

## I. The Classical Texts...

- 黄帝曰：愿闻五脏六腑所出之处。岐伯曰：五脏五俞，五五二十五俞，六腑六俞，六六三十六俞，经脉十二，络脉十五，凡二十七气，以上下。所出为井，所溜为荥，所注为俞，所行为经，所入为合，二十七气所行，皆在五俞也。
- ‘Five zang and six fu, totally zang has  $5 \times 5$ , 25 shu points; Six fu has  $6 \times 6$ , 36 shu points; Whole body has 27 qi of 12 main meridians, 15 luo meridians; These 27 qi flowing concentrate on the Five Shu Points. They are Jing-well, Ying-pring, Shu-stream, Jing-river and He-sea points. (LS, 1)



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- Ling Shu, Chapter 2 gives the 5 shu points of 5 yin meridians (no Ht) and 6 shu points (including yuan points of yang meridians) of 6 yang meridians...
- Huang Di Zhen Jiu Jia Yi Jing gives 5 shu points of Ht meridian...
- Nan Jing, Issue 62, 64, 65, 66, 68, 69 give the Wu Xing natures and clinical actions of 5 shu points; introduces ‘tonify mother points and reduce child points’ method...



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## The importance for a good CCM Acupuncturist...

- 《素问阴阳应象大论》云：“故善用针者，从阴引阳，从阳引阴，以右治左，以左治右，以我知彼，以表知里，以观过与不及之理，见微得过，用之不殆。”
- 气反者，病在上，取之下；病在下，取之上；病在中，傍取之。（素问 五常政大论篇 第七十）
- “A good acupuncturist knows how to treat yin meridian's diseases by using the related yang meridian's points and treat yang meridian's diseases by using the related yin meridian's points; Understands that for the upper diseases, use lower points, for the lower diseases, use upper points; for the left diseases, use right points; for the right diseases, use the left points; if the diseases are in the meddle, use the both sides points...” (Huang Di Nei Jing, SW 5, 70)



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## The importance for a good CCM Acupuncturist...

- 五腧穴为五脏在经络的全息点。古人言：“善用针者，手不过肘，足不过膝”主要系指五腧穴而言。
- “When a good classical acupuncturist needle the patient, he hardly takes the acupoits over the patient's knees or elbows.” (Classical Sayings for Ling Shu Jing Five Shu Acupuncture )



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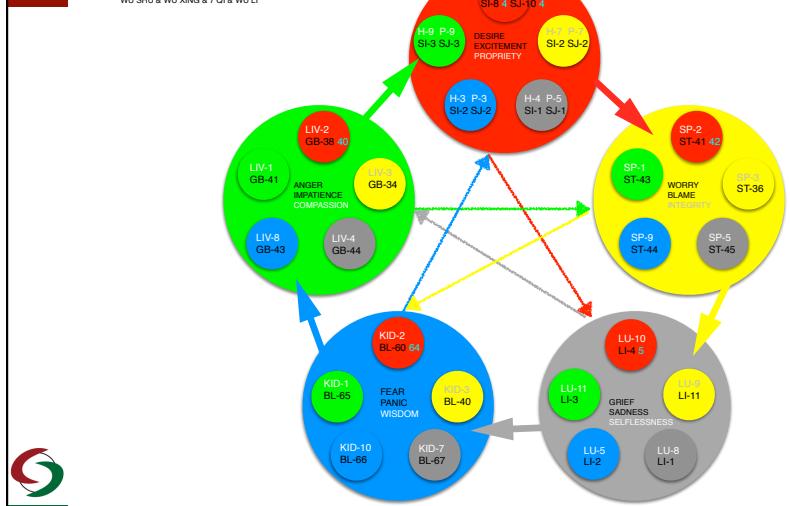
## Wu Shu and Wu Xing Points...

Yin Meridians	Jing-well (Wood)	Ying-spring (Fire)	Shu-stream (Earth)	Jing-river (Metal)	He-Sea (Water)	Luo Connect	Xi-Cleft
LU	LU 11	LU 10	LU 9	LU 8	LU 5	LU 7	LU 6
PC	PC 9	PC 8	PC 7	PC 5	PC 3	PC 6	PC 4
HT	HT 9	HT 8	HT 7	HT 4	HT 3	HT 5	HT 6
SP	SP 1	SP 2	SP 3	SP 5	SP 9	SP 4	SP 8
LV	LV 1	LV 2	LV 3	LV 4	LV 8	LV 5	LV 6
KD	KD 1	KD 2	KD 3	KD 7	KD 10	KD 4	KD 5
Yang Meridians	Jing-well (Metal)	Ying-spring (Water)	Shu-stream (Wood)	Jing-river (Fire)	He-Sea (Earth)	Luo Connect	Xi-Cleft
LI	LI 1	LI 2	LI 3	LI 5	LI 11	LI 6	LI 7
TH	TH 1	TH 2	TH 3	TH 6	TH 10	TH 5	TH 7
SI	SI 1	SI 2	SI 3	SI 5	SI 8	SI 7	SI 6
ST	ST 45	ST 44	ST 43	ST 41	ST 36	ST 40	ST 34
GB	GB 44	GB 43	GB 41	GB 38	GB 34	GB 37	GB 36
UB	UB 67	UB 66	UB 65	UB 60	UB 40	UB 58	UB 63

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## Wu Shu and Wu Xing Points...

WU SHU & WU XING & 7 QI & WU LI



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## II. The Function of Five Shu Points (LS, 44) ...

- 《灵枢·顺气一日分为四时》：“病在脏者，取之井；病变于色者，取之荥；病时间时甚者，取之输；病变于音者，取之经；经满而血者、病在胃、及以饮食不节得病者，取之于合。”
- Ling Shu Jing, 44: “Diseases are in zang, use Jing well points; Diseases in blood luo mai and meridian luo, use Ying spring points; Diseases repetitive, use Shu stream points; Diseases as nature of metal, uses Jing river points; Diseases in excess in meridians or in Fu, use He sea points..”



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## II. The Function of Five Shu Points (Nan Jing) ...

- 68难曰：五藏六府，各有井荥俞经合，皆何所主？然：经言：所出为井，所流为荥，所注为俞，所行为经，所入为合。井主心下满，荥主身热，俞主体重节痛，经主喘咳寒热，合主逆气而泄。此五藏六府其井荥俞经合所主病也。
- 66难曰：经言：肺之原，出于太渊；心之原，出于大陵；肝之原，出于太冲；脾之原，出于太白；肾之原，出于太谿，少阴之原，出于兑骨；胆之原，出于丘墟；胃之原，出于冲阳；三焦之原，出于阳池；膀胱之原，出于京骨；大肠之原，出于合谷；小肠之原，出于腕骨。十二经皆以俞为原者，何也？然：五藏俞者，三焦之所行，气之所留止也。三焦所行之俞为原者，何也？然：脐下肾间动气者，人之生命也，十二经之根本也，故名曰原。三焦者，原气之别使也，主通行三气，经历于五藏六府。原者，三焦之尊号也。故所止辄为原，五藏六府之有病者，皆取其原也。
- Nan Jing, 68 gives the clinical actions of 5 shu points...
- Nan Jing, 66 gives yuan points of yang meridians as their ‘extra shu points’...



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## 1. Jing-well points:

- Govern abdominal (xin xia man) and zang fu diseases (病在脏者，取之井)
- 根据 灵枢根结篇,足六经的根分别为至阴、窍阴、厉兑、隐白、大敦、涌泉，均为井穴。结则在头、胸、腹的推一定部位。文中未谈及手经，但根据窦汉卿 标幽赋:更穷四根、三结,依标本而刺无不痊。其中四根、三结,是指 十二经脉以四肢为根,以头、胸、腹部为结。据此推测,没提及手经,可能系脱简。根据根结理论,十二经脉的根即井穴,可以治疗头、胸、腹部的病变。如灵枢热病篇:喉痹舌卷,口中干,烦心心痛,臂内廉痛,不可及,头,取手指次指爪甲下,去端如韭叶。即对于这种 胸喉部的疾病,可取手少阳经的井穴关冲治疗。
- Head, chest and abdominal meridian's diseases...
- 素问 缪刺 论:邪客于五脏之间,其病也,脉引而痛,时发时止,视其病,缪刺之手足爪甲上,视其脉,出其血。指出运用缪刺法治络病,可刺四肢末端的井穴及所属皮部的血络。
- Blood Luo Mai diseases... (Miu Ci, LS, 63)



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- Lv 1: treat fullness and pain of under heart and ribs...
- Sp 1, St 45 (Biao Li Jie Jing): treat pain of stomach and abdomen...
- Pc 9: treat heart and chest pain..
- Lu 11: treat severe throat pain and acute breathing disorder...



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2. Ying-spring points: Govern whole body heat and fire related diseases
- Lu 10: treat throat inflammations and pain...
  - St 44: toothaches, constipation, stomach fire...
  - Ht 8: treat mouth and tongue ulcers...
  - Lv 2: treat liver fire type headache, red and painful eyes...
  - Ki 2: treat yin xu fire type throat pain...



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3. Shu-stream points: Govern whole body pain and heaviness, and joint pain...
- Lv 3 and LI 4: treat pain of muscles and joints...
  - Sp 3 and St 43: treat leg edema and swollen pain...
  - SJ 3 and SI 3: treat neck pain, back pain and leg pain...



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4. Jing-river points: Govern panting, cough related diseases
- SW 38 states that ‘five zang and six fu all can cause cough, not only lung.’...
  - Sp 5 and Lu 8: treat EPF caused cough...
  - Ki 7 and Ki 3 : treat chronicle cough and short breath...
  - Lv 4 and Lu 8: treat liver fire invade lung induced cough (wood rebels metal) ...

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5. He-sea points: Govern qi rebellion and discharge related fu disorders and diseases
- SW, 4 states that ‘ Ying and Shu (here mainly indicate yang meridians) points treat external braches of meridians and He points treat fu diseases...’
  - SW, 10 and 38 state that ‘He points treat fu diseases...’
  - Lu 5 and Sp 9: treat all kind damp accumulation related diseases; spleen deficiency diarrhea...

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- St 36 and LI 11: treat stomach heat and qi rebellion related disorders...
- Ki 10 and Ren 3, Ren 4: treat Ki qi and yang deficiency frequent urination, recurrent miscarriage, nocturnal emission...



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### III. LS, 24 (厥病) : Example of Using Five Shu Point-combinations...

- 厥厥头痛，面若肿起而烦心，取之足阳明太阴。厥头痛，头脉痛，心悲，善泣，视头动脉反盛者，刺尽去血，后调足厥阴。厥头痛，贞贞头重而痛，写头上五行，行五，先取手少阴，后取足少阴。厥头痛，意善忘，按之不得，取头面左右动脉，后取足太阴。厥头痛，项先痛，腰脊为应，先取天柱，后取足太阳。厥头痛，头痛甚，耳前后脉涌有热，泻出其血，后取足少阳。
- Yang ming-tai yin headache: St and Sp points (Biao Li Jie Jing); Sp 2 (fire of yin)– St 44 (water of yang); Sp 9 (water of yin) – St 42 (fire of yang)
- Shao yin headache: Ht and Ki points (Tong Ming Jie Jing); Ht 7 (earth of yin) – Ki 1 (wood of yin)
- Tai yang yang headache: Bl points (Tong Jing Jie Jing); Bl 12 (local point) – Bl 67 (water of yang)
- Shao yang headache: Gb points: Local points prick to bleeding, Gb 38 (fire of yang)



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### III. LS, 24: Example of Using Five Shu Point-combinations...

- 厥心痛，与背相控，善瘞，如从后触其心，伛偻者，肾心痛也，先取京骨、昆仑，发狂不已，取然谷。厥心痛，腹胀胸满，心尤痛甚，胃心痛也，取之大都、大白。厥心痛，痛如以锥针刺其心，心痛甚者，脾心痛也，取之然谷、太溪。厥心痛，色苍苍如死状，终日不得太息，肝心痛也，取之行间、太冲。厥心痛，卧若徒居，心痛间，动作，痛益甚，色不变，肺心痛也，取之鱼际、太渊。真心痛，手足清至节，心痛甚，日发夕死，夕发旦死。心痛不可刺者，中有盛聚，不可取于腧。
- 耳聋无闻，取耳中；耳鸣，取耳前动脉；耳痛不可刺者，耳中有脓，若有干聆聊，耳无闻也；耳聋取手小指次指爪甲上与肉交者，先取手，后取足；耳鸣取手中指爪甲上，左取右，右取左，先取手，后取足。
- Ki related chest pain: BI 64 (yuan fire), BI 60 (jing fire), Ki 2 (ying fire); Biao Li Jie Jing...
- St related upper abdomen pain: Sp 2 (ying fire), Sp 3 (yuan earth); Tong Jing Jie Jing, Fire generates soil...



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- Sp related water qi rebelled abdominal pain: Ki 2, Ki 3 (control water by generate soil)...
- Lv related abdomen pain under ribs: Lv 2, Lv 3 (fire → soil on the wood meridian)
- Lu related chest pain: Lu 10, Lu 9 (yin fire and soil → on the metal meridian...)
- Ear deaf: SJ 1 and Gb 44 (opposite); Tong Ming Jie Jing
- Tinnitus: SJ 1 and Lv 1 (opposite); Biao Li Jie Jing



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## IV. Clinical Application of Five Shu Points of 12 Meridians...

### 1. Hand Tai Yin Lung Meridian (yin metal)

1). Lu 11 (jing, yin-metal-wood):

- Lu 11, PC 3 (yin metal-wood and yin fire-water):

Blood deficiency induced dryness syndromes (Bai Zheng Fu)

- Lu 11, LI 4 (yin metal-wood and yang metal fire, Biao Li Jie Jing): Throat inflammation... (ZJDC)

- Lu 11, Lv 1 (yin metal-wood and yin wood-wood): Hun Po disorders...



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2). Lu 10 (yin metal-fire):

- Lu 10, Lu 9, Sp 2, Sp 3 (fire and earth → on metal and earth): Heat diseases... Tong Ming Jie Jing (LS, 23)
- Lu 10, Lu 5: Cough with blood... (JYJ)
- Lu 10, Lu 6 (xi), Lu 1 (mu): Asthma...
- Lu 10, LI 4: Throat pain... Biao Li Jie Jing (reduce fire)...



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3). Lu 9 (yin, yuan, metal-earth-shu)

- Lu 9, Ki 3 (earth → metal → water): tonify lung qi and Ki qi...stop chronic cough.. (ZJDC)
- Lu 9, Ht 7 (fire meridian earth point → metal meridian earth point): qi rebellion and cough... (ZJDC)
- Lu 9 (ghost heart, gui xin), Lu 11 (ghost faith, gui xin), Lu 5 (ghost hall, gui tang): Po disorders... (wood → earth → water)



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4). Lu 8 (yin metal-metal, jing river)

- Lu 8, Gb 40 ( wood, yuan fire): Chest and back pain ... (QJYF)
- Lu 8, Lv 2 (metal → wood; fire → metal): Chronic cough... (QJYF)
- Lu 8, Gb 40, Bl 60 (child jing-fire): Back pain (CJDC)...



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5). Lu 5 (yin metal, water-he sea)

- Lu 5, SI 1 (yang-fire-metal): Short breath, chest pain... (QJYF)
- Lu 5, Lv 13, Sp 1 (earth-wood): zhong jiao qi rebelled... (Zhen Jiu Ji Cheng)
- Lu 5, Sp 9, Ren 9: 'Build up soil to generate metal', resolve dampness water accumulation...



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2. Hand Yang Ming Large Intestine Meridian (yang metal)

1). LI 1 (yang metal, jing-metal)

- LI 1, Lu 11, Lu 10 (fire-metal-wood; Biao Li Jie Jing): throat pain, rhinitis...
- LI 1, St 45, St 44: toothache...
- LI 1, St 42 (yuan fire), Re 12: unblock ST, SI, LI and clear heat, resolve abdomen pain...
- LI 1, Lv 1 (wood-wood), Lv 2 (wood-fire), LI 11 (metal-earth): Liver yang rises, Mai Da Xian; headache, hypertension...



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## 2). LI 2 (yang metal, ying-water)

- LI 2, LI 1, BI 60 (jing-fire): Back and shoulder pain.. (CJDC)
- LI 2, LI 5 (jing-fire), SI 3 (shu-wood): back pain, throat pain... (Xi Hong Fu)
- LI 2, St 37, Sp 2 (earth-fire): Intestine heat-phlegm...



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## 3). LI 3 (yang metal, shu-wood)

- LI 3, SI 2 (yang fire, ying-water): Eyes disorders.. (QJYF)
- LI 3, LI 7(Xi): Arm and shoulder pain...
- LI 3, St 25, St 37: Abdominal fullness..
- LI 3, Sp 3, St 36: Abdominal pain..
- LI 3, Ht 5 (fire-metal): Easy to be frightened (ZJDC)



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#### 4). LI 5 (yang metal, jing-fire)

- LI 5, St 41 (yang earth, jing-fire): palpitation of under heart... (Bai Zheng Fu)
- LI 5, SI 5 (yang fire, jing-fire): eyes red and pain... (QJYF)
- LI 5, Gb 44 (wood, metal), SJ 6: ear diseases...



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#### 5). LI 11 (yang metal, earth, he-sea)

- LI 11, LI 4, Sp 9, Lv 2, St 44: whole body swollen... (ZJDC)
- LI 11, Li 4, St 36, Lv 2: inflammations of body... (ZJDC)
- LI 11, Gb 39, LI 4, St 36, Ki 1, Du 14: high fever... (ZJDC)



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- LI 11, LI 5 (fire)/LI 4 (fire), SJ 3 (wood), St 36 (wood), Gb 39 (/38 fire), BI 60 (fire): Post- CVA... (ZJDC)
- LI 11, SJ 6 (fire), Sp 6: menstruation disorders and infertility... (ZJDC)
- LI 11, Ki 7 (metal), St 36 (earth): Heat syndromes (excess, reduce child points)... (ZJDC)



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### 3. Foot Jue Yin Liver Meridian (yin wood)

#### 1). Lv 1 (yin wood, jing-wood):

- Lv 1, Lv 2: lose urination.. (QJYF)
- Lv 1, Lv 14 (mu), BI 40 (earth): difficult urination... (QJYF)
- Lv 1, St 28: Five Lin syndrome... (QJYF)
- Lv 1, Sp 1 (earth-wood), Sp 8 (Xi): uterus bleeding...



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2). Lv 2 (yin wood, ying-fire)

- Lv 2, Gb 25 (Ki Mu): back pain, not able to stand long.. (JYJ)
- Lv 2, Lv 3 (yuan-shu-earth): liver qi stagnation caused heart pain...
- Lv 2, Sp 8 (Xi), Ren 6 (huang yuan): menstruation pain...
- Lv 2, Gb 38 (jing-fire): clear eyes heat and headache..

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3). Lv 3 (yin wood, wood-earth)

- Lv 3, Ki 7 (water, jing-metal): mastitis.. (JYJ)
- Lv 3, Lv 4 (jing-metal), Sp 8 (xi): Shan syndromes... (QJYF)
- Lv 3, Ren 8 (moxa), Sp 6: spontaneous diarrhea.. (ZJDC)
- Lv 3, Gb 34 (earth), Ren 12 (mu): IBS...

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#### 4). Lv 4 (yin wood, jing-metal)

- Lv 4, Pc 8 (yin fire, ying-fire): yang jaundice, gallbladder damp-heat jaundice... (JYJ)
- Lv 4, Ki 2 (fire), St 44 (water), Lv 1: Fullness of lower abdomen.. (ZJDC)
- Lv 4, St 36, Lv 3: difficult to walk.. (Yu Long Ge)
- Lv 4, ren 3, Ren 6: difficult urination...



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#### 5). Lv 8 (yin wood, water he sea)

- Lv 8, Ki 6 (Ba Mai Ba Xue, Yin Qiao), Lv 1: uterus prolapses.. (ZJDC)
- Lv 8, Sp 8 (xi), Lv 3: menstrual stasis...
- Lv 8, Ki 3, Lv 3: yin xu syndromes...
- Lv 8, Ren 3 (mu), Sp 9 (earth water-he): difficult urination...



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#### 4. Foot Shao Yang Gallbladder Meridian (yang wood)

1). Gb 44 (yang wood, jing-metal)

- Gb 44, St 45, St 8: headache...
- Gb 44, SJ 1, Gb 20: shao yang headache...
- Gb 44, Gb 34: pain under ribs (opposite)...



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2). Gb 43 (yang wood, ying-water)

- Gb 43, Gb 38 (jing-fire), Lv 3: swollen and inflammations of armpit... (QJYF)
- Gb 43, SJ 5, Gb 20: shao yang headache...
- Gb 43, SJ 6 (jing-fire), Gb 34 (earth-he): pain under ribs...



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3). Gb 41 (yang wood, shu-wood, ba mai-dai mai)

- Gb 41, Gb 34 (earth-he), SJ 6 (jing-fire): pain under ribs... (JYJ)
- Gb 41, Pc 7 (yuan-shu): xiong bi heart pain syndromes... (JYJ)
- Gb 41, Lv 3 (yuan-shu): menstrual stasis... (JYJ)
- Gb 41, SI 1 (jing-metal): mastitis... (JYJ)



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4). Gb 38 (yang wood, jing-fire)

- Gb 38, Gb 40 (yuan), Lv 3 (yin wood, earth-shu-yuan): swollen of armpit... (ZJDC)
- Gb 38, Gb 34, SJ 6: side pain of leg (opposite)...
- Gb 38, Gb 31, SJ 5: Wind Bi Syndromes of muscles...



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### 5). Gb 34 (yang wood, earth-he)

- Gb 34, St 36 (earth-earth-he), LI 9: chest pain, pain under ribs... (ZJDC)
- Gb 34, St 42 (earth-yuan), Lv 3 (yin wood-earth), Gb 40 (yuan-fire): MS (Zu Huan Syndromes)... (ZJDC)
- Gb 34, Sp 9 (yin earth-water-he): incontinence... (ZJDC)
- Gb 34, LI 11(yang metal-earth-he): Wei Syndrome... (Bai Zheng Fu)



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## V. Case Study of Masters...

### • Case Study of He Pu Ren (贺普仁)

Female, 53 years older. Upper abdominal pain and poor appetite for a week. Mai xian; Tongue: thin white coating, side tooth marks.

Bian Zheng: disharmony of Liver and stomach.

Zhi Ze: regulate liver and stomach, stop pain

Zhen Zhi: Ren 12, Ren 6, Pc 6, St 36. 5 times of treatment



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• Commentary of Master He Pu Ren:

‘CCM says that for the 9 kinds of pain under heart, the acupuncture treatments are different, but, the point combination of Ren 12, Pc 6, St 36 is fundamental...’

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• Case Study of Gao Shu Zhong (高树中)

Female, 30 years old. Heart palpitation, insomnia and non reason cry more than half month.

Mai: xi xian; Tongue: thin white coating

Bian Zheng: Zang Zao due to heart deficiency

Zhen Zhi: Tonify Ht 9 and Ht 3 (needle stay 30 min)

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- **Commentary of Prof. Gao Shu Zhong:**

‘For treatment of five zang and six fu diseases, Yuan-Mu or Back Shu points according to zang fu jie jing are first choices...’

‘For the zang fu diseases, as deficiency or excess, using five shu points combinations are important. ‘One Needle Method’ as main tonifying or reducing point according to Wu Xing’s generate or control relationship must be used...’



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End of Part One on  
Ling Shu Five Shu  
Acupuncture...

**Thanks!**



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