

# ACUPUNCTURE CHANNELS AND POINTS

## Point Categories (Part 2)

### **Front-Mu/Back-Shu Points**

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- These points are located on the trunk (not the limbs)
- These points are associated with the organs (not the channels)
- Each point is located roughly level with its associated organ

# Back-Shu Points

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- 输 shū means 'transport'. These points transport qi to the internal organs.
- There are 12 back-shu points that correspond to the 12 *zangfu*. They are all on the back on the UB channel.
- Each point is located at roughly the same anatomical level as its associated organ
- Classically, back-shu points are indicated for **diseases of yin**, that is, diseases involving **deficiency, cold, or diseases of the yin organs**
- In practice, back-shu points are used for any pattern involving their corresponding *zangfu* whether hot or cold, deficient or excess, yin or yang organ

# Back-Shu Points

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Lung	UB-13	<i>fei shu</i>
Large Intestine	UB-25	<i>da chang shu</i>
Stomach	UB-21	<i>wei shu</i>
Spleen	UB-20	<i>pi shu</i>
Heart	UB-15	<i>xin shu</i>
Small Intestine	UB-27	<i>xiao chang shu</i>
Urinary Bladder	UB-28	<i>pang guang shu</i>
Kidney	UB-23	<i>shen shu</i>
Pericardium	UB-14	<i>jueyin shu</i>
San Jiao	UB-22	<i>san jiao shu</i>
Gall Bladder	UB-19	<i>dan shu</i>
Liver	UB-18	<i>gan shu</i>

# Front-Mu Points

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- 募 mù means to gather, to collect, or to accumulate. These are points where the qi of the organs gathers on the front of the body.
- Each point is located on the chest or abdomen at roughly the same anatomical level as its associated organ
- Classically, front-mu points are indicated for **diseases of yang**, that is, diseases involving **excess, heat, or diseases of the yang organs**
- In clinical practice, front-mu points are used for any pattern involving their corresponding zangfu whether hot or cold, deficient or excess, yin or yang organ

# Front-Mu Points

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Lung	LU-1
Large Intestine	ST-25
Stomach	REN-12
Spleen	LV-13
Heart	REN-14
Small Intestine	REN-4
Urinary Bladder	REN-3
Kidney	GB-25
Pericardium	REN-17
San Jiao	REN-5
Gall Bladder	GB-24
Liver	LV-14

← *GB-25 is the only front-mu point that is located on the back*

# Front-Mu/Back-Shu Points

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The sixty-seventh difficult issue: All the accumulation (front-mu) points associated with the five *zang* are located on the yin side of the body; all of the transportation (back-shu) points are located on the yang side. What does this mean?

It is like this. Yin illnesses may move to the yang section of the body; yang illnesses may move to the yin section of the body. It is for this reason that accumulation (front-mu) points are located on the yin side of the body, while transportation (back-shu) points are located on the yang side of the body.

- Nan Jing



# Front-Mu/Back Shu Points

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- Front-Mu and Back-Shu points treat the organs, not their associated channel.
- Classically, Front-Mu points treat yang conditions while Back-Shu points treat yin conditions. In practice, both sets of points are used for deficiency and excess, heat and cold.
- Both Front-Mu points and Back-Shu points can become tender in response to a disharmony in their respective organs. Thus they can be used diagnostically.
- Front-Mu points and Back-Shu points are often combined in a treatment.

# The Hui-Meeting Points

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- 会 huì - to meet, to gather, to assemble
- a.k.a *The Eight Influential Points*
- a.k.a *The Eight Gathering Points*
- Each of the body's functional systems (*zang*, *fu*, bones, sinews, etc.) has one point where its qi accumulates.
- Needling this point can remove pathogenic qi from it's respective system.

# The Hui-Meeting Points

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The forty-fifth difficult issue: The classic speaks of the eight gathering-points. What are they?

It is like this: The qi of the *fu* gathers at the Tai Cang. The qi of the *zang* gathers at the Ji Xie. The qi of the sinews gathers at the Yang Ling Quan. The qi of the bone marrow gathers at the Jue Gu. The qi of the blood gathers at Ge Shu. The qi of the bones gathers at Da Zhu. The qi of the vessels gathers at Tai Yuan. The qi gathers in the San Jiao, that is, in one muscle between the two breasts at the outside of the body.

Whenever an illness due to heat is present inside the body, one should select the respective point where the qi of the affected entity gathers.

- Nan Jing

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# The Hui-Meeting Points

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Zang	LV-13
Fu	REN-12
Qi	REN-17
Blood	UB-17
Sinews	GB-34
Vessels	LU-9
Bone	UB-11
Marrow	GB-39

Some commentators mark this point as GB-38. Others believe the text was copied wrong, and it should be UB-9 (located on the back of the head).



# The Four (or Six) Command Points

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- First mentioned by Gao Wu in the *Glorious Anthology of Acupuncture and Moxibustion* during the Ming dynasty.
- He believed these were the four most important and useful points.
- Later generations added two more points.

# The Six Command Points

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ST-36	Disorders of the abdomen
UB-40	Disorders of the lumbar region and back
LU-7	Disorders of the head and nape
LI-4	Disorders of the face and mouth
PC-6	Disorders of the chest and ribside
DU-26	For resuscitation

# Points of the Four Seas

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- Chapter 33 of the *Ling Shu* describes four “seas” in the human body: the sea of qi, the sea of blood, the sea of water and grain, the sea of marrow
- It then describes the symptoms that occur when each “sea” experiences excess or deficiency
- There are several points associated with each sea.

# Points of the Four Seas

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	Points	Excess	Deficiency
<b>Sea of Qi</b>	ST-9, REN-17, DU-15, DU-14	Fullness in the chest, urgent breathing, red complexion	Scanty energy insufficient for speech
<b>Sea of Blood</b>	UB-11, ST-37, ST-39	Sensation as if the body were big, disquiet	Sensation of the body being small, feeling reduced
<b>Sea of Water and Grain</b>	ST-30, ST-36	Abdominal fullness	Hunger with inability to eat
<b>Sea of Marrow</b>	DU-16, DU-20	Lightness of the body and much strength	Whirling sensation of the brain, dizziness, tinnitus, pain in the legs, impaired vision, desire to sleep

# Window of Heaven Points

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- A group of ten points known as *Window of the Sky Points*, or *Window of Heaven Points*.
- Most of the points have the word “heaven” in the name (天 tiān)
- Most of the points are located around the neck (the head is the “heaven” of the body)
- These points treat:
  - **Disharmony between the qi of the body and the head (rebellious qi, headache)**
  - **Scrofula and goiter (nodules on the side of the neck)**
  - **Sudden onset (e.g. sudden loss of voice, sudden deafness, etc.)**
  - **Disorder of the sense organs (deafness, ear pain, visual dizziness)**
  - **Psycho-Emotional disorders**



# Window of Heaven Points

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LU-3	Tian Fu
ST-9	Ren Ying
LI-18	Fu Tu
SJ-16	Tian You
UB-10	Tian Zhu
REN-22	Tian Tu
SI-16	Tian Chuang
SI-17	Tian Rong
DU-16	Feng Fu
PC-1	Tian Chi

← Some commentators think this point should be GB-9 (Tian Chong)

# Twelve Heavenly Star Points

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- Ma Dan Yang wrote the *Song of the Eleven Heavenly Star Points* during the Jin dynasty
- Later, Xu Feng added a twelfth, LV-3
- They are now known as Ma Dan Yang's Twelve Heavenly Star Points
- These are the points he considered the most essential to know

*360 points are not as good as 11 points,  
This method few people know,  
All locks are opened from their doors,  
The moment the needle treats the illness,  
The results are like hot water poured upon snow.*

# Twelve Heavenly Star Points

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LU-7	One-sided headache, wind bi, phlegm obstruction in the upper body, lockjaw
LI-4	Headache, swelling of the face, tooth decay, nosebleed, lockjaw
LI-11	Skin disorders due to wind, aching elbow, hemiplegia with inability to close the hand, inability to draw a bow or comb hair
ST-36	Cold stomach, abdominal pain, diarrhea, swollen leg, weakness, emaciation
ST-44	Toothache, deathly chill in the hands and feet, dislike of voices, skin rashes, continuous yawning
HT-5	Inability to speak, vexation, anger, palpitations
UB-40	Lumbar pain, difficulty stretching and bending the knee
UB-57	Hemorrhoids, difficulty in defecation, lumbar pain, swelling the knee
UB-60	Cramping of the lumbar region and sacrum, fullness of the Heart, inability to walk
GB-30	Bi syndrome, pain radiating from the hip to calf (sciatica) sighing with pain when turning over
GB-34	Cold bi, hemiplegia, swelling and numbness of the knee, inability to raise the leg
LV-3	Epilepsy, legs unable to walk, seven types of shan disorder (hernia), unilateral sagging and swelling of the testicle, cloudy vision

## 13 Ghost Points

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- Listed by Sun Si-Miao in his book *Prescriptions Worth a Thousand Pieces of Gold* in the 7th century.
- He used these points for the treatment of mania and epilepsy.
- He gave each point a new name with the word “ghost” in it
- Historically, there has been some ambiguity concerning these points.

# 13 Ghost Points

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DU-26	Ren Zhong	Gui Gong	Ghost Palace
DU-16	Feng Fu	Gui Zhen	Ghost Pillow
DU-23	Shang Xing	Gui Tang	Ghost Hall
REN-24	Cheng Qiang	Gui Shi	Ghost Market
LU-11	Shao Shang	Gui Xin	Ghost Faith
LI-11	Qu Chi	Gui Tui	Ghost Leg
ST-6	Jia Che	Gui Chuang	Ghost's Bed
SP-1	Yin Bai	Gui Lei	Ghost Fortress
PC-7	Da Ling	Gui Xin	Ghost Heart
PC-8	Lao Gong	Gui Cu	Ghost Cave
UB-62	Shen Mai	Gui Lu	Ghost Path
Hai Quan	(below tongue)	Gui Feng	Ghost Seal
REN-1	Yin Hui	Gui Cang	Ghost Store

# Points of the Eye System

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- Chapter 80 of the *Ling Shu* describes the Eye System (目系 mù xì).
- Qi of the organs ascends to the eyes, communicates with channels, ascends to the vertex and enters the brain, then emerges at the occiput.
- The “Eye System” is sometimes translated as “Optic Nerve”
- **These points are located around the eyes (or occiput) and can be used for brain disorders, neurological disorders, and mental illness.**

# Points of the Eye System

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UB-1
UB-2
GB-1
SJ-23
ST-1
Yu Yao (middle of eyebrow)
GB-4
GB-5
GB-6
GB-7
ST-8
DU-16
UB-10
GB-20

## Meeting Points

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- Points where channels intersect are called *Meeting Points* or *Crossing Points*
- These points are able to influence more than one channel
- For example, SP-6 is a crossing point on the Spleen, Kidney, and Liver channels. It can be used for disorders of all three channels.

# Empirical Points

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- Some points have historical empirical effects, even though there is no theoretical reason why they should work.

ST-38	Shoulder Pain
LU-7	Headache
SI-4	Jaundice
DU-10	Carbuncles
GB-36	Rabies
SI-1, SI-11	Lactation