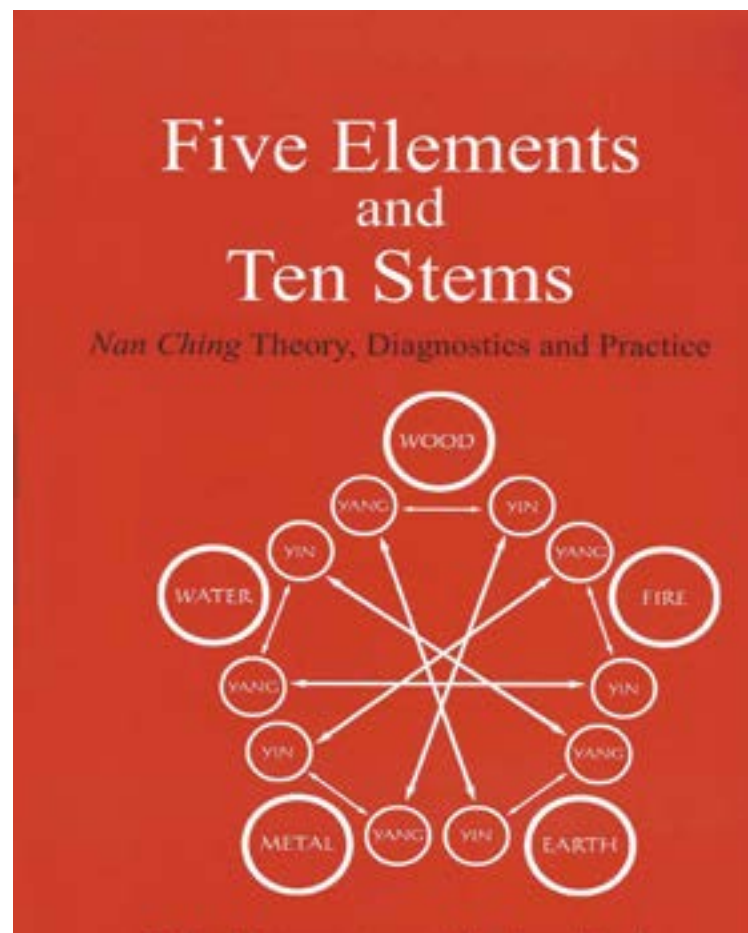




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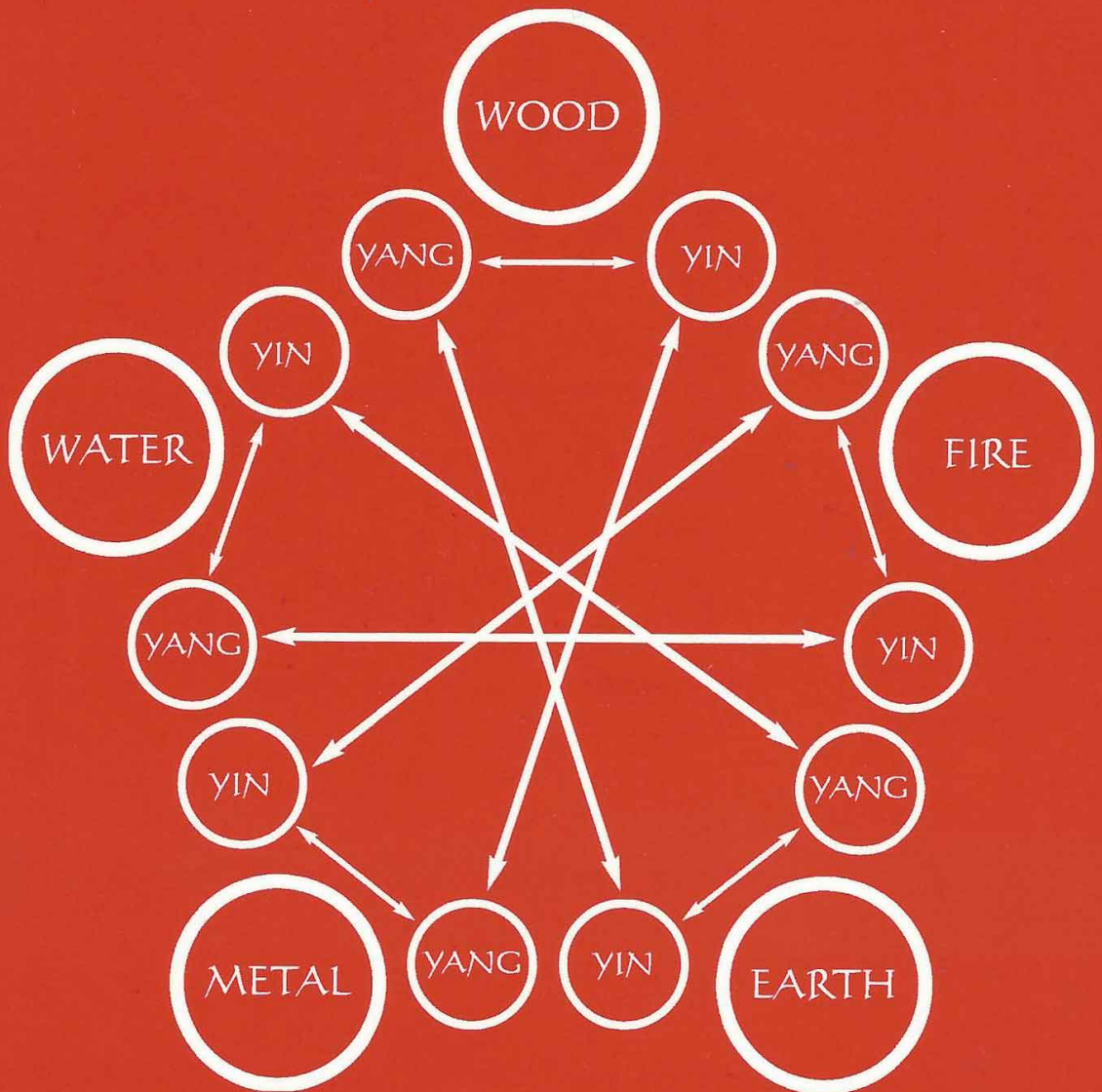
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Five Elements and Ten Stems

Nan Ching Theory, Diagnostics and Practice



Kiiko Matsumoto and Stephen Birch

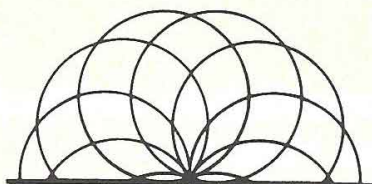


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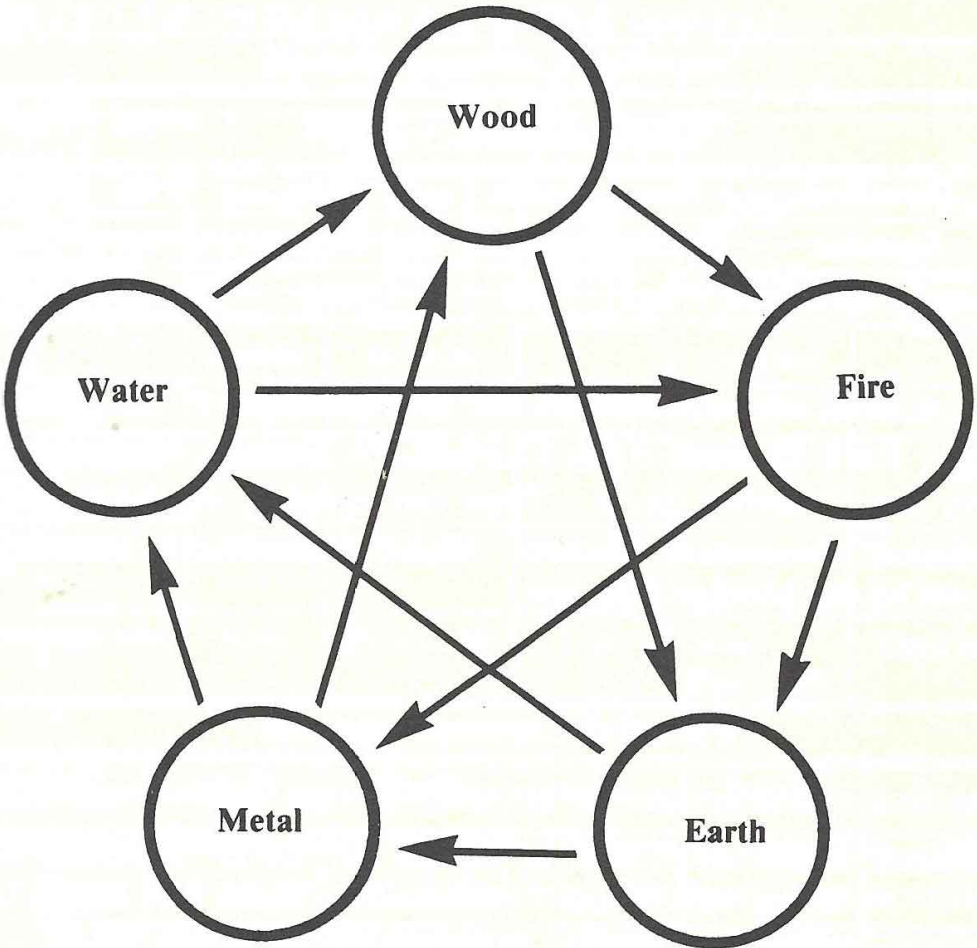
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Five Elements Cycles



The lists beginning on page 42 were obtained primarily from the *Su Wen* and *Ling Shu*, outline some of the most commonly used correspondences. Most of the information is easily comprehensible and translates smoothly to English; some is a bit more obscure.

Correspondences

The seasonal relations can be seen as an application of the seasonal associations of the Ten Celestial Stems within the framework of the Twelve Earthly Branches. Long Summer, perhaps the only unfamiliar concept, was seen as the last eighteen days of each season.

Seasonal Correspondences					
	Wood	Fire	Earth	Metal	Water
Direction	East	South	Center	West	North
Seasons	Spring	Summer	Long Summer	Autumn	Winter
Climatic Influence	Wind	Heat	Damp	Dryness	Cold

The parental correspondences are an expression of the Creative Cycle. Each Element is the Child of the Element which creates it on the Creative Cycle. Thus the creating Element is the Mother of the created Element. This relationship is commonly known as the Mother-Son law.

Parental Correspondences					
	Wood	Fire	Earth	Metal	Water
Children	Child of Water	Child of Wood	Child of Fire	Child of Earth	Child of Metal
Mothers	Mother of Fire	Mother of Earth	Mother of Metal	Mother of Water	Mother of Wood

As was noted in the the “Yin and Yang” Chapter of the **Theory** section, the relationship of Elements to organs may be considered a correlation of the Stems and Branches to the parts of the body. The more Yang Stems are seen to correspond to the five pair of meridians on the upper part of the body. The relatively more Yin Branches correspond to the six pairs of meridians on the legs. The Elements, being more Yang than the Branches and less Yang than the Stems, incorporate the

Basic Correspondences

organs related to both in Yin ↔ Yang pairs. The Pericardium and Triple Warmer are usually seen as belonging to the Element of Fire. The Five Zhong are best translated as “what the organs respect.” The correspondences of each of the Elements to what they branch or open into are often clinically useful; for example, eye problems can be affected by treating the Liver. The Two Yin are the anal and urethral openings.

Organ Correspondences					
	Wood	Fire	Earth	Metal	Water
Yin Organs	Liver	Heart	Spleen	Lung	Kidney
Yang Organs	Gall Bladder	Small Intestine	Stomach	Large Intestine	Bladder
5 Zhong	Blood	Shen	Flesh	Chi	Will
5 Yin Organs Store	Blood	Vessels	Ying	Chi	Jing
Opens into	Eyes	Tongue	Lips	Nose	Ears or the 2 Yin
Branches into	Nails	Face Color	Lips	Skin/ Body Hair	Head hair

The observational correspondences of senses, colors and emotions are gathered from the *Nan Ching* and *Ling Shu*. These are direct and easily comprehended. In regard to the various “Jing” or spirit correspondences, there were several concepts which can translate merely as “soul” or “spirit” due to the meagerness of our language in distinguishing the different characters that the Chinese used to describe these energies. The character “Kuai” 鬼 is a general term used to refer to soul. The soul that the Liver stores is the “Hun” 魂 or wandering soul, which like the Christian concept of soul leaves the body to float away after death. The soul that the Lungs store is the “Po” 魄 or body spirit, and is a reference to the corporeal part of the body that goes back into the Earth after death, the bone. The character of Po means “white soul,” the physical body that is white, the skeleton. The term Shen 神 is another

Mr. Shudo's Case Histories

Mr. Shudo's case histories are more complete from a diagnostic viewpoint but unfortunately not so complete regarding the treatments.²²⁶ As with Mr. Honma's treatments, elements which would be assumed by a Japanese audience are not discussed. The importance of breathing and Hara diagnosis should be noted.

Case One

A 32 year old male came to Mr. Shudo complaining of a high fever, diarrhoea, occasional abdominal pain and lumbar pain when lying down. These symptoms had continued since the previous day. His facial color is red. His overall body type is quite strong and muscular.

Pulse diagnosis:

- Overall floating, rapid and wiry.
- The Lung and Spleen pulses are deficient.
- The Liver and Heart pulses are excess.
- The Large Intestine pulse is deficient.
- The Gall Bladder is excess.

Abdominal diagnosis: The abdomen is relatively good, but around CV-6 it is a little weak. There is pressure pain on ST-25 and LU-1

Meridian diagnosis: On the upper limbs, the Lung and Large Intestine meridians are sensitive, especially LI-11 to LI-7. On the lower limbs, there is a knot and pressure pain on GB-38.

The fever is related to the Heart and/or Lung meridians. The Diarrhoea indicates the Lung, Large Intestine or Spleen meridians. Lumbar pain points to the Liver and/or Gall Bladder meridians. Mr. Shudo's conclusion was an overall diagnosis of deficient Lungs.

Treatments

Mr. Shudo's treatment was to tonify LU-9 with a 0.1 division insertion depth. He used the tapping needle on LU-10, SP-3, LU-1, CV-12 and ST-25 for five to ten seconds each, as the tapping needle is usually tonifying. He needled LI-11 to a depth of 0.1 divisions. He then bled SI-1 on the left side. Lastly, he used the tapping needle technique on the lumbar area and needled the right side BL-25 to a depth of 0.1 divisions.

The fever fell and the patient improved considerably within two hours. He explained that the basic treatment was the tonification of LU-9 and SP-3. Treating LU-10 was related to the fever and the pressure pain found on GB-38 was an effect of the fever.

Case Two

A seventy-seven year old woman complains of pain on the right knee for the last month. Recently the left side has developed pain as well, particularly when walking or standing up. The inside of her mouth is very dry. She has difficulty passing faeces, but is not constipated. Her neck and shoulder are stiff and she has tension around BL-18. A few years before, she had a blood clot in the brain, and is still seeing a medical doctor for this condition. She has good skin, it looks healthy and shiny. Her face is white with a slight red color.

On examining the abdomen he found the whole area around the Hara to be soft. (This is not as bad in an older person as it would be in someone much younger.) The side of the Hara was weak, especially the left side, and there was a pulsing on the left at ST-25. He felt that she had an arteriosclerotic pulse. His first impression was that the Lungs were deficient; however, he then found that the Liver and Kidney pulses were weak, and the Gall Bladder and Bladder pulses strong. On pinching the skin with the thumb and forefinger on the Lung and Pericardium meridians, he found that the Pericardium meridian was abnormal or unusual. He found a knot on BL-18, and on the left GB-20. There was pressure pain on the "Eyes of the Knee," and the knee was arthritically deformed.

Five Elements and Ten Stems

This work is an in-depth study of the five-phase system of acupuncture and its origin and foundation in the Chinese medical classics. The authors have drawn from extensive research of the *Nan Ching*, *Ling Shu*, *Su Wen*, and other Chinese medical classics. They detail the systems of cosmological correspondences in relation to medical diagnosis and treatment, combining the principles from the classics with the research and expertise of clinical practice.

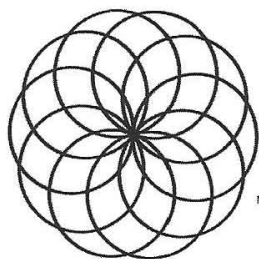
Included is a selection of treatment procedures contributed by some of the most accomplished acupuncture practitioners in modern Japan.

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Ms. Matsumoto studied acupuncture at the Japan Central Acupuncture and Moxibustion College of Tokyo. Her additional studies included classical and modern Chinese as well as Sotai, a specific practice of manipulative therapy. Currently Ms. Matsumoto resides and practices in Boston, Massachusetts, and lectures and teaches worldwide.

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