

手少陰心經穴

The Hand Shaoyin
Heart Channel and Points

6/1/2022

Copyright Michael Brown

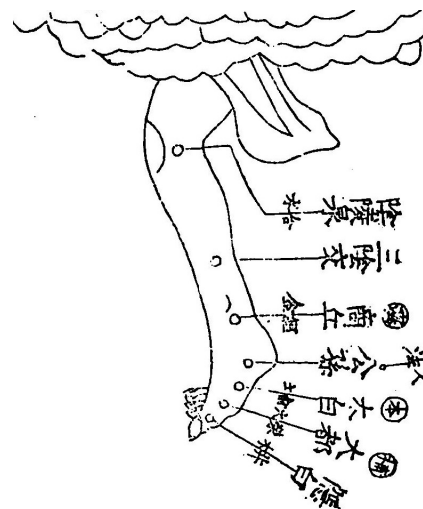
1

1

SP-9
Yīn Líng Quán

陰陵泉

脾經第九穴
Spleen Channel
Ninth Point



2

2

陰 陵 泉

Yīn

• Yin

Líng

• Mound

Quán

• Spring

6/1/2022

Copyright Michael Brown

3

3

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.”



6/1/2022

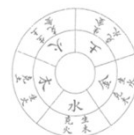
Copyright Michael Brown

4

4

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 disinherit 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, disinherit 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 disinherit dampness, free and disinherit the sanjiao



6/1/2022

Copyright Michael Brown

5

5

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.



6

6

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.



7

7

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.



8

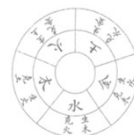
8

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.



9

9

Lù Shòuyàn
陸瘦燕
1909-1969



Authored six books

- Points
- Needling
- Channels
- Pictures
- Diagnostics
- Theory & Cases



6/1/2022

Copyright Michael Brown

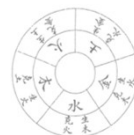
10

10

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



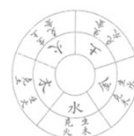
11

11

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



12

12

手少陰心經穴

Foot Taiyin Spleen Channel and Points

- Overview of the heart physiology
- Discussion of the heart channel
- Heart points
 - HE-3
 - HE-5
 - HE-6
 - HE-7



6/1/2022

Copyright Michael Brown

13

13

手少陰心生理

Foot Taiyin Spleen Physiology

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



6/1/2022

Copyright Michael Brown

14

14

《靈樞·經脈·心手少陰脈》 Lingshu Chapter 10: Channel and Network Vessels

- 心手少陰之脈，起於心中，
- 出屬心系，下膈，絡小腸；
- 其支者，從心系，上挾咽，系目系；
- 其直者，復從心系卻上肺，
- 下出腋下，下循臑內後廉，行太陰心主之後，下肘內，
- 循臂內後廉，抵掌後銳骨之端，
- 入掌內後廉，循小指之內，出其端。



圖 2-5-1 《十四經發揮》手少陰心經穴圖



6/1/2022

Copyright Michael Brown

15

15

手少陰心經脈 Hand Shaoyin Heart Channel and Network Vessel

- 心手少陰之脈，起於心中，出屬心系，下膈，絡小腸；
- The vessel of the hand shaoyin, it commences within the heart, emerges to adjoin to the heart connector, descends the diaphragm to network with the small intestine
- 其支者，從心系，上挾咽，系目系；
- A branch from the heart connector ascends the throat to connect with the eye connector
- 其直者，復從心系卻上肺，
- A straight-line path returns from the heart connector to draw back and ascend to the lung,
- 下出腋下，下循臑內後廉，行太陰心主之後，下肘內，循臂內後廉，抵掌後銳骨之端，
- It descends and emerges below the armpit, descends on the interior and posterior aspect of the upper arm, behind the taiyin and heart governor [vessels], descends into the elbow, follows the interior and posterior aspect of the forearm, to arrive at the bony protuberance in front to the palm,
- 入掌內後廉，循小指之內，出其端。
- It enters the into the posterior aspect of the blame, follows the inside of the little finger to emerge at the tip.



6/1/2022

Copyright Michael Brown

16

16

HE-3
Shào Hǎi

少海

心經第三穴
Heart Channel
Third Point



17

17

少 海

Shào

Hǎi

- Minor
- Minor [Yin]

- Sea

6/1/2022

Copyright Michael Brown

18

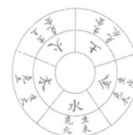
18

Shào Hǎi HE-3 少海

Information

• From Explanations of Channels and Points

- 穴在肘内廉節後大骨外，去肘端五分，屈肘向頭取之，手少陰心經所入爲合水。
- This point is located behind the joint of the inner ridge of the elbow, outside of the big bone, 5 fēn from the end of the elbow, bend the elbow, face [the palm] towards the head to locate it.
- The hand shàoyīn heart channel enters here, as the uniting and water [point].
- 《銅人》：鍼三分。甄權云：鍼五分，不宜灸。《甲乙》：鍼二分，留三呼，泄五吸，不宜灸。《資生》：非大急不灸。
- The Tóng rén states “needle 3 fēn.” Zhēn Quán says “needle 5 fēn, moxa is contraindicated.”
- The Jiǎyǐ states “needle 2 fēn, retain for 3 exhalations, drain for 5 inhalations, it is not appropriate to moxa.”
- The Zīshēng states “unless there is a major emergency, do not moxa.”



6/1/2022

Copyright Michael Brown

19

19

Shào Hǎi HE-3 少海

Functions

• Zhèng Kuíshān 鄭魁山 (1977)

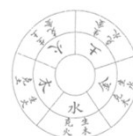
- 行氣活血，化痰寧心
- Move qì and invigorate blood, transform phlegm and quieten the heart

• Yáng Jiǎsān 楊甲三 (1986)

- 益心，寧神，通絡。
- Increase the heart, quieten the heart, free the network-vessels.

• Shí Xuémǐn 石學敏 (1980s)

- 清心寧神，疏經調氣
- Clear the heart and quieten the heart, course the channels and regulate the qì



6/1/2022

Copyright Michael Brown

20

20

Shào Hǎi HE-3 少海

Modern

- Nervous System: mania and withdrawal, epilepsy, hand tremors, forgetfulness (dementia)
- Cardiovascular system: heart pain
- ENT Diseases: headache, blurry vision, tooth decay and ache, sudden loss of voice (aphonia)
- Motor system: neck pain and stiff nape, upper arm numbness and hypertonicity of the hand, inability to use the four limbs
- Others: scrofula, pain of the armpit, vomiting, clove sores
- Modern diseases: Neurasthenia, schizophrenia, lymphadenitis, tuberculosis, pleurisy, intercostal neuralgia, ulnar neuritis, toothache, headache, dizziness, trigeminal neuralgia, crick in the neck, boils (clove sores), numbness in the forearm and soft tissue disorders around the joints



6/1/2022

Copyright Michael Brown

21

21

Shào Hǎi HE-3 少海

Classical Diseases

- 心之心病：心痛手顫，健忘癰癤。
- Heart diseases of the heart: heart pain with tremors of the hand, forgetfulness and scrofula.
- 心之肺病：腦風頭痛，氣逆噫噦。
- Lung diseases of the heart: brain wind with headache, qì counterflow with belching and vomiting.



6/1/2022

Copyright Michael Brown

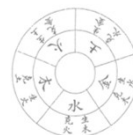
22

22

Shào Hǎi HE-3 少海

Classical Diseases

- 心之脾病：齒齲痛，嘔吐涎沫，齒寒。
- Spleen diseases of the heart: tooth decay and pain, vomiting of spittle, cold teeth.
- 心之肝病：寒熱，目眩發狂，項不得回顧，肘攣，腋脇下痛，四肢不得舉。
- Liver diseases of the heart: chills and fever, dizzy vision and mania, [stiffness of] the nape with inability to look behind, hypertonicity of the elbow, pain in the armpit and rib-sides, inability to raise the four limbs.



6/1/2022

Copyright Michael Brown

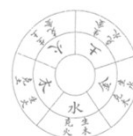
23

23

Shào Hǎi HE-3 少海

Combinations

- Classic of Supporting Life 《資生經》
 - 少海、兌端、本神治吐沫
 - HE-3, DU-27 and GB-13 treat spitting of saliva
 - 少海、完骨、治頭痛
 - HE-3, GB-12 treat headache
- Ode of the Hundred Diseases 《百症賦》
 - 且如兩臂頑麻，少海就傍於三里；
 - If there is stubborn numbness of the both arms, HE-3 should be paired with LI-10.
- Ode of Xí-Hóng 《席弘賦》
 - 心疼手顫少海間，若要除根覓陰市。
 - HE-3 for heart pain and tremors of the hand, and to eliminate the root seek ST-33.



6/1/2022

Copyright Michael Brown

24

24

Wáng Jūyì
王居易
1937-2017



- Author of two books in Chinese
 - One on case studies
 - One on the general practice of acupuncture
 - He was editor to other textbooks
 - Became one of the most prominent acupuncturists in recent times
- Author of one book in English
 - Applied Channel Theory
- Has several students in China and the West teaching his approach

6/1/2022

Copyright Michael Brown

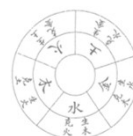
25

25

Shào Hǎi HE-3 少海
Case Study – Wáng Jūyì 王居易 (1937-2017)



- Liu, Female, 57years, 2011/11/8
- Main Complaint
 - 心慌 Flusteredness (Panic Attacks)
- Symptoms
 - Has had for over 20 years, has had symptoms of premature heart beats, palpitations, occasional chest tightness, often have nightmares (fearful dreams), the electrocardiogram also shows frequent ventricular premature heartbeats.
 - Had tinnitus for the last 2-3 years, breast hyperplasia for 2 years.
 - In 1991 suffered from myocarditis.
- Diagnosis
 - Disease located in the shaoyin channel
- Selected Channels
 - Hand shaoyin channel and foot tàiyáng channel
- Points
 - BL-13 (6 cones of moxa with sliced ginger), HE-3



6/1/2022

Copyright Michael Brown

26

26

Shào Hǎi HE-3 少海

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



- Second Diagnosis
 - Symptoms were reduced, dreaming has ceased. Same acupuncture treatment as before
- Third Diagnosis
 - Only occasionally there is irregular heart rhythm (premature beats). Same acupuncture treatment as before
- Result
 - The patient returned to their hometown (outside of the province) so was unable to continue the treatment. In total had 3 sessions, it was deemed effective.



6/1/2022

Copyright Michael Brown

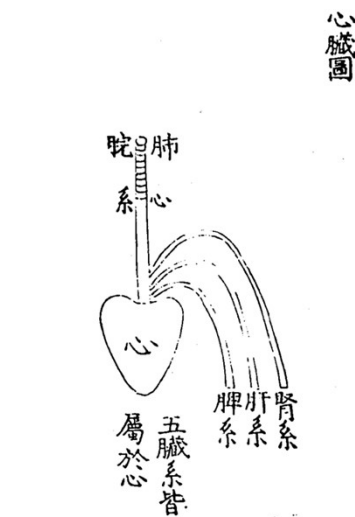
27

27

HE-5
Tōng Lǐ

通里

心經第五穴
Heart Channel
Fifth Point



28

28

通里

Tōng

- Communicating

Lǐ

- Lane

6/1/2022

Copyright Michael Brown

29

29

Tōng Lǐ HE-5 通里 Location

• Location

- 穴在掌後一寸陷中，手少陰心脈之絡，別走太陽小腸經。《銅人》：鍼三分，灸三壯。《明堂》灸七壯。《神農》：治目眩頭痛，可灸七壯。
- This point is located in the depression 1 cùn behind the palm. It is the network [point] of the hand shàoyīn heart vessel, it diverges to the tàiyáng small intestine channel.
- The Tóng rén states “needle 3 fēn, moxa 3 cones.”
- The Míngtáng states “moxa 7 cones.”
- The Shénnóng states “to treat dizzy vision and headache, moxa 7 cones.”

• Categories

- Ma Danyang Point
- Network-vessel (Luo) Point



6/1/2022

Copyright Michael Brown

30

30

Tōng Lǐ HE-5 通里

Functions

- Zhèng Kuíshān 鄭魁山 (1977)
 - 行氣活血，寧心醒神。
 - Move qi and invigorate blood, quiet the heart and arouse the spirit
- Yáng Jiǎsān 楊甲三 (1986)
 - 安神志，清虛熱，通經活絡。
 - Quiet the shen and will, clear vacuity heat, free the channels and invigorate the network-vessels
- Shí Xuémǐn 石學敏 (1980s)
 - 清心安神，通利喉舌。
 - Clear the heart and quiet the shen, free and disinhibit the throat and tongue



6/1/2022

Copyright Michael Brown

31

31

Tōng Lǐ HE-5 通里

Modern Indications

- Cardiovascular System
 - palpitations, rapid heart beat, red face, too tired to speak and somnolence
- Nervous System
 - sorrow and fear of people, mania patterns, insomnia, depression and unhappiness
- EENT
 - sudden loss of speech, inability to speak due to stiff tongue, headache, dizzy vision, eye pain, throat impediment
- Gynaecology
 - metrorrhagia, flooding and spotting
- Others
 - Enuresis, pain of inner and outer aspects of the arm, shoulder and elbow, stomach pain, wrist and palm pain.
- Modern disease
 - Headaches, vertigo, angina pectoris, bradycardia, neurasthenia, speech impediments or loss of speech, schizophrenia, tonsillitis, acute numbness of the tongue, cough, panting, gastric bleeding, endometritis



6/1/2022

Copyright Michael Brown

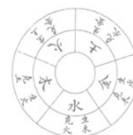
32

32

Tōng Lǐ HE-5 通里

Classical Indications

- 心之心病：頭痛目眩，熱病卒心病，先不樂數日懊懷，數欠頻呻悲，面熱無汗，頭風，暴瘖不能言，目痛心悸，肘臂臑痛，苦嘔。
- Heart diseases of the heart: headache with dizzy vision, febrile disease with sudden heart disease, being initially unhappy then [turning] anguished for several days, frequent yawning and whining with sorrow, heat in the face with absence of sweating, head wind, sudden loss of voice with inability to speak, eye pain with heart palpitations, pain in the elbow, forearm, and upper arm, retching with bitter [taste].



6/1/2022

Copyright Michael Brown

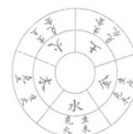
33

33

Tōng Lǐ HE-5 通里

Classical Indications

- 心之肝病：指伸不能屈。
- Liver disease of the heart: the fingers [are able to] to extend but unable to bend.
- 心之肺病：喉痹，支滿膈腫。
- Lung diseases of the heart: throat impediment, propping fullness with swelling of the diaphragm.
- 心之腎病：少氣遺溺，婦人經血過多，崩中。
- Kidney diseases of the heart: scantness of breath with urinary incontinence, excessive menstrual bleeding in women, flooding [of the period].



6/1/2022

Copyright Michael Brown

34

34

Ma Dan Yang 馬丹陽 12 Points

• 12 Points

- | | |
|---------|---------|
| • ST-36 | • LR-3 |
| • ST-44 | • BL-60 |
| • LI-11 | • GB-30 |
| • LI-4 | • GB-34 |
| • BL-40 | • HE-5 |
| • BL-57 | • LU-7 |

6/1/2022

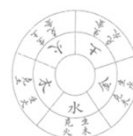
Copyright Michael Brown

35

35

Tōng Lǐ HE-5 通里 Ma Dan Yang 馬丹陽 Indications

- 其十一：通里腕側後，去腕一寸中。
 - Number 11 HE-5
 - Tōnglǐ (HE-5) is behind the side of the wrist, exactly 1 cùn from the wrist.
- 欲言聲不出，懊惱及怔忡，實則四肢重，頭腮面頰紅，
 - For the lack of voice while one desires to speak, for sorrow or remorse and fearful throbbing, when it is replete, there will be heaviness in the four limbs, redness of the head, jaw, face, and cheeks,
- 虛則不能食，暴暗面無容，毫針微微刺，方信有神功（針三分，灸三壯）。
 - When it is vacuous, there will be an inability to eat, sudden loss of voice and a lustreless complexion. Pierce it gently with a filiform needle; at that time, one will finally believe its miraculous effects (needle 3 fēn, moxa 3 cones).



6/1/2022

Copyright Michael Brown

36

36

小腸主真心客
Small Intestine as Host,
Heart as Guest

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

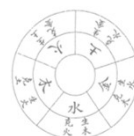


37

37

Tōng Lǐ HE-5 通里
Small Intestine as Host, True Heart as Guest

- 小腸之病豈為良，頰腫肩疼兩臂旁，項頸強疼難轉側，噤頷腫痛甚非常，
- For diseases of the small intestine, how can they be conciliated? For swelling of the cheeks, pain of the shoulder, as well as the sides of the two arms; stiffness and pain of the neck and nape with inability to rotate it, severe swelling and pain in the throat and cheek beyond what is ordinary;
- 肩似拔兮臑似折，生病耳聾及目黃，臑肘臂外後廉痛，腕骨通里取為詳。
- For a shoulder that feels like it is dislocated and upper arm that feels like it is broken, for engendered disease such as deafness and yellowness in the eyes, for pain on the outer aspects of upper arm, elbow and shoulder, it is prudent to choose Wàn Gǔ (SI-4) and Tōng Lǐ.
- Great Compendium, 1601 CE



6/1/2022

Copyright Michael Brown

38

38

Lǐ Shìzhēn 李世珍 (1927-2005)



• Author of three books

- Clinical Applications of Commonly Used Acupuncture Points 常用腧穴臨床發揮
 - Translated
- Pattern Identification and Treatment for Clinical Application of Acupuncture and Moxibustion 針灸臨床辨證論治
- Ancestors Commonly Used Acupuncture and Moxibustion Prescriptions 祖傳針灸常用處方

6/1/2022

Copyright Michael Brown

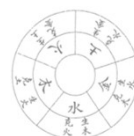
39

39

Tōng Lǐ HE-5 通里 Case Study - Lǐ Shìzhēn 李世珍 (1927-2005)



- Li, Male, 5 years old, 1976/9/9
- Main complaint
 - Aphasia for over 20 days.
- Symptoms
 - This month in August he suffered from epidemic encephalitis B, he was residing in the local hospital and received treatment, when he was discharged, he had symptoms of the lingual (tongue) muscles movement was affected, diagnosed with a speech disorder, he could only emit the "a" sound, from time to time would also grind his teeth; he then came to the clinic for treatment.
- Differential diagnosis
 - Heat evil consuming and damaging the tongue network-vessels, causing the muscles of the tongue to malfunction resulting in aphasia.
- Treatment method
 - clear heat, free and regulate the network-vessels of the tongue.
- Prescription
 - drain HE-5 and REN-23.
- Result
 - After 1 treatment, there was no clenching of teeth; After 3 treatments there was no more stiffness of the tongue, and could say "ma"; After 4 treatments the patient was cured.



6/1/2022

Copyright Michael Brown

40

40

Tōng Lǐ HE-5 通里

Case Study - Hè Pǔrén 賀普仁 (1926-2015)

- Tan, male, 5 years
- Main Complaint
 - Stuttering for over 2 years.
- Symptoms
 - Has been stuttering since 2 years ago when she started kindergarten, she has been undergoing speech training, but has not seen any improvement in over 4 months. She came to see acupuncture to try it, she has not reported an discomfort, feels well, sleeps well, and has regular bowel movements.
- Diagnosis
 - Stuttering
- Pattern Differentiation
 - As the heart-shen is not yet developed and obstructed, the orifice of the tongue is closed and dysfunctional. Treatment method
- Treatment Method
 - Open the orifices and free the network-vessels.
- Prescription
 - HE-5, LU-7, DU-15
- Needling method
 - Pricking with a filiform needle.
- After one treatment there was a considerable improvement, the family members were astonished, he continued for 2 more treatments until there was complete recovery.



6/1/2022

Copyright Michael Brown

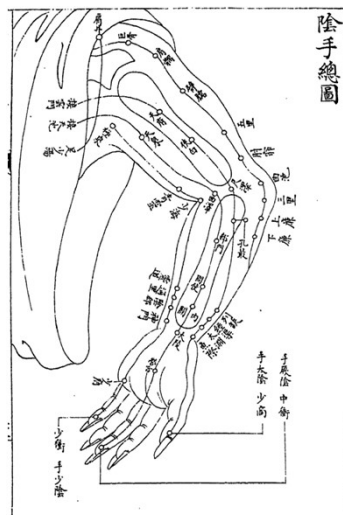
41

41

HE-6
Yīn Xī

陰郄

心經第五穴
Heart Channel
Fifth Point



42

42

陰 郄

Yīn

Xī

• Yīn

• Cleft

6/1/2022

Copyright Michael Brown

43

43

Yīn Xī HE-6 陰郄 Information

• Location

- 穴在掌後脈中，去腕五分。《銅人》：鍼三分，灸七壯。
- This point is behind the palm on the vessel, 5 fēn from the wrist.
- The Tóng rén states “needle 3 fēn, moxa 7 cones.”

• About the Xi-Cleft Points

- No point groupings until 1900s
- All 16 were listed in the Systematic Classic



6/1/2022

Copyright Michael Brown

44

44

Yīn Xī HE-6 陰郄

Functions

- Zhèng Kuíshān 鄭魁山 (1977)
 - 行氣活血，養陰安神。
 - Move qi and invigorate blood, nourish yin and quiet the spirit
- Yáng Jiǎsān 楊甲三 (1986)
 - 清虛熱，安神志。
 - Clear vacuity heat, quiet the shen and spirit
- Shí Xuémǐn 石學敏 (1980s)
 - 清心潛陽，安神固表。
 - Clear the heart and subdue yang, quiet the spirit and secure the exterior



6/1/2022

Copyright Michael Brown

45

45

Yīn Xī HE-6 陰郄

Classical Diseases

- 心之心病：霍亂胸中滿，心痛厥逆，驚恐。
- Heart diseases of the heart: sudden turmoil with fullness in the chest, heart pain with reverse flow, fright and fear.
- 心之肺病：衄血吐血，洒淅畏寒。
- Lung disease of the heart: nosebleed and vomiting of blood, fear of cold as if after being soaked.



6/1/2022

Copyright Michael Brown

46

46

Yīn Xī HE-6 陰郄

Ancestral Discussions 王云凯 Wang Yunkai



9 Treatment Strategies and Methods for Yīn Xī HE-6 陰郄

- Headaches, red face
- Redness of the inner canthus and painful eyes, dizzy vision.
- Throat pain, throat impediment, wooden tongue, swollen tongue and sores on the tongue.
- Chest impediment and heart pain, oppression in the chest and shortness of breath.
- Frequently early menstruation, flooding and spotting.
- Strangury patterns, blood in the urine.
- Steaming bone and night sweats
- Shoulder, arm, inner elbow pain, numbness, spasms of the little finger and pain etc.



6/1/2022

Copyright Michael Brown

47

47

Chéng Dàn'ān
承淡安
1899-1957



- Authored several textbooks
 - Techniques
 - Points
 - Disease categories
 - Commentaries of Songs
 - Reformed the paradigm of acupuncture and diseases
- Related the Shanghan Lun to acupuncture by giving prescriptions
- His complete works are approximately 2,000 pages

6/1/2022

Copyright Michael Brown

48

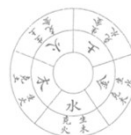
48

Yīn Xī HE-6 陰郄

Case Study – Chéng Dàn'ān 承淡安 (1899-1957)



- 淡安按：“昔年患春溫后自汗不止，藥石無靈。遇一搖鈴行醫者過，使治之。彼令我兩手露背外，掌向上，彼用燈芯蘸油燃著，猝燙兩手腕后寸許，我頓驚，急縮手，覺汗已止矣。自此遂愈。”“舉燙處示餘，猶隱約辨出有一小白斑，適陰郄穴處也。
- Chéng Dàn'ān said: [a colleague recounted a story to me,] “In the past few years, I suffered from spring warmth, which resulted in incessant spontaneous sweating, both herbs and acupuncture proved ineffective.
- I by chance happened to encounter a traveling medical practitioner and let him treat me. He told me to put my hands outside of the blanket and had my palms facing upwards.
- He then dipped a lamp wick in oil, lit it on fire, and unexpectedly scorched the area approximately about a cùn behind the wrist, I was startled, I immediately pulled back my hands, but then I felt the sweating has stopped. At that time, I recovered.”
- He then raised [his hand] to show me where he was scorched. I was seemingly able to discern a small white spot, which happened to be located at the area of HE-6.



6/1/2022

Copyright Michael Brown

49

49

Chéng Dàn'ān 承淡安 1899-1957



- Categories of sweating and treatments
 - Replete sweating 實汗
 - LU-11, LU-7, LI-11, KI-1, KI-2, ST-42, LR-1, BL-60
 - Vacuity sweating 虛汗
 - LI-4, KI-7, ST-36, HE-6, LR-8, KI-6, LU-10
 - Night sweats 盜汗
 - HE-6, BL-13, REN-3
 - Yellow sweating 黃汗
 - LI-4, LI-11, ST-36, SP-9, BL-20, BL-22, REN-12, DU-26

6/1/2022

Copyright Michael Brown

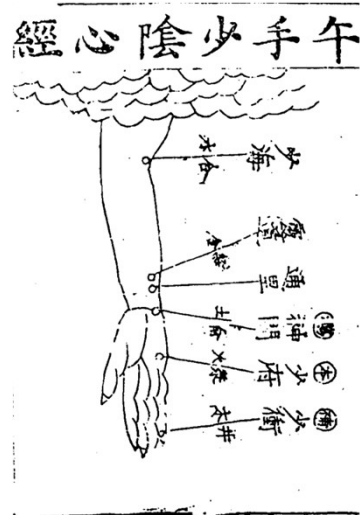
50

50

HE-7
Shén Mén

神門

心經第七穴
Heart Channel
Seventh Point



51

51

神 門

Shén

• Spirit

Mén

• Gate

6/1/2022

Copyright Michael Brown

52

52

Shén Mén HE-7 神門

Functions

- Zhèng Kuíshān 鄭魁山 (1977)
 - 行氣活血，寧心安神。
 - Move qi and invigorate blood, quiet the heart and settle the spirit
- Yáng Jiǎsān 楊甲三 (1986)
 - 益心氣，安神志，通經活絡
 - Increase the heart qi, settle the shen and will, free the channels and invigorate the network-vessels.
- Shí Xuémǐn 石學敏 (1980s)
 - 清心和營，安神定志，
 - Clear the heart and harmonise the ying-nutritive, quiet the spirit and stabilise the will.



6/1/2022

Copyright Michael Brown

53

53

Shén Mén HE-7 神門

Modern Indications

- Cardiovascular system
 - heart pain, palpitations, heart vexation and absent-mindedness (abstraction), fright palpitations, fearful throbbing.
- Nervous System
 - feeble-mindedness, sorrowful crying with manic laughing, mania and withdrawal, epilepsy, insomnia, forgetfulness.
- Digestive System
 - stomach pain, dry throat and inability to eat, haematemesis, blood and pus in the stool
- Head and EENT
 - headache, dizziness, yellow eyes, red face, loss of voice
- Others:
 - absence pulse, vacuity taxation, malarial disease, aversion to cold, generalised body heat, panting, pain in the hand and arm, heat in the palms, jaundice, enuresis
- Modern Diseases
 - neurasthenia, cardiac hypertrophy, angina, pruritus, dementia, paralysis of the hyoid muscle, endocarditis, postpartum blood loss, lymphadenitis, tonsillitis, etc.
 - This acupuncture point is the key point for the treatment of mental illness and heart disease.



6/1/2022

Copyright Michael Brown

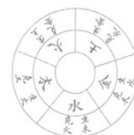
54

54

Shén Mén HE-7 神門

Classical Indications

- 心之心病：心痛數噫，面赤喜笑，掌中熱而腕，狂悲狂笑，心性癡呆，健忘恐悸，少氣不足，手臂寒，心積伏梁。
- Heart diseases of the heart: heart pain with frequent belching, red face with a tendency to laugh, heat in the palms leading to dry retching, manic sorrow and manic laughing, disposition of feeble-mindedness, forgetfulness with fearful palpitations, scantness and insufficiency of qì, cold hands and arms, heart accumulation with deep-lying beams.
- 心之肝病：目黃脇痛，大小人五癇。
- Liver diseases of the heart: yellowing of the eyes with rib-side pain, the five epilepsies of children and adults.



6/1/2022

Copyright Michael Brown

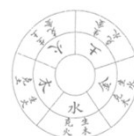
55

55

Shén Mén HE-7 神門

Classical Indications

- 心之脾病：瘧，心煩，甚欲得冷飲，惡寒則欲處溫中，咽乾不嗜食，嘔血吐血。
- Spleen diseases of the heart: malaria, vexation of the heart, extreme desire for cold drinks, aversion to cold with desire for a warm place, dry pharynx with no pleasure in eating, retching and vomiting of blood.
- 心之肺病：喘逆身熱，振寒上氣，遺溺失音。
- Lung diseases of the heart: panting counterflow with generalised heat, shivering with cold and qì ascent, urinary incontinence with loss of voice.



6/1/2022

Copyright Michael Brown

56

56

真心主小腸客
True Heart as Host, Small
Intestine as Guest

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

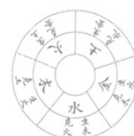


57

57

Shén Mén HE-7 神門
True Heart as Host, Small Intestine as Guest

- 少陰心痛並噎乾，渴欲飲兮為臂厥，生病目黃口亦乾，脅臂疼兮掌發熱，
- For Shǎoyīn heart pain and dry throat, thirst with desire to drink [fluids] as well as reversal [cold] in the arms,
- with the engendered disease of yellowness in the eyes as well as dry mouth, pain in the rib-sides and arm alongside effusion of heat in the palms,
- 若人欲治勿差求，專在醫人心審察，驚悸嘔血及怔忡，神門支正何堪缺。
- If a person seeks treatment for [a disease] that cannot be eliminated, it falls solely upon the physician, who must devote their mind to observe and examine [the patient].
- For fright palpitations, vomiting of blood, as well as fearful throbbing, with Shénmén (HE-7) Zhīzhèng (SI-7), what else does one lack?
- Great Compendium, 1601 CE



6/1/2022

Copyright Michael Brown

58

58

Shén Mén HE-7 神門 Combinations

- Great Compendium 《大成》 1601 CE
- 第一百四十二
 - Essential Treatment Number 142/151
- 健忘失記：列缺心俞神門少海。
 - Forgetfulness: LU-7, BL15, HE-7 and HE-3.
- 問曰：『此症緣何而得？』
 - Question: what is the aetiology of this pattern?
- 答曰：『憂愁思慮，內動於心，外感於情，或有痰涎灌心竅，七情所感，故有此症。復刺後穴：中脘三里。』
 - Answer: worry and anxiety, thought and preoccupation, internally stirring of the heart, external matters affecting the emotions, are phlegm dousing the heart orifices, the seven emotions will be affected, thus, there will be this pattern. If the above points are ineffective, needle these points: REN-12 and ST-36.



6/1/2022

Copyright Michael Brown

59

59

Shén Mén HE-7 神門 Ancestral Knowledge – Lǐ Shìzhēn 李世珍

- Differentiating
 - HE-7 and PE-7
 - HE-5 and HE-7
- Combinations
 - HE-7 and BL-15
 - HE-7 and SP-6
 - HE-7, SP-6 and LI-4
 - HE-7, SP-6 and BL-15



6/1/2022

Copyright Michael Brown

60

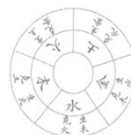
60

Shén Mén HE-7 神門

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



- Xu, Female, 41 years, first visit on 1973/08/07
- Main complaint
 - Fright palpitations and insomnia for over 2 years.
- Symptoms
 - The aetiology was anger and excessive thought.
 - Over the last 2 years she has had dream-filled sleepless night, paranoia and confusion, random thoughts, easily frightened, palpitations, also occurs when seeing things/objects, numbness over the whole body, twitching of the muscles, shortness of breath and dizziness, abdominal dissention and sloppy stool, after eating the abdomen still feels empty, likes hot drinks, is prone to stomach pain and vomiting when eating raw or cold food, has a pain in the nape, swelling over the whole body, the face looks sallow.
 - Tongue is pale with a white coat,
 - Pulse is deep and moderate.
 - Has previously used both Chinese and Western medicine which has proved ineffective.



6/1/2022

Copyright Michael Brown

61

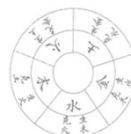
61

Shén Mén HE-7 神門

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



- Differential Diagnosis:
 - Due to the pulse and signs, the aetiology, it connects with the overthinking damaging the heart and spleen, thus it is insufficiency of the heart and spleen.
- Treatment Method
 - Supplement and increase the heart and spleen.
- Prescription
 - Supplement HE-7 and SP-6
- Result
 - After 2nd treatment, the palpitations, fright and hunger and abdominal emptiness had reduced, the sleep improved, hands and feet swelling had reduced
 - After 4th treatment, there was only fright in some evenings, abdominal distension, diarrhoea and shortness of breath and the general swelling all improved
 - After 5th treatment, no more fears when encountering things or random thoughts, but still dizzy
 - After 7th treatment: all symptoms cured
 - Treatments 8-12: consolidate the treatment



6/1/2022

Copyright Michael Brown

62

62

Thank you!

Next week we will be studying the kidney channel and points.

Any questions, please contact Global branches or myself.