

POINT CATEGORIES

Five Shu-Transport Points

Yuan-Source Points

Xi-Cleft Points

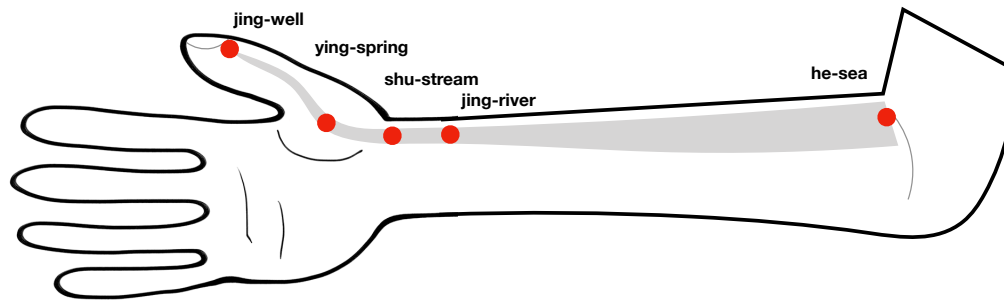
Luo-Connecting Points

Lower He-Sea Points

Point Categories

- Acupuncture points are grouped into categories based on their common functions.
- Certain point categories have a point on every channel. For example, each of the twelve channels has:
 - Five Shu-Transport Points
 - Yuan-Source Point
 - Luo-Connecting Point
 - Xi-Cleft Point
- Other categories are collections of points across various channels
 - Front-Mu Points (LU-1, ST-25, Ren-12, etc.)
 - Hui-Meeting Points (LV-13, GB-34, LU-9, etc)

Five Shu-Transport Points



At the Well points the qi flows out, at the Spring points it slips and glides, at the Stream points it pours, at the River points it moves, at the Sea Points it enters.

- *Ling Shu, Chapter 1*

Where the qi appears is the Wells; where it flows is the Springs; where it rushes down is the Streams; where it proceeds is the Rivers; where it disappears is the confluences

- *Nan Jing, Chapter 68*

Five Shu-Transport Points

- The Five Shu-Transport Points (輸 *shū*) describe the energetic action of the qi as it flows through each of the 12 channels from fingertip to elbow (or from toe to knee).
- Needling these points can affect the flow of qi through the channel, and thus treat certain conditions and diseases.
- The five shu-transport points are:

井	jǐng	well	(well)
滂	yíng	spring	(brook)
輸	shū	stream	(rapid)
經	jīng	river	(stream)
合	hé	sea	(confluence)

Jing-Well Points

LOCATION:

tips of the finger or toes; first (or last) point on the channel

ENERGETIC ACTION:

qi emerges, emanates, appears, flows out

This is the point where the channel is thinnest and most superficial. It is where the qi changes polarity from yin to yang (or vice versa). Needling this point can have a quick and dramatic effect.

APPLICATIONS:

- Clear heat, restore consciousness, rescue from collapse
- Treat the uppermost end of the channel
- Treat fullness below the Heart
- Treat disorders of the spirit

Ying-Spring Points

LOCATION:

second points on channel; usually just distal to the metacarpophalangeal or metatarso-phalangeal joint, or along the palm

ENERGETIC ACTION:

qi slips, glides, flows; qi is swift

At this point the qi is powerful, swirling, and dynamic. These points can also have a quick, dramatic effect, especially at clearing heat.

APPLICATIONS:

- Clear heat
- Treat changes in color and changes of complexion
- Treat diseases of the yang channels and yin organs (*zang*)

Shu-Stream Points

LOCATION:

third points on channel (except for GB); usually just proximal to the metacarpo-phalangeal or metatarso-phalangeal joint, or at the wrist

ENERGETIC ACTION:

qi pours, rushes down

At this point, the flow increases and becomes deeper. The channel is able to “transport” things along with it. Hence, exterior pathogens can be “transported” deeper into the body. This is also where wei qi gathers.

APPLICATIONS:

- Heaviness in the body and pain in the joints
- Disorders of the yang channels and yin organs (zang)
- Diseases manifesting intermittently (malaria)

Jing-River Points

LOCATION:

between the wrist and elbow, or between the ankle and knee

ENERGETIC ACTION:

qi flows like a current

At this point, the channel is bigger, wider, and deeper. Exterior pathogens are deviated towards the joints, bones, and sinews; hence the term *jing*, meaning ‘to pass through’.

APPLICATIONS:

- Cough, shortness of breath, fever and chills
- Diseases manifesting in the patient’s voice
- Diseases of the sinews and bones

He-Sea Points

LOCATION:

Near the elbow or knee

ENERGETIC ACTION:

qi disappears, enters inward, goes deep

At this point, the channel is vast and deep. The qi comes together and joins the general circulation of the body, like a river joining the sea. The effect of these points is not as dynamic as the jing-wells, but it reaches deeper levels.

APPLICATIONS:

- Rebellious qi, diarrhea, disorders from irregular eating
- Diseases of the yang organs (*fu*)
- Diseases of the skin (yang channels)

Silly Mnemonic

<u>M</u> ost <u>S</u> ane	<u>F</u> amilies	<u>A</u> re	<u>A</u> gainst	<u>I</u> nsects
<u>M</u> ost <u>S</u> uperficial	<u>F</u> ire	<u>A</u> rthritis	<u>A</u> sthma	<u>I</u> ntestines
<ul style="list-style-type: none">• qi is the most superficial at the Jing-Well points• well points have a quick effect, clear excess, revive consciousness	<ul style="list-style-type: none">• Ying-Spring points clear heat	<ul style="list-style-type: none">• Shu-Stream points treat joint pain (dampness)	<ul style="list-style-type: none">• Jing-River points treat cough, SOB	<ul style="list-style-type: none">• He-Sea points treat intestinal disorders, e.g. diarrhea

Five Phase Correspondences

	Yin Channels	Yang Channels
jǐng-well	wood	metal
yíng-spring	fire	water
shū-stream	earth	wood
jīng-river	metal	fire
hé-sea	water	earth

Five Phase Correspondences

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The sixty-third difficult issue: The *Ten Changes* states: The sequence of points located on the channels associated with the five *zang* and six *fu*, including ‘springs’, ‘streams’, ‘rivers’ and ‘seas’, is always preceded by a ‘well’. Why is that?

It is like this. The ‘wells’ are associated with the eastern regions and with spring. That is the season when all things come to life, when all the *qi* insects start to move, when the *zhui* insects start to breathe, when the *zhuan* insects to fly, and when the *ruan* insects start to wriggle. All things that must come to life will come to life in the spring. Hence the counting of the seasons of the year begin with spring and the counting of the days begins with *jia*. Hence the ‘wells’ constitute the beginning of the sequence of points on the channels associated with the five *zang* and six *fu*.

”

- Nan Jing

Five Phase Correspondences

“

The sixty-fourth difficult issue: The *Ten Changes* states further: The yin well-points are wood; the yang well-points are metal; the yin spring-points are fire; the yang spring-points are water; the yin stream-points are earth; the yang stream-points are wood; the yin river-points are metal; the yang river-points are fire; the yin sea-points are water; the yang sea-points earth. In each case, the yin and yang categories are associated with different phases. What is the meaning of that?

It is like this. This is a case where hardness and softness are matched with each other. The yin well-points are associated with the Celestial Stem *yi* and the phase of wood; the yang well-points are associated with the Celestial Stem *keng* and the phase of metal. The *keng* of the yang well-points *keng* is the hardness of *yi*. The *yi* of the yin well-point's *yi* is the softness of *keng*. The Celestial Stem *yi* represents the phase of wood. Hence the *Ten Changes* states: "The yin well-points are wood." The Celestial Stem *keng* represents the phase of metal. Hence the *Ten Changes* states: "The yang well-points are metal." The same applies to all the remaining points.

”

- Nan Jing

Five Phase Correspondences

“

The sixty-fifth difficult issue: The classic states: Where the qi appears is the wells; where the qi disappears is the seas. What kind of pattern is that?

It is like this. "Where the qi appears is the wells" means the following. The wells are associated with the eastern regions and with spring. During the spring all things come to life. Hence the classic states: "Where the qi appears is the well." "Where the qi disappears is the seas" means the following. The seas are associated with the northern regions and with winter. During the winter yang qi disappears and is stored away. Hence the classic states: "Where the qi disappears is the seas."

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- Nan Jing

Five Shu-Transport Points

“ The sixty-eighth difficult issue: Each of the channels associated with the five *zang* and six *fu* has a well, spring, stream, river, and sea. What illnesses can be mastered through them respectively?

It is like this... Through the wells one can master fullness below the heart. Through the springs one can master body heat. Through the streams one can master a heavy body and pain in one's joints. Through the rivers one can master panting and coughing as well as alternating spells of cold and heat. Through the seas one can master qi proceeding contrary to its proper course, as well as diarrhea. These are the illnesses that can be mastered through the wells, springs, streams, rivers, and seas.

- Nan Jing

Five Phase Correspondences

	Yin Channel Phase	Treats
jǐng-well	wood	fullness below the Heart
yíng-spring	fire	body heat
shū-stream	earth	heavy body and pain in the joints
jīng-river	metal	panting and coughing, spells of cold and heat
hé-sea	water	counterflow qi and diarrhea

Yuan-Source Points

- Each of the twelve primary channels has a yuan-source point where the original qi surfaces and lingers.
- On **yin channels**, the yuan-source point is the third most distal point (same as the shu-stream point).
- On **yang channels**, the yuan-source point is the fourth most distal points (except for the GB).
- The yuan-source points on yin channels tonify yin organs.
- The yuan source points on yang channels treat excess conditions and expel pathogens.

Yuan-Source Points

“ It is like this. The qi moving below the navel and between the two kidneys constitutes man’s life. It is the source and the basis of the twelve channels. Hence it is called ‘original qi’. The San Jiao is the special envoy that transmits original qi. It is responsible for the passage of the three qi through the body’s five *zang* and six *fu*. ‘Origin’ is an honorable designation for the San Jiao. Hence, the place where its qi comes to a halt is called ‘origin’. **In case the body’s five *zang* and six *fu* suffer from and illness, one always selects their respective channel’s origin point for needling.** ”

- Nan Jing, Chapter 66

Yuan-Source Points

Lung	LU-9
Large Intestine	LI-4
Stomach	ST-42
Spleen	SP-3
Heart	HT-7
Small Intestine	SI-4
Urinary Bladder	UB-64
Kidney	KI-3
Pericardium	PC-7
San Jiao	SJ-4
Gall Bladder	GB-40
Liver	LV-3
Gao	REN-15
Huang	REN-6

Xi-Cleft Points

- The term 'xi' implies cleft, crevice, hole, or opening.
- Xi-Cleft points are points where qi and blood gather and plunge more deeper from the channel's superficial layers.
- These points treat **acute conditions** and **pain**.
- Xi-cleft points on the **yin channels** have an additional action of treating **blood disorders** (bleeding or blood stasis).
- **“Moderates acute conditions”**

Xi-Cleft Points

Lung	LU-6
Large Intestine	LI-7
Stomach	ST-34
Spleen	SP-8
Heart	HT-6
Small Intestine	SI-6
Urinary Bladder	UB-63
Kidney	KI-5
Pericardium	PC-4
San Jiao	SJ-7
Gall Bladder	GB-36
Liver	LV-6

Luo-Connecting Points

The point where the luo-connecting channel branches off from the primary channel is called the luo-connecting point.

Clinical applications of these points include:

- Treating disorders of the interiorly-exteriorly related channel or organ
- Treating disorders in the regions reached by the luo-connecting channel
- Treating psychological disorders

Luo-Connecting Points

Lung	LU-7
Large Intestine	LI-6
Stomach	ST-40
Spleen	SP-4
Heart	HT-5
Small Intestine	SI-7
Urinary Bladder	UB-58
Kidney	KI-4
Pericardium	PC-6
San Jiao	SJ-5
Gall Bladder	GB-37
Liver	LV-5
Ren	Ren-15
Du	Du-1
Spleen Great Luo	SP-21

Host and Guest Method

- Point combination technique described in the *Great Compendium of Acupuncture* (1601)
- The yuan-source point on the affected channel is combined with the luo-connecting point of the interior-exterior pair
- For example: to treat Lung qi deficiency, combine LU-9 (yuan-source point) with LI-6 (luo-connecting point)
- The yuan-source point is the “host” and the luo-connecting point is the “guest”

Lower He-Sea Points

- Normally, we say the He-Sea points on the yang channels treat the *fu* organs.
- However, there's an exception: with the three yang channels on the arm (LI, SI, SJ), the channel is on the arm, but the organ is in the lower jiao.
- Because of this, the He-Sea points at the elbow cannot reach their respective organs.
- Therefore, we designate an additional point (not on the channel) that **can** affect the organ. This is called the "lower He-Sea point."

Lower He-Sea Points

Large Intestine	ST-37
Small Intestine	ST-39
San Jiao	UB-39