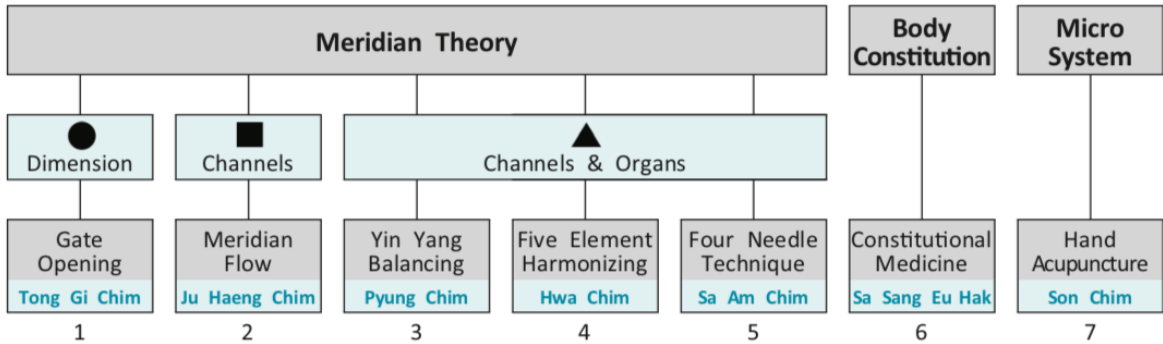


# MERIDIAN CLEANSING ACUPUNCTURE

## 도인경기기시취혈법 (導引經氣起始取穴法)

### OVERVIEW OF THE KOREAN MERIDIAN ACUPUNCTURE



### OVERVIEW

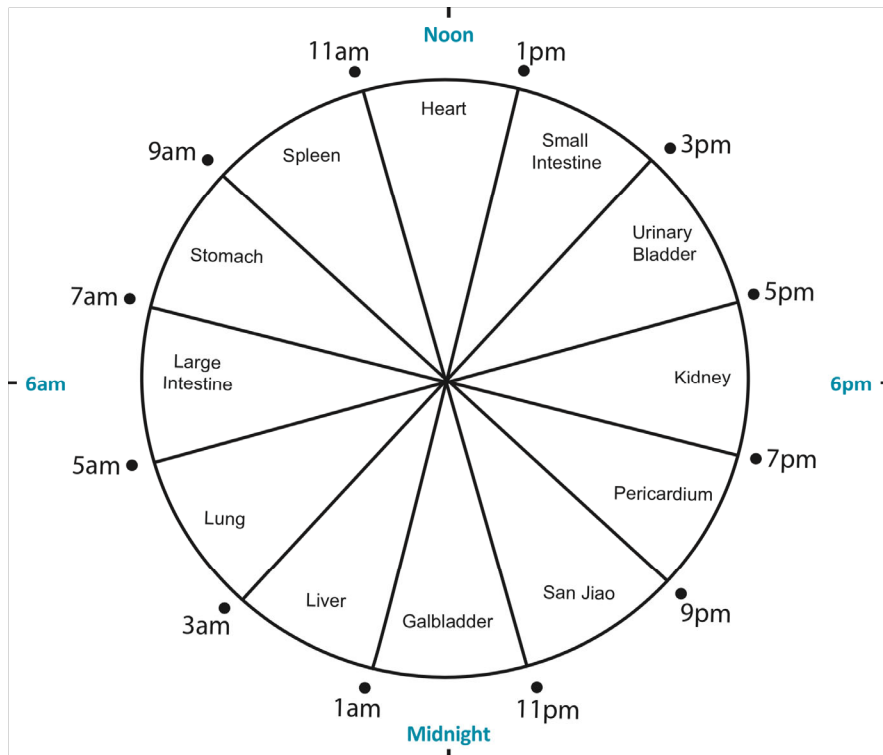
THEORY	SUMMARY	KEY
<p>① <b>GATE OPENING</b> (Tong Gi Chim)</p>	<ul style="list-style-type: none"> <li>• There are 24 Gate Opening treatments. Excellent as the first treatment in a course. Increases the body's receptiveness to acupuncture's benefits.</li> <li>• Exhibits the unique function of synchronizing the body in time and space, aligning the body with the environment.</li> </ul>	<p>Space &amp; Time</p>
<p>② <b>MERIDIAN FLOW</b> (Ju Haeng Chim)</p>	<ul style="list-style-type: none"> <li>• Facilitates overall Qi flow by promoting the interchange of Qi between the channels.</li> <li>• Harmonizes and balances Qi flow within the meridians by utilizing the Eight Extra Vessels.</li> </ul>	<p>Channels</p>
<p>③ <b>YIN YANG BALANCING</b> (Pyung Chim)</p>	<ul style="list-style-type: none"> <li>• Addresses overall imbalances of Yin and Yang in the body, for example: Zang and Fu, left and right, upper and lower.</li> <li>• Water and Fire are the elemental symbols of Yin and Yang. Uses Water and Fire points to equalize the imbalance.</li> </ul>	<p>Yin Yang</p>
<p>④ <b>FIVE ELEMENT HARMONIZING</b> (Hwa Chim)</p>	<ul style="list-style-type: none"> <li>• Restoring the five elements to a state of harmonious equilibrium is the focus of this theory.</li> <li>• Pulse is used to determine the relative states of the five elements and their corresponding organs. Points are chosen based on the five-element generating and controlling cycles.</li> </ul>	<p>5 Elements</p>
<p>⑤ <b>FOUR NEEDLE TECHNIQUE</b> (Sa Am Chim)</p>	<ul style="list-style-type: none"> <li>• Six energies define the nature of all the channels: Tai Yin &amp; Yang Ming, Shao Yin &amp; Tai Yang, Jue Yin &amp; Shao Yang.</li> <li>• The six energies are used in conjunction with biorhythm to treat all three levels of being: physical, emotional and intellectual.</li> </ul>	<p>6 Energies</p>

*Minibook p.359*

**Note:** Meridian Flow Acupuncture (Ju Haeng Chim) is extensive subject. Meridian Cleansing Acupuncture is one of the subtopics of Meridian Flow Acupuncture (Ju Haeng Chim).

**THREE CIRCUITS IN KOREAN MERIDIAN THEORY**

EARTH CIRCUIT				HEAVEN CIRCUIT				HUMAN CIRCUIT			
Metal		Earth		Fire		Water		Minister Fire		Wood	
LU	LI	ST	SP	HT	SI	UB	KD	PC	SJ	GB	LV
3-5am	5-7am	7-9am	9-11am	11a-1pm	1-3pm	3-5pm	5-7pm	7-9pm	9-11pm	11p-1am	1-3am



Minibook p.158

**DIAGNOSIS FOR THE MERIDIAN CLEANSING TECHNIQUE**

**THE 12 PRIMARY MERIDIANS CAM**

CHANNELS		PATHOLOGICAL MANIFESTATION
<b>E A R T H</b>	<b>LU</b>	Cough, asthmatic breathing, hemoptysis, congested and sore throat, a sensation of fullness in the chest ; pain in the supraclavicular fossa, shoulder, back and anterior border of the medial aspect of the arm
	<b>LI</b>	Epistaxis, watery nasal discharge, toothache, congested and sore throat ; pain in the neck, anterior part of the shoulder and anterior border of the lateral aspect of the upper limb ; borborygmus, abdominal pain, diarrhea and dysentery
	<b>ST</b>	Borborygmus, abdominal distension, edema, epigastric pain, vomiting, hunger, epistaxis, deviation of the mouth, congested and sore throat ; pain in the chest, abdomen and lateral of the lower limb ; fever and mania
	<b>SP</b>	Belching, vomiting, epigastric pain, abdominal distension, loose stools, jaundice, heaviness of the body, lassitude, stiffness and pain in the root of the tongue, swelling and coldness in the medial aspect of the thigh and knee
<b>H E A V E N</b>	<b>HT</b>	Cardiac pain, palpitations, hypochondriac pain, insomnia, night sweating, dryness of the throat, thirst, pain in the medial aspect of the upper arm and heat sensation in the palms
	<b>SI</b>	Deafness, yellow sclera, sore throat, swelling of the cheeks, distension and pain in the lower abdomen and pain in the posterior border of the lateral aspect of the shoulder and arm
	<b>UB</b>	Retention of urine, enuresis, manic and depressive mental disorders, malaria, pain of the eyes, lacrimation when exposed to wind, nasal obstruction, rhinorrhea, epistaxis, headache ; and pain in the nape, back, low back, buttocks and posterior aspect of the lower limbs
	<b>KD</b>	Enuresis, frequent urination, nocturnal emission, impotence, irregular menstruation, asthmatic breathing, hemoptysis, dryness of the tongue, congested and sore throat, edema, pain in the lumbar region and in the posteromedial aspect of the thigh, weakness of the lower limbs and heat sensation in the soles
<b>H U M A N</b>	<b>PC</b>	Cardiac pain, palpitations, mental restlessness, stuffiness in the chest, flushed face, swelling in the axilla, depressive and manic mental disorders, spasm of the upper limbs and heat sensation in the palms
	<b>SJ</b>	Abdominal distension, edema, enuresis, dysuria, deafness, tinnitus, pain in the outer canthus, swelling of the cheeks, congested and sore throat ; and pain in the retroauricular region, shoulder, and lateral aspect of the arm and elbow
	<b>GB</b>	Headache, pain in the outer canthus, pain in the jaw, blurring of vision, bitter taste in the mouth, swelling and pain in the supraclavicular fossa, pain in the axilla ; and pain along the lateral aspect of the chest, hypochondrium, thigh and lower limbs
	<b>LV</b>	Low back pain, fullness in the chest, pain in the lower abdomen, hernia, vertical headache, dryness of the throat, hiccups, enuresis, dysuria and mental disturbance

*Handbook p.107*

**Note:** Clinical indications are not limited to the indications listed in the textbook. Deeper understanding of channel pathways can broaden the applications of Meridian Style Acupuncture.

Which of the following Pattern Identifications is used in the Korean Meridian Cleansing Technique?

- A. Zang-Fu differentiation
- B. Eight Principle differentiation
- C. Channel differentiation
- D. Triple Burner differentiation

**POINTS NEEDED FOR THE MERIDIAN CLEANSING TECHNIQUE**

**FIRST AND LAST POINTS** (起始終止穴)

	LU	LI	ST	SP	HT	SI	UB	KD	PC	SJ	GB	LV
<b>FIRST</b>	1	1	1	1	1	1	1	1	1	1	1	1
<b>LAST</b>	11	20	45	21	9	19	67	27	9	23	44	14

**YUAN-SOURCE POINTS** (YUAN-PRIMARY POINTS 原穴)

EARTH				HEAVEN				HUMAN			
LU	LI	ST	SP	HT	SI	UB	KD	PC	SJ	GB	LV
9	4	42	3	7	4	64	3	7	4	40	3

**LUO-CONNECTING POINTS** (CONNECTING POINTS 絡穴)

EARTH				HEAVEN				HUMAN			
LU	LI	ST	SP	HT	SI	UB	KD	PC	SJ	GB	LV
7	6	40	4	5	7	58	4	6	5	37	5

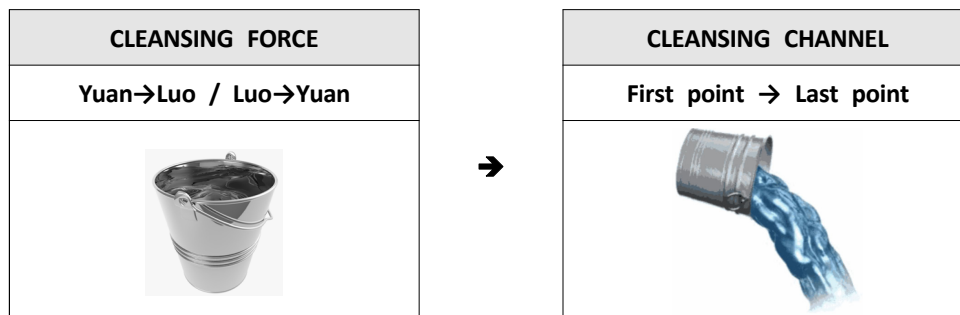
When using the Korean Meridian Cleansing Technique, which of the following points are used?

- A. First and Last Points
- B. Entry and Exit Points

In the Korean Meridian Cleansing Technique, which of the following points are used for bringing in the cleansing energy force?

- A. Yuan-Source + Luo-Connecting Points
- B. Entry + Exit Points
- C. Front-Mu + Back-Shu Points

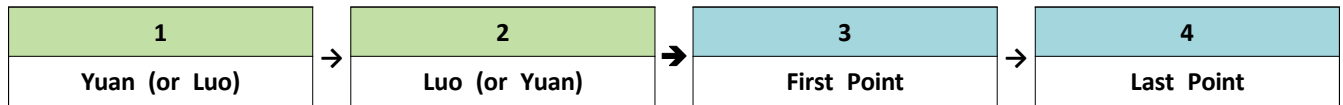
**POINT SELECTION FOR THE MERIDIAN CLEANSING TECHNIQUE**



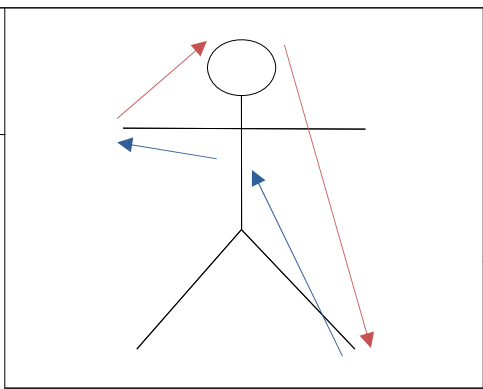
**BRINGING IN CLEANSING ENERGY FORCE**

Cleansing Force			Cleansing Channel		
Foot	Yin	Channel	Hand	Yin	Channel
			Hand	Yang	Channel
			Foot	Yin	Channel
			Foot	Yang	Channel

**NEEDLE INSERTION**



**Upper Limbs:**  
 Needle the \_\_\_\_\_ channel first  
 and the \_\_\_\_\_ channel second



**Lower Limbs:**  
 Needle the \_\_\_\_\_ channel first  
 and the \_\_\_\_\_ channel second

For the LI4 (yuan-source) + LU7 (luo-connecting) host-guest combination, which point do you first needle?

- A. Needle LI4 first because it is a yuan-source point
- B. Needle LU7 first because it is a luo-connecting point
- C. Needle LU7 first because it is a Yin-channel in the upper limb

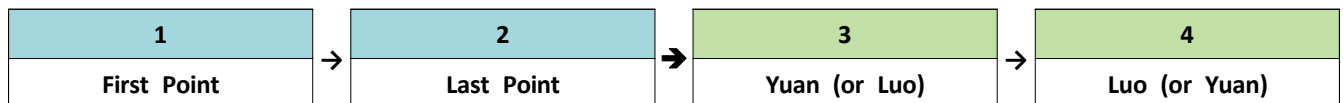
In the Korean Meridian Cleansing Technique, which channel should be needled first in the upper limb when bringing in the cleansing energy force?

- A. Yin channel
- B. Yang channel

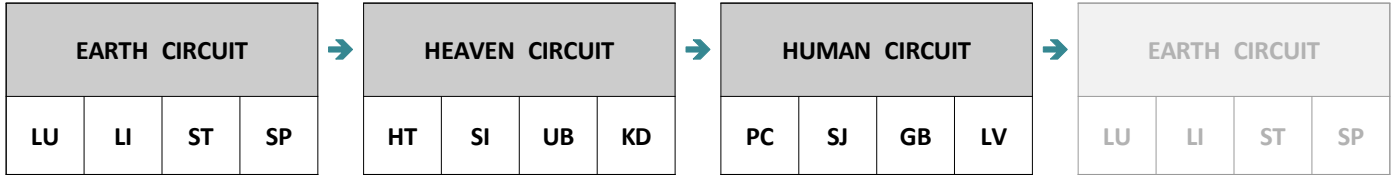
In the Korean Meridian Cleansing Technique, which channel should be needled first in the lower limb when bringing in the cleansing energy force?

- A. Yin channel
- B. Yang channel

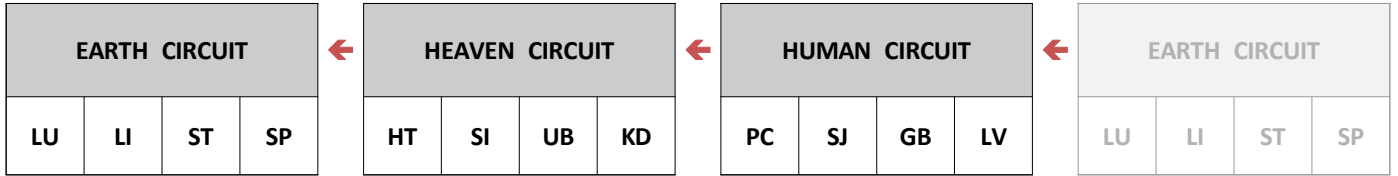
**NEEDLE WITHDRAWAL**



**NATURAL FLOW TREATMENT**



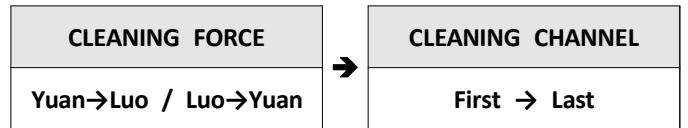
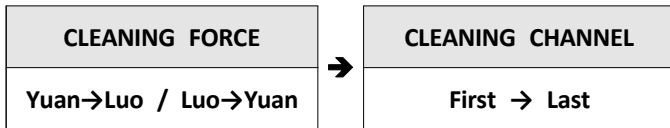
**COUNTER FLOW TREATMENT**



NATURAL FLOW	COUNTER FLOW
chronic disorders	acute disorders
mild treatment	strong treatment

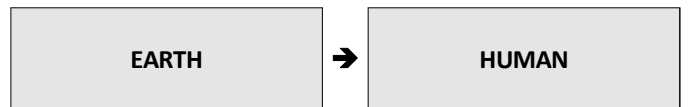
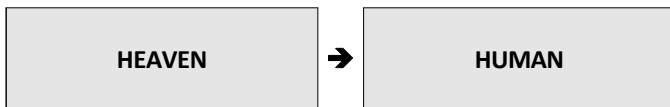
**NATURAL FLOW**

**COUNTER FLOW**



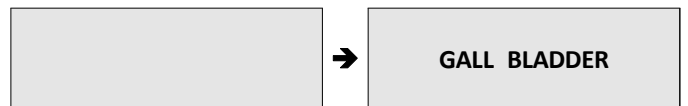
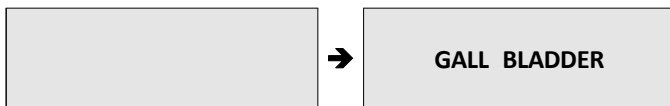
**NATURAL FLOW EXAMPLE**

**COUNTER FLOW EXAMPLE**



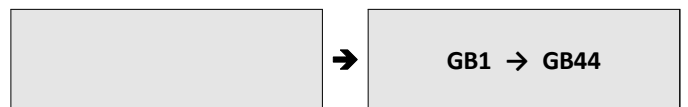
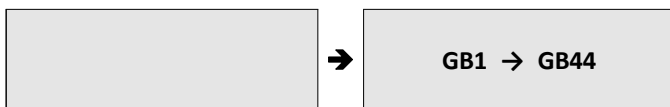
**NATURAL FLOW EXAMPLE**

**COUNTER FLOW EXAMPLE**

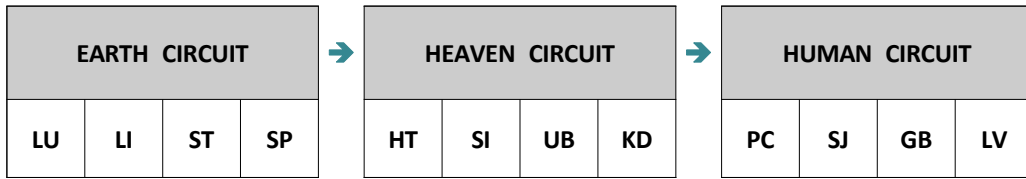


**NATURAL FLOW EXAMPLE**

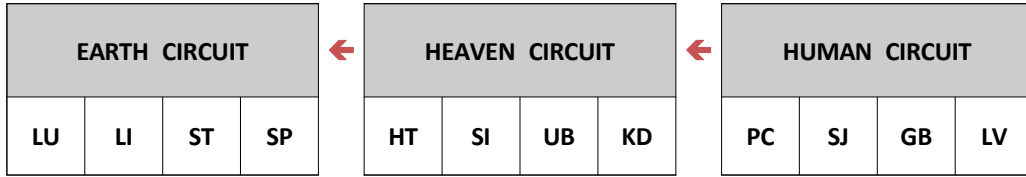
**COUNTER FLOW EXAMPLE**



NATURAL FLOW TREATMENT

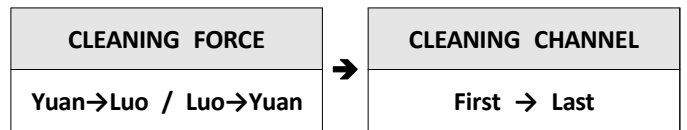
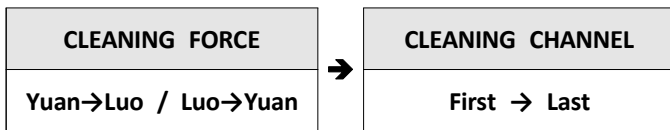


COUNTER FLOW TREATMENT



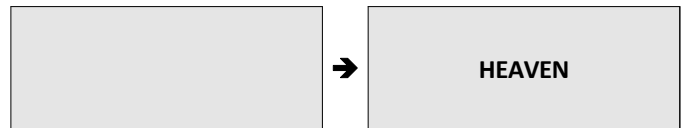
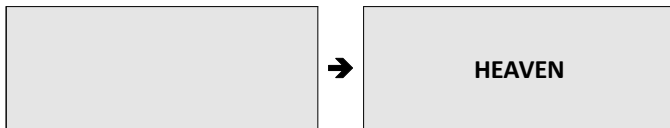
NATURAL FLOW

COUNTER FLOW



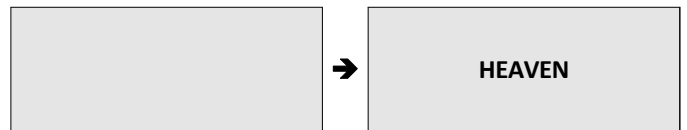
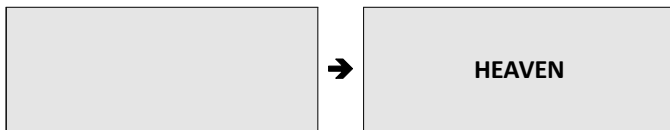
NATURAL FLOW EXAMPLE

COUNTER FLOW EXAMPLE



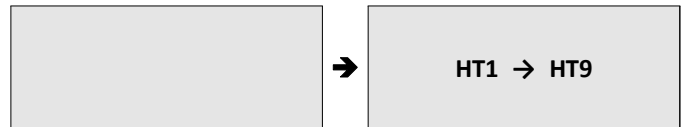
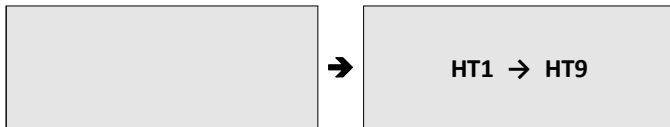
NATURAL FLOW EXAMPLE


COUNTER FLOW EXAMPLE

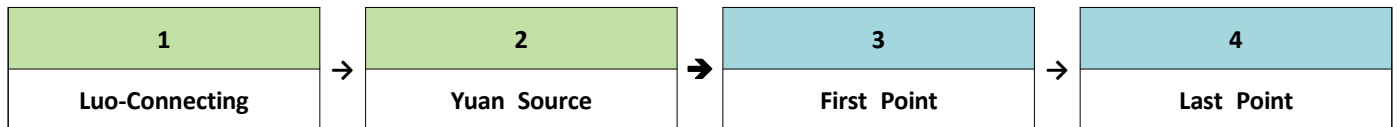
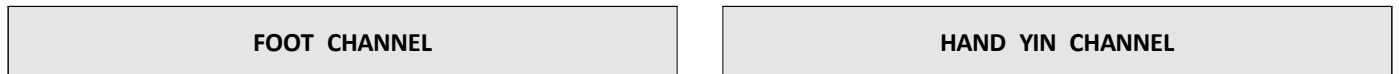
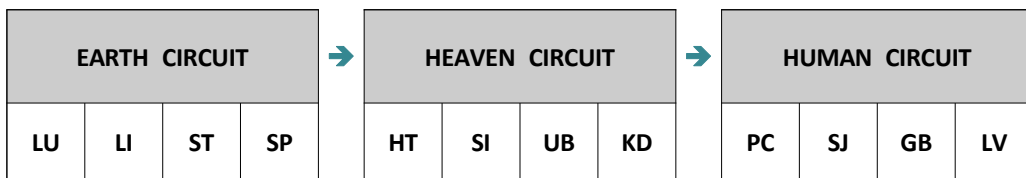


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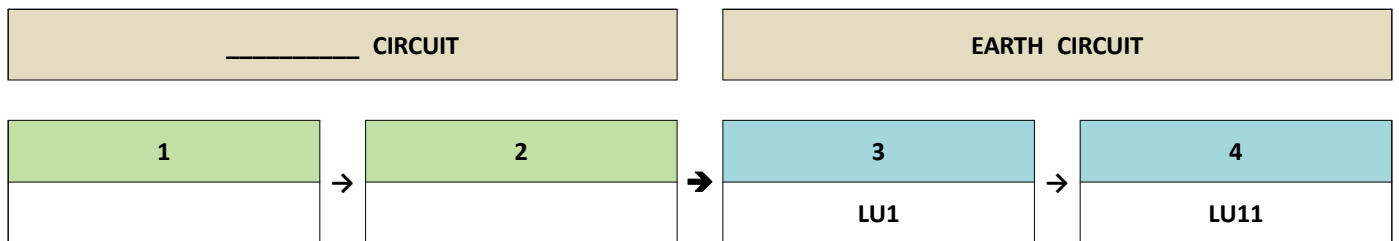
COUNTER FLOW EXAMPLE



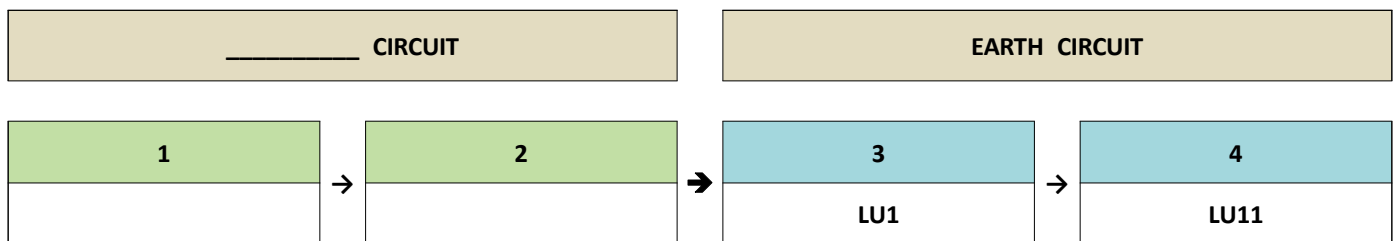
	<p>fullness in the chest</p> <p>cough, asthmatic breathing</p> <p>sore throat</p> <p>pain in the supraclavicular fossa</p> <p>anterior shoulder pain</p> <p>anterior border of the medial aspect of the arm pain</p> <p>thumb pain</p>
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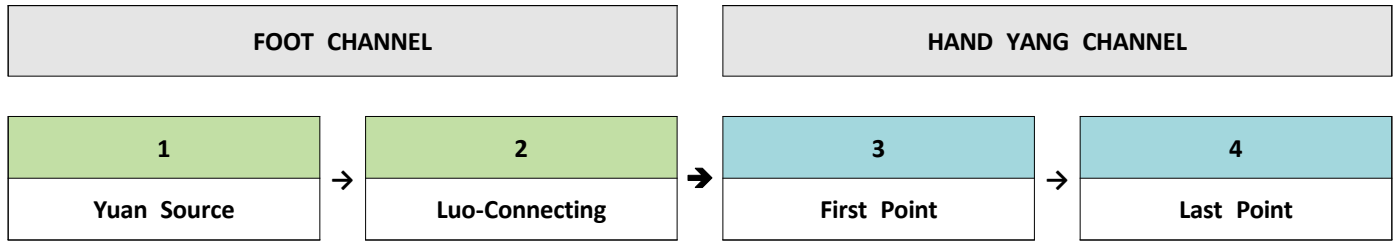
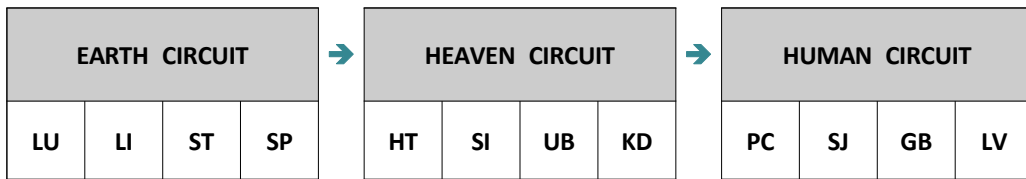
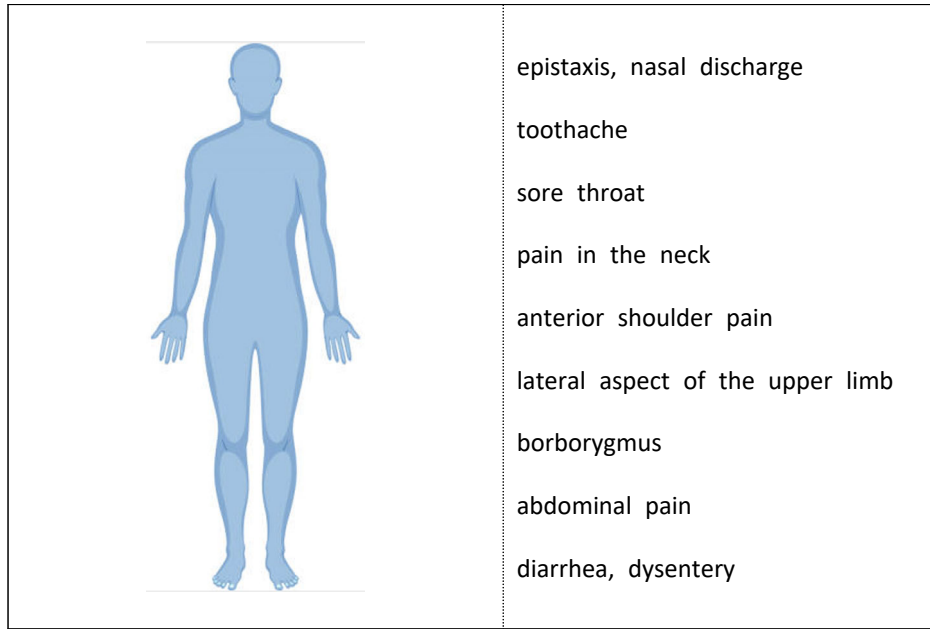
**NATURAL FLOW**



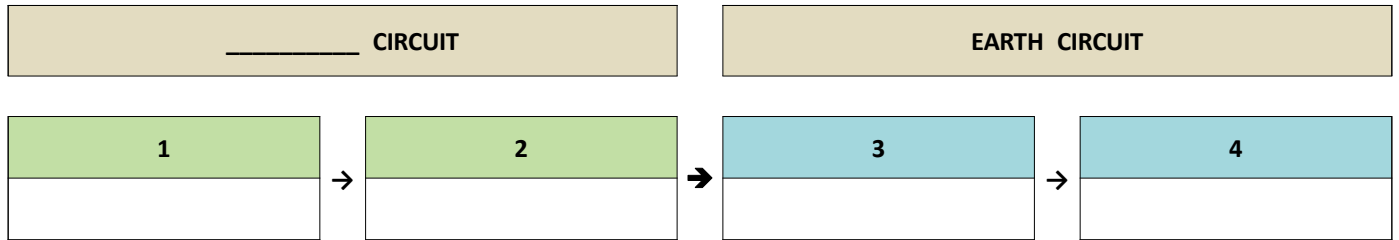
**COUNTER FLOW**



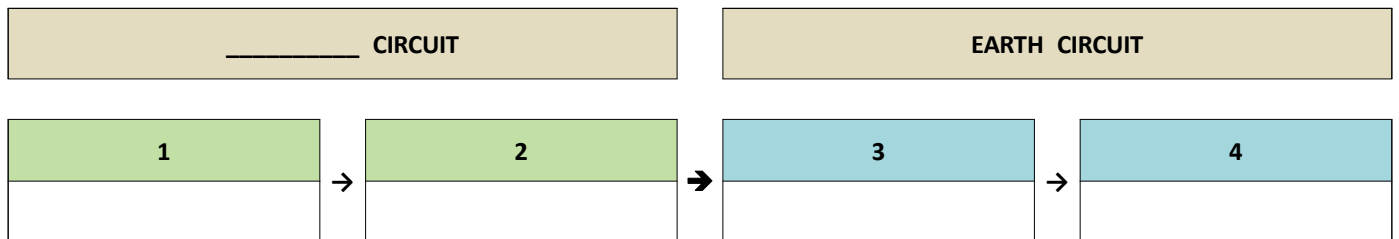


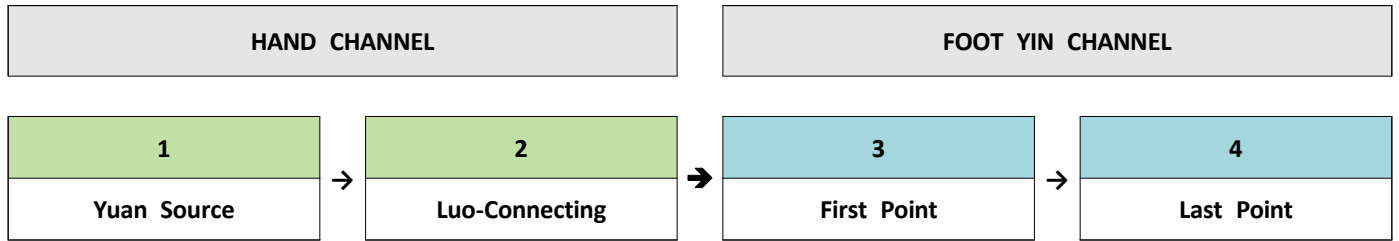
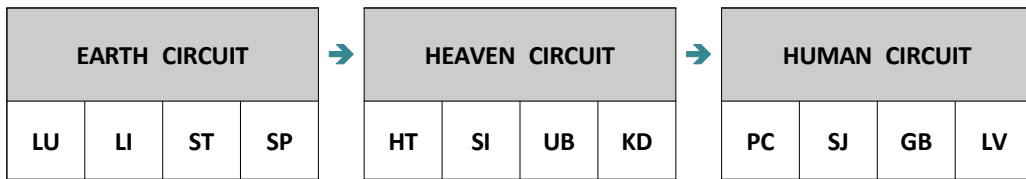
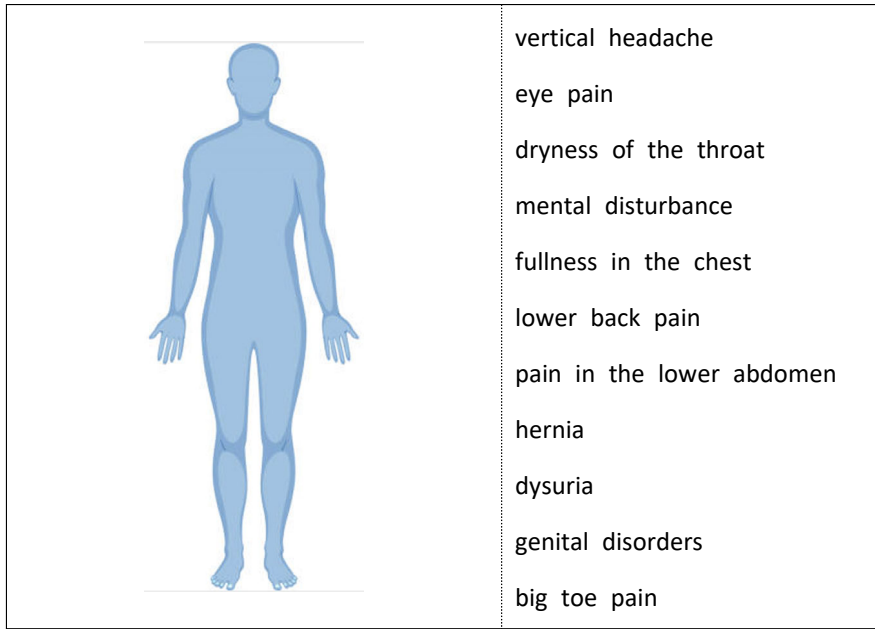


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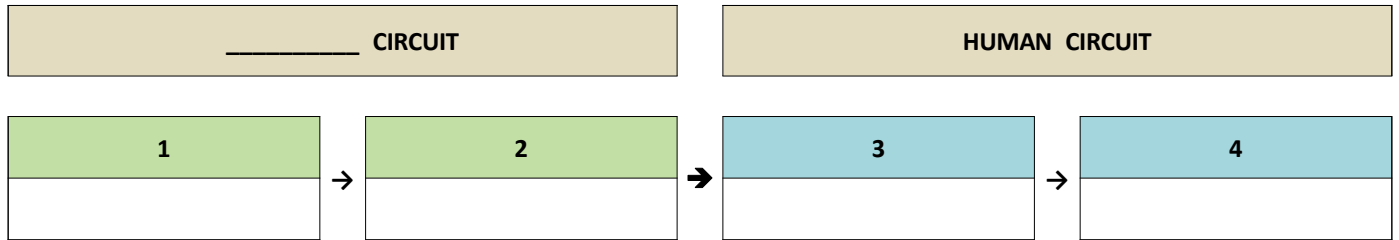


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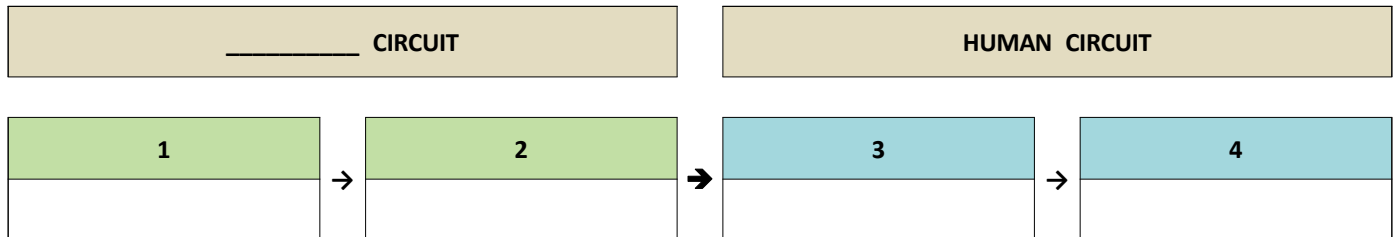


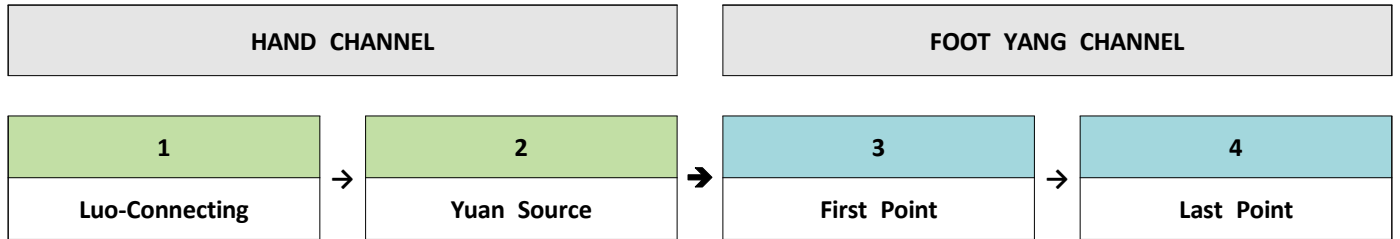
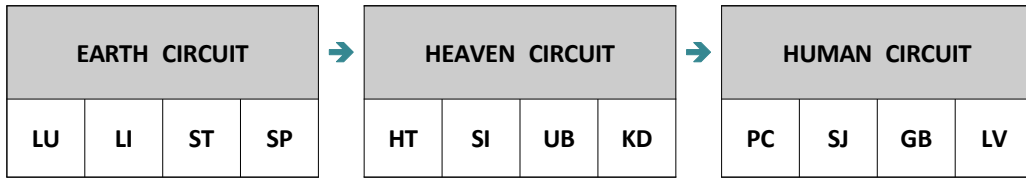
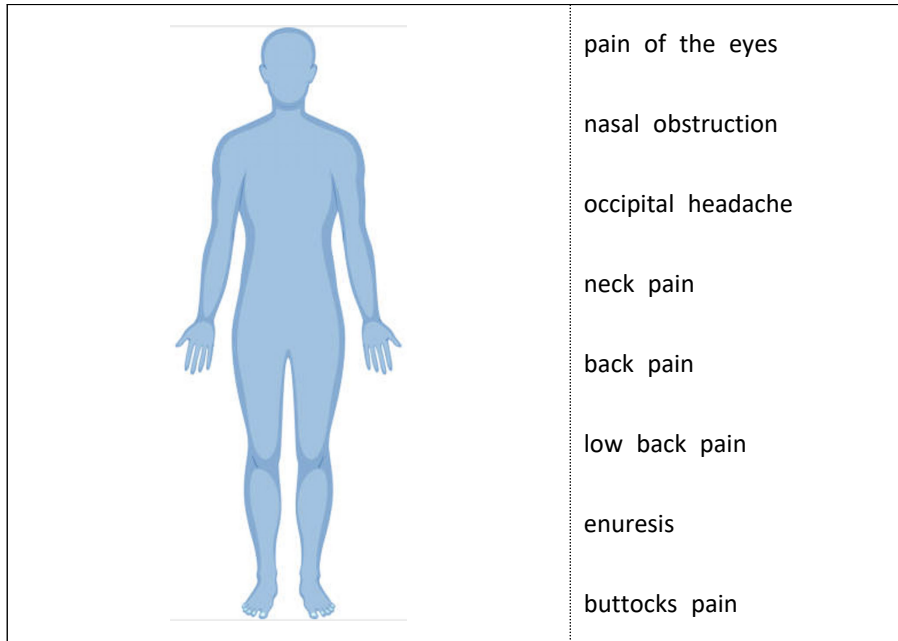


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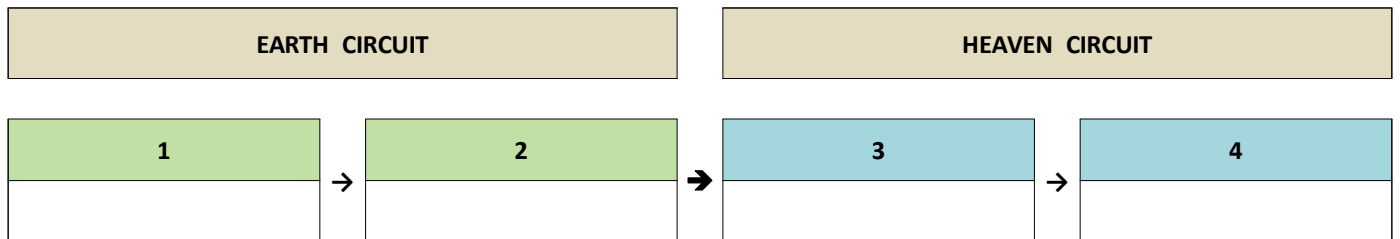


COUNTER FLOW





NATURAL FLOW



COUNTER FLOW

