

Class 9 - Point Location

Hand Jue Yin - Pericardium Channel

9 Points total

Common Points - 3, 6, 7

Connects zang fu:

Originates from: Chest

Important Points

Pc 1

1 cun lateral to nipple

Pc 2

2 cun from arm pit on top of bicep

Pc 3

Sea-He point (Water)

Clears summer heat

Ulnar side of tendon in elbow crease

Pc 4

Cleft-xi point

Serious chest pain including those that radiate to neck or back
stop night sweats (yin def.)

In between tendons on forearm 5 cun from wrist

Pc 5

River-jing point (Metal)

3 cun from wrist in between tendons on forearm (9 from elbow crease)

Clear phlegm heat

Open heart orifice

Pc 6

Connecting-luo point (SJ)

Confluent point of Yin Linking (Wei) Vessel

Nausea, belching, vomiting

Stress

Open chest

Rectify St Qi (get rid of bloating)

Remove Qi stagnation in ZangFu

Morning Sickness

Motor sickness

Regulate heart beat

Bloat

Pc 7

Stream-shu point

Source-yuan point (Earth)

Pericardium problems

Local wrist pain

Shen problems

Pc 8

Spring-ying (Fire)

Clear heat

Clears heat

Exit point to ring finger (to SJ)

Pc 9

Well-jing point (Wood)

Center of middle finger

Clears heat from PC and revives consciousness

Returns shen