

Introduction to Korean Constitutional Acupuncture – Hwa Method –



AIKTM

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A Brief History of Constitutional Theory

700-600 BC

- Ayurvedic Medicine
 - Tridosha Theory – Vata, Pitta, Kaffa

200-100 BC

- Ling Shu (Chapter 72 – Penetrating Heaven)
 - Tai Yang, Shao Yang, Tai Yin, Shao Yin, Jue Yin

460-370 BC

- Hippocrates
 - Four Humors (blood, phlegm, yellow bile and black bile)

210-129 BC

- Galen
 - De Temperamentis
 - blood-sanguine, black bile-melancholic, yellow bile-choleric, and phlegm-phlegmatic

1891

- Lee Je-ma
 - Sasang Medicine
 - Four Constitutions (Tae Yang, So Yang, Tae Eum, So Eum)

History of Five Elements

Dynasty	Period	Five Elemental Emphasis
Pre-Historic Times	1.7 million years ago - the 21st 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	<i>Shujing</i> (Classic of History) and the <i>Shijing</i> (Book of Poems)
Han	202BC - 8 AD	Collection of older works and combination of the above theories, extensive addition of Five Elemental correlates
Ming	1368 - 1644 AD	Introduction of the Zi Wu Liu Zhu (Midnight-Noon Ebb Flow) and Ling Qui Fei Teng (Extraordinary Turtle Flying) Five Elemental Acupuncture Methods

A Brief History of Five Elemental 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)

1922

- Hong Jeong Cheul (홍종철)
 - “A Study of the 12 Channels (경락학총론)”

1958

- Lee Jae Won (이재원)
 - “The Sa Am Yin Yang Five Elemental Acupuncture Method (사암음양오행침법)”
 - Introduced Pulse Analysis

1971

- Lee Byung Haeng (1906-1974)
 - *Chim Do Won Ryu Jung Ma* (鍼道源流重磨: Plowing the Way of Acupuncture from its Source)

1998

- Jae-Hoon Song (송재훈)
 - Harmony Acupuncture Method

Foundational Theories of Five Elemental Acupuncture

Quotes from the Nan Jing

Answer 52:

Sickness located in the Zhang organs is usually fixed and non moving.

Sickness located in the Fu organs is usually moving, coming and going, and upward and downward.

Answer 53:

Sickness may follow the path of the controlling organ. For example, Lung sickness may affect the Liver, Liver sickness may affect the Spleen, etc. If the illness completes the full controlling cycle twice, the affected organ will receive further damage. This is a sign of a grave condition. Sickness may also follow the path of the generating cycle. For example, Heart sickness may affect the Spleen and Spleen sickness may affect the Lungs. In this case, the cycle may repeat again and again. This is not a grave condition.

Foundational Theories of Five Elemental Acupuncture

Quotes from the Nan Jing

Answer 69:

When there is deficiency, tonify the mother (虛者補基母). When there is Excess, Sedate the Son (實者寫基子)…In General, the tonification method proceeds the sedation method.

Answer 75:

The son element (i.e. Fire) is capable of making Wood become excess (子能令母實). The mother element (ie. Kidney) is capable of reducing the son element (母能令子虛). This is why we would sedate the fire and tonify the water in a Wood excess situation. Treating the patient with this method will prevent the Wood from rebelling against Metal and establish harmony and balance. **How can we attempt to treat more challenging illnesses without addressing the underlying deficiency?** This is what is meant by introducing the above treatment method.

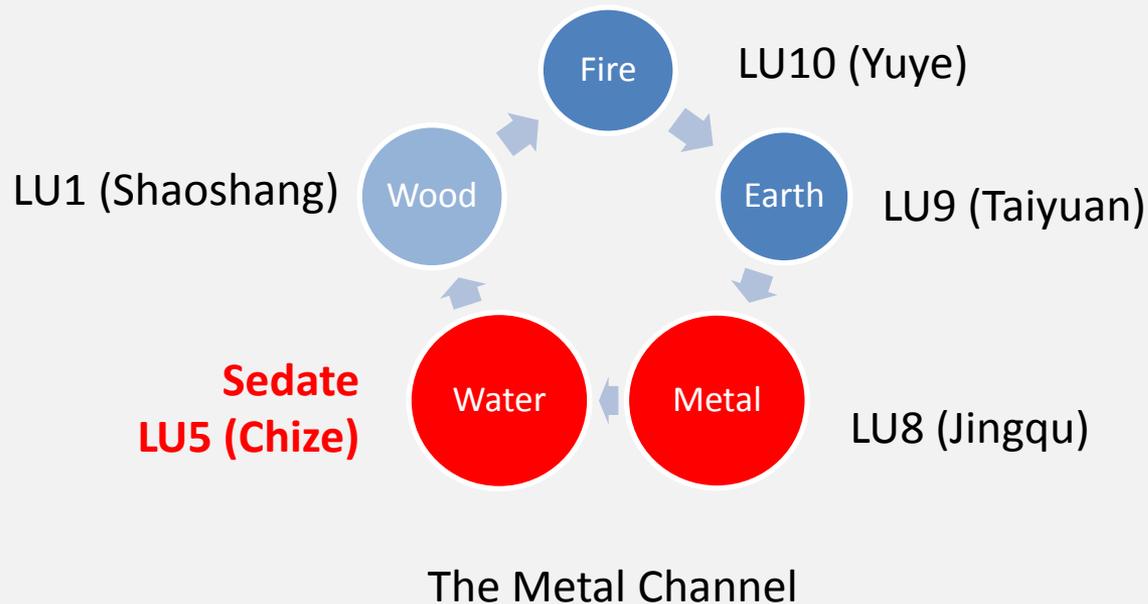
Gao Wu's Five Elemental Acupuncture Method

Affected Element	Point Tonified	Point Sedated
Metal Excess	--	LU5 (<i>Qize</i>) (Water) Son Point on Same Channel 子能令母實
Metal Deficiency	LU9 (<i>Taiyuan</i>) (Earth) Mother Point on Same Channel 母能令子虛	--
Wood Excess	--	LIV2 (<i>Xingjian</i>) (Fire) Son Point on Same Channel 子能令母實
Wood Deficiency	LIV8 (<i>Ququan</i>) (Water) Mother Point on Same Channel 母能令子虛	--

Mother and Son Points chosen on same
channel

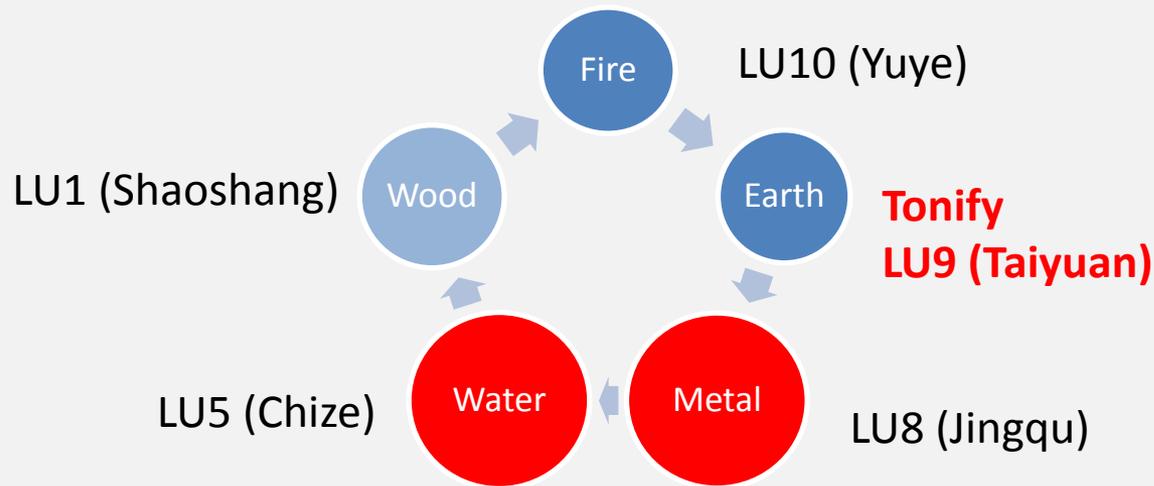
Gao Wu's Five Elemental Acupuncture Method

Affected Element	Point Tonified	Point Sedated
Metal Excess	--	LU5 (Qize) (Water) Son Point on Same Channel 子能令母實



Gao Wu's Five Elemental Acupuncture Method

Affected Element	Point Tonified	Point Sedated
Metal Deficiency	LU9 (<i>Taiyuan</i>) (Earth) Mother Point on Same Channel 母能令子虛	--



The Yin Metal Channel

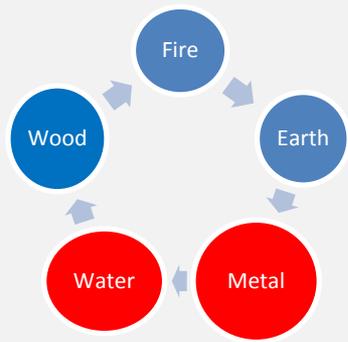
Zhang Shixian's Five Elemental Acupuncture Method

Affected Element	Point Sedated
Large Intestine Excess	SP3 (<i>Taibai</i>) (Earth) Mother Point on Mother Yin Channel 母能令子虛
Large Intestine Deficiency	LU5 (<i>Qize</i>) (Water) Son Point on Yin Correlate Channel 子能令母實
Liver Excess	UB66 (<i>Tonggu</i>) (Water) Mother Point on Mother Yang Channel 母能令子虛
Liver Deficiency	GB38 (<i>Yangfu</i>) (Fire) Son Point on Yang Correlate Channel 子能令母實

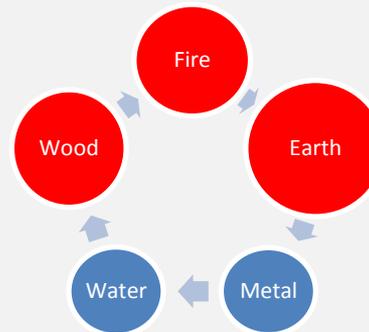
Mother and Son Points chosen on
correlating channels

Zhang Shixian's Five Elemental Acupuncture Method

Affected Element	Point Sedated
Large Intestine Excess	SP3 (<i>Taibai</i>) (Earth) Mother Point on Mother Yin Channel 母能令子虛



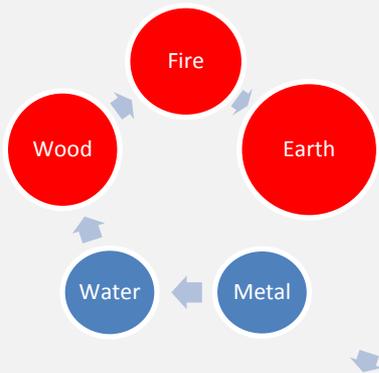
Yang Metal Excess



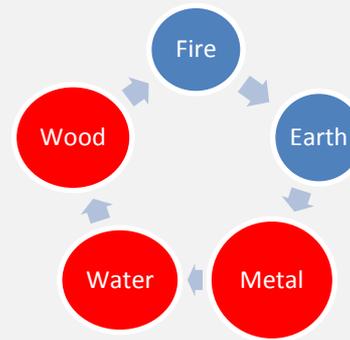
Yin Channel Result

Zhang Shixian's Five Elemental Acupuncture Method

Affected Element	Point Sedated
Large Intestine Deficiency	LU5 (<i>Qize</i>) (Water) Son Point on Yin Correlate Channel 子能令母實



Yang Metal
Deficiency



Yin Channel
Result

Sa Am Do In's Five Elemental Acupuncture Method

Addressing Excess

Affected Element	Same Channel Points		Related Channel Points	
	Tonify	Sedate	Tonify	Sedate
(Yin) Wood Excess	LIV4 (<i>Zhongfeng</i>) Control Point on Same Channel	LIV2 (<i>Xingjian</i>) Son Point on Same Channel 子能令母實	LU8 (<i>Jingqu</i>) Horary Point of Control Organ/Element	HT8 (<i>Shaofu</i>) Horary Point of Son Organ/Element 子能令母實
(Yang) Wood Excess	GB44 (<i>Qiaoyin</i>) Control Point on Same Channel	GB38 (<i>Yangfu</i>) Son Point on Same Channel 子能令母實	LI1 (<i>Shangyang</i>) Horary Point of Control Organ/Element	SI5 (<i>Yanggu</i>) Horary Point of Son Organ/Element 子能令母實
(Yin) Fire Excess	HT3 (<i>Xiaohai</i>) Control Point on Same Channel	HT7 (<i>Shenmen</i>) Son Point on Same Channel 子能令母實	KD10 (<i>Yingu</i>) Horary Point of Control Organ/Element	SP3 (<i>Taibai</i>) Horary Point of Son Organ/Element 子能令母實
(Yang) Fire Excess	SI2 (<i>Qianggu</i>) Control Point on Same Channel	SI8 (<i>Shaohai</i>) Son Point on Same Channel 子能令母實	UB66 (<i>Tonggu</i>) Horary Point of Control Organ/Element	ST36 (<i>Zusanli</i>) Horary Point of Son Organ/Element 子能令母實

Sa Am Do In's Five Elemental Acupuncture Method

Addressing Deficiency

Affected Element	Same Channel Points		Related Channel Points	
	Tonify	Sedate	Tonify	Sedate
(Yin) Wood Deficiency	LIV8 (<i>Ququan</i>) Mother Point on Same Channel 虛者補基母	LIV4 (<i>Zhongfeng</i>) Control Point on Same Channel	KD10 (<i>Yingu</i>) Horary Point of Mother Element 虛者補基母	LU8 (<i>Jingqu</i>) Horary Point of Controlling Element
(Yang) Wood Deficiency	GB43 (<i>Xiashi</i>) Mother Point on Same Channel 虛者補基母	GB44 (<i>Zuqiaoyin</i>) Control Point on Same Channel	UB66 (<i>Tonggu</i>) Horary Point of Mother Element 虛者補基母	LI1 (<i>Shangyang</i>) Horary Point of Controlling Element
(Yin) Fire Deficiency	HT9 (<i>Shaoshong</i>) Mother Point on Same Channel 虛者補基母	HT3 (<i>Shaohai</i>) Control Point on Same Channel	LIV1 (<i>Dadun</i>) Horary Point of Mother Element 虛者補基母	KD10 (<i>Yingu</i>) Horary Point of Controlling Element
(Yang) Fire Deficiency	SI3 (<i>Qianggu</i>) Mother Point on Same Channel 虛者補基母	SI2 (<i>Shaohai</i>) Control Point on Same Channel	GB41 (<i>Zulinqi</i>) Horary Point of Mother Element 虛者補基母	UB66 (<i>Tonggu</i>) Horary Point of Controlling Element

Sa Am Acupuncture & the Six Climatic Factors

Climactic Factor	Organ Pair	Correlating Organ and Elements	Sa Am Tonification Effect	Symptoms Addressed
Wind	Jue Yin	Hand: Pericardium	Converging, Calming	Forgetfulness, Scattered thoughts
		Foot: Liver	Softening, Nourishing	Liver Disorders
Monarch Fire	Shao Yin	Hand: Heart	Warming	Internal and External Cold Disorders
		Foot: Kidney	Warming and Nourishing	Kidney Yin and/or Yang Deficiency
Dampness	Tai Yin	Hand: Lungs	Moistening and Cooling	Lung Disorders, Wind Heat/Lung Heat Issues
		Foot: Spleen	Moistening and Warming	Spleen Disorders, Dampness
Ministerial Fire	Shao Yang	Hand: San Jiao	Warming and Drying	Cold Damp Disorders (Affecting San Jiao and/or San Jiao Channel)
		Foot: Gall Bladder	Warming and Drying	Cold Damp Disorders (Affecting Gall Bladder and/or Gall Bladder Channel)
Dryness	Yang Ming	Hand: Large Intestine	Drying and Cooling	Damp Heat Disorders (Affecting Large Intestine and/or Large Intestine Channel)
		Foot: Stomach	Drying and Warming	Stomach Disorders, Indigestion
Cold	Tai Yang	Hand: Small Intestine	Cooling, Blood Nourishing	Vertigo, Bleeding, Insomnia
		Foot: Urinary Bladder	Cooling	Heat Disorders (Affecting Urinary Bladder and/or Urinary Bladder Channel)