

Class 2 - Point Location

Hand Tai Yin - Lung Channel

手太陰 - 肺经

shǒu tài yīn - fèi jīng

11 Points Total

Common Points - 1, 5, 6, 7, 9, 10, 11

Connects Lung, (stomach) and Large Intestine

Point Names and Types

Lu 1

中府

zhōng fǔ

Central Treasury/Storehouse

Type:

Alarm/Front-mu point

Intersection-jiaohui (LU and SP) point

Lu 2

雲門

yún mén

Cloud Gate

Lu 3

天府

tiān fǔ

Heavenly Treasury/Storehouse

Lu 4

俠白

xiá bái

Protecting White

Lu 5

尺澤

chǐ zé

Cubit (Foot) Marsh

Type:

Uniting/Sea-he point (water)

Lu 6

孔最

kǒng zuì

Gathering Hole

Type:

Cleft-xi point

Lu 7

列缺

liè quē

Broken Sequence (Lightning Bolt)

Type:

Connecting-luo point (to LI)

Command point - head and neck

Lu 8

經渠

jīng qú

River Ditch

Type:

River-jing point (metal)

Lu 9

太淵

tài yuān

Great Water Abyss

Type:

Stream-shu point (earth)

Source-yuan point

Meeting/Confluent-hui point (Ren 12)

Lu 10

魚際

yú jì

Fish Border

Type:

Spring-ying point (fire)

Lu 11

少商

shào shāng

Lesser (yin aspect) of Shāng (fifth note on scale) - the Metal Note

Type:

Well-jing point (wood)

Point Personality Reality

Verified point personalities through experimentation and clinical experience

Lu Channel - Throat, Chest and Lung disorders

Lu 1 - Alarm/Front-mu Point - Organ Issues, good for stagnation in chest (full chest feeling)

Lu 2 - Lesser indications of Lu 1

Lu 3 - Nose bleeds, swollen thyroids (goiters), Lung Qi stagnation

Lu 4 - Dry vomiting (w/ PC6 that is good for all vomiting)

Lu 5 - Uniting/Sea-he point - Most important point of channel - (Excess) Cough - Phlegm Point

Lu 6 - Cleft-xi point (Emergency Point) - Cough with bleeding (cleans heat) good for green and yellow mucous

Lu 7 - Headache - Migraine, neck ache and spasms, **colds**, release phlegm, ladies issues - Superficial Issues, wind headaches, belz palsy, luo connection exists to large intestine (GB 20 better for colds needle stimulate until sweaty palms) located near LI 4 - Command Point of Head and Neck - Confluent with Ren 12

Lu 8 - Clavicle Cough, Asthma, Coughs with Chest Pain

Lu 9 - (Deficiency) Cough - Influential Point for Vessels

Lu 10 - Asthma (relaxes neck muscles, esophagus), can remove heat, relaxes bronchi, emergency asthma point

Lu 11 - Throat Problems (soar / swollen / infections), Comas, Mania - Bleed drop of blood from LU 11 for very soar throat

Location Reminders

Lu 1 - Zhong Fu

Insert finger in to whole of Lu 2 one finger slightly under

Lu 2 - Yun Men

Whole at corner collar bone / arm meeting

Lu 3 -

4 fingers (3 cun) down from pit level in muscle hole on outer side of arm

Lu 4 -

One finger under 3

Lu 5 -

Close arm find tendon on outside side of tendon almost touching, open arm

Lu 6 -

6 fingers (5 cun) from Lu 5

Lu 7 -

1) Top of arm direct line back from web full length of index finger of other hand

when webs meet of both hands.

2) Follow up from bone at pulse locator bone to just on top of arm

Lu 8 -

Side of radial artery two fingers down from mount

Lu 9 -

Side of radial artery under mount

Lu 10 -

Directly in line with index finger when extended at point where skin color changes on mount underside of thumb = mid point on bone between wrist and thumb joint

Lu 11 -

Left underside of nail away from hand