

## PHASE DEFICIENCY & EXCESS: A TEMPLATE FOR MANAGEMENT & TREATMENT

### I. Phase

### II. Aspect that phase

### III. General Problem

### IV. Specific Issues To Resolve

### V. Strategy and Management Formulation

#### A. General Within the Generating-Controlling Cycle

1. Regarding management-treatment strategies In DRRBF Yin and Yang are defined by their particular natural function within a phase. Excess and deficiency involves either too much of this function or with deficiency, too little.

2. We will avoid draining the phase that is in excess except to eliminate excess fluid. For this we will include Triple Burner two [TB- 2] , the controlling point for water for the entire organism.

The `mother`, `controlling` and `insulting` phases may need to be strengthened in order perform their tasks of nourishing deficiency and controlling excess. This can be done simultaneously using the channel points.

3. The Sedation Points<sup>i ii</sup> used below are defined as follows:

The element point of the element following on the Generating cycle, i.e. the Child point in the mother. For example, a Fire point on the Wood Official.

This is a more gentle way of using the Mother to nourish the Child on the Generating cycle than using the Master [horary] point of the Mother.

Nourishment can also transmitted from the Grandmother Point to the Child if the Grandmother is stronger than the Mother.

For the sake of simplicity in these discussions we are limiting ourselves to the use of the Mother phase.

Always needle the deficient organ first.

## B. Specific Strategy Within the Generating-Controlling Cycle

### 1. Yin

#### a. Yin Deficiency

- Needle the Tonification and Yin points of the deficient organ
- Needle the Sedation and Yin points in Mother Organ [Generating cycle-Phase within Phase]
- Balance Yin and Yang within the Concerned Phase [Solid-Hollow Organs] using Luo point of solid organ + source point
- SJ- 5 thru to P-6 for general balance of Yin and Yang
- Channel Points

#### b. Yin Excess

- Reduce Excess through `control' and insulting' cycle
- Needle phase point of controlling phase in Yin excess Phase
- Needle horary point, tonification point and Yang point of controlling phase
- Needle horary point, tonification point and Yang point of `insulting' phase
- P- 6 thru to SJ- 5
- Ghost Points
- Channel Points

### 2. Yang

#### a. Yang Deficiency

- Needle the Tonification and Yang points of the deficient organ
- Needle the Sedation and Yang points in Mother Organ [Chen cycle-Phase within Phase]
- P- 6 thru to SJ- 5
- Channel Points

#### b. Yang Excess

- Reduce Excess through `control' and insulting' cycle
- Needle phase point of `controlling' and `insulting' phase in Yang excess Phase
- Needle horary point, tonification point and Yin point of `controlling' phase

- Needle horary point, tonification point and Yin point of `insulting' phase
- SJ- 5 to P- 6
- Ghost Points
- Channel Points

## 2. Channel Points

See individual phase.

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<sup>i</sup> Smith, Sharon M., L. Ac, Dipl. Ac. [NCCAOM]; The Five Element Acupuncture Handbook; Self-published 1998, 2006

<sup>ii</sup> Yuen, Jeffrey: Notes