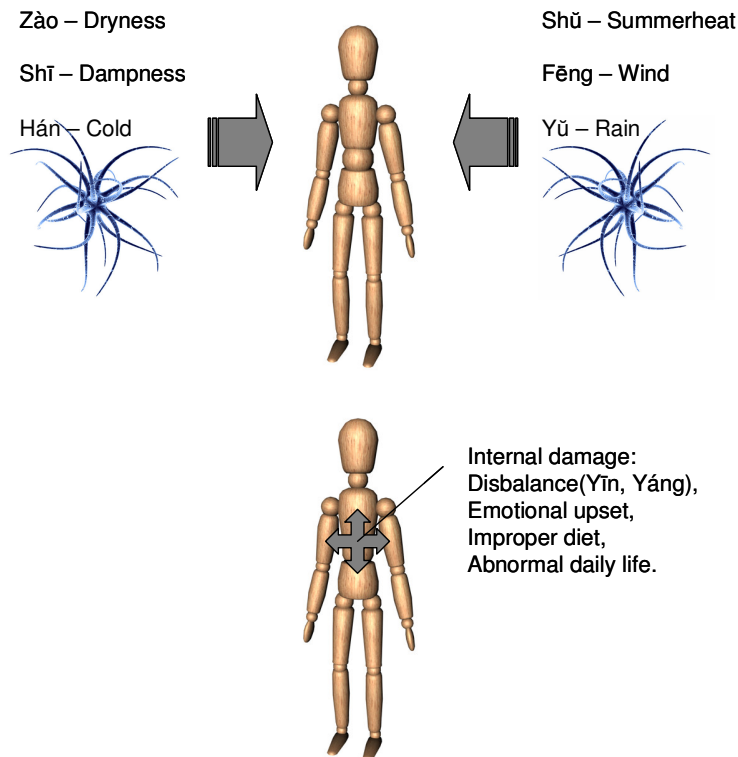


Summary of Chapter 44 of the Líng Shū

Shùn Qì Yī Rì Fēn Wéi Sì Shí – The Human Healthy Energy in the Day and Night Corresponds with the Energies of the Four Seasons

Paragraph 1

The initiation of the various diseases begins from:



Paragraph 2

How the energies of the four seasons influence the human body.

Season	24 h period	Health Energy *1	Evil Energy *2	Disease	Yīn Yáng
Spring – generates	Morning	Generating	Declining	Light	Yáng in Yīn
Summer – grows	Noon	Growth (prosperous)	"Weak"	Calm	Yang
Autumn – collects	Sunset	Collecting	Generates	Aggravating	Yīn in Yáng
Winter - stores	Night	Storing	Resides alone	Worse	Yīn

Note:

*1 in the Chinese text the expression rén qì (人氣) is used. This is translated as health energy by the authors.

*2 In relation with Spring the author uses bìng qì (病气), with summer xié (邪), with autumn xié qì (邪气), and with winter also xié qì (邪气).

According to Wiseman [1]:

Disease bìng (病) is any sick condition of the body or part of it.

Evil, xié (邪) is any entity from outside or from within that threatens health.

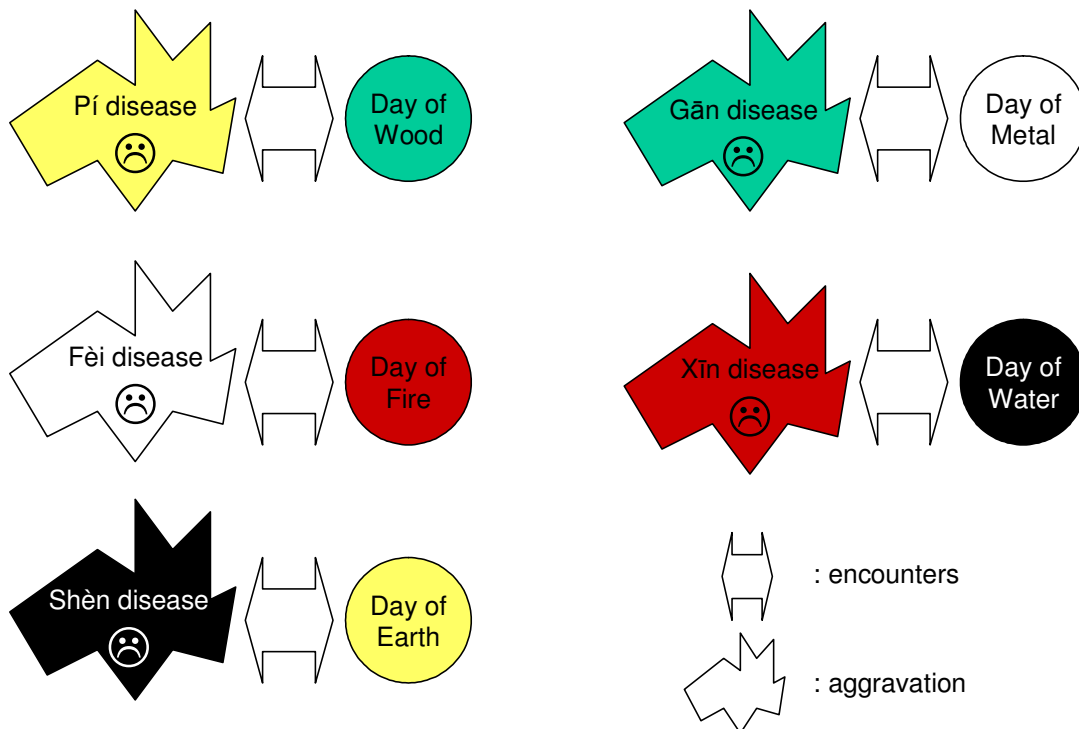
Right, zhèng (正) means correct or normal.

Right Qi, zhèng qì (正气): **1.** True qi, especially in opposition to disease. Right qi is the active aspect of all components (zàng fǔ, xuè, jīn-yè, jīng, etc.) in maintaining health and resisting disease. Right qi stands in opposition to evil qi. **2.** The normal qi of the seasons, warmth in spring, heat in summer, coolness in autumn, and cold in winter.

Paragraph 3

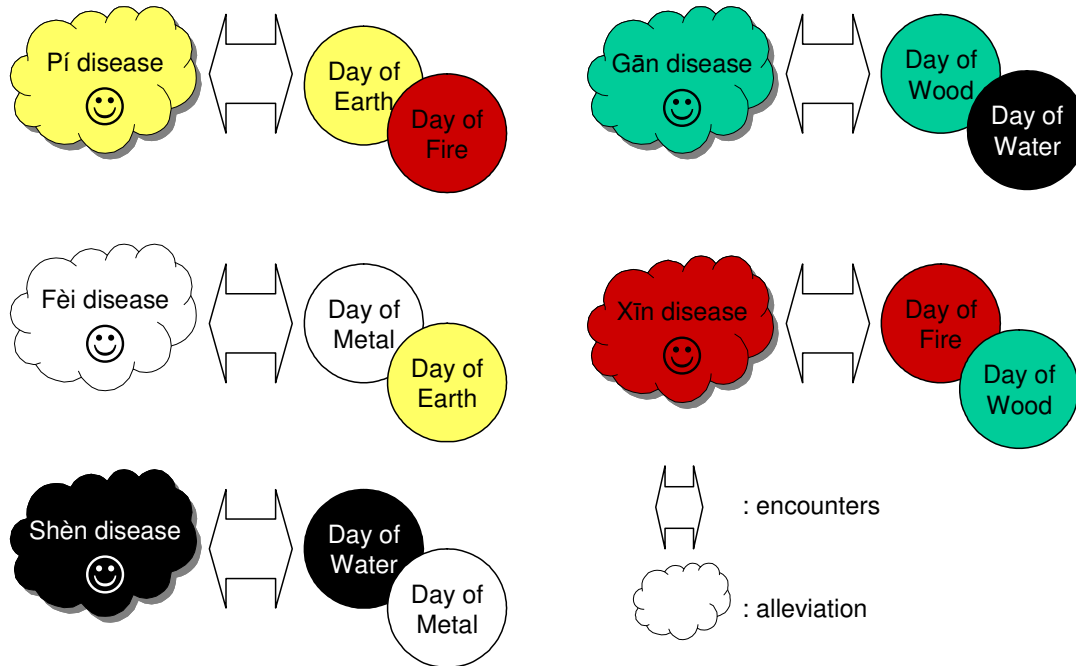
When the disease is not corresponding with the energies of the four seasons, and a single zàng has contracted a serious disease.

1. When the qì of the zàng is subjugated by the energy of the day, the disease will be aggravated *3.



*3 This is the insulting sequence (xiāng wǔ) of the wǔ xíng.

2. When the qì of the zàng is supported or agreeable with that of the day, the disease will be somewhat alleviated *4.



*4 This is the element its mother element or its own element.

Paragraph 4

In five zàng there are 25 acupoints which correspond to the five seasons.

Paragraph 5

The five variations:

	Gān	Xīn	Pí	Fèi	Shèn
Viscus of	Yáng	Yáng	Yīn	Yīn	Yīn
Colour	Green	Red	Yellow	White	Black
Season	Spring	Summer	Long summer	Autumn	Winter
Decimal cycle of a day	Jiǎ, Yī	Bǐng, Dīng	Wù, Jǐ	Gēng, Xīn	Rén, Guǐ
Tone	Jué (E)	Zhǐ (G)	Gōng (C)	Shāng (D)	Yǔ (A)
Taste	Sourness	Bitterness	Sweetness	Acridness	Saltiness

Paragraph 6, 8

Huáng Dì: "What are the conditions of the five kinds of acupoint dominated by the five variations?"

The table below shows the five variations in relation to the five seasons. The crossings indicate what to prick of the various channels. This also indicates what season one of the five variations dominates.

	Winter	Spring	Summer	Long summer	Autumn
5 zàng (disease in zàng)	Jǐng-Well				
5 colours (disease manifested on complexion)		Yíng-Spring			
5 seasons (disease alleviated / aggravated now and then)			Shū-Stream		
5 tones (disease is manifested in voice)				Jǐng-River	
5 tastes (diseases of stomach, disease caused by too much food and drink)					Hé-Sea

Paragraph 7

The Yuán points of the Fū are not corresponding to the five seasons (wǔ xíng).

Bibliography

- [1] Wiseman, N. and Feng, Ye, *A practical dictionary of Chinese Medicine*, paradigm publications, 1998.
- [2] Nelson, Liansheng Wu and Andrew, Qi Wu, *Yellow Empero's Canon Internal Medicine*, China Science & Technology Press, 1999.