4 QI IMBALANCES and 5 ELEMENTS

A New System for Diagnosis and Treatment

by Jeremy Ross

Part IV: Patient example with Acupuncture

Please first read: Introduction to 4QI + 5E

MAIN COMPLAINTS

Prioritization

The patient Erika had the following main complaints, which are given priority numbers in the table, and star ratings in the diagrams below.

The most important complaint was exhaustion.

Simple overview: 4QI

The useful simple overview from the 4 Qi Imbalances is:

Precision and detail: 4QI + 5E

More precise detail is shown on the 4QI + 5E diagram:
The number of stars for each organ Imbalance; whether Deficiency, Excess, Stagnation, or Disturbance, reflects the relative priority of that Imbalance for the patient.

**Choice of points**

The acupoints chosen for Erika must cover all the Imbalances in the 4QI + 5E diagram above.

- **SP.4** needle
- **PC.6** needle
- **CV.4** needle + 3 large moxa cones
- **CV.14** needle
- **SP.1** 3 small moxa cones
- **SP.10** 3 medium moxa cones

**Insertion sequence**

- SP.4 on right
- PC.6 on left
- SP.4 on left
- PC.6 on right
- CV.4 with needle and moxa
- CV.14, SP.1 moxa, SP.10 moxa

Remove needles in reverse order, ending with SP.4 on right.

**Making the points work**

The art of point combination is, when appropriate, to make one point do several jobs. This can be done because most points have several different actions and uses.

For example, in the table and 4QI + 5E diagram for Erika below, it can be seen that SP.4 is performing three different functions.

**SP.4 star ratings**

I have rated SP.4 as follows:

- move ***
- calm **
- tonify *
- drain *

Please see [How to compare Acupoints](#)

**Point functions**

<table>
<thead>
<tr>
<th>Complaint</th>
<th>POT</th>
<th>Ch. syndrome</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>exhaustion</td>
<td>tonify</td>
<td>KI Deficient Qi</td>
<td>CV.4, SP.1, SP.4, SP.10</td>
</tr>
<tr>
<td>anxiety, palpitation</td>
<td>calm</td>
<td>HT Spirit</td>
<td>PC.6, CV.14, SP.4</td>
</tr>
<tr>
<td>cold, aching legs</td>
<td>move</td>
<td>Stagnant SP &amp; HT</td>
<td>SP.4, PC.6, SP.1, SP.10</td>
</tr>
</tbody>
</table>

*Note* the table refers to the use of SP.1 and SP.10 with moxa. If SP.1 and SP.10 were needled with reducing method they could be used to drain Excess Heat.