Kidney channel and points
KI primary channel

Beneath of the little toe (entry: K 1)

intersects the Spleen channel at SP6

postero-medial aspect of the leg and thigh

to the tip of the coccyx (meets with DU1)

threads through the spine (same as Du channel)

enters the Kidney

and connects with the Bladder

meets with REN3, REN4, REN7

ascends through the Liver

the Lung

throat

terminates at the root of the tongue

disperses in the chest links with the Pericardium channel and REN17 (exit: K 22)
KI Luo-connecting channel

Encircles the heel $\rightarrow$ BL channel along with the Kidney primary channel $\rightarrow$ pericardium $\rightarrow$ spreads into the lumbar vertebrae.

**Rebellious of Qi**: irritable, oppression in the chest area

**Excess**: retention of urine; dripping of urine

**Deficiency**: lumbar pain
KI divergent channel

| **Diverge** | popliteal fossa (K10) |
| **Enter** | Abdomen → KI → crosses the Girdling vessel in the region of the 2nd lumbar vertebra → HT (with BL divergent channel) |
| **Exit** | the nape of the neck → ascends to the root of the tongue |
| **Converges** | BL channel (BL10) |
KI muscular region

<table>
<thead>
<tr>
<th>Start</th>
<th>beneath the little toe</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bundle</td>
<td>Ankle, knee, hip, genitals, occipital bone</td>
</tr>
<tr>
<td>Distributed</td>
<td>Medial aspect of lower extremities (superficial) → ascends the inner aspect of the spine</td>
</tr>
<tr>
<td>Unite</td>
<td>Lower abdominal area (RN3)</td>
</tr>
</tbody>
</table>
Indication of KI channel

1. the problems along the pathway of KI channel:
   • Foot, Leg, Lower back, Throat, Tongue…

2. reproductive problems (LIV, KI)

3. urinary problems (BL, KI)

4. respiratory problems (LU)

5. “Shen” disorders (HT, PC)
K1 Yongquan 涌泉Gushing Spring

- **LOCATION**
  - On the sole of the foot, between the second and third metatarsal bones, approximately one third of the distance between the base of the second toe and the heel, in a depression formed when the foot is plantar flexed.

- **NEEDLING**
  - Perpendicular insertion 0.5 to 1 cun.
1. Jing-well point:
   1) clearing heat, restoring consciousness and rescuing collapse: coma, fainting and collapse, from windstroke or high fever.
   2) treat the uppermost reaches of the channels: dizziness, vertex headache, throat painful obstruction, throat pain with inability to swallow, loss of voice, dry tongue and nosebleed.
   3) treat fullness below the Heart: Heart pain, cough and dyspnea.
   4) treat disorders of the spirit: various kinds of mania,

2. Harmonize HT and KI:
   1) “Shen”: Mania, insomnia, epilepsy…
   2) tongue ulcer, ulcer in mouth…

3. descending LU Qi:
   LU=canopy, KI=root
   Asthma, shortness of breath, cough…

4. descending raising LIV Yang
   Headache, dizziness, vertigo, easy to get angry, difficult to calm down…
5. throat problems
Pain, dryness...

6. urinary problems
Retention of urine, frequency urine...

7. constipation

8. ear, eyes

9. foot pain, poor circulation on foot

Herbal pasting on KI 1

**Headache, dizziness - LIV Yang raising**
- Da huang, zhi zi, huang lian 20g for each, rou gui 5g – raw powder with vinegar

**Tongue ulcer**
Wu zhu yu 3g powder
<table>
<thead>
<tr>
<th>K2</th>
<th>K3</th>
<th>K4</th>
<th>K5</th>
<th>K6</th>
</tr>
</thead>
<tbody>
<tr>
<td>On the medial side of the foot, distal and inferior to the medial malleolus, in the depression distal and inferior to the <strong>navicular tuberosity</strong>.</td>
<td>In the depression between the medial malleolus and the Achilles tendon, level with the prominence of the medial malleolus.</td>
<td>Approximately 0.5 cun posterior to the midpoint of the line drawn between K3 and K5, on the anterior border of the Achilles tendon.</td>
<td>1 cun inferior to K3 in a depression anterior and superior to the calcaneal tuberosity (the site of insertion of the Achilles tendon into the calcaneum).</td>
<td>1 cun below the prominence of the medial malleolus, in the groove formed by two ligamentous bundles.</td>
</tr>
<tr>
<td>Perpendicular insertion 0.5 to 1 cun.</td>
<td>Oblique-perpendicular insertion directed anteriorly 0.5 cun.</td>
<td>Oblique-perpendicular insertion directed away from the bone, 0.3 to 0.5 cun.</td>
<td>Oblique insertion directed superiorly 0.3 to 0.5 cun.</td>
<td></td>
</tr>
<tr>
<td>K2</td>
<td>K3</td>
<td>K4</td>
<td>K5</td>
<td>K6</td>
</tr>
<tr>
<td>----------</td>
<td>----</td>
<td>----</td>
<td>----</td>
<td>----</td>
</tr>
<tr>
<td>Ying-spring (fire)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

1. regulate B.M.  
2. regulate urine  
3. reproductive problems  
4. local Qi and blood stagnation

**clear heat: the strongest point on KI channel to clear deficiency heat from the KI**

1. heat rises to the upper jiao: throat painful obstruction, coughing of blood and wasting and thirsting disorder (Swelling of the inside of the throat: KI 2 and KID 3 (Supplementing Life)).

2. heat blazes in the lower jiao: genital itching, uterine prolapse, infertility, irregular menstruation, difficult urination

3. expel internal wind: convulsion

[See next age][1]  
[See other page][2]  
[See other page][3]

**Xi-cleft point**

1. **variety of menstrual disorders** such as amenorrhea, irregular menstruation, dysmenorrhea and delayed menstruation, characterized either by deficiency of blood or stasis of blood.

2. eyes problems: poor vision...

[1] See other page
[2] See other page
[3] See other page
K 3

1. **Yuan-source**
2. **Shu-stream (earth)**

the principal point on the KI channel to treat disharmony of the KI zang,

1) KI dominate the **two lower yin (anus and urethra)**: diarrhea, constipation, difficult hold urine, enuresis, frequent urination, night urination…
2) KI channel reaches the **throat**: sore throat…
3) “The **brain** is the sea of marrow”: (sea of marrow deficiency): headache and dizziness.
4) KI qi opens into the **ears**: tinnitus, deafness…
5) The **teeth** are the “surplus of the bones”: toothache, loose tooth…
6) **lumbar region** is the ‘residence’ of the KI: lower back pain, weakness on the lower back…
8). **heel** pain: should be needled to obtain sensation radiating strongly to the heel region.
9) **Heart** and KI should be harmonize: insomnia, anxiety…
10) **Lung** is the ‘canopy’ and the Kidneys are the root: asthma, shortness of breath…
11) LIV and KI – same source: eyes problems…
12) The **Penetrating and Conception** vessels are both nourished by and have their root in the Kidneys, and the Essential Questions says “the vessel of the uterus connects with the Kidneys”: (reproductive problems): infertility, irregular menstruation, amenorrhea…

Taixi KID-3 is cited in the Song of the Nine Needles for **Returning the Yang** for the treatment of collapse of yang characterized by loss of consciousness, aversion to cold, cold counterflow of the limbs, purple lips etc.

“Nourishing yin to help yang is a skilful way to strengthen yang”.


Chong channel

Lower abdomen (uterus) → Ascending → inside of spine
ST 30 → KI channel
Throat
Curves around the lips
terminates below the eye

Indications:
1. Disorders of the reproductive systems: Spasm and pain in the abdomen, irregular menstruation, infertility,
2. Other disorders: adverse flow of qi in the abdomen and chest, abdominal pain, asthmatic breathing …

CAM (12 point)
Ren1
K11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21
K 4

Luo-connecting

1. luo-connecting point
   1) **Rebellious of Qi**: irritable, oppression in the chest area
      **Excess**: retention of urine; dripping of urine
      **Deficiency**: lumbar pain
   2) BL channel: **lower back pain**
   3) Treating disorders in regions reached by the luo-connecting channel: luo-connecting channel ascends to a point below the PC: palpitations, restlessness and agitation of the Heart with fullness and vomiting.
   4) Treating psycho-emotional disorders: dementia, mental retardation, somnolence, propensity to anger, fright, fear and unhappiness, desire to close the door and remain at home.

2. heel pain

3. throat

4. LU
1. Opening to Yin Qiao channel
The regions traversed by the Yin Motility vessel include the medial aspect of the leg, the throat, the brain and the inner canthus.

**throat**: important point for chronic throat disorders

**Brain**: night-time epilepsy, inner canthus:
A. **eye disorders**: redness and pain of the inner canthus and disturbance of the vision by spots and stars.
B. **insomnia** (excessive opening of the eyes) and somnolence (excessive closing of the eyes).

**the medial aspect of the leg**: tightness and contraction of the inner aspect of the leg, hip pain, inversion of the foot

**Lower abdominal, genitals**: lower abdominal pain, genital pain,

2. calm “shen”

3. **nourish** KI yin:
Eye, ear, throat

4. **reproductive problems**: menstruation (irregular menstruation, amenorrhea, dysmenorrhea), fertility and childbirth (difficult labor, persistent flow of lochia, postpartum dizziness and pain).

CAM: KI 6, KI 8

**Yin Qiao indication**: Epilepsy, lethargy, pain in the lower abdomen; pain in the lumbar and hip regions referring to the pubic region; dysuria; spasm of the lower limbs and inversion of the foot.
<table>
<thead>
<tr>
<th>K7</th>
<th>K8</th>
<th>K9</th>
<th>K10</th>
</tr>
</thead>
<tbody>
<tr>
<td>On the medial aspect of the lower leg,</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>in the depression</td>
<td>2 cun superior to</td>
<td>5 cun superior to</td>
<td>At the medial end of</td>
</tr>
<tr>
<td>2 cun superior to K 3,</td>
<td>K 3 and 0.5 cun</td>
<td>K 3, on the line</td>
<td>the popliteal crease,</td>
</tr>
<tr>
<td>on the anterior border</td>
<td>anterior to K 7,</td>
<td>drawn between K 3 and</td>
<td>between the</td>
</tr>
<tr>
<td>of the Achilles tendon.</td>
<td>posterior to the medial</td>
<td>K 10, about 1 cun</td>
<td>semitendinosus and</td>
</tr>
<tr>
<td></td>
<td>border of the tibia.</td>
<td>posterior to the medial</td>
<td>semimembranosus</td>
</tr>
<tr>
<td></td>
<td></td>
<td>border of the tibia.</td>
<td>tendons.</td>
</tr>
<tr>
<td>Perpendicular insertion</td>
<td>Perpendicular insertion</td>
<td></td>
<td>Locate and needle with</td>
</tr>
<tr>
<td>0.5 to 1 cun.</td>
<td>1 to 1.5 cun.</td>
<td></td>
<td>the knee slightly</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>flexed.</td>
</tr>
<tr>
<td>K7</td>
<td>K8</td>
<td>K9</td>
<td></td>
</tr>
<tr>
<td>----</td>
<td>----</td>
<td>----</td>
<td></td>
</tr>
<tr>
<td>Jing-river point (metal)</td>
<td>Xi-cleft of Yin Qiao (motility)</td>
<td>Xi-cleft of Yin Wei (linking)</td>
<td></td>
</tr>
<tr>
<td>1. Regulate urine and bowels</td>
<td>2. Move Qi and blood: Local, lower back…</td>
<td>1. Expel internal wind</td>
<td></td>
</tr>
<tr>
<td>one of the foremost points to strengthen the KI function of dominating <strong>body fluids</strong></td>
<td><strong>Xi-cleft point of Yin Qiao</strong> (see next page for Yin Qiao channel): 1) Lower extremities moves 2) Sleeping Insomnia (tonify) Lethargy (reduce) 3) <strong>bleeding</strong>: Jiao Xin = exchange belief: <strong>regulate menses</strong> (hormone point) irregular menstruation, dysmenorrhea, amenorrhea and especially for dysfunctional uterine bleeding.</td>
<td>2. <strong>Xi-cleft point of Yin Wei</strong> (see next page for Yin Wei channel): interior problems (HT, ST, chest) [traditionally indicated for acute and severe mental disorders such as madness, mania, mania depression disorder, raving, fury and cursing, vomiting of foamy (i.e. watery) saliva and tongue thrusting.]</td>
<td></td>
</tr>
<tr>
<td>2. <strong>Edema</strong></td>
<td>3. Voice change</td>
<td>See other page</td>
<td></td>
</tr>
<tr>
<td>4. jing-river point / metal point (mother point) KI Yang?</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Posterior of navicular bone
  ↓
Upper of **medial malleolus**
  ↓
Posterior of thigh
  ↓
External **genitals**
  ↓
Chest
  ↓
Supraclavicular fossa
  ↓
Adam’s apple (throat)
  ↓
Zygoma
  ↓
**Inner canthus**

**Yin Qiao**
* K 6, 8

**Medial of leg**
  ↓
Thigh
  ↓
Abdomen (SP channel)
  ↓
Chest
  ↓
Meet REN channel

**Yin Wei**
* CAM (7 points)
  * K 9
  * SP 13, 15, 16
  * LIV 14
  * REN 22, 23

Interior syndromes, such as chest pain, cardiac pain and stomachache.
KI 10

He-sea point

1. He – sea point:
1). Counterflow qi and diarrhea, disease of the ST disorders resulting from irregular eating and drinking: diarrhea, abdominal distention, abdominal pain and peri-umbilical pain.
2). Diseases of the fu: (SP9, KI 10, LIV 8) strongly \textbf{drain dampness and damp-heat} from the fu or extraordinary fu \textbf{in the lower jiao}, specifically the Bladder, intestines and uterus: Genital organ
3). Diseases of the skin: itching of the scrotum.

2. **Horary point on KI channel** (He-sea point / water point)

3. Reproductive problems:
<table>
<thead>
<tr>
<th>Below umbilicus, 0.5 cun lateral to the midline</th>
<th>K11</th>
<th>K12</th>
<th>K13</th>
<th>K14</th>
<th>K15</th>
<th>K16</th>
</tr>
</thead>
<tbody>
<tr>
<td>NEEDLING Perpendicular insertion 0.5 to 1 cun.</td>
<td>5</td>
<td>4</td>
<td>3</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Caution: deep insertion will penetrate a full bladder.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>NEEDLING Perpendicular insertion 1 to 1.5 cun.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Caution: deep needling may penetrate the peritoneal cavity.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>K11</td>
<td>K12</td>
<td>K13</td>
<td>K14</td>
<td>K15</td>
<td>K16</td>
<td></td>
</tr>
<tr>
<td>-----</td>
<td>-----</td>
<td>-----</td>
<td>-----</td>
<td>-----</td>
<td>-----</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Meeting point of KI and Chong</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1. Local problems:</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1) Urine</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2) Bowel</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3) Reproductive</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Help ovulation (K12, RN3, RN4)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Chong Channel**

1. Disorders of the reproductive systems: Spasm and pain in the abdomen, irregular menstruation, infertility,
2. Other disorders: adverse flow of qi in the abdomen and chest, abdominal pain, asthmatic breathing …

**Lower abdomen**

- **uterus**
- ST 30 ➔ **KI channel**
- **Throat**
- Curves around the **lips**
- terminates **below the eye**

- Ascending ➔ inside of **spine**
above the umbilicus, 0.5 cun lateral to the midline.

<table>
<thead>
<tr>
<th>K17</th>
<th>K18</th>
<th>K19</th>
<th>K20</th>
<th>K21</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
</tbody>
</table>

**NEEDLING** Perpendicular insertion 1 to 1.5 cun.  
**Caution:** deep needling may penetrate the peritoneal cavity.

**NEEDLING** Perpendicular insertion 0.5 to 1 cun.  
**Caution:** deep needling, especially in thin subjects, will puncture the liver on the right side and the peritoneum on the left.
<table>
<thead>
<tr>
<th>K17</th>
<th>K18</th>
<th>K19</th>
<th>K20</th>
<th>K21</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Meeting points of KI and Chong</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>1. Local problems: digestive problems</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1. infertility</td>
<td>1. infertility</td>
<td>1. palpitation</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### Acupuncture Points

<p>| | | | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>K22</td>
<td>K23</td>
<td>K24</td>
<td>K25</td>
<td>K26</td>
<td>K27</td>
</tr>
<tr>
<td>5th</td>
<td>4th</td>
<td>3th</td>
<td>2th</td>
<td>1th</td>
<td>the lower border of the clavicle</td>
</tr>
</tbody>
</table>

**NEEDLING**: Transverse-oblique insertion, directed laterally along the intercostal space 0.5 to 1 cun.

**Caution**: Deep perpendicular or oblique needling may puncture the lung and/or liver.

(Left–Heart?)
1. Local problems: HT, chest, LU
2. Rebellious of ST Qi: nausea, vomiting

**Trauma (Adrenal) treatment:**

For physical / emotional trauma or continued stress

KI 27 needle towards sternum
KI 16 4:00 and 8:00 positions
KI 6