4 QI IMBALANCES and 5 ELEMENTS

A New System for Diagnosis and Treatment

by Jeremy Ross

Part V: How to compare Acupoints

Please first read: Introduction to 4QI +5E

A SIMPLE OVERVIEW: 4 QI IMBALANCES

The system of 4 Qi Imbalances + 5 Elements can be used to classify both acupoints and patients, so that they can be matched together.

Here are some examples from the Spleen channel. First, the simple overview given by 4 Qi Imbalances, and then the more precise and detailed picture given by 4 Qi Imbalances + 5 Elements.

**yin bai**  Well p, Wood p

- **Tonify**
- **Calm**

**SP. 1**

- **Move**
- **Drain**

**da du**  Spring p, Fire p, Tonification p

- **Tonify**
- **Calm**

**SP. 2**

- **Move**
- **Drain**

**Drain**  

- **bleed**  to drain Heat to reduce Heat-type bleeding

**Move**  

- **reduce**  to move Stagnation and treat chest pain

**Calm**  

- **reduce**  to indirectly calm the mind by draining Heat or moving Stagnation

**Tonify**  

- **moxa**  to tonify SP Yang to treat Deficiency-type bleeding

**Tonify**  

- **moxa**  to warm and tonify SP Yang to treat cold extremities

**Drain**  

- **reduce**  to drain Damp Heat to treat diarrhea

**Move**  

- **reduce**  less used to move Stagnation than SP.1.

**Calm**  

- **reduce**  less used to indirectly calm the mind by draining Heat or moving Stagnation than SP.1.
Note  The star ratings given for acupoints in this article are simplifications of the available data. They are given to provide a clear overview of the main energetic effects of the point.

For detailed discussion, and for two different views on the functions of the points, please refer to *Acupuncture Point Combinations* by Jeremy Ross and *A Manual of Acupuncture* by Peter Deadman and Mazin Al-Khafaji.

**tai bai**  Stream p, Earth p, Source p

- **Tonify**  ⭐⭐⭐ reinforce or moxa to tonify SP Qi: main use
- **Calm**  ⭐⭐ reinforce to indirectly calm restlessness by tonifying Qi and Blood
- **Move**  ⭐ reduce to move Stagnation and treat epigastric pain: not the main use
- **Drain**  ⭐ reduce to drain Damp Heat, to treat diarrhea: not the main use

**gong sun**  Connecting p, Opening p of Chong

- **Move**  ⭐⭐⭐ reduce to move Qi and Blood for pain in epigastrium, uterus, chest, or legs
- **Calm**  ⭐⭐ even to indirectly calm HT Spirit for insomnia and mental disturbance, by moving or tonifying Spleen Qi
- **Tonify**  ⭐ reinforce or moxa to tonify Qi and Blood to treat exhaustion
- **Drain**  ⭐ reduce to drain Damp to indirectly treat edema by moving Spleen Qi

**san yin jiao**  Crossing p of SP, LR, KI

- **Tonify**  ⭐⭐ reinforce to tonify Blood and Yin to treat dry skin
- **Move**  ⭐⭐ reduce to move LR Stagnant Qi and Blood to treat abdominal pain
- **Calm**  ⭐⭐ reinforce to calm HT Spirit for palpitations, insomnia
- **Drain**  ⭐⭐ reduce to drain Damp Heat to treat skin rashes with fluid-filled blisters
**di ji**  Accumulation p

- **Move**: *** reduce to move Qi for dysmenorrhea, abdominal pain, leg pain
- **Drain**: ★ reduce to indirectly drain Damp by moving SP Qi, to treat edema
- **Calm**: ---
- **Tonify**: ---

**yin ling quan**  Sea p, Water p

- **Drain**: ★★★ reduce to drain Damp, or Damp Heat for edema, diarrhea
- **Move**: ★★ reduce to move SP Qi and Damp obstruction for abdominal distension, dysuria, leg pain
- **Calm**: ★ reduce to indirectly calm by moving and draining Damp for palpitations, vertigo
- **Tonify**: ★ reinforce and moxa to assist Cold Deficient SP to transform damp

**xue hai**  Sea of Blood

- **Move**: ★★ reduce to move Qi and Blood for dysmenorrhea, dysuria, poor leg circulation, local knee injury
- **Drain**: ★★ reduce to clear Heat in the Blood for red, hot, dry skin rashes
- **Tonify**: ★ reinforce to tonify Blood to nourish and moisten dry skin and treat anemia
- **Calm**: ---
The diagrams give a clear visual impression of the acupoints so that you can see at a glance the detailed similarities and differences between them. Sometimes a diagram is worth a hundred words. SP.1, SP.4, SP.6, and SP.9 are shown as examples.

**Drain**
- **SP**
- 

*breathe* to clear Heat to reduce Heat-type bleeding: menorrhagia, hematuria, melena, etc.

**Move**
- **SP**
- 

*reduce* to move SP Qi and Blood for epigastric fullness and pain, abdominal distension

**Calm**
- **HT**
- 

*reduce* to move HT Qi and Blood for chest fullness and pain, depression

**Tonify**
- 

*moxa* to tonify SP Yang for Deficiency-type bleeding

**Move**
- **SP**
- 

*reduce* to move SP Qi and Blood for epigastric pain, dysmenorrhea, leg pain

**Calm**
- **HT**
- 

*eiren* to indirectly calm Heart Spirit for insomnia and mental disturbance, by moving or tonifying Spleen Qi

**Tonify**
- **SP**
- 

*reinforce or moxa* to tonify Qi and Blood to treat exhaustion

**Drain**
- **SP**
- 

*reduce* to drain Damp to indirectly treat edema by moving Spleen Qi

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**Move SP**  
Reduce to move SP Qi and Blood for abdominal pain, dysuria, dysmenorrhea, leg pain

**LR**  
Even to regulate LR Qi for gynaecological and obstetric disorders, depression

**Calm HT**  
Even to calm HT Spirit for palpitations, insomnia

**Tonify SP**  
Reinforce to tonify SP:  
- to tonify Qi and Blood for digestive weakness and exhaustion  
- to transform Damp for edema

**KI**  
Reinforce to tonify KI Qi and Yin for exhaustion, tinnitus

**Drain SP**  
Reduce to drain:  
- Damp for edema  
- Damp Heat to treat red skin rashes with fluid-filled blisters  
- Heat from the Blood for red, hot skin rashes or menorrhagia

**Drain SP**  
Reduce to drain Damp or Damp Heat in:  
- skin for eczema with fluid-filled blisters or damp skin  
- LR, GB for jaundice  
- Intestines for diarrhea, dysentery  
- KI, BL for oliguria and edema  
- Uterus for leukorrhea

**Move SP**  
Reduce to move SP Qi for abdominal distension, dysuria, knee pain, leg pain

**Calm HT**  
Reduce to indirectly calm HT Spirit by draining Damp for palpitations, vertigo

**Tonify SP**  
Reinforce and moxa to assist Cold Damp SP to transform Damp to treat edema