

Fundamentals II - Week One

Introductions

Course Outline/Syllabus

Basic Concept of Meridians and Collaterals

- 1) Meridians (Channels) and Collaterals – *Jingluo*
 - a) *Jing* – “channel” or “longitude”. Like a water channel or trunk and main branches of a tree (12 primaries, 8 extraordinary, 12 divergents)
 - b) *Luo* – “to attach”. Finer branches that connect trunk/main branches (*jing*) to connective tissues and cutaneous regions.

- 2) Functions of Meridians
 - a) *Transport Qi and Blood throughout the body and render body an integrated whole* (rather than series of independent units)
 - i) *Zang Fu* are the roots of the channels and channels themselves are the stems. Body tissues and sense organs are the flowers.
 - ii) Link *zang fu* organs with each other. (Lung channel passes through Stomach, Large Intestine, and diaphragm)
 - iii) Link interior with exterior, link to left to right, and above with below
 - b) *Protect the body*
 - i) Channels prevent penetration of pathogenic factors. A series of barriers that prevent deeper the penetration. Closer pathogens get to the *zang fu*, more serious the disease becomes
 - ii) Different levels – different types of channels/collaterals occupy different depths in the body
(1) Cutaneous regions>minute collaterals>sinew channels>luo-connecting channels>primary channels>divergent channels>extraordinary channels
 - c) *Respond to dysfunction in the body*
 - i) Disease of the channels themselves
 - ii) Disease of *zang fu* reflecting onto the channels
 - d) *Transport qi to the diseased area*
 - i) Acupuncture stimulation is transmitted from the point to the diseased area of the body.

- 3) Primary channels – **main focus of course**
 - a) 12 primary channels pertain to *zang fu* organs (*zang* = yin, *fu* = yang)
 - i) Internal/external branches
 - (1) External pathways (relatively superficial; what is seen on an acupuncture chart) are where the acupuncture points lie. Manipulated to affect internal pathways
 - ii) Direction of flow (model standing w/ palms facing inward) – patterns of organization beginning to emerge
 - (1) 3 hand yin begin on chest and travel inner arm to hand to hand
 - (2) 3 hand yang begin in hand and travel outside of arm to head
 - (3) 3 foot yang begin on face (near eye) and travel outer part of leg to foot (except Stomach channel)
 - (4) 3 foot yin begin on foot and travel inner part of leg to check/flank
 - b) Yin-yang pairings (*zang fu* organ pairings)

- i) Exterior –Interior relationship
 - c) Six channels relationship – (6 divisions/ 6 levels – Shanghan Lun)
 - i) Hand/foot Yin, hand/foot yang names of the channels
 - ii) Orientation of channels on yin/yang aspects of the body
 - d) 5 element pairings
 - e) Flow of qi in the channels
 - i) Meridian Clock
 - (1) ****Memorize chart of Zang Fu Organs right away****
 - (2) 5 element yin/yang pairings
 - (3) 6 division/6 levels pairings (Shanghan Lun)
 - ii) Entry/exit points
- 4) Point Categories
- a) 5 Shu Points (Transporting Points)
 - i) One of the most important groups of acu points
 - (1) “Antique points” – 5 Phase Theory/Ling Shu
 - ii) Shu points –Jing Well, Ying Spring, Shu Stream, Jing River, He Sea
 - (1) Channels compared to flowing of a river
 - iii) All antique points are distal to elbows and knees
 - b) Five Phase Points (aka “5 element points”)
 - i) Properties of the 5 Shu points established in the Nan Jing
 - ii) Yin Channels: Jing Well (wood), Ying Spring (fire), Shu Stream(earth), Jing River (metal), He Sea (water)
 - iii) Yang Channels: Jing Well (metal), Ying Spring (water), Shu Stream (wood) , Jing River (fire), He Sea (earth)
 - iv) Mother/Son/Horary points
 - (1) Deficiency = tonify mother; Excess = sedate child
 - c) Xi-Cleft points
 - i) Indicated in the treatment of acute conditions and pain
 - d) Yuan Source points
 - i) The qi below the navel, between the Kidneys, is said to be the basis of human life (Yuan Qi)
 - (1) Strong function to tonify (yin channels only)
 - ii) Synonymous w/ shu-stream pt in yin channels only
 - iii) In yang channels, function more to dispel various pathogenic factors and treat disorder along the pathway.
 - e) Luo connecting points
 - i) Treat disorders of the interiorly-exteriorly related channel (or zangfu)
 - ii) Treat disorders in regions reached by the luo-connecting channel
 - iii) Treating psycho-emotional disorders
 - f) Back Shu Points – **note** different than 5 shu points mentioned above
 - i) “shu” = transport
 - ii) Located on the back (Bladder channel)
 - g) Front Mu Points
 - i) Located on the chest or abdomen in close proximity to related organ but not on the channel
 - ii) “mu” = gather or collect; qi of the zang fu gather/concentrates on the anterior surface of the body
 - h) Hui-Meeting points
 - i) Entry/exit points

- j) Influential, Window of the Sky (WOS), Command, Sea, Tendo-muscular Meridians (TMM), Group Luo points (skim)
 - i) The Big Picture
- 5) Proportional Body Measurements
 - a) Cun/body inches - ****very important to memorize right away****
 - i) Bring a string and stickers to class from week 2 on...

Camille's suggestions:

Handouts: Pathway diagrams (Deadman), point descriptions, tmm's (reinforce anatomy)

Start reviewing functions of organs

45-75min lecture (20 points tops per week??)

Break

Demo the points

"Anchor points" according to body region
Ankle, knee, umbilicus