Small Intestine channel and points
primary channel

Small finger
posterior of arm
scapula
Du14
ST12
Face
(Inner canthus of eye (meet BL channel))

esophagus
(throat)

outer canthus
of eye

Ht
St
SI

enters the ear
(channels enter ear: SI, SJ, GB)

(Inner canthus of eye (SI 18))

(Exit point: SI 19)

(Exit point: SI 18)

Ht enters the ear
(channels enter ear: SI, SJ, GB)

(Exit point: SI 19)

Ht
St
SI

(nets with Du14, ST12, and SI 18)

Descends to the lower hae seaw point of the Small Intestine at Xiaguan ST-39
SI Luo-connecting channel

Excess: slackness of joints and inability to move elbow
Deficiency: warts
(ancient theory)
SI divergent channel

<table>
<thead>
<tr>
<th>Diverge</th>
<th>SI shoulder joint area near SI-10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Enter</td>
<td>chest → <strong>Ht</strong> &amp; <strong>SI organs</strong></td>
</tr>
<tr>
<td>Exit</td>
<td>shoulder area → face</td>
</tr>
<tr>
<td>Converges</td>
<td>SI at Bl-1</td>
</tr>
</tbody>
</table>
SI sinew (muscular) region

**Start**
Small finger

**Bundle**
wrist, elbow, shoulder, mastoid, mandible

**Distributed**
superficially along primary channel

**Unite**
Head-GB13 (LI, SI, SJ)
Indications for SI points

Points are not used so much for SI organ problems

1. **SI Channel Pathway**
   - Hand, arm, shoulder, scapula
   - Face: skin, acne (not during outbreak), St & LI used more, trigeminal neuralgia (mid face aspect only), TMJ
   - Eyes: Excess – more local points for sty, redness, yellow discharge, itchy, usu. short duration
     - Deficiency – Liv / Ki, includes blurred vision, floaters etc.
   - Ear: more local points
   - Neck
   - Throat

2. Clear Heat
   - Heat along channel
   - (Theory) Skin
   - (Theory) Ht Heat – painful, poss. blood with urination; abdominal points more direct

3. “Shen” disorders
<table>
<thead>
<tr>
<th>SI1</th>
<th>SI2</th>
<th>SI3</th>
<th>SI4</th>
<th>SI5</th>
</tr>
</thead>
<tbody>
<tr>
<td>On the dorsal aspect of the little finger, at the junction of lines drawn along the ulnar border of the nail and the base of the nail, approximately 0.1 cun from the corner of the nail.</td>
<td>On the ulnar border of the little finger, in a depression just distal to the metacarpophalangeal joint.</td>
<td>On the ulnar border of the hand, in the substantial depression proximal to the head of the fifth metacarpal bone.</td>
<td>On the ulnar border of the hand, in the depression between the base of the fifth metacarpal bone and the triquetral bone.</td>
<td>At the ulnar border of the wrist, in the depression between the head of the ulna and the triquetral bone.</td>
</tr>
<tr>
<td>Perpendicular or oblique insertion directed proximally 0.1 to 0.2 cun, or prick to bleed.</td>
<td>1. Oblique distal insertion 0.2 to 0.3 cun 2. Perpendicular-oblique insertion towards the palm, 0.5 cun</td>
<td>Perpendicular insertion 0.5 to 2 cun, directed towards LI 3. <strong>Note:</strong> needle with the hand in a loose fist position.</td>
<td>Perpendicular insertion 0.3 to 0.5 cun.</td>
<td></td>
</tr>
<tr>
<td>SI1</td>
<td>SI2</td>
<td>SI3</td>
<td>SI4</td>
<td>SI5</td>
</tr>
<tr>
<td>-----------</td>
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<td>--------------------------</td>
<td>------------------------</td>
</tr>
<tr>
<td>Jing-Well point</td>
<td>Ying Spring point</td>
<td>1. Shu-stream point 2. Opens to Du channel</td>
<td>Yuan-source point</td>
<td>Jing-river point</td>
</tr>
</tbody>
</table>

1. Problems along the pathway of SI channel:
   a. Eyes
   b. Ears – tinnitus, hearing, (SJ & GB usu. better),
   c. Face – Bell’s palsy, trigeminal neuralgia, TMJ, acne
   d. Nose – stuffy, congestion;
   e. HA – occipital Taiyang

2. Psycho emotional problems (Ht & SI Fire)

3. Heat

4. Local
<table>
<thead>
<tr>
<th>SI1</th>
<th>SI2</th>
<th>SI3</th>
<th>SI4</th>
<th>SI5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jing-Well point (metal)</td>
<td>Ying Spring point (water)</td>
<td>1. Shu-stream pt (wood)</td>
<td>Yuan-source point</td>
<td>Jing-river point (fire)</td>
</tr>
<tr>
<td>See next page</td>
<td>Ying-spring points treat diseases of the yang channels:</td>
<td>See other page</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1). Heat symptoms along the Channel:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>A. mumps,</td>
<td>A. mumps,</td>
<td>1. Yuan Source point – (meridian’s problems)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>B. swelling and pain of the neck and cheek,</td>
<td>B. swelling and pain of the neck and cheek,</td>
<td>usually local problems, mostly wrist, fingers</td>
<td></td>
<td></td>
</tr>
<tr>
<td>C. throat painful obstruction</td>
<td>C. throat painful obstruction</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>D. Ear – tinnitus, deafness</td>
<td>D. Ear – tinnitus, deafness</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(Supplementing Life: Deafness: SI 2, SI 3, LI 6)</td>
<td>(Supplementing Life: Deafness: SI 2, SI 3, LI 6)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>E. Eye – yellow discharge, redness, burning, itchy</td>
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<td></td>
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<td></td>
</tr>
<tr>
<td>F. Chills, fever, malaria… (Taiyang)</td>
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<td></td>
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</tr>
<tr>
<td>2). Problems along the Yang channel: stiffness and pain of the neck and back and pain of the scapula, arm and wrist.</td>
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<td>1. Cough and dyspnea, chills and fever: febrile disease with absence of sweating, chills and fever.</td>
<td>2. Fire point: lockjaw, tongue thrusting, mad walking,</td>
<td></td>
</tr>
</tbody>
</table>
SL1 Shaoze 少泽 Lesser Marsh

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: headache, dizziness, red eyes, nosebleed, deafness, tinnitus, throat painful obstruction, curled tongue, stiff tongue, heat in the mouth, erosion of the mouth, mouth ulcers and drooling.
   3) treat fullness below the Heart: cold sensation below the Heart, agitation with Heart pain, oppression and pain of the chest and pain of the lateral costal region.
   4) treat disorders of the spirit: various kinds of mania,

2. Tai Yang channel point: chills, fever, malaria… (Taiyang)

2. **Breast problems (mastitis) –**
   **Lack of Lactation** – one of the best points for milk insufficient
1. **Shu Stream point – joint pain** at places where the meridian passes
   1) Disorders of the yang channels: a vital point for **regulating disorders of the taiyang channel and the Governing vessel**;
   2) Heaviness of the body and pain of the joints:
      A. important points for disorders of the finger joints.
      B. important distal point for all disorders of the neck as well as disorders of the shoulder, elbow, arm, lower back and knees.
   3) Diseases manifesting intermittently: malaria,

2. **Opens to Du Channel (Governing vessel) – Du Channel problems**
   1) The Governing vessel ascends along the **spinal column** from the coccyx to the head: an essential distal point in the treatment of occipital headache, and stiffness and pain of the neck, scapula and upper or lumbar spine.
   2) The Governing vessel governs all the yang channels and hence the exterior portion of the body as a whole (Du channel is the sea of Yang channel):
      A. strong influence on dispelling febrile disease, especially malaria and attack by exterior pathogenic wind cold or wind-heat which gives rise to chills and fever accompanied by severe neck pain or pain of the spine. (**Taiyang stage problems**)  
      B. Mania-depression
   3) The Governing vessel enters the brain: important point in the treatment of **epilepsy**.

According to the Ode of the Obstructed River
SI 3 for diseases of the Governing vessel and for mania-depression.
**DU channel**

**The Governing vessel**

- **Du channel primary pathway**
  - **Lower abdomen (uterus)**
    - **perineum**
    - **Interior of the spinal column**
      - **DU 16**
        - *enters the brain*
      - *ascends to the vertex at DU20*
        - *descends along the midline of the head*
        - *terminates at the junction of the upper lip and the gum (DU 28)*
  - *emerges from the brain at Baihui DU-20*
  - *enters the brain at Fengfu DU-16*
  - *originates in the lower abdomen*
  - *emerges at the perineum at Changqiang DU-1*

**The Governing vessel primary pathway**
When the palm of the hand is placed on the chest, this point is located on the dorsal aspect of the head of the ulna, in a cleft level with and to the radial side of the high point of the styloid process of the ulna.

On a line connecting SI 5 and SI 8, 5 cun proximal to SI 5, in the groove between the anterior border of the ulna and the muscle belly of flexor carpi ulnaris.

In the depression between the tip of the olecranon process of the ulna and the tip of the medial epicondyle of the humerus.

<table>
<thead>
<tr>
<th>SI 6</th>
<th>SI 7</th>
<th>SI 8</th>
</tr>
</thead>
<tbody>
<tr>
<td>When the palm of the hand is placed on the chest, this point is located on the dorsal aspect of the head of the ulna, in a cleft level with and to the radial side of the high point of the styloid process of the ulna.</td>
<td>On a line connecting SI 5 and SI 8, 5 cun proximal to SI 5, in the groove between the anterior border of the ulna and the muscle belly of flexor carpi ulnaris.</td>
<td>In the depression between the tip of the olecranon process of the ulna and the tip of the medial epicondyle of the humerus.</td>
</tr>
</tbody>
</table>
| Oblique or transverse-oblique insertion distally or proximally, 0.5 to 1 cun. | Perpendicular insertion 0.5 to 1 cun. | i. Oblique insertion 0.5 to 1 cun;  
ii. Perpendicular insertion 0.3 to 0.5 cun.  
**Caution:** the ulnar nerve lies deep to this point. |
<table>
<thead>
<tr>
<th>SI 6</th>
<th>SI 7</th>
<th>SI 8</th>
</tr>
</thead>
<tbody>
<tr>
<td>Xi Cleft point</td>
<td>Luo Connecting Point</td>
<td>He-Sea (Earth)</td>
</tr>
</tbody>
</table>

1. Problems along SI channel – eyes (blurred vision, poor vision), shoulder, elbow, wrist

2. **Ashi points**

1. **Acute pain (Xi-cleft point)**
   1. Pain of the shoulder, scapula and arm that is so severe that it feels as if they are broken or dislocated.
   2. Distal point for acute contraction and sprain of the lumbar region.

2. **Eyes problems**
   (meridian goes to eyes, eyes need blood to nourish, then can see good): blurred vision, cataract, glaucoma...

<table>
<thead>
<tr>
<th>SI 6</th>
<th>SI 7</th>
<th>SI 8</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. <strong>Collaterals:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Excess – slackness of joints along channel, inability to move elbow</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Deficiency – warts</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. SI Pathway – eye, headache, shoulder, elbow</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. Treating disorders of their interiorly-exteriorly related channel or zangfu: (pronounced effect on regulating and calming the Heart spirit): wide range of psycho-emotional disorders, such as mania-depression, fear and fright, poor memory sadness and anxiety, restless zang disorder.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Yuan-source and Luo-connecting combination: **HT 7 and SI 7**: HT 7 is the principal point on the Heart channel to calm and regulate the spirit, and this is complemented by the strong action SI 7 has on **treating psycho-emotional disorders**.

1. **He-Sea point** (Earth)
   1. **Joint pain** – on SI channel pathway
      Neck –
   2. **scrofula, goiter, nodules** (dampness)
   3. Eyes, ears, face

2. **Calm “Shen”**

3. Taiyang syndrome: exterior
<table>
<thead>
<tr>
<th><strong>SI 9</strong></th>
<th><strong>SI 10</strong></th>
<th><strong>SI 11</strong></th>
<th><strong>SI 12</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>On the posterior aspect of the shoulder, 1 cun superior to the posterior axillary crease when the arm hangs in the adducted position.</td>
<td>Posterior aspect of the shoulder, in the depression inferior to the scapular spine, directly superior to the posterior axillary crease when the arm hangs in the adducted position.</td>
<td>On the scapula, in a tender depression 1/3 of the distance from the midpoint of the inferior border of the scapular spine to the inferior angle of the scapula.</td>
<td>In the centre of the supra-scapular fossa, directly above SI 11, in a depression formed when the arm is raised.</td>
</tr>
<tr>
<td>Perpendicular insertion 1 to 1.5 cun.</td>
<td>Perpendicular or oblique insertion 0.5 to 1.5 cun.</td>
<td>Oblique medial insertion towards the spine 0.5 to 1 cun.</td>
<td><strong>Caution:</strong> deep perpendicular insertion, especially in thin patients, carries a substantial risk of inducing a pneumothorax.</td>
</tr>
</tbody>
</table>

**Caution:** Needle slightly toward shoulder; no heavy lifting and thrusting – (may cause hematoma due to damage large blood vessels
<table>
<thead>
<tr>
<th>SI 9</th>
<th>SI 10</th>
<th>SI 11</th>
<th>SI 12</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Meeting point of SI and BL channel with the Yang Liking and Yang Motility vessels</td>
<td></td>
<td>Meeting point of SI, LI, SJ and GB channel</td>
</tr>
</tbody>
</table>

**Shoulder pain**

1. *Shoulder pain* – esp. back side  
2. Ear problems  
3. Scrofula

1. *Shoulder* problems  
2. Scrofula  
3. Exterior syndrome

1. *Shoulder* pain (most of shoulder pain patients feel very tender here)  
2. Front breast tenderness  
3. Face  
4. Exterior syndrome: breathing problems

1. *Shoulder*  
2. Wind Invasion: exterior syndrome
<table>
<thead>
<tr>
<th>SI 13</th>
<th>SI 14</th>
<th>SI 15</th>
</tr>
</thead>
<tbody>
<tr>
<td>In the tender depression superior to the medial end of the scapular spine, midway between SI 10 and the spinous process of T2.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 cun lateral to the lower border of the spinous process of T1. (DU 13)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 cun lateral to the lower border of the spinous process of C7. (DU 14).</td>
<td></td>
<td></td>
</tr>
<tr>
<td>i. Perpendicular insertion 0.3 to 0.5 cun; ii. Oblique lateral insertion 0.5 to 1 cun.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Oblique medial insertion 0.5 to 1 cun.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Caution: this point is located close to the medial border of the scapula. Too medial an insertion or deep medial-oblique needling may puncture the lungs.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Caution: perpendicular insertion, especially in thin patients, carries a substantial risk of inducing a pneumothorax.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Caution: deep insertion inferiorly, especially in thin patients, carries a substantial risk of inducing a pneumothorax.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>SI 13</td>
<td>SI 14</td>
<td>SI 15</td>
</tr>
<tr>
<td>-------</td>
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<td>-------</td>
</tr>
<tr>
<td></td>
<td>Shoulder and Upper back</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1. Exterior Syndrome – cupping</td>
<td>1. Respiratory problems – asthma or severe cough, cough blood, shortness of breath + Ding Chuan</td>
</tr>
</tbody>
</table>
On the posterior border of the sternocleidomastoid muscle, level with the laryngeal prominence.

Perpendicular insertion 0.5 to 0.8 cun.

Directed towards the root of the tongue, anterior to the carotid vessels, 0.5 to 1 cun.
### Window of the Sky point

1. Deafness, tinnitus, ear pain
2. Goiter, scrofula, throat painful obstruction, obstruction of the throat
3. Swelling and pain of the cheek, heat sensation of the skin of the face

#### To help the face look better

1. Headache,
2. Sudden loss of voice following windstroke, sudden loss of voice
3. Manic ghost talk, mania-depression

#### Window of the Sky point

<table>
<thead>
<tr>
<th></th>
<th>LU-3</th>
<th>LI-18</th>
<th>REN-22</th>
<th>SI-17</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>ST-9</td>
<td>SJ-16</td>
<td>SI-16</td>
<td>DU-16</td>
</tr>
<tr>
<td></td>
<td>BL-10</td>
<td>P-1</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
SI 18 Quanliao 颧髎 Cheek Bone Crevice

• **LOCATION**
  - Directly below the outer canthus, in the depression at the lower border of the zygomatic bone.

• **NEEDLING**
  - i. Transverse insertion joined to points such as ST-4, ST-7, L.I.-20, ST-6 etc.;
  - ii. Perpendicular insertion 0.5 to 0.7 cun.

• **Note**: according to the Illustrated Supplement to the Classic of Categories and a number of modern texts, this point is **contraindicated to moxibustion**.
SI 18 Quanliao 颧髎 Cheek Bone Crevice

1. **Face** – Bell’s palsy, trigeminal neuralgia
2. Eyes – redness, twitching, itchy
3. Upper teeth – tooth ache
4. sinus pressure

- Apply pressure following puncture to prevent bruising.
SI 19 Tinggong 听宫 Palace of Hearing

- **LOCATION**
  - With the mouth open, this point is located in the depression between the middle of the tragus and the condyloid process of the mandible.

- **NEEDLING**
  - i. Perpendicular insertion 0.5 to 1 cun;
  - ii. Needle with the mouth open; following insertion of the needle the patient may close their mouth.
SI 19 Tinggong 听宫 Palace of Hearing

1. **Ear**: One of the best points for ears
   - Tinnitus (acute), nausea, vomiting, vertigo
   - Also use other points – GB2, SJ17 & 21 good too. Palpate which is more tender

2. **Calm “Shen”** – bipolar, hearing voices that do not exist

3. TMJ – St7 better