

足太陰脾經穴

The Foot Taiyin Spleen Channel and Points

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足太陰脾經穴

Foot Taiyin Spleen Channel and Points

- Overview of the spleen physiology
- Discussion of the spleen channel
- Spleen points
 - SP-1
 - SP-3
 - SP-4
 - SP-5
 - SP-6
 - SP-9



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足太陰脾生理

Foot Taiyin Spleen Physiology

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



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足太陰脾經脈

Foot Taiyin Spleen Channel and Network Vessel

- 脾足太陰之脈，起於大趾之端，
- 循趾內側白肉際，過核骨後，
- 上內踝前廉，上踰內，
- 循脛骨後，交出厥陰之前，
- 上膝股內前廉，
- 入腹，屬脾，絡胃，
- 上膈，挾咽，連吞本，散舌下；
- 其支者，復從胃，別上膈、注心中。



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足太陰脾經脈

Foot Taiyin Spleen Channel and Network Vessel

脾足太陰之脈，起於大趾之端，循趾內側白肉際，過核骨後，

- The vessel of the spleen foot taiyin, it commences at the tip on the big toe, it follows the boundary of the white flesh on the inside of the toe/foot, traverses over the node bone,

上內踝前廉，上踰內，循脛骨後，交出厥陰之前，

- It ascends in the front aspect of the inner ankle bone, ascends on the inner [aspect] of the leg, follows behind the shin bone, intersects and merges in front of the juéyīn [vessel],

上膝股內前廉，入腹，屬脾，絡胃，上膈，挾咽，連舌本，散舌下；

- It ascends the knee and along in inner aspect of the thigh, enters the abdomen, adjoins to the spleen, networks to the stomach, ascends the diaphragm, clasps the throat, ascends to link with the root of the tongue, where it disperses below the tongue

其支者，復從胃，別上膈、注心中。

- A branch, returns to the stomach, diverges to ascend the diaphragm, and pours into the heart.



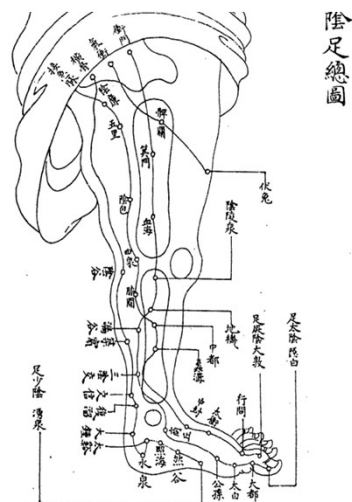
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SP-1
Yǐn Bái

隱白

脾經第一穴
Spleen Channel
First Point



6

6

隱 白

Yǐn

• Hidden

Bái

• White

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Yǐn Bái SP-1 隱白 Information

• Explanations of Channels and Points

- 穴在足大指端內側，去爪甲角如韭葉，脾脈所出為井木。《素》注：鍼一分，留三呼。《銅人》：鍼三分，灸三壯。
- This point is located on the inside of the big toe, at one chive leaf's width from the nail corner.
- The spleen vessel emerges here, as the well and wood [point].
- The Sùzhù states "needle 1 fēn, retain for 3 respirations."



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五腧穴

Five Shu-Transport Points

- 六十八難曰：五藏六府，各有井榮俞經合，皆何所主？
- 68th Difficulty states: the five zang and six fu, each have a jing, ying, shu, jing and he [point], what is it that they all govern?
- 然：經言所出為井，所流為榮，所注為俞，所行為經，所入為合。
- Answer: the classic states, what emerges is the jing, what gushes is the ying, what pours is the shu, what flows is the jing, what enters is the he.
- 井主心下滿，榮主身熱，俞主體重節痛，經主喘咳寒熱，合主逆氣而泄。
- Jing governs fullness below the heart, ying governs generalised heat, shu governs heaviness and pain in the body and joints, jing governs panting, cough and cold and heat, he governs counterflow qi and leakage.
- 此五藏六府其井榮俞經合所主病也。
- This is what diseases the jing, ying, shu, jing and he points of the of the five zang and six fu govern.



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Yīn Bái SP-1 隱白

- Zhèng Kuíshān 鄭魁山 (1977)
 - 開竅醒神，益氣統血
 - Opens the orifices arouses the spirit, increase the qi and control the blood
- Yáng Jiǎsān 楊甲三 (1986)
 - 補脾攝血，蘇厥，通經
 - Supplements the spleen and contains the blood, revive consciousness, free the channel/menstruation
- Shí Xuémǐn 石學敏 (1980s)
 - 健脾和胃，益氣統血，安神定志
 - Fortify the spleen and harmonise the stomach, increase the qi and control the blood, quiten the spirit and stabilise the mind



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Yǐn Bái SP-1 隱白

Modern Diseases (Yáng Jiǎsān 楊甲三 1986)



- Digestive System
 - abdominal distension, sudden diarrhea, frequency to vomit, inability to eat, bloody stool, hematemesis, etc
- Respiratory System
 - fullness in the chest, heat within the chest, cough, panting, etc
- Nervous System
 - vexation and tendency to sorrow, chronic fright-wind (epilepsy), mania and withdrawal, nightmares, deathlike reversal, stroke etc
- Gynaecology and obstetrics
 - prolonged and incessant menstruation, flooding and spotting, vaginal discharge (leucorrhoea), etc
- Cardiovascular System
 - chest pain, heart pain, etc
- Others: spontaneous external bleeding, haematuria, hernia, cold feet with inability to walk, etc
- Modern Diseases: dysfunctional uterine bleeding, uterine convulsions/spasms, hemiplegia, infantile convulsions, peritonitis, acute enteritis, cold feet



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Yǐn Bái SP-1 隱白

Classical Diseases



- 脾之脾病：腹脹嘔吐，食不下暴泄。
- Spleen diseases of the spleen: abdominal distension with retching and vomiting, inability to get food down with sudden diarrhoea.
- 脾之肺病：喘滿不得卧，胸中熱，衄血。
- Lung diseases of the spleen: panting and fullness with inability to lie down, heat in the chest, spontaneous nosebleeds.



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Yǐn Bái SP-1 隱白 Classical Diseases

- 脾之腎病：足寒不能溫，婦人月事過經不止。
- Kidney diseases of the spleen: cold feet with inability to warm [them], incessant, prolonged menstrual periods in women.
- 脾之肝病：小兒客忤，慢驚風，屍厥不識人。
- Liver diseases of the spleen: child visiting hostility, chronic fright wind, deathlike reversal with inability to recognise people.



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Yǐn Bái SP-1 隱白 Combinations

- The Classic of Supporting Life 針灸資生經 1220 CE
 - 隱白、天府、陰陵泉、治不得臥。
 - SP-1, LU-3, SP-9 treats inability to lie down.
 - 太淵、肺俞、上管、條口、隱白、療不可臥
 - LU-9, BL-13, REN-13, ST-40, SP-9 cure inability to lie.
- Complete Compendium 針灸大成 1601 CE
 - 〔第六十九〕赤白痢疾。Red and/or white dysentery
 - 如赤：內庭天樞隱白氣海照海內關。
 - For red: ST-44, ST-25, SP-1, REN-4, KI-6, PE-6.
 - 如白，裡急後重，大痛者：外關中脘隱白天樞申脈。
 - For white, with tenesmus and/or severe pain: SJ-6, REN-12, SP-1, ST-25, BL-62.



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Yǐn Bái SP-1 隱白

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



- Liu 49 female, 2011/09/15
- Main Complaint
 - Profuse menstruation (menorrhagia) for several years, becoming increasingly severe for the last 3 years
- Symptoms
 - Irregular menstrual cycle, often 1 cycle every 2 months. On the 4th of this month (September), it bleed for 11 days, everyday change 2-3 pads, blood colour is dark, with large clots.
 - Tongue was pale with thick coat
 - Pulse was deep, weak and fine
 - Ever since she was menstruating she has had anemia, 3 years earlier it became very serious, had a dilation and curettage (D&C) performed, the western doctors said she had endometriosis.
- Channel Diagnosis
 - Abnormalities in the juéyīn, taiyīn and yangmíng channels
- Diagnosis
 - Disease in the Taiyin and Jueyin channels



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Yǐn Bái SP-1 隱白

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



- Selected Channels
 - Foot taiyin and foot juéyīn channels
- Points
 - SP-1 (moxa for 20 mins), LR-3 and LR-8
- Second Diagnosis (No date)
 - Before the diagnosis the bleeding had already lessened to about half, the pulse image compared to before was also more forceful
 - SP-1 (moxa for 20 mins), LR-3 and LR-5
- Third Diagnosis (No date)
 - The heaviness of the blood continued to decrease, now the symptoms were absent.
 - SP-1 (moxa for 20 mins) to consolidate
- In total, 3 diagnoses for complete recovery, however the patient returned to their hometown so was unable to continue further treatment.



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Diagram illustrating the Five Elements (Wuxing) associated with the human body. The diagram shows a man in traditional Chinese attire, with lines connecting various parts of his body to labels in Chinese characters, representing the Five Elements (Wuxing) and their corresponding organs and colors.

- Top (Heaven):** 大包 (Dabao) - 周榮 (Zhourong)
- Right Side (Earth):** 地機 (Diji) - 陰陵泉 (Yinlingquan) - 血海 (Xuehai) - 衝門 (Chongmen)
- Left Side (Metal):** 肺經 (Feijing) - 尺部 (Chibu) - 肘心 (Zhouxin) - 大橫 (Daxing)
- Bottom (Water):** 涌泉 (Yongquan) - 三陰交 (Sanyinjiao) - 商丘 (Shangqiu) - 太白 (Taibai) - 隱白 (Yinbai)

18

太

Tài

- Supreme

白

Bái

- White

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Tài Bái SP-3 太白 Information

• Explanations of Channels and Points

- 穴在足大指內側，內踝前核骨下陷中，脾脈所注為膈土。《銅人》：鍼三分，灸二壯。
- This point is located on the inside of the big toe, in the depression below the node bone in front of the inner ankle [bone].
- The spleen channel pours here, as the stream and earth [point].
- The Tóng rén states “needle 3 fēn, moxa 2 cones.”



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Tài Bái SP-3 太白

Functions

- Zhèng Kuíshān 鄭魁山 (1977)
 - 健脾利濕，通調腸胃
 - Fortify the spleen and disinhibit dampness, free and regulate the stomach and intestines
- Yáng Jiǎsān 楊甲三 (1986)
 - 健脾和胃，活絡止痛。
 - Fortify the spleen and harmonise the stomach, invigorate the network-vessels and stop pain.
- Shí Xuémǐn 石學敏 (1980s)
 - 功能：健脾和胃，理氣化濕。
 - Fortify the spleen and harmonise the stomach, rectify qi and transform dampness.



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Tài Bái SP-3 太白

Modern Diseases

- Digestive System
 - Stomach pain, abdominal distension, abdominal pain, rumbling intestines, vomiting, diarrhoea, dysentery, constipation, hunger with no desire to eat, frequent belching, indigestion
- Intestinal Disorders
 - Haemorrhoids (piles) and fistulas
- Cardiovascular system
 - Heart pain with a moderate pulse, chest and rib-side distension and pain
- Motor system
 - Generalised body pain, thigh, knee and calf (lower leg) pain, heavy body with painful joints, wilting (atrophy)
- Others
 - Leg qi, generalised heat with vexation and fullness.
- Modern
 - Stomach convulsions (cramps), vomiting, indigestion, distension of the abdomen, constipation, mounting, rectal bleeding, enteritis, dysentery, lower back pain, paralysis or pain of the lower limbs



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Tài Bái SP-3 太白

Classical Diseases

- 脾之脾病：身熱煩滿，腹脹食不化，嘔吐，泄瀉膿血，氣逆霍亂，腹中切痛，腸鳴。
- Spleen diseases of the spleen: generalized heat [effusion] with vexation and fullness, abdominal distension with non-transformation of food, retching and vomiting, diarrhoea with pus and blood, qì counterflow and sudden turmoil, stabbing pain in the abdomen, rumbling intestines.
- 脾之肝病：腹脹胸滿。
- Liver disease of the spleen: abdominal distension and fullness of the chest.



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Tài Bái SP-3 太白

Classical Diseases

- 脾之腎病：腰痛，大便難。
- Kidney diseases of the spleen: lumbar pain, difficulty defecating.
- 脾之肝病：膝股胛痠，轉筋身重，骨痛。
- Liver diseases of the spleen: aching of the knee, thigh, and lower leg, cramping, heavy body, and bone pain.
- 脾之心病：胃心痛，心痛脈緩。
- Heart diseases of the spleen: stomach heart pain, heart pain with a moderate pulse.



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脾主胃客

Spleen Host, Stomach Guest

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



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Tài Bái SP-3 太白 Spleen Host, Stomach Guest

- 脾經為病舌本強，嘔吐胃翻疼腹臍，陰氣上衝噫難瘳，體重不搖心事妄，
- When the spleen channel is diseased, there will be stiffness at the root of the tongue; retching and vomiting, stomach reflux and pain in the abdomen, yin qi surging upwards and belching that fails to resolve, heaviness in the body with an inability to sway it side-to-side, and wild thoughts in the heart,
- 瘧生振慄兼體羸，秘結疸黃手執杖，股膝內腫厥而疼，太白豐隆取為尚。
- Shivering caused by malaria with generalised marked weakness and emaciation, constipation, jaundice and yellowing, and [the need to] hold a cane [for walking],
- Swelling, reversal, and pain on the inner aspects of the thigh and knee; for all of these, take precedence to choose Tài Bái (SP-3) and Fēng Lóng (ST-40).
- Great Compendium of Acupuncture and Moxibustion 《針灸大成》, 1601 CE



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Tài Bái SP-3 太白

Ancestral Knowledge Lǐ Shìzhēn 李世珍

Scant/Lack of Breast Milk

- Xue Ji (Ming dynasty physician) stated: the blood, it is the essence-qi (essential qi) of the water and grains (i.e. food and drink)
- Spleen and stomach vacuity
 - Supplement SP-3, BL-20, BL-21 to fortify the spleen and increase the stomach; can also add LI-4 and SP-6 to increase and supplement qi and blood
- Thought and fatigue damaging the heart and spleen
 - Supplement SP-3, HE-7 and SP-6 to supplement the heart and spleen in order to increase the qi



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Tài Bái SP-3 太白

Case Study – Lǐ Shìzhēn 李世珍 (1927-2005)

- Xu, Male, 46, 1981/09/01
- Main Complaint
 - Abdominal distension for 20 years, has become severe lately
- History
 - In his younger years he would eat raw or cold food which would cause him stomach aches or abdominal distension, as a result when he attended school he was malnourished (thin?)
 - The patient would experience discomfort when he was hungry, it would worsen in the afternoon. The abdomen sounded like a drum, after flatulence the condition would ease.
 - There was a lack of appetite, difficulty belching, fear of cold, cold limbs in winter (would wear a lot of clothes), mental and physician exhaustion, sloppy stool, shortness of breath.
 - Pale tongue with a moist white coat.
 - Pulse was deep and slow
 - Diagnostics revealed accumulations of gas in the gastrointestinal tract, as well as atrophic gastritis
 - Was previously treated with purgatives (laxatives?) in a hospital which was unsuccessful



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Tài Bái SP-3 太白

Case Study – Lǐ Shìzhēn 李世珍 (1927-2005)



- Pattern
 - Abdominal distension due to spleen yang vacuity failing to transport and transform, the stomach is in disharmony and failing to descend
- Treatment principle
 - Warm yang, fortify the spleen and regulate the stomach
- Treatment for 6 sessions
 - Supplement SP-3, REN-4, drain then supplement ST-36
- Result
 - After two sessions, the drum-like abdominal distention improved, was not as severe in the afternoon, appetite had improved, was not as mentally fatigued
 - After four sessions, abdominal distension was fundamentally gone, no more fear of cold or cold limbs
 - After sixth, original symptoms were all cured, but patient now felt some fullness and oppression in the upper abdomen, REN-13 was reduced several times until the symptoms dissipated.



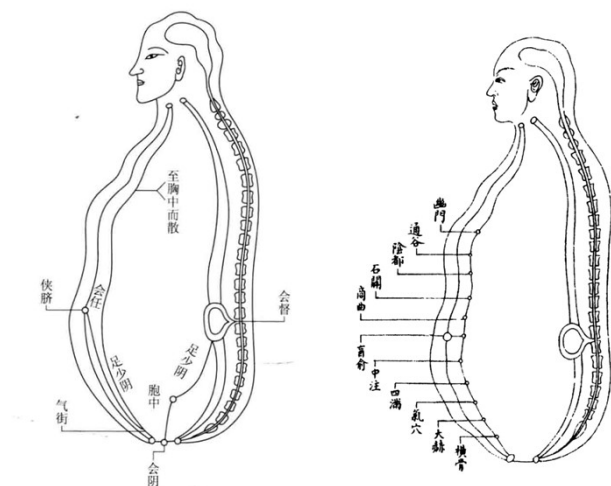
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SP-4
Gōng Sūn

公孫

脾經第四穴
Spleen Channel
Fourth Point



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公 孫

Gōng

• Grandfather

Sūn

• Grandson

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Tài Bái SP-3 太白 Information

• Explanations of Channels and Points

- 穴在足大指內側，內踝前核骨下陷中，脾脈所注為膈土。《銅人》：鍼三分，灸二壯。
- This point is located on the inside of the big toe, in the depression below the node bone in front of the inner ankle [bone].
- The spleen channel pours here, as the stream and earth [point].
- The Tóng rén states “needle 3 fēn, moxa 2 cones.”



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Gōng Sūn SP-4 公孫 Functions

- Zhèng Kuíshān 鄭魁山 (1977)
 - 健脾利濕，通調腸胃
 - Fortify the spleen, disinhibit dampness, free and regulate the intestines and stomach
- Yáng Jiǎsān 楊甲三 (1986)
 - 健脾胃，調衡任
 - Fortify the spleen and stomach, regulate the chong and ren [vessels]
- Shí Xuémǐn 石學敏 (1980s)
 - 健脾胃，助運化，理氣機，化濕熱
 - Fortify the spleen and stomach, assist transportation and transformation, rectify the qì mechanism, transform damp-heat



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Gōng Sūn SP-4 公孫 Modern Diseases

- Digestive System
 - Stomach pain, vomiting, diarrhoea, indigestion, rumbling intestines and distension that is like a drum, stabbing pain in the abdomen, dysentery, bloody stool, voracious appetite
- Gynaecology
 - Irregular period, uterine bleeding, leucorrhoea, dysmenorrhoea
- Nervous System
 - Mania, vexation, insomnia, epilepsy
- Others
 - Puffy swelling of the face, water swelling, somnolence, leg qi, malaria, heat or pain on the sole of the feet that make it difficult to put the foot down
- Modern
 - Acute stomach ache, pain around umbilicus, acute or chronic enteritis, vomiting, myocarditis, inflammation of the chest and abdomen, inflammation of the uterus and surrounding tissue, abnormal menstruation, stomach cancer, spasm of the abdomen, bleeding from the rectum, swelling of the face, epilepsy, ascites, ankle pain



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Gōng Sūn SP-4 公孫 Classical Diseases

- 脾之肝病：癰氣善太息，多寒熱汗出，病至喜嘔，膽虛。
- Liver diseases of the spleen: epilepsy with frequent sighing, frequent chills and fever with sweating, frequent retching at the onset of illness, gallbladder deficiency.
- 脾之心病：煩心狂言。
- Heart disease of the spleen: vexation of the heart with manic raving.
- 脾之肺病：頭面腫起，多飲。
- Lung diseases of the spleen: swelling and bulging of the head and face, excessive drinking.



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Gōng Sūn SP-4 公孫 Classical Diseases

- 脾之脾病：實則腸中切痛，泄之；虛則鼓脹，補之。厥氣上逆，則霍亂，寒瘧不嗜食。
- Spleen diseases of the spleen: for excess causing stabbing pain in the intestines, drain this [point]; for deficiency causing drum distension, tonify this [point].
- Qi reversal with ascending counterflow that causes sudden turmoil, and cold malaria with no pleasure in eating.



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脾主胃客

Stomach Host, Spleen Guest

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



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Gōng Sūn SP-4 公孫 Stomach Host, Spleen Guest

- 腹腹心悶意淒愴，惡人惡火惡燈光，耳聞響動心中惕，鼻衄唇喎瘡又傷，
- Bloating in the abdomen, oppression in the chest, grief and sorrow in mind, aversion to people, aversion to fire, aversion to light;
- Easily startled in the heart by noises or movement, nose bleeds, deviated lips, malaria and wounds,
- 棄衣驟步身中熱，痰多足痛與瘡瘍，氣蠱胸腿疼難止，衝陽公孫一刺康。
- Removing one's clothes, walking in fast pace, generalised body heat, copious phlegm, foot pain and open sores,
- Qi drum-distension, incessant aching in the chest and legs, once Chōng Yáng (ST-40) and Gōng Sūn (SP-4) are pierced they will be healthy.

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



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衝脈公孫穴主治歌

The Poem for the Diseases Governed by Gōng Sūn of the Chong Vessel

Yi Zōng Jīn Jiàn 《醫宗金鑑》 1724 CE



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衝脈公孫穴主治歌

The Poem for the Diseases Governed by Gōng Sūn of the Chong Vessel

- 九種心疼病不寧，結胸翻胃食難停，酒食積聚腸鳴見，水食氣疾膈膈疼，
- Nine types of heart pain, disease which cause disquiet, with stubborn chest bind, stomach reflux, and difficulty to intake food,
- Accumulation and gatherings due to food and drink with manifestation of rumbling intestines, acute qi disease incurred by water and food, aching of the diaphragm and navel,
- 腹痛脅脹胸膈滿，瘧疾腸風大便紅，胎衣不下血迷心，急刺公孫穴自靈。
- Pain of the abdomen, distension of the rib-sides, fullness of the chest and diaphragm, malarial disease, intestinal wind, bloody stool, retention of the placenta, and blood confounding the heart;
- for these, urgently pierce Gōng Sūn (SP-4), and there will be spontaneous [recovery] like a miracle.

Yi Zōng Jīn Jiàn 《醫宗金鑑》 1724 CE



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Gōng Sūn SP-4 公孫

As the Confluent Point for the Chong Vessel

Nanjing Difficulty 28 二十八難

- 衝脈者，起於氣衝，並足陽明之經，夾齊上行，至胸中而散也
- The chong vessel, it commences at Qì Chōng ST-30, parael with the channel of the foot yangming, it clasps the navel and ascends, to arrive at within the chest where it disseminates.

- The Eight Confluent Points 八穴交會 1439 CE
- 公孫二穴父通 衝脈。
- 內關二穴母通 陰維脈。（合於心胸胃。）
- SP-4 two points as father connect with the chong vessel
- PE-5 two points as mother connect with the yīnwéi vessel (they unite in the heart, chest and stomach)

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Gōng Sūn SP-4 公孫

As the Confluent Point for the Chong Vessel

In the Compass to the Acupuncture Classics (針經指南) 1295 CE lists 31 signs that SP-4 Gong Sun can treat and designates one (or sometimes two) zang-viscera and fu-bowels based on that disease

公孫穴主治二十七證 / The 27 Patterns Gong Sun Governs the Treatment Of

Examples

- 九種心痛 心胃 Nine kinds of heart pain (Heart, Stomach)
- 痰膈涎悶 心胃 Phelgm in the diaphragm with oppressive drool (Heart, Stomach)
- 臍腹痛並脹 三焦胃 Pain and swelling of the navel and abdomen (Sanjiao, Stomach)
- 脅肋疼痛 心脾 Rib-side aches and pains
- 產後血迷 心主 postpartum blood-confounding
- 胎衣不下 小腸胃 retention of the afterbirth
- 血刺痛 肝 stabbing pain like bleeding

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Gōng Sūn SP-4 公孫

As the Confluent Point for the Chong Vessel

Further, the Complete Collection Of Acupuncture and Moxibustion 《針灸大全》 1439 CE lists point combinations with Gōng Sūn SP-4 公孫.

Examples

- 九種心疼，一切冷氣。大陵二穴 中脘一穴 隱白二穴。
 - For the nine kinds of heart pain, or all cold qi;
 - PE-7, REN-12, SP-1
- 脅肋下痛，起止艱難。支溝二穴 章門二穴 陽陵泉二穴。
 - For pain below the rib-sides, or difficulty standing;
 - SJ-6, LR-13, SP-9



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Gōng Sūn SP-4 公孫

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

- Main Complaint: stomach pain
- Case
 - In 1942 he had first had stomach pain, and would frequently get it, in 1960 it became severe, he was unable to eat cooked rice and could only consume wheat congee, every day the pain would come 1-2 times, at that time he was unable to eat anything.
 - Six years later, he ended up in hospital unable to work.
 - His complexion was black and face was thin, there was pain at REN-12 with pressure
- Pulse was faint and fine
- Tongue had a slimy white coat
- Because the patient's disease was chronic, warming and supplement method was used to harmonise the centre via abductive dispersion
- Points
 - Draining: PE-5, ST-36
 - Supplementing: REN-12, REN-13, SP-4
 - Method: twirling supplementation and draining, warm needle for REN-12 and REN-13



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SP-5
Gōng

公孫

脾經第四穴
Spleen Channel
Fourth Point

經脾陰大足脾



45

45

商

Shāng

• Shāng

丘

Qiū

• Hill

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Shāng Qiū SP-5 商丘 Information

- 穴在足內踝骨下微前陷中，前有肝經之中封，後有腎經之照海，其穴居中，脾脈所行為經金，脾實則泄之。《銅人》：鍼三分，灸三壯。
 - This point is located in the depression slightly in front and below the inner ankle bone. In front there is Zhōng Fēng (LR-4) of the liver channel, behind there is Zhào Hǎi (KI-6) of the kidney channel, this point is situated in the middle.
 - The spleen channel circulates here, as the river and metal [point].
 - When the spleen is excess, drain it.
 - The Tóng rén states “needle 3 fēn, moxa 3 cones.”



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Shāng Qiū SP-5 商丘 Functions

- Zhèng Kuíshān 鄭魁山 (1977)
 - 健脾利濕.
 - Fortify the spleen and disinhibit dampness.
- Yáng Jiǎsān 楊甲三 (1986)
 - 健脾，利濕
 - Fortify the spleen, disinhibit dampness.
- Shí Xuémǐn 石學敏 (1980s)
 - 健脾利濕，舒筋活絡。
 - Fortify the spleen and disinhibit dampness, course the sinew-muscles and invigorate the network-vessels.



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Shāng Qiū SP-5 商丘 Modern Diseases

- Digestive System
 - Spleen vacuity, abdominal distension, rumbling intestines, diarrhoea, constipation, indigestion, jaundice, stomach pain
- Nervous System
 - Mania and withdrawal, frequent laughter, childhood convulsions, dreams of ghosts (nightmares), sadness and depression, frequent sighing, chronic fright-wind in children
- Motor System
 - Pain of the inside of the thigh, swelling, redness and aching of the inner ankle region, lack of strength in the feet/legs.
- Intestinal Diseases
 - Piles and hemorrhoids
- Respiratory
 - Cough
- Gynecology
 - Infertility
- Others
 - Breast (chest) pain, mounting, pain of the tongue, somnolence
- Modern Diseases
 - Gastritis, enteritis, dyspepsia, beriberi, constipation, hemorrhoids, jaundice, pediatric convulsions, whooping cough, calf pain and spasms, pain around the ankle



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Shāng Qiū SP-5 商丘 Classical Diseases

- 脾之腎病：骨痺痔疾，骨疽蝕，陰股內廉痛，狐疝走上下，引小腹痛，不可俯仰，婦人絕子。
- Kidney diseases of the spleen: bone impediment and haemorrhoidal disease, eroding bone flat-abscess, pain in the inner ridge of the groin, fox-like mounting that moves up and down, radiating pain to the lower abdomen, inability to bend forward and backward, childlessness in women.
- 脾之肺病：氣逆，氣癰。
- Lung diseases of the spleen: qì counterflow, qì welling-abscess.
- 脾之心病：舌本強痛。
- Heart disease of the spleen: stiffness and pain at the root of the tongue.



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Shāng Qiū SP-5 商丘 Classical Diseases

- 脾之脾病：腹脹腸鳴不便，脾虛令人不樂，身寒善太息，心悲，脾積痞氣，黃疸，腹脹寒瘧，澹瘕泄水，面黃善思善味，食不消，體重節痛，怠惰嗜卧。
- Spleen diseases of the spleen: abdominal distension with rumbling intestines and no defecation, spleen deficiency causing a person to be unhappy, cold body with frequent sighing, heart sorrow, spleen accumulation with glomus qi, jaundice, abdominal distension with cold malaria, sloppy conglomeration watery diarrhoea, yellow face with tendency to think and tendency to eat, non-dispersion of food, heavy body and joint pain, fatigue and somnolence.
- 脾之肝病：癰瘕，寒熱好嘔，魘夢，小兒慢驚風。
- Liver diseases of the spleen: epilepsy and madness, chills and fever with tendency to vomit, nightmares, child chronic fright wind.



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Shāng Qiū SP-5 商丘 Combinations

Classic of Supporting Life 《針灸資生經》

- 善悲太息：商丘日月
 - Tendency to sorrow with great respirations (similar to sighing): SP-5, GB-24

Great Compendium 《針灸大成》

- 脾虛不便：商丘三陰交（三十壯）
 - Spleen vacuity with constipation: SP-5, SP-6 (30 cones of moxa)
- 脾寒：三間中渚液門合谷商丘三陰交中封照海陷谷太谿至陰腰俞。
 - Spleen cold: LI-3, SJ-3, SJ-2, LI-4, SP-5, SP-6, LR-4, KI-6, ST-43, KI-3, BL-67, DU-2.



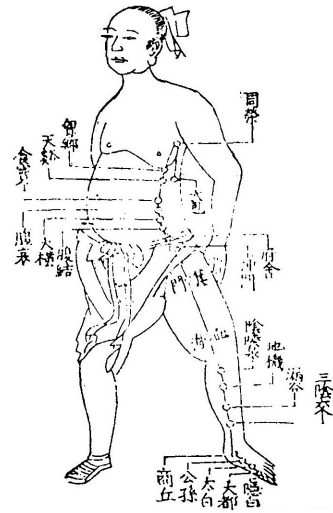
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Sān Yīn Jiāo
SP-6

三陰交

脾經第六穴
Spleen Channel
Sixth Point



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三 陰 交

Sān

• Three

Yīn

• Yin

Jiāo

• Intersection

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Sān Yīn Jiāo SP-6 三陰交 Information

• Location

- 穴在內踝上三寸，骨下陷中，足太陰，少陰，厥陰三脈之會。《銅人》：鍼三分，灸三壯。
- This point is located 3 cùn above to inner ankle [bone], in the depression below the bone.
- It is the meeting of the three vessels: the foot tàiyīn, shàoyīn and juéyīn.
- The Tóng rén states, "needle 3 fēn, moxa 3 cones."



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Sān Yīn Jiāo SP-6 三陰交 Functions

- Zhèng Kuíshān 鄭魁山 (1977)
 - 健脾益氣，調補肝腎。
 - Fortify the spleen and increase the qi, regulate and supplement the liver and kidneys.
- Yáng Jiǎsān 楊甲三 (1986)
 - 健脾胃，益肝腎，調經帶。
 - Fortify the spleen and stomach, increase the liver and kidneys, regulate menstrual diseases and vaginal disorders.
- Shí Xuémǐn 石學敏 (1980s)
 - 滋補肝腎，健脾和胃，通經活絡。
 - Enrich and supplement the liver and kidneys, fortify the spleen and harmonise the stomach, free the channels and invigorate the network-vessels



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Sān Yīn Jiāo SP-6 三陰交

Modern Diseases

- Digestive System
 - Vacuity and weakness of the spleen and stomach, vomiting, retching, fullness and distension of the heart [region] and abdomen, pain at the stomach duct, indigestion, no appetite, rumbling intestines, abdominal pain, diarrhoea, dysentery, sudden turmoil (cholera), jaundice, water swelling, strings and aggregations, generalised heaviness
- Urogenital System
 - Dribbling urinary block (retention of urine), enuresis, five stranguries, white turbidity (gonorrhea)
- Reproduction System
 - Seminal emissions, impotence, premature ejaculation, pain of the penis, seven mountings
- Gynecological System
 - Irregular menstruation, dysmenorrhea, amenorrhea, red or white vaginal discharge, yin (vaginal) protrusion, flooding and spotting, unexpected breech, blood dizziness, retention of the afterbirth, postpartum retention of the lochia, infertility, concretions and conglomerations
- Nervous System
 - Mania, withdrawal, epilepsy, insomnia, sorrow, dementia, childhood visiting hostility.
- Others
 - Ulcers, sores and welling-abscesses, dormant papules and damp-itching, abdominal pain, pain of the penis, cough, vacuity taxation and cold detriment, nosebleeds, throat impediment, stiff nape, pain of the tongue, damp-impediment of the shin, knee, thigh, foot and inner aspect of the ankle with pain, swelling, numbness
- Modern
 - Acute and chronic enteritis, bacterial dysentery, hepatosplenomegaly, ascites and oedema, hepatitis, cholecystitis, nephritis, UTI, retention and incontinence of urine, chyluria, diabetes, menstrual disorders such as bleeding, dysmenorrhea, irregular period, vaginitis, pelvic inflammatory disease, pruritus, fetal abnormalities, prolapse, dystocia, eclampsia, schizophrenia, neurasthenia, hypertension, measles, neurodermatitis, thromboangiitis obliterans, knee and ankle joint as well as surrounding area pain



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Sān Yīn Jiāo SP-6 三陰交

Classical Diseases

- 脾之腎病：膝內廉痛，小便不利，陰莖痛，足痿不能行，疝氣，小便遺，夢遺失精，元臟發動，臍下痛不可忍，婦人臨經行房，羸瘦癥瘕，漏血不止，月水不止，妊娠胎動，橫生，產後惡露不行。去血過多，血崩，暈不省人事。
- Kidney diseases of the spleen: pain of the inner ridge of the knee, inhibited urination, pain of the penis, wilting of the legs with inability to walk, mounting qi, enuresis, dream emissions with loss of essence, arousal of the original zàng-viscus, insufferable pain below the umbilicus, women having sexual intercourse on the brink of menstruation, marked weakness and emaciation with concretions and conglomerations, incessant spotting blood, incessant menstruation, stirring foetus during pregnancy, difficult birth with transverse lie, postpartum retention of placenta, excessive loss of blood, flooding of blood, dizziness with loss of consciousness.



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Sān Yīn Jiāo SP-6 三陰交

Classical Diseases

- 脾之肝病：膽虛，小兒客忤。
- Liver diseases of the spleen: gallbladder deficiency, child visiting hostility.
- 脾之脾病：脾胃虛弱，心腹脹滿，不思飲食，脾病身重，四肢不舉，腹脹腸鳴，瀉泄食不化，痲痺腹寒，食後吐水，霍亂手足逆冷，呵欠，頰車蹇開，張口不合。
- Spleen diseases of the spleen: spleen and stomach deficiency and weakness, distension and fullness in the heart and abdomen, no thought of food and drink, spleen disease with heavy body, inability to lift the four limbs, abdominal distension with intestinal rumbling, sloppy diarrhoea with non-transformation of food, strings and aggregations with cold abdomen, vomiting of water after eating, sudden turmoil with counterflow cold of the extremities, yawning, unsteady opening of the lower jaw, repeated opening of the mouth.



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Sān Yīn Jiāo SP-6 三陰交

Ancestral Knowledge - Lǐ Shìzhēn 李世珍

Four Clinical Uses

- Gynaecological diseases
- Blood Patterns
- Liver, Spleen and Kidney Patterns
- Channel-Sinew Patterns



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Sān Yīn Jiāo SP-6 三陰交

Ancestral Knowledge - Lǐ Shìzhēn 李世珍

Seven Patterns of Menstrual Diseases

- Unstiffness of Heart and spleen resulting in flooding and spotting, amenorrhea, irregular menstruation,
 - supplement SP-6, HE-7 to supplement and increase the function of the heart and spleen
- Insufficiency of the centre qi, causing blood to follow falling qi resulting in flooding and spotting,
 - supplement SP-3, LR 4 to supplement qi and control blood, or add ST-36 to supplement and increase the centre qi, and increase qi to control the blood.



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Sān Yīn Jiāo SP-6 三陰交

Ancestral Knowledge - Lǐ Shìzhēn 李世珍

Seven Patterns of Menstrual Diseases

- Depression of liver qi, the blood will become static causing irregular menstruation, dysmenorrhea, amenorrhea,
 - Drain SP-6, LR-3, REN-4 to course the liver and rectify qi, free menstruation and move blood
- Cold and blood in contention, the blood becomes congealed causing amenorrhoea etc
 - Drain SP-6, Drain and moxa REN-6 or REN-4, Aishi points, this is to warm the channels and disperse the cold, move blood to eliminate stasis.



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Sān Yīn Jiāo SP-6 三陰交

Ancestral Knowledge - Lǐ Shìzhēn 李世珍

Seven Patterns of Menstrual Diseases

- Liver qi counterflow, as the blood follows the qi this will result in bleeding from upper orifices,
 - Drain SP-6, LR-3 to rectify qi and descend counterflow in order to conduct the blood downwards.
- Spleen and kidney dual vacuity, the dai vessel fails to control so there will be vaginal discharge
 - Supplement SP-6, REN-4, GB-26, BL-23 or KI-3 in order to supplement and increase the spleen and kidneys, and secure the essence and stop the pain
- Spleen yang failing to transport, resulting in turbid dampness lodging causing vaginal discharge
 - Supplement SP-6, REN-4, drain SP-9 in order to warm the yang and increase the spleen, transform dampness and eliminate turbidity.



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Sān Yīn Jiāo SP-6 三陰交

Ancestral Knowledge - Lǐ Shìzhēn 李世珍

Impotence

- Three yin vessels and the genitals
- Sinew channel of the foot yangming
- Suwen states "the anterior (front) yin, it is where the sinew vessel gathers."
- Kidney yang vacuity
 - Pair with REN-4, BL-23 or KI-3
- Insufficiency of centre qi
 - LI-4, ST-36
- Heart-Spleen insufficiency
 - HE-7
- Fear damaging the kidneys
 - KI-3, BL-23



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Sān Yīn Jiāo SP-6 三陰交

Case Study Tián Cónghuō 田從豁 (1930)

- Wang, Female, 16 years, 1998/04/13
- Main Complaint
 - Abdominal pain during menstruation
- History
 - Patient had menarche age 13, from the second period, each time the period came it was accompanied by abdominal pain. One day prior to the period, the abdomen would feel distended, during this day there would also be lower abdomen cramps and pain, the girl would be unable to attend high school.
 - The menstrual blood is pale, and she also has a fear of cold. The menstrual cycle is approximately 40 days, with bleeding for 7 days. Currently, she is on day 3 of bleeding, the abdominal pain is already relieved, her sleep is normal and bowels regular.
 - Complexion is withered and yellow.
 - Tongue has a red tip, white coat
 - Pulse is string-like and fine.
- Chinese Medicine Diagnosis
 - Painful menstruation (vacuity cold in the chong and ren vessels)
- Western Medicine Diagnosis
 - Dysmenorrhea



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Sān Yīn Jiāo SP-6 三陰交

Case Study Tián Cónghuō 田從豁 (1930)

- Treatment Method
 - Warm the channels, disperse cold and stop pain.
- Prescription
 - REN-4 with ginger moxa, SP-6
- Result
 - Because her menstruation had already started and the abdominal pain had relieved, she was asked to come back the clinic one day prior to menstruation for diagnosis
 - She came back for menstrual three cycles, the prescription was as above, but also REN-4, KI-6 and ST-36
 - After treatment, her menstrual cycle became approximately 30 days, and the abdominal pain was completely gone, and she was able to resume studying during her periods



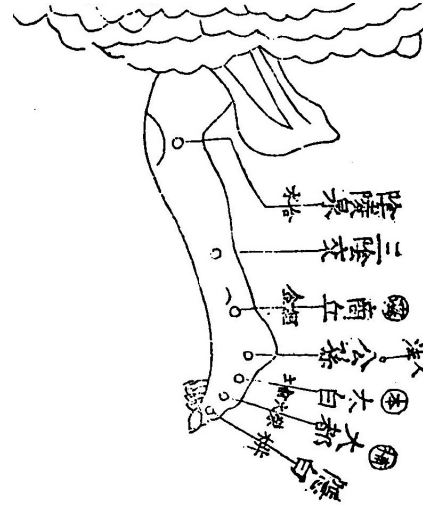
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SP-9
Yīn Líng Quán

陰陵泉

脾經第九穴
Spleen Channel
Ninth Point



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陰 陵 泉

Yīn

• Yin

Líng

• Mound

Quán

• Spring

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Yīn Líng Quán SP-9 陰陵泉 Information

- 穴在膝下內側，輔骨下陷中，伸足取之，或屈膝取之，在膝橫紋頭下，與陽陵泉相對，稍高一寸，足太陰脾經所入爲合水。《銅人》：鍼五分。
- This point is located below the knee on the inside [lower leg], in the depression below the assisting bone. Stretch the foot to locate it or bend the knee to locate it. [It is] located below the top of transverse crease.
- [It] and Yáng Líng Quán (GB-34) are mutual counterparts, [though it is] slightly higher by 1 cùn.
- The foot tàiyīn spleen channel enters here, as the uniting and water [point].
- The Tóng rén states “needle 5 fēn.”



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Yīn Líng Quán SP-9 陰陵泉 Functions

- Zhèng Kuíshān 鄭魁山 (1977)
 - 健脾利濕，調補肝腎。
 - Fortify the spleen and disinhibit dampness, regulate and supplement the liver and kidneys.
- Yáng Jiǎsān 楊甲三 (1986)
 - 健脾胃，利小便，調經血，通經絡。
 - Fortify the spleen and stomach, disinhibit urination, regulate menstruation, free the channels and network-vessels.
- Shí Xuémǐn 石學敏 (1980s)
 - 健脾利濕，通利三焦，
 - Fortify the spleen and disinhibit dampness, free and disinhibit the sanjiao



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Yīn Líng Quán SP-9 陰陵泉 Classical Diseases

- 脾之腎病：腰痛不可俯仰，失精，溺失禁不自知，小便不利，氣淋，陰痛疝。
- Kidney diseases of the spleen: lumbar pain with inability to bend forward and backward, seminal loss, urinary incontinence that one is not aware of, inhibited urination, qì strangury, pain of the genitals with mounting.
- 脾之肝病：脇下滿，水脹腹堅，寒熱不節。
- Liver diseases of the spleen: fullness under the rib-sides, water distension with abdominal hardness, irregular chills and fevers.



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Yīn Líng Quán SP-9 陰陵泉 Classical Diseases

- 脾之脾病：腹中寒，不嗜食，暴泄飧泄，霍亂瘕。
- Spleen diseases of the spleen: cold in the abdomen, no pleasure in eating, sudden diarrhoea and food diarrhoea, sudden turmoil and conglomerations.
- 脾之肺病：喘逆不能卧，胸中熱。
- Lung diseases of the spleen: panting counterflow with inability to lie down, heat within the chest.



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Yīn Líng Quán SP-9 陰陵泉 Combinations

Great Compendium 針灸大成 (1601 CE)

- 小便不通：陰陵泉氣海三陰交。
• Inhibited urination: SP-9, REN-6, SP-6
- 小便淋瀝：陰谷關元氣海三陰交陰陵泉。
• Dribbling urine: KI-10, REN-4 REN-6, SP-6 and SP-9.
- 霍亂：陰陵承山解谿太白。
• Sudden Turmoil: SP-9, BL-57, ST-41, SP-3
- 不嗜食：中封然谷內庭厲兌隱白陰陵泉肺俞脾俞胃俞小腸俞。
• No pleasure in eating: LR-4, KI-2, ST-44, ST-45, SP-1, SP-9, BL-13, BL-20, BL-21, BL-27
- 泄瀉：曲泉陰陵然谷束骨隱白三焦俞中脘天樞脾俞腎俞大腸俞。
• Diarrhoea: LR-8, SP-9, KI-2, BL-65, SP-1, BL-22, REN-12, ST-25, BL-20, BL-23, BL-25.



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Yīn Líng Quán SP-9 陰陵泉 Ancestral Knowledge - Lǐ Shìzhēn 李世珍

Impediment (Bi) Patterns

- Wind-Cold Damp Impediment
 - For prevalence of cold-damp in the knee joint, drain or moxa SP-9 to free the channels and invigorate the network-vessels
 - For prevalence of wind-damp in many joints, drain SP-9, LI-11 to eliminate wind and damp, as well as aishi points
 - For prevalence of wind-cold in many joints, drain LI-11, SP-9 as well as warm needle moxa, to eliminate wind and dampness and scatter cold
- Heat Impediment
 - Drain SP-9, LI-4 (or LI-11) to clear heat and disinhibit dampness
 - For those with stomach heat add St-36 draining to harmonize the stomach and soothe the centre qi
 - For more heat with dampness, applying cooling needle method to LI-11
 - For more blood heat, as above in addition to draining SP-6
- Cold Impediment
 - SHL Line 305: in shaoyin disease, when there is joint pain with vexation, the pulse is deep, Fuzi Tang governs it
 - REN-4 and Sp-9 to warm yang and eliminate cold, fortify the spleen and drain damp.



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Yīn Líng Quán SP-9 陰陵泉

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

- Xu, Female, 54 years
- Symptoms
 - Swelling of the lower limbs, poor appetite, sloppy diarrhoea, short and rough voidings of urine, gradual puffy swelling of the face and abdomen, lassitude of spirit and cold limbs, oppression around the stomach and abdominal distension.
 - Tongue is pale and flabby, white glossy coat
 - Pulse is deep and fine
- Diagnosis
 - Spleen and kidney yang vacuity, yang is unable to transform water, water qi has lodged in the interior.
- Treatment Method
 - Warm yang and fortify the spleen, move qi and disinhibit water.
- Prescription
 - BL-13, BL-20, BL-23, REN-6, REN-9
- Method
 - BL-20 and BL-23 lifting and thrusting with rotation and warm needle
 - REN-6 lifting and thrust but no retention
 - REN-9 iron moxa for 5-10 minutes



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Yīn Líng Quán SP-9 陰陵泉

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

- Second Diagnosis
 - After moxa the urine output increased, the swelling over the whole body reduced, the oppression in the stomach and abdominal distension also eased, the stool was still sloppy, the urine was now clear and easy to pass, the tongue was pale and white coat, pulse was deep and fine
 - Treatment was as above with the addition of SP-9 with warm needle
- Third Diagnosis
 - Urination is disinhibited, the swelling over the body has disappeared, the stomach feels fine, the abdomen is normal, and the stool has become regular; spirit appears more excited, the tongue is still a little white, with a thin white coat.
 - Again warm yang and harmonize earth
 - BL-20, BL-23, REN-6, ST-36
 - Methods
 - ST-36 twisting and thrusting and warm needle
 - REN-6 warm needle
 - Non retention on BL-20, BL-23



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Thank you!

Next week we will be studying the spleen.

Any questions, please contact Global branches or myself.