

I Ching Acupuncture

By Dr. David Twicken, DOM, LAc



The Book of Changes is the oldest and foundation book of Chinese philosophy and medicine and contains profound principles for the clinical practice of Acupuncture. This article introduces one application of this comprehensive system of Acupuncture.

The I Ching is comprised of 64-Hexagrams, which are six-line configurations, each line is either one stroke, Yang (—) or two strokes, Yin, (— —). Hexagrams are comprised of two, three lined formations called a trigram. When two Trigrams are placed side-by-side, lines of the same number correspond. One method in I Ching Acupuncture utilizes these corresponding numbers, lines, positions or energies in the practice of Acupuncture.

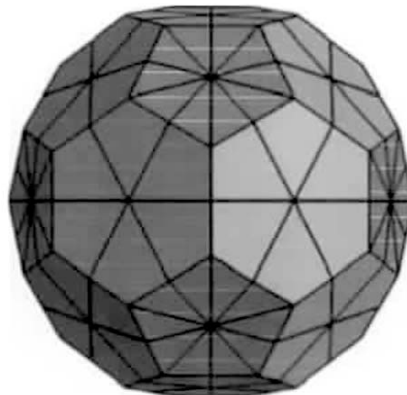
A Trigram

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—
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Two Trigrams numbered

3___ 3___
2___ 2___
1___ 1___

Lines in the 1st, 2nd and 3rd positions correspond to each other, placing two Trigrams on top of each other forms a Hexagram and corresponding lines are pairs.



The Hexagram below contains two Trigrams with their lines labeled, lines 1-1, 2-2 and 3-3 correspond to each other. In a Hexagram, corresponding pairs are 1-4; 2-5 and 3-6, see below.

3___ 6
2___ 5
1___ 4
3___ 3
2___ 2
1___ 1

Hexagrams can be used in many ways, one method is placing the six channels adjacent to each line, then connecting corresponding lines and channels. Hexagrams and their six channel pairs reveal a method for selecting Acupuncture channels. The Six Channel Model, which is one of the major models of correspondences in Chinese medicine, is used in I Ching Acupuncture. The classic book of the Han Dynasty, Shan Han Lun, applies the Six Channel model to herbal medicine.

Six channel pairings based on a Hexagram are Jue Yin-Yang Ming (1-4), Shao Yin-Shao Yang (2-5) and Tai Yin-Tai Yang (3-6)

Tai Yang 3___ 6
Shao Yang 2___ 5
Yang Ming 1___ 4
Tai Yin 3___ 3
Shao Yin 2___ 2
Jue Yin 1___ 1

In this method new sets of relationships exist: Jue Yin-1 and Yang Ming-4 treat each other, Shao Yin-2 and Shao Yang-5 treat each other, Tai Yin-3 and Tai Yang-6 treat each other. These are energetic correspondences and coupled pairings: Jue Yin and Yang Ming are number 1, Shao Yin and Shao Yang are number 2, and Tai Yin and Tai Yang are number 3.

Clinical Application

A patient has low back pain located on the Bladder channel, which is Tai Yang and corresponds with Tai Yin, select a point from the Tai Yin Lung channel for treating this condition. Lung 5 is an excellent choice for lower back pain, it is also a Yin channel treating a Yang Channel-Bladder, which follows a fundamental principle of the Nei Jing, Yin treating Yang and Yang to treating Yin.

Note

The sequence of the six channels is based on Acupuncture channel relationships, not the order a pathogen moves in the body, as found in the Shan Han Lun.

For more information on I Ching Acupuncture see the author's book "I Ching Acupuncture."

Dr. Twicken will be teaching a workshop on I Ching Acupuncture on Sunday, October 22.