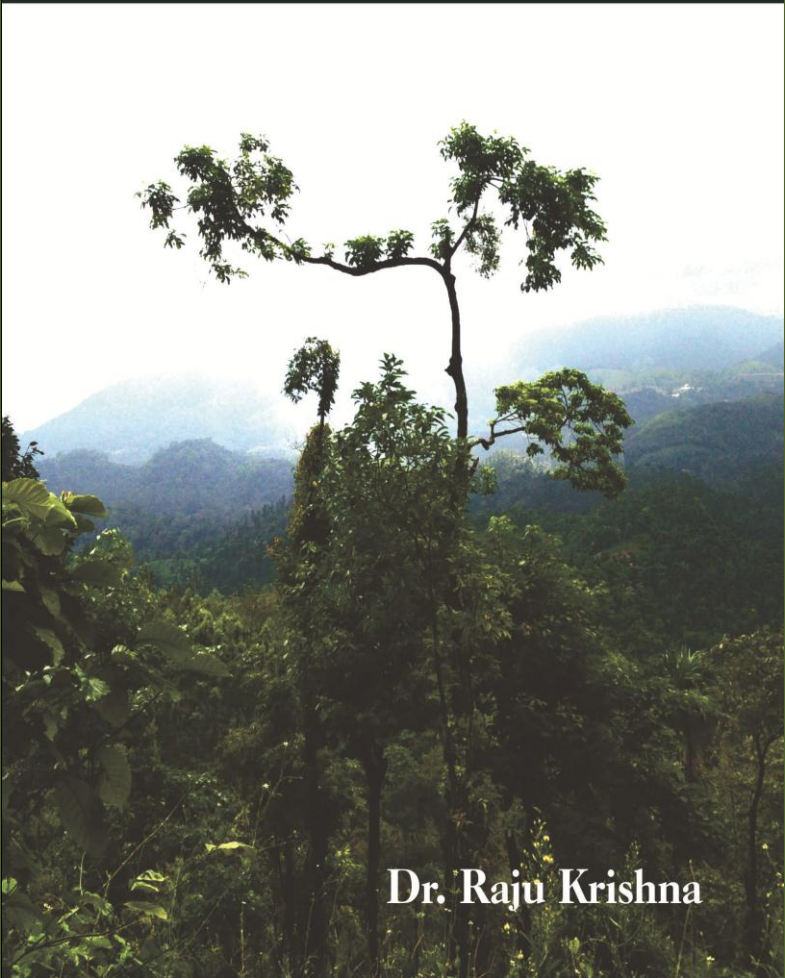


TCM - Five Patterns of Suffering



Dr. Raju Krishna

XuDachun - Qing Dynasty



This work is dedicated to
The souls that were victimized by **'Holocaust'**
- **Genocide in which approximately six
million Jews were killed by Hitler's Nazi regime**



Raju C Krishna



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Congratulations to Dr. Raju
from India who is promoting
the development of TCM
Very steadily with great
Success!

President Dr. Zhang Ming



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Acknowledgement

Principally I thank the Cosmic Resonance - TAO that had awakened me into this Healing journey of a Tuneful Oriental Traditional Practice known to world as TCM.

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I thank all my family members, friends and all well wishers, including my clients who make my larger family.

Raju Krishna

Foreword

TCM (Traditional Chinese Medicine) which has been used for over 2,000 years is based on patterns in nature and continues to progress as more historical texts are translated into English and other languages. When ancient wisdom combines with current knowledge, we arrive at a comprehensive, logical, and natural treatment and this led to the sustained success of TCM Acupuncture.

In drought the land becomes dry and cracked. Therefore, if somebody presents with a "dry" pattern (which may include symptoms of chapped lips and dry skin, for example), the therapy is to "moisten." If somebody has an "excess" pattern, the aim is to "drain," and if somebody has a "deficient" pattern, the goal is to "supplement." Presenting patterns and constitutional tendencies are addressed with the appropriate therapeutics.

The body and mind exist within their natural surroundings. Similar to how a tree sheds its leaves in autumn and sprouts new buds in the spring; our bodies and mind have natural cyclical rhythms. Like trees and other natural beings, we are affected by the environments we reside in.

Pure TCM practice should be aimed at the alleviation of the “Pattern of Suffering” and not on the repair of individual diseases or alleviation of individual symptoms.

Across the whole world, there are patterns in nature, such as sunrise, sunset, snowfall, ebb and flow of tides, and the changes associated with every season and climate. Humans are never separate from these rhythms, and early myths of all cultures incorporate these cyclical rhythms into their explanations of humankind’s connection to the greater universe through rituals. In fact, the interior of the body has its own environment, with ebbs and flows, peaks and valleys of In-vivo rhythmic activity.

A central idea of TCM is to tune into the natural cycles of our body and adapt accordingly, to effortlessly handle the challenges of the day, seasons, and years. If we get out-of-sync, the door opens for a health problem. In our go-go-go culture, a message that we actually need rest to get things done, on both a daily and an annual basis, is not always well received. We shouldn’t ignore the thousands of years of human evolution that bonded us inseparably with the natural world.

Xu Dachun (1693-1771 A.D.), a well-known medical critic of the Qing Dynasty period made the following comments, chiding the physicians for going too far from the basics:

- Today's physicians have given up the good old methods of the Sages entirely.
- The tradition of the true teachings of medicine has been lost.
- The physicians of later times do not even know the general names of the illnesses.
- In recent times, those who select a physician, and those who practice medicine, are all equally ignorant and have no way to distinguish good from bad.
- The unfounded statements now in fashion are not worth listening to.

It is no doubt that 'Health care delivery' around the globe has been furthermore manipulated to suit the needs of the qualified physicians, three thousand years after Qing Dynasty. True healers are in demand, and particularly TCM and Acupuncture are much researched and on the other side, exploited by various aspirants for their own benefit above all.

There is an utmost need to understand the roots of this ancient but most scientific system of approach to treatment which is cost effective and the most efficacious.

TCM has its own unique understanding of the Patterns of suffering within the person which cause distress, disorder, dis-ease and disharmony. Therefore a pure TCM healer should approach the treatment with disbelief towards the classification of thousands of diseases listed down in an alphabetic order. After all, infection or contamination is a result of inner state of the Soul, though the surrounding could be unclean, infected and polluted. The Five Landscape meridian points (60 command points) appropriately chosen, will lead to the harmony in all these patterns of suffering.

Monism (*Advaita*) is a point of view within metaphysics which argues that the variety of existing things in the universe are reducible to one substance or reality and therefore that the fundamental character of the universe is unity. *PurushaSukta* verses from the *Rigveda* describe the "Cosmic Being" and a description of the Spiritual unity of the Universe and the projection of the universe in space and time. TCM is Holistic and believes that all of reality is one substance and contains all those components, climates and Landscapes of Nature.

Five-fold division of land into Yung Spring (*Kurinchi*), Shu Stream (*Mullai*), Jing River (*Marudham*), He Sea (*Neydhal*) and Jing Well (*Palai*) in TCM, coincides with *Tolkappiyam* (the most primeval literary work of Tamil language), that mentioned the origin of Universe. A closer study of these land divisions proves the fact of the *Viswaroopathathva* (concept of the Universal person within every organism).

Each Landscape represents a season, a geographical feature, and interaction between the Yin and Yang among the natural elements, where the subtle philosophy of the Five Natural Elements is exposed. Based on Analogies, the Physiological modulation is carried out using a visual insight into the 60 command points. It is interesting to note that there is a sequence established with a Beneficiary element that utilizes the interaction of the Yin Element and Yang Element of that Landscape.

The fusion of the five elements in various combinations creates the physical reality. The confused fusion or the fusion of the confusion among the elements ought to be resolved using logical reasoning during a particular time and space. An ultimate healing wisdom is created to remove the confusion among the elements within, which leads to Health and Harmony by balancing the internal climates and emotions.

The Basis

The very foundation for the confusion of the fusion among the elements can be found in the *Ko* cycle wherein the Controlling relationship of Yang over Yin and vice versa takes place. This is a rational relationship similar to the Husband - Wife bond wherein they exercise a mutual defense based control over each other. This relationship is complex and involves the derangement and the re-arrangement of the element harmony within the system.

The integrity of life depends upon the balanced functioning of the five elements and the interaction of Yin and Yang supported by Yuan Qi (Providence), which is the seed of true nature that heaven plants during conception itself.

However, in the course of life one's true nature is altered due to the attempts to gain self awareness. This leads to a crack in one's energetic foundation separating yin and yang at that specific landscape triggering the Control (*Ko*) cycle, that is like a Friendly (Spouse like) approach to rescue the setback.

Each Landscape represents a season, a geographical feature, certain routine activities, behaviors, food types, specific fauna and flora - and interaction between the lovers Yin (female) and Yang (male) through interaction among the natural elements, where the subtle philosophy of the Five Natural Elements is exposed. The different Yin-Yang interactions at these levels and the corresponding 'ailment patterns' are treated by the Command Points at those levels.

Jing-well Landscape - Separation

Wood steadily expands with growth, builds up pressure, seeks challenges and pushes to the highest limit towards the sky to communicate with the space and sunlight. The Jingwell Acupuncture points of the three Yin meridians (Taiyin, Shaoyin and Jueyin) represent the Wood element. We should remember that the Nails are extensions of Tendons that represent Wood element.



When Wood becomes over-disciplined, and over-burdened leading to a fall, **Metal** controls it by Pruning and Shade regulation. The three Yang meridians (Yangming, Taiyang and Shaoyang) represent the Metal element at the Jingwell level. Clipping the Nails with a Metal Nail-cutter can be taken as an appropriate analogy.

The points at this level are known as **Puteals** that are used to awaken a person from unconsciousness and other emergencies while the Qi (Vital Life Force) that had diminished resides within. This is analogous to a Spark receiving fuel (Wood) and Combustion Air (Metal) for revival of the diminished flare (Spirit). The Puteals are associated with change of Polarity from Yin to Yang and vice versa, representing a powerful **Separation** and revival.

Yung-spring Landscape - Union

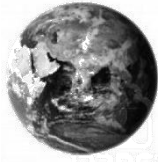
Fire is a dynamic phase of action embracing and merging with all and intimately enjoying transformations passionately. The vibrant desires when unfulfilled may cause agitation and pain. The Yungspring Acupuncture points of the three Yin meridians represent Fire element which is balanced by the **Water** element of the three Yang meridians at this level.



These points are known as **Effusories** that help the **Union** of Yin and Yang (Heat and Cold) to balance the Thermal condition of the person in febrile conditions (fevers) by blanketing or embracing.

Shu-stream Landscape - Staying

Earth is needy of change, conversion and transmutation. It provides sustained nourishment to the system with a motherly care and seeks harmony, loyalty, security and predictability.



The Shustream Yin points are Earth as well as Yuan Source points, which need the recycling (decay and decomposition of the fallen parts of the trees) of **Wood** representing the Yang points at this level, to meet these high expectations.

Staying harmoniously together at this Shustream level is caused by these **Inductories**, which result in Homeostasis of the system.

Jing-river Landscape - Feigning

Metal methodically shapes and refines with self-control, strictness, structure and discipline. The sinking or contraction of metal that may cause stiffness and crystallization is controlled at this level by **Fire** points.



Feigning or Pretence at the Jing River level is controlled by the Yin Metal and Yang Fire points which are **Transitories**, to Shift the obstructive energies outward, downward and away from the vital Qi. Though this landscape involves much noise and quarrels of River Water sharing by diverse cultures and regions they end up with a healthy intervention. Pathological obstructions are cleared up at this level.

He-sea Landscape - Longing

Water is self-contained, and penetrating. Blended with **Earth** it can conceive, concentrate and conserve life with persistence and determination.

Longing for each other element at this level designates the Yin Water and Yang Earth Meridian points as **Conjunctories**. They treat the Social Health



and the Social and Inter-personal qualities in people, apart from Learning difficulties, Decision matters, Personality issues,



Behavior issues, Growth and Reproduction ailments, cosmetic problems and ageing. They are Tonification and Immune Enhancing points which also open into the Divergent Meridians of the respective cutaneous meridian and remind us of the Submerged Treasures of the Sea and Longing for the result until the Diver Emerges.

The Derivations of Patho-mechanisms

Jing-well points are selected at the time of any emergency, to activate and raise the spirit resulting in an awakening.

In treatment, Wood needs 'Structuring' to prevent such 'Instabilities'.

Yung-spring points are selected to balance the heat of the body during febrile diseases. The responses to heat, cold and chills are balanced to protect the joints and structure of one's body.

In treatment, Fire needs 'Inhibition' to prevent such 'Thermal Imbalances'.

Shu-stream points are used to balance all the components of blood, and body fluids in chronic conditions to bring back hormonal and mediator balance and homeostasis.

In treatment, Earth needs 'Penetration' to prevent such 'Metabolic Disharmonies'.

Jing-river points are selected to remove pathological obstruction within the viscera, bowels, tissues, marrow and vessels of the body that affect good health. They respond like bulk energy carriers similar to clouds carrying water, from the saline seas to the inland catchment areas.

In treatment, Metal needs 'Activation' to prevent such 'Obstructive Pathology'.

He-sea points are employed to tonify the person, to enhance the immunity, for reversal of age, for reproductive health and elevation of the person in status (Physical, mental, economical, social and spiritual) and to strengthen the essence of life. The points at this sea level are used for a multitude of enhancement treatments like de addiction, infertility, obesity etc., and enhance the longevity and happy living within the society.

In treatment, Water needs 'Absorption' to prevent such 'Loss of Essence'.

The Patterns of suffering (Patho-mechanisms)

The Five Patterns of suffering are thus derived through scrupulous approach towards the Patho-mechanisms at each level. Each pattern of suffering includes the diseases, disorders, syndromes (however chronic or acute) owing to the similarity of the climatic imbalance found within the meridian complex.

For example Seizures, Parkinsonism, Strokes and Vertigo get included within the "Loss of Stability" pattern. Typhoid, Malaria, Swelling, Hot flashes, Influenza and their concomitants fall under "Thermal Incompatibility". Gout, Hypertension, Diabetes, Arthritis and most of the Chronic Headaches need to be considered "Metabolite Abnormalities" due to Loss of Homeostasis.

Raju C Krishna

Constipation, Renal or Biliary Calculi, Pthisis, Thrombosis, Fibroids, Acne and Carcinoma need to be considered under “Obstructive Pathology”. Learning difficulties, Growth disorders, Infertility, Addictive tendencies, Hair-loss, Wrinkles, Snoring and more such conditions need to be classified under “Loss of Essence” of happy living.

Evidence from the Classic Chinese Texts

Great topic on supreme truth and importance in the plain questions (74th article - some extracts)

The Emperor asked: "Fine. The hundred diseases all result from abnormal variations of the wind, cold, summer heat, dampness, dryness and fire. Medical scriptures say that the surplus should be drained, and the deficiency should be tonified. I present these principles to common doctors, but they fail to use them perfectly. I wish these important medical theories to be spread and complied with, and the treatments to be efficacious. It seems as if proficient doctors pluck up thorns and rinse stains. What about this?"

Qi Bo answered: "Ascertain patho-mechanisms and do not miss critical points. That is just so."

“All Wind with Tremor Think of the Liver”	1
“All Heat and Daze with cramping Think of the Heart”	2
“All Dampness and Swelling Think of the Spleen”	3
“All Qi with distension and depletion Think of the Lungs”	4
“All cold with shrinkage Think of the Kidneys”	5

Therefore, the classic book says: Do ascertain the Patho-mechanisms meticulously, and grasp the inner links between signs and Patho-mechanisms. If it has exogenous evils, we should differentiate what properties the evil possess; if there is no evil, seek for other causes. If it is an excess syndrome, we should explore why the evil is surplus; if it is a deficiency syndrome, inspect why the normal Qi of body is weak. We must first know the ups and downs, rise and fall, the swing of the pendulum of five elements and five zang-organs, and then dredge the blood and Qi to make them harmonious, thus the peace will be acquired. That is just so.

Derivations based on Classic Evidence

The Five Patterns of suffering are corresponding to the numbered list of Patho-mechanisms and they signify the following:

1. In Stability leading to shaking and falling
2. Thermal incompatibility leading to Febrile conditions
3. Metabolite dis-harmony leading to lack of Homeostasis
4. Obstructive Pathology and
5. Loss of Essence leading to ageing (getting Old and Cold).

The 1st Pattern of suffering

Loss of Stability

- Treat the Liver

Falling, Fainting, Sinking, Shaking, Stroke, Vertigo etc.

The Life force symbolized by Fire, simmers and diminishes to a spark during a syncope, fatigue, fainting, shock, unconsciousness, wind stroke, drowning, vertigo and seizure followed by fainting. We can visualize an overgrown forest Tree with huge branches that cause a burden and shadow on its own, preventing entry to Sunlight. We need Metal to cut down the overgrown branches to create a beautiful garden.



To treat a person with such a fainting pattern, between attacks, however we need a point which is a Metal point of the Liver (Wood) meridian and therefore a total restorative of the Qi. This point is **Zhongfeng LIV 4**. This point had provided tremendous Stability in many persons who had a long term pattern of Seizures, Vertigo, and Fainting with Ischemic attacks.

The 2nd Pattern of suffering

Thermal Incompatibility - Treat the Heart

Trembling, Sweating, Shrinking, Fevers, Fits etc

The person is affected by cold or heat and he trembles due to extreme cold or sweats due to over heat. This results in Joint pains. Swelling, Fevers, Chills that can be treated acutely in one or two weeks period. We can visualize a Pot or Brick that may not get the shape when the heating or cooling is not balanced. The Fire and Water should Hug or embrace mutually to create a Loving Harmony within the system.



To treat a person who is frequently attacked by Heat or Cold, we need a point which is a Water point of the Heart (Fire) meridian and a total transformation point. This point is **Quze P 3**. Several persons with seasonal symptoms and diseases during extreme cold and heat had been treated with one time success over this point. Most of such persons had come out of their Depression, Mania and are enjoying a good quality of Life than the past times.

The 3rd Pattern of suffering

Metabolic Disharmony - Treat the Spleen

Hypertension, Diabetes, Arthritis, Gout, Thyroidism etc.

The person is bonded to a disease because of Life style disobedience, and undergoes a treatment continuously for a disease like Diabetes, Hypertension, Arthritis and many other diseases. The condition is chronic and takes a long time to cure. We can visualize a bondage between the Wood and Earth to carry on the nourishment of each other. The decomposed wood forms minerals and the earth gives out the Metal from the Ore, for much valuable purposes.

To treat a known Chronic person, we need a powerful point which is a Wood point of the Spleen



(Earth) meridian **Yinbai SP 1**. Many Allergies, Migraine headaches and Insomnia conditions have been cured when this point was selected; However the Bondage between the patient and the disease was made flexible.

The 4th Pattern of suffering

Obstructive Pathology - Treat the Lung

Phlegm, cysts, tumors, constipation, stones, thrombosis etc.

This pattern is a Stagnation of Qi, Blood or Body Fluid and formation of Phlegm, which leads to the other patterns of suffering. Constipation, Phlegm, Cysts, Tumors, Thrombosis, Gall Stones, Kidney Stones and Piles come under this pattern. Unless the obstruction is cleared, the treatment through the other patterns will be less efficacious.



To treat very tough congestions, stasis and phlegm obstructions we need to treat the Fire point of the Lung (Metal) meridian **Yujie LU 10**. This point facilitated subjects to expell balls of mucus from their chest. There were many Gall stones which were flushed out in one treatment. Many a constipation had been cleared to a fuller extent.

The 5th Pattern of suffering

Loss of Essence

- Treat the Kidney

Infertility, Hair loss, Obesity, Ageing, Growth disorders, Learning disorders, Snoring ..etc.

This pattern is not a disease but a Life Style defect. Persons need to grow taller, more intelligent, need more memory, need children - so they come for fertility treatment, need a treatment for snoring, need a better facial complexion, need to treat wrinkles, need longer hair - all these social status conditions come under the cosmetic treatment pattern indicating decline of Jing (essence).



To help the Flora to extract the Essences, Water has to blend and get absorbed into Earth deeply into the roots. The person is benefited by good water and earth and grows like a valuable tree that needs very good quality nourishment to give valuable timber. Obesity, Infertility and Bedwetting in Elder citizens were treated using the point **Taixi K 3** which is the Earth point of Kidney (Water) meridian with great success

The common rules:

In choosing the specific Point for the pattern of suffering, we should also include the regular points based on **TCM Differential Diagnosis**, affected Meridian and the Extra Meridian system. These points reduce the need for many needling sessions.

Science cannot offer a clue or explanation for many greater things in the Universe. TAO is above this “Science” and much different from the “Belief” system that had been compelling only disharmony most of the times.



Yellow Emperor

Let us follow the TAO to “Lead us to HEAL the Sick and Needy” instead of Framing Laws, Asking Scientific Proof and Legality.

TCM Acupuncture is a sure way of comprehensive healing in all conditions as we integrate the knowledge of the Five Landscapes and the Sixty Command Points. It is also essential that the Healer should have insight into the depth (landscape) and the zone (meridian) and the particular stagnation in the person to be treated.

TCM is intended to “Help Humanity and all the Creatures under the Sun” and not to make a Self Promotion. The Elevation Naturally comes to the Humble Healers who will become “Kings of Kings” and King makers.

Dr C K Raju (Raju C Krishna)

TCM Acupuncturist

Course Writer & Editor - ASA

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A Humble Prayer

Many Flowers, Leaves, Twigs and Branches do fall down to the Earth over seasons. Eventually they fulfill their purpose. Yes! They all have a purpose, like all of us.

The Plant seldom knows its own purpose; its timber makes a boat to carry lives.

The flowers seldom know their value; their essence and fragrance are plucked away.

The falling raindrop falls into an open Oyster; to adore the Scepter that rules sovereign;

The fallen Leaf afloat the stream, carries struggling Ants ashore.

The Healer who knows the TAO harmonizes the pains into gains and changes Lives.

“We are here on earth to fulfill a specific purpose. May we fulfill our highest calling and potential.”

“Our legacy is not found in all the 'stuff' we’ve accumulated on our life’s journey. It’s written in the memories of those whose lives we’ve touched along the way.”

Raju Krishna

About the Author

Raju Krishna alias C.K. Raju had been into Acupuncture healing since 1999. He could realize his purpose as a faculty of Acupuncture through the missionaries of Sacred Heart Hospital, Tuticorin. He had trained many medical, paramedical and qualified people to become healers. He had researched on Time Bound Sensitivity of Command points.

After an extensive practice of the Classical Traditional methods of needling, he had inspiring and everlasting healing results that have been recorded. Presently he is a consultant at ARC Acu Clinic, Banasankari, Bangalore and TAO Acupuncture clinic at Mylapore Chennai.

He is the Editor-in-chief for Newsletter of ASA – India (Acupuncture Science Association), and Online consultant for SPA on Steiner Cruise – Off CA – USA. Raju Krishna has been an analytical person who had taken up scientific research on one hand and belief system on the other and probably working like a developmental biologist to unravel more rigid bridges between the Corporeal Substance and the Cosmic Resonance. He is handy with a few powerful Acupuncture needling points which are known already to be command points.

Raju C Krishna

He had treated himself during an episode of Cerebral Stroke since he had tremendous faith in self needling, and the conquering command points. He is a Musician, Theosophist, Taoist and a shamanic follower. He is also associated with certain Chinese study programs.

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