

General Point Principles

Points in General

361 - Total Basic Points - 穴 xué

The points at extremities, at and below the elbow, at and below the knee are of most importance

Point Types

General Types

Alarm/Front-mu Points

募穴

mù xué

Mustering Point

Collecting point of Qi for one of the zang fu usually on abdomen or chest

Lu 1 - Lung

Cv 14 - Heart

Lr 14 - Liver

Lr 13 - Spleen

Gb 25 - Kidney

Cv 17 - Pericardium

Gb 24 - Gallbladder

Cv 12 - Stomach

St 25 - Large Intestine

Cv 4 - Small Intestine

Cv 5 - San Jiao

Cv 3 - Bladder

Back-shu Points

Networking/Connecting-luo Points

絡穴 (络穴)

luò xué

Net shaped Point

Points where a network-luo vessel connects

Lu 7, Ht 5, Pc 6, Li 6, Si 7, Tb 5, St 40, Bl 58, Gb 37, Sp 4, Ki 4, Lv 5, Cv 15, Gv 1, Sp 21, xū lǐ

Intersection-jiaohui Points- Connection between Channels

Meeting-hui Points - points of convergence of vessels

Command Points

Lu 7 - head and neck

Li 4 - face and mouth

St 36 - abdomen

Ub 40 - back

Cleft-xi Points

隙穴 (郤穴)

xì xué

Fissure Point

Location of an indentation (cleft) that collects Qi and Blood

Lu 6, Li 7, St 34, Sp 8, Ht 6, Si 6, Ub 63, Ki 5, Pc 4, SJ 7, GB 36, Lv 6

Flow of Qi from Channel Emergence to Submergence

(Jia Yi Jing Chp 24)

A general model is used for Qi in the channels. The model represents the flow of water from an emergence of a trickle from a small well to the eventual entrance to the sea, each step increasing the volume and as such the intensity of movement. The intensity increase parallels the activity level of Qi at those points accordingly.

- 1) Well-jing Points
Qi emerges
- 2) Spring-ying Points
Qi gushes forth
- 3) Stream-shu Points
Qi pours forth
- 4) Source-yuan Points
Qi flows out
Point is often the point for treating deficiency
- 5) River-jing Points
Qi flows mightily
- 6) Uniting/Sea-he Points - Mostly Excess Points
Qi submerges
Point is often the point for treating excess

There are 5 transports for the five Zang and 6 for the Fu, Shu and Yuan combine in Yin Meridians - Zang

Lower Sea-he points for All Fu / Yang Meridians

ST 36 ST

ST 37 LI - Hand Meridian

ST 39 SI - Hand Meridian

UB 39 SJ - Hand Meridian

UB 40 UB

GB 34 GB