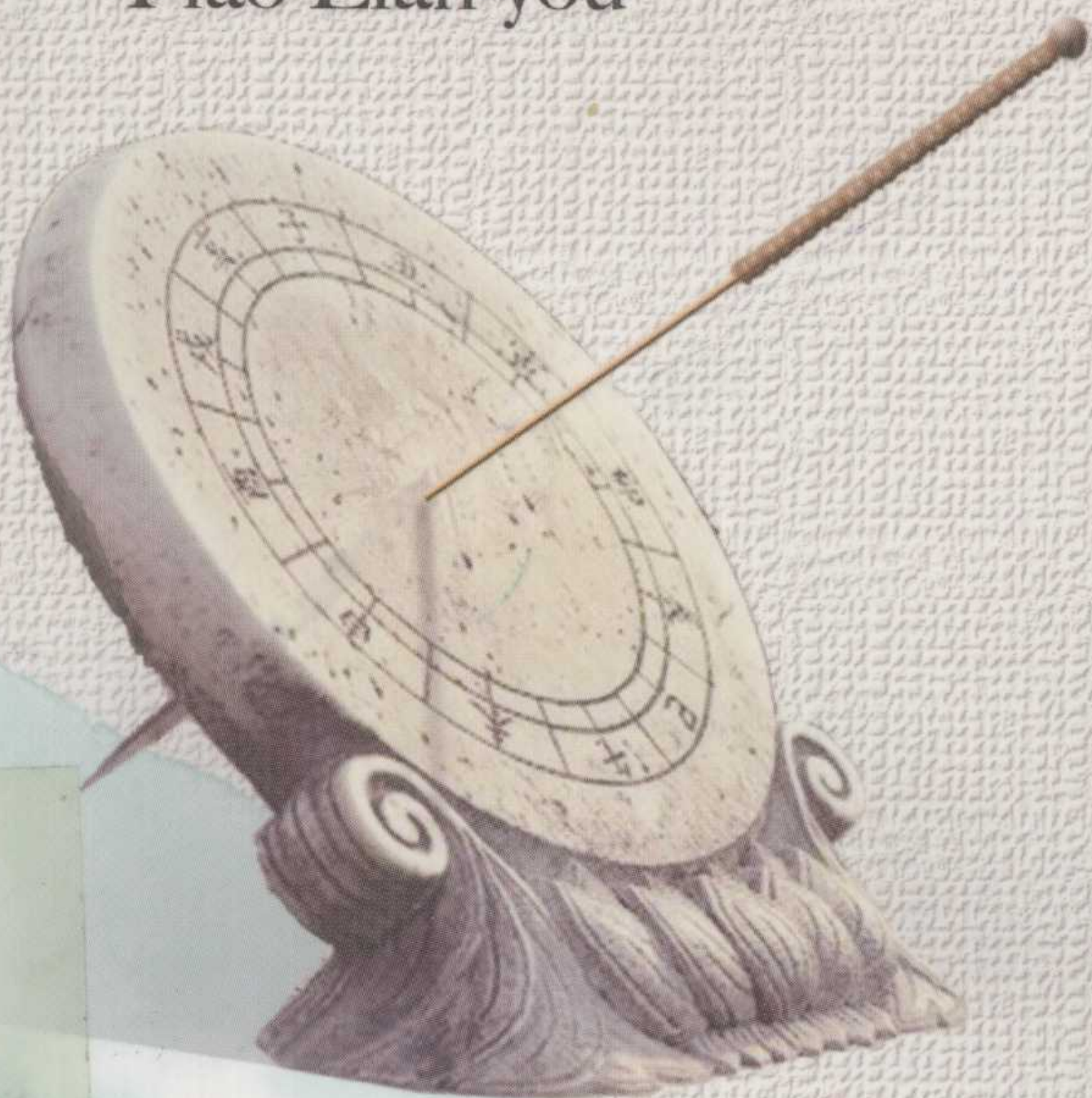


Cycles of Qi

PRACTICAL APPLICATION OF
STEM-BRANCH ACUPUNCTURE

Piao Lian-you

實用時間針法



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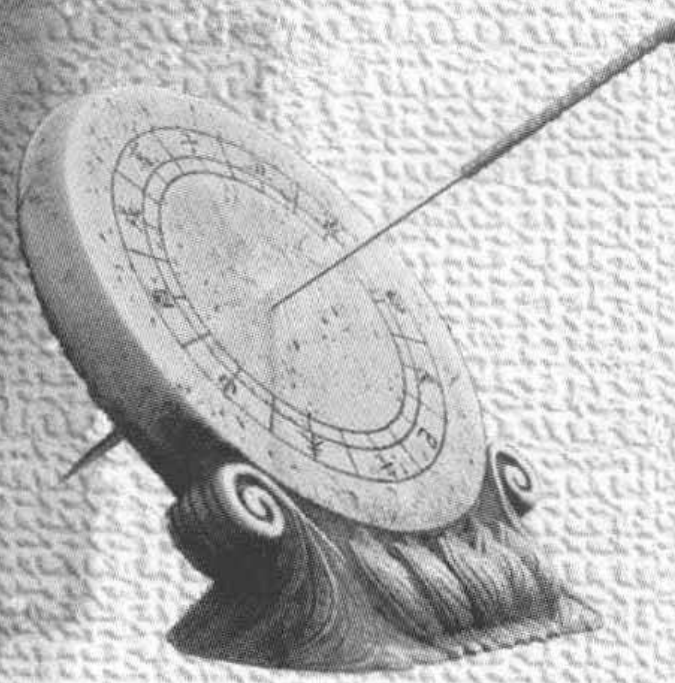
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STEM-BRANCH ACUPUNCTURE

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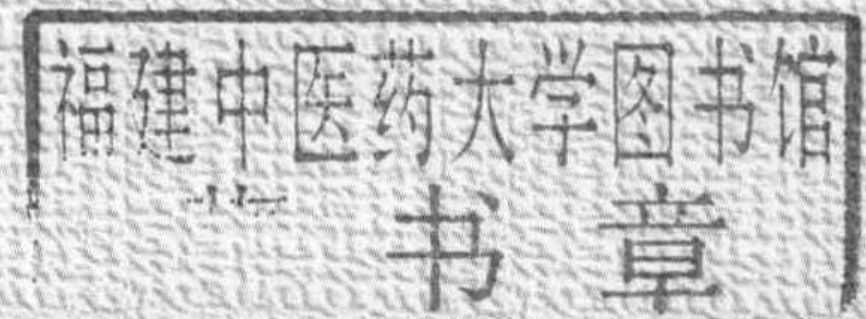
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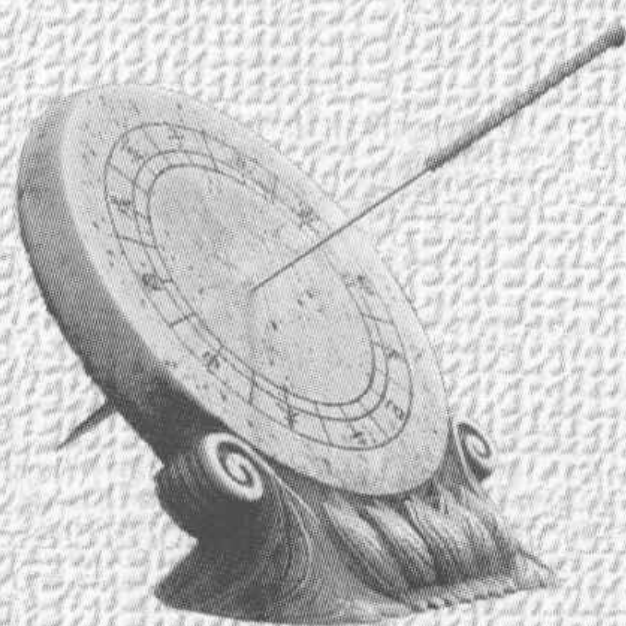
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Cycles of Qi

PRACTICAL APPLICATION OF
STEM-BRANCH ACUPUNCTURE

寶圓時間針法

Project Editors: Mei Li, Suzanne Robidoux & Liu Shui

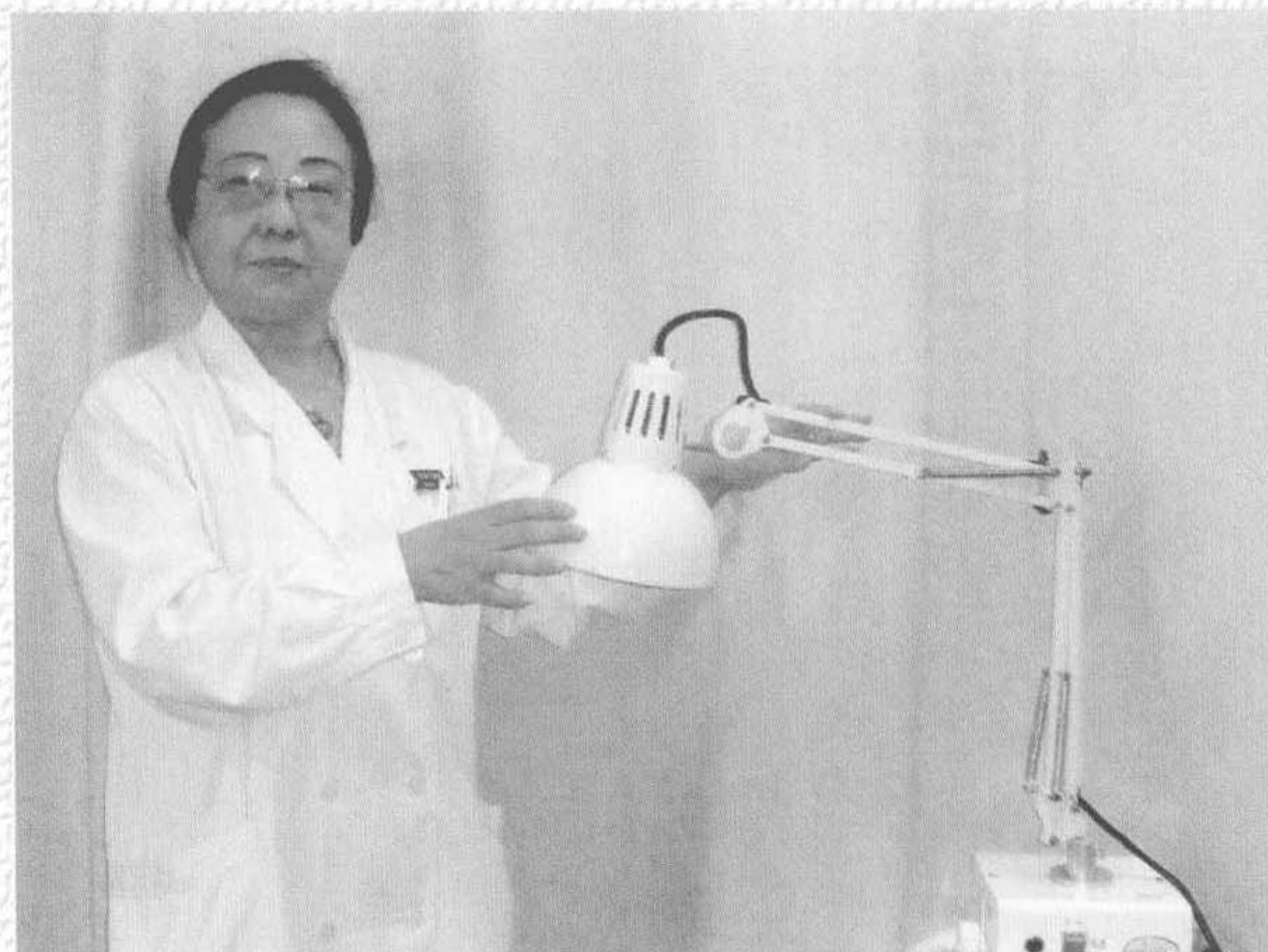
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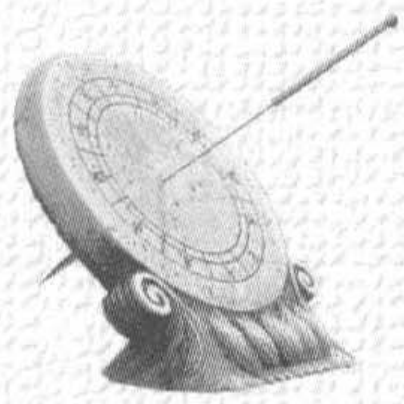
Piao Lian-you (朴联友)

Professor Piao Lian-you has been practicing acupuncture for over 30 years. She had the rare opportunity to study *zǐ wǔ liú zhù* with Professor Zhang Guo-rui (张国瑞), an expert on the subject, in the 1980s. The author found great interest in the therapy for its ability to induce great curative effects with few points. She has read works on stem-branch acupuncture, from which she gained invaluable insight to apply in her practice. Such works include:

- *Introduction to Zǐ Wǔ Liú Zhù* (子午流注传真), by Wang Li-zao (王立早)
- *Zǐ Wǔ Liú Zhù and Líng Guī Bā Fǎ* (子午流注与灵龟八法), by Zheng Kui-shan (郑魁山)
- *The Study of Zǐ Wǔ Liú Zhù* (子午流注学) and *Essence of Zǐ Wǔ Liú Zhù* (子午流注说奥), by Chen Shu-tang (陈述堂)
- *Collected Annotations on Zǐ Wǔ Liú Zhù: Guidelines for Acupuncture* (子午流注针经·针经指南合注), annotated by Li Ding (李鼎)
- *Time-Based Therapy in Acupuncture* (针灸时间治疗学), by Li Lei (李磊)

Professor Piao currently serves as a chief physician and supervisor of postgraduate students. She graduated from the Department of Traditional Chinese Medicine of Beijing University of Chinese Medicine (BUCM; originally known as Beijing College of Chinese Medicine) in December, 1976, and has been working in the Acupuncture Department of Dongzhimen Hospital, an affiliated hospital of BUCM, since January 1977. She is engaged in clinical practice, teaching, and scientific research on acupuncture.

Professor Piao integrates the applications of time-based acupuncture with syndrome differentiation and has achieved distinct curative effects with these techniques in the treatment



of headache, cervical spondylosis, scapulohumeral periarthritis, pain of the lower back and lower extremities, sciatica, epigastric pain, facial paralysis, palpitation, insomnia, dizziness, hemiplegia due to stroke, deafness and tinnitus, dysmenorrhea, irregular menstruation, simple obesity, and chloasma, among other ailments.

Professor Piao lectures to undergraduate, postgraduate, and advanced students and guides them in clinical practice. She has taught hundreds of advanced students from over 20 countries.

Moreover, she has engaged in scientific research on the theory of time acupuncture, including *zǐ wǔ liú zhù*, *líng guī bā fǎ*, and *fēi téng bā fǎ*. The research demonstrated the curative effects of time-based acupuncture in the treatment of simple obesity, lumbar disc protrusion, and chloasma, and explored the mechanisms of acupuncture analgesia.

Professor Piao has been granted numerous awards by state and local institutions for her achievements in the field of acupuncture. In addition, she has published over 20 research articles and edited 9 professional books. Her representative works include:

- *Clinical Acupuncture Manual* (针灸临床手册)
- *Practical Time Acupuncture* (实用时间针法)
- *Introduction to Time Acupuncture* (时间针法入门)
- *Quick Reference Tables for Zǐ Wǔ Liú Zhù* (子午流注针法快速查表)

Preface

Stem-branch acupuncture is a traditional style of acupuncture belonging to classical Chinese medicine. It also plays an important role in chonotherapy. Based on ancient theories that link the human body with the cosmos, time is considered a crucial factor and premise in the treatment process of this type of therapy. Combining the law of periodic variation in nature and the circulation of blood and qi in the channels, the waxing and waning cycle of channel qi and the opening and closing of acupuncture points were deduced, and these principles have been applied in clinical acupuncture to treat disease. The theory of “correspondence between man and universe” has a long history in China. It’s been recorded in *The Yellow Emperor’s Internal Classic* (*Huáng Dì Nèi Jīng*, 黄帝内经) and was amended, perfected and developed by doctors in later dynasties. The theoretical system was completed gradually throughout many generations. The innovative system of stem-branch acupuncture came into being.

Because of innovative methods for selecting acupuncture points and quick curative effects with few points, stem-branch acupuncture is appealing to many scholars and acupuncturists around the world.

There are many students and doctors interested in studying stem-branch acupuncture. However, it is hard for beginners to take in the complicated calculation methods and the profound meanings of ancient theories on which this style of acupuncture is based. A book called *Practical Stem-Branch Acupuncture* (实用时间针法) had been written and compiled in order to inherit and carry on this component of Chinese traditional medicine. And, due to its popularity, a new edition with simplified content titled *The Fundamentals of Time Acupuncture* (时间针法入门), of which this book is a slightly revised translation, was written for the beginner.

Piao Lian-you (朴联友)

January 2011

Beijing



Cycles of Qi

PRACTICAL APPLICATION OF
STEM-BRANCH ACUPUNCTURE

Table 5-27 Table of stems and branches for a hundred years and the corresponding acupuncture points (continued)

Table 2 Table of earthly branches of days																							
months dates			1				2							2001	2017	2033	2049	1953	1969	1985	Remainder of years		
			5	3	12	10	8	6	4		11	9		7	1	1	1	1	1	1		1	
														2016	2032	2048	2064	1968	1984	2000			
1	13	25	1	12	11	10	9	8	7	6	5	4	3	2	2010	2026	2042	2058	1962	1978	1994	10	
2	14	26	2	1	12	11	10	9	8	7	6	5	4	3	2003	2019	2035	2051	1955	1971	1987	3	
3	15	27	3	2	1	12	11	10	9	8	7	6	5	4	2005 2012	2021 2028	2037 2044	2053 2060	1957 1964	1973 1980	1989 1996	5 12	
4	16	28	4	3	2	1	12	11	10	9	8	7	6	5	2014	2030	2046	2062	1966	1982	1998	14	
5	17	29	5	4	3	2	1	12	11	10	9	8	7	6	2007	2023	2039	2055	1959	1975	1991	7	
6	18	30	6	5	4	3	2	1	12	11	10	9	8	7	2009 2016	2025 2032	2041 2048	2057 2064	1961 1968	1977 1984	1993 2000	9 16	
7	19	31	7	6	5	4	3	2	1	12	11	10	9	8	2002	2018	2034	2050	1954	1970	1986	2	
8	20	32	8	7	6	5	4	3	2	1	12	11	10	9	2011	2027	2043	2059	1963	1979	1995	11	
9	21		9	8	7	6	5	4	3	2	1	12	11	10	2004 2013	2020 2029	2036 2045	2052 2061	1956 1965	1972 1981	1988 1997	4 13	
10	22		10	9	8	7	6	5	4	3	2	1	12	11	2006	2022	2038	2054	1958	1974	1990	6	
11	23		11	10	9	8	7	6	5	4	3	2	1	12	2015	2031	2047	2063	1967	1983	1999	15	
12	24		12	11	10	9	8	7	6	5	4	3	2	1	2001 2008	2017 2024	2033 2040	2049 2056	1953 1960	1969 1976	1985 1992	1 8	
earthly branch of days			Hai	Xu	You	Shen	Wei	Wu	Si	Chen	Mao	Yin	Chou	Zi									
the serial number in the four numbers (stands for four points)			3	3	4	4	1	1	3	3	2	2	1	1									
Table 5 points to open according to the technique of point opening to nourish the son			points to open at the hours of yang stems		stems of hours	hours and branches of hours				minutes and points to open				points to open at the hours of yin stems									
					23	3	7	11	15	19	0~24	~48	~72			~96	~120						
					Jia	Zi	Yin	Chen	Wu	0	Xu	GB 44 (zú qiào yīn)	SI 2 (qián gǔ)			ST 43 (xiàn gǔ)	GB 40 (qiū xū)	LI 5 (yáng xī)	BL 40 (wěi zhōng)				
					Bing	Zi	Yin	Chen	0	Shen	Xu	SI 1 (shào zé)	ST 44 (nèi tíng)			LI 3 (sān jiān)	SI 4 (wàn gǔ)	BL 60 (kūn lún)	GB 34 (yáng líng quán)				
					Wu	Zi	Yin	0	Wu	Shen	Xu	ST 45 (lì duì)	LI 2 (èr jiān)			BL 64 (jīng gǔ)	ST 42 (chōng yáng)	GB 38 (yáng fǔ)	SI 8 (xiǎo hǎi)				
					Geng	Zi	0	Chen	Wu	Shen	Xu	LI 1 (shāng yáng)	BL 66 (zú tōng gǔ)			GB 41 (zú lín qì)	LI 4 (hé gǔ)	SI 5 (yáng gǔ)	ST 36 (zú sān lǐ)				
					Ren	0	Yin	Chen	Wu	Shen	Xu	BL 67 (zhì yīn)	GB 43 (xiá xī)			SI 3 (hòu xī)	BL 64 (jīng gǔ)	ST 41 (jiě xī)	LI 11 (qū chí)				
			Na	0				SJ 1 (guān chōng)				SJ 2 (yè mén)	SJ 3 (zhōng zhǔ)	SJ 4 (yáng chí)	SJ 6 (zhī gǒu)	SJ 10 (nián jǐng)							
			points to open at the hours of yin stems		stems of hours	hours and branches of hours				minutes and points to open													
					1	5	9	13	17	21	0~24	~48	~72	~96	~120								
					Yī	Chou	Mao	Si	0	You	Hai	LV 1 (dà dān)	HT 8 (shào fǔ)	SP 3 (tài bái)		LU 8 (jīng qú)	KI 10 (yīn gǔ)						
					Ding	Chou	Mao	0	wei	You	Hai	HT 9 (shào chōng)	SP 2 (dà dū)	LU 9 (tài yuān)		KI 7 (fū liú)	LV 8 (qū quán)						
					Ji	Chou	0	Si	wei	You	Hai	SP 1 (yīn bái)	LU 10 (yú jǐ)	KI 3 (tài xī)		LV 4 (zhōng fēng)	HT 3 (shào hǎi)						
					Xin	0	Mao	Si	wei	You	Hai	LU 11 (shào shāng)	KI 2 (rán gǔ)	LV 3 (tài chōng)		HT 4 (líng dào)	SP 9 (yīn líng quán)						
Gui	Chou	Mao			Si	wei	0	Hai	KI 1 (yǒng quán)	LV 2 (xíng jiān)	HT 7 (shén mén)		SP 6 (shāng qiū)	LU 5 (chǐ zé)									
Na	0				PC 9 (zhōng chōng)				PC 8 (láo gōng)	PC 7 (dà líng)		PC 5 (jiān shǐ)	PC 3 (qū zé)										
Table 6 stem-branch of years			mantissa of years				0	1	2	3	4	5	6	7	8	9							
			branch of year stem of year				Geng	Xin	Ren	Gui	Jia	Yi	Bing	Ding	Wu	Ji							
			years																				
			2040 – 2049				1980 – 1989	Shen	You	Xu	Hai	Zi	Chou	Yin	Mao	Chen	Si						
			2050 – 2059				1990 – 1999	Wu	Wei	Shen	You	Xu	Hai	Zi	Chou	Yin	Mao						
			1940 – 1949				2000 – 2009	Chen	Si	Wu	Wei	Shen	You	Xu	Hai	Zi	Chou						
			1950 – 1959				2010 – 2019	Yin	Mao	Chen	Si	Wu	Wei	Shen	You	Xu	Hai						
1960 – 1969				2020 – 2029	Zi	Chou	Yin	Mao	Chen	Si	Wu	Wei	Shen	You									
1970 – 1979				2030 – 2039	Xu	Hai	Zi	Chou	Yin	Mao	Chen	Si	Wu	Wei									

Table 5-27 Table of Stems-Branches and Corresponding Acupoints for 100 Years

Table 1 (1961-2060)																										
Months			2 6 7		8		9 10		11 12	3		1 4 5	2001 2020	2021 2040	2041 2060	1961 1980	1981 2000									
Dates																										
1 31	11	21	2	7	3	8	4	9	5	10	6	1	2020△	2018	2039	2037	2060△	2058	1980△	1978	1999	1997				
2 32	12	22	3	8	4	9	5	10	6	1	7	2	2016△	2014	2035	2033	2056△	2054	1976△	1974	1995	1993				
3	13	23	4	9	5	10	6	1	7	2	8	3	2012△	2010	2031	2029	2052△	2050	1972△	1970	1991	1989				
4	14	24	5	10	6	1	7	2	8	3	9	4	2008△	2006	2027	2025	2048△	2046	1968△	1966	1987	1985				
5	15	25	6	1	7	2	8	3	9	4	10	5	2004△	2002	2023	2021	2044△	2042	1964△	1962	1983	1981				
6	16	26	7	2	8	3	9	4	10	5	1	6	2019	2017	2040△	2038	2059	2057	1979	1977	2000△	1998				
7	17	27	8	3	9	4	10	5	1	6	2	7	2015	2013	2036△	2034	2055	2053	1975	1973	1996△	1994				
8	18	28	9	4	10	5	1	6	2	7	3	8	2011	2009	2032△	2030	2051	2049	1971	1969	1992△	1990				
9	19	29	10	5	1	6	2	7	3	8	4	9	2007	2005	2028△	2026	2047	2045	1967	1965	1988△	1986				
10	20	30	1	6	2	7	3	8	4	9	5	10	2003	2001	2024△	2022	2043	2041	1963	1961	1984△	1982				
Stems of Day			Giǎ	Jǐ	Yǐ	Gēng	Bǐng	Xīn	Dīng	Rén	Wù	Guǐ														
Mantissa of Year			3	9	5	0	1	6	2	7	3	8	Table 3 Nà Zǐ Fǎ (Reinforce the Mother and Reduce the Son on the Same Channel)													
Points to Open Branch of Day			Zǐ, Yín, Chén, Shēn	Chǒu, Mǎo, Sì, Yǒu	Chǒu, Mǎo, Sì, Yǒu	Zǐ, Yín, Chén, Shēn	Zǐ, Yín, Chén, Shēn	Chǒu, Mǎo, Sì, Yǒu	Chǒu, Mǎo, Sì, Yǒu	Zǐ, Yín, Chén, Shēn	Zǐ, Yín, Chén, Shēn	Chǒu, Mǎo, Sì, Yǒu	Route of Circulation		Reinforce the Mother and Reduce the Son				Mild Reinforcing and Reducing							
Shí Chén			Month	Wǔ, Yín, Xū, Shēn	Wèi, Mǎo, Hàì, Yǒu	Wèi, Mǎo, Hàì, Yǒu	Wǔ, Yín, Xū, Shēn	Wǔ, Yín, Xū, Shēn	Wèi, Mǎo, Hàì, Yǒu	Wèi, Mǎo, Hàì, Yǒu	Wǔ, Yín, Xū, Shēn	Wǔ, Yín, Xū, Shēn	Wèi, Mǎo, Hàì, Yǒu	Shí Chén	Channels	Reinforce the Mother and Reduce the Son				Bēn Point		Yuan-source Point				
23-1	Zǐ	months	8 9 2 1	2 6 5 1	5 3 2 4	5 6 8 7	1 2 4 3	1 5 4 6	5 3 2 4	5 3 2 4	5 6 8 7	2 3 5 4	2 6 5 1	Zǐ	GB	SJ reinforce	SJ 3 (zhōng zhǔ) (mother)		GB 41 (zú lín qì)	GB 40 (qiū xū)						
				GB 38 (yáng fǔ)	SI 2 (qián gǔ)			ST 36 (zú sǎn lǐ)	LI 3 (sǎn jiān)			SJ 1 (guān chōng)	GB reduce			GB 38 (yáng fǔ) (son)										
								SI 4 (wǎn gǔ)*																		
1-3	Chǒu	lunisolar	6 7 9 8	6 4 3 5	3 1 6 2	3 4 6 5	4 5 7 6	4 2 1 3	3 1 6 2	3 4 6 5	9 1 3 2	6 4 3 5	Chǒu	LV	GB reinforce	GB 43 (xiá xī)(mother)		LV 1 (dà dān)	LV 3 (tài chōng)							
			LV 2 (xíng jiān)			HT 3 (shào hǎi)	SP 3 (tài bái)			PC 3 (qū zé)	s				LV reduce	LV 2 (xíng jiān) (son)										
							LV 3 (tài chōng)*																			
3-5	Yín	1	4 5 7 6	4 2 1 3	1 5 4 6	1 2 4 3	2 3 5 4	2 6 5 1	1 5 4 6	1 2 4 3	3 4 6 5	3 1 6 2	Yín	LU	LV reinforce	LV 8 (qū quán)(mother)		LU 8 (jīng qú)	LU 9 (tài yuán)							
				SI 8 (xiǎo hǎi)	ST 43 (xiàn gǔ)			SJ 10 (tiān jīng)	BL 60 (kūn lún)	BL 67 (zhì yīn)		[GB 43 (xiá xī)]			LU reduce	LU 5 (chǐ zé) (son)										
					GB 40 (qiū xū)*																					
5-7	Mǎo	2	2 3 5 4	2 6 5 1	4 2 1 3	4 5 7 6	9 1 3 2	6 4 3 5	5 3 2 4	8 9 2 1	1 2 4 3	1 5 4 6	Mǎo	LI	LU reinforce	LU 9 (tài yuán)(mother)		LI 1 (shāng yáng)	LI 4 (hé gǔ)							
			HT 7 (shén mén)	Dīng		SI	Xīn	Guǐ	Yǐ						LI reduce	LI 2 (èr jiān) (son)										
			KI 3 (tài xī)*			PC 5 (jiān shǐ)	LU 8 (jīng qú)	LU 11 (shào shāng)		[KI 2 (rán gǔ)]	LV 8 (qū quán)															
7-9	Chén	3	9 1 3 2	6 4 3 5	2 6 5 1	2 3 5 4	7 8 1 9	4 2 1 3	2 6 5 1	2 3 5 4	8 9 2 1	5 3 2 4	Chén	ST	LI reinforce	LI 11 (qū chí)(mother)		ST 36 (zú sǎn lǐ)	ST 42 (chōng yáng)							
				Wǔ		Gēng	Rén		Giǎ		Bǐng				ST reduce	ST 45 (lǐ duì) (son)										
					SJ 6 (zhī gōu)	LI 5 (yáng xī)	LI 1 (shāng yáng)		[BL 60 (kūn lún)]	GB 34 (yáng líng quán)	GB 43 (xiá xī)				[SI 3 (hòu xī)]											
9-11	Sì	4	3 4 6 5	3 1 6 2	6 4 3 5	9 1 3 2	5 6 8 7	2 6 5 1	6 4 3 5	9 1 3 2	6 7 9 8	3 1 6 2	Sì	SP	ST reinforce	ST 41 (jiě xī)(mother)		SP 3 (tài bái)	SP 3 (tài bái)							
				Jǐ		Xīn	Guǐ	Yǐ		Dīng					SP reduce	SP 6 (shāng qiū) (son)										
			SP 6 (shāng qiū)	SP 1 (yīn bái)		[LU 8 (jīng qú)]	KI 10 (yīn gǔ)	KI 2 (rán gǔ)		[LV 3 (tài chōng)]	PC 7 (dà líng)															
11-13	Wǔ	5	7 8 1 9	1 5 4 6	4 2 1 3	4 5 7 6	5 6 8 7	5 3 2 4	4 2 1 3	4 5 7 6	1 2 4 3	1 5 4 6	Wǔ	HT	SP reinforce	SP 2 (dà dū)(mother)		HT 8 (shào fǔ)	HT 7 (shén mén)							
				Gēng		Rén	Giǎ		Bǐng	SI 3 (hòu xī)	Wù				HT reduce	HT 7 (shén mén) (son)										
					[LI 5 (yáng xī)]	BL 40 (wěi zhōng)	BL 66 (zú tōng gǔ)		[GB 41 (zú lín qì)]	SJ 3 (zhōng zhǔ),	BL 64 (jīng gǔ)*	ST 45 (lǐ duì)														
13-15	Wèi	6	5 6 8 7	5 3 2 4	2 6 5 1	2 3 5 4	3 4 6 5	3 1 6 2	2 6 5 1	2 3 5 4	4 5 7 6	4 2 1 3	Wèi	SI	SI reinforce	SI 3 (hòu xī)(mother)		SI 5 (yáng gǔ)	SI 4 (wǎn gǔ)							
				Xīn		Guǐ	Yǐ		Dīng	Jǐ					SI reduce	SI 8 (xiǎo hǎi) (son)										
			LU 5 (chǐ zé)	LU 10 (yú jǐ)		[KI 3 (tài xī)]	PC 8 (láo gōng)	LV 3 (tài chōng)	HT 9 (shào chōng)			[SP 6 (shāng qiū)]														
15-17	Shēn	7	3 4 6 5	3 1 6 2	5 3 2 4	5 6 8 7	1 2 4 3	1 5 4 6	6 4 3 5	9 1 3 2	2 3 5 4	2 6 5 1	Shēn	BL	SI reinforce	SI 3 (hòu xī)(mother)		BL 66 (zú tōng gǔ)	BL 64 (jīng gǔ)							
					[BL 40 (wěi zhōng)]	SJ 2 (yè mén)	GB 41 (zú lín qì)	SI 1 (shào zé)			ST 41 (jiě xī)	LI 2 (èr jiān)			BL reduce	BL 65 (shù gǔ) (son)										
17-19	Yǒu	8	1 2 4 3	1 5 4 6	3 1 6 2	3 4 6 5	8 9 2 1	5 3 2 4	3 1 6 2	3 4 6 5	9 1 3 2	6 4 3 5	Yǒu	KI	BL reinforce	BL 67 (zhì yīn)(mother)		KI 10 (yīn gǔ)	KI 3 (tài xī)							
				Guǐ		Yǐ		Dīng	Jǐ		Xīn				KI reduce	KI 1 (yǒng quán) (son)										
			PC 9 (zhōng chōng)	KI 3 (tài xī)	LV 1 (dà dān)			HT 4 (líng dào)	SP 2 (dà dū)			[LU 5 (chǐ zé)]														
19-21	Xū	9	4 5 7 6	4 2 1 3	1 5 4 6	1 2 4 3	6 7 9 8	3 1 6 2	1 5 4 6	1 2 4 3	7 8 1 9	4 2 1 3	Xū	PC	KI reinforce	KI 7 (fū liú)(mother)		PC 8 (láo gōng)	PC 7 (dà líng)							
				Giǎ		Bǐng	Wù		Gēng	Rén					PC reduce	PC 7 (dà líng) (son)										
21-23	Hàì	10	2 3 5 4	2 6 5 1	5 3 2 4	8 9 2 1	9 1 3 2	6 4 3 5	5 3 2 4	8 9 2 1	5 6 8 7	2 6 5 1	Hàì	SJ	PC reinforce	PC 9 (zhōng chōng)(mother)		SJ 6 (zhī gōu)	SJ 4 (yáng chí)							
				Yǐ		Dīng	Jǐ		Xīn	Guǐ					SJ reduce	SJ 10 (tiān jīng) (son)										
					LV 4 (zhōng fēng)	HT 8 (shào fǔ)			SP 9 (yīn líng quán)	LU 9 (tài yuán)		KI 1 (yǒng quán)														
	Zǐ	11	Bǐng			Wù			Gēng			Rén			Giǎ			Table 4 Points to Open according to Líng Guī Bā Fǎ and Fēi Téng Bā Fǎ								
	Chǒu	12	Dīng			Jǐ			Xīn			Guǐ			Yǐ			fēi téng bā fǎ	Yǐ and Guǐ	Dīng	Gēng	Wù	Giǎ and Rén	Xīn	Bǐng	Jǐ
																		Points	BL 62 (shén mài)	KI 6 (zhào hǎi)	SJ 5 (wài guān)	GB 41 (zú lín qì)	SP 4 (gōng sǎn)	SI 3 (hòu xī)	PC 6 (nèi guān)	LU 7 (liè quē)
																		líng guī bā fǎ	1	2, 5	3	4	6	7	8	9

表5-27 百年干支纪时及按时取穴速查表（续）

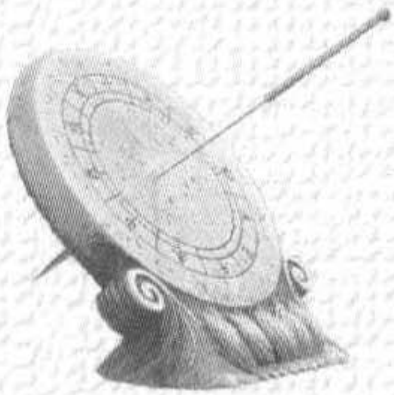
表2 日地支表																							
日 \ 月			1	3	12	10	8	2	4		11	9		7	2001	2017	2033	2049	1953	1969	1985	年	
			5					6							1	1	1	1	1	1	1	余	
1	13	25	1	12	11	10	9	8	7	6	5	4	3	2	2010	2026	2042	2058	1962	1978	1994	10	
2	14	26	2	1	12	11	10	9	8	7	6	5	4	3	2003	2019	2035	2051	1955	1971	1987	3	
3	15	27	3	2	1	12	11	10	9	8	7	6	5	4	2005 2012	2021 2028	2037 2044	2053 2060	1957 1964	1973 1980	1989 1996	5 12	
4	16	28	4	3	2	1	12	11	10	9	8	7	6	5	2014	2030	2046	2062	1966	1982	1998	14	
5	17	29	5	4	3	2	1	12	11	10	9	8	7	6	2007	2023	2039	2055	1959	1975	1991	7	
6	18	30	6	5	4	3	2	1	12	11	10	9	8	7	2009 2016	2025 2032	2041 2048	2057 2064	1961 1968	1977 1984	1993 2000	9 16	
7	19	31	7	6	5	4	3	2	1	12	11	10	9	8	2002	2018	2034	2050	1954	1970	1986	2	
8	20	32	8	7	6	5	4	3	2	1	12	11	10	9	2011	2027	2043	2059	1963	1979	1995	11	
9	21		9	8	7	6	5	4	3	2	1	12	11	10	2004 2013	2020 2029	2036 2045	2052 2061	1956 1965	1972 1981	1988 1997	4 13	
10	22		10	9	8	7	6	5	4	3	2	1	12	11	2006	2022	2038	2054	1958	1974	1990	6	
11	23		11	10	9	8	7	6	5	4	3	2	1	12	2015	2031	2047	2063	1967	1983	1999	15	
12	24		12	11	10	9	8	7	6	5	4	3	2	1	2001 2008	2017 2024	2033 2040	2049 2056	1953 1960	1969 1976	1985 1992	1 8	
日	地	支	亥	戌	酉	申	未	午	巳	辰	卯	寅	丑	子									
4穴号中位于第几			3	3	4	4	1	1	3	3	2	2	1	1									
表5 养子时刻注穴法表			阳时干开穴		时干	时及时支								分钟及开穴									
						23	3	7	11	15	19	0~24	~48	~72		~96	~120						
					甲	子	寅	辰	午	0	戌	足窍阴	前谷	陷谷	丘墟	阳溪	委中						
					丙	子	寅	辰	0	申	戌	少泽	内庭	三间	腕骨	昆仑	阳陵						
					戊	子	寅	0	午	申	戌	厉兑	二间	束骨	冲阳	阳辅	小海						
					庚	子	0	辰	午	申	戌	商阳	足通谷	足临泣	合谷	阳谷	足三里						
					壬	0	寅	辰	午	申	戌	至阴	侠溪	后溪	京骨	解溪	曲池						
					纳	0								关冲	液门	中渚	阳池	支沟	天井				
			阴时干开穴		时干	时及时支								分钟及开穴									
						1	5	9	13	17	21	0~24	~48	~72		~96	~120						
					乙	丑	卯	巳	0	酉	亥	大敦	少府	太白	经渠	阴谷							
					丁	丑	卯	0	未	酉	亥	少冲	大都	太渊	复溜	曲泉							
					己	丑	0	巳	未	酉	亥	隐白	鱼际	太溪	中封	少海							
					辛	0	卯	巳	未	酉	亥	少商	然谷	太冲	灵道	阴陵							
					癸	丑	卯	巳	未	0	亥	涌泉	行间	神门	商丘	尺泽							
					纳	0								中冲	劳宫	大陵	间使	曲泽					
表6 年干支表			年尾数								0	1	2	3	4	5	6	7	8	9			
			年份 \ 年支 \ 年干								庚	辛	壬	癸	甲	乙	丙	丁	戊	己			
			2040 - 2049				1980 - 1989				申	酉	戌	亥	子	丑	寅	卯	辰	巳			
			2050 - 2059				1990 - 1999				午	未	申	酉	戌	亥	子	丑	寅	卯			
			1940 - 1949				2000 - 2009				辰	巳	午	未	申	酉	戌	亥	子	丑			
			1950 - 1959				2010 - 2019				寅	卯	辰	巳	午	未	申	酉	戌	亥			
			1960 - 1969				2020 - 2029				子	丑	寅	卯	辰	巳	午	未	申	酉			
1970 - 1979				2030 - 2039				戌	亥	子	丑	寅	卯	辰	巳	午	未						

表5-27 百年干支纪时及按时取穴速查表

表1 月、日、时干支，纳甲法，灵龟八法，飞腾八法开穴速查表												1961~2060年									
月份 日期			2				9		11	3		1	2001	2021	2041	1961	1981				
			6		8		10		12	3		4	1	1	1	1	1				
			7									5	2020	2040	2060	1980	2000				
1 31	11	21	2	7	3	8	4	9	5	10	6	1	2020△ 2018	2039 2037	2060△ 2058	1980△ 1978	1999 1997				
2 32	12	22	3	8	4	9	5	10	6	1	7	2	2016△ 2014	2035 2033	2056△ 2054	1976△ 1974	1995 1993				
3	13	23	4	9	5	10	6	1	7	2	8	3	2012△ 2010	2031 2029	2052△ 2050	1972△ 1970	1991 1989				
4	14	24	5	10	6	1	7	2	8	3	9	4	2008△ 2006	2027 2025	2048△ 2046	1968△ 1966	1987 1985				
5	15	25	6	1	7	2	8	3	9	4	10	5	2004△ 2002	2023 2021	2044△ 2042	1964△ 1962	1983 1981				
6	16	26	7	2	8	3	9	4	10	5	1	6	2019 2017	2040△ 2038	2059 2057	1979 1977	2000△ 1998				
7	17	27	8	3	9	4	10	5	1	6	2	7	2015 2013	2036△ 2034	2055 2053	1975 1973	1996△ 1994				
8	18	28	9	4	10	5	1	6	2	7	3	8	2011 2009	2032△ 2030	2051 2049	1971 1969	1992△ 1990				
9	19	29	10	5	1	6	2	7	3	8	4	9	2007 2005	2028△ 2026	2047 2045	1967 1965	1988△ 1986				
10	20	30	1	6	2	7	3	8	4	9	5	10	2003 2001	2024△ 2022	2043 2041	1963 1961	1984△ 1982				
日	天干		甲	己	乙	庚	丙	辛	丁	壬	戊	癸	表3 纳子法（补母泻子）表								
年	尾数		四	九	五	0	一	六	二	七	三	八									
开穴 时间	日支 地户 月份		子寅辰申	丑卯巳酉	丑卯巳酉	子寅辰申	子寅辰申	丑卯巳酉	丑卯巳酉	子寅辰申	子寅辰申	丑卯巳酉	流注 时辰	经脉	补母泻子开穴			补泻时过平补平泻 本穴 原穴			
			午寅戌申	未卯亥酉	未卯亥酉	午寅戌申	午寅戌申	未卯亥酉	未卯亥酉	午寅戌申	午寅戌申	未卯亥酉									
23-1	子	农历 月份	8 9 2 1	2 6 5 1	5 3 2 4	5 6 8 7	1 2 4 3	1 5 4 6	5 3 2 4	5 6 8 7	2 3 5 4	2 6 5 1	子	胆	三焦	虚补	母穴中渚	足临泣	丘墟		
			甲		丙		戊		庚		壬				胆	实泻	子穴阳辅				
			阳辅		前谷		足三里		三间 腕骨*		关冲										
1-3	丑		6 7 9 8	6 4 3 5	3 1 6 2	3 4 6 5	4 5 7 6	4 2 1 3	3 1 6 2	3 4 6 5	9 1 3 2	6 4 3 5	丑	肝	胆	虚补	母穴侠溪	大敦	太冲		
			乙		丁		己		辛		癸				肝	实泻	子穴行间				
			行间		少海		太白 太冲*		曲泽		复溜										
3-5	寅	一	4 5 7 6	4 2 1 3	1 5 4 6	1 2 4 3	2 3 5 4	2 6 5 1	1 5 4 6	1 2 4 3	3 4 6 5	3 1 6 2	寅	肺	肝	虚补	母穴曲泉	经渠	太渊		
			丙		戊		庚		壬		甲				肺	实泻	子穴尺泽				
			小海		陷谷 丘墟*		天井		昆仑		至阴				(侠溪)						
5-7	卯	二	2 3 5 4	2 6 5 1	4 2 1 3	4 5 7 6	9 1 3 2	6 4 3 5	5 3 2 4	8 9 2 1	1 2 4 3	1 5 4 6	卯	大肠	肺	虚补	母穴太渊	商阳	合谷		
			丁		己		辛		癸		乙				大肠	实泻	子穴二间				
			神门 太溪* 大陵*		间使		轻渠		少商		(然谷)				曲泉						
7-9	辰	三	9 1 3 2	6 4 3 5	2 6 5 1	2 3 5 4	7 8 1 9	4 2 1 3	2 6 5 1	2 3 5 4	8 9 2 1	5 3 2 4	辰	胃	大肠	虚补	母穴曲池	三里	冲阳		
			戊		庚		壬		甲		丙				胃	实泻	子穴厉兑				
			支沟		阳溪		商阳		(昆仑)		阳陵泉				侠溪		(后溪)				
9-11	巳	四	3 4 6 5	3 1 6 2	6 4 3 5	9 1 3 2	5 6 8 7	2 6 5 1	6 4 3 5	9 1 3 2	6 7 9 8	3 1 6 2	巳	脾	胃	虚补	母穴解溪	太白	太白		
			己		辛		癸		乙		丁				脾	实泻	子穴商丘				
			商丘		隐白		(经渠)		阴谷		然谷				(太冲)		大陵				
11-13	午	五	7 8 1 9	1 5 4 6	4 2 1 3	4 5 7 6	5 6 8 7	5 3 2 4	4 2 1 3	4 5 7 6	1 2 4 3	1 5 4 6	午	心	脾	虚补	母穴大都	少府	神门		
			庚		壬		甲		丙		戊				心	实泻	子穴神门				
			(阳溪)		委中		通谷		(足临泣)		中渚				后溪 京骨* 阳池*						
13-15	未	六	5 6 8 7	5 3 2 4	2 6 5 1	2 3 5 4	3 4 6 5	3 1 6 2	2 6 5 1	2 3 5 4	4 5 7 6	4 2 1 3	未	小肠	心	虚补	母穴少冲	阳谷	腕骨		
			辛		癸		乙		丁		己				小肠	实泻	子穴小海				
			尺泽		鱼际		(太溪)		劳宫		太冲 太渊*				少冲		(商丘)				
15-17	申	七	3 4 6 5	3 1 6 2	5 3 2 4	5 6 8 7	1 2 4 3	1 5 4 6	6 4 3 5	9 1 3 2	2 3 5 4	2 6 5 1	申	膀胱 胱	小肠	虚补	母穴后溪	通谷	京骨		
			壬		甲		丙		戊		庚				膀胱	实泻	子穴束骨				
			(委中)		液门		足临泣 合谷*		少泽		解溪				二间						
17-19	酉	八	1 2 4 3	1 5 4 6	3 1 6 2	3 4 6 5	8 9 2 1	5 3 2 4	3 1 6 2	3 4 6 5	9 1 3 2	6 4 3 5	酉	肾	膀胱	虚补	母穴至阴	阴谷	太溪		
			癸		乙		丁		己		辛				肾	实泻	子穴涌泉				
			中冲		太溪 太白*		大敦		灵道		大都				(尺泽)						
19-21	戌	九	4 5 7 6	4 2 1 3	1 5 4 6	1 2 4 3	6 7 9 8	3 1 6 2	1 5 4 6	1 2 4 3	7 8 1 9	4 2 1 3	戌	心包	肾	虚补	母穴复溜	劳宫	大陵		
			甲		丙		戊		庚		壬				心包	实泻	子穴大陵				
			足窍阴		阳谷		内庭		曲池		束骨 冲阳*										
21-23	亥	十	2 3 5 4	2 6 5 1	5 3 2 4	8 9 2 1	9 1 3 2	6 4 3 5	5 3 2 4	8 9 2 1	5 6 8 7	2 6 5 1	亥	三焦	心包	虚补	母穴中冲	支沟	阳池		
			乙		丁		己		辛		癸				三焦	实泻	子穴天井				
			中封		少府		阴陵泉		太渊 神门*		涌泉										
	子	十一	丙		戊		庚		壬		甲		表4 灵龟、飞腾八法开穴对照表								
			丁		己		辛		癸		乙		飞腾	乙癸	丁	庚	戊	甲壬	辛	丙	己
			戊		庚		壬		甲		乙		开穴	申脉	照海	外关	足临泣	公孙	后溪	内关	列缺
	丑	十二	丁		己		辛		癸		乙		灵龟	1	2、5	3	4	6	7	8	9

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