Bolds and blues match Zheng Zeng’s handouts. MEMORIZE THE BOLD AND BLUES! The rest is for your understanding only and she doesn’t test on this.

See *Point Categories.pdf* handout

**Point Categories (cont’d)**

**Five Shu Points**

The 5 branch technique of acupuncture rely almost exclusively on these sets of points. If doc’s technique isn’t so good, this HURTS like a mother. However, small needle, good tech, gentle manip, this is fine.

This is like water - water wells up, becomes a spring, then a stream, then a river, then a sea. Flow gets stronger and stronger.

5 shu doesn’t refer to direction of qi flow, but about the depths of the qi. The more distally located (jing-well), can’t put the needle deep. He-sea, however, you can put it deeper. Similarly, from jing-well to he-sea eventually gets deeper and stronger.

Because this group is below the elbow/knee, is easy to access (roll up your sleeves please) and safe to use (oops, I punctured a lung). These are very old traditional points, lots of indications.

**Know about the 5 element relations for each points!** This will be on the next exam—choose the right points. You will know the element on each channel and how to use them. Easiest: know Jing-Well Yin starts at Wood, Yang starts at Metal. Then follows the 5 element sequence.

All located around or below the elbow or knee.

♦ **Jing-Well**
  - Qi Action – qi emanates
  - Location (most): Tips of fingers/toes. Kidney, however, is on sole of foot.
  - Yin - Wood
  - Yang – Metal

♦ **Ying-Spring**
  - Qi Action: Qi glides
  - Location: Distal to MCP, MTP
  - Yin: Fire
  - Yang: Water

♦ **Shu-Stream**
  - Qi Action: Qi pours through
  - Location: Proximal to MCP, MTP
  - Yin: Earth
  - Yang: Wood
Jing-River
- Qi Action: Qi flows
- Location: Proximal to wrist/ankle
- Yin: Metal
- Yang: Fire

He-sea
- Qi Action: Qi enters inward
- Location: Elbow/knee
- Yin: water
- Yang: earth

What is the Horary point? Pt corresp to the element of the channel. Same as the channel’s element. Lung, for example, is metal. Lung is a yin channel. Jing well point starts at wood…count over fire, earth, metal and the number of the chart is Lung 8, the horary point. This is the metal point on the Lung meridian—see the chart slide 32 of 49.

For test, all numbers will be same size/color, you figure out what the horary point is.

Jing Well
In clinic, don’t really use this for puncturing, but use for blood letting. Large Intestine 1, for instance, which is a Jing well point, is on the edge of the nail on the index finger. Can’t puncture deeply. CAN bleed, though. (Could also use for acupressure)

Indications
- **Clear heat in excess conditions**
  We don’t use for deficiency conditions!
- **Restoring consciousness and rescuing collapse**
  Coma, fainting, collapse
  Also good for heat, like excess heat, heat stroke type consciousness loss. Historically, TCM says loss consc = yin/yang not communicating. (When yin/yang separate, = death). You can do blood letting or puncture jing-well and TCM says it makes yin/yang connect and communicate.
- **Treat the uppermost reaches of the channel.**
  Jingwell is always distal. Most distal points can strongly affect the upper reaches. LU 11 on the tip of the thumb, for instance, can be used for acute sore throat, painful throat, and mumps.
- **Treat fullness below heart**
  Treat stagnation and fullness thruout the chest region. Lung 11, for instance can treat food stagnation. TCM makes strong differentiation between heart and area below heart.
- **Treat disorders of the spirit**
  Mania, insomnia, nightmares, somnolence (sleepiness/drowsiness)
  Mental/spirit problems can also be imbalance of yin/yang.

Know: test = several indications, you figure out what to use. Know uses of Jing-Well
Ying-Spring Point
Indications:

♦ **Clears heat**
  *(Most important one)*
  Excess and deficient heat – both full heat of Yang excess and deficient heat of Yin deficiency (K2 for instance).
  From entire channel although more so in the uppermost part.

♦ **Treat changes in the complexion**
  heat-heart pathogens – makes complexion red. *Less used.*

♦ **Treat disease of the Yang channel and of the Zang.**
  For Zang, combine with the Shu-stream point.

Shu-Stream Point
Same as the Yuan Source for Yin Meridians.

Indications:

♦ **Heaviness of body, pain of the joints**
  Per TCM, this is often related to damp retention, dampness, humidity
  Shu Streams are related to earth (see the chart, pg31), thus good for heaviness of body, pain of joints.

♦ **Disorders of the Zang (yin channel)**
  ♦ Disorders of the yang channels
  ♦ Diseases that have intermittent manifestation of symptoms
    (like malaria—alt chills, high fever, intermittent attacks, though is a fixed time so you can predict when it’s coming)

Jing-River Points

♦ **Cough, dyspnea, chills and fever**
  Use Jing-River for Lung related problems, like these symptoms. These symptoms also related to wind, which strongly affects lungs. Jing river points on Yin channel also related to metal, much like lungs.
  LI-5 to stop smoking. Combine with ear points for lung. Often add calm shen, throat and mouth and stomach points to treat all those sub things with smoking.

♦ **Diseases manifesting in the pt’s voice**
  Sudden loss of voice, for instance.

♦ **Diseases of the sinews and bones**
  Points located around wrists and ankles, but Ashi are more common.

He-Sea Points

♦ **Counterflow of Qi and Diarrhea**
  Nausea, belching, etc. St qi not descending.
  Diseases of Stomach disorders resulting from irreg eating and drinking.

♦ **Disease of the Fu organs**

♦ **Disease of the skin**
  According to textbook…ZZ disagrees! Bladder-40. Red rashes, i.e.
**How to Use the Five-Shu Points**

1. Choose the Five-Shu points according to its function:
   a. Clear heat – jing well or ying-spring
2. Choose the 5 shu according to five element theory. Not related to symptom/organ/function.
   Example: coughing. Related to metal, choose metal point.

**Choosing points according to Five Element Theory**

Methods for using the 5 shu’s based on 5 element theory.

1. **Treat the Horary point on the diseased channel**

   Most important thing: figure out which organ, choose the horary point on that channel.
   Techniques will be covered in acutech class.
   a. If excess: apply reduce technique
      Insert needle in the direction opposite the flow of the meridian or puncture while pt is inhaling
   b. If deficient, apply tonifying techniques

   Example: LU excess: reduce Lu 8
   LIV deficiency: tonify Liv 1

2. **Treat Mother or child point on the diseased channel**

   Most commonly used in the clinic

   Every point on the chart (horary) directly before the horary point is the mother point. Point after the point is the child point. If the horary on the chart is first in the list, remember the points flow in a circle…LI, for instance, 1 is the horary, the last = 11. 11 would be the mother of 1.

   Test: fill out the elements on the horary chart, you circle the horary points. Remember channel element, go the the element number (lung is metal related, for instance…go to the metal 5 shu and that is the horary)

   a. If there is excess: reduce the child point
   b. If there is deficiency: tonify the mother point

   Example: Lung excess (hard cough), choose the child point on the diseased (lung) channel. That would be Lung 5. If pt has a lung deficiency (weak coughing, s.o.b., chronic), tonify the mother point on the diseased (lung) channel. When the mother is stronger, the child will be stronger. That would be Lung 9, the 5 shu earth point, which is the mother point.

   Example: Spleen
   Spleen Excess:
   Damp retention and water retention is spleen excess.
   Diseased channel is spleen. Spleen is yin, jing well starts at wood. That means spleen 3 is the horary as it is earth and so is spleen. Since we’re treating excess, we want to reduce child, which is the metal point, Spleen 5.
Spleen Deficiency:
Principle: tonify the mother point. Choosing points on spleen channel. Spleen 2 is the mother point, which you will tonify.

3. Treat Horary point on the mother or child channel.
   a. If excess, reduce horary point on the child channel
   b. If deficient, tonify horary point on the mother channel

Examples
Spleen excess: principle is reduce horary point on the child channel.
Spleen is earth. Child element is metal. Ergo, reduce the metal point on the metal channel – the metal horary channel. Metal channel = lung channel. Horary for metal = LU 8.

Spleen deficiency: principle is to tonify horary point on the mother channel, fire. Fire channel = fire channel; horary fire is Heart 8…you could also use Pericardium 8.

Note: you could also use the Small Intestine or San Jiao horary points instead, as these are the respective pairs, but since spleen is a Zang organ, we’re picking zang mother/child. If the problem was on a Yang/Fu organ, you would more appropriately choose a Fu mother/child.

Liver example
Liver excess: reduce the child channel, horary point. Child channel is heart, so again, H8 or P8.

Liver deficiency: tonify the horary point on the mother channel, which is the Water/Kidney channel. That’s Kid-10.

So, for using this method:
◆ decide what organ the problem is in
◆ decide if it’s excess or deficient
◆ choose the correspondent principle
◆ find the child or mother channel
◆ pick the horary point on the child or mother