

## *Selections from Shan Yutang*

*Annotated Excerpts from  
the Shanghan Lun  
with Suggestions for Acupuncture  
and Moxibustion Therapy (1984):  
“Shaoyang”*

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*Translated by Heiner Fruehauf*

**T**HE SHAOYANG SYSTEM INCLUDES THE HAND shaoyang channel of the triple warmer and the foot shaoyang channel of the gallbladder. The term shaoyang describes an energetic state where there is only little (shao) yang--the birth of a solitary yang, the turning point where yin turns into yang.

**SAMPLE**

Within the foot shaoyang gallbladder lodges the ministerial fire, and the hand shaoyang triple warmer is the path on which this ministerial fire travels throughout the body. Therefore, shaoyang transformation exhibits the characteristics of ministerial fire. So why is there a ministerial fire qi which exists in addition to the five organ networks? For one, it assists the sovereign fire of the shaoyin system, but then there is also a more natural explanation for its existence. On a universal scale, the ministerial fire qi is located in between Heaven and Earth, and its appearing and disappearing determines the rhythm of day and night; its longness and shortness determines the cyclic interplay between heat and cold. In the morning it blazes in the East and illuminates the West; at noon, it blazes in the South and illuminates the North; at sunset, it blazes in the West and illuminates the East. In spring, it ushers in the