

Class 3 - Point Indications

Hand Tai Yin - Lung Channel

General Information

Zhong Qi (For Respiration) = Air Qi + Rice Qi

Point Indications

Lu 1

Alarm/Front-mu

Lung Def.

Tonify Qi

SOB

Chest Congestion

Asthma

Descend Qi (+ Sp-6 to tonify Lung Yin / Fluids)

Caugh

Spitum

Alergy

Lu 5

Uniting/Sea-he point

Tonify

Heat (+ Lu 10)

Clear lung heat

Nourish (with Lu 1)

Phlegm

(Excess) Cough / Phlegm Point

Lu 6 (5 cun from Lu 5, 7 cun to Lun 9)

Cleft-xi point

Acute problems:

Nose Bleeds

Chest pain

Bleeding

Cough with blood

Lu 7

Networking/Connecting-luo point

Confluent point of Ren
Command point of the neck

Harmonize lung and large intestine
(e.g. shortness of breath + diarrhea)

Descend / Disperse Lung Qi (+ SJ 5 [yang wei] to support release of exterior)
Exterior problems (common cold, chill fever, body aches, runny nose)

Strengthen Ren meridian (+ Ki 6 [yin qiao])
Distal point for women's issues

Neck problems

Lu 8
River-jing

Lu 9
Stream-shu point
Source-yuan point
Influence/Meeting-hui point of the Vessels (lack of pulse)

Lung def
Tonify Lung Qi

Lu 10
Spring-ying

Clear heat
Pimples, etc around nose
Sore throat
Fever
Bleeding
Skin rash

Lu 11
Well-jing point

Open orifice (Mind) - revive from unconsciousness

Excess heat in Lung

High fever with coma