

Eight Principles

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Antique Points

We'll talk about the classical indications.

Jing Well

- Qi emanates
- At the tips of the fingers and toes. (except for KD-1)
- The energy is volatile. It's switching circuits.
- It's making a U-turn. It's changing direction.
- At Yin channels, it's the most Yin of any energy along the channel, in Yang channels, it's the most yang of any energy along the channel.
- It's the most unstable of energy along the channel.
- The action is very strong.

The energy is dynamic and at the surface. It's flowing quickly.

Qi has More of an outward motion.

They tend to be “ouchy”

Classics say: Indicated for fullness below the heart, diseases of the Zang.

Currently, a more modern application: To take heat out of the body. Revival points for “rescue of collapse”

- High fevers
- wind strike loss of consciousness.

It's “waking the sleeping dragon” inside the body.

Examples

- LU11 – great for sore throat. (within a minute or two.)
- ST45 – take heat out of the head area
 - ST45 + GB8 for hangover.
- HT9 – heat in the mouth (pain at the root of the tongue)(and red eyes)
- SI1 – heat in the mouth/throat as well as headache & dizziness.
- BL67 – headaches on the top of the head. And good for occipital headache as well.
- LV1 – good for nose bleed.

Many of these points do treat stagnation of the chest area.

- ST45 & HT9 & LV1 – good for manic depressive disorders. (Disorders of the shen)
- LU11 & SP1 (Ghost eyes) w/ moxa to return the sense of reality. (Alternating between LU11 and SP1)

Local / Distal

- As distal points for problems along the meridian
- SP1 and LV1 are good for excessive menstrual bleeding. Moxa/needle for excessive bleeding
- SI1 – empirical points for breast disorders. (mastitis, insufficient lactation, etc...)

Ying Spring

These are powerful action, but not as broad acting as the jing well.

- Good for expelling pathogens. (Used in combination with the Jing well)
- Combined with the shu stream points to push energy into the body.

Classically

- heat in the body.
 - red skin problems,
 - red eyes,
 - burning sensations (five heart heat)
- Changes in complexion color (redness from the heat, or yin deficiency)
- Disease of the yang channels.
- Combined with the Shu Stream to put energy into the body, for the zang organs.

Modern

- To clear heat from the channel or from the organs.
- On the Yin channels this is a “fire” point, on the yang channels is a “water” point.
- Needle technique is to sedate/reduce to pull the heat out.

Points in use:

- LU10
 - heat from a sore throat,
 - clear heat from the lungs
 - coughing w/ blood
- LI2 & ST44
 - Heat problems in the face and head.
 - Sinus problems for example
- ST44
 - takes heat out of the intestines
- SP2
 - take damp heat out of the spleen/stomach/intestines
 - diarrhea caused by damp heat or constipation
- HT8
 - heat in the SI
 - bladder infections as well.
- KD2
 - take out five heart heat
 - KD2 (ying spring) + KD3 (shu stream) for night sweats.
 - Yin deficiencies causing fire effulgence sore throat.
 - Heat/pain/itching w/ genital problems.
- PC8
 - Clears the deep heat in the body. Down to the jing and even blood levels of the body.
 - Clears heat from the pericardium.
 - Heart Fire – use PC8
 - Takes out stomach heat (excessive appetite)
- GB43
 - clears heat.
 - When you have stagnate qi (generating heat) especially if hot in the face or head. Heat anywhere along the GB channel.
- LV2
 - Clears liver fire. (The eyes are often red (ears and face as well)) comes with headache,

can disturb the shen as well.

- Heat in the blood. (reckless bleeding types of problems)
- Excessive menstrual bleeding
- LV goes into the genitalia.
- Burning with urination/feverish – bladder infection.
- SI2
 - Tinnitus(???)
 - Mumps
 - Red eyes/nose bleeds
 - sore throat w/ thirst
- TW2
 - when heat does damage to the fluids of the body.
- BL66
 - more as a local point for foot pain.

Classically

- LV2 for changes in complexion
- As distal points for Bi syndromes (LI2 or SI2 for shoulder pain for example...)

Most commonly used are LV2 and ST44.

Rarely used except for local are LI2, HT8, SI2, or BL66

The Bai Xie and Ba Feng points are commonly used ying spring points for hand and foot problems.

Shu Stream

Where qi flows through, like a stream.

Classic of difficulties:

“Useful for heaviness in the body and pain of the joints.” i.e. Bi problems.

Yang channels are usually affected by Bi syndromes.

These are wood points. (Aren't so strong for tonification)

Harmonize the interior of the body with the exterior. Good for exterior problems....

- SI3 flushes out the channel. - also extraordinary channel as well.
 - Good for neck, shoulder, arms, low back pain.
- LI3 clears pathogens (wind and heat from the head) throat problems, teeth problems, eye & mouth problems.
 - Also treats intestinal problems due to dampness. (exception to the yang doesn't treat the

organ rule)

- Also used for hand problems.
- TW3
 - (shao yang) treats the whole channel.
 - * it treats any type of ear problem. (ear ache, tinnitus, sinus ear problems)
 - Good for different types of finger pain.
 - The next ones in are the “shang ba xie”
 - pain in the spine
 - pain in the shoulder if on the channel, use this as the distal point.
- GB41
 - move stagnate qi all along the course of the channel. (As a distal point)
 - Access to the Dai Mai. As well as the shu stream
 - pain in the feet and toes
- ST43
 - aches and pains due to wind and damp bi.
 - (exception to the rule in that it does treat organ problems)
- BL65
 - back pains
 - pains in the thigh

The shu stream points on the yin channels are more used for tonification.

You can affect the organs, for tonification of the organs.

These are earth points.

Very commonly used and most important points on the channels.

They are self regulating. Used for interior/exterior, hot/cold, excess/deficiency

Yin channels this is also the yuan source point as well.

- LU9
 - Tonifies the Qi and the yin (influential point of vessels)
 - Don't nick the artery.
 - For really deficient lung qi (coughing and coughing.)
- SP3
 - tonify the spleen qi and spleen yang (Earth point of earth channel)
 - good for internal dampness.

- HT7
 - treats all heart problems.
 - Restores the shen to normal. (for people who are overly emotional)
- KD3
 - Tonify deficiencies
 - all kinds of KD problems...
 - Backaches
 - ankle pain (as a local point)
- PC7
 - calm the shen.
 - Sunstroke, heart fire
- LV3
 - any pattern of the organ. (excess or deficiencies)
 - Hyperactive liver yang, depressed liver qi, you name it...

Yuan source points connect with all of the energy within the body. You are tapping into some great energy for tonification.

Good to moxa people on these shu stream points.

Classic of difficulties – shu stream points can be used for diseases that manifest intermittently.

- Like malaria.
- 7 of the shu stream points do treat malaria. (SI3 (especially), LI3, ST43, HT7, BL65, TW3, GB41) Good for: Symptoms like malaria: Fibromyalgia, chronic fatigue syndrome. Things that are locked half way into the body.

Pain in the upper jiao LU9 and LU10

Wants to lie down and sleep LI2 and LI3

tinnitus – SI2 and SI3 (+LI6)

Five heart heat (restless w/ cold feet and sweating) KD2 & KD3

heal oppression of the chest and scars – PC7 & PC8

different types liver or spleen problems of LV2 & LV3 or SP2 and SP3

Yuan Source Point

Classic quote: “Where original qi surfaces and lingers”

On yin channels the same point as the shu stream point.

On yang channels it the next point up, except for the gall bladder (it skips one)

It's hooking up to the TW complex of the body. (the communicator for the yuan qi of the body. Source of both yin and yang of the body.)

You are tapping into the energy source within the kidneys.

Yin channels – to treat the zang(yin) organ problems.

- Most important point along the channel to treat the organ.

Yang channels are between the shu stream and jing river (mostly).

- Not used for tonification, more used for flushing out pathogens locked in the course of the channel. For a more yang activity
 - LI4 – strong to dispel the exterior wind, but doesn't affect the LI itself.

Classic sez: You can use the yuan source points as a diagnostic. Spiritual pivot says. “Abnormal reactions at your yuan source points, you can identify which of the five zang have the problem.”

Commonly used:

- LI4
- TW4
-
- GB40 – good for hip pain, ankle pains. Especially with wheelchair bound patients.
- Not used so much
 - ST42 (pain on top of the foot)
 - SI4 (pain in the wrist)
 - BL64 (usually just as a local point)

Jing River

Point at which the qi flows like a river.

“Jing” can be translated as “to pass through”

Located in tendons close to the wrist and ankle.

Classic:

- used for dysthnia (difficulty breathing), cough, and for chills and fever.
 - These are metal points (goes with lung) on the yin
 - on the yang they are fire points.
 - LU8
 - coughing,

- wheezing,
 - for those who can't sweat
 - LI5
 - cough w/ cold
 - ST
 - can't sweat
 - sp5
 - cough cold fever
 - si 5
 - chills and fever or fever w/ no sweat
 - bl60
 - cough and difficulty breathing
 - KD7
 - KD7 and LI4 – regulates sweat.
 - TW6
 - cough and fever disease
- Diseases that affect the patients voice
 - LI5
 - for manic speech and mad laughter.
 - ST41
 - stomach heat with wild raving
 - SP5
 - person sighs or impaired speech, they want to laugh
 - HT4
 - sudden inability to speak
 - SI5
 - stiffness of the tongue in babies
 - KD7
 - easy to anger w/ too much talk.
 - PC5
 - loss of speech
 - TW6

- sudden aphasia
- LV 4
 - person sighing all of the time
- Diseases of the bone and sinews (for yin channels)
 - point of demarcation of wei qi into the joints.(but the pathogen can go in deeper here too.)
 - yin channels
 - it is going to control the joints and tendons and the wei qi being there to protect the joints.
 - Use these points to dislodge the pathogen causing problems in the joints on the channel
 - SP5 on the ankle.
 - Kd7 cold legs, cold and hot bones.
 - LV4 – for treating carpal tunnel (PC jue yin and liver jue yin)
 - HT4 – for cold bones (when they feel cold to the marrow) also as a Dr. Tan for shoulder/elbow/arm pain. Good for frozen shoulders.
- Yang
 - ST41 for damp bi and wei syndrome (atrophy)
 - drop foot – (MS for example) ST41 and GB40
 - GB38
 - For lumber pain when the patient describes that there is a weight in the middle of the back.
 - Bi syndromes in the leg.

He Sea

The qi is moving more stable and broadly here.

The qi in the channel at this point is deep and vast.

The qi is collecting, it comes together here, and from there it joins the general circulation of the rest of the body.

Use to regulate the qi and the blood, between the limbs and the inner body.

Classic of difficulties: At this point the qi has an inward motion.

Jing well vs He Sea

- well - qi is quick and unstable
- sea - qi is much more stable

- you don't get the quick changes.
- They are not as dramatic acting as the well.
- It moves slower

QI is more stable and you won't quickly change it or influence it.

Classic applications:

- rebellious qi and diarrhea
- irregular appetite
- diseases of the fu bowels
- all problems with excitatory functional
 - diarrhea
 - constipation
 - counter flow qi
 - urinary problems

these are used for more internal problems.

He sea and lower he-sea points are the most important points to choose when treating Li problems.

- ST36
 - helps harmonize the ST and SP
 - helps all st problems (nausea, pain,whatever)
- GB34
 - removes damp heat from the middle burner.
 - Jaundice/liver disease
- BL40
 - urinary tract problems.
 - Diarrhea
- TW10
 - good for cough and vomit of pus and blood
- LI11
 - damp heat in LI
 - diarrhea
- SP9
 - tonify spleen
 - drains damp out

- PC3
 - benefits the stomach
 - stops vomitting
 - stops diarrhea dn
- HT3
 - help svomit of foamy sputum
- KD10
 - used for diarrhea
- lu5
 - for vomit and diarrhea