The use of entry and exit points for the face and thorax

Jonathan Shubs

Abstract
The flow of meridians was first described in the Spiritual Pivot Chapter 10 giving a specific order in which the meridians follow from one to the other. This order is often also referred to as the Chinese biorhythm or Chinese clock. Its uses are often found in five element acupuncture to suggest when the best time to treat a particular meridian and other styles such as Tung and Balance Method where it is applied to balancing various meridians. It is rarely used in its capacity to treat the symptoms that can appear along the meridians themselves and their connections to other meridians. The aim of this article is to give a different approach to the use of entry and exit points to treat problems of the thorax and the face. This is to be done by looking at the pathways of the meridians, where the meridians begin and end according to classical texts, and using the relationships of the Chinese biorhythm clock to treat the affected areas.

Introduction

This is the order that is given to both the flow of meridians on the body and the order according to the fluxes of qi in the body. Most acupuncture books start by describing the pathway(s) of the meridians in the fore-mentioned order. Although this order is used to describe the pathways of the meridians in the body, it is rarely explained or given importance in clinical use.

This same order is given to the flux of Qi in the body where certain meridians will be “full” and others will be “empty” at different moments of the day. This ebb and flow of Qi in the meridians can be referred to as the Chinese Biorhythm, the Chinese clock or the Circadian Cycle. The most common current use of this theory is the horary point in the 5 element school of acupuncture. While this use can be beneficial it is not exploiting this meridian relationship to its fullest.

In the following article the author puts these two theories together to give very effective clinical treatments for thoracic problems as well as facial problems. One of the advantages of this application is that the acupuncture points that are chosen are points distal to the affected area and as a consequence, the patient can give feedback on instant improvement of said affected area permitting verification of the efficacy of the treatment.
The Order of Meridians

According to the theory of five elements the meridians where the qi transfers from one meridian to the other in the extremities is the same as the interior/exterior relationship of the various elements. These relationships are as follows.

The order of the meridians was first referenced in the Spiritual Pivot chapter 10. As with most references to ancient texts they leave much to interpretation and understanding. When the order is observed closely some correspondences become apparent. When the qi flows from a Yin meridian to a Yang meridian this happens in the hand/arm area, when qi flows from a Yang to a Yin meridian this happens in the foot/leg area, when the qi flows from a Yin foot to Yin hand meridian this happens in the thorax, and when the qi flows from a Yang hand to a Yang foot meridian this happens in the face. One can also see that the changes of polarity, yin transferring to yang or yang transferring to yin happens in the extremities of the body, and when the polarity of yin and yang stay constant the transfer of qi stays in the face or thoracic regions.

The general use of these meridians interactions is executed by using the Luo connecting points and the Yuan source points. As these relationships are discussed in most acupuncture manuals and are indicated in the point descriptions they will not be discussed further in this article.
As already stated the yin meridians of the foot and hand interact in the thorax and the yang meridians of the foot and hand interact in the face. It is these interactions which are little discussed in current meridian teachings. However, they can be very useful clinically both in diagnostics and in treatment. In diagnostics, the areas between the two meridians gives us the affected area. For example, the Foot Shao Yin Kidney meridian finishes at KI 27 Shu FU and connects to the first point of the Hand Jue Yin Pericardium meridian PC1 Tian Chi. When the area between these two points is affected it can be diagnosed as a communication problem between the two meridians. Symptoms of this area could be pain, breathing problems, skin problems or other affections that are prevalent in this area. Another example is the Hand Yang Ming Large Intestine meridian finishing at LI20 Ying Xiang which connects with the Foot Yang Ming Stomach meridian at ST1 Cheng Qi. The symptoms that can be associated with a communication problem between these two points could be inferior sinus pain, anosmia, skin rashes, and nasal congestion. See table 1.1 and 1.2 and fig 1.1 and 1.2

The Chinese Biorhythm Clock

The origins of the circadian rhythm in regards to Chinese medicine can be found in chapter 66 of the inner classic basic questions. “The twelve earthly branches in numerical terms are also divided into six pairs of yin/even and yang/odd classification. They are directly associated with the five elemental phases as well as with the six atmospheric influences and the three yin and three yang steps.” (Maoshing Ni, 1995). The text then goes on to assign a branch and meridian to a period of two hours where the qi flow is strongest in meridian. See fig 2

This ebb and flow of qi through the meridians has many uses. Taking the logic of the previous quote and stipulating that each meridian has its own zenith of energy; as a consequence of each meridian having a two hour zenith period in a twenty four hour cycle it then follows that each meridian will also have a two hour nadir period exactly twelve hours later. At the same time an opposite meridian will have its nadir at the same time that the first meridian has its zenith. In other words, when two meridians have exact opposite times of zenith and nadir their Qi flow will be in perfect contrast. This relationship of perfect contrast based on the flow of Qi is called the “Law of Midday-Midnight”. “... the Chinese concept of biorhythm. This theory states that during every twenty-four hour period each channel has a two-hour period when its qi flow is strongest, and an opposite two-hour period when its qi flow is weakest. By pairing a channel that has the most qi with a channel that has the least qi, we get the law of midday midnight.” (Shubs, 2012) See fig 3

Clinical Application

The never ending flow of qi through the meridians, taking into account the entry and exit points that are found on the thorax and face, and the relationships of midday midnight between meridians, presents symmetry between the entry and exit points found on the thorax and the entry and exit points found on the face. Fig 4.1-4.3
The yin pairings of the foot and the hand meridians are in direct relationship with the yang pairings of the hand and foot meridians through the relationship of the law of midday midnight.

The meridians that are connected to each other through this relationship of zenith and nadir have the ability to treat each other. The entry and exit points on the thorax can treat the areas associated with entry and exit points on the face and the entry and exit points on the face can treat the areas the entry and exit points on the thorax. See tables 3.1 and 3.2 and fig 5.1 and 5.2
Case Histories

Case history 1
25 year old woman presented with a sensation of blocked sinus, nose and ears. Also early stage anosmia. Problem had been present for at least ten years and had not had any relief.

The diagnosed areas were those belonging to the Foot and Hand Yang Ming meridian the foot and hand Shao Yang meridians and the hand and foot Tai Yang meridians. In fact all of the meridians were affected.

The initial treatment was Shu Fu KID27, Tian Chi PC 1, Qi Men LIV 14, Zhong Fu LU1, Da Bao SP 21 and Ji Quan HT1 all bilaterally as the problem was bilateral.

The treatment was administered at a frequency of 1 session per week for 11 weeks.

As the treatment advanced only Shu Fu KID27 and Tian Chi PC 1 were needled as the Yang Ming area was the only area still affected.

After the first treatment there was a slight augmentation of the symptoms for a period of 24 hours and then a clear improvement for three days after. The subsequent treatments followed the same pattern with the slight augmentation of the symptoms becoming less prevalent and the improvement staying for a longer period. By the fourth treatment the patient explained that she felt like she was relearning to breathe properly through her nose. The patient continued to improve and by the end of the treatments the symptoms had practically gone away. The only time she experienced the symptoms when she was under severe emotional stress and they went away as soon as the stressful situation was resolved.

Case history 2

37 year old male patient presented with chronic asthma and shortness of breath. The asthma had been present for at least two years.

The diagnosis was the Foot Shao Yin Kidney and the Hand Jue Yin Pericardium area as well as the Foot Jue Yin Liver and Hand Tai Yin Lung area.

The treatment was Cheng Qi St 1, Ying Xiang LI 20, Quan Liao SI18 and Jing Ming BL 1.

Treatment continued at a rate of one treatment per week for five weeks and then one treatment every two week for 10 weeks.

The patient had immediate relief during the first treatment. After the first five treatments he no longer had any breathing difficulty in his day to day life. By the end of the whole treatment the patient was able to play sports again without any incidents.
Conclusion

Entry and exit points have been taught for years in the acupuncture collages without any clinical use attached to them. This simple but powerful technique of imaging the thoracic and facial regions and using the associated entry-exit points according to the law of midday-midnight gives a clinical use to this often forgotten part of acupuncture theory. A safe and effective technic that permits instant verification by the patient and gives long term benefits is the goal of any treatment and this system fulfils all these requirements.
<table>
<thead>
<tr>
<th>Foot and Hand Yin meridian couplings</th>
<th>Foot Yin Meridian exit point</th>
<th>Hand Yang Meridian entry point</th>
<th>Affected area</th>
<th>symptoms</th>
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<td>Foot Shao Yin Kidney⇔ Hand Jue Yin Pericardium</td>
<td>Shu Fu KID27</td>
<td>Tian Chi PC1</td>
<td>From the inferior border of the clavicle to 1 cun lateral to the nipple in the 4th inter-costal rib. Including the area of the medial pectoral region</td>
<td>Asthma, hunched shoulders, shortness of breath, pain or oppression in the medial aspect of pectoral region, palpitations,</td>
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<td>Foot Jue Yin Liver⇔ Hand Tai Yin Lung</td>
<td>Qi Men LIV14</td>
<td>Zhong Fu LU1</td>
<td>From below the nipple in the 6th inter-costal rib, 4 cun lateral to the ventral line to the 1st inter-costal rib 6 cun lateral to the mid line, 1 cun inferior to the fossa clavicularis. Including the lateral pectoral region</td>
<td>Asthma, shortness of breath, constriction of the chest, pain or oppression in the lateral aspect of pectoral region, reduced movement of the shoulder, lack of breast milk</td>
</tr>
<tr>
<td>Foot Tai Yin Spleen⇔ Hand Shao Yin Heart</td>
<td>Da Bao SP21</td>
<td>Ji Quan HT1</td>
<td>From the 6th Intercostal rib on the mid axillary line to the tip of the axilla above the palpable A. axillaris. Including the whole axillary region</td>
<td>Excessive sweating from the axilla, reduced lateral movement of the arm, swelling of the lymph nodes in the axillary region</td>
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<tr>
<td><strong>Hand Yang Ming Large Intestine ⇔ Foot Yang Ming Stomach</strong></td>
<td>LI 20 Ying Xiang</td>
<td>ST 1 Cheng Qi</td>
<td>From the naso-labial groove near the midline of the lateral border of the ala nasi.nose to area directly below the pupil between the eyeball and the inferior infraorbital foramen. Including the whole area lateral to the nose and lower than the eye</td>
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<td><strong>Hand Tai Yang Small Intestine ⇔ Foot Tai Yang Bladder</strong></td>
<td>SI 18 Quan Liao</td>
<td>BL 1 Jing Ming</td>
<td>From directly below the outer canthus in the depression below the zygomatic bone to the depression 0.1 cun medial and superior to the inner canthus of the eye. Including the whole area of the eye and the medial aspect of the forehead</td>
<td>Sinus pain and infection, nasal congestion, tooth pain in the upper jaw, conjunctivitis, eye and vision affections.</td>
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<tr>
<td><strong>Hand Shao Yang San Jiao ⇔ Foot Shao Yang Gall Bladder</strong></td>
<td>SJ23 Si Zhu Kong</td>
<td>GB 1 Tong Zi Laio</td>
<td>From the depression at the lateral end of the eyebrow, near the bony limit of the orbit to 0.5 cun lateral to the outer canthus of the eye, in the depression at the lateral end of the orbit. Including the temple region and lateral side of the head.</td>
<td>Headache at the temple region, tinnitus, auditory affections, involuntary spasms in the lateral area of the eyelid</td>
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Fig 1.1
Image of the face with the entry and exit points

Fig 1.2
Image of the thorax with the entry and exit points

Fig 2
Clock with times and meridians

Fig 3.a
Fig 3.b

Law of midday midnight
Fig 4.1
Foot and hand Yang Ming with Foot Shao Yin and Hand Jue Yin

Fig 4.2
Foot and hand Tai Yang with Foot Jue Yin Hand and Tai Yin

Fig 4.3
Foot and Hand Shao Yang with Foot Shao Yin and Hand Tai Yin
Fig 5.1

Image of face with zones

Fig 5.2

Image of thorax with zones
Bibliography


