



The Function of Triple Warmer San Jiao

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The Triple Warmer– Hand Shao Yang

- The TW or San Jiao (also called Triple Heater or Burner) and considered one of the 6 yang (fu) organs (LI, ST, TW, GB, SI, BL)
 - Hand Shao Yang energetically connected to Foot Shao Yang (Gallbladder)
 - Yin Pair: Pericardium
 - No accepted correlation with a Western Organ

- Sun Simiao, a famous 7th C. Chinese Physician wrote

The triple warmer's other name is the three gates

It has a name but no form.

It controls the five yin and six yang organs,

The circling of the way of shen

It helps the jing qi pass and the water way pass

The Triple Warmer and Ming Men

- Nan Jing calls Triple Warmer an extension of Ming Men
 - The TW function is to transport jing and shen through the 3 warmers
 - Thus it connects to both the sources of Jing (Kidney) and of Shen (Heart)
 - Transports the Source Qi to the Source points of the meridians

The triple warmer is the pathway of water and grain, the place where qi begins and ends. The upper warmer is below the heart, below the diaphragm at the entrance of the stomach. The treatment point is CV 17. The middle warmer is at the inside of the stomach (CV 12)....between the sternum and the umbilicus. It controls the transformation of food into energy, the treatment place is at the side of the umbilicus (?KD 16 or ST 25). The location of the lower warmer is around the entrance of the bladder....The treatment place is one division below the umbilicus (CV 7)....The storage place of triple warmer is the qi jie (ST 30). NJ 31:19-20

Historic Considerations

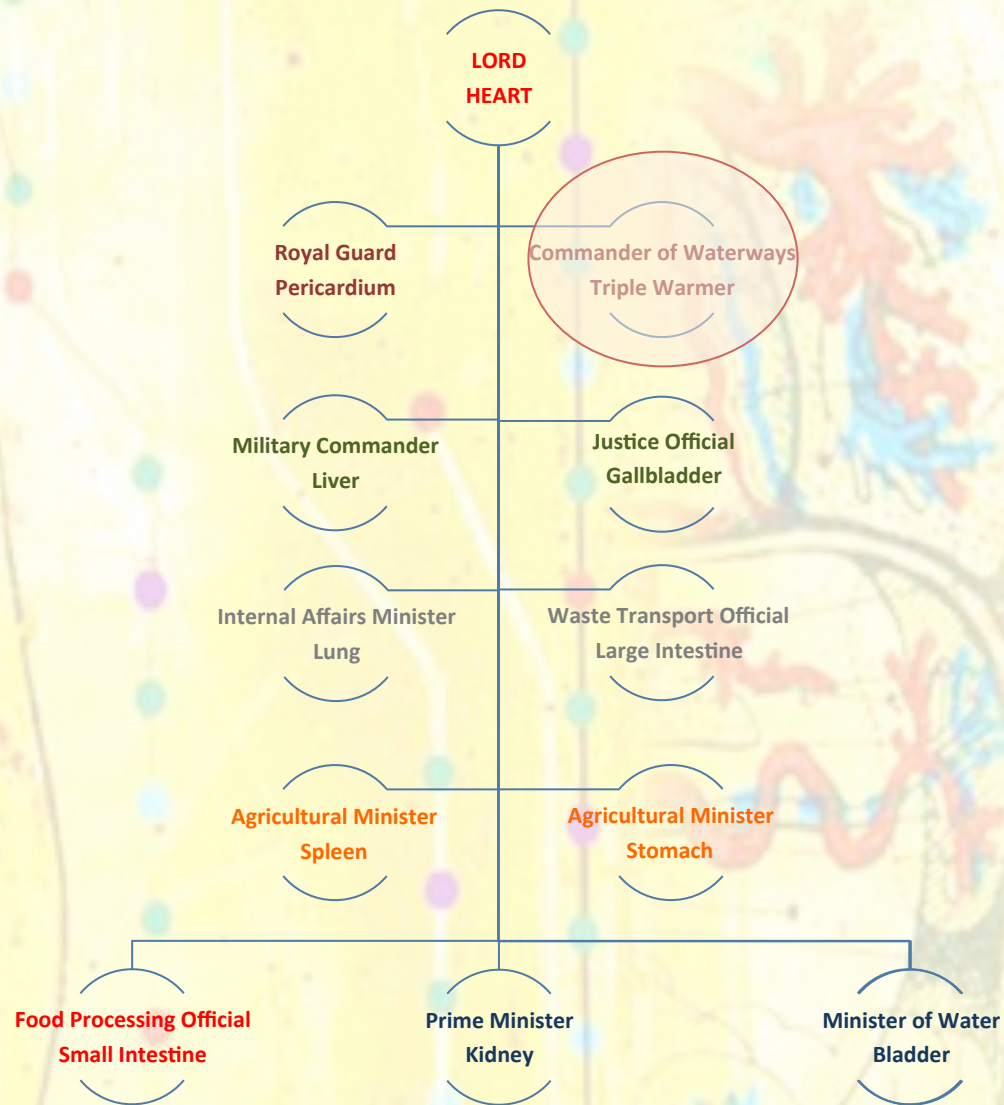
- Analysis of history of Ling Shu leads Unschuld to suggest that the knowledge was not Chinese in origin
 - Lack of consistency of Ying Yang and 5 element theory with many aspects of discussions in Ling Shu
 - San Jiao or concept of Triple Warmer one of these factors
 - Does not easily fit into 5 element theory
 - Yin Pair very loose relationship (Pericardium) not considered one of the 5 depositories (5 yin organs)

Triple Warmer and Kundalini

- Personal communication with Gabriel Stux suggests the San Jiao was borrowed from Indian Philosophy and relates to the concepts of kundalini

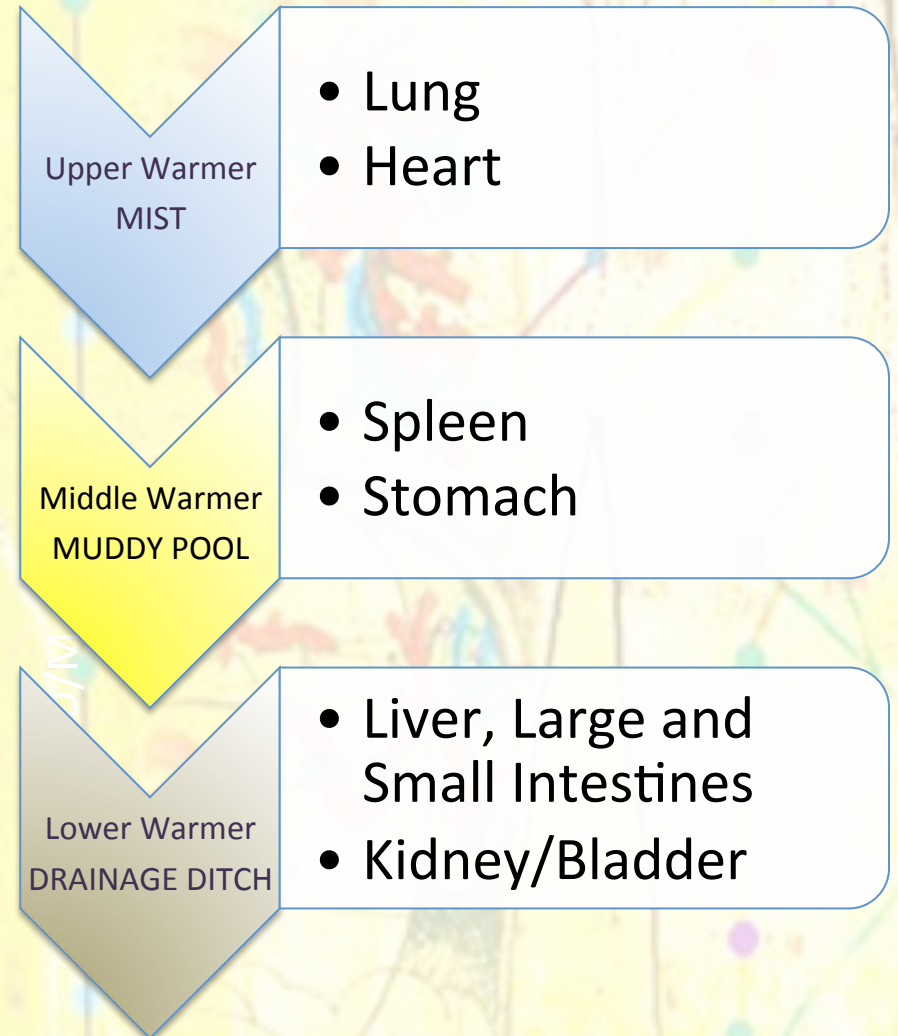


Feudal Distribution of Power Chinese Medicine



The Triple Warmer - San Jiao

- Three functions
 - Closely related to Qi and Fluid movement in body
 - Helps Lung disperse Wei and Ying Qi in upper warmer
 - Helps Spleen transform and move Gu Qi in middle warmer
 - Helps Bladder separate the pure and impure fluids in lower warmer
 - Relates to movement of Source Qi from Ming Men to the Zang Fu
 - Divides and allows communication and promotes coordinated function of the three sections of Body



The Triple Warmer and Source Qi

- Flow of 6 of the meridians (3 yin in hand, 3 yang in foot) is in the opposite direction to the flow of the the “antique” or shu points
 - Flow of shu points always from tips of nails to either elbow or knee

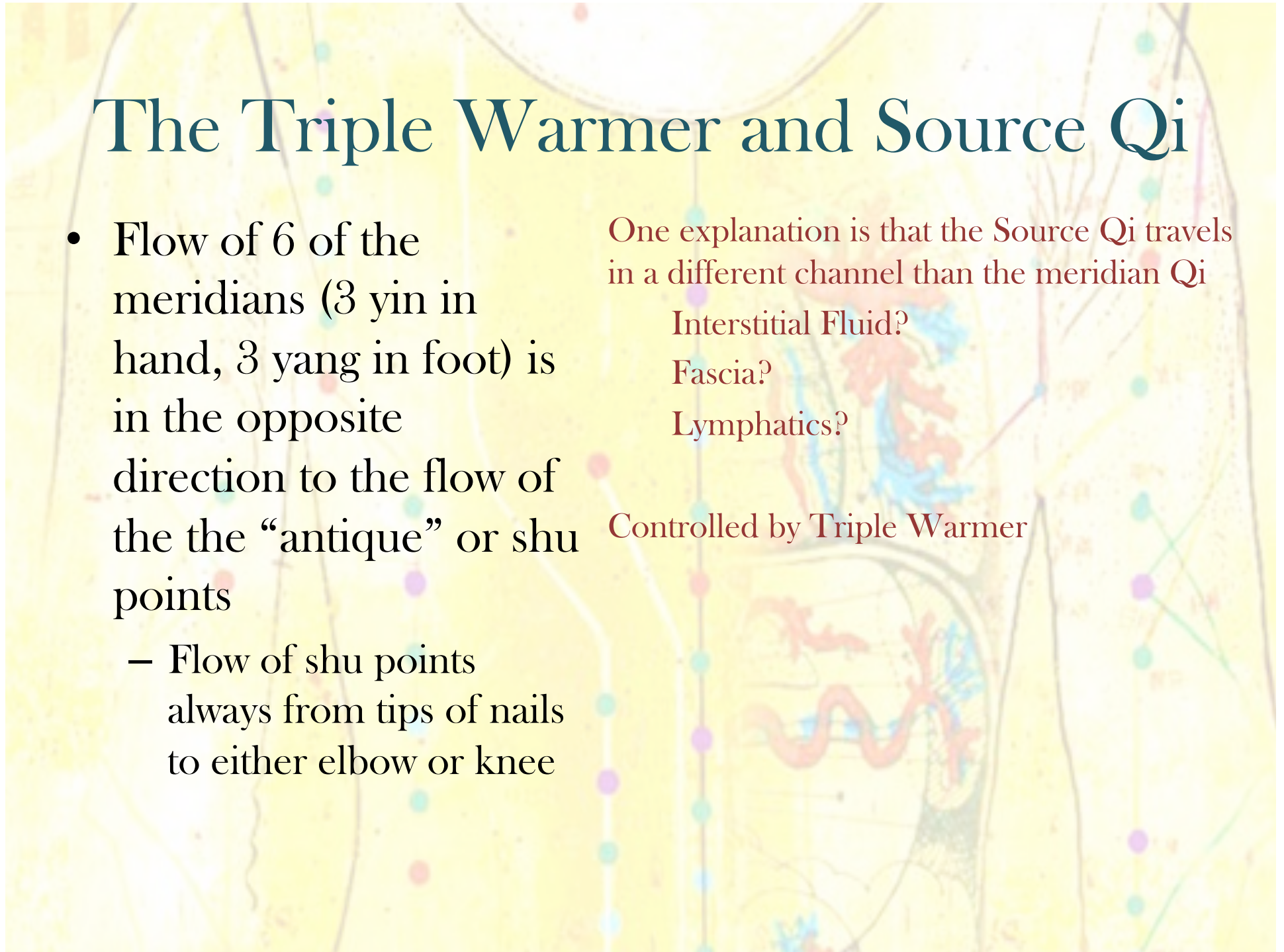
One explanation is that the Source Qi travels in a different channel than the meridian Qi

Interstitial Fluid?

Fascia?

Lymphatics?

Controlled by Triple Warmer



Triple Warmer and Fluid Movement

- San Jiao important in regulation and movement of the fluids (Jin Ye) and Qi throughout the body
 - Concept of Minister of Waterways supports this role
 - Different than the Blood Vessels and Meridian system
- May suggest that TW connected to lymphatic system
 - The Jin and ye of the five grains harmoniously unite and become gao (the membranes). It is absorbed inside into the holes in the bone, it supplies and nourishes the brain and marrow and then streams downward to the groin. LS 36:295-296

Triple Warmer and Lymphatics

- Recent findings do demonstrate that the lymphatic system does penetrate the brain
- The groin is a focus of lymphatic tissue in region of ST 30 that the Nan Jing calls the “storage place” of the TW

The storage place of triple warmer is the qi jie (ST 30).



Triple Warmer and Meridian Function

- The concept of being “respectable” means being in the ruling class and so in essence, the TW and PC rule the other 10 meridians
- Because they have no organ to permeate, they belong to the empty space between the organs and tissues

Therefore, the function of the yin and yang organs and the meridians is also truly brought about by the function of the master of the heart and the triple warmer.

Nan Jing 25

The ten meridians, the blood and qi all come out at the jing [points] and enter at the he [points]. Everything flows through the jing, ying, shu, jing and he [points] without depending on them.

It is also said that the vessels have twelve meridians. Why are they said to be on ten meridians? What are the other two meridians said to be? It is said the two meridians are the triple warmer, this is the yang qi of the father; the heart-wrapping luo [pericardium], the yin-blood of the mother. These two meridians are respectable, they are not connected to the 5 phases. Mainly they accept the ten meridians. The blood and li and nourish and feed them.

Zi Wu Liu Zhen Jing (1115-1234 - Jin Dynasty)



Triple Warmer and Fascia

- Gao or huang relates to fascia or the part of the body between skin and the internal organs.
 - Also felt to be where the wei qi resides. In Su wen, wei qi is described as going between skin and tissues and flesh and keeps the huang mo (fascia) warm and scatters to the chest and abdomen.
 - This suggest a connection of the wei qi to the fascia and the movement of the qi through the three warmers
- Gao is product of water and grains causing their transformation to qi. Its color is white. There if is able to moisten the skin and its interior portions, making it light and moist. Blood is the product of the water and grains causing their transformation to blood. Its color is red. Therefore it is able to make the muscles and vessels have a full condition, nourishing and helping them grow. These warm the five yin organs and moisten the whole body.

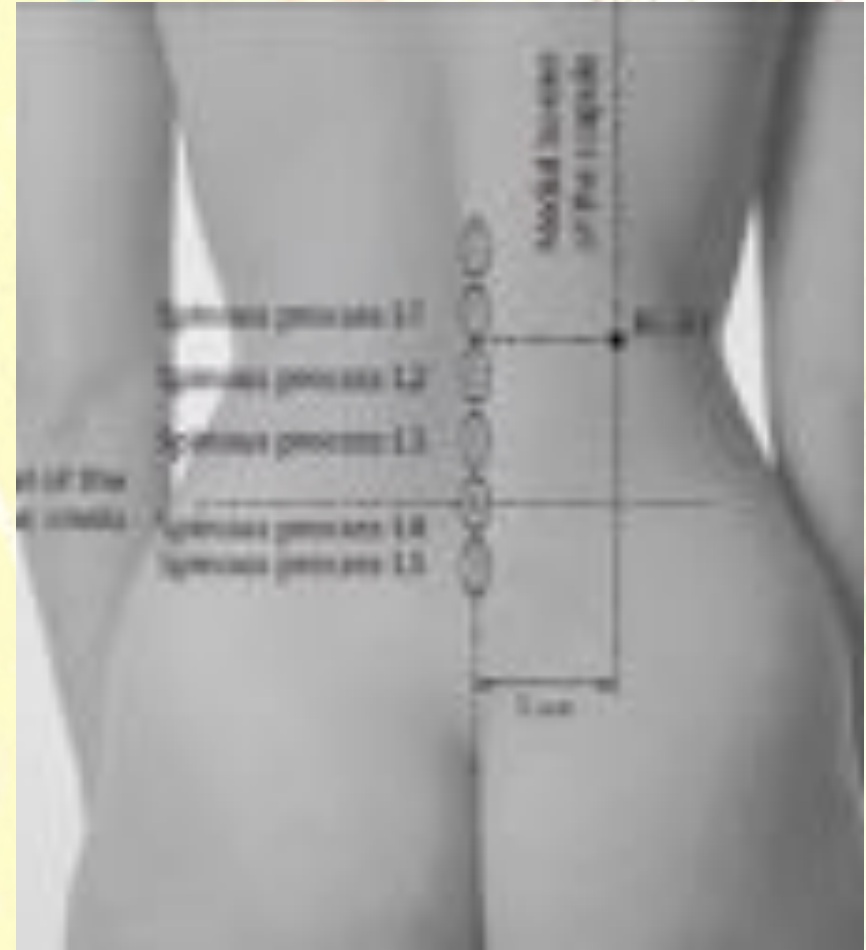
The Triple Warmer as Fascia

- The Nan Jing states that the Triple Warmer is the alternative messenger of source Qi.
 - It is the place that the yang qi streams
 - May refer to the movement of fluid/qi outside of the vascular system in “the space between the organs, bones and flesh..”



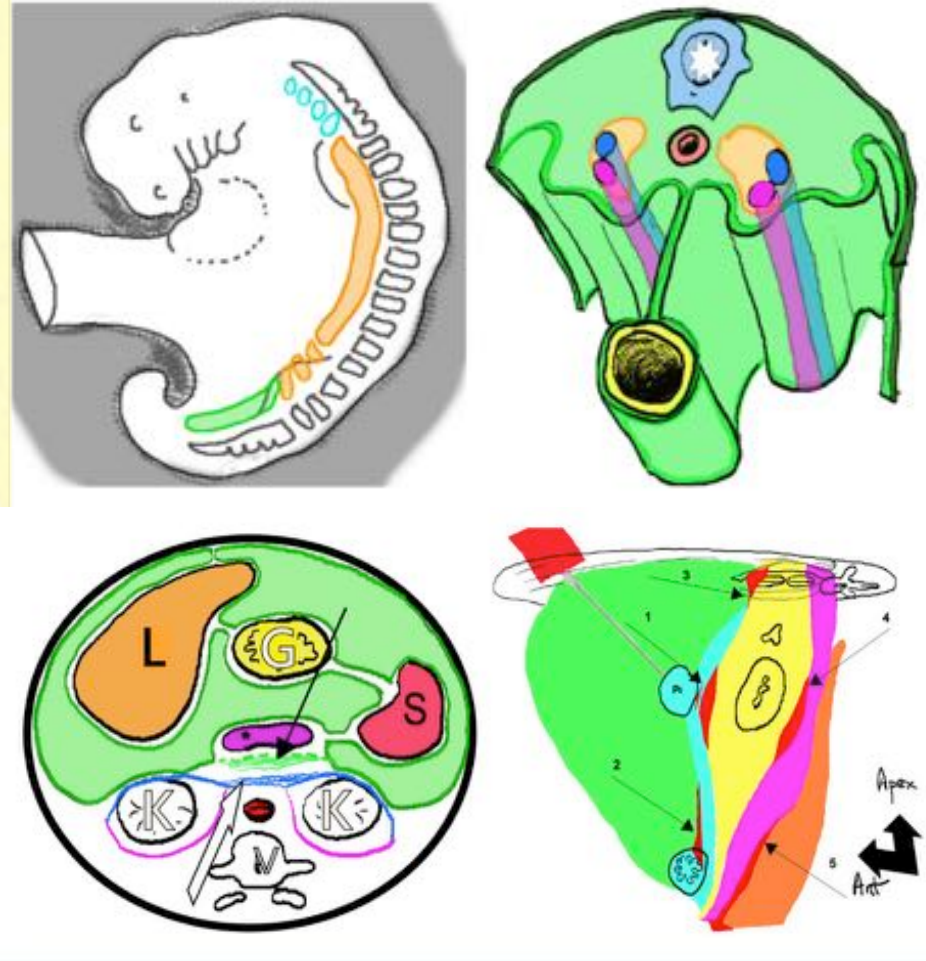
The Triple Warmer as Fascia

- On outer bladder line at level of the TW Shu point at L12 is Huangmen (BL 51) or Gate of Huang
 - Again suggesting that TW acts through movement of Qi and fluids through the interstitial space and connective tissue of the fascia



Triple Warmer and Fascia

- Xie Lin in Qing Dynasty commentary on the Nan Jing (Nan Jin Zheng Yi) Triple warmer , then is the abdominal wrapping membrane. This is connected to the net-like greasy membrane. All parts of the triple warmer unite and protect the yin and yang organs



Triple Warmer and Heating Function

- There are 3 “fires” or heating functions in body
 - Yang Fire: Heart and Lungs
 - Proper breathing provides heat to upper burner
 - Yin Fire: Kidney
 - Ming men fire between Kidneys
 - Ministerial Fire: Spleen/ Stomach
 - Needed heat for digestion and transformation function
- Triple Warmer integrates and connects these fires to distribute Qi and provide the warming function to the body – autonomic nervous system?

The Triple Warmer is where the mysterious qi of the living spirit resides.

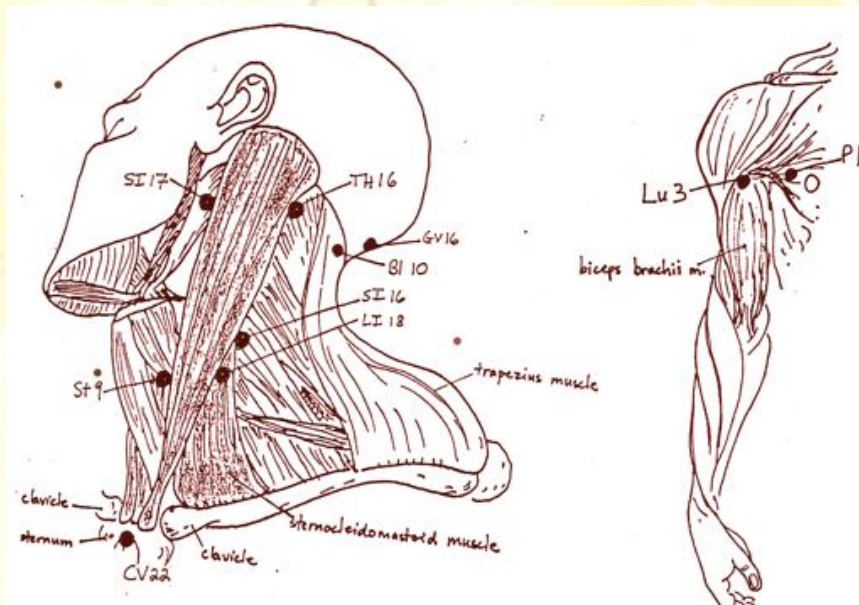
The Triple Warmer is the dividing messenger of the source qi and becomes the basic [part of] respiration. In what way can we describe the triple warmer? The nature of the warmer is as heat. Heat is the fire; fire is the body temperature. Therefore, this also is the regulator of the body temperature.

There are three kinds of fire: yang fire, yin fire and ministerial fire.

Sawada

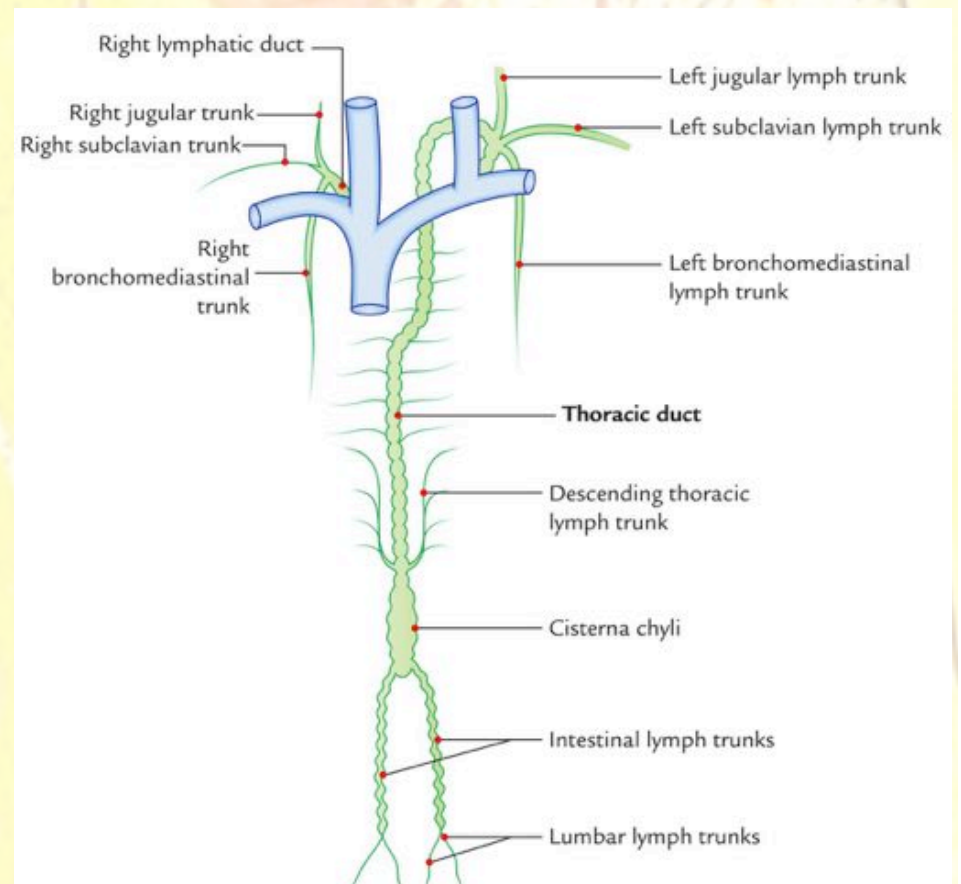
Treatment Concepts: Triple Warmer as lymphatic system

- The TW has a strong relationship to our immune system and Wei Qi as well as the concept of the TW providing a protective envelope to body
 - Thymus at CV 17
 - ST 12 - Mesenteric Lymphatic system
 - Lymph nodes at ST 30
- TW 16 is closely related to the reflex zone of the Immune system
 - Right ST 26-27 region of Lung on the Hara
- TW 16 is one of the Window of Sky or Heaven points
 - LU 3, ST 9, LI 18, TW 16, BL 10, CV 22, SI 16, SI 17, GV 16, PC 1
 - where external pathogenic factors enter body
- TW 16 is part of the Nagano Tonsillar points used to treat immune dysfunction
 - B/L KD 6, LI 10-11, GV 14, TW 16



Treatment Concepts: Triple Warmer as Lymphatic System

- Control of lymphatic drainage of thoracic duct and chyle with TW source point
 - TW 4
- Thoracic Duct moves lymphatic fluid into the vascular system
 - Extends from 2nd lumbar vertebra (Ming Men) to the neck in the region of GV 14 (Immune point) and then empties in region of ST 11 and the scalenes



Treatment Concepts: Triple Warmer as Lymphatic System

- TW 4 indications
 - Difficult with absorption in GI system
 - Lactose intolerance
 - Bloating and gas
 - Vitamin deficiencies
 - Lymphatic congestion
 - Chronic Ear infections
 - Nasal and respiratory congestion
 - Tenderness in supraclavicular fossa left side in region of ST 11

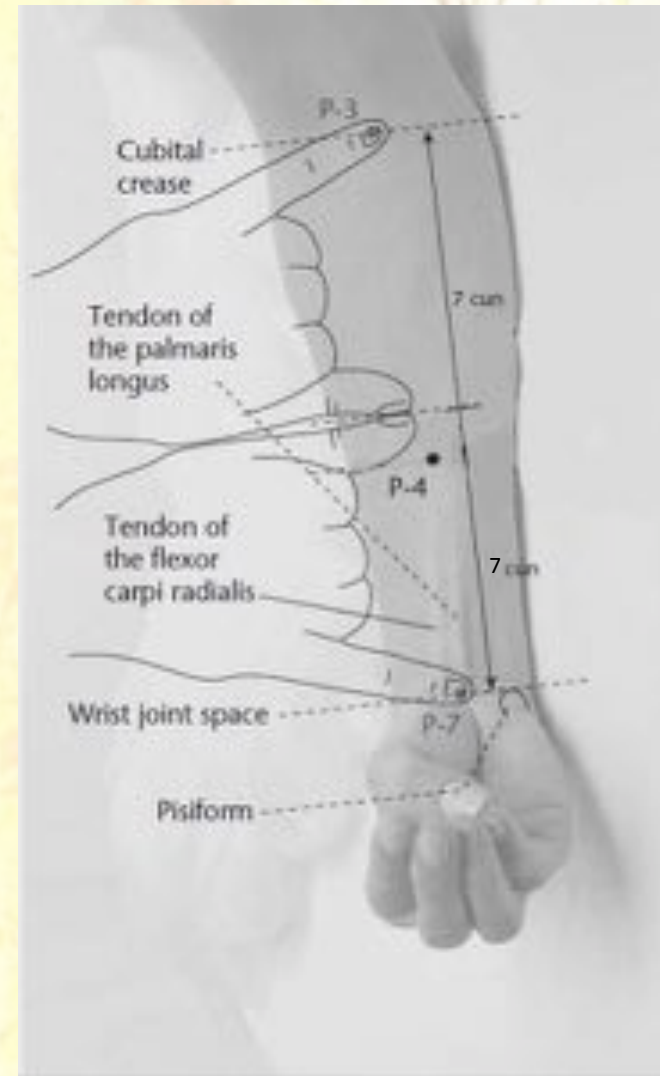
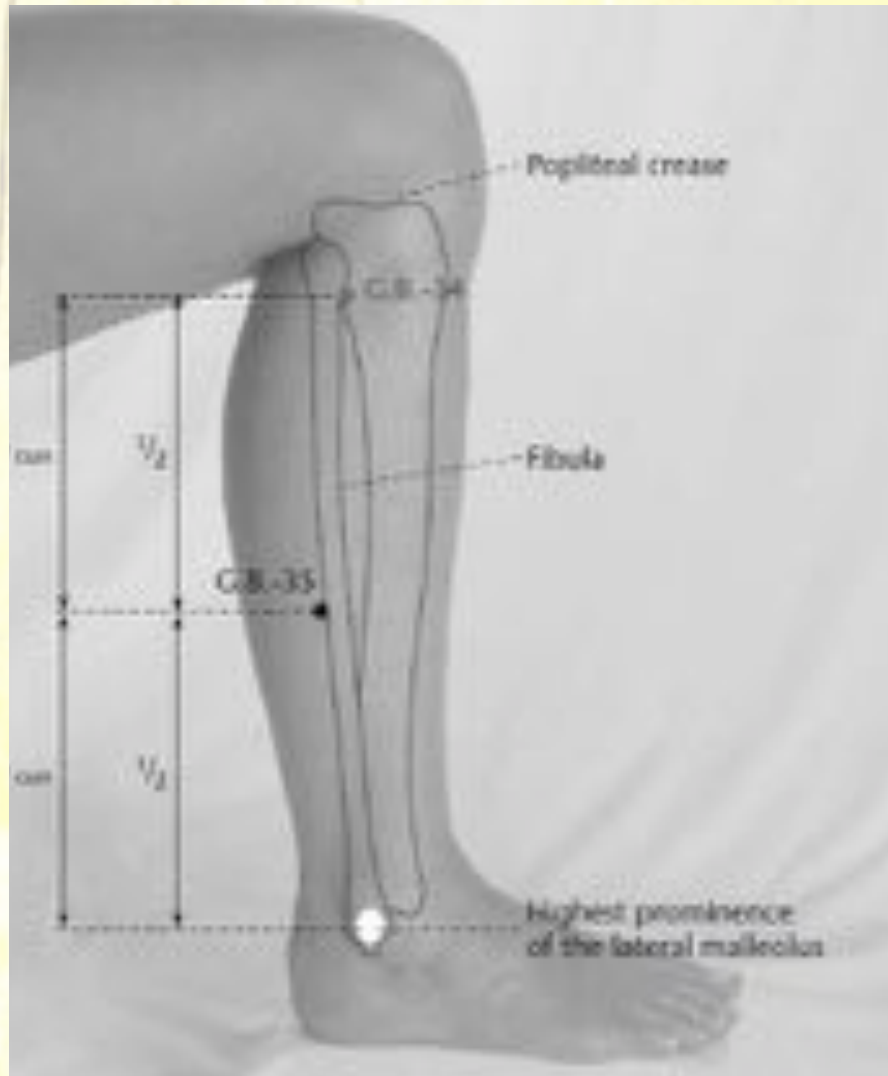


Treatment Concepts: Triple Warmer as Meridian System

- Triple Warmer controls the other 12 meridians through its relationship between Ming Men (Jing) and Heart (Shen)
 - TW 8 is meeting point of 3 Yang Meridians of Arm
 - Dr Manaka used bilateral TW 8 in combination with SP 6 (Meeting point of 3 yin meridians of foot), GB 35 (meeting point of yang meridians of foot) and a point $\frac{1}{2}$ between PC 3 and PC 7
 - Activates all 12 Meridians
 - Called Tai Chi (Ji) treatment
 - Can help patients with Yin Deficiency
 - KD deficiency (KD 16 tenderness)
 - SP deficiency (LV 13 tenderness - SP Mu point)
 - Pulse diagnosis



Treatment Concepts: Triple Warmer as Meridian System

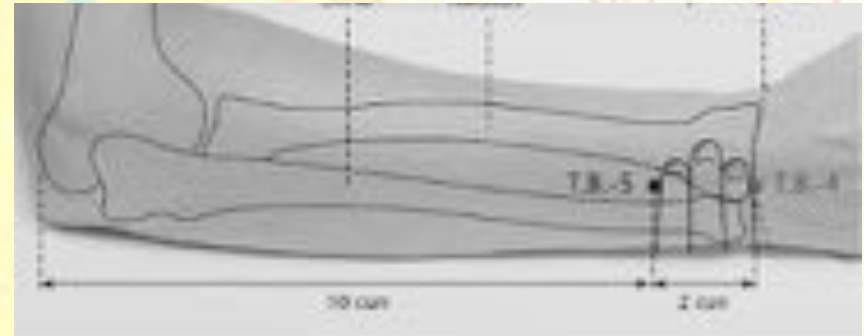


Treatment Concepts: Triple Warmer as Meridian System

- Triple Warmer controls the other 12 meridians through its relationship between Ming Men (Jing) and Heart (Shen)
 - TW 9 is the 4 rivers point and is one of the 4 ocean points of body
 - Ling Shu chp 33 states Man has Sea of Marrow, Sea of Blood, Sea of Qi and Sea of Water and Grains
- Connects to all 4 oceans
 - Used in many treatments to activate Qi, Blood, Marrow and Digestive function
 - Shao Yang Tx
 - Vertebral Artery Tx
 - ASIS tightness
 - Hyperthyroid Tx
 - Problems of Dizziness, inner ear issues

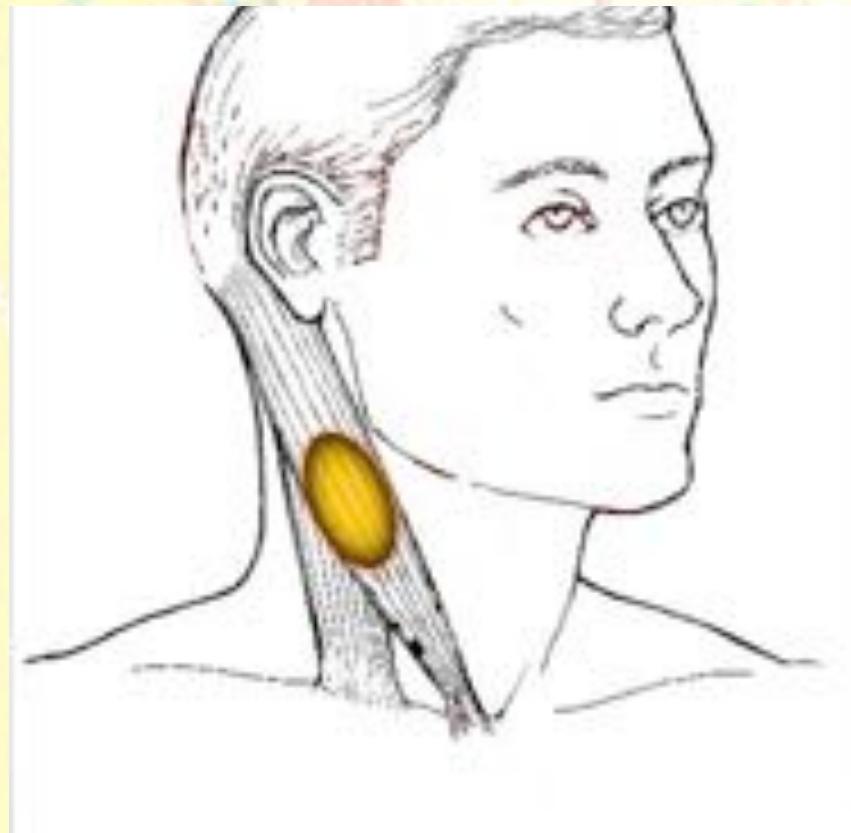
Treatment Concepts: Triple Warmer and Autonomic Control

- Triple Warmer 5
 - Command point for Yang Wei Mai
 - Part of Shao Yang treatment to calm anxiety, stress reactivity with rapid pulse
 - Pressure pain on *contralateral* Sternocleidomastoid (SCM) muscle
 - Pressure pain CV 17



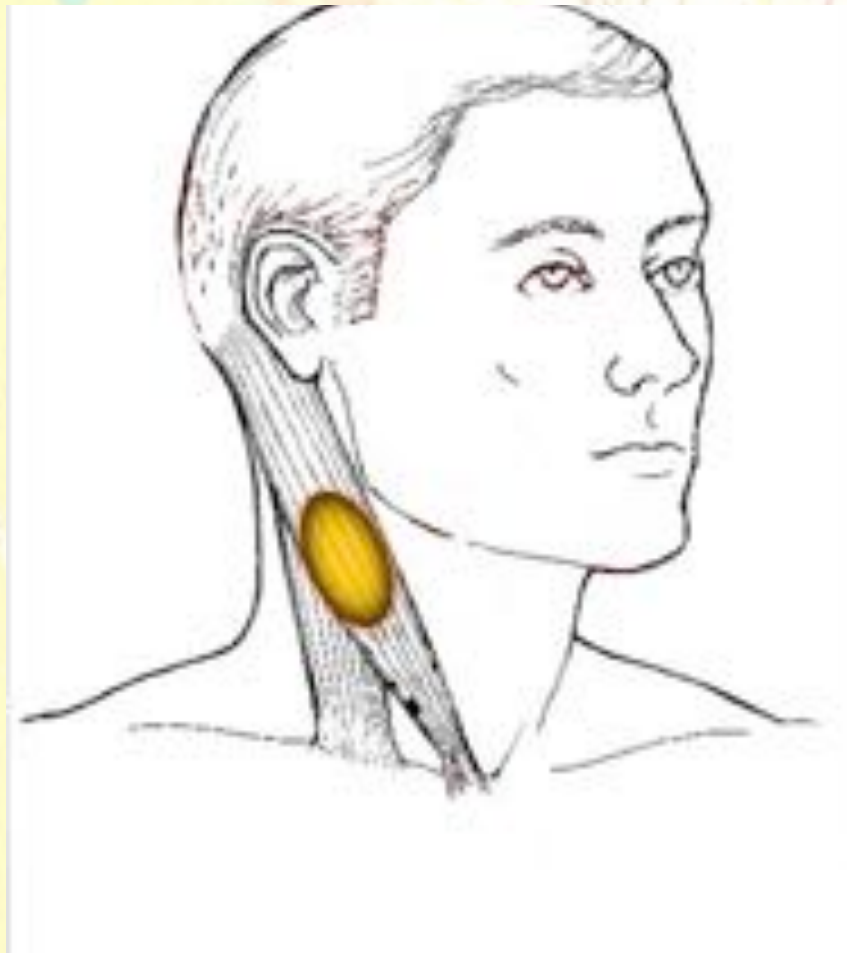
Treatment Concepts: Triple Warmer and Extraordinary Vessel Treatment

- Triple Warmer 5
 - As Command point for Yang Wei Mai, often paired with Dai Mai EOV to control *lateral zone* of body
 - TW 5 Command point of Yang Wei Mai
 - GB 41 Command point of Dai Mai (same side of body as the TW 5)
- Shao Yang treatment
 - TW is hand and GB is foot Shao Yang meridian



Treatment Concepts: Triple Warmer and Extraordinary Vessel Treatment

- Triple Warmer 8-9 region
 - Also used for treatment of stress reactivity, pressure pain on SCM *contralateral* side (Can also relieve CV 17 tenderness in some patients)
 - Used if pulse is slow or normal
 - Combine with GB 40 rather than GB 41
 - Slide of arm from TW 5 to TW8 8-9 region
 - Slide up foot from GB 41 to GB 40



Treatment Concepts: Triple Warmer and Lateral Zone

- Triple Warmer 15
 - Meeting point of Gall Bladder and Yang Wei Mai
 - Affects lateral jaw pain - TMJ point
 - Extremely common trigger point
 - Reinforces Shao Yang Treatment



Treatment Concepts: Triple Warmer and Extraordinary Vessel Treatment

- Shao Yang treatment controls lateral zone of body
 - Can treat temporal headaches
 - Lateral knee pain
 - Iliotibial Band pain
 - Whiplash or other injuries where there is a twisting component (injuring Dai Mai)



Take Home Message

- TW is Minister of the Waterways
 - Moves Qi, Jing, Shen and Fluids across the 3 burners (CV 17, CV 12, CV 7, and ST 30)
 - Controls meridians
 - TW 8 with SP 6 and Manaka PC point to control Kidney and Spleen deficiency
 - TW 9 controls 4 ocean points
- TW relates to flow of lymphatic
 - TW 4 to treat lymphatic congestion
 - TW 16 helps immune function
- TW relates to autonomic nervous system
 - SCM (vagus) and CV 17 (Pericardium Mu point)
 - Shao Yang Treatment
- TW influences meridian function by stimulating flow in interstitial fluids
 - TW 9 the 4 ocean point
 - BL 51 Huangmen

Key Points

- Diagnostic Regions

- ST 11 (Supraclavicular fossa)
- Immune (Right ST26-27)
- CV 17 (Pericardium Mu)
 - CV 12
 - CV 7
 - ST 30
- SCM
- Painful areas on lateral zone of body
 - Jaw, Lateral hip, ITB, lateral knee
- KD 16 and LV 13
 - Yin deficiency

- Treatment Points

- TW 4
- TW 16
- Shao Yang Tx
 - TW 5 with GB 41 (fast pulse) or
 - TW 8-9 region with GB 40 (slow or normal pulse)
 - TW 15
- Manaka's Tai Ji or Tai Chi Tx
 - B/L TW 8, Manaka's PC point and GB 35, SP 6
- Four oceans treatment through TW 9
- Huangmen - BL 51 on outer bladder line of TW shu region
 - L12 segment