Bladder Channel

Pathway discussion.
Most of the points are on the 2 lines of the back. Starts inner canthus – BL 1. Meridian goes up to forehead area \(\rightarrow\) vertex. Very important. Vertex headache can be treated by bladder channel. palpate for tenderness. One branch of bladder channel does go to vertex but has no points. Enters the brain from the vertex. Bladder channel is the only one that \textit{enters} the brain. (Kidney goes into the neighborhood, but never gets there…note that different books have different opinions. Some say yin qiao goes to the brain.
Emerges to descend to the \textit{napo of the neck}. Occipital headache – BL 10 on nape, BL60 on foot. Qiang Huo herb used for tai yang channel too. Two branches from neck:

1. Occip to 2\textsuperscript{nd} bladder line – 3 cun from centerline.

KNOW: GB30 meeting of GB/Bl channel. sciatica pain. \textit{Always} choose for sciatica – side or back pain as long as it’s sciatica. Some pt's don’t have pain on butt/upper leg. May only feel it on the calf.

This line goes from nape down to popliteal fossa, crossing the buttocks to intersect at GB 30.

2. Occipital area to 1\textsuperscript{st} bladder line. Every yang channel meets at Du 14 \(\rightarrow\) du13, then to 1\textsuperscript{st} bladder line – 1.5 cun from midline. All Back-Shus are here. \textit{Connects with Kid and Bl}.

Descends to sacral area. Crosses buttock to popliteal fossa. Ba Liao points – sacral foramen points. Sciatica problems here – will be tender if it’s sciatica. Emphasis: primary channel doesn’t enter the anus, even though some points on BL can treat hemorrhoids. Divergent channel does.

Exit is BL 67.

KNOW: the stuff in blue on the Bladder Primary Channel slide.

Luo Channel
This one is a little different from others – only one branch. Connects with Kid channel. BL 58 \(\rightarrow\) KI channel.

Can suffer from
1. \textit{Excess}: rhinitis with obstrx, running nose and pain of the head and back
2. \textit{Deficiency}: rhinitis with running nose and nosebleed.

Divergent Channel

\textit{Diverge}: from back of knee. Popliteal fossa (big joint) \(\rightarrow\) 5 cun below sacrum.

\textit{Enter}: \textit{winds around and enters the anus} \(\rightarrow\) connects with the \textbf{Bladder} and disperses in the \textbf{Kidneys} \(\rightarrow\) along the spine and disperses in the \textbf{cardiac region (HT)}.
Exit: nape of the neck.

Converge: joins BL channel at BL 10.

**Musculo-tendinous Channel**

Starts small toe, bundles at big joints, distrib back of legs along BL, spine too, unites on face, **ST 3 or SI 18**

You can use ashi points, sliding cupping. Often these areas of the muscular region are painful to the touch for bladder muscular region problems. Use jiaji and ashi. Cupping great too.

**Channel Indications**

1. Problems along the channel
   - headache, eyes, neck and upper back pain, lower back, leg pain. Includes divergent channel problems around arnoos.

2. Back Shu points.
   - Can be used for internal organ problems, esp Zang organs. Fu, too, but not so much.

3. Related connective tissues, 5 sense organs, etc. Repro and urinary problems too – points on sacral areas – in this case is used as ashi points.

**Points**

<table>
<thead>
<tr>
<th>Point</th>
<th>Category</th>
<th>Indications and notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>BL 1</td>
<td>Technique is the most important thing. No manipulation, no retention, will probably bruise and we’re talking Panda Eyes, baby! Always press with a cotton ball, minimum of 1 minute even if you don’t see bleeding. As you might guess, not often used. When it is, used as an Ashi. Use for diff types of eye problems, excs/defic/acute/chron</td>
<td></td>
</tr>
</tbody>
</table>
| BL 2 | Sub for BL 1.  
   1. **Local.** Headache, pain along eyebrows, sinus headache, **eye problems.**  
   2. Acupuncture anesthesia – eye or internal organ surgery.  
   3. Acute lumbar muscle sprain – on side, not on the midline! Insert needle, pt does exercises for lower back.  
   4. Hiccups: strong pressure on this point. Hurts like a mother! Distracts pt from their hiccups. Sometimes works…😊 |
| BL 3-10 | All on scalp. This group of points are used for  
   1. Local problems: headache, heaviness of head, dizziness Note that not all headaches need these points! And don’t manipulate when they have an active headache. |
If the pt is prone to headaches, but come to you between headaches then you can use these points and manipulate them. If they have a headache when they visit you, you can use distal points. Better result.

Vertigo and dizziness – if you’re treating with scalp points, also choose points on arms/legs to balance the Qi. Either no effect or makes it worse.

More often used as an ashi point.

2. Eye diseases
Not great result. Others are better – Du channel on occipital better.

3. Nasal problems
Can be used. Most commonly used is BL 7 for nasal cong.

| BL 3 | Epilepsy. Upper jiao problems. You’ll get this again for scalp acupuncture. Similar to MS-2 for upper jiao. You start from BL 3 with a 1 cun needle, punc downward for about 1 cun. |
| BL 4 | Expel internal wind: epilepsy, convulsion. |
| BL 5 | Some books say vomit and irritability. |
| BL 6 | 1. **Nasal congestion**
Moxa or acupuncture ok. For nasal cong with wind invasion. If pt is face up, needle toward back of heat, if face down, needle toward head. Basically, make it easy on yourself as the practitioner.

2. **Vertex problems/headache**
Cuz it’s in the neighborhood.

3. Facial paralysis
4. Loss of consciousness – brain
5. Phlegm disturbing upper body – asthma, goiter
6. Neck pain, leg pain, numbness |
| BL 7 | Not often used.
1. Calm shen, depression, mania
2. Facial paralysis – scalp acupuncture |
| BL 8 | Not often used.
1. Poor balance
2. dizziness, headache |
| BL 9 | W.o.S
1. **Stiff neck – local, wind invasion**
2. Throat problems – anterior-posterior principle, use back points to affect the front of the body.
3. lower back pain
4. **Occipital headache**
   Another good point is GB 20 for occipital headache and the |
local wind invasion problem. How do you choose? Palpate! Whatever is more tender, use that. GB 20 can expel wind, can be used for whole head because it travels all over it. BL 10 good for taiyang symptoms – add BL 60.

<table>
<thead>
<tr>
<th>BL</th>
<th>BL 11, 12, 13, 41, 42</th>
</tr>
</thead>
<tbody>
<tr>
<td>11</td>
<td>Group is located similarly and so is the indication. Bladder 13 = Bk shu of LU and Bl 42 = emo LU Puncture technique for Back Shu and Bladder points. Deep and perp = risk of pneumothorax. (for 11-22 and 41-51)</td>
</tr>
<tr>
<td>12</td>
<td></td>
</tr>
<tr>
<td>13</td>
<td></td>
</tr>
<tr>
<td>41</td>
<td></td>
</tr>
<tr>
<td>42</td>
<td></td>
</tr>
</tbody>
</table>

1st bladder line (esp 11-22):
- **Located**: 1.5 cun lateral from posterior midline
- **Direction/depth of puncture**: Transverse (25-30 deg) or oblique (40 deg) puncture towards the spine, ½ to 1 cun deep. Choose a 1 cun needle. Remember to adjust for thin vs not so thin.

2nd Bladder line (esp 41-51):
1. **Located**: 3 cun lateral from posterior midline
2. **Direction/depth of puncture**: oblique or transverse toward lateral, 0.3 – ½ cun.

**Indications:**
1. **Respiratory problems**
2. **Expel exterior for exterior syndrome.** Works for wind heat or wind cold. Can puncture or use guasha or cupping.
3. **Local problems** upper back pain, neck pain.

<table>
<thead>
<tr>
<th>BL 11</th>
<th>Hui mtg of Bone</th>
</tr>
</thead>
</table>
| T1    | 1. **Hui meeting point of bone**
      | **Bony painful obstruction.** Like Bi syndrome – deep pain around the bone. Remember that in ancient china you carry heavy things by attaching to a stick and laying across the back…right about in this area.
      | 2. Calm shen: epilepsy, depression. |

<table>
<thead>
<tr>
<th>BL 12</th>
<th>Meeting of the BL with Du channel</th>
</tr>
</thead>
</table>
| T2    | 1. Feng men: wind gate.
      | **a. Exterior syndrome**
      | Expel exterior wind and all exterior syndromes. W/h, W/c, W/d, W.
      | **b. Skin rashes**
      | Mostly wind related like hives. Can also use for itching, but not for oozy skin infections with itching.
      | 2. Clear heat: fever, skin infection on back
<pre><code>  | 3. Vomiting. |
</code></pre>
<table>
<thead>
<tr>
<th>BL 41</th>
<th>Meeting pt of Bl and SI channel</th>
<th>Local, wind, respiratory only</th>
</tr>
</thead>
<tbody>
<tr>
<td>BL 13</td>
<td>Back Shu of Lung</td>
<td>When Pt has lung related problems, whether excess or deficiency, you can always choose Bladder 13!</td>
</tr>
</tbody>
</table>

Back Shu point of Lung

- **Respiratory**
  - Cold Lu, LU atrophy
  - Combined with other points can prevent asthma attacks. Some ppl use *during* asthma attack. Good for Cold or Damp asthma, chronic bronchitis, emphysema
  - Points: BL 13, Bl 20, 43, ST 36, Ren 17 for phlegm ret
  - If due to kidney not rooted lung Qi, add Bl 23.

Needling not used so much as scarring moxa and herbal paste. In healing the moxa scar the body gets stronger and puts more energy into this area. Acupuncture heals too quickly.

Same is true of the herbal paste which irritates the skin and makes a little blister. Moxa hurts badly for a couple of seconds, herbal paste not so painful.

Increases immunity because the body is stimulated by this point.

How to: apply the paste on the point, cover with a bandaid for 4 hours (1.5 if the wimps can’t handle it). A fluid filled blister will form. Do not break it! Do treatment x3/yr for 3 years. Generally, just do it in the summer, on hottest summer days (like late July or early Aug). Do it every 10 days.

See slide 12 of Bladder.pdf

- **Skin**
  - Lung is in chg of skin…this doesn’t mean you use it for every skin condition. But for hives or other LU related is good. Some ppl bleed on this point for severe acne.

- **Water Passage**
  - Regulate water metabolism. I.e., upper body edema.

- **Nasal Congestion**
  - Incl sneezing. Other very good points for nasal congestion. If they are suffering like this, face down might not be good!

Clear empty heat (pulmonary TB). Dry cough and may be coughing blood. Early stage will cough phlegm. Late stage gets dry and bloody. Can be used for any TB related – symptoms include tidal fever, night sweating, loss of weight. Looks a little like Yin Xu…Lung yin xu?
Calm Shen: *clear Jaki*.

**Clear Jaki technique**

This comes from Japanese style acupuncture. Psychological or emo changes, stressed out. May mention they have high stress and want you to calm them down. These points are the back shus for the major organs: BL 13, 14, 15, 18, 20, 23.

Insert perp and just barely tap it in – no deeper insertion, just as deep as the guide tube lets it in. Begin on right for female, left for male; go top to bottom. Do a zigzag sequence. Redness will appear. Leave needles in until redness clears – 15 to 45 minutes usually.

You can use a rotation stimulation, but be very gentle.

When you remove them, remove in reverse.

<table>
<thead>
<tr>
<th>BL 42</th>
<th>Level with T3</th>
</tr>
</thead>
<tbody>
<tr>
<td>T3</td>
<td>Bladder Line 2 often used for Shen disorders. This one used for emotional disorders related to LU.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>BL 14</th>
<th>BL 15, 43, 44</th>
</tr>
</thead>
<tbody>
<tr>
<td>15</td>
<td>43/44 punc laterally 0.3 – 0.5 cun. Deep = risk phthx.</td>
</tr>
</tbody>
</table>

BL 14 = PC, BL 15 = Ht. Can be used for cardio or mental disorders. This grouping is thus related to the heart.

Indications:

1. local – pain in scapular area, between sh blades.
2. pulmonary
3. cardiovascular disease
4. emotional/mental disorders.

<table>
<thead>
<tr>
<th>BL 14</th>
<th>Bk Shu of PC</th>
</tr>
</thead>
<tbody>
<tr>
<td>T4</td>
<td>Back Shu of Pericardium: Heart organ or heart shen related problems. Shen disorders</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>BL 43</th>
<th>T4</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Very important point!</td>
</tr>
</tbody>
</table>

There's even a book about just this point: Jiu Gao Huang Shu Xue Fa (jiu = moxa, gao huang shu = name of point, xue = point, fa = method)

**Gau Huang Shu (or Vital Region Shu)** [name of pt in Chinese]

1. Tonifying every kind of Xu Qi, Blood, Yin, Yang xu

Mostly do direct moxa on this point, per ancient sources. Now
mostly needled.

Kidney and Spleen channel points, plus this point for Xu conditions.
Anciently, this point used for TB – hot flashes, tidal fever, night sweating, weightloss – yin xu symptoms related to TB.

2. **Chronic asthma and prevent asthma attacks.**

3. **Tonify the Immune System.**
   Tied to the treatment of deficiency noted in point 1 above.

4. **Resolves phlegm.**
   Moxa and puncture therapies will help resolve phlegm.
   Note this is predominantly a respiratory problem.

<table>
<thead>
<tr>
<th>BL 15</th>
<th>Bk Shu of Heart</th>
<th>Back Shu of Heart</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>♦ Heart problems, chest tightness, pain, palpitation</td>
</tr>
<tr>
<td></td>
<td></td>
<td>♦ Shen</td>
</tr>
<tr>
<td></td>
<td></td>
<td>i.e., nocturnal emissions.</td>
</tr>
</tbody>
</table>

Night sweating, spontaneous sweating
Refers to heart controlling sweat.

<table>
<thead>
<tr>
<th>BL 16, 17, 45, 46</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bladder line 1 = ½ to 1 cun</td>
</tr>
<tr>
<td>Bladder line 2 = 0.3 – ½ cun</td>
</tr>
</tbody>
</table>

Indications:
1. Digestive (upper) problems: hiccups, nausea, vomiting. Can also be used for pain, gas, bloating, but lower points would be better.
2. Local problems. Upper back pain i.e.

<table>
<thead>
<tr>
<th>BL 16</th>
<th>T6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cardiac problems</td>
<td></td>
</tr>
</tbody>
</table>

**Du-Shu**
Relieves exterior symptoms: chills and fever. This is the shu point related to Du.

<table>
<thead>
<tr>
<th>BL 45</th>
<th>T6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Respiratory problems</td>
<td></td>
</tr>
</tbody>
</table>

**Du-Shu**
- Clear heat, malaria, fever
- Eye problems: blurred vision, eye pain
- Nose: bleeding.

This said, lots of other Du channel points (SI3 i.e.)

<table>
<thead>
<tr>
<th>BL 17</th>
<th>Bk Shu of Diaphragm</th>
</tr>
</thead>
</table>

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<table>
<thead>
<tr>
<th><strong>T7</strong></th>
<th>diaphragm Hui meeting point of blood</th>
<th>Hiccups, nausea, poor appetite, stomachache (all cd be related to rebellion of ST energy), abdominal masses. Diaphragm spasms cause the hiccups.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Hui Meeting Point of Blood</strong></td>
<td><strong>Blood heat, blood stasis or blood xu</strong></td>
<td>Most important acupuncture point for treatment of any disorder arising from these causes. Includes anemia (similar to blood xu), diabetes (blood stasis, i.e.), hypertension (blood heat for example), skin blood related problems like bruising / eczema / psoriasis / acne (SP 6-whole body, SP 10-lower body, BL 17-upper body). Blood xu = dizziness, poor sleeping, etc.</td>
</tr>
<tr>
<td></td>
<td>Respiratory problems. Lung is deep to this, so this point works, but BL 11, 12, 13 would be better choices.</td>
<td></td>
</tr>
<tr>
<td><strong>Four Flower points: BL 17 + 19 will be on final!!!</strong></td>
<td>Yin or blood xu. Ancient treatment: scar bilaterally, 4 spots like a flower.</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Taxation consumption disorder:</strong> tidal fever, night sweating. May very well have been related to Lung TB in ancient times.</td>
<td></td>
</tr>
<tr>
<td><strong>Six Flower points</strong> (Japanese technique):</td>
<td>Yin or blood xu.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>BL 17, BL 18, BL 20. Start on right for female, left for male and insert in a zigzag sequence. But traditionally used with moxa. Used for tonifying blood.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Epilepsy. Can also be related to blood stasis</td>
<td></td>
</tr>
<tr>
<td><strong>BL 46</strong></td>
<td>Ge-guan (diaphragm gate): Hiccups, nausea, poor appetite, stomachache, abdominal masses.</td>
<td></td>
</tr>
<tr>
<td><strong>T7</strong></td>
<td><strong>BL 18, 19, 47, 48</strong></td>
<td>Related to Bk shu of liver and GB. Techniques are the same as the previous group with the same risk of pnths.</td>
</tr>
<tr>
<td></td>
<td>1. Soothe Liver, benefit GB: jaundice, hypo pain, bitter taste in the mouth, nausea (cholecystitis, gall stones, hepatitis.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2. Local problems – joint and back pain.</td>
<td></td>
</tr>
<tr>
<td><strong>Bl 18</strong></td>
<td>Back Shu of Liver</td>
<td><strong>Any problems related to Liver! Can be organ or channel.</strong></td>
</tr>
<tr>
<td><strong>T9</strong></td>
<td></td>
<td>1. <strong>Eyes</strong> – either deficiency or excess</td>
</tr>
<tr>
<td></td>
<td>2. <strong>Tendons</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>3. <strong>Blood</strong> related problems.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Bleeding, menstrual problems, blood xu. Remember Liver</td>
<td></td>
</tr>
</tbody>
</table>

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stores blood by nature. When this goes awry, use this point. Includes bruising under the skin, light headed, dizziness, etc.

4. **Emotions** such as mania, depression, epilepsy, emotional imbalance (excess or xu, heat).
   Damp heat in the liver (like herpes brought on by stress) – clears it out and takes the angry along with it.

5. **Liver Qi Stagnation** including Liver overacting on Spleen

6. **Liver Yang Rising**
   Hypertension, quick temper, etc.

7. Hernia (in theory – pts ON liver channel are better), lower ab problems, breast pain, breast nodules.

When pt is super stressed and gets diarrhea as a result, use this point!

| BL 47 | LV overacting on Spleen |
| T9    | Eyes                     |
|       | Hun men = gate of the ethereal soul |

| BL 19 | Back Shu of GB |
| T10   | Four flower points: BL 17 + BL 19 |
|       | Empty heat: night sweating, tidal fever. |
|       | **BL 19: deficiency taxation** – tidal fever, night sweating, weight loss/emaciation. Generally yin or blood xu. |

**Shen: hard to make decisions, timidity…**
In Chinese, if you have a big gallbladder you make decisions and are not timid. If you have a small gallbladder, reverse: hard to make decisions, easily frightened, timid. Can also choose GB 34, lower he-sea of GB. GB 24 = front mu of GB can use that too.
Herbs which guide to GB are very effective. Zhu zhu, i.e.

**Back shu point of GB**
Gallstones, GB type digestive problems.

As long as dx is related to GB, can use this point, but remember back shu’s often more effective for zang problems.

| BL 48 | Digestive problems: abdominal pain, gas, bloating, diarrhea |
| T10   | Shen |

| BL 20-22, 49-51 |
| 20-21 = risk of pnthx |
| 22 = risk of damage kidney, 1 – 1 ½ cun , but 1 cun is best. Use 1 cun needle and go less deep. |
| 49-50 = risk pnthx |
| 51 = risk of damage kidney |

Indications:
<table>
<thead>
<tr>
<th>Acupoint</th>
<th>Back Shu</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>BL 20</td>
<td>Spleen</td>
<td>Any problems related to Spleen (Back shu of spleen)</td>
</tr>
<tr>
<td>T11</td>
<td></td>
<td>1. Digestive problems</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2. Transform dampness</td>
</tr>
<tr>
<td></td>
<td></td>
<td>leukorrhea, jaundice</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3. Chronic muscular problems</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Spleen is in charge of muscles. Upper, mid, low back, scap area.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Avoid wheat, corn, dairy if you have this spleen type back pain.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Cupping could yield deep purple bruising if you have this.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4. Qi and/or blood deficiency</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Anemia, diabetes, high cholesterol, etc.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Remember ST 36!!! It’s used for for convenience of location.</td>
</tr>
<tr>
<td>BL 49</td>
<td>Spleen</td>
<td>Jaundice</td>
</tr>
<tr>
<td>T11</td>
<td></td>
<td>Because of damp retention. In TCM, jaundice is related to more than Lv and Gb. Can be SpQiXu with damp retention. This is true for hep patients, too. Some folks may manifest with thick yellow tongue coating, hypo pain will be d/h in gb. Others will be low energy, fatigue, poor appetite, loose b.m. perhaps – these are sp qi xu patients.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2. Yi She = Abode of Thought</td>
</tr>
<tr>
<td>BL 21</td>
<td>Stomach</td>
<td>Back Shu point of Stomach</td>
</tr>
<tr>
<td>T12</td>
<td></td>
<td>Stomach related problems: ache, nausea, vomiting, belching. Even though this is true theoretically, tender point may not be at this point. Can combine with BL 17. Also, ST is a fu organ, so the front mu (ren 12) or lower he-sea (st 36) are better points.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>You may need to limit yourself to one side treatment for time mgmt and logistical reasons.</td>
</tr>
<tr>
<td>BL 50</td>
<td></td>
<td></td>
</tr>
<tr>
<td>T12</td>
<td></td>
<td></td>
</tr>
<tr>
<td>BL 22</td>
<td>San Jiao</td>
<td>Back Shu of San Jiao</td>
</tr>
<tr>
<td>L1</td>
<td></td>
<td>Water passage = SJ. Promote urination (kidney stone, i.e.) – water retention too. Some people say UTI, but not so good. UTI is actually related to Bladder – go for sacral area.</td>
</tr>
<tr>
<td>BL 51</td>
<td></td>
<td>1. Breast problems – other points are better</td>
</tr>
<tr>
<td>L1</td>
<td></td>
<td>2. abdominal masses – esp fibroids, endometriosis, but not the best one. Sacral area points are better.</td>
</tr>
<tr>
<td>BL 23, 52</td>
<td>Risk of Kidney puncture with deep/perp punc on both BL 23 = 1 to 1 ½ cun puncture, obl or perp-obl BL 52 = ½ to 1 cun puncture, oblique</td>
<td></td>
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<tr>
<td>-----------</td>
<td>-------------------------------------------------------------------------------------------------</td>
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</tr>
</tbody>
</table>

**Indications**

1. **Tonify Kidney!**
2. Reproductive system problems.

| BL 23, 52 | 1st and 2nd Bladder lines respectively. Both carry risk of kidney damage. Both: **Both** good to tonify kidney. BL 23 used more often. BL 52 more dangerous. Reproductive system problems regardless of male/female: menstrual probs (delayed, early, irreg), perimeneopausal symp (all those kidney yin xu things), fertility problems (infertility or miscarriage – moxa will help a lot, as will heat lamp; heating pad at home will help too – probably also has coldness, weak/pain lower back, knee weak/pain). Urinary problems: deficient kind - freq urination, large amounts, night urination (up several times to urinate). Excess symptoms treated from Bladder or Jiao standpoint – this is usually freq, but scanty, burning, etc. Prolapse of LJ organ indicating Kid xu. Can often combine with Du4 at the same level (L2) Kidney yang xu, back treatments work best. Cold, back pain, knees, etc. **BL 23:**

**Any kind of kidney deficiency**

(Kid yang xu, Kid yin xu, Kid Qi xu, Kid Essence xu)

1. Respiratory
   Kidney not rooting LU Qi. Along with BL 13
2. Ear
   Tinnitus, hearing loss, etc. though result isn’t all that quick, may take time to see diff.
3. Joint, bone, spinal
   a. Joint pain can be all kinds of things. No matter what kind of arthritis, if dx is Kid xu, can use this point. RA is a kidney thang – kidney in charge of bones. Good treatment: When not flared up, use scarring moxa
with rice size cones (3 is actually enough each side of BL 23, then face up and continue treatment). When flared up, is excess/toxic heat.

b. Spinal: Add BL 40, bleed it if severe.

4. Urinary and bm problems
   Abdominal area points are better
5. Hair
   Hair loss, dry, brittle and easily break – can also be blood deficiency.

Post trauma like after car wreck w/ poor memory and concentration afterwards, pale face, etc. This is Kidney Yang Xu. Add GB 39 – hui meeting point of marrow.

BL 52: Zhi shi is Residence of the Will

<table>
<thead>
<tr>
<th>BL</th>
<th>Local problems</th>
</tr>
</thead>
<tbody>
<tr>
<td>24 (L3)</td>
<td>Pretty safe for the most part.</td>
</tr>
<tr>
<td>25 (L4)</td>
<td>Perp punc, easily get qi sensation.</td>
</tr>
<tr>
<td>26 (L5)</td>
<td>Mostly used for Local problems.</td>
</tr>
<tr>
<td>27 (S1)</td>
<td>1. Reproductive problems – uterus, ovaries on the flip side of this point. Work for both excess and deficiency. Kid xu type repro as well as excess such as blood stasis, d/h in LJ.</td>
</tr>
<tr>
<td>28 (S2)</td>
<td>I.e., heavy bleeding in period, debilitating cramps, lower back cramps.</td>
</tr>
<tr>
<td>29 (S3)</td>
<td>2. Urinary problems</td>
</tr>
<tr>
<td>30 (S4)</td>
<td>Prostate, Kid xu type urinary problems. BL 28, kinda deep is good result.</td>
</tr>
<tr>
<td>53 (S2)</td>
<td>3. Probs related to BM – constip, diarrhea, hemorrhoids</td>
</tr>
<tr>
<td>54 (S4)</td>
<td>4. Lower back pain, sacral pain.</td>
</tr>
</tbody>
</table>

BL 25: Back Shu of LI, digestive problems though ST 25 is better (front mu of LI)

BL 27: Back Shu of SI, good for hernia, reproductive problems. Best in clinic, however, for hernia is LIV 1.

BL 28: Back Shu of BL, use for urinary, prostate, reproductive. Remember in lower ab there’s REN 3, the Front Mu of Bladder. Also, ST 28 is the Water Passage point. You can aim the needle toward these points.

Know local problems, point categories.
33 (S3)  34 (S4)  35 (coccyx)  
3. BM – dia, constip, hemor (more often used for hemor)  
4. Lower back pain, sacral pain  
   Used as ashi – most common use)  

BL  
36  
37  
38  
39  
40  
| Location on leg from gluteal fold to popliteal crease | Located on leg from gluteal fold to popliteal crease  
| --- | Used a lot in clinic for sciatica problems.  
| 1. Local problems  
   Leg pain, sciatica along bladder channel on back of leg.  
   Notes: Not appropriate if pain is on the side of the leg – choose GB points instead.  
| 2. Urinary problems – not as good as the sacral area points.  
| 3. BM problems – again, not as good of a result.  

BL 36:  
Hemorrhoids  

BL 39:  
**Lower He-Sea of SJ** – water metabolism including  

BL 40: commonly used point in the clinic  
**He Sea of BL**  
**Command point – low back area**  
1. **Command point:**  
   **Best distal point for back pain, lower back pain.** All disorders of lumbar region and back. Technique to use: regular puncture is OK, but best result for lower back or upper back pain is blood letting. Not easy to get it with the patient prone – in clinic, use a tourniquet on upper leg and let blood pool for a little bit. Remember you can use LI 10, but that’s for acute condition. This point is good for more chronic or any etiology/pattern.  
2. **Clear heat/cool blood**  
   Fever, malaria, heat stroke…  
   Can use Du 14 for blood letting too. Also, LI 11 – sore thoat plus fever – also LU 11, LI 1 blood letting.  
   Heatstroke: Best treatment is *Guasha* or blood letting on BL 40. You can also use P3. Also, GB 20, BL 10 area along bladder 1<sup>st</sup> and 2<sup>nd</sup> lines as well as Du. Sha spots come easily. Do mostly on the upper back. (Damp heat and damp retention, sha is easy to get.)  
   BL 40 is a very good point to cool blood.  

   **a. Skin problems (blood heat, cool blood)**  
   See 3b below. Mastitis too – which is also blood heat.  

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3. **Lower He Sea point of Bladder**
   Urinary problems.
   a. Counterflow qi and dia, disease of ST disorders resulting from irreg eating and drinking: sudden turmoil disorder w/ab pain, vomit/dia and dysenteric disorders (heat stroke). Not for all kinds of diarrhea/nausea/vomiting, but those caused by heat reasons. Does not include food poisoning, morning sickness, etc which aren’t as a result of heat, esp summer heat.
   b. **Diseases of the skin**
      clove sores (deep rooted skin infection caused by toxic heat – use blood letting), erysipelas (cinnabar toxin), eczema, urticaria. All these are excess heat type problems.
4. **Open orifice:** treat and prevent heat stroke, sunstroke, epilepsy attack…
5. **Menstrual cramps** – some ppl use it for this because related to moving blood function that this point has (treat lower back pain, i.e. implies move blood). Clinically, however, is not the 1\textsuperscript{st} choice.

<table>
<thead>
<tr>
<th>BL 55</th>
<th>Not often used, mostly as Ashi if they are used. Loc below the knee, safe, can punc ½ - 1 ½ cun safely.</th>
</tr>
</thead>
</table>
| 56    | **All good for local problems**
       | Lower back pain, leg pain, movement limited. Problems along the bladder channel. For lower back pain, combine with local points for back pain. |
| 57    | BL 55
       | Repro: leukorrhea, flooding, leaking (menstr with very scanty flow but lasts for weeks), hernia, dysfunctional uterine bleeding (SP 1 is better) |
| 58    | BL 56 **Hemorrhoids,** diarrhea, constipation and other b.m. problems. Also local problems. |
| 59    | BL 57 **Hemorrhoids,** nasal bleeding, hernia, infantile convulsions. |
| 60    | BL 58, 59, 60 can be used for problems on the head – headache, heaviness of body, drain heat downward. |
|       | BL 58 **Luo connecting of BL channel.**
       | Called Fei Yang in Chinese. Specifically used earlier for leg pain. |
Believed the heaviness of the leg will be much relieved by use of this point. Can use for post exercise soreness, cramps, pain. Helps, but doesn’t totally disappear.

1. **Hemorrhoids**

2. **Luo Connecting Point**
   a. **Treat disorders of int/ext rel channel/Zangfu (kid and bl)**
      i. KI Xu and cold in the lower part of the body.
         Coldness and weakness of the legs, lumbar pain. But there are so many other good points for these problems that this point is not the 1st choice.
         Urinary problems.
         Can turn fetus into the correct pos, but not best. Best is BL 67 for breach baby. Another is GB 41.
         Get a consent from MD and gynecologist for your insurance, their insurance, etc. Without extra help to check on this the umb cord could wrap around baby’s neck.
      ii. Uprising of yang along the BL channel to the head (headache, dizziness, blurred vision, heat, etc.) These are BL channel problems. BL 60 is also very good for these symptoms, so this point is not often used for these problems.
   b. **Collateral channel problems**
      i. **Excess:** Rhinitis with obstruction, running nose, and pain of head and back.
      ii. **Deficiency:** Rhinitis with running nose and nose bleed.
   c. **Yuan Source and Luo cnx combination**
      Kid3 + BL58. Kid3 benefits Kid yin below while BL58 lowers excessive Yang which becomes unrooted by the Yin xu and rushes upward to the head.

**BL 59**

**Xi Cleft of the Yang Qiao/motility**

Qiao in Chinese means movement – hence the motility.

1. Headache, heaviness of the head
2. Clear heat: Taiyang syndrome (ext w/c), malaria… BL 62 is the best one, though for Yang Qiao channel problems.

3. **Xi Cleft of the Yang Qiao/Motility**
   a. Sleeping problems – with Yang Qiao imbalance with not enuf Yang qi = sleepiness. If too much Yang Qi = insomnia. Regardless, you use Kidney 6 and BL 62 to fix these problems. Yang Qiao treats lower body and inversion of the foot (again, Kid 6 is best for this).
   b. Movement on the lower extremeties.
Jing River point of Bladder

1. Jing River/Tai Yang Syndrome
   I.e., wind cold invasion, though GB 20 is better.
   Chills, fever, body aches, stiffness of neck, etc. Mostly wind/cold.
   Bladder and SI channel can be used to treat Taiyang. Better than BL 59. Use cupping in the painful area, usually upper back.
   a. Cough, dyspnea, chills and fever.
      Diff breathing, catch cold, muscle aches (usually along the taiyang areas – upper back, shoulder, SI channel, midback, legs), chills, fever, etc. Good point for Taiyang syndrome. Use Ashi points and heat as well.
   b. Diseases of sinews and bones
      Stiff neck, headache, contraction of shoulder and back, lumbar pain, sacral pain, pain of coccyx, heel pain, ankle pain, lockjaw. Related to where channel passes thru.
      Remember that distal points are good for upper end of channel. Not necessarily the best, but good for wind invasion stiff neck, headache – occipital
      [Yangming for forehead. Temporal = shaoyang (GB, SJ). Vertex = jueyin so use LIV and PC.]

2. Induce labor
   Not as good as the prior point.
   (ST 30, 29, 12, LI 4, SP 6 are others to induce labor).

3. Infantile convulsions
   Same as BL 57 – muscle twitching too.

BL 61-67
On the foot, mostly used for local problems, for upper end of channel problems: headache, stiff neck, lower back pain, leg pain. Remember BL 60 for TaiYang Syndrome.
Usually in clinic for foot pain as Ashi points.

BL 61
Nasal bleeding, but rare to see.
Can help descend the Qi so heat doesn’t rise and cause the nasal bleeding.

BL 62
Confluent of Yang Qiao
Ghost Point
Yang Qiao’s channel problems.
This is the 1st choice for Yang Qiao channel problems.

Yang Qiao Channel Pathway:
Starts BL 62, thru heel and along the legs, up to shoulder, to head.
Meets at Yin Qiao Channel at BL 1. This is important, as is the fact that it enters the brain at Du 16. Kidney 6 (Confluent of Yin Qiao) treats

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Yin Qiao problems and consequently brain problems such as epilepsy (night time kind) and is related, meeting at BL 1. BL 62 is used to treat epilepsy, exterior wind, interior wind. Remember this epilepsy is the day sort of epilepsy. Exterior type wind invasion is related to the Taiyang syndrome: chills, fever, body and neck aches, stiff neck, etc. Interior wind—brain related problems which it can treat because it enters the brain.

Because both the Yin Qiao and Yang Qiao convergents meet at BL 1 they can treat insomnia. Reduce on BL 62, tonify on Kid 6 if patient has insomnia. If patient is somnolent (always sleepy) it indicates they have not enough Yang Qi – tonify on BL 62 and reduce on Kid 6.

Can treat Eversion of the foot (remember K 6 is for inversion of the foot).

Treats spasm of the lower limbs.

Also a good ghost point. Mostly this refers to daytime epilepsy. ST 6 and Du 24 are also used for epilepsy and as ghost points.

(Be aware that if you are specifically treating epilepsy you may pay much more malpractice insurance fees).

Know this is one of the 8 confluent points. As a matter of fact, know them all!

Also, compare this point to Kidney 6 when you study it!

| BL 63 | Xi Cleft of Bladder channel | Sudden onset of symptoms due to its’ Xi Cleft applications. Specifically, Shan disorder (hernia), sudden turmoil disorder (acute vom/diarr with cramps). Clinically, however, use the Liver channel points like Liver 1 (moxa). Sudden turmoil can be better treated by using SP 4, more often used. |
| BL 64 | Yuan Source point | Mostly yang related Yuans are for problems on the Yang channel, but not so much on this channel |
| BL 65 | Shu Stream | Disease manifesting intermittently. Diarrhea, hemorrhoids. Comparatively not all that used. |
| BL 66 | Ying Spring | Mostly Ying Springs are good for clearing heat, but not to much with this one. |
| BL 67 | Jing Well | Regulates Kidney Qi, retention if urine; mostly used for turning the fetus into the correct position (often for breach baby.) In clinic always use moxa on this point, mostly moxa roll. Can send a patient home with one of these and instructions to do 15-20 minutes per side, one side at a time. |
time. When they do moxa, choose a comfortable position first…which would usually be on their left sides with knees curled up some.

Important: have someone help them! Important NOT to do it themselves! That will scrunch them up and the fetus will not be able to move as they are trying to get them too.

Choose PURE moxa when you are in the clinic. Some moxas mix other herbs and some of them induce labor! Can be smokey or smokeless. Smokey kind is usually better…

What is a good time to do moxa for a patient? 29-38 weeks. Don’t do it early or the baby will just turn back! ZZ says later than week 35. Also, still a possibility the baby will turn on it’s own.

ALSO: don’t treat for this unless the doc has referred to you! Also, better to do w/doc supervision to monitor cord and position in relation to baby’s neck. This is malpractice insurance financial hell, too. Mostly this insurnace covers nothing for preggers but early mornin sickness and some other early stuff.

**Jing Well applications.** Treats uppermost channel problems, but there are a lot of other good points for this, so this isn’t often used for this. (Vertex headache, occipital headache, nasal congestion, etc.)

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**CAMS book:** Treatment of disease classes use this. A lot of exams, esp board exams have questions from CAMS. Some of the case discussions for the final might just be from here! Be aware that the points in this book are not exactly the same as we use in clinic.

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**Final**

Memorize ALL points from Lung to Bladder/Kidney.

- All point categories.
- Five element theory and 4 needle tech
- DONE - Pathway of meridians – this trimester only. Sp, heart, si, bl, kid. Focus on primary, luo. (not so much divergent/muscular)
- DONE - Extra channels – indications and opening points of ren, du, chong, yin qiao, yang qiao.
- Headaches – distal points to treat different types. Example: frontal headache = yang ming channel (choose the points on the yangming channel), occipital = taiyang (bladder channel i.e.)
- Case discussions.
  

Most of the focus will be this term – spleen to kidney/bladder. Some from last trimester, mostly from this one.
**Case Discussion 1**

Constipation: pt’s fave foods are the spicy ones. Has ab pain, worse with pressure. Has gas. Is thirsty, prefers cold drink. Additionally you notice the pt has bad breath, scanty dark urine, red tongue, yellow rough coating. Pulse is strong.

Dx: Heat accumulation.
Treatment: reduce heat, clear constipation.

Constipation: ST 25, ST 37 (lower he sea of LI)
You could also use SP 14/15
Reduce heat: LI 11, LI 4. You could use ST 44 for the stomach heat and bad breath, but don’t have to.

**Case Discussion 2**

Dysfunctional uterine bleeding
Profuse bleeding, or continuous scanty bleeding. Light red, thin blood, fatigue, shortness of breath, pale tongue, thin/thready weak pulse.

Diff: Qi xu.
Treatment: tonify Qi. SP 3 to tonify Qi and blood xu, ST 36 to tonify Qi/blood. SP 1 to stop bleeding. SP 8 could be ok b/c Xi cleft and help stop bleeding. Kid 3 could be used. Don’t use 4 gates as that will move even more blood and bleeding heavier. BL 20 to tonify spleen.

**Case Discussion 3**

Diarrhea
Chronic with undigested food, nausea, fullness after eating, pale face, fatigue. Tongue is pale, white coat. Pulse is thready and forceless.

Diff: Spleen Qi Xu
SP 15, ST 25, ST 37, ST 39 can stop the diarrhea. ST 36, BL 20, SP 3 can tonify the spleen.

Think about the case, the differentiation. Think about the related symptoms and organ. If fu, use front mu/lower he sea. If zang, yuan source, back shu point.

Final is not so difficult. Choose the point groupings rather than picking the points on your own. We’ll save that happy pleasure for treatment of disease!

NOTE: The case discussions came from CAMS!!