

NUMBER OF ACUPUNCTURE POINTS PER MERIDIAN

1. LUNG: 11
2. LARGE INTESTINE: 20
3. SPLEEN: 21
4. STOMACH: 45
5. HEART: 9
6. SMALL INTESTINE: 19
7. URINARY BLADDER: 67
8. KIDNEY: 27
9. PERICARDIUM: 9
10. TRIPLE WARMER: 23
11. GALL BLADDER: 44
12. LIVER: 14

NUMBER OF ACUPUNCTURE POINT PER VESSEL

1. GOVERNING VESSEL: 28
2. CONCEPTION VESSEL: 24

YIN MERIDIANS

1. KIDNEY
2. LIVER
3. HEART
4. PERICARDIUM
5. LUNGS
6. SPLEEN

YANG MERIDIANS

1. LARGE INTESTINE
2. SMALL INTESTINE
3. GALL BLADDER
4. URINARY BLADDER
5. TRIPPLE WARMER
6. STOMACH

GOVERNING VESSEL IS YANG

CONCEPTION VESSEL IS YIN

PAIRED MERIDIANS WITH YANG MERIDIAN LISTED FIRST

1. GALL BLADDER-LIVER
2. LARGE INTESTINE-LUNG

3. SPLEEN-STOMACH
4. SMALL INTESTINE-HEART
5. URINARY BLADDER-KIDNEY
6. TRIPLE WARMER-PERICARDIUM

FIVE ELEMENTS CREATION DESTRUCTION CYCLE

1. METAL CREATES WATER
2. WATER CREATES WOOD
3. WOOD CREATES FIRE
4. FIRE CREATES EARTH
5. EARTH CREATES WATER

1. METAL DESTROYS WOOD
2. WOODS DESTROYS EARTH
3. EARTH DESTROYS WATER
4. WATER DESTROYS FIRE
5. FIRE METAL

FIVE ELEMENTS COLORS

1. METAL IS WHITE
2. WATER IS BLUE
3. WOOD IS GREEN
4. FIRE IS RED
5. EARTH IS YELLOW

FIVE ELEMENTS EMOTIONS

1. METAL IS GRIEF
2. WATER IS FEAR
3. WOOD IS ANGER
4. FIRE IS JOY
5. EARTH IS SYMPATHY OR WORRY

FIVE ELEMENTS BODY PART GOVERNED

1. METAL GOVERNS SKIN AND BODY HAIR
2. WATER GOVERNS BONE AND MARROW
3. WOOD GOVERNS TENDONS AND LIGAMENTS
4. FIRE GOVERNS THE VASCULAR SYSTEM
5. EARTH GOVERNS MUSCLES AND LYMPH

YANG QUALITIES:

1. SUN

2. HOT
3. FIRE
4. INFLAMMATION
5. EXCITEMENT
6. DAY
7. UPPER
8. HOLLOW
9. POSITIVE
10. MASCULINE
11. AGGRESSION
12. HARD
13. SOLID
14. CREATIVE
15. EXTERIOR
16. HEAVEN
17. SUPERFICIAL
18. STIMULATING
19. TRANSFORMING
20. POWERFUL
21. STRONG
22. MALE
23. SPERM
24. DRYNESS
25. FEVER
26. SPRING
27. SUMMER
28. YOUTH
29. EXPANSION
30. ACTIVE
31. LEGS
32. BACK OF BODY
33. EXTERIOR OF BODY
34. HOLLOW ORGANS
35. VIOLENT
36. TENSION
37. FRUSTRATION
38. IMPATIENCE
39. EXTERIOR WORK
40. OVERINDULGENCE
41. RUTHLESSNESS
42. CONSTIPATION
43. YANG BODY IS LARGER, STRONGER MORE TENSE, SPRINGY AND MUSCULAR.
44. HIGH BLOOD PRESSURE
45. DRY MOUTH
46. DRY SKIN

47. FREQUENT MINOR ACCIDENTS
48. ALERT
49. QUICK
50. FOCUSED
51. PRECISE
52. ACCURATE
53. CONFIDENT
54. DETERMINED
55. ACUTE
56. CONDITION DEVELOPS QUICKLY
57. SYMTOMS EXTREME OR SEVERE
58. ASCENDING
59. LIGHT
60. REVEALED
61. PROCESS OF CIRCULATION
62. SECRETION
63. DISCHARGE
64. PERISTALSIS
65. PULSATION
66. METABOLISM
67. RESPIRATON
68. HYPERACTIVE
69. FLUSHED COMPLEXION
70. COURSE FEATURES
71. PROJECTING LOAD VOICE
72. HYPERTENSIVE
73. EAST
74. SOUTH
75. SHARP

YIN QUALITIES

1. OLD AGE
2. MOIST
3. DARK
4. EXHALE
5. RELAXED
6. WEAK
7. MOON
8. EGG
9. CHRONIC
10. LOWER PART OF BODY
11. EARTH
12. SOFT VOICE
13. WINTER
14. AUTUMN

15. COLD
16. WATER
17. ODD NUMBERS
18. PASSIVE
19. SOFT FEATURES
20. NORTH
21. WEST
22. NEGATIVE
23. NURTURING
24. NIGHT
25. EMOTIONAL
26. RECEPTIVE
27. EMPTY
28. INTERIOR
29. REST
30. DESTRUCTIVE
31. IMOBILITY
32. SOFT
33. ROUND
34. LOWER
35. DESCENDING
36. DEEP
37. FRONT OF BODY
38. NARROW
39. MERCY
40. CONTRACTING
41. FORMING
42. HEAVY
43. HIDDEN
44. GENERATION OF BLOOD AND LYMPH
45. HORMONES
46. MUCUS
47. URINE
48. PERSPIRATION
49. LOW ENERGY
50. LETHARGIC
51. FALLOW, PASTY AND PALE COMPLEXION
52. SMALL, SOFT AND FLACID BODY
53. DELICATE FEATURES
54. HYPOTENSIVE
55. DEFICIENCY
56. DEATH
57. NEGATIVE
58. SEDATING
59. WAR
60. POVERTY

61. UNHAPPINESS
62. INJUSTICE
63. EVIL
64. FEMININE
65. DEPRESSION
66. INSECURITY
67. LONELINESS
68. WORRY
69. PESSIMISM
70. HELPLESSNESS
71. LETHARGY
72. INFECTIOUS ILLNESS
73. DIARRHEA
74. CHEST
75. ABDOMEN