

# Class 5 - Point Indications

## Foot Yang Ming - Stomach Channel

### ***Point Indications***

St 4

(Needle St 4 towards St 6)

(Corner of mouth)

Facial issues

St 6

(Needle St 6 towards St 4)

Facial issues

St 7

Upper Teeth and Jaw problems

Facial pain

St 8

(Corner of forehead)

Yang-ming (Temporal) headache

St 17

Contraindicated for Acupuncture and/or Moxa

St 18

Oblique in direction of St 17

Local problems of the breast

Chest pain

Insufficient lactation

St 25

Alarm/Front-mu of LI

LI issues

Local area problems

Fat reduction

Promote circulation for PMS

St 29

(2 cun lateral to Ren 3 - 4 cun inferior to Umbilicus)

Regulate menstruation

Fertility

St 30

(2 cun lateral to Ren 2 - superior border of pubis)

Hernia

Regulate menstruation

St 34

Cleft-xi

Acute problems

Mastitis

Knee problems

St 35

Knee problems

St 36

(3 cun below St 35, 1 finger from tibia crest)

[Lower] Sea-he point

Command Point for Lower abdomen

Tonify Qi (any Qi deficiency)

Fatigue

SOB

Nourish blood

Bloating

Constipation / BM problems

Lower limbs

St 37 (3 cun below St 36, 6 cun below St 35)

Lower Sea-he point for LI

Clear heat from LI

LI problems

Constipation

Diarrhea (+ St 25 if severe)

St 38 (Mid way between End of Patella and prominence of the lateral malleolus)

Shoulder pain - using opposite side

St 39 (1 cun below St 38)

Lower Sea-he point of SI

Any SI problems

turbid urine, painful urination, burning urination

Excess Heart heat (since SI related interior/exterior to heart)

St 40 (1 finger-breadth lateral to St 38)

Resolve phlegm

Insomnia

Seizures

Edema

Cough with sputum

Hypertension (reduce blood pressure)

Palpitations

Strengthen spleen

Irregular menstruation

Lose weight and promote water metabolism (sedate)

St 41 (Ankle midway between malleoluses between tendons)

River-jing point

Unblock meridian

Local problems

St 42 (1.5 cun from St 41, between 2nd and third toes)

Source-yuan point

Exit point to Sp

Caution for arteries, slightly oblique insertion

Tonify Stomach and Strengthen Sp

Local problems including numbness

St 43 (1.5 cun from web, 1 cun from St 44)

Stream-shu

St 44 (.5 cun from web between 2nd and 3rd toes)

Spring-ying

Clear heat

Upper tooth aches and mouth ulceration

Foul breath

Constipation

Toe problems (Bi Syndrome [body, joint, skin] - pain)

St 45 (later side of 2nd toe next to nail)

Well-jing point

Clear extreme heat

Open mental orifice (mental disturbance,

Calm the shen

Sleep walking