

15 络穴(Luo Points)

Classical Luo Points and Their Clinical Applications

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I. 15 Luo Mai and Luo Points

- 15 Luo Mai (LS Chapter 10)
- 15 paths of Luo Mai and their functions LS 10)
- Pathology of Luo Mai (LS 10)
- Differences between luo mai of meridians and blood luo (xue luo) (LS10)
- About Ren 1 (Zhang Jingjue, Lei Jing)
- About St luo mai: Xu Li (SW 18)



II. Luo Mai Point Combinations and Practices

1. Luo points combinations

- Single luo point combinations:
 - Luo points as major points

2. Luo-luo combinations (same name, left-right uses; upper-lower uses; coupled meridian's luo point combinations)



3. Yuan-luo combinations:

- Zhu ke (Host and guest) combinations:
Biao-Li coupled meridians according to
which one disorder first
- Take yuan point of disordered meridian
and take luo point of coupled meridian



III. Luo points as major point combinations

1. Lie Que (Lug 7): Broken sequence (of yin and yang)
 - First named in LS
 - Other name: Tong xuan (Child mystery); Wan lao (Exhausted wrist)
 - Natures: Luo xue of Lug; Master point of Ren; One of Si Zong Xue
 - Function: Activate Lug and LI meridians; Regulate Ren mai; Disperse wind and recover lung qi.



Classical combinations:

- Lug 7, SI 4: Face and mouth diseases
(Zhen Jiu Zi Sheng Jing)
- Lug 7, Ht 7, Ren 12, St 36:
Forgetfulness (ZJDC)
- Lu 7, St 42: Face paralysis due to
wing stroke (ZJDC)
- Lug 7, 8, 9: Hot in the hands (ZJDC)



- Lug 7: Pain of penis and hot sensation of urination (ZJDC)
- Lug 7, BI4, Du 23, LI 20: Bi yuan (ZJDC)
- Lug 7, St 25, Ren 12, Ren 4: cold pain of abdomen, diarrhea (ZJDC)
- Lu7, BI 17, 18, Sp 6: Menstruation pain due to blood stasis, stop mess bleeding (ZJDC)



Modern clinical applications:

- Lug 7, LI 4, Gb 20: Wind cold headache
- Lug 7, Ki 6, Lug 10: Throat pain
- Lug 7, Ren 17, St 40: Cough and phlegm accumulation



2. Pian Li (LI 6): Branching (to

- First named, LS 10
- No other name
- Luo point of LI to connect Lug
- Function: Clear heat of LI and Lug, promote water path, resolve swelling and stop pain



Classical combinations:

- LI 6, LI 4, BI 60, BI 66: Nose bleeding (Zhen Jiu Zi Sheng Jing)
- LI 6, LI 1, SI 2, BI 8: Tinnitus (ZJZSJ)
- LI 6, Du 24, Gb 13, Ki 9, Du17: Epilepsy (QJYF)



Modern clinical applications:

- LI 6, Ren 9, Gb 34: Edema
- LI 6, Ren 3, 4, Sp 6: Promote urination
- LI 6, LI 11, SJ 6: Arm and shoulder pain



3. Feng Long (St 40): Abundances

- First named in LS 5
- No other names
- St luo point
- Function: Harmonize stomach and strength spleen; transforms damp and phlegm



Classical combinations:

- St 40: Mental disorders; Headache; Throat bi syndrome (JYJ)
- St 40: Wind-phlegm headache; chest and abdomen pain; Epilepsy; Metal disorders (ZJDC)
- St 40: Asthma (Zhou Huo Ge)



- St 40, Ki 7: Edema of four limbs
(ZJZSJ)
- St 40, Ren 24, Gb 35: Swollen face
(ZJZSJ)

Modern clinical applications:

- St 40, Bl 13: Cough with phlegm
- St 40, St 42: Mental disorders
- St 40, Du 13, Ki 6: Epilepsy



4. Gong Sun (Sp 4): Surname of Yellow Emperor

- First named in LS 10
- No other names
- Luo point of Sp; Ba mai point of Chong mai
- Function: Strength Sp and St; Regulate Chong mai; Down bear rebellious qi



Classical combinations:

- Excess pain in abdomen and abdominal distension (LS, ZJDC)
- Sp 4, Sp 3/1: Severe vomiting (JYJ)
- Sp 4, St 42, St 36 (moxa): Foot qi syndromes (ZJDC)



Modern clinical applications:

- Sp4, Ren 12, St 36: Stomach pain
- Sp 4, St 40, Ren 17: Vomiting
- Sp 4, St 21, St 36: Stomach acid reflux
- Sp 4, Pc 6, Ren 12: Running piglet syndrome
- Sp 4, Pc 6, LI 4: PMS vomiting



5. Tong Li (Ht 5): Reach to inner

- First named in LS 10
- No other names
- Luo point of Ht
- Function: Clear heart heat and calm shen



Classical combinations:

- Ht 5: Unhappy; pain of eyes; throat bi syndrome; heart palpitations; difficult to speak (ZJDC)
- Ht 5, St 41: Wind heat on head and face (ZJDC)
- Ht 5, Liv 2, Sp 6: Excessive menses
- Ht 5, Ki 4: narcolepsy (sleepy syndrome)
(Bai Zheng Fu)



Modern clinical applications:

- Ht 5, Gb 20: Dizziness
- Ht 5, SI 4: Mania (Dian kuang syndrome)
- Ht 5, Pc 6, Bl 15; heart palpitation and inner fear and sadness
- Ht 5, Ki 1: loss of speech due to hysteria



6. Zhi Zheng (SI 7): Luo of Zheng Jing

- First named in LS 10
- No other names
- Luo point of SI
- Function: Disperse wind; calm shen; resolve jing jin disturbs



Classical combinations:

- SI 7: neck swollen, arm cramp, dizziness, dian kuang, wart (JYJ)
- SI 7: emotional disorders, dian kuang, five exhausts, powerless of hand and arm (ZJDC)



Modern clinical applications:

- SI 7, LI 4, St 3, LI 11: Mania
- SI 7, LI 15: arm and shoulder pain
- SI 7, Ht 7, Pc 6: heart pain



7. Feiyang (Bl 58): Flying freely

- First named in LS 10
- Other names: Jue yang
- Luo point of Bl
- Function: disperse biao-heat; smooth jing jin activate jing luo



Classical combinations:

- BI 58: qi rebelled headache, back pain, nose blockage and bleeding (JYJ)
- BI 58: hemorrhoid, leg swollen, epilepsy, headache and back pain, nose blockage and bleeding
- BI 58, BI 36: hemorrhoid pain
- BI 58, St 23, St 24: epilepsy



Modern clinical applications:

- BI 58, Du 20, SI 3: epilepsy
- BI 58, Ki 3: headache, nose bleeding
- BI 58, BI 30: hemorrhoid
- BI 58, Gb 30, Gb 34; leg and back pain
- BI 58, BI 23, Ren 3: urination disorders



8. Da Zhong (Ki 4): Great accumulation

- First named in LS 10
- Other names: Tai Zhong
- Luo point of Ki
- Function: tonify kidneys, resolve asthma, nourish brain



Classical combinations:

- Ki 4: malaria, short breath, abdomen distension, easy anger and frighten (JYJ)
- Ki 4: vomiting, abdomen distention, Bi Long syndrome, back pain, short breath (JZDC)
- Ki 4: dementia



- Ki 4, Pc 4: easy frightened (QJYF)

Modern clinical applications:

- Ki 4, Ren 3, Sp 6: Bi Long syndrome
- Ki 4, Ki 3, Ht 7: heart palpitation, sleep disorders



9. Nei Guan (Pc 6): Inner Gate (yin gate)

- First named in LS 10
- Other names: Yin wei (Yu Long Jing)
- Luo point of Pc; Ba mai point of yin wei;
Sun Si Miao's ghost point
- Function: regulate qi and harmonize the middle; calm heart shen; resolve frighten and stop chest and abdomen pain



Classical combinations:

- Pc 6: red eyes and jaundice, chest and heart pain (JYJ)
- Pc 6: Chest and abdomen pain (Biao You Fu)
- Pc 6, Ren 11: Chest distention (Bai Zheng Fu)



- **Pc 6, Bl 17: Chest pain (ZJDC)**
- **Pc 6, Lug 10, St 36: difficult to eat (ZJDC)**
- **Pc 6, St 36, Ren 10: resolve rebellious stomach qi, stop abdomen pain (ZJDC)**



Modern clinical applications:

- Pc 6, Lug 9: no pulse syndrome
- Pc 6, Sp 6, LI 4: chest and heart pain
- Pc 6, Ht 7: sleep disorder
- Pc 6, Liv 13, Ren 17: belching
- Pc 6, Sp 4: running piglet
- Pc 6, Ki 6: abdominal masses



10. *Wai Guan (SJ 5)*: External Gate (yang gate)

- First named in LS 10
- Other names: Yang wei
- Luo point of SJ; Ba mai point of yang wei mai
- Function: clear biao-heat; regulate qi and resolve swollen



Classical combinations:

- SJ 5: deafness (JYJ)
- SJ 5: wind, cold, and damp headache (Za Bing Xue Fa Ge)
- SJ 5: Luo Li (neck nodules), joint swollen, red eyes and pain; nose bleeding (Yi Zeng Jin Jian)
- SJ 5, SJ 7: deafness (QJYF)



Modern clinical applications:

- SJ 5, 3, 4: hand joints pain
- SJ 5, SI 3: stiff neck and pain
- SJ 5, Gb 8: side headache
- SJ 5, Gb 41: ear. eyes, neck, shoulder problems
- SJ 5, Lug 7, LI 4: common cold headache



11. **Guang Ming (Gb 37): Brightness**

- First named in LS 10
- No other names
- Function: Smooth liver and bright eyes, promote qi and free stagnation of the meridians



Classical combinations:

- Gb 37: powerless of legs (SW 60)
- Gb 37: wei syndrome of legs, pain of legs (JYJ)
- Gb 37, Gb 42: eye diseases (ZJDC)



Modern clinical applications:

- Gb 37, Gb1, Bl 1, St 1: eye diseases
- Gb 37, Gb 34, Bl 60: wei and bi syndromes of legs
- Gb 37, SI 6: poor eye vision



12. Li Gou (Liv 5): Dipper Ditch

- First named in LS 10
- Other names: Jiao Yi (QJYF)
- Luo point of Liv
- Function: smooth liver and regulate qi; clear damp-heat



Classical combinations:

- Liv 5: genital pain, itching, shan syndrome, difficult urination, lower abdomen pain (JYJ)
- Liv 5: red and white dai syndromes (JYJ)



Modern clinical applications:

- Liv 5, Gb 34, Sp 6: lower leg pain
- Liv 5, Du 20, Ren 4: organs prolapse
- Liv 5, Liv 3, Ren 6: testicle swollen and pain



13. Jiu Wei (Ren 15): Tail of turtledove

- First named in LS 1
- Other names: Shen Fu (QJYF)
- Luo point of Ren mai, Yuan point of Gao
- Function: benefit chest and diaphragm; calm heart shen



Classical combinations:

- Ren 15: heart palpitation, shen scattered, dian kuang syndrome (Lei Jing Tu Yi)
- Ren 15, Du 14: epilepsy (QJYF)
- Ren 15, Ki 1: epilepsy (Xi Heng Fu)
- Ren 15, Ren 12, Lug 1: stomach pain, not able to sleep



Modern clinical applications:

- Ren 15, Ren 12, Pc 6, Sp 4: vomiting
- Ren 15, Ren 17, Pc 6, Bl 17: chest and heart pain
- Ren 15, Liv 3, Ht 7: HDHD



14. Chang Qiang (Du 1): Extremely strong

- First named in LS 1,2
- Other names: Qionggu, Juegu, Guiwei
- Luo point of Du mai
- Function: clear damp heat, disperse wind and calm shen



Classical combinations:

- Du 1: real heart pain, unable to urinate (JYJ)
- Du 1: back rigid (JYJ)
- Du 1: hemorrhoid (moxa) (QJYF)
- Du 1, BI 27: lin syndromes
- Du 1, BI 57: hemorrhoid (Yu Long Ge)



Modern clinical applications:

- Du 1, Du 20: anal prolapsed
- Du 1, Du 20, Ren 4, Sp 6: impotence
- Du 1: Yao fu methods (clear dam heat)



15. Da Bao (Sp 21): Great embrace

- First named in LS 10
- Other names: Da Bao (Great womb)
- Great luo point of Sp
- Function: unblock whole body luo mai



Classical combinations:

- Sp 21: whole body pain, powerless of four limbs (LS 10)
- Sp 21: chest pain with breath difficult, whole body pain, powerless of four limbs (JYJ)



Modern clinical applications:

- Sp 21, Pc 4, Gb 41: chest and ribs pain
- Sp 21, St 36, Gb 39→Sp 6: powerless of four limbs
- Sp 21, Sp 10: whole body itching



III. ZJDC's Yuan Luo Combinations

1. Lug 9 (host) – LI 6 (guest):

- Chest distention, asthma, throat swollen and pain, pain of breasts, phlegm accumulation in lung...

2. LI 4 (host) – Lug 7 (guest):

- Pain of face, mouth, tooth, eyes red and jaundice, nose bleeding, throat bi, shoulder pain...



3. Sp 3 (H) – St 40 (G):

- Stiff tongue, vomiting, abdomen pain and distention, tiredness and over worrying, malaria, jaundice, constipation, inside of leg swollen and pain...



4. St 42 (H) – Sp 4 (G):

- Distention of abdomen, irritation, aversion to people and fire, frighten, nose bleeding, mental disorders, abscess, foot pain..



5. Ht 7 (H) – SI 7 (G):

- Real heart pain, xiao ke, jaundice, arm and ribs pain, heart palpitation...

6. SI 4 (H) – Ht 5 (G):

- Face swollen and pain, arm and shoulder pain, stiff neck and pain, deafness, jaundice...



7. Ki 3 (H) – BI 58 (G):

- Shen tired, narcolepsy, poor appetite, poor eye vision, back and foot sore, dream be caught, inner fear, chest pain...

8. BI 64 (H) – Ki 4 (G)

- Eye pain, neck, back and legs pain, dian kuang, nose bleeding, anal prolapsed, hemorrhoid...



9. SJ 4 (H) – Pc 6 (G):

- Deafness, throat bi, dry throat, eye swollen and pain, ear pain, chest pain, shoulder pain, constipation, difficult urination...

10. Pc 7 (H) – SJ 5 (G):

- Arm cramp and unable to move, chest distention and heart pain, eye jaundice, mental disorder...



11. Liv 3 (H) – Gb 37 (G):

- Shan syndrome, back pain, lower abdomen pain, chest distention and vomiting, diarrhea with abdomen pain, long bi syndrome, incontinent, women zheng jia diseases...



12. Gb 40 (H) – Liv 5 (G):

- Chest and under ribs pain, foot wei syndrome, headache, eyes pain, over sweat, neck nodules, thyroid gland tumors, malaria...



Needling Principles for All above Point Combinations:

- 1. First needle the host point and then needle the guest point.*
- 2. Use ‘upper – lower, left – right’ system to chose effective points.*

Thanks!

