

Specialist masterclass

Kan Li Acupuncture 坎离针灸 Channel Based Acupuncture.

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Abstract: Kan (☵ = Water = Yin) and Li (☲ = Fire = Yang) are the classical basis for the understanding and application of Yin and Yang in Chinese Medicine, as can be referenced by the most important and relevant Classical books. As in Su Wen 5: Water is Yin, Fire is Yang, Yang is Qi, Yin is Flavor. The theory of Yin and Yang is considered the most essential of all Chinese Medicine, and the Channel Theory is the basis of the Classical practice of Acupuncture. In this way, it is vital for the good practice of Acupuncture, rescuing the classic principles, that the professional can integrate the concept of Channel-Based Acupuncture into daily practice, according to the influence of the general principles of Yin and Yang, duly applied to the different parts of the body. As described in the Nan Jing 67, for example: “Yin Disease moves to Yang, Yang Disease moves to Yin”; with the aim of an effective clinical practice, the professional must first have a three-dimensional view of the application of Yin and Yang in the body, to know how to balance the correspondences and relationships between the different parts anatomically. Balancing up and down, front and back, left and right, interior and exterior is the basis of a good acupuncture treatment. It is the practical application of the classic concept of balancing Yin and Yang and this must be achieved not only through clinical reasoning for the acupuncture points, but through the traditional way of thinking through Channel Based Acupuncture. Based on these basic principles in resonance with the Theory of Channels and Collaterals, point selection and combination can be very useful for the treatment of different conditions, including pain, limitation on range of movement and so on.

Keywords: Acupuncture, Balance, Yin-Yang, Channels.

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