

HENRY MCCANN  
HANS-GEORG ROSS

PRACTICAL ATLAS OF  
TUNG'S ACUPUNCTURE

5TH EDITION



VERLAG MÜLLER & STEINICKE

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## Authors' Preface for the Fifth Edition

We all know that effective learning and improvement happens through our mistakes if we humbly accept them and correct them adequately. Therefore we thank all our readers and all participants in our seminars for their critical and helpful comments. All of them are virtually co-authors of this edition.

February 2013

January 2014

February 2015

Henry McCann, Hans-Georg Ross

## Foreword

It is certainly an exciting time to be involved in the study and practice of our long-lived medical art. Reminiscent of all the great eras in the development of Chinese medicine, we are currently witnessing exciting debate amongst various approaches to clinical practice. One can find lectures around the world drawing not only from the best of Asian traditions but also expressing innovative ideas from countries where our field did not even exist 50 years ago. This excellent book represents a thoughtful, clinically relevant contribution to the process which seems to characterize the best of 21st century 'Asian' medicine. In the following pages, Drs. McCann and Ross have taken significant steps toward bringing the work of the Tung family tradition into what will hopefully be a growing dialogue with other acupuncture approaches.

Readers may remember their first encounter with 'Tung-style' acupuncture from the old book by Miriam Lee (*Master Tong's Acupuncture*) or from seminars given by Wei-Chieh Young, Richard Tan, Susan Johnson and many others. Like many students of acupuncture, I have been alternately fascinated by and frustrated with an approach that can overwhelm with the sheer abundance of points and indications. For someone who must understand how a particular treatment is being used within the context of a coherent system of diagnosis and theory, it was often difficult to know when to choose many of the points. Consequently, over the years I have gotten to know a few favorite points from this tradition but have failed to expand into what is a demonstrably useful system. For me, this text finally provides a clear explanation of how to overlap the body maps from the Tung system with the more familiar maps of regular channel theory.

To the new student of Tung style, I would suggest a metaphor. One might analogize the study of acupuncture to the study of a foreign language. In the earliest years of our study, we learn the core syntax of basic channel theory and begin to express ourselves with the so-called 'important points' which come up again and again in the modern clinic. Over time, our ability to communicate within the context of the channel system becomes more sophisticated as our 'vocabulary' of points increases. Points that may have been very rarely used in the initial years of practice finally become more familiar as we begin to recognize the occasions when they apply. In studies with my teacher Dr. Wang Ju-yi, I would often point out that he doesn't seem to use such-and-such point. He would invariably reply that, "No, you just haven't yet seen the type of situation where that point is appropriate". Just as predicted, a few months later we would see a patient where he would needle a point I hadn't seen him use before and a new term would be added to my expanding vocabulary. To continue with the metaphor, the study of Tung style is much like the process of studying a new, but very closely related language. Because the ultimate subject being described by these various systems is the human body, and because all acupuncture ultimately draws from a Chinese tradition, there is much here that will sound very familiar. In fact, I have recently found that one can gain deeper levels of understanding of the so-called regular channels (正經 *zhèng jīng*) by contemplating the innovative ways that Tung style uses points. For example, if a point is on the stomach channel then its unexpected application to non-traditional stomach channel functions in the Tung system actually sheds light on aspects of Yangming that are less often considered in mainstream education. This very tendency is addressed at length in the following pages. The point discussions which follow include ample comparison of various ideas regarding organ and channel function from both classical and modern sources. Consequently for the reader, the commentary sections can be as illuminating as the necessary lists of point locations and indications in the main body of the text.

In order to make the text more readable, the authors have put a great deal of thought into style of presentation. Like other Tung-style books, they have broken the points into sections of the body. However, I have found it most useful that they locate images of point locations, written location descriptions and brief lists of indications all within the same page. As one becomes more familiar with the points, this aspect will allow the book to be used as a quick reference. For more details on how to understand the nature of each point, important groups of points are followed by the illuminating commentary.

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In particular, I am excited by the second chapter which provides a very clear dissertation on the underlying theory which characterizes the Tung system. For ease of understanding, theory is broken into the three sub-sections of "Image," "Channel" and "Tissue" correspondences. These three broad categories of theory are thus introduced early in the text and are referenced throughout the main body of point descriptions. Thinking again of my early difficulties with this system, I found myself finally able to understand why particular points might have a given indication. In other words, a coherent discussion of theory at the outset finally begins to give rise to a living, flexible system as the later sections unfold.

As mentioned earlier, another problem for the new student of Tung acupuncture is the sheer abundance of new points. To that end, chapter six provides an interesting index of frequently used point combinations. In this section, the authors have carefully combined the experience of senior practitioners in this tradition with their own clinical work to provide a unique resource. Chapter six is therefore particularly useful for the new student trying to 'expand the vocabulary' of their practice. A quick perusal of the protocols for common diseases reveals certain points and groups of points which come up most often. I would posit that these are the most common terms in the new language. In my own practice, I thus expect to first integrate the more commonly used points from the Tung tradition while always looking for difficult cases in which less-often used points might be applied. By combining a growing familiarity of the most common points with a better understanding of Tung-style theory, one might thus slowly integrate the approach with other styles of acupuncture.

### Thoughts for the future from an interested student

In my conversations with the authors of this text, I have been impressed with their dedication to innovation and a lack of that dogmatic tendency which can sometimes arise in a time where many schools of thought abound. Like most of us practicing in the 21<sup>st</sup> century, we are hybrids of the various approaches described by multiple teachers. While agreeing that one should begin with a certain core prism through which to view the body, we seem to share that urge to always be on the lookout for new ways to improve clinical results. In that spirit, a few concepts might be put on the table for future discussion regarding the Tung tradition.

As emphasized by the authors in the pages which follow, the points in the Tung tradition will be most effective when understood as part of a flexible theoretical system for balancing yin and yang. To that end, future work might involve striving for a greater understanding of these points in the context of current channel theory. Even more importantly, we can also use these points as a starting place for expanding and innovating to create new veins of channel/organ theory. As mentioned above, when a Tung-style point on a given channel treats a certain pattern, then we might broaden our understanding of the nature of that channel.

Another possible path of innovation would involve the integration of more careful palpation into the process of diagnosis. As described above, one way to overcome the tendency to be overwhelmed by the volume of points is to step back and apply theoretical rigor to one's diagnosis and choice. However, like many Chinese medical practitioners, I have noticed that theory can sometimes be used to justify less than effective clinical strategies. Elegant theoretical explanations may justify point choices which do not address the true pattern presenting on the treatment table. Of course, pulse, tongue and asking of questions helps to keep us based more firmly in reality. I would propose that palpation along entire channel pathways might also provide useful information which can help the Tung tradition to fine-tune and further balance treatments. For example, Table 2 (Chapter 2) provides an excellent chart summarizing all of the possible channel correspondences that might allow one channel to treat another 'diseased' channel. One might find that palpation of channels which overlap in this chart can provide some interesting guidance for choosing a particular channel for treatment. Once a channel is chosen for treatment, then both regular channel points and Tung-style points can be considered. In particular, it may be clinically useful to first consider the channel one might use for treatment *before* thinking about individual points. Incidentally, the excellent index at the end of the book provides a useful resource for this very process as it lists the regular channel most-likely associated with a given Tung-style point.

In the Introduction, the authors provide an excellent quote from Confucius which highlights the importance of what Chinese teachers often call 'inspired insight' (悟性 wù xìng). Whether teaching students or in my own studies, I try to keep in mind the fact that a well-founded education requires evolution. Often called the 'Rule of Jazz' by trumpet player Clark Terry, useful insight is facilitated by a firm grasp on the basics of one's craft. He therefore advocates a process summarized by the terms "Imitate, Assimilate, Innovate." This book is written by those who have spent years in imitation and assimilation and now point the way to new roads of innovation.

Jason D. Robertson  
Seattle, WA, USA

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# Acknowledgements

I was first introduced to the basic concepts and points of Tung's acupuncture during my initial Chinese medicine training at the New England School of Acupuncture. In the years since then I keep returning to Tung's system because of both its clinical efficacy and its deep engagement with concepts that are the fundamental basis all of Chinese medicine. While the most obvious feature of this system is a seemingly unfamiliar set of extra points, I believe that Tung's acupuncture is deeply rooted in the Chinese medical classics as well as other classics of Chinese philosophy. Indeed my desire to understand more about these odd points led me to be a reader and then teacher of such books as the Huang Di Nei Jing (Yellow Emperor's Classic of Medicine) and the Lun Yu (the Analects of Confucius). Along these lines I believe that the study of Tung's points can lead all acupuncturists to a deeper understanding of conventional acupuncture, even if they never use the new and different points described in this book.

We all owe a great debt of gratitude to Tung Ching Chang for sharing his family heritage with the outside world. It was through his generosity and openness that many clinicians will be able to help more patients in the years to come. I believe therefore, anyone who sincerely studies and applies Tung's system is automatically his direct heart disciple. Tung's system is so important that it should be taught to as many clinicians as possible without any holding back so that as many people as possible, now and in the future, can benefit from its efficacy.

No endeavor happens by chance or by itself. I was lucky to have the yinyuan (因緣) to encounter this system and need to thank all of my teachers for their diligent instruction. Without a doubt I have learned something valuable from all of them, and without a doubt my patients have been the direct beneficiaries of their openness and wisdom. Thanks to my patients for their trust in my abilities, and for being my most important teachers. Thanks to my partner Candace Sarges, M.Ac., L.Ac for her support, and to my student Heidi Kothe-Levie, MSTOM, L.Ac for her assistance with this manuscript. Finally my thanks go to my family, especially my wife Jen and my son Henry, for their love. May this book help eliminate suffering and the cause of suffering for all beings under the sky.

Written during End of Heat (處暑) in the year Ren Chen (壬辰) 2012  
New Jersey, USA  
Henry McCann (馬爾博)

Unlike what happened to my friend and colleague Henry McCann, my primary professional conditioning influence was not Oriental Medicine but rather Western Science. This is certainly one driving force behind the dialectic process between us which has finally emanated in this book. We both wanted to know and thoroughly understand; we both looked from different perspectives, and eventually – after innumerable transcontinental emails – made it all fit together as much as we could.

Among critical minds it is an accepted triviality that we cannot directly access reality. Even in physics which is perhaps the most exact science we need models of the world to make reality digestible by our conscious perception.

How needing a patient at a certain point can cause a predictable result in terms of alleviating a defined complaint is still an enigma. The steps within the causal chain remain unclear; yet it works.

Master Tung's system, to my mind, provides us with a reliable model which explains what happens, makes acupuncture reproducible, teachable, understandable, and therefore scientific. One day we may know better, but at the moment that's where we stand.

My thanks go to our publisher Stefan Müller-Gißler who has patiently and continuously supported our endeavor over the years. I remember how it all began over a cup of coffee at the 2010 TAO Congress Graz (Austria) when I showed him an edited handout I had put together for my Master Tung seminar, and we decided to make a small booklet out of it. When Henry agreed to join as an author, scaling and quality changed and the project exploded to yield the result which we now present before our readers.

My thanks also go to Ms. Karoline Kreis who undertook the Herculean task to convert our diagrams into printable figures, and designed the book's layout.

Last but not least, I am grateful to my wife Linde who not only tolerated my obsession to write this book but also condensed our long text into a cover painting which says it all at a glance.

Düsseldorf, Germany, August 2012  
Hans-Georg Ross

# 1. Introduction

Throughout the history of Chinese medicine there have been several currents of Chinese medical practice. Some were well seated in the Confucian scholar tradition associated with the transmission of canonical writings such as the Huang Di Nei Jing. Alongside and concurrent to these traditions, China also had family lineages that were more or less kept as trade secrets among small groups of people. Over the last two thousand years of Chinese history, these family lineages have come and sometimes gone entirely if there were no heir to receive the information. Furthermore, even when these secret family traditions were taught, sometimes the true depth of information was withheld. This very traditional aspect of Chinese culture can certainly be a negative and dark one in the realm of medicine, especially since the greatest and most important texts of Chinese medicine (e.g., the Huang Di Nei Jing, Nan Jing, etc...) have always been transmitted openly and freely. In Chinese there is a phrase that “Medicine is the Art of Compassion” (醫為仁術 *yi wei ren shu*). Secret lineages of medicine that are not taught openly and possibly even allowed to die out due to the selfish motivation to retain knowledge or power in a select number of individuals stand in direct opposition to compassion.

Tung’s acupuncture is one previously secret ancient family lineage of medicine that, thanks to the openness of its last proponent, has survived and flourished in modern times to the benefit of countless suffering patients.

## Tung Ching Ch’ang and the History of Tung Acupuncture

According to the oral tradition of the Tung family (董; ‘*Dong*’ in Pinyin Romanization), Tung’s acupuncture dates back to the Han Dynasty (206 BCE – 220 CE), although this cannot be verified historically in an academically rigorous sense. Until it reached the 20th century in accordance with tradition, this system of acupuncture was passed down only from father to eldest son.

The last descendant of the Tung family to practice was Tung Ching Ch’ang (董景昌; *Dong Jing Chang* in Pinyin Romanization), born in 1916 in Ping Du County, Shandong Province, Republic of China (ROC). Affectionately known as ‘Master Tung’ by many of his students, Tung learned acupuncture at the footstep of his father. Unfortunately he lived during a very tumultuous time in Chinese history, and eventually as a young man Tung joined the Kuo Min Tang (KMT, *Guo Min Dang* in Pinyin Romanization) army to fight first against the Japanese in the Second Sino-Japanese War at the dawn of World War II, and then against the Maoists during the Nationalist-Communist Civil War.

In 1949 the Maoists reigned victorious and the Nationalists (KMT) retreated to the island of Taiwan where they established the new seat of the ROC, while on the mainland the People’s Republic of China (PRC) was founded. As a Nationalist soldier, Master Tung also left permanently for the island of Taiwan. In the early 1960s, Master Tung retired from military service and opened a private acupuncture clinic. At the time he became so well known that he was frequently called to treat high level ROC cabinet members, and at one point he was sent as a cultural ambassador to Cambodia to treat the Cambodian Prime Minister Lon Nol (1913 – 1985) after he suffered a stroke. A photographic documentation of his stay at Phnom-Penh together with a copy of Lon Nol’s official letter of thanks is included in Tung’s original book.

In 1966 ROC President Chiang Kai Shek established the Chinese Cultural Renaissance Movement (中華文化復興運動; *Zhonghua Wenhua Fuxing Yundong*) to encourage preservation of traditional Chinese culture in direct response to the Cultural Revolution (文化大革命; *Wenhua Da Geming*) happening in the PRC. Master Tung was deeply touched by the movement and in order to preserve Tung’s acupuncture lineage for the benefit of future generations, he decided to train students outside of his own family, and on July 1, 1962 he took Lin Ju Chu as his first. Over the course of the rest of his life Master Tung trained 73 students who eventually went on to continue teaching Tung’s acupuncture. In 1968 Tung produced a set of notes about his points that were used by his students. Later in 1973, with the help of Yuan Guo Ben, Tung authored a book about his family system of acupuncture, which was mostly comprised of locations and indications for his family’s unique set of extra points. This original book eventually went out of print but many of his students and their students went on to write about the system.

In the early 1970s, Taiwan began the process of formal licensing for doctors of Chinese medicine. Since Tung had no formal schooling having only studied with his father in an apprenticeship setting, he was denied a license and forced out of practice. Soon thereafter Tung was diagnosed with stomach cancer and passed away in 1975.

## Points in Tung’s Acupuncture

The most prominent feature of Tung’s acupuncture is its extensive use of points not found in the dominant systems of Chinese medicine. The distribution of Tung’s points includes the entire body although, unlike most acu-

puncture systems, they are arranged topographically by anatomical zonal concepts rather than by channel (see Table 1). The most commonly used points lie on the extremities and the head, and even though there are ample points on the ventral and dorsal trunk, they are mostly bled rather than needled. The fingers, palmar surface of the hand, toes, and plantar aspect of the foot have a much greater distribution of points than in conventional acupuncture.

One of the most obvious features of Tung's acupuncture is that each of the regions of the body, designated as "zones," clearly functions as a microsystem. In other words, each zone of the body has points that affect the entire body. In addition to Tung's extra points, Master Tung himself was aware of the conventional points in acupuncture evidenced by a chapter on his unique use of conventional points included in his original 1973 book. This chapter is translated in its entirety and included in this present book.

As in conventional acupuncture, each point in Tung's system is given a unique name in Chinese. The names of the points can relate to the anatomical location of the point, the Zang Fu which the point influences, the five phases, the five tissues, or the specific indications of a point. The numbering convention created for non-Chinese speakers identifies the zone in which the point lies and the order in which the point was presented in Tung's original 1973 text. For example, Ling Gu (22.05) is found in Zone 2, and is the fifth point in that zone. Additionally, there were many points that Tung commonly used which were omitted from his original book, thus these points are not given a numerical designation and are only referred to by their Chinese name. In this book, 23 of these points are included and are listed in brackets within their corresponding zones as found in Table 1.

| Zone  | Location               | Number of Points |
|---|------------------------|------------------|
| 1   | Fingers                | 27               |
| 2   | Palm and dorsal hand   | 11 (8)           |
| 3   | Forearm                | 16               |
| 4   | Upper Arm              | 17 (10)          |
| 5   | Plantar aspect of foot | 6                |
| 6   | Dorsal aspect of foot  | 15               |
| 7   | Lower leg/Calf         | 28               |
| 8   | Thigh                  | 32 (4)           |
| 9   | Ear                    | 8                |
| 10  | Head                   | 25 (2)           |
| <b>Note:</b> there are also more than 160 additional points on the neck, and both the dorsal and ventral trunk. |                        |                  |

**Table 1** - Point Distribution in Tung's Acupuncture

## Chinese Medical Theory and Tung's Acupuncture

In Tung's original book there is no discussion of Chinese medical theory, and in his own teaching, Tung rarely mentioned any theory to his students. There is some controversy in the community of Tung's Acupuncture practitioners about how much Chinese medical theory should be used to understand, explain, and teach the system.

The title of Tung's original 1973 text gives the first insight into this question. The original book in Chinese was called "*Dong Shi Zhen Jiu Zheng Jing Qi Xue Xue; A Study of Tung's Lineage Acupuncture and Moxibustion – Primary Channel Extra Points.*" The term chosen to describe Tung's points is notably 正經奇穴 Zheng Jing Qi Xue – "Primary Channel Extra Points," and is a clear reference to his points being located in relation to the channels of regular acupuncture. Certainly, many points in Tung's system overlap conventional acupuncture points with identical indications (e.g., Huo Chuan 33.04 is located at Zhi Gou SJ-6; used in both Tung's and conventional acupuncture to treat constipation). Likewise, some of Tung's points are named in relation to either conventional channels or acupuncture points (e.g., Ce San Li 77.22 translates as "next to San Li," a reference to its location lateral to Zu San Li ST-36). It is clear that Tung's points relate to the channels and conventional acupuncture points, and can therefore be understood in reference to Chinese medical theory. This topic will be explored in much greater depth in the chapters that follow.

According to one of Tung's direct disciples, Dr. Wei-Chieh Young, every time questions were raised to Tung, he would say, "Observe for yourself, then think about it" (Wei-Chieh Young, 2008a, p. 269/270). This is certainly the reason why the original canon of point indications was broadened or changed over time and that in the course

of this evolution even additional points were created by some of Tung's students. This is also certainly why it is appropriate to apply Chinese medical theory to Tung's system even though Tung himself did not write about it. In the classical Chinese tradition, good students were expected to take a small idea and then be able to expand it beyond the original teaching. In the *Shu Er* (Book 7 of the *Analects of Confucius*), the Confucius says, "I do not open up the truth to one who is not eager to get knowledge, nor help out any one who is not anxious to learn. When I have presented one corner of a subject to any one, and he cannot from it learn the other three, I do not repeat my lesson." In a way then, we have to view Tung's acupuncture as a living system to which we all can and should contribute.

## 1.1. Conventions used in this book

### Abbreviations of Channel Names

|             |    |                 |      |
|-------------|----|-----------------|------|
| Lung        | LU | Large Intestine | L.I. |
| Stomach     | ST | Spleen          | SP   |
| Heart       | HT | Small Intestine | S.I. |
| Bladder     | BL | Kidney          | KID  |
| Pericardium | PC | San Jiao        | SJ   |
| Gallbladder | GB | Liver           | LIV  |
| Du Mai      | DU | Ren Mai         | REN  |

### Capitalization

All classical Chinese terms and specific expressions have been capitalized. Examples include: Small Taiji, Upper Jiao, Qi, Blood, Zang Fu, Hand Tai Yang, etc.

For organs or organ systems, capitalization has been used when the Chinese Zang or Fu is meant exclusively; example: Zang Liver. If the same organ is mentioned in the Western medical context it is not capitalized; example: liver cirrhosis.

### Romanization

Chinese is a language that is quite different from European languages such as English, which are written with alphabets. From the earliest times Chinese has been written with a logographic system where a "character" represents a word or a part of a word. For people who cannot read Chinese characters, linguists have developed ways of Romanizing Chinese, in other words writing out the pronunciation of Chinese words with the Roman alphabet. The two most common Romanization systems are Wade-Giles, the older of the two, and Hanyu Pinyin (or Pinyin for short), the newer of the two. For example, "Tung" is the Wade-Giles Romanization of the Chinese character 董, while "Dong" is the Pinyin Romanization for the same word. In both instances the word is pronounced the same (with a "d" sound), although in the former a "d" sound is written with a "t." Since Pinyin is the more accepted academic standard today, throughout this book we adopt Pinyin spellings for most Chinese words. The exceptions are for proper names that are readily known mostly in the Wade-Giles form (such as Master Tung, or Chiang Kai Shek).

## 2. Theoretical Basis of Point Selection, Point Location, and Point Indication in Tung's Acupuncture

### Chinese Medicine's Guiding Principle

All branches of Chinese medicine, including the use of acupuncture, moxibustion, and medicinals, share common guiding principles first established in the Huang Di Nei Jing. Furthermore, all authentic lineages of medicine, including the Tung family lineage of classical acupuncture, embody these very same principles. In the very first chapter of the Su Wen (*Shang Gu Tian Zhen Lun*, Treatise on Heavenly Truth from High Antiquity) there is a basic discussion that sets the key for all subsequent discourses in the text and for all of Chinese medicine as a whole. At the beginning of this chapter Huang Di asks Qi Bo why contemporary people frequently suffer illnesses and live short lives while people in ancient times enjoyed health and vigor until the age of 100. The answer that Qi Bo gives begins to describe the main guiding principle in all of Chinese medicine. He says that "people of high antiquity understood the Dao," and then continues that they understood the workings of Yin and Yang, and knew how to act in accord with the larger principles of the natural world. When Qi Bo says "Dao" he means the unifying principles of nature. This is the simplest, most profound, and yet difficult to understand and apply of all principles in medical practice.

Later physicians agree. The Qing Dynasty *Shang Han Lun* master Zheng Qin An said, "in the practice of medicine, knowing how to use medicines is not difficult, what is difficult is knowing the pattern presentation. But then, knowing the pattern presentation is not difficult; knowing Yin and Yang is what is difficult." (Zheng, 2007) Yin and Yang are Chinese scientists' way of describing "understandable natural laws" and a way of understanding "the workings of the entire universe." (Unschuld, 2003) This is vitally important in the practice of medicine because humans are a miniature version of the natural world, mirroring the positive and negative changes in that environment. Thus, understanding change in natural world allows the physician to understand the human body in both health and disease. Su Wen Chapter 74 (*Zhi Zhen Yao Da Lun*, Great Treatise on the Essentials of the Most Reliable) says, "Heaven and earth are the grand principle. Man's shen-spirit penetrates and reflects it." This, one of the most important passages in all the Nei Jing, clearly explains that the guiding principle in medical practice is the understanding of the natural world and how humans interact within and in relation to that world. When physicians fathom this, they understand how to rectifying disharmonies which create disease. In Chinese, this philosophy of unity is described as "Heaven, Earth and Humanity in Harmony" (天地人和 *tian di ren he*), or "Heaven and Humanity Unite as One" (天人合一 *tian ren he yi*). Translating these philosophical ideas into reliable practical treatment strategies to benefit our patients is at the core of classical Chinese medicine.

### 2.1. Point Selection based on Correspondence in Tung's Acupuncture

A unifying concept which encompasses what has been outlined in detail in the previous paragraph is that of Correspondence which can serve as an integrative model to help us understand human beings and their interaction with nature and the universe. Within this model the human organism is viewed as a microcosm with structural and functional characteristics corresponding to those of its immediate environment and nature, as well as to those of the universe.

On a smaller scale, analogous rules of correspondence can be observed within the human organism which apart from their philosophical implications, have been of wide practical use in acupuncture therapy. They provide us with a reliable tool for point selection, location, and indication. This in turn also helps to meet scientific criteria: acupuncture can be taught in a rational fashion, its results are reproducible, and can be communicated in a way which is universally understood by all qualified readers.

In Tung's system three sets of correspondences are essential for point selection and treatment strategy:

***Image Correspondence – Channel Correspondence – Tissue Correspondence.***

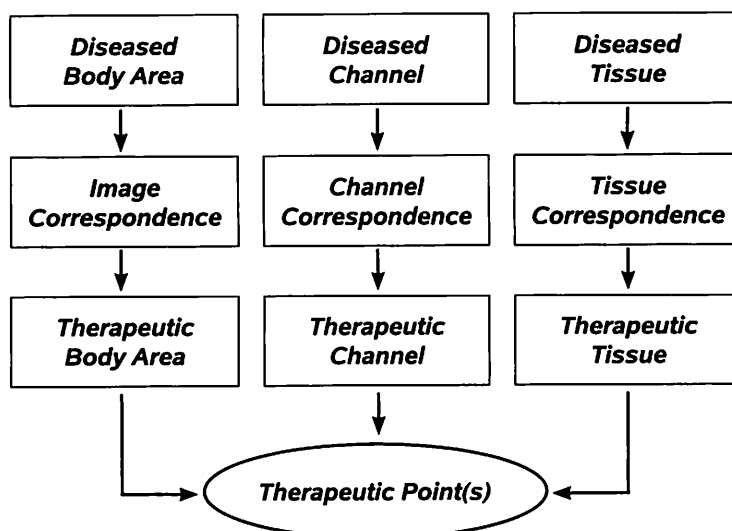


Fig. T-1

Flow chart illustrating the use of the three correspondences to identify effective acupuncture points

The flow chart in our figure T-1 provides a simplified overview of how effective acupuncture points can be identified using these three systems of correspondence. In essence a sufficiently complete and reliable Chinese medical diagnosis focuses on three components, namely the diseased body area(s), the diseased channel(s), and the diseased tissue(s). Each component of the diagnosis is then 'processed' through its appropriate system of correspondence. The Image Correspondence identifies a therapeutically effective body area(s), the Channel Correspondence identifies therapeutically effective channel(s), and the Tissue Correspondence identifies the therapeutically effective tissue(s). The three systems eventually converge to yield the therapeutic point(s).

In the following paragraphs we will explain the three systems of correspondence in some detail to make the reader familiar with the structure of Tung's thinking. In the main body of this book which describes and analyses Master Tung's points and their indications in detail we will try to explain each point's indication and mode of action within the framework of correspondence.

### 2.1.1. Image Correspondence

As can be inferred from the flow chart of our figure T-1 the Image Correspondence contains a set of rules that enables the therapist – once the diseased body region has been properly diagnosed – to identify one or more body regions suitable for needling. An important aspect of Tung's system is implicit in this definition, namely that the diseased area itself is not needled. All acupuncture points are distal points.

The key symbol and term used to describe the Image Correspondence of body parts vis-à-vis each other is the *Taiji*. The term *Taiji* (太極) literally means "grand ultimate," and refers to the basic concept that Yin and Yang theory describes the movement of the entire cosmos. The word *Taiji* has been applied to medicine by many classical physicians, and several writers describe the body as being comprised of numerous "Taiji Holograms" (*Taiji Quanxi* 太極全息) (Yang 1997, pg. 247). An alternative term sometimes used is "holographic correspondence." Within the context of Tung's acupuncture *Taiji* means that all properties – or in modern parlance, all information – of the whole body is also contained in its individual parts and vice versa. Consequently, each part of the body can influence every other part through its anatomical and functional relationships with the whole organism. It is this model of mutual interrelationship between corresponding parts which provides the rationale for treating diseased structures by needling distant and analogous healthy areas.

We note in passing that modern science has shown several aspects of this picture to partly correlate with contemporary findings. Without embarking on a detailed analysis we wish to briefly mention three of them. Embryonic cells contain enough genetic information to develop into a whole organism, and even in adulthood cells can retain some of this potential. Thus, in the extreme, one cell "corresponds" to a whole organism. Another example is the surface of the sensory-motor cortex of the brain which looks like a distorted map of the whole body and governs important input-output relations of the limbs and trunk. Here a part of the body, the cortex, "corresponds" to a whole system. Yet another well-documented, though poorly understood phenomenon is "referred pain" which, in contrast to radiating pain, appears at distant areas of the trunk or extremities during diseases of internal organs. The interpretation within Chinese coordinates would be that the sites where the pain is actually felt "correspond" to the diseased organ.



The three Taiji of Tung's acupuncture (Young 2008b) are of different scaling which, as will become clear in the following paragraphs, is the reasons for their names:

**Large Taiji – Medium Taiji – Small Taiji**

**Large Taiji**

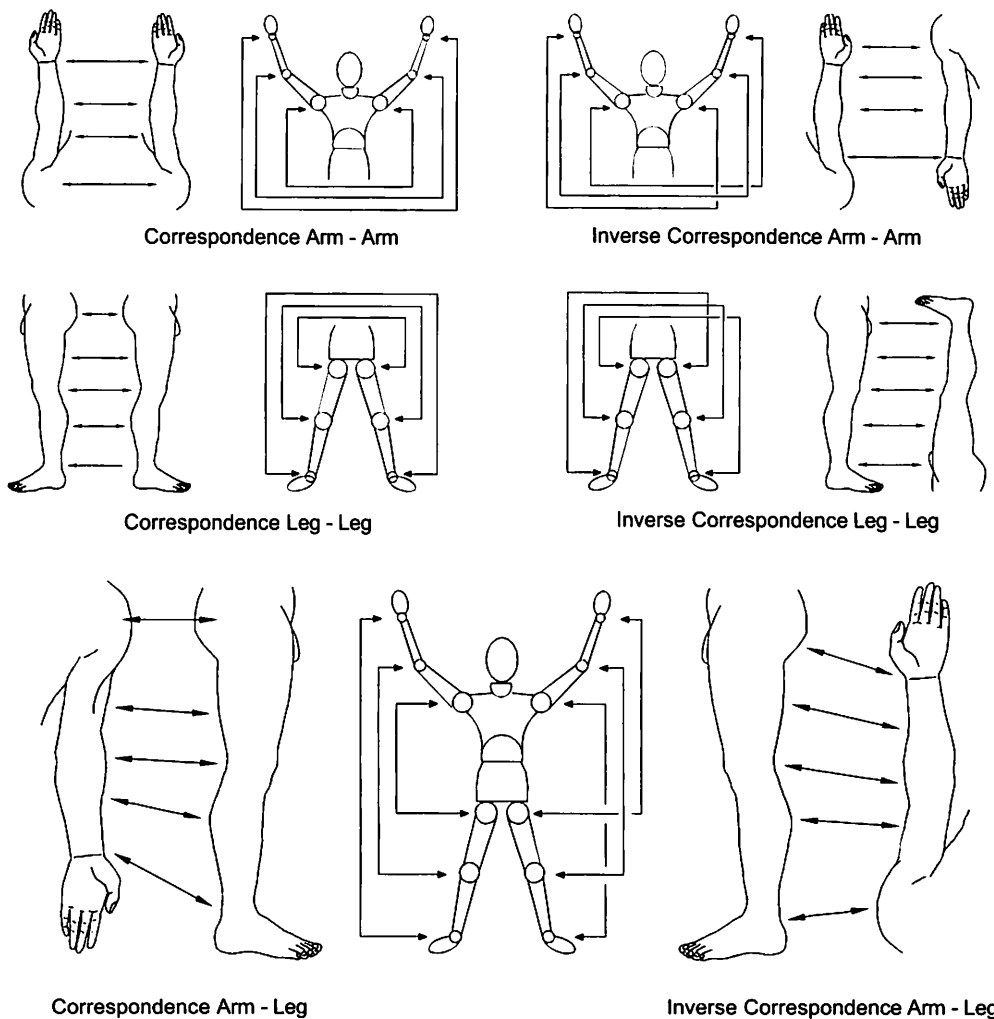
In the Large Taiji the parts corresponding with each other are of approximately the same size and proportion. The term Large Taiji is used in two different contexts, namely (A) when treating diseased extremities or (B) when treating diseased areas of the trunk (including the Three Jiao and Zang Fu located within these areas), and of the head.

**Large Taiji (A)**

In the Large Taiji (A) diseased parts of extremities are projected onto corresponding areas of other extremities.

This limb to limb correspondence is found originally in martial arts and Qigong classics, and in the internal martial arts is described as the Three External Harmonies (外三合) of the Six Harmonies (六合). Another approach to understanding this kind of Taiji is perhaps implicit in the Su Wen Chapter 63 on Miu Ci, the so-called misleading piercing: instead of needling a diseased area, "the piercing is applied on the basis of a crosswise connection between left and right" (commentary by Hu Tianxiong, cited in Unschuld and Tessenow 2011, p.131).

The "geometric" rules for the Large Taiji correspondence of the extremities are depicted in our figure T-2.



**Fig. T-2**

Large Taiji (A): Correspondence of the extremities (from Ross & Sulisty, 2013, Figs. 25 - 28)

The simplest constellation is that a diseased extremity is projected onto its opposite counterpart. Thus arm corresponds to arm, and leg corresponds to leg. This correspondence can be used in the 'normal' orientation with hands loosely hanging down by the sides and feet resting on the ground. The left half of the upper panel in figure T-2 depicts this situation (Correspondence Arm – Arm and Correspondence Leg – Leg). In this orientation

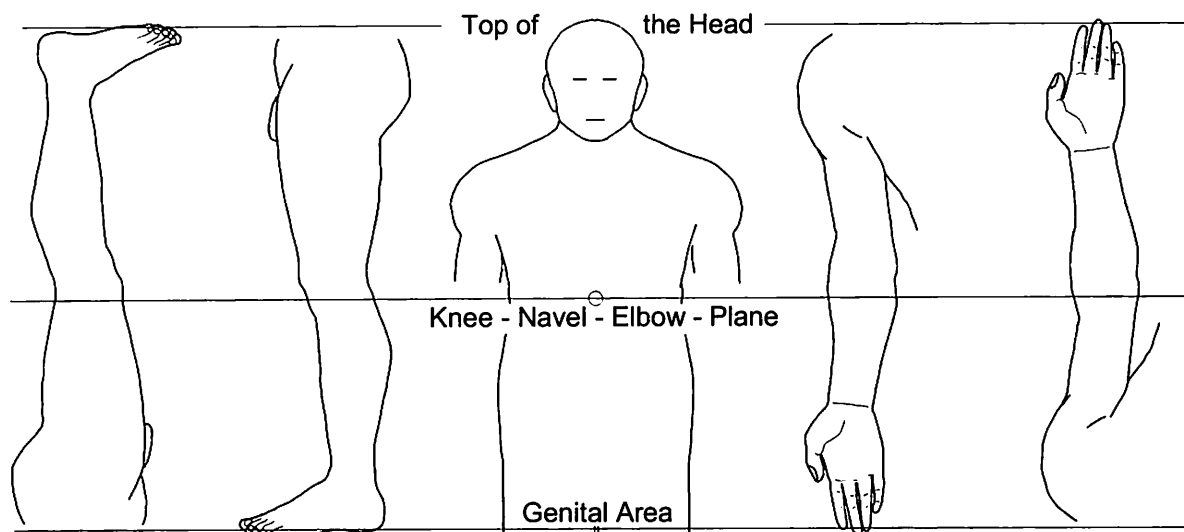
diseases of the hand/foot are treated through points on the healthy hand/foot of the other side, the shoulder is treated by the contralateral shoulder, and the elbow by the contralateral elbow. The same holds true for all areas in between the joints.

The right half of the upper panel in figure T-2 depicts the Inverted Large Taiji where one of the extremities of a corresponding pair is 'inverted' about the knee/elbow joint as the axis. This makes the shoulder treat the contralateral hand and the hand treat the contralateral shoulder (Inverse Correspondence Arm – Arm). Similarly for the lower limb the foot treats the contralateral hip and the hip treats the contralateral hand (Inverse Correspondence Leg – Leg).

The correspondence of the extremities is, however, not restricted to arm treating arm and leg treating leg. As the lower panel of figure T-2 shows arm can treat leg, and leg can treat arm (Correspondence Arm – Leg; left side of the lower panel). In the 'normal' orientation the hand treats the diseased contralateral foot, the shoulder treats the contralateral hip, and the elbow treats the contralateral knee. The same holds true for all areas in between the joints. Inverting one of the limbs about the knee or elbow joint makes the hand correspond to the contralateral hip, the hip to the contralateral hand, and the elbow to the contralateral knee (Inverted Correspondence Arm – Leg; right side of the lower panel).

**Large Taiji (B)**

In the Large Taiji (B) diseased parts of the trunk, of the Three Jiao (and their Zang Fu organs), and of the head are projected onto corresponding areas of whole limbs. The “geometric” rules for the Large Taiji (B) correspondence of the trunk and the extremities are depicted in our figure T-3.



| <u>Inverse Orientation</u> | <u>Normal Orientation</u> | <u>Diseased Structures</u> | <u>Normal Orientation</u> | <u>Inverse Orientation</u> |
|----------------------------|---------------------------|----------------------------|---------------------------|----------------------------|
| Foot                       | Hip                       | Head, Face                 | Shoulder                  | Hand                       |
| Lower Leg                  | Thigh                     | Thorax, Upper Back         | Upper Arm                 | Forearm                    |
| Knee                       | Knee                      | Navel, Waist               | Elbow                     | Elbow                      |
| Thigh                      | Lower Leg                 | Abdomen, Low Back          | Forearm                   | Upper Arm                  |
| Hip                        | Foot                      | Genitalia, Tailbone        | Hand                      | Shoulder                   |

**Fig. T-3**

Large Taiji (B): Correspondence of the head/trunk and the extremities (from Ross & Sulisty, 2013, Fig. 55)

If the four limbs and the trunk are lined up side by side in a way that in the 'normal' orientation with hands loosely hanging down by the sides and feet resting on the ground, the hands and feet correspond to the genital/tailbone area, while the top of the shoulder and the top of the hip correspond to the vertex (top of the head). The horizontal central reference line is the *elbow – navel – knee* plane. Consequently, as can be seen in our figure T-3, the geometry is slightly distorted. Contrary to normal anatomical proportions arms and legs are given the same length and the head and trunk are partly stretched or compressed to match the limbs.

In this constellation, points around the elbow and knee treat the waist area (front and back), the Middle Jiao, Stomach, and Spleen. Points on the hand and foot treat the lower back, the anal and inguinal regions, and the Lower Jiao including the uro-genital and reproductive systems. Points of the lower leg located between

elbow/knee, and of the forearm between wrist/ankle, cover the remaining parts of the back and abdomen and include the Liver and intestines. Points on the shoulder and hip treat head and face, and points on the upper arm between elbow and shoulder, and points on the thigh between knee and hip treat the upper back, thorax, and the Upper Jiao including the Lung and Heart.

In the inverted orientation the indications of the points around the elbows and knees remain the same. Otherwise all correspondences are inverted.

The table at the bottom of our figure T-3 lists some examples of the most important correspondences.

### Medium Taiji

In principle all rules defined for the Large Taiji (B) also apply to the Medium Taiji. The only difference is that in the Medium Taiji the diseased areas of the trunk or the Three Jiao (and Zang Fu), and of the head are projected only onto parts of the extremities distal to the knees or elbows. The horizontal central reference line is the *wrist – navel – ankle* plane. The “geometric” rules for the Medium Taiji Correspondence of the trunk and the extremities are depicted in our figure T-4.

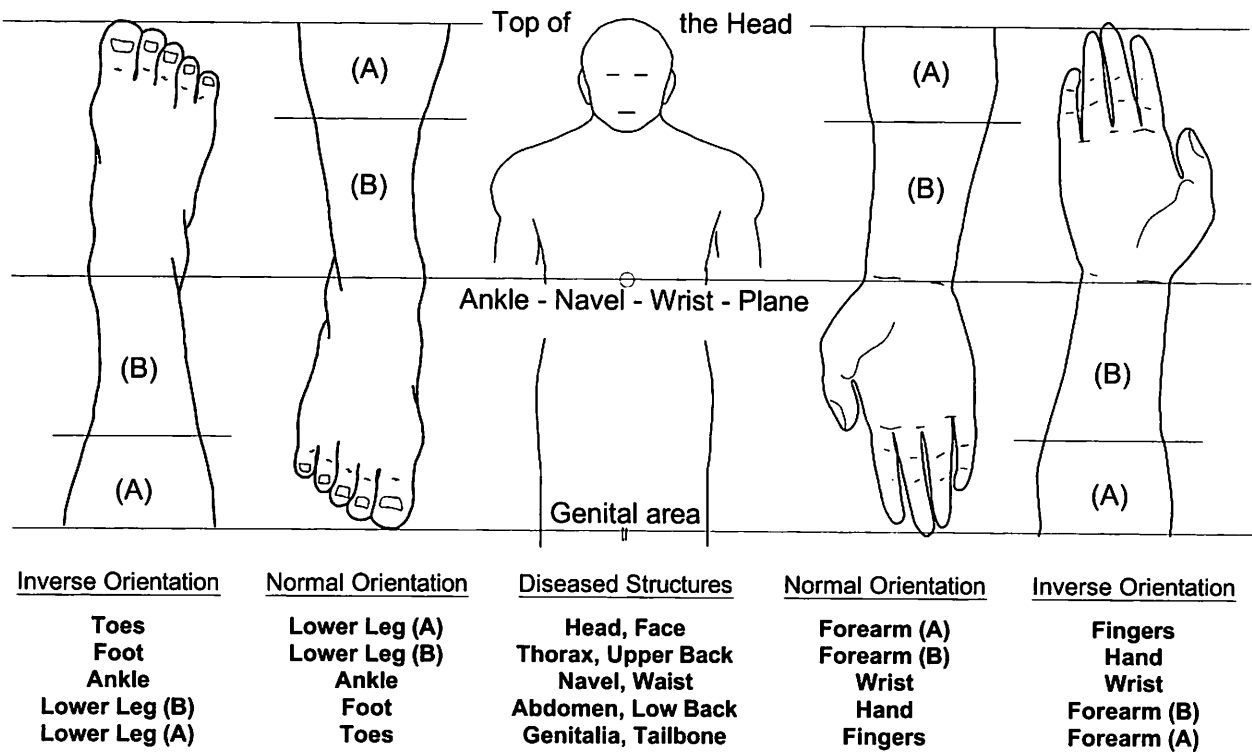


Fig. T-4

Medium Taiji: Correspondence of the head/trunk and the extremities

In the normal orientation, points around the wrist and ankle treat the waist area (front and back), the Middle Jiao, Stomach, and Spleen. Points on the hand and foot treat the lower back, the abdomen, and Lower Jiao. Points on the fingers treat the anal and inguinal regions including the uro-genital and reproductive systems. Points of the forearm and lower leg proximal to the wrist/ankle cover the upper half of the body, i.e., the neck, upper back, thorax, and the Upper Jiao, including the Lung and Heart.

In the inverted orientation the indications of the points around the wrist and ankle remain the same. Otherwise all correspondences are inverted.

The table at the bottom of our figure T-4 contains some examples of the most important correspondences. Its central column ‘Diseased Structures’ is the same as in figure T-3. In the Medium Taiji the fingers/hands and the toes/feet cover a more extended area of the head and trunk; the same holds true for the respective portions of the forearm and lower leg (A) and (B).

It should be noted that the proximal border of the portions (A) of the forearm and lower leg are not so well defined; an estimate would be that the border lies about 3 – 4 cun distal to the knee/elbow.

## Small Taiji

In the Small Taiji, as is implicit in its name, diseased portions of the body are projected on comparatively small areas. The concept of small Taiji, or small holograms, was most extensively described by Zhang Yingqing, developer of ECIWO therapy, starting in the early 1970s in China. According to Zhang all areas of the body contain holograms, and it was Zhang that identified all tubular bones as containing a whole body microsystem (Zhang 1991). In this text, the term Small Taiji is used in different contexts; we will present three constellations: (A) Diseased areas of the body are treated via corresponding areas which are defined by tubular bones, (B) Diseased areas of the body are treated via corresponding areas of the head, and (C) Diseased areas of the body are treated via corresponding areas on the sole of the feet. Of these, the Small Taiji based on tubular or 'long' bones is the most frequently used.

### Small Taiji (A)

In this Small Taiji diseased areas of the trunk or the Three Jiao (and Zang Fu), and the head are projected onto tubular bones including the tissues in which they are embedded. The "geometric" rules for the Small Taiji correspondence are depicted in our figure T-5.

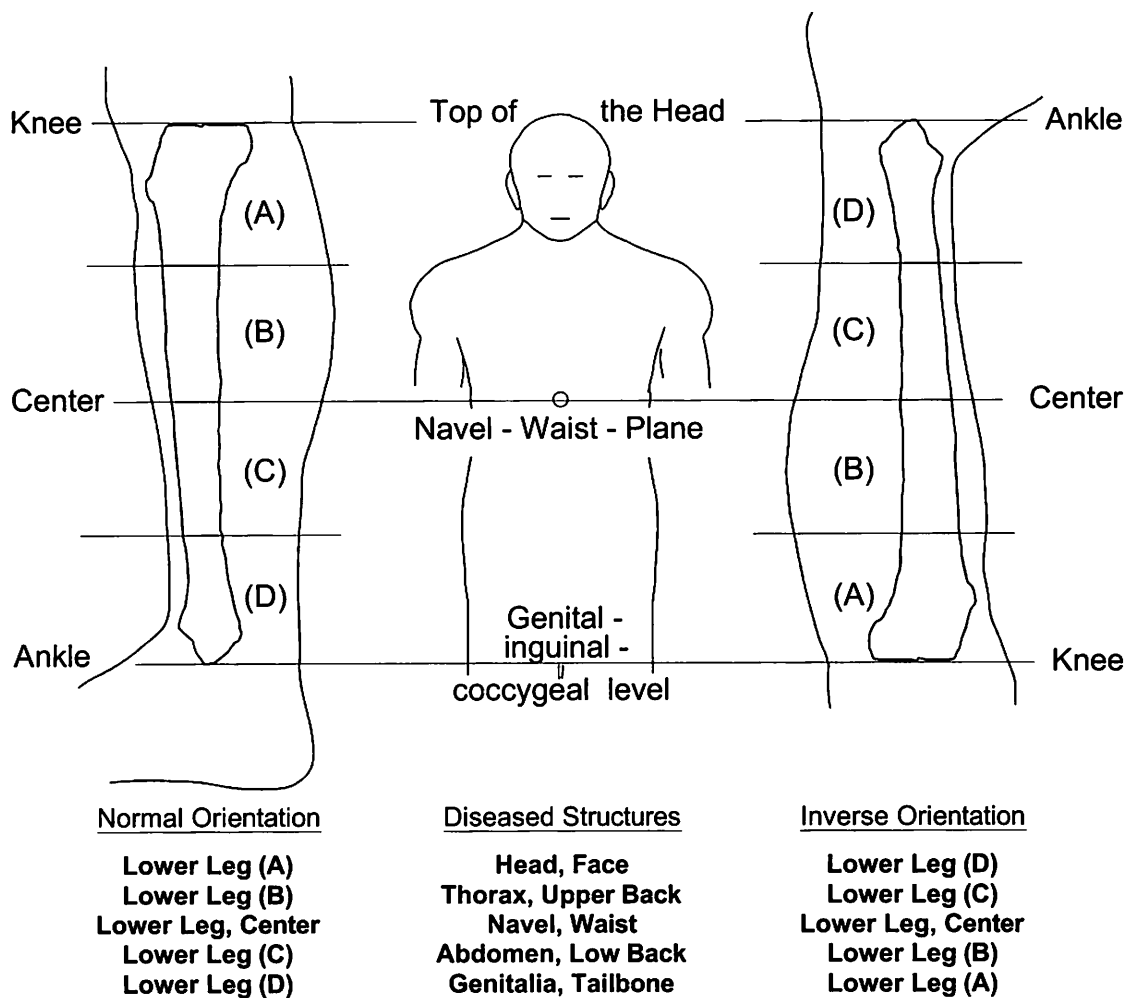


Fig. T-5

Small Taiji (A): Correspondence of the head/trunk and the tibia of the lower leg

In our figure we use the lower leg tubular bone tibia as an example, but any tubular bone can constitute a Small Taiji. The Small Taiji has been divided into four equal portions which define the areas of correspondence as described in the table both for normal and inverted orientation. Otherwise conventions are the same as for the Large and Medium Taiji.

### Small Taiji (B)

Diseased areas of the trunk or the Three Jiao (and Zang Fu) are projected onto the head. The "geometric" rules for the Small Taiji correspondence are depicted in our figure T-6.

This Taiji will be further explained in connection with the analysis of Tung's points in Zone 10.

### Small Taiji (C)

Diseased areas of the trunk or the Jiao (and organs), and the head are projected onto the sole of the foot. The “geometric” rules for the Small Taiji correspondence are depicted in our figure T-7.

This Taiji will be further elucidated in connection with the analysis of Tung’s points Hua Gu Yi (55.02) through Hua Gu Si (55.05) in Zone 5. An analogous Small Taiji exists for the hand which will become clear from our discussion on the San Cha points at the end of the section on Zone 2.

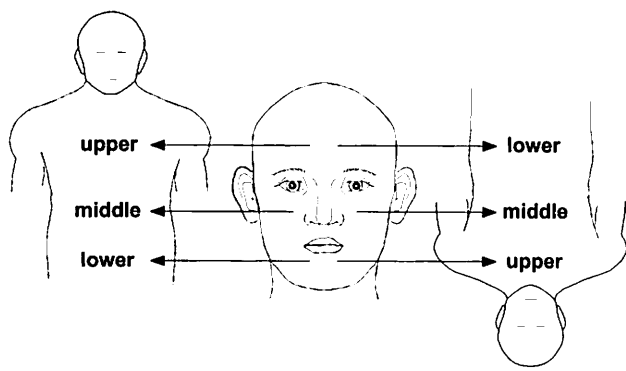


Fig. T-6

Small Taiji (B): Correspondence of the trunk and the head

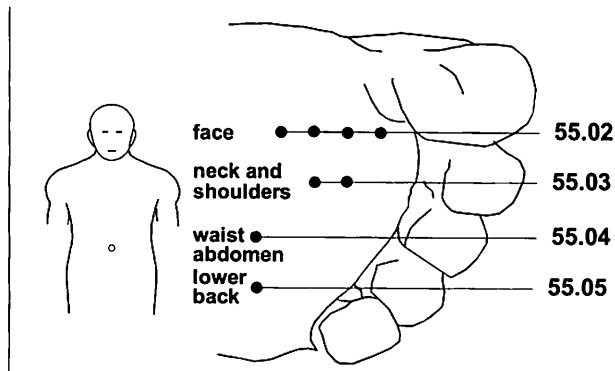


Fig. T-7

Small Taiji (C): Correspondence of the trunk and the sole of the foot

Our figures T-2 to T-5 are of course schematic and only depict one view of the Taiji each. Whether a treatment point is actually located on the front, the back, the lateral or the medial surface of the corresponding portion of a limb depends on the channel correspondence; this will be the topic of the next section.

## 2.1.2. Channel Correspondence

Referring again to the flow chart of our figure T-1, the Channel Correspondence contains the rules that enable the therapist, once the diseased channels have been properly diagnosed, to identify channels suitable for treatment. Although Tung’s points are formally categorized as belonging to body zones rather than to channels their effects are still very well explained within this framework. Most of Tung’s points are located on, or close to, one of the traditional acupuncture channels in which case they share the main properties of their parent channel. Several points are located between two channels in which case they share properties of both.

**There are altogether six channel correspondences in Tung’s System:**

### (1) Same Channel Correspondence:

The diseased channel is treated via distant points on the same channel. For unilateral complaints needling can be done ipsilaterally to the diseased location and as such this is a deviation from the normal rule of needling contralaterally. Same channel correspondence can also sometimes be used when needling contralaterally.

### (2) Same Name Channel Correspondence:

The diseased channel is treated via points on its same name partner.

The pairings are:

Hand Tai Yang ⇌ Foot Tai Yang, Hand Shao Yang ⇌ Foot Shao Yang, Hand Yang Ming ⇌ Foot Yang Ming, Hand Tai Yin ⇌ Foot Tai Yin, Hand Shao Yin ⇌ Foot Shao Yin, Hand Jue Yin ⇌ Foot Jue Yin.

For unilateral complaints the healthy side is needled (i.e., contralateral to site of disease).

### (3) Exterior – Interior Coupling Correspondence of the diseased channel:

The diseased channel is treated via points on its *biao li* 表裡 externally – internally [Yin ⇌ Yang] coupled pair; for unilateral complaints the healthy side is needed. This method is discussed in multiple locations in the classic literature. For example, see Su Wen Chapter 22 (*Zang Qi Fa Shi Lun*, Treatise on How Viscera Qi Follows the Four Seasons).

**(4) Exterior – Interior Correspondence of the same name channel:**

The diseased channel is treated via points on the externally – internally couple pair of the same name channel as defined under (2); for unilateral complaints the healthy side is needed.

**(5) Branching and Connecting Channel Correspondence (Wu Zang Bie Tong 五臟別通):**

The diseased channel is treated via points on that channel which is the diseased channel’s functional analogue within the six layers. This correspondence is first alluded to in Su Wen Chapter 6 (Yin Yang Li He Lun, Treatise on the Division and Unity of Yin and Yang) and later described in the Treatise Interpreting the Five Zang (五臟穿鑿論) of the Yi Xue Ru Men (醫學入門). These pairings were first applied to Tung’s acupuncture by Young, which he calls Zang Fu Bie Tong (臟腑別通). Other authors call this the Wu Zang Bie Tong (五臟別通) (Wang 2011).

The pairings are:

|                      |           |                          |                       |
|----------------------|-----------|--------------------------|-----------------------|
| Tai Yang ⇌ Tai Yin   | (Open 開)  | Small Intestine ⇌ Spleen | Bladder ⇌ Lung        |
| Shao Yang ⇌ Shao Yin | (Pivot 樞) | San Jiao ⇌ Kidney        | Gallbladder ⇌ Heart   |
| Yang Ming ⇌ Jue Yin  | (Close 闔) | Large Intestine ⇌ Liver  | Stomach ⇌ Pericardium |

Our figure T-8 explains in detail, how the Branching and Connecting Channel Correspondence is derived from the six layers.

For unilateral complaints the healthy side is needed.

**Note**

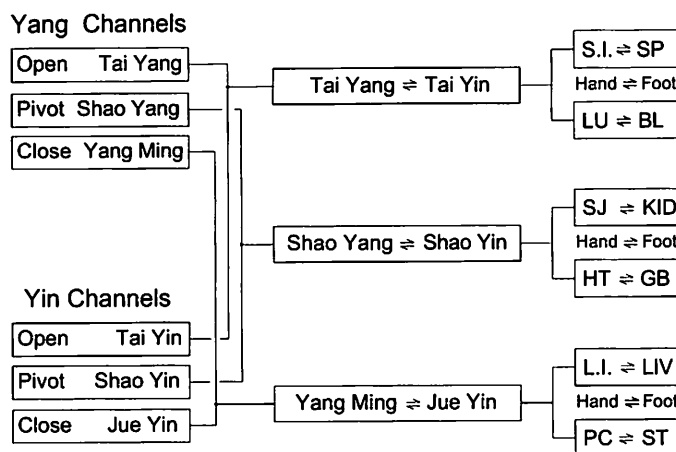
Our figures T-8 and 9 show that the pairs Bladder ⇌ Lung, Gallbladder ⇌ Heart, and Stomach ⇌ Pericardium are also channel clock opposites (dashed lines in figure T-9)

**(6) Channel Clock Opposite Correspondence:**

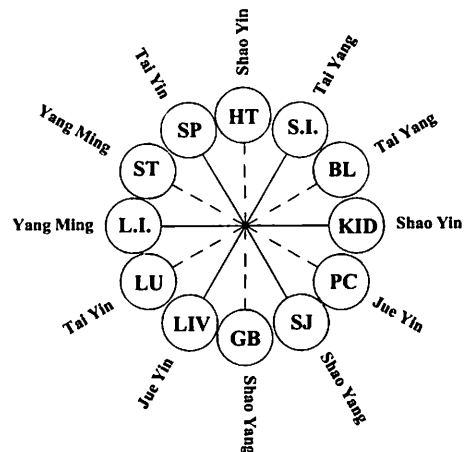
The diseased channel is treated via points on the channel located on the Chinese channel clock opposite the diseased channel (cf. our figure T-9). For unilateral complaints the healthy side is needed.

**Note:**

Our figures T-8 and 9 show that the pairs Bladder ⇌ Lung, Gallbladder ⇌ Heart, and Stomach ⇌ Pericardium are also part of the Branching and Connecting Channel Correspondence (dashed lines in our figure T-9).



**Fig. T-8**  
Branching and Connecting Channel Correspondence



**Fig. T-9**  
Channel Clock Opposite Correspondence

**(7) Channel Clock Yin/Yin Neighbors Correspondence:**

A diseased Yin channel is treated via points on its neighboring Yin channel (cf. our figure T-9).

The pairings are Liver ⇌ Lung, Spleen ⇌ Heart, and Kidney ⇌ Pericardium. This in fact means that those channels treat each other which form the end and the beginning of the three Qi circuits. For unilateral complaints usually the healthy side is needed.

For a quick overview, our table 2 summarizes all channel correspondences that can theoretically occur in Master Tung’s system.

**Diseased Channels/Zang Fu**

Table 2

| Summary of Channel Correspondences |                 | Hand Tai Yin | Hand Yang Ming | Foot Yang Ming | Foot Tai Yin | Hand Shao Yin | Hand Tai Yang | Foot Tai Yang | Foot Shao Yin | Hand Jue Yin | Hand Shao Yang | Foot Shao Yang | Foot Jue Yin |      |
|------------------------------------|-----------------|--------------|----------------|----------------|--------------|---------------|---------------|---------------|---------------|--------------|----------------|----------------|--------------|------|
|                                    |                 | LU           | L.I.           | ST             | SP           | HT            | S.I.          | BL            | KID           | PC           | SJ             | GB             | LIV          |      |
| Foot Jue Yin                       | Liver           | 7            | 5              |                |              |               |               |               |               |              |                |                | LIV          |      |
| Hand Tai Yin                       | Lung            | 1            | 3              | 4              | 2            |               |               |               |               |              |                |                | LU           |      |
| Hand Yang Ming                     | Large Intestine | 3            | 1              | 2              | 4            |               |               |               |               |              |                |                | L.I.         |      |
| Foot Yang Ming                     | Stomach         | 4            | 2              | 1              | 3            |               |               |               |               |              |                |                | ST           |      |
| Foot Tai Yin                       | Spleen          | 2            | 4              | 3              | 1            | 7             | 5             |               |               |              |                |                | SP           |      |
| Hand Shao Yin                      | Heart           |              |                |                | 7            | 1             | 3             | 4             | 2             |              |                |                | HT           |      |
| Hand Tai Yang                      | Small Intestine |              |                |                | 5            | 3             | 1             | 2             | 4             |              |                |                | S.I.         |      |
| Foot Tai Yang                      | Bladder         | 5,6          |                |                |              | 4             | 2             | 1             | 3             |              |                |                | BL           |      |
| Foot Shao Yin                      | Kidney          |              | 6              |                |              | 2             | 4             | 3             | 1             | 7            | 5              |                | KID          |      |
| Hand Jue Yin                       | Pericardium     |              |                | 5,6            |              |               |               |               | 7             | 1            | 3              | 4              | 2            | PC   |
| Hand Shao Yang                     | San Jiao        |              |                |                | 6            |               |               |               | 5             | 3            | 1              | 2              | 4            | SJ   |
| Foot Shao Yang                     | Gallbladder     |              |                |                |              | 5,6           |               |               |               | 4            | 2              | 1              | 3            | GB   |
| Foot Jue Yin                       | Liver           |              |                |                |              |               | 6             |               |               | 2            | 4              | 3              | 1            | LIV  |
| Hand Tai Yin                       | Lung            |              |                |                |              |               |               | 5,6           |               |              |                |                | 7            | LU   |
| Hand Yang Ming                     | Large Intestine |              |                |                |              |               |               |               | 6             |              |                |                | 5            | L.I. |
| Foot Yang Ming                     | Stomach         |              |                |                |              |               |               |               |               | 5,6          |                |                |              | ST   |
| Foot Tai Yin                       | Spleen          |              |                |                |              |               |               |               |               |              | 6              |                |              | SP   |
| Hand Shao Yin                      | Heart           |              |                |                |              |               |               |               |               |              |                | 5,6            |              | HT   |
| Hand Tai Yang                      | Small Intestine |              |                |                |              |               |               |               |               |              |                |                | 6            | S.I. |

Channels with Therapeutic Points

Hand Yin
Hand Yang
Foot Yang
Foot Yin

**Abbreviations for Channel correspondences:**

- 1 = diseased channel
- 2 = same name channel
- 3 = interiorly/ exteriorly coupled partner of 1
- 4 = interiorly/ exteriorly coupled partner of 2
- 5 = branching and connecting correspondence
- 6 = channel clock opposites
- 7 = channel clock Yin/Yin neighbors

Note that in the left two columns (“channels with therapeutic points”) LIV, LU, L.I., ST, SP, HT, and S.I. are listed twice to illustrate the pattern of correspondence more clearly. Also note that the shaded areas “Hand Yin”, “Hand Yang”, “Foot Yin”, and “Foot Yang” only apply to the diseased channels (columnar orientation).

The table serves two purposes. One is, of course, to identify appropriate channels for treatment. But it is also intended to provide the therapist with a tool to discover potential effects of Tung’s points which may well go beyond the indications and point protocols presented in our book.

It is a fascinating fact that Dr. Chao Chen found similar channel correspondences by using the rules inherent in the Yi Jing (I Ching) and its Ba Gua arrangements (Chen et al., 2003). The difference is that he is not mentioning the correspondence of channels occupying opposite positions within the channel clock which excludes the three channel pairs Kidney ↔ Large Intestine, Spleen ↔ San Jiao, and Liver ↔ Small Intestine from his treatment pattern (dashed lines in our figure T-9) and the channel clock Yin/Yin neighbors Liver ↔ Lung, Spleen ↔ Heart, and Kidney ↔ Pericardium.

### 2.1.3. Tissue Correspondence

Again referring to the flow chart of our figure T-1, the Tissue Correspondence enables the therapist – once the diseased tissues and Zang Fu have been properly diagnosed – to identify appropriate points and needling methods suitable for treatment. Our figure T-10 summarizes these relationships.

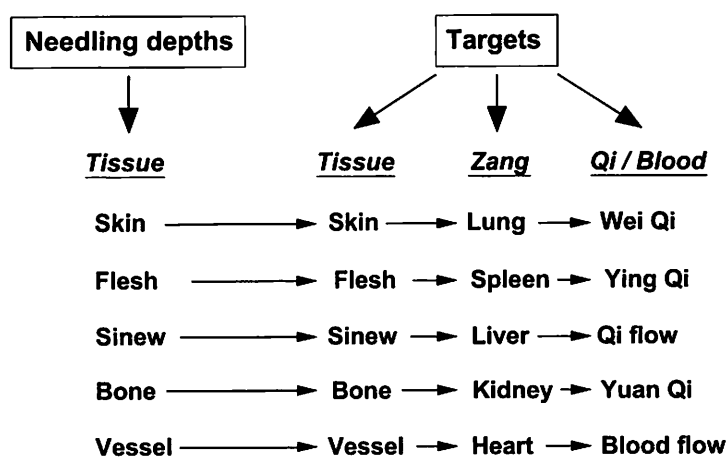


Fig. T-10

#### Tissue/Zang Correspondences

The basic principle used here is the statement from the classics that each Zang governs, or resonates with, its specific tissue. (Young 2006) By adjusting the needling to influence this tissue more or less selectively one not only influences the tissue itself, but also the corresponding Zang. Which tissue and Zang is influenced primarily depends on the depth to which the needle is advanced and which tissues are penetrated. In our figure T-7 we also integrated the influence on needling depth on Qi and Blood.

Throughout this book one method of needling to the bone depth is referred to as “cutting” or “shaving” the bone technique. In Chinese this method is called *xiao gu zhen* 削骨針. This method consists of inserting the needle deeply, so that the tip or shaft of the needle passes through tissue just *next to* a bone. It is an alternative to needling so that the tip of the needle touches the bone directly.

The original description of the Tissue Correspondence needling methods stems from Ling Shu Chapter 7 (*Guan Zhen*, On Governing the Needles):

*The first is called one-half needling (Ban Ci). For one-half needling, shallowly insert, then quickly withdraw the needle without needling to injure the flesh. It is like removing fine hair and is used to treat the skin Qi. It is in resonance with the lungs.*

*The second is called the leopard's spots acupuncture (Bao Wen Ci). The leopard's spots form of needling involves needles in left and right, front and back. This affects the center of the channels, and is used to treat the blood of the major channels. It is in resonance with the heart.*

*The third is called gate needling (Guan Ci). Gate needling is to needle left and right directly to exhaust the upper muscles. This is used for rheumatism of the muscles. Take care not to draw blood. This is in resonance with the liver.*

*The fourth is called adjacent valleys acupuncture. Adjacent valleys acupuncture is to needle left then right from the same hole, like a chicken's foot. Needle to the division between the flesh. This treats rheumatism of the muscles. It is in resonance with the spleen.*

*The fifth is called transmitted needling (Shu Ci). Transmitted needling is to insert directly and withdraw directly. The depth of the insertion reaches the bones. This is used to treat rheumatism of the bones. It is in resonance with the kidneys. (Wu, 2002)*

Since tissue correspondences also exist outside areas defined by channels and points, needling anywhere in the body will cause some curative effects. It is therefore perhaps not too surprising that sham acupuncture – if defined as puncturing non-acupuncture points – has produced conflicting, and sometimes irritating, results which are definitely not placebo.



### Summary: Putting it all together

As the flow chart of our figure T-1 shows the combination of all three systems of correspondence will yield the effective points. This not only refers to point location on the appropriate Taiji and channels, but also – because of the Tissue Correspondence – the needling depth.

We will present and illustrate a simple case which integrates into the treatment all facets of the Image, Channel, and Tissue Correspondence discussed so far.

Our figure T-11 serves to illustrate the procedure.

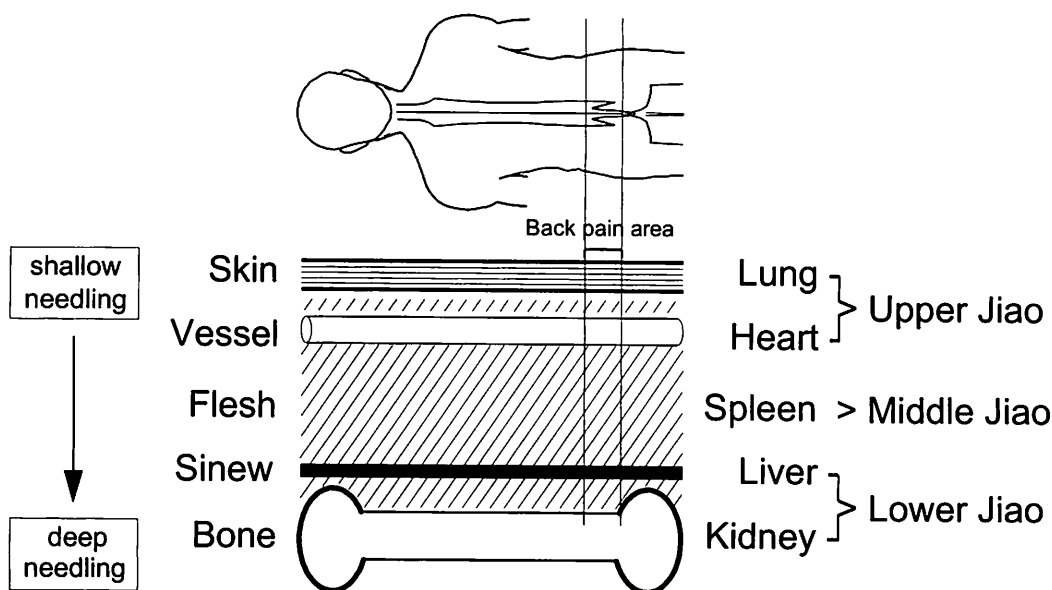


Fig. T-11

The back pain area is projected on a corresponding portion of a Small Taiji. Needling depth can accentuate the treatment by addressing specific diseased tissues. Detailed explanations will follow in the Text.

The complaint to be treated, as an example, is lower back pain along the midline, perhaps due to dislocation of the vertebrae, and also radiating down along the left lateral side of the thigh. Here the diseased channel that corresponds to the vertebrae is the Foot Shao Yin Kidney, since an internal branch of that channel penetrates the lumbar vertebrae. Likewise, the area of radiation along the lateral thigh is along the Foot Shao Yang Gallbladder. The figure T-11 shows how – according to the rules of the Image Correspondence – the diseased area is projected onto a Small Taiji. One Taiji which can be used in this case is the upper arm with the tubular bone humerus. The channels suitable for the treatment can be selected from our table 2. Although several options do exist the San Jiao channel is selected because it treats the Kidney via the branching and connecting channel correspondence (Hand Shao Yang treats Foot Shao Yin) while also simultaneously treating the Gallbladder via the same name channel correspondence (Hand Shao Yang treats Foot Shao Yang). Since the focus of the complaints is towards the left, points on the right (healthy) side are chosen for treatment. Two of Tung's points actually fulfilling these criteria are Hou Zhui (44.02) and Shou Yin (44.03) located on the posterior surface of the upper arm.

As should be clear from what has been discussed so far, Tung's treatment pattern is in accord with two classic sources: The Su Wen Chapter 5 (*Yin Yang Yin Xiang Da Lun*, Great Treatise on Phenomena Corresponding to Yin and Yang) definition of an experienced acupuncturist who "is able to lead Yang from Yin and lead Yin from Yang; to treat a disease on the left side with points on the right side and treat a disease on the right side with points from the left side," and the Ling Shu Chapter 7 (*Guan Zhen*, On Governing the Needles) recommendation, as the needle technique known as *Yuan Dao Ci* 遠道刺, to select points from the lower part of the body for a disease in the upper part of the body and select points from the upper part of the body for a disease in the lower part of the body.

To understand how one can further focus the back pain treatment by making use of the Tissue Correspondence it is appropriate to recall which anatomical structures can be influenced when needling Tung's points Hou Zhui (44.02) and Shou Yin (44.03) at different depths. The first relevant tissue is the tendon of the triceps brachii muscle. Tendons, sinews, and ligaments are often impaired in back problems. Needling the sinews has a positive effect not only on these tissues but also on the Liver Zang, which governs them. Furthermore the Liver ensures smooth flow of Qi, which helps pain due to Qi stagnation. The next deeper structure is the triceps brachii muscle.

The deep and superficial muscles of the back also often become sore in back pain, which is ameliorated by applying the Tissue Correspondence. Secondly the Spleen Zang is influenced, which governs flesh and muscles and improves the capillary blood flow to counteract painful local blood stasis. The deepest tissue reached is the bone, i.e. the humerus. Vertebral bones are almost always involved in back pain. Cutting or shaving the bone, or touching the bone with the needle has a positive effect on the bone tissue of the back. Secondly the Kidney Zang, which governs the bones, is strengthened. The Kidney also rules the Marrow which can be viewed as the basic substance of what is called the nervous system in Western parlance. Hence the effect of strengthening the Kidney will benefit the spinal cord and nerves which are sometimes compressed or irritated when vertebrae are dislocated or discs slipped. While the skin is not relevant in the context of our back pain case but the effect of the vessels has to be described briefly. In back pain cases, bloodletting – which is in fact needling the vessels – is a very important part of the treatment when there is a component of Blood stasis. For bloodletting in case of back pain, however, one would not use a Taiji on the arm. Usually the popliteal fossa on the diseased side – the conventional point Wei Zhong (BL-40) in the broadest sense – is pricked with a three-edged or other similar needle to draw a few drops of blood.

In the next chapter we will analyze Master Tung's points using the correspondence systems as outlined above. Whenever appropriate other theories such as Five Phases and Shu-transport points, will also be used as tools for analysis. As will become clear in our discussion on the individual points, not each and every point mediates its effects through all possible correspondences. As is always the case in clinical acupuncture treatment some points are more effective for certain ailments than others, although on theoretical grounds they should be identical. Tung's original point list therefore contained those indications which had been proven effective over his long family tradition and can therefore be used straight away.

## 2.2. Point Selection based on Zone in Tung's Acupuncture

The Image, Channel, and Tissue Correspondences described so far match locations of diseases with locations of therapeutic points; they correlate anatomical structures and are thus restricted to space coordinates. A complete diagnosis of an ailment and its treatment, however, has to take into account the time domain as well. For a successful treatment we need to know whether a disease is chronic or recent and whether its course is fast or slow. Once this information has been obtained the question is how to identify acupuncture points that are not only appropriate in terms of location but also fit the time course and duration of the dysfunction. In Chinese this corresponds to utilizing *di dao* 地道 – space and time.

The zonal organization of points in Tung's acupuncture provides us with a unique tool to optimize our treatment strategy in that respect. Before we discuss this in more detail it is appropriate to first recall what a zone in Tung's acupuncture actually is and how it relates to the Image Correspondence and the various kinds of Taiji mentioned above. As outlined in the Introduction there are 10 zones altogether (cf. our table 1).

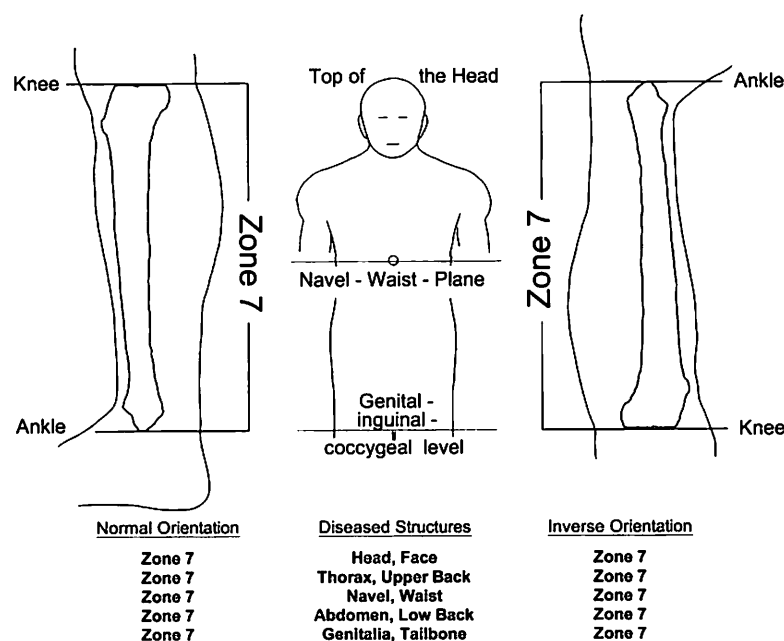
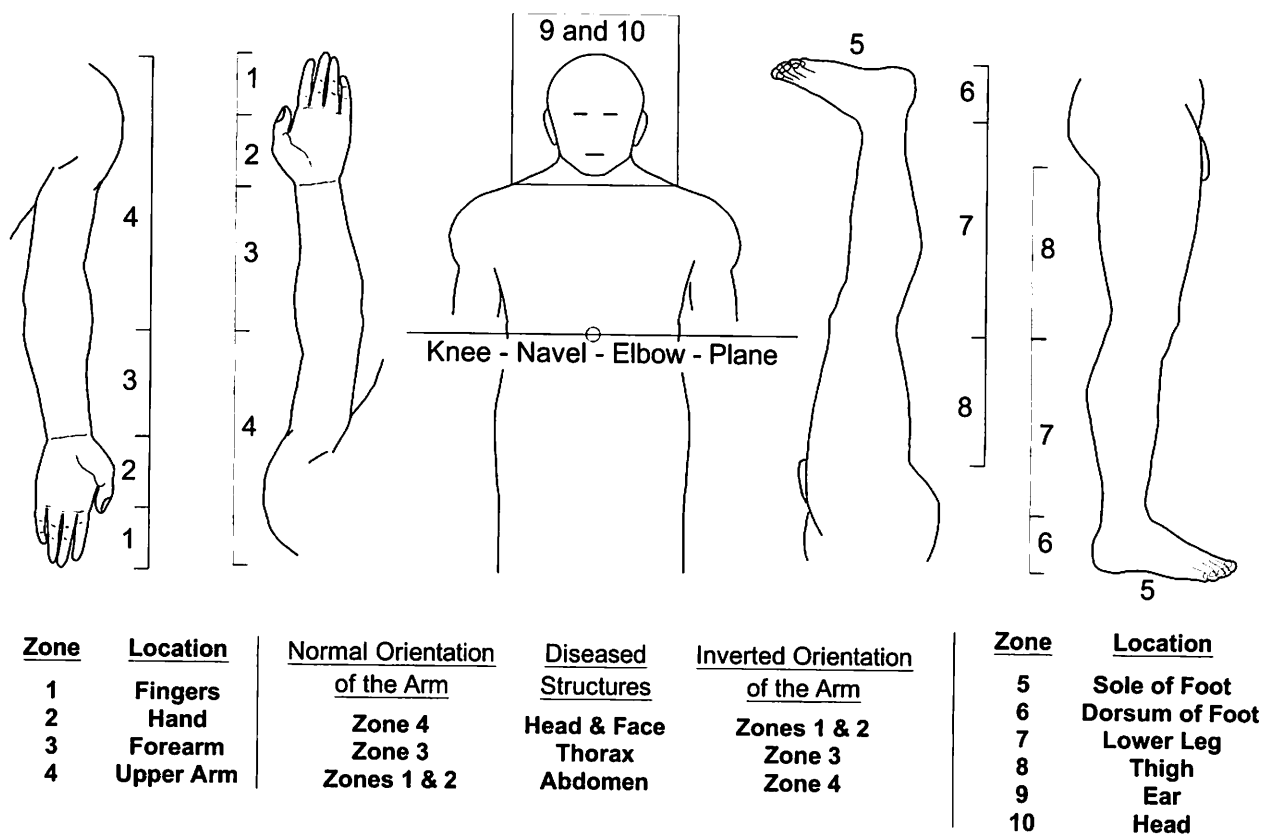


Fig. T-12

Tung's zone 7 superimposed on the Small Taiji Lower Leg



**Fig. T-13**  
 Tung's Zones 1 to 8 superimposed on Arm and Leg Large Taiji  
 Tung's zone 9 and 10 on Head/Ear Small Taiji

In terms of Image Correspondence each zone overlaps a Small Taiji. An example is depicted in figure T-12 for zone 7. When we treat a disease with points determined according to either Normal or Inverted Small Taiji orientation we will use different points but these points will all share properties of zone 7. When we use Medium or Large Taiji correspondences the situation is different because Large and Medium Taiji always include several zones. Figure T-13 shows that for all Large Taiji constellations both the points and the zones change according to the respective Taiji and their orientation, For instance, if diseases of the head are treated via hand points we are using zones 1 and 2 while if we use the foot – head correspondence the points are located in zones 5 and 6.

Thus, Taiji and zones are overlapping and complementary principles in Tung's acupuncture. Although there are exceptions, one can perhaps generally state that Image Correspondence (Taiji) defines treatment by disease location while zones are selected according to disease dynamics.

As a first step to understand this we need to take a closer look at the movement of Qi in nature and man.

### 2.2.1. Human Qi Circulation Reflects Nature

Yang-Qi is the animating force in both the natural world and the human body, and is life's most precious substance. Su Wen Chapter 3 (*Sheng Qi Tong Tian Lun*, Treatise on Generative Qi Communicating with Heaven) says that the "Yang-Qi is like the sun in the heavens. If it loses its proper place, life is cut short and lacks brilliant illumination." The Yang-Qi goes through endless cycles of expansion and contraction as a cyclical pattern that defines the passage of time. Many time cycles exist simultaneously, spinning non-stop as all creation pulsates with life.

In nature, the most obvious and one of the most important cycles of expansion and contraction is the course of each year. During that time period, the vitality of life goes through a distinct cycle described by eight Chinese characters from Ling Shu Chapter 44 (*Shun Qi Yi Ri Fen Wei Si Shi*, The Four Seasons Following the Divisions of the Day): 春生, 夏長, 秋收, 冬藏 "spring engenders, summer flourishes, autumn harvests, winter stores." In spring the vitality of life is birthed and in summer it reaches its zenith of growth. This part of the cycle is generally called "Yang" in that all phenomena are in states of growth and expansion. Autumn begins the movement of return and harvest so that by winter the vitality of life is placed in a state of storage. Thus, this part of the cycle we call "Yin"

because everything is in the phase of downward movement and contraction (see Figure T-14). This movement continues without stop as if it were the respiration or heartbeat of nature.

This very same movement is mimicked over the course of each day from sunrise to sunset. Here, sunrise is spring and corresponds to the vernal equinox (春分 *chun fen*), midday/noon corresponds to the summer solstice (夏至 *xia zhi*), sunset corresponds to the autumnal equinox (秋分 *qiu fen*), and midnight corresponds to the winter solstice (冬至 *dong zhi*). According to the same chapter in the *Ling Shu*, “man also corresponds to this movement.” The word *Qi Bo* uses here to describe “correspond” in this statement is *ying*, and in the *Shuowen Jiezi*, “*ying*” is defined as “to act as, to match equally.” (應: 當也) Thus, the movement of Yang-Qi in humans mimics perfectly the yearly, and daily ebb and flow of Qi. During the day starting just after midnight, the Yang-Qi of the body is in a gradual state of growth and expansion, and starting after noon the Yang-Qi is in a state of contraction until eventually the person moves to the sleep state, the state when Qi is in storage. *Ling Shu* Chapter 76 (*Wei Qi Xing*, The Circulation of Wei Qi) says that the defense (Yang) Qi circulates 50 times during the day: 25 times on the surface of the body during the day (i.e., in a state of Yang expansion) and 25 times on the interior and in the five viscera at night (i.e., in a state of yin contraction).

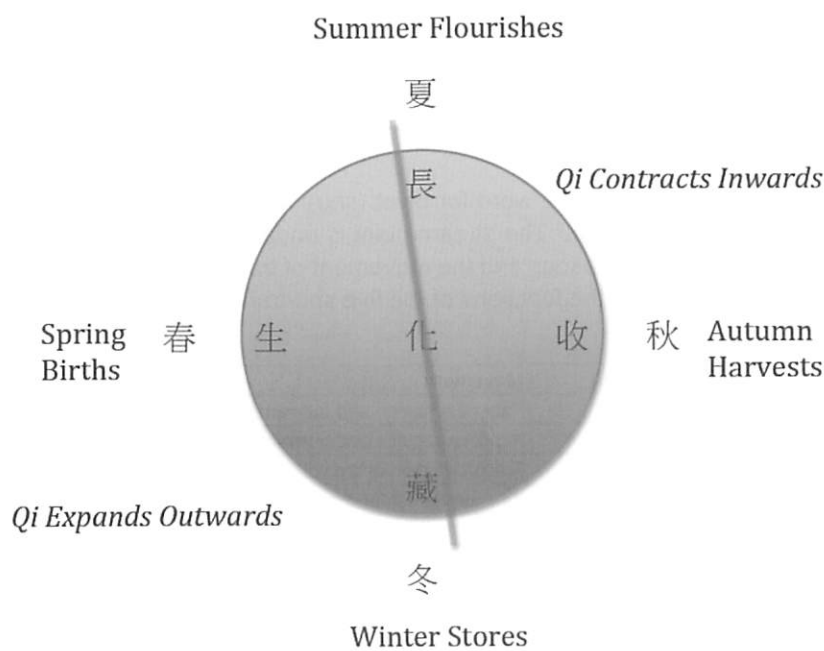


Fig. T-14

### 2.2.2. Zone Characteristics in Tung's Acupuncture

As previously mentioned, all zones of the body in Tung's acupuncture overlap Small Taiji, which function like Microsystems representing the whole organism. Nevertheless different zones in general have different focuses in treatment with respect to time: they can be differentiated according to both the duration of a disease and the dynamics of the therapeutic results. According to Young (2008a, p. 147), “the leg and thigh areas (77.00 and 88.00) are the most important parts of Tung's extra points. Clinically they serve to regulate the general function of the body and treat the syndromes of the *zang fu* organs with marked effect.” These points on the legs (the points in zones 7 and 8) are used more commonly in treating chronic disease, and diseases at the deep levels of the body (i.e., the *zang fu*). On the opposite end of the spectrum, zones in the upper body, especially the zones of the fingers, hands and face/head (zones 1, 2 and 10), treat acute conditions and can effect quicker symptom management.

To explain this, one has to understand that the concept of correspondence or holographic resonance (全息通應 *quan xi tong ying*) has two facets. It does not only explain how each zone (as a holographic representation of the whole organism) can treat any area of the body, and thus allow for the flexible selection of points and needle technique based on disease location, but on a larger scale can be used to understand the relationship between the zones of the body and the movement of Qi in the natural environment.

## 2.2.3. Zone Functions Understood in Relation to the Five Transport Points

Numerous chapters of the *Nei Jing*, *Nan Jing*, and other acupuncture classics recommend needling the five shu-transport points at different times of the day and times of the year. Furthermore, each of the shu-transport points is associated with one of the five phases. All of these ideas are simply different ways to explain how the five shu-transport points mirror and reflect the natural movement of Qi in the body and thus the larger natural environment.

The fifth *juan* (volume) of the *Zhen Jiu Da Cheng*<sup>1</sup> is the volume that gives a detailed analysis of the relationships between acupuncture points, the natural environment, and the larger and smaller cyclical movements of time. Contained in this volume is the clearest description of the real function and meaning of the five shu-transport points:

“It is also said: In spring needle the well point. The well belongs to the east and spring, the beginning of life for the ten thousand things; thus it is called the well. In winter, needle the unifying point. The unifying belongs to the north and winter, when Yang Qi enters into storage; thus it is called unifying. When discussing the beginning (well points) and the end (unifying points), the brook [i.e., spring], stream, and river points are in between.”<sup>2</sup>

In this passage the well point (*jing*) clearly belongs to Yang. It represents birth, growth, and movement outwards to the exterior. The unifying point (*he*) belongs to Yin. It represents the interior, contraction, and the movement of storage (i.e. “when Yang Qi enters storage”).

The stream-*shu* point is a homophone with the word for pivot (*shu*), and it has that same function of opening and closing between the interior and exterior.<sup>3</sup> The stream point is understandably the earth phase, the phase that governs the transitions between the seasons and the movement of transformation (see Figure T-14). Establishing these positions we can summarize the functions of the five shu-transport points (see Table 3).

| Point      | Phase – (Yin Channel) | Season     | Movement  | Function   |
|------------|-----------------------|------------|---|------------|
| Jing-Well  | Wood                  | Spring     | Yang, expansion and outward movement            | Engenders  |
| Ying-Brook | Fire                  | Summer     | Yang, expansion and outward movement            | Flourishes |
| Shu-Stream | Earth                 | Transition | Transformation and pivot                        | Transforms |
| Jing-River | Metal                 | Autumn     | Yin, contraction and inward movement to storage | Harvests   |
| He-Uniting | Water                 | Winter     | Yin, contraction and inward movement to storage | Stores     |

Table 3

Needling the different shu-transport points harmonizes the patient with the movement, either of Yang expansion or Yin contraction, to which the point pertains. For example, needling the well points encourages the outward movement of Yang Qi (e.g., this is why they restore consciousness – they bring Yang active awareness to the surface when the patient is unconscious). Likewise, needling unifying points encourages inward movement and storage of the Yang Qi (e.g., they treat diseases of counterflow movement of Qi and diseases of the *zang fu* – they bring active Qi back to its origin and home).<sup>4</sup> This explains why certain points are needled at different times of the day – they harmonize the body with that movement of Qi that should dominate at that time.

Anatomically the distal extremities are relatively Yang, and the proximal extremities are Yin. This is another reason why anatomically the functions of the shu-transport points are distributed as described above. The 2 most distal points, the well and the spring, are Yang representing spring and summer, and the two most proximal points, the river and unifying, are Yin representing autumn and winter. The point in the middle of the five is the stream, representing the movement of transformation and pivot.

The idea of holographic resonance in Tung’s acupuncture illustrates the relationship between different parts of the body. While it usually describes how larger parts of the body can be mapped onto small parts of the body, the opposite is also true. Holographic resonance means that smaller parts of the body can be mapped onto larger structures. The zones in Tung’s acupuncture can be understood in this light. Anatomically, distal is Yang and proximal is Yin. Upper part of the body is Yang and lower part of the body is Yin. Upper extremities are then Yang,

1 *The Great Compendium of Acupuncture and Moxibustion* written by Yang Ji Zhou 楊繼州 (Ming Dynasty; published 1601)

2 Translation by Dr. Lorraine Wilcox

3 Personal communication with Jeffrey Yuen, direct student of Daoist Master Yu Wen, and Gong Song Liu (physician to the last 2 emperors of the Qing dynasty)

4 For a list of these traditional functions of the shu-transport points see Deadman, 2001.

and lower extremities are Yin. Distal upper extremities are Yang within Yang, and proximal upper extremities are Yin within Yang. Distal lower extremities are Yang within Yin and proximal lower extremities are Yin within Yin. (see figure T-15)

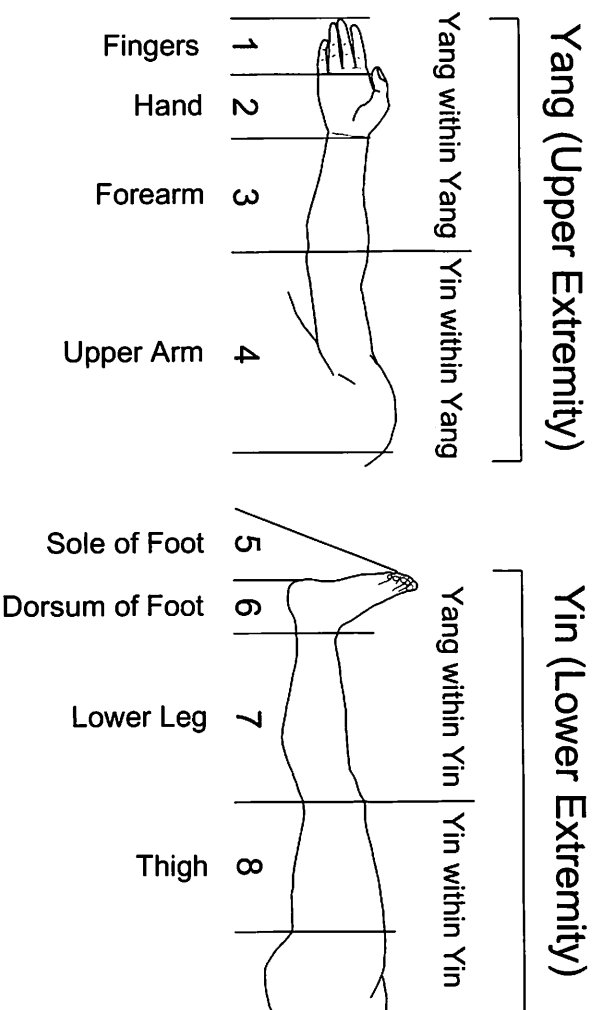


Fig. T-15

In this layout Tung's zones of the upper extremities relate to the function of the well and spring points, the Yang points of the shu-transport points. The Tung's zones of the lower extremities relate to the function of the river and uniting points, the Yin points of the shu-transport points. Acute conditions generally relate to the exterior and the Yang, and the characteristic of Yang is that it is expansive and fast moving. Chronic conditions generally relate to the interior and the Yin, and the characteristic of Yin is contraction and slow movement. The main function of the *Zang* 藏 viscera is to *cang* 藏 (store), and the movement of storage is one of inward contraction like the movement of the winter and the uniting points.

As mentioned earlier, Tung's zones 1, 2 and 10 generally are effective at treating acute conditions and can get quick change in symptoms. For example, points of zone 2 such as Ling Gu (22.05) and Da Bai (22.04) are some of the main points for treating acute and severe pain conditions, and also treat conditions of the exterior and superficial parts of they body (e.g. they treat fever from external contraction of disease evils and the common cold). While zone 10 is not located on the extremities, its anatomical distribution on the head and face corresponds to the Yang area of the body, and thus is similar in being able to get fast symptom relief. For example, Shui Jin (1010.20) and Shui Tong (1010.19) get almost immediate relief when needed to treat chest pain on breathing and asthma, even though they also supplement the Kidneys.

As also mentioned earlier, points of zones 7 and 8 are some of the most important in Tung's system in that they treat chronic, recalcitrant conditions, and regulate the function of the *Zang* viscera. Their distribution on the lower extremities, corresponding to the distribution of the river and uniting points, means that these zones focus on the movements of harvest and storage characteristic of the primary function of the *Zang* viscera. Hence these zones are best at regulating the ability of the body to place Qi into storage.

Chronic disease, especially chronic diseases of *Zang* viscera vacuity (*xu*) patterns, usually relate to the body's inability to move into storage. Common symptoms of elderly patients include, for example, frequent urination, eventual incontinence, weakening of the physical structure (especially that of the bones), and insomnia. All of these conditions are the inability of the *Zang* viscera to move into harvest and then storage (e.g. insomnia is the inability of the Yang Qi to move to and be stored in the interior at night). Over time there is gradual leaking of the essence, and decline in all organ functions. Su Wen Chapter 2 (*Si Qi Tiao Shen Da Lun*, Great Treatise on Regulating the Spirit in Accord with the Four Seasons) gives the general treatment guideline to "nourish Yang in the spring and summer, and nourish Yin in the autumn and winter." (春夏養陽, 秋冬養陰) This passage does not mean to warm in the warmer months and cool in the colder months, and it does not mean in the fall and winter the physician should nourish Yin substances such as Blood or fluids. Instead, it means when the time is appropriate for Yang Qi to expand (i.e. in the spring and summer) the physician should nourish the movement of Yang-expansion and growth. When the time is appropriate for Yang Qi to contract and be stored (i.e. in the fall and

winter) the physician should nourish the movement of Yin-contraction and storage. Likewise, when the body is unable to perform these movements, the physician harmonizes the body with the appropriate natural movement of Qi by needling certain points, or in Tung’s acupuncture, certain zones that encourage that movement.

In chronic disease when harvest and storage fail to happen, points in zones 7 and 8 are very appropriate because they harmonize the body with those very movements. When the body’s ability of harvesting and storing are repaired, chronic disease is ameliorated or at the least improved. In this sense, the zones in Tung’s acupuncture are a perfect reflection of the idea that “Heaven and earth are the grand principle. Man’s shen-spirit penetrates and reflects it.”

**Examples: Point Comparisons in Different Zones**

This basic understanding of the uses of Tung’s zones is evident when comparing the point indications for those points in the upper and lower extremities that treat the same *Zang* viscera. As an example, Table 4 summarizes the functions given in Tung’s original book of points in zone 1, 3 and 8 that are the main points for treating the Liver *Zang*.

| Points, Pinyin Names             | Zone and Point Number        | Indications   |
|----------------------------------|------------------------------|---|
| Mu Yan                           | Zone 1 (11.20)               | Hepatitis, hepatomegaly (liver swelling fire), cirrhosis  |
| Yan Huang                        | Zone 1 (11.23)               | Yellowing of the eyes (i.e. jaundice)   |
| Gan Men                          | Zone 3 (33.11)               | Acute hepatitis (especially effective)  |
| Ming Huang, Tian Huang, Qi Huang | Zone 8 (88.12, 88.13, 88.14) | Cirrhosis, hepatitis, swelling of the bones (skeletal enlargement), periostitis, insufficiency of liver function leading to fatigue, soreness of the lumbar region, dim eyesight, eye pain, liver pain, poor digestion, leukemia (especially effective) |

**Table 4**

The Liver points in zones 1 and 3 are specifically indicated only for acute conditions of that *Zang* viscus. Tung even goes out of his way to say that Gan Men (33.11) is especially effective for *acute* hepatitis. To the contrary, a perusal of the indications for the point group know as the “Upper Three Yellows” (*Shang San Huang*; consisting of Ming Huang 88.12, Tian Huang 88.13, Qi Huang 88.14) shows they obviously treat chronic recalcitrant diseases. This point group specifically treats conditions of vacuity where the Liver *Zang* is not able to store Yang-Qi or Jing-Essence, for example, with indications that include dim eyesight, poor digestion, soreness of the lumbar region, and leukemia (which presents with signs and symptoms such as bruising, weakness, weight loss, fatigue, and enlargement of the liver).

### 3. Tung's Points: Locations and Indications

This chapter contains a complete atlas of Tung's acupuncture including the points described in Tung's original 1973 text, and other important secret family lineage points. Point locations and indications are described both in terms of Master Tung's original zonal arrangement and with reference to the conventional primary channels with which the points are functionally associated. Comments on almost each point or point group with respect to the theoretical framework described in the previous section and with cross references to various important classic and modern sources explain the interrelationship between point location, indication, and needling technique.

The reader will notice that many of the indications are given in Western medical terms. This reflects a cultural phenomenon around the time Tung's book was written. Western medicine had become quite popular in China and Taiwan, and many authors and therapists perhaps felt they had to "Westernize" to be taken seriously. (Cheng, 1996). Tung, in his own writing, explained that he purposely chose the use of modern western medical terms to help develop and popularize his system. (Tung, 1968). Nevertheless, Tung's acupuncture is rooted in the same basic concepts such as Yin – Yang and Five Phases, and other theories from the classic texts such as the Huang Di Nei Jing, as all other lineages of Chinese medicine.

Therefore, in comments and point discussions we focus on presenting our understanding of Tung's points within the framework of classical Chinese medicine. In that respect we are following the same line of thinking as some of Tung's disciples, notably Dr. Wei-Chieh Young.

Another fact is that Tung's therapeutic system makes little, if any, distinction between the Zang viscera and the channels. This seems to be in accord with O'Connor and Bensky's (1981, p. 47) statement.... "that the Chinese do not regard the peripheral pathway as physiologically separate from the Organ with which each is connected. Rather they should be seen as the internal and external parts of a single integrated system." Similarly, Wang and Robertson (2008, p. 8) conclude that "in classical Chinese medicine, the channels are an integral part of the organs themselves. In that respect, organ theory and channel theory are inseparable."

#### Locating Acupuncture Points – Chuai Xue Fa 揣穴法

Although we generally follow the traditional method of describing point locations in terms of anatomical landmarks and proportional measurements one should be aware of uncertainties inherent in such descriptions because, "the actual location of any point is not necessarily where that point is located by techniques of proportional measurement. Rather, the point is the place where one can best get the Qi and facilitate the arrival of Qi. It is not fixed." (Wang and Robertson, 2008, p. 535).

While many modern textbooks on acupuncture provide seemingly exact locations for acupuncture points, in traditional practice and as referenced in the classics, the best method for locating points is by actively palpating the body for some indication of tissue change or point reactivity, or visually inspecting the body for areas of venous congestion or spider nevi. The latter is especially important for locating areas for bloodletting therapy.

Ling Shu 51 (*Bei Shu*, On Back Shu Points) says, "When locating points one presses the region to see if the patient feels sore or if the patient's existing pain is relieved. In this case the point has been located with accuracy." For example, even with Tung's points, when treating pain often the appropriate therapeutic point will be painful on palpation. Furthermore while pressing the point before needling, the patient may already have improvement in their pain. This is an accurately located point even if the "exact" proscribed location is not followed. In many schools of Japanese acupuncture point location is verified by gently pressing a point and checking to see if the patient's pulse responds positively. It is our experience that Tung's points have the same effect on pulse, and thus pulse diagnosis is also a method of accurately locating appropriate treatment points.

Readers are urged to not focus too heavily on detailed anatomical descriptions or diagrams. Classically, most acupuncture diagrams did not include underlying anatomy, and were much more vague than most modern textbooks. Therefore, many of our figures, inspired by Tung's original sketches, do not have underlying anatomy included. Since points must be palpated or visually inspected for accurate location, these diagrams will be adequate tools for guiding the reader during their search for points.



## Note

Important sources frequently cited in this chapter are:

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For easier reference most quotes from these sources are given in terms of Tung's point names and/or numbers instead of page numbers. Page numbers are only provided to locate verbal citations.

## A note on Reaction Areas

In Tung's original writing (Tung 1968, Tung 1973) he described each point as being related to a shen jing (神經). The word shen jing is translated literally as a "nerve." Thus, according to Tung a point might be related to the Lung Nerve, or the Uterus Nerve. In Tung's own writing, he described how he purposely chose to use modern western medical terms to describe the points and indications in his system (Tung 1968). This was a common practice, and part of the general medical Zeitgeist of the time. According to Scheid (2014), "After 1929 when Chinese physicians decided to move their medicine into the domain of state to gain for it equality before the law, a new strategy was needed ... An initial suggestion put forward by the newly established Institute of National Medicine under the directorship of Lu Yuanlei was to accomplish this integration by abolishing Chinese medical disease terms altogether and replace them with biomedical nosologies."

Knowing that anatomically there is no such thing as a specific "nerve of the lung" or "nerve of the uterus," later authors changed the word shen jing (nerve) to either "reaction area" or "reflex." Unfortunately, Tung did not leave any descriptions of why he thought points had certain reaction areas, or otherwise what he actually meant by that term. It is not surprising then that those who studied with him and those who have been using his style of acupuncture either omit this aspect altogether or offer controversial interpretations.

Thus, Dr. Chuan-Min Wang maintains that the "nerves" of Tung's system are in fact acupuncture channels and hence one component of **point location** ("Tung's Five Zang Channel System", Wang, 2013, p. 22 / 23).

Dr. Wei-Chieh Young on the other hand states that "The part of anatomy in the original [Tung's] texts refers to the **function of points**." (Young, 2008a, p. 38).

In principle we follow Dr. Young's view in our text but prefer the term "reaction area" (Dr. J. H. Maher, p. XIV) which we take as being equivalent to the Western concepts of "Sites of Action" or "Target Areas".

In many cases Tung's reaction areas can be understood as additional specifications, or clarifications, of the points' indications, though with a primary emphasis on body areas and / or organs.

Other points' reaction areas - though in good accord with the channel correspondences summarized in our Table 2 and / or the functional projections defined in chapter 10 of the Ling Shu for Regular, Divergent, Network, and Muscle Channels - imply pathways which remain enigmatic because it is difficult to relate them to the indications ascribed to the points. These reaction areas may be taken as hinting to points' hidden effects still to be disclosed.

Our analysis of Tung's Points and their Reaction Areas is presented in the form of a table in section 8.3., p.217-225.

# Points on the Fingers

## Zone 1

### Points 11.01 – 11.27

#### Zone 1

#### Points 11.01, 11.02, 11.03, 11.04, 11.05, 11.06

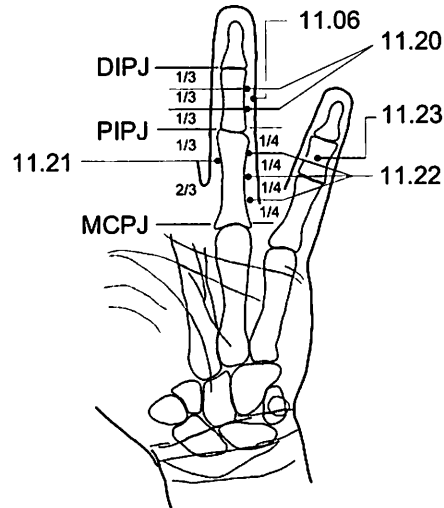
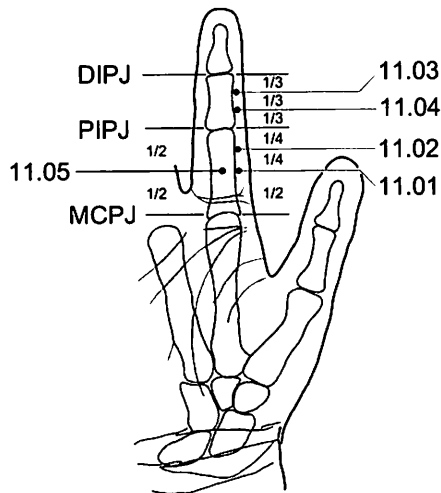


Fig. Z1-1

Right hand, palmar surface

Left hand, palmar surface

DIPJ = distal interphalangeal joint, PIPJ = proximal interphalangeal joint, MCPJ = metacarpo-phalangeal joint

| Point Locations   | Point Indications   |
|---|---|
| <p><b>11.01 Da Jian (Big Distance)</b><br/>On the palmar aspect of the index finger, midway between the PIP and MCP joints on the radial margin of the phalangeal bone; on the Large Intestine channel</p>                          | <p>Heart disease, knee pain, hernia, corner of the eye pain, and a bearing down pain of the testes; mounting pain (疝 <i>Shan</i> – e.g., inguinal hernia), Small Intestine Qi (小腸氣)<br/>Reaction areas: Heart, Large and Small Intestines</p>         |
| <p><b>11.02 Xiao Jian (Small Distance)</b><br/>On the palmar aspect of the index finger, midway between Da Jian (11.01) and the PIP joint on the radial margin of the phalangeal bone; on the Large Intestine channel</p>           | <p>Dyspnea, eye pain, chronic bronchitis, expectoration of yellow mucous, palpitations, mounting pain (疝 <i>Shan</i> – inguinal or femoral hernia), knee pain, enteritis, Small Intestine Qi (小腸氣)<br/>Reaction areas: Lung, Heart, Six Fu-bowels</p> |
| <p><b>11.03 Fu Jian (Floating Distance)</b><br/>On the border of the distal 1/3 and the middle 1/3 of the palmar middle phalanx of the index finger at the radial margin of the phalangeal bone; on the Large Intestine channel</p> | <p>Tooth pain, urethritis, stomachache, hernia, mounting pain (疝 <i>Shan</i>), Small Intestine Qi (小腸氣)<br/>Reaction areas: Heart, Six Fu-bowels</p>  |
| <p><b>11.04 Wai Jian (Outer Distance)</b><br/>On the border of the middle 1/3 and the proximal 1/3 of the palmar middle phalanx of the index finger at the radial margin of the phalangeal bone; on the Large Intestine channel</p> | <p>Same indications as Fu Jian (11.03)<br/>Reaction areas: Heart, Six Fu-bowels</p>   |
| <p><b>11.05 Zhong Jian (Center Distance)</b><br/>Midway between the PIP and MCP joints on the midline of the palmar proximal phalanx of the index finger; on the Large Intestine channel</p>  | <p>Dizziness, dyspnea, palpitations, knee pain, mounting pain (疝 <i>shan</i>)<br/>Reaction areas: Lung, Heart, Six Fu-bowels</p>  |
| <p><b>11.06 Huan Chao (Return to Nest)</b><br/>On the center of the ulnar side of the middle phalanx of the ring finger; on the San Jiao channel</p>  | <p>Vaginal swelling, cervicitis, uterine myoma, leucorrhea, frequent urination, dysmenorrhea, habitual miscarriage; reproductive disorders related to Liver or Kidney patterns<br/>Reaction areas: Liver, Kidney</p>                                  |

## **Comments on Indications of Da Jian (11.01), Xiao Jian (11.02), Fu Jian (11.03), Wai Jian (11.04), and Zhong Jian (11.05)**

### **Image Correspondence**

Depending on whether the Large, Medium, Small Taiji or their inverted orientations are used, Da Jian (11.01), Xiao Jian (11.02), Fu Jian (11.03), Wai Jian (11.04), and Zhong Jian (11.05) either correspond to the Lower Jiao, inguinal and uro-genital areas, or to the Middle/Upper Jiao, head and face (including mouth and eyes).

### **Channel Correspondence**

Da Jian (11.01), Xiao Jian (11.02), Fu Jian (11.03), Wai Jian (11.04), and Zhong Jian (11.05) are all located on – or adjacent to – the Large Intestine channel. The Large Intestine channel by itself and via the Stomach channel (same name correspondence) influences the face (including especially the teeth and eyes) and the gastrointestinal tract. The indication for respiratory deficits can be understood through channel correspondences with Lung (Yang Ming Large Intestine – Tai Yin Lung, internal – external pairing). Inguinal hernia and impaired vision are associated with the Liver channel, which has a branching and connecting channel correspondence with the Large Intestine (Yang Ming – Jue Yin). In cases of cardiac dysfunction and its consequences (e.g., painful edema of the knee joints) the alleviating effects of the points are mediated by the Stomach channel (same name correspondence) via its channel divergence which penetrates the Heart Zang. Furthermore, according to Ling Shu Chapter 11 (*Jing Bie*, Channel Divergences) the Liver channel divergence reaches the Heart. Symptoms such as dizziness, vertigo and blurred vision occurring together may be due to combined dysfunctions of the Liver and the cardio-vascular system; both are covered by the channel correspondences described. Furthermore, in Tung's system points that treat the Heart are also useful for knee pain.

### **Tissue/Zang Fu Correspondence**

Da Jian (11.01), Xiao Jian (11.02), Fu Jian (11.03) and Wai Jian (11.04) are located where needling close to the bone will go along or through the tendons of the lumbrical and interosseus muscles, which, insert at the ulnar and radial sides of the phalangeal bones. Needling the tendons will contribute to harmonizing and soothing the Liver.

Needling Zhong Jian (11.05) will penetrate the tendon of the flexor digitorum muscles in addition which corresponds to tendon and harmonizes the Liver.

Da Jian (11.01), Xiao Jian (11.02), Fu Jian (11.03), Wai Jian (11.04), and Zhong Jian (11.05) are all needled with cutting or shaving the bone technique, which invigorates the Kidney.

### **Needling and/or Manipulation**

Perpendicular needling closely along the edge of the phalangeal bone ("cutting or shaving the bone").

For detailed needling instructions see the Appendix of this section.

The traditional prescription describes needling a point shallowly for symptoms located close by and increasing insertion depth when targeting more remote pathologies. For the points described in this section, needling 0.1 – 0.2 cun preferentially treats anatomically closer structures such as the head, face, heart and chest, while needling 0.3 cun and deeper treats hernia and knee joint complaints.

Traditional guidelines also contraindicate bilateral needling of Da Jian (11.01), Xiao Jian (11.02), Ju Jian (11.03), Wai Jian (11.04) and Zhong Jian (11.05). Furthermore, the left (i.e., Yang) side is needled in males and the right (i.e., Yin) side in females. If symptoms are unilateral, needling can be done contralaterally regardless of gender.

### **Special recommendations**

For treatment of hernia Miriam Lee recommends needling Da Jian (11.01), Xiao Jian (11.02) Wai Jian (11.04), and Zhong Jian (11.05) combined with bleeding the area of the medial malleolus. Da Jian (11.01), Xiao Jian (11.02), Fu Jian (11.03), Wai Jian (11.04), and /or Zhong Jian (11.05) can be combined with Da Dun LIV-1. The Zhen Jiu Zi Sheng Jing (Wang 2014) says that Da Dun (LIV-1) is especially effective at treating pain at the tip of the penis.

## **Comments on Indications of Huan Chao (11.06)**

### **Image Correspondence**

In the Large and Medium Taiji the location of Huan Chao (11.06) corresponds to the region of the reproductive system.

### **Channel Correspondence**

Huan Chao (11.06) is located on the San Jiao channel. It regulates the San Jiao and invigorates the Kidney via the branching and connecting channel correspondence (Shao Yang – Shao Yin). In Master Tung's system all points on the ring finger also pertain to the Liver, and Huan Chao (11.06) harmonizes the Liver to disperse Qi stagnation. This is because the Shao Yang San Jiao communicates with the Shao Yang Gallbladder, a channel commonly used to move stagnation in the Liver (e.g., herbs such as Chai Hu Bupleurum move stagnant Liver Qi by mainly entering the Foot Shao Yang Gallbladder). Furthermore, according to Ling Shu Chapter 10 (*Jing Mai, On the Channels*), the San Jiao channel governs disorders of the Qi, and thus can effectively regulate Qi.

### **Tissue/Zang Fu Correspondence**

Huan Chao (11.06) is located where perpendicular needling goes through the tendons of the lumbrical and interosseus muscles which insert at the ulnar and radial sides of the phalangeal bones. Needling the tendons contributes to harmonizing and soothing the Liver. Touching the bone with the needle tip enhances its effect on the Kidney.

### **Needling and/or Manipulation**

Perpendicular insertion until the bone is touched, or needling along the palmar surface of the bone (cutting or shaving the bone technique).

For detailed needling instructions see the Appendix of this section.

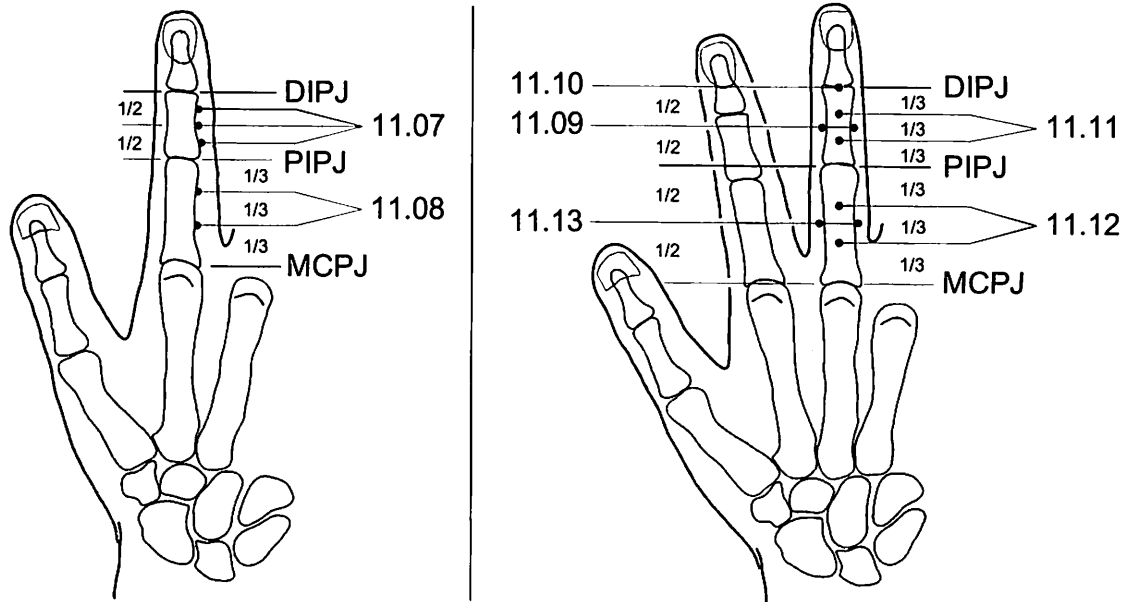
### **Special recommendations**

Usually Huan Chao (11.06) is only needled on one side. For infertility, habitual miscarriage, and other dysfunction of the female reproductive system Huan Chao (11.06) is combined with Fu Ke (11.24) on opposite sides.

For uterine pain after abortion combine Huan Chao (11.06) with Zhong Ji (REN-3) and Zi Gong (M-CA-18).

**Zone 1**

**Points 11.07, 11.08, 11.09, 11.10, 11.11, 11.12, 11.13**



**Fig. Z1-2**

Right hand, dorsal surface

Right hand, dorsal surface

DIPJ = distal interphalangeal joint, PIPJ = proximal interphalangeal joint, MCPJ = metacarpo-phalangeal joint

| Point Locations  | Point Indications  |
|--|--|
| <p><b>11.07 Zhi Si Ma (Finger Rapid Horses)</b><br/>3 point group; evenly distributed on the dorsal middle phalanx of the index finger along the ulnar margin of the phalangeal bone; on the Large Intestine channel</p>                     | <p>Chest pain, pleurisy, rhinitis, acne, dermatitis, otitis, tinnitus<br/>Reaction area: Lung</p>  |
| <p><b>11.08 Zhi Wu Jin (Finger Five Metal)</b><br/>2 point group; evenly distributed on the medial line of the dorsal proximal phalanx of the index finger along the ulnar margin of the phalangeal bone; on the Large Intestine channel</p> | <p>Enteritis, abdominal pain, fish bone stuck in the throat<br/>Reaction area: Lung</p>  |
| <p><b>11.09 Xin Xi (Heart Knee)</b><br/>2 point group; radial and ulnar to the midpoint of the dorsal middle phalanx of the middle finger at the margin of the phalangeal bone; on the Pericardium channel</p>                               | <p>Knee pain, scapular pain at the area of Gao Huang Shu (BL-43)<br/>Reaction area: Heart</p>  |
| <p><b>11.10 Mu Huo (Wood Fire)</b><br/>At the center of the DIP joint on the dorsal aspect of the middle finger; on the Pericardium channel</p>  | <p>Hemiplegia, knee and calf pain, straw-shoe wind (草鞋風)<br/>Activates heart and blood circulation because of its closeness to Zhong Chong (PC-9)<br/>Reaction areas: Heart, Liver</p> |
| <p><b>11.11 Fei Xin (Lung Heart)</b><br/>2 point group; evenly distributed along the dorsal midline of the middle finger, between the DIP and PIP joints, on the Pericardium channel</p>   | <p>Neck pain, low spinal lumbar pain, muscle pain of the lower leg (e.g. gastrocnemius pain)<br/>Reaction areas: Heart, Lung</p>   |
| <p><b>11.12 Er Jiao Ming (Two Corners Bright)</b><br/>2 point group; evenly distributed along the dorsal midline of the middle finger, between the PIP and MCP joints, on the Pericardium channel</p>  | <p>Low back pain, pain of the nose bone, supra-orbital pain<br/>Reaction area: Kidney</p>  |
| <p><b>11.13 Dan (Gallbladder)</b><br/>2 point group; radial and ulnar to the midpoint of the dorsal proximal phalanx of the middle finger at the margin of the phalangeal bone, on the Pericardium channel</p>                               | <p>Palpitations, childhood night crying, hysteria (Gallbladder vacuity patterns), knee pain<br/>Reaction area: Gallbladder</p>   |

## **Comments on Indications of Zhi Si Ma (11.07) and Zhi Wu Jin (11.08)**

### **Image Correspondence**

In the Large and Medium Taiji these points cover the abdomen and Lower Jiao. In the inverted Large and Medium Taiji they correspond to the Upper Jiao and the face.

### **Channel Correspondence**

Zhi Si Ma (11.07) and Zhi Wu Jin (11.08) are located on – or adjacent to – the Large Intestine channel.

Zhi Si Ma (11.07) is located on the Large Intestine channel which itself reaches the nose (rhinitis). The Large Intestine Luo vessel reaches the ear thereby treating tinnitus. The indication for chest pain and pleurisy can be understood through channel correspondences with Lung (Large Intestine – Lung, internal – external pairing). This correspondence also covers skin diseases (acne, dermatitis) since the tissue of the Lung is the skin.

Together with its same named channel, the Yang Ming Stomach, the Large Intestine channel treats gastrointestinal tract disorders (abdominal pain, enteritis). When the syndrome “fishbone stuck in the throat” is taken literally the beneficial influence of Zhi Wu Jin (11.08) can be viewed as a consequence of the Large Intestine and Lung channels influencing the (externally – internally coupled) larynx and pharynx. When, however, the feeling of something stuck in the throat (plum pit Qi) is caused by depressed Liver Qi, the alleviating effect would rather be attributed to Large Intestine’s harmonizing effect on the Liver via its branching and connecting channel correspondence (Yang Ming – Jue Yin).

### **Tissue/Zang Fu Correspondence**

Zhi Si Ma (11.07) and Zhi Wu Jin (11.08) are located where needling close to the bone will go along or through where the tendons of the lumbrical and interosseus muscles insert at the ulnar and radial sides of the phalangeal bones. Needling the tendons contributes to harmonizing and soothing the Liver providing for smooth flow of Qi. Needling Zhi Si Ma (11.07) and Zhi Wu Jin (11.08) penetrates the skin and touches the bone. Therefore they correspond to Lung (skin), and Kidney (bone). While their effects on the upper (throat) and lower (lung) respiratory system are prominent, any effects on Kidney (or bones) are obviously missing from the indications.

### **Needling and/or Manipulation**

Perpendicularly along the edge of the phalangeal bone (cutting or shaving the bone technique); 0.2 – 0.3 cun in depth.

For detailed needling instructions see the Appendix of this section.

### **Special recommendations**

Miriam Lee states that Zhi Si Ma (11.07) treats flank pain due to any cause.

Wei-Chieh Young states that Zhi Si Ma (11.07) is very effective for shoulder pain. Furthermore it can be helpful during delactation because Zhi Si Ma (11.07) is a finger point analogue to the leg Si Ma points (88.17, 18, 19), which treat the chest (in the Large Taiji) and are located on the Stomach channel that crosses the breast region. This is one example for Zhi Si Ma (11.07) acting like the Si Ma points on the leg, the difference being that leg points are more suitable for treating chronic patterns.

For treating skin diseases of the fingers on the palmar side Wei-Chieh Young recommends to combine Zhi Si Ma (11.07) with Mu (11.17).

All points named “Wu Jin” and “Qian Jin” are indicated for diseases of the abdomen, intestines, and throat. The word “Jin” means metal and is a reference to the Large Intestine channel system which connects all these areas. However, Zhi Wu Jin (11.08) is less effective than Shou Wu Jin (33.08) and Shou Qian Jin (33.09) on the forearm, or Zu Wu Jin (77.25), and Zu Qian Jin (77.24) on the lower leg.

## **Comments on Indications of Xin Xi (11.09), Mu Huo (11.10), Fei Xin (11.11), Er Jiao Ming (11.12), and Dan (11.13)**

### **Image and Channel Correspondences**

Xin Xi (11.09), Mu Huo (11.10), Fei Xin (11.11), Er Jiao Ming (11.12), and Dan (11.13) are located on the middle finger.

The symbolism and correspondence associated with their locations have two aspects. On the one hand, looking at the dorsum of the hand gives the image of the middle finger representing the longitudinal axis of the hand and, in a holographic analogy, of the back of the trunk and the Du Mai (similar to Korean Hand Acupuncture mapping).

This explains why Mu Huo (11.10), Fei Xin (11.11), and Er Jiao Ming (11.12), which are all located on the dorsal midline of the middle finger, alleviate pain of the back and spine. The points – due to their location on the Pericardium channel – also activate the Kidney (channel clock Yin/Yin neighbor of the Pericardium) which would support the vertebral bone structure.

Furthermore, points on the middle finger are on – or close to – the Pericardium channel, which explains their effects on the heart. Via the same name correspondence Pericardium interacts with Liver (Hand Jue Yin – Foot Jue Yin) which aids in treating Liver wind (stroke). The effects on the knees are primarily focused on pain radiating along the Stomach channel as the Pericardium interacts with Stomach via the branching and connecting channel correspondence (Hand Jue Yin – Foot Yang Ming). If the dorsal aspect of the middle finger mirrors the Du Mai, then Fei Xin (11.11) is in a similar location to Gao Huang Shu (BL-43), a treatment point in Tung's acupuncture for knee pain when bled.

One of the indications for Mu Huo (11.10) is "straw-shoe wind" (草鞋風), a disease term in Chinese medicine that refers to itching and pain with sores that begin in the upper thigh and travel down to the foot. The Song of the Jade Dragon from the Zhen Jiu Da Cheng says that red swollen legs, known as straw-shoe wind, are treated with Kun Lun (BL-60), Shen Mai (BL-62) and Tai Xi (KID-3). Other classical points that treat this condition include San Yin Jiao (SP-6), Yang Ling Quan (GB-34) and Xuan Zhong (GB-39).

### **Tissue/Zang Fu Correspondence**

Xin Xi (11.09) and Dan (11.13) are located where needling close to the bone will go along or through the tendons of the lumbrical and interosseus muscles, which insert at the ulnar and radial sides of the phalangeal bones. Needling the tendons will contribute to harmonizing and soothing the Liver providing for smooth movement of Qi and extinguishing wind in cases of stroke. Touching the bone will invigorate the Kidney which assists in the treatment of back pain. Touching the bone also treats Fear associated with the Kidney as in the indications for Dan (11.13). The same Tissue/Zang Fu Correspondences exist for Mu Huo (11.10), Fei Xin (11.11), and Er Jiao Ming (11.12) although the tendon involved is that of the finger extensor muscles.

### **Needling and/or Manipulation**

Xin Xi (11.09) and Dan (11.13) – Perpendicular needling along the edge of the phalangeal bone (cutting or shaving the bone) 0.2 – 0.3 cun deep.

For detailed needling instructions see the Appendix of this section.

Mu Huo (11.10), Fei Xin (11.11), and Er Jiao Ming (11.12) – Tangential needling under the skin and connective tissue, aiming towards the little finger.

Tung used Mu Huo (11.10) when he treated President Lon Nol of Cambodia for stroke. The traditional needling recommendation is to needle with 5 minutes retention on the first treatment, 3 minutes retention on the second treatment 5 days later, and 1 minute retention on the third treatment 5 days after the second.

### **Special recommendations**

Wei-Chieh Young states that the Xin Xi points (11.09) are among the most frequently used Tung points for knee joint pain.

Miriam Lee reports that the Xin Xi points (11.09) also treat shoulder pain and relax shoulder muscles.

For treatment of whiplash Fei Xin (11.11) can be combined with San Jian (L.I.-3) as a guiding point.

Wei-Chieh Young recommends Er Jiao Ming (11.12) for high intraocular pressure (Glaucoma).

Miriam Lee recommends Er Jiao Ming (11.12) "especially for twisted or wrenched lower back. One cannot breathe, one cannot stand straight, one cannot move" (Lee, 2002, p.18).

Dan (11.13) has an effect similar to Wen Dan Tang (Warm the Gallbladder Decoction).

## Zone 1

## Points 11.14, 11.15, 11.16, 11.17, 11.18, 11.19

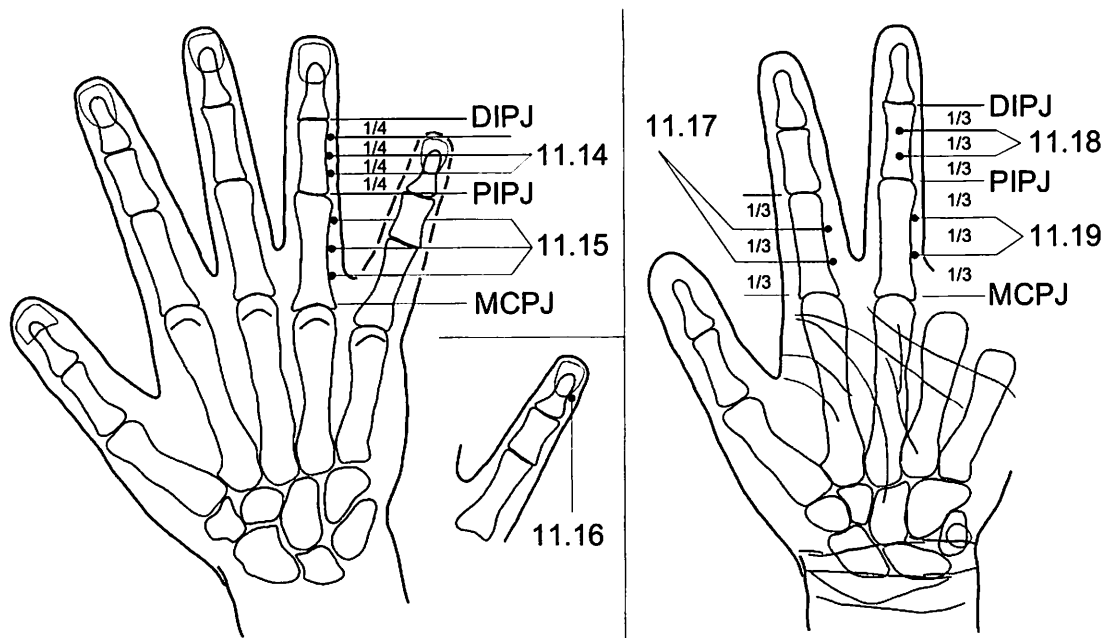


Fig. Z1-3

Right hand, dorsal surface

Left hand, palmar surface

DIPJ = distal interphalangeal joint, PIPJ = proximal interphalangeal joint, MCPJ = metacarpo-phalangeal joint

## Point Locations

**11.14 Zhi San Zhong (Finger 3 Weight)**

3 point group; evenly distributed on the dorsal middle phalanx of the ring finger along ulnar margin of the phalangeal bone, on the San Jiao channel

**11.15 Zhi Shen (Finger Kidney)**

3 point group; evenly distributed on the dorsal proximal phalanx of the ring finger along ulnar margin of the phalangeal bone, on the San Jiao channel

**11.16 Huo Xi (Fire Knee)**

0.2 cun lateral to the ulnar corner of the nail bed of the little finger, on the Small Intestine channel, near or overlapping Shao Ze (S.I.-1)

**11.17 Mu (Wood Point)**

2 point group; evenly distributed on the palmar proximal phalanx of the index finger along the ulnar margin of the phalangeal bone, on the Large Intestine channel

**11.18 Pi Zhong (Spleen Swelling)**

2 point group; evenly distributed on the midline of the palmar middle phalanx of the middle finger, on the Pericardium channel

**11.19 Xin Chang (Heart Normal)**

2 point group; evenly distributed on the palmar proximal phalanx of the middle finger along the ulnar margin of the phalangeal bone, on the Pericardium channel

## Point Indications

Expels wind, regulates Qi and transforms phlegm; facial paralysis, migraine, mastitis (swollen breasts), muscular atrophy (Wei syndrome)  
Reaction areas: Liver, Kidney

Thirst, back pain, heart weakness, kidney vacuity  
Reaction areas: Liver, Kidney

Arthritis, knee pain, rheumatic heart disease  
Reaction area: Heart

Dry eyes, tearing, excessive sweating, dermatitis of the hands, common cold, acute eczema, itching of the skin, irritability, hyperactivity of Liver fire, nasal discharge, sinusitis  
Reaction area: Liver

Disease of the spleen, pancreatitis, splenomegaly  
Reaction area: Spleen

Palpitations, rheumatic heart disease, coronary artery disease  
Reaction area: Heart



## **Comments on Indications of Zhi San Zhong points (11.14)**

### **Image Correspondence**

In the Small Taiji and the inverted Small Taiji the Zhi San Zhong points (11.14) correspond to all three Jiao which accounts for their generalized effects (e.g., in treating Qi stagnation, muscular atrophy).

In the inverted Large and Medium Taiji the area of location of the Zhi San Zhong points (11.14) corresponds to the head and thorax (treating migraine, facial paralysis, mastitis).

### **Channel Correspondence**

The San Jiao channel on which the Zhi San Zhong points (11.14) are located interacts with the Gallbladder channel via the same name correspondence (Hand Shao Yang – Foot Shao Yang) and by extension with its internally – externally coupled partner Liver (Foot Shao Yang – Foot Jue Jin).

Furthermore, as Wei-Chieh Young points out, Master Tung considered all points on the ring finger to affect the Liver. This would account for the indications migraine, Liver depression Qi stagnation, and mastitis. When considering muscular atrophy and paralysis it should be recalled that the term “tendon” (governed by the Liver) in Chinese Medicine includes the contractile properties of muscles. Furthermore, Liver blood nourishes the tendons (again including the contractile elements).

Via the branching and connecting channel correspondence San Jiao invigorates the Kidney (Hand Shao Yang – Foot Shao Yin). This seems to be an effect which, though present, is not specifically mentioned in the original indications; it may add a supporting component. Finally, according to Ling Shu Chapter 10 (*Jing Mai*, On the Channels), the San Jiao channel governs disorders of the Qi, and thus can effectively regulate Qi. Overall it can be summarized that one of the main patterns these points treat is binding depression of phlegm and Qi (*tan qi hu jie* 痰氣互結).

### **Tissue/Zang Fu Correspondence**

Zhi San Zhong points (11.14) are located where needling close to the bone will go along or through the tendons of the lumbrical and interosseus muscles which insert at the ulnar and radial sides of the phalangeal bones. Needling the tendons will contribute to harmonizing the Liver (Qi stagnation, migraine, mastitis). Needling close to the bone (cutting or shaving the bone with the needle) will invigorate the Kidney. Thus, the tissue correspondences more or less reflect those of the channels mentioned above.

### **Needling and/or Manipulation**

Perpendicular needling closely along the edge of the phalangeal bone (“cutting or shaving the bone”).

For detailed needling instructions see the Appendix of this section.

### **Special recommendations**

Zhi San Zhong points (11.14) have a somewhat similar effect to Yi, Er and San Zhong (77.05, 06, 07), but are less powerful.

## **Comments on Indications of Zhi Shen (11.15)**

### **Image Correspondence**

In the Large Taiji the Zhi Shen points (11.15) correspond to the lower back and uro-genital area. In the inverted Medium Taiji they correspond to the thorax (heart).

### **Channel Correspondence**

The San Jiao channel on which the Zhi Shen points (11.15) are located interacts with the Gallbladder channel via the same name correspondence (Hand Shao Yang – Foot Shao Yang). According to Ling Shu Chapter 10 (*Jing Mai*, On the Channels), the Gallbladder channel governs disorders of the bone, demonstrating a relationship between Gallbladder and Kidney. Via the branching and connecting channel correspondence the San Jiao also invigorates the Kidney (Hand Shao Yang – Foot Shao Yin). This explains the effect of the Zhi Shen points (11.15) on Kidney vacuity and back pain. Zhi Shen points (11.05) affect the Shao Yin Heart by strengthening the Shao Yin Kidney root.

### **Tissue/Zang Fu Correspondence**

Zhi Shen points (11.15) are located where needling close to the bone will go along or through the tendons of the lumbrical and interosseus muscles which insert at the ulnar and radial sides of the phalangeal bones. Needling the tendons will contribute to harmonizing the Liver (Qi stagnation, migraine, mastitis). Needling close to the bone

(cutting or shaving the bone with the needle) will invigorate the Kidney. Thus, the tissue correspondences more or less reflect those of the channels mentioned above.

### **Needling and/or Manipulation**

Perpendicular needling closely along the edge of the phalangeal bone (“cutting or shaving the bone”).

For detailed needling instructions see the Appendix of this section.

### **Special recommendations**

Miriam Lee recommends the Zhi Shen points (11.15) for treatment of upper back pain. This is in accord with Wei-Chieh Young who reports that Master Tung used this point to treat pain of the latissimus dorsi (area of BL-43). The latter also states that Zhi Shen points (11.15), in addition to thirst, also treat dry throat (due to Kidney vacuity).

## ***Comments on Indications of Huo Xi (11.16)***

### **Image Correspondence**

In the inverted Large and Middle Taiji the area where Huo Xi (11.16) is located corresponds to the head and the Upper Jiao.

### **Channel Correspondence**

The Small Intestine channel, on which Huo Xi (11.16) is located, interacts with its internally – externally paired partner the Heart channel (Hand Tai Yang – Hand Shao Yin) which explains the point’s effects on the Heart. Another pairing exists between the Small Intestine channel and the Spleen channel via the branching and connecting channel correspondence (Hand Tai Yang – Foot Tai Yin) which would explain why the point is effective for resolving phlegm in cases of rheumatic arthritis with joint swelling and deformation. The special focus on the knees stems from Master Tung’s opinion that points which benefit the Heart also benefit the knees.

The same correspondences (Small Intestine – Heart; Small Intestine – Spleen) are the rationale for Miriam Lee’s recommendation to use the point for “phlegm obstructing the heart” which is not included in the original list of indications. Finally, according to Ling Shu Chapter 10 (*Jing Mai, On the Channels*) the Small Intestine channel governs the Ye (thick fluids). Ye fluids include synovial fluid and thus Huo Xi (11.16) is indicated for treatment of osteoarthritis of the knees with diminished synovial fluid in the joint space.

Huo Xi (11.16) is located near (or at) Shao Ze (S.I.-1), the Jing well point of the Small Intestine channel. Traditionally the Jing points are indicated for emotional constraint and Bi syndromes. They re-establish normal circulation of Qi in the channels and clear heat.

### **Needling and/or Manipulation**

Perpendicular needling 0.1 – 0.2 cun deep.

For detailed needling instructions see the Appendix of this section.

### **Special recommendations**

Wei-Chieh Young recommends Huo Xi (11.16) for frozen shoulder with pain in the Tai Yang and difficulty raising the arm. In this context the point can be needled in the same side (using the Jing Well point to treat pain in the Sinew channel).

## ***Comments on Indications of Mu (11.17)***

### **Image Correspondence**

In the inverted Large and Middle Taiji the area where the Mu points (11.17) are located corresponds to the head and its orifices (nose, eyes, mouth) and the upper respiratory tract. This explains their effects on tearing, dry eyes, nasal discharge, sinusitis, and respiratory symptoms associated with common cold. In the Large Taiji the fingers correspond to the uro-genital/inguinal area which explains why the points can also alleviate cystitis and hernia pain (cf. Miriam Lee’s recommendation below).

The Mu points (11.17) are also used as local points to treat dermatitis and sweating of the hand; in cases where the symptoms are restricted to one side they are needled on the diseased hand.

### **Channel Correspondence**

The Mu points (11.17) are located on the Large Intestine channel which interacts with the Liver channel via the branching and connecting channel correspondence (Hand Yang Ming – Foot Jue Yin) and relate to wood. By extension they also act on the Gallbladder channel which is externally – internally coupled with the Liver channel. Therefore the Mu points (11.17) will have beneficial effects in all cases of Liver hyperactivity or Liver fire: itching of the skin, irritability, nasal discharge, sinusitis.

The effects of the Mu points (11.17) on respiratory symptoms (e. g., during common cold) are due to the association of Liver with Wind evils, and the correspondence of the Large Intestine and the Lung which are externally – internally coupled channels (Hand Yang Ming – Hand Tai Yin). Via the same mechanism external wind patterns of the skin are treated, as the Lung controls the exterior.

### **Tissue/Zang Fu Correspondence**

The Mu points (11.17) are located where needling close to the bone will go along or through the tendons of the lumbrical and interosseus muscles, which insert at the ulnar and radial sides of the phalangeal bones. Needling the tendons will contribute to harmonizing the Liver treating Liver fire and irritability. Needling close to the bone (cutting or shaving the bone technique) invigorates the Kidney.

### **Needling and/or Manipulation**

Perpendicular needling closely along the edge of the phalangeal bone (“cutting or shaving the bone”).

For detailed needling instructions see the Appendix of this section.

### **Special recommendations**

Wei-Chieh Young maintains that in clinical practice he uses only one point, and locates it “near the metacarpophalangeal joint.”

Miriam Lee recommends the Mu points (11.17) to treat cystitis in women due to Liver fire transferred to the Bladder, and for hernia pain on the Liver channel.

## ***Comments on Indications of Pi Zhong (11.18)***

Despite the indications for Spleen diseases, the Pi Zhong points (11.18) seem to be less effective than other points and point groups used for similar complaints. Preferred points in such cases are San Zhong (77.07), Mu Dou (66.07), Mu Liu (66.06), Ming Huang (88.12), Tian Huang (88.13), and Qi Huang (88.14).

### **Image Correspondence**

In the Small Taiji and in the inverted Small Taiji the area where the Pi Zhong points (11.18) are located corresponds to the border between the Upper and the Middle Jiao, roughly covering the Spleen area.

### **Channel Correspondence**

The Pi Zhong points (11.18) are located on the Pericardium channel. The main Pericardium channel, the Pericardium network vessel, and the Pericardium channel divergence all reach the Middle Jiao. Furthermore, the Pericardium channel interacts with the Stomach channel via its branching and connecting channel correspondence (Hand Jue Yin – Foot Yang Ming) and by extension with the Spleen, which is externally – internally paired with the Stomach (Foot Yang Ming – Foot Tai Yin). The latter correspondence also explains the effect of the Pi Zhong points (11.18) on indigestion which often involves Spleen and Stomach at the same time.

### **Tissue/Zang Fu Correspondence**

The Pi Zhong points (11.18) are located where needling close to the bone will go along or through the tendons of the lumbrical and interosseus muscles, which insert at the ulnar and radial sides of the phalangeal bones. Needling the tendons contributes to harmonizing the Liver to support smooth flow of Qi. Needling close to the bone (cutting or shaving the bone technique) invigorates the Kidney.

### **Needling and/or Manipulation**

Perpendicular needling closely along the edge of the phalangeal bone (“cutting or shaving the bone”).

For detailed needling instructions see the Appendix of this section.

### **Special recommendations**

Wei-Chieh Young mentions Pi Zhong (11.18) as a very effective point for hiccup and ascribes the effect to the branching and connecting channel correspondence between Pericardium and Stomach (Hand Jue Yin – Foot Yang Ming)

One of the authors (H. McCann) has used Pi Zhong (11.18) in several cases to treat abdominal pain and other symptoms of indigestion in patients with chronic pancreatitis.

### ***Comments on Indications of Xin Chang (11.19)***

#### **Image Correspondence**

In the inverted Medium Taiji the area where the Xin Chang points (11.19) are located corresponds to the Upper Jiao.

#### **Channel Correspondence**

The Xin Chang points (11.19) are located on the Pericardium channel, which is the channel most closely associated with the myocardium. This explains their effect on the heart as listed under the indications. Palpitations as a symptom may result from impairment of the heart muscle in which case it is treated via the Pericardium channel. However, if palpitations are purely functional or emotional phenomenon, the Xin Chang points are less used.

#### **Tissue/Zang Fu Correspondence**

The Xin Chang points (11.19) are located where needling close to the bone will go along or through the tendons of the lumbrical and interosseus muscles, which insert at the ulnar and radial sides of the phalangeal bones. Needling the tendons contributes to harmonizing the Liver to support smooth flow of Qi. It also supports the effects of the Xin Chang points (11.19) on the Heart through the same name correspondence (Foot Jue Yin Liver – Hand Jue Yin Pericardium). Needling close to the bone (cutting or shaving the bone) invigorates the Kidney.

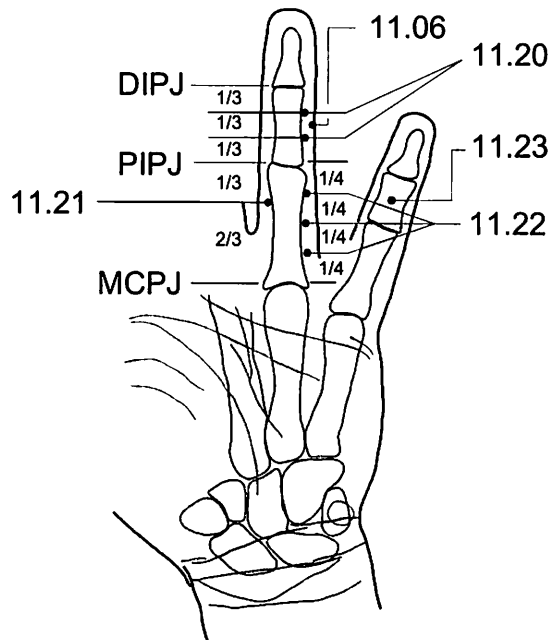
#### **Needling and/or Manipulation**

Perpendicular needling closely along the edge of the phalangeal bone (“cutting or shaving the bone”).

For detailed needling instructions see the Appendix of this section.

**Zone 1**

**Points 11.20, 11.21, 11.22, 11.23, 11.24**



**Fig. Z1-4**

Left hand, palmar surface

DIPJ = distal interphalangeal joint, PIPJ = proximal interphalangeal joint, MCPJ = metacarpo-phalangeal joint

| Point Locations  | Point Indications  |
|--|--|
| <p><b>11.20 Mu Yan (Wood Blazing)</b><br/>2 point group; evenly distributed on the palmar middle phalanx of the ring finger along the ulnar margin of the phalangeal bone; on the San Jiao channel</p>               | <p>Hepatomegaly, hepatitis, liver cirrhosis; irritability, restlessness.<br/>Clears liver and drains fire<br/>Reaction area: Liver</p> |
| <p><b>11.21 San Yan (Three Eyes)</b><br/>At the border of the distal 1/3 and the proximal 2/3 of the proximal phalanx of the ring finger along the radial margin of the phalangeal bone, on the San Jiao channel</p> | <p>Fatigue; has a supplementing function like Zu San Li (ST-36)<br/>Reaction areas: Heart, Lung</p>                                    |
| <p><b>11.22 Fu Yuan (Recovery)</b><br/>3 point group; evenly distributed on the palmar proximal phalanx of the ring finger along the ulnar margin of the phalangeal bone, on the San Jiao channel</p>                | <p>Rheumatoid arthritis with painful joints (enlarged bones)<br/>Reaction area: Liver</p>  |
| <p><b>11.23 Yan Huang (Eye Yellow)</b><br/>At the midpoint of the palmar middle phalanx of the 5th (little) finger, on the Small Intestine channel or on the Heart channel</p>                                       | <p>Jaundice, hepatitis, yellow eyes<br/>Reaction area: Gallbladder</p>   |

## **Comments on Indications of Mu Yan (11.20)**

### **Image Correspondence**

In the Small Taiji the area of location of the Mu Yan points (11.20) corresponds to the Middle Jiao, including the Liver Zang.

### **Channel Correspondence**

The San Jiao channel on which the Mu Yan points (11.20) are located interacts with the Gallbladder channel via the same name correspondence (Hand Shao Yang – Foot Shao Yang) and by extension with its internally – externally coupled partner Liver (Foot Shao Yang – Foot Jue Yin).

Furthermore, as Wei-Chieh Young points out, Master Tung considered all points on the ring finger to affect the liver.

### **Tissue/Zang Fu Correspondence**

When the Mu Yan points (11.20) are needled close to the bone, the needle will go along or through the tendons of the lumbrical and interosseus muscles, which insert at, the ulnar and radial sides of the phalangeal bones. Needling the tendons will contribute to harmonizing and soothing the Liver.

### **Needling and/or Manipulation**

Perpendicular needling closely along the edge of the phalangeal bone (“cutting or shaving the bone”).

For detailed needling instructions see the Appendix of this section.

### **Special recommendations**

Miriam Lee recommends the Mu Yan points (11.20) specifically for liver pain.

Wei-Chieh Young recommends the Mu Yan points (11.20) for treatment of hypochondriac pain, and insomnia due to Liver fire.

## **Comments on Indications of San Yan (11.21)**

### **Image Correspondence**

The area of location of San Yan (11.21) corresponds to the Middle/Upper Jiao in the Small Taiji and to the Middle/Lower Jiao in the inverted Small Taiji.

This central position is in accord with the point’s function of supplementation (i.e., strengthening Later Heaven Qi).

### **Channel Correspondence**

According to Ling Shu Chapter 10 (*Jing Mai*, On the Channels), the San Jiao channel, on which the San Yan points (11.21) are located, governs disorders of the Qi, and thus can supplement Qi.

### **Tissue/Zang Fu Correspondence**

San Yan (11.21) is needled in a fleshy area of the palmar side of the finger, and can thus supplement Qi by influencing the Spleen as the Later Heaven root of Qi. It is said that the supplementing effect of San Yan (11.21) is similar to that of Zu San Li (ST-36) albeit weaker. This is due to the fact that there is less flesh at the site of its location, while there is ample thick flesh at Zu San Li (ST-36).

### **Needling and/or Manipulation**

Perpendicular needling closely along the edge of the phalangeal bone (“cutting or shaving the bone”).

For detailed needling instructions see the Appendix of this section.

### **Special recommendations**

Acupressure can be performed at San Yan (11.21) for relief of simple fatigue.

## **Comments on Indications of Fu Yuan (11.22)**

### **Image Correspondence**

The area of location of the Fu Yuan points (11.22) correspond to the Upper, Middle, and Lower Jiao both in the Small Taiji and in the inverted Small Taiji.

### **Channel Correspondence**

The San Jiao channel on which the Fu Yuan points (11.22) are located interacts with the Gallbladder channel via the same name correspondence (Hand Shao Yang – Foot Shao Yang) and by extension with its internally – externally coupled partner Liver (Foot Shao Yang – Foot Jue Jin). In addition Wei-Chieh Young points out that Master Tung considered all points on the ring finger to affect the Liver. The Liver Zang controls the tendons. According to Ling Shu Chapter 10 (*Jing Mai*, On the Channels), the Gallbladder channel governs bones.

Furthermore the San Jiao channel interacts with Kidney via the branching and connecting channel correspondence (Hand Shao Yang – Foot Shao Yin). The Kidney Zang rules the bones.

### **Tissue/Zang Fu Correspondence**

When the Fu Yuan points (11.22) are needled close to the bone the needle will go along or through the tendons of the lumbrical and interosseus muscles, which insert at the ulnar and radial sides of the phalangeal bones. Needling the tendons contributes to harmonizing the Liver to secure the smooth flow of Qi. Touching the bone invigorates the Kidney. Both together serve to ameliorate symptoms of rheumatic joint and bone diseases.

### **Needling and/or Manipulation**

Perpendicular needling closely along the edge of the phalangeal bone (“cutting or shaving the bone”).

For detailed needling instructions see the Appendix of this section.

## ***Comments on Indications of Yan Huang (11.23)***

### **Image Correspondence**

The location of Yan Huang (11.23) corresponds to the Middle Jiao in both the Small Taiji and in the inverted Small Taiji.

### **Channel Correspondence**

If we assume that Yan Huang (11.23) is located on the Small Intestine channel, one of the main functions of Small Intestine in Chinese medicine is the separation of turbid from clear, and other points on the Small Intestine channel are important for treating jaundice (i.e., Wan Gu S.I.-4). The Small Intestine channel also interacts with Spleen via the branching and connecting channel correspondence (Hand Tai Yang – Foot Tai Yin) and thus can be used for the removal of dampness (to treat jaundice). If we place it on the Heart channel the primary connection is with the Gallbladder (Hand Shao Yin – Foot Shao Yang), similarly via the branching and connecting channel correspondence. All these correspondences, or a combination thereof, are beneficial in cases of Liver diseases or jaundice.

### **Tissue/Zang Fu Correspondence**

When Yan Huang (11.23) is needled, the needle penetrates the tendons of the finger flexors. Needling the tendons contributes to harmonizing the Liver to counteract hepatitis and its sequellae. Touching the bone will additionally invigorate the Kidney.

### **Needling and/or Manipulation**

Perpendicular needling until the bone is touched.

For detailed needling instructions see the Appendix of this section.

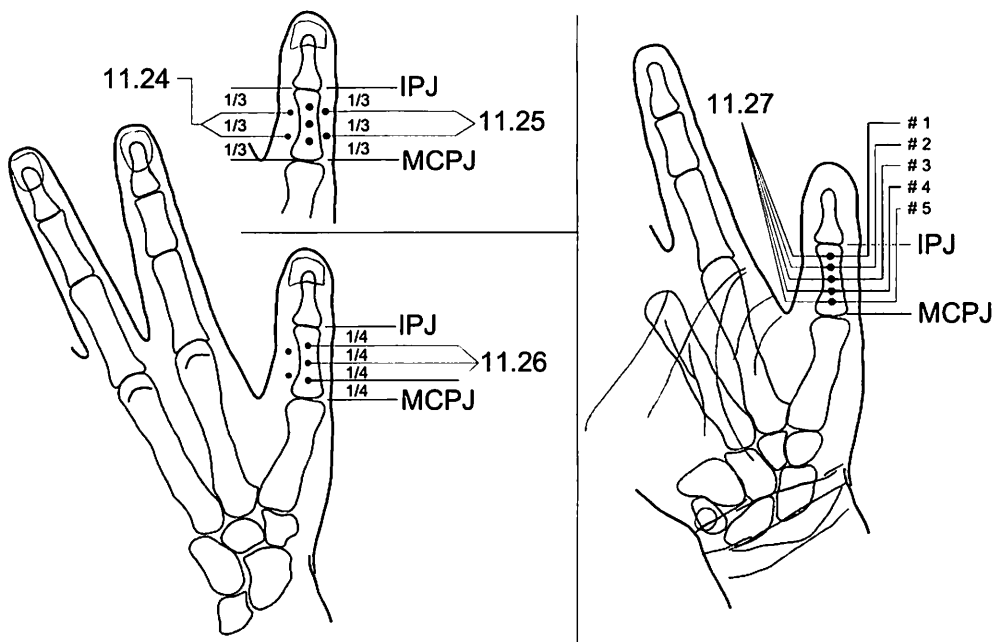
### **Special recommendations**

The name of this point in Tung’s acupuncture is “Yellow Eyes” with a special recommendation for treatment of jaundiced eyes. Note that in conventional acupuncture this area of the finger is used to treat eye disorders. The Zhen Jiu Da Cheng lists Xiao Gu Kong (M-UE-17) for treatment of a variety of eye disorders; the location of Xia Gu Kong is on the palmar aspect of the little finger, at the midpoint of the proximal interphalangeal joint.

Wei-Chieh Young recommends combining Yan Huang (11.23) with Gan Men (33.11) for acute jaundice, and with Shang San Huang (Upper Three Yellows, i.e., 88.12, 88.13, 88.14) for chronic jaundice.

**Zone 1**

**Points 11.25, 11.26, 11.27**



**Fig. Z1-5**

Left hand, dorsal surface

Right hand, palmar surface

IPJ = interphalangeal joint, MCPJ = metacarpo-phalangeal joint

| Point Locations  | Point Indications  |
|--|--|
| <p><b>11.24 Fu Ke (Gynecology)</b><br/>2 point group; evenly distributed on the dorsal proximal phalanx of the thumb near the ulnar border of the phalangeal bone, on the Lung channel</p>   | <p>All types of gynecological conditions: e.g., uterine myoma, infertility, uteritis, premenstrual tension, menorrhagia, metrorrhagia, oligomenorrhea, dysmenorrhea, uterine pain<br/>Reaction area: Uterus</p>  |
| <p><b>11.25 Zhi Yan (Stop Drooling)</b><br/>2 point group; evenly distributed on the lateral border of the dorsal proximal phalanx of the thumb near the radial border of the phalangeal bone, on the Lung channel</p>   | <p>Hyper-salivation in children<br/>Reaction area: Stomach</p>   |
| <p><b>11.26 Zhi Wu (Control the Dirty)</b><br/>3 point group; evenly distributed on the midline of the dorsal proximal phalanx of the thumb, on the Lung channel</p>   | <p>Engenders flesh; abscess, non-healing wound, bedsores, diabetic wounds<br/>Reaction areas: Spleen and Kidney</p>  |
| <p><b>11.27 Wu Hu (Five Tigers)</b><br/>5 point group; evenly distributed on the radial side of the proximal phalanx of the thumb at the border between the palmar and dorsal surfaces of the thumb (on the junction of the red and white skin); on the Lung channel<br/>The points are numbered from distal (#1) to proximal (#5)</p> | <p>Rheumatoid arthritis, osteoarthritis, osteoporosis, acute injury; pain of hands, fingers, feet, toes, heels.<br/>Specific indications:<br/>#1- pain of fingers palm, #3- toe pain, #4- dorsal foot pain, instep pain, #5- heel pain; #2- assistant to form Dao Ma with #1 or #3<br/>Reaction area: Spleen</p> |



## **Comments on Indications of Fu Ke (11.24)**

### **Image Correspondence**

In the Large and Medium Taiji the location of Fu Ke (11.24) on the thumb corresponds to the genital area and the reproductive organs.

### **Channel Correspondence**

Since the Fu Ke points (11.24) are located on the Lung channel they influence the Bladder channel according to the branching and connecting channel correspondence (Hand Tai Yin Lung corresponds to Foot Tai Yang Bladder) and by extension the Kidney channel (external – internal coupling) which both influence the reproductive system. Another important component of the treatment pattern benefiting the female reproductive system is the Liver channel which is the channel clock Yin/Yin neighbor of the Lung. The Spleen controls blood and its channel (connected to the Lung channel via the same name correspondence) enters the lower abdomen, joining with the Conception vessel at Zhong Ji (REN-3) and Guan Yuan (REN-4).

### **Tissue/Zang Fu Correspondence**

The Fu Ke points (11.24) are located where needling close to the bone goes along or through the tendons of the lumbrical and interosseus muscles, which insert at the ulnar and radial sides of the phalangeal bones. Needling the tendons contributes to harmonizing and soothing the Liver. Touching the bone with the needle invigorates the Kidney. Both the Liver and the Kidney are important for maintaining health of the reproductive organs.

### **Needling and/or Manipulation**

Perpendicular needling next to the bone (“cutting or shaving the bone technique”).

For detailed needling instructions see the Appendix of this section.

### **Special recommendations**

The Fu Ke points (11.24) treat all types of gynecological conditions. The results are improved by adding points such as Huan Chao (11.06), San Yin Jiao (SP-6), Shen Guan (77.18), or Men Jin (66.05, i.e., ST-43).

For the treatment of infertility Miriam Lee recommends combining Fu Ke (11.24), Zhong Ji (REN-3), and Zi Gong (M-CA-18).

## **Comments on Indications of Zhi Yan (11.25)**

### **Image Correspondence**

In the inverted Large and Medium Taiji the location of the Zhi Yan points (11.25) corresponds to the face and mouth.

### **Channel Correspondence**

The Zhi Yan points (11.25) are located on the Lung channel, influencing the face and mouth via the internally – externally coupled Large Intestine channel (Hand Tai Yin – Hand Yang Ming) and with its same name partner, the Foot Yang Ming Stomach.

Wei-Chieh Young explains the effects of the Zhi Yan points (11.25) by their “Qi-supplementing and astringent function.” (Young, 2008a, p. 68) According to Li they support the Spleen, order the blood, free the channels and quicken the network vessels.

### **Needling and/or Manipulation**

Perpendicular needling next to the bone.

For detailed needling instructions see the Appendix of this section.

### **Special recommendations**

According to Wei-Chieh Young, for hyper-salivation in elderly patients (usually due to Kidney vacuity cold patterns) use Shui Tong (1010.19) and Shui Jin (1010.20). One of the authors (H. McCann) has used Zhi Yan (11.25) to treat hyper-salivation in an adult from accidental ingestion of irritant chemicals. In Tung’s original book the only indication listed for Zhi Yan (11.25) was hyper-salivation in children. Subsequent authors from Taiwan however list additional indications such as drooling following stroke, stomach pain from Stomach cold, vacuity diarrhea, keratitis, conjunctivitis, optic neuritis, optic nerve atrophy, cataract, tearing on exposure to wind, toothache, and intestinal hernia. (Li 1997, p. 292)

## **Comments on Indications of Zhi Wu (11.26)**

### **Image Correspondence**

If the proximal phalanx of the thumb is taken as a Small Taiji then the Zhi Wu points (11.26) are viewed as covering the whole body (Upper, Middle, and Lower Jiao). This accounts for their rather wide spread and general effects.

### **Channel Correspondence**

The Zhi Wu points (11.26) are located on the Lung channel and communicate with the Bladder channel through the branching and connecting channel correspondence (Hand Tai Yin Lung corresponds to Foot Tai Yang Bladder). Tai Yin Lung and Tai Yang Bladder together control the exterior and rule the distribution of the Construction (Ying) and Defense (Wei) Qi, which are the prerequisite for any wound healing. Another correspondence exists with the same name channel Spleen (Hand Tai Yin – Foot Tai Yin). The Spleen is in charge of maintaining muscle function and transforming phlegm swellings. Finally, the Liver channel is activated by the Zhi Wu (11.26) points because it is the Lung's Yin/Yin channel clock neighbor. The Liver ensures smooth Qi flow and appropriate Blood distribution which are both essential for successful wound healing.

### **Tissue/Zang Fu Correspondence**

When the Zhi Wu points (11.26) are bled with a three edged needle the tendons of the short and long thumb extensor muscles are pierced. This will stimulate the distribution of Liver blood to the damaged tissues. Furthermore, bleeding is a superficial method of needling (i.e., needling the skin). Needling the skin can treat ulcerations located on the skin.

### **Needling and/or Manipulation**

Bleed the points only, no needling.

### **Special recommendations**

Wei-Chieh Young recommends the Zhi Wu points (11.26) for otitis media, herpes zoster and "internal abscess." (Young, 2008a, p.69)

## **Comments on Indications of Wu Hu (11.27)**

### **Image Correspondence**

If the proximal phalanx of the thumb is taken as a Small Taiji then the Wu Hu points (11.27) are viewed as covering the whole body. This accounts for their rather general effects on rheumatoid arthritis, osteoarthritis, and osteoporosis.

For the more specific effects on hands and fingers on the one hand and on feet and toes on the other, the assumption is that within the Small Taiji the distal and proximal subdivisions each have a selective correspondence with the hand and feet, respectively.

### **Channel Correspondence**

The Wu Hu points (11.27) are located on the Lung channel and thus correspond with the Spleen channel (same name correspondence; Hand and Foot Tai Yin) which maintains and supports muscle functions and transforms phlegm swellings. The Liver channel is activated by the Wu Hu points because it is the Lung's Yin/Yin channel clock neighbor. The Liver ensures smooth Qi flow and appropriate Blood distribution which are both indispensable when treating rheumatic and traumatic joint impairments.

### **Tissue/Zang Fu Correspondence**

Wu Hu points (11.27) are located on the thumb where the phalangeal bone is covered with tendons, subcutaneous tissue, and skin. Touching the bone with the needle benefits the bones to treat bony swelling, and invigorate the Kidney. Needling the tendons benefits the tendons and alleviates ailments like tendinitis/tendosinovitis. Furthermore, needling the tendons provide for better blood supply for joints and tendons by affecting the Liver.

### **Needling and/or Manipulation**

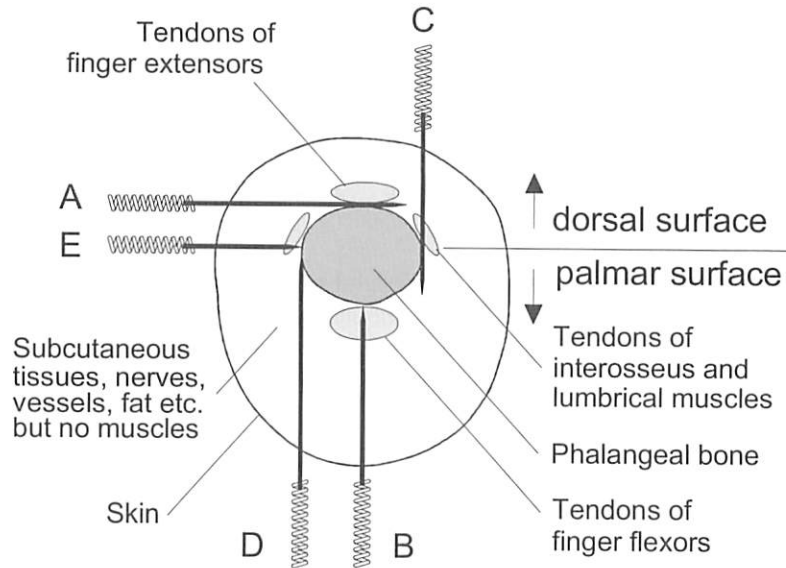
Perpendicular needling; 0.2 – 0.4 cun, touching the bone, touching the tendon.

For detailed needling instructions see the Appendix of this section.

**Special recommendations**

Wei-Chieh Young recommends the two upper Wu Hu points (11.27 #1 and 11.27 #2) for pneumonia, cough, scrofula, and tonsillitis. He attributes these indications to their location corresponding to the upper part of the body in the Small Taiji together with their location on the Lung channel. The numbering of the Wu Hu (11.27) points does not exist in Tung's original book but rather was first described by Wei-Chieh Young. In Tung's original book the indication for Wu Hu (11.27) is listed simply as "treats bony swelling of the whole body." (治全身骨腫)

**Zone 1 - Appendix**



**Fig. Z1-6**  
Methods for needling finger points.

| Needling Instructions  | Points   |
|--|--|
| <p><b>A</b><br/>Subcutaneous insertion crossing below the center line of the dorsal surface, advancing the needle horizontally under the skin (and tendon)</p>   | <p>11.10, 11.11, 11.12</p>   |
| <p><b>B</b><br/>Perpendicular insertion through the skin on the palmar center line, advancing the needle until it touches the phalangeal bone</p>  | <p>11.05, 11.18, 11.23</p>   |
| <p><b>C</b><br/>Perpendicular insertion through the skin on the dorsal surface, advancing the needle along the radial edge of the phalangeal bone ("cutting" or "shaving" the bone)</p>  | <p>11.09, 11.13 (the radial point of each group), 11.25, 11.27</p> |
| <p><b>C'</b> (not depicted in the figure. Same as C but for the ulnar side) Perpendicular insertion through the skin on the dorsal surface, advancing the needle along the ulnar edge of the phalangeal bone (cutting or shaving the bone)</p> | <p>09, 13 (the ulnar point of each group), 07, 08, 14, 15, 24</p>  |
| <p><b>D</b><br/>Perpendicular insertion through the skin on the palmar surface, advancing the needle until it touches the ulnar side edge of the phalangeal bone</p>   | <p>11.17, 11.19, 11.20, 11.22</p>                                  |
| <p><b>D'</b> (not depicted in the figure. Same as D but for the radial side) Perpendicular insertion through the skin on the palmar surface, advancing the needle until it touches the radial side edge of the phalangeal bone</p>             | <p>11.01, 11.02, 11.03, 11.04, 11.21</p>                           |
| <p><b>E</b><br/>Perpendicular insertion on the ulnar midline (border between red and white skin) in the center of the medial phalanx of the ring finger, advancing the needle until it touches the bone</p>                                    | <p>11.06</p>   |

Points 11.26 are not included because they are only bled. Points 11.24 are not included because they are an exception from the systematic description presented here. Anatomical data from Bergman et al. (2004).

# Points on the Palm and the Dorsum of the Hand

## Zone 2

### Points 22.01 – 22.11

### Gu Guan, Mu Guan, Fan Hou Jue, Zhong Kui, Zeng Chang Er, San Cha 1-3

#### Zone 2

#### Points 22.01, 22.02, 22.03, 22.04, 22.05

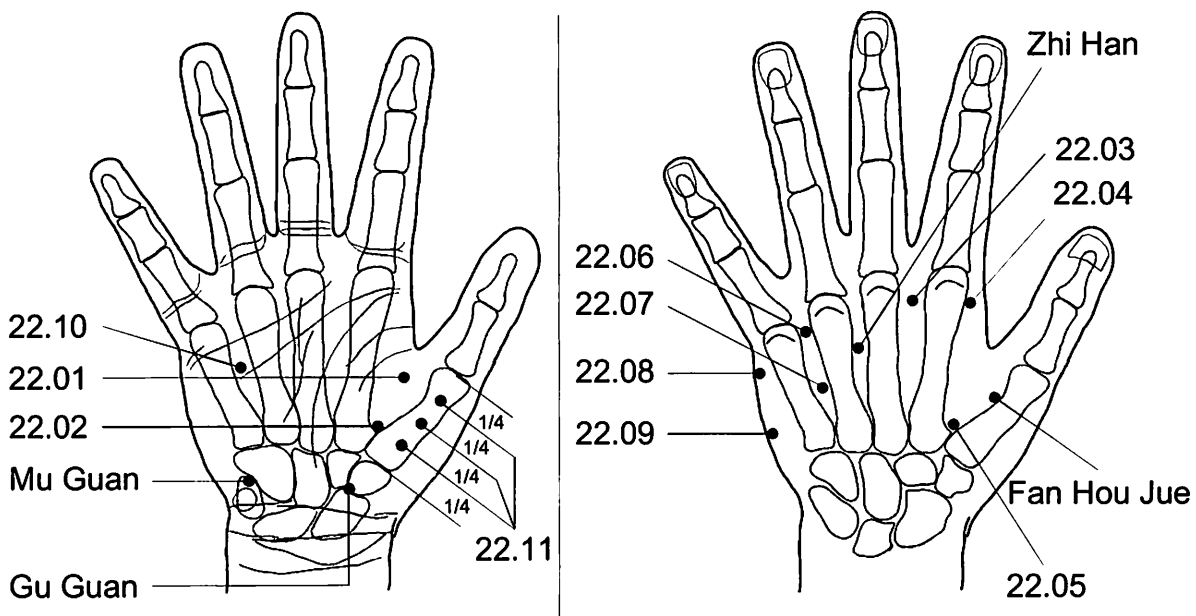


Fig. 22-1

Right hand, palmar surface

Left hand, dorsal surface

| Point Locations  | Point Indications   |
|--|---|
| <p><b>22.01 Chong Zi (Double Child)</b><br/>On the thenar eminence, about 1 cun proximal to the margin of the skin fold, between the first and second metacarpal bones, on the Lung channel</p>  | <p>Scapular and back pain, knee pain, shoulder and neck pain, muscle cramps, pneumonia, influenza, common cold, asthma, chronic obstructive pulmonary disease, cough<br/>Reaction area: Lung</p>  |
| <p><b>22.02 Chong Xian (Double Immortal)</b><br/>On the thenar eminence, at the junction of the first and second metacarpal bones, on the Lung channel. Opposite to, and communicating with, Ling Gu (22.05)</p>   | <p>Back pain, pneumonia, fever, palpitations, knee pain especially on the medial side<br/>Reaction areas: Heart, Lung</p>   |
| <p><b>22.03 Shang Bai (Upper White)</b><br/>On the dorsum of the hand, between the second and third metacarpal bones, 0.5 cun proximal to the metacarpophalangeal joints, between Pericardium and Large Intestine channels</p>                               | <p>Conjunctivitis, red itchy eyes, sciatica, and lateral side chest pain (heart pain), shoulder pain, neck pain<br/>Reaction areas: Heart, Lung, Liver</p>  |
| <p><b>22.04 Da Bai (Big White)</b><br/>On the dorsum of the hand, in a depression 1 cun distal to the junction of the first and second metacarpal bones; on the Large Intestine channel, distal to He Gu (L.I.-4), or overlapping with San Jian (L.I.-3)</p> | <p>Child asthma, high fever (very effective), and sciatica due to hypofunction of the Lung<br/>Reaction area: Lung</p>  |
| <p><b>22.05 Ling Gu (Miraculous Bone)</b><br/>On the dorsum of the hand, at the junction of the first and second metacarpal bones, on the Large Intestine channel. Opposite to and communicating with, Chong Xian (22.02) on the palmar surface</p>          | <p>Migraine, low back pain, sciatica, facial paralysis, hemiplegia, tinnitus, menstrual disorders (e.g., irregular, scanty, profuse, absent), polyuria, incontinence, foot pain, intestinal pain, difficult labor<br/>Reaction area: Lung</p> |

## **Comments on Indications of Chong Zi (22.01) and Chong Xian (22.02)**

### **Image Correspondence**

In the inverted Middle Taiji the area where Chong Zi (22.01) and Chong Xian (22.02) are located corresponds to the shoulder, neck, upper back and Upper Jiao, thus treating for example the respiratory tract and the heart.

### **Channel Correspondence**

The Lung channel on which Chong Zi (22.01) and Chong Xian (22.02) are located governs the respiratory system, which, together with their Image Correspondence, explains most of the related indications. The Liver channel (the Lung channel's Yin/Yin neighbor in the channel clock) not only ensures smooth Qi flow but also treats the Lung. The effect on back pain is understood by the influence on the Bladder channel which corresponds to the Lung channel via the branching and connecting channel correspondence (Hand Tai Yin – Foot Tai Yang).

The effect of Chong Xian (22.02) on knee pain with Spleen and Liver channel involvement (i.e., medial side of the knee) is mediated via the same name correspondence of Lung and Spleen (Hand Tai Yin – Foot Tai Yin) and via the channel clock Yin/Yin pairing of Lung and Liver. Furthermore, Spleen is associated with the muscles and thus ameliorates cramping. Finally, the Spleen main channel and channel divergence reach the Heart, thus treating palpitations.

With deep needling the Large Intestine channel is recruited and enhances the therapeutic potency of the points (see comments on points Da Bai (22.04) and Ling Gu (22.05) below).

### **Needling and/or Manipulation**

Perpendicular needling; 0.3 – 0.5 cun in depth.

### **Special recommendations**

Chong Zi (22.01) and Chong Xian (22.02) are usually used together in the Dao Ma technique.

For pain of the entire back combine Chong Zi (22.01), Chong Xian (22.02), Da Bai (22.04), and Ling Gu (22.05).

For neck and shoulder pain Wei-Chieh Young recommends combining Chong Zi (22.01) and Chong Xian (22.02) on the healthy side with Cheng Jiang (REN-24), and Chi Ze (LU-5) on the affected side as guiding points.

## **Comments on Indications of Shang Bai (22.03)**

### **Image Correspondence**

In the inverted Middle Taiji the area where Shang Bai (22.03) is located corresponds to the thorax and Upper Jiao (pain of the heart). In the Large Taiji it corresponds to the lower back (sciatica), and in the inverted Large Taiji it is reflective of face (eye problems)

### **Channel Correspondence**

Shang Bai (22.03) is related to the Pericardium and the Large Intestine channels. The Pericardium channel influences the heart, which together with the Image Correspondence explains Shang Bai's (22.03) effect in cases of heart pain projecting to the lateral chest. The treatment effect on conjunctivitis and itchy eyes is understood by the connection to the Liver channel, which is paired with Pericardium via the same name correspondence (Hand Jue Yin – Foot Jue Yin) and with the Large intestine via the branching and connecting channel correspondence (Hand Yang Ming – Foot Jue Yin). Both the Large Intestine channel and the Pericardium channel are paired with the Kidney channel (channel clock opposites and channel clock Yin/Yin neighbors, respectively), which is involved in back pain and sciatica due to Kidney patterns.

### **Needling and/or Manipulation**

Perpendicular needling; 1 cun in depth.

### **Special recommendations**

Wei-Chieh Young recommends Shang Bai (22.03) for shoulder pain (correspondence: Hand Jue Yin Pericardium – Hand Shao Yang San Jiao; external – internal coupling). For redness of the eyes in the canthus area he suggests additional bleeding of Er Shang (99.08). For itching eyes he adds Shang San Huang (88.12, 88.13, 88.14), which are located on the Liver channel, or Mu (11.17), which is located on the Large Intestine channel and therefore treats the Liver channel via the branching and connecting channel correspondence (Hand Yang Ming – Foot Jue Yin).

## **Comments on Indications of Da Bai (22.04) and Ling Gu (22.05)**

### **Image Correspondence**

In the Small Taiji and in the inverted Small Taiji, Da Bai (22.04) and Ling Gu (22.05) cover all three Jiao and thus the whole body. This is the reason for their far-reaching general effects when used as a Dao Ma combination (see below).

In the Large Taiji the area where Da Bai (22.04) and Ling Gu (22.05) are located corresponds to the lower abdomen (gastro-intestinal and uro-genital areas). When the Large Taiji is inverted the point location corresponds to the head and face.

The hand corresponds to the foot, explaining the effects of Da Bai (22.04) and Ling Gu (22.05) on foot pain.

### **Channel Correspondence**

Da Bai (22.04) and Ling Gu (22.05) are located on the Large Intestine channel, which communicates with the Stomach channel (same name channel) to treat gastro-intestinal disorders (e.g., intestinal pain). Large Intestine is externally – internally related to the Lung channel, explaining effects on the respiratory tract and on symptoms caused by Lung dysfunction. The Large Intestine channel also has a close relationship to the Kidney channel (Chinese clock opposites). Invigorating the Kidneys has beneficial effects on many of the indications given, e. g. back pain, tinnitus, and a variety of dysfunctions of the uro-genital system. Da Bai (22.04) and Ling Gu (22.05) are routinely combined to treat diseases by supplementing and moving Qi to treat such complaints as facial paralysis, hemiplegia and migraine. This effect is supported by integrating the Liver for smooth Qi flow via the branching and connecting channel correspondence (Hand Yang Ming Large Intestine – Foot Jue Yin Liver). When needled deeply to the Lung Channel, Da Bai (22.04) and Ling Gu (22.05) influence the Bladder Channel via the branching and connecting channel correspondence (Hand Tai Yin Lung – Foot Tai Yang Bladder). Thus needling these two points affects both the Kidney channel (which penetrates the lumbar spine) and the Bladder channel (which defines most of the paravertebral lumbar area) at the same time, explaining their strong effect on treating pain in the lumbar area, and their ability to supplement the Qi in general, and the Kidney Qi (and Yang) in particular.

### **Tissue/Zang Fu Correspondence**

Needling the points along the bone (“cutting or shaving the bone”) and through the tendon invigorates Kidney and regulates Liver. This helps in treating pain, and movement disorders in all areas defined by the Taiji, which are caused by malfunctioning bones, joints, and tendons. Furthermore, this area of the hand has the most flesh and thus needling here can help supplement the Spleen and Stomach. Atrophy at this area of the hand is a sign of generalized Qi and Blood vacuity patterns.

### **Needling and/or Manipulation**

Perpendicular needling; 0.5 – 1 cun in depth; can be needled along the bone (“cutting or shaving the bone”).

For Ling Gu (22.05) needling can be deeper to thread the needle through to Chong Xian (22.02) in order to recruit the Lung channel (c.f. Channel Correspondence discussion above).

### **Special recommendations**

Da Bai (22.04) and Ling Gu (22.05) are commonly used together as the Dao Ma technique.

In addition to the specific indications listed above simultaneous needling of Da Bai (22.04) and Ling Gu (22.05) benefits the whole body, which is due to a unique local constellation. Within the Small Taiji on which they are located the Shu Stream (L.I.-3, overlapping with Da Bai) and the Yuan Source point (L.I.-4) are integrated when Da Bai (22.04) and Ling Gu (22.05) are needled. Furthermore, deep needling directly recruits the Lung channel into the treatment pattern (including Chang Xian (22.02)) and influences all three Jiao via the Tissue/Zang Fu Correspondence. Therefore the point combination Da Bai (22.04) and Ling Gu (22.05) acts on the whole body, securing Earlier Heaven Qi, and supplementing and distributing Later Heaven Qi. This effect is enhanced by the abundant Qi and blood in the Yang Ming channel.

For general strengthening Ling Gu (22.05) and Da Bi (22.04) should be combined with Zu San Li (ST-36) and San Yin Jiao (SP-6). Bai Hui (DU-20) can be added for uplifting and Tai Chong (LIV-3) for facilitating and optimizing Qi movement.

Combination for lower back pain: Ling Gu (22.05) and Da Bai (22.04) right side, Zhong Bai (22.06) and Xia Bai (22.07) left side.

Combination for pain of unknown origin: Ling Gu (22.05) and Zhong Jiu Li (88.25).

Miriam Lee uses Ling Gu (22.05) and Da Bai (22.04) for elbow pain (tennis elbow), pain along the inguinal crease, and dizziness.

Wei-Chieh Young uses Ling Gu (22.05) and Da Bai (22.04) on the healthy side as the main points for hemiplegia and combines them with Feng Shi (GB-31) (=Zhong Jiu Li, 88.25) or Shen Guan (77.18). In this context he mentions Ling Gu and Da Bai's ability to move blood in the brain and maintains that their effects are superior to scalp acupuncture. Other additional Indications of Ling Gu (22.05) that Wei-Chieh Young mentions are frozen shoulder, poor appetite, prolapse of the rectum, knee joint pain, traumatic injury of the chest, chronic cough and upper abdominal fullness and distention.

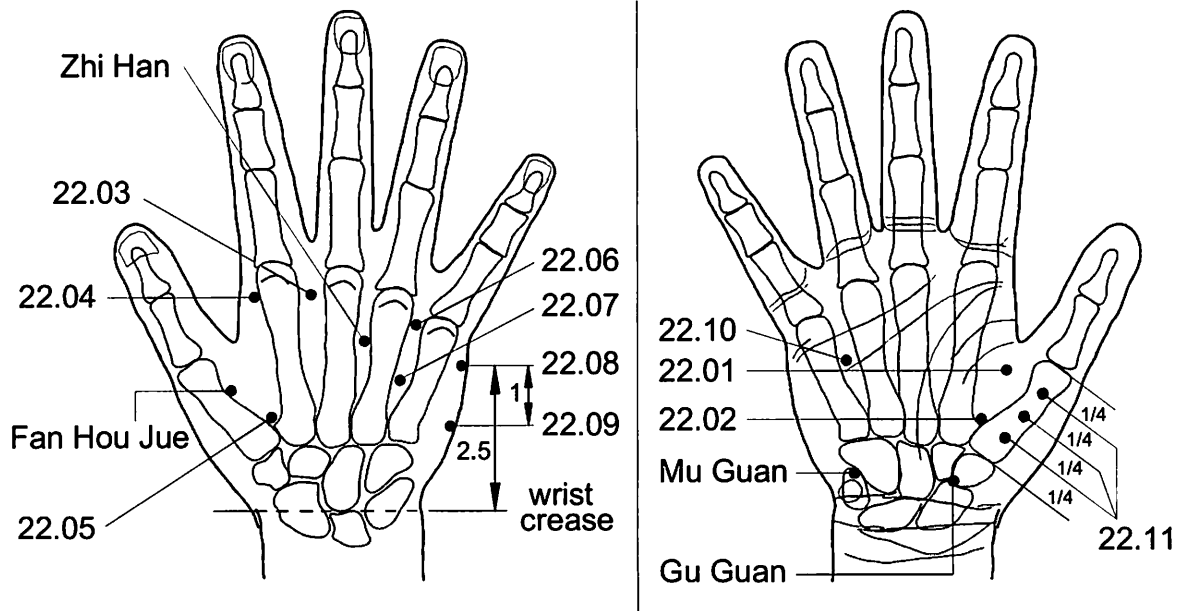
Ling Gu (22.05) and Da Bai (22.04) Dao Ma can be added to scalp acupuncture treatments to improve effectiveness. Since these points move Qi and blood in the head, they allow scalp points to work more dynamically on the body.

Depending on point combination, Ling Gu (22.05) and Da Bai (22.04) Dao Ma can function like Gui Zhi Tang, Bu Zhong Yi Qi Tang, Zhen Wu Tang, Shi Quan Da Bu Tang, or Bu Yang Huan Wu Tang.

Ling Gu (22.05) is contraindicated during pregnancy.

**Zone 2**

**Points 22.06, 22.07, 22.08, 22.09, 22.10, 22.11**



**Fig. Z2-2**  
Right hand, dorsal surface

Right hand, palmar surface

| Point Locations   | Point Indications  |
|---|--|
| <p><b>22.06 Zhong Bai (Center White)</b><br/>On the dorsal surface of the hand between the metacarpal bones of the little and ring fingers, 0.5 cun proximal to the metacarpophalangeal joints; on the San Jiao channel. Overlaps with Zhong Zhu (SJ-3).</p>                                | <p>Low back pain, fatigue, tinnitus, dizziness, hypertension, headache, sciatica (due to Kidney patterns), blurry vision, bone swelling, pain of the lateral malleolus, edema of the limbs<br/>Reaction areas: Kidney, Heart, Spleen</p> |
| <p><b>22.07 Xia Bai (Lower White)</b><br/>On the dorsal surface of the hand between the 4th and 5th metacarpal bones, 1.5 cun proximal to the metacarpophalangeal joint, on the San Jiao channel, 1 cun posterior to Zhong Bai (22.06). Overlaps the extra point Yao Tong Xue (N-UE-19)</p> | <p>Same as Zhong Bai (22.06); toothache, myopia<br/>Reaction areas: Kidney, Heart, Spleen</p>  |
| <p><b>22.08 Wan Shun Yi (Wrist Flow, One)</b><br/>On the ulnar margin of the hand on the junction of the red and white skin, 2.5 cun distal to the wrist joint crease, 0.5 cun proximal to Hou Xi (S.I.-3), on the Small Intestine channel</p>  | <p>Headache, back pain (especially due to Kidney vacuity), fatigue, nephritis, pain and fatigue of the whole body, sciatica, edema of the limbs, epistaxis (nosebleed).<br/>Reaction area: Kidney</p>                                    |
| <p><b>22.09 Wan Shun Er (Wrist Flow, Two)</b><br/>On the ulnar edge of the hand on the junction of the red and white skin, 1.5 cun distal to the wrist joint crease, 1 cun proximal to Wan Shun Yi (22.08), on the Small Intestine channel</p>  | <p>Same as Wan Shun Yi (22.08); hip pain.<br/>Reaction area: Kidney</p>  |
| <p><b>22.10 Shou Jie (Hand Release)</b><br/>On the palm, between the 4th and 5th metacarpals, 0.5 cun proximal to the distal transverse crease; on the Heart channel. Overlaps with Shao Fu (HT-8)</p>  | <p>Iatrogenic effects of acupuncture treatment, severe trauma, intense pain<br/>Reaction area: Kidney</p>  |
| <p><b>22.11 Tu Shui (Earth Water)</b><br/>3 point group; evenly distributed on the thenar surface of the 1st metacarpus, on the junction of the red and white skin, on the Lung channel. The central point overlaps Yu Ji (LU-10).</p>  | <p>Gastritis, gastric ulcer, pain in the fingers<br/>Reaction areas: Kidney, Spleen</p>  |



## **Comments on Indications of Zhong Bai (22.06) and Xia Bai (22.07)**

### **Image Correspondence**

In the Large Taiji the area where Zhong Bai (22.06) and Xia Bai (22.07) are located corresponds to the lower back, the uro-genital area and the Kidney.

In the inverted Large and Middle Taiji the area where Zhong Bai (22.06) and Xia Bai (22.07) are located corresponds to the shoulder, neck, head, and face (including teeth and eyes). In the Large Taiji the area of Zhong Bai (22.06) and Xia Bai (22.07) also corresponds to the feet (ankle area).

### **Channel Correspondence**

Zhong Bai (22.06) and Xia Bai (22.07) are located on the San Jiao channel; Zhong Bai (22.06) overlaps with Zhong Zhu (SJ-3), the Shu Stream point. The points treat pain along the San Jiao channel and its same name partner the Gallbladder (Hand Shao Jang – Foot Shao Yang). Shu points treat pain and heaviness in the body, and intermittent conditions. On Yang channels they are associated with wood phase and thus treat disorders of the tendons. All of this taken together refers to its use in cases of chronic pain with changing intensity where involvement of tendons and ligaments can be seen in conditions such as back pain and sciatica. Via the branching and connecting channel correspondence Zhong Bai (22.06) and Xia Bai (22.07) invigorate the Kidney (Hand Shao Yang – Foot Shao Yin). This explains why the points are beneficial for several symptoms associated with Kidney vacuity patterns: fatigue, tinnitus, blurred vision, dizziness, edema, hypertension, back pain, etc. Toothache can also be due to Kidney insufficiency if it originates from the bony structure of the teeth. Some of the symptoms mentioned also originate from, or are aggravated by, heart disease. In such cases the beneficial effects of Zhong Bai (22.06) and Xia Bai (22.07) are understood through the internal – external correspondence Hand Shao Yang (San Jiao) – Hand Jue Yin (Pericardium).

### **Tissue/Zang Fu Correspondence**

Needling Zhong Bai (22.06) and Xia Bai (22.07) can be directed to touch bone and tendons; both will enhance the mechanisms of action described.

### **Needling and/or Manipulation**

Perpendicular needling; 0.2 – 0.5 cun in depth.

### **Special recommendations**

Zhong Bai (22.06) and Xia Bai (22.07) are usually needled together as a Dao Ma group.

Wei-Chieh Young recommends Zhong Bai (22.06) and Xia Bai (22.07) for biliary colic (same name correspondence Shao Yang San Jiao – Shao Yang Gallbladder). His combination for treating pain of the lower limbs is Ling Gu (22.05) and Da Bai (22.04) right side, Zhong Bai (22.06) and Xia Bai (22.07) left side. Wei-Chieh Young also remembers that Master Tung usually selected Zhong Bai 22.06 to treat low back pain occurring when one stands up after sitting. Zhong Bai (22.06) is also in Wei-Chieh Young's repertoire for shoulder pain.

## **Comments on Indications of Wan Shun Yi (22.08) and Wan Shun Er (22.09)**

### **Image Correspondence**

In the Large Taiji the area where Wan Shun Yi (22.08) and Wan Shun Er (22.09) are located corresponds to the lower back and the uro-genital area and Kidney.

In the inverted Large and Middle Taiji the area where Wan Shun Yi (22.08) and Wan Shun Er (22.09) are located corresponds to the shoulder, neck, head, and face, including the nose.

### **Channel Correspondence**

Wan Shun Yi (22.08) and Wan Shun Er (22.09) are located on the Small Intestine channel overlapping the areas of the Shu Stream and Yuan Source points. Through the correspondence with its same name partner (Hand Tai Yang – Foot Tai Yang) the points effectively treat pain along the Tai Yang area (Small Intestine and Bladder channels) such as back pain, headache, and pain of the back of the legs, including the popliteal fossa. Wan Shun Yi (22.08) is located very close to Hou Xi (S.I.-3), the opening point of the Du Mai, and the Shu Stream point on the Small Intestine channel, which enhances its effect on back pain (Shu Stream points treat pain and heaviness in the body).

Extending the pattern of correspondence to include the Bladder channel's internally coupled partner, the Kidney channel, serves to explain why Wan Shun Yi (22.08) and Wan Shun Er (22.09) are important points for invigo-

rating the Kidneys and treating symptoms of Kidney vacuity in Master Tung's system. Palpating weakness and softness of the tissues in the area of these points is a diagnostic sign for Kidney vacuity, and this area of the hand in general corresponds to the Kidney in Tung's palm diagnosis system.

#### **Tissue/Zang Fu Correspondence**

Needling Wan Shun Yi (22.08) and Wan Shun Er (22.09) can be directed to touch bone and tendons; both will enhance the mechanisms of action described.

#### **Needling and/or Manipulation**

Perpendicular needling; 1 – 1.5 cun in depth; can be needled to touch the bone, or with shaving the bone technique needling just anterior to the metacarpal bones.

#### **Special recommendations**

Wan Shun Yi (22.08) and Wan Shun Er (22.09) are often needled together as a Dao Ma group.

Wei-Chieh Young reports that Master Tung also used Wan Shun Yi (22.08) to treat tinnitus, double hearing, lower abdominal distention, stiffness and pain of the popliteal fossa, and waist pain.

#### **Comments on Location of Shou Jie (22.10)**

Shou Jie (22.10) is the only point in Master Tung's system on the Heart channel. Contemporary Heart channel points did not exist in the Huang Di Nei Jing, and in ancient medical writing such as the Ma Wang Dui medical manuscripts the Heart channel was altogether absent. This may attest to the antiquity of the Tung family acupuncture, in that the system may have originated before the Heart channel points were "invented."

#### **Comments on Indications of Shou Jie (22.10)**

##### **Image Correspondence**

In the Middle Taiji, Shou Jie (22.10) corresponds directly to the Heart, and in the Large Taiji it corresponds to the head. Both correspondences are in accord with the point's potency to normalize the Heart and restore consciousness.

##### **Channel Correspondence**

Shou Jie (22.10) is near Shao Fu (HT-8), the Ying Spring and fire point on the Heart channel. Ling Shu 44 (*Si Qi Yi Ri Fen Wei Si Shi*, The Four Seasons Correspond to Four Times of Day) says that Ying Spring points are indicated for changes in the complexion which includes pallor associated with fainting. Furthermore, the Heart is the seat of consciousness and governs the entire body. Since this point is near the fire (Heart) point of the Heart channel it can thus be used to restore consciousness (i.e., return normal complexion) to a patient who has fainted from acupuncture. Along these same lines – since the point has a normalizing function on the Heart – it can treat both physical and emotional trauma.

In most cases severe physical trauma muscles (flesh) and bones are injured. Via the channel clock Yin/Yin pairing of the Heart and Spleen channels, needling Shou Jie (22.10) treats damaged muscle tissue and flesh (Spleen governs muscle / flesh). If we accept Wang and Robertson's (2008) notion that the Spleen controls blood supply at the capillary level this would further promote tissue repair. Bones and Marrow are under the influence of the Kidney which is recruited via the same name correspondence (Hand Shao Yin – Foot Shao Yin).

Treating the Kidney will also help to reduce fright and fear often present after severe emotional trauma.

Su Wen Chapter 74 (*Zhi Zhen Yao Da Lun*, Great Treatise on the Essentials of the Most Reliable) says that pain and itching are related to the Heart. Thus Shou Jie (22.10) treats pain of the entire body, and also has an anti-itching effect.

##### **Needling and/or Manipulation**

Perpendicular insertion, 0.3 – 0.5 cun in depth. Retain needle for 3 to 5 minutes to treat iatrogenic effects of acupuncture. If effect was caused by one specific needle, apply Shou Jie (22.10) on opposite side of the body. For severe trauma or generalized pain syndromes longer retention is applicable.

##### **Special recommendations**

Combine Shou Jie (22.10) with Jie (88.28) or Liang Qiu (ST-34) for whole body pain or trauma.

## **Comments on Indications of Tu Shui points (22.11)**

### **Image Correspondence**

In the Small Taiji, the areas where the Tu Shui points (22.11) are located correspond to all three Jiao. In the Large Taiji the painful hand corresponds to the unaffected hand of the healthy side. According to this correspondence Tu Shui (22.11) treats palmar, finger and hand bone pain.

### **Channel Correspondence**

The Tu Shui (22.11) points are located on the Lung channel and therefore treat diseases of that channel. The internal pathway of the Lung channel travels from the Middle Jiao (Zhong Wan REN-12) to the intestines, and encircles the Stomach, which explains Tu Shui's indications. The Tai Yin Lung channel also communicates with the same named Tai Yin Spleen channel to treat gastro-intestinal disorders. The Tu Shui points (22.11) also recruit the Liver channel via its Yin/Yin pairing with Lung channel (channel clock neighbors), and thus treat the Liver Zang and the whole of the Middle Jiao.

### **Tissue/Zang Fu Correspondence**

At the site of Tu Shui (22.11) the thenar muscle is quite thick, which contributes focus of the points' effect on the Middle Jiao (flesh corresponds to Spleen).

### **Needling and/or Manipulation**

Perpendicular needling closely along the 1st metacarpal bone; 0.5 – 1 cun in depth. Needling can be done at 2 out of the 3 points each treatment to reduce number of needles and lessen patient discomfort.

### **Special recommendations**

Wei-Chieh Young states that since Tu Shui (22.11) "is able to treat diseases of the Lung, Spleen and Kidney. It regulates Qi, and is therefore very effective in treatment of stomach and asthmatic breathing" (Young, 2008a, p. 87).

According to Ling Shu Chapter 10 (*Jing Mai*, On the Channels), the thenar eminence is the area of the hand used to diagnose the Stomach – Middle Jiao. The Zhen Jiu Zi Sheng Jing says that Yu Ji (LU-10) governs stomach counterflow and sudden turmoil and treats stomach counterflow in stomachache. Furthermore, according to Sun Si Miao, Yu Ji (LU-10) treats diseases in the abdomen. (Wang 2014) As the central point of Tu Shui (22.11) overlaps Yu Ji (LU-10), this corroborates the use of needling this part of the hand for the indications listed above.

The name Tu Shui (Earth Water) is a reference to needling the fleshy part of the hand (Earth) near the bone (Water). Thus it treats conditions related to these phases such as cold in the Stomach (cold relates to Water phase), or dampness in the Middle Jiao such as damp type diarrhea (dampness is overabundance of Water in Earth).

## Zone 2

## Points Mu Guan, Gu Guan, Fan Hou Jue, Zhi Han

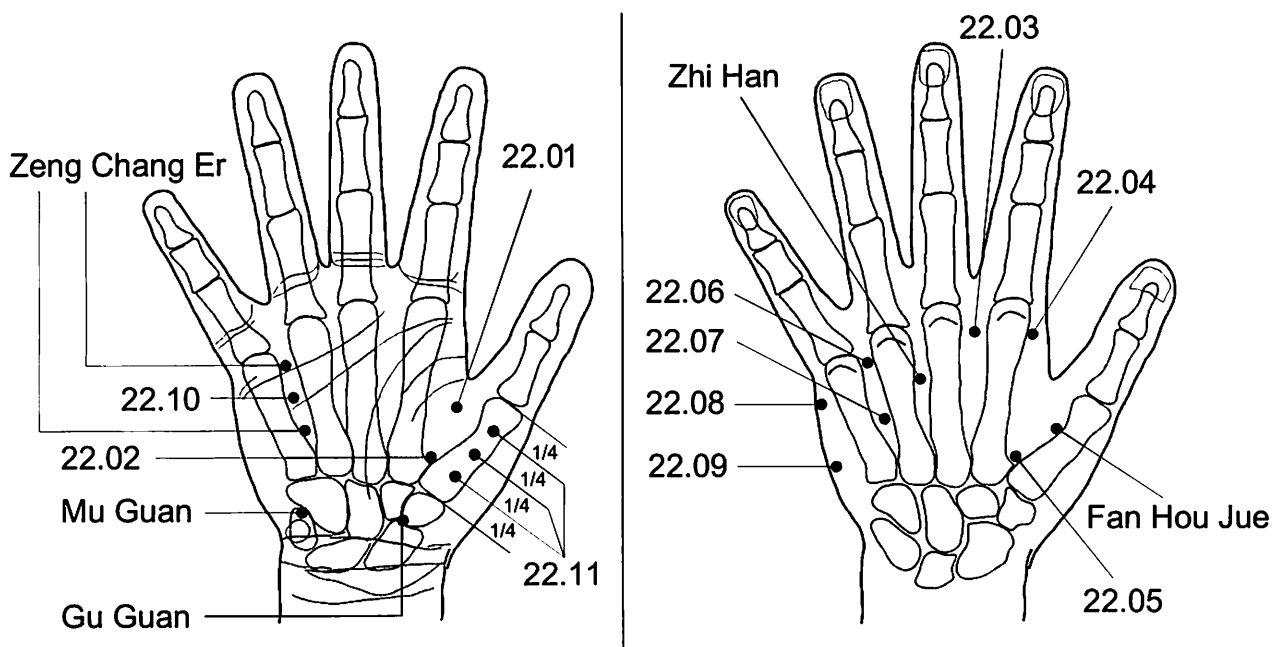


Fig. Z2-3

Right hand, palmar surface

Left hand, dorsal surface

| Point Locations  | Point Indications  |
|--|--|
| <p><b>Mu Guan (Wood Gate)</b><br/>At the base of the palm of the hand about 0.5 cun distal to the prominence of the pisiform bone, between Pericardium and Heart channels</p>  | <p>Rheumatoid arthritis, swelling of the joints, bone swelling, heel pain<br/>Reaction areas: Kidney, Lung</p> |
| <p><b>Gu Guan (Bone Gate)</b><br/>At the base of the palm of the hand in the depression about 0.5 cun distal to the prominence of the scaphoid bone, between Pericardium and Lung channels</p>   | <p>Same as Mu Guan<br/>Reaction areas: Kidney, Lung</p>  |
| <p><b>Fan Hou Jue (Cutting Opposite and Behind)</b><br/>On the dorsum of the hand, 1 cun distal to Ling Gu (22.05) at the ulnar margin of the first metacarpal bone, between Lung and Large Intestine channels</p>   | <p>Back pain and shoulder pain<br/>Reaction area: Lung</p>   |
| <p><b>Zhi Han (Stop Sweating)</b><br/>On the dorsum of the hand between the 3rd and 4th metacarpal bones, 1.5 cun proximal to the MCP joints, between Pericardium and San Jiao channels. Special point from Dr. Hu Bing Quan</p>   | <p>Stops sweating in various diseases<br/>Reaction areas: Liver, Spleen</p>                                    |
| <p><b>Zeng Chang Er (Increase Growth Two)</b><br/>2 point group; the first point is 5 fen proximal to Shou Jie (22.10), and the second point is 5 fen further distal; points are located along the edge of 5th metacarpal, at the base and just distal, on the Heart channel</p> | <p>Delayed development in childhood<br/>Reaction area: Kidney</p>  |

## **Comments on Locations of Mu Guan and Gu Guan**

The description of the locations and indications of Mu Guan and Gu Guan given above come from Richard Tan (1996).

Mu Guan and Gu Guan are included in J. H. Maher's Dao Ma group "Palm Three Passes" together with a third point (Zhong Guan, "Middle Gate") which is located midway between Mu Guan and Gu Guan, 0.5 cun distal to Da Ling (PC-7). In the Chinese language literature they are included in books by Dr. Li Guo Zhen, a practitioner of Tung's acupuncture in Taiwan.

J. H. Maher also reports a much wider range of indications, including sciatica, hemiplegia, osteophytes, hyperuricemic toxicity, food/drug poisoning, leg pain, systemic polyarthralgia, calcaneodynia, Morton's neuroma, sense of cardiac oppression, hystericalgia, and a sense of intrauterine heat.

## **Comments on Indications of Mu Guan and Gu Guan**

### **Image Correspondence**

In the Large Taiji the hand corresponds to the lower back and abdomen explaining the points' effect on the uterus and on sciatica with radiation down the leg. In the inverted Middle Taiji the area where Mu Guan and Gu Guan are located covers the Upper Jiao which matches the indication for the "sense of cardiac oppression."

### **Channel Correspondence**

Mu Guan is located between the Pericardium and the Heart channels. Gu Guan is located between the Pericardium and the Lung channels. Therefore, including the channels that are directly influenced by the needling (Heart, Pericardium, Lung), all 12 channels are recruited through the correspondence patterns inherent in Tung's system. I.e., Heart channel corresponds to Small Intestine, Kidney, Spleen, and Gallbladder channels. Pericardium channel corresponds to San Jiao, Liver, Kidney, and Stomach channels. Lung channel corresponds to Large Intestine, Spleen, Liver, and Bladder channels. This might be a way to understand the effects of Mu Guan and Gu Guan on such general diseases like polyarthritis, toxicity, and poisoning.

### **Needling and/or Manipulation**

Perpendicular needling; 0.2 – 0.5 cun in depth.

### **Special recommendations**

Both points are needled together as a Dao Ma group.

J. H. Maher reports that for calcaneal bone spurs he inserts the needles at a 45° angle toward the fingers. The patient in prone position is instructed to maximally plantar flex/dorsiflex the ankle while the shin is supported by a pillow as an application of the Dong Qi Needle Technique. He includes Zhong Guan in the group (cf. above).

## **Comments on Indications of Fan Hou Jue**

### **Image Correspondence**

In the Large Taiji the area where Fan Hou Jue is located corresponds to the lower back. In the inverted Middle Taiji the point location corresponds to the upper back and shoulders.

### **Channel Correspondence**

Fan Hou Jue is located between the Lung channel and Large intestine Channels. The Lung channel has a branching and connecting channel correspondence with the Bladder channel (Hand Tai Yin – Foot Tai Yang). The Bladder channel covers the major parts of the back and the shoulders. The Large Intestine channel itself traverses the shoulder and upper back.

### **Tissue/Zang Fu Correspondence**

Needling the point along the bone ("cutting or shaving the bone") and through the tendon will invigorate Kidney and course Liver. This helps treat pain and movement disorders of the back and shoulders with impairments of bones, joints, and tendons.

### **Needling and/or Manipulation**

Perpendicular needling; 0.5 cun in depth; can be needled along the edge of the bone ("cutting or shaving the bone").

### Special recommendations

Fan Hou Jue is usually combined with Ling Gu (22.05). The effect of Fan Hou Jue and Ling Gu (22.05) combination have a similar effect on treating the upper back as Chong Zi (22.01) and Chong Xian (22.02), as these points all lie opposite one another. Needling Fan Hou Jue and Ling Gu (22.05) slightly deeply also stimulates Chong Zi (22.01) and Chong Xian (22.02). For many patients needling the dorsal hand is more comfortable than needling the thenar eminence.

### Comments on Indications of Zeng Chang Er

#### Image Correspondence

In the Large Taiji the area where Zeng Chang Er are located corresponds to the Lower Jiao, and thus stimulates Kidney. In the inverted Large Taiji they correspond to the head and thus can stimulate the brain as the Sea of Marrow.

#### Channel Correspondence

The Zeng Chang Er point group is located on the Heart channel, which has a direct connection in Chinese medicine to cognitive development. Su Wen Chapter 8 (*Ling Lan Mi Dian Lun*, Secret Treatise of the Miraculous Orchid) says that the Heart is the sovereign and that Spirit Brilliance emanates forth from it. Spirit Brilliance (*shen ming* 神明) refers to clear consciousness. The Heart channel also treats the Kidney channel (Hand Shao Yin – Foot Shao Yin), which stores Jing Essence. Furthermore, the Heart channel has a branching and connecting relationship with the Gallbladder channel (Hand Shao Yin – Foot Shao Yang), the channel that governs bones.

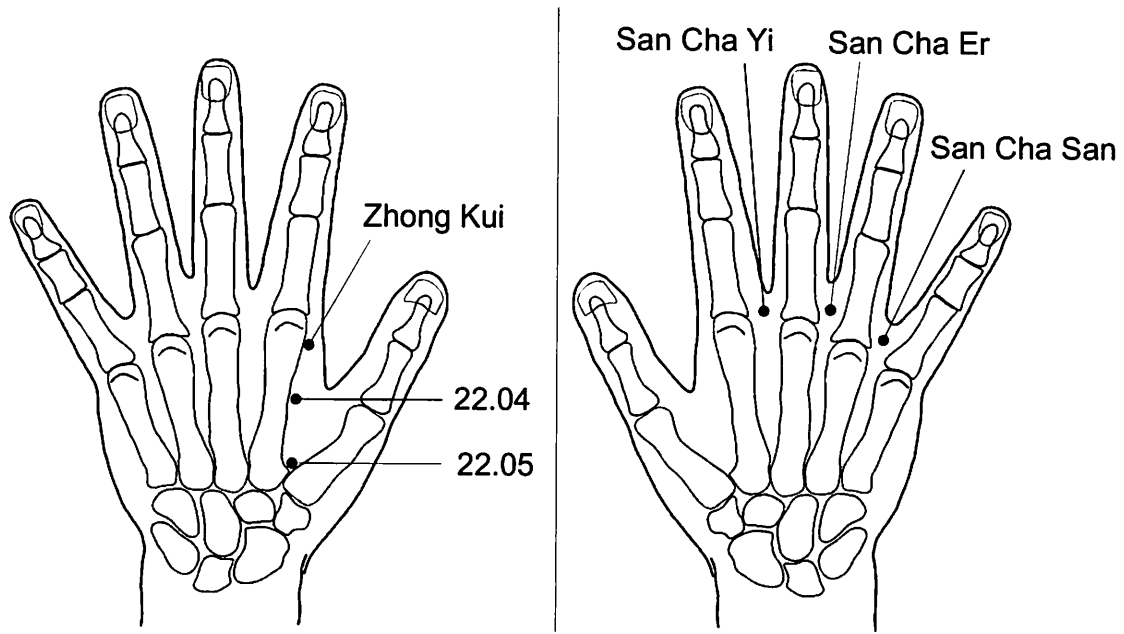
#### Special recommendations

Zeng Chang Er points lie both proximal and distal to Shao Fu (HT-8) and thus stimulate the area of this point. Shao Fu (HT-8) is the fire point on the fire channel, and since it is one of the most distal points on the channel it is very Yang in nature. This taken together with the previously mentioned Taiji and Channel correspondences explain the points' use for what in Chinese pediatrics is described as the Five Slows (*wu chi* 五遲: delayed standing, movement, hair growth, teeth growth and speech) and the Five Weaknesses (*wu ruan* 五軟: delayed fontanel closing and weak neck, soft hair, weak mouth, weak feet, and weak muscles). The former problem is related specifically to Heart and Kidney vacuity patterns, and the latter to Kidney vacuity.

According to Dr. Hu Bing Quan, Fan Hou Jue and Zeng Chang Er were secret lineage points in Tung's acupuncture and since they were not included in Tung's original text they are not numbered.

**Zone 2**

**Points 22.04, Zhong Kui, San Cha Yi, San Cha Er, San Cha San**



**Fig. Z2-4**  
Left hand, dorsal surface

Right hand, dorsal surface

| Point Locations   | Point Indications   |
|---|---|
| <p><b>22.04 Da Bai (Big White) – Alternate Location</b><br/>On the dorsum of the hand, at the middle of the second metacarpal bone on the Large Intestine channel, overlaps He Gu (L.I.-4)</p>  | <p>Same as He Gu (L.I.-4)</p>   |
| <p><b>Zhong Kui (Important Chief)</b><br/>On the dorsum of the hand, 1 cun distal to Da Bai (22.04), on the Large Intestine channel, overlaps San Jian (L.I.-3)</p>   | <p>Common cold, high fever<br/>Reaction areas: Radius, Lung</p>   |
| <p><b>San Cha Yi (Three Openings, One)</b><br/>On the dorsum of the hand between the MCP joints of the 2nd and 3rd finger between the Large Intestine and Pericardium channels.</p>   | <p>Shoulder pain, backache, neck pain, lower back pain, hypochondriac pain, stomachache, irregular menstruation, and metrorrhagia. Also regulate and strengthen Lung Qi.</p>  |
| <p><b>San Cha Er (Three Openings, Two)</b><br/>On the dorsum of the hand between the MCP joints of the 3rd and 4th finger between the Pericardium and San Jiao channels</p>   | <p>Knee joint pain, acute lumbar sprain, and diseases of the five sense organs. Also strengthens the Heart</p>  |
| <p><b>San Cha San (Three Openings, Three)</b><br/>On the dorsum of the hand between the MCP joints of the 4th and 5th finger on the San Jiao channel. Identical with SJ-2, but needled deeply advanced toward SJ-3 (~Zhong Bai, 22.06) or Shao Fu (HT-8) along, and parallel to, the metacarpal bones, with the hand forming a soft fist.</p> | <p>Common cold, headache, shoulder pain, diseases of the five sense organs, sore throat, tinnitus, palpitation, redness, swelling and pain of eyes, urticaria, leg pain, droop or heaviness of eyelids, fatigue, and myasthenia gravis. Also strengthens the Spleen and Kidney.</p> |

### **Comments on Location of Da Bai (22.04) and Zhong Kui**

According to Dr. Hu and some other Taiwanese authors, Da Bai (22.04) is located at He Gu (L.I.-4) rather than at San Jian (L.I.-3) which is the location depicted in the previous figure, Z2-1. According to Hu, Zhong Kui is a secret lineage point of Tung's acupuncture, not mentioned in Tung's original book. When locating Zhong Kui one should be aware that "1 cun distal to Da Bai" refers to Dr. Hu's location of Da Bai at He Gu (L.I.-4.) This will place Zhong Kui at San Jian (L.I.-3).

### **Comments on Indications of Da Bai (22.04) and Zhong Kui**

Zhong Kui alone does not add much to the therapeutic spectrum. The main difference in Dr. Hu's constellation is that his location of Da Bai (22.04) makes it functionally identical with the Yuan Source point of the Large Intestine channel, He Gu (L.I.-4). This enhances the potency of the Dao Ma group which Da Bai and Zhong Kui form with Ling Gu. When Ling Gu (22.05), Da Bai (22.04), and Zhong Kui are used together the Dao Ma group includes three points that then very directly regulate all three Jiao, as the Small Taiji of the metacarpal bone representing all three Jiao simultaneously.

### **Comments on Location of San Cha Yi, San Cha Er, and San Cha San**

The Three San Cha points are located by having the patient place the hand in a soft fist. The points lie in the depressions between the heads of the metacarpals, proximal to the web margin, similar to the Ba Xie (M-UE-22) points.

### **Comments on Indication of San Cha Yi, San Cha Er, and San Cha San**

#### **Image Correspondence**

The entire hand is a Small Taiji with the Upper Jiao associated with the second metacarpal and the Lower Jiao with the fifth metacarpal. The indications of San Cha Yi are thus associated with the Upper Jiao, and San Cha San with the Lower Jiao. Since the Taiji can be inverted however, areas associated with the Upper Jiao also affect the Lower Jiao and vice versa. In the Large Taiji the hand is associated both with the lower part of the body thereby explaining indications related to the back and lower extremities. In the inverse Large Taiji, the hand also images the head, explaining indications such as the common cold and diseases of the sense organs.

#### **Channel Correspondence**

San Cha Yi lies between the Hand Yang Ming Large Intestine and Hand Jue Yin Pericardium, hence its ability to treat disorders of the Lung as well as the Stomach and uterus (the Pericardium channel penetrates the Upper, Middle and Lower Jiao). Furthermore, both channels communicate with the Foot Jue Yin Liver channel (Hand Jue Yin is same named channel, and Hand Yang Ming communicates with Foot Jue Yin through branching channel correspondence), strengthening the point's effect on menstruation.

San Cha Er lies between the Hand Jue Yin Pericardium and the Hand Shao Yang San Jiao channels. This explains the point's ability to strengthen the Heart (relating to the Pericardium channel) and its ability to treat the lower body associated with the Kidney (Shao Yang and Shao Yin communicate through the branching channel correspondence).

San Cha San lies between the Hand Shao Yang San Jiao, Hand Tai Yang Small Intestine, and Hand Shao Yin Heart channels. All three of these channels are associated with the Kidney channel (Shao Yang and Shao Yin through branching channel correspondence, Shao Yin Heart and Shao Yin Kidney through same name channel correspondence, and Tai Yang Small Intestine through its relationship to the Tai Yang Bladder channel which penetrates the Kidney directly). Needling San Cha San is threading Ye Men (SJ-2), Zhong Zhu (SJ-3) and Hou Xi (S.I.-3). Since both Zhong Zhu (SJ-3) and Hou Xi (S.I.-3) are Shu Stream points, San Cha San has a strong ability to treat pain. Furthermore, both Zhong Zhu (SJ-3) and Hou Xi (S.I.-3) are used to treat exterior disease evils such as in the common cold.

#### **Needling and/or Manipulation**

Perpendicular needling along the mid-coronal plane of the hand, parallel to the metacarpals 1.0 – 1.5 cun in depth.

#### **Special recommendations**

San Cha San is the most commonly used point in this group and can be used as a general supplementation point along with Shen Guan (77.18).

The word "cha" 叉 means to cross, to diverge, or to open (as in legs). Here it refers to the open spaces between the fingers as a reference to the anatomical location of the points.



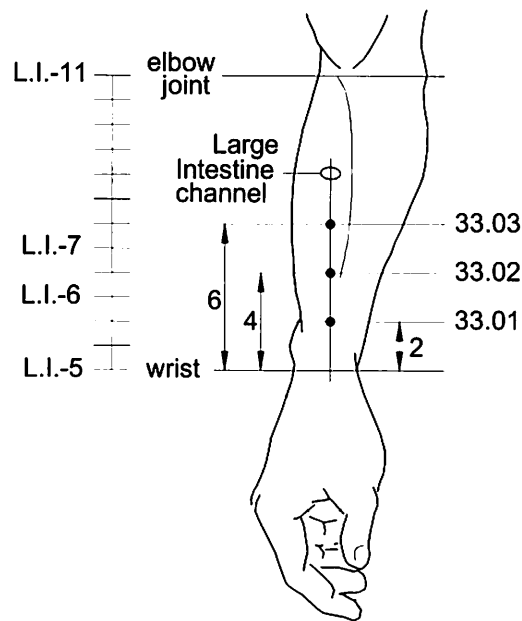
# Points on the Forearm

## Zone 3

### Points 33.01 – 33.16

#### Zone 3

#### Points 33.01, 33.02, 33.03



**Fig. Z3-1**

Right forearm, anterior surface

Axis on left: longitudinal coordinates of selected TCM points in the area; spaces between tick marks 1 cun

| Point Locations   | Point Indications   |
|---|---|
| <p><b>33.01 Qi Men (This Gate)</b><br/>On the lateral border of the radius, 2 cun proximal to the wrist on a line between Yang Xi (L.I.-5) and Qu Chi (L.I.-11), on the Large Intestine channel</p>   | <p>Leucorrhea, anal prolapse, hemorrhoids, irregular menstruation<br/>Reaction area: Lung</p> |
| <p><b>33.02 Qi Jiao (This Horn)</b><br/>On the lateral border of the radius, 4 cun proximal to the wrist on a line between Yang Xi (L.I.-5) and Qu Chi (L.I.-11), 2 cun proximal to Qi Men (33.01), on the Large Intestine channel</p>      | <p>Leucorrhea, anal prolapse, hemorrhoids, irregular menstruation<br/>Reaction area: Lung</p> |
| <p><b>33.03 Qi Zheng (This Upright)</b><br/>On the lateral border of the radius, 6 cun proximal to the wrist on a line between Yang Xi (L.I.-5) and Qu Chi (L.I.-11), 2 cun proximal to Qi Jiao (33.02), on the Large Intestine channel</p> | <p>Leucorrhea, anal prolapse, hemorrhoids, irregular menstruation<br/>Reaction area: Lung</p> |

## **Comments on Indications of Qi Men (33.01), Qi Jiao (33.02), and Qi Zheng (33.03)**

### **Image Correspondence**

In the inverted Medium Tajii the locations of Qi Men (33.01), Qi Jiao (33.02), and Qi Zheng (33.03) correspond to the anal and genital region. In the Small Tajii, consisting of the radius, ulna, and surrounding tissues, the correspondence is similar.

It should be noted that Chang Men (33.10) is also located in this area, but on the Small Intestine Channel. Consequently one of its indications is “disease of the anus.” Two other points in this area have related effects: Huo Chuan (33.04; overlapping Zhi Gou SJ-6) is indicated for constipation, and Er Bai (M-UE-29) for anal prolapse and hemorrhoids.

### **Channel Correspondence**

The Luo Network point of the Large Intestine channel (Pian Li L.I.-6) is located midway between Qi Men (33.01) and Qi Jiao (33.02). The Xi Cleft point of the Large Intestine channel (Wen Liu L.I.-7) is located midway between Qi Jiao (33.02), and Qi Zheng (33.03). This suggests that Qi Men (33.01), Qi Jiao (33.02), and Qi Zheng (33.03), if needled as a Dao Ma group, share functional properties of both the Luo Network and the Xi Cleft points. Thus, they quicken congealed Blood and move clumped Qi, common causes of anal prolapse, hemorrhoids, and irregular menstruation. The Liver, which is involved in regulating the reproductive system, is coursed by needling Qi Men (33.01), Qi Jiao (33.02), and Qi Zheng (33.03) because of the Large Intestine channel's connection to the Liver channel via the branching and connecting channel correspondence (Hand Yang Ming – Foot Jue Yin).

### **Tissue/Zang Fu Correspondence**

The tendons of several muscles, such as the thumb extensors and the long and short extensor carpi radialis, are passing subcutaneously at the location of Qi Jiao (33.02), and Qi Zheng (33.03). Their orientation more or less follows the course of the Large Intestine channel. Subcutaneous needling can include these tendons and thus influences the Liver in the treatment of menstrual disorders.

### **Needling and/or Manipulation**

There are two ways to needle Qi Men (33.01), Qi Jiao (33.02), and Qi Zheng (33.03). One is to insert the needle subcutaneously at a 90 degrees angle relative to the longitudinal axis of the forearm. This is easier if the skin is pinched and lifted up slightly to insert the needle towards the ulnar side. The second is a subcutaneous insertion along the axis of the forearm, following the course of the Large Intestine channel.

### **Special recommendations**

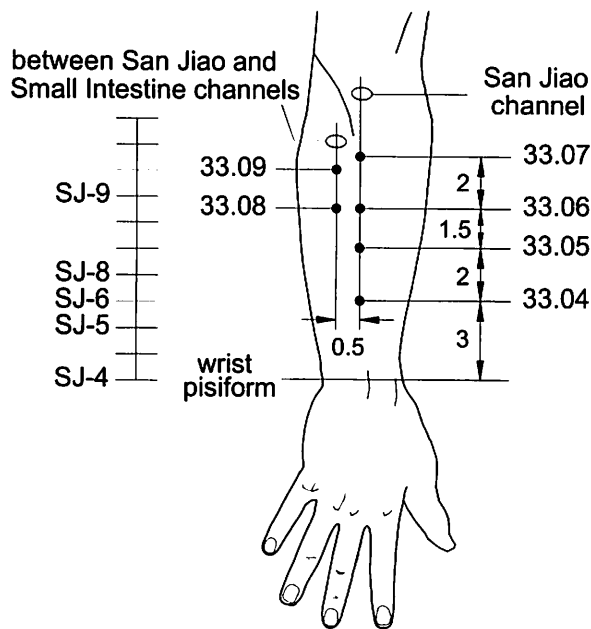
Qi Men (33.01), Qi Jiao (33.02), and Qi Zheng (33.03) are usually needled together as a Dao Ma group.

For hemorrhoids Wei-Chieh Young recommends bleeding Wei Zhong (BL-40) prior to needling Qi Men (33.01), Qi Jiao (33.02), and Qi Zheng (33.03). Furthermore he asserts, “These three points also have remarkable effect in treating stubborn constipation and abdominal gas bloating.” (Young, 2008a, p. 92)

If constipation is, among other factors, viewed as a consequence of indigestion this would also involve the Stomach Fu. The beneficial effects of Qi Men (33.01), Qi Jiao (33.02), and Qi Zheng (33.03) in such cases could then be attributed to the same name channel correspondence (Hand Yang Ming – Foot Yang Ming).

### Zone 3

#### Points 33.04, 33.05, 33.06, 33.07



**Fig. Z3-2**

Right forearm, lateral surface

Axis on left: longitudinal coordinates of selected TCM points in the area; spaces between tick marks 1 cun

| Point Locations   | Point Indications   |
|---|---|
| <b>33.04 Huo Chuan (Fire Threaded)</b><br>3 cun proximal to the wrist on the dorsal forearm on the San Jiao channel, overlaps with Zhi Gou (SJ-6)   | Palpitations, forearm pain, carpal tunnel syndrome, constipation<br>Reaction areas: Heart, Lung   |
| <b>33.05 Huo Ling (Fire Mound)</b><br>5 cun proximal to the wrist, 2 cun proximal to Huo Chuan (33.04) on the dorsal forearm on the San Jiao channel  | Chest pain or sense of chest oppression, pain of the arm or forearm, sciatica<br>Reaction area: Heart   |
| <b>33.06 Huo Shan (Fire Mountain)</b><br>6.5 cun proximal to the wrist, 1.5 cun proximal to Huo Ling (33.05) on the dorsal forearm on the San Jiao channel  | Chest pain, pain in the forearm or hand, sciatica<br>Reaction area: Heart   |
| <b>33.07 Huo Fu Hai (Fire Bowel Ocean)</b><br>8.5 cun proximal to the wrist, 2 cun proximal to Huo Shan (33.06) on the muscular prominence of the dorsal forearm, on the San Jiao channel, close to Shou San Li (L.I.-10) | Cough, asthma, common cold, rhinitis, dyspnea, anemia, dizziness, blurry vision, eye strain, sciatica, aching of legs and low back<br>Reaction areas: Lung, Heart |

## **Comments on Indications of Huo Chuan (33.04)**

### **Image Correspondence**

In the inverted Medium Taiji the area where Huo Chuan (33.04) is located corresponds to the abdomen and intestines. In the Small Taiji consisting of the radius, ulna, and surrounding tissues, the correspondence is similar. This explains why Huo Chuan (33.04) alleviates constipation.

In the inverted Large Taiji and in the inverted Small Taiji, the area where Huo Chuan (33.04) is located corresponds to the Heart, hence its effect on palpitations.

Lastly, in the correspondence of the extremities Huo Chuan (33.04) acts as a 'local' point for carpal tunnel syndrome and arm pain on the contralateral side.

Huo Chuan (33.04) overlaps Zhi Gou (SJ-6), which has several similar indications including constipation, chest pain, and pain along the San Jiao Channel (e.g., forearm and wrist pain, carpal tunnel syndrome). These similarities serve to illustrate how Tung's Image Correspondence elucidates the rationale behind the seemingly obscure functions of many conventional acupuncture points.

### **Channel Correspondence**

The San Jiao channel is externally – internally paired with the Pericardium channel, the channel most associated with the myocardium. In this context the symptom 'palpitation' can be interpreted as secondary to lesions of the heart muscle, and/or its vascular, or nervous supply, in addition to being caused by emotional (Shen) disturbance. An alternative method would be to advance the needle to the level of the Pericardium channel to treat it directly.

Hypochondriac pain and rib cage pain involve the Gallbladder channel, which is connected with the San Jiao via the same name channel correspondence (Hand Shao Yang – Foot Shao Yang). Secondarily, the Liver channel, which is frequently involved in both heart dysfunction and hypochondriac pain, is integrated via its external – internal pairing with the Gallbladder channel.

### **Needling and/or Manipulation**

Perpendicular needling, 0.3 – 0.5 cun in depth. To treat the heart needles can be further advanced to reach the Pericardium channel.

### **Special recommendations**

Wei-Chieh Young recommends Huo Chuan (33.04) to treat sprained ankle and stiff neck involving the Gallbladder channel. In the Large Taiji the area where Huo Chuan (33.04) is located corresponds to the ankle, and when the Large Taiji is inverted it corresponds to the neck. The diseased Gallbladder channel is treated via the same name correspondence (Hand Shao Yang – Foot Shao Yang).

## **Comments on Indications of Huo Ling (33.05) and 33.06 Huo Shan (33.06)**

### **Image Correspondence**

In the inverted Large Taiji the area where Huo Ling (33.05) and 33.06 Huo Shan (33.06) are located corresponds to the thorax (Upper Jiao) explaining their effect on chest pain and oppression. The beneficial effect on arm pain is due to the projection of arm to arm within the Large Taiji of the extremities. The effect on sciatica is viewed in two ways: one is the projection of arm to leg within the Large Taiji of the extremities, the other is that the waist/lumbar region corresponds to their location at the center of the Small Taiji.

### **Channel Correspondence**

The San Jiao channel on which Huo Ling (33.05) and Huo Shan (33.06) are located is externally – internally paired with the Pericardium channel. The Pericardium channel is used extensively to treat conditions of the chest (e.g., Nei Guan PC-6), and even the secondary vessels of the Pericardium such as the Luo vessel and Sinew channel treat all types of chest disorders. The Gallbladder channel passes along the lateral surface of the rib cage and can thus be the site of pain and uncomfortable sensations in that area, e.g., secondary to Liver depression Qi stagnation. In these cases the Gallbladder channel is treated by the San Jiao channel via the same name correspondence (Hand Shao Yang – Foot Shao Yang). This same channel correspondence also treats sciatica with pain radiating along the Gallbladder channel. If low back pain and sciatica also involves the Kidney (the internal branch of the Kidney channel penetrates the lumbar spine), this is covered via the branching and connecting channel correspondence (Hand Shao Yang – Foot Shao Yin). For arm pain the site of action of Huo Ling (33.05) and Huo Shan (33.06) are either the diseased San Jiao channel itself or the externally – internally coupled Pericardium channel. Finally, the San Jiao channel governs disorders of Qi according to Ling Shu Chapter 10 (*Jing Mai*, On the Channels), and thus can be used to move stagnant Qi.

### **Needling and/or Manipulation**

Perpendicular needling, 0.3 – 0.5 cun in depth. To treat the heart needle deeper to connect to the Pericardium channel.

### **Special recommendations**

With reference to tissue correspondence Wei-Chieh Young uses Huo Shan (33.06) for muscle cramps. He says, "The point is located right inferior to the tendon, thus it can be applied for treating tendon or muscular cramp in forearm and hand." (Young, 2008a, p. 95)

Miriam Lee combines Huo Chuan (33.04), Huo Ling (33.05), and Huo Shan (33.06) for chest pain and stiffness.

### **Comments on Location of Huo Fu Hai (33.07)**

Although Huo Fu Hai (33.07) can be viewed as belonging to the San Jiao channel it is at the same time very close to, and overlaps in function with, Shou San Li (L.I.-10). J. H. Maher cites two locations of Huo Fu Hai (33.07) as given by Taiwanese experts. "One group ... locates this point 5 fen distal and 5 fen ulnar to L.I.-10. A second group locates this point at L.I.-10." (Maher, p. 287) In clinical application, Huo Fu Hai (33.07) can be used as a point sharing properties of the San Jiao and the Large Intestine channels, especially those of Shou San Li (L.I.-10).

### **Comments on Indications of Huo Fu Hai (33.07)**

#### **Image Correspondence**

In the Medium and Small Taiji the area where Huo Fu Hai (33.07) is located corresponds to the Upper Jiao (respiratory tract) and the head, which explains all of the point's sites of action except for the leg and low back. Leg pain is treated via the Large Taiji or inverted Large Taiji of the extremities (leg – arm). For low back pain the location area of Huo Fu Hai (33.07) matches the painful area within the Large Taiji, the inverted Small Taiji, and the inverted Medium Taiji.

#### **Channel Correspondence**

Since Huo Fu Hai (33.07) belongs to both the Yang Ming Large Intestine and to the Shao Yang San Jiao, the channel correspondences similarly include both. The San Jiao channel influences the Kidney via the branching and connecting channel correspondence (Hand Shao Yang – Foot Shao Yin), which assists in treating respiratory complaints that have a component of Kidney vacuity such as the Kidney failing to grasp the Lung Qi. The Large Intestine channel is externally – internally coupled with the Lung channel which is again a correspondence that treats of respiratory disorders. The Large Intestine channel also influences the Liver via the branching and connecting channel correspondence (Hand Yang Ming – Foot Jue Yin), which treats eye problems. The effect of Huo Fu Hai (33.07) on leg and back pain radiating along the Gallbladder channel is understood by the same name channel correspondence (Hand Shao Yang – Foot Shao Yang). If pain radiates along the Stomach channel the corresponding channel connection is the same name correspondence (Hand Yang Ming – Foot Yang Ming). If leg and back pain have components of tendon, joint, or bone weakness, then Liver and Kidney are integrated into the treatment using the channel correspondences described above. Finally, the San Jiao channel governs disorders of Qi according to Ling Shu Chapter 10 (*Jing Mai*, On the Channels), and the Large Intestine Yang Ming channel is most full of Qi and Blood. Thus these channels can be used to generally supplement Qi.

### **Needling and/or Manipulation**

Perpendicular insertion, 0.5 – 1 cun in depth.

### **Special recommendations**

Tung's specific recommendation for anemia, dizziness, flowery vision, fatigue and leg pain is to needle Huo Fu Hai (33.07) for 10 minutes and moxa 3-5 cones every day for 3 months. Moxibustion at this point promotes longevity. (Tung, 1973) These indications and effects are similar to those of Shou San Li (L.I.-10). This point was unique in Tung's original book for its specific mention of moxibustion.

## Zone 3

## Points 33.08, 33.09

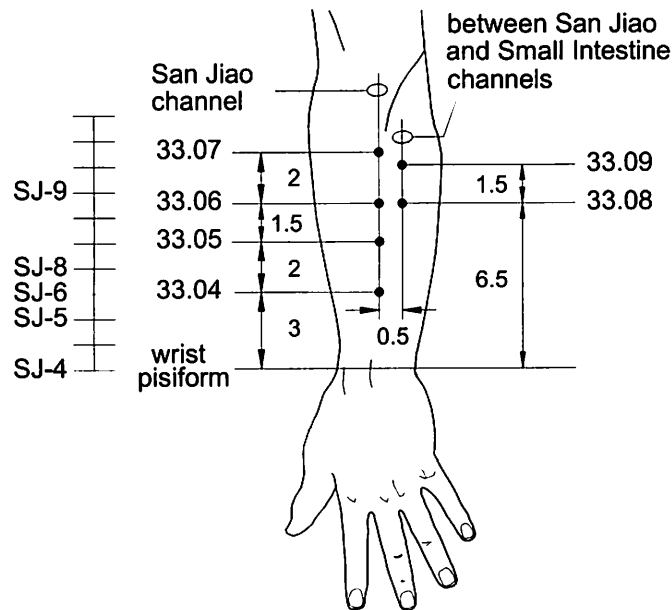


Fig. Z3-3

Left forearm, lateral surface

Axis on left: longitudinal coordinates of selected TCM points in the area; spaces between tick marks 1 cun

| Point Locations  | Point Indications   |
|--|---|
| <p><b>33.08 Shou Wu Jin (Arm Five Metal)</b><br/>6.5 cun proximal to the wrist (pisiform), on the lateral surface of the forearm, 0.5 cun ulnar to the San Jiao channel and to Huo Shan (33.06), between the San Jiao and Small Intestine channels</p> | <p>Sciatica, abdominal pain, calf pain, leg pain, pain or numbness of the feet and calves due to spinal problems<br/>Reaction area: Liver</p> |
| <p><b>33.09 Shou Qian Jin (Arm 1000 Metal)</b><br/>1.5 cun proximal to Shou Wu Jin (33.08), on the lateral surface of the forearm, 0.5 cun ulnar to the San Jiao channel, between the San Jiao and Small Intestine channels</p>                        | <p>Sciatica, abdominal pain, calf pain, leg pain, pain or numbness of the feet and calves due to spinal problems<br/>Reaction area: Lung</p>  |

## **Comments on Indications of Shou Wu Jin (33.08) and Shou Qian Jin (33.09)**

### **Image Correspondence**

Both in the Large Taiji, the inverted Middle Taiji, and the inverted Small Taiji, the area of Shou Wu Jin (33.08) and Shou Qian Jin (33.09) corresponds to the low back and the lower abdomen. Since the indications for these points are symptoms that related to the spine and the abdomen we may say that these Taiji cover the focus of the problem. The radiation of pain towards the periphery and the numbness of the extremities can be interpreted as secondary complications treated using the Image Correspondence of the extremities where the forearm corresponds to the lower leg, calf, and feet (Large Taiji), or to the thigh (inverted Large Taiji).

### **Channel Correspondence**

Abdominal pain and pain and numbness radiating into the legs and feet usually involve Gallbladder, Bladder, Kidney, or Spleen channels. Since Shou Wu Jin (33.08) and Shou Qian Jin (33.09) are located between the San Jiao and Small Intestine channels they share properties of both, including their various channel correspondences that cover all impaired channels listed. The San Jiao channel treats Gallbladder via the same name channel correspondence (Hand Shao Yang – Foot Shao Yang), Kidney via the branching and connecting channel correspondence (Hand Shao Yang – Foot Shao Yin), and Spleen because it is located opposite the San Jiao on the channel clock. The Small Intestine channel treats Bladder via the same name channel correspondence (Hand Tai Yang – Foot Tai Yang), Spleen via the branching and connecting channel correspondence (Hand Tai Yang – Foot Tai Yin), and Liver, which plays a major role in regulating the flow of Qi and blood, because Liver is located opposite the Small Intestine on the channel clock.

### **Tissue/Zang Fu Correspondence**

Shou Wu Jin (33.08) and Shou Qian Jin (33.09) are located in the sulcus between the extensor muscles of the forearm. Deep needling would not only penetrate the tendinous sheath of the muscles (fascia antebrachii) but would also eventually touch the bone (ulna). This further emphasizes the role of Liver, influencing tendon, and Kidney influencing bone, in the treatment scheme.

### **Needling and/or Manipulation**

Perpendicular needling, 0.5 – 0.8 cun in depth.

Shou Wu Jin (33.08) and Shou Qian Jin (33.09) are often needled together as a Dao Ma. Traditionally they should only be used on one side during a given treatment session.

### **Special recommendations**

Wei-Chieh Young reports that Shou Qian Jin (33.09) can be used for early stage carbuncles in the arms, although both Shou Wu Jin (33.08) and Shou Qian Jin (33.09) are useful for this indication. This is because these points are located on the Luo Network vessel of the Small Intestine and near Zhi Zheng (S.I.-7) the Luo Network point. Ling Shu Chapter 10 (*Jing Mai*, On the Channels) gives the pathology of Small Intestine Luo Network vessel vacuity as nodules (*you* 疣, i.e., carbuncles) and inter-digital eczema or scabbing (*jia jie* 痂疥).

## Zone 3

## Points 33.10, 33.11, 33.12

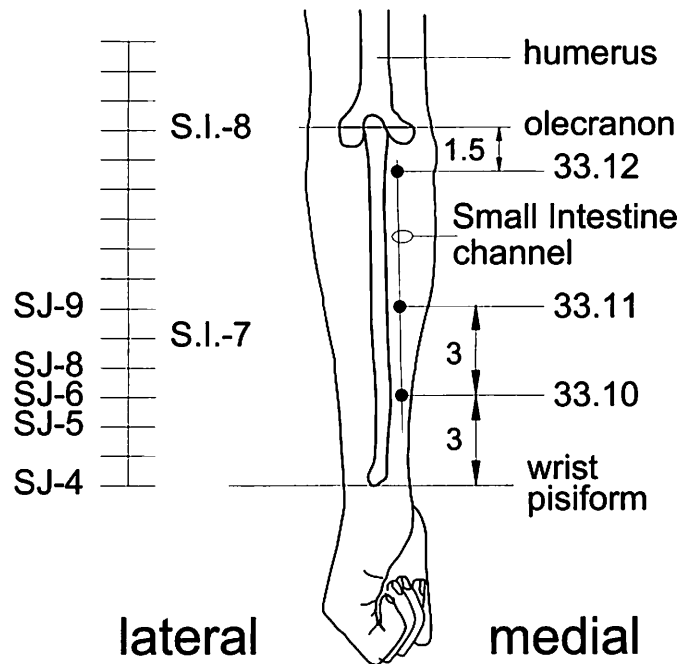


Fig. Z3-4

Left forearm, posterior surface

Axis on left: longitudinal coordinates of selected TCM points in the area; spaces between tick marks 1 cun

| Point Locations   | Point Indications   |
|---|---|
| <p><b>33.10 Chang Men (Intestine Gate)</b><br/>3 cun proximal to the wrist (pisiform), on the posterior (ulnar) surface of the forearm, between the medial side of the ulna and the tendons, on the Small Intestine channel</p> | <p>Enteritis, colitis, diseases of the anus, flatulence, dizziness, blurred vision<br/>Reaction areas: Liver, Kidneys</p> |
| <p><b>33.11 Gan Men (Liver Gate)</b><br/>6 cun proximal to the wrist (pisiform), on the posterior (ulnar) aspect of the forearm, on the Small Intestine channel</p>   | <p>Acute hepatitis, (needling the left side is especially effective and recommended)<br/>Reaction area: Liver</p>         |
| <p><b>33.12 Xin Men (Heart Gate)</b><br/>1.5 cun distal to the olecranon on the posterior (ulnar) aspect of the forearm, on the Small Intestine channel, close to Xiao Hai (S.I.-8)</p>   | <p>Carditis, palpitations, arrhythmias, pain in the inguinal area<br/>Reaction area: Heart</p>                            |



## **Comments on Indications of Chang Men (33.10), Gan Men (33.11), and Xin Men (33.12)**

### **Image Correspondence**

In the inverted Medium Taiji the area where Chang Men (33.10) is located corresponds to the intestines and the anal region (Lower Jiao). In the Small Taiji consisting of the radius, ulna, and surrounding tissues, the correspondence is similar. Taken together this accounts for the indications of enteritis, colitis, diseases of the anus, and flatulence.

Gan Men (33.11) is indicated for Liver diseases, attributable to its location within the Small Taiji and inverted Small Taiji where it represents not only the Liver but the whole Middle Jiao.

In the Small Taiji the area of Xin Men (33.12) corresponds to the Heart (Upper Jiao). Taken together this accounts for the indications of palpitations, carditis, and arrhythmia.

In the inverted Small Taiji, Xin Men (33.12) corresponds to the inguinal area (Lower Jiao) and is therefore used for pain in that region.

### **Channel Correspondence**

The Small Intestine's function is to separate the clear and the turbid. One of the symptoms resulting from its malfunction is diarrhea.

The Spleen, an important Zang for eliminating dampness and also separating clear from turbid, is influenced when Chang Men (33.10) is needled because of the branching and connecting channel correspondence between the Tai Yang Small Intestine and the Tai Yin Spleen.

Dampness, both hot and cold, impairs the Liver and may manifest as jaundice. Gan Men (33.11) alleviates such symptoms in acute cases, which is due to its ability to remove damp by separating the clear from the turbid, a major function of Small Intestine, at an early stage of the disease in a similar way as Wangu (S.I.-4). The Small Intestine channel also interacts with Spleen via the branching and connecting channel correspondence (Hand Tai Yang – Foot Tai Yin) and thus can further remove dampness and consequently treat jaundice. For chronic hepatitis/cirrhosis removing damp alone is not sufficient. Therefore a direct treatment of the Liver channel is required, which makes Ming Huang (88.12), Tian Huang (88.13), and Qi Huang (88.14) the primary points.

For Heart symptoms, for which Xin Men (33.12) is indicated, the important channel correspondence is the external – internal pairing of the Small Intestine with the Heart. The same point also treats pain in the inguinal area, which usually follows the course of the Spleen or Stomach channels. The Spleen channel is treated through its branching and connecting channel correspondence with the Small Intestine (Hand Tai Yang – Foot Tai Yin). The Stomach channel is in turn externally – internally coupled with the Spleen channel

### **Needling and/or Manipulation**

Perpendicular needling, 0.3 – 0.5 cun in depth.

Wei-Chieh Young asserts for Gan Men (33.11), "When the needle is rotated clockwise, stuffiness in the chest is relieved; and when the needle is rotated counterclockwise, enteralgia ceases." (Young, 2008a, p. 100)

Needling clockwise on the left Gan Men (33.11) directs intention proximally towards Xin Men (33.12) and thus the Upper Jiao, and needling counterclockwise directs intention distally towards Chang Men (33.10) and thus the Lower Jiao.

### **Special recommendations**

Wei-Chieh Young recommends Chang Men (33.10) as an acupressure emergency point for urgent diarrhea or abdominal cramps: "Simply apply digital pressing to the point; temporarily relieves the urgent sensation at anus and rectum." (Young, 2008a, p.99) For diarrhea he combines Chang Men (33.10) with Men Jin (66.05). This point combination has a similar effect to *Tong Xie Yao Fang* (Essential Formula for Painful Diarrhea).

Miriam Lee used Chang Men (33.10) for diarrhea accompanying hepatitis describing, "The patient rushes to the bathroom, nothing comes out. The moment they stand up the urge reappears." (Lee, 2002, p.42)

J. H. Maher uses Xin Men (33.12) as the principal point for coccygodynia (tail bone pain), with Chang Men (33.10) and Gan Men (33.11) as auxiliary points.

Miriam Lee, Wei-Chieh Young, and J. H. Maher mention that the three points are indicated for knee pain and leg pain on the medial side. This is interpreted in terms of the correspondence of the extremities within the Large Taiji where the elbow corresponds to the knee and the ankle corresponds to the wrist. Since the points are located on the Small Intestine channel the channel correspondence covers the medial side (Hand Tai Yang Small Intestine – Foot Tai Yin Spleen), and the posterior aspect (Hand Tai Yang Small Intestine – Foot Tai Yang Bladder).

## Zone 3

## Points 33.13, 33.14, 33.15, 33.16

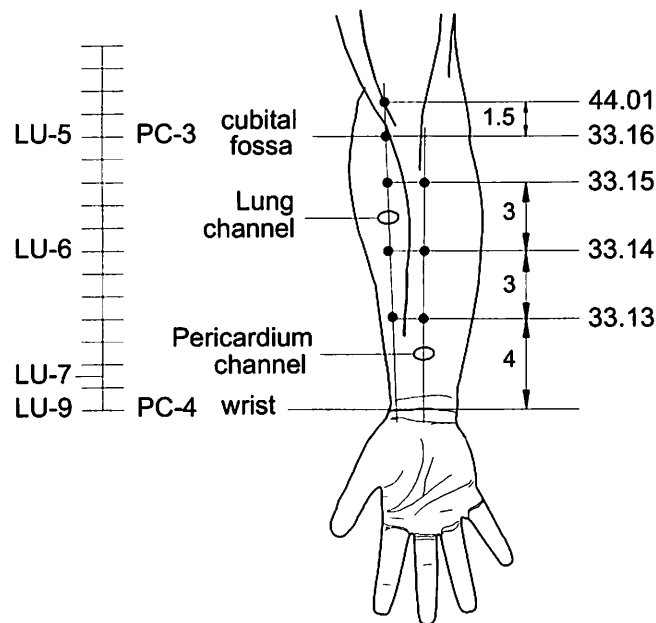


Fig. Z3-5

Right forearm, medial surface

Axis on left: longitudinal coordinates of selected TCM points in the area; spaces between tick marks 1 cun

| Point Locations  | Point Indications   |
|--|---|
| <p><b>33.13 Ren Shi (Humanity Scholar)</b><br/>4 cun proximal to the wrist crease on the ulnar side of the radius of the anterior forearm<br/>(1) on the Pericardium channel <i>or</i><br/>(2) on the Lung channel</p>                         | <p>Asthma, coughing, pain in the palm or fingers, frozen shoulder, (upper) back pain, heart disease, palpitations<br/>Reaction areas: Heart, Lung</p> |
| <p><b>33.14 Di Shi (Earth Scholar)</b><br/>7 cun proximal to the wrist crease 3 cun proximal to Ren Shi (33.13) on the anterior forearm<br/>(1) on the Pericardium channel <i>or</i><br/>(2) on the Lung channel; overlaps Kong Zui (LU-6)</p> | <p>Asthma, rhinitis, arm pain, common cold, dyspnea<br/>Reaction areas: Heart, Lung</p>   |
| <p><b>33.15 Tian Shi (Heavenly Scholar)</b><br/>3 cun proximal to Di Shi (33.14), 10 cun proximal to the wrist crease on the anterior forearm<br/>(1) on the Pericardium channel <i>or</i><br/>(2) on the Lung channel</p>                     | <p>Asthma, headache, common cold, chest pain<br/>Reaction areas: Heart, Lung</p>  |
| <p><b>33.16 Qu Ling (Curved Mound)</b><br/>In the cubital fossa, lateral to the biceps brachii tendon on the Lung channel; overlaps Chi Ze (LU-5)</p>  | <p>Muscle spasm, digestive disorders, asthma, elbow joint pain, palpitations<br/>Reaction areas: Heart, Lung</p>                                      |

### **Comments on Locations of Ren Shi (33.13), Di Shi (33.14), and Tian Shi (33.15)**

Ren Shi (33.13), Di Shi (33.14), and Tian Shi (33.15) can be located on the Pericardium channel or the Lung channel and thus both locations are included in figure Z3-5 and the corresponding table. Although the Pericardium channel seems to be the best choice for most indications listed, the Lung channel does have its specific indications (cf. below). Wei-Chieh Young and Miriam Lee locate all three points exclusively on the Lung channel and attribute any differential effects to needling depths: "When needled superficially it can be used to treat asthma, cold ... when needled deeply it can be used to treat heart diseases." (Young, 2008a, p.104)

### **Comments on Indications of Ren Shi (33.13), Di Shi (33.14), and Tian Shi (33.15)**

#### **Image Correspondence**

In the inverted Large Taiji and in the Medium Taiji the area of Ren Shi (33.13), Di Shi (33.14), and Tian Shi (33.15) covers all parts of the body above the waist which makes their site of action include heart, upper back, thorax, lung, head, and nose.

Ren Shi (33.13) has some additional indications of its own. In the inverted Large Taiji its location corresponds to the level of the shoulder, explaining its indication for frozen shoulder. It is also indicated for pain in the palm or fingers that is understood by the correspondence of the extremities. The same holds for Di Shi (33.14) as indicated for arm pain.

#### **Channel Correspondence**

Although many indications involve respiratory diseases, the Pericardium channel is closely associated with diseases of the chest. The Pericardium Sinew channel treats pain in the chest with difficulty breathing. The Pericardium also treats the Stomach channel through the branching and connecting channel connection (Hand Jue Yin treats Foot Yang Ming) and the Stomach channel is closely associated with chest symptoms such as asthma and coughing, and head symptoms such as headache. Pain in the fingers and palms is clearly Pericardium channel pathology. Ren Shi (33.13) is indicated for upper back pain. This is because Ren Shi (33.13) is located near Nei Guan (PC-6), the Luo Network point, and according to Ling Shu Chapter 10 (*Jing Mai*, On the Channels), vacuity of the Pericardium Luo Network vessel results in neck and upper back stiffness. Di Shi (33.14), if located on the Lung channel, is especially effective for respiratory tract diseases such as the common cold because its location is close to that of Kong Zui (LU-6), the Lung channel Xi Cleft point. Upper back pain involving the Bladder channel might be preferentially treated with the point location on the Lung channel because of the branching and connecting channel correspondence (Hand Tai Yin – Foot Tai Yang). In certain cases asthma or other dyspnoeas are due to Kidney weakness (Kidney not able to grasp Lung Qi). The points' effect in these cases is mediated by the pairing of the Pericardium and the Kidney which are Yin/Yin neighbors in the channel clock.

#### **Needling and/or Manipulation**

Perpendicular insertion, 0.5 – 1 cun in depth.

### **Comments on Indications of Qu Ling (33.16)**

#### **Image Correspondence**

In the Small Taiji the area of Qu Ling (33.16) covers the Upper Jiao (lung and heart), hence its indications for asthma and palpitations. In the inverted Small Taiji the Lower Jiao is covered demonstrating the point's beneficial effects on digestive disorders. Its indication for elbow joint pain stems from the correspondence of the extremities, the needled elbow being the contralateral mirror image of the painful joint.

#### **Channel Correspondence**

Much of Qu Ling's effects are similar to those of Chi Ze (LU-5), which it overlaps. Chi Ze (LU-5) is the Water point of the Lung channel making it a key point for influencing the Lung – Kidney interdependence that rules the respiratory system. The primary channel correspondence that exists between Lung and Bladder channels (Hand Tai Yin – Foot Tai Yang) secondarily extends to the Kidney which is in turn the externally – internally coupled partner of the Bladder. Water points also have a cooling function, which can be interpreted as anti-inflammatory effects in cases of lung infection with fever. Furthermore, Chi Ze (LU-5) is the drainage point on the Lung channel. Because it overlaps Chi Ze (LU-5), Qu Ling (33.16) is the He Uniting point of the Lung channel. He Uniting points treat counterflow of Qi which is one basic pathomechanism underlying asthma and cough. He Uniting points also treat diarrhea. The beneficial effects of Qu Ling (33.16) on digestive disorders can be further understood as due to its connection with the Spleen through the same name channel correspondence (Hand Tai Yin – Foot Tai Yin) and by

extension the Stomach, the externally – internally coupled pair of the Spleen. The Lung main channel originates in the Middle Jiao and connects to the Large Intestine channel via their external – internal relationship. One may speculate that muscle spasm in this context may perhaps not be primarily due to Liver blood not nourishing the tendons but rather to a malfunctioning digestive system (e.g., electrolyte loss) or the respiratory system (e.g., hyperventilation).

**Needling and/or Manipulation**

Perpendicular insertion, 0.3 – 0.5 cun in depth.

**Special recommendations**

Bleed anywhere in the cubital fossa at the visible dark veins to alleviate asthma, digestive disorders, heart disease, shoulder or upper extremity pain.

Wei-Chieh Young recommends adding Shui Jin (1010.20), Shui Tong (1010.11), and/or Ling Gu (22.05) for asthma treatment.

Miriam Lee recommends letting out black blood from the cubital fossa to clear heat and treat the common cold, especially when combined with cupping.

# Points of the Shoulder and Upper Arm

## Zone 4

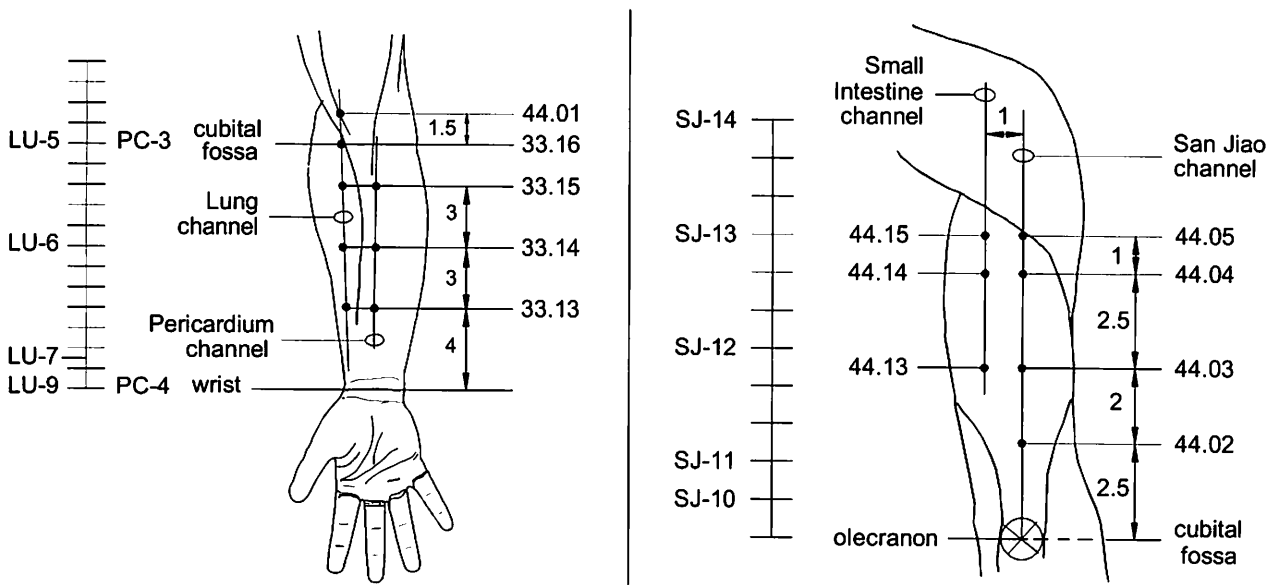
### Points 44.01 – 44.17,

### Pian Jian, Hou Jian, Fu Ge San, Ding Ke,

### Gu Ci Yi, Gu Ci Er, Gu Ci San

#### Zone 4

#### Points 44.01, 44.02, 44.03, 44.04, 44.05



**Fig. Z4-1**

Right forearm, medial surface

Right upper arm, posterior surface

Axis on left: longitudinal coordinates of selected TCM points in the area; spaces between tick marks 1 cun

| Point Locations  | Point Indications  |
|--|--|
| <p><b>44.01 Fen Jin (Separate Metal)</b><br/>On the anterior surface of the upper arm on the anterior surface of the humerus; on the Lung channel, 1.5 cun proximal to the cubital fossa and Qu Ling (33.16 = Chi Ze LU-5)</p> | <p>Common cold, rhinitis, laryngitis<br/>Reaction areas: Heart and Lung</p>  |
| <p><b>44.02 Hou Zhui (Back Vertebra)</b><br/>On the posterior surface of the upper arm, 2.5 cun proximal to the olecranon – cubital fossa plane, on the San Jiao channel, 0.5 cun proximal to Qing Leng Yuan (SJ-11)</p>       | <p>Dislocation or pain of the vertebrae, spinal pain, nephritis, low back pain, hypertension<br/>Reaction areas: Liver, Heart and spine</p>  |
| <p><b>44.03 Shou Ying (Head Wisdom)</b><br/>On the posterior surface of the upper arm, 2 cun proximal to Hou Zhui, (44.02) 4.5 cun proximal to the elbow joint, on the San Jiao channel.</p>                                   | <p>Dislocation or pain of the vertebrae, spinal pain, nephritis, low back pain, hypertension<br/>Reaction areas: Liver, Heart, spine</p>   |
| <p><b>44.04 Fu Ding (Wealth Apex)</b><br/>On the posterior of the upper arm, on the San Jiao channel, 2.5 cun proximal to Shou Ying (44.03), 1 cun proximal to Xiao Luo (SJ-12)</p>  | <p>Hypertension, fatigue, dizziness, headache<br/>Reaction areas: Liver, Heart</p>   |
| <p><b>44.05 Hou Zhi (Back Branch)</b><br/>On the posterior of the upper arm, on the San Jiao channel, 1 cun proximal to Fu Ding (44.04), 8 cun proximal to the olecranon – cubital fossa plane</p>                             | <p>Hypertension, dizziness, headache, coronary artery disease, neck pain, facial paralysis; delayed wound healing, diseases of the skin; kills bacteria<br/>Reaction area: Heart</p> |

## **Comments on Indications of Fen Jin (44.01)**

### **Image Correspondence**

In the inverted Small Taiji consisting of the long bone humerus and the tissue surrounding it, the area of Fen Jin (44.01) corresponds to the Upper Jiao, the Lung, and its opening to the outside (the nose and larynx).

### **Channel Correspondence**

The Hand Tai Yin Lung channel on which Fen Jin (44.01) is located enters the Lungs and the throat (larynx). Its externally – internally couple partner the Hand Yang Ming Large Intestine channel reaches the nose.

### **Needling and/or Manipulation**

Perpendicular insertion, 0.3 – 0.5 cun in depth.

### **Special recommendations**

For common cold, rhinitis, and laryngitis Fen Jin (44.01) is combined with Qu Ling (33.16 = Chi Ze LU-5).

## **Comments on Indications of Hou Zhui (44.02) and Shou Ying (44.03)**

### **Image Correspondence**

In the Small Taiji, consisting of the long bone humerus and surrounding tissues, the area of Hou Zhui (44.02) and Shou Ying (44.03) corresponds to the Lower Jiao (Kidney) and to the lower back. In the inverted Large Taiji the same location corresponds to the back and spine below the level of the navel/waist, thus similarly covering the Kidney and low back, as listed under the indications.

### **Channel Correspondence**

The San Jiao channel on which Hou Zhui (44.02) and Shou Ying (44.03) are located corresponds to the Kidney via the branching and connecting channel correspondence (Hand Shao Yang – Foot Shao Yin). The internal course of the Kidney channel penetrates the lumbar spine, and therefore these points treat pain in the back and, specifically, spinal problems.

Both points are also indicated for hypertension. Within the context of the existing channel correspondence this indication is appropriate in cases of Kidney vacuity causing exuberant Liver Yang uprising, although independently both Kidney vacuity patterns and Liver Yang Uprising can cause hypertension. Then, Hou Zhui (44.02) and Shou Ying (44.03) would supplement the Kidney via the branching and connecting channel correspondence between San Jiao and Kidney (Hand Shao Yang – Foot Shao Yin). Via the same name channel correspondence they influence the Gallbladder (Hand Shao Yang – Foot Shao Yang), and by extension, its externally – internally paired partner the Liver.

### **Tissue/Zang Fu Correspondence**

When needling Hou Zhui (44.02) and Shou Ying (44.03) the needle passes through intramuscular branches of the triceps brachii tendon and can be advanced to touch the bone. This influences the Kidney and Liver and secondarily the tissues related to them: the Liver Zang governs the tendons and contractile aspect of muscles, and nourishes them by providing proper blood supply, while the Kidney Zang governs the bones. According to Ling Shu Chapter 10 (*Jing Mai*, On the Channels), the Shao Yang Gallbladder channel (same name channel as Shao Yang San Jiao channel) governs bones, further reinforcing these points' relationship to treating bones.

### **Needling and/or Manipulation**

Perpendicular insertion, 0.3 – 0.5 cun in depth.

### **Special recommendations**

Wei-Chieh Young mentions that for problems of the spine, "... a better effect can be achieved if needled alongside to the bone." (Young, 2008a, p. 108)

## **Comments on Indications of Fu Ding (44.04) and Hou Zhi (44.05)**

### **Image Correspondence**

In the Small Taiji, consisting of the long bone humerus and surrounding tissues, the area of Fu Ding (44.04) and Hou Zhi (44.05) corresponds to the Upper Jiao, including the Heart, the neck, and the face. In the Large Taiji approximately the same holds true, assuming that the upper margin of the shoulder corresponds to the top of the head at the vertex. All these sites of action cover the regions and organs listed under the indications.

### **Channel Correspondence**

Hypertension, fatigue, dizziness, and headache can all be viewed as symptoms of Kidney vacuity causing exuberant Liver Yang uprising, or of either pattern existing independently. Fu Ding (44.04) and Hou Zhi (44.05) are located on the San Jiao channel and treat these symptoms by supplementing the Kidney via the branching and connecting channel correspondence between San Jiao and Kidney (Hand Shao Yang – Foot Shao Yin). Through the same name channel correspondence they influence the Gallbladder (Hand Shao Yang – Foot Shao Yang), and, by extension, its externally – internally paired partner the Liver. This can serve to subdue Liver Yang.

The same constellation of channel correspondences helps in cases of neck pain and facial paralysis with Gallbladder/Liver involvement.

Coronary artery disease involves the physical heart, which is under the realm of the Pericardium channel. Fu Ding (44.04) and Hou Zhi (44.05) are effective in such cases because the San Jiao channel and the Pericardium channel are externally – internally coupled.

Traditional indications for Hou Zhi (44.05) also include delayed wound healing, diseases of the skin, and killing bacteria. In Tung's original text the term used is "sha jun" (殺菌), the word "jun" 菌 meaning bacteria, germ or fungus. The San Jiao channel is a fire channel and classically is used in many cases of feverish diseases, especially those caused by external disease evils, and in particular at the Construction-Ying and Blood levels. Note for example that in the vicinity of Hou Zhi (44.05), Nao Hui (SJ-13) treats scrofula, tuberculosis infection of the lymph nodes in the neck, when heat is present (Deadman 2001).

### **Needling and/or Manipulation**

Perpendicular insertion, 0.3 – 0.5 cun in depth.

### **Special recommendations**

Miriam Lee recommends combining Fu Ding (44.04) and Hou Zhi (44.05) to treat neck pain and facial paralysis.

### **Notes**

Several classical points in the same region of the arm on the San Jiao channel have similar indications such as headache and dizziness which are suggestive of hypertension (c.f., Tian Jing SJ-10, Qing Leng Yuan SJ-11, and Xiao Luo SJ-12). Some of these points are also indicated for treating jaundice further corroborating the points' relationship with Liver/Gallbladder and their ability to clear heat and resolve toxins.

## Zone 4

## Points 44.06, 44.07, 44.08, 44.09, 44.10

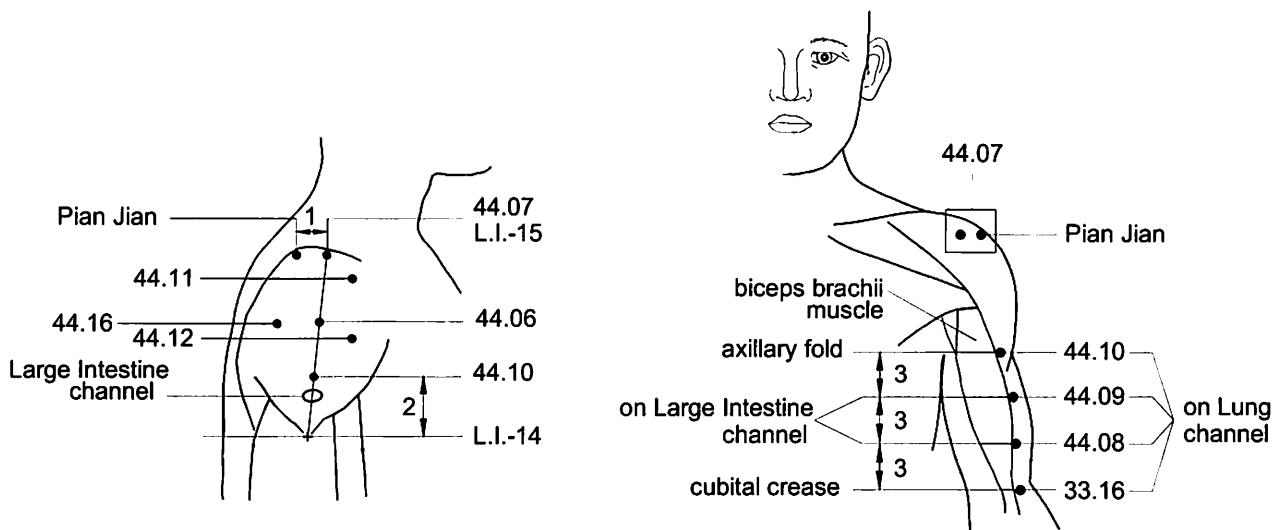


Fig. Z4-2

Right Shoulder, lateral surface

Left shoulder and upper arm, anterior surface

The square in the right figure includes both locations of Bei Mian (44.07) of which the lateral one is also Pian Jian

| Point Locations   | Point Indications  |
|---|--|
| <p><b>44.06 Jian Zhong (Shoulder Center)</b><br/>On the midpoint (center) of the deltoid muscle, 2.5 – 3 cun distal to Jian Yu (L.I.-15), on the Large Intestine channel, overlaps extra point Nao Shang (N-UE-14)</p>  | <p>Knee pain, foot pain, hemiplegia, post-polio syndrome, coronary artery disease, epistaxis, pain in the shoulder and arm, skin diseases (especially in the neck region)<br/>Reaction area: Heart</p> |
| <p><b>44.07 Bei Mian (Back Face)</b><br/>In the depression just below the acromion, on the Large Intestine channel overlapping with, or 1 cun posterior to, Jian Yu (L.I.-15)</p>   | <p>Regulates Lung Qi; abdominal distension, flatulence, weak voice, laryngitis, vomiting, acute enteritis, fatigue<br/>Reaction area: Abdomen</p>  |
| <p><b>Pian Jian (Side of Shoulder)</b><br/>1 cun horizontally posterior to Jian Yu (L.I.-15), between San Jiao and Large Intestine channels</p>   | <p>Sciatica</p>  |
| <p><b>44.08 Ren Zong (Human Ancestor)</b><br/>3 cun proximal to the cubital crease, on the antero-lateral surface of the upper arm, in the depression between the lateral border of biceps brachii and the humerus, on the Lung channel (penetrating the Large Intestine channel also to overlap Shou Wu Li (L.I.-13)</p>   | <p>Foot pain, lower leg pain, arm pain, jaundice, edema, splenomegaly, common cold, asthma<br/>Reaction areas: Heart, Lung, Liver</p>  |
| <p><b>44.09 Di Zong (Earth Ancestor)</b><br/>3 cun proximal to Ren Zong (44.08), 6 cun proximal to the cubital crease on the antero-lateral surface of the upper arm in the depression between the lateral border of biceps brachii and the humerus, on the Lung channel (penetrating the Large Intestine channel also), overlaps Tian Fu (LU-3).</p>   | <p>Yang collapse, heart disease and arteriosclerosis<br/>Reaction area: Heart</p>  |
| <p><b>44.10 Tian Zong (Heavenly Ancestor)</b><br/>3 cun proximal to Di Zong (44.09)<br/>(1) On the antero-lateral surface of the upper arm in the depression between the lateral border of biceps brachii and the humerus at the level of the anterior axillary fold, on the Lung channel <i>or</i><br/>(2) On the lateral surface of the upper arm on the lower third of the deltoid muscle 2 cun proximal to Bi Nao (L.I.-14), on the Large Intestine channel</p> | <p>Post-polio syndrome, diabetes mellitus, leg pain, leucorrhea, body odor, vaginitis, uro-genital pain<br/>Reaction areas: Legs, Six Fu-bowels</p>  |



## **Comments on Indications of Jian Zhong (44.06)**

### **Image Correspondence**

In the correspondence of the extremities the shoulder, where Jian Zhong (44.06) is located, mirrors the contralateral shoulder and upper arm. In the inverted correspondence of the extremities it covers the forearm and the foot. In Tung's acupuncture the shoulder also corresponds to the knee. This explains the point's effect in the treatment of pain of the limbs.

In the Large and Small Taiji the shoulder corresponds to the Upper Jiao (heart), neck, head, and face. Hence Jian Zhong (44.06) is indicated for coronary artery disease, nosebleed, and skin diseases of the neck.

### **Channel Correspondence**

The Yang Ming Large Intestine channel on which Jian Zhong (44.06) is located interacts with Yang Ming Stomach (same name correspondence), and by extension with its externally – internally coupled channel Spleen. The Liver channel is influenced via the branching and connecting channel correspondence with the Large Intestine (Hand Yang Ming – Foot Jue Yin), the Kidney because it is the channel clock opposite of the Large Intestine, and the Lung because it is externally – internally coupled with the Large Intestine. All channels listed can be treated by Jian Zhong (44.06) in case of pain (Qi or Blood stagnation) of the limbs.

The Yang Ming Large Intestine is full of both Qi and blood and thus well suited to treat Wei syndromes like hemiplegia and post-polio motor deficits. Another component of the treatment has to focus on the central nervous system, which is always involved in paresis. In Chinese traditional thinking the brain and spine are parts of the "marrow" which is ruled by the Kidney. In such cases the Kidney should be invigorated via its channel correspondence with the Large Intestine (channel clock opposites). Jian Zhong (44.06) overlaps the extra point Nao Shang (N-UE-14), and both points share indications such as upper limb hemiplegia, and pain in the shoulder and arm.

The Large Intestine channel is externally – internally coupled with the Lung, which rules the skin and the Wei-defensive Qi. This is the mechanism through which Jian Zhong (44.06) treats skin diseases.

The effects of Jian Zhong (44.06) in cases of coronary artery disease is explained by Yang Ming Large Intestine's same name channel correspondence with the Yang Ming Stomach because the Stomach channel divergence connects to the Heart.

### **Tissue/Zang Fu Correspondence**

Jian Zhong (44.06) is located at the center of the deltoid muscle, a very fleshy area. This recruits the Spleen to strengthen the muscles (needling flesh to treat flesh).

### **Needling and/or Manipulation**

Perpendicular needling, 0.5 – 1.0 cun in depth.

### **Special recommendations**

Wei-Chieh Young explains that Jian Zhong (44.06) can be effectively used for treating skin diseases because of his theory of "using muscle to treat muscle and skin." This method is described in more detail in Young (2008b, p. 184).

For treating shoulder pain Miriam Lee (2002, p. 51) provides a detailed prescription of her way of needling Jian Zhong (44.06): "The way I needle this point is about 2.5 cun below L.I.-15: I insert one needle. Then I insert two more needles obliquely at a 15 degrees angle below 44.06. I prefer this to L.I.-15 because the joint is not touched."

## **Comments on Location of Bei Mian (44.07) and Pian Jian**

As described above, Bei Mian (44.07) can have two different locations:

- (a) At the same point as Jian Yu (L.I.-15), or
- (b) 1 cun posterior to it.

This ambiguity can perhaps be resolved by referring to Dr. Hu who lists a secret lineage point of Tung's acupuncture 1 cun horizontally posterior to Jian Yu (L.I.-15). This point, Pian Jian, thus overlaps the second location of Bei Mian (44.07). The right part of our figure Z4-2 is intended to illustrate this specific constellation.

Pian Jian's sole indication is sciatica, which suggests its location as being more associated with the San Jiao and Small Intestine channels.

## **Comments on Indications of Bei Mian (44.07)**

### **Image Correspondence**

In the Large and Small Taiji the shoulder corresponds to the Upper Jiao (Lung), neck, head, and face. When both Taiji are inverted the shoulder corresponds to the Lower Jiao (bowels). Hence Bei Mian (44.07) is indicated for diseases of the respiratory tract and the digestive system.

### **Channel Correspondence**

The Yang Ming Large Intestine channel on which Bei Mian (44.07) is located interacts with Yang Ming Stomach (same name correspondence), and by extension with its externally – internally coupled channel, the Spleen. This covers most of the symptoms originating in the digestive tract. The Liver channel is influenced by Bei Mian (44.07) via the branching and connecting channel correspondence with the Liver channel (Hand Yang Ming – Foot Jue Yin), which helps to promote smooth flow of Qi and resolve stagnation, bloating, and counterflow.

The Large Intestine channel is externally – internally coupled with the Lung which is the basic connection enabling Bei Mian (44.07) to regulate Lung Qi.

Furthermore, the respiratory tract and digestive tract are interconnected because the Lung main channel connects to the Middle Jiao and the Intestines, while the Large Intestine main channel connects to the Lung.

Needling Bei Mian (44.07) also influences the Kidney because Kidney is the channel clock opposite of the Large Intestine. This has two therapeutic effects. Firstly, the Kidney channel divergence reaches the throat and thus explains the point's effect on laryngitis. Secondly, it supplements the Kidney which is essential in cases of severe fatigue if partly due to Kidney vacuity. This approach will be complemented by the Large Intestine channel itself, as the Yang Ming is full of Qi and blood and thus well suited to treat fatigue.

### **Needling and/or Manipulation**

Perpendicular needling, 0.3 – 0.5 cun in depth.

### **Special recommendations**

Bloodlet Bei Mian (44.07) for fatigue, leg pain, vomiting, and acute enteritis.

Miriam Lee comments on Bei Mian (44.07) which she locates at L.I.-15: "The point raises the clear Qi. Abdominal distension and voice without strength indicate clear Qi not ascending." (Lee 2002, p. 52)

Used together with Shang Qu (44.16) and Xia Qu (44.15), Pian Jian governs treatment of sciatica.

## **Comments on Location of Ren Zong (44.08), Di Zong (44.09), and Tian Zong (44.10)**

As pointed out by J. H. Maher there is disagreement about whether these points belong to the Hand Yang Ming Large Intestine or the Hand Tai Yin Lung. A closer look at the points' locations in terms of anatomical landmarks may help to resolve some of this ambiguity.

Viewed from distal to proximal, Zhou Liao (L.I.-12), Ren Zong (44.08), Shou Wu Li (L.I.-13), Xia Bai (LU-4), Tian Fu (LU-3) and Di Zong (44.09) all lie in a row in the sulcus between the latero-posterior border of the biceps brachii muscle and the shaft of the humerus. This implies that the Lung channel points, the Large Intestine points, and Tung's points are located at an area where the Large Intestine and the Lung channel take a similar course. Consequently Ren Zong (44.08) and Di Zong (44.09) can be taken as belonging to both channels and sharing their characteristics (i.e., the needle penetrates both channels regardless of where the needle enters the skin).

For Tian Zong (44.10) there seem to be two alternatives. As pointed out by Wei-Chieh Young, "These points (Tian Zong, Ren Zong and Di Zong) are located at a line from the elbow up to the shoulder, along the Lung meridian." (Young, 2008a, p.116) This is in agreement with J. H. Maher's statement that "most Taiwanese experts place these points (Ren Zong, Di Zong, Tian Zong) ....on the Hand Tai Yin Lung Channel." (Maher, p. 112) The bottom part of our figure Z4-2 depicts this situation.

The alternative location is 2 cun proximal to Bi Nao (L.I.-14) also described by Wei-Chieh Young, which would put Tian Zong (44.10) on the Large Intestine channel as depicted in the upper panel of our figure Z4-2.

## **Comments on Indications of Ren Zong (44.08)**

### **Image Correspondence**

In the correspondence of the extremities the area where Ren Zong (44.08) is located corresponds to the contralateral upper arm, or, when inverted about the elbow joint, the contralateral forearm and the lower leg. Hence its effects on lower leg pain and arm pain.

In the Large Taiji and the inverted Large Taiji the same region corresponds to both the Middle and Lower Jiao, assuming that the elbow represents the navel/waist plane. In the inverted Small Taiji, Ren Zong (44.08) being near the elbow joint represents the head (covering the Upper Jiao). Taken together these correspondences define the point's target of action: Lung, Spleen, Liver, and Gallbladder.

### **Channel Correspondence**

The Lung channel on which Ren Zong (44.08) is located treats common cold and asthma. Furthermore it strengthens the Spleen via the same name correspondence (Hand Tai Yin – Foot Tai Yin). The Liver is recruited via its Yin/Yin pairing with the Lung (channel clock neighbors) Similarly, the Large Intestine to which Ren Zong (44.08) also belongs connects to the Liver via the branching and connecting channel correspondence (Hand Yang Ming – Foot Jue Yin), and by extension its externally – internally paired Gallbladder channel. All of these connections together are capable of treating jaundice, edema, and splenomegaly.

### **Tissue/Zang Fu Correspondence**

Because Ren Zong (44.08) is located between the lateral border of biceps brachii and the humerus, the needle ideally influences the skin and subcutaneous tissue, but does not penetrate into the muscle. This would suggest the skin/Lung as targets to be selectively treated. Indeed, both Miriam Lee (2002, p.52) and Wei-Chieh Young (2008a, p. 114) warn that if the point is not hit at its precise location either the humerus or the biceps muscle would be injured. The rationale behind this note of caution is not easily understood. Penetrating into the biceps accentuates the Spleen's influence already inherent in the point's treatment spectrum; touching the bone would strengthen the Kidney, which is a helpful approach in case of edema.

### **Needling and/or Manipulation**

Ren Zong (44.08) is needled shallowly (0.5 cun) for cold and asthma, at medium depth (1 cun) for edema and swelling, and deeply (1.5 cun) for Liver, Gallbladder, and Spleen diseases.

Here we are dealing with two different meanings of needling depth, as described in our chapter on Tung's acupuncture basic treatment rules. One is the Tissue/Zang Fu Correspondence mentioned above. A second relationship exists based on the point's proximity to the target areas with closer areas needled shallowly and distant areas needled deeply. In case of Ren Zong (44.08), the Lung is closest to the needled site thus calling for shallow insertion while the Liver and Gallbladder are further away and thus need deepest needle insertion.

### **Special recommendations**

Miriam Lee recommends Ren Zong (44.08) for "... elbow swollen and difficult to move." (Lee, 2002, p.52)

## **Comments on Indications of Di Zong (44.09)**

### **Image Correspondence**

In the inverted Large Taiji the area of Di Zong (44.09) corresponds to the Upper Jiao (heart). This fits the indications of Di Zong (44.09), which are exclusively related to the cardiovascular system: heart attack with loss of consciousness, and arteriosclerosis.

### **Channel Correspondence**

The Yang Ming Large Intestine channel on which Di Zong (44.09) is located connects to Yang Ming Stomach (same name correspondence) which reaches the Heart via its channel divergence. Stomach also connects to Pericardium, which is associated with the myocardium and blood, via the branching and connecting channel correspondence (Foot Yang Ming – Hand Jue Yin).

The Tai Yin Lung channel on which Di Zong (44.09) is also located connects with the Tai Yin Spleen via their same name correspondence. The Spleen channel also connects to the Heart via its main channel and channel divergence. Lung also connects with Liver (channel clock Yin/Yin neighbors), which also acts on the heart.

Taken together, all channel correspondences activated by Di Zong (44.09) are focused on the cardio-vascular system.

**Tissue/Zang Fu Correspondence**

Effects of Di Zong (44.09) are also mediated through the correspondence of blood vessel treats blood vessel, and blood vessel treats Heart since deep insertion puts the tip of the needle close to the brachial artery.

**Needling and/or Manipulation**

Perpendicular insertion, 1 – 1.5 cun in depth; close to the blood vessel. Needle bilaterally. Deeper needling is used to treat Yang collapse.

**Special recommendations**

In Tung's original book this point was said to be able to raise the Yang to restore life from death. J. H. Maher comments that Di Zong (44.09) "is a rescue point in Master Tung's system ... It has the ability to 'Return Yang' and is even more effective when combined with Shou Jie (22.10)." (Maher, p. 113) It can also be used with points such as Ren Zhong (DU-26).

**Comments on Indications of Tian Zong (44.10)****Image Correspondence**

In the correspondence of the extremities the area of the shoulder where Tian Zong (44.10) is located corresponds to the hip and upper thigh. In the inverted version it corresponds to the region proximal to the knee. Pain and weakness, e.g., due to post-polio syndrome, are treated at these sites of action.

Both in the inverted Large Taiji and the inverted Small Taiji the area of Tian Zong (44.10) corresponds to the Lower Jiao (Kidneys, female genitals, and reproductive organs). Thus the point treats vaginitis, leucorrhea, and uro-genital pain.

**Channel Correspondence**

Tian Zong (44.10) is located on the Hand Tai Yin Lung channel and as such communicates with the Foot Tai Yin Spleen channel. Since Spleen governs flesh it is well suited to treat conditions such as Wei atrophy (i.e., the indication for post-polio syndrome). Furthermore, diabetes is often linked with earth phase disorders in Chinese medicine and as such this point, being related to the Spleen earth, can be used for this indication. The relationship with the Spleen channel relates to this point's ability to treat female reproductive disorders, especially related to accumulation of dampness (i.e., vaginitis and leucorrhea). In the inverted limb to limb correspondence, this point lies in a position that is an analogue of San Yin Jiao (SP-6) location. The effect on the female reproductive system is accentuated by the Yin/Yin connection between the Lung and Liver channels (neighbors in the channel clock).

If Tian Zong (44.10) is located on or needled through to the Yang Ming Large Intestine channel it interacts with the Yang Ming Stomach (same name correspondence). According to Su Wen Chapter 44 (*Wei Lun*, The Treatise on Atrophy) the Yang Ming, being full of Qi and blood, treats Wei atrophy patterns (i.e., post-polio syndrome). Furthermore, the Large Intestine channel connects to the Liver via the branching and connecting channel correspondence (Hand Yang Ming – Foot Jue Yin), and to the Kidney, its channel clock opposite. This constellation as a whole makes Tian Zong (44.10) a point to strengthen the Kidney and harmonize the Liver. This would fit the concept that Kidney vacuity and Liver disharmony play a major role in diabetes and diseases of the female reproductive and genital organs.

**Tissue/Zang Fu Correspondence**

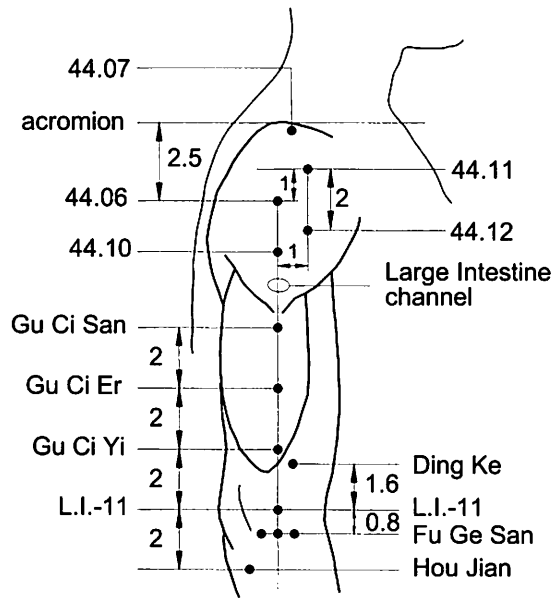
Tian Zong (44.10) is located in an area containing thick flesh and muscles. This will treat the muscles via tissue correspondence and strengthen the Spleen.

**Needling and/or Manipulation**

Perpendicular needling, 1 – 1.5 cun in depth.

**Zone 4**

**Points 44.11, 44.12, Hou Jian, Fu Ge San, Ding Ke, Gu Ci Yi, Gu Ci Er, Gu Ci San**



**Fig. Z4-3**  
Right shoulder and arm, lateral surface

| Point Locations  | Point Indications  |
|--|--|
| <p><b>44.11 Yun Bai (Cloud White)</b><br/>About 1 cun anterior and 1 cun superior to Jian Zhong (44.06 – center of the deltoid muscle), in a natural depression on the anterior edge of the deltoid muscle; between Large Intestine and Lung channels.</p>           | <p>Vaginitis, vaginal pain, leucorrhea, post-polio syndrome<br/>Reaction areas: Lung, Six Fu-bowels</p>  |
| <p><b>44.12 Li Bai (Plum White)</b><br/>2 cun inferior to Yun Bai (44.11), and slightly lateral; 1 cun inferior and anterior to Jian Zhong (44.06) in a natural depression on the anterior edge of the deltoid muscle; between Large Intestine and Lung channels</p> | <p>Armpit odor, leg (calf) pain, foot pain, post-polio syndrome<br/>Reaction areas: Kidneys, Lung</p>  |
| <p><b>Hou Jian (Strengthen the Throat)</b><br/>2 cun distal and 1 cun ulnar (posterior) to Qu Chi (L.I.-11); between Large Intestine and San Jiao channels</p>   | <p>Inflammation of the throat, common cold, cough<br/>Reaction area: Lung</p>  |
| <p><b>Fu Ge San (Bowel Grid Three)</b><br/>3 point group; first point is 0.8 cun distal to Qu Chi (L.I.-11); the other two points lie 0.8 cun each to the left and right of the first point, on the Large Intestine sinew and primary channels</p>                   | <p>Especially effective for severe cases of the common cold; sour pain in the bones and tendons of the back<br/>Reaction area: Heart, Lung</p> |
| <p><b>Ding Ke (Calm Coughing)</b><br/>1.6 cun proximal and 0.5 cun anterior to Qu Chi (L.I.-11) on, or close to, the Large Intestine channel</p>   | <p>Cough<br/>Reaction area: Lung</p>   |
| <p><b>Gu Ci Yi (Bone Spur 1)</b><br/>2 cun directly proximal to Qu Chi (L.I.-11); on the Large Intestine channel</p>   | <p>Bone spurs, sour pain of the vertebrae, traumatic injury of the vertebrae<br/>Reaction areas: Liver, Kidney</p>                             |
| <p><b>Gu Ci Er (Bone Spur 2)</b><br/>2 cun directly proximal to Gu Ci Yi; on the Large Intestine channel</p>   | <p>Same as Gu Ci Yi and Gu Ci San<br/>Reaction areas: Liver, Kidney branch separation</p>  |
| <p><b>Gu Ci San (Bone Spur 3)</b><br/>2 cun directly proximal to Gu Ci Er; on the Large Intestine channel</p>  | <p>Same as Gu Ci Yi and Gu Ci Er<br/>Reaction area: Liver</p>  |

## ***Comments on Indications of Yun Bai (44.11) and Li Bai (44.12)***

### **Image Correspondence**

In the inverted Large and in the inverted Small Taiji the area where Yun Bai (44.11) and Li Bai (44.12) are located corresponds to the Lower Jiao, which explains their indications for diseases of the genitals. In the correspondence of the extremities the shoulder corresponds to the foot explaining the indication of foot pain.

In the inverted Large Taiji (correspondence of the extremities) the area of Yun Bai (44.11) and Li Bai (44.12) images the calf and foot.

For armpit odor Yun Bai (44.11) and Li Bai (44.12) are to be regarded as local or adjacent points.

### **Channel Correspondence**

Yun Bai (44.11) and Li Bai (44.12) are located between Lung and Large Intestine channels bringing into play functions of both channels to treat the indications listed (c.f. Tian Zong 44.10 for discussion).

### **Tissue/Zang Fu Correspondence**

Yun Bai (44.11) and Li Bai (44.12) are located in an extremely fleshy area creating an association with the Spleen. Strengthening the Spleen (which in turn governs the muscles) helps to ameliorate motor deficits secondary to poliomyelitis.

Deep needling can carry the tip of the needle to touch the bone and thus recruits the Kidney into the treatment regime. Kidney rules the marrow, which conceptually, partially overlaps the Western notion of the nervous system. The nervous system, especially the motor neurons of the anterior horn of the spinal cord, is the most impaired in poliomyelitis cases.

### **Needling and/or Manipulation**

Perpendicular needling; 0.3 – 0.5 cun in depth.

Needling can be advanced to touch the bone.

## ***Comments on Indications of Hou Jian***

### **Image Correspondence**

In the Small Taiji the area where Hou Jian is located corresponds to the Upper Jiao (lung and throat), explaining its indications for throat inflammation, common cold and cough.

### **Channel Correspondence**

Hou Jian is located between Large Intestine and San Jiao and therefore brings into play functions of both channels. The Large Intestine channel divergence reaches the throat. The Lung channel treats the Lung and upper respiratory tract through the external – internal channel correspondence (Hand Yang Ming Large Intestine – Hand Tai Yin Lung).

The San Jiao influences the Kidney via the branching and connecting channel correspondence (Hand Shao Yang – Foot Shao Yin). This is an important therapeutic link in cases of cough secondary to vacuous Kidney failing to grasp the Lung Qi.

### **Needling and/or Manipulation**

Perpendicular insertion, 0.3 – 0.5 cun in depth.

## ***Comments on Indications of Fu Ge San***

### **Image Correspondence**

In the Small Taiji the area where the Fu Ge San points are located corresponds to the Upper Jiao, explaining their effect in cases of common cold.

In the Large Taiji the elbow corresponds to the level of the navel/waist. Therefore the Fu Ge San points treat back pain in the area just below this plane; when the Large Taiji is inverted they treat the area just above the waist.

### **Channel Correspondence**

The center point of Fu Ge San is located directly on the Large Intestine channel and the other two points are so close to it that altogether the whole group can be regarded as functionally belonging to the Large Intestine

channel.

In case of common cold the Lung channel is the main target, which relates to the Large Intestine through the external – internal channel pairing.

Back pain due to Kidney vacuity can be treated via the Large Intestine channel because it is related to the Kidney channel (channel clock opposites). That Kidney dysfunction is central to the complaints is also evident from the indication sour pain (aching) of the bones (because Kidney governs the bones). The other painful structures mentioned are the tendons of the back, which are related to the Liver. The Liver channel is connected to the Large Intestine channel via the branching and connecting channel correspondence (Hand Yang Ming – Foot Jue Yin).

#### **Needling and/or Manipulation**

Perpendicular insertion, 0.3 – 0.5 cun in depth.

### ***Comments on Indications of Ding Ke***

#### **Image and Channel Correspondences**

Except for the fact that Ding Ke is located a little more proximally in the Small Taiji than Hou Jian and therefore does not influence the throat, all other Taiji and channel correspondences are the same as explained for Hou Jian (cf. above).

#### **Needling and/or Manipulation**

Perpendicular insertion, 0.3 – 0.5 cun in depth.

### ***Comments on Indications of Gu Ci Yi, Gu Ci Er, and Gu Ci San***

#### **Image Correspondence**

In the Small Taiji or in the Inverted Small Taiji the areas where Gu Ci Yi, Gu Ci Er, and Gu Ci San are located cover the entire back. The same holds for the Large Taiji and the Inverted Large Taiji.

#### **Channel Correspondence**

Back pain due to Kidney vacuity can be treated via the Large Intestine channel because it is related to the Kidney channel (channel clock opposites). Because the Kidney Zang governs the bones, its dysfunction is central to the complaints as evident from the indication of bone spurs, and sour pain (aching) or injury of the vertebrae.

#### **Needling and/or Manipulation**

Perpendicular insertion to touch the bone.

#### **Special recommendations**

Hou Jian is especially effective for treating cough when used with Zhi Ke Three Needles. It treats acute inflammation of the throat when combined with bloodletting of Shao Shang (LU-11).

Use Fu Ge San with Ling Gu (22.05) and Da Bai (22.04) to treat severe cases of the common cold. Use with Ming Huang (88.12) and Qi Huang (88.14) to treat sour pain of the tendons and bones of the back

Ding Ke used with Ling Gu (22.05) and Da Bai (22.04) governs cough treatment.

Gu Ci Yi, Gu Ci Er, and Gu Ci San (Gi Ci Three Needle Dao Ma group) combined with Upper Three Yellows Dao Ma Group (88.12, 13, 14) is especially effective for, and governs treatment of bone spurs.

Dr. Hu lists Pian Jian, Hou Jian, Gu Ci Yi, Gu Ci Er, and Gu Ci San as secret lineage points of Tung's acupuncture. Fu Ge San points were developed by Dr. Hu. Thus, these points are not numbered.

#### **Note**

Sour pain is the literal translation of the Chinese term *suan tong* 酸痛, which means a type of constant sensation of aching.

## Zone 4

## Points 44.13, 44.14, 44.15, 16.17, Fei Qi Yi, Fei Qi Er

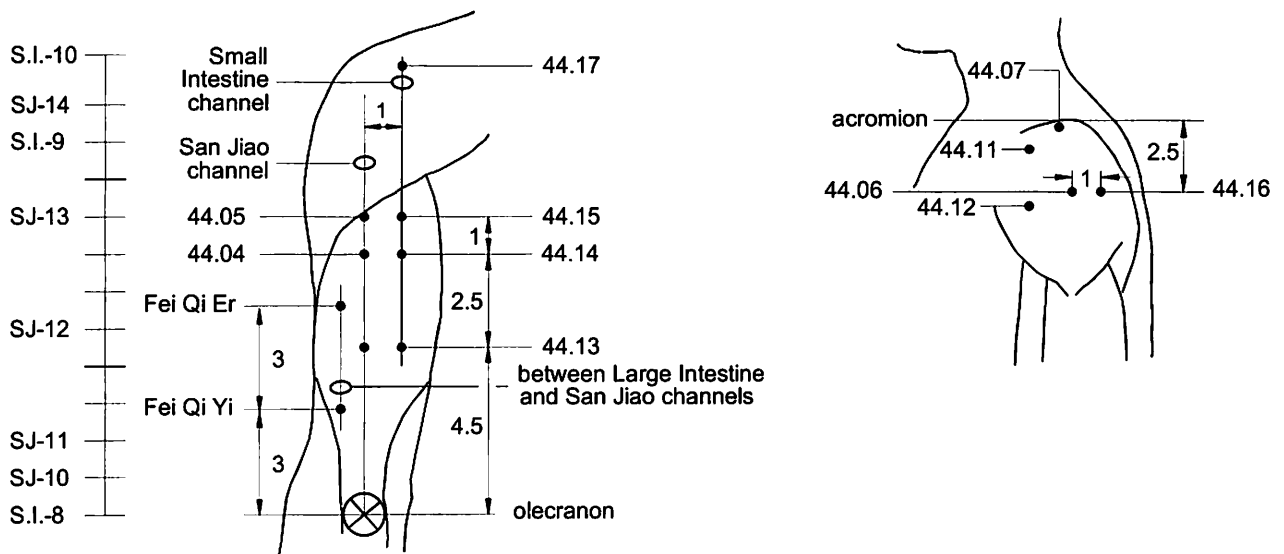


Fig. Z4-4

Left upper arm, posterior surface

Left shoulder, lateral surface

Axis on left: longitudinal coordinates of selected TCM points in the area; spaces between tick marks 1 cun

| Point Locations   | Point Indications   |
|---|---|
| <p><b>44.13 Zhi Tong (Branch Connect)</b><br/>On the posterior aspect of the upper arm, 1 cun horizontally medial (anterior) to Shou Ying (44.03), 4.5 cun proximal to the elbow, on the Small Intestine channel</p>    | <p>Hypertension, arteriosclerosis, dizziness, fatigue, low back pain<br/>Reaction areas: Liver, Kidney, back</p>  |
| <p><b>44.14 Luo Tong (Drop Connect)</b><br/>On the posterior aspect of the upper arm, 1 cun horizontally medial (anterior) to Fu Ding (44.04), 2.5 cun proximal to Zhi Tong (44.13), on the Small Intestine channel</p> | <p>Hypertension, arteriosclerosis, dizziness, fatigue, low back pain<br/>Reaction areas: Liver, Kidney, back</p>  |
| <p><b>44.15 Xia Qu (Lower Curve)</b><br/>On the posterior aspect of the upper arm, 1 cun horizontally medial (anterior) to Hou Zhi (44.05), 1 cun proximal to Luo Tong (44.14), on the Small Intestine channel</p>      | <p>Post-polio syndrome, sciatica, hemiplegia, hypertension, subluxation of the joints from falls or injury<br/>Reaction areas: Lung, Liver</p>            |
| <p><b>44.16 Shang Qu (Upper Curve)</b><br/>On the lateral aspect of the upper arm, 1 cun horizontally lateral (posterior) to Jian Zhong (44.06), between Large Intestine and San Jiao channels</p>                      | <p>Post-polio syndrome, sciatica, arm pain, leg pain, hypertension<br/>Reaction areas: Liver, Kidney</p>  |
| <p><b>44.17 Shui Yu (Water Curve)</b><br/>On the posterior aspect of the upper arm, 3 cun horizontally lateral (posterior) to Yun Bai (44.11), close to the Small Intestine channel.</p>                                | <p>Kidney stones, nephritis, low back pain, wrist pain, carpal tunnel syndrome, arm pain, leg muscle pain, general weakness<br/>Reaction area: Kidney</p> |
| <p><b>Fei Qi Yi</b><br/>3 cun proximal to the tip of the elbow, between the San Jiao and Large Intestine channels</p>   | <p>Shortness of breath, tracheitis, dry mouth<br/>Reaction areas: Lung and Kidney</p>   |
| <p><b>Fei Qi Er</b><br/>3 cun proximal to Fei Qi Yi, between the San Jiao and Large Intestine channels</p>  | <p>Shortness of breath, tracheitis, dry mouth<br/>Reaction areas: Lung, and the Kidney separating branch</p>  |



## **Comments on Indications of Zhi Tong (44.13) and Luo Tong (44.14)**

### **Image Correspondence**

In the Small Taiji consisting of the long bone humerus surrounding tissues, the area where Zhi Tong (44.13) and Luo Tong (44.14) are located corresponds to the Lower Jiao (Zhi Tong 44.13) and to the Upper Jiao (Luo Tong 44.14). In the inverted Small Taiji the positions are reversed: Zhi Tong (44.13) covers the Lower Jiao (Kidney and lower back) while Luo Tong (44.14) corresponds to the Upper Jiao (Heart). In the Large Taiji the same locations correspond to the trunk and organs above the level of the navel/waist thus covering the Upper Jiao (Heart) while in the inverted Large Taiji, Zhi Tong (44.13) and Luo Tong (44.14) correspond to the back and spine below the level of the navel/waist thus covering the Kidney and low back.

### **Channel Correspondence**

The Tai Yang Small Intestine channel on which Zhi Tong (44.13) and Luo Tong (44.14) are located corresponds to the Tai Yang Bladder via the same name correspondence, and by extension, its externally – internally paired partner the Kidney. Hence back pain is ameliorated by treating both the Bladder channel, and the Kidney channel with its internal branch that penetrates the lumbar spine. In Tung's original book the point was listed specifically for treating sour (*suan* 酸) lumbago, a term referring to a constant sore aching typical of Kidney vacuity low back pain.

Hypertension, arteriosclerosis, fatigue, and dizziness can all be viewed as symptoms of Kidney vacuity or Liver Yang rising. Zhi Tong (44.13) and Luo Tong (44.14) are located on the Small Intestine channel and treat these symptoms by influencing the Kidney as described in the preceding paragraph.

Without going into details we note here that modern research has confirmed the involvement of the kidneys in regulating blood pressure through specific hormones (Renine/Angiotensine mechanism). If the regulation fails under pathological conditions hypertension can occur and arteriosclerosis may ensue as a consequence. Furthermore, the Small Intestine channel corresponds to the Liver (channel clock opposites) and can thus help to soothe and sedate the Liver.

### **Tissue/Zang Fu Correspondence**

When needling Zhi Tong (44.13) and Luo Tong (44.14) the needle can be advanced to touch the bone. This will additionally invigorate the Kidney Zang and treat the bones when they are involved in low back pain.

### **Needling and/or Manipulation**

Perpendicular insertion, 0.3 – 0.5 cun in depth.

### **Special recommendations**

For the indications given above for Luo Tong (44.14) Miriam Lee prefers Tian Huang (77.17) and Ren Huang (77.21), or Yin Ling Quan (SP-9) and San Yin Jiao (SP-6) because this “achieves the same purpose and is much easier to accomplish.” In her list of indications for Luo Tong (44.14) she includes “lack of strength of the four limbs.” (Lee 2002, p. 56) This points to the Spleen which governs the flesh (muscles). Spleen is connected to the Small Intestine channel via the branching and connecting channel correspondence (Hand Tai Yang – Foot Tai Yin).

## **Comments on Indications of Xia Qu (44.15) and Shang Qu (44.16)**

### **Image Correspondence**

Except for hypertension, which has been dealt with above, the other indications are concerned with general symptoms of motor deficits and pain of the extremities which are all covered by the correspondence of the extremities.

### **Channel Correspondence**

Xia Qu (44.15) is located on the Small Intestine channel while Shang Qu (44.16) lies between the Large Intestine and San Jiao channels. Therefore all three channels contribute to the channel correspondences. The Tai Yang Small Intestine corresponds to the Tai Yang Bladder via the same name correspondence, and by extension, its externally – internally paired partner the Kidney. The Kidney is also influenced by the Large Intestine channel as they are opposite each other in the channel clock. The Kidney rules the marrow, which conceptually, partially overlaps the Western notion of the nervous system. The nervous system, especially the cortical and spinal motor cells, is the most impaired in poliomyelitis and hemiplegia. Another component of these diseases is the resulting weakness of the muscles (Wei Syndrome). Xia Qu (44.15) is effective in such cases because the Spleen, which

rules the muscles, is supplemented via the branching and connecting channel correspondence with the Small Intestine (Hand Tai Yang – Foot Tai Yin). Shang Qu (44.16) relates to the Yang Ming, which is full of Qi and blood and thus indicated for all kinds of muscle weakness. Xia Qu (44.15) and Shang Qu (44.16) are also indicated for sciatica because the Large Intestine, San Jiao, and Small Intestine channels ameliorate pain radiating along the Foot Yang Ming, the Foot Shao Yang, or the Foot Tai Yang via their same name channel correspondences.

As explained above, hypertension is sometimes a consequence of Kidney vacuity, or Kidney vacuity causing Liver Yang rising. Xia Qu (44.15) is located on the Small Intestine channel and treats these symptoms by influencing the Kidney as described in the preceding paragraphs. Because Shang Qu (44.16) relates to both the San Jiao and the Large Intestine channel it has a dual effect on hypertension. It accentuates Xia Qu's (44.15) strengthening effect on the Kidney via the branching and connecting channel correspondence of the San Jiao (Hand Shao Yang – Foot Shao Yin), and subdues Liver Yang via the branching and connecting channel correspondence of the Large Intestine (Hand Yang Ming – Foot Jue Yin).

Subluxation of the joints from falls or injury are treated by Xia Qu (44.15) because of several characteristics of the Small Intestine channel. First, one of the main functions of Small Intestine channel according to Ling Shu Chapter 10 (*Jing Mai, On the Channels*), is to govern disorders of the body fluids. Thus this channel can help lubricate the joints and guarantee the smoothness of their movements (i.e., synovia in Western terms). Secondly, the Small Intestine channel also interacts with Spleen (cf. above) and can thus help remove dampness from joints swollen after injury. Lastly the Tai Yang Small Intestine channel communicates with the Tai Yang Bladder channel (same name channel). According to Ling Shu Chapter 10 (*Jing Mai, On the Channels*) the Bladder Channel governs sinews and is thus able to treat acute musculo-skeletal injuries.

#### **Tissue/Zang Fu Correspondence**

Xia Qu (44.15) and Shang Qu (44.16) are located in a fleshy area, which creates an association with the Spleen. Strengthening the Spleen (which in turn governs the muscles) can help to ameliorate the motor deficits and weakness associated with poliomyelitis and hemiplegia.

Deep needling can carry the tip of the needle to touch the bone and thus supplement Kidney and benefit the marrow (nervous system).

#### **Needling and/or Manipulation**

Perpendicular insertion, 0.5 – 1.5 cun in depth.

#### **Special recommendations**

Bloodlet Shang Qu (44.16) for liver cirrhosis.

#### **Comments on Location of Shui Yu (44.17)**

Shui Yu is located close to the Small Intestine channel, although according to Wei-Chieh Young, Shui Yu (44.17) lies at Nao Shu (S.I.-10). The best method for locating this point is to palpate for exact location – when it is indicated it often becomes very sensitive to pressure.

#### **Comments on Indications of Shui Yu (44.17)**

##### **Image Correspondence**

In correspondence of the extremities the shoulder where Shui Yu (44.17) is located corresponds to the hand and wrist. The correspondence of the extremities and the inverted correspondence of the extremities cover the symptoms of arm and leg pain. In the inverted Small Taiji the top of the shoulder corresponds to the lower back and the Kidney.

##### **Channel Correspondence**

Shui Yu (44.17) is located close to the Tai Yang Small Intestine channel, which corresponds to the Tai Yang Bladder via the same name correspondence, and by extension its externally – internally paired partner the Kidney. Low back pain is ameliorated by treating both the Bladder channel, and the Kidney channel with its internal branch that penetrates the lumbar spine. This channel correspondence also explains why the point is indicated for kidney stones and nephritis.

If “general weakness” is understood as weakness of the muscles, then the beneficial effects of Shui Yu (44.17) is due to the channel correspondence between Small Intestine and Spleen, which governs the muscles (Hand Tai Yang – Foot Tai Yin).

Besides those channel connections of the Small intestine already mentioned (Bladder, Kidney, Spleen), further channel correspondences exist to Heart (external – internal pairs) and Liver (channel clock opposites). Hence, pain of the extremities caused by stagnation in any or all of these channels can be treated by the Small Intestine.

**Needling and/or Manipulation**

Perpendicular insertion, 0.3 – 0.5 cun in depth.

**Special recommendations**

Wei-Chieh Young recommends bloodletting Shui Yu (44.17) for kidney disease, wrist pain, and arm pain. For arm and wrist pain bleed the same side.

Miriam Lee notes that “to prick and exit yellow fluid is very effective for the treatment of kidney organ disease.” (Lee, 2002, p. 58)

**Comments on Indications of Fei Qi Yi and Fei Qi Er**

**Image Correspondence**

In the inverted Small Taiji consisting of the long bone humerus and surrounding tissue, the area where Fei Qi Yi and Er are located corresponds to the Upper Jiao (Lung) and its opening to the outside (nose and larynx). In the large Taiji this area reflects the chest further explaining the indications of Fei Qi points on the Lungs, and the ability of the Lungs to move and distribute fluids in the Upper Jiao.

**Channel Correspondence**

Fei Qi Yi and Er lie between the Large Intestine and San Jiao and thus share indications of both channels. Large Intestine channel is exteriorly – interiorly paired with the Lung channel, explaining these points’ use in problems related to that channel. Furthermore, according to Ling Shu Chapter 10 (*Jing Mai*, On Channels), the Large Intestine channel governs disorders of the fluids (i.e., Jin and Ye), and thus helps in distributing fluids to the Upper Jiao where the channel traverses. Both the Large Intestine and San Jiao channels travel through the throat, and the San Jiao Channel in particular is useful in clearing heat from the throat.

**Needling and/or Manipulation**

Perpendicular insertion, 0.3 – 0.5 cun in depth.

**Special Recommendations**

Fei Qi Two Needle Dao Ma group (Fei Qi Yi and Fei Qi Er) used with Tong Shen (88.09) and Tong Wei (88.10) governs treatment of dry mouth. Used with Chong Zi (22.01) and Chong Xian (22.02) it treats shortness of breath.

# Points on the Sole of the Foot

## Zone 5

### Points 55.01 – 55.06

#### Zone 5

#### Points 55.01, 55.02, 55.03, 55.04, 55.05, 55.06

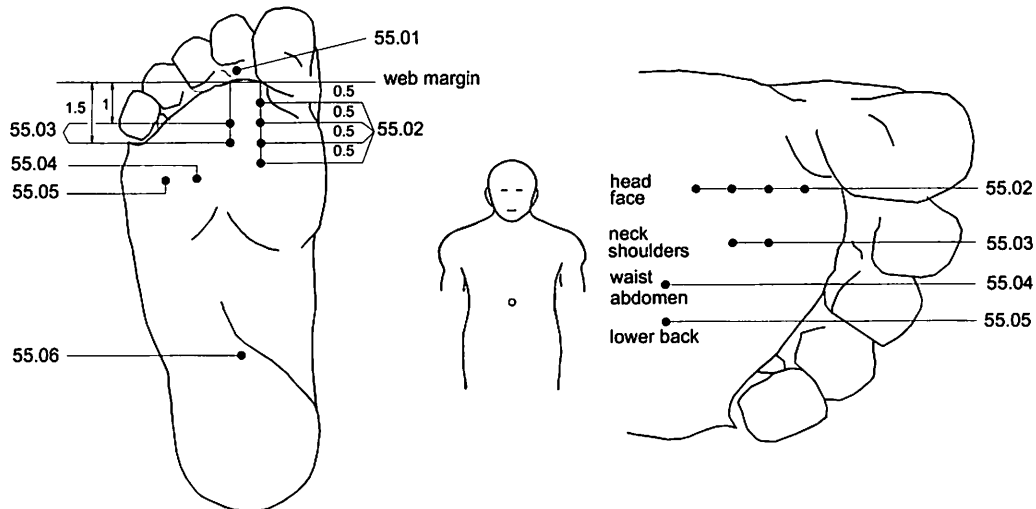


Fig. Z5-1

Right foot, plantar surface

Left foot, plantar surface with superimposed Small Taiji

| Point Locations   | Point Indications   |
|---|---|
| <p><b>55.01 Huo Bao (Fire Bag)</b><br/>At the center of the distal crease of the plantar aspect of the 2nd toe on the Stomach channel, overlaps with Du Yin (Extra)</p>   | <p>Angina (zhen xin tong = angina pectoris, real heart pain), retained placenta; induce labor, or facilitate protracted and difficult labor<br/>Reaction areas: Heart, Liver</p>  |
| <p><b>55.02 Hua Gu Yi (Flower Bone, One)</b><br/>4 point group; located on the sole of the foot between the 1st and 2nd metatarsals. Point 1 lies 0.5 cun from the web margin (opposite Xing Jian, LIV-2), and the rest of the points each lie a further 0.5 cun back (3rd opposite Tai Chong, LIV-3), on the Liver channel</p> | <p>Trachoma (Chlamydia trachomatis infection of the eye), ophthalmitis, blepharitis, conjunctivitis, nasal pain, photophobia, tearing on exposure to the wind, headache, toothache, tinnitus, loss of hearing, pain of the nasal bone<br/>Reaction areas: Spleen, Lung, Kidneys</p> |
| <p><b>55.03 Hua Gu Er (Flower Bone, Two)</b><br/>2 point group; located on the sole of the foot between the 2nd and 3rd metatarsals. Point 1 lies 1 cun from the web margin, and point 2 lies a further 0.5 cun back (opposite Xian Gu, ST-43), on the Stomach channel</p>  | <p>Weakness in the fingers, pain in the arms so that they cannot lift<br/>Reaction area: Spleen</p>   |
| <p><b>55.04 Hua Gu San (Flower Bone, Three)</b><br/>On the sole of the foot, between the 3rd and 4th metatarsals, 2 cun posterior to the web margin, on the same horizontal line as Hua Gu Si (55.05), between Stomach and Gallbladder channels</p>   | <p>Back pain, sciatica, spinal pain<br/>Reaction area: Spleen</p>   |
| <p><b>55.05 Hua Gu Si (Flower Bone, Four)</b><br/>On the sole of the foot, between the 4th and 5th metatarsals, 1.5 cun posterior to the web margin, opposite Di Wu Hui (GB-42), on the same horizontal line as Hua Gu San (55.04), on the Gallbladder channel</p>  | <p>Sciatica, spinal pain, abdominal pain, stomachache, bleeding disorders<br/>Reaction area: Lung</p>   |
| <p><b>55.06 Shang Liu (Upper Tumor)</b><br/>On the sole of the foot, at the center of the anterior edge of the heel proximal to Yong Quan (KID-1), on the Kidney channel</p>  | <p>Brain tumor, headache, swelling of the cerebellum, cranial nerve pain (e.g. trigeminal neuralgia), general vacuity (fatigue), stuffy nose, epistaxis<br/>Reaction area: Cerebellum</p>   |

## **Comments on Indications of Huo Bao (55.01)**

### **Image Correspondence**

In the Large Taiji the toes correspond to the genital and inguinal areas, including the uterus. This helps to understand why Huo Bao (55.01) helps with delivery problems.

In the small Taiji of the toe, the distal interphalangeal joint represents the region of the heart assuming the tip of the toe is the top of the body. In the inverted Taiji this area then represents the uterus.

### **Channel Correspondence**

Huo Bao (55.01) is located on the Stomach channel, which communicates with the Pericardium channel via the branching and connecting channel correspondence (Foot Yang Ming – Hand Jue Yin); this explains the point's beneficial effects on cardiac disease.

Effects on the uterus and placenta (and on labor) are mediated through the communication between the Jue Yin Pericardium and the Jue Yin Liver channels (same name correspondence). Furthermore, the Yang Ming Stomach channel influences the uterus through its connection with the Chong Mai at Qi Chong (ST-30). The indications of Huo Bao (55.01) described within Tung's system are identical with those of the extra point Du Yin 獨陰 (Ex-LE-11).

The Yang Ming channel is most full of Qi and Blood and therefore effective at strongly moving Qi and Blood, hence this point's strong Qi and Blood rectifying functions.

### **Tissue/Zang Fu Correspondence**

Huo Bao (55.01) can be needled through the tendon of the long toe flexor muscle to touch the bone thus invigorating Kidney and coursing Liver. This would in turn support the point's effects on the heart and the reproductive system.

### **Needling and/or Manipulation**

Perpendicular insertion; 0.1 – 0.3 cun in depth. Different Tung system authors disagree on which crease this point is located. The creases can be palpated to find the most sensitive location.

### **Special recommendations**

For angina Huo Bao (55.01) is more effective with bloodletting, and when needling Ling Gu (22.05) and San Yin Jiao (SP-6) at the same time.

The name Huo Bao reflects the point's areas of influence. "Huo" means fire, representing heart. "Bao" means sack or bag, and is a reference to both the Uterus (Bao Gong, or Zi Bao) and the Pericardium (Xin Bao – literally heart's sack).

Contraindicated to needling in pregnancy. According to Dr. So this point can be used to treat nausea and vomiting of pregnancy when combined with Jian Shi (PC-5). For this indication the points are treated with direct rice-grain size moxibustion as needling is contraindicated. Dr. So also lists this point as being located on the Stomach channel. (So, 1985) The Zhen Jiu Da Cheng recommends the combination of Du Yin (i.e., Huo Bao 55.01), He Gu (L.I.-4), and San Yin Jiao (SP-6) for difficult childbirth. (Yang, 2007)

## **Comments on Indications of Hua Gu Yi (55.02), Hua Gu Er (55.03), Hua Gu San (55.04), and Hua Gu Si (55.05)**

### **Image Correspondence**

Hua Gu Yi (55.02), Hua Gu Er (55.03), Hua Gu San (55.04), and Hua Gu Si (55.05) constitute a special Taiji on the sole of the foot, as illustrated in figure Z5-1. Hua Gu Yi (55.02) points are effective for face, ear, nose and eye problems, Hua Gu Er (55.03) for neck, shoulder, arm, and finger pain, Hua Gu San (55.04) for waist and back pain, and Hua Gu Si (55.05) for sciatica. Thus a Taiji exists on the plantar aspect of the foot that outlines the entire structure of the body from top to bottom. Furthermore, in the Large Taiji, the feet correspond to the hands explaining the effect of Hua Gu Er (55.03) on finger weakness and pain.

### **Channel Correspondence**

The Hua Gu Yi points (55.02) are located on the Liver channel opposite Xing Jian (LIV-2) and Tai Chong (LIV-3) with which they share indications such as Liver-related eye symptoms or Jue Yin headache. Another set of eye symptoms (swelling around the eyes, discharge) are more related to the Stomach channel and weakness of the Spleen. They can be treated via the branching and connecting channel correspondence of the Jue Yin and Yang

Ming. Toothache and tinnitus (if due to Stomach heat) can also be treated through the branching and connecting channel correspondence of Jue Yin and Yang Ming, and furthermore the Yang Ming Large Intestine Luo Network vessel connects to both the teeth and the ears.

The Hua Gu Er points (55.03) are located on the Stomach channel with the more proximal point located opposite Xian Gu (ST-43). Consequently they treat neck, arm, and shoulder pain in areas and muscles primarily under the influence of the Stomach channel and its same name partner Large Intestine channel, which traverses most of the antero-lateral muscles of the shoulder and arm. Thus, one specific symptom is “pain in the arms so that they cannot lift.”

Hua Gu San points (55.04) are located between Stomach and Gallbladder channels and has thus shares properties of both.

Hua Gu Si (55.05) is located on the Gallbladder channel. The Foot Shao Yang is a channel commonly involved in sciatica as evidenced by the course of the downward radiating pain.

The entire bottom of the foot is associated with the Kidney channel. According to Su Wen Chapter 8 (*Ling Lan Mi Dian Lun*, Secret Treatise of the Miraculous Orchid), the Kidneys govern *zuo qiang* 作強, with the word *qiang* (strength) referring to the strength of the spine, marrow, and overall physical structure of the body. Thus needling these points on the Kidney channel has good effect on treating the limbs and back, especially when they are weak and painful.

### **Tissue/Zang Fu Correspondence**

Hua Gu Yi (55.02), Hua Gu Er (55.03), Hua Gu San (55.04), and Hua Gu Si (55.05) can all be needled along the edge of the bone (cutting or shaving the bone) and piercing tendons to invigorate Kidneys and course Liver. This would in turn support their effects on back pain, joint pain, tinnitus, impaired hearing and vision.

### **Needling and/or Manipulation**

Perpendicular insertion; 0.5 – 1 cun in depth.

### **Special recommendations**

Miriam Lee recommends the Hua Gu Er points (55.03) for upper arm muscle pain. For leg and foot numbness, as well as low back pain, she combines Hua Gu San (55.04) with Hua Gu Si (55.05).

## ***Comments on Indications of Shang Liu (55.06)***

### **Image Correspondence**

In the inverted Large Taiji, Shang Liu's (55.06) location on the sole of the foot, and specifically on the Kidney channel, establishes a strong correspondence not only with the head and face to treat epistaxis and stuffy nose, but also to those parts of the nervous system which reside in the skull (the cerebrum, cerebellum, brain stem, cranial nerves) to treat headache, brain swelling, trigeminal neuralgia, and general asthenia.

### **Channel Correspondence**

Shang Liu (55.06) is located on the Kidney channel; the Kidney governs the spine (marrow), the substance in Chinese medicine of the nervous system. The Kidney also governs the strength of the body (cf. discussion for Hua Gu points above).

### **Needling and/or Manipulation**

Perpendicular needling; maximally 0.5 cun in depth.

### **Special recommendations**

For concussion of the brain or other head injury also bleed in the area of Ran Gu (KID-2) to Zhao Hai (KID-6).

### **Note**

Shallow insertion only, deep needling (> 0.5 cun) will cause dyspnea.

# Points on the Dorsum and Medial Surface of the Foot

## Zone 6

### Points 66.01 – 66.15

#### Zone 6

#### Points 66.01, 66.02, 66.03, 66.04, 66.05

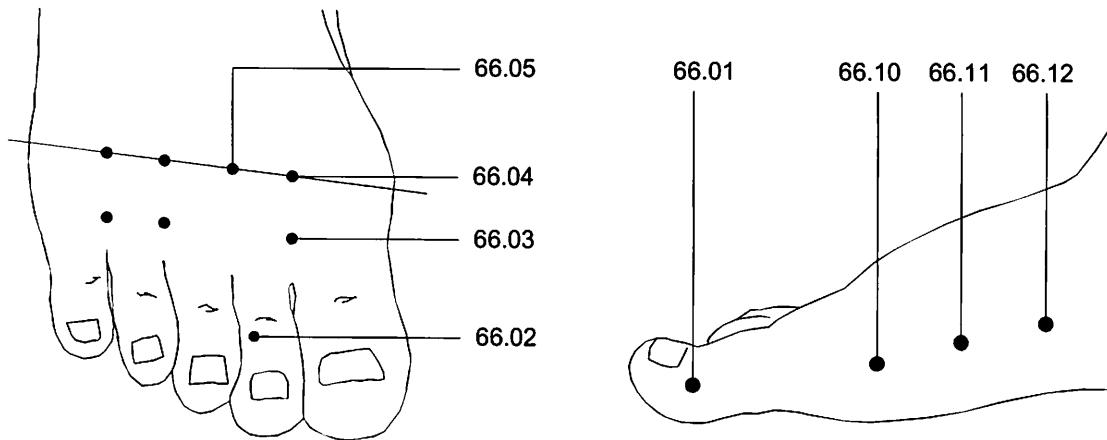


Fig. Z6-1

Right foot, dorsal surface

Right foot, medial surface

| Point Locations  | Point Indications  |
|--|--|
| <p><b>66.01 Hai Bao (Sea Seal)</b><br/>At the center of the medial surface of the hallux; on the border of the red and white flesh on the Spleen channel, between Yin Bai (SP-1) and Da Du (SP-2)</p>  | <p>Inguinal hernia, conjunctivitis, vaginitis, pain of the thumb and index finger<br/>Reaction area: Heart</p>   |
| <p><b>66.02 Mu Fu (Wood Wife)</b><br/>On the dorsum of the foot; 0.3 cun lateral to the center of the dorsal middle phalanx of the 2nd toe, on the Stomach channel</p>   | <p>Red leucorrhoea, irregular menstruation, dysmenorrhoea, amenorrhoea, inflammation of the uterus, fallopian tube obstruction, infertility<br/>Reaction area: Heart</p>   |
| <p><b>66.03 Huo Ying (Fire Hard)</b><br/>On the dorsum of the foot; between the 1st and 2nd toes, 0.5 cun proximal to the MTP joints, on the Liver channel, overlaps with Xing Jian (LIV-2), opposite the 2nd point of Hua Gu Yi (55.02)</p>   | <p>Strengthens the Heart, emergency point for syncope or myocardial infarction, palpitations; tumors of the uterus, uterine leiomyomas, retained placenta, inflammation of the uterus; chin pain, pain of the temporo-mandibular joint, grinding teeth (from stress), dizziness<br/>Reaction areas: Heart, Liver</p> |
| <p><b>66.04 Huo Zhu (Fire Master)</b><br/>On the dorsum of the foot; between the 1st and 2nd toes, 1 cun proximal to Huo Ying (66.03), on the Liver channel, overlaps with Tai Chong (LIV-3); opposite the 3rd point of Hua Gu Yi (55.02)</p>  | <p>Emergency point for myocardial infarction, enlargement of the bones, headache, inflammation or tumors of the uterus, gastro-intestinal diseases, liver diseases, neurasthenia, breech presentation, pain in the hands and feet<br/>Reaction area: Heart</p>   |
| <p><b>66.05 Men Jin (Gate Metal)</b><br/>On the dorsum of the foot; 2 cun proximal to the web margin between the 2nd and 3rd toes, distal to the junction of the metatarsal bones, on the same transverse (horizontal) line as Huo Zhu (66.04) on the Stomach channel, overlaps with Xian Gu (ST-43)</p> | <p>Migraine (especially effective when bled), gastritis, appendicitis, abdominal pain, diarrhea, dysentery<br/>Reaction areas: Stomach, Duodenum</p>   |

### **Comments on Location of Huo Ying (66.03), Huo Zhu (66.04), and Men Jin (66.05)**

Wei-Chieh Young locates Huo Ying (66.03) 0.5 cun proximal to Xing Jian (LIV-2), and Huo Zhu (66.04) 1 cun proximal to Huo Ying (66.03) in the depression directly distal to the junction of the 1st and 2nd metatarsal bones, proximal to Tai Chong (LIV-3). Since however there are slight differences in location depending on which classic text or lineage is referenced, these points can be said to be identical to Xing Jian (LIV-2) and Tai Chong (LIV-3).

Men Jin (66.05) is located at Xiang Gu (ST-43) according to locations described in Zhen Jiu Jia Yi Jing and the Zhen Jiu Da Cheng.

### **Comments on Indications of Hai Bao (66.01), Mu Fu (66.02), Huo Ying (66.03), Huo Zhu (66.04), and Men Jin (66.05)**

#### **Image Correspondence**

The holographic correspondences of Hai Bao (66.01), Mu Fu (66.02), Huo Ying (66.03), Huo Zhu (66.04), and Men Jin (66.05), and the diseased areas and Organs listed under the indications can be explained by several Taiji:

- (1) Foot points can treat hand problems via the correspondence of the extremities.
- (2) In the Large Taiji these points cover the lower abdomen and anus, the lower Jiao, and the uro-genital and reproductive systems. When the Large Taiji is inverted the focus of the points are the head, face, eyes, chin, jaws, mouth, and other similar locations.
- (3) In the Middle Taiji and the inverted Middle Taiji the heart, liver, and digestive tract are included in the correspondence.
- (4) In the inverted Small Taiji of the second toe's medial phalanx, the area where Mu Fu (66.02) is located corresponds to the uro-genital system.
- (5) In the Small Taiji of the 2nd proximal phalanx, the area where Huo Ying (66.03) is located corresponds to the lower part of the body (e.g., the reproductive organs). If the Small Taiji is inverted the point covers the upper part of the body, such as the heart, head.
- (6) In the Small Taiji of the first and second toe's metatarsals, the areas where Huo Zhu (66.04) and Men Jin (66.05) are located correspond to the middle of the body which includes the liver, spleen, stomach and small intestine.

#### **Channel Correspondence**

Inguinal hernia can be due to Spleen and Stomach weakness and Spleen Qi sinking which can be treated by Hai Bao (66.01) via its influence on the Spleen channel and its externally – internally coupled partner the Stomach.

Hai Bao's (66.01) effect on vaginitis is due to the Spleen's ability to remove dampness and thus prevent the development of heat, and to its connection with the Chong Mai. This connection is mediated via the Spleen's externally – internally coupled Stomach channel which connects to the Chong Mai at Qi Chong (ST-30). The conjunctiva is mainly associated with Tai Yin and Yang Ming. Thus, Hai Bao (66.01) contributes to the treatment of conjunctivitis because it is located on the Tai Yin Spleen channel. Spleen is externally – internally coupled with Stomach which treats pain, swelling and inflammation in the Yang Ming region of the face. Furthermore, the Spleen's main channel and channel divergence reach the eyes.

Mu Fu (66.02) is located on the Stomach channel. The Stomach channel is externally – internally coupled with the Spleen which resolves damp and phlegm and thus prevents the development of heat. The Stomach channel connects to the Chong Mai which influences the female reproductive system. Furthermore, the Stomach channel interacts with the Liver via the branching and connecting channel correspondence (Yang Ming – Jue Yin). All of this taken together makes Mu Fu (66.02) well suited to treat gynecological complaints with components of damp, heat, and stagnation. Wei-Chieh Young identifies "Liver – Spleen disharmony" and "damp-heat in the Liver and Gallbladder" as the most important gynecological syndromes to be treated by Mu Fu (66.02).

Huo Ying (66.03) is located on the Liver channel overlapping Xing Jian (LIV-2), its Fire point. The Liver channel connects to the Pericardium, the channel most associated with the myocardium, via the same name correspondence (Hand Jue Yin – Foot Jue Yin). This correspondence explains the point's effect on Heart syndromes listed under the indications. This is further accentuated by the association with the Heart through Huo Ying's (66.03) association as a Fire point.

The Liver channel and its Luo Network vessel encircle the genitals and also treat gynecological diseases such as metritis, leiomyoma, uterine tumors, and retained placenta.



Pain of the temporomandibular joint is alleviated by *Huo Ying* (66.03) because the Liver governs the tendons and *Xing Jian* (LIV-2), the Fire point, is the drainage point on the channel. Furthermore, grinding teeth, stress, and dizziness are often symptoms of Liver Fire. Needling *Xing Jian* (LIV-2), which overlaps *Huo Ying* (66.03), is a classic prescription in such cases.

*Huo Zhu* (66.04) is located on the Liver channel. For heart and gynecological conditions the indications and the channel correspondences are similar to those described for *Huo Ying* (66.03) (c.f. above).

Since *Huo Zhu* (66.04) overlaps *Tai Chong* (LIV-3), the Earth point, it has similar effects in treating a wide variety of Liver patterns and their sequelae, among them rheumatic arthritis due to Liver – Kidney vacuity and Liver – Spleen disharmony, and other symptoms associated with impaired Qi circulation, impaired Blood supply, and accumulation of damp. Because Liver governs smooth circulation of Qi and the Spleen governs all Qi movement and transformation, using the Earth point on the Live channel is especially effective in treating all types of stagnation.

*Men Jin* (66.05) is located on the Stomach channel and overlaps its Wood point, *Xiang Gu* (ST-43). Most of its indications relate to malfunctions of the gastro-intestinal system which are covered by the Stomach channel itself and/or by its externally – internally pair, the Spleen. Impairment of Liver function is often a component of indigestion which is treated by *Men Jin* (66.05) as Wood points harmonize the Liver. For example, this point's function in treating diarrhea is similar to the effect of *Tong Xie Yao Fang*.

Its indication for migraine focuses on the Yang Ming area of the face, which is covered both by the Yang Ming Stomach channel and its same named channel the Yang Ming Large Intestine. However, as a Wood point it also creates functional links with the Liver – Gallbladder system. Furthermore, clinical experience shows that migraine along the Tai Yang Bladder channel is also alleviated by *Men Jin* (66.05) (cf. Miriam Lee's comments below).

### **Tissue/Zang Fu Correspondence**

*Huo Ying* (66.03) and *Huo Zhu* (66.04) can act as emergency points for myocardial infarction because a dorsal metatarsal artery passes between the 1st and 2nd metatarsals, thus providing the opportunity to use needling a blood vessel to treat the Heart.

All points can be needled in a way that the phalangeal or metatarsal bones are touched (shaving the bone technique) and the tendons of the long and short toe extensor muscles are pierced. This would strengthen the Kidney and course Liver, and thus help with all chronic conditions in general as well as with bone and connective tissue.

### **Needling and/or Manipulation**

*Hai Bao* (66.01): Shallow perpendicular insertion

*Mu Fu* (66.02): Closely against the phalangeal bone, 0.2 – 0.4 cun in depth.

*Huo Ying* (66.03), *Huo Zhu* (66.04), and *Men Jin* (66.05): Perpendicular insertion, 0.5 – 1 cun in depth.

### **Special recommendations**

For pain treatment *Huo Zhu* (66.04) can be combined with *Ling Gu* (22.05) which bears close similarity to the classic Four Gates formula, *Tai Chong* (LIV-3) and *He Gu* (L.I.-4).

For inguinal hernia *Hai Bao* (66.01) should be combined with *Da Jian* (11.01), *Xiao Jian* (11.02) *Wai Jian* (11.04), and *Zhong Jian* (11.05).

According to the *Zhen Jiu Zi Sheng Jing*, *Xian Gu* ST-43 (i.e., Tung's *Men Jin* 66.05) governs treatment of intestinal pain, and also treats severe abdominal fullness and belching. (Wang 2014) Miriam Lee recommends *Hai Bao* (66.01) for all hand, thumb, and finger pain. This is obviously an analogy to the thumb points *Wu Hu* (11.27) and a simple use of the toes to treat the fingers (Large Taiji projection).

Wei-Chieh Young uses *Hai Bao* (66.01) for tailbone pain (Large and Small Taiji projections).

For the treatment of infertility use *Mu Fu* (66.02) with *Fu Ke* (11.24).

For Liver fire Miriam Lee recommends *Mu Fu* (66.02) with *Tian Huang* (77.17) and *Ren Huang* (77.21), and states ... "These two additional points enrich Yin in order to soften the liver, and nourish water in order to control fire" (Lee, 2002, p.66).

Miriam Lee recommends *Men Jin* (66.05) "especially if the migraine is on the Tai Yang channel" and further comments, "If the patient cannot define the exact location [of the migraine] press the eyeballs gently. If these feel like pressing on two marbles use *Men Jin* (66.05) at the same time as *Si Hua Zhong* (77.09)." (Lee, 2002, 69)

According to Wei-Chieh Young Men Jin (66.05) is indicated for stuffy nose. The effect is because the Yang Ming Stomach channel and its same name counterpart the Yang Ming Large Intestine treat all swellings within the Yang Ming area of the face.

Huo Ying (66.03) and Huo Zhu (66.04) are contraindicated during pregnancy.

## Zone 6

### Points 66.06, 66.07, 66.08, 66.09

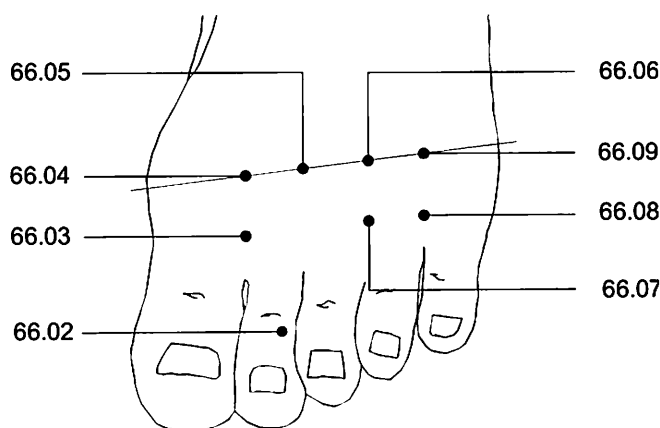


Fig. Z6-2

Left foot, dorsal surface

| Point Locations  | Point Indications   |
|--|---|
| <p><b>66.06 Mu Liu (Wood Remain)</b><br/>On the dorsum of the foot; 2 cun proximal to the web margin between the 3rd and 4th toes, distal to the junction of the metatarsal bones, 1 cun proximal to Mu Dou (66.07);<br/>(1) on a branch of the Stomach channel and<br/>(2) between Stomach and Gallbladder channels</p> | <p>Splenomegaly, liver diseases, indigestion, fatigue, gallbladder disease (including cholelithiasis), polio, pain and stiffness in the middle finger, headache<br/>Reaction areas: Spleen, Liver</p> |
| <p><b>66.07 Mu Dou (Wood Dipper)</b><br/>On the dorsum of the foot; 0.5 cun proximal to the web margin between the 3rd and 4th toes, 1 cun distal to Mu Liu (66.06);<br/>(1) on a branch of the Stomach channel and<br/>(2) between Stomach and Gallbladder channels</p>   | <p>Splenomegaly, liver disease, indigestion, fatigue, cholecystitis, polio<br/>Reaction areas: Spleen, Liver</p>  |
| <p><b>66.08 Liu Wan (Sixth Finish)</b><br/>On the dorsum of the foot; 0.5 cun proximal to the web margin between the 4th and 5th toes, 1 cun distal to Shui Qu (66.09), on the Gallbladder channel (0.5 cun posterior to, or overlapping with, Xia Xi GB-43)</p>   | <p>Migraine, stops bleeding (e.g. traumatic injury)<br/>Reaction areas: Lung, Kidney</p>  |
| <p><b>66.09 Shui Qu (Water Bend)</b><br/>On the dorsum of the foot; 1.5 cun proximal to the web margin between the 4th and 5th toes, 1 cun proximal to Liu Wan (66.08), on the Gallbladder channel overlapping Zu Lin Qi (GB-41)</p>   | <p>Low back pain, peripheral edema, swelling (removes fluid from the body), abdominal distension, generalized joint pain, neck pain<br/>Reaction areas: Lung, Kidney</p>                              |

### **Comments on Location of Mu Liu (66.06) and Mu Dou (66.07)**

The Stomach main channel has a branch starting at Zu San Li (ST-36) that descends along the shin, travels across the dorsum of the foot, and terminates at the lateral side of the 3rd toe. (O'Connor and Benksy, 1981, p. 51) As figure Z6-2 shows, Mu Liu (66.06) and Mu Dou (66.07) are located on that branch and can thus be classified as belonging to the Stomach channel. Some of their effects are, however, better understood when Mu Liu (66.06) and Mu Dou (66.07) are regarded as being located between Stomach and Gallbladder main channels, thus sharing properties of both. We have included these aspects in our table and in our discussion on channel correspondence presented below.

### **Comments on Indications of Mu Liu (66.06), Mu Dou (66.07), Liu Wan (66.08), and Shui Qu (66.09)**

#### **Image Correspondence**

The holographic correspondence of Mu Liu (66.06), Mu Dou (66.07), Liu Wan (66.08), and Shui Qu (66.09) with the diseased areas and Organs listed under the indications can be explained by several Taiji.

- (1) Toe points can treat finger problems via the correspondence of the extremities.
- (2) In the Large Taiji the points cover the lower abdomen and Lower Jiao; when the Large Taiji is inverted the focus of the points is on the head and neck.
- (3) In the Middle Taiji and the inverted Middle Taiji, the Liver, Gallbladder, Stomach, and Spleen tract are included in the correspondence.
- (4) In the Small Taiji of the fourth and fifth toe's metatarsal, the areas of Mu Liu (66.06) and Shui Qu (66.09) correspond to the Middle Jiao.
- (5) In the Small Taiji and in the inverted Small Taiji of the fourth and fifth proximal phalanx, the areas of Mu Dou (66.07) and Liu Wan (66.08) correspond to the lower back and Kidney, or neck and head, respectively.

#### **Channel Correspondence of Mu Liu (66.06) and Mu Dou (66.07)**

The Stomach channel and is externally – internally paired with the Spleen. Thus Mu Liu (66.06) and Mu Dou (66.07) ameliorate all kinds of indigestion due to malfunction of the Spleen and Stomach. Due to their Gallbladder channel properties (cf. above) they also treat diseases of the Gallbladder and its externally – internally coupled pair the Liver. All of this together provides Mu Liu (66.06) and Mu Dou (66.07) with the ability to treat any pattern of disharmony involving the interdependence of the four Zang Fu which create Later Heaven Qi, guarantee smooth flow of Qi, and provide appropriate supply of Blood.

The full picture of polio is a combination of primary lesions of the spinal motor system with secondary withering of the muscles, and, within the Chinese medical context, also the tendons. Mu Liu (66.06) and Mu Dou (66.07) are located on the Foot Yang Ming Stomach and influence the Hand Yang Ming Large Intestine via the same name correspondence. The Yang Ming, because of its ample supply of Qi and Blood, treats withering of the muscles (Wei Zheng 痿症); this is further helped by the Spleen which rules the flesh of the limbs, and the Liver/Gallbladder which nourish tendons and bones. Fatigued muscles and numbness can be interpreted as a less serious form of malnourishment of the tissues, but the underlying pathomechanisms, and hence the treatment strategies, are similar.

#### **Channel Correspondence of Liu Wan (66.08) and Shui Qu (66.09)**

Liu Wan (66.08) is located on the Gallbladder channel; it overlaps the water point Xia Xi (GB-43).

If we regard Liu Wan (66.08) as the Water and thus supplementation point of the Wood channel, then its action is to strengthen the Shao Yang Gallbladder, the Shao Yang San Jiao (same name channel correspondence), and the Jue Yin Liver (externally – internally coupled partner). As a Water point it also influences the Kidney. All four channels and Zang Fu can be involved in headache, e.g., Shao Yang and/or Jue Yin migraine due to Liver Yang rising.

Liu Wan's (66.09) potency to stop bleeding is ascribed to its "astringent" effect. Here we refer to Wang Ju-Yi and Robertson (2008, p. 123) and their view of the statement in the Su Wen Chapter 8 (*Ling Lan Mi Dian Lun*, Secret Treatise of the Miraculous Orchid) that the Kidney holds the "Office of Forceful Accomplishment." Their interpretation is that this "... suggests an association of this organ with bursts of adrenalin in stressful situation." With this hypothesis in mind, one may theorize that Liu Wan (66.08) increases the release of adrenalin which, in concert with tissue hormones released at the site of injury, leads to a local constriction of blood vessels to stop bleeding.

As mentioned above, Liu Wan (66.08) also influences the Liver, which controls the movement and distribution of blood, providing an additional mechanism to stop bleeding. Along the same line of argument one can also imagine that the kind of migraine that is treated by Liu Wan (66.08) is perhaps of the kind, which in Western medicine is ascribed to vascular dilatation.

There is, however, a potential side effect to be kept in mind when using Liu Wan (66.08). Adrenalin can also constrict the bronchioli, which could lead to impaired breathing in asthmatics and reduce their ability to cough up phlegm. If one of the agents mediating the point's effect were indeed adrenalin, for which we have no evidence at present, one also should use the point with care in patients suffering from asthma (which is the traditional contraindication for this point in Tung's acupuncture).

Shui Qu (66.09) is located on the Gallbladder channel and overlaps the Wood point Zu Lin Qi (GB-41).

Neck pain and low back pain are relieved because the Gallbladder channel passes over the neck and one of its branches reaches the sacrum. Furthermore it has a general effect since Gallbladder channel rules the bones. Being a Wood point, Shui Qu (66.09) is furthermore associated with wind and tendons. Together with the Liver, the Gallbladder's externally – internally paired channel that provides blood to nourish the tendons, a variety of painful joint and bone diseases can be ameliorated. Shu Stream points are classically indicated for pain, and as a Shu Stream point it treats these ailments especially well if they are chronic and intermittent.

Since Shui Qu (66.09) is a Gallbladder point, its indication for abdominal distension most probably refers to symptoms secondary to Gallbladder and Liver diseases, perhaps with ensuing Liver – Spleen disharmony.

Peripheral edema is usually Shao Yin Heart and Kidney related and, at least partially, caused by Yang vacuity. The Gallbladder channel on which Shui Qu (66.09) is located interacts with the Heart via the branching and connecting channel correspondence (Foot Shao Yang – Hand Shao Yin). The Shao Yang San Jiao, with the same name channel correspondence as the Shao Yang Gallbladder, is also involved in the fluid metabolism and benefits the physical heart via its internally – externally coupled partner, the Pericardium. Furthermore it connects Heart and Kidney to the Gate of Vitality (Ming Men), which ameliorates Yang vacuity.

Zu Lin Qi (GB-41) is the confluent point of the Dai Mai, which also allows Liu Wan (66.09) to treat conditions such as abdominal fullness or lumbar pain.

#### **Tissue/Zang Fu Correspondence**

Mu Liu (66.06), Mu Dou (66.07), Liu Wan (66.08), and Shui Qu (66.09) can all be needled in a way that the phalangeal or metatarsal bones are touched (shaving the bone, or needling along the bone technique), and the tendons of the long or short toe extensor muscles are pierced. This strengthens treatment effect on the Kidneys and Liver, and thus helps with chronic conditions in general, with impairment of bones and joints, with edema, and with stopping bleeding. The Kidney rules the marrow, conceptually overlapping the Western notion of the nervous system. The nervous system, specifically the motor neurons located in the anterior horn of the spinal cord, is primarily impaired in poliomyelitis cases.

#### **Needling and/or Manipulation**

Perpendicular needling, 1 cun in depth.

#### **Special recommendations**

Liu Wan (66.08) is traditionally contraindicated in cases of asthmatics, lung disease, and general weakness.

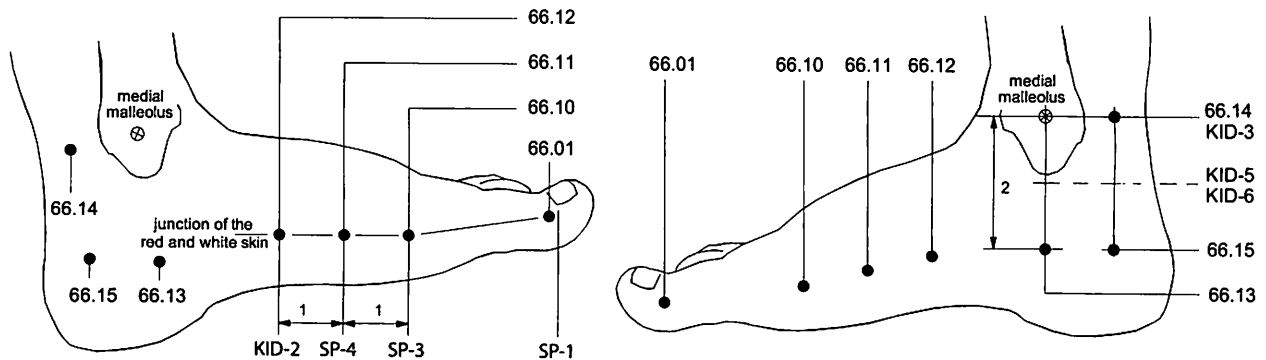
Miriam Lee recommends needling of Mu Liu (66.06) and Mu Dou (66.07) together for numbness of the whole body.

Wei-Chieh Young writes that Mu Liu (66.06) and Mu Dou (66.07) “... together with San Zhong (77.07), can also be used for conditions such as trigeminal nerve pain and neuralgia related to Shao Yang and Yang Ming channels, as well as ear ache and stiff tongue with blurred speech.” (Young, 2008a, p. 135/136) For dizziness and tinnitus he uses Liu Wan (66.08). For tinnitus, eye itchiness, pain or weakness of wrist, general bone pain, nerve pain (neuralgia), and bone pain of the hand he recommends Shui Qu (66.09).

In the ninth jian (volume) of the Jiu Da Cheng the area where Mu Dou (66.07) is found is listed as a Moxibustion point. Similar to Tung's indications, the Da Cheng's indication for this point is Pi 痞 (glomus lumps – e.g., possibly abdominal tumors or splenomegaly).

## Zone 6

### Points 66.10, 66.11, 66.12, 66.13, 66.14, 66.15



**Fig. Z6-3**

Left foot, medial surface

Right foot, medial surface

| Point Locations  | Point Indications   |
|--|---|
| <p><b>66.10 Huo Lian (Fire Lotus)</b><br/>1.5 cun proximal to the 1st MTP joint, on the medial side of the foot on the border of the red and white flesh on the Spleen channel; overlapping with, or close to, Tai Bai (SP-3)</p>  | <p>Dizziness, blurred vision, palpitations, fatigue, weakness of the limbs, frontal headache<br/>Reaction areas: Heart, Kidney</p>  |
| <p><b>66.11 Huo Ju (Fire Chrysanthemum)</b><br/>2.5 cun proximal to the 1st MTP joint, on the medial side of the foot on the border of the red and white flesh, 1 cun proximal to Huo Lian (66.10), on the Spleen channel overlapping with, or close to, Gong Sun (SP-4)</p> | <p>Numbness of the hands (e.g., due to hypertension, heart disease, and old age), palpitations, dizziness, foot pain, hypertension, stiff neck (chronic), frontal headache, pain in supra-orbital bone, eye disorders (e.g. blurry vision, difficulty focusing eyes, floaters, photophobia)<br/>Reaction areas: Heart, Kidney</p> |
| <p><b>66.12 Huo San (Fire Scatter, Fire Powder)</b><br/>2.5 cun proximal to the 1st MTP joint, on the medial side of the foot, 1 cun proximal to Huo Ju (66.11), on the Kidney channel; overlapping with, or close to, Ran Gu (KID-2)</p>                                    | <p>Headache, neck pain, dizziness, blurred vision, conjunctivitis, distending sensation in head, declining vision, low back pain<br/>Reaction areas: Heart, Kidney, Six Fu-bowels</p>   |
| <p><b>66.13 Shui Jing (Water Crystal)</b><br/>2 cun distal to the apex of the medial malleolus, below Zhao Hai (KID-6), on the Kidney channel</p>  | <p>Inflammation of the uterus, uterine tumors, distending sensation in the abdomen (e.g., Pelvic Inflammatory Disease, chocolate cysts)<br/>Reaction area: Uterus</p>   |
| <p><b>66.14 Shui Xiang (Water Minister)</b><br/>2 cun posterior to the apex of the medial malleolus on the Kidney channel; overlaps with Tai Xi (KID-3)</p>  | <p>Nephritis, low back pain (due to kidney vacuity patterns), spinal pain, cataract, preeclampsia, limb edema<br/>Reaction areas: Brain, Kidneys</p>  |
| <p><b>66.15 Shui Xian (Water Immortal)</b><br/>2 cun distal to Shui Xiang (66.14), on the Kidney channel, 1 cun below Shui Quan (KID-5)</p>  | <p>Same as Shui Xiang (66.14)<br/>Reaction areas: Brain, Kidneys</p>  |

## **Comments on Indications of Huo Lian (66.10), Huo Ju (66.11), Huo San (66.12), Shui Jing (66.13), Shui Xiang (66.14), and Shui Xian (66.15)**

### **Image Correspondence of Huo Lian (66.10), Huo Ju (66.11), Huo San (66.12), Shui Jing (66.13), Shui Xiang (66.14), and Shui Xian (66.15)**

The holographic correspondence of Huo Lian (66.10), Huo Ju (66.11), Huo San (66.12), Shui Jing (66.13), Shui Xiang (66.14), and Shui Xian (66.15), with the diseased areas and Organs listed under the indications, can be explained by several Taiji:

- (1) Foot points can treat hand, foot, and limb problems via the correspondence of the extremities.
- (2) In the Large Taiji these points image the low back, lower abdomen, kidneys, pelvis, uro-genital and reproductive systems. When the Large Taiji is inverted the focus of the points are the neck, head, face, and eyes.
- (3) In the inverted Middle Taiji the area where Huo Lian (66.10), Huo Ju (66.11) are located covers the heart, if we assume that the tip of the big toe represents the top of the head.
- (4) In the Small Taiji and in the inverted Small Taiji of the first metatarsal bone, the areas where Huo Lian (66.10), Huo Ju (66.11) are located correspond to Upper Jiao (heart) and Lower Jiao (abdomen, kidneys, uro-genital system), respectively.

### **Channel Correspondence of Huo Lian (66.10), Huo Ju (66.11)**

Huo Lian (66.10) and Huo Ju (66.11) are located on the Spleen channel. Huo Lian (66.10) overlaps with, or is very close to, the Earth, Yuan Source, and Shu Stream point Tai Bai (SP-3), while Huo Ju (66.11) overlaps with, or is very close to, the Luo Network Vessel point Gong Sun (SP-4).

Both the Spleen and its externally – internally paired channel the Stomach are directly connected with the Heart which explains their effect on hypertension and its consequences (e.g., palpitation, eye disorders, numbness). Fatigue and weakness of the limbs can be treated directly by supplementing the Spleen, which rules the flesh (muscles). This effect is complemented by the Yang Ming Stomach, the Spleen's externally – internally paired channel, which nourishes the muscles by supplying Qi and Blood (Yang Ming is most full of Qi and Blood). Frontal headache and pain of the supra orbital bone occupy the Yang Ming area of the head and are treated via the same channel correspondence. It can be inferred from the table above that the indications of Huo Ju (66.11) are somewhat broader than that of Huo Lian (66.10). This can perhaps be explained by its being identical with, or very close to, the master point of the Chong Mai which thus has specific effects on Blood vacuity and Blood stasis.

### **Channel Correspondence of Huo San (66.12), Shui Jing (66.13), Shui Xiang (66.14), and Shui Xian (66.15)**

Huo San (66.12), Shui Jing (66.13), Shui Xiang (66.14), and Shui Xian (66.15) are located on the Kidney channel. Huo San (66.12) overlaps with, or is very close to, the Fire and Ying-Spring point Ran Gu (KID-2), which is a point for both clearing heat and fire from the Kidney channel (e.g., conjunctivitis), as well as supplementing Kidney Yang (e.g., low back pain or headache from Yang vacuity). It is also a point that communicates Heart and Kidney. Shui Xiang (66.14) overlaps with the Earth, Yuan Source, and Shu Stream point Tai Xi (KID-3) and is therefore used in cases of Kidney vacuity and pain. The two remaining points Shui Jing (66.13) and Shui Xian (66.15) basically have similar effects. Dizziness, blurred vision, conjunctivitis, distending sensation in the head are often due to Liver Yang rising or Liver fire which can be ameliorated by clearing heat and supplementing the Kidney water. These same symptoms can also be related to Kidney vacuity, which can likewise be treated with the same points. Other sequelae of Kidney vacuity like neck pain, low back pain, diseases of the uro-genital and reproductive systems, edema, and many ailments due to ageing are similarly within the points' therapeutic range. Through the same name correspondence (Foot Shao Yin – Hand Shao Yin) they can also help to restore proper Kidney and Heart communication. The pathologies of the Bladder channel, which overlap those of the Kidney, (headache, stiff neck, lower back pain, and diseases of the eye) are ameliorated because the Bladder is externally – internally coupled with Kidney. Shui Xiang (66.14) should be needled through-and-through to Kun Lun (BL-60) to connect both the Kidney and Bladder channels, further strengthening the point's effect on indications related to the latter.

### **Tissue/Zang Fu Correspondence**

Except for Shui Xiang (66.14), all points can be needled in a way that the metatarsal bone is touched alongside the bone as in shaving the bone technique. This strengthens the Kidney thus treating diseases directly related to Kidney vacuity as well as chronic conditions in general.

The Kidney rules the marrow, which conceptually overlaps the Western notion of the nervous system. Diseases of the nervous system relate to several of the symptoms listed under the indications, e.g., declining vision, weakness, numbness, dizziness, geriatric complaints etc.

Shui Xiang (66.14) can be also needled to touch the anterior margin of the Achilles tendon, which would benefit sinews or Liver function (e.g., especially for when treating acute injury to the lower back, a sinew level disorder).

**Needling and/or Manipulation**

Perpendicular needling; 0.5 – 1 cun in depth; needle Shui Xiang (66.14) through-and-through to connect to the Bladder channel.

**Special recommendations**

Shui Xiang (66.14) and Shui Xian (66.15) are usually used as a Dao Ma group.

Huo San (66.12) is contraindicated during pregnancy.

# Points on the Lower Leg

## Zone 7

### Points 77.01 – 77.28

#### Zone 7

Points 77.01, 77.02, 77.03, 77.04

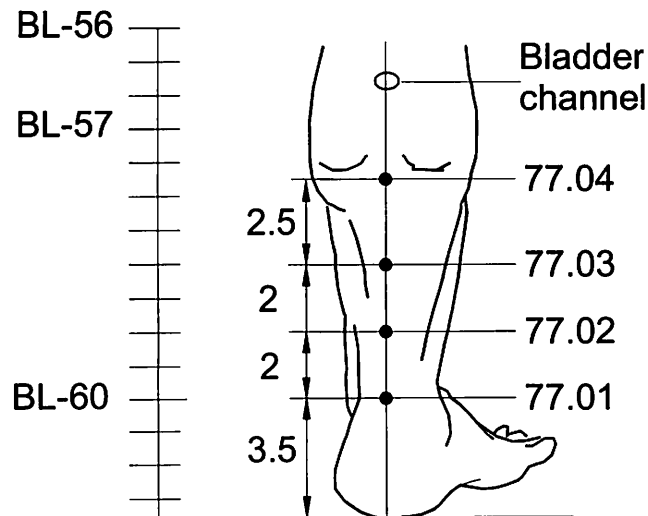


Fig. Z7-1

Left lower leg, posterior surface

Axis on left: longitudinal coordinates of TCM points in the area; spaces between tick marks 1 cun

| Point Locations  | Point Indications  |
|--|--|
| <p><b>77.01 Zheng Jin (Upright Tendon)</b><br/>On the Bladder channel. On the midline of the posterior aspect of the lower leg. In the Achilles tendon; 3.5 cun proximal to the heel, midway between Kun Lun (BL-60) and Tai Xi (KID-3)</p>  | <p>Neck pain or sprain, spinal pain, neck rigidity, low back pain, hydrocephalus<br/>Reaction areas: Brain and spine</p>   |
| <p><b>77.02 Zheng Zong (Upright Ancestor)</b><br/>On the Bladder channel. On the midline of the posterior aspect of the lower leg. In the Achilles tendon; 2 cun proximal to Zheng Jin (77.01)</p>   | <p>Pain in the shoulder and back; lower back pain and sciatica.<br/>Reaction areas: Brain and spine</p>                    |
| <p><b>77.03 Zheng Shi (Upright Master)</b><br/>On the Bladder channel. On the midline of the posterior aspect of the lower leg. In the Achilles tendon; 2 cun proximal to Zheng Zong (77.02)</p>   | <p>Same as Zheng Jin (77.01)<br/>Reaction areas: Brain and spine</p>   |
| <p><b>77.04 Bo Qiu (Catching Ball)</b><br/>On the Bladder channel. On the midline of the posterior aspect of the lower leg. In the area where the Achilles tendon leaves the gastrocnemius muscle; 2.5 cun proximal to Zheng Shi (77.03), 1.5 cun distal to Cheng Shan (BL-57)</p> | <p>Sudden turmoil (霍亂 <i>huo luan</i>), leg muscle cramps, nose bleeding, back pain<br/>Reaction areas: Heart and Lung</p> |



## **Comments on Indications of Zheng Jin (77.01), Zheng Zong (77.02), Zheng Shi (77.03), and Bo Qiu (77.04)**

### **Image Correspondence**

In the Large and Small Taiji the ankle and the areas proximal to it correspond to the lower back. In the inverted Large and Small Taiji the same areas correspond to the head, neck, upper back, and shoulders.

### **Channel Correspondence**

Zheng Jin (77.01), Zheng Zong (77.02), and Zheng Shi (77.03) are located on the achilles tendon, an area of the Tai Yang Bladder channel, and influence all areas traversed by it. They can be combined with bleeding the affected area or bleeding Wei Zhong (BL-40). Bo Qiu (77.04) is also located on the Bladder channel and is close to Cheng Shan (BL-57). The indications listed for Bo Qiu (77.04) are identical classical indications for Cheng Shan (BL-57).

Their effect extends to upper back pain due to Lung problems. This can be explained by the branching and connecting channel correspondence where the Foot Tai Yang Bladder treats the Hand Tai Yin Lung.

### **Tissue/Zang Fu Correspondence**

Zheng Jin (77.01), Zheng Zong (77.02), and Zheng Shi (77.03) are located in the Achilles tendon or its origin in the triceps surae muscle. They are ideally needled deeply to touch the bone. Therefore they can treat tendons, muscles, and bones. At the same time they are effective by influencing the corresponding Zang organs, the Liver, Kidney, and Spleen.

### **Needling and/or Manipulation**

Needle through the tendon until the bone is touched.

### **Special recommendations**

Combine Bo Qiu (77.04) with Si Hua Zhong (77.09; close to Tiao Kou ST-38) for sudden turmoil.

For spasms of leg muscles combine Bo Qiu (77.04) and Cheng Shan (BL-57).

For chronic back pain add Tai Xi (KID-3) and Yin Gu (KID-10).

For chronic back pain (esp. in the area of Gao Huang Shu BL-43) bleed protruding vessels between Bo Qiu (77.04) and Zheng Zhi (77.03), or use quick repeated insertion withdrawal in the entire area between these points.

Miriam Lee recommends, as an alternative instead of bleeding, the application of quick insertion and withdrawal technique to Zheng Jin (77.01) and Wei Zhong (BL-40) to treat sprain from lifting heavy objects (c.f. previous recommendation).

Bo Qiu (77.04) is also a point for hemorrhoids to be needled bilaterally. The Bladder channel divergence separates from the regular channel in this area of the leg to then encircle the anus. Also, bleeding Wei Zhong (BL-40) is especially effective for treating hemorrhoids.

## Zone 7

## Points 77.05, 77.06, 77.07

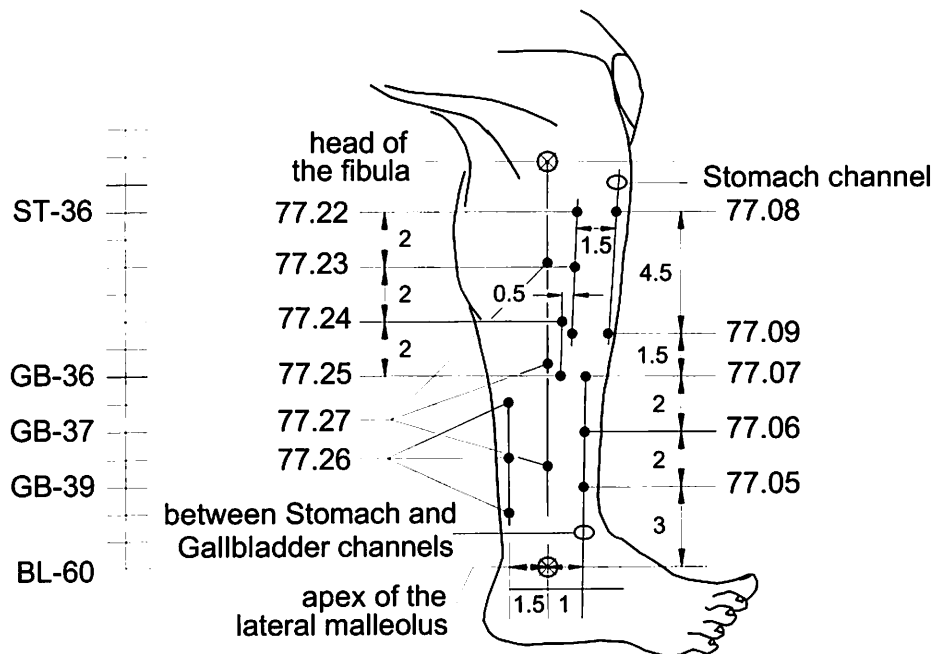


Fig. Z7-2

Right lower leg, lateral surface

Axis on left: longitudinal coordinates of TCM points in the area; spaces between tick marks 1 cun

| Point Locations  | Point Indications   |
|--|---|
| <p><b>77.05 Yi Zhong (First Weight)</b><br/>Between Gallbladder and Stomach channels; 3 cun proximal to the lateral malleolus and 1 cun anterior to the fibula; level of Xuan Zhong (GB-39); between Mm. peroneus brevis and extensor digitorum longus</p>         | <p>Hyperthyroidism, tonsillitis, deviation of the eye and mouth (facial hemiparesis), migraine, mastitis, fibrocystic breast disease, breast tumors, meningitis, liver disease, splenomegaly, rib-side pain<br/>Reaction areas: Heart, Lung, Spleen</p> |
| <p><b>77.06 Er Zhong (Second Weight)</b><br/>Between Gallbladder and Stomach channels; 2 cun proximal to Yi Zhong (77.05); 5 cun proximal to the lateral malleolus and 1 cun anterior to the fibula; between Mm. peroneus brevis and extensor digitorum longus</p> | <p>Hyperthyroidism, tonsillitis, deviation of the eye and mouth, migraine, mastitis, fibrocystic breast disease, breast tumors, meningitis, liver disease, splenomegaly, rib-side pain<br/>Reaction areas: Heart, Lung, Spleen</p>                      |
| <p><b>77.07 San Zhong (Third Weight)</b><br/>Between Gallbladder and Stomach channels 2 cun proximal to Er Zhong (77.06); 7 cun proximal to the lateral malleolus and 1 cun anterior to the fibula; between Mm. peroneus brevis and extensor digitorum longus</p>  | <p>Hyperthyroidism, tonsillitis, deviation of the eye and mouth, migraine, mastitis, fibrocystic breast disease, breast tumors, meningitis, liver disease, splenomegaly, rib-side pain<br/>Reaction areas: Heart, Lung, Spleen</p>                      |

### **Comments on Location of Yi Zhong (77.05), Er Zhong (77.06), and San Zhong (77.07)**

Yi Zhong (77.05), Er Zhong (77.06), and San Zhong (77.07) are located between Stomach and Gallbladder channels. Yi Zhong (77.05) is located close to, or overlapping, Xuan Zhong (GB-39).

### **Comments on Indications of Yi Zhong (77.05), Er Zhong (77.06), and San Zhong (77.07)**

The three points are usually combined as a Dao Ma group, the “San Zhong San Zhen” 三重三針 (Three Weights Three Needles).

Secondary to their combined influence on the Gallbladder and Stomach channels Yi Zhong (77.05), Er Zhong (77.06), and San Zhong (77.07) mediate their effects via their externally – internally paired channels and Zang Fu, the Liver and Spleen.

The Liver stores the blood, governs the tendons, and is associated with wind, while the Spleen rules the muscles, guarantees free exchange of nourishment at capillary level, and metabolizes damp and phlegm.

Therefore, as is obvious from the list of indications, Zhong (77.05), Er Zhong (77.06), and San Zhong (77.07) are very important for addressing accumulation of phlegm and masses which covers the whole range from simple or infectious swellings, to tumors. They move Qi, and blood. They clean the channels and Luo Network vessels. They are beneficial in cases of combined wind and phlegm conditions. They also treat phlegm and Qi binding and stagnating together.

#### **Image Correspondence**

In the Medium Taiji the area of location of Yi Zhong (77.05), Er Zhong (77.06), and San Zhong (77.07) covers head and face as well as thorax/breast and Middle Jiao.

#### **Channel Correspondence**

The channels involved in the treatment of rib side pain and breast diseases are the Shao Yang Gallbladder and Yang Ming Stomach. For face and head, hand Yang Ming Large Intestine is also involved which represents a same name correspondence with foot Yang Ming Stomach.

#### **Tissue/Zang Fu Correspondence**

Zhong (77.05), Er Zhong (77.06), and San Zhong (77.07) are located in fleshy areas of the leg and thus have a profound effect on the Earth phase in its ability to deal with phlegm, a pathology related to Earth.

#### **Needling and/or Manipulation**

Perpendicular needling, 1 – 2. cun in depth.

#### **Special recommendations**

Wei-Chieh Young recommends the Three Zhong Three Needles for pain in the shoulder, arm, and wrist. In the Inverted Small Taiji the area proximal to the ankle corresponds to the shoulder. In the Large Taiji the arm corresponds to the leg with the wrist corresponding to the ankle. The corresponding channels in these cases would be mainly Yang Ming Large Intestine, Shao Yang San Jiao, and Jue Yin Pericardium.

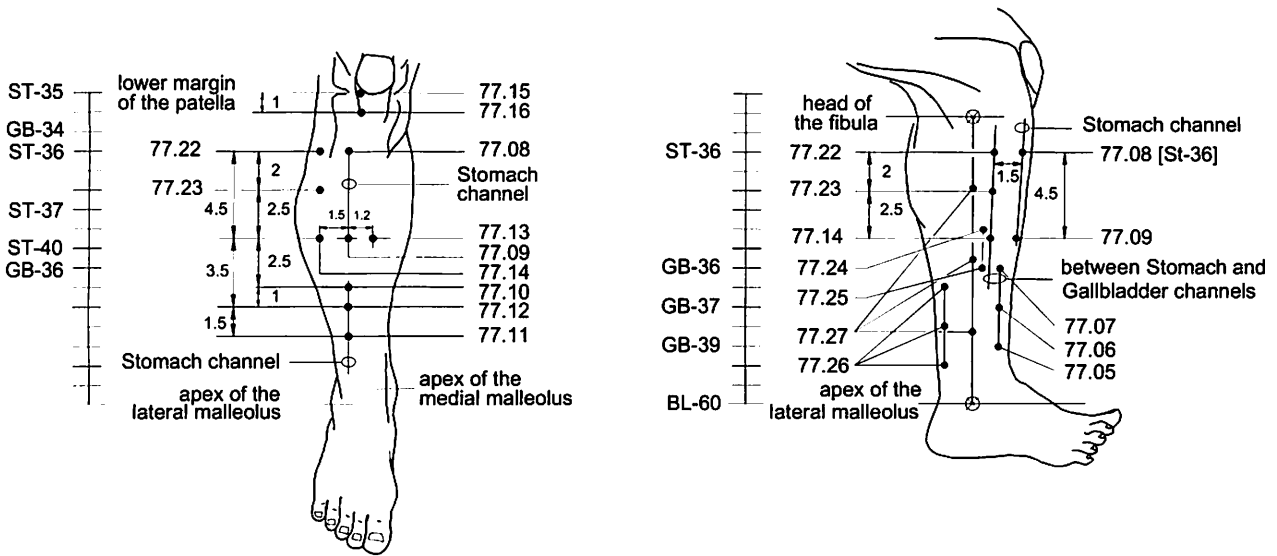
For breast disorders add Nei Guan (PC-6) and Shao Ze (S.I.-1).

Maher recommends the Three Zhong Three Needles for tinnitus cerebri, various neuralgias (e.g., trigeminal neuralgia, atypical facial neuralgia, geniculate neuralgia, glossopharyngeal neuralgia), and ... “various other pathological changes of the brain.” (Maher, p. 151). Some of these effects can be explained by the fact that Yi Zhong (77.05) shares characteristics of the influential (Hui) point of the Marrow, Xuan Zhong (GB-39).

The Chinese character used to write “zhong” 重 means heavy, or weighty, and is a reference to the points’ ability to treat phlegm nodulation. This same Chinese character can also be pronounced “chong” which then means “repeating.” This second meaning is a reference to the pathology of phlegm Qi depressed and binding, i.e., phlegm patterns that worsen with Qi depression (stagnation). An example of this pattern would be fibrocystic breasts that swell in the premenstrual phase as Qi stagnation worsens temporarily.

**Zone 7**

**Points 77.08, 77.09, 77.10, 77.11, 77.12**



**Fig. Z7-3**

Right lower leg, anterior surface

Right lower leg, lateral surface

Axis on left: longitudinal coordinates of TCM points in the area; spaces between tick marks 1 cun

| Point Locations   | Point Indications   |
|---|---|
| <p><b>77.08 Si Hua Shang (Four Flowers Upper)</b><br/>On the stomach channel. 3 cun distal to Xi Yan (ST-35); located at Zu San Li (ST-36)</p>  | <p>Asthma, toothache, dizziness, palpitations, coronary artery disease, vomiting, sudden turmoil<br/>Reaction areas: Lung and Heart</p>   |
| <p><b>77.09 Si Hua Zhong (Four Flowers Middle)</b><br/>On the stomach channel. 4.5 cun distal to Si Hua Shang (77.08 = ST-36), 0.5 cun proximal to Tiao Kou (ST-38)</p>                   | <p>Asthma, coronary artery disease, carditis, arteriosclerosis, eye pain, pain in the heart or sensation of suffocation and discomfort, stomachache, swelling of the bones, frozen shoulder, index finger pain, elbow pain<br/>Reaction areas: Heart and Lung</p> |
| <p><b>77.10 Si Hua Fu (Four Flowers Append)</b><br/>On the Stomach channel. 2.5 cun distal to Si Hua Zhong (77.09)</p>  | <p>Same as Si Hua Zhong (77.09)<br/>Reaction areas: Heart, Lung Six bowels</p>  |
| <p><b>77.11 Si Hua Xia (Four Flowers Lower)</b><br/>On the stomach channel. 2.5 cun distal to Si Hua Fu (77.10), 5 cun distal to Si Hua Zhong (77.09)</p>                                 | <p>Enteritis, stomach ache, dyspnea, edema, bruxism; treats bone spurs when needed against the bone<br/>Reaction areas: Lung, Kidney, Six bowels</p>  |
| <p><b>77.12 Fu Chang (Bowel Intestine)</b><br/>On the Stomach channel. 1.5 cun proximal to Si Hua Xia (77.11); 1 cun distal to Si Hua Fu (77.10), or 3 cun distal to Tiao Kou (ST-38)</p> | <p>Same as Si Hua Xia (77.11); treats bone spurs when needed against bone (auxiliary point needed with Si Hua Xia, 77.11)<br/>Reaction areas: Lung, Kidney, Heart, Six bowels</p>   |

### **Comments on Location**

The reference point for all points is Si Hua Shang (77.08 = Zu San Li ST-36).

Master Tung's location of the Stomach channel and its points is defined as "adjacent to the anterior tibial crest," which seems slightly different from some TCM locations "one finger's breadth lateral to the tibial crest," but more similar to Dr. James So's location of ST-36 being ¼ cun lateral to the tibial crest and almost against the bone. (So, 1985)

### **Comments on Indication**

The points in this group are located on the Stomach channel. They regulate Spleen and Stomach to supplement Later Heaven Qi. They also improve Lung function and strengthen the Heart.

### **Image Correspondence**

All sites of action can be explained by the correspondences that follow from the Large and Small Taiji, and the Inverted Large and Small Taiji.

### **Channel Correspondence**

All points are located on the Stomach channel, which enables them to treat a wide variety of gastro-intestinal dysfunction. If facial symptoms include the Large Intestine channel it is treated via the same name channel correspondence, i.e., Foot Yang Ming Stomach treats Hand Yang Ming Large Intestine.

The effects on impaired Lung function like dyspnea or asthma can be explained in two ways. First, the Stomach channel represents Earth which, when functioning properly, creates Metal (Lung). Second, the Stomach main channel reaches the Lung directly (Wang Ju-Yi and Robertson, 2008, their Appendix 1). Thirdly, the effects can be mediated via the externally – internally coupled Spleen channel which in turn treats its same name partner (foot Tai Yin Spleen treats hand Tai Yin Lung).

The effects on the heart (coronary artery disease and other heart diseases) will be mediated through the branching and connecting channel correspondence (foot Yang Ming Stomach treats hand Jue Yin Pericardium). Furthermore, the Stomach channel divergence reaches the Heart (Wang and Robertson, 2008).

### **Tissue/Zang Fu Correspondence**

Needling against the bone (tibia) treats bones and Kidney, which supports the treatment of bony swelling and bone spurs.

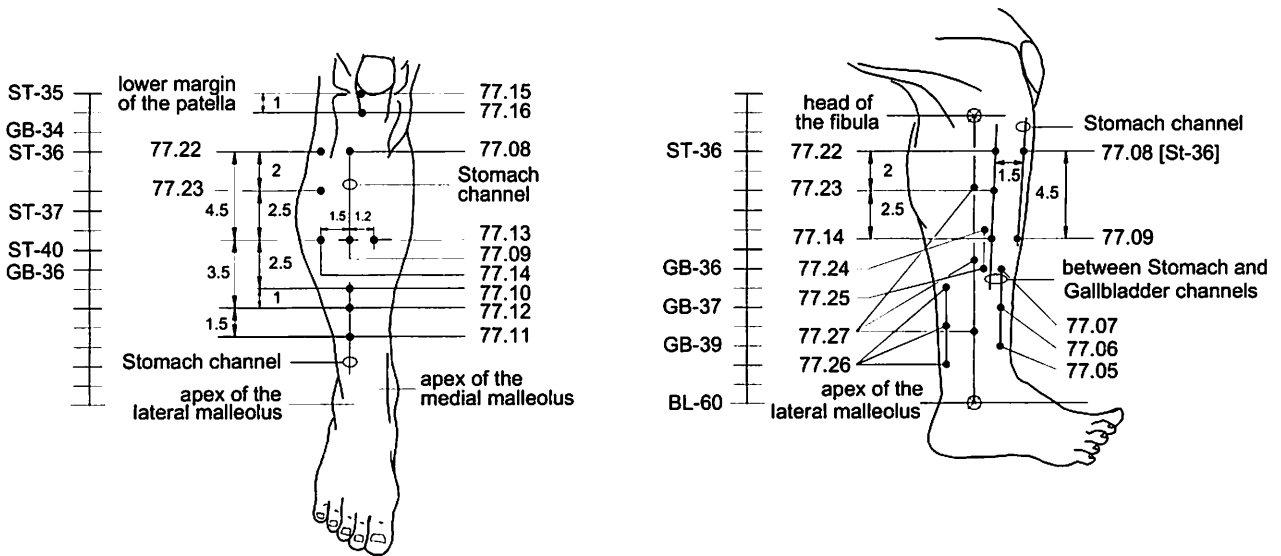
All points are located in fleshy areas, which influence muscles and the Spleen Zang.

### **Needling and/or Manipulation**

Shallow perpendicular needling for Lung problems, deeper needling for Heart problems.

**Zone 7**

**Points 77.13, 77.14, 77.15, 77.16**



**Fig. Z7-4**

Right lower leg, anterior surface

Right lower leg, lateral surface

Axis on left: longitudinal coordinates of TCM points in the area; spaces between tick marks 1 cun

| Point Locations  | Point Indications  |
|--|--|
| <p><b>77.13 Si Hua Li (Inner Four Flowers)</b><br/>On the Spleen channel 1.2 cun medial to Si Hua Zhong (77.09), on the outer border of the tibia</p>  | <p>Coronary artery disease, heart disease, enteritis, gastritis, vomiting, degenerative arthritis of the knee<br/>Reaction areas: Heart and Lung</p>   |
| <p><b>77.14 Si Hua Wai (Lateral Four Flowers)</b><br/>On The Stomach channel. 1.5 cun lateral to Si Hua Zhong (77.09). Point Si Hua Wai (77.14) is located 1 cun lateral to Tiao Kou (ST-38), close to Feng Long (ST-40)</p> | <p>Toothache, migraine, facial paralysis, enteritis, intercostal neuralgia, lateral epicondylitis (bloodlet); bleed also to treat migraine, ear pain, shoulder/arm pain, sciatica, instep/sole pain, hypertension<br/>Reaction areas: Lung and Six Fu-bowels</p> |
| <p><b>77.15 Shang Chun (Upper Lip)</b><br/>On the Stomach channel at the lower lateral edge of the patella; at Du Bi (ST-35)</p>   | <p>Lip pain, mouth ulcerations (stomatitis), vitiligo around the mouth or genitals<br/>Reaction area: Lips</p>   |
| <p><b>77.16 Xia Chun (Lower Lip)</b><br/>On the Stomach channel 1 cun distal to the lower lateral edge of the patella; 1 cun distal to Shang Chun (77.15)</p>  | <p>Lip pain, mouth ulcerations (stomatitis), vitiligo around the mouth or genitals<br/>Reaction area: Lips</p>   |

### **Comments on Location of 77.13 and 77.14**

The reference point for Si Hua Li (77.13) and Si Hua Wai (77.14) is Si Hua Zhong (77.09), which is located 4.5 cun proximal to Si Hua Shang (77.08 = Zu San Li ST-36). For a detailed description of Si Hua Zhong (77.09) see above.

Si Hua Li (77.13) is located on the Spleen channel. Si Hua Wai (77.14) is located close to Feng Long (ST-40).

### **Comments on Indications of Si Hua Li (77.13)**

#### **Image Correspondence**

Both in the Inverted Large Taiji, the Inverted Middle Taiji, and the Small Taiji, the location of Si Hua Li (77.13) corresponds to the Upper and Middle Jiao.

#### **Channel Correspondence**

Si Hua Li (77.13) is located on the Foot Tai Yin Spleen. Hence, its effects on the Middle Jiao are relayed through the Spleen channel directly as well as via the externally – internally paired channel, the Foot Yang Ming Stomach.

The beneficial effects on the Heart are explained by the fact that the internal path of the Spleen channel, the Spleen channel divergence, and the Stomach channel divergence directly reach the Heart. In addition Spleen and Heart are channel clock Yin/Yin neighbors. Furthermore some modern acupuncturists believe that the Spleen controls blood supply at the level of the Luo Network vessels (cf. Wang and Robertson, 2008).

For degenerative arthritis of the knee Si Hua Li (77.13) acts as an adjacent point. In that case it is not needed but rather bled ipsilaterally.

#### **Needling and/or Manipulation of point 77.13**

Needle anterior to posterior 1.5 – 2 cun deep, or prick to bleed. In the experience of one author (H. McCann) in elderly patients with degenerative arthritis of the knee, this area of the leg often presents with spider nevi. In this case bleeding is very effective.

### **Comments on Indications of Si Hua Wai (77.14)**

Si Hua Wai (77.14) is located on the Foot Yang Ming Stomach channel close to Feng Long (ST-40). It has more general than local effects, which is due to its effects on quickening blood and resolving phlegm. This would imply that the indications listed all refer to ailments characterized by a component of blood stasis and/or phlegm accumulation. It may be combined with bleeding Si Hua Zhong (77.09). This point may be bled in any chronic disease with blood or phlegm stasis as presenting patterns.

#### **Needling and/or Manipulation of point 77.14**

Needle 1 – 1.5 cun in depth, or prick to bleed.

### **Comments on Indications of Shang Chun (77.15) and Xia Chun (77.16)**

Shang Chun (77.15) and Xia Chun (77.16) are used together as a Dao Ma group.

#### **Image Correspondence**

In the Small Taiji the head of the tibia and the patella correspond to the head, face, and mouth. In the inverted Small Taiji the head of the tibia and the patella correspond to the genital and anal area.

#### **Channel Correspondence**

Both points are located close to the Stomach channel, particularly with Shang Chun (77.15) being located close to Du Bi (ST-35). The Foot Yang Ming Stomach channel by itself encircles the mouth. In addition it also acts on the Hand Yang Ming Large Intestine channel via the same name channel correspondence. The Large Intestine channel in turn enters the gums and lips.

The external genitalia are under the influence of the Foot Jue Yin Liver. The effects of Shang Chun (77.15) and Xia Chun (77.16) may therefore be interpreted as being due to the branching and connecting channel correspondence of Yang Ming – Jue Yin.

#### **Tissue/Zang Fu Correspondence**

Pricking to bleed this point is a superficial method of needling, i.e., needling the skin to treat the skin to treat diseases of the skin or mucus membranes around the mouth, or the skin of the genitals. See discussion under Zhi Wu (11.26).

#### **Needling and/or Manipulation of points 77.15 and 77.16**

Both points are bled, not needed.

## Zone 7

## Points 77.17, 77.18, 77.19, 77.20, 77.21

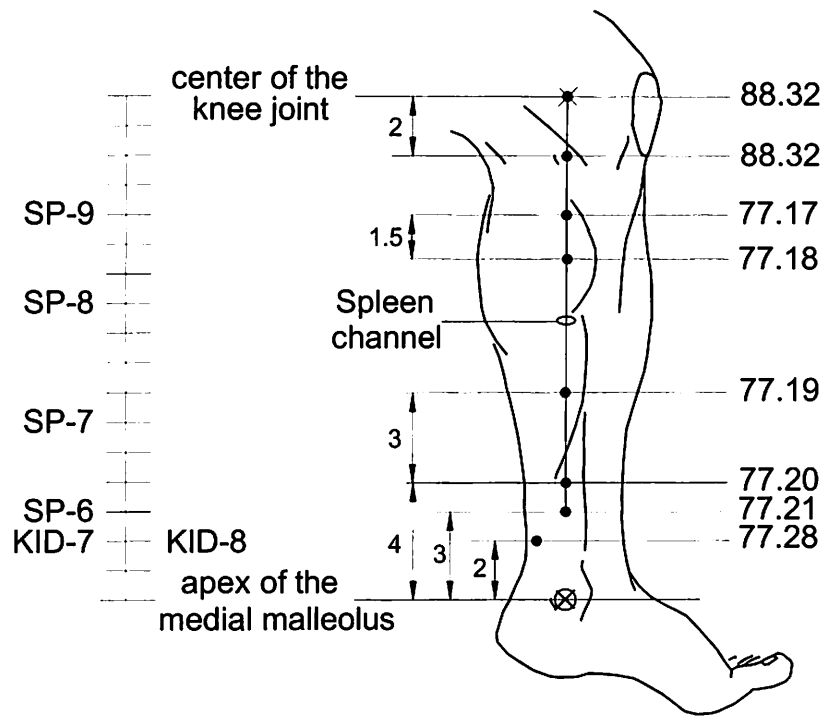


Fig. Z7-5

Left lower leg, medial surface

Axis on left: longitudinal coordinates of TCM points in the area; spaces between tick marks 1 cun

| Point Locations  | Point Indications  |
|--|--|
| <p><b>77.17 Tian Huang (Heavenly Emperor)</b><br/>On the Spleen channel, in a depression at the angle formed by the medial condyle of the tibia and the posterior border of the tibia; located at Yin Ling Quan (SP-9)</p>                 | <p>Rheumatoid arthritis, hypertension, insomnia, excessive gastric acid, diabetes mellitus, kidney disease, nephritis, proteinuria, dizziness, arm pain<br/>Reaction areas: Kidney and Heart</p>   |
| <p><b>77.18 Shen Guan (Kidney Gate)</b><br/>(= <i>Tian Huang Fu</i>)<br/>On the Spleen channel, 1.5 cun distal to Tian Huang (77.17 = SP-9)</p>  | <p>Main point for supplementing the Kidneys. Excessive gastric acid, acid reflux, deviation of the eyeball, astigmatism, dizziness, vertigo, epilepsy, pain in the supra-orbital bone or nasal bone, dark rings under the eyelids, hysteria, sexual dysfunction, shoulder pain<br/>Reaction area: Kidney</p> |
| <p><b>77.19 Di Huang (Earthy Emperor)</b><br/>On the Spleen channel, 7 cun proximal to the apex of the medial malleolus<br/>The location can vary proximally or distally based on main point in Dao Ma group and emphasis of treatment</p> | <p>Edema, kidney disease, diabetes mellitus, strangury, premature ejaculation, impotence, seminal emission, nocturnal emission, hematuria, uterine tumors, irregular menstruation, low back pain<br/>Reaction area: Kidney</p>   |
| <p><b>77.20 Si Zhi (Four Limbs)</b><br/>On the Spleen channel. 4 cun proximal to the apex of the medial malleolus, 3 cun below Di Huang (77.19)</p>  | <p>Pain in the hands and feet (four limbs), neck pain, diabetes mellitus<br/>Reaction areas: Heart, Kidneys, extremities</p>   |
| <p><b>77.21 Ren Huang (Human Emperor)</b><br/>On the Spleen channel. 3 cun superior to the apex of the medial malleolus; located at San Yin Jiao (SP-6)</p>  | <p>Strangury, impotence, premature ejaculation, nocturnal emission, spontaneous emission, neck pain, low back pain, dizziness, numbness of the hands, hematuria, kidney disease, infertility<br/>Reaction area: Kidney</p>   |



## **Comments on Indication of Tian Huang (77.17), Shen Guan (77.18), Di Huang (77.19), and Ren Huang (77.21)**

Tian Huang (77.17), Shen Guan (77.18), Di Huang (77.19), and Ren Huang (77.21), are key points for Kidney treatment; they alleviate uro-genital dysfunctions, gynecological problems, and all kinds of pain associated with bones (e.g., sciatica, shoulder pain). Since the Kidney also supplies and governs the Marrow (brain, nervous system), neurasthenic complaints such as epilepsy and dizziness are similarly covered. To some extent the points may also be used to support the treatment of kidney failure.

To explain why points on the Spleen channel would act on the Kidney one can look at three aspects:

(1) A powerful, though indirect, link between Spleen and Kidney is provided by the Chong Mai which integrates into its path 11 Kidney points (KID-11 to KID-21) and one point of the Spleen's paired foot Yang Ming Stomach (Qi Chong, ST-30); its master point Gong Sun, SP-4 (Tung's point Huo Ju, 66.11) is located on the Spleen channel. Perhaps because of its partial overlap and/or close connection with the Kidney channel the Ling Shu refers to the Chong Mai as "the great Luo of the Shao Yin" (Ling Shu, chap. 38).

The key structure in terms of linking Spleen and Kidney (and Liver) channels, however, is the Chong Mai's descending branch which "joins the (foot) shao yin channel, percolating into the three (foot) yin channels" (Ling Shu, chap. 38). Pirog (1996, p. 189) stresses the specific importance of the Spleen channel: "the lower branch of the chong mai is said to unite the three Yin meridians of the leg on its course, and this seems to be best accomplished through the Spleen meridian ... which unites all three meridians at the group luo point SP-6". Maciocia (2007, p. 494) agrees: "Through its descending branch, the Penetrating Vessel ... strengthens the interaction among the Liver, Spleen and Kidney channels. It is probably also because of the Penetrating Vessel that San Yin Jiao (SP-6) is a meeting point of the three Yin channels of the leg". Hence, in addition to its effects on Liver and Spleen, Tung's point Ren Huang (77.21) which overlaps San Yin Jiao (SP-6), strengthens the Kidney.

Since it can be inferred from the sources quoted above that the Chong Mai's descending branch functionally unites the Spleen, Kidney, and Liver channels throughout its entire course it becomes clear why the beneficial effects of the lower leg Spleen channel points Tian Huang (77.17), Shen Guan (77.18), Di Huang (77.19), and Ren Huang (77.21) on the Kidney are similar to those of the Spleen points on the thigh: Tong Shen (88.09), Tong Wei (88.10), and Tong Bei (88.11).

(2) The points Tian Huang (77.17; overlapping with Yin Ling Quan SP-9) and Shen Guan (77.18) are located at the Water point of the Spleen channel or very close to it. According to the 65th Difficult Issue, the He Uniting points are where the Yang Qi enters into storage. Thus, He Uniting points are used to help storage of vital Qi to strongly supplement Kidney function (i.e., Kidney represents pure storage as the body manifestation of Winter and Water).

(3) The Spleen (Earth) interacts with the Kidney (Water) via the Ke-Cycle.

Of course, points on the Spleen channel also strengthen the Middle Jiao (Spleen and Stomach), which explains their usage for gastro-intestinal symptoms and for percolating dampness. Ren Huang (77.21 = San Yin Jiao SP-6) also harmonizes the Liver to ensure smooth flow of Qi and address eye problems.

Thus, in a more general view Tian Huang (77.17), Shen Guan (77.18), Di Huang (77.19), Ren Huang (77.21) secure the Earlier Heaven Kidney Essence as well as the Later Heaven Spleen and Stomach Qi. Because Shen Guan (77.18) is particularly effective at supplementing the Kidney, it can be used to treat shoulder pain (in Chinese medicine shoulder pain in the elderly is caused by Kidney vacuity patterns, known as "50 Year Shoulder"). A closer look at the channel correspondences and sites of action reveals that the branching and connecting channel correspondence of the Tai Yin Spleen to the Tai Yang Small Intestine explains the points' curative effect on posterior shoulder pain while the same name correspondence of Tai Yin Spleen and Tai Yin Lung explains its effects on anterior shoulder pain.

Yet another aspect is that the Spleen channel both connects to the Heart, and is also paired with the Heart channel (the Spleen channel's Yin/Yin neighbor on the channel clock). This explains the Heart-related symptoms in the list of indications.

Shen Guan (77.18), Di Huang (77.19), and Ren Huang (77.21) are often combined as a Dao Ma group known as the "Xia San Huang" 下三皇 (Lower Three Emperors).

### **Image Correspondence**

For treatment of the Zang Fu, Shen Guan (77.18), Di Huang (77.19), and Ren Huang (77.21) cover all three Jiao in the Small Taiji of the long bone (tibia). In the Large and Medium Taiji the focus is on the area below the waist/navel plane which represents the Lower Jiao, while the Upper Jiao is emphasized in the inverted Large and Medium Taiji.

For neck and shoulder pain Shen Guan (77.18) is effective because the knee corresponds to the head and upper body in the Small Taiji, which makes Shen Guan (77.18) correspond to the shoulder/neck region.

**Channel Correspondence Example**

According to the branching and connecting channel correspondence the Tai Yin Spleen corresponds to the Tai Yang Small Intestine, which makes Shen Guan (77.18) an effective point for posterior shoulder pain. The same name correspondence of Tai Yin Spleen and Tai Yin Lung explains its effects on anterior shoulder pain.

**Tissue/Zang Fu Correspondence**

cf. above

**Needling and/or Manipulation**

Perpendicular insertion; 0.5 – 2 cun depth.

**Special recommendations**

The points are contraindicated during pregnancy.

Wei-Chieh Young recommends combining Tian Huang (77.17) with Zu San Li (ST-36) for dysuria and prostatomegaly.

Miriam Lee recommends combining Tian Huang (77.17) with Shen Guan (77.18) for stomach hyperacidity and vomiting. She points out that Zu San Li (ST-36) increases, while Tian Huang (77.17 = SP-9) decreases stomach acidity.

Tian Huang (77.17) and Shen Guan (77.18) are especially effective for frontal headache.

For shoulder and arm pain needle Shen Guan (77.18) with Si Zhi (77.20). The Zhen Jiu Zi Sheng Jing says that Yin Ling Quan SP-9 and Guan Yuan REN-4 together govern the treatment of Kidney disease. The same text says that Yin Ling Quan SP-9 governs urinary incontinence and enuresis. (Wang 2014) These indications corroborate the use of points such as Tian Huang 77.17 and Shen Guan 77.18 for Kidney patterns.

## Zone 7

### Points 77.22, 77.23, 77.24, 77.25

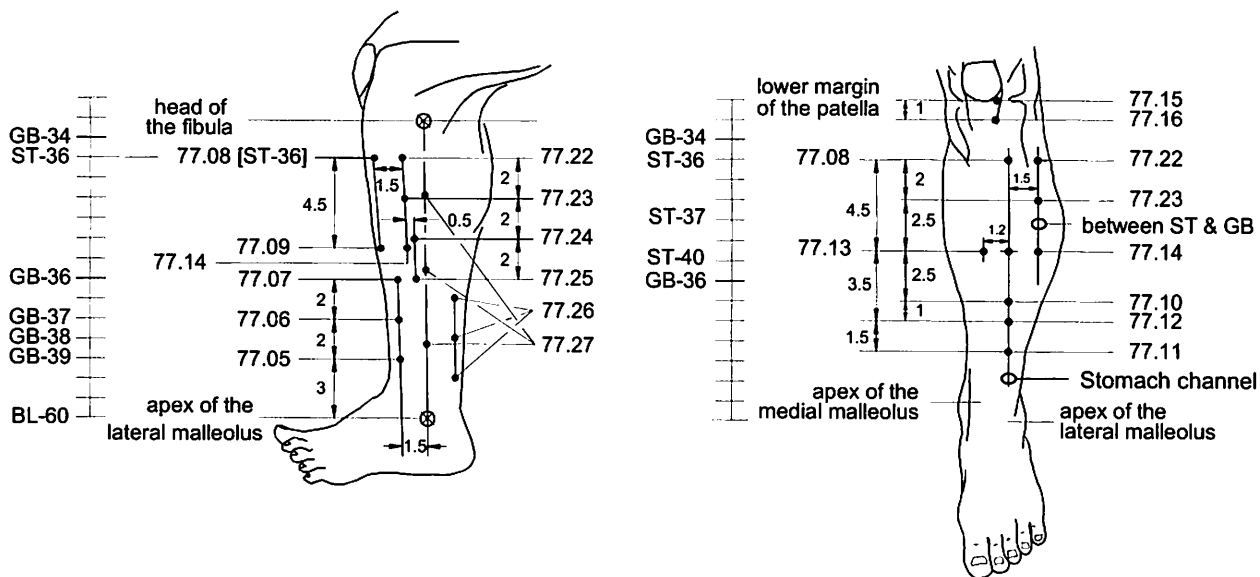


Fig. Z7-6

Left lower leg, lateral surface

Left lower leg, anterior surface

Axis on left: longitudinal coordinates of TCM points in the area; spaces between tick marks 1 cun

| Point Locations  | Point Indications  |
|--|--|
| <p><b>77.22 Ce San Li (Beside Three Miles)</b><br/>Between the Stomach and Gallbladder channels, 1.5 cun lateral to Si Hua Shang (77.08 = Zu San Li, ST-36)</p>  | <p>Toothache, facial paralysis, headache, sinusitis,<br/>Reaction areas: Teeth and Lung</p>  |
| <p><b>77.23 Ce Xia San Li (Distal to Beside 3 Miles)</b><br/>Between the Stomach and Gallbladder channels, 2 cun distal to Ce San Li (77.22), on the anterior border of the fibula</p>   | <p>Toothache, facial paralysis, headache, migraine<br/>Reaction areas: Teeth and Lung</p>  |
| <p><b>77.24 Zu Qian Jin (Leg 1000 Gold)</b><br/>Between the Stomach and Gallbladder channels, 0.5 cun lateral, and 2 cun distal to Ce Xia San Li (77.23) or 2 cun lateral and 4 cun distal to Si Hua Shang (77.08 = ST-36)</p> | <p>Acute enteritis, throat abscesses, laryngitis, tonsillitis, thyroiditis, pain in the shoulder region (e.g. supraspinatus tendonitis), and back; fish bone stuck in the throat, plum pit Qi (<i>mei he qi</i>)<br/>Reaction areas: Lung, Kidney and side of throat (thyroid)</p> |
| <p><b>77.25 Zu Wu Jin (Leg 5 Gold)</b><br/>Between the Stomach and Gallbladder channels, 2 cun distal to Zu Qian Jin (77.24), at the anterior border of the fibula</p>   | <p>Same as Zu Qian Jin (77.24)<br/>Reaction areas: Lung, Kidney and side of throat (thyroid)</p>   |

### **Comments on Location of Ce San Li (77.22), Ce Xia San Li (77.23), Zu Qian Jin (77.24), and Zu Wu Jin (77.25)**

The key reference point to locate Ce San Li (77.22) and Ce Xia San Li (77.23) is Zu San Li (ST-36), which overlaps with Tung's Si Hua Shang (77.08). For slight differences in the locations of Zu San Li (ST-36) and Si Hua Shang (77.08) see our comments on Tung's location of the Stomach channel above.

The location of Zu Qian Jin (77.24) and Zu Wu Jin (77.25) is in turn defined relative to Ce Xia San Li (77.23). In the proximal – distal vertical orientation, the spacing between Ce San Li (77.22), Ce Xia San Li (77.23), Zu Qian Jin (77.24), and Zu Wu Jin (77.25) is 2 cun each. All points are located between Gallbladder and Stomach channels, and hence needling them influences both the Foot Shao Yang and Yang Ming channels.

### **Comments on Indications of Ce San Li (77.22), Ce Xia San Li (77.23), Zu Qian Jin (77.24), and Zu Wu Jin (77.25)**

Ce San Li (77.22) and Ce Xia San Li (77.23) have identical indications and are used together as a Dao Ma group. Zu Qian Jin (77.24) and Zu Wu Jin (77.25) have identical indications and are used together as a Dao Ma group.

#### **Image Correspondence**

Most of the effects of the points have their focus of effect on head, face, and costal region. In the Small and Medium Taiji the location of Ce San Li (77.22) and Ce Xia San Li (77.23) corresponds to these areas. An alternative explanation stems from the assumption that the head and face correspond to the leg with the knee joint aligned with the eyes. This is an approach used in the "Balance Method" (c.f. Ross and Sulisty, 2013, Fig. 34). For heel pain the correspondence exists in the inverted Small Taiji.

Similarly, Zu Qian Jin (77.24) and Zu Wu Jin (77.25) are located in the center of the lower leg, which corresponds to the Middle Jiao in the Small Taiji and explains their effects on acute enteritis.

#### **Channel Correspondence**

As stated above the points Ce San Li (77.22) and Ce Xia San Li (77.23) share properties of both Stomach and Gallbladder channels. Most of the indications are due to disorders of one or both channels and are Shao Yang and Yang Ming combined syndromes such as facial paralysis and trigeminal neuralgia. The Large Intestine channel, which also influences the face, is included by the same name correspondence (Yang Ming Stomach treats Yang Ming Large Intestine). Via the external – internal pairing, Stomach corresponds with Spleen and the pair together removes phlegm which is often a pathogenic factor in paralysis and in dull headache. Another effect may be the harmonizing effect on the Liver via the external – internal pairing of Gallbladder, which the points directly influence, and Liver. The net effect is being able to extinguishing Wind, thus alleviating tics, which are sometimes part of facial motor impairment.

Zu Qian Jin (77.24) and Zu Wu Jin (77.25) treat disorders in the throat, which is influenced by the Yang Ming Stomach and its externally – internally coupled partner the Tai Yin Spleen. Plum Pit Qi is a consequence of Qi stagnation. The curative effects of Zu Qian Jin (77.24) and Zu Wu Jin (77.25) in such cases are explained by the harmonizing effect on the Liver via the external – internal pairing of Gallbladder and Liver – on which the points are acting. The net effect would be moving clumped Qi.

#### **Needling and/or Manipulation**

Perpendicular insertion; 0.5 – 1 cun depth.

#### **Special recommendations**

Wei-Chieh Young recommends Ce San Li (77.22) and Ce Xia San Li (77.23) for heel pain.

For motor impairment of the shoulder and arm (e.g., periarthritis of the shoulder) combine Zu Qian Jin (77.24) and Zu Wu Jin (77.25) with Shen Guan (77.18).

Ce San Li (77.22) and Ce Xia San Li (77.23) are effective for treating pain in the upper limb (e.g., lateral epicondylitis).

The name "Jin" 金 (Metal) in Tung's points is a reference to the Large Intestine, and Tung's points with the name "Jin" (Zhi Wu Jin 11.08, Shou Wu Jin 33.08, Shou Qian Jin 33.09, Men Jin 66.05) treat problems of the abdomen and intestines.

## Zone 7

### Points 77.26, 77.27, 22.28

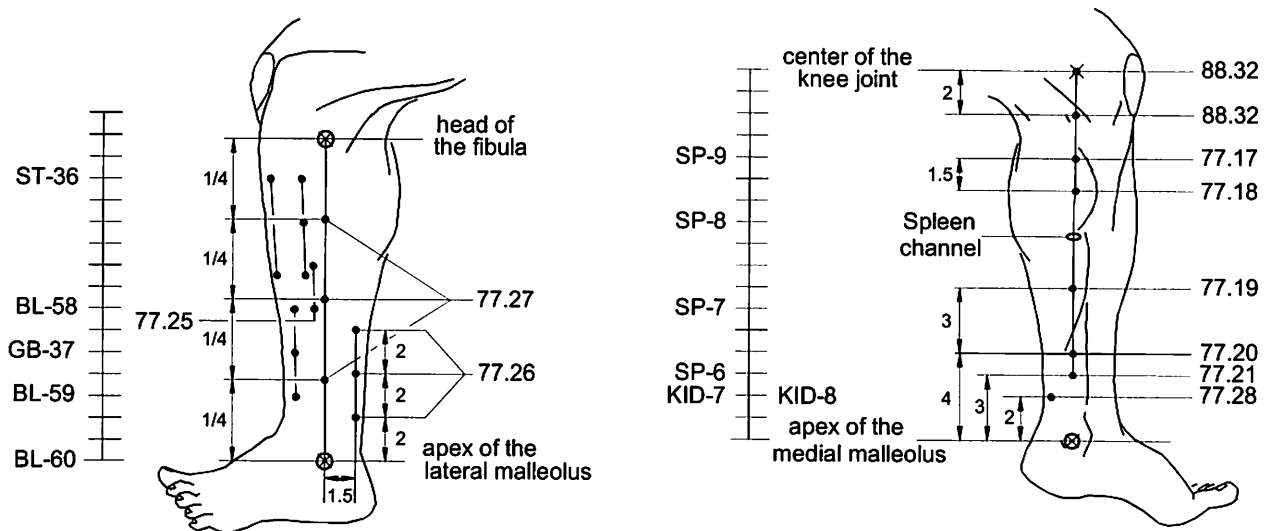


Fig. Z7-7

Left lower leg, lateral surface

Left lower leg, medial surface

Axis on left: longitudinal coordinates of TCM points in the area; spaces between tick marks 1 cun

| Point Locations  | Point Indications  |
|--|--|
| <p><b>77.26 Qi Hu (Seven Tigers)</b><br/>A 3 point group between the Bladder and Gallbladder channels. Behind the posterior border of the fibula along the anterior border of the Achilles tendon in the deep layer of the flexor digitorum longus, 2 cun, 4 cun and 6 cun superior to apex of the lateral malleolus</p> | <p>Pain of the sternum, clavicle, and ribs; pleurisy<br/>Reaction areas: Chest, bones</p>  |
| <p><b>77.27 Wai San Guan (Outer three gates)</b><br/>On the Gallbladder channel, a 3 point group; on the line connecting the head of the fibula and the lateral malleolus between mm. peroneus brevis and extensor digitorum longus; at the 1/4, 1/2 and 3/4 junctions</p>   | <p>Tonsillitis, mumps, laryngitis, abscesses, tumors, fibrocystic breasts, pain in the shoulder and arm<br/>Reaction area: Lung</p>                                      |
| <p><b>77.28 Guang Ming (Bright Eye)</b><br/>1 cun posterior and 2 cun superior to the apex of the medial malleolus, on the Kidney channel, overlapping Fu Liu (KID-7) or Jiao Xin (KID-8)</p>  | <p>Supplements the Kidney; astigmatism, cataracts, diplopia, glaucoma, drooping eyelids; diabetic retinopathy and peripheral neuropathies<br/>Reaction area: Kidneys</p> |