Wrap up choosing 5 element per function of point (jing, spring, shu, jing, he)

4) Treat mother or child point on the paired channel
   Doesn’t matter how many points of these choices you choose.
   If excess, reduce child element point on paired channel
   If deficient, tonify mother on paired channel
   LU excess: reduce on LI 2 (water point on LI channel)
   LU deficiency: tonify on LI 11 (earth point on LI channel)

5) Four needle technique
   This method, it does matter how many points you use—use all 4.
   Not mentioned a lot in further portions of class. Used more for 5 branches school. Here we talk more about Zang and Fu. Still, know the method. It’s on the boards. Students from 5 branches take this test too, afterall.
   a) If excess:
      Reduce child element
      i) It’s own son/child point on it’s own diseased channel
      ii) The horary point on it’s son/child channel
      Tonify the control element
      i) It’s Ko/control point on it’s own diseased channel
      ii) Horary point on it’s ko/control channel
   b) If deficiency:
      Tonify the mother element
      i) It’s own mother point on the diseased channel
      ii) The horary point on the mother channel
      Reduce the control element
      i) It’s own control (or Ko) point on the diseased channel
      ii) The horary point on the control channel
Cat’s Four Needle Tutorial

Intro
I spent a lot of time making Four Needle Technique way too hard and it’s just not. It took me a bunch of semesters to figure this out, so I’m hoping I’m about to spare you some pain and suffering by explaining it from my current position taking Acupuncture Treatment of Disease.

Here’s the deal.

First, you’re going to get this again and again, so you’re going to have more chances to learn this. At the same time, Zheng Zhen puts this on almost all of her tests, so not knowing it will cost you some test points.

Second, when you start poking holes in people, you’ll need to know when to use it. You only use it for organ problems, not meridian problems. As an example: if you have a Liver overacting on Spleen problem, you could use this. If you have pain along the Liver channel, you wouldn’t. Do you use it every time you needle? Nope. It’s your second option when regular treatments just don’t make an impact.

What you need to know to figure out Four Needle sequences
You need to know the Five Element sequence covered in the 4th class for Energetics I.
For Yin channels:
• Jing well = wood
• Ying spring = fire
• Shu stream = earth
• Jing river = metal
• He sea = water
For Yang channels:
• Jing well = metal
• Ying spring = water
• Shu stream = wood
• Jing river = fire
• He sea = earth

Every channel has jing well, ying spring, etc. points on the channel, beginning at the ends of the extremities (fingertips and toetips…except Kidney 1 which is on the sole of the foot) and going up toward the knees and elbows which is where the he sea points are.

Do yourself a favor and just rote memorize this chart right now! You’re going to need it forever and ever amen in a whole bunch of classes and in the clinic. Suck it up and just go for it. You’ll thank yourself over and over and won’t have to finally memorize it for Acupuncture Treatment of Disease like I am right this moment! Darn me for a fool! Actually, just darn my socks—I have several with holes in them that are too cute to toss out.
Horary points are in bold and blue above. What the heck is a horary point? If you look up the definition in it says something totally unhelpful like “pertaining to the hours.” Thanks, internet, for the totally useless information.

“Horary” in TCMspeak is a fancy way to say it’s the X point on the X channel…or the Y point on the Y channel…or the Fire point on the Fire channel, the Metal Point on the Metal channel, the Wood point on the Wood channel….etc.

What else do you need to know? Well, the 5 pointed star with the generation and control sequence of elements. Remember that from Foundations? It looks like this in case you’re drawing a blank right now.

And finally, you need to know the treatment principle for four needle technique. It works like so:

Excesses

For excesses, you always reduce the Son or Child
1. Reduce the Child point on the affected organ’s channel
2. Reduce the horary point on the Child channel.
And also, you need to tonify the control points so that it can reign in the overactive organ.
1. Tonify the Control or Ko point on the affected organ’s channel
2. Tonify the horary point on the control channel

Deficiencies

For deficiencies, always tonify the Mother
1. Tonify the Mother point on the affected organ’s channel
2. Tonify the horary point on the mother channel.
You also need to reduce the control element which may be doing it’s job a little too well and suppressing the deficient organ.
1. Sedate or reduce the control element on the affected organ’s channel
2. Sedate or reduce the horary point on the control channel.

So here’s an example. Let’s say your patient have a hyperactive Liver that is beating up on the Spleen. You know that’s a classic case of Wood over-controlling Earth and it’s starting to really weaken that earth element. All your patient knows, however is that whatever it is that is going on, it’s causing some damned embarrassing and uncomfortable digestive problems like gas, bloating, poor appetite. You think that Spleen will be fine if you can just get the Liver to stop punching it out like a school yard bully. You tried regular treatments but there wasn’t a whole lot of relief. Now you’re bringing out the big cannons because your patient is pretty miserable and is starting to look longingly at over the counter meds which you know will just mask the symptoms and make things worse in the long run. You decide to try a four needle technique to calm that overactive Liver down.

You know that this is an excess and that you need to pacify that angry Liver, so you know you have to reduce the son points and tonify the control points. You also know that Liver is a wood organ and that the son/child of wood is fire. Here’s what you do…

1. Reduce the Child point on the affected organ’s channel.
   You know that chart like the back of your hand (you’ll get there, I promise). You think about the Liver part of the chart and remember that Liver is a wood element and that the child/fire point on the Liver channel happens to be Liver 2. Fine. You insert a needle at Liver 2 and then you use the reducing techniques you learned in Acupuncture Techniques.

2. Next, you reduce the horary point on the Child channel.
   No sweat. You already know that the Child of the Liver/Wood Channel is fire. You just go to the Fire channel (Heart) and find the horary point on it. What’s an horary point in this case? Fire on Fire, correct. So what’s the Fire point on the Fire (Heart) channel? Heart 8 which you logically needle and then reduce for all you’re worth.

3. Now you move on to tonify the Control or Ko point on the affected organ’s channel.
   Did you notice we’re back at the Liver channel again. Yup. Liver is Wood. What controls wood? Metal! Exactly. I was thinking the same thing. Use the metal point to prune that overactive wood back. You already memorized that chart, so you know right away without even thinking about it that the Metal point on the Liver channel is Liver 4. You remember those tonifying techniques from Acupuncture techniques and you go at it.

4. Finally, the last point in this sequence! Almost tequila time!
   You’re going to tonify the Control or Ko point on the control channel. We’ve already established that Metal is the control element. What’s the metal channel? Lung. You betcha. Find the horary point on the Lung (again, metal point on the metal channel) which you remember is bold and blue and happens to be the Jing River point on the Lung channel, Lung 8. You insert a needle there and tonify like someone was paying you to! Oh wait! They are!

You put in some Spleen points and digestion points to give faster relief, let ‘em ‘cook’ with those points in for a while and then send ‘em home with some herbs. You call patient the next day and find out that yeah, that worked! He or she feels a lot better and has abandoned all notions about OTC meds. Pat yourself on the back, because you just rocked!
Lung Channel and Points

Memorize the underline/bold stuff on the Lung charts in *Lung and Channel Points.pdf*

Why does LU start in MJ? Qi comes from LU, SP, KD. Sp = middle jiao which generates qi from food/drink. If you don’t eat well or regularly, you are more prone to qi/blood deficiency problems. Lung is the first channel where Qi begins to circulate. Goes to MJ to get the goodies first.

Every channel cnx to it’s own organ or paired organ.

**Path:**

MJ → LI → ST → diaphragm → penetrates the LU → throat region → goes superficial here, goes to antero-lateral aspect of the arm and forearm → styloid process of the radius. 2 branches here (Exit point: LU 7)—radial side of the thumb and radial side of the tip of the index finger to connect with LI channel.

LU 7 sometimes called the Exit Point (exit point is where the Qi is sent to the next meridian.—not a lot of clinic applications).

**Know** where it starts, what organs connected to, that it’s connected to the throat region, and where the exit point is.

**Luo connecting channel**

Luo connecting point is LU 7 (exit point). 2 branches – 1 to thenar eminence and thumb. Palm heat and pain on thumb, choose LU 7. 2nd branch connects to LI channel. (Don’t assume that means it connects to LI luo point!)

Symptoms to know:
- ♦ Excess: feel heat in wrist/palm
- ♦ Deficient: can lead to frequency of yawning

**Know:** the start point—LU 7, goes to palm/thumb, symptoms (excess/deficient)

**Divergent Channel**

Diverges from Axilla on LU channel, Enters chest – LU/LI, exits at supra clavicular fossa, converges with LI at the throat.

**Know diverges at axilla, goes to LU/LI, exits to LI channel.** Know is not convergent with heart, nor is LI.

**Muscular Region**

Starts at thumb (jing well)
Bundles at big joints of wrist/elbow/shoulder )
Distribute: superficial area along LU channel, enters chest, spreads over diaphragm
Unite in region of floating ribs.
Know: all musc region starts at jing well points, bundle big joints, path similar to pri channel. Symptoms: muscle problems.

Lung Connections to Large Intestine
1. Interior pathway goes to LI organ
2. Branch from LU primary from LU 7 (exit point) cnx with LI 4, LI 1
3. Lung Luo connects to LI channel
4. LU divergent gos to the LI organ and LI channel in neck.

Symptom: lots of chronic cough/wheeze → constipation. Treat LU/LI together.

Channel Functions

Related th point funx on this channel. Most points used to treat 1) channel problem, and 2) organ problem.
1. Related to Channel Pathway.
   Where channel passes thru can use those pts to treat. Throat, lung, arm, for instance. That said, not good for LI problems. LU problems manifest as cough, wheeze. Bronchitis, too. Treat LU.
2. Related to organ problems.
   Passes thru ST, LU, LI. But not so great for ST or LI. Use for LU. For digestive problems, use trunk/leg points.

Function of the LU organ
Not on test.
1. Governs qi and controls respiration
   Symptoms: cough, asthma, s.o.b., wheezing
   (When you breathe out, move qi upward)

2. Controls disseminating and descending
   i.e., allergies, catch cold; abnormal, spontaneous or no sweating. Sweat easily with very little exertion.
   This is a wei qi problem. Can strengthen LU and thus strengthen wei qi.

3. Regulates water passages
   Edema of upper part of body and phlegm.
   Kidney patients—chills/fever, upper body edema. TCM treats from LU perspective. Give herbs to induce sweating—ephedra for instance, plus drain dampness herbs. LU 9 + LI 6 is the combo of choice.

4. Controls skin and body hair
   Hives and allergy rx can be a symptom for instance, though if skin is red it is more approp to clear heat, if blue/purple then move blood. Can also be that acne is related to LU.
   Eczema and psoriasis not treated from LU, however.

5. Opens to the nose
   Nasal problems treated via LU. Can choose pts on LU and LI channel.
### Actions and Indic of LU Ch Points

1. Treat rebellion of LU qi.
   Manifests as respiratory disorders such as
   a. Cough
   b. Dyspnea
   c. Wheezing
   d. Asthma
   e. S.o.b.
2. Restore Lung’s disseminating function
   Catch cold, wind invasion always treated from LU. Best to help LU dispersing function work well…also to boost wei qi. LU 7 for chills/fever/upper back pain for instance
3. Treat nasal disorders
   Including nosebleed and nasal obstrx
4. Treat disorders of the throat
   dryness, soreness, congestion, swelling and pain – *organ and meridian*.
5. Treat edema and obstructed urination
   When this is caused by impairment of LU’s fnx of regulating water psgs and control disseminating and descending
6. Treat vomiting
   Due to rebellion of ST qi…though other pts are better
7. Treat local problems
   in shoulder, elbow, wrist, etc.
8. Treat LI problems…though not really good for this.

### Points

NOTE: As long as you know the point *category*, you will understand the indication. Better than memorizing individual indications, do this:

1) **What channel is it on?** Gives you an idea of what the channel and point will do for you. I.e., if it’s Lung, cough is a good bet, as are breathing probls. Also, you know where channel goes, so you know you could use LU points for throat, chest, arm…

2) **Know the point category.** If you know the category, you will know indications. Lung 1 is a front mu point, for instance…Front Mu’s are mostly for Fu organs…will it be good for Lung? Maybe. What about Lung 9…that’s the Yuan source on a Yin channel which is good for the Zang…there ya go!

3) **Special indications**

**Lung 1**
In chinese, zhongfu or the Middle Palace
- **Location**
  lateral aspect of chest, 1st intercostal space, 6 cun lateral to midline (2nd rib at level of sternal angle).
♦ Puncture
Transverse-oblique insertion .5 to 1 cun, per Deadman book, though ZZ says don’t punc toward lung!!

♦ Indications
  o Front Mu Point of Lung
    Front Mu’s for Zang and fu, but better for fu.
    ▪ Treat LU organ problems
    ▪ Respiratory: cough, asthma, sob
    ▪ Chest problems: chest tightness and pain
    ▪ Edema: not so much
    ▪ Throat: sore throat, though LU 10-11 better
    ▪ Grief relief
  o Crossing/meeting point of Spleen and Lung channel
    ▪ Digestive: N/V, constipation and diarrhea…though ZZ says others are better and this is more theoretical than real! If a pt coughs to the point of vomit, use this.
  o Local problems
    ▪ Shoulder anterior pain.

Know: organ and local problems.

Lung 2
Almost don’t use this one. In chinese – yunmen, Cloud Gate. Doesn’t even have a point category, not a lot of indications.
  ♦ Location: below lateral extremety of the clavicle, 6 cun lateral
  ♦ Puncture – see handout
  ♦ Indications:
    o Local problems
      ▪ Lung: cough/wheeze, asthma, dyspnea w/ inability to lie down, sob.
      ▪ Chest: oppressive and agitated sensation in the chest, heat in the chest

Lung 3
Window of the Sky point.
  ♦ Location – see handout
  ♦ Puncture – see handout. There is a note about don’t use moxa, but ZZ doesn’t know for sure. Don’t use it for moxa in clinic—if local pain, use heat lamp.
  ♦ Indications
    o Window of the sky point – disharmony of qi between head/body with qi or bld rebelling upwards. Harmonizes head/body.
      ▪ Mostly used for rebellion of LU qi
      ▪ Liver fire attacking the Lu Qi
      ▪ Goiter or scrofula or throat disorders
      ▪ Psycho-emotional disorders
        ▪ Somnolence, insomnia, sadness, weeping, disorientation, forgetfulness, floating corpse ghost-talk, melancholy crying ghost talk, etc.
Local problems – arm pain and stiffness.

Lung 4
Not so many indications—other points are much better. See handout for specifics.

♦ Indications
  o Lung channel
    ▪ Lu problems of cough, dyspnea, etc.
    ▪ Chest problems
  o Local area problems: pain in the medial aspect of the arm

Lung 5
This is a biggy. Is also a safe point to use

He-Sea point
Water point of the Lung channel (aka, child point for the Lung Channel)

Indications
1) He-Sea point of the Lung channel
   a. Lung Organ problems
      i. Cough
      ii. Coughing phlegm
      iii. Asthma
      iv. Wheezing
      v. Dyspnea
      vi. S.o.b.
   b. Chest
      i. Agitation
      ii. Fullness of the chest

2) Water point (child of this channel) of the Lung channel: Clear heat!
   LU 5 child is important to reduce either excess or deficient heat. (more often for excess, since that’s a child point thang.)

   Ying Spring is also good to clear heat. What’s the difference between these 2? This is the child point—a reducing thing. LU 5 (child) is important to reduce either excess or deficient heat in the Lung. You can reduce more than just heat here—phlegm, wind, other pathogens. Combine this point w/a reducing tech to double whammy.

   Use Lu 10 (ying spring) to clear the heat from Lu channel and/or organ. (Lu 5 is more focused on the organ—because is a he-sea point) Lu 10 is the better point for clear heat. This is the fire point for Lu.

   a. Cough, cough sticky yellow phlegm
   b. Tidal fever, taxation fever, shivering, malaria, dry mouth and tongue, throat and painful obstrx, see handout for more

3) Digestive problems
   He sea good for problems of rebellion of qi—but not great results in this channel unless cough to the point of vomit, diarrhea. Other points are better.
4) Local problems (as usual)
   Cold shoulder, on upper arm, more common in clinic for elbow problems (restricted movement,
   elbow pain, etc.). Good for crane’s knee, too…swelling, pain, red. This is a balance technique for
   treatment. This point also treats the 5 lumbar pains—balance also, not because this is water point
   and thus related to kidney.

Pt has a chronic cough, weak cough, low energy, little phlegm…Lung Qi and Yin deficiency. Would
you choose LU 5? No, Lu 9 would be better.

**Lung 6**

See handout for location and puncture notes.

*Xi-cleft point*

Xi-clefts are good for acute problems and pain. Since it’s yin, too, good for blood problems.

**Indications**

1) **Xi-Cleft point of the Lung channel**
   a. **Acute problems** – acute cough, wheezing or asthma of any pattern.
      Coughing, wheezing, chest tightness…
      Sudden onset of asthma, not for a chronic problem unless your chronic asthma patient has
      a ramp up of attacks, is having an attack. Puncture here 1st if patient cannot lie flat due to
      breathing problems.

2) **Stop bleeding**
   Coughing blood due to any etiology.

3) **Local problems**
   Severe pain of the elbow and forearm, inability to raise the arm.

**Lung 7**

*Luo connecting point of Lung*

*Confluent point of the Conception Vessel (8 extraordinary confluential point)*
(also gao wu command and ma dan-yang heavenly star point)

**Indications**

1) **Luo Connecting Point of the Lung Channel**
   Most Luo’s divided into 3 parts – treats disorders of channel, zang and fu organs, psycho/emo
   a. **Collateral.** - Related to where the channel passes thru
      i. Excess—heat at the wrist. When there is excess of qi there is blockage and then
         heat.
      ii. Deficiency – frequent yawning (lack of O2)
      iii. Clinically, used for thumb disorders because that’s where the channel goes.
   b. **Internal/external channel or Zang-fu organ problems**
      (links to both LU and LI)
      i. **Lung**
         1. respiratory problems
2. nasal problems
3. **expels wind** (allergies, Bell’s, common cold)
   Bear in mind, there are all kinds of reasons for cough.
   Excess can be due to wind heat/wind cold, phlegm heat, rebellious qi. (use the child point of LU 5 to treat excess, plus others to clear heat or descend qi, etc.. or perhaps Lu 6 if they are coughing with asthma…).
   Deficiency can be due to Lu qi xu, Lu yin xu, Ki yin xu…
   Wind symptoms: first, can start on windy days. Can also be caused by a/c vents. There’s an external reason for the wind invasion. Allergies, cold, bells palsy are all examples.

ii. **Large Intestine**
1. important points for headache, pain of the neck and nape, wind disorders which affect the head, etc.
2. **LU 7 important for disorders of head and nape.** (sends energy to the paired channel of LI via the luo cnx.

c. Psycho emotional problems – poor memory, propensity to laughter.

Luo connecting always: Pathway problems, own channel and paired channel problems, psycho-emo problems

2) **Confluent point of the conception vessel. Related to REN.**
   Can thus treat Ren channel problems. Ren **starts** in uterus in females, lower abs in males.
   Descends to cnx with genitals. Then goes to midline in front, passes ab, chest, throat, around mouth ending below the eyes.
   Very important for repro problems.
   a. **Uterus or lower ab area.**
      i. Lochia for instance—retention of bloody stuff post childbirth.
      ii. Dead fetus
      iii. Genital pain. Herpes attack, for inst.
   b. **Bladder**
      Because the channel goes here. UTI would be a good thing to use this point for.
   c. **Throat pain**
      Like LU, Ren goes thru this area.
      Rebellion and blkage of phlegm and dry throat. K6 or **chronic throat pain/dryness**.
      Allergy related sorethroat, however = Lu 10.
   d. **Wrist pain (local treatment)**

Swollen throat? Not this one. Use LU 10/11.

**Know indications from the list on the handout. Need to be able to see difference between this and the Ren channel. Know groups of bolded symptoms on handout.**