

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*

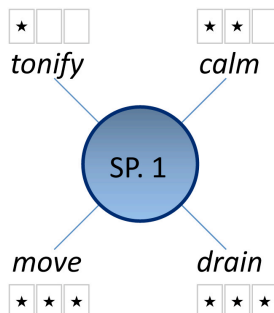
A SIMPLE OVERVIEW: 4 QI IMBALANCES

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.

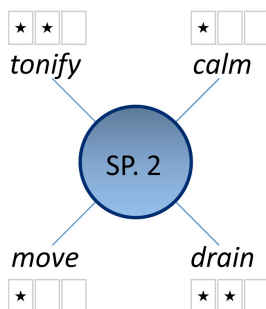
First, the simple overview given by 4 Qi Imbalances, and then the more precise and detailed picture given by 4 Qi Imbalances + 5 Elements.

yin bai Well p, Wood p



- 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

da du Spring p, Fire p, Tonification p

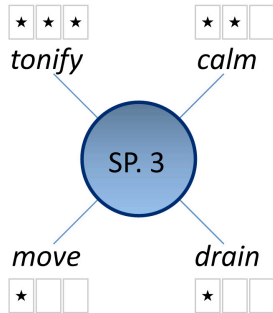


- Tonify** ★★ *moxa* to warm and tonify SP Yang to treat cold extremities
- Drain** ★★ *reduce* to drain Damp Heat to treat diarrhea
- Move** ★ *reduce* less used to move Stagnation than SP.1.
- Calm** ★ *reduce* less used to indirectly calm the mind by draining Heat or moving Stagnation than SP.1.

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.

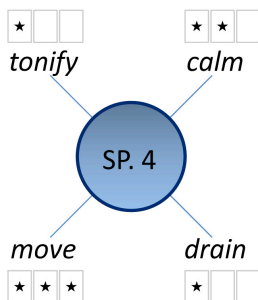
For detailed discussion, and for two different views on of the functions of the points, please refer to *Acupuncture Point Combinations* by Jeremy Ross and *A Manual of Acupuncture* by Peter Deadman and Mazin Al-Khafaji.

tai bai Stream p, Earth p, Source p



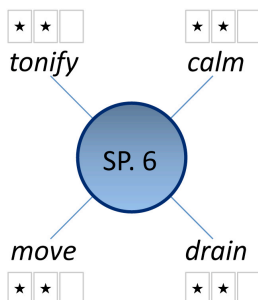
- Tonify** ★★★ *reinforce or moxa* to tonify SP Qi: main use
- Calm** ★★ *reinforce* to indirectly calm restlessness by tonifying Qi and Blood
- Move** ★ *reduce* to move Stagnation and treat epigastric pain: not the main use
- Drain** ★ *reduce* to drain Damp Heat, to treat diarrhea: not the main use

gong sun Connecting p, Opening p of Chong



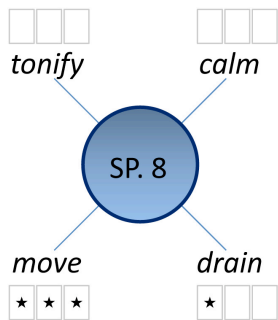
- Move** ★★★ *reduce* to move Qi and Blood for pain in epigastrium, uterus, chest, or legs
- Calm** ★★ *even* to indirectly calm HT Spirit for insomnia and mental disturbance, by moving or tonifying Spleen Qi
- Tonify** ★ *reinforce or moxa* to tonify Qi and Blood to treat exhaustion
- Drain** ★ *reduce*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

san yin jiao Crossing p of SP, LR, KI



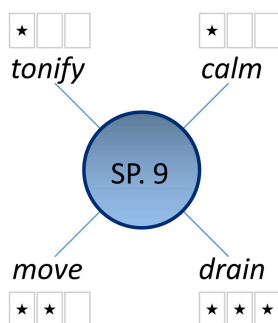
- Tonify** ★★ *reinforce* to tonify Blood and Yin to treat dry skin
- Move** ★★ *reduce* to move LR Stagnant Qi and Blood to treat abdominal pain
- Calm** ★★ *reinforce* to calm HT Spirit for palpitations, insomnia
- Drain** ★★ *reduce* to drain Damp Heat to treat skin rashes with fluid-filled blisters

di ji Accumulation p



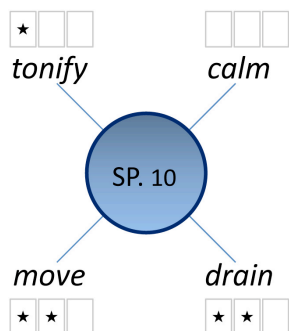
- Move** ★★★ *reduce* to move Qi for dysmenorrhea, abdominal pain, leg pain
- Drain** ★ *reduce* to indirectly drain Damp by moving SP Qi, to treat edema
- Calm** --- ---
- Tonify** --- ---

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

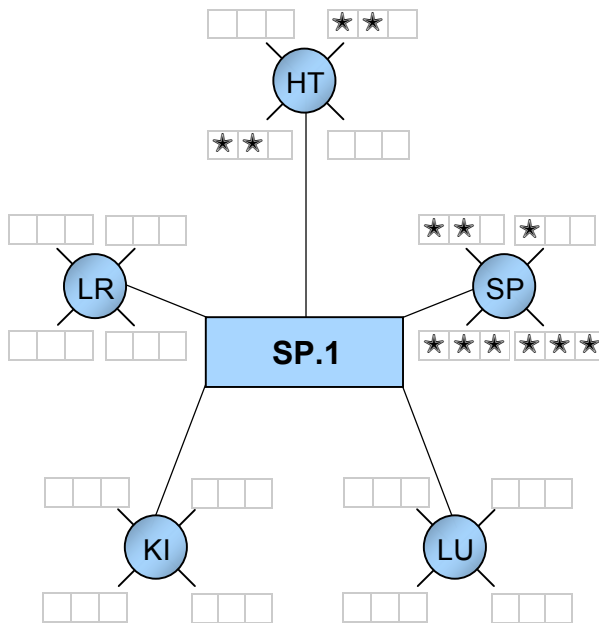
xue hai Sea of Blood



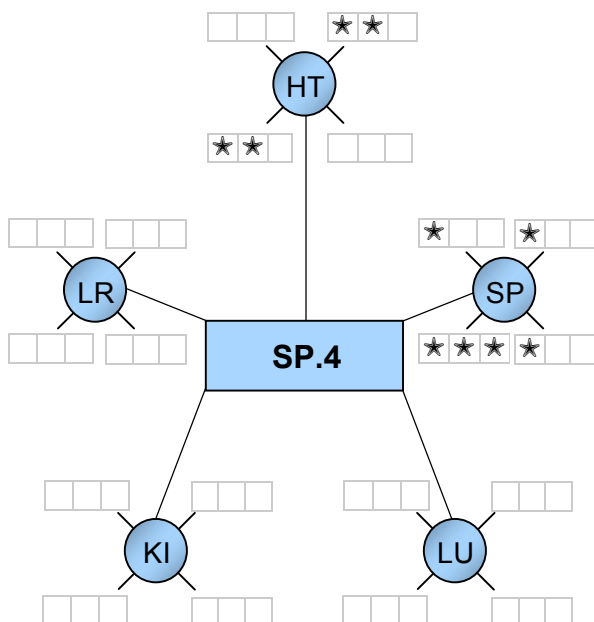
- Move** ★★ *reduce* to move Qi and Blood for dysmenorrhea, dysuria, poor leg circulation, local knee injury
- Drain** ★★ *reduce* to clear Heat in the Blood for red, hot, dry skin rashes
- Tonify** ★ *reinforce* to tonify Blood to nourish and moisten dry skin and treat anemia
- Calm** --- ---

PRECISION AND DETAIL: 4 QI IMBALANCES + 5 ELEMENTS

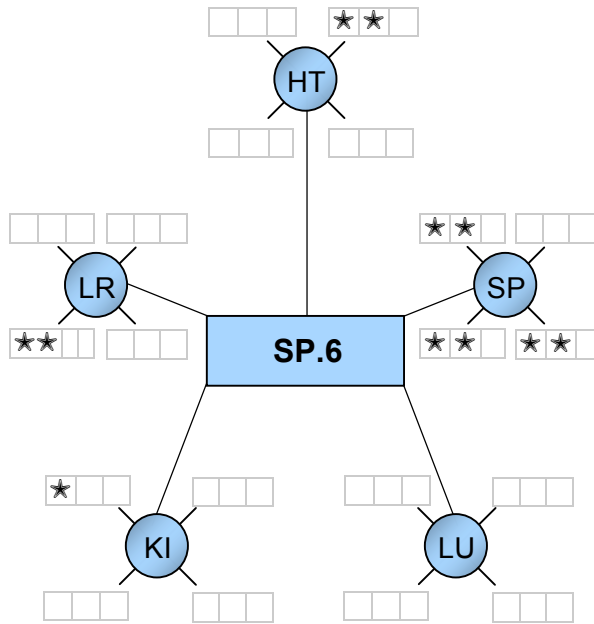
The diagrams give a clear *visual* impression of the acupoints so that you can see at a glance the detailed similarities and differences between them. Sometimes a diagram is worth a hundred words. SP.1, SP.4, SP.6, and SP.9 are shown as examples.



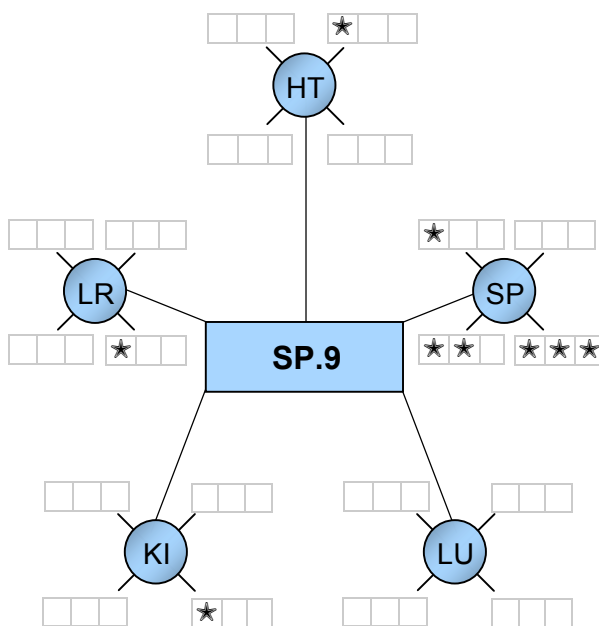
Drain	SP	★★★	<i>bleed</i> to clear Heat to reduce Heat-type bleeding: menorrhagia, hematuria, melena, etc.
Move	SP	★★★	<i>reduce</i> to move SP Qi and Blood for epigastric fullness and pain, abdominal distension
	HT	★★	<i>reduce</i> to move HT Qi and Blood for chest fullness and pain, depression
Calm	HT	★★	<i>reduce</i> to drain Heat or move Stagnation; for agitation, excessive dreaming, mania and depression, loss of consciousness
	SP	★	<i>reduce</i> to treat mind blocked or overheated from excessive worry or study
Tonify		★	<i>moxa</i> to tonify SP Yang for Deficiency-type bleeding



Move	SP	★★★	<i>reduce</i> to move SP Qi and Blood for epigastric pain, dysmenorrhea, leg pain
	HT	★★	<i>reduce</i> to move HT Qi and Blood for heart pain, depression
Calm	HT	★★	<i>even</i> to indirectly calm Heart Spirit for insomnia and mental disturbance, by moving or tonifying Spleen Qi
	SP	★	<i>reduce</i> to calm ST for vomiting, or Intestines for borborygmus
Tonify	SP	★	<i>reinforce or moxa</i> to tonify Qi and Blood to treat exhaustion
Drain	SP	★	<i>reduce</i> to drain Damp to indirectly treat edema by moving Spleen Qi



Move	SP	★★	<i>reduce</i> to move SP Qi and Blood for abdominal pain, dysuria, dysmenorrhea, leg pain
	LR	★★	<i>even</i> to regulate LR Qi for gynaecological and obstetric disorders, depression
Calm	HT	★★	<i>even</i> to calm HT Spirit for palpitations, insomnia
Tonify	SP	★★	<i>reinforce</i> to tonify SP: - to tonify Qi and Blood for digestive weakness and exhaustion - to transform Damp for edema
	KI	★	<i>reinforce</i> to tonify KI Qi and Yin for exhaustion, tinnitus
Drain	SP	★★	<i>reduce</i> 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 BL IN GB	★★★	<i>reduce</i> 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	★★	<i>reduce</i> to move SP Qi for abdominal distension, dysuria, knee pain, leg pain
Calm	HT	★	<i>reduce</i> to indirectly calm HT Spirit by draining Damp for palpitations, vertigo
Tonify	SP	★	<i>reinforce and moxa</i> to assist Cold Damp SP to transform Damp to treat edema