
TABLE OF CONTENTS

Tables and Illustrations	xi
Foreword to the Japanese Edition	xv
Introduction to the Japanese Edition	xvii
Preface to the English Edition	xxv
Foreword to the English Edition	xxvii
Introduction to the English Edition	xxix
Translator's Preface	xxxiii
CHAPTER 1 Principles of Meridian Therapy	I
1.1 The Development of Meridian Therapy	2
1.1.1 On the Eve of the Birth of Meridian Therapy	2
1.1.2 The Birth of Meridian Therapy and Its Fifty-Year Journey Hence	4
1.1.3 The Future of Meridian Therapy	6
1.2 What is Meridian Therapy?	9
1.2.1 Kinds of Tools and Their Usage	9
1.2.2 Training for Examination and Treatment	12
1.2.3 Definition of Meridian Therapy	13
1.3 The Philosophical Background of Meridian Therapy	15
1.3.1 Yin and Yang	16
1.3.2 Five Phases Theory	18
1.3.3 Ki and the Meridians	20
1.3.4 Other Concepts	21
CHAPTER 2 Introduction to the Basics	23
2.1 Yin and Yang in Treatment	23
2.1.1 Yin and Yang Divisions of the Body (Yin and Yang of the Diseased Area)	23
2.1.2 Functions of Yin and Yang (Physiology of Yin and Yang)	24
2.2 The Five Phases in Treatment	26
2.2.1 Generative Cycle Relationships	28
2.2.2 Controlling Cycle Relationships	29
2.3 Ki, Blood, and Fluids	30
2.3.1 Prenatal Ki	31
2.3.2 Postnatal Ki	32
2.3.3 Essential Ki	35
2.4 Deficiency and Excess	36

2.4.1	Essential Ki Deficiency	36
2.4.2	Pathological Deficiency	38
2.4.3	The Definition and Categories of Excess	40
2.4.4	Deficiency and Excess in Symptom Patterns	42
CHAPTER 3 The Flow of the Meridians		45
3.1	An Overview of the Meridians and Points	46
3.1.1	Meridian Classifications	46
3.1.2	The Functions of the Meridians	49
3.1.3	Concerning Acupuncture Points	51
3.1.4	Categories and Functions of Acupuncture Points	51
3.2	Hand Greater Yin Lung Channel	56
3.2.1	Flow of the Greater Yin Lung Channel	56
3.2.2	Connecting Vessel of the Lung	57
3.2.3	Divergent Channel of the Lung	57
3.2.4	Channel Sinews of the Lung	58
3.2.5	Explanation	58
3.3	Hand Yang Brightness Large Intestine Channel	59
3.3.1	Flow of the Yang Brightness Large Intestine Channel	59
3.3.2	Connecting Vessel of the Large Intestine	60
3.3.4	Channel Sinews of the Large Intestine	60
3.3.5	Explanation	61
3.4	Foot Yang Brightness Stomach Channel	62
3.4.1	Flow of the Yang Brightness Stomach Channel	62
3.4.2	Connecting Vessel of the Stomach	64
3.4.3	Divergent Channel of the Stomach	64
3.4.4	Channel Sinews of the Stomach	64
3.4.5	Explanation	65
3.5	Foot Greater Yin Spleen Channel	67
3.5.1	Flow of the Foot Greater Yin Spleen Channel	67
3.5.2	Connecting Vessel of the Spleen	67
3.5.3	Divergent Channel of the Spleen	68
3.5.4	Channel Sinews of the Spleen	68
3.5.5	Explanation	68
3.6	Hand Lesser Yin Heart Channel	69
3.6.1	Flow of the Hand Lesser Yin Heart Channel	69
3.6.2	Connecting Vessel of the Heart	70
3.6.3	Divergent Channel of the Heart	70
3.6.4	Channel Sinews of the Heart	70
3.6.5	Explanation	71
3.7	Hand Greater Yang Small Intestine Channel	72
3.7.1	Flow of the Hand Greater Yang Small Intestine Channel	72
3.7.2	Connecting Vessel of the Small Intestine	73
3.7.3	Divergent Channel of the Small Intestine	73
3.7.4	Channel Sinews of the Small Intestine	73
3.7.5	Explanation	74
3.8	Foot Greater Yang Bladder Channel	75
3.8.1	Flow of the Foot Greater Yang Bladder Channel	75
3.8.2	Connecting Vessel of the Bladder	76

3.8.3	Divergent Channel of the Bladder	76
3.8.4	Channel Sinews of the Bladder	76
3.8.5	Explanation	77
3.9	Foot Lesser Yin Kidney Channel	79
3.9.1	Flow of the Foot Lesser Yin Kidney Channel	79
3.9.2	Connecting Vessel of the Kidney	80
3.9.3	Divergent Channel of the Kidney	80
3.9.4	Channel Sinews of the Kidney	80
3.9.5	Explanation	81
3.10	Hand Reverting Yin Pericardium Channel	82
3.10.1	Flow of the Hand Reverting Yin Pericardium Channel	82
3.10.2	Connecting Vessel of the Pericardium	83
3.10.3	Divergent Channel of the Pericardium	83
3.10.4	Channel Sinews of the Pericardium	83
3.10.5	Explanation	83
3.11	The Hand Lesser Yang Triple Warmer Channel	84
3.11.1	Flow of the Hand Lesser Yang Triple Warmer Channel	84
3.11.2	Connecting Vessel of the Triple Warmer	85
3.11.3	Divergent Channel of the Triple Warmer	86
3.11.4	Channel Sinews of the Triple Warmer	86
3.11.5	Explanation	86
3.12	The Foot Lesser Yang Gallbladder Channel	88
3.12.1	Flow of the Foot Lesser Yang Gallbladder Channel	88
3.12.2	Connecting Vessel of the Gallbladder	89
3.12.3	Divergent Channel of the Gallbladder	90
3.12.4	Channel Sinews of the Gallbladder	90
3.12.5	Explanation	91
3.13	The Foot Reverting Yin Liver Channel	92
3.13.1	Flow of the Foot Reverting Yin Liver Channel	92
3.13.2	Connecting Vessel of the Liver	93
3.13.3	Divergent Channel of the Liver	93
3.13.4	Channel Sinews of the Liver	93
3.12.5	Explanation	93
3.14	The Extraordinary Vessels	94
3.12.1	Flow of the Governing Vessel	94
3.14.2	Governing Vessel Explanation	95
3.14.3	Flow of the Conception Vessel	96
3.14.4	Conception Vessel Explanation	97
3.14.5	Flow of the Yang Heel Vessel	97
3.14.6	Yang Heel Vessel Explanation	98
3.14.7	Flow of the Yin Heel Vessel	98
3.14.8	Yin Heel Vessel Explanation	99
3.14.9	Flow of the Penetrating Vessel	99
3.14.10	Explanation of the Penetrating Vessel	101
3.14.11	Flow of the Girdling Vessel	102
3.14.12	Explanation of the Girdling Vessel	102
3.14.13	Flow of the Yang Linking Vessel	103
3.14.14	Explanation of the Yang Linking Vessel	103

3.14.15	Explanation of the Yin Linking Vessel	104
3.14.16	Explanation of the Yin Linking Vessel	104
CHAPTER 4	Visceral Manifestations	I05
4.1	The Liver and Gallbladder	105
4.1.1	The Nature of the Liver	105
4.1.2	Areas Controlled by the Liver	106
4.1.3	The Liver and Sourness	107
4.1.4	The Liver and the Four Seasons	107
4.1.5	The Liver and Gallbladder	107
4.2	The Heart and Small Intestine	108
4.2.1	The Nature of the Heart	108
4.2.2	Areas Controlled by the Heart	109
4.2.3	The Heart and Bitterness	109
4.2.4	The Heart and the Four Seasons	110
4.2.5	The Heart and Small Intestine	110
4.3	The Pericardium and the Triple Warmer	111
4.3.1	The Nature of the Pericardium	111
4.3.2	The Ministerial Fire of the Kidney	110
4.3.3	Areas and Function of the Upper Warmer	112
4.3.4	Areas and Function of the Middle Warmer	112
4.3.5	Areas and Function of the Lower Warmer	112
4.4	The Spleen and Stomach	113
4.4.1	The Nature of the Spleen	113
4.4.2	Areas Controlled by the Spleen	113
4.4.3	The Spleen and Sweetness	114
4.4.4	The Spleen and the Four Seasons	115
4.4.5	The Spleen and Stomach	116
4.5	The Lung and Large Intestine	116
4.5.1	The Nature of the Lung	116
4.5.2	Areas Controlled by the Lung	117
4.5.3	The Lung and Pungency/Spiciness	118
4.5.4	The Lung and the Four Seasons	118
4.5.5	The Lung and Large Intestine	118
4.6	The Kidney and Bladder	119
4.6.1	The Nature of the Kidney	119
4.6.2	Areas Controlled by the Lung	120
4.6.3	The Kidney and Saltiness	121
4.6.4	The Kidney and the Four Seasons	121
4.6.5	The Kidney and Bladder	121
CHAPTER 5	Etiology	I23
5.1	Constitutional Factors	124
5.1.1	Constitutional Liver Excess Pattern	124
5.1.2	Constitutional Liver Deficiency Heat Pattern	125
5.1.3	Constitutional Liver Deficiency Cold Pattern	125
5.1.4	Constitutional Spleen Deficiency Heat Pattern	126
5.1.5	Constitutional Spleen Deficiency Cold Pattern	127
5.1.6	Constitutional Lung Deficiency Heat Pattern	127

5.1.7	Constitutional Lung Deficiency Cold Pattern	128
5.1.8	Constitutional Kidney Deficiency Heat Pattern	128
5.1.9	Constitutional Kidney Deficiency Cold Pattern	129
5.2	Endogenous Factors	129
5.2.1	Anger = Liver Deficiency	131
5.2.2	Joy = Heart Heat	131
5.2.3	Pensiveness = Spleen Deficiency	132
5.2.4	Grief and Sorrow = Lung Deficiency	133
5.2.5	Fear/Fright = Kidney Deficiency Heart Heat	134
5.2.6	Other Emotions	136
5.3	Food and Drink	136
5.3.1	Excessive/Deficient Intake of the Five Flavors	137
5.3.2	Overeating and Starvation	140
5.3.3	Roundworm, Food Poisoning, and Harmful Effects of Medicines	141
5.4	Fatigue	143
5.4.1	Fatigue	143
5.4.2	Overindulgence in Sex	146
5.4.3	Trauma	147
5.4.4	Antepartum and Postpartum	147
5.5	Exogenous Factors	148
5.5.1	Wind	150
5.5.2	Summerheat (Fire)	152
5.5.3	Dampness	155
5.5.4	Cold	159
5.5.5	Dryness	162
CHAPTER 6 Pathology and Symptom Patterns		I65
6.1	Yin and Yang: Deficiency/Excess and Cold/Heat	166
6.1.1	Pathology of Yang	166
6.1.2	Pathology of Yin	169
6.1.3	Summary of Deficiency and Excess of Yin and Yang	171
6.2	The Liver and Gallbladder	172
6.2.1	Pathologies of the Liver and Gallbladder	172
6.2.2	Symptom Patterns of the Liver and Liver Channel	177
6.2.3	Symptom Patterns of the Gallbladder and Gallbladder Channel	177
6.3	The Heart and Small Intestine	178
6.3.1	Pathology of the Heart and Small Intestine	178
6.3.2	Symptom Patterns of the Heart and Heart Channel	179
6.3.3	Symptom Patterns of the Small Intestine and Small Intestine Channel	180
6.4	The Pericardium and Triple Warmer	180
6.4.1	Pathology of the Pericardium and Triple Warmer	180
6.4.2	Symptom Patterns of the Pericardium and Pericardium Channel	181
6.4.3	Symptom Patterns of the Triple Warmer and Triple Warmer Channel	181
6.5	The Spleen and Stomach	182
6.5.1	Pathology of the Spleen and Stomach	182
6.5.2	Symptom Patterns of the Spleen and Spleen Channel	185
6.5.3	Symptom Patterns of the Stomach and Stomach Channel	185
6.6	The Lung and Large Intestine	186
6.6.1	Pathology of the Lung and Large Intestine	186

6.6.2	Symptom Patterns of the Lung and Lung Channel	188
6.6.3	Symptom Patterns of the Large Intestine and Large Intestine Channel	189
6.7	The Kidney and Bladder	189
6.7.1	Pathology of the Kidney and Bladder	189
6.7.2	Symptom Patterns of the Kidney and Kidney Meridian	191
6.7.3	Symptom Patterns of the Bladder and Bladder Meridian	192
6.8	Symptom Patterns of Internal and External Illnesses	193
6.8.1	Symptom Patterns of the Internal Areas	193
6.8.2	Symptom Patterns of Internal and External Areas	194
6.8.3	Symptom Patterns of External Illness	194
6.9	Symptom Patterns of the Extraordinary Vessels	195
CHAPTER 7 Diagnostic Methods		197
7.1	Looking	198
7.1.1	Examining the Spirit	198
7.1.2	Condition of the Eyes	199
7.1.3	Condition of the Tongue	201
7.1.4	Condition of the Lips	202
7.1.5	Condition of the Nose	203
7.1.6	Condition of the Ears	203
7.1.7	Condition of the Skin and Hair	204
7.1.8	Condition of the Blood Vessels	205
7.1.9	Condition of the Flesh	205
7.2	Listening and Smelling	207
7.2.1	Body Odors	207
7.2.2	Five Phonations	207
7.2.3	Five Sounds	208
7.2.4	Other Considerations	208
7.3	Questioning	209
7.3.1	Basic Questions	209
7.3.2	Chief Complaint	211
7.3.3	Etiology	213
7.3.4	Questions Related to Particular Areas and Conditions	213
7.4	Palpation	222
7.4.1	Abdominal Diagnosis	222
7.4.2	Abdominal Patterns of Imbalance	226
7.4.3	Back Examination	231
7.4.4	Meridian Palpation	233
CHAPTER 8 Pulse Diagnosis		235
8.1	Pulse Diagnosis Positions and Pulse Diagnosis Techniques	237
8.1.1	The Diagnosis Position and Its Meaning	237
8.1.2	Basics of Pulse Diagnosis	238
8.1.3	Introductory Pulse Comparison Method	241
8.1.4	Intermediate Six-Basic-Pulses Diagnosis	243
8.1.5	Advanced Pulse-Quality Diagnosis	245
8.1.6	Most Advanced Pulse-Position/Pulse-Quality Diagnosis	246
8.2	The Normal Pulse (The Healthy Person's Pulse)	247
8.2.1	Stomach Ki Pulse	247

8.2.2	Seasonal Pulses	248
8.2.3	Normal Pulses of the Five Zang Organs	249
8.2.4	Pulses of the Corpulent and the Slender	250
8.2.5	Normal Pulses of the Individual	251
8.3	Pulse Qualities, Pathology, and Insertion Techniques	251
8.3.1	Floating Pulse	251
8.3.2	Sinking Pulse Chin	252
8.3.3	Slow Pulse	253
8.3.4	Rapid Pulse Saku	253
8.3.5	Deficient Pulse	254
8.3.6	Excess Pulse	254
8.3.7	Slippery Pulse	255
8.3.8	Choppy Pulse	255
8.3.9	Wiry Pulse	256
8.3.10	Tight Pulse	256
8.3.11	Hollow Pulse	257
8.3.12	Flooding Pulse	257
8.3.13	Hidden Pulse	257
8.3.14	Leathery Pulse	258
8.3.15	Minute Pulse	258
8.3.16	Thin Pulse	258
8.3.17	Soft Pulse	259
8.3.18	Weak Pulse	259
8.3.19	Scattered Pulse	259
8.3.20	Moderate Pulse	260
8.3.21	Hasty Pulse	260
8.3.22	Knotted Pulse	260
8.3.23	Intermittent Pulse	261
8.3.24	Moving Pulse	261
8.3.25	Firm Pulse	261
8.3.26	Long Pulse	262
8.3.27	Short Pulse	262
8.3.28	Large Pulse	263
8.3.29	Small Pulse	263
8.3.30	Racing Pulse	263
8.4	Pulse Condition for Each Pattern of Imbalance	263
8.4.1	Liver Deficiency Heat Pattern Pulse	264
8.4.2	Liver Deficiency Cold Pattern Pulse	265
8.4.3	Spleen Deficiency Yang Brightness Channel Excess Heat Pattern Pulse	266
8.4.4	Spleen Deficiency Stomach Excess Heat Pattern Pulse	267
8.4.5	Spleen Deficiency Stomach Deficiency Heat Pattern Pulse	268
8.4.6	Spleen Deficiency Cold Pattern Pulse	270
8.4.7	Spleen Deficiency Liver Excess Heat Pattern Pulse	271
8.4.8	Spleen Deficiency Liver Excess Pattern Pulse	272
8.4.9	Lung Deficiency Yang Meridian Excess Heat Pattern Pulse	273
8.4.10	Lung Deficiency Cold Pattern Pulse	274
8.4.11	Lung Deficiency Liver Excess Pattern Pulse	275
8.4.12	Kidney Deficiency Heat Pattern Pulse	276
8.4.13	Kidney Deficiency Cold Pattern Pulse	277

CHAPTER 9 Treatment	279
9.1 Determining the Pattern of Imbalance (Determining the Treatment Strategy)	280
9.1.1 Clinical Case Study	280
9.1.2 Questioning	280
9.1.3 Treatment Preparations	282
9.1.4 Examining the Afflicted Area	282
9.1.5 Palpation	283
9.1.6 Treatment Strategy	285
9.1.7 Prognosis	286
9.2 Treatment Basics	287
9.2.1 Basic Treatment Methods	287
9.2.2 Root Treatment and Point Selection	288
9.2.3 Local Treatment and Point Selection	289
9.2.4 Root Treatment Supplementary Points	290
9.2.5 Potency of the Root and Local Treatments	290
9.3 Point Selection for the Root Treatment	291
9.3.1 Point Selection Method from Nan Jing Chapter 69	291
9.3.2 Point Selection Method from Nan Jing Chapter 75	294
9.3.3 Point Selection Method from Nan Jing Chapter 68	296
9.3.4 Five Pathogenic Influences Point Selection	298
9.3.5 Tonification and Dispersion Points for Each Pattern of Imbalance	300
9.4 Point Selection for Local Treatment	307
9.4.1 Pain on Pressure	308
9.4.2 Resistance	309
9.4.3 Indurations	310
9.4.4 Depressions and Protuberances	310
9.4.5 Dampness and Dryness	310
9.4.6 Cold and Heat	311
9.4.7 Concluding Remarks	311
9.5 Types of Treatment	312
9.5.1 Tonification and Dispersion Techniques	312
9.5.2 Needling Techniques	324
9.5.3 Moxibustion Techniques	328
9.5.4 Fundamentals and the Judgment of Results of Treatment	330
Afterword	333
Appendix I: Selected East Asian Medical Terminology	337
Appendix II: Selected Japanese Modern Medical Terminology	351
Appendix IV: Acupuncture Point Names Listings	355
About the Authors	367
Index	371