

FIRE: SMALL INTESTINE MANAGEMENT & TREATMENT

I. SMALL INTESTINE YANG-ESSENCE

A. Small Intestine Yang-Essence Deficiency

1. General Problem

Has difficulty with separating, absorbing and transforming ideas.

2. Specific Issues to resolve

Enhance the ability to sort information to separate the nourishing from draining, creative from destructive and authentic from false.

3. Specific Phase Methodology for Small Intestine Yang-Essence Deficiency Within the Generating-Controlling Cycle

Needle the Tonification and Yang-Essence points of the Small Intestine

SI- 3 [Tonification Point]

SI- 5 [Yang-Essence Point]

- Needle the Sedation and Yang-Essence points in the Gallbladder [Shang cycle]

GB- 43 [Sedation Point]

- SJ- 5 thru to P-6 for general balance of Yin-Essence and Yang-Essence

4. Channel-Herb Treatment for Small Intestine Yang-Essence Deficiency

a. Management Formulation

- i. Nourish Small Intestine Yang-Essence
- ii. Nourish Gallbladder Yang-Essence

b. Management Implementation

i. Nourish Small Intestine Yang-Essence

1). Acupuncture

a). Small Intestine Points

i). Deficient

CV-4: Mu point

ST 39: lower He-Sea Pt.of S.I.

BL-27: Shu Points enhance function

ii. Meeting Points

SI-19 & BL-1

iii. Spirit-Mental-Emotional Points

- SI- 4: Security
- ST- 11: Transform perceptions to world through sorting relevant from irrelevant [pure from impure]

- ST- 23: Organization [coordinate information] for creativity] (Supreme Unity]
- SI- 3 w. P- 7: Courage

iv. Window of the Sky

SI- 16: Real identity - clarity - sorting out

v. Balance

a. Upper-Lower:

i. Six Divisions [Meeting Point]

SI-19 & BL-1

ii. Other

b. In & Out: Guest-Host

SI- 7- HT- 7

c. Left-Right: Akabane

d. Front-Back: Mu-Shu

Shu points + Accumulation Points

BL- 27

Front Shu Points

CV-4

b). Primary Channel Points

vi. Homeostatic Channels

Governing Vessel [Du Mai]

SI- 3; intellectual, mental, moral psychic energy,

DU- 20: reunion point of all Yang meridians, psychosis,

hallucinations.

ii. Nourish Gallbladder Yang-Essence

1). Acupuncture

GB- 1 [Pupils Bone Hole]

Meeting Point with Triple Burner

Ameliorate anger

See things with clarity

GB- 11 [Head Portals Yin]

Assimilate the emotional world and enhance the ability to express the inner world.

GB- 25 [Capital Gate]

Front Mu Point of Kidney

GB- 26 [Girdle Vessel]

Starting Point of Dai Mai

GB 27 [Five Pivots]

Upright Posture of Five Pillars

GB- 30 [Encircling Leap]

Tonifies Qi [and Blood]

Helps to open the Dai Mai [with cupping]

GB- 35 [Yang's Intersection]

Where Yang comes together

GB- 40 [Hills Ruins]

Tonifies GB; especially mental aspect.

2). Herbs

Calm Spirit and Stop Fear Decoction[An Shen Ding Zhi Tang]

B. Small Intestine Yang-Essence Excess

1. General Problem

The person is overly analytical and has difficulty synthesizing information with a tendency to experience life uncompromisingly either black or white and with difficulty tolerating opposites and compromising.

2. Specific Issues to resolve

Decrease analytical aspect of sorting ability in the service of a better balance between analysis and synthesis.

3. Specific Phase Methodology for Small Intestine Yang-Essence Excess Within the Generating-Controlling Cycle

- Reduce Excess through the `control' and insulting' cycles
- Needle phase point of `controlling' and `insulting' phase in Small Intestine Phase

[Small Intestine Water Point]

[Small Intestine Metal Point]

- Needle horary point, tonification point and Yin-Essence point of `controlling' phase

UB- 53, (43) [Bladder Yin Essence Points]

Ki- 4; Ki- 3 [Kidney Luo and Source Point]

HT- 3 [Heart Water Point]

SI- 7; SI- 4 [Small Intestine Luo + Source Point]

- Needle horary point, tonification point and Yin-Essence point of `insulting' phase

LI- 10 [Large Intestine Yin-Essence Point]

LU- 7, 9 [Lung Luo and Source Points]

Ki- 7 [Kidney Metal Point]

HT- 3[Heart Water Point]

SI- 7; SI- 4 [Small Intestine Luo + Source Point]

4. Channel-Herb Treatment for Small Intestine Yang-Essence Excess

a. Management Formulation

- i. Build Water-Kidney Yin-Essence [‘controlling cycle’ [Ko] to control-balance Small Intestine Yang-Essence Excess]
 - ii. Build Metal-Lung Yin-Essence [‘insulting cycle’] to control-balance Small Intestine Yin-Essence Excess
 - iii. Build boundaries in the service of sorting
 - b. Management Implementation
 - i. Build Water-Kidney Yin-Essence [‘controlling cycle’ [Ko] to control-balance Small Intestine Yang-Essence Excess]
 - 1). Acupuncture
 - a). Water Yin Points
 - i). Kidney
 - KI-1- [Bubbling Spring]
 - Calming the mind in anxiety & hypomania
 - Courage
 - KI- 2- [Blazing Valley] for will power
 - KI- 3- [Greater Stream]
 - To anchor all of the other spirit points
 - Nourish Yin-Essence, Yang-Essence, Qi-Essence and Essence
 - KI 4-[Big Bell]
 - A place to store and hold, to gather forces & to lift the spirit
 - Compassion
 - Communicate with Heart through P-3, 6, 8
 - KI- 6 [Shining Sea]
 - Calms Shen by nourishing Yin-Essence-Essence
 - KI 9: [Guest Building (House)]
 - Calms the mind w/ anxiety, restlessness, chest oppression & palpitations w/ HT-KI not harmonized.
 - Ability to step outside of oneself and bear witness to self
 - Observer of ones own reactions
 - Calms Shen
 - Phlegm disturbing the Heart

- Communicates between Kidney and Heart
- Cry and laugh for no reason
- Neurosis from past experience

KI- 10 [Water Point of Water]

Tonifies Kidney Yin

Increases ability to 'flow' in all aspects of life

KI- 15 [Central Flow]

Nourishes Kidney Yin-Essence

KI- 16 [Vitals Transporting Hollow]

Connects Heart and Kidney

Calms the mind by bringing Yin-Essence to the Heart thru UB- 43

ii). Bladder

UB- 53, (43)

2). Herbs

Left Returning

Lotus Stamen

Yin-Essence and Yang-Essence Essence deficiency

Linking Decoction [Yi guan Jian]

Ginseng and Zizyphus [Tian Wang Bu Xin Tang]

ii. Build Metal –Lung Yin-Essence [‘insulting cycle’] to control-balance Small Intestine Yin-Essence Excess

1). Acupuncture

LU- 1 [Central Treasury]

Tonifies Lung Qi and Yin

LU- 2 [Cloud Gate]

Old Grief Stagnating in the Lungs

Lu- 3 [Celestial Storehouse]

Window of the Sky

Forgiveness

Possession by family

Sense of deep unworthiness

Let go of sadness

LU- 4 [Guarding White]

The here and now

LU-6 [Channel Ditch]

Accumulation Point activates the Qi

Moves Yin

LU- 9 [Great Abyss]

Tonifies Lung Qi and Yin

Ability to change

c). Primary Channel Points

i). Liv- 8 [Curved Spring]

Nourish Yin-Essence and
Blood

SP- 6 [Three Yin-Essence Crossing]

Yin-Essence and Blood

SP- 12 [Penetrating Gate]

Tonifies Yin-Essence

ST- 30

Crossing point of Chong, Du
and Ren Mai

Where Qi-Essence enters
Chong Mai

Tonifies Kidney [Liver]

Essence

2). Herbs

iii. Build boundaries in the service of sorting

1). Acupuncture

P- 6 [Inner Border Gate]

Allows heart to regulate boundaries

CV-4 [First Gate]

CV-5 [Stone Gate]

GV-4 [Gate of Life]

SP- 5 [Metal's Note Hill]

Strengthens Boundaries w/ loss of boundaries

Regulates the Large Intestine

SP-11 [Basket Gate]

SP-12 [Rushing Gate]

ST- 16: Keeps things in boundaries; 'Leaking Gut'
Syndrome

ST-21 [Bridge Gate, Beam Door]

ST-22 [Gate Door, Border Gate]

BL-12 [Wind Gate]

BL-42 [Soul Door]

BL-46 [Diaphragm Border]

BL-47 [Spirit Soul Gate]

KI-21 [Dark Gate]

TH-2 [Fluid Door]

TH-21 [Ear Door]

