

## Categories of Points

- Five Shu Points (Points become interactive [here](#))
- Five Element Points
- Lower He Sea Points
- Xi Cleft Points
- Yuan Source Points
- Luo Connecting Points
- Back Shu Points
- Front Mu Points
- Hui Meeting Points
- Extraordinary Vessel Master Coupled Points
- Command Points
- Four Seas Points

**Five Shu Points Chart**

Yin Meridians	Jing-well (Wood)	Ying-spring (Fire)	Shu-stream (Earth)	Jing-river (Metal)	He-Sea (Water)
LU	LU 11	LU 10	LU 9	LU 8	LU 5
PC	PC 9	PC 8	PC 7	PC 5	PC 3
HT	HT 9	HT 8	HT 7	HT 4	HT 3
SP	SP 1	SP 2	SP 3	SP 5	SP 9
LV	LV 1	LV 2	LV 3	LV 4	LV 8
KD	KD 1	KD 2	KD 3	KD 7	KD 10
Yang Meridians	Jing-well (Metal)	Ying-spring (Water)	Shu-stream (Wood)	Jing-river (Fire)	He-Sea (Earth)
LI	LI 1	LI 2	LI 3	LI 5	LI 11
TH	TH 1	TH 2	TH 3	TH 6	TH 10
SI	SI 1	SI 2	SI 3	SI 5	SI 8
ST	ST 45	ST 44	ST 43	ST 41	ST 36
GB	GB 44	GB 43	GB 41	GB 38	GB 34
UB	UB 67	UB 66	UB 65	UB 60	UB 40

SHU means transporting. We can treat the entire body just with the five transporting points. There is a connection between the five transporting points, the body and the environment. The sections of the channel between fingers/toes and elbows/knees is superficial and is most directly influenced by climate and external pathogenic factors. These points are related to the five elements as well.

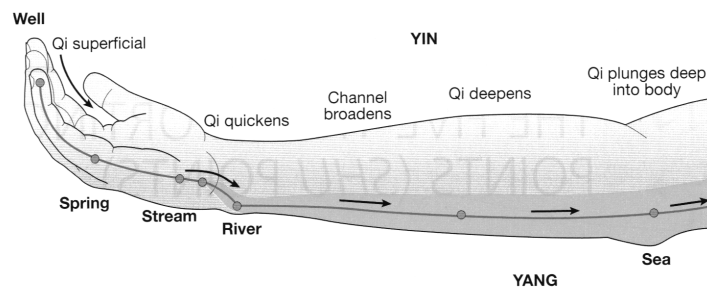


Figure 50.1 Flow of Qi in the Five Transporting points

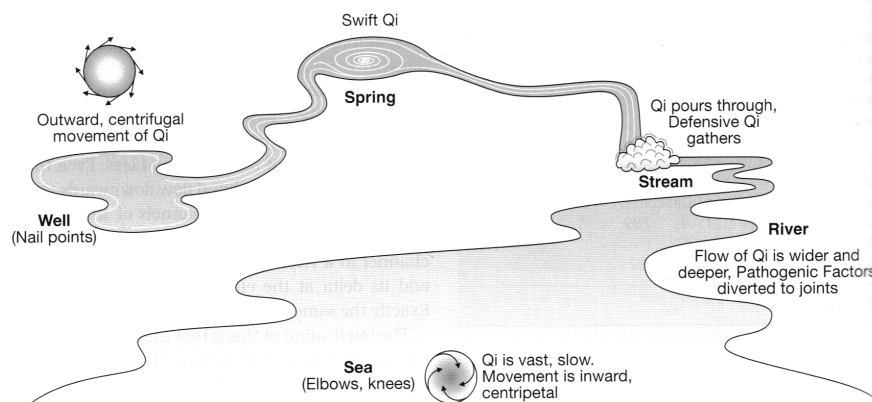


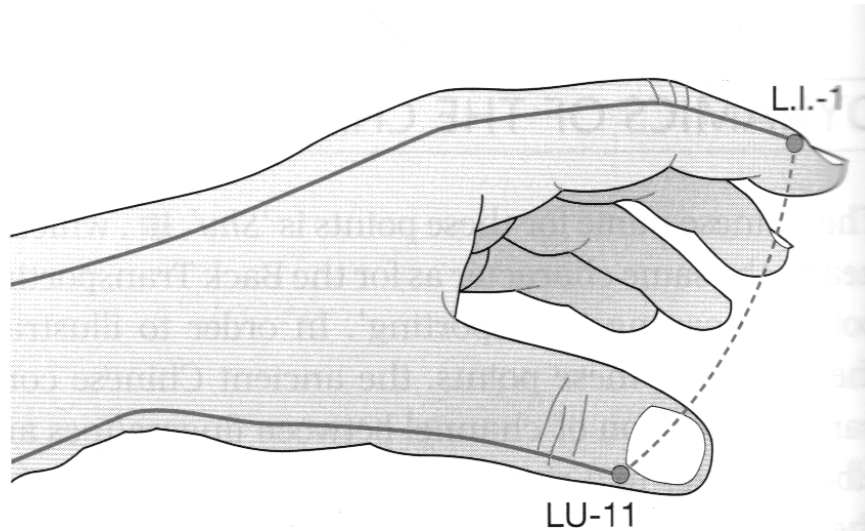
Figure 50.2 The channel as a river

In order to illustrate the nature of the Five Transporting Points, the Chinese compared the section of a channel between the fingers/toes and elbows/knees to a river, starting from a Well point at the tips of the fingers or toes, getting gradually larger and deeper and ending in a Sea point at the elbows or knees. Thus from fingers/toes to elbows/knees there is a progression in the size and depth of the channel: it is narrowest and most superficial at the finger tips and tips of the toes.

These sections of the channels are more superficial than the rest and this is one of the reasons for the importance of the points lying along its path. The energetic action of the points situated along this section of a channel is much more dynamic than other points and this explains their frequent use in clinical practice. One could conceivably practice acupuncture using only these points.

The other implication of the fact that the section of the channel between fingers/toes and elbows/knees is more superficial is that this section represents the connection between the body and the environment. It is the section of the channel that is influenced most promptly and directly by climate and exterior pathogenic factors. For this reason the points along this section of channel are more directly related to the seasons and can be used according to their cycle. For the same reason the points along this section of channel are the points of entry of exterior pathogenic factors such as Cold, Dampness and Wind.

At the fingertips and toes the energy changes polarity from Yin to Yang or vice versa. Due to this change in polarity, the Qi of the channel is more unstable and therefore more easily influenced.



**Figure 50.3** Change from Yin to Yang at fingertips

The first point (Well Point) belongs to Wood in the Yin channels and Metal in the Yang channels. This is important to remember when treating from a five element stand point or when taking any test on the categories of points. If you remember how many points are on each meridian, remember the number of meridians that start and end on the hand are 6, remember that the 3 yang meridians of the hand start at the finger tips, remember that the three yang meridians of the hand correspond to the hollow organs (Small Intestine, Triple Warmer and Large Intestine),

remember that the starting points then are numbered (SI-1, TW-1 and LI-1), remember that the first point of the yang meridians of the hands are related to the Metal element and the last point of the yang meridians of the feet are related to the Metal element, remember that the long Yang meridians start at the head and end at the feet, remember that the long Yang meridians are (Urinary Bladder, Gall Bladder and Stomach, remember that the Urinary Bladder has 67 points, the Stomach has 45 points and the Gall Bladder has 44 points. So UB67 is a Metal point, St-45 is a Metal point and GB-44 is a Metal point. We then just need to remember that Metal creates Water, Water creates Wood, Wood creates Fire and Fire creates Earth. The Earth point on the Yang meridians are always going to be at the elbow or at the knees. So following in the order listed below we would know that the Well points of the Yang meridians are Metal so the next point from the finger tips to the elbow or knee would be the Spring point which would belong to the Water element. The Stream point will belong to the Wood element. The River point will belong to the Fire element and the Sea point will belong to the Earth element.

**See if you can figure out this scheme on the Yin Shu Points.**

The Five points are:

1. Well point at the tips of the fingers or toes.
2. Spring point is the second point of the five and in all cases the second point along the channels.
3. Stream point is the third point of the five and in all cases it is the third point along the channel except for the Gall Bladder channel where it is the fourth.

4. River point is the fourth point of the five, not always the fourth point along the channel.

5. Sea point is the fifth point of the five and in all cases it is the point at the elbows and knees.

Each of the Five Transporting points has a specific energetic action within the channel dynamics, which explains the meaning of these points names.

The **Well** is the point of departure of Qi. At this point the channel is the most superficial and thinnest and the energy changes polarity from Yin to Yang or vice versa. The energy is at its most unstable state here, so that it can be easily and readily influenced and changed. The energy at these points has an outward movement, the energy of the channel tends to go outwards in a centrifugal movement at these points.

Centrifugal= Moving away from the center

Centripetal= Moving toward a center

The Well points are used in acute conditions as the Well points tend to be used to eliminate pathogenic factors quickly in acute conditions.

Examples of use are:

LU-11 for fainting

P-9 for fainting and heat-stroke

SI-1 for loss of consciousness.

Sp-1 for convulsions

K-1 for loss of consciousness and infantile convulsions

LI-1 for loss of consciousness

At the **Spring** point the Qi of the channel is very powerful and full of potential energy ready to manifest, like the swirling movement of water in a mountain spring.

The Spring points have a particularly strong action and are generally used to eliminate pathogenic factor whether they are interior or exterior and in particular to clear Heat.

The Spring points are used sparingly. The Spring points of the feet are more powerful than the Spring points of the hands.

Those of the hands are chosen first to treat generally. If we want a particularly strong effect we would choose the foot points.

At the **Stream** point the Qi of the channel pours through, it swirls and the flow starts to be bigger and slightly deeper within the channel. Here the flow of Qi is rapid and large enough to carry other things with it hence its name transporting. At the Spring points, on the one hand, exterior pathogenic factors can be transported into the interior and penetrate deeper in the channels.

Defensive Qi gathers at the **River** points. At the River points the Qi of the channel is much bigger, wider and also deeper. The Qi flows like a large current after coming a long distance from its source. At the River points, exterior pathogenic factors are deviated towards joints, bones and sinews.

At the **Sea** points the Qi of the channel is vast and deep; it collects, comes together and joins the general circulation of the body, like a large river flowing into the sea. Compared to the Well points, the Sea points are much less dynamic and their effect is less quick and dramatic. The Qi has an inward, centripetal movement here as opposed to the outward, centrifugal movement of the Well points.

The Well points are used for irritability, mental restlessness and anxiety. This applies to both Yin and Yang channels. Well points, have a particularly strong effect on the mental state and quickly change the mood. Examples of Well points used in this way are:

P-9 for irritability and insomnia

H-9 for mental disorders, anxiety and manic depression

SP-1 for hysteria and insomnia

St-45 for insomnia and mental confusion

K-1 for anxiety

Spring points are used for febrile diseases or to clear Heat. Virtually all Spring points clear heat in their respective channels.

Examples are:

H-8 and P-8 to clear Heart-Fire

Liv-2 to drain Liver-Fire

St-44 to clear Stomach-Heat

K-2 to clear Kidney Empty-Heat

Lu-10 to clear Lung-Heat or to dispel Wind-Heat

Stream points are used for Painful Obstruction Syndrome (Bi Syndrome) especially from dampness.

This applies to Yang channels more than Yin channels.

River points are used for cough, asthma and upper respiratory diseases. This applies more to Yin than Yang channels.



Sea point are used for all stomach and intestinal diseases. This applies mostly to Yang channels but also to Yin ones. Examples are St-36 and GB 34 for intestinal problems.

The Yang channels of the arm are where the Upper Sea Points are located and the Yang channels of the leg are where the Lower Sea Points are located.

The Upper Sea Points (SI-8, LI-11, TB-10) are used mostly for problems of the neck, shoulders and head.

■ Lower He Sea Points of the 6 Fu (Yang) Organs – Follow link for more [detailed theory](#)

Large Intestine	ST 37	–Yang Ming–	Stomach	ST 36
Triple Heater	UB 39	–Shao Yang–	Gall Bladder	GB 34
Small Intestine	ST 39	–Tai Yang–	Urinary Bladder	UB 40

The Lower Sea Points (St-39, ST-37 and Bl-39) are used mostly for problems of the relevant organs (Small Intestine, Large Intestine and Triple Burner).

The Five Transporting points are also used for preventive seasonal treatments:

Well points in winter

Spring points in spring

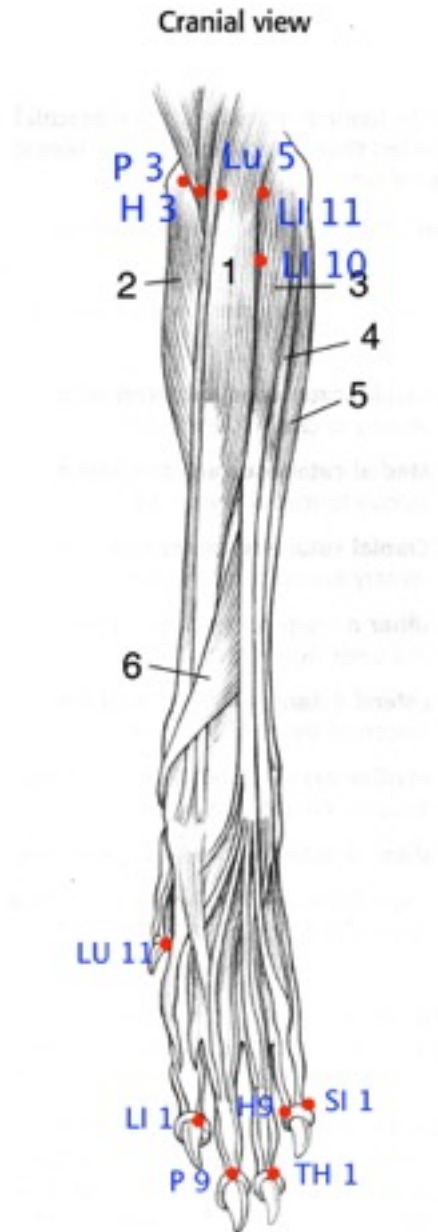
Stream points in summer

River points in late summer

Sea points in autumn

The Five Transporting Points are also used according to their Five Element character.

## These are the Well and Sea Points of the Cranial Limb



## Well Points of the Caudal Limb

These points are shown on an image of the thoracic limb which is a mirror image of the caudal limb foot. If there is a dew claw the Spleen 1 point would be on the medial surface of the nail bed on the dew claw.

Cranial View

Caudal View

Note: The Kidney 1 point is just caudal to the large pad on the bottom of the foot.



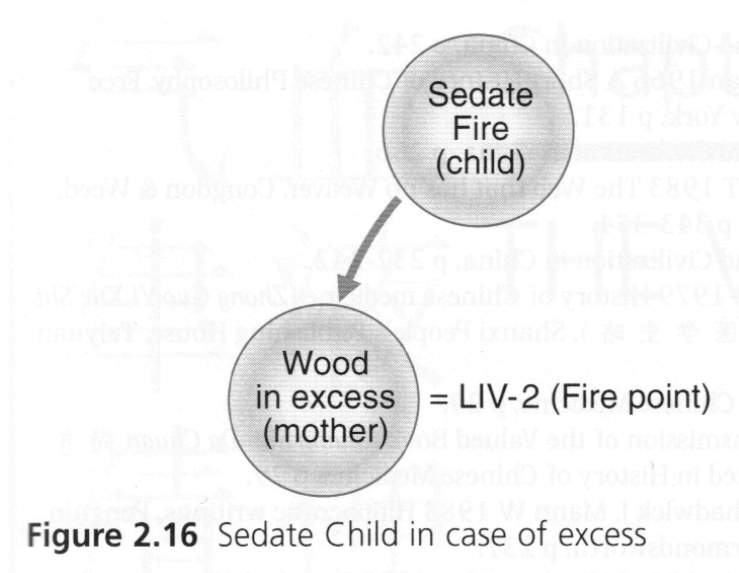
## The Five Element Points

The Five Element points are also known as the Mother/Child points. When we have an excess of an element we sedate the Child point on that meridian. When we have a deficiency of an

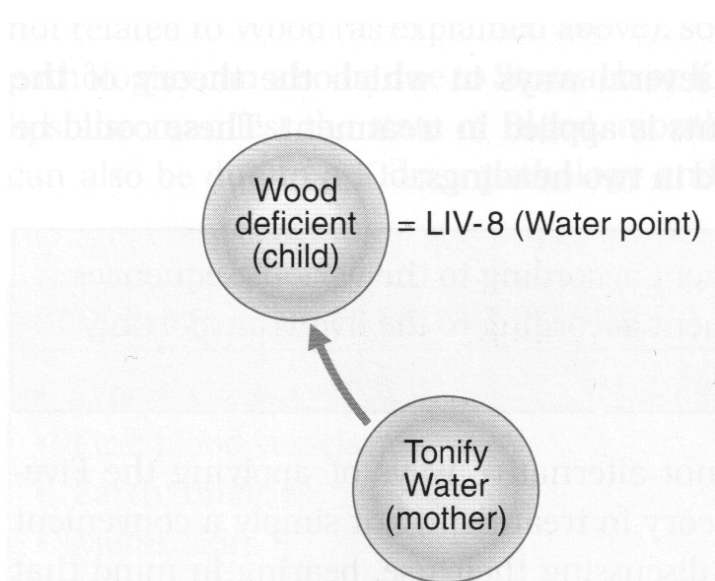
element we tonify the Mother point on that meridian. It is important to remember that we do not treat the Mother/Child point on some other meridian. We treat the Mother/Child point on the meridian where the imbalance exists. In case of Deficiency tonify the Mother, in case of Excess Drain the Child. Click [here](#) for interactive point locations.

	Mother	Child
Lung (Metal)	LU 9	LU 5
Large Intestine (Metal)	LI 11	LI 2
Stomach (Earth)	ST 41	ST 45
Spleen (Earth)	SP 2	SP 5
Heart (Fire)	HT 9	HT 7
Small Intestine (Fire)	SI 3	SI 8
Urinary Bladder (Water)	UB 67	UB 65
Kidney (Water)	KD 7	KD 1
Pericardium (Fire)	PC 9	PC 7
Triple Heater (Fire)	TH 3	TH 10
Gall Bladder (Wood)	GB 43	GB 38
Liver (Wood)	LV 8	LV 2

The figures below are using a Deficiency of the Wood element or Liver and an Excess of The Wood element or Liver. This is synonymous with an under active and over active Liver. We will talk about how to diagnosis these patterns in the Etiology, Pathology and Diagnosis class.



**Figure 2.16** Sedate Child in case of excess



**Figure 2.15** Tonify Mother in case of Deficiency

When we [chart](#) the various imbalances in the body we should use a shorthand charting technique. Examples are:

- Liv-
- Liv+
- GB-
- GB+
- UB-
- UB+
- Blood-
- Heat+

Using the two examples above for treatment of a Liver Deficiency and a Liver Excess we would chart the treatment as follows:

- +Liv8
- -Liv2

We put the treatment prescription + or - in front of the organ abbreviation in our [treatment plan](#). In the diagnosis we put the + or - at the end of the abbreviation on our diagnosis [chart](#).

Let's look at the process of finding out which Mother/Child points to use by the long method. Using the long method we would not use the Mother/Child chart but will use the long form rational to understand the Mother/Child points.

UB+ is the diagnosis. The Urinary Bladder being over active. The UB belongs to the Water element. In cases of excess we sedate the Child. The Child of Water is Wood because Water creates Wood. So Water is the Mother of Wood. The Water point on the UB meridian is UB-65. How do we know this. If we have memorized the amount of points on the twelve meridians and we know that the UB is Yang because it is hollow. We know that it

starts on the head and ends on the lateral bed of the fifth phalanges. We know that the UB has 67 points. We also know that all Yang meridians of the leg have a starting point on the head and an ending point on the nail beds of one of the phalanges of the foot. We know that all Yang meridians start with a Metal element point. Metal is the Mother of Water and Water creates Wood. Wood is the Child of Water. So the third point on the UB meridian counting backwards, 67 Metal, 66 Water, 65 Wood. UB-65 is the Child/Sedation point on the UB meridian. How would we sedate this point? We would press into the point deeply, move slowly, in a counter clockwise circle for a short amount of time. See if you can figure out the Mother/Tonification point on the UB using the same rational. We would treat the tonification point by pressing on the surface, moving rapidly in a clock wise circle for a long duration of time.

There is a correspondence between the Five Elements and pathogenic factors as follows:

Wood corresponds to Wind

Fire to Heat or Fire

Earth to Dampness

Metal to Dryness

Water to Cold

So in accordance with this correspondence, the Five-Element points can be used to expel the relevant pathogenic factors (whether interior or exterior). The only exception is the Metal point which is not used to eliminate Dryness. The application of this correspondence between the Five Elements and pathogenic factors is mostly used in Excess patterns to eliminate the relevant pathogenic factor.

■ Yuan – Source Points – Follow link for more [detailed theory](#)

Lung	LU 9	Urinary Bladder	UB 64
Large Intestine	LI 4	Kidney	KD 3
Stomach	ST 42	Pericardium	PC 7
Spleen	SP 3	Triple Heater	TH 4
Heart	HT 7	Gall Bladder	GB 40
Small Intestine	SI 4	Liver	LV 3

## The Yuan Source Points

Source points are in relationship with the Original Qi and changes on the skin over the Source points indicate abnormalities in the Yin organs function and can therefore be used for diagnosis.

Source points are used to treat the Yin organs.

Ren-15 and Ren-6 are considered Source points for all of the Yin and all of the Yang organs respectively.

The Yang Source points are mostly used in Excess patterns to expel pathogenic factors. The Source points of the Yang organs can also be used to tonify the relevant Yang organ.

In Yin channels, the Source points coincide with the Stream points. In the Yang channels the Source point follows the Stream point and is therefore the fourth point from the distal end of the channel except for the Gall Bladder in which the Source point is the fifth point.



▣ Luo – Connecting Points – Follow link for more [detailed theory](#)

Lung	LU 7	Urinary Bladder	UB 58
Large Intestine	LI 6	Kidney	KD 4
Stomach	ST 40	Pericardium	PC 6
Spleen	SP 4	Triple Heater	TH 5
Heart	HT 5	Gall Bladder	GB 37
Small Intestine	SI 7	Liver	LV 5

## Connecting (Luo) Points

There are 16 Connecting (Luo) channels, one for each of the 12 main channels, one each of the Directing and Governing Vessels, one Great Connecting Channel for the Spleen and one Great Connecting Channel for the Stomach.

There are six ways of using the Connecting points:

1. In conjunction with the Source point of the primarily affected channel to reinforce its action.
2. According to the Full-Empty symptomatology.
3. According to their range of action in terms of energetic layers.
4. For Qi stagnation and Blood stasis in the Connecting channels area.
5. To drain or tonify the Connecting channels according to manifestations on the skin.
6. According to their specific action, irrespective of there being Connecting points.

When a Source point is used to tonify a given channel or organ, the Connecting point of its interiorly-exteriorly-related channel can be used to strengthen the treatment. The Connecting point is chosen as a secondary point to reinforce the action of the Source point, chosen as the main point to treat the primarily affected channel.

For example, in case of Lung-Qi deficiency we may choose to use the Lung channel Source point LU-9 and reinforce its action by using the Connecting point of its interiorly-exteriorly-related channel LI-6. This is called the Guest-Host method, the Source point being the Host and the Connecting point being the Guest. The choice of points is chosen by the pathology of the Host point of the diseased channel. The symptoms are as follows:

LU-9 and LI-6: for a feeling of oppression of the chest, hot palms, cough, swelling of the throat, dry throat, sweating, shoulder pain, pain in the breasts, expectoration of phlegm, breathlessness.

LI-4 and LU-7: for toothaches, swollen gums, yellow eyes, dry mouth, runny nose, epistaxis, swollen throat, shoulder pain.

SP-3 and ST-40: for stiff tongue, acid reflux, vomiting, abdominal distention, feeling of heaviness, constipation, weakness, swelling of the lower limbs.

ST-42 and SP-4: for abdominal distention and fullness, a feeling of oppression of the chest, epistaxis, phlegm, foot pain, ankle pain.

H-7 and SI-7: for heart pain, dry throat, thirst, yellow eyes, dry mouth, hot palms, palpitations, vomiting of blood and fright.

SI-4 and H-5: for stiff neck, swelling and pain of the throat, shoulder pain, deafness, yellow eyes, pain of the lateral side of the upper arms.

K-1 and BL-58: for dark complexion, absence of thirst, a desire to lie down, decreased vision, a feeling of heat, backache, weakness of lower limbs. shortness of breath, timidity.

BL-64 and K-4: eye pain, neck ache, pain from neck to back to lower limbs, mania, epilepsy, opisthotonos, pain in the eyebrow region, epistaxis, yellow eyes, contraction of tendons, prolapse anus.

TB-4 and P-6: for tinnitus, deafness, swelling of the throat, dry throat, swelling of the eyes, ear ache, sweating, pain between scapulae, elbow pain, constipation, incontinence of urine, retention of urine.

P-7 and TB-5: for contracture of palms, arm pain, inability to extend arm, fullness of the chest, swelling of axilla, palpitations, red face, yellow eyes, laughing and crying without reason, mental restlessness, heart pain hot palms.

LIV-3 and GB-37: for abdominal distention and hypogastric swelling in women, chest fullness, vomiting, hernia, urinary retention or incontinence.

GB-40 and LIV-5: for dull complexion, headache, eye pain, swelling of the neck, goiter, hypochondrial pain, swelling and sweating of axilla

The use of the Connecting points by themselves is based on the Full or Empty symptomatology of each Connecting channel. This is the most important use of the Connecting channels and points. Each channel has a Connecting area that is like a network

of small channels in the superficial part of the body between the main channels and the skin. The pathology of this area, and therefore of the Connecting channels, consists primarily in invasions of external pathogenic factors causing tendinomuscular problems. Therefore the Connecting points are extremely important points to affect the superficial areas of the channels and particularly the joint, sinews, muscles and skin in tendinomuscular problems.

For example, in case of tendinitis of the elbow along the Large Intestine channel. the Connecting point LI-6 will affect the Connecting channel area, that is, the sinews and muscles situated between the main channels and the skin, which is where the pathology of tendinitis is situated.

When they are used for channel problems, the Connecting points are sometimes chosen on the opposite side to where the problem is, on the same channel in acute cases and on the interiorly-exteriorly related channel. For example, if there is an acute pain in the right shoulder along the Large Intestine channel and some local points on the Large Intestine channel on the right side, LI-6 can be added on the left side to reinforce the treatment. In a chronic case, LU-7 would be used on the left side.

The Connecting channels (and therefore points) are not used only for superficial tendinomuscular problems. The Connecting channels occupy the area between the main channels and the skin, they are horizontal forming like a network of small channels, and they cannot penetrate through the large joints as do the main channels. This means that the Connecting channels in this area are very prone to stagnation of Qi and stasis of Blood. Indeed, it could be said that most symptoms of stagnation in the body occur in the Connecting-channels area.

For example, breast distention from Qi stagnation in women occurs in the Connecting channels area of the breast, a myoma (fibroid) in the Uterus is due to Blood stasis in the Blood Connecting channels of the Uterus, a feeling of a lump in the throat is due to Qi stagnation in the Connecting channels of the throat and so on.

Therefore the Connecting points have a very important use in moving Qi and Blood in the channels when they are affected by Qi stagnation or Blood stasis.

When the Connecting channels are Full they can be seen and when they are Empty they cannot be seen. This is due to the fact that the Connecting channels are more superficial than the main channels and branch out into the smaller branches of the Superficial and Minute channels.

In Full patterns, the Connecting channels and their smaller branches are congested and can therefore be seen. A greenish coloration suggests stagnation in these channels, a bluish color indicates Cold, a reddish coloration suggests Heat, and a purple color indicates Blood stasis.

*The channel pathway areas should also be palpated and they can feel cold or hot to the touch. This, together with the coloration, indicates retention of Cold or Heat in the Connecting channels and their branches, that is an Excess condition.*

In Deficiency patterns, the Connecting channels and their branches are void of Qi, so nothing can be observed outwardly in terms of color, but in chronic severe cases a flaccidity of muscles can be observed.

In Excess conditions of the Connecting channels the Connecting point must be reduced, and in Deficiency conditions it must be reinforced. In case of venous and capillary congestion

▣ **Back Shu Points** – Follow link for more [detailed theory](#)

Lung	UB 13	Urinary Bladder	UB 28
Large Intestine	UB 25	Kidney	UB 23
Stomach	UB 21	Pericardium	UB 14
Spleen	UB 20	Triple Heater	UB 22
Heart	UB 15	Gall Bladder	UB 19
Small Intestine	UB 27	Liver	UB 18
Governing Vessel	UB 16	Diaphragm	UB 17
Qihai (Sea of Qi)	UB 24	Guanyuan (Gate of Source)	UB 26
Zhonglu (Center Back Muscles)	UB 29	Baihuan (White Ring)	UB 30
Gaohuang (Vital Region)	UB 43		

manifesting with macules on a Connecting channel, these blood vessels can be pricked and bled.

## Back Shu (Transporting) Points

The importance of the Back Transporting points in treatment cannot be overemphasized. They are particularly important for the treatment of chronic diseases and, indeed, one may go so far as to say that a chronic disease cannot be treated without using these points at some time during the course of treatment.

The Back Transporting points affect the organs directly and are therefore used in Interior diseases of the Yin or Yang organs.

This is a very important clinical aspect of these points. They act in quite a different way to all the other points. When treating the Internal Organs, other points work by stimulating the Qi of the channel, which then flows along the channel like a wave, eventually reaching the Internal Organs. When the Back Shu

points are stimulated, Qi goes directly to the relevant organ and not through an intermediary of its channel.

The Back Shu points can be used to treat either chronic or acute conditions, but are more frequently used for chronic conditions. The Back Shu points are Yang in nature and are especially used to tonify Yang. However they can be used for Yin deficiency as well.

Yin diseases move to the Yang (area); Yang diseases move to the Yin (area). The Front Collecting (Mu) points are situated on the Yin surface (and therefore treat Yang diseases); the Back Shu points are situated on the Yang surface and therefore treat Yin diseases.

Yin diseases can mean either diseases of the Yin organs or diseases characterized by Cold. This would mean that the Back Shu points would be used to tonify the Yin organs and to warm. Conversely, Yang diseases can mean either diseases of the Yang organs or diseases characterized by Heat. This would mean that the Front Collecting points would be used to nourish Yin or to clear Heat.

Another characteristic of these points is that they are used to affect the sense organ associated with the corresponding organ. For example Bl-18 is the Back Shu point for the Liver and can be used for eye diseases.

In practice, the Shu points tend to produce a stronger effect than the Front Collecting (Mu) points and are therefore very useful when the patient feels very tired, exhausted or depressed. In these cases, if the Stomach and Spleen are deficient for example, the use of Bl-20 and Bl-21 will produce a strong tonifying effect.

The Back Transporting points can also be used for diagnostic purposes as they become tender on pressure or even spontaneously tender when the corresponding organ is diseased. In addition to the Back Transporting points along the Bladder channel, there are also six other points on the outer line of the Bladder channel on the back that are particularly important. With the exception of Bl-43, the other five points exert a special effect on the corresponding mental aspect of each of the five Yin organs, that is, the Corporeal Soul (Po) of the Lungs, Mind (Shen) of the Heart, Ethereal Soul (Hun) of the Liver, Intellect (Yi) of the Spleen and Will Power (Zhi) of the Kidneys. These points can therefore be used in emotional and psychological problems of the relevant Yin organs. The actions of these points is stronger if they are combined with the relevant Back Transporting point of the corresponding Yin organ.

Front Mu Points – Follow link for more detailed theory

Lung	LU 1	Urinary Bladder	CV 3
Large Intestine	ST 25	Kidney	GB 25
Stomach	CV 12	Pericardium	CV 17
Spleen	LV 13	Triple Heater	CV 5
Heart	CV 14	Gall Bladder	GB 24
Small Intestine	CV 4	Liver	LV 14



## Front Collecting (Mu) Points

The Front Collecting points are all located on the chest or abdomen (with one exception). These points are where the energy of the relevant organ collects or gathers.

These points are used both for diagnosis and treatment. They are used in diagnosis because they become tender, either on pressure or spontaneously, when their relevant organ becomes diseased. From a diagnostic point of view, they are more important than the Back Transporting points.

In treatment, they are used either to tonify the internal organs or to expel pathogenic factors, often clearing Heat. The Front Collecting points are Yin in character and are more often used in acute diseases; however they can also be used in chronic ones.

The combination of Front Collecting points with the Back Transporting points enhances the therapeutic results and provides a particularly strong treatment. If the client is seen at rather infrequent intervals (2 or more weeks), the combination of Front Collecting points and Back Transporting points is effective in providing more lasting therapeutic results. If the client is seen at frequent intervals (twice a week or more), it is better to alternate the use of the Front Collecting points with that of the Back Transporting points in each treatment session.

It should be noted that only three Front Collecting points are located on the channel relevant to the corresponding organ: LIV-14 for the Liver, GB-24 for the Gall Bladder, and LU-1 for the Lungs. All the others are located on channels not corresponding to their organs. It follows then that with the exception of these three Mu points, the Front Collecting points treat disorders of the Internal Organs but not those of their respective channels. For example, Ren-4 will treat disorders of the Small Intestine but not problems of the Small Intestine channel.

Xi-Cleft Points – Follow link for more detailed theory

Lung	LU 6	Urinary Bladder	UB 63	Yin Qiao Vessel	KD 8
Large Intestine	LI 7	Kidney	KD 5	Yang Qiao Vessel	UB 59
Stomach	ST 34	Pericardium	PC 4	Yin Wei Vessel	KD 9
Spleen	SP 8	Triple Heater	TH 7	Yang Wei Vessel	GB 35
Heart	HT 6	Gall Bladder	GB 36		
Small Intestine	SI 6	Liver	LV 6		

## Accumulation(Xi) Cleft Points

The Accumulation points are all located between the fingers/toes and elbows/knees, with exception of ST-34, which is above the knee. The term Xi means crevices and this refers to the fact that the Accumulation points are located in crevices where the Qi of the channels gathers, and concentrates to plunge deeper from the superficial layers of the channel.

They are points where the Qi of the channel gathers and are used mostly in acute patterns, especially when there is pain. They are therefore primarily indicated for channel problems and are usually reduced, as they are mostly used for Excess patterns. Another characteristic of these points is that they can be used to stop bleeding, especially in acute cases and especially for the Yin channels.

These four Accumulation points are for four of the extraordinary vessels, that is, the Yang and Yin Stepping Vessels and the Yang and Yin Linking Vessels. The Qi of the extraordinary vessels accumulates at these points, which makes them particularly powerful points to activate the Qi of these vessels. They can be used in combination with the opening points of the extraordinary vessels. For example, the point BL-59 is used for sciatica on the lateral side of the leg in combination with BL-62. when there is pronounced stiffness and inability to walk properly.

▣ Hui - Meeting Points - Follow link for more [detailed theory](#)

Zang	LV 13	Sinews	GB 34
Fu	CV 12	Vessels	LU 9
Qi	CV 17	Bones	UB 11
Blood	UB 17	Marrow	GB 39

## Gathering/Meeting (Hui) Points

The Gathering (Hui) points are points that have special influence on certain tissues, organs, energy or Blood. Various types of energies or tissues gather or concentrate at these points.

The body has Four Seas and 12 water channels. The water channels pour into the Seas of which there is one in the East, one in the West, one in the North, and one in the South.

The symptoms and points of the Four Seas are as follows:

Excess: abdominal fullness.

Deficiency: hunger but no desire to eat.

Points: ST-30 (upper) and ST-36 (lower).

Excess: a feeling of fullness of the chest, breathlessness, red face.

Deficiency: shortness of breath, no desire to speak.

Points: Ren-17, Du-15, Du-14, ST-9.

Excess: a feeling of body getting larger, feeling unwell without being able to pinpoint the problem.

Deficiency: a feeling of the body getting smaller, inability to pinpoint the trouble.

Points: BL-11 (upper), ST-37 and ST-39 (lower).

Excess: full of vigor, great physical strength.

Deficiency: dizziness tinnitus, weak legs, blurred vision a desire to lie down.

Points: Du-20, (upper), Du-16 (lower).

▣ **Command Points** – Follow link for more [detailed theory](#)

Abdomen	ST 36
Lumbar Region	UB 40
Head & Posterior Neck	LU 7
Face & Mouth	LI 4
Heart, Chest & Epigastrium	PC 6
Fainting & Collapse	GV 26

## Command Points

The Five Command points are those points that have the strongest and most general influence on a specific area.

## Four Seas

▣ **The Four Seas** – Follow link for more [detailed theory](#)

Sea of Qi	ST 9, CV 17, GV 15, GV 14
Sea of Blood	UB 11, ST 37, ST 39
Sea of Water & Grain	ST 30 (upper point), ST 36 (lower point)
Sea of Marrow	GV 20, GV 16