

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)

## Small Intestine of the Hand Taiyang

**What is the path of the SI up to the face?**

Ulnar corner of pinkie nail → posterior arm → scapula → Du 14 → ST 12 → face

**The SI channel splits into 3 branches. Where are the splits and where do they go from there?**

1. From St 12 → Esophagus/throat → Heart → Stomach → Small Intestine
2. From face (SI 18) → outer canthus of the eye → enter the ear
3. From face (SI 18) → inner canthus of the eye → cheek

**What is the exit point of the SI channel?**

SI 19

**What is the Luo connecting point of the SI channel? From what 2 disorders could it suffer?**

SI 7 is the Luo connecting point.

1. Excess – slack joints, can't move elbow.
2. Deficiency – (warts—an old theory)

**Where does the SI divergent channel diverge, enter, exit and converge?**

1. Diverges: shoulder joint near SI 10
2. Enter: chest sends Qi up → heart and SI organs
3. Exit: shoulder area at the face
4. Converge: with SI primary at BL-1

**Where does the SI sinew region start, bundle, distribute, and unite?**

1. Start: little finger
2. Bundles: wrist, elbow, shoulder, mastoid, mandible.
3. Distributed: superficially along the primary channel
4. Unites: head at GB 13

**What is the main indication for the SI channel? Does it treat the SI?**

No, it doesn't really treat the SI. It's mostly for problems along the pathway of the channel. Mostly Ashi and local.

Point	Categories	Indication/Contras/Cautions
SI 1	Jing Well of SI	Best for lactation problems Also treats mastitis
SI 2	Ying Spring of SI	<ol style="list-style-type: none"> <li>1. Heat symptoms along the channel</li> <li>2. Deafness/ear problems: use in conjunc SI 2, SI 3, LI 6</li> </ol>
SI 3	Shu Stream of SI Confluent of Du Vessel	<ol style="list-style-type: none"> <li>1. Shu Stream               <ol style="list-style-type: none"> <li>a. Joint pain along channel : neck, shoulder, elbow, arm.</li> <li>b. Regulate disorders of Taiyang channel and Du vessel.</li> </ol> </li> <li>2. Confluent/opens to Du Vessel – Du channel problems               <ol style="list-style-type: none"> <li>a. Ascends along spinal column, so occipital headache, stiffness and pain in the neck, scapula, lumbar and upper spine.</li> <li>b. Taiyang stage problems chills/fever with severe neck/spinal pain.</li> <li>c. Epilepsy</li> </ol> </li> <li>3. Ode of the Obstructed River Diseases of governing vessel and mania/depression.</li> </ol>
		<p style="text-align: center;"><b>Tai Yang Stage Symptoms</b></p> <ul style="list-style-type: none"> <li>◆ Chills/fever accomp by severe neck/spinal pain</li> <li>◆ Starts with wind/cold invasion</li> </ul> <p>Choose points on upper back, bladder channel</p> <p style="text-align: center;"><b>Du/Gov Vessel</b></p> <p>Pathway?</p>

Point	Categories	Indication/Contras/Cautions
		Lower ab/uterus → perineum → spinal column → Du 16. Splits from here, enters brain and vertex of head.
SI 4	Yuan Source of SI	Jaundice
SI 5	Jing River of SI	
SI 6	Xi Cleft of SI	<ol style="list-style-type: none"> <li>1. Ashi</li> <li>2. Xi Cleft apps <ol style="list-style-type: none"> <li>a. Acute pain along channel</li> </ol> </li> <li>3. Eye problems</li> </ol>
SI 7	Luo Connecting of SI	<p>Luo Connecting applications</p> <ol style="list-style-type: none"> <li>1. General collateral dysfunction: Excess = slack joints, elbow immobile Defic = warts</li> <li>2. Psycho/emo and int/ext connection: Calm heart spirit</li> </ol> <p>Host/guest combination: Yuan (Ht 7) + Luo (SI 7) for psycho/emo.</p>
SI 8	He Sea of SI (earth pt)	<p>He Sea and Earth apps</p> <ol style="list-style-type: none"> <li>1. Joint pain</li> <li>2. Scrofula/goiter/nodules (caused by dampness, water ctrl'd by earth element)</li> </ol> <p>Calms Shen.</p>
SI 9		<p>Shoulder pain</p> <p>Caution: risk of pntx with oblique medial insertion</p>
SI 10	Mtg of SI and BL with Yang Linking and Yang Motility	<p>Shoulder problems</p> <p>Caution: risk of pntx with oblique medial insertion</p>
SI 11		<p>Shoulder pain</p> <p>Caution: risk of pntx with oblique medial insertion</p>
SI 12	Mtg of SI, LI, SJ, GB	<p>Shoulder</p> <p>Caution: risk of pntx with oblique medial insertion</p>
SI 13		Caution: Risk of pntx with perp puncture
SI 14		Caution: Risk of pntx with perp puncture
SI 15		Caution: Risk of pntx with perp puncture

Point	Categories	Indication/Contras/Cautions
SI 16 & 17	Window of Sky points	
SI 18		Face Contra to moxa
SI 19		Ear – any kind of ear problem Calm Shen

## **Kidney Channel of the Foot Shaoyin**

### **Main Kidney Channel**

What is the meeting point of the Kidney and Spleen channels?

Spleen 6

Where on the leg and thigh does the Kidney channel run?

Postero-medial aspect of the leg and thigh.

Where does the Kidney channel intersect with the spine? Where does it go from there?

Enters the spine at Du 1, the coccyx. Threads through the spine, just as the Du channel does.

Trace the path of the Kidney channel from the entry point to the chest.

Entry at K1 on sole of foot → SP 6 intersection with spleen channel → postero-medial aspect of leg → coccyx and through the spine → Kidney → Bladder → Ren 3 and 4 (where Ren meets 3 foot yin channels) → abdomen/chest.

Where along the path above does the Kidney channel branch off and where does it go from there? Include the 2<sup>nd</sup> sub-branch in this pathway.

From the Kidney organ → Liver, Lung and throat, terminating at the root of the tongue. From the Lung the channel branches to the Heart and Pericardium.

What is the only Zang organ that the Kidney channel does *not* connect with?

Spleen

What is the only yang organ to which Kidney channel connects?

Bladder, the paired Kidney organ.

### **Kidney Luo Connecting (Collateral) Channel**

What is the Luo Connecting point of the Kidney channel and where does the collateral channel travel after this point (2 different paths)?

K 4

- 1) Encircles the heel and goes to the Bladder channel,
- 2) travels along the Kidney primary channel to the Pericardium and spreads into the lumbar vertebrae

What 3 dysfunctions can the Luo Connecting channel of the Kidney suffer and what are the symptoms of each?

1. Rebellion of Qi  
Irritability, oppression in the chest
2. Excess  
Retention of urine and dripping of urine
3. Deficiency  
Lumbar pain. (K4 used for this purpose)

### **Kidney Divergent Channel**

Where does the Kidney Divergent channel diverge from the main channel?

At the popliteal fossa, K 10

Where does it enter and travel?

Abdomen → Kidney → 2<sup>nd</sup> Lumbar vertebra → Heart (with Bladder divergent channel)

Where does it exit and with what does it converge?

Root of tongue, converging with Bladder channel at BL 10

### **Kidney Muscular Region**

Where does the Kidney muscular region 1) start, 2) bundle, 3) distribute, and 4) unite?

1. Starts beneath little toe
2. Bundles at the
  - a. Genitals
  - b. Occipital bone
3. Distributed along medial aspect of lower extrem's and inner aspect of the spine.
4. Unites in the lower ab area around Ren 3.

## Points

Point	Categories	Indication/Contras/Cautions
<b>K 1</b>	Jing Well	<ol style="list-style-type: none"> <li>1. Jing Well point</li> <li>2. Harmonize Heart and Kidney</li> <li>3. Descend Lung Qi</li> <li>4. Descend Liver Yang Rising due to strong descend heat function (part of jing well applications?) Look for headache, dizziness, tongue ulcers</li> <li>5. Throat problems</li> <li>6. Urinary problems</li> <li>7. Constipation</li> <li>8. Ear, eyes</li> <li>9. Foot pain, poor foot circulation. (local)</li> </ol>
<b>K 2</b>	Ying Spring	Clear heat – strongest point on the Kidney channel to clear deficient heat from the Kidney channel.
<b>K 3</b>	Shu Stream Yuan Source	<p>Yuan Source applications: Principal point on Kidney channel to tonify and treat disharmony of Kidney zang. And since the Kidney controls the following, this point can treat problems there...</p> <ol style="list-style-type: none"> <li>1. 2 lower yin orificies: anus, urethra</li> <li>2. Throat</li> <li>3. Brain</li> <li>4. Ears</li> <li>5. Teeth</li> <li>6. Lumbar region</li> <li>7. Heel pain</li> <li>8. Heart/Kidney disharmony (insomnia/anxiety)</li> <li>9. Lung</li> <li>10. Penetrating (Chong) and Conception (Ren) vessels (both have their root in and are nourished by Kidney)</li> </ol>
Chong Channel Review		<p>Path: From uterus, takes 2 pathways</p> <ul style="list-style-type: none"> <li>◆ Uterus → Ki channel at ST 30 → throat → curve around lips → terminates below the eye</li> </ul>

Point	Categories	Indication/Contras/Cautions
		<ul style="list-style-type: none"> <li>◆ Uterus → ascend inside of spine.</li> </ul> <p>Indications of Chong:</p> <ul style="list-style-type: none"> <li>◆ Reproductive disorders: <ul style="list-style-type: none"> <li>○ Spasms/pain in abdomen</li> <li>○ Irregular menstruation</li> <li>○ Infertility</li> </ul> </li> <li>◆ Adverse flow of qi in the ab/chest causing <ul style="list-style-type: none"> <li>○ Ab pain</li> <li>○ Asthmatic breathing</li> </ul> </li> </ul> <p>Twelve points of Chong channel: Ren 1, K 11-21</p>
<b>K 4</b>	Luo connecting point	<p>Luo Connecting applications</p> <ol style="list-style-type: none"> <li>1. The 3 Luo dysfunctions: <ol style="list-style-type: none"> <li>a. Rebellion of Qi irritability and chest oppression</li> <li>b. Excess retention and/or dripping of urine</li> <li>c. Deficiency lumbar pain, which is also connected to Bladder channel.</li> </ol> </li> <li>2. Treat disorders in areas reached by Luo Connecting channel</li> <li>3. Psycho-emotional disorders</li> </ol> <p>Heel pain</p>
<b>K 5</b>	Xi Cleft of Kidney Channel	Menstrual disorders: blood xu or stasis
	Yin Qiao Review	<p>Pathway: Medial malleolus → posterior thigh to external genitals → chest and supraclav fossa to throat → through zygoma area to inner canthus</p> <p>Yin Qiao Indications Epilepsy, lethargy, pain lower ab Pain in lumbar, hips/pubic Dysuria Spasm of lower limb, inversion of foot.</p>
<b>K 6</b>	Confluent of Yin Qiao (aka Yin Motility)	<ol style="list-style-type: none"> <li>1. Open to Yin Qiao/Motility <ol style="list-style-type: none"> <li>a. Throat (K 6 better for this than other K's)</li> <li>b. Brain – nighttime epilepsy and inner canthus <ol style="list-style-type: none"> <li>i. Eye disorders</li> <li>ii. Insomnia</li> </ol> </li> </ol> </li> </ol>



Point	Categories	Indication/Contras/Cautions
		iii. Medial aspect of the leg: <b>Inversion of foot – best for this!</b> iv. Lower ab and genitals. 2. Nourish Kidney Yin 3. Reproductive problems
<b>K 7</b>	Jing River	One of most important points on <i>kidney</i> channel to control body fluids: ♦ Regulate sweating (both night and spontaneous) ♦ Treat edema
<b>K 8</b>	Xi Cleft of <i>Yin Qiao/Motility</i>	XiCleft of Yin Qiao: bleeding, regulate menses
<b>K 9</b>	Xi Cleft of <i>Yin Wei/Linking</i>	Xi Cleft of Yin Wei
<b>K 10</b>	He Sea	1. He Sea: Drain Dampness and Damp Heat in the lower jiao.  2. Horary point of Kidney channel
K 11-16		Meeting of Kidney with Chong Channel. (Review Chong Channel above.)  Lower ab points. Application is mostly reproductive Most commonly used: K 12 (ovulation)
K 17 – 21		Meeting of Kidney with Chong Channel. (Same as previous- review Chong channel)  Upper ab points. Application if used is mostly digestive.
K 22 – 27		No categories. There is a treatment for physical/emotional trauma or continued stress which K 27, K 16, K 6

Review Exam 1 study questions for SP and HT.

Know point categories of all channels studied thus far and how they fit into the 5 element chart.

Know what each type of categories of points do regardless of channel.

Know 4 needle and five element needle theory

Know the types of headaches and what distal points to use.

- ◆ Front/yangming
- ◆ Occipital/taiyang
- ◆ Temporal/shaoyang

Know extraordinary channels/indications/points:

Ren – LU 7

Chong – SP 4

Du – SI 3

Yin Qiao – K 6

Know six stages symptoms and points for these symptoms.

Tai yang (LI and ST)

Shao yang (SI 3 and other SI)

Review case discussions