

TCM REVIEW SEMINARS
IMPORTANT SINGLE POINT FUNCTIONS
FOR THE
CLINICAL CASE STUDIES EXAM

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

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

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

ST8: Yangming headaches, dizziness due to Phlegm

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

ST25: Abdominal distension, constipation and diarrhea

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

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

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

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

SI19: Crossing point for the SJ and SI channels, treats deafness and tinnitus

URINARY BLADDER 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 fontanel, osteoporosis and chronic arthritis

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

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

UB28: Treats excess and deficiency UB conditions

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

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

UB57: Treats hemorrhoids

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

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

KIDNEY CHANNEL

KD1: Excess above and deficiency below, restores consciousness

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

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

KD10: Tonifies KD Yin

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

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

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

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

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

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

LIVER CHANNEL

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

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

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

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

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

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

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)

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

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

DU26: Treats low back pain due to trauma, loss of consciousness and facial swelling and paralysis.

Crossing point for the LI and ST