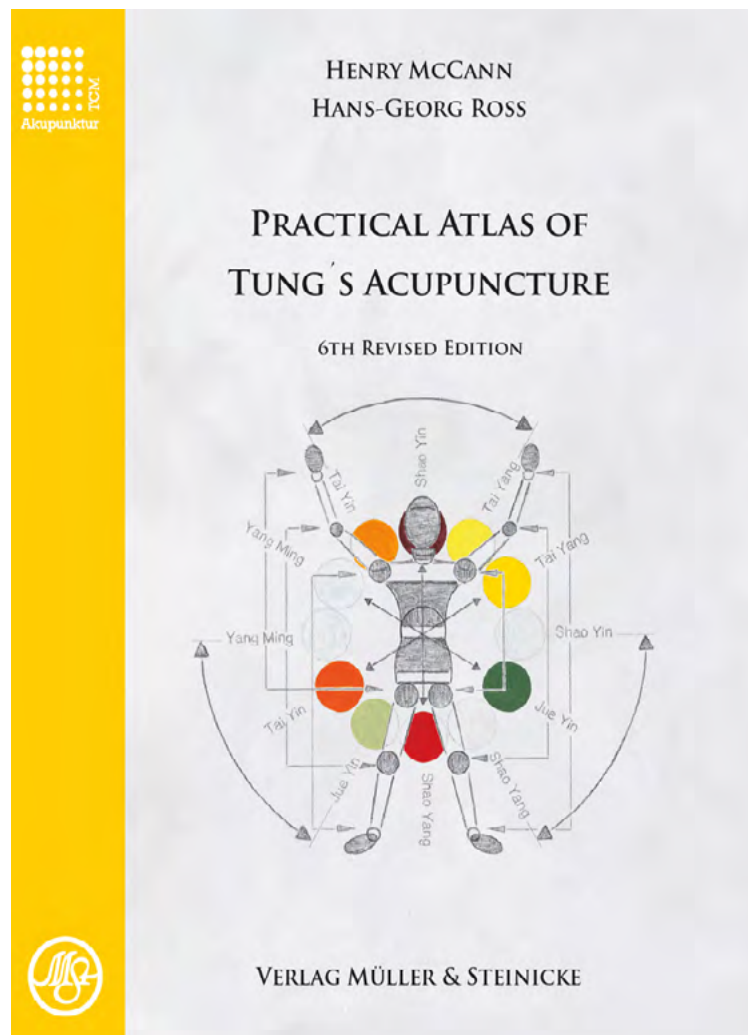




# Henry McCann | Hans-Georg Ross

## Practical Atlas of Tung's Acupuncture

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## 2. Theoretical Basis of Point Selection, Point Location, and Point Indication in Tung's Acupuncture

### Chinese Medicine's Guiding Principle

All branches of Chinese medicine, including the use of acupuncture, moxibustion, and medicinals, share common guiding principles first established in the Huang Di Nei Jing and other early classical medical literature. Furthermore, all authentic lineages of medicine, including the Tung family lineage of classical acupuncture, embody these very same principles. In the very first chapter of the Su Wen (*Shang Gu Tian Zhen Lun*, Treatise on Heavenly Truth from High Antiquity) there is a basic discussion that sets the key for all subsequent discourses in the text and for all of Chinese medicine as a whole. At the beginning of this chapter Huang Di asks Qi Bo why contemporary people frequently suffer illnesses and live short lives while people in ancient times enjoyed health and vigor until the age of 100. The answer that Qi Bo gives begins to describe the main guiding principle in all of Chinese medicine. He says that “people of high antiquity understood the Dao” (上古之人, 其知道者), and then continues that they understood the workings of Yin and Yang, and knew how to act in accord with the larger principles of the natural world. When Qi Bo says “Dao” he means the unifying principles of nature. This is the simplest, most profound, and yet difficult to understand and apply of all principles in medical practice.

Later physicians agree. The Qing Dynasty *Shang Han Lun* master Zheng Qin An said, “in the practice of medicine, knowing how to use medicines is not difficult, what is difficult is knowing the pattern presentation. But then, knowing the pattern presentation is not difficult; knowing Yin and Yang is what is difficult” (醫學一途, 不難於用藥, 而難於識症。亦不難於識症, 而難於識陰陽). (Zheng, 2007) Yin and Yang are Chinese scientists' way of describing “understandable natural laws” and a way of understanding “the workings of the entire universe.” (Unschuld, 2003) This is vitally important in the practice of medicine because humans are a miniature version of the natural world, mirroring the positive and negative changes in that environment. Thus, understanding change in natural world allows the physician to understand the human body in both health and disease. Su Wen Chapter 74 (*Zhi Zhen Yao Da Lun*, Great Treatise on the Essentials of the Most Reliable) says, “Heaven and earth are the grand principle. Man's shen-spirit penetrates and reflects it” (天地之大紀, 人神之通應也). This, one of the most important passages in all the Nei Jing, clearly explains that the guiding principle in medical practice is the understanding of the natural world and how humans interact within and in relation to that world. When physicians fathom this, they understand how to rectifying disharmonies which create disease. In Chinese, this philosophy of unity is described as “Heaven, Earth and Humanity in Harmony” (天地人和 *tian di ren he*), or “Heaven and Humanity Unite as One” (天人合一 *tian ren he yi*). Translating these philosophical ideas into reliable practical treatment strategies to benefit our patients is at the core of classical Chinese medicine.

### 2.1. Point Selection based on Correspondence in Tung's Acupuncture

A unifying concept which encompasses what has been outlined in detail in the previous paragraph is that of correspondence which can serve as an integrative model to help us understand human beings and their interaction with nature and the universe. Within this model the human organism is viewed as a microcosm with structural and functional characteristics corresponding to those of its immediate environment and nature, as well as to those of the universe.

On a smaller scale, analogous rules of correspondence can be observed within the human organism which apart from their philosophical implications, have been of wide practical use in acupuncture therapy. They provide us with a reliable tool for point selection, location, and indication. This in turn also helps to meet scientific criteria: acupuncture can be taught in a rational fashion, its results are reproducible, and can be communicated in a way which is universally understood by all qualified readers.

In Tung's system three sets of correspondences are essential for point selection and treatment strategy:

**Image Correspondence – Channel Correspondence – Tissue Correspondence.**

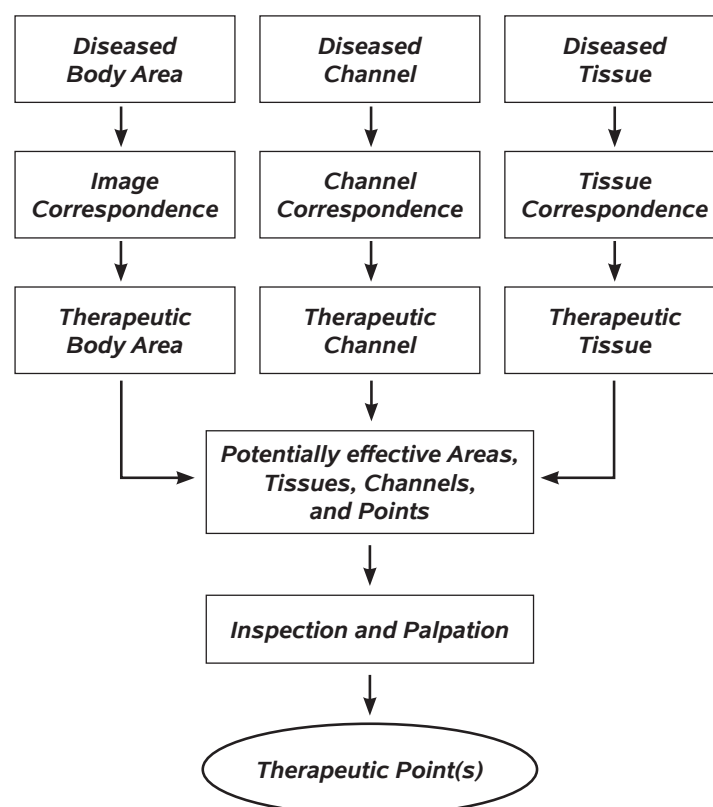


Fig. T-1

Flow chart illustrating the use of the three correspondences to identify effective acupuncture points

The flow chart in our figure T-1 provides a simplified overview of how effective acupuncture points can be identified using these three systems of correspondence. In essence a sufficiently complete and reliable Chinese medical diagnosis focuses on three components, namely the diseased body area(s), the diseased channel(s), and the diseased tissue(s). Each component of the diagnosis is then ‘processed’ through its appropriate system of correspondence. The Image Correspondence identifies a therapeutically effective body area(s), the Channel Correspondence identifies therapeutically effective channel(s), and the Tissue Correspondence identifies the therapeutically effective tissue(s). The three systems eventually converge to yield the potentially effective therapeutic point(s) which have to be corroborated by palpation and inspection.

In the following paragraphs we will explain the three systems of correspondence in some detail to make the reader familiar with the structure of Tung’s thinking. In the main body of this book which describes and analyses Master Tung’s points and their indications in detail we will try to explain each point’s indication and mode of action within the framework of correspondence.

### 2.1.1. Image Correspondence

As can be inferred from the flow chart of our figure T-1 the Image Correspondence contains a set of rules that enables the therapist – once the diseased body region has been properly diagnosed – to identify one or more body regions suitable for needling. An important aspect of Tung’s system is implicit in this definition, namely that the diseased area itself is not needled. All acupuncture points are distal points.

The key symbol and term used to describe the Image Correspondence of body parts vis-à-vis each other is the **Taiji**. The term Taiji (太極) literally means “grand ultimate,” and refers to the basic concept that Yin and Yang theory describes the movement of the entire cosmos. The word Taiji has been applied to medicine by many classical physicians, and several writers describe the body as being comprised of numerous “Taiji Holograms” (Taiji Quanxi 太極全息) (Yang 1997, pg. 247). An alternative term sometimes used is “Holographic Correspondence.” Within the context of Tung’s acupuncture Taiji means that all properties – or in modern parlance, all information – of the whole body is also contained in its individual parts and vice versa. Consequently, each part of the body can influence every other part through its anatomical and functional relationships with the whole organism. It is this model of mutual interrelationship between corresponding parts which provides the rationale for treating diseased structures by needling distant and analogous healthy areas.

We note in passing that modern science has shown several aspects of this picture to partly correlate with contemporary findings. Without embarking on a detailed analysis we wish to briefly mention three of them. Embryonic cells contain enough genetic information to develop into a whole organism, and even in adulthood cells can retain some of this potential. Thus, in the extreme, one cell “corresponds” to a whole organism. Another example is the surface of the sensory-motor cortex of the brain which looks like a distorted map of the whole body and governs important input-output relations of the limbs and trunk. Here a part of the body, the cortex, “corresponds” to a whole system. Yet another well-documented, though poorly understood phenomenon is “referred pain” which, in contrast to radiating pain, appears at distant areas of the trunk or extremities during diseases of internal organs. The interpretation within Chinese coordinates would be that the sites where the pain is actually felt “correspond” to the diseased organ. This is by no means a new idea. As early as 1978 Sung J. Liao concluded from his review of the data available at the time that “it seems reasonable to speculate that referred pain and the effects of acupuncture share the same pathways with the internal organs at one end and the skin and its underlying tissues at the other. Visceral disturbances set up referred pain with maximal tender areas of skin and its underlying tissues while acupuncture at such maximal tender areas (i.e., acupuncture points) in a counter-current fashion attenuates the referred pain and, thus, visceral disturbances.” (p. 59)

The three Taiji of Tung’s acupuncture (Young 2008b) are of different scaling which, as will become clear in the following paragraphs, is the reasons for their names:

### ***Large Taiji – Medium Taiji – Small Taiji***

#### ***Large Taiji***

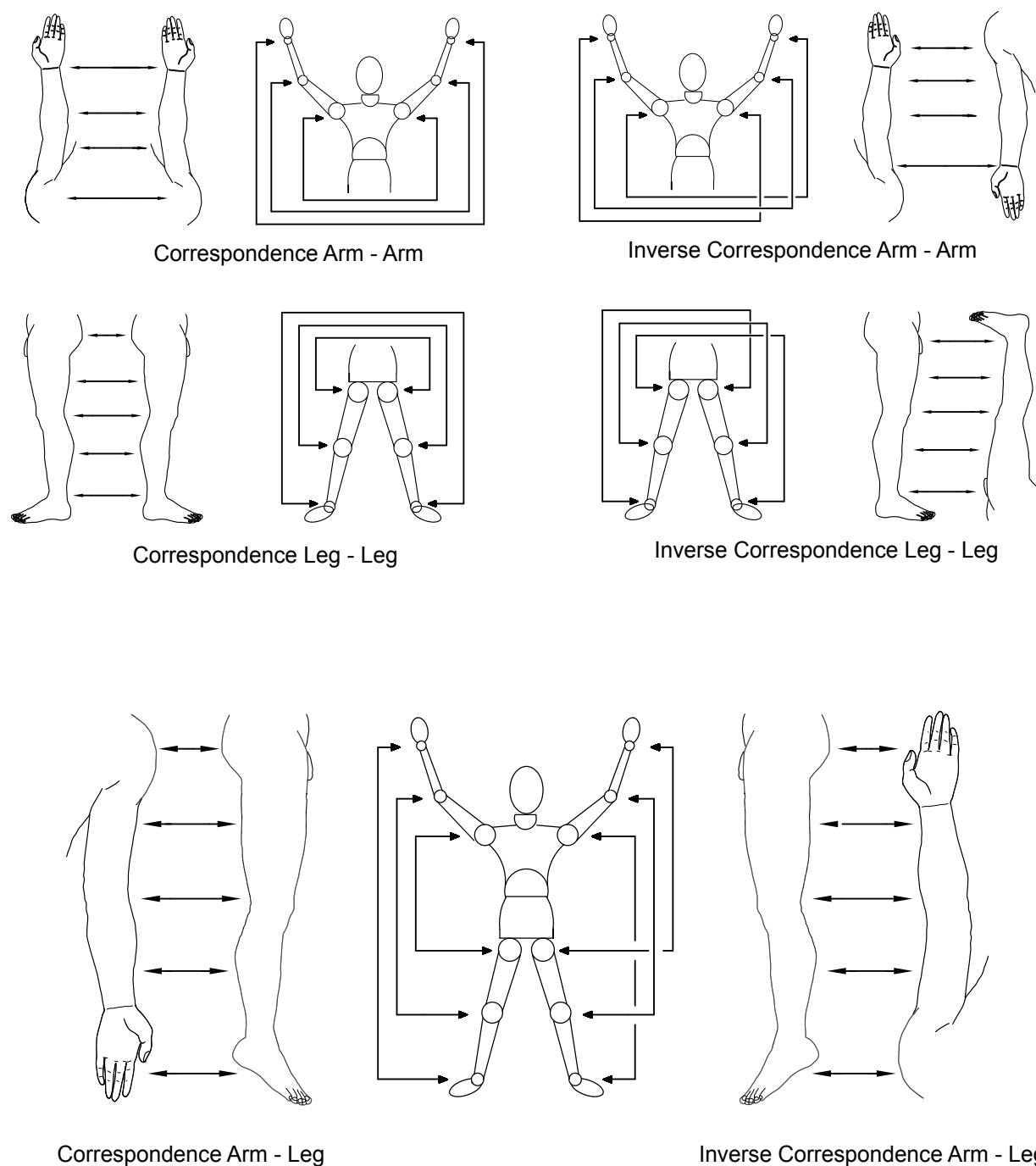
In the Large Taiji the parts corresponding with each other are of approximately the same size and proportion. The term Large Taiji is used in two different contexts, namely **(A)** when treating diseased extremities or **(B)** when treating diseased areas of the trunk (including the Three Jiao and Zang Fu located within these areas), and of the head.

#### ***Large Taiji (A)***

In the Large Taiji (A) diseased parts of extremities are projected onto corresponding areas of other extremities.

This limb to limb correspondence is found originally in martial arts and Qigong classics, and in the internal martial arts is described as the Three External Harmonies (外三合) of the Six Harmonies (六合). Another approach to understanding this kind of Taiji is perhaps implicit in the Su Wen Chapter 63 on Miu Ci, the so-called misleading piercing: instead of needling a diseased area, “the piercing is applied on the basis of a crosswise connection between left and right” (commentary by Hu Tianxiong, cited in Unschuld and Tessenow 2011, p.131).

The “geometric” rules for the Large Taiji correspondence of the extremities are depicted in our figure T-2.

**Fig. T-2**

Large Taiji (A): Correspondence of the extremities (modified from Ross & Sulistyo, 2013, Figs. 25 - 28)

Functionally impaired or painful regions – bones, joints, soft tissues, etc. – of diseased extremities are mapped out onto analogous regions of healthy extremities where the effective points are located. For Inverted imaging elbows and knees are pivot points.

The simplest constellation is that a diseased extremity is projected onto its opposite counterpart. Thus arm corresponds to arm, and leg corresponds to leg. This correspondence can be used in the 'normal' orientation with hands loosely hanging down by the sides and feet resting on the ground. The left half of the upper panel in figure T-2 depicts this situation (Correspondence Arm – Arm and Correspondence Leg – Leg). In this orientation diseases of the hand/foot are treated through points on the healthy hand/foot of the other side, the shoulder is treated by the contralateral shoulder, and the elbow by the contralateral elbow. The same holds true for all areas in between the joints.

### 3. Tung's Points: Locations and Indications

This chapter contains a complete atlas of Tung's acupuncture including the points described in Tung's original 1973 text, and other important secret family lineage points. Point locations and indications are described both in terms of Master Tung's original zonal arrangement and with reference to the conventional primary channels with which the points are functionally associated. Comments on almost each point or point group with respect to the theoretical framework described in the previous section and with cross references to various important classic and modern sources explain the interrelationship between point location, indication, and needling technique.

The reader will notice that many of the indications are given in Western medical terms. This reflects a cultural phenomenon around the time Tung's book was written. Western medicine had become quite popular in China and Taiwan, and many authors and therapists perhaps felt they had to "Westernize" to be taken seriously. (Cheng, 1996). Tung, in his own writing, explained that he purposely chose the use of modern western medical terms to help develop and popularize his system. (Tung, 1968). Nevertheless, Tung's acupuncture is rooted in the same basic concepts such as Yin – Yang and Five Phases, and other theories from the classic texts such as the Huang Di Nei Jing, as all other lineages of Chinese medicine.

Therefore, in comments and point discussions we focus on presenting our understanding of Tung's points within the framework of classical Chinese medicine. In that respect we are following the same line of thinking as some of Tung's disciples, notably Dr. Wei-Chieh Young.

Another fact is that Tung's therapeutic system makes little, if any, distinction between the Zang viscera and the channels. This seems to be in accord with O'Connor and Bensky's (1981, p. 47) statement.... "that the Chinese do not regard the peripheral pathway as physiologically separate from the Organ with which each is connected. Rather they should be seen as the internal and external parts of a single integrated system." Similarly, Wang and Robertson (2008, p. 8) conclude that "in classical Chinese medicine, the channels are an integral part of the organs themselves. In that respect, organ theory and channel theory are inseparable."

#### Locating Acupuncture Points – Chuai Xue Fa 揣穴法

Although we generally follow the traditional method of describing point locations in terms of anatomical landmarks and proportional measurements one should be aware of uncertainties inherent in such descriptions because, "the actual location of any point is not necessarily where that point is located by techniques of proportional measurement. Rather, the point is the place where one can best get the Qi and facilitate the arrival of Qi. It is not fixed." (Wang and Robertson, 2008, p. 535).

While many modern textbooks on acupuncture provide seemingly exact locations for acupuncture points, in traditional practice and as referenced in the classics, the best method for locating points is by actively palpating the body for some indication of tissue change or point reactivity, or visually inspecting the body for areas of venous congestion or spider nevi. The latter is especially important for locating areas for bloodletting therapy. In Japanese there is a special term for this type of point – the "Living Point" (*ikita tsubo* 生きた壺).

Ling Shu 51 (*Bei Shu*, On Back Shu Points) says, "When locating points one presses the region to see if the patient feels sore or if the patient's existing pain is relieved. In this case the point has been located with accuracy" (則欲得而驗之，按其處，應在中而痛解，乃其輸也). For example, even with Tung's points, when treating pain often the appropriate therapeutic point will be painful on palpation. Furthermore while pressing the point before needling, the patient may already have improvement in their pain. This is an accurately located point even if the "exact" proscribed location is not followed. In many schools of Japanese acupuncture point location is verified by gently pressing a point and checking to see if the patient's pulse responds positively. It is our experience that Tung's points have the same effect on pulse, and thus pulse diagnosis is also a method of accurately locating appropriate treatment points.

Ling Shu Chapter 27 (Zhou Bi, On Wandering Bi) describes how channel palpation helps with diagnosis and treatment: "When pricking for Bi-obstruction, first one must press the Six Channels to see if there is vacuity or repletion. If there is a blood knot of the large network [vessels] where the [blood] does not circulate, or where vacuity has lead to the vessels being sunken in, then this is where to regulate. Warm compresses open [circulation]. Where there is contracture, hardness and twisting [i.e., torsion], pulling will move [the stagnation]."

刺痺者，必先切循其下之六經，視其虛實，及大絡之血結而不通，及虛而脈陷空者而調之，熨而通之。其痠堅轉引而行之。

The meaning here is that first we palpate to determine diagnosis and also locations for treatment. Then treatment for pain is accomplished by needling in the appropriate channel based on palpatory findings. After that we do



what is called Yun 熨法, or ironing therapy. This is the application of heated material, often a type of herbal compress or other type of topical heat. Lastly the text mentions pulling. This pulling (Yin 引) is the same as in Dao Yin (導引). This means movement of the body of some sort, as in therapeutic exercise similar to modern day Qigong. In terms of actual therapy with Tung's acupuncture it can be seen to refer to the Dong Qi moving technique that is applied while needles are in place distally.

Readers are urged to not focus too heavily on detailed anatomical descriptions or diagrams. Classically, most acupuncture diagrams did not include underlying anatomy, and were much more vague than most modern textbooks. Therefore, many of our figures, inspired by Tung's original sketches, do not have underlying anatomy included. Since points must be palpated or visually inspected for accurate location, these diagrams will be adequate tools for guiding the reader during their search for points.

### Note

Important sources frequently cited in this chapter are:

Hu BQ. 董氏針灸全集驗證（上下冊） [A Complete Inventory of Tung's Acupuncture, Vol. 1 and 2]. Taipei: Zhi Yuan Bookstore, 1998.

Hu BQ. 董氏奇穴圖譜治療學 [Illustrated Study of Treatment by Tung's Lineage Curious Points]. Taipei: Zhi Yuan Bookstore, 1999.

Lee M. Master Tong's Acupuncture, Boulder, CO: Blue Poppy Press, 2002.

Li GZ. 台灣董氏針灸倒馬針刺療法 [Taiwan's Tung Lineage Dao Ma Needle Therapy]. Taipei: Zhi Yuan Bookstore, 1999.

Li GZ. 台灣董氏針灸經穴學 [Taiwan's Tung Lineage Study of Channel Points]. Taipei: Zhi Yuan Bookstore, 2011.

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Yang WJ. 董氏奇穴針灸學 [A Study of Tung's Curious Points and Acupuncture]. Taipei: Chih Yuan Bookstore, 1999.

Young WC. Lectures on Tung's Acupuncture: Points Study. Rowland Heights, CA: American Chinese Cultural Medical Center, 2008a.

Young WC. Lectures on Tung's Acupuncture: Therapeutic System. Rowland Heights, CA: American Chinese Cultural Medical Center, 2008b.

For easier reference most quotes from these sources are given in terms of Tung's point names and/or numbers instead of page numbers. Page numbers are only provided to locate verbatim citations.

### A note on Reaction Areas

In Tung's original writing (Tung 1968, Tung 1973) he described each point as being related to a shen jing (神經). The word shen jing is translated literally as a "nerve." Thus, according to Tung a point might be related to the Lung Nerve, or the Uterus Nerve. In Tung's own writing, he described how he purposely chose to use modern western medical terms to describe the points and indications in his system (Tung 1968). This was a common practice, and part of the general medical Zeitgeist of the time. According to Scheid (2014), "After 1929 when Chinese physicians decided to move their medicine into the domain of state to gain for it equality before the law, a new strategy was needed ... An initial suggestion put forward by the newly established Institute of National Medicine under the directorship of Lu Yuanlei was to accomplish this integration by abolishing Chinese medical disease terms altogether and replace them with biomedical nosologies."

Knowing that anatomically there is no such thing as a specific "nerve of the lung" or "nerve of the uterus," later authors changed the word shen jing (nerve) to either "reaction area" or "reflex." Unfortunately, Tung did not leave any descriptions of why he thought points had certain reaction areas, or otherwise what he actually meant by that term. It is not surprising then that those who studied with him and those who have been using his style of acupuncture either omit this aspect altogether or offer controversial interpretations.

Thus, Dr. Chuan-Min Wang maintains that the “nerves” of Tung’s system are in fact acupuncture channels unique to Tung’s system and hence one component of **point location** (“Tung’s Five Zang Channel System”, Wang, 2013, p. 22 / 23).

Dr. Wei-Chieh Young on the other hand states that “The part of anatomy in the original [Tung’s] texts refers to the **function of points**.” (Young, 2008a, p. 38).

In principle we follow Dr. Young’s view in our text but prefer the term “reaction area” (Dr. J. H. Maher, p. XIV) which we take as being equivalent to the Western concepts of “Sites of Action” or “Target Areas,” in many cases Tung’s reaction areas can be understood as additional specifications, or clarifications, of the points’ indications, though with a primary emphasis on body areas and / or organs.

Other points’ reaction areas – though in good accord with the Channel Correspondences summarized in our Table 2 and / or the functional projections defined in chapter 10 of the Ling Shu for Regular, Divergent, Network, and Sinew Channels – imply pathways which remain enigmatic because it is difficult to relate them to the indications ascribed to the points. Tung’s reaction areas may be taken as hinting to points’ hidden effects still to be disclosed.

Our analysis of Tung’s Points and their Reaction Areas is presented in the form of a table in section 8.3., p.217-225.

### **A note on Point Functions**

Another – complementary – approach to exploring new curative effects is to study point functions. Point functions, also known as point actions, are descriptions of what points do in traditional Chinese medical terms (as opposed to a list of disease or other sign / symptom indications). According to Deadman and Al-Khafaji, “the ascribing of point actions to acupuncture points is a modern (i.e., 20th century) practice, and one that draws from the Chinese herbal medicine tradition.” (2001, p. 8) Before the 20th century, acupuncture texts did not list point functions for each and every point. This is true of classics such as the Jia Yi Jing, the Zhen Jiu Da Chang, the Zhen Jiu Zi Sheng Jing, etc. Even into the 20th century many acupuncture texts did not include point functions, including the writings of Dr. James So, standard texts such as Chinese Acupuncture and Moxibustion edited by Cheng Xin-Nong, and Tung’s original writings from the 1960s and 1970s.

That said, there are historical precedents for assigning point functions to acupuncture points. Furthermore reading through a list of indications often gives a sense of an overall pattern that a point can treat. Assigning point functions helps summarize the uses of a point by patterns, allowing for ease of memorization and ease of extrapolation to new and previously unthought-of indications. It also allows acupuncturists primarily trained in the new TCM acupuncture of the PRC a bridge to start understanding when points may be clinically appropriate. While Tung’s original writings did not include point functions, later generations of Tung practitioners in Taiwan started assigning functions to all the points (see for example Li, 2011). When studied together *along with the traditional indications*, we feel these functions can help modern Tung practitioners understand the broader use of points.



# Points on the Fingers

## Zone 1

Points 11.01 – 11.27, Shen Shui, Xia Jian, Shuang Chuan, Ce Jian, Nei Yin, Tian Yang, Di Yang, Ren Yang, Chen Yin, Zhi Wei, Zhi Fei, San Xian, Huo Xing Shang, Huo Xing Xia, Tu Xing Yi, Tu Xing Er, Xi Ling, Mu Hua Yi, Mu Hua Er, Kai Pi, Shuang Ling, Ding Chuan, Mu Ling, Tu Hang Yi, Tu Hang Er, Zheng Tu, Jian Pi, Feng Chao, Tai Yang Yi, Tai Yang Er, Tong Gu Yi, Tong Gu Er, Shui Qing, Fen Shui, Shui Hai, Shui Yuan, Shui Yao, Zheng Shui, Shao Bai, Huai Ling, Zhi San Huang, Zhu Yuan, Ba Guan 1 - Ba Guan 8, Qi Hua, Mu Huo

### Zone 1

Points 11.01, 11.02, 11.03, 11.04, 11.05, 11.06

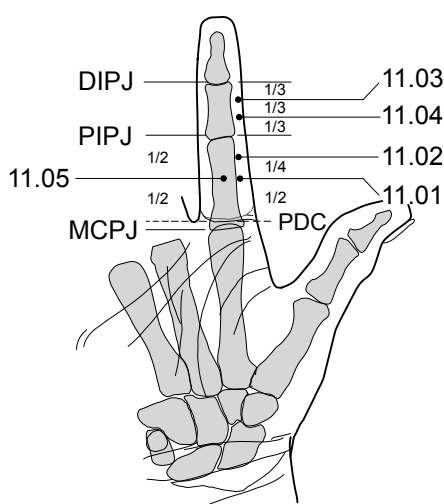


Fig. Z1-1

Right hand, palmar surface

DIPJ = distal interphalangeal joint, PIPJ = proximal interphalangeal joint, MCPJ = metacarpo-phalangeal joint, PDC = proximal digital crease

Point Locations	Point Indications
<b>11.01 Da Jian (Big Distance)</b> On the palmar aspect of the index finger, midway between the PIP joint and the proximal digital crease on the radial margin of the phalangeal bone; on the Large Intestine channel	Heart disease, knee pain, hernia, corner of the eye pain, and a bearing down pain of the testes; mounting pain (疝 <i>Shan</i> – e.g., inguinal hernia), Small Intestine Qi (小腸氣) Reaction areas: Heart, Large and Small Intestines
<b>11.02 Xiao Jian (Small Distance)</b> On the palmar aspect of the index finger, midway between Da Jian (11.01) and the PIP joint on the radial margin of the phalangeal bone; on the Large Intestine channel	Dyspnea, eye pain, chronic bronchitis, expectoration of yellow mucous, palpitations, mounting pain (疝 <i>Shan</i> – inguinal or femoral hernia), knee pain, enteritis, Small Intestine Qi (小腸氣) Reaction areas: Lung, Heart, Six Fu-bowels
<b>11.03 Fu Jian (Floating Distance)</b> On the border of the distal 1/3 and the middle 1/3 of the palmar middle phalanx of the index finger at the radial margin of the phalangeal bone; on the Large Intestine channel	Tooth pain, urethritis, stomachache, hernia, mounting pain (疝 <i>Shan</i> ), Small Intestine Qi (小腸氣) Reaction areas: Heart, Six Fu-bowels
<b>11.04 Wai Jian (Outer Distance)</b> On the border of the middle 1/3 and the proximal 1/3 of the palmar middle phalanx of the index finger at the radial margin of the phalangeal bone; on the Large Intestine channel	Same indications as Fu Jian (11.03) Reaction areas: Heart, Six Fu-bowels

**Point Functions**

**Da Jian (11.01)** clears and drains Heart fire, drains Lung Heat, disinhibits the throat

**Xiao Jian (11.02)** benefits the Lung, stops cough, clears swelling and stops pain

**Fu Jian (11.03)** and **Wai Jian (11.04)** rectify the Stomach, harmonize the intestines, clear and rectify the Lower Jiao

### **Comments on Indications of Da Jian (11.01), Xiao Jian (11.02), Fu Jian (11.03), Wai Jian (11.04), and Zhong Jian (11.05)**

#### **Image Correspondence**

Depending on whether the Large, Medium, Small Taiji or their inverted orientations are used, Da Jian (11.01), Xiao Jian (11.02), Fu Jian (11.03), Wai Jian (11.04), and Zhong Jian (11.05) either correspond to the Lower Jiao, inguinal and urogenital areas, or to the Middle/Upper Jiao, head and face (including mouth and eyes).

#### **Channel Correspondence**

Da Jian (11.01), Xiao Jian (11.02), Fu Jian (11.03), Wai Jian (11.04), and Zhong Jian (11.05) are all located on – or adjacent to – the Large Intestine channel. The Large Intestine channel by itself and via the Stomach channel (Same Name Correspondence) influences the face (including especially the teeth and eyes) and the gastro-intestinal tract. The indication for respiratory deficits can be understood through Channel Correspondences with Lung (Yang Ming Large Intestine – Tai Yin Lung, internal – external pairing). Inguinal hernia and impaired vision are associated with the Liver channel, which has a Branching and Connecting Channel Correspondence with the Large Intestine (Yang Ming – Jue Yin). In cases of cardiac dysfunction and its consequences (e.g., painful edema of the knee joints) the alleviating effects of the points are mediated by the Stomach channel (Same Name Correspondence) via its channel divergence which penetrates the Heart Zang. Furthermore, according to Ling Shu Chapter 11 (*Jing Bie*, Channel Divergences) the Liver channel divergence reaches the Heart. Symptoms such as dizziness, vertigo and blurred vision occurring together may be due to combined dysfunctions of the Liver and the cardio-vascular system; both are covered by the Channel Correspondences described. Furthermore, in Tung's system points that treat the Heart are also useful for knee pain.

#### **Tissue/Zang Correspondence**

Da Jian (11.01), Xiao Jian (11.02), Fu Jian (11.03) and Wai Jian (11.04) are located where needling close to the bone will go along or through the tendons of the lumbrical and interosseus muscles, which, insert at the ulnar and radial sides of the phalangeal bones. Needling the tendons will contribute to harmonizing and soothing the Liver.

Needling Zhong Jian (11.05) will penetrate the tendon of the flexor digitorum muscles in addition which corresponds to tendon and harmonizes the Liver.

Da Jian (11.01), Xiao Jian (11.02), Fu Jian (11.03), Wai Jian (11.04), and Zhong Jian (11.05) are all needled with cutting or shaving the bone technique, which invigorates the Kidney.

#### **Needling and/or Manipulation**

Perpendicular needling closely along the edge of the phalangeal bone ("cutting or shaving the bone").

For detailed needling instructions see the Appendix of this section.

The traditional prescription describes needling a point shallowly for symptoms located close by and increasing insertion depth when targeting more remote pathologies. For the points described in this section, needling 0.1 – 0.2 cun preferentially treats anatomically closer structures such as the head, face, heart and chest, while needling 0.3 cun and deeper treats hernia and knee joint complaints.

Traditional guidelines also contraindicate bilateral needling of Da Jian (11.01), Xiao Jian (11.02), Ju Jian (11.03), Wai Jian (11.04) and Zhong Jian (11.05). Furthermore, the left (i.e., Yang) side is needled in males and the right (i.e., Yin) side in females. If symptoms are unilateral, needling can be done contralaterally regardless of gender.

#### **Special recommendations**

For treatment of hernia Miriam Lee recommends needling Da Jian (11.01), Xiao Jian (11.02) Wai Jian (11.04), and Zhong Jian (11.05) combined with bleeding the area of the medial malleolus. Da Jian (11.01), Xiao Jian (11.02), Fu Jian (11.03), Wai Jian (11.04), and /or Zhong Jian (11.05) can be combined with Da Dun LIV-1. The Zhen Jiu Zi Sheng Jing (Wang 2014) says that Da Dun (LIV-1) is especially effective at treating pain at the tip of the penis.

## Zone 1

## Points 11.05, 11.06

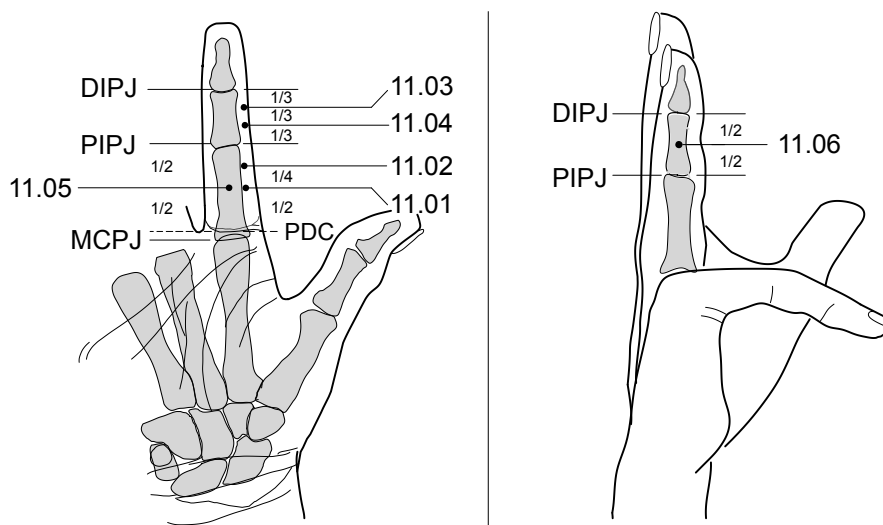


Fig. Z1-2

Right hand, palmar surface

Right ring finger, ulnar surface

DIPJ = distal interphalangeal joint, PIPJ = proximal interphalangeal joint, MCPJ = metacarpo-phalangeal joint, PDC = proximal digital crease

**Point Locations****11.05 Zhong Jian (Center Distance)**

Midway between the PIP joint and the proximal digital crease on the midline of the palmar proximal phalanx of the index finger; on the Large Intestine channel

**11.06 Huan Chao (Return to Nest)**

On the center of the ulnar side of the middle phalanx of the ring finger; on the San Jiao channel

**Point Indications**

Dizziness, dyspnea, palpitations, knee pain, mounting pain (疝 *shan*)

Reaction areas: Lung, Heart, Six Fu-bowels

Vaginal swelling, cervicitis, uterine myoma, leucorrhea, frequent urination, dysmenorrhea, habitual miscarriage; reproductive disorders related to Liver or Kidney patterns  
Reaction areas: Liver, Kidney

**Point Functions**

**Zhong Jian (11.05)** regulates Heart Qi, relaxes the chest and disinhibits the diaphragm

**Huan Chao (11.06)** regulates the menses, rectifies the Dai (理帶), diffuses and frees the Lower Jiao

### **Comments on Indications of Zhong Jian (11.05)**

Zhong Jian (11.05) is located in the same area as Da Jian (11.01), Xiao Jian (11.02), Fu Jian (11.03), and Wai Jian (11.04). Hence it not only shares their Image, Channel, and Tissue Correspondences but is also indicated for similar symptoms. Therefore Zhong Jian has been included in the comments section on the previous page.

### **Comments on Indications of Huan Chao (11.06)**

#### **Image Correspondence**

In the Large and Medium Taiji the location of Huan Chao (11.06) corresponds to the region of the reproductive system.

#### **Channel Correspondence**

Huan Chao (11.06) is located on the San Jiao channel. It regulates the San Jiao and invigorates the Kidney via the Branching and Connecting Channel Correspondence (Shao Yang – Shao Yin). In Master Tung's system all points on the ring finger also pertain to the Liver, and Huan Chao (11.06) harmonizes the Liver to disperse Qi stagnation. This is because the Shao Yang San Jiao communicates with the Shao Yang Gallbladder, a channel commonly used to move stagnation in the Liver (e.g., herbs such as Chai Hu Bupleurum move stagnant Liver Qi by mainly entering the Foot Shao Yang Gallbladder). Furthermore, according to Ling Shu Chapter 10 (*Jing Mai*, On the Channels), the San Jiao channel governs disorders of the Qi, and thus can effectively regulate Qi.

#### **Tissue/Zang Correspondence**

Huan Chao (11.06) is located where perpendicular needling goes through the tendons of the lumbrical and interosseus muscles which insert at the ulnar and radial sides of the phalangeal bones. Needling the tendons contributes to harmonizing and soothing the Liver. Touching the bone with the needle tip enhances its effect on the Kidney.

#### **Needling and/or Manipulation**

Perpendicular insertion until the bone is touched, or needling along the palmar surface of the bone (cutting or shaving the bone technique).

For detailed needling instructions see the Appendix of this section.

#### **Special recommendations**

Usually Huan Chao (11.06) is only needled on one side. For infertility, habitual miscarriage, and other dysfunction of the female reproductive system Huan Chao (11.06) is combined with Fu Ke (11.24) on opposite sides.

For uterine pain after abortion combine Huan Chao (11.06) with Zhong Ji (REN-3) and Zi Gong (M-CA-18).

## Zone 1

## Points 11.07, 11.08, 11.09, 11.10, 11.11, 11.12, 11.13

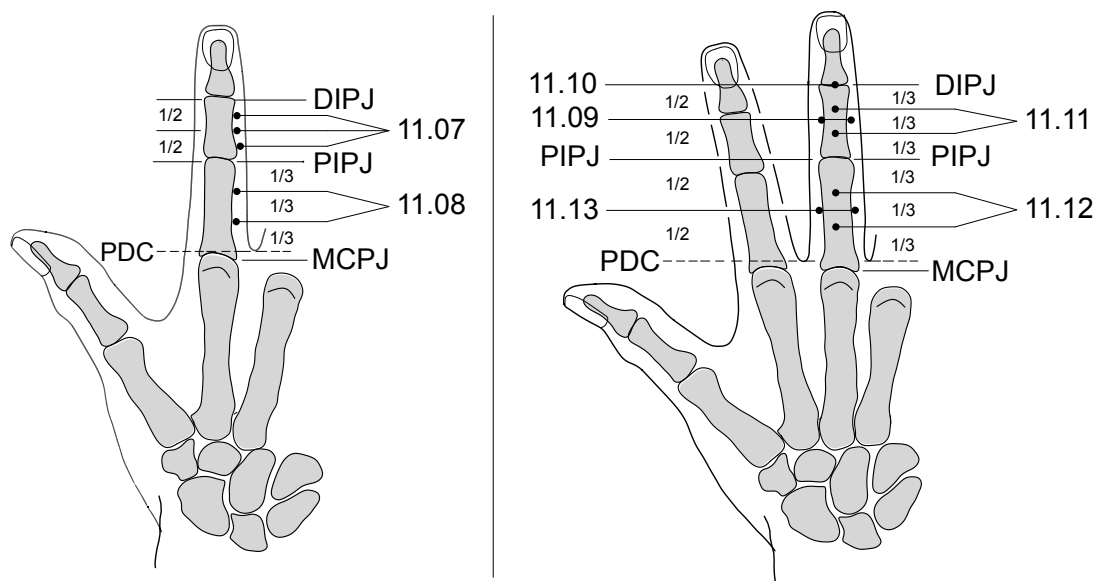


Fig. Z1-3

Right hand, dorsal surface

Right hand, dorsal surface

DIPJ = distal interphalangeal joint, PIPJ = proximal interphalangeal joint, MCPJ = metacarpo-phalangeal joint, PDC = proximal digital crease

Point Locations	Point Indications
<b>11.07 Zhi Si Ma (Finger Team of Horses)</b> 3 point group; evenly distributed on the dorsal middle phalanx of the index finger along the ulnar margin of the phalangeal bone; on the Large Intestine channel	Chest pain, pleurisy, rhinitis, acne, dermatitis, otitis, tinnitus Reaction area: Lung
<b>11.08 Zhi Wu Jin (Finger Five Metal)</b> 2 point group; evenly distributed on the medial line of the dorsal proximal phalanx of the index finger along the ulnar margin of the phalangeal bone between the proximal digital crease and the PIP joint; on the Large Intestine channel	Enteritis, abdominal pain, fish bone stuck in the throat Reaction area: Lung
<b>11.09 Xin Xi (Heart Knee)</b> 2 point group; radial and ulnar to the midpoint of the dorsal middle phalanx of the middle finger at the margin of the phalangeal bone; on the Pericardium channel	Knee pain, scapular pain at the area of Gao Huang Shu (BL-43) Reaction area: Heart
<b>11.10 Mu Huo (Wood Fire)</b> At the center of the DIP joint on the dorsal aspect of the middle finger; on the Pericardium channel	Hemiplegia, knee and calf pain, straw-shoe wind (草鞋風) Activates Heart and Blood circulation because of its closeness to Zhong Chong (PC-9) Reaction areas: Heart, Liver
<b>11.11 Fei Xin (Lung Heart)</b> 2 point group; evenly distributed along the dorsal midline of the middle finger, between the DIP and PIP joints, on the Pericardium channel	Neck pain, low spinal lumbar pain, muscle pain of the lower leg (e.g. gastrocnemius pain) Reaction areas: Heart, Lung
<b>11.12 Er Jiao Ming (Two Corners Bright)</b> 2 point group; evenly distributed along the dorsal midline of the middle finger, between the PIP joint and the proximal digital crease, on the Pericardium channel	Low back pain, pain of the nose bone, supra-orbital pain Reaction area: Kidney
<b>11.13 Dan (Gallbladder)</b> 2 point group; radial and ulnar to the midpoint of the dorsal proximal phalanx of the middle finger at the margin of the phalangeal bone, on the Pericardium channel	Palpitations, childhood night crying, hysteria (Gallbladder vacuity patterns), knee pain Reaction area: Gallbladder

**Point Functions**

**Zhi Si Ma (11.07)** courses Wind and resolves the exterior; regulates and harmonizes Qi and Blood

**Zhi Wu Jin (11.08)** regulates and rectifies the Stomach and intestines

**Xin Xi (11.09)** dissolves swellings and stops pain

**Mu Huo (11.10)** courses the channels and quickens the network vessels, quickens Blood and resolves stasis

**Fei Xin (11.11)** diffuses and frees Qi and Blood, frees the network vessels and stops pain

**Er Jiao Ming (11.12)** courses the Qi and transforms stasis, stops pain and disperses swelling

**Dan (11.13)** settles and tranquilizes, rectifies Qi, stops pain

**Comments on Indications of Zhi Si Ma (11.07) and Zhi Wu Jin (11.08)****Image Correspondence**

In the Large and Medium Taiji these points cover the abdomen and Lower Jiao. In the inverted Large and Medium Taiji they correspond to the Upper Jiao and the face.

**Channel Correspondence**

Zhi Si Ma (11.07) and Zhi Wu Jin (11.08) are located on – or adjacent to – the Large Intestine channel.

Zhi Si Ma (11.07) is located on the Large Intestine channel which itself reaches the nose (rhinitis). The Large Intestine Luo vessel reaches the ear thereby treating tinnitus. The indication for chest pain and pleurisy can be understood through Channel Correspondences with Lung (Large Intestine – Lung, internal – external pairing). This correspondence also covers skin diseases (acne, dermatitis) since the tissue of the Lung is the skin.

Together with its same named channel, the Yang Ming Stomach, the Large Intestine channel treats gastro-intestinal tract disorders (abdominal pain, enteritis). When the syndrome “fishbone stuck in the throat” is taken literally the beneficial influence of Zhi Wu Jin (11.08) can be viewed as a consequence of the Large Intestine and Lung channels influencing the (externally – internally coupled) larynx and pharynx. When, however, the feeling of something stuck in the throat (plum pit Qi) is caused by depressed Liver Qi, the alleviating effect would rather be attributed to Large Intestine’s harmonizing effect on the Liver via its Branching and Connecting Channel Correspondence (Yang Ming – Jue Yin).

**Tissue/Zang Correspondence**

Zhi Si Ma (11.07) and Zhi Wu Jin (11.08) are located where needling close to the bone will go along or through where the tendons of the lumbrical and interosseus muscles insert at the ulnar and radial sides of the phalangeal bones. Needling the tendons contributes to harmonizing and soothing the Liver providing for smooth flow of Qi. Needling Zhi Si Ma (11.07) and Zhi Wu Jin (11.08) penetrates the skin and touches the bone. Therefore they correspond to Lung (skin), and Kidney (bone). While their effects on the upper (throat) and lower (lung) respiratory system are prominent, any effects on Kidney (or bones) are obviously missing from the indications.

**Needling and/or Manipulation**

Perpendicularly along the edge of the phalangeal bone (cutting or shaving the bone technique); 0.2 – 0.3 cun in depth.

For detailed needling instructions see the Appendix of this section.

**Special recommendations**

Miriam Lee states that Zhi Si Ma (11.07) treats flank pain due to any cause.

Wei-Chieh Young states that Zhi Si Ma (11.07) is very effective for shoulder pain. Furthermore it can be helpful during delactation because Zhi Si Ma (11.07) is a finger point analogue to the leg Si Ma points (88.17, 18, 19), which treat the chest (in the Large Taiji) and are located on the Stomach channel that crosses the breast region. This is one example for Zhi Si Ma (11.07) acting like the Si Ma points on the leg, the difference being that leg points are more suitable for treating chronic patterns.

For treating skin diseases of the fingers on the palmar side Wei-Chieh Young recommends to combine Zhi Si Ma (11.07) with Mu (11.17).

All points named “Wu Jin” and “Qian Jin” are indicated for diseases of the abdomen, intestines, and throat. The word “Jin” means metal and is a reference to the Large Intestine channel system which connects all these areas. However, Zhi Wu Jin (11.08) is less effective than Shou Wu Jin (33.08) and Shou Qian Jin (33.09) on the forearm, or Zu Wu Jin (77.25), and Zu Qian Jin (77.24) on the lower leg.

According to Dr. Chuan-Min Wang (2013), Tung said that the indication of “fish bone stuck in the throat” should not have been included for Zhi Wu Jin (11.08) – it is an error in the original text.



## 4. Tung's Use of Regular Channel Points

The material in this section was originally included as “Tung's Revised Indications for the Points on the Fourteen Channels,” a chapter in Master Tung's 1973 text. In that chapter Tung gives a list of conventional acupuncture points and then his specific indications for these points. Some of these indications are not surprising, but some are different from the typical indications associated with these points in regular acupuncture texts. One of the important things this section of Tung's writing teaches us is that Tung was aware of the conventional points of acupuncture.

Here the entire section of Tung's original book is translated and followed by our commentaries, which aim at elucidating two basic observations. Firstly, that a considerable number of Tung's points do in fact overlap in location with conventional points, and secondly, that effects of conventional points can often be explained through the Channel and Image Correspondences inherent in Tung's system.

Furthermore, this section lists and describes several groups of bloodletting points found on the dorsal trunk (DT area) and ventral trunk (VT area). These points are not explained in detail in this text and readers are referred to McCann (2014) for more information.

### Lung Channel

Yun Men (LU-1), Zhong Fu (LU-2) – scarlet fever (use bloodletting method)

Commentary: Scarlet fever is caused by streptococcus pyogenes infection leading to sore throat, fever, bright red “strawberry” tongue, and fine, red rash. In Chinese medical terms this is a type of epidemic heat toxins.

Tian Fu (LU-3) – sciatica related to the Heart channel (use with Xia Bai LU-4)

Commentary: Sciatica with pain radiating down along the Bladder channel can be related to the Heart channel because the Bladder channel is the exteriorly coupled partner of the Heart's same name counterpart, the Kidney channel. In such cases one therapeutic option is to use points on the Lung channel which treats the Bladder channel via their Branching and Connecting Channel Correspondence and because both are channel clock opposites.

In the inverted Large Taiji (with the elbow in line with the waist) the location of Tian Fu (LU-3) corresponds to the lower back. The upper arm can also be viewed as an analogue of the thigh (correspondence of the extremities) in both normal and inverted orientations.

Chi Ze (LU-5), Kong Zui (LU-6) – asthma related to the Lung channel

Commentary: These indications are the same as in conventional acupuncture.

The Lung Zang is reached by the Lung channel (Same Name Channel Correspondence) and its exteriorly coupled partner Large Intestine.

Both in the inverted Large and Small Taiji the areas where Chi Ze (LU-5), Kong Zui (LU-6) are located correspond to the Thorax.

Lie Que (LU-7), Yu Ji (LU-10) – bone pain, aching and numbness of the whole body

Commentary: These indications are similar to the indications Tung gives for Chong Zi (22.01) and Chong Xian (22.02), points in a similar location to Yu Ji (LU-10). Therefore similar Channel and Image Correspondences apply.

Shao Shang (LU-11) – bleed for nosebleeds (in children under 3, gently pinch the point for 5 seconds; one cannot use needles on these patients)

Commentary: This indication is the same as in conventional acupuncture.

The Lung channel itself does not reach the nose, but the nose is the orifice of the Lung. Also its effect is mediated via the Large Intestine channel (Lung's externally coupled partner), and the Stomach channel (externally coupled partner of the Lung's same name counterpart Spleen). In the inverted Large Taiji the hand corresponds to the face with the tip of the thumb roughly at the same level as the nose.

## Large Intestine Channel

Tian Ding (L.I.-17), Fu Tu (L.I.-18) – bloodlet to treat throat inflammation

Commentary: This is an example of bloodletting the local area (and the regional channel) that is typical of the anterior trunk points in Tung's acupuncture; this is the same indication as Hou E Jiu (VT.01), points located in the throat area which are bled for similar functions (see McCann 2008).

Wen Liu (L.I.-7), Xia Lian (L.I.-8) – foot pain; treat together for Lung channel sciatica

Commentary: Large Intestine channel can treat Kidney channel through the opposite clock channel relationship. In the large Taiji projection this area relates to the lower back, and (through the limb to limb relationship) the lower leg, which is an area commonly effected by sciatica. In Tung's acupuncture Lung channel sciatica can be seen when sciatica is accompanied by wasting of the thenar eminence and the area of He Gu (L.I.-4). In terms of Chinese medical pattern diagnosis wasting in this area of the hand also indicates generalized Qi and Blood vacuity.

He Gu (L.I.-4), Qu Chi (L.I.-11) – use together to treat headache

Commentary: The Hand Yang Ming Large Intestine itself covers the face and forehead; this is complemented by the Foot Yang Ming Stomach (Same Name Channel Correspondence). The Liver channel (Branching and Connecting Channel Correspondence) terminates at the vertex (DU-20).

In the inverted Large Taiji the hand corresponds to the head. In the Large and Medium Taiji of the head (normal and inverted orientation) He Gu (L.I.-4), Qu Chi (L.I.-11) cover face and head.

He Gu (L.I.-4) – abdominal pain

Commentary: The Hand Yang Ming Large Intestine itself, its same name counterpart Foot Yang Ming Stomach, the Foot Tai Yin Spleen (interiorly coupled partner of Stomach), and the Foot Jue Yin Liver (connected to Large Intestine via the Branching and Connecting Channel Correspondence) project to the abdomen and Intestines.

In the Large and Medium Taiji the area where He Gu (L.I.-4) is located corresponds to the abdomen.

Bi Nao (L.I.-14) – foot pain (needle contralaterally for unilateral manifestation)

Commentary: The indication of foot pain is similar to other points in this area of the arm such as Jian Zhong (44.06). Of the six channels supplying the foot, four are influenced by needling the Hand Yang Ming Large Intestine: Stomach (same name channel), Spleen (interiorly coupled partner of Stomach), Liver (Branching and Connecting Channel Correspondence), and Kidney (channel clock opposite).

In the inverted correspondence of the extremities the shoulder mirrors the foot.

Bi Nao (L.I.-14) – dizziness due to hypertension (needle bilaterally)

Commentary: Assuming that the primary pathomechanism involved is Liver Yang rising, Bi Nao (L.I.-14) may exert a soothing effect on the Liver via the Branching and Connecting Channel Correspondence (Hand Yang Ming - Foot Jue Yin). If the symptoms are secondary to cardiovascular malfunction the effects of Bi Nao (L.I.-14) can be relayed via Large Intestine's same name channel Stomach (its channel divergence reaches the Heart).

In the normal and inverted Large and Medium Taiji the area where Bi Nao (L.I.-14) is located covers all three Jiao.

## Stomach Channel

Juliao (ST-3) – low back pain (needle bilaterally); facial hemiparalysis (needle unilaterally); needle 3 fen deep

Commentary: Other points in this area such as Ma Jin Shui (1010.14) and Yu Huo (1010.21) treat low back pain. It is obvious that certain zones of the body treat other zones, and that the zone is more important in many cases than precise point location.

Using Juliao (ST-3) for treating facial paresis is an example of needling a diseased area including the regional channel.

Jia Che (ST-6), Di Cang (ST-4) – deviation of the eye and mouth; needle ST-4 towards ST-6 and vice versa

Commentary: Same as for Juliao (ST-3)

Da Ying (ST-5), Ren Ying (ST-9), Qi She (ST-11) – bloodlet for laryngitis

Commentary: This is an example of bloodletting the local area (and the regional channel) that is typical of the anterior trunk points in Tung's acupuncture; this is the same indication as Hou E Jiu (VT.01; c.f. discussion under L.I.-18 and L.I.-17).

Que Pen (ST-12), Qi Hu (ST-13), Ku Fang (ST-14) – bloodlet for scarlet fever

Commentary: This is an example of bloodletting the local area (and the regional channel) that is typical of the anterior trunk points in Tung's acupuncture; this is the same indication as Shi Er Hou (VT.02) , a point group on the chest used with bloodletting (see McCann, 2008).

Que Pen (ST-12), Qi Hu (ST-13), Ku Fang (ST-14), Wu Yi (ST-15) – bloodlet for dry cholera

Commentary: Dry cholera is "Gan Huo Luan" in Chinese medicine. It is the blockage of the stomach and intestines by foul turbidity from dietary irregularity or infection. Like cholera, there is simultaneous vomiting and diarrhea, however here there is desire but inability to vomit, and urge to defecate but has abdominal pain and inability to fully do so (hence the description as 'dry'). This is an example of bloodletting the local area that is typical of the anterior trunk points in Tung's acupuncture; this is the same indication as Shi Er Hou (VT.02; c.f. discussion above).

Wailing (ST-26) – opens [movement of] Qi; treats abdominal distension

Commentary: The Foot Yang Ming Stomach and its interiorly coupled partner Foot Tai Yin Spleen as well as the Hand Yang Ming Large Intestine (Stomach's same name partner) have an action on the intestines and abdomen. Similarly the Hand Jue Yin Pericardium (Branching and Connecting Channel Correspondence with the Stomach) descends to the abdomen.

According to its location Wailing (ST-26) can be classified as a local point acting on the abdomen and intestines.

Bi Guan (ST-31) – common cold

Commentary: Tung used points on the upper thigh to treat the common cold. Although the points do not overlap, Gan Mao Er (88.02), a point in Tung's acupuncture to treat the common cold, is on a similar horizontal plane as Bi Guan (ST-31).

Fu Tu (ST-32) – palpitations and Heart disease

Commentary: Fu Tu (ST-32) is in a similar location to Tong Guan (88.01), a major point in Tung's system for treating Heart problems. Furthermore, Fu Tu (ST-32) and Tong Guan (88.01) share identical Channel Correspondences.

Zu San Li (ST-36) – supplements Qi, stops perspiration

Commentary: The Foot Yang Ming Stomach and its interiorly coupled partner Foot Tai Yin Spleen govern the Middle Jiao and hence the production of all Later Heaven postnatal Qi. Wei Qi (defensive Qi) regulates the width of the skin pores which is in turn one determining factor for sweat secretion.

In the Large Taiji and in the inverted Large Taiji the area where Zu San Li (ST-36) is located corresponds to the Middle Jiao.

Zu San Li (ST-36), Cheng Shan (BL-57) – spasms due to cholera, tendon cramping

Commentary: In cholera, simultaneous vomiting and diarrhea causes loss of fluids damaging Qi and Yin, which then fails to nourish the sinews. Cholera is a classical indication for Cheng Shan (BL-57), and is also an indication for similarly located points in Tung's acupuncture, i.e., Bo Qiu (77.04).

Shang Ju Xu (ST-37), Tiao Kou (ST-38), Xia Ju Xu (ST-39) – osteoporosis, optic nerve atrophy; treat left side

Commentary: Si Hua Zhong (77.09) is almost identical in location to Tiao Ku (ST-38) and has similar indications. This combination is thus an example of a Dao Ma needling combination to strengthen the effect of Si Hua Zhong (77.09). It is interesting to note that Maher (taken from the writing of Li Guo Zheng, 1999)

uses two of these points, namely Ju Xu (ST-37) and Xia Ju Xu (ST-39) together with Zu San Li (ST-36), in the Dao Ma Group “Leg Stomach Three Needles” which he describes as “very useful in the geriatric practice because it ‘Regulates the Bowels and Viscera’, ‘Supplements the Origin’, ‘Secures the Essence’, and strengthens the lower extremities.” (p.146).

Du Bi (ST-35) – bleed for lip carbuncles

Commentary: This is the same indication in Tung’s acupuncture for Shang Chun (77.15), which overlaps in location with Du Bi (ST-35). Hence the same Channel and Image Correspondences apply.

Xian Gu (ST-43) – abdominal distension

Commentary: This is the indication for Men Jin (66.05), and clearly shows that Tung knew these points were identical in location. Hence the same Channel and Image Correspondences apply.

## Spleen Channel

Da Du (SP-2), Tai Bai (SP-3) – uterine tumors, smaller abdomen (xiao fu 小腹) distension

Commentary: Points on the Spleen channel act on the Heart – and secondarily on the uterus via the Bao Mai – because Spleen and Heart are Yin/Yin neighbors in the channel clock, and the Spleen channel directly connects with the Heart Zang. Furthermore Tung’s point Huo Lian (66.10) which overlaps Tai Bai (SP-3) has as its reaction area the Kidney to which the network vessel of the uterus is tied.

In the Large Taiji the area where Da Du (SP-2) and Tai Bai (SP-3) are located corresponds to the lower abdomen, pelvis, and reproductive organs

Gong Sun (SP-4) – cold damage (shang han 傷寒), low back pain

Commentary: Cold in the Stomach and “cold malaria” are classic indications of Gong Sun (SP-4). Since Gong Sun SP-4 is the Luo point of the Spleen channel it is especially suited to harmonize the Zang Fu pair Spleen - Stomach.

Gong Sun (SP-4) is located close to Tung’s point Huo Ju (66.11) which is indicated for stiff neck. In this constellation the Channel Correspondence is that between channel clock opposites (Spleen - San Jiao) and the Image Correspondence is that of an inverted Large Taiji. If however the Large Taiji is oriented in normal position (feet down) both points cover the lower back. Since the pain originates in a branch of the Foot Yang Ming Stomach which descend to the lower back, the Channel Correspondence is that of the diseased Stomach channel and its interiorly coupled partner Spleen.

San Yin Jiao (SP-6) – strangury, impotence, premature ejaculation, seminal emission, pain of the lumbar vertebrae, neck pain, dizziness, hand numbness, diabetes, proteinuria, hematuria, nephritis

Commentary: These indications are the same as with Ren Huang (77.21); hence the same Channel and Image Correspondences apply.

Di Ji (SP-8), Lou Gu (SP-7), San Yin Jiao (SP-6) – facial nerve paralysis

Commentary: While San Yin Jiao (SP-6) is identical with Ren Huang (77.21) and thus a priory part of the Dao Ma group “Xia San Huang” 下三皇 (Lower Three Emperors), Di Ji (SP-8) and Lou Gu (SP-7) can be viewed as points further enhancing that group’s ability to strengthen the Kidney. The Kidney nourishes the Marrow (nervous system) which explains the benefit SP-8 and SP-7 can have in cases of facial nerve paralysis. Points on the Spleen channel treat the two channels primarily involved in facial paralysis: Stomach (exteriorly coupled partner of Spleen) and Large Intestine (exteriorly coupled partner of the Spleen’s same name partner Lung).

In the Large and Medium Taiji of the head the areas where Di Ji (SP-8), Lou Gu (SP-7), and San Yin Jiao (SP-6) are located correspond to face.

Xue Hai (SP-10) – infantile convulsions, morbid night crying in infants; massage point for 3 to 5 minutes

Yin Ling Quan (SP-9) – too much stomach acid, acid regurgitation, nephritis, diabetes, proteinuria, dizziness and flowery vision, sour (aching) lumbar pain and back pain, supraorbital pain

Commentary: These indications are the same as with Tian Huang (77.17) and Shen Guan (77.19); hence the same Channel and Image Correspondences apply.

Ji Men (SP-11) – Liver disease, cirrhosis, hepatomegaly

Commentary: Ji Men (SP-11) is located close to Ming Huang (88.12), a main point in Tung's acupuncture for treating Liver.

Chong Men (SP-12), Fu She (SP-13) – uterine tumor, rheumatic heart disease, whole body without strength

Zhou Rong (SP-20), Xiong Xiang (SP-19), Tian Xi (SP-18) – bloodlet to expel dark blood; treats bronchitis and expectoration of yellow mucous

## Heart Channel

Tong Li (HT-5) – posterior thigh sciatica related to Heart channel

Commentary: Needling points on the Heart channel treats the Bladder channel (running along the posterior aspect of the thigh) because Bladder is the exteriorly coupled partner of the Heart's same name partner, the Kidney.

In the inverted correspondence of the extremities the area where Tong Li (HT-5) is located images the thigh.

Shao Fu (HT-8) – releasing point for dizziness and numb feeling after acupuncture (needle contra-laterally if numbness is unilateral)

Commentary: This is the same indication as for Shou Jie (22.10), showing that their locations do overlap; hence the same Channel and Image Correspondences apply.

## Small Intestine Channel

Qian Gu (S.I.-2), Hou Xi (S.I.-3) – Heart channel dizziness and tinnitus

Commentary: The Heart channel is the paired channel of Small Intestine. Furthermore, the Small Intestine (Hand Tai Yang) – via its same name channel Foot Tai Yang Bladder – communicates with the Kidney (Foot Shao Yin). This area of the hand, i.e. the extensor digiti minimi muscle and its associated tissues, is used to represent and diagnose the Kidney in Tung's acupuncture.

Jian Zhen (S.I.-9), Nao Shu (S.I.-10) – Lung channel sciatica

Commentary: Jian Zhen (S.I.-9) is classically indicated for wind bi, and numbness with inability to raise hand or foot. Nao Shu (S.I.-10) is the meeting point of Yang Wei Mai and Yang Qiao Mai. In Tung's acupuncture other points in the similar region of the arm, e.g., Shang Qu (44.16) treat sciatica.

Wan Gu (S.I.-4) – eye pain

Commentary: Classical eye disease indications of Wan Gu (S.I.-4) are superficial visual obstruction and lacrimation.

The Small Intestine channel itself reaches the eyes. Other channels reaching the eye can also be influenced by needling Wan Gu (S.I.-4): Small Intestine's same name channel Bladder, its internally coupled partner Heart, and its channel clock opposite Liver.

In the inverted Large Taiji the area where Wan Gu (S.I.-4) is located corresponds to the eyes.

Jian Wai Shu (S.I.-14), Qu Yuan (S.I.-13) – posterior calf pain

Commentary: The Tai Yang Small Intestine channel treats the same named Tai Yang Bladder channel.

## Bladder Channel

Tong Tian (BL-7), Cheng Guang (BL-6), Wu Chu (BL-5) – hand tremor, hemiplegia

Commentary: These points' effects on motor disturbances can be perhaps ascribed to their direct influence on the underlying moto-sensory cortex. In Zhu's Scalp Acupuncture these points image the extremities.

Shen Tang (BL-44), Gao Huang Shu (BL-43), Po Hu (BL-42), Fu Fen (BL-41), Xin Shu (BL-15), Jue Yin Shu (BL-14), Fei Shu (BL-13), Feng Men (BL-12), Da Shu (BL-11) – bloodlet to treat hypertension and severe common cold

Commentary: These indications overlap with indications for Wu Ling (DT.04), located in the same area of the back. Especially with bloodletting, treating the general area is more important than the specific point. Wu Ling (DT.04) is a series of bloodletting points located along the Du Mai, and then lines 3 and 6 cun lateral to the Du Mai (see McCann, 2014).

Gao Huang Shu (BL-43) – bloodlet to treat arthritic pain and inflammation of the knee

Commentary: Gao Huang Shu is located in the San Jin (DT.07) point group, which is part of the Wu Ling (DT.07) point group. The main indication for San Jin (DT.04) is knee pain.

Shen Tang (BL-44), Gao Huang Shu (BL-43), Po Hu (BL-42) – rhinitis, tinnitus, epilepsy

Commentary: These indications overlap with indications for Wu Ling (DT.04), located in the same area of the back. Specifically the names of these point locations in Tung's acupuncture are Jin Dou, Jin Ji, and Jin Ling. In each of these names "Jin" means "metal," and is a reference to these points' association with Lung.

San Jiao Shu (BL-22), Shen Shu (BL-23) – scoliosis

Commentary: These points overlap with Tung's Shui Zhong (DT.13) and Shui Fu (DT.14).

Zhi Bian (BL-54), Cheng Fu (BL-36) – tumors or cancer of the tonsils

Commentary: In Tung's original book there are no points that overlap these points. However, Taiwanese author Li Guo Zheng gives many more "Tung's" points than are in the original 1973 text. Interestingly, Dr. Li associates the outer Bladder channel, the channel line continued down from Zhi Bian (BL-54), with the Lung. On this line on the posterior leg are found three points – Jin Fu (Metal Palace), Jin Liang (Metal Beam), and Jin Chang (Prosperous Metal)(see p. 201). The tonsils (the throat) are reached by the Lung channel. The Lung channel in turn is influenced by the Bladder channel via the Branching and Connecting Channel Correspondence and because both are channel clock opposites.

Cheng Shan (BL-57), Cheng Jin (BL-56) – shoulder and back pain

Commentary: These points are closely related to Tung's points Zheng Jin (77.01), Zheng Zong (77.02), Zheng Shi (77.03), and Bo Qiu (77.04) which are also Bladder channel points on the calf. They share similar indications with their sites of action defined by the various Taiji and their orientation.

The channels they can treat in addition to their host channel Bladder are Kidney (internally coupled partner of Bladder), and Small Intestine (same name channel).

Fei Yang (BL-58) – vertebral pain and neck pain

Commentary: same as for Cheng Shan (BL-57) and Cheng Jin (BL-56)

Xin Shu (BL-15), Du Shu (BL-16) – protruding vertebrae

## Kidney Channel

Shu Fu (KID-27), Yu Zhong (KID-26) – scarlet fever

Commentary: This is an example of bloodletting the local area that is typical of the anterior trunk points in Tung's acupuncture; this is the same indication as Shi Er Hou (VT.02), as the points are located in a similar area of the chest.

You Men (KID-21), Tong Gu (KID-20) – eye pain

Tai Xi (KID-3), Shui Quan (KID-5) – inability of the eyelids to open and close (e.g. facial paralysis)

Shui Quan (KID-5) – neck pain, numbness of the hands

## Pericardium Channel

Da Ling (PC-7), Nei Guan (PC-6), Jian Shi (PC-5) – Heart channel sciatica, pain on the posterior midline of the thigh

Commentary: This is a Dao Ma needle combination. Tung's original book lists Wai Guan (SJ-5) instead of Nei Guan (PC-6). However, since this is in the section for the Pericardium channel it is assumed that Wai Guan (SJ-5) is an error in printing.



Zhong Chong (PC-9), Shao Shang (LU-11) – bleed for throat pain

Qu Ze (PC-3) – thumb pain

Nei Guan (PC-6), Jian Shi (PC-5) – fine needle here can promote the vessels

### San Jiao Channel

Nao Hui (SJ-13) – dizziness due to hypertension

Xiao Luo (SJ-12) – scoliosis, spinal pain, pain of the hands and feet

Commentary: These indications are similar to Shou Ying (44.03) since it is located in a similar part of the arm and on the same channel as Xiao Luo (SJ-12).

Zhi Gou (SJ-6) – constipation

Commentary: This is a classical indication for Zhi Gou (SJ-6), and an indication for Huo Chuan (33.04) with which it overlaps.

Zhong Shu (SJ-3), Ye Men (SJ-2) – rheumatic heart disease

### Gallbladder Channel

Zhong Du (GB-32), Feng Shi (GB-31) – lateral arm and shoulder pain, pleurisy

Yang Fu (GB-38), Guang Ming (GB-37), Wai Qiu (GB-36) – fishbone stuck in the throat, breast pain

Commentary: These indications are similar to Zu Qian Jin (77.24) and Zu Wu Jin (77.25), as well as Yi, Er and San Zhong (77.05, 06, 07). Thus this area of the leg, and not the specific points, is important for these indications.

Zu Lin Qi (GB-41), Di Wu Hui (GB-42), Xia Xi (GB-43) – bleed to treat hand and wrist pain

Commentary: In the Taiji of the extremities the ankle where Zu Lin Qi (GB-41), Di Wu Hui (GB-42), Xia Xi (GB-43) are located, corresponds to the wrist.

Xia Xi (GB-43) – Lung channel sciatica

Commentary: In the Large Taiji the distal foot where Xia Xi (GB-43) is located, corresponds to the lower back. The area of the Gallbladder channel is associated with Lung in Tung's acupuncture; e.g., the bloodletting zone for the Lung on the lower leg is situated on the Gallbladder channel (see McCann, 2014).

### Liver Channel

Zu Wu Li (LIV-10), Yi Bao (LIV-9) – Liver disease, cirrhosis, hepatitis

Commentary: These points, while not overlapping, are in the same area of the leg as the Upper Three Yellows, Shang San Huang, point combination (88.12, 13, 14). This is the major point combination in Zone 8 for Liver diseases.

Xi Guan (LIV-7) – Kidney depletion (shen kui) sciatica, diseases in the Upper Jiao due to Kidney depletion

Commentary: Xi Guan (LIV-7) is located close to Shen Guan (77.18) and thus can also treat Kidney vacuity. Again this shows that the region of the body is more important than the exact point location, and often appropriate points in any given area of the body are best found by, for example, palpation or visual inspection.

Zhong Du (LIV-6) with He Gu (L.I.-4), San Yin Jiao (SP-6), Qu Chi (L.I.-11) – puffy swelling of the four limbs

Commentary: Puffy swelling (fu zhong 浮腫) is swelling that arises from vacuity patterns of the viscera. Zhong Du (LIV-6) is located close to Di Huang (77.19), which treats edema. The other points in this combination are generally supplementing points.

Da Dun (LIV-1) – mounting (shan 疝) Qi; first bleed then follow with 3 to 7 cones of moxibustion

## Ren Mai

Shang Wan (REN-13), Zhong Wan (REN-12), Jian Li (REN-11), Xia Wan (REN-10) – stomach pain

Commentary: This is a Dao Ma combination of Ren Mai points.

Shang Wan (REN-13), Zhong Ji (REN-3), Tian Shu (ST-25), and He Gu (L.I.-4) – irregular menstruation

Yin Jiao (REN-7), Qi Hai (REN-6), Guan Yuan (REN-4), Zhong Ji (REN-3) – lesser abdomen (shao fu 少腹) distension; ask patient to urinate prior to treatment and needle 2 cun deep

## Du Mai

Bai Hui (DU-20), Hou Ding (DU-19) – trembling of the hands due to lack of strength in the nerves

Commentary: These are identical indications and locations to Zheng Hui (1010.01) and Hou Hui (1010.06).

Feng Fu (DU-16), Ya Men (DU-15) – bleed to treat nausea and vomiting; when needling pinch the point up to puncture

Commentary: These are identical indications and overlapping locations to Zong Shu (1010.07).

## Other Points

Ear apex – bleed to instantly treat the common cold and headaches

Bleeding [the Du Mai] at the 5th thoracic vertebra can treat someone injured by dian xue; together with Gao Huang Shu (BL-43), governs the treatment of Heart Zang disease

Commentary: Dian Xue 點穴 (Dim Mak in Cantonese) is a special branch of martial arts that utilize striking of the acupuncture points and channels. In Chinese martial arts lore striking certain points can be fatal, or can paralyze the victim. Bleeding this area, at the level of the Heart back Shu point, can generally mobilize Qi and Blood when damaged by this type of injury.

Bleed blue veins on the dorsal foot to treat hypertension

Bleed from Yao Shu (DU-2) and 5 joint spaces up to treat occipital pain

Commentary: This is overlapping indications and location for Chong Xiao (DT.17), a group of points located over the sacrum that are bled (see McCann, 2008). It is an example of needling one end of the channel to treat the opposite end, or using bottom to treat the top.

Bleed the tip of the nose to instantly treat the common cold or nasal obstruction

Que Pen (ST-12), Qi Hu (ST-13), Ku Fang (ST-14), Wu Yi (ST-15), Shu Fu (KID-27), Yu Zhong (KID-26), Shen Cang (KID-25), Ling Xu (KID-24), Tian Tu (REN-22), Xuan Ji (REN-21), Hua Gai (REN-20), Zi Gong (REN-19) – bleed to treat dry cholera

Commentary: In Tung's acupuncture the various point groups on the chest treat dry cholera (c.f. above for discussion of dry cholera).

## 5. Identifying Points by Symptoms, Syndromes, and Diseases

In a way this register is the inverse of the previous sections “Tung’s Points – Their Locations and Indications” and “Tung’s Use of Regular Channel Points”. After a symptom or deficit has been diagnosed this list helps the reader to search for points which may be applicable for treatment. Of course many similar symptoms (e.g. dizziness, back pain etc.) can be due to very diverse underlying syndromes. Therefore points listed for a given complaint will be equally diverse which reflects their specific relevance within the causal chain or the time course of a disease.

Which of the points listed under a certain complaint can be combined for a given case must then be determined from their modes of action (Image Correspondence, Channel Correspondence, Tissue Correspondence etc. as described in the previous sections) in relation to the syndrome pattern. To enable the reader to do this we have listed the paragraphs of our book, where the relevant data can be obtained for each point from the figures as well as from the ensuing tables, comments, and special recommendations. Thus, instead of giving multiple page numbers as a reference we have indicated the respective “Figure / Table” in the right column.

Page numbers are only given for Tung’s use of regular channel points.

Later in this book we will present a number of treatment recommendations consisting of established point combinations and Dao Ma Groups taken from various sources.

Indications: Symptoms, Syndromes, Diseases	Point No.	Chinese Point Name	Figure/ Table
<b><i>abdominal cramps</i></b>	33.10	Chang Men	Z3-4
<b><i>abdominal distension</i></b>		Ce Jian	Z1-7
	44.07	Bei Mian	Z4-2
	66.09	Shui Qu	Z6-2
	66.13	Shui Jing	Z6-3
	88.26	Shang Jiu Li	Z8-7
	1010.10	Si Fu Er	Z10-3
	1010.11	Si Fu Yi	Z10-3
	1010.15	Fu Kuai	Z10-4
		Shi Shui	Z10-4
	ST-26	Wai Ling	p. 214
	ST-43	Xian Gu	p. 215
<b><i>abdominal glomus/ abdominal masses</i></b>		Nei Bai	Z2-5
		Wai Bai	Z2-5
<b><i>abdominal gas bloating</i></b>	33.01	Qi Men	Z3-1
	33.02	Qi Jiao	Z3-1
	33.03	Qi Zheng	Z3-1
<b><i>abdominal pain</i></b>	11.08	Zhi Wu Jin	Z1-3
		Tu Hang Yi	Z1-12
		Tu Hang Er	Z1-12
		Zheng Tu	Z1-13
		Shui Yuan	Z1-15
		Zhi San Huang	Z1-17
	33.08	Shou Wu Jin	Z3-3
	33.09	Shou Qian Jin	Z3-3
	55.05	Hua Gu Si	Z5-1
	66.05	Men Jin	Z6-1
	88.04	Jie Mei Yi	Z8-1
	88.05	Jie Mei Er	Z8-1
	88.06	Jie Mei San	Z8-1
	1010.15	Fu Kuai	Z10-4
	1010.17	Qi Kuai	Z10-4
		Ma Ji	Z10-4
	L.I.-4	He Gu	p. 213

Indications: Symptoms, Syndromes, Diseases	Point No.	Chinese Point Name	Figure/ Table
<b>abscesses</b>	11.26 77.27	Zhi Wu Wai San Guan	Z1-6 Z7-7
<b>acne</b>	11.07 99.07	Zhi Si Ma Jian Pi Er Bei	Z1-3 Z1-13 Z9-2
<b>acromion pain</b>	88.10	Tong Wei	Z8-2
<b>activation of Heart and blood circulation</b>	11.10	Mu Huo	Z1-3
<b>acupuncture side effects: fainting, dizziness, numbness</b>	22.10 HT-8	Shou Jie Tong Li	Z2-2 p. 216
<b>alcohol intoxication, hangover</b>	99.01 1010.12	Er Huan Zheng Ben	Z9-1 Z10-3
<b>allergies</b>	99.05	Jin Er	Z9-2
<b>amenorrhea</b>	66.02	Mu Fu	Z6-1
<b>anal prolapse</b>	33.01 33.02 33.03	Qi Men Qi Jiao Qi Zheng	Z3-1 Z3-1 Z3-1
<b>anemia</b>	33.07	Huo Fu Hai	Z3-2
<b>ankle injury and pain, medial or lateral</b>		Huai Ling	Z1-17
<b>ankle sprain</b>	33.04	Huo Chuan	Z3-2
<b>anus, disease of</b>	33.10	Chang Men	Z3-4
<b>aphasia</b>	1010.01 1010.07	Zheng Hui Zong Shu	Z10-1 Z10-2
<b>aphasia due to stroke</b>	88.29 88.30 88.31 1010.01	Nei Tong Guan Nei Tong Shan Nei Tong Tian Zheng Hui	Z8-8 Z8-8 Z8-8 Z10-1
<b>aphonia</b>	88.32	Shi Yin	Z8-8
<b>appendicitis</b>	66.05	Men Jin	Z6-1
<b>appetite, poor, loss of</b>	22.05	Kai Pi Ling Gu	Z1-11 Z2-1
<b>arm pain</b>	33.05 33.14 44.06 44.08 44.16 44.17 55.03 77.05 77.06 77.07 77.14 77.17 77.20 77.27 88.26 GB-31 GB-32	Huo Ling Di Shi Jian Zhong Ren Zong Shang Qu Shui Yu Hua Gu Er Yi Zhong Er Zhong San Zhong Si Hua Wai Tian Huang Si Zhi Wai San Guan Shang Jiu Li Feng Shi Zhong Du	Z3-2 Z3-5 Z4-2 Z4-2 Z4-4 Z4-4 Z5-1 Z7-2 Z7-2 Z7-2 Z7-4 Z7-5 Z7-5 Z7-7 Z8-7 p. 218 p. 218
<b>arm tremor</b>	1010.02	Zhou Yuan	Z10-1
<b>armpit odor</b>	44.12 DT.01 DT.02	Li Bai Fen Zhi Shang Fen Zhi Xia	Z4-3 DT DT

## 6.1. External Disease Patterns

### ***Aversion to Cold (from a Vacuity Pattern)***

1. Da Zhui (DU-14), Ling Gu (22.05), Shen Guan (77.18) (Young)

### ***Common Cold, Influenza***

1. Gan Mao Yi (88.07), Gan Mao Er (88.08), Mu (11.17)
2. Ling Gu (22.05), Da Bai (22.04) (Hu)
3. San Cha San
4. Mu (11.17)

### ***Common Cold with High Fever***

1. Ling Gu (22.05), Da Bai (22.04), bleed along Wu Ling (DT.04)

### ***Headache (due to Common Cold)***

1. Di Zong (44.09), He Gu (LI-4), Ling Gu (22.05) (Hu)
2. Bleed upper back (e.g., around Da Zhui DU-14) (Hu)

### ***Sore Throat***

1. Bleed around San Zhong Dao Ma group (77.05, 77.06, 77.07) (Young)
2. Ce San Li (77.22), Ling Gu (22.05) (Hu)
3. Zu Qian Jin (77.24), Zu Wu Jin (77.25), Wai San Guan (77.27)

## 6.2. Disease Patterns of the Sensory Orifices

### 6.2.1. Ears

#### ***Tinnitus***

1. Zu Si Ma Dao Ma group (88.17, 88.18, 88.19), Shen Guan (77.18)
2. Shen Guan (77.18), Di Huang (77.19), Ling Gu (22.05) (Hu)
3. Wan Shun Yi (22.08), Wan Shun Er (22.09) (Hu)
4. San Cha San

#### ***Diminished Aural Acuity***

1. Shen Guan (77.18)
2. San Cha San

#### ***Otitis Externa***

1. Tong Shen (88.09), Huo Ying (66.03), Ling Gu (22.05), Wan Shun Yi (22.08) (Hu)
2. Bleed around lateral malleolus (Hu)

#### ***Otitis Media***

1. Shen Guan (77.18), Ling Gu (22.05), Huo Ying (66.03), San Zhong San Zhen Dao Ma group (77.05, 77.06, 77.07) (Hu)
2. Bleed around lateral malleolus (Hu)
3. Bleed Zhi Wu (11.26) for suppuration (Young)

### 6.2.2. Eyes

#### ***Eye Disorders in General***

1. From Heart patterns: Di Zong (44.09), Shang Bai (22.03), Tong Guan (88.01), Tong Shan (88.02); bleed anterior lower leg along Yang Ming channel (Hu)
2. From Liver patterns: Shang San Huang Dao Ma group (88.13, 88.12, 88.14); bleed area around Yang Ling Quan (GB-34) and Zu San Li (ST-36) (Hu)
3. From Kidney patterns: Xia San Huang Dao Ma Group (77.17/18, 77.19, 77.21), bleed medial lower leg (Hu)

**Blurry Vision**

1. Ming Huang (88.12), Qi Huang (88.14)
2. Shen Guan (77.18), Guang Ming (77.28) (Young)
3. Blurry vision from glaucoma: Bleed Wu Ling (DT.04)<sup>5</sup>, needle Xia San Huang Dao Ma Group (77.17/18, 77.19, 77.21), Ling Gu (22.05)

**Redness of the Eyes**

1. Shang Bai (22.03), Huo San (66.12)
2. Bleed ear apex

**Cataract**

1. Shui Xiang (66.14), Guang Ming (77.28)
2. Shen Guan (77.18), Guang Ming (77.28)
3. Xia San Huang Dao Ma Group (77.17/18, 77.19, 77.21)
4. Moxa cones over closed eyes (use extreme caution)

**Points that Brighten the Eyes [Ming Mu 明目]**

1. Shen Guan (77.18), Ming Huang (88.12), Di Huang (77.19) (Hu)

**Glaucoma**

1. Xia San Huang Dao Ma group (77.17/18, 19, 21)
2. Ling Gu (22.05), Guang Ming (77.28, i.e., Jiao Xin KID-8)

**Night Blindness**

1. Shang San Huang Dao Ma group (88.12, 13, 14)
2. Xia San Huang Dao Ma group (77.17/18, 19, 21)

**Presbyopia**

1. Shang San Huang Dao Ma group (88.12, 13, 14)
2. Xia San Huang Dao Ma group (77.17/18, 19, 21)
3. San Cha San
4. Zhong Bai 22.06, Xia Bai 22.07

## 6.2.3. Nose

**Nasal Obstruction**

1. From Common Cold: Jian Zhong (44.06) (Young)
2. From Common Cold: Ling Gu (22.05), Si Ma Zhong (88.17) (Hu)
3. Mu (11.17)
4. Men Jin (66.05) (Young)

**Allergic Rhinitis**

1. Zu Si Ma Dao Ma group (88.17, 88.18, 88.19), Mu (11.17) (Young)
2. Si Ma Zhong (88.17), Si Ma Shang (88.18)
3. Ma Kuai Shui (1010.14) – as guiding point

**Sinus Infection (Bi Yan 鼻炎)**

1. Si Ma Zhong (88.17), Si Ma Shang (88.18), Ling Xian (LI-20), Bi Yi (1010.22) (Hu)
2. Mu (11.17), Zu Si Ma Dao Ma group (88.17, 88.18, 88.19) (Young)

## 6.3. Lung Disease Patterns

**Pneumonia**

1. Chong Zi (22.01), Chong Xian (22.02)
2. Da Bai (22.04)

<sup>5</sup> Three lines located along Du Mai (T1 to T10), outer Bladder channel (T1 to T8), and 6 cun lateral to Du Mai (T2 to T8)



## 6.11. Points by Chinese Medical Function

### **Brighten the Eyes (Ming Mu 明目)**

1. Shang San Huang Dao Ma group (88.12, 13, 14)
2. Guang Ming (77.28)

### **Clear Heat:**

1. Shen Guan (77.18), Huo Ying (66.03) (Hu)

### **Clear Heat and Resolve Toxins:**

1. Fen Zhi Shang (DT.01), Fen Zhi Xia (DT.02) (Hu)
2. Shou Jie (22.10) (Li)

### **Clear Liver Fire and Subdue Liver Yang Ascending**

1. Mu (11.17)
2. Hua Gu Yi (55.02)

### **Expectorant Points**

1. Ren Shi (33.13), Tian Shi (33.14), Di Shi (33.15)
2. Ling Gu (22.05), Da Bai (22.04)

### **Quicken the Blood**

1. Ling Gu (22.05)
2. Zhong Jiu Li (88.25)
3. Jie (88.28)
4. Bleed Si Hua Wai (77.14)
5. Bleed around cubital and popliteal fossae

### **Regulate the Menses:**

1. Fu Ke (11.24)
2. Huan Chao (11.06)

### **Resolve the Exterior**

1. Ling Gu (22.05), Dao Bai (22.04)

### **Stop bleeding:**

1. Liu Wan (66.08)

### **Supplement the Blood**

1. Tong Guan 88.01, Tong Shan 88.02, Tong Tian 88.03
2. Xia San Huang Dao Ma group (77.17/18, 77.19, 77.21)
3. Shang San Huang Dao Ma group (88.12, 88.13, 88.14)

### **Strengthen Cardiac Function**

1. Ren Zong (44.08), Di Zong (44.09), Tian Zong (44.10)
2. San Tong San Zhen Dao Ma group (88.01, 88.02, 88.03)

### **Supplement the Qi:**

1. Ling Gu (22.05), Bi Yi (1010.22), Shen Guan (77.18), Zheng Hui (1010.01)
2. Zu Si Ma Dao Ma group (88.17, 88.18, 11.19)

### **Strengthen Kidneys**

1. Shen Tong Dao Ma group (88.09, 88.10, 88.11)
2. Xia San Huang Dao Ma group (77.17/18, 77.19, 77.21)
3. Shui Jin (1010.20), Shui Tong (1010.19)
4. Shen Guan (77.18)
5. Wan Shun Yi (22.08), Wan Shun Er (22.09)

### **Warm and Secure the Exterior**

1. Da Zhui (DU-14), Ling Gu (22.05), Shen Guan (77.18) (Young)

## 7. Tung's Needling Guidelines

Tung's acupuncture typically utilizes a minimum number of needles per treatment, and Tung himself was said to usually not use more than 6 needles in each treatment. Considering the wide range of Channel and Image Correspondences, it is easy to see how one point can treat numerous conditions, often in different parts of the body at the same time. Despite limited needles per treatment, Tung's acupuncture simultaneously treats both root and branch.

### Needle Technique

Tung, like most Chinese acupuncturists of his day, favored the use of large gauge needles by modern western standards, such as 0.40 mm (26 gauge). That said, according to the experience of modern practitioners of Tung's system, thinner needles achieve satisfactory therapeutic outcomes. There is a conspicuous lack of complex needle manipulation and there is no use of supplementation (*bu fa*) or drainage technique (*xie fa*). Instead, simple twirling or lifting and thrusting of the needle is employed to stimulate points. Most points are needled perpendicularly to the surface of the body unless the underlying anatomy requires oblique or subcutaneous needling. There is no angling of the needles "with" or "against" the channel to achieve supplementation or drainage. Hence, points in Tung's system are viewed as having a balancing effect and establishing equilibrium irrespective of whether treatments start from repletion (*shi*) or vacuity (*xu*) patterns. In Western medical parlance one could therefore term their action "homeostatic."

Points are most commonly needled distally and contralaterally to the site of disease (especially for pain), although bilateral needling can be used for internal disease conditions.

### Needling Depth Guidelines

#### A. Needling Depth Based on Disease Location

Needle depth is a vital question in the application of acupuncture. In Su Wen Chapter 50 (*Ci Yao Lun*, Essentials of Pricking) Qi Bo says, "Diseases include those at the surface and those deep, thus needling includes shallow and deep. Always reach the related structures, don't go too far on the way." In other words, needling needs to take into consideration the location of disease.

In the Ling Shu Chapter 7 (*Guan Zhen*, On Governing the Needles) there is a discussion of the Five Needle Methods based on the five tissues of the body. This section describes that needling the depth of the skin treats the skin, and by extension the Lung. Needling on or near the vessels treats the vessels, and by extension the Heart. Needling the fleshy areas of the body treats the flesh, and by extension the Spleen. Needling on or near the tendons treats diseases of the tendons, and by extension the Liver. Needling down near or to touch the bones treats the bones, and by extension the Kidney. This is identical to needling based on Tissue Correspondence, which we have described in detail previously (cf. also our figure T-12). Su Wen Chapter 51 (*Ci Qi Lun*, Restrictions of Pricking) has similar guidelines based on body tissues.

Another guideline for distal point needling is that depth of needling is based on how far the treatment point is from the diseased area of the body. For local conditions, needling can be relatively shallow, and for conditions located far from the treatment point, needling should be relatively deeper. For example, when Ling Gu (22.05) is needled to treat pain of the upper extremities it can be needled more shallowly, and when it is used to treat low back pain or sciatica, it should be needled more deeply.

#### B. Needling Based on Disease Characteristics

Ling Shu Chapter 9 (*Zhong Shi*, Beginning and Ending) says, "In spring Qi is in the hair, in summer Qi is in the skin, in autumn Qi is in the flesh, and in winter Qi is in the tendons and bones. Depth of needling should be according to the season." This statement transcends the obvious meaning presented. It also indicates that a disease of a Yang nature (e.g., acute conditions, conditions related to heat or to the exterior) should be treated with shallow needling, while diseases of a Yin nature (e.g., chronic conditions, conditions related to cold or Blood stasis) need to be treated with deeper needling.

Shallow needling is used to treat the superficial parts of the body and expels exterior disease evils. Middle depth needling treats the Middle Jiao and addresses internal disease evils. Deep needling is used for supplementing vacuities. Ling Shu Chapter 9 (*Zhong Shi*, Beginning and Ending) also says, "At the first depth Yang evils are expelled, at the next depth Yin evils are expelled, at the third depth Gu Qi arrives."

## 8. Tung's Palm Diagnosis

### 8.1. Introduction

Diagnosis is the first task a practicing physician takes in the clinical encounter, as proper diagnosis should lead to effective treatment. In contemporary Chinese medicine information necessary for the diagnostic process is gleaned through the Four Examinations (si zhen 四診): inspection (wang zhen 望診; also known as looking examination), listening and smelling (wen zhen 聞診), inquiry (wen zhen 問診), and palpation (qie zhen 切診, or chu zhen 觸診). This is normally carried out through, for example, visual inspection of the tongue, pulse diagnosis, questioning the patient, channel palpation, etc...

In Tung's acupuncture, the main traditional diagnostic method is palm diagnosis (zhang zhen 掌診), although it is known that Tung palpated the pulse at the radial artery, and certainly also questioned patients. Furthermore, contemporary Tung style acupuncturists such as Dr. Liu Yi are working to expand the application of pulse diagnosis to the direct selection of Tung lineage points (see Wang, 2013). However, palm diagnosis is one of the unique contributions of the Tung lineage, and one that could even be reintroduced into mainstream contemporary acupuncture systems.

Even though we no longer have a tradition of palm diagnosis in conventional Chinese medicine, inspection of the hand and other areas of the upper extremities did exist as a diagnostic technique in ancient times. The *Jing Mai* (經脈 Ling Shu Chapter 10 – The Channels and Vessels) contains a brief discussion of palm diagnosis in its section on the *luo-network vessels*:

胃中寒，手魚之絡多青矣；胃中有熱，魚際絡赤。其暴黑者，留久痺也。其有赤、有黑、有青者，寒熱氣也。其青短者，少氣也。

"If cold is in the Stomach, the network [vessels] in the ball of the hand [i.e., the thenar eminence] will be mostly greenish-bluish. If heat is in the Stomach, the network [vessels] at the borderline of the ball of the hand will be red. If they are suddenly black, this is because of a blockage-illness [i.e., bi-impediment] that has lasted for some time. If they are red, black, and greenish-blue, this is because of cold and heat qi. If they are greenish-blue over a short distance, the qi are diminished." (Unschuld, 2016; p. 202)

The fact that Huang-fu Mi cited the same passage in his *Jia Yi Jing* (The Systematic Classic of Acupuncture and Moxibustion), first published in 282 CE, certainly tells us that meticulous examination of the palm must have been regarded a highly valuable diagnostic tool over many centuries.

In this passage both the location of inspection as well as the findings are significant. In Tung's acupuncture the thenar eminence is associated with the organs of digestion, and some points there have a reaction area of the Spleen (i.e., Tu Shui 22.11). The findings here are also consistent with visual findings described elsewhere in the canonical literature. For example, the chapter on the Five Colors from the *Ling Shu* (五色 Wu Se, Ling Shu 49) says that red indicates heat, and greenish-blue and black are associated with pain (in other words, they are associated with cold and stasis). The same chapter also says that white is associated with cold.

A passage in the *Jia Yi Jing* suggests that palm diagnosis was also used to judge the quality of Qi and Blood with respect to individual channels and their local malfunctions: "(In terms of) the lower hand tai yang, an abundance of blood and qi results in plump palms. Scanty blood and qi results in emaciated, skinny, cold palms." (Yang and Chace, 2007; p. 60); and "A blood connecting vessel found in the fish's margin indicates hand yang ming disease." (Yang and Chace, 2007; p. 138)

In addition to visual inspection of the palm, Chapter 74 of the *Ling Shu* (Lun Ji Zhen Chi 論疾診尺) describes palpatory findings. When the center of the palm is hot on palpation there is heat present in the abdomen, and when it is cold on palpation there is likewise cold in the abdomen (掌中熱者，腹中熱，掌中寒者，腹中寒). The *Jia Yi Jing* has an only slightly different version: "If there is heat in the palms, heat in the abdomen is indicated. If there is cold in the palms, cold in the abdomen is indicated." (Yang and Chace, 2007; p. 135).

In terms of Holographic Correspondence the paragraphs describe a Medium Taiji (of normal orientation) wherein the palm – or a part of it – reflects the pathological state of organs below the wrist-navel plane (cf. our Fig. T-4). For palm diagnosis of organs above the wrist-navel plane one would have to think in terms of an inverted Medium Taiji. In Tung's system this certainly seems to be the case although neither the *Ling Shu* nor the *Jia Yi Jing* mentions such an approach explicitly.

Another diagnostic method using the distal upper extremities that is mentioned in canonical texts is the inspection of the forearm (chi zhen 尺診). Forearm inspection is mentioned in both the *Su Wen* and *Ling Shu*. In the *Su Wen* it is discussed as part of chapter 17 (*Mai Yao Jing Wei Lun* 脈要精微論), and in the *Ling Shu* much of the 74<sup>th</sup>

## 9. Point Indexes

### 9.1. Index of Tung's Points according to Zones and Numbers with their Related Channels and TCM-Points

Points which were not included in Master Tung's original book [unnumbered points] can be identified by the figure in which they are depicted and explained. Example: Z2-3 – Fan Hou Jue.

Associated channels are those channels on which the point is located, functionally related, or to which it is very close.

When two channels are listed the point either lies between those channels or influences both channels.

This information will help to design treatment strategies based on Channel Correspondence (cf. our Table 2).

Overlapping points are TCM points of the same location or in the immediate vicinity.

No.	Chinese Name	Associated Channels	Overlapping Points
11.01	Da Jian 大間穴	Large Intestine	
11.02	Xiao Jian 小間穴	Large Intestine	
11.03	Fu Jian 浮間穴	Large Intestine	
11.04	Wai Jian 外間穴	Large Intestine	
11.05	Zhong Jian 中間穴	Large Intestine	
11.06	Huan Chao 還巢穴	San Jiao	
11.07	Zhi Si Ma 指駟馬穴	Large Intestine	
11.08	Zhi Wu Jin 指五金穴	Large Intestine	
11.09	Xin Xi 心膝穴	Pericardium	
11.10	Mu Huo 木火穴	Pericardium	
11.11	Fei Xin 肺心穴	Pericardium	
11.12	Er Jiao Ming 二角明穴	Pericardium	
11.13	Dan 膽穴	Pericardium	
11.14	Zhi San Zhong 指三重穴	San Jiao	
11.15	Zhi Shen 指腎穴	San Jiao	
11.16	Huo Xi 火膝穴	Small Intestine	
11.17	Mu 木穴	Large Intestine	
11.18	Pi Zhong 脾腫穴	Pericardium	
11.19	Xin Chang 心常穴	Pericardium	
11.20	Mu Yan 木炎穴	San Jiao	
11.21	San Yan 三眼穴	San Jiao	
11.22	Fu Yuan 復原穴	San Jiao	
11.23	Yan Huang 眼黃穴	Small Intestine/Heart	
11.24	Fu Ke 婦科穴	Lung	
11.25	Zhi Yan 止涎穴	Lung	
11.26	Zhi Wu 制污穴	Lung	
11.27	Wu Hu 五虎穴	Lung	
22.01	Chong Zi 重子穴	Lung	
22.02	Chong Xian 重仙穴	Lung	
22.03	Shang Bai 上白穴	Large Intestine/Pericardium	
22.04	Da Bai 大白穴	Large Intestine	San Jian (L.I.-3) or He Gu (L.I.-4)



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