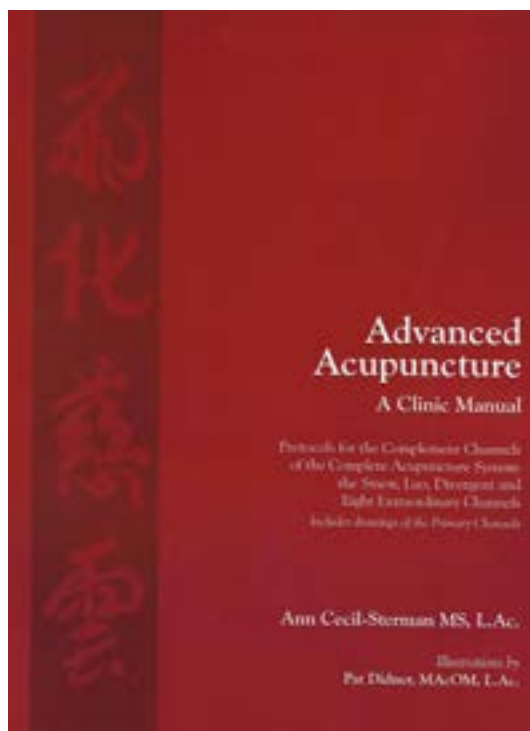




Cecil-Sterman-A.

Advanced Acupuncture A Clinical Manual. Protocols for the comple- ment Channels



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Abbreviations

DC - Divergent Channel.

SDS - Superficial-Deep-Superficial.

DSD - Deep-Superficial-Deep.

In this book, the terms channel, pathway and meridian are interchangeable. The term vessel is used to denote visible Luo Channels.

LUO CHANNEL TREATMENTS

A discussion of chapters 10, 21, 22, 27,
39, 48 and 62 of the *Ling Shu*,
and chapter 18 of the *Su Wen*.

The Arising of the Luo Channels

“The Primary Channels cannot be seen; one must use the pulse at the wrist to diagnose them. The channels that can be seen are the Luo Channels.”

—Chapter 22, *Ling Shu*

Luo Channels are collaterals of the Primary Channels. They are visible reservoirs for pathology, and are created by the body in response to a pathogenic factor. They run the gamut from spider veins to varicosities, and can generate swellings and nodules. The function of the Luo Channels is to keep pathology in the Ying level, away from the organs, using the mediumship of Blood.

The Luo Channels (also known as Connecting Channels) do not exist in the absence of pathology. Pathogenic factors are defined as challenges to the body's defense. They include external climatic factors (Wind, Cold, Damp), and internal factors: the effects of poor dietary choices and poor lifestyle choices, ecological factors (pollution, viruses, bacteria, fungi, parasites), toxins (e.g., asbestos, heavy metals) and emotions. Diet and lifestyle-choice related pathology are neither exclusively internal nor external. Emotional factors are internal, meaning they will initially affect the interior, particularly the Luo terrain since Blood carries the emotions. The emotions are: anger, fear (including shock or fright), worry or pensiveness (known in modern times as obsessive thinking), anxiety and sadness.

As a Luo Channel holds pathology and makes attempts to clear it, rebellious Qi results. The body creates heat to move the pathological Qi up and out. We will see in the functions of the Luo Channels a means of treating rebellious Qi (by clearing pathology), internal Heat (by clearing Heat from the Blood and organs), musculoskeletal conditions (via channel pathways), all Blood pathologies (by moving and regulating Blood) and the emotions (as Blood carries the Shen).

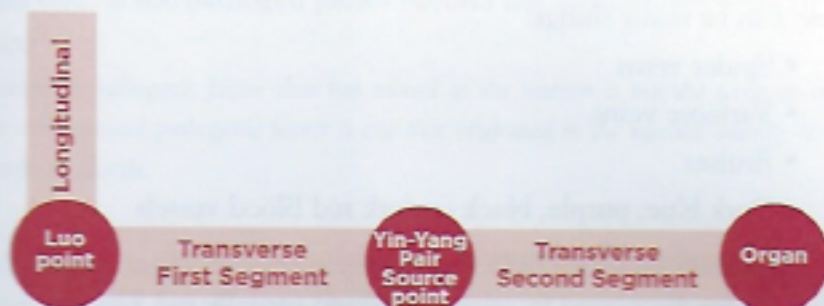
Historical References to the Luo Channels

Chapter 10 of the *Ling Shu* describes all trajectories and lists the signs and symptoms of the Luo Channels. It states that the Luos are visible and do not enter the joints. It instructs us to bleed the Luos every second day to release their pathology and cautions us that failure to do so will allow the pathology to empty out of the Luo Channels into the Yuan level to cause rheumatism. Chapter 19 suggests Luo treatments should be performed when Blood is visible, and continued until the disease is concluded.

Chapter 21 discusses the use of Luo points to treat rebellious Qi. Chapter 22 of the *Ling Shu*, a chapter noted for its remarkable language, describes Luo signs and symptoms and treatment protocols. One could base their entire practice on this chapter. Chapter 27 describes the emptying of the Luo Channels, the resulting diseases and the emptied Luo treatment protocol. Chapter 39 explains the various appearances of Blood during treatment and discusses the relationship between Blood and Fluids. It describes Blood that is black and muddy, Blood that shoots or that looks like tree sap, all of which we commonly see in treatment. Chapter 48 refers to prophylactic treatment of the Luo Channels. Chapter 62 says that when the Luos are obstructed, the pathology is kept in the four limbs, blocking the antique points and rendering Primary Channel treatments ineffective. Chapter 18 of the *Su Wen* describes the Great Luo of the Stomach in detail. Chapters 23 and 26 of the *Nan Jing* identify 15 Luo Channels. Chapter 26 says they are found on the side opposite their corresponding Primary Channels.

Longitudinal and Transverse Luo Terminology

The nomenclature of the Luos is in some ways unfortunate because the Luo Channels are each one unit comprising a longitudinal and transverse aspect. Longitudinal Luos and Transverse Luos have different signs and symptoms but they are not separate units. The Transverse section of a Luo Channel is where the disease deepens.



One can imagine the Luo as an "L-shaped" unit with the Luo point at the bend.

Lung Luo Channel

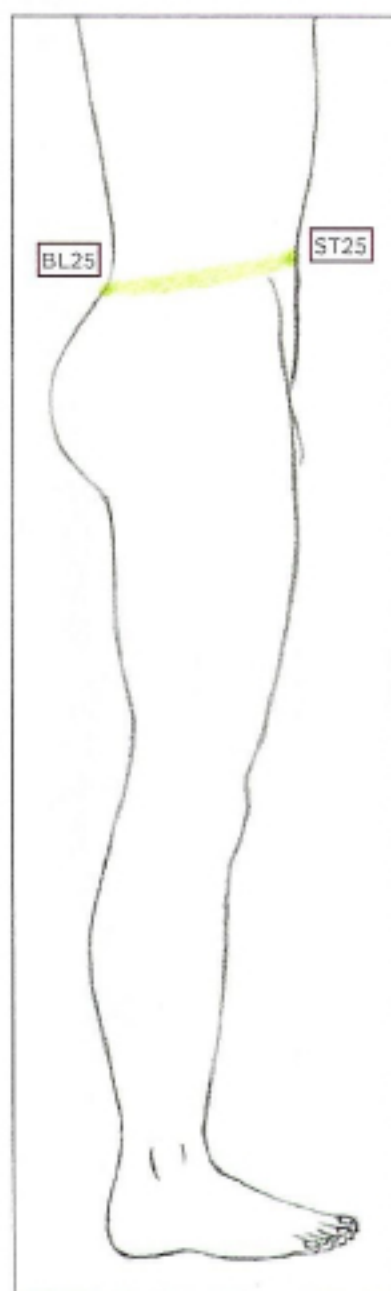
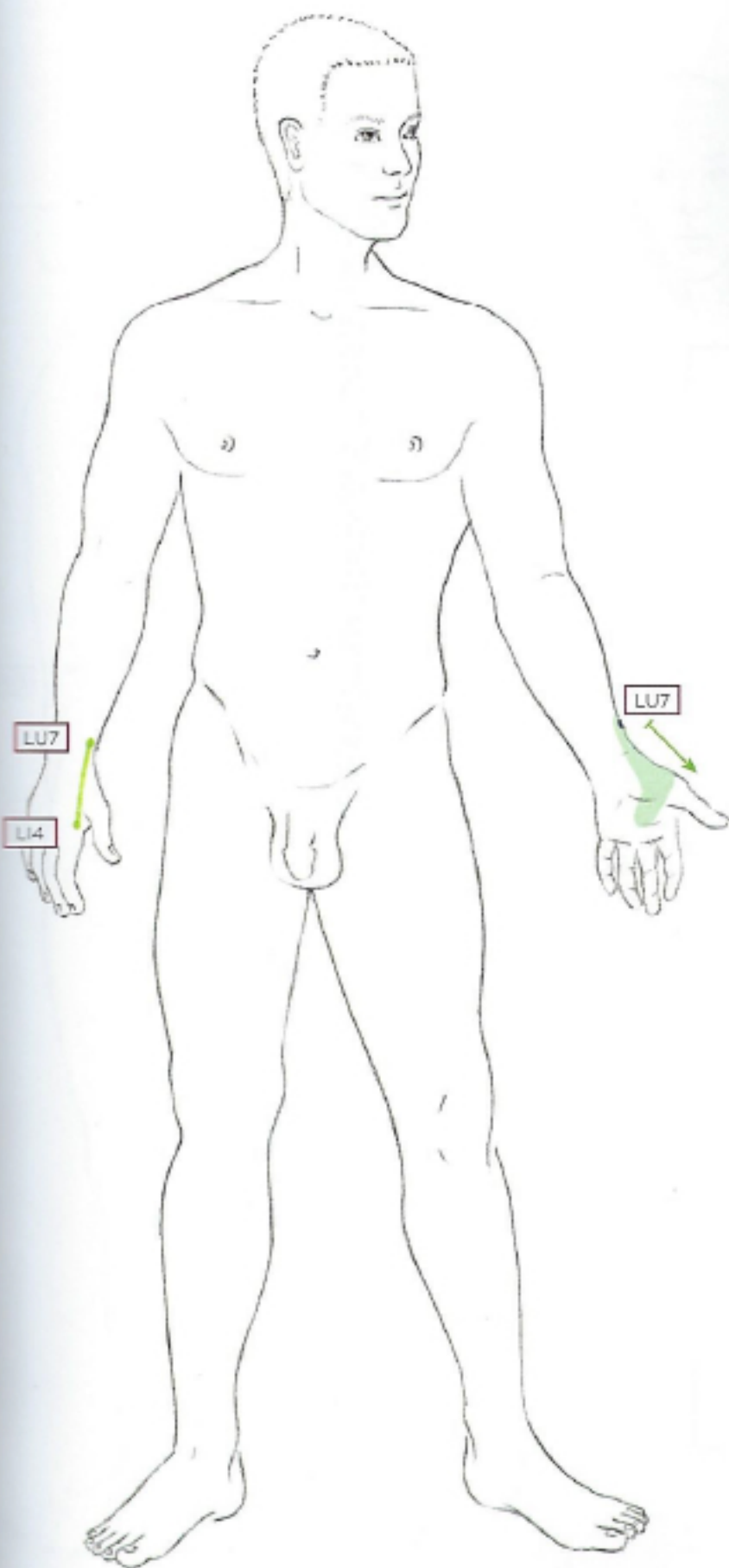
Luo point, LU-7

Longitudinal Luo

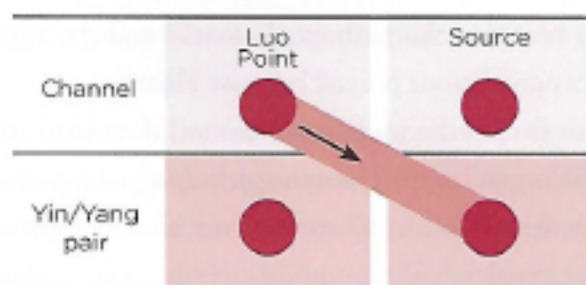
Transverse First Segment

Transverse Second Segment

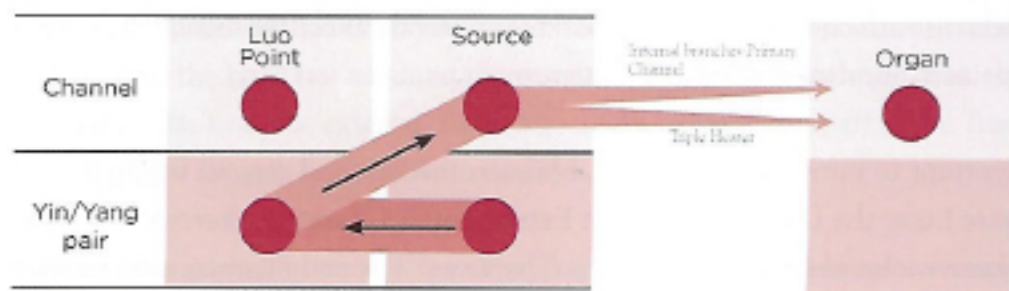
LUO



The first segment of the Transverse Luo extends from the Luo point to the Source point of the Yin-Yang related pair.

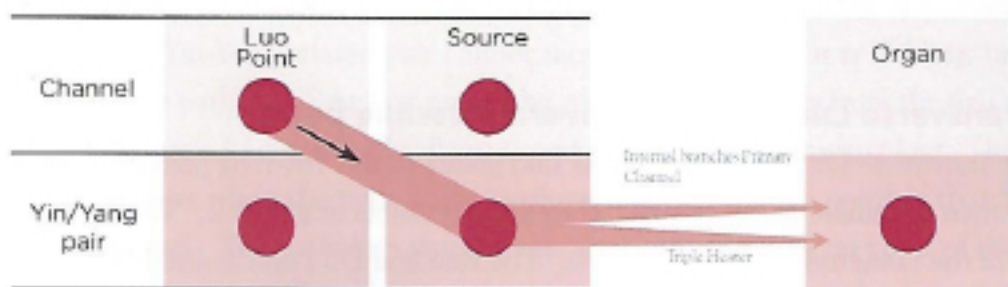


The second segment of the Transverse Luo can be any pathway from the Source point to the original organ.

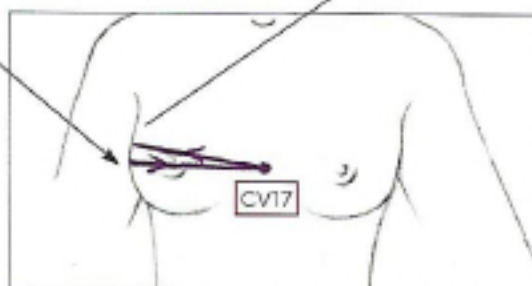
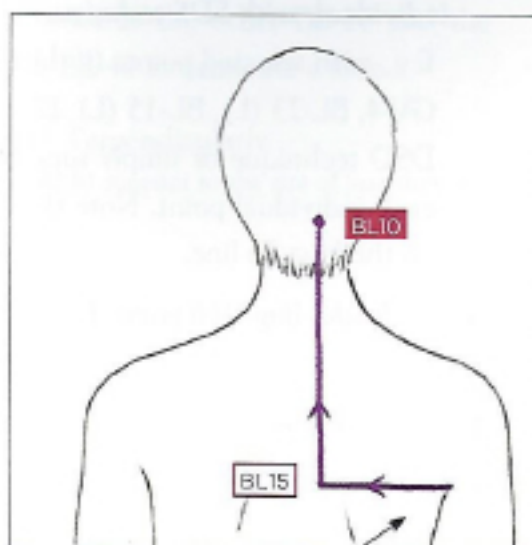
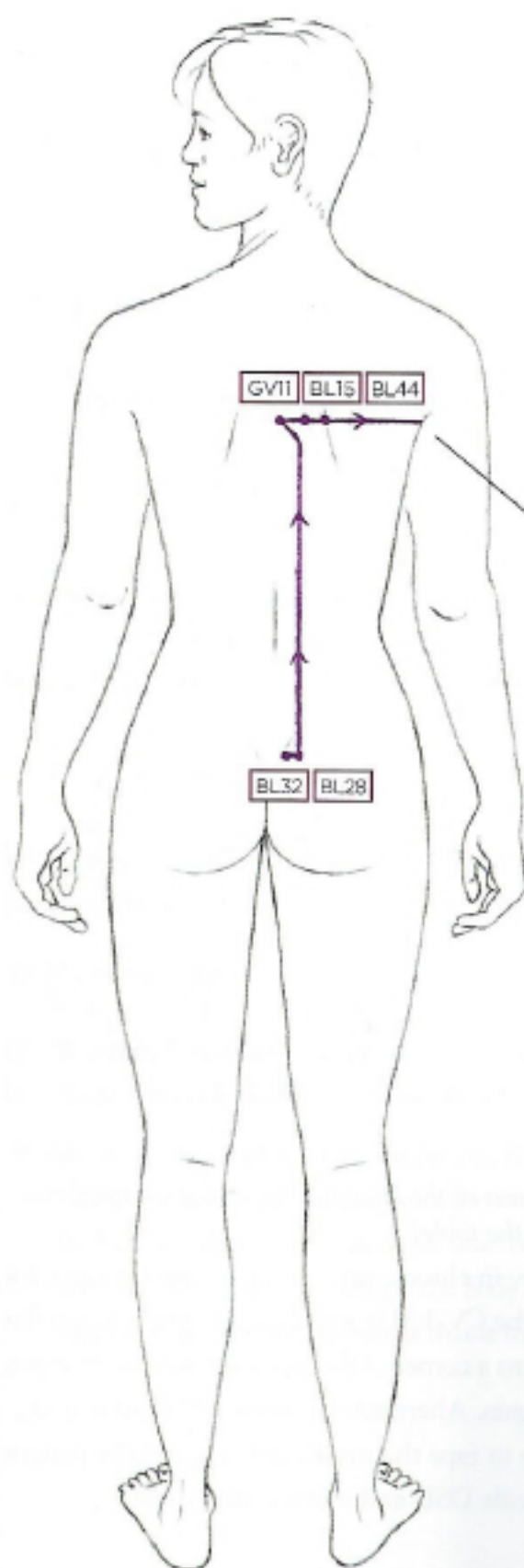


1. The second segment is often a loop from that paired Source point, to the Luo point on that paired channel and then back to the original Source point whereupon it moves:

- into the Internal branches of the Primary Channels which connect to the organs, OR
- into Triple Heater which connects to the Bladder Shu points and then to the organs (represented in the drawings as the Mu points).



2. The pathology might move to a, or b, directly from the paired Source point in which case the signs and symptoms would be of the Transverse Luo of the Yin-Yang paired organ instead.



Tai Yang Cutaneous region



This region wraps around the chest at the level of GB-22, CV-17 and BL-17, skirting under the inferior angle of the scapula. In my experience, it also extends from that band, medial to the medial border of the scapula to GB-21.

"Acupuncture as a modality needs to expand its perspectives on how to provide greater wellness to those afflicted with chronic illness. While many are looking for more technological advances, Ann Cecil-Sterman has gone back into the vast historical teachings of the channel systems to unravel their mysteries so as to better serve our profession. Through her journey she has evolved into a skilled clinician whose insights will reveal, enhance and empower anyone studying Chinese medicine today."

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