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## The Korean Four Point System

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In my last article ("Acupuncture Diagnosis in a Chiropractic/Medical Practice," *DC*, October 18, 1999 or visit [www.chiroweb.com/archives/17/22/01.html](http://www.chiroweb.com/archives/17/22/01.html)) I discussed the high-technology acupuncture examination known as **ryodoraku** or "electromeridian imaging" to determine the status of the meridian system.

Since pulse diagnosis as classically taught only allows the practitioner to see a maximum of six to eight patients a day, many practitioners of traditional Chinese medicine (TCM) have begun to use modern diagnostic procedures along with classical acupuncture stimulation techniques.

One of the most important issues in clinical acupuncture is establishing a proper diagnosis. This includes determining which of the 12 meridians are involved by either being too high in electro magnetic energy, too low, or split between left and right sides of the body.

Once the status of the meridians are determined by electromeridian imaging (ryodoraku) or by traditional Chinese pulse diagnosis, it is imperative to balance the meridians by tonifying the low meridians and sedating the high ones. In five element acupuncture, balancing between involved meridians is classical and focuses on borrowing excessive energy to supply meridians that are too low.

Acupuncture has numerous approaches around the world, including virtually every Asian nation. However, approximately 600 years ago, the Koreans developed one of the most significant techniques of balancing the meridians. The procedure is virtually unknown to most acupuncturists except in Korea, extreme northern China and in the northern islands of Japan.

The technique requires the use of four specific acupuncture points for each meridian that is shown to be either too high or too low. In Chinese acupuncture, the utilization of the single "tonification" or "sedation" point is all that is classically used.

Even though simple tonification and sedation will suffice in most cases, for those stubborn conditions that are having great difficulty in establishing a balance, this Korean system is ideal. This technique will balance meridians when other procedures will not.

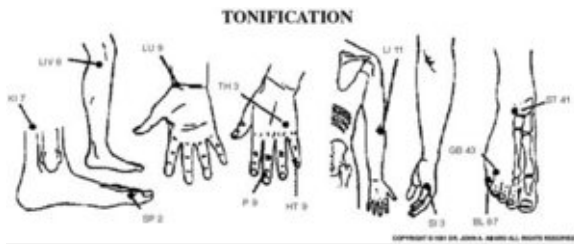


When the following meridians are "deficient," treat:

Lung	Tonify	SP3	LU9	Sedate	HT8	LU10
Large Intestine	"	ST36	LI11	"	S15	L15
Stomach	"	S15	ST41	"	GB41	ST43
Spleen	"	HT8	SP2	"	LIV1	SP1
Heart	"	LIV1	HT9	"	KI10	HT3
Small Intestine	"	GB41	SI3	"	BL66	SI2
Bladder	"	LI1	BL67	"	ST36	BL54
Kidney	"	LU8	KI7	"	SP3	KI3
Pericardium	"	LIV1	P9	"	KI10	P3
Tri-Heater	"	GB41	TH3	"	BL66	TH2
Gallbladder	"	BL66	GB43	"	LI1	GB44
Liver	"	KI10	LIV8	"	LU8	LIV4

When the following meridians are "excessive," treat:

Lung	Tonify	HT8	LU10	Sedate	KI10	LU5
Large Intestine	"	SI5	LI5	"	BL66	LI2
Stomach	"	GB41	ST43	"	LI1	ST45
Spleen	"	LIV1	SP1	"	LU8	SP5
Heart	"	KI10	HT3	"	SP3	HT7
Small Intestine	"	BL66	GB40	"	ST36	SI8
Bladder	"	ST36	BL54	"	GB41	BL65
Kidney	"	SP3	KI3	"	LIV1	KI1
Pericardium	"	KI10	P3	"	SP3	P7
Tri-Heater	"	BL66	TH2	"	ST36	TH10
Gallbladder	"	LI1	GB44	"	SI5	GB38
Liver	"	LU8	LIV4	"	HT8	LIV2



The four steps for a "deficient" meridian are:

1. Tonify the horary point of the mother organ.
2. Tonify the mother organ's element point on the affected organ.

3. Sedate the horary point of the controlling meridian (KO cycle).

4. Sedate the controlling organ's element point on the affected organ.

The four steps for an "excessive" meridian are:

1. Tonify the horary point of the controlling organ (KO cycle).

2. Tonify the controlling organ's element point on the affected organ.

3. Sedate the horary point on the "son" organ.

4. Sedate the son organ's element point on the affected organ.

Once a meridian is determined to be too high or too low, rather than going through the procedure of figuring out which points to use, the points are always the same for each meridian either being too high or too low. Follow the provided charts on pages 50, 51 and 52 to achieve some of the most spectacular clinical results you will ever experience.

Try balancing the involved meridians you have discovered with EMI evaluation with this ancient Korean approach. It has few equals. I personally use it in the most difficult cases.

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Click [here](#) for more information about John Amaro, LAc, Dipl. Ac. (NCCAOM), FIAMA, DC.



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