

# Class 7 - Point Indications

## Hand Shao Yin - Heart

### ***Point Indications***

Ht 1 (center of axilla)

Open the mind orifice

Ht 3 (End of cubital crease on medial side)

Sea-he point

Clear heart heat

Palpitation

Tongue ulser

Tonify def.

Calm Shen

Insomnia

Irritability

Ht 4 (1.5 cun from wrist Ht 7)

River-jing

Resolve dampness / phlegm that disturbs heart shen

Summer heat

Open voice

Ht 5

Connecting/Networking-lou

Harmonize Ht and LI

Open the tongue

Ht 6

Cleft-xi

Acute heart problems

Heart attack

Nourish Yin

Clear Heat

Ht 7 (wrist)

Stream-shu

Source-yuan

Tonify heart

Calm shen

Heart Qi def.

Intermittent pulse

Heart Yang def. (Moxa)

Cold

Ht 8 (where tip of little finger rests)

Spring-ying

Clear excess heart heat

Ht 9

Well-jing

Bleeding technique

Clear extreme heart or LI

Open mind orifice

Calm shen

Manic