

## 6. BACK-SHU POINTS (BACK-TRANSPORTING POINTS = ASSOCIATED POINTS 背俞穴)

EARTH				HEAVEN				HUMAN			
LU	LI	ST	SP	HT	SI	UB	KD	PC	SJ	GB	LV
UB13	UB25	UB21	UB20	UB15	UB27	UB28	UB23	UB14	UB22	UB19	UB18

① Best for treating the Zang organs because they are located on the Yang portion of the body  
② Yang character, more used in chronic diseases; however can also be used in acute ones

## 7. FRONT-MU POINTS (FRONT-COLLECTING POINTS = ALARM POINTS 募穴)

EARTH				HEAVEN				HUMAN			
LU	LI	ST	SP	HT	SI	UB	KD	PC	SJ	GB	LV
LU1	ST25	RN12	LV13	RN14	RN4	RN3	GB25	RN17	RN5	GB24	LV14

① Best for treating the Fu organs because they are located on the Yin portion of the body.  
② Yin character, more used in acute diseases; however can also be used in chronic ones

## 8. EIGHT INFLUENTIAL POINTS (GATHERING POINTS = HUI-MEETING POINTS 八會穴)

ZANG	FU	QI	BLOOD	SINEWS	VESSEL	BONE	MARROW
LV13	RN12	RN17	UB17	GB34	LU9	UB11	GB39

① Listed for the first time in the "Classic of Difficulties"  
② The Chinese character 'Hui' denoting these points means 'to gather' or 'to meet' and 'to collect'  
③ Points that influence certain organs, types of Qi and tissues  
④ The Qi of organs and tissues 'gathers' at these points

HUI-MEETING	ACTIONS	
ZANG	LV13	Tonify SP itself as well as all the Zang and the body as a whole
FU	RN12	Transforming and distributing the essence of food and drink throughout the body
QI	RN17	LU functions (respiration and speech), HT function (blood and blood vessels)
BLOOD	UB17	Any disorder arising from blood heat, blood stasis or blood deficiency
SINEWS	GB34	Influence the sinews throughout the body
VESSEL	LU9	Harmonize the relationship between the gathering qi and the blood flowing in the vessels
BONE	UB11	Various bone diseases (rigidity and pain of the neck/spine/lumbar region, Bone Bi)
MARROW	GB39	Benefits the sinews and bones (weakness, flaccidity, contraction and pain of the limbs)

## 9. EIGHT CONFLUENT POINTS (OPENING POINTS 八脈交會穴)

HAND → FOOT				FOOT → HAND			
REN	YIN QIAO	DU	YANG QIAO	DAI	YANG WEI	CHONG	YIN WEI
LU7	KD6	SI3	UB62	GB41	SJ5	SP4	PC6
• chest • abdomen	• inner leg • eyes	• back • spine	• outer leg • eyes	• waist	• head	• abdomen • chest	• abdomen • sides of body
For disorders of the head region, rebellion and blockage of phlegm and areas of the body	For throat wind (swelling and pain with difficulty in swallowing)	For diseases of the DU vessel and for mania-depression	To expel cold and heat and to treat one-sided and generalized head-wind and fright	For disorders of the eyes	For injury by cold to the exterior accompanied by headache	For abdominal pain below the umbilicus	For disorders of the chest
HAND -	FOOT -	HAND +	FOOT +	FOOT +	HAND +	FOOT -	HAND -
EARTH → HEAVEN		HEAVEN → HEAVEN		HUMAN → HUMAN		EARTH → HUMAN	
• Area: Lungs, throat, chest, diaphragm, abdomen		• Area: Inner canthus, neck, scapula, spine/back/brain		• Area: Ear, cheek, outer canthus, shoulder, neck, occiput		• Area: Heart, chest, stomach, abdomen, inner aspect of legs	
• S/S: Hernia, abdominal masses, Yin excess, eyes closed		• S/S: Stiffness or weakness of spine, Yang excess, eyes open		• S/S: Fullness abdomen, 'sitting in water', hot-cold		• S/S: Rebellious Qi, internal urgency, heart pain	