

Class 10 - Point Location

Foot Jue Yin - Liver Channel

14 Points total

Common Points - 1, 2, 3, (5), 8, 13

Connects zang fu:

Originates from: dorsum of the great toe

Important Points

Lv 1

大敦

dà dūn

Large Pile

Well-jing point (wood)

lateral side of large toe nail

Hernia

Bed wetting (moxa)

Restart menses

Do not moxa right before or after birth

Lv 2

行間

xíng jiān

Moving between

Spring-ying point (fire)

Heat in liver channel (red eyes, irritated eyes, including headaches from eyes)

Glaucoma

Hypochondria pain (on Side) (GB-34 + SJ 6)
General genital area treatments when heat involved
Irregular early menses (early caused by heat)

Lv 3

太衝

tài chōng

Supreme Surge

Stream-shu point (earth)

Source-yuan point

Depression (+ Ht 7)

Anxiety

Emotional problems

Liver Qi stagnation (+ Li 14)

Tonify liver blood def.

Blurry vision

Bell Palsy (traditional)

Digestions problems associated with emotions

Cancer pain (Sp 6 + LI 4)

Gallbladder stones

Move blood + Lv 8

The Four Gates (pain problem):

LI 4 - Move whole body Qi

Lv 3 - Open blood stasis

Lv 4

中封

Mound center

River-jing point (metal)

Lower abdominal distention

Lv 5

蠡溝

lǐ gōu

Woodworm Canal

Networking/Connecting-lou point

Middle of bone 5 cun up from tip of medial malleolus

Genital area problems (in particular itching)

Some skin itching (with some red with out raising bumps)

Vaginal discharge with heat in particular yeast (Lv 3 + Lv 2)

Lv 6

中都

zhōng dū

Central Metropolis

Cleft-xi point

Middle of bone 7 cun up from tip of medial malleolus

Lochia (after birth discharge) when extended

Lv 7

膝關

xī guān

Knee Joint

1 cun posterior to Sp-9

Local

Lv 8

曲泉

qū quán

Spring at the Bend

Uniting/Sea-He point (Water)

Tonify liver blood and liver yin + Lv 3 (headache, dizziness)

Local Ligament problems + (GB 34)

Damp heat in genital area

Infertility from blood stasis

Scanty menses

PMS pain (Sp 8 better + Lv 3)

Yellow smelly vaginal discharges

Urination (Ki 6 + Sp 6 better for urination)

When knee bent:

place finger in to crease of knee, just over ligament out to inner thigh, just over bone of knee.

when leg flat:

mid point of patella over to inner thigh just over tendon

Lv 9

陰包

yīn bāo

Yin Bladder

4 cun superior to Lv 8

Water retention in middle jiao in ancient formulas

Lv 10

足五里

(zú) wǔ lǐ

(Foot) Five Li

Lv 11

陰廉

yīn lián

Yin Corner

Lv 12

急脈

jí mài

Urgent Pulse

Lv 13

章門

zhāng mén

Camphorwood Gate

Front/Alarm-mu point of Spleen

Meeting point of all Zang

Elbow down touches point approximately

Lv 14

期門

qí mén

Cycle Gate

Liver qi stagnation (+ Lv 3)

Best point for side pain

Lumps in breast

Breast infection

Mastitis

Qi distention (lower abdomen)

Line under breast in line with nipple