

Wu's Notes

1. "Six enclosures" means six sides of east, south, west, north, the zenith and the nadir. The five means five dynamic elements.
2. The "dai jiao tone" is the great fettered jiao tone.
3. "Pan jiao tone" means demi-tone of great jiao.
4. The "dai shang tone" is the great tone.
5. The years of "great dread" are numbered by adding nine and its multiples to seven. Nine in the system of yin and yang represents heaven. Six represents earth. Great dread or magic fear in this instance would then be considered as originating in the heavens.

SCROLL TEN**65. THE FIVE TONES AND FIVE FLAVORS**

"Right zhi and minor zhi harmonize the upper regions of the right Arm Major Yang.

"Left shang and left zhi harmonize the upper regions of the left Arm Bright Yang.

"Minor zhi and great gong harmonize the upper regions of the left Arm Bright Yang.

"Right jiao and the great jiao harmonize the lower regions of the right Leg Minor Yang.

"Great zhi and minor zhi harmonize the upper regions of the left Arm Major Yang.

"Zhong yu and minor yu harmonize the lower regions of the right Leg Major Yang.

"Minor shang and right shang harmonize the lower regions of the right Arm Major Yang.

"Pure yu and zhong yu harmonize the lower regions of the right Leg Major Yang.

"Minor gong and great gong harmonize the lower regions of the right Leg Bright Yang.

"Pan jiao and minor jiao harmonize the lower regions of the right Leg Minor Yang.

"Dai shang and upper shang harmonize the lower regions of the right Leg Bright Yang.

"Dai shang and upper jiao harmonize the lower regions of the left Leg Major Yang.

"Upper zhi and right zhi resonate together in the valley qi with wheat; of the domestic meats, mutton; of fruits, apricot; with the Arm Minor Yin, of the viscera, the heart; of colors, red; of flavorings, bitter; of seasons, summer.

"Upper yu and great yu resonate together in the valley qi with large beans,¹ of domestic meats, pork; of fruits, the chestnut; with the Leg Minor Yin, of the viscera, the kidneys; of colors, black; of flavors, salty; of seasons, winter.

"Upper gong and great gong resonate together in the valley qi with unpolished rice; of domestic meats, beef; of fruits, jujube; with the Leg Major Yin, of the viscera, the spleen; of colors, yellow; of flavors, sweet; of seasons, long summer.

"Upper shang and right shang resonate together in the valley qi with sorghum; of domestic meats, chicken; of fruits, the peach; with Arm Major Yin, of the viscera, the lungs; of colors, white; of flavors, pungent; of seasons, autumn.

"Upper jiao and great jiao resonate together in the valley qi with hemp; of domestic meats, dog; of fruits, the plum; with the Leg Shrinking Yin, of the viscera, the liver; of colors, green; of flavors, sour; of seasons, spring.

"Great gong and upper jiao resonate with the upper regions of the right Leg Bright Yang.

Huang Di said, "This completion of accumulation, what is it?"

Qi Bo said, "Perverse qi gives birth to illness of the foot. When this illness is born, the shins are cold, causing the blood channels to congeal harshly. The blood channels congealing harshly cause cold qi to rise and enter the intestines and stomach. Entering the intestines and stomach causes the abdomen to swell. The abdomen swelling causes the sap and foam external to the intestines to forcefully accumulate, and not be able to disperse. Day by day it completes its accumulation.

"When there is suddenly much eating and drinking, it causes congestion of the intestines. When arising and sleeping are not in order, using force beyond one's normal limits causes the luo channels to be injured. The yang luo channels injured results in the blood to the exterior to be excessive. The blood to the exterior being excessive causes bleeding from the nose. If the yin luo channels are injured, it results in the blood in the interior being excessive. The blood in the interior being excessive causes bleeding after a bowel movement. If the luo channels of the intestines and stomach are injured it results in the blood being excessive to the exterior of the intestines. If the exterior of the intestines are cold, then sap and foam and blood battle each other, causing all jointly to congeal and accumulate so they cannot disperse; so this accumulation is complete.

"However, when the exterior is suddenly attacked by cold, or if the inside is injured by trembling and anger, it causes the qi to ascend in counterflow. The qi ascending in counterflow causes the six acupuncture channels to be blocked, warm qi cannot move, congealed blood collects inside and does not disperse. The body fluids are uneven in seeping away. If delayed and not done away with, then all accumulations are complete."

Huang Di said, "What is it like when disease is born in the yin?"

Qi Bo said, "Worry and thought injures the heart and mind. Severe cold injures the lungs. Anger and vexation injure the liver. Being drunk when having intercourse, and sweating at that point, and being exposed to the wind injures the spleen. Using strength beyond its limits is like sweating profusely after intercourse and results in injury to the kidneys.

"These internals and externals are the three sections which can give birth to disease."

Huang Di said, "Excellent. What are the cures?"

Qi Bo replied, "Examine that which is painful in accord with the knowledge of its correspondences. Is there an excess or an insufficiency? At the point of tonification, tonify. At the point of dispersing, disperse. Do not go counter to climate and season. This is what is meant by the best cure."

Wu's Notes

1. "Original membranes" are mesentery membranes.

67. THE ACTIONS OF THE NEEDLE

Huang Di questioned Qi Bo, "I have heard about the nine needles of the masters and their action and use for the members of the Hundred Families and how the blood and qi of each of these members of the Hundred Families has a different form. At times the spirit moves with the qi at the first action of the needle. At times qi and needle meet together. At times, when the needle is already withdrawn, the qi moves independently. At times there are numerous needlings and then perception. At times the

