

## A simple calculation method of “Ling Gui” for selecting group acupoints according to the time

Step 1: Calculate Tiangan and Dizhi corresponding to the patient’s visit time.

The calculation formula is as follows,

The number of days-Tiangan = the number of Tiangan + the number of months plus or minus the Tiangan (plus 1 after March of the leap year) + the number of dates. The sum of which is divided by 10 and the remaining number is taken (if there is no remainder, it is taken as 10).

The number of days-Dizhi = the number of Dizhi + the number of months plus or minus the Dizhi (plus 1 after March of the leap year) + the number of dates. The sum is divided by 12 and the rest is taken (if there is no remainder, it is taken as 12).

For example, a patient was presented at 8:00 am on 1 May 2016.

According to Table 1, the corresponding Gan-Zhi in 2016 is Ren-Wu; According to Table 2, Both the Tiangan and Dizhi for May minus 1; According to Table 3, Ren is 9, Wu is 7.

The number of days-Tiangan =  $9 - 1 + 1 + 1 = 10$ , the mantissa 10, is Gui.

The number of days-Dizhi =  $7 - 1 + 1 + 1 = 8$ , the mantissa 8, is Wei.

Therefore, the patient’s Tiangan and Dizhi on the visit day of consultation is Gui-Wei.

Step 2:

Then according to Table 5, the number corresponding to Gui-Wei and 8:00 is 5; According to Table 4, the number 5 represents KI6, which means that the acupoint taken at this time is KI6, and the acupuncture point paired with it is LU7.

Therefore, the patient’s “Ling Gui” group acupoints at the time of her visit on 1 May 2016 at 8:00 was group four (LU7, KI6).

Table 1 The Gan-Zhis corresponding to years

| Leap year |         | Nonleap year |         |      |           |      |           |
|-----------|---------|--------------|---------|------|-----------|------|-----------|
| Year      |         | Year         |         | Year |           | Year |           |
| 2016      | Ren-Wu  | 2017         | Wu-Zi   | 2018 | Kui-Si    | 2019 | Wu-Xu     |
| 2020      | Kui-Mao | 2021         | Ji-You  | 2022 | Jia-Yin   | 2023 | Yi-Wei    |
| 2024      | Jia-Zi  | 2025         | Geng-Wu | 2026 | Yi-Hai    | 2027 | Geng-Chen |
| 2028      | Yi-You  | 2029         | Xin-Mao | 2030 | Bing-Shen | 2031 | Xin-Chou  |
| 2032      | Bing-Wu | 2033         | Ren-Zi  | 2034 | Ding-Si   | 2035 | Ren-Xu    |

Table 2 the number of months plus or minus the Tiangan

|          | January | February | March     | April   | May      | June     |
|----------|---------|----------|-----------|---------|----------|----------|
| Tian-Gan | -1      | +0       | -2        | -1      | -1       | +0       |
| Di-Zhi   | -1      | +6       | +10       | +5      | -1       | +6       |
|          | July    | August   | September | October | November | December |
| Tian-Gan | +0      | +1       | +2        | +2      | +3       | +3       |
| Di-Zhi   | +0      | +7       | +2        | +8      | +3       | +9       |

Note: plus 1 after March of the leap year.

Table 3 Numbers of Yin and Yang corresponding to Gan-Zhis

|               |         |          |         |         |          |      |
|---------------|---------|----------|---------|---------|----------|------|
| Yang number   | 1       | 3        | 5       | 7       | 9        | 11   |
| Yang Gan/Zhis | Jia/Zi  | Bing/Yin | Wu/Chen | Geng/Wu | Ren/Shen | /Xu  |
| Yin number    | 2       | 4        | 4       | 8       | 10       | 12   |
| Yin Gan/Zhis  | Yi/Chou | Ding/Mao | Ji/Si   | Xin/Wei | Gui/You  | /Hai |

Table 4 Numerical codes of 8 acupoints

|      |     |     |      |     |     |     |     |     |
|------|-----|-----|------|-----|-----|-----|-----|-----|
| 1    | 2   | 3   | 4    | 5   | 6   | 7   | 8   | 9   |
| BL62 | KI6 | SJ5 | GB41 | KI6 | SP4 | SI3 | PC6 | LU7 |

Table 5

| The<br>Gan-Zhis<br>of days | Time | Zi<br>23:00<br>~<br>1:00 | Chou<br>1:00<br>~<br>3:00 | Yin<br>3:00<br>~<br>5:00 | Mao<br>5:00<br>~<br>7:00 | Chen<br>7:00<br>~<br>9:00 | Si<br>9:00<br>~<br>11:00 | Wu<br>11:00<br>~<br>13:00 | Wei<br>13:00<br>~<br>15:00 | Shen<br>15:00<br>~<br>17:00 | You<br>17:00<br>~<br>19:00 | Xu<br>19:00<br>~<br>21:00 | Hai<br>21:00<br>~<br>23:00 |
|----------------------------|------|--------------------------|---------------------------|--------------------------|--------------------------|---------------------------|--------------------------|---------------------------|----------------------------|-----------------------------|----------------------------|---------------------------|----------------------------|
| Jia-Zi                     |      | 8                        | 6                         | 4                        | 2                        | 9                         | 3                        | 7                         | 5                          | 3                           | 1                          | 4                         | 2                          |
| Yi-Chou                    |      | 5                        | 3                         | 1                        | 4                        | 2                         | 6                        | 4                         | 2                          | 5                           | 3                          | 1                         | 5                          |
| Bing-Yin                   |      | 2                        | 5                         | 3                        | 1                        | 8                         | 6                        | 6                         | 4                          | 2                           | 9                          | 7                         | 1                          |
| Ding-Mao                   |      | 3                        | 1                         | 5                        | 3                        | 6                         | 4                        | 2                         | 6                          | 4                           | 1                          | 5                         | 3                          |
| Wu-Chen                    |      | 5                        | 3                         | 6                        | 4                        | 2                         | 9                        | 4                         | 7                          | 5                           | 3                          | 1                         | 8                          |
| Ji-Si                      |      | 5                        | 3                         | 1                        | 5                        | 3                         | 6                        | 4                         | 2                          | 6                           | 4                          | 1                         | 5                          |
| Geng-Wu                    |      | 5                        | 3                         | 1                        | 4                        | 2                         | 9                        | 4                         | 2                          | 5                           | 3                          | 1                         | 8                          |
| Xin-Wei                    |      | 1                        | 4                         | 2                        | 6                        | 4                         | 2                        | 5                         | 3                          | 1                           | 5                          | 3                         | 6                          |
| Ren-Shen                   |      | 7                        | 5                         | 3                        | 1                        | 4                         | 2                        | 6                         | 4                          | 2                           | 5                          | 3                         | 1                          |
| Gui-You                    |      | 1                        | 5                         | 2                        | 6                        | 4                         | 2                        | 6                         | 3                          | 1                           | 5                          | 3                         | 1                          |
| Jia-Xu                     |      | 2                        | 9                         | 7                        | 5                        | 3                         | 6                        | 1                         | 8                          | 6                           | 4                          | 7                         | 5                          |
| Yi-Hai                     |      | 2                        | 6                         | 4                        | 1                        | 5                         | 3                        | 1                         | 5                          | 2                           | 6                          | 4                         | 2                          |
| Bing-Zi                    |      | 1                        | 4                         | 2                        | 9                        | 7                         | 5                        | 5                         | 3                          | 1                           | 8                          | 6                         | 9                          |
| Ding-Chou                  |      | 5                        | 3                         | 1                        | 5                        | 2                         | 6                        | 4                         | 2                          | 6                           | 3                          | 1                         | 5                          |
| Wu-Yin                     |      | 3                        | 1                         | 4                        | 2                        | 9                         | 7                        | 2                         | 5                          | 3                           | 1                          | 8                         | 6                          |
| Ji-Mao                     |      | 6                        | 4                         | 2                        | 6                        | 4                         | 1                        | 5                         | 3                          | 1                           | 5                          | 2                         | 6                          |
| Geng-Chen                  |      | 8                        | 6                         | 4                        | 7                        | 5                         | 3                        | 7                         | 5                          | 8                           | 6                          | 4                         | 2                          |
| Xin-Si                     |      | 4                        | 1                         | 5                        | 3                        | 1                         | 5                        | 2                         | 6                          | 4                           | 2                          | 6                         | 3                          |
| Ren-Wu                     |      | 5                        | 3                         | 1                        | 8                        | 2                         | 9                        | 4                         | 2                          | 9                           | 3                          | 1                         | 8                          |
| Gui-Wei                    |      | 2                        | 6                         | 3                        | 1                        | 5                         | 3                        | 1                         | 4                          | 2                           | 6                          | 4                         | 2                          |
| Jia-Shen                   |      | 1                        | 8                         | 6                        | 4                        | 2                         | 5                        | 9                         | 7                          | 5                           | 3                          | 6                         | 4                          |
| Yi-You                     |      | 4                        | 2                         | 6                        | 3                        | 1                         | 5                        | 3                         | 1                          | 4                           | 2                          | 6                         | 4                          |
| Bing-Xu                    |      | 4                        | 7                         | 5                        | 3                        | 1                         | 8                        | 8                         | 6                          | 4                           | 2                          | 9                         | 3                          |
| Ding-Hai                   |      | 2                        | 6                         | 4                        | 2                        | 5                         | 3                        | 1                         | 5                          | 3                           | 6                          | 4                         | 2                          |
| Wu-Zi                      |      | 2                        | 9                         | 3                        | 1                        | 8                         | 6                        | 1                         | 4                          | 2                           | 9                          | 7                         | 5                          |
| Ji-Chou                    |      | 2                        | 6                         | 4                        | 2                        | 6                         | 3                        | 1                         | 5                          | 3                           | 1                          | 4                         | 2                          |
| Geng-Yin                   |      | 6                        | 4                         | 2                        | 5                        | 3                         | 1                        | 5                         | 3                          | 6                           | 4                          | 2                         | 9                          |

|           |   |   |   |   |   |   |   |   |   |   |   |   |
|-----------|---|---|---|---|---|---|---|---|---|---|---|---|
| Xin-Mao   | 5 | 2 | 6 | 4 | 2 | 6 | 3 | 1 | 5 | 3 | 1 | 4 |
| Ren-Chen  | 8 | 6 | 4 | 2 | 5 | 3 | 7 | 5 | 3 | 6 | 4 | 2 |
| Gui-Si    | 5 | 3 | 6 | 4 | 2 | 6 | 4 | 1 | 5 | 3 | 1 | 5 |
| Jia-Wu    | 8 | 6 | 4 | 2 | 9 | 3 | 7 | 5 | 3 | 1 | 4 | 2 |
| Yi-Wei    | 5 | 3 | 1 | 4 | 2 | 6 | 4 | 2 | 5 | 3 | 1 | 5 |
| Bing-Shen | 3 | 6 | 4 | 2 | 9 | 7 | 7 | 5 | 3 | 1 | 8 | 2 |
| Ding-You  | 4 | 2 | 6 | 4 | 1 | 5 | 3 | 1 | 5 | 2 | 6 | 4 |
| Wu-Xu     | 5 | 3 | 6 | 4 | 2 | 9 | 4 | 7 | 5 | 3 | 1 | 8 |
| Ji-Hai    | 5 | 3 | 1 | 5 | 3 | 6 | 4 | 2 | 6 | 4 | 1 | 5 |
| Geng-ZI   | 5 | 3 | 1 | 4 | 2 | 9 | 4 | 2 | 5 | 3 | 1 | 8 |
| Xin-Chou  | 1 | 4 | 2 | 6 | 4 | 2 | 5 | 3 | 1 | 5 | 3 | 6 |
| Ren-Yin   | 6 | 4 | 2 | 9 | 3 | 1 | 5 | 3 | 1 | 4 | 2 | 9 |
| Gui-Mao   | 6 | 4 | 1 | 5 | 3 | 1 | 5 | 2 | 6 | 4 | 2 | 6 |
| Jia-Chen  | 2 | 9 | 7 | 5 | 3 | 6 | 1 | 8 | 6 | 4 | 7 | 5 |
| Yi-Si     | 2 | 6 | 4 | 1 | 5 | 3 | 1 | 5 | 2 | 6 | 4 | 2 |
| Bing-Wu   | 1 | 4 | 2 | 9 | 7 | 5 | 5 | 3 | 1 | 8 | 6 | 9 |
| Ding-Wei  | 5 | 3 | 1 | 5 | 2 | 6 | 4 | 2 | 6 | 3 | 1 | 5 |
| Wu-Shen   | 4 | 2 | 5 | 3 | 1 | 8 | 3 | 6 | 4 | 2 | 9 | 7 |
| Ji-You    | 1 | 5 | 3 | 1 | 5 | 2 | 6 | 4 | 2 | 6 | 3 | 7 |
| Geng-Xu   | 8 | 6 | 4 | 7 | 5 | 3 | 7 | 5 | 8 | 6 | 4 | 2 |
| Xin-Hai   | 4 | 1 | 5 | 3 | 1 | 5 | 2 | 6 | 4 | 2 | 6 | 3 |
| Ren-Zi    | 5 | 3 | 1 | 8 | 2 | 9 | 4 | 2 | 9 | 3 | 1 | 8 |
| Gui-Chou  | 2 | 6 | 3 | 1 | 5 | 3 | 1 | 4 | 2 | 6 | 4 | 2 |
| Jia-Yin   | 9 | 7 | 5 | 3 | 1 | 4 | 8 | 6 | 4 | 2 | 5 | 3 |
| Yi-Mao    | 3 | 1 | 5 | 2 | 6 | 4 | 2 | 6 | 3 | 1 | 5 | 3 |
| Bing-Chen | 4 | 7 | 5 | 3 | 1 | 8 | 8 | 6 | 4 | 2 | 9 | 3 |
| Ding-Si   | 2 | 6 | 4 | 2 | 5 | 3 | 1 | 5 | 3 | 6 | 4 | 2 |
| Wu-Wu     | 2 | 9 | 3 | 1 | 8 | 6 | 1 | 4 | 2 | 9 | 7 | 5 |
| Ji-Wei    | 2 | 6 | 4 | 2 | 6 | 3 | 1 | 5 | 3 | 1 | 4 | 2 |
| Geng-Shen | 7 | 5 | 3 | 6 | 4 | 2 | 6 | 4 | 7 | 5 | 3 | 1 |
| Xin-You   | 6 | 3 | 1 | 5 | 3 | 1 | 4 | 2 | 6 | 4 | 2 | 5 |
| Ren-Xu    | 8 | 6 | 4 | 2 | 5 | 3 | 7 | 5 | 3 | 6 | 4 | 2 |
| Gui-Hai   | 5 | 3 | 6 | 4 | 2 | 6 | 4 | 1 | 5 | 3 | 1 | 5 |