

Meridian Circuit Systems

**A CHANNEL BASED APPROACH TO
SYNDROME DIFFERENTIATION**

Topics

- Syndrome Differentiation/Pattern Identification
- Meridian Systems
- How Systems Theory Overlaps with Zang-Fu Theory
- Intakes and How to Question the Patient
- Meridian Systems Based form of Pattern Identification and 4M Circuits
- Circuit Theory

Section 1
SYNDROMES

Syndrome

**A GROUP OF SYMPTOMS THAT ARE
CHARACTERISTIC OF A
DISORDER OR DISEASE.**

Syndrome Differentiation

Methods:

8 Principles

Zang - Fu

6 Exogenous
Factors

6 Stages

5 Elements

Qi, Blood, Body
Fluids

Way of Grouping Symptoms into
Recognizable Patterns.

8 Principles

Inquire about the symptoms to
determine if the condition is one
of yin, yang, cold, heat, interior,
exterior, deficiency, or excess.

Zang-Fu

Syndrome Differentiation

Liver Qi
Stagnation

Distension or Pain in
the Costal Regions or
Chest

Anger, Moodiness,
Frustration

Sighing

Abdominal Pain

Irregular
Menstruation

Wiry Pulse

Identifies patterns of symptoms
that are based on imbalances in
or between organ systems.

Chinese Medicine Treats Patterns Not Diseases

BUT MORE IMPORTANTLY WE WANT TO

**TREAT THE PERSON
NOT THE DISEASE**

Since Every Person is Unique, the Symptoms
Between People with the Same Disease Vary

This is why Chinese medicine says
“Same Disease, Different Treatment.”

This concept is understood because each disease
has several possible patterns.

Syndrome

**A GROUP OF SYMPTOMS THAT ARE
CHARACTERISTIC OF A
DISORDER OR DISEASE.**

Syndrome Differentiation According to Meridian Circuit Systems

**IS LIKE OTHER METHODS OF
PATTERN IDENTIFICATION
IN THAT**

**GROUPS OF SYMPTOMS
ARE USED TO IDENTIFY
PATTERNS OF DISHARMONY**

However, in a meridian based approach we view syndromes from the perspective of how the channels connect to one another.

In a Meridian Systems Based Approach to Syndrome Differentiation

Patterns we identify are based on:

1. The connections between meridians.
2. The patient's top 3 concerns.
3. Zang-fu patterns.

Section 2

THE FIVE MERIDIAN SYSTEMS

The First of the Five Systems are the 6 Meridians of:

- ✦ Tai Yang
- ✦ Yang Ming
- ✦ Shao Yang
- ✦ Tai Yin
- ✦ Shao Yin
- ✦ Jue Yin

The Six Meridians Pair the Channels as Such:

Tai Yang: SI – UB Spine, Wei Qi, Water Balance

Yang Ming: LI – ST Digestive Functions

Shao Yang: SJ – GB Yang Wei, Dai, Nervous System

Tai Yin: LU – SP Governs Qi (Air and Food)

Shao Yin: HT – KI Governs Blood and Essence

Jue Yin: LV – PC Circulates Qi and Blood

In system two the 6 meridians
are paired as follows:

TAI YANG PAIRS WITH TAI YIN

SHAO YANG PAIRS WITH SHAO YIN

YANG MING PAIRS WITH JUE YIN

THESE MAY BE REPRESENTED GRAPHICALLY

TAI YANG – TAI YIN PAIRING:

SI - UB

- -

SP - LU

**IN SYSTEM 2 THE SI PAIRS WITH THE SP
AND THE UB PAIRS WITH THE LU**

SHAO YANG – SHAO YIN PAIRING:

SJ - GB

- -

KI - HT

**IN SYSTEM 2 THE SJ PAIRS WITH THE KI
AND THE GB PAIRS WITH THE HT**

YANG MING – JUE YIN PAIRING:

LI - ST

- -

LV - PC

**IN SYSTEM 2 THE LI PAIRS WITH THE LV
AND THE ST PAIRS WITH THE PC**

System 2 Connections

LU - UB

LU 5 and UB 40

LI - LV

4 Gates

ST - PC

PC 6 Harmonizes the ST

SP - SI

Water Metabolism

HT - GB

HT and GB Deficiency

KI - SJ

SJ and KI Yang

System 3 Connections

System 3 is Based on the Internal/External Relationships of the Organs

LU - LI

ST - SP

HT - SI

UB - KI

PC - SJ

GB - LV

System 4 – Opposite the Clock

This system pairs meridians that are opposite of one another on the clock.

11 – 1:00 am/pm

GB - HT

1 – 3:00 am/pm

LV - SI

3 – 5:00 am/pm

LU - UB

5 – 7:00 am/pm

LI - KI

7 – 9:00 am/pm

ST - PC

9 - 11:00 am/pm

SP - SJ

System 5

This system pairs meridians that are located next to each other on the clock and have the same yin-yang designation.

LV - LU

LI - ST

SP - HT

SI - UB

KI - PC

SJ - GB

Summary of the 5 Systems

LU	SP	UB	LI	UB	LV
LI	ST	LV	LU	KI	ST
ST	LI	PC	SP	PC	LI
SP	LU	SI	ST	SJ	HT
HT	KI	GB	SI	GB	SP
SI	UB	SP	HT	LV	UB
UB	SI	LU	KI	LU	SI
KI	HT	SJ	UB	LI	PC
PC	LV	ST	SJ	ST	KI
SJ	GB	KI	PC	SP	GB
GB	SJ	HT	LV	HT	SJ
LV	PC	LI	GB	SI	LU

Section 3

Meridian Systems and Zang-Fu

A FUNCTIONAL COMPARISON

Tai Yang

Functions:

1. Circulates qi through the tai yang channels and the eyes, head, neck, back, shoulders, and spine.
SI 3 and UB 62
2. Distributes wei qi to the most exterior regions of the body, and therefore has an association with the immune system.
3. Regulates fluid metabolism through the functions of the small intestine and bladder.

Yang Ming

Functions:

1. Regulates the stomach and intestines.
2. Influences digestion.
3. Harmonizes the bowels.

Points

St 25, ST 37, LI 10 and ST 36

Shao Yang

Functions:

1. Distributes qi through the shao yang channels including the head, neck, shoulders, and ribcage.
2. Opens the Yang Wei and Dai mai meridians.
3. Regulates the nervous system, jue yin, and shao yin.
4. Resolves wind.
5. Regulates water passages.

Tai Yin

Functions:

1. Governs qi through respiration and digestion.
2. Regulates water and fluid metabolism.
3. Influences the anti-pathogenic qi.

氣

Shao Yin

Functions:

1. Governs the blood and essence.
2. Harmonizes yin-yang dynamics.
3. Regulates fire and water balance.

Blood and essence share the same source.

Fire and water are primary yin-yang
elements in the body.

Jue Yin

Functions:

1. Regulates circulation of qi and blood.
2. Calms the spirit.
3. Supplements yin and blood.

System 2 Connections

1. LU - UB
2. LI - LV
3. ST - PC
4. SP - SI
5. HT - GB
6. KI - SJ

LU - UB

Associations:

1. Lungs send fluids to the kidneys and UB.
2. LU 7 – Treats tai yang syndrome and neck stiffness.
3. LU 7 – Opens the Ren mai, which passes through the region of the UB.
4. LU 5 and UB 40
 - LU 5 Benefits the UB and helps to descend water flow.
 - UB 40 Treats various types of skin conditions.

LI - LV

1. Most well-known system 2 connection.
2. 4 Gates is the most commonly used point combination.
3. Metal – Wood association.
4. Master Tung points we find numerous points located on the LI meridian that have a strong influence on LV function.

ST - PC

Associations:

1. PC 6 – Harmonizes the ST, and treats stomachache, motion sickness, nausea, and bloating.
2. PC 3 – Regulates the ST and Intestines.
3. PC 3 and PC 6 in combination treat a wide variety of stomach and digestive conditions.

SP - SI

1. Small intestine receives food from the ST, and plays a role in the transformation of food, nutrients, and fluids.
2. The SI separates the clear from the impure.
3. The clear food nutrients are sent to the SP and impure fluids are sent to the UB.

HT - GB

1. The HT and GB are located opposite of the clock of one another.

HT time is from 11 a.m. – 1 p.m.

GB time is from 11 p.m. – 1 a.m.

2. HT and GB deficiency.
3. Wood – Fire Association.

KI and SJ

Associations:

1. SJ functions to distribute kidney yang throughout the body. The fire component of the Triple Burner is derived from the kidneys.
2. SJ acts as a water passage way, and therefore functions with the kidney in the metabolism of water.

System 4 Connections

1. LU - UB System 2 and 4
2. LI - KI System 4
3. ST - PC System 2 and 4
4. SP - SJ System 4
5. HT - GB System 2 and 4
6. SI - LV System 4

LI - KI

Associations:

1. KI 6 and KI 7 in the treatment of constipation and diarrhea. KI 6 – treats constipation due to yin deficiency, and KI 7 – treats diarrhea due to yang deficiency.
2. Ling Ku – Stops lumbar pain, benefits the yang, and treats urinary and prostate conditions.

SP - SJ

1. Both the SP and SJ play an important role in water metabolism.
2. SJ transports kidney yang to the SP.
3. Fire – Earth association which may be utilized in certain digestive conditions, especially when a spleen deficiency is rooted in a kidney pattern.

SI - LV

Wood fire association.

Points:

SI 4 – Empirical point for jaundice. It treats damp-heat in the liver.

SI 7 - The luo-connecting point is good for emotional patterns of the liver and gallbladder.

SI 3 – Treats internal wind. Internal wind is a liver pattern.

Master Tung points 33.10 and 33.11 are located on the SI meridian and treat liver conditions. 33.11 is indicated for acute hepatitis.

System 5

1. LU - LV System 5
2. LI - ST System 1 and 5
3. SP - HT System 5
4. SI - UB System 1 and 5
5. KI - PC System 5
6. SJ - GB System 1 and 5

LU - LV

1. Represents an important junction between the ending of a cycle and the beginning of a new one.
2. Metal – Wood association, metal overacts on wood in 5 – element cycle.
3. Liver fire may invade the lungs.
4. Thoracic 4 Gates = LU 1 and LV 14.
Use this with 4 gates.

SP - HT

1. Fire – Earth Association.
2. SP transforms food into gu qi and sends it to the heart for the production of blood.
3. SP 6 and SP 10 are important for heart patterns.

KI - PC

1. This is a Water – Fire association.
2. KI pairs with both HT and PC.
3. These meridians may be paired for a wide variety of conditions including abdominal complaints, shen disturbance, liver patterns, gynecological diseases, and hormonal imbalances.

Section 4

HOW TO DO MERIDIAN SYSTEMS SYNDROME DIFFERENTIATION

3 STEPS TO DETERMINING A MERIDIAN BASED PATTERN

- 1. ASK THE PATIENT ABOUT THEIR
TOP 3 CONCERNS**
- 2. DETERMINE WHAT MERIDIANS OR
ORGANS ARE EXPRESSING
SYMPTOMS**
- 3. USE THE 5 SYSTEMS TO IDENTIFY
MERIDIAN PATTERNS AND FOUR
MERIDIAN (4M) CIRCUITS**

The Importance of the Patient's Top 3 Concerns

**THIS IS AN ESSENTIAL COMPONENT OF
MERIDIAN SYSTEMS PATTERN
IDENTIFICATION AND TREATMENT**

- 1. THIS ALLOWS THE PATIENT TO
PRIORITIZE THEIR OWN SYMPTOMS**
- 2. ALLOWS THE DOCTOR TO BE MORE
OBJECTIVE.**

Determining What Meridians and Organs are Affected

**THIS IS DONE BY PALPATION AND IS
VERY IMPORTANT FOR ASCERTAINING
WHAT MERIDIANS ARE EXPRESSING
SYMPTOMS**

**IF THE PATIENT HAS A CONDITION
WHERE YOU CANNOT LOCATE THE
SYMPTOM ON A MERIDIAN
USE ZANG-FU METHODS**

If a Meridian Cannot be Determined or if the Symptom is Systematic

- 1. Ask about accompanying symptoms or other chief complaints.**
- 2. Use zang-fu methods.**
- 3. Utilize any objective or diagnostic information they may already have from Western tests, X-rays, lab results, etc.**

From this determine what organs/meridians are most likely to be involved.

Meridian and Organ Relationships with Common Symptoms

Anxiety	LV, HT, PC, KI	UB Infections	UB
Fatigue	KI, SP, LU, HT	Tinnitus	LV, KI
Edema	KI, SP, LU	Depression	LU, SP, KI, LV
Constipation	LI	Menopause	KI
Hepatitis w/ diarrhea	LV, LI	Insomnia	HT, PC, KI, SP, LV, GB
Excessive Thyroid	LV	Hypo- Thyroid	SP, KI

3 Steps to Identifying a Meridian Based Pattern

- 1. ASK THE PATIENT ABOUT THEIR TOP 3 HEALTH CONCERNS**
- 2. DETERMINE WHAT MERIDIANS OR ORGANS ARE EXPRESSING SYMPTOMS**
- 3. USE THE 5 SYSTEMS TO IDENTIFY MERIDIAN PATTERNS AND FOUR MERIDIAN (4M) CIRCUITS**

4 Meridian (4M) Circuits

A circuit of 4 meridians that are interconnected through the 5 meridian systems.

LU - SP

HT - KI

LV - PC

- -

- -

- -

UB - SI

GB - SJ

LI - ST

When we examine all the possibilities of 4M circuits that may be formed we find there are 15.

Case Study

Primary Concern – Abdominal bloating worse after eating, diagnosed as insufficient stomach acid

SP - ST

Secondary Concern – Asthma, LU

Third Concern – Constipation, LI

LU - LI

4 Meridian Circuit

- Primary Concern: SP – ST
- 2nd and 3rd Concerns: LU – LI
- The Tai Yin and Yang Ming may be paired to form a 4M Circuit:

SP - ST

- -

LU - LI

Section 5

IMAGING, MIRRORING, AND NEEDLING

Imaging

Imaging – Is a method where we superimpose body images on one another to determine locations for non-local needling.

Common Examples Include:

Ear Acupuncture

Korean Hand Therapy

Foot Reflexology

Imaging Used in Meridian Systems

Head

Hands and Feet: Jing Well, LI 4

Neck and Throat

Wrist and Ankles: UB 60, LU 7

Chest and Upper Abdomen

Forearms and Legs: Jing River

Navel – Lumbar

Elbows and Knees: UB 40, LU 5

Lumbar Sacral Area

Upper Arms and Thighs

Genitals

Shoulders and Hips

Long Bones Image the Spine

Spinal Column



Cervical

Long Bones



Distal

Mirroring

Mirroring – Refers to body parts that have anatomical and developmental similarities

Fingers and Toes

Hands and Feet

Elbows and Knees

Shoulders and Hips

When using mirroring, chose points on the part of the body that mirror the affected area.

Contra-lateral and Unilateral Needling

Contra-lateral needling means that we needle on the opposite side of the symptom we are treating.

In unilateral needling points are chosen that are on the same side as the symptom.

Contra-lateral needling is used for system 1, 3, and 5.

For systems 2 and 4 we may use either unilateral or contra-lateral needling.

Imaging, Mirroring, and Needling

Right Knee Pain at Sp 9

Left Side: LU 5, SI 8, ST 36, SJ 10, HT 3
Right Side: SI 8, SJ 10

Left Neck Pain at GB 20

Choose points around wrist and ankles or
at the distal ends of long bones.

SJ 3, 4, 5

HT 5, 6, 7, 8

LV 3, 4, 5, 8

Left Carpal Tunnel PC 7

LV 3, LV 4, ST 41, SJ 5, KI 3, KI 6

Headaches behind the
left eye, liver stagnation
with heat

PC 6, PC 8, LI 4, GB 42, GB 43, GB 44
SI 1, SI 3, LU points only if the liver heat
is also affecting the lungs.

Since there are many points to choose from it is important to ask about
the 2nd and 3rd concerns. By doing so we are able to identify 4M circuits.

Section 6

THE 4 MERIDIAN CIRCUITS

4 Meridian Circuits

**TWO MERIDIAN PAIRS THAT CONNECT
WITH ANOTHER PAIR THROUGH THE
5 SYSTEM CORRESPONDENCES.**

Tai Yang (SI - UB)

Areas Influenced: Eyes, head, neck, shoulders, back, and spine. The most posterior portions of the yang aspect of the arms, back, and legs.

Functions:

- 1) Circulates qi through the tai yang.
- 2) Opens the Du and Yang Qiao. (SI 3 & UB 62)
- 3) Distributes wei qi to the surface of the body and regulates immune functions.
- 4) Regulates fluids through the functions of the small intestine and bladder.

Tai Yang

1. Tai Yang – Tai Yin Circuit:

UB - SI
- -
LU - SP

2. Tai Yang – Shao Yin Circuit:

UB - SI
- -
KI - HT

3. Tai Yang – Liver/Lung Circuit:

UB - SI
- -
LU - LV

Tai Yang – Tai Yin Circuit

UB - SI

- -

LU - SP

Primary Concerns: Neck, back, shoulder pain, eye conditions, urinary bladder diseases, sciatica, etc.

Functions

- Regulates the Tai Yang and Tai Yin
- Benefits the Wei Qi
- Governs Qi
- Controls Fluid and Water Metabolism

2nd or 3rd Concerns will involve the Tai Yin: Digestive and/or respiratory diseases, allergies, water retention, fatigue, asthma, loose stool, etc.

Tai Yang – Shao Yin Circuit

UB - SI

- -

KI - HT

Primary Concerns: Neck, back, shoulder pain, eye diseases, occipital headaches, immune deficiency, bladder conditions.

Functions

- Regulates the Tai Yang and Shao Yin
- Governs Blood and Essence
- Regulates Fluid Metabolism

2nd or 3rd Concerns will involve Shao Yin: Infertility, palpitations, lumbar pain, insomnia, shen disturbance, blood and essence deficiency.

Tai Yang – Liver/Lung Circuit

UB - SI

- -

LU - LV

Primary concerns will involve the Tai Yang meridians or organs.

Functions

- Regulates the Tai Yang, LV and LU
- Benefits the Wei Qi
- Disperses and Promotes the Smooth Flow of Qi

2nd or 3rd Concerns involve the lungs and/or liver: Allergies, liver diseases, hepatitis, cough, chest tightness, emotional disharmonies, anger or depression, etc.

Yang Ming (ST - LI)

Areas Influenced: Face and sinuses, stomach, abdomen, and intestines. The yang ming transverses the most anterior regions of the yang portions of the body.

Functions;

- 1) Regulates Digestion.
- 2) Harmonizes Intestines.
- 3) Controls Bowel Functions.

Yang Ming Circuits

1. Yang Ming – Tai Yin:

ST - LI
- -
SP - LU

2. Yang Ming – Jue Yin:

ST - LI
- -
PC - LV

3. Yang Ming – Fire/Water Circuit:

ST - LI
- -
PC - KI

Yang Ming – Tai Yin Circuit

ST - LI

- -

SP - LU

Functions

- Regulates Digestion and Intestinal Functions
- Governs Qi through Respiration and Digestion
- Regulates Water Metabolism

Primary Concerns will involve the Yang Ming organs and meridians: Constipation, diarrhea, sinusitis, rhinitis, ulcers, gastritis, colitis, etc.

2nd or 3rd Concerns will involve the Tai Yin: Fatigue, allergies, bloating, water swelling, lung and digestive diseases.

Yang Ming – Jue Yin Circuit

LI - ST
- -
LV - PC

Primary Concerns:

Diarrhea, constipation,
disorders of the stomach,
ulcers, IBS, and nausea.

Functions

- Regulates Digestive and Bowel Functions
- Harmonizes Digestion through Regulating the Circulation of Qi and Blood
- Calms the Shen

2nd and 3rd Concerns:

Stress, anger, anxiety,
palpitations, liver
diseases, headaches,
PMS, costal pain, chest
tightness.

Yang Ming – Fire/Water Circuit

LI - ST

- -

KI - PC

Functions

- Regulates Digestive and Bowel Functions
- Influences the Chest and Abdomen
- Harmonizes Water and Fire
- Supplements the Yin

Primary Complaints:

Abdominal or stomach pain, constipation, diarrhea, ulcers, nausea, vomiting, reflux.

2nd and 3rd Complaints:

Tightness in the chest, palpitations, infertility, low back pain, anxiety, kidney or heart disease.

Shao Yang (GB - SJ)

Areas Influenced: Head, neck, shoulders, costal regions, and hips. The shao yang meridians also have a major influence on the mind, emotions, and neurological system. This can best be understood because of their location on the head and their associations with the jue yin and shao yin.

FUNCTIONS:

- 1) Distributes Qi through the Shao Yang Channels.
- 2) Influences the Mind and Emotions.
- 3) Resolves Wind.

Shao Yang Circuits

1. Shao Yang – Jue Yin Circuit:

SJ - GB
- -
PC - LV

2. Shao Yang – Shao Yin Circuit:

SJ - GB
- -
KI - HT

3. Shao Yang – Earth/Fire Circuit:

SJ - GB
- -
SP - HT

Shao Yang – Jue Yin Circuit

GB - SJ

- -

LV - PC

Functions

- Circulates Qi through the Shao Yang and Jue Yin
- Controls Circulation of Qi and Blood
- Calms the Shen
- Resolves Wind

Primary Complaints:

Temple headaches, neck pain, strokes, epilepsy, Parkinson's, tightness or pain in the ribs, hip pain.

2nd and 3rd Complaints:

Chest tightness, anxiety, costal pain, stress, irritability, abdominal pain, groin pain, palpitations.

Shao Yang – Shao Yin Circuit

GB - SJ

- -

HT - KI

Primary Complaints: Temple headaches, neck pain, sciatica, hip pain, symptoms in the GB or SJ meridians, fever and heat sensations.

Functions

- Harmonizes the Shao Yang and Shao Yin
- Calms the Shen
- Subdues Rising Yang and Fire
- Clears Heat

2nd and 3rd Complaints:

Anxiety, insomnia, anemia, poor memory, palpitations, bone diseases, low back pain, infertility, low energy, hot flashes, and knee pain.

Shao Yang – Earth/Fire Circuit

GB - SJ

- -

HT - SP

Functions

- Regulates the Shao Yang
- Benefits Blood
- Expels Internal Wind
- Influences Digestion

Primary Complaints:

Headaches, neck and shoulder tension, symptoms in the shao yang channels.

2nd and 3rd Complaints:

Chest pain or stuffiness, anemia, dizziness, low appetite, bloating, edema, palpitations, heart disease.

6 Meridian Circuits

Liver and Kidney Yin Deficiency

LV - PC

- -

GB - SJ

- -

HT - KI

To be used with patients
that present with liver and
kidney symptoms.

Liver Blood Deficiency

LV - PC

- -

GB - SJ

- -

HT - SP

To be used when liver,
heart, and spleen blood
deficiency is present.

Tai Yin (SP - LU)

Areas Influenced: The most anterior regions of the arms and legs, as well as the upper and middle jiao.

Functions:

- 1) Governs and Regulates Qi through Respiration and Digestion.
- 2) Supplements the Post-Natal Qi.
- 3) Regulates Water and Fluid Metabolism.

Tai Yin Circuits

1. Tai Yin – Tai Yang Circuit:

LU - SP

- -

UB - SI

2. Tai Yin – Yang Ming Circuit:

LU - SP

- -

LI - ST

3. Tai Yin – Wood/Fire Circuit

LU - SP

- -

LV - SI

Tai Yin – Tai Yang Circuit

LU - SP

- -

UB - SI

Primary Complaints: Asthma, bronchitis, sinusitis, allergies, weak appetite, poor digestion, bloating, diarrhea, low energy, immune deficiency.

Functions

- Governs Qi through Respiration and Digestion
- Regulates Water Metabolism
- Benefits Wei Qi

2nd and 3rd Complaints: Neck, shoulder, back, spinal pain, edema, urinary bladder diseases, neurological conditions affecting the tai yang.

Tai Yin – Yang Ming Circuit

SP - LU

- -

ST - LI

Functions

- Governs Qi, Regulates Digestion and Respiration
- Benefits the Stomach and Intestines
- Harmonizes Bowel Functions

Primary Concerns:

Digestive, and respiratory conditions, PMS, water retention, allergies.

2nd and 3rd Concerns:

Constipation, diarrhea, gastritis, ulcers, colitis, nausea, symptoms along the yang ming channels.

Tai Yin – Wood/Fire Circuit

LU - SP

- -

LV - SI

Functions

- Governs Qi
- Controls the Dispersion and Smooth Flow of Qi
- Benefits Wei Qi
- Influences Water and Fluid Metabolism

Primary Complaints: Lung and digestive symptoms, cough, chest tightness, abdominal pain or bloating, loss of appetite, fatigue.

2nd and 3rd Complaints: headaches, hepatitis, PMS, shoulder or scapular tension, stress, irritability.

6M Circuit

LI - ST

- -

LU - SP

- -

LV - SI

Shao Yin (HT - KI)

Areas Influenced: The most posterior yin portions of the body, the eyes, ears, chest, and lumbar region.

Functions:

- 1) Governs Blood and Essence.
- 2) Calms Shen.
- 3) Maintains the Essential Balance between Fire and Water, Yin and Yang.
- 4) Controls Fluid Metabolism.

Shao Yin Circuits

1. Shao Yin – Tai Yang Circuit:

KI - HT

- -

UB - SI

2. Shao Yin – Shao Yang:

KI - HT

- -

SJ - GB

3. Shao Yin – Spleen/San Jiao Circuit:

KI - HT

- -

SJ - SP

Shao Yin - Tai Yang Circuit

HT - KI

- -

SI - UB

Functions

- Governs Blood and Essence
- Influences the Head, Neck, Shoulders, and Spine
- Controls Water Metabolism

Primary Concerns: Heart and kidney conditions, insomnia, emotional disorders, poor memory, depression, palpitations, low back pain, infertility, impotence, anemia.

2nd and 3rd Concerns: Neck, back, shoulder, and spinal pain, urinary bladder diseases, edema.

Shao Yin - Shao Yang Circuit

HT - KI

- -

GB - SJ

Functions

- Governs Blood and Essence
- Transports Qi, Blood, and Essence to the Head
- Benefits the Ear
- Clears Heat

Primary Concerns: Low back pain, sciatica, palpitations, shortness of breath, fear, anxiety, insomnia, dizziness, Parkinson's disease.

2nd and 3rd Concerns: Temple headaches, sciatica in the GB channel, neck and shoulder tension, tinnitus.

Shao Yin - Spleen/San Jiao Circuit

HT - KI

- -

SP - SJ

Functions

- Governs Blood and Essence
- Governs Yin-Yang, Fire and Water
- Distributes KI Yang through the San Jiao
- Regulates Blood and Fluid Metabolism

Primary Symptoms:

Lumbar pain, edema, impotence, anemia, mental disorders, infertility, heart and kidney diseases.

2nd and 3rd Concerns:

Constipation, low appetite, bloating, digestive weakness, fatigue.

Jue Yin (LV - PC)

Functions:

- 1) Regulates Circulation of Qi and Blood.
- 2) Calms Shen.
- 3) Supplements Yin and Blood.
- 4) Liver Stores Blood and Heart and Pericardium House the Shen.

Jue Yin Circuits

1. Jue Yin – Shao Yang Circuit:

LV - PC

- -

GB - SJ

2. Jue Yin – Yang Ming Circuit:

LV - PC

- -

LI - ST

3. Jue Yin – Metal/Water Circuit:

LV - PC

- -

LI - KI

Jue Yin – Shao Yang Circuit

LV - PC

- -

GB - SJ

Functions

- Regulates Circulation of Qi and Blood
- Subdues Liver Yang and Internal Wind
- Calms the Mind
- Clears Damp Heat

Primary Concerns:

Headaches, insomnia, anxiety, hypertension, jaundice, hepatitis, stroke, palpitations, stress, shen disturbance.

2nd and 3rd Concerns:

Symptoms that affect the shao yang channels, sciatica, cholecystitis, knee pain.

Jue Yin – Yang Ming Circuit

LV - PC

- -

LI - ST

Functions

- Regulates Circulation of Qi and Blood
- Harmonizes Stomach, Intestinal, and Bowel Functions
- Clears Heat

Primary Concerns:

Abdominal pain, stress, IBS, headaches, hepatitis, palpitations, mental disorders, gynecological conditions, anger.

2nd and 3rd Concerns: Acid reflux, stomach ulcers, constipation, diarrhea, vomiting, nausea, colitis, gastritis.

Jue Yin – Metal/Water Circuit

LV - PC

- -

LI - KI

Functions

- Regulates Circulation of Qi and Blood through the Lower Jiao
- Supplements Yin
- Calms Shen
- Harmonizes Intestines

Primary Complaints:

Headaches, liver disease, palpitations, anemia, chest tightness, costal pain, anxiety, mental-emotional imbalances.

2nd and 3rd Concerns:

Constipation, abdominal pain, IBS, colitis, low back pain, kidney disease, low libido, infertility, fatigue.

Internal – External Circuits

1. Metal – Water Circuit:

LU - LI

- -

UB - KI

2. Wood – Fire Circuit:

GB - LV

- -

HT - SI

3. Fire – Earth Circuit:

SP - ST

- -

SJ - PC

Metal - Water Circuit

LU - LI

- -

UB - KI

Functions

- Governs Respiration and Excretion
- Regulates Water Metabolism
- Harmonizes Lower Jiao
- Benefits Wei Qi

Colitis, constipation, urinary infections, incontinence, asthma, bronchitis, impotence, infertility, back pain, sciatica, water retention, skin disorders.

This is one of my favorite circuits for treating all types of back pain including upper back pain, thoracic pain, lumbar pain and sciatica.

Wood - Fire Circuit

HT - SI

- -

GB - LV

Functions

- Governs Circulation of Qi and Blood
- Calms the Shen
- Clears Heat
- Benefits Heart and Liver Function

Hypertension, stress, palpitations, neck and shoulder tension, liver and gallbladder headaches, shen disturbance, liver disease.

This can be a very powerful circuit for resolving heart and liver fire patterns. It is also very good when stress or emotional repression are affecting the heart and liver functions.

Fire - Earth Circuit

PC - SJ

- -

ST - SP

Functions

- Benefits and Harmonizes Digestion
- Supplements and Moves Qi and Blood
- Clears Heat
- Calms Shen
- Benefits Yin and Blood
- Resolves Damp

Weak digestion, nausea, low appetite, fatigue, diarrhea, constipation, stomach ulcers, acid reflux, gastritis, headaches, various digestive diseases and symptoms, carpal tunnel with underlying blood deficiency, heart diseases.

This can be an effective circuit when a deficiency in fire is contributing to digestive symptoms. It is also very good when symptoms exist in these channels and there is underlying blood deficiency.

Case Study

Female, 37

1. Frequent Bladder Infections – UB
2. Bronchitis – LU
3. Candida and Constipation – LI

Pulse: Rolling with weak kidney position.

Tongue: Pale and puffy with thick coat.

Zang-Fu Pattern: Damp and Phlegm retention with
Lung and Kidney Yang Deficiency.

UB - LU

- -

KI - LI

Case Study

Female, 29

1. Digestive problems occurring with discomfort, bloating, fatigue after eating. SP – ST
2. Irregular Menstruation with delayed cycles. The client had not had a period for 3 months. Periods tend to last 3 days.
3. Anxiety and Insomnia. HT – PC

Pulse: Weak and thin

Tongue: Pale with teeth marks

Zang-Fu Pattern: Spleen Qi and Blood Deficiency.

Primary Meridian Pair: SP – ST

Case Study Continued: Female, 29

For the SP - ST pair there are 2 meridian pairs that can connect to it.

The LU - LI or the SJ - PC

For this client the SJ - PC pair was used because the PC is effective for shen disturbance and insomnia. The PC and Yin Wei also play a role in nourishing and producing blood, and the 5-element method of using fire to strengthen earth was an appropriate strategy to use in this case.

SP - ST
- -
SJ - PC

Case Study

Female, 43

1. Kidney Function, patient suffers from frequent and cloudy urination, there is also lumbar pain that she feels in her kidneys.
2. Headaches in the occipital region, she often feels this on the left side at UB 10, the pain is dull. There is also neck pain present along the UB meridian.
3. Low Energy.

Zang-Fu Pattern: Kidney Yin and Yang Deficiency

Primary Meridian Pair: KI - UB

Possible Circuits: Shao Yin – Tai Yang Circuit or the Metal – Water Circuit.

KI - UB

- -

LI - LU

Case Study

Male, 63

1. Chronic left knee pain in the GB channel from GB 33 – GB 34.
2. Erectile Dysfunction – KI
3. Congenital Heart Disease – HT

Tongue: Large red and swollen with a thick yellow coat.

Zang-Fu Pattern: Damp heat.

GB - HT

- -

SJ - KI

Case Study

Female, 33

1. Headaches in the temples and behind the eyes
GB – LV. Occurs with neck and shoulder tension in the GB and SJ channels.
2. Menstrual Pain. Lower abdominal cramps with clots and headaches are worse during this time as well.
3. Hemorrhoids – LI

Tongue: Thin and red.

Pulse: Wiry

Zang-Fu Pattern: Qi and Blood Stagnation.

LV - GB

- -

PC - SJ

Benefits of Using Meridian Systems and Circuits

- Integrates Several Styles of Acupuncture
- Provides Quick Results in the Treatment of Pain and Internal Disorders
- Helps to Develop more Precise Treatment Strategies
- Prioritizes the Patient's Symptoms
- Provides an Alternate System of Pattern Identification based on the Patient's Priorities
- Helps to Identify Zang-Fu Patterns
- Synergizes Point Combinations and Requires Less Needles