

[기고문]

## 삼부 침법에 관한 연구

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### Study on the Sam-Boo Acupuncture Method

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**Objectives** : To explain the Saam's acupuncture method which is hard to understand, Kim Hong Kyung organized it into three categories according to the characteristics of the acupuncture points. First, if the three acupuncture points are the same element (of the five elements), it goes under the 天府穴 (Chun boo acupuncture point) category. Second, if the acupuncture points consist of two different elements, it goes under the 二符穴 (Eeh boo acupuncture point) category. Third, if the acupuncture points are all different elements (three), it goes under the 三符穴 (Sam boo acupuncture point) category. Of these, acupunctural treatment using the 三符穴 (Sam boo acupuncture point) was also called 三符鍼法 (Sam boo acupuncture method).

**Methods** : In 『Nan Kyung』 (Difficulty Classics), pulses are analyzed by pairing them with the five elements. Also, the patient's weight constitution and cold-heat symptoms are examined. Then, the deficiency and excessiveness can be differentiated using characteristics associated with the 五情 (five emotions 怒喜思憂恐), 魚鳥走甲類 (fish/ bird/ runners/ shelled creature type) and 精氣神血科 (Essence, Qi, Spirit, Blood) of original Image Medical Science.

**Results** : 三符 (Sam Boo) acupuncture method is a healing method using the 三符穴 (Sam Boo Hyul). As seen before, in each 三符穴 (Sam Boo Hyul), there are three different elements. A disease is when the balance of the five elements is broken between the five viscera and six bowels inside of the human body. Excessiveness and deficiency is caused through the unbalance of the five elements. The principle of 三符 (Sam-Boo) acupuncture method is to first find two excessive characteristics of the five elements. If they are found, the other three elements would be relatively deficient. Thus, these three elements are tonified using the 三符 (Sam Boo) acupuncture point and the balance is restored. Before looking at the symptoms of the patient, the constitution of the patient is examined and through the diagnosis method, the excessive two elements are found.

**Conclusions** : 三符 (Sam Boo) acupuncture method examines the patient's constitution to find the two elements (of the five elements) that are excessive. The constitution of the patient in association with deficiency and excessiveness of the five elements was emphasized rather than the actual symptoms. This approach is a new way to Saam's acupuncture method.

**Key Words** : Sam-Boo acupuncture method, Chun-Boo acupuncture point, Eeh-Boo acupuncture point, Sam-Boo acupuncture point, Saam acupuncture method

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## I. Introduction

There is an old saying, "first acupuncture, second moxa, and third medicine". This show the significance of

acupuncture in Korean traditional medical treatment and how acupuncture was emphasized throughout history. Acupunctural treatment can be divided into the three categories, 體鍼法 (body acupuncturing method), 阿是鍼法 (Asihyeol acupuncturing method), and 原理鍼法 (principle acupuncture method). Of the principle acupuncture method, 舍岩鍼法 (Saamchimbeop, Saam's Acupuncture method) which was made by the Saam monk during the Chosun

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Dynasty and is still being used today by many doctors.

Saam's acupuncture method uses the “虛者補其母 實者瀉其子<sup>1)</sup> (for deficiency, strengthen the mother, for excessiveness, weaken the son)” principle from 『難經·69 難』 (the 69 chapter from “Nan-Gyeong” which means “Difficult Classic”). It uses 2 acupuncture points from the 自經 (meridian to which it belongs to) and 2 acupuncture points from the 他經 (meridian to which it does not belong to) to cure the patient. This “Saam's acupuncture method” is the original model for the “8 constitution acupuncture method” and “Hwa acupuncture method” which were created later on. In 『舍岩道人鍼灸要訣 (Saam Doin Chimgu Yogyul)』, there are many case records using the Saam's acupuncture method to cure patients, but the explanations are hard to understand. Even today, many researchers are trying to reveal the principles. Of them, Kim Hong Kyung (金洪卿) has been teaching “the principles of Saam monk's acupuncture technique” to the medical students of Korean Traditional Medicine from 1984. He is still teaching and still studying the principles of Saam's acupuncture method.

To explain the Saam's acupuncture method which is hard to understand, he organized it into three categories according to the characteristics of the acupuncture points<sup>2)</sup>. First, if the three acupuncture points are the same element (of the five elements), it goes under the 天府穴 (Chun boo acupuncture point) category. Second, if the acupuncture points consist of two different elements, it goes under the 二符穴 (Eeh boo acupuncture point) category. Third, if the acupuncture points are all different elements (three), it goes under the 三符穴 (Sam boo acupuncture point) category. Of these, acupunctural treatment using the 三符穴 (Sam boo acupuncture point) was also called 三符鍼法 (Sam boo acupuncture method). 三符鍼法 (Sam boo acupuncture method) uses the interpromotion and restriction principle of the five element theory to find the two elements that are

relatively excess in the patients body. Then, using the 三符穴 (Sam boo acupuncture point), the relatively deficient 3 elements are tonified to restore the balance of the five elements. This is an acupuncture method that uses the yin-yang and five element theory which are the basic principles of Korean Traditional Medicine. Thus, if one know the basic sense of, anyone can easily use the 三符 (Sam boo) acupuncture method. Also, there is a unique singularity in this method because it uses the constitutional element (from the 5 elements) of the patient to determine the required treatment rather than the disease pattern.

The 三符 (Sam Boo) acupuncture method was taught in the winter of 2008 by Kim Hong Kyung during his 26th course called ‘40 day course on Saam acupuncture method principle’. Thus, it has not yet been introduced to the academic world. This study intends to research the 三符 (Sam Boo) acupuncture method and compare it with the original 三符 (Sam Boo) acupuncture method explanations to reveal what significance it possesses.

## II. Main Subject

### 1. Five elements and Korean traditional medicine

In 『太極圖說(TaegukDoSul)』 it is said that, “Yang changes and Yin meets to form water, fire, wood, metal and earth. These five elements spread out in turn so that the 4 seasons may circulate. Also, the five elements are a form on Yin and Yang. Yin and Yang is a form of the Great Absolute. The Great Absolute is originally Endlessness. The engendering of the five elements each has one characteristic. The 眞 (genuine) of Endlessness and the 精 (essence) of Yin-Yang Five elements come together and unite.”<sup>3)</sup> The five elements is when Yin and Yang change

1) 『Nan Kyung YukSuk』. p234.

2) For example, the 少商 (LU 11, So Sang) of the lung meridian has the Metal characteristic of the Lung and the Earth characteristic of Tai Yin. Also, the 少商 (LU 11, So Sang) is the Wood acupuncture point of the five transport points so it has the three characteristics, Metal-Earth-Wood. In this study, the three element characteristics of the five transport points was named “穴性 (Characteristic of acupuncture point)”.

3) Lee Hwang. 『TaegukDoSul』. p32 “陽變陰合，而生水火木金土，五氣順布，四時行焉，五行一陰陽也，陰陽一太極也，太極 本無極也。五行之生也，各一其性，無極之眞，二五之精，妙合而凝。”

to create five qi. It forms all existence in the universe and explains the principles that make the universe go around.

Wood is an occurring qi and in terms of direction, it acts as East. For the seasons, it acts as Spring. Wood qi originally roots from Water and as the process of uprising life, the power is united and focused to create a strong power. The qi is pure. As a viscus, it is the liver and as a bowel, it is the gall bladder. It can be seen as a new sprout coming out from the melting mountains and streams of winter. Thus, it is a pure and strong image and can be compared to the starting of an engine.

Fire is the spreading qi. As a direction, it acts as South and as a season, it acts as summer. This Fire qi originally roots from Wood. Life is divided and the outer magnificence is in inverse proportion. Thus, it accompanies inner emptiness and it is when the growing power gets weaker and weaker. As a viscus, it works the heart and as a bowel, it acts as the small intestines. Fire qi is a qi where one can feel the magnificence of the burning flame. When compared to a car, it can be seen as a speeding care when the accelerator is pressed.

Metal is a converging qi. As a direction, it acts as West and as a season it acts as autumn. This Metal qi is the first stage in the process of converging the outer Yang into the inner surface. It is the opposite to the Wood stage where the outer shell was softened. Thus, the outer shell stiffens and tries to pack the outer Yang qi. As a viscus, it acts as the lung and as a bowel, it

acts as the large intestines. Metal qi is when all animals and plants pass by the magnificent stage and get ready for the cold winter. Therefore this is a tired stage when all the nutrients are gathered and when compared to a car, it can be seen as the brakes.

Water is a unifying qi and as a direction, it acts as North and as a season, it acts as winter. The Metal qi converged the outer surface, but when it reaches the state of Water qi, the inner surface also stiffens and achieves the goal of 天道 (<Chundo>Providence). As a viscus, it acts as the kidney and as a bowel, it acts as the bladder. Water qi resembles a cold winter day where everything on the outside is cold, but paradoxically, in the inside, the animals and plants all wait in hibernation for the warm spring. This can be seen as a sign of hope and if compared to a car, this stage can be seen as an oil tank.

Lastly, the Earth qi is a qi that harmonizes oppositions and contradictions. As a direction, it is in the middle and as a season, it works as the transition to all seasons especially appears after the end of the spreading stage and the start of the converging stage 夏秋交叉期 (長夏) (the rainy season). As a viscus, it acts as the spleen and as a bowel, it acts as the stomach. Earth qi, from the middle, helps so that everything circulates without any unevenness. If seen as a car, it is the steering wheel. These characteristics of the five elements are shown on Table 1.

Table 1. Attributes of the Five elements<sup>4)</sup>

Five elements	Wood	Fire	Earth	Metal	Water
Five zang organs	Liver	Heart	Spleen	Lung	Kidney
Five fu organs	Gallbladder	Small intestine	Stomeach	Large intestine	Bladder
Five essences	Ethereal soul	Spirit	Intention and wisdom	Corporeal soul	Will
Five principal parts	Sinews and fascia	Blood vessels	Flesh	Skin and (body) hair	Bone marrow
Five orifices	Eyes	Tongue	Mouth	Nose	Ears
Five minds	Anger	Joy	Pensiveness/Thought	Sorrow/Anxiety	Fear
Five accessory parts	Nails	Facial color	Lips	Body hair	Head hair
Five flavors	Sour	Bitter	Sweet	Pungent/Spicy	Salty
Five odors	Rancid	Burnt	Fragrant	Fleshy	Rotten
Five voices	Shouting	Laughing	Singing	Wailing	Groaning

4] 『Traditional Japanese Acupuncture』. p27.

In the five elements, the relationship of engendering and restraining is very important. Engendering means to catalyze reactions on other materials, help engender or become the components of engendering. It refers to 木生火 (Wood engenders Fire), 火生土 (Fire engenders Earth), 土生金 (Earth engenders Metal), 金生水 (Metal engenders Water), 水生木 (Water engenders Wood). Also, restraining means to inhibit growth or reactions and refers to 木克土 (Wood restrains Earth)·土克水 (Earth restrains Water)·水克火 (Water restrains Fire)·火克金 (Fire restrains Metal)·金克木 (Metal restrains Wood). In engendering, fire is engendered from wood and wood is engendered from water. This forms a cycle. Even in restraining wood restrains earth and metal restrains wood. Thus, it forms an endless cycle. These reactions do not work alone and react simultaneously. Therefore, just like the engendering and restraining graph of the five elements Fig. 1<sup>5]</sup>, the five viscera and six bowels interact with each other inside the human body through engendering and restraining of the five elements. If this balance is restored, the body will be healed automatically.

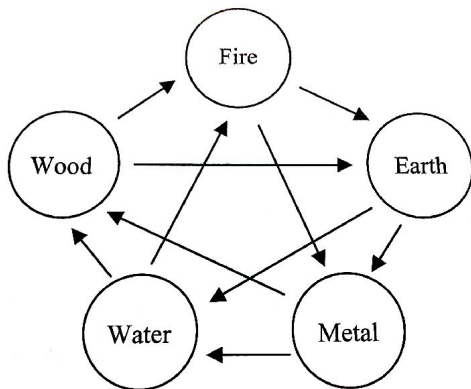


Fig. 1. Five elements cycle.

## 2. Analysis of the five transport points

To understand 『舍岩道人鍼灸要訣 (Saam Do In Chim Gu Yo Kyul)』, Kim Hong Kyung focused on the six qi attached to the front of each acupuncture point's name.

5] 『Traditional Japanese Acupuncture』. p20.

6] Kim Hong Kyung. 『동양의학혁명 총론 Revolution of Eastern Medicine Outline』. p43-44.

7] Kim Hong Kyung. 『동양의학혁명 총론 Revolution of Eastern Medicine Outline』. p68.

He stated that the six qi play an important role in determining the viscera of the five elements and the characteristics of the acupuncture points.<sup>6]</sup> For example, if we see the kidney meridian, the kidney acts as Water. However, Shao Yin acts as fire of the six qi thus becomes a state where water becomes the container and fire becomes the contents. The inner content fire is important. Also, as an acupuncture point where fire and water is combined, we can imagine alcohol. Instead of just analyzing using the five elements, it also considers the six qi and uses both to analyze the meridians. Thus, it creates more possible explanations.

Also, through his book (『동양의학혁명 총론 Revolution of Eastern Medicine Outline』, 1989년) he divided the 12 meridians using the six qi 六氣 (太陰-陽明, 少陰-太陽, 厥陰-少陽) <Tai Yin-Yang Ming, Shao Yin-Tai Yang, Yue Yin-Shao Yang> and related human greed to Western Biorhythm. Biorhythm related to the primary body rhythm was considered to be desire related to food, clothing and shelter. If a satisfied state is 太陰 (Tai Yin), a state of unsatisfaction is 陽明 (Yang Ming). Those related with Secondary emotional rhythm is seen to be sexual, aesthetic, or artistic desire. A satisfied state of this is 少陰 (Shao Yin) and the opposite is 太陽 (Tai Yang). Those related with the third intellectual rhythm was seen as desire for honor, power and knowledge. A satisfied state is 厥陰 (Yue Yin) and the opposite is 少陽 (Shao Yang).<sup>7]</sup> This analyzes the meridians in relation to human psychology and doesn't simply see the meridians as the flow of qi, but rather connects it with the state of the mind thus stating that healing the mind becomes the basis of healing the body.

### 1) Chun Boo acupuncture point

Of the five transport points, 天府穴 (Chun Boo acupuncture point) is an acupuncture point that only has one of the five element characteristics. Kim Hong Kyung

divided the 12 meridians into 12 categories. First was the meridians with the same five element and six qi characteristics. This was called 天府經絡 (Chun Boo meridian). Second was the meridians with different characteristics of five element and six qi. This was called 非天符經絡 (Bi Chun Boo meridian).<sup>8)</sup> Examples of 天符經絡 (Chun Boo meridian) are the large intestine meridian, spleen meridian, heart meridian, bladder meridian, triple energizer meridian and the liver meridian. Other meridians fall under the 非天符經絡 (Bi Chun Boo meridian) category. Even if both the spleen meridian and stomach meridian fall under the Earth characteristic, their six qi characteristic is different. Thus, they act differently and even when healing patients by tonifying Earth, it can be assumed that tonifying the 天符經絡 (Chun Boo meridian) spleen meridian would be much stronger than tonifying the 非天符經絡 (Bi Chun Boo meridian) stomach meridian.

Even in the explanation of the five transport points, the 少商 (LU 11) of the lung meridian (metal) is not just simply the wood point, but rather the wood point of the metal-earth meridian and can be considered to have the characteristics of metal-earth-wood. Even in the acupunctural characteristics of the five transport points, if all the five element, six qi and point location is the same, it is called 天符穴 (Chun Boo acupuncture point). The metal acupuncture point 商陽 (LI1 metal-metal-metal) of the large intestine meridian, the earth acupuncture point 太白 (SP3 earth-earth-earth) of the spleen meridian, the fire acupuncture point of the heart meridian 少府 (HT8 fire-fire-fire), the water acupuncture point of the bladder meridian 通谷 (BL66 water-water-water), the fire acupuncture point of the triple energizer meridian 支溝 (HT8 fire-fire-fire), the wood meridian of the liver meridian 大敦 (LI1 wood-wood-wood) fall under this category. There are total of 6. Since the 天符穴 (Chun Boo acupuncture point) has only one acupunctural characteristic, the healing effects are good, but if misused, it may cause severe side effects.

## 2) Eeh Boo acupuncture point

Of the five transport points, this refers to the acupunctural points where only two are the same and the other one is different. This is called 二符穴 (Eeh Boo acupuncture point). The 二符穴 (Eeh Boo acupuncture point) consists of two characteristics of the five elements. Like the 太淵 (LU9) of the Lung Meridian 手太陰 (土 earth) 肺 (金 metal) 經, they have two elements (earth+metal). There are total of 36 二符穴 (Eeh Boo acupuncture points).

## 3) Sam Boo acupuncture point

Lastly, there are acupuncture points with all different characteristics and is called 三符穴 (Sam Boo acupuncture point). Of the 非天符經絡 (Bi Chun Boo meridian) Lung Meridian, 少商 (LU11 金metal土earth木wood)<sup>9)</sup>·魚際 (LU10 金metal土earth火fire)·尺澤 (LU5 金metal土earth水water), of the Stomach Meridian, 內庭 (ST44 土earth金metal水water)·陷谷 (ST43 土earth金metal木wood)·解谿 (ST41 土earth金metal火fire), of the small intestine meridian, 少澤 (SI1 火fire水water金metal)·後谿 (SI3 火fire水water木wood)·小海 (SI8 火fire水water土earth), of the kidney meridian, 湧泉 (KI1 水water火fire木wood)·太谿 (KI3 水water火fire土earth)·復溜 (KI7 水water火fire金metal), of the pericardium meridian, 大陵 (PC7 火fire木wood土earth)·間使 (PC5 火fire木wood金metal)·曲澤 (PC3 火fire木wood水water), of the gall bladder meridian, 竅陰 (GB44 木wood火fire金metal)·俠谿 (GB43 木wood火fire水water)·陽陵泉 (GB34 木wood火fire土earth) fall under this category. There are a total of 18. 三符穴 (Sam Boo acupuncture point) includes three characteristics thus the acupunctural characteristics are not as uneven as the 天符穴 (Chun Boo acupuncture point) or 二符穴 (Eeh Boo acupuncture point). It has an even effect so it causes less side effects. Also, since it has three different characteristics, it is useful in healing disorders that have multiple causes or miscellaneous diseases. Therefore, since they have few side effects and are

8) Kim Hong Kyung. 『사암침법으로 풀 경락의 신비 The mystery of meridians by studying Saam acupuncture method』. p201.

9) For better understanding, the element composition was put in the following order (viscus bowel five element, six qi, position of acupuncture point). This order was used for the five transport points as well.

effective in healing chronic diseases and simple diseases (for example, Indigestion and Cold), we've decided to proceed with the study of these acupuncture points.

### 3. The principle of 三符 (Sam Boo) acupuncture method

三符 (Sam Boo) acupuncture method is a healing method using the 三符穴 (Sam Boo acupuncture point). As seen before, in each 三符穴 (Sam Boo acupuncture point), there are three different elements. A disease is when the balance of the five elements is broken between the five viscera and six bowels inside of the human body. Excessiveness and deficiency is caused through the unbalance of the five elements. The principle of 三符 (Sam Boo) acupuncture method is to first find two excessive characteristics of the five elements. If they are found, the other three elements would be relatively deficient. Thus, these three elements are tonified using the 三符 (Sam Boo) acupuncture point and the balance is restored. Before looking at the symptoms of the patient, the constitution of the patient is examined and through the diagnosis method, the excessive two elements are found. If 金水 (metal and water) are excessive, the relatively deficient 木火土 (wood fire earth) is tonified by selecting the 大陵 (PC7 earth acupuncture point of pericardium meridian) and 陽陵泉 (GB34 acupuncture point of gall bladder meridian). If done in this manner, when the wood-fire is excessive, the 尺澤 (LU6 metal earth water) and 內庭 (ST44 earth metal water) are tonified. When the wood and water is excessive, the 魚際 (LU10 metal earth fire) and 解谿 (ST41 earth metal fire) are tonified. When the wood and earth are excessive, 少澤 (SI11 fire water metal) and 復溜 (KI7 water fire metal) are tonified. When the earth and water are excessive, 間使 (PC5 fire wood metal) and 竅陰 (GB44 wood fire metal) are tonified. When the wood and metal are excessive, 小海 (SI8 fire water earth) and 太谿 (KI3

water fire earth) are tonified. When the fire and water are excessive, 少商 (LU11 metal earth wood) and 陷谷 (ST43 earth metal wood) are tonified. When the earth and metal are excessive, 後谿 (SI3 fire water wood)·湧泉 (KI1 water fire wood)·曲澤 (PC3 fire wood water)·俠谿 (GB43 wood fire water) is tonified. When two elements are excessive, only when the earth and metal are excessive, 4 acupuncture points are tonified. For the rest, one point each for the arm and leg (1 each, total of 2) meridians are tonified.

### 4. 三符 (Sam Boo) acupuncture method pattern identification.

#### 1) The pulse for diagnosis

The pulse condition of wood is 弦而急 (string-like and tense). The pulse condition of fire is 浮大而散 (superficial, large and dissipated). The pulse condition of Earth is 緩而大 (moderate and large pulse). The pulse condition of Metal is 浮澀而短 (floating rough and short). The pulse condition of Water is 沈濡而滑 (sunken soggy and full).<sup>10]</sup> First, the pulse is examined to see which pulse condition is the most excessive out of the most excessive element. However, the pulse condition does not come out simple and is usually mixed. Since there are many occasions where the pulse condition comes out complex, two excessive pulse conditions can be found. For example, if the pulse condition is moderate-tense and floating-large, then it can be said that wood and fire are both excessive. Also, if the left is string-like and tense while the right is floating and large, then wood and fire are excessive.

#### 2) Constitution with cold and heat

Kim Hong Kyung called a state when desire for food clothing and shelter is satisfied 太陰 (Tai Yin) and

10] In 『Nankyung』 chapter 13. p33. it is said, “五藏有五色, 皆見於面, 亦當與寸口, 尺內相應. 假令色青弦而急, 其脈當, 色赤, 其脈浮大而散, 色黃, 其脈中緩而大, 色白, 其脈浮澀而短, 色黑沈濡而滑, 其脈.”

oppositely an unsatisfied state is Yang Ming. Tai Yin is damp Earth and when seen by constitution, it is fat. It is a person with much desire for eating, wearing and sleeping. Yang Ming is dry Metal and when seen by constitution, it is a state of being unsatisfied with the desires for food, clothing and shelter. If it is applied in a positive way, it means strength integrity and splendor. Thus, an obese person seen as Earth and a skinny person can be seen as Metal if perceived through the five element theory. Also, cold and heat can be differentiated using the following concept. Cold syndrome can be identified through the following: Cold hands and feet, Chill, a pale complexion, Cannot feel any thirst, Being fond of hot drinks, clear urine, unsmelled and watery recrementum, a white coating on the tongue, and bradycardia (手足冷, 惡寒, 面色蒼白, 口不渴, 喜熱飲, 小便清長, 大便稀薄不臭, 舌苔白, 脈遲) etc. Heat syndrome can be identified through the following: Fever, Hate heat, Thirst, being fond of cold drinks, reddish cheeks, yellowish and smelled recrementum, reddish urine, constipation / diarrhea, a yellow coating on the tongue, pyknicardia (發熱, 惡熱, 口渴, 喜冷飲, 面赤, 大便黃粘膠臭, 小便短赤, 大便閉 亨 自利灼肛, 舌苔黃, 舌質紅 脈數) etc.<sup>11]</sup> Thus, a person with frequent cold syndrome is seen to have excessive Water and a person with frequent heat syndrome is seen to have excessive Fire.

### 3) Characteristics

In terms of the five elements, the five emotions can be paired like the following: 木-怒 (Wood-Anger), 火-喜 (Fire-Joy), 土-思 (Earth-Thought), 金-憂 (Metal-Anxiety), 水-恐 (Water-Fear). Therefore, if Wood is excessive the person gets angry often and may be stubborn. If Fire is excessive, the person laughs often and likes pleasure. If Earth is excessive, one may contemplate often but looks boring. If Metal is excessive the person may look sad or poor. If Water is excess the person is good at playing or is fearful.

11] Jong Ui Myung. 『Saju and Korean medicine』. p51.

12] The Society of Hyungsang Medicine. 『Jisan Hyungsang medical records』. p26-27.

### 4) Image medical science

In terms of the five elements, colors can be paired like the following. Wood is Blue, Fire is Red, Earth is Yellow, Metal is White and Water is Black. Therefore, if Wood is excess, then the face is blue. If Fire is excess, then the face is red. If Earth is excess, then the face is yellow. If Metal is excess, then the face is white with no skin color. If Water is excess, then the face is dark. However, if the face is red with heat syndrome, it can be seen as excess Fire. If there is cold syndrome, there is a possibility of it being 眞寒假熱 (true cold with false heat) so one must be careful.

In 形象醫學 (image medical science) patients are divided into categories of 精氣神血 (Essence/Qi/Spirit/Blood), animals on land are divided into categories of 魚鳥走甲 (fish/bird/runners/shelled creature) and the human body is divided by characteristics. In the field of 精氣神血 (Essence/Qi/Spirit/Blood), the face is essence (○), qi (□·◇), spirit (▽), blood (△·∅). They can also be categorized into Water, Metal, Fire and Wood according to the principle of 腎藏精, 肺藏氣, 心藏神, 肝藏血 (Kidney preserve Essence, Lung preserve Qi, Heart preserve Spirit, Liver preserve Blood). A person with a ○ face can be seen to have excess Water. A person with a □·◇ face can be seen to be excess Metal. ▽ face can be seen as excess Fire. △·∅ can be seen as excess Wood. Also, since runners have advanced legs and like to run, have big noses and easily get angry, they can be seen to have excess Wood. As for birds, their shoulders move first, like to be high, have advanced eyes and laugh often so they are considered to have excess fire. As for shelled creatures, their backs move first, like to hide, have advanced ears and get sad easily so they are thought to have excess Metal. Fish move their tails first, mouth is advanced and get surprised easily so they are considered to have excess Water.<sup>12]</sup> Like this, one can see the face or actions of a person to see which of the five elements is excess.

In addition, when 河圖 (Ha Do) is applied to the human face, 3·8 Wood is the left cheek. 2·7 Fire is the forehead. 4·9 Metal is the right cheek. 1·6 Water is the chin. 5·10 Earth is the Nose.<sup>13]</sup> By examining the advanced portion of the face, one can determine which of the five elements is excess. For example, if the forehead is advanced, Fire is excess. If the chin is advanced like a fish, Water is excess.

## 5. Application of the 三符 (Sam Boo) acupuncture

### 1) Wood-Fire is excess

When Wood-Fire is excess, Earth-Metal-Water should be tonified so the 尺澤 (LU5 Metal Earth Water) and 內庭 (ST44 Earth Metal Water) should be selected. When Wood-Fire is Excess, the pulse condition may be string-like/tense (Wood) with simultaneous floating/large/dissipated pulse (Fire). In relation to image medical science, the face may be red or blue with a upside down triangle shape. The patient may have much heat with wind qi, thus it can be applied to 熱生風 (heat creates wind) symptoms.

### 2) Metal-Water is excess

If Metal-Water is excess, Wood, Fire, Earth should be tonified and the 大陵 (PC7 Fire Wood Earth) 陽陵泉 (GB34 Wood Fire Earth) points should be selected. If Metal-Water is excess, the pulse condition is 浮澀而短 (Metal floating-rough and short) with simultaneous 沈濡而滑 (Water sunken-soggy and slippery) pulse. Rough pulse is due to lack of blood and consumption of vital energy.<sup>14]</sup> Short pulse is from the inability to transport blood.<sup>15]</sup> This is due to the deficiency of qi. Therefore, this can be applied to qi deficient cold syndrome caused

by essence and blood deficiency. Also, since metal qi is excessive, it is used to treat skinny people when they are cold inside the body. In relation to image medical science, the face is white or dark and since Metal is excess, the cheek bone is advanced or skinny. Since Water is excess, the jaw is advanced.

### 3) Wood-Water is excess

If Wood-Water is excess, Fire, Earth and Metal should be tonified and the 魚際 (LU10 Metal Earth Water) and 解谿 (ST41 Earth Metal Water) points should be selected. If Wood-Water is excess, the pulse condition is 弦而急 (wood string-like and tense) and might simultaneously have 沈濡而滑 (sunken-soggy and full) pulse. The string-like pulse is due to the binding of 痰飲 (phlegm retained fluid), 寒熱 (cold and heat) and 瘧 (malaria).<sup>16]</sup> Sunken-full pulse indicates diseases due to 痰 (phlegm)<sup>17]</sup> so if Wood-Water is excess, it can be assumed to be due to 痰 (phlegm). In relation to cold and heat it shows symptoms of cold since Water is excess. In relation to characteristics, since Wood qi is excess, the person is easily angered and has a stubborn personality, but at the same time, water excess so the person is easily frightened and does not reveal personal thoughts often.

### 4) Wood-Earth is excess

If Wood-Earth is excess, Fire, Metal and Water should be tonified by selecting the 少澤 (SI1 Fire Water Metal) and 復溜 (KI7 Water Fire Metal) points. If Wood-Earth is excess, the pulse condition is 弦而急 (Wood, string-like and tense pulse) and 緩而大 (Earth, moderate and large pulse) at the same time. The string-like pulse is due to phlegm or cold/heat.

13] Lee Jung Lae. 『Donguiyochejinjeun』. p38.

14] Lee Bin Ho, Lee Si Jin. 『Binhomaekhaec Saeungeuyo Kigyungpalmaekgyo Bumaekgyulgojung』. p25.

15] Lee Bin Ho, Lee Si Jin. 『Binhomaekhaec Saeungeuyo Kigyungpalmaekgyo Bumaekgyulgojung』. p33.

16] Lee Bin Ho, Lee Si Jin. 『Binhomaekhaec Saeungeuyo Kigyungpalmaekgyo Bumaekgyulgojung』. p45.

17] Lee Bin Ho, Lee Si Jin. 『Binhomaekhaec Saeungeuyo Kigyungpalmaekgyo Bumaekgyulgojung』. p16.



Moderate pulse is superficially due to 風邪 (wind) or 濕邪 (dampness) and profoundly due to spleen deficiency.<sup>18]</sup> Therefore, this can be used to treat wind disorder caused by phlegm-retained fluid or dampness. Constitutionally, this can be used for obese people who get angered easily or have strong pride.

### 5) Earth-Water is excess

If Earth-Water is excess, Wood, Fire, Metal should be tonified by selecting the 間使 (PC5 Fire Wood Metal) and 竅陰 (GB44 Wood Fire Metal) points. If Earth-Water is excess, the pulse condition is 緩而大 (Earth Moderate and larger pulse) and 沈濡而滑 (Water Sunken-soggy and full pulse) at the same time. The sunken-full pulse is due to the pileup of phlegm and food. Sunken-moderate pulse is due to cold-dampness<sup>19]</sup> so 食積 (indigestion), 痰飲病 (diseases by phlegm retained fluid) and 濕病 (dampness) caused by cold can be treated by this. This is used to treat obese people when they have cold symptoms. Since Earth is excess, this can be used for people with more fat on the face. Since Water is excess, it can be used to treat people who's faces resemble fish with advanced lips or jaws.

### 6) Earth-Metal is excess

If Earth-Metal is excess, Wood, Fire, Water should be tonified by selecting the 後谿 (SI3 Fire Water Wood), 湧泉 (KI1 Water Fire Wood), 曲澤 (PC3 Fire Wood Water) and 俠谿 (GB43 Wood Fire Water) points. As for the pulse condition, it is 緩而大 (Earth moderate and large pulse) with simultaneous 浮澀而短 (Metal floating/rough and short). The 緩細脈 (moderate-fine pulse) shows signs of 濕痺 (pain and numbness of the bone joints). The 緩瀦 (moderate-irregular pulse) shows signs of 脾虛 (spleen deficiency, not wanting to speak,<sup>20]</sup>

tired body with no energy, facial color with no signs of 神氣 (spirit qi), weak pulse). Therefore, 濕痺 (pain and numbness of the bone joints) and 脾虛 (Deficiency of Spleen) can both be treated using this. It can also be used for people with pale yellow faces. Also, if a skinny person suddenly gains weight or an obese person suddenly loses weight, it can be assumed to be caused by excess Earth-Metal. Obese people with thick bones or a skinny person with much flesh can also be assumed to be caused by this.

### 7) Wood-Metal is excess

If Wood-Metal is excess, Fire, Earth, Water should be tonified by selecting the 小海 (SI8 Fire, Water, Earth) and 太谿 (KI3 Water, Fire, Earth) points. As for the pulse condition, it is 弦而急 (Wood string-like and tense) and simultaneously 浮澀而短 (Metal floating-rough and short). 浮弦脈 (Floating-string-like pulse) appears when 支飲 (thoracic fluid retention) 外溢 (permeates) and 弦細脈 (string-like-fine pulse) appears when there is 拘急 (contracture)<sup>21]</sup>. Since Metal qi is excessive, this is used for skinny people, people with lack of essence and blood or people with lack of qi with contracting muscles that can't be stretched. Runners that are skinny can also be seen to have excess Wood-Metal. Since the Wood-Metal of the left and right are excess this treatment is used in cases where both cheekbones are advanced and the facial area is wide from side to side.

### 8) Fire-Water is excess

If Fire-Water is excess, Wood, Earth, Metal should be tonified by selecting the 少商 (LU11 Metal Earth Wood) and 陷谷 (ST43 Earth Metal Wood) points. As for the pulse condition, it is 浮大而散 (Fire floating-large and dissipated) and simultaneously 沈濡而滑 (Water

18] Lee Bin Ho, Lee Si Jin. 『Binhomaekkhac Saeungeuyo Kigyungpalmaekgyo Bumaekgyulgojung』. p46.

19] Lee Bin Ho, Lee Si Jin. 『Binhomaekkhac Saeungeuyo Kigyungpalmaekgyo Bumaekgyulgojung』. p16.

20] Lee Bin Ho, Lee Si Jin. 『Binhomaekkhac Saeungeuyo Kigyungpalmaekgyo Bumaekgyulgojung』. p42

21] Lee Bin Ho, Lee Si Jin. 『Binhomaekkhac Saeungeuyo Kigyungpalmaekgyo Bumaekgyulgojung』. p46.

sunken-soggy and full) at the same time. A pulse that shows both 浮脈 (floating pulse) and 沈脈 (sunken pulse) is a 實脈 (replete pulse). A 實脈 (replete pulse) appears with 癲狂 (mania-withdrawal), 譫語 (delirious speech), 嘔吐 (vomiting) caused by 火鬱 (depressed Fire).<sup>22]</sup> Thus, disorders such as dryness-heat, food accumulation, mania-withdrawal, etc. which are caused by the merging of Fire with 鬱 (depression) can be cured using this. It is also applied for symptoms where Fire and Water appear together such as 寒熱往來 (alternating chills and fever), 真寒假熱 (true cold with false heat pattern), 真熱假寒 (true heat with false cold pattern), 瘧 (malaria), 上熱下寒 (upper body heat and lower body cold), etc.

## 6. The significance of the 三符 (Sam Boo) acupuncture method

The 三符 (Sam Boo) acupuncture method was made by Kim Hong Kyung to supplement his explanation of the Saam acupuncture method. The interpretation of Saam's acupuncture method through the 三符 (Sam Boo) acupuncture point theory is much different from the original Saam acupuncture method explanation. The most representative case is when 趙世衡 (Cho Se Hyung) comprehended 虛實證 (deficiency and excess syndrome) using the 臟腑論 (viscus and bowel theory) from 『內經』 (Internal Classic) and 『醫學入門』 (Introduction to Medicine).<sup>23]</sup> By using the viscus and bowel syndrome differentiation theory as a basis, he used 靖格 (Jung Gyuk) and 승격 (Seung Gyuk) as the 補法 (tonifying method) and 瀉法 (purging method) for the viscera and bowels.

Also, Kim Kyung Jyo used Saam's acupuncture method on the basis of his clinical experience covering a three generation period. He made good use of 正格 (Jung Gyuk) & 勝格 (Seung Gyuk), which are kinds of skills of Saam's acupuncture method, coming along with his own clinical experience with the formal clinical cases of 『舍岩道人鍼灸要訣』 (Saam Do In Chim Gu Yo Kyul)

as its center.<sup>24]</sup> Kim Hong Kyung defined six meridian as something related to man's desire and Eight Diagrams in "the Book of Changes". He used 正勝格 (Jung·Seung Gyuk) throughout his understanding each passage of human body, meridian in accordance with the fact mentioned previously.

The three methods of analysis stated above have approached the subject differently, but they all state standards in using the 靖格 (Jung Gyuk) and 승격 (Seung Gyuk) of Saam's acupuncture method. The 三符 (Sam Boo) acupuncture method goes a bit further from the original understanding method of Kim Hong Kyung and by examining the five transport points, it analyzes the acupuncture points used for 靖格 (Jung Gyuk) and 승격 (Seung Gyuk). Thus, it helps in understanding the practical meaning of 靖格 (Jung Gyuk) and 승격 (Seung Gyuk). The 三符 (Sam Boo) acupuncture method is oriented in using the 三符 (Sam Boo) acupuncture points, but through the research of 천부혈·이부혈·삼부혈 (Chun Boo acupuncture point·Eeh Boo acupuncture point·Sam Boo acupuncture point), the five transport points are understood and through differentiation of syndromes, the specific point is chosen. As a result, it becomes a way to fully understand the Saam acupuncture method.

## III. Conclusion

The significance of the 三符(Sam Boo) acupuncture method in Korean medicine is as follows

1. The 三符(Sam Boo) acupuncture method is based on the basic principle of Korean Tradition Medicine.

If Yin and Yang lose their balance, or the five elements become unequal, the person becomes unhealthy. The 三符 (Sam Boo) acupuncture method first finds two

22] Lee Bin Ho, Lee Si Jin. 『Binhomaekhaec Saeungeuyo Kigyungpalmaekgyo Bumaekgyulgojung』. p29.

23] Cho Se Hyung. 『Systematic research of Saam acupuncture method』. p38-39.

24] Kim Kyung Jo. 『Wulo Saam acupuncture method』.

elements of the five elements that are excess and tonifies the other three to treat the patient.

2. For the diagnosis of the 三符 (Sam Boo) acupuncture method, pulse, constitution, characteristics and structure are analyzed.

In 『Nan Kyung』 (Difficulty Classics), pulses are analyzed by pairing them with the five elements. Also, the patient's weight constitution and cold-heat symptoms are examined. Then, the deficiency and excessiveness can be differentiated using characteristics associated with the 五情 (five emotions 怒喜思憂恐), 魚鳥走甲類 (fish/bird/runners/shelled creature type) and 精氣神血科 (Essence, Qi, Spirit, Blood) of original Image Medical Science.

3. The constitution of the patient in association with deficiency and excessiveness of the five elements was emphasized rather than the actual symptoms.

There are many acupuncture methods that use the basic principle of the four constitutions such as the eight constitution acupuncture method and four constitution acupuncture method, etc. however, the 三符 (Sam Boo) acupuncture method examines the patient's constitution to find the two elements (of the five elements) that are excessive.

4. The 三符 (Sam Boo) acupuncture method has less side effects and is useful for miscellaneous diseases with complex causes.

The 三符 (Sam Boo) acupuncture points are composed of three different elements (of the five elements) and is thus not as unbalanced as the 二符 (Eeh Boo) acupuncture points or 天符 (Chun Boo) acupuncture points. Therefore, there are less side effects and can be used to treat weak patients such as the old or weak patients recovering from pregnancy. Also, if there are

multiple causes of the disease or many diseases mixed together, this method may show great effects.

5. The 三符 (Sam Boo) acupuncture method uses the five element characteristics of the five transport points to cure patients.

The Saam acupuncture method that was explained by the preceding researchers used the understanding of the 12 meridians as a basis in the use of 정격 (Jung Gyuk) and 승격 (Seung Gyuk) to cure patients. However, the 三符 (Sam Boo) acupuncture method uses the five element characteristics of the five transport points to tonify and cure the patient. The 二符 (Eeh Boo) acupuncture method and 天符 (Chun Boo) acupuncture method can be analyzed using the same concept. Using the association of the five elements with the five transport points as a basis, the five transport points can be understood and if the Saam acupuncture method is analyzed, it can be seen in a different perspective.

This has been a study on the 三符 (Sam Boo) acupuncture method.

In relation to the 三符 (Sam Boo) acupuncture method, more research should be done in order to find the exact acupuncture point to be selected. Also, the three element characteristics (six qi, viscus bowel, element of acupuncture point) of the five transport points should be examined to determine whether they are of equal value or not. In addition, to supplement the 三符 (Sam Boo) acupuncture method, the 二符 (Eeh Boo) acupuncture point and 天符 (Chun Boo) acupuncture points should be researched as well. Especially, cases with excess Fire-Earth and Fire-Metal can't be treated with the 三符 (Sam Boo) acupuncture method but can be cured using the 二符 (Eeh Boo) acupuncture method.

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