

針灸 *Zhēn-Jiǔ=Needle-Moxa*

Point Combining Strategies

*The Art & Traditions
of Combining Points
and Organizing
Acupuncture Prescriptions*

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Muddy Bottom Press

TABLE OF CONTENTS

<u>Chapter</u>	<u>Topic</u>	<u>Page #</u>
1.	Principles of Point Combining	3
2.	Local, Nearby, and Distant/Distal Point Combinations (synthesized from <i>Essentials, ACT, CAM, & FCA</i>)	12
3.	San Zhen, Three Point Prescriptions (synopsis of <i>Three Needle Technique by Yin & Fu</i>)	18
4.	Two and Three Point Combinations from the Classics (gleaned from <i>Manual of Acupuncture by Al-Khayfaji & Deadman</i>)	27
5.	Extraordinary Vessel Treatment Protocols (synthesized from <i>Matsumoto & Birch, Pirog, Ross, Deadman</i>)	55
6.	Five Element Treatment Protocols	60
<hr/>		
7.	Points for Pathogens • <i>Fill in the Blanks ...</i>	74
	(keyed to <i>Fundamentals of Chinese Medicine</i> by Wiseman & Ellis)	
8.	Ba-Fa, Eight Methods Point Prescriptions • <i>Fill in the Blanks ...</i>	91
	(keyed to <i>Fundamentals of Chinese Medicine</i> by Wiseman & Ellis)	
9.	Zang-Fu, Organ Pattern Prescriptions • <i>Fill in the Blanks ...</i>	109
	(keyed to <i>Foundations of Chinese Medicine First edition</i> by G. Maciocia)	
10.	Zang-Fu Prescriptions Synopsis	129
11.	Zang-Fu Prescriptions: Self Testing Worksheets: <i>a. Fill in the Points</i>	139
	Self Testing Worksheets: <i>b. Fill in the Patterns</i>	149
12.	Appendix	158
	Zang-Fu Patterns: Character and Pinyin Cross Reference	159
	References: Booklist	163
	Other Books by Jim Cleaver & About the Author	164
	Astro-Chrono Puncture: Ling-Gui Ba-Fa – Open Points ReferenceTable	166

Methods (法 Fǎ)
i.e. Strategies
of
Combining
Points

配穴 Pèi Xué = Combining Points

選穴 Xuǎn Xué = Choosing>Selecting Points

1. Principles of Point Combining

The Art of Point Selection

The art or craft of creating an effective (right points), energetically balanced (holistic), efficient/economical (right quantity), elegant (right rationale & integrated relationship) point prescription in order to achieve a positive therapeutic effect.

Based on:

- 1) an accurate diagnosis
- 2) knowledge of point actions
- 3) artful formulation of point prescription
- 4) accurate location of points
- 5) proper stimulation of the point (methods & techniques)

Points are Not Buttons:

press the right button and presto! instantaneous, magical results
media and anecdotal reporting often encourages this type of thinking

Selecting a point depends on a variety of factors

- a. region of the body
- b. channel pathways
- c. organ function that is disturbed - vital substances or pathogens involved
- d. overall condition (xu or shi)

Organizing Principles

- All points regulate the flow of qi & blood through an area
(pain is a disturbance in / disruption of the flow of qi) (can be too much, or too little flow)
- All points have regulatory effects
(meaning they can normalize hypo or hyper function, xu or shi conditions)

Procedure

- identify the most affected channel, or organ, or function
directed by pain, palpation, or visible changes on the surface,
or by differential diagnosis of signs & symptoms
- select points according to knowledge of point functions & symptomatic indications

1. Principles of Point Combining

The Most Fundamental Method of Choosing Points for Treatment

1. Local Points

points in the vicinity of the problem
as close to the painful site or problem area as possible

A-shi Points

Ask client to point to painful areas & palpate for *a-shi* points
(30 to 50% of efficacy of acupuncture relies on *a-shi* points)
these sites are the actual location of disturbance (qi/blood)

Choose points

- on closest channel(s) and nearest points
- points on other channels in area
- points immediately adjacent to the problem area (above/below, around, opposite)
- think around the body part and select points that surround
the problem area – especially points opposite the primary *a-shi* point (180)

2. Nearby/Adjacent Points

- points at some middle distance between local points & distal points
especially points up & down stream on the affected channel
- points at the same level as the problem
on same body part (medial & lateral, or front & back)
also check points on the limbs to treat that level on the torso

3. Distant/Distal Points

- points at some distance from the primary problem area
especially along the primary channel
especially points distal to the elbow & knee

- Each of these three strategies can be used independently in order to choose appropriate primary or secondary treatment points.
- They are especially useful as an organizing principle for a treatment plan with a balanced combination of points.
- This leads to a discussion about enhancing therapeutic efficacy by combining points to maximize their effects.

1. Principles of Point Combining

Combining Points - Therapeutic Strategies

1. Combining Local & Distal Points

- needle the distal point first in order to open the channel & strengthen the qi flowing in it.
- follow with local points to disperse congestion

2. Combining Local, Nearby & Distal Points

- adding nearby points serves to amplify the signal and to move the qi within and along the channel.

Traditional Logic (Yin & Yang in Action)

1. Above & Below (A/B or Up/Down Treatment)

- A point on the upper body with a point on the lower body
 - UJiao = above the waist & upper limbs
 - LJiao = below the waist & lower limbs
- the classic example of this strategy is the master/confluent & their coupled points

2. Front & Back (F/B Treatment)

- points at the same or nearly the same level front & back
- points in front of & behind facilitate the movement of qi through an area
 - example Ear: SI-19 in front & TB-17 behind
 - example Eye: BL-1 in front & GB-20 in back
- the classic example of this strategy is to use both the mu & shu pt for an organ

3. Yin & Yang Channel Points (Host/Guest Treatment)

- a point on a yin channel used in conjunction with one on a yang channel
- the classic example of this strategy is the yuan/luo combination
 - this is also known as the host/guest relationship
 - the host is the primarily affected channel
- the luo point alone will effect both channels

1. Principles of Point Combining

4. Left & Right Side Combining (L/R Cross-Body Treatment)

- a point on one side of the body is matched with a point on the other side
- the classic example of this strategy is the bilateral use of a point.
- sometimes this approach is combined with #1 the A/B Treatment as evidenced by its frequent use in master/couple point treatments
- other creative &/or esoteric treatment plans may be devised using this concept

This is different than **L/R Substitution** (Contra-lateral Treatment)

- wherein a point on one side is used instead of its bilateral partner
- this may be required in circumstances where a site is too painful, inaccessible or otherwise unavailable for treatment (burns, infections, in a cast etc.)

Combining Points Based on Channel Theory

Select points on Channel Pairs

- a. 5 phase/element pairing
- b. 6 division pairs
- c. clock pairs
- d. the paired phase channels division partner

Examples

Lr/GB	both wood
Lr/Pc	both jue yin
Lr/SI	1-3 am & pm
Lr/TB	

Combining Points Based on Anatomical Location

Combine points in analogous locations

- this mostly applies to the limbs
- shoulder & hip
- elbow & knee
- wrist & ankle
- usually stay within the same division but,
- a classic example is LI-4 & Lr-3 (the 4 Gates)

Combining Points Based on Organ Function Theories

Combine points of Functionally Related Organs

- this includes organ pairs especially Kd/BL Lr/GB Sp/ST and also Ht/Pc - many Pc points calm the spirit
- Ht, Sp & Lr in relation to blood
- Kd, Sp & TB with regards to digestion, transformation of fluids & loose stools
- Ht & Kd in terms of basic y/y balance of fire & water especially yin xu fire or collapse of either
- Lr & Kd in terms of Kd water being required to nourish wood & insure smooth flow of Lr qi
- Lu & Kd for breathing problems, adding Sp/ST points if there is phlegm present

1. Principles of Point Combining

Combining Points Based on Symptomatic/Empirical Results

- the dominant/command points
- the influential points
- points controlling the 4 Seas
- celestial windows & ghost points
- xi points

These points are sometimes used together to augment their effects

- xi points & influential points, or lower uniting points

Example: Lu-6 & BL-17 for hemoptysis

- some points are known to be especially effective for a certain symptom or area of the body and are referred to as empirical points if no other theoretical rationale explains their action.
- Actually all points are empirical, in that they are validated by clinical experience. (theories tend to be developed after the fact)

Example: GV-26 for fainting (see charts)

- 2 & 3 point combinations of local, nearby & distal points that have proved to be especially efficacious are often applied together (see charts)

Point prescriptions in texts are useful to memorize in the beginning until you feel familiar enough with the point actions and point combining logic to devise your own. These prescriptions have the additional advantage of being presented according to a differential diagnosis, so they are specific. They are however, only guidelines, as is evidenced by the fact that different texts provide slightly different prescriptions. These are not strict protocols in the western sense, though you may be tested on them, they should be considered as baseline information, that every practitioner ought to be familiar with. This doesn't mean you ever need to dispense with them, they are always a good place to start.

In Chinese medicine one just gets better over time, like fine wine we mature, get more artful and more elegant with practice & experience. Not that it happens automatically, just because you've been around for a long time, doesn't automatically make you good. You have to practice seeing & thinking ever more clearly. This is in contrast to western medicine, where over time one basically gets more & more out of date.

1. Principles of Point Combining

Creating a Balanced Point Prescription

1. Number of Points/Needles

- obviously an absolute rule cannot be made about a strict number of points for every client in every situation (1 to 30 might reflect the range)
- fewer in the beginning & with nervous, xu, elder or youthful clients
- it is important to consider the parameters of needle number in the implementation of an artful treatment
- more needles tends to be draining, while fewer tends toward tonification
- what you want is a sufficient number of points to do the job and no more
- use the least amount of intervention possible
- the more integrated your understanding of the multiple dimensions of each point the more you can do with fewer points
- more with less, is a hallmark of a mature practitioner
- the use of luo points and intersection or junction points is a way of reducing the total number of points
- like an herb formula every point should have clear rationale for its inclusion and work harmoniously with the other points in the prescription
- and in a variety of ways - this is what makes a treatment elegant
- economy & simplicity are usually more elegant
- the ‘shotgun approach’ where one uses every point one can think of to throw at the problem is the antithesis of elegance and usually implies a poor or inadequate diagnosis. You are not clear what you’re trying to accomplish and just chasing symptoms around.

In *Sticking to the Point Vol. 1* p.105, Bob Flaws says a well thought out TCM treatment should not require more than 8 points (bilaterally), 16 needles.

if more it might mean:

- 1) the case is unusually complicated
- 2) the practitioner has not clarified their diagnosis
- 3) they have not prioritized their treatment goals (discriminating root & branch)

While I might not entirely agree, it is a good rule of thumb.

2. Order of Insertion

- primary to secondary points
- main area to counter-balancing areas
- local then distal - this may be reversed in acute situations wherein the distal points are typically inserted first - otherwise these decisions are largely a matter of style.

1. Principles of Point Combining

Adverse Reactions

- needle shock is extreme example and is not the clients fault
- may be due to improper energetic balancing within the prescription
- too many points
- improper manipulation (too strong/not strong enough - too deep, too long, shou-fa too forceful)
- incorrect diagnosis and/or choice of points

It is inappropriate to say acupuncture is totally benign and cannot hurt someone. If acupuncture has the power to reorder, it stands to reason that it also must have the power to disorder.

While it is highly unlikely that even an inappropriate acupuncture treatment would kill someone, (people do die from their physician/hospital care all too frequently); iatrogenesis is still iatrogenesis; and should be appreciated as such.

Zhang Chen-chun said (c. 1888) "the abuse of the acupuncture needle amounts to treating human existence as though it were a child's plaything. Anyone who is aware of the gravity of the act of healing will know what I am talking about."

(Sticking to the Point p.127, from Huard & Wong's Oriental Methods of Mental and Physical Fitness p.146)

A Balanced Needle Treatment

Balance:

- local with distal points
- points on trunk with points on limbs
- points on the arms with points on legs
- upper & lower body points
(points on head with points on torso &/or leg-foot)
- points on the left with points on the right
- points on the front with points on the back (not critical)
- yin channel points with yang channel points (see GM p.334)

To Counterbalance the Pathological Movement of Qi

- may require a preponderance of needles in one area,
this is taking the diagnosis into full account & not an unbalanced treatment.

Example: Hypertension in which the qi is excessive in the upper body,
a treatment that emphasizes the lower body would be appropriate, even necessary.

Alternation/Rotation of Points

- don't use the same points over & over (they may lose potency)
- create 2 or 3 prescriptions and rotate them
this is a very good exercise for beginners and long term practitioners as well
this also helps keep the number of points in a single session from becoming excessive.
- rotating scripts is especially important in daily or every other day treatment plans.
- one strategy is to employ points at the same level on adjacent channels.
front = CV, Kd, ST, Sp, or Lu points
back = GV, Jia-ji, inner BL, outer BL, SI points
sides = GB/Lr, Sp
- another strategy is to utilize more or less contiguous points on the same channel

1. Principles of Point Combining

Frequency of Treatment

- again this is a hard parameter to make general rules about
- it is common in China for people to be treated every or every other day
- these are usually acute situations or in patient services however
- frequency could range from every hour to once a season
beyond that we're not talking regular treatment
- rule of thumb
 - acute -1x/day or 3x/wk shouldn't have to do this for long
 - chronic - 2x/wk to 2x/mo
 - more freq in beginning tapering off to maintenance level

maintenance levels

- 1x/wk or 2x/mo to 1x/season
- American standard of 1x/wk is often inadequate
- this style often requires the use of herbal treatment and/or massage to be combined with acupuncture in order to get optimal results

Duration of Treatment

- acute = 10 days then rest for 3 to 7 days, continue if necessary
- chronic = 10 to 30 days then rest for 7 to 10 days before resuming
these rest periods are important to evaluate the success of treatment,
see how its holding, clarify what needs to be focused on next,
and to literally give the body and points a rest.

Differentiating Among Similar Actions

- comes from experience
- is usually differentiated along organ/channel lines
using the point most apropos to the diagnosis

Example:

- LI-4 for constipation due to heat or qi xu
- TB-6 for constipation due to dryness

Further Reading:

Maciocia	Foundations of Chinese Medicine	p.329-334
Bensky/O'Connor	ACT (Acupuncture: A Comprehensive Text)	p.555-559
Wiseman/Ellis	FCA (Fundamentals of Chinese Acupuncture)	p. 412-449
Flaws	Sticking to the Point Vol. 1	p.105-127
Seem	Acu Energetics	p.45-56
Ross	APC (Acupuncture Pt Combinations)	p. 49-60
Deadman	MoA (Manual of Acupuncture)	p. 57-61

*Local,
(Nearby),
and
Distal
Point
Combinations*

遠近配穴法 Yuǎn-Jìn Pèi Xué Fǎ
Far-Near Combining Points Method/Technique

2. Local, Nearby, & Distal Point Combinations

Body Region	Local	Nearby	Misc.	Distal Points	
				Arm	Leg
Forehead	GB-14 GV-23 Yin-tang BL-5 GB-15 ST-8	Tai-yang GV-20 BL-10		LI-4 LI-3 LI-9	ST-44 ST-43 ST-41 BL-60
Temple	GB-8 Tai-yang ST-8	GB-20		TB-3 TB-5 LI-4	GB-41 GB-43 GB-38
Vertex	GV-20 BL-7	GB-20 Tai-yang			Lr-3 GB-34 BL-65
Occiput	GB-20 GV-16 BL-10	BL-11		SI-3	BL-60 BL-65 BL-66
Neck	BL-10 GV-16 GB-20	GV-14 BL-11		SI-3 SI-7 Lu-7 Luo-zhen	BL-60 BL-66
Eyes	BL-1 ST-1 TB-23 ST-2 GB-1	GB-16 GV-23 Tai-yang GB-20	GB-24 BL-18 BL-19	SI-6 LI-4 LI-14	Lr-3 GB-37 Lr-2 ST-44
Ears	GB-2 TB-17 SI-19 TB-21	GB-20 SI-17 GB-8		TB-3 TB-5	GB-43 GB-41 GB-39
Nose	LI-20 LI-19 GV-25 Bi-tong	Yin-tang BL-2 GV-23 BL-7		Lu-7 LI-11 LI-3 LI-4	ST-45 ST-44
Mouth (teeth & gums)	ST-4 ST-6	SI-18 SI-17 GB-20 Tai-yang		LI-4	ST-41 ST-44
Tongue	CV-23 Shang Lian-quan	GV-15	ST-24	Ht-5 Ht-8 Pc-8	
Cheek	SI-18			SI-3	
Throat	CV-23 CV-22 SI-17	BL-10 GV-15		Lu-10 Lu-11 LI-4	Kd-6
Trachea Larynx	CV-22 CV-23	GV-15	LI-18	Lu-7 Lu-11 TB-5	Kd-6

2. Local, Nearby, & Distal Point Combinations

Body Region	Local	Nearby	Misc.	Distal Points	
				Arm	Leg
Chest	CV-17	Lu-1	ST-19	Pc-6 Lu-5 Pc-4 Ht-6 TB-6	ST-40
Diaphragm	BL-17 (Ge-shu) BL-17a (Ge-guan) (41/46)	GV-9	CV-15 CV-17	Pc-6	
Breast	ST-16 ST-18 Pc-1	GB-21 SI-11 Lr-14		SI-1 Pc-6	ST-34 ST-36 GB-41 Lr-3
Axilla	Ht-1 GB-22/23	Sp-21		TB-2 TB-5/6	GB-34
Flank	Lr-13 GB-23 Sp-17 Sp-21	Lr-14 BL-18 GB-25 GB-26		TB-6 TB-5	GB-34 GB-38 GB-43
Hypo-chondrium	GB-26 GB-27	Lr-14 Sp-21		TB-6	GB-38
Upper Abdomen	CV-12 CV-13 ST-19 ST-21	CV-16 CV-8		Pc-6	Sp-4 ST-36 ST-34
Lower Abdomen	CV-4	ST-25			Sp-6 Lr-8
Spine	Shi-qi Zhui-xia GV-3/4 GV-6 GV-8/9 GV-14	Jia-ji pts BL-11	GV-26	SI-3	BL-54/40 BL-60
Lumbo-Sacral	BL-23 BL-25 GB-25 GV-3/4	BL-32 BL-18 GB-30	GV-26	SI-3 SI-6 Yao-tong	BL-54/40 BL-58/59 BL-60 BL-62
Rectum & Anus	GV-1 BL-35 CV-1	BL-30 BL-34	GV-20 BL-49/54 (Zhi Bian)	Er-bai	BL-57 BL-58
Reproductive, Uro-Genital	CV-3 CV-4 ST-29 Zi-gong	BL-23 BL-32			Sp-6 Lr-3 Kd-3 Lr-5 Lr-8

2. Local, Nearby, & Distal Point Combinations

Key Points for the Upper Extremity

The most active points on each channel of the Upper Limb:

LI }	4, 5, 10, 11, 14, 15, 16
TB }	4, 5, 10, 13, 14
SI }	5, 6, 8, 9, 10, 12
Ht }	3, 7
Pc }	3, 6, 7
Lu }	5, 9

Region:	Local	Nearby	Distal Pts
Shoulder: joint:	LI-15 TB-14 Lu-2 SI-9 & 10 Jian Nei-ling Nao Shang	GB-21 LI-14 LI-11 SI-11 Jian Hou	LI-4 ST-38
trapezius	GB-21 TB-15	BL-10 GB-20	
levator	SI-14 & 15 TB-15		
deltoid	LI-14 Jian Qian Jian Hou Nao Shang		
Scapula	SI-9 thru 15	Lu-1 or 2	
supraspinatus	SI-12 & 13		
infraspinatus	SI-11		
rhomboids	outer BL line		
Upper Arm	Pc-2 LI-14 TB-12	Jing-bi LI-11 SI-9	Jia-ji from C ₅ to T ₁ LI-4
Elbow	LI-12 TB-10	LI-11 LI-10	TB-5
Fore-arm	Bi Zhong		
Wrist	LI-5 SI-5 TB-4 Pc-7	LI-4 SI-3 TB-5	
Hand	Pc-8 LI-4 Shang Ba-xie		
Fingers	Ba-xie		

2. Local, Nearby, & Distal Point Combinations

Key Points for the Lower Extremity

The most active points on each channel of the Lower Limb:

ST }	31, 35, 36, 41, 44
GB }	29, 30, 31, 33, 34, 39, 40, 41
BL }	50, 54, 60, 61, 62, 63
Kd }	1, 3, 6, 7, 10
Lr }	3, 5, 7, 8, 9-12
Sp }	4, 5, 6, 9, 10, 11

Region:	Local	Nearby	Distal Pts
Hip	GB-30 ST-31	GB-33 BL-50/36 Jia-ji from L ₃ to S ₁	GB-34 & 39 BL-54/40
Thigh: ant: quads	ST-31, 32 , 33, 34		
ant: sartorius	Sp-9, Sp-11 , ST-31		
lat: ITT	GB-31 , 32, 33	GB-34	
post: hamstrings	BL-50, 51 , 52		
Knee	ST-34 He-ding Xi-yan Xi-yi	ST-36, Sp-9 Lr-7 & 8 GB-31 & 34 Kd-10, BL-53 & 54	GB-39
Ankle	Kd-3 ST-41 GB-40 Lr-4	BL-59 GB-39 Sp-5	ST-44
Foot	Shang Ba-feng		
Toes	Ba-feng	GB-42	

2. Local, Nearby, & Distal Point Combinations

Key Points for Zang-fu (Organs)

Organs	Local Points	Nearby Points	<u>Distal Pts</u> ARM	<u>Distal Pts</u> LEG
Lungs	BL-13 Lu-1 CV-17 & 22	GV-12 & 14 CV-6	Lu-5 Lu-7	ST-40
Heart	BL-15 CV-17 BL-14	CV-14 GV-11	Ht-7 Pc-6 Pc-4 & 5	
Spleen	BL-20 CV-12 BL-21	Lr-13 Sp-15	Pc-6	Sp-4 ST-36
Stomach	CV-12 ST-21	BL-21		Sp-4 ST-36
Liver	Lr-14 BL-18	CV-12 BL-20		Lr-3 GB-34
Gall Bladder	GB-24 BL-19	ST-21 CV-11 GV-9		GB-34 & 40 Lr-3 Dan-nang xue
Large Intestine	Sp-15	ST-25 BL-25	LI-11	ST-36 ST-37
Small Intestine	CV-4 CV-9	BL-27 ST-28	SI-4	ST-39
Kidney	BL-23 BL-23a (52/47) GB-25	CV4 ST-29 GV-4		Kd-3 Sp-6 Kd-7
Urinary Bladder	CV-3 BL-28 BL-32	BL-23 ST-28		Kd-3 Kd-7 Sp-6

三 針 法

San Zhen Fa
*Three Needle
Technique*
3 Point Prescriptions

Synopsis of Three Needle Technique by Ganglin Yin & Di Fu

published by Atlantic Institute of Oriental Medicine Ft Lauderdale FL 2002

三 sān = three

針 zhēn = needle

療 liáo = cure, heal

法 fǎ = method, technique

3. San Zhen – Three Needle Technique

This is an obscure little book, but nicely done. It is perhaps a little redundant, but focuses the student/practitioner on basics and the most powerful points for a particular region or problem. Many of these prescriptions are quite elegant in their simplicity, and this simplicity is a potent clinical ally.

The text is succinct, but thoroughly covers its topic.

I have synopsized its one hundred treatments as a table.

In most cases the primary heading and the chief indication are the same and I saw no reason to repeat them, thus many boxes are blank. Likewise, most of the secondary indications are left blank.

The user is free to fill in the blanks as he/she feels the need (assuming they can find the book).

In that book each prescription is given two facing pages.

On the left side is the text, on the right page are diagrams of the points, labeled and located on the body.

Other information supplied by the text includes the following headings: (left side)

- 1. Composition & Explanation:** A paragraph explaining the prescription outlines the germane theory and rationale for each one.
- 2. Functions:** Functions of the points are detailed.
- 3. Manipulation & Remarks:** Comments on needle depth and manipulation.
- 4. Location of the Points:** Each point has a written location as well as a diagrammatic one.

3. San Zhen – Three Needle Technique

San Zhen Therapy for:	Chief Indication:	Secondary Indications:	Points:
1. Temples	paralysis d/t stroke	brain trauma, migraine Parkinson's, senile dementia	Temple I (2 cun above ear apex) Temple II (1 cun anterior to Temple I) Temple III (1 cun posterior to Temple I)
2. Eyes	optic atrophy		ST-1 BL-1 Mu Shang
3. Nose	rhinitis		LI-20 Bi Tong Yin Tang
4. Ear	deafness	tinnitus	SI-19 GB-2 SI-4
5. Shoulder	peri-arthritis of	traumatic injury	LI-15 Jian Qian Jian Hou
6. Arm	Wei or Bi patterns of the upper extremity		LI-4 LI-11 TB-5
7. Upper Back	bronchitis	asthma	BL-11 BL-12 BL-13
8. Buttocks	piriformis syndrome	sciatica	BL-48/53/28a BL-49/54/30a GB-30
9. Knee	swelling, pain, motor impairment of		ST-34 Sp-10 Xi Yan
10. Ankle	swelling, pain, motor impairment of		Kd-3 ST-41 BL-60
11. Improve Intelligence (on hand)	Down's Syndrome	restless child poor concentration epilepsy	Pc-6 Ht-7 Pc-8
12. Improve Intelligence (on foot)			Kd-1 + nearby Ex Pts
13. Paralysis (on hand)	upper extremity		SI-3 LI-4 TB-5
14. Paralysis (on leg)	lower extremity		ST-31 ST-36 Lr-3
15. Lung Yin Xu			BL-13 BL-38/43/14a (Gao Huang) ST-36

3. San Zhen – Three Needle Technique

<i>San Zhen Therapy for:</i>	<i>Chief Indication:</i>	<i>Secondary Indications:</i>	<i>Points:</i>
16. Spleen Yang Xu			CV-4 ST-25 ST-36
17. Sooth the Liver	Lr Qi stagnation		LI-4 Lr-3 CV-17
18. Subdue Liver Yang	headache, dizziness, tinnitus, irritability		Lr-2 GB-43 Ear Liver Yang (at Darwin's tubercle)
19. Kidney Yang Xu	decreased libido impotence, infertility		CV-4 GV-4 BL-23
20. Kidney Xu			CV-4 BL-23 Kd-3
21. Restore Communication between Ht & Kd	insomnia		Ht-7 Kd-3 Sp-6
22. Supplement Qi	lassitude		ST-36 CV-6 BL-20
23. Supplement Blood	dizziness, palpitations, insomnia	delayed menses, amenorrhea	Sp-6 ST-36 BL-18
24. Elim. Blood Stasis	pain	dysmenorrhea	BL-17 Sp-21 CV-17
25. Calm the Mind	restlessness		Yin Tang Ht-7 Sp-6
26. Resolve Phlegm	nausea/vomiting cough w/ sputum		ST-40 CV-12 Ø
27. High Blood Pressure			LI-11 ST-40 Ear Liver Yang (at Darwin's tubercle)
28. Improving Immunity	HIV HBV	cancer weak constitution	ST-36 CV-4 Ø
29. Improving Appetite			ST-36 CV-12 BL-20
30. Improving Intelligence			Si Shen Cong GV-24 GB-13

3. San Zhen – Three Needle Technique

<i>San Zhen Therapy for:</i>	<i>Chief Indication:</i>	<i>Secondary Indications:</i>	<i>Points:</i>
31. Enhancing Longevity			ST-36 CV-6 CV-4
32. Enhancing Facial Complexion	wrinkles acne		Yin Tang SI-18 CV-24
33. Hyperlipidemia			Pc-6 ST-36 Sp-6
34. Loss of Consciousness	coma	stroke, epilepsy, fainting	GV-26 Kd-1 LI-4
35. Addiction	tobacco alcohol drugs		Tian Wei (betw LI-5 & Lu-7) ST-40 Sp-6
36. Stomach Disorders			Pc-6 CV-12 ST-36
37. Intestinal Disorders			ST-25 CV-4 ST-36
38. GB Disorders			Lr-14 GB-24 GB-40
39. Urinary Disorders			CV-3 Sp-6 Ø
40. Brain Disorders		Parkinson's	GV-17 GB-19 Ø
41. Speech Disorders			CV-23 Jia Cheng Jiang (Ex Pts on either side of CV-23)
42. Neck Disorders			BL-10 Jing Bai Lao BL-11
43. Lumbar Disorders			BL-23 BL-25 BL-54/40 (Wei Zhong)
44. Lower Limb Disorders			GB-30 GB-34 GB-39
45. Vertex pain			Lr-3 BL-67 GV-20

3. San Zhen – Three Needle Technique

<i>San Zhen Therapy for:</i>	<i>Chief Indication:</i>	<i>Secondary Indications:</i>	<i>Points:</i>
46. Migraine			TB-23 Lu-7 GB-41
47. Acute Toothache			LI-4 ST-44 TB-2
48. Acute Sore Throat			Lu-11 LI-4 GV-14
49. Chronic Sore Throat			LI-4 Lu-7 Kd-6
50. Acute Neck Pain & Stiffness			TB-3 SI-3 BL-62
51. Occipital Pain			BL-67 GB-20 Lu-7
52. Chest Pain			Pc-6 CV-17 BL-15
53. Hypochondriac Pain			GB-40 Lr-3 GB-24
54. Epigastric Pain			Pc-6 CV-12 ST-34
55. Acute Lumbar Sprain			BL-60 SI-3 GV-26
56. Sciatica			GB-30 (Huan Tiao) Ex Pts: Huan Zhong Huan Zhong Shang
57. Influenza			GV-14 LI-11 LI-4
58. High Fever			GV-14 LI-1 Lu-11
59. Plum Pit Sensation			CV-22 Lr-3 Kd-6
60. Epilepsy			GV-14 BL-62 Kd-6

3. San Zhen – Three Needle Technique

<i>San Zhen Therapy for:</i>	<i>Chief Indication:</i>	<i>Secondary Indications:</i>	<i>Points:</i>
61. Insomnia			An Mian Ht-7 Kd-3
62. Disturbing Dreams			BL-15 Ht-7 Lr-3
63. Irregular Heartbeat			Pc-6 CV-14 BL-15
64. Chest Distress			Pc-6 CV-17 CV-12
65. Palpitations			Pc-6 Ht-7 BL-15
66. Lethargy		confusion epilepsy	BL-62 Kd-6 BL-15
67. Salivation	excess salivation assoc. with stroke	aphonia	CV-24 ST-4 LI-4
68. Asthma		bronchitis, SOB	GV-14 Ding Chuan BL-13
69. acute Loss of Voice			LI-18 LI-4 Pc-5
70. Halitosis (saburra)		mouth sores poor digestion	Pc-7 SI-2 CV-12
71. Dizziness			GV-20 Lr-3 Ø
72. Spontaneous Sweat			LI-4 Kd-7 Ht-5
73. Night Sweating			Ht-6 SI-3 LI-4
74. (SOB) Short of Breath	Lu Qi Xu		CV-17 CV-6 BL-13
75. Acid Reflux		N/V	Pc-6 Sp-4 Lr-3

3. San Zhen – Three Needle Technique

<i>San Zhen Therapy for:</i>	<i>Chief Indication:</i>	<i>Secondary Indications:</i>	<i>Points:</i>
76. Hiccups		N/V	Pc-6 CV-12 Ø
77. Constipation			ST-25 TB-6 Kd-6
78. Abd. Distention		abd. pain, borborygmus constipation	CV-12 ST-25 ST-36
79. Jaundice			GV-9 BL-19 BL-43/48/19a (Yang Gang)
80. Bitter Taste			GB-38 Ht-4 BL-19
81. Retention of Urine			Sp-6 Sp-9 CV-3
82. Frequent Urination		retention difficult urination	CV-3 Sp-6 BL-28
83. Enuresis			CV-4 BL-28 Sp-6
84. Genital Itching		dark urine with strong odor	Ht-8 Lr-5 Sp-6
85. Itching of the Anus		hemorrhoids rectal prolapse	GV-1 BL-32 Ø
86. Regulating Menses			CV-4 ST-29 Sp-6
87. Amenorrhea			Zi Gong Sp-6 GV-1
88. Dysmenorrhea			Zi Gong BL-32 Sp-8
89. Irregular Menses			CV-4 Sp-6 Zi Gong
90. Uterine Bleeding			Sp-1 (moxa) Zi Gong Sp-8

3. San Zhen – Three Needle Technique

San Zhen Therapy for:	Chief Indication:	Secondary Indications:	Points:
91. Postpartum Lower Abd. Pain			CV-6 CV-17 Sp-6
92. Lactation	usu. obstructed or insufficient	breast distention	SI-1 ST-18 CV-17
93. Vaginal Discharges			GB-26 Sp-6 BL-32
94. Decreased Libido	diminished sexual function	semen slippage	CV-4 CV-6 BL-23
95. Nocturnal Emission		sexual dreams excessive libido insomnia	BL-47/52/23a (Zhi Shi) Ht-7 Sp-6
96. Impotence	decreased libido		Sp-6 CV-4 GV-4
97. Premature Ejaculation		nocturnal emission	CV-3 BL-23 BL-47/52/23a (Zhi Shi)
98. Esotropia (internal strabismus)		myopia nebula excess tearing d/t wind	Qiu Hou GB-1 LI-4
99. Exotropia (external strabismus)		as above	BL-1 BL-2 GB-20
100. TMD		lockjaw	ST-7 LI-4 GB-20

Point Combinations From the Classics

***Classic 2 & 3 Point Combinations
for Specific Problems***

*gleaned from Manual of Acupuncture
by Deadman, Al-Khayfaji & Baker 1998*

4. Two & Three Point Combinations from the Classics

Manual of Acupuncture has an amazing collection of prescriptions from the classics listed at the end of each point under the heading **Combinations**.

They are presented in a traditional manner, according to symptom.

I have confined my selection of these to the two and three point combinations only.

I think more than this number is both hard to memorize and crosses the line into a prescription.

Similar to herb studies, I divide point studies into three parts:

1. the individual point (focusing on its therapeutic functions)
2. two & three point groupings (combinations) usually specific to a symptom
3. prescriptions (usually related to a differential diagnosis)

Thus the small group is an essential bridge between the individual point and a prescription.

Manual of Acupuncture identifies the Classic from which the combination is drawn.

Presumably this is the earliest citation. A bibliography of classics is on p. 618-20.

There are some inconsistencies, most notably the Ode of One Hundred **Symptoms** (Bai Zheng Fu) 百症賦 is usually translated in the text as One Hundred **Patterns**. i.e. biblio says **Symptoms** vs. text says **Patterns**.
症 zhèng/symptom and 漢 zhèng/pattern are often used interchangeably.

I abbreviate it as HS/P to avoid confusion. (literally it is the ‘100 Symptoms Ode’)

The bibliography is great, but flipping back and forth is awkward and tedious.

Classic texts are not well known to most westerners, especially when only a translation of its title is provided. Part of my purpose in this section is to help remedy the situation.

Moreover, to provide a fuller context for this information, a date of publication is desirable, if not necessary. Therefore I have organized the information in a table in which the date is readily apparent. The name of the classic is encoded as a letter abbreviation of its title.

For convenience, all the texts are listed on the next two pages in both **alphabetical** and **chronological** order.

I believe the table format makes the information more easily accessed and more readily memorized.

Also, it is easier for the student/practitioner to choose which aspect s/he is interested in at the moment.

4. Two & Three Point Combinations from the Classics

Alphabetical Order

* ZJ = <i>Zhen Jiu = Acupuncture & Moxibustion (Acu-Moxa Therapy)</i>					
Abbr.	Short Translation	Pinyin	Author	Dynasty	Date
BM	= Bronze Man	= Tong Ren ...	Wang Wei-Yi	Song	1026
CC	= Complete Collection	= ZJ Da Quan	Xu Feng	Ming	1439
Comp	= Compilation of Acu-Moxa	= ZJ Jin Cheng	Liao Run-Hong	Qing	1874
DM	= Divine Moxibustion	= Shen Jiu Jing Lun	Wu Yang-Cheng	Qing	????
GA	= Glorious Anthology	= ZJ Ju Ying	Gao Wu	Ming	1529
GCM <i>includes</i>	= Guide to Acu-Moxa	= ZJ Zhi Nan	Dou Han-qing	Jin-Yuan	1241
OEM	= Ode to Elucidate Mysteries	= Biao You Fu			
GC	= Great Compendium	= ZJ Da Cheng	Yang Ji-Zhou	Ming	1601
GM	= Golden Mirror	= ... Jin Jian	Wu Qian	Qing	1742
HS/P	= Hundred Sx/Patterns	= Bai Zhèng Fu	Gao Wu	Ming	1529
IS	= Illustrated Supplement	= LJ Tu Yi	Zhang Jie-Bin	Ming	1624
LJ	= Classic of Categories	= Lei Jing	Zhang Jie-Bin	Ming	1624
OM	= Outline of Medicine	= Yi Xue Gang Mu	Lou Ying	Ming	1565
PM	= Precious Mirror	= Bao Jian	Xu Sun	Korean	1611
SC	= Systematic Classic	= Jia Yi Jing	Huang Fu-mi	Jin	282
SL	= Supplementing Life Classic	= ZJ Zi Sheng Jing	Wang Zhi-Zhong	Song	1220
SP	= Song of Points (14 Channel Classic)	= Shi-si Jing	Gao Wu	Ming	1529
TD	= Thousand Ducats	= Qian Jin	Sun Si-miao	Tang	625

• **Complete Collection** (*Zhen Jiu Da Quan*) of 1439 by Xu Feng includes the following:

OGN	= Ode of the Golden Needle	= Jin Zhen Fu
OSB	= Ode of Spiritual Illumination/Brightness	= Ling Guang Fu
OXH	= Ode of Xi Hong	= Xi Hong Fu

• **Glorious Anthology** (*Zhen Jiu Ju Ying*) of 1529 by Gao Wu includes the following:

OJD	= Ode of the Jade Dragon	= Yu Long Fu
OOR	= Ode of the Obstructed River	= Liang Jiang Fu
SKUYS	= Song to Keep Up Your Sleeve	= Zhou Hou Ge
SMD	= Song of Pts for Misc. Diseases	= Za Bing Xue Fa Ge
S9N	= Song of Nine Needles for Returning Yang	= Hui Yang Jiu Zhen Xue

• **Great Compendium** (*Zhen Jiu Da Cheng*) of 1601 by Yang Ji-Zhou includes the following:

OEU	= Ode of the Essentials of Understanding	= Tong Xuan Zhi Yao Fu
SMPJ	= Song More Precious than Jade	= Sheng Yu Ge

• **Jade Dragon Classic (JDC) (Yu Long Jing)** of 1329 by Wang Guo-Rui includes the following:

MDY	= Ma Dan Yang's Song of 12 Celestial Star Pts	= Ma Dan Yang Tian Xing Shi-er Xue Ge
SJD	= Song of the Jade Dragon	= Yu Long Ge

賦 *Fù* = *Ode/song*

歌 *Gē* = *Song/ballad*

經 *Jīng* = *Classic*

論 *Lún* = *Discussion/Discourse/Treatise*

4. Two & Three Point Combinations from the Classics

Chronological Order

<u>Date</u>	<u>Abbr.</u>	<u>Short Translation</u>	<u>Author</u>	<u># of Entries</u>
2nd c. BCE	HDNJ	= Huang Di Nei Jing has two parts: SW = Su Wen LS = Ling Shu	unknown, attributed to the Yellow Emperor unknown, attributed to the Yellow Emperor	2 3
282	SC	= Systematic Classic	Huang Fu-mi	37
625	TD	= Thousand Ducats	Sun Si-miao	147
1026	BM	= Bronze Man	Wang Wei Yi	2
1220	SL	= Supplementing Life Classic	Wang Zhi-zhong	206
1241	GCM	= Guide to Classic of Acupuncture	Dou Han Qing includes the following:	0
	OEM	= Ode to Elucidate Mysteries		5
1329	JDC	= Jade Dragon Classic (Yu Long Jing)	Wang Guo-Rui includes the following:	1
	MDY	= Ma Dan Yang's Song of 12 Celestial Star Pts		1
	SJD	= Song of the Jade Dragon		15
1439	CC	= Complete Collection (Da Quan)	Xu Feng includes the following:	4
	OSB	= Ode of Spiritual Illumination/Brightness		7
	OGN	= Ode of the Golden Needle		1
	OXH	= Ode of Xi Hong		19
1529	GA	= Glorious Anthology (Ju Ying)	Gao Wu includes the following:	5
	OJD	= Ode of the Jade Dragon		28
	OOR	= Ode of the Obstructed River		1
	SMD	= Song of Pts for Misc. Diseases		9
	S9N	= Song of Nine Needles for Returning Yang		1
	SKUYS	= Song to Keep Up Your Sleeve		5
1529	HS/P	= Hundred Symptoms /Patterns	Gao Wu	95
1529?	SP	= Song of Points (of the 14 channels)	?	17
1565	OM	= Outline of Medicine	Lou Ying	6
1575	IM	= Intro to Medicine	Li Yan	1
1601	GC	= Great Compendium (Da Cheng)	Yang Ji-Zhou includes the following:	114
	OEU	= Ode of the Essentials of Understanding		1
	SMPJ	= Song More Precious than Jade		6
1611	PM	= Precious Mirror	Xu Sun	2
1624	IS	= Illustrated Supplement	Zhang Jie -bin	5
1624	LJ	= Classic of Categories	Zhang Jie -bin	0
1742	GM	= Golden Mirror	Wu Qian	4
1874	Comp	= Compilation of Acu-Moxa	Liao Run Hong	12
Qing	DM	= Divine Moxibustion (Principles of)	Wu Yang Cheng	7

4. Two & Three Point Combinations from the Classics

Bold = most important combinations

Italics = duplicate entry, main listing under key pt

Lung Channel

Point	Classic	Date	Treats:	Combination:
Lu-1	HS/P	1529	chest fullness & esophageal constriction	Lu-1 & BL-44/49 (Yi She)
	TD	625	esophageal constriction	Lu-1 & CV-16
	TD	625	abdominal fullness, SOB ...	<i>moxa: Lu-1, CV-17 & CV-8</i>
	TD	625	<i>enuresis</i>	<i>Lu-1, Ht-7 & ST-22</i>
Lu-2	SL	1220	shoulder pain, can't raise arm	Lu-2 & SI-12
Lu-3	HS/P	1529	nosebleed	Lu-3 & LI-4
	TD SL	625 1220	goiter	Lu-3 & TB-13
Lu-4				
Lu-5	GC	1601	SOB	Lu-5 & P _c -7 [TD uses: Lu-5 & SI-1]
	SC	282	coughing blood (hemoptysis)	Lu-5 & Lu-10
	GC	1601	Wind Bi	Lu-5 & GB-38
Lu-6	SC	282	febrile dz., no sweating	Lu-6 & BL-31
	SL	1220	LOV	Lu-6 & GV-15
			acute asthma	Lu-6 & Ding Chuan
Lu-7	SP	1529	acute dyspnea	Lu-7 & ST-36
	GC	1601	one-sided wind (hemiplegia)	Lu-7 & ST-42
	SL	1220	deviated mouth	Lu-7 & ST-4 [+ GB-12]
	SC	282	fright epilepsy	Lu-7 & LI-6
	FL	???	genital pain	Lu-7, Sp-9, Ht-8
Lu-8	TD	625	chest & back tension	Lu-8 & GB-40
	HS/P	1529	febrile dz., no sweat	Lu-8 & Sp-2
Lu-9	SC	282	lung dz.	Lu-9 & BL-13
	GC	1601	dry throat ...	Lu-9 & Lu-10
Lu-10	HS/P	1529	throat pain	Lu-10 & TB-2
	GC	1601	vomiting blood	Lu-10, P _c -3, Ht-7
	GC	1601	Heart Bi	Lu-10, Ht-7, Lr-1
	GC	1601	difficult ingestion	Lu-10, P _c -6, ST-36
Lu-11	TD	625	cough & dyspnea	Lu-11 & P _c -7
	HS/P	1529	thirst d/t blood def.	Lu-11 & P _c -3
	TD	625	vomiting	Lu-11 & P _c -8

4. Two & Three Point Combinations from the Classics

Large Intestine Channel				
Point	Classic	Date	Treats:	Combination:
LI-1	GC	1601	chronic malaria	LI-1, TB-3, GB-40
			<i>febrile dz., malaria, tinnitus/deafness, dry mouth</i>	
LI-2	SC	282	toothache	LI-2 & SI-18
LI-3	GC	1601	throat obstruction	LI-3 & Pe-5
	OXH	1439	shoulder/back pain	LI-3 & BL-23
	SL	1220	tooth decay	LI-3, ST-5, GB-17
LI-4	GC	1601	abnormal sweating	LI-4 & Kd-7
	SMD	1529	dz. of head; EENT & mouth	LI-4 & LI-11
	GC	1601	headache	LI-4, TB-23, GB-20
	SL	1220	dim vision	LI-4, SI-6, BL-4
	OXH	1439	eye disorders	BL-1, LI-4, GB-37
	GC	1601	sore throat	LI-4, Lu-11, CV-22
	HS/P	1529	nosebleed	LI-4 & Lu-3
	GC	1601	difficult delivery	LI-4, Sp-6, Lr-3
	GC	1601	no milk	LI-4, SI-1, CV-17
			acute dysmenorrhea	LI-4 & Sp-8
LI-5	HS/P	1529	urticaria	LI-5 & LI-15
LI-6			<i>tinnitus/deafness, rhinitis, dry throat</i>	
	SL	1220	painful arm & elbow	LI-6 & LI-10
LI-7			tongue thrusting	see Ht-3 & ST-24
LI-8	GC TD	1601 625	• food damage diarrhea • difficult urination	LI-8 & LI-9
LI-9				
LI-10	SL	1220	numb forearm	LI-10 & Ht-3
	SL	1220	can't bend elbow	LI-10 & GB-44
LI-11	HS/P	1529	fever	LI-11 & Ht-9
	GC	1601	malaria	LI-11, SI-3, GV-14
	SL	1220	hemiplegia	LI-11, GB-30, GB-34
			dysentery	LI-11, ST-37, ST-25
LI-12				
LI-13			<i>scrofula</i>	
LI-14				
LI-15			<i>urticaria</i>	see LI-5
LI-16				
LI-17	HS/P	1529	LOV	LI-17 & Pe-5
LI-18				
LI-19	SMD	1529	nosebleed	LI-19 & GV-23
LI-20	OXH	1439	facial itch & swelling	LI-20 & LI-4

4. Two & Three Point Combinations from the Classics

Stomach Channel				
Point	Classic	Date	Treats:	Combination:
ST-1				
ST-2				
ST-3				
ST-4	OJD	1529	deviation of mouth	ST-4 & ST-6
ST-5	SL	1220	<i>tooth pain</i>	<i>ST-5, LI-3, GB-17</i>
ST-6			• mouth pain & deviation • lockjaw • inability to chew	ST-6 & SI-18 ST-6 & GB-3 + ST-6 & TB-20
ST-7	SC	282	deafness	ST-7, TB-7, TB-17
	SL	1220	hemiplegia (dev mouth & eye)	ST-7 & GB-3
ST-8	OJD	1529	headache & eye pain	ST-8 & BL-2
	TD	625	splitting headache	ST-8 & Pe-7
ST-9			hypertension	ST-9 & LI-11
ST-10				
ST-11	SC	282	cough d/t qi ni	ST-11 & Po Hu
ST-12	TD	625	heat in chest	ST-12 & Lr-14
ST-13				
ST-14	SL	1220	cough	ST-14, ST-15 & Gao Huang
ST-15	HS/P	1529	itching & pain	ST-15 & BL-67
ST-16	SL	1220	breast abscess	ST-16 & Kd-23
ST-18	OJD	1529	cough & wheeze	ST-18 & Kd-27
	Comp	1874	breast abscess	ST-16 & 18, ST-39, Lr-3, Kd-7
ST-19	SL	1220	vomiting	ST-19, CV-13, Pe-7
	TD	625	stabbing heart pain	ST-19 & Lr-14
	HS/P	1529	chest & costal fullness	ST-19 & Lr-13
ST-20	TD	625	hardness & pain in lateral costal region	ST-20 & CV-12
ST-21			? no combinations are listed ?	<i>I suggest combining with CV-12 &/or ST-34</i>
ST-22	SC TD	282 625	enuresis	• ST-22, Ht-7 & Lu-1 • ST-22, Ht-7 & Wei-zhong
ST-23	SC TD SL	282 625 1220	tongue thrusting	• ST-23 & ST-24 • ST-23 & ST-24 + BL-58 • ST-23 & Kd-9
ST-24	SL	1220	stiff tongue & tongue thrusting	ST-24, Ht-3, LI-7
ST-25	GC	1601	ceaseless diarrhea	ST-25, CV-12, CV-3
	SL	1220	vomiting	ST-25 & TB-6
	HS/P	1529	irreg. menses	ST-25 & Kd-5
ST-26				
ST-27				
ST-28	HS/P	1529	stiff spine	ST-28 & GV-8
ST-29	SL	1220	retracted testicle	ST-29 & GB-27
ST-30	SL	1220	insomnia	ST-30 & Lr-13
ST-31				
ST-32	TD	625	Leg Qi (wind)	M: GB-31 & ST-32
ST-33				

4. Two & Three Point Combinations from the Classics

ST-34	SL	1220	breast abscess	ST-34 & GB-42
			acute epigastric pain	ST-34 & ST-21
ST-35	SL	1220	knee pain	ST-31, ST-35, GB-34
ST-36	SMD OXH	1529 1439	food accumulation	ST-36 & CV-21
	SL	1220	abd. fullness	ST-36 & BL-40/45/16a (Yi Xi)
	GC	1601	abd. pain	ST-36, PC-6, CV-12
	TD	625	undig. food in stool & vomiting	CV-10 & ST-36
	SMD	1529	All diarrhea & abd. disorders	ST-36 & ST-44
	SP	1529	dysentery	ST-36, LI-4, BL-29
	GA	1529	hemafecia	ST-36, CV-12, CV-6
	SP	1529	Xu type constipation	ST-36 & TB-6
	TD	625	difficult urination or retention	ST-36 & HT-8
	SP	1529	dyspnea	ST-36 & LU-7
	SJD	1329	Lr blood def & cloudy vision	ST-36 & BL-18
	GC	1601	post-partum dizziness	ST-36, SP-6, TB-6
	SMD	1529	to hasten delivery	ST-36 & BL-67
	GA	1529	hemorrhage	M: ST-36 & N: Sp-1
ST-37			(bacillary) dysentery	ST-37, ST-25, LI-11
ST-38			flaccid leg, difficult to walk	GB-39, ST-38 & ST-42
			shoulder pain & immobility	ST-38 + local pts
ST-39	SL	1220	diarrhea & dysentery	ST-39, Kd-21, Sp-3
	TD	625	manic raving	ST-39 & GB-40
ST-40	OM	1565	all phlegm dz.	ST-40 & CV-12
	OJD	1529	cough w/ phlegm	ST-40 & BL-13
	TD	625	stabbing chest pain	ST-40 & GB-40
	HS/P	1529	headache difficult to endure	ST-40 & GV-18
	TD	625	mania & rash behavior	ST-40 & ST-42
ST-41	JDC	1329	head wind	ST-41, LI-4, GB-14
	TD	625	madness	ST-41 & BL-62
ST-42	TD	625	tooth decay	ST-42 & GB-7
	GC	1601	mania	ST-42, HT-7, SI-3
	GC	1601	hemiplegia	ST-42 & LU-7
ST-43	TD SL GC	625 1220 1601	• <i>facial swelling</i> • <i>edema</i>	
	SL	1220	post-partum belching	ST-43 & Lr-14
	HS/P	1529	borborygmus	ST-43 & CV-10
	GC	1601	intestinal abscess pain	ST-43, SP-3, ST-25
ST-44	GC	1601	eye pain	ST-44 & GV-23
	TD	625	throat pain	ST-44, TB-3, TB-6
	SMD	1529	all diarrhea & abd. disorders	ST-36 & ST-44
	GC	1601	fullness of heart & abd.	ST-44 & GB-39
ST-45	HS/P	1529	nightmares	ST-45 & Sp-1
	SL	1220	somnolence	ST-45 & Lr-1
	OM	1565	weak legs	ST-45, Lr-3, GB-31

4. Two & Three Point Combinations from the Classics

Spleen Channel

Point	Classic	Date	Treats:	Combination:
Sp-1	GA	1529	hemorrhage	Sp-1 & ST-36
	SL	1220	severe nosebleed	Sp-1 & BL-54
	HS/P	1529	nightmares	Sp-1 & ST-45
	SC	282	LOC	Sp-1 & Lr-1
Sp-2	HS/P	1529	febrile dz., no sweat	Sp-2 & Lu-8
	OXH	1439	lumbar pain , can't stand up	Sp-2 & Kd-11
Sp-3			<i>borbor. diarr. dysentery, constip, abd. dist., intest. abscess</i>	
	SL	1220	undig. food in stool	Sp-3 & Sp-16
	SC	282	difficult defecation	Sp-3 & TB-3
Sp-4	OXH	1439	• abdominal pain	Sp-4 & Pe-6
	CC	1439	• heart pain	
Sp-5	GC	1601	infertility	Sp-5 & CV-3 [+ BL-32 Kd-1]
	TD	625	abd. pain radiating to genitals	Sp-5 & CV-5
	SL	1220	sighing from sadness	Sp-5 & GB-24
Sp-6	Ling Shu	-2nd c.	diarr. w/ undig. food	Sp-6 & Sp-9 [SL + CV-12]
	GC	1601	inhibited menses	Sp-6, GB-41, CV-3
	GC	1601	profuse uterine bleeding	Sp-6 & Lr-3
	GC	1601	difficult delivery	Sp-6, Lr-3, LI-4
	GC	1601	retention of placenta	Sp-6 & CV-3 [MS + GB-21]
	GC	1601	post-partum: • dizziness • pain	• Sp-6, ST-36, TB-6 • Sp-6 & CV-6
	GC	1601	sagging, swollen testicle <small>L = blood stasis or Lr fire R = food stag or phlegm-damp</small>	Sp-6, ST-29, Lr-1
	OXH	1439	7 shan	Sp-6, Kd-6, Lr-8
			• insomnia d/t Ht/Sp xu • insomnia d/t Ht/Kd disharmony • insomnia d/t Lr fire	Sp-6 + Ht-7, ST-36, Yin-tang Sp-6 + Ht-7, Kd-3, Kd-6 Sp-6 + Ht-7, BL-18/19, An-mian
Sp-7				
Sp-8	HS/P	1529	irreg. menses	Sp-8 & Sp-10
	SC	282	cold-damp shan	Sp-8, ST-27, Lr-6
			acute dysmenorrhea	Sp-8 & LI-4
Sp-9	HS/P	1529	edema (umbilical area)	Sp-9 & CV-9
	TD	625	enuresis	Sp-9 & GB-34
	OJD	1529	pain & swelling of the knee	Sp-9 & GB-34
Sp-10	HS/P	1529	irreg. menses	Sp-8 & Sp-10
	SL	1220	amenorrhea	Sp-10 & GB-26
	HS/P	1529	5 types of Lin	Sp-10 & CV-6 [SP: + Lr-1]
			urticaria	Sp-10, LI-11, BL-12, BL-40
Sp-12	SL	1220	5 types of Lin	Sp-12 & Lr-1
	SL	1220	leucorrhea & uterine bleeding	Sp-12 & ST-30
Sp-13	SL	1220	abdominal masses (ji ju)	Sp-12 & Sp-13
Sp-14	SL	1220	rushing heart	Sp-14 & Lr-2
Sp-15	HS/P	1529	sorrowful weeping	Sp-15 & GB-9
			constipation	Sp-15, ST-25, TB-6
Sp-16	SL	1220	<i>undig. food in stool</i>	<i>Sp-3 & Sp-16</i>
Sp-18	TD	625	breast abscess	Sp-18 & GB-43
Sp-20	TD	625	diff. ingestion w/ desire for fluids	• Sp-20 & BL-25
Sp-21			• pain in whole body • chest & flank pain	• Sp-21, GB-34, LI-11, BL-10 • Sp-21, TB-8, Pe-4, GB-38 & 41

4. Two & Three Point Combinations from the Classics

Heart Channel

<i>Point</i>	<i>Classic</i>	<i>Date</i>	<i>Treats:</i>	<i>Combination:</i>
Ht-1	SL	1220	heart pain ...	Ht-1 & Pe-4
Ht-2				
Ht-3	SL	1220	foamy vomitus watery vomitus	Ht-3 & Kd-9 Ht-3, GV-27, GB-13
	SL	1220	scrofula	Ht-3 & TB-10
	SL	1220	stiff tongue, tongue thrusting	Ht-3, ST-24, LI-7
Ht-4	SL TD	1220 625	LOV, lockjaw sudden LOV	Ht-4, CV-22, SI-16 Ht-4, TB-6, SI-16, LI-18, GB-7
Ht-5	SL	1220	LOV (loss of voice)	Ht-5 & TB-17
	HS/P	1529	somnolence (and weary speech)	Ht-5 & Kd-4
	GC	1601	head wind (headache), <i>red eyes & face</i>	Ht-5 & ST-41
	??	????	heart arrhythmia	Ht-5, Pe-6 + BL-14 & 15
Ht-6	HS/P	1529	night sweats	Ht-6 & SI-3
	SL	1220	heart pain	Ht-6 & Lr-2
Ht-7	TD	625	manic laughing	Ht-7 & SI-5
	PM	1611	5 types of epilepsy	Ht-7, CV-15, SI-3
	SC TD	282 625	enuresis	Ht-7, ST-22, BL-54 Ht-7, ST-22, Lu-1
Ht-8	TD	625	difficult urination, retention	Ht-8, ST-36
	TD	625	plum pit qi	Ht-8, Lr-5
Ht-9	HS/P	1529	fever	Ht-9 & LI-11

4. Two & Three Point Combinations from the Classics

Small Intestine Channel

<i>Point</i>	<i>Classic</i>	<i>Date</i>	<i>Treats:</i>	<i>Combination:</i>
SI-1	GC	1601	absence of lactation	SI-1 & CV-17
	DM	???	swelling of breast	SI-1 & GB-41
	GC	1601	breast abscess	SI-1, GB-41, ST-39 (ST-36, Lu-10, GB-43, BL-54)
	TD	625	throat bi ...	SI-1, TB-1, GB-44
SI-2			<i>fevers, throat, ear, eye prob.</i>	
	TD	625	superficial visual obstruction	SI-2 & BL-64
SI-3	SL	1220	stiff neck	SI-3 & TB-16
	DM	???	head &/or eye pain	SI-3 & TB-5
	HS/P	1529	severe night sweats	SI-3 & Ht-6
	SMPJ	1601	<i>5 types of epilepsy</i>	<i>SI-3, Ht-7, CV-15</i>
SI-4	GC	1601	<i>mania</i>	<i>SI-3, Ht-7, ST-42</i>
	HS/P	1529	jaundice	SI-3 & Pc-8
	TD	625	contraction of fingers	SI-4 & TB-3
SI-5	SL	1220	<i>shoulder/arm pain</i>	SI-4 & SI-11
	OJD	1529	Sp jaundice	SI-4 & CV-12
SI-6	TD	625	toothache (upper jaw)	SI-5 & GB-17
	HS/P	1529	submandibular swelling	SI-5 & GB-43
	SL	1220	dizziness & eye pain	SI-5 & BL-58
	TD	625	manic laughter	SI-5 & Ht-7
SI-7	GC	1601	mad walking	SI-5 & GV-16
	TD	625	shoulder pain as if broken	SI-6 & BL-10
SI-8	HS/P	1529	• blurring vision	SI-6 & BL-10
	SL	1220	• dim vision	SI-6, LI-4, BL-4
SI-9	SL	1220	• visual dizziness w/ headache	SI-7 & BL-22
	HS/P	1529	• visual dizziness	SI-7 & BL-58
SI-10	GC	1601	gum pain	SI-8 & TB-20
SI-11	SC	282	tinnitus & deafness	SI-9 & SI-4
	TD	625	hot shoulder, can't turn head	SI-9, TB-1, LI-15
SI-12			acute shoulder pain	SI-10 & SI-6
	SL	1220	shoulder/arm pain	SI-11 & SI-4 SI-11, SI-5, TB-14
SI-13	SL	1220	<i>can't raise arm</i>	SI-12 & Lu-2
	SC	282	can't raise arm	SI-12 & SI-17
SI-14	?		shoulder/scapula pain	SI-13, SI-11, SI-9
SI-15	?		shoulder/back pain	SI-14, GV-14, BL-60
SI-16	SL	1220	deafness & tinnitus	SI-16 & TB-5
	SC	282	goiter	SI-16 & TB-13
	SL	1220	hot face	SI-16 & CV-22
SI-17	SL	1220	chest oppression	SI-17 & LI-5
	TD	625	deafness & tinnitus	SI-17 & SI-19, GB-2, TB-3
SI-18	SC	282	<i>toothache</i>	SI-18 & LI-2
	TD	625	red & yellow eyes	SI-18 & Pc-6
SI-19	HS/P	1529	sadness below heart	SI-19 & BL-20

4. Two & Three Point Combinations from the Classics

Bladder Channel

Point	Classic	Date	Treats:	Combination:
BL-1	HS/P	1529	night blindness	BL-1 & Lr-1
	OXH	1439	eye dz.	BL-1, LI-4, GB-37
BL-2	OJD	1529	headache & eye pain	BL-2 & ST-8
BL-3				
BL-4	GC	1601	foul nasal discharge	BL-4 & GV-23
BL-5	TD	625	constant sneezing	BL-5 & BL-12
BL-6	SL	1220	vomiting	BL-6 & Sp-2
BL-7	SL SP	1220 1529	nasal congestion nasal obstruction	BL-7 & GB-15 BL-7 & GV-23
BL-8	TD	625	collapse on sudden standing	BL-8 & BL-7
BL-9	SL	1220	neck pain	BL-9 & GB-12
	HS/P	1529	head wind	BL-9 & GV-22
BL-10	SL	1220	head wind	BL-10, GB-19, GV-20
	GA	1529	dizziness	BL-10, GV-23, GB-20
	SL	1220	bursting eye pain & dizziness	BL-10, GV-13, BL-60
	HS/P	1529	stiff neck & aversion to wind	BL-10 & BL-65
BL-11	SKUYS	1529	Wind Bi, Wei & Jue dz.	BL-11 & Lr-8
	Comp	1874	bone marrow cold & painful	BL-11 & GB-39 Kd-7, BL-62, BL-23, ST-45
BL-12			<i>dispel wind: sneeze, cough; strengthen wei qi</i>	
	TD	625	constant sneezing	BL-12 & BL-5
BL-13	OJD	1529	cough w/ phlegm	BL-13 & ST-40
BL-14	SL	1220	heart pain	BL-14, Ht-7, GB-41
BL-15	SL	1220	sadness, anxiety, disoriented	BL-15, TB-10, GV-11
	GC	1601	agitation of the heart	BL-15 & CV-14
	OJD	1529	seminal emission	BL-15 & BL-23
BL-16	???	modern?	psoriasis	BL-16, BL-17, LI-10 & Sp-10
BL-17	TD	625	vomiting	BL-17, Lr-13, CV-12
	SL	1220	cold phlegm in diaphragm & stomach	BL-17 & GB-8
BL-18	TD	625	hypogastric fullness	BL-18 & Bao Huang (BL-28a)
	SJD	1329	cloudy vision d/t Lr blood def	BL-18 & ST-36
	GC	1601	superficial visual obstruction	BL-18 & GB-15
BL-19	HS/P	1529	yellow eyes	<i>BL-19 & Yang Gang (BL-19a)</i>
	TD	625	flank pain	BL-19 & Lr-13
	DM	???	fright palpitations	BL-19 & LI-5
	Su Wen	-2nd c.	frequent indecision	BL-19 & GB-24
BL-20	HS/P	1529	Sp xu w/ undig. food in stool	BL-20 & BL-28
	HS/P	1529	<i>sadness below heart</i>	<i>BL-20 & SI-19</i>
	SL	1220	<i>lose control of 4 limbs</i>	<i>BL-20, Ht-1, GB-24</i>
BL-21	FL	???	abd. pain, no pleasure in eating	BL-21 & BL-20
	GC	1601	eat a lot but remain thin	BL-21 & BL-20
BL-22	TD	625	hard hypogastric mass (ji ju)	BL-22 & CV-12
BL-23	SL	1220	cold legs	BL-23, BL-64, Kd-2
	Comp OJD	1874 1529	• lumbar pain (in elderly) • incontinence: urine or feces	BL-23 & GV-4
	GC	1601	seminal emission	BL-23, CV-4, Sp-6
BL-24	SL	1220	lumbar pain	BL-24, BL-23, & BL-29
BL-25	SL	1220	cold-damp diarrhea	BL-25 & BL-23
	GC	1601	fecal incontinence	BL-25 & CV-4
			<i>borbor, undig. food in stool, rectal prolapse, intest. abscess</i>	
BL-26				

4. Two & Three Point Combinations from the Classics

<i>Point</i>	<i>Classic</i>	<i>Date</i>	<i>Treats:</i>	<i>Combination:</i>
BL-27	TD	625	dribbling or retention of urine	BL-27 & GV-1
BL-28	SL	1220	abd. pain & diff defecation	BL-28 & Kd-18
	Comp	1874	rectal prolapse	BL-28, CV-8, GV-20
BL-29				
BL-30	HS/P	1529	back & lumbar pain	BL-30 & Wei Zhong
BL-31	TD	625	difficult urination & defecation	Ba Liao
BL-32	SL	1220	infertility	BL-32, Kd-1, Sp-5
	???		sciatica	BL-32, 30a, 50, 54, & 60
BL-33	SL	1220	dribbling urine	BL-33, 23a, & 39
BL-34				
BL-35	SL	1220	cold abdomen	BL-35 & Sp-7
BL-12a 36/41				
BL-13a 37/42	HS/P	1529	consumption	Po Hu & Gao Huang
BL-14a 38/43	Comp	1874	deficiency taxation	moxa: Gao Huang & Huan Men (Affliction Gate) (Ex Pt: just above BL-15) + 4 flowers (BL-17 & 19)
	DM	???	spontaneous sweating	Gao Huang, GV-14, Kd-7
BL-15a 39/44	SL	1220	esophageal constriction	Shen Tang & Lr-4
BL-16a 40/45	SL	1220	abdominal fullness	Yi Xi & ST-36
BL-17a 41/46	TD	625	cold back, stiff spine	Ge Guan w/ BL-54 & BL-64
BL-18a 42/47	HS/P	1529	cold stomach, diff. digestion	Hun Men & BL-21
BL-19a 43/48	HS/P	1529	yellow eyes	Yang Gang & BL-19
BL-20a 44/49	SL	1220	wasting thirst	Yi She, TB-1 & Kd-2
BL-21a 45/50				
BL-22a 46/51				
BL-23a 47/52	TD	625	lumbar pain & tension	Zhi Shi & GB-25
	SL	1220	genital pain & swelling	Zhi Shi & Bao Huang (28a)
BL-28a 48/53	SL	1220	urinary retention	Bao Huang & Zhi Bian (30a)
BL-30a 49/54	SL	1220	<i>urinary retention</i>	<i>Zhi Bian & Bao Huang (28a)</i>
				* I use the point name in this column to augment the three numbers in the left-most column, which uses my #, followed by the Beijing and Shanghai #'s.

4. Two & Three Point Combinations from the Classics

<i>Point</i>	<i>Classic</i>	<i>Date</i>	<i>Treats:</i>	<i>Combination:</i>
<i>Lower Extremity</i>				
BL-50/36				pt. name: Cheng Fu
BL-51/37				pt. name: Yin Men
BL-52/38				pt. name: Fu Xi
BL-53/39				pt. name: Wei Yang
BL-54/40	GC	1601	lumbar & leg pain	• BL-54 & GV-26 • BL-54 & Kd-7
	SP	1529	lumbar pain	BL-54 & GB-30 + BL-60
	HS/P	1529	back pain	BL-54 & BL-30
	SC SL	282 1220	nosebleed incessant nosebleed	• BL-54 & CV-24 • BL-54 & Sp-1
BL-55	HS/P	1529	uterine bleeding	BL-55 & Kd-8
BL-56				
BL-57	SJD GC	1329 1601	• 9 types of hemorrhoids • chronic hemorrhoids	BL-57 & GV-1 add Er Bai
	SL	1220	difficult defecation	BL-57 & Kd-3
BL-58	SL	1220	dizziness & eye pain	BL-58 & SI-5
BL-59	SL	1220	clonic spasms	BL-59 & TB-10
BL-60	SL	1220	dizziness, dim vision, eye pain	BL-60, BL-10, GV-13
	SP	1529	lumbar pain	GB-30 & BL-54 + BL-60
	Comp	1874	calf pain	BL-60 & GB-31
BL-61				
BL-62	OEM	1241	head wind	BL-62 & BL-63
	TD	625	madness	BL-62 & ST-41
	GA	1529	epilepsy (night-time convulsions)	BL-62 & Kd-6
	GC	1601	all dz. below ankle	BL-62 & Kd-6
BL-63	HS/P	1529	cramping sinews	BL-63 & GB-40
	OXH	1439	bilateral deafness	BL-63 & GB-2
BL-64	TD	625	superficial visual obstruction	BL-64 & SI-2
BL-65	HS/P	1529	stiff neck	BL-65 & BL-10
BL-66				
BL-67	SP	1529	difficult delivery	BL-67 & ST-36
	HS/P	1529	itching & pain	BL-67 & ST-15
			vertex headache	BL-67, GV-20, SI-3

4. Two & Three Point Combinations from the Classics

Kidney Channel

<i>Point</i>	<i>Classic</i>	<i>Date</i>	<i>Treats:</i>	<i>Combination:</i>	<i>Modifications & Additions</i>
Kd-1	SL	1220	wind epilepsy	Kd-1 & GV-6	GC: Kd-1, GV-24 & 25
			hot flashes	Kd-1, Lr-3, Ht-6, CV-4	
Kd-2	SL	1220	xiao-ke thirst	Kd-2, BL-20a, TB-1	TD: adds CV-24
	SL	1220	seminal emission ...	Kd-2 & Kd-12	
Kd-3	TD	625	dry throat ...	Kd-3 & SI-1	
	SL	1220	swollen throat	Kd-3 & TB-3	
	TD	625	ceaseless diarrhea	Kd-3 & CV-4	
	SL	1220	difficult defecation	Kd-3 & BL-57	
Kd-4	TD	625	fear of people	Kd-4 & Pc-4	
	HS/P	1529	somnolence ...	Kd-4 & Ht-5	
Kd-5	TD	625	amenorrhea	Kd-5 & Kd-6	
	HS/P	1529	irreg. menses ...	Kd-5 & ST-25	
Kd-6	GA	1529	night-time epilepsy	Kd-6 & BL-62	
	GC	1601	uterine prolapse	Kd-6, Lr-8, Lr-1	+ Ht-8 & Lr-3 vs. Lr-1
	OXH	1439	shan disorders	Kd-6, Sp-6, Lr-8	HS/P: cold shan Kd-6 & Lr-1
	TD	625	waterway obstructed	Kd-6 & GB-25	
	OJD	1529	constipation	Kd-6 & TB-6	
Kd-7	SP	1529	edema	Kd-7 & CV-9	GC: sub CV-8 for CV-9
	DM	Qing	spont. sweat	Kd-7, GV-14, Gao Huang	
	GC	1601	abn. sweat	Kd-7 & LI-4	
	GC	1601	lumbar pain	Kd-7 & BL-54	
	BM	1026	cold legs	Kd-7, BL-62, ST-45	
Kd-8	HS/P	1529	uterine bleeding	Kd-8 & BL-55	SL: Kd-8 & 10 + Lr-3 & Sp-6
Kd-9	SL	1220	<i>foamy/watery vomitus</i>	<i>Kd-9 & Ht-3</i>	
	TD	625	raving & cursing	Kd-9 & CV-14	
Kd-10	HS/P	1529	turmoil disorder	Kd-10 & ST-36	

4. Two & Three Point Combinations from the Classics

<i>Point</i>	<i>Classic</i>	<i>Date</i>	<i>Treats:</i>	<i>Combination:</i>	<i>Modifications & Additions</i>
Kd-11	OXH	1439	unable to straighten back	Kd-11 & Sp-2	
	HS/P	1529	5 types of Lin	Kd-11 & Kd-16	
Kd-12	SL	1220	<i>seminal emission ...</i>	<i>Kd-2 & Kd-12</i>	
Kd-13					
Kd-14	SL	1220	stone edema	Kd-14 & Kd-2	TD: adds ST-30 & Lr-13
	SL	1220	malign blood in uterus	Kd-14 & Kd-18	
Kd-15					
Kd-16	HS/P	1529	<i>5 types of Lin</i>	<i>Kd-11 & Kd-16</i>	
Kd-17					
Kd-18	SL	1220	abd. pain & constipation	Kd-18 & BL-28	
	SL	1220	diff. defecation	Kd-18 & Kd-4	
	HS/P	1529	infertility	Kd-18 & CV-7	
Kd-19	SL	1220	agitation ...	Kd-19 & CV-14	
Kd-20					
Kd-21	HS/P	1529	agitation & vomiting	Kd-21 & CV-18	
	SL	1220	vomiting	Kd-21, Sp-5, BL-66	
Kd-22					
Kd-23	SL	1220	breast abscess ...	Kd-23 & ST-16	
Kd-24					
Kd-25	HS/P	1529	chest full & stiff neck	Kd-25 & CV-21	
Kd-26	SL	1220	drooling	Kd-26 & Lu-2	
Kd-27	SL	1220	dyspnea ...	Kd-27, Kd-25 & Lu-3	
	OJD	1529	cough & wheeze (phlegm)	Kd-27 & ST-18	

4. Two & Three Point Combinations from the Classics

Pericardium Channel

Point	Classic	Date	Treats:	Combination:
Pc-1	HS/P TD	1529 625	axillary swelling	Pc-1 & Wei Yang
Pc-2				
Pc-3	GC SL	1601 1220	• vomiting blood • spitting blood	• Pc-3, Ht-7, Lu-10 • Pc-3, Lu-6, BL-13
	TD GC TD	625 1601 625	• pounding heart & fright • chest & heart pain • heart pain	• Pc-3 & Pc-7 • Pc-3, Pc-6 & Pc-7 • Pc-3, Pc-4 & Pc-7
	TD HS/P	625 1529	• dry mouth • thirst d/t blood def.	• Pc-3 & Lr-13 • Pc-3 & Lu-11
Pc-4	SC TD	282 625	• heart pain + ... • heart pain	• Pc-4 & Ht-1 • <i>Pc-3, Pc-4 & Pc-7</i>
	SC	282	coughing blood	• Pc-4 & Pc-7
	TD	625	fear of people	• Pc-4 & Kd-4
			chest & costal pain	Pc-4, Sp-21, TB-8, GB-38 & 41
Pc-5	GC	1601	sudden mania	Pc-5, LI-4 & SI-3
	OSB	1439	epilepsy	Pc-5 & GV-26
	GC	1601	throat obstruction	Pc-5 & LI-3
	TD	625	swelling of face & abd.	Pc-5, Lu-1, LI-4
	SMPJ	1601	5 types of malaria	Pc-5 & BL-11
Pc-6	HS/P	1529	chest oppression	Pc-6 & CV-11
	OXH GC	1439 1601	abdominal pain	Pc-6 & Sp-4 Pc-6, ST-36 & CV-12
	SMD	1529	cracked & bleeding tongue	Pc-6, Lr-3, CV-7
Pc-7	OJD TD	1529	• heart oppression • unbearable heart pain	• Pc-7 & 8 • Pc-7 & CV-13 • <i>see also Pc-3</i>
	GC TD SC	1601 625 282	• SOB • cough & dyspnea • <i>coughing blood</i>	• Pc-7 & Lu-5 • Pc-7 & Lu-11 • <i>Pc-4 & Pc-7</i>
	TD	625	splitting headache & eye pain	• Pc-7 & ST-8
	SL	1220	red eyes	Pc-7 & GB-16
	SL SJD OJD	1220 1329 1529	• vomiting • abd. pain w/ constip.	• Pc-7, ST-19, CV-13 • Pc-7 & TB-5 add TB-6
Pc-8	SMD	1529	5 types of epilepsy	Pc-8 & Kd-1
	Comp	1874	mouth ulcers	Pc-8 & CV-24
	TD	625	throat pain	Pc-8, GV-16, SI-16
	TD	625	vomiting	Pc-8 & Lu-11
Pc-9	HS/P SL	1529 1220	• tongue pain & swelling • stiff tongue & heart pain	Pc-9 & CV-23 Pc-9 & Ht-6
	SL	1220	body hot like fire & headache	Pc-9 & GV-4

4. Two & Three Point Combinations from the Classics

Triple Burner Channel / San Jiao Jing

<i>Point</i>	<i>Classic</i>	<i>Date</i>	<i>Treats:</i>	<i>Combination:</i>
TB-1	Ling Shu	-2nd c.	deafness	TB-1 & GB-44
	HS/P	1529	flaccid tongue, can't speak	TB-1 & GV-15
TB-2	SL	1220	<i>sudden deafness</i>	<i>TB-2 & TB-8</i>
	HS/P	1529	throat pain	TB-2 & Lu-10
TB-3			<i>ear, eye, throat problems</i>	
	SL	1220	visual dizziness	TB-3 & GB-15
	TD	625	throat pain	TB-3, TB-6, ST-44
	SL	1220	swollen throat	TB-3 & Kd-3
	GC	1601	<i>chronic malaria</i>	<i>TB-3, LI-1, GB-40</i>
	SC	282	difficult defecation	TB-3 & Sp-3
TB-4				
TB-5	DM	???	head & eye pain	TB-5 & SI-3
	TD	625		• TB-5 & TB-7
	SL	1220		• TB-5 & GB-2
TB-6	SL	1220		• TB-5 & SI-16
	OM	1565		
	GC	1601	rib/side, lateral costal, flank (xie) pain	* TB-6, GB-34, Lr-13
	CC	1439		
	OJD	1529	constipation	• TB-6 & Kd-6
	SP	1529	xu type	• TB-6 & ST-36
	GC	1601	post-partum dizziness	TB-6, ST-36, Sp-6
			wandering Bi	TB-6 & GB-39
	TD	625	<i>impaired hearing (deaf/tinnitus)</i>	<i>TB-5 & TB-7</i>
TB-8	SL	1220	sudden LOV	TB-8 & GV-15
	SL	1220	sudden deafness	TB-2 & TB-8
	SL	1220	<i>sudden deafness</i>	<i>TB-9 & TB-16</i>
TB-10	SMPJ	1601		• TB-10 & Ht-3
	GC	1601		• TB-10 & SI-1
	SL	1220	scrofula	
			sadness, anxiety, disoriented	TB-10, BL-15, GV-11
				• TB-10 & CV-17
			chest Bi	• TB-10 & GB-41
			clonic spasm	TB-10 & BL-59
TB-11				
TB-12				
TB-13	SC	282	goiter	TB-13 & SI-16
TB-14				
TB-15				
TB-16	SL	1220	sudden deafness	TB-9 & TB-16
TB-17	GC	1601	purulent ear	TB-17, TB-21, LI-4
	SC	282	deafness	TB-17, TB-7, ST-7
	SL	1220	<i>sudden LOS (loss of speech)</i>	<i>TB-17 & Ht-5</i>
	SC	282	childhood convulsions	TB-18 & GV-1
TB-19	HS/P	1529	<i>tetany (stiff neck, lockjaw, twitching, opisthotonus)</i>	TB-19 (from Commentary p. 409)
	TD	625	xie pain, can't turn body	TB-19 & GB-13
TB-20	GC	1601	gum pain	TB-20 & SI-8
	TD	625	can't chew	TB-20 & ST-6
TB-21			<i>all ear problems</i>	
TB-22				
TB-23	SJD	1329	headache	TB-23 & GB-8

4. Two & Three Point Combinations from the Classics

Gall Bladder Channel

Point	Classic	Date	Treats:	Combination:
GB-1	SL	1220	superficial visual obstruction	GB-1 & GB-40
	IS	1624	breast swelling	GB-1 & SI-1
GB-2	SL OXH	1220 1439	impaired hearing	• GB-2 & TB-5 • GB-2 & BL-63
GB-3	SL Comp	1220 1874	deviated mouth or eye lockjaw	• GB-3 & ST-7 • GB-3 & ST-6
GB-4	SL	1220	dizziness d/t wind	GB-4, GV-19, BL-9
GB-5				
GB-6	TD	625	febrile dz. w/ unilateral headache	GB-6 & CV-15
GB-7	TD	625	tooth decay	GB-7 & ST-42
GB-8	SJD	1329	headache	GB-8 & TB-23
	SL	1220	cold phlegm in diaphragm & stomach	GB-8 & BL-17
GB-9	HS/P	1529	arched back & weeping	GB-9 & Sp-15
	SC	282	headache	GB-9, GB-16, GB-20
GB-10	SC	282	toothache	GB-10 & GB-12
GB-11	SL	1220	stabbing head pain	GB-11 & GV-18
	SL	1220	neck pain	GB-11 & TB-12
GB-12	SL	1220	neck pain	GB-12 & BL-9
	SL	1220	deviated face & mouth	GB-12 & Lu-7
GB-13	HS/P	1529	madness	GB-13 & GV-12
	TD	625	fright epilepsy	GB-13, GV-21 & 22, BL-10
	SL	1220	epilepsy w/ foamy vomit	GB-13, GV-27, Ht-3
	TD	625	<i>xie pain, can't turn body</i>	TB-19 & GB-13
GB-14	CJD	???	head wind headache & eye pain	GB-14, ST-41, LI-4
GB-15	HS/P SL GC	1529 1220 1601	lacrimation visual dizziness visual obstruction	• GB-15 & ST-8 • GB-15 & TB-3 • GB-15 & BL-18
	SL	1220	nasal congestion	• GB-15 & BL-7
GB-16	SL	1220	red eyes	• GB-16 & Pc-7
GB-17	TD	625	toothache (upper)	GB-17 & SI-5
GB-18				
GB-19	SL	1220	head wind	GB-19, GV-20, BL-10
GB-20	OXH	1439	100 disorders d/t cold(wind)	GB-20 & GV-16
			<i>headache, dizziness, eye, nose, ear, face problems</i>	
	OJD	1529	<i>lordosis</i>	<i>GB-20 & GB-39</i>

4. Two & Three Point Combinations from the Classics

<i>Point</i>	<i>Classic</i>	<i>Date</i>	<i>Treats:</i>	<i>Combination:</i>
GB-21	SL	1220	can't turn neck	GB-21 & Po Hu
	OEM	1241	forearm pain	GB-21 & LI-11
	GC	1601	retained placenta	GB-21 & CV-3 MS adds Sp-6
GB-22	IS	1624	sabre lumps	GB-22, TB-5 & 6, GB-41
GB-23				
GB-24	Su Wen	-2nd c.	frequent indecision	GB-24 & BL-19
	SL	1220	sighing w/ sadness	GB-24 & Sp-5
	SL	1220	lost use of 4 limbs	GB-24, Ht-1 & BL-20
			cholecystitis	GB-24, ST-19, GB-40, Dan Nang
GB-25	TD	625	cold-damp diarrhea	GB-25 & BL-60
	TD	625	dark urine (obstructed waterway)	GB-25 & Kd-6
	SC	282	lumbar pain, can't stand long	GB-25 & Lr-2 TD adds Zhi Shi
GB-26	SL	1220	amenorrhea	GB-26 & Sp-10
	SL	1220	pain & hardness in hypogastrium	GB-26 & GB-43
GB-27	SL	1220	retracted testicle	GB-27 & ST-29
GB-28				
GB-29			sciatica	GB-29 & 30, BL-32 & 54
GB-30	SL	1220	one sided wind (hemiplegia)	GB-30, GB-34, LI-11
	SHS	???	wind-cold-damp Bi	GB-30 & GB-34
			<i>hip, groin, lumbar, leg, knee pain, atrophy, numbness, paralysis</i>	
GB-31	GC	1601	windstroke	GB-31, 34, 40
GB-32				
GB-33	TD	625	can't flex or extend knee	GB-33 & 34, Lr-8
GB-34	SL	1220	one sided wind (hemiplegia)	GB-30, GB-34, LI-11
	OJD	1529	swelling of the knee	GB-34 & Sp-9
	OM	1565	xie pain	GB-34 & TB-6
	TD	625	apprehension & fear	GB-34 & Kd-2
GB-35	SL	1220	chest fullness	GB-35 & 41
	HS/P	1529	fright palpitations & pounding heart	GB-35 & ST-41
GB-36	SC BM	282 1026	• skin pain • rabies	
GB-37	OEM	1241	eye pain & itching	GB-37 & 42
	TD	625	bruxism	GB-37 & 41
	GM	1742	headache etc.	GB-37 & Lr-3

4. Two & Three Point Combinations from the Classics

<i>Point</i>	<i>Classic</i>	<i>Date</i>	<i>Treats:</i>	<i>Combination:</i>
GB-38	GC	1601	axillary swelling	GB-38, 40 & 41
	GC	1601	Wind Bi	GB-38 & Lu-5
	TD	625	Bone Bi	GB-38, 35 & 34
GB-39	OJD	1529	lordosis	GB-20 & GB-39
			stiff neck	GB-39, BL-10, SI-3
GB-40	SL	1220	visual obstruction	GB-40 & GB-1
	GC	1601	xie pain	GB-40 & 32
	TD	625	stabbing chest pain	GB-40 & ST-40
	TD	625	manic raving	GB-40 & ST-39
	TD	625	chest & back tension	GB-40 & Lu-8
	TD	625	chills & fever, axillary swelling	GB-40 & BL-62
	HS/P	1529	sinew cramping	GB-40 & BL-63
GB-41	SL	1220	• heart pain	• GB-41, BL-14, Ht-7
	SL	1220	• chest Bi	• GB-41 & TB-10
	SL	1220	• chest fullness	• GB-41 & GB-35
	DM	???	breast swelling	GB-41 & SI-1
			stop lactation	GB-41 & 37
	GC	1601	inhibited menses	GB-41, Sp-6 & CV-3
GB-42	OEM	1241	<i>eye pain & itching</i>	GB-37 & 42
	SL	1220	breast abscess	GB-42 & ST-34
GB-43	TD	625	abscess & ulceration of breast	GB-43 & Sp-18
	SL	1220	<i>pain & hardness in hypogastrium</i>	GB-26 & GB-43
	HS/P	1529	submandibular swelling & lockjaw	GB-43 & SI-5
	TD	625	axillary swelling & sabre lumps	GB-43, GB-38 & Lr-3
GB-44	TD	625	stabbing head pain	GB-44 & GV-18
	Ling Shu	-2nd c.	deafness	GB-44 & TB-1
	TD	625	throat Bi	GB-44 & TB-1 & SI-1
	SL	1220	contracture of arm & elbow	GB-44 & LI-10

4. Two & Three Point Combinations from the Classics

Liver Channel

<i>Point</i>	<i>Classic</i>	<i>Date</i>	<i>Treats:</i>	<i>Combination:</i>
Lr-1	HS/P SP	1529 1529	• cold shan • 7 types of shan	• Lr-1 & Kd-6 • Lr-1 & Lr-3
	GC SL	1601 1220	• swollen, sagging testicle	• Lr-1 & CV-4 (moxa) • Lr-1, ST-29, Sp-6
	SP TD	1529 625	• 5 types of Lin Bing	• Lr-1 & Sp-10 • Lr-1 & CV-6
	GC	1601	uterine prolapse	• Lr-1, Lr-8, Kd-6
	SL SC	1220 282	• somnolence • LOC	• Lr-1 & ST-45 • Lr-1 & Sp-1
	SL HS/P	1220 1529	• lacrimation • night blindness	• Lr-2 & GV-24 • Lr-2 & BL-1
Lr-2	SL	1220	heart pain	• Lr-2 & Ht-6
	SL	1220	urinary retention / penis pain	• Lr-2 & Lr-8
	HS/P	1529	severe thirst (Xiao Ke)	Lr-2 & Kd-1
	SC	282	lumbar pain	Lr-2 & GB-25
	TD	625	legs can't support body	Lr-2 & BL-10
	SP	1529	nasal congestion	Lr-3 & LI-4
Lr-3	SL	1220	swelling lips	Lr-3 & ST-16
	SC	282	breast pain	Lr-3 & Kd-7
	TD	625	axillary sabre lumps	Lr-3, GB-43 & 38
	GC	1601	abd. distention & back pain	Lr-3 & Sp-3
	GC	1601	difficult delivery	Lr-3, LI-4 & Sp-6
	GC SL	1601 1220	profuse uterine bleeding	Lr-3 & Sp-6 adds Kd-8 & 10
Lr-4	TD SL	625 1220	• unable to swallow • esophageal constriction	• Lr-4, SI-2, Kd-6 • Lr-4 & Shen Tang
	SL GC	1220 1601	peri-umbilical pain	• Lr-4, Lr-8, CV-9 (8)
	TD	625	jaundice	• Lr-4 & Lr-10
	GM SMPJ OJD	1742 1601 1529	difficulty walking	• Lr-4, Lr-3, ST-36
	SL	1220	<i>irreg. menses</i>	<i>Lr-5 & Lr-9</i>
	TD	625	throat obstruction (qi stag)	Lr-5 & Ht-8
Lr-5	SL	1220	fright palpitations	Lr-5, Ht-7 & CV-14
	SC	282	cold-damp shan	Lr-6, Sp-8, ST-27
	SL SL SJD GC	1220 1220 1329 1601	knee pain & swelling	Lr-7 + ST-35 & 36, GB-34 Lr-7 & 8 for medial knee Lr-7 & Xi Yan Lr-7 + ST-33 & 36, BL-40 (inflammation)

4. Two & Three Point Combinations from the Classics

<i>Point</i>	<i>Classic</i>	<i>Date</i>	<i>Treats:</i>	<i>Combination:</i>
Lr-8	SL	1220	genital itch	Lr-8 & CV-7
	SL	1220	<i>urinary retention / penis pain</i>	• Lr-2 & Lr-8
	SL	1220	seminal emission	Lr-8, BL-67, CV-3
	SL GC	1220 1601	uterine prolapse	• Lr-1, Kd-5 & 6, + BL-62 • Lr-1, Lr-8, Kd-6
	OXH GC	1439 1601	• hypogastric pain d/t 7 shan • <i>peri-umbilical pain</i>	• Lr-8, Kd-6 & Sp-6 • Lr-8, Lr-4, CV-9
	TD	625	diarrhea, dysentery	Lr-8 & Lr-3
	SKUYS	1529	all Wind Bi, Wei & Jue dz.	Lr-8 & BL-11
	TD	625	sinews contract, can't bend knee	Lr-8, ST-34, GB-33
Lr-9	SL	1220	irreg. menses	Lr-5 & Lr-9
Lr-10	TD	625	jaundice	• Lr-4 & Lr-10
Lr-11			infertility	moxa
Lr-12			shan disorders	
Lr-13	TD	625	cold-damp diarrhea	Lr-13 & BL-23
	TD	625	vomiting	Lr-13, CV-12, BL-17
	GC	1601	constipation	Lr-13, Sp-3, Kd-6
	TD	625	side pain	Lr-13 & BL-19 (+ TB-6 & GB-34)
	TD	625	running piglet (ben tun qi)	Lr-13, CV-5, Sp-6
	SL	1220	insomnia	Lr-13 & ST-30
	SL	1220	stiff spine, can't turn	Lr-13 & BL-32
Lr-14	TD	625	stabbing heart pain	Lr-14 & ST-19
	TD	625	heat in the chest	Lr-14 & ST-12
	GC	1601	chest pain d/t cold	Lr-14 & Pc-7
	GC	1601	dyspnea & can't walk	Lr-14, CV-12, LI-9
	TD	625	chest fullness, cough, SOB	Lr-14 & CV-14 (50 cones each)
	TD	625	lateral-costal distention	Lr-14, CV-4, Lu-11
	SL	1220	post-partum belching	Lr-14 & ST-43
	HS/P	1529	stiff neck d/t cold	Lr-14 & LI-7

4. Two & Three Point Combinations from the Classics

Ren Mai = Conception Vessel

<i>Point</i>	<i>Classic</i>	<i>Date</i>	<i>Treats:</i>	<i>Combination:</i>
CV-1				
CV-2				
CV-3	SL	1220	seminal emission	CV-3, BL-67, Lr-8
	GC	1601	infertility	CV-3 & Zi-gong
	GC	1601	uterine bleeding	CV-3 & Zi-gong
	GC	1601	inhibited menses	CV-3, Sp-6, GB-41
	MS		retained placenta	CV-3, Sp-6, GB-21
	GC	1601	ceaseless diarrhea	CV-3, ST-25, CV-12
CV-4	TD	625	body heat & headaches	CV-4 & GV-11
	GC	1601	• fecal incontinence	• CV-4 & ST-25
	TD	625	• ceaseless diarrhea & dysentery	• CV-4 & Kd-3
CV-5	SL	1220	hard pain in low abd., radiates to genitals & can't urinate	CV-5, Wei Yang, CV-7
	TD	625	• hypogastric pain that radiates to genitals	• CV-5 & Sp-5
	TD	625	• hypogastric spasm	• CV-5 & CV-9
	GC	1601	women with too many children	CV-5 & Sp-6
CV-6	OJD	1529	rapid dyspnea	CV-6 & CV-21
	HS/P	1529	chronic seminal emission	CV-6 & Sp-6
	SL	1220	palpitations & insomnia	CV-6 & Sp-6 & ST-27
	GC	1601	• post-partum blood stasis pain	CV-6 & Sp-6
	SL	1220	• dysmenorrhea	CV-6 & BL-27
	GA	1529	blood in stool	CV-6, CV-12, ST-36
	TD	625	5 types of Lin Bing	CV-6 & Lr-1
CV-7	SL	1220	profuse uterine bleeding	CV-7 & CV-5
	HS/P	1529	infertility	CV-7 & CV-5
	SL	1220	genital itching	CV-7 & Lr-8
CV-8	GC	1601	• borborygmus & diarrhea	• CV-8 & 9, LI-3
			• diarrhea & thin stools	• CV-8, Lr-3 & Sp-6
	Comp	1874	rectal prolapse	CV-8, GV-20, BL-28
	GC	1601	edema w/ abd. distention	CV-8 & Kd-7
CV-9	SP	1529		• CV-9 & Kd-7
	HS/P	1529		• CV-9 & Sp-9
	SCS	???	edema	• CV-9 & CV-11
CV-10	TD	625	undig. food, vomiting after ingestion	CV-10 & ST-36
	HS/P	1529	borborygmus	CV-10 & ST-43
	OSB	1439	hardness in abdomen	CV-10 & CV-12
CV-11	HS/P	1529	chest oppression	CV-11 & Pc-6
CV-12	TD	625	vomiting	CV-12, BL-17, Lr-13
	GC	1601	abdominal pain	CV-12, Pc-6, ST-36
	OSB	1439	• hardness in abd.	• CV-12 & CV-10
	TD	625	• hardness in side	• CV-12 & ST-20
	TD	625	• hypogastric masses	• CV-12 & BL-22
	SL	1220	• undigested food in stool	• CV-12 & Sp-6
	GC	1601	• ceaseless diarrhea	• CV-12 & ST-25, CV-3
	GA	1529	• blood in stool	• CV-12 & ST-36, CV-6
	OM	1565	all phlegm (tan-yin) dz.	• CV-12 & ST-40
	CJD	???	• jaundice	• CV-12 & ST-36
			• Sp def jaundice	• CV-12 & SI-4

4. Two & Three Point Combinations from the Classics

<i>Point</i>	<i>Classic</i>	<i>Date</i>	<i>Treats:</i>	<i>Combination:</i>
CV-13	TD SL	625 1220	vomiting blood	CV-13, ST-19, Pc-7
	TD HS/P	625 1529	• unbearable heart pain • manic rushing around	• CV-13 & Pc-7 • CV-13 & Ht-7
CV-14	SL	1220	• agitation of heart • agitation & fullness of heart	• CV-14 & BL-15 • CV-14 & Kd-19
	SL	1220	fright palpitations	CV-14, Ht-7, Lr-5
	GC	1601	heart disorientation	CV-14, TB-10, BL-15
	TD	625	mania ...	CV-14 & K9
	HS/P	1529	diaphragm pain	CV-14 & CV-17
	SMPJ	1601	epilepsy	CV-15, SI-3, Ht-7
	OJD HS/P OSB	1529 1529 1439	• rectal prolapse • dysentery	CV-15 & GV-20
	TD	625	febrile dz. w/ unilateral headache	CV-15 & GB-6
CV-16	SL	1220	vomiting	CV-16, Kd-27, Yi She
	TD	625	esophageal constriction & vomiting	CV-16 & Lu-1
CV-17	OJD SJD	1529 1329	• dyspnea & cough • asthma	CV-17 & CV-22
	SL	1220	chest Bi & heart pain	CV-17 & TB-10
	GC	1601	agalactorrhea	CV-17 & SI-1
	HS/P	1529	agitation of heart & vomiting	CV-18 & Kd-21
	SL	1220	bone pain	CV-18 & 19 + BL-17
CV-19	TD	625	cough & counterflow qi	CV-19 & 18 + Kd-3
	TD	625	difficult ingestion	CV-19 & 16 + BL-19
CV-20	TD	625	SOB & can't speak	CV-20 & CV-17
	HS/P	1529	chronic side pain	CV-20 & ST-13
CV-21	SMD OXH	1529 1439	food accumulation injury	CV-21 & ST-36
	OJD	1529	dyspnea & distress	CV-21 & CV-6
	HS/P	1529	chest fullness & stiff neck	CV-21 & Kd-25
CV-22	OJD SJD	1529 1329	• dyspnea & cough • asthma	CV-17 & CV-22
	HS/P	1529	hoarseness d/t cough	CV-22 & BL-13
	SL	1220	sudden LOV w/ lockjaw	CV-22, Ht-4, SI-16
	GC	1601	swollen, painful throat	CV-22, LI-4 & 11
	SL	1220	hot facial skin	CV-22 & SI-16
	HS/P GC	1529 1601	swollen, painful tongue w/ difficulty speaking	• CV-23 & Pc-9 • CV-23 & Jin-jin Yu-ye
CV-24	SL	1220	LOV	CV-24 & GV-16
	SC	282	ceaseless nosebleed	CV-24 & Wei Zhong
	Comp	1874	mouth ulcers	CV-24 & Pc-8
	SJD	1329	stiff neck & head pain	CV-24 & GV-16

4. Two & Three Point Combinations from the Classics

Du Mai = Governing Vessel

<i>Point</i>	<i>Classic</i>	<i>Date</i>	<i>Treats:</i>	<i>Combination:</i>
GV-1	SJD	1329	• 9 types of hemorrhoids	• GV-1 & BL-57
	GC	1601	• chronic hemorrhoids	• GV-1 & BL-57 + Er Bai
	GC	1601	rectal prolapse	GV-1, GV-20, BL-25
	TD	625	diff. urination &/or defecation	GV-1 & BL-27
	SP	1529	heat or qi type constipation	GV-1, Lr-1, GB-34
	SL SC	1220 282	childhood epilepsy	• GV-1 & GV-12 • GV-1 & TB-18
GV-2	OXH	1439	Cold Wind Bi	GV-2 & GB-30
	TD	625	numb legs	GV-2 & GV-16
	SL	1220	malaria	GV-2 & GV-14
GV-3			<i>lumbar and leg pain</i>	
GV-4	SL	1220	body hot like fire & splitting headache	GV-4 & Pc-9
	Comp OJD	1874 1529	elderly • lumbar pain • urinary or fecal incontinence	GV-4 & BL-23
	IS	1624	impotence	GV-4, BL-23, CV-6 & Kd-2
GV-5				
GV-6	SL	1220	wind epilepsy	GV-6 & Kd-1
GV-7				
GV-8	HS/P	1529	stiff spine	GV-8 & ST-28
GV-9			jaundice	GV-9, Sp-9, ST-36; GB-24, BL-19 & 19a
GV-10			furuncles	GV-10, 12, Pc-4, LI-4, Wei Zhong
GV-11	HS/P	1529	frequent attacks of Wind epilepsy	GV-11 & BL-15
	TD	625	body heat w/ headache	GV-11 & CV-4
	SL	1220	<i>poor memory, sad, anxious, disoriented, fright palpitations</i>	
GV-12	HS/P	1529	madness	GV-12 & GB-13
	SL	1220	<i>childhood fright epilepsy</i>	GV-12 & GV-1
	TD	625	<i>opisthotonus</i>	
GV-13	GA	1529	seasonal fever	GV-13 & BL-13
	SL	1220	v. dizziness, dim vision, eye pain	GV-13, BL-10 & BL-60
GV-14	GC	1601	• malaria: much heat, little chill	• GV-14, SI-3, LI-11 & Pc-5
	GC	1601	• malaria: much chill, little heat	• GV-14, SI-3, LI-11
	SL	1220	• malaria:	• GV-14 & GV-2
	GC	1601	• malaria: spleen cold	• GV-14, Pc-5, ST-18
	DM	???	spontaneous sweating	GV-14, Kd-7, & Gao Huang
GV-15	SL	1220	• LOV • sudden LOV	• GV-15 & Lu-6 • GV-15 & TB-8
	HS/P GM	1529 1742	flaccid tongue, can't speak	• GV-15 & TB-1 • GV-15 & 16
	SL	1220	heavy head	• GV-15, BL-7 & BL-59
	CC	1439	nosebleed	GV-14 & 15
GV-16	OXH	1439	100 disorders d/t cold	GV-16 & GB-20
	TD	625	throat pain	GV-16, SI-16, Pc-8
	SL	1220	LOV	GV-16 & CV-24
	GC	1601	rhinitis & nosebleed	GV-16, LI-2 & 20
	SL SJD	1220 1329	stiff & painful neck	• GV-16 & 28 • GV-16 & CV-24
	TD GC	625 1601	mad walking	• GV-16 & BL-13 • GV-16 & SI-5
	TD	625	numb legs	GV-16 & 2

4. Two & Three Point Combinations from the Classics

<i>Point</i>	<i>Classic</i>	<i>Date</i>	<i>Treats:</i>	<i>Combination:</i>
GV-17	TD	625	head pain & heaviness	GV-17, GB-19, BL-7
GV-18	HS/P SL	1529 1220	• headache difficult to endure • stabbing head pain	• GV-18 & ST-40 • GV-18 & GB-11 or GB-44
GV-19	SL	1220	wind dizziness	GV-19, BL-9, GB-4
	SL	1220	neck pain & aversion to cold	GV-19 & GB-36
GV-20	SL	1220	somnolence	GV-20 & 22
	SL	1220	agitation of the heart	GV-20, 18, & BL-6
	GC	1601	tendency to cry	GV-20 & 26
	GC	1601	wind epilepsy w/ eyes staring up	GV-20, TB-23, BL-60
	SL	1220	head wind	GV-20, GB-19, BL-10
	SL	1220	head & eye pain	GV-20 & 19 + Ht-5
	OSB	1439	dysentery	GV-20 & CV-15
GV-21	SL	1220	childhood fright epilepsy	GV-21 & 22, GB-13 & BL-10
	TD	625	wind dizzy & headache	GV-19 & 21 + GB-4
	SJD	1329	can't speak after windstroke	GV-21 & 24
	HS/P	1529	xu type facial swelling	GV-21 & 26
GV-22	SL	1220	<i>somnolence</i>	<i>GV-20 & 22</i>
	SL	1220	<i>childhood fright epilepsy</i>	<i>GV-21 & 22, GB-13 & BL-10</i>
	HS/P	1529	head wind	GV-22 & BL-9
GV-23			<i>nose & eye problems; dizziness & facial swelling</i>	
GV-24	SJD	1329	<i>can't speak after windstroke</i>	<i>GV-21 & 24</i>
	SL	1220	lacrimation	GV-24 & Lr-2
GV-25	GC	1601	wind epilepsy	GV-25 & 24 + Kd-1
			<i>for alcohol intoxication, LOC, & rhinophyma</i>	
GV-26	GC	1601	<i>tendency to cry</i>	<i>GV-20 & 26</i>
	SL	1220	madness	GV-26 & 28
	OSB	1439	epilepsy	GV-26 & Pc-5
	TD	625	nasal discharge	GV-26 & TB-16
	HS/P	1529	<i>xu type facial swelling</i>	<i>GV-21 & 26</i>
	GC	1601	lumbar & leg pain	GV-26 & Wei Zhong
GV-27	SL	1220	incessant nosebleed	GV-27, LI-19, Pc-8
GV-28	SL	1220	stiff neck, can't turn head	GV-28 & 16
	SL	1220	<i>madness</i>	<i>GV-26 & 28</i>

4. Two & Three Point Combinations from the Classics

<i>Extra Points</i>				
<i>Point</i>	<i>Classic</i>	<i>Date</i>	<i>Treats:</i>	<i>Combination:</i>
<i>Head & Neck</i>				
Yin Tang	GC	1601	head wind following intoxication insomnia hypertension headache rhinitis	Yin-tang w/ BL-2 & ST-36 Yin-tang w/ Ht-7 & Sp-6 Yin-tang w/ LI-11 & ST-36 Yin-tang, GB-20, Tai-yang & LI-4 Yin-tang w/ LI-20 & 4
Yu Yao	CJD	???	eye problems	Yu-yao w/ BL-2 or GB-14
Tai Yang	OJD	1529	eye disorders	Tai-yang w/ BL-1 & Yu Wei ?
	OJD	1529	breast swelling	Tai-yang & SI-1
Bi Tong			nasal problems	Bi-tong, GV-23, BL-7 & LI-4
Bai Lao	Comp	1874	scrofula	Bai-lao & Zhou-jian (moxa 100x)
An Mian	modern		insomnia	An-mian, PC-6 & Sp-6
Jia Cheng-Jiang	TD	625	<i>facial paralysis & trigeminal neuralgia</i>	
Back				
Ding Chuan	modern		acute asthma	Ding-chuan, CV-22 & Lu-6
Yi Shu	TD	625	Xiao Ke (diabetes m.)	100 cones of moxa
Yao Yan	SKUYS	1529	lumbar pain	7 cones of moxa
Shi-Qi Zhui-Xia	IS	1624	chronic lumbar pain	w/ BL-26, Bao Huang & Wei Zhong
Hua-Tuo Jia-Ji	SKUYS	1529	alternates for back shu pts	
Abdomen				
Zi Gong	GC	1601	infertility	Zi-gong & CV-3
	GC	1601	uterine bleeding UT bleeding that won't stop	Zi-gong & CV-3 add CV-5 & BL-23
Ti Tuo	modern		uterine prolapse	Ti-tuo, GV-20, ST-36 & Sp-6
Extremities				
Upper Limb				
Shi Xuan	TD	625	LOC d/t various causes	
Si Feng			childhood digestive impairment	
Yao Tong			acute low back pain	
Luo Zhen			acute neck pain & stiffness	
Er Bai	GC GC	1601 1601	hemorrhoids rectal prolapse	Er-bai, GV-1 & BL-57 Er-bai, GV-1 & 20 + Zhi Shi
Zhou Jian	TD IM	625 1575	intestinal abscess scrofula	Zhou-jian & (Jing) Bai Lao
Jian Qian	???		shoulder problems	w/ LI-15 & 16, TB-14, SI-10
Lower Limb				
Bai Chong Wo	GC	1601	skin disorders & itching	
He Ding			knee problems	w/ Xi Yan, Sp-10, ST-34, GB-34 & Sp-9
Xi Yan	NFO SJD	752 1329	knee pain & inflammation	Xi-yan & Lr-7
Lan Wei	???		acute & chronic appendicitis	Lan-wei R, ST-37 L, ST-25 & LI-11
Dan Nang	???		acute & chronic cholelithiasis	w/ GB-34 L, Lr-14 R, ST-19 R, CV-12, LI-4 & Lr-3

奇 經 八 脈

Qí Jīng Bā Mài

*Extraordinary
Vessel (EV)
Treatment
Protocols*

奇 Qi = odd, strange, irregular, extraordinary

經 Jīng = channel(s)

八 Bā = eight

脈 Mài = vein, vessel(s)

5. Extraordinary Vessel Treatment Protocols

EV Treatment Protocols

Functional Pairs & Master Pts (**Bold** = primary vessels)

Polarity	Limb	Vessel	Master Pt	Vessel	Master Pt
4 Yin	upper	Ren mai	Lu-7	Yin Wei	Pc-6
	lower	Yin Qiao	Kd-6	Chong mai	Sp-4
4 Yang	upper	Du mai	SI-3	Yang Wei	TB-5
	lower	Yang Qiao	BL-62	Dai mai	GB-41

Protocol:

2NP	1st open/needle the master pt on primary vessel 2nd open master pt on paired vessel (on the opposite side) <i>(in a function pair tx: one pt will always be on the arm, one on the leg, on opposite sides)</i>	on Left on Right	on Right on Left
4NP	3rd open/needle bilateral master pt of primary vessel (same pt opposite side as #1 above) 4th open/needle bilateral master pt of paired vessel (same pt opposite side as #2 above)		

Vessel	Beg. Pt	Xi Pt	Luo Pt	End Pt
• Ren mai Conception	CV-1		CV-15 CV-1	CV-24
• Yin Qiao Yin Heel / Motility	Kd-2 Kd-6	Kd-8		BL-1
• Du mai Governing	GV-1		GV-1	GV-28
• Yang Qiao Yang Heel / Motility	BL-61	BL-59		GB-20
• Chong mai Penetrating	CV-1 ST-30 Kd-11			Kd-21
• Yin Wei Yin Linking	Kd-9	Kd-9		CV-23
• Dai mai Belt / Girdling	(GV-4) Lr-13 GB-26			GB-28
• Yang Wei Yang Linking	BL-63	GB-35		GV-15

5. Extraordinary Vessel Treatment Protocols

Functional pairs	Share a Common Range of Influence:
Ren & Yin Qiao	• pelvis, abdomen, respiration (diaphragm, chest, lungs, throat); face, mouth, eyes
Du & Yang Qiao	• posterior legs, back, spine, posterior neck & shoulders, head, brain, eyes (inner canthus)
Chong & Yin Wei	• medial legs, abdomen, stomach, heart, chest
Dai & Yang Wei	• lateral legs, flank/lateral torso, shoulders, lateral neck, mastoid, pre & post-auricular area, side of head, outer canthus

Functional pairs	Treat a Complimentary Range of Symptoms:	• connects:
Ren	epigastric to hypogastric pain; infertility, irreg. menses, problems during pregnancy, leucorrhea, hernias, enuresis, or urinary retention	all 3 jiao
Yin Qiao	low abd. pain, waist to genital pain, leucorrhea; medial leg muscles tight; eye problems, somnolence	Kd & BL
Du	spine pain or stiffness, opisthotonus, headache, heavy head, dizziness/vertigo, mental disorders, fevers; constipation, hemorrhoids	all yang
Yang Qiao	lumbar pain & stiffness; lateral leg muscles tight; eye problems, insomnia; epilepsy	BL, GB, ST, SI, & LI
Chong	reproductive problems (male or female); abdominal pains or spasms (colic)	front & back (CV & GV) also Kd & ST channels
Yin Wei	stomach &/or heart pains	Sp, Lr, Kd, CV
Dai	weakness & motor problems of the legs; abdominal fullness, lumbar pain; irregular menses, leucorrhea	binds all channels, esp. CV, Chong, Kd, Lr, & Sp
Yang Wei	chills & fever, muscular fatigue, pain & stiffness; pain & distention in the waist	BL, GB, TB, SI, ST, & GV

5. Extraordinary Vessel Treatment Protocols

Extraordinary Vessels represent a more core level of body energetics (than the 12 primary channels).

- deal with yuan qi (source & original), pre-natal qi and jing,
- therefore to be used when primary channel therapy proves ineffective, or when dealing with problems determined to be more likely to involve core energetics (genetic).
- examples might be:
 - structural abnormalities (bones, spine);
 - developmental abnormalities (nervous system, brain, mental); epilepsy
 - impotence & infertility
- see Ross *APC p. 116*

Yin & Yang Qiao Paired Treatments:

Symptom	Yin Qiao (shi)	Yang Qiao (shi)
1. Epilepsy:	<i>night seizures</i>	<i>day seizures</i>
	D: Kd-6	D: BL-62
	T: BL-62	T: Kd-6
	+ Kd-8	+ BL-59
2. Sleep disorders:	<i>somnolence</i>	<i>insomnia</i>
	D: Kd-6	D: BL-62
	T: BL-62	T: Kd-6
	+ BL-1	+ BL-1
3. Hip/Leg Rotation:	<i>rotates in</i>	<i>rotates out</i>
	D: Kd-6	D: BL-62
	T: BL-62	T: Kd-6
	+ GB-29	+ GB-29

To read more about EV, see the following:

- | | | |
|-----------------|---------------------------------|---|
| Maciocia | • The Channels of Acupuncture | Part 7 p. 371-643 (chapters 24-35) |
| Deadman: | • Manual of Acupuncture | p. 17-25 |
| Pirog | • Meridian Style Acupuncture | p. 155-215 |
| Maciocia | • Foundations 2nd ed. | chapter 48 p.763-773 (chapt 52-53 p. 819-887) |
| Maciocia | • Foundations | p. 355-365 |
| Ross | • Acup. Pt Combinations (APC) | p. 101-123 |
| Matsumoto: | • Extraordinary Vessels | whole book |
| | • Hara Diagnosis | p. 347-375 |
| Larre & Rochat: | • The 8 Extraordinary Meridians | whole book |

5. Extraordinary Vessel Treatment Protocols

EV Self Test: *make up a hypothetical case scenario for each of the following and fill in the treatment.*

Sx:

Gender	Dx/Vessel	1st Pt	Side	2nd pt	Side
male, 40	Du mai				

Sx:

Gender	Dx/Vessel	1st Pt	Side	2nd pt	Side
female, 23	Yin Qiao				

Sx:

Gender	Dx/Vessel	1st Pt	Side	2nd pt	Side
male, 68	Yang Wei				

Sx:

Gender	Dx/Vessel	1st Pt	Side	2nd pt	Side
male, 37	Yin Wei				

Sx:

Gender	Dx/Vessel	1st Pt	Side	2nd pt	Side
male, 12	Yang Qiao				

Sx:

Gender	Dx/Vessel	1st Pt	Side	2nd pt	Side
female, 54	Chong mai				

Sx:

Gender	Dx/Vessel	1st Pt	Side	2nd pt	Side
female, 30	Dai mai				

Sx:

Gender	Dx/Vessel	1st Pt	Side	2nd pt	Side
female, 45	Ren mai				

五行

Wǔ Xíng

Five Element

Treatment

Protocols

五 = five

行 = steps = stages = phases = elements

6. Five Element Treatment Protocols

Qi Balancing

Acupuncture is often described in terms of a point having a particular ability to influence various symptoms or diseases. We think in terms of therapeutic actions (functions & indications) for each point.

How acupuncture techniques actually accomplish these functions, we don't really know.

It could be described as the art of qi manipulation & transfer.

We usually translate qi as “energy” or in terms of living systems “vital energy”.

One of the key ideas is that qi is dynamic, it flows;

so although termed ‘energy’, in the Chinese view it is also clearly material in nature.

It is helpful to borrow a couple of metaphors from the Chinese.

1. The image of “qi as water” and channels as “waterways” (the main channels being analogous to rivers) is useful.

It becomes relatively easy to visualize the movement & regulation of qi in ways similar to fluid dynamics.

2. Points are likened to valves or locks (gates, doorways, windows) opening & closing in order to facilitate and direct the movement of qi within the system or into/out of the system.

Here we are talking about internal rebalancing, so visualizing the system of channels as a closed system is most practical.

In general we want to move qi from areas of high concentration to areas of low concentration (full to empty, excess to deficiency), from systems/organs that are hyper-functioning to those that are hypo-functioning.

The question is; How to transfer qi from one ‘place’ to another?

Remember we are talking about both physical and energetic locations.

Specifically, How does one move qi around within the system? What points could accomplish this task?

Using Point Categories (to organize and explain the transfer and rebalancing of Qi within the body)
(especially to transfer it between channels/organs)

Specifically using the following Point Categories:

1. Luo pts
2. Entry & Exit pts
3. Chinese clock
4. Five phase/element interactions/dynamics

6. Five Element Treatment Protocols

1. Luo pts

2 basic methods:

- a. Luo pts are able to shunt qi between y/y pairs of channels (zang-fu pairs)
 - Use luo pt on full channel & yuan pt on the empty channel.
 - 1st T the yuan pt on the paired channel
 - then D the luo pt on the affected channel to direct it to the paired channel

- b. Luo pts can also move qi between luo "reservoirs" and the main channel.
 - Dispersing the luo pt moves qi from the main channel to the reservoir
 - Tonifying the luo pt moves qi from the reservoir into the primary channel

- Luo channels have xu & shi sx assoc. with them (see any text)
 - (said to be observable when they are full)

2. Entry & Exit pts

Entry/Exit points connect beginning of one channel with end of the previous one.

(One must know cycle of energy & exact entry/exit pts for each channel)

entry pts } are usually the first pt on the channel. (only exception is LI-4)

exit pts } are usually the last pt on the channel. (five exceptions: Lu-7, Pc-8, ST-42, GB-41, Kd-22)

The basic logic is as follows:

- for entry pts } T = supplements (increases inflow, drawing qi into the channel)
 - D = disperses (shuts down inflow, keeping qi from entering the channel)

- for exit pts } T = disperses (increases outflow thus draining qi from the channel)
 - D = supplements (reduces outflow, thus keeping qi in the channel)

• Especially useful when stasis in one channel leads to depletion in the next.

• The way a treatment works is:

Tonify both the shi channel exit pt & the xu channel entry pt
this should reestablish normal flow between the two channels
retention of the needles is unnecessary

3. Chinese clock (high & low tide)

Dx: shi cond. = sx worsen during clock time (high tide, already surplus)

xu cond. = sx lessen or improve during clock time (with influx of qi)

therefore:

- for shi cond. } D the child pt on the channel during clock time
- for xu cond. } T the mother pt on the channel during the following time period
OR during the clock time of its clock pair (i.e. 12 hrs later)

• Remember clock pairs (1 yin, 1 yang; 1 arm, 1 leg)

Lu & BL	Kd & LI	Pc & ST	Sp & TB	Ht & GB	Lr & SI
3-5	5-7	7-9	9-11	11-1	1-3

6. Five Element Treatment Protocols

4. Five Phase Dynamics (intra-system regulation)

- Qi flow between organs is explained using 生 shēng & 克 kè cycles (zang to zang; fu to fu)
- The 5 shu/transport points on each channel conduct the nature of that phase/element to strengthen or weaken the qi of the channel according to principles presented in the Nei Jing & Nan Jing: “to supplement, choose the mother; to disperse or drain, use the child”.
- To further direct this process one takes a particular action at the chosen point, one can push or pull; tonify or disperse (bu or xie)

補 Bǔ = Tonification (supplementation, reinforcing, nourishing, strengthening etc.)

瀉 Xiè = Dispersion (draining, reducing, eliminating, pacifying etc.)

T = to concentrate qi, focus it, hold it, localize it, store it up/accumulate it

D = to spread qi out, redistribute it, open things up & move it along, activate & circulate it
(more than actually draining it out, although that can be appropriate when discussing external pathogens)

visualize spirals: T = centripetal spiral (vortex, whirlpool)

D = centrifugal spiral (centrifuge)

seed analogy: T = the enfolding of qi to form a seed

D = the unfolding of the life process once the seed has germinated

Designation of Channels & Points

- The 母 mǔ/mother is the phase/element that precedes in the sheng cycle (sheng means to give birth to) The 子 zǐ/child is the phase/element that follows in the sheng cycle. [Wood–Fire–Earth–Metal–Water]
- The **mother pt** on a given channel, is the one that corresponds to the phase that precedes the phase of the channel you are concerned with.
- The **child pt** is the point whose phase corresponds to the phase that follows in the sheng cycle.

Action of the Point

- Mother points: will supplement or **tonify** (the channel/organ network)
Child points: will drain or **disperse** (the channel/organ network)
- Another way to say it, is that, each channel has a **Tonification** point and a **Dispersion** point.
- Each channel also has a point related to its own phase/element called the **Iso-phasic** point. They are also called Horary, or Element points. I refer to them as **Phase** pts.
Phase-pts are also considered strengthening, or reinforcing to their organ network.

The point corresponding to the grandparent phase (ke cycle) can be referred to as the **Control** pt.

The control pt can be tonifying or dispersing depending on the needle **action** used.

a tonifying action **increases** control, thereby **reducing** the channel
a dispersing action **decreases** control, thereby **reinforcing** the channel

- See the charts for the Tonification, Dispersion, Phase, and Control pts for each channel.

6. Five Element Treatment Protocols

Qi Transfer Protocols

Definitions and abbreviations:

- T: = to **tonify** (the manipulative action used when needling a point)
D: = to drain or **disperse** (the manipulative action used when needling a point)
Phase pt: = iso-phasic (aka horary) (the pt on a channel that has the same phase/element designation)
(ex: the metal point on the metal channel)
parent/mother pt = **tonification pt** on the channel
child/son pt = **dispersion pt** on the channel
G'parent = grandparent = the control/ke cycle phase relative to the channel of interest
The ke cycle inhibits/restrains/subdues the grandchild, therefore:
when reinforced it increases control and has a suppressing effect on the grandchild.
when dispersed, control is decreased which exerts a bolstering effect on the grandchild.
G'parent pt = **control pt** = the pt on a channel that pertains to the grandparent's phase.

Two Needle Protocols

<u>A. Simple Sheng:</u>	<u>Using 2 Channels</u>	<u>Examples</u>
To supplement }	tonify the mother pt on the affected channel	earth pt = Lu-9
	tonify the phase pt on the mother channel	earth phase = Sp-3
To reduce }	disperse the child pt on the affected channel	water pt = Lu-5
	disperse the phase pt on the child channel	water phase = Kd-10
<u>B. Combined Sheng & Ke:</u>	<u>Using 2 Channels</u>	<u>Examples</u>
To supplement }	tonify the mother pt on the affected channel	earth pt = Lu-9
	disperse the phase pt on the G'parent channel (this decreases control)	fire phase = Ht-8
To reduce }	disperse the child pt on the affected channel	water pt = Lu-5
	tonify the phase pt on the G'parent channel (this increases control)	fire phase = Ht-8
<u>C. Combined Sheng & Ke:</u>	<u>Using 1 Channel</u>	<u>Examples</u>
To supplement }	tonify the mother pt on the affected channel	earth pt = Lu-9
	disperse the control pt on the affected channel (this decreases control)	fire pt = Lu-10
To reduce }	disperse the child pt on the affected channel	water pt = Lu-5
	tonify the control pt on the affected channel (this increases control)	fire pt = Lu-10

6. Five Element Treatment Protocols

2 Point/Needle Protocol (using the Sheng Cycle)

Channel Organ	Condition Dx	Primary Channel if xu: use Mother/Tonification pt if shi: use Child / Dispersion pt	Second Channel if xu: use Parent Ch. Phase pt if shi: use Child Ch. Phase pt
Lu	xu	T: Lu-9 (mother-earth = T pt)	T: Sp-3 (earth pt on Earth ch)
	shi	D: Lu-5 (child-water = D pt)	D: Kd-10 (phase pt = water on Water)
LI	xu	T: LI-11 (mother-earth = T pt)	T: ST-36 (earth on Earth)
	shi	D: LI-2 (child-water = D pt)	D: BL-66 (water on Water)
ST	xu	T: ST-41 (mother-fire = T pt)	T: SI-5 (fire on Fire)
	shi	D: ST-45 (child-metal = D pt)	D: LI-1 (metal on Metal)
Sp	xu	T: Sp-2 (mother-fire = T pt)	T: Ht-8 (fire on Fire)
	shi	D: Sp-5 (child-metal = D pt)	D: Lu-8 (metal on Metal)
Ht	xu	T: Ht-9 (mother-wood = T pt)	T: Lr-1 (wood on Wood)
	shi	D: Ht-7 (child-earth = D pt)	D: Sp-3 (earth on Earth)
SI	xu	T: SI-3 (mother-wood = T pt)	T: GB-41 (wood on Wood)
	shi	D: SI-8 (child-earth = D pt)	D: ST-36 (earth on Earth)
BL	xu	T: BL-67 (mother-metal = T pt)	T: LI-1 (metal on Metal)
	shi	D: BL-65 (child-wood = D pt)	D: GB-41 (wood on Wood)
Kd	xu	T: Kd-7 (mother-metal = T pt)	T: Lu-8 (metal on Metal)
	shi	D: Kd-1 (child-wood = D pt)	D: Lr-1 (wood on Wood)
Pc	xu	T: Pc-9 (mother-wood = T pt)	T: Lr-1 (wood on Wood)
	shi	D: Pc-7 (child-earth = D pt)	D: Sp-3 (earth on Earth)
TB	xu	T: TB-3 (mother-wood = T pt)	T: GB-41 (wood on Wood)
	shi	D: TB-10 (child-earth = D pt)	D: ST-36 (earth on Earth)
GB	xu	T: GB-43 (mother-water = T pt)	T: BL-66 (water on Wood)
	shi	D: GB-38 (child-fire = D pt)	D: SI-5 (fire on Fire)
Lr	xu	T: Lr-8 (mother-water = T pt)	T: Kd-10 (water on Water)
	shi	D: Lr-2 (child-fire = D pt)	D: Ht-8 (fire on Fire)

6. Five Element Treatment Protocols

2 Point/Needle Protocol (using the Ke Cycle)

Channel Organ	Condition Dx	Primary Channel G'parent phase = Control pt	Grandparent Channel Phase pt
Lu	xu	D: <i>Lu-10 (fire pt)</i>	D: <i>Ht-8 (fire pt)</i>
	shi	T: <i>Lu-10 (fire pt)</i>	T: <i>Ht-8 (fire pt)</i>
LI	xu	D: <i>LI-5 (fire pt)</i>	D: <i>SI-5 (fire pt)</i>
	shi	T: <i>LI-5 (fire pt)</i>	T: <i>SI-5 (fire pt)</i>
ST	xu	D: <i>ST-43 (wood pt)</i>	D: <i>GB-41 (wood pt)</i>
	shi	T: <i>ST-43 (wood pt)</i>	T: <i>GB-41 (wood pt)</i>
Sp	xu	D: <i>Sp-1 (wood pt)</i>	D: <i>Lr-1 (wood pt)</i>
	shi	T: <i>Sp-1 (wood pt)</i>	T: <i>Lr-1 (wood pt)</i>
Ht	xu	D: <i>Ht-3 (water pt)</i>	D: <i>Kd-10 (water pt)</i>
	shi	T: <i>Ht-3 (water pt)</i>	T: <i>Kd-10 (water pt)</i>
SI	xu	D: <i>SI-2 (water pt)</i>	D: <i>BL-66 (water pt)</i>
	shi	T: <i>SI-2 (water pt)</i>	T: <i>BL-66 (water pt)</i>
BL	xu	D: <i>BL-54 (earth pt)</i>	D: <i>ST-36 (earth pt)</i>
	shi	T: <i>BL-54 (earth pt)</i>	T: <i>ST-36 (earth pt)</i>
Kd	xu	D: <i>Kd-3 (earth pt)</i>	D: <i>Sp-3 (earth pt)</i>
	shi	T: <i>Kd-3 (earth pt)</i>	T: <i>Sp-3 (earth pt)</i>
Pc	xu	D: <i>Pc-3 (water pt)</i>	D: <i>Kd-10 (water pt)</i>
	shi	T: <i>Pc-3 (water pt)</i>	T: <i>Kd-10 (water pt)</i>
TB	xu	D: <i>TB-2 (water pt)</i>	D: <i>BL-66 (water pt)</i>
	shi	T: <i>TB-2 (water pt)</i>	T: <i>BL-66 (water pt)</i>
GB	xu	D: <i>GB-44 (metal pt)</i>	D: <i>LI-1 (metal pt)</i>
	shi	T: <i>GB-44 (metal pt)</i>	T: <i>LI-1 (metal pt)</i>
Lr	xu	D: <i>Lr-4 (metal pt)</i>	D: <i>Lu-8 (metal pt)</i>
	shi	T: <i>Lr-4 (metal pt)</i>	T: <i>Lu-8 (metal pt)</i>

6. Five Element Treatment Protocols

4 Point/Needle Protocols (sometimes called Korean style)

Always think through these parameters:

- 1st: Diagnosis: Is it a xu or shi condition?
2nd: Treatment strategy: Supplement or disperse (as a general approach)

Then these three specifics:

What **Channel** to select points on?

- affected, mother, child, or grandparent channel.

What **Point** to select?

- determine the phase-element appropriate to your strategy
- what point on the channel corresponds to that phase = your pt.

What **Action** to take at (signal to send to) the point?

- tonify or disperse (T or D)

Method A. Selecting Points According to Treatment Principle

To tonify a xu condition: (2 pts to Tonify 2 pts to Disperse)

1. **T**: the mother pt on the affected channel
2. **T**: the phase pt on the mother channel
3. **D**: the phase pt on the grandparent
4. **D**: the grandparent pt (control pt) on the affected channel

To disperse a shi condition: (2 pts to D 2 pts to T)

1. **D**: the child pt on the affected channel
2. **D**: the phase pt on the child channel
3. **T**: the phase pt on the grandparent channel
4. **T**: the grandparent pt (control pt) on the affected channel

Method B. Selecting Points According to Phase-Element

To tonify a xu condition: (2 pts of mother phase 2 pts of G'parent phase)

1. **T**: the **phase pt** on the mother channel
2. **D**: the **phase pt** on the grandparent channel
3. **T**: the **mother pt** on the affected channel
4. **D**: the **control pt** (grandparent pt) on the affected channel

To disperse a shi condition: (2 pts of child phase 2 pts of G'parent phase)

1. **D**: the **phase pt** on the child channel
2. **T**: the **phase pt** on the grandparent channel
3. **D**: the **child pt** on the affected channel
4. **T**: the **control pt** (grandparent pt) on the affected channel

6. Five Element Treatment Protocols

Example using Method A: for the Lung (a Yin channel / Zang organ)

Always needle three channels

Always think three parameters:

What Channel?

What Point?

What Action?

To tonify

- | | | |
|---|-----------|----------------|
| 1. T: the mother pt on the affected channel | use Lu-9 | earth on Metal |
| 2. T: the phase pt on the mother channel | use Sp-3 | earth on Earth |
| 3. D: the phase pt on the grandparent channel | use Ht-8 | fire on Fire |
| 4. D: the grandparent pt (control pt) on the affected channel | use Lu-10 | fire on Metal |

Objective: To Tonify a Lung Xu Condition					
Tx Order	Action	Point Type	Channel	Point	Rationale
1.	T	mother pt	affected channel	Lu-9	earth on Metal
2.	T	phase pt	mother channel	Sp-3	earth on Earth
3.	D	phase pt	grandparent channel	Ht-8	fire on Fire
4.	D	control pt	affected channel	Lu-10	fire on Metal

To drain or disperse

- | | | |
|---|-----------|----------------|
| 1. D: the child pt on the affected channel | use Lu-5 | water on Metal |
| 2. D: the phase pt on the child channel | use Kd-10 | water on Water |
| 3. T: the phase pt on the grandparent channel | use Ht-8 | fire on Fire |
| 4. T: the grandparent pt (control pt) on the affected channel | use Lu-10 | fire on Metal |

Objective: To Disperse a Lung Shi Condition					
Tx Order	Action	Point Type	Channel	Point	Rationale
1.	D	child pt	affected channel	Lu-5	water on Metal
2.	D	phase pt	child channel	Kd-10	water on Water
3.	T	phase pt	grandparent channel	Ht-8	fire on Fire
4.	T	control pt	affected channel	Lu-10	fire on Metal

6. Five Element Treatment Protocols

Example using Method A: for the Bladder (a Yang channel / Fu organ)

Always needle three channels

Always think three parameters:

What Channel?

What Point?

What Action?

To tonify

- | | | |
|---|-----------|----------------|
| 1. T: the mother pt on the affected channel | use BL-67 | metal on Water |
| 2. T: the phase pt on the mother channel | use LI-1 | metal on Metal |
| 3. D: the phase pt on the grandparent channel | use ST-36 | earth on Earth |
| 4. D: the grandparent pt (control pt) on the affected channel | use BL-54 | earth on Water |

Objective: To Tonify a BL Xu Condition

Tx Order	Action	Point Type	Channel	Point	Rationale
1.	T	mother pt	affected channel	BL-67	metal on Water
2.	T	phase pt	mother channel	LI-1	metal on Metal
3.	D	phase pt	grandparent channel	ST-36	earth on Earth
4.	D	control pt	affected channel	BL-54	earth on Water

To drain or disperse

- | | | |
|---|-----------|----------------|
| 1. D: the child pt on the affected channel | use BL-65 | wood on Water |
| 2. D: the phase pt on the child channel | use GB-41 | wood on Wood |
| 3. T: the phase pt on the grandparent channel | use ST-36 | earth on Earth |
| 4. T: the grandparent pt (control pt) on the affected channel | use BL-54 | earth on Water |

Objective: To Disperse a BL Shi Condition

Tx Order	Action	Point Type	Channel	Point	Rationale
1.	D	child pt	affected channel	BL-65	wood on Water
2.	D	phase pt	child channel	GB-41	wood on Wood
3.	T	phase pt	grandparent channel	ST-36	earth on Earth
4.	T	control pt	affected channel	BL-54	earth on Water

6. Five Element Treatment Protocols

Practice Page: Use Method A or B (*copy this page and use for self testing*) *fill in the blank with an organ*

a _____ Xu Condition					
Tx Order	Action	Point Type	Channel	Point	Rationale

a _____ Shi Condition					
Tx Order	Action	Point Type	Channel	Point	Rationale

a _____ Xu Condition					
Tx Order	Action	Point Type	Channel	Point	Rationale

a _____ Shi Condition					
Tx Order	Action	Point Type	Channel	Point	Rationale

6. Five Element Treatment Protocols

Summarizing & Checking your Prescription

- a. Select 4 pts on **3 Channels** (visualize triad)
 - 2 pts on affected channel (tonification or dispersion pt & control pt)
 - 1 pt on each of the other two channels (both are phase pts)

- b. The 4 pts are of only **2 Phases**
 - either parent & grandparent phases (if tonifying)
 - or child & grandparent phases (if dispersing)

- c. **Two Actions:** 2 pts will be tonified & 2 pts will be dispersed
 - on the affected channel 1 is T & 1 is D (one will be the tonification or dispersion pt)
(the other will be the ke/control/grandparent pt)
 - on the other two channels 1 is T & 1 is D (these will both be phase pts)

Xu conditions

- | | |
|---|---|
| <ul style="list-style-type: none"> • mother phase = 2 pts • both T • 1 on affected channel (tonific. pt) • 1 on mother channel (phase pt) | <ul style="list-style-type: none"> • grandparent = 2 pts • both D • 1 on affected channel (control pt) • 1 on g'parent channel (phase pt) |
|---|---|

Shi conditions

- | | |
|--|--|
| <ul style="list-style-type: none"> • child phase = 2 pts • both D • 1 on affected channel (disp. pt) • 1 on child channel (phase pt) | <ul style="list-style-type: none"> • grandparent phase = 2 pts • both T • 1 on affected channel (control pt) • 1 on control channel (phase pt) |
|--|--|

2 Phases (and only two) will always be involved

To Tonify the Lung use: earth & fire pts

2 earth pts	= Lu-9 & Sp-3	[T]
2 fire pts	= Lu-10 & Ht-8	[D]

To Drain the Lung use: fire & water pts

2 fire pts	= Lu-10 & Ht-8	[T]
2 water pts	= Lu-5 & Kd-10	[D]

* Notice the control points (grandparent phase) are the same whether it is a xu or shi condition.
Simply use them differently in terms of action [T or D]

6. Five Element Treatment Protocols

Color code this table:

4 Point/Needle Protocol					
		<i>Sheng = Production cycle</i>		<i>Ke = Control cycle</i>	
<i>General Strategy</i>	<i>if xu</i>	<i>Reinforce production</i>		<i>Reduce control</i>	
	<i>if shi</i>	<i>Reduce production</i>		<i>Reinforce control</i>	
Chan. Organ	Dx (cond.)	Affected Channel (Mother=Tonific. pt) (Child=Dispersion pt)	Parent or Child Channel (Phase pt)	Affected Channel (Control pt)	Grandparent Channel (Phase pt)
Lu	xu	T: <i>Lu-9</i> (earth pt)	T: <i>Sp-3</i> (earth pt)	D: <i>Lu-10</i> (fire pt)	D: <i>Ht-8</i> (fire pt)
	shi	D: <i>Lu-5</i> (water pt)	D: <i>Kd-10</i> (water pt)	T: <i>Lu-10</i> (fire pt)	T: <i>Ht-8</i> (fire pt)
LI	xu	T: <i>LI-11</i> (earth pt)	T: <i>ST-36</i> (earth pt)	D: <i>LI-5</i> (fire pt)	D: <i>SI-5</i> (fire pt)
	shi	D: <i>LI-2</i> (water pt)	D: <i>BL-66</i> (water pt)	T: <i>LI-5</i> (fire pt)	T: <i>SI-5</i> (fire pt)
ST	xu	T: <i>ST-41</i> (fire pt)	T: <i>SI-5</i> (fire pt)	D: <i>ST-43</i> (wood pt)	D: <i>GB-41</i> (wood pt)
	shi	D: <i>ST-45</i> (metal pt)	D: <i>LI-1</i> (metal pt)	T: <i>ST-43</i> (wood pt)	T: <i>GB-41</i> (wood pt)
Sp	xu	T: <i>Sp-2</i> (fire pt)	T: <i>Ht-8</i> (fire pt)	D: <i>Sp-1</i> (wood pt)	D: <i>Lr-1</i> (wood pt)
	shi	D: <i>Sp-5</i> (metal pt)	D: <i>Lu-8</i> (metal pt)	T: <i>Sp-1</i> (wood pt)	T: <i>Lr-1</i> (wood pt)
Ht	xu	T: <i>Ht-9</i> (wood pt)	T: <i>Lr-1</i> (wood pt)	D: <i>Ht-3</i> (water pt)	D: <i>Kd-10</i> (water pt)
	shi	D: <i>Ht-7</i> (earth pt)	D: <i>Sp-3</i> (earth pt)	T: <i>Ht-3</i> (water pt)	T: <i>Kd-10</i> (water pt)
SI	xu	T: <i>SI-3</i> (wood pt)	T: <i>GB-41</i> (wood pt)	D: <i>SI-2</i> (water pt)	D: <i>BL-66</i> (water pt)
	shi	D: <i>SI-8</i> (earth pt)	D: <i>ST-36</i> (earth pt)	T: <i>SI-2</i> (water pt)	T: <i>BL-66</i> (water pt)
BL	xu	T: <i>BL-67</i> (metal pt)	T: <i>LI-1</i> (metal pt)	D: <i>BL-54</i> (earth pt)	D: <i>ST-36</i> (earth pt)
	shi	D: <i>BL-65</i> (wood pt)	D: <i>GB-41</i> (wood pt)	T: <i>BL-54</i> (earth pt)	T: <i>ST-36</i> (earth pt)
Kd	xu	T: <i>Kd-7</i> (metal pt)	T: <i>Lu-8</i> (metal pt)	D: <i>Kd-3</i> (earth pt)	D: <i>Sp-3</i> (earth pt)
	shi	D: <i>Kd-1</i> (wood pt)	D: <i>Lr-1</i> (wood pt)	T: <i>Kd-3</i> (earth pt)	T: <i>Sp-3</i> (earth pt)
Pc	xu	T: <i>Pc-9</i> (wood pt)	T: <i>Lr-1</i> (wood pt)	D: <i>Pc-3</i> (water pt)	D: <i>Kd-10</i> (water pt)
	shi	D: <i>Pc-7</i> (earth pt)	D: <i>Sp-3</i> (earth pt)	T: <i>Pc-3</i> (water pt)	T: <i>Kd-10</i> (water pt)
TB	xu	T: <i>TB-3</i> (wood pt)	T: <i>GB-41</i> (wood pt)	D: <i>TB-2</i> (water pt)	D: <i>BL-66</i> (water pt)
	shi	D: <i>TB-10</i> (earth pt)	D: <i>ST-36</i> (earth pt)	T: <i>TB-2</i> (water pt)	T: <i>BL-66</i> (water pt)
GB	xu	T: <i>GB-43</i> (water pt)	T: <i>BL-66</i> (water pt)	D: <i>GB-44</i> (metal pt)	D: <i>LI-1</i> (metal pt)
	shi	D: <i>GB-38</i> (fire pt)	D: <i>SI-5</i> (fire pt)	T: <i>GB-44</i> (metal pt)	T: <i>LI-1</i> (metal pt)
Lr	xu	T: <i>Lr-8</i> (water pt)	T: <i>Kd-10</i> (water pt)	D: <i>Lr-4</i> (metal pt)	D: <i>Lu-8</i> (metal pt)
	shi	D: <i>Lr-2</i> (fire pt)	D: <i>Ht-8</i> (fire pt)	T: <i>Lr-4</i> (metal pt)	T: <i>Lu-8</i> (metal pt)

6. Five Element Treatment Protocols

Copy this table and use for self testing purposes:

<i>4 Points/Needle Protocols – Self Test</i>					
Chan. Organ	Dx (cond.)				
Lu	<i>xu</i>				
	shi				
LI	<i>xu</i>				
	shi				
ST	<i>xu</i>				
	shi				
Sp	<i>xu</i>				
	shi				
Ht	<i>xu</i>				
	shi				
SI	<i>xu</i>				
	shi				
BL	<i>xu</i>				
	shi				
Kd	<i>xu</i>				
	shi				
Pc	<i>xu</i>				
	shi				
TB	<i>xu</i>				
	shi				
GB	<i>xu</i>				
	shi				
Lr	<i>xu</i>				
	shi				

邪證 *Xié Zhèng*

Pathogen

Pattern

Point

Prescriptions

*from Fundamentals of Chinese Medicine
by Wiseman & Ellis
Paradigm Press 1994/95*

Chapter 10 (p. 187-223)

*** Important Note:**

- There is a discrepancy between the name & number
for all dual-numbered Bladder points in Fundamentals.
- *The name is correct, the number is not.*
 - I have corrected them in this workbook,
but you might get confused when looking at that text.

7. Point Protocols for Pathogens

Fundamentals of Chinese Medicine is a translation of the basic theory book *Zhōng Yī Xué Jī Chū* used at the Shanghai Medical College.

It therefore represents the primary reference used to train practitioners in the art of diagnosis and treatment from a TCM perspective.

For this workbook/study guide, I have excerpted the acupuncture protocols relating to the treatment of patterns presented in key chapters of the book.

How to Use this Section of the Workbook

- The blank areas are intended to be filled in by the student.
- The **left** column is intended for signs & symptoms associated with that pattern of disease.
- The **center** column is a list of points used to treat that condition as listed in *Fundamentals of Chinese Medicine*.

(The Acu-moxa therapy sections in FCM are compact, but not easy to study from)

- The **right** hand column is designed to hold explanations of the point actions relevant to its inclusion in the list of possible points for the condition.
- It may be advantageous to bracket several points under one explanation.
- Additional sourcebooks may be used, as the information in FCM is minimal.
- The workbook in both its raw, unfilled state, and its completed form, should prove to be a useful clinical guide.

7. Point Protocols for Pathogens

1. 風證 Wind Pathologies p. 187

Wind Patterns	Points	Point Actions: Functions & Indications
1. External Contraction		
1.1. Wind-Cold	GB-20 GV-16 BL-12 TB-5 Lu-7 Lu-9 LI-4 Kd-7 Yin-tang Tai-yang BL-7 LI-20 BL-13 SI-3 BL-10 Sp-6	<i>resolve exterior, dissipate wind & cold</i> <i>resolve exterior, dissipate wind & cold</i> <i>resolve exterior, dissipate wind & cold</i> <i>resolve exterior, dissipate wind & cold</i> <i>diffuse Lung qi</i> <i>diffuse Lung qi</i> <i>effuse sweat; wind-cold headache</i> <i>effuse sweat</i> <i>wind-cold headache</i> <i>wind-cold headache</i> <i>wind-cold nasal congestion</i> <i>wind-cold nasal congestion</i> <i>Lung shu</i> <i>according to sx:</i> <i>stiff neck, occipital headache</i>
1.2. Wind-Heat	<i>General</i> GB-20 LI-4 Lu-5 GV-14 Lu-7 SI-3 LI-10 LI-11 TB-5 <i>Eyes</i> GB-42 LI-2 GB-15 BL-1 BL-2 GB-1 <i>Teeth</i> LI-4 TB-5 ST-6 CV-24	<i>Note: the book lists GV-20 & Lr-4, but this is surely a mistake;</i> <i>I have replaced them with GB-20 & LI-4.</i>

7. Point Protocols for Pathogens

Wind Patterns	Points	Point Actions: Functions & Indications
Wind-Heat (cont.)	<i>Head</i> LI-11 GV-14 LI-2 ST-41 BL-54 Sp-9 GV-20 GB-20 Tai-yang	
2. Wind Invading Channels & Sinews	<i>Wind Bi</i> GB-20 GV-16 GV-26 <i>Neck</i> SI-3 TB-3 GB-39 <i>Shoulder</i> ST-38 LI-4 TB-4 <i>Knee</i> BL-23 BL-60 GB-39	
3. Wind Invades Skin	LI-4 LI-10 LI-11 BL-12 BL-13 Lu-7 Lu-10 GB-31 Pc-3 Pc-7 Pc-8 TB-10 Sp-9 Sp-10	

7. Point Protocols for Pathogens

2. 寒證 Cold Pathologies p. 193

Cold Patterns	Points	Point Actions: Functions & Indications
External Cold	GB-20 BL-12 Lu-7 LI-4	
Internal Cold	BL-23 GV-4 BL-20 CV-4 CV-12	
1. Cold Invasion	see Wind- Cold	
2. Cold Bi	LI-4 GB-20 SI-3 BL-62 BL-23 local pts: (p.194)	
3. Cold (Abd) Pain	ST-25 BL-25 CV-8 ST-37 CV-10 CV-12 ST-36 BL-20	

7. Point Protocols for Pathogens

Cold Patterns	Points	Point Actions: Functions & Indications
4. Cold Diarrhea	BL-20 Sp-4 Sp-6 CV-12 CV-6 ST-36 ST-25 BL-25 LI-4 CV-4 ST-22 BL-23 GV-4 GV-20	
5. Cold Shan	CV-3 CV-4 Lr-1 Lr-2 Sp-6 Kd-6 ST-33 ST-28 ST-29	

7. Point Protocols for Pathogens

3. 热證 Heat Pathologies p. 197

Heat Patterns	Points	Point Actions: Functions & Indications
1. Shi Types	GB-34 LI-11 Lu-5 Lu-10 Ht-6 Pc-8 GV-14 ST-44 Shi-xuan	
2. Xu Types	Kd-3 Lr-2 Lr-3 ST-44 Pc-8 Ht-7 Lu-10 TB-2	
3.1 Summerheat-Heat	GV-14 Pc-7 Ht-7 BL-54 Sp-10 Shi-xuan GV-26 GV-20	
3.2 Summerheat-Damp	Sp-9 ST-40 Sp-6 GB-34 LI-11 GV-20 GV-26 Pc-6	

7. Point Protocols for Pathogens

5. 燥證 Dryness Pathologies p. 208

Dry Patterns	Points	Point Actions: Functions & Indications
1. Dry Evil	LI-4 LI-11 Lu-5 Lu-10 BL-13 TB-2 TB-6	
2. Liquids & Yin Damage	Lu-10 LI-11 Pc-7 TB-2 Kd-3 Kd-7	
3. Dry Blood	Sp-6 Sp-10 Lr-8 BL-18 BL-20 BL-54	

7. Point Protocols for Pathogens

4. 濕證 Damp Pathologies p. 202

Damp Patterns	Points	Point Actions: Functions & Indications
1. Damp Obstruction	Sp-9 Sp-6 BL-20 ST-36 CV-12 LI-11 Pc-6	
2.1. Damp-Heat in the Qi Aspect	TB-6 BL-53 CV-12 LI-4 LI-11 Pc-6 Sp-6 Sp-9	
2.2. Damp-Heat Obstructs ST & Sp	LI-4 LI-11 ST-43 Sp-4 Sp-6 Sp-9 BL-20 CV-12 Pc-6	
2.3. Damp-Heat Brewing in Lr & GB	Sp-6 Sp-9 Lr-3 GB-34 Lr-8 GB-40 BL-38 BL-18 CV-11 Pc-6	

7. Point Protocols for Pathogens

Damp Patterns	Points	Point Actions: Functions & Indications
2.4. Damp-Heat Pours down into LI	ST-25 BL-25 BL-54	
2.5. Damp-Heat Pours down into BL	BL-54 CV-3 Kd-7 BL-28	
Damp-Heat Vaginal Discharge	GB-26 CV-3 Sp-6 Sp-9 Sp-10 plus: CV-4 CV-6 BL-30 Lr-2 Pc-5	
Lower Limb Fire Flow	Sp-9 Lr-2 ST-36 Sp-10 ST-41 GB-38 Sp-6 BL-54	

7. Point Protocols for Pathogens

7. 痰證 Phlegm Pathologies p. 213

Phlegm Patterns	Points	Point Actions: Functions & Indications
1. Damp/Wet Phlegm Dampness & Phlegm	ST-40 CV-12 BL-20 BL-13 BL-38 Lu-7 Lu-9 LI-4 CV-17 Sp-9 Sp-6	
2. Cold Phlegm (tan yin = phlegm-rheum) (zhi yin = propping rheum)	BL-13 BL-38 CV-12 Lu-9 ST-40 CV-17 Sp-9 Sp-6 BL-20 LI-4 BL-12 Lu-7 Pc-6 Sp-5	
3. Hot Phlegm	Pc-7 Lu-10 Lu-7 Lu-5 CV-12 Pc-6 ST-40 Sp-9 CV-17 BL-13 Lu-11 Lu-9	

7. Point Protocols for Pathogens

Phlegm Patterns	Points	Point Actions: Functions & Indications
4. Wind Phlegm	GV-26 Yao-qi Ht-7 BL-15 GV-16 GB-20 Pc-6 CV-12 ST-40 Lr-3 Sp-6 GV-20 LI-15 Pc-5 Ht-5 Kd-1 GV-14 BL-62 Kd-6	
5. Phlegm [&] Turbidity Harassing the Upper Body	GV-24 CV-12 BL-21 ST-40 SI-7 BL-58 GB-15 Lr-3 TB-17 SI-19 GB-20 Sp-4 Pc-6 GV-20 GV-14 Tai-yang	

7. Point Protocols for Pathogens

Phlegm Patterns	Points	Point Actions: Functions & Indications
6. Phlegm Confounding the Heart Orifices	GV-26 Kd-1 Ht-7 Pc-8 Pc-7 Pc-6 Ht-5 SI-3 Lr-3 Sp-6 GV-20 LI-11 Sp-9 Kd-4	
7. Phlegm Lodged in Channels or Limbs	LI-4 ST-36 local pts:	
8. Phlegm Lodged in Chest & Flank (xuan yin = suspended rheum)	TB-5 TB-6 Pc-6 CV-17 GB-34 ST-40 Sp-9 CV-13	

7. Point Protocols for Pathogens

6. 食積證 Shí Jī Zhèng	Food Accumulation Pathologies	p. 211
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Point Actions: Functions & Indications

Food Patterns	Points	Point Actions: Functions & Indications
1. Food Damage	ST-25 BL-25 TB-6 LI-11 CV-12 ST-44 ST-36 ST-37 Pc-6 Sp-4 Sp-6 BL-20 CV-21 ST-36	
2. GI Accumulation	as above	
3. Sp Xu with Food Damage	Sp-2 CV-12 ST-36 Sp-6 BL-20	

7. Point Protocols for Pathogens

1. 氣證 Qi Pathologies p. 145

Qi Patterns	Points	Point Actions: Functions & Indications
1. Qi Vacuity (Qi Xu)	Sp-6 ST-36 LI-4 CV-4 BL-20	
2. Qi Stagnation (Qi Zhi)	Lr-2 Lr-3 Lr-14 TB-6 GB-34 LI-4 LI-11 ST-36	

7. Point Protocols for Pathogens

2. 血證 Blood Pathologies p. 147

Blood Patterns	Points	Point Actions: Functions & Indications
1. Blood Vacuity (Xue Xu)	Sp-6 Sp-10 BL-20 Lr-8 Ht-7 Pc-6 GB-20 GV-25 BL-18 GB-34 Lr-3 Sp-8 CV-6 CV-4 Sp-4 ST-29	
2. Blood Stasis (Xue Yu)	Lr-2 Lr-3 BL-60 Sp-8 LI-11 Sp-6 Pc-5 Lr-1 Sp-1 Sp-10 Pc-7 Ht-7 GV-26	
3. Blood Heat (Xue Re) 3a. Blood Moves Frenetically (xue re wang xing)	BL-54 Sp-6 CV-6 LI-11 Lr-3 ----- Sp-1 Lr-1 BL-18 BL-20	

7. Point Protocols for Pathogens

3. Dual Qi and Blood Pathology p. 150

Qi & Blood Patterns	Points	Point Actions: Functions & Indications
1. Qi Stag & Blood Stasis	none listed ?	
2. Qi & Blood Both Xu	Sp-6 ST-36 CV-4 CV-6 Sp-10 BL-20 BL-17	
3. Qi & Blood Desertion	ST-36 GV-26 GV-20 Kd-1 LI-4 Lr-1 Sp-1 Sp-10	

Bā Fǎ 八法

Eight Methods Point Prescriptions

*from Fundamentals of Chinese Medicine
by Wiseman & Ellis*

Paradigm Press 1994/95

Chapter 12 (p. 253-292)

*** Important Note:**

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- *The name is correct, the number is not.*
- I have corrected them in this workbook,
but you might get confused when looking at that text.

8. Therapeutic Methods Point Protocols

1. 汗法 Hàn Fǎ Sweating (p. 253)

Sweating Strategies	Points	Point Actions: Functions & Indications
1. Warm & Sweat to Resolve Exterior	LI-4 Kd-7 GV-14 GV-15 GB-20 Sp-6 BL-12 BL-13	<i>promote sweating</i> <i>promote sweating</i> <i>moxa:</i> <i>moxa:</i> <i>moxa:</i> <i>moxa:</i> <i>moxa:</i>
2. Cool & Sweat to Resolve Exterior	LI-4 Kd-7 SI-3 TB-5 Lu-5 Lu-10 LI-11 GV-14	<i>promote sweating</i> <i>promote sweating</i>
3. Boost Qi & Resolve Ext.	ST-36 Sp-6 CV-4 CV-6 CV-8 LI-4 GB-20	
4. Enrich Yin & Resolve Ext.	Kd-3	

8. Therapeutic Methods Point Protocols

2. 清法 Qīng Fǎ Clearing (p. 256)

Clearing Strategies	Points	Point Actions: Functions & Indications
1. Clear Heat, Resolve Toxin	TB-3 SI-3 ST-45 BL-54 GV-20 LI-11	
2. Clear Qi (Level) Heat	GV-14 LI-11 LI-4 Lu-5 GB-34	
3. Clear Blood (Level) Heat	Lu-10 BL-17 BL-54 Sp-10 LI-11	
4. Clear Damp-Heat	Lr-3 BL-19a BL-19 GB-34 CV-11 BL-53 BL-25 BL-27 Sp-15 ST-44 ST-25 Pc-6 ST-40 Sp-9 Lr-8 GB-39 Lu-9 Lu-5 LI-11 BL-54	
5. Clear Vacuity Heat	Kd-3 LI-4 Lr-3	

8. Therapeutic Methods Point Protocols

3. 吐法 Tù Fǎ Ejection (p. 260)

Ejection Strategies	Points	Point Actions: Functions & Indications
1. Eject Lodged Food	Pc-6 ST-36 CV-12 CV-22	
2. Eject Phlegm	CV-22 CV-12 ST-40 Pc-6	

8. Therapeutic Methods Point Protocols

4. 下法 Xià Fǎ Precipitation (p. 261)

Precipitation Strategies	Points	Point Actions: Functions & Indications
1. Precipitate GI Heat Bind	ST-25 TB-6 ST-36 LI-4 BL-25	
2. Precipitate Heat Toxin	GV-14 GV-12 Shi-xuan LI-4 LI-11 BL-54 GB-34	
3. Precipitate Upper Body Fire	ST-44 LI-4 TB-2 Pc-6 Pc-7 Lu-10 Lr-2 Kd-3 ST-44 GV-20 Tai-yang	
4. Expel Cold Accumulation	CV-12 ST-36 Sp-4 BL-25 CV-8	

8. Therapeutic Methods Point Protocols

Precipitation Strategies	Points	Point Actions: Functions & Indications
5. Expel Water	Sp-9 CV-9 Sp-6 Sp-4 Lu-7 GV-26 Kd-7 BL-23	
6. Moisten Intestines	TB-6 ST-25 ST-37 ST-24 LI-4 ST-36 BL-25 Sp-15 ST-44 LI-11 Kd-6	
7. Attack Phlegm	ST-40 Pc-6 CV-11 Ht-7 BL-15 GV-26 Pc-8 CV-14 GB-20 CV-12 SI-3 ST-42	

8. Therapeutic Methods Point Protocols

Precipitation Strategies	Points	Point Actions: Functions & Indications
8. Expel Static Blood	Kd-14 Sp-6 ST-25 CV-10 Lr-3 Lr-8 CV-10 Sp-8 ST-30 CV-4 Sp-6 LI-4 Zi-gong	
9. Supplement & Attack	ST-36 LI-4 ST-41 CV-10 ST-25	
10. Refloat Grounded Ship	TB-6 ST-25 GB-34 ST-40 BL-25 ST-36 LI-4	

8. Therapeutic Methods Point Protocols

5. 和法 Hé Fǎ Harmonization (p. 268)

Harmonizing Strategies	Points	Point Actions: Functions & Indications
1. Harmonize Shao Yang	TB-2 TB-5 TB-6 GB-34 Pc-6	
2. Rectify Qi, Harmonize Ying	Lr-2 Lr-14 GB-34 GB-40 Pc-6 Sp-4 Sp-6 Ht-7	
3. Harmonize Liver / Stomach	Lr-3 ST-36 CV-12 Pc-6 Sp-4 GB-34	
4. Harmonize Liver / Spleen	Lr-3 Lr-5 Sp-4 Sp-6 BL-18 BL-20 ST-25 CV-10	
3. Harmonize Stomach & Intestines	CV-12 ST-36 ST-37 ST-25 BL-25 LI-4 Pc-6	

8. Therapeutic Methods Point Protocols

6. 温法 Wēn Fǎ Warming (p. 270)

Warming Strategies	Points	Point Actions: Functions & Indications
1. Warm the Center	CV-12 ST-25 ST-36 Sp-4 Sp-6 BL-20	
2. Return Yang, Stem Counterflow	GV-4 ST-36 GV-20 LI-4 Kd-1 BL-38 ST-36	
3. Warm the Yang & Disinhibit Water	BL-23 BL-28 CV-3 Sp-9 BL-67 Sp-6	
4. Warm the Channels, Dissipate Cold	local pt + BL-60 BL-57 GB-34 LI-4 TB-3 SI-3	

8. Therapeutic Methods Point Protocols

7. 补法 Bǔ Fǎ Supplementation (p. 273)

Supplementing Strategies	Points	Point Actions: Functions & Indications
1. Supplement Qi	CV-4 CV-6 CV-12 Sp-6 GV-12 BL-23 Kd-3 ST-36 BL-24 GV-20 BL-38 Kd-7 LI-4	
2. Supplement Blood	Sp-10 BL-17 Sp-6 Kd-3 BL-17 BL-18 CV-4 ST-36	
3. Supplement Yin	Kd-3 Lr-8 Lu-10 ST-45 LI-2 GV-14 Ht-7 Pc-6 Pc-7	
4. Supplement Yang	GV-20 GV-4 BL-23 CV-4 CV-6 CV-12	

8. Therapeutic Methods Point Protocols

8. 消法 Xiāo Fǎ Dispersion (p. 277)

Dispersing Strategies	Points	Point Actions: Functions & Indications
1. Disperse Food Accumulation	ST-25 CV-10 ST-36 ST-37 BL-25 Sp-4 ST-44 BL-20 Pe-6 CV-21 ST-36	
2. Transform Stasis	<u>ext. injury</u> <u>local pts</u> <u>menses</u> CV-2 CV-4 Zi-gong Sp-6 Sp-8 Lr-3 ST-30 <u>hemorrhage</u> ST-30 Sp-10 Sp-1 Lr-1	
3. Soften Hardness	<u>local pts</u> Sp-6 Pi-gen	

8. Therapeutic Methods Point Protocols

Dispersing Strategies	Points	Point Actions: Functions & Indications
4.1. Transform Phlegm, Suppress Cough	<p>BL-12 BL-13 LI-4 Lu-9 Lu-7</p> <p>Sp-5 CV-12 Sp-9</p> <p>BL-13 BL-23 Kd-3 Lr-2 Lu-5</p> <p>BL-13 BL-20 ST-36 CV-4 CV-12</p> <p>ST-40</p>	
4.2. Transform Phlegm, Dispel Wind	<p>LI-4 TB-5 ST-40 GV-20 Yin-tang Shi-xuan GV-14 TB-5 LI-11</p>	

8. Therapeutic Methods Point Protocols

Dispersing Strategies	Points	Point Actions: Functions & Indications
4.3. Transform Phlegm, Harmonize Stomach	ST-40 CV-12 BL-20 CV-13 Sp-9 Pc-6 Tai-yang Yin-tang GB-20 GV-20 Lr-2 ST-41 GV-24 ST-40 SI-7 BL-16a	
5. Transform Dampness	Sp-9 BL-53 BL-28a BL-28 CV-9	
6.2. Disinhibit Water, Clear Heat & Free Strangury	Kd-3 BL-23 CV-4 BL-27 BL-15 Sp-6 Sp-9	

8. Therapeutic Methods Point Protocols

9. 开窍法 Kāi Qiào Fǎ Opening Portals (p. 284)

Opening Strategies	Points	Point Actions: Functions & Indications
1. Clear the Heart & Open Orifices	Pc-9 GV-26 Ht-7 Pc-6 Shi-xuan GV-20 Kd-1	
2. Sweep Phlegm & Open Orifices	Pc-6 CV-14 Ht-1 GV-26 Ht-8 Pc-6 GV-20 BL-15 BL-15a ST-40	
3. Repel Foulness & Open Orifices	Pc-6 GV-14 LI-11 Lr-3 ST-36	

8. Therapeutic Methods Point Protocols

10. 固涩法 Gù Sè Fǎ Securing & Astringing (p. 286)

Securing Strategies	Points	Point Actions: Functions & Indications
1. Constrain Sweating	LI-4 Kd-7	
2. Constrain the Lungs	Lu-7 Lu-9 CV-22	
3. Astringe the Intestines	GV-4 CV-4 BL-23 BL-20 ST-36 ST-25 BL-25 GV-20 Sp-9 Sp-4	
4. Secure Essence	BL-23 Kd-12 Sp-6 BL-30 Kd-3 CV-4 CV-6 ST-30	
5. Reduce Urine	BL-23 BL-28 CV-3 Sp-6 Lr-1 Ht-7	

8. Therapeutic Methods Point Protocols

Securing Strategies	Points	Point Actions: Functions & Indications
6. Secure Menses	Sp-10 Lr-1 BL-20 Sp-6 Sp-1 Sp-1 GV-20 Lr-3 GV-4 CV-6 LI-2 & Zi-gong	
7. Check Vaginal Discharge	CV-6 GB-26 Sp-6 BL-20 ST-36 Kd-2 BL-23 GV-4 CV-8 CV-2	
8. Stanch Bleeding	Sp-4 Sp-6 Sp-9 Sp-10 Sp-1 Lr-1	

8. Therapeutic Methods Point Protocols

11. 镇纳法 Zhèn Nà Fǎ Settle & Absorb (p. 290)

Settling Strategies	Points	Point Actions: Functions & Indications
1. Settle Fright, Calm Spirit	<p>Ht-7 Pc-6 BL-15</p> <p>BL-23 Kd-3 BL-15 Pc-8</p> <p>BL-20 BL-17 Sp-6</p> <p>Lr-2 BL-18 BL-19</p> <p>CV-12 ST-25 ST-40 BL-20 Ht-7 Pc-6</p>	

8. Therapeutic Methods Point Protocols

Settling Strategies	Points	Point Actions: Functions & Indications
2. Subdue Yang, Extinguish Wind	Lr-2 BL-18 Kd-3 BL-23 GB-20 GV-20 Kd-1 Sp-9 Pe-6 GV-8 GV-14 BL-60 BL-23 BL-17 Sp-10 Kd-3 BL-23 Kd-3 LI-4	
3. Promote Qi Absorption by Kidney	BL-23 CV-4 CV-6 BL-38 Kd-3 Kd-7	

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Zàng Fǔ

Point

Prescriptions

*from Foundations of TCM
by G. Maciocia*

Churchill-Livingstone 1989 1st Edition

Chapters 21–30: p. 201-290

Elsevier 2005 2nd Edition

Chapters 32–41: p. 463-678

(I've added page #'s for the 2nd edition, but have not changed my tables to reflect its changes)

Instructions:

*Fill in the empty boxes in the following tables:
i.e. the key Symptoms for each pattern and
the Explanations for the Points from the text.*

** The Lung patterns are filled in as examples.*

9. Zang Fu Protocols – Fill In

肺證	Lung Patterns (9)	p. 231 / 543
3 Xu Patterns	Points	Rationale for Using Point
1. Lung Qi Xu	<i>Tx Pr }</i>	<i>Supplement Lu Qi, warm the yang (i.e. use moxa)</i>
Sx: fatigue, SOB, weak cough, weak voice prone to catch colds spont. sweats C: bright-white P: empty/weak T:	Lu-9 Lu-7 BL-13 Du-12 CV-6 ST-36	<ul style="list-style-type: none"> • Yuan – supplements Lu Qi • Luo – promotes D & D • Shu – supplements Lu Qi • T3 – supplements Lu Qi, esp. chronic types • supplements Qi [draws on LJ & Kd] • supplements Sp/ST Qi (T earth to nourish metal)
2. Lung Yin Xu	<i>Tx Pr }</i>	<i>Supplement Lu Yin, nourish fluids, clear (empty) heat</i>
Sx: dry cough, raspy voice, dry mouth, & throat, chronic sore throats malar flush, evening heat, night sweats insomnia P: thready & rapid T dry, cracked, peeled; red	Lu-9 BL-43 BL-13 Du-12 CV-4 CV-12 CV-17 Lu-10 Kd-6	<ul style="list-style-type: none"> • Yuan – supplements Lu Yin • T4 (Gao Huang) – supplements Lu Yin (esp. chronic types) • Shu – supplements Lu Qi & Yin • supplements Lu Qi & Yin • supplements Kd Yin & conducts empty heat down • tonifies ST to nourish fluids • tonifies Qi & Lu Yin • D – to clear empty heat from Lu • supplements Kidney Yin, benefits throat & reconnects lung & kidneys
3. Lung Dryness	<i>Tx Pr }</i>	<i>Moisten Lung, nourish fluids</i>
Sx: thirst, husky voice dry cough, mouth, & throat dry skin T: dry, but not red - stage before yin xu	Lu-9 CV-4 Kd-6 Sp-6 CV-12	<ul style="list-style-type: none"> • Yuan – moistens lungs • supplements Kd Yin & nourishes fluids • nourishes fluids & benefits the throat • nourishes fluids • tonifies ST to nourish fluids
6 Shi Patterns		
4. Wind-Cold Invasion	<i>Tx Pr }</i>	<i>Release exterior, dispel cold, stimulate Lu D & D</i>
Sx: chills, sneezing, runny nose, cough, scratchy throat, head & body ache P: floating & tight T: thin, white fur	Lu-7 BL-12 Du-16	<p>Luo – disperses W/C, Jie-biao, stim. D & D</p> <p>Feng Men – dispels wind, resolve ext. [cup / moxa]</p> <p>Feng Fu – dispels wind, good for headache</p>
5. Wind-Heat Invasion	<i>Tx Pr }</i>	<i>Release exterior, clear heat, stimulate Lu D & D</i>
Sx: fever, thirst, sore throat, urine dark nasal congestion P: floating & rapid T: dryer, redder; yellowish fur	LI-4 LI-11 Lu-11 Du-14 BL-12 Du-16 GB-20	<ul style="list-style-type: none"> • release ext. & clear heat • clear heat/fever • specific for sore throat & inflamed tonsils • clear heat/fever • Feng Men – dispels wind, resolve ext.. • Feng Fu – dispels wind, good for headache • Feng Chi – major pt to dispel ext. wind & headache

9. Zang Fu Protocols – Fill In

6. Wind–Water Invasion	<i>Tx Pr }</i>	<i>Release exterior, dispel cold & damp, stimulate Lu D & D & open waterways</i>
Sx: sudden facial edema scant, pale urine C: bright, shiny P: floating & slippery T: white & greasy	Lu-7 LI-6 LI-4 LI-7 BL-12 BL-13 CV-9	<ul style="list-style-type: none"> • releases exterior, stim. D & D & open waterways • LI Luo – opens waterways (esp. upper body edema) • releases exterior & open waterways • LI Xi – for acute cond. • Feng Men – dispels wind, resolve ext. • Shu – supplements Lu D & D • Shui Fen – opens waterways (rids water/elim. edema)
7. Dampness & Phlegm Obstruct the Lungs	<i>Tx Pr }</i>	<i>Resolve Phlegm, restore Lu descending fx</i>
Sx: chronic cough, comes in bouts, profuse white sputum, chest heavy orthopnea C: white, pasty P: slippery or soggy T: thick, greasy coat	Lu-1 Lu-5 Lu-7 CV-9 CV-12 CV-17 CV-22 ST-40 PC-6 BL-13 BL-20	<ul style="list-style-type: none"> • Stops cough & resolves phlegm • Expels phlegm from Lu • Restores D & Stops cough • Stim. Sp T & T fx • tonifies Sp to resolve phlegm • stim. Lu D fx • Expels phlegm from throat & stim. Lu D fx • resolves phlegm (esp. from Lu) • opens the chest & expels phlegm • stim. Lu D fx • tonifies Sp to resolve phlegm
8. Phlegm & Heat Obstruct the Lungs	<i>Tx Pr }</i>	<i>Resolve Phlegm, clear heat & restore Lu descending fx</i>
Sx: barking cough profuse yellow/green malodorous sputum SOB, wheezing, stuffy chest P: slippery; rapid, full T: red; thick, greasy yellow fur	Lu-1 Lu-5 Lu-7 Lu-10 LI-11 BL-13 CV-12 ST-40	<ul style="list-style-type: none"> • Restores D fx, clears Lu heat & resolves phlegm • Clears Lu heat & resolves phlegm • Restores D fx & stops cough • Clears heat from Lu • Clears heat in general • Supports Lu & can also clear heat • E – Resolves phlegm • D – Resolves phlegm
9. Phlegm & Fluids Obstruct the Lungs	<i>Tx Pr }</i>	<i>Resolve Phlegm & Tonify Sp & Lu</i>
Sx: cough with white-watery-frothy sputum; splashing sounds in chest; breathlessness P: slippery; or weak-floating & fine T: pale; thick, sticky, white fur	Lu-5 Lu-9 CV-9 CV-12 CV-17 BL-13 BL-43 ST-36 ST-40	<ul style="list-style-type: none"> • Clears phlegm from Lu • Suppl. Lu Qi resolves phlegm esp. for chronic cond. • Opens waterways • Resolves phlegm • Suppl. Lu Qi & stim. Lu D fx • Suppl. Lu Qi • Suppl. Lu Qi esp. chronic cond. • Suppl. Sp Qi • Resolves phlegm

9. Zang Fu Protocols – Fill In

心證	Heart Patterns (8)	p. 201 / 463
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<i>5 Xu Patterns</i>	<i>Points</i>	<i>Rationale for Using Point</i>
1. Heart Qi Xu	<i>Tx Pr }</i>	
Sx:	Ht-5 Pc-6 BL-15 CV-17 CV-6	
2. Heart Yang Xu	<i>Tx Pr }</i>	
Sx:	Ht-5 Pc-6 BL-15 CV-17 CV-6 Du-14	
2a. Yang Collapses	<i>Tx Pr }</i>	
Sx:	CV-4 CV-6 CV-8 Du-4 ST-36 Pc-6 BL-23 Du-20 Du-14 BL-15	
3. Heart Blood Xu	<i>Tx Pr }</i>	
Sx:	Ht-7 Pc-6 CV-4 CV-14 CV-15 BL-17 BL-20	
4. Heart Yin Xu	<i>Tx Pr }</i>	
Sx:	Ht-7 Pc-6 CV-4 CV-14 CV-15 Ht-6 Sp-6 Kd-6 Kd-7	

9. Zang Fu Protocols – Fill In

<i>4 Shi patterns</i>		
5. Heart Fire Blazing	<i>Tx Pr }</i>	
Sx:	Ht-7 Ht-8 Ht-9 CV-15 Sp-6 Kd-6	
6. Phlegm & Fire Harass the Heart	<i>Tx Pr }</i>	
Sx:	Pc-5 Pc-7 Ht-7 Ht-8 Ht-9 CV-15 BL-15 CV-12 ST-40 Sp-6 Lr-2 Lr-3 Du-20 GB-13 GB-15 or 13 Ghost Pts	
7. Phlegm Misting the Mind	<i>Tx Pr }</i>	
Sx:	Ht-9 Pc-5 BL-15 ST-40 Du-26 CV-12 BL-20	
8. Heart Blood Stasis	<i>Tx Pr }</i>	
Sx:	Pc-4 Pc-6 Ht-7 CV-17 BL-14 BL-17 Sp-10 Kd-2	

9. Zang Fu Protocols – Fill In

肝證	Liver Patterns (13)	p. 215 / 501
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<i>I Xu pattern</i>	<i>Points</i>	<i>Rationale for Using Point</i>
1. Liver Blood Xu	<i>Tx Pr }</i>	
Sx:	BL-18 BL-20 BL-23 BL-17 Lr-8 Sp-6 ST-36 CV-4	
<i>I Mixed pattern</i>		
2. Liver Yang Rising	<i>Tx Pr }</i>	
Sx:	Lr-3 TB-5 Sp-6 Kd-3 Lr-8 GB-43 GB-38 BL-2 Tai-yang GB-20 GB-9 GB-8 GB-6	
<i>8 Shi patterns</i>		
3. Constrained Liver Qi	<i>Tx Pr }</i>	
Sx:	GB-34 Lr-3 Lr-13 Lr-14 TB-6 Pc-6	

9. Zang Fu Protocols – Fill In

4. Liver Blood Stasis	<i>Tx Pr }</i>	
Sx:	GB-34 Lr-3 BL-18 BL-17 Sp-10 CV-6	
5. Liver Fire (Blazing)	<i>Tx Pr }</i>	
Sx:	Lr-2 Lr-3 GB-20 Tai yang GB-13	
6. Liver Wind Stirring <i>due to:</i>		
6a. extreme heat	<i>Tx Pr }</i>	
Sx:	Lr-2 Lr-3 Shi-xuan SI-3 GV-20 GV-16 GB-20	
6b. Liver yang rising	<i>Tx Pr }</i>	
Sx:	Lr-8 Lr-3 BL-18 Sp-6 Kd-3 GV-16 GB-20	
6c. blood deficiency	<i>Tx Pr }</i>	
Sx:	Lr-8 Lr-3 Sp-6 Kd-3 BL-18 BL-17 BL-20 BL-23 LI-4 GV-20 GV-16 GB-20	

9. Zang Fu Protocols – Fill In

7. Damp-Heat in Lr/GB	<i>Tx Pr }</i>	
Sx:	Lr-14 GB-24 GB-34 BL-18 BL-19 GV-9 CV-12 Sp-9 Sp-6 Sp-3 LI-11 Lr-2	
8. Cold in the Lr Channel	<i>Tx Pr }</i>	
Sx:	CV-3 Lr-5 Lr-1	
<i>3 Combination patterns</i>		
1. Liver Invades Spleen	<i>Tx Pr }</i>	
Sx:	Lr-14 Lr-13 GB-34 CV-6 Lr-3 CV-12 ST-36 Sp-6	
2. Liver Invades Stomach	<i>Tx Pr }</i>	
Sx:	Lr-14 Lr-13 GB-34 CV-13 CV-10 ST-36 BL-21	
3. Liver Fire Scorches the Lungs	<i>Tx Pr }</i>	
Sx:	Lr-2 Lr-14 CV-17 CV-22 Pe-6 Lu-7 LI-11	

9. Zang Fu Protocols – Fill In

脾 證	Spleen Patterns (9)	p. 241 / 567
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<i>4 Xu patterns</i>	<i>Points</i>	<i>Rationale for Using Point</i>
1. Spleen Qi Xu	<i>Tx Pr }</i>	
Sx:	CV-12 ST-36 Sp-3 Sp-6 BL-20 BL-21	
2. Spleen Yang Xu	<i>Tx Pr }</i>	
Sx:	Qi xu pts + Sp-9 CV-9 ST-28 BL-22	
3. Spleen Qi Sinking	<i>Tx Pr }</i>	
Sx:	Qi xu pts + GV-20 CV-6 ST-21 GV-1	
4. Spleen Not Controlling Blood	<i>Tx Pr }</i>	
Sx:	Qi xu pts + Sp-10 BL-17 Sp-1	

9. Zang Fu Protocols – Fill In

<i>2 Shi patterns</i>		
5. Cold & Damp Invade the Spleen	<i>Tx Pr }</i>	
Sx:	Sp-9 Sp-6 CV-12 Sp-3 ST-8	
6. Damp-Heat Invades the Spleen	<i>Tx Pr }</i>	
Sx:	Sp-9 Sp-6 GV-9 LI-11 BL-20 GB-34	
<i>3 Combination patterns</i>		
1. Spleen & Lung Qi Xu	<i>Tx Pr }</i>	
Sx:	ST-36 Sp-3 BL-20 BL-21 Lu-9 BL-13 GV-12	
2. Sp & Lr Blood Xu	<i>Tx Pr }</i>	
Sx:	ST-36 Sp-3 BL-20 BL-21 Lr-8 BL-17 Sp-6	
3. Sp Hindered by Damp causing Lr Qi to Stag	<i>Tx Pr }</i>	
Sx:	CV-12 Sp-6 Sp-3 BL-20 Lr-13 Lr-14 GB-24 GB-34	

9. Zang Fu Protocols – Fill In

腎 證	Kidney Patterns (13)	p. 249 / 587
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<i>5 Xu patterns</i>	<i>Points</i>	<i>Rationale for Using Point</i>
1. Kidney Yin Xu	<i>Tx Pr }</i>	
Sx:	CV-4 Kd-3 Kd-6 Kd-10 Kd-9 Sp-6 CV-1	
2. Kidney Yang Xu	<i>Tx Pr }</i>	
Sx:	BL-23 GV-4 CV-4 CV-6 Kd-3 Kd-7 BL-47/23a Jing-gong	
3. Kidney Qi Insecure	<i>Tx Pr }</i>	
Sx:	BL-23 GV-4 Kd-3 BL-47/23a CV-4 Jing-gong	
4. Kidneys Fail to Root the Qi	<i>Tx Pr }</i>	
Sx:	Kd-3 Lu-7 Kd-6 ST-36 BL-23 GV-4 CV-6 CV-17 Kd-25 GV-12 Kd-7	

9. Zang Fu Protocols – Fill In

5. Kidney Jing Xu	<i>Tx Pr }</i>	
Sx:	Kd-3 Kd-6 CV-4 BL-23 GV-4 GB-39 GV-20 GV-14 BL-15 BL-11	
<i>4 Mixed patterns</i>		
6. Kidney Yang Xu	<i>Tx Pr }</i>	
Sx:	GV-4 BL-23 BL-22 BL-20 CV-9 ST-28 Sp-9 Sp-6 Kd-7	
6a. Water Floods the Ht	<i>Tx Pr }</i>	
Sx:	add GV-14 BL-15	
6b. Water Floods the Lung	<i>Tx Pr }</i>	
Sx:	add Lu-7 BL-13 GV-12	
7. Kidney Yin Xu, Empty Fire Blazes	<i>Tx Pr }</i>	
Sx:	Kd-2 Kd-3 Kd-6 Kd-9 Kd-10 CV-4 Sp-6 Ht-5 Lu-7 Lu-10	

9. Zang Fu Protocols – Fill In

<i>4 Combination patterns</i>		
1. Kidney & Liver Yin Xu	<i>Tx Pr }</i>	
Sx:	Kd-3 Kd-6 Lr-8 CV-4 BL-23 BL-20 BL-17 BL-18 BL-10 GV-20	
2. Kidney & Heart (Yin Xu) Not Communicating	<i>Tx Pr }</i>	
Sx:	Ht-7 Ht-6 Ht-5 Yin-tang BL-15 CV-15 GB-13 GV-24 Kd-3 Kd-10 Kd-9 CV-4 Pc-6 Sp-6	
3. Kidney & Lung Yin Xu	<i>Tx Pr }</i>	
Sx:	Kd-3 Lu-7 Kd-6 BL-38/14a Lu-9 Lu-1 Sp-6 CV-4	
4. Kidney & Sp Yang Xu	<i>Tx Pr }</i>	
Sx:	Kd-3 Kd-7 BL-23 GV-4 BL-20 BL-21 ST-36 CV-6 ST-37 ST-25 BL-25	

9. Zang Fu Protocols – Fill In

胃 證	Stomach Patterns (8)	p. 265 / 615
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<i>3 Xu patterns</i>	<i>Points</i>	<i>Rationale for Using Point</i>
1. Stomach Qi Xu	<i>Tx Pr }</i>	
Sx:	ST-36 CV-12 BL-21 CV-6	
2. Stomach Cold & Xu	<i>Tx Pr }</i>	
Sx:	ST-36 CV-12 BL-20 BL-21 CV-6	
3. Stomach Yin Xu	<i>Tx Pr }</i>	
Sx:	ST-36 CV-12 Sp-3 Sp-6	

9. Zang Fu Protocols – Fill In

<i>5 Shi patterns</i>		
4. Stomach Fire or Phlegm Fire	<i>Tx Pr }</i>	
Sx:	ST-21 CV-13 ST-44 ST-45 Sp-6 CV-12 Pe-6	
5. Cold Invades Stomach	<i>Tx Pr }</i>	
Sx:	ST-21 Sp-4 CV-13 ST-34	
6. Stomach Counterflow Qi (Rebellious Qi)	<i>Tx Pr }</i>	
Sx:	CV-13 CV-10 Pe-6 Sp-4	
7. Food Retention (in Stomach)	<i>Tx Pr }</i>	
Sx:	CV-13 CV-10 ST-21 ST-44 ST-45 Sp-4 Pe-6	
8. Blood Stasis (in Stomach)	<i>Tx Pr }</i>	
Sx:	CV-10 ST-21 ST-34 Sp-10 BL-17 BL-18	

9. Zang Fu Protocols – Fill In

大腸 證	Large Intestine Patterns (7)	p. 277 / 647
<i>3 Xu patterns</i>	<i>Points</i>	<i>Rationale for Using Point</i>
1. Lg. Intestine Dryness Sx:	Tx Pr } ST-36 Sp-6 CV-4 Kd-6	
2. Lg. Intestine Cold & Xu Sx:	Tx Pr } ST-25 CV-6 ST-36 ST-37 BL-25 BL-20	
3. Lg. Intestine Prolapse Sx:	Tx Pr } CV-6 ST-25 ST-36 Sp-3 BL-20 BL-21 GV-20	

9. Zang Fu Protocols – Fill In

<i>4 Shi patterns</i>		
4. Damp-Heat in Lg. Intest.	<i>Tx Pr }</i>	
Sx:	Sp-9 Sp-6 CV-3 BL-22 BL-25 ST-25 BL-17 CV-12 LI-11 ST-37 BL-20	
5. Heat in Lg. Intestine	<i>Tx Pr }</i>	
Sx:	CV-4 LI-11 ST-37 ST-44 LI-2 Sp-6 Kd-6 CV-12	
6. Heat Obstructing LI (Yang Ming Bowel Pattern)	<i>Tx Pr }</i>	
Sx:	LI-11 LI-4 Sp-15 TB-6 Sp-6 LI-2 ST-44 ST-25	
7. Cold Invades Lg. Intest.	<i>Tx Pr }</i>	
Sx:	ST-37 ST-25 ST-36 Sp-6 Lr-3 ST-27	

9. Zang Fu Protocols – Fill In

小腸 證	Small Intestine Patterns (5)	p. 273 / 637
<i>I Xu pattern</i>	<i>Points</i>	<i>Rationale for Using Point</i>
1. Sm. Intestine Cold & Xu	<i>Tx Pr }</i>	
Sx:	CV-6 ST-25 ST-39 ST-36 BL-20 BL-27	
<i>4 Shi patterns</i>		
2. Heat in Sm. Intestine	<i>Tx Pr }</i>	
Sx:	SI-2 SI-5 Ht-5 Ht-8 ST-39	
3. Sm. Intestine Qi Pain	<i>Tx Pr }</i>	
Sx:	CV-6 GB-34 Lr-13 ST-27 ST-29 Sp-6 Lr-3 ST-39	
4. Sm. Intestine Qi Knotted	<i>Tx Pr }</i>	
Sx:	ST-39 Lan-wei CV-6 GB-34 ST-25 Sp-6 Lr-3	
5. Parasites in Sm. Intest.	<i>Tx Pr }</i>	
Sx:	<i>use herbs</i>	

9. Zang Fu Protocols – Fill In

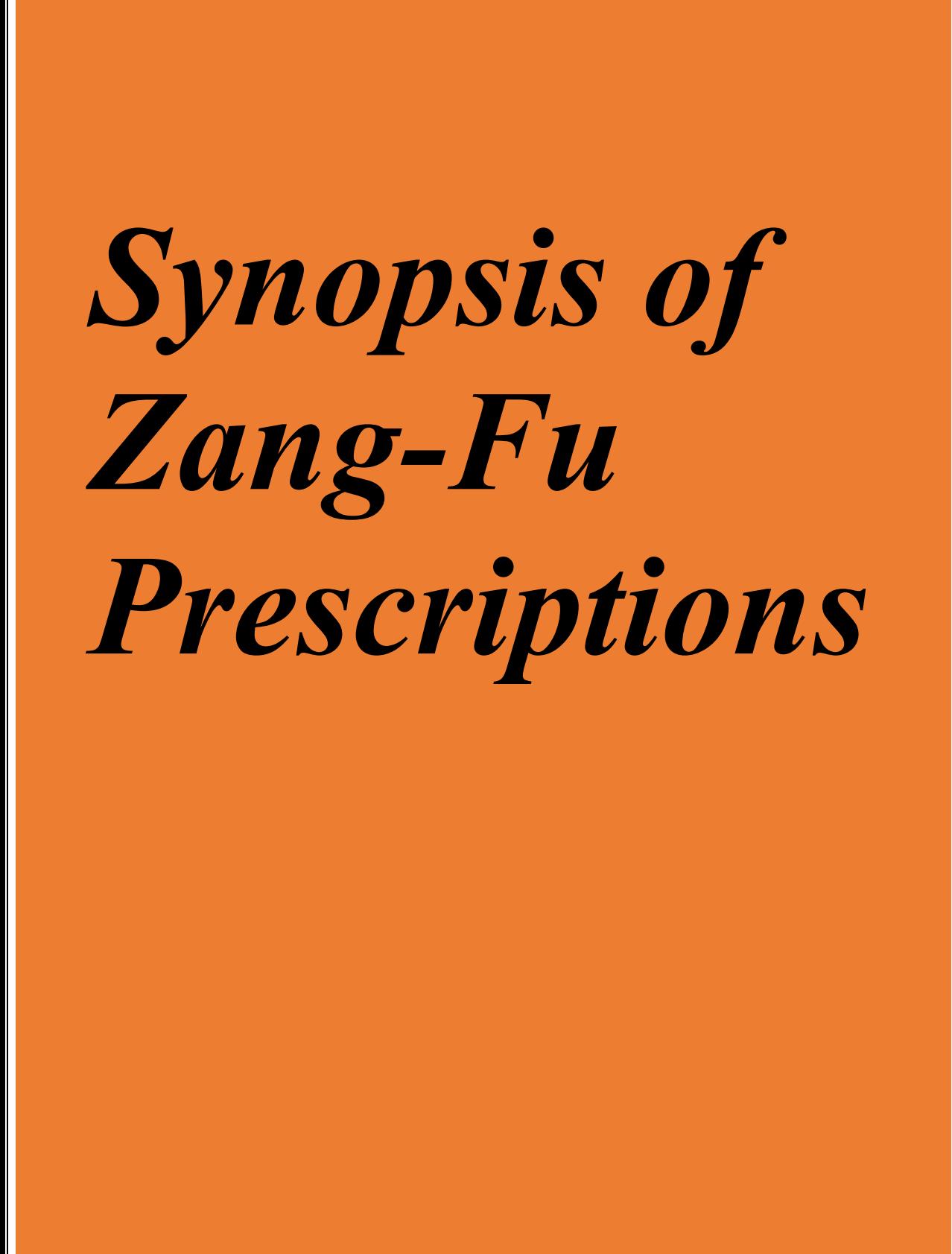
膽 證	Gall Bladder Patterns (2)	p. 283 / 661
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<i>I Xu pattern</i>	<i>Points</i>	<i>Rationale for Using Point</i>
1. Gall Bladder Xu	<i>Tx Pr }</i>	
Sx:	GB-40	
<i>I Shi pattern</i>		
2. Damp-Heat in GB	<i>Tx Pr }</i>	
Sx:	GB-24 Lr-14 CV-12 GB-34 Dan-nang GV-9 BL-19 BL-18 BL-20 LI-11 TB-6	

9. Zang Fu Protocols – Fill In

膀胱 證	Bladder Patterns (3)	p. 287 / 671
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<i>I Xu pattern</i>	<i>Points</i>	<i>Rationale for Using Point</i>
1. Bladder Cold & Xu	<i>Tx Pr }</i>	
Sx:	BL-23 GV-4 BL-28 CV-4	
<i>2 Shi patterns</i>		
2. Damp-Heat in Bladder	<i>Tx Pr }</i>	
Sx:	Sp-9 Sp-6 BL-22 BL-28 CV-3 BL-63 BL-66	
3. Cold-Damp in Bladder	<i>Tx Pr }</i>	
Sx:	Sp-9 Sp-6 BL-22 BL-28 CV-3 ST-28 CV-9	



*Synopsis of
Zang-Fu
Prescriptions*

10. Zang-Fu Protocols – Synopsis

Lung Patterns p. 231

<i>Xu patterns</i>	<i>Points</i>
1. Lung Qi Xu	Lu-9, Lu-7, BL-13, Du-12, CV-6, ST-36
2. Lung Yin Xu	Lu-9, BL-13 & 43, Du-12, CV-4, CV-12, CV-17, Lu-10, Kd-6
3. Lung Dryness	Lu-9, CV-4, Kd-6, Sp-6, CV-12
<i>Shi patterns</i>	<i>Points</i>
4. Lung Invaded by Wind-Cold	Lu-7, BL-12, Du-16
5. Lung Invaded by Wind-Heat	LI-4 & 11; Lu-11, Du-14, (BL-12, Du-16), GB-20
6. Lung Invaded by Wind & Water	Lu-7 & LI-6; LI-4 & 7, BL-12 & 13, CV-9
7. Dampness & (Cold) Phlegm Obstruct the Lung	Lu-1, 5 & 7; CV-9, 17 & 22, ST-40, P_c-6, BL-13 & 20
8. Phlegm & Heat Obstruct the Lung	Lu-1, 5, 7 & 10; LI-11, BL-13, CV-12, ST-40
9. Phlegm & Fluids Obstruct the Lung	Lu-5 & 9, CV-9, 12 & 17, BL-13 & 43, ST-36 & 40

10. Zang-Fu Protocols – Synopsis

Heart Patterns p. 201

<i>Xu patterns</i>	<i>Points</i>
1. Heart Qi Xu	Ht-5, Pe-6, BL-15, CV-17, CV-6
2. Heart Yang Xu	Ht-5, Pe-6, BL-15, CV-17, CV-6, Du-14 (moxa)
2a. Yang Collapse	CV-4-6-8, Du-4, ST-36, Pe-6, BL-23, Du-20, Du-14, BL-15 (moxa a must)
3. Heart Blood Xu	Ht-7, Pe-6, CV-4, 14 & 15, BL-17 & 20 (moxa ok)
4. Heart Yin Xu	Ht-7, Pe-6, CV-4, 14 & 15; Ht-6, Sp-6, Kd-6 & 7 (no moxa)
<i>Shi patterns</i>	<i>Points</i>
5. Heart Fire Blazing	Ht-7, 8 & 9, CV-15, Sp-6, Kd-6
6. Phlegm-Fire Harass Heart	Pe-5 & 7, Ht-7, 8 & 9, CV-15, BL-15, CV-12 & ST-40, Sp-6, Lr-2 & 3, Du-20, GB-13 & 15 or (13 Ghost Pts)
7. Phlegm Misting the Mind	Ht-9, Pe-5, BL-15, ST-40, Du-26, CV-12, BL-20
8. Heart Blood Stasis	Pe-4 & 6, Ht-7, CV-17, BL-14 & 17, Sp-10, Kd-25

10. Zang-Fu Protocols – Synopsis

Liver Patterns p. 215

<i>Xu patterns</i>	<i>Points</i>
1. Liver Blood Xu	BL-18, BL-20, BL-23, BL-17, Lr-8, Sp-6, ST-36, CV-4 (moxa ok)
<i>Xu / Shi patterns</i>	<i>Points</i>
2. Liver Yang Rising	Lr-3, TB-5, Sp-6, Kd-3, Lr-8, GB-43, GB-38, BL-2, Tai yang, GB-20, GB-9, GB-8, GB-6
<i>Shi patterns</i>	<i>Points</i>
3. Constrained Liver Qi	GB-34, Lr-3, Lr-13, Lr-14, TB-6, Pe-6
4. Liver Blood Stasis	GB-34, Lr-3, BL-18, BL-17, Sp-10, CV-6
5. Liver Fire (Blazing Upward)	Lr-2, Lr-3, GB-20, Tai yang, GB-13
6. Liver Wind (Stirring Within) <i>Due to:</i>	
a. extreme Heat	Lr-2, Lr-3, Shi xuan, SI-3, GV-20, GV-16, GB-20
b. Liver Yang Rising	Lr-8, Lr-3, BL-18, Sp-6, Kd-3, GV-16, GB-20
c. Blood deficiency	Lr-8, Lr-3, Sp-6, Kd-3, BL-18, BL-17, BL-20, BL-23, LI-4, GV-20, GV-16, GB-20
7. Damp-Heat in Lr/GB	Lr-14, GB-24, GB-34, BL-18, BL-19, GV-9, CV-12, Sp-9, Sp-6, Sp-3, LI-11, Lr-2
8. Cold in the Liver Channel	CV-3, Lr-5, Lr-1
<i>Combination patterns</i>	<i>Points</i>
1. Liver Invades Spleen	Lr-14, Lr-13, GB-34, CV-6, Lr-3, CV-12, ST-36, Sp-6
2. Liver Invades Stomach	Lr-14, Lr-13, GB-34, CV-13, CV-10, ST-36, BL-21
3. Liver Fire Scorches Lungs	Lr-2, Lr-14, CV-17, CV-22, Pe-6, Lu-7, LI-1

10. Zang-Fu Protocols – Synopsis

Spleen Patterns p. 241

<i>Xu patterns</i>	<i>Points</i>
1. Spleen Qi Xu	CV-12, ST-36, Sp-3, Sp-6, BL-20, BL-21
2. Spleen Yang Xu	as above + Sp-9, CV-9, ST-28, BL-22 (M)
3. Spleen Qi Sinking	as above + GV-20, CV-6, ST-21, GV-1
4. Spleen Not Controlling Blood	as above + Sp-10, BL-17, Sp-1
<i>Shi patterns</i>	<i>Points</i>
5. Cold & Damp Invade Spleen	Sp-9, Sp-6, CV-12, Sp-3, ST-8
6. Damp-Heat Invades the Spleen	Sp-9, Sp-6, GV-9, LI-11, BL-20, GB-34
<i>Combination patterns</i>	<i>Points</i>
1. Spleen & Lung Qi Xu	ST-36, Sp-3, BL-20, BL-21, Lu-9, BL-13, GV-12
2. Spleen & Liver Blood Xu	ST-36, Sp-3, BL-20, BL-21, Lr-8, BL-17, Sp-6
3. Spleen Hindered by Damp causing Liver Qi Stagnation	CV-12, Sp-6, Sp-3, BL-20, Lr-13, Lr-14, GB-24, GB-34

10. Zang-Fu Protocols – Synopsis

Kidney Patterns p. 249	
<i>Xu patterns</i>	<i>Points</i>
1. Kidney Yin Xu	CV-4, Kd-3, Kd-6, Kd-10, Kd-9, Sp-6, CV-1
2. Kidney Yang Xu	BL-23, GV-4, CV-4, CV-6, Kd-3, Kd-7, BL-47/23a, Jing-gong (moxa)
3. Kidney Qi Insecure	BL-23, GV-4, Kd-3, BL-47/23a, CV-4, Jing-gong (moxa)
4. Kidneys Fail to Root the Qi	Kd-3, Lu-7 & Kd-6, ST-36, BL-23, GV-4, CV-6, CV-17, Kd-25, GV-12, Kd-7 (moxa)
5. Kidney Jing Xu	Kd-3, Kd-6, CV-4, BL-23, GV-4, GB-39, GV-20, GV-14, BL-15, BL-11
<i>Xu / Shi patterns</i>	<i>Points</i>
6. Kidney Yang Xu	GV-4, BL-23, BL-22, BL-20, CV-9, ST-28, Sp-9, Sp-6, Kd-7
Water Floods the Heart	+ GV-14, BL-15
Water Floods the Lungs	+ Lu-7, BL-13, GV-12
7. Kidney Yin Xu, Empty Fire Blazes	Kd-3, Kd-6, Kd-2, Kd-9, Kd-10, CV-4, Sp-6, Ht-5, Lu-7, Lu-10
<i>Combination patterns</i>	<i>Points</i>
8. Kidney & Liver Yin Xu	Kd-3, Kd-6, Lr-8, CV-4, BL-23, BL-20, BL-17, BL-18, BL-10, GV-20
9. Kidney & Heart Not Communicating	Ht-7, Ht-6, Ht-5, yin tang, BL-15, CV-15, GB-13, GV-24, Kd-3, Kd-10, Kd-9, CV-4, Pe-6, Sp-6
10. Kidney & Lung Yin Xu	Kd-3, Lu-7 & Kd-6, BL-38/14a, Lu-9, Lu-1, Sp-6, CV-4
11. Kidney & Spleen Yang Xu	Kd-3, Kd-7, BL-23, GV-4, BL-20, BL-21, ST-36, CV-6, ST-37, ST-25, BL-25

10. Zang-Fu Protocols – Synopsis

Stomach Patterns p. 265

<i>Xu patterns</i>	<i>Points</i>
1. Stomach Qi Xu	ST-36, CV-12, BL-21, CV-6
2. Stomach Cold & Xu	ST-36, CV-12, BL-20, BL-21, CV-6 (M)
3. Stomach Yin Xu	ST-36, CV-12, Sp-3, Sp-6
<i>Shi patterns</i>	<i>Points</i>
4. Stomach Fire or Phlegm Fire	ST-21, CV-13, ST-44, ST-45, Sp-6, CV-12, Pe-6
5. Cold Invades Stomach	ST-21, Sp-4, CV-13, ST-34
6. Stomach Counterflow Qi	CV-13, CV-10, Pe-6, Sp-4
7. Food Retention (in Stomach)	CV-13, CV-10, ST-21, ST-44, ST-45, Sp-4, Pe-6
8. Blood Stasis (in Stomach)	CV-10, ST-21, ST-34, Sp-10, BL-17, BL-18

10. Zang-Fu Protocols – Synopsis

Large Intestine Patterns	p. 277
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<i>Xu patterns</i>	<i>Points</i>
1. Lg. Intestine Dryness	ST-36, Sp-6, CV-4, Kd-6
2. Lg. Intestine Cold & Xu	ST-25, CV-6, ST-36, ST-37, BL-25, BL-20 (M)
3. Lg. Intestine Prolapse	CV-6, ST-25, ST-36, Sp-3, BL-20, BL-21, GV-20
<i>Shi patterns</i>	<i>Points</i>
4. Damp-Heat in Lg. Intestine	Sp-9, Sp-6, CV-3, BL-22, BL-25, ST-25, BL-17, CV-12, LI-11, ST-37, BL-20
5. Heat in Lg. Intestine	CV-4, LI-11, ST-37, ST-44, LI-2, Sp-6, Kd-6, CV-12
6. Heat Obstructing Lg. Intestine (Yang Ming Bowel Pattern)	LI-11, LI-4, Sp-15, TB-6, Sp-6, LI-2, ST-44, ST-25
7. Cold Invades Lg. Intestine	ST-37, ST-25, ST-36, Sp-6, Lr-3, ST-27

10. Zang-Fu Protocols – Synopsis

Small Intestine Patterns p. 273

<i>Xu patterns</i>	<i>Points</i>
1. Sm. Intestine Cold & Xu	CV-6, ST-25, ST-39, ST-36, BL-20, BL-27
<i>Shi patterns</i>	<i>Points</i>
2. Heat in Sm. Intestine	SI-2, SI-5, Ht-5, Ht-8, ST-39
3. Sm. Intestine Qi Pain	CV-6, GB-34, Lr-13, ST-27, ST-29, Sp-6, Lr-3, ST-39
4. Sm. Intestine Qi Knotted	ST-39, Lan-wei, CV-6, GB-34, ST-25, Sp-6, Lr-3
5. Parasites in Sm. Intestine	<i>use herbs</i>

10. Zang-Fu Protocols – Synopsis

Gall Bladder Patterns p. 283

<i>Xu patterns</i>	<i>Points</i>
1. Gall Bladder Deficiency	GB-40 (moxa ok)
<i>Shi patterns</i>	<i>Points</i>
2. Damp-Heat in GB	GB-24, Lr-14, CV-12, GB-34, Dan-nang xue, GV-9, BL-18, BL-19, BL-20; LI-11, TB-6

Bladder Patterns p. 287

<i>Xu patterns</i>	<i>Points</i>
1. Bladder Cold & Xu	BL-23, GV-4, BL-28, CV-4 (moxa applicable)
<i>Shi patterns</i>	<i>Points</i>
2. Damp-Heat in Bladder	Sp-9, Sp-6, BL-22, BL-28, CV-3; BL-63, BL-66
3. Cold-Damp in Bladder	Sp-9, Sp-6, BL-22, BL-28, CV-3; ST-28, CV-9

Self Testing: Zang-Fu Prescriptions

11a. Zang-Fu Protocols – Self Testing (Points)

Lung Patterns	Self Test on Points
<i>Xu patterns</i>	<i>Fill in the Points</i>
1. Lung Qi Xu	
2. Lung Yin Xu	
3. Lung Dryness	
<i>Shi patterns</i>	
4. Lung Invaded by Wind-Cold	
5. Lung Invaded by Wind-Heat	
6. Lung Invaded by Wind & Water	
7. Dampness & (Cold) Phlegm Obstruct the Lung	
8. Phlegm & Heat Obstruct the Lung	
9. Phlegm & Fluids Obstruct the Lung	

11a. Zang-Fu Protocols – Self Testing (Points)

Heart Patterns	Self Test on Points
<i>Xu patterns</i>	<i>Fill in the Points</i>
1. Heart Qi Xu	
2. Heart Yang Xu	
2a. Yang Collapse	
3. Heart Blood Xu	
4. Heart Yin Xu	
<i>Shi patterns</i>	
5. Heart Fire Blazing	
6. Phlegm-Fire Harass Heart	
7. Phlegm Misting the Mind	
8. Heart Blood Stasis	

11a. Zang-Fu Protocols – Self Testing (Points)

Liver Patterns		Self Test on Points
<i>Xu patterns</i>		<i>Fill in the Points</i>
1. Liver Blood Xu		
<i>Xu / Shi patterns</i>		
2. Liver Yang Rising		
<i>Shi patterns</i>		
3. Constrained Liver Qi		
4. Liver Blood Stasis		
5. Liver Fire (Blazing Upward)		
6. Liver Wind (Stirring Within) <i>Due to:</i>		
a. extreme Heat		
b. Liver Yang Rising		
c. Blood deficiency		
7. Damp-Heat in Lr/GB		
8. Cold in the Liver Channel		
<i>Combination patterns</i>		
1. Liver Invades Spleen		
2. Liver Invades Stomach		
3. Liver Fire Scorches Lungs		

11a. Zang-Fu Protocols – Self Testing (Points)

Spleen Patterns	Self Test on Points
<i>Xu patterns</i>	<i>Fill in the Points</i>
1. Spleen Qi Xu	
2. Spleen Yang Xu	
3. Spleen Qi Sinking	
4. Spleen Not Controlling Blood	
<i>Shi patterns</i>	
5. Cold & Damp Invade Spleen	
6. Damp-Heat Invades the Spleen	
<i>Combination patterns</i>	
1. Spleen & Lung Qi Xu	
2. Spleen & Liver Blood Xu	
3. Spleen Hindered by Damp causing Liver Qi Stagnation	

11a. Zang-Fu Protocols – Self Testing (Points)

Kidney Patterns Self Test on Points	
<i>Xu patterns</i>	<i>Fill in the Points</i>
1. Kidney Yin Xu	
2. Kidney Yang Xu	
3. Kidney Qi Insecure	
4. Kidneys Fail to Root the Qi	
5. Kidney Jing Xu	
<i>Xu / Shi patterns</i>	
6. Kidney Yang Xu	
Water Floods the Heart	
Water Floods the Lungs	
7. Kidney Yin Xu, Empty Fire Blazes	
<i>Combination patterns</i>	
8. Kidney & Liver Yin Xu	
9. Kidney & Heart Not Communicating	
10. Kidney & Lung Yin Xu	
11. Kidney & Spleen Yang Xu	

11a. Zang-Fu Protocols – Self Testing (Points)

Stomach Patterns Self Test on Points	
<i>Xu patterns</i>	<i>Fill in the Points</i>
1. Stomach Qi Xu	
2. Stomach Cold & Xu	
3. Stomach Yin Xu	
<i>Shi patterns</i>	
4. Stomach Fire or Phlegm Fire	
5. Cold Invades Stomach	
6. Stomach Counterflow Qi	
7. Food Retention (in Stomach)	
8. Blood Stasis (in Stomach)	

11a. Zang-Fu Protocols – Self Testing (Points)

Large Intestine Patterns Self Test on Points	
<i>Xu patterns</i>	<i>Fill in the Points</i>
1. LI Dryness	
2. LI Cold & Xu	
3. LI Prolapse	
<i>Shi patterns</i>	
4. Damp-Heat in LI	
5. Heat in LI	
6. Heat Obstructing LI (Yang Ming Bowel Pattern)	
7. Cold Invades LI	

11a. Zang-Fu Protocols – Self Testing (Points)

Small Intestine Patterns Self Test on Points	
<i>Xu patterns</i>	<i>Fill in the Points</i>
1. SI Cold & Xu	
<i>Shi patterns</i>	
2. Heat in SI	
3. SI Qi Pain	
4. SI Qi Knotted	
5. Parasites in SI	

11a. Zang-Fu Protocols – Self Testing (Points)

Gall Bladder Patterns	Self Test on Points
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<i>Xu patterns</i>	<i>Fill in the Points</i>
1. Gall Bladder Deficiency	
<i>Shi patterns</i>	
2. Damp-Heat in GB	

Bladder Patterns	Self Test on Points
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<i>Xu patterns</i>	<i>Fill in the Points</i>
1. Bladder Cold & Xu	
<i>Shi patterns</i>	
2. Damp-Heat in Bladder	
3. Cold-Damp in Bladder	

11b. Zang-Fu Protocols – Self Testing (Patterns)

<i>Self Testing:</i>	Lung Patterns
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<i>Fill in the Pattern</i>	<i>Points</i>
	Lu-9, Lu-7, BL-13, Du-12, CV-6, ST-36
	Lu-9, BL-13 & 43, Du-12, CV-4, CV-12, CV-17, Lu-10, Kd-6
	Lu-9, CV-4, Kd-6, Sp-6, CV-12
	Lu-7, BL-12, Du-16
	LI-4 & 11; Lu-11, Du-14, (BL-12, Du-16), GB-20
	Lu-7 & LI-6; LI-4 & 7, BL-12 & 13, CV-9
	Lu-1, 5 & 7; CV-9, 17 & 22, ST-40, Pc-6, BL-13 & 20
	Lu-1, 5, 7 & 10; LI-11, BL-13, CV-12, ST-40
	Lu-5 & 9, CV-9, 12 & 17, BL-13 & 43, ST-36 & 40

11b. Zang-Fu Protocols – Self Testing (Patterns)

<i>Self Testing:</i>	Heart Patterns
<i>Fill in the Pattern</i>	<i>Points</i>
	Ht-5, Pc-6, BL-15, CV-17, CV-6
	Ht-5, Pc-6, BL-15, CV-17, CV-6, Du-14 (moxa)
	CV-4-6-8, Du-4, ST-36, Pc-6, BL-23, Du-20, Du-14, BL-15 (moxa a must)
	Ht-7, Pc-6, CV-4, 14 & 15, BL-17 & 20 (moxa ok)
	Ht-7, Pc-6, CV-4, 14 & 15; Ht-6, Sp-6, Kd-6 & 7 (no moxa)
	Ht-7, 8 & 9, CV-15, Sp-6, Kd-6
	Pc-5 & 7, Ht-7, 8 & 9, CV-15, BL-15, CV-12 & ST-40, Sp-6, Lr-2 & 3, Du-20, GB-13 & 15 or (13 Ghost Pts)
	Ht-9, Pc-5, BL-15, ST-40, Du-26, CV-12, BL-20
	Pc-4 & 6, Ht-7, CV-17, BL-14 & 17, Sp-10, Kd-25

11b. Zang-Fu Protocols – Self Testing (Patterns)

<i>Self Testing:</i>	Liver Patterns
<i>Fill in the Pattern</i>	<i>Points</i>
	BL-18, BL-20, BL-23, BL-17, Lr-8, Sp-6, ST-36, CV-4 (moxa ok)
	Lr-3, TB-5, Sp-6, Kd-3, Lr-8, GB-43, GB-38, BL-2, Tai yang, GB-20, GB-9, GB-8, GB-6
	GB-34, Lr-3, Lr-13, Lr-14, TB-6, Pe-6
	GB-34, Lr-3, BL-18, BL-17, Sp-10, CV-6
	Lr-2, Lr-3, GB-20, Tai yang, GB-13
	Lr-2, Lr-3, Shi xuan, SI-3, GV-20, GV-16, GB-20
	Lr-8, Lr-3, BL-18, Sp-6, Kd-3, GV-16, GB-20
	Lr-8, Lr-3, Sp-6, Kd-3, BL-18, BL-17, BL-20, BL-23, LI-4, GV-20, GV-16, GB-20
	Lr-14, GB-24, GB-34, BL-18, BL-19, GV-9, CV-12, Sp-9, Sp-6, Sp-3, LI-11, Lr-2
	CV-3, Lr-5, Lr-1
	Lr-14, Lr-13, GB-34, CV-6, Lr-3, CV-12, ST-36, Sp-6
	Lr-14, Lr-13, GB-34, CV-13, CV-10, ST-36, BL-21
	Lr-2, Lr-14, CV-17, CV-22, Pe-6, Lu-7, LI-1

11b. Zang-Fu Protocols – Self Testing (Patterns)

<i>Self Testing:</i>	Spleen Patterns
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<i>Fill in the Pattern</i>	<i>Points</i>
	CV-12, ST-36, Sp-3, Sp-6, BL-20, BL-21
	as above + Sp-9, CV-9, ST-28, BL-22 (M)
	as above + GV-20, CV-6, ST-21, GV-1
	as above + Sp-10, BL-17, Sp-1
	Sp-9, Sp-6, CV-12, Sp-3, ST-8
	Sp-9, Sp-6, GV-9, LI-11, BL-20, GB-34
	ST-36, Sp-3, BL-20, BL-21, Lu-9, BL-13, GV-12
	ST-36, Sp-3, BL-20, BL-21, Lr-8, BL-17, Sp-6
	CV-12, Sp-6, Sp-3, BL-20, Lr-13, Lr-14, GB-24, GB-34

11b. Zang-Fu Protocols – Self Testing (Patterns)

Self Testing: Kidney Patterns	
<i>Fill in the Pattern</i>	<i>Points</i>
	CV-4, Kd-3, Kd-6, Kd-10, Kd-9, Sp-6, CV-1
	BL-23, GV-4, CV-4, CV-6, Kd-3, Kd-7, BL-47/23a, Jing-gong (moxa)
	BL-23, GV-4, Kd-3, BL-47/23a, CV-4, Jing-gong (moxa)
	Kd-3, Lu-7 & Kd-6, ST-36, BL-23, GV-4, CV-6, CV-17, Kd-25, GV-12, Kd-7 (moxa)
	Kd-3, Kd-6, CV-4, BL-23, GV-4, GB-39, GV-20, GV-14, BL-15, BL-11
	GV-4, BL-23, BL-22, BL-20, CV-9, ST-28, Sp-9, Sp-6, Kd-7
	+ GV-14, BL-15
	+ Lu-7, BL-13, GV-12
	Kd-3, Kd-6, Kd-2, Kd-9, Kd-10, CV-4, Sp-6, Ht-5, Lu-7, Lu-10
	Kd-3, Kd-6, Lr-8, CV-4, BL-23, BL-20, BL-17, BL-18, BL-10, GV-20
	Ht-7, Ht-6, Ht-5, yin tang, BL-15, CV-15, GB-13, GV-24, Kd-3, Kd-10, Kd-9, CV-4, Pe-6, Sp-6
	Kd-3, Lu-7 & Kd-6, BL-38/14a, Lu-9, Lu-1, Sp-6, CV-4
	Kd-3, Kd-7, BL-23, GV-4, BL-20, BL-21, ST-36, CV-6, ST-37, ST-25, BL-25

11b. Zang-Fu Protocols – Self Testing (Patterns)

<i>Self Testing:</i>	Stomach Patterns
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<i>Fill in the Pattern</i>	<i>Points</i>
	ST-36, CV-12, BL-21, CV-6
	ST-36, CV-12, BL-20, BL-21, CV-6 (M)
	ST-36, CV-12, Sp-3, Sp-6
	ST-21, CV-13, ST-44, ST-45, Sp-6, CV-12, Pe-6
	ST-21, Sp-4, CV-13, ST-34
	CV-13, CV-10, Pe-6, Sp-4
	CV-13, CV-10, ST-21, ST-44, ST-45, Sp-4, Pe-6
	CV-10, ST-21, ST-34, Sp-10, BL-17, BL-18

11b. Zang-Fu Protocols – Self Testing (Patterns)

<i>Self Testing:</i>	Large Intestine Patterns
<i>Fill in the Pattern</i>	<i>Points</i>
	ST-36, Sp-6, CV-4, Kd-6
	ST-25, CV-6, ST-36, ST-37, BL-25, BL-20 (M)
	CV-6, ST-25, ST-36, Sp-3, BL-20, BL-21, GV-20
	Sp-9, Sp-6, CV-3, BL-22, BL-25, ST-25, BL-17, CV-12, LI-11, ST-37, BL-20
	CV-4, LI-11, ST-37, ST-44, LI-2, Sp-6, Kd-6, CV-12
	LI-11, LI-4, Sp-15, TB-6, Sp-6, LI-2, ST-44, ST-25
	ST-37, ST-25, ST-36, Sp-6, Lr-3, ST-27

11b. Zang-Fu Protocols – Self Testing (Patterns)

<i>Self Testing:</i>	Small Intestine Patterns
<i>Fill in the Pattern</i>	<i>Points</i>
	CV-6, ST-25, ST-39, ST-36, BL-20, BL-27
	SI-2, SI-5, Ht-5, Ht-8, ST-39
	CV-6, GB-34, Lr-13, ST-27, ST-29, Sp-6, Lr-3, ST-39
	ST-39, Lan-wei, CV-6, GB-34, ST-25, Sp-6, Lr-3
	<i>use herbs</i>

11b. Zang-Fu Protocols – Self Testing (Patterns)

<i>Self Testing:</i>	Gall Bladder Patterns
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<i>Fill in the Pattern</i>	<i>Points</i>
	GB-40 (moxa ok)
	GB-24, Lr-14, CV-12, GB-34, Dan-nang xue, GV-9, BL-18, BL-19, BL-20; LI-11, TB-6

<i>Self Testing:</i>	Bladder Patterns
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<i>Fill in the Pattern</i>	<i>Points</i>
	BL-23, GV-4, BL-28, CV-4 (moxa applicable)
	Sp-9, Sp-6, BL-22, BL-28, CV-3; BL-63, BL-66
	Sp-9, Sp-6, BL-22, BL-28, CV-3; ST-28, CV-9

Appendix

- *Zang-Fu Patterns: Character & Pin-yin Reference*
- *Reference Sources & Bibliography*
- *About the Author and Other Books by Jim*
- *Astro-Chrono Puncture: Ling-Gui Ba-Fa Open Points Table*

12a. Zang-Fu Patterns – PinYin & Characters Reference

(see Chapter 9)

Pattern	Pin-Yin	Characters
Heart Patterns	Xīn Zhèng	心証
<i>Depletion/Insufficiency/Hypo-functioning Patterns</i>	<i>Xū Zhèng</i>	虛証/虚证
1. Heart Blood Xu	Xīn Xuè Xū	心血虛
2. Heart Yin Xu	Xīn Yīn Xū	心陰虛
3. Heart Qi Xu	Xīn Qì Xū	心氣虛
4. Heart Yang Xu	Xīn Yáng Xū	心陽虛
<i>Repletion/Excess/Hyper-functioning Patterns</i>	<i>Shí Zhèng</i>	實証/实证
5. Heart Blood Stasis	Xīn Xuè Yù	心血鬱
6. Phlegm Confuses the Heart Portals / Mind	Tán Mí Xīn Qiào	痰迷心竅
7. Phlegm & Fire Harass/Agitate the Heart	Tán Huǒ Rǎo Xīn	痰火擾心
8. Exuberant Heart Fire	Xīn Huǒ Shèng	心火盛
Lung Patterns	Fèi Zhèng	肺証
<i>Depletion/Insufficiency/Hypo-functioning Patterns</i>	<i>Xū Zhèng</i>	虛証/虚证
1. Lung Qi Xu	Fèi Qì Xū	肺氣虛
1a. Lung Yang Xu	Fèi Yáng Xū	肺陽虛
2. Lung Yin Xu	Fèi Yīn Xū	肺陰虛
<i>Repletion/Excess/Hyper-functioning Patterns</i>	<i>Shí Zhèng</i>	實証/实证
3. Lung Dryness	Fèi Zào	肺燥
4. Lung Heat	Fèi Rè	肺熱
5. Wind & Heat Invade the Lungs	Fēng Rè Fàn Fèi	風熱犯肺
6. Wind & Cold Invade the Lungs	Fēng Hán Fàn Fèi	風寒犯肺
6a. Wind, Cold & Damp Invade the Lungs	Fēng Hán Shī Fàn Fèi	風寒濕犯肺
7. Phlegm & Dampness Obstruct the Lungs	Tán Shī Zǔ Fèi	痰濕阻肺
8. Phlegm & Heat Obstruct the Lungs	Tán Rè Zǔ Fèi	痰熱阻肺
Spleen Patterns	Pí Zhèng	脾証
<i>Depletion/Insufficiency/Hypo-functioning Patterns</i>	<i>Xū Zhèng</i>	虛証/虚证
1. Spleen (Qi) Xu	Pí Qì Xū	脾氣虛
2. Spleen Yang Xu	Pí Yáng Xū	脾陽虛
3. Spleen Qi Sinking	Pí Qì Xià	脾氣陷
4. Spleen Not-Controlling Blood	Pí Bù Tǒng Xuè	脾不統血
<i>Repletion/Excess/Hyper-functioning Patterns</i>	<i>Shí Zhèng</i>	實証/实证
5. Cold & Damp Encumber the Spleen	Hán Shī Kùn Pí	寒濕困脾
6. Damp-Heat Encumbers the Spleen	Shī Rè Kùn Pí	濕熱困脾

12a. Zang-Fu Patterns – PinYin & Characters Reference

八法 Bā Fǎ =	The Traditional Eight Methods	More Modern Additions (see Chapter 8) + Three makes Eleven Treatment Methods
汗法 Hàn Fǎ	= Sweating Method	开窍法 Kāi Qiào Fǎ = Open Portals
清法 Qīng Fǎ	= Clearing Method	固涩法 Gù Sè Fǎ = Secure & Astringe
吐法 Tù Fǎ	= Ejection Method	镇纳法 Zhèn Nà Fǎ = Settle & Absorb
下法 Xià Fǎ	= Precipitation Method	
和法 Hé Fǎ	= Harmonizing Method	
温法 Wēn Fǎ	= Warming Method	
补法 Bǔ Fǎ	= Supplementing Method	
消法 Xiāo Fǎ	= Dispersing Method	

(continue Chapter 9)

Pattern	Pin-Yin	Characters
Liver Patterns	Gān Zhèng	肝証
<i>Repletion/Excess/Hyper-functioning Patterns</i>	<i>Shí Zhèng</i>	實証/实证
1. Constrained Liver Qi / Liver Qi Stagnation	Gān Qi Yù Jié	肝氣鬱結
2. Liver Blood Stasis	Gān Xuè Yù	肝血鬱
3. Liver Fire (Upward Blazing/Flaming)	Gān Huǒ Shàng Yán	肝火上炎
4. Liver & GB Damp-Heat	Gān Dǎn Shī Rè	肝膽濕熱
5. Cold Stagnating in the Liver Channel/Vessel	Hán Zhì Gān Mài	寒滯肝脈
<i>Depletion/Insufficiency/Hypo-functioning Patterns</i>	<i>Xū Zhèng</i>	虛証/虚证
6. Liver Blood Xu	Gān Xuè Xū	肝血虛
7. (Arrogant) Liver Yang Rising	Gān Yáng Shàng Kàng	肝陽上亢
sub-pattern: Liver Yin Xu	Gān Yīn Xū	肝陰虛
8. Liver Wind (Internally Stirring)	Gān Fēng Nèi Dòng	肝風內動
Kidney Patterns	Shèn Zhèng	腎証
<i>Depletion/Insufficiency/Hypo-functioning Patterns</i>	<i>Xū Zhèng</i>	虛証/虚证
1. Kidney Qi Xu	Shèn Qi Xū	腎氣虛
1a. Kidney Qi Not Secure (not securing the lower Yin)	Shèn Qi Bù Gù	腎氣不固
1b. Kidney Not Grasping Qi	Shèn Bù Nà Qi	腎不納氣
2. Kidney Yang Xu	Shèn Yáng Xū	腎陽虛
2a. Kidney Yang Xu w/ Water Flooding	Shèn Yáng Xū Shuǐ Fàn	腎陽虛水泛
a. Water Floods the Lungs	Shuǐ Fàn Fèi	水泛肺
b. Water Floods the Heart	Shuǐ Fàn Xīn	水泛心
3. Kidney Yin Xu	Shèn Yīn Xū	腎陰虛
3a. Kidney Yin Xu, Fire Flourishes/Exuberant	Shèn Yīn Xū Huǒ Shèng	火盛
4. Kidney Jing Xu	Shèn Jīng Xū	腎精虛

12a. Zang-Fu Patterns – PinYin & Characters Reference

Pattern	Pīn-Yīn	Characters
Stomach Patterns	Wèi Zhèng	胃証
<i>Depletion/Insufficiency/Hypo-functioning Patterns</i>	<i>Xū Zhèng</i>	虛証/虚证
1. Stomach Qi Xu	Wèi Qi Xū	胃氣虛
2. Stomach Cold & Xu (Yang Xu)	Wèi Hán Xū	胃寒虛
3. Stomach Yin Xu	Wèi Yīn Xū	胃陰虛
<i>Repletion/Excess/Hyper-functioning Patterns</i>	<i>Shí Zhèng</i>	實証/实证
4. Stomach Fire	Wèi Huǒ	胃火
4a. Phlegm & Fire	Wèi Tán Huǒ	胃痰火
5. Cold Invades Stomach	Hán Fàn Wèi	寒犯胃
6. Stomach Qi Counterflow	Wèi Qi Nì	胃氣逆
7. Food Retention (in Stomach)	Shí Zhì	食滯
8. Stomach Blood Stasis	Wèi Xuè Yū	胃血瘀
9. Stagnant Stomach Qi	Wèi Qi Zhì	胃氣滯
10. Constrained Liver Invades ST	Gān Yù Fàn Wèi	肝鬱犯胃
Small Intestine Patterns	Xiǎo Cháng Zhèng	小腸証
<i>Depletion/Insufficiency/Hypo-functioning Patterns</i>	<i>Xū Zhèng</i>	虛証/虚证
1. Sm. Intestine Xu & Cold (Sp/ST Yang Xu)	Xiǎo Cháng Xū Hán	小腸虛寒
<i>Repletion/Excess/Hyper-functioning Patterns</i>	<i>Shí Zhèng</i>	實証/实证
2. Full Heat in Sm. Intestine	Xiǎo Cháng Shí Rè	小腸實熱
Heart Passes Heat to SI	Xīn Yí Rè Yú Xiǎo Cháng	心移熱于小腸
3. Sm. Intestine Qi Stagnation (Cold Obstructing Liver Channel)	Xiǎo Cháng Qì Zhì	小腸氣滯
3a. Sm. Intestine Qi Obstruction	Xiǎo Cháng Qì Zǔ	小腸氣阻
Large Intestine Patterns	Dà Cháng Zhèng	大腸証
<i>Repletion/Excess/Hyper-functioning Patterns</i>	<i>Shí Zhèng</i>	實証/实证
1. Lg. Intestine Damp-Heat	Dà Cháng Shí Rè	大腸濕熱
2. Lg. Intestine Heat	Dà Cháng Rè	大腸熱
2a. Lg. Intestine Heat Bind aka Yang Ming Bowel Pattern	Dà Cháng Rè Jié	大腸熱結
2b. Intestinal Abscess	Dà Cháng Yōng	大腸癰
3. Lg. Intestine Attacked by Cold	Dà Cháng Fàn Hán	大腸犯胃
<i>Depletion/Insufficiency/Hypo-functioning Patterns</i>	<i>Xū Zhèng</i>	虛証/虚证
4. Lg. Intestine Dry	Dà Cháng Zào	大腸燥
4a. Lg. Intestine Fluid Shortage	Dà Cháng Yè Kuī	大腸液虧
4b. Lg. Intestine Blood Deficiency	Dà Cháng Xuè Xū	大腸血虛

12a. Zang-Fu Patterns – PinYin & Characters Reference

Pattern	Pīn-Yīn	Characters
5. Lg. Intestine Xu & Cold (<i>Sp Qi/Yang Xu</i>)	Dà Cháng Xū Hán	大腸虛寒
5a. Lg. Intestine Qi Xu (<i>Sp Qi Xu</i>)	Dà Cháng Qì Xū	大腸氣虛
5b. Lg. Intestine Prolapse (<i>Sinking of Sp Qi</i>)	Dà Cháng Xiàn	大腸陷
Gall Bladder Patterns	Dǎn Zhèng	膽証
<i>Repletion/Excess/Hyper-functioning Patterns</i>	<i>Shí Zhèng</i>	<i>實証/实证</i>
1. Liver/GB Damp-Heat	Gān Dǎn Shí Rè	肝膽濕熱
<i>Depletion/Insufficiency/Hypo-functioning Patterns</i>	<i>Xū Zhèng</i>	<i>虛証/虚证</i>
2. Gall Bladder Deficiency	Dǎn Xū	膽虛
Bladder Patterns	Páng-Guāng Zhèng	膀胱証
<i>Repletion/Excess/Hyper-functioning Patterns</i>	<i>Shí Zhèng</i>	<i>實証/实证</i>
1. Bladder Damp-Heat	Páng Guāng Shī Rè	膀胱濕熱
<i>Depletion/Insufficiency/Hypo-functioning Patterns</i>	<i>Xū Zhèng</i>	<i>虛証/虚证</i>
2. Bladder Xu & Cold	Páng Guāng Xū Hán	肝膽虛寒
Bladder Cold & Damp	Páng Guāng Shī Hán	肝膽濕寒

Pattern	Pīn-Yīn	Characters
Dual Organ Patterns: Spleen	Pí	脾
1. Spleen & Lung Qi Xu	Pí Fèi Qì Xū	脾肺氣虛
2. Spleen & Liver Blood Xu	Pí Gān Xuè Xū	脾肝血虛
3. Spleen Damp Liver Constraint	Pí Shī Gān Yù	脾濕肝鬱(郁)
Dual Organ Patterns: Liver	Gān	肝
1. Liver Qi Invades Spleen	Gān Qì Fàn Pí	肝氣犯脾
2. Liver Qi Invades Stomach	Gān Qì Fàn Wèi	肝氣犯胃
3. Liver Fire Invades Lungs	Gān Huǒ Fàn Fèi	肝火犯肺
Dual Organ Patterns: Kidney	Shèn	腎
1. Kidney & Liver Yin Xu	Shèn Gān Yīn Xū	腎肝陰虛
2. Lung & Kidney Yin Xu	Fèi Shèn Yīn Xū	肺腎陰虛
3. Heart & Kidney Not Interacting	Xīn Shèn Bù Jiāo	心腎不交
4. Spleen & Kidney Yang Xu	Pí Shèn Yáng Xū	脾腎陽虛

References by Chapter

Ch.	Title	Author(s)	Publisher	Date
2.	Local, Nearby, & Distant/Distal Point Combinations			
	• Essentials of Chinese Acupuncture	???	Foreign Language Pr	1980
	• Acupuncture: A Comprehensive Text	Bensky & O'Connor	Eastland	1981
	• Chinese Acupuncture and Moxibustion	ed. Cheng	Foreign Language Pr	1988
	• Fundamentals of Chinese Medicine	Wiseman & Ellis	Paradigm	1995
3.	San Zhen, Three Point Prescriptions			
	• Three Needle Technique	Yin & Fu	ATOM	2002
4.	Classic Two and Three Point Combinations			
	• Manual of Acupuncture	Deadman & Al-Khafaji	JCM	1998
5.	Extraordinary Vessel Treatment Protocols			
	• Extraordinary Vessels	Matsumoto & Birch	Paradigm	1986
	• Hara Diagnosis: Reflections on the Sea	Matsumoto & Birch	Paradigm	1988
	• The Foundations of Chinese Medicine	Maciocia	Churchill-Livingston	1988
	• Acupuncture Point Combinations	Ross	Churchill-Livingston	1995
	• Meridian Style Acupuncture	Pirog	Pacific View	1996
	• Manual of Acupuncture	Deadman & Al-Khafaji	JCM	1998
7.	Points for Pathogens			
	• Fundamentals of Chinese Medicine	Wiseman & Ellis	Paradigm	1995
8.	Ba-Fa Point Prescriptions			
	• Fundamentals of Chinese Medicine	Wiseman & Ellis	Paradigm	1995
9.	Zang-Fu Prescriptions			
	• The Foundations of Chinese Medicine	1st ed. Maciocia	Churchill-Livingston	1989
	• The Foundations of Chinese Medicine	2nd Maciocia	Elsevier	2005

Other Books by Jim Cleaver

*** THE ACUPUNCTURE SERIES**

<u>Vol.</u>	<u>Title/Subject</u>	<u># of Pages</u>
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*** Acupuncture Related Topics**

* Chinese Medical Classics - Translation Workbooks

Translation workbooks provide the Chinese characters of the text in full form/traditional characters (vs. simplified characters), with pin-yin transliteration, including tone marks.

The texts are arranged sentence by sentence, with space underneath to experiment with your own translation.

- Huang Di Nei Jing **Su Wen** 5 Volumes (~215 pages each)
 - Huang Di Nei Jing **Ling Shu** 4 Volumes (~195 pages each)
 - Su Wen **Vocabulary** (Top 1000 characters) 162 pages
(all the characters that occur 5x or more)
 - Nan Jing Translation Workbook 246 pages

* Chinese Philosophical Classics - Translation Workbooks

- **Zhou Yi / Yi Jing** Translation Workbook 333 pages
 - **Dao De Jing / Lao Zi** Translation Workbook 222 pages
 - **Zhuang Zi** Inner Chapters (1-7) 274 pages
 - **Sun Zi** (Master Sun's Classic on Military Strategy) 150 pages

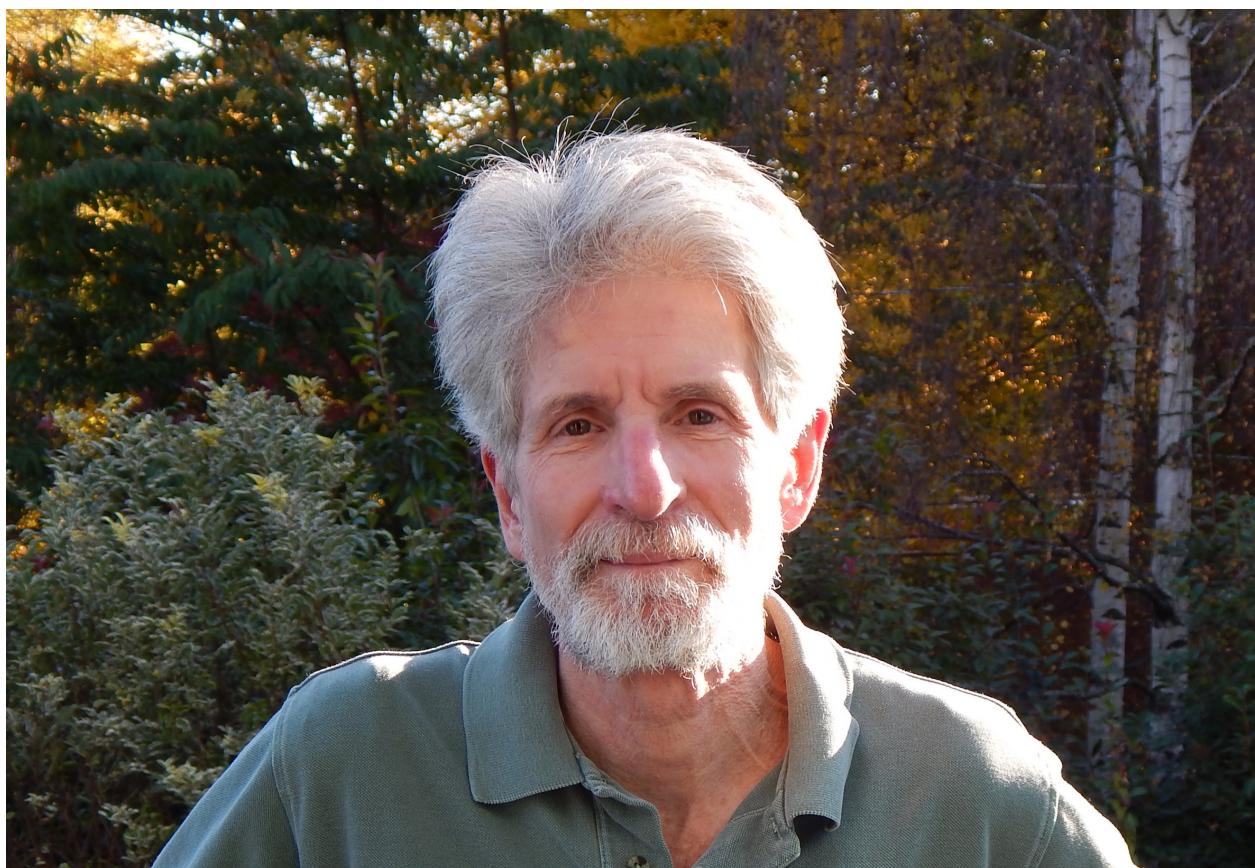
About the Author

Jim Cleaver has devoted much of the last forty years to teaching many aspects of Chinese medicine, and has held positions at Five Branches Institute in Santa Cruz, CA., The Oregon College of Oriental Medicine, and the last 22 years at National College/University of Natural Medicine in Portland, OR.

Using his books students, teachers, and practitioners will all benefit from his depth of experience in both clinic and classroom. As a classroom tool and an office reference, this book is an invaluable resource.

Now retired from academics, Jim is making available some of the many books he created for his classes and students during his teaching career. These cover a wide range of topics related to Chinese Medicine, especially acupuncture, as well as the Yi-Jing and Chinese philosophical classics.

Jim also maintains a private practice, and has taught Tai-Ji & Qi-Gong classes since 1992.



* cover photographs and design by Jim *

靈 龜 八 法 Líng Guī Bā Fǎ

Numinous-Magical-Mystic-Sacred Turtle Method of Eight

• Using a Chinese almanac find the Stem-Branch for the Western calendar date, then use the point for the hour

Hour → Day ↓	11-1 am	1-3 am	3-5 am	5-7 am	7-9 am	9-11 am	11-1 pm	1-3 pm	3-5 pm	5-7 pm	7-9 pm	9-11 pm	
#	Stem-Branch	1	2	3	4	5	6	7	8	9	10	11	12
1.	Jiǎ-zǐ	Pc-6	Sp-4	GB-41	Kd-6	Lu-7	TB-5	SI-3	Kd-6	TB-5	BL-62	GB-41	Kd-6
2.	Yǐ-chǒu	Kd-6	TB-5	BL-62	GB-41	Kd-6	Sp-4	GB-41	Kd-6	Kd-6	TB-5	BL-62	Kd-6
3.	Bǐng-yín	Kd-6	Kd-6	TB-5	BL-62	Pc-6	Sp-4	Sp-4	GB-41	Kd-6	Lu-7	SI-3	BL-62
4.	Dīng-mǎo	TB-5	BL-62	Kd-6	TB-5	Sp-4	GB-41	Kd-6	Sp-4	GB-41	BL-62	Kd-6	TB-5
5.	Wù-chén	Kd-6	TB-5	Sp-4	GB-41	Kd-6	Lu-7	GB-41	SI-3	Kd-6	TB-5	BL-62	Pc-6
6.	Jǐ-sì	Kd-6	TB-5	BL-62	Kd-6	TB-5	Sp-4	GB-41	Kd-6	Sp-4	GB-41	BL-62	Kd-6
7.	Gēng-wǔ	Kd-6	TB-5	BL-62	GB-41	Kd-6	Lu-7	GB-41	Kd-6	Kd-6	TB-5	BL-62	Pc-6
8.	Xīn-wèi	BL-62	GB-41	Kd-6	Sp-4	GB-41	Kd-6	Kd-6	TB-5	BL-62	Kd-6	TB-5	Sp-4
9.	Rén-shēn	SI-3	Kd-6	TB-5	BL-62	GB-41	Kd-6	Sp-4	GB-41	Kd-6	Kd-6	TB-5	BL-62
10.	Guǐ-yōu	BL-62	Kd-6	Kd-6	Sp-4	GB-41	Kd-6	Sp-4	TB-5	BL-62	Kd-6	TB-5	BL-62
11.	Jiǎ-xū	Kd-6	Lu-7	SI-3	Kd-6	TB-5	Sp-4	BL-62	Pc-6	Sp-4	GB-41	SI-3	Kd-6
12.	Yǐ-hài	Kd-6	Sp-4	GB-41	BL-62	Kd-6	TB-5	BL-62	Kd-6	Kd-6	Sp-4	GB-41	Kd-6
13.	Bǐng-zǐ	BL-62	GB-41	Kd-6	Lu-7	SI-3	Kd-6	Kd-6	TB-5	BL-62	Pc-6	Sp-4	Lu-7
14.	Dīng-chǒu	Kd-6	TB-5	BL-62	Kd-6	Kd-6	Sp-4	GB-41	Kd-6	Sp-4	TB-5	BL-62	Kd-6
15.	Wù-yín	TB-5	BL-62	GB-41	Kd-6	Lu-7	SI-3	Kd-6	Kd-6	TB-5	BL-62	Pc-6	Sp-4
16.	Jǐ-mǎo	Sp-4	GB-41	Kd-6	Sp-4	GB-41	BL-62	Kd-6	TB-5	BL-62	Kd-6	Kd-6	Sp-4
17.	Gēng-chén	Pc-6	Sp-4	GB-41	SI-3	Kd-6	TB-5	SI-3	Kd-6	Pc-6	Sp-4	GB-41	Kd-6
18.	Xīn-sì	GB-41	BL-62	Kd-6	TB-5	BL-62	Kd-6	Kd-6	Sp-4	GB-41	Kd-6	Sp-4	TB-5
19.	Rén-wǔ	Kd-6	TB-5	BL-62	Pc-6	Kd-6	Lu-7	GB-41	Kd-6	Lu-7	TB-5	BL-62	Pc-6
20.	Guǐ-wèi	Kd-6	Sp-4	TB-5	BL-62	Kd-6	TB-5	BL-62	GB-41	Kd-6	Sp-4	GB-41	Kd-6
21.	Jiǎ-shēn	BL-62	Pc-6	Sp-4	GB-41	Kd-6	Kd-6	Lu-7	SI-3	Kd-6	TB-5	Sp-4	GB-41
22.	Yǐ-yōu	GB-41	Kd-6	Sp-4	TB-5	BL-62	Kd-6	TB-5	BL-62	GB-41	Kd-6	Sp-4	GB-41
23.	Bǐng-xū	GB-41	SI-3	Kd-6	TB-5	BL-62	Pc-6	Pc-6	Sp-4	GB-41	Kd-6	Lu-7	TB-5
24.	Dīng-hài	Kd-6	Sp-4	GB-41	Kd-6	Kd-6	TB-5	BL-62	Kd-6	TB-5	Sp-4	GB-41	Kd-6
25.	Wù-zǐ	Kd-6	Lu-7	TB-5	BL-62	Pc-6	Sp-4	BL-62	GB-41	Kd-6	Lu-7	SI-3	Kd-6
26.	Jǐ-chǒu	Kd-6	Sp-4	GB-41	Kd-6	Sp-4	TB-5	BL-62	Kd-6	TB-5	BL-62	GB-41	Kd-6
27.	Gēng-yín	Sp-4	GB-41	Kd-6	Kd-6	TB-5	BL-62	Kd-6	TB-5	Sp-4	GB-41	Kd-6	Lu-7
28.	Xīn-mǎo	Kd-6	Kd-6	Sp-4	GB-41	Kd-6	Sp-4	TB-5	BL-62	Kd-6	TB-5	BL-62	GB-41
29.	Rén-chén	Pc-6	Sp-4	GB-41	Kd-6	Kd-6	TB-5	SI-3	Kd-6	TB-5	Sp-4	GB-41	Kd-6
30.	Guǐ-sì	Kd-6	TB-5	Sp-4	GB-41	Kd-6	Sp-4	GB-41	BL-62	Kd-6	TB-5	BL-62	Kd-6

* Yin Rows and Columns are gray.

靈 龜 八 法 Líng Guī Bā Fǎ

Numinous-Magical-Mystic-Sacred Turtle Method of Eight

• Using a Chinese almanac find the Stem-Branch for the Western calendar date, then use the point for the hour

Hour → Day ↓	11-1 am	1-3 am	3-5 am	5-7 am	7-9 am	9-11 am	11-1 pm	1-3 pm	3-5 pm	5-7 pm	7-9 pm	9-11 pm	
#	Stem-Branch	1	2	3	4	5	6	7	8	9	10	11	12
31.	Jiǎ-wǔ	Pc-6	Sp-4	GB-41	Kd-6	Lu-7	TB-5	SI-3	Kd-6	TB-5	BL-62	GB-41	Kd-6
32.	Yǐ-wèi	Kd-6	TB-5	BL-62	GB-41	Kd-6	Sp-4	GB-41	Kd-6	Kd-6	TB-5	BL-62	Kd-6
33.	Bǐng-shēn	TB-5	Sp-4	GB-41	Kd-6	Lu-7	SI-3	SI-3	Kd-6	TB-5	BL-62	Pe-6	Kd-6
34.	Dīng-yǒu	Kd-6	Kd-6	Sp-4	GB-41	BL-62	Kd-6	TB-5	BL-62	Kd-6	Kd-6	Sp-4	GB-41
35.	Wù-xū	Kd-6	TB-5	Sp-4	GB-41	Kd-6	Lu-7	GB-41	SI-3	Kd-6	TB-5	BL-62	Pe-6
36.	Jǐ-hài	Kd-6	TB-5	BL-62	Kd-6	TB-5	Sp-4	GB-41	Kd-6	Sp-4	GB-41	BL-62	Kd-6
37.	Gēng-zǐ	Kd-6	TB-5	BL-62	GB-41	Kd-6	Lu-7	GB-41	Kd-6	Kd-6	TB-5	BL-62	Pe-6
38.	Xīn-chǒu	BL-62	GB-41	Kd-6	Sp-4	GB-41	Kd-6	Kd-6	TB-5	BL-62	Kd-6	TB-5	Sp-4
39.	Rén-yín	Sp-4	GB-41	Kd-6	Lu-7	TB-5	BL-62	Kd-6	TB-5	BL-62	GB-41	Kd-6	Lu-7
40.	Guǐ-mǎo	Sp-4	GB-41	BL-62	Kd-6	TB-5	BL-62	Kd-6	Kd-6	Sp-4	GB-41	Kd-6	Sp-4
41.	Jiǎ-chén	Kd-6	Lu-7	SI-3	Kd-6	TB-5	Sp-4	BL-62	Pe-6	Sp-4	GB-41	SI-3	Kd-6
42.	Yǐ-sì	Kd-6	Sp-4	GB-41	BL-62	Kd-6	TB-5	BL-62	Kd-6	Kd-6	Sp-4	GB-41	Kd-6
43.	Bǐng-wǔ	BL-62	GB-41	Kd-6	Lu-7	SI-3	Kd-6	Kd-6	TB-5	BL-62	Pe-6	Sp-4	Lu-7
44.	Dīng-wèi	Kd-6	TB-5	BL-62	Kd-6	Kd-6	Sp-4	GB-41	Kd-6	Sp-4	TB-5	BL-62	Kd-6
45.	Wù-shēn	GB-41	Kd-6	Kd-6	TB-5	BL-62	Pe-6	TB-5	Sp-4	GB-41	Kd-6	Lu-7	SI-3
46.	Jǐ-yǒu	BL-62	Kd-6	TB-5	BL-62	Kd-6	Kd-6	Sp-4	GB-41	Kd-6	Sp-4	TB-5	BL-62
47.	Gēng-xū	Pe-6	Sp-4	GB-41	SI-3	Kd-6	TB-5	SI-3	Kd-6	Pe-6	Sp-4	GB-41	Kd-6
48.	Xīn-hài	GB-41	BL-62	Kd-6	TB-5	BL-62	Kd-6	Kd-6	Sp-4	GB-41	Kd-6	Sp-4	TB-5
49.	Rén-zǐ	Kd-6	TB-5	BL-62	Pe-6	Kd-6	Lu-7	GB-41	Kd-6	Lu-7	TB-5	BL-62	Pe-6
50.	Guǐ-chǒu	Kd-6	Sp-4	TB-5	BL-62	Kd-6	TB-5	BL-62	GB-41	Kd-6	Sp-4	GB-41	Kd-6
51.	Jiǎ-yín	Lu-7	SI-3	Kd-6	TB-5	BL-62	GB-41	Pe-6	Sp-4	GB-41	Kd-6	Kd-6	TB-5
52.	Yǐ-mǎo	TB-5	BL-62	Kd-6	Kd-6	Sp-4	GB-41	Kd-6	Sp-4	TB-5	BL-62	Kd-6	TB-5
53.	Bǐng-chén	GB-41	SI-3	Kd-6	TB-5	BL-62	Pe-6	Pe-6	Sp-4	GB-41	Kd-6	Lu-7	TB-5
54.	Dīng-sì	Kd-6	Sp-4	GB-41	Kd-6	Kd-6	TB-5	BL-62	Kd-6	TB-5	Sp-4	GB-41	Kd-6
55.	Wù-wǔ	Kd-6	Lu-7	TB-5	BL-62	Pe-6	Sp-4	BL-62	GB-41	Kd-6	Lu-7	SI-3	Kd-6
56.	Jǐ-wèi	Kd-6	Sp-4	GB-41	Kd-6	Sp-4	TB-5	BL-62	Kd-6	TB-5	BL-62	GB-41	Kd-6
57.	Gēng-shēn	SI-3	Kd-6	TB-5	Sp-4	GB-41	Kd-6	Sp-4	GB-41	SI-3	Kd-6	TB-5	BL-62
58.	Xīn-yǒu	Sp-4	TB-5	BL-62	Kd-6	TB-5	BL-62	GB-41	Kd-6	Sp-4	GB-41	Kd-6	Kd-6
59.	Rén-xū	Pe-6	Sp-4	GB-41	Kd-6	Kd-6	TB-5	SI-3	Kd-6	TB-5	Sp-4	GB-41	Kd-6
60.	Guǐ-hài	Kd-6	TB-5	Sp-4	GB-41	Kd-6	Sp-4	GB-41	BL-62	Kd-6	TB-5	BL-62	Kd-6

* Yin Rows and Columns are gray.