AcuPractice Seminars

Acupuncture
Points & Meridians I

Points & Meridians Overview

- Over 2000 Points
  - 369 – 365 Standard Points
- Most Popular Acupuncture Points
  - Have multiple uses
  - Show up in many different point prescriptions
- Many Good & Exhau...
Body Measurements and General Point Location

- The "Cun" is known as the personal inch. Based on the width of the patient's thumb, it is the standard measurement for locating points. For instance, PC 6 is located two cun proximal to the wrist crease between the tendons of palmaris longus and flexor carpi radialis. Two cun equals 2 times the width of the patient's thumb.

Illustrations excerpted from A Manual of Acupuncture, P. Deadman et al.

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General Comments On AcuPoints

- Point emphasis is based on my personal experience.
- Not meant to discount the experience of other practitioners, books, nor teachers
- Points Below the Knees and Elbows
  - Some of the most powerful points on the body are found from the knees and the elbows
  - Yuan-Source Points
  - The 5 Shu/Transport Points
  - Luo Points
  - Xi Cleft Points
- Front Mu and Back Shu Points
- Microsystem Points
  - Auricular Acupuncture
  - Scalp Acupuncture
  - Hand Acupuncture

Point Selection

- Local Points
- Adjacent Points
- Distal Points
- Energetically Aligned Points
  - Microsystem Points
- Empirical Points
  - i.e. LU 11 for Nosebleeds

Point Categories

Overview Table

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Five Element Points I
Mother / Son

Fire: HEART / Sm. Intestine
Pericardium / Triple Warmer

Wood: LIVER
Gall Bladder

Earth: SPLEEN
Stomach

Water: KIDNEY
Bladder

Metal: LUNGS
Lg. Intestine

Wood: LIVER
Gall Bladder

Earth: SPLEEN
Stomach

Water: KIDNEY
Bladder

Metal: LUNGS
Lg. Intestine

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Five Element Points II

• Each Primary Meridian Has 5 Element Points
• Beginning at the Jing Well Points
  • Yin Meridians Begin with Wood
  • Wood, Fire, Earth, Metal, Water
  • Yang Meridians Begin with Metal
  • Metal, Water, Wood, Fire, Earth
• Nan Jing:
  a. In cases of deficiency reinforce the mother.
  b. In cases of excess reduce the child.
  c. To Tonify or Reinforce the Heart (Fire), Tonify HT 9: Mother Element (Wood)
  d. To Sedate or Reduce the Heart, Disperse HT 7: Child Element (Earth)

• Theoretical Treatment Principal
  • May Not Be Clinically Applicable in All Cases.

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Five Element Points III

Dr. Jim’s Clinical Use

• Fire Points
  a. LR 2: Clears Heat in Liver & Gall Bladder.
  b. KD 2: Bubbling Urination & other Heat in the Lower Warmer
  c. LU 10: All hot Lung and Skin conditions
  d. HT 8 & PC 8: Heat in Heart - Insomnia & Dream Disturbed Sleep

• Water Points
  a. LU 5: Heat in the lungs, accompanied by cough
  b. KD 10: Heat from KD Yin Xu.

• Horary Points
  Points that are associated with the Associated Element of each Organ.
  i.e. Heart - Fire Point – HT 8
  Organic Disorders of the Organs

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5 Shu or Transport Points

- Some Points as the 5 Element Points
  - Flow of Qi analogous to Flow of Water
    - Jing-Well, Ying-Spring, Shu-Stream, Jing-River, He-Sea
- Jing-Well
  - Separate and Distinct Like Well
  - Effect Individual Meridians: Pain Along the Channel & Clearing Heat
- Ying-Spring
  - Qi, like water, bubbles to the surface: Clear Heat
- Shu-Stream
  - Springs merging form Streams which can travel greater distances
  - Yuan-Source Points on Yin Channels
- Jing-River
  - Streaming Merge into Rivers which have currents and carry commerce to distant places
- He-Sea
  - Seas connect all the lands together
  - Effect the Qi at Organ level

Yuan, Luo, & Xi Points

- Xi-Cleft Points
  - Pain Along the Channel
- Luo-Connecting Points
  - Treat Paired Channel
    - LU 7 Treats Neck Pain
    - LI 6 Treats Accumulations of fluids in the Lungs
- Yuan-Source Points
  - Treat Associated Organ Disharmonies
    - Esp. Yin Organs: LU, PC, HT, SP, LR, KD

Back Shu Points
aka: Associated Points

- 12 Back-Shu points correspond to the 12 Organs
- Lie along the Bladder channel on the back
  - 1.5 cun. Lateral to the midline
  - Roughly at the same anatomical level of its associated Organ
- Each point treats its associated Organ
Front Mu Points
aka: Alarm Points

- 12 front-mu points, located on the chest or abdomen in close proximity to their respective Organs
- Treat associated Organs

Hui-Meeting Points

- Treat Associated Organs or Substances
  - The Yin Organs meet at LR 13
  - The Sinews meet at GB 34
  - The Yang Organs meet at REN 12
  - The Blood Vessels meet at LU 9
  - The Qi meets at REN 17
  - The Bones meet at BL 11
  - The Blood meets at BL 17
  - The Marrow meets at GB 39

Confluent Points of the Eight Extraordinary Meridians

- Open/Activate Extraordinary Meridians
  - LU 7 - Ren Mai – Conception Vessel
  - SI 3 - Du Mai – Governing Vessel
  - SP 4 - Chong Mai – Penetrating Vessel
  - GB 41 - Dai Mai – Belt Vessel
  - KD 6 - Yin Qiao Mai – Yin Heel Vessel
  - BL 62 - Yang Qiao Mai – Yang Heel Vessel
  - PC 6 - Yin Wei Mai – Yin Lashing Vessel
  - SJ 5 - Yang Wei Mai – Yang Lashing Vessel
Ah Shi Points aka Trigger Points
- Most commonly used in the treatment of pain.
- Ah Shi points (locally tender) and Trigger Points are essentially the same phenomena.
- Chinese classics, discussed and described these points.
- Careful palpation moving slowly out from the painful, tight, or tender areas, along muscle and/or meridian pathways will usually reveal Ah Shi/Trigger Points that have been previously recognized.
- Ah Shi/Trigger Points are covered in more detail in other classes.

Twelve Heavenly Star Points of Ma Dan-yang
- Ma Dan-yang: A revered physician of the Jin dynasty. (circa 1100 CE)
- What he considered to be the most important acupuncture points on the body:
  - LU-7
  - ST-44
  - BL-60
  - LI-4
  - HT-5
  - GB-30
  - LI-11
  - BL-40
  - GB-34
  - ST-36
  - BL-57
  - LR-3

The Six Command Points of Gao Wu
- This pre-Ming dynasty grouping of points.
- Considered by many to be the four most useful and important of all the points.
  - ST-36 for disorders of the abdomen.
  - BL-40 for disorders of the lumbar region and back.
  - LU-7 for disorders of the head and nape.
  - LI-4 for disorders of the face and mouth.
- Later generations added two more points:
  - P-6 for disorders of the chest and lateral costal region.
  - DU-26 for resuscitation.
THE THIRTEEN GHOST POINTS
OF SUN-SI-MIAO

The thirteen ghost points were listed in the Thousand Ducat Formulas by the great 7th century physician Sun Simiao for the treatment of mania disorder and epilepsy.

- Ghost Palace: DU-26
- Ghost Pillow: DU-16
- Ghost Hall: DU-23
- Ghost Market: REN-24
- Ghost Fails: LI-11
- Ghost Leg: LI-11
- Ghost’s Bed: ST-6
- Ghost Market: REN-24
- Ghost Faith: LU-11
- Ghost Heart: P-7
- Ghost Cave: P-8
- Ghost Faith: BL-62
- Ghost Seal: Extra Point below the tongue
- Ghost Store: REN-1

Other Minor Point Groupings

- Meeting Points of Channels
  - Many channels have intersecting branches that meet at particular points
- Nine Needles for Returning the Yang
  - LI-4, ST-36, SP-6, KID-1, KID-3, P-8, GB-30, DU-15, & REN-12.
- Ten Window of the Sky Points
  - This is a group of ten points which may have esoteric Uses.
- Points of the Four Seas
  - Sea of Qi, Sea of Blood, the Sea of Water, & Sea of Grain

Dr. Jim’s Point Star System

- Points are assigned “Stars”★
  - NOT Classical, Traditional, Universally Known, nor Accepted.
  - Based on Common Usage, Clinical Effectiveness, Dr. Jim’s Experience,
  - Significant likelihood of being asked about on an exam.
- ★★★ = Emperors:
  - Extremely Effective Point with Broad Application
  - Used Daily in Practice
  - Often the Most Important Points in a Point Prescription, Aim at Accomplishing the Main objective of a Treatment Plan
  - Particularly Strong and/or Wide Reaching Actions & Indications
- ★★ = Ministers:
  - Very Effective Points with Broad Application
  - Assist in Accomplishing the Main objective of the treatment.
  - Significant Actions & Indications
- ★ = Assistants:
  - Effective Local Points for Pain along their Meridians
  - Significant Actions & Indications, Yet Are More Limited in Scope
- No Stars = Envoys:
  - Not Significant, Yet Not Particularly Notable
The DU Mai
One of the 8 Extraordinary Meridians aka the Governing Vessel
Governs: Yang, Back, Spine, Posterior Zone & Brain/ CNS

Dr. Jim’s Point Star System
Employed in these classes

• Points are assigned “Stars” ★
  - NOT Classical, Traditionally Known, nor Accepted.
  - Based on Clinical Insight, Dr. Jim’s Experience,
  - Significant likelihood of being asked about on an exam.

★★★★ = Emperors:
- Extremely Effective Point with Broad Application
- Often the Most Important Points in a Point Prescription, Aim at Accomplishing the main objective of a Treatment Plan
- Often Deliver Significant Actions & Indications
- Used Daily in Practice
- Particulary Strong and/or Wide Reaching Actions & Indications

• Indications:
  - i.e. LR # Relieves One Sided Headaches

★★ = Ministers:
- Very Effective Points with Broad Application
- Usually Combined with Emperors to Assist in Accomplishing the main objective of the treatment.
- Deliver Significant Actions & Indications

★ = Assistants:
- Effective Local Points for Treating Pain and Other Pathologies along their Meridians
- Often Deliver Significant Actions & Indications, Yet are more limited in Scope

• No Stars = Envoys:
  - Not particularly notable
  - Many are effective for treating pain locally and are often effective for treating some musculoskeletal or neurological disorders.

DU Meridian aka Governing Vessel
• The pathway of the Du Meridian runs from the perineum, up through the middle of the spine, over the head, and ends at the upper lip.
• Most points are on the posterior midline of the body.
• CAUTION: The spinal canal lies between 1.25 and 2 cm below the skin surface, varying with body build.
**DU GV**

Governs The Yang.
Tai Yang = Greater Yang
Xiao Yang = Lesser Yang
Yang Ming = Yang Brightness

Most Yang Meridian on the body.
Yang Meridians are often used to treat disorders along the pathway of the meridian.

The Du is important for treating any and all disorders of the back and specifically the spine.

Master point SI 3, Coupled Point UB 62

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**DU 1-3**

- **DU 1 ★★**
  - Midway between the tip of the coccyx and the anus
  - Hemorrhoids, Rectal or Other Prolapse, Rectal Bleeding
- **DU 2 ★**
  - On the hiatus of the sacrum
  - Sacral and Coccyx Pain
- **DU 3 ★**
  - On the midline of the lower back, in the depression below the spinous process of the fourth lumbar vertebra
  - Dual disorders of the lumbar region and legs

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**DU 4 ★★**

- With the patient in the prone position, it’s in the deepest hollow in the low back.
- Below the spinous process of the 2nd lumbar vertebra, Level with UB 23 (Kidney Shu)
- Gate of Life
- Main Point for Lower Back and Kid
- All Lower Back Problems: Especially W/ Weakness
- All Kidney Deficiencies
DU 5 - 13

- DU Points on Midline.
  - Located Under the Lower Border of 9 Vertebra
- Many in Level with Back Shu Points
  - Have an effect on Related Organ
    - DU 5: Lower Border of L 1, Level with UB 22
      (San Jiao Shu)
    - DU 6: Lower Border of T 11, Level with UB 20
      (Spleen Shu)
    - DU 7: Lower Border of T 10
    - DU 8: Lower Border of T 9, Level with UB 18
      (Lever Shu)
    - DU 9: Lower Border of T 8
    - DU 10: Lower Border of T 7
    - DU 11: Lower Border of T 6
    - DU 12: Lower Border of T 5, Level with UB 15
      (Heart Shu)
    - DU 13: Lower Border of T 4
    - DU 14: Lower Border of T 3, Level with UB 13
      (Lung Shu)
    - DU 15: Lower Border of T 1

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DU 14

- In the Depression Below the Spinous Process of the 7th Cervical Vertebra
- Clears Heat
- Pacifies Wind
- Neck – Shoulder – Upper Body Pain
- Tonifies Yang (moxa)

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DU 15 – 19

CAUTION: Deep Needling is Strictly Forbidden on DU 15 & 16
- DU 15: Below C 1, [impalpable] - NO DEEP NEEDLE
- DU 16: Directly below the EOP - NO DEEP NEEDLE
- DU 17: 1.5 cun superior to DU 16
- DU 18: 1.5 cun superior to DU 17
- DU 19: 1.5 cun superior to DU 18

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**DU 20**

- **DU 20 ★★★**
  - 7 cun Superior to Posterior Hairline & 5 cun Posterior to the Anterior Hairline
  - Benefits the Brain
  - Benefits the Head and Sense Organs
  - Pacifies Wind
  - Raises Yang
  - Subdues Yang
  - Pacifies the Spirit

**DU 21-25**

- **DU 21**: 1.5 cun Anterior to DU 20
- **DU 22**: 2 cun Posterior to the Anterior Hairline
- **DU 23 ★**: 1 cun Posterior to the Anterior Hairline
  - Benefits the Nose
- **DU 24**: ½ cun Posterior to the Anterior Hairline
- **DU 25 ★**: Tip of the Nose
  - Benefits the Nose

**DU 26-28**

- **DU 26 ★★★**: At the junction of the upper third and lower two thirds of the philtrum
  - Acute Lumbar Sprain
  - Restores Consciousness, Calms the Spirit
- **DU 27**: At the junction of the upper lip and the philtrum
- **DU 28**: Inside the mouth, in the superior frenulum, the junction of the upper lip and the gum
The REN Mai
One of the 8 Extraordinary Meridians
aka the Conception Vessel
Governs:
Yin, Anterior, Interior, & Reproduction

REN Meridian aka Conception Vessel

• The pathway of the Ren Meridian runs from the perineum, up the midline of the front of the body, ending just under the lower lip.
• All its points are on the anterior midline of the body.
• Originates in Uterus in Women
• Branch to Du Mai and Vise Versa
• Luo/Connecting Mai - Abdomen

REN - CV

Most Yin meridian on the body.
Yin Meridians are often used to treat internal disorders.
The Ren is important, for treating many internal disorders and especially those associated with reproductive function, particularly in women.
Yin Deficiency & Yin Stagnation
Master Point LU 7, Coupled Point KD 6
**REN – CV**

**Point Groups I**

- Warmers/Burners/Energizers
  - Lower
    - Stagnation
    - Reproduction
    - Elimination
  - Middle
    - Stomach, Intestines & Abdomen
    - Digestion
    - Assimilation
  - Upper
    - Heart, Lungs, & Chest
    - Rebellion
    - Stagnation

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**REN – CV**

**Point Groups II**

Reinforcing Points

Points on Parallel Meridians

Correspond to & Reinforce One Another

A Few Examples

Ren 2, Kidney 11, Stomach 30, Spleen 12
Ren 8, Kidney 16, Stomach 25, Spleen 15
Ren 17, Kidney 23

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**REN 1-3**

- **REN 1 ★**
  - At the perineum, midway between the anus and the external genitalia
  - Local, Effective, Uncommonly Used
  - CAUTION: Contraindicated in Pregnancy
  - CAUTION: Deep Needling on REN 2-4 may penetrate a full bladder. Should be emptied before needling. Recommended Needle insertion Depth: 0.5 to 1.0 cun

- **REN 2 ★★★**
  - On the midpoint of the upper border of the pubic symphysis, 5 cun inferior to the umbilicus
  - Most All Disorders of the Lower Warmer
  - Especially GYN, & Urinary
  - Invigorates Stagnant Qi & Blood

- **REN 3 ★**
  - On the anterior midline of the lower abdomen, 1 cun superior to the pubic symphysis, & 4 cun inferior to the umbilicus
  - Front Mu Point of the Bladder

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### REN 4-6

- **CAUTION**: Deep needling especially in thin patients:
  - REN 4 may penetrate a full bladder. Should be emptied before needling.
  - REN 5-15 may penetrate peritoneal cavity or enlarged organs.
  - Recommended Needle Insertion Depth: 0.8 to 1.5 cun.

- **REN 4**
  - On the anterior midline of the lower abdomen, 2 cun superior to the pubic symphysis, and 1 cun lateral to the umbilicus.
  - Tones Kidney Essence.
  - Warms and Benefits Uterus and Lower Warmer.

- **REN 5**
  - On the anterior midline of the lower abdomen, 3 cun superior to the pubic symphysis, and 2 cun inferior to the umbilicus.

### REN 7-9

- **CAUTION**: Deep needling especially in thin patients, of REN 5-15 may penetrate peritoneal cavity, or enlarged organs.

- **REN 7**
  - On the anterior midline of the lower abdomen, 4 cun superior to the pubic symphysis, and 1 cun lateral to the umbilicus.

- **REN 8**
  - In the Center of the umbilicus.
  - Needling is Contraindicated.
  - Treat Only with Moxa.
  - Warms and Tonifies Qi and Yang.
  - Strengthens Kidney and Spinal.
  - Regulates Disordered Qi & Blood.

### REN 10-13

- **CAUTION**: Deep needling especially in thin patients, of REN 5-15 may penetrate peritoneal cavity, or enlarged organs.

- **REN 10**
  - 2 cun above the umbilicus and 6 cun below the xiphoid angle.

- **REN 11**
  - 3 cun above the umbilicus and 5 cun below the xiphoid angle.

- **REN 12**
  - Midway between the umbilicus and the xiphoid angle.
  - Front Mu Point of Stomach.
  - Meeting Point of Fu Organs.

- **REN 13**
  - 5 cun above the umbilicus and 3 cun below the xiphoid angle.

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REN 14 – 17

- All Regulate the Qi of the Chest
  - Ren 14 ★★
    - 6 cm above the umbilicus and 2 cm below the xiphoid angle
    - Front Mu Point of Heart
    - Heart/Chest Pain
    - Shen Disorders
  - Ren 15
    - 7 cm above the umbilicus and 1 cm below the xiphoid angle
  - Ren 16
    - Level with the xiphoid angle
  - Ren 17 ★★
    - Level with the junction of the 4th intercostal space and sternum
    - Meeting Point of Qi
    - Regulates and Descends the Qi
    - Regulates and unbinds the Chest
    - Benefits the Breasts
    - Caution: Needle Only on an Oblique Angle

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REN 16 – 21

- All Regulate the Qi of the Chest
  - Ren 18
    - Level with the junction of the 3rd intercostal space and sternum
  - Ren 19
    - Level with the junction of the 2nd intercostal space and sternum
  - Ren 20
    - Level with the junction of the 1st intercostal space and sternum
  - Ren 21
    - On the manubrium midway between Ren 20 & Ren 22
    - Descends Stomach Qi

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REN 22 – 24

- Ren 22 ★★
  - In the center of the suprasternal fossa, 0.5 cm above the suprasternal notch
  - Transverse insertion, inferiorly
  - Descends Rebellious Qi
  - Benefits Throat and Voice

- Ren 23 ★
  - In the depression above the hyoid bone
  - MOXA CONTRAINDICATED
  - Needle towards DU 20
  - Benefits Tongue

- REN 24 ★
  - In the depression in the center of the mentolabial groove
  - Benefits the Mouth & Face
  - Quells Wind

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Lung Meridian

Hand Tai Yin
Govern: Respiration & Qi

Lung Meridian Pathway

- The pathway of the Lung Meridian begins in the second intercostal space, 2/3 the distance from the middle of the sternum to the acromion process.
- Continues down the anterior surface of the arm ending at the proximal radial corner of the nail of the thumb.

Metal Element
Lungs Large Intestine

- Vital Physicality
- Angular Features
- Well-Defined / Pronounced Musculature
- Well-Organized
- Decorous
Lung Meridian
Internal Pathway

- The Lung Meridian Begins in the Abdomen
- Wraps the Large Intestine
- Ascend and enters the Lungs
  - Lungs
  - Bronchial Passageways
  - Throat
  - Sinuses
  - Nose
- Surfaces on the chest at LU 1

Yin Meridians are often used to treat internal disorders.

The Lung Meridian is important, for treating many internal disorders associated with the Lungs.

Respiratory disorders and symptoms associated with colds and flu.

Lung Physiology

- When the Lungs are functioning well, the individual is vital and strong, and tends to enjoy keeping physically fit.

Lungs are Responsible for:
- Respiration
- Qi Production
- Controlling the Surface
  - Protection from QIIs
  - Outside Pernicious Influences
  - Wei Qi: Similar to the immune system
- Skin & Sweat
  - Opening & Closing the Pores
When the Lungs are in disharmony, the following are some common possible symptoms:

- All Respiratory Disorders
- All Sinus Disorders
- Many Skin Disorders
- Common Colds and Flus
- OPI Wind, OPI Cold, OPI Heat,
- Fatigue: Prefers Rest Over Exercise

LU 1
- In the 1st intercostal space 6 cun lateral to the midline
- CAUTION: Deep Perpendicular or Oblique Insertion carries a substantial risk of causing pneumothorax.
- Front Mu Points of Lungs
- Descends and Disseminates Lung Qi and Fluids

LU 2
- Below the lateral extremity of the clavicle, 6 cun lateral to the midline
- CAUTION: Deep Perpendicular or Oblique Insertion carries a substantial risk of causing pneumothorax.

LU 3
- On the antero-lateral aspect of the arm, 3 cun inferior to the axillary fold
- Calms the Corporeal Soul / Po / Identification with physical form / Grief

LU 4
- On the antero-lateral aspect of the arm, 4 cun inferior to the axillary fold

LU 5
- On the cubital crease of the elbow, in the depression at the radial side of the tendon biceps brachii
- Clears Heat from Lungs
- Strong Productive Cough

LU 6
- On the line connecting LU 5 & 9, 5 cun distal to LU 5, and 7 cun proximal to LU 9
- Moistens Lungs

LU 7
- On the radial aspect of the forearm, 1.5 cun proximal to LI 3 in the cleft between the tendons Brachioradialis and Abductor pollicis longus
- Point of Choice for Neck and Throat
- Master Point of the Ren Mai
- Circulates the Qi of The Lungs
- Use with LI 4 for Headaches and OPIs

LU 8
- 1 cun proximal to LU 9
LU 9 – 11

- LU 9 ★★★
  - At the wrist crease, between the radial artery and the tension of abductor pollicis longus
  - Yuan Source Point of the Lungs
  - Tonifies Lungs, Transforms Phlegm
  - Generates the Pulse

- LU 10 ★
  - On thenar eminence, in a depression between the midpoint of the shaft of the 1st metacarpal bone and the thenar muscles
  - Clears Heat and Benefits Throat

- LU 11 ★★
  - On the thumb approx. 0.1 cun proximal to the proximal radial corner of the nail
  - Jing Point  /  Clears Heat
  - Prick to Bleed for Sore Throat
  - Moxa Opposite side for Nose Bleeds

Lung Treatment

Major LU Points for Treating The Lungs
- Tonify the Lungs: LU 9, LU 1, UB 13
- Colds and Flus: LI 4, LU 7,
- Stuffy Runny Nose LU 7, LI 20,
- Cough LU 1, LU 5
- Heat in the Lungs: LU 10
- Sore Throat LU 11, Ren 22
- Skin Rashes LU 7, LU 10, LI 11

Large Intestine Meridian
Hand Yang Ming
Invigorates Qi
Opens Anterior Zone
Head & Neck
Large Intestine Meridian

• The pathway of the Large Intestine Meridian begins at the proximal radial corner of the index finger
• Continues along the arm on the lateral border of the radial bone to the superior anterior aspect of the shoulder
• Crosses the SCM on the neck to the lower border of the ala nasi, on the opposite side.

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Large Intestine

Yang Meridians are often used to treat disorders along the pathway of the meridian.

Yang Ming Meridians are most effective at moving stagnation.

As a Yang Ming Meridian, the Large Intestine is Very Useful, for treating any and all disorders of shoulder, neck and head.

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Large Intestine 1-3

• LI 1 ★★★
  o On the index finger, approx. 0.1 cun proximal to the proximal radial corner of the nail
  o Jing Point: Alleviates Pain along channel
  o Clears Heat

• LI 2
  o On the radial border of the index finger, in a depression distal to the metacarpophalangeal joint

• LI 3
  o On the radial border of the index finger, in a depression proximal to the metacarpophalangeal joint

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Large Intestine 4

- **LI 4 ★ ★ ★
  - Contraindicated in Pregnancy
  - On the dorsum of the hand, between the 1st and 2nd metacarpal bones, at the midpoint of the 2nd metacarpal bone and close to its radial border
  - Controlling point for Head and Face (use W. LI 7)
  - Main point for Pain and other excesses in the head, neck, and arm.
  - Yuan Source Point
  - OPI
  - Combinations
    - LI 4 – LI 7: Head & Neck
    - LI 4 – LR 3: 4 Gates
    - LI 4 – ST 36: Anterior Zone
    - LI 4 – ST 44: Teeth, Gums, & Jaw

Large Intestine 5 – 9

- **LI 5
  - Radial side of wrist, center of hollow formed by tendons extensor pollicis longus and brevis (anatomical snuffbox)
  - Good local point for pain in joint

- **LI 6
  - On the line connecting LI 5 & 11, 3 cun proximal to U5, and 7 cun distal to LI 11

- **LI 7
  - On the line connecting LI 5 & 11, 5 cun proximal to U5, and 9 cun distal to LI 11

- **LI 8
  - On the line connecting LI 5 & 11, 8 cun proximal to U5, and 4 cun distal to LI 11

- **LI 9
  - On the line connecting LI 5 & 11, 9 cun proximal to U5, and 4 cun distal to LI 11

- **LI 10
  - On the line connecting LI 5 & 11, 10 cun proximal to U5, and 2 cun distal to LI 11
  - Good Local Point, Pain Along Channel

Large Intestine 10

- **LI 10
  - On the line connecting LI 5 & 11, 10 cun proximal to LI 5, and 2 cun distal to LI 11
  - Good Local Point, Pain Along Channel
Large Intestine 11 – 13

- **LI 11 ★★**
  - At the elbow, at the lateral end of the transverse cubital crease
  - **Clear Heat, Cool Blood, High Fever, Hot Skin Disorders, Sore Throat, etc.**
- **LI 12**
  - With elbow flexed, 1 cun proximal and 1 cun lateral to LI 11
- **LI 13**
  - On a line between LI 11 and LI 15, 3 cun proximal to LI 11

Large Intestine 11 – 16

- **LI 14 ★★**
  - In the depression between the distal insertion of the deltoid and brachialis muscles
  - Excellent Local Point for Shoulder Pain / Frozen Shoulder
  - Benefits the eyes
- **LI 15 ★★**
  - In depression anterior and inferior to the acromion, at the origin of the deltoid
  - Excellent Local Point for Shoulder Pain / Frozen Shoulder
- **LI 16 ★★**
  - On the medial aspect of the acromion process, between the lateral end of the clavicle and the scapular spine
  - Excellent Local Point for Shoulder Pain / Frozen Shoulder

**Caution:** Deep needling of LI 17 & 18 may puncture the carotid artery or jugular vein.
- **Recommended:** Perpendicular or Oblique insertion 0.3 to 0.5 cun
- **LI 17**
  - On lateral side of neck, 1 cun inferior to LI 18 on the posterior border of the sternocleidomastoid
- **LI 18**
  - On lateral side of neck, level with the tip of the Adam's apple, between the sternal and clavicular heads of the sternocleidomastoid
**Large Intestine 19 – 20**

- **LI 19**
  - Below the margin of the nostril, 0.5 cun lateral to DU 26

- **LI 20**
  - In the naso-labial groove, level with the midpoint of the lateral border of the ala nasi
  - **Opens the Nose**
  - **Expels Wind**
  - **Clears Heat**

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**Stomach Meridian**

- **Foot Yang Ming**
  - Invigorates Qi
  - Opens Anterior Zone
  - Head, Jaw & Mouth

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**Stomach Meridian**

- Begins at the middle of the lower border of the eye socket
- Down to the outer corner of the mouth, back to the mandible, up to the corner of the hairline
- Proceeds inferior along the mid-clavicular line over the ribcage
- Moves 2 cun closer to the midline, and down to the upper border of the pubic bone
- Moves lateral to be in line with the ASIS and in a depression just lateral to the sartorius muscle
- Down the leg just lateral to the crest of the tibia.
- Ending at the proximal medial corner of the nail of the second toe.

- Yang Meridians are often used to treat disorders along the posteriority of the meridian.
- Yang Ming Meridians are most effective at moving stagnation.
- As a Yang Ming Meridian, Stomach meridian is important for treating any and all disorders of eye, head, teeth, and leg.
**Stomach ST**

- ST 1 ★
  - Directly below the pupil, between the eyeball and the infraorbital ridge
  - 0.5 to 1 cun
  - Benefits the eyes

- ST 2 ★
  - 0.5 cun directly below ST 1, in the depression of the infraorbital foramen
  - Benefits the eyes

- ST 3 ★
  - Directly below ST 1, level with the lower border of the ala nasi
  - Good local point

- ST 4 ★★
  - 0.4 cun lateral to the corner of the mouth
  - Local: facial paralysis; trigeminal neuralgia; herpes; mouth sores; gum problems; tooth pain

**Stomach 1-4**

- ST 1 ★★
  - Anterior to the angle of the jaw, in depression anterior to the border of the masseter
  - Lower jaw, toothache

- ST 2 ★★
  - One finger-breadth anterior and superior to the lower angle of the mandible where the masseter attaches, at the prominence of the muscle when the teeth are clenched.
  - Lower jaw, toothache, Bruxism, TMJ

- ST 3 ★★
  - At the lower border of the zygomatic arch, in the depression anterior to the condyloid process of the mandible - located with mouth slightly slack.
  - TMJ, upper jaw, toothache

- ST 4 ★
  - 0.5 cun lateral to the corner of the mouth
  - 4.5 cun lateral to DU 24
  - Frontal and Band-like Headaches

**Stomach 5 – 8**

- ST 5 ★★
  - Posterior to the angle of the jaw, in depression posterior to the border of the masseter

- ST 6 ★★★
  - All the lower border of the zygomatic arch, in the depression anterio to the condyloid process of the mandible - located with mouth slightly slack.
  - TMJ, upper jaw, toothache

- ST 7 ★★★
  - 2 Cun within the anterior hairline at the corner of the forehead.
  - Painful and Band-like Headaches

- ST 8 ★★★
  - 4.5 Cun lateral to DU 24.
**Stomach 9 – 12**

Caution: Arteries & Lungs

- **ST 9**
  - 1.5 cun lateral to the tip of the Adam’s apple, anterior to the anterior border of the SCM.
  - **CAUTION:** Just Anterior to the Carotid Artery
- **ST 10**
  - 1.5 cun inferior to ST 9
  - **CAUTION:** Just Anterior to the Carotid Artery
- **ST 11**
  - 1.5 cun inferior to ST 10, between the sternal and clavicular heads of the SCM
  - No Deep Needle - < 0.3 cun insertion
- **ST 12**
  - Posterior to the midpoint of the superior border of the clavicle
  - No Deep Needle - < 0.5 cun insertion

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**Stomach 13 – 18**

Caution: Lungs

- **ST 13 – 18**
  - All on the chest, 4 cun lateral to the midline, on the mamillary/mid-clavicular line.
  - **CAUTION:** Deep or perpendicular insertion carries a substantial risk of puncturing the lung.
  - ST 17 is Contraindicated to both needle and moxa
  - Local points benefitting the chest and breast, not commonly used
  - **ST 13** on the inferior border of the clavicle
  - **ST 14** in the 1st intercostal space
  - **ST 15** in the 2nd intercostal space
  - **ST 16** in the 3rd intercostal space
  - **ST 17** in the 4th intercostal space
  - At the center of the nipple
  - Contraindicated to both needle and moxa
  - **ST 18** in the 5th intercostal space

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**Stomach 19 – 26**

Caution: Organs

- **ST 19 – 26**
  - All on the chest & abdomen, 2 cun lateral to the midline, ¾ the distance to the mamillary/mid-clavicular line.
  - **CAUTION:** Deep insertion may penetrate periosteal cavity, or enlarged organs, especially in thin subjects.
  - Local points benefitting the upper abdomen and digestion
  - Not commonly used
  - **ST 19:** 6 cun superior to the umbilicus
  - **ST 20:** 5 cun superior to the umbilicus
  - **ST 21:** 4 cun superior to the umbilicus (Ren 12)
  - **ST 22:** 3 cun superior to the umbilicus
  - **ST 23:** 2 cun superior to the umbilicus
  - **ST 24:** 1 cun superior to the umbilicus
  - **ST 25:** Level with the umbilicus (Ren 8)
  - Frontal Point of Large Intestine
  - **ST 26:** 1 cun inferior to the umbilicus

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Stomach 27 – 30

Caution: Organs

- CAUTION: Deep insertion may penetrate peritoneal cavity, or a full bladder, especially in thin subjects.
- Commonly Used Points for Regulating the Lower Warmer
- All GYN Disorders:
  - Regulate Menstruation, Warm Cold, Move Stagnation, Resolve Damp Heat

- ST 27 ★★
  - 2 cun inferior to the umbilicus
- ST 28 ★★ (Ren 4)
  - 3 cun inferior to the umbilicus
- ST 29 ★ (Ren 3)
  - 4 cun inferior to the umbilicus
- ST 30 ★★★ “Qi Chong” (Ren 2)
  - Level with the superior border of the pubis symphysis
  - Coalescent Point: Regulates the Chong Mai (Penetrating Vessel)

Stomach 31 – 35

- ST 31 ★
  - At the crossing point of the line drawn down from the ASIS and the line level with the lower border of the pubic symphysis, in the depression on the lateral side of sartorius, when the thigh is flexed.
  - Activates the channel – Improves Performance

- ST 32:
  - On a line between the patella and the ASIS, 6 cun superior to the superior border of the patella
- ST 33:
  - On a line between the patella and the ASIS, 4 cun superior to the superior border of the patella
- ST 34:
  - On a line between the patella and the ASIS, 2 cun superior to the superior border of the patella
- ST 35 ★
  - At the knee in a hollow formed when the knee is flexed below the patella, lateral to the patellar ligament (The Lateral “Eye of Knee”)
  - Knee: pain, stiffness, weakness
  - Usually combined with Xiyan - Medial Eye of Knee

Local Trigger Points

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**Stomach 36 – 40**

- **ST 36 ★★★**
  - 3 Cun inferior to ST 35, one finger breadth lateral to the anterior crest of the tibia
  - Zusanli: Leg 3 Miles
  - Controlling Point for Digestion: All digestive problems
  - Builds Qi and Blood
  - Activates the channel
- **ST 37**: 3 cun inferior to ST 36 (Lower He-Sea LI)
- **ST 38 ★**
  - 8 Cun superior to the external malleolus, 1 finger breadth lateral to the anterior crest of the tibia
  - Benefits the Shoulder: pain opposite side
- **ST 39**: 7 Cun superior to the external malleolus, 1 finger breadth lateral to the anterior crest of the tibia
  - Zusanli: Leg 3 Miles
  - Controlling Point for Digestion: All digestive problems
  - Builds Qi and Blood
  - Activates the channel
- **ST 40 ★★★**
  - 8 Cun superior to the external malleolus, 2 fingers breadth lateral to the anterior crest of the tibia
  - Resolves Phlegm anywhere in the body

**Stomach 41 – 45**

- **ST 41 ★**
  - On the dorsum of the foot, at the midpoint of the transverse crease of the ankle, in the depression between the tendons of muscle extensor digitorum longus and hallucis longus, approximately at the level of the tip of the external malleolus
  - Pain/weakness and stiffness in the foot and ankle
- **ST 42**: 1.5 cun distal to ST 41
  - Yuan Source Point
- **ST 43**: 1.5 cun distal to ST 42
  - Yuan Source Point
- **ST 44 ★**
  - On the dorsum of the foot between the 2nd and 3rd metatarsal bone, 0.5 cun proximal to the margin of the web
  - Clear Heat From Stomach & Meridian
- **ST 45 ★★★**
  - Jing Point: Lateral corner of second toe
  - Clear Heat, Moves Qi & Blood in Meridian

**Spleen Meridian**

Foot Tai Yin
Transformation & Transportation
Spleen Meridian

- The pathway of the Spleen Meridian runs from the proximal medial corner of the nail of the great toe along the medial edge of the foot.
- Up the leg following the posterior border of the tibia.
- At the waist it runs parallel to the midline, along the mid-clavicular line.
- At the ribcage, (SP 17) it moves out to 6 cun lateral from the midline.
- Departs to end at the mid-axillary line midway between the axilla and the free end of the 11th rib.

Earth Element
Spleen & Stomach

- Strong Muscles
- Well-Fleshed
- Full Features
- Deep Thinkers
- Good Recall
- Harmonious

Spleen SP

- Yin Meridians are often used to treat internal disorders.
- The Spleen Meridian is important for treating many internal disorders associated with the Spleen.
- All Lower Digestive Disorders
- Transformation & Transportation
- Internal Meridian Connections to: Stomach, Spleen, Intestines and Heart.
Spleen Physiology

- The Spleen is responsible for managing all aspects of Digestion and Assimilation, Transformation and Transportation.
- T&T of Qi, Blood & Jin Ye
- Holding Blood Fluids & Organs in Place
- Manifests In The Lips
- Dislikes Dampness & Cold
- Rules The Flesh & Muscles

Spleen Pathology

- When the Spleen is in disharmony, the following are some common possible symptoms:
  - Fatigue
  - All problems with the Lower Digestive Processes
  - Bloating, Gas, Loose Stools, Tired After Eating
  - Dampness Collecting
  - Overweight - Belly Fat - Apple-Shaped
  - Underweight (less common)
  - Muscle weakness/atrophy
  - Weakness of the flesh / flaccidity
  - Prolapses
  - Excessive or Insufficient Menstrual bleeding
  - Excessive Bruising
  - Blood in Stools
  - Mucous in Stools
  - Hemorrhoids

Spleen 1-4

- SP 1 ★ ★
  - On the Great Toe, approx. 0.1 cun proximal to the proximal medial corner of the nail
  - Jing Point / Clears Heat
  - Moxa for uterine bleeding from deficiency
- SP 2:
  - on the medial side of the big toe, in the depression distal and inferior to the 1st metatarso-phalangeal joint.
- SP 3 ★ ★ ★
  - on the medial side of the big toe, in the depression proximal and inferior to the head of the 1st metatarsal bone
  - Yuan - Source Point of the Spleen: Tonifies SP
- SP 4 ★ ★ ★
  - In the depression distal and inferior to the base of the 1st metatarsal bone
  - Master point of the Chong Mai
  - All menstrual disorders
  - All gastric disorders
  - Masses in the abdomen

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**Spleen 5-8**

**Caution: Pregnancy**

- SP 5:
  - On the medial side of the ankle, in the depression of the junction of lines drawn along the anterior and posterior borders of the medial malleolus.
  - Caution: Pregnancy

- SP 6 ★★★
  - CAUTION: Contraindicated in Pregnancy
  - 2 cm above the tip of the medial malleolus, on the posterior border of the medial malleolus.
  - Acute Yin Jiao, 3 Yin Crossing (SP 12, ST, & SD)
  - Nourishes SP, KD, Qi and Blood
  - All GYN & Reproductive
  - Shen Ying, Abdomen and Channel alleviates pain

- SP 7:
  - 1.5 Cun Superior to SP 6 - Promotes urination

- SP 8:
  - 2 Cun Superior to SP 7 - Inflames Blood

**Spleen 9-12**

**Caution: Artery & Nerve**

- SP 9 ★★★
  - In a depression formed by the medial condyle of the tibia, and the posterior border of the tibia.
  - All damp disorders: Mildly diuretic

- SP 10 ★★★
  - 2 cm superior to the border of the patella above SP 9 on the ridge of the vastus medialis.
  - Cools Blood

- SP 11 ★★★
  - 4 cm superior to SP 10, between SP 10 & 12

- SP 12 ★★★
  - 3.5 Cm Lateral to REN 2, on the lateral side of the femoral artery.
  - Caution: Deep needling in a medial direction may puncture the femoral artery, and in a lateral direction, the femoral nerve.
  - Benefits the Lower Warmer
  - Invigorates Blood, Regulates Qi, Relieves Pain, Drains Damp & Clears Heat

**Spleen 13-21**

**Caution: Organs**

- Cautions:
  - SP 13 – 16: Deep Needling carries a risk of penetrating the peritoneal cavity or enlarged organs, especially in thin patients.
  - SP 17-21: Deep or perpendicular insertion carries a substantial risk of pneumothorax.

- SP 13:
  - 0.7 cm Superior and 0.5 cm Lateral to SP 12

- SP 14:
  - On the mid-clavicular line, 1.3 cm Inferior to SP 15

- SP 15:
  - On the mid-clavicular line, lateral to the umbilicus

- SP 16:
  - On the mid-clavicular line, 3 cm Inferior to SP 15

- SP 17:
  - On chest, 6 cm lateral to the midline, 5th intercostal space

- SP 18:
  - On chest, 6 cm lateral to the midline, 4th intercostal space

- SP 19:
  - On chest, 6 cm lateral to the midline, 3rd intercostal space

- SP 20:
  - On chest, 6 cm lateral to the midline, 2nd intercostal space

- SP 21 ★ Great Luo-connecting Point of the Spleen
  - On the mid-axillary line, in the 7th intercostal space
  - Great Luo of the Spleen: Whole Body Pain, Flaccidity of the Limbs, Helps restore a healthy sense of comfort, symmetry and balance in the body.
Spleen Treatment

• Deficiencies of Qi, Yang, & Blood
• Responds well to Diet and Herbal Treatment.
  o Reduce highly processed, cold and damp foods
• Acupuncture can be helpful
  o Especially effective with the addition of moxa.
• Tonifying the Spleen may take months
• Tonify: SP 3, LR 13, UB 20 (Yuan Source, Front Mu, Back Shu)
  o ST 36, SP 6, Ren 6, Ren 8 w/moxa,
• Tonifying the Kidneys is helpful
  o KD 3, GB 25, UB 23 (Yuan Source, Front Mu, Back Shu)
  • Du 4, KD 16.