

FIRE: PERICARDIUM MANAGEMENT & TREATMENT

I. PERICARDIUM YIN

A. Pericardium Yin Deficiency

1. General problem

- Cannot protect self in relationship and life
- Easily dominated
- Afraid to assert and defend self
- Armor superficial – easily collapsed
- Cognition dominated and drained by flawed defenses

2. Specific Issues to resolve

General strategy

- Fear of confrontation and lack of self-confidence and ability to stand up to world
- Reduce fear with by withdrawal

3. Intervention

a. Phase

i. Management-Formulation

- Nourish Pericardium Yin
- Nourish Liver: yin & yang
- Nourish Wood in Pericardium [Phase within Phase]
- Balance Yin and Yang within the luo point of Hollow to Luo point of solid organ + source point
 - SJ- 5 thru to P-6
- Kidney-Heart Points re: fear

ii. Management-Implementation

1). Acupuncture

a). Nourish Pericardium Yin

- Chong Mai + Yang Qiao
 - How you stand up to the world
 - SP- 4, KI- 11, UB- 40, KI- 1, UB- 62
- P-1, 2: Nourishes Blood
- CV-17 : Mu Point
- BL 14, 43

b). Nourish: Wood Point in Pericardium

P-1 [Wood (Chen Mother)]

c). Nourish Fire Point in Pericardium

P-2 [Fire within Fire]

Afraid of what is outside

Disoriented-

d). Nourish Wood Point in Wood

Liv- 1

e). Balance Yin and Yang within the Concerned Phase

- Luo Points: SJ- 5 thru to P-6

f). Kidney-Heart Points re: fear

P- 8 w/ Kid- 2, 10, 21

Do not have resources to handle situation

g). Other

Extra Channels

Yin Wei: builds Yin & Blood hereby tonifying the Heart

2). Herbs

See Below

B. Pericardium Yin Excess

1. General problem

Heart closed – alone

Excessively defensive

Vengeful

2. Specific Issues to resolve

General strategy

Open Heart

Reduce fear [Combats fear through aggression]

3. Intervention

a. Phase

i. Management-Formulation

- Reduce Pericardium Yin Excess within phase
- Control Pericardium Yin Excess through `controlling cycle' [Ko]
 - Build Water Yang to control-balance Concerned Phase Yin Excess
- Control excess Yin of Pericardium through the `insulting cycle'
- Build Metal Yang to control-balance Concerned Phase Yin Excess
- Balance Yin and Yang within the Concerned Phase [Solid-Hollow Organs] using Luo of Solid Organ to Luo of Hollow organ
 - I question draining the Solid Organ

- P- 6 thru to SJ-5
- ii. Management-Implementation
- 1). Acupuncture
 - a). Reduce Yin Excess
 - P-5: removes HT phlegm
 - Chong Mai: moves Qi & Blood
 - b). Build Kidney Yang
 - 1- [Bubbling Spring]
 - will power and calming the mind in anxiety & hypomania
 - Courage
 - 2- [Blazing Valley] for will power
 - 3- [Greater Stream] to anchor all of the other spirit points
 - 4-[Big Bell]
 - A place to store and hold, to gather forces & to lift the spirit
 - Strengthen will power
 - Eliminate Fear- Promote Self Esteem
 - 10- Increases ability to `flow' in all aspects of life
 - 21-[Dark or Secret Gate, Gate of Hades]
 - To open awareness to old dark fears and terrors that the person cannot face.
 - 23-[Spirit-Mind Seal] (w/ KI- 5- Accumulation Point])
 - Where there is no `will to live'. It is akin to a storehouse for the spirit used to help a person who is experiencing terror and having difficulty maintaining the feeling that `the spirit is with me and I am at one with God', that I can hold what is mine inside. (This point is similar in action to KI-27 except that it is less powerful especially on a physical level. Often they are used together.)
- KI 26 - gentle push
- KI-27 [Transporting Point Mansion, Store House]
- This point is the storehouse for all energy including physical, mental and spiritual. It provides considerable power to all endeavors and adds the zest to these activities which give them life and excitement such as `team spirit'.
- Strong Push [especially combined with KI- 3

Still others use this point more specifically for strengthen the adrenals and sexual energy for people who do not have access to it and use it to treat impotence and frigidity.

UB-1

Balance of Yin & Yang through Yin Qiao Mai

UB- 23 w/ BI 52

Tonifies Kidney especially Will Power [Zhi]

UB-31-34: tonify Kidney and body

UB- 43 [Deep Disease Point]-rich for the Vitals]

Joyful confidence

UB-62: For awakening & awareness

Ren- 4 w/ moxa

Ren 6 w/ Moxa

Ren-8 w/ Moxa

DU- 4 [Mingmen]

Tonify Kidney Yang

DU- 14

Tonifies Yang [Meeting Place of 6 Yang]

Get person going or slow them down- inertia

DU-16, 20 are Seas of Marrow is beneficial for the Central Nervous System.

GB -13

Gathers essence to the head and with Ren 4 to strength will power and calm shen

P-8

Palace of weariness

Weariness from constant striving

Plum Blossom

a. Lower back lumbar & sacro-coccygeal; inguinal; lower abdominal & upper margin of symphysis pubis

b. SP-6; CV-4,6,12; GV-4,14,20

Window of the Sky

BL-10 [Heavenly Pillar] for mental energy

A glimpse of your real identity; so that all else assumes real proportion; and easy to sort out.

○ SI-17 is similarly use; though not a Window.

GV-16 [Wind Palace]

- Reunion of w/ Bladder.
- Sea of Bone Marrow.
- Large effect on mental activity.
- Wind = spirit (also SI 12 Grasping the wind).
- Deals with Yang energy, activity, responsibility, ability to respond, protection, alertness, clarity of mind, sense of vision/dream.
- For mind-spirit out of control, or fatigued, fogged.

Blocks

CV-GV

2). Herbs

Right Returning

Vitality combination

c). Build Metal Yang to control-balance Concerned Phase Yin Excess

1). Large Intestines

LI-, 1: Horari Point

LI- 2: Relieves constipation by moving water up to balance Heat

LI- 4: Harmonizes ascending and descending Qi

LI- 7: Accumulation Point; regulates Blood flow in LI and warming aspect

LI- 10: Moistens and moves Qi in LI

LI-16: Moves the Qi down

2). Lungs

LU- 2: Old Grief Stagnating in the Lungs

Lu- 3: WOS-Forgiveness; possession by family; sense of deep unworthiness; let go of sadness

LU- 4: The here and now

LU-5: harmonizes Stomach and Large Intestine; causes LU Qi to descend

LU-7: Grief and sadness

LU- 9: [Greater Abyss] to clear out grief [for his Lost Self or Involutional Depression]

LU-10: removes strong Heat

3). . Other

KI- 18: Constipation

KI- 24: Cannot let go of the grief for a person they have lost

P- 4: Old bitterness in heart

GV- 12: Difficulty w/ Change [w/ moxa]

SI- 1: Parts of ourselves and past that we cannot let go of

SI- 3: Helps clear mind to make difficult decisions

SI- 9: Helps with confusion associated with change

SP-15: tonifies Spleen's function of transportation re: constipation

ST- 13: Hesitates to let go

TB- 6: Constipation

BL-13: Difficulty w/ Change [moxa] with GV-12 & BL-43

BL-25: Improves LI function for diarrhea or constipation w/ BL 20

BL-42: " Heat & descends Qi

Blocks

i. Internal Devils

i. Possession by family and need for approval-controlled from elsewhere

ii. Growth and concept of personal growth is blocked

ii. Entry-Exit to air out the old energy and allow change

LI-20 & ST-1 [Receive Tears: to help people let go and especially cry, in this instance for his lost self. (Cotton Quality on pulse).

SP-21 & HT-1: to clear out the old

Formulae

i. Help a person extend themselves beyond where they are

Distal Points on Upper Extremities

ii. Tonify Gathering[Zong] Q i: LU-9 and CV-17

iii. "Filling the Earth to Generate Metal": LU- 1 & ST- 36 & SP- 3:

Five Phases- Outer A.E.P.& Accumulation Pt.

BL-42 and LU-6 that releases the Po (Inferior soul) that is the propelling force, the basic energy from the cosmos that we identify with the `dark' unconscious forces or `instincts' (life force is real translation of Freud's libido).

d.) Balance Yin and Yang within the Concerned Phase [Solid-Hollow Organs] using Luo of Solid Organ to Luo of Hollow organ

P- 6 thru to SJ-5

e). Extra Channels

Governing Vessel

Individualization; DU- 4, 14 [Upright Posture

2). Herbs

Ma Huang and Magnolia [Mystical Formula] (Shen Mi Tang)
 Atractylodes and Cardomon [Lungs and Spleen] (Chuan Si Jun Zi Tang)
 Tonify the Lung Decoction [Bu Fei Tang]

II. PERICARDIUM YANG

A. Pericardium Yang deficiency

1. General problem

- Poor synchronization, timing and integration
- Poor timing
- Presentation dispersed and poorly received

2. Specific Issues to resolve

General strategy

Reinforce Pericardium Yang to improve precision, direction, thrust appropriate time of expression and communication

3. Intervention

a. Phase

i. Management-Formulation

- Nourish Pericardium Yang
- Nourish: Wood point in Pericardium
- Nourish Wood Point in Wood [Phase within Phase]
- Balance Yin and Yang within the Concerned Phase [Solid-Hollow Organs] using Luo point of Hollow to Luo point of solid organ + source point
- P- 6 thru to SJ-5

ii. Management-Implementation

1). Acupuncture

a). Nourish Pericardium Yang

P-1, 2: Nourishes Blood

P- 2: Afraid of what is outside

CV-17 : Mu Point

BL 14, 43

b). Other

i). Nourish: Wood point in Pericardium

P- 1

ii). Nourish Wood Point in Wood [Phase within Phase]

Liv- 1

iii. Balance Yin and Yang within the Concerned Phase [Solid-Hollow Organs]
using Luo point of Hollow to Luo point of solid organ + source point
P- 6 thru to SJ-5

2). Herbs

See below

B. Pericardium Yang Excess

1. General problem

- Style over substance
- Apparent activity – not real
- Obsessive with precision
- Emptiness and loneliness - dislocated relationships
- Lack flexibility and mobility when required to act spontaneously

2. Specific Issues to resolve

General strategy is to bring balance between Pericardium Yin and Yang primarily by controlling Yang and slightly reducing Pericardium Yang excess

3. Intervention

a. Phase

i. Management-Formulation

- Reduce Pericardium Yang Excess [Minimally]
- Control Pericardium Yang Excess through enhancing Kidney Yang [Control cycle]
- Control excess Pericardium Yang through the Metal [Insulting cycle]
- Balance Yin and Yang within the Concerned Phase [Solid-Hollow Organs] using Luo point of Solid to Luo point of Hollow organ + source point
SJ- 5 thru to P-6

ii. Management-Implementation

1). Acupuncture

a). Reduce Pericardium Yang Excess [Minimally]

P-3: calms mind w/ anxiety by clearing Heat

P-4: calms HT re: rhythm

P-5: calms HT re: Heat & Phlegm

P-6: calms Shen; moves Qi & Blood

P-7: Calms Shen especially in women; phlegm

P-8: clears Heat

P-9: " and opens orifices

Chong Mai: moves Qi & Blood

BL-51: moves Qi between Heart & Diaphragm

b). Build Kidney Yang

1- [Bubbling Spring]

will power and calming the mind in anxiety & hypomania

Courage

2- [Blazing Valley] for will power

3- [Greater Stream] to anchor all of the other spirit points

Tonifies Yang

4-[Big Bell]

A place to store and hold, to gather forces & to lift the spirit

Strengthen will power

Eliminate Fear- Promote Self Esteem

7- [Returning Current] Tonifies Yang most powerfully

10- [Yin Valley] Increases ability to `flow' in all aspects of life

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To open awareness to old dark fears and terrors that the person cannot face.

23-[Spirit, Mind Seal] (w/ KI- 5- Accumulation Point)]

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KI-23 with KI-5 for courage, will power & hopeless depression

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KI-27 [Transporting Point Mansion, Store House]

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UB- 43 [Deep Disease Point]-rich for the Vitals]

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BL-52 [Zhi Shi- Will Power Room (Chamber)]

Will = determination translated into action

UB-62: For awakening & awareness

Ren- 4 w/ moxa

Ren 6 w/ Moxa

Ren-8 w/ Moxa

DU- 4 [Mingmen] w/ Moxa

Tonify Kidney Yang

DU- 14

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- For mind-spirit out of control, or fatigued, fogged.

TB- 3, 4: Childhood Malnutrition

Block

CV-GV

c). Build Lung Yin and Yang

i). Yin Deficiency

LU- 1: tonifies Lung Qi and Yin; descending function of Lung Qi-Kidney

LU-6: Accumulation Point activates the Qi.

LU- 7: Survival; Luo point brings Yang energy from the Large Intestine

LU- 9: tonifies Lung Qi and Yin; ability to change

LI- 4: Dispersing function of Lungs with LU- 7

BL- 13: Tonifies Lung Qi and Yin

BI- 42: Outer Bladder Spirit point is more Yang than the inner Bladder Point

BI- 43: Tonifies Lung Yin and Qi; stimulates the mind; promotes essence

P- 8: for transformation

GV- 12: Tonifies Lung Qi

iOther

Tonify Gathering[Zong] Q i: LU-9 and CV-17

Filling the Earth to Generate Metal": LU- 1 & ST- 36 & SP- 3: Constitution (Japanese)

LU-7

LI-4, 11

ii). Lung Yang Deficiency

LU- 2: Old Grief Stagnating in the Lungs

LU- 3: WOS-Forgiveness; possession by family; sense of deep unworthiness; let go of sadness

LU- 4: The here and now

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d). Balance Pericardium Yin and Yang

SJ- 5 thru to P-6

C. Herbs

Salvia

Sulphur

Cyperus

Fritellaria thunbergli

Dan Shen

[external]

Chuan Xiang

Zhe Bei Mu

Bupleurum
Mu Xiang

Chai Hu
Sausseria