Course: Energetics II Date: 3/25/08
Doc: Study Sheet – Point Categories

Trace the 3 circuits of energy through the body.

Taiyin → Yangming
LU hand taiyin → LI hand yangming → ST foot yangming → SP foot taiyin →
Shaoyin → Taiyang
HT hand shaoyin → SI hand taiyang → BL foot taiyang → KID foot shaoyin →
Jueyin → Shaoyang
PC hand jueyin → SJ hand shaoyang → GB foot shaoyang → LIV foot jueyin

Xi Cleft Points

Definition:
Where Qi and Blood gathers and plunges

Indications:
- Treat acute conditions and pain in both Yin and Yang channels.
- Yin channels have an added indication of treating disorders of blood

Yin Channels	Point	Yang Channels	Point
Lung	LU 6	Large Intestine	LI 7
Spleen	SP 8	Stomach	ST 34
Heart	HT 6	Small Intestine	SI 6
Kidney	KI 5	Bladder	BL 63
Pericardium	P 4	San Jiao	SJ 7
Liver	LIV 6	Gallbladder	GB 36
Yin Qiao	KI 8	Yang Qiao	BL 59
Yin Wei	KI 9	Yang Wei	GB 35

Yuan Source Points

Definition:
Where original Qi gathers and lingers

Indications:
- General:
  - If tender, there is disharmony
  - Treat Zang Organ problems
- Yin/Yang
  - Yin channels
    - Tonify and regulate their respective Zang organs
  - Yang channels
    - Dispel excess pathogenic factors

- treat disorders along the pathway of their respective meridian. (LI 4 for example)

Yin Channels Same as Shu-Stream	Point	Yang channels Between Shu-Stream and Jing-River pts (usually the 4th from distal, but GB is 5th)	Point
Lung	LU 9	Large Intestine	LI 4
Spleen	SP 3	Stomach	ST 42
Heart	HT 7	Small Intestine	SI 4
Kidney	K 3	Bladder	BL 64
Pericardium	P 7	San Jiao	SJ 4
Liver	LIV 3	Gallbladder	GB 40

Luo Connecting Points

Joins the internally and externally connected channels. Then continue on their own paths. Run superficially.

Indications:

1. Treat external and internal channels or Zang Fu diseases
2. Treat disorders in regions reached by the Luo connecting channel.
3. Treat psycho-emotional disorders

Host/Guest combinations

1. Use the yuan source point on the first diseased channel, use the luo connecting point on the 2nd diseased channel.
2. To treat only one organ/Zangfu disease: Yuan source on diseased/Zang fu channel, Luo connecting of the paired channel.

Yin Channels		**Point**	**Yang Channels**		**Point**
Lung		LU 7	Large Intestine		LI 6
Spleen		SP 4	Stomach		ST 40
Heart		HT 5	Small Intestine		SI 7
Kidney		KI 4	Bladder		BL 58
Pericardium		P 6	San Jiao		SJ 5
Liver		LIV 5	Gallbladder		GB 37
Ren	Ren 15	Du	Du 1	Grt Spleen	SP 21

Back Shu Points

Functions:

1. Transport qi btwn point and zang organ.
2. lie on bladder channel 1.5 cun from midline

Indications

1. Treat Zang and Fu problems, mostly Zang.
    a. Combine with Yuan source pt

b. Point will be tender when there is disharmony
2. Treat 5 sense organ problems
3. treat connective tissue – bone (KI), muscle (SP)

Bladder point	Category	
BL 11	Hui Meeting point of Bone	T1
BL 12		T2
BL 13	Back Shu of Lung	T3
BL 14	Back Shu of Pericardium	T4
BL 15	Back Shu of Heart	T5
BL 16		T6
BL 17	Hui Meeting point of Blood "Back Shu of Diaphragm"	T7
BL 18	Back Shu of Liver	T9
BL 19	Back Shu of Gallbladder	T10
BL 20	Back Shu of Spleen	T11
BL 21	Back Shu of Stomach	T12
BL 22	Back Shu of San Jiao	L1
BL 23	Back Shu of Kidney	L2
BL 24		L3
BL 25	Back Shu of Large Intestine	L4
BL 26		S1
BL 27	Back Shu of Small Intestine	S2
BL 28	Back Shu of Bladder	S3

Front Mu Points

Functions:

Qi of Zangfu gathers/collects at the points on the front.

Indications

1. Treat Zangfu organs, mostly Fu
   a. Combine with Lower He-Sea to treat Fu

Yin	**Point**	**Yang**	**Point**
Lung	LU 1	Large Intestine	ST 25
Spleen	LIV 13	Stomach	REN 12
Heart	REN 14	Small Intestine	REN 4
Kidney	GB 25	Bladder	REN 3
Pericardium	REN 17	San Jiao	REN 5
Liver	LIV 14	Gallbladder	GB 24

Lower He-Sea Points

Functions: Fu (Yang) organ disease.

Yang Organ	Point
Stomach	ST 36 (same as He Sea)
Large Intestine	ST 37
Small Intestine	ST 39
San Jiao	BL 39
Bladder	BL 40 (same as He Sea)
Gall Bladder	GB 34 (same as He Sea)

Hui Meeting Points

Most direct effect on the correspondent structure.

Zang	LIV 13	**Sinew**	GB 34
Fu	REN 12	**Vessel**	LU 9
Qi	REN 17	**Bone**	BL 11
Blood	BL 17	**Marrow**	GB 39

Confluent Points of the 8 Extraordinary Vessels

Function:

Underground connection from extraordinary vessels to the 12 main channels.

Indication

Activate the extraordinary channel and affect specific symptoms

Conception (Ren)	LU 7	**Yin Motility (Qiao)**	KID 6
Governing (Du)	SI 3	**Yang Motility (Qiao)**	BL 62
Penetrating (Chong)	SP 4	**Yin Linking (Wei)**	P 6
Girdling (Dai)	GB 41	**Yang Linking (Wei)**	SJ 5

Window of the Sky points

Functions:

1. Psycho-emotional disorders
2. disorders of 5 senses
3. Goiter/scrofula/throat disorders
4. Disharmony between head/body with qi or blood rebellion
5. sudden onset of disorders

LU 3	REN 22
ST 9	SI 16
LI 18	SI 17
SJ 16	DU 16
BL 10	P 1