

Tung Hand bing ji

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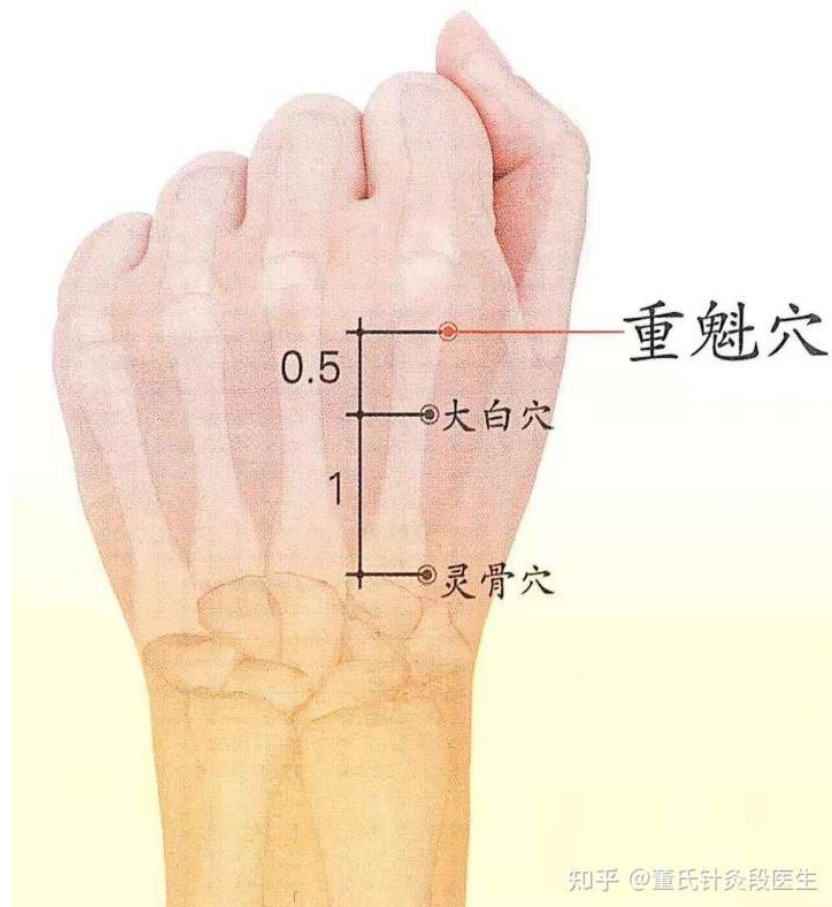
Ling gu 靈骨, Da bai 大白, Zhong kui 重魁

- Locations:
- 22.04 Ling gu- Magical bone- dorsum of hand, intersection of the thumb and index finger. Connects with Zhong xian
- 22.05 Da bai- Great white- Distance of Ling gu of 1 cun following the transverse crease outward, look for the 陷中 depression. Also 1 cun lateral to He gu
- Zhong kui- Layer chief- distal to Da bai 2.5 fen, proximal to San jian (LI 3) 2.5 fen

Shen jing:

- Ling gu: Lung branch shen jing, heart and kidney shen jing
- Da bai: Lung branch shen jing
- Zhong kui: Heart and lung sub branch
- All three points symbolize the connection/ penetration of the three jiao 通三焦調

Location



Functions and indications

- Ling gu penetrates the channels and invigorates the Luo, clear and attune the lung qi, penetrate and descend the intestines and stomach, penetrate the qi and clear stasis 通經活絡，清調肺氣，通降腸胃，通氣清瘀。
- Da bai effuses sweat and resolves the exterior, clears the lung and broadens the {space in the} chest, depurate the lungs and course the exterior, regulate the qi and transform stasis 發汗解表，清肺寬胸，清理上焦，肅肺疏表，理氣化瘀。
- Zhong kui clears heat and abates fever, disseminates the lung and stops cough 清熱退燒，宣肺止咳。
- Ling gu indications: Lung qi insufficiency leading to pneumonia, emphysema, lung cancer, sciatica, waist pain, back pain, leg pain, facial paralysis, hemiplegia, headache, migraine, menstrual irregularities, amenorrhea, menstrual pain, difficult delivery, coronary heart syndromes, angina pectoris, arrhythmia, stomach and duodenum ulcers, pyelitis, large and small intestine inflammation, eye disease, facial sores, ear ringing, ear deafness, as well as all types of chronic and strange diseases, nasal disease 肺氣不足引起肺炎，肺氣腫，肺癌，坐骨神經痛，腰痛，背痛，腳痛，半面神經麻痺，半身不遂，頭痛，偏頭痛，婦女月經不調，經閉，經痛，難產，冠心病，心律不整，挾心症，胃及十二指腸潰瘍，腎盂炎，大小腸炎，眼疾，面疔，耳鳴，耳聾，及一切久怪病，鼻病
- Needling: Perpendicular needling 1-2 cun, can pass through to Chong xian. Or can do slanted needling 2-3 cun toward Wan shun er. Chong xian needling can cause sense of distention and tingling from the fingertip to the end of the shoulder, and slanted needling can cause sensation to the chest and back

Da bai and Zhong kui indications

- Da bai: Headache, migraine, lung cancer, emphysema, pleural effusion, sciatica, waist pain, back pain, also treats pediatric asthma, high fever, acute pneumonia (especially effective) 頭痛, 偏頭痛, 肺癌, 肺氣腫, 肺積水, 坐骨神經痛, 腰痛, 背痛, 又治小兒氣喘, 發高熱, 急性肺炎 (特效)

Needle .5 fen to 1.5 cun, can also bleed especially for pediatric pneumonia, high fever.

Zhong kui: Abates fever, headache, migraine, common cold, coughing, asthma, trigeminal neuralgia, eye redness and swelling, hypertension, dental anesthetic functions 退燒, 頭痛, 偏頭痛, 感冒, 咳嗽, 氣喘, 三叉神經痛, 眼紅腫痛, 高血壓, 拔牙麻醉用

Zhong kui is the most effective out of the three for eye disease and sye (eyelid swelling) 眼疾, 麥粒腫

Da bai and Ling gu scope

- These two points are said to treat have extremely wide scope of treatment 範圍甚廣.
- Whenever there is a syndrome of Qi and blood stasis 氣滯血瘀之症, these points can have extraordinary effect, especially when there is Qi stagnation with qi vacuity, this leads to blood stasis and blood stagnation. Hence, the saying Qi cogulation causes blood coagulation 氣凝則血液凝.
- This concept in Tung's perspective captures the axioms of: Chronic disease must have stasis, strange disease must have stasis, severe disease must have stasis, and painful syndromes must have stasis 久病必有瘀, 怪病必有瘀, 重病必有瘀, 痛症必有瘀
- If the blood stasis in the upper jiao it causes lung and chest bi 血瘀上焦則肺及胸痺
- If the blood stasis in the middle jiao 血瘀中焦則為癥瘕;
- If blood stasis in the lower jiao it causes lower abdominal pain and female diseases 血瘀下焦則為少腹疼痛、婦女疾病;
- If bloods stasis is in the Jing luo it causes joint impediment pain, all types of rheumatism, hemiplegia 血瘀經絡則關節痺痛, 風濕諸病、半身不遂;
- If blood stasis internally amasses, it causes temperament changes, and all type of nerve/ neurotic diseases 瘀血內蓄則性情變化而為神經諸疾。
- Ling gu and dai bai penetrate the Qi, supplements the qi, and can disperse stagnation and eliminate stasis 靈骨穴、太白穴通氣補氣, 而能散滯消瘀

Point prescriptions

- Hu Wen Zhi's point prescription for Pulmonary emphysema 肺氣腫, and Lung cancer 肺癌:
Ling gu, da bai, xin chang yi er san, shou jie. Hu Wen Zhi calls this points miraculous 奇跡
- All type of surgical anesthesia: Combine with Xin ling, and afterwards use electrical stimulation (estim)
- Hemiplegia, combine Ling gu da bai with Shang san huang, tong shen, tong bei, tong guan tong shan tong tian, zheng hui
- Menstrual pain. Combine with Men jin, and Si hua shang
- Chronic stomach pain, and stomach ulcer, combine Ling gu, da bai, with zhong bai

Bing ji:

- Ling gu da bai as their name implies relates to Lung. Ling gu also has this heart kidney shen jing so it can help establish heart kidney communication, particularly using metal to do so.
- Lung engenders kidney, so it can treat kidney symptomatology through its mother. The Lung also deals with the exterior so its focus is on wei qi/ protective qi.
- These points are close to the source point, He gu, and Ling gu is in between the Source and fire point of Yang metal. Therefore these points are said to warm yang and supplement qi 溫陽補氣. He gu for example is one of Ma Dan Yang's 馬丹陽 points to Return yang “回陽九針歌針灸聚英 Song of the Nine Needles to return yang”

Bing ji continued

- According to the Huang di ming tang jing 黃帝明堂經 annotated by Professor Huang Long Xiang 黃龍祥, He gu can treat Wind, hemiplegia often attributed due to Hand Yangming which has lots of Qi and blood. Historically He gu would often be paired with Jian yu (LI 15) and Qu chi (LI 11) on the healthy side for hemiplegia.
- Da bai is close to San jian (LI 3) which is used to clear heat and disperse wind 清熱散風 and often bled to treat pediatric fevers. Hence why a major point also for facial paralysis due to wind heat.
- As a pair Ling gu da bai can first expel wind and drain evil 祛風瀉邪

Bing ji continued

- Although many state these points warm yang, Liu Yi makes the argument that they actually supplement and consolidate qi of the lung's exterior 氣固(肺)表 in order to 回 return yang, 束 bind yang, and staunch blood 攝血 in desertion patterns 脫證 with critical signs 危證. If we want to focus on generating and warming yang, we have to focus on spleen and kidney physiology.
- The distinction of yang qi differentiated through the yang of Xian tian and Hou tian which both rely on the Spleen and stomach's ability to engender and transform, and the rising falling normal course. Hence why warming yang we often use Xia san huang and Si hua (located on Spleen and Stomach channels)

Ling gu da bai Bing ji continued

- Liu yi makes an important note that these points have the function of strongly invigorating blood 活血之用. But it requires blood to move blood, and if the spleen and stomach have loss their rising and falling 脾胃升降失調 then one must first return 回復 the function of the spleen and stomach's rising and falling.
- The return of the spleen and stomach is through using San jiao ministerial fire to engender Spleen earth (三焦相火生脾土) This is accomplished through Zhong bai.
- Tong tian, tong shan, tong guan use the method of supplementing the child/ stomach earth 補子 (胃土) to fill the mother/ heart fire 實母 (心火)

Ling gu da bai cont...

- Ling gu da bai replace He gu and Qu chi for lower limb weakness post-stroke
- When treating severe stiffness and arched back rigidity/ spasm 强直痉挛, then Zhong Zi Zhong Xian are preferable
- Ling gu da bai treat Taiyang and shaoyang sciatica, however it is meant for Lung weakness sciatica if not the effect won't last long. Also sciatica is a Western disease name, Chinese medicine focuses on Waist, leg pain 腰腿痛. This is different. Other diseases can cause this. But the root is in the Kidney and the branch are Wind, fire, cold, damp, dryness, phlegm-rheum, stasis, vacuity. Ling gu does not treat all of these causes.
Lai Jin Xiong states that the Right cun should be weak and forceless as the standard, implying Lung qi vacuity
- However the right cun weakness, Metal weakness, can be caused Heart fire weakening metal, earth vacuity not engendering metal, kidney vacuity stealing metal's qi (its mother), wood insulting and rebelling against its controller, one has to find out the cause of why its weak.

Ling gu da bai conclusion

- Ling gu da bai can treat all types of wind scenarios since in Post-heaven bagua 後天八卦 hand theory, Ling gu da bai is in Zhen wood and Xun wood 震木 巽木
- Master Tung points ruling points for Lung cancer
- Liu Yi compares the effect to Wu ling san when needled 3 fen deep, for urinary difficulties
- Wang Chuan Min states at the time of needling, pushing the tissue along the second metacarpal bone upward along the Yangming channel with the non-needling thumb will improve the effect

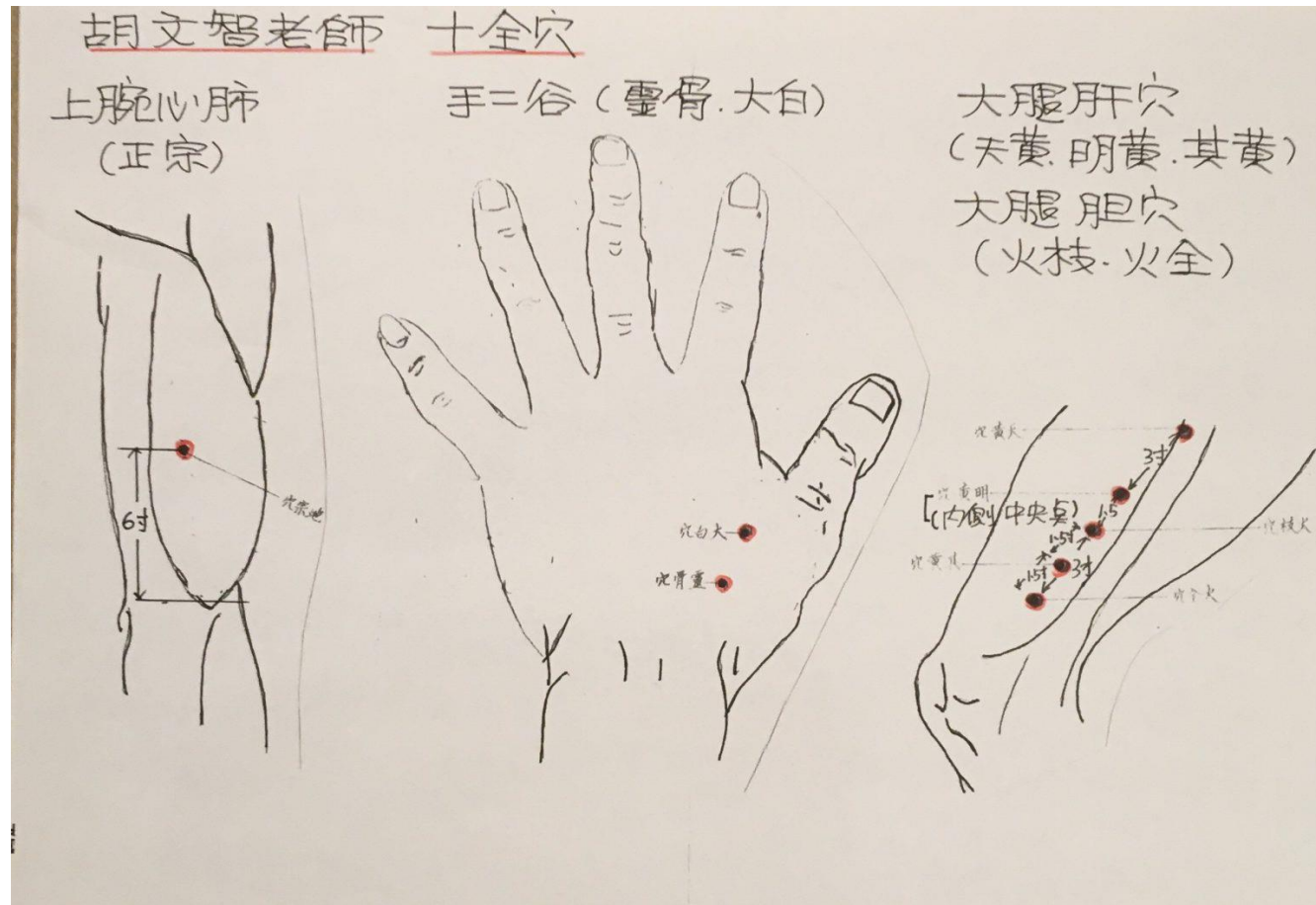
Hu Wen Zhi's 10 complete points 十全穴

- Dr Hu Wen Zhi has 10 complete points (Shi quan xue) to systemically affect the body, these include:
- Ling gu da bai to affect the Valley 谷
- Di zong, Ren zong, Tian zong to affect the Heart and Lungs
- Ming huang, tian huang, qi huang to affect the liver
- Huo zhi and Huo quan to affect the Gallbladder

According to Hu Wen Zhi account, he uses this to treat diseases such as Liver disease, Lupus, etc

These constitute a Great supplementation 十全大補針

Shi quan



Zhong bai 中白 Xia bai 下白, Nei bai 內白 Wai bai 外白 Shang bai 上白 fen bai 分白

Shang bai 22.03 Upper White Zhong bai 22.06 Center White Xia bai 22.07 Lower White

Fen bai- Division White Wai bai- Exterior White Nei Bai Interior White (unnumbered)

- The following points as a collective unit is known as 手六 (hand six) and can be needled according to Li zheng Tai 林正泰 as a 6 point dao ma for a wide range of conditions, but can be broken into three target zones:
- One: Region of the waist, spine, and vertebrae: Waist pain, waist sprain, cervical, thoracic lumbar vertebrae, and gao huang pain 一、腰背脊椎區域：腰疼、腰閃岔氣、頸椎、胸椎、腰椎、背痛、膏肓痛。
- Two: Head and face, five sensory organs, and brain: Back of the head pain, dizziness, blurred vision, apex of the head pain/ parietal, tinnitus, cerebral stroke sequelae, cerebrovascular insufficiency, cerebral palsy, and can even used to treat graying of hair and hair loss, and all types of brain diseases 二、頭面五官腦部區：後頭痛、頭暈、眼花、顛頂痛、腦鳴、腦中風後遺症、腦供血不足、腦癱。還可以治療白髮及脫髮，主治一切腦病
- Three: Ischium and lower belly: Sciatica, pelvic inflammation, groin inflammation, gynecological inflammatory syndromes, cystitis, frequent urination, urination urgency, urinary pain, legs and feet unable to bend and stretch, stroke sequela, hemiplegia 三、坐骨下腹區域：坐骨神經痛、髖關節炎，腹股溝痛、婦科炎症、膀胱炎、尿頻，尿急，尿痛、腿腳屈伸不利、中風後遺症、半身不遂

Locations:

- All points are in the dorsum of the hand
- Zhong bai: Between ring finger and little finger, 5 fen from the knuckle joint. Not to be confused with Zhong shu (San jiao 3), which is 1 cun proximal to the knuckle.
- Xia bai: 1 cun proximal to Zhong bai, about 1.5 cun from the knuckle.
- Nei bai: Between ring and middle finger, 5 fen from the knuckle
- Wai bai: 1.5 fen proximal to the knuckle joint, and 1 cun proximal to Nei bai
- Shang bai: Between index and middle finger, at a distance of 5 proximal
- Fen bai: 1.5 cun proximal to the knuckle joint, 1 cun proximal to Shang bai

Location



Shen jing and indications:

- Zhong bai: Also known as 鬼門 Ghost gate and one of Tung's 72 resolving points. **Heart spleen shen jing and kidney sub branch shen jing (Wang Chuan Min)**. This is an emergency point.
- Indications: Acute and chronic pyelonephritis, cystitis, sciatica (extraordinary effect) sore back, waist pain, back pain, head dizziness, astigmatism, kidney vacuity tinnitus, tinnitus, 4 limb swelling, migraine, vertebrae inflammation, degenerative joint inflammation, lower leg pain, sprains of the waist, pain in the chest while breathing 急慢性腎盂腎炎, 膀胱炎, 坐骨神經痛 (奇效) 骨刺 (奇效) 腰酸腰痛, 背痛, 頭暈, 眼散光, 腎虛耳鳴, 腦鳴, 四肢浮腫, 偏頭痛, 脊椎炎, 退化性關節炎, 小腿通, 閃腰、岔氣

Xia bai: Liver kidney shen jing. Same indications and pattern as Zhong bai, but also treats Liver distention pain and tooth soreness 肝脹痛, 牙齒酸

- Nei bai: Spleen shen jing.

Indications: Urticaria, vitiligo, purpura, chronic pancreatitis, swollen enlarged spleen, glomus lump, teeth swelling and pain, gingivitis, waist pain, sciatica, hypersensitive skin disease 蕁麻疹、白癜風、紫癍症, 慢性胰臟炎、脾腫大、痞塊、牙齒腫痛、齒齦炎、腰痛、坐骨神經痛、過敏性皮膚病

Wai bai: Same indications and shen jing as Nei bai. Can also treat trigeminal neuralgia, mouth and teeth nerve pain, intercostal pain 三叉神經痛, 口齒神經痛, 肋間神經痛.

For skin disease, pair Nei bai and Wai bai with Si ma.

Bai points continued

- Shang bai: Heart lung intersecting nerve, kidney shen jing 心肺交叉神經、腎之神經
- Indications: Conjunctivitis, keratitis, eye soreness and swelling, nearsightedness/myopia, astigmatism, angina, amblyopia, tearing upon encountering wind, lazy eye, back pain, waist pain, sciatica 結膜炎、角膜炎、眼酸脹、近視眼、散光、心絞痛、弱視、迎風流淚、背痛、腰痛、坐骨神經痛
- Functions: Courses wind, drains fire, enriches yin, brightens eye, penetrates the channels and stops pain 疏風瀉火，滋陰明目，通經止痛 (Li Guo Zheng)
- Fen bai: Same shen jing and indications

Bai bing ji

- The name of these collective group of points represent a fundamental symbolism. The word Bai 白 represent the Lung. This does not mean they affect the lung, but they work the mechanism of the lung, in particular circulating yang qi through the lung.
- Most these points are in hand shaoyang so they regulate ministerial fire through lung mechanism. Both san jiao and lung govern qi. Ling shu chapter 10 states that Hand shaoyang governs the engenderment of Qi diseases 主氣所生病者
- Besides the points being in hand shaoyang, the three original points (Shang bai, Zhong bai, Xia bai) represent the 3 jiaos.

Bai bing ji continued

- Representing the 3 jiaos, there is the connecting the ministerial fire circulating through the 3 jiaos via the mechanism of the Lung. It is essentially the Lung that circulates ministerial fire through the san jiao through the power of metal descent.
- If we think Zhong bai for example, the pathology is ministerial fire that is escaping becoming yin fire that begins to extinguish the fire of the Heart, spleen, and kidney. Wang Chuan Min states its an emergency point to rescue “spleen collapse, hyperactive san jiao fire and kidney yang collapse”
- Doctor Yu Sheng Tze communicated to me that needling this points obliquely affects Formless 無形 disease, qi related disease that affects the san jiao channel. While needling perpendicularly toward Hand shaoyin affects disease with form 有形, where there is vigorous fire that is threatening to extinguish the Yuan qi of the Heart, spleen, and kidney.

Zhong bai bing ji continued

- When needled perpendicularly directs Xiang huo back into Jun huo since it connects San jiao ministerial fire back to the reign of Shaoyin sovereign fire (Heart 8) according to Yu Sheng Tze and Liu yi.
- Concept of 莊火食(散)火 “Vigorous fire consumes/ disperses fire”
- Similar concept to how we can needle deeply San cha san to heart 8 to replicate a Ma huang fu zi xi xin tang idea when treating common cold according to Young Wei Chieh.
- This point is close to Zhong Zhu 中渚/ San jiao 3 (Central islet). Suwen states “The root lies in the Center, Ming is called the Spirit mechanism, when the Shen leaves the mechanism is extinguished 根于中者，命曰神機，神去則機息”（五常政大論）

Zhong bai continued

- Zhong bai treats low back pain from kidney condition. Wan shun focused on cold damp, Ling gu da bai from lung insufficiency. None of these treat back pain from blood stasis, unless there is blood stasis from kidney weakness.
- Zhong and Xia bai have been used for gluteal pain and ilium pain. It with Wan shun can be used for post-stroke hand and finger hypertonicity.
- The pulse for Zhong bai is a Deep weak Right Guan. It treats a condition of a Defeated Spleen 脾敗, the cause being San jiao straying upward and kidney yang suddenly desiring 三焦相火上越 & 腎陽暴脫

Zhong bai continued

- The meaning of the name Ghost cave according to Liu Yi and Wang Chuan Min is when someone dies they pass through the ghost cave, hence this point can rescue someone from that fate. This point thus acts as a first aid point.
- It must be noted that Zhong bai is compared to Bu zhong yi qi tang, and if spleen stomach are excessively weak, Zhong bai can strip stomach qi, just like large doses of Huang qi, sheng ma, and chai hu can in Bu zhong yi qi tang.
- Zhong and Xia bai cover the Shen jing of Heart, Spleen Kidney and Liver. We can reasonably include the lung, which means these points treat the 5 zang. Since the points are called Bai/ white. Ghost implies a Lung evil since Metal is the beginning of death, the expiration of Qi.

Conclusion

- Zhong bai is by San jiao 3 which is the wood point of San jiao using the principle of Wood to engender the fire of San jiao that is circulating through the whole body, thus dispelling phlegm and eliminating stasis
- Zhong ai can strengthen the spleen and dispel dampness, using ministerial fire to engender the spleen. Pair with Men jin, Zhong bai can raise the clear and Men jin can descend the Turbid. Use Zhong bai on the left and Men jin on the right.
- Zhong bai by strengthening the center can connect heart and kidney.
- Now shang bai is closer to the Large intestine channel hence its effect on the upper jiao (eyes). In 5 phase terms, Shang bai treats a trifecta disease of Kidney, lung and heart. As opposed to Zhong bai which is Kidney, spleen, and heart.

Shang bai note*

- Lies in Hand Yangming
- Intersecting shen jing of Lung, Heart, and liver. Can treat pain below the chest, and pain by the side of the heart

三肩 San jian/ Three shoulders

Location: Dorsal side of hand, at the lateral side of the thumb center is San jian er, 2.5 fen above is San jian yi, 2.5 fen below is San jian san

Shenjing: Lung sub-branch shen jing, kidney shen jing

Indications: 50 year shoulder (hand and arm that cannot raise) nape and neck pain, scapula pain 五十肩 (手臂不舉奇效) 項頸痛, 肩胛骨痛

San jian bing ji

- The three shoulders represent pathology of Lung and kidney. 50-year old shoulder represents the accumulation of external pathology (lung) affecting the bone (kidney).
- These points are on the opposite side of Tu shui (earth water). Tu shui is in Hand Taiyin, and these points are in the Yang side of Hand Taiyin, close to Hand Yangming.
- Lingshu chapter 10 states that cold substance damage the lungs 形寒...傷肺. These cold substances represents Shang han. San jian represent Shang han's origin to its transmission into shaoyin, from Taiyang (Lung) into Shaoyin (kidney), this cold bi obstruction deposits in Hand yangming as the body tries to expel it through the major joints. Body tries to expel yin pathogens through yang, hence Lung uses its pair Hand yangming to mobilize pathogens out to the exterior.

Zhong Zi and Zhong Xian 重子，重仙

- 22.01-22.02
- Double child, Double immortal
- Zhong Zi shen jing: Lung sub-branch Shen jing
- Zhong xian shen jing: Lung sub-branch, and heart sub-branch

Zhong zi location: Palmar surface of the hand, 1 cun below the tiger mouth 虎口, at the space/ seam between the index finger and thumb, connecting with Da bai

Zhong xian location: Palmar surface, at the seam between the index and thumb, connecting with Ling gu

Indications: Back pain, chest pain, lung cancer, pneumonia, emphysema, common cold, cough, asthma, palpitations, knee pain, abating fever, laryngitis 背痛，胸痛，肺癌，肺炎，肺氣腫，感冒，咳嗽，氣喘，心悸，膝蓋痛，退燒，喉炎

Bleed for pediatric illness

Young Wei Chieh uses it for stiff neck 落枕, paired with Cheng jiang (Ren 24)

Can be used additionally for Knee pain, uterine tumor, respiratory illness especially with chest pain, cough with phlegm not easy to expectorate, shoulder pain no matter if its anterior, posterior, lateral.

Bing ji:

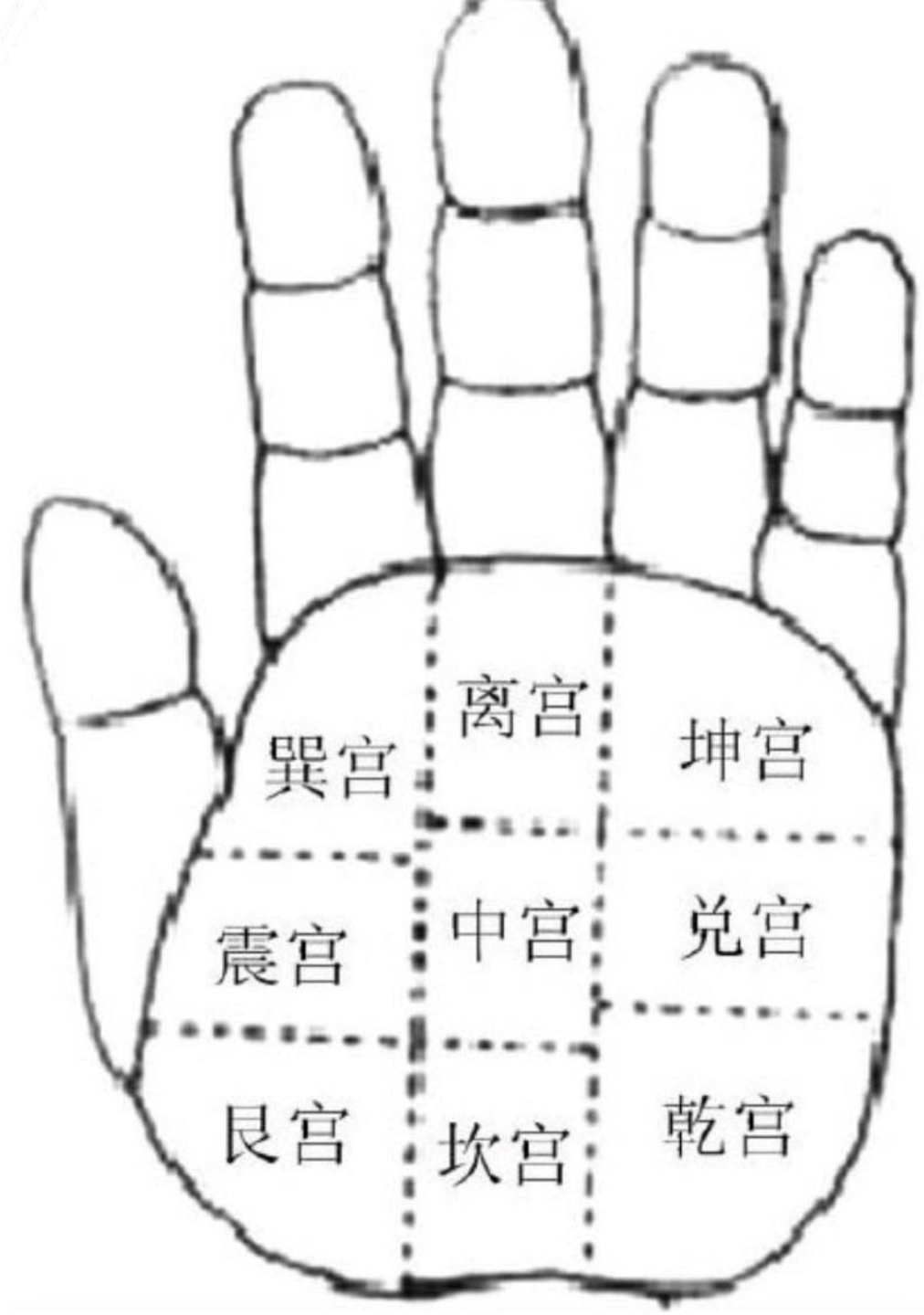
- Note that the name Zhong has a special connection to the homophone Zhong 種 that means species, seed, breed. Hence these points are used by some for reproductive purposes.
- Furthermore, according to Liu Yi these terms are Daoist terms. Zhong refers to 層 Layers/ stratum and Daoism refers to 9-layer heaven 九重天 and 33 layers of heaven 三十三重天.
- The word Zi 子 has been used to refer to Mercury 水星 and Xian 仙 has been used to refer to Venus 金星, therefore Zhong Zi and Zhong Xian refer to diseases from these two stars. These two stars relate diseases of the Lung and Water phase according to Suwen chapter 5.
- In other words, exterior cold illnesses (lung relates to the exterior and water relates to cold).

Bing ji continued

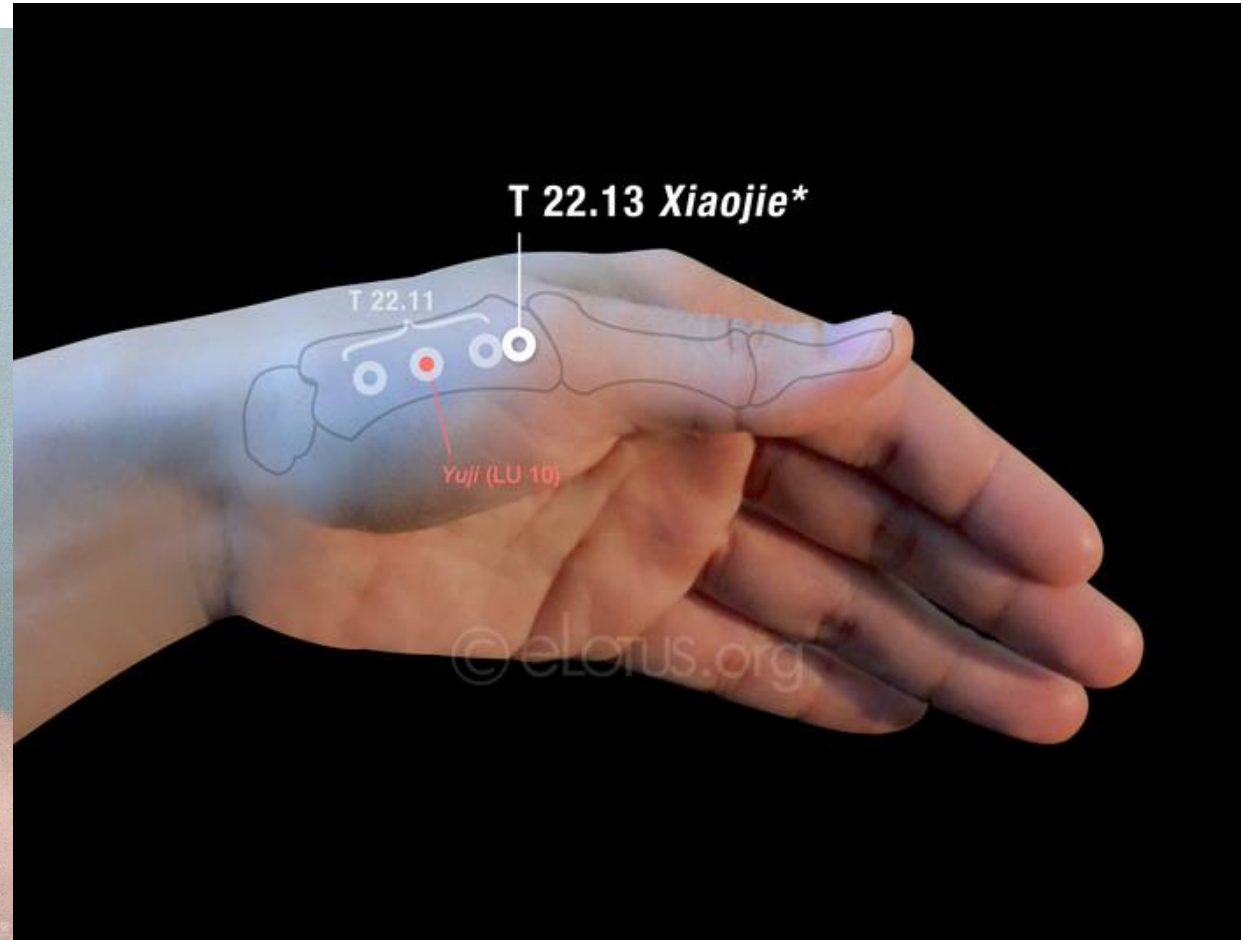
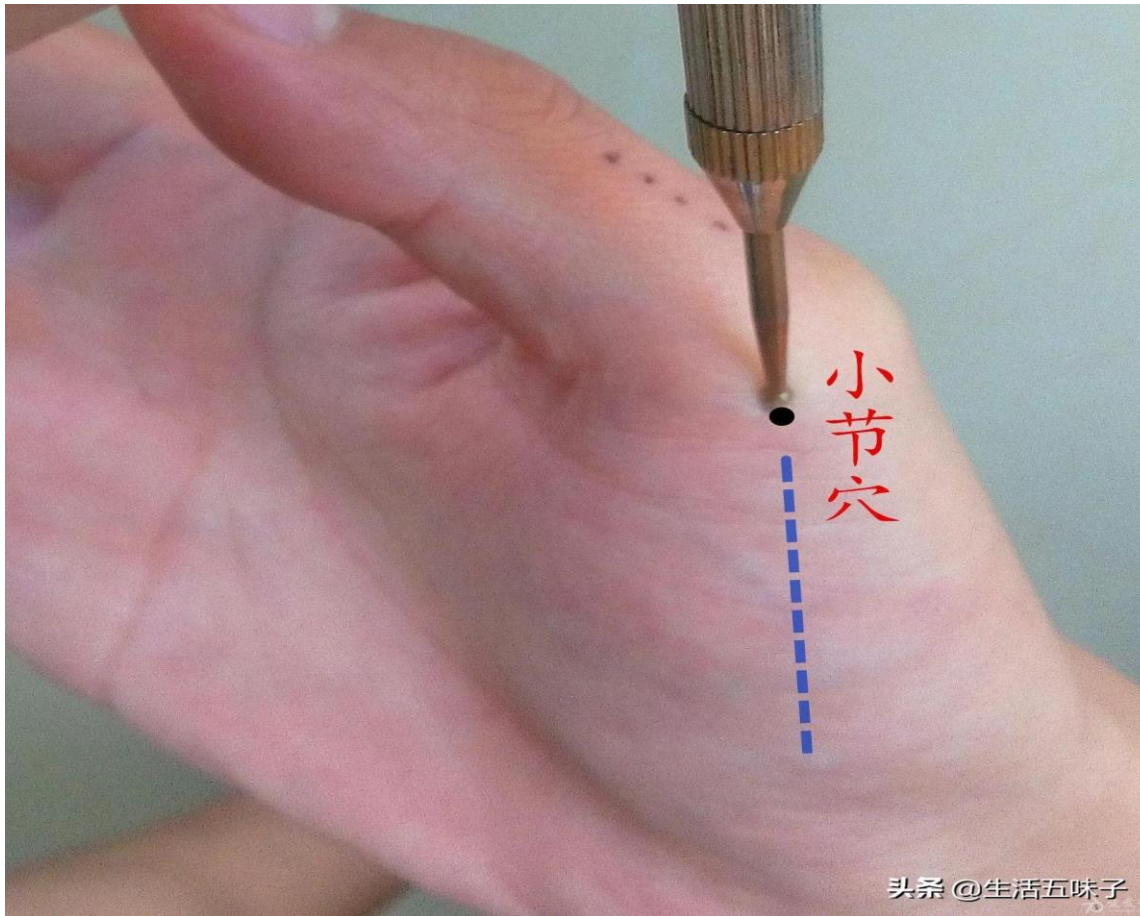
- These points are in Hand Taiyin thus have a Lung metal effect. In hexagram palm theory the point belongs to the Zhen trigram that pertains to wood. Metal controls wood. Therefore, these points have the Qi of the Metal 肺金之氣 but the function of Wood's image 木象之用. Wood dominates tendons so it acute wind that affects lung qi. Will not treat pain from spleen xu for example.
- Treats shoulder pain due to Lung and Large intestine exterior and interior connection, hand yangming traverses across the shoulder. Also shoulder in the Ling shu corresponds to the area of the Lung and used to diagnose the Lung and its anatomical positioning and size.
- Treats back pain especially in the upper as that's the region of the Lung (fei shu), especially effective for pain around the third vertebrae that can radiate to the chest.
- Additionally, these points are close to the Ying spring point of Hand Taiyin so can treat feverish sensation such as pneumonia with fever, lower limb redness, swelling and heat pain. The thenar in Tung acupuncture is used to treat the ankle such as we see in 22.13/ Xiao jie (Small joint)

Hexagram palm theory

- Xun palace is the top left
- Zhen palace is in the middle left
- Gen palace is in lower left
- Li palace is in the top center
- Zhong palace is in the center
- Kan palace is in the bottom center
- Kun palace is in the top right
- Dui palace is in the middle right
- Qian palace is in the bottom right



Xiao Jie/ Small joint 22.13



Zhong zi and zhong jian continued

- Since these points have a Zhen trigram affinity of Wood, they can treat spasm, hemiplegia with post-stroke contracture (tendon bi). However, if the limb weakness is predominant and there is aversion to cold this is Ling gu da bai.
- Limb weakness is treated through supplementing Lung and spleen qi, and hemiplegia is a muscle disorder treated through Yangming according to Suwen chapter 44 (Chapter on wei atrophy). Ling gu da bai are in Hand yangming.
- The rule is for rigidity choose Yin channel (Zhong zi zhong xian)
- For weakness choose Yang channel (Ling gu da bai), combine with Mu huo to treat liver evils, and then supplement lung and spleen.

Bing ji continued

- From a 19 line perspective, Chong zi has a Lung shen jing. Chong xian has a Lung and Heart shen jing. Chong zi Chong xian mobilize Lung qi to control liver wind tendon tightness. The addition of the Heart shen jing is the perspective that All pain belongs to the heart. So Chong xian showcases the pathomechanism of Lung qi closure leading to blood stagnation causing pain at the surface.
- In my clinical experience, I look for a floating tight pulse. But can be a little lower in depth (vessel layer)
- These points are much better for acute pain, for chronic pain the effect is not as great. Since chronic pain often relates to qi deficiency and in qi vacuity spleen cannot engender lung. Chong zi chong xian are also more effective during Autumn and Winter when Metal is strongest according to Dr. Wang Chuan Min.

Special note

- Yu Sheng Tze notes that Zhong Zi is more for shoulder pain, and Zhong xian is more for neck pain. Both used for headache and stiff painful nape of a wind cold exterior pattern with effusion of fever

Tu shui 土水 Earth water

- 22.11
- Spleen kidney sub-branch shen jing
- Location: Palmar surface, at the thumb's metacarpophalangeal lateral boarder
- Functions: Regulate the spleen and stomach, regulate the middle jiao, clear and diffuse lung qi, penetrate the Jing and invigorate the Luo 調理脾胃，調理中焦，清宣肺氣，通經活絡

Indications: whole body bone swelling and pain, periosteal inflammation, sciatica, waist pain, bilateral inner leg muscle pain, acute or chronic gastritis, long-lasting stomach disease, coughing, asthma, tonsilitis 全身骨腫痛，骨膜炎，坐骨神經痛，腰痛，兩腿內側肌肉痛，急慢性胃炎，久年胃病，咳嗽，氣喘，扁桃腺炎

Lai jin xiong used this point for weight loss

Tu shui location



Bing ji

- This point treats Kidney and spleen dual vacuity. The spleen and kidney vacuity lead to lack of engendering and transformation leading to damp water swelling in the limbs and joints, and also weakness of the 4 limbs since spleen governs the limbs. Think of the thumb as relating to the spleen primarily according to Wang Chuan Min.
- Liu Yi states to use it when the Spleen pulse in the right guan is weak. Already when there is already in the Spleen taiyin, the Liver wood can overwhelm and cause pain. This leads to a weak wiry right guan. When the liver is invading earth, the lung metal tries to retake order since metal controls wood, hence why this point is in Hand Lung Taiyin
- This area according to the postnatal eight trigram 後天八卦 theory in the hand relates to Gen palace 艮宮, which relates to the Tian liu palace 天留 which corresponds to Li chun 立春 (the beginning of spring, i.e. the 1st of the solar terms of the 24 jie qi). This signifies this whole area corresponds to Wind, in particular Violent wind/ Xiong feng 兇風. This is because when there is Kidney and spleen vacuity, the lung is susceptible to wind pathology. Lingshu chapter on the “9 palaces and eights wind 九宮八風” states that this Xiong feng comes from the northern direction 北方來, and when it injures people it internally houses in the large intestine 內舍于大腸.

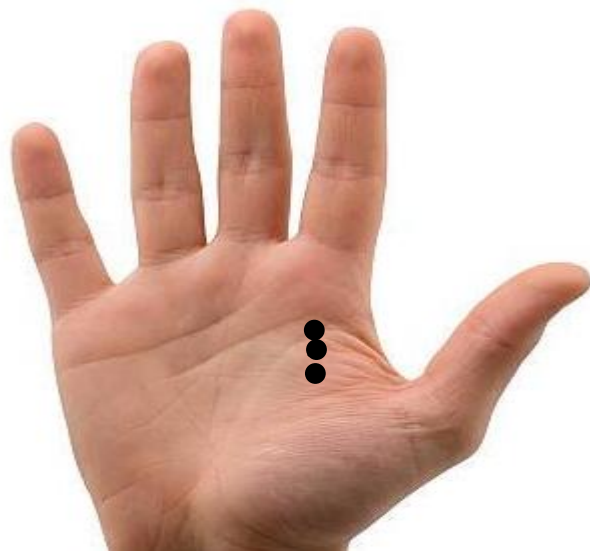
Bing ji`

- Liu yi compares the digestive function of this point to Hou po sheng jiang ban xia gan cao ren shen tang, which treats Taiyin vacuity distention. Comparatively Men jin would be the yangming equivalent. When there is both Taiyin and Yangming, one should combine them (i.e. spleen qi vacuity with yangming bowel repletion), combine with Fu chang for greater effect.
- When treating lung cancer, he compares it to Mai men dong tang, i.e. yin vacuity heat of the lung.
- Liu yi states this point treats Cold and heat complex 寒熱錯雜, think of the name Tu shui (earth water which is yin) but close to a ying spring point (fire point of the lung, which is yang)

三毛 San Mao

- San Mao= Three Hairs
- Lung branch shen jing, stomach intestines shen jing
- Location: Palm facing up, in the center of the second metacarpal joint is San mao er, 5 fen distally is San mao yi. 5 fen proximal is San mao San.
- Indications: Stomach ulcer, duodenal ulcer, gastric cancer, tuberculosis, lung cancer, nose cancer, bronchitis, asthma, tonsillitis, lung disease 胃潰瘍, 十二指腸潰瘍。胃腺癌, 肺結核, 肺癌, 鼻癌, 支氣管炎, 氣喘, 扁桃腺炎, 肺病
- Note from Hu Wen Zhi: Can choose points from both sides, choose to needle the location where the coloring is green blue for extraordinary effect.

San Mao location



San Mao Bing ji

- San mao is in the lung line is close to the stomach and duodenum aspect of palm diagnosis. This represents stomach and large intestine disease that is affecting the lung.
- This is stomach fire that is harassing its child, the lung. The disease of the gastrointestinal tract is beginning to burn the tissues of lung metal.

San huo 三火

- Three fires
- Shenjing: Heart branch shen jing
- Location: Palm facing up, at the center of the middle metacarpal is Huo san er. Huo san yi is 1 fen above distally, and Huo san san is 5 fen proximally.
- Indications: Arrhythmia, rheumatic heart disease, angina, enlarged heart, chest pain, back pain, tinnitus, migraine, frontal headache, dizziness 心律不齊、心臟性風濕病、狹心症、心臟擴大、胸痛、背痛、耳鳴、偏頭痛、前額頭痛、頭暈

Huo san location



Huo san bing ji

- Huo san treats excessive ministerial fire of the pericardium. It is on the line of the heart and from a 14 channel perspective is treating Hand jueyin/ Xin bao i.e. the pericardium.
- In my experience, the hand will often have a bright redness, the pulse will be rapid especially at the cun. Left cun is the Heart and Right cun can be seen as the Pericardium. But one can also see the chi floating and rapid and cun involvement, implying unrooted Kidney that is flaring into the heart (i.e. yin deficiency fire surging into the pericardium leading to unrest).

Shou jie 手解

- 22.10
- Hand release (Chief point of the 32 detoxify points)
- Shenjing: Sensitive nerves of the 5 zang
- Location: Palm face up, between the 4th and 5th metacarpal. Make a fist and right where the fifth fingertip (pinky) makes contact. That is Shou jie yi. Shou jie er is 5 fen proximal.
- Indications: Resolves fainting during needling/ injection, or adverse numbness caused by needling, needle site pain, stabbing pain of qi blood derangement, sciatica, waist pain, trigeminal nerve pain, whole body pain, post surgical mouth pain, resolves food poisoning, medication poisoning, unbearable acute gastrointestinal pain, anesthetic when there is dental work, anesthetic of hysterectomies. These points can also treat gallbladder disease, gallstone, cholecystitis, and nerve numbness.
- 解暈針，或下針以後引起之麻木、針口痛，氣血錯亂之刺痛、坐骨神經痛、腰痛、三叉神經痛、全身痛、開刀後傷口疼痛，又解食物中毒、藥物中毒、急性胃腸炎疼痛難忍，拔牙時麻醉止痛、子宮手術之麻醉止痛。二穴兼能治膽疾、膽石症、膽囊炎、神經麻痺。
- For anesthetic purposes, combine with Xin ling
- It is most effective for stopping pain, used to treat lung cancer, and nose cancer.

Shou jie location



Shou jie bing ji

- This point is in Hand shaoyin close to the fire point of the heart channel.
- This point directly treats the Shen, when the shen disperses there is dizziness and fainting. When the ruler is illuminated, there is peace in the 5 zang. This point treats the 5 zang as the heart governs all the 5 zang.
- This is close to Shao fu 少府 (Lesser palace), this describes the palace where the heart resides.
- 19 lines describes all pain, itch, and sores belong to heart. Shou jie treats pain (needling causes intradermal bruising) that can shock the body.
- Suwen chapter 39 describes fright as a state where the heart has nothing to rely on, the shen without a place to go, deliberation without a place to seetle, causing Qi chaos 驚則心無所倚，神無所歸，慮無所定，故氣亂矣. This is a type of Ni 逆- counterflow.
- Shou jie symbolizes the 解- resolution of this.

Shou jie bing ji continued

- Ying spring treat changes in complexion, when one faints there is often a change in complexion and spirit. This is a Wu zang illness not a Six qi illness (dryness, wind, fire, cold, damp, summerheat). Some points treat more six qi, others wu zang conditions.
- Shou jie symbolizes the placation of the Heart sovereign and return to the road of his palace chamber 新君歸府室之路. Yue Han Zhen in Explanations of Channels and Points (page 217 translated by Michael Brown) states Shao fu is the image of storing objects, this is the storage of Mind. This has pertinence to even brain injuries 腦損傷, where one is in a vegetative state 植物人狀態. This is the Heart brain passageway inhibited 心腦通道不暢.
- Therefore, Shoujie effect of regulating Qi and blood in disorder 氣血錯亂 is through the equilibrium 平衡 of what Liu Yi terms as the method of reaching the palace chambers 達府室之法

Shoujie bing continued...

- Shoujie is by the kidney line in Master Tung palm diagnosis and in Bagua palm diagnosis is by Qian and Kun 乾坤. Therefore, Shou jie treats 火水未濟 Fire and water not yet crossing (64 hexagram), as well as 水火既濟 Water fire already crossed/ fulfilled (63 hexagram).
- Its form is in the Kidney zang, but its function in the heart zang 水之體在腎臟，而用在心藏, thus allowing Qian Kun to mutually become peaceful 乾坤交互成泰.
- This is an important point for traumatic pain and external injury 外傷疼痛 such as surgery which affects the nervous system and brain causing fear, trembling and anxiety. The site of injury often sustain inflammatory red swelling which symbolizes the shen escaping from the blood layer.
- Clinically I've used Shoujie for pain caused by abscess in the back. All sores belong to the heart. The pathophysiology of a sore is caused by toxic blood causing the heart to suppurate its toxin.
- Additionally, Shoujie is an essential point to resolve all toxin, and that includes itching. For scrotal itching combine with Li Gou (Liver 5).

Shou jie extraordinary connection

- Lastly, Shoujie in palm diagnosis lays in the Gallbladder region, this explains Shoujie's ability to treat Gallbladder disorders.
- Additionally, Shou jie effect on the Wu zang and brain can be explained through the Gallbladder. The gallbladder is an extraordinary Fu which connects to the brain, uterus, vessels... This signifies a Heart gallbladder connection where the Shen travels into the brain through the Gallbladder channel (interstitial layer), spaces where blood often has trouble going to. Hence Shou jie is a very important point for metastatic cancer. Metastasis represents a condition where both Ministerial fire of the gallbladder is altering the biological source of the host (Sovereign fire). Shou jie placates ministerial fire.
- 狂 Kuang disorder, 亂 Luan disorder
- For cancer combine with Wai san guan.
- For Shou jie look for a 動脈 Dong mai/ stirring pulse in the left cun and possibly in the left guan. Dong mai represents fright 驚/ state of Qi chaos.

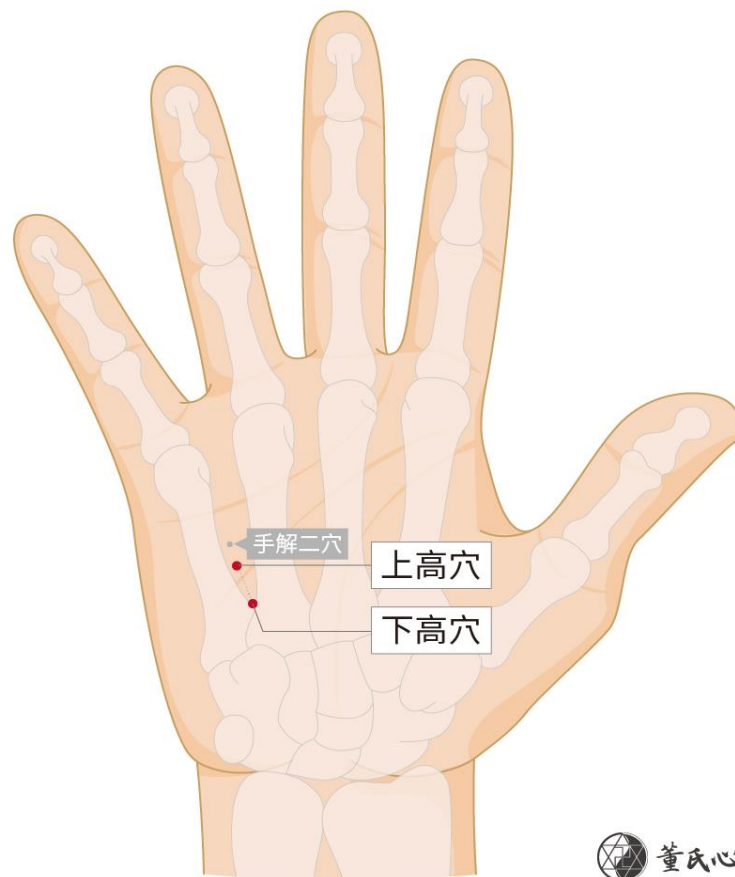
Further exposition on Shou jie

- <https://www.facebook.com/photo?fbid=3044413408954958&set=a.159876554075339>

Shang Gao 上高 and Xia Gao 下高

- 22.21 and 22.22 (One of the 72 resolving points)
- Upper Tall and Lower Tall
- Shenjing: Kidney and Brain shen jing
- Location: 5 fen proximal to Shou jie er is Shang gao. 1 cun proximal is Xia gao.
- Functions: Course the channels, regulate the qi, supplement kidney and harmonize stomach 疏經調氣，補腎和胃
- Indications: Costal membranitis, peritonitis, appendicitis, ovaritis, acute small intestine inflammation, increases height 肋膜炎、腹膜炎、盲腸炎、卵巢炎、急慢性小腸炎、增高
- Special effect for Peritonitis. Also has the function of promoting pituitary gland, growth hormone and cerebral cortex excretion, therefore increasing height 同時具備促進腦下垂體、生長激素、腦神經皮質分泌之作用，故又可以增高. Best results are between 16-20 years old, after 20 chances become smaller. Twenty times of treatment can increase height 5-10 cm.
- 下針二十次約可增高五～十公分，有六成機率，超過二十歲以後，效果較小。十六歲～二十歲效果最好。

Shang and Xia gao location



Bing ji

- These points effect work through the axis of regulating Kidney primarily and its effect on shaoyin fire. These points have the indication of hormonal and glandular effect, which showcase the relationship between the endocrine system and Shaoyin.
- Moreover, these points illustrate an immunoendocrine effect, since they treat inflammatory condition of the bowels, in particular peritonitis. This can be seen as a type of Huang lian (Coptis) effect on the gastrointestinal effect (heart fire illness affecting the bowels) or a type of Shu di (Rehmmmania) effect (kidney fire affecting the marrow).
- The 高 gao name relates to the bio regulating effect of growth and stimulation of cortisol and testosterone and even growth hormone.
- Two points represents the dual nature of Yin and Yang, since kidney governs Yin and Yang.
- Its effects are dependent on needle depth. 五臟針法 5 zang needling method

San xing 三星

- Three stars
- Location: Palm facing up, at the center between the middle and ring metacarpals. The center point is San xing er, san xing yi is 5 fen distal and san xing san is 5 fen proximal
- Shenjing: Liver gallbladder shen jing, spleen shen jing
- Indications: Pain in both flanks, pleurisy, jaundice, hepatitis, bitter taste, ear deafness, inner thigh pain, stomach distention, spleen enlargement 兩脅痛, 肋膜炎, 黃疸病, 肝炎, 口苦, 耳聾, 兩腿內側筋痛, 胃脹, 脾臟腫大

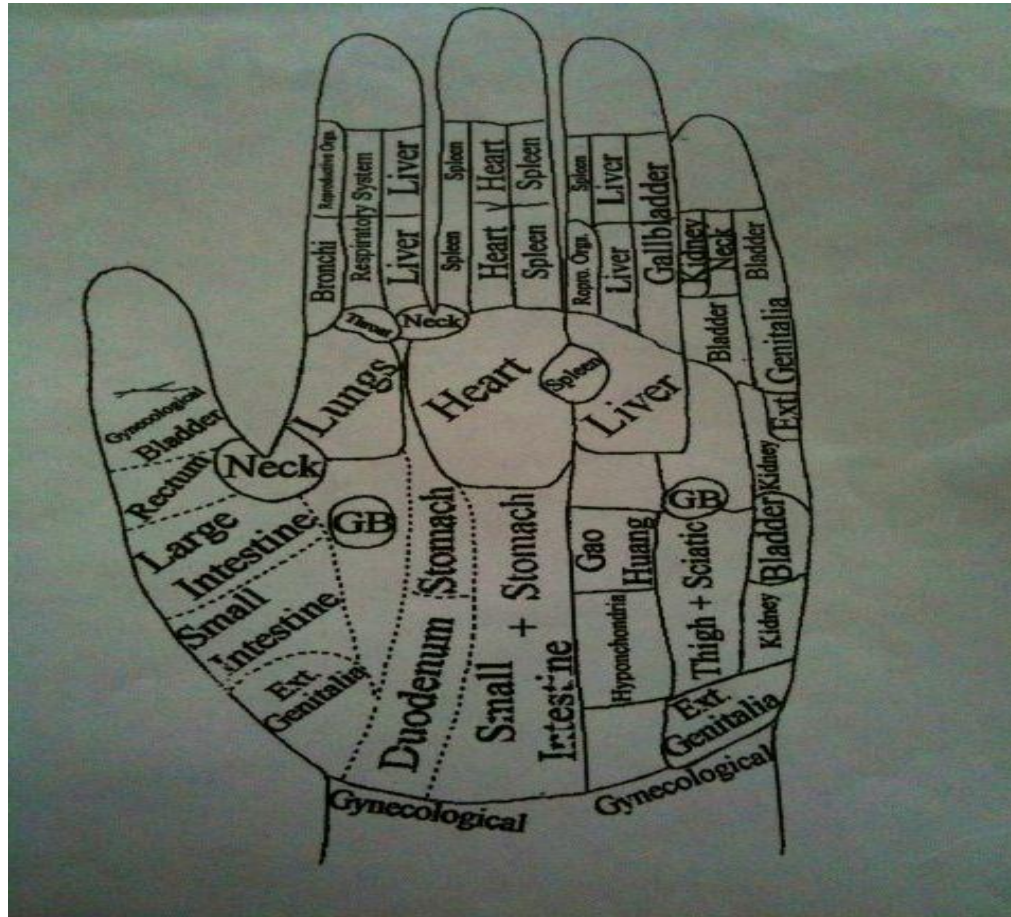
San xing location



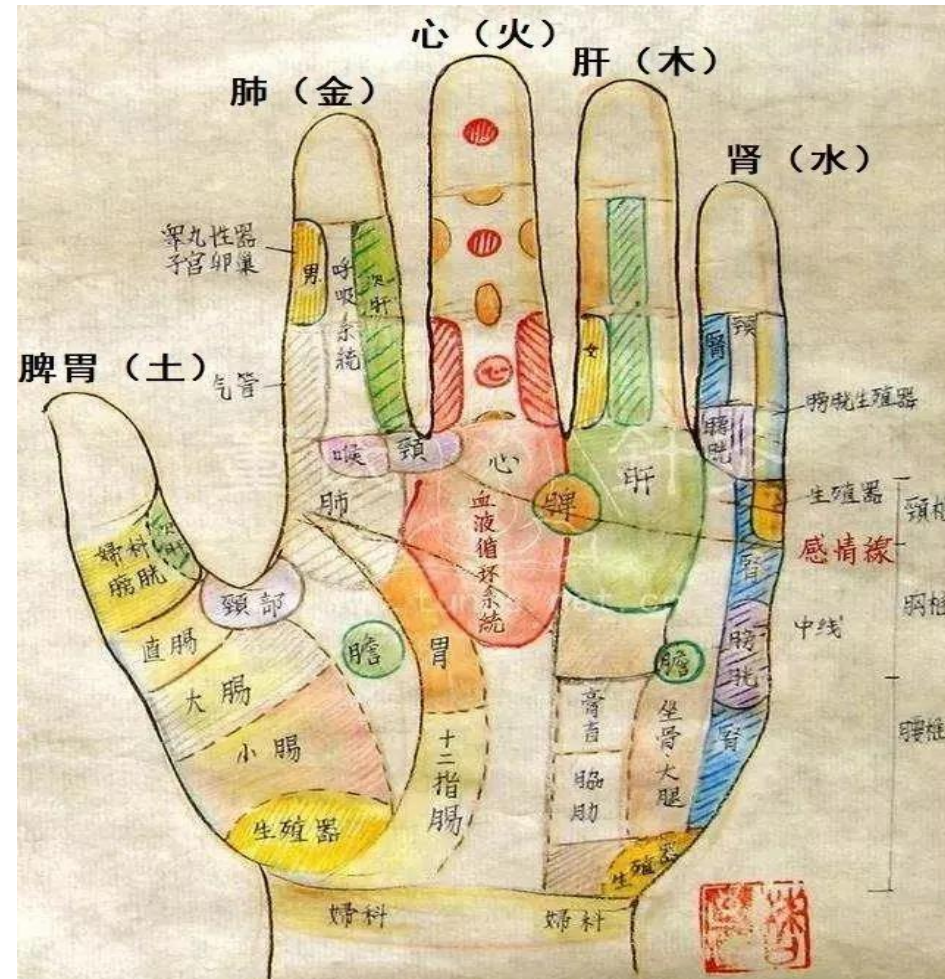
San xing bing ji

- These points are between the liver and spleen/fire line in the fingers.
- Liver is the 4th finger and center finger represents heart and spleen.
- They represent fire disease in the liver and spleen network. Bitter taste, ear deafness represent liver fire pathology.
- Liver spleen represent a dual pathology of Liver fire and damp heat causing the hepatitis and jaundice. These points are close to Lao gong representing fire and taxation. Lao gong represents desire (fire point of pericardium) leading to possible sexual infection transmitting into the liver jueyin affecting the blood.
- These points are close to the Gao huang and hypochondrium area, meaning latent disease in the blood and organs.
- Inner thigh pain= relates to Foot taiyin and Foot jueyin

Palm diagnosis revisited



Palm diagnosis



San hai 三海

- Three Seas
- Kidney shen jing, Uterus and Urinary bladder shen jing
- Location: Palm facing up, in the center of the 5th metacarpal is San hai er. San hai yi is 5 fen distal and San hai san is 5 proximal.
- Indications: Uterus and ovarian tumor growth or inflammation, acute and chronic pyelonephritis, cystitis, sciatica, low back pain, spondylitis, bone spurs, impotence due to kidney deficiency, premature ejaculation, increases height, nape tightness, back of the head pain, insufficient bile secretion 子宮、卵巢長瘤、炎症，急慢性腎盂腎炎，膀胱炎，坐骨神經痛，腰痛，脊椎炎，骨刺，腎虧陽痿，早洩，增高，項緊痛，後腦疼痛，膽汁分泌不足

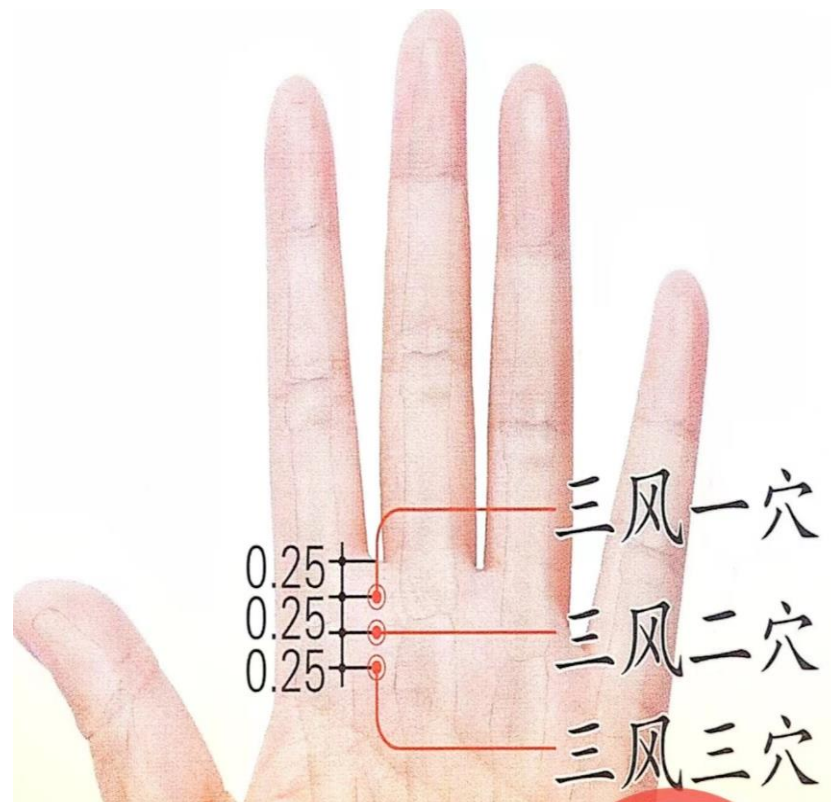
San hai bing ji

- These points are by the kidney line. These points represent the lower burner, whereas San he/ three rivers represent the lower burner as well, but the image of the Rivers emptying into the sea. The river is the more superficial aspect of the Waterways, and the Sea is the primordial destination.
- This is water and blood level disease of the kidney.
- In other words, this is Lower jiao disease as opposed to San he which is lower jiao caused by upper jiao.

San feng 三風

- Three winds
- Heart and lung intersecting shen jing, kidney branch shen jing
- Palm facing up, between the second and third metacarpophalangeal joint, 2.5 fen proximal to their junction is San feng yi. San feng er is 2.5 fen proximal and San feng san is another 2.5 fen proximal.
- Indications: Head wind pain, nape tightness, migraine, bilateral shoulder pain 頭風痛, 項緊痛, 偏頭痛, 兩肩痛

San feng location



San feng bing ji

- Lies on the lung line relating to exterior, will often be cold wind causing pain.
- Kidney branch shen jing showcases there is cold involved. All cold and contraction belong the kidney 諸寒收引，皆屬於腎. This is wind cold affecting the exterior. Especially affecting the face (hand yangming).
- Heart and lung intersecting nerve show the pain (heart stasis) and the qi stagnation and exterior (lung), lung unable to diffuse due to kidney cold.
- Now San feng can also treat wind heat by virtue of being between Hand yangming and Hand jueyin, the focus is on wind. There will be a floating wiry tight pulse on the right cun, or a floating rapid pulse in the right cun and even the right guan floating tightness showcasing that hand yangming sinew is affected.

Wind heat in the exterior

- Points to treat wind heat and differentiation:
- Da zhui- Du 14 (confluent of hand and foot three yang, and Du mai)- Heat affecting the Sea of yang, important for fevers, skin disease, acne, seizures. Yang stuck in the nape of neck.
- Feng fu- wind heat in the orifices, affecting the brain, with pronounced headache and dizziness, sensation of chills and malaria sensation.
- Shang yang- LI 1- Wind heat with dryness. Often there is a Wen bing component, with toxic heat, often with nasal dryness, lower gum inflammation. Lower gum inflammation is Hand yangming- LI and upper gum is Foot yangming- Stomach (齒分上下齦，上齦屬足陽明胃經，下齦屬手陽明大腸經)
- Pricking Yu ji (Lung 10)- Wind heat in the throat and lungs, often with respiratory condition
- Tai yang extra point (confluent of 3 yang- Foot yangming, foot shaoyang, hand shaoyang), helps descend turbid qi from perverse yang affecting the head
- Shang yang is Metal point of Hand yangming, Yu ji is Fire point of Hand Taiyin. Yu ji treats more fire in the lungs, Shang yang treats more replete dryness in the Lungs and throat. Pulse for Yu ji is a floating, rapid, forceful, large right cun. Shang yang is for a floating slippery forceful right cun. Possibly even choppy showing 津傷 Thin fluid damage, Lingshu 10 states Large intestine governs fluids. 是主津液所生病者，目黃，口乾，鼻衄，喉痺 with symptoms of eye yellowing, mouth dryness, nose bleeding, throat obstruction
- San qi can also treat wind heat, but with a replete slippery right cun. Often bled to prevent wind stroke.

San chi 三齒

- Three teeth
- Spleen stomach shen jing
- Palm facing up, between the third and fourth metacarpophalangeal joint, 2.5 fen proximal to their junction is San feng yi. San feng er is 2.5 fen proximal and San feng san is another 2.5 fen proximal
- Indications: Teeth pain, gum pain, pharyngitis, tonsillitis, stomach pain
牙齒痛, 牙齦痛, 咽喉炎, 扁桃腺炎, 胃痛

San chi bing ji

- This is spleen disease affecting the gums and teeth. The spleen is affected by dietary evils and taxation fatigue 飲食勞倦則傷脾 which leads to spleen damage.
- This spleen damage leads to spleen accumulation and consequently heat which leads to stomach heat and consequently yangming disease of the mouth.
- Akin to the formulas Qing wei san and Xie huang san.

San chi location



San he 三河

- Three Rivers
- Six fu shen jing
- Palm facing up, between the fourth and fifth metacarpophalangeal joint, 2.5 fen proximal to their junction is San he yi. San he er is 2.5 fen proximal and San he san is another 2.5 fen proximal
- Function: Penetrate the channels and invigorate the luo, move qi and stop pain 通經活絡，行氣止痛
- Indications: Uterus pain, lower abdomen pain, sciatica, bilateral leg pain, vertebral bone spurs, gallbladder disease, 子宮痛、下腹痛、坐骨神經痛、兩腿痛、脊椎骨長骨刺、膽疾
- Special effect for sciatica

San he location



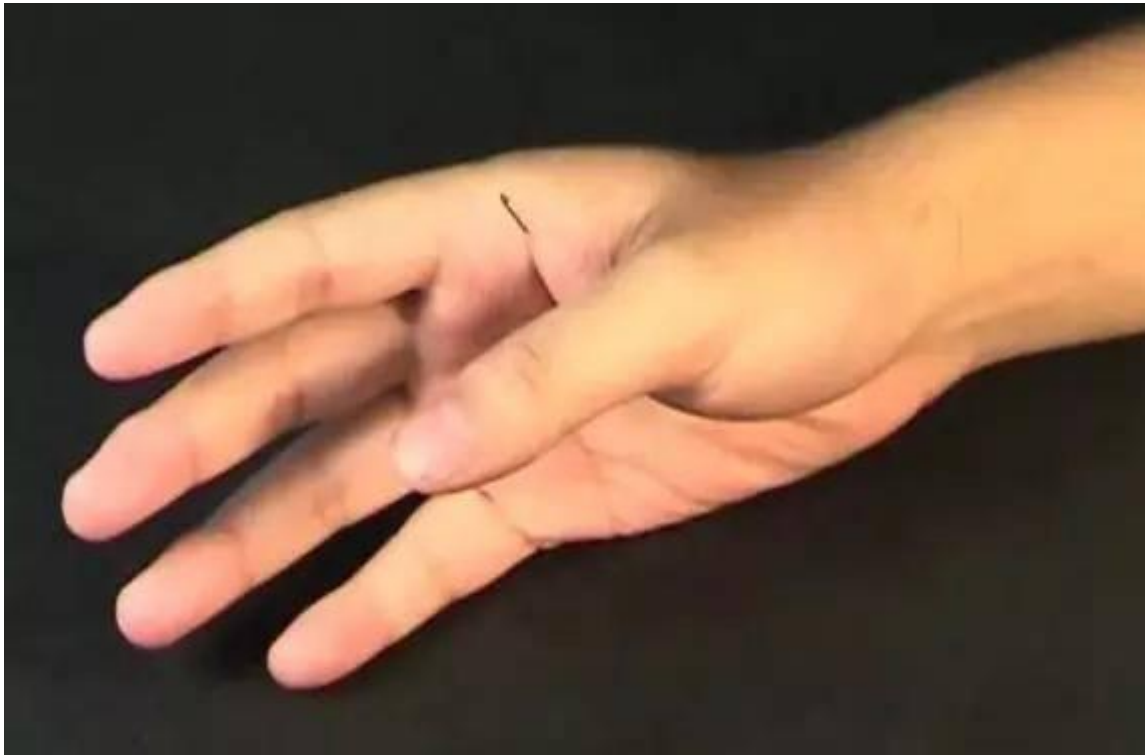
San he bing ji

- This is on the Kidney line, similarly to San hai. However, this has a Six fu shen jing representing that the condition is caused by Excess leading to closure of the extraordinary bowels affecting the reproductive organs. Qi disease with form that affects the blood and water layer of the kidney.

Jin Xing 金星 Metal star

- Jin Xing Shang, Jin Xing Xia
- Shenjing: Lung branch shenjing
- Location: At the Palm, at the radial side of the index finger, in the center of the second metacarpophalangeal joint, at the crease. Jin xing xia is 3 fen internally
- Functions: Diffuse the lungs, stop wheezing, course lung qi 宣肺止喘，疏通肺氣
- Indications: Tuberculosis, emphysema , asthma, bronchitis 肺結核，肺氣腫，哮喘，支氣管炎
- Pair with Ling gu da bai

Location



Jin xing bing ji

- Metal star treats acute lung disease. These points are close to Hand yangming treating qi level of the Lung. Si ma is better for chronic disease of the lung.
- These points are between the water and wood point of hand yangming in the yin side of the channel. This signifies there is feverish sensation and acute wind pathology (wind heat) that is affecting the yangming aspect of the lung.
- The yangming aspect of the lung represent the throat, the chest, the bronchi. Yangming represents the Fu and the Fu being yang represent formless realm. The formless aspect of the Lung is the air spaces, i.e. not the lung tissue itself (lung lobe).
- Look for a floating rapid (wiry) right cun for these points (Yin qiao san idea).

骨關 Gu Guan and 木關 Mu Guan

Bone Gate and Wood Gate 22.24 and 22.26

72 Jue/ extinguishing points, and 32 Jie/ resolving points

Functions: Drain the liver, detoxify poison, course the channels, tranquilize pain 瀉肝解毒，疏經鎮痛

Gu Guan Location: Palmar side, at the center of the wrist crease, 5 fen distal and 5 fen toward the radius, below the navicular bone.

Shenjing: Kidney and Lung Shen jing

Gu guan indications: Duodenitis, hemiplegia, bone spur, duodenitis, detoxifies uric acid (gout), food poisoning, medication poisoning 坐骨神經痛（奇效）半身不遂（特效），脊椎骨增生壓迫神經（骨刺）十二指腸炎、解尿酸毒、食物中毒、藥物中毒

Mu Guan Location: Palmar side, at the center of the wrist crease, 5 fen distal, and 5 fen toward the ulna.

Kidney and Liver and Gallbladder Shenjing

Indications: Waist pain, chest oppression, bilateral flank pain, jaundice, sciatica, leg pain, peritonitis, whole body joint pain, detoxifies food poisoning, medication poisoning 腰痛胸悶、兩脅痛、黃疸病、坐骨神經痛、腿痛、腹膜炎、全身關節痛、解尿酸毒、食物中毒、藥物中毒

Location



Gu guan Mu guan bing ji

- Note that Hu Wen Zhi and Li Guo Zheng added a center point called Zhong Guan to complete a Dao ma. 0.5 cun distal to the wrist crease.
- These points represent the treatment of the Guan 關/ Gate. These gate represent the Joints, hence their usage in Gout, rheumatoid arthritis.
- Both Mu guan and Gu guan have a kidney shen jing representing they affect the bones and in particular these conditions represent that the lower jiao has been affected, i.e. the constitution and jing.
The differentiation is that Gu guan has a Lung shen jing and Mu guan has Liver/ Gallbladder shen jing.

Bing ji continued

- Gu guan represents external toxins in the bones. Mu guan represents internal toxins coming from the liver/ gallbladder.
- Gu guan represents epigenetic toxins, Mu guan represents the genetic toxins.
- Both points are close to the Hand jueyin, pericardium channel, which governs blood. We see that in Lingshu chapter 10, hand jueyin treats eye yellowing 目黃. This signifies blood toxin. The body deposits toxin into the Gates to prevent it from going into the organs.
- Gu guan and Mu guan treat toxins from Lung, Kidney, Liver, Gallbladder that is contaminating the blood. If we think of the function of these organs, all these organs in some way purge toxin, Lung is Metal which governs depurative downbearing. Kidney governs the lower two orifices (urination and excrement), and Liver/ gallbladder deal with the storage of blood and coursing of qi.
- Gu and Mu guan represent the tissues of Bone and Sinew caused by blood toxin. These points are also in the lower jiao aspect of the hand. Liver and Kidney represent the lower jiao. If we turn the hand sideways, Gu Guan is more Upper jiao and Mu guan is more lower jiao. Hence, why Gu guan has lung correspondence.

Wan shun 腕順

Wrist Flow 22.08, 22.09

72 extinguishing pints

Shen jing Kidney subbranch shenjing

Location: Back of hand, towards the ulnar side at the edge of the 5th metacarpal . Wan Shun Yi is 1.5 cun distal from the wrist crease, and Wan shun er is 1 cun distal to Wan shun yi

Indications: Kidney depletion head pain and blurry vision, sciatica, nephritis, pyelitis, 4 limb bone swelling, leg pain, back pain, bone spur, ear ringing, ear deafness, neck bone spurs 腎虧之頭痛眼花，坐骨神經痛（特效）
腎臟炎，腎盂炎，四肢骨腫，兩腿痛，背痛，骨刺，耳鳴耳聾，頸項骨刺

Li Guo Zheng Combinations:

Sciatica, pair with San He, Huo Ying, and Dao yin to move qi

Tinnitus: Pair with Si ma, San zhong, Shen guan

Kidney deficiency blurry vision: San cha yi with Wan shun yi

Wan shun location



Wan shun bing ji

- Wan shun is located on the kidney line, and can supplement the fire within water 水中不火
- Liu Yi makes the distinction that it affects the Kidney qi not Kidney zang, unlike Mu dou which affects the mitral valve of the heart
- These points threat Kidney qi vacuity. Now these points are in the Small intestine channel, close to Hou xi/ SI 3. The small is the fire organ in the lower burner that ignites the Du mai.
- These are major points for spine pain, as cold encroaches on the fire within water leaving the Du mai susceptible to cold damp bi leading to degenerative changes.

Wan shun bing ji continued

- The connection between the small intestine and the kidney is the relationship between Taiyang fire (SI) and Shaoyin water (KD). Similarly to how the heart and bladder are connected as Taiyang water (UB) and Shaoyin fire (HT).
- The sweat of the Urinary bladder needs the heart fire as a catalyst to warm up and steam the blood into water.
- Similarly, Kidney water needs the fire of the small intestine to steam blood in the lower burner and propel the fire of the Governing vessel.
- These points have the effect of Hou xi (SI 3), the shu stream and wood point of the SI.

Bing ji continued

- Shu stream treat pain and intermittent diseases therefore its usages in back pain, spine pain. But also traditionally malaria, and madness, cold damage that doesn't resolve, hand numbness, red eye swelling., post partum wind, teeth pain, post-stroke aphasia, facial numbness, thieving sweat, epilepsy, etc.
- These are all diseases related to the idea of Yang qi weakness that leads to impairment of the flow in the Kidney and Du mai. This begins in the Small intestine.
- The idea of 病/ disease and Small intestine 丙.
- Si 3 is the wood point of the fire channel, wood to engender fire (SI fire to light mingmen).

San cha 三叉

- 22.15, 22.16, 22.17 San cha yi, san cha er, san cha san
- 72 extinguishing points
- San cha yi shen jing: Lung branch, kidney accessory
- San cha er: Spleen, liver branch
- San cha san: Kidney
- Location:
- San cha yi: At the center of the intersection between index and middle finger.
- San cha er: At the center of the intersection between middle and ring finger
- San cha san: At the center of the intersection between ring and little finger

San cha location

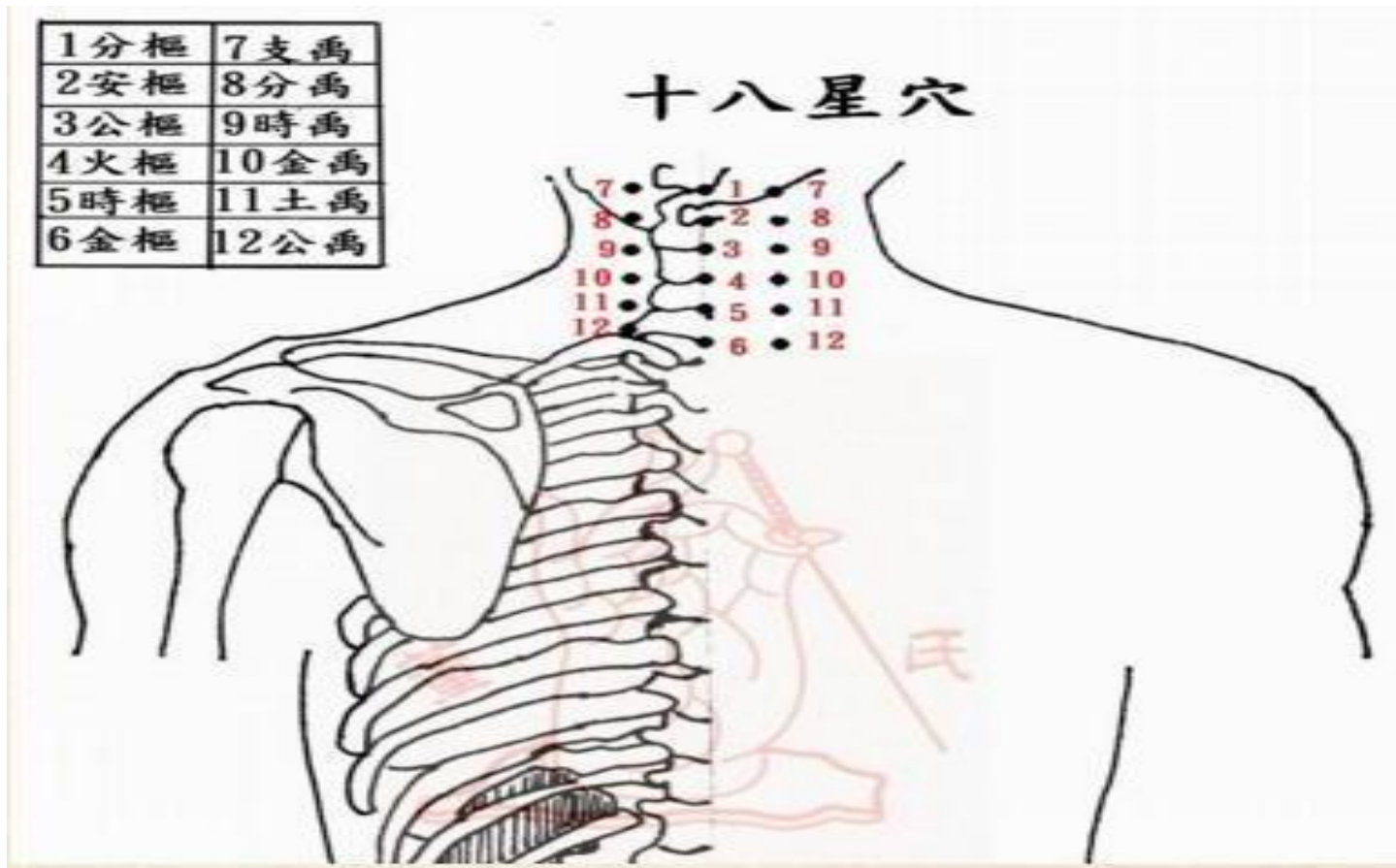


Indications

Indications

- San cha yi: Keratitis, eye soreness, waist pain sciatica, eyebrow bone soreness, distended pain, optic atrophy, hemiplegia, atrophy syndrome 角膜炎, 眼睛酸痛, 腰痛, 坐骨神經, 眉稜骨酸、脹痛、視神經萎縮、半身不遂、痿症
- San cha er: Spleen swelling and enlargement, hemiplegia, sciatica, hand and feet numbness, liver weakness 脾腫大, 半身不遂 (特效) 坐骨神經痛, 手脚麻痺 (特效) 肝弱
- San cha san: Severe common cold, head dizziness and blurry vision, sciatica, bone spur, waist pain, pyelitis, kidney disease water swelling 重感冒, 頭暈眼花 (特效) 坐骨神經痛 (特效) 長骨刺 (特效) 腰酸 (奇效) 腎盂炎, 腎臟病水腫 (特效)
- LGZ combinations: Common cold with fever, San cha, pair with Ling gu da bai. Can also bleed Shi ba xing/ 18 stars, and also add Zhong zi Zhong xian. Wang Chuan Min lineage bleeds Wu ling/ 5 ranges
- Amblyopia/ Lazy eye, San cha yi, shen guan, zhu yuan

18 stars/ Shi ba xing



San cha bing ji

- Wang Chuan Min relates each of the San cha to an organ.
- San cha Yi relates to Lung
- San cha er relates to Heart
- San cha san relates to Spleen
- These points have a systemic effect, and affect the 3 jiaos. The way they are needled also represent the needling of the 3 jiaos since the needle penetreates from distal to proximal symbolizing its effects. The depth of the needle alters the effect.
- San cha yi is between the Large intestine and Pericardium channels.
- San cha er is between Pericardium and San jiao.
- San cha is in the San jiao channel, close to Ye men and Zhong Zhu (San jiao 2 and san jiao 3). One can needle close to Ye men when treating exterior conditions. San cha san and Yu ji is Young Wei Chieh go to for sore throat, this is from Ode of the Jade Dragon/ Yu Long Fu 玉龍賦

San cha bing ji continued

- The difference between San cha and the Bai points (Shang bai, Zhong bai, Wai bai) is that san cha san is needled horizontally thus affecting the six channels going with the flow of the Jing mai.
- The bai points are needled vertically which represent an effect on the Zang (from Yang to yin).
- The word 𠂇 Cha represents a fork, a place of bifurcation, and interlacing. This is because the San cha points can be needled to affect various points at once, such as San cha san can affect the Shu stream and Yuan source of the San jiao and ying spring of the heart. Or we can say Zhong shu, Zhong bai, and Xia bai.