

流注环周图 灵龟八法图

CHRONO-ACUPUNCTURE CHARTS

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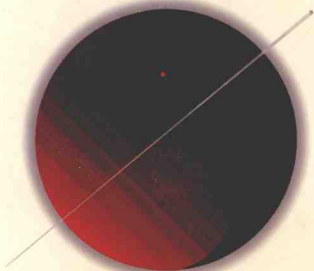
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(中英文对照)

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使用说明

流注环周图 系纳甲法与纳子法按时开穴。纳甲法：**1**先按公式（在可转盘内）计算出当日的干支序数（超过六十的按减六十的余数）。在第三圈（由内向外数）查出序数下面即是就诊当日的干支数，用天干表示日的，如甲，丙，戊，庚，壬为阳日，乙，丁，己，辛，癸为阴日。**2**在最外圈查出就诊的时辰。**3**在就诊当日下属时辰中，从地支中找出就诊时辰。**4**此时辰下面，第五圈中即是就诊当日、当时的开穴。若穴位是空缺时，可按合日互用开图中与当日相对另一日同时辰之穴，或者用一（井穴）、四（经穴）、二（荣穴）、五（合穴）、三（俞穴）、0（阳经气纳三焦穴，阴经血归包络穴），规律配出的穴位。纳子法：在图的最外圈各就诊时辰各有补（十）穴、泻（一）穴、原穴、本穴供选用。

灵龟八法图 是依流注环周图查出的就诊日干支在此图第二、三圈找出，时干支在第四、五圈中找出，将其旁数字相加之和数，在最外圈中找出，若就诊日为阴日，则用和数上面（黑字）穴位，若就诊日为阳日，则用和数下面（红字）穴位。

手图 是用心算手数，开子午流注纳甲法穴位的一种方法，使用它时，必须熟练掌握：**1**五脏、六腑、十二经、五俞穴各自的五行属性，**2**一（井穴）、四（经）、二（荣穴）、五（合穴）、三（俞穴）、0（阳经气纳三焦穴，阴经血归包络穴）的顺序及在各经中所代表的穴位，**3**五虎建元（手图手掌部位即是）。使用时按下面步骤：**1**先在手图中找到就诊日的天干，**2**在手图找到就诊当时的地支，**3**按五虎建元找出就诊当时地支上的天干，**4**再由手图找到此天干属何经及开井穴的时辰，**5**由此时辰起，顺时针，按一、四、二、五、三、0顺序，隔一时辰向前数一个，数到就诊时辰所得之数，即可知开何穴。举例：**1**甲日寅时开何穴？**1、2**两步看图即知，**3**按五虎建元知寅时的天干是丙，**4**天干丙是小肠，手图中在申时（即小肠井穴起点）为**1**。**5**戌时是**4**，子时是**2**，寅时是**5**（寅是就诊的时辰），**5**是小肠经合穴即小海穴。结果是甲日寅时（阳日阴时）开小海穴。**2**甲日丑时开何穴？（1）、（2）两步略，（3）因甲日为阳日，丑时为阴时，故用己日丑时，按己日寅时天干是丙推出丑时天干是丁，（4）天干丁是心，手图中在未时，（5）未是**1**、酉是**4**、亥是**2**、丑是**5**（丑是就诊时辰），**5**是心经的合穴即小海穴，甲日丑时（阳日阴时），可针其合日互用己日丑时的开穴少海穴。

CHRONO-ACUPUNCTURE BASED ON THE NINE-PALACE CHART, BIOCLOCK AND FIVE-ELEMENT HAND CHART.

INTRODUCTION:

Chrono-Acupuncture is a needling method based upon the physio-pathological manifestations of Qi and blood flow in a 12 x 2hr. cycle in the human body. The method of calculation is based upon the cycle of the ten Celestial Stems (TIAN GAN) and twelve Terrestrial Branches (DI ZI). The guiding principle is the concept of "Correspondance between Man and Heaven" as described in the NEI JING (Su Wen: Chapt.26). Clinically, it is used to select a point or points according to the exact patient visiting-time (including the hour, day, month and year).

The following are the explanations of the three charts covering a total of four different methods of calculation. In theory they are used to treat any disease (according to the patient visiting-time) though clinically they are more often applied selectively in accordance with standard T.C.M. methods of differentiation and treatment.

CHART C: THE BIOCLOCK (LIU ZHU HUAN ZOU)

This chart is used to select a point or points for treatment using the four variables of the Lunar Calendar (hour, day, month and year) in order to calculate the relevant Celestial Stem and Earthly Branch corresponding to the time of treatment. It forms the basis of all four methods of calculation and thus is clinically the most insert of three charts.

It incorporates the following two methods:

1. The NA JIA method:

This is the most commonly used method in clinic.

-First consult the centre of chart A (rotating part) and find the ordinal numbers corresponding to the year and month of the patient visiting time and add them together.

-Now add this total to the ordinal of the corresponding day (if the new total exceeds 60 then subtract 60).

-Locate the final total in the second circular band (counting from the rotating part outwards) using the arrow provided.

-Now check the romanised letter and numeral corresponding to this total.

NOTE: The letters A-J inclusive represent the twelve Terrestrial Branches.

EXAMPLE: (the same will be used here in after)

The patient visiting time is: 9.30am, 4th February 1987

-Thus calculate the following equation:

$$46(1987) + 31(\text{February}) + 4(\text{the day}) = 81. \text{ Subtract } 60 = 21.$$

-Now locate the number 21 with the arrow to find the Celestial Stem A and the Heavenly Branch IX (Read as A IX)

NOTE: A IX is a Yang day (red colour). All Yang days are odd numbers in the chart, all Yin days are even (black).

-Next, locate the above-calculated Celestial Stem (A in the example) in the first circular band (counting outwards). This area covers a total of 12 numbers (in the example, the area A includes the numbers 1 - 12 inclusive).

-Now, from amongst these 12 categories locate the Terrestrial Branch corresponding to the precise hour of treatment.*

* This calculation is made from the outermost circle on the chart showing the 24 hr. Bioclock. In the above example, the treatment, time is 9:30am. The corresponding Terrestrial Branch is VI. Thus, we may locate VI within the area of A under category 6.

-Next, moving outwards within category 6 into the third and fourth bands the Channel and Point for treatment can be found respectively. (In the example these are the Spleen Channel/Earth and the point SHANGQIU (Sp.5).)

-In the fifth circular band we are reminded that this is the Metal point on the Spleen Channel and its 5-Element number is 4 (ie: Jing-River point).

CONCLUSION:

According to the NA JIA method at 9:30am on Feb.4th 1987 the chart shows us that at the point SHANGQIU (Sp.5) the Qi is most flourishing and effective treatment may be administered here.

2. The NA ZI method:

This is used if the NA JIA method fails to produce a point for treatment or, if desired, as an alternative method in its own right.

It is based entirely upon the hour of treatment alone.

- In the outermost circular band of Chart Allocate the patient visiting time in the 24hr. Bioclock. In the corresponding 2Hr. period various information is given. (In the example, 9:30am gives the Terrestrial Branch VI and the Celestial Stem F. The channel is Spleen, the Element Earth).

- The + sign indicates the point used for tonification at this time (in this case JIEXI (St.41)*).

- The - sign gives the sedation point (SHANGQIU (Sp.5) in the example*).

- The two points immediately to the left are the Yuan-Source and Ben-Root points respectively. (The latter is known as the root point since it has the same element as the Channel on which it is located. In the example it is TAIBAI (Sp.3), the Earth point on the Earth channel.)

* JIEXT (St.41) is the fire point on the Stomach channel which precedes the Spleen channel according to the flow of energy in the channels. Thus, since Fire is the mother of Earth and Stomach can act as the mother of Spleen (in terms of Qi flow), this point can be used to tonify.

SHANGQIU (Sp.5) is the Metal point (son of Earth) on the spleen channel itself and thus can be used for sedation.

CONCLUSION:

According to the NA ZI method, at 9:30am on ANY day, the chart shows us that the points JIEXI (St.41) and SHANGQIU (Sp.5) may be used for tonification and sedation respectively.

CHART A: THE 9PALACE CHART OR "8METHODS OF THE DIVINE TORTOISE"

(LING GUEI BA FA - mentioned in the LING SHU)

This is used primarily as an alternative to either the NA JIA or NA ZI methods and specifically in treating diseases affecting the 8-Extra channels.

Like the NA JIA method it involves calculation of the relevant Celestial Stem and Heavenly Branch based upon the exact time of treatment.

Method:

- Follow exactly the NA JIA method to calculate the first Heavenly Stem and Terrestrial Branch. (In the example they are A IX respectively under the category 21).

- Then, as before, locate the Terrestrial Branch corresponding to the treatment time (9:30 in the example is:VI) within the area of Heavenly Stem A in the first circular band. (category 6 in the example).

- Take note of the Heavenly Stem under category 6 (it is F in the example).

- Now form the equation from the beginning including the 2 Heavenly Stems and the 2 Terrestrial Branches already found. (In the example this should give: AIX F VI.*

* The order here is essential ie: Stem-Branch-Stem-Branch starting from the first calculation.

- Next, refer to the circular bands in chart B.

- Starting from the centre outwards, locate each of the Stems and Branches in their proper order according to the equation calculated above, (AIX F, VI in the example) and note down their corresponding ordinal numbers, (10, 9, 9, 4).

- finally, add up these numbers (32 in the example) and locate the total in the outermost circular band.

- Remembering from the first Celestial stem and Heavenly Branch calculation (Z IX in category 6) whether the day in question is Yang or Yin, select the point accordingly. Red = Yang; Black = Yin. (In the example, A IX is a Yang day and thus the point ZAOHAI (Ki.6) can be selected).

CONCLUSION:

According to this method, at 9:30am on Feb.4th 1987 the chart shows us that the point ZAOHAI (Ki.6) can be selected for treatment.*

* It should be noted that since this point is a confluent point it can be used in conjunction with LIEQUE (Lu.7) to treat disorders affecting not only the related regular channels (Kidney and Lung) but also their related extra channels (the Yingqiao and Ren channels respectively).

CHART B: HAND CHART (WU HU JIAN YUAN)

This is used primarily as an alternative to Chart A. However, it is a rather complicated method demanding a more thorough knowledge of the theories of Zang-Fu organs, the 12 regular channels, the 5-Shu points and the 5-Elements. For this reason, it is less frequently used in clinic than the other methods.

Method:

- Calculate the Celestial Stem corresponding to the treatment time as per NA JIA method. (A in the example).
 - Refer to Chart C and locate the stem (A) on the hand.
 - Locate separately the Terrestrial Branch corresponding to the hour of treatment displayed in 12 x 2hr periods around the hand. (VI in the example) Note whether this is a Yang or Yin time. (Yin in the example).
 - Now refer to the grid in the centre of the palm. Check the Celestial Stem already calculated (A in the example) against the corresponding celestial stem in the column on the right (C in the example).
 - Next, find the new stem on the hand and check its corresponding Zang-Fu organ. (In the example this is the small Intestine).
 - Remembering the Branch for the treatment time (VI in the example) check that it corresponds to the selected Zang-Fu organ in terms of Yin and Yang. (In the example, the time, VI, is Yin, the organ, SI., is Yang).
 - If they do not correspond, select the Zang-Fu which is internally-externally related to the one previously found (in the example this is the Heart). Note the new Stem and Branch corresponding to this organ (these are D and VIII respectively).
 - Next, remembering the patient visiting time (VI), count clockwise from the Branch calculated above (VIII) including only every second Branch according to the following pattern: 1, 4, 2, 5, 3, 0.*
 - According to the resulting ordinal number, the point can be found.
- (In the example, counting from VIII to VI clockwise takes 5 Yin Branch counts. According to the sequence mentioned above the 5th number is 3).

* 1=Jing-well; 2=Ying-spring; 3=Shu-Stream; 4=Jing-River; 5=He-Sea; 0="All the Qi of the Yang channels flows into the San Jiao channel, all the blood of the Yin channels flows into the Pericardium channel".

- Therefore, in the example, select the Shu-Stream point (3) on the Heart channel (VIII) for treatment. This point is SHENMEN (Ht.7).

CONCLUSION:

According to this method, at 9:30am on feb.4th 1987 the point SHENMEN (Ht.7) can be selected for treatment.

NOTE:

For the sake of simplicity, the system of Roman numerals and letters used in the above explanations here replace the original Chinese characters corresponding to the 10 Celestial Stems and 12 Terrestrial Branches.

Refer to the table below for a key to the system used above.

CELESTIAL STEMS: 天干 (TIAN HAN)

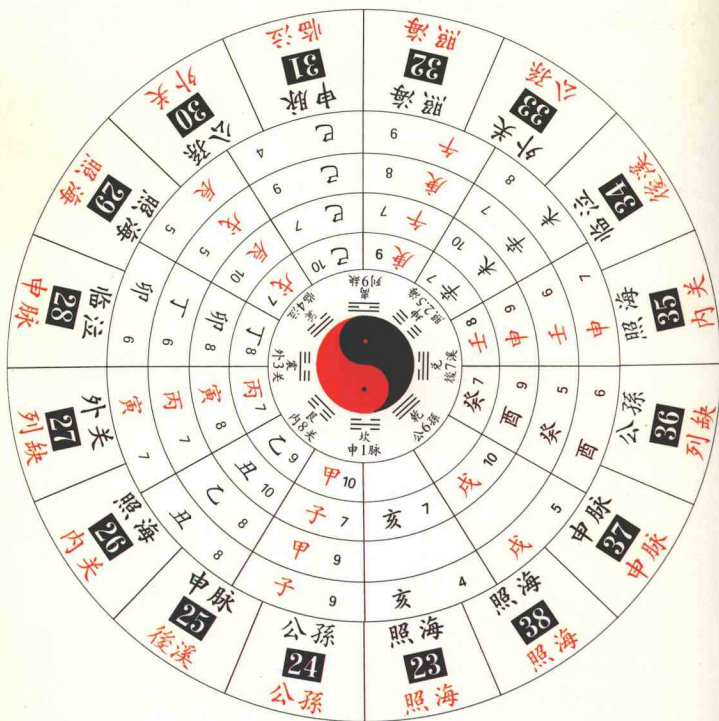
Roman letter:	A	B	C	D	E	F	G	H	I	J
Chinese character:	甲	乙	丙	丁	戊	己	庚	辛	壬	癸
Pinyin:	JIA	YI	BING	DING	WU	JI	GENG	XIN	REN	GUI

TERRESTRIAL BRANCHES: 地支 (DI ZI)

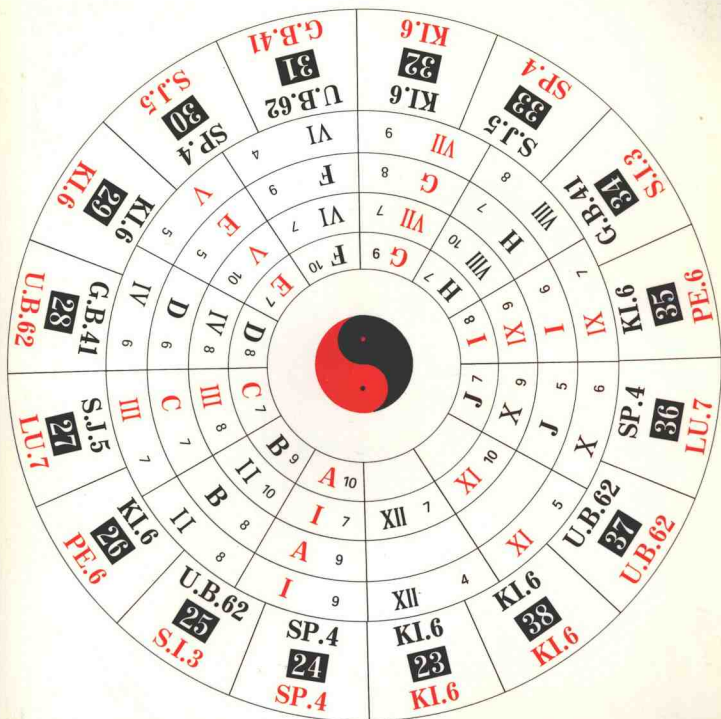
R.L.:	I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII
C.C.:	子	丑	寅	卯	辰	巳	午	未	申	酉	戌	亥
P.:	ZI	CHOU	YIN	MAO	CHEN	SI	WU	WEI	SHEN	YOU	XU	HAI

* The charts accompanying the above explanations were compiled in their present form by Prof. GAO LI SHAN, the present director of the Acupuncture Dept. in Guang An Men Hospital, Beijing, China.

灵龟八法图



8 METHODS OF THE DIVINE TORTOISE



手 图

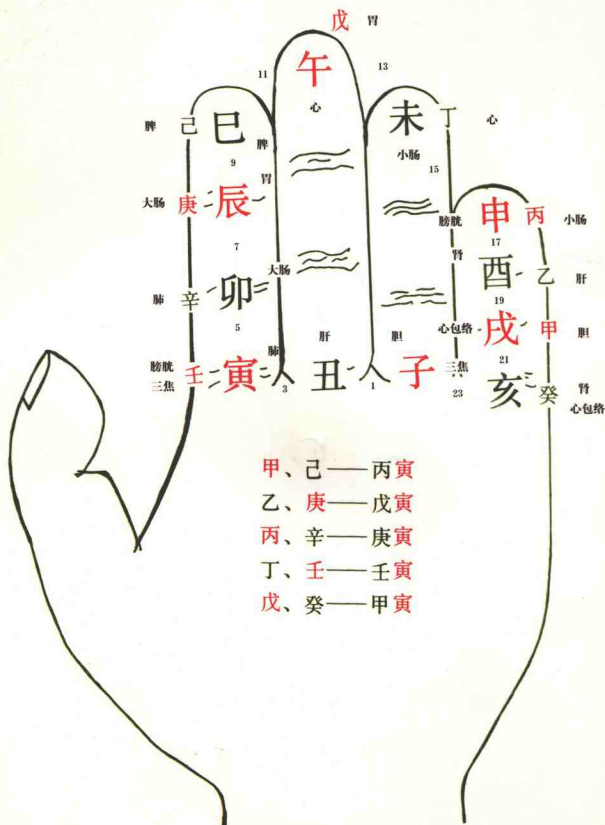
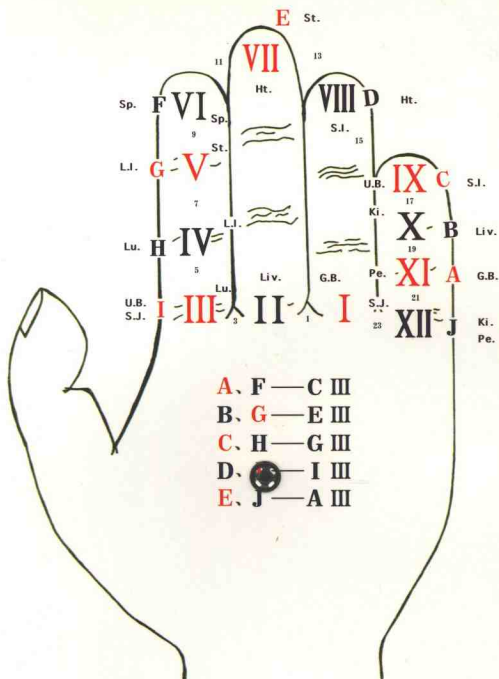


CHART B

HAND CHART



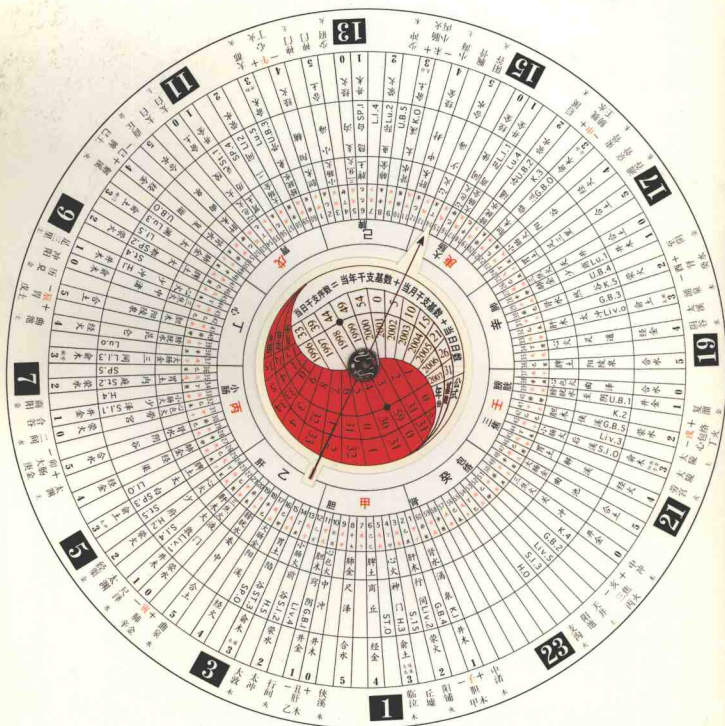
CELESTIAL STEMS: 天干 (TIAN HAN)

Roman letter: A B C D E F G H I J
 Chinese character: 甲 乙 丙 丁 戊 己 庚 辛 壬 癸
 Pinyin: JIA YI BING DING WU JI GENG XIN REN GUI

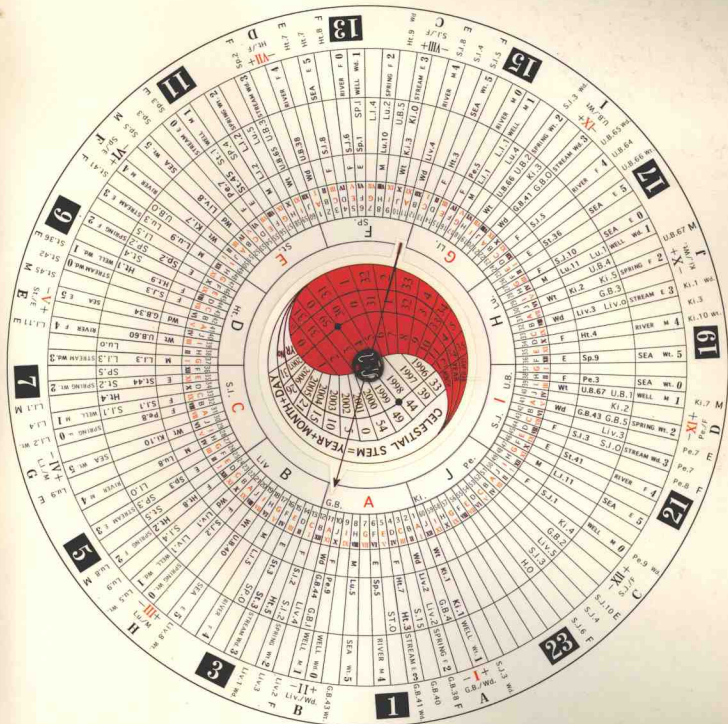
TERRESTRIAL BRANCHES: 地支 (DI ZI)

R.L.: I II III IV V VI VII VIII IX X XI XII
 C.C.: 子 丑 寅 卯 辰 巳 午 未 申 酉 戌 亥
 P.: ZI CHOU YIN MAO CHEN SI WU WEI SHEN YOU XU HAI

流注环周图



B I00CLOCK



流注环周图 灵龟八法图

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