



SINGLE POINT FUNCTIONS FOR BOARD POINT PRESCRIPTIONS

LUNG CHANNEL

LU1: regulates Lung Qi for cough, phlegm, and/or excess in the chest, stops pain

LU5: Phlegm Heat in the Lungs or Phlegm in the Lungs

LU6: cough with blood (hemoptysis)

LU7: Wind Cold, Lung Yin Deficiency, Yang Edema, coupled point to open the Ren for Yin Deficiency, Move Qi in the chest

LU9: tonifies the Lungs and Heart, benefits the vessels, treats chronic cough

LU10: clears Lung Heat

LU11: Heat in the Lungs, Wind Heat, good for asthma, sore throat and loss of voice (bleeding technique) and mental disorders

LARGE INTESTINE CHANNEL

LI4: clears exterior and interior wind, stops pain, command point of the face, clears the nose, contra---indicated for pregnancy

LI6: Wind Water Invasion (Yang Edema)

LI11: Organ Heat, Wind Heat, Blood Heat, Toxic Heat, Deficiency Heat

LI20: Open nasal passages

STOMACH CHANNEL

ST4: Bell's Palsy, Trigeminal Neuralgia, facial paralysis

ST6: Bell's Palsy, Trigeminal Neuralgia, facial paralysis

ST8: Yangming headaches, dizziness due to Phlegm

ST18: mastitis, insufficient lactation, pre--- menstrual breast swelling, breast lumps

ST19: descends and regulates ST Qi, supporting point for Ren12

ST21: descends and regulates ST Qi, supporting point for Ren12, lifts the abdomen for abdominal prolapse

ST22: Resolves Damp in the Middle Jiao

ST25: abdominal distension, constipation and diarrhea

ST27: regulates Qi in the lower jiao for Qi stagnation issues, stops pain and expels cold

ST28: regulates fluids in the lower jiao for water accumulation and menstrual disorders

ST29: regulates blood in the lower jiao for blood stasis issues

ST34: all types of pain issues in the ST Channel especially cold

ST36: tonify Qi and Blood, regulate Middle Jiao Qi, command of the Fu organs, can treat excess and deficiency conditions and heat or cold syndromes

ST37: regulates LI Qi for all LI excess disorders

ST39: regulate SI Qi for all SI disorders, excess or deficiency

ST40: for all types of phlegm issues, visible or invisible, descend ST Qi to calm Mind, move ST Qi Stagnation

ST44: clears heat in the Yangming channel, treats Yangming headaches, helps with Trigeminal Neuralgia, and facial paralysis

SPLEEN CHANNEL

SP1: irregular menstrual bleeding, calm mind for sleep disorders

SP3: tonify SP and strengthen its functions

SP4: clear the 5 stagnations from the middle jiao (Cold, Qi Stag, Blood Stasis, Damp/Phlegm and Food Stagnation. NO HEAT), stop uterine bleeding, tonify blood by opening the Chong

SP5: Used as a local point for edema on the foot

SP6: nourishes whole body Yin, soothe LV Qi stagnation and remove SP Damp, crossing point of the 3 leg yin channels, good for tonifying fluids, regulates fluids

SP8: menstrual pain due to dysmenorrhea

SP9: Resolve Damp, regulate water for water metabolism problems such as edema, urinary disturbance, etc

SP10: move and cool blood

SP15: local point for abdominal distension, pain from LV overacting on SP

SP21: all over aches and pain without an underlying cause. General muscle pain

HEART CHANNEL

HT5: nourish HT Qi, aphasia and other speech issues, SI Heat

HT6: HT Yin and treats night sweats

HT7: Tonifies HT Blood and treats insomnia and palpitations, calms spirit

HT8: clears HT Heat

HT9: clears HT Heat and opens Orifices for Phlegm Misting the Mind

SMALL INTESTINE CHANNEL

SI1: increases milk flow, reduces breast abscesses or Mastitis

SI2: Clears SI Heat

SI3: treats back problems, opens the DU, spinal issues, clears vertex headaches

SI5: Clears SI Heat

SI6: treats geriatric eye diseases

SI7: treats Torticollis when there is difficulty rotating the neck

SI9: Crossing point for the SJ and SI channels, treats deafness and tinnitus

UB CHANNEL

UB1: treats insomnia and somnolence, crossing point for Yang Qiao, Yin Qiao, SI and ST channels

UB10: occipital headaches

UB11: strengthens the bones, treats Bone bi, late closing of fontanels, osteoporosis and chronic arthritis

UB12: crossing point for Du channel, releases wind, build immunity

UB13: tonifies the Lungs, treats cough and asthma, treats chronic diseases

UB14: treats PC Blood Deficiency

UB15: regulates the HT, stops palpitations, helps insomnia

UB17: cools the blood, regulates blood and regulates the diaphragm

UB18: tonifies LV Blood and treats Jaundice

UB19: treats GB excess conditions like Damp or Damp Heat

UB20: tonifies the SP, builds qi and blood

UB21: tonifies ST Qi and Yang

UB22: regulates water passages, promotes water metabolism

UB23: tonifies KD yang, qi, essence and blood, treats low back pain

UB25: clears heat and moves qi stagnation, clears local cold

UB27: warms SI Yang for SI Deficiency Cold

UB28: treats excess and deficiency UB conditions

UB32: excess in the lower jiao, dysmenorrhea due to blood stasis

UB39: regulates water, improves water metabolism

UB40: low back pain, cools heat in the blood, fainting point, treats skin conditions

UB42: strengthens the spirit aspect of PO

UB43: treats chronic diseases such as TB

UB44: strengthens the spirit aspect of Shen

UB47: strengthens the spirit aspect of Hun, tonifies the GB for GB Qi Deficiency

UB48: treats jaundice due to Damp Cold in the Spleen

UB49: strengthens the spirit aspect of Yi

UB52: treats infertility, strengthens the spirit aspect of Zhi

UB57: treats hemorrhoids

UB58: distal point for low back pain according to Host Guest theory

UB60: treats upper back pain especial Taiyang (occipital) headaches

UB62: opens the Yang Qiao, treats somnolence, insomnia and daytime epilepsy, benefits the brain

UB63: clears heat in the UB channel

UB66: clears heat in the UB channel

UB67: treats Jueyin (vertex) headaches, moxa for breech babies

KIDNEY CHANNEL

KD1: excess above and deficiency below, restores consciousness

KD2: treats KD Deficiency Heat

KD3: treats all issues with the Kidneys, tonifies KD Yang, KD Yin, KD Qi and KD Essence

KD5: strengthens Yin and reduces heat

KD6: tonifies KD Yin, strengthens the HT and KD connection, nourishes whole body Yin, nourishes the throat and strengthens KD grasping function, treats constipation

KD7: tonifies KD Yang, treats night sweats and spontaneous sweat

KD9: tonifies KD Yin

KD10: tonifies KD Yin

KD12: treats spermatorrhea

KD13: treats irregular menstruation, strengthens KD functions of grasping Qi, tonifies KD Essence

KD14: menstrual issues due to LV Blood Stasis

KD21: descends ST Qi

KD25: local point for chest pain, strengthens KD function of not receiving Qi, calms the Mind

PERICARDIUM CHANNEL

PC4: distal point for chest pains due to blood stasis

PC5: treats non---substantial Phlegm, treats Malaria

PC6: regulates Qi in the chest, epigastrium and hypochondrium, moves Liver Qi, regulates ST Qi for nausea and vomiting, opens the chest for shortness of breath and palpitations, calms the spirit

PC7: calms Shen like HT7 but stronger, more grounding, treats warm febrile diseases

PC8: treats PC Heat

PC9: treats PC Heat or open Orifices

SAN JIAO CHANNEL

SJ4: treats water regulation issues

SJ5: disperses Wind Heat, subdues Liver Yang Rising, treats ear infections, deafness and tinnitus

SJ6: treats hypochondriac distension, treats constipation

GALLBLADDER CHANNEL

GB1: treats Wind specifically for LV Wind due to Liver Fire

GB6: treats headaches due to Liver Fire

GB8: treats headaches due to Liver Fire

GB9: treats headaches due to Liver Fire

GB13: treats mental disorders like bipolar or schizophrenia, calms the mind and treats Liver Yang Rising

GB17: opens the Orifices

GB20: treats eye disorders due to excess such as Wind Heat or Liver Fire, treats internal or external Wind, treats Wind Cold

GB21: Contraindicated in cases of pregnancy, treats breast abscesses and retention of placenta after childbirth

GB24: clears heat and resolves Damp Heat in the Gallbladder

GB26: treats leukorrhea due to deficiency

GB30: crossing point of the GB and UB, treats sciatica pain

GB34: clears damp heat, stops pain in the lower jiao, moves LV Qi, influential point of the tendons and sinews

GB38: treats headaches due to Liver Yang Rising

GB39: nourishes marrow, treats Bone Bi, prevents Wind---Stroke

GB40: strengthens the GB Qi to tonify resolve for issues where patient has a difficult time making decisions or lacks courage

GB41: opens the Dai channel, treats temporal headaches due to Shaoyang disorder

GB43: treats headaches due to Liver Yang Rising

LIVER CHANNEL

LV1: reduces excess from the Liver channel, drains fire, disperses cold, eliminates wind

LV2: clears excess from the Liver channel both heat and cold

LV3: treats excess and deficiency for LV Qi Stagnation, tonifies LV Blood, moves LV Qi and moves Qi for LI Cold

LV5: genital issues such as itchy vaginal discharge or priapism, moves qi and blood for LV Blood Stasis, clears LV Cold

LV8: tonifies LV Blood

LV13: treats abdominal pain due to LV overacting on SP, moves LV Qi

LV14: treats LV overacting on ST, moves LV Qi

REN CHANNEL

REN1: crossing point of the DU and Chong, benefits essence

REN3: Front Mu of the UB, regulates water in the UB for deficiency or excess conditions, treats excess in the lower jiao

REN4: tonify whole body Yin and tonify Yang (moxa)

REN6: Tonify whole body Qi and Yang, raise whole body Qi and Yang, regulate Qi in the lower jiao

REN7: tonify KD Yin

REN8: rescue the Yang (salt moxa) specifically for SP Yang

REN9: regulates water and controls the water passages, treats edema, damp conditions, Tanyin and ascites

REN10: lower opening of the stomach (pylorus). Used for vomiting due to food stagnation

REN12: regulates Qi of the middle jiao for excess or deficiency syndromes, heat and cold conditions

REN13: upper opening of the stomach (fundus). Used for vomiting or acid regurgitation

REN14: treats palpitations and mental emotional symptoms

REN15: tonifies and nourishes the HT Qi, calms the mind, Luo of the Ren: treats pruritus of the abdominal skin

REN17: influential point of Qi, regulates Qi in the chest, relaxes chest constriction, treats breast issues

REN22: benefits the throat, treats plum pit qi, calms asthma and stops cough

REN23: treats aphasia and other speech issues

REN24: local point for facial paralysis

DU CHANNEL

DU1: treats anal prolapse and regulates the DU channel

DU3: treats low back pain of any type

DU4: treats deficient Mingmen fire with signs and symptoms of spermatorrhea or seminal emissions. Tonifies KD Yang

DU8: treats spasms and tremors and cools the blood

DU9: treats jaundice, resolves damp heat in the GB and LV

DU10: treats boils

DU12: used for chronic, long standing, debilitating diseases, treats internal wind with symptoms of spasms, convulsions, tremors and epilepsy

DU14: crossing point for all the yang channels, clears heat from the Yangming and Shaoyang levels, tonifies HT Qi and Yang (moxa)

DU15: treats aphasia

DU16: nourishes marrow, treats internal and external wind and clears hot and cold conditions

DU17: nourishes marrow

DU19: calms mind

DU20: raises clear Yang for deficiency above and excess below or for Qi sinking, eliminates internal wind, calms the mind, restores consciousness

DU23: treats nasal congestion by opening the nose

DU24: calms the Mind

DU26: treats low back pain due to trauma, loss of consciousness and facial swelling and paralysis. Crossing point for the LI and ST

EXTRA POINTS

Si Sheng Cong: treats poor memory

Yao Qi: treats seizures

Yao Yan: sore and weak low back

Ba Feng: numbness and pain in the toes due to Bi Syndrome

Zi Gong Xue: promotes fertility

Pi Gen: splenomegaly due to Malaria

Inner Neiting: treats food stagnation

Si Feng: childhood malnutrition, Gan Syndrome

Bai Chong Wo: infantile malnutrition due to parasites

Lan Wei Xue: good for appendicitis, intestinal abscesses

Jing Gong: treats infertility

Shi Xuan: treats severe heat leading to loss of consciousness

Taiyang: good for Shaoyang headache

Ba Xie: numbness and pain in the fingers due to Bi Pain

Xi Yan: treats knee pain

Yao Tong Xue: treats low back pain

He Ding: treats knee pain

Yu Yao: treats blurry vision due to LV Blood Deficiency

Luo Zhen: treat Torticollis and difficult neck rotation