

手太陰肺經穴

The Hand Taiyin Lung Channel and Points

3/14/2022

Copyright Michael Brown

1

1

Hand Taiyin Lung Channel and Points 手太陰肺經穴

- Overview of the lung
- Discussion of the lung channel
- Lung points
 - LU-1
 - LU-2
 - LU-5
 - LU-7
 - LU-9



3/14/2022

Copyright Michael Brown

2

2

Approach to Physiology

生理

- 體 – Appearance
- 用 – Function
- 性 – Characteristics
- 象 – Manifestations



3/14/2022

Copyright Michael Brown

3

3

Lung Hand Taiyin Physiology

手太陰肺生理

- 體 – Appearance
- 用 – Function
- 性 – Characteristics
- 象 – Manifestations



3/14/2022

Copyright Michael Brown

4

4

Hand Taiyin Lung Channel Pathway

手太陰肺生理

- 肺手太陰之脈，起於中焦，下絡大腸，
- 還循胃口，上膈屬肺，
- 從肺系橫出腋下，下循臍內，
- 行少陰心主之前，下肘中，
- 循臂內上骨下廉，入寸口，
- 上魚，循魚際，出大指之端；
- 其支者，從腕後直出次指內廉出其端。



3/14/2022

Copyright Michael Brown

5

5

Hand Taiyin Lung Channel Pathway

手太陰肺生理

肺手太陰之脈，起於中焦，下絡大腸，還循胃口，上膈屬肺，

- The vessel of the lung hand taiyin, commences in the middle jiāo, descends to network to the large intestine, returns to follow the entrance of the stomach, ascends to the diaphragm to adjoin to the lung.

從肺系橫出腋下，下循臍內，行少陰心主之前，下肘中，

- It follows the lung connector horizontally to exit below the armpit, descends to follow the inside of the arm, travelling in front of the shàoyin and heart protector [vessels], to descend into the elbow

循臂內上骨下廉，入寸口，上魚，循魚際，出大指之端；

- It follows the inside of the forearm above the lower ridge of the bone, enters the cùnkǒu [pulse], ascends to the thenar eminence (the fish border), travels of the fish margin, and emerges at the end of the thumb;

其支者，從腕後直出次指內廉出其端。

- A branch from behind the wrist travels directly to emerge at the end of the inside of the index finger.



6

6

LU-1
Zhōng Fǔ

中府

肺經第一穴
Lung Channel
First Point



7

7

中 府

Zhōng

• Central/centre, Middle, inside

Fǔ

• Repository, storehouse

3/14/2022

Copyright Michael Brown

8

8

Zhōng Fǔ LU-1 中府 Information

- Explanations of Channels and Points

- 穴在本經云門下一寸六分，乳上三肋間，動脈應手陷中，去胸中行各六寸。
- This point is located 1 cùn 6 fēn below Yún Mén 雲門 (LU-2) of this channel, above the breast in the third intercostal, in the depression where the pulsating vessel resonates with the hand, 6 cùn lateral to the midline of chest.

- Note: 甲乙經 states 1 cùn below LU-2

- Beginning of the Lung Channel

- LU-1 - 《靈樞》，《十四經發揮》，《針灸大成》
- LU-2 - 《甲乙經》，《外台秘要》



9

9

Collecting Points (Alarm/Mu Points)

- 六十七難曰：五藏募皆在陰，而俞在陽者，何謂也？
- Difficulty 67 states: The five zang-viscera mu-collecting points are all located on the yin [aspect], and the shu-transport points are all located on the yang [aspect], why is this?
- 然：陰病行陽，陽病行陰，故令募在陰，俞在陽。
- Answer: when yin is diseased it will move/circulate into/the yang, when yang is diseased it will move/circulate into/the yin, therefore the mu-collecting are located on the yin, and the shu-transport are located on the yang.



10

10

Zhōng Fǔ LU-1 中府 Functions

- Zhèng Kuíshān 鄭魁山 (1977)
 - 調理肺氣，養陰清熱
 - Regulate and rectify the lung qi, nourish yin and clear heat
- Yáng Jiǎsān 楊甲三 (1986)
 - 瀉胸中熱，清肺，健脾
 - Drain heat within the chest, clear the lung, fortify the spleen
- Shí Xuémǐn 石學敏 (1980s)
 - 清上焦，利肺氣，止咳喘
 - Clear the upper jiao, disinhibit lung qi, cease cough and wheezing



11

11

Zhōng Fǔ LU-1 中府 Classical Diseases

- 肺之肺病：喘氣胸滿，肩背痛，嘔哕上氣，肺系急，肺寒熱，胸悚悚，咳唾濁涕，風汗出，皮膚痛，傷寒胸中熱，癭瘤，飛屍遁症。
- Lung disease of the lung: panting with fullness in the chest, shoulder and back pain, vomiting and retching with qì ascent, tension of the lung connector, cold in the lungs [causing] heat, chest terrors, coughing and spitting with turbid snivel, sweating due to wind, painful skin, cold damage [causing] heat in the chest, goitre, flying corpse with concealing infixation.



12

12

Zhōng Fǔ LU-1 中府 Classical Diseases

- 肺之脾病：腹脹，四肢腫，食不下，面腫，少氣不得臥。
- Spleen diseases of the lung: abdominal distension, swelling of the four limbs, inability to get food down, facial swelling, scantness of breath with inability to lie down.
- 肺之肝病：膽熱嘔逆。
- Liver disease of the lung: gallbladder heat with vomiting counterflow.



13

13

Zhōng Fǔ LU-1 中府 Modern Diseases

- Respiratory system
 - Cough, asthma, difficulty breathing when laying down, vexation and fullness in the chest, chest pain, cough and vomiting of pus and blood, cold damage, heat in the chest, throat impediment, nasal congestion, runny with clear snivel, sweating etc
- Digestive System
 - Swollen abdomen, swelling of the four limbs, swelling and pain of the face, vomiting, inability to eat
- Others
 - Goitre, running piglet, abdominal pain radiating to the back, shoulder and upper back pain
- Modern Diseases
 - Bronchitis, pneumonia, asthma, pulmonary tuberculosis (often tender)



14

Yáng Jiǎsān 楊甲三 (1986)

14

Zhōng Fǔ LU-1 中府 Combinations

Poem of the One Hundred Patterns 《百症賦》

- 胸滿更加噎塞，中府意舍所行
- For fullness of the chest with choking and blockage [sensation], LU-1 and BL-49 will move it

Classic of Supporting Life 《針灸資生經》

- 中府、胃倉、承滿、魚際、周榮、治食不下。
- LU-1, BL-60, ST-20, LU-10 and SP-20 treat inability to get food and drink down.



3/14/2022

Copyright Michael Brown

15

15

Zhōng Fǔ LU-1 中府 Ancestral Knowledge - Lǐ Shìzhēn 李世珍

Functions

- Draining – it diffuses the lung and disinhibits the lung qi
- Supplementing – supplements and increases the lung qi

Syndromes

- Cough
 - Wind-cold fettering the exterior causing the lung to fail to descend
 - Wind-heat attacking the exterior causing the lung to fail to diffuse
 - Dry-heat injuring the lung resulting in the cooling and moistening of the lung to fail
 - Depression of the liver transforming into fire causing wood and fire to torment metal



3/14/2022

Copyright Michael Brown

16

16

Zhōng Fǔ LU-1 中府

Ancestral Knowledge - Lǐ Shìzhēn 李世珍

Syndromes (Cont.)

- Panting
 - Wind-cold fettering the lung with blockage of the wei qi
 - Turbid phlegm obstructing the lung
 - Deficiency and weakness of the lung qi
- Wheezing
 - Cold-phlegm soaking the lung causing blockage of the qi pathways
 - Phlegm heat invading the lung causing inhibition of the qi pathways



3/14/2022

Copyright Michael Brown

17

17

Zhōng Fǔ LU-1 中府

Case Study – Lǐ Shìzhēn 李世珍

- Wang, Female (37), 1970/05/20
- Main Complaint
 - Chest pain for over 15 days, caused by taxation damage
- Symptoms
 - Pain on the Left side of the chest, shoulder, scapula, coughing; lifting objects, deep breathing and holding objects all cause severe pain, restricted activity/movement, no swelling or redness, LU-1 and SI-13 on the left are tender.
 - Excessively self used Qi Li San and other dispersing qi medicinals, now there is lack of strength and tiredness.
 - Tongue is red
 - Pulse is deep and weak.
- Pattern Identification
 - Taxation damage to the sinews and vessels, the channels and network-vessels are obstructed, the qi mechanism in the chest is inhibited, pain of the shoulder and scapula.
- Treatment method
 - Free the qi and blood in the channels and network-vessels
- Prescription
 - First session: LU-1 and SI-13 drained
 - Second session: as above but also BL-45 drained



18

18

Zhōng Fǔ LU-1 中府

Case Study – Lù Shòuyàn 陸瘦燕 (1909-1969)

- Female (Age unknown)
- Disease
 - Numbing Wind (Leprosy)
- Symptoms
 - Had numbing wind, eyebrows were the first to wither, insensitivity of the four limbs, with concurrent itching and numbness, as though insects/worms were crawling.
 - Pulse was moderate and rough.
- Diagnosis
 - Toxins in the lung.
- Prescription
 - Drain (All points bilateral)
 - LU-1, LU-3 & LU-2 – needled 3 fen deep to eliminate the toxic blood
 - LU-6 & LU-9 – needled 4 fen deep to eliminate the toxic blood
 - LI-14, LI-11, LI-7, LI-6 – needled 4 fen deep to eliminate the toxic blood
- Formula
 - Magic Elixir to Induce Sweating 表汗靈丹
 - Danggui 18g, Mahuang 18g, Manqianzi 9g



19

19

Zhōng Fǔ LU-1 中府

Case Study – 扁鵲心書 Bianque Xinshu (1146 CE)

- 有一人暑月飲食冷物，傷肺氣，致咳嗽胸膈不利，先服金液丹百粒，泄去一行，痛減三分，又服五膈散而安。
- There once was a person who in the summer month ate cold food and drink which damaged the lung qi, as a result there was a cough and the chest and diaphragm were inhibited, initially they were took Jinye Dan (Metal-fluid Pill), at 100 pills, once they were drained it at once moved, the pain was reduced by one tenth, and after taking Wu Ge San it settled.
- 但覺常發，後五年復大發，灸中府穴五百壯，方有極臭下氣難聞，自後永不再發。
- However, it frequently reoccurred, about 5 years later it returned vigorously, LU-1 was moxa ed with 500 cones, this prescription was enabled the most foul smelling discharge to descend, afterwards it never reoccurred.



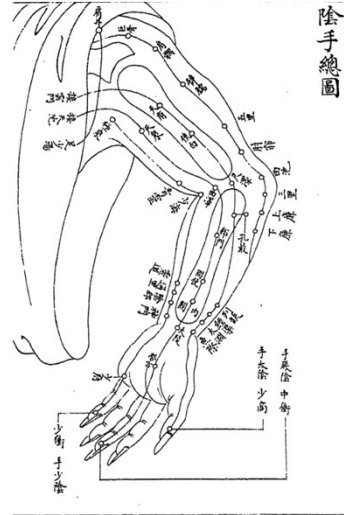
20

20

LU-2
Yún Mén

雲門

肺經第一穴
Lung Channel
Second Point



23

23

雲 門

Yún

• Cloud

Mén

• Gate

3/14/2022

Copyright Michael Brown

24

24

LU-2 Yún Mén 雲門

Location

Location

- 穴在巨骨下，俠氣戶旁二寸陷中，動脈應手，舉臂取之，去胸中行各六寸。
- This point is located below the clavicle, 2 cùn lateral to Qì Hù (ST-13) in the depression where the pulsating vessel resonates with the hand. Raise the arm to locate it, 6 cùn lateral to the midline of chest.
- 此穴主泄四肢之熱，其治與腰膈，肩膈，委中，大杼同。
- This point governs draining heat in the four limbs, its therapeutic effect is most similar to that of Yáo Shù (DU-2), Jiān Shù (SI-14/15), Wěi Zhōng (BL-40) and Dà Zhù (BL-11).



25

25

LU-2 Yún Mén 雲門

Functions

- Zhèng Kuíshān 鄭魁山 (1977)
 - 調理肺氣
 - Regulate and rectify the lung qi
- Yáng Jiǎsān 楊甲三 (1986)
 - 清肺理氣，瀉四肢熱
 - Clear the lung and rectify qi, drain heat in the four limbs
- Shí Xuémǐn 石學敏 (1980s)
 - 清肺熱，除煩滿，利關節
 - Clear lung heat, eliminate vexation and fullness, disinhibit the joints



26

26

LU-2 Yún Mén 雲門

Classical Diseases

- 肺之肺病：咳逆，喘不得息，胸脇短氣，氣上衝心，胸中煩滿，脇徹背痛，肩痛臂不舉，喉痺癭氣，傷寒四肢熱不已。
- Lung diseases of the lung: coughing counterflow, panting with inability to catch one's breath, chest and hypochondrium shortness of breath, qì surging up into the heart, vexation and fullness in the chest, pain penetrating through the hypochondrium to the back, shoulder pain with inability to lift the arm, throat impediment with goiter, cold damage causing incessant heat in the four limbs.



27

27

LU-2 Yún Mén 雲門

Modern Diseases

- Respiratory system
 - Cough, panting, pain and fullness within the chest, heat in the chest etc
- Draining Heat in the Four Limbs
 - Cold damage which has caused incessant heat in the four limbs, inability to lift the shoulder in addition to pain, which radiates to the supraclavicular fossa, pain in the rib-sides radiating to the upperback etc
- Others
 - Sudden heart and abdomen pain, mounting-qì surging into the heart, goitre-qì, cold reversal of the four limbs
- Modern Diseases
 - Coughs, chest pain, inflammation of the shoulder joint, allergies or pain in the lungs or bronchus



28

Yáng Jiǎsān 楊甲三 (1986)

28

LU-2 Yún Mén 雲門

Case Studies – Wáng Jūyì 王居易 (1937-2017)

- Ge M, Female, 53 years old, arrived 2011/06/16
- Main complaint
 - cough for 15 months
- Symptoms:
 - Cough with oppression in the chest, when cough is severe it will induce vomiting, as well as acid swallowing. Food and drink, urination and defecation were all regular, difficulty falling asleep
 - Tongue was coating was white, slightly red body, scant fluids
 - Pulse was slippery
- Diagnosis
 - Disease in the taiyin channels



29

29

LU-2 Yún Mén 雲門

Case Studies – Wáng Jūyì 王居易 (1937-2017)

- 1st: LU-5, SP-9, LU-6, BL-7 (L)
- 2nd: returned with lips which were easily cracked, red tongue, thick white coat on the tongue, string-like (wiry) pulse,
 - As the damp heat was not cleansed, the yin fluids were also damaged so eliminated SP-9, BL-7 from the above prescription, added LU-7, KI-6 to nourish yin and moisten dryness, also added SP-5 to eliminate dampness in the spleen channel
- 9 Sessions...
- After 12 sessions
 - Tapping/pressing on DU-14, DU-13,
 - Hitting/striking BL-13, BL-43, LU-1, LU-2
 - Needle LU-8, LI-11 and ST-40



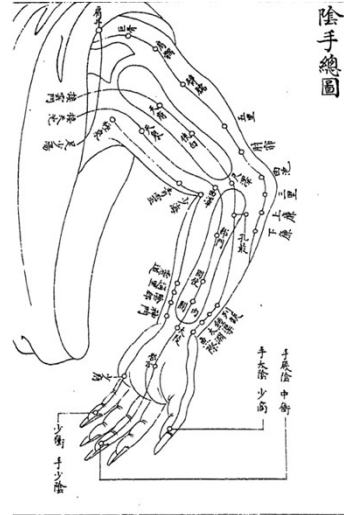
30

30

LU-5
Chǐ Zé

尺澤

肺經第一穴
Lung Channel
Fifth Point



31

31

尺 澤

Chǐ

• Cubit

Zé

• Marsh

3/14/2022

Copyright Michael Brown

32

32

Chǐ Zé LU-5 尺澤

Location

• Location

- 穴在肘中橫紋上動脈中，屈肘橫紋筋骨罅陷中。
- This point is located in the transverse crease in the elbow on the pulsating vessel, bend the elbow to form the transverse crease, it is within the depression between the tendon and bone.

• Category

- 手太陰肺脈所入爲合水肺實泄之。
- It is the place where the hand taiyin lung vessel enters and is categorised as uniting and water point, if the lung is in excess then drain it.



33

33

Chǐ Zé LU-5 尺澤

Functions

• Zhèng Kuíshān 鄭魁山 (1977)

- 調理肺氣，清熱和中
- Regulate and rectify the lung qi, clear heat and harmonise the centre

• Yáng Jiǎsān 楊甲三 (1986)

- 清泄肺熱，和胃理氣，舒筋止痛
- Clear and drain lung heat, harmonise the stomach and rectify qi, sooth the sinews and relieve pain

• Shí Xuémǐn 石學敏 (1980s)

- 疏經絡，清肺熱，降肺氣，通水道，和腸胃。
- Course the channels and network-vessels, clear lung heat, descend lung qi, free the water ways, harmonise the stomach and intestines



34

34

Chǐ Zé LU-5 尺澤

Classical Diseases

- 肺之肺病：肩臂痛，汗出中風，善嚏，悲哭，寒熱風痺，喉痺上氣，咳嗽唾濁，痰癰短氣，肺膨脹，勞熱喘滿，肺積息賁。
- Lung diseases of the lung: shoulder and arm pain, sweating and wind-strike, frequent sneezing, sorrow and crying, cold and heat, wind impediment, throat impediment, qì ascent, cough with turbid spittle, intervallic malaria with shortness of breath, swelling of the lung, taxation heat, panting and fullness, lung accumulation with rushing respiration.



35

35

Chǐ Zé LU-5 尺澤

Classical Diseases

- 肺之脾病：嘔吐口乾，四肢，腹腫。
 - Spleen diseases of the lung: retching, vomiting and dry mouth, swelling of the four limbs and abdomen.
- 肺之心病：心疼臂寒，心煩滿少氣。
 - Heart disease of the lung: heart pain with cold arms, heart vexation with fullness and scantness of breath.



36

36

Chǐ Zé LU-5 尺澤

Classical Diseases

- 肺之腎病：小便數，腰脊強痛。
 - Kidney disease of the lung: frequent urination and stiffness and pain of the lumbar spine.
- 肺之肝病：小兒慢驚風，臍肘攣，手臂不舉。
 - Liver disease of the lung: chronic fright wind in infants, upper arm and elbow hypertonicity, inability to lift the arm.



37

37

Chǐ Zé LU-5 尺澤

Modern Diseases

- Respiratory System
 - Cough, asthma (panting), expectoration of blood (cough), tidal heat effusion (hot flushes), painful distension in the chest and rib-sides
- Motor System
 - Swelling of the knee cap, quivering with cold and spasming, generalised pain, stiffness and pain of the lumbar spine, hypertonicity and pain of the elbow and arm, sudden swelling of the four limbs, inability to extend the hand (fingers)
- Nervous System
 - Heart pain, sadness with unhappiness on verge of crying, absence of pulse, chronic fright wind in children (convulsions)
- Urinary and Reproductive System
 - Enuresis, hernias around the genitals, amenorrhoea
- Digestive System
 - Acute vomiting and diarrhoea, dry tongue, vomiting of blood
- Modern Diseases
 - Pulmonary tuberculosis, pneumonia, bronchitis, asthma, sore and swollen throat, pleurisy, urinary incontinence, mental disorders (psychosis), childhood convulsions, hemiplegia, spasms in the forearm, neuralgia in the arm, erysipelas (cinnabar toxins)



38

Yáng Jiǎsān 楊甲三 (1986)

38

Chǐ Zé LU-5 尺澤 Combinations

ODE OF THE JADE DRAGON 《玉龍賦》

- 尺澤理筋急之不用。
- Chǐ Zé (LU-5) rectifies tension and inability to use the sinews.
- 尺澤合于曲池，療肘臂攣痛。
- Chǐ Zé (LU-5) together with Qū Chí (LI-11), cures hypertonicity and pain of the elbow and upper arm.

ODE OF THE SPIRITUAL LIGHT 《靈光賦》

- 吐血定喘，須補此穴。
- [To cease] blood ejection and stabilize panting, one must supplement this point.

ODE OF XÍ HÓNG 《席弘賦》

- 五般肘痛尋尺澤，太淵針後卻收功。
- For the five types of elbow pain, one must use Chǐ Zé (LU-5), and after [also] needling Tàì Yuān (LU-9) there will be successful [treatment].
- 治五般肘痛，又須針清冷淵以收功。
- It treats the five types of elbow pain, in addition it requires the needling of Qīng Lěng Yuān (SJ-11) for obtain successful [treatment].



39

39

Chǐ Zé LU-5 尺澤 Combinations

The Great Compendium of Acupuncture and Moxibustion 《針灸大成》

短氣：大陵尺澤。

- Shortness of breath: Chize LU-5 and Daling P-7

風痹：尺澤陽輔。

- Wind painful obstruction: Chize LU-5 and Yangfu GB-38

風痹：天井尺澤少海委中陽輔。

- Wind painful obstruction: Chize LU-5, Tianjing SJ-10, Shaohai HE-3, Weizhong BL-40 and Yangfu GB-38
- Contraction of the arm with tightness of the sinews of both hands resulting in inability to open the hands: Chize LU-5, Quchi LI-11, Yangchi SJ-4, Hegu LI-4 and Zhongzhu SJ-3
- Pain of the lumbar and lateral costal regions due to sprain: Chize LU-5, Renzhong DU-26 and Weizhong BL-40; afterwards needle Kunlun BL-60, Shugu BL-65, Zhigou SJ-6 and Yanglingquan GB-34



40

40

Chǐ Zé LU-5 尺澤

Ancestral Knowledge - Hè Pǔrén 賀普仁

- Chǐ Zé LU-5 尺澤 is the uniting water point of the hand taiyin lung channel, it is the place where the channel qi returns
- As the lung is the metal zang-viserca, water is that which generates metal, when metal is replete then drain the child, thus choose this is the point to choose when draining
 - It has the function of clearing and draining lung heat, diffusing and descending lung qi
- For diseases caused by external evils assailing the lung, phlegm heat brewing in the lung, evil heat exploiting vacuity which becomes yin vacuity with lung dryness resulting in the lung failing to diffuse and descend, the qi mechanism losing its regularity
 - This is the point to treat these diseases
- The elbow is also the place where the blood pours into the joint, as such, this point can also be bled to clear blood heat, drain evil toxins resulting from summer-heat, acute diseases or childhood fright epilepsy



3/14/2022

Copyright Michael Brown

41

41

Chǐ Zé LU-5 尺澤

Ancestral Knowledge - Lǐ Shìzhēn 李世珍

- Use draining method to clear lung-heat, diffuse the lung qi
 - It is like the herbs huangqin 黄芩, sangbaipi 桑白皮, zhimu 知母, pipaye 枇杷葉 etc
- Bleed it to drain the blood and dissipate heat
- Coughing of blood
 - Wind heat damaing the lung, with lung-metal dry-heat
 - Heat assailing the lung transforming into fire damaging the yin
 - Wood and fire invading metal causing the lung to fail to descend and diffuse
- Measles
 - Lung (LU-5)
 - Qi Layer (LU-5, LI-4)
 - Yangming Effulgent Heat (LU-5, ST-44)



3/14/2022

Copyright Michael Brown

42

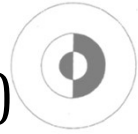
42

Chǐ Zé LU-5 尺澤

Case Study – Wáng Jūyì 王居易 (1937-2017)

Male, 50 years old – Seen in May 2012

- Chief Complaint
 - Coughing and panting (咳喘), with yellow-green phlegm for six days
- Symptoms
 - Coughing and panting, when continuous causing right side upper back pain, cough with yellow-green phlegm that is easy to expectorate
 - Dry mouth, thin yellow tongue coat, absence of coat on the tip, scant fluids
 - Deep and slippery pulse
- Diagnosis
 - Disease of the Hand taiyin Channel
- Points
 - 肺俞, 尺澤, 陰陵泉, 復溜
 - BL-13, LU-5, SP-9, KI-7



43

43

Chǐ Zé LU-5 尺澤

Case Study – Lù Shòuyàn 陸瘦燕 (1909-1969)

- Male (Age unknown)
- Disease
 - Pulmonary tuberculosis with right side arm problems
- Symptoms
 - Had pulmonary tuberculosis for many years, last year the right arm began to ache, was unable to lift it up, wasting of the flesh,
 - Face was ashen-white with lustreless complexion
 - Fine pulse
 - Thick coat on the tongue
- Diagnosis
 - Insufficient lung channel channel-qi, which allowed wind-cold evils to invade the vacuity
- Treatment Method
 - Eliminate the wind, free the [channel] and network vessels,
- Prescription
 - Supplement – LU-5 尺澤 (R), LU-2 雲門 (R), 肩髃 LI-15 (R),
 - Drain – LI-11 曲池 (R)



44

44

LU-7
Liè Quē

列缺

肺經第七穴
Lung Channel
Seventh Point



46

46

列 缺

Liè

• Sequence

Quē

• Deviating

3/14/2022

Copyright Michael Brown

47

47

Liè Quē 列缺 (LU-7) Information

Location

- This point is 1 cun 5 fen from the side of the wrist, use the two index fingers to insect, [where] the index fingers terminates, in the depression between the two ligaments, this is the point.

Classification

- As the confluent point of the ren vessel
- As the network-vessel point of the lung



48

48

Liè Quē LU-7 列缺 Functions

- Zhèng Kuíshān 鄭魁山 (1977)
 - 調理肺氣，疏通經絡。
 - Regulate and rectify the lung qi, free the channel and quicken the network vessels,
- Yáng Jiǎsān 楊甲三 (1986)
 - 宣肺理氣，通經活絡，利水通淋。
 - Diffuse the lung and regulate qi, free the channel and quicken the network vessels, disinhibit water and free strangury
- Shí Xuémǐn 石學敏 (1980s)
 - 宣肺理氣，疏風解表，通經活絡，利咽寬膈
 - Diffuse the lung and rectify qi, course wind and release the exterior, free the channels and quicken the network vessels, disinhibit the throat and relax the diaphragm



49

49

Liè Quē LU-7 列缺

Classical Diseases

- 肺之肺病：寒熱瘧，嘔沫，咳嗽，善哭〔笑〕，縱唇口，屍厥，寒熱，交兩手而瞀，實則胸背熱，汗出，四肢暴腫，虛則胸背寒慄，少氣不足以息，肩臂痛。
- Lung disease of the lung: cold and hot malaria, vomiting of foam, cough, frequent crying, protracted lip and mouth, deathlike reversal, chills and fever, crossing of both hands with visual distortion, excess causing heat in the chest and back, sweating, sudden swelling of the four limbs, deficiency causing cold shuddering of the chest and back, scantness of breath with inability to breath, shoulder and arm pain.



50

50

Liè Quē LU-7 列缺

Classical Diseases

- 肺之心病：健忘。
- Heart disease of the lung: forgetfulness.
- 肺之脾病：面目、四肢癰腫。
- Spleen disease of the lung: swollen welling abscesses of the face, eyes and four limbs.



51

51

Liè Quē LU-7 列缺

Classical Diseases

- 肺之肝病：偏風，口眼歪斜，手腕無力，半身不遂，掌中熱，口噤不開，驚癇妄見。
- Liver disease of the lung: hemilateral wind, deviated eyes and mouth, lack of strength in the hand and wrist, hemiplegia, heat in the palms, clenched jaw that cannot open, fright epilepsy with hallucinations.
- 肺之腎病：溺血精出，陰莖痛，小便熱。
- Kidney disease of the lung: bloody urine and seminal loss, pain in the penis, hot urination.



52

52

Liè Quē LU-7 列缺

Modern Diseases

- Respiratory system diseases
 - Cough, asthma and painful swollen throat
- Nervous system diseases
 - hemiplegia, facial nerve paralysis, clenched jaw (lockjaw), unilateral headache, epilepsy
- Urinary system diseases
 - bloody urine, seminal loss, pain in the penis, hot urine, difficulty urinating, painful urination
- Digestive system diseases
 - Abdominal pain and diarrhoea, dysentery, blood ejection, dysphagia
- Cardiovascular system diseases
 - pain in the heart and chest
- Gynecology and obstetric diseases
 - Inability to speak after birthing, retention of dead foetus, mammary welling-abscess.
- Others
 - Tooth pain, malaria, back pain, wind papules, sudden swelling of the four limbs
- Modern Diseases: hemiplegia, hypertension,
 - Common colds, asthma, unilateral headache, spasms of facial nerves, palsy, trigeminal neuralgia, nocturnal emissions, toothache, local diseases around the wrist

Yáng Jiǎsān 楊甲三 (1986)



53

53

大肠主肺之客 Large Intestine Governs the Guest of the Lung

Great Compendium of Acupuncture and Moxibustion 《針灸大成》, 1601 CE



54

54

大肠主肺之客 Large Intestine Governs the Guest of the Lung

- 陽明大腸俠鼻孔，面痛齒疼腮頰腫，
- As the yangming large Intestine [channel] clasps the sides of the nostril, [for] facial pain, toothache and swelling of the cheeks
- 生疾目黃口亦幹，鼻流清涕及血湧，
- As well as yellowing of the eyes during illness in addition to dryness of the mouth, runny nose with clear snivel and blood ejection
- 喉痺肩前痛莫當，大指次指為一統，
- And throat impediment, pain in front of the shoulder; at the index finger they unite,
- 合谷，列缺取為奇，二穴針之居病總。
- Choose **Hé Gǔ (LU-4)** and **Liè Quē (LU-7)** for miraculous [effect], needle these two points to treat this compilation of diseases
- 可刺手陽明大腸原，復刺手太陰肺經絡。
- One can pierce the hand yangming large intestine yuan-source [point], in addition to the hand taiyin lung channel network [point].



Great Compendium of Acupuncture and Moxibustion 《針灸大成》, 1601 CE

3/14/2022

Copyright Michael Brown

55

55

任脈列缺穴主治歌

Poem of Rèn vessel [diseases] Liè Quē governs and treats

Yi Zōng Jīn Jiàn 《醫宗金鑑》 1724 CE



图 404 任脉列缺穴图

56

56

任脈列缺穴主治歌

Poem of Rèn vessel [diseases] Liè Quē governs and treats

- 痔瘡肛腫洩痢纏，吐紅溺血嗽咳痰，牙疼喉腫小便澀，心胸腹疼噎咽難，
- Disturbed by haemorrhoids, rectal swelling (prolapse), diarrhoea, vomiting, bloody urine, productive cough with phlegm,
- Toothache, swollen throat, difficult urination, Heart, chest and abdominal pain, obstruction in the throat with difficulty [breathing]
- 產後發強不能語，腰痛血疾臍腹寒，死胎不上攻膈，列缺一刺病乃痊。
- Postpartum with severe aphasia, lumbar pain, blood ejection, naval and abdomen pain
- Retention of dead foetus assailing the diagram, pierce Liè Quē (LU-7) once and the those suffering from the disease will recover

Yi Zōng Jīn Jiàn 《醫宗金鑑》 1724 CE

3/14/2022

Copyright Michael Brown



57

57

Liè Quē LU-7 列缺

As the Confluent Point for the Ren Vessel

Nanjing Difficulty 28 二十八難

- 任脈者，起於中極之下，以上毛際，循腹裏，上關元，至喉咽。
- The ren vessel, it commences below Zhōng jí (REN-3), ascends the pubic hair region, follows the interior of the abdomen, ascends Guān Yuán (REN-4), to arrive at the throat (laryngopharynx).

- The Eight Confluent Points 八穴交會 1295 CE
- 列缺（通任脈）。照海（通陰蹻）。合於肺系喉嚨胸膈。
- LU-7 (connects with the ren vessel), KI-6 (connects with the yīn qiāo), they unite at the lung connector, the throat, chest and diaphragm.



3/14/2022

Copyright Michael Brown

58

58

Liè Quē LU-7 列缺

As the Confluent Point for the Ren Vessel

In the Compass to the Acupuncture Classics (針經指南) 1295 CE lists 31 signs that Lie Que LU-7 can treat and designates one (or sometimes two) zang-viscera and fu-bowels based on that disease

Examples

- 寒痛泄瀉（脾）。
- Cold pain with diarrhoea (spleen),
- 產後腰痛（腎、肝）。
- postpartum lumbar pain (kidney, liver),
- 齒腫痛（胃、大腸）。
- tooth swelling and pain (stomach, large intestine)



3/14/2022

Copyright Michael Brown

59

59

Liè Quē LU-7 列缺

As the Confluent Point for the Ren Vessel

In the Compass to the Acupuncture Classics (針經指南) 1295 CE lists 31 signs that Lie Que LU-7 can treat and designates one (or sometimes two) zang-viscera and fu-bowels based on that disease

Examples

- 寒痛泄瀉（脾）。
- Cold pain with diarrhoea (spleen),
- 產後腰痛（腎、肝）。
- postpartum lumbar pain (kidney, liver),
- 齒腫痛（胃、大腸）。
- tooth swelling and pain (stomach, large intestine)



3/14/2022

Copyright Michael Brown

60

60

Liè Quē LU-7 列缺

As the Confluent Point for the Ren Vessel

Further, the Complete Collection Of Acupuncture and Moxibustion 《針灸大全》 1439 CE lists point combinations with Lie Que LU-7.

Examples

- 鼻流涕臭，名曰鼻淵：曲差上星百會風門迎香。
- Running nose with foul smell is called deep-source nasal congestion (sinusitis/rhinitis): DU-23, DU-20, BL12, LI-20
- 三焦極熱，舌上生瘡：關衝外關人中迎香金津玉液地倉。
- Utmost heat of the sānjiāo engendering sores on the tongue: SJ-1, SJ-5, DU-26, Jin-Jin Yu-Ye (M-HN-20), ST-4
- 胸膈痞結：湧泉少商膻中內關。
- Glomus and bind in the chest and diaphragm: KI-1, LU-11, REN-17, PE-6.



3/14/2022

Copyright Michael Brown

61

61

Liè Quē LU-7 列缺 Combinations

Ode to the Jade Dragon 《玉龍賦》

- 兼太淵，治咳嗽風痰。

Together with Tàì Yuān, treats cough with wind-phlegm.

Ode of the Orchid River 《蘭江賦》

- 頭部痛須尋列缺，痰涎壅塞咽乾。

For head region pain one must use Liè Quē (LU-7), also for congestion of phlegm drool, or dry throat.

Ode of Xí Hóng 《席弘賦》

- 氣刺兩乳求太淵，未應之時瀉列缺。

For qì (i.e. breathing) that [feels like] piercing between the two breasts search for Tàì Yuān (LU-9), if it is not successful then drain Liè Quē (LU-7).

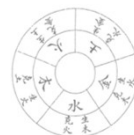
- 列缺頭痛及偏正，重瀉太淵無不應。

Liè Quē (LU-7) for headache that is predominantly to one side, if severe then drain Tàì Yuān (LU-9) if it is not successful.

3/14/2022

Copyright Michael Brown

62



62

Liè Quē LU-7 列缺 Combinations

Ode of the Essentials for Penetrating Mysteries 《通玄指要賦》

- 堪治咳嗽寒痰。

Suitable to treat cough with cold phlegm.

Song of the Four Command Points 《四總穴》

- 頭項須尋列缺。

For head and nape one must use Liè Quē (LU-7).

Mǎ Dān-Yáng's Twelve Heavenly Star Points 《馬丹陽天星十二穴》

- 列缺腕側上，次指手交叉，善療偏頭患，遍身風痺麻，

Liè Quē (LU-7) is above and on the side of the wrist, use the forefinger to intersect [to locate it], favourable for those suffering one sided headache, generalised [i.e. whole body] wind impediment with tingling,

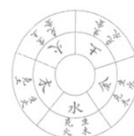
- 痰涎頻壅上，口噤不開牙，若能明補瀉，應手即如拿。

Frequent obstruction phlegm and drool in the upper, clenched jaw as such the teeth cannot part, if one understands tonification and drain then treatment will as simple as picking an object.

3/14/2022

Copyright Michael Brown

63



63

Liè Quē LU-7 列缺

Case Studies – Lù Shòuyàn 陸瘦燕 (1909-1969)

Throat pain / female, 20 years old

Initial Diagnosis

- swelling of the throat causing pain, trouble swallowing, inhibited cough, red tongue with scant coat, string-like and tight pulse,

Pattern

- Wind-heat obstructing the lung (風熱肺閉)

Treatment

- Clear heat and diffuse the lung (清熱宣肺).

Prescription

- (LU-11), (LU-5), (LU-4), (LU-3), (LI-4), ST-40, Bleed LU-11

Second Diagnosis

- 30 minutes after treatment, the swelling and pain in the throat dissipated, was able to swallow unobstructed, the tongue became whiter with glossier coat, the pulse was floating,
- Once again the treatment is to diffuse the lung and transform phlegm (宣肺化痰).

Second acupuncture formula:

- LU-7, LI-4, ST-40, Bleed LU-11



64

64

Liè Quē LU-7 列缺

Case Studies - Yang Jizhou 楊繼洲 (1601 CE)

- 戊辰歲，戶部王縉庵公乃弟，患心癇疾數載矣。
- In Year Wù Chén (1562 CE), the younger brother of Ministry of Revenue official Wáng Jìn'ān has suffered from heart epilepsy for several years.

- 徐堂翁召余視之，須行八法開闔方可，公如其言。而刺照海、列缺，灸心俞等穴，
- The elder Xú Tǎng summoned me for a visit. "We must perform the Eight Method Opening and Closing!" said the official. I then needled Zhào Hǎi (KI-6) and Liè Quē (LU-7), as well as performing moxa on Xīn Shù (BL-15) and other points.

- 其針待氣至，乃行生成之數而愈。凡治此症，須分五癇，此卷前載之詳矣，茲不悉錄。
- Once the qì arrived, I performed with the needle the number of engenderment and completion; as a result, the person recovered. In general, to treat this pattern, one must discern the five [types] of epilepsy, which are recorded in detail in the chapter prior; thus, I am not copying them here.



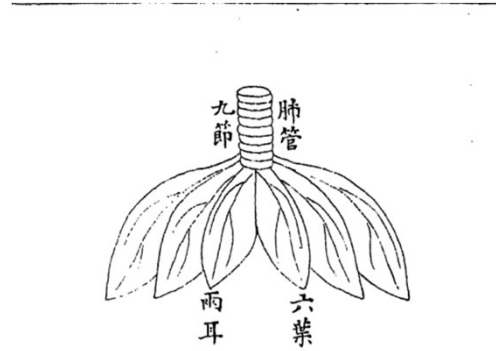
65

65

LU-9
Tài Yuān

太淵

肺經第九穴
Lung Channel
Nineth Point



66

66

太 淵

Tài

• Great

Yuān

• Abyss

3/14/2022

Copyright Michael Brown

67

67

Tài Yuān LU-9 太淵

Information

Location

- 穴在掌後內側，橫紋頭動脈中，
- This point is located behind the palm on the inner [aspect], at the transverse crease on top of the pulsating vessel.
- 肺脈所注為膺土，肺虛補之。
- It is the place where lung vessel pours and is categorized as stream and earth point, if the lung is deficient then tonify it.

Categories

- Yuan-Source Point
- Hui-Meeting Point



68

68

Tài Yuān LU-9 太淵

Functions

- Zhèng Kuíshān 鄭魁山 (1977)
 - 調理肺氣，止咳化痰
 - Regulate and rectify the lung qi, stop cough and transform phlegm
- Yáng Jiǎsān 楊甲三 (1986)
 - 調肺氣，通血脈
 - Regulate the lung qi, free the blood-vessels
- Shí Xuémǐn 石學敏 (1980s)
 - 清肺理氣，潤肺利咽，疏經通絡
 - Clear the lung and regulate qi, moisten the lung and disinhibit the throat, course the channels and free the network-vessels



69

69

Tài Yuān LU-9 太淵

Classical Diseases

- 肺之肺病：胸痺逆氣，善噦嘔，飲水咳嗽，煩悶不得眠，肺膨脹，臂內廉痛，乍寒乍熱，缺盆中引痛，掌中熱，數欠，肩背痛，寒喘不得息，咳血，振寒，咽乾。
- Lung diseases of the lung: chest impediment with counterflow qi, frequent retching and vomiting, coughing when drinking water, vexation and oppression with sleeplessness, swelling and distension of the lung, pain of the inner aspect of the arm, sudden bouts of chills and fever, radiating pain in the supraclavicular fossa, heat in the palms, pain of the shoulder and back, cold panting with inability to catch breath, coughing of blood, shivering with cold, dry throat.



70

70

Tài Yuān LU-9 太淵

Classical Diseases

- 肺之心病：心痛脈澀，狂言口僻。
- Heart disease of the lung: heart pain with rough pulse, manic raving and deviated mouth.
- 肺之脾病：噫氣，上逆，嘔血。
- Spleen disease of the lung: belching, counterflow ascent, blood ejection.



71

71

Tài Yuān LU-9 太淵 Classical Diseases

- 肺之肝病：目生白翳，眼痛赤。
- Liver diseases of the lung: white eye screen(s), painful and red eyes.
- 肺之腎病：溺色變，卒遺矢無度。
- Kidney diseases of the lung: sudden change of urine colour, acute faecal incontinence.



72

72

Tài Yuān LU-9 太淵 Modern Diseases

- Respiratory system diseases
 - Cough, panting, haemoptysis and chest and upper back pain
- Digestive system diseases
 - Abdominal distension, belching, dysentery, vomiting, haematemesis (vomiting of blood)
- Cardiovascular system diseases
 - Conditions where the pulse is absent, heart pain
- Others
 - Tooth pain, headache, pain in the supraclavicular fossa, eye pain with screens, dry throat, throat impediment, febrile disease with absence of sweating, vexation and fullness, heat in the palms, pain and strength in the hands and wrist with no strength
- Modern Diseases:
 - Pulmonary emphysema, bronchitis, whooping cough, influenza, asthma, pulmonary tuberculosis, intercostal nerve pain, keratitis, insomnia, deafness, amenorrhea,



73

Yáng Jiǎsān 楊甲三 (1986)

73

肺之主大腸客 Lung Governs as Guest of the Large Intestine

Great Compendium of Acupuncture and Moxibustion 《針灸大成》, 1601 CE



74

74

肺之主大腸客 Lung Governs as Guest of the Large Intestine

- 太陰多氣而少血，心胸氣脹掌發熱，喘咳缺盆痛莫禁，咽腫喉幹身汗越，
- Tàiyīn has copious qì and scant blood, heart and chest qì distention, heat effusion in the palms,
- Panting and coughing, pain in Quē Pén (ST 12) that is unbearable, swelling in the pharynx, dry larynx, increasing body sweats
- 肩內前廉兩乳疼，痰結膈中氣如缺，所生病者何穴求，太淵，偏歷與君說。
- Inner, front and side shoulder [pain] and pain in both breasts, phlegm binding the qì in the diaphragm feeling like there is shortage [of qì],
- [If there are these] diseases engendered by [these organs], which point to seek? Tài Yuān (LU-9) and Piān Lì (LI-6) together and the gentleman will be pleased.

Great Compendium of Acupuncture and Moxibustion 《針灸大成》, 1601 CE

3/14/2022

Copyright Michael Brown

75



75

Tài Yuān LU-9 太淵 Combinations

Ode to the Jade Dragon 《玉龍賦》

- 咳嗽風痰，太淵列缺宜刺。
- For coughing and wind-phlegm, Tài Yuan (LU-9) and Liè Quē (LU-7) are appropriate to pierce.

Ode to Xí Hóng 《席弘賦》

- 氣刺兩乳求太淵，未應之時針列缺。
- For qì (i.e. breathing) that [feels like] piercing between the two breasts search for Tài Yuān (LU-9), if it is not successful then drain Liè Quē (LU-7).
- 五般肘痛尋尺澤，太淵針後卻收功。
- For the five types of elbow pain one must use Chǐ Zé (LU-5), and after [also] needling Tài Yuān (LU-9) there will be successful [treatment].
- 列缺頭痛及偏正，重瀉太淵無不應。
- Liè Quē (LU-7) for headache that is predominantly to one side, and once again drain Tài Yuān (LU-9) if it is not successful.



3/14/2022

Copyright Michael Brown

76

76

Tài Yuān LU-9 太淵 Combinations

Great Compendium 《大成》

- For nasal congestion and an inability to smell fragrances
- Initial: LI-20, DU-23, BL-5 and LI-19
- Subsequent: DU-26, DU-16, Bailao (EX-HN15), LU-9

Classic of Supporting Life 《資生經》

- 太淵、肺俞、上管、條口、隱白 治不可臥
- LU-9, BL-13, REN-13, ST-38, SP-1 treat inability to lie down



3/14/2022

Copyright Michael Brown

77

77

Tài Yuān LU-9 太淵

Case Study – Lù Shòuyàn 陸瘦燕 (1909-1969)

- Female (20), 1964/05/16
- Disease
 - Fixed impediment
- Symptoms
 - Aching pain in the left leg and calf, has had trouble walking for 7 years, the swelling has not decreased after treatment(s), the swelling is hard and firm to press, also has tuberculosis lesions in the left lung, has been recuperating at home
 - Ordinarily, feels quite tired and has aching in the legs, feels tired after standing for long periods, easily contracts colds,
 - The complexion still has lustre, but slightly pale
 - Pulse: thin and slippery
 - Tongue: has a thick greasy coat, with teeth marks
- Disease
 - Initially tàiyáng contraction, the damp evil became lodged, the disease enter into the network-vessels, the depressed evil also became stagnant
- Treatment
 - Regulate both the branch and root
- Prescription
 - BL-13 +, BL-20 +, SP-9 – (L), BL-55 – (L), BL-39 – (L), BL 56 – (L)



78

78

Tài Yuān LU-9 太淵

Case Study – Lù Shòuyàn 陸瘦燕 (1909-1969)

Female (20), 1964/05/16

- Second Diagnosis (2 weeks later)
 - The aching pain in the leg and calf greatly eased, the hardness of the swelling reduced
 - Supplement: BL 20, BL 13, BL 44, LU 9
 - Drain: GB 34 (L), BL39 (L),
- Third Diagnosis (19 days later)
 - Supplement: BL-13, LU-9
 - Drain: GB-34 (L), BL-39 (L), BL-56 (L)



79

79

Zhōng Fǔ LU-1 中府

Case Study – Lù Shòuyàn 陸瘦燕 (1909-1969)

Female (20), 1964/05/16

- Fourth Diagnosis (11 days later)
 - Lung ha become increasingly regulated and dampness eliminated, tuberculosis feeling better, zheng [qi] still vacuous, latent heat evil accumulated in the interior, regulate the branch and root.
 - Supplement: BL-13, LU-9, BL43
 - Drain: GB-34 (L), BL-55 (L), BL-56 (L)
- Fifth Diagnosis (5 days later)
 - Cough has reduced, the patient's condition has steadily improved, so continue with treatment
 - Supplement: BL-13, BL-44, LU-9, BL-20
 - Reduce: BL-55 (L), BL-56 (L)
- 16 Treatments in total



80

80

Zhōng Fǔ LU-1 中府

Case Study – Wáng Lèting 王樂亭 (1895-1984)

Hao, Female (28), 1960/05/06

- Main Complaint
 - Painful and Blocked Urination
- Symptoms
 - Has had urinary stoppage since two days after childbirth, distending pain in the lower abdomen, dizziness and flowery vision, fatigue of the essence and spirit, can eat only little, restless sleep, three days to pass a stool, worse with pressure
 - Always short of breath, and incessantly groans (in pain)
 - Tongue: pale red, thick white coat
 - Pulse: deep and fine
- Pattern
 - Postpartum dual qi and blood vacuity, with inhibition of the bladder qi transformation
- Prescription
 - REN-12, ST-36, LU-9, GB-39, Longmen (Extra Point), REN-4 (Moxa)
 - Every 10 minutes rotate the needles, needles retained for 40 minutes



81

81

Thank you!

Next week we will be studying the spleen.

Any questions, please contact Global branches or myself.

3/14/2022

Copyright Michael Brown

82