

Summary of Chapter 29 of the Sù Wèn

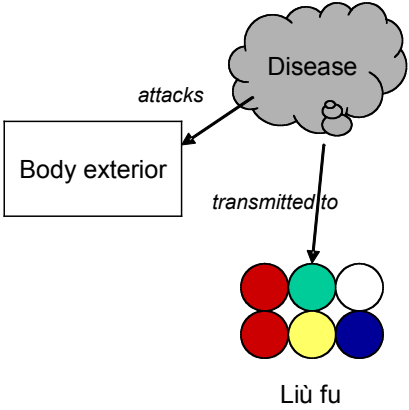
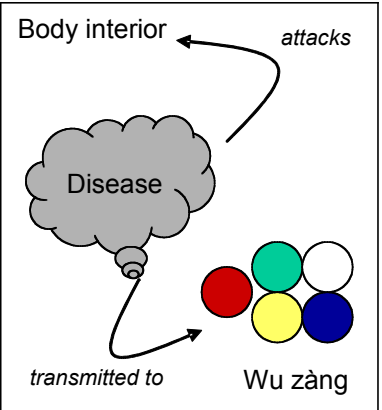
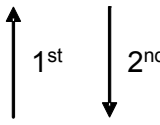
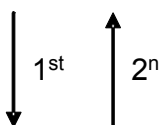
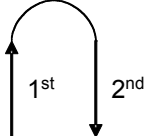
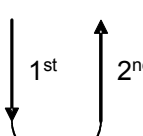
Tàiyīn Yángmíng Lùn – On the Relations Between the Superficies and Interior of Taiyin and Yangming Channels

Paragraph 1

Pí belongs to Yīn, Wèi belongs to Yáng.

Paragraph 2

Differences of Tàiyīn and Yáng Míng Jīng.

Yáng	Yīn
heavenly Qì	earthly Qì
manages exterior (guarding)	manages interior (guarding)
Shí (excess)	Xū (deficiency)
firm	gentle
affected by Wind evil (Fēng)	affected by lifestyle and diet
	
fever, restlessness, insomnia, rapid dyspnea	distention, fullness, obstruction of bowel, diarrhea
throat (respiration) in charge of heavenly Qì	pharynx/swallowing in charge of earthly Qì
channels suffer from Fēng Qì	channels suffer from Shī Qì (dampness)
<p>Yáng Qì moves</p> 	<p>Yīn Qì moves</p> 
<p>When EPF attacks 6 Yáng Jīng it moves</p> 	<p>When EPF attacks 6 Yīn Jīng it moves</p> 
If Fēng, then top portion of body affected first.	If Shī, then lower portion of body affected first.

Paragraph 3

Huáng Dì: "The four limbs cannot move normally when the spleen is ill, and what is the reason?"

Normal physiology:

1. Pí transforms water and cereals to Jīn (liquid) and Yè (humor).
2. Wèi nourishes the extremities

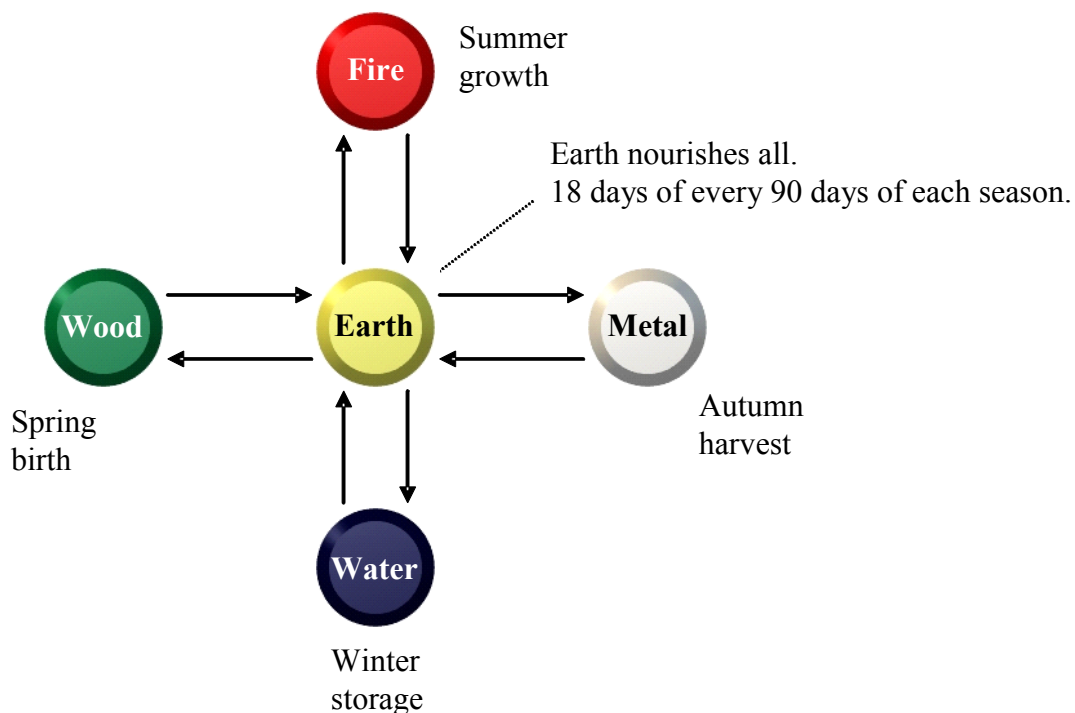
If Pí is ill:

Transformation process not optimal. Gǔ Qì does not reach the limbs, and they become weak.

The channels (mài 脉) are obstructed → tendons, bones, muscles, flesh become weak.

Paragraph 4

"What is the reason that Pí cannot dominate a single season specifically?"



Towards the end of each season, the heavenly energies go back to the Earth for replenishment. Pí does not dominate a specific season. Pí is responsible for nourishing every single part of the body.

Paragraph 5

"There is a membrane that connects Pí and Wèi. How is it that Pí is able to transport JīnYè to Wèi?"

Zú tài yīn pí jīng encompasses all three yīn, connects with Pí and Wèi zàng, circulates through the esophagus.

It takes Jīn Yè from Wèi and transports it to hand and foot channels.

Zú yáng míng wèi jīng:

- connects with zú tài yīn pí jīng
- is the sea of nutrition of wǔ zàng and liù fǔ (five viscera and six bowels).
- transports Shuǐ Gǔ Qì (水谷气) to the three yáng of hand and foot.

This is how zú tài yīn pí jīng carries out its function of transportation and transformation.

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.