

Summary of Chapter 24 of the Sù Wèn

Xuè Qì Xíng Zhì – On Blood, Energy, Body and Spirit

Paragraph 1

Qì and Xuè distribution.

| Channel (Jīng) | Level of Xuè | Level of Qì |
|----------------|--------------|-------------|
| Tài Yáng Jīng | + | - |
| Shào Yáng Jīng | - | + |
| Yáng Míng Jīng | + | + |
| Shǎo Yīn Jīng | - | + |
| Jué Yīn Jīng | + | - |
| Tài Yīn Jīng | - | + |

Paragraph 2

Yīn Yáng coupled channels.

Zú (foot) three Yīn and three Yáng:

zú tài yáng páng guāng jīng ↔ zú shǎo yīn shèn jīng
 zú shào yáng dǎn jīng ↔ zú jué yīn gān jīng
 zú yángmíng wèi jīng ↔ zú tài yīn pí jīng

Shǒu (hand) three Yīn and three Yáng:

shǒu tài yáng xiǎo cháng jīng ↔ shǒu shǎo yīn xīn jīng
 shǒu shào yáng sān jiāo jīng ↔ shǒu jué yīn xīn bāo jīng
 shǒu yángmíng dà cháng jīng ↔ shǒu tài yīn fèi jīng

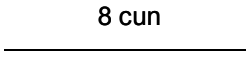
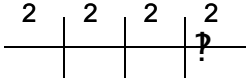
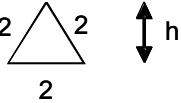
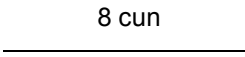
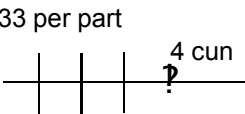
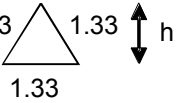
Stagnation and fullness in blood vessels, then utilize bloodletting.

If Shí – excess, the purge, sedate.

If Xū – deficiency, then invigorate, tonify.

Paragraph 3

Location of the Shū-points of the five Zàng.

| Wu's [2] mathematics: | Ni's [4] Mathematics: |
|---|--|
| <p>1. </p> <p>2. </p> <p>3. </p> <p>$h = \frac{1}{2} \times 2 \times \sqrt{3} = 1.73 \text{ cun}$</p> | <p>1. </p> <p>2. </p> <p>3. </p> <p>$h = \frac{1}{2} \times 1.33 \times \sqrt{3} = 1.15 \text{ cun}$</p> |

Paragraph 4

Five kinds of disease of body and spirit

| When | disease is due to | treat with |
|--|--------------------------------|------------------------------|
| physically sound, worrying all the time | obstruction of Jīng-Luò | acupuncture and moxibustion |
| physically and emotionally sound, overly joyous | flesh and muscle (swelling of) | acupuncture |
| physically unwell and fatigue, joyous mood | damage of tendons | topical application of drugs |
| physically strained, emotionally depressed or bitter | worn out and exhaustion | herbs of sweet taste |

Paragraph 5

| When pricking | can let out | cannot let out |
|----------------|-------------|----------------|
| Yáng Míng Jīng | Xuè and Qì | - |
| Tài Yáng Jīng | Xuè | Qì |
| Shào Yáng Jīng | Qì | Xuè |
| Tài Yīn Jīng | Qì | Xuè |
| Shāo Yīn Jīng | Qì | Xuè |
| Jué Yīn Jīng | Xuè | Qì |

See also paragraph 1.

Note: the English translation of Wu [2] is not correct when compared with the Chinese text. It says: "...Taiyin channel, both letting out blood and the energy are permissible..." According to the Chinese text this must be: "Taiyin channel, letting out qi is permissible, letting out blood not."

Bibliography

- [1] Wiseman, N. and Feng, Ye, *A practical dictionary of Chinese Medicine*, paradigm publications, 1998.
- [2] Nelson, Liansheng Wu and Andrew, Qi Wu, *Yellow Emperor's Canon Internal Medicine*, China Science & Technology Press, 1999.
- [3] Unschuld, P., *Huang Di Nei Jing, nature, knowledge, imagery in an ancient Chinese medical text*, University of California Press, 2003.
- [4] Maoshing Ni, *The Yellow Emperor's Classic of Medicine*, Shambala, 1995.