

Clinic review

10-21-06

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1.0 5 Shu Transport Points

- Jing - Well
 - Qi rises
- Ying - Spring
 - Qi glides
- Shu - Stream
 - Qi pours
 - This is half inward and half outward
- Jing - River
 - Qi flows
 - This is flowing inward toward the body
- He - Sea
 - Qi enters inwards
 - It's starting to head towards the organs at this point

1.1 *Jing Well*

- When the disease is at the zang, needle the jing-well point
- The five zang correspond to winter, in winter needle the jing-well points
- Jing well points for fullness below the heart
- Jing-well points are used for clearing heat, restoring consciousness and rescuing collapse.
- Treat the upper most reaches of the channel.
 - LU11 for sore throat, throat painful obstruction and mumps.
 - LI1 for throat painful obstruction, deafness, tinnitus and toothache
 - ST45 for swelling of the face, toothache, lockjaw, throat painful obstruction, deviation of the mouth, nosebleed and yellow nasal discharge.
 - HT9 – for pain at the root of the tongue, heat in the mouth, swollen tongue, pain and redness of the eyes.
 - SI1 for headache, dizziness, red eyes nosebleed, deafness, tinnitus, throat painful obstruction, curled tongue, stiff tongue, heat in the mouth, erosion of the mouth, mouth ulcers and drooling.

- BL67 for vertex headaches, occipital headaches, nasal congestions, nosebleed, eye pain, pain of the inner canthus, deafness, and tinnitus
- KD1 for dizziness, vertex headache, throat painful obstruction, throat pain with inability to swallow, loss of voice, dry tongue, and nosebleed.
- PC9 – for pain at root of tongue, stiffness of the tongue and inability to speak.
- TW1 – for tinnitus, deafness, earache, stiff tongue, pain at the root of the tongue, dryness of the mouth, dry lips, bitter taste in the mouth, headache, redness of the eyes, throat painful obstruction, and pain of the submandibular region.
- GB44 – headache, stabbing pain of the head, dizziness, sudden deafness, tinnitus, throat painful obstruction, redness and swelling of the eyes, stiffness of the tongue with inability to speak, curled tongue with dry mouth.
- LV1 – for bitter taste in the mouth and ceaseless nosebleed.

1.2 Ying Spring

- If manifesting as a change in the color (complexion) needle the ying-spring point (usually in heat conditions that are more excess in nature)
- The five colors correspond to spring. In spring needle the ying-spring points.
- Ying spring points are for heat of the body (heart pathogen)
- The ying-spring and shu-stream points treat the yang channels and the zang organs
 - LU10 – clears heat from the throat, clears dry heat from the lung zang in cases of coughing and chest pain and clears heat transmitted from the lung to the stomach in the middle jiao and the heart in the upper jiao.
 - LI2 & ST44 treat heat disorders affecting the upper portion of the channel in the face and head. St44 also clears heat and damp-heat from the intestines.
 - SP2 clears heat and damp heat from the SP and ST and intestines giving rise to diarrhea, constipation, and vomiting and epigastric pain.
 - HT8 – treats fire which transmits first to the SI and then UB
 - KD2 – strongest point on the KD channel to clear deficiency heat from the KD which either rises to the upper jiao and manifests as throat painful obstruction (deficiency, chronic sore throat), coughing of blood and wasting thirsting disorder or blazes in the lower jiao giving rise to genital itching, uterine prolapse, infertility, irregular menstruation, difficult urination, etc...
 - PC8 is a powerful point to clear heat from the ying and blood levels and from the PC during febrile diseases, to cool heart fire in the upper jiao (for which purpose it is more strongly indicated than HT8) and to drain ST heat.
 - GB43 clears heat and stagnant heat (i.e. heat deriving from qi stagnation) from the head and ears, eyes, face, breast, and lateral costal region, the whole GB channel.
 - LV2 is the principle acupuncture point to clear LV fire affecting any part of the body, where it blazes upwards to the head, eyes, disturbing the heart and spirit, transversely invading the LU or ST, entering the blood and causing reckless bleeding or disturbing the lower jiao.

1.3 Ying Spring/Shu Stream

- Pain of the lung and heart (LU9 and LU10)
- Somnolence LI2 and LI3

- Deafness SI2 SI3 LI6
- Swelling of the inside
- Oppression of the inside of the throat KD2 KD3
- Ceaseless laughter PC7 PC8
- Pain of the LV and Heart LV2 LV3

1.4 Shu Stream

- Shu stream are points for heaviness of the body, spleen pathogen
- This is a clear reference to painful obstruction, especially when due to attack of dampness (in the joints often)
- The classic intermittent disease is malaria, and while this is a commonly found indication, no fewer than eight of the shu-stream points treat this disease (LI3 ST43, HT7, SI3, BL65, KD3, TW3, GB41)
 - Don't forget the fever needs treatment too (like SJ5 or something)
- Disorders of the zang (with the ying spring)
- Yang channel disorders (with ying spring points)
- Heaviness of the body and pain of the joints
- Diseases which attack intermittently
- Shu-stream points of the yin channels are the primary points for Tonifying and harmonizing their respective zang.
 - LU9 is an essential point to tonify both Lung qi and yin
 - HT7 tonifies and nourishes the heart in all kinds of deficiency, whether of qi, blood, yin, or yang
 - KD3 nourishes KD yin, and Tonifies kidney qi and yang
 - PC7 – clears pathogenic factors from the pericardium during the course of febrile diseases and strongly calms the spirit when disturbed by heat
 - LV3 – is indicated for any pattern of the Liver zang whether deficient or excess
- Shu-stream points of the yang channels have important actions on their respective channels.
 - LI3 – clears wind heat from the head, throat, teeth, eyes and mouth
 - SI3 – is a vital point for regulating disorders of the tai yang channel and the DU
 - TW3 – is important for disorders of shao yang channel especially affecting the ears
 - Zu ling qi (GB41) has a particularly strong action on dispersing stagnation of the LV qi throughout the shao yang channel (good for migraines – by palpation the LV qi throughout the shao yang channel)
- shu stream points of the yang channels by comparison have very little action on zangfu disorders)
 - li3 is indicated for borborygmic and diarrhea due to dampness
 - st43 for disorders of St and intestines

1.5 Jing River

- Cough and dyspnoea, chills and fever
- Diseases manifesting as changes in the patients voice

- Diseases of sinews and bones (jing-river points of yin channels)
- The musical sounds correspond to late summer, in late summer needle the jing-river points.(the reference to the “metal” aspect)
- Jing river points are for dyspnoea, cough, chills and fevers, lung pathogen
 - LU8 for cough, asthma, wheezing, dyspnoea, febrile disease with absence of sweating, febrile disease with breathlessness
 - LI5 could, cough, fever with absence of sweating
 - ST41 febrile disease with absence of sweating and malarial disorders
 - SP5 – chills and fever with vomiting, coughing and diarrhea in children with no desire to eat, cough
 - SI5 – febrile disease with absence of sweating, chills, and fever
 - BL60 – dyspnoea cough, malaria, malaria with copious sweating
 - KD7 – fever with absence of sweating
 - PC5 – aversion to wind and cold, febrile disease, malaria, obstruction of qi following windstroke leading to impaired breathing
 - TW6 – cough and cough with redness and heat of the face, febrile disease with absence of sweating.
 - GB38 – chills and ever, sweating with cold shivering, malaria
 - LI5 0 manic raving, propensity to laughter
 - St41 – stomach heat with raving
 - P5 – loss of voice, halting speech, manic raving as if seeing ghosts
 - SP5 – stiffness and pain of the root of the tongue, impaired speech, propensity to laughter, cold body and much sighing.
 - HT4 – sudden loss of voice
 - KD – curled tongue with inability to speak, propensity to anger with incessant talking propensity to laughter
 - TW6 – sudden loss of voice
 - GB38 sighing
 - LV4 sighing
 - Disease of sinews and bones
 - St41 sinew painful obstruction, damp and painful obstruction atrophy disorder of the leg
 - Sp5 – pain and ostruction of the sinews bone painful obstruction,, heavy body with painful joints,
 - HT4 – cold bones and marrow, clonic spasm
 - SI5 – lock jaw, stiffness of the tongue in babies preventing suckling , clonic spasm
 - BL60 – stiff neck, contraction of the shoulder and back, lumber pain, sacral pain, pain of the coccyx, heel pain, ankle pain, lockjaw
 - Kd7 – cold and hot bones, atrophy disorder of the leg.
 - GB38 – wind painful obstruction with numbness, wandering pain of the joints, hemiplegia, contracted sinews, pain of the hundred joints, lower limb painful obstruction, severe lumber pain (like a hammer in the middle of the back), pain of the malleollus

- LV4 – contracted sinews and lumbar pain

1.6 He Sea

- Indicated for
 - Counterflow qi and diarrhea
 - Disease of the ST and disorders resulting from irregular eating and drinking
 - Diseases of the Fu
 - Diseases of the skin (yang he-sea points only)
- Specific points:
 - LU5 – is indicated for vomiting, diarrhea, and abdominal distention, reflecting the origin of the lung channel in the middle jiao and its connection with the LI fu in the lower jiao. (remember the path)
 - LI11 – is indicated for distention and pain of the abdomen (esp. heat related), vomiting and diarrhea and dysenteric disorder.
 - ST36 – the foremost point for harmonizing ST and fortifying spleen and is indicated for every kind of ST and SP disease including nausea, vomiting and diarrhea
 - SP9 – is an important point for lack of appetite (dampness), diarrhea, dysentery-like disorders and sudden turmoil disorders due to interior or exterior pathogenic dampness.
 - HT3 – for vomiting of foamy, watery saliva
 - BL40 – for sudden turmoil disorder with abdominal pain, vomiting and diarrhea and dysenteric disorder (more heat things)
 - KD10 – is indicated for diarrhea, abdominal distention, abdominal pain and periumbilical pain. (water point of upper water channel)
 - TW10 – for vomiting pus and blood, cough with fullness of the abdomen and no desire to eat or drink and distention and pain of the lower abdomen
 - GB34 is especially indicated for vomiting due to shao yang pattern or jaundice
 - LV8 – diarrhea with undigested food and diarrhea containing blood and pus
 - ST37 is an essential point for regulating the intestines and clearing damp-heat and is much used for all intestinal diseases
 - ST39 although less used has a similar range of action
 - BL39 is indicated for distention and fullness of the lower abdomen and constipation.
- On the lower limb the yin he-sea point (SP9, KD10, and LV8) all strongly drain dampness and damp-heat from the fu or extraordinary fu in the lower jiao, specifically the bladder, intestines, and uterus (and prostate)
- GB34, and ST36 are the most important points on their respective channels for treating disorders of their related FU (GB and ST), equivalent in importance to the effect the shu-stream points of the yin channels have on their respective channels.
- ST37- is one of the most important distal points for treating disorders of the intestines
- BL39- acts on the qi transforming action of the TW and is important in treatment of retention of urine or difficult urination
- Disease of the skin

- LI11 – erysipelas, urticaria, wind rash, dry skin, scaly skin, itching of the skin, shingles, pain and itching of the whole body as if bitten by insects, clove sores on the back
- BL40 – clove sores erysipelas (cinnabar toxin) eczema, urticaria
- Kd10 itching of scrotum
- PC3 –wind rash
- SJ10 for urticaria
- LV8 - for itching of the genitals