

Review & Point Categories I

Class 7

Review

- Centripetal
- Self-Contained
- Types of Vessels
 - Levels and connections
- Cun Measurement
 - Regions of the body

Review

- Tai Yin
- Yang Ming
- Shao Yin
- Tai Yang
 - ♦ Pathway
 - ♦ Organs Connected
 - ♦ Functions

Point Categories

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

Yuan Source

- Where the Yuan Qi of the channel collects and can be affected
- Near ankles or hands
- Diagnosis:
 - Channel/ZangFu disorders: tenderness, skin changes such as discolorations, swellings, redness, etc. in area yuan-source point
- Therapy:
 - Deficiency/Excess of Channel/Organ: use tonifying/reducing techniques
 - With luo-connecting point of Yin-Yang pair to increase effect and balance Yin and Yang
 - With Back-shu point for disorder of the ZangFu

Yuan Source Points - Yin Channels

- LU-9 YaiYuan; SP-3 TaiBai; HT-7 ShenMen; KD-3 TaiXi; PC-7 DaLing; LV-3 Tai Chong
- Third point from the end; Same as Earth Shu-Stream Point
- They tonify deficiency or weakness of their pertaining Zang
- They regulate the Yin/Yang balance, restoring homeostasis
- As Earth points they have a 'grounding' effect on the body, the emotions and the mind

Yuan Source Points - Yang Channels

- LI-4 Hegu; ST-42 ChongYang; SI-4 WanGu; UB-64 JingGu; SJ-4 YangChi; GB-40 QiuXu
- **Always the 4th point from the distal end** of the channel (except for the GB channel; 5th point)
- They are all located between the shu-stream point and the jing-river point
- Main function: expel pathogenic factors in excess syndromes
- Also tonify their pertaining Fu

Luo Connecting Point

- Where the Primary Channel branches off to its related Yin-Yang Zang-Fu pair
- 12 Between elbow and wrist, or ankle and knee
 - LU-7 LieQue; PC-6 NeiGuan; HT-5 TongLi
 - SP-4 GongSun; LV-5 LiGou; KD-4 DaZhong
 - LI-6 PianLi; SJ-5 WaiGuan; SI-7 ZhiZheng
 - ST-40 FengLong; GB-37 GuangMing; UB-58 FeiYang

Luo Connecting Point

- **Diagnosis:**

- Local excess: discolourization
 - Cold=bluish-green; Heat=red; stagnation/stasis=dark purple
- Chronic deficiency: local depression

- **Therapy**

- Disorder of ZangFu and/or ZangFu pair
- Accumulation of pathogenic factors
- Psycho-emotional problems (esp. Yin channels)
- Blood-letting (esp. excess, stagnation, stasis)

Extra Luo Connecting Points

- **Ren-15 JiuWei**

- Regulate Yin Luo Channels
- Abdominal disease/disorder

- **Du-1 ChangQiang**

- Regulate Yang Luo Channels
- **Back disorder/disease**

- **SP-21 DaBao**

- All Luo and Blood vessels
- **Joint disorders; general weakness and pain**

- **XuLi; near left ST-18**

- No moxa; superficial needling
- **Breathing and heart disorders, such as asthma, dyspnea, emphysema, bradycardia, SOB of anxiety**

Xi-Cleft Points

- Distal to elbows and knees (**one exception**)
- Diagnosis:
 - Excess: acute, intense pain upon pressure or redness and swelling in the area of the point
 - Deficiency: dull, mild pain upon pressure or presence of a depression in the area of the point
- Therapy:
 - Acute and/or therapy-resistant disorders; esp. for excess and pain of the affected Channel/ZangFu
 - Yin channels for disorders of the Blood
 - To increase effect, combine with a relevant Hui-Meeting point

Xi-Cleft Points

LU 6 - acute asthma, wind heat

LI 7 - sore throat, face pain/swelling

SP 8 - blood stagnation in the uterus a/or lower abdomen

ST 34 - breast issues, epigastric pain

HT 6 - heart pain, reckless bleeding due to heat

SI 6 - severe pain along the SI channel

KD 5 - menstrual problems due to deficiency
a/or blood stagnation

UB 63 - acute cystitis

Xi-Cleft Points

PC 4 - severe chest pain, reckless bleeding due to heat

TH 7 - not used often clinically

LV 6 - acute cystitis, blood stagnation in the uterus a/or lower abdomen

GB 36 - painful obstruction a/or atrophy of the lower limbs

UB 59 - yang qiao mai, not used often clinically

KD 8 - yin qiao mai, menstrual irregularities

KD 9 - yin wei mai, severe and acute mental disorders

GB 35 - yang wei mai, not used often clinically

Hui-Meeting Points

- *Qi of tissue, organ system, or substance* gather at these points
- Can be influenced from these points
- Combine with relevant points

Hui-Meeting Points

- **LV-13 ZhangMen**
 - Zangs
 - Disorders of Zangs;
 - Tonifies Spleen (and thus all other Zang)
- **Ren-12 ZhongWan**
 - Fu
 - Disorders of the Fu
- **Ren-17 DanZhong**
 - Qi (esp. Zong Qi)
 - Kong Qi flow; Zong Qi flow; Functions of HT/LU

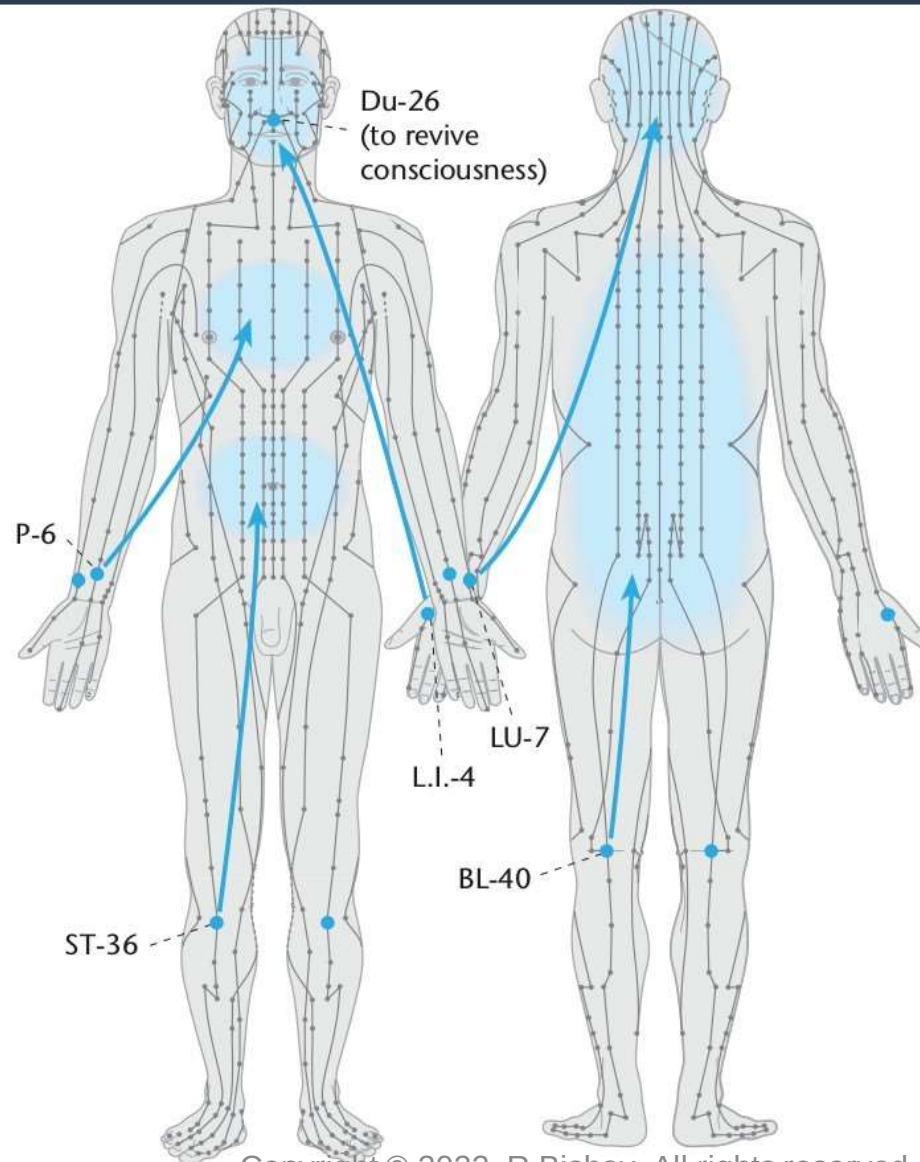
Hui-Meeting Points

- **UB-17 GeShu**
 - **Blood**
 - Disorders of blood; blood stasis; haemorrhagia; gynaecological disorders
- **GB-34 YangLingQuan**
 - Sinews
 - Disorders of joints, sinews, muscles
- **LU-9 TaiYuan**
 - Blood Vessels
 - Peripheral circulation; blood vessel disorders (eg. vasculitis; arteriosclerosis)

Hui-Meeting Points

- **UB-11 DaZhu**
 - Bones
 - Disorders of bones (eg. shoulder and spine issues; joint/bone pain)
- **GB-39 XuanZhong**
 - Marrow
 - Disorders of bones, marrow, brain (nerves)

Command Points



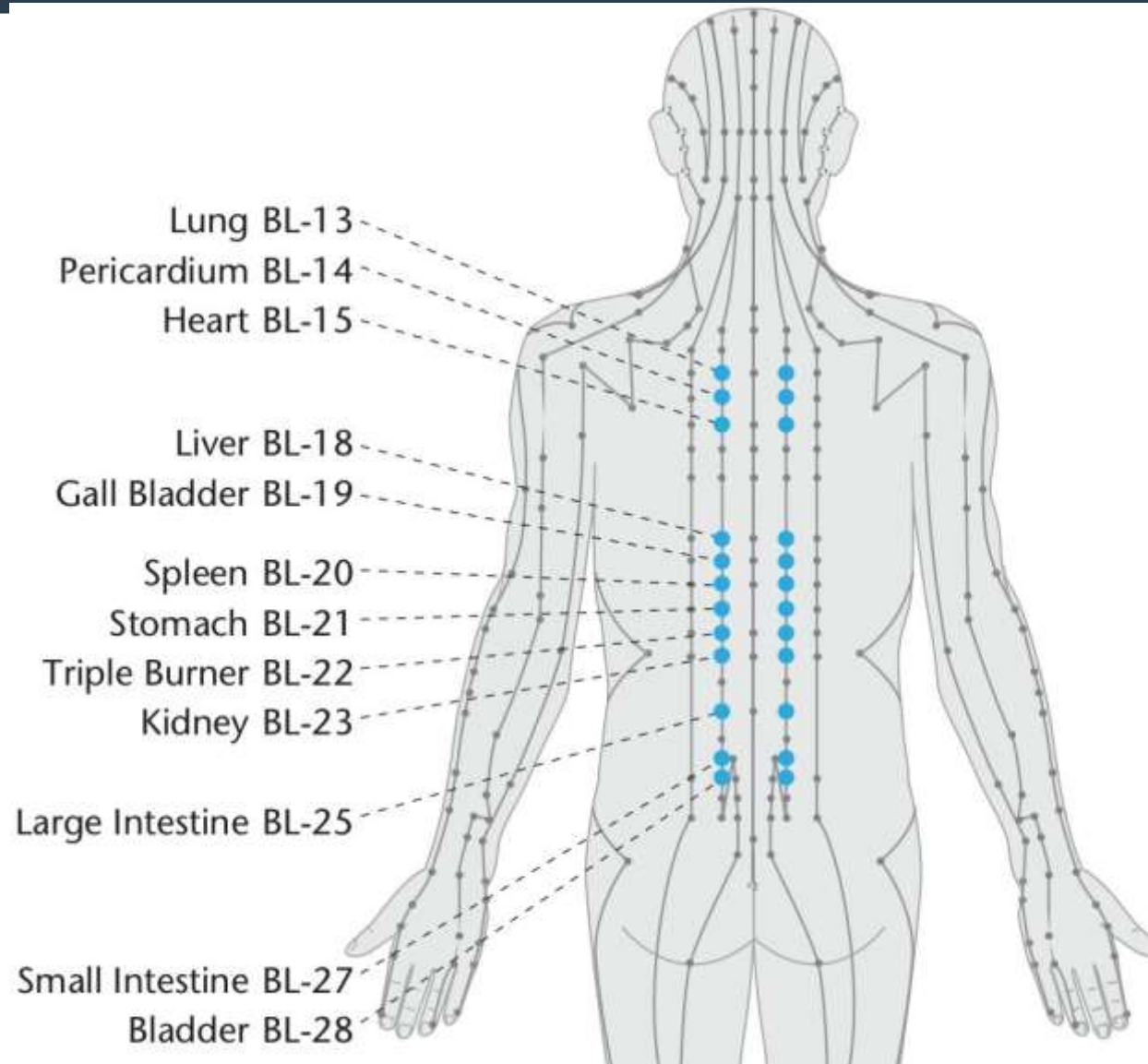
Command Points

Abdomen	<u>ST 36</u>
Lumbar Region & low back	<u>UB 40</u>
Head & Posterior Neck	<u>LU 7</u>
Face & Mouth	<u>LI 4</u>
Heart, Chest & Epigastrium	<u>PC 6</u>
Fainting & Collapse (Reviving)	<u>GV 26</u>

Back-Shu Points

- Inner branch of UB channel
- Close to level with their pertaining ZangFu
- Mostly level with their corresponding Front-Mu Point
- **Diagnosis:**
 - Tender/sensitive in disorders of ZangFu
 - Palpable differences based on excess/deficiency
- **Therapy:**
 - Disorders of ZangFu
 - Mainly tonifying for chronic/deficiency syndromes (esp. Zang)
 - Can be used for acute syndromes
 - Can also be used for related sensory organ
 - Can use moxa; reduce excess; tonify deficiencies
 - Retention can cause tiredness

Back-Shu Points



Back-Shu Points

Organ	Back-shu point
Lung	BL-13 (<i>feishu</i>)
Large Intestine	BL-25 (<i>dachangshu</i>)
Stomach	BL-21 (<i>weishu</i>)
Spleen	BL-20 (<i>pishu</i>)
Heart	BL-15 (<i>xinshu</i>)
Small Intestine	BL-27 (<i>xiaochangshu</i>)
Bladder	BL-28 (<i>pangguangshu</i>)
Kidney	BL-23 (<i>shenshu</i>)
Pericardium	BL-14 (<i>jueyinshu</i>)
Triple Burner	BL-22 (<i>sanjiaoshu</i>)
Gall Bladder	BL-19 (<i>danshu</i>)
Liver	BL-18 (<i>ganshu</i>)

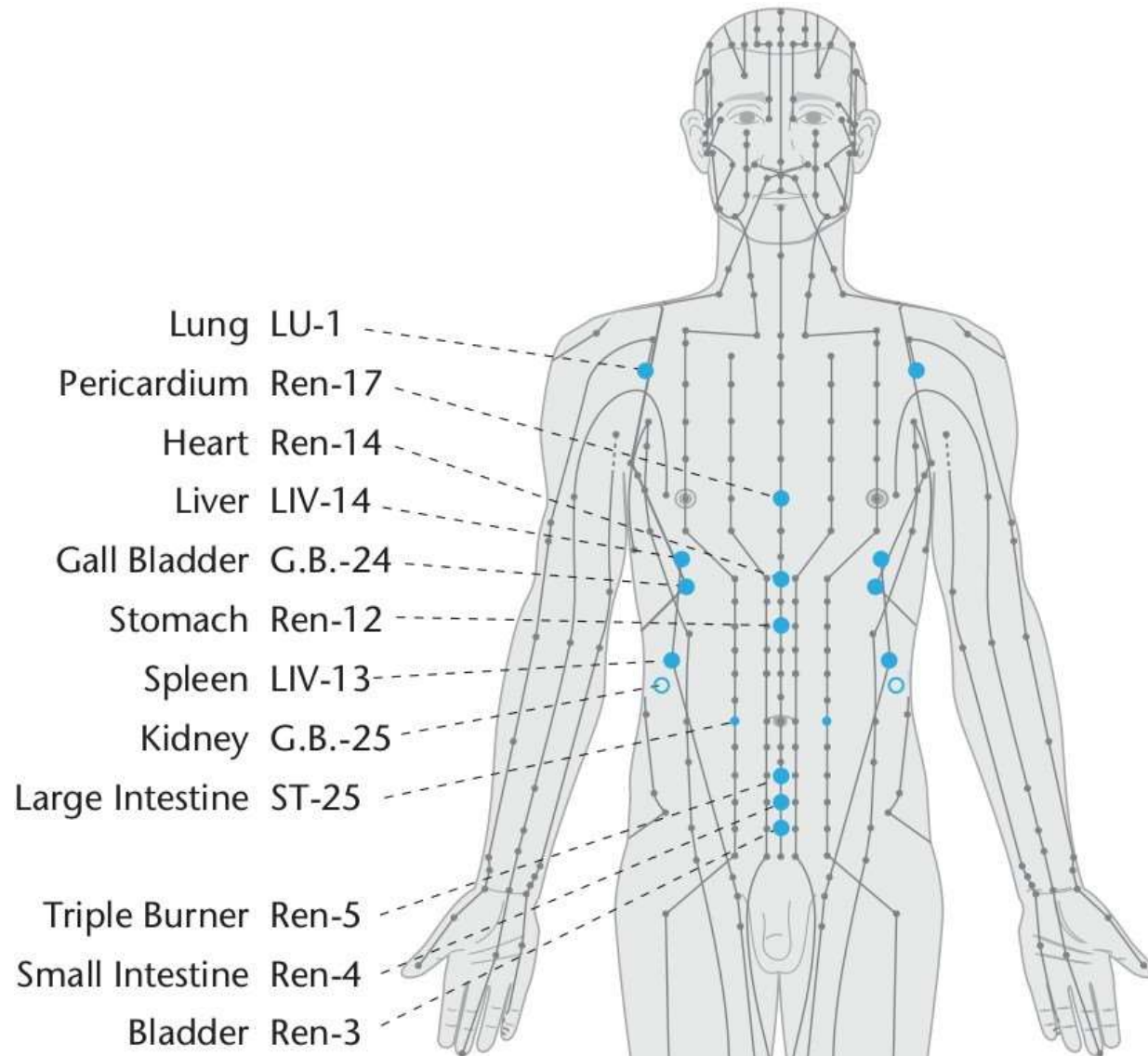
Back-Shu Points

- **Uterus and Conception vessel sp CV4** **BL-26**
- **Bones and joints** **BL-29**
- **Prostate** **BL-30**

Front-Mu Points

- On Thorax and Abdomen, level with pertaining organ
- Diagnosis:
 - Tender or sensitive in ZangFu disorders
- Therapy:
 - Regulate pertaining ZangFu
 - Combined with Back-Shu, common
 - For Fu disorders: Lower He-Sea + Front Mu of affected Fu

Front-Mu Point



Front-Mu Point

Organ	Back-shu point
Lung	LU-1 (<i>zhongfu</i>)
Large Intestine	ST-25 (<i>tianshu</i>)
Stomach	Ren-12 (<i>zhongwan</i>)
Spleen	LIV-13 (<i>zhangmen</i>)
Heart	Ren-14 (<i>juque</i>)
Small Intestine	Ren-4 (<i>guanyuan</i>)
Bladder	Ren-3 (<i>zhongji</i>)
Kidney	G.B.-25 (<i>jingmen</i>)
Pericardium	Ren-17 (<i>danzhong</i>)
Triple Burner	Ren-5 (<i>shimen</i>)
Gall Bladder	G.B.-24 (<i>riyue</i>)
Liver	LIV-14 (<i>qimen</i>)