

# Class 5 - Point Location

## Foot Tai Ying - Spleen Channel

21 Points Total

Common Points - 1, 3, 6, 8, 9, 10, 15, 21

Connects zang fu: Spleen, Stomach, Heart

### Important Points

Alarm/Front-mu -

Back-shu -

Networking/Connecting-luo - 4

Cleft-xi -

Well-jing / Spring-ying / Stream-shu / Source-yuan / River-jing / Sea-he

1 / 2 / / /

Sp 1

隱白

yǐn bǎi

Hidden White

Well-jing (wood)

Amenoreah, Bleeding Problems with Soft pulse = Qi deficiency, St 45 + Sp 1  
for bad dreams (thick white tongue, speech issues ie. do to Qi deficiency)

On the outside of big toe nail

Better to use Moxa

Sp 2

大都

dà dū

Great Metropolis

Spring-ying (fire)

burning stomach pain, foul smelling diarrhea, remove heat

Sp 3

太白

tài bái

Supreme White

Stream-shu (earth)

Source-yuan

Any spleen qi deficiency, poor digestion with distention, intestinal gurgle from liquids, constipation 70+ years people / bed ridden, hemorrhoid bleeding (not burning) from walking too much. Good for women Qi def. st36 better for men Qi def.

Sp 4

公孫

gōng sūn

Yellow Emperor

Connection-luo point to St

Confluence-jiaohui point - Penetrating Vessel

Good for fertility issues in women and PMS pains, stomach pain + Lu 12 + St 36 + Pc 6 (good for nerves and so nervous stomach) stomach pain. Vomiting, Pc 6 (nause vomiting), ulcers problems to reduce acid (reduce), reflux (reduce), someone always hungry (reduce movement of stomach and so hunger) (reduce)

Sp 5

商丘

shāng qiū

Shang Hill

River-jing (metal)

lower abdomen gas

Sp 6

三陰交

sān yīn jiāo

Three Yin Intersection

Intersection-jiaohui - Liver, Kidney, Spleen

Any yin deficiencies

All ladies problems (discharge, infertility, PMS, etc).

Genital issues in men or women, seminal emissions, premature ejac.

Bed wetting

Insomnia (Ht 7 + Sp 6 + Ki 6)

Cancer Pain (Lv 3 + Li 4 + Sp 6) (4 gates for pain)

Slide hand down until pinky hits ankle bone, point at index finger

Sp 7

漏谷

lòu gǔ

Leaking Valley

Promotes urination and removes swelling

Semen flow with out cause

Lower pain

Sp 8

地機

dì jī

Earth's Pivot

Cleft-xi point

PMS pain

Sp 9

陰陵泉

yīn líng quán

Yin Mound Spring

Uniting/Sea-he point

Slide hand up cupped over tibia until hit muscle turn below knee. One side Sp 9 other side GB 34. Bring other side of hand near bone to get Sp8

Any water problems, adema, urination, diarrhea  
(St 40 also for damp, better for stomach only)

Sp 10

血海

xuè hǎi

Sea of Blood

Blood deficiency - Anemia, Skin rashes w/ itch + Li 11

Wind problems

Tingling numbness

Problems that show up with menses coming and go with menses

Blood def. creates Spleen qi def.

Skin problems

Wrap flat palm around patella to reach point with index finger

Sp 11

箕門

jī mén

Winnower Gate

Sp 12

衝門

chōng mén

Surging Gate

Above ligament in crotch

Sp 13

府舍

fǔ shè

Bowel Abode

Follow crotch line up .7 cun from Sp12

4.3 cun down from Sp 15

Sp 14

腹結

fù jié

Abdominal Bind

1.3 cun down from Sp 15

Sp 15

大橫

dà héng

Great Horizontal

4 cun lateral to belly button

Sp 16

腹哀

fù āi

Abdominal Lament

3 cun up from Sp 15

Sp 17

石澗

Food Hole

6 cun lateral to nipple one rib space down

Dry vomiting (Pc 6 better)

Sp 18

tiān xī

Celestial Revine

6 cun lateral to nipple same rib space down

Better for milk (Gb 21, Lv 14) - Breast milk

Sp 19

胸鄉

xiōng xiāng

Chest Village

6 cun lateral to nipple one rib space up

Sp 20

周榮

zhōu róng

All-Round Flourishing

6 cun lateral to nipple two rib space up

Sp 21

大包

dà bāo

Great Embrace

Great Connecting-lou space

Nipple is rib four, two ribs down then over to middle of side

Whole body ache, bi dampness (better Du 14 open point with needle, then moxa on point), Moxa