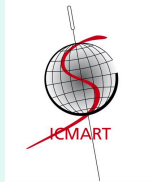


# The Integrated Structural Acupuncture Course for Physicians



## The Core of Diagnosis in Chinese Medicine

**Dr. med. Michael G Hammes**

**Bad Homburg • Germany**



# The idea of treatment



治



# Guan Zi <<管子•水地>>

水者地之氣血，如筋脈之通流者也。

**Water is the Qi and blood of the soil, it is like that  
what flows through the tendons and vessels.**

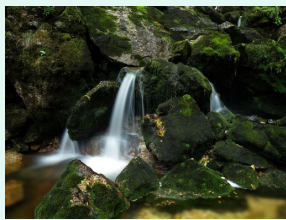


# Flow of Qi – Irrigation



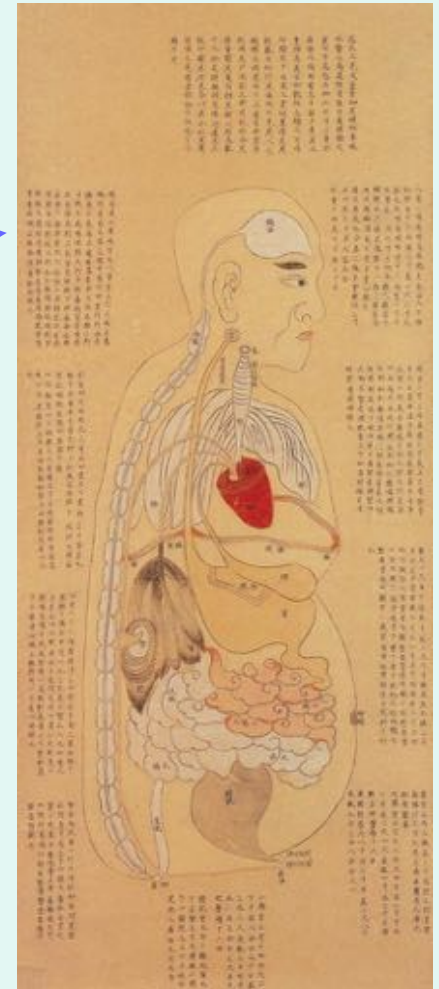
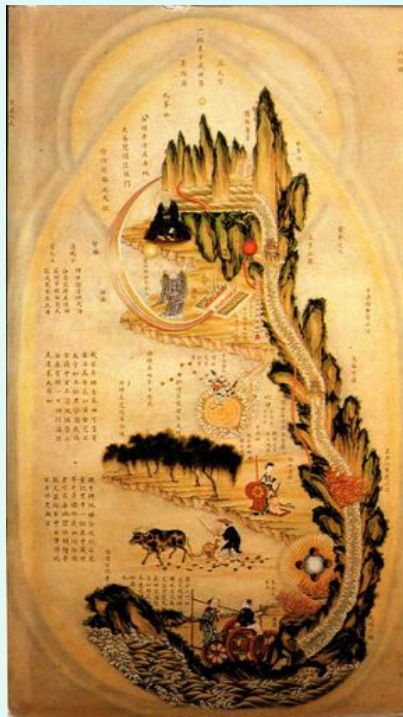
# Five Shu Points 五膺穴

<b>jǐng</b>	<b>xíng</b>	<b>shù</b>	<b>jīng</b>	<b>hé</b>
井	榮	輸	經	合
well	spring	rapids	river	delta



# The Integrated Structural Acupuncture Course for Physicians

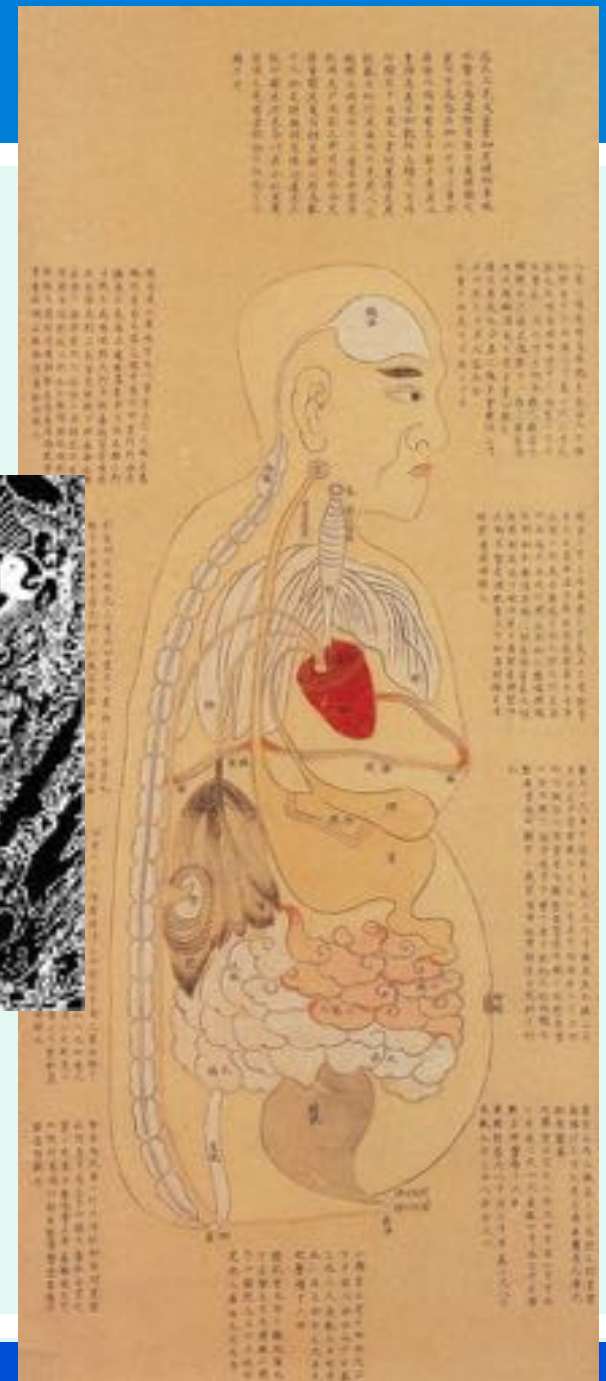
## 中醫臟象



# macrocosm - microcosm

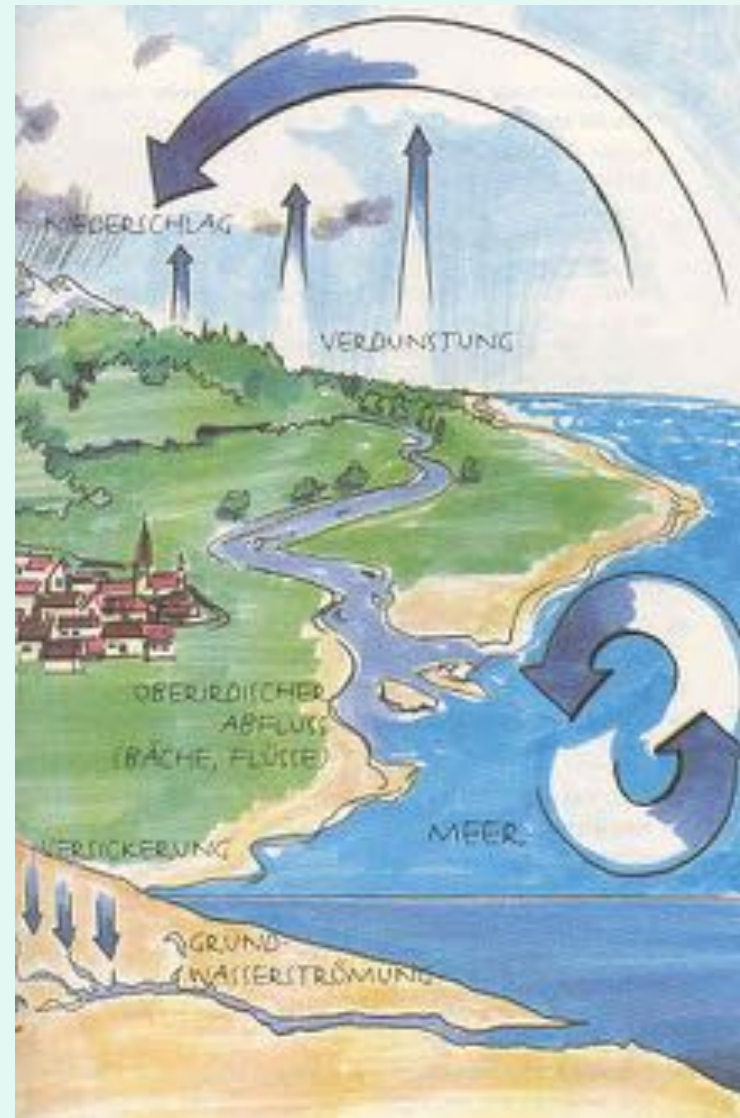
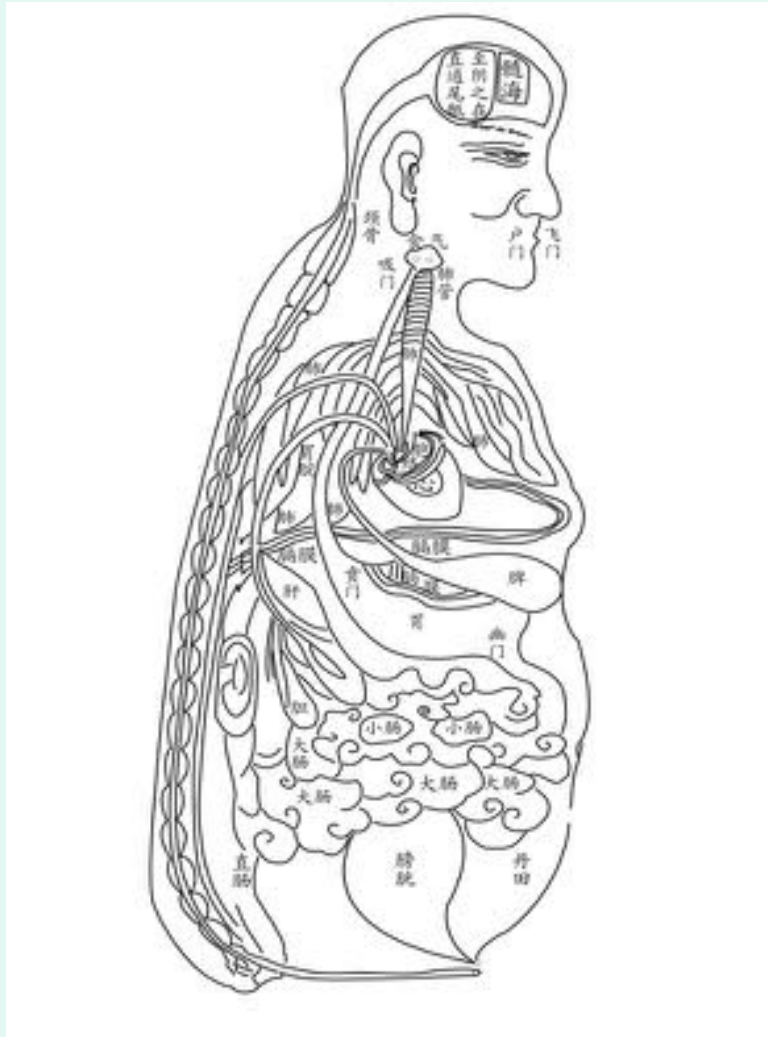


# functional anatomy





# Qi-circulation



phenomenologically oriented functional description

form follows function

陰	陽
血	氣

# key symptoms of Qi-deficiency

- adynamia
- empty pulse
- shortness of breath [lung, kidney]
- weak voice [lung]
- spontaneous sweating [lung]
- loss of appetite [spleen]
- loose stools / tendency to diarrhoea [spleen]
- lassitude [spleen]
- palpitations [heart]
- frequent micturition [kidney]

# key symptoms of Qi-stagnation

- sensation of tension, swelling or fullness
- pain, mostly functional disturbance
- suppressed emotions, low spirit, frustration [liver]
- weakness of digestion, more hard stool [spleen]
- stagnation of food [stomach]
- [rooting in emotional factors or blocking pathogenic factors like dampness and phlegm]
- [may occur in channels or organs]

# key symptoms of reverse Qi

- attacks of coughing [lung]
- nausea, vomiting, belching, hiccup [stomach]
- release of blood out of the upper body orifices, irritability [liver]
- [rooting in emotional factors, non-observance of warm-cold-dichotomy in food and beverages or blocking pathogenic factors like phlegm]
- [mostly occurring in lung, stomach and liver]

# key symptoms of blood-deficiency

- pale complexion, anaemia
- pale lips, pale mucosae
- dizziness [liver]
- blurred vision [liver]
- drowsiness [liver]
- disturbance of menses [liver]
- forgetfulness [heart]
- sleeplessness [heart]
- pale and slightly dry tongue
- rough or thin pulse

# key symptoms of blood-stasis

- pain with fixed localisation, correlated to organic changes, structural lesion
- angina pectoris, hematoma, disturbance of menses
- tumours
- dark-gloomy colour of face, lips or tongue
- dry, cracked, coarsened skin
- [rooting in Qi-stagnation, Qi-deficiency, blocking pathogenic influences like phlegm, cold, heat or deriving from injury]
- [may occur in channels or organs]

# key symptoms of blood-heat

- disposition to bleeding
- signs of heat like fever, redness, thirst, inflammation
- red tongue with yellow coating
- rapid pulse
- loss of body fluids, disturbance of consciousness (sepsis)
- [rooting in harmful heat-influences or emotional tension, often acute or subacute presentation]
- [corresponding to illnesses with bleedings combined with signs of inflammation]



# key symptoms of Yang-deficiency

- symptoms of Qi-deficiency plus:
- chronic sensitivity towards cold
- cold limbs
- listlessness
- disturbance of sexual functions, (low back pain sensitive to cold) [kidney]
- weariness, pain in the chest [heart]
- improvement of pain by pressure or warming
- deep, empty, probably slow pulse
- thin white tongue coating, pale and humid tongue

# key symptoms of Yin-deficiency

- inner fidgetiness, being on the go, sleep disturbance
- hot flushes, slight development of heat towards the evening
- sweating at rest
- heat of the Five Hearts (palms, soles, chest)
- redness of cheeks
- weak voice
- dry mouth, dry cough
- empty, thin and probably rapid pulse
- red tongue without coating (as if peeled off)

## manifestation of the organ: Lung – Fei 肺

- governs Qi and regulates breathing
- controls for the distribution and lowering of Qi in the whole body
- Regulates the water passages (regulation of sweating by the defence-Qi; formation of oedema in the upper half of the body)
- governs the defence-Qi within the pores of the skin (“immune system function”)
- opens into the nose (ability to smell, upper air passages)
- the lung finds its lustre in the hairs on the body

typical disturbances and key symptoms:

disturbance of breathing or of secretion of sweat

# physiology - pathology



manifestation of the organ:

## Heart – Xin 心

- governs the blood vessels (pulse, circulation of blood)
- houses and governs the mind power (Shén 神), i. e. the functions of consciousness, perception and cognition
- opens into the tongue (clear, and structured articulation)
- the heart finds its lustre in the face
- typical disturbances and key symptoms:
  - palpitations and other sensations in the region of the heart, sleep disorder, lack of concentration, disturbance of consciousness
- the shell of the heart (pericardium) protects the heart against external pathogenic influences
- [the shell of the heart corresponds mostly to the myocardium working as a pump in modern medicine including the system of coronary arteries and conduction]

# physiology - pathology



## manifestation of the organ: Spleen – Pí 脾

- is responsible for transport und transformation (digestion and assimilation)
- encloses the blood (helps to produce it and keeps it inside the vessels)
- is responsible for the ascending and thus keeps the organs at their place
- governs the flesh and the four limbs (nutritional state, vitality)
- opens into the mouth (taste)
- the spleen finds its lustre in the lips
- typical disturbances an key symptoms:
- loss of appetite, dyspepsia, obesity, cachexia, oedema (dampness), loss of physical power, disposition to bleedings, prolapses

# physiology - pathology

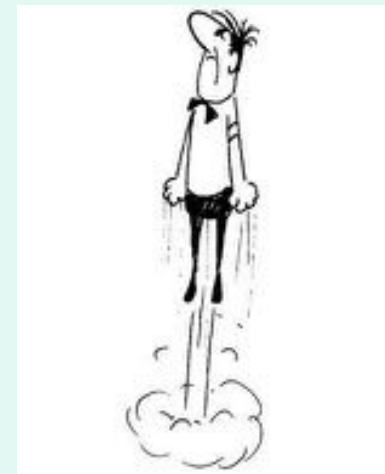




## manifestation of the organ: Liver – Gan 肝

- stores the blood (menses, vision, sinews, Shén神)
- is responsible for distribution and draining (keeps the Qi flowing)
- regulates the emotions and the mood
- stimulates digestion (flow of bile)
- governs the sinews (tension and development of forces in the locomotor system)
- opens into the eyes (vision)
- the liver finds its lustre in the nails
  
- typical disturbances and key symptoms:
- emotional influence to complaints (especially, anger, trouble, wrath, frustration), signs of Qi-stagnation, blood-deficiency, uprising liver-Yang (irritability, hypertension), liver-Wind (cerebral ischemia, uncontrollable spasms)

# Physiology - Pathology



manifestation of the organ: **Kidney – Shèn** 腎

- stores the essence (Jing 精)
- is responsible for growth, maturation, development and reproduction (sexual functions, “genetic structure”)
- governs the body fluids and the opening and closing of rectum and urinary bladder
- is responsible for the reception of Qi (completes the breath)
- governs the bones and produces the marrow
- opens into the ears (hearing)
- the kidney finds its lustre in the hair of the head
- typical disturbances and key symptoms:  
disturbance of sexual functions, growth and maturation, (low back pain, degenerative diseases), illnesses of the urogenital system, problems with self-fulfilment

# physiology - pathology



# Fu-organs 腑

臟者藏而不瀉  
腑者瀉而不藏

Zang-organs store  
but do not drain

Fu-Organs drain  
but do not store



# external pathogenic factors



# internal pathogenic factors

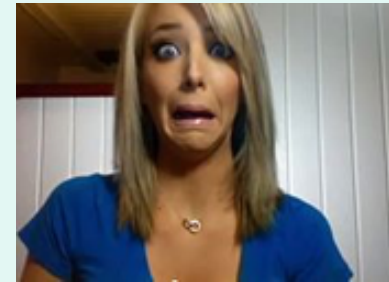
sorrow



joy



fright



pondering



grief



fear



anger



# the (seven) emotions

"The heart manifests in the mood as joy"

"The liver manifests in the mood as anger"

"The spleen manifests in the mood as pondering"

"The lung manifests in the mood as sorrow"

"The kidney manifests in the mood as fear"



# direct harm

“Anger affects the liver“

”Joy affects the heart“

”Pondering affects the spleen“

”Sorrow affects the lung“

”Fear affects the kidney“

# influencing the flow of Qi in the organs

”In anger Qi is rising“

”In joy Qi is loosened“

”In grief Qi is consumed“

”In fear Qi is pushed downwards“

”In fright Qi gets confused“

”In pondering Qi becomes knotted“

# Emotional antidotes

”Anger damages the liver, grief conquers anger.

Joy damages the heart, fear conquers joy.

Pondering damages the spleen, anger conquers pondering.

Sorrow damages the lung, joy conquers sorrow.

Fear damages the kidney, pondering conquers fear.“

# the way of the sages

„The lessons delivered to us by the sages of ancient times are saying: by time one has to withdraw from the evil influences that make use of our weak points and from the larcenous winds in order to rest in oneself. Then, the true origins find their direction, the essences and the spirit are conserved inside. Where from could an illness then get hold of you ? With an unworried willing and an alleviated desire the heart calms down and becomes free of fears. Labour does not weary your body, and the Qi obeys its direction. Everything is in the demanded course and finds its fulfilment.“

# the way of the sages

„Therefore, beautify your meals, ease your clothing, enrich your company with joy, do not strive for a high or low position. Such people may be called plain. In this way, your desires cannot weary your senses and evil influences cannot bewilder your heart. No matter if stupid, wise, virtuous or dishonourable, the fear against all matters is averted and the harmony with the right path (Dao) is established. Therefore, everybody is able to achieve an age of hundred years without exhaustion in movement. Thus, their virtue is complete and out of danger.“

Huang-di nei-jing su-wen: Shang-gu-tian zhen-lun pian di-yi  
黃帝內經素問•上古天真論篇第一

**Thank You for Your attention !**



