

## Time Based Acupuncture – Calculations and Tables

This script will enable you to determine the open acupuncture points according to Zi Wu Liu Zhu Zhen Fa and Ling Gui Ba Fa at any place and at any time.

### 1 First Step: The Conversion of the Local Clock Time to Sundial Time

The conversion of time can be calculated for any place on the earth. However, the calculation is quite complex. On the website [www.koch-tcm.ch](http://www.koch-tcm.ch) you will find a “Local to Solar Time Calculator” (see figure 1). This will make it easy to convert any local clock time to sundial time. The result will tell you which time division (Td) or double hour has to be used at the time in question.

#### Example: Vancouver (123.1°W); March 14, 2014; 10:00 local clock time (see figure 1):

Enter the longitude 123.1° W, the date, and the time zone in hours from GMT (negative west and positive east of GMT). Vancouver lies in the time zone PST, defined by -8.0.

Put the check mark indicating that daylight saving time is active.

Enter the local clock time (10:00), and click the “Calculate result” button.

The corresponding sundial time – in our example 08:37 – will appear in the «local solar time» display window.

This will indicate the double hour or Td to be used. In our example, at 10:00 clock time, the Td 07:00 to 09:00 is open.

### 2 Second Step: The Determination of the Day Number

The day number is a number of the cycle of sixty consisting of the combination of a heavenly stem and an earthly branch. It can be found in any Traditional Chinese Calendar (The ten thousand year calendar – Wan Nian Li – 万年历).

The top lines of figure 4 show the assignment of heavenly stems (depicted in Roman numerals) and earthly branches (depicted in Arabic numerals) which form the cycle of sixty. The arrangement in 10 columns according to the 10 heavenly stems will be used to assign open acupuncture points to time divisions according to the Zi Wu Liu Zhu Zhen Fa – Na Jia Fa, and according to the Ling Gui Ba Fa.

However, the day number can also be calculated based on any date of our Western calendar. The starting point for calculating any day number is to take the day number of the first of January (a) of the year involved. The corresponding day numbers are listed in figure 2.

#### Formula for the calculation of the day number

$(a + b + c) : 60 = \text{quotient} + \text{remainder}$

a: Day number of Jan 1 of the target year (see figure 2)

b\*: Calculation number for each month (see figure 3)

c\*: Day figure of the corresponding month

\*: Our Western calendar is used in making this calculation. Take for example the following: The third of March which lasts from March 1 until March 31. The number 3 is the day figure.

The remainder corresponds to the day number.

**Example: March 14, 2014**

a: Day number of January 1, 2014: 9

b\*: Calculation number of March (normal year):  $b = + 58$

c\*: Day figure of March 14: 14

$(a + b + c) : 60 = (9 + 58 + 14) : 60 = 81 : 60 = 1$  remainder **21**

The day number of March 14, 2014 is **21** (heavenly stem S.I / earthly branch B9) (see to top lines of figure 4).

**3 Third Step: The Integration of the Double Hours or Time Divisions (Td) in the Rhythm of 10 Days (Na Jia Fa and Fei Teng Ba Fa), or in the Rhythm of 60 Days (Ling Gui Ba Fa)****3.1 Zi Wu Liu Zhu – Na Zi Fa**

This is the application of the meridian clock. The energetic repeats itself in a daily rhythm. Thus, the day number has not to be taken into consideration.

In our example of Vancouver on March 14, 2014 at 10:00 local clock time, due to the conversion from clock time to sundial time, the time division (Td) 7:00 to 9:00 is open (see figure 1). This corresponds to the stomach channel, and any strategy treating via the ST-channel can be used.

At any time you will have to convert the current local clock time into sundial time in order to decide which Td is open. This will guide you to the currently open channel.

**3.2 Zi Wu Liu Zhu – Na Jia Fa**

The energetic of the Na Jia Fa repeats itself in a 10 days rhythm according to the heavenly stems of the day numbers. Thus, the determination of the day number as explained in the second step is required.

It is very easy to deduce the heavenly stem of any date from its day number. The procedure is explained with the aid of the following example.

**Example: March 14, 2014 (→ day number 21 as explained in step 2); at 10:00 local clock time (= 8:37 sundial time as explained in step 1):**

Let's look at the top lines of figure 4. You will find the day number 21 in the first column. All day numbers of the first column (1, 11, 21, 31, and so on) are characterized by the first heavenly stem. In a general fashion we can say that the heavenly stems can be deduced from the ones according to the decimal place.

You now go to the lines of the time division 7:00 - 9:00 (sundial time) in figure 4. In the first column you will find TE6 which can be used as a "joker"-point according to Na Jia Fa.

If there are more points available at an open Td of a specific day we will use all the offered points; e.g.: at the Td 13:00-15:00 of a day with the day stem VIII you would need LV3, LU9, and PC8.

### 3.3 Fei Teng Ba Fa (= simple form of Ling Gui Ba Fa)

The energetic of the Fei Teng Ba Fa repeats itself in a 10 days rhythm as well. Let's look at the same example in order to determine the open extraordinary channel.

**Example: March 14, 2014 (→ day number 21); at 10:00 local clock time (= 8:37 sundial time):**

You follow the same procedure as explained in the Na Jia Fa section above in order to find the day stem corresponding to day number 21. In the top lines of figure 4 you identify the day stem I in the first column.

You then look at figure 5, and check the area 7:00-9:00 sundial time. You will find the palace 4 in the first column of the Fei Teng Ba Fa line. In figure 6 you will see that palace 4 is assigned to the Dai Mai with its opening point GB41 and the coupled point TE5.

### 3.4 Original Ling Gui Ba Fa

The energetic of the Original Ling Gui Ba Fa repeats itself in a 60 days rhythm. The procedure of finding the open extraordinary channel is explained with the aid of the same example.

**Example: March 14, 2014 (→ day number 21); at 10:00 local clock time (= 8:37 sundial time):**

You have identified the day stem 1, and you now check again the 7:00-9:00 sundial time area. The palaces of the Original Ling Gui Ba Fa are depicted in 6 lines. The third line contains the palaces of day numbers 21 to 30. In the first column palace 2 is revealed. According to figure 6 palace 2 is assigned to the Yin Qiao Mai with its opening point KI6 and the coupled point LU7.

## 4 Fourth Step: Spoilt For Choice

Choose the time based acupuncture method that fits best to the actual needs of your patient.

The calculations and tables are the basis of the Wheel of Time Acupuncture which, of course, is not absolutely needed for the calculations. However, you will see the advantages of the new tool. You will not have to do the calculations and to consult the different tables for each and every patient. The different time optimizing acupuncture methods will be visible at a glance once the wheel is set for the current time and location.

## Tables

<input type="button" value="Autofill information"/>		<input type="button" value="Clear form"/>	
Longitude (degrees)	<input type="text" value="123.1"/>	<input type="radio"/> E	<input checked="" type="radio"/> W
Date (dd.MM.yyyy)	<input type="text" value="14"/> . <input type="text" value="03"/> . <input type="text" value="2014"/>		
Time zone (e.g. Zurich: +1.0)	<input type="text" value="-8"/>		
Daylight saving time active?	<input checked="" type="checkbox"/>		
<hr/>			
Local clock time (hh:mm)	<input type="text" value="10"/> : <input type="text" value="00"/>		
Local solar time (hh:mm)	<input type="text" value="08"/> : <input type="text" value="37"/>	<b>Calculated local solar time.</b>	
<hr/>			
<input type="button" value="Calculate result"/>			

Figure 1: Local to Solar Time Calculator, [www.koch-tcm.ch](http://www.koch-tcm.ch)

Leap Years		Normal Years					
Year	Day Number (a)	Year	Day Number (a)	Year	Day Number (a)	Year	Day Number (a)
1904	31	1905	37	1906	42	1907	47
1908	52	1909	58	1910	3	1911	8
1912	13	1913	19	1914	24	1915	29
1916	34	1917	40	1918	45	1919	50
1920	55	1921	1	1922	6	1923	11
1924	16	1925	22	1926	27	1927	32
1928	37	1929	43	1930	48	1931	53
1932	58	1933	4	1934	9	1935	14
1936	19	1937	25	1938	30	1939	35
1940	40	1941	46	1942	51	1943	56
1944	1	1945	7	1946	12	1947	17
1948	22	1949	28	1950	33	1951	38
1952	43	1953	49	1954	54	1955	59
1956	4	1957	10	1958	15	1959	20
1960	25	1961	31	1962	36	1963	41
1964	46	1965	52	1966	57	1967	2
1968	7	1969	13	1970	18	1971	23
1972	28	1973	34	1974	39	1975	44
1976	49	1977	55	1978	60	1979	5
1980	10	1981	16	1982	21	1983	26
1984	31	1985	37	1986	42	1987	47
1988	52	1989	58	1990	3	1991	8
1992	13	1993	19	1994	24	1995	29
1996	34	1997	40	1998	45	1999	50
2000	55	2001	1	2002	6	2003	11
2004	16	2005	22	2006	27	2007	32
2008	37	2009	43	2010	48	2011	53
2012	58	2013	4	2014	9	2015	14
2016	19	2017	25	2018	30	2019	35
2020	40	2021	46	2022	51	2023	56
2024	1	2025	7	2026	12	2027	17
2028	22	2029	28	2030	33	2031	38

Figure 2: The day number of January 1 (a) of the years 1904 - 2031

Month	Normal Year	Leap Year
January	b = - 1	b = - 1
February	b = + 30	b = + 30
March	b = + 58	b = + 59
April	b = + 29	b = + 30
May	b = - 1	b = 0
June	b = + 30	b = + 31
July	b = 0	b = + 1
August	b = + 31	b = + 32
September	b = + 2	b = + 3
October	b = + 32	b = + 33
November	b = + 3	b = + 4
December	b = + 33	b = + 34

Figure 3: The calculation number (b) for each month

		1	2	3	4	5	6	7	8	9	10	
		Stem/Branch	I 1	II 2	III 3	IV 4	V 5	VI 6	VII 7	VIII 8	IX 9	X 10
		day number	11	12	13	14	15	16	17	18	19	20
		Stem/Branch	I 11	II 12	III 1	IV 2	V 3	VI 4	VII 5	VIII 6	IX 7	X 8
		day number	21	22	23	24	25	26	27	28	29	30
		Stem/Branch	I 9	II 10	III 11	IV 12	V 1	VI 2	VII 3	VIII 4	IX 5	X 6
		day number	31	32	33	34	35	36	37	38	39	40
		Stem/Branch	I 7	II 8	III 9	IV 10	V 11	VI 12	VII 1	VIII 2	IX 3	X 4
		day number	41	42	43	44	45	46	47	48	49	50
		Stem/Branch	I 5	II 6	III 7	IV 8	V 9	VI 10	VII 11	VIII 12	IX 1	X 2
		day number	51	52	53	54	55	56	57	58	59	60
		Stem/Branch	I 3	II 4	III 5	IV 6	V 7	VI 8	VII 9	VIII 10	IX 11	X 12
		<b>Day Stem</b>	<b>I</b>	<b>II</b>	<b>III</b>	<b>IV</b>	<b>V</b>	<b>VI</b>	<b>VII</b>	<b>VIII</b>	<b>IX</b>	<b>X</b>
			↓	↓	↓	↓	↓	↓	↓	↓	↓	↓
01:00-	23:00-	Open Point		SI2		LI3		GB38		ST36		TE1
	Yuan Point On-Duty				SI4							
	Supplemental Point											
03:00-	01:00-	Partner Point	GB38		ST36		TE1		SI2		LI3	
	Open Point	LV2		SP3		KI7		HT3		PC3		
	Yuan Point On-Duty			LV3								
05:00-	03:00-	Supplemental Point										
	Partner Point		HT3		PC3		LV2		SP3		KI7	
	Open Point		ST43		BL60		SI8		TE10		BL67	
07:00-	05:00-	Yuan Point On-Duty		GB40								
	Supplemental Point											
	Partner Point	SI8		TE10	BL67			ST43		BL60		
09:00-	07:00-	Open Point	HT7		LU8		LV8		PC5	LU11		
	Yuan Point On-Duty	KI3										
	Supplemental Point	PC7										
11:00-	09:00-	Partner Point		PC5	LU11			HT7		LU8		LV8
	Open Point		LI5		GB34		TE6	LI1		GB43		
	Yuan Point On-Duty											
13:00-	11:00-	Supplemental Point										
	Partner Point	TE6	LI1		GB43			LI5		GB34		
	Open Point	SP5		KI10		PC7	SP1		KI2			
15:00-	13:00-	Yuan Point On-Duty										
	Supplemental Point											
	Partner Point	SP1		KI2			SP5		KI10		PC7	
17:00-	15:00-	Open Point		BL40		TE3	ST45		BL66		SI3	
	Yuan Point On-Duty									BL64		
	Supplemental Point									TE4		
19:00-	17:00-	Partner Point		BL66		SI3			BL40		TE3	ST45
	Open Point	LU5		PC8	HT9		LU10		LV3			
	Yuan Point On-Duty								LU9			
21:00-	19:00-	Supplemental Point										
	Partner Point	LU10		LV3			LU5		PC8	HT9		
	Open Point		TE2	SI1		LI2		GB41		ST41		
23:00-	21:00-	Yuan Point On-Duty						LI4				
	Supplemental Point											
	Partner Point		GB41		ST41			TE2	SI1		LI2	
	23:00-	Open Point	PC9	LV1		SP2		KI3		HT4		
	Yuan Point On-Duty							SP3				
	Supplemental Point											
	19:00-	Partner Point	KI3		HT4			PC9	LV1		SP2	
	Open Point	GB44		ST44		BL65	ST42		SI5		LI11	
	Yuan Point On-Duty											
	15:00-	Supplemental Point										
	Partner Point		SI5		LI11		GB44		ST44		BL65	
	Open Point		HT8		LU9		LV4		SP9		KI1	
	21:00-	Yuan Point On-Duty				HT7						
	Supplemental Point											
	Partner Point	LV4		SP9		KI1		HT8		LU9		

Figure 4: Top lines: The cycle of sixty of the day numbers with stem-branch-combinations. Below: complete table of Na Jia Fa points in the different time divisions and the different days

**Open Palaces 23:00 - 11:00**

Day Stem	I	II	III	IV	V	VI	VII	VIII	IX	X	I	II	III	IV	V	VI	VII	VIII	IX	X	I	II	III	IV	V	VI	VII	VIII	IX	X
sundial time	23:00-01:00										01:00-03:00										03:00-05:00, B3 Td									
Fei Teng Ba Fa	6	8	4	3	6	6	8	4	3	6	1	2	9	7	1	1	2	9	7	1	8	4	3	6	6	8	4	3	6	6
Ling Gui Ba Fa	8	5	2	3	5	5	5	1	7	1	6	3	5	1	3	3	3	4	5	5	4	1	3	5	6	1	1	2	3	2
day number 1 - 10	2	2	1	5	3	6	8	4	5	2	9	6	4	3	1	4	6	1	3	6	7	4	2	1	4	2	4	5	1	3
day number 11 - 20	1	4	4	2	2	2	6	5	8	5	8	2	7	6	9	6	4	2	6	3	6	6	5	4	3	4	2	6	4	6
day number 21 - 30	8	5	3	4	5	5	5	1	6	6	6	3	6	2	3	3	3	4	4	4	4	1	4	6	6	1	1	2	2	1
day number 31 - 40	2	2	1	5	4	1	8	4	5	2	9	6	4	3	2	5	6	1	3	6	7	4	2	1	5	3	4	5	1	3
day number 41 - 50	9	3	4	2	2	2	7	6	8	5	7	1	7	6	9	6	5	3	6	3	5	5	5	4	3	4	3	1	4	6
day number 51 - 60																														

Day Stem	I	II	III	IV	V	VI	VII	VIII	IX	X	I	II	III	IV	V	VI	VII	VIII	IX	X	I	II	III	IV	V	VI	VII	VIII	IX	X
sundial time	05:00-07:00										07:00-09:00										09:00-11:00									
Fei Teng Ba Fa	2	9	7	1	1	2	9	7	1	1	4	3	6	6	8	4	3	6	6	8	9	7	1	1	2	9	7	1	1	2
Ling Gui Ba Fa	2	4	1	3	4	5	4	6	1	6	9	2	8	6	2	3	2	4	4	4	3	6	6	4	9	6	9	2	2	2
day number 1 - 10	5	1	9	5	2	6	7	3	8	1	3	5	7	2	9	4	5	1	2	5	6	3	5	6	7	1	3	5	9	3
day number 11 - 20	4	3	3	2	1	2	5	4	2	4	2	1	1	5	8	6	3	2	5	2	5	5	8	3	6	3	1	6	3	6
day number 21 - 30	2	4	2	4	4	5	4	6	9	5	9	2	9	1	2	3	2	4	3	3	3	6	7	5	9	6	9	2	1	1
day number 31 - 40	5	1	9	5	3	1	7	3	8	1	3	5	7	2	1	5	5	1	2	5	6	3	5	6	8	2	3	5	9	3
day number 41 - 50	3	2	3	2	1	2	6	5	2	4	1	6	1	5	8	6	4	3	5	2	4	4	8	3	6	3	2	1	3	6
day number 51 - 60																														

**Open Palaces 11:00 - 23:00**

Day Stem	I	II	III	IV	V	VI	VII	VIII	IX	X	I	II	III	IV	V	VI	VII	VIII	IX	X	I	II	III	IV	V	VI	VII	VIII	IX	X
sundial time	11:00-13:00										13:00-15:00										15:00-17:00									
Fei Teng Ba Fa	3	6	6	8	4	3	6	6	8	4	7	1	1	2	9	7	1	1	2	9	6	6	8	4	3	6	6	8	4	3
Ling Gui Ba Fa	7	4	6	2	4	4	4	5	6	6	5	2	4	6	7	2	2	3	4	3	3	5	2	4	5	6	5	1	2	1
day number 1 - 10	1	1	5	4	2	5	7	2	4	1	8	5	3	2	5	3	5	6	2	4	6	2	1	6	3	1	8	4	9	2
day number 11 - 20	9	3	8	1	1	1	5	3	7	4	7	1	6	5	4	5	3	1	5	1	5	4	4	3	2	3	6	5	3	5
day number 21 - 30	7	4	7	3	4	4	4	5	5	5	5	2	5	1	7	2	2	3	3	2	3	5	3	5	5	6	5	1	1	6
day number 31 - 40	1	1	5	4	3	6	7	2	4	1	8	5	3	2	6	4	5	6	2	4	6	2	1	6	4	2	8	4	9	2
day number 41 - 50	8	2	8	1	1	1	6	4	7	4	6	6	6	5	4	5	4	2	5	1	4	3	4	3	2	3	7	6	3	5
day number 51 - 60																														

Day Stem	I	II	III	IV	V	VI	VII	VIII	IX	X	I	II	III	IV	V	VI	VII	VIII	IX	X	I	II	III	IV	V	VI	VII	VIII	IX	X
sundial time	17:00-19:00										19:00-21:00										21:00-23:00									
Fei Teng Ba Fa	1	1	2	9	7	1	1	2	9	7	6	8	4	3	6	6	8	4	3	6	1	2	9	7	1	1	2	9	7	1
Ling Gui Ba Fa	1	3	9	1	3	4	3	5	5	5	4	1	7	5	1	1	1	3	3	3	2	5	1	3	8	5	8	6	1	1
day number 1 - 10	4	6	8	3	1	5	6	2	3	6	7	4	6	1	8	2	4	6	1	4	5	2	9	5	6	6	2	3	8	2
day number 11 - 20	3	2	2	6	9	1	4	3	6	3	6	6	9	4	7	4	2	1	4	1	4	4	3	2	5	2	9	4	2	5
day number 21 - 30	1	3	1	2	3	4	3	5	4	4	4	1	8	6	1	1	1	3	2	2	2	5	2	4	8	5	8	6	9	6
day number 31 - 40	4	6	8	3	2	6	6	2	3	6	7	4	6	1	9	3	4	6	1	4	5	2	9	5	7	1	2	3	8	2
day number 41 - 50	2	1	2	6	9	1	5	4	6	3	5	5	9	4	7	4	3	2	4	1	3	3	3	2	5	2	1	5	2	5
day number 51 - 60																														

Figure 5: Open palaces at different times and different days. Fei Teng Ba Fa (=Ling Gui Ba Fa, simple style): rhythm of ten; Original Ling Gui Ba Fa: rhythm of sixty.

Palace	Eight Extra-ordinary Channel	Opening Point	Coupled Point
1	Yang Qiao Mai	BL62	SI3
2, 5	Yin Qiao Mai	KI6	LU7
3	Yang Wei Mai	TE5	GB41
4	Dai Mai	GB41	TE5
6	Chong Mai	SP4	PC6
7	Du Mai	SI3	BL62
8	Yin Wei Mai	PC6	SP4
9	Ren Mai	LU7	KI6

Figure 6: Assignment of the nine palaces to the eight extraordinary channels