



# Tong Tian – The different types of man 通天





# Tai Yang / Greater Yang. Yang excess

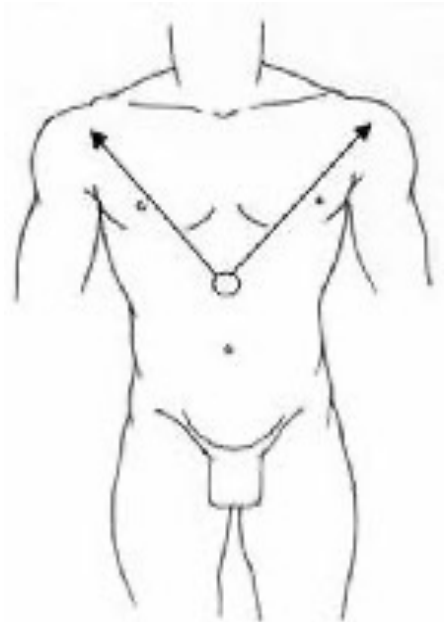


LSJ72:

*A Tai Yang type of person looks arrogant with the chest and stomach projected forward as if the body was bending backwards.*

LSJ67:

*A person with abundant Yang is emotional and as warm as fire; he talks fast and is swollen with arrogance. It is because the Heart- and Lung-Qi of such a person are abundant; Yang-Qi is therefore plentiful and flows freely and vigorously. For this reason, it is easy to stimulate his spirit, and the Qi arrives quickly when acupuncture is given.*

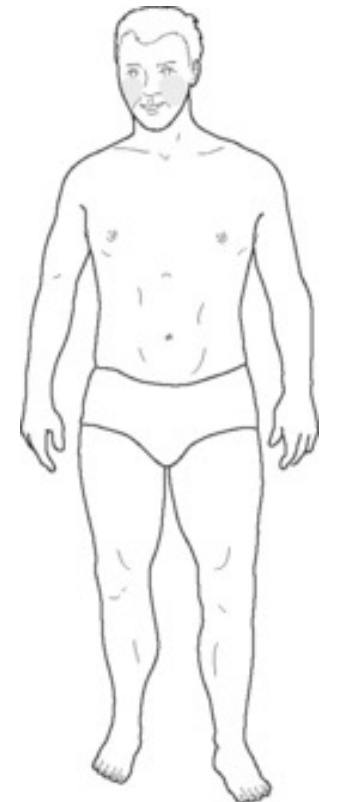


## Tai Yang characteristics and personality

- Strong body build
- Tendency to a red face
- Preference for cold and intolerance of heat, preference for light clothes
- Lively, active and talkative nature, loud voice with tendency to laugh
- Tendency to being a high achiever, decisiveness, assertiveness
- Resolute, brave, impulsive

Treatment principle:

- Reduce Yang and gently nourish Yin





# Shao Yang / Lesser Yang. Yin deficiency

LSJ72:

*For a man of the Shaoyang type, he tosses his head when standing and sways when walking. He often puts his two arms behind his back, with the two elbows exposed on the side of the body.*

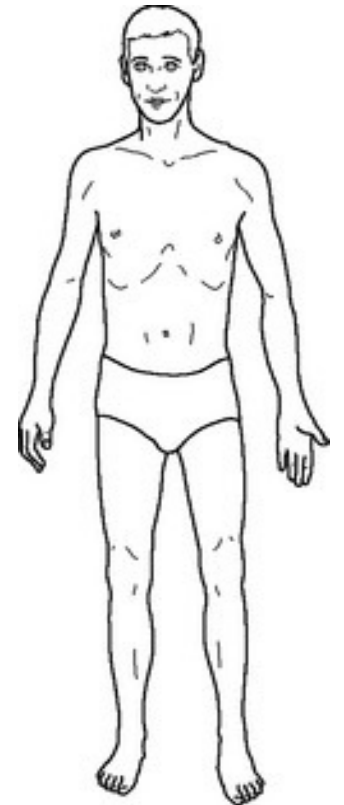
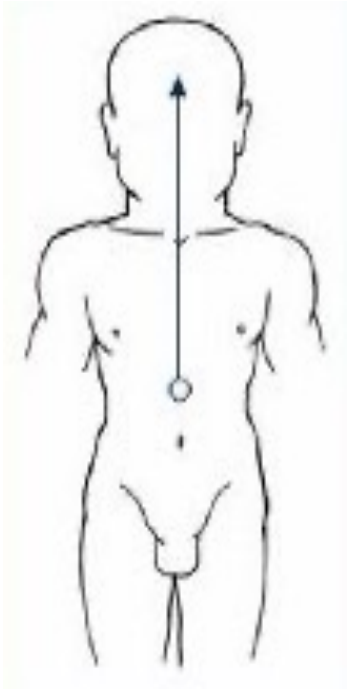
## Shao Yang characteristics and personality

- Yin deficient body type
- Wiry with visible sinews
- Darkness under the eyes from underlying deficiency due exhaustion
- Very active
- Thinks he is remarkable
- Likes social communication
- Fails to keep close to the one he should love

*'Blood is inside and Qi is outside'*

Treatment principle:

- Nourish Yin channels and reduce the Yang collaterals





# Tai Yin / Greater Yin. Yin excess



LSJ72

*'He appears to be stern and serious, but he is modest in consciousness. His body is tall with muscles of the neck protuding like a hunchback'*

Tai Yin constitutions are excessive in Yin and deficient in Yang. Their Yin and Blood are thick and turbid. Their Defensive Qi does not flow freely. Yin and Yang are not in a harmonious state, which leads to loose sinews and thick skin.

## **Taiyin personality:**

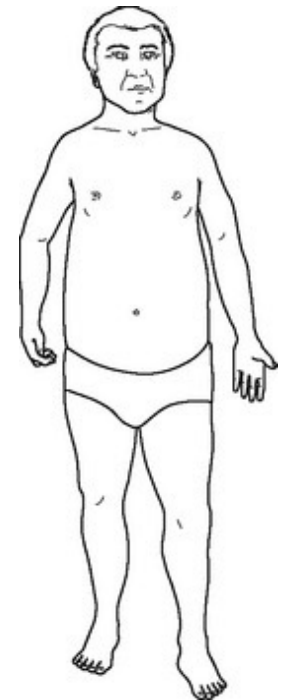
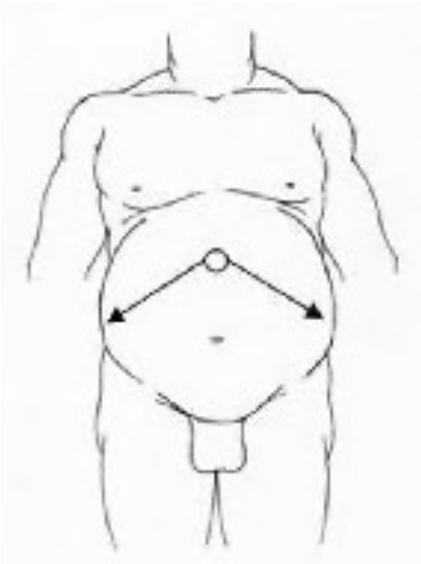
LSJ72

*'A man of Tai Yin is greedy, not sincere and not generous. He likes to take and not to give. He likes to do as little as possible and copies others, so he has to do less himself'*

- Modest, suspicious, pessimistic, selfish, disappointed, lonely
- Keeps a distance to others and dislikes exciting things

Treatment principals:

Reduce Yin quickly. Qi Bo: *'A person is excessive in Yin and deficient in Yang. The movement of Qi is restrained and therefore it is difficult for Qi to arrive when the patient is needed. This is the reason why the body will react to the acupuncture only after several treatments'*





# Shao Yin type / lesser Yin. Yang deficiency

LSJ72:

*'His stomach is small and intestine are large'*

Visual body:

- Overweight/swollen in. the lower abdomen and lower jiao
- Pale or pale-bluish complexion. Slow movement, and weak, loose muscles
- Low spirits and a preference for warmth with aversion to cold

## Shao Yin personality:

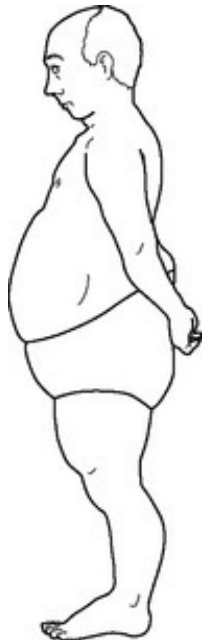
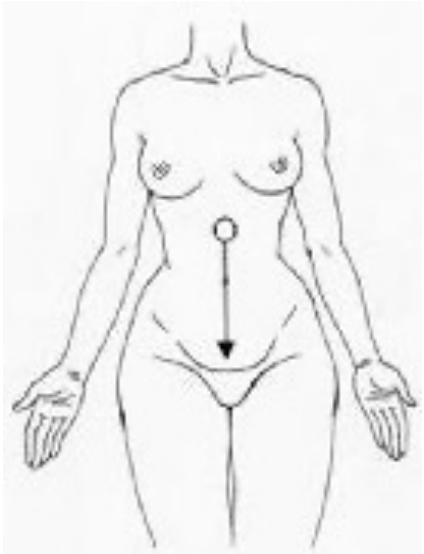
LSJ72:

*'Harbours the intention of harming others, and is happy when someone is injured. He is jealous and has no sympathy.'*

- Calm, reserved, good at telling right from wrong, self-controlled
- Gentle, delicate, not rash, prudent, careful, steady
- Introvert. Showing no or little interest
- Thinks deeply but does not expose their thinking to others
- Does not talk nonsense, and acts in a planned way

Treatment principals:

Support Yang and be careful to nourish the blood and Qi, as these can become exhausted





# Yin and Yang harmony



LSJ72

*'People with the body shape with harmony of Yin and Yang look elegant and graceful.'*

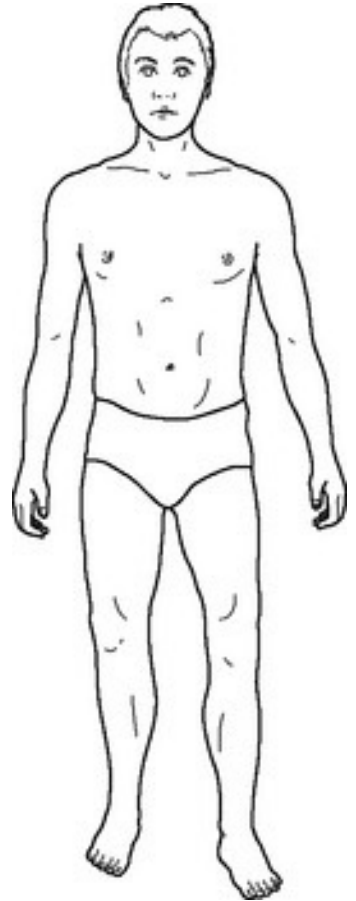
Yin Yang harmony personality:

- Dignified, modest, generous, sensible
- Rational with a calm mind
- Tranquil without intense emotion in the heart or on the face
- Unselfish and fearless,
- Is not driven by material desire, and not worried about personal gains and losses,
- Never too happy to lose themselves in excitement
- Have a high degree of mental and physical balance

Treatment principles:

*'Observe which side may be excess and which may be deplete. When evil Qi is excess, apply purge (remove/rid) therapy, when the healthy Qi is deficient apply invigorating therapy.*

*If disease is neither abundant or deficient, needle the affected channel where the disease resides.'*





# Yin Yang Er Shi Wu Ren 陰陽二十五人 25 personalities / constitutions



LSJ64:

*Within the six directions (north, east, south west, up and down), between heaven and earth, nothing can separate from the five elements and man corresponds to them. So, the 25 kinds of people belong to the 5 elements and are excluded from the people of Yin and Yang.*



# 25 personalities / constitutions. LSJ 64

## Wood constitutions Frequency of Jue

1. Shang Jue
2. Tai Jue
3. Zuo Jue
4. Di Jue
5. Ban Jue

## Fire constitutions Frequency of Zhi

1. Shao Yin
2. Zhi Zhi
3. Shao Zhi
4. You Zhi
5. Zhi Ban

## Earth constitutions Frequency of Gong

1. Shao Gong
2. Tai Gong
3. Jia Gong
4. Shao Gong
5. Zuo Gong

## Metal constitutions Frequency of Shang

1. Shang Shang
2. Tai Shang
3. You Shang
4. Zuo Shang
5. Shao Shang

## Water constitutions Frequency of Yu

1. Shang Yu
2. Tai Yu
3. Shao Yu
4. Zhong Yu
5. Zhi Yu

The constitutions are from birth and depend on where the Qi was strongest at that particular time

The word constitution is defined in the Oxford English Dictionary as:

- The character of the body as regards health, strength, vitality, etc.
- Condition of mind; disposition; temperament.
- The concept of a person's constitution covers both the physical body and the mind and temperament.
- The word gives a sense of a person's constitution having lifelong characteristics that may manifest in their physical health or psychological make-up.





# Wood constitution qualities. Inherited and classical



Thrives and is turned on by qi and movement; inner and outer.

Loves the free will of qi and the ability to function, initiate and activate.

Represents growth and rises to connect earth to heaven;  
- Wood brings water to fire / blood to the heart.

The colour green represents hope.

- A new beginning like a plant growing from earth.
- Ideas and creations developing from our imagination and subconscious.

Defends and protects our ideas, opinions and attitudes.

Emotions are made conscious through wood and the liver.

The Liver vibrates with feelings of anger and irritation:  
two feelings representing the energy and power of wood.





# Wood constitution qualities. Inherited and classical

Wood energy is used to present ideas, views and feelings to the world.

- Emphasising and showing the world who we are. Ego.

Being competitive and adventurous, wood loves novelty and being original.

Contains and is nourished by blood.

- Liver blood prevents yang rising and inner wind blowing.

On a physical level, the liver and gallbladder detoxifies the body.

- The liver is made for this and actually enjoys this process.

On a psychological level, the liver and gallbladder enjoy expressing emotions and 'detoxifying' or dispersing these in the body.

Wood needs the sour taste to nourish yin and thereby cleanse, purify and recharge both physically and mentally.

Wood needs the acrid/sharp/pungent taste to move qi and blood in the body.



# Wood constitution - Shang Jue - Foot Jue Yin channel

## Ling Shu Jing 64



**Liver is the commander**

**Shang Jue = frequency of Wood Jue Yin**

Jue Yin represents the normal Wood constitution and is the most balanced of the 5 Wood constitutions

**Balanced constitutional pulse** is soft – wiry (xian) with good force

### **Character traits**

- Likes to plan and make strategies
- Is a big thinker and often worries about his work. Likes statistics
- Does less physical work than mental work
- Likes to promote and always do better
- Seeks perfection
- Has good self-confidence and self esteem
- Has good manners
- Is often a middle manager
- Can easily handle positive emotions

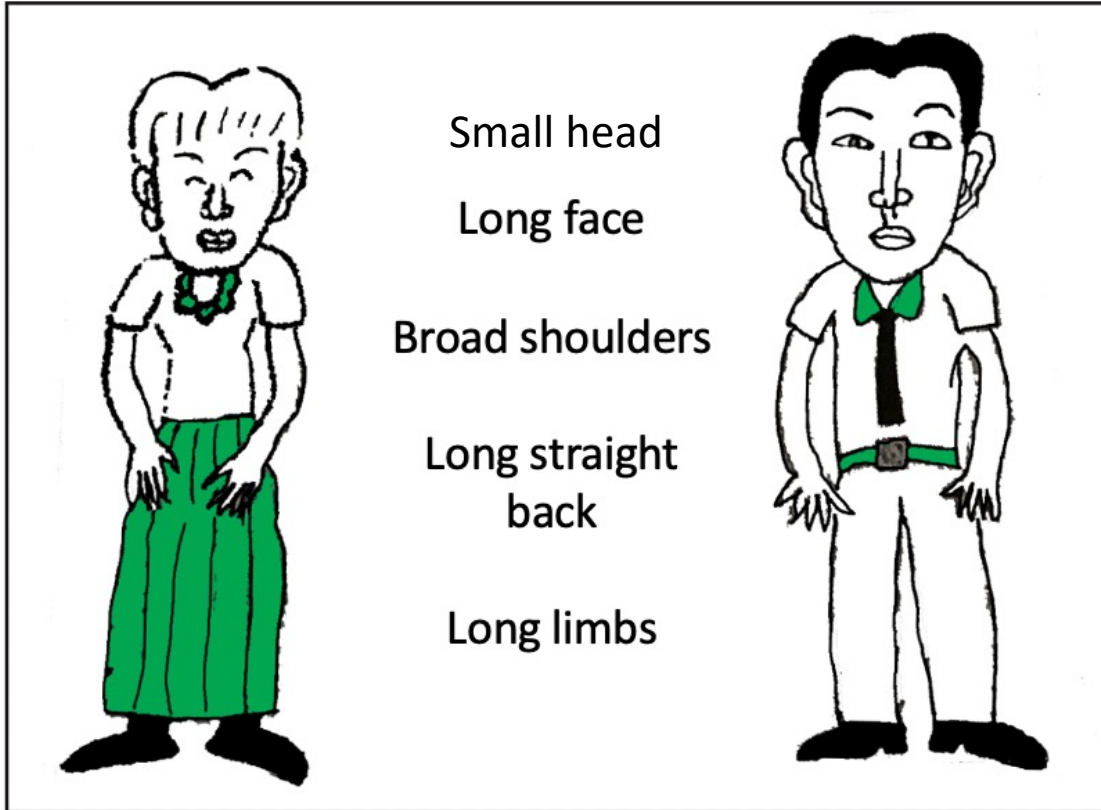
### **Weaknesses**

- Being a mental worker, he often has weaker physical strength
- Tends to be fanatic
- Has difficulty handling sadness, depression and fright
- Loss of job and status can make him ill
- The heart is easily exhausted
- If a Wood Constitution is quiet and has a weak pulse, it is a sign of illness
- A sad Wood Constituitions easily gets cancer (L.Jie)



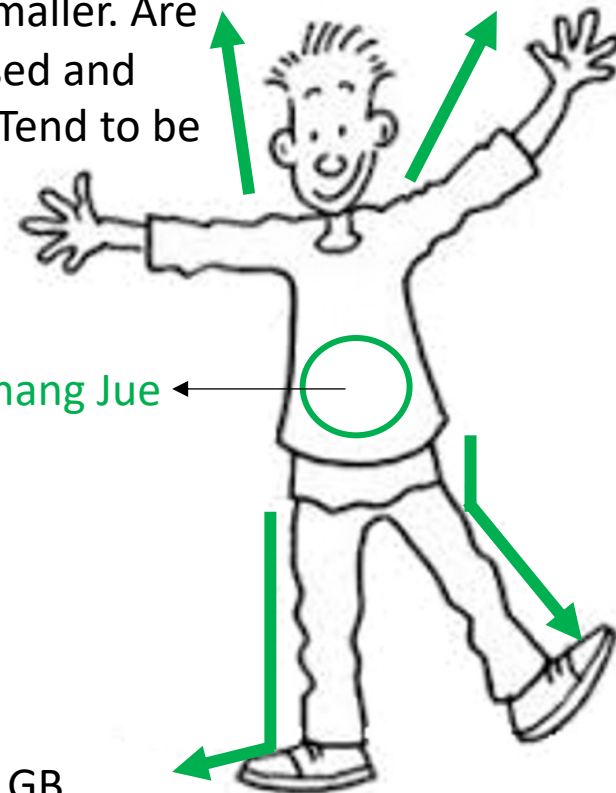
# 5 Wood constitutions

## Wood body characteristics



### 4. Di Jue:

Right upper GB (face)  
Relatively smaller. Are easily stressed and depressed. Tend to be fanatic



### 2. Tai Jue:

Left upper Shaoyang. More Qi in the upper left side. Worries less, and takes life less seriously. Selfconfidant. More Yang Qi – Stronger. From Dai Mai Gb26

### 3. Zuo Jue:

Right lower GB.  
Very flexible Wood constitution. Like a tree swaying in the wind. Can be a coward

### 5. Ban Jue:

Left foot Shaoyang. Honest and straight forward



# Wood constitution pulses and acupuncture treatments



Typical Wood constitution pulses (left guan)	
Chinese	English
1. Xian	1. More wiry
2. Xi xian	2. More threaded (thin) and wiry
3. Xian ruo	3. More wiry and weaker
4. Xian shuo	4. More wiry and faster

## Constitutional Balance Acupuncture for Wood constitution

Examples using Ling Shu Jing Meridian Geometric Acupuncture

Left guan pulses	Acupuncture treatment
1. Xian fu (wiry and superficial)	1. Liv3, Gb44, Li1, Kid10
2. Hong Shou (over floating and faster)	2. Liv2, Pc8, Liv10, Kid3
3. Chen Wei (deep, powerless ghost pulse that comes and goes)	3. Ren4-Kid12 (moxa) Gb40, He7
4. Xi Se (threaded/thin and rough/dry)	4. Liv1 (moxa), Liv3, Ren6, Li1, Gb34, Bl17

Zhen Jiu Da Cheng (ZJDC) Great Compendium of acu and moxa

*The legs do not go past the knees. The arms do not go past the elbows. Reminding us that the 5 shu points are distal to elbow and knees*



# Wood constitution symptoms and acupuncture treatments

Disease	Treatment	Disease	Treatment
<ol style="list-style-type: none"> <li>1. Weakness</li> <li>2. Clear the eyes</li> <li>3. Mastitis (breast infection)</li> <li>4. Cancer</li> <li>5. Move blood: The four flowers (only moxa if there is enough blood)</li> <li>6. Back pain (can't stand up)</li> <li>7. Bleeding from the uterus</li> <li>8. Spontaneous diarrhea</li> <li>9. Jaundice</li> <li>10. Fullness of the lower abdomen</li> <li>11. Fever</li> <li>12. Prolaps of the uterus</li> <li>13. Jue Yin headache due to high bp. Perhaps with numbness and tingling</li> </ol>	<ol style="list-style-type: none"> <li>1. Ren8</li> <li>2. Liv 2, Gb38</li> <li>3. Liv3, Kid7</li> <li>4. Always BL17</li> <li>5. BL17, BL19</li> <li>6. Liv2, Gb25</li> <li>7. Liv1, Sp1, Liv8</li> <li>8. Liv3, Ren8, Sp6</li> <li>9. Liv4, Pc8</li> <li>10. Liv4, Kid4, St44, liv1</li> <li>11. Sj1 (bleed), Gb44 (if the person is strong)</li> <li>12. Liv1, Liv8, Kid6</li> <li>13. Gb44, Liv1</li> </ol>	<ol style="list-style-type: none"> <li>1. Shao Yang headache</li> <li>2. Pain along the ribs</li> <li>3. Menstrual pain</li> <li>4. Swollen armpit</li> <li>5. Chestpain</li> <li>6. Xiong Bi Heart pain syndrome* smerte syndrom:</li> <li>7. Pain in the limbs</li> <li>8. Inkontinens</li> <li>9. Wei Syndrome (SW44) includes muscle atrophy due to diseases in the CNS like MS, encephalitis, polio, tumors in the CNS.</li> </ol> <p>*In Bi Syndrome (Bi=obstruction), only the channels and joints are affected; in Chest Bi, the internal organs heart is affected. Moreover, Chest Bi may correspond to very different types of diseases than Bi Syndrome, such as coronary heart disease, angina pectoris, chronic bronchitis, pulmonary emphysema or cancer of the lungs</p>	<ol style="list-style-type: none"> <li>1. Gb44, Sj1, Gb20</li> <li>2. Gb44, Gb34 opp. side</li> <li>3. Gb41, Liv3</li> <li>4. Gb38, Gb40, Liv3</li> <li>5. Gb34, St36</li> <li>6. Gb41, Pc7</li> <li>7. Sj6 (jing-fire), Gb34(earth-He)</li> <li>8. Gb34, Sp9 (yin earth-water-he)</li> <li>9. Gb34, Li11. With MS: Gb34, St42, Liv3, Gb40</li> </ol>



# Fire constitution qualities. Inherited and classical



A loving warmth that nurtures with life.

Provides desire, lightness and happiness.

Symbolizes the heart and the ability to give and receive love.

Fire brings light and warmth when it's dark and cold and thereby cohesion and ties bonds.

Fire symbolizes summer, where nature blooms and beautiful colours and fragrances fill our senses. Days are long and filled with light and warmth.

Fire and light brings fun, playfulness, dance and music, and at the same time the light shines in the dark and protects us from the unknown.

The heart is the emperor of the body and the function is to connect with the divine.



# Fire constitution organs. Inherited and classical



火

## The four organs that resonate with the fire phase

Heart.

Supreme being - emperor-shen, where the radiance of all souls originate.

Pericardium - heart protector and ministerial fire

Pericardium represents the physical heart and movement of blood, and is the official who brings joy and pleasure.

Small intestine.

Initiates life form birth, and prepares the body. Separates pure from impure. Is responsible for receiving and making things enjoyable. Transformed substances originate from the small intestine.

San Jiao.

Official for harmony and balance. Is responsible for keeping passages open and regulating liquids. San Jiao is both a regulating and opening function, that also helps us to give and show love to others.





# Fire constitution – Shao Yin – Hand Shao Yin channel



**The Heart is the emperor**

## Shao Yin

Shao Yin represents the normal Fire constitution and is the most balanced of the 5 Fire constitutions

**Balanced constitutional pulse** is more hong: greater or bigger like a blossoming flower. Can also be shou (faster)

### Character traits

- Sharp mind
- Clear opinions
- Constant need of Yin
- Worry less
- Like to have power
- Lots of positive energy
- Avoid negativity because they cannot handle it
- Shiny happy people
- Spontaneous and generous
- Sociable and easy to talk to

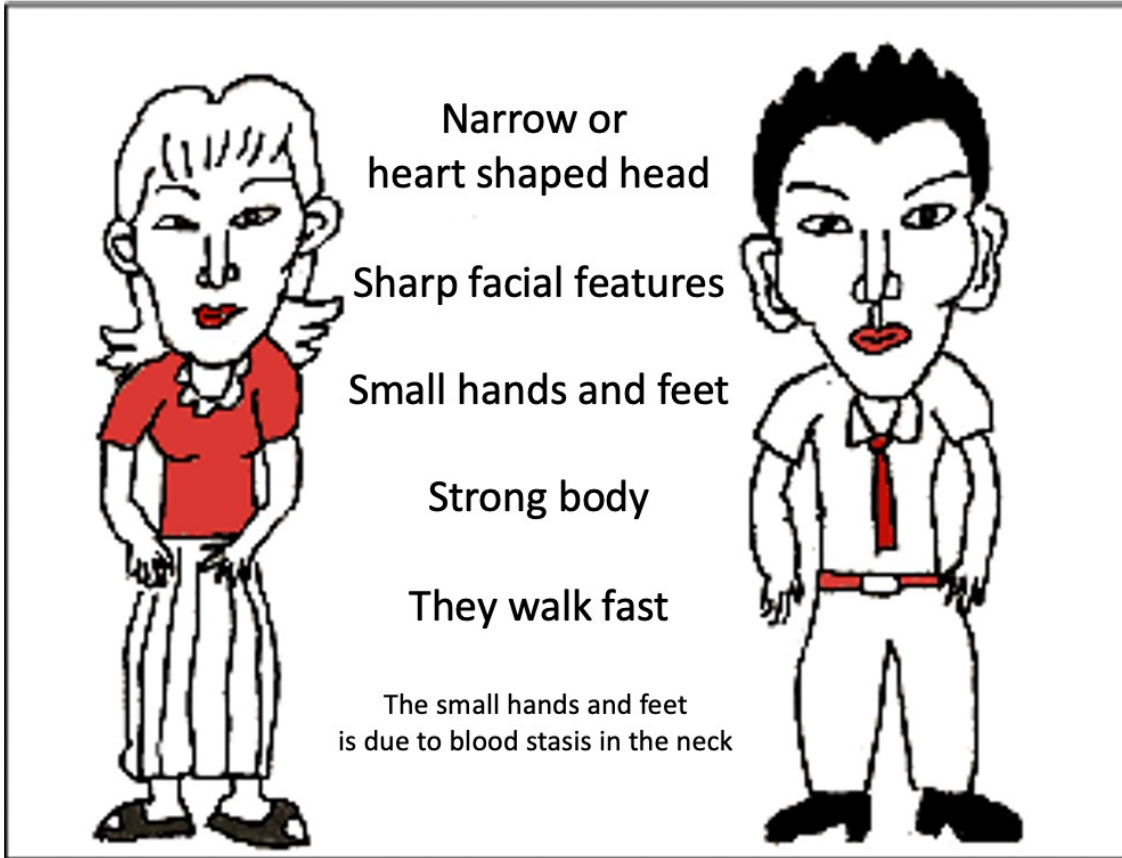
### Weaknesses

- Easily irritated
- Suspicious but not greedy
- The heart is empty and cannot hold a lot
- Worry less, and therefore do not notice when hurting others
- Like to have power
- Afraid of being too busy
- Knows better than others
- If they stop talking it is a bad sign



# 5 Fire constitutions

## Fire body characteristics



### 4. You Zhi:

Right upper elbow to hands. Restless (adhd), never stop, sporty, progressive

### 4. Shao Zhi:

Right elbow to shoulder. Happy, active, talkative

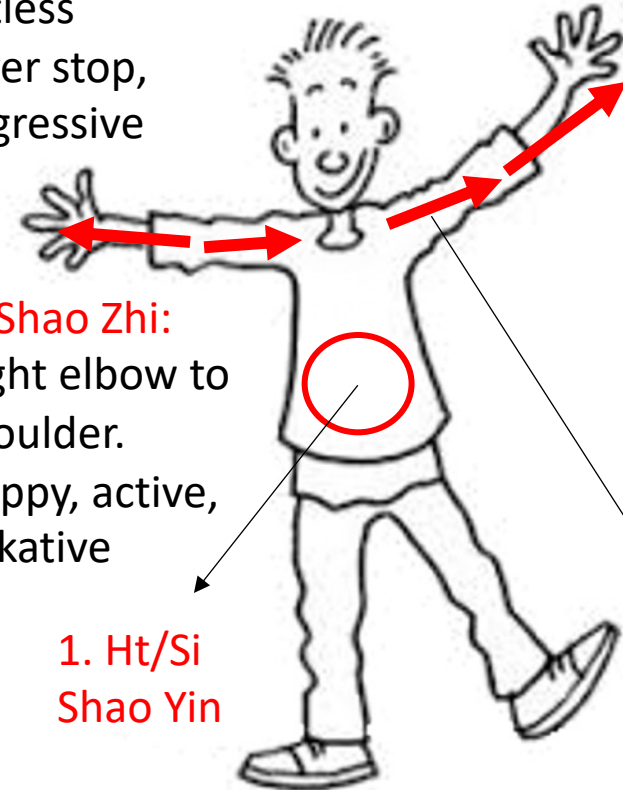
### 1. Ht/Si Shao Yin

### 2. Zhi Zhi:

(Upper upper). Elbow to little finger (small intestine). Express themselves effortlessly. Easy to be with and don't complain. Transparent, shiny and happy

### 5. Zhi Ban:

Left lower. Easily satisfied, smug, feel superior, exaggerate (also symptoms)



Zhi: the frequency of Fire



# Fire constitution pulses and acupuncture treatments



Typical Fire constitution pulses (left cun)	
Chinese	English
1. Da	1. Bigger, broader and slippery
2. Shou	2. Faster
3. Hong	3. More overflowing

## Constitutional Balance Acupuncture for Fire constitution

Examples using Ling Shu Jing Meridian Geometric Acupuncture

### Left cun pulses

1. Chen Wei (deep, weak and ghost like), svag/spøgelses agtig)
2. Hong Hua (overflowing and slippery)
3. Xi Se (threaded/thin and rough/dry)
4. Xian (wiry):

### Acupuncture treatment

1. Ren6, Ren4 (moxa) St36, Ht7, Ki1/2 (moxa)
2. Pc7, Ki10, Ht8, Ht3
3. Liv3, Pc9, Sp6, St36, Bl17
4. Pc5, Gb34, Liv1, Liv3



# Fire constitution symptoms and acupuncture treatments



Disease	Treatment
1. Reduce fever and heat syndromes	1. Ht9, LI11
2. Shao Yin Jue – headache	2. Ht9, Kid1 (Add Bladder points on the head)
3. Epilepsy	3. Ht9, Liv1
4. Heart and chest pain	4. Ht9, Pc9
5. When quiet...	5. Increase blood in the heart
6. Treat genital pain and diseases (ZJDC)	6. Ht8, Liv3, Liv8, Ki6
7. Mental disorders (Tong Ren)	7. Ht 8, Pc4 (xi point)
8. Mental disorders (QJYF)*	8. Ht7-SI5 (biao-li jie jing)
9. Mental disorders (ZJDC) (acting crazy)	9. Ht7, SI3 (yang-fire wood), St4
10. Heart pain, Shen disorders, sadness and fear (ZJDC)	10. H4
11. Dementia (ZJDC)	11. Ht7, Sp1, Du20
12. Rebelled St and Lu Qi (ZJDC)	12. Ht7, Sp3, Liv1, Lu9, Lu1, Ki3
13. Chest bi syndromes (ZJDC)	13. Ht7, Liv1, Pc7
14. Dizziness with headache (JYJ)	14. Ht 3, Liv3
15. Neck masses/lumps (Luo Li) (Sheng Yu Ge)	15. Ht3, Gb21
16. Toothache, gum inflammations (ZJDC)	16. Ht3, St44, LI4

\*QJYF: Qianjin Yaofang: Prescriptions Worth a Thousand Pieces of Gold for Emergencies (Sun Simiao)



# Earth constitution qualities. Inherited and classical



Earth resonates stability and creates an anchor to make sure we do not drift.

From this stable anchor, change and growth can take place. Food can be transformed to qi to nourish body, mind and spirit.



Earth is like the traditional mother image, comforting, calm, stable and solid.

Earth is about unity and the energy is unifying and grounding.

Earth is the most constant of the five phases.

Mother earth – mother nature. The mother of all living beings, ensuring that all her children are doing well taken care of.

If we receive love as children, we are also more capable of giving love to adults.

La dolce vita 😊



# Earth constitution qualities and Yi. Inherited and classical



A balanced Earth provides for others without demanding anything in return.

- They are not easily shaken, being stable and true friends for life.
- They enjoy sweetness in life and preserving good friendships and making people corporate and work together.
- They like to feel needed, and be fed with tasks
- Worry will begin if there is nothing to take care of.

Yi covers a wide range of meanings:

- Thought and intention, for ourselves and others.
- Intention, and the ability to focus. ‘Consciousness of potentials’
- Concentration, studying and intellectual processing.
- Spleen and stomach qi digests both food and thought.
- Intuition and the ability to sense qi. Also in the needle.



# Earth constitution - Shang Gong - Foot Tai Yin channel



**Shang Gong = frequency of Earth Tai Yin**

Shang Gong represents the central Earth constitution

**Balanced constitutional Earth pulse** Harmonious and smooth (Huan) and a bit slippery (Hua) More moderate.  
This quality may be combined with the other pulses in each position / element

## Characteristics

- Earth constitutions have the least diseases
- Helpful
- Honest
- Peaceful and gentle
- Humble
- Kind
- Try to avoid conflict
- Do not like snobs
- Neutral
- Good at regulating themselves
- Have a tendency to say yes
- Flexible in mind and body

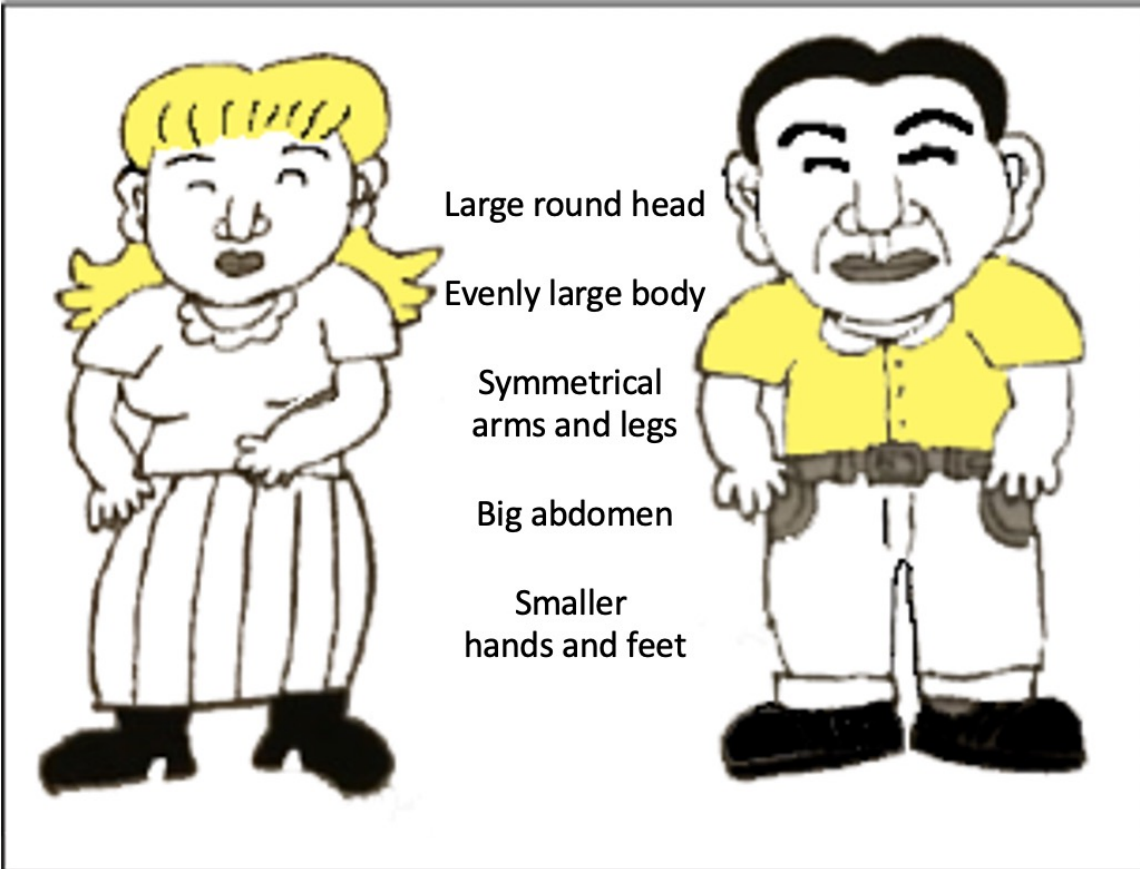
## Weaknesses

- Do not loose weight as easily as Fire constitutions
- Get ill if they loose a lot of weight
- Blurry/unclear in making decisions: yes or no
- Naivety because he belives in the best in people and can be taken advantage of



# 5 Earth constitutions

## Earth body characteristics



### 4. Shao gong

Yin Earth.

Right side of throat.

Smooth and always harmonising. Unclear about yes and no.

### 2. Tai Gong:

Yang Earth. Left side of throat.

Very friendly, non-confronting, gentle and peaceful

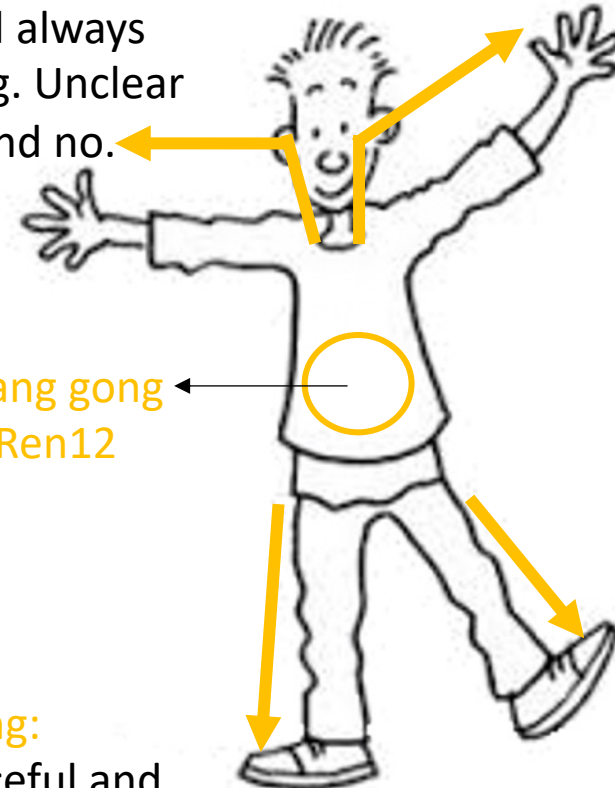
### 1. Shang gong Ren12

### 5. Zuo Gong:

More peaceful and harmonious. Do not seek conflict and rarely get sick

### 3. Jia Gong

Peaceful, happy. Singing







# Earth constitution pulses and acupuncture treatments



<b>Typical Earth constitution pulses (right guan)</b>	
<b>Chinese</b>	<b>English</b>
1. Huan	1. Moderate, smooth, slower
2. Ruo	2. Weaker
3. Hua	3. Slippery

<b>Constitutional Balance Acupuncture for Earth constitution</b>	
<b>Examples using Ling Shu Jing Meridian Geometric Acupuncture</b>	
<b>Right guan pulses</b>	<b>Acupuncture treatment</b>
1. Xian (wiry)	1. Sp1, Lv3, Li4, Gb34
2. Xi Ruo (thin and weak)	2. St36, Sp3, St42, Ren12
3. Hua Shou (slippery and faster)	3. St45, Sp5, Lu5, Li2
4. Chen Wei (deep and powerless)	4. Ren4 (moxa), St36, St41, Sp2/3



# Earth constitution symptoms and acupuncture treatments



Disease	Treatment	Disease	Treatment
1. Sadness, abdominal distensions, and Beng Luo syndrome ((bursting through, fx Menorrhagia)	1. Sp1, Sp8	1. Nightmares	1. St45, Sp1
2. Heat diseases	2. Sp2, Sp1	2. Toothache	2. St45, LI4
3. Fever	3. Sp2, Lu8	3. Damp-heat diarrhea	3. St44, Sp1, St25
4. stomach pain and fullness of abdomen	4. St36, Sp2	4. Swollen face	4. St43, Sp4, Du23
5. Bloating and poor digestion	5. Sp3, Sp4, St36, Liv13	5. Pain and distension under the ribs	5. St43, Liv3
6. Large intestine diseases	6. Sp3, St43, Bl25	6. Epilepsy	6. St41, Bl62
7. Strengthen spleen and harmonize stomach	7. St36, Sp3, Sp5	7. Vomit and diarrhea	7. St41, Sp9
8. Haemorrhoids	8. Sp5, Ki7	8. Leg cramps and swollen knees	8. St41, Sp3, Gb40, St38
9. Mental disorders	9. St36, Sp1	9. Gastric diseases	9. St36, Sp3, Liv13
10. Incontinence	10. Sp9, Gb34	10. Weak or losing consciousness	10. St36, Liv1
11. All kinds of oedema	11. Sp9, Lug 5, Ren9	11. Prevent stroke	11. St36, Gb39
12. Difficult urination	12. Sp9, Ki10, Ren6	12. Infertility	12. St36, Bl67, LI4, Sp5, Sp6, Ren3
13. Shan and Zheng Jia syndromes	13. Sp9, Ki3, Ki6, GB 40		
14. Sleep disorders	14. St45, Liv1		



# Metal constitution qualities. Inherited and classical

Metal can be complex due to its symbolic duality of:

- Everything and nothing.
- Fullness and emptiness.
- Having a beautiful glow or a soulless pale look.
- Wealth and simplicity.
- High ideals and the great detail.
- Loving the old days and originality and also the glamour, show and superficial values of modern times.
- Receiving and letting go.
- Life and death.



All is part of the mystery of metal when breathing and connecting us to the heavenly qi.

This duality is also seen as they are both very easy to understand and at the same time can be very complicated and hard to reach.



# Metal constitution qualities. Inherited and classical



When people can both receive life and let go, life makes sense.

If life is not taken in, an empty feeling emerges.

If we do not let go, we feel bloated and full.

Grief comes from what is no more, and what will not return again: separation, death, lost love etc.

When we slowly let go of grief we develop, become stronger and more mature.

This enables us to get on with our lives and connect to something or someone important to us.

Long time grief comes from not being able to let go.

Grief gets stuck in the chest and affects the heart and pericardium, creates phlegm and stagnates liver qi.

Purity and order are strong characteristics of metal, and if they become obsessive with order, it is an imbalance between lungs and liver.



# Metal constitution - Shang Shang - Hand Tai Yin channel



## **Shang Shang = frequency of Metal Tai Yin**

Shang Shang represents the central Metal constitution

## **Balanced constitutional Metal pulse**

Fu San (flowing on the surface) with Xi Fu Da (threaded/thinner) and Jin (tight). Like a feather

### **Characteristics**

- Honest and fair
- Preserve integrity and are not corrupt
- Proud
- High degree and discipline
- Facts oriented
- Details are important
- Resolute
- Good civil servant
- Are often preoccupied and busy
- Mentally strong – sharp mind
- Urgent - fast - quick
- A person people often go to for advice

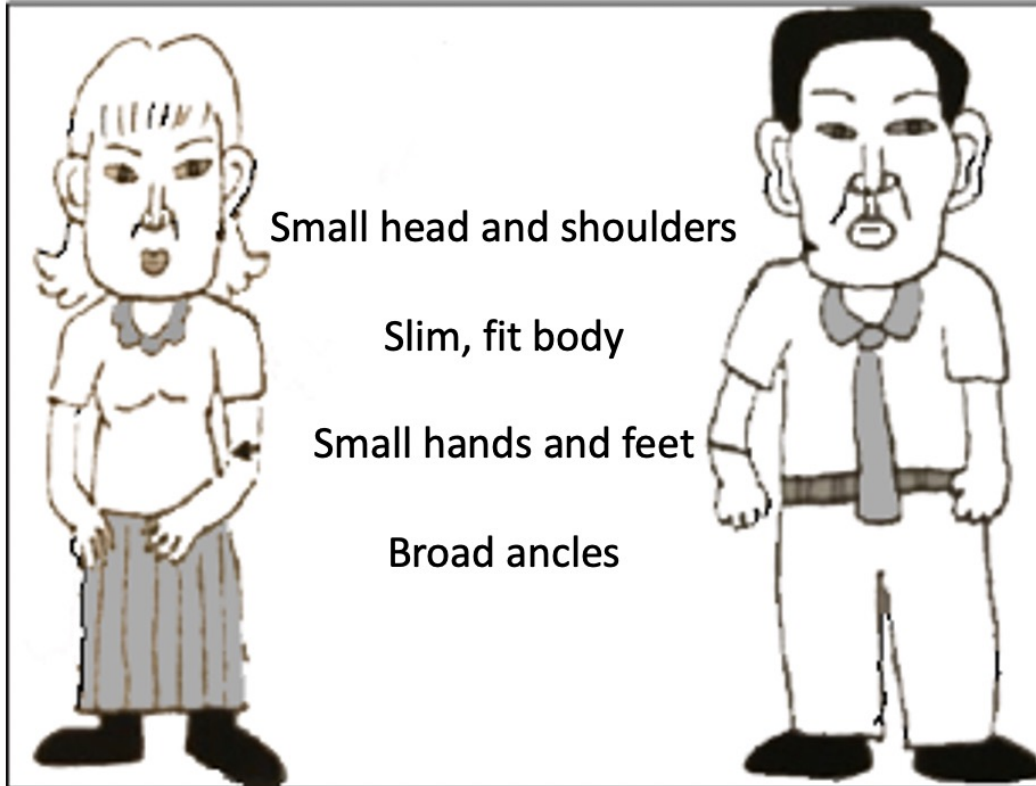
### **Weaknesses**

- Impatient
- Perfectionist
- Over workers
- Ruthless
- Hard, cold, threatening
- Lacks joy
- Are easily depressed
- Easily get diarrhea in the autumn, because they are vulnerable in their own element
- Should drink a lot of water not to dry out



# 5 Metal constitutions

## Metal body characteristics

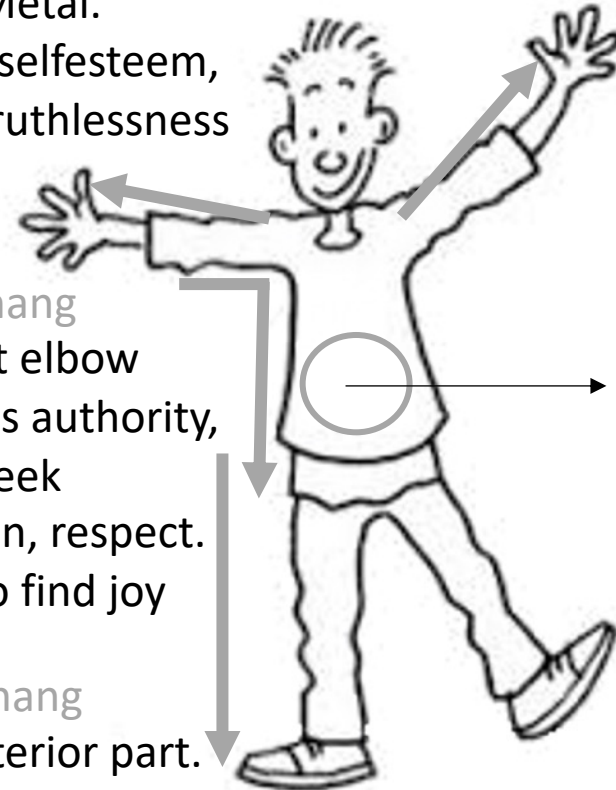


3. You Shang  
Right Yang Metal.  
Proud, high selfesteem,  
perfection, ruthlessness

2. Tai Shang:  
Left Yang Metal.  
Transparent, pure  
and clear

5. Shao Shang  
From right elbow  
down. Less authority,  
specific, seek  
recognition, respect.  
Difficult to find joy

4. Zuo Shang  
Right exterior part.  
Focused, clear  
visionary,  
powerful,  
authoritarian



1. Shang Shang



# Metal constitution pulses and acupuncture treatments



<b>Typical Metal constitution pulses (right cun)</b>	
<b>Chinese</b>	<b>English</b>
1. Xi	1. Threaded (thinner)
2. Jin	2. Tight
3. Fu san	3. Flowing on the surface
4. Xi Fu da	4. Threaded (thinner) Flowing on the surface, bigger

<b>Constitutional Balance Acupuncture for Metal constitution</b>	
Examples using Ling Shu Jing Meridian Geometric Acupuncture	
<b>Right guan pulses</b>	<b>Acupuncture treatment</b>
1. Xi (threaded/fine), Duan (short)	1. Ht7, Lu9, St36, Sp3, Ren6
2. Xian (wiry) Jin (tight)	2. Lv1, LI4, Lu5, Gb34
3. Hong (overflowing), Shuo (faster)	3. Lv2/ Ki2, Pc8, Lu10, Ki10
4. Chen Wei (deep, weak and ghost like)	4. Ren4-Ki12(moxa), KI3, Lu9



# Metal constitution symptoms and acupuncture treatments

## Constitutional Balance Acupuncture for Metal constitution

Examples using Ling Shu Jing Meridian Geometric Acupuncture

### Symptom / Mechanism

1. Metal is easily stressed and saddened. Metal reaction is to get hard, and Wood will counter attack Metal
2. High BP
3. Hong mai (overflowing pulse) and red face
4. He Sea points if Yang Ming is very hot
5. Fire attacking Metal
6. Lu Yin Xu and Xue Xu due to excess fire
7. Ghost points for heat diseases (tonsils), Lu Qi can remove fire through Tai Yang
8. Having a cold with sweat
9. Urticaria (red skin rash)
10. Throat infection
11. Sending liquids to the throat

### Acupuncture treatment

1. LI4 and LI5 Fire points to heat and soften Metal
2. LI11, Liv2, Pc6
3. LI11
4. Lu5, Kid10
5. Kid2, Liv2
6. LI11, Pc3
7. Lu10, Lu9
8. LI5
9. LI4, LI5
10. Lu10, Kid2, Kid6
11. SP2





# Metal constitution symptoms and acupuncture treatments



Disease	Treatment
<ol style="list-style-type: none"> <li>1. Blood Xu induced dryness syndromes</li> <li>2. Throat inflammation</li> <li>3. Heat diseases</li> <li>4. Cough with blood</li> <li>5. Chronic cough</li> <li>6. Stop chronic cough</li> <li>7. Qi rebellion and cough</li> <li>8. Chest and back pain</li> <li>9. Back pain</li> <li>10. Short breath, chestpain</li> <li>11. Qi rebellion in Zhong (middle) jiao</li> <li>12. Build up soil to generate metal', resolve dampness and water accumulation</li> <li>13. Throat pain, rhinitis</li> <li>14. Headache, toothache</li> <li>15. Abdominal pain</li> <li>16. Liver yang rise, headache, hypertension</li> </ol>	<ol style="list-style-type: none"> <li>1. Lu11, Pc3 (yin metal-wood and yin fire-water)</li> <li>2. Lu11, LI4 (yin metal-wood and yang metal fire, Biao Li Jie Jing)</li> <li>3. Lu10, Lu9, Sp2, Sp3 (fire and earth on metal and earth)</li> <li>4. Lu10, Lu5</li> <li>5. Lu8, Liv2 (metal – wood, fire and metal)</li> <li>6. Lu9, Kid3 (earth - metal - water): tonify lung qi and Kid qi</li> <li>7. Lu9, Ht7 (fire and metal meridian earth point)</li> <li>8. Lu8, Gb40 (wood, yuan fire)</li> <li>9. Lu8, Gb40, Bl60</li> <li>10. Lu5, SI1 (yang-fire-metal)</li> <li>11. Lu5, Liv13, Sp1 (earth-wood)</li> <li>12. Lu5, Sp9, Ren9</li>   <li>13. LI1, Lu11, Lu10 (fire-metal-wood)</li> <li>14. LI1, St45, St44</li> <li>15. LI1, St42 (yuan fire), Ren12: unblock ST, SI, LI and clear heat</li> <li>16. LI1, Liv1 (wood-wood), Liv2 (wood-fire), LI 11 (metal- earth)</li> </ol>



# Metal constitution symptoms and acupuncture treatments



Disease	Treatment
<ol style="list-style-type: none"><li>1. Back and shoulder pain</li><li>2. Back pain, throat pain</li><li>3. Intestine heat-phlegm</li><li>4. Eye disorders</li><li>5. Easily frightened</li><li>6. Red painful eyes</li><li>7. Ear diseases</li><li>8. Whole body swollen</li><li>9. General inflammation</li><li>10. High fever</li><li>11. ADHD</li></ol>	<ol style="list-style-type: none"><li>1. LI2, LI1, Bl60 (jing-fire)</li><li>2. LI2, LI5 (jing-fire), SI3 (shu-wood)</li><li>3. LI2, St37, Sp2 (earth-fire)</li><li>4. LI3, SI2 (yang fire, ying-water)</li><li>5. LI3, Ht4 (fire-metal)</li><li>6. LI5, SI5 (yang fire, jing-fire)</li><li>7. LI5, Gb44 (wood, metal), SJ6</li><li>8. LI11, LI4, Sp9, Lv2, St44</li><li>9. LI11, LI4, St36, Liv2</li><li>10. LI11, Gb39, LI4, St36, Kid1, Du14</li><li>11. LI11, Gb39, LI4, St36, Kid1, Du14</li></ol>



# Water constitution qualities. Inherited and classical



Water represents the beginning of life and possesses the power that motivates to form, multiply and create.

Water symbolizes the seeds lying in the ground and patiently waiting to grow. Water contains potential.

Water nourishes wood and earth and forms the landscape with endless endurance and perseverance.

The energy is deep and strong, and water can be mysteriously dark and reflects the colours blue and black.

Water carries life and Jing; life begins in water.

In the foetal stage, we first develop the spinal cord, the brain and the skeleton formed by Jing.

Hearing is the first of the five senses.

水



# Water constitution qualities. Inherited and classical



Water is about being and allowing yourself enough silence to feel yourself.

Water can develop, both physically, mentally and spiritually.

What characterizes water is a constant will to transform and change in life, and wood is necessary for this process

Shen is rooted in Jing and insight and transformation can be blocked by anxiety and fear.

They can range from being afraid of everything, to showing no fear at all.

Despising death, forces them to do daring activities in order to achieve adrenaline kicks/ activate Yuan Qi. Overproduction of adrenalin drains Kidney Yin.



# Water constitution - Shang Yu - Foot Shao Yin channel



**Shang Yu = frequency of Water Shao Yin**

Shang Yu represents the deep Water constitution

**Balanced constitutional Earth pulse** Deeper and rootet (Chen) like a rock in the river

## Characteristics

- Humble
- Do not cheat, but can turn any situation
- Less fair
- Manage to wriggle their around anything
- Do not confront others
- Kind people
- Strong will power
- Are easy to be with
- Calm
- Hard to read their minds, and you do not know what they really think
- Follow the flow

## Weaknesses

- Do not always tell the truth
- Elusive
- Do not care about their surroundings
- Easily give up
- Submissive
- Can be mean

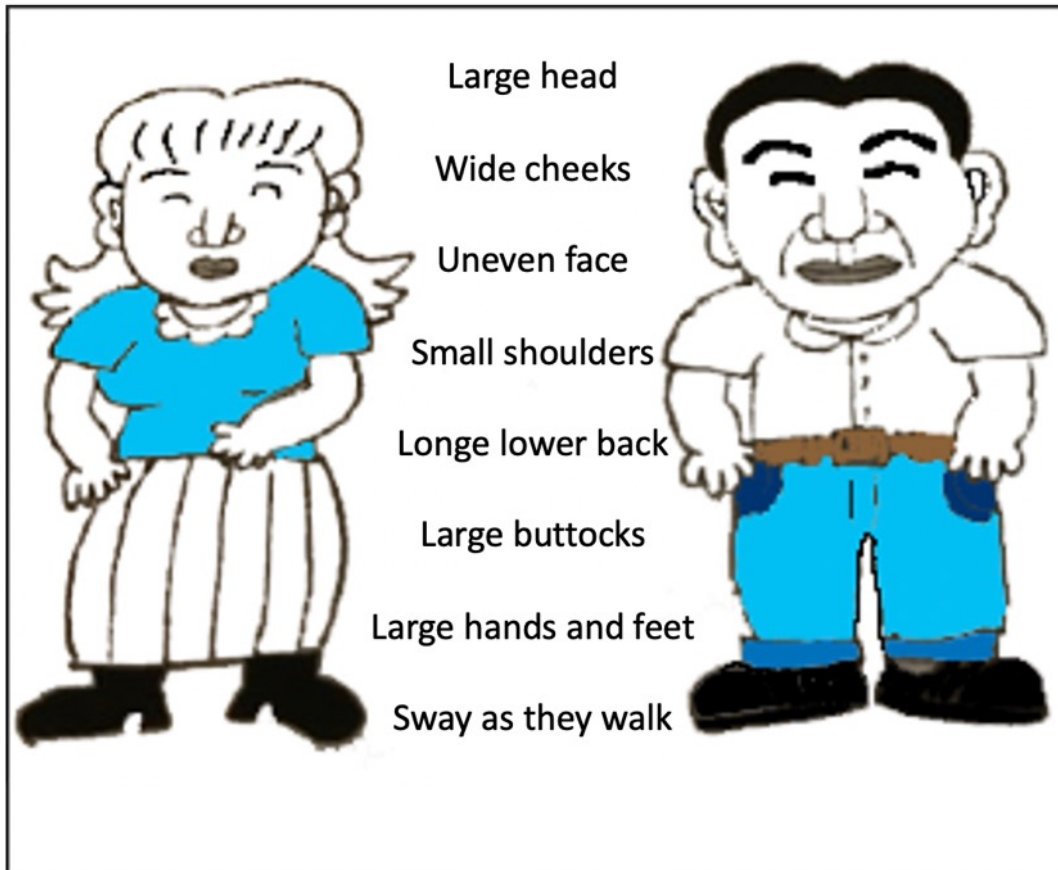


# Water constitutions

## Frequency of Yu

1. Shang Yu
2. Tai Yu
3. Shao Yu
4. Zhong Yu
5. Zhi Yu

### Water body characteristics



# 5 Water constitutions

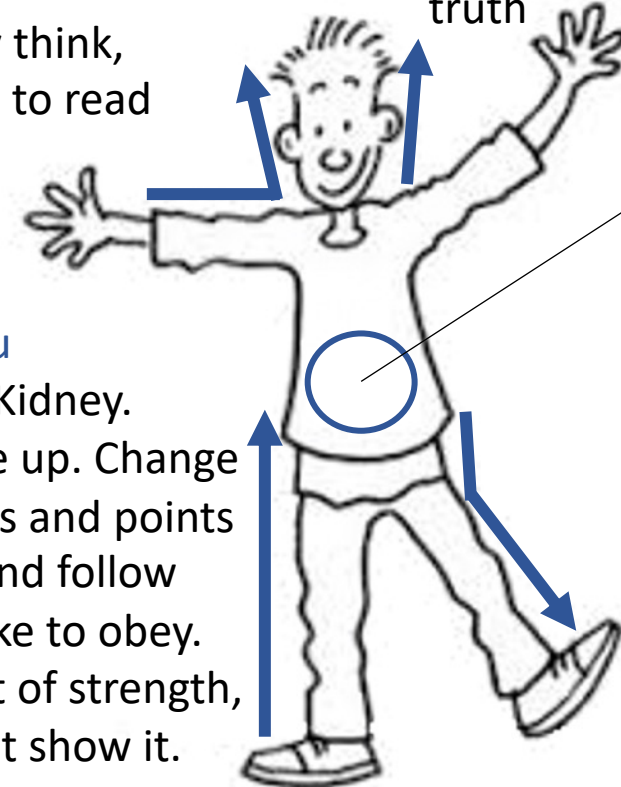


## 5. Zhi Yu

Right side of face.  
 Quiet, peaceful. Have their own opinion. They do not let you know what they really think, and it is difficult to read them

## 2. Tai Yu

Left side of face.  
 Tai Yang bladder.  
 Easy to satisfy and kind. Do not always tell the truth



1. Shang Yu  
 Shao Yin

## 3. Shao Yu

Right leg Kidney.  
 Easily give up. Change their ideas and points of view, and follow others. Like to obey. Have a lot of strength, but do not show it. They can kill, but do it gently.

## 4. Zhong Yu

Left leg Kidney.  
 Can seem naïve. It is easy to be a Water constitution because they follow the flow of others. They are evasive, soft, share a lot and are easy to be with.



# Water constitution pulses and acupuncture treatments



<b>Typical Water constitution pulses (right cun)</b>	
<b>Chinese</b>	<b>English</b>
1. Chi	1. Slower
2. Chen	2. Deeper
3. Cun Xi	3. Threaded

<b>Constitutional Balance Acupuncture for Metal constitution</b>	
Examples using Ling Shu Jing Meridian Geometric Acupuncture	
<b>Right guan pulses</b>	<b>Acupuncture treatment</b>
1. Fu (hidden) Shuo (fast)	1. Kid10, Kid2, Ht9, Liv2
2. Xian (wiry)	2. Liv1, Sp9, LI11, Kid3
3. Xi (trãthreaded/thin), Ruo (weaker)	3. St36, Ren6, Sp3, Kid3
4. Chen (deep) Wei (power less)	4. Ren4-Ki12 (moxa), Bl67 (moxa), Kid3
To support Water we use kidneys and moxa	- Kid16 and Ren5 triangle with St25 - Sp15 and Ren 8 is the pivot with Ren 5 between heaven and earth



# Water constitution symptoms and acupuncture treatments

Disease	Treatment
1. Cancer	1. Moxa box: Ren8 to Ren 5 and N16. Moxa: Kid12-Ren4 (fire triangle)
2. Chest and abdominal distensions	2. Kid1, Sp9
3. Throat bi syndrome	3. Kid1, Kid2
4. Treat epilepsy, liver yang rising hypertension	4. Kid1, Pc8
5. Heart pain	5. Kid2, Kid3
6. Fear feelings and fright	6. Kid2, Gb34
7. Difficult urinating	7. Kid2, Sp9, Liv8
8. Women's Beng Luo syndromes	8. Kid2, Kid10, Liv3
9. Beng Luo syndromes	9. Kid10, Kid( (Yin Qiao mai), Sp6, Li3 to tonify Yin
10. Cough with blood	10. Kid3, St36, Lu9
11. Genital pain and genital dampness	11. Kid3, Lu10, Ren3, Sp6
12. Wind oedema of the four limbs	12. Kid7, St40
13. Water retention in the abdomen (Tong Ren)	13. Kid7, Ren8 (moxa)
14. Sweating disorders	14. Kid7, LI4, St44





# Water constitution symptoms and acupuncture treatments

Disease	Treatment
<ol style="list-style-type: none"><li>1. Difficult urination</li><li>2. Headache, neck pain, eyeproblems, face and head diseases</li><li>3. Promote labour</li><li>4. Difficulty giving birth</li><li>5. Pain, fear and fright, nosebleed, headache, dizziness</li><li>6. Neck pain, headache, dizziness, reduce heat of Bl meridian, treat red eyes, diarrhea, haemorrhoids</li><li>7. Heads aches and dizziness</li><li>8. Inflammation of the legs</li><li>9. Xia (lower) jiao bleeding syndromes</li><li>10. Kidney deficiency back pain</li><li>11. Haemorrhoids</li><li>12. Leg wei syndromes</li></ol>	<ol style="list-style-type: none"><li>1. Kid10, Sp9</li><li>2. Bl67</li><li>3. Bl67, Sp3, LI4, Kid6</li><li>4. Bl60, Bl67, Gb21, Ren3</li><li>5. Bl66</li><li>6. Bl65 (child point)</li> <li>7. Bl60, SI1, Bl58 (Luo)</li><li>8. Bl60, Bl62, Kid3</li><li>9. Bl40, Bl60</li><li>10. Bl40, Kid7</li><li>11. Bl40, Bl57, S 5 (fire-fire)</li><li>12. Bl40, St36, Bl58</li></ol>



# Jia Zi – Heavenly stem



2 x Jia Zi of 60 years = 120 years

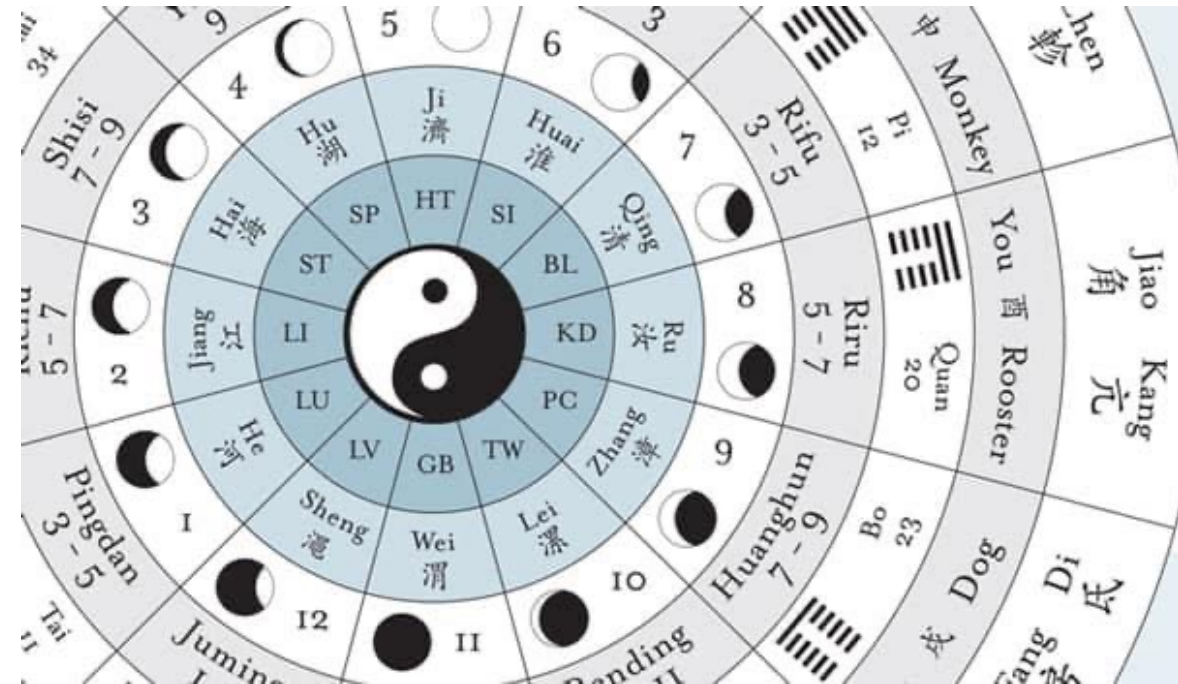
First 7 years belong to pre heaven

First round of Jia Zi is 60 years in cycles of 9 is karma from heaven  
7-16-25-34-43-52-61: destiny years

Second round of Jia Zi is 60 years in cycles of 12 belong to Earth  
60-72-84-96-108-120: these are in your own faith

From 50-72 most people die from heart failure  
If you die before 61 it is karma. After 60 it is up to you

Age 72-84: most people die here  
Age 84-96 is coming back to earth  
Age 96-108 is Metal and people often die of pneumonia





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