

# Eight Parameter

10/29/05

Needle Counts – these are bio-hazards people!

Categories of points

Quote the classic for which categories will be on the test!

Need to know the points by classification/catagory

Wood points vs metal points, etc....

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## He Sea Points

- This is like an ocean.
- The qi of he channel is big, vast, and deep. It is collecting and joins the circulation in the body at this point. It's a connector
- The Qi has an inward movement – its being pulled deep inside the body.
- They aren't as dynamic as the jing well points (the energy isn't moving as quickly). Things are more stable at the he sea points.
- “It's used for rebellious qi and diarrhea” problems with the stomach, appetite, and problems with excretion. With the fu bowels.
- Most commonly used for internal medicine.
- ST36 –
  - harmonize the ST
  - any abdominal complaint or problem
  - nausea, vomiting, bloated, diarrhea
- GB34
  - clears damp heat from the middle jiao (LV, GB, etc...)
  - influential point of sinews
- UB40
  - great for urinary tract problems

- treats diarrhea
- TW10
  - empirical point for phlegm nodules in the body.
  - Cough and different problems with vomiting
- - damp heat in the intestines
  - heat through the channels in the body
  - for muskoluskeletal problems.
- Sp9
  - clear damp
  - for heat and damp or cold and dmap causing bi
  - when dampness causes diarrhea
  - when dampness causes lack of appetite
- PC3
  - digestion
  - diarrhea
  - vomiting
- HT3
  - vomiting of foamy sputum. (from deadman's)
- KD6
  - water point on water channel
  - diarrhea (watery stool)
- LU5
  - vomiting and diarrhea
- Lower He Sea Points
  - Arm yang channels don't have much affect on the organs (with the exception of LI11)
  - ST37 LI – great to regulate the intestines. For damp heat causing diarrhea. All Intestine disorders. (SP yang deficiency diarrhea)(damp cold)
  - ST39 SI – usage is very similar to ST37.
  - BL39 TW – good for all types of excretory disorders. Clears heat from the urinary tract as well as diarrhea, etc... Good for edema – it's a diuretic.

Tonify QI and BL and the yang channels

(ST41 & GB40 for “drop foot”)
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- ST36 –
  - tonifies qi, bld, yin, and yang
  - ST36, SP6, and BL20 for building blood
  - paralysis or wei syndrome
- LI11 –
  - general tonification as well.
  - For wei syndrome or paralysis

Regulate circulation between the limbs and the inner part of the body. They are the connectors, for the deeper part of the body.

A lot of the he sea points are used for musculoskeletal problems. (GB34 for example)

LI11 flushes heat.

Normalizes the circulation.

Lowering BP

- ST36, LI11 (ST36 seems to have a self-regulating action, just like PC6...)

Relieves fullness of qi and blood in the channels. (ST37 and ST39....)

Both yang and yin can tonify. Don't tonify if someone is getting sick. You're pulling energy down deep into the body. (You want to release the exterior...) Be cautious...

Because this is where the energy of the channel is going to unite with the whole body, this also the last chance to expel the pathogen.

- LI 11 – flush heat throughout all of the channels – get rid of the excesses
- all excess heat signs LI11 + DU14 + LI4
- BL40 – takes out a lot of toxic heat (heat stroke) (LI11, DU14, BL40, PC6, DU26)

Treats skin problems.

- Red rash (heat) UB40, LI11, SP10 (cools and moves blood) used together to remove rash from any part of the body.

On the yin channels, the sea points are the element of water.

- Yin channel he sea points put out the fire. (skin rash with heat)
- SP9 as well
- Urinary problems – SP9
- LV8 for urinary problem as well
- Come out of surgery and can't urinate (LV8 and SP9), person who wets the bed (SP9 & LV8, KD10)
- Bladder infection (damp heat in the bladder – SP9, LV8, BL39 (lower he-sea point))

HE sea points on yang channels being used for Bi problems

- UB40 for all back problems.

Use them for diagnosis – examine and palpate the he sea points to check the main channels. (pressure on excess gives you pain, a little dip is a sign of deficiency).

- Ashi near ST37 is a diagnosis check for appendicitis (It's called Lan Wei Xue)

Commonly used

- LU5
- LI11
- ST36
- SP9
- UB40
- GB34
- UB39
- ST37

Sometimes

- SI
- TW
- PC
- LV8 (not as draining as LV3)
- KD10 (water point on water channel)

Not common

- HT3
- ST39

## Xi Cleft

- Xi – means crevice – a little crack or opening...
- This is where the actual qi and blood of the body converge/accumulate and go deep into the body. It's like a quicksand hole.
- This is also an opening where pathogens can get stuck, the channel can get blocked at this point.
- Usually located in a crevice of muscle tissue or little notches between the bones. (between jing river and he sea points)
- For treatment of acute conditions. (emergency points)
- Specifically acute blockages.
- Stubborn stagnate conditions – these spots are like draino.

- For pain – xi cleft on bladder channel, for oncoming bladder infection (BL63 can almost be a diagnostic. (BL63, SP9, CV3 (CV3 if you have to pee))
- Very good for pain on the associated channels (organ)

### ***Yin Xi cleft***

- will treat disorders of blood
  - SP8 – varicose veins (spleen has to do with blood and holds things up and in)(along with SP10, LV3, and ST36)
  - LU6 –
    - great for acute diseases of the lung (for asthma attack along with CV17) (CW massage plus energy in)
    - Asthma (either cold phlegm, KD failing to grasp the qi, anything)
    - Wheezing
    - Coughing
  - SP8
    - varicose veins.
    - Good for blood stasis
    - stagnation in the abdomen (PMS, masses in the abdomen)
  - HT6
    - good for treating pain that is due to blood stasis.
    - Good to clear heat from the blood level (women w/ night sweats along with KD6)
  - KD5
    - for menstrual problems (menopausal problems)
    - too long a period
  - KD6
    - yin qiao
  - KD9
    - yin wei
  - PC4
    - acute blood stasis in the chest. (blood stasis HT pains)
  - LV6
    - blood stasis in the uterus

## **Yang Xi cleft**

- will not treat disorders of blood
  - LI7
    - acute problems with the LI
  - ST34
    - for breast problems (pain in the breast just before a periods, mastitis in nursing women)
    - good for ST problems. A stomach ache
    - for pain w/ knee problems (SP10,9, GB34, ST34 above and below the knee)
  - SI6
    - shoulder pain/arm pain
    - pain along the channel
    - distal point for sprain in the lumbar.
  - BL63
    - for bladder infections
  - BL59
    - yang qiao
  - GB36
    - treats rabies – not used much
  - GB35
    - yang wei

## **Luo Connecting Points**

Connects internal and external paired channels.

12

1 CV

1 GV

1 Great Luo SP21

These treat

LU7 – LI and LU (to get rid of the exterior based colds)

They collect excess – things that spill over from the other channels.

Drain excess conditions – swelling, distention, puffy, stagnate pain, stiffness, spasm, and blockages and accumulations.

Meridian style for wherever the pain is (Use LU7 for LI and LU pain)

Treat emotional/psychological problems.

Can be used for atrophy/wei syndrome/paralysis

Commonly used

- TW5
- LU7
- PC6
- ST40 (transforms phlegm)
- BL58 (distal point for back problems due to kidney weakness, bladder and kidney meridians)  
Tai Yang sciatic problems.
- SP4 – stomach and spleen problems (digestion and ingestion problems)
- LV5 more for genital problems (great for genital itch) 5 cun up from malleolus (between tibia and fibula)(diagnostic point)
- GB37 – a lot of eye problems – the point to use to brighten the vision, (Guang Ming)
- HT5 – not common
- KD4 – not common
- LI6 – not common
- GV1 – not common
- CV15 – not common
- SP21 – for fibromyalgia – people who hurt all over and are exhausted. (SP21 on the left – 3/4's of the lymph system drains to the left. Chronic Fatigue as well. It is often an Ashi) TW5 (latent pathogenic factor – shao yang disorder) Bilateral, GB41 bilaterally, and SP21 on the left, and perhaps GB34 bilaterally.

Which Luo point to use? Which ever is most/closest to affected.

Luo points and He Sea point are the most commonly used acupuncture points.

Size of Luos

- These 15 points are the largest.
- Minute Luos – little channels are small and lots of them. (the little communication system, net)
- Blood Luo's – small and many many of these (You can see some of these – spider veins)
- Very Superficial Luos – very very shallow luos (the red lines in the palms of the hands) (if you sprain your ankle, these are the Luo vessels that have been damaged.)
  - can collect blood stasis
  - can collect phlegm – swollen lymph nodes for example
  - hard knotty tissues

Know the meeting points (influential points of the 8 tissues)

- treating a certain type of tissue, function, region
- can be added into any treatment that involves that specific problem
- LV8? – zang organs
- CV12 – fu organs
- CV17 meeting point of qi (mu alarm of PC) for lung conditions(used for deficiency conditions)
- BL17 – influential point of blood. Any problem with blood stagnation, blood heat, etc... (SP10 to move and cool bld, etc...)
- GB34 – sinews, pain in muscles/joints sprains, strains, paralysis, arthritis pain, sciatica down side of leg.
- GB39 – meeting point of marrow, brain, spinal cord. Fairly painful point...
- UB11 – meeting point for bone (for arthritis conditions, fractured bones)
- LU9 - meeting point of the vessels (pulses). Research articles, this will help with irregular heart rhythms. (pulse abnormalities)

Group Luo Points

- TW8 – three arm yang
- PC5 - three arm yin
- GB39 - three leg yang
- SP6 - three leg yin

## Reviews

What to expect on the test?

Memorize the categories of points

- 5 antique points, xi cleft, luo connecting points, group luo points, influential points

Know the classical phrases for the use of points.

- i.e. What points deal with complexion changes

Point combinations and categories of points

- heat in LI, abdominal pain and diarrhea. How do you treat? (b)
  - a. pc 6 gb 40 du 20
  - b. st44, st6, st37
  - c. bl23, bl58

Review the master couple points