



TCM Clas
Research

十二原穴

12 Yuan Source Points -Classics and Clinics


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I. Classical Texts

- LS: Chapt 1 (12 yuan of zang and Huang Gao)
- LS: Chapter 2 (yuan of zang fu)
- LS: 71(Ht and PC yuan PC 7)
- NJ 36, 66: Dong qi of Ki is the yuan of 12 meridians; PC 7 as Ht yuan
- JYJ: Ht 7 as Ht yuan



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II. Diagnosis

- LS, Chapter 1: ‘If five zang have diseases, they can be indicated on 12 yuan source points. ... observing the 12 yuan can know the damages of five zang...’



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III. Clinical Applications

- LS 1: ‘Five zang have diseases, use 12 yuan.’
- NJ 66: ‘Five zang and six fu have diseases, use 12 yuan.’



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IV. The Methods and Mechanisms of Yuan-point Combinations

1. Single yuan points application
2. Yuan-Luo (Host and guest) combinations
3. Zang-Fu coupling yuan combinations
4. Yuan-Shu combinations



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5. Yuan-He combinations
6. Yuan-MU combinations
7. Yuan-Ba hui combinations
8. Yuan-Ba mai ba xue combinations



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V. 12 Yuan Acupuncture

1. Taiyuan, lug 9: (“Greatest Abyss”)

- Meaning of the name Tai yuan: Greatest and deepest gathering of qi
- First mentioned in Ling Shu 2
- Other names: Taiquan, Guixin
- Yuan source point of lung
- Meeting point of the mai
- Shu-earth point
- Regulates lung qi, tonifies lung qi and lung yin, bears down rebellious lung qi, distributes jinye, transforms phlegm



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Classical combinations:

- Lu 9, Ht 7: Belching qi, Xiong bi syndrome (Zhen Jiu Da Cheng)
- Lu 9, Lu 10: Dry throat (Zhen Jiu Da Cheng)
- Lu 9, LI 1, Gb 41: Swollen and pain of neck around ST12 (Zhen Jiu Da Cheng)
- Lu 9, Pc 6, St 42: No pulse syndrome (Yu Long Fu)



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Modern clinical applications

- 1) Lu 9, Lu 7, LI 4, St 40 treat phlegm in the lungs, wind-cold and wind-heat attacking the lung.
- 2) Lu 9, BI 13, St 36, Sp 3 tonify lung qi and spleen qi to treat lung qi xu disease.
- 3) Lu 9, Lu 10, Kid 3 treat kidney yin xu, lung dryness
- 4) Lu 9, Pc 6, Ht 7 treat chest pain and heart palpitations



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Commentary

- Lu 9 is the yuan source point of the lung meridian, the earth point and meeting point of the mai. Therefore, this point can treat all lung related diseases, tonify in deficiency and reduce excess in lung-related disease.



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2. LI 4, He gu (Gathering gu)

- Other names: Hu Kou (JYJ)
- Yuan (earth) point of LI
- Si Guan points (Four gates)
- Si Zong Xue points
- Shang Jiao gate
- Gate of qi fen diseases



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Classical combinations:

- LI 4: Ear blockage, toothache, throat bi syndrome (JYJ)
- LI 4: Wei syndromes of arm and lips (JYJ)
- LI 4, BI 5: Wind-heat headache (Qian Jin Yao Fang)
- LI 4, Du26: Aphasia (stroking)
- LI 4, St 40, St 41, Gb 20: Wind-phlegm dizziness and headache (ZJDC)



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- LI 4, SJ 2, 3, SI 3, Gb 37: Fire-phlegm pattern eye diseases
- LI 4, Ki 7: Sweating disorders (Bu fa for spontaneous sweat; Xie fa for no sweat) ZJDC
- LI 4, Liv 3, Sp 6: Difficult birth delivery (ZJDC)
- LI 4, Sp 6, Sp 10, St 30: Blockage of menstruation (Zhen Jiu Ji Cheng)



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Modern Clinical Applications:

- LI 4, Du 14, SJ 5, St 36: Regulate Ying and Wei, Jie ji jie biao
- LI 4, LI 11, Liv 2: Clear heat and open orifices
- LI 4, Liv 3, Du 24: 4 gates for emotional stagnations
- LI 4, Ren 4, 6, St 36 Ren 8: Tonify qi, return yang, resolve prolepses



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3. St 42, Chong yang (Rushing yang):

- First from LS 2
- Other names: Fu yang; Hui yuan (meeting of yuan, JYJ)
- Yuan point of St
- Important point for San bu jiu hou, HDNJ pulse
Diagnosis



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Classical combinations:

- St 42, St 2 → 4: face paralysis (Zhen Jiu Zi Sheng Jing)
- St 42, Sp 4: Abdomen distention and chest; Mental disorders; Phlegm accumulation; Foot pain and foot abscess (ZJDC)
- St 42: Swollen face (Feng shiu mian zhong)
- St 42: Ying lao qi (hypothyroid), Moxa (Qian Jin Yao Fang)



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Modern clinical applications:

- St 42, Ren 12, St 36, SP 3: Tonify St and Sp qi deficiency syndromes
- St 42, Sp 6, Ht 7, Pc 6: Sleep disorders due to St disharmony
- St 42, 43, Ki 2, Liv 4: Swollen foot
- St 42, St 38, Gb 21, Gb 39: Foot wei syndroms



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4. Sp 3, Tai Bai (Great White):

- First from LS 2
- Yuan point of Sp
- Shu (earth) point of SP



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Classical combinations:

- Sp 3: Heaviness of body; Sore of bones; Wei syndromes (JYJ, Vol 9, 10)
- Sp 3: Abdomen distention and poor digestion; Vomiting; Diarrhea with phlegm and blood; Abdomen and stomach pain; heaviness of body and bone pain; Cramp and pain of legs
- Sp 3, Sp 4: Abdomen distention, poor digestion (Qian Jin Yao Fang)



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- Sp 4, St 40: Vomiting, diarrhea, hungry but no appetite (Yi Zeng Jin Jian)
- Sp 3, Sp 4, Bl 25, Bl 22: Diarrhea and abdomen pain
- Sp 3, Ki 7, St 36: Abdomen distention and water accumulation



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Modern clinical application:

- 1) Sp 3, St 36, Ren 12, St 25, tonify qi, strengthen the Spleen, benefit the intestines, stop diarrhea.
- 2) Sp 3, SJ 6, St 25, BI 25, to tonify qi, strengthen the spleen, unblock the large intestine, for constipation due to spleen qi deficiency.
- 3) Sp 3, Ren 12, Pc 6 harmonize the middle, stop vomiting.



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Commentary

- Sp 3 is the earth point of an earth meridian. It is the yuan source point of the spleen. It is the point to tonify the spleen, harmonize the middle, transform damp for the treatment of the spleen zang, meridian and qi related diseases. Mostly used with the tonification method to treat diseases related to spleen qi and yang deficiency.



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Commentary (cont.)

- Comparison with Sp 1, 2 and 4: All those points can treat spleen zang disorder. Sp 1 is effective in tonifying spleen and holding the blood. Sp 2 is effective in harmonizing the middle and strengthen the spleen to treat stomach and spleen deficiency problems. Sp 4 is effective in regulating stomach and spleen. Sp 3 is most effective in tonifying the spleen and treating stomach and spleen diseases caused by deficiency.



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5. Ht 7, Shen Men (Gate of Shen):

- First from JYJ
- Other names: Ruichong, Zhongdu
- Yuan point of Ht
- Shu (earth) of Ht
- Main point for Shen disorders



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Classical combinations:

- Ht 7, SI 5: Mental disorder, such as 'laughing kuang' (ZJDC)
- Ht 7, Sp 1 (ghost eye), Du 20, Ren 15: Dementia (ZJDC)
- Ht 7, Lu 10, Liv 1, Ren 4: Bed-wetting and incontinence (ZJDC)
- Ht 7, Liv 1, Pc 7, lu 10: Chest bi syndrome
- Ht 7, SI 3, St 42: Yangming mental disorders



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- Ht 7, Du 14, St 40: Dian kuang and Dian xian syndromes
- Ht 7, Ren 4, Ren 3: Nocturnal emission (wet dream); incontinence
- Ht 7: 'Palpation, chest pain, short breath, mental disorder (laughing pattern), dementia, forgetfulness, xin ji fu liang syndrome'... (ZJDC)



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Modern clinical applications:

- Ht 7, St 40, St 44: Syndromes due to phlegm-fire disturbs upper
- Ht7, Ki 3: Syndromes due to yin xu fire
- Ht 7, Sp 6, Bl 15: Heart xue xu syndromes
- Ht 7, Pc 6, Ki 3, Ren 17: Tonify Ht qi and yin
- Ht 7, Du 24, Gb 13, Si Shen Cong: Dementia



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6. SI 4, Wangu (Wrist bone):

- First from LS, 2
- Yuan point of SI
- More use to needle than moxa
- ‘Cramping, use SI 4’ (JYJ, Vol. 7)
- ‘Half body paralysis, headache, shoulder and neck pain... SI 4 governs. (JYJ, Vol. 10)



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Classical combinations:

- SI 4, Gb 44: Tinnitus (QJYF)
- SI 4, SJ 3: Difficult movement of fingers (QJYF)
- SI 4, Ht 5: Throat swollen and pain, eye jaundice (ZJDC)
- SI 4, Ren 12: St qi rebels and vomiting, jaundice (Yu Long Ge)
- SI 4, Liv 3, GB 34: Jaundice, pain under ribs



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Modern clinical applications:

- SI 4, St 36, Sp 6: Xiao ke syndrome
- SI 4, LI 4, GB 20: Wind-heat headache
- SI 4, Gb 43/44, SI 5: Neck swollen and pain
- SI 4, SI 3, SJ 3: Finger movement disorders
- SI 4, SI 19, SJ 17: Tinnitus



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7. BL 64, Jinggu (Big bone source):

- First from LS, 2
- Yuan point of BL
- More needle as ping bu ping xie or xie methods
- Main nature is clearing heat and unblocking stagnations of BL meridian



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Classical combinations:

- BL 64: 'Nose bleeding, eyes infection, headache, neck pain, heat jue pain and pain radiates to back, cold feeling on legs...' (JYJ)
- BL 64: 'Headache, neck and back pain, eyes red and pain, heat pain, dizziness, nose bleeding...' (ZJDC)



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- BL 64, Ki 2, BL 23: Cold foot and legs (QJYF)
- BL 64, 56, 57: Foot and legs cramp (QJYF)
- BL 64, BL 62: Nose bleeding (QJYF)
- BL 64, KI 4: Neck, back, legs and foot pain, eyes pain, nose bleeding, Dian kuang, rectal prolapse, hemorrhoid... (ZJDC)
- BL 64, BL 10, Gb 20: Tai yang headache



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Modern clinical applications:

- BL 64, Ht 7, KI 2, Liv 2: Clear heat calm Shen
- BL 64, 60, Du 20, Gb 20: Headache and dizziness
- BL 64, Ht 5, Pc 6, BL 14: Jue heart pain
- BL 64, BI 40, Gb 43: Back and leg pain
- BL 64, BL 58, Gb 39, Gb 40: Wei syndrome of legs



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8. Ki 3, Tai Xi (Great stream):

- First from LS, 2
- Other names: Da Xi
- Yuan point of KI
- Shu (earth) point of KI
- One of Hui Yang Jiu Zhen
- Root of KI and yuan source



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Classical combinations:

- Ki 3, Lu 9, St 36: Fei lao, cough with blood (ZJDC)
- Ki 3, Ren 3, Lu 10, Sp 6: Genitalia pain, (ZJDC)
- Ki 3, Bl 60, Bl 62: Swollen foot (Yu Long Jing)
- Ki 3, SI 1: Throat infection
- Ki 3, BL 52, BL 23: Impotence



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Modern clinical applications:

- Ki 3, Sp 6, Ren 4, St 36: Nourish and balance pre- and post-heaven
- Ki 3, Ht 7, Pc 7, Du 20 : Sleep disorders, forgetfulness, dementia
- Ki 3, Lu 1, Ren 4: Internal cold lung diseases
- Ki 3, Ren 4, Sp 6: Infertility
- Ki 3, St 28, Ren 9, Ren 3: Lin syndromes



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9. Pc 7, Da Ling (Great Tomb):

- First from LS, 2
- Other names: Xin Zhu (heart master), Gui Xin (ghost heart)
- Yuan point of Pc (xin zhu)
- Shu (earth) of Pc (xin zhu)
- One of 13 ghost points (SSM's)



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Classical combinations:

- Pc 7: 'Heat diseases, chest pain, mental disorder, red eyes, eyes jaundice, headache, short breath...' (JYJ, Vol. 7)
- Pc 7: 'Hands ramp and unable to stretch...' (JYJ, Vol. 10)
- Pc 7, Pc 5: Heart pain, mental and emotional disorders (JYJ)



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Modern clinical applications:

- Pc 7, Ki 3, Sp 6, St 36: Calm shen and resolve palpitation
- Pc 7, Du 9, Ren 4, St 36: Promote Ht yang, calm shen and resolve palpitation
- Pc 7, BL 19, Pc 4, Sp 8: Resolve Ht xue yu and calm shen
- Pc 7, Ki 3, Ki 2: Shao yin fire insomnia
- Pc 7, St 44, St 40: Plegm disturb Ht shen



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10. SJ 4, Yang Chi (Yang Pond):

- First from LS, 2
- Other names: Bie Yang
- Yuan point of SJ



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Classical combinations:

- SJ 4: 'Shoulder pain and can not rise arm, no sweating, neck pain..' (JYJ, Vol. 10)
- SJ 4: 'Cold and heat malaria..' (Wai Tai Bi Zhi)
- SJ 4: Xiao ke, dry mouth, gloomy (fan men).. (QJYF)
- SJ 4: Wrist powerless and pain (Qing Yao Xin Shu)
- SJ 4, Pc 6: Deafness, throat bi, constipation, incontinence and difficult urination (ZJDC)



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Modern clinical applications:

- SJ 4, Du 14, Gb 20, Gb 40: Harmonize shao yang, resolve shao yang headache
- SJ 4, Du 13, Du 14, SJ 5: Malaria like syndromes
- SJ 4, Sp 6, St 44, LI 11: Xiao ke syndromes
- SJ 4, LI 10, SI 3: Shoulder and arm pain



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11. GB 40, Qiu Xu (Big Hill Ruins):

- First from LS, 2
- Other names: no
- Yuan point of GB
- For liver and GB disorders



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Classical combinations:

- Gb 40: Vision disorders, pain under ribs, cramp of legs, malaria, swollen under armpit (JYJ, Vol. 7)
- Gb 40: Swollen neck, hard shan syndrome of abdomen (JYJ, Vol. 8)
- Gb 40: Chest distention, depression (JYJ, Vol. 9)
- Gb 40: Leg wei syndrome (JYJ, Vol. 10)



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- Gb 40, BL 62: Swollen under armpit (ZJDC)
- Gb 40, Gb 32: Pain under ribs (ZJDC)
- Gb 40, Liv 1, Gb 33, Ki 6: Acute Shan syndromes (ZJDC)
- Gb 40, Gb 20, Liv 3: Red and pain eyes
- Gb 40, Liv 5: Pain under ribs, eyes pain with headache, much sweating, ying liu (thyroid gland diseases) (ZJDC)



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Modern clinical applications:

- Gb 40, Gb 24, SJ 6, Liv 3 to resolve liver and GB qi stagnation
- Gb 40, St 36, BI 58, St 41 to activate meridian qi and treat foot collapsed
- Gb 40, Gb 34, Liv 2, Gb 43: Liver and Gb damp-heat
- Gb 40, Liv 3, Gb 20, Du 20: Calm yang, resolve internal wind, for shao yang and jue yin dizziness



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12. Liv 3, Tai Chong (Great Rushing):

- First from LS, 1, 2
- Yuan source point of Liver meridian
- The branch point of chong mai
- Shu (earth) point of Liver
- One of Four gate point



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Classical combinations:

- Liv 3: Easy scared and emotional over sensitive (JYJ, Vol. 7)
- Liv 3: Vomiting, pain under ribs, throat pain, inside of leg pain, swollen lips .. (JYJ, Vol. 8)
- Liv 3: Shan syndromes (JYJ, Vol. 9)
- Liv 3, Ki 7: Ru yong (mastitis) (JYJ)
- Liv 3, 4, Sp 8: Shan syndrome (QJYF)



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Modern clinical applications:

- Liv 3, LI 4, Du 26, Du 16 to resolve liver wind and yang rising and rescue shen
- Liv 3, Ki 8, Ren 4, St 29, Sp 8 to regulate qi and blood and treat menstruation disorders
- Liv 3, Ki 1, LI 4, Du 20 to calm down liver wind and yang rising
- Liv 3, Sp 8, Liv 5 to resolve genital itching
- Liv 3, Liv 1 to treat man's 7 shan syndromes



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13. Ren 6, Qi Hai (Sea of qi):

- First from LS, 1
- Other names: Bo yang (navel, LS), Dan tian (Mai Jing, QJYF), Xia huang (JYJ)
- Yuan of huang (Ki vitals)



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Classical combinations:

- Ren 6: Chi position of pulse slow, cold in xia jiao and use Gui Zhi Tang (QJYF)
- Ren 6, Ren 4: Chi position of pulse chen-wei, jue ni syndrome, Xiao Jian Zhong Tang (Mai Jing)
- Ren 6, 4, 3: Chi position of pulse as Lao mai, abdomen distention, yin cold pain, also Ting Li Zi Wu Zhu Yu Tang (QJYF)
- Ren 6 (moxa), Ki 3: Zheng Jia



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Modern clinical applications:

- 1) Tonify yuan qi, raise yang qi: Ren 6, Ren 12, Du 20, St 36 for the treatment of organ prolepses, spontaneous diarrhea.
- 2) Tonify the kidneys, astringe essence, regulate menstruation: Ren 6, Ren 4, Sp 6, St 29 for the treatment of impotence, incontinence, spontaneous menstrual bleeding
- 3) Regulate xia jiao qi mechanism: Ren 6, Ren 17, SJ 6, Liv 3 for the treatment of abdominal pain and distention, running piglet qi, menstruation pain.



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Commentary

- Ren 6 is the gathering point and generator of yuan qi, the road of breath. It is the point to tonify yuan qi, to stimulate kidney yang, and to warm spleen yang.
- Ren 6 is the hui meeting point of the qi of the xia jiao. It regulates the mechanism of xia jiao qi.
- The difference between Ren 6 and Ren 4: Ren 6 is mainly used to tonify yuan qi. Ren 4 is mainly used to warm kidney yang qi in order to tonify kidney jing.



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14. Ren 15, Jiu Wei (Cuckoo Tail)

- First from LS, 1
- Other names: Shen Fu (Plaza of Shen, QJYF)
- Yuan of Gao (Ht vitals)
- Luo point of Ren Mai



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Classical combinations:

- Ren 15: Chest cold-pain, unable to eat.. (Yi Xin Fang)
- Ren 15: Epilepsies (Zhen Jiu Feng Yuan)
- Ren 15, SI 3: Epilepsies (Sheng Yu Ge)

Caution: No Moxa, no needling (JYJ, QJYF...)?

Use 'Yao Yun' methods (Herbal-heating methods)...



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Modern clinical applications:

- Ren 15, Du 26, Du 14, Liv 2: Clearing Ht to treat epilepsy
- Ren 15, Ht 7, Du 20, St 40: Mental disorders
- Ren 15, Ren 12, Pc 6, Sp 4: Resolve qi rebels and stop vomiting
- Ren 15, Ren 14, Du 9, Lu 9: Chest bi syndrome



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LS, Chapter 6...

黄帝问曰：刺寒痹内热奈何？伯高曰：刺布衣者，必火焮；刺大人者，药熨之。帝问曰：药熨之奈何？伯高曰：用醇酒二十升、蜀椒一升、干姜一升、桂一升，凡四种，皆□咀，渍酒中。用绵絮一斤，细白布四丈，皆并内酒中。置酒马矢温中，盖封涂，勿使泄。五日五夜，出布绵絮，曝干复渍，以尽其汁。每渍必晬其日，乃出干。并用滓与绵絮，复布为复巾，长六七尺，为六七巾，即用之生桑炭炙巾，以熨寒痹所刺之处，令热入于病所，寒复炙巾以熨之，三十遍而止。即汗出，灸巾以试身，亦三十遍而止。起步内中，不见风。每刺必熨，如此法，病已矣。此所谓内热者也。

HDNJ suggested that using herbal formulas with internal warming method to treat cold-bi syndromes...



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The forgotten method...

- HDNJ's Yao yun formula for cold-bi syndromes :
- Chuan Jiao, Gan Jiang, Rou Gui, Bai Jiu



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Thanks!
谢谢!



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