

Tung Points and Unique Applications of Points on the 14 Main Channels As Presented by Wei Chieh Young, Richard Tan & Steven Rush Compiled By Peter Borten, DAOM

Tung Principles

- Tung Point locations: A finger can be divided by 5 lines longitudinally:
 - division of red and white skin on radial side is A line
 - division of red and white skin on ulnar side is E line
 - C line is the center
 - B is halfway between A and C
 - D is halfway between C and E
- If there are two points on one line, they will be at the 1/3 and 2/3 distance between two interphalangeal creases
- If there are three points on one line, they will be at the 1/4, 1/2, and 3/4 distance between two interphalangeal creases
- The only exception to the 1/3+2/3 type of location for 2-point units is this pair: Da Jian and Xiao Jian: Da Jian is halfway between MP joint crease and PIP crease, on palmar side of index finger, on B line. Xiao Jian is halfway between Da Jian and the PIP crease, also on the B line. i.e., Da Jian are 1/2 and 3/4 of the distance from the MP to the PIP joint, along the B line. This combo is used for **hernia, testicle pain, and problems in Hui Yin area**. Similar in effect to Lv-2.
- Tung always retained needles for 45 minutes - very important - and sometimes longer.
- Bleeding is done ipsilaterally. Bleeding needs to be done in muscle area, not in thin skin over or along bone. Chronic diseases respond well to bleeding. Young often bleeds two points, like punching two holes in a can of juice to make it flow better. Also uses bleeding of a point in one location to cause opening of another area - e.g., opening the upper orifices to open lower orifices or vice-versa. In lots of bleeding diseases, can use bleeding / activating blood to cure - like using guiding herbs. Taiyang channel: often used for bleeding.
- After inserting point, must have patient move the affected region
- Young: "if needling one side only, for a non-"sided" disease, use right for women, left for men" (Otherwise, generally needling is contralateral)
- Young: "Depth of insertion is very, very important. To treat something farther from the point, use a deeper insertion. The real secret of needling technique is DEPTH. Deeper needling for more chronic conditions. Every point has a heaven, human, and earth depth. Example: Using lower body points for lower body - needle 1 cun deep; for abdomen, needle 1.5 cun deep; for upper body, go 2 cun deep. - Tube insertion gets a needle straight into the heaven depth. To go deeper, manipulate the needle at this level for a while, then go deeper to human level. To go deeper, manipulate the needle again at this level for a while, then go deeper to the earth level. The human level can be used to treat internal and evil Qi. The heaven level is specifically for evil Qi/superficial disorders. Earth level can be used to raise up the Zhen Qi."
- Face points: face can be divided into upper jiao, middle jiao, and lower jiao regions. Forehead region is like upper jiao, brows to GV-26 is like middle jiao, below GV-26 is like lower jiao. Heaven Qi goes in nose (lungs), earth Qi goes in mouth, human in between. If upper face is heaven and lower face is earth, GV-26 is like human's place - hence the name Ren Zhong - "Man's Middle."
- Tung didn't believe in draining and supplementing techniques, though he did believe in de Qi, though Carson says only minimal de Qi is necessary. However, the thickness of his needles may have precluded the need for much stimulation (<28 ga, oft 22 ga).
- Young says Tung acupuncture is based on relatively loose point location - broad areas
- Coupled Horses technique — Dao Ma — 2 or 3 needles in a line or zone for extra stimulation. (E.g., if PC-6 not strong enough, can add PC-5 and 7)
- Coupling points: (better to miss the point than to miss the channel) - using two points side by side ensures you hit the channel. Also intensifies the action of a point to add a coupling point. Coupled points are meant to hit the same meridian - should not be points on two different meridians.
- Can choose points in/adjacent to certain kinds of tissue to treat same kinds of tissue or the organ that corresponds to that tissue. e.g., St-38 against bone to treat bone spurs. Neck is like a thick tendon - use achilles tendon. Vessel to treat vessels - Lu-9, Lv-3. Skin to treat skin - very shallow needling, bleeding. Also, needle skin to treat lungs; muscle to treat spleen; bone to treat kidneys; vessels to treat heart; tendons to treat liver.
- Lu-2a (sensitive spot in vicinity of Lu-2, often lateral on deltoid): **Ankle pain or sprain**. Use contralateral.
- Lu-5: For **tendon** problems - needle right nxt to tendon.
- Lu-6: **Upper lumbar** or **lower thoracic** pain. Needle or bleed contralateral. **Hemorrhoids** - bleed.
- Lu-10: **acute asthma**. Ying spring points good for acute disease.
- LI-5: **Ankle** sprain or pain (especially for St-41 area). Use contralateral.
- LI-11: **Knee** pain. Use contralateral, deep insertion (1.5-2 cun - to Ht-3).
- LI-12 & 13 (slightly posterior, more on surface of bone - ashi): **Spine or paraspinal** pain, usually above the scapula. Use contralateral.
- LI-14: **Dizziness** related to hypertension, **nasal congestion, runny nose, vaginal discharge**. Use bilateral.

- St-31: for **upper back, trapezius area (GB-21 region) pain, including anterior** - traditionally located (in men) at the level of the tip of the penis.
- St-32: **Chest** pain, **heartburn, stomach/espohagus pain**, (Western) **heart** problems. Use either side.
- St-34: Acute **stomach pain**. Can suppress stomach acid secretion. Can also bleed Si Hua Zhong (4.5" below St-36) area for stomach pain.
- St-36: **Hiatal hernia** pain, **heartburn**. Use either side or determine by ashi. **Heart disorders**. Needle fairly shallow for knee, deeper for stomach, deeper still for **lungs/asthma**, very deep (over 2 cun) for stroke and to bring Qi down.
- St-38: **Bone spurs** - (see Si Hua Zhang) get right against the bone.
- St-41: **Shoulder** pain (frontal or Yangming), **carpal tunnel** or **wrist** pain (palmar). Use ipsilateral. Good with Lv-4.
- St-43: **Migraine (yangming) headache**
- Sp-6: See Ren Huang.
- Sp-7: **Menopausal** problems, especially with irregular menses, cramps. **Uterus & ovary** problems, **infertility**. Use either side, determine by ashi.
- Sp-9: **Headache**, frontal, summer; **GYN/hormone** disorders. Use either side, determine by ashi. **Nasal headache / sinusitis** - with St-36 and Lu-7 opposite side, LI-3 or LI-4 same side. If blocked, use LI-20 and Yin Tang for temporary relief. Also **excess stomach acid, regurgitation, nephritis, diabetes, and proteinuria**.
- Sp-9a (sensitive spot, usually 1-2 cun below Sp-9): **Shoulder** pain (lateral deltoid or Shaoyang). Use contralateral.
- Ht-3: **Knee** pain.
- Ht-4: **Neck** and **trapezius** area pain. Use contralateral.
- Ht-5: **Sciatic** pain. More effective for pain of posterior thigh, GB channel. Use contralateral.
- Ht-8: **Migraine** type headache. Use contralateral.
- SI-3: **Neck** pain (especially Taiyang type). For one-sided **headache**, use ipsilateral. For neck pain, either side ashi + opposite Ht-4. **Common cold** (with SJ-2)
- SI-4: **Eye** pain - use with SJ-2. **S-I joint** pain. Use contralateral.
- SI-6: **Scapular** pain, pain between scapula and spine (**rhomboids**). Use ipsilateral.
- SI-18: See Ma Jin Shui
- BL-1: **Testicle** pain. Use contralateral.
- BL-40: **Lumbar** pain, **hemorrhoids, occipital headache**. Bleed either or both sides (prominent capillaries).
- BL-57: **Upper back** pain. Needle or bleed contralateral (or bleed first, then needle). **UTI, kidney stones** - with K-6, BL-61, Ling Gu, Lu-7, + moxa ashi below St-4 or around LI-20.
- BL-65: (region along edge of foot, akin to SI-3 to 4) - **Spinal/paraspinal problems** (ashi). **Occipital headache. Stiff neck / neck pain** - wood point, relates to tendons. **Fatigue K-3: Lumbar** pain (S-I joint area). Use contralateral.
- PC-3: **Thumb** pain. **Knee** pain - especially yangming. Use ipsilateral for both conditions.
- PC-6: **Knee** pain. Use contralateral. Good with Lv-3 on same side as pain.
- PC-7: **Sciatica**, especially on posterior & medial aspect of thigh. **Groin** pain. Use contralateral.
- PC-9: **Throat** pain. Needle or bleed bilaterally.
- SJ-2: (San Cha San) Needled toward SJ-3, 1"-1.5". **Eyes** tired or a sensation of heaviness, especially when patient has hepatitis. Use bilateral. Also for **sore throat**, especially in summer. If pain is one-sided, use ipsilateral, otherwise use either side, with LI-3 on same side as SJ-2, and LU-10 on the other side. **Common cold. Fatigue. Severe muscle weakness. Itching skin, hives, rashes. Chest/rib pain/pressure. Low back pain. Any disease of the five senses. Upper leg pain/soreness. Shoulder pain** (often ipsilateral as guide point). **Neck injury. Nausea/vomiting. Allergies.**
- SJ-5: **Constipation** (use either side - test for ashi - with K-6 on same side, BL-62 and LU-6 opposite), **heartburn** (use either side, test for ashi), **rib** pain (use contralateral).
- SJ-6 & 7: **Constipation, rib, hypochondriac pain, heart palpitations**. Contralateral for rib pain. Enhance effect by combining with SJ-5. For constipation, combine with K-6 and Gan Men.
- SJ-9: Contralateral **hip/lumbar** (GB channel) pain.
- GB-30: **Shoulder** pain in trapezius area (GB-21/SJ-15 area) - 1 to 1½ hour retention. **Migraine**. Use contralateral.
- GB-31: **Headache**, one-sided, especially **temporal migraine**. Either side, determine by ashi. To treat bone problems, touch the bone - **bone spurs** - especially for heels. For bone spurs, esp cervical and lumbar,, can use combo of GV-26, SI-3, BL-65, GB-31. Best to touch bone with the needle. Bleeding BL-40 will speed up progress. If deficiency, can alternate BL-65 with K-7. If they have a cervical problem combined with **numbness in the hands**, add Shen Guan.
- GB-32: **TMJ** pain. Either side, determine by ashi. Needle all ashi from GB-34 to GB-32 if necessary.
- GB-33: **Elbow** pain, tennis elbow - use ashi, not necessarily strictly on the GB channel. **TMJ** pain. Use contralateral.

GB-34: Rib pain (use with SJ-5, 6, 7), **hypochondriac** pain, **lower abdominal** pain. Use contralateral for rib pain, ipsilateral for lower abdominal pain.

GB-41: **Temporal headache**

Lv-1: **Impotence** - liver channel surrounds genital area. Liver blood xu also relates to insufficient blood for erection.

Lv-2: Young says "Lv-2 is equal to Long Dan Xie Gan Tang"

Lv-4: **Carpal tunnel syndrome**. If pain radiates to the palm, add K-3 and Lv-1. **Neck pain/stiff** - if pressing on Lv-1 or IP joint of big toe causes improvement of neck stiff/pain, needle Lv-4.

Lv-4 to 5: Needle all ashi points along this line, oblique over the bone, for **upper back pain**.

CV-24: **Neck pain** (imagine needling directly through to the back of the neck)

GV-15: Bleed (squeeze up tissue) - for **chronic nausea, difficulty speaking/swallowing after stroke**

GV-16: Zong Shu in Tung system - 0.8 cun above posterior hairline. **Vomiting, disorders of the six fu organs, neck pain, heart failure, cholera morbus, and aphonia.**

GV-19: Huo Hui in Tung system - 1.6 posterior to GV-20. **Bone tuberculosis, mild headache, dizziness, spinal pain (most effective for pain of T-12, L-1, L-2), ncephalemia, aphasia due to wind-stroke, hemiplegia, and nerve paralysis.**

GV-20: Zheng Hui in Tung system - straight up from ear apex. **Tremor of limbs, fatigue, infantile convulsion, deviation of the mouth and eye, hemiplegia, dysfunction of the nervous system, and aphasia due to wind-stroke.**

GV-21: Qian Hui in Tung system (1.5" ant to GV-20). **Dizziness, blurred vision, distending feeling of the head, and neuroesthesia.**

Taiyang: bleed for **oral cancer** & afterwards with **difficulty swallowing, little saliva, difficulty opening mouth**. Can bleed once a week (don't know if this frequency matters).

Selected Tung Points

Ba Guan (two points - on either side of proximal phalanx of middle finger just distal to epicondyle [needle both]) **Motor or sensory deficit** in lower limb - use contralateral with strong stimulation. Can use electrostim for 60 minutes.

Bi Yi - if you follow the crease around the ala nasi around the nostril (from the nasolabial groove to its farthest point) - end of crease, on nose - about even with mid point of nostril. More on the nose than Bi Tong. For **fatigue**.

Ce San Li: - 1.5 lateral and 2 cun distal to St-36 - **common cold, trigeminal nerve problems, Bell's Palsy**

Chong Men: See Gan Men

Chung Tze (Chong Zi): (on palm, about 1 cun medial to midpoint of web-margin between thumb & index finger on a line drawn from here to PC-7 - ashi): **Upper back** pain between scapula and spine - use contralateral (usually with Chung Xian). **Asthma** in kids - use bilateral. **Throat** problems, especially acute tonsillitis in kids - bleed.

Chung Xian (on same line as above point, 1 cun further proximal - ashi): **Upper back** pain between scapula and spine - use contralateral with Chung Tze. **cough & pneumonia** - use bilateral w/ Chung Tze. **Asthma** in kids - use bilateral w/ Chung Tze. **Knee** pain - use contralateral. Both especially effective for **pneumonia**.

Young says, of **Chong Zi, Chong Xian**, the distal one better for **back and shoulders**, proximal one better for **neck and shoulders**. Both are ~1 cun from edge of hand, and ~1 cun apart from each other. Have patient cough while inserting needle. Any kind of shoulder pain - posterior, anterior, etc. Even better results if you add CV-24. Use both together for **asthma, cough**.

Da Bai (about 0.5 cun proximal to LI-3 on **Yangming** line, Young says is basically LI-3): **High fever** or **asthma** in kids - bleed bilateral. **Sciatica** - use w/ Ling Gu. **Tonsillitis, sore throat, headache, face pain, trigeminal neuralgia. Pneumonia:** sometimes a bluish vein appears around Da Bai, which can be bled.

Da Jian: At midpoint of proximal phalanx of index finger (palmar), on B line (i.e., halfway btw midline and radial border of red/white). **Heart disease, knee pain, hernia (most effective), pain of the corner of the eye, and a bearing down pain of the testis.**

Di Huang: On Spleen line of lower leg, 7 cun up from the medial malleolus (i.e., at or just above the usual location of Sp-7). **Nephritis, edema of the limbs, diabetes, strangury, impotence, premature ejaculation, nocturnal emission, involuntary emission, proteinuria, hematuria, tumor of uterus, irregular menstruation, and low back pain due to deficiency in the kidney.**

Ear Apex: Ear apex bleeding is good for either acute OR chronic **insomnia**. Even just a few drops of blood. **Chronic insomnia** always due to H/K not communicating - bleeding ear apex is indispensable. Si Ni San, Gan Mai Da Zao Tang, Wen Dan Tang - are somewhat analogous to bleeding ear apex. Also bleed ear apex for **excessive sweating**. Bleed ear apex for any kind of **dermatitis**. And, of course, Sp-10. Shaoyang controls wind - connects to ear apex thru relationship to SJ. Taiyang controls cold and water and the exterior - connects to ear apex thru BL channel. Ear apex clears heart fire, gallbladder wind, exterior via taiyang, and basically everything else you can think of, but all good super-magic make everything okay, even good sex.

Fu Ke: a 2 point unit] at 1/3 and 2/3 of distance between MP and PIP joints of thumb, on the ulnar edge, at border of red/white - E line. For **infertility** (with Huan Chao): best is 3x a week. May take a half a year or more with a woman in her 30s. Do on opposite hands and switch each tx. Fu Ke is reaction arc of uterus: **uterine pain, fibroid tumors, abnormal menstruation, dysmenorrhea, distension of the lower abdomen, female sterility, amenorrhea.**

Fu Jian & Wai Jian: 1/3 & 2/3 on B line of middle phalanx of index finger (palmar). **Testicle Pain, Genital Pain, Inguinal Pain, Hernia, Inner Thigh Pain, Urethritis, Toothache Stomach Ache.**

Gan Men: about on SI channel, along ulna, 6 cun proximal to wrist (i.e. half way from wrist to elbow). Needled "under" the bone (ventral to ulna) & **Chang Men:** same line, halfway between Gan Men and wrist (i.e., 3 cun proximal to wrist). This pair used for **liver disease**, esp. **Acute Hepatitis**. ALWAYS needled on the LEFT (for the liver, which is [mostly] on the right). Can also add SI-4 + GV-9. (Also see hepatitis below)

Gu Guan (in the depression [about 0.5 cun] distal to prominence of scaphoid - ashi):

Swollen joints, rheumatoid arthritis throughout body, bone swelling, heel pain/ spur - use contralateral. Usually w/ Mu Guan.

Huan Chao: At midpoint of middle phalanx of ring finger, on E line (ulnar edge red/white).

Uterine pain, uterine tumor, uteritis, irregular menstruation, leukorrhea with reddish discharge, tubal obstruction, retroversion of uterus, frequent urination, vaginal swelling, frequent miscarriage. (Often used opposite Fu Ke)

Huo Ju: - 66.11 - can lower **blood pressure**, great for **frontal headache, distending feeling of head, dizziness, heaviness of the eyes, blurred vision, sore eyelid, heaviness/stiffness of the neck;** clears heat from the head. Is at Sp-4 or tiny bit proximal. Also for **numbness of the hand, palpitations, foot pain.**

Huo Zhu: Like Ling Gu of Lv-3. Another for **heart disease**. Also good for **genital area disease** and **fibroids, inflammation of cervix, vaginal discharge. Combination liver and kidney disease. Bell's Palsy. Knee pain. Coronary artery disease and MI** (considered like a muscle/tendon disease) - especially with Huo Ying, and especially in emergencies. Good for **chronic sore throat**. Also **difficult labor, enlargement of bones (e.g., RA), headache due to heart problems, liver and gastric diseases, neuroesthesia, heart paralysis, pain of the hands and feet, metritis, and tumors of uterus, knee pain.** Also for **EMERGENCY** conditions.

Huo Bao: (55.01) Great for **angina, heart disease**. At center of distal crease on underside of 2nd toe. Also for **difficult labor, retention of placenta, and liver disease.**

Huo Quan: 4½ cun distal to the midpoint of the Lv line on the thigh. **Jaundice, dizziness caused by it, blurred vision, back/spinal pain, and cholecystitis.** (See Huo Zhi)

Huo Ying: (66.03) ½ cun proximal to Lv-2. For **heart disease, palpitations. Also dizziness, retention of placenta, enlargement of bones, chin pain, difficulty opening the mouth, coma, metritis, and tumors of uterus.**

Huo Zhi: 1½ cun distal to the midpoint of the Lv line on the thigh. **Jaundice, dizziness caused by it, blurred vision, back pain, and cholecystitis.**

Jian Zhong: Center of deltoid. Can treat any **genital area problems, knee pain** (Young prefers Xinmen and PC-6 for knee pain). Also **dermatosis (most effective for skin diseases in the neck region), polio** (see Li Bai, Yun Bai), **hemiplegia, heart palpitations, arteriosclerosis, nose bleeding, and shoulder pain.**

Jian Gu: **Insomnia.** ½ way between LI-3 and LI-4. Especially if irritable sensation in chest. Corresponds to chest in 2nd metacarpal microsystem. Can combine with Lv-2 for **insomnia** and also bleed ear apex.

Jie Xue: slightly above St-34 - for **Qi and blood disharmony** issues.

Li Bai: About 1.2 cun inferior and anterior to the center of the deltoid (Jian Zhong). **Body odor, foot and calf pain, lower limb weakness and polio.**

Ling Gu: Proximal to LI-4, just distal to the junction of the first two metacarpals on **Yangming** line: Needled to a depth where it nearly pokes out the palm. Always done after bleeding, at end of tx, either side. Tung felt bleeding had potentially chaotic effect on system & said Ling Gu would restore harmony, prevent any iatrogenesis. Good point to use when you just don't know what point to use. **Sciatica, any leg pain, heel pain** (w/ Da Bai & occasionally w/ Zong Bai or SI-3) - for lateral part of leg & low back pain - use contralateral. Also + 2 kidney reflex points: Wan Shun Yi (about SI-3 - 2.5 cun distal to wrist - Young says at SI-3) and Wan Shun Er (1 cun proximal to Wan Shun Yi) [if there seems to be kidney involvement]. Could also add a guiding point or two, e.g., an ipsilateral point, such as BL-65 or GB-34 or GB-41 depending on the location of sciatica. **Shooting-type pains** throughout body (start in one area & project down a limb, channel, or to another part of body, including most dermatome-related pain) - use contralateral. **Elbow joint pain** - use ipsilateral. **Headache, migraine, head area symptoms, Bell's palsy, tinnitus, hearing impairment** (can use w/ or w/o LI-4 or 3) - use bilateral or contralateral. **Painful &/or frequent urination** - use bilateral. **Lower jiao** problems in the front or the back, **GYN** disorders with **cramps, all menstrual disorders, difficult delivery, inguinal area pain, hyper or oligomenorrhagia, polyuria, amenorrhea.** Combine with Da Bai for **hemiplegia.**

Liu Kuai: 1½ cun lateral to midpoint of philtrum (about in line with edge of nose). **Urethral disorders - urethritis and stones in urethra.** See Qi Kuai.

Ma Jin Shui: Basically SI-18 - below cheek bone, in line with outer canthus. **Kidney stones, water disorders, lumbar sprain, a pain in the chest on breathing, nephritis, and rhinitis.**

Ma Kuai Shui: About ½ cun below Ma Jin Shui/SI-18, in line with lower border of wing of nose and outer canthus of eye. **Urinary stones, cystitis, frequency of micturition, pain of the lumbar vertebrae, and rhinitis. Abdominal distension, abdominal pain, and hernia.**

Men Jin: Like Ling Gu of St channel on foot (proximal to St-43). Best point for **gastritis / stomach ache, nausea, bloating, abdominal pain.** Treats both **acute and chronic diarrhea / enteritis.** Like Tong Xie Yao Fang - soothes Liver and calms Earth - good for **cramping.** Can also use with Sp-9 + LI-11. LI-11 more for acute, Sp-9 more for chronic. BL-60 and Shen Guan also good for chronic bowel issues - especially for early morning **diarrhea** (ming men deficiency) - use fire point on water channel (BL-60). Also for **Temporal headache, migraines.**

Ming Huang: At midpoint of medial aspect of thigh (midpoint of Lv channel on thigh). **Hepatocirrhosis, hepatitis, enlargement of bones, spinal periostitis, fatigue due to hypofunction of the liver, soreness of the low back, blurred vision, eye pain, hepatalgia, indigestion, and leukemia (very effective).** Often used with Tian Huang and Qi Huang, which are 3 cun proximal and 3 cun distal, respectively.

Mu Guan (level w/ Gu Guan, about 0.5 cun distal to prominence of pisiform - ashi) **Swollen joints, rheumatoid arthritis throughout body, bone swelling, heel pain/ spur** - use contralateral. usually used with Gu Guan.

Mu Dou: **organ enlargement, poor digestion, hepatitis.** ½ cun proximal to the Ba Feng point between the 3rd and 4th toes. The Stomach channel has a branch that goes between 3rd and 4th toes (and also one to the big toe), thus this point is between the main St channel and the GB channel, and it has qualities of both earth and wood.

Mu Huo: In center of DIP crease of dorsum of middle finger. Has many same function as Da Bai + Ling Gu. Considered a PC point. Kind of between the wood and fire points of the PC meridian. Needle should point toward the pinky. Retain only 5-8 minutes (is close to a Jing-Well points, which are bled and not retained). **Paralysis** of all types, especially one-sided. Use contralateral. **Multiple sclerosis** - don't overstimulate, use thin needles or other gentle methods.

Mu Liu: Like Ling Gu between the 3rd and 4th metatarsals of the foot. **Leukemia, enlargement of the spleen, indigestion, liver diseases, fatigue, gallbladder diseases, and polio.**

Mu Zhi: 1 cun supero-lateral to SI-18. **Deficiency in the liver or gallbladder, biliary calculi, and morbid night crying of babies.**

Qi Huang: 3 cun inferior to Ming Huang on Liver line. Same indications as Ming Huang, plus **jaundice.**

Qi Kuai: About St-4 (½ cun lateral to corner of mouth). **Facial paralysis, hypofunction of the lung, and stones in urethra.**

Qu Ling: (Lu-5 - just radial to tendon, in depression) Usually bled for **frozen shoulder, cough, asthma.** Shen Guan also used for frozen shoulder (first point chosen), but if isn't working, add Lu-5 - needle, manipulate vigorously, and withdraw promptly. Principle of treating "into" the tendon to release the tendon - I think really slightly radial to tendon.

Ren Huang: Sp-6. **Strangury syndrome, impotence, premature ejaculation, nocturnal emission, involuntary emission, pain of the lumbar vertebrae, neck pain, dizziness, numbness of hands, diabetes, hematuria, nephritis, and low back pain due to deficiency in the kidney.**

San Zhong - Sp/Lv disharmony. Neck area diseases - **goiter, tonsillitis. Migraine. Brain tumor. Swollen liver and spleen. Breast disease - mastitis, lipoma, cyst.** Eliminates wind, transforms phlegm. Level with GB-37 (5 cun up) but 1 cun anterior to the fibula. Treats both shaoyang and yangming.

Shang Liu: Sole of foot, just ant. to the heel (sort of the proximal equivalent of K-1). Relates to cerebellum. **Edema of the brain, brain tumor, head pain, general weakness of the body, nasal blockage, nose bleed.** Also brain tonic, needled superficially.

Shen Guan (about 1.5" below Sp-9): for **insufficient saliva. Major kidney tonic point** in the Tung system. Also for **Frequent urination.** Reaction area of the six bowels.

Vertigo, hyperacidity, epilepsy, vomiting, epilepsy, nasal bone pain, headache, neck & shoulder pain, & frozen shoulder, back pain, fatigue, diabetes.

Shui Tong & Shui Jin: .4" inferior to corner of mouth (just below bulge of tissue) and second point is .4" medial to this (sort of on a downward curve, following lip). Threaded from medial point to lateral one, needled bilaterally, so handles of needles cross. Reaction area of the kidneys. **Asthma, fatigue, back pain, hip pain, vertigo/dizziness, blurry vision, general body pain (all due to kidney vacuity), and also acute lumbar pain and chest pain on breathing.** Needling should be very shallow. Goes through bronchiole region to Lung region. Shui Tong, the lower point, pertains to the bronchiole (opposite side), while Shui Jin pertains to the lung (opposite side).

Shui Yu: located at SI-10 under the flare of the acromion. **Nephritis, calculus of the kidney, lower back pain, aching pain of legs, general debility, proteinuria, and pain of the arm, wrist, and dorsum of the hand.**

Si Hua Wai: Like St-40. Bled for all kinds of **vascular diseases, blood stagnation,** bleeding it can treat all kinds of **"weird diseases"** - all kinds of chronic issues that don't respond to other treatments.

Si Hua Zhong: 4½" below St-36 or ½" above St-38. **Asthma, eye problems, pericarditis / carditis, cardiovascular sclerosis, and pain on both sides of the heart, cardioplegia (feeling of suffocation and discomfort), acute gastric pain, and swollen and deformed bones, including hands.** Also **headaches/migraines** - needle 2½" deep. Needle 2-3" deep for asthma and eye disease. Also bled for **lung fluid congestion, pulmonary tuberculosis.**

Si Ma combination: Three points on St channel of thigh, located *about* 4, 6, and 8 cun above the superior edge of the knee cap. The center point can also be said to be about at the level of GB-31, with the other two points 2 cun above and below. As a whole, they relate to the Lungs. **Si Ma Zhong** is center point: **Hypochondriac pain, back pain, sciatica and low back pain due to hypofunction of the lung, pneumonia, tuberculosis, chest and back pain due to injury, pleurisy, rhinitis, deafness, tinnitus, otitis, dermatitis, facial paralysis, congested eyes, asthma, breast pain (most effective), hemiplegia, psoriasis, dermatosis, and strain of the lower limbs.** **Si Ma Shang** is the upper point and it has the same indications as Si Ma Zhong. **Si Ma Xia** is the lower point: **Hypochondriac pain, back pain, sciatica and low back pain due to hypofunction of the lung, tuberculosis, chest and back pain due to injury, pleurisy, rhinitis, deafness, tinnitus, otitis, facial paralysis, congested eyes, asthma, breast pain (most effective), hemiplegia, psoriasis, dermatosis, and strain of the lower limbs.**

Si Hua Zhong: ½" below St-38 (basically St-38), but not directly against bone. Bled for **cerebral arteriosclerosis. Bone spurs** of knee cap, heel: When needling, can use sort of "shaving the bone" needling technique.

So Jing Dian (similar to SJ-3 but between the 3rd & 4th metacarpals - ashi): **Neck pain** - all types, but especially on Shaoyang, Taiyang, and Du channels. Use contralateral when pain is one-sided. When using, ask the patient to fully turn their neck.

Tian Huang: 88.13 Located 3 cun superior to Ming Huang on Lv line. **Hepatocirrhosis, hepatitis, enlargement of bones, spinal periostitis, fatigue due to hypofunction of the liver, soreness of the low back, blurred vision, hepatalgia, indigestion, and leukemia (most effective).** Often used with Ming Huang and Qi Huang.

Tong Guan: On the midline of the front plane of the thigh, 5 cun above the knee crease. And **Tong Shan,** 2 cun up from this. And **Tong Tian,** 2 cun further up. These 3 treat **Heart diseases, heart/pericardiac pain, rheumatic heart disease, dizziness, vertigo, heart palpitations, gastric disease, limb pain, and cerebral anemia.**

Tong Shen: At depression just off supero-medial corner of patella. **Impotence, premature ejaculation, strangury syndrome, nephritis, diabetes, dizziness and low back pain due to deficiency in the kidney, renal rheumatism, uterine pain, and leukorrhea with reddish discharge.** Also, from Miriam Lee: for **cold feet** in men with insomnia and weak voice. Also, see Tong Wei below.

Tong Wei: 2 cun above Tong Shen (basically Sp-10). Same uses as Tong Shen, but back pain.

Tu Shui: At the radial edge of the thenar eminence, a 3 point unit at the midpoint of 1st metacarpal and ½ way proximal and distal, at border of red and white skin (like LU-10). For **stomach problems, loose stools, chronic cold and damp, asthma.** Can use just the middle one, or can use two of them. Usually will use 2 of the 3 in one tx, then two different ones the next time, etc.

Wu Hu: - 5 Tigers - along proximal phalanx of thumb, on radial edge (A line - red/wht) - 5 points: center one is halfway between the two joint creases. Two are 1/3 and 2/3 distance from MP crease to center point, and 2 are 1/3 and 2/3 between center point and PIP crease. Reaction area of the Spleen. **Bony swellings, rheumatoid and osteo- arthritis, acute ankle pain, and other acute traumatic ligamentous injuries.** Choose 2 or 3 points to needle, contralateral to pain, while patient mobilizes affected area. For upper or lower body. Generally, the more distal of the Wu Hu points treat conditions of the upper extremities, while the more proximal of the Wu Hu points treat conditions of the lower extremities (but all microsystems are reversible). Usually needled perpendicularly with the tips of the needles touching the bone.

Xia San Huang: A three point combination, similar to Sp-6, 7, and a point about 1.5" below Sp-9. Includes **Shen Guan** [Tian Huang Fu] (about 1.5" below Sp9), **Ren Huang** (3-4 cun above upper edge of inner malleolus), and **Di Huang** is 3 cun above Ren Huang (about 7 cun above center of inner malleolus). Some people locate Di Huang as 3 cun below Shen Guan; some locate it as 3 cun above Ren Huang. If you want to emphasize more the actions of Sp-9, go closer to that one; if you want to emphasize more the actions of Sp-6, go closer to that one. Treats **Male infertility, Insomnia, Diabetes.**

Xiao Jian: Halfway btw Da Jian and IP crease (i.e., 3/4 of distance from MP joint to PIP joint on B line). **Bronchitis, expectoration of yellow sputum, stuffiness in the chest, palpitation, knee pain, hernia, pain of the corner of the eye and enteritis.**

Xin Men: 2 cun distal to tip of elbow (olecranon), or 1.5 cun distal to "off the bone" - on Ht channel (feel near Ht-3 and surrounding area for tender spot) - #1 **Super-Point for knee pain** (combine with ipsi Hua Zhu). **Sacrum, coccyx pain** (use bilateral).

Yen Huang (in the center of the palmar aspect of the middle segment of the little finger): **Hepatitis, jaundice, yellowing of conjunctiva.** Sometimes can bleed and squeeze out fluid.

Yun Bai: 1 cun anterior and 1 cun superior to the center of the deltoid (Jian Zhong).

Vaginitis, vaginal pain, leukorrhea with reddish discharge, lower limb weakness and polio. Often combined with Li Bai.

Zhong Bai (about 0.5 cun proximal to SJ-3 on **Shaoyang** line): **Lumbar** pain around L-2/L-3, especially if worse when stands up from sitting - use contralateral if one-sided + add SI-4 to treat the S-1 joint. **Kidney infection, tinnitus, pain around the waist.**

Edema, especially in limbs - use bilateral. **Aching pain of the low back or sciatica due to renal problems, dizziness, astigmatism, fatigue, pain of the lateral malleolus.**

3 Zhong points: Yi Zhong, Er Zhong, San Zhong. Yi Zhong is 3 cun above the lateral malleolus, 1 cun anterior to the fibula (thus slightly anterior to the GB line, at the level of GB-39). The other two points are 2 cun up and another 2 cun up. All three have same uses: **Hyperthyroidism due to heart diseases, exophthalmos, tonsillitis, deviation of the eye and mouth (facial hemiparalysis), migraine, lumps, liver diseases, cranial tumor, and meningitis.** Can be used as a set.

Zhong Guan (between Gu Guan and Mu Guan): **GYN, lower jiao, bladder, uterus, ovary problems.** Use with Ling Gu on other hand.

3 Zong points: Ren Zong, Di Zong, Tian Zong (Human/Earth/Heavenly Ancestor). 3, 6, and 9 cun superior to Lu-5, respectively. Great for **EMERGENCIES - heart attack**, etc. Lay arm open (forearm supine) to locate the points - along inside edge of humerus - up from Lu-5 (3 cun, 6 cun, 9 cun up); then bend the elbow and lay over chest (as when locating the LI points on the forearm) to needle the point, as through the LI channel, so tissue will be softer. The top point is basically level with the axillary crease, but is along humerus (medial edge). Di Zong also for **Yang depletion, heart disease, and arteriosclerosis.** And Tian Zong also for **vaginal itching or pain, leukorrhea with reddish discharge (quick response), calf pain, polio, body odor, and diabetes.**

Point Prescriptions for Selected Conditions

- **Alzheimer's:** 3 Zhongs (about 1" anterior to GB-39 + 2 cun above + 2 cun above that). Also, Ling Gu good for any kind of brain disease. For phlegm, bleed Si Hua Zhong - will slow Alzheimer's progression.

- **Bell's Palsy** - can use St-36 and 37 only. Insert 2-2½ cun deep to reach the face. (Also consider Ling Gu, etc.)

- **Bladder Infection:** Lv-2 always (actually Huoying better - ½ cun up). Xiasanhuang - just use 2 of the 3 - good for chronic. Also CV-6, St-25.

- **Cancer:** Three points on the GB line of the leg, at 1/4, 1/2, and 3/4 the distance from the head of the fibula to the lateral malleolus. Use on one side, in combination with Ht, SJ, and K in the other three quadrants.

- **Cirrhosis or Liver Enlargement:** Mu Dou and Mu Liu

- **Common Cold:** 1. San Cha San (like SJ-2). If headache, add Da Bai. 2. Mu Xue - 2 point unit on D line of proximal phalanx of palmar side of index finger (1/3 and 2/3).

- **Diabetes:** - Xia San Huang, Tong shen, SJ-4 (help kidneys and san jiao communicate).

- **Digestive disorders, heartburn:** Use St-36, Sp-9, SJ-5, PC-6. One needle in each quadrant; St and SJ should be on opposite sides of the body, as should PC and Sp. St-36, as the leading point, determines the sidedness of the rest of the points.

- **Fever:** If veins stand out behind the ear, bleed them, then retain needles there for 1 hour.

- **Fatigue:** BL-65. Bi Yi. Extra point: if you divide the palmar surface of the proximal phalanx of the ring finger into thirds both vertically and horizontally (#), this point is at the intersection of the more distal horizontal line and the more radial vertical line. Tung says this point works better than St-36.

- **Heart/Knee disorders:** Young: "any point that treats heart disease treats knee pain" and somewhat vice-versa - e.g., PC-6 for **knee pain**, Ht-3 for **knee pain** St-36 for **Heart disorders**

- **Hemiplegia:** first point is Mu Huo; next consider Da Bai, Ling Gu, GB-31. If you don't know what to do, needle GB-31 and another point 2 cun distal. Severe hemiplegia of arm: bleed LI-11.

- **Hemorrhoids:** Bleed engorged veins inside the mouth, under the lips. 70% of mouth sores occur in combination with hemorrhoids.

- **Hepatitis:** Ming Huang, Tian Huang, and Qi Huang (midpoint on the Liver line of the thigh and a point 3 cun proximal and a point 3 cun distal). Use in combination with Gan Men, PC-6, and GB-34 (one in each quadrant). Alternate rx: Chang Men, Gan Men. Left side for liver. Also SI-4 + GV-9.

- **Hypertension:** Huo Ju (about Sp-4) is great point; also bleeding BL-40, bleeding Taiyang; also needling Zhong Bai.

- **Insomnia:** - 1. Xia San Huang 2. Bleeding Ear Apex and opening the 4 gates are KEY. 3. Jian Gu (btw LI-3 and LI-4) is actually better than Da Bai 4. Jiao Li (GB-31)

- **Lumbar and Cervical Bone & Disc Degeneration:** Use usual points for treating these areas + Shen Guan for Kidney deficiency. Can add Wu Hu for bone nodules.

- **Menstrual difficulties-** activate blood and transform phlegm together - especially for **amenorrhea:** CV-24, K-5 (shallow, on bone - "along" the bone), St-25. CV-24 is like the "jing-well" point of the CV meridian in effect - last point. K-5, as xi-cleft, is best point for regulating Qi and blood in this meridian.

- **Migraine, eye pain:** One side: SJ-2, SJ-3, (SI-2)/LV-3. Other side: PC-8 (or Ht-8)/GB-42.

- **Multiple Sclerosis:** Main points: GB-34, Sp-6, BL-23. Also St-36, LI-11, K-3, BL-20, GV-20, GB-20. Two groups of Tung points are used: Shen Guan + Xia San Huang; and Shang San Huang + Si Ma.

- **Neck pain:** Needle deep into the achilles tendon, at the very back of the leg, at the level of the high points of the malleoli, plus a second point 2 cun superior to this, and can include another point 2 cun more superior. Also for **occipital HA.**

- **Parkinson's:** Zheng Hui + Qian Hui (GV-20 + GV-21 anterior); Ming Huang, Qi Huang, Tian Huang: Mid point of Liver channel of thigh plus 3 cun proximal and distal. Must treat Liver and Kidneys.

- **Prostate Enlargement:** CV-6, 3

- **Quitting smoking:** Thread a needle from Lu-7 to LI-5. Also use ear seeds - alternate Shen Men and Lungs.

- **Skin itching:** 1. Si ma (88.17-19), bleed apex, LI-11, SP-10, SP-6. If very itchy and irritable, use Ht-8.

- **Stroke:** 3 scalp points - GV-20 and a point 1.5" ant and post. Zheng Hui, Qian Hui, Ho Hui. Young locates GV-20 **straight up** from ear apex.

- **Tennis Elbow:** contralateral Huo Fu Hai + LI-11 plus ipsilateral Ling Gu (this is an example of both guiding needle and coupled needle techniques)

Properties of Command Points

Jing-well points: **Super acute** conditions. Especially emergencies, also **acute cold, sore throat, stroke**, etc. Bleeding jing-well points has effect of connecting yin and yang **Ying-Spring points** - use when there are color changes - urine color / skin color / complexion color changes. E.g., **face reddening with pneumonia** - use Lu-10. Ying-Spring for any **inflammation** along meridian - e.g., St-44 for **Stomach inflammation**. **UTI:** Lv-2 (urine color changes). Ht-8 - especially for **hives, dermatitis, skin color changes.**

Shu-Stream points treat **pain** - acute or chronic - along a meridian. Can treat any **joint pain**. - LI-3 for **LI channel pain**. - BL-65 for **back pain, waist pain, hip pain**, etc. - SJ-3 good for **pain along back and the side of the body**. Shu-Stream points treat diseases that come and go. Shu-Stream points are in the middle of the 5 command points. (Jing-River and He-Sea points are somewhat slower to act than Jing-Well and Ying-Spring points, which are fairly immediate in their action.) Shu-Stream points, middle in action, are appropriate for most diseases. They are wood points on Yang meridians and Earth points on Yin meridians. Also useful for diseases which are half in / half out - like Shaoyang disorders & Xiao Chai Hu Tang. In addition to treating a contralateral distal point (e.g., left Ling Gu for right hip pain) can use an ipsilateral distal point on the same channel as problem area (ashi). Young often uses a shu-stream point as the ipsilateral point. An ipsilateral point on a limb (for that limb) should be ying-spring or shu-stream point. **Jing-River points** - metal on Yin meridians - good for metal issues - **asthma, cough**, etc. Jing-river points also good to bleed.

He-Sea points are important when disease enters the fu organs. Half of them are water points - related to jing/prenatal. Important also for treating postnatal jing - the other half of them are earth points. - Lu-5 - **asthma** - LI-11 - **diarrhea** - St-36 - **nausea, vomiting** - Sp-9 - **hicups, acid regurgitation, rebelling Earth Qi**. Treats water and earth: **Nephritis, diabetes, Difficulty urinating, Frequent urination.** - Sp-9 + St-36: **Prostate enlargement, urinary blockage** - Lv-8: Liver Qi rebelling upward. **Hypertension.** - LI-11: **Hypertension**. best point to lower blood pressure. Use metal to control wood.

