

Contents

Preface	xv
Acknowledgements	xix
Note on the translation of Chinese terms	xxi

PART 1

GENERAL THEORY	1
INTRODUCTION	2

CHAPTER 1 Yin-Yang 3

Historical Development	4
Nature of the Yin-Yang Concept	4
Application of Yin-Yang to Medicine	9
Application of the Four Principles of Yin-Yang to Medicine	11

CHAPTER 2 The Five Elements 19

The Five Elements in Nature	20
The Five Elements in Chinese Medicine	26

CHAPTER 3 The Vital Substances 43

The Concept of Qi in Chinese Philosophy	43
The Concept of Qi in Chinese Medicine	45

CHAPTER 4 The Transformations of Qi 75

The Original Qi as the Motive Force for the Transformation of Qi	75
The Fire of the Gate of Life as the Warmth for the Transformation of Qi	76
The Dynamics and Physiology of the Transformation of Qi	78
The Triple Burner's Transformation of Qi	87
Pathology of Qi Transformation	89

PART 2

THE FUNCTIONS OF THE INTERNAL ORGANS 93

SECTION 1

THE FUNCTIONS OF THE YIN ORGANS	95
INTRODUCTION	96

CHAPTER 5 The Functions of the Internal Organs – Introduction 97

The Internal Organs and the Vital Substances	98
The Internal Organs and the Tissues	98

The Internal Organs and the Sense Organs	98
The Internal Organs and the Emotions	99
The Internal Organs and the Spiritual Aspects	100
The Internal Organs and Climates	101
The External Manifestations of the Internal Organs	101
The Internal Organs and the Fluids	101
The Internal Organs and the Odours	102
The Internal Organs and the Colours	102
The Internal Organs and the Tastes	103
The Internal Organs and the Sounds	103
Yin (Zang) and Yang (Fu) Organs	103

CHAPTER 6 The Functions of the Heart 107

Functions of the Heart	107
Other Heart Relationships	114
Dreams	115
Sayings	115

CHAPTER 7 The Functions of the Liver 117

Functions of the Liver	118
Other Liver Relationships	125
Dreams	126
Sayings	126

CHAPTER 8 The Functions of the Lungs 129

The Functions of the Lungs	130
Other Lung Relationships	140
Dreams	141
Sayings	141

CHAPTER 9 The Functions of the Spleen 143

The Functions of the Spleen	144
Other Spleen Relationships	151
Dreams	151
Sayings	151

CHAPTER 10 The Functions of the Kidneys 155

The functions of the Kidneys	157
Other Kidney relationships	165
Dreams	165
Sayings	165

CHAPTER 11 The Functions of the Pericardium 169

- The Pericardium as an organ 169
- The Pericardium as a channel 170
- The Pericardium and the Mind-Spirit 171
- Relationship between the Pericardium and the Minister Fire 171
- Relationship between the Pericardium and the Uterus 172

CHAPTER 12 Yin Organ Interrelationships 175

- Heart and Lungs 175
- Heart and Liver 176
- Heart and Kidneys 177
- Liver and Lungs 179
- Liver and Spleen 181
- Liver and Kidneys 181
- Spleen and Lungs 182
- Spleen and Kidneys 183
- Lungs and Kidneys 183
- Spleen and Heart 184

SECTION 2

THE FUNCTIONS OF THE YANG ORGANS 189

INTRODUCTION 190

CHAPTER 13 The Functions of the Stomach 193

- The Stomach Controls Receiving 193
- The Stomach Controls The 'Rotting and Ripening' Of Food 194
- The Stomach Controls the Transportation of Food Essences 194
- The Stomach Controls the Descending of Qi 196
- The Stomach is the Origin of Fluids 197
- Other Aspects of the Stomach 197

CHAPTER 14 The Functions of the Small Intestine 201

- The Small Intestine Controls Receiving and Transforming 201
- The Small Intestine Separates Fluids 202
- Other Aspects of the Small Intestine 202

CHAPTER 15 The Functions of the Large Intestine 205

- The Large Intestine Controls Passage and Conduction 205
- The Large Intestine Transforms Stools and Reabsorbs Fluids 206
- Other Aspects of the Large Intestine 206

CHAPTER 16 Functions of the Gall Bladder 209

- The Gall Bladder Stores and Excretes Bile 209
- The Gall Bladder Controls Decisiveness 210
- The Gall Bladder Controls the Sinews 211
- Other Aspects of the Gall Bladder 211

CHAPTER 17 The Functions of the Bladder 215

- The Bladder Removes Water by Qi Transformation 215
- Other Aspects of the Bladder 216

CHAPTER 18 The Functions of the Triple Burner 219

- Functions of the Triple Burner 219
- Four Views of the Triple Burner 223
- Other Aspects of the Triple Burner 229

SECTION 3

THE FUNCTIONS OF THE SIX EXTRAORDINARY YANG ORGANS 233

INTRODUCTION 234

CHAPTER 19 The Functions of the Six Extraordinary Yang Organs (the Four Seas) 235

- The Uterus 235
- The Brain 240
- Marrow 241
- The Bones 242
- The Blood Vessels 243
- The Gall Bladder 243
- The Four Seas 243

PART 3

THE CAUSES OF DISEASE 247

INTRODUCTION 248

CHAPTER 20 Internal Causes of Disease 251

- Anger 259
- Joy 261
- Sadness 261
- Worry 263
- Pensiveness 264
- Fear 264
- Shock 265

CHAPTER 21 External Causes of Disease 267

- Climate as a Cause of Disease 268
- Bacteria and Viruses in Relation to 'Wind' 269
- Historical Background 270
- Climatic Factors as Patterns of Disharmony 271
- Artificial 'Climates' as Causes of Disease 272
- Pathology and Clinical Manifestations of Exterior Pathogenic Factors 272
- Aversion to Cold and Fever 274
- Symptoms and Signs of Exterior Pathogenic Factors 276
- Patterns 276
- Consequences of Invasion of Exterior Pathogenic Factors 277

CHAPTER 22 Miscellaneous Causes of Disease 279

- Weak Constitution 279
- Overwork 283

- Excessive Physical Work (and Lack of Exercise) 284
 Excessive Sexual Activity 285
 Diet 290
 Trauma 292
 Parasites and Poisons 292
 Wrong Treatment 293
 Medicinal Drugs 293
 Drugs 294

PART 4

DIAGNOSIS 297

INTRODUCTION 298

CHAPTER 23 Diagnosis by Observation 301

- Introduction 301
 Spirit 306
 Body 307
 Demeanour and Body Movements 313
 Head and Face 313
 Eyes 317
 Nose 318
 Ears 319
 Mouth and Lips 319
 Teeth and Gums 319
 Throat 320
 Limbs 321
 Skin 324
 Tongue 324
 Channels 331

CHAPTER 24 Diagnosis by Interrogation 335

- Nature of Diagnosis by Interrogation 337
 Nature of 'Symptoms' in Chinese Medicine 337
 The Art of Interrogation: Asking the Right Questions 338
 Terminology Problems in Interrogation 338
 Procedure for Interrogation 339
 Identification of Patterns and Interrogation 339
 Tongue and Pulse Diagnosis: Integration with Interrogation 340
 The 10 Traditional Questions 340
 Three New Questions for Western Patients 341
 The 16 Questions 342

CHAPTER 25 Diagnosis by Palpation 373

- Pulse Diagnosis 374
 Palpating the Skin 389
 Palpating the Limbs 390
 Palpating the Chest 392
 Palpating the Abdomen 394
 Palpating Points 394

CHAPTER 26 Diagnosis by Hearing and Smelling 397

- Diagnosis by Hearing 397
 Diagnosis by Smelling 399

PART 5

PATHOLOGY 401

INTRODUCTION 402

CHAPTER 27 The Pathology of Full and Empty Conditions 403

- Introduction 403
 Nature of 'Pathogenic Factor' in Chinese Medicine 403
 Full Conditions 411
 Empty Conditions 411
 Full/Empty Conditions 412
 Interaction between Pathogenic Factors and Upright Qi 415

CHAPTER 28 The Pathology of Yin–Yang Imbalance 419

- Imbalance of Yin and Yang 419
 Yin–Yang Imbalance and Heat–Cold Patterns 420
 Transformation and Interaction between Yin and Yang 420
 Excess of Yang 421
 Deficiency of Yang 421
 Excess of Yin 422
 Deficiency of Yin 422
 Principles of Treatment 423

CHAPTER 29 Pathology of the Qi Mechanism 425

- Pathology of the Ascending/Descending of Qi 426
 Pathology of the Entering/Exiting of Qi 432

PART 6

IDENTIFICATION OF PATTERNS 439

INTRODUCTION 440

SECTION 1

IDENTIFICATION OF PATTERNS ACCORDING TO THE EIGHT PRINCIPLES AND QI–BLOOD–BODY FLUIDS 447

INTRODUCTION 448

CHAPTER 30 Identification of Patterns according to the Eight Principles 451

- Exterior–Interior 453
 Hot–Cold 455
 Combined Hot and Cold 460
 Full–Empty 461
 Yin–Yang 465

CHAPTER 31 Identification of Patterns according to Qi–Blood–Body Fluids 469

- Qi Pattern Identification 470
 Blood Pattern Identification 471
 Body Fluid Pattern Identification 476

SECTION 2**IDENTIFICATION OF PATTERNS ACCORDING****TO THE INTERNAL ORGANS 483****INTRODUCTION 484****CHAPTER 32 Heart Patterns 489**

General aetiology 490

Deficiency Patterns 491

Excess Patterns 500

Deficiency-Excess Patterns 510

Combined Patterns 513

CHAPTER 33 Pericardium Patterns 515

The pericardium in invasions of exterior pathogenic factors 515

The pericardium as the 'house' of the mind 518

The pericardium as the 'centre of the thorax' 524

CHAPTER 34 Liver Patterns 529

General Aetiology 530

Full Patterns 532

Empty Patterns 548

Full/Empty Patterns 552

Combined Patterns 559

CHAPTER 35 Lung Patterns 571

General Aetiology 572

Empty Patterns 573

Full Patterns: Exterior 579

Full Patterns: Interior 584

Combined Patterns 594

CHAPTER 36 Spleen Patterns 597

General Aetiology 598

Empty Patterns 599

Full Patterns 608

Combined Patterns 612

CHAPTER 37 Kidney Patterns 621

General Aetiology 623

Empty Patterns 625

Empty/Full Patterns 635

Combined Patterns 640

CHAPTER 38 Stomach Patterns 651

General Aetiology 653

Empty Patterns 655

Full Patterns 660

Combined Patterns 672

CHAPTER 39 Small Intestine Patterns 677

General Aetiology 677

Full Patterns 678

Empty Pattern 684

CHAPTER 40 Large Intestine Patterns 687

General Aetiology 687

Full Patterns 688

Empty Patterns 697

CHAPTER 41 Gall Bladder Patterns 703

General Aetiology 703

Full Patterns 704

Empty Patterns 708

Combined Patterns 710

CHAPTER 42 Bladder Patterns 713

General Aetiology 713

Full Patterns 714

Empty Patterns 718

SECTION 3**IDENTIFICATION OF PATTERNS ACCORDING TO****PATHOGENIC FACTORS 723****INTRODUCTION 724****CHAPTER 43 Identification of Patterns According to****Pathogenic Factors 725**

Wind 727

Cold 732

Summer-Heat 736

Dampness 737

Dryness 743

Fire 745

CHAPTER 44 Identification of Patterns According to the Six**Stages 751**

Greater Yang Stage 753

Channel Patterns 754

Organ Patterns 756

Bright Yang Stage 757

Lesser Yang (*Shao Yang*) Stage 759Greater Yin (*Tai Yin*) Stage 760Lesser Yin (*Shao Yin*) Stage 761Terminal Yin (*Jue Yin*) Stage 762**CHAPTER 45 Identification of Patterns According to the****Four Levels 765**Defensive Qi (*Wei*) Level 770

Qi Level 773

Nutritive Qi (*Ying*) Level 775
 Blood Level 776
 Latent Heat 779
 Relationships between the Four Levels, Six Stages and Three Burners 781

CHAPTER 46 Identification of Patterns According to the Three Burners 787

Upper Burner 787
 Middle Burner 789
 Lower Burner 790

SECTION 4 793

IDENTIFICATION OF PATTERNS ACCORDING TO THE 12 CHANNELS, EIGHT EXTRAORDINARY VESSELS AND FIVE ELEMENTS 793

INTRODUCTION 794

CHAPTER 47 Identification of Patterns According to the 12 Channels 795

CHAPTER 48 Identification of Patterns According to the Eight Extraordinary Vessels 807

Governing Vessel (*Du Mai*) 807
 Directing Vessel (*Ren Mai*) 808
 Penetrating Vessel (*Chong Mai*) 809
 Combined Directing and Penetrating Vessel Patterns 810
 Girdle Vessel (*Dai Mai*) 815
 Yin Stepping Vessel (*Yin Qiao Mai*) 816
 Yang Stepping Vessel (*Yang Qiao Mai*) 817
 Yin Linking Vessel (*Yin Wei Mai*) 817
 Yang Linking Vessel (*Yang Wei Mai*) 818

CHAPTER 49 Identification of Patterns According to the Five Elements 821

Generating Sequence Patterns 821
 Overacting Sequence Patterns 822
 Insulting Sequence Patterns 823

PART 7

THE ACUPUNCTURE POINTS 825

INTRODUCTION 826

SECTION 1

CATEGORIES OF POINTS 827

INTRODUCTION 828

CHAPTER 50 The Five Transporting Points (*Shu* Points) 829

Energetic Actions of the Five Transporting Points 832
 Actions of the Five Transporting Points From the Classics 834
 Summary 839

CHAPTER 51 The Functions of Specific Categories of Points 845

Source (*Yuan*) Points 845
 Connecting (*Luo*) Points 848
 Back Transporting (*Shu*) Points 853
 Front Collecting (*Mu*) Points 857
 Accumulation (*Xi*) Points 858
 Gathering (*Hui*) Points 859
 Points of the Four Seas 859
 Window of Heaven Points 860
 12 Heavenly Star Points of Ma Dan Yang 862
 Sun Si Miao's 13 Ghost Points 862
 Points of the Eye System (*Mu Xi*) 863
 Five Command Points 864

CHAPTER 52 The Eight Extraordinary Vessels – Introduction 867

Introduction 868
 Functions of the Extraordinary Vessels 868
 Energetic dynamics of the extraordinary vessels 874
 Clinical Use of the Extraordinary Vessels 880

CHAPTER 53 The Eight Extraordinary Vessels 889

Governing Vessel (*Du Mai*) 892
 Directing Vessel (*Ren Mai*) 897
 Penetrating Vessel (*Chong Mai*) 902
 Girdle Vessel (*Dai Mai*) 918
 Yin Stepping Vessel (*Yin Qiao Mai*) 922
 Yang Stepping Vessel (*Yang Qiao Mai*) 925
 Combined Yin and Yang Stepping Vessel Pathology 929
 Yin Linking Vessel (*Yin Wei Mai*) 931
 Yang Linking Vessel (*Yang Wei Mai*) 934
 Combined Yin and Yang Linking Vessel Pathology 936

SECTION 2

THE FUNCTIONS OF THE POINTS 941

INTRODUCTION 942

CHAPTER 54 Lung Channel 949

LU-1 Zhongfu Central Palace 949
 LU-2 Yunmen Cloud Door 950
 LU-3 Tianfu Heavenly Palace 951
 LU-5 Chize Foot Marsh 952
 LU-6 Kongzui Convergence Hole 953
 LU-7 Lieque Branching Cleft 954
 LU-8 Jingqu River [Point] Ditch 956
 LU-9 Taiyuan Supreme Abyss 956
 LU-10 Yuji Fish Border 957
 LU-11 Shaoshang Lesser Metal 958

CHAPTER 55 Large Intestine Channel 961

L.I.-1 Shangyang Metal Yang 962
 L.I.-2 Erjian Second Interval 962

- L.I.-3 Sanjian *Third Interval* 963
 L.I.-4 Hegu *Enclosed Valley* 963
 L.I.-5 Yangxi *Yang Stream* 964
 L.I.-6 Pianli *Lateral Passage* 965
 L.I.-7 Wenliu *Warm Gathering* 965
 L.I.-10 Shousanli *Arm Three Miles* 966
 L.I.-11 Quchi *Pool on Bend* 967
 L.I.-12 Zhouliao *Elbow Crevice* 968
 L.I.-14 Binao *Upper Arm* 968
 L.I.-15 Jianyu *Shoulder Bone* 968
 L.I.-16 Jugu *Great Bone* 969
 L.I.-17 Tianding *Heaven's Tripod* 969
 L.I.-18 Futu *Support the Protuberance* 969
 L.I.-20 Yingxiang *Welcome Fragrance* 970

CHAPTER 56 Stomach Channel 973

- ST-1 Chengqi *Containing Tears* 974
 ST-2 Sibai *Four Whites* 974
 ST-3 Juliao *Great Crevice* 975
 ST-4 Dicang *Earth Granary* 975
 ST-6 Jiache *Jaw Chariot* 976
 ST-7 Xiaguan *Lower Gate* 976
 ST-8 Touwei *Head Corner* 977
 ST-9 Renying *Person's Welcome* 977
 ST-12 Quepen *Empty Basin* 978
 ST-18 Rugen *Breast Root* 978
 ST-19 Burong *Full* 979
 ST-20 Chengman *Supporting Fullness* 979
 ST-21 Liangmen *Beam Door* 979
 ST-22 Guanmen *Pass Gate* 980
 ST-25 Tianshu *Heavenly Pivot* 980
 ST-27 Daju *Big Greatness* 981
 ST-28 Shuidao *Water Passages* 982
 ST-29 Guilai *Return* 982
 ST-30 Qichong *Penetrating Qi* 983
 ST-31 Biguan *Thigh Gate* 984
 ST-32 Futu *Crouching Rabbit* 984
 ST-34 Liangqiu *Beam Mound* 985
 ST-35 Dubi *Calf Nose* 985
 ST-36 Zusanli *Three Miles of the Foot* 985
 ST-37 Shangjuxu *Upper Great Emptiness* 987
 ST-38 Tiaokou *Narrow Opening* 987
 ST-39 Xiajuxu *Lower Great Emptiness* 988
 ST-40 Fenglong *Abundant Bulge* 988
 ST-41 Jiexi *Dispersing Stream* 989
 ST-42 Chongyang *Penetrating Yang* 990
 ST-43 Xiangu *Sinking Valley* 990
 ST-44 Neiting *Inner Courtyard* 991
 ST-45 Lidui *Sick Mouth* 991

CHAPTER 57 Spleen Channel 995

- SP-1 Yinbai *Hidden White* 995
 SP-2 Dadu *Big Capital* 996
 SP-3 Taibai *Supreme White* 997
 SP-4 Gongsun *Minute Connecting Channels* 998
 SP-5 Shangqiu *Metal Mound* 999

- SP-6 Sanyinjiao *Three Yin Meeting* 1000
 SP-8 Dijì *Earth Pivot* 1001
 SP-9 Yinlingquan *Yin Mound Spring* 1002
 SP-10 Xuehai *Sea of Blood* 1003
 SP-12 Chongmen *Penetrating Door* 1004
 SP-15 Daheng *Big Horizontal Stroke* 1004
 SP-21 Dabao *General Control* 1005

CHAPTER 58 Heart Channel 1007

- HE-1 Jiquan *Supreme Spring* 1007
 HE-3 Shaohai *Lesser-Yin Sea* 1008
 HE-4 Lingdao *Spirit Path* 1008
 HE-5 Tongli *Inner Communication* 1009
 HE-6 Yinxi *Yin Crevice* 1010
 HE-7 Shenmen *Mind Door* 1010
 HE-8 Shaofu *Lesser-Yin Mansion* 1012
 HE-9 Shaochong *Lesser-Yin Penetrating* 1013

CHAPTER 59 Small Intestine Channel 1015

- S.I.-1 Shaoze *Lesser Marsh* 1016
 S.I.-2 Qianqu *Front Valley* 1016
 S.I.-3 Houxi *Back Stream* 1017
 S.I.-4 Wangu *Wrist Bone* 1018
 S.I.-5 Yanggu *Yang Valley* 1019
 S.I.-6 Yanglao *Nourishing the Elderly* 1019
 S.I.-7 Zhizheng *Branch to Heart Channel* 1020
 S.I.-8 Xiaohai *Small Intestine Sea* 1020
 S.I.-9 Jianzhen *Upright Shoulder* 1021
 S.I.-10 Naoshu *Humerus Transporting Point* 1021
 S.I.-11 Tianzong *Heavenly Attribution* 1021
 S.I.-12 Bingfeng *Watching Wind* 1022
 S.I.-13 Quyuan *Bent Wall* 1022
 S.I.-14 Jianwaishu *Transporting Point of the Outside of the Shoulder* 1023
 S.I.-15 Jianzhongshu *Transporting Point of the Centre of the Shoulder* 1023
 S.I.-16 Tianchuang *Heavenly Window* 1024
 S.I.-17 Tianrong *Heavenly Appearance* 1024
 S.I.-18 Quanliao *Zygoma Crevice* 1025
 S.I.-19 Tinggong *Listening Palace* 1025

CHAPTER 60 Bladder Channel 1027

- BL-1 Jingming *Eye Brightness* 1027
 BL-2 Zanzhu (or Cuanzhu) *Gathered Bamboo* 1029
 BL-5 Wuchu *Five Places* 1029
 BL-7 Tongtian *Penetrating Heaven* 1029
 BL-9 Yuzhen *Jade Pillow* 1030
 BL-10 Tianzhu *Heaven Pillar* 1030
 BL-11 Dazhu *Big Shuttle* 1031
 Fengmen BL-12 *Wind Door* 1033
 BL-13 Feishu *Lung Back Transporting Point* 1034
 BL-14 Jueyinshu *Terminal Yin Back Transporting Point* 1035
 BL-15 Xinshu *Heart Back Transporting Point* 1035
 BL-16 Dushu *Governing Vessel Back Transporting Point* 1036

BL-17 Geshu <i>Diaphragm Back Transporting Point</i>	1036
BL-18 Ganshu <i>Liver Back Transporting Point</i>	1037
BL-19 Danshu <i>Gall Bladder Back Transporting Point</i>	1038
BL-20 Pishu <i>Spleen Back Transporting Point</i>	1039
BL-21 Weishu <i>Stomach Back Transporting Point</i>	1039
BL-22 Sanjiaoshu <i>Triple Burner Back Transporting Point</i>	1040
BL-23 Shenshu <i>Kidney Back Transporting Point</i>	1041
BL-24 Qihai <i>Sea of Qi Back Transporting Point</i>	1043
BL-25 Dachangshu <i>Large Intestine Back Transporting Point</i>	1043
BL-26 Guanyuanshu <i>Origin Gate Back Transporting Point</i>	1044
BL-27 Xiaochangshu <i>Small Intestine Back Transporting Point</i>	1044
BL-28 Pangguangshu <i>Bladder Back Transporting Point</i>	1045
BL-30 Baihuanshu <i>White Ring Transporting Point</i>	1045
BL-32 Ciliao <i>Second Crevice</i>	1046
BL-36 Chengfu <i>Receiving Support</i>	1046
BL-37 Yinmen <i>Huge Gate</i>	1047
BL-39 Weiyang <i>Supporting Yang</i>	1047
BL-40 Weizhong <i>Supporting Middle</i>	1047
BL-42 Pihu <i>Door of the Corporeal Soul</i>	1048
BL-43 Gaohuangshu (or Gaohuang) <i>Transporting Point of Gaohuang</i>	1049
BL-44 Shentang <i>Mind Hall</i>	1050
BL-47 Hunmen <i>Door of the Ethereal Soul</i>	1050
BL-49 Yishe <i>Intellect Abode</i>	1051
BL-51 Huangmen <i>Door of Gaohuang</i>	1052
BL-52 Zhishi <i>Room of Will-Power</i>	1052
BL-53 Baohuang <i>Bladder Vitals</i>	1053
BL-54 Zhibian <i>Lowermost Edge</i>	1054
BL-57 Chengshan <i>Supporting Mountain</i>	1055
BL-58 Feiyang <i>Flying Up</i>	1055
BL-59 Fuyang <i>Instep Yang</i>	1056
BL-60 Kunlun <i>Kunlun (Mountains)</i>	1056
BL-62 Shenmai <i>Ninth Channel</i>	1057
BL-63 Jinmen <i>Golden Door</i>	1058
BL-64 Jinggu <i>Capital Bone</i>	1058
BL-65 Shugu <i>Binding Bone</i>	1059
BL-66 Tonggu <i>Passing Valley</i>	1059
BL-67 Zhiyin <i>Reaching Yin</i>	1060

CHAPTER 61 Kidney Channel 1063

KI-1 Yongquan <i>Bubbling Spring</i>	1063
KI-2 Rangu <i>Blazing Valley</i>	1064
KI-3 Taixi <i>Greater Stream</i>	1065
KI-4 Dazhong <i>Big Bell</i>	1066
KI-5 Shuiquan <i>Water Spring</i>	1066
KI-6 Zhaozhai <i>Shining Sea</i>	1067
KI-7 Fuliu <i>Returning Current</i>	1068
KI-8 Jiaoxin <i>Meeting the Spleen Channel</i>	1068
KI-9 Zhubin <i>Guest House</i>	1069
KI-10 Yingu <i>Yin Valley</i>	1069
KI-11 Henggu <i>Pubic Bone</i>	1070
KI-12 Dahe <i>Big Glory</i>	1070
KI-13 Qixue <i>Qi Hole</i>	1071

KI-14 Siman <i>Four Fullnesses</i>	1072
KI-16 Huangshu <i>Transporting Point of 'Huang'</i>	1073
KI-17 Shangqu <i>Bent Metal</i>	1073
KI-21 Youmen <i>Door of Darkness</i>	1074
KI-23 Shenfeng <i>Mind Seal</i>	1075
KI-24 Lingxu <i>Spirit Burial Ground</i>	1075
KI-25 Shencang <i>Mind Storage</i>	1075
KI-27 Shufu <i>Transporting Point Mansion</i>	1076

CHAPTER 62 Pericardium Channel 1079

P-1 Tianchi <i>Heavenly Pool</i>	1079
P-3 Quze <i>Marsh on Bend</i>	1080
P-4 Ximen <i>Cleft Door</i>	1081
P-5 Jianshi <i>Intermediary</i>	1081
P-6 Neiguan <i>Inner Gate</i>	1082
P-7 Daling <i>Great Hill</i>	1083
P-8 Laogong <i>Labour Palace</i>	1084
P-9 Zhongchong <i>Centre Rush</i>	1085

CHAPTER 63 Triple Burner Channel 1087

T.B.-1 Guanchong <i>Penetrating the Gate</i>	1088
T.B.-2 Yemen <i>Fluid Door</i>	1089
T.B.-3 Zhongzhu <i>Middle Islet</i>	1089
T.B.-4 Yangchi <i>Yang Pond</i>	1090
T.B.-5 Waiguan <i>Outer Gate</i>	1091
T.B.-6 Zhigou <i>Branching Ditch</i>	1092
T.B.-7 Huizong <i>Converging Channels</i>	1093
T.B.-8 Sanyangluo <i>Connecting Three Yang</i>	1093
T.B.-10 Tianjing <i>Heavenly Well</i>	1094
T.B.-13 Naohui <i>Shoulder Convergence</i>	1094
T.B.-14 Jianliao <i>Shoulder Crevice</i>	1095
T.B.-15 Tianliao <i>Heavenly Crevice</i>	1095
T.B.-16 Tianyou <i>Window of Heaven</i>	1096
T.B.-17 Yifeng <i>Wind Screen</i>	1096
T.B.-21 Ermen <i>Ear Door</i>	1096
T.B.-23 Sizhukong <i>Silk Bamboo Hole</i>	1097

CHAPTER 64 Gall Bladder Channel 1099

G.B.-1 Tongziliao <i>Pupil Crevice</i>	1100
G.B.-2 Tinghui <i>Hearing Convergence</i>	1100
G.B.-4 Hanyan <i>Jaw Serenity</i>	1101
G.B.-5 Xuanlu <i>Hanging Skull</i>	1101
G.B.-6 Xuanli <i>Deviation From Hanging Skull</i>	1101
G.B.-8 Shuaigu <i>Leading Valley</i>	1102
G.B.-9 Tianchong <i>Penetrating Heaven</i>	1102
G.B.-11 Touqiaoyin (Head) <i>Yin Orifices</i>	1103
G.B.-12 Wangu <i>Whole Bone</i>	1103
G.B.-13 Benshen <i>Mind Root</i>	1104
G.B.-14 Yangbai <i>Yang White</i>	1105
G.B.-15 Linqi <i>Falling Tears</i>	1105
G.B.-17 Zhengying <i>Top Convergence</i>	1106
G.B.-18 Chengling <i>Spirit Receiver</i>	1106
G.B.-19 Naokong <i>Brain Cavity</i>	1106
G.B.-20 Fengchi <i>Wind Pool</i>	1107
G.B.-21 Jianjing <i>Shoulder Well</i>	1108

- G.B.-22 Yuanye *Axilla Abyss* 1109
 G.B.-24 Riyue *Sun and Moon* 1109
 G.B.-25 Jingmen *Capital Door* 1110
 G.B.-26 Daimai *Girdle Vessel* 1110
 G.B.-29 Juliao *Squatting Crevice* 1110
 G.B.-30 Huantiao *Jumping Circle* 1111
 G.B.-31 Fengshi *Wind Market* 1112
 G.B.-33 Xiyangguan *Knee Yang Gate* 1112
 G.B.-34 Yanglingquan *Yang Hill Spring* 1112
 G.B.-35 Yangjiao *Yang Crossing* 1113
 G.B.-36 Waiqu *Outer Mound* 1113
 G.B.-37 Guangming *Brightness* 1114
 G.B.-38 Yangfu *Yang Aid* 1114
 G.B.-39 Xuanzhong *Hanging Bell* 1115
 G.B.-40 Qixu *Mound Ruins* 1115
 G.B.-41 Zulingqi (Foot) *Falling Tears* 1116
 G.B.-43 Xiashi *Stream Insertion* 1116
 G.B.-44 Zuqiaoyin (Foot) *Yin Orifice* 1117

CHAPTER 65 Liver Channel 1119

- LIV-1 Dadun *Big Mound* 1120
 LIV-2 Xingjian *Temporary in-Between* 1120
 LIV-3 Taichong *Bigger Penetrating* 1121
 LIV-4 Zhongfeng *Middle Seal* 1123
 LIV-5 Ligou *Gourd Ditch* 1123
 LIV-6 Zhongdu *Middle Capital* 1124
 LIV-7 Xiguan *Knee Gate* 1124
 LIV-8 Ququan *Spring on Bend* 1124
 LIV-13 Zhangmen *Completion Gate* 1125
 LIV-14 Qimen *Cyclic Gate* 1125

CHAPTER 66 Directing Vessel (Ren Mai) 1129

- REN-1 Huiyin *Meeting of Yin* 1129
 REN-2 Qugu *Curved Bone* 1130
 REN-3 Zhongji *Middle Pole* 1131
 REN-4 Guanyuan *Gate to the Original Qi* 1132
 REN-5 Shimen *Stone Door* 1133
 REN-6 Qihai *Sea of Qi* 1134
 REN-7 Yinjiao *Yin Crossing* 1135
 REN-8 Shenque *Spirit Palace* 1136
 REN-9 Shuifen *Water Separation* 1138
 REN-10 Xiawan *Lower Epigastrium* 1138
 REN-11 Jianli *Building Mile* 1139
 REN-12 Zhongwan *Middle of Epigastrium* 1139
 REN-13 Shangwan *Upper Epigastrium* 1140
 REN-14 Juque *Great Palace* 1141
 REN-15 Jiawei *Dove Tail* 1142
 REN-17 Shanzhong (or Tanzhong) *Middle of Chest* 1143
 REN-22 Tiantu *Heaven Projection* 1144
 REN-23 Lianquan *Corner Spring* 1144
 REN-24 Chengjiang *Saliva Receiver* 1144

CHAPTER 67 Governing Vessel 1147

- Du-1 Changqiang *Long Strength* 1148
 Du-2 Yaoshu *Transporting Point of Lower Back* 1148

- Du-3 Yaoyangguan *Lumbar Yang Gate* 1148
 Du-4 Mingmen *Gate of Life* 1149
 Du-8 Jinsuo *Tendon Spasm* 1150
 Du-9 Zhiyang *Reaching Yang* 1151
 Du-11 Shendao *Mind Way* 1151
 Du-12 Shenzhu *Body Pillar* 1151
 Du-13 Taodao *Kiln Way* 1152
 Du-14 Dazhui *Big Vertebra* 1152
 Du-15 Yamen *Door to Dumbness* 1153
 Du-16 Fengfu *Wind Palace* 1154
 Du-17 Naohu *Brain Window* 1154
 Du-19 Houding *Posterior Vertex* 1155
 Du-20 Baihui *Hundred Meetings* 1155
 Du-23 Shangxing *Upper Star* 1156
 Du-24 Shenting *Mind Courtyard* 1156
 Du-26 Renzhong *Middle of Person* 1157

CHAPTER 68 Extra Points 1159

- Sishencong *Four Mind Alertness* 1159
 Yintang *Seal Hall* 1159
 Taiyang *Greater Yang* 1160
 Yuyao *Fish Spine* 1160
 Bitong *Free Nose Passages* 1161
 Jingzhong *Middle of Periods* 1161
 Qimen *Door of Qi* 1161
 Zigong *Palace of Child* 1162
 Tituo *Lift and Support* 1162
 Dingchuan *Stopping Asthma* 1162
 Jinggong *Palace of Essence* 1163
 Huatuojiayi *Hua Tuo Back Filling Points* 1163
 Shiqizhuixia *Below the 17th Vertebra* 1164
 Jianneiling *Inner Shoulder Mound* 1164
 Baxie *Eight Pathogenic Factors* 1165
 Sifeng *Four Cracks* 1165
 Shixuan *Ten Declarations* 1166
 Xiyan *Knee Eyes* 1166
 Dannangxue *Gall Bladder Point* 1167
 Lanweixue *Appendix Point* 1167
 Bafeng *Eight Winds* 1167

PART 8

PRINCIPLES OF TREATMENT 1169

INTRODUCTION 1170

CHAPTER 69 Principles of Treatment 1171

- The Root and the Manifestation (*Ben and Biao*) 1173
 When to Tonify Upright Qi, When to Expel Pathogenic Factors 1178
 Differences between Acupuncture and Herbal Therapy in the Application of the Treatment Principle 1184

CHAPTER 70 Principles of Combination of Points 1191

- Balancing Distal and Local Points 1195
 Balancing Upper and Lower Parts of the Body 1202
 Balancing Left and Right 1204

Balancing Yin and Yang 1206
Balancing Front and Back 1207

Appendix 1: Prescriptions 1209

Appendix 2: Glossary of Chinese Terms 1231

Appendix 3: Chronology of Chinese Dynasties 1241

Appendix 4: Bibliography 1243

Appendix 5: The Classics of Chinese Medicine 1249

Appendix 6: Self-Assessment Answers 1255

Index 1267

Almost 27 years since I started writing the first edition of the *Foundations of Chinese Medicine*, this book has become very popular with students and it has been adopted as a textbook by many acupuncture colleges all over the world. The first edition is a revision of the second edition published in 2005.

With time lapses, this book is intended to give the foundations of the principles of Chinese medicine; it is not only the foundation in the pursuit of learning the ancient art. There are of course very many different traditions of Chinese medicine and especially acupuncture; I hope that this book can provide a foundation from which a practitioner can build and branch out in different directions.

For multi sources discussed in the bibliography, for the book art master Chinese medicine and some great ones and in particular the Yellow Emperor's *Classic of Internal Medicine* (Simple Questions, Six Difficulties, *Shang Han Lun* and the *Chiao Ching* (Difficulties of the Yang). I have tried to present the theory of Chinese medicine from Chinese books but I have also occasionally presented my own experience gleaned from nearly 40 years of practice. Whenever I present my own experience, I provide this with the statement 'My experience is "in my opinion".'

I have also mentioning the main changes made in the second edition.

1. An expanded discussion of the functions of the *Foundations*.

2. An expanded discussion of the functions and nature of the *Triclinic Barrier*.

3. An expanded discussion of external pathogenic factors both as causes of disease and as patterns.

4. An expanded section on diagnosis.

5. A new section on pathology (chapters 27, 28 and 29).

6. A complete revision of the clinical manifestations of the patterns of the Internal Organs with a clearer distinction between Yin deficiency and

Yang deficiency for each organ and the addition of herbal prescriptions for each pattern.

7. An expanded discussion of the identification of Patterns according to the 4 Stages of Onset and 4 Barriers.

8. A greatly expanded discussion of the nature, location, and clinical application of the 8 Extraordinary Vessels.

9. The discussion of categories of points not previously discussed (e.g. points of the 4 Seas, Whirls of Heaven points, 12 Heavenly Star points, Six Shao's Great points, points of the 12 Shao and 7 Conventional points).

10. A complete revision of the functions of the points with a new listing of 4 kinds of manifestations and the addition of some points not previously discussed.

11. An expanded discussion of the pathways of combined and acupuncture points.

The second revision made the following changes or additions to the 2005 edition.

1. New 200 new figures throughout the book.

2. New self-assessment tests to help students to check their skills.

3. New diagrams with self-assessment tests.

4. New diagrams illustrating the acupuncture and diagnosis of the Internal Organ patterns.

5. New guidelines with figures as to how to find the points of the Internal Organs in a logical, simple way according to the normalisation.

6. More clinical notes throughout the text.

7. More acupuncture point combinations with analysis of points actions.

8. More case histories.

9. Location of acupuncture points mentioned.

The reader will notice that I do not use the term 'Traditional Chinese Medicine' (TCM) any more as I personally do not agree with this term. It is a term that