

# Point Selection for the Root Treatment

The Hari Society

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# Treatment point selection

(*Nan Jing* chapter 68, 69, 75)

- ◆ The point selection principles for the root treatment that was just mentioned take as their basis of argument chapter 69 of the *Nan Jing*.
- ◆ These point selection methods do not all rely simply upon the application of the five phases theory. The points selected by these methods are based upon their qualities and associated pathologies, as derived from the visceral manifestations.

# *Nan Jing* Chapter 69

- ◆ For deficiency, tonify the mother
- ◆ For excess, disperse the child
- ◆ First tonify deficiency, and then disperse excess
- ◆ When there is neither deficiency nor excess, treat the diseased meridian

# For Deficiency

- ◆ According to this method: for LR df., tonify the KD. Moreover, as there are points within each meridian that have the five phase characteristics, the generating cycle relationship concept should also be applied to the selection of individual points.

# For Excess

- ◆ For dispersing excess, use the child. Thus: in the case of LR excess, disperse the HT.
- ◆ This principle extends to the selection of individual five phase points within each meridian as well.

# First tonify deficiency, and then disperse excess

- ◆ All illnesses start from a deficiency of essential ki, and so as a general rule tonification of deficiency should be performed first, and then dispersal of excess if needed.

## When there is neither deficiency nor excess, treat the diseased meridian

- ◆ There is no such thing as an illness that has neither deficiency nor excess, and so the meaning of this phrase is that of a meridian that is diseased alone, in which case that illness has not occurred due to the influence of deficiency or excess in any other organs or meridians.
- ◆ For example, if the Liver channel is the diseased channel, then the wood point within the Liver channel should be used as the treatment point.

# LR Deficiency Pattern

|                                    |           |                             |           |              |           |                       |           |                              |
|------------------------------------|-----------|-----------------------------|-----------|--------------|-----------|-----------------------|-----------|------------------------------|
| <b>LR</b><br>Deficiency<br>Pattern | <b>LR</b> | <b>LR-1</b><br><b>LR-8</b>  | <b>GB</b> | <b>GB-38</b> | <b>SP</b> | <b>SP-5</b><br>(SP-3) | <b>ST</b> | <b>ST-36</b><br><b>ST-45</b> |
|                                    | <b>KD</b> | <b>KI-1</b><br><b>KI-10</b> | <b>BL</b> | <b>BL-65</b> | <b>LU</b> | <b>LU-5</b><br>(LU-8) | <b>LI</b> | <b>LI-11</b><br><b>LI-1</b>  |

# *Nan Jing* Chapter 68

- ◆ (井木穴) Well-wood-point(s)
- ◆ (榮火穴) Spring-fire-point(s)
- ◆ (俞土穴) Stream-earth-point(s)
- ◆ (經金穴) River-metal-point(s)
- ◆ (合水穴) Uniting-water-point(s)

# (井木穴) Well-wood-point(s)

- ◆ The well wood points have the functional property of gathering since they are abundant in Liver ki.
- ◆ These points should definitely be used when the patient has swelling and tenderness in the hypochondriac region that is due to a Liver deficiency heat pattern. However, in the case of swelling and tenderness in the hypochondriac region that is due to Liver excess heat, LR-1 should be used as a dispersion point.

## (榮火穴) Spring-fire-point(s)

- ◆ The spring fire points have an abundance of Heart ki, and so hold the functional property of stimulating yin ki and the functional property of firming. So, these points are good to use as tonification points when there is a lot of heat. From the symptomology perspective as well, these points control body fever (i.e. fever other than that caused by ki stagnation).
- ◆ However, PC-8 alone tends to accumulate heat, and so should be used as a dispersion point when there is body fever. The other fire points should be used as tonification points to reduce heat.

# (俞土穴) Stream-earth-point(s)

- ◆ The stream earth points have the qualities of the SP and ST, and are the source points for the yin channels. In the *Ling Shu* it says to use the source points when there is a zang organ disease. Moreover, tonifying these points improves the functioning of the SP and ST, and so thereby increases the ki, blood, and fluids within the zang organ that corresponds to the earth point that is tonified. Therefore, these points are good to use for any of the cold patterns, at which time both yin and yang are deficient.

## (俞土穴) Stream-earth-point(s)-2

- ◆ Furthermore, in any pattern of imbalance, fatigue and arthralgia [joint pain] are associated with the SP and ST, and so the earth points are good to use in those situations. Again, in the case of a Spleen deficiency pattern this does not contradict the point selection method of *Nan Jing* chapter 69.

# (經金穴) River-metal-point(s)

- ◆ The river metal points have the functional property of releasing since they have an abundance of Lung ki. Therefore, they are good to use as tonification points when there is a stagnation of ki, or when there is an aversion to cold, fever, coughing, or asthma due to deterioration in the circulation of Lung ki. Again, there is no contradiction here to chapter 69 of the *Nan Jing* for a case of Lung deficiency.

# (合水穴) Uniting-water-point(s)

- ◆ The uniting water points have the firming ki of the Kidney. Therefore, they can subdue counter-flowing ki (hot flashes) and are good to use when there is a relaxation in the body that causes diarrhea that is not accompanied by abdominal .
- ◆ The uniting water points are used when there is a condition of over relaxation or slackness due to deficient-type heat since they have the functional property of firming. In that sense there is no contradiction here to chapter 69 of the *Nan Jing* in using KI-10 when there is Liver deficiency.

# *Nan Jing* Chapter 75 (1)

- ◆ In the case of a so-called yin excess pattern the *Nan Jing* chapter 75 point selection method is beneficial. Yin excess is the manifestation of a condition of blood or heat stagnation and repletion.
- ◆ This point selection method can be simply understood as a controlling cycle method, but the accurate interpretation is that excess arises first, and in order to control it one must treat the child channel of the deficient channel.

# Chapter 75 (2)

- ◆ Tonifying the Kidney channel and dispersing the Heart channel controls Liver excess. In other words, tonifying the Kidney, which is the child of the deficient channel (i.e. the Lung channel), and then tonifying the Lung channel can be used to subdue Liver excess. As you can see, this method is different from the tonification method described in chapter 69 of the *Nan Jing*.

# Chapter 75 (point selection)

- ◆ Lung deficiency Liver excess = deficient Lung and Kidney, and excess Liver and Heart.
- ◆ Tonify LU-5 and KI-7. Disperse LR-2 and PC-8. (Excess Heat pattern)
- ◆ Tonify LU-5 and KI-7. Disperse LR-8 and Waho SP-6. (Deficiency excess pattern)