

FIVE DRAGONS
ACUPUNCTURE COLLEGE
CORRESPONDENCE COURSE



LESSON 8
OF
31 LESSONS

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Acupuncture Correspondence Course in 31 Lessons
For Educational and Teaching Purposes.

Recommended books to simplify your research are as follows

Essentials of Chinese Acupuncture
Gray's Anatomy
The Merck Manual
Taber's Cyclopedic Medical Dictionary

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to the acupuncturists and medical researchers
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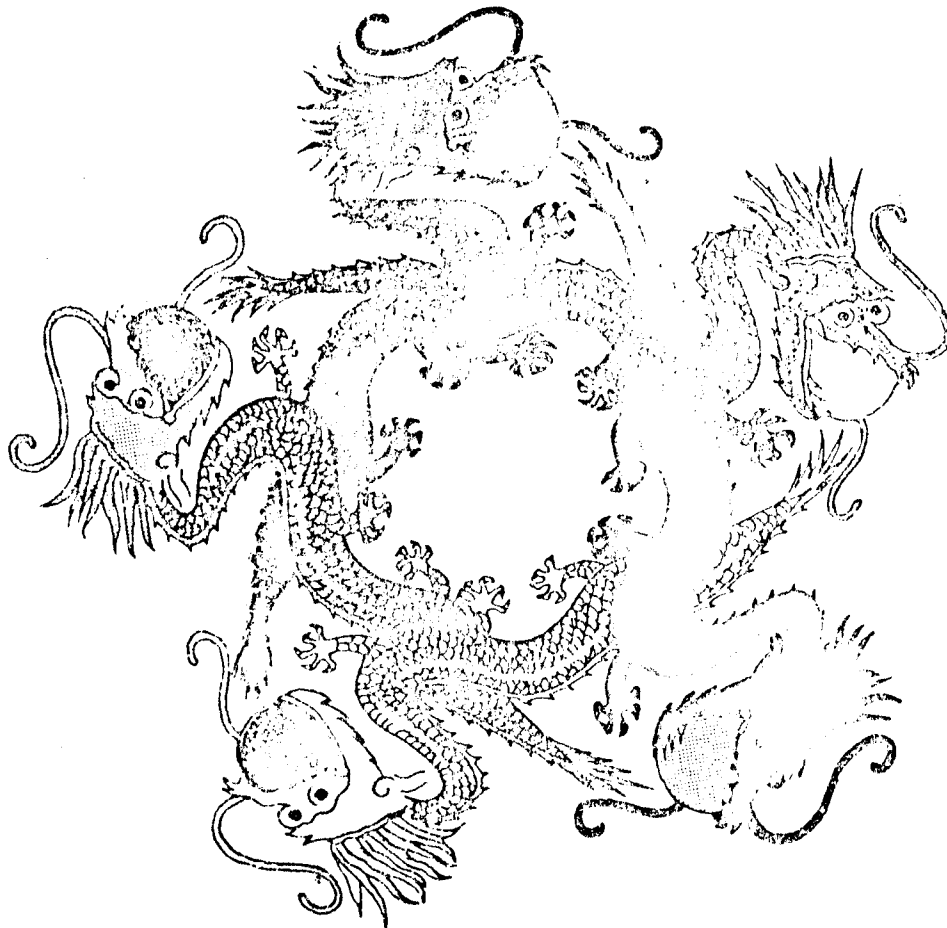


MODERN & TRADITIONAL ACUPUNCTURE

LESSON 8

ORIENTAL DIAGNOSIS II

INTRODUCTION TO FIVE ELEMENTS, OBSERVATION, INTERROGATION



Just as the Chinese have divided everything in the universe as belonging either to Yin or Yang, they make a further division in which all that exists is again classified into five categories, which are known as the FIVE ELEMENTS. Some of you are already familiar with these or what the Chinese have termed the 'Law of the Five Elements' from outside readings. Many books discuss its applicability in Chinese medicine, especially as relates to traditional acupuncture. However, few books expose it in a manner that reveals it as more than 'just a theory'.

In this lesson we are not going to look at the many facets of the Five Elements Law, as such, but rather we will examine it from the standpoint of how it applies to diagnosis by observation and interrogation (please re-read page two of Lesson Seven). Nor, will we discuss how the Chinese came to choose the names of each of the particular elements, the philosophy behind them, or why something fits in a particular category. Instead, we will look at it simply as a convenient, all-encompassing, predetermined classification system.

For this lesson, consider each of the five 'Elements' simply as the name of a category. Do not concern yourself with the names of the 'Elements', what they are, or anything else about them other than what is discussed in this lesson. If you have to, think of them as if we had instead chosen five alphabetical or numerical categories, such as Category 1, Category 2, etc., or Element A, Element B, Element C, and so on. But, since it is important to relate what we are saying in this lesson to the particular name the Chinese have called these five elements, we will use the actual name rather than some other arbitrary designation. In a later lesson we will cover the actual Five Element Law fully and in detail, along with its implications for acupuncture treatment.

In addition to Yin/Yang division, Chinese philosophers classified everything in the world according to its predominance of one of five primary elements, which they called:

WOOD FIRE EARTH METAL WATER

Since everything in the world can be classified according to these five categories or elements, let's see how they fit the twelve major meridians into these categories. Of the twelve major meridians, ten represent organs of the body and two ('Envelope of the Heart' and Triple Burner) represent functions, rather than specific body organs. As far as classification of these two functions, they considered the 'Envelope of the Heart' to belong to the same category as the Heart itself, and the Triple Burner to belong to the same category as the Small Intestine. (The He-EH relationship is obvious and the SI-TB assignment is explained in Lesson 11).

<u>ELEMENT</u>	<u>YIN MERIDIANS</u>	<u>YANG MERIDIANS</u>
WOOD	Liver	Gall Bladder
FIRE	Heart Envelope of Heart	Small Intestine Triple Burner
EARTH	Spleen	Stomach
METAL	Lung	Large Intestine
WATER	Kidney	Bladder

Out of the above classification we obtain what is known in Chinese medicine as the 'coupled' meridian relationship. When two meridians of opposite polarity (one Yin, one Yang) are of the same element name and of the same extremity of the body (Hand or Foot), they are called 'COUPLED' meridians or organs. Hence, the Lung meridian is said to be coupled with the Large Intestine meridian, the 'Envelope of the Heart' meridian is coupled to the Triple Burner meridian, and so on.

They are termed 'coupled' meridians because a "conjunctive" channel (properly called a 'Lo Transversal Meridian') connects them in both directions. In other words, of each pair or couple, a Lo Transversal channel would extend from the Yin meridian to the Yang meridian, and the Yang meridian would have a similar Lo Transversal channel connecting back to the Yin meridian. The Lo Transversal 'channels' serve as a communication system between two coupled meridians.

In reference to the 'coupled' meridians the relationship applies to the organs the meridians represent as well. For example, when we refer to either the Lung meridian or the Large Intestine meridian, we can think of the organs of the lung and large intestine as being somehow related to each other INTERNALLY. Because they are 'coupled' to each other, what affects the lungs could affect the large intestine as well, or vice versa. Some of these coupled organ (meridian) relationships are very important in traditional acupuncture treatment, and are discussed in later lessons.

Now, let's get back to the first subject of this lesson, the Five Elements as they apply to oriental diagnosis through observation and interrogation. This in itself is such a vast subject that we will hardly be able to scrape the surface in this lesson, however, we will be able to give you the basic idea of it to get you started, IF YOU WILL KEEP AN OPEN MIND!

One of the ways the Chinese applied this natural law is to bodily smells. They discovered that if certain organs are not functioning correctly, the body will give out a distinctive odor. Over thousands of years they kept track of the different odors, checked them out with pulse diagnosis and the results of treatment, narrowed them down to five main odors and found they corresponded to the framework of the five elements theory. Each of the odors is distinctively different from the odor of any other element. Odors are associated with one of the five element names as follows:

Rancid -- WOOD
 Scorched -- FIRE
 Fragrant -- EARTH
 Rotten -- METAL
 Putrid -- WATER

If we can develop our sense of smell, simply by walking past the patient, we can determine which organs are most likely out of balance, from smell alone. Perhaps, an inconspicuous sniff during pulse diagnosis or clinical examination is all that is needed. For example, if there is a distinctively fragrant smell to the patients natural body odor, and since this smell represents the element Earth, you are given a clue that the problem might be in the Spleen or Stomach.

Perhaps, the patient is wearing perfume or a scented deodorant and you are unable to make out any distinctive smell. How about the patient's emotions? Again we have five such main emotions that we can use diagnostically. They are:

Anger -- WOOD
 Joy -- FIRE
 Sympathy -- EARTH
 Grief -- METAL
 Fear -- WATER

Each of us naturally display one of these emotions at some time or other. What the Chinese are saying is that if there is an imbalance in any one of the organs of the body then one of these emotions will also be out of balance --- out of proportion. If you can judge your patient's emotional state, you can then determine which organs may not be functioning correctly.

For example, take Fear. All of us are afraid at one time or another, but only relative to a given situation or set of circumstances. We all know people who are overly afraid most of the time --- afraid of going outdoors when

there is no reason to be, afraid to meet other people, or even scared of examinations --- but they really can't explain why they are afraid. If this is the case, then your patient has given you a valuable clue that the problem may lie in their kidney or bladder, because the Chinese over the years have determined that fear is generally associated with the element named Water, to which the kidney and bladder belong.

The vocal expression or sound of your patient can give you more clues. The five main sounds and their associated element names are:

Shouting -- WOOD
 Laughing -- FIRE
 Singing -- EARTH
 Weeping -- METAL
 Groaning -- WATER

Certainly, we all shout, laugh, sing, weep or groan, but again, relative to a given situation or set of circumstances. If for example you have a patient who is in a continual state of anger and shouts constantly --- this would give you a clue that the problem is with the two meridians associated with the element named Wood, namely the liver and the gall bladder.

Here's an easy one! How about asking your patient if he or she craves for any one type of food? The Chinese have discovered over the years that each one of the five elements is associated with a particular taste or flavor, as follows:

Sour -- WOOD
 Bitter -- FIRE
 Sweet -- EARTH
 (Spicy) Pungent -- METAL
 Salty -- WATER

When organs are not functioning correctly, the associated tastes become out of proportion, just like the emotions,

the sounds, the smells, and so on. Again, we all like a variety of these things, but if there is a constant craving for any one particular type of food in the above categories, you have another valuable clue. If it is sweet foods, for example, your attention is directed to the spleen and the stomach, for they are associated with the element Earth, as is that sweet taste.

Or, you could ask your patients if they feel better or worse at any particular time of the year. You've all heard someone say how they hate the spring or hate the winter, because their illness gets worse at that time of the year. The average, healthy person should enjoy all of the seasons equally, or at least not hate any particular one because of an illness. For example, if a patient tells you he or she detests the spring time --- according to the following relationships to the five elements you can gain a valuable clue as to the problem --- the problem may be in the Liver or Gall Bladder meridians.

Spring -- WOOD
 Summer -- FIRE
 *Late Summer -- EARTH
 Fall -- METAL
 Winter -- WATER

There are of course many more examples of how the five elements apply to diagnosis by observation and interrogation. We have purposely taken a considerable portion of this lesson to point out some of the correspondencies, for several reasons. First of all, most people when reading about the five elements in a book or seeing the correspondencies listed in a chart format, fail to see just how the whole thing applies to diagnosis.

Secondly, simply because this is all so very important and very valid in traditional acupuncture, where we are more

* Some authors call this Mid-Summer, Indian Summer or End of Summer.

interested in the causative factor rather than the symptoms. Finally, because it is one of the easier ways for a beginning acupuncturist to start working into a more individualized traditional form of acupuncture. Those of you who are already applying these things will understand and forgive us for taking the time to talk about what you are already using.

By taking several of these factors together, you can confirm your pulse diagnosis, or if you are not sure of yourself in pulse diagnosis, gather enough "clues" to ISOLATE THE ORGANS YOU THINK ARE OUT OF BALANCE. This information can then be used in narrowing down your Clinical Examination to one or two meridians. The Clinical Examination is the most reliable method for beginners, and confirms all other diagnostic techniques (covered in a separate lesson).

It does take a long time before one can hope to attain any degree of proficiency at pulse diagnosis. The important word is PRACTICE. After six months to a year of practice, you should easily be able to determine the major abnormalities of the twelve main meridians. In the meantime, other than determining treatment strictly from the symptoms, the remaining three forms of oriental diagnosis are a must. Do not ignore them, or scoff at them because they sound silly or too simple. Remember, they have proven themselves over a period of thousands of years, for millions of patients. Most of them apply to all people --- not just the Chinese.

If you have been having difficulty in learning pulse diagnosis, after giving it an honest effort and much practice, don't give up on the more traditional aspects of acupuncture. Even this has become more available to Westerners, using inexpensive modern electronic instrumentation. The Germans and the Japanese have both devised systems of measuring the amount of ch'i energy in a given meridian using a specially calibrated meter, and plotting the measurements on a graph. This is commonly known as electronic meridian

balance testing. Results of these electronic meridian readings compare quite well with the results of good pulse diagnosis, giving the acupuncturist much the same information --- which meridians are in balance, in excess or deficient. This instrumentation can also be used as an aid to help learn pulse diagnosis better, in that we can constantly compare the results of one to the other, and thereby increase the radial pulse taking ability.

Most patients will come to you knowing exactly what their problems are from previous Western diagnosis, and so on. Undoubtedly, until you have more experience in traditional acupuncture and diagnosis, you will treat them on a symptomatic formula basis, or using electronic instrumentation. Here is where you can not only determine for yourself the validity of the traditional methods, but also gain experience in the traditional aspects be it pulse diagnosis, observation or interrogation.

Take their pulses before and after each symptomatic treatment; start developing and exercising your sense of smell, ability to judge emotional state; and start asking questions about tastes, seasons, and so on. Compare the results back to their known problems in relation to what we have discussed about pulse diagnosis and the Five Elements. If you know the patient has a heart problem for example, try to detect the scorched smell, the general jovial nature, that imbalance in the Heart pulse, and so on. Not only will you be astounded at the correlation, you will in the meantime be getting experience at using the traditional methods. As you discover you can rely on them, you gradually enter the realm of the more individualized, traditional acupuncture --- the REAL acupuncture --- as opposed to elementary 'needle puncture' so common in North America today.

Back in Lesson 2, we spoke of the traditional Chinese idea of the cycle of "ch'i" within the twelve main meridians. This energy flowed from one meridian to the next in a continuous and set pattern. Although we really cannot say that the circulation of energy begins or ends anywhere, as it is a continuous uninterrupted cycle, traditionally, it commences with the Lung meridian and terminates with that of the Liver, only to flow back to the Lungs, starting the cycle all over again. This is the classical Chinese arrangement of the twelve chings (meridians) which you were asked to memorize.

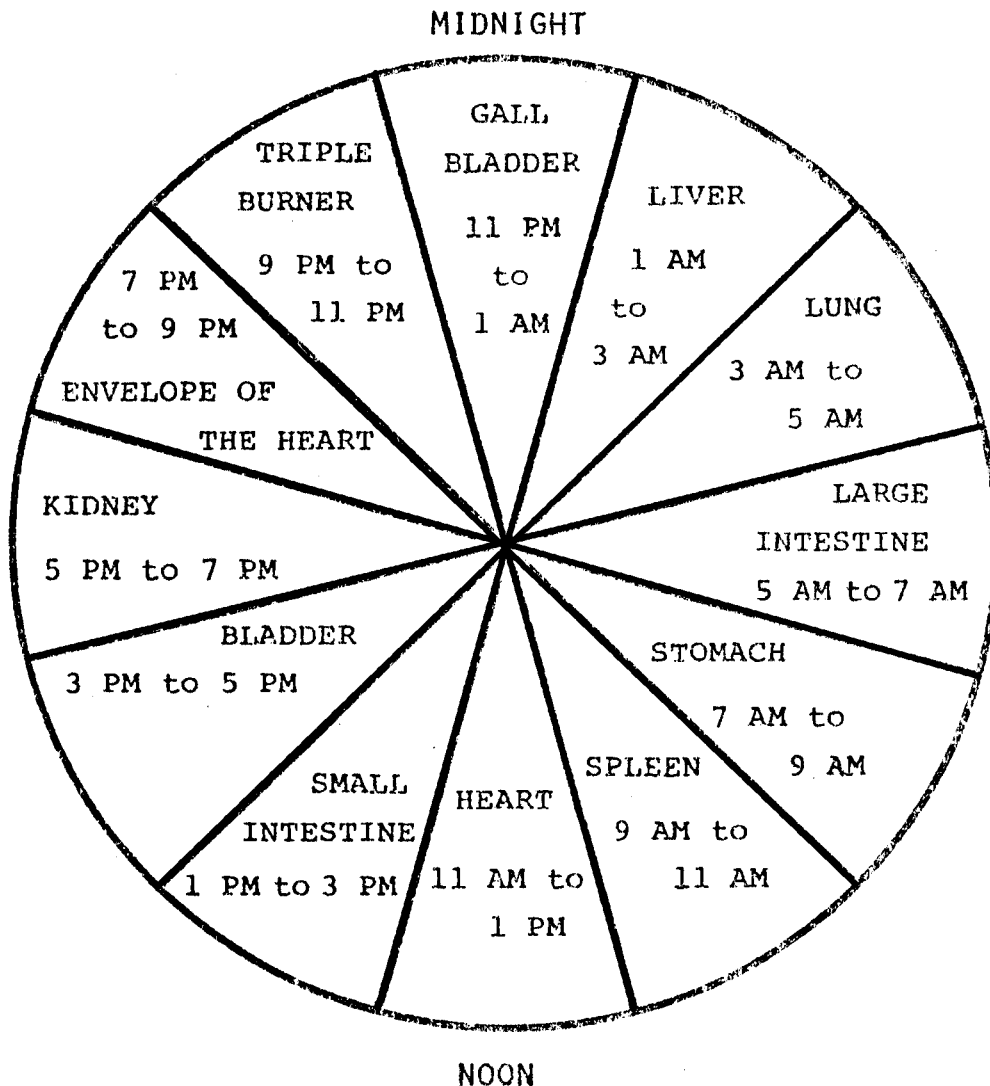
Remember that there is a constant flow of ch'i energy throughout the whole meridian cycle at all times, which always flows in the same direction. It is present in all living things, and as long as there is life, there is no break in the continuity of flow. This flow, however, may be disturbed --- either too much flow or too little flow --- as you gathered from your work with oriental pulse diagnosis. These are the disturbances of Yin / Yang balance within the organ meridians which we termed "excess" or "deficiency".

Let us now investigate this 'cycle' a little further. The Chinese spent thousands of years studying the times at which certain organs would normally show the most energy. They discovered that within this constant general circulation of energy flow through the twelve meridians, there exists a special TWENTY-FOUR HOUR pattern. This corresponds to the well recognized twenty-four hour bio-rhythm of our Western physiology.

Although ch'i is constantly circulating throughout the twelve meridian cycle, at certain periods it becomes more or less active in intensity, within specific meridians. In any given twenty-four hours, each of the twelve meridians has a two-hour period of maximum energy activity, as well as a two-hour period of minimum energy activity (intensity).

During each twenty-four hour day, all meridians in turn undergo a two-hour energy peak, beginning with the meridian of the Lungs at 3 to 5 A.M. If we consider the whole cycle as circular and chronological, the meridian exactly on the opposite side of the "clock" (Bladder at 3 to 5 P.M.) will then be at its lowest point of energy activity. The timetable for all twelve meridians is shown below, in the form of a twenty-four hour "Energy Clock", known as the biological cycle or Horary Cycle (horary means indicating the hours).

THE TWENTY-FOUR HOUR 'HORARY CYCLE' OR 'ENERGY CLOCK'



Starting with the Lung meridian at 3 A.M., each of the meridians successively undergoes a two-hour period of maximum energy intensity. This can be called that meridian's "Horary Period", which is shown in the "energy clock" on the previous page. It is almost as if a daily 'tide' of energy flowed around the "clock", taking two hours to pass through each meridian in turn. We can think of this tide of increased energy as a NATURAL TONIFYING (stimulating) FACTOR FOR THE MERIDIANS. The intensity of the energy within that meridian is actually increased as much as possible during that time.

Looking at the "energy clock" again, you will see that each meridian has another meridian that is directly opposite it on the clock (twelve hours away). The Gall Bladder meridian's 'Horary' hours are centered around MIDNIGHT, and directly opposite the Gall Bladder is the Heart, whose 'Horary' hours are centered around noon of MIDDAY. Similarly, the Lung is opposite the Bladder, and the Stomach meridian is directly opposite the 'Envelope of the Heart' meridian.

This correspondency of opposites based on this daily bio-rhythm is known as the MIDDAY-MIDNIGHT relationship. According to this, there is a firm relationship between organs which receive their maximum energy increases at opposed times. (Some of these relationships are well known to Western medicine, such as that of the Heart and Gall Bladder). This relationship is the basis of an important acupuncture treatment law which is discussed further in a later lesson.

Remember that there is a constant energy flow throughout the whole cycle at all times. What changes however is the intensity of the energy during certain two-hour periods in certain meridians. This intensity is greatly increased during a particular meridian's "Horary Period", and twelve hours later it is at its lowest ebb in that same meridian.

If you were to take someone's pulse as outlined in the previous lesson once each hour during the day and night, even a beginner at pulse diagnosis could verify this whole "energy clock". At the correct time each meridian is scheduled to receive its daily energy maximum according to the timetable, the pulse for that meridian alters its strength and character. It will become stronger and more stable during its Horary 'energization' period, under normal conditions.

If you have been reading your own pulses regularly at different intervals during the day, you may already have noticed that the pulse strength in each meridian varies rhythmically. Early in the morning (between 5 and 7 A.M.) your Kidney pulse may be hardly perceptible, yet later on that day (between 5 and 7 P.M.) it will be quite strong. That is why in the last lesson we told you not to be overly worried if one or more of your pulses were overly strong or hardly perceptible at all at any given time.

Now you can see that the "energy clock" and the Horary Periods are important factors to take into consideration when reading the pulses. You must use it in order to assess whether or not a given pulse reading is exactly as it should be, or really out of balance for that time of day. When normal, the readings of all twelve pulses should be about equal, except for changes resulting from the Horary Cycle. Naturally too, you must take into consideration whether because of a heavy meal, a recent bowel movement, etc., one or more of the pulses might be giving a false reading. Other than this though, unless there is an abnormality, you could anticipate, for example, the Spleen pulse to be strongest of all if taking the pulses at ten o'clock in the morning.

We can use this "energy clock" and the Horary Periods to our advantage in several ways. First of all, we can often use it diagnostically, to help establish what meridians or organs are involved in a particular disorder. A patient

complaining of awakening each morning around 4 A.M. with an acute attack of asthma, would naturally lead you to believe the problem may be in the Lung meridian. Headaches beginning around 6 A.M. might point to the Large Intestine, and so on.

Talk with your patient! If it is a recurring problem, ask what time it usually starts, gets better and goes away. What time of day does he or she feel the best or the worst. Compare their answers to the "energy clock" and try to narrow the problem down to just a few meridians. We've all heard someone say something like this about their illness: "The afternoons and evenings are not too bad, but my gosh, the mornings are the worst". This is another clue --- the problem may be in the LI, St or Sp meridians.

Question the patient more. IF YOU DON'T ASK QUESTIONS OF YOUR PATIENTS YOU WON'T GET ANSWERS! Observe, listen, try to assess emotional states, smell, and ask more questions. Are they better or worse in certain climatic conditions, ie. when it's cold, or damp. Ask about diet, home-life, their employment --- interrogate.

Clinical experience has proven that the time of day factor and "energy clock" are most helpful. Once you have trained yourself to do this, you will find that all these Five Element relationships do not just happen in exceptional cases. They happen not to one person out of ten, or five out of ten, but to all people and in all cases, if you have trained yourself to a sufficient degree to 'detect' them. Eventually, with practice and experience, you will get to the point where you can count on them and rely on them.

We can also use this "energy clock" to treat certain conditions at the most favorable time. Some painful Liver conditions with symptoms occurring at specific times and on a regular basis, are best treated at the time of the Liver meridian's maximum activity (Horary Period). Extensive Japanese research has proven that in order to be the most effec-

tive in such 'excess' conditions of the Liver, it is almost imperative to treat (sedation point) between 1 and 3 A.M. This time factor is also true of many Kidney deficiencies, which are some of the most difficult conditions in which to obtain lasting effects with acupuncture. Fortunately, the Kidney 'Horary Period' is at a somewhat more convenient time of day, and most other Liver problems respond at any time.

Each of the twelve main meridians has an acupuncture point that is called its "Horary Point". These twelve horary points are some of the most important 'command' or control points used in acupuncture treatment (the balance of which are discussed in a later lesson). Control or command points do not necessarily have to be what we term the points of major or secondary therapeutic importance. The main difference is that our major and secondary points of therapeutic importance are chosen because of their known effects on specific diseases and conditions. The command or control points are for action beyond a symptomatic approach --- for transferring and regulating energy according to the classic traditions and acupuncture laws.

THE TWELVE 'HORARY POINTS' AND HORARY CLOCK IN TABULAR FORM

3 to 5 AM	Lu-8	Lungs
5 to 7 AM	LI-1	Large Intestine
7 to 9 AM	St-36	Stomach
9 to 11 AM	Sp-3	Spleen
11 to 1 PM	He-8	Heart
1 to 3 PM	SI-5	Small Intestine
3 to 5 PM	Bl-66	Bladder
5 to 7 PM	Ki-10	Kidney
7 to 9 PM	EH-8	Envelope of Heart
9 to 11 PM	TB-6	Triple Burner
11 to 1 AM	GB-41	Gall Bladder
1 to 3 AM	Li-1	Liver


Whenever you are treating a particular meridian (other than symptomatically) and it happens that the treatment time coincides with its maximum 'Horary Period', it is best to use that meridian's 'Horary Point' rather than any other control or command points. This is because the Horary Point is the most active, responsive and effective point on that meridian AT THAT TIME.

Sometimes it may be advantageous to schedule a subsequent treatment based on the horary periods if they fall during clinic hours, in order to use the Horary Point or even some other point more effectively. Whether you use the Horary Points or not, the closer the meridians in question are to their maximum horary hours, the more effective and noticeable will be the treatment results. Occasionally, from the standpoint of effectiveness, it may even be absolutely necessary to do so, outside of regular clinic hours (as we saw in the case of some Liver conditions).

Also, when there is a clear deficiency (emptiness) in one particular meridian, especially without a corresponding excess in another meridian, one should definitely try to tonify (stimulate) the Horary Point of the deficient meridian during its Horary Period. Ideally, this should be done as close as possible to the start of its two hour maximum energy period in order to utilize and enhance the meridian's natural tendency to tonify itself AT THAT TIME. For example, for Bladder meridian deficiency, stimulate Bl-66 at 3:00 P.M. or shortly thereafter. [The Horary Points generally should not be used for 'excess' conditions (sedated) during Horary Periods, although there is still some controversy about this.]

It becomes obvious that in a Western medical setting, traditionally diagnosed problems of the Spleen, Heart, Small Intestine, Bladder and Kidney would lend themselves well to their effective treatment using the 'Horary Points'. Their best treatment times fall within normal 'clinic' hours.

The Gall Bladder, Liver, Lung and Large Intestine will be the organs least often treated using these Horary Points, for patients simply cannot be expected to come after eleven at night or before eight or nine in the morning. You should still be familiar with all these points as you may have occasion to use them in an emergency situation or out of pure necessity. If necessary, the practitioner of traditional acupuncture would schedule a treatment for most any hour of the day or night (patient willing), especially if he deems treatment on an 'Horary' basis to be the only alternative.

The "Horary Points" are some of the most effective ones of acupuncture, as are the "Horary Periods" the most effective treatment times, but these are seldom utilized as such, because their use is not convenient to patient and practitioner alike. It is a real pity that more than half of these Horary Points and Periods rarely get used in treatment. Even for beginning acupuncturists, the success rate of acupuncture would be greatly increased if patients could be treated in full accordance with "energy clock" considerations. 

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According to traditional acupuncture each meridian is affected by many other energy rhythms and cycles. They considered not just the daily horary cycle we have discussed, but sixty year patterns, twelve year cycles, phases of the moon and ten day cycles in relation to the Chinese zodiac. Yin/Yang, the Five Elements and astrological considerations. All these factors were used to determine hours of maximum energy flow through particular meridians and to calculate specific command points open to their treatment, much like our general horary points. Some of these involved complex and detailed computations for each individual patient. We once considered these important, but our current research has shown the general horary points to be sufficient in this regard.

CAUTIONARY REMARKS ON DIET AND FIVE ELEMENT THEORY

Many treatment possibilities can be based on the powers of the five tastes (flavors), the interrelationships between them and the organs, as well as the Five Element Law itself. In cases where improper diet is a contributing factor to meridian imbalance, results of acupuncture treatment alone may not be lasting unless the diet itself is also corrected. However, one must be very careful to exercise good judgement when employing these tastes or flavors as a treatment or as an adjunct to treatment. Each flavor certainly is beneficial to its corresponding organs, but excesses can be extremely dangerous. It is very easy for the beginner to make mistakes using the Five Element Law and its correspondencies in regard to dietary considerations. The student must refrain from attempting to recommend a special or restricted diet based on these principles until such time as the advanced aspects of them have been fully covered in the course and thoroughly understood by the student. Please re-read this paragraph!

SOME ADDITIONAL FIVE ELEMENT CORRESPONDENCIES

	<u>WOOD</u>	<u>FIRE</u>	<u>EARTH</u>	<u>METAL</u>	<u>WATER</u>
Climate/Energy	Wind	Heat	Humidity	Dryness	Coldness
Evolutionary Development	Birth	Growth	Trans- formation	Decline	Stagnation (Death)
Body Levels	Muscles & Tendons	Blood Vessels	Fleshy Parts	Skin & Hair*	Bones & Marrow
Sense Organs	Eyes	Tongue	Mouth	Nose	Ears
Complexion Colors	Green (or Blue**)	Red	Yellow	White (Pallid)	Black (Grayish)
Directions	East	South	Center	West	North

* Body Hair (Lungs). The Kidneys are traditionally responsible for hair on head.

** These two colors were not distinguished from one another by name in ancient times and hence the use of both green and blue among various authors today.

All questions must be attempted. Return both pages of completed question paper to Institute (use pre-gummed address label) for marking and grading. The bottom of the page is the return label for use with a window envelope, please fill it in neatly. Use a separate piece of paper to ask questions.

1. How does the coupled meridian relationship correspond to the twelve radial pulses?

2. From what has been given so far in this course, describe the different possible ways in which the Lungs and Large Intestine are related.

3. Name the Element probably concerned with the following:

- _____ Child wets bed at night
- _____ Mental Depression
- _____ Obsession with health
- _____ The color green
- _____ The color blue
- _____ Windy climate
- _____ Westerly direction
- _____ Most Yin Element
- _____ Most Yang Element
- _____ The Ears and Hearing

4. On the back of this page draw a diagram to show how the Five Elements correspond to the twelve meridians in the "Energy Clock".

	NAME
	STREET
	CITY
	STATE & ZIP CODE
	STUDENTS SIGNATURE _____
	DATE: _____

PRINT NAME AND ADDRESS -- DO NOT WRITE IT

SEND ME LESSONS _____ & _____ \$ _____ ENCLOSED

5. DESCRIBE an example of how the diagnostic aspects discussed in this lesson applies to yourself, someone in your family, or to a friend.
6. Briefly explain how the Five Element classifications could be used in determining the diet a patient might follow to help improve treatment results (acupuncture).
7. CLINIQUE: Pulse diagnosis at four o'clock in the afternoon reveals a deficiency in the EH meridian, a deficiency in the Lu meridian and an excess in the Bl meridian. What would be the best way to treat this problem with acupuncture, when, and why?
8. CLINIQUE: Male patient, age thirty, comes to you during his lunch hour. He complains about being unable to fall asleep at night, sometimes until around three in the morning, even though he goes to bed right after the eleven o'clock evening news on T.V. He has had a complete physical examination several weeks ago, but nothing was found to be wrong. You take his pulses correctly at around one o'clock in the afternoon, finding pulse rate normal, no outstanding characteristics and a normal overall assessment. Upon questioning you find he grabbed a quick meal just before coming to see you, had a recent urination, seems to be in a very good mood and not nervous about "the needles". Based on this information and his pulse strengths below, on the other side of this page, tell what points could be used to treat him, when, and why?

He	Li	Ki	Lu	Sp	EH
+	-	0	0	-	-
SI	GB	Bl	LI	St	TB
--	+	-	0	++	-

LESSON 8 - QUESTION PAPER ANSWERS (Page Two)

#3. Total Value . . . 5 Marks (one-half mark for each correct element answer).

These correspondencies were not given directly in the lesson material. In order to get many of them correct you had to give considerable thought to their implications, relationships and possibilities. This does not mean guessing at them, for you should be able to figure many or most of them out logically, given sufficient thought. Admittedly, a few of them are extremely difficult and these were included only for the purpose of giving your instructor some secondary information about you not directly related to the evaluation grade of this lesson. If you got five or more of them correct (without resorting to outside reference materials) you have made an excellent beginning on the Five Element theory. You should start thinking about these types of correspondencies and relationships now, in order to gain full advantage from them later in diagnosis and treatment. Following are their correct 'traditional' classifications. Please do give some thought to those answers differing from your answers when reviewing this lesson.

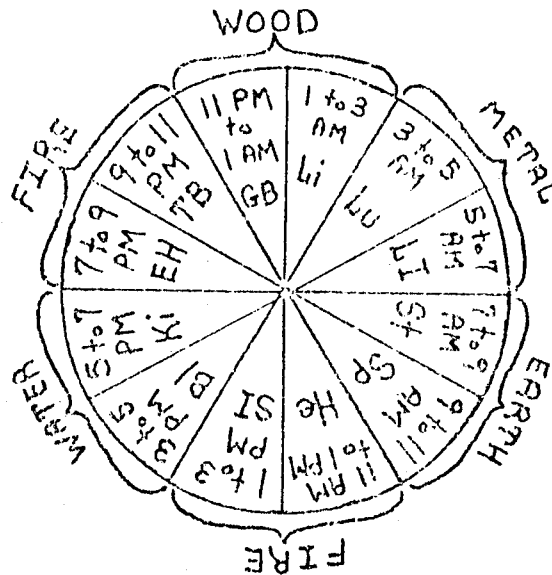
- | | |
|--------------------------------|-----------------------------|
| WATER--Child wets bed at night | WOOD---Windy climate |
| WOOD---Mental Depression | METAL--Westerly direction |
| EARTH--Obsession with health | WATER--Most Yin Element |
| WOOD---The color green | FIRE---Most Yang Element |
| WOOD---The color blue | WATER--The Ears and Hearing |

#4. Total Value . . . 3 Marks.

These are the three things that must be included here for full marks:

- A circular Energy Clock ($\frac{1}{2}$ mark) WITH correct "Clock" times shown ($\frac{1}{2}$ mark).
- The names or abbreviation of the twelve meridians properly identifying each segment of the 'clock' according to their corresponding times (1 Mark).
- The element designations for each meridian couple of the 'clock' (1 Mark).

YOUR DIAGRAM SHOULD LOOK
SIMILAR TO THIS:



Those who used different colors to designate the various elements within the 'clock' segments, can only receive that last full mark if they identified clearly which color represents each of those elements. Sorry!

If you had the element name written for each segment of the clock corresponding to the individual meridians (instead of in pairs as shown in diagram) this is acceptable provided the rest of the required things are correct. However, you should not think of them so much as being separate, but rather as being together (coupled) in this relationship to the meridian cycle. In effect then, Ch'i flows from one element to another! [Think about those last seven words for a moment.]

LESSON 8 - QUESTION PAPER ANSWERS (Page Three)

#5. Total Value . . . 2 Marks.

In order to get full marks for this question you had to (1) describe the diagnostic aspect(s) you are applying (for one mark), and then (2) bring them to a reasonable conclusion (for one mark). Note that the question is limited to diagnostic aspects discussed in this lesson. An example might be as follows:

(1) "My brother, who is usually of good disposition, recently started becoming very upset and angry at minor things which previously didn't bother him. He's started screaming and shouting at people more and more for no apparent reason. All this seems to increase late in the evening before he goes to bed, which is usually around midnight." [One or more such aspects for a total of one mark.]

(2) "As anger and shouting are characteristics of the element Wood and the time factor seems to correspond to the start of the Wood element's Horary period, I suspect possible liver or gall bladder problems, as they are the two coupled organs associated with that element." [One mark for your conclusion.]

#6. Total Value . . . 2 Marks.

The important things to notice in this question are that it concerns use of the Five Element classifications in general (none specifically mentioned) to HELP IMPROVE TREATMENT RESULTS through dietary considerations. If you explained how to use them in any other way, or for diagnosis, you did not answer the question. Nor is the Five Element Law itself involved as this has not yet been covered in the lessons. There are two aspects to the question's answer:

(1) The first idea you have to somehow express in this question is that of correlating information pertaining to the patient TO the taste or flavor classification itself (one mark). Here most students say something like this: "If the patient has a _____ problem, this corresponds to the _____ element, which corresponds to _____ in the taste (flavor) classification. Here, the example used by the student for the patient's problem can be anything from imbalance in a particular meridian to a particular organ, etc. The correspondencies themselves can of course be extended to encompass other classifications such as smells, seasons, emotions, etc. as their common denominator is the element itself. As long as this basic idea has been expressed and your correlations are correct according to the lesson material, give yourself one mark.

(2) The second idea required is what could then be done to apply that particular taste or flavor correspondency to the patient's diet to help improve treatment results. The ONLY acceptable conclusion up to this lesson of the course is: Either add foods of that particular taste or flavor to the patient's diet ($\frac{1}{2}$ mark) OR eliminate such foods from the patient's diet ($\frac{1}{2}$ mark). Underlying this conclusion is the obvious thought that diet should of course be balanced between the tastes so that no harmful preponderances exist, as too much or too little of any of them could be harmful.

Just because a particular flavor or taste can be determined for a given organ doesn't necessarily mean it has to be eliminated from the diet, for it may well need to be added instead, however the reasons for this are beyond the scope of lesson eight and this question. Whether you would add that flavor or eliminate it from the patient's diet would naturally depend on the type of imbalance we are treating (ie. an excess or a deficiency) among other factors. In addition, the student cannot yet speak of using one taste or flavor to control or counteract another one, nor using foods of opposite taste or flavors. In later lessons we will be discussing other ways that the Five Elements can be used in diet to help improve treatment results.

PLEASE SEE PARAGRAPH IN THIS REGARD ON LESSON EIGHT SUPPLEMENTARY PAGE ENCLOSED

LESSON 8 - QUESTION PAPER ANSWERS (Page Four)

7. Total Value . . . 3 Marks.

This patient's pulse reading was taken at 4:00 PM and by checking the Energy Clock we see that at this time B1 is supposed to be receiving its maximum energy and could show a stronger reading (excess). Therefore we would NOT need to treat B1 (½ mark), as it is most likely normal for that time of day (½ mark). We also see that the Lu is directly opposite the B1 in the Energy Clock cycle, and is receiving the least amount of energy so it could be reading weaker (deficient). We would therefore NOT need to treat Lu either (½ mark), as it is most likely normal for that time of day (½ mark). [See page 13, paragraph 2, of this lesson.]

This leaves only EH which is reading deficient when it should be reading normal. Here we have a clear deficiency (emptiness) in one particular meridian without a corresponding excess in another meridian [Page 16, para. 3]. The best way to treat this problem would be to treat the EH meridian Horary Point EH-8 (½ mark) during its Horary Period between 7 and 9 PM (½ mark). From what we have learned so far in the lessons this represents the best way of managing the problem, however, this does involve re-scheduling the patient to a later time. In subsequent lessons we will look at different ways to handle the patient's problem immediately.

#8. Total Value . . . 5 Marks.

From what has been given so far in the course, the best way to treat this patient is by using a combination of symptomatic treatment and the more traditional Horary Cycle concept. The question itself and the pulse diagnosis clearly reveal insomnia (½ mark) AND a deficiency in SI (½ mark). The best way to correct this would be to tonify SI-5 (1 mark) at 1:00 to 3:00 PM (1 mark). At the same time, we would also treat He-7 (1 mark) as it is a major point for insomnia (1 mark).

DEVELOPMENT: Pulse diagnosis revealed a deficiency in SI (--) which should be reading stronger at this time of day (around noon) according to the Horary cycle. The + reading at He would be normal for the time of day. The ++ reading at St could be accounted for because of the recent meal, and the - in B1 could be normal because of the recent urination. EH and TB are not too abnormal when you consider the distal-proximal pulse relationships in Lesson 7 (page 29, para. 1).

The fact that he is in a very good mood (even though he hasn't been getting much sleep) is suggestive of a possible imbalance in the Fire element organs, of which SI is one, and tends to confirm the pulse diagnosis. Tonifying SI-5 would correct the deficiency in SI because it is the Horary Point of that meridian and the SI Horary time factor (1 to 3 PM) is almost perfect for immediate treatment of SI-5. We chose He-7 over any other points indicated for insomnia for several reasons: First, because it is a major point; Secondly He is coupled with SI and what affects one may also affect the other; and Thirdly, treating He-7 might well produce an effect on the (+) GB by the Midday-Midnight relationship.

GB is the meridian that is receiving its maximum energy at the time when the patient is initially trying to fall asleep at night. We do NOT yet know how to treat GB at this time, nor can we wait and treat it in its Horary Period, because it is already showing a bit of an excess. (Note that we don't get the opposite effect by treating GB-41 at its period of minimum energy!) Naturally we will be covering how to properly sedate an excess in later lessons. Remember that this is a symptomatic approach to the handling of insomnia (which is actually a complex problem involving types of energy you have not yet learned about). As a result the insomnia will probably re-occur occasionally in this patient. In any event, if you got full marks for this question you can be pleased with yourself!

TOTAL VALUE OF QUESTIONS 25 MARKS: MARK YOURSELF CRITICALLY, THEN REVIEW.