Focus on CAM – more important than Deadman for board exams! Deadman is important for point functions, but CAM is better for case studies, diagnosis – see back of book.

2 Quizes – each worth 25% to total 50%
   Class 4 (PC and SJ), Class 8 (GB and LIV)
Final – comprehensive over Energetics I-III, comparatively more q’s from this semester. Previous will be case discussion type questions.

Pericardium Channel

Main Channel
Kidney is connected to Pericardium. This is where the channel starts – in the center of the chest. 2 branches:
   1. From center of chest → PC → SJ. Descends past the diaphragm, connects with UJ, MJ, LJ. This channel only cnx to internal organs.
   2. From center of chest to PC 1, up to axilla. Runs on the midline of the upper arm/forearm, between the tendons of the palmaris longus and flexor carpi radialis. From PC 8 → ring finger and sends Qi to SJ channel. PC 8 is thus the Exit Point of the PC channel.

Luo Connecting Channel
Starts: P 6, 2 branches
   1. Along Pericardium primary to P6 → SJ channel.
   2. Along Pericardium primary → Pericardium to Heart system. Includes big arteries.

P6 is a great point to prevent heart attack. If you feel chest tightness, discomfort, use P6. Even can improve EKG. Cannot overstimulate this point. This point will be very painful if there is dysfunction in the heart system, cardiac problems.

Excess: sudden of HT pain
   Qi and blood stagnation, irreg pulse, purple tongue. Or thick yellow coat perhaps with chest oppression. This indicates phlegm heat – do resolve phlegm points along with P6.

Deficiency: irritability

P6 is perhaps the BEST point for heart pain! More important than HT 4.
Remember HT is the emperor, PC is the prime minister. TCM tends toward treating PC first before heart. Pathogens attack PC first before heart. Very first books on acupunc didn’t even include a HT channel.

Pericardium Divergent Channel
Diverges from own channel → from hypochon area, GB 22/ P1.
Enters: chest and connects with the SJ and then connects to throat.
Exits: back of ear.
Converges: w/SJ.
**Muscular Region**
All start from the jing well points, middle finger in this case.
Bundles: big joints
Distrib’d: along PC channel
Unites: (just have an idea…don’t have to memorize all the points below.)
1. Hypo area
2. GB 22 – 3 arm yin’s
3. GB 13 – 3 arm yangs
4. Ren 3 – 3 leg yins
5. ST 3, SI 18 – 3 leg yangs

**Indications of the PC Channel**
1. Heart organ problems
   Palpitations, irregular heart beat, chest pain, chest tightness
2. Mental problems
   Insomnia, DDS, anxiety, worry, depression
3. SJ problems
   Comparatively, not a lot of points can be used on the UJ, MJ, LJ. More focus on upper jiao of Heart/Lung, Middle jiao of Stomach/Liver. Liver emotional things – hypo pain with moodiness, depression, etc. Not so good for constipation, urinary problems.
4. Local problems.
   Along the meridian – carpal tunnel for instance. The earlier you start acu, the better. Can often avoid the surgery with consistent treatment.

**Points**

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<thead>
<tr>
<th>Point</th>
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<tbody>
<tr>
<td>P1-P3</td>
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<td>P1-P3 not often used. Can all be used for upper jaio problems: Heart, lung with chest tightness, chronic cough, etc.</td>
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</table>
| P1    | Window of Sky | 1. Remember the category  
2. Inversion Qi  
   Chaotic and rebellious Qi. This includes:  
   a. Lung – uprising qi, cough, wheeze, etc.  
   b. Head – headache from too much heat in the head, sense organ problems such as blurred vision, neck region for scrofula.  
   Mostly about excess patterns.  
3. Local problems – breast tenderness (4 gates better), mastitis, lack of lactation, but again, other points area better. |
<p>| P2    |          | Local problems, arm pain, irregular heart beat. But not often used. Used as Ashi more often. |
| P3    | He Sea   | 1. He Sea |</p>
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| (water) | | a. counter flow of qi, diarrhea, stomach problems like diarrhea, dysentery, vomiting, especially due to summer heat type n/v. Use P3, BL 40- bleeding, guasha better to release summer heat.  
| | | b. Diseases of skin due to wind – hives is one example.  
| | | (funny ZZ’ism: in china the allergies are hives, not so much respiratory because there’s too much pollution for the body to bother with respiratory difficulties)  
| | 2. Clear heat from Ying (nutritive) and Xue (blood) level – P8 is good for this too.  
| | | Four level diagnosis: mostly used for a w/h invasion beginning Wei, Qi, Ying, Xue is the progression.  
| | | - Wei is defensive – this is the exterior w/h invasion. Expel the wind heat using LI 11, LU 7, LI 4.  
| | | - Qi is Qi level - If Wei level infection not treated properly or on time, get high fever, cough yellow sticky phlegm. No more exterior symptoms  
| | | - Ying level: Agitation, and restlessness, dry mouth  
| | | - Xue level: blood heat – heart is in charge of blood. Hemorrhage from the Lung and Stomach.  
| | 3. Local problems. |
| | Most commonly used points on the Pericardium channel are 4-7  
| | P6-7, watch out for the median nerve here. Electric shock feeling is the needle touching the nerve. If it happens, just pull back a little and it should be OK. After initial insertion, go slow/gentle. Might want to avoid 6-7 if the patient is unused to acupuncture or if they are really apprehensive.  
| | This group:  
| | 1. Heart problems:  
| | a. Physical: palpitations, irregular heart beat, chest pain, chest tightness  
| | b. Mental problems: insomnia, DDS, anxiety, worry, depression, mania  
| | 2. Local problems – arm pain, numbness, tingling, movement limited such as carpal tunnel syndrome.  
| | Carpal tunnel syndrome treatment  
| | - Use small thin needles when you treat. Palpitate P4-7, put needles where tender. Add LI 5 (very important), LI 4 to help cases where there is Qi/Blood stasis, perhaps LI 10.  
<p>| | - Heat is also very important. Use a heat lamp when needled. Heating pad at home to warm the area. |</p>
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<td></td>
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<td>❖ Externally used herbs: Zheng Gu Shui which helps promote Qi/Bld circulation. Can even needle, spray, heat lamp in the clinic. Rub the herb in every day and use a heating pad at home.</td>
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<td>If patient has pain anywhere other than P4-7, ask about spinal nerve problems, test for neck pain. If so, add Jiaji points.</td>
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P4  Xi Cleft Point

Xi Cleft: acute problems, bleeding

1. **Primary point for treating acute pain due to stasis of blood → chest and Heart pain.** Heart attack due to poor circulation. Usually has choppy pulse, purple tongue. This is typical of blood stasis. Choppy pulse is not always easy to feel – but if tongue is purple…
2. **Stop bleeding in upper jiao.** Nasal bleeding, vomit/cough blood. LU 6, HT 6.

P5  Jing River (metal)

Ghost (per Xu Qiu Fu)

1. **Jing River point**
   a. Cough and dyspnea, chills/fever (like all JR’s) but usually use the LI or LU channels for this.
   b. Disease manifesting in pt’s voice like loss of voice, halting speech, manic raving as if seeing ghosts
2. **Ghost point – mostly manic (but also manic-depression),** mostly due to heat and comes with more mania than depression, hard to calm down.
3. Move Qi (jue yin channel of hand). Combine P6 + P5 + 4 gates
4. Harmonize SP and ST for digestive symptoms. Vomiting, etc. As a matter of fact, this whole area can be used this way. Can rub to relieve nausea.

P6  Luo connecting point

Yin Wei Confluent

Most commonly used point in the clinic.

1. **Luo Connecting Point**
   a. Treat disorders of int/ext rel ch/zangfu
      MJ: *St problems with nausea and vomiting*, food poisoning, stomach flu with n/v, acid reflux causing vomiting….any cause. Also good for stomach ache, history of stomach ulcers, etc, again for *any reason* including Liver overacting on Spleen, etc. Can help stomach actually heal up from stomach ulcers.
      *Most important 3 points for stomach problems: Ren 12, ST 36, P 6*
   b. Treat disorders in regions reached by luo/luo disorders
      i. **Excess: chest pain**
      ii. **Deficiency: irritability**
   c. Treat psycho-emo problems:
      insomnia, 5 types of epilepsy (symptomatic categorization from ancient practitioners), mania, poor memory,
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<td>apprehensiveness, fear and fright, sadness, loss of memory following windstroke. Treats more than just mania like P5, treats depression, etc.</td>
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<tr>
<td>2.</td>
<td>Opens to Yin Wei Channel</td>
<td>So treats problems here. “When Yin Wei Channel is diseased, Heart pain will result.” Single most important point for pain and/or fullness of Heart, chest problems, lateral/costal region, regardless of etiology. Try puncturing not perpendicularly, but with needle angled up toward chest and doing strong stimulation while simultaneously holding tightly to P7/H7 to guide Qi upwards rather than to distal areas.</td>
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P6 for disorders of chest per Ode of the Obstructed River.

3.  Throat problems – divergent channel, plum pit Qi, throat pain, loss of voice.  
Note: a lot of plum pit Qi patients have psycho emo problems.

Post breast cancer patients who have had lymph nodes removed, can do cupping if there is scar tissue and pt is uncomfortable with puncture on the diseased side. Can use Jiaji points too to help with the pain associated with this. Add Qi and Blood movers like 4 gates, Ren 17.

5.  Irregular menstrual periods and amenorrhea. Meridian really not all that related to uterus – is for psycho emo symptoms.

Yin Wei Channel:  
Medial leg (KI 9) → thigh → abdomen (SP 13, 15, 16, LIV 14) → chest → meet Ren channel (Ren 22/23)

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<td>P7</td>
<td>Shu Stream Yuan Source Ghost (earth)</td>
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ShuStream/Yuan source applications  
Disorders of Zang: Clears pathogenic factors from the Pericardium during the course of febrile diseases and strongly calms the spirit when disturbed by heat.

Child point application:  
Also reduces excess heat or fire from the Pericardium. P8 used more.

Ghost point application:  
Wide variety of emo disturbances and is especially used whenever heat rises to disturb the spirit.

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<thead>
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<th>P8 + 9.</th>
<th>All are good for:</th>
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<tr>
<td>1.</td>
<td>Mental problems: depression, mania, insomnia, epilepsy</td>
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<td>2.</td>
<td>Loss of consciousness: excess type heat stroke, epilepsy</td>
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<td>3.</td>
<td>Local: finger pain, swelling, numbness, tingling</td>
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| P8    | Ying Spring Exit point (fire) | Ying Spring applications:  
1. Clears heat  
   a. Powerful point to **clear heat from the ying/nutritive and xue/blood levels.** (like P3)  
   b. **Clear heat form the Pericardium** during febrile diseases, to cool Heart fire in the UJ – more strongly indicated than Ht 8: Mania: use five palm needle – P8, Ki 1, Du 20  
   Fever, insomnia, irritability, tongue ulcers. Since P8 hurts a lot, rub it to desensitize, stretch the skin and insert quickly.  
   c. Drain **Stomach heat,** often characterized by bad breath. Often bad breath is damp/heat or phlegm/heat – tongue will be very red and/or thick yellow coating.  
Why can this drain? Ying spring point, also a fire point. Also, is the exit point connected with SJ which is related to all Jiaos.  
For ceaseless laughter: P7 and P8 (per *Supplementing Life*) |
| P9    | Jing Well       | Know category  
Jing well:  
1. Always good to clear heat, restore consc/collapse. Used more for excess type problems than deficient. For coma, fainting, collapse. Prick to bleed for collapse from windstroke or high fever.  
2. Treats uppermost reaches of the channels. Pain at the root of the tongue, stiffness of tongue with inability to sleep.  
3. Treat fullness below heart – Heart pain, agitation of heart, and oppression of heart with absence of sweating. (Remember P6 is the very best one for heart problems like this.) |