

Class 14 - Extra Points Part 1

Points

M-HN-3

yìn táng

Hall of Impression

Frontal Headache - Yang Ming

Calms spirit

Nasal congestion

M-HN-9

tài yáng

Tai Yang

For temporal headache - Shao Yang

Eye problems, Itching, Swollen

Vertigo

shang lian quan

1 cun below the midpoint of the lower jaw in the depression between the hyoid bone and the lower border of the jaw

Depression directly under the chin

Louse voice

Open mouth, speech orifice

M-HN-10

ěr jiān

Tip of the Ear

Top of ear when folded

Bleed to clear heat, first rub ear and then bleed until clear blood

Remove liver fire

Can also massage side of ear up then down then pull ears out and then pull ears down

M-HN-1

sì shén cōng

Alert Spirit Quartet

1 cun in all directions from Du 20

Promotes memory

Can moxa if fontanelles not closed for febrile seizures

M-HN-6

Yú Yāo

Fish Waist

In the center of the eyebrows

Eye problems

M-HN-8

qiu hou

Behind the ball

1/4 way from St 1 to outer canthis of eye

local eye problems

M-HN-18

jia cheng jiang

Adjacent to container of fluids

1 cun lateral from Ren-24
perpendicular

facial paralysis
induces saliva

M-HN-20a+b

(left) jīn jīn + (right) yù yè
Golden Liquid + Jade Humor

Two veins under tongue
Bleed point, use tongue depressor to hold tongue

For severe vomiting (which causes collapse of water)
Swollen tongue (dark or green)

M-HN-14

bi tong (or shang ying xiang)
Penetrating the nose (or above ying xiang LI 20)

At the highest point of the naso-labial groove
Needle towards LI 20 or Yin Tang

qian zheng

.5-1 cun anterior to the auricular lobe

Facial paralysis

yi ming

Brighten Cataract

1 cun posterior to SJ 17

N-HN-54

An Mian

Peaceful Sleep

Midway between GB 20 and SJ 17

Insomnia and other sleep disorders

M-BW-1

ding chuan

Calm Dyspnoea

depression .5 to 1 cun lateral to Du 14 (C7)

Perpendicular .5 to 1 cun puncture

Respiration issues

M-BW-35

hua tuo jia ji

Hua Tuo's Paravertebral Points

17 points each side = 34 points

.5 to 1 cun lateral to the depressions below the spinous processes of T1-L5

Perpendicular .5 to 1 cun

M-HN-30

bai lao

Hundred Taxations

1 cun from posterior hair line (=2 cun from C7) 1 cun from mid line

Perpendicular .5 to .8 cun

Chronic fatigue

Goiters

Neck problems

M-BW-12

wei guan xia shu (or yi shu)

Stomach Controller Lower Shu (or Pancreas shu)

1.5 cun lateral to lower border of T8 (same as UB inner line)

Diabetes treatment

M-BW-25

shi qi zhui xia

Bellow the 17th Vertebra (i.e. L5)

Bellow L5 on Du channel

Back pain

Female issues

yao qi

2 cun directly above the coccyx

Constipation

Epilepsy (other Night time Ki 6, UB 62 for day)

pi gen

3.5 cun lateral to L1

hard masses in the abdomen

M-BW-24

yao yan

Lumbar Eyes

About 3.5 from L5 - in depression below

