

THE FOOT YANG MING STOMACH CHANNEL

The Stomach Channel

“The Spleen-Stomach holds the office of the granaries and issues the five flavors.”

- *Su Wen, Chapter 8*

FUNCTIONS OF THE STOMACH CHANNEL

- Controls “rotting and ripening” of food
- Controls receiving and descending
- Controls transportation of food essences
- Is the origin of fluids

OTHER CHARACTERISTICS

- “The Yang Ming channel is full of qi and blood.” - *Ling Shu, Chapter 9*
- The Stomach is averse to heat and dryness

Spleen and Stomach

Spleen	Stomach
<p>likes dryness averse to dampness</p> <p><i>pathology: dampness encumbering the spleen</i></p>	<p>likes moisture averse to dryness</p> <p><i>pathology: stomach yin deficiency</i></p>
<p>likes heat averse to cold</p> <p><i>pathology: cold in the spleen, spleen yang deficiency</i></p>	<p>likes cold averse to heat</p> <p><i>pathology: stomach heat/fire, stomach yin deficiency</i></p>
<p>upward action raises the clear</p> <p><i>pathology: spleen qi sinking (organ prolapse, profuse menses)</i></p>	<p>downward action descends the turbid</p> <p><i>pathology: rebellious stomach qi (nausea, vomiting, belching)</i></p>

Stomach Primary Channel

Begins: LI-20

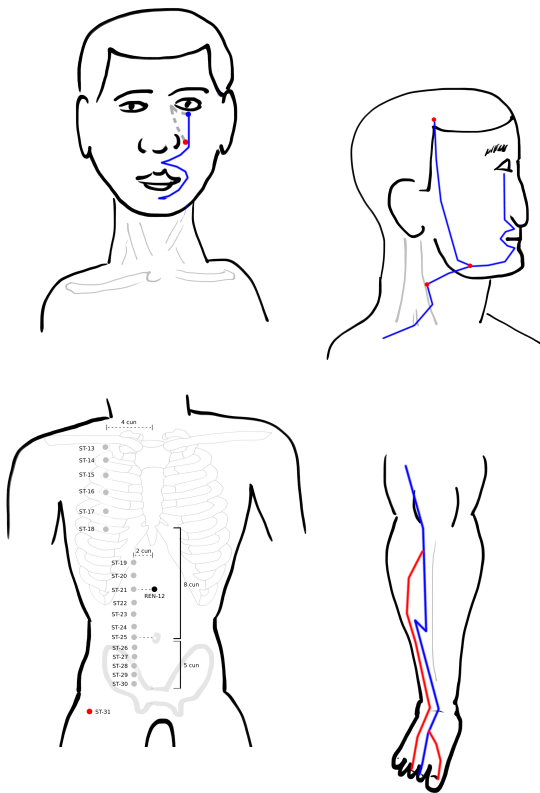
- ascends inner canthus (UB-1) and ST-1
- descends to enter **upper gums**, meets DU-28, DU-26
- circles lips, meets REN-24, runs laterally to mandible
- ascends to hairline (passing GB-3,-4,-5-6) and goes to midline (DU-24)
- Branch:** separates at ST-5, descends to supra-clavicular fossa (ST-12), travels around back to DU-14
- descends through diaphragm, REN-13, -12, linking to Stomach and Spleen
- Branch:** descends from ST-12 to inguinal region
- Branch:** originates in pyloric sphincter of Stomach, descends to inguinal region
- travels down thigh to tip of second toe
- Branch:** separates at ST-36 and goes to lateral aspect of the middle toe
- Branch:** separates at ST-42 and links with SP-1

Linkage: ST-42 → SP-1

Organs: ST, SP

Stomach Primary Channel

(simplified)



Begins: LI-20

- encircles the lips and enters the **upper gums**
- goes around to the back of the neck to connect to DU-14, like all the yang channels do
- connects to the Spleen and Stomach (no other organs)
- **Branch:** ST-36 to lateral aspect of middle toe
- **Linkage:** from ST-42 (dome of the foot) to the SP-1 (big toe)

Linkage: ST-42 → SP-1

Organs: ST, SP

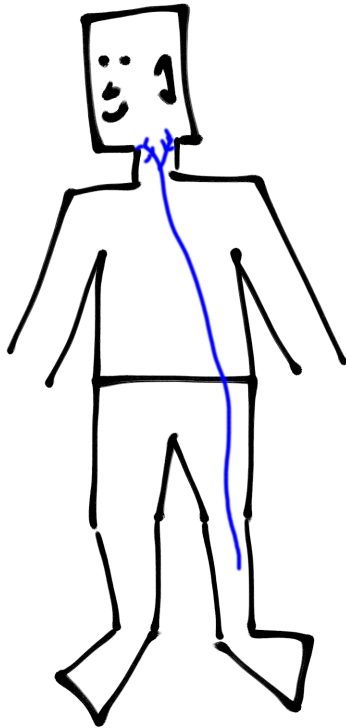
Stomach Primary Channel

PATHOLOGIES

- borborygmus, abdominal distention,
- edema, epigastric pain, vomiting, hunger
- epistaxis, deviation of the mouth, congested and sore throat
- pain in the chest, abdomen, and anterior/lateral aspect of the lower limbs
- fever and mania

Begins	Δ Points	Organs	Tissue	Linkage	Misc.
LI-20	LI-20, UB-1, GB-3, GB-4, GB-5, GB-6, DU-14, DU-24, DU-26, DU-28, REN-12, REN-13, REN-24 (GB-14, GB21)	ST, SP	upper gums and teeth	ST-42 → SP-1	tibial branch (ST-36 → 3rd toe)

Stomach Luo Channel



Separates: ST-40

- joins the **Spleen** channel
- ascends the leg and trunk to the neck
- one branch goes to the **nape of the neck**
- other branch travels internally to the **throat**

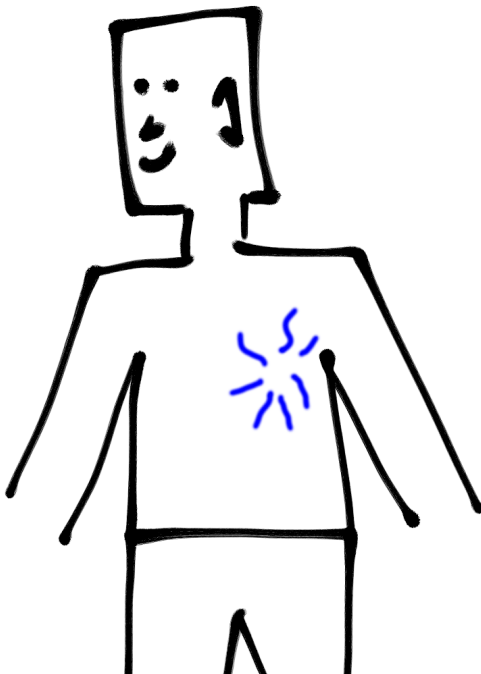
Deficiency Symptoms:

- flaccid/atrophied muscles of the legs or feet
- pharyngitis
- sudden aphasia

Excess Symptoms:

- epilepsy, insanity
- throat obstruction
- loss of voice

ST Great Luo



Luo Point: ST-18 or ST-40

- begins in the chest
- penetrates the diaphragm
- connects with the Lung
- exits below the left breast

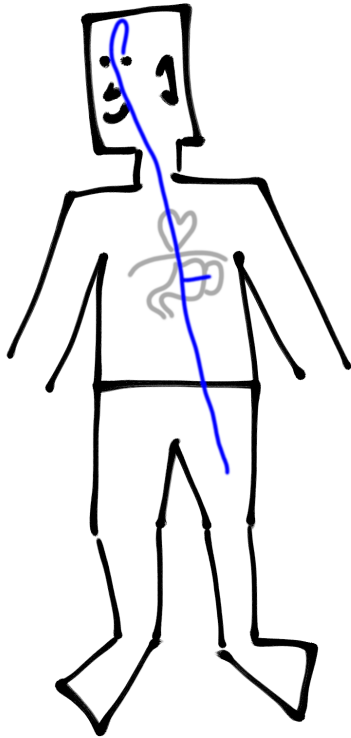
Deficiency Symptoms:

- suffocating sensation in the chest, asthma, cough
- angina, heart attack

Excess Symptoms:

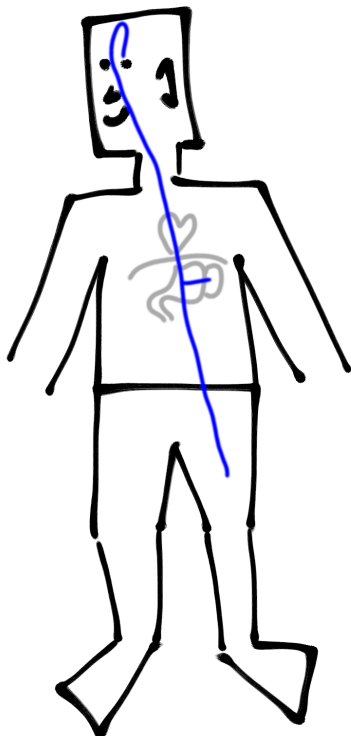
- rapid or irregular breathing, dyspnea
- sensation of a knot in the chest

Stomach Divergent Channel



- **Diverges:** middle of the thigh
- ascends and enters the abdomen
- travels to **Stomach** and disperses over **Spleen**
- ascends and penetrates the **Heart**
- ascends to esophagus and emerges at the mouth
- continues along nose, connects with eye and unites with Stomach primary channel

Stomach Divergent Channel

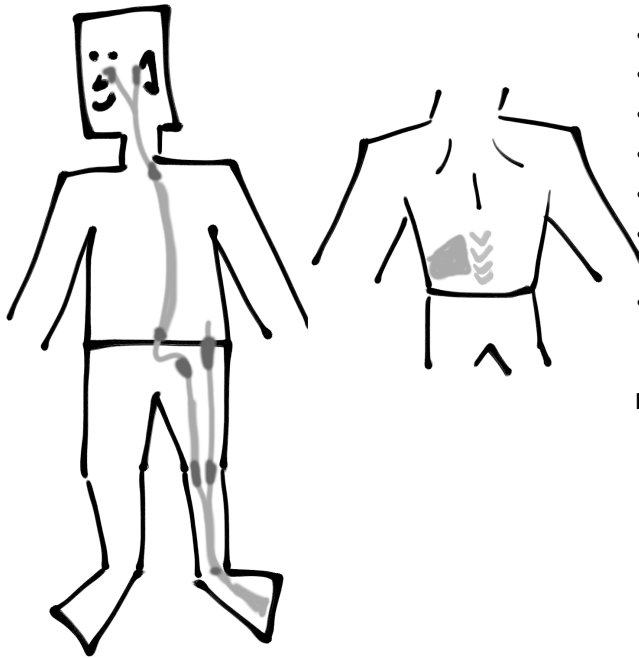


Separates:	anterior thigh
Enters:	SP, ST, HT
Emerges:	neck/mouth
Converges	eye

TREATS

- disorders of the Heart (shen problems)
- indigestion/food stagnation, poor appetite, food sensitivities
- sinusitis, headache, eye pain, swelling/redness,

Stomach Sinew Channel



- **Originates** middle three toes
- branches
- **Binds** at the knee (medial and lateral)
- **Binds** at the hip and connects to spine
- **Binds** at the pelvic region and above the genitals
- **Binds** at supraclavicular fossa
- ascends the neck and jaw and **binds** below the nose
- a branch separates at the at the jaw and binds in front of the ear

PATHOLOGIES

- strained middle toe, cramping of lower leg, twitching in foot, spasm of thigh
- swelling of the inguinal region, shan disorder
- abdominal spasm
- deviation of the mouth, inability to close the eye

ST-1: *chéng qì*

承泣

Container of Tears

Between eyeball and infraorbital ridge, directly below pupil

Needling: ± 0.5-1 cun

FUNCTIONS:

- Expels wind and clears heat
- Brightens the eyes

INDICATIONS:

- redness, swelling, pain, itchiness of eyes
- lacrimation, vision problems (short sightedness, visual obstruction, night blindness)
- deviation of mouth and eye, inability to speak, deafness and tinnitus

ST-2: *sì bái*

四白

Four Whites

1 cun below the pupil, in the depression at the infraorbital foramen

Needling: \perp 0.2-0.4 cun

FUNCTIONS:

- Expels wind, clears heat, brightens the eyes

INDICATIONS:

- redness, pain, itchiness of eyes
- vision problems, excessive lacrimation
- deviation of mouth and eye, twitching eyelids, headache
- Round worms in the bile duct (needle LI-20 and ST-2)

ST-3: *jù liáo*

巨髎

Great Crevice

Below the pupil, level with the lower border of the ala nasi

Needling: \perp 0.3-0.4 cun

FUNCTIONS:

- Expels wind, relieves swelling and pain

INDICATIONS:

- pain and swelling of nose and cheek, nosebleed, toothache
- swelling and pain of the lips, deviation of mouth
- visual obstruction, lacrimation, clonic spasm
- swelling of knee

ST-4: *dì cāng*

地倉

Earth Granary

0.4 cun lateral to corner of the mouth

Needling: _ towards ST-6, LI-20, REN-24

FUNCTIONS:

- Eliminates wind from the face
- ACAP

INDICATIONS:

- deviation of mouth, trigeminal neuralgia, pain in cheek, drooling
- ceaseless movement of eyeball, inability to close eye
- atrophy disorder with inability to walk, swelling of leg

ST-5: *dà yíng*

大迎

Great Welcome

Anterior to the angle of the jaw, at anterior border of masseter muscle

Needling: ∟ 0.3-0.5 cun

FUNCTIONS:

- Eliminates wind and reduces swelling

INDICATIONS:

- lockjaw, deviation of mouth, toothache
- stiff tongue, inability to close eyes
- swelling of face

ST-6: *jiá chē*

頰車

Jaw Bone

Sun Si-Miao Ghost Point

One finger breadth anterior and superior to the angle of the jaw

Needling: ± 0.5 cun

FUNCTIONS:

- Eliminates wind, benefits the jaw and teeth
- ACAP

INDICATIONS:

- deviation of mouth and eye, swelling of cheek, toothache,
- lockjaw, inability to chew, inability to open mouth
- stiff neck, mumps, loss of voice

ST-7: *xià guān*

下關

Below the Joint

Lower border of zygomatic arch, in depression anterior to condyloid process of mandible

Needling: ± 0.5-1 cun

FUNCTIONS:

- Benefits ears, jaw, and teeth
- ACAP

INDICATIONS:

- deafness, tinnitus, ear pain, itching and discharge from ear
- lockjaw, dislocation of jaw
- toothache, swelling of cheek, deviation of mouth

ST-8: *tóu wéi*

頭維

Head's Binding

Corner of forehead, 4.5 cun lateral to DU-24 and 0.5 cun within anterior hairline

Needling: \pm 0.5-1 cun

FUNCTIONS:

- Expels wind and stops pain
- Brightens the eyes

INDICATIONS:

- headache, splitting headache, dizziness, vomiting
- dim vision, bursting pain in eyes
- dyspnea, hemiplegia

ST-9: *rén yíng*

人迎

Man's Welcome

Window of Heaven Point
Point of the Sea of Qi

Level with the tip of the laryngeal prominence, in the depression between the anterior border of the SCM and the lateral border of the thyroid cartilage

Needling: \pm 0.5-1 cun

FUNCTIONS:

- Regulates qi and blood; subdues rebellious qi
- Benefits throat and neck, dissipates nodules
- Alleviates pain

INDICATIONS:

- headache, dizziness, vomiting, hypertension
- red face, SOB, asthma
- swelling and pain of throat, scrofula, goiter, difficulty swallowing
- acute lumbar pain

ST-10: *shǔi tū*

水突

Water Prominence

Midway between ST-9 and ST-11 on the anterior border of SCM

Needling: ± 0.5-1 cun

FUNCTIONS:

- Subdues rebellious qi
- Benefits throat and neck

INDICATIONS:

- swelling, pain of throat, goiter, scrofula
- cough, whooping cough, SOB

ST-11: *qì shè*

氣舍

Abode of Qi

Superior to clavicle, between sternal and clavicular heads of SCM

Needling: ± 0.2-0.3 cun

FUNCTIONS:

- Subdues rebellious qi
- Benefits throat and neck

INDICATIONS:

- swelling, pain of throat, goiter, scrofula
- stiff neck, inability to turn head
- dyspnea, difficult ingestion, hiccup

ST-12: *quē pén*

缺盆

Empty Basin

Supraclavicular fossa, 4 cun lateral to midline

Needling: ⊥ 0.3-0.5 cun (contraindicated in pregnancy)

FUNCTIONS:

- Subdues rebellious qi
- Clears heat from chest
- ACAP

INDICATIONS:

- cough, coughing up blood, dyspnea, fullness and heat in chest
- pain in supraclavicular fossa, shoulder pain that radiates to neck, inability to raise shoulder

ST-13: *qì hù*

氣戶

Qi Door

Inferior border of the clavicle, 4 cun lateral to midline

Needling: ⊥ 0.5-0.8 cun

FUNCTIONS:

- Subdues rebellious qi
- Unbinds the chest

INDICATIONS:

- fullness of the chest and lateral costal region, cough, wheezing asthma, stiff neck

ST-14: *kù fáng*

庫房

Storehouse

In the first intercostal space, 4 cun lateral to the midline

Needling: ˘ 0.5-0.8 cun

FUNCTIONS:

- Subdues rebellious qi
- Unbinds the chest

INDICATIONS:

- fullness of the chest and lateral costal region, cough

ST-15: *wū yì*

屋翳

Room Screen

In the second intercostal space, 4 cun lateral to the midline

Needling: ˘ 0.5-0.8 cun

FUNCTIONS:

- Subdues rebellious qi
- Unbinds the chest
- Benefits the breast
- Alleviates pain and itching of the skin

INDICATIONS:

- cough, wheezing, SOB
- breast pain, breast abscess
- pain of skin making the clothes unwearable

ST-16: *yìng chuāng*

膺窗

Breast Window

In the third intercostal space, 4 cun lateral to the midline

Needling: ˘ 0.5-0.8 cun

FUNCTIONS:

- Alleviates cough and wheezing
- Benefits the breast

INDICATIONS:

- cough, fullness of the chest
- breast abscess

ST-17: *rǔ zhōng*

乳中

Breast Center

At the center of the nipple, in the fourth intercostal space

Needling: do not needle

ST-18: *rǔ gēn*

乳根

Breast Root

Directly below the nipple, in the fifth intercostal space

Needling: ˆ 0.5-1 cun

FUNCTIONS:

- Benefits the breasts and reduces swelling
- Unbinds the chest and alleviates cough and wheezing

INDICATIONS:

- breast abscess, breast pain, scanty lactation
- Cough, chest oppression, sudden turmoil

ST-19: *bù róng*

不容

Not Contained

On the abdomen, 2 cun lateral to the midline and 6 cun superior to the umbilicus

Needling: ˆ 0.5-0.8 cun

FUNCTIONS:

- Harmonizes the middle jiao
- Subdues rebellious ST qi
- Subdues rebellious LU qi

INDICATIONS:

- Abdominal distention, epigastric pain, vomiting, borborygmus
- cough, difficulty breathing, pain of heart, dry mouth

ST-20: *chéng mǎn*

承滿

Supporting Fullness

On the abdomen, 2 cun lateral to the midline and 5 cun superior to the umbilicus

Needling: ± 0.5-1 cun

FUNCTIONS:

- Harmonizes the middle jiao
- Subdues rebellious Lung and Stomach qi

INDICATIONS:

- epigastric pain, vomiting, hiccup, borborygmus, diarrhea
- SOB, wheezing

ST-21: *liáng mén*

梁門

Beam Gate

On the abdomen, 2 cun lateral to the midline and 4 cun superior to the umbilicus

Needling: ± 1-1.5 cun

FUNCTIONS:

- Regulates qi and alleviates pain
- Harmonizes the middle jiao and transforms stagnation
- Raises qi and stops diarrhea

INDICATIONS:

- epigastric pain, accumulation in the lateral costal region, fullness below chest
- vomiting, poor appetite, diarrhea with undigested food

ST-22: *guān mén*

關門

Pass Gate

On the abdomen, 2 cun lateral to the midline and 3 cun superior to the umbilicus

Needling: ⊥ 1-1.5 cun

FUNCTIONS:

- Regulates qi and alleviates pain
- Regulates the intestines and benefits urination

INDICATIONS:

- abdominal pain, distention and fullness, acute peri umbilical pain
- constipation, borborygmus, diarrhea, edema, enuresis

ST-23: *tài yǐ*

太乙

Supreme Unity

On the abdomen, 2 cun lateral to the midline and 2 cun superior to the umbilicus

Needling: ⊥ 1-1.5 cun

FUNCTIONS:

- Transforms phlegm and calms the spirit
- Harmonizes the middle jiao

INDICATIONS:

- mania-depression, agitation, tongue thrusting, mad walking
- Epigastric pain, abdominal pain, diarrhea

ST-24: *huá ròu mén*

滑肉門

Slippery Flesh Gate

On the abdomen, 2 cun lateral to the midline and 1 cun superior to the umbilicus

Needling: ⊥ 1-1.5 cun

FUNCTIONS:

- Transforms phlegm and calms the spirit
- Harmonizes the Stomach and alleviates vomiting

INDICATIONS:

- mania-depression, agitation, tongue thrusting, mad walking
- vomiting, epigastric pain

ST-25: *tiān shū*

天樞

Heaven's Pivot

Front-Mu Point of the Large Intestine

On the abdomen, 2 cun lateral to the umbilicus

Needling: ⊥ 1-1.5 cun

FUNCTIONS:

- Regulates the intestines
- Regulates the Spleen and Stomach
- Resolves dampness and damp-heat
- Regulates qi and invigorates blood

INDICATIONS:

- diarrhea
- edema, drum distention, swelling of the face
- vomiting, retching, sudden turmoil disorder
- abdominal pain, intestinal abscess, umbilical shan disorder, running piglet qi
- abdominal masses, pain in uterus, irregular menstruation

ST-26: *wài líng*

外陵

Outer Mound

On the lower abdomen, 2 cun lateral to the midline and 1 cun inferior to the umbilicus

Needling: ⊥ 1-1.5 cun

FUNCTIONS:

- Regulates qi and alleviates pain

INDICATIONS:

- severe abdominal pain, abdominal distention, shan disorder
- dysmenorrhea, amenorrhea

ST-27: *dà jù*

大巨

The Great

On the lower abdomen, 2 cun lateral to the midline and 2 cun inferior to the umbilicus

Needling: ⊥ 1-1.5 cun

FUNCTIONS:

- Benefits the Kidney and firms essence
- Regulates qi and promotes urination

INDICATIONS:

- premature ejaculation, seminal emission, difficult urination
- palpitation
- lower abdominal fullness and shan disorder

ST-28: *shuǐ dào*

水道

Water Passage

On the lower abdomen, 2 cun lateral to the midline and 3 cun inferior to the umbilicus

Needling: ⊥ 1-1.5 cun

FUNCTIONS:

- Regulates the lower jiao and dispels stagnation
- Benefits the bladder and uterus

INDICATIONS:

- retention of urine and feces, edema, cold in the bladder
- hypogastric pain in women extending to the genitals, painful menses, infertility, cold in the uterus

ST-29: *guī lái*

归来

Return

On the lower abdomen, 2 cun lateral to the midline and 4 cun inferior to the umbilicus

Needling: ⊥ 1-1.5 cun

FUNCTIONS:

- Warms the lower jiao
- Regulates menstruation and benefits the genital region

INDICATIONS:

- amenorrhea, irregular menstruation, uterine masses, uterine prolapse, pain and cold of the vagina, infertility, leukorrhea
- retraction of the testicles, pain of the penis, impotence, shan disorder

ST-30: *qì chōng*

氣沖

Rushing Qi

On the lower abdomen, 2 cun lateral to the midline, level with the superior border of the pubic symphysis

Needling: ⊥ 1-1.5 cun

FUNCTIONS:

- Regulates qi in the lower jiao
- Regulates the Chong vessel
- Subdues running piglet qi

INDICATIONS:

- fullness in abdomen, pain in abdomen, heat in abdomen
- irregular menstruation, abnormal uterine bleeding
- swelling and pain of the external genitals, shan disorder
- running piglet qi, qi rushing upwards to attack the Heart

ST-31: *bì guān*

髀關

Thigh Gate

On the upper thigh, in a depression lateral to the sartorius muscle, level with the lower border of the pubic symphysis

Needling: ⊥ 1-2 cun

FUNCTIONS:

- ACAP
- Dispels wind-damp

INDICATIONS:

- atrophy disorder, bi syndrome, numbness of the leg, hip pain, sciatica

ST-32: *fú tù*

伏兔

Crouching Rabbit

On the thigh, 6 cun proximal to the superior border of the patella

Needling: ± 1-2 cun

FUNCTIONS:

- ACAP
- Dispels wind-damp

INDICATIONS:

- Bi syndrome and atrophy of the lower leg, thigh pain, cold knee

ST-33: *yīn shì*

阴市

Yin Market

On the thigh, 3 cun proximal to the superior border of the patella

Needling: ± 1-1.5 cun

FUNCTIONS:

- ACAP
- Dispels wind-damp

INDICATIONS:

- Bi syndrome and atrophy of the lower leg, thigh pain, difficulty stretching and bending the knee
- wasting and thirsting disorder, cold shan disorder, edema, enlarged abdomen

ST-34: *liáng qū*

梁丘

Ridge Mound

Xi-Cleft Point of the Stomach Channel

On the thigh, 2 cun proximal to the superior border of the patella

Needling: ± 1-1.5 cun

FUNCTIONS:

- **Treats acute conditions and pain**
- Harmonizes the Stomach and alleviates pain
- ACAP

INDICATIONS:

- swelling and pain of the knee, difficulty flexing and extending the knee
- epigastric pain, acid regurgitation, breast abscess and swelling of the breast

ST-35: *dú bí*

犊鼻

Calf's Nose

Below patella, lateral to patellar ligament

Needling: ± 1-2 cun

FUNCTIONS:

- Dispels wind-damp and reduces swelling
- ACAP

INDICATIONS:

- swelling and pain in knee, difficulty flexing knee, weakness of knee, numbness of lower limb

ST-36: *zú sān lǐ*

足三里

Leg Three Miles

He-Sea (Earth) Point
Gao Wu Command Point of the Abdomen
Ma Dan-Yang Heavenly Star Point
Point of the Sea of Water and Grain

3 cun inferior to ST-35, one finger breadth from the crest of the tibia

Needling: ± 1-1.5 cun

FUNCTIONS:

- Harmonizes the Stomach
- Fortifies the Spleen and resolves dampness
- Supports correct qi and fosters the original qi
- Tonifies qi and nourishes blood and yin
- Clears fire and calms the spirit
- ACAP
- Revives yang and restores consciousness

INDICATIONS:

- epigastric pain, nausea, vomiting, hiccup, borborygmus, diarrhea, poor appetite
- taxation, insufficiency of original qi
- dizziness, dim vision, tinnitus, palpitation
- mania-depression, manic singing, sadness, laughter
- throat painful obstruction, headache, cold nose, brain pain, heat pain, fullness in chest, qi rushing up to the chest
- breast pain, knee pain, shin pain, hemiplegia, shan disorder
- lockjaw, spasm, loss of consciousness

ST-37: *shàng jù xū*

上巨虚

Upper Great Void

Lower He-Sea Point of the Large Intestine
Point of the Sea of Blood

6 cun inferior to ST-35, one finger breadth from the crest of the tibia

Needling: ± 1-1.5 cun

FUNCTIONS:

- Regulates intestines and transforms stagnation
- Clears damp and alleviates diarrhea and dysenteric disorder
- Regulates the Spleen and Stomach
- ACAP

INDICATIONS:

- constipation, diarrhea, borborygmus, pain in intestines
- heat in Stomach, Spleen and Stomach deficiency
- mania, aversion to the sound of people talking
- hemiplegia, numbness and painful obstruction of the lower limb

ST-38: *tiáo kǒu*

條口

Lines Opening

8 cun inferior to ST-35, one finger breadth from the crest of the tibia

Needling: ⊥ 1-1.5 cun

FUNCTIONS:

- Expels wind-damp and alleviates pain
- Benefits the shoulder

INDICATIONS:

- atrophy disorder and bi syndrome in the leg
- pain and stiffness of the shoulder

ST-39: *xià jù xū*

下巨虛

Lower Great Void

Lower He-Sea Point of the Small Intestine

9 cun inferior to ST-35, one finger breadth from the crest of the tibia

Needling: ⊥ 1-1.5 cun

FUNCTIONS:

- Regulates Small Intestine
- Clears damp-heat
- ACAP

INDICATIONS:

- lower abdominal pain and pain the radiates into the testicles
- diarrhea, dark urine, breast abscess, sudden fright
- atrophy disorder and bi syndrome of the leg, hemiplegia of the leg, pain in foot or heel

ST-40: *fēng lóng*

豐隆

Abundant Bulge

Luo-Connecting Point

8 cun inferior to ST-35, two finger breadths from the crest of the tibia

Needling: ± 1-1.5 cun

FUNCTIONS:

- Transforms phlegm and dampness
- Benefits the chest
- Clears phlegm from the Lung and alleviates cough and wheezing
- Clears phlegm from the Heart and calms the spirit
- ACAP

INDICATIONS:

- copious phlegm, fullness and oppression of the chest, plum pit qi
- damp body, heavy body
- cough, SOB, cough with phlegm
- mania-depression, mad laughter, great happiness, desire to ascend to high places and sing, discards clothing and runs around, seeing ghosts
- atrophy and bi syndrome in leg

ST-41: *jiě xī*

解谿

Stream Divide

Jing-River (Fire) Point

On the ankle, level with lateral malleolus, between extensor hallicus longus and extensor digitorum longus

Needling: ± 0.5 cun

FUNCTIONS:

- Clears heat from the Stomach channel and organ
- Calm the spirit
- ACAP

INDICATIONS:

- swelling of the face and head, frontal headache, red face, pain in mouth
- Abdominal distention, constipation
- febrile disease
- Stomach heat with raving, mania, epilepsy, palpitations, seeing ghosts
- swelling and pain of ankle, atrophy of leg, injury to big toe

ST-42: *chōng yáng*

沖陽

Rushing Yang

Yuan-Source Point

On the dome of the foot, in the depression formed by the second and third metatarsal bones and the cuneiform bones

Needling: ± 0.3-0.5 cun

FUNCTIONS:

- Clears heat from Stomach channel
- Harmonizes the Stomach organ
- Calms the spirit
- ACAP

INDICATIONS:

- deviation of the mouth and eye, swelling and pain of the face, toothache, tooth decay
- abdominal distention, epigastric pain
- mania-depression, desire to ascend to high places and sing, discards clothing and runs around
- swelling and pain on dorsum of foot, atrophy of foot

ST-43: *xiàn gǔ*

陷谷

Sunken Valley

Shu-Stream (Wood) Point

Between second and third metatarsal bones, in depression 1 cun proximal to ST-44

Needling: ± 0.5-1 cun

FUNCTIONS:

- Regulates Spleen and dispels edema
- Regulates and harmonizes the Stomach and intestines

INDICATIONS:

- edema, swelling in the face
- abdominal pain, fullness in chest and lateral costal region, borborygmus
- swelling and pain in foot, difficulty extending toes

ST-44: *nèi tíng*

内庭

Inner Courtyard

Ying-Spring (Water) Point
Ma Dan-Yang Heavenly Star Point

Between second and third toes, 0.5 cun proximal to margin of web

Needling: ⊥ 0.5-1 cun

FUNCTIONS:

- Clears heat from Stomach channel and alleviates pain
- Harmonizes the intestines and clears damp-heat
- Calms the spirit

INDICATIONS:

- toothache, pain of the lower teeth, pain of the upper teeth, eye pain, face pain, deviation of mouth
- Abdominal pain, borborygmus, diarrhea, blood in the stool, constipation
- counterflow cold: hands and feet are cold, body is warm (false cold with true heat)
- aversion to the sound of people talking, desire for silence
- pain and swelling of the foot

ST-45: *lì duì*

厲兌

Strict Exchange

Jing-Well (Metal) Point

Lateral side of second toe, corner of nail

Needling: ⊥ 0.1-2 cun, prick to bleed

FUNCTIONS:

- Clears heat from Stomach channel
- Clears heat, calms the spirit, restores consciousness

INDICATIONS:

- swelling of the face, heat in the head, nosebleed,
- fullness in chest and abdomen, excessive hunger, febrile disease, jaundice
- loss of consciousness
- excessive dreaming, easily frightened, ascends to high places and sings, discards clothes and runs around

THE FOOT YANG MING STOMACH CHANNEL

By: Nicholas Duchnowski
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This file is available online at: http://www.tcmstudy.net/handouts/A104_Stomach.pdf

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