

145 SINGLE POINTS

H.B. Kim, LAc PhD



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THREE CIRCUITS



- EARTH : LU – LI – ST – SP (Taiyin + Yangming)
- HEAVEN : HT – SI – UB – KD (Shaoyin + Taiyang)
- HUMAN : PC – SJ – GB – LV (Jueyin + Shaoyang)

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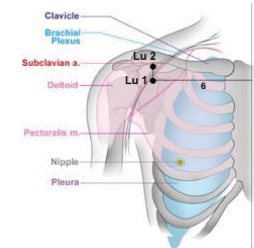
LU CHANNEL

Important Points :

LU1 / LU5 / LU6 / LU7 / LU9 / LU10 / LU11

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LU1 vs. UB13



Unit: cun

General comparison between Front-Mu and Back-Shu

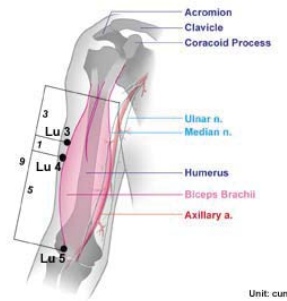
- Front-Mu : Collecting Evil Qi (Sedate)
- Back-Shu : Transmit Good Qi (Tonify)

LU1 vs. UB13

- LU1 (FRONT-MU) : EXCESS = ZHE BEI MU
- UB13 (BACK-SHU) : DEFICIENCY = CHUAN BEI MU

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LU5 (Cubit Marsh)



LU5 vs. ST40

- LU5 : Phlegm in the LUNG
- ST40 : Phlegm in anywhere (even invisible phlegm)

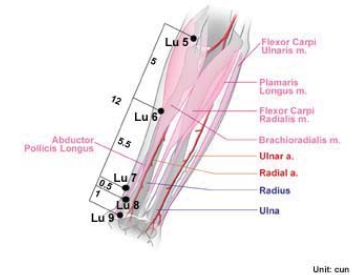
LU5 vs. LU10

- LU5 (Phlegm-Heat) : Ding Chuan Tang
- LU10 (Heat) : Ma Xing Shi Gan Tang

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LU6 (Collection Hole) = Xi-cleft

- LU6 + UB17 : Stop hemoptysis
- Moxa at LU6 : Treat hemorrhoid



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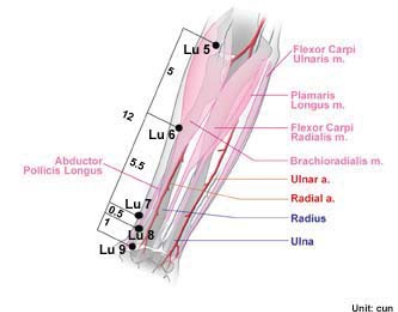
Xi-Cleft Points

CHANNEL	XI-CLEFT	
LU	LU6	
LI	LI7	
ST	ST34	
SP	SP8	
HT	HT6	
SI	SI6	
UB	UB63	
KD	KD5	
PC	PC4	
SJ	SJ7	
GB	GB36	
LV	LV6	

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LU7's Titles

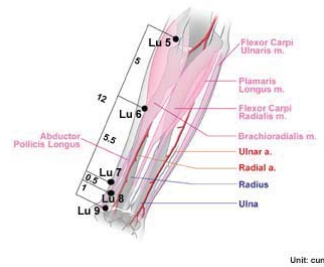
- LUO-CONNECTING & CONFLUENT Points
 - LU7 : REN
 - PC6 : YINWEI
 - SP4 : CHONG
 - SJ5 : YANGWEI
- COMMAND POINT (for head & neck)
- EXIT POINT



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LU7 (Broken Sequence)

- Disperse Wind-Cold: **+LI4, UB12**
- REN confluent point: **+KD6**
- Open water passages: **for Yang edema**
- Command pt (for neck & head): **Ge Gen Tang**
- **Quiz:** 8 extra vessel combinations?



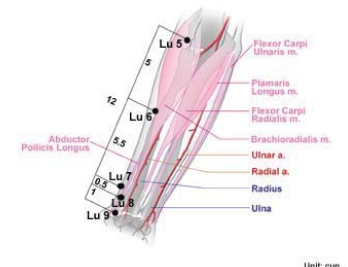
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LU9 (Great Abyss)

- Yuan-source of LU : Tonify LU
- Vessel influential point : Benefit HT
- **Sheng Mai San** : Target LU/HT

LU7 vs. LU9

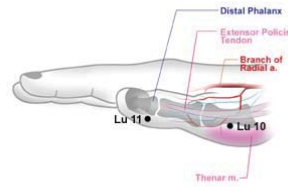
- LU7 : exterior, interior / excess, deficiency / water
- LU9 : interior / deficiency / phlegm



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LU10 (Fish Border)

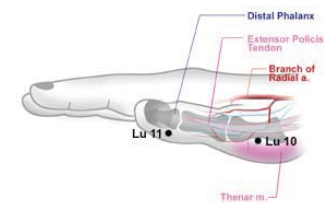
- Ying-spring point: Clear LU heat
- Clear LU heat herb: **Huang Qin / Sang Bai Pi / Di Gu Pi**
- **Quiz:** Important Ying-spring points?



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LU11 (Lesser Metal)

- Bleeding : sore throat (**Yin Qiao San**)
- Ghost Faith (13 Ghost points) : Mental Problem; Manic disorder



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13 Ghost Points

	Ghosts	Translation	
DU	DU26 DU23 DU16 DU1	Palace Hall Pillow Liar	or RN1/Yumen (hidden)
JING-WELL	LU11 SP1	Faith Fortress	
PC	PC8 PC7	Cave Heart	
FACE	ST6 Jinjin, Yeye RN24	Bed Seal City	or KD1 or Haiquan
ARM	LI11	Leg	
LEG	UB62	Road	

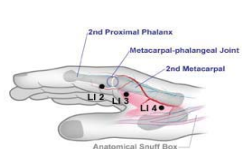
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LI CHANNEL

Important Points :
LI4 / LI6 / LI10 / LI11 / LI15 / LI20

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LI4+LV3 = 4 Gate



- **LI4** : located at **Yin** to **Yang** transition
- **LV3** : located at **Yang** to **Yin** transition

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LI4 (Union Valley)



■ Disperse **Exterior Wind**

W-C and W-H : LI4, UB12, DU16, GB20 = **Jing Jie** + **Fang Feng**

○ W-C : LU7

○ W-H : LU10, LU11, LI11, SJ5

■ Treat **Internal Wind**

■ Stop Pain

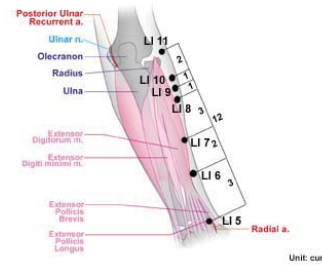
■ Command Point of Face

■ Promote delivery during labor

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LI6 (Slanting passage)

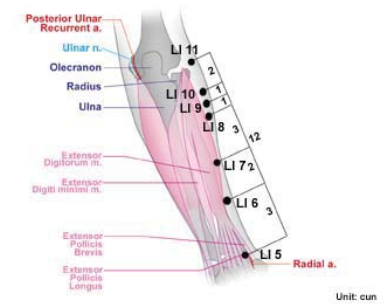
- Open the LU Water passage
- LU7 + LI6 : Yang edema
- **Quiz:** Yang edema vs. Yin edema?



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LI10 + ST36

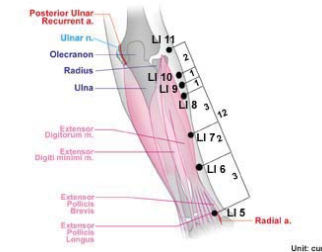
- LI10 + ST36 = Arm 3 miles + Foot 3 miles
- powerful Qi and Blood tonic
- Both are Yangming (Big Qi and Blood)
- Both are located elbow/knee : tonify/balance



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LI11 (Crooked Pond)

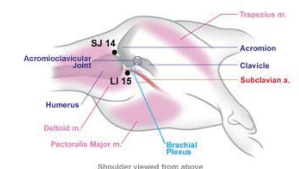
- Clear Heat
 - Organ Heat : LV, HT, ST, LU
 - Various Heat : W-H, B-H, T-H, D-H
- Possible Tongue and Pulse
 - Tongue : Red + Yellow coating
 - Pulse : rapid pulse
- **Quiz:** Fire engine?



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LI15 (Shoulder Transporting Point)

- Benefit sinews
- Promote circulation of Qi in the channels
- Stop pain
- Expel Wind



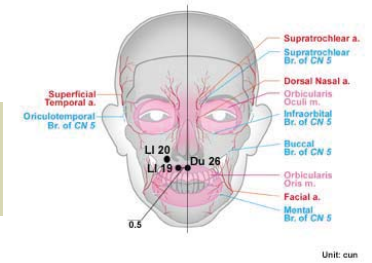
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Window of Sky Points

LOCATIONS	POINTS	
SCM	ST9 LI18 SI16 SI17 SJ16	
NECK	RN22 UB10 DU16	
OFF NECK	LU3 PC1	

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LI20 (Welcome Fragrance)



■ LI20 + LU7 + LI4 = Open nasal Orifice

■ Xin Yi Hua / Cang Er Zi / Bai Zhi / Xi Xin

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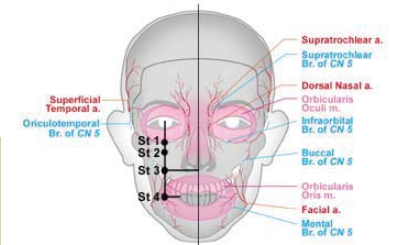
ST CHANNEL

Important Points :

ST4 / ST6 / ST8 / ST18 / ST21 / ST25 / ST28 /
ST29 / ST30 / ST34 / ST35 / ST36 / ST37 /
ST38 / ST39 / ST40 / ST44 / ST45

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ST4 (Earth Granary)

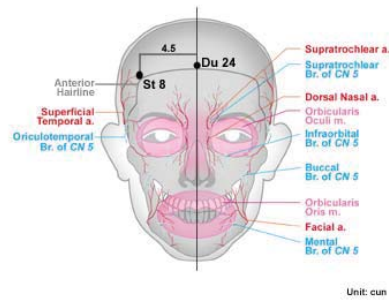


■ ST4 – ST6 : Thread 1-1.5 cun

■ Facial paralysis, Bell's palsy : +LI4

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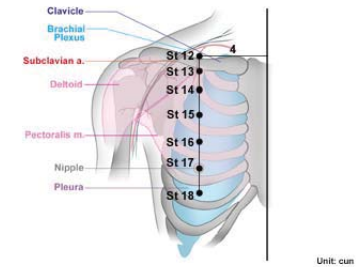
ST8 (Head Support)



- Major local point
- Dizziness due to Damp/Phlegm :
Ban Xia Bai Zhu Tian Ma Tang
- Yangming headache
- Quiz: ST8 – DU24 line?

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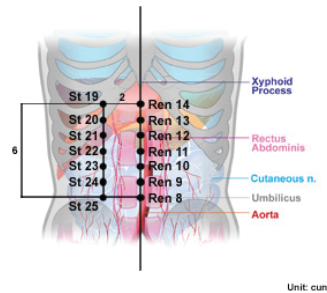
ST18 (Breast Root)



- Local point for breast problem : mastitis, pre-menstrual swelling, lump
- Nursing mother : regulate lactation
- ST18 + RN17 + SI1

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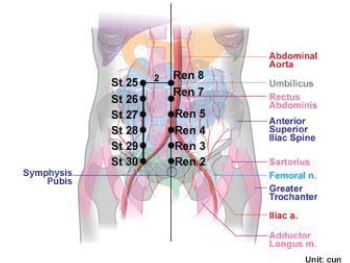
ST21 (Beam Door)



- Same level with RN12 : Support RN12
- ST prolapse local point (CAM)

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ST25 (Heavenly Pillar)

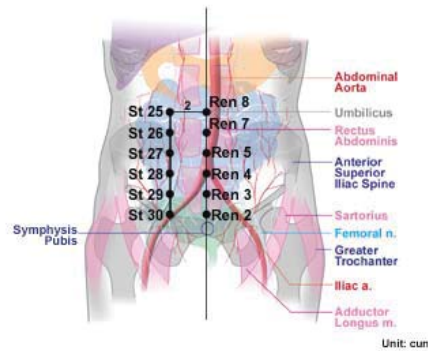


- Acute/Chronic constipation: + SJ6, KD6, ST25, UB25
- Acute diarrhea : + ST36
- Basic point for diarrhea : ST36
 - Acute : + ST25
 - Chronic : + UB20

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ST27,28,29

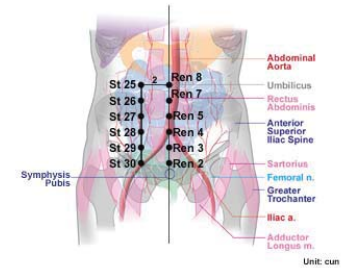
- ST27 : QI
- ST28 : WATER
- ST29 : BLOOD



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ST28 (Water Passage)

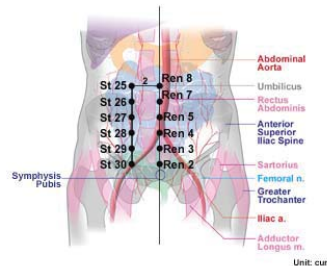
- Open the water passage
- Water metabolism points :
ST28, RN9, SJ4, UB22, UB39



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ST29 (Returns)

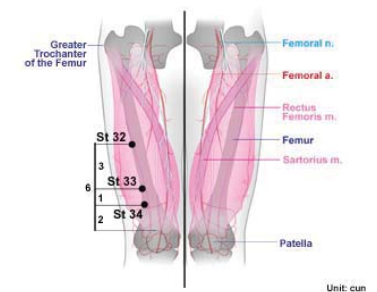
- Excess case of gynecological disease (blood stasis)
- Remove Blood stasis & regulate menses
- Amenorrhea due to blood stasis
- ST29 (Gui Lai) = Dang Gui
- Quiz: Basic point of amenorrhea?



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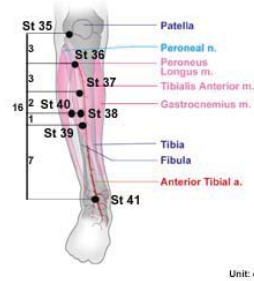
ST34 (Beam Mound)

- Xi-cleft point : Stop Pain
- Da Jian Zhong Tang case



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ST36 (Foot 3 Miles)



Unit: cun

- One of the most popular point
- A Major point to tonify Qi and Blood
- Regulate abdomen (command point)
- Any etiology: excess/deficiency, heat/cold

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ST36 combination



- ST36 + RN12 : Abdomen
- ST36 + RN12 + PC6 : Epigastrium
- ST36 + SP3 : Tonify Middle Jiao
- ST36 + LI10 : Boost up immune system
- ST36 + GB39 (moxa) : prevent stroke (internal-wind)
- ST36 + UB12 (moxa) : prevent cold (external-wind)

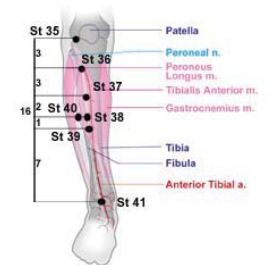
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6 Command Points

Points	Area	
ST36	Abdomen	
UB40	Lumbar, back	
LU7	Head, nape	
LI4	Face, mouth	
PC6	Chest, lateral costal	
DU26	Resuscitation	

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LOWER HE-SEA



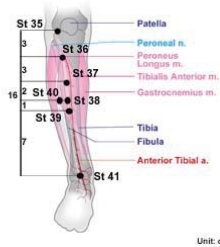
Unit: cun

- ST37 : Regulate LI (Damp-heat, Heat)
- ST39 : Regulate SI (SI Qi pain, SI Qi tied)
- UB39 : Regulate SJ (water metabolism)

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ST38 (Narrow Opening)

- Empirical distal point for Shoulder pain



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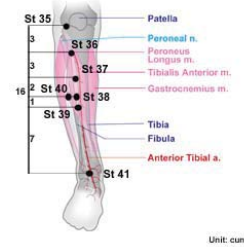
ST40 (Abundant Bulge)

- Any phlegm : Visible / Invisible / Channel

- Herbs: Ban Xia / Yuan Zhi

- Formulas: Er Chen Tang / Wen Dan Tang

- Quiz: _____ antagonize Yuan Zhi.



Unit: cun

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ST44 (Inner courtyard)

- ST HEAT (+LI11) : bleeding gum etc.
- Distal point (+LI4) : facial paralysis, trigeminal neuralgia, and Yangming headache

- Quiz: Inner-neiting?



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SP CHANNEL

Important Points :

SP1 / SP3 / SP4 / SP5 / SP6 / SP8 /
SP9 / SP10 / SP15 / SP21

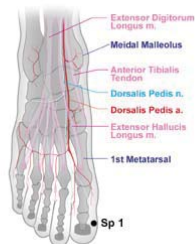
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SP1 (Hidden White)

■ MOXA SP1 : UTERINE BLEEDING

Gui Pi Tang (SP NOT HOLDING BLOOD) / Gu Jing Wan /
Wen Jing Tang / Gui Zhi Fu Ling Wan

■ Quiz: Jing-wells for moxa?



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SP3 (Greater White)

■ Horary point : Earth on Earth

■ ST36 + SP3 (Earth Horary Combi) = Tonify SP Si Jun Zi Tang / Bu Zhong Yi Qi Tang / Li Zhong Wan, etc.



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Yuan-Source Points

CHANNEL	YUAN	
LU	LU9	
LI	LI4	
ST	ST42	
SP	SP3	
HT	HT7	
SI	SI4	
UB	UB64	
KD	KD3	
PC	PC7	
SJ	SJ4	
GB	GB40	
LV	LV3	

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SP4 (Ancestor and Descendant)

■ LUO-CONNECTING / CHONG Confluent

■ REMOVE STAGNATIONS OF BLOOD, COLD, FOOD

■ Quiz: SP3 and SP4 location?



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SP5 (Metal Mound)

- Local Point for Foot edema (with GB41)



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SP6 (3 YIN INTERSECTION)

- NOURISH KD YIN
- SOOTHE LV QI STAGNATION
- REMOVE SP DAMP
- NOURISH YIN, CALM SHEN
- GENITAL AREA PROBLEM : MAN & WOMEN



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SP8 (Earth Pivot)

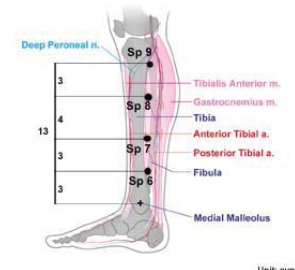
- Xi-cleft Point
- Stop pain : dysmenorrhea
- Quiz: Distance between Xi-cleft and He-sea of Foot Taiyin?



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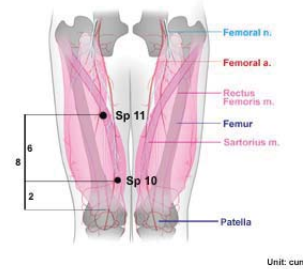
SP9 (Yin Mound Spring)

- SP9 for DAMP vs. ST40 for PHLEGM
- DAMP-HEAT / COLD-DAMP
- EDEMA, LIN SYNDROME



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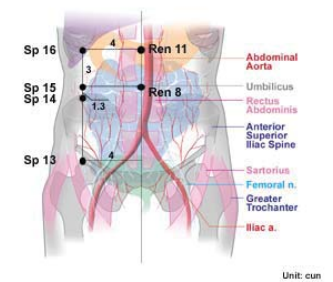
SP10 (Sea of Blood)



- COOL BLOOD + MOVE BLOOD (+UB17)
= **CHI SHAO, MU DAN PI**
- SKIN PROBLEM : + LI11, UB40
- KEEP THE BLOOD IN THE VESSEL : **Gui Pi Tang**

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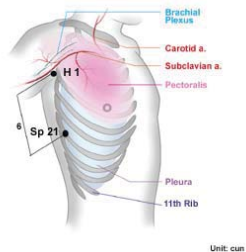
SP15 (Great Horizontal)



- Support ST25 : abdominal complaint
- LV overacting SP type of abdominal pain
- **Quiz:** SP16 location?

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SP21 (Great Embrace)



- Luo Point of **MAJOR** collateral channel
: control all the minute Blood connecting channels
- Generalized pains : blood stasis, moving muscular pain
- **Quiz:** Needling on chest area?

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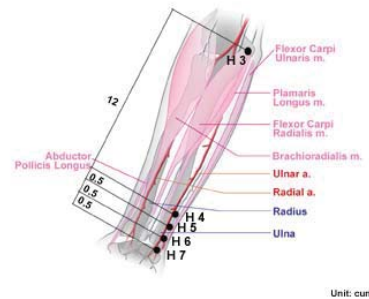
HT CHANNEL

Important Points :
HT5 / HT6 / HT7 / HT8 / HT9

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HT 5,6,7,8,9

- HT5 : QI, (TONGUE)
- HT6 : YIN, (NIGHT SWEATING)
- HT7 : BLOOD, (CALM SHEN)
- HT8 : FIRE, (HEAT)
- HT9 : ORIFICE

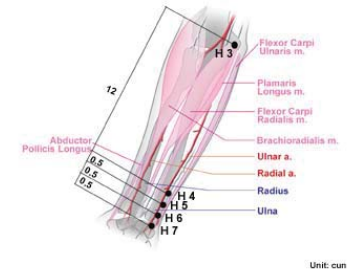


Unit: cun

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HT5 (Connecting Village)

- Tonify HT Qi
- Aphasia (b/c HT Luo channel go to tongue)
- HT Heat transmit to SI
(Mu Tong, Deng Xin Cao, Dan Zhu Ye = HT8, HT5, RN3)

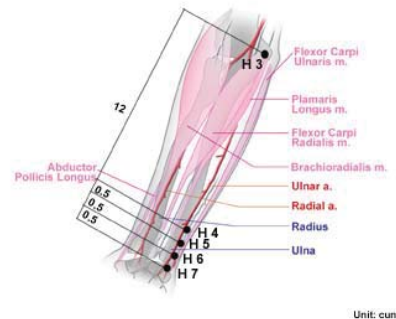


Unit: cun

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HT6 (Yin Cleft)

- Nourish HT Yin
- Stop night sweating (+KD7)
- Quiz: HT4,5,6,7 are _____ side of tendon of m. flexor carpi ulnaris.

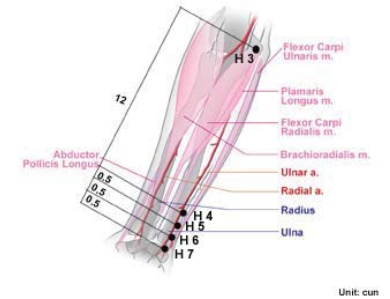


Unit: cun

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HT7 (Spiritual Gate)

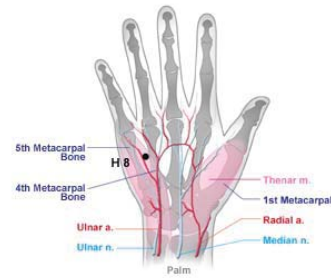
- Nourish HT Blood : Shen disturbance, palpitation
- Calm Shen basic point : +SP6, Anmian



Unit: cun

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HT8 (Lesser Mansion)



■ Clear HT Heat : + LI11

■ Tongue: Red tip

■ Herb: Huang Lian



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HT9 (Lesser Surge)



■ Open the HT orifices

■ Phlegm misting HT

■ Phlegm-Fire harassing the Mind

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SI CHANNEL

Important Points :

SI1 / SI3 / SI6 / SI7 / SI19

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SI1 (Lesser Marsh)



■ Pu Gong Ying (Dandelion)

■ Empirical point : Promote lactation

■ Breast abscess

■ SI1 + RN17 + ST18

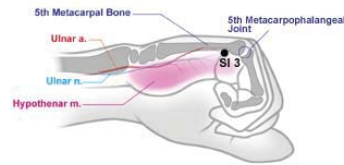
■ Quiz: Jing-wells for needling?

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SI3 (Back Ravine)

- DU Confluent point = Opening = Master : Neck and Spine (+UB62)

- Quiz: Points and herbs for vertex headache?



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8 Extra Vessel combinations

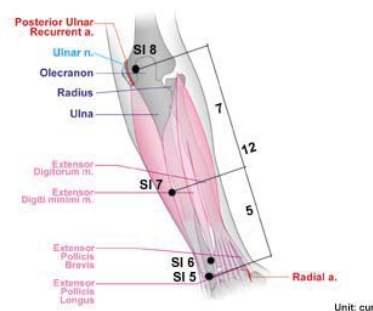
COMBO	8 Extra	CIRCUIT	ACTIONS
LU7	Ren	Earth	
KD6	Yin Qiao	Heaven	
SI3	Du	Heaven	
UB62	Yang Qiao	Heaven	
SP4	Chong	Earth	
PC6	Yin Wei	Human	
GB41	Dai	Human	
SJ5	Yang Wei	Human	

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SI6 (Nursing the Aged)

- Brighten the eyes

- Quiz: Location of SI6?

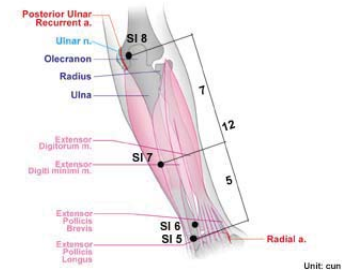


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SI7 (Branch to the Correct)

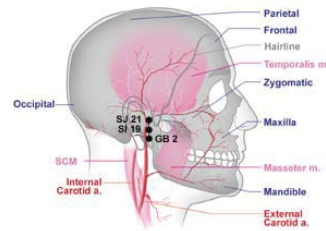
- Luo-Connecting point

- Difficulty in rotating the neck (with Luo Zhen)



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SI19 (Auditory Palace)



- GB, SJ, SI channel Crossing point
- Benefit the ears : tinnitus, deafness
- Quiz: Crossing points of GB, SJ, SI?

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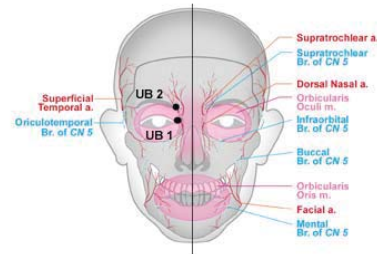
UB CHANNEL

Important Points :

UB1 / UB10 / UB11 / UB12 / Inner Back-shu /
Outer Back-shu / UB32 / UB39 / UB40 /
UB57 / UB58 / UB60 / UB62 / UB67

(c) HB Kim, AcupunctureMedia.com

UB1 (Bright Eyes)

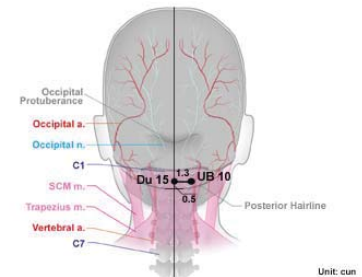


- Crossing point of Yang Qiao & Yin Qiao

- Insomnia : +KD6 -UB62 UB1
- Somnolence : +UB62 -KD6 UB1

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UB10 (Celestial Pillar)



- Local Point: Occipital headache
- Clears the brain

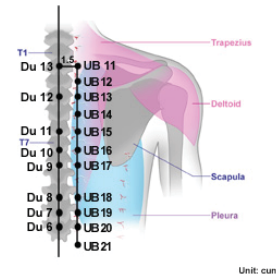
(c) HB Kim, AcupunctureMedia.com

UB11 (Great Shuttle)

■ Bone influential point :

- Bone Bi syndrome
- promote bone formation in children
- prevent bone degeneration in the elderly
- treat bone deformities in chronic arthritis

■ Quiz: Crossing points of Taiyang channels?



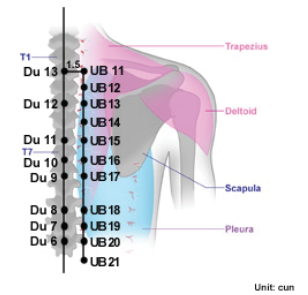
(c) HB Kim, AcupunctureMedia.com

UB12 (Wind Gate)

■ Release Exterior Wind : W-H, W-C

■ UB12 + LI4 : Release exterior wind

■ UB12 + ST36 (moxa) : prevent cold

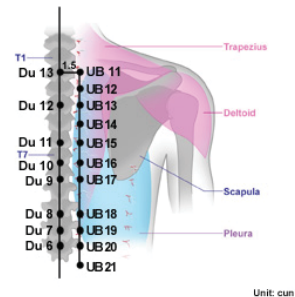


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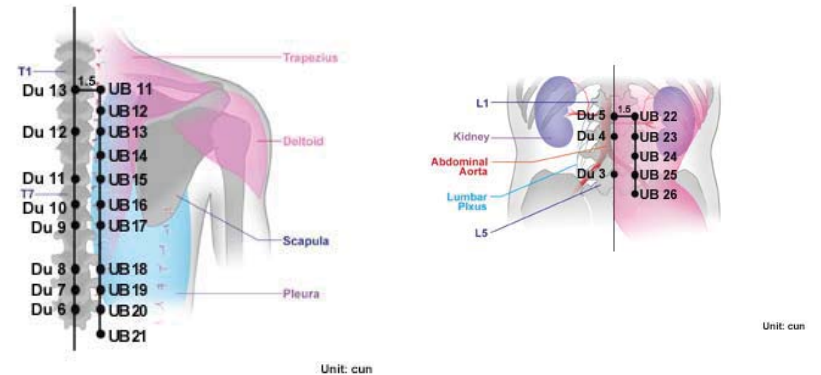
Back-Shu (Yin organs)

■ TONIFY YIN ORGANS

- UB13 : LUNG, (basic point for **cough/asthma**)
- UB15 : HEART, (basic point for **palpitation**)
- UB18 : LIVER, (basic point for **jaundice**)
- UB20 : SPLEEN, (basic point for **chronic diarrhea**)
- UB23 : KIDNEY, (basic point for **lower back pain**)



(c) HB Kim, AcupunctureMedia.com

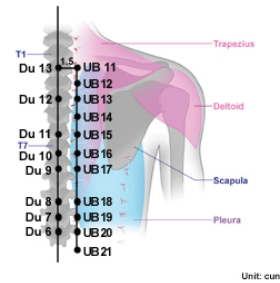


(c) HB Kim, AcupunctureMedia.com

Back-Shu (Yang organs)

■ REGULATE YANG ORGANS

- UB19 : GALL BLADDER, (jaundice)
- UB21 : STOMACH, (tonify ST)
- UB22 : SAN JIAO, (water metabolism)
- UB25 : LARGE INTESTINE, (constipation)
- UB28 : URINARY BLADDER, (Lin syndrome)



Unit: cun

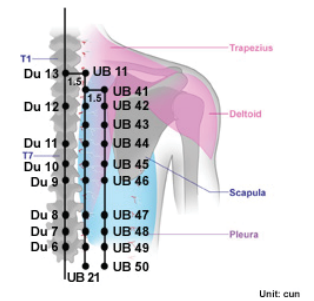
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OUTER-SHU

■ SPIRITUAL POINTS

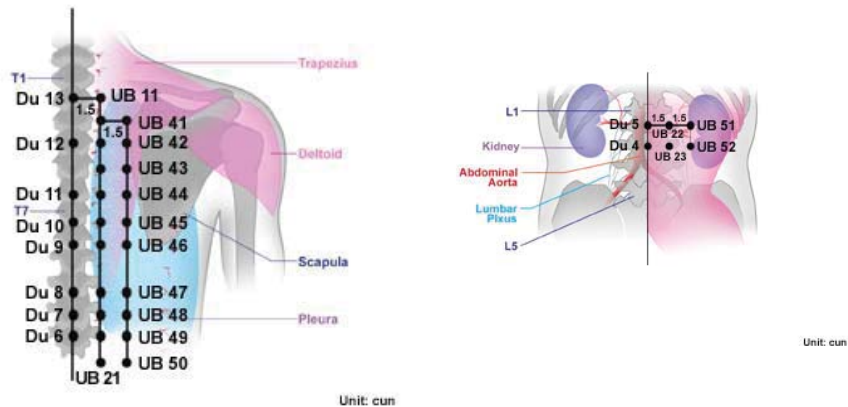
- UB42 : PO (Corporeal soul)
- UB44 : SHEN (Mind)
- UB47 : HUN (Ethereal Soul)
- UB49 : Yi (Thought)
- UB52 : ZHI (Will power)

■ Quiz: Outer-Shu points for physical aspects?



Unit: cun

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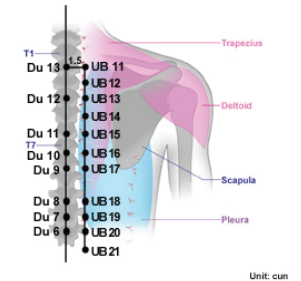
Unit: cun

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UB17 (Diaphragm Shu)

■ Diaphragm Shu : Hiccup basic point

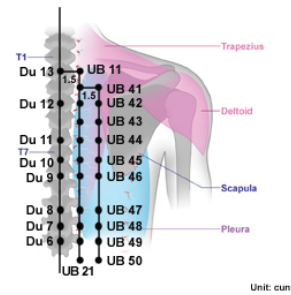
■ Blood influential point : Regulate Blood



Unit: cun

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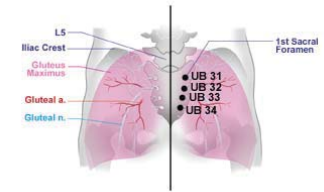
UB43 (Vitals)



- Very chronic disease with great debility
- Moxa at UB43 : T.B.
- DU12+UB13+UB43 : Tonify Lung

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UB32 (Second Bone-hole)



- The most important out of 4 bone-holes
- Move blood stasis, regulate menstruation
- Quiz: Back-shu of ____ is same level with UB32.

(c) HB Kim, AcupunctureMedia.com

UB39 (Bend Yang)



- Lower He-sea point for SJ
- Regulate water metabolism : Edema

(c) HB Kim, AcupunctureMedia.com

Lower He-Sea Points

Organ	Lower He-Sea	
LI	ST37	
SI	ST39	
SJ	UB39	

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UB40 (Bend Middle)

- Lower Back command point : +DU3, UB23
- Summer-heat
- Blood-heat (for skin) : +SP10, LI11

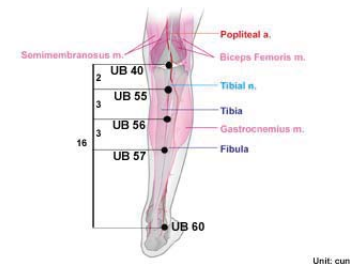
- Amount of Qi and Blood
Yangming: Abundant Qi & Xue
Taiyang, Jueyin: Xue > Qi
Shaoyang, Taiyin, Shaoyin: Qi > Xue



(c) HB Kim, AcupunctureMedia.com

UB57 (Mountain Support)

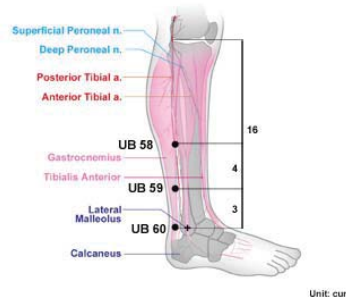
- Between the two heads of gastrocnemius muscle : **resemble anus**
- Empirical distal point for hemorrhoids



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UB58 (Taking Flight)

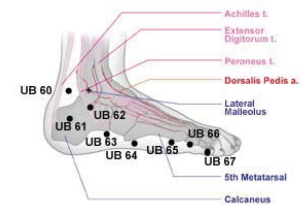
- Distal point : Lower backache, sciatica
- KD3 + UB58 = host-guest treatment
- Lower back pain + weakness of legs



(c) HB Kim, AcupunctureMedia.com

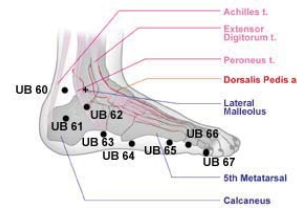
UB60 (Kunlun Mountains)

- Head & Shoulder : Taiyang headache, shoulder, neck
- Backache
- Quiz: Jing-river (Fire) point of Foot Taiyang?



(c) HB Kim, AcupunctureMedia.com

UB62 (Extending Vessel)



■ Yang Qiao Confluent point

■ Outer leg tense

■ Spine, brain : + SI3

■ Insomnia : -UB62, +KD6

■ Daytime Epilepsy vs. KD6 (nighttime)

(c) HB Kim, AcupunctureMedia.com

UB67 (Reaching Yin)



■ Vertex headache

■ Breech baby (moxa) : for fetus malposition

■ Easy the labor (needle) : oxytocin hormone

(Clinic: Dang Gui 24, Chuan Xiong 16, Yi Mu Cao 12)

(c) HB Kim, AcupunctureMedia.com

KD CHANNEL

Important Points :

KD1 / KD2 / KD3 / KD6 / KD7 / KD9 / KD10 / KD25

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KD1 (Gushing Spring)



■ Excess Above, Deficiency Below

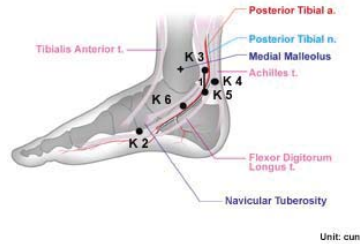
■ Restore consciousness

■ Quiz: Origin of KD channel?

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KD2 (Blazing Valley)

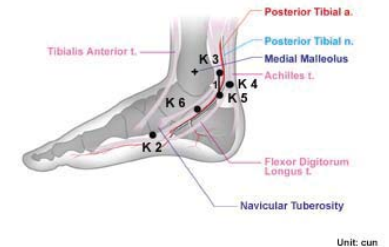
- Ying-spring point
- Clear Deficient-heat



(c) HB Kim, AcupunctureMedia.com

KD3 (Great Ravine)

- Yuan-source point
- Tonify KD Qi, Yang, Yin, Essence
- Combination
 - KD Yin: KD3 + KD6 + RN4
 - KD Yang: KD3 + KD7 + DU4



(c) HB Kim, AcupunctureMedia.com



KD6 (Shining Sea)

- KD6 + UB62 : Insomnia or Somnolence
- KD6 + LU7 : nourish throat, KD not grasp LU
- KD6 + SJ6 : Constipation
- KD6 + SP6 : Nourish whole body Yin
- KD6 + HT6 : Nourish HT/KD Yin (Tian Wang Bu Xin Dan)



(c) HB Kim, AcupunctureMedia.com

KD6 vs. KD7

- KD6 (KD Yin) : Liu Wei Di Huang Wan (+RN4)
- KD7 (KD Yang) : Jin Gui Shen Qi Wan (+DU4)



(c) HB Kim, AcupunctureMedia.com

KD7 (Recover Flow)

■ Tonify KD Yang

■ Regulate sweating

- KD7+LI4 : spontaneous sweating
- KD7+HT6 : night sweating

■ Quiz: Xi-cleft points on KD channel?



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MOM & SON points

CHANNEL	MOM	HORARY	SON
LU		LU8	
LI		LI1	
ST		ST36	
SP		SP3	
HT		HT8	
SI		SI5	
UB		UB66	
KD		KD10	
PC		PC8	
SJ		SJ6	
GB		GB41	
LV		LV1	

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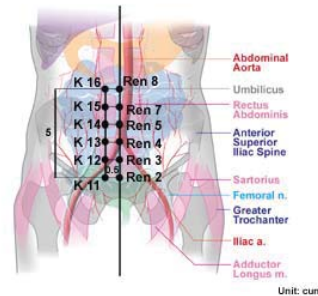
KD12,14

■ KD12 (Great Manifestation)

■ KD14 (Fourfold Fullness)

■ Local points for men / women problem

- KD12 : spermatorrhea (men)
- KD14 : irregular menstruation (women, excess)



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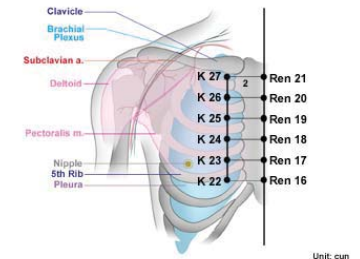
KD25 (Spirit Storehouse)

■ Asthma : KD not receiving Qi

■ Calm Shen

- KD23 : Mind Seal
- KD24 : Spirit Burial-ground
- KD25 : Spirit Storehouse

■ Quiz: Apex of Heart?



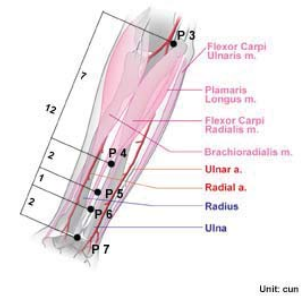
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PC CHANNEL

Important Points :
PC4 / PC5 / PC6 / PC7 / PC8 / PC9

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PC4 (Cleft Gate)

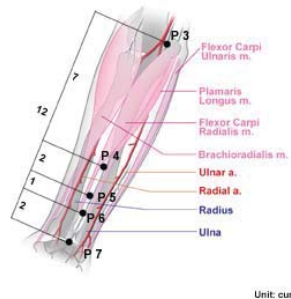


Unit: cun

- Xi-cleft point (acute case) : Chest pain due to blood stasis, arrhythmia, palpitations
- Xi-cleft of PC and HT
 - PC4: Stop chest pain
 - HT6: Nourish HT Yin

(c) HB Kim, AcupunctureMedia.com

PC5 (Intermediary Courier)



Unit: cun

- Non-substantial Phlegm : Phlegm misting HT
- Empirical point for **Malaria** : Qing Hao, Cao Guo

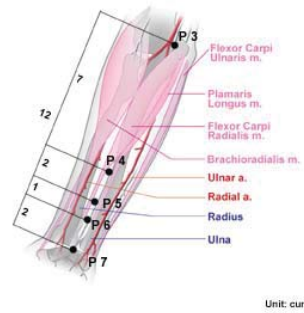
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Group Luo Points

CHANNEL	GROUP LUO	
3 Arm Yang	SJ8	
3 Arm Yin	PC5	
3 Leg Yang	GB35 (GB39)	
3 Leg Yin	SP6	

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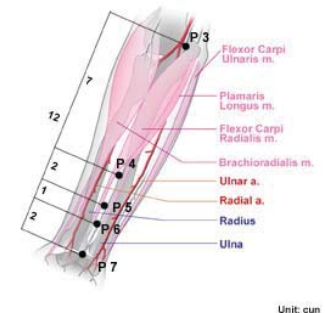
PC6 (Inner Pass)



- Where : Chest, Diaphragm, Epigastrium
- Open the chest
- Harmonize the Stomach
- Calm Shen

(c) HB Kim, AcupunctureMedia.com

PC7 (Great Mound)



- Source point for HT channel (in “Spiritual Axis”) : Calm Shen (Harsher than HT7)
- Warm febrile disease : vs. HT7
- Quiz: Local point of Carpal Tunnel Syndrome?

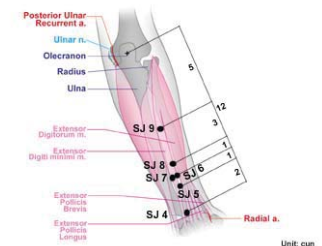
(c) HB Kim, AcupunctureMedia.com

SJ CHANNEL

Important Points :
SJ4 / SJ5 / SJ6

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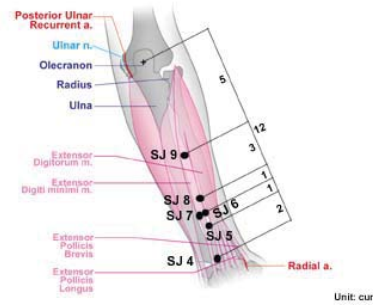
SJ4 (Yang Pool)



- Yuan-source point
- Water metabolism : SJ4(yuan-source), UB22(back-shu), UB39(Lower he-sea)

(c) HB Kim, AcupunctureMedia.com

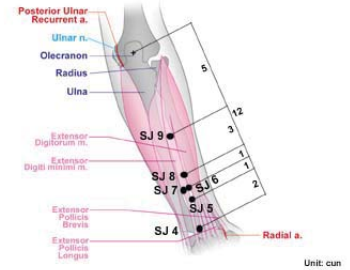
SJ5 (Outer Pass)



- Disperse Wind-Heat
- Ear infection, tinnitus, deafness
- SJ5 + GB41 = Chai Hu + Huang Qin

(c) HB Kim, AcupunctureMedia.com

SJ6 (Branch Ditch)



- SJ6 + KD6 : CONSTIPATION
- SJ6 + GB34 : HYPOCHONDRIAC PAIN
- SJ6 + GB31 : HERPES ZOSTER
- Quiz: Definition of DUI-XUE?

(c) HB Kim, AcupunctureMedia.com

Exit Points (that are not same as the last points)

	EXIT POINTS	
LU	LU7	
ST	ST42	
KD	KD22	
PC	PC8	
SJ	SJ22	
GB	GB41	

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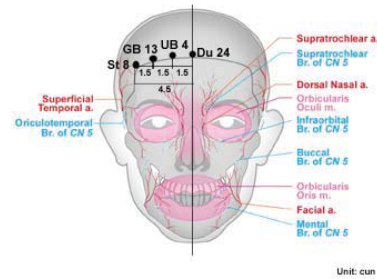
GB CHANNEL

Important Points :

GB13 / GB20 / GB21 / GB24 / GB25 /
GB26 / GB30 / GB31 / GB34 / GB35 /
GB36 / GB37 / GB39 / GB40 / GB41

(c) HB Kim, AcupunctureMedia.com

GB13 (Root Spirit)



- Calm Shen : schizophrenia and split personality combined

- Quiz: Meeting area of 3 Hand Yang Muscle Meridian?

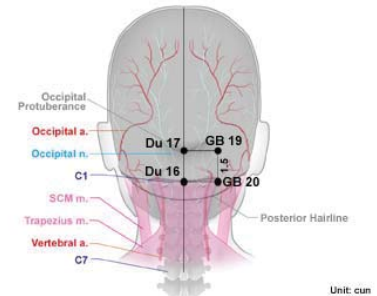
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Muscle Meridian Meeting Area

	POINTS	AREA	
3 Arm Yang Muscle M.	GB13	Forehead	
3 Arm Yin Muscle M.	GB22	Thoracic cavity	
3 Leg Yang Muscle M.	SI18,ST3	Eyes	
3 Leg Yin Muscle M.	RN3	Genital	

(c) HB Kim, AcupunctureMedia.com

GB20 (Wind Pond)

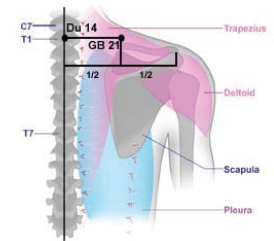


- HERB: Ju Hua (Yellow, White)
- EXTERNAL WIND & INTERNAL WIND
- CLEAR HEAT
- EYE INFECTION :
Sang Ju Yin / Long Dan Xie Gan Tang



(c) HB Kim, AcupunctureMedia.com

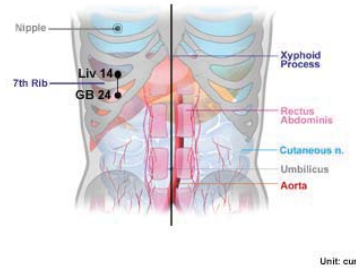
GB21 (Shoulder Well)



- Shoulder/Neck pain: relax tendon/stiffness
- Women: breast abscess, promote lactation retention of placenta after childbirth
- Quiz: Contraindicated points for pregnancy?

(c) HB Kim, AcupunctureMedia.com

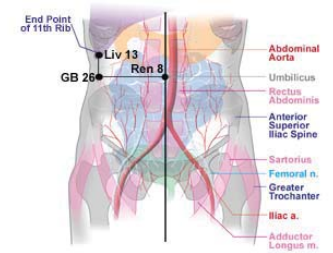
GB24 (Sun and Moon)



- Front-Mu of GB : acute case
- DAMP-HEAT (Jaundice, gall stone) : + GB34, LI11

(c) HB Kim, AcupunctureMedia.com

GB26 (Girdling Vessel)

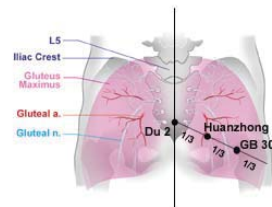


- One of the Dai Mai (Girdle Vessel)
- Gynecological point : leucorrhea etc.
- Quiz: GB26 is directly below ____.



(c) HB Kim, AcupunctureMedia.com

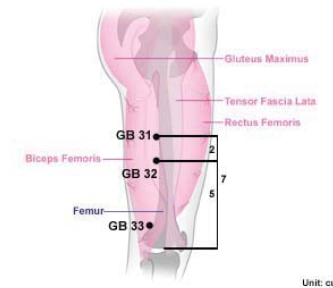
GB30 (Jumping Round)



- Crossing point of GB and UB
- Sciatica

(c) HB Kim, AcupunctureMedia.com

GB31 (Wind Market)



- Skin diseases : urticaria, herpes zoster
- General skin problem : +LI11,SP10, UB40
- Herpes Zoster : +SJ6



(c) HB Kim, AcupunctureMedia.com

GB34 (Yang Mound Spring)

- Clear Damp-Heat
- Soothe the LV Qi
- Sinew influential Point



(c) HB Kim, AcupunctureMedia.com

Xi-Cleft of 8 Extra Vessels

	XI-CLEFT	
YIN QIAO	KD8	
YIN WEI	KD9	
YANG QIAO	UB59	
YANG WEI	GB35	

(c) HB Kim, AcupunctureMedia.com

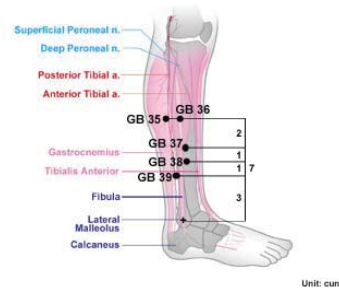
GB37 (Bright Light)

- Benefit eye : improve eyesight, eliminate “floaters”

■ MING

- Point: Guang **Ming** (GB37)
- Herb: Shi Jue **Ming**, Jue **Ming** Zi

- GB37 (Gou Qi Zi) vs. GB20 (Ju Hua)



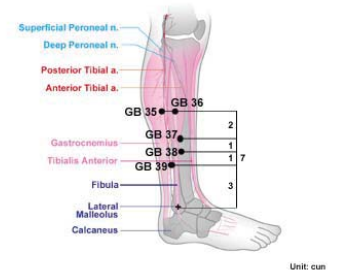
(c) HB Kim, AcupunctureMedia.com

GB39 (Suspended Bell)

- Marrow influential point

- +UB11 : Bone Bi syndrome
- +ST36 (moxa) : Prevent Wind-stroke

- **Location:** Posterior (Needle) vs. Anterior (Moxa)



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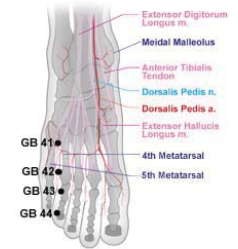
GB40 (Mound Ruins)



- Strengthen the GB mental aspect :
Lack of courage, difficult to make decisions

(c) HB Kim, AcupunctureMedia.com

GB41 (Foot Falling Tears)



- Dai-mai confluent point : vaginal discharge etc.
- Shaoyang headache = Chai Hu, Chuan Xiong
- Quiz: 6 exit points?



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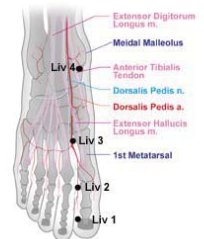
LV CHANNEL

Important Points :

LV1 / LV2 / LV3 / LV5 / LV6 / LV8 / LV13 / LV14

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LV1 (Large Pile)



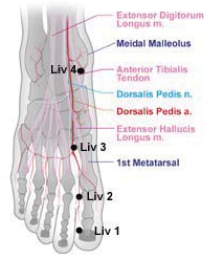
- MOXA LV1 = Warm LV Channel
- COLD IN THE LV CHANNEL
: WU ZHU YU, XIAO HUI XIANG, WU YAO



(c) HB Kim, AcupunctureMedia.com

LV2 (Moving Between)

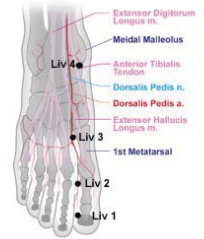
- Clear LV Fire
- Long Dan Cao, Xia Ku Cao, Jue Ming Zi



(c) HB Kim, AcupunctureMedia.com

LV3 (Great Surge)

- Herb: Bai Shao (tonify > sedate)
- Yuan-source that Sedate & Tonify
- LV2 : Sedate only
- LV3 : Tonify + Sedate, stop spasm



(c) HB Kim, AcupunctureMedia.com

LV5 (Woodworm Canal)

- Luo-connecting point
- LV luo channel flow to the genital area : priapism, itching, vaginal discharge
- Quiz: Innervation, Needling, Pathology?

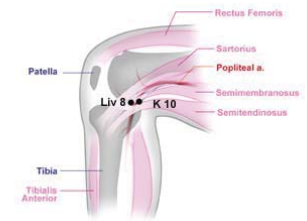


Unit: cun

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LV8 (Spring at the Bend)

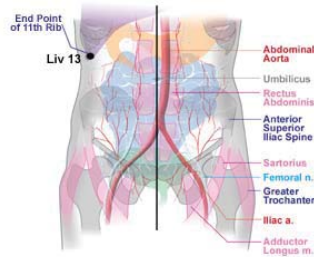
- Tonify and Sedate
- He-sea point : Tonify LV Blood
- Eliminate Damp



(c) HB Kim, AcupunctureMedia.com

LV13 (Camphorwood Gate)

- **Nature:** Front-Mu of SP
Influential of Zang
Origin of Dai Mai
- Soothe the LV Qi
- Relieve Food retention
- Benefit the SP and ST
- **Quiz:** Needling technique?



(c) HB Kim, AcupunctureMedia.com

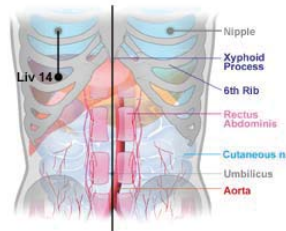
8 Influential Points

CHANNEL	INFLUENTIAL	
ZANG	LV13	
FU	RN12	
QI	RN17	
BLOOD	UB17	
SINEW	GB34	
MARROW	GB39	
BONES	UB11	
VESSELS	LU9	

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LV14 (Cycle Gate)

- Hypochondriac pain : excess/deficiency
- **LV13 vs. LV14**
 - LV13 : LV overact SP
 - LV14 : LV overact ST



(c) HB Kim, AcupunctureMedia.com

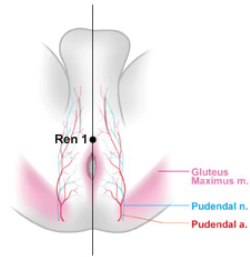
REN CHANNEL

Important Points :

RN3 / RN4 / RN5 / RN6 / RN8 / RN9 /
RN10 / RN12 / RN13 / RN14 / RN15 /
RN17 / RN22 / RN23 / RN24

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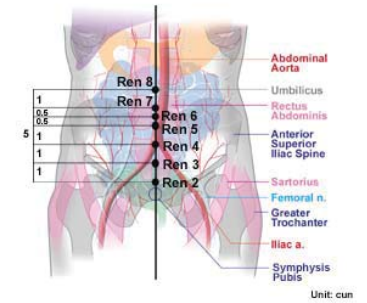
RN1 (Meeting of Yin)



- REN, DU, CHONG crossing point
- Benefit Essence

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RN3 (Central Pole)



- Front-Mu point of UB
- Lin syndrome : +UB28, SP9
- Clear Damp-Heat
- Local stagnation : amenorrhea due to Blood stasis
- **Comparison:** RN3 vs. RN4

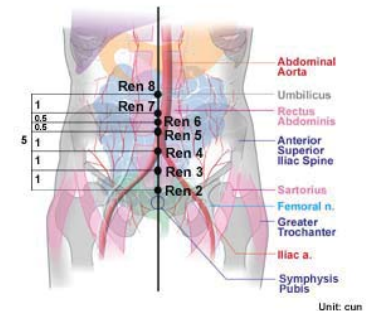
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Front Mu Points

CHANNEL	FRONT-MU	
LU	LU1	
LI	ST25	
ST	RN12	
SP	LV13	
HT	RN14	
SI	RN4	
UB	RN3	
KD	GB25	
PC	RN17	
SJ	RN5	
GB	GB24	
LV	LV14	

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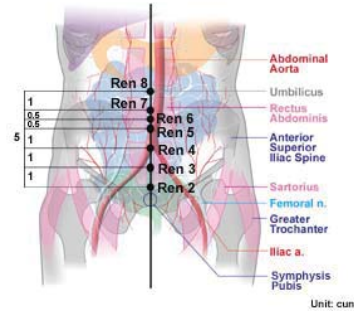
RN4 (Origin Pass)



- **RN3 vs. RN4**
- RN3 : Sedate excess
- RN4 : Tonify deficiency
- **RN4 vs. DU4**
- RN4 : Tonify Yin, Tonify Yang (if moxa)
- DU4 : Tonify Yang only

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RN6 (Sea of Qi)

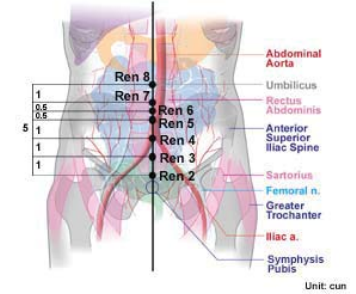


- Tonify Qi and Yang
- Raise Yang Qi : **Bu Zhong Yi Qi Tang**
- Regulate Qi : GI track

- **RN6** (Sea of Qi) **vs. RN17** (Influential pt. of Qi)
- RN6 : Move Qi (MJ, LJ), Tonify Qi (whole body)
- RN17 : Move Qi (UJ)

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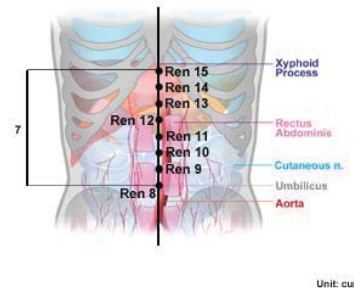
RN8 (Spirit Gate)



- Moxa only
- Rescue Yang : moxa with salt
- Strengthen Spleen
- **Quiz:** Contraindicated for needling?

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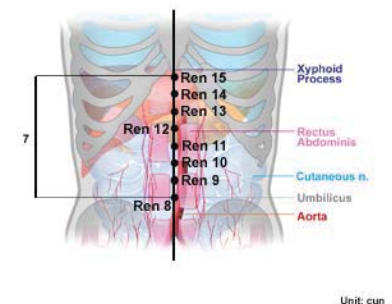
RN9 (Water Divide)



- Promote the transformation of fluids
- Controls the Water passages
- Indication : Damp, Edema, Tan-yin, ascites
- **Quiz:** Water metabolism points?

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RN10, 12, 13



- Anatomy of Stomach
 - Fundus : RN13 (Descend Qi)
 - Body : RN12 (Regulate Qi)
 - Pylorus : RN10 (Descend Qi)
- **Quiz:** RN12,13 are crossing of ST and ____.
RN17 is crossing point of SJ and ____.

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RN12 (Central Venter)

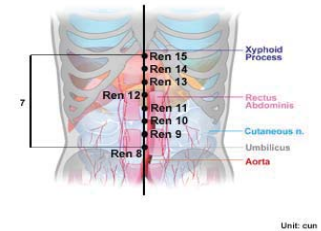


- Front-Mu of Stomach
- Influential point of Fu
- **RN12 combination**
- RN12 + ST36 = Abdominal problem
- RN12 + ST36 + PC6 = Epigastric problem
- **Quiz:** Innervation?

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RN14 (Great Tower Gate)

- Front-Mu point of Heart : Palpitation, mental symptoms

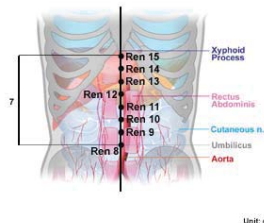


Unit: cun

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RN15 (Turtledove Tail)

- Luo-connecting point of the REN : itching of the abdominal skin
- Calm the mind
- **Quiz:** Needling?

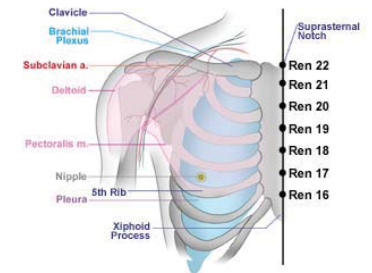


Unit: cun

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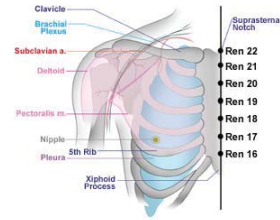
RN17 (Chest Center)

- Front-Mu of PC
- Influential point of Qi
- Regulate Zong Qi : circulation, respiration
- Local point : chest, breast
- **Quiz:** RN17 line points?



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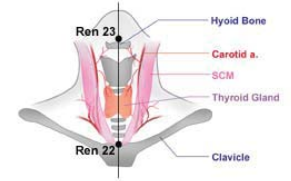
RN22 (Celestial Chimney)



- Benefit the throat
- Soothe asthma
- Stop cough
- **Needling Technique:** 0.2 cun perpendicular, then 0.5-1 cun going down

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RN23 (Ridge Spring)

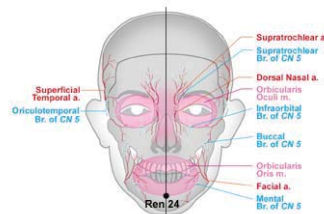


- Local point for tongue : Aphasia, slurred speech
- RN23 + HT5

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RN24 (Sauce Receptacle)

- Local point for facial problem : paralysis



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DU CHANNEL

Important Points :

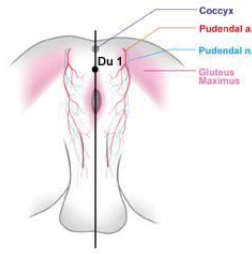
DU1 / DU3 / DU4 / DU9 / DU10 / DU12 /
DU14 / DU15 / DU16 / DU20 / DU23 / DU26

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DU1 (Long Strong)

- Regulate DU channel
- Supporting point for Rectal prolapse :
ST36 + RN6 + DU20 + DU1

Quiz: Luo connecting point of Ren and Du?



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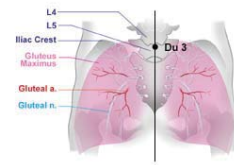
Luo-Connecting Points

CHANNEL	LUO	
LU	LU7	
LI	LI6	
ST	ST40	
SP	SP4	
HT	HT5	
SI	SI7	
UB	UB58	
KD	KD4	
PC	PC6	
SJ	SJ5	
GB	GB37	
LV	LV5	
RN	RN15	
DU	DU1	
Major SP	SP21	

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DU3 (Lumbar Yang Pass)

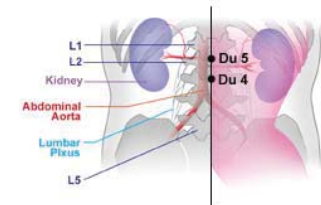
- Basic point for lower backache
: UB40+ DU3+UB23
- **Quiz:** 3.5 cun lateral from DU3?



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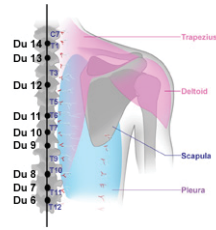
DU4 (Life Gate)

- Tonify KD-Yang
- Warm the Mingmen
- **DU4** (Jin Gui) vs. **RN4** (Liu Wei or Jin Gui)
- Tonify Yang only : vs. RN4 (Yin/Yang)



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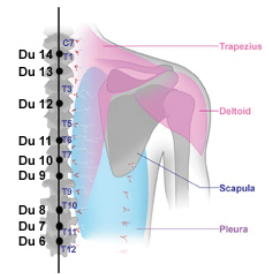
DU9 (Extremity of Yang)



- Jaundice : Yin Chen Hao
- Resolve Damp-Heat in the GB/LV

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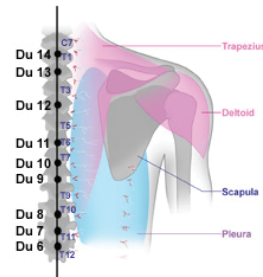
DU10 (Spirit Tower)



- Empirical point for Boils

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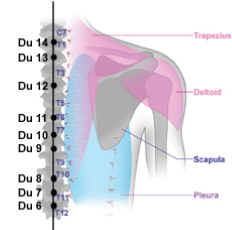
DU12 (Body Pillar)



- Eliminate Internal Wind : spasm, convulsion, tremor, epilepsy
- Tonify LU : DU12 + UB13 + UB43
- Quiz: Location of DU12?

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DU14 (Great Hammer)

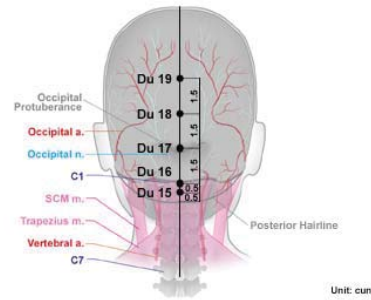


- 6 Yang channels crossing
- Clear heat (Exterior and Shaoyang)
- Release exterior Wind-Heat
- Warm four limbs (moxa)
- Quiz: DU14 clears what kinds of heat?

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DU15 (Mute Gate)

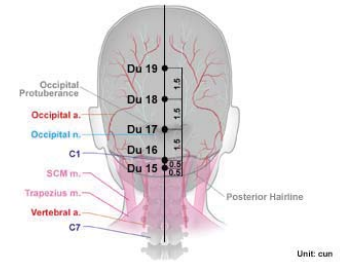
- Stimulates speech
- DU15 + HT5 : aphasia
- Quiz: Needling technique?



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DU16 (Wind Mansion)

- Both Exterior and Interior Wind :
Fang Feng / Chan Tui / Gou Teng / Bai Ji Li
- Quiz: which part of brain?



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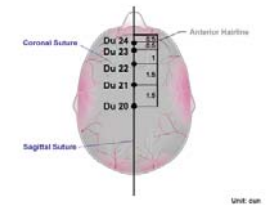
4 Sea Points

4 SEAS	POINTS	
BLOOD	UB11 ST37 ST39	
QI	RN17 UB10 ST9	
BONE	DU15 DU16 DU19 DU20	
NOURISHMENT	ST30 ST36	

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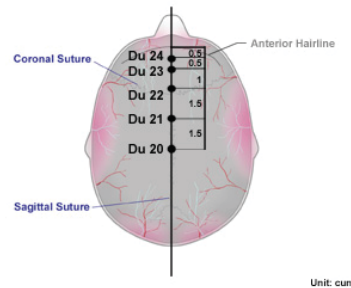
DU20 (Hundred Convergence)

- Clear the Mind
- Lift the spirit
- Ascend SP Yang : Deficiency Above, Excess below
- Promote resuscitation
- Eliminate Interior Wind



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DU23 (Upper Star)

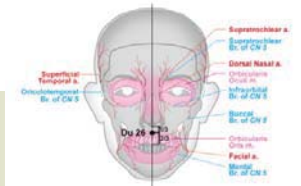


Unit: cun

- Open the Nose : LU7 + LI4 + LI20 + DU23
- Bai Zhi / Xin Yi Hua / Cang Er Zi / Xi Xin
- Quiz: metopism?

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DU26 (Water Trough Mansion)



- Promote resuscitation
- Used for acute lower backache (traumatic)
- Facial edema : Yang edema
- Quiz: Yangming channels crossing?

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