

Five Element Diagram



Simplified Table

ELEMENT	WOOD	FIRE	EARTH	METAL	WATER
WOOD ↑	↑	↑	↓	↓	↑
WOOD ↓	↓	↓	↑	↑	↓
FIRE ↑	↑	↑	↑	↓	↓
FIRE ↓	↓	↓	↓	↑	↑
EARTH ↑	↓	↑	↑	↑	↓
EARTH ↓	↑	↓	↓	↓	↑
METAL ↑	↓	↓	↑	↑	↑
METAL ↓	↑	↑	↓	↓	↓
WATER ↑	↑	↓	↓	↑	↑
WATER ↓	↓	↑	↑	↓	↓

Proof of Five-Element Theory Using 8 Laws of Acupuncture

	HT	PC	SI	TB	LU	LI	GB	LV	ST	SP	BL	KI
HT ↑	-	↑ ⁴	↑ ^{5,6}	↑	↑ ^{1,7}	↑ ⁷	↑ ^{8,2}	↑ ^{4,8}	↑ ⁸	↑ ^{5,8}	↑ ⁷	↑ ⁷
HT ↓	-	↑ ⁴	↓ ^{5,6}	↓	↑ ^{1,7}	↑ ⁷	↑ ^{8,2}	↓ ^{4,8}	↑ ⁸	↓ ^{5,8}	↑ ⁷	↑ ⁷
PC ↑	↑ ⁴	-	↑	↑ ^{5,6}	↑ ⁷	↑ ⁷	↑ ⁸	↑ ⁸	↑ ^{8,2}	↑ ^{4,8}	↑ ⁷	↑ ^{5,1,7}
PC ↓	↑ ⁴	-	↓	↓ ^{5,6}	↑ ⁷	↑ ⁷	↑ ⁸	↑ ⁸	↑ ^{8,2}	↓ ^{4,8}	↑ ⁷	↑ ^{5,1,7}
SI ↑	↑ ⁶	↑	-	↑ ³	↑ ⁷	↑ ^{1,7}	↑ ^{3,8}	↑ ^{8,2}	↑ ⁸	↑ ⁸	↑ ⁷	↑ ⁷
SI ↓	↑ ⁶	↓	-	↓ ³	↑ ⁷	↑ ^{1,7}	↑ ^{3,8}	↓ ^{8,2}	↓ ⁸	↓ ⁸	↑ ⁷	↑ ⁷
TB ↑	↑	↑ ^{5,6}	↑ ³	-	↑ ⁷	↑ ⁷	↑ ^{5,8}	↑ ⁸	↑ ^{3,8}	↑ ^{8,2}	↑ ^{1,7}	↑ ⁷
TB ↓	↓	↓ ^{5,6}	↓ ³	-	↑ ⁷	↑ ⁷	↓ ^{5,8}	↓ ⁸	↓ ^{3,8}	↓ ^{8,2}	↑ ^{1,7}	↑ ⁷
LU ↑	↑ ^{1,7}	↑ ⁷	↑ ⁷	↑ ⁷	-	↑ ^{5,6}	↑ ⁷	↑ ^{5,7}	↑ ⁸	↑ ^{4,8}	↑ ^{8,2}	↑ ^{4,8}
LU ↓	↑ ^{1,7}	↑ ⁷	↑ ⁷	↑ ⁷	-	↓ ^{5,6}	↑ ⁷	↓ ^{5,7}	↑ ⁸	↑ ^{4,8}	↑ ^{8,2}	↑ ^{4,8}
LI ↑	↑ ⁷	↑ ⁷	↑ ^{1,7}	↑ ⁷	↑ ^{5,6}	-	↓ ⁷	↑ ⁷	↑ ^{5,3,8}	↑ ⁸	↑ ^{3,8}	↑ ^{8,2}
LI ↓	↑ ⁷	↑ ⁷	↓ ^{1,7}	↓ ⁷	↓ ^{5,6}	-	↑ ⁷	↑ ^{5,6}	↓ ^{5,3,8}	↑ ⁸	↑ ^{3,8}	↑ ^{8,2}
GB ↑	↑ ^{8,2}	↑ ⁸	↑ ^{3,8}	↑ ^{5,8}	↑ ⁷	↑ ⁷	-	↑ ^{5,6}	↑ ^{1,7}	↑ ⁷	↑ ^{3,8}	↑ ⁸
GB ↓	↑ ^{8,2}	↓ ⁸	↓ ^{3,8}	↓ ^{5,8}	↑ ⁷	↑ ⁷	-	↓ ^{5,6}	↓ ^{1,7}	↑ ⁷	↓ ^{3,8}	↑ ⁸
LV ↑	↑ ^{4,8}	↑ ⁸	↑ ^{8,2}	↑ ⁸	↑ ^{5,7}	↑ ⁷	↑ ^{5,6}	-	↑ ⁷	↑ ^{1,7}	↑ ⁸	↑ ^{4,8}
LV ↓	↑ ^{4,8}	↓ ⁸	↓ ^{8,2}	↓ ⁸	↓ ^{5,7}	↑ ⁷	↓ ^{5,6}	-	↑ ⁷	↑ ^{1,7}	↑ ⁸	↑ ^{4,8}
ST ↑	↑ ⁸	↑ ^{8,2}	↑ ⁸	↑ ^{3,8}	↑ ⁸	↑ ^{5,3,8}	↑ ^{1,7}	↑ ⁷	-	↑ ^{5,6}	↑ ⁷	↑ ⁷
ST ↓	↑ ⁸	↓ ^{8,2}	↓ ⁸	↓ ^{3,8}	↑ ⁸	↓ ^{5,3,8}	↑ ^{1,7}	↑ ⁷	↑ ⁶	↓ ^{5,6}	↑ ⁷	↑ ⁷
SP ↑	↑ ⁸	↑ ^{4,8}	↑ ⁸	↑ ^{8,2}	↑ ^{4,8}	↑ ⁸	↑ ⁷	↑ ^{1,7}	↑ ⁶	-	↑ ⁷	↑ ⁷
SP ↓	↑ ⁸	↓ ^{4,8}	↓ ⁸	↓ ^{8,2}	↓ ^{4,8}	↑ ⁸	↑ ⁷	↑ ^{1,7}	↑ ⁶	-	↑ ⁷	↑ ⁷
BL ↑	↑ ⁷	↑ ⁷	↑ ^{7,5}	↑ ^{1,7}	↑ ^{8,2}	↑ ^{3,8}	↑ ^{3,8}	↑ ⁸	↑ ⁷	-	-	↑ ^{5,6}
BL ↓	↑ ⁷	↑ ⁷	↓ ^{7,5}	↓ ^{1,7}	↓ ^{8,2}	↓ ^{3,8}	↓ ^{3,8}	↑ ⁸	↑ ⁷	-	-	↓ ^{5,6}
KI ↑	↑ ⁷	↑ ^{5,1,7}	↑ ⁷	↑ ⁷	↑ ^{4,8}	↑ ^{8,2}	↑ ⁸	↑ ^{4,8}	↑ ⁷	↑ ⁷	↑ ^{5,6}	-
KI ↓	↑ ⁷	↓ ^{5,1,7}	↓ ⁷	↓ ⁷	↓ ^{4,8}	↓ ^{8,2}	↓ ⁸	↓ ^{4,8}	↑ ⁷	↑ ⁷	↓ ^{5,6}	-

↑ Enhancement

¹ Husband / Wife Law

² Mid-day / Mid-night Law

³ Superficial Circulation

⁴ Deep Circulation

Legend

⁵ Hourly (Diurnal) Cycle

⁶ Coupled Organ Law

↑ Retardation

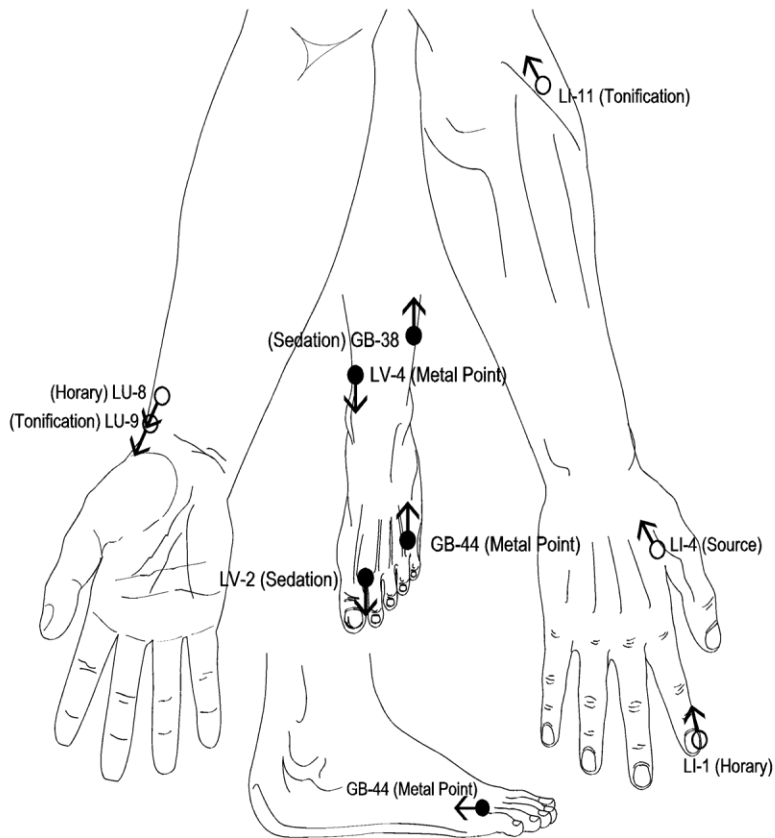
⁷ Destructive Cycle

⁸ Constructive Cycle

METAL CUTS WOOD

TONIFICATION / SEDATION

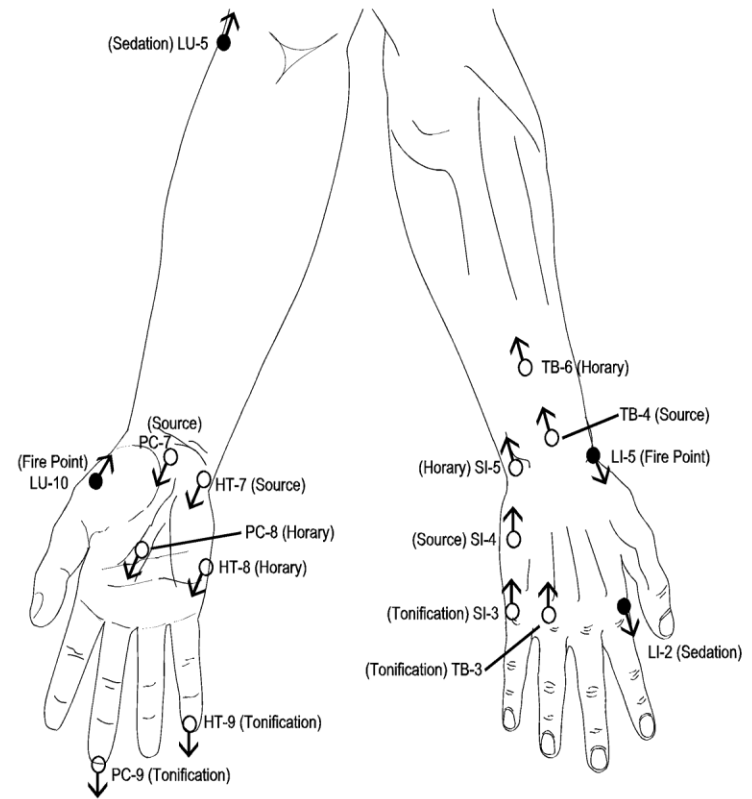
- DENOTES A SEDATION OF THE WOOD
- DENOTES A TONIFICATION OF THE METAL
- ↑↓ DENOTES DIRECTION OF ATTACK (NOT ENERGY FLOW)



FIRE BURNS METAL

TONIFICATION / SEDATION

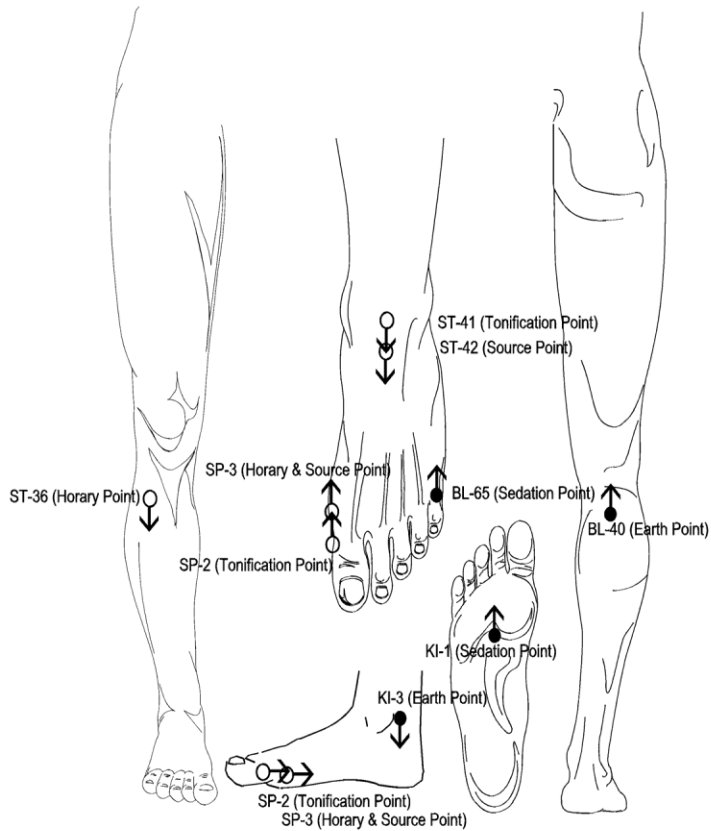
- DENOTES A SEDATION OF THE METAL
- DENOTES A TONIFICATION OF THE FIRE
- ↑↓ DENOTES DIRECTION OF ATTACK (NOT ENERGY FLOW)



EARTH CONTAINS WATER

TONIFICATION / SEDATION

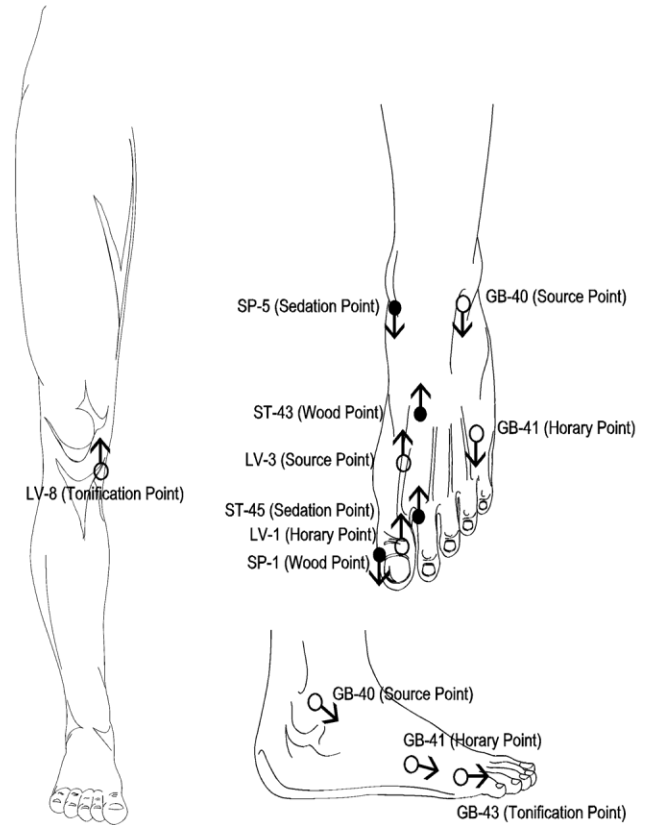
- DENOTES A SEDATION OF THE WATER
- DENOTES A TONIFICATION OF THE EARTH
- ↑↓ DENOTES DIRECTION OF ATTACK (NOT ENERGY FLOW)



WOOD PENETRATES EARTH

TONIFICATION / SEDATION

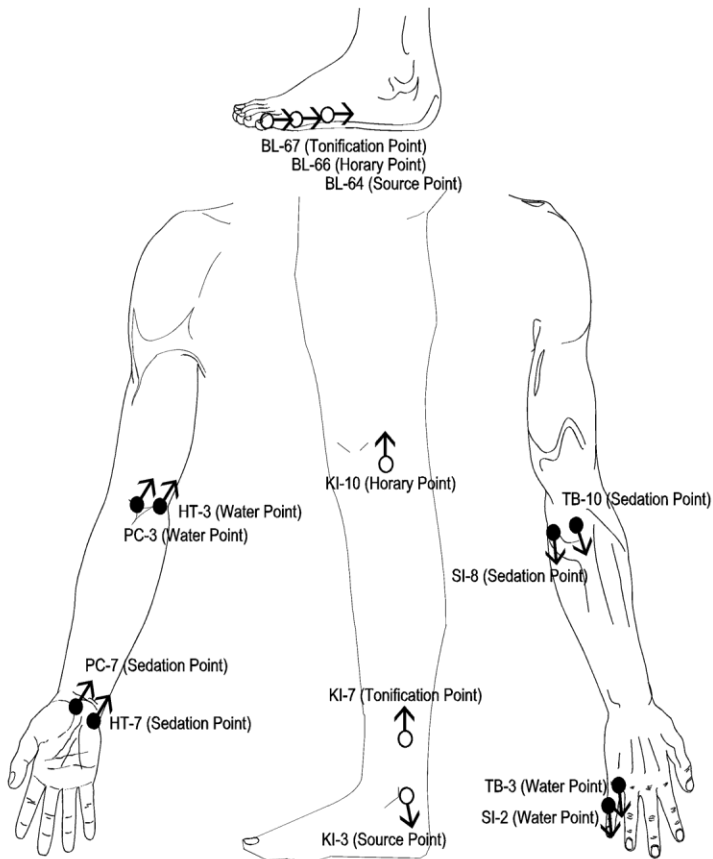
- DENOTES A SEDATION OF THE EARTH
- DENOTES A TONIFICATION OF THE WOOD
- ↑↓ DENOTES DIRECTION OF ATTACK (NOT ENERGY FLOW)



WATER EXTINGUISHES FIRE

TONIFICATION / SEDATION

- DENOTES A SEDATION OF THE FIRE
- DENOTES A TONIFICATION OF THE WATER
- ↑↓ DENOTES DIRECTION OF ATTACK (NOT ENERGY FLOW)



WATER EXTINGUISHES FIRE

TONIFICATION / SEDATION

- DENOTES A SEDATION OF THE FIRE
- DENOTES A TONIFICATION OF THE WATER
- ↑↓ DENOTES DIRECTION OF ATTACK (NOT ENERGY FLOW)

