

THE FOOT TAI YIN SPLEEN CHANNEL

The Spleen Channel

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

- *Su Wen, Chapter 8*

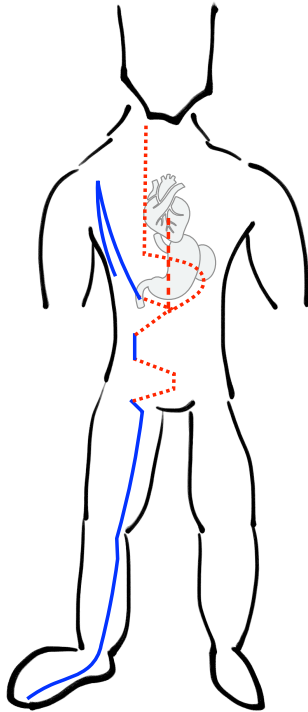
FUNCTIONS OF THE SPLEEN

- Governs transformation and transportation of water and grain
- Moves qi and transforms dampness
- Governs blood (blood formation and holding blood in its proper place)
- Responsible for the muscles and the four limbs
- Opens to the mouth; dominates the sense of taste
- Raises qi and counters prolapse

OTHER CHARACTERISTICS

- Houses the intellect/intent (yi)
- Emotion: thinking/pensiveness, worry

Spleen Primary Channel



Begins: SP-1

- ascends medial side of leg
- bounces over to the midline a couple times (REN-3, REN-4, REN10)
- connects to **Spleen, Stomach, and Heart**
- ascend through diaphragm, alongside esophagus, and spreads over the **lower surface of the tongue**
- goes across chest, then descends to seventh intercostal space on mid-axillary line (SP-21)

Linkage: REN-10 → HT

Organs: SP, ST, HT

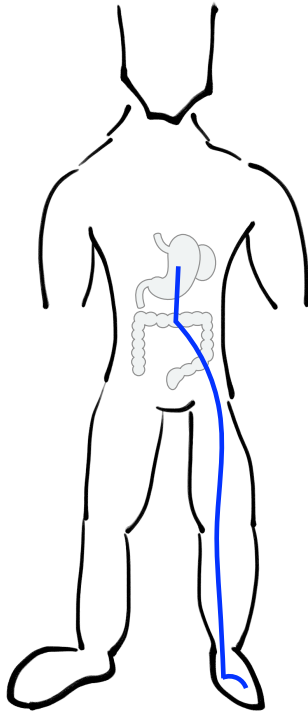
Spleen Primary Channel

PATHOLOGIES

- epigastric pain, abdominal distention, loose stools
- jaundice
- heaviness of the body, lassitude
- stiffness and pain of the root of the tongue
- swelling and coldness in the medial aspect of thigh and knee

Begins	Δ Points	Organs	Tissue	Linkage	Misc.
SP-1	REN-3, REN-4, REN-10, (REN-17), GB-24, LV-14, LU-1	SP, ST, HT	lower surface of tongue	REN-10 → HT	crosses over LV channel 8 cun up the leg

Spleen Luo Channel



Separates: SP-4

- connects with ST channel
- ascends leg
- enters abdomen
- connects with intestines and Stomach

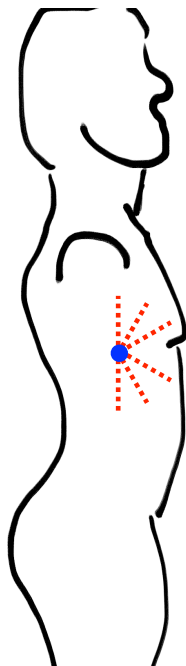
Deficiency Symptoms:

- drum distention (ascites)
- childhood nutritional impairment
- flatulence, abdominal fullness and distention

Excess Symptoms:

- pain in Stomach and intestines
- rebellious qi, vomiting, diarrhea

Spleen Great Luo



Separates: SP-21

- spreads through chest and lateral costal region
- gathers blood of the luo-connecting channels of the entire body

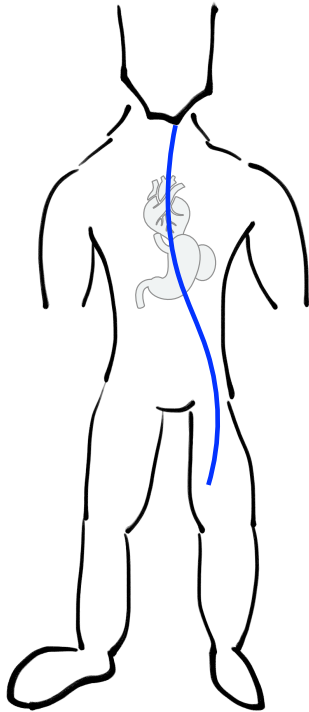
Deficiency Symptoms:

- muscular atrophy and flaccidity
- weakness of the joints
- weakness of the whole body

Excess Symptoms:

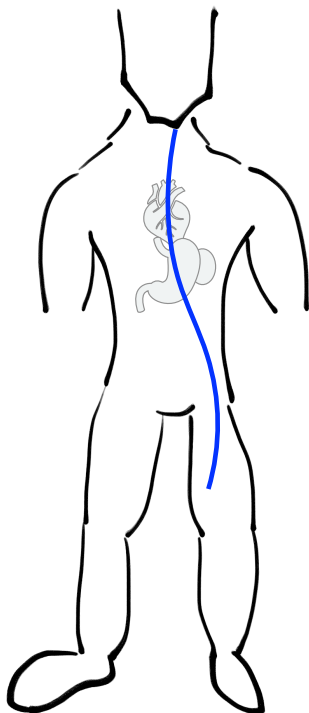
- whole body pain
- multiple site arthritis
- Bi syndrome
- aches and pains (as in fibromyalgia, or MS)

Spleen Divergent Channel



- **Diverges:** inner thigh
- enters internally in the ST-30/SP-12 area
- follows the Stomach Divergent channel to the throat (enters ST, SP, HT)
- penetrates the tongue
- **Converges:** mouth

Spleen Divergent Channel

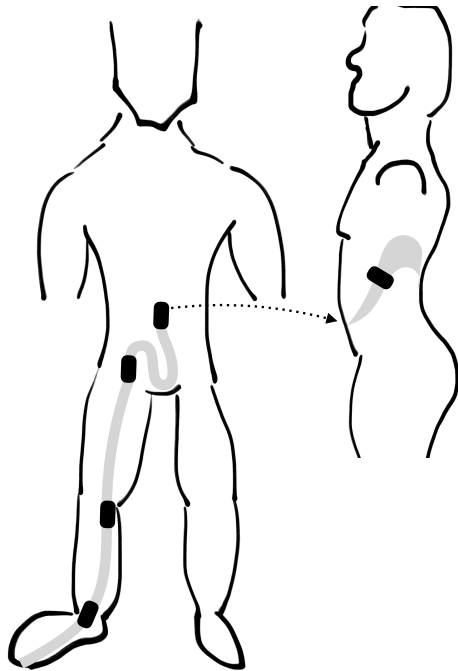


Separates:	inner thigh
Enters:	ST-30 area
Emerges:	throat
Converges	mouth

TREATS

- deficiency of Qi and Blood, mental disorders
- digestive problems, distention, pain, and spasm of the abdomen, flatulence, diarrhea, borborygmus, hematemesis, and tarry stools.
- damp phlegm accumulating in the throat, causing chronic throat and thyroid disorders
- ulcers of the mouth and tongue, stiffness of tongue, and unclear speech due to Damp Phlegm accumulation at the Tongue.

Spleen Sinew Channel



- **Begins:** medial side of toe (SP-1)
- **Binds** at ankle, knee, groin
- Goes to external genitalia
- **Binds** at umbilicus
- Enters abdomen, **binds** at ribs, spreads over chest
- Adheres to spine

PATHOLOGIES

- Strained big toe
- Pain of the medial malleolus, pain and cramping along the course of channel, pain of the medial aspect of the knee, pain of the medial thigh that reaches the inguinal region
- Twisting pain of the genitals that may reach the navel and the lateral costal region or lead to pain of the chest and interior spine.

SP-1: *yǐn bái*

隱白

Hidden White

Jing-Well (Wood) Point
Sun Si-Miao Ghost Point

0.1 cun from medial-proximal corner of the nail of big toe

Needling: ± 0.1-0.2 cun

FUNCTIONS:

- Stops bleeding
- Regulates the Spleen
- Unbinds the chest
- Calms the Heart and restores consciousness

INDICATIONS:

- uterine bleeding, menorrhagia, blood in the urine, blood in the stool, vomiting blood, nosebleed
- abdominal distention, sudden swelling of the four limbs, sudden diarrhea, vomiting
- agitation, heat or fullness in chest, sadness, mania-depression, excessive dreaming, insomnia, loss of consciousness
- fever without sweat, cold feet, cold in lower limbs

SP-2: *dà dū*

大都

Great Metropolis

Ying-Spring (Fire) Point

Medial side of big two, distal and inferior to first metatarso-phalangeal joint

Needling: ㄥ 0.3-0.5 cun

FUNCTIONS:

- Regulates the Spleen
- Resolves dampness and clears damp-heat
- Harmonizes middle-jiao and clears heat
- Calms the spirit

INDICATIONS:

- swelling of limbs, body heaviness
- abdominal pain and distention, vomiting, diarrhea, constipation, sudden turmoil
- agitation, insomnia, Heart pain, fever without sweating, cold hands and feet
- lumbar pain with inability to turn, disorders of big toe, heat in soles of feet

SP-3: *taì bái*

太白

Supreme White

Shu-Stream (Earth) Point
Yuan-Source Point

Medial side of foot, proximal and inferior to head of the first metatarsal bone

Needling: ㄥ 0.5-1.0 cun

FUNCTIONS:

- Strengthens the Spleen
- Resolves dampness and damp-heat
- Harmonizes the Spleen and Stomach
- Regulates qi
- Stimulates the intellect (Yi)

INDICATIONS:

- Spleen/Stomach deficiency, heavy body, heaviness in four limbs, borborygmus, diarrhea, constipation, hemorrhoids
- abdominal pain, chest and Heart pain
- febrile disease with fullness and inability to lie down
- pain in knee and thigh, joint pain, lumbar pain, atrophy disorder

SP-4: *gōng sūn*

公孫

Grandfather Grandson

Luo-Connecting Point
Master Point of Chong Mai

Medial side of foot, distal in inferior to base of first metatarsal

Needling: ± 0.5-1.0 cun

FUNCTIONS:

- Strengthens the Spleen and harmonizes the middle jiao
- Regulates qi and resolves dampness
- Benefits the Heart and chest, calms the spirit
- Regulates the Chong Mai

INDICATIONS:

- epigastric pain, vomiting, no desire to eat, epigastric pain, diarrhea, tenesmus
- mania-depression, manic raving, insomnia, Heart pain, Gallbladder deficiency with much sighing
- irregular menstruation, ob/gyn disorders, retention of placenta
- swelling of head and face, edema, jaundice, malaria
- pain in heel, heat in soles

SP-5: *shāng qiū*

商丘

Shang Mound

Jing-River (Metal) Point

Medial side of ankle, at the intersection of straight lines drawn along the anterior and inferior border of medial malleolus

Needling: ± 0.2-0.3 cun

FUNCTIONS:

- Strengthens the Spleen and resolves dampness
- Benefits the sinews and bones
- Calms the spirit

INDICATIONS:

- spleen deficiency, somnolence, lethargy, abdominal distention, diarrhea, constipation, jaundice, yellow face
- stiffness and pain in root of tongue, impaired speech, cough, infertility, hemorrhoids
- mania-depression, excessive thinking, laughter, nightmares, melancholy
- pain and contraction of sinews, lockjaw, ankle pain, pain in inner thigh

SP-6: *sān yīn jiāo*

三陰交

Three Yin Intersection

Meeting Point of Spleen, Liver, and Kidney Channels

3 cun superior to prominence of medial malleolus

Needling: ⊥ 1.0-1.5 cun (contraindicated in pregnancy)

FUNCTIONS:

- Tonifies Spleen and Stomach
- Tonifies blood and yin
- Resolves dampness
- Harmonizes Liver and tonifies Kidney
- Regulates urination and benefits genitals
- Calms the shen
- Invigorates blood
- ACAP

INDICATIONS:

- Spleen/Stomach deficiency, heavy body, edema, diarrhea
- irregular menstruation, uterine bleeding, dysmenorrhea, abdominal masses, uterine prolapse
- infertility, restless fetus, delayed labor
- seminal emission, nocturnal emission, erectile dysfunction, contracted testicles
- difficult urination, enuresis, lin syndrome
- palpitations, insomnia
- dizziness, blurred vision, tinnitus, hypertension
- leg pain, bi syndrome, atrophy

SP-7: *lòu gǔ*

漏谷

Dripping Valley

6 cun superior to prominence of medial malleolus

Needling: ⊥ 1.0-1.5 cun

FUNCTIONS:

- Strengthens the Spleen and resolves dampness
- Promotes urination and disperses swelling

INDICATIONS:

- abdominal fullness, borborygmus, diarrhea
- wasting of the muscles and flesh despite normal eating
- edema, difficult urination, swelling of ankle
- paralysis of leg

SP-8: *dì jī*

地機

Earth Pivot

Xi-Cleft Point

3 cun below SP-9

Needling: ⊥ 0.3-0.5 cun

FUNCTIONS:

- Regulates menstruation and invigorates blood
- Harmonizes Spleen and resolves dampness
- Treats acute conditions and pain

INDICATIONS:

- irregular menstruation, dysmenorrhea, abdominal masses
- pain in abdomen, poor appetite, diarrhea, difficult urination

SP-9: *yīn líng quán*

陰陵泉

Yin Mound Spring

He-Sea (Water) Point

In the depression in the angle formed by the medial condyle of the tibia and the posterior border of the tibia

Needling: ⊥ 1-1.5 cun

FUNCTIONS:

- Regulates Spleen and resolves dampness
- Opens and moves the water passages
- Benefits the lower jiao

INDICATIONS:

- abdominal distention, pain in lower abdomen, jaundice, diarrhea
- edema, swelling of limbs, retention of urine, difficult urination, enuresis
- seminal emission, leukorrhea, pain in genitals
- fullness below Heart, fullness in lateral costal region
- lumbar pain, pain and swelling of knee

SP-10: *xuè hǎi*

血海

Sea of Blood

2 cun proximal to the superior border of patella

Needling: ⊥ 1.0-1.5 cun

FUNCTIONS:

- Invigorates blood
- Cools blood
- Harmonizes menstruation
- Benefits the skin
- (Nourishes blood?)

INDICATIONS:

- irregular menstruation, dysmenorrhea, amenorrhea, uterine bleeding, uterine bleeding with clots
- urticaria, eczema, herpes zoster, itching of genitals
- leukorrhea, lin syndrome

SP-11: *jī mén*

箕門

Winnowing Gate

6 cun proximal to SP-10

Needling: ⊥ 0.5-1.0 cun, prick to bleed

FUNCTIONS:

- Regulates urination
- Drains damp and clears heat

INDICATIONS:

- lin syndrome, retention of urine, enuresis
- damp itching of external genitalia

SP-12: *chōng mén*

沖門

Rushing Gate

3.5 cun lateral to REN-2 (upper border of pubic symphysis), lateral side of femoral artery

Needling: ⊥ 0.5-1 cun

FUNCTIONS:

- Moves qi, invigorates blood, stops pain
- Drains damp, clears heat, regulates urination

INDICATIONS:

- abdominal pain, abdominal masses, hemorrhoids,
- difficult urination, retention of urine, lin syndrome, atrophy disorder and bi syndrome of leg

SP-13: *fǔ shè*

府舍

Abode of the Fu

0.7 cun superior and 0.5 cun lateral to SP-12, 4 cun lateral to midline in inguinal crease

Needling: ⊥ 1-1.5 cun

FUNCTIONS:

- Regulates qi and alleviates pain

INDICATIONS:

- Abdominal fullness and pain, abdominal masses, shan disorder, sudden turmoil

SP-14: fù jié

腹結

Abdomen Knot

1.3 cun inferior to SP-15, 4 cun lateral to midline

Needling: ⊥ 1-1.5 cun

FUNCTIONS:

- Warms and benefits lower jiao
- Regulates qi and descends rebellion

INDICATIONS:

- periumbilical pain, diarrhea, shan disorder
- qi rushing up to Heart

SP-15: dà héng

大橫

Great Horizontal

Level with umbilicus, 4 cun lateral to midline

Needling: ⊥ 0.5-1.0 cun

FUNCTIONS:

- Strengthens the Spleen
- Strengthens the limbs
- Regulates qi
- Resolves dampness
- Benefits the Large Intestine

INDICATIONS:

- lower abdominal pain, diarrhea, constipation
- sadness, inability to raise the four limbs, copious sweating
- chronic diarrhea with mucus in the stools, chronic constipation due to deficiency

ST-25: diarrhea and loose stools

SP-15: constipation

SP-16: *fù āi*

腹哀

Abdomen Sorrow

3 cun above SP-15

Needling: ⊥ 0.5-1.0 cun

FUNCTIONS:

- Regulates intestines

INDICATIONS:

- periumbilical pain, undigested food in stool, blood and pus in stool, constipation

SP-17: *shí dòu*

食竇

Food Cavity

5th intercostal space, 6 cun lateral to midline

Needling: ⊥ 0.5-1.0 cun

FUNCTIONS:

- Dissipates accumulation of food and fluids and promotes digestion

INDICATIONS:

- fullness in chest and lateral costal region
- water swelling of abdomen, belching, vomiting after eating
- cough, swelling of breasts

SP-18: *tiān xī*

天谿

Heavenly Stream

4th intercostal space, 6 cun lateral to midline

Needling: 剌 0.5-1.0 cun

FUNCTIONS:

- Regulates and descends qi
- Benefits the breasts and promotes lactation

INDICATIONS:

- fullness and pain in chest, SOB, cough, phlegm in throat
- breast abscess, failure of breast milk to flow, insufficient lactation

SP-19: *xiōng xiāng*

胸鄉

Chest Village

3rd intercostal space, 6 cun lateral to midline

Needling: 剌 0.5-1.0 cun

FUNCTIONS:

- Regulates and descends qi and unbinds the chest

INDICATIONS:

- fullness in chest and costal region, inability to turn over while lying down, cough, SOB

SP-20: *zhōu róng*

周榮

Encircling Glory

2nd intercostal space, 6 cun lateral to midline

Needling: ˆ 0.5-1.0 cun

FUNCTIONS:

- Regulates and descends qi and unbinds the chest

INDICATIONS:

- fullness in chest and costal region, cough, SOB

SP-21: *dà bāo*

大包

Great Wrapping

Great Luo-Connecting Point of the Spleen

Mid-axillary line, in the 6th or 7th intercostal space

Needling: ˆ 0.5-1.0 cun

FUNCTIONS:

- Regulates qi and blood
- Benefits the sinews and joints
- Unbinds the chest and benefits the lateral costal region

INDICATIONS:

- **pain of whole body**, weakness in the four limbs, flaccidity of the 100 joints
- cough, chest pain

THE FOOT TAI YIN SPLEEN CHANNEL

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This file is available online at: http://www.tcmstudy.net/handouts/A104_Spleen.pdf

Sources:

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