

8 Influential Points

<i>Point</i>	<i>Substance</i>

8 Influential Points

<i>Point</i>	<i>Substance</i>
LV13	Zang
CV12	Fu
CV17	Qi
UB17	Blood
GB34	Sinews
GB39	Marrow
UB11	Bone
LU9	Vessels

Zang Influential Point

Zhangmen -

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Changming -

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Pimu -

Zang Influential Point

Zhangmen – “Gate of Eloquence” or “Completion Gate”

- Helps with expression.
- It will help people when they are stuck. If you can't do “complete utterance”, you need this point.

Changming - “Grow and Spread”

- To control or regulate liver/spleen functions
- This covers things that both the spleen and liver would cover.

Pimu - “Spleen Mu Point”

Zang Influential Point

Clinical Significance:

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- Has connections to all of these meridians
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Zang Influential Point

Clinical Significance:

- For Liver invading the spleen
- Used to moderate between these two organs
- propensity to anger (liver) or fear, epilepsy, diarrhea, constipation
- the first name equates to speaking what is on ones mind, will clear the 5 zang so that the zang can receive nourishment. If one cannot clear what is in their mind (like post traumatic stress disorder), this point is indicated.
- Has connections with the three body planes
- Has connections to all of these meridians
 - chong mai
 - dai mai
 - yin wei mai
 - Therefore will be used in treatment of maladies of these meridians
 - upper gallbladder
 - heart

Zang Influential Point

Additional Names

zhoujian -

Xieliao -

Leioliao -

Zang Influential Point

Additional Names

zhoujian – point of the elbow (where the elbow hits the side of the body)

Xieliao “rib foramen”

Leioliao “rib foramen”

Fu Influential Point

Zhongguan

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Taicang

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Wei mu

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Fu Influential Point

Zhongguan - central duct

zhong – middle

guan – duct in the body.

Taicang – great granary

Tai – great

cang – where grain is kept/stored

Wei mu – stomach mu point

wei stomach

mu – collection point

Fu Influential Point

Clinical Notes:

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Additional clinical notes

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Fu Influential Point

Clinical Notes:

- stomach is responsible for the spoiling/ripening of water and grains
- responsible for post natal qi.
- Useful for treating all diseases of the spleen and stomach, acid reflex, nausea, vomiting

Additional clinical notes

- injury by worry, anxiety and over thinking
- injury by the 7 emotions, sudden turmoil disorder
- diarrhea, dark urine, heat in the small intestine
- cold body, scorched foul order in the nose

Qi Influential Point

Tanzhong –

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XiongTang –

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Changqihai

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Yuang Jian

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Yuanerh –

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Other notes:

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Qi Influential Point

Tanzhong – center of the chest

tan – body area which is sincere and true
zhong – middle

XiongTang – hall of the thorax

xiong – the thorax
tang – hall, meeting house or court

Changqihai “upper sea of qi”

shang – up or above, superior
qi – vital energy
hai – sea or ocean

Yuang Jian “source appearance”

yuan – origin
jian – eye above a man, to see, percieve,

Yuanerh – undeveloped source

yuan – source origin
erh – an infant or ??? (fontenals)

Front Mu of PC

Hui meeting point of qi
point of the sea of qi

Qi Influential Point

Meeting Point of:

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Clinical Notes:

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works on

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Qi Influential Point

Meeting Point of:

- SP
- KI
- CV
- SI
- TW

Clinical Notes:

- is a center of the energetic transformation second only to mingmen dan tian
- has a strong effect on the gathering (zong) qi which in turns regulates both lung functions of dominating qi and controlling respiration and speech and the heart function of governing the blood and blood vessel

works on

- shortness of breath with rebellious qi, inability to speak, dyspnea wheezing, obstruction of the chest, pain of the chest and heart
- difficult ingestion, breast abscess (if superficial), distention and pain of the breast
- goiter
- any items where zong qi is involved and you need to move it

Blood Influential Point

Geshu -

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qijiao zhijian -

Other Notes:

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Blood Influential Point

Geshu - diaphragm shu

ge diaphragm of caldron

shu alternate medical name for shu

qijiao zhijian - seventh burning space

hui meeting point of the blood

Blood Influential Point

Clinical

The diaphragm creates a barrier between the upper and middle jiaos.

Only passageways through the diaphragm is the aorta, vena cava, and the GI system. That is why it has such a strong effect on the blood circulation.

It can be used to treat all kinds of blood issues

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As well as various epigastric issues

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Blood Influential Point

Clinical

The diaphragm creates a barrier between the upper and middle jiaos.

Only passageways through the diaphragm is the aorta, vena cava, and the GI system. That is why it has such a strong effect on the blood circulation.

It can be used to treat all kinds of blood issues

- blood heat
- blood stasis
- blood deficiency
- mania, depression
- painful obstructions of the body

As well as various epigastric issues

- fullness of the abdomen & lateral pain
- pain of the skin?
- frequent stretching and yawning
- swelling
- lethargy with no desire to move
- somnolence
- back pain and rigidity of the spine.

Sinew Influential Point

Yanglingquan

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Yang ling

Other Notes

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Sinew Influential Point

Yanglingquan – yang tomb spring

yang – yang principle

ling – a mound or tomb

quan – a fountain or spring, wealth

Yang ling

Other Notes

- He sea point and earth point of the GB channel
- Hui meeting point of the sinews
- ma dan yang heavenly star point
- controls yang energy

Sinew Influential Point

Clinical

yanglingquan:

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diseases of the gall bladder

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liver issues

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use in combination:

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Sinew Influential Point

Clinical

yanglingquan: is a spring of yang of yang qi arising from the mount/tomb of the mingmen dantian.

- As such, it is an extension of the maturation of the preceding point, especially GB33, and represents the full spectrum of healing of the yang influence upon the body and mind.
- It regulates stagnate liver qi syndromes
- lowers rebellious stomach qi
- resolves liver/gall bladder damp=heat and relaxes the tendons
- any disorders of the sinews
 - cramps, tightness contractions, etc (muscle stiffness)

diseases of the gall bladder

- fullness and pain of the lateral costal area

liver issues

- bitter taste in the mouth
- jaundice
- swelling of the face and head

use in combination with other points as required for various muscular or liver/gb issues

- For example: TW6 & GB34 for constipation (muscular peristaltic action of the middle jiao)

Marrow Influential Point

Xuanzhong –

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Juegu –

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Marrow Influential Point

Xuanzhong – suspended bell

xuan – to be anxious or in suspense or separated

Juegu – broken bone

jue – to cut in pieces, cease, renounce, break off or interrupt

gu – bone

Marrow Influential Point

Clinical

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Marrow Influential Point

Clinical

- chronic internal wind conditions
- stiffness and pain of the neck
- numbness and pain of the knee and lower leg
- dryness of the nose
- hemorrhoids
- anxiety and anger
- sciatica
- sprain of the ankle joint

Bone Influential Point

Dazhu –

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Beishu -

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Notes:

- Meeting point of:
 - UB
 - SI
 - TW
 - DU
 - GB
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Bone Influential Point

Dazhu – bug shuttle (as in a weaving loom shuttle)

da – grown man, great, tall

Beishu - back shu point

bei – the back Bailao – one hundred labors

bai – one hundred, all, every

lao – to toil at the lamp light; to labor

meeting point of:

- UB
- SI
- TW
- DU
- GB
- Point of seas of blood
- Hui Meeting Point of bone

Blood Influential Point

Clinical

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Hui - Meeting point of the bones

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Blood Influential Point

Clinical

- **bone diseases**
 - broken bones, osteoporosis, Chondromalacia, leukemia
- back pain (upper and scapula – local point)
- it shares some of the other points in the vicinity of being able to treat wind cold, fever, cough, chest issues
- “taking off the clothes” – part of a group of points (with T6 (like a hua to) and ST29) used to reduce temperatures in conditions of madness, fever in the chest and muscular contractions.

Hui-Meeting point of the bones

- mixes yin qi with blood into the dai main where it mixes with jing to nourish the marrow.

Vessel Influential Point

Taiyuan –

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Taiquan –

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Guixin –

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Other Notes:

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Vessel Influential Point

Taiyuan – Great abyss

tai – great

yuan – water, abyss or deep a whirlpool

Taiquan – great spring

quan – a spring or money

Guixin – ghost heart

gui – ghost spirit, devil

xin - heart, mind, motive, intention

Other Notes:

- Sea of qi related to the lung
- sea of blood relates to the uterus and heart
- sea of marrow relate to the yang wei
- sea of nourishment relates to the chong mai – related to the source of qi in the chest
- lung 9 regulates ancestral qi. (LU8 toward LU9 with CV12,10,13 for tailbone injuries)

Vessel Influential Point

Clinical

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Vessel Influential Point

Clinical

- Lung issues – coughing, asthma, wheezing, etc
- Blood issues – spitting of blood, vomiting of blood, agitation w/ heart pain
- Stomach issues – rebellion of stomach qi, redness and pain of the eyes, maniac racing
- Wrist issues – local point for wrist issues

Needle Manipulation

Tonification and sedation.

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Angle of the needle:

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Massage above the needle:

Needle Manipulation

Tonification and sedation.

- You are always sedating with a needle. At best you can just “sedate less”.
- The smaller the needle and the shallower the insertion, the less you sedate.
- The longer you leave it in and the more you manipulate it, the more you sedate.

By “sedating” ST36, you can tonify the body by slowing down the digestion system and getting more energy out of the food in the digestion system

Angle of the needle:

- With the flow – tonify
- Against the flow – sedate

Massage above the needle, you increase the tonification

Needle Manipulation

Obtaining Qi – you need to obtain qi.

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Handling the needle

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Manipulation

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Needle Manipulation

Obtaining Qi – you need to obtain qi.

- You don't just put a needle in.
- Look at the patient's face
- You are trying to stimulate the “C” fibers – the dull ache
- For the next couple of weeks, try to make sure you get down to the half way to the limit of needle depth. Do with manipulation while watching the patient's face.
- Bring out the 28 gauge needles for pain reduction.

Handling the needle

- 3 fingers on the sheft
- push the thumb in so that the needle actual bends, add some twist as well.
- Make the initial stick should be quick and sharp. (Top of handle should be flush with the top of the tube.)

Manipulation

- Back and forth twisting
- Up and down to same depth
- Flick the needle handle