

## Study Questions – Final Exam

Review all from Study Questions – Exam 1 and 2 documents

### What is the path of the Stomach Channel?

Nose at LI 20 → Upper teeth/gums → Circles around the lips → Cheeks (ST 5)

Sub-branch from Cheeks to Forehead (near ST 5-ST 8)

From Cheeks around ST 5 → Neck (ST 9-11) → Supraclavicular fossa (ST 12)

From ST 12, 1 branch to Du 14,  
1 branch to Breast, Lateral to umbilicus – ST 13 - ST 30

Internally from ST 12 → Diaphragm → Cardiac orifice of ST → ST/SP orgs → Pyloric orifice  
→ Abdomen → ST 30

ST-30 → Anteriorlateral aspect of legs (ST 31 – 41 at ankle) → Dorsum of foot (ST 42)

From ST 42 there are 3 paths:

1. To lateral side of 2<sup>nd</sup> toe (ST 43-45)
2. To lateral side of 3<sup>rd</sup> toe
3. To meet SP channel at medial big toe (SP 1)

### Which points on the Stomach Channel are near arteries, expressing the richness of Qi and Blood in this Yangming channel of the Foot?

ST 5, 9, 12, 30, 42.

### What 3 dysfunctions can the Luo Connecting Channel of ST address?

1. Rebellious Qi – throat pain/sudden loss of voice
2. Deficiency – lack of leg control
3. Excess – psychoemo due to phlegm retention

### What is the best point on the whole body to resolve phlegm, both literal and invisible?

ST 40

### Divergent Stomach Channel diverges from...

Stomach Channel!

### **Divergent Stomach Channel enters... (4)**

1. Abdomen
2. ST/SP organs
3. Diaphragm
4. Heart

### **Where does Divergent Stomach Channel exit and what does it converge with?**

Exits above neck at mouth, converging with the main ST channel.

### **Stomach Muscular Region...**

#### **Starts at?**

Middle 3 toes

#### **Bundles at?**

Above Genitals

#### **Distributed along?**

Stomach primary channel, superficially

Connects with spine (lumbar pain treatment)

#### **Unites at what 2 points on the face?**

ST 3, SI 18

### **5 Main indications for the Stomach Channel**

1. Diseases along the pathway (more detail on that in a minute)
2. Digestive Disorders
3. Transform dampness, resolve phlegm
4. Tonify Qi and Blood
5. Clear Heat

### **What 5 specific areas can be treated among the “Diseases along the pathway?”**

1. Five sense organs – specifically at mouth, face, jaw points
2. Headache
3. Breast
4. Abdomen
5. Leg/foot

| Point | Categories  | Symptoms/Indications   | Contraindications/Other |
|-------|---|--|-------------------------|
| ST 1  |   | <ol style="list-style-type: none"> <li>1. Eye problems</li> <li>2. Eyelid</li> </ol>   | No moxa!!               |
| ST 2  |   | <ol style="list-style-type: none"> <li>1. Eye problems</li> <li>2. Face problems</li> </ol>  | No moxa!!               |
| ST 3  | Mtg pt of ST and Yang Motility Vessel                           | <ol style="list-style-type: none"> <li>1. Face</li> <li>2. Upper teeth</li> <li>3. Nose</li> <li>4. Local problems – not for probs anywhere else on channel</li> </ol> |                         |
| ST 4  | Mtg pt of ST/LI with Yang Motility Vessel <i>and</i> Ren Vessel | <ol style="list-style-type: none"> <li>1. Mouth</li> <li>2. Face</li> </ol>  |                         |

Stomach 5-8 mostly for Local Problems – face and sense organs

|      |                      |   |  |
|------|----------------------|---|--|
| ST 5 |                      | <ol style="list-style-type: none"> <li>1. Face</li> <li>2. Lower Teeth</li> <li>3. Jaw</li> </ol>   | Vigorous manipulation – facial artery here |
| ST 6 | Ghost Point (SSMiao) | <ol style="list-style-type: none"> <li>1. Face</li> <li>2. Lower teeth</li> <li>3. Jaw</li> <li>4. Ghost point indications – epilepsy, calm Shen disorder</li> </ol>  |  |
| ST 7 |                      | <ol style="list-style-type: none"> <li>1. Joint problems in Jaw</li> <li>2. Face</li> </ol>   |  |
| ST 8 |                      | <ol style="list-style-type: none"> <li>1. Headache<br/>very gentle stimulation, use distal points to balance <ol style="list-style-type: none"> <li>a. Shaoyang/Temporal – Gallbladder Channel</li> <li>b. Yangming/Forehead – Stomach Channel</li> </ol> </li> </ol> | No moxa – hair                             |

| <b>Point</b> | <b>Categories</b>   | <b>Symptoms/Indications</b>   | <b>Contraindications/Other</b>  |
|--------------|---|---|---|
| ST 9         | Window of Sky<br><br><i>Located on anterior border of SCM</i> | 1. Local problems<br>2. Lower the blood pressure  | Contra: Moxa<br>Caution: Carotid artery deep to this point  |
| ST 10        |   | <i>Located on anterior border of SCM</i><br>1. Local problems   | Carotid artery deep to this point   |
| ST 11        |   | <i>Located between sternal and clav heads anterior border of clavicle</i><br>1. Local problems (esophageal) |   |
| ST 12        | Mtg pt of all yang except for UB                              | 1. Local problems   | Contra: preppers<br>Caution:<br>1. transverse cervical artery<br>2. subclavian vessels<br>3. Deep perp/medial punc cd = pneumothx |

St 13-18 = upper ab points, mostly for local problems. All at mamillary line in intercostal spaces...exception = ST 17

| <b>Point</b> | <b>Categories</b> | <b>Symptoms/Indications</b>   | <b>Contraindications/Other</b>               |
|--------------|-------------------|---|--|
| St 13        |                   | 1. Local problems   | Deep or perp punc carries risk of pneumothx. |
| ST 14        |                   | 1. Local problems   | Deep or perp punc carries risk of pneumothx. |
| ST 15        |                   | 1. Local problems   | Deep or perp punc carries risk of pneumothx. |
| ST 16        |                   | 1. Local problems   | Deep or perp punc carries risk of pneumothx. |
| ST 17        |                   |   | Contra: everything!                          |
| ST 18        |                   | 1. Local problems<br>2. One of the best for breast problems (mastitis, no milk, etc.) | Deep or perp punc carries risk of pneumothx. |

ST 19 – ST 24. Lower ab points, 2 cun from anterior midline of the body.  
 All carry risk of organ puncture! Always needle trans or obliquely *downward*.

| Point | Categories     | Symptoms/Indications   | Contraindications/Other   |
|-------|----------------|--|---|
| ST 19 |                | <ol style="list-style-type: none"> <li>1. Digestive problems (mostly stomach related)</li> <li>2. Local problems</li> </ol>  | Deep insert may injure enlarged heart on left, enlarged liver on right.   |
| ST 20 |                | <ol style="list-style-type: none"> <li>1. Digestive problems (mostly stomach related)</li> <li>2. Local problems</li> </ol>  | <ol style="list-style-type: none"> <li>1. Deep needle in thin pts may puncture peritoneal cavity.</li> <li>2. Deep needle right punc enlg'd liver</li> </ol>                            |
| ST 21 |                | <ol style="list-style-type: none"> <li>1. Digestive problems (mostly stomach related)</li> <li>2. Local problems</li> </ol>  | <ol style="list-style-type: none"> <li>1. Deep needle in thin pts may puncture peritoneal cavity.</li> <li>2. Deep needle right punc enlg'd liver</li> </ol>                            |
| ST 22 |                | <ol style="list-style-type: none"> <li>1. Digestive problems (intestinal – gas, bloating, distention)</li> <li>2. Local problems</li> </ol>  | Deep needle in thin pts may puncture peritoneal cavity.   |
| ST 23 |                | <ol style="list-style-type: none"> <li>1. Digestive problems (intestinal – gas, bloating, distention)</li> <li>2. Psycho emotional problems</li> <li>3. Local problems</li> </ol>  | Deep needle in thin pts may puncture peritoneal cavity.   |
| ST 24 |                | <ol style="list-style-type: none"> <li>1. Digestive problems (intestinal – gas, bloating, distention)</li> <li>2. Psycho emotional problems</li> <li>3. Local problems</li> </ol>  | Deep needle in thin pts may puncture peritoneal cavity.   |
| ST 25 | Front Mu of LI | <ol style="list-style-type: none"> <li>1. Front Mu of LI:<br/>Fu organ problems – mostly digestive disorders.<br/>Diarrhea, constipation.</li> <li>2. Lower Jiao – Move Qi and Blood</li> <li>3. Drain dampness</li> <li>4. Local problems.</li> </ol> | <ol style="list-style-type: none"> <li>1. Deep needle in thin pts may puncture peritoneal cavity.</li> <li>2. ♀ during period – <i>only</i> punc with scanty/dysmennhorrea!!</li> </ol> |

|  |  |  |  |
|--|--|--|--|
|  |  |  |  |
|--|--|--|--|

ST 26 – 30. Located 2 cun from anterior midline of body. All good for Lower Jiao problems: uterus, ovaries, bladder, UTI (lower jiao + damp heat) .

Contraindications: all contra'd for preppers!

| <b>Point</b> | <b>Categories</b> | <b>Symptoms/Indications</b>  | <b>Contraindications/Other</b>  |
|--------------|-------------------|--|---|
| ST 26        |                   | <ol style="list-style-type: none"> <li>1. Local problems</li> <li>2. Digestive problems (more for upper than lower points)</li> <li>3. Reproductive problems</li> <li>4. Urinary problems</li> </ol>   | <p>Contra:</p> <ol style="list-style-type: none"> <li>1. preppers!</li> <li>2. Freq urin w/scanty urine (D/H), no moxa!</li> </ol> <p>Caution: Thin subjects: possibly punc of peritoneal cavity</p>  |
| ST 27        |                   | <ol style="list-style-type: none"> <li>1. Local problems</li> <li>2. Digestive problems (more for upper than lower points)</li> <li>3. Reproductive problems</li> <li>4. Urinary problems</li> </ol>   | <p>Contra:</p> <ol style="list-style-type: none"> <li>1. preppers!</li> <li>2. Freq urin w/scanty urine (D/H), no moxa!</li> </ol> <p>Caution: Thin subjects: possibly punc of peritoneal cavity</p>  |
| ST 28        |                   | <ol style="list-style-type: none"> <li>1. Local problems</li> <li>2. Digestive problems (more for upper than lower points)</li> <li>3. Reproductive problems – stronger than 26/27</li> <li>4. Water Passage: Urinary problems</li> </ol>  | <p>Contra:</p> <ol style="list-style-type: none"> <li>1. preppers!</li> <li>2. Freq urin w/scanty urine (D/H), no moxa!</li> </ol> <p>Caution:</p> <ol style="list-style-type: none"> <li>1. Thin subjects: possibly punc of peritoneal cavity</li> <li>2. Full bladder possible UB punc</li> </ol> |
| ST 29        |                   | <ol style="list-style-type: none"> <li>1. Local problems</li> <li>2. Digestive problems (more for upper than lower points)</li> <li>3. Reproductive problems – stronger than 26/27</li> <li>4. Urinary problems</li> <li>5. “Gui Lai” = Return<br/>Amennhorrea, prolapsed uterus, Running Piglet Qi ,<br/>esp during preppers</li> </ol> | <p>Contra:</p> <ol style="list-style-type: none"> <li>1. preppers!</li> <li>2. Freq urin w/scanty urine (D/H), no moxa!</li> </ol> <p>Caution:</p> <ol style="list-style-type: none"> <li>1. Thin subjects: possibly punc of peritoneal cavity</li> <li>2. Full bladder possible UB punc</li> </ol> |

| <b>Point</b> | <b>Categories</b>  | <b>Symptoms/Indications</b>  | <b>Contraindications/Other</b>  |
|--------------|--|--|---|
| ST 30        | Meeting pt of Chong and St Channels<br><br><i>See Chong Channel Notes!</i> | <ol style="list-style-type: none"> <li>1. Local problems</li> <li>2. Digestive problems (more for upper than lower points)</li> <li>3. Reproductive problems – stronger than 26/27</li> <li>4. Urinary problems</li> </ol> | <p>Contra:</p> <ol style="list-style-type: none"> <li>1. preggers!</li> <li>2. No moxa!! (in hairline)</li> </ol> <p>Caution:</p> <ol style="list-style-type: none"> <li>1. Thin subjects: possibly punc of peritoneal cavity</li> <li>2. Full bladder possible UB punc</li> <li>3. ♂ - punc twd inferior = possible punc of spermatic cord.</li> </ol> |

## Chong and Ren Channel

### Pathway of Chong:

Starts at Lower ab/Uterus.

One branch ascends inside of spine

One branch to KI channel at ST 30 → throat → curve around lips → terminates below eye

ST 30 is convergent point

### Pathway of Ren:

Starts at Lower ab/Uterus

One branch goes to spine, DU and KI

One branch to perineum, genitals → midline ab/chest → Throat (chong) → winds around mouth → ends below eye

LU 7 is convergent point

### Chong Channel treats:

1. Disorders of reproductive systems
  - a. Spasms and pain in the abdomen
  - b. Irregular menstruation
  - c. Infertility
2. Adverse flow of qi in ab and chest
3. Abdominal pain
4. Asthmatic breathing

### Ren Channel treats:

1. Uterus and lower ab problems: retention of lochia, dead fetus, pain of genitals and penis, seminal emissions, post-partum inability to speak.
2. Bladder disorders: blood in urine, hot/painful/difficult urination.



3. Throat pain – rebellion and blockage of phlegm and dry throat

St 31-35 mostly used as Ashi points for local problems: pain, limited movement/paralysis, atrophy, etc.

| Point | Categories        | Symptoms/Indications   | Contra |
|-------|-------------------|--|--------|
| ST 31 |                   | 1. Ashi/local  |        |
| ST 32 |                   | 1. Ashi/local  |        |
| ST 33 |                   | 1. Ashi/local  |        |
| ST 34 | Xi Cleft pt of ST | 1. Ashi/local<br>2. Xi Cleft <ul style="list-style-type: none"> <li>a. Acute pain/swelling               <ul style="list-style-type: none"> <li>i. Pain and swelling along channel, esp breast pain/breast abscess</li> <li>ii. Acute epigastric pain</li> </ul> </li> </ul> |        |
| ST 35 |                   | 1. Ashi/local<br>2. One of the best for knee problems  |        |

Stomach 36 – a force unto itself!

| Point | Categories  | Symptoms/Indications   | Contra |
|-------|---|--|--------|
| ST 36 | He Sea point<br>Lower He Sea point<br>Command pt for ab disorders | <ol style="list-style-type: none"> <li>1. Lower He Sea point of Stomach               <ol style="list-style-type: none"> <li>a. Most important pt for treating stomach disorders</li> <li>b. Best point to harmonize Stomach, fortify Spleen. Indicated for every kind of St/Sp disease!</li> <li>c. ST Qi not descending</li> <li>d. Rebellious Qi (hiccups, belching, etc.)</li> <li>e. Spleen Qi deficiency                   <ol style="list-style-type: none"> <li>i. Transform Food                       <ol style="list-style-type: none"> <li>1. Digestive problems</li> <li>2. Qi deficiency</li> <li>3. Blood deficiency</li> </ol> </li> <li>ii. Transform Water                       <ol style="list-style-type: none"> <li>1. Dampness</li> <li>2. Phlegm Retention</li> </ol> </li> </ol> </li> </ol> </li> <li>2. Command point – all disorders of the abdomen</li> <li>3. Help prevent diseases, strengthen body: all kinds of deficiencies</li> <li>4. Descending Qi</li> <li>5. Rescue Yang Qi</li> <li>6. Calm Shen               <ol style="list-style-type: none"> <li>a. Blood deficiency (which can cause DDS, poor mem, insomnia, etc.)</li> <li>b. Transform phlegm (depression, insomnia)</li> </ol> </li> <li>7. Local problems: paralysis, leg pain, muscle atrophy</li> </ol> | None   |

| Point | Categories  | Symptoms/Indications  | Contra                                |
|-------|---|---|---------------------------------------|
| ST 37 | Lower He Sea of LI                                      | 1. Lower He Sea of LI: constipation/diarrhea<br>2. Stomach problems   |                                       |
| ST 38 |   | 1. Shoulder: acute pain/lim movement  |                                       |
| ST 39 | Lower He Sea of SI                                      | 1. Lower He Sea of SI: heart heat to SI, digestive disorders  |                                       |
| ST 40 | Luo Connecting Pt                                       | 1. Luo Connecting point<br>a. Treat disorders of int/ext rel'd Zangfu or channel<br>i. Spleen channel: most important point to resolve phlegm in whole body!!<br>ii. Stomach channel: local problems<br>b. Treat disorders in regions reached by luo channel<br>i. Throat – swelling, pain, plum pit Qi<br>c. Treat psycho-emotional disorders (mania mostly and seeing ghosts) |                                       |
| ST 41 | Jing River point of ST (fire)<br>(mother pt of channel) | 1. Jing River/Fire point<br>a. Clear heat – st organ and channel<br>b. Cough/dyspnea, chills and fever – febriles and malaria<br>c. Diseases manifesting in voice – mania/raving<br>d. Diseases of sinew/bones – Local problems   | Anterior and tibial vessels and nerve |
| ST 42 | Yuan Source of ST                                       | 1. Yuan source<br>2. Mostly Local - pain, swelling of dorsum  | Dorsalis pedis artery                 |
| ST 43 | Shu Stream of ST  | 1. Shu Stream<br>a. Disorders of zang/fu organ<br>b. Heaviness of body/pain in joints<br>c. Diseases manifesting intermittently<br>2. Stomach channel – local at dorsum of foot   |                                       |

| <b>Point</b> | <b>Categories</b> | <b>Symptoms/Indications</b>  | <b>Contra</b> |
|--------------|-------------------|--|---------------|
| ST 44        | Ying Spring of ST | <ol style="list-style-type: none"> <li>1. Ying Spring point<br/>Clear ST excess or deficient heat <ol style="list-style-type: none"> <li>a. ST organ – heat</li> <li>b. ST channel – heat disorders fx upper portion of channel in face/head</li> </ol> </li> <li>2. Local – toes</li> </ol> |               |
| ST 45        | Jing Well of ST   | <ol style="list-style-type: none"> <li>1. Jing Well point</li> <li>2. Local toe problems</li> </ol>  |               |