

Meridian Wave Acupuncture - Practical Channel Theory Applications for Acupuncture in Pain Management

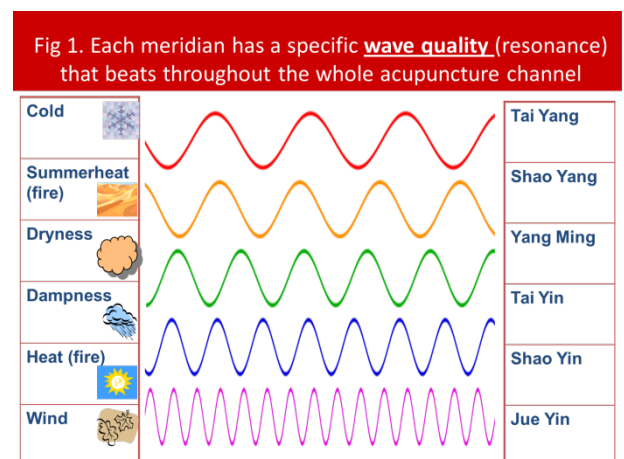
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The foundation of Traditional Chinese Medicine lies upon three basic theories which are referred to as the three pillars of TCM. These are the Yin Yang Five Element theory, Zang Fu theory and Meridian Channel theory. Yin Yang and the Five elements form a basic code that can describe all phenomena, events and existence in the universe. They allow the description of all things by an arrangement to categories, initially by the division to Yin and Yang opposite pairs of duality and then further into the 5 distinct categories of the elements. Together they form the language that describes TCM in the ancient classics. While the rules of the outer universe are discussed in this language, the environment and the climate of the inner body and its arrangement into functional systems is described by the Zang Fu theory, the theory of the internal organs. The major subject of discussion in the classics refers to physiology and pathology in terms of the 5 Zang and the 6 Fu organs.

Meridian Channel Theory is the connecting pathway between these two theories of outer and inner climates. The channels are described and referred to as the avenue that balances external influences and climatic factors and regulates their entries and exits into and out of body. This creates a balanced internal climate that permits the harmonious function of the internal organs.

According to Meridian Channel Theory, the external influences are specific climate factors which are referred to as the 6 Qi. These are Cold, Summer-Heat Fire, Dampness, Dryness, Fire and Wind. It is important to note that the 6 Qi are functional climatic forces which are necessary for the function of the internal organs and are therefore not 'Evil' factors. The 6 Qi may become 'the 6 Evil Qi' if the function

of the Meridian-Channel system is not balanced or if they are excessively strong and invade the body. The Meridian Channel systems have both external and internal roles. The external role is to balance and regulate the movement of the 6 Qi into and out of the body. As extensions of the organs, the internal role of the Meridian Channels is to balance and regulate the functions of the Zang and Fu by creating an infinite web of inner connections and by creating the appropriate inner climatic environment specifically needed for each organ. These relations are specific and bond each climate of the 6 Qi to a specific organ system. The overall structure is referred to in the classics as the 6 Channel Theory and is structured in the body as Tai Yang (Si, UB-cold); Shao Yang (Tw, Gb-summer heat fire), Yang Ming (Li, St-dryness), Tai Yin (Lu, Sp-dampness), Shao Yin (Ht, Ki-fire) and Jue Yin (Pc, Liv-wind), Figure 1.



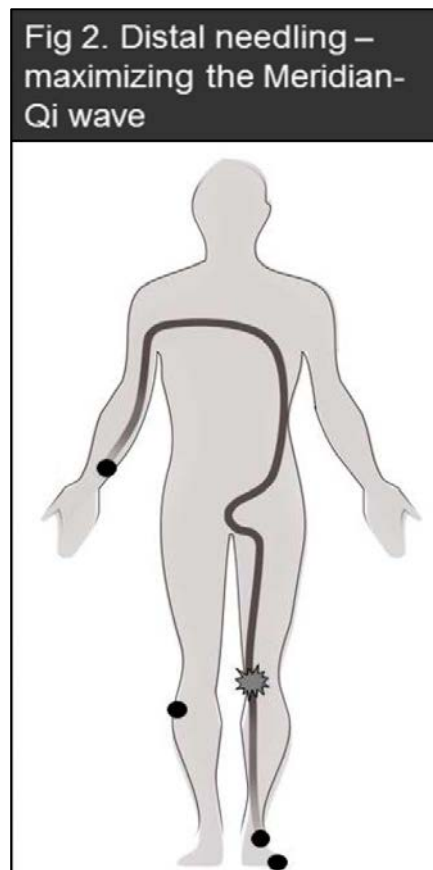
As an example of the external role of the Meridian Channel system we could consider the response of the Tai Yang channel to external cold. Tai Yang, the outer most Yang channel, has the role of dispersing Yang Qi and heat (Wei Qi) to the surface in order to counteract an invasion of excess cold to the body. It also controls the skin pores which are opened or closed according to needs of

warming or cooling the surface. Using points on this channel will rapidly resolve symptoms of external cold such as runny nose, aversion to cold and wind, an itchy throat, low grade fever and stiffness in the upper back and neck (a classic display of cold congealing circulation in the upper Tai Yang).

As an example of the inner role of the Meridian Channel system we can consider the functions of the Tai Yin channel. Among many other functions, Tai Yin is the receiver and balancer of dampness. Moisture that is needed for the proper functions of the lungs is absorbed from the air during breath. This process is governed by the Hand Tai Yin Lung channel. Internally, the balance of fluids and nutrients (internal physiological dampness) is managed by the transporting and transforming functions of the Spleen. This process is governed by the Foot Tai Yin spleen channel. Together, the whole Tai Yin Meridian-Channel system is constantly balancing the external and internal environments with regard to moisture and dampness.

As each Meridian channel relates to a specific climate, the Qi flowing through the channel has a unique affinity to the corresponding climate of the 6 Qi. One can easily understand that a system that responds to cold, operates in a distinctively different wave-quality of Qi than the channel that responds to heat. As so, each channel operates and resonates in a distinct wave-quality of Qi. By identifying the correct Meridian wave-quality and by selecting point combinations from the correct Meridian-Channel system, effective acupuncture can be performed that will yield an immediate response in the channel and result in instant clinical effects.

Meridian-Wave acupuncture system is based on identifying the correct wave-quality and selecting appropriate acupoints which will initiate a powerful wave of Meridian-Channel Qi (Fig.2). Distal Acupuncture points in the effected Meridian-Channel are selected in order to achieve a maximal wave effect. Results are assessed immediately after point puncture and an instant change in discomfort is pursued and scaled. In addition, the initiation of the wave process is conducted by the use of Jing-Well points. These points are indicated in the classics for 'knots, clumps and stagnation along the whole pathway of the channel'. Bleeding these points has a powerful and immediate effect of initiating a wave of Meridian Qi, vigorously moving Meridian Channel Qi, reducing pain, discomfort, numbness and increasing range of motion in the compromised area.



Meridian wave acupuncture has been used on thousands of patients in China, the US and Israel. The system is taught in a two day workshop titled 'Practical Channel Theory Applications for Acupuncture in Pain Management'. The workshop is practical, involves clinical examples and practice and is formatted to be applicable for the clinic immediately. This system has been taught to hundreds of practitioners that have reported its outstanding clinical relevance. It has also recently been tested with great success in a randomized controlled trial inside the Emergency Room of a major hospital in Israel for acute back or neck pain. Results showed a decrease in total pain of more than 40% and an increase in spinal flexion-extension of more than 80% compared to placebo acupuncture. A summary of this research was recently presented by Amos Ziv as a lecture in the European Conference of Integrative Medicine in Florence Italy.

