

Class 6 - Point Indications

Foot Tai Yin - Spleen

Point Indications

Sp 1 (Medial side of big toe next to nail)

Well-jing

Heat

Open mind orifice

Calm the shen

Heavy menstruation / uterine bleeding (Moxa)

Sp 2

Ying-spring

Clear heat from Spleen and Stomach

Sp 3

Stream-Shu

Source-yuan

Tonify Spleen

Harmonize Sp and St

Any Sp Qi def.

Weakness in limbs

Chronic bleeding (urine, stool, or external easy bruising)

Internal organ prolapse

Sp 4

Connecting/Networking-luo (to St)

Confluent point of Chong

Harmonize Sp + St

Strengthen Chong Meridian (Sea of Blood)

Sp 4 + Ki 6 -> Chest + Abdomen Stomach problem

Lose weight (+ St 34) E-Stim

Sp 4 + Sp 10 (for early period)

Sp 5 (interior inferior side of medial malleolus)

River-jing

Water problems

Edema

Sp 6

Meeting point of 3 foot Yin (Sp, Lv, Ki)

Contraindicated for Pregnancy

Nourish Yin, body fluids
Seminal emissions (heat in Ki)
Early or scanty period

Yin thirst (want small amounts over time of cold water)

Harmonize 3 yin meridians
Any women's issue
Promote Labor

Sp 8

Cleft-xi point

Acute spleen issues
Acute abdominal pain
diarrhea
distention related to period

Sp 9

Sea-he point

Resolve dampness
Promote water metabolism
Strengthen the spleen
Dysentery
Irregular menstruation
Urination issues (profuse, clear or turbid)
Puffy testicles

Sp 10

Blood disorders
Tonify blood
Invigorate blood
Clear blood heat
Directly affects blood (faster than UB 17)
Sharp/Stabbing Pain in the head from tumors (i.e. blood stagnation)
Uterine clots with sharp pain, purple tongue with purple dots (worse at night)
Acne

Sp 15 (4 cun from umbilicus)

Local Qi stagnation in abdomen - promotes Qi circulation and ascension

Sp 21 (6 cun below axillary)

Major Connecting/Networking-luo point (all local meridians)

Hypochondriac pain
Whole body pain