

Class 8 - Point Location

Foot Tai Yang - Urinary Bladder Channel

27 Points Total

Common Points - 1, 2, 3, 4, 6, 7, 27

Connects zang fu:

Originates from: Underside of the little toe

Lower Sea-he point

Channel function: lower back pain, leg problems, dizziness, facial edema, stool problems

Important Points

Ki1

湧泉

yǒng quán

Gushing Spring

Well-jing point (Wood)

Cooling point, ie. clears heat

Insomnia with a lot of heat

Swollen throat

Loss of voice from fever

Very high hypertension

After Stroke to wake up leg nerves

Bottom of foot follow down from toes harder underside of foot until it becomes soft in center

Extreme pain sine of Kidney issues

Ki2

然谷

rán gǔ

Blazing Valley

Spring-ying (fire) point

Kidney heat

White Discharge problems with smell

Menstruation problems

Diabetes Lower Type

(Types: Upper always thirsty use lung, middle use spleen, lower always urinating)

Early morning diarrhea from Kidney deficiency

Difficult urination

Heat in urination

Ki3

太溪 (太谿)

tài xī

Great Ravine

Stream-shu point (earth)

Source-yuan point

1/2 cun from tendon between tendon and top of ankle bone

Kidney def.

Yin def. (Choose Ki 6 + Sp 6 for boards, but Ki3 is practically the best)

Promote water for whole body

Menstruation problems (any)

Erectile dysfunction (or over function)

Often urination

Constipation from yin def., ie. very dry

Diabetes found in all three regions

Asthma with short breaths (lacking Kidney Qi to pull in breath)

Toothache (def. pain, ie. minor sourness, not burning or infection, use Li 4 + St 44 for major pain toothache)

Weakness of bones and teeth

Insomnia (Between the eyes, Ht 7, Ki 3, Sp 6)

Tinnitus

Hearing problems

Throat sourness

Lower back pain from def.

Ki4

大鐘

dà zhōng

Large Goblet

Connecting-lou to UB

.5 cun down and back against tendon from Ki 3

Inhibited urination or easy urination

Senility, memory problems, Alzheimer (may not fix but helps reduce or prevent)

Bone spurs and other heel pain

Ki5

shuǐ quán

Water Spring

Cleft-xi

All Cleft-xi good for pain

1 cun down from Ki 3

PMS (SP 8 best for this)

Absence of menstruation

Irregularity is menstruation

Uterine prolapse

Urination difficulties

Ki6

zhào hǎi

Shining Sea

Connects with Ying Chao meridian

Slide finger down ankle bone center until reaching depression completely after bone

sore throat and any other throat issues

urination problems

Tonify Yin and cause urination so very good to do when clearing heat whole body Yin def. + Sp 6

Ki7

fù liū

Recover Flow

River-jing point (Metal)

2 cun above Ki 3 near tendon

Water problems

Release water retention in abdominal area + Ren 9 (moxa) + Ki 6 to release urine

(Sedate) Sweat Superficial edema + tonify Li 4 (to sweat it out)

Reduce sweat (tonify Ki7 sedate Li 4 - but reality is this makes sweat opposite book)

Night sweats

Diarrhea

Ki8

jiāo sùn

Intersection Reach

Cleft-xi of Yin Motility

.5 cun anterior from Ki 7

Uterine bleeding

Menstrual related problems

Hernia pain

Ki9

zhú bīn

Guest House

5 cun up from Ki 3

Cleft-xi of Yin Linking (Yin Wei)

Hernia

Mania

Ki10

yīn gǔ

Yin Valley

Sea-he point (Water)

Kindney Qi deficiency (related to swollen prostate)

Erectile disfunction (best point is Ren 3 - 45 degrees 1 cun towards penis + Moxa on Ren 6)

Clears damp heat

medial to UB 40 right before you hit tendon while sliding finger medially

Ki11

héng gǔ

Pubic Bone

.5 cun from midline, 5 cun from belly button

Ki12

dà hè

Great Manifestation

Ki13

qì xuè

Qi Hole

Ki14

sì mǎn

Fourfold Fullness

Ki15

zhōng zhù

Central Flow

Ki16

huāng shū

Huang Shu

Ki17

shāng qū

Shang Bend

Ki18

shí guān

Stone Pass

Ki19

yīn dū

Yin Metropolis

Ki20
tōng gǔ
Open Valley

Ki21
yōu mén
Dark Gate

Ki22
bù láng
Corridor Walk

Ki23
shén fēng
Spirit Seal

Ki24
líng xū
Spirit Ruins

Ki25
shéng cáng
Spirit Storehouse

Ki26
yù zhōng
Lively Center

Ki27
shū fǔ
Shu Mansion

corner of clavicle bone and sternum