



Session 6: harmony of yin-yang in Daoist understanding of health and energetic body

HPPH 5015/6015

From 10am - 1pm

Face to face teaching at Classroom Arts 5

Friday the 16th April 2021



Tao as the metaphor of the harmony

- a. Tao is the basis of the harmony, because 'The great tao flows everywhere'
- b. Harmony is a balance between two opposites, which are both embodiment of Tao: Yin and Yang, Heaven and earth, Great and small, east and West, life and death; 'All ten thousand things carry the yin and embrace the yang. Through the blending of these vital forces, they achieve harmony.'(42)
- c. These two opposites are interdependent and interchangeable: such as happiness and misery in Chapter 58;
- d. Tao and Te always appear to be contrary to its nature.
- e. Circular rather than linear movement characterizes the evolution of Tao. Its any movement when goes to extreme will return to its negative, so that the cosmos is moving but still keeps its balance and harmony.



Harmony of Yin-yang

- The nature of Yin-Yang is to be combined, mixed and intertwined.
- Nothing in the universe is comprised only by yin or yang, but both. Even yang is partially yin, yin partially yang.
- The earthly female yin plays a role in the formation and aligning of heaven; while heavenly male yang plays the equivalent role in the formation and aligning of earth.

Characteristics of Dualism and Polarism

- **Dualism**

- Opposition
- Independent
- Closedness
- Exclusive
- Differ things by kind

The world is transformed

Polarism

Interconnectedness
Interdependent
Openness
Mutuality
Differ things by
degree

the world is created

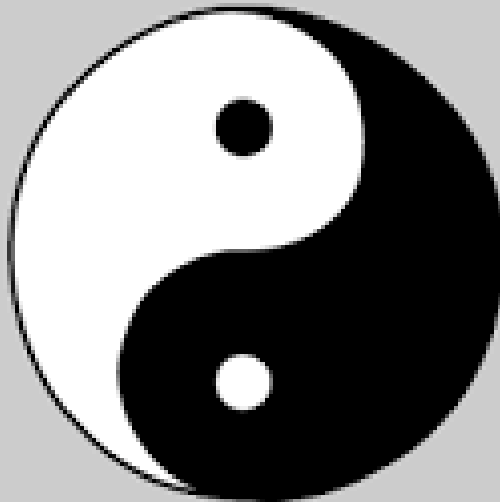
The role of Nvwa 女媧 and Fuxi 伏羲 in the BOOK OF hUAINANZI, 1.2

- The two August Lords of high antiquity (Nuwa and Fuxi) grasped the handle of the way and so were established in the center.
- Their spirits mysteriously roamed together with all transformations and thereby pacified the four directions.
- Hence they could revolve like the heavens and stand still like the earth.
- Their potency: accorded with Heaven and Earth and Harmonized Yin-yang; delimited the four seasons and attuned the five phases.
- (However) They acted non-actively and were united with the Dao. They spoke non-actively and were suffused by its Potency.



YANG

*heaven
 masculine
 rational
 hardness
 lightness
 sun
 fire*



YIN

*earth
 feminine
 emotional
 softness
 heaviness
 moon
 water*

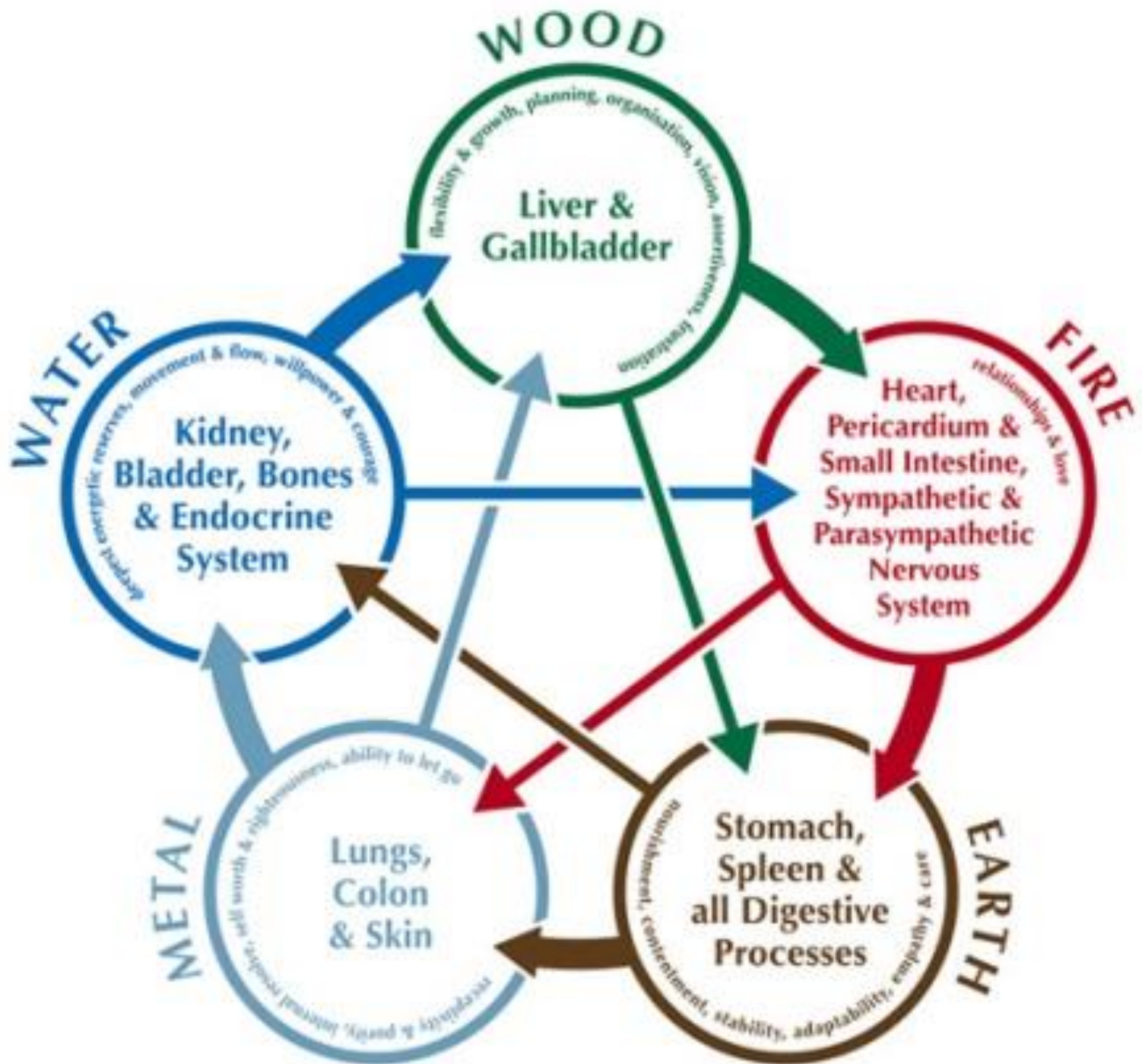


Harmony in Chinese Medicine

- Harmony is at the center for Chinese medicine, in which human life is taken as the microcosm of the universe, and the universe as the macrocosm of human life
- Human body is a harmony of yin-yang forces and five phases/elements.
- The illness is caused by 'being disharmony' or 'contrary to harmony'
- The good health is the result of harmonizing of the balance of the yin force and yang force and the function of the five phases

Integral internal organs systems of human body

- Human body is a holistic organic whole composed by
- **五脏** (Heart心, Liver肝, Spleen脾, lungs肺, kidneys肾) system and
- **六腑** (Stomach胃, Gallbladder胆囊, Large Intestine大肠, Small Intestine小肠, bladder膀胱, Triple Heater三焦) system
- **Producing relationship of the five organs:**
- Liver- Heart- Spleen- Lungs- Kidneys –Liver
- **Control relationships of the 5 organs:**
- Liver – Lungs - Heart –Kidneys – Spleen- Liver



THE FIVE ELEMENTS OF APPLICATION

WOOD

Yin - Liver; L14, Sp6, B18

Yang - Gall Bladder; GB34 & Yang Side of the Legs

Tonifying- Sour Foods and Green Colors

Sedating- Spicy Foods

Eyes- Too Yellow; Gall Stones / Hepatitis

Nails- Grey w/ Cracks; Abnormal Liver Function

Water

Yin - Kidneys; K 1, 10, Sp 6, B 23

Yang - Bladder; Entire Meridian

Tonifying - Mildly Salty Foods, Dark Colors

Sedating - Sweet Foods

Ears - Ringing

Hair - Balding = Poor Kidney Function

FIRE

Yin - Heart; H 3 Pericardium; P3

Yang - Sm Int; SI 8, 12-15, B 27, TB 5

Tonifying - Bitter Food & Red Colors

Sedating - Salty Foods

Tongue - Red, Dry & Cracked =

Developing Heart Troubles

Face - Dull Complexion, Sad

Expression = Poor Heart Function

**Piercing & Squeezing
Closing In**

**Covering
Spreading
Closing Down**

**Supporting
Suck & Lift
Drilling Down**

**Center
Round & Pivoting**

**Splitting
Opening Up & Out**

Earth

Yin - Spleen; Sp 6, 9, 10

Yang - Stomach; St 36, 41, Cv 15

Tonifying - Sweet Foods & Yellow Colors

Sedating - Sour Foods

Mouth - Dark Lips & Mouth = Poor Spleen / Stomach function

Muscle - Flaccid / Inelastic = Poor Spleen / Stomach function

Metal

Yin - Lungs; L 2, 5, B 13

Yang - Large Intestine; LI 4, B25

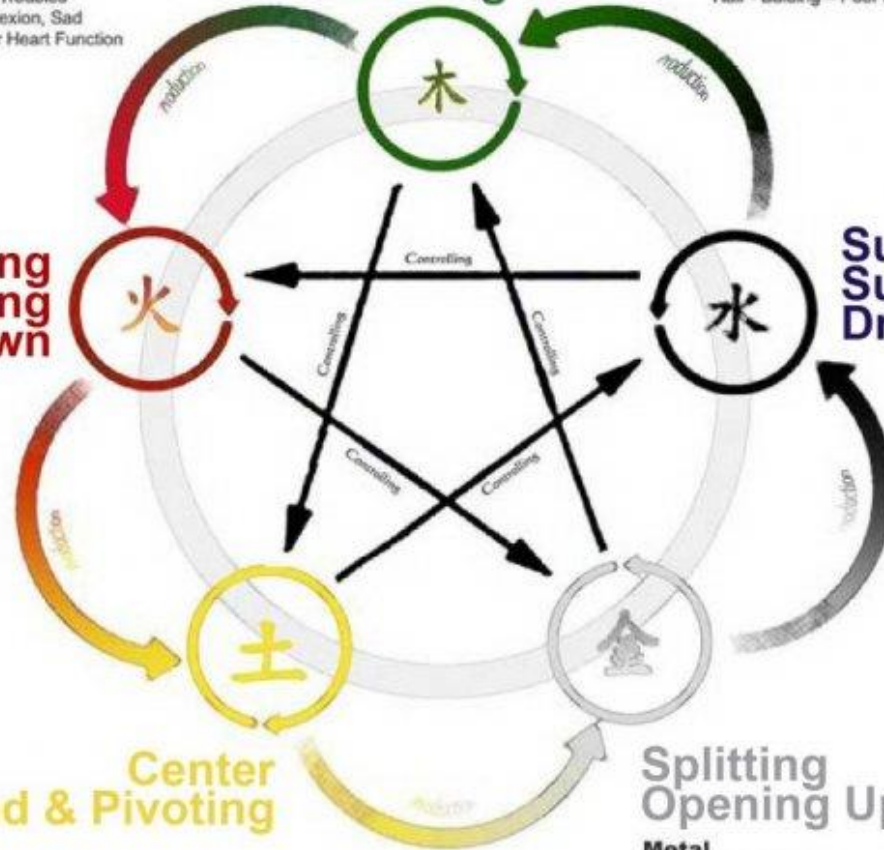
Tonifying - Spicy / Pungent Food & White Colors

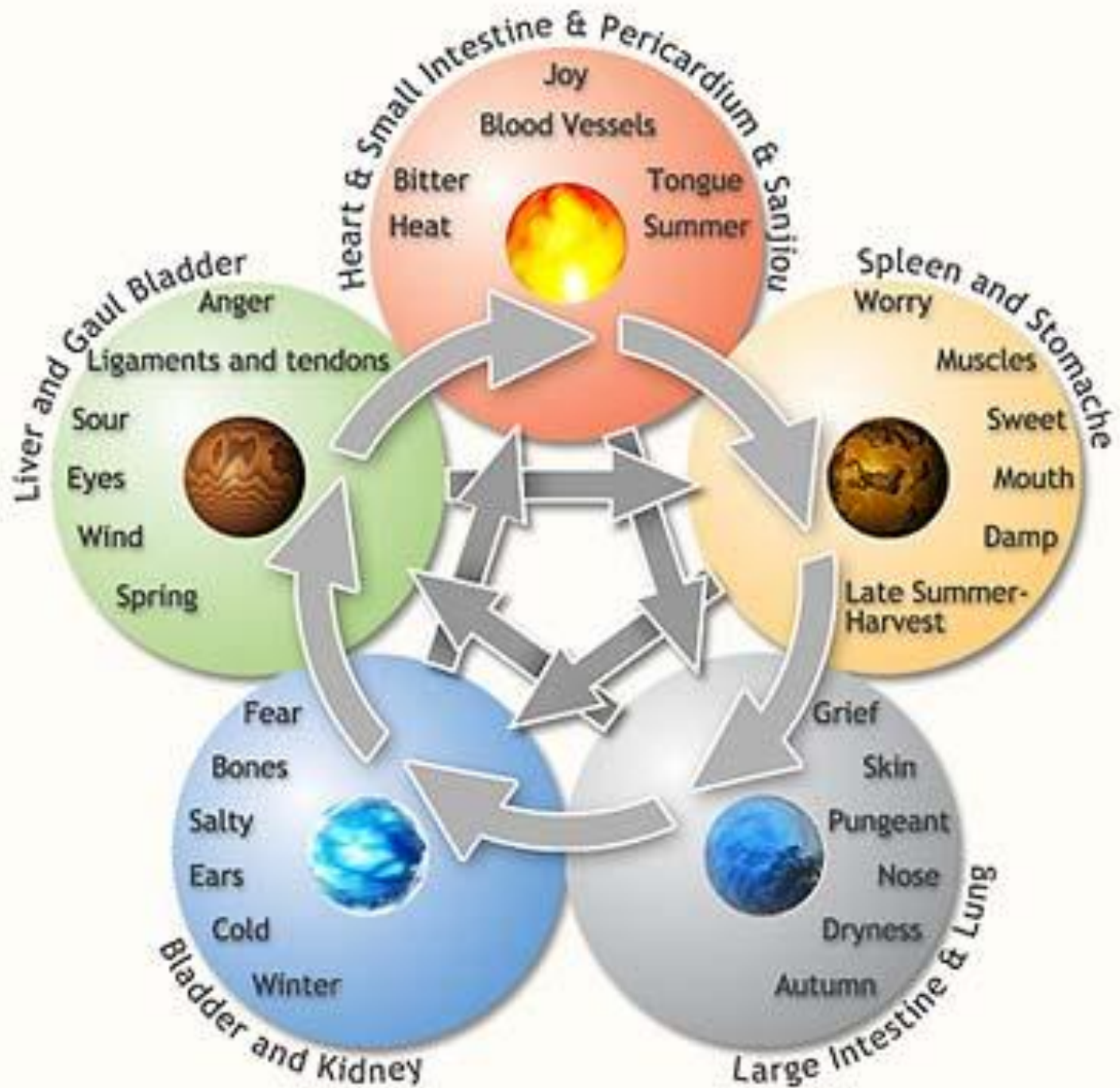
Sedating - Bitter Foods

Nose - Red = Trapped Heat / Pale = Trapped Wind

Body Hair - Little = Weak Lung Function

Excessive = Trapped heat, Poor Libido





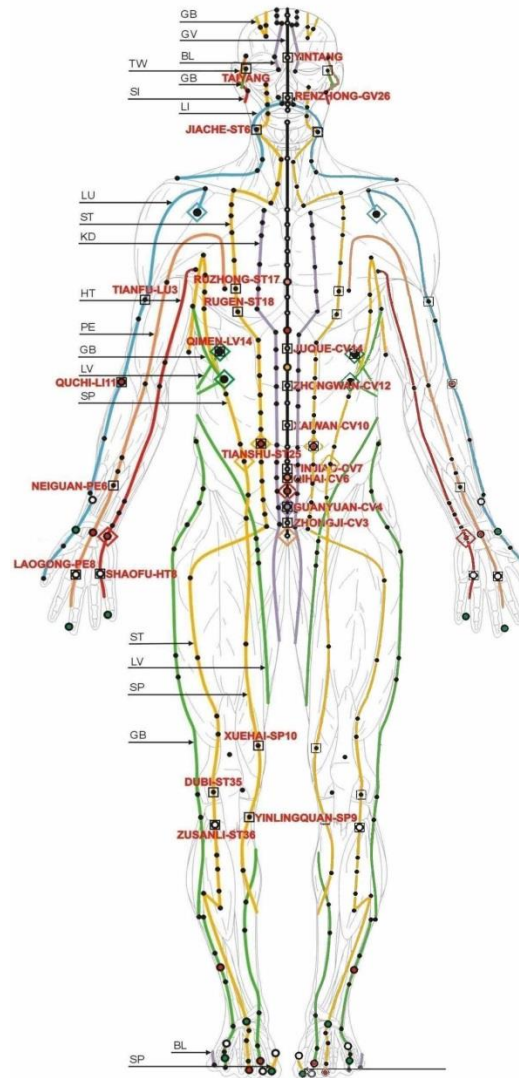
The relationship between zang脏and fu腑

- 五脏者，所以藏精神血气魂魄者也。
- 六腑者，所以化水谷内行精液者也。
- 《黄帝内经素问灵枢集注• 本藏第 4 7 》
- Zang organs are solid organs while Fu organs are hollow ones
- Zang organs belong to Yin while Fu organs belong to Yang
- Zang organs belong to internal while Fu organs belong to external
- Zang organs in charge of absorbing while Fu organs excrete
- 脏腑各有职责,但是通过经络相互联系.
- Meridian are networking system for connecting internal yin-yang organs
- 调和阴阳, 平衡虚实, 和顺脏腑, 疏通经络
- Maintaining health is to adjust yin-yang, to balance the under and over activities, to harmonize the solid and hollow organ systems and to unblock the meridians through methods such as medicine, Daoyin massage, acupuncture, Qi regulation, and Internal Alchemy .

Meridian System

- The twelve meridian are named according to their corresponding organs, limb positions and yin-yang properties.
- The **triple burner** and the **pericardium** meridian do **not** refer to **anatomical structures**. They are **function unites**.
- The organs mentioned here have a much broader meaning then what is typically thought of their function in Western medicine.

Human body meridians



ANTERIOR VIEW

LEFT - YIN SUPERFICIAL MERIDIANS

RIGHT - SUPERFICIAL MUSCULATURE

ARM YIN MERIDIANS & SHICHEN

LU - LUNG MERIDIAN 3 - 5 AM

HT - HEART MERIDIAN 11 AM - 1 PM

LV - LIVER MERIDIAN 1 - 3 AM

LEG YIN MERIDIANS & SHICHEN

SP - SPLEEN MERIDIAN 9 - 11 AM

KD - KIDNEY MERIDIAN 5 - 7 PM

PE - PERICARDIUM MERIDIAN 7 - 9 PM

CV - CONCEPTION VESSEL (CENTERLINE)



LEGEND

- WOOD PHASE MERIDIAN
- 1ST FIRE PHASE MERIDIAN
- 2ND FIRE PHASE MERIDIAN
- EARTH PHASE MERIDIAN
- METAL PHASE MERIDIAN
- WATER PHASE MERIDIAN
- PRIME VESSEL

- STIMULATION ACUPRESSURE POINT
- SEDATION ACUPRESSURE POINT
- ELEMENTAL ACUPRESSURE POINT*
- ALARM ACUPRESSURE POINT
- YU (ASSOCIATED) ACUPRESSURE POINT
- SUPERFICIAL ACUPRESSURE POINT
- *SHICHEN MERIDIAN STRIKING POINT
- SHICHEN ZANFU 12 HOUR VITAL STRIKING POINT

WRIST PULSE

LEFT

DEEP / SUPERFICIAL

HT / SI

LV / GB

KD / BL

RIGHT

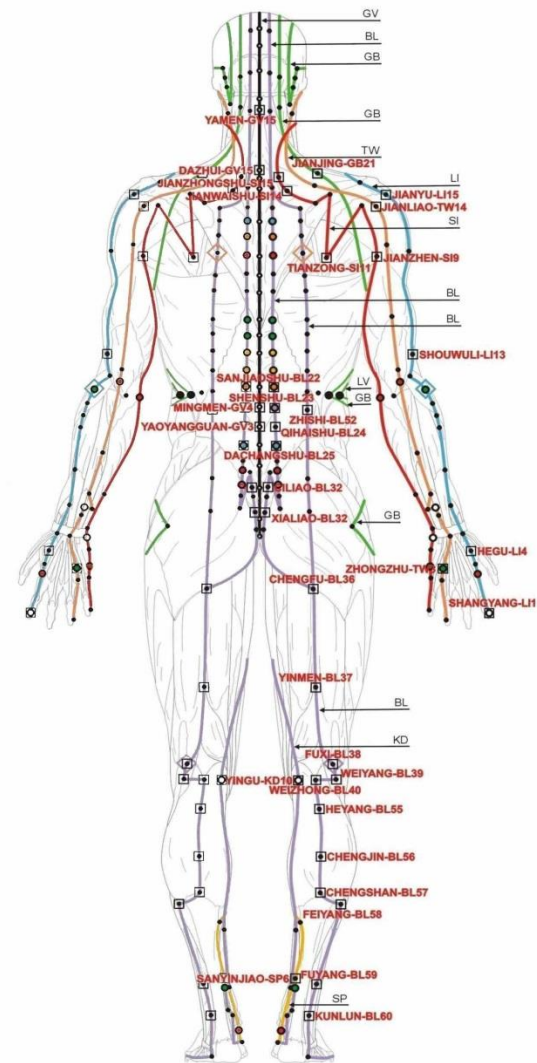
DEEP / SUPERFICIAL

LU / LI

SP / ST

KD / PE - TW

□ GENERAL USE STRIKING POINTS



POSTERIOR VIEW

LEFT - SUPERFICIAL MUSCULATURE

RIGHT - YANG SUPERFICIAL MERIDIANS

ARM YANG MERIDIANS & SHICHEN

LI - LARGE INTESTINE MERIDIAN 5 - 7 AM

SI - SMALL INTESTINE 1 - 3 PM

TW - TRIPLE WARMER 9 - 11 PM

GV - GOVERNING VESSEL (CENTERLINE)

LEG YANG MERIDIANS & SHICHEN

ST - STOMACH MERIDIAN 7 - 9 AM

BL - BLADDER MERIDIAN 3 - 5 PM

GB - GALL BLADDER MERIDIAN 11 PM - 1 AM

CV - CONCEPTION VESSEL (CENTERLINE)

Limb position	Yin/yang	Property	meridian
Arm	Yin	Tai Yin	Lung Meridian
		Shao Yin	Heart Meridian
		Jue Yin	Pericardium Meridian
	Yang	Yang Ming	Large Intestine Meridian
		Tai Yang	Small Intestine Meridian
		Shao Yang	Triple Burner Meridian
Leg	Yin	Tai Yin	Spleen Meridian
		Shao Yin	Kidney Meridian
		Jue Yin	Liver Meridian
	Yang	Yang Ming	Stomach meridian
		Tai Yang	Bladder Meridian
		Shao Yang	Gall Bladder Meridian

Five Elements and Internal organs

Meridian (yin-yang attribution)	Elements
Heart (Shao Yin/ Lesser Yin) Small Intestine (Tai Yang/Greater Yang) Pericardium(Jue Yin/ Absolute Yin) Triple Heater (Shao Yang/ lesser yang)	Fire
Spleen (Taiyin/ Greater Yin) Stomach (Yangming/ sunlight Yang)	Earth
Lung (Taiyin/ greater Yin) Large Intestine (Yangming/sunlight Yang)	Metal
Kidneys (shaoyin/ lesser Yin) Bladder (Taiyang/ greater Yang)	Water
Liver (Jueyin/ absolute Yin), Gallbladder (Shaoyang/ lesser Yang)	Wood

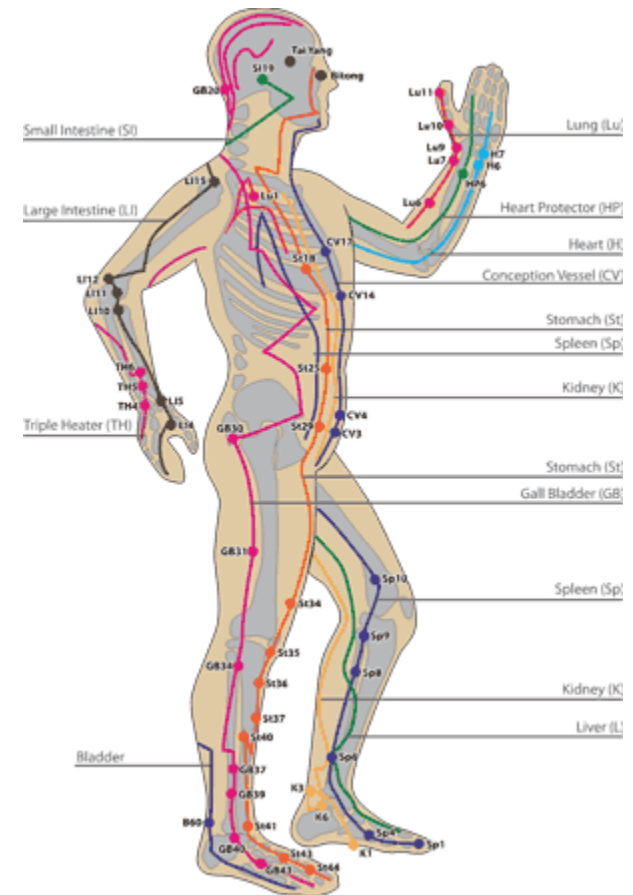
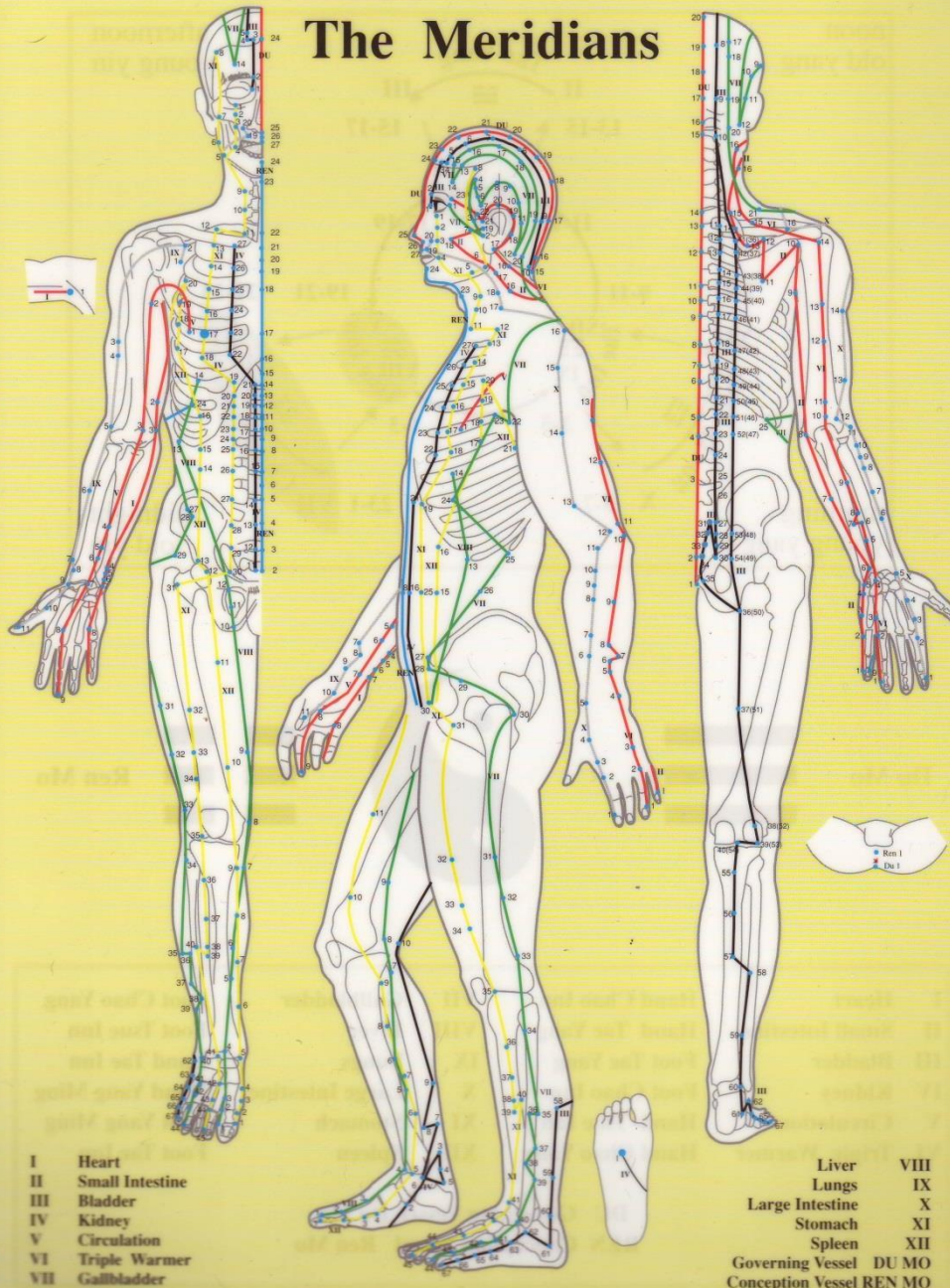
Yin-Yang and Five Phases and Internal organs

Meridian	Five Phaseses	Yin-Yang Status
Heart, Small Intestine, Pericardium, Triple Heater	Fire	Major yang is symbolized by fire
Liver, Gallbladder	Wood	Minor yang is symbolized by wood
Spleen, Stomach	Earth	Yin-yang is symbolized by earth
Lung, Large Intestine	Metal	Minor yin is symbolized by metal
Kidneys, Bladder	Water	Major yin is symbolized by water

Distribution of the 12 meridians in the Body

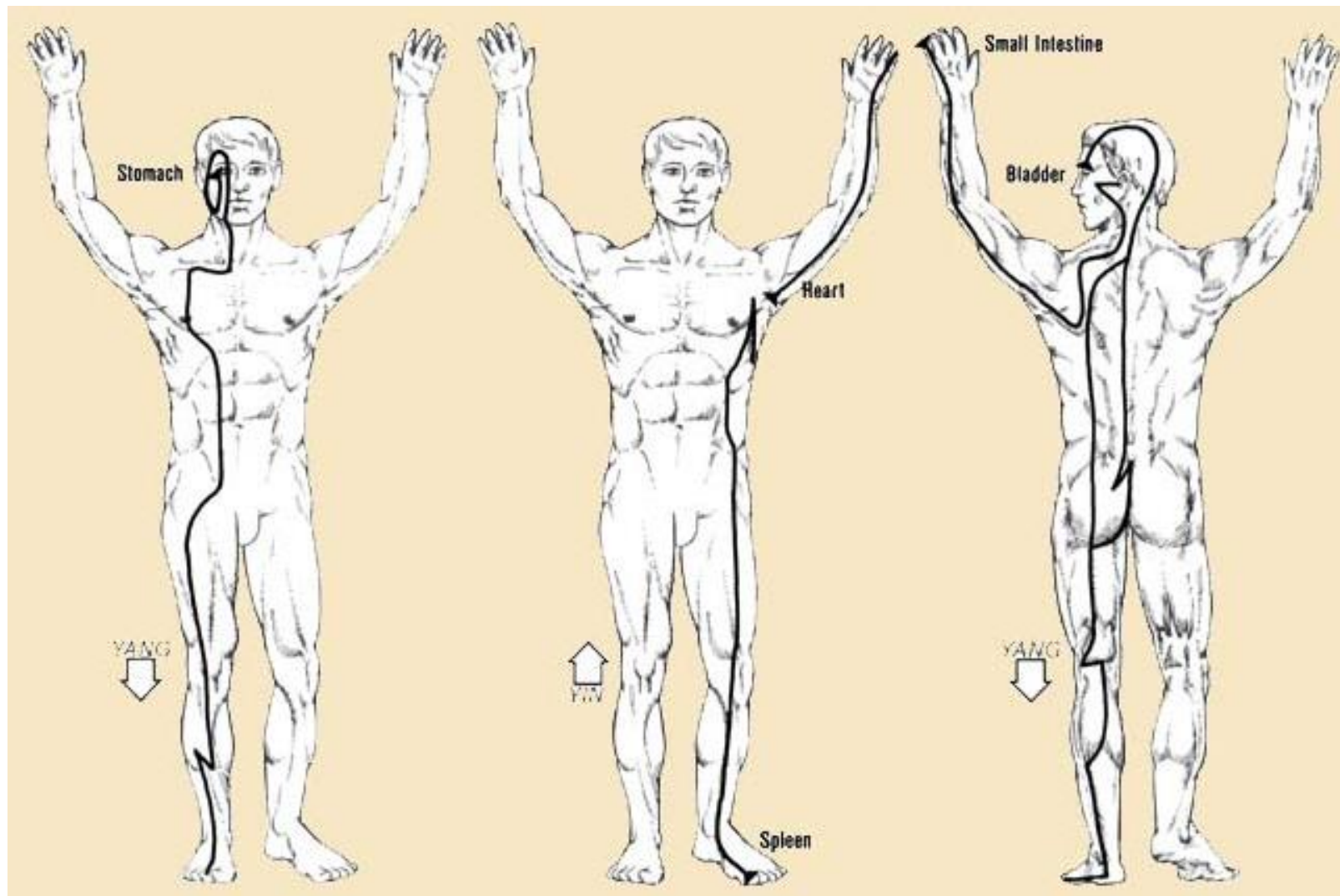
- The 12 meridians have lateral and symmetrical distribution on the head, face, trunk and limbs.
- The Six Yin meridian are distributed on the inner side of the limbs and on the chest and abdomen.
- The Six Yang Meridians are distributed on the outer side of the limbs and on head, face and trunk.

The Meridians



The order and arrangement of the three Yang Meridian

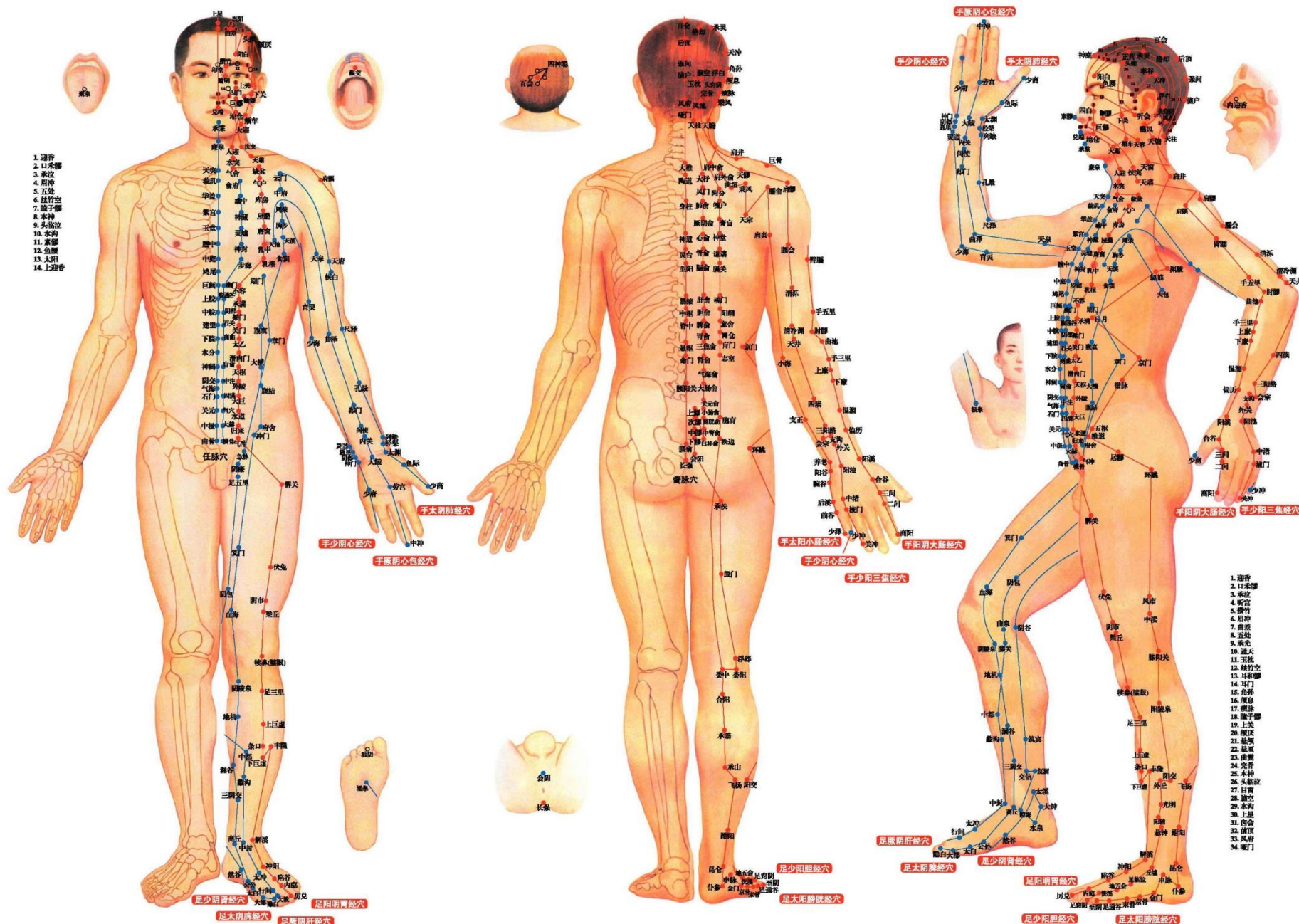
- Yang Ming (sunlight Yang) has a anterior position
- Shao Yang (Lesser Yang) has a middle position
- Tai Yang (Greater Yang) has a posterior position
- Reasons:
 1. Since most animals back receive the greatest amount of sunlight, the back or posterior regions is named Tai Yang
 2. The positions of Shan Yang and Yang Ming are located at more anterior regions where less sunlight is received.



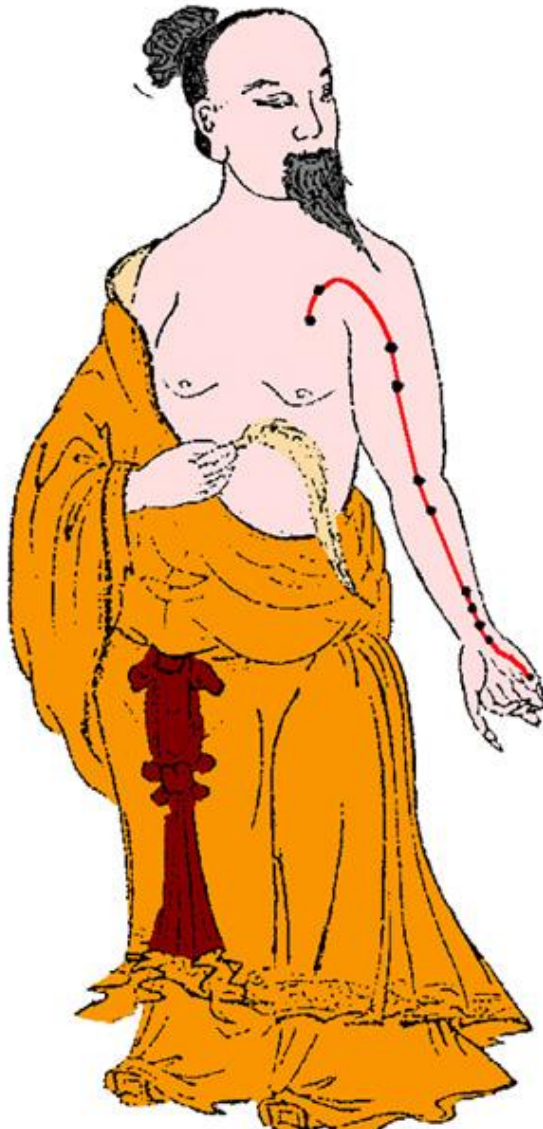
The Order and arrangement of the Yin Meridian

- Tai Yin (Greater Yin) has an anterior position
- Jue Yin (absolute Yin) has a middle position
- Shao Yin (Lesser Yin) has a posterior position
- All the three have described the variation of Yin Qi and the degree of darkness at that position.

国家标准经穴部位挂图



Leg Taiyin Spleen and Hand Taiyin Lung Meridians

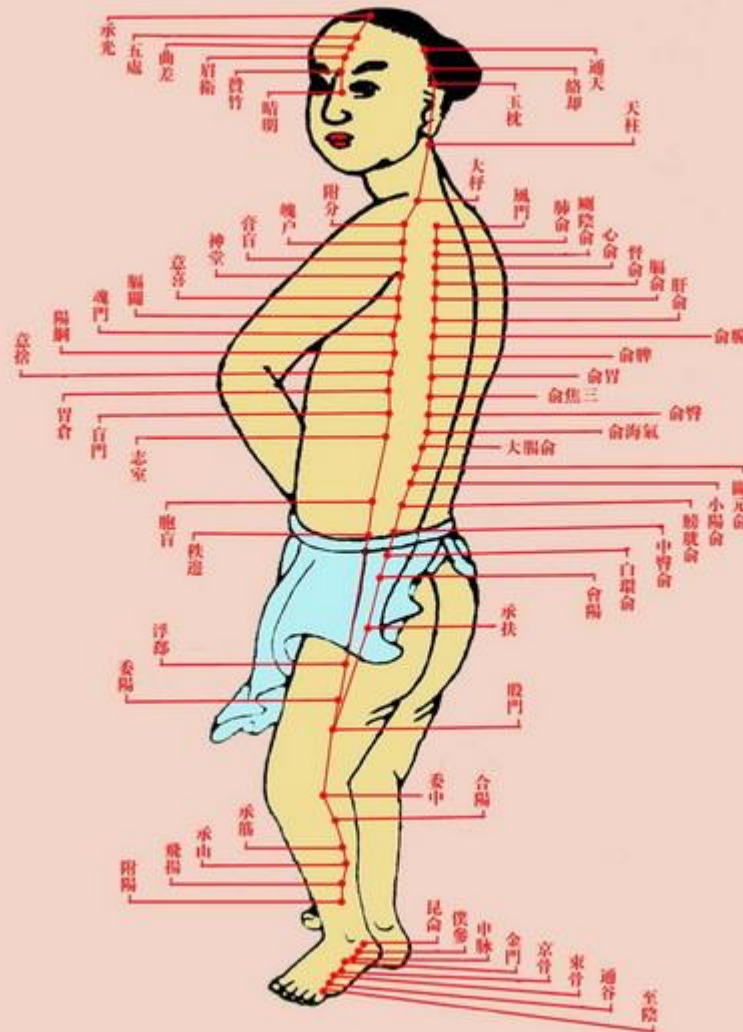


The pathways of the 12 Meridians

- According to the Yellow Emperor's Medical Classics:
- The three yin meridians of arm go from organs to the hands
- The three yang meridians of arm go from the hands to the head.
- The three yang meridians of legs go from the head to the feet.
- The three yin meridians of legs go from the feet to abdomen

Arm Tai Yang Small Intestine and Leg Taiyang Bladder Meridians

足太阳膀胱经 (申)



Exterior –Interior Relationship in the Meridians

- Meridians are classified into Yin/Yang meridians according to the yin/yang organs they are connected.
- The interior belongs to yin and the exterior belongs to yang
- Yin organs are thought to have more internal functions and called as internal organs (absorbing and preserving organs)
- Yang organs have more external functions are considered external organs (digestive and excretory organs).

大經穴之經穴
周髀經之經穴

天經穴之經穴
手經穴之經穴

經穴之經穴
足經穴之經穴

大經穴之經穴
足經穴之經穴

不經在經穴
經穴之經穴
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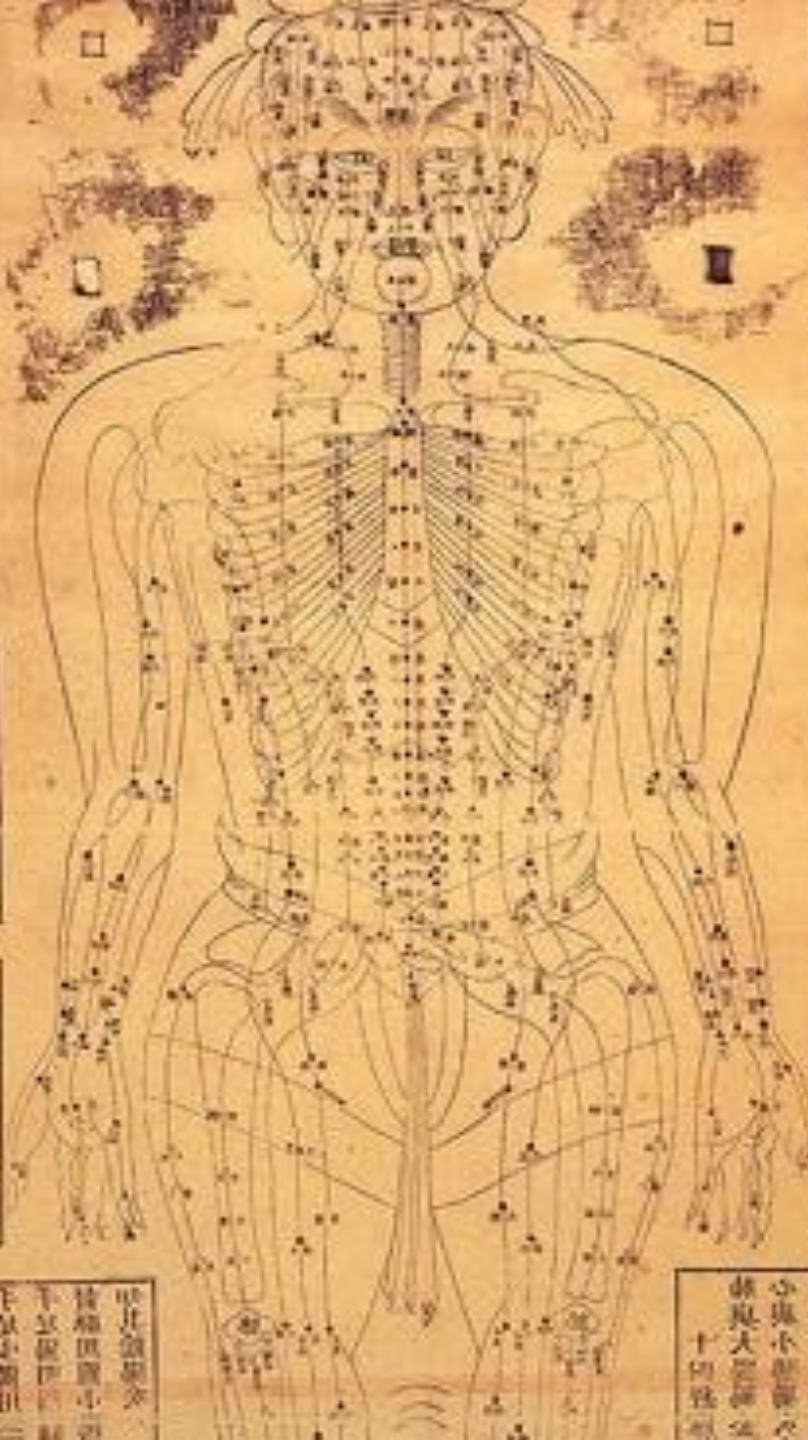
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周髀經之經穴

天經穴之經穴
手經穴之經穴

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足經穴之經穴

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Absorbing and Excretory Relationship in the Meridians

- Meridians are also classified into Yin/Yang meridians according to the different functions of the organs.
- The absorbing or preserving organ belongs to yin
- While the digestive or excretory organ belongs to yang

Yangsheng Principle of Integration

- Nurturing the Xing, Qi and Shen together
- Cultivation of both Xing (nature) and Ming (destiny)
- Harmony internal organ systems: Dredge the Meridian and Acupuncture channels
- Empty, Tranquil and non-action/ relaxing
- Reverse the Postnatal to the Congenital
- Harmony with Natural



Health and Harmony of function

- The physiological function of the body based on the harmonious relationships between the yin and yang organs systems.
- And the harmonious flow of Qi among the meridian channels in accordance with their own time schedule.

Chart of Qi flow in Meridians

- Arm Tai Yin Lung Meridian (3-5am)
- Arm Yang Ming Large Intestine Meridian (5-7am)
- Leg Yang Ming Stomach Meridian (7-9am)
- Leg Tai Yin Spleen Meridian (9-11am)
- Arm Shao Yin Heart Meridian (11am-1pm)
- Arm Tai Yang Small Intestine Meridian (1-3 pm)
- Leg Tai Yang Bladder Meridian (3-5pm)
- Leg Shao Yin Kidney meridian (5-7pm)
- Arm Jue Yin Pericardium Meridian (7-9pm)
- Arm Shao Yang Triple Burner Meridian (9-11pm)
- Leg Shao Yang Gall Bladder Meridian (11pm-1am)
- Leg Jue Yin Liver Meridian (1-3am)
- Arm Tai Yin Lung Meridian (3-5pm)