


**ChiroCredit.com Presents:**  
**AcuPractice 202**  
 Yin & Yang II, The 8 Principles

- Review
- Yin vs. Yang
- Substance vs. Function
- Cooling vs. Warming
- Activity vs. Rest
- Protection vs. Recovery
- Transformation vs. Maintenance
- Holding vs. Nourish & Moisten




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### Associations of Yin & Yang Disorders

Yang Disorders	Yin Disorders
Excess Yang / Deficient Yin	Excess Yin / Deficient Yang
Acute / Rapid Onset	Chronic / Slow Onset
Activity / Daytime / Insomnia	Rest / Nighttime / Sleepiness
Stretch Out To Sleep - Throws Off Covers	Curls Up In Sleep - Likes To Be Covered
Heat Signs: Red Efflorescences / Rapid Pulse /	Cold Signs: Pale Efflorescences / Slow, or at least Not Rapid Pulse
Thirst: Likes Cold Drinks	No Thirst: Sips Warm Drinks
Loud Voice - Extrovert	Soft/Weak Voice - Introvert

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### Yin & Yang by Position

Yang Bodily Areas	Yin Bodily Areas
Superior	Inferior
Posterior	Anterior
Lateral	Medial
External	Internal

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**The Eight Principles**  
Four Pair of Yin/Yang Opposites  
Internal / External  
Hot / Cold  
Excess / Deficient  
Yin / Yang

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**Internal / External**  
Determined by  
Location  
OR  
Etiology

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**Internal  
Locations & Etiologies**  
Organs  
Blood  
Bones

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**External  
Locations & Etiologies**

Skin

Muscles

Meridians

(Joint Pain)

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**The Lungs  
Special Case  
External Location & Etiology**

Upper Respiratory Infection

Outside Pernicious Influence

Treatment Principle: Open the Exterior

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**Hot & Cold  
True & False**

Condition	Pathology Diagnosis	Treatment Principle
Excess Yin	True Cold	Sedate Yin (Disperse)
Excess Yang	True Heat	Sedate Yang (Disperse)
Deficiency of Yin	False Heat (Heat from Deficiency)	Supplement Yin (Tonify)
Deficiency of Yang	False Cold (Cold from Deficiency)	Supplement Yang (Tonify)

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### True Heat False Heat

True Heat	False Heat / Yin Deficiency
Thirst	Dry Mouth
Red Face	Malor Flush
Full Sweat / True Fever	Night Sweat / Hot Flashes
Sore Throat / Cough	Dry Throat / Clears Throat
Dark Scanty Urine	
Constipation / Hot Diarrhea	Constipation / Dry Stool
Full / Strong & Rapid Pulse	Thin/Weak & Rapid Pulse
Red Tongue / Yellow Coat	Thin Red Tongue / No Coat (Peeled)

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### True Cold False Cold

True Cold	False Cold/ Yang Deficiency
Clear Copious Urine	
Preference for Warm Drinks	
Chills	Cold Body/Hand/Feet
Pale Face	
Cramping Pain / Better with Heat	No Pain
Cold Diarrhea	Loose Stools / Undigested Food
Normal Tongue / Thick White Coat	Pale Puffy Tongue / Wet Coat
Full & Tight Pulse	Weak & Slow Pulse

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### Excess/ Deficient

Organs

Substances

Meridians

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Yin & Yang

Nature of the Disorder

The Rest of the Eight Principles

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## AcuPractice Seminars 202: Yin & Yang II & The 8 Principles

### Yin/Yang Table of Correspondences

<b>DISORDERS WHICH ARE <u>YANG</u> IN NATURE ARE ASSOCIATED WITH</b>	<b>DISORDERS WHICH ARE <u>YIN</u> IN NATURE ARE ASSOCIATED WITH</b>
<b>Excess Yang or Deficient Yin</b>	<b>Excess Yin or Deficient Yang</b>
<i>Acute / Rapid Onset</i>	<i>Chronic / Slow Onset</i>
<i>Activity / Daytime / Insomnia</i>	<i>Rest / Nighttime / Sleepiness</i>
<i>Stretch Out To Sleep - Throws Off Covers</i>	<i>Curled Up In Sleep - Likes To Be Covered</i>
<i>Heat Signs: Red Efflorescences / Rapid Pulse /</i>	<i>Cold Signs: Pale Efflorescences / Slow, or at least <u>Not Rapid</u> Pulse</i>
<i>Thirst: Likes Cold Drinks</i>	<i>No Thirst: Sips Warm Drinks</i>
<i>Loud Voice - Extrovert</i>	<i>Soft/Weak Voice - Introvert</i>

### Anatomy of Yin/Yang Relationship Within Body

<b>BODY AREAS WHICH ARE <u>YANG</u> (CONTRASTED WITH YIN AREAS)</b>	<b>BODY AREAS WHICH ARE <u>YIN</u> (CONTRASTED WITH YANG AREAS)</b>
<i>Superior</i>	<i>Inferior</i>
<i>Posterior</i>	<i>Anterior</i>
<i>Lateral</i>	<i>Medial</i>
<i>External</i>	<i>Internal</i>

### B. Eight Principles

#### 7. Four Pairs of Opposites

- a) Internal / External
- b) Hot / Cold
- c) Excess / Deficient
- d) Yin / Yang

#### 2. Internal / External

##### a) Location of Disease or Etiology

- 1) Internal
  - a. Many manifestations within the Organs Bones & Blood
- 2) External
  - b. Skin
  - c. Muscles
  - d. Meridians (Channels & Collaterals)
  - e. Lungs: Special Case: Upper Respiratory Infection (OPI/EPI/EPF)

### 3. Hot / Cold

<b>DESCRIPTION OF CONDITION</b>	<b>PATHOLOGY</b>	<b>TREATMENT PRINCIPLE</b>
<b>NORMAL BALANCED CONDITION</b>	<b>N/A</b>	<b>N/A</b>
<b>TRUE EXCESS YIN CONDITION</b>	<b>TRUE COLD</b>	<b>SEDATE YIN</b>
<b>TRUE EXCESS YANG CONDITION</b>	<b>TRUE HEAT</b>	<b>SEDATE YANG</b>
<b>DEFICIENCY OF YIN CONDITION</b>	<b>FALSE HEAT</b> (HEAT FROM DEFICIENCY)	<b>TONIFY YIN</b>
<b>DEFICIENCY OF YANG CONDITION</b>	<b>FALSE COLD</b> (COLD FROM DEFICIENCY)	<b>TONIFY YANG</b>

1) Hot

<b>Excess, Full or True Heat</b> (Usually Seen in OPI Heat)	<b>Deficient Yin (False Heat)</b> (A Condition which is Yang in Nature)
Thirst	Dry Mouth
Red Face / Red eyes	Malor Flush
Full (Daytime) Sweat	Night Sweats
Full Fever	PM Fever / PM Hot Flashes / Heat in 5 Hearts
Sore/Painful Throat	Chronic, Dry, Scratchy Throat
Strong Cough	Chronic, Dry, Weak Cough
Dark, Scanty, Urine (Burning if severe)	Dark, Scanty Urine
Constipation (w/ discomfort) / Hot Diarrhea	Dry Stool / Constipation
<b>Full, Rapid, Pulse</b>	<b>Thin, Rapid, Pulse</b>
Red Tongue / <b>Yellow Coat</b>	Red Tongue / <b>No Coat (Peeled)</b>

2) Cold

<b>Excess /Full / True Cold</b> (Often Seen in OPI Cold)	<b>Deficient Yang (False Cold)</b> (A Condition which is Yin in Nature)
Clear Copious Urine	SAME
Preference for Warm Liquids	SAME
Cramping Pain Better with Heat	SAME
No Thirst	SAME
Chills	Cold Body /Hands & Feet
Pale Face	Pale Face
Cramping Pain	No Pain Associated
Cold Diarrhea	Loose Stools / Undigested Food
Thick White Tongue Coat	Pale Puffy Tongue / Wet Coat
Full & Tight Pulse	Weak & <b>Slow</b> Pulse

**C. Excess / Deficient**

1. **There are Many Various Signs of Excesses and Deficiencies in Organs, Substances, and Meridians. They will be discussed in future lectures.**

**D. Yin / Yang**

1. **Based on the other 6 Principles and the Nature of the Disorder as discussed earlier**