


THE FUNCTIONS OF THE PERICARDIUM

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How can one wish to hold for long the light of the setting sun?

Confucius





*The heart protector has
the charge of resident
as well as envoy.
Elation and joy stem from
it.*

Nei Jing Su Wen

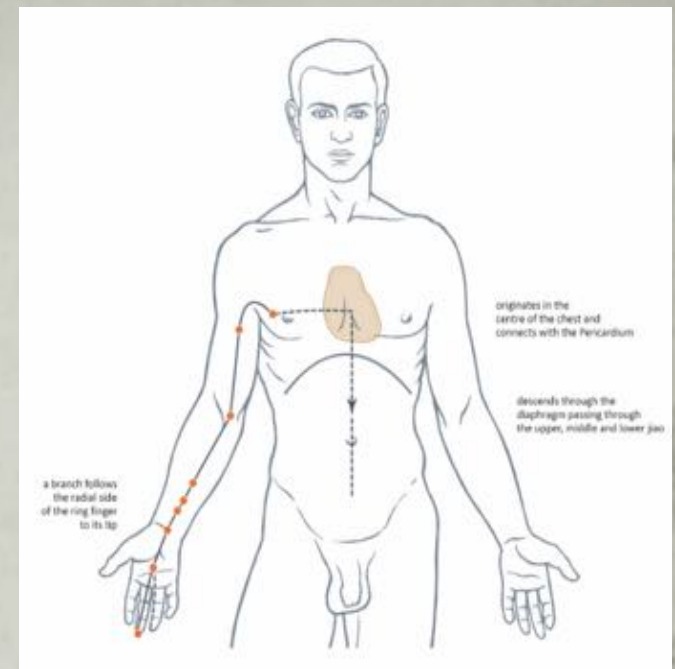
Pericardium, the Heart Protector

‘Just as the emperor lives at the center of the purple forbidden city, so too can the heart be conceived as living at the center of the body, surrounded by a protective network comprising, most immediately, the functions of the other fire officials. The small intestine may be conceived as the minister who guards the emperor’s inner quarters, and the heart protector is like the keeper of the drawbridge who regulates passage both into and out of the capital. The heart protector is concerned with discerning the appropriate cues for lowering the boundary that limits access both into, and out of, the inner frontier which is the domain of the heart. A chief characteristic of the heart protector is that it ‘receives’ blows aimed at the heart. Ultimately, the heart itself must remain pure if life is to proceed in a balanced fashion. Most imbalances, both symptomatic and functional, ascribed to the heart in actuality represent compromised function of the heart protector. The heart protector plays a key role in many of the functional imbalances related to intimacy.

Lonny S. Jarrett, *Nourishing Destiny*

THE PERICARDIUM PRIMARY CHANNEL

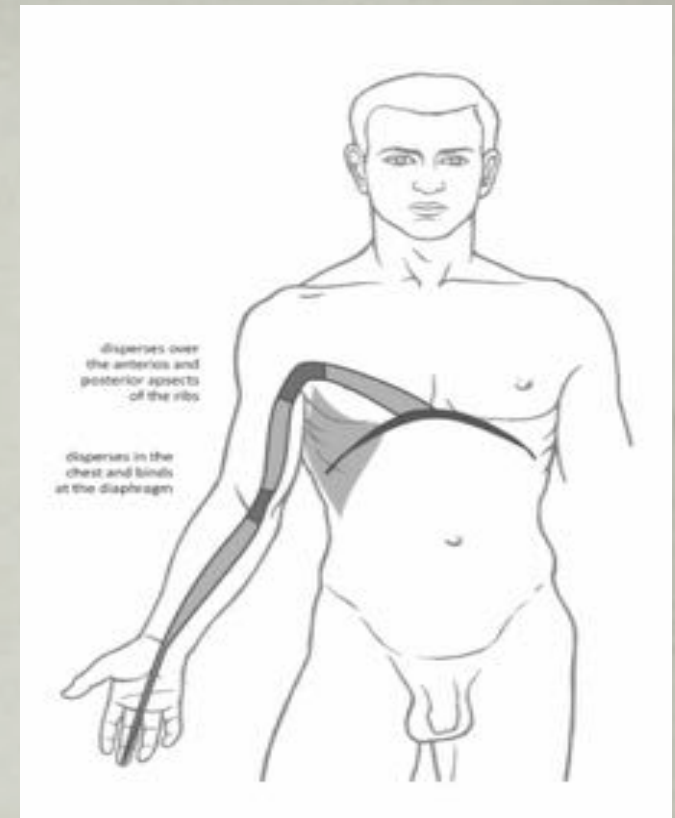
- Originates in the center of the chest, connects with the pericardium, and descends through the diaphragm to the abdomen, passing through the upper, middle and lower jiao.
- One branch
 - runs from inside the chest to emerge in the costal region, 3 cun inferior to the anterior axillary fold near Tiānchí Pc-1)
 - arches over the axilla and follows along the antero-medial aspect of the upper arm, between the Lu and Ht channels to the cubital fossa of the elbow at Pc-3 (Qūzé)
 - descends the forearm between the tendons of the *palmaris longus* and *flexor carpi radialis* muscles to reach the palm at Láogōng Pc-8
 - travels from the palm along the middle finger to terminate at its tip at Zhōnchōng Pc-9



- Another branch
 - arises from the palm at Láogōng Pc-8 and follows the radial aspect of the ring finger to its tip.

THE PERICARDIUM SINEW CHANNEL

- Originates at the tip of the middle finger and ascends the flexor aspect of the forearm to bind at the medial side of the elbow
- follows the antero-medial side of the upper arm to below the axilla where it binds before descending to disperse over the anterior and posterior aspects of the ribs
- A branch enters the chest below the axilla, dispersing in the chest and binding at the diaphragm

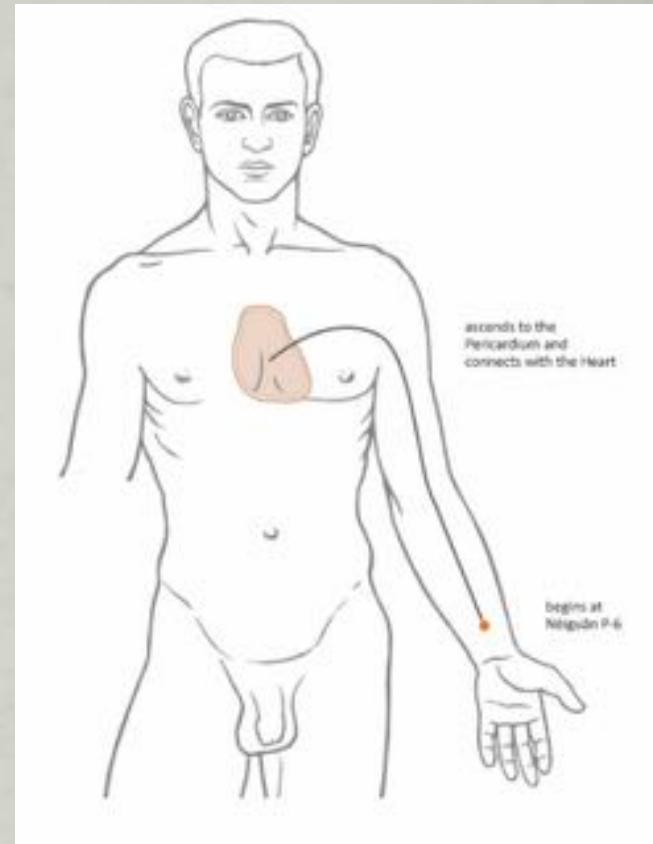


PATHOLOGICAL SYMPTOMS OF THE PERICARDIUM SINEW CHANNEL

Strained and cramping sensation along the course of the channel, pain of the chest with urgent breathing and an 'inverted cup sensation' below the lower right ribs.

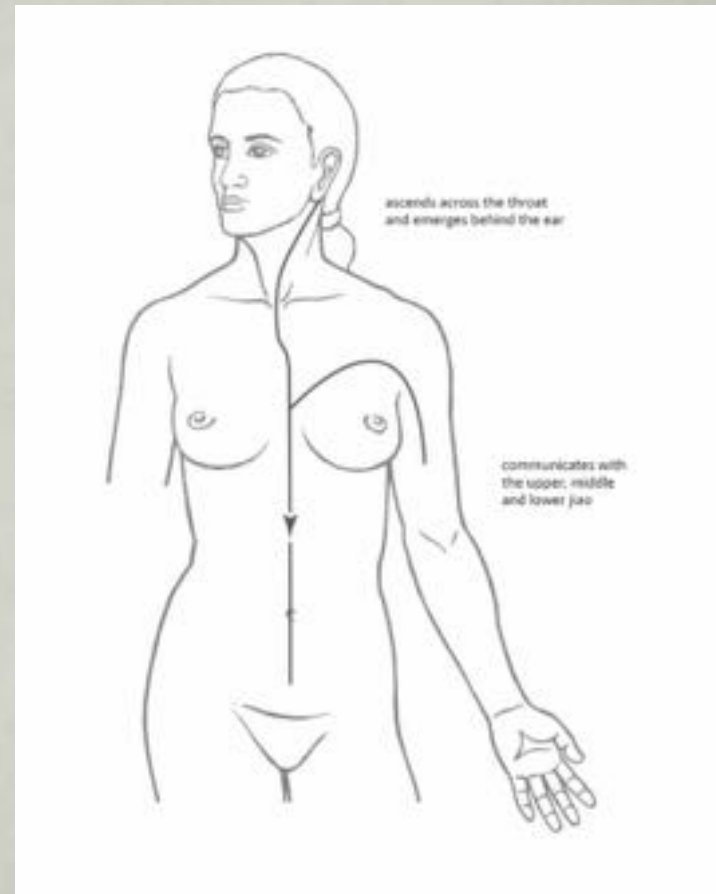
THE PERICARDIUM LUO-CONNECTING CHANNEL

- Begins at Nèiguān Pc-6 on the anterior of the forearm
- ascends along with the Pericardium primary channel to the Pericardium and then connects with the Heart



THE PERICARDIUM DIVERGENT CHANNEL

- Separates from the primary channel on the arm, at the level of a point below the axilla and 3 cun inferior to Yuānyè Gb-22
- enters the chest and communicates with the three jiao
- A branch ascends across the throat and emerges behind the ears to converge with the Sanjiao channel



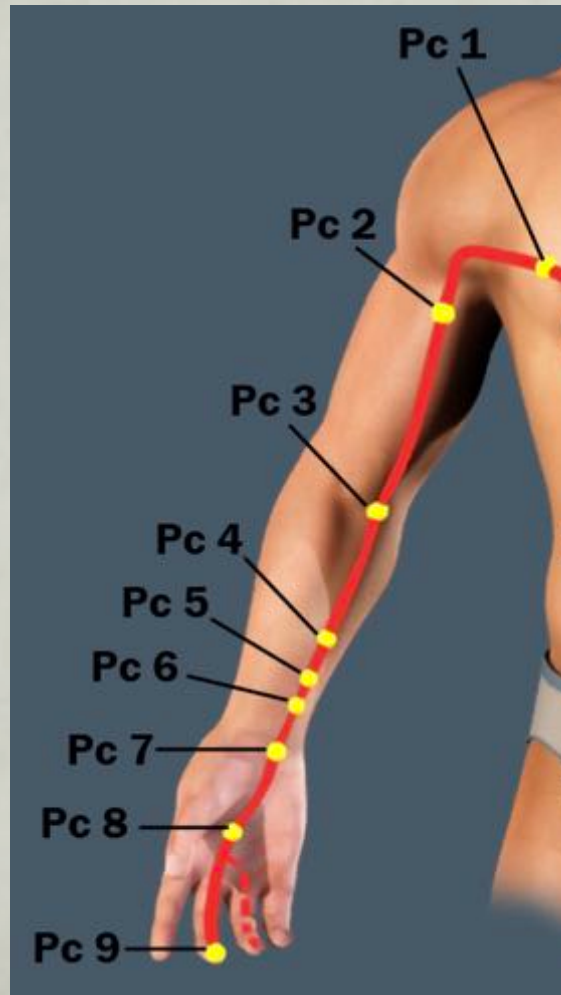
POINTS ON PERICARDIUM CHANNEL

FIVE SHU POINTS

Jing-Well Pc-9
 Ying-Spring Pc-8
 Shu-Stream Pc-7
 Jing-River Pc-5
 He-Sea Pc-3

FIVE PHASES POINTS

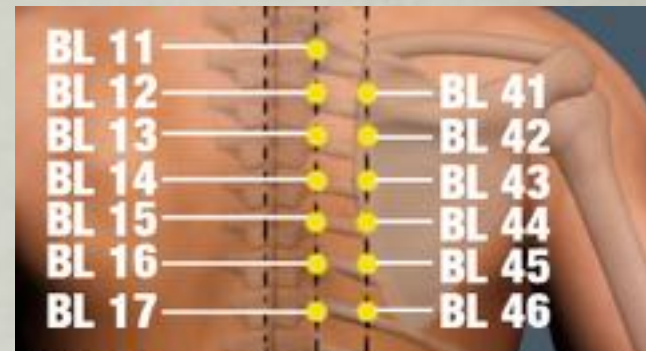
Wood Pc-9
 Fire Pc-8
 Earth Pc-7
 Metal Pc-5
 Water Pc-3
 Mother Point Pc-9
 Child Point Pc-7



'Gaohungshu Bl-43, there is no [disorder] that it cannot treat'.

Thousand Ducat

Formulas



Xi-cleft point Pc-4

Back shu point Bl-14

Front-mu point CV-17

Yuan-source point Pc-7

Luo-connecting point: Pc-6

SYMPTOMS ASSOCIATED WITH THE EXTERNAL COURSE OF THE PERICARDIUM CHANNEL

Stiff neck, spasm in the arm or leg, flushed face, pain in the eyes, sub-axillary swelling, spasms and contracture of the elbow and arm, restricting movement, hot palms

SYMPTOMS ASSOCIATED WITH THE INTERNAL ORGAN (PERICARDIUM)

Impaired speech, fainting, irritability, fullness in the chest, motor impairment of the tongue, palpitations, chest pain, mental disorders

ARM ABSOLUTE YIN (JUE YIN): PERICARDIUM

- Not so clearly defined as the other Yin organs.
- What we call pericardium takes various names in Chinese:
 - ‘Master of the Heart’ *Xin Zhu*
 - ‘Envelope of the Heart’ *Xin Bao*
 - ‘Connecting Channel of the Envelope of the Heart’ *Xin Bao Luo*.
- The uncertain nature of the Pericardium stems from it being linked to the Heart from the perspective of organs, but to the Triple Burner from the perspective of channels.
- One of the unique contributions of Chinese medicine to our understanding of human function (as opposed to structure) is the concept of the Pericardium and Triple Burner officials. These two functions are unique among the officials because they are the only ones not correlated with individual organs.
- We can think of the Heart Protector and Triple Heater as the guard station protecting the imperial city and the borders of the country, respectively .
- This functional relationship is imaged in the names of the acupuncture points Pc-6 (‘inner frontier gate’) and TW-5 (‘outer frontier gate’).

THE PERICARDIUM AS AN ORGAN

'The Pericardium [xin bao luo] is a membrane wrapping around the Heart.'
Selected Historical Theories of Chinese Medicine

'The Heart is the Ruler of the 5 Yin organs and the 6 Yang organs, it is the residence of the Mind and it is so tough that no pathogenic factor can take hold in it. If the Heart is attacked by a pathogenic factor, the Mind suffers, which can lead to death. If a pathogenic factor does attack the Heart, it will be deviated to attack the Pericardium instead. For this reason, the Heart has no Stream Transporting point.' Spiritual Axis, chapter 17

'The Triple Burner protects the Internal Organs on the outside and the Pericardium protects the Heart on the outside.'
Selected Historical Theories of Chinese Medicine

'The Stream (Shu) and Source (Yuan) point of the Heart is Daling Pc-7.'
Spiritual Axis, chapter 1

THE PERICARDIUM AS AN ORGAN

- Closely related to the Heart
- It is the membrane wrapping around the Heart
- It protects the Heart
- Like the Heart, **it governs Blood and houses the Mind**
- Pericardium points can invigorate Blood (Pc-6, Neiguan) or cool Blood (Pc-3, Quze)
- Pericardium points stimulate or calm the Mind
- In acute febrile disease the Pericardium may be obstructed by Heat manifesting with high fever and delirium

THE PERICARDIUM AS A CHANNEL

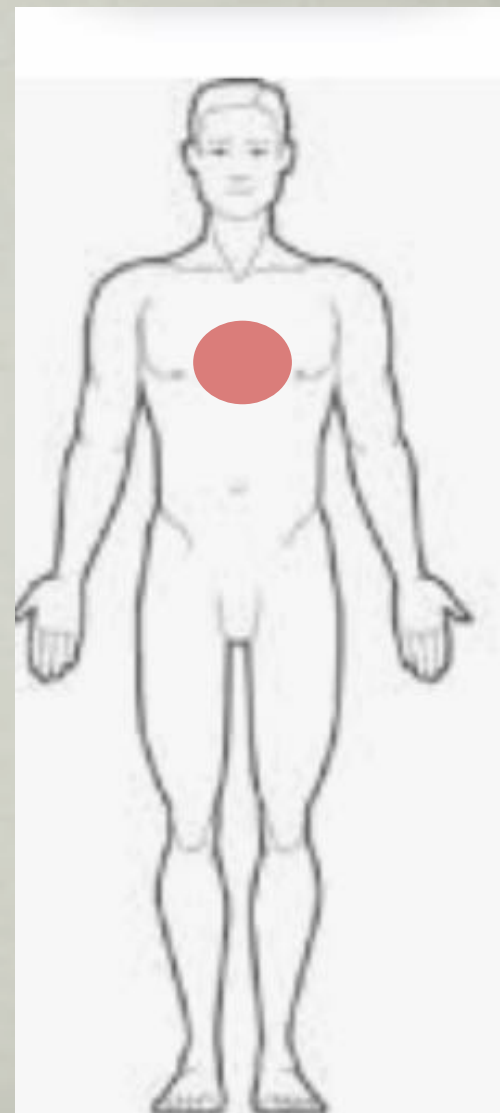
‘The centre of the thorax (Shan Zhong) is the palace of the Pericardium.’

Spiritual Axis, chapter 35

The Neijing often refers to the Pericardium as ‘the centre of the thorax’

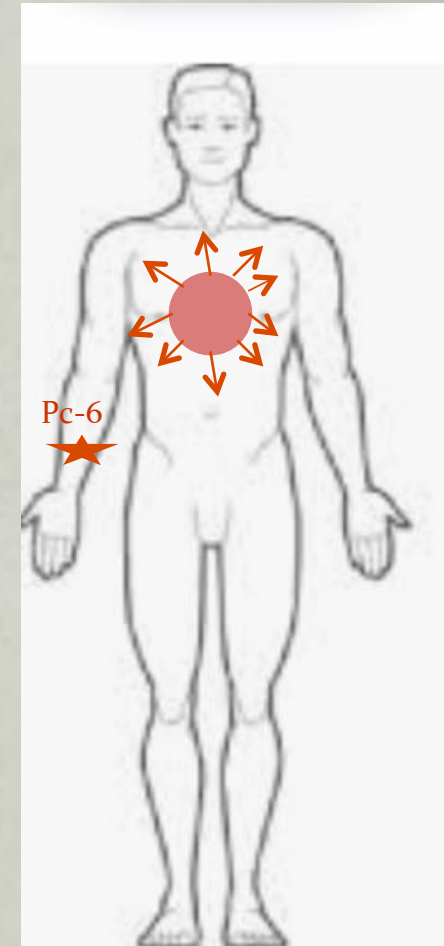
The pericardium channel goes to the centre of the thorax and this area, called *Shan Zhong*, is under the influence of the Pericardium

In the centre of the chest, the Pericardium influences the Gathering Qi (*Zong Qi*) and therefore both Heart and Lungs



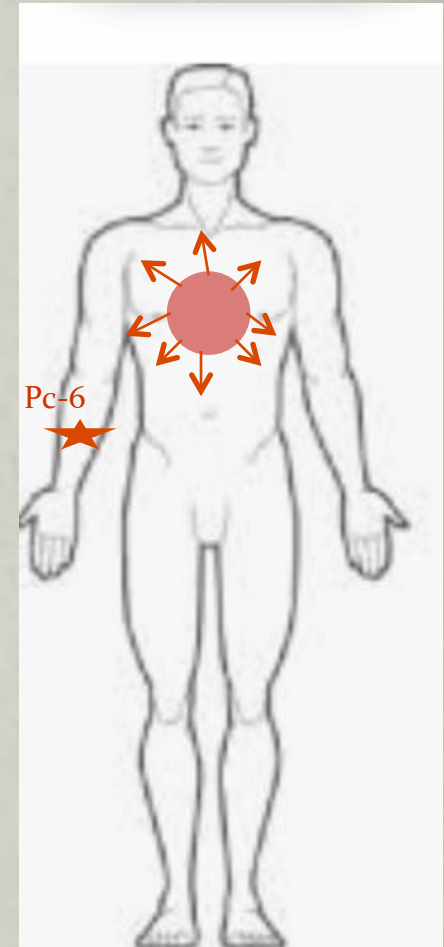
THE PERICARDIUM AS A CHANNEL

- The Pericardium acts as an agent of propulsion for the Qi and Blood of both Heart and Lungs
- Pericardium patterns are characterized by clinical manifestations along the chest channels, causing tightness, stiffness, distension, oppression or pain of the chest
- Pc-6 (*Neiguan*, Inner Gate) moves Qi and Blood in the chest, can be used for any chest problems, and is the point of choice for discomfort or pain in the chest due to stagnation of Qi or Blood



THE PERICARDIUM AS A CHANNEL - Pc-6

- Pc-6 has a powerful calming effect on the Mind and can be used in anxiety caused by any of the Heart patterns (palpitations, insomnia, manic behaviour, poor memory, anxiety, fright, sadness, depression)
- Pc-6 also calms the Mind by its indirect action on the Liver (*Jue Yin*) and can be used for irritability due to stagnation of Liver Qi (hypochondrial distension and pain)
- It harmonizes the Stomach (nausea, vomiting, hiccup, belching, epigastric distension and pain)
- It invigorates Blood and regulates menstruation (irregular periods, painful periods)



THE PERICARDIUM AND THE MIND-SPIRIT

'The Pericardium is the ambassador and from it joy and happiness derive.' Simple Questions, chapter 8

- The Pericardium houses the Mind (with the Heart)
- Blood deficiency of the Pericardium will cause depression and some anxiety
- Pc-6 (Neiguan) lifts mood and treats depression
- Blood-Heat of the Pericardium will cause anxiety, insomnia, and agitation
- Pc-7 (Daling) calms the Mind
- Phlegm in the Pericardium will cause mental confusion, and in severe cases, mental illness
- Pc-5 (Jianshi) resolves Phlegm from the Pericardium to treat mental confusion

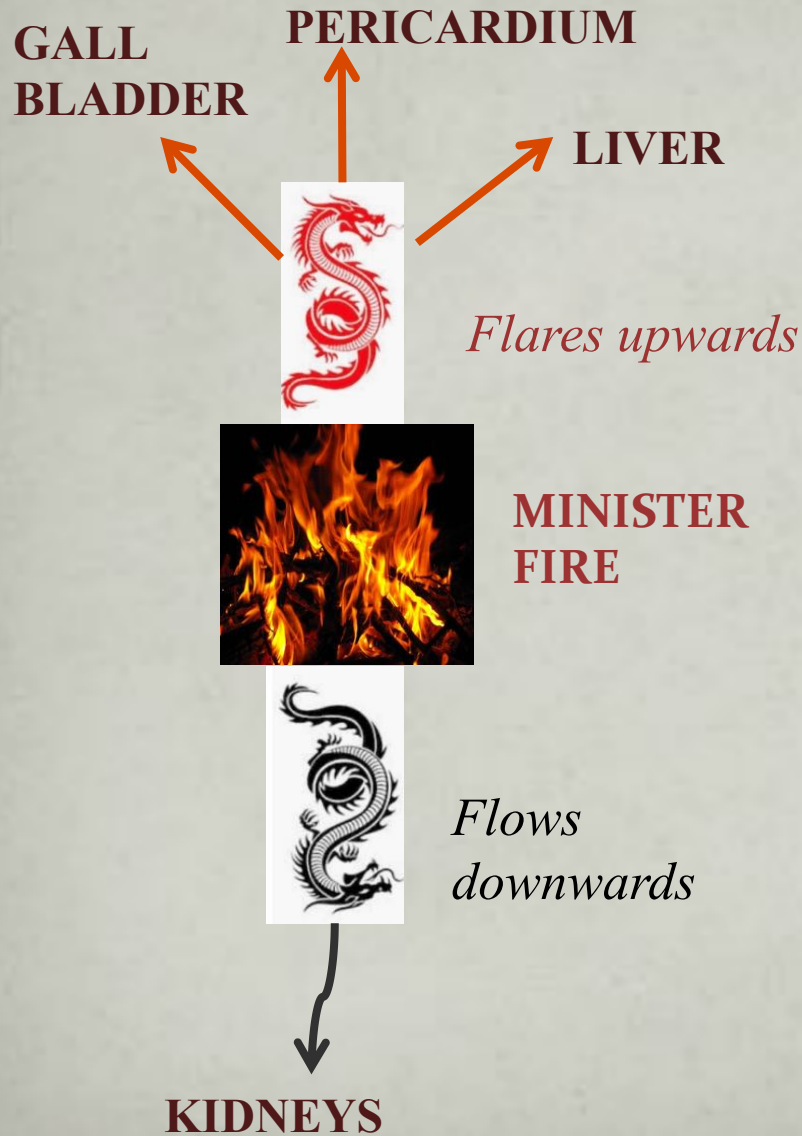
THE PERICARDIUM AND THE MIND-SPIRIT

- As in the chest the Pericardium moves Qi and Blood of Heart and Lungs on the physical level, on the mental-emotional level the Pericardium is responsible for movement towards others in relationships.
 - This movement is also related to the movement of the Ethereal Soul (Hun) from the ego toward others in social relationships and family interactions (Pericardium-Liver relationship within the Jue Yin channels)
 - On a mental-emotional level, the Pericardium is especially responsible for a healthy interaction with other people in social, love, and family relationships
 - The protective function of the Pericardium in relation to the Heart is reflected primarily in the emotional sphere where the ‘Minister Fire’ of the Pericardium protects the ‘Emperor Fire’ of the Heart
- Pc-7 is used for emotional problems caused by relationship difficulties.

THE PERICARDIUM AND THE MINISTER FIRE

- From the Five Element perspective, the Pericardium pertains to the Minister Fire channels with the Triple Warmer
- From the perspective of the Internal Organs, the Minister Fire is the *Fire of the Gate of Life* pertaining to the Kidneys
- The Minister Fire flares upwards to Liver, Gall Bladder and Pericardium (*'Fire Dragon flying to the top of a high mountain'*) and flows downwards to the Kidneys (*'Fire Dragon immersing in the deep sea'*) - Selected Historical Theories of Chinese Medicine
- Pathological Minister Fire flares upwards to harass the Pericardium

RELATIONSHIP BETWEEN MINISTER FIRE AND INTERNAL ORGANS



The Minister Fire flares upwards to Liver, Gall Bladder and Pericardium (*'Fire Dragon flying to the top of a high mountain'*) and flows downwards to the Kidneys (*'Fire Dragon immersing in the deep sea'*) - Selected Historical Theories of Chinese Medicine

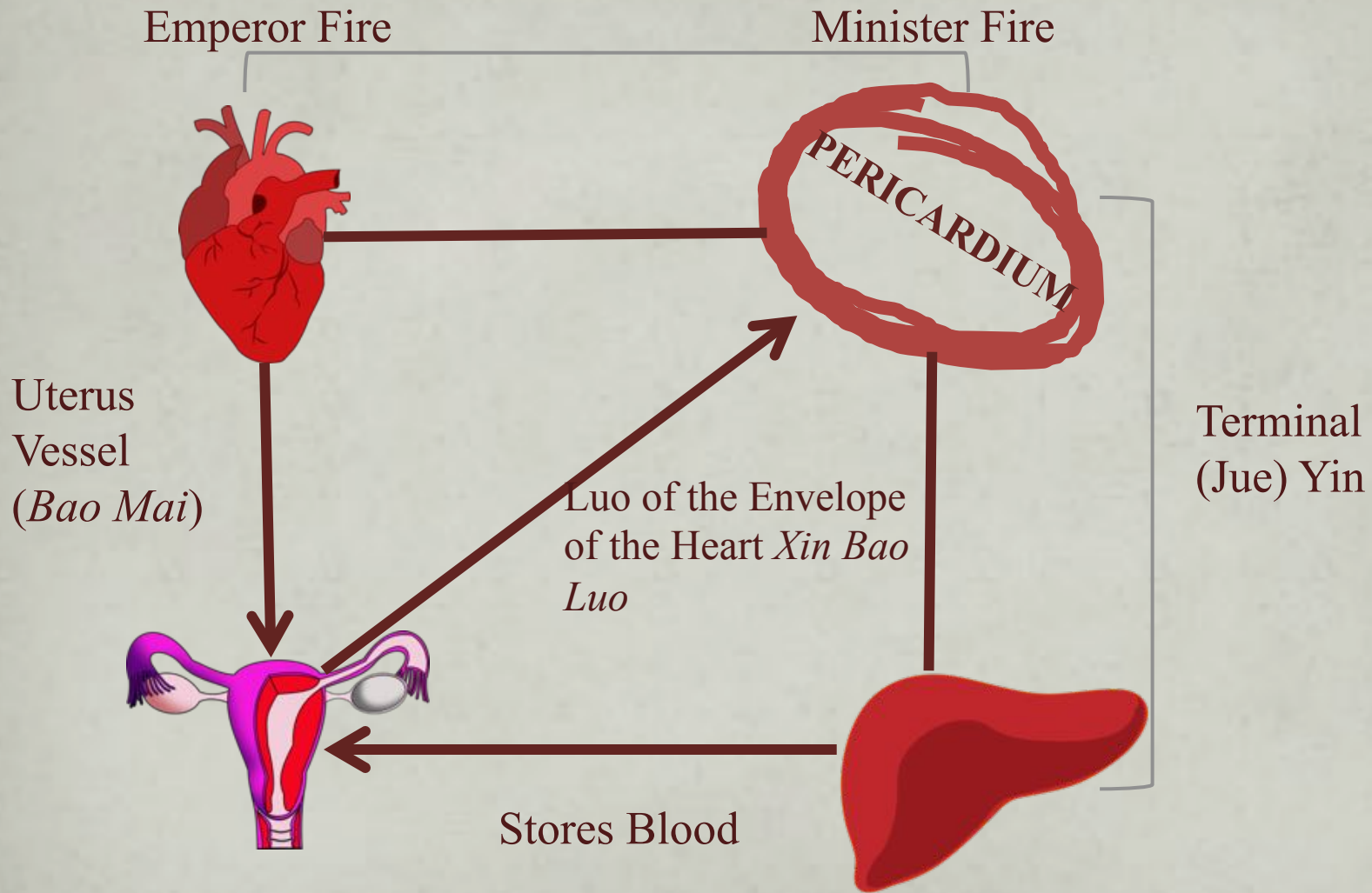
THE PERICARDIUM AND THE UTERUS

'The pericardium (Xin Bao) is a membrane wrapping the Heart on the outside ... The Uterus connects downwards with the Kidneys and upwards with the Heart where it receives the name of "Luo of the Envelope of the Heart" (Xin Bao Luo).'

Selected Historical Theories of Chinese Medicine

- A pathology of the Pericardium may affect menstruation
 - A deficiency of Blood of the Pericardium may cause scanty periods or amenorrhoea
 - Pericardium-Fire might heat the Blood and cause heavy periods
 - Blood stasis in the Pericardium may cause painful periods
- As the Pericardium is also the house of the Mind, its connection with the Uterus also explain the profound influence of emotional problems on the menstrual cycle

RELATIONSHIP BETWEEN PERICARDIUM, HEART, LIVER, AND UTERUS





PERICARDIUM DISORDERS AND THE JAPANESE APPROACH

- Described in Chinese medicine as the membrane enveloping the Heart
- The primary function of Pericardium is to protect the Heart from invasion of pathogenic factors
- Because of this role as the protector of the Heart, the Pericardium is the organ that manifests the signs and symptoms of the cardiovascular system, chest, respiratory system and various emotional problems
- An organ with almost no form, yet many functions
- Ideal to embody psychosomatic presentations of illness
- Emotional discomforts and symptoms in the chest or respiratory system without underlying organic findings

PERICARDIUM DISORDERS AND THE JAPANESE APPROACH

- As the Pericardium is a 'no form' organ belonging to the Fire element and closely related to the Heart, its treatments offer a good strategy and a way to shed light on psychosomatic presentations
- The symptomatic presentation of the Pericardium is not related to a morphological or physiological change of a specific organ
- If there is damage to a particular organ, this is out of the realm of the Pericardium concept and other affected organ systems must be treated
- If the Pericardium is no longer able to perform its function and the Heart is damaged, the disease is very serious and hard to treat
- It is important to treat this organ presentation before other organs become affected

THE PERICARDIUM CHANNEL SYSTEM AND ITS RELATIONSHIP TO CIRCULATION AND BREATHING

- The pericardium channel system explains its relationship to circulation and breathing.
- The primary channel originates in the chest and descends through the diaphragm and the epigastrium to the Lower Dantian.
- The sinew channel of the Pericardium branches at the axilla, dispersing in the chest and binding at the diaphragm
- Thus, **the function of the diaphragm is closely related to the Pericardium**
- Diaphragmatic breathing can regulate blood pressure as well as the autonomic nervous system
- During deep diaphragmatic breathing, the diaphragm descends towards the Dantian, squeezing the organs in the abdominal cavity and promoting the movement of fluids into the vena cava, and, from there, into the heart. As the heart receives more blood, its contraction is enhanced, thereby promoting better lymph and blood circulation throughout the body

THE PERICARDIUM RELATION TO CARDIAC FUNCTION AND EMOTIONAL HEALTH

- Lack of nourishment or dysfunction of the Pericardium can cause a constriction of the Heart leading to symptoms of cardiac or emotional problems (myocardial disorders, electric or circulatory abnormalities of the Heart, as well as anxiety disorders)
- Also a Liver deficiency may create a cardiac presentation (diagnose and treat accordingly)

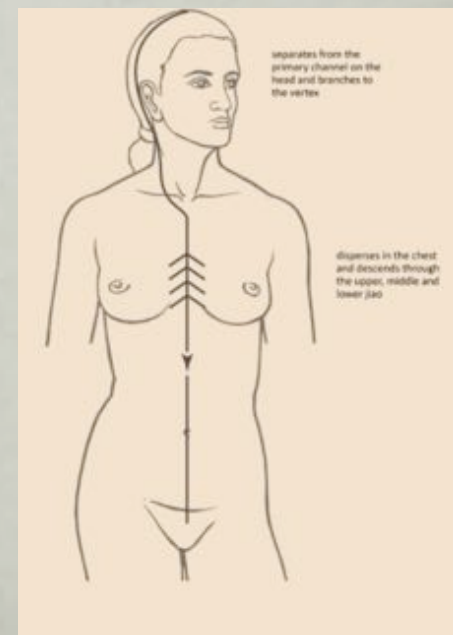
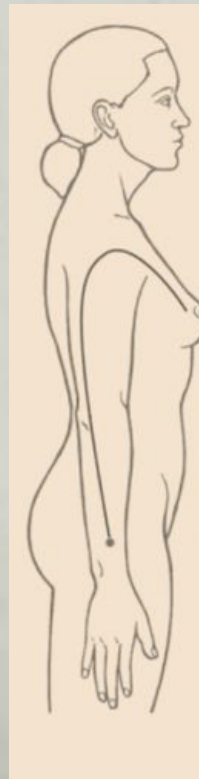
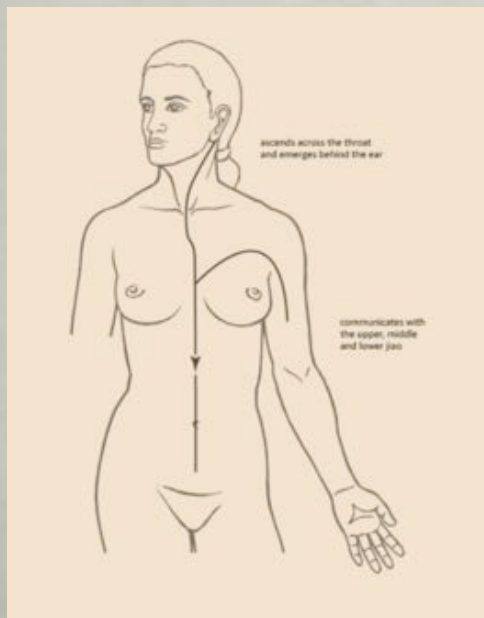
PERICARDIUM AND TRIPLE WARMER

- The Pericardium and Triple Warmer work together as complementary and co-dependent opposites
- The Pericardium is related to the Parasympathetic Nervous System
- The Triple Warmer is related to the Sympathetic Nervous System
- The balanced dance and connection between the two systems is crucial for maintaining health

PERICARDIUM AND TRIPLE WARMER CHANNEL CONNECTIONS

- The Pericardium Divergent channel sends a branch from the chest across the throat emerging behind the ear to converge with the Triple Warmer channel
- Both Divergent channels flow through the chest into the epigastrium and from there to the Dantian

The Triple warmer Luo converges with the origin of the Pericardium in the chest



PERICARDIUM, TRIPLE WARMER AND THE AUTONOMIC NERVOUS SYSTEM

The symptomatic manifestations of many autonomic nervous system disorders and the diagnostic reflexion zones associated with the imbalance of the autonomic nervous system manifest mainly on the line from the chest to the Dantian and the lateral aspect of the neck

The Pericardium channel is of key importance in regulating and treating the autonomic nervous system

PERICARDIUM DISORDERS: JAPANESE APPROACH

PALPATION

Most of the Pericardium disorders are reflected as pressure pain at CV-17 and pressure pain at Pc-8 (Fire point)

The existence of one or both of these diagnostic signs is an indication for the treatment of Pericardium

Note that Pc-8 is not usually painful upon palpation in the case of patients with ischemic disorders

PERICARDIUM DISORDERS: JAPANESE APPROACH

SYMPTOMATIC PRESENTATION

- It is often the consequence of lack of vitality in the circulation, felt in the pulse, may be due to a reduced stroke volume
 - palpitations
 - dizziness
 - fatigue
- The Pericardium, as the Heart Protector, is the main treatment focus for all cardiac problems
 - chest pain
 - shortness of breath
 - irregular pulse
 - high or low blood pressure
 - fear of dying
 - paleness
- Diagnosed cardiac disorders such as myocarditis, valvular insufficiency, atrophy of the cardiac muscle, etc. also respond well to the treatment of the Pericardium

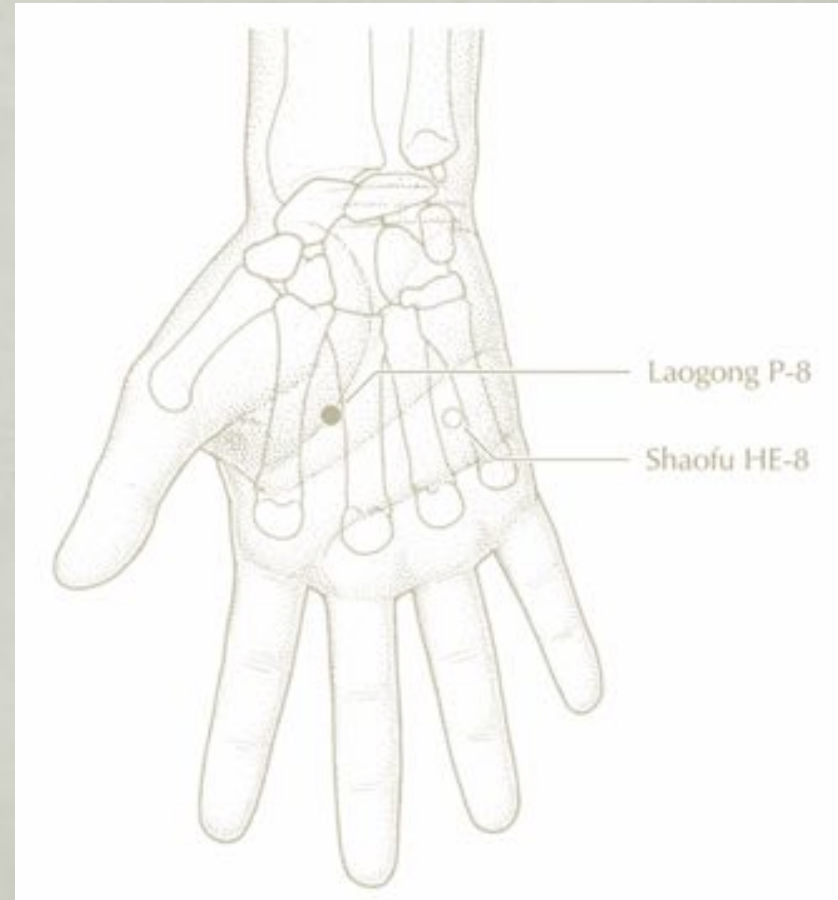
PERICARDIUM DISORDERS: JAPANESE APPROACH

SYMPTOMATIC PRESENTATION

- Emotional problems are also responsive to the treatment of the Pericardium channel
 - anxiety
 - insomnia
 - depression
 - nervous breakdown
- Women with gynecological problems, especially those associated with blood loss, present with pressure pain at Pc-8 and/or pressure pain at CV-17
- Menopausal syndrome with a cold body, hot flashes and back pain, or menopausal symptoms that occur after abortion and tubal ligation are the ones presenting more often with a Pericardium disorder

APPROACH TO THE TREATMENT OF THE PERICARDIUM CHANNEL

- The most important diagnosis for the treatment of the Pericardium channel is palpation of Pc-8
- The points used on the Pericardium channel are determined by palpation of Pc-8



APPROACH TO THE TREATMENT OF THE PERICARDIUM CHANNEL

- The Pericardium treatment is very often accompanied by the treatment of the Spleen and/or the Kidney channel
- According to Master Nagano, the treatment combination of the Pericardium with the Spleen and the Kidney channels are directly related to the functions of blood pressure, stagnation of blood in the head, and cardiac problems
- Points on the Heart channel are not compatible with the Pericardium treatment
- Treatment of these two channels together should be avoided (with the exception of the treatment protocol for excess Liver with pressure pain and discomfort under the right ribcage)

TREATMENT OF THE PERICARDIUM CHANNEL

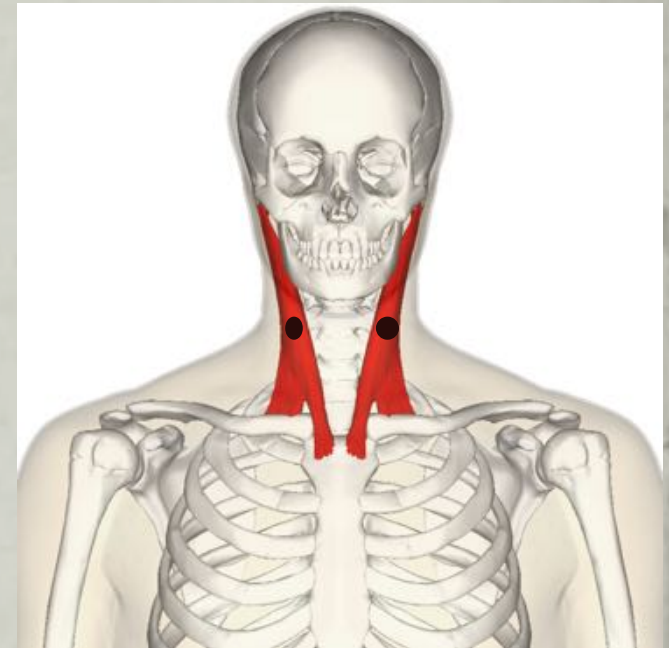
- The treatment of the Pericardium channel is very useful for symptoms in the chest due to lower abdomen injuries, usually surgical procedures (tubal ligation, abortion, hysterectomy, removal of fibroid tumours or cysts)
- Trauma to the Lower Dantian and the removal of anatomical structures from the pelvic cavity, may make the patient depressed (post-partum depression), anxious, menopausal, with panic attacks, insomnia, or palpitations
These symptoms usually present with pressure pain at CV-17
- If the ovaries are involved, the Kidney channel should be treated together with the Pericardium
- If the uterus is involved, the Liver channel should be treated together with the Pericardium
- If the presentation is related to cardiac functions, blood pressure or bleeding, the Spleen channel should be treated together with the Pericardium

PERICARDIUM AND AUTONOMIC DYSREGULATION: RAPID PULSE

- According to Master Nagano, Pericardium should be treated in all instances of autonomic imbalances because of its regulating function
- Many patients with rapid pulse also have PP at Pc-8 → treat Pc-3 and Pc-5
- If Pc-8 is not painful, Pc-6 is needed to reduce PP at CV-17, or any other imbalance of the autonomic nervous system (anxiety, palpitation, cold extremities, nausea)
- If Pc-8 feels very comfortable upon deep palpation and massage, it is needled directly
- If the patient cannot tolerate a needle at Pc-8, use Japanese Pc-4
- If CV-17 is painful upon palpation and the patient has a rapid pulse, TW-5 and GB-41 should be treated first; after 20 minutes the Pericardium treatment can be administered.
- PP at CV-17 is not always reduced by the Pericardium treatment. In those cases, use TW-9 or TW-5 (in the case of a rapid pulse) with GB-40 or GB-41 respectively, as an assistant point

PERICARDIUM AND AUTONOMIC DYSREGULATION: TENSION AT THE SCM

- Right SCM muscle tightness is more common in a sympathetic nervous system dominance → Left Shao-Yang TX
- According to Master Nagano, this is one of the most effective TX for the regulation of sympathetic dominance
- If the left SCM is tighter or more painful than the right SCM, it is advisable to apply the Shao-Yang TX bilaterally



PERICARDIUM, BLOOD PRESSURE IMBALANCE, AND CARDIAC PROBLEMS

DEFINITION OF PATIENTS:

- anyone who currently has cardiac problems
- anyone who had cardiac problems in the past
- anyone who presents with active cardiac reflexes

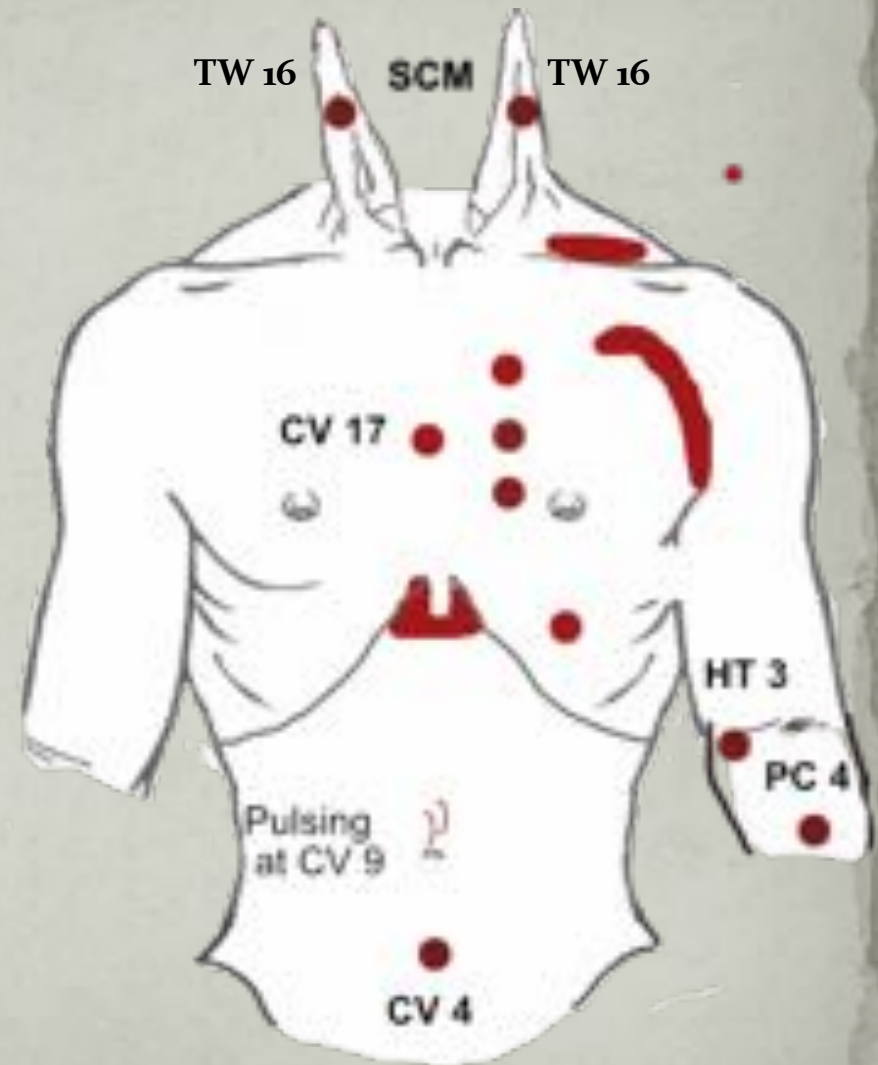
DIAGNOSIS: BLOOD PRESSURE AND PULSE:

- pulse pressure too narrow (<20mm Hg between systolic and diastolic)
- pulse pressure too wide (>80mm Hg between systolic and diastolic)
- in the case of ischemic heart disease, myocarditis or cardiac myopathy, the pulse may be weak, thin, and/or short
- in the case of hypertrophy or rheumatic disease, the pulse may be flooding
- irregular heart beat

PERICARDIUM, BLOOD PRESSURE IMBALANCE, AND CARDIAC PROBLEMS

PALPATORY DIAGNOSIS:

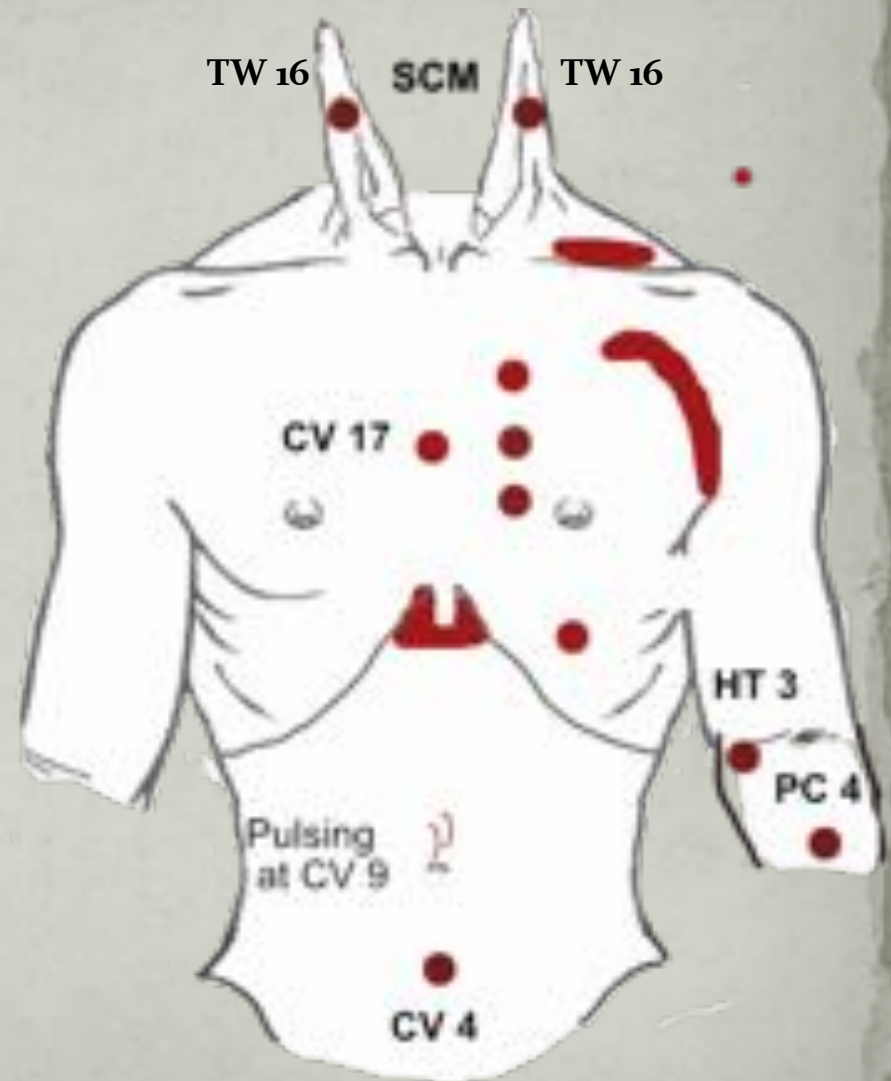
- Tension below the sternum when palpated at 45° angle upward, toward the heart
- PP at TW-16 is usually present in cases of rheumatic heart disease, pericarditis, valvular disease (related to the immune system)
- Tight SCM muscle, especially on the right, indicating sympathetic nervous system dominance
- PP at the left supraclavicular fossa and swollen subclavian vein (esp. left)
- PP or swollen axillary lymph nodes, especially on the left



PERICARDIUM, BLOOD PRESSURE IMBALANCE, AND CARDIAC PROBLEMS

PALPATORY DIAGNOSIS:

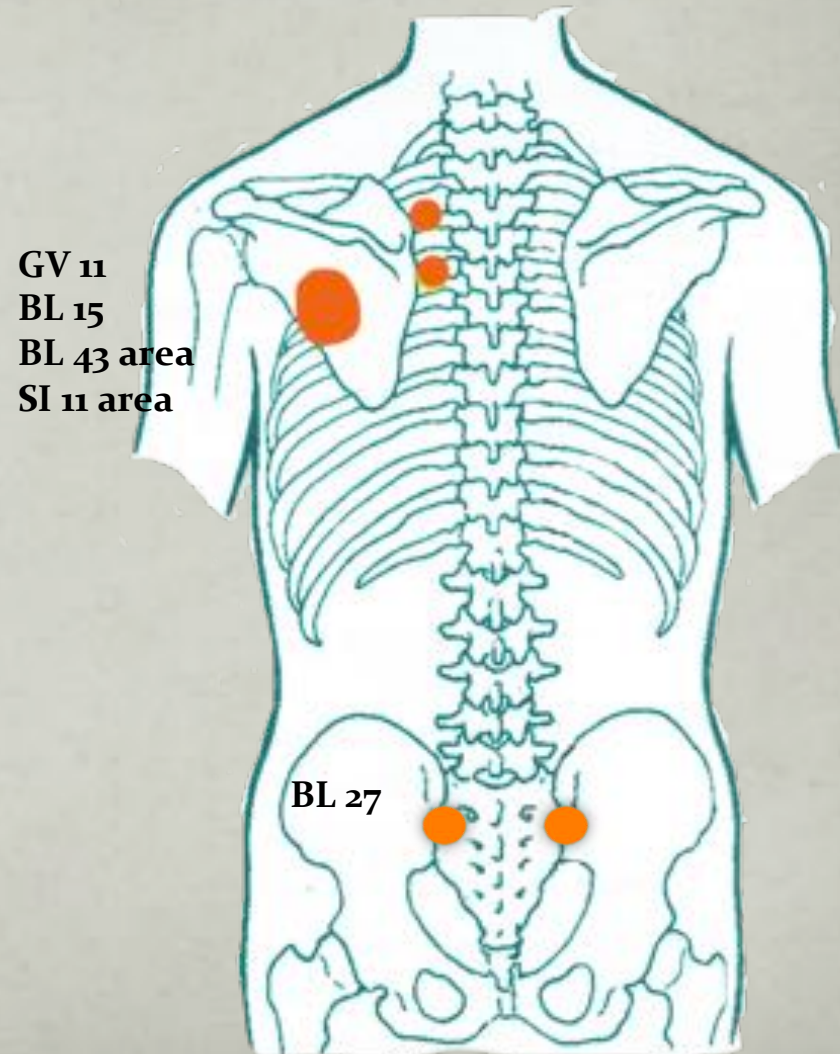
- PP on left Ht-3 (diagnostic for imbalance between Heart and Kidney) might be present in cardiac problems as well as in ear disease.
- PP on Kd-23-27
- PP on left Pc-4 in ischemic heart disease or in hypo-/hyper diaphragm conditions
- PP at CV-17
- PP on CV-4 often present in case of tachycardia
- Pulsating around the navel (often a sign of deficiency)
- PP on left St-18 often present with problems of the left ventricle



PERICARDIUM, BLOOD PRESSURE IMBALANCE, AND CARDIAC PROBLEMS

PALPATORY DIAGNOSIS:

- SI-11 is the most important diagnostic area in the back. It is also a TX point
- The area at the middle of the left scapula may be swollen, puffy and painful upon palpation
- PP on the left rhomboid major usually indicates an imbalance between Lung and Heart
- Bl-27 (SI Back Shu point) is the reflex and TX point for bradycardia

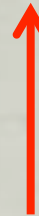
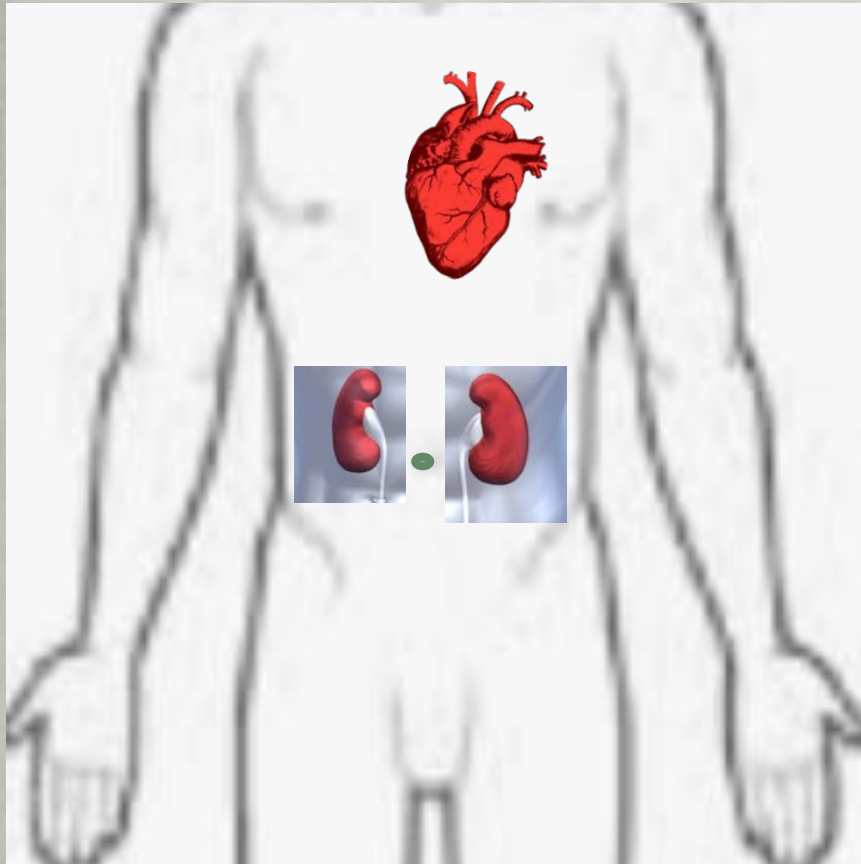


PERICARDIUM, BLOOD PRESSURE IMBALANCE, AND CARDIAC PROBLEMS

TREATMENT

- Oketsu, Immune, Adrenal, Stomach Qi, and Systemic Detox are evaluated and treated if present
- Symptoms related to cardiac disease are mostly located in the Upper Burner
- Treatment to reduce the cardiac reflex zones will always start below the navel in order to pull the Qi down and stabilize the symptoms
- CV-4, Sp-3, Sp-6, Sp-7, Sp-11, Lv-1, Bl-60, right Huatuo Jiaji of GV-4 are used first, depending on palpation and changes in the pulse
- After needling on the lower limbs, points above the navel can be used: Ht-3, Pc-6 (or Pc-3 and Pc-5), Japanese Pc-4, SI-11 area, etc.
- In general, treatment strategy for cardiac patients, should include points on the Spleen and Pericardium channels, as well as Lu-4 (oxygen point), Lv-1, and Bl-60, right HJ of GV-4, and SI-11.

PERICARDIUM, BLOOD PRESSURE IMBALANCE, AND CARDIAC PROBLEMS



The fire symptoms move up, manifesting in shortness of breath, chest pain, and fear



The Water moves down manifesting as cold legs, oedema and weakness in the lower limbs

SPLEEN AND THE FEELING OF PRESSURE

- According to the Nan-Ching, pensiveness, brooding and over thinking correspond to the Spleen
- In the Su-Wen the character used for the emotion of the Spleen describes either the word 'weird' or 'pressure'
- The emotion of pressure can be related to the actual feeling of pressure anywhere in the body, such as in the chest, sinuses, head, or blood pressure
- The idea that Spleen is related to any kind of pressure, led Master Nagano to find the points on the Spleen meridian that actually reduce this feeling on a local and systemic level (Sp-6 and Sp-9)

POINTS ON THE SPLEEN CHANNEL

Sp-3.2

Sp-4* (major point for TX of congestive heart disease, and enlarged heart)

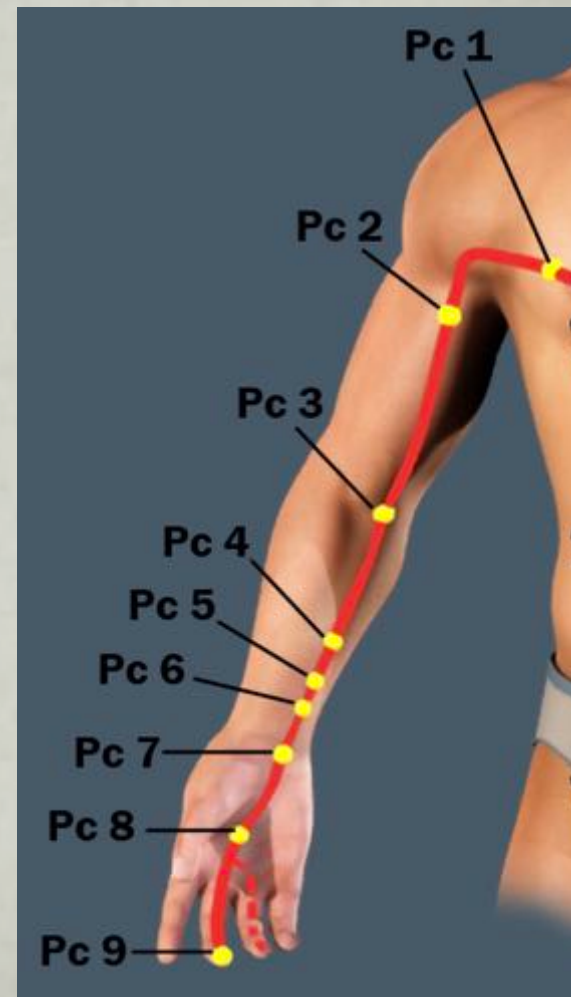
Sp-6


- They are used to reduce PP at the left supraclavicular fossa, below the left nipple, below the sternum, at the left side of the sternum
 - They reduce left-sided congestion of the axillary lymph nodes
 - They change the quality of the pulse
- In the presence of oedema of the lower limbs, needle **Sp-3**, **Sp-7**, and **Sp-11** and stimulate them **with direct rice-sized moxa**

* Sp-4 disperses blood from the heart. It is contraindicated in patients with ischemic heart disease. It works antagonistically to Sp-3

POINTS ON THE PERICARDIUM CHANNEL

- Should further reduce PP on the sternum and on the left side of the chest
- Combination of Spleen and Pericardium points should always help in the regulation of the pulse in the presence of arrhythmias and increase the volume of the pulse where the pulse is weak and thin
- Points on the Pericardium channel are chosen according to PP at Pc-8
- PP at Pc-8 usually indicates a disturbance of the autonomic nervous system
- Japanese Pc-4 is a diagnostic point for ischemic heart disease, hypo-, or hyper-diaphragm
- Pc-4 is used by Master Hashimoto as a treatment for palpitations (90° angle insertion with strong stimulation)
- If Pc-4 is painful upon palpation, use point under the navel to reduce the PP before needling it
- Left Pc-4 can treat PP at CV-17





*[A] thousand illuminations,
myriad illuminations,
are all two illuminations,
inward illumination and outward illumination,
which in totality are one illumination;
therefore it is called fire.*

YIJING

HEART PROTECTOR AND TRIPLE HEATER

The Heart Protector and Triple Warmer may be thought of as the guard stations protecting the imperial city and the borders of the country, respectively.

This functional relationship is exemplified in the names of acupuncture points Pc-6 and TW-5.

Termed “inner frontier gate” and “outer frontier gate”, respectively, “*these points regulate the inner and outer aspects of the fires which burn in the “gate of destiny” (Mingmen).*” (Lonny Jarratt, *Nourishing Destiny*)

Both Pc-6 and Tw-5 are Luo points that serve the function of balancing the flow of *qi* between coupled Yin and Yang meridians.

These two points functionally unite the Pericardium and Triple Warmer officials in a way that empowers the healthy balance of social and intimate relationships.

Pc-6 is the opening point of the Yin Linking Vessel (*Yin Wei Mai*)

TW-5 is the opening point of the Yang Linking Vessel (*Yang Wei Mai*)

‘The Yang Linking Vessel links all the Yang, the Yin Linking Vessel links all the Yin. When Yin and Yang cannot link with each other, there will be pensiveness, obsession, loss of will power, and lack of self-control.’ Classics of Difficulties, chapter 29

LIKE A DANCE ...

Pc-6 (Neiguan), Inner Gate

The Inner Gate unites Yin and Yang, the left with the right. Together with TW-5, this point regulates the inner and outer aspects of illumination. When some one is out of touch with what they want out of life, Pc-6 gives connection and take the person within herself: heartfelt searching of the inner world.

TW-5 (Waiguan) Outer Gate

The Outer Gate opens the flow between our internal environment and our external environment. Triple Burner can be thought of as a social ambassador going out and reaching out to the world giving a wider point of view on things, harmonizing our view of the world. Tw-5 facilitates this.

There needs to be correspondence between the inner and outer worlds.

Does the face we present to the world express what we are feeling and the person we wish to be?

There needs to be clarity about our intentions if we are to take responsibility for things which are larger than ourselves.

Pc-6 takes us very deep and Tw-5 helps us soar.

*“Neiguan and Waiguan
hold us together so we
can expand the Potential
of the Extraordinary
Vessels. The weaving that
TW-5 and Pc-6 do to
stitch the Yin and Yang
together is the elastic that
does not wear out”*

Sara Allen, PhD

