

4 QI IMBALANCES and 5 ELEMENTS

A New System for Diagnosis and Treatment

by Jeremy Ross

Part IV: Patient example with Acupuncture

Please first read: *Introduction to 4QI +5E*

MAIN COMPLAINTS

Prioritization

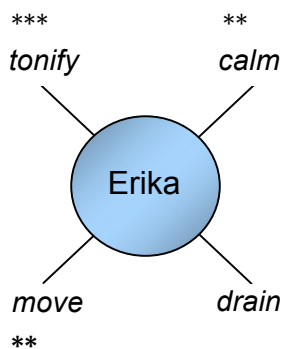
The patient Erika had the following main complaints, which are given priority numbers in the table, and star ratings in the diagrams below.

The most important complaint was exhaustion.

No.	Main complaint	POT	Ch. syndrome
1.	exhaustion	tonify	KI Deficient Qi SP Deficient Qi
2.	anxiety, palpitation	calm	HT Spirit Disturbance
3.	cold, aching legs	move	Stagnant Qi and Blood in SP &HT

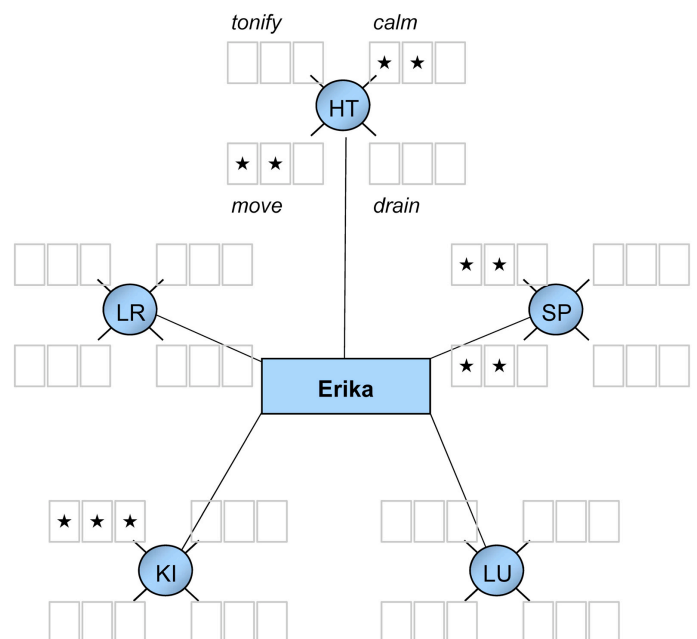
Simple overview: 4QI

The useful simple overview from the 4 Qi Imbalances is:



Precision and detail: 4QI + 5E

More precise detail is shown on the 4QI + 5E diagram:



The number of stars for each organ Imbalance; whether Deficiency, Excess, Stagnation, or Disturbance, reflects the relative priority of that Imbalance for the patient.

Choice of points

The acupoints chosen for Erika must cover the all the Imbalances in the 4QI + 5E diagram above.

- SP.4 needle
- PC.6 needle
- CV.4 needle + 3 large moxa cones
- CV.14 needle
- SP.1 3 small moxa cones
- SP.10 3 medium moxa cones

Insertion sequence

- SP.4 on right
- PC.6 on left
- SP.4 on left
- PC.6 on right
- CV.4 with needle and moxa
- CV.14, SP.1 moxa, SP.10 moxa

Remove needles in reverse order, ending with SP.4 on right.

Making the points work

The art of point combination is, when appropriate, to make one point do several jobs. This can be done because most points have several different actions and uses.

For example, in the table and 4QI + 5E diagram for Erika below, it can be seen that SP.4 is performing three different functions.

SP.4 star ratings

I have rated SP.4 as follows:

- move ***
- calm **
- tonify *
- drain *

Please see [How to compare Acupoints](#)

Point functions

Complaint	POT	Ch. syndrome	Points
exhaustion	tonify	KI Deficient Qi SP Deficient Qi	CV.4, SP.1, SP.4, SP.10
anxiety, palpitation	calm	HT Spirit Disturbance	PC.6, CV.14, SP.4
cold, aching legs	move	Stagnant SP & HT	SP.4, PC.6 SP.1, SP.10

Note the table refers to the use of SP.1 and SP.10 with moxa. If SP.1 and SP.10 were needed with reducing method they could be used to drain Excess Heat.

