

## **Eight Principle Treatments Strategy**

10-15-05

20 most commonly used acupuncture points

As distal points, the most basic.

Pg 357 on CAM

P9 on John

### ***Yang meridian Distal points for Bi pain.***

Don't use too many distal points. It is too draining.

For external problems

### **On the arm**

SI3 – wood point. Good distal point because it is good for all small intestine bi pain.

- (Along with SI11 for almost all shoulder pain)
- Problems with the neck
- occipital headaches
- heat conditions (esp. w/ delirium)
- shen disturbances

TW5 – Luo point (Master couple of Yang Wei)

- Any place the TW channel goes
- neck pains (SCM)
- head pains along the channel
- hearing disorders (ear infections/tinnitus)
- Clear's heat for heat bi or exterior patterns if heat
- Shao-yang, the syndrome on the sides of the body.
- Coupled with GB41.
- Combined with GB39 for neck problems. - this is a known point

LI4 – yuan source point. Command point for the face

- the face/mouth/lips teeth
- treats the neck or throat
- disperse exterior wind (releases the exterior)
- treats lung problems (interior/exterior relationship)
- strong point to take out heat
- treats all headaches (command point for the head)
- good analgesic affect – a strong qi moving point within the body.
  - Maybe too strong of a point to use in a deficient person.

LI11 earth point

- BI syndrome of elbows and shoulders (elbow tendonitis)
- It's full of qi and blood, there's lots of energy we can tap intolerable
- Yang ming – good for atrophy (wei syndrome). It's full of qi and full of blood!
- Tonifies qi and blood

- Takes out heat (not as strong as LI4 – may be better suited for a deficient person than LI4).
- Good for treating Heat bi - rheumatoid arthritis
- LI11 takes down the blood pressure.
- Good for bowel problems. (most upper body points don't affect the actual organs)

Difference between LI4 and LI11, LI4 is stronger to unblock, and better for exterior conditions, and part of the combination to control sweat/no sweat with KD7.

LI4 is more superficial relative to LI11. It is more intense so be careful with a deficient person. Good to relieve pain in healthy patients. Command point of the face.

LI11 on the other hand is more gentle action overall. It is better for Bi patterns and has some tonification properties to it. LI11 is better for a chronic problem or a more deficient patient. Can be used with LI problems.

Both LI4 and LI11 take the heat out of the body they are used together if there is a lot of heat.

## On the leg:

UB40 – command point of the back, the sea good for heat. Or problems of the organ

- good for sciatic when it goes down the back of the leg (along the channel)
- good for getting rid of blood heat.
- Good for problems of the bladder (dribbling, etc..)

UB58 - luo point.

- Taps both kidney and bladder problems
- Good for sciatica along the channel
- back pain
- Hemorrhoids (acupressure works well here too) (anal fissure)
- often combines with KD3 for back pain. (KD deficiencies back back)

UB60 – jing river point of the kidney

- great for low back pain (treatment point of choice for sacral pain – better than 40)
- for organ bladder problems
- for sinus problems (ethmoid sinus problems)
- occipital headaches

UB40 vs UB60 – UB 40 has a deeper affect on the body than UB60. UB40 is better for bladder problems (the sea points will affect organ function) UB60 is more for low back and sacral pain. UB60 is also for tai yang stage diseases, more external (Sinus problems from external attack) UB 60 is also better for neck problems, occipital headaches

## Gall bladder points

GB34 - Earth point . Influential point for the sinews and muscles in the body.

- Treat those tendonitis and other muscle aches.
- Treats musculoskeletal problems.
- Also a he-sea point so it treats gall bladder problems (like small gall stones < 2cm)
- sciatica going down the side of the leg. Or simply for all sciatica with “muscle stuff”
- back pain

GB39 – known point for neck pains

- sides of neck (combine with TW5 to stay away from the neck itself.)
- shao yang sciatica - all the way down the leg. Go down just a little further to lead the qi out of

the body.

GB41 – master for the dai

- tapping into super strong treatment potential
- treats problems along the gallbladder, esp. in the head (the further from the problem the stronger the affect) (more like migrain temple problems)
- Vision problems (because of meridian and because of the associate with liver.
- Dizziness
- good for the sides of the breasts w/ laterally sore breasts

Compare

GB34 – the he-sea point, so it is strongest to affect the internal organs. Also treats problems and idisease with the liver organ (hypochondriac pain). Bitter taste in mouth and temperment for LV qi stagnation.

It will lso take out damp heat from the middle jiao – jaundice dmap heat in th liver and gall bladder.

GB34 + Ht7 = valium. (influential point of muscles and ....)Patients who are terrified of treatments

GB41 – more for problems of the head (the furthest from the head... The more distal points affect the upper part of the body.

GB 39 more for neck pain and back pain. Influential point for marrow – for osteoarthritis. (UB11 for point of bone as well.)

## Stomach points

ST36 – the primo point for tonification in the body. Qi, Blood, Yin, yang

- earth point on the Stomach channel
- warming needle for tonifying yang
- vitamin pill on the needle.
- Internal organs esp. the digestive system and abdomin,
- for abdominal problems, cramping, diarrhea, etc...
- Will give a boost to the bodies wei qi. (Like he flu shot)
- treats high blood pressure (ST36+LI11+GB20(+PC6) – recipe for BP)

ST44

- water point on the stomach channel – ying spring point – puts out fire and clears heat from the body. Especially clearing for stomach heat/fire and LI heat/fire
- Heat in the Yang ming channel
- maxillary sinus problems.(safer than ST3 if they have a sinus infections)
- Face, Throat, and head clearing heat

Clearing ST36 is a great tonification point. Used for deficiency problems. They don't have energy, they are cold all of the time. Good for digestion problems, good for internal organs. It doesn't clear heat, it does just the opposite. It brings the heat deep inside.

ST44 on the other hand brings the heat out. Excess tpye problems that affect the face. Especially excess heat. Often used with LI4 <- a good combination.

You can use LU7 for patterns in the LI – Yin channel used for thumb pain, but it's a luo point. Otherwise the Yang channels tend to work with exterior problems.

LV3 is also an exception to the rule. LV3 is useful for stagnation as a distal point. It gets things going, or if pain occurs along the liver channel. Use it if you see stagnate liver qi problems.

PC6 is also an exception. Very strong to move the qi in the chest. The “upper LV3” or jue yin. To get things moving. Anyone who has endured chronic pain, we can treat the heart pain/anguish of dealing with pain.

Fourth exception is KD3. It is used a lot for backaches. It usually indicates some kidney deficiency.

The different application for each of these points will be tested upon.... (the points in John's book)

## **Meridian style for internal disorders**

Local and Distal combinations for internal problems.

1. Look for local points to use.
2. Determine the primary meridian involved with the problem.
3. Select distal points appropriate for the condition.
4. If necessary, we want to maybe select some points on other meridians that support the treatment.

### ***To determine the local points***

Instead of using ashi points, we have to look for the problem being rooted in some organ function. We don't want to disperse, it's likely to be deficient already. We want to build up the organ.

For example: Patient complains of fatigue.

- We want to build up the body, not disperse energy.

We choose the local points in two different ways:

- The local point can be close to the area
  - An eye problem – choose bladder 1 and 2
  - Dizziness – DU20
  - Asthma – CV17
  - pg 13 of pirog book /CAM somewhere in there...
- We know that the acupuncture point is going to affect the problem area
  - PC6 nausea
  - ST36 the stomach
  - Problems with the internal organ even if there's no problem with the organ. For example,

breathing problem isn't necessarily the lungs, but the kidney's too weak to grasp the qi and pull it into the body. - so tonify the KD CV17, but CV6 (KD yang tonification) will tonify the kidney yang. (Here CV6 is still considered a local point for the kidney's.)

- Back Shu points/Mu points can be used to affect what's at the root of the problem. (rising liver yang, use the UB18 as the back shu of the liver.) Palpate to see what is tender.
- Look for areas of tenderness. Look for muscles knots.
- Look for changes in skin temperature or color, texture/bumps/rashes
- T1-T7 for the heart and lung
- T6-T12 middle jiao stomach,spleen.liver, GB
- Lumbar down to sacrum – kidney, bladder, LI, SI shu points. And urinary and genital systems. BL28 is back shu for the bladder.
- Front Mu points . From clavial to sternum is lung and heart., lower rib and flanks mu points for liver and GB, belly button to diaphragm is stomach/spleen/intestines. From the belly button to the pubic symphysis for UB,KD, Intestines, uterus, genitals.
- Back shu points good for chronic disorders. Keep in mind that the chinese character that means shu point means to transport qi to the inner organs. They do affect the organs directly. For zang yin and fu yang organs. They can be used for acute conditions, but they are usually used from deficiency and chronic deficiency problems.
- You can use the back shu point for the sensory associated with the organ (BL18 for blurred vision.)
- Overall back shu points have a stronger and more rapid effect than front mu points.
- Back shu for tired/depressed/exhausted. - good time for back shu points. (BL20 – spleen, BL21 – stomach)
- A lot of distal points pull energy out of the body, local points don't pull as much energy from the body – trunk energy is more stable than peripheral energy.
- BL23 – treats back aches and is the back shu for bladder. - a double whammy!
- Back shu don't just tonify. They can also sedate the rebellious qi.
  - BL21 will help settle the stomach.
  - BL18 will help move stagnate liver qi
  - BL15 – will help with heart fire
  - BL13 – for someone catching a cold – lungs disperse and downbearing better.

#### Front Mu points

- All on the chest or abdomen (except KD, GB25)
- The chinese character for Mu points is to enlist, recruit, or raise.
- A mu point is where energy of the related organ collects or gathers.

- You can use mu points to tonify or sedate the related organ.
- Because the mu points are on the front of the body, they are considered to be yin in nature. We use them more from acute problems (but they can be used for chronic problems)
- Front mu points and back shu points can be used for diagnosis. Palpate forashi.
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## 2 Next determine primary involved meridian

- (See the handout from last week)
- Consider where the channel goes. Is the problem on the course of the channel
- Is it a yin meridian or a yang meridian.
- External patterns usually attack the yang meridians.
- BI patterns – yang channels
- Is it exterior systemic? Wind heat or wind cold - tai yang
- Look to yang channels to treat.
- Both Bi syndromes and exterior systemic patterns are patterns of excess. Either drain or move.
- It is possible to use yin meridian for these problems, but be careful using yin meridians for external patterns. You don't want to bring it into the body.
- Remember the shang han lun and what stage you are at.
- Use yang meridians to tonify and build the body/ Use Yin meridians to nourish the blood./ Use Yin meridians to treat dampness (sp9,sp6, or CV9 for example)

## 3 Next determine the appropriate distal points

Use the points from Pirog book.

LU7 – good for all lung problems and so is LI channel as well. (Luo point of LU)

- headache fever and chills.
- LU7 will disperse the lung energy, disperse the wind/heat energy
- exterior problems,

LU5 – more for lung heat. The pathogen isn't just starting to get into the body, you have a problem down deep in the lungs, yellow coughed up phlegm, etc... It's a he sea water point. It will treat excess heat or deficiency heat. (don't use this for exterior problems. It will bring the problem deeper into the system.) Good for Deeper lung problems

HT7 – Shu stream point. Good for excess or deficiency

- shen disturbances
- all patterns of the heart.

PC6 – Luo point (you're hitting a couple of channels here.)

- nausea
- phlegm
- shen disturbances
- Jue Yin – so similar to LV3. Very strong to move qi in the chest.

(in extreme emotional case use both)

SP6 – Intense intersection point – more tonifying/supplementing

- good for all spleen patterns.
- Meeting point for 3 yin of leg (SP, KD, LV)
- Primo point for gynecology
- Very calming (don't forget!)

SP9 – takes out dampness. Not so much tonifying.

- Like a diuretic pill
- gets the damp out. It's the best point for getting the damp out.
- Treats urinary problems.
- A lot of Bi syndromes have a dampness to it. - good for damp bi pains. (dampness lingers...)
- (careful about needling edemic area – parsley barley tea)
- wind/cold/damp or wind/heat/damp
- spongy spleeny looking people...

Careful, SP9 and Sp6 are both distal, so be careful of this w/ deficient people.

When it's a systemic problem, you do them bilaterally.

If it is a bi problem, you can use just once side because it moves the qi faster.

KD3 – general tonification point. Shu stream point

- good for deficiencies and excess
- backaches
- (KD3 + BL23 for backaches)

LV 3 – shu stream and yuan source for the liver

- good for all liver patterns
- excess liver qi stagnation
- deficiencies liver blood deficiencies

- (Shu stream points treat excess or deficiencies)
- gynecology
- hernia's
- breast problems
- vision problems.
- Internal wind
- good for high blood pressure. (due to liver yin deficiency)
- Bi syndromes as well because it is strong to move qi.

4 Additional meridian points to support the treatments

internal/external pairings (Sp/st, Li/Lu, Kd,UB) etc.

- CV6 for spleen qi problems because CV6 is front mu of stomach.

Use the shung cycle with the five phase cycle.

- Tonify the mother Spleen for example to build the lung. (Sp3 earth point on earth channel is very strong to tonify the lung)

Arm and leg yang ming, for example. LI to support the St.

- Sore throat – LI4 and ST44 to take the hot burning sore throat away.

The clock/time to do acupuncture

- use the opposites to use to treat

Entry exit pairings - use the entry point of one channel and the exit point of the preceding. Use LV 13 and Lu1 for example for a cough due to a excess liver affecting the lung. These tend to be painful however!

Find a case to do work on the internal stuff.