

## Summary of Chapter 24 of the Sù Wèn

### Xuè Qì Xíng Zhì – On Blood, Energy, Body and Spirit

#### Paragraph 1

Qì and Xuè distribution.

Channel (Jīng)	Level of Xuè	Level of Qì
Tài Yáng Jīng	+	-
Shào Yáng Jīng	-	+
Yáng Míng Jīng	+	+
Shǎo Yīn Jīng	-	+
Jué Yīn Jīng	+	-
Tài Yīn Jīng	-	+

#### Paragraph 2

Yīn Yáng coupled channels.

Zú (foot) three Yīn and three Yáng:

zú tài yáng páng guāng jīng	↔	zú shǎo yīn shèn jīng
zú shào yáng dǎn jīng	↔	zú jué yīn gān jīng
zú yángmíng wèi jīng	↔	zú tài yīn pí jīng

Shǒu (hand) three Yīn and three Yáng:

shǒu tài yáng xiǎo cháng jīng	↔	shǒu shǎo yīn xīn jīng
shǒu shào yáng sān jiāo jīng	↔	shǒu jué yīn xīn bāo jīng
shǒu yángmíng dà cháng jīng	↔	shǒu tài yīn fèi jīng

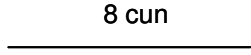
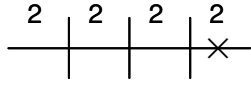
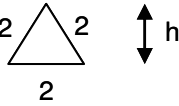
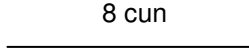
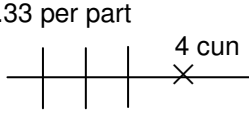
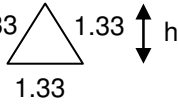
Stagnation and fullness in blood vessels, then utilize bloodletting.

If Shí – excess, the purge, sedate.

If Xū – deficiency, then invigorate, tonify.

#### Paragraph 3

Location of the Shū-points of the five Zàng.

Wu's [2] mathematics:	Ni's [4] Mathematics:
<p>1. </p> <p>2. </p> <p>3.   <math>h = \frac{1}{2} \times 2 \times \sqrt{3} = 1.73 \text{ cun}</math></p>	<p>1. </p> <p>2. </p> <p>3.   <math>h = \frac{1}{2} \times 1.33 \times \sqrt{3} = 1.15 \text{ cun}</math></p>

### Paragraph 4

Five kinds of disease of body and spirit

When	disease is due to	treat with
physically sound, worrying all the time	obstruction of Jīng-Luò	acupuncture and moxibustion
physically and emotionally sound, overly joyous	flesh and muscle (swelling of)	acupuncture
physically unwell and fatigue, joyous mood	damage of tendons	topical application of drugs
physically strained, emotionally depressed or bitter	worn out and exhaustion	herbs of sweet taste

### Paragraph 5

When pricking	can let out	cannot let out
Yáng Míng Jīng	Xuè and Qì	-
Tài Yáng Jīng	Xuè	Qì
Shào Yáng Jīng	Qì	Xuè
Tài Yīn Jīng	Qì	Xuè
Shǎo Yīn Jīng	Qì	Xuè
Jué Yīn Jīng	Xuè	Qì

See also paragraph 1.

Note: the English translation of Wu [2] is not correct when compared with the Chinese text. It says: "...Taiyin channel, both letting out blood and the energy are permissible..."



According to the Chinese text this must be: "Taiyin channel, letting out qi is permissible, letting out blood not."

## 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.
- [3] Unschuld, P., *Huang Di Nei Jing, nature, knowledge, imagery in an ancient Chinese medical text*, University of California Press, 2003.
- [4] Maoshing Ni, *The Yellow Emperor's Classic of Medicine*, Shambala, 1995.