

Know: points, meridian pathways

From previous term: really important points from last trimester, 5 element points and theories, indications for jing well/ying spring/shu stream/ jing river/ he sea, etc., methods for needling with 5 element theory, The Chart, path of energy through the channels (tai yin → yang ming → shao yin → tai yang → jueyin → shao yang)

Spleen Channel of the Foot Taiyin

What is the entry point of the Spleen Channel?

SP 1 on the medial corner of the big toenail.

Where do the Liver and Spleen channels cross?

8 cun superior to the medial malleolus

Where does the Spleen channel cross the Ren channel (also where all 3 foot Yin channels meet)?

In the lower abdomen at Ren 3 and 4

What 3 organs does the Spleen channel pass through?

Spleen, Stomach, Heart

Where in the mouth does a branch of Spleen go and open to?

Spleen channel spreads over and opens to the lower surface of the tongue

What is the exit point of the Spleen channel?

SP 21

What is the Luo connecting point of the Spleen channel?

SP 4

Where does the Luo Connecting Channel branch to?

From SP 4, goes to 1) Stomach and Intestines and to 2) The ST channel in the foot.

What are the 3 types of Spleen (Cnx) Collateral Channel disorders?

- 1) Rebellious Qi - Sudden Turmoil Disorder
- 2) Excess – cutting pain in the intestines, ab cramps, diarrhea

3) Deficiency – Drum distention or abdominal edema

From what point does the Great Luo Connecting Channel of Spleen emerge?

SP 21

Where does the Great Luo Connecting Channel of the Spleen travel?

Chest and hypochondriac region

What are 2 Great Luo Connecting Channel disorders?

- 1) Excess – pain of the whole body
- 2) Deficiency – flaccid of hundred joints

From where does the divergent channel of SP diverge?

Thighs

Where does the divergent SP channel enter?

Abdomen → heart

Where does the divergent SP channel exit?

Throat through root of the tongue.

With what does the divergent SP channel converge upon exiting and what does it penetrate?

Converges with ST channel and penetrates the tongue.

Where does the SP Sinew channel begin?

Big toe

Where does the SP Sinew channel bundle?

Genital organs. (also ankle, knee, hip)

Where is the SP Sinew channel distributed?

Superficially along SP main channel

Where does the SP Sinew channel unite?

Lower ab at Ren 3

Point	Categories	Indication/Contras/Cautions
SP 1	Jing Well Ghost Point	<ol style="list-style-type: none"> 1) Stop bleeding 2) Ghost point 3) Digestive problems 4) Local problems
SP 2	Ying Spring	<ol style="list-style-type: none"> 1) Ying spring – clear heat, food stagnation 2) Fire point (mother) – tonify spleen 3) Digestive Problems 4) Local problems
SP 3	Shu Stream Yuan Source	<ol style="list-style-type: none"> 1) Shu Stream – heaviness of body, pain in joints 2) Yuan Source <ol style="list-style-type: none"> a. SP deficiency <ol style="list-style-type: none"> i. Dampness (earth point) ii. Qi deficiency 3) Digestive problems 4) Local problems <p>Excessive phlegm = Yuan src (SP 3) + Luo conn (ST 40)</p>
SP 4	Luo Connecting Opens to Chong Channel	<ol style="list-style-type: none"> 1) Luo connecting <ol style="list-style-type: none"> a. Treating disorders in areas reached by Luo <ol style="list-style-type: none"> i. Rebellious Qi – sudden turmoil disorder ii. Excess – cutting pain in ab, cramps, diarrhea iii. Deficiency – drum distention b. Treat disorders of int/ext related chs and orgs <ol style="list-style-type: none"> i. Upper(stomach) and lower(spleen) abdominal pain c. Psycho emo disorders 2) Opens to Chong Channel (see below) <ol style="list-style-type: none"> a. SP 4 + P 6 for counterflow of qi w/ab urgency. b. Vomiting and sudden turmoil disorder c. Distention and pain in ab: <i>any area, any etiology.</i> 3) Digestive problems 4) Local problems <p>Ode of the Obstructed River says SP 4 for any ab pain below umbilicus.</p> <p>KNOW: Ren versus Chong channel indications!</p>

Chong and Ren Channels

Where does the Chong Channel begin, what are the 2 branches from here?

Uterus in lower abdomen.

1. 1 branch ascends inside of Spine.
2. Another branch goes to ST 30

From ST 30, where does Chong channel travel?

Kidney channel → Throat → Curves around lips → Terminates below the eye

Indications for the Chong Channel

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

What are the 12 points of the Chong Channel?

Ren 1

Kidney 11-21

ST 30

Pathway of Ren:

Starts at Lower ab/Uterus

1. One branch goes to spine, DU and KI
2. One branch to perineum, genitals → midline ab/chest → Throat (chong) → winds around mouth → ends below eye

LU 7 is convergent point

Indications for Ren Channel

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

Point	Categories	Indication/Contras/Cautions
SP 5	Jing River	<ol style="list-style-type: none"> 1) Digestive problems 2) Local problems
SP 6	Mtg pt of SP, LV, KID	<ol style="list-style-type: none"> 1) Blood disorders 2) Reproductive systems <ol style="list-style-type: none"> a. Female <ol style="list-style-type: none"> i. Menstrual problems: <ol style="list-style-type: none"> 1. Infertility 2. Vaginal discharge b. Male <ol style="list-style-type: none"> i. Infertility ii. Impotence iii. Nocturnal emissions 3) Urinary problems 4) Skin problems 5) Strengthen spleen 6) Tonify yin 7) Sp/St digestive problems, both excess and deficient 8) Resolve dampness (best is Sp 9) 9) Local problems – leg pain <p>Contraindicated in preppers (though can induce labor)</p>
SP 7		<ol style="list-style-type: none"> 1) Sp/St digestive problems (mostly 6 and 9 though) 2) Resolve dampness (Sp 9 best however) 3) Reproductive problems 4) Local problems – leg pain
SP 8	Xi Cleft point	<ol style="list-style-type: none"> 1) Xi Cleft application <ol style="list-style-type: none"> a. Resolve blood stasis (LJ - uterus/lower ab) LJ = kidney, bladder, lg intestine, sm intestine 2) Lower jiao problems 3) Sp/St digestive problems (Sp 6 and 9 mostly) 4) Resolve dampness (though mostly Sp 9) 5) Reproductive probs (mostly Sp 6) 6) Local problems – leg pain
SP 9	He-Sea point (water)	<ol style="list-style-type: none"> 1) He-Sea point applications <i>Best point for any kind of damp retention, upper and lower body.</i> (ST 40 = phlegm, not damp). 2) Dampness and damp heat in the lower jiao 3) Sp/St digestive problems - excess or deficient 4) Reproductive issues (mostly Sp 6) 5) Local problems – knee

Point	Categories	Indication/Contras/Cautions
SP 10		1) Sea of Blood applications <ol style="list-style-type: none"> a. Blood heat, stasis, deficiency b. SP 6 and SP 10 2) Resolve dampness – mostly dribbling/retention urine 3) Local problems – inner legs
SP 11		1) Resolve dampness – mostly dribbling/retention of urine 2) Local problems - inner aspect of legs Caution: femoral artery here
SP 12	Meeting pt of SP, Liv, Yin Wei vessels	Caution: deep needling in thin pts may punc peritoneal cav
SP 13	Meeting pt of SP, Liv, Yin Wei vessels	Caution: deep needling in thin pts may punc peritoneal cav
SP 14		1) Constipation (left more than right side) Caution: deep needling in thin pts may punc peritoneal cav
SP 15	Meeting pt of SP, Yin Wei vessels	1) Digestive problems 2) Psycho emotional problems Caution: deep needling in thin pts may punc peritoneal cav
SP 16	Meeting pt of SP, Yin Wei vessels	Caution: deep needling in thin pts may punc peritoneal cav
SP 17		1) Chest tightness and pain 2) Hypochondriac pain Caution: perp insert esp in thin = risk of pneumothorax
SP 18		1) Chest tightness and pain 2) Hypochondriac pain Caution: perp insert esp in thin = risk of pneumothorax
SP 19		1) Chest tightness and pain 2) Hypochondriac pain Caution: perp insert esp in thin = risk of pneumothorax
SP 20		1) Chest tightness and pain 2) Hypochondriac pain Caution: perp insert esp in thin = risk of pneumothorax
SP 21	Great Luo Connecting Point	1) Chest tightness and pain

Point	Categories	Indication/Contras/Cautions
	of the Spleen	2) Hypochondriac pain Caution: perp insert esp in thin = risk of pneumothorax

Heart Channel of the Hand Shaoyin

Focus on Luo and Primary more than divergent or muscular

Where does the ♥ channel start?

At the heart organ

Where do the 3 branches of the ♥ Channel go?

1. To Small Intestine
2. Alongside the esophagus, to tissues surrounding the eye (canthus')
3. To ♥ system, entering the Lung, travelling down the medio-posterior aspect of the upper arm.

What 3 organs are included along the Heart Channel?

1. Heart
2. Lung
3. Small Intestine

What is the Luo Connecting point of the ♥ and where does it go from there?

Heart 5

Two branches:

- 1) Along ♥ channel → root of tongue → eye
- 2) To SI channel

What are the two disorders found in the Luo Connecting Channel of the ♥?

- 1) Excess – Qi or blood stagnation, expressed as fullness or pain in the chest area
- 2) Deficiency – speech difficulties like post-stroke patients.

Where does the ♥ Divergent Channel diverge, enter, exit and what channel does it then converge with?

Diverge: ♥ primary channel at Ht-1

Enter: Chest at ♥

Exit: Face

Converges with: SI primary at eye.

Where do the ♥ Muscular Regions start, bundle, where are they distributed and where do they unite?

Start: Little finger at Ht 9

Bundle: Big joints of the upper extremities and the hypochondriac region

Distributed: along ♥ Channel, plus breast/navel.

Unite: Hypochondriac region – GB 22

What are the 3 major indications for the ♥ Channel?

1. Chest problems
2. Heart problems (both phys and psycho-emo)
3. Problems along the ♥ Channel pathway

Point	Categories	Indication/Contras/Cautions
HT 1		Caution: 1) axillary artery, 2) medial twd chest = risk pnthx
HT 2		Caution: brachial artery
HT 3	He Sea point	1) Heart Organ problems: both physical and emotional (Shen) <i>Best Heart point to regulate Shen</i> Contraindication: no moxa per ancient texts.
HT 4	Jing River <i>Mostly = pain</i>	1) Chest pain and tightness 2) Psycho-emotional 3) Heart problems – physical and shen 4) Local problems
HT 5	Luo Connecting Point <i>Mostly for speech probs</i>	1) Luo Connecting point <ol style="list-style-type: none">a. Collateral problems- <i>tongue</i>b. SI and HT channel problems (SI = freq urin, irritability HT = both organ and local)c. Treat psycho-emo 2) Heart problems – physical and Shen 3) Local problems
HT 6	Xi-Cleft point	1) Xi-Cleft applications <ol style="list-style-type: none">a. Acute pain – heart painb. Blood disorders:<ol style="list-style-type: none">i. Bleedingii. Night sweats due to either Yin xu or Heart blood xu. 2) Heart problems – physical and Shen 3) Local problems
HT 7	Yuan Source Shu Stream	1) Calm Shen <i>Best pt for calming Shen disorders – any differentiation.</i>

Point	Categories	Indication/Contras/Cautions
		2) Yuan Source application Tonify deficiency 3) Heart problems – physical and Shen 4) Local problems Caution: ulnar nerve and artery
HT 8	Ying Spring point	1) Fire point of the Fire channel <i>clears Heart heat</i>
HT 9	Jing Well point	1) Pain at the root of the <i>tongue</i> 2) Pain and redness of the <i>eyes</i>