

## FIRE: TRIPLE BURNER MANAGEMENT & TREATMENT

### I. TRIPLE BURNER YANG-ESSENCE

#### A. Triple Burner Yang-Essence Deficiency

##### 1. General Problem

Does not reconcile and integrate dark and light side – discordances.  
Disharmonious in most aspects of life including social due to misperceptions

##### 2. Specific Issues to resolve

Enhance the capacity to integrate and harmonize

##### 3. Specific Phase Methodology for Triple Burner Yang-Essence Deficiency Within the Generating-Controlling Cycle

Needle the Tonification and Yang-Essence points of the Triple Burner

TB- 3 [Tonification Point]

TB- 4 [Yang-Essence Point]

- Needle the Sedation and Yang-Essence points in the Gallbladder [Shang cycle]

GB- 43 [Sedation Point]

- SJ- 5 thru to P-6 for general balance of Yin-Essence and Yang-Essence

##### 4. Channel-Herb Treatment for Triple Burner Yang-Essence Deficiency

###### a. Management Formulation

- i. Nourish Triple Burner Yang-Essence
- ii. Nourish Gallbladder Yang-Essence
- iii. Encourage Bonding

###### b. Management Implementation

###### i. Nourish Triple Burner Yang-Essence

###### 1). Acupuncture

###### a). Triple Burner Points Spirit Points

###### i). Individual Spirit-Mental-Emotional Points

TB- 1: establishing one own grounding against all interference

TB- 3: Controls 'Internal Duct' –

transformations of food into Qi, Blood

TB- 4- Return to Calm; Helps Yang rising with thoughts getting to head

TB- 5 –

lack of or excess initiative, warmth, affection

boundaries in broken  
relationships  
violent fear, suspicion, anxiety  
deep depression  
calms Shen

TB- 10 -mental calming; "Serene  
Tranquility"

TB-11:

Stuck; helpless

Compassion and warmth

TB- 12: depression; mood swings

TB- 16: WOS [see below]

TB- 21: Enhances Will Power

TB- 22: Relax Mind

ST- 11: Communicate creativity to world  
through relationships

ii). De le fuye - Lawson Wood

- Perfect Love: TH5
- Social Clarity: Median. On the point of  
the spinous process of the second dorsal  
vertebra
- Sexual Balance: CV- 7 [Triple Burner Shu  
point for the Lower Burner]

iii). Balance Triple Burner:

1)). Up and Down

a)). Using TB points on CV channel  
and the TB Mu points

CV-17, 13, 12, 10, 7 and the  
Mu point CV-5 with the Dai  
Mo or Yang Wei

b)). To:

a).Balance the energies of  
the three burners and  
thereby improve circulation

b). Stop the ascendance of  
rebellious Stomach Qi.

c). CV- 7 [sexual balance]

2)). Front and Back

Mu point: CV- 5

Shu point: BL- 22

3)). Inside-Outside

TB- 5 to P- 6

iv). DRRBF: [Yin and Yang- Excess & Deficiency]

a. Yang Deficient

TB- 3: Controls 'Internal Duct' –  
transformations of food into Qi,  
Blood

TB- 4: Source

BL22; Bl- 51: Back S

2). Herbs

Cyperus [Xiang Fu]

Fritellariae Thunbergii [Zhe Bei Mu]

ii). Nourish Gallbladder Yang-Essence

1). Acupuncture

GB- 1 [Pupils Bone Hole]

Meeting Point with Triple Burner

Ameliorate anger

See things with clarity

GB- 11 [Head Portals Yin]

Assimilate the emotional world and enhance  
the ability to express the inner world.

GB- 25 [Capital Gate]

Front Mu Point of Kidney

GB- 26 [Girdle Vessel]

Starting Point of Dai Mai

GB 27 [Five Pivots]

Upright Posture of Five Pillars

GB- 30 [Encircling Leap]

Tonifies Qi [and Blood]

Helps to open the Dai Mai [with cupping]

GB- 35 [Yang's Intersection]

Where Yang comes together

GB- 40 [Hills Ruins]

Tonifies GB; especially mental aspect.

2). Herbs

Calm Spirit and Stop Fear Decoction[ An Shen Ding Zhi  
Tang]

iii). Encourage Bonding

1)). P- 8 [Palace of Labor]

Transformation [to new bonds]

2)). Spleen Points that Nourish Yin and Blood

SP- 3 [Great White]

Tonifies Spleen  
 Major point affecting Lungs  
 Enhances memory & mental clarity

SP- 6 [Three Yin of the legs]  
 Tonifies Yin and blood  
 Calms the mind w/ blood or Yin-Essence  
 deficiency especially blood [Heart Blood  
 deficiency] causing insomnia

SP- 9 [The Mound Spring]  
 Production of Blood

SP- 10 [Sea of Blood]  
 Tonifies and takes Heat out of Blood

SP- 12 [Penetrating Gate]  
 Tonifies Yin  
 Blood reaches Chong Mai

### 3)). Stomach Points

ST-30 [Surging Qi]  
 Tonifies Yin thru Kidney Essence

ST- 33 [Yin Market]  
 Tonifies Yin-Essence

St- 36 [Leg Three Miles]  
 Tonifies entire body blood

ST-37,39  
 Sea of Blood

ST- 43 [Deep Valley]  
 Tonifies Spleen

### 4)). Other Channel Points Earth Yin deficiency

TB- 3 [Cental Islet]  
 Transforms Gu Qi to postnatal Qi- used with  
 Spleen points

TB- 4 [Yangs Pool]  
 Tonifies Stomach and Spleen for production of  
 blood  
 Regulates Stomach  
 Fluid transformation;

UB- 20 [Spleen's Shu]  
 Nourishes Blood  
 Tonifies Spleen and Stomach

UB- 43 [Fatty Vital Hollow]  
 Nourishes Essence  
 The Deep Disease Point

UB- 49 [Abode of Thought]

Tonifies mental aspect of Spleen

Associated with Heart Blood that controls the mind

5)). Nourish Blood [in addition to above]

Liv 8- [Curved Spring]

Tonifies Liver Yin and blood

Liv 10 [Foot Five Measures]

Connection with Chong near Stomach 30

UB-11 [Great Shuttle]

Sea of Blood

Tonifies blood and marrow

UB- 17 [Diaphragm's Shu]

Sea of Blood

Tonifies blood

Seas of Blood

Chong Mai + Bl11, 17; St 30, 37, 39; GB-39;

UB 43- [Fatty vital Hollow]

Nourishes Essence

Deep Disease Point- [Moxa]

Back Shu Points

Moxa all Shu points [except Bl- 18] and DU 4, 6, 9, 12, 14; especially Bl 22

6)). Further Points for Earth Yin-Essence Deficiency

a)). Seas of Nourishment

ST- 30, 36 [Food]

ST- 9

Ren- 17

Du- 14,15

UB- 10

Ren- 6,12 [Moxa]

b)). Doorways to the Earth

Ren- 1, 4; St- 30; Liv- 12; KI- 11; UB 40; UB- 35;

GB- 30; DU- 1, 4; SP- 12

c)). Drying out –Leather quality

Lu- 9; SP- 3; St- 36; SP- 12

d)). Homeostatic Channels

Ren Mai

Bonding, dependency, maternal  
nourishment

Loving

Complete within oneself

Ren is the "Sea of Yin"

Chong Mai

Sea of blood

e)). Meeting Points

Sp- 6 [Three Yin-Essence of the legs]

LU-1 [Central Treasury]

Spleen & Lung

f)). Outer A.E.P.

UB-49 [Thought Dwelling, Shelter] with Spleen

8 [Earth Pivot-Accumulating Point]

Obsessions

Memory and concentration [short term-  
to study]

vii. WOS

ST-9 [People Welcome]

Help people find a new level of function  
on earth

viii. Constitution

Sp- 6, 10; ST- 25, 36, 44, 45

7)). Enhance Yin [Lungs]

Transforming and Expanding Bonds)

LU- 1 [Central Treasury]

Tonifies Lung Qi and Yin; descending function of  
Lung Qi-Kidney

LU-6 [Channel Ditch]

Accumulation Point activates the Qi.

LU- 7 [Broken Sequence]

Survival; Luo point brings Yang energy from the  
Large Intestine

Grief and sadness

LU- 9 [Great Abyss]

Tonifies Lung Qi and Yin; ability to change

BL- 13 [Lung's Shu]

Tonifies Lung Qi and Yin

Difficulty w/ change w/GV 12, BL 43

BL- 42 [Corporeal Soul]

W/ LU 6

- Release the Po (Inferior soul) that is the propelling force, the basic energy from the cosmos that we identify with the 'dark'

unconscious forces or 'instincts' (life force is real translation of Freud's libido).

- Coping mechanisms for problems with fear of these 'dark' forces may include obsessions and a preoccupation with possessions.

## B. Triple Burner Yang-Essence Excess

### 1. General Problem

There is an over-emphasis on the integration of the parts to the detriment of the development of the separate parts.

### 2. Specific Issues to resolve

Reduce the integrative aspects of function and balance with energy directed towards the development of the parts

### 3. Specific Phase Methodology for Triple Burner Yang-Essence Excess Within the Generating-Controlling Cycle

- Reduce Excess through the 'control' and 'insulting' cycles
- Needle phase point of 'controlling' and 'insulting' phase in Triple Burner Phase

TB- 2 [Triple Burner Water Point]

TB- 1 [Triple Burner Metal Point]

- Needle horary point, tonification point and Yin-Essence point of 'controlling' phase

UB- 53, (43) [Bladder Yin Essence Points]

Ki- 4; Ki- 3 [Kidney Luo and Source Point]

P- 3 [Pericardium Water Point]

TB- 5, TB- 4 [Triple Burner Luo + Source Point]

- Needle horary point, tonification point and Yin-Essence point of 'insulting' phase

LI- 10 [Large Intestine Yin-Essence Point]

LU- 7, 9 [Lung Luo and Source Points]

Ki- 7 [Kidney Metal Point]

P- 3 [Pericardium Water Point]

TB- 5, TB- 4 [Triple Burner Luo + Source Point]

### 4. Channel-Herb Treatment for Triple Burner Yang-Essence Excess

#### a. Management Formulation

- Build Water Yin-Essence ['controlling cycle' [Ko] to control-balance Triple Burner Yang-Essence Excess]
- Build Metal Yin-Essence ['insulting cycle'] to control-balance Triple Burner Yang-Essence Excess
- Reduce bonding in the service of harmony between the endogenous with the exogenous aspects of life.
- Increase the boundaries between the parts

b. Management Implementation

i. Build Water Yin-Essence [‘controlling cycle’ [Ko] to control-balance Triple Burner Yang-Essence Excess]

1). Acupuncture

a). Kidney

KI-1- [Bubbling Spring]

Calming the mind in anxiety &  
hypomania

Courage

KI- 2- [Blazing Valley] for will power

KI- 3- [Greater Stream]

To anchor all of the other spirit points  
Nourish Yin-Essence, Yang-Essence, Qi-  
Essence and Essence

KI 4-[Big Bell]

A place to store and hold, to gather  
forces & to lift the spirit

Compassion

Communicate with Heart through P-3, 6,  
8

KI- 6 [Shining Sea]

Calms Shen by nourishing Yin-Essence-  
Essence

KI 9: [Guest Building (House)]

- Calms the mind w/ anxiety,  
restlessness, chest oppression &  
palpitations w/ HT-KI not harmonized.
- Ability to step outside of oneself and  
bear witness to self
- Observer of ones own reactions
- Calms Shen
- Phlegm disturbing the Heart
- Communicates between Kidney and  
Heart
- Cry and laugh for no reason
- Neurosis from past experience

KI- 10 [Water Point of Water]

Tonifies Kidney Yin

Increases ability to ‘flow’ in all aspects of  
life



KI- 15 [Central Flow]

Nourishes Kidney Yin-Essence

KI- 16 [Vitals Transporting Hollow]

Connects Heart and Kidney

Calms the mind by bringing Yin-Essence to the Heart thru UB- 43

ib). Bladder

UB- 53, (43)

## 2). Herbs

Left Returning

Lotus Stamen

Yin-Essence and Yang-Essence Essence deficiency

Linking Decoction [Yi guan Jian]

Ginseng and Zizyphus [Tian Wang Bu Xin Tang]

## ii. Build Metal Yin-Essence [‘insulting cycle’] to control-balance Triple Burner Yang-Essence Excess

### 1). Acupuncture

LU- 1 [Central Treasury]

Tonifies Lung Qi and Yin

LU- 2 [Cloud Gate]

Old Grief Stagnating in the Lungs

Lu- 3 [Celestial Storehouse]

Window of the Sky

Forgiveness

Possession by family

Sense of deep unworthiness

Let go of sadness

LU- 4 [Guarding White]

The here and now

LU-6 [Channel Ditch]

Accumulation Point activates the Qi

Moves Yin

LU- 9 [Great Abyss]

Tonifies Lung Qi and Yin

Ability to change

### 2). Herbs

Lily Combination [Yin-Essence-Jing deficiency]

## iii. Reduce Bonding in the service of harmony between the endogenous with the exogenous aspects of life.

P- 8 [Palace of Labor]

## Transformation [to new bonds]

- SP-1: eliminates phlegm
- SP-3: moves damp
- SP- 6: moves damp
- Sp- 8: moves damp and channel obstruction
- SP- 9: moves damp
- SP- 10: moves Blood
- SP- 11: Moves damp from head
- SP15: Resolves damp with mucous in stools
- SP- 19: excess Zhong qi [causing anxiety]
- SP- 20: transforms phlegm

## Stomach

- ST-25: Phlegm-Fire in the ST
- ST- 29: Moves damp
- ST- 34: Moves damp
- ST- 37: Damp Heat [Intestines]
- St- 39: Eliminate Damp Heat [Urine]
- ST- 40: Reduces phlegm [primary point for this purpose]

iv. Increase the Boundaries between the parts

## P- 6 [Inner Border Gate]

Allows heart to regulate boundaries

## CV-4 [First Gate]

## CV-5 [Stone Gate]

## GV-4 [Gate of Life]

## SP- 5 [Metal's Note Hill]

Strengthens Boundaries w/ loss of boundaries

Regulates the Large Intestine

## SP-11 [Basket Gate]

## SP-12 [Rushing Gate]

## ST- 16: Keeps things in boundaries; 'Leaking Gut' Syndrome

## ST-21 [Bridge Gate, Beam Door]

## ST-22 [Gate Door, Border Gate]

## BL-12 [Wind Gate]

## BL-42 [Soul Door]

## BL-46 [Diaphragm Border]

## BL-47 [Spirit Soul Gate]

## KI-21 [Dark Gate]

## TH-2 [Fluid Door]

## TH-21 [Ear Door]

v. Primary Channel Points Building Yin-Essence

## Liv- 8 [Curved Spring]

Nourish Yin-Essence and Blood

SP- 6 [Three Yin-Essence Crossing]

Yin-Essence and Blood

SP- 12 [Penetrating Gate]

Tonifies Yin-Essence

ST- 30

Crossing point of Chong, Du and Ren Mai

Where Qi-Essence enters Chong Mai

Tonifies Kidney [Liver] Essence