

Tung Bing Ji: The forearm

Ivan Zavala L.Ac DCCM LMT
Professor of Chinese Medicine

Tung acupuncture principles

- Tung acupuncture follows numerology since its influenced by Daoism. Its focused primarily on Zheng qi 正氣, which reflects Yuan qi 元氣.
- It is a Daoist needling method 道家針法 (Dao jia zhen fa), Immortal Daoist needling method 仙道針法 against (Xie qi) 邪氣 including Mo gui 魔鬼
- therefore it venerates Hidden De qi 隱性得氣, using the methods of defending 防守 and attacking 攻擊 to protect Zheng qi as the principle 護正為主
- This is to Safeguard the Shen 守神, which involves expelling Xie qi. Traditional acupuncture 手形 hence its focus on Hand methods of tonifying and draining 手法補瀉
- Since its Daoist then its hand techniques are simple 簡 as well as convenient 便, and effective 效

Principles continued

- Points have a Qi street De qi 穴位氣街得氣 where one focuses on attuning yin and yang through understand the Ben wei/ 本位—original location of the 5 zang. Hence the saying the secret lies in depth 密在于深淺.
- Since Tung follows numerology, the system will include components of:
- 1. Dao (It is a Daoist method), it penetrates the heavens, considers strongly Shun and Ni 順逆 and Tian shi 天時 (natural law and destiny)
- 2. Yin and Yang, Qi and Blood, Ying and Wei
- 3. Three treasures (Jing, Qi, Shen), Three Dantians, Three Jiaos, theory of Qi, water, blood
- 4. 4 seasons, 4 directions, 4 stages, 4 images (Si xiang). 4 pertains to Jing mai and Jing Luo.
- 5. Wu xing/ Wu zang/ Wu se (5 colors and sounds)
- 6. Liu jing/ Liu Qi, Liu Jie 六經, 六氣, 六節
- 7. Seven emotions
- 8. 8 diagnostic principles/ Ba gang, Ba gua, Ba fa (eight treatment methods)
- 9. He Tu Luo Shu

Point name principles

- The name and functions of name fall under 3 stratus 三層, unlike traditional acupuncture names which use the image of landscape (ravines, mountains, seas, mounds, valleys, etc)
- 1. Zang xiang/ Visceral image (Ling gu/ Magic bone, Huo zhu/ Fire Master, Men jin/ Metal gate, Zhong Bai/ Center white)
- Huo zhu for example reflects the nature of wood. Other examples are San Jin (3 metal), Shui zhong (water center), Shui fu (water palace)
- 2. Substantive disease reflection- Points directly treating organ problems. Pi zhong/ Spleen swelling, Fu ke/ Gynecology, Shang Liu/ Upper Tumor. Jin Lin for mitral stenosis. Gan men/ Liver gate for cirrhosis. Points with a Spinal column shen jing.
- 3. Jing luo- Wai san guan, San zhong, Ce san li. These point reflect diseases where there is pathological changes where Channels travel. Often between two channels like Ce san li or San zhong or Shou wu qian jin. These are 3 dimensional and not linear, thus depth and direction change the effect as one pierces different the vessel qi.

Xin ling 心靈

- Heart magic 33.17 One of 72 resolving points
- Shen jing: Heart branch shen jing
- Location: Palm face up, [at the center] of the wrist crease, proximally 1.5 cun is Xin ling yi. Xing ling er is 5 fen proximal, and Xin ling san is another 5 fen proximal.
- Functions: Unobstruct the heart collaterals, expand the chest and disperse stagnation 通暢心絡，寬胸散滯
- Indications: Endocarditis, arrhythmia, angina, enlarged heart, myocardial infarction, chest oppression, chest pain, stomach pain, leg pain, frontal head pain, hand and feet numbness, throat pain 心臟內膜炎, 心律不整、狹心症、心臟擴大、心肌梗塞、胸悶、胸痛、胃脘痛、腿痛、前額頭痛、頭暈、手腳麻痺、咽喉痛

Needling: Perpendicular insertion 5 fen to 1 cun, can also thread toward the back of hand. 直刺五分～一寸半。亦可透刺手背。

Tilt the needle 15 degrees toward the upper arm to treat the heart diseases 斜度十五度由下往上刺，治心臟病。

Tilt the needle 35 degrees toward the upper arm, needling 1.5 cun to treat chest diseases 斜刺三十度由下往上刺一寸五分。治胸部頭部疾病。

Tilt the needle 45 degrees toward the limbs, to treat hand and limb disease 斜刺四十五度由上往下刺治手腳疾病。

Often paired with Di zong, Tong guan Tong Tian, Xin Men

Xin ling location



Xin ling bing ji

- Xin ling encompasses the function of Nei guan 內關- pericardium 6, as well Pericardium 5/ Jian Shi 間使. If we extend the region we can also include Xi-Men/ Pericardium 4 (the xi-cleft gate), which Jeffrey Yuen calls the Master Xi cleft point.
- Nei guan was classified as Confluent point for the Yin wei mai according to Dou Han Qing 竇漢卿 in the Song-Yuan dynasty.
- He not only classifies them but also states syndromes which it can treat. Since Nei guan and Gong sun are a pair, in Tung acupuncture we can pair Xin ling with Zu san huo (Foot three fires, especially Huo Ju) Nei guan syndromes as followed:

Nei guan

內關二穴，主治二十五證：

Chest fullness and unhappiness (Heart stomach) 中滿不快---心胃 Unresolved cold damage--- Heart master 傷寒不解 心主..

Chest fullness, glomus and fullness— Liver stomach 心胸痞滿 肝胃... Unsettled vomiting and counterflow--- Spleen stomach 吐逆不定 脾胃...

Chest fullness and phlegmatic diaphragm— Lung heart 胸滿痰膈 肺心....Abdominal pain--- Stomach 腹痛 胃...

Diarrhea and slippery intestine--- Large intestine 泄瀉滑腸 大腸 Alcohol phlegm and diaphragm pain--- Heart master 酒痰膈痛 心主

Untransformed Rice and grain--- Stomach 米穀不化 Stomach horizontal hardness and string qi (lumps)--- Liver stomach 胃 橫豎痞氣 肝胃

Pediatric hemorrhoids---large intestine and lungs 小兒脫肛 大腸肺 Nine types of heart pain, heart master and stomach 九種心痛 心主胃

Rib pain— Liver gallbladder 脅肋痛 肝膽 Female bleeding with stabbing pain--- Liver 婦人血刺痛 肝

Nei guan continued...

- Intestinal sounds--- Large intestine 腸鳴 大腸 Accumulation lump pain--- Liver spleen 積塊痛 肝脾
- Male alcohol strings--- Spleen lungs 男子酒癰 脾肺 Diaphragmatic water, and epigastric glomus pain--- Spleen stomach 水膈並心下痞痛 脾胃
- Diaphragmatic qi, food unable to descend-- Stomach Heart Lung 氣膈食不下 胃心肺
- Abdominal flank distention pain--- Spleen stomach heart master 腹肋脹痛 脾胃心主
- Intestinal wind and bloody diarrhea, large intestine 腸風下血 大腸 Cold damage with Chest bind---Stomach 傷寒結胸 胃
- Internal urgency and posterior heaviness--- small intestine 裡急後重 小腸
- Diaphragmatic food and food unable to descend Heart master, stomach 食膈不下食 心主胃
- Malaria with cold and heat--- Gallbladder 瘧疾寒熱 膽
- 內關悉主之 Neiguan completely governs this.

Xin ling continued

Nei guan is classified as a point that penetrates Yin wei mai which is said to govern Bitter heart pain 陰維為病苦心痛

Since Xin Ling is at Xin bao/ Heart protector, its targeting the Heart, the chest, stomach, and neurological diseases 屬於厥陰心包經，對心、胸、胃、神經性疾病

It can calm the heart shen, open obstruction, resolve constrain, expand the chest, regulate qi, disseminate the lungs, calm wheezing, relax urgency and stop pain. Descend counterflow, and stop vomiting. Attune and regulate yin and yang qi and blood, course and penetrate the channels and collaterals 能寧心安神、宣痹解郁、寬胸理氣、宣肺平喘、緩急止痛、降逆止嘔、調補陰陽氣血、疏通經脈等

Lingshu 71

Heart protector known as the organ where the evils of the heart siphons to
諸邪之在於心者，皆在於心之包絡。包絡者，心主之脈也

Needling here can disrupt the heart protector allowing evils to penetrate to the heart, as one is essentially piercing the shield. In some ways, its safer to pierce the heart channel.

This points are more for urgent conditions, including psychiatric mental breakdowns.

Neiguan is also a Luo point, and in repletion causes heart pain and in vacuity head stiffness 手心主之別，名曰內關...系於心包絡。心系實則心痛，虛則為頭強. This head stiffness is due to cerebrovascular injury causing muscular tightness, potentially leading to stroke, dementia, Parkinson, multiple sclerosis, essentially circulatory diseases affecting the brain. In vacuity we should moxa, in repletion we needle or bleed.

Xin ling location nuances

- Xin ling is between two tendons, the width of the tendons is diagnostic. The more open the more open the persons Xin bao, the closer the more locked their Xin bao. Being too open or too close are pathological in their own ways, those with trauma tend to be close and I advise to be cautious to needle it as its painful and cause strong catharsis.
- Xin ling is also by Jian shi 間使 which classically was used to open the whole pericardium channel and Neiguan was more the idea of a vein that appeared in pathological conditions that one bled.
- Jian shi alternate name is Gui lu/ Ghost Path 鬼路 signifying its effects on the psyche. When one's heart has deviated and become possessed. Xu Da Chun 徐大春 stated As for ghosts spirits, they are like the evils of wind, cold, summerheat, and damp. If protective qi is vacuous then one contracts cold. If the nutritive qi is vacuous one contracts heat. When the spirit qi is vacuous one contracts ghosts. Undoubtedly, a person's spirit belongs to yang, the yang [being] debilitated the ghost relies on this. 夫鬼神，猶風寒暑濕之邪耳。衛氣虛則受寒，榮氣虛則受熱，神氣虛則受鬼。蓋人之神屬陽，陽衰則鬼憑之。《醫學源流論》The Nanjing 難經 states that "In those with desertion of yang, they encounter ghosts 脫陽者見鬼".

Xin ling continued...

- Jian shi is the metal point of fire, so can treat phlegm disorders. Po disorders affecting the Shen. Po relates to the external world.
- Xin ling can be extended to Xi men for acute bleeding of all kinds, heart governs blood. This is often for blood heat patterns, or heat entering the ying level or ying palace leading to unconsciousness and coma.
- The name Xin ling pertains to the magical effect needling these vessel can have. One can needle against the channel, perpendicular or with it. Needling perpendicular one gets a dual effect of affecting the hand shaoyang affecting ministerial fire in the blood. This is ideal for chest bind. San jiao-pericardial disorders the image of the formless spaces around the heart filled with stasis.

三士 San shi (Three Scholars)

Three scholars are as followed: 33.13-33.15

Ren shi 人土/ Human scholar, Di shi 地土/ Earth scholar , Tian Shi 天士/ Heaven scholar

Shenjing: Lung branch shen jing, heart sub branch shen jing. Tian shi also has a Kidney accessory shen jing

Location: On the line at the radial side of the forearm, 4 cun proximal to the wrist is Ren shi. 3 cun proximal is Di shi. And 3 cun directly proximal is Tian shi. (Note that Hu Wen Zhi locates Ren shen 3 cun proximal to the wrist)

Functions: Course the heart, regulate the qi, clear and diffuse lung qi 疏心理氣，清宣肺氣

Needling: Oblique needling 斜刺 using a 15 degree angle from lateral to medial. 5 fen to 1.5 cun needling (depending on depth treats different conditions)

Ren shi Indications: Asthma, palm pain, finger pain, arm pain, back pain, chest pain, palpitations, proteinuria 氣喘、手掌痛、手指痛、肩臂痛、背痛、胸痛、心悸、蛋白尿 (Needling 5 fen treats asthma, palm, finger, arm, and back pain. Needling 1 cun treats heart disease and palpitations. Needling 1.5 cun treats kidney depletion

Di shi indications: Asthma, common cold, head pain, kidney depletion, waist pain, heart disease, mounting qi, constipation 氣喘、感冒、頭痛、腎虧、腰痛、心臟病、疝氣、便秘. Needling 1 cun treats asthma, common cold, head pain, kidney depletion. 1.5 cun for heart disease

Tian shi indications: Asthma, sinusitis, common cold, chest pain, chest distention, bronchitis 氣喘、鼻炎、感冒、胸痛、胸脹、支氣管炎.

Location



San shi bing ji

- Needle depth of 1 cun to treat asthma and common cold, headache and kidney depletion. Needle 1.5 cun to treat heart disease.
- One can often needle both sides simultaneously. For asthma (wheezing and panting) pair with Ling gu. One can also consider Tung point Ding chuan for acute wheezing.
- For cardiovascular disease, pair with Three ancestors/ San zong (Di zong)

Cardiovascular dyspnea often pertains to vacuity and tachycardia to repletion, San shi can treat both.

San shi bing ji continued

- The word Shi 士 scholar in the Shuowen Jiezi 說文解字 and Bai hu tong 白虎通 refers to the word 事, also pronounced Shi. This word 事 refers to a government position, 任事, one who has a important responsibility.
- The lung is referred to in Suwen chapter 8 as being the office of assistant 肺者，相傳之官. The lung is the Prime minister 宰相 which governs “management and regulation 治節” This pertains to the idea of regulation and adjustment 調節 of the body’s qi and rhythm.
- In the Maijing (Pulse Classic) there is a section that describes the movement of the vessels and circulation in accordance with the movement of life and the cosmos. This movement of circulatory patterning relating to breath and its relation to time of night and day and its subdivisions, was attributed to Hand Taiyin.

人一呼脈行三寸，一吸脈行三寸，呼吸定息，脈行六寸。人一日一夜凡一萬三千五百息，脈行五十度，周於身。漏水下百刻，榮衛行陽二十五度，行陰亦二十五度，為一周時也。故五十度而複會於手太陰。太陰者，寸口也，即五臟六腑之所終始，故法取於寸口。

San shi bing ji

These points are in Hand Taiyin which is Lung Metal and Lung metal governs the exterior.

While one can interior conditions, these points have a specialty for exterior Cold damage. Since the condition and evil will be superficial one will employ the needle method of Half needling, which is a very superficial needle insertion described Ling shu 8 as resonating with the Lung and the image of plucking a hair. This technique related to Hair-needling 毛刺

一曰半刺，半刺者，淺內而疾發鍼，無鍼傷肉，如拔毛狀，以取皮氣，此肺之應也

One looks to the Right cun to evaluate the pathocondition. One will look for a floating pulse, and in particular floating, tight, and big. One evaluates hand taiyin from Jing qu 經渠 to Kong zui 孔最 essentially for reactive points including painful points, knots, nodules, rope like or granular sensations, to perform needling 下針

San shi continued

- Since these points encompass Lung 8- the metal point of metal and Lung 6 which is the Xi cleft of the lung, we can see the mechanism at play.
- Yin xi-clefts can treat bleeding, so Di shi and Tian shi can treat pulmonary or nasal bleeding. Ren shi close to a Jing-river treats changes in voice 病變於音者，取之經 and wheezing and cough with cold and heat 喘咳寒熱.
- Notice that Tian shi which gets closer to the He-sea has that Kidney accessory as its close to the water point where Lung qi plunges internally.
- Lung channel can treat both Heart and Kidney as Metal is the phase related to communicating Fire and Water. Helping unblock the heart blood in the chest and descend fluids and ying qi into the kidney.

上士 Shang shi

- Upper scholar
- Shenjing: Heart and Kidney shen jing
- Location: 1 cun proximal to Yang lao (Small intestine 6). 1 cun above the ulnar head, at the radial edge.
- Indications: Sciatica, waist pain (special effect) back pain, hand numbness 坐骨神經痛, 腰痛 (特效) 背痛, 手麻
- Needling: Perpendicular insertion 1 to 1.5 cun. Also oblique insertion from lateral to medial (1.5. cun) to treat chest pain
- Lin Zheng Tai to complete a Dao ma adds in Zhong shi and Xia shi, each 1 cun proximal to the other

Shang shi bing ji

- Upper scholar treats pain from Heart and Kidney as a function 用.
- The form 形 of upper scholar is in Hand Taiyang, in particular the Xi-cleft 郄穴 of the small intestine channel. Xi-clefts are used to treat Pain syndromes, acute inflammatory syndromes, acute conditions. Yang xi-clefts are used to Stop pain 止痛, as opposed to Yin xi-clefts that Stop bleeding 止血.
- The point yang lao 養老 nourishing the old signifies acute pain and yang qi stagnation of Taiyang caused by aging (Heart kidney). Aging is the process of yin and yang separation.
- Heart and kidney shen jing also represent upper and lower jiao. The small intestine is exteriorly connected to the heart as a pair organ. And anatomically connected to the lower jiao with the kidney and urinary bladder.

Yao ling 腰靈

Back magic (3 points)

Kidney Shen jing 腎之神經

Location: Palm facing upward, 4.5 cun proximal to the center of the wrist is Yao Ling er. Yao ling yi is 5 fen medially, and Yao ling san is 5 fen radially.

Treats acute and chronic nephritis (special effect), back soreness and pain (special effect), hemorrhoids, habitual constipation 主治：急慢性腎盂腎炎(特效)、腰酸背痛(特效)、痔瘡、習慣性便秘。Can use a three edge needle to prick black blood out for special effect (用三稜針點刺出血特效)。

Can also treat urinary frequency, urinary urgency, urinary pain

For spine pain: Pair with Zheng ji (Correct vertebrae)

Constipation: Pair with San qi and Wan shun

Nephritis: Combine with Shui jin shui tong and Shou jie, Ma jin shui, Ma kuai shui

Yao ling locaton



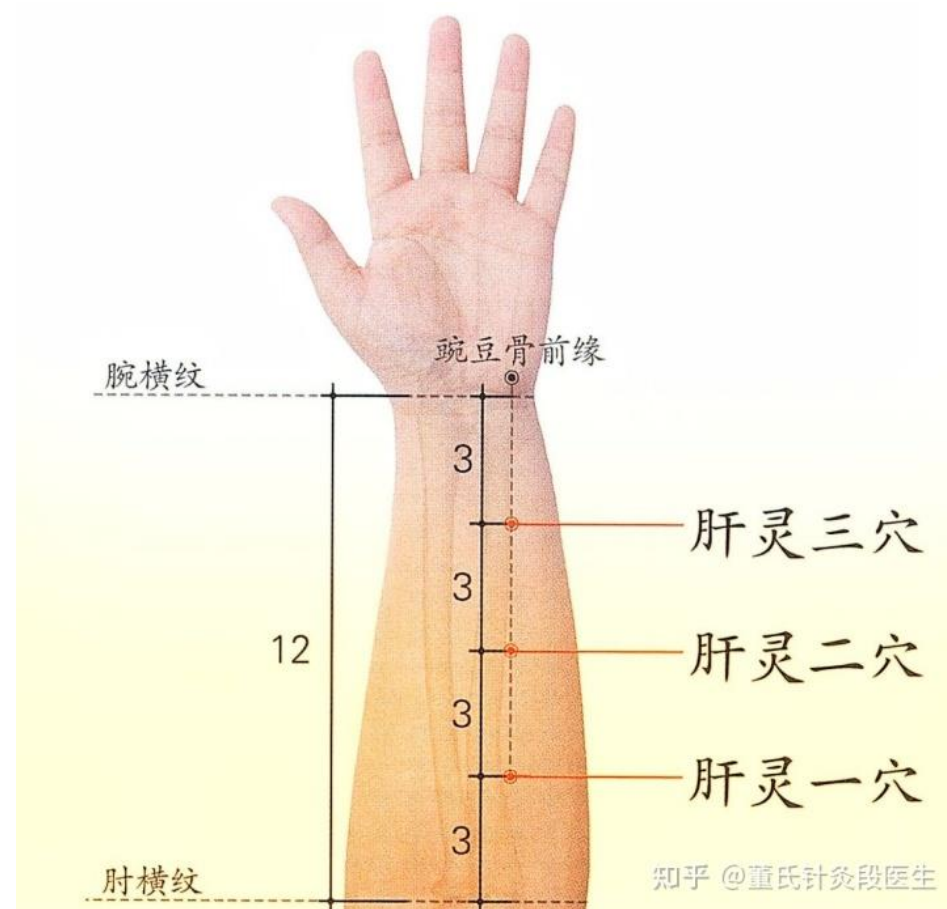
Yao Ling Bing ji

- The waist is the palace of the Kidney 腰為腎之腑. According to imaging 全息, this area corresponds to the low back.
- The points are all essentially on the pericardium channel, this is inflammatory kidney disease (blood heat at the kidney level, hence why it can nephritis)
- These points are close to the extra point Er bai 二白 (Two whites) which is 4 cun to Da lig (PC 7) with a special effect for prolapse of the rectum and hemorrhoids.
- The Yong 用 is in Kidney, but the Ti 體 is in Hand jueyin. These points cause an interaction between the Xin bao and the kidney, allowing the Xin bao to siphon Kidney evils.

肝靈 Gan Ling

- Liver Magic (One of Tung's 72 extinguishing points)
- Shen jing: Liver and Kidney shen jing
- Functions: Course the liver and regulate the qi 疏肝理氣
- Location: Palm face up, at the wrist crease, 3 cun proximal to the pisiform is Gan ling yi. Gan ling er is 3 cun proximal and Gan ling san is another 3 cun proximal
- Indications: Hepatitis, cirrhosis, liver pain, spondylitis, flank pain, leukemia (leucytosis or leukopenia), spleen enlargement, sciatica hemiplegia sore back, sinew bone pain 肝炎, 肝硬化, 脊椎骨膜炎, 肝痛, 兩脅痛, 血癌症 (白血球過多或過少), 脾腫大, 坐骨神經痛, 半身不遂, 腰酸, 筋骨痛

Gan ling location



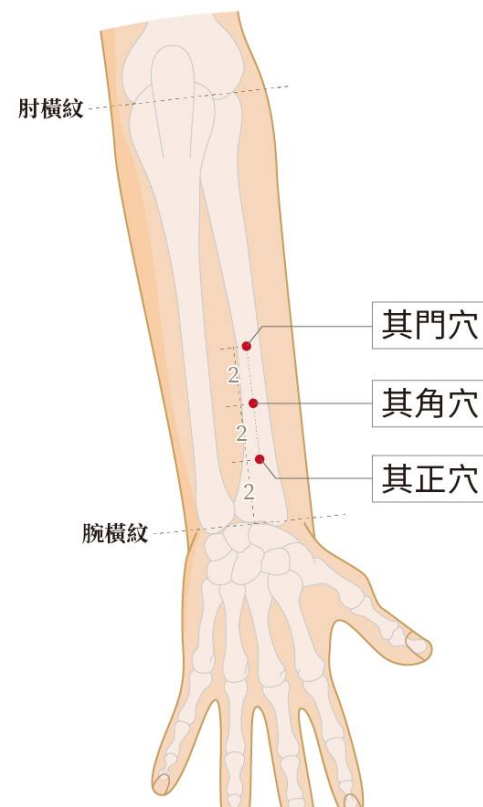
Gan ling bing ji

- These points follow the liver line in Tung. The liver essentially follows the Hand shaoyin channel.
- These points are often combined or used when one doesn't have access to Shang san huang (Upper 3 yellows).
- Interestingly one of the points is close to Ling Dao 靈道 (Heart 4) the metal point of Shaoyin. This is the same Ling 靈.
- While these points focus on regulating the dynamic between the Liver and Kidney, as Jing and blood share the same source, and Kidney and Liver share the same source 精血同源, 肝腎同源. So the function is in the Liver and Kidney, and particularly the Liver based on name.
- The form and image is in Shaoyin fire. The heart governs the vessels, and the heart governs the blood. These points regulate the liver through its child (fire). Though fire drains the liver, by regulating fire, then fire can prosper and metal can be controlled. When metal is controlled Liver can recover.
- The heart desires softness 心欲柔 according to the Fu xing jue, therefore when the heart softens, the blood softens and liver can store blood. Liver is called the hard organ 剛藏, we can use the heart to soften the liver.

其門 Qi men 其角 Qi jiao 其正 Qi Zheng

- 33.01-33.03
- This gate. This corner. This Upright.
- Shen jing: Lung branch shen jing, six fu shen jing
- Functions: Move qi and guide stagnation, clear and drain the lower jiao 行氣導滯，清瀉下焦。
- Location: Back of hand, on the radius side. From the center of wrist crease, proximally 2 cun and close to 1 cun on the radius side is Qi men. Qi jiao is 2 cun proximal and Qi zheng is another 2 cun proximal
- Needling: Oblique needling 15 degrees from the radius medially to laterally, 1.5 cun. Also some disciples angle it toward Yang xi
- Indications: Hemorrhoid pain, hemorrhoid bleeding, uteritis, ovaritis, menstrual irregularities, red leukorrhea, rectal prolapse, constipation, dysentery, uterus tumor, cervical cancer, urethritis, cystitis, lower abdominal pain 痔瘡痛, 痔瘡出血, 子宮炎、卵巢炎、婦科月經不調、赤帶下、大便脫肛、便秘、下痢、子宮瘤、子宮頸癌、尿道炎、膀胱炎、下腹痛。

San qi location



San qi bing jing

- The term 其 here is said to originally the interchangeable homophone 箕, which means beans stalks, or to the Homophone 箕, winnowing basket
- Wang Chuan Min makes the argument that since Master Tung himself stated in the preface of his 1968 book that his family's posthumous work was destroyed in turmoil from war, therefore Master Tung since young memorized the point names and locations. Therefore, there is inherent changes to locations and even point names through Master Tung evolution of practice as well as recollection and reflection. And although some point names reflect their indications, not all. And that is the case with these points, they have a deeper significance that is rooted in Astrology 星象.
- This 箕 is the same in Spleen 11 箕門, so to avoid the confusion with Traditional acupuncture Master Tung changed the 箕 to 其

San qi bing ji continued

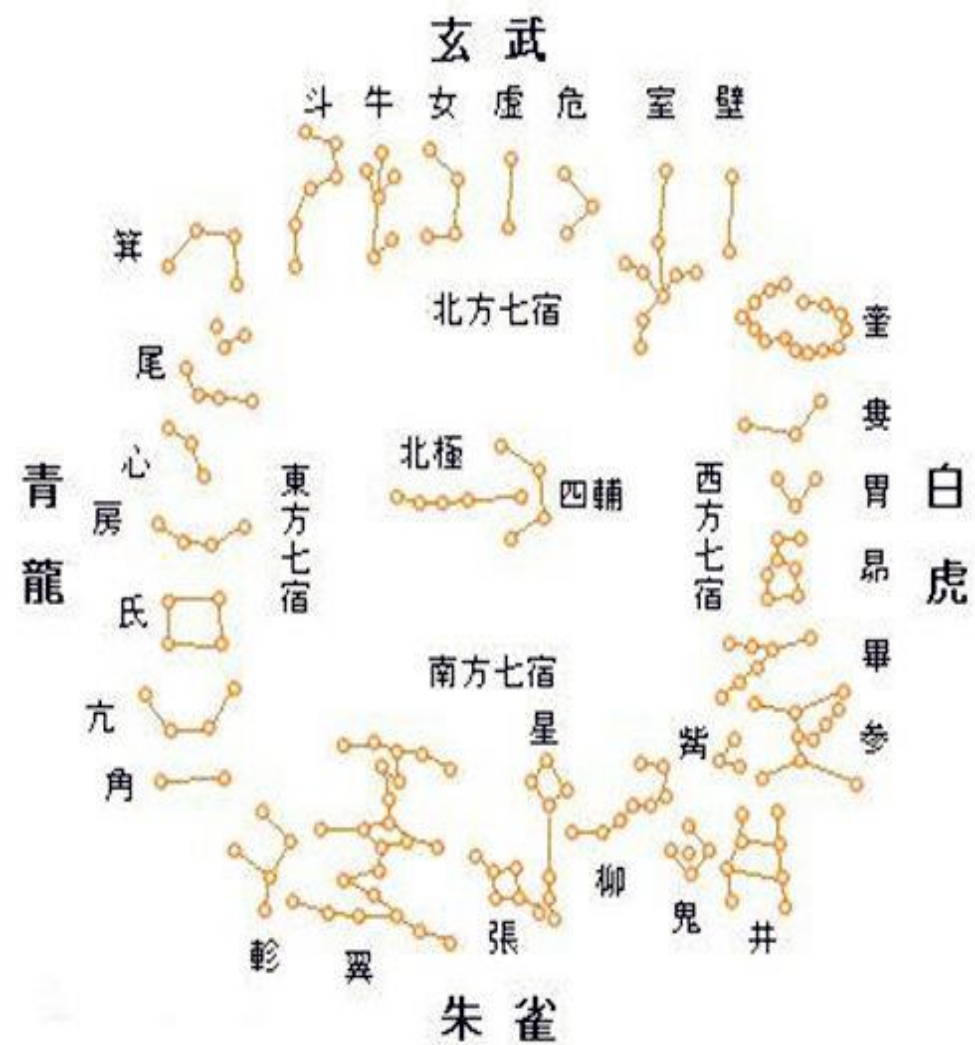
The terms 箕 and 角 come from the 28 Mansions/ Constellations 二十八宿. And in particular relating to the Eastern constellation of the Azure Dragon 東方青龍, each of the 4 constellations has 7 mansions that add up to 28. Each mansion has a specific astrological meaning.

Jiao represents the horn/ angle of the Azure dragon. It reflects also the Virgo constellation and Virgo stars are prominent in the spring sky in the northern hemisphere. And 箕 (Ji) reflects the heraldic symbol of a winnowing basket of the Azure dragon reflecting the wind current derived from its movement that removes the chaff from grain.

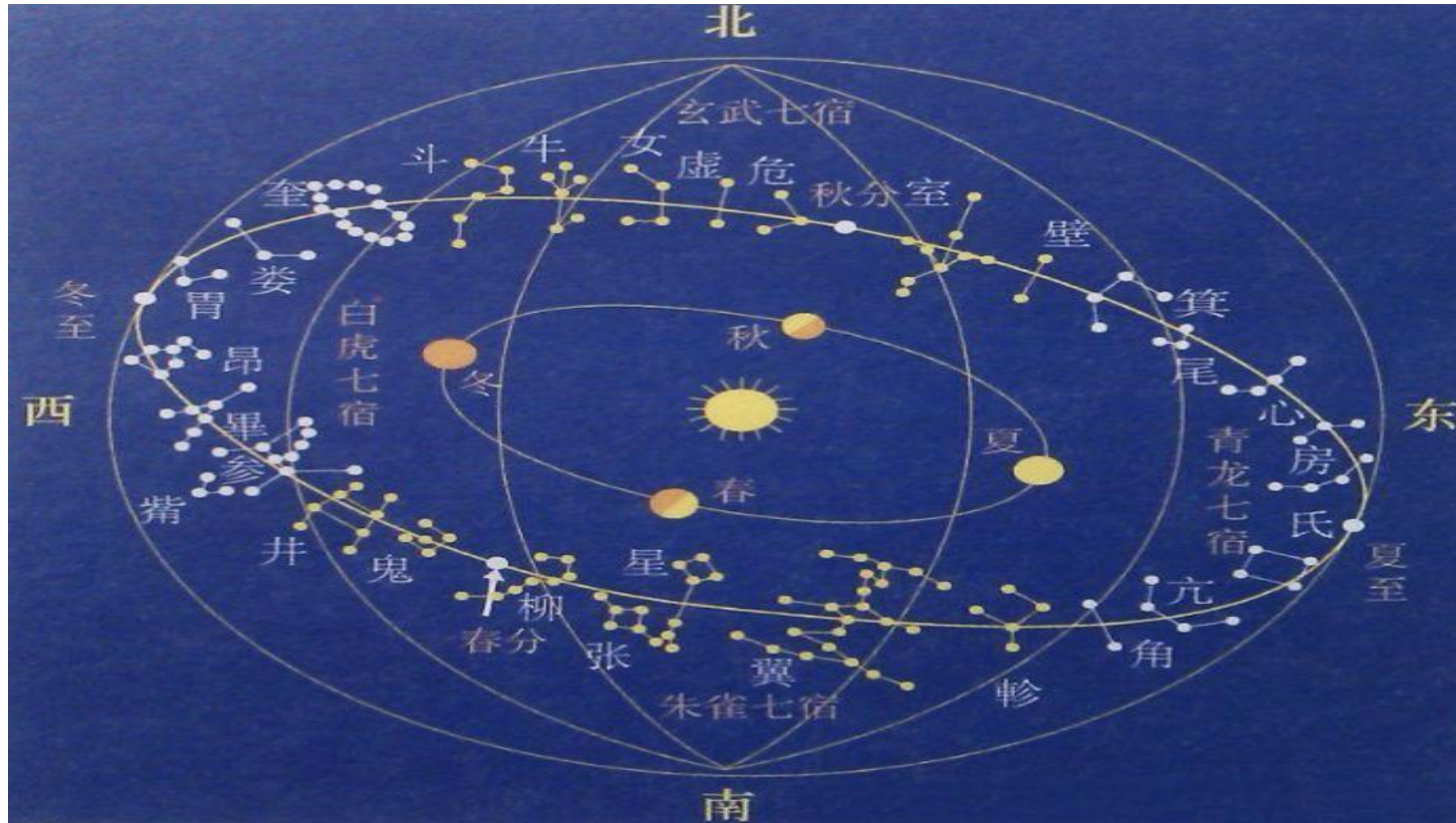
Liu Yi postulates 正 is synonymous with the Zhen 軫 mansion of the Southern constellation of the Vermilion Bird 南方朱雀. The term 軫 reflecting the chariot of the Vermillion, and to some degree in Chinese macrocosm-microcosm the chariot of the emperor. This point group is between Hand shaoyang and Hand yangming which reflect Metal and Ministerial fire, both subservient ministers to the Emperor. The image of San qi is the pathology of the gate/ portal to the emperor, the chariot (ministerial fire) has gone awry in the form of damp heat.

There is a connection of Damp heat and Ministerial fire, when damp heat pours below, ministerial fire recklessly stirs disturbing the essence chamber 濕熱下注, 相火妄動擾動精室, hence this points effect on gynecology.

28 Mansions



28 Mansion diagram



San qi bing ji continued

- San qi is between Hand shaoyang and Hand Yangming. And since this Hand yangming large intestine shares an exterior interior relationship with the Lung, it is assigned with a Lung branch zheng jing, as well as having its 用 functions targeting. Therefore to diagnose San qi pathology we look to the right cun (slippery and forceful).
- San qi treats Damp heat disease that is affecting that is the Lung, or large intestine as in lower dampheat (consuming qi) 下焦濕熱 (耗氣). This consuming qi signifies that it will lead to Qi exhaustion.
- These points can treat Damp heat causing excema of the palm, as opposed to Mu which treats hand eczema from wind dryness and liver fire.
- Can treat the Three bigs 三高 from Damp heat. The three bigs being high blood pressure, high blood sugar, high cholesterol 高血壓、高血糖、高血脂. And to some degree can also treat the 4 bigs “Big fever, big sweat, big thirst, surging pulse 四大症,一般指大熱,大汗,大渴,脈洪大”, combine with Qu chi, Da zhui, zu san li

Cheng Dan An and Neijing treatment of Fever

- Points according to Cheng Dan An 承淡安 to treat a vexatious fever 煩熱 to consider draining (Da zhui- Du 14, Wai guan- SJ 5, Wei zhong- BL 40, Feng long- ST 40, Nei Ting- ST 44, Zu tong gu- Bladder 66, Ye Men- San jiao 2, Yang ling quan- GB 34, Xuan Zhong- GB 39, Qu chi- LI 11, Chi ze- Lung 5, Tao dao- DU 13, Jian Shi- PC 5).
- Also can consider prick some of the 59 Heat points 熱病五十九俞 as described Neijing chapter 61 《水熱穴論》 according to body regions

Head 頭上五行行五者，以越諸陽之熱逆也。

Chest heat 大杼膺俞缺盆背俞此八者，以寫胸中之熱也。

Stomach heat 氣街三里巨虛上下廉此八者，以寫胃中之熱也。

4 limb heat 雲門髃骨委中髓空此八者，以寫四支之熱也。

5 Zang heat 五藏俞傍五此十者，以寫五藏之熱也。

Master Tung treatment of fever

- Generally for Gan mao we think Zhong Zi, Zhong Xian, San shi/ Three scholars, Fen Zhi/ Divide Metal, Ren Zong/ Human ancestor, and even pricking the ear at the top of the helix, middle, and bottom 感冒重子穴; 地土穴、天土穴; 分金穴(特效针)、人宗穴; 耳三穴(耳上穴、耳中穴、耳下穴三棱针)
- If there is vacuity: Add Huo Fu Hai 火腑海穴
- If Gan mao due to digestive cause and Huo luan/ sudden turmoil, we think Gan Mao yi and Gan Mao er (on the spleen vessel)
- Severe common cold, prick Gan Mao San (on the back), Wu Ling xue, hou xin
- 重感冒感冒一穴、感冒二穴; 五岭穴(三棱针)、后心穴(三棱针)、感冒三穴
- Gan mao with head pain: Prick Qi xing, seven stars 感冒头痛: 七星穴(三棱针)
- Allergic common cold: Jin er/ Metal ear 过敏性感冒金耳穴
- Wind cold entering the interior, prick Hou xin 風寒入里後心穴(三棱针)

San qi bing ji continued

- San qi is described by Liu Yi as a Sagely point to discharge toxin 排毒聖穴. Due to modern lifestyle of rich food, psychological stress, nervousness, pressures, excessive taxation, overeating, all resulting in qi stagnation and blood stasis, and food accumulation damp toxin. It also treats phlegm rheum and water damp toxin.
- San qi has the nature of Wood Fire 木火之性 reflecting San qi type of diseases: Red white leukorrhea, constipation, hemorrhoidal pain.
- San qi has 3 layers to its function:
 - 1. Lung large intestine connection and diseases- Lung branch nerve
 - 2. Draining san jiao fire and large intestine depending on needle technique
 - 3. Balancing wood fire causing Lung calmness 木火平則肺安 (Azure Dragon and Vermillion bird affecting the Western White Tiger)

Special needling considerations

- Do not use 3 needles, often only need one needle, sometimes can use two needles.
- The needle direction is 平刺 transverse to the skin, using a slanted/ oblique insertion 斜刺 parallel to the skin, 2-5 fen deep.
- when needled from yangming to shaoyang it can treat acute hemorrhoids and rectal prolapse by draining the fire qi of shaoyang and large intestine yangming, this includes gastroenteritis and red white leukorrhea. Best for gynecological illnesses with abdominal distention.
- When needled to hand shaoyang it drains san jiao fire, look for a slippery right chi, for large intestine fire needle toward Yang xi (LI 5- the fire point), one is going against the channel 迎瀉針法. One can also slightly bleed 微出血

Dai mai disease often has red white Leukorrhea 赤白帶, can combine with Dai mai treatment to treat damp heat, if there is Gallbladder involvement.

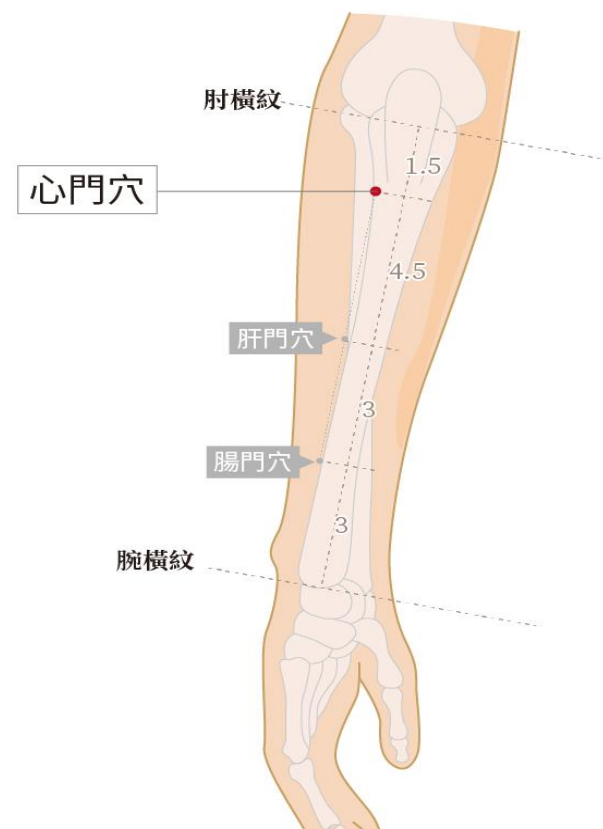
San qi constitution

- Liu Yi describes the person's of a San qi constitution as followed:
Abundant energy, red face, prominent pot/ beer belly, often with high cholesterol, high blood pressure, or constipation, acne, amenorrhea, asthma, obesity. These are all etiological factors to a stroke. All under the umbrella of a Damp heat type 濕熱型
- This is a Replete Yangming constitution, what Shang han lun terms as Shaoyang yangming 少陽陽明者，發汗，利小便已，胃中燥煩實，大便難是也. Anytime there is Yangming with constipation, there is already technically shaoyang involvement since there is ministerial blockage. These points are between Shaoyang Yangming.
- Hu Xi Shu would often use Da chai hu tang plus Gui zhi fu ling wan or Da chai hu tang plus Tao he cheng qi tang or Da chai hu tang plus Xia yu xue tang to treat these Shaoyang yangming with blood stasis.
- For cardiovascular disease, combine with Si hua, especially bleeding Si hua zhong or Si hua wai.
- For Yangming and Spleen replete damp patterns, combine with San zhong. San zhong also being between Yangming and Shaoyang. San qi treats Yangming and San zhong treats Taiyin- Spleen.

Chang men 腸門, Gan men 肝門, Xin men 心門

- 33.10-33.12
- Chang men is Intestine gate. Gan men is Liver gate. Xin is Heart gate.
- Shenjing: Chang men is Liver branch and Kidney accessory shen jing.
- Gan men has Liver branch. Xin men has a heart zang branch shen jing
- Location: Chang men: At the ulnar's medial side, 3 cun proximal to the pisiform at the wrist crease. Gan men is 3 cun proximal to Chang men (6 cun proximal to the pisiform).
- Xin men: Distal 1.5 cun to the olecranon at the ulnar side in the depression
- Needling: Gan men: Twirl to right for Chest oppression and twirl to left for intestinal pain.

San men location



San men (Three gates)

- Chang men functions: Course and drain the intestines 疏洩腸腑。
Ganmen functions: Course the liver and regulate the qi 疏肝理氣
Xin men functions: Unobstruct the heart luo 通暢心絡
- Indications:
Chang men: Acute or chronic inflammatory bowels/ colitis, head dizziness, blurry vision, cholecystitis, nausea or vomiting 急慢性腸炎，頭暈眼花，膽囊炎，嘔吐
- Gan men: Acute hepatitis (special effect) Acute or chronic gastritis and colitis, chest oppression, chest pain, flank pain, inner leg pain (instantly eliminated) 急性肝炎（特效）急慢性胃腸炎，胸悶，胸痛，兩脅痛，腿內側痛（立除）
- Xin men: Heart disease, pericarditis, palpitations, chest oppression, nausea and vomiting, liver cholera 心病，心臟內膜炎，心悸亢進，胸悶嘔吐，肝霍亂

Bing ji

- Wang Chuan Min states that these points should not be needled perpendicularly. It should be oblique at a 30 degree angle toward the pinky. These points are called gates so can open and can close. Xin men and Gan men being points of the Zang-organs are unsuitable to drain, only suitable to supplement, as these can harm Liver or Heart qi. Zang according to Suwen chapter 11 the Five Zang store Essence qi and do not drain, therefore are full but not replete. The six fu, they convey and transform, and do not store, therefore are replete but cannot be full 五藏者，藏精氣而不寫也，故滿而不能實。六府者，傳化物而不藏，故實而不能滿也
- Therefore, Chang men being a Fu-bowel of the intestine can be drained.

Bing ji continued

- The reason one does not puncture perpendicularly is because the puncture goes into hand jueyin-pericardium and that is seen also as harmful to the heart. We are puncturing here the Small intestine channel, which is already treating the Heart through its paired organ. These points directly penetrate into organs.
- The direct action on organs is an Organ substantive problem 臟器實體問題. Whenever we see a point effect with a direct organ disease, this relates to the second hierarchy in Tung, this relates to Suo sheng jing 所生病. The first hierarchy relates to the Zheng jing 正經, also labeled Shen jing 神經 which relate to the channels in the Tung system. The last hierarchy relates to the Jing luo 經絡, relates to diseases where the vessel stirs 是動病, disease of channels and collaterals.
- Small intestine holds the office of Reception and Holding, where transformation and matter emanates. These point can treat dampness related to dysfunction of small intestine effect on separation of pure and turbid.

San men continued

- Gan men is often combined with Shang san huang for liver disorders involving both dampness and liver yin vacuity with wind stirring. However, if there is no liver yin vacuity, and one has Zheng qi/ yang qi vacuity one would choose Gan men, as Gan men is located on a yang channel. Hence why Small intestine 4 is an empirical point for jaundice, but a jaundice with yang xu, as this is the Fu of imperial fire.
- Small intestine channel is a yang channel so we use “from yang to lead yin 從陽引陰”, and yin channels we use to “From yin to lead yang 從陰引陽”.

Three gates continued

- Chang men can regulate the intestinal tracts, therefore can treat acute appendicitis. This is through its effect on the imperial fire of the small intestine and regulating its effect on the serous membrane covering the abdominal organs, the peritoneum. Qing dynasty physician Tang Zong Hai 唐宗海 states that when the small intestine receives its abundance and transforms the essential sap upward, it offers it to heart and transform it to blood. 小腸受盛五穀使化精汁以上。奉於心。
- Also when the heart fire extreme the heat transferred to the small intestine, and there is this steaming heat in the fatty membrane 心火太甚則熱移小腸。膜油中為熱所蒸
- Tang Zong Hai states that the small intestine qi transformation, and its close attachment to the small intestine fatty membrane is the middle jiao, which belongs to the beong 小腸之氣化矣其附小腸之油膜。即中焦也。屬之於脾

Small intestine...

- The small intestine is said by Tang Zong Hai to Govern fire and Govern blood, its nourishment engenders to the heart 小腸主火主血，營生于心. And he states without the fire of the small intestine, then the water of the bladder isn't transformed, and this is the water of Taiyang, which has the function of diureses and diaphoreses.
- Small intestine separation of pure and turbid relates to the overarching theme of the water metabolism of Taiyang, the essential fire/ engine behind Taiyang.
- Also it be noted that in the Suwen 《脈要精微論》, Gan men pertain to the region of forearm diagnosis pertaining to the liver 附上左，外以候肝, and therefore according to the Chen Du Ren 陳渡人, Gan Men not only to treat liver disease but also a special point region to diagnose liver disease.
- The same chapter in the Suwen also states that the forearm region of Xin men pertains to the lower abdomen, waist, thighs, knees, and feet 下竟下者，少腹腰股膝脛足中事也. Xin men special effect for coccyx is unique. Often paired with Wan shun for this purpose. This is coccyx pain due to lack of heart fire weakness, therefore the left cun will be weak and vacuous. Xin men greatly supplements heart fire (through the small intestine mechanism explained previously).

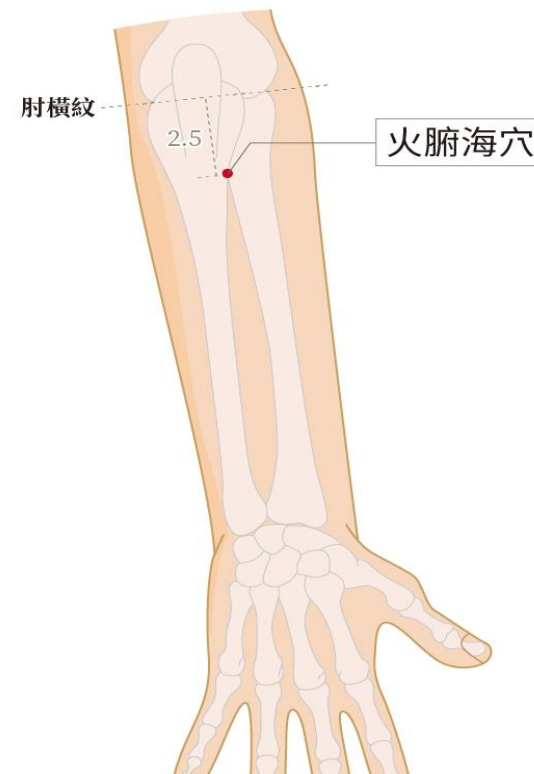
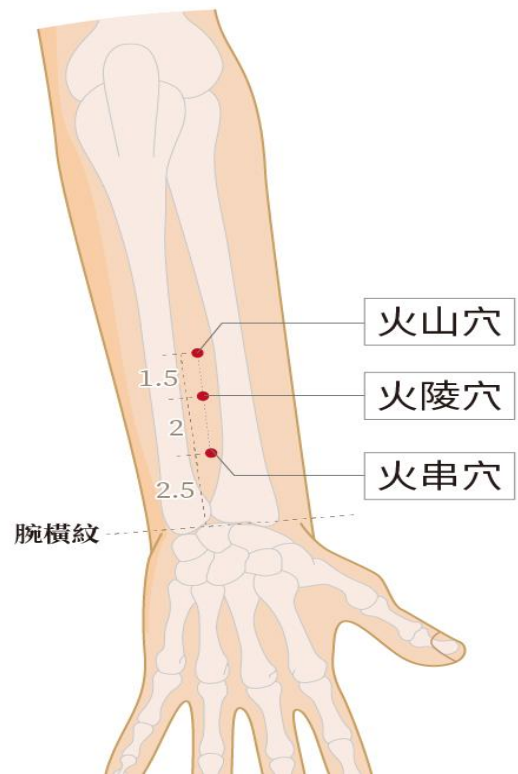
火串 Huo chuan, 火陵 Huo ling, 火山 Huo shan, 火腑海 Huo fu hai

- 33.04-33.07
- Huo chuan is Fire connect. Huo Ling is Fire mound. Huo shan is Fire mountain. Huo fu hai is Fire bowel sea.
- Huo chuan, Huo ling, and Huo shan are known collectively as Shou san huo (three arm fires)
- Shen jing: Huo chuan has lung sub-branch, heart accessory. Huo ling is Heart accessory. Huo shan is heart accessory and Kidney shen jing. Huo fu hai is Lung subbranch and Heart accessory
- Location: At the back of hand, from the center of the wrist crease proximally 2.5 cun is Huo chuan (.5 fen above Wai guan). In the depression between the muscle and bones. Huo ling is 2 cun above.
- Needling: Perpendicular needling 5 fen to 1.5 cun. Oblique 30 degree needling 2 cun. There is a San jiao and Pericardium (Xin bao) relationship, these can be threaded. For example Fire mountain (Huo shan) can be threaded to Yao ling to treat pyelitis, sciatica, sore back from the perspective of Ming men.
- Huo fu hai location: Below the elbow crease 2.5 cun, 0.5. lateral to shou san li (LI 10)
- Huo chuan paired with Wan shun for Deafness 重聽

Shou san huo and Huo fu hai indications

- Huo chuan: Chest pain, back pain, deafness, chest oppression 胸痛, 背痛, 重聽, 胸悶
- Huo ling: Chest pain radiating to the back, hand cramping, hand numbness chest oppression, hand 胸痛透背, 胸悶, 手抽筋, 手指麻木
- Huo shan: Same as Huo ling, and additionally Nerve weakness, pyelitis, waist pain, sciatica 神經衰弱, 腎盂炎, 腰痛, 坐骨神經痛
- Functions: Disseminate and guide blood and qi, penetrate the network vessels and stop pain 宣導氣血, 通絡止痛
- Huo fu hai: Cough, asthma, common cold, sinusitis, sciatica, leg soreness, waist pain, anemia, dizziness, blurry vision, excessive exhaustion 咳嗽、氣喘、感冒、鼻炎、坐骨神經痛、腿酸、腰痛、貧血、頭暈、眼花、疲勞過度
- Functions: 祛風肅肺, 補益腎水 Dispel wind, purifies the lungs, supplements and boosts kidney water
- Huo fu hai warms the yang, for anemia, blurry vision, leg soreness, dizziness, and exhaustion leave the needles for 10 minutes then remove the needles. One can also moxa this point, 3-5 cones, can go up to 7-9 for strong moxa. It is a longevity point and can be moxa'd every 3 months on alternative days to lengthen life.

Locations



Shou san huo bing ji

- These points are in Hand shaoyang, hand shaoyang governs ministerial fire. The name of the points all have fire pertaining to the heart
- The Shen jing of most these points relate to Lung and Heart, relating to the movement of Qi and Yang in the upper jiao. However, since these points work on San jiao they can work on all three burners. Hence why they can treat lower limb sore pain with exceptional weakness, a sign of Qi vacuity.
- They regulate the San jiao qi mechanism to treat heart palpitations, with the function of supplementing of heart fire 調理三焦氣機治心悸，補心火之用. These points can be used to warm yang qi.

Shou san huo bing ji continued

- The symbology of the names of this point group relate to the nature of fire, for example, Chuan 串 represents a cluster, something strung together, we see this word in Huan 患, suffering. When fire comes together there is turbulence 暴 and ability to combust. Huo chuan when supplemented can strengthen the body's ministerial fire, making one's whole body warm.
- By strengthening ministerial fire's power 勢 it can provoke qi transformation, particularly in the Spleen. Fire engenders earth, and spleen water needs fire for steaming and transformation.
- Daoists heavily emphasize 重陽 overabundant yang and strengthening one's constitutional yang qi to cultivate Yang Shen 陽神. What Liu Yi terms as eliminating haziness 消除陰霾, dispelling yin. Hence why they've developed Cinnabar method, moxa method, fu zi method, for the purpose of Gu Ben Pei Yuan 固本培元.
- Liu Yi states Huo chuan and Huo shan when drained can treat external contraction with inability to sweat with high fever, akin to Da Qing Long Tang, for this prick to bleed. When supplementing yang, one should just needle.

Li Ke's 李可 “Pei Yuan Gu Ben 培元固本”

- Famed emergency physician, Li Ke, constructed a formula of Gu Ben Pei Yuan for those with serious disease with pronounced weakness for all types of Severe Vacuities and the Hundred detriments where there is immunity decline, prenatal insufficiency, and where is stasis, phlegm, accumulation mixed with Vacuity.
- Pei Yuan Gu Ben refers to Cultivating the Source and Consolidating the Root.
- Base Formula is as followed:
- Human placenta 人胎盘 or Zi He Che、Lu Rong 鹿茸片、Hong Shen 红参、Wu Ling Zhi 灵脂、San qi 三七、Hu Po 琥珀
- He also liked to Reishi spores 灵芝孢子粉100g and Chen xiang. Hong Shen can be replaced with Gao Li Shen/ Korean ginseng.
- Formula is added depending on various types of cancers with medicinals such as: Hai zao, Ge Jie, Tao Ren, Mu dan pi, Bei Mu, Dong Chong Cao,

Shou San Huo continued

- Huo chuan is related to Zhi Gou/ Branch Ditch (San jiao 6). San jiao is the fire point of the hand ministerial fire channel. This point can be governs constipation, rib pain, cold bi-obstruction pain.

This point clears the triple burner by downbearing counterflow fire, even freeing bowel qi, treating abdominal pain and oppressive glomus in the chest and stomach duct.

- Classical indications: Painful red eyes, postpartum blood dizziness, hot face, cough, sudden heart pain, counterflow qi, sore pharynx, absence of sweat in febrile disease, saber lumps, scab and lichens, cruel itching, ghost attacks, inability to turn to the head.
- Shou san huo an important point group also for neck pain.
- Ode of the Jade Dragon Pairs San jiao 6 with Zhao hai/ Kidney 6 for constipation. For deficiency constipation Zhi gou with Zu san li (Song of Points).
- Suwen 74 states the pathomechanism “All counterflow and surging upward belongs to fire 諸逆衝上，皆屬於火”
- Also says “All diseases with aching pain and swelling of the instep. Fright, and fear are ascribed to fire 諸病跗腫疼酸驚駭，皆屬於火”.

Shou san huo bing ji continued

- The line of these points also include the point San yang luo, 三陽絡 which is the meeting point of the three arm yang channels, the yang equivalent to San yin jiao.
- Ling shu chapter 21 on Cold heat diseases 《寒熱病》 Those with skin sensations of alternating cold and heat, with inability to approach the [sleeping] mat, hair and head hair scorched, nose dried like cured meat, inability to sweat, choose San yang luo, and supplement tai yin (Lung 9) 皮寒熱者，不可附席，毛髮焦，鼻槁臘。不得汗，取三陽之絡，以補手太陰。
- Ancient literature describe this place as a nexus for opening 通 gates and spaces 門間. In particular penetrating yin. This point transforms yin and opens the great intersecting vessel of yang. It is said to be the Point of Yang binding and yin transformation, when yang extreme then yin engendered 陽極則陰生.

Hand jueyin vs Hand shaoyang difference

- Both these channels work on ministerial fire. Hand jueyin is the proxy of the heart and san jiao the proxy of the kidney.
- San jiao is the Qi layer, Pericardium is the Blood layer.
- Both treat chest pain, but one is Yang and one is Yin. Hand yin channels according to Lingshu go from the Zang to the hands. And Hand yang channels go from the hands to the head 凡手之三陰，從臟走手；手之三陽，從手走頭. Hence hand jueyin disperses blood peripheral (Nei guan), and Hand shaoyang moves yang to the central torso.
- Yang channels follow the principle of “From yang guide yin”
- Yin channels follow the principle of “From yin guide yang”

Shou san huo engenders yang so yin-blood can follow.

Xin ling on the other hand, engenders yin so yang (stasis heat) can follow.

Bing ji continued

- Shou san huo follows the method of from yang transform yin, to treat Dry patterns 乾燥綜合症. Hence why there is febrile disease without sweating.
- Small intestine also has a similar symptom of febrile disease unrelieved by sweating.

Shou san huo further mechanism

- Further analysis on Shou san huo I have done:
- <https://www.facebook.com/photo/?fbid=3089310604465238&set=a.159876554075339>

Huo fu hai bing ji

- Huo Fu Hai is the san jiao equivalent to Shou san Li (LI 10) and often are a good Dao ma pair. It must also be noted that Huo Fu Hai 火腑海/ Fire bowel sea can be conceptualized as a He-sea point. Similarly to Shang ju xu and Xia ju xu (ST 37 and ST 39) which are the lower he points for large intestine and small intestine and points of the sea of blood according to Ling shu 33 《海論》
- Therefore, these points make a good combo with these Lower He points, including the points for the sea of grain (Zu san li and Qi Chong).
- It must be noted that Huo Fu Hai is one of the few points in Tung recommended to be moxa'd to lengthen life. This is the moxa point for general qi and blood deficiency. For yang deficiency we think Zhong bai.
- Huo Fu Hai works by stimulating the san jiao to bring yuan qi and warmth to the bowels to produce qi and blood. This is also a major point for lower limb aching pain caused by spleen and heart dual vacuity.

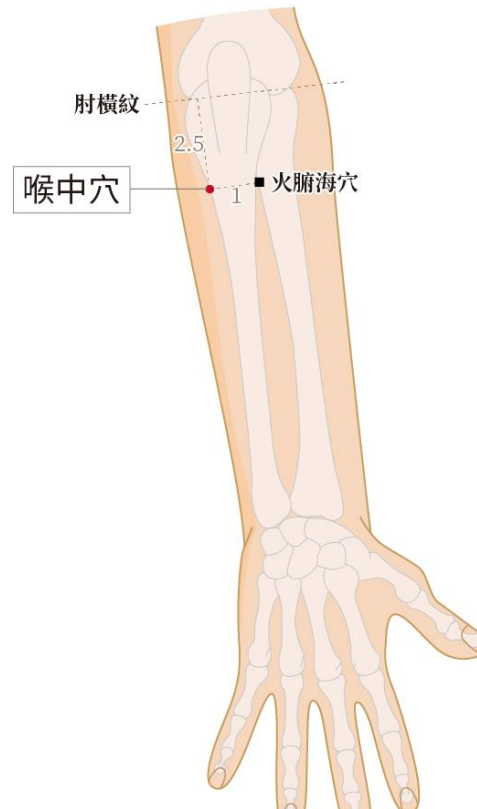
Huo fu hai bing ji continued

- This is an important point for Fatigue 疲勞. Often combined with San cha san especially with spleen weakness and post-viral syndrome, and for Jing vacuity, Shui jin shui tong.
- For Fatigue retain the needle for 50 minutes, the marker is the left cun, when it shifts to becoming stronger remove the needle. This point can improve disease resistance capability.
- In summary, Heart corresponds to blood vessels, so we regulate blood to regulate qi. Lung corresponds to Qi, so regulate qi to invigorate blood 心應血脈，調血以調氣，肺應氣，調氣以活血

喉中 Hou zhong

- Throat center
- Shen jing: Lung sub branch, kidney sub branch
- Location: Back of hand, 1 cun lateral to Huo Fu Hai, in the space between the two tendons
- Indications: Throat cancer, throat inflammation, tonsilitis 喉癌, 喉炎, 扁桃腺炎

Hou zhong location



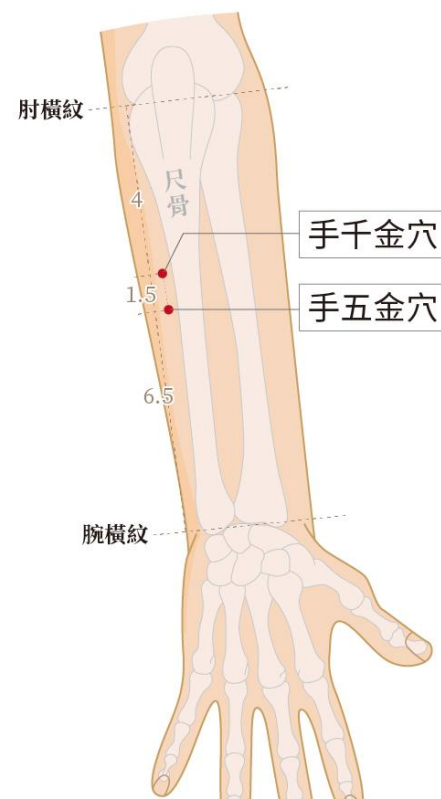
Hou zhong bing ji

- Throat center represents a condition of disharmony between Lung and Kidney (mother and child). Metal is not descending and water is not generating leading to heat stasis.
- Hou zhong is between the San jiao and Small intestine channels (fire organs). In particular, its close to Huo fu hai which represents Qi and blood exhaustion caused by the lack of circulation of fire. In a Huo fu hai scenario the qi has become exhausted, in a Hou zhong scenario the fire is stagnant in the throat. This treats a shaoyang sore throat with exhaustion.
- Lingshu chapter 2 states that shaoyang belongs to the kidney, kidney ascends to connect to the lungs, therefore commanding these two organs 少陽屬腎，腎上連肺，故將兩藏。
- San jiao is the Palace of the Central ditch, where waterways emanate 三焦者，中瀆之府也，水道出焉。
- Hou zhong sore throat is often accompanied by a bitter taste
- Shaoyang pathology- Lesser yang symbolism

手五金 Shou wu jin, 手千金 Shou qian jin

- 33.08-33.09. One of 32 resolving 解 points
- Hand five metal and Hand thousand metal
- Shenjing: Lung sub branch, liver sub branch
- Functions: Soothe the sinews, invigorate the network vessels, clear the channels and resolve toxin 疏筋活絡，清血解毒
- Location: Medial to the ulna, 6.5 cun from the wrist crease is Shou wu jin and Qian jin is 1.5 cun proximal. Shou wu jin can also be found 5 fen proximal and 5 fen lateral.
- Indications: Sciatica, hand and feet numbness (special effect), lower leg swelling, foot pain, resolves excessive cholesterol, resolves needle site pain, nape pain, neck pain, abdominal pain, drug toxin, food poison, sore toxins
坐骨神經痛，手脚麻木（特效）小腿發脹，脚痛，解膽固醇過多、
解針口痛、項痛、頭痛、腹痛、藥物中毒、食物中毒、瘡瘍毒

Shou wu qian jin locations



Shou wu jin/ Shou qian bing ji

- These points are between Hand Taiyang and Hand Shaoyang thus can regulate imperial fire and ministerial fire. Hand Taiyang governs the separation of pure and turbid and Hand shaoyang governs the waterways, therefore these points can regulate fluids.
- San jiao according to Lingshu 10 governs Qi diseases, and Small intestine governs Ye-thick fluids diseases. This is a dual disease of Qi and Ye fluids.
- From a Shen Jing perspective, these points have a Lung and Liver sub-branch 分支 relating to the axis of polarity and the movement between up and down, East and West, becoming swapped, what was once two motions become one motion in a pathological sense.

Shou wu qian jing continued..

- These points according to Liu Yi Strengthen metal to control wood 強金克木. The name of the points reflect a metal nature.
- These points essentially treat Wood disease, hence blood toxins.
- Liu Yi states that its body lies in Dry metal and its function lies in Liver wood, one statement physiology and another statement pathology 體在乾金而用在肝木, 一言生理 一言病象.
- The pathological indications of Tung points have 3 layers of stratification: Channel and Collateral 經絡, Visceral image of Zang fu 藏象之臟腑, Substantive disease of Zang fu 實體之臟腑
- Furthermore, according to Yu Sheng Tze, points have a 用體 (Yong Ti), form and function. Yong being yang, Ti being yin. Yong pertain to the Zheng Jing channels, Ti pertains to the Jing luo (body).
- Shou wu qian jin for example have a Yong of Lung and Liver sub-branch, it has a Ti of being between Hand shaoyang and Hand Taiyang.
- Yong Pertains to Wu xing, and Ti pertains to Liu jing

Shou wu qian jin continued

- If we look at the indications of these points, they mostly treat a Zang xiang/ Visceral image symptomatology pertaining to numbness and toxin, which relates to Liver manifestation.
- The Jing luo would be numbness of the hands, hand shaoyang. Sciatica, foot pain, leg swelling are Jing luo manifestation, the relationship between Hand taiyang and Foot taiyang,
- The substantive disease of Zang fu would be the abdominal pain,. But we can say the fire of the small intestine affecting the small intestine organ, which would be a Substantive disease.
- We can look at the abdominal pain from a Visceral image perspective, which relates to the Qi of dry metal (Lung) affecting the large intestine.

Hierarchy of Shen jing/ Zheng Jing

- To iterate the hierarchy of Shen jing which is actually Zheng Jing 正經 Principal channels. Shen jing= Zheng Jing
- 1. 正經 Zheng Jing, also called General/ Chief Shen Jing 總神經
- 2. 副正經 Fu zheng jing Accessory Zheng Jing
- 3. 支正經 Branch Zheng Jing
- 4. 分支正經 Subbranch Zheng Jing
- 5. 交叉正經 Intersecting Zheng Jing
- Wang Chuan Min categorizes them as followed:

Wang Chuan Min categorization

- For example, if we are talking about the Lung shen jing, Wang Chuan Min explains it as such
- 1: Primary Lung Nerve (肺總神經 | fèi zǒng shén jīng)
- 2: Lung Nerve (肺神經 | fèi shén jīng)
- 3: Lung Branch Nerve (肺分枝 (枝, 支) 神經 | fèi fēn zhī (zhī, zhī) shén jīng)
- 4: Lung Assistant Nerve (肺副神經 | fèi fù shén jīng)
- 5: Lung Thin/Cross Nerve (肺細, 交叉....等等神經 | fèi xì, jiāo chā...etc. shén jīng)
- Any point rated as a 1 in the reaction area is the strongest, like a superhighway directly to the organ. It's the quickest and strongest point. Those points that are a 5 are like the side streets to the organs. They are narrow and small, but good enough to treat minor dysfunction. For most patients who come to the clinic, we only need to choose a 3 in strength. Patients who need a 1 are mostly in the hospital and those that need a 5 don't come because the symptoms are too mild.
- These rankings can also be abbreviated in the following way:
- LU-1
- LU-2
- LU-3
- LU-4
- LU-5

木肝 Wood liver

- Shen jing: Liver shen jing
- Location: 5 fen distal to Shao hai (HT 3) and 5 fen lateral
- Indications: Liver weakness, hepatitis, cirrhosis, liver ascites 肝弱, 肝炎, 肝硬化, 肝積水
- Needling: 2-3 fen, oblique needling 5 fen. Also bleed for black blood
- Pair with Gan men for acute hepatitis. Infectious hepatitis pair with Shang san huang.
- Hu Wen Zhi states showcasing 5 phase Tung acupuncture essence:
Pair with Fei ling 肺靈 to use lung to control wood (以金能剋木), pair with tong shen to use water to engender wood 通腎 (水能生木也)

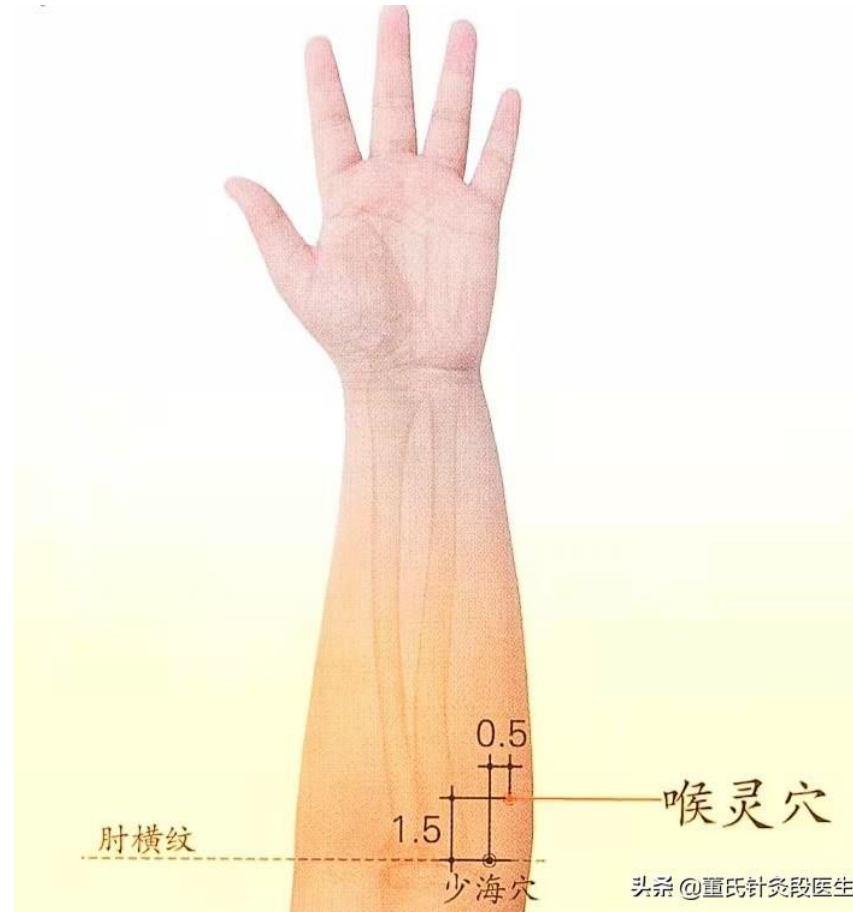
Mu gan bing ji

- Mu gan is along the liver line of Tung channels.
- Mu gan is close to Heart 3/ Shao hai the He confluent point. He points are related according to the Nanjing to the Northern direction winter, where yang qi enters the zang 合者，北方冬也，陽氣入藏.
- Mu gan represents the Nanjing strategy of when draining Southern direction fire, supplement the northern direction water. Fire is wood's child 瀉南方火，補北方水。南方火，火者，木之子也
- In actuality, this is a 不定穴, a region discovered when there was Liver illness as evil tends to accumulate in certain regions.
- Ling shu describes this as the 8 hollows 肺心有邪，其氣留於兩肘；肝有邪，其氣流於兩腋；脾有邪，其氣留於兩髀；腎有邪，其氣留於兩膕。凡此八虛者

喉靈 Hou ling

- Throat magic
- Shen jing: Lung branch
- Location: At heart 3, 1.5 cun distal and 5 fen medial
- Indications: Sinusitis, sinus obstruction, throat inflammation, tonsillitis, thyroid enlargement、goiter, throat cancer, nose cancer 鼻
炎，鼻塞，喉炎，扁桃腺炎，甲狀腺腫大，喉癌，鼻癌

Hou ling location



Huo ling bing ji

Huo ling bing ji is related to Shao hai 少海 (Heart 3), the water point of hand shaoyin.

Lingshu describes the throat as connecting to the heart 喉嚨，以貫心脈

Shang han lun describes shaoyin disease with throat pain:

Particularly Zhu fu tang, Gan cao tang, and Jie geng tang.

少陰病，下痢，咽痛，胸滿心煩者，豬膚湯主之。

少陰病二三日，咽痛者，可與甘草湯；不差者，與桔梗湯。

The first two formulas treat shaoyin yin vacuity heart surging upward into the throat. One can combine this point with the Yin qiao mai- Zhao hai 照海 (kidney 6).

This point help guide to the throat, the mechanism lies in fire that is overwhelming metal. Metal governs the throat.

Treatment of throat disease

- For the treatment of throat disease, Li Guo Zheng recommends Shi yin, Hou Zhong, Hou Lung, Huo Sheng (bleeding)
- 治喉嚨病：失音穴、喉中穴、喉靈穴、火聖上穴

San ding/ Three tops 三頂

- Consisting of 3 points:
Tu ding 土頂 Earth top, Mu ding 木頂 Wood top, Shui ding 水頂 Water top
- Shenjing: Tu ding- Liver shen jing. Mu ding- Stomach and Heart shen jing. Shui ding- Gallbladder and Liver Shen jing
- Tu ding location: At Qu ze (Pericardium 3) 5 fen distally
- Mu ding: At Chi ze (Lung 5) 5 fen distally
- Shui ding: At Shao hai (Heart 3) 5 fen distally
- Indications:
 - Tu ding: Vertex pain, brain pain, brain ringing/ tinnitus, frontal head pain, head pain with tendency to anger 頭頂痛, 腦痛, 腦鳴, 前額頭痛, 頭痛善怒
 - Mu ding: Frontal head pain, skull pain, tendency to nervous pain, vomiting, dry cholera, 前額頭痛嘔吐, 顱門附近頭痛, 易于緊張頭痛, 乾霍亂
 - Shui ding: Optic nerve atrophy, myopia, sty (special effect), cataract, eye soreness, presbyopia/ far-sightedness 視神經萎縮, 近視眼, 麥粒腫 (特效) 白內障, 眼痠痛, 老花眼

San ding location



San ding bing ji

- All head pathology relates to counterflow of Wood.
- The term Ding pertains to Wood pathology. These points are close to He-seas which treat counterflow.
- Admittedly, the name of these points and the associated Shen jing is a bit perplexing.

Earth Top- Liver shen jing- on Hand jueyin (Ministerial fire)

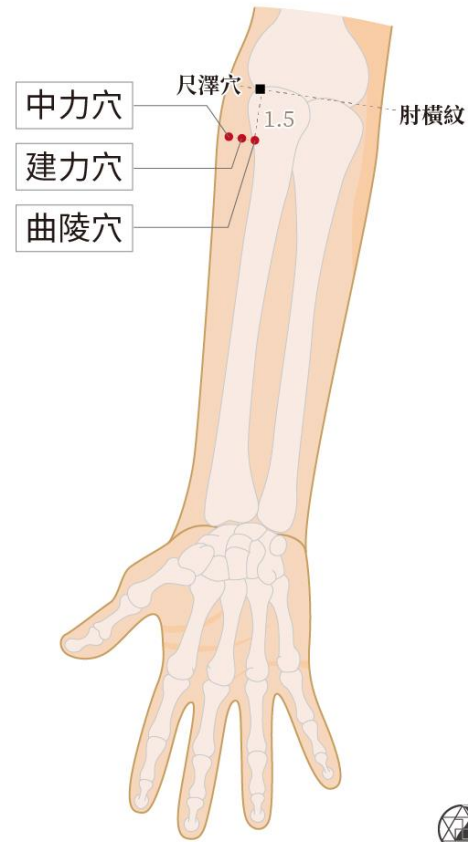
Wood top- Stomach and heart shen jing- on Hand Taiyin (Metal)

Water top- Gallbladder and Liver shen jing- Hand Shaoyin (Sovereign fire)

Qu ling 曲陵, Jian li 建力, Zhong li 中力

- 33.16 Qu ling is Curved Mound. Jian Li is Fortify strength, Zhong li is Center strength.
- Shen jing: Heart shenjing, lung sub-branch
- Qu ling location: 1.5 cun distally to Chi ze (Lung 5). Jian li is 5 fen laterally to Qu ling and Zhong Li is 5 fen medially to Qu ling .
- Indications:
 - Qu Ling: Tendon cramping, asthma, hand elbow inflammation, heart palpitations, goiter, heart enlargement, myocardial infarction, chest pain, back pain, severe common cold, nasal obstruction, cough, bronchitis 抽筋、氣喘、肘關節炎、心悸、甲狀腺腫、心臟擴大、心臟麻痺、胸痛、背痛、重感冒、鼻塞、咳嗽、支氣管炎
 - Jian li: Severe common, nasal obstruction, nasal accumulation of pus, cough 重感冒, 鼻塞, 鼻蓄膿, 咳嗽
 - Zhong li: Same as Jian li

Qu ling, Jian li, zhong li location



Bing ji

- These points are close to the water point of Hand taiyin (yin metal), thus can regulate the connection between Lung and Water.
- Metal is the mother of water so this point and water is the child of metal, so this point can either supplement water, or purge metal depending on needle depth and needle technique. But in Tung mostly used for its ability to Purge metal, to assist water and harmonize wood.
- This point embodies the principle of Enriching water to moisten wood 滋水涵木, hence its usage for Wind stroke rigidity and cramping, with hands and feet unable to stretch 中風強直性痙攣, 手足不伸. This is wood disease and Qu ling can assist metal to control wood and supplements water, for lung kidney qi absorption patterns. Remember Lung is the Upper source of water.
- This is close to He-sea point, He seas point treat rebellion and counterflow, particularly of Lung qi. As Lung qi counterflows one can accumulate in the chest, leading to fire disease from water rebelling into fire. This is because of Lung counterflow not allowing Water to descend.

Qu ling bing ji continued

- In addition to its ability to control liver wood hypertonicity, 剋制肝木 變急, Qu ling is closed to the artery in the cubital fossa, therefore can invigorate blood. Qu ling therefore is similar to Wei zhong/ Bladder 40 the xi cleft of the blood.
- Bladder 40 can be seen as the xi cleft of the blood in the lower (Taiyang) and Qu ling the xi cleft of the blood of the upper (Taiyin). Both can be bled for cardiovascular disease and skin disease, however Qu ling is closer to Hand shaoyin so drains the heart more directly. However, Qu ling being Taiyin is abundant of Qi and not blood, Whereas Weizhong being Taiyang is abundant in blood and not Qi.

Qu ling effects continued

- Qu ling bled can treat throat pain, heart oppression, thyroid swelling, severe cold. This is due to the effect that when we bleed we are using a method of Bao wen ci/ Leopard stripe needling which is resonating with the heart 豹文刺者...中脈為故，以取經絡之血者，此心之應也, especially when we pierce directly a vessel.
- We are bleeding near the He-sea to treat counterflow of the Lung and the blood in the chest. He-seas also treat channel fullness and blood 經滿而血者.

Qu ling effects continued...

- Liu Yi states that Qu ling effect on cramping is similar to the tetany and spasm formula Gua lou gui zhi tang, which is a disease directionality of Southeast (Fire wind)
- Its effect on Abdominal distention is similar to Hou po sheng jiang ban xia gan cao ren shen tang. He says treat stomach disease 病在胃; 及以飲食不節得病者
- He also states that it can treat vomiting due to 水逆 water counterflow, such as we see in Wu ling san. Often the cun will be counterflowing pass the cun.
- Its effect on back pain, sweating, and wind strike is akin to Gui zhi tang
- Lastly it has an effect on emotional diseases 情志疾患, as the Lung governs Po, treats fright wind (idea of epilepsy), fear and restlessness, shortness of breath. Lung 5 in the Qian jin yao fang 千金藥方 of 孫思邈 has an alternate name of Gui shou 鬼受 (Ghost contraction) and Gui Tang 鬼堂 (Ghost hall).

Zhang Jing Yue 張景岳 on Po 魄

- 明代張景岳《類經·臟像類》指出：“魄之為用，能動能作，痛癢由之而覺也。”
- Zhang Jing Yue stated in the Leijing that As for the Po's function it enables to move, enables to do, pain and itch come from it and sensory awareness.
- This refers to the instinctual reaction to the external world, and the sensory feelings associated with our interfacing with it.
- 因此魄是指人體對外界的感覺功能和反應功能，屬於本能的感覺和動作，如聽覺、視覺、皮膚冷熱痛癢

Huo sheng 火聖

- Fire sage
- Shen jing: Heart shen jing
- Location: Distally to Qu ze (PC 3) 5 fen
- Indications: Enlarged heart, myocardial infarction, heart oppression, palpitations, forehead pain, dizziness (Use a 3 edge to bleed) 心臟擴大、心肌梗塞、心悶、心悸、前額頭痛、頭暈。（用三稜針點刺出血特效。

Huo sheng bing ji

- The sage person faces south and positions himself 聖人南面而立
- All evil in the heart, all is in in the wrapping luo-network of the heart. This wrapping luo is the vessel of the heart governor 諸邪之在於心者，皆在於心之包絡。包絡者，心主之脈也
- Pericardium 3 is hand jueyin ministerial fire, water point and he-sea. Its name Crooked march symbolizes a bend 曲 in the fabric of the universe 宇宙 symbolized by distortion in blood vessel circulation.
- We intervene at the Ministerial fire organ which is rebelling and threatening to usurp the emperor. And to some degree it is the intervention of Jueyin which symbolizes reversal, he-seas are about counterflow, hence we bleed (a technique symbolizes fire) to resonate and quell the counterflow.
- Bleeding the water point clears blood heat and blood stasis (jing aspect of the heart network), but also stimulates yang qi, as all bleeding stimulates movement either in a dispersing manner or in a dispersing manner that tonifies.