Syllabus review: same as before. Moving on..

Exam 1 (Class 4) = 25%
Exam 2 (Class 8) = 25%
Final (Class 12) = 50%

1st 2 weeks = spleen, then heart. That’s the gist of the first exam.

Spleen Channel

Main Channel
Meridian starts at big toe. 2 points on the big toe. Spleen is on the inner aspect of the foot –medial side. Other side is Liver. Entry point of SP channel = SP 1, medial side big toe, travels medial side of foot.

Spleen channel doesn’t really change places with Liver. Actually, Liver crosses over the rather stable Spleen channel at about 8 cun above medial malleolus.

Know: spleen channel goes lateral near groin as does liver. Pain in groin area or anterior/middle side of leg at groin can be liver or spleen channel. Ovarian cysts can cause pain on these areas. Can treat liquid type cysts via Spleen channel…goddamit! If only I’d known that about 2 years ago…

Spleen meets Ren at lower ab area – Ren 3 and 4. Meeting point of all 3 foot Yin channels! Ergo, Ren 3 and 4 are often used to treat these channels – urine and repro channels. Moxa and punc are approp for these.

Spleen channel connects with both spleen and stomach organs. One branch before connects goes up, meets LV and GB points, ends about LU 1. No points here. Another branch cnx with internal organs, goes up to connect to heart. Spleen channel sends qi from it’s own meridian to heart next.

3 organs related to Spleen channel: spleen, stomach, heart.
A branch also goes to throat and root of the tongue, spreading over the lower surface of the tongue. Exit point of Spleen Channel: SP 21

Luo Connecting Channel

Begins: Luo connecting point, SP 4.
2 Branches: 1 branch from point goes to the paired channel, stomach channel in the foot. Another branch connects with stomach and intestines. Includes both SI and LI. This is why SP 4 can be used for st cramps, diarrhea, gas, bloating.
Collateral disorders we need to know:

**Rebellious Qi.** Called “Sudden turmoil disorder” in TCM. Similar to stomach flu – n/v/d.

**Excess:** cutting pain in intestines, severe ab cramps, diarrhea. Colitis and diverticulitis can be excess case. Can also have bloating and gas (very smelly) with excess.

**Deficiency:** “Drum distention” in TCM, or abdominal edema. Called this because sounds like a drum when you palpate. Ren 9 (moxa) and SP 4

Gas/bloating in deficiency too, though not smelly. Can have diarrhea here too, also non-smelly. ST 36, ST 25. Strangely SP 4 not used for deficiency much.

Smelly versus not is a good diagnostic for determining excess or deficiency.

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**Great Luo Connecting Vessel of the Spleen**

After a child is borne, most important organ it the spleen for digestion and use of food. Spleen is the root of post=heaven qi. Because of this, Spleen has a 2nd connector…Great Luo of the Spleen. Spreads from **Sp 21 to chest and hypochondriac area.**

Great luo disorders we need to know:

**Excess:** pain in the whole body, like fibromyalgia, qi stag, damp accum. Use SP 21, but dangerous because of lung underneath.

**Deficiency:** flaccid of hundred joints, including atrophy, post injury, diff controlling joints, easily injured. Again, SP 21, but danger of pnuthx.

---

**Divergent channel of Spleen**

Know:

- Diverges at thigh
- Enters: ab to heart
- Exits: throat thru the root of tongue
- Converges with ST channel, penetrates tongue.

---

**Spleen Sinew Channel**

Know:

- Starts: jing well at big toe.
- Bundles at genital organs. Know that Spleen is connected at genital organs. All 3 foot yin channels do, actually, and all are related to genital organs. Know that if person has genital problems like impotence, etc. can be related to dampness due to spleen problem and maybe not kidney afterall.
- Distributed superficially along spleen channel
- Unites at lower ab area, Ren 3.
Points on SP channel can treat

1. Organ related problems
   a. Digestive problems due to SP goobers. Gas, bloating, diarrhea. Can also use for damp retention, diarrhea, and other excess problems.
   b. Dampness or phlegm. Spleen helps transform dampness, resolve phlegm. Pt might have thick yellow coating on tongue, which can be dampness/phlegm/spleen problem. Even without digestive goobs, use Spleen points to help with this.
   c. Qi and Blood deficiency. Benefits/nourishes the qi and blood via the spleen. Spleen 1 and spleen 8 will help stop bleeding problems in some cases.

2. Channel related problems
   a. Where the channel passes through: leg pain (like shin splints).
   b. Inguinal pain. Can choose distal points rather than ashi points. Right hip groin pain, for example, punc on left, make pt move the affected joint. Only works for injury, not ovarian cysts…
   c. Throat pain.

In theory can use the spleen points for heart and stomach where channel goes, but not really good effect. Use pericardium and stomach channels instead.

SP 1 – SP 5 points: digestive, local problems.

<table>
<thead>
<tr>
<th>Point</th>
<th>Category</th>
<th>Indications and notes</th>
</tr>
</thead>
</table>
| SP 1  | Jing Well Ghost | ♦ Digestive problems – sp 3 and 4 used more often…cuz this point hurts! Most often moxa’d, not punctured.  
♦ Local problems  
♦ **Stop bleeding.** Very good for this. Mostly for Spleen Qi Deficiency type bleeding – spleen ascends the clear essence and keeps the blood in the vessels. Because of this the bleeding is more likely to be on the lower part of the body, though can be upper body bleeding like nose bleeds. This is most commonly seen in clinic as heavy menstruation and/or prolonged menstruation (3-7 days is healthy), usually thin or watery blood. If blood is thick and red is heat, if clotty then stagnation. Needle on the point for these conditions. Please be exactly sure, because you generally use moxa on SP 1 to reduce this bleeding and tonify the spleen. Combine with ST 36 and Du 20 to help lift up the Yang qi.  
Be aware that moxa for a long time can change to blood heat since long term deficiency can become heat. Generally use a moxa roll or stick, not direct moxa. 10-15 minutes, as much as 20 in circular pattern. Let the whole toe warm up.  
♦ Easy bruising is also often sp qi defic. Treat with acu/moxa, but |
also have pt eat raw peanuts with the red skins. Helps a lot.

- **Ghost point**

- **Jing Well point** – loss of consciousness, but points on hand are used for faster access.

*MUST have the right differentiation for your patient or you could generate further heat!!!*

<table>
<thead>
<tr>
<th>SP 2</th>
<th>Ying spring</th>
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<tbody>
<tr>
<td>♦ Digestive problems – sp 3 and 4 used more often</td>
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<tr>
<td>♦ Local problems</td>
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<tr>
<td>♦ <strong>Ying spring</strong></td>
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</tbody>
</table>
  Clear heat (both excess and deficient), food stagnation, Gan Ji or malnourishment in children (picky eaters who only eat certain foods, quickly becomes heat and irritability). |
| ♦ **Fire point** and mother point. |
  Tonifies spleen, but that’s theoretical. Don’t use it so much in clinic, but rather use SP 3 + ST 36. |

Just need to know point category for this one.

<table>
<thead>
<tr>
<th>SP 3</th>
<th>Shu stream Yuan source</th>
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<tr>
<td>♦ Digestive problems – used often for this</td>
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<tr>
<td>♦ Local problems</td>
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<tr>
<td>♦ <strong>Shu Stream</strong></td>
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</table>
  Heaviness of body/joint pain – due to damp retention. Earth controls water, water is damp retention. This is the earth point on the Earth channel (ST 36 is the earth point on the earth channel too). Tonifies the earth, strengthens spleen which then controls the water. |
| ♦ **Yuan Source point** |
  Good for related zang organ problems, *Sp deficiency*. |
  - Digestive problems |
  - **Dampness (earth point)** |
  - **Qi and blood deficiency**, though stronger for Qi defic. |

_Yuan source + Luo connecting = SP 3 + ST 40_
Spleen 3 tonifies the spleen while ST 40 resolves the damp/phlegm.

<table>
<thead>
<tr>
<th>SP 4</th>
<th>Luo Connecting Opens to Chong Channel</th>
</tr>
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<tbody>
<tr>
<td>♦ Digestive problems – used often for this.</td>
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<tr>
<td>♦ Local problems</td>
<td></td>
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<tr>
<td>♦ Luo Connecting Channel</td>
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</tbody>
</table>
  - **Treating disorders in region reached by luo conn ch.** – stomach and intestines, so can use for pain, disharmony in ab areas. *See the stuff you need to know* |
above for the Luo Conn Ch.

- Treat disorders if int/ext rel ch or zang fu. Upper (Stomach) and lower (Spleen) ab pain.
- Treat psycho-emo disorders.
  Mania, depression, manic raving, insomnia, etc.
  Actually, in clinic, not often used.

♦ Opens to Chong (Penetrating) Channel

**Know Chong channel indications (below)** – know difference between this and the Ren Channel indications.

Classic of Difficulties says when there is counterflow of qi and ab urgency, the penetrating vessel is diseased.
<<Use SP 4 + P 6…will need to know this couple later, not for Exam 1.>>

- Counterflow of qi: vomiting and sudden turmoil disorder.
- Ab urgency: SP 4 is for distention pain due to any etiology in any area of the abdomen.
- Since penetrating vessel ascends to face, can use for edema of face. (LI 6 is another—combine with this point)
- Few gynecological indications though the Penetrating vessel does originate in the uterus.
- Pain below the umbilicus – according to Ode of the Obstructed River.

### Chong Channel

Memorize Chong Channel indications.

Begins in **uterus**, ascends inside of the **spine**. Another branch goes to ST 30 →**Kidney** channel →**throat** → curves around **lips**, terminates below the **eye**.

**Indications:**

1. **Disorders of the repro system:** spasms/pain in the abdomen, irregular menstruation, infertility
2. **Other:** adverse flow of qi in the ab and chest, ab pain, asthmatic breathing

<table>
<thead>
<tr>
<th>Point</th>
<th>Category</th>
<th>Indications and notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>SP 5</td>
<td>Jing River</td>
<td>♦ Jing River – resolve dampness, tongue stiffness and pain</td>
</tr>
<tr>
<td></td>
<td></td>
<td>♦ Mental problems</td>
</tr>
<tr>
<td></td>
<td></td>
<td>♦ <strong>Local problems</strong> – ankle pain/sprain, esp when pain is interior near medial. Used as Ashi this way for pain in ankle and in channel.</td>
</tr>
</tbody>
</table>
SP 6-9 are the most commonly used SP points in the clinic. All of them have the following indications both for M/F, excess/deficient:

- **Sp and St digestive problems (excess and deficient)** – mostly SP 6 and SP 9
- **Resolve dampness** – mostly SP 9
- **Reproductive problems** – mostly SP 6 (both M and F)
  - Two way regulation – too much or too little. Can help delayed ovulation too.
- **Local problems** – leg pain

### Table: Indications and notes

<table>
<thead>
<tr>
<th>Point</th>
<th>Category</th>
<th>Indications and notes</th>
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</table>
| SP 6  | Meeting pt of SP, KD, LV | NOTE: Contra for preggers because can make uterus contract. Which means, you can also induce labor with it too. Most important point is that it is the meeting point of Spleen (source of Qi and blood), Liver (stores Blood, moves Qi), and Kidney (stores essence ⇔ blood which can transform to each other). Can be used to treat blood disorders because each of the Yin organs here have to do with blood.
- Sp and St digestive problems (excess and deficient) – mostly SP 6 and SP 9
- Resolve dampness – best is SP 9 whether upper or lower body
- Reproductive problems – mostly SP 6 (both M and F)
  - Female:
    - Menstrual problems, infertility
      - Normal cycle considered to be 21-35 days
        - Early = yin xu, blood heat, spl qi xu
        - Late = Liv Qi stag and/or blood stasis. Add 4 gates to this point. If due to Blood xu add St36 to this point.
        - Dysmenorrhea; Amenorrhea
        - Heavy period – often combined with early periods.
    - Preggers contraindicated
      - Can be used to induce labor. Tonify LI 4 while reducing Sp 6.
      - Also not recommended to puncture during bleeding due to the blood moving funx.
    - Vaginal discharge
      - Leukorrhea, defic/excess. If deficient, no smell – usually spleen xu, could be kidney xu.
      - Dryness in vagina.
    - Ovarian cysts – can use for both solid and lipid type (this one is damp retention). Good response. |
- Male:
  - **Infertility** – KI deficiency, Liv Qi stagnation; Damp heat
  - **Impotence**
  - **Nocturnal emissions**

- **Urinary problems**
  Both Kidney excess and deficiency. Kidney controls urine and SP 6 is meeting for SP and Kid channels. Transforms dampness. Can be combined with Ren 3 + 4, SP 9 (damp ret), ST 36 (str qi) and sometimes 4 Gates (to move qi and blood and treat UTI type). Deficiency is usually can’t hold urination, scanty urination. Can be used for UTI. Resolve the dampness!!! Promote urination to rinse the urinary tract and bladder. If no desire to drink water, will prob have thicker tongue coat, damp retention.

- **Skin problems**
  Almost any kind of skin problems, use SP 6. EXCEPT: rashes around SP 6 because you don’t want to punc on a rash. Example: eczema with bad itching, blisters under skin = damp retention. Sometimes weather very dry, skin itch. Those cases SP 6 can be used too – balances 3 yins and nourishes blood. Blood heat can also cause red skin rashes with bad itching (psoriasis = damp heat, blood def)

- **Strengthen Spleen** – digestive problems of gas/bloating/constipation.

- **Tonify Yin**

- **Local problems – leg pain**

- **Blood Disorders**
  nearly all blood problems
  - Blood deficiency – pale face/tongue, blurry eyes, poor mem, poor concentration. Always tonify Qi when tonifying blood!!
  - Blood stasis – sharp fixed pain, bruises, swelling, masses, purple tongue with choppy pulse
  - Blood heat – red skin rashes/ulcers, maybe worse in summer, insomnia, restlessness in Ht, thirsty, red tongue, rapid pulse, sometimes bleeding a thick bright red color.
  - Stop bleeding…sorta…if during menstruation can make uterus contract, resulting in more blood.

Because meridian goes to lower ab area and because all 3 foot yins go here as well, this is why it works for liver, kidney, spleen issues.
<table>
<thead>
<tr>
<th>SP 8</th>
<th>Xi Cleft Point</th>
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<tbody>
<tr>
<td>♦  Resolve dampness – best is SP 9 whether upper or lower body</td>
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</table>
| ♦  Reproductive problems – mostly SP 6 (both M and F)  
Mostly gynecological problems – spotting for instance. “Dripping Valley” in Chinese. Spleen 6 is used more for this. As a matter of fact, SP 7 isn’t used so much. |
| ♦  Local problems – leg pain |
| ♦  Xi Cleft applications – resolve blood stasis (on yin channels, good for blood as well as for acute disorders. Esp good for blood stasis in the lower jiao/uterus/lower ab. Use SP 6 and 8 together for uterus and repro problems. Blood heat, blood deficiency also. Acute problems, heavy bleeding. Dysmenorrhea (acute menst cramps) to reduce cramps – combine 6 and 8. Helps control heavy menses bleeding too. Abdominal masses – uterine masses, ovarian cysts. |
| ♦  Three jiao problems – from *Classic of Difficulties*  
Though this is a classical reference, don’t use these so much in this manner in the clinic. |
| ‣  Upper jiao (ht, lu, peri) = Sp 21 |
| ‣  Middle jiao (sp, st, liv, gb) = St 25  
Remember this is good for any digestive probs. |
| ‣  Lower Jiao (kid, bl, li, si) = Sp 8  
below umbilicus |
| Spleen 1 stronger on stop bleeding, this one is better for moving blood. |

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<thead>
<tr>
<th>SP 9</th>
<th>He Sea Point</th>
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</table>
| ♦  He Sea App’s – water point on earth channel  
**Best point for any kind of damp retention.** Doesn’t matter where the retention is (upper or lower).  
On the lower limbs, the yin he-sea points (SP 9, KI 10, LIV 8) all strongly drain **dampness and damp-heat** from the fu or from extraordinary fu **in the lower jiao**. Specifically in the bladder, intestines, uterus.  
ST 40 is strongest for phlegm retention – if you can’t figure out if it’s damp or phlegm, use both! |
| ♦  Spleen deficiency |

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<p>| | |</p>
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</table>
| ♦ | Sp and St digestive problems  
  Excess and deficient – mostly SP 6 and SP 9  
 ♦ | Reproductive problems – mostly SP 6 (both M and F)  
  For profuse discharge, itching, bacterial infection on genitals, use Liver 8. Liver goes to external genitalia.  
 ♦ | Local problems – knee  
  Note: mom’s weird skin thing on her palms = damp retention. This point is good for this. Also works for post nasal drainage, nasal discharge, ear drainage or damp problems.  
 Don’t suggest strong moxa on this point – causes damage of body fluids and dryness.  

**SP 10**  
You will find 2 descriptions of where this point is located – Shen says 45 degrees.  
♦ | Resolve dampness but not so strong as SP 9.  
  More related to urinary problems – dribbling, retention of urine.  
  Note, this is not the same as retention of water – edema. This refers to full bladder, but problems passing it. In biomed use a guide tube to help guide it out. Can see this problem after childbirth, enlarged prostate.  
  Ren 3 more commonly used – Front Mu of Bladder – and add SP 9 and 6.  
 ♦ | Local problems – inner part of legs. Knee problems in this area also. Can combine with other around the knee points. I.e., use as ashi problem.  
 ♦ | Sea of Blood – blood heat, blood stasis, blood deficiency, all in the lower body below the umbilicus – gynecological and skin problems. Skin = blood related skin disorders such as eczema. Blood heat bolded because good for bleeding to help with these problems.  
  **SP 6, 10**  
  Bladder 17 – Hui Meeting point of Blood better for blood disorders in upper body.  
  Under the skin bruises are blood heat. This point is good for that.  
 ♦ | Parasites and roundworms according to some books. Won’t kill ‘em, but can help with the itching therein.  

SP 6, SP 10, Ren 4 according to ZZ’s professors for any gynec things.  

| SP 11 | Watch out for the femoral artery. Point is not used much in clinic.  
  **Resolve dampness, local problems (see SP 10).** Though mostly used for Ashi point.  

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</table>
| Sp 12 – Sp 16 grouping.  
Caution = deep needling in a medial direction may penetrate the peritoneal cavity. 0.5 – 1 cun safe for these points. Use a 1 cun needle mostly.  

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Remember more distal points have wider actions than those which will have more localized application, thus these are used for local problems. Digestive problems, regulate spleen/stomach. More used for intestinal/spleen related problems – gas, bloating, diarrhea. Stomach problems will respond better with the upper ab (ST and Ren) points (belching, nausea, acid reflux for example).

Doesn’t matter if the problem is defic or excess. Works for both. Smelly gas is excess – damp heat, non-smelly is deficiency. Works for acute and chronic too.

<table>
<thead>
<tr>
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</table>
| SP 12 | Meeting pt of SP, LV, and Yin Wei channels | ♦ Regulate Sp and St. – digestive problems  
♦ Reproductive problems  
♦ Urinary problems. |
| SP 13 | Meeting pt of SP, LV, and Yin Wei channels | ♦ Regulate Sp and St. – digestive problems  
♦ Hernia, but not all that strong. Stomach points work better. Liver 1 would be even better if you want to use moxa. |
| SP 14 | | ♦ Constipation – great for this. Located at the descending colon on the left, left side more imp than right. You can put ear tacks here and have patient massage it. Add SP 15, ST 25  
Recommend pt changes diet, drinks more water (room temp, first thing in the morning before anything else, before any food ingestion).  
♦ Regulate Sp and St. – digestive problems |
| SP 15 | Meeting pt of SP, LV, and Yin Wei channels | ♦ Digestive problems. Constip and diarrhea, add ST 25  
♦ Weight loss/control – esp abdominal area weight gain and spleen qi deficiency type weight gain. Use SP 15, threaded to ST 25, usually a 3 cun needle. You can also use elec acup for this.  
♦ Psycho emotional problems. Stomach 23-24 can be used here too. SI paired with heart type psychoemo can be treated this way. |
| SP 16 | Meeting pt of SP, LV, and Yin Wei channels | (nada) |

SP 17-21 group of points. Chest points. Caution for all of them re pneumothorax with deep or medial acupuncture, esp for thin patients. Do transverse puncture. Use for local problems: chest tightness/pain, hypochon pain.

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<thead>
<tr>
<th>Point</th>
<th>Category</th>
<th>Indications and notes</th>
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</thead>
</table>
| SP 17 | | ♦ Digestive problems – but doesn’t work so well. Use ST 36 instead – safer, better actions.  
♦ Chest tightness and pain  
♦ Hypochondriac pain |
<p>| SP 18 | | ♦ Breast tightness – but other points would probably be better. |</p>
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<tbody>
<tr>
<td>♦ Chest tightness and pain  ♦ Hypochondriac pain</td>
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</tr>
<tr>
<td>SP 19</td>
<td></td>
<td>No specific indications</td>
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<tr>
<td>SP 20</td>
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<td></td>
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<tr>
<td>SP 21</td>
<td>Great Luo Connecting Point of SP</td>
<td>Some debate about 6th or 7th IC space location because classics don’t locate by counting the ribs. International standard = 7th space. ♦ Great Luo Connecting point indications  ○ Excess = pain in whole body (like fibromyalgia)  ○ Deficiency = wakeness, flaccidity ♦ Acute muscle strain – LI 10 and GB 34 would be easier and safer, however. ♦ Upper Jiao problems</td>
</tr>
</tbody>
</table>