

USING SYNDROME DIFFERENTIATION BASED ON THE EIGHT PRINCIPLES OF ACUPUNCTURE TO ANALYZE AND CORRECT THE SEVEN POTENTIAL CONDITIONS OF AN ACUPUNCTURE POINT

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In traditional acupuncture, selection of the appropriate therapy is determined by the location as well as by the characteristics of a Chí/Energy disturbance, such as the Quantity and Quality, which are established by Syndrome Differentiation, a system whereby disturbances within the meridian network may be characterized according to the Eight Principles, each of which has a Yin/- or Yang/+ designation.

Depending on one's heritage, environment, age, and health, individuals may be generally characterized as being Yin/- or Yang/+, and the activities and social life, as well as the location and level at which symptoms of a disease a person may have manifested may be generally characterized as being Internal/- or External/+.

The quantity of an individual's energy may be generally characterized as being Deficient(Chronic)/- or Excessive(Acute)/+ and the quality of energy may be generally characterized as being Cold/- or Hot/+.

A generalized picture of an individual may be derived using a combination of any four of the Eight Principles. For example, a person may be characterized as being Yang with Internal symptoms of an Excessive and Cold nature (Yang, Internal, Excessive, Cold) which may also be expressed as +-+- based on the polar designation of each characteristic.

The Eight Principles

- | | |
|------------------------------------|------------------------------|
| 1. <i>Yin</i> / - | 2. <i>Yang</i> / + |
| 3. <i>Internal</i> / - | 4. <i>External</i> / + |
| 5. <i>Deficiency (Chronic)</i> / - | 6. <i>Excess (Acute)</i> / + |
| 7. <i>Cold</i> / - | 8. <i>Heat</i> / + |

Yin/- and Yang/+

The negative and positive designations of Yin/- and Yang/+ do not denote good or bad, but merely a relationship in which two opposites exist as a duality of a whole concept.

In observation, individuals of a Yin/- nature typically have weak and slow body movements, fatigue, low spirits, a preference to lie in the fetal position, a wide moist tongue which has a thin white coating, and a pale complexion, in contrast to individuals of a Yang/+ nature, who typically have powerful and swift body movements, restlessness, high spirits, a preference to lie in an outstretched position, a dry tongue, and a red complexion, particularly of the face.

Upon questioning, individuals with a Yin/- condition may reveal that they easily become cold, have a poor appetite, prefer heat and light touching, prefer warm beverages, and produce light urine in large amounts, while individuals with a Yang/+ condition may reveal that they easily become warm, dislike heat and light touching, are thirsty and have a dry mouth, prefer cold beverages, and produce dark urine in small amounts.

Internal/- and External/+

This aspect concerns the depth of a Chí disturbance which may occur at either the Internal/- level, manifesting as etheric organ disturbances, or at the External/+ level, manifesting in muscles, tendons and joints.

In observing, asking, and listening, individuals with Internal/- disturbances are quiet, less social, prefer to be alone, prefer meditation and reading, and have complaints of an internal nature. Individuals with External/+ disturbances are noisy, social, dislike being alone, prefer sports and physical activities, and have complaints of a musculo-skeletal nature.

Deficiency (Chronic)/- and Excess (Acute)/+

Syndromes of a Deficiency (Chronic)/- nature refer to diseases in which the function of the body is weakened, and the "anti-pathogenic" factor (or Defense Chí/Energy) is diminished and insufficient, while the effect of the "pathogenic" factor (or Perverse Chí/Energy) has become chronic.

Syndromes of an Excess(Acute)/+ nature refer to diseases in which the body functions are not to the point of impairment, and the "anti-pathogenic" factor is still of sufficient strength while the "pathogenic" factor is active and severe, a struggle which results in an acute condition.

These characteristics reflect the quantity of an individual's general level of energy.

Cold/- and Heat/+

Cold/- and Heat/+ relate to two different natures of disease. Those caused by overexposure to cold are classified as Cold/- syndromes, and those caused by overexposure to heat are classified as the Heat/+ syndromes.

Since Yin and Yang are in a constant state of motion, change, and interaction, an extreme excess of Yin over an extended period of time creates Yang, and vice-versa. For example, overexposure to severe cold causes hot fevers, and overexposure to severe heat causes chill sensations.

Distinguishing Cold/- from Heat/+ syndromes is not difficult, as the two are opposite in their nature, each having markedly different manifestations from the other, depending on whether the condition has penetrated to the Internal/- level or is at the External/+ level, and whether the condition has manifested itself as being Deficient(Chronic)/- or Excess(Acute)/+.

These characteristics reflect the quality of an individual's general level of energy.

Characterization of Acupuncture Point Disturbances

Chí/Energy disturbances of acupuncture points may be specifically characterized, using combinations of Deficiency (Chronic)/- or Excess (Acute)/+ and Cold/- or Heat/+.

The specific quantity or frequency of the electrical component of electro-magnetic energy of acupuncture points may be characterized as being Deficient/-/Yin, Neutral, or Excess/+ /Yang, and determines the Duration factor of the form of corrective stimulation used to restore disturbed points back to Neutral, or homeostasis. (See Figure 1)

The specific quality or amplitude of the magnetic component of electro-magnetic energy of acupuncture points may be characterized as being Cold/-/North pole/Yin, Neutral, or as Heat/+ /South pole/Yang, and determines the Polarity factor of the form of corrective stimulation used to restore disturbed points back to Neutral, or homeostasis. (See Figure 1)

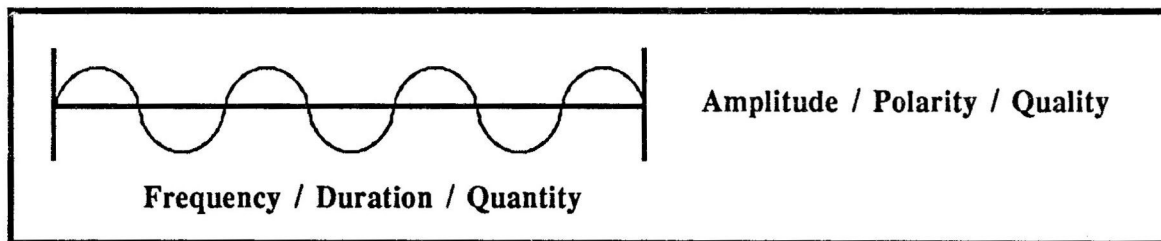


Figure 1. Frequency and Amplitude characteristics of acupuncture points.

The Law of Stimulation

In traditional acupuncture, it is taught that stimulation of an acupuncture point results first in Tonification/+, followed eventually by Sedation/-, and ultimately, Anaesthesia is achieved. (See Figure 2)

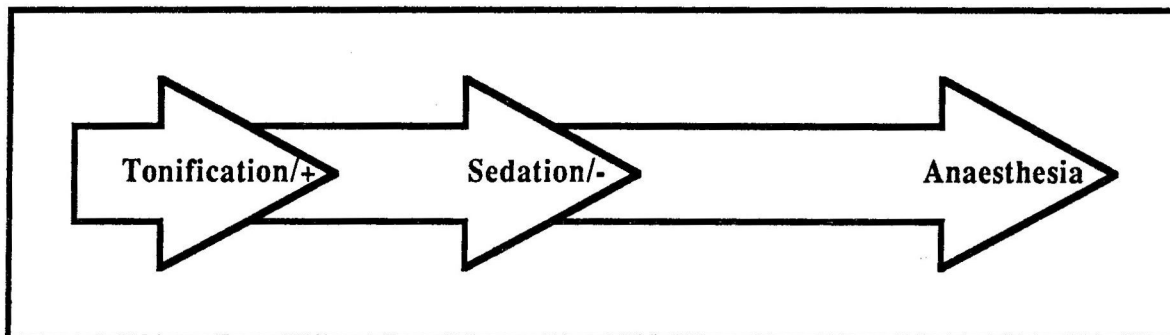


Figure 2. The effects of stimulation over time.

Short duration stimulation of an acupuncture point results in Tonification/+, a longer duration stimulation results in Sedation/-, and an even longer duration stimulation results in Anaesthesia.

Over-stimulation of an acupuncture point when Tonification/+ is desired may result in Sedation/-, and over-stimulation of an acupuncture point when Sedation/- is desired may result in Anaesthesia demonstrating the effect duration has when stimulating acupuncture points over time, regardless of the form of stimulation applied, be it acupressure, Tai-Chin, Polarity Equalizer, color, or needle.

Polarity Designations of the Fingers

It can be demonstrated that the index finger on the right hand is + / South pole / Yang, the middle finger is - / North pole / Yin, the ring finger is + / South pole / Yang, and the little finger is - / North pole / Yin with the thumb being Neutral / 0 (see figure 3) by placing the index and ring fingers (both of which are + / South pole / Yang) one at a time on the South pole / + / Yang surface of a magnet, or the middle and little fingers (both of which are - / North pole / Yin) one at a time on the North pole / - / Yin surface of a magnet, causing a previously strong muscle to test weak, consistent with the law that "likes repel and opposites attract". The polarity sequence of the fingers on the left hand is opposite to that of the right hand. (See Figure 3).

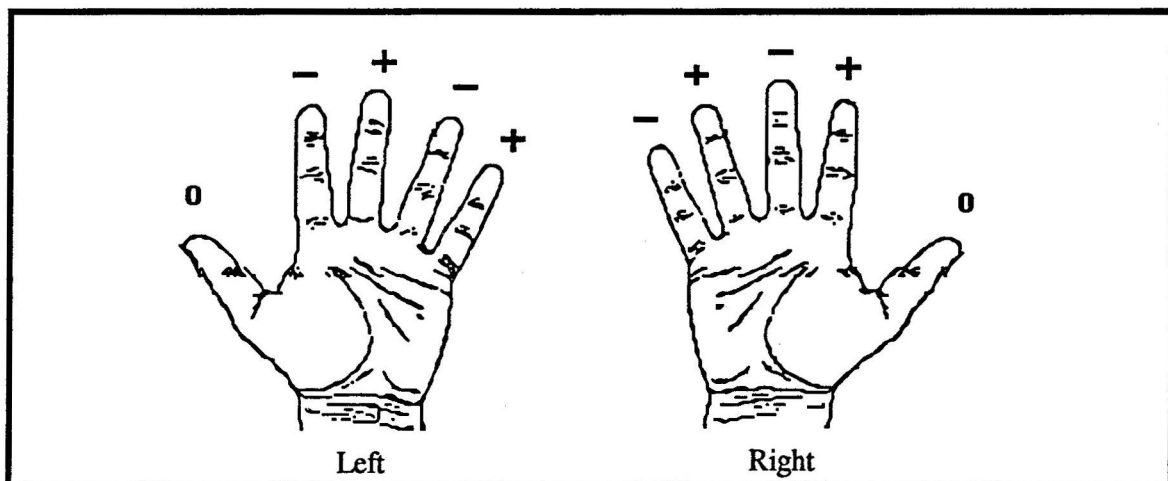


Figure 3. Polarity designations of the fingers

Sedating and Tonifying Effects of Fingers on Acupuncture Points

The -/North pole/Yin fingers (the middle and little fingers on the right hand) sedate acupuncture points by decreasing magnetic energy, having a constrictive effect on acupuncture points (for example, acupuncture points of a frostbite victim may be nearly impossible to localize) while the +/South pole/Yang fingers (the index and ring fingers on the right hand) tonify acupuncture points by increasing magnetic energy, having an expansive effect on acupuncture points (for example, when it is warm, Large intestine-4 (Hegu) may expand to the size of a quarter).

Duration and Polarity Factors of Corrective Stimulation

Stimulation of a short duration is used to equalize a Deficient-/Yin condition, and stimulation of a long duration is used to equalize an Excess+/Yang condition.

Stimulation of a Heat+/South pole/Yang polarity is used to equalize a Cold-/North pole/Yin condition, and stimulation of a -/Cold/North pole/Yin polarity is used to equalize a Heat+/South pole/Yang condition.

Notice that the duration and polarity factors of corrective stimulation are equal but opposite (in terms of frequency and amplitude) to the characteristics of the disturbance, as this is always the case. (See figure 4)

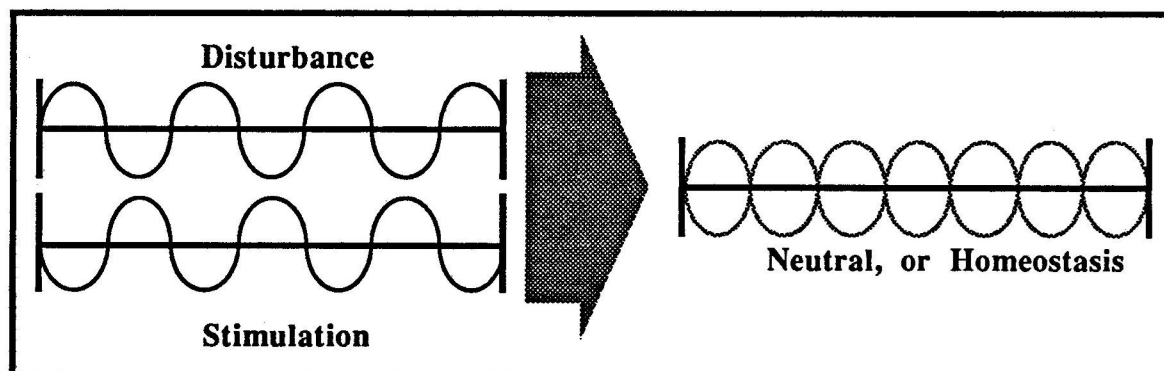


Figure 4. The neutralizing effect of an equal but opposite stimulation on a disturbed acupuncture point.

For instance, if the quantity and quality of a disturbed acupuncture point's electro-magnetic energy are characterized as Excess+/Yang and Cold-/Yin, the specific form of stimulation used to restore the point back to Neutral or homeostasis must consist of a long duration and a Heat+/South pole/Yang polarity.

Homeostasis

Acupuncture points in homeostasis are in a constant state of change, constricting and expanding within certain limits, responding to a wide variety of ever-changing environmental factors, for instance, temperature changes, such as the difference in temperature between night and day, indoors and outdoors, clothed and unclothed, or winter and summer, while maintaining the body at a certain level of homeostasis.

Factors Causing Acupuncture Point Disturbances

Over a prolonged period of time (quantity/frequency), too little or too much (quality/amplitude) of anything, including stress, will have a detrimental effect, resulting in a Deficiency or Excess, as well as a condition of Cold or Heat, throwing acupuncture points out of homeostasis.

If the general health of an individual is good and there are adequate reserves of Chi/Energy, the body is able to restore disturbed points back to homeostasis on its own. However, if the general health of an individual is poor and there are inadequate reserves of Chi, the body is unable to restore disturbed points back to homeostasis on its own, and they remain *fixed* in one of the other six potential conditions (see figure 5), unable to function properly.

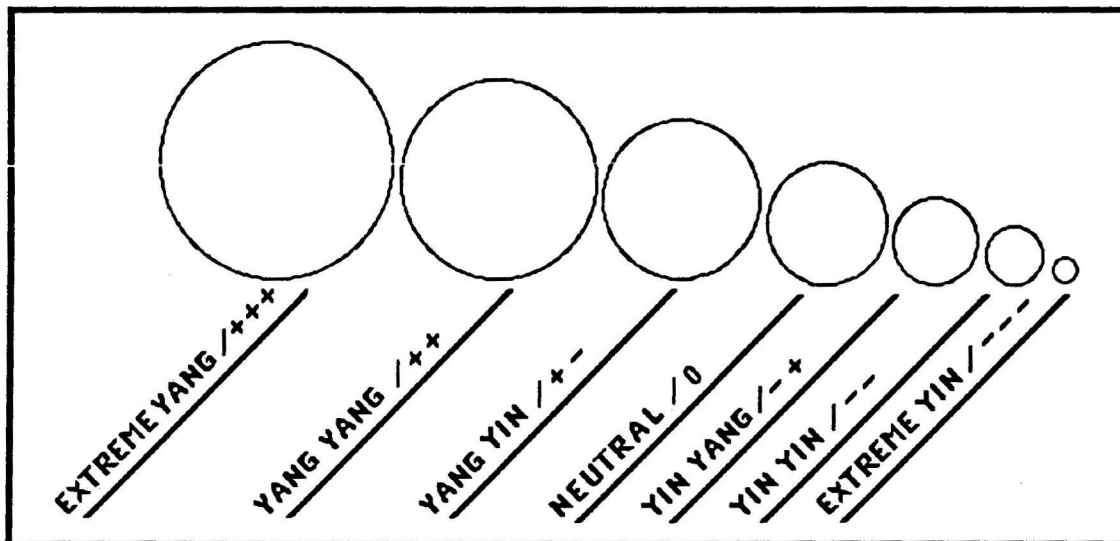


Figure 5. The seven potential conditions of acupuncture points.

Specific Conditions of Disturbed Acupuncture Points

Acupuncture points may exist in Specific Excess Heat/Yang Yang/++, Excess Cold/Yang Yin/+ -, Deficient Heat/Yin Yang/- +, or Deficient Cold/Yin Yin/-- conditions, and may be thought of in terms of four different bathtubs, each containing a deficiency or excess of water which is either cold or hot, representing the four potential Specific conditions mentioned. (See Figure 6)

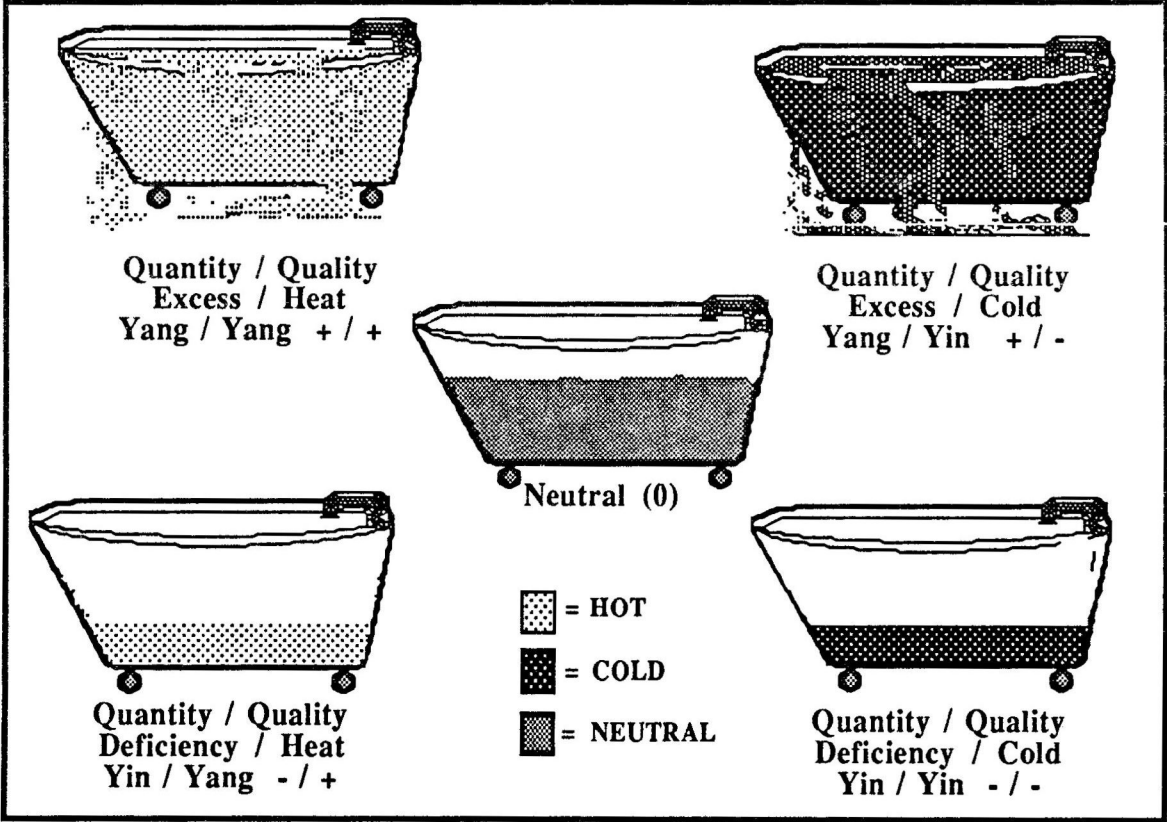


Figure 6. The four potential Specific conditions and Neutral, or homeostasis.

Neutral Therapy Localization

The polarities of the fingers make it necessary to use Neutral therapy localization when therapy localizing potentially disturbed points, and is accomplished by combining two fingers of opposite polarity, for instance, the index and middle fingers, or by using the thumb alone.

Neutral therapy localization of a disturbed point will cause a strong muscle to test weak, differentiating disturbed points from those in homeostasis.

Analyzing Specific Conditions of Disturbed Points

Staying consistent with the law that "likes repel and opposites attract", therapy localization using a duration and polarity like the frequency and amplitude of a disturbed point will cause a strong muscle to test weak, indicating the particular Specific condition of the disturbed point, while therapy localization using a duration and polarity opposite the frequency and amplitude of a disturbed point does not cause a strong muscle to test weak, indicating the particular Specific stimulation necessary to restore the disturbed point back to Neutral, or homeostasis.

Once an acupuncture point has been established to be out of homeostasis, to determine the frequency and amplitude of a disturbed point, and in doing so, the duration and polarity of the Specific stimulation necessary to restore the point back to homeostasis, four separate muscle tests are performed, using one of four combinations of duration and polarity to therapy localize the disturbed point for each of the four potential Specific conditions. (See Table 1)

<u>Specific Condition</u>		<u>Therapy Localization / Stimulation</u>					
Excess Heat / Yang Yang / ++		←	-- / Yin Yin / Deficiency Cold				
Excess Cold / Yang Yin / +-		←	-+ / Yin Yang / Deficiency Heat				
Deficiency Heat / Yin Yang / -+		←	+- / Yang Yin / Excess Cold				
Deficiency Cold / Yin Yin / --		←	++ / Yang Yang / Excess Heat				
Quantity or Frequency	Excess / + Excess / + Deficiency / - Deficiency / -	Heat / + Cold / - Heat / + Cold / -	Quality or Amplitude	Duration or Frequency	Long / - Long / - Short / + Short / +	Negative / - Positive / + Negative / - Positive / +	Polarity or Amplitude

Table 1. The four potential Specific conditions and their corresponding equal but opposite therapy localizations / stimulations.

Excess Heat/Yang Yang/+ + conditions are indicated when therapy localization of a disturbed point for a Long/-/Yin duration using a -/North pole/Yin finger causes a strong muscle to stay strong when tested, while the other combinations do not, and Excess Cold/Yang Yin/+ - conditions are indicated when therapy localization of a disturbed point for a Long/-/Yin duration using a + /South pole/Yang finger causes a strong muscle to stay strong when tested, while the other combinations do not.

Deficiency Heat/Yin Yang/- + conditions are indicated by a strong muscle which stays strong when tested immediately after therapy localizing a disturbed point momentarily (Short duration) using a -/North pole/Yin finger, while the other combinations do not, and Deficiency Cold/Yin Yin/- - conditions are indicated by a strong muscle which stays strong when tested immediately after therapy localizing a disturbed point momentarily (Short duration) using a + /South pole/Yang finger, while the other combinations do not.

Correcting Specific Conditions of Disturbed Points

Excess Heat/Yang Yang/+ + points may be restored back to homeostasis by applying deep pressure to the disturbed point for a Long duration using a -/North pole/Yin finger, followed by an Expiration, while Excess Cold/Yang Yin/+ - points may be restored back to homeostasis by applying deep pressure to the disturbed point for a Long duration using a + /South pole/Yang finger, followed by an Expiration.

Deficiency Heat/Yin Yang/- + points may be restored back to homeostasis by momentarily (Short duration) touching the disturbed point with a -/North pole/Yin finger during an Inspiration, while Deficiency Cold/Yin Yin/- - points may be restored back to homeostasis by momentarily (Short duration) touching the disturbed point with a + /South pole/Yang finger during an Inspiration.

Extreme Conditions of Disturbed Acupuncture Points

Acupuncture points may exist in an Extreme Yin state or Yin Yin Yin/-- --/Ice as well as in an Extreme Yang state or Yang Yang Yang/+ + +/Steam. (See Figure 7)

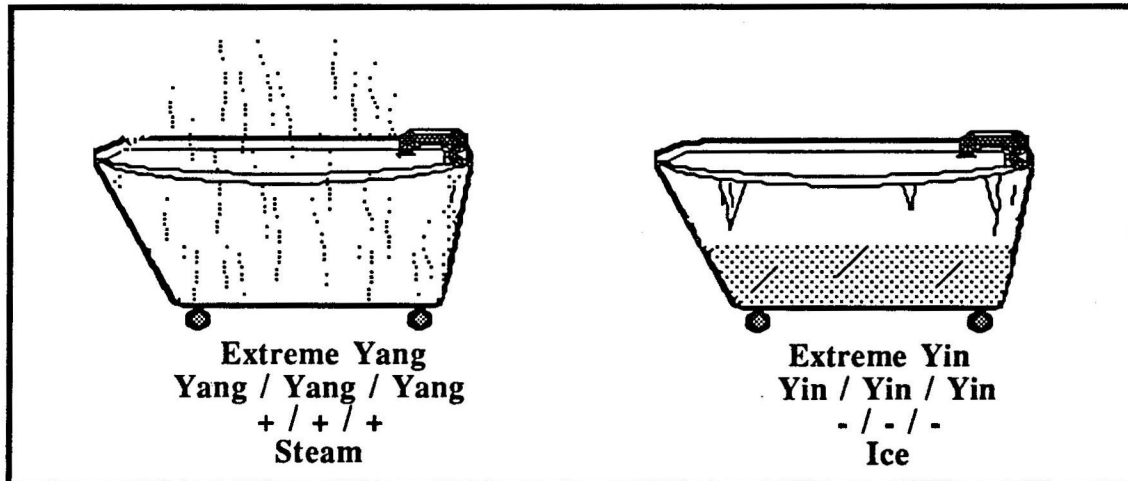


Figure 7. The two potential Extreme conditions.

2x Therapy Localization

The extreme nature of the Extreme conditions makes it necessary to use an extreme or 2x therapy localization, since conventional Neutral therapy localization of potentially Extreme points will not cause a strong muscle to test weak, giving the illusion of a point in homeostasis, which in fact, is not.

A 2x(+) therapy localization is accomplished by therapy localizing the potentially disturbed point with a + / South pole / Yang finger (such as the index finger on the right hand) through the center of a ring magnet with the South pole / + / Yang surface down.

A 2x (-) therapy localization is accomplished by therapy localizing with a - / North pole / Yin finger (such as the middle finger on the right hand) through the center of a ring magnet with the North pole / - / Yin surface down.

While conventional Neutral therapy localization of acupuncture points in homeostasis will not cause a strong muscle to test weak, a 2x(+ or-) therapy localization boosts or lowers the energy level of points in homeostasis beyond their normal limits, causing a strong muscle to test weak.

Ideally, both 2x(-) and 2x(+) therapy localizations should cause a strong muscle to test weak. If this is subsequent to Neutral therapy localization which did not cause a strong muscle to test weak, the point in question may be considered to be Neutral, or in homeostasis.

Analyzing Extreme Conditions of Disturbed Points

The 2x therapy localization *like* the Extreme condition of a disturbed point will cause a strong muscle to test weak, indicating the particular Extreme condition of the disturbed point, while the 2x therapy localization *opposite* the Extreme condition of a disturbed point does not cause a strong muscle to test weak, indicating the particular Extreme stimulation necessary to restore the disturbed point back to Neutral, or homeostasis.

To determine the Extreme condition of the disturbed point, and in doing so, the Extreme stimulation necessary to restore the disturbed point back to homeostasis, two separate muscle tests are performed using one of two 2x therapy localizations for each of the two potential Extreme conditions.

(See Table 2)

<u>Extreme Condition</u>	<u>Therapy Localization / Stimulation</u>
Extreme Yang / + + + / Steam	Extreme Yin / 2x(-)
Extreme Yin / - - - / Ice	Extreme Yang / 2x(+)

Table 2. The two potential Extreme conditions and their corresponding equal but opposite therapy localizations / stimulations.

Extreme Yang/+ + +/Steam conditions are indicated when a 2x(+) therapy localization of a potentially disturbed point causes a strong muscle to test weak, while a 2x(-) therapy localization does not. Extreme Yin/- - -/Ice conditions are indicated when a 2x(-) therapy localization of a potentially disturbed point causes a strong muscle to test weak, while a 2x(+) therapy localization does not.

Correcting Extreme Conditions of Disturbed Points

Extreme Yin/- - -/Ice points may be restored back to homeostasis by touching the disturbed points momentarily (Short duration) with a + /South pole /Yang finger through the center of a ring magnet with the South pole /+ /Yang surface down during an Inspiration.

Extreme Yang/+ + +/Steam points may be restored back to homeostasis by tapping the disturbed points for a Long duration (several minutes) with a - /North pole /Yin finger through the center of a ring magnet with the North pole /- /Yin surface down followed by an Expiration.

Using Colors to Characterize and Correct Disturbed Acupuncture Points

Each of the potential conditions of disturbed acupuncture points may be said to approximate the frequency and amplitude of various specific colors, and may be characterized as such, due to the electro-magnetic properties of colors and acupuncture points.

Consistent with the law that "likes repel and opposites attract", each of the potential conditions may be restored to Neutral, or homeostasis, by its equal but opposite color. (See Table 3)

<u>CONDITION/COLOR</u>	<u>STIMULATION/COLOR</u>
Extreme Yang/+++ /Red/ 600-670nm	Extreme Yin/--- /Violet/ 430-460nm
Yang Yang/++ /Orange/ 590-600nm	Yin Yin/-- /Indigo/ 460-470nm
Yang Yin/+ - /Yellow/ 580-590nm	Yin Yang/-+ /Blue/ 470-500nm
Neutral/0 /Green/ 500-550nm	0 /No Stimulation Needed
Yin Yang/-+ /Blue/ 470-500nm	Yang Yin/+ - /Yellow/ 580-590nm
Yin Yin/-- /Indigo/ 460-470nm	Yang Yang/Orange/ 590-600nm
Extreme Yin/--- /Violet/ 430-460nm	Extreme Yang/+++ /Red/ 600-670nm

Table 3. Color designations of the seven potential conditions and corresponding equal but opposite stimulations/colors.

For example, if a point has been determined to be in a Yang Yin/+ - /Yellow condition, the color necessary to restore the disturbed point back to Neutral, or homeostasis, is Yin Yang/-+ /Blue.

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