5	LU8
Heart	HT3	KI10	HT7	SP3
Small Intestine	SI2	BL66	SI8	ST36
Urinary Bladder	BL40	ST36	BL65	GB41
Kidney	KI3	SP3	KI1	LR1
Pericardium	PC3	KI10	PC7	SP3
Triple Energizer	TE2	UB66	TE10	ST36
Gall Bladder	GB44	LI1	GB38	SI5
Liver	LU 8	LV4	LR2	HT8

Yul Gyuk

(Warming Meridian / Organ)

① **Tonify Fire**

- Tonify the fire point of the fire meridian
- Tonify the fire point of own meridian

Ex: Lung Cold

Tonify: HT8 , LU10

LI: 5+, SI 5+

② **Sedate Water**

- Sedate the water point of the water meridian
- Sedate the water point of own meridian

Sedate: KI10, LU5

LI 2 -, BL66-

Yul Gyuk - Warming

	Tonify		Sedate	
	Own	Fire Organ	Own	Water Organ
Lung	Lu 10	HT 8	LU 5	KD 10
Large Intestine	LI 5	SI 5	LI 2	BL 66
Stomach	ST 41	SI 5	ST 44	BL 66
Spleen	SP 2	HT 8	SP 9	KD 10
Heart	HT 8	KD 2	HT 3	KD 10
Small Intestine	SI 5	BL 60	SI 2	BL 66
Urinary Bladder	BL 60	SI 5	BL 66	SI 2
Kidney	KD 2	HT 8	KD 10	HT 3
Pericardium	PC 8	HT 8	PC 3	HT 3
Triple Energizer	TE 6	BL60	TE 2	BL 66
Gall bladder	GB 38	SI 5	GB 43	BL 66
Liver	LR 2	HT 8	LR 8	KD 10

Han Gyuk

(Cooling Meridian / Organ)

① **Tonify Water**

- Tonify the water point of water meridian
- Tonify the water point of own meridian

Ex: Large Intestine Heat

Tonify: BL66, LI2

HT: HT3+, KD10+

② **Sedate Fire**

- Sedate the fire point of the fire meridian
- Sedate the fire point of own meridian

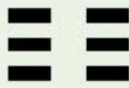







Sedate: SI5 LI5

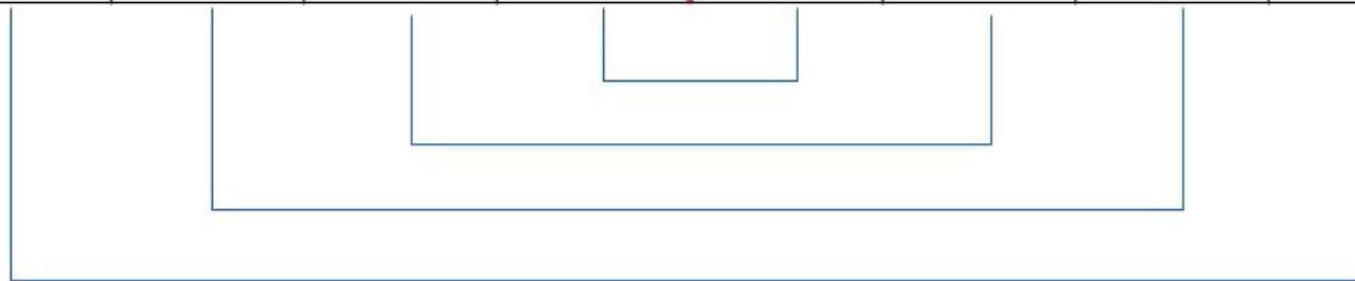
HT8-, KD 2-

Han Gyuk - Cooling

	Tonify		Sedate	
	Own	Water Organ	Own	Fire organ
Lung	LU 5	KD 10	LU 10	HT 8
Large Intestine	LI 2	BL 66	LI 5	SI 5
Stomach	ST 44	BL 66	ST 41	BL60
Spleen	SP 9	KD 10	SP 2	HT 8
Heart	HT 3	KD 10	HT 8	KD 2
Small Intestine	SI 2	BL 66	SI 5	BL 60
Urinary Bladder	BL 66	SI 2	BL 60	ST 41
Kidney	KD 10	HT 3	KD 2	HT 8
Pericardium	PC 3	HT 3	PC 8	HT 8
Triple Energizer	TE 2	BL 66	TE 6	BL 60
Gall bladder	GB 43	BL 66	GB 38	BL 60
Liver	LR 8	KD 10	LR 2	HT 8

CV Yangming Taniyang JUeyin Shaoyang Shaoyin Tai yin GV

Eight Trigrams								
Number	8	7	6	5	4	3	2	1
Name	坤 (kun)	艮 (gen)	坎 (kan)	巽 (xun)	震 (zhen)	離 (li)	兌 (dui)	乾 (qian)
Natural Phenomena	地 (di)	山 (shan)	水 (shui)	風 (feng)	雷 (lei)	火 (hua)	澤 (ze)	天 (tian)
	Earth	Mountain	Water	Wind	Thunder	Fire	Marsh	Heaven



天元紀大論篇 第六十六 2절

- 夫變化之爲用也 在天爲玄 在人爲道 在地爲化 化生五味 道生智 玄生神. 神在天爲風 在地爲木 在天爲熱 在地爲火 在天爲濕 在地爲土 在天爲燥 在地爲金 在天爲寒 在地爲水 故在天爲氣 在地成形 形氣相感 而化生萬物矣.
然天地者 萬物之上下也 左右者 陰陽之道路也 水火者 陰陽之徵兆也 金木者 生成之終始也, 氣有多少 形有盛衰 上下相召 而損益彰矣.

SW 66.2.

- When **Shén** (spirit) is applied to transformation and manifestation, in the heavens, it is called **Xuán** (mystery); in humans, it is called **Dào** (the way); and on Earth, it is called **Huà** (transformation). **Huà** (transformation) generates the five flavors, **Dào** (the way) generates wisdom, and **Xuán** (mystery) generates the spirit.
- When **Shén** is in the heavens, it becomes wind; on Earth, it becomes wood. In the heavens, it manifests as heat; on Earth, it becomes fire. In the heavens, it takes the form of moisture; on Earth, it becomes soil. In the heavens, it shows as dryness; on Earth, it becomes metal. In the heavens, it presents as cold; on Earth, it becomes water. (wind=wood, heat=fire, moisture=earth, dryness=metal, cold=water)
- Thus, in the heavens, **Shén** creates **Qì** (energy or vital force), and on Earth, it forms **Xíng** (shape or form). **Xíng** and **Qì** interact and resonate with each other, resulting in the transformation and birth of all things.
- Therefore, the heavens and the Earth are the upper and lower aspects of all things, while the left and right are the principles of Yin and Yang. Water and fire are the signs of Yin and Yang, and metal and wood signify the beginning and end of creation. There is a variance in the amount of **Qì** and the rise and fall of **Xíng**, which, through their interactions, reveal gains and losses.

- This passage establishes a vertical cosmology:
- Heaven → Qì → Six Climatic Influences (六氣)
- Earth → Form → Five Elements (五行)
- Rather than viewing the Five Elements as static substances, the Neijing frames them as earthly condensations of heavenly Qì. Disease, physiology, and treatment thus arise from the dynamic resonance (感應) between Heaven (climate, timing, movement) and Earth (form, structure, organs).

- People believed that a phenomenon could not exist or be explained by just one side alone. In other words, nothing can exist with only one aspect. It is only when the two sides of yin and yang come together that something becomes complete.
- In East Asian countries, each year is given a specific name according to the lunar calendar system, known as the **Ganzhi (干支)**. This system is a combination of **Heavenly Stems (天干)** and **Earthly Branches (地支)**. Through this framework, it was possible to predict annual climatic conditions, societal trends, and even aspects of individual fate.
- For example, the year 2026 is the **Bing Wu Year (丙午年)**, where **Bing (丙, fire)** pairs with **Wu (午 horse, heat)**, which represents the Red Horse.

六微旨大論篇 第六十八

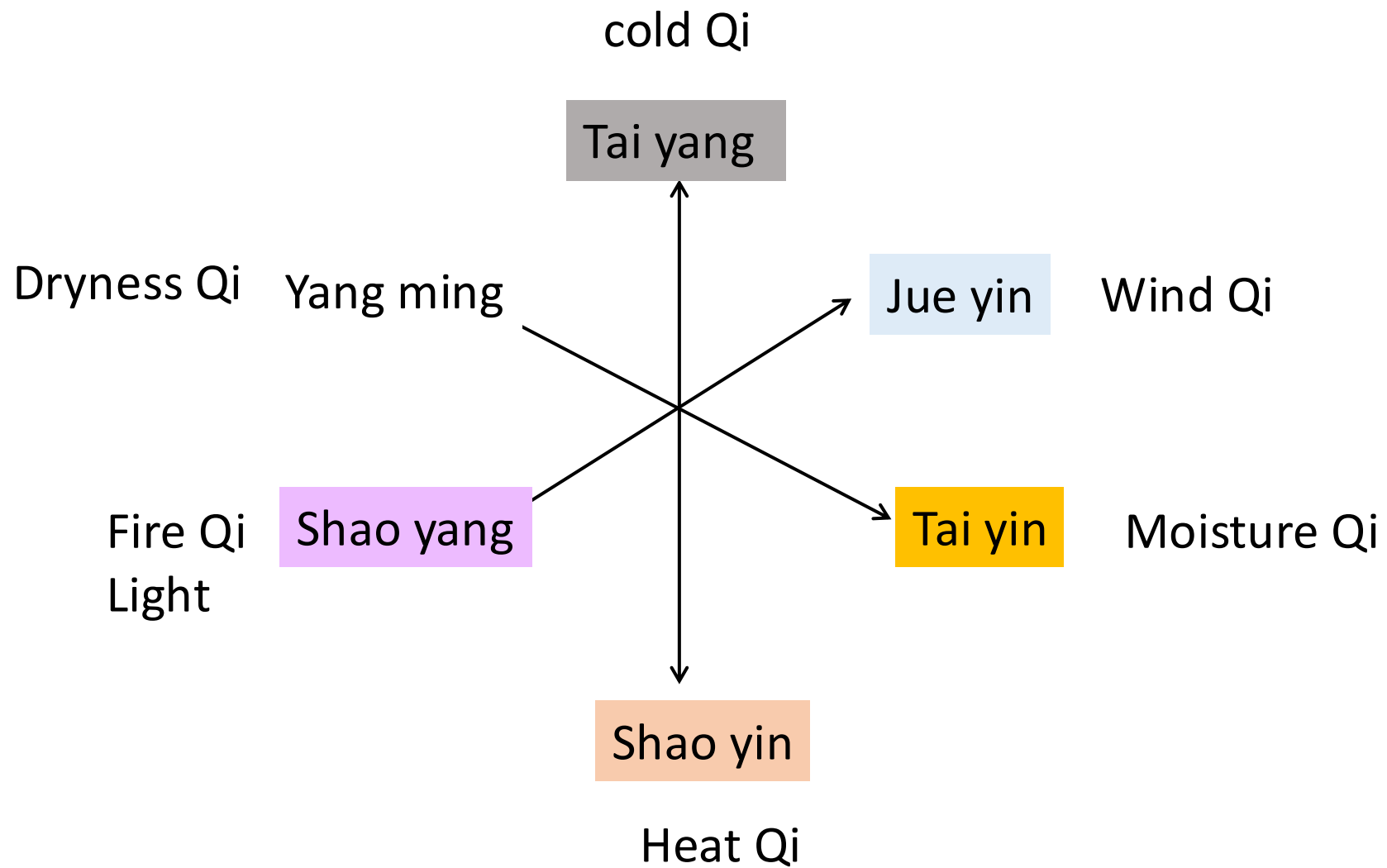
- 少陽之上엔 火氣治之하고 中見厥陰하며,
陽明之上엔 燥氣治之하고 中見太陰하며,
太陽之上엔 寒氣治之하고 中見少陰하며,
厥陰之上엔 風氣治之하고 中見少陽하며,
少陰之上엔 熱氣治之하고 中見太陽하며,
太陰之上엔 濕氣治之하고 中見陽明하니 所謂本也오,

本	fire qi	Dry qi	Cold qi	Wind qi	Heat qi	Moisture qi
中	Jue yin	Tai yin	Shao yin	Shao Yang	Tai Yang	Yang ming
標	Shao Yang	Yang Ming	Tai Yang	Jue yin	Shao yin	Tai Yin

SW 68.1

The relationship between different types of Qi (energy) and their corresponding channels or meridians in the body.

- On the Shaoyang (Lesser Yang) meridian, Fire Qi (minister fire) governs it, and in the middle, it interacts with the Jueyin (Reverting Yin, wood). (Shao yang= minister fire (light)= fire)
- On the Yangming (Bright Yang) meridian, Dryness Qi governs it, and in the middle, it interacts with the Taiyin (Greater Yin, earth). Yangming = Dryness= metal
- On the Taiyang (Greater Yang) meridian, Cold Qi governs it, and in the middle, it interacts with the Shaoyin (Lesser Yin). Taiyang= cold=water
- On the Jueyin (Reverting Yin) meridian, Wind Qi governs it, and in the middle, it interacts with the Shaoyang (Lesser Yang). Jueyin =wind = wood
- On the Shaoyin (Lesser Yin) meridian, Heat Qi governs it, and in the middle, it interacts with the Taiyang (Greater Yang). Shaoyin = sovereign fire (heat)= fire
- On the Taiyin (Greater Yin) meridian, Dampness Qi governs it, and in the middle, it interacts with the Yangming (Bright Yang). Taiyin=Dampness= Earth
- 6qi(meridian name) = weather factor = five elements



Earthly branch, 3 yang 3 yin and 6 qi relation

Earthly branches	Pinyin	3 Yang 3 Yin	6 Qi	5 elements
子午	Zi wu	Shao Yin	sovereign fire	Fire
丑未	Chou wei	Tai Yin	Moisture	Earth
寅申	Yin shen	Shao Yang	Minister Fire	Fire
卯酉	Mao you	Yang Ming	Dryness	Metal
辰戌	Chen xu	Tai Yang	Cold	Water
巳亥	Si hai	Jue Yin	Wind	Wood

3 Yin 3 Yang, Meridian, and 5 Elements

- Each meridian has associated 5 Element characteristics that also can be used therapeutically.

- Shao Yang = SJ (*Fire*) and GB (*Wood*)
- Yang Ming = LI (*Metal*) and ST (*Earth*)
- Tai Yang = SI (*Fire*) and UB (*Water*)
- Jue Yin = PC (*Fire*) and LIV (*Wood*)
- Shao Yin = HT (*Fire*) and KID (*Water*)
- Tai Yin = LU (*Metal*) and SP (*Earth*)

Tian Fu meridian (3 yand 3 yang and Zang fu are same element)

- Meridian: 6 qi (3yang 3yin) + 5 elements (zang fu)
- 天符經絡(tianfu meridian, concordant meridian): 6 qi's five element is same as zang fu's five element
 - Strong property
 - Effectiveness is stronger than non-Tianfu meridian
 - Hand Yangming Large Intestine Meridian (metal + metal)
 - Foot Taiyin Spleen Meridian (earth + earth)
 - Hand Shaoyin Heart Meridian (fire + fire)
 - Foot Taiyang Bladder meridian (water + water)
 - Hand Shaoyang Triple Energizer Meridian (fire + fire)
 - Foot Jueyin Liver Meridian (wind + wind)
- 非天符經絡(non-tianfu meridian): 6 qi's five element is not same as zang fu's five element
 - Hand Taiyin Lung Meridian (earth + metal)
 - Foot Yangming Stomach Meridian (metal + earth)
 - Hand Taiyang Small Intestine Meridian (water + fire)
 - Foot Shaoyin Kidney Meridian (fire + water)
 - Hand Jueyin Pericardium Meridian (wood + fire)
 - Foot Shaoyang Gall Bladder Meridian (fire + wood)

The term 符切(符切) originally comes from ancient Chinese **tally tokens** (부절, 符節), which were bamboo or bronze tokens split into two matching parts

Tian Fu points (3yin 3yang, Zang Fu, and Point are all same element)

- 天符穴(tianfu point, concordant): 6 Qi + Zang fu+ 5 shu point are all same five element
- Strong property
 - Effectiveness is stronger than non-Tianfu point
 - H. Yangming LI, **LI1** (metal + metal + metal)= the driest point
 - F. Taiyin SP, **SP3** (earth + earth + earth) = the most moisture point
 - H. Shaoyin HT, **HT8** (fire + fire+ fire) = the hottest point
 - F. Taiyang BL, **BL66** (water + water + water) = the coldest point
 - H. Shaoyang TE, **TE6** (fire + fire+ fire) = the most dispersing point
 - F. Jueyin, LR, **LR1** (wind + wind + wind) = the most absorbing point

Eight Trigrams								
Number	8	7	6	5	4	3	2	1
Name	坤 (kun)	艮 (gen)	坎 (kan)	巽 (xun)	震 (zhen)	離 (li)	兌 (dui)	乾 (qian)
Natural Phenomena	地 (di)	山 (shan)	水 (shui)	風 (feng)	雷 (lei)	火 (hua)	澤 (ze)	天 (tian)
	Earth	Mountain	Water	Wind	Thunder	Fire	Marsh	Heaven
Meridians	Ren (任脈)	Yang ming (陽明)	Tai yang (太陽)	Jue yin (厥陰)	Shao yang (少陽)	Shao yin (少陰)	Tai yin (太陰)	Du (督脈)
Mind / Emotions		恨 (lament)		選 (select)			悅 (delight)	
	Conception Trust	Dissatisfaction on Poverty	Carefulness Fear	Power Arrogance	Passion Inferiority	Sexuality Pleasure	Satisfaction Greed	Governing Doubt
Six Climatic Qi		Dryness	Cold	Wind	Ministerial Fire	Monarch Fire	Dampness	
Five phase		Metal	Water	Wood	Fire	Fire	Earth	
Favor		pungent	salty	sour	bitter	bitter	sweet	
Smell		fishy	rotten	goatish	burning	burning	fragrant	

Therapeutic Differences of 6 Qi and 5 Element Aspects

- The 5 Element aspect is like the general climate and the 6 Qi (Yin and Yang) aspect is like the weather.
- Weather changes more quickly and so acupuncture is more easily affected therapeutically.

Example: Southern California is a predominantly desert climate, but sometimes the weather is rainy or cold or humid - the weather aspect can change very quickly and dramatically, often in hours - while the desert climate would only experience significant change over a great many years.

Therapeutic Application of 6 Qi and 5 Element Aspects of The Meridians

- The Hand Yang Ming LI meridian has the **5 Element** characteristic of **Metal** (which is **Cool** in temperature) and the **6 Qi** characteristic of **Dryness**.
- The 6 Qi aspect is analogous to the weather - which can change much more easily than the general “climate” (relating to the 5 Element aspect.) As the Hand Yang Ming LI meridian is the **driest** of all 12 meridians, it is extremely effective for **dampness and damp-phlegm** conditions in the body.
- In combination with the Cool temperature of Metal, The LI JG is excellent clinically for conditions of **damp-heat** anywhere in the body

Three Primary Climatic Factors

macrocosm vs microcosm

HUMIDITY: Includes absence of humidity or DRYNESS
and presence of humidity or MOISTURE

TEMPERATURE: Includes presence of HEAT or absence
of heat (COLD)

AIR / LIGHT MOVEMENT: Includes the inward and
outward movement of AIR (Wind) and LIGHT

3 Primary Climatic Factors	Location	3 Yin/3 Yang	Organ	(Meridian) 6 Energy	(Organ) 5 Element	Associated Level	Natural Characteristic/s
Humidity							
Moisture	Hand	Tai Yin	LU	Moisture	Metal	<i>Physical (food/money/material possessions)</i> Satisfaction	Mixed - Moisture/Metal (cool)
Moisture	Foot	Tai Yin	SP	Moisture	Earth	Satisfaction	Most Moisture
Dryness	Hand	Yang Ming	LI	Dryness	Metal	Dissatisfaction	Dryest
Dryness	Foot	Yang Ming	ST	Dryness	Earth	Dissatisfaction	Mixed - Dryness/Earth(warm)
Temperature							
Heat	Hand	Shao Yin	HT	Monarch Fire (Heat)	Fire	<i>Emotional (pleasure/fear)</i> Satisfaction	Hottest
Heat	Foot	Shao Yin	KID	Monarch Fire (Heat)	Water	Satisfaction	Mixed-Monarch Fire/Water
Cold	Hand	Tai Yang	SI	Cold	Fire	Dissatisfaction	Mixed - Cold / Fire
Cold	Foot	Tai Yang	UB	Cold	Water	Dissatisfaction	Coldest
Air Movement							
Inward - fills up (Yin)	Hand	Jue Yin	PC	Wind	Fire	<i>Intellectual (ego/knowledge/power)</i> Satisfaction	Mixed - Wind / Fire
Inward - fills up (Yin)	Foot	Jue Yin	LIV	Wind	Wood	Satisfaction	Pure Wood (Wind) Energy
Outward (Yang)	Hand	Shao Yang	SJ	Minister Fire (Light)	Fire	Dissatisfaction	Pure Fire
Outward (Yang)	Foot	Shao Yang	GB	Minister Fire (Light)	Wood	Dissatisfaction	Mixed - Minister Fire/Wood

SaAm Acupuncture Therapeutic Principles

- SaAm meridians can be grouped into **BALANCING PAIRS** in regard to their environmental characteristics.
Contra interior and exterior relationship, LI vs LU/ LI vs SP

Example:

- Hand Yang Ming - LI Meridian's properties of:
6 Qi = **Dryness** and 5 Element = **Metal (Cool)**

Directly Balance:

- Foot Tai Yin - SP Meridian's properties of:
6 Qi = **Moisture** and 5 Element = **Earth (Warm)**

- Hand Tai Yin Lu meridian
- 6qi= moisture(earth) LU= metal

- Foot Yangming ST meridian
- 6 qi= dryness(metal) ST= Earth

Meridian pairs

3 primary climatic factors		location	3yin/3yang	organ	6qi	5 element	meridian climatic nature
Humidity	moisture	hand	Taiyin	LU	moisture	metal	moisture/cool
	moisture	foot	Taiyin	SP	moisture	earth	most moisture
	dryness	hand	Yangming	LI	dryness	metal	most dryness
	dryness	foot	Yangming	ST	dryness	earth	dryness/warm
Temperature	Heat	hand	Shaoyin	HT	sovereign fire(heat)	fire	hottest
	Heat	foot	Shaoyin	KD	sovereign fire (heat)	water	heat/cold
	cold	hand	Taiyang	SI	cold	fire	cold/heat
	cold	foot	Taiyang	BL	cold	water	coldest
Air movement	inward-filled up	hand	Jueyin	PC	wind	fire	inward/warm
	inward-filled up	foot	Jueyin	LR	wind	wood	strong inward
	outward- disperse	hand	Shaoyang	TE	minister fire (light)	fire	strong outward
	outward- disperse	foot	Shaoyang	GB	minister fire (light)	wood	outward/warm

What is meridian?

- The meridians and collaterals are pathways in which the qi and blood of the body are circulated. They pertain to the zang-fu organs interiorly and extend over the body exteriorly, forming a network and linking the tissues and organs into an organic whole.
- Plus, the conduit through the consciousness and emotion flow in living creature.

Biorythm, three cravings, and meridians

Biorhythm	Buddism's three world (Trailokya)	nagarjuna's three desires	Satisfaction	Dissatisfaction
Physical cycle 23days (財)	trayo-dhātava (欲界) Desire realm	<i>Kāma-taṇhā</i> (sensual pleasures craving)(慾愛) the craving (taṇhā) for sensual desire, specifically referring to greed or attachment toward the five strands of sensual pleasures.	Tai Yin (太陰)	Yang Ming (陽明)
Emotional cycle 28days(色)	trayo dhātavaḥ (色界) Form realm	<i>Bhava-taṇhā</i> (craving for being)(有愛) the craving for existence (bhava-taṇhā), specifically referring to craving accompanied by the eternalist view (sassata-diṭṭhi) that arises from the longing for continued being or becoming.	Shao Yin (少陰)	Tai Yang (太陽)
Intellectual cycle 33days(權)	Tayodhātavo (無色界) Formless realm	<i>Vibhava-taṇhā</i> (craving for non-existence) (無有愛) The craving for non-existence [vibhava-taṇhā] refers to a type of desire that is accompanied by the annihilationist view (uccheda-diṭṭhi)—a craving rooted in the wish for complete cessation of existence ■	Jue Yin (厥陰)	Shao Yng (少陽)

Three Levels Of Human Needs

(Mindpath Meridianology)

1st Level - Physical: Tai Yin and Yang Ming Meridians

Associated with feelings of satisfaction (Tai Yin) or dissatisfaction (Yang Ming) in regards to having enough basic material things including clothing / food /shelter / money

<i>Satisfaction</i>		<i>Dissatisfaction</i>
Hand Tai Yin - LU	<i>Balances</i>	Foot Yang Ming - ST
<ul style="list-style-type: none">feelings of satisfaction in regards to having enough money/material possessions		<ul style="list-style-type: none">feelings of "noble poverty" and absence of greed
Foot Tai Yin - SP	<i>Balances</i>	Hand Yang Ming - LI
<ul style="list-style-type: none">feelings of satisfaction in regards to having enough food and drink		<ul style="list-style-type: none">feelings of dissatisfaction due to the lack of basic necessities of food/shelter/money

Most basic level.
Concerned with survival
level needs of:

- Food
- Money
- Material Possessions

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

Balancing Pairs:

- LU - ST
- SP - LI



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Dr. Tae Cheong Choo

Three Levels Of Human Needs

(Mindpath Meridianology)

2nd Level - Emotional: Shao Yin and Tai Yang Meridians

Associated with feelings of satisfaction (Shao Yin) or dissatisfaction (Tai Yang) in regards to emotions, romance, aesthetics, sexual passion, entrust one's mind completely, without tension or fear.

<i>Satisfaction</i>		<i>Dissatisfaction</i>
Hand Shao Yin - HT	<i>Balances</i>	Foot Tai Yang - UB
<ul style="list-style-type: none">feelings of satisfaction in regards to losing oneself in emotional, romantic or aesthetic pleasures		<ul style="list-style-type: none">a heightened self-conscious due to feelings of fear for one's safety or well-being
Foot Shao Yin - KID	<i>Balances</i>	Hand Tai Yang - SI
<ul style="list-style-type: none">feelings of satisfaction associated with losing oneself in sexual pleasure		<ul style="list-style-type: none">feelings of dissatisfaction and fear

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



Blind to all the risks or mistakes, entirely absorbed in one thing, in a state of unconsciousness. A state where one loses sight of everything else, focusing solely on their love, religion, esthetic pleasure, etc. Usually, in movies, love scenes are portrayed with eyes closed.



In situations of imminent danger to life, the human sensory system enters a hyper-vigilant state, with all five senses acutely engaged to detect potential threats.

Three Levels Of Human Needs

(Mindpath Meridianology)

3rd Level - Intellectual: Jue Yin and Shao Yang Meridians

Associated with feelings of satisfaction (Jue Yin) or dissatisfaction (ShaoYang) in regards to ego, knowledge, power, intellect, fame

<i>Satisfaction</i>		<i>Dissatisfaction</i>
Hand Jue Yin - PC <ul style="list-style-type: none">feelings of satisfaction in regards to acquisition and storage of knowlege	<i>Balances</i>	Foot Shao Yang - GB <ul style="list-style-type: none">dissatisfaction associated with feelings of inferiority, shame, anger and humiliation
Foot Jue Yin - LIV <ul style="list-style-type: none">satisfaction associated with feelings of self-esteem and self confidence. More related to power & strength than intellect.	<i>Balances</i>	Hand Shao Yang - SJ <ul style="list-style-type: none">dissatisfaction and sarcasm associated with feelings of inferiority

Highest level.
Concerned with feelings
related to:

- Ego
- Knowledge
- Power
- Intellect
- Fame

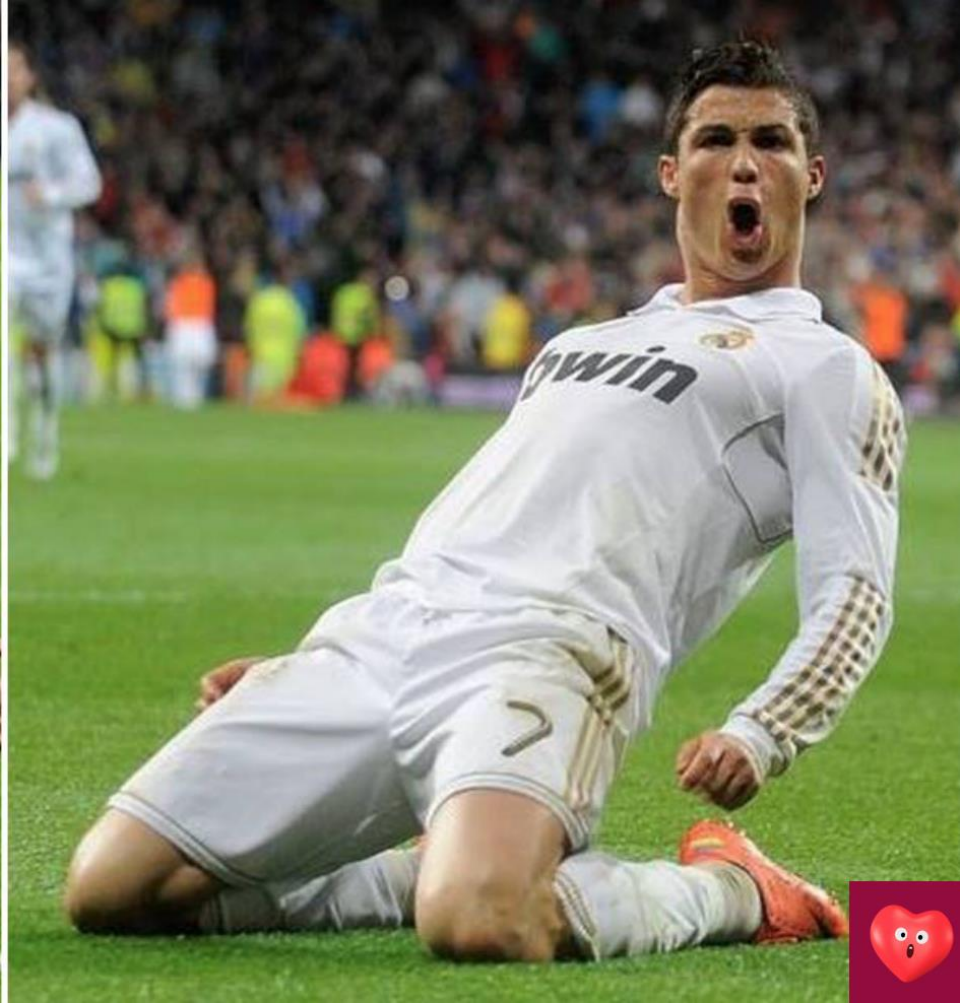
3 Levels of
Human Needs
• ***Intellectual Level*** •

Balancing Pairs:

- PC - GB
- LIV - SJ

- PC - SJ

Used for Storage
and Drainage of
Memories and
Knowledge



<https://www.dispatch.co.kr/958662>



<http://news.kmib.co.kr/article/view.asp?arcid=0014911315&code=61161311&sid1=op>



https://www.handballkorea.com/board/View.asp?SEQ=17940&BBS_CODE=News&YEAR_CODE=&T_TYPE=&sch_h_type=&sch_sval=&page=1&sch_order=1



http://star.ohmynews.com/NWS_Web/OhmyStar/at_pg.aspx?CNTN_CD=A0002406285



- Your body language may shape who you are
- Amy Cuddy
- https://www.ted.com/talks/amy_cuddy_your_body_language_may_shape_who_you_are/transcript

Example Of the Use of The Three Levels to Determine A SaAm Point Prescription in Clinical Practice

Chief Complaint: **Insomnia**

- Is the sleeplessness caused by worry over not having enough money because the patient just lost their job?
- If so - this corresponds to the **First or Physical Level** which deals with issues of concern over having enough food, shelter and money.
- **SaAm Point Prescription:** LU JG = SP 3+, LU 9+, HT 8-, LU 10-
This stimulates the body to add feelings of richness, relaxation and comfort

Example Of the Use of The Three Levels to Determine A SaAm Point Prescription in Clinical Practice

Chief Complaint: **Insomnia**

- Is the sleeplessness caused by upset over problems with their “honey”?
- If so - this corresponds to the **Second or Emotional Level** which deals with issues concerning emotional, romantic, and aesthetic pleasures.
- **SaAm Point Prescription:** HT JG = LIV 1+, HT 9+, KID 10-, HT 3-
This stimulates the body to add feelings of happiness, joy or ecstasy in a romantic context

Example Of the Use of The Three Levels to Determine A SaAm Point Prescription in Clinical Practice

Chief Complaint: Insomnia

- Is the sleeplessness caused by upset over problems with “political or power struggles at work”?
- If so - this corresponds to the **Third or Intellectual Level** which deals with issues of ego, knowledge, competition and power.
- **SaAm Point Prescription: SJ JG = SJ 3+, GB 41+, SJ 2-, UB 66-**This stimulates the body to drain memories of the incident/s thereby distancing oneself from the associated feelings of conflict and anxiety

Needling Techniques For SaAm Acupuncture

Treatment Side Selection

- If the patient is being treated for pain on one side of the body, then the appropriate SaAm point prescription is used on the **HEALTHY** or **OPPOSITE** side of the body - regardless of gender.

Example: A man with **LEFT sided knee pain** would be needled with the SaAm point prescription that corresponds to the meridian associated with the pain area on the **RIGHT** side of the body.

- In case there are both side problem,
The SaAm prescription is used on only **ONE** side of the body
 - Men are needled on the **LEFT** side of the body
 - Women are needled on the **RIGHT** side of the body (*because women are always “right” :-)*)
- This is because the LEFT side of the body is associated with BLOOD and the RIGHT side of the body is associated with Qi.
- Men have relatively more Qi than Blood so they are needled on the LEFT side to balance Qi and blood in the body.
- Woman have relatively more BLOOD than Qi so are needled on the RIGHT or Qi side of the body.

Needling Techniques For SaAm Acupuncture

- The SaAm point prescription is used on only **ONE** side of the body
- Point selection for the other side is optional (TCM, Tung(Dong), Ten points, etc).
- Many practitioners use Master Tong points as his technique has a one sided approach also.

Treatment Principle Method

- Interior Exterior Relation: LU- LI, SP-ST/ HT- SI, KD- BL/ PC- TE, LR- GB
- Contra Interior Exterior Relation: SP-LI, LU- ST/ HT-BL, KD-SI/ PC-GB, LR-TE (Balancing pair)
- Zangfu Interconnection: open, close, pivot theory.: SP-SI, LU-BL/HT-GB, KD-SI/ LR- LI, PC- ST
- Comprehensive

Interior-Exterior Relationship

Hand Taiyin	↔	Hand Yangming
Foot Taiyin	↔	Foot Yangming
Hand Shaoyin	↔	Hand Taiyang
Foot Shaoyin	↔	Foot Taiyang
Hand Jueyin	↔	Hand Shaoyang
Foot Jueyin	↔	Foot Shaoyang

Contra-Interior Exterior Relation

Hand Taiyin	LU ↔ ST	Foot Yangming
Foot Taiyin	SP ↔ LI	Hand Yangming
Hand Shaoyin	HT ↔ BL	Foot Taiyang
Foot Shaoyin	KD ↔ SI	Hand Taiyang
Hand Jueyin	PC ↔ GB	Foot Shaoyang
Foot Jueyin	LR ↔ TE	Hand Shaoyang

Zangfu Interconnection(open close pivot theories)

Hand Taiyin	↔	Foot Taiyang
Foot Taiyin	↔	Hand Taiyang
Hand Shaoyin	↔	Foot Shaoyang
Foot Shaoyin	↔	Hand Shaoyang
Hand Jueyin	↔	Foot Yangming
Foot Jueyin	↔	Hand Yangming

Manipulation Technique for tonifying or sedation

1. Direction the needle tip pointing to
2. Rotate the needle
3. By means of respiration
4. Keep the hole open or close
5. Rapid and slow insertion and withdrawal of needle
6. Saam comprehensive method

1. Direction the needle tip pointing to

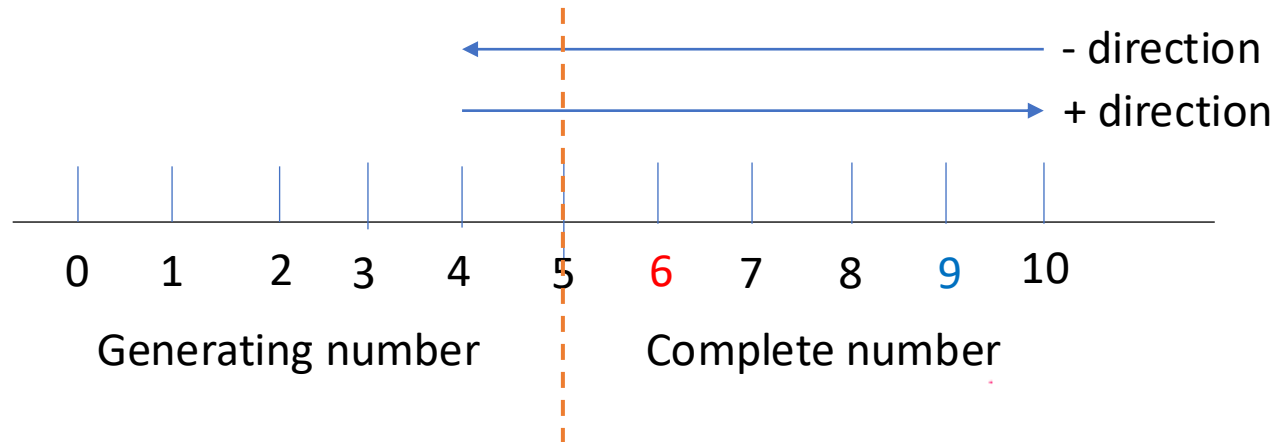
Tonify (reinforce): following the running direction of the meridian

Sedate (reduce): against the running direction of the meridian



2. Rotate the needle

- Tonify: thumb forward (clockwise)
rotate 3,9,27... times
- Sedate: thumb backward (counterclockwise)
rotate 2,6,12... times



3. By means of respiration

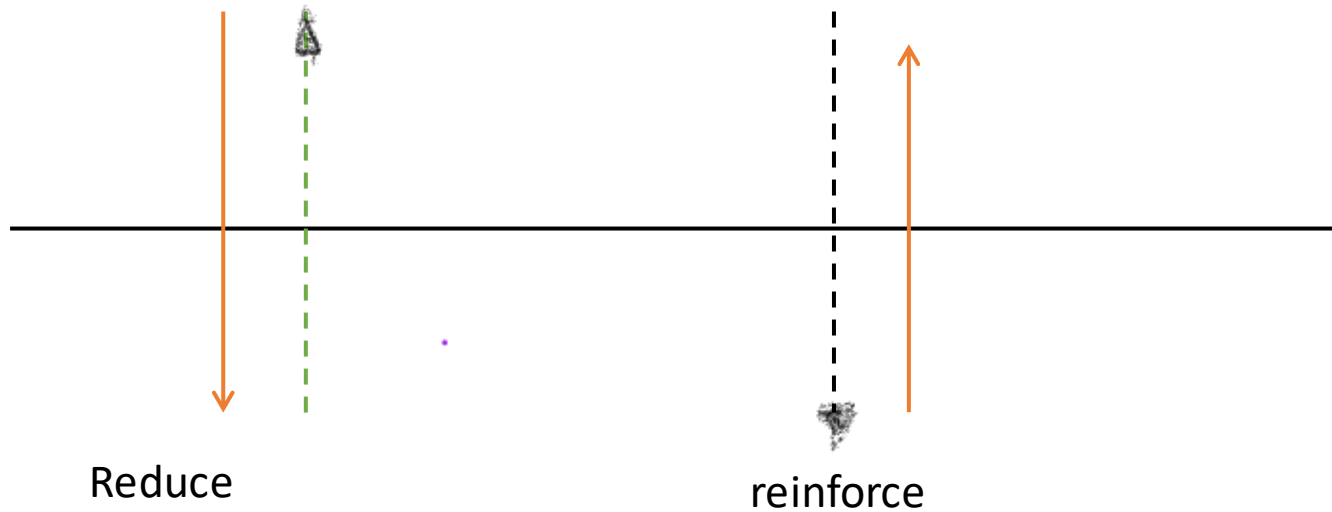
- Tonify: insert the needle when the patient exhale
- Sedate: insert the needle when the patient inhale

4. Keep the hole open or close

- Tonify: close the hole after withdrawal of the needle
- Sedate: open the hole after withdrawal of the needle

5. Rapid and slow insertion and withdrawal of needle

- Tonify: insert the needle slowly and withdraw it rapidly.
- Sedate: insert the needle rapidly and withdraw it slowly.



Saam comprehensive method

- The Saam Comprehensive Method determines the direction of needle rotation based on six factors.
- The yang factors—male, left side, hand, yang meridian, morning, and tonifying—are always positive, corresponding to clockwise rotation and remain unchanged.
- Conversely, the yin factors—female, right side, foot, yin meridian, afternoon, and sedating—are negative, corresponding to counterclockwise rotation and always subject to change.
- “Vortex” direction of moving forward is universe.

6. Saam comprehensive method (woman-reverse)

Clockwise(+)	Contra clockwise (-)
man	woman
Left	Right
hand	Foot
Yang meridian	Yin
morning	afternoon
tonifying	sedate

	Morning	afternoon
Lt. Hand.Yang meridian	Thumb forward is tonify, backward is sedate. *(tonify: 9 times, sedate: 6 times)	Thumb backward is tonify, forward is sedate.
Rt. Hand Yin meridian		
Rt. Foot Yang meridian		
Lt. Foot Yin Meridian		
CV		
Lt. Hand Yin meridian	Thumb backward is tonify, forward is sedate.	Thumb forward is tonify, backward is sedate.
Rt. Hand yang meridian		
Rt. Foot Yin meridian		
Lt. Foot Yang meridian		
GV		

LI11, + Rt

-, -, +, +, -, + CC

<https://www.youtube.com/watch?v=0jHsq36>

NTU

보사 방향은 시계방향과 반시계 방향이지만 거의 흐름은 여자와 남자 일 때 다 똑같이 할 수 없다고 봤다.

- Man/ woman
 - Left/ Right
 - Hand / Foot
 - Yang / yin
 - Morning/ afternoon
 - Tonifying/ sedating
-
- Yang factor (+)—clockwise –thumb forward
 - Yin factor (-) –contra-clockwise –thumb backward.
- + x + = + (clockwise),
 - x - = + (clockwise),
 - x + = - (contra-clockwise)

- 25 years old man comes to VUIM clinic with Rt. Tennis Elbow.
- Treatment: Lt. LI JG
- Man, Lt., yang. morning,

	LI 11 +,	St 36+	LI5-	SI5-
• Man	+,	+	+	+
• Left	+	+	+	+
• Hand	+	-	+	+
• Yang	+	+	+	+
• Morning	+	+	+	+
• Tonify	+	+	-	-

direction
 of rotation + (x9) - (x9) - (x6) -(x 6)



- Man/ woman
- Left/ Right
- Hand / Foot
- Yang / yin
- Morning/ afternoon
- Tonifying/ sedating

- 67 year-old lady comes to vuim clinic. She has dry eyes and cramping legs at night. She visit in the morning.

- Rt. Liver JG

- LR8+, KD 10+, LR4-, LU 8-

• -	-	-	-
• -	-	-	-
• -	-	-	+
• -	-	-	-
• +	+	+	+
• +	+	-	-

+ (x9) +(x9) -(x6) + (x6)



- 78 years old **man** comes to the VUIM intern clinic in the **morning**.
- He had chronic back pain, **Lt** Knee pain and night sweating.

Tonify kd. Rt.

•	KD 7 +, LU8+, SP3- KD3-			
Man	+	+	+	+
Rt	-	-	-	-
H/F	-	+	-	-
Yin	-	-	-	-
Morning	+	+	+	+
T/s	+	+	-	-
	- x 9	+ x 9	+ x 6	+ x 6

- 35 female, afternoon, both migraine. Liver sedation(LV SG)

-

-

-

-

-

-

-

M/F

L/R

H/F

Ya/Yi

A/P

T/S

- LR4+, LU8+, HT8-, LR2-

- - - - -

- - - - -

- - + + -

- - - - -

- - - - -

- + + - -

- - 9 +9 - 6 +6

- Ms. Fairfax has suffered from Lt. shoulder pain since last Christmas. Her Pain is mainly on the back of the shoulder. So you want to use SI Jung Gyuk on the Rt. side. Now is 10:00 AM. Match the rotation direction and the number of rotation for each point.

- 2.08 Points

- SI3(後谿) :

- ----contra-clockwise, 9 timesclockwise, 9 timescontra-clokwise, 6timesclockwise, 6times

- GB41(足臨泣) :

	SI3,	GB41,	SI2,	BL66
• man	-	-	-	-
• left side	-	-	-	-
• hand	+	-	+	-
• yang meridian	+	+	+	+
• morning	+	+	+	+
• tonification	+	+	-	-
•	+x9	-x9	-x6	+ x6

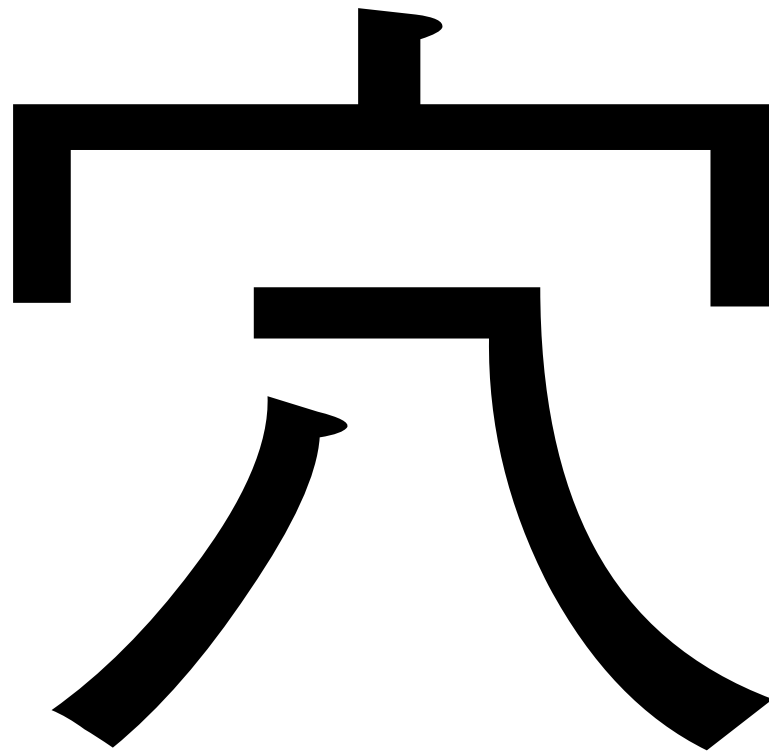
- Vortex:
- The progression of all things follows a **spiraling motion**. Saam understood that the direction of this motion changes according to the **Yin-Yang nature** of each factors. Based on this principle, when performing acupuncture, he determined the needle direction according to the **six conditions of Yin and Yang**.

Clinical Application of Saam Method

1. According to the distribution of meridian.
2. According to Zang fu theory
3. According to 6 Qi theory
4. According to mindpath
5. Others (Rt. Side problem-Qi- treat LU JG on the Lt. side,
Lt. side problem- blood – treat LR JG on the Rt. side)

- How to Examine the point (hole)
you have to feel certain depression under your
examining finger.
- How to insert the needle
- Avoid the point
 1. The patient is startled when you touch the guide
tube to insert needle.
 2. Severe resistance while you are inserting the
needle.
 3. Jammed feeling when you rotate the needle
 4. Eruption around the needle during the needling
- How to rotate

point 點



hole

- 1.(穴, "hole")
- 2.Cave (窟), grotto (洞窟);
3. in geomancy (風水地理), the place where the essence (精氣) of the dragon vein (龍脈) gathers.
4. important points located along the meridians (經絡).