ORIGINAL ARTICLE

On the formation of taiji diagram from the perspective of twenty-four solar terms

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Abstract This paper discusses the forming principle of Taiji Diagram from the perspective of the 24 Solar Terms, and then analyses the trend of Taiji Curves, the Polar Point of Taiji Diagram and the meaning of Yin-Yang fishes’ eyes. This paper argues that the Taiji Diagram is originated from the S-style solar term model, or model of S-style Taiji Diagram combining solar term and Yin-yang fish. According to methods provided in this essay, the drawing work of Taiji Diagram could be simplified. This paper also further integrates the model diagram with the Chinese traditional medicine, especially with main and collateral channels, Zang-Fu organs and hours of daily time, and directly reveals the relationship among them and sets up two model figures: one is the S-style Taiji Yin-Yang Fishes and Main and Collateral Channels Model Figure, the other is S-style Taiji Yin-Yang Fish and Main and Collateral Channels Hours Model Figure. The Taiji Diagram described in this essay looks like that one black fish (symbolizing Yin) hugs with the other white fish (symbolizing Yang), which contains universal laws and rules of constraints between the Yin-Yang opposites, mutual usages with each other, balance of the ebb and flow, reciprocal transformation, etc. By analyzing the shift and transformation between Yin and Yang of the 24 solar terms in a year, it could not only explain the naming of the Twenty-Four Solar Terms, but also help preserve people’s health with the combination between medicine and Yi science. The advantages of preventive medicine of traditional Chinese medicine will be high lighted.

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1. Introduction

1.1. The origin and schema of Taiji diagram

Taiji (Tain and Ji) is one of the most important theoretical categories in the ancient Chinese traditional medicine. Tai means the beginning, the original or the supreme. Ji means the end or the polar. The Chinese ancient philosophy argues that everything exists inside the realm of Taiji. The two opposite powers
of Yin and Yang alternate with each other, which are the source of the forming of the universe. The earliest recording of Taiji was found in the Chinese philosophy classical work by Zhouyi. In the chapter Xichi of Zhouyi, it said that Yi has Taiji, which gives birth to two states. Two states are then developed into four images, and the four images give rise to eight hexagrams. Taiji comprises the heavens and the earth before the formation of chaos, which is also the integration of air, shape and mass. As Taiji moves, it gives birth to Yin and Yang. The light one floats up and become to the heaven, and the heavy one goes down and become to the earth. Therefore, Yin and Yang are material bases of Taiji. In the same chapter of Zhouyi, it also said that transformation of Yin and Yang is called Dao (Law of Nature). Yin and Yang are not isolated, integral, but embrace each other. It is well reflected in the Taiji Diagram and has the meaning that one could be transformed into two parts.

Taiji diagram is a summary of Yin and Yang theory in ancient China and reflects the emergence, development and changed rules of the schemata. The earliest drawing of the Taiji Diagram was made by Master Chuan Che, an ancient philosopher of China. Master Chen drew three kinds of Taiji Diagrams, which are Congenital Diagram, Dragon Diagram and Wuji Diagram. After Master Chen, the Taiji Diagram was fully recognized by the people and fixed to two categories (Xu et al., 1983).

One category is the combination scheme with several layers of figure, as Wuji Diagram, Congenital Diagram and Zhou Family Taiji Diagram. All of them have the similar meaning. The first circle means polar. The second circle is divided into black and white layers, marked with Yang-movement and Yin-quietness symbol, which means the interfaces between Yin and Yang. There are also five other elements, such as Gold, Wood, Fire, Water and Earth, inside the circle, meaning the fundamental element caused by the movement of Yin and Yang. The last two circles are marked with “Qian's characteristic is male, and Kun’s characteristic is female” or “Everything was born from transformation”, to symbolize the beginning of everything (Qu and Chen, 1992). This diagram concludes the universe transformation process of Wuji, Taiji, Yin-Yang, Five-element and anything else.

The other category mainly used the drawing of Yin-Yang Fishes, such as ancient Taiji Diagram, congenital Taiji Diagram and Lai's Taiji Diagram. The outer circle symbolized Taiji, the inside the circle was divided into black and white parts by the S line (Cheng, 1995). In the center of the white area, there is a black pot, meaning polar of Yin; in the center of the black area, there is a white pot, meaning polar of Yang. The black area and white area look like two swimming fishes connected with each other by head and tail, which means the endless circle of the universe.

Therefore, the two categories of Taiji Diagram have different shapes, while they have the same meaning. No matter what kind of Yin-Yang Taiji Diagram, they have the same principles and explain the sentence of “Yi has Taiji” of the classical book Zhouyi. Currently, the most popular Taiji Diagram is the Yin-Yang Fishes Diagram. In the previous time, every part of the diagram has a fixed location and meaning, but now the standard is not very rigid, mainly emphasizes that the Diagram has the meaning of transformation and circulation. Regarding to the origin and connotation of the Taiji Diagram, there are always different opinions (Wang, 2006). According to some modern scientists' research, the Taiji Diagram is the proper reflection of wave-particle duality. The outer circle of Taiji Diagram means the corpuscular property, while the S line means the stability. The Taiji Diagram is a unification of wave-particle duality. Others argue that the Taiji Diagram is polar projection of the universe celestial body on the horizontal plane. The black and white pots are used to define the directions of North and South. The S line is a trajectory of movement of the Sun, the Moon, the five major planets. All the arguments mentioned above are quite controversial now (Xie, 2002).

1.2. Twenty-four Solar Terms

The Twenty-four Solar Terms originated from the Yellow River basin. In the Spring and Autumn period and the Warring States period, the people had designated the very important terms of the Mid-Spring, the Mid-Summer, Mid-Autumn and the Mid-Winter and continuously improved and perfected as time went on.

Until the period of Qin and Han Dynasties, the Twenty-four Solar Terms were completely established. In the year of B.C.104, Master Deng Ping officially wrote the Twenty-four Solar Terms into the book of Taichu Calendar and classified the astronomical position of the Twenty-four Solar Terms. The full name of the Twenty-four Solar Terms used now first appeared in the book of Huainai's Astronomy Standard two thousand years ago. The naming and meaning of the Twenty-four Solar Terms are as follows:

In modern astronomy, one solar term is of the time taken by the sun’s movement by every 15° from Longitude zero. Because it will move by 360°, it will experience 24 solar terms. There will be two terms in one month. The first solar term in the month is called “Jie Qi”. They are the Beginning of Spring, the Waking of Insects, Pure Brightness, the Beginning of Summer, Grain in Ear, Slight Heat, the Beginning of Autumn, White Dew, Cold Dew, the Beginning of Winter, Great Snow and Slight Cold. The second solar term in the month is called “Zhongqi”. They are Rain Water, the Spring Equinox, Grain Rain, Grain Full, the Summer Solstice, Great Heat, the Limit of Heat, the Autumnal Equinox, Frost’s Descent, Slight Snow, the Winter Solstice and Great Cold.

The solar terms of the Jieqi and Zhongqi appears alternately. Now the term of Jieqi and Zhongqi are collectively referred to as Jieqi. Twenty-four solar terms reflect the anniversary of the movement of the sun. So, dates of the Twenty-four Solar Terms are relatively fixed in the Gregorian calendar. In the first half of the year, it is usually on the date of the sixth and the twenty-first of the month. In the second half of the year, it is usually on the date of the eighth and the twenty-third. The difference between the actual date and the recording date is 1 or 2 days.

2. Methods of the S style Taiji Diagram of Yin-Yang fishes

The ancient Taiji Diagram reflects the basic rules of the universe movement by using Yin and Yang transformation. How to judge whether or not the diagram is based on the Twenty-four Solar Terms? The critical point is to how to draw the S line of the diagram under the guideline of Twenty-four Solar Terms and give a reasonable explanation.
This paper probes the forming theory of the Taiji Diagram under the perspective of Twenty-four Solar Terms. This paper argues that the Taiji Diagram is the S-style solar term model, or model of S-style Taiji Diagram combining solar term and Yin-yang fishes, which can describe the changing of different solar terms in the year.

2.1. The drawing method of the S style Taiji Diagram of Yin-Yang fishes

In the model, the circle is divided into 24 parts. One polar is set at the point of the Summer Solstice, the other polar is set at the point of the Winter Solstice. Starting from the polar point, we can use lines to connect the solar term point. After finishing the connecting work, we can find there are many intersections in the picture. If we connect the different intersections from the first one regularly, there will appear one S line (Taiji Line). Thus, you could understand the Taiji mystery of thousands of years. It is also easier for you to understand the scientific meaning of the Taiji Diagram.

2.2. The direction of the S line

In ancient China, the people usually regarded the upper direction is the South, the lower direction is the North, the left side is the East and the right side is the West. The proper position for people is to face the South with back to the North. The Sun rises in the east and sets tin the west. If a man sat in the proper position, he could find that the movement track of the Sun is similar with the Yan movement in Taiji. So, the direction of the S line is clockwise, from the upper to the lower, from the South to the North.

2.3. Theoretical basis of Yin-Yang pots and Yin-Yang fishes

Although the polar point of the Summer Solstice is at the highest position of Yangqi, it is also the start of descent. An old saying goes that the Summer Solstice is the start of Yin. The Yangqi of the S line will become less and less from the point of the Summer Solstice and forms the Yin fish finally in black. The white eye is the interaction of the line between the Winter Solstice and the Beginning of Summer with the line of the Spring Equinox. It means Yang hidden inside Yin. The other side is the Yang fish. The black eye is the interaction of the line between the Summer Solstice and the Beginning of Winter with the line of the Autumnal Equinox. It means Yin hidden inside Yang. This is the forming of the S style Taiji Diagram of Yin-Yang Fishes.

2.4. Meaning of the model figure

The outer circle of the S style Taiji Diagram of Yin-Yang Fishes means Taiji. First, it tells us that everything is changing continuously. Secondly, it means Taiji includes everything and can be found everywhere. Thirdly, it means everything owns its start and end continuously.

The S line dividing Yin and Yang has five meanings. First, the changing of everything includes Yin and Yang mutual functions. Secondly, Yin and Yang influence each other. When Yang ascends, then Yin will descend. Polar of Yang is the start of Yin. Polar of Yin is the start of Yang. Thirdly, Yin and Yang are rooted in each other. Fourthly, the transformation process of Yin and Yang is gradual from quantitative change to qualitative change. Fifthly, the transformation of Yin and Yang will never stop.

The eyes of Yin and Yang fishes have three meanings. First, both Yin and Yang have its opposite element. Yin includes Yang, and the Yang includes Yin. Secondly, Yin and Yang will never be the same. The opposite element of Yin or Yang will automatically grow from inside. Thirdly, the relationship between Yin and Yang is complex, not simply opposite.

According to the movement of the Sun on the track of the ecliptic, the Twenty Four Solar Terms divide the ecliptic into 24 parts equally. When the Sun goes past these 24 points, the earth could reflect the movement by the changing of 24 solar terms. When the sun comes to the point of the Spring Equinox, the degree of celestial longitude is zero. As the Sun moves along the ecliptic, the degree of celestial longitude will ascend day by day. It will be one year after the sun moves on the ecliptic path fully. In Chinese ancient times, the people also used the 12 movements of the aging star to count the Twenty-four Solar Terms. The S style Taiji Diagram of Yin-Yang Fishes is formed from the theory of the Twenty-four Solar Terms. It is easier to illuminate the phenomenon of the year.

Master Zhide Lai in the Chinese Ming Dynasty said: “Histories of the people could be learned from one year’s phenomenon. Seeding in the Spring, Growing in the Summer, Harvest in the Autumn and Hiding in the Winter. Every year is the same. From the remote antiquity of Pangu age to Yao and Shun Period, the custom of the society was growing gradually, like the season of the Spring and the Summer. After Yao and Shun Period, the custom of the society disappeared gradually, like the season of the Autumn and the Winter.” Master Lai also said: “Histories of the people could also be learned from the day and night. One day consists of day time, night time, brightness and darkness. The changing of time is like the changing of day and night.” In the S style Taiji Diagram of Yin-Yang Fishes, the line pointing to the polar of the Winter Solstice is completely black. It means the weather is very cold and night is longer than the day. Turning to the left and arriving at the point of the Spring Equinox, the line is half black and white. It means that the length of day time and night time is the same. It means that Yangqi starts to ascend. At the point of the Summer Solstice, the Yangqi raises itself to the highest point. The daytime is longer than the night time. At the point of the Autumnal Equinox, the line is half black and white again. Although the length of day time and night time are equal, the Yangqi starts to descend and the Yinqi starts to ascend. Finally, at the point of the Winter Solstice, one year ended and the lunar new year is ahead (see Fig. 1).

3. The relationship between the S style Taiji Diagram of Yin-Yang fishes and the Chinese Traditional Medicine

The Chinese traditional medicine master Simiao Sun of Tai Dynasty said: “Man who does not know Yijing cannot be a doctor.” Master Jiebin Zhang of Ming Dynasty also said: “The medicine cannot be developed without Yijing. Yijing cannot be understood without the medicine. If man leaned both of them, he can understand the changing rules of nature and do
Thus, if a man want to cure the disease before it happens and preserve health naturally, he must grasp the changing rules of all seasons in the year. It will be a good method to analyze the human body’s channels and network vessels by using the actual positions of each Solar Term at the Taiji Diagram.

There are 12 regular meridians inside the human body. Yin meridians are connected with the Zang-organ, and the Yang meridians are connected with the Fu-organ. After combining the 12 meridians and 12 Zang-Fu organs, it will become a system of systems composed of 24 Meridians. This kind of system is actually attached with the 24 solar terms. The relationship among them is as follows. (see Table 1).

Matching up the S style Taiji Diagram of Yin-Yang Fishes, we can finish drawing the relevant Eight Diagram Picture. (see Fig. 2).

The 24 meridians of the human body not only attaches the 24 solar terms of the year, but also attaches to the 12 traditional hours (12 h/day). It is like the following. (see Table 2).

4. Discussion of the exact acupoints and health-preserving method according to the model

4.1. According to the model figures, we can get the exact acupoints

(see Table 3).

4.2. According to the model chart, we can conclude the healthcare methods at different solar term

(1) At time of the Spring Equinox term. During this period, people should not be emotional, but smooth the mood and undertake outdoor sports to meet the growing trend of the

| Table 1 | The 12 meridians, the 12 Zang-Fu organs and the 24 solar terms. |
|---------|---------------------------------------------------------------|
| 12 Meridians | 24 Solar terms                          | 12 Zang-Fu organs |
| Liver channel of foot Jueyin | Slight Cold; Great Cold | Liver Zang |
| Shaoyang Gallbladder Meridian of Foot | The Beginning of Spring; Rain Water | Lung Zang |
| Meridian of Foot The Small intestine Meridian of Hand-Taiyang | The Waking of Insects; The Spring Equinox | Large Intestine Fu |
| Heart channel of hand Shaoyin | Pure Brightness; Grain Rain | Stomach Fu |
| Lung channel of hand Taiyin | The Beginning of Summer; Grain Full | Spleen Fu |
| The Large Intestine Meridian of Hand-Yangming | Grain in Ear the Summer Solstice | Heart Zang |
| Pericardium Channel of Hand Jueyin | Slight Heat; Great Heat | Small Intestine Fu |
| The Tri-energizer Meridian of Hand-Shaoyang | The Beginning of Autumn; the Limit of Heat | Bladder Fu |
| Spleen channel of foot taiyin | White Dew; The Autumnal Equinox | Kidney |
| The Stomach Meridian of Foot-Yangming | Cold Dew; Frost’s Descent | Pericardium |
| Kidney channel of foot Shaoyin | The Beginning of Winter; Slight Snow | Triple Burner |
| The Urinary Bladder Meridian of Foot-Taiyang | Great Snow; The Winter Solstice | Gallbladder Fu |

Figure 1 The S style solar term Taiji diagram of Yinyang fishes.

Figure 2 The S style solar term Taiji diagram of Yinyang fishes and meridian.
Spring. The food and drink at this time should not be too cold or too hot, but be very moderate. People should avoid eating cold food, they should eat some moderately warm food. In order to keep balance of Yin and Yang, when people eat food cold food, they should eat some moderately warm food. It is proper time to go outdoors and add Yang qi by absorbing the natural element. However, people should be careful of pollen, catkin kind of allergy. Allergy is common during this period, especially in the north of China. Due to the heat, people should go to bed later, rise earlier and well use the lunch break to get enough oxygen for the brain. We also need to replenish water levels and avoid using cold water to wash the head, with a light advisable diet, eating grains and moderate melon to chill the body.

(2) At time of the Grain Rain term. During this period, it starts getting warmer and rains more frequently. The disease of eczema gets popular. Therefore diet should be appropriate including heat generating and detoxicating soup, nourishing blood dryness. At this time, everything begins to grow and makes progress day by day. The air is particularly pure and fresh. It is proper time to go outdoors and add Yang qi by absorbing the natural element. However, people should be careful of pollen, catkin kind of allergy. Allergy is common during this period, especially in the north of China.

(3) At the time of the Grain Full term. The arrival of the grain full throttle reminds us that the Summer heat and humidity weather is coming. So preserving one’s health in grain full throttle should be ready to protect against the heat and dampness. It is good to drink warm boiled water, eat more fresh fruit and vegetables. It is also very important to keep up a regular life. It is will be better to play sports in the morning or in the evening and avoid strenuous exercises. People should also be well protected against dampness, be careful not to get wet, as far as possible to avoid damp environment, choose good clothes with permeability. Food should be given priority with a light vegetarian diet and avoid eating more sea fishes, mutton and cold drinks.

(4) At time of the Summer Solstice term. During this period, people should go to bed later, rise earlier and well use the lunch break to get enough oxygen for the brain. We also need to replenish water levels and avoid using cold water to wash the head, with a light advisable diet, eating grains and moderate melon to chill the body.

(5) At timer of the Great Heat term. Due to the heat, people’s mood is likely to be bad. Therefore, it is very important to prevent heatstroke in this season to preserve one’s health. People should arrange work time suitably, avoid being exposed to the blazing sun, lower the indoor temperature and get enough sleep. People can also take some timely Chinese medicine to be used in the formula, such using 10 g of fresh agastache and erba eupatori leaves each, 30 g of tule and fried malt each, and 3 g of the licorice as the alternative to tea. In addition, Shu solar term is corresponding to fire in the five elements, while fire destroys wood and the wood corresponds to the liver. When people feel the heat, they easily get angry. If the heat from the liver is very high, it will cause people to be very impatient, dropping spirits and causing loss of appetite. People should take active measures at the same time to maintain the diet and by the method of psychological suggestion adjustment of mood.

(6) At time of the Limit of Heat term. In this solar term, the autumn dry happened frequently, characterized by more cough, less phlegm, mouth and nose feeling dry, etc. In addition, some diseases, such as bronchiectasis, pulmonary tuberculosis are easy to recur or aggravate. So the proper way to keep good health is to prevent dryness, get better sleep and do appropriate exercise. People should eat more alkaline food containing vitamins, such as tomato, eggplant, grape, pear, etc, not eating too much of fat meat.

(7) At time of the Autumnal Equinox term. Complying with “harvest”, the autumn is related to the lung’s function. According to the Chinese traditional medicine, the lung is related to the gold element in the Five-element Theory. The sour taste of food is helpful to converge the lung’s function, while the chilly food will diverge the lung’s function. In the autumnal equinox solar terms, it is appropriate for the lung’s function to be collected, not scattered. So, we should eat less as far as possible of Onions and ginger, but can eat some pleasing and sour tasting fruits and vegetables or drink some lung nourishing soups.

(8) At time of the Frost’s Descent term. At this time, it gradually becomes cold. Frost falls at night and gets cooler in the morning. The temperature difference is very big between day and night. The physique weakens man or the man with chronic diseases is susceptible to catch a cold, fever or has aggravating symptoms. In addition, blood vessels are easy to correspondingly shrink by the cold stimulation and cause changes in the blood pressure. The morbidity of cardiovascular in this season
| Solar term/Date | Analysis of median and acupoints | Ren meridian, Du meridian and Main acupoints |
|----------------|----------------------------------|-----------------------------------------------|
| The Beginning of Spring/February 4 | This time is matching up to acupoints of the liver meridian. At this time, the inner energy (air of Chun Yang) of the body will be used to support the metabolic function | Dazhui, Vital Gate, Feishu, Ganshu; Energy Pass, Shenque, middle part of gastric cavity |
| Rain Water/February 19 | At this time, people should pay attention to care for energy of Spleen and Stomach and avoid the transverse dysfunction of liver energy | Dazhui, Shenshu, Ganshu; Qimen, Energy Pass, Shenque |
| The Waking of Insects/March 6 | At this time, people should pay more attention to Acupoints of the Liver Meridian | Dazhui, Ganshu, Shenshu; Hegu, Taichong, Energy Pass, Shenque, middle part of gastric cavity |
| The Spring Equinox/March 21 | At this time, people should pay more attentions to Acupoints of the Liver Meridian, liver | Dazhui, Ganshu, Vital Gate, Pishu; Energy Pass, Shenque, middle part of gastric cavity |
| Pure Brightness/April 5 | At this time, people should pay more attention at Acupoints of kidney channel of foot shaoyin and liver channel of foot jueyin | Dazhui, Zhiyang, Vital Gate; Guizhong, Zhusanli, Hegu, Energy Pass, Shenque |
| Grain Rain/April 20 | At this time, the energy of Yang should be supplied | Dazhui, Baihui, Vital Gate, Xinshu; Energy Pass, Shenque, Shenmen |
| The Beginning of Summer/May 5 | At this time, people should pay more attentions to acupoints on the Urinary Bladder Meridian | Dazhui, Xinsu, Shenshu, Shenque, Energy Pass, Dangzhong, Taichong |
| Grain Full/May 21 | At this time, the skin disease is very popular. The acupuncture and moxibustion should be mainly used to release the cold-dumpness byway of sweating | Dazhui, Shenshu; Energy Pass, Shenque, Zhusanli |
| Grain in Ear/June 6 | At this time, people should pay more attention to the spleen channel of foot taiyin and the Urinary Bladder Meridian of Foot Taiyang | Dazhui, Pishu, Xinsu, Vital Gate; Shenque, Energy Pass, Zhusanli, Laogong |
| The Summer Solstice/June 21 | At this time, people should pay more attention to the heart channel of hand shaoyin | Dazhui, Zhiyang, Vital Gate; Dangzhong, Energy Pass, Shenque, Jueque |
| Slight Heat/July 7 | At this time, people should pay more attention to acupoints at the heart channel of hand shaoyin | Dazhui, Shenshu, Xinsu, Shenque, Energy Pass, Dangzhong, Yongque, Hegu |
| Great Heat/July 23 | At this time, people should pay more attention to acupoints at the lung channel of hand taiyin, the Urinary Bladder Meridian of Foot-Taiyang and kidney channel of foot shaoyin | Dazhui, Shenshu, Xinsu; Shenque, Energy Pass, Dangzhong, Yongque, Hegu |
| The Beginning of Autumn/August 7 | At this time, people should pay more attentions to acupoints of the lung channel of hand taiyin | Dazhui, Shenshu, Pishu; Energy Pass, Shenque, middle part of gastric cavity, Zhangmen, Taibai |
| The Limit of Heat/August 23 | At this time, people should pay more attention to the spleen and stomach meridians and avoid diseases of the alimentary canal | Dazhui, Shenshu, Xinsu; Shenque, Energy Pass, Dangzhong, Yongque, Hegu |
| White Dew/September 8 | At this time, people should take good measures to moisten the lung, nourishing Yin and generating body fluid | Dazhui, Feishu, Shenshu, Pishu; Energy Pass, Shenque, Zhusanli, Zhongfu |
| The Autumnnal Equinox/September 23 | At this time, people should pay more attention to acupoints of the Urinary Bladder Meridian and strengthen the defensive qi | Dazhui, Feishu, Dachangshu, Shenshu; Energy Pass, Shenque, Tianshu, Zhusanli, Hegu |
| Cold Dew/October 8 | At this time, people should pay more attention to acupoints of the kidney channel under the principles of harvesting | Dazhui, Feishu, Shenshu, Baijia; Shenque, Energy Pass, Taiyuan, Zhusanli |
| Frost’s Descent/October 23 | At this time, people should pay more attention to the lung channel of hand taiyin and the kidney channel of foot shaoyin to reach the effect of co-existence of Gold element and water element | Dazhui, Pishu, Shenshu; Yongque, Energy Pass, Shenque, Dangzhong |

(continued on next page)
is beginning to rise. Keeping warm is the key issue to prevent the above diseases. Other diseases, such as chronic gastritis, gastric and duodenal ulcer disease are also very popular. Therefore, it is important not to eat food and drink alcohols too much. At the same time, man should avoid having medicine irritating the gastrointestinal mucosa.

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(9) At the time of the Slight Snow term. In this season, because it gets colder, keeping warm become very important, especially a timely increase in clothing. The principle is that man cannot get too sweaty and exercise the body’s ability to fight against the cold weather gradually. It is highly beneficial for the weak person to prevent colds. At the time of the light snow solar term, there are usually five cloudy days and one sunny day in one week. So, the weather is often cold and dark. Peoples emotion and spirit are easily affected by the weather and they feel depressive, even get a major depressive disorder. Some research shows that as the sunshine time reduced in winter, the function of 5-hydroxytryptamine associated with depression in the brain will be weakened. Then man will easily contract insomnia, get agitated and be pessimistic and get other depressive diseases. At this time, man should be in the sunshine frequently and eat some foods, like banana, which can help the brain to produce 5-hydroxytryptamine.

(10) At the time of the Winter Solstice term. According to the natural law, it should preserve energy in the body in the season of winter. So, during this period, it is easy for nutrition supplements to be transformed into energy and nourish Five-Zang organs. Supplements should not blindly be selected from the warm and dry products. People should select supplements among the Yin style, Yang style or mixed style of Yin and Yang according to his own physical condition. It is enough for doing exercise to the extent of sweating slightly. If we sweat too much, it is against the rule of conserving energy in winter. In addition, because it is the coldest season in the year from the Winter Solstice solar term to the Great Cold solar term, people should protect themselves from frostbite carefully.

(11) At time of the Great Cold term. The weather characteristics in this season are sunny and dry. This kind of dry air condition will worsen the symptoms of respiratory diseases, especially for the elderly. Not only that, but persistent low temperature can produce vasconstriction, blood pressure, cardiac workload increase and easily induce high blood pressure and heart disease. Therefore, people should pay special attention to keeping warm and avoiding moisture in the room during this period. In the morning or evening, it is good to open windows for air exchange. If necessary, the functional air conditioner and humidifier are needed to increase the humidity of the air. During this period, people not only should follow the general principles of diet, but also should emphasize on enough heat supply. Food priority is given to warm foods. Commonly used food such as lotus seeds, jujube and glutinous rice, longan meat, black fungus, sesame, walnut kernel, mustard, glutinous rice, sword bean and so on are popularly required.

(12) At the time of the Rain Water term. In this period, the weather is humid and not very hot. It is the right time to preserve one’s health. One of the most important aspects is aftercare of spleen and stomach and to select proper food and nutrition according to the basic body conditions. People should eat more fresh vegetables and juicy fruits to supplement the body water. Due to early spring for conveyance in the beginning of all things, the sun will be the spirit of growing of Yang element. Therefore, people should eat more sweets than sour tasting food to nourish the spleen qi and avoid liver wood exhaustion that causes spleen injury.

5. Conclusions

This essay uses the S style Taiji diagram of Yin-Yang Fishes model to explain forming principles of Taiji and simplify the drawing method of Taiji under guideline of 24 Solar terms. This essay also directly reveals the relationship among the
meridians, Zang-Fu organs and hours by combining the model figures and the traditional Chinese medicine.

The Three-Yin and Three-Yang theory includes Taiyang, Yangming, Shaoyang, Taiyin, Shaoyin and Queyin. In the above theoretical framework, it includes Yin and Yang’s unity and opposites, interdependence between Yin and Yang. It also involves the transformation process between Yin and Yang with time change. The Chinese traditional medicine is seeking the harmonious and stable status between Yin and Yang within limits. If the balance between Yin and Yang is broken, people will get disease and even die. The Three-Yin and Three-Yang theory has a unique meaning. It makes people feel very abstract and ambiguous if only depending on the literal description. The S Style Taiji Diagram of Yin-Yang Fishes highly summarized the basic rules of Yin-Yang transformation. Using the S Taiji Diagram of Yin-Yang Fishes as a theoretical tool and finding its relationship with human meridian system, it is helpful for us to understand the Three-Yin and Three-Yang theory.

The Chinese Traditional Medicine emphasizes preserving health and cures the disease before it happens. It is important to find a healthy living style according to the weather changing rules in the year. This essay first analyzes the rules of 24 solar terms and gets the S Style Taiji Diagram of Yin-Yang Fishes. It is a useful guide on health-preservation and shows the advantages of the Chinese Traditional Medicine by using the S Style Taiji Diagram of Yin-Yang Fishes to analyze the 24 solar terms.

This essay also establishes a theoretical framework of the S Style Taiji Diagram of Yin-Yang Fishes and Solar Terms, which could be used to research the human meridians and acupoints. The human acupoints system is superbly huge. This paper argues that there exist kinds of rules for acupuncture in the huge system and showing diversified acupuncture methods. It has a universal meaning and usage for clinical acupunctures. By integrating the solar terms system, meridian system and Zang-Fu System with time, we can find the popular rules and special rules of acupoints movement in the body from multi aspects and different levels. The traditional Taiji Diagram never linked with the meridian system. This essay tries to push forward the old and mystical Chinese thoughts in a scientific, standard and popular way by using the new model to research meridians and acupoints under the guidelines of the Taiji philosophy by integrating with the modern medicine theory, based on the Chinese traditional thinking and concluding the new methods of acupunctures in test and practice.

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