

Point Categories II

Class 11

Review

- **Eight Extraordinary Meridians**
 - Chong, Du, Ren, Dai
 - Yin Wei, Yang Wei, Yin Qiao, Yang Qiao
- **Point Categories**

Point Categories

- Back Shu Points
- Front Mu Points
- Yuan Source Points
- Luo Connecting Points
- Xi-Cleft Point
- Confluent Points
- Hui-Meeting Points
- Command Points
- Meeting Points
- Entry and Exit Points
- Five Shu Points
- Five Phase Point
- Lower He-Sea Points
- Points of the Four Seas
- Ma Dan Yang Heavenly Star Points
- Thirteen Ghost Points
- Nine Needles for Returning Yang
- Window of Heaven Points

Five Shu Points

- Five on each meridian
- Distal to elbows and knees
- Each set had a distinct function but related to meridian

Five Shu Points (YIN meridians start by WOOD) movement clockwise

J. WELL	Y. SPRING	SHU-STREAM	J.RIVER	HE -SEA
Wood	Fire	Earth	Metal	Water
LU-11 <i>shaoshang</i>	LU-10 <i>yuji</i>	LU-9 <i>taiyuan</i>	LU-8 <i>jingqu</i>	LU-5 <i>chize</i>
P-9 <i>zhongchong</i>	P-8 <i>laogong</i>	P-7 <i>daling</i>	P-5 <i>jianshi</i>	P-3 <i>quze</i>
HE-9 <i>shaochong</i>	HE-8 <i>shaofu</i>	HE-7 <i>shenmen</i>	HE-4 <i>lingdao</i>	HE-3 <i>shaohai</i>
SP-1 <i>yinbai</i>	SP-2 <i>dadu</i>	SP-3 <i>taibai</i>	SP-5 <i>shangqiu</i>	SP-9 <i>yinlingquan</i>
LIV-1 <i>dadun</i>	LIV-2 <i>xingjian</i>	LIV-3 <i>taichong</i>	LIV-4 <i>zhongfeng</i>	LIV-8 <i>ququan</i>
KID-1 <i>yongquan</i>	KID-2 <i>rangu</i>	KID-3 <i>taixi</i>	KID-7 <i>fuliu</i>	KID-10 <i>yingu</i>

Five Shu Points (YANG meridians start by METAL) movement clockwise

J. WELL	Y. SPRING	SHU-STREAM	J.RIVER	HE -SEA
Metal	Water	Wood	Fire	Earth
L.I.-1 <i>shangyang</i>	L.I.-2 <i>erjian</i>	L.I.-3 <i>sanjian</i>	L.I.-5 <i>yangxi</i>	L.I.-11 <i>quchi</i>
T.B.-1 <i>guanchong</i>	T.B.-2 <i>yemen</i>	T.B.-3 <i>zhongzhu</i>	T.B.-6 <i>zhigou</i>	T.B.-10 <i>tianjing</i>
S.I.-1 <i>shaoze</i>	S.I.-2 <i>qianggu</i>	S.I.-3 <i>houxi</i>	S.I.-5 <i>yanggu</i>	S.I.-8 <i>xiaohai</i>
ST-45 <i>lidui</i>	ST-44 <i>neiting</i>	ST-43 <i>xiangu</i>	ST-41 <i>jiexi</i>	ST-36 <i>zusanli</i>
G.B.-44 <i>zuqiaoyin</i>	G.B.-43 <i>xiaxi</i>	G.B.-41 <i>zulinqi</i>	G.B.-38 <i>yangfu</i>	G.B.-34 <i>yanglingquan</i>
BL-67 <i>zhiyin</i>	BL-66 <i>zutonggu</i>	BL-65 <i>shugu</i>	BL-60 <i>kunlun</i>	BL-40 <i>weizhong</i>

Jing-Well Points

- Distal end of meridian Ling Shu:
- Needle in winter
- Fullness below the heart (Epigastric)

Diseases of the Zang, manifesting at opposite end of channel

- Restoring consciousness
- Especially effective with bloodletting
- Emergency point for extreme heat, wind, or stagnation

Ying-Spring Points

- Second most distal point Ling
- Shu: Needle in spring
- Diseases of the Yin within Yin
- Heat in body (esp. deficient heat)
- Changes in colour (complexion)
- Disease of the Yang channels (esp. upper end; wind, heat, cold)
- Diseases of the Zang (paired with Shu Stream points)

Shu-Stream Points

- Third point from distal end (except GB)
- Ling Shu: Needle in Summer
- Disease of the Yin within Yin
- Disorders of the Zang (Shu-Stream Points are the Yuan Source Points)
- Disorders of the Yang Channels
- Heaviness and pain of body and joints (Damp Bi)
- Intermittent type diseases

Jing-River Points (WRISTS Δ FACING PROXIMAL, ANKLE Δ FACING LATERAL)

- Proximal to ankles and wrists
- LingShu: Needle in Late Summer
- Diseases of Yin within Yang
- Dyspnoea, cough, chills, and fever
- Diseases of the voice
- Diseases of sinews and bones (esp. Yin Channels)

He-Sea Points

- At knees and elbows
- LingShu: Needle in Autumn
- Diseases of Yang within Yang
- Rebellious Qi (up and down)
- Disease of the stomach
- Diseases of the Fu
- Diseases of the skin (only Yang channels)

Lower He-Sea Points

- A corresponding He-Sea point on the lower limbs for the upper Yang Channels
- LI: ST-37 ShangJuXu
- SI: ST-39 XiaJuXu
- SJ: UB-39 WeiYang
- Treats the corresponding Fu

Yang and Yin diseases

Yang within Yang → HOT & FAST → exterior, aggressive

Yin within Yang → hidden cold inside heat → acute, sub-acute, half exterior

Yang within Yin → trapped heat inside Yin → sub-acute/chronic

Yin within Yin → DEEP, chronic cold, essence-level → interior

Yang and Yin diseases

Exterior → Interior, Fast → Slow, Hot → Cold,
Active → Deficient

Yang within Yang → superficial, hot, fast

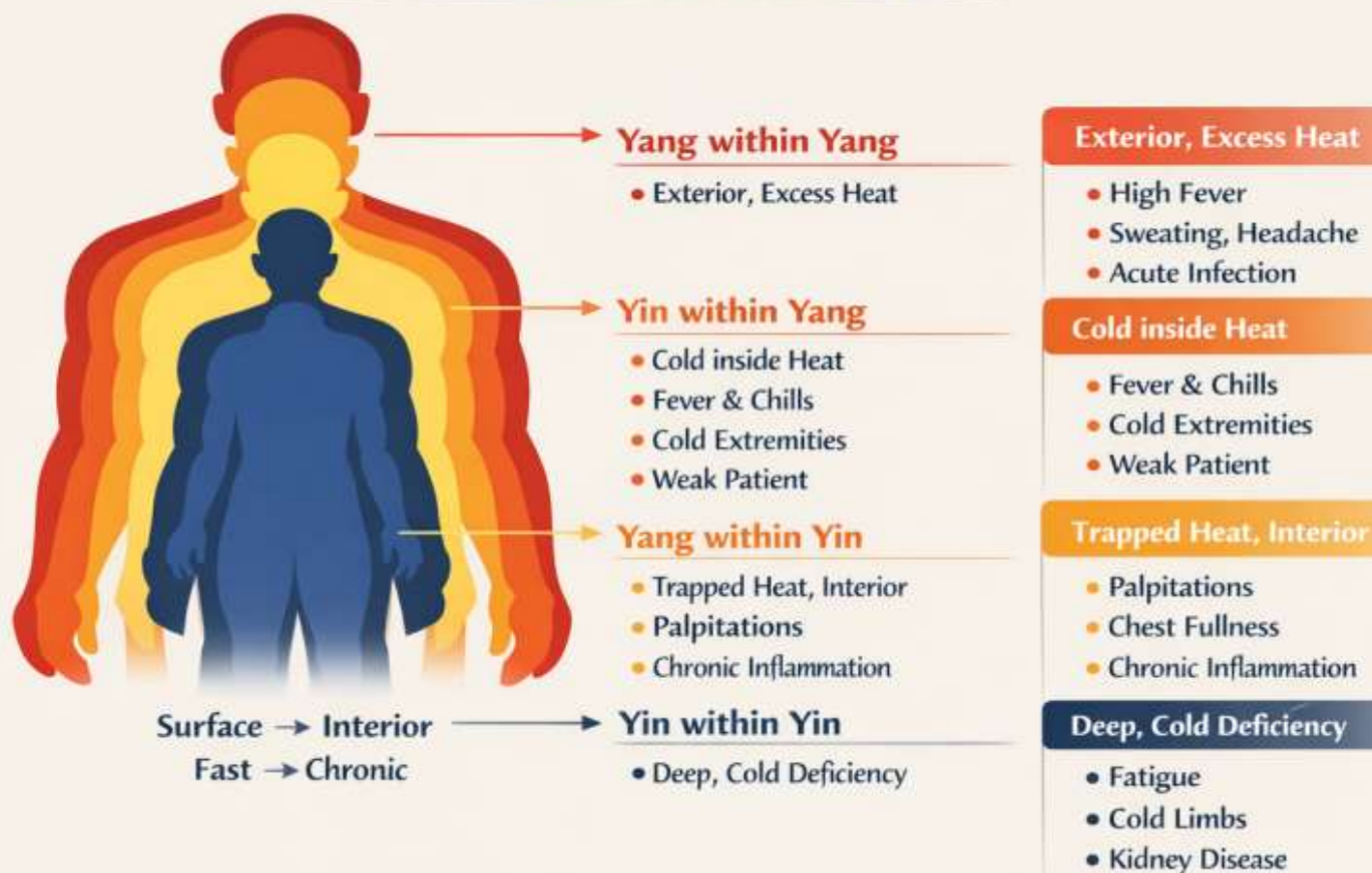
Yin within Yang → acute, cold trapped inside

Yang within Yin → chronic, heat trapped inside
Yin

Yin within Yin → deep, chronic, cold, yang
deficient (5 am diarrhea)

Yang and Yin diseases

Yin-Yang Disease Layers



Five Phase Points

- Uses the 5 phases (Water, Wood, Fire, Earth, Metal)
- Tonify:
 - ***Tonify mother point on channel (mother of SP is HT so tonify fire point on SP meridian i.e. SP2)***
 - Tonify horary point on channel (KD is water so tonify water point on KD channel i.e. KD 10)
 - ***Sedate grandparent point on channel***
 - Sedate horary point of grandparent channel

Five Phase Points

Reduce:

- *Tonify grandparent on channel*
- Tonify horary point of grandparent channel
- *Sedate son point on channel (HT is the son of LR so sedate fire point on LR channel i.e.LR2)*
- Sedate horary point on channel (ST is earth so sedate earth point on ST meridian i.e.ST36)

Ma Dan Yang's Heavenly Star Points

- Jin dynasty Taoist physician
 - 11 most clinically important acupoints
 - 12th point added later by Xu Feng
 - Associated poem gives point name, location, functions, and indications
- LU-7 LieQue
 - **ST-36 ZuSanLi**
 - UB-40 WeiZhong
 - **GB-30 HuanTiao**
 - LI-4 HeGu
 - **ST-44 NeiTing**
 - UB-57 ChengShan
 - **GB-34 YangLingQuan**
 - LI-11 QuChi
 - **HE-5 TongLi**
 - UB-60 KunLun
 - **LV-3 TaiChong**

Thirteen Ghost Points

	Name	Alternative name	Translation
Du-26	<i>renzhong</i>	<i>guigong</i>	Ghost Palace
Du-16	<i>fengfu</i>	<i>guizhen</i>	Ghost Pillow
Du-23	<i>shangxing</i>	<i>guitang</i>	Ghost Hall
Ren-24	<i>chengjiang</i>	<i>guishi</i>	Ghost Market
LU-11	<i>shaoshang</i>	<i>guixin</i>	Ghost Faith
L.I.-11	<i>quchi</i>	<i>guitui</i>	Ghost Leg
ST-6	<i>jiache</i>	<i>guichuang</i>	Ghost's Bed
SP-1	<i>yinbai</i>	<i>guilei</i>	Ghost Fortress
P-7	<i>daling</i>	<i>guixin</i>	Ghost Heart
P-8	<i>laogong</i>	<i>guicu</i>	Ghost Cave
BL-62	<i>shenmai</i>	<i>guilu</i>	Ghost Path
Ex-HN-11	<i>haiquan</i>	<i>guifeng</i>	Ghost Seal
Ren-1*	<i>huiyin</i>	<i>guicang</i>	Ghost Store

Thirteen Ghost Points

- Sun Si Miao(The king of medicine)
- Deep silence or excessive reckless speaking, laughing, crying, singing, falling asleep while sitting, wanting to eat filth or excrement, running around naked or at night, manic yelling, chaotic gesturing
- **Phlegm as the cause of mental disorders**
- Needed in increasing numbers depending on severity of disease

Thirteen Ghost Points

- 男從左起針，女從右起針。
- In male [patients], start needling from the left.
In *female* [patients], start needling from the *right*.
- 2- The second needle is under the nail of the thumb. It is called LU-11 (Ghost Trust). Enter the flesh three fen.
- 第一針人中，名鬼宮。從左邊下針右邊出。
- 1- The first needle is DU 26. It is called GuiGong (Ghost Palace). Lower the needle from the left side and remove it from the right side.
- 第三針足大指爪甲下，名鬼壘。入肉二分。
- 3- The third needle is below the nail of the big toe. It is called SP-1 (Ghost Rampart). Enter the flesh two fen.

Thirteen Ghost Points

- 第四針掌後橫紋，名鬼心。入半寸 (即太淵穴也)。
- 4- The fourth needle is on the horizontal line behind the palm. It is called PC-7 (Ghost Heart). Enter 0.5 cun.
- 第五針外踝下白肉際足太陽，名鬼路。火針七鏗，鏗三下 (即申脈穴也)。
- 5- The fifth needle is below the outer ankle margin of the white flesh on the Foot TaiYang. It is called UB-62 (Ghost Road). Fire-needle seven flashes, 3 [fen] down.
- 第六針大椎上入髮際一寸，名鬼枕。火針七鏗，鏗三下。
- 6- The sixth needle is above DaZhui, entering 1 cun into the post. hairline. It is called DU-16 (Ghost Pillow). Fire-needle seven flashes, 3 [fen] down.
- 第七針耳前髮際宛宛中耳垂下五分，名鬼床。火針七鏗，鏗三下。
- 7- The seventh needle is in front of the ear, right next to the hairline, 5 fen below the lobe. It is called ST-6 (Ghost Bed). Fire-needle seven flashes, 3 [fen] down.

Thirteen Ghost Points

- 第八針承漿，名鬼市。從左出右。
- 8-The eighth needle is at REN-24. It is called GuiShi (Ghost Market). [Needle] from the left and exit from the right.
- 10- The tenth needle is straight up above the nose, entering 1 cun into the front hairline. It is called DU-23 (Ghost Hall). Fire-needle seven flashes, 3 cun down.
- 第九針手橫紋上三寸兩筋間，名鬼窟 (即勞宮穴也)。
- 9-The ninth needle is three cun above the horizontal line of the hand, in between the two sinews. It is called PC-8 (Ghost Cave).
- 11- The eleventh needle is on the seam below the genitals. Burn three moxa cones. In women, this is the tip of the vagina. It is called REN-1 (Ghost Hiding Place).

Thirteen Ghost Points

- 第十二針尺澤橫紋外頭接白肉際，名鬼臣。火針七銍，銍三下 (此即曲池)。
- 12-The twelfth needle is where the outer tip of the horizontal line through ChiZe meets the margin of the white flesh. It is called LI-11(Ghost Vassal). Fire-needle seven flashes, 3 [fen] down.
- 第十三針舌頭一寸，當舌中下縫，刺貫出舌上，名鬼封。仍以一板橫口吻，安針頭，令舌不得動。
- 13- The thirteenth needle is 1 cun in from the tip of the tongue, in the middle of the tongue on the seam below. Pierce through [the tongue] so that [the needle] emerges on the top of the tongue. It is called EX-HN 11(Ghost Seal). Take another [needle], place it horizontally in the mouth between the lips, and stabilize the tip of the needle so that the tongue cannot move.
- 已前若是手足皆相對，針兩穴。若是孤穴，即單針之。
- If the above points are located on both sides of the arms and leg, needle both points. If they are individual points, then just needle the single point.

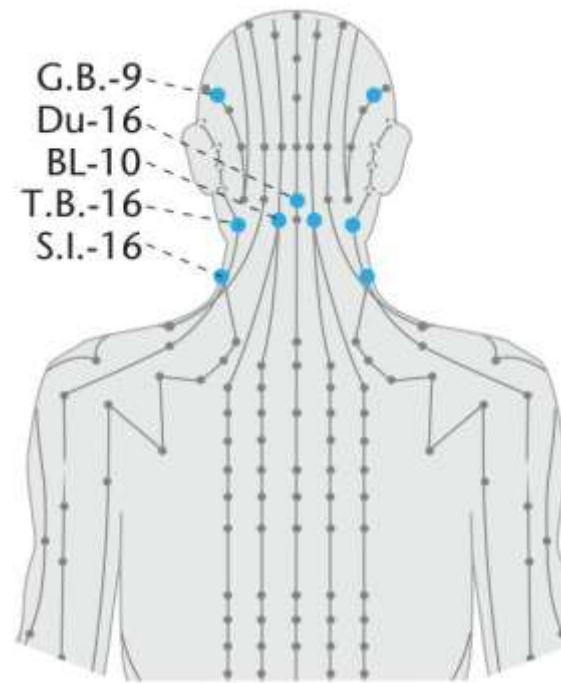
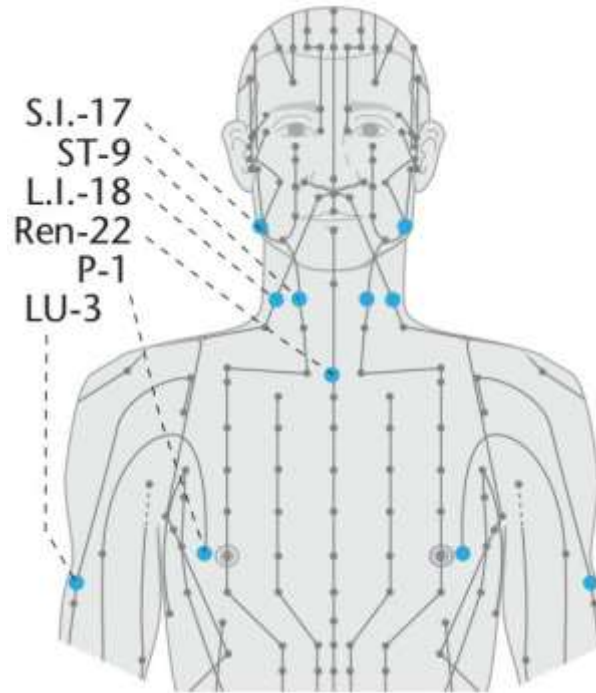
Thirteen Ghost Points

- **First three points (DU-26, LU-11 & SP-1)**
 - Beginning stages
 - Heat with phlegm; maybe some wind
- **Second three points (PC=7, UB=62 & DU-16)**
 - More obvious wind (numbness; paralysis)
 - Phlegm begins to build up
- **Third three points (ST-6, REN-24 & PC-8)**
 - Obvious phlegm and wind
 - Patients tend to be set in their ways; inflexible
- **Fourth three points (DU-23, REN-1 & LI-11)**
 - Phlegm stagnates and blocks
 - Often in cases of coma, severe congestion, all types of blockage
- **Last point (EXT-HN-11)**
 - Complete detachment from world (eg. Schizophrenia)

Nine Needles for Returning Yang

- **Used for Yang Collapse syndrome**
 - Loss of consciousness; aversion to cold; cold counterflow of limbs; purple lips; open orifices; etc.
- **KD-1 YongQuan, KD-3 TaiXi**
 - Loss of Yang rooted in Kidneys
- **SP-6 SanYinJiao, ST-36 ZuSanLi, Ren-12 ZhongWan**
 - Loss of Yang from Damp and/or Cold
- **DU-15 YaMen, LI-4 HeGu**
 - Loss of Yang from Fire with Wind
- **PC-6 LaoGong**
 - Loss of Yang from Heart
- **GB-30 HuanTiao**
 - Loss of Yang due to Bi syndrome in limbs

Window of Heaven Points

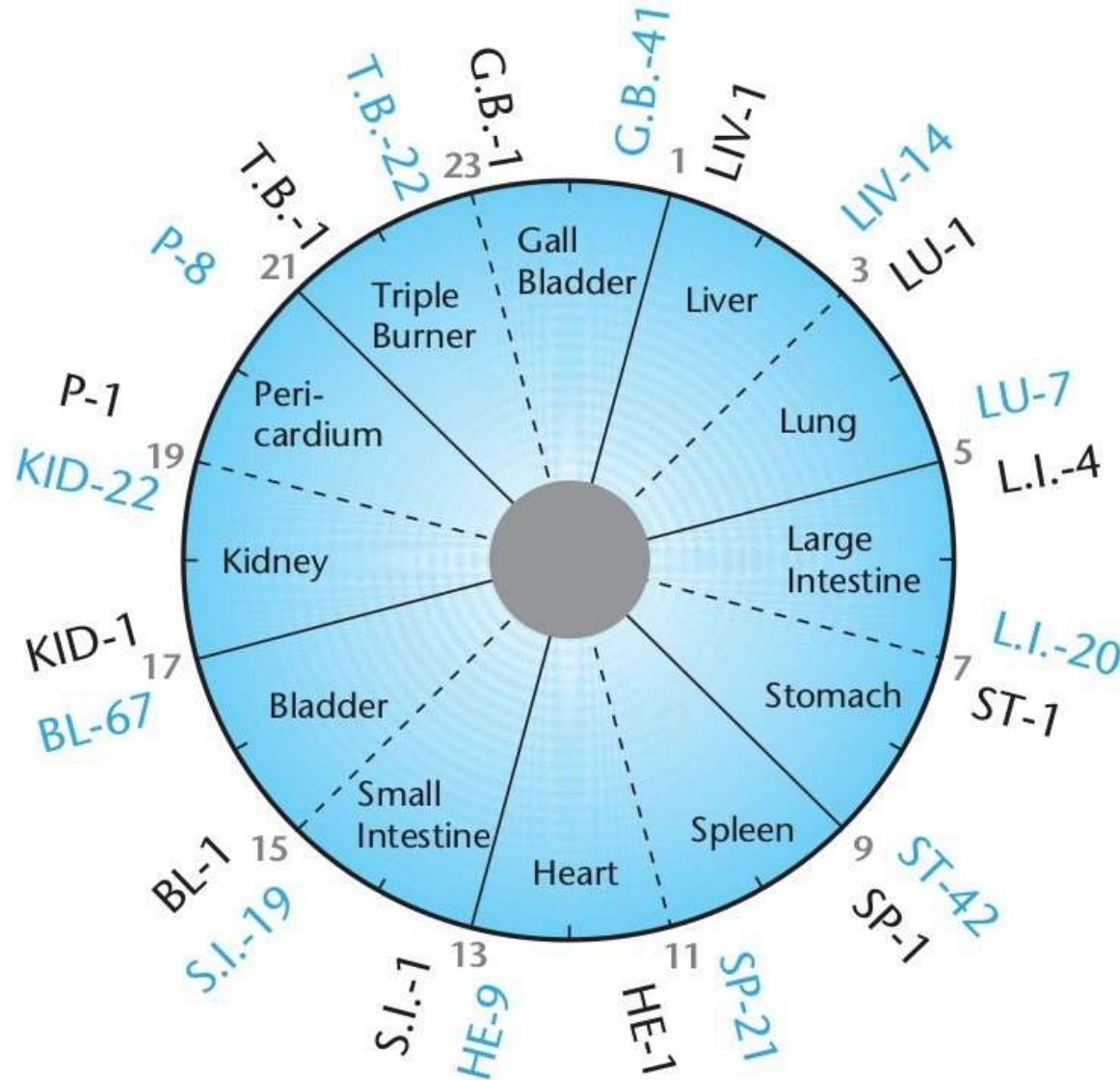


- LU-3 TianFu
- SJ-16 TianYou
- ST-9 RenYing
- Du-16 FengFu
- LI-18 FuTu
- SI-16 TianChuang
- UB-10 TianZhu
- PC-1 TianChi
- SI-17 TianRong
- Ren-22 TianTu

Window of Heaven Points

- Improve the connecting between head (Shen) and body
- Alt: SI-17 TianRong replaced by GB-9 TianChong
- Qi Flow disorders:
 - Counterflow Qi: LU-3, LI-18, Ren-22;
 - Counterflow Qi with phlegm: P-1
 - Counterflow LU/ST Qi: ST-9
 - Internal Wind: UB-10, Du-16
- Swellings
- Sensory Organ Disorders
- Psychological Disorders

Entry/Exit Points



Entry/Exit Point

- **Tonify Entry Point**

- Increase flow into channel
- Increase Q_i in channel

- **Tonify Exit Point**

- Increase flow out of channel
- Decrease Q_i in channel

- **Reduce Entry Point**

- Decrease flow into channel
- Decrease Q_i in channel

- **Reduce Exit Point**

- Decrease flow out of channel
- Increase Q_i in channel

Meeting Points

- Where more than one meridian crosses
- Affects both channel
- Reduce number of needles whilst maintaining effect
- Balance between two different meridians

Meeting Points

Hui Meeting Points Chart

Zang LR 13

Qi CV 17

Bones UB 11

Sinews GB 34

Fu REN 12

Blood UB 17

Marrow GB 39

Vessels LU 9

Meeting Points

- LV 13 - meeting of the yin organs, SP front Mu
CV 12 - meeting of the yang organs, ST front Mu
CV 17 - meeting of the Qi, PC Mu, moves Qi in the chest
UB 17 - meeting of the Blood, builds blood, resolves stagnation a/or disperses heat in the Blood
GB 34 - meeting of the sinews, resolves stiffness a/or contracture

LU 9 - meeting of the Blood vessels, stimulates circulation, tonifies LU Qi, harmonizes the Qi and Blood in the chest; stops bleeding

UB 11 - meeting of the bones, any bone disorder, osteoporosis

GB 39 - meeting of the marrow, bone disorders, *mental functioning*, useful post-stroke

Sinew Channel Binding Points

- Very effective in the treatment of dermatosis, muscular problems, and neuralgias
- Hand Yang(SI-SJ-LI): GB-13 & ST-8
- Hand Yin(LU-PC-HT): GB-22
- Foot Yang(ST-GB-UB): ST-3 & SI-18
- Foot Yin(SP-LR-KD): Ren-3 & Ren-4

Group Luo Point

- Imbalances of left, right, upper, lower, yin aspect, yang aspect
- Crossing point of the 3 channels
- Hand 1ry Yin: **PC-5** JianShi
- Hand 1ry Yang: **SJ-8** SanYangLuo
- Foot 1ry Yin: **SP-6** SanYinJiao
- Foot 1ry Yang: **GB-39** XuanZhong
- Do not forget **SP-21** & **ST** great Luo