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TCM103 ACU MERIDIAN & POINT THEORY 1

Part 2

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Acupuncture Point Handout

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Defining and Use of Specialty Points

1. **Source**: Primary
2. **Luo**: Connecting
3. **Xi Cleft**: Accumulating
4. **Front Mu**: Alarm
5. **Back Shu**: Associated
6. **Inferior He Sea:** Lower Uniting

1. **Source Points (12) Also called: Primary Points/Yuan Points**
   Where the source Qi of the various organs flows and is detained

   The Source point of each of the Yin channels is identical with the Transporting point of that channel, whereas the Yang channels, the Source point is immediately proximal to the Shu Stream points. (p. 128 S)

   Diagnostic: "When there is a disease in the Yin organs there will be a response in [on of the] twelve Source [points]. (p. 39 S) Palpation or visual changes of the point will reflect shi or xu (excess/deficiency) in their respective channels.

   ***Main Functions:**
   Yin Shu Stream/Source points: mainly tonify Yin Organs
   Yang Channel Source points: dispel excess pathogenic factors

LU 9	KD 3
PC 7	LI 4
HT 7	SJ 4
SP 3	SI 4
LV 3	ST 42
GB 40	BL 64

   Source Qi is related to the San Jiao because the San Jiao distributes Source Qi to the internal organs and channels.

   Source points can be used to strengthen the effect of either tonification or sedation when needled after the tonification/sedation point.

2. **Luo (16) Also called: Connecting points** (14 from the 14 primary meridians plus 1 Great LUO of the SP and 1 Great Luo of the ST = 16 points)

Luo points are where the Luo connecting channel splits from the main channel to connect to its partner channel.

***Main Functions**:

- To connect Yin/Yang paired channels
- Regulate problems affecting both paired channels
- Reinforce action of Source points
- Regulates Qi between left/right sides of channel
- Regulates flow of Qi between organs related to Midday-Midnight law

Often used because of their indications; not because they are Luo points.

3. **Xi Cleft (16) Also called: Accumulating points** which are like hole or crevices located at the sites where Qi and Blood in the channels converge and accumulate as they circulate through the body.
   ***Main Functions:**

   - Used for treatment of Acute diseases
   - Diagnostic tools: points can be palpated to determine whether a disease in the related channel is Deficient or Excess

4. **Front Mu (12) Also called: Alarm Points** are located on the chest and abdomen. They correspond to the twelve primary Organs.
   ***Main Functions:**

   - If tender, this is a diagnostic indicator of disease in the Organ associated with that point.

LU 1 LUNG	**REN 12** STOMACH
REN 17 PERICARDIUM	**REN 5** SAN JIAO
REN 14 HEART	**GB 25** KIDNEY
LV 14 LIVER	**ST 25** LARGE INT.
GB 24 GALLBLADDER	**REN 4** SMALL INT.
LV 13 SPLEEN	**REN 3** BLADDER

5. **Back Shu (12) Also called Associated, Back Transporting, Assent Points**: located along the Bladder Channel on the medial aspect along the spine. Organ Qi passes through these points.

***Main Functions**:

- Treat associated organ directly or manifestations in the related sensory organs
- Treat chronic diseases although can be used for acute
- Has calming affect often used to treat Yang diseases such as fever or excitation
- Yang in nature: tonifies yang aspect and has a stronger overall tonifying affect (both yin and yang) than Front Mu points
- Diagnostic: by palpation, Organs Qi collects and point becomes tender if pathological

BL 13 : LUNG	BL 23: KIDNEY
BL 14: PERICARDIUM	BL 24: UPPER LUMBAR
BL 15: HEART	BL 25: LARGE INTESTINE
BL 16: DU CHANNEL	BL 26: LOWER LUMBAR
BL 17: DIAPHRAM	BL 27: SMALL INTESTINE
BL 18: LIVER	BL 28: BLADDER
BL 19: GALL BLADDER	BL 29: MIDBACK, SACRUM
BL 20: SPLEEN	BL 30: ANUS
BL 21: STOMACH	
BL 22: SAN JIAO	

6. **Inferior He Sea: (6) Lower Uniting points, Lower Combining**. Directly connected to respective organs (Stomach, Bladder, Gallbladder, Large Intestine, Small Intestine, San Jiao)

   ***Main Function**

   - Tonifies Yang Organs

ST 36	Lower He Sea of the Stomach
ST 37	Lower He Sea of the Large Intestine
ST 39	Lower He Sea of the Small Intestine
GB 34	Lower He Sea of the Gallbladder
BL 40	Lower He Sea of the Bladder
BL 39	Lower He Sea of the San Jiao

Antiquity Point Handout

Antiquity points, also known as:

- Transport Points
- 5 Shu Stream Points
- 5 Elemental Points
- Confluent Points
- Ancient Points (5 Elements and 10 Stems)

The Inner Classic regards the limbs as the root, and the trunk as the branch. This significance is found in the acupuncture points located below the elbow and knee of treating diseases affecting the trunk (p. 64 S) *...Chapter 62 of the Spiritual Axis: "The ends of the four limbs are the meeting places of Yin and Yang. They are the grand connections of Qi" (p. 64 S.)

The 5 Categories of Antiquity Points (p. 64 S; and p. 87 E)

1. **Jing Well /Well Points** are used to treat fullness below the heart: mental illness and stifling sensation in the chest
2. **Ying Spring/Gushing Points** are used to treat fever
3. **Shu Stream/ Transporting points** are used for general heaviness, pain in the joints/bones; bi syndrome caused by wind or damp
4. **Jing River/Penetrating points** for asthmatic panting, chills, fever; cough and throat disorders
5. **He Sea/ Uniting Points** for rebellious Qi and diarrhea; intestines, stomach and other Fu organs. Note: each of the six Fu organs has a He-Sea point in the three yang channels of foot respectively, known as the Inferior He-Sea Points

- These names image the flow of Qi along the channels as the movement of water (p. 87 E). Together they represent the "growth" of Qi in channels from its small, shallow and distant beginnings on the extremities (Well Points) to its large deep and welling presence further up the limbs (Uniting) using the image of flowing water. (p. 126 S)
- *Also note: the statement below is believed by some practitioners*.
  Ying Spring/Shu Stream points treat symptoms associated with external course of the channels. He Sea treats disorders of the internal organs (p. 64 S). ***Practioners need not be constrained by this advice sine the Ying Spring/Shu Stream points can also be used for diseases of the Organs (p. 64 S.)

Jing Well

- Where the channel becomes the most superficial and narrow
- Where the energy changes polarity between Yin and Yang
- Where the energy is most unstable and easily influenced and changed
- Has an outward movement tendency
- Used for Acute problems and when immediate change is necessary
    - **Treatment:**
        - Fullness under the heart
        - Mental Irritation
        - Yin Organ Disease
    - **Indications**
        - Fainting, heatstroke, loss of consciousness, convulsions
        - Yin Channel: Wood, therefore it dispels internal wind
        - Yang Channel: Metal, therefore it moistens dryness

Ying Spring

- Eliminates pathogenic factors from the body. Clears heat
- Points located on the feet are more powerful than those on the hands
    - **Treatment:**
        - Febrile diseases – especially when disease affects a change in complexion color
        - Yin Channel: fire, therefore it clears fire, heat, xu heat
        - Yang Channel: Water, therefore it dispels cold and damp

Shu Stream

- Qi becomes stronger
- Also called the transport points; location where exterior pathogenic factors can be transported into the interior and penetrate deeper in the channel
- Wei Qi gathers at this point
    - **Treatment**
        - Feeling of heaviness
        - Joint pain
        - Intermittent disease
        - Yin Channel: Earth point and Source points, dispels damp and phlegm
        - Yang Channel: Wood, dispels internal wind
    - *Note: When used locally, Shu Stream points can aid in relieving localized pain. When used distally, the tendency is to clear Wind and Damp from the channels.*

Combinations for Ying Spring and Shu Stream

- Treats channel problems especially the Yang channels for pain; clears heat
- Yin Channel points on both meridians treat Yin organ problems

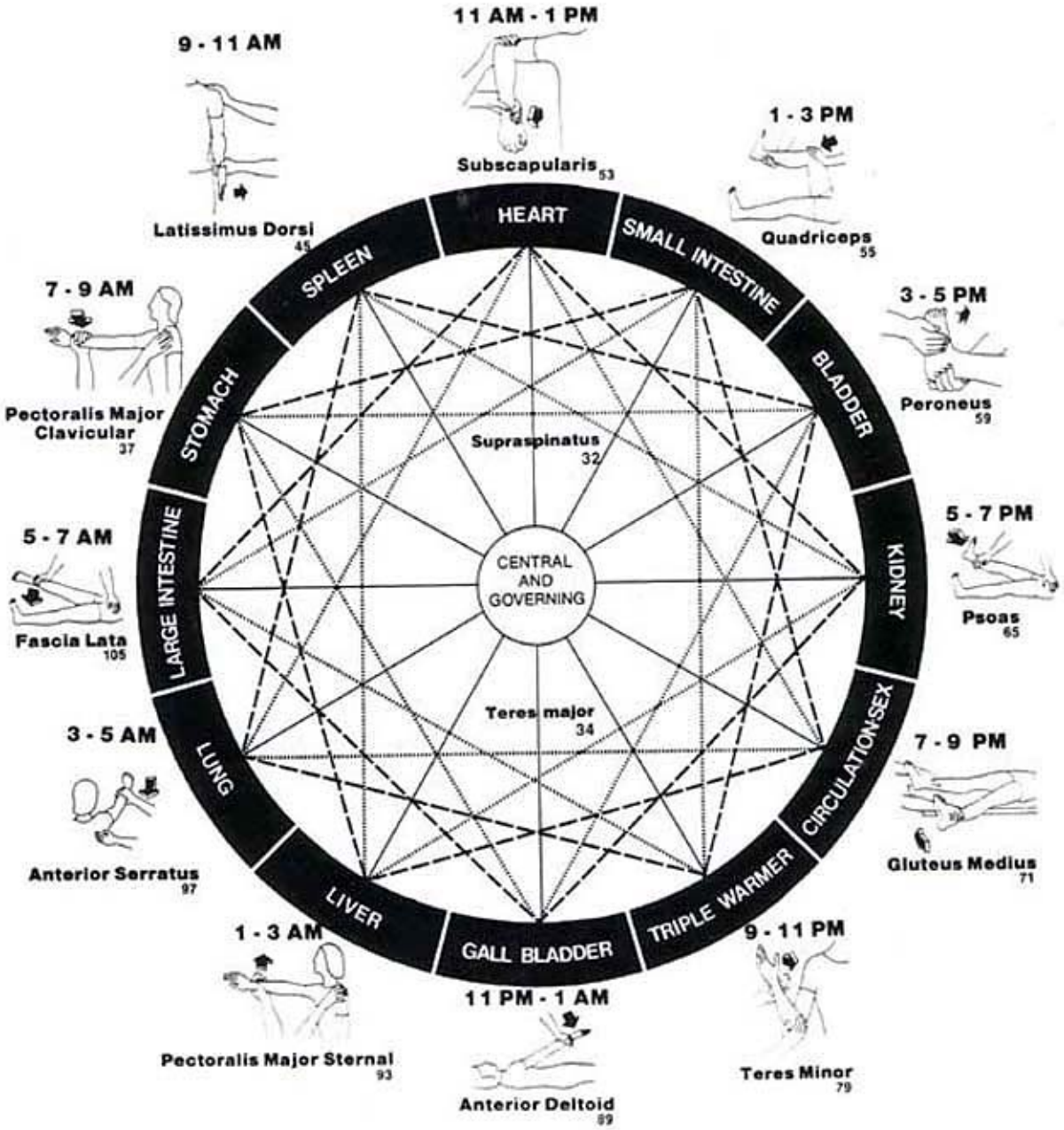
Jing River

- Qi is stronger, the channel wider and deeper
    - **Treatment**
        - Cough
        - Asthma
        - Upper Respiratory problems
        - Hot and Cold Sensations
        - Yin Channel: metal point; moistens dryness
        - Yang Channel: Fire point; clears any kind of heat or fire

He Sea

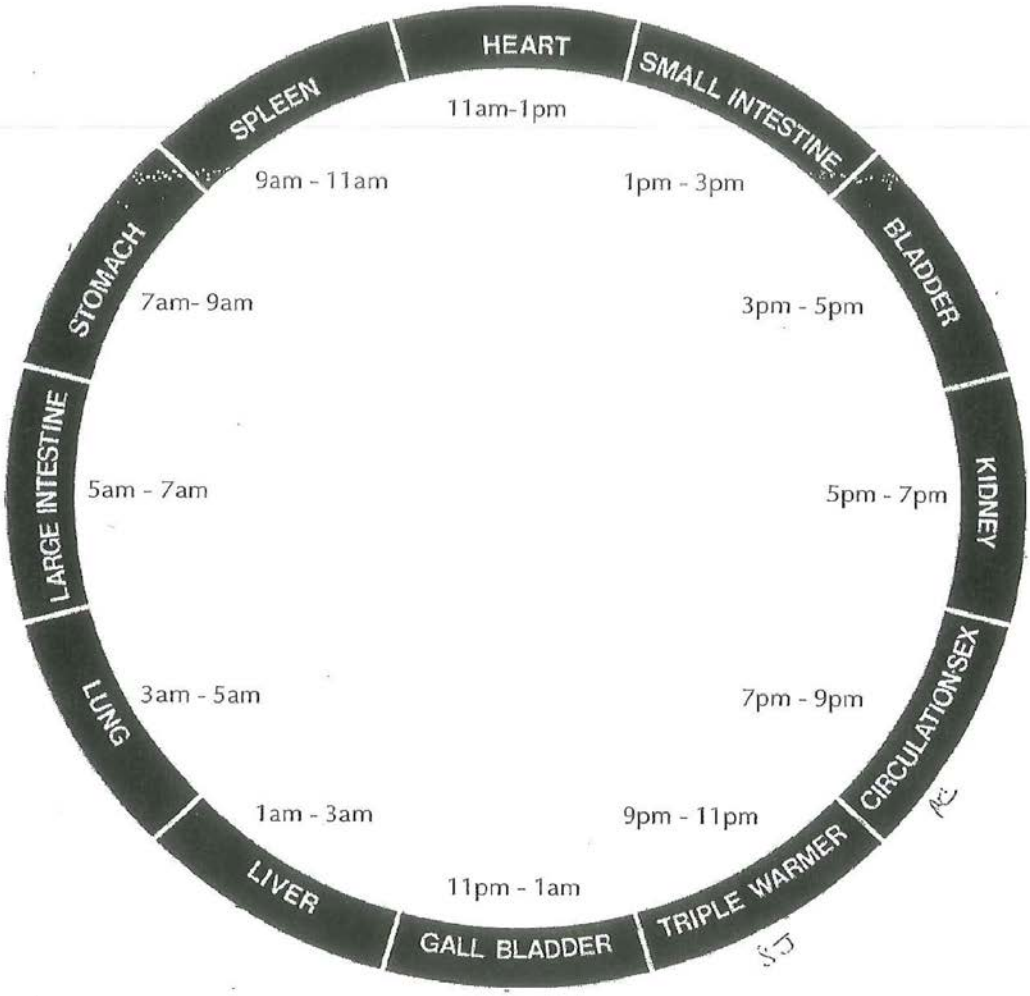
- Also called Uniting or Combing Points
- Qi at its strongest, channel wider and deeper; Qi joins general circulation like a sea
- Has inward movements
    - **Treatment**
        - Rebellious Qi: Diarrhea and vomiting
        - Stomach and Intestinal problems
        - Skin problems (esp. Upper He Sea Points)
        - Yang Organ disharmony
        - Yin Channels: Water point, dispel cold and damp
        - Yang Channels: Earth point, dispels damp and phlegm

Meridian Cycle



Flow of Qi – Flow During the Day – "The Clock"

The flow of Qi also can be expanded into a 24 hour cycle.

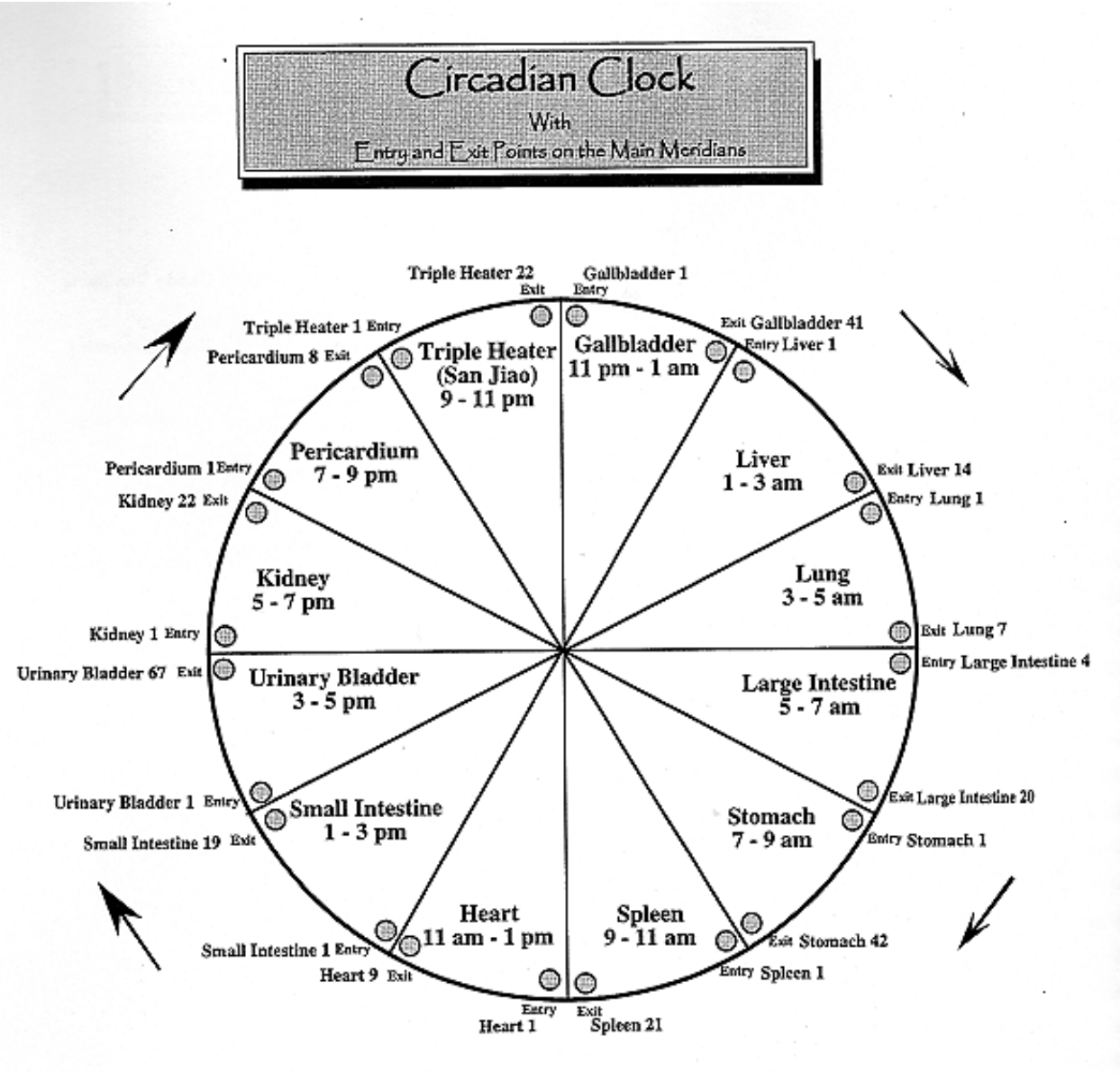


Every two hours there is a period where Qi & Blood is the strongest within an organ. If there is a pathology within the organ it will likely show up at the given time.

There are a variety of techniques using the clock for treatment.

1. Use as a diagnostic tool. (Insomnia at 2am)
2. Literally treat an organ during its time. (Kidney at 6pm)

Note: This chart uses "Circulation Sex" rather than "Pericardium."

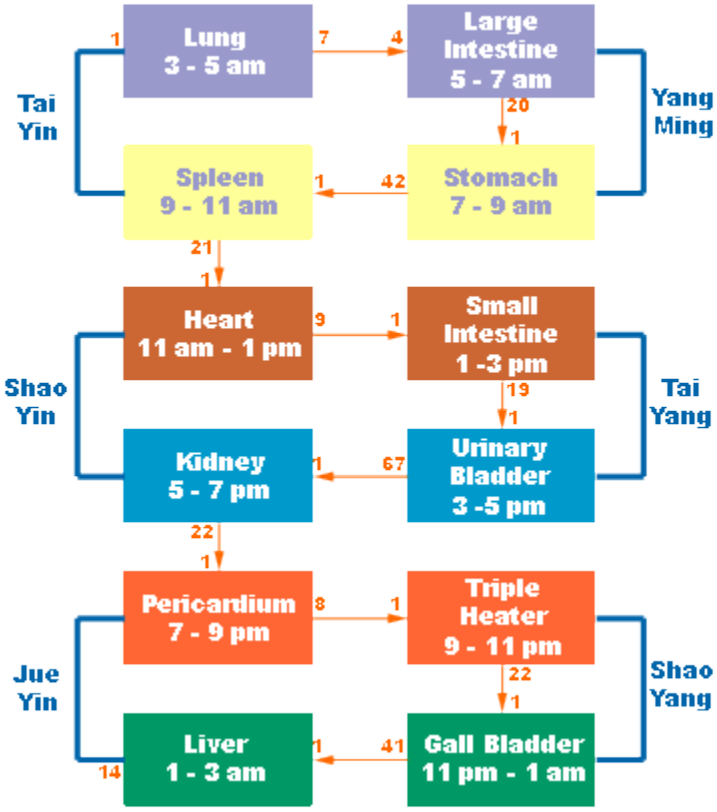


Circadian Clock

- This clock cycle shows that each organ has a two hour time period when Qi and blood are at their maximum.
- The cycle flows in a clockwise rotation and is similar to a wave moving through the meridians. To tonify an organ, it is best to tonify the organ's time period after the organ you want to tonify. You can also tonify the organ by stimulating the opposite time on the clock. For example, to tonify the stomach (7-(am) the time could be 9 to 11 am (Spleen time) or 7 to 9 pm (pericardium time).
- To sedate the organ it is best to sedate at that organ's time period.
- (Some schools believe that the clock cycles fifty times in twenty four hours, one cycle every twenty nine minutes, this clock cycle is not shown).

Entry and Exit Points

- The entry and exit points are on every meridian. The entry point is the first point where the Qi of the preceeding meridian enters the next meridian. The exit point is where the Qi exits the meridian.



	Entry	Exit
LU	LU 1	LU 7 *(LU 11)
LI	LI 4 *(LI 1)	LI 20
PC	PC 1	PC 8 *(PC 9)
TH	TH 1	TH 22 *(TH 23)
HT	HT 1	HT 9
SI	SI 1	SI 19
SP	SP 1	SP 21
ST	ST 1	ST 42 *(ST 45)
LV	LV 1	LV 14
GB	GB 1	GB 41 *(GB 44)
KD	KD 1	KD 22 *(KD 27)
UB	UB 1	UB 67

The following chart shows the meridian flow, activity times and entry/exit points.
http://www.yinyanghouse.com/acupuncturepoints/theory_entryexit

Qi: Types, sources, distributions and functions of

QI

Also called: Normal Qi, Upright Qi

PRENATAL Also called: Xian Tian Zhi QI, Congenital Qi, Before Heaven	POSTNATAL Also called: Hou Tian Zhi Qi, After Heaven, Acquired Qi
Essential for embryo and fetus life. It also plays a role after birth for growth and development. The inborn constitution, the vial potential gradually used up in the course of life. It may be conserved by hygiene but not replenished.	General term for Qi acquired from essence of food and air. May be altered and replenished by correct living.
1. Jing (Essence) 2. Yuan (Source, Original Qi)	1. Zhong Qi (Essential, Qi of Chest, Ancestral) 2. Gu Qi (Essence of Food, Grain Qi) 3. Kong Qi (Essence of Air, Clean Qi) 4. Zhen Qi (True Qi) • Ying Qi (Nutritive Qi) • Wei Qi (Protective, Defensive Qi)

PRENATAL	Source	Distribution	Functions
Jing (Essence)	From parents	Stored in Kidneys	-Controls growth & development -Controls the 7/8 year cycles -Is an important aspect for Kidney Qi -Provides necessary energy for Kidney Yin to produce Kidney Qi by the heating action of Kidney Yang.
Yuan (Original)	Derived from JING	Stored in Kidneys	-Basis for Kidney Qi -Controls growth, reproduction and development -Same functions as KI Qi. -Activates the formation of Xue -Activates the transformation of Zong Qi to Zhen Qi

POSTNATAL	Source	Distribution	Functions
Zong	Derived from Acquired Qi	Formed in chest from Clean Qi and Grain Qi and "goes out the throat" to the lungs and heart.	-Nourishes HT and LU -Enhances & promotes LU function of dominating Qi and respiration and the HT function of dominating Blood and vessels. -Controls speech and strength of voice -Affects blood circulation to limbs.
Gu/ Zhong Qi	Essence of Food	From ST/SP to chest	-distributed in the chest to HT & LU to combine with Clean Qi to form Zong Qi -Transformed into Xue in the chest under the catalysis of KD Qi and Yuan Qi
Kong/ Zhong Qi	Derived from inhaled air	LU/HT	-Combines with Gu Qi to from Zong Qi
Zhen	From Zong Qi under the action of Yuan Qi.	All over body	-The "true" Qi usable by the entire body as Ying and Wei
Ying	From Gu Qi	Circulates in the Jing Luo	-The Qi that nourished the Zang Fu. Mostly distributed to the Zang. -A component of Xue
Wei	From Gu Qi	Outside Jingluo Circulates in skin and muscles	-Warms & Nourishes tissues and organs -Adjusts the opening and closing of pores -Regulates body temperature -Protects the body from external evils.

The Big Picture

	Lu	LI	St	SP	Ht	SI	UB	Ki	P	SJ	GB	Liv	Ren	Du
Xi- Cleft Point Acute pain in immediate channel area	6	7	34	8	6	6	63	5	4	7	36	6	---	---
Luo Point Internally/externally related	7	6	40	4	5	7	58	4	6	5	37	5	15	1
Source Point Encourages movement in meridian	9	4	42	3	7	4	64	3	7	4	40	3	---	---
Mu Point alarm point	Lu 1	St 25	Ren 12	Liv 13	Ren 14	Ren 4	Ren 3	GB 25	Ren 17	Ren 5	GB 24	Liv 14	---	---
Shu Point Correspondence to organ	UB 13	UB 25	UB 21	UB 20	UB 15	UB 27	UB 28	UB 23	UB 14	UB 22	UB 19	UB 18	---	---
Entry Point	Lu 1	LI 4	St 1	Sp 1	Ht 1	SI1	UB1	Ki 1	P 1	SJ 1	GB 1	Lv 1		
Exit Point	Lu 7	LI20	St 42	Sp 21	Ht 9	SI19	UB 67	Ki22	P 8	SJ 22	GB41	Lv14		

8 Influential Points	
Zang Organs	Liv13
Fu Organs	Ren 12
Qi	Ren 17
Blood	UB 17
Sinews	GB 34
Marrow	GB 39
Bones	UB 11
Vessels	Lu 9

Window of the Sky Points	
UB 10	*P 1
St 9	*Ren 22
SJ 16	*Du 16
LI 18	*SI 16
Lu 3	*SI 17

Twelve Officials of the Court

Ht	King	Source of shen and clear insight
Lu	Minister to King	Receives the pure Qi from Heaven
Liv	General	Sets strategy
GB	Judge	Decisions of courage & wise judgement
P	Messenger for King	Protects the King
Sp	Official	In charge of Grainery, transform &transport
St	Official	In charge of Grainery, rotting & ripening
LI	Official	Drainage
SI	Receiving Official	Separates the pure from the impure
Kid	Minister of Health	Strength of body, controls water
SJ	Irrigation Official	Water channelsbalance & harmony
UB	Minor District Official	Controls storage of water & excretes fluids

Muscle Meridian Meeting Points	
3 arm yang	GB 13
3 arm yin	GB 22
3 leg yang	SI 18 or St 3
3 leg yin	Ren 3

4 Command Points	
Abdomen	St 36
Head & back of neck	Lu 7
Back (upper & lower)	UB 40
Face and mouth	LI 4

Group Luo Points	
3 arm yang	SJ- 8
3 leg yang	GB- 39
3 arm yin	P- 5
3 leg yin	Sp- 6

4 Sea Points	
Blood	UB11, St 37, St 39
Qi/Energy	Ren 17, UB 10, St 9
Bone	Du 15, Du 16, Du 19, Du 20
Nourishment	St 30, St 36

3 Jiao	
Upper	Ren 17
Middle	Ren 12
Lower	Ren 7

Eight Extra Meridians	MP	CP	Xi	Luo
Ren	Lu 7	Ki 6	-------	Ren 15
Yin Qiao	Ki 6	Lu 7	Ki 8	-------
Du	SI 3	UB 62	-------	Du 1
Yang Qiao	UB62	SI 3	UB 59	-------
Dai	GB41	SJ 5	-------	-------
Yang Wei	SJ 5	GB 41	GB 35	-------
Chong	Sp 4	P 6	-------	-------
Yin Wei	P 6	Sp 4	Ki 9	-------

Lower He Sea Points:	
Stomach	St- 36
Large Intestine	St- 37
Small Intestine	St- 39
Gallbladder	GB- 34
Urinary Bladder	UB- 40
San Jiao	UB- 39

Well	Spring	Stream	River	Sea
mental ill-ness, chest stifling, fullness under heart	febrile, complexion change, hot sensations	Bi, wind, damp, heaviness, joint pain	asthma, cough, hot/cold sensations, voice sound change	Fu organs, stomach, intestines, rebel Qi, diarrhea

Five Element Points on the Twelve Main Meridians

Element Point / Shu Point	Wood Well	Fire Spring	Earth Stream	Metal River	Water Sea
Yin / Zang Lung	11	10	9 Tonify	(8)	5 Sedate
Spleen	1	2 Tonify	(3)	5 Sedate	9
Heart	9 Tonify	(8)	7 Sedate	4	3
Kidney	1 Sedate	2	3	7 Tonify	(10)
Pericardium	9 Tonify	(8)	7 Sedate	5	3
Liver	(1)	2 Sedate	3	4	8 Tonify

Element Point / Shu Point	Metal Well	Water Spring	Wood Stream	Fire River	Earth Sea
Yang / Fu Large Intestine	(1)	2 Sedate	3	5	11 Tonify
Stomach	45 Sedate	44	43	41 Tonify	(36)
Small Intestine	1	2	3 Tonify	(5)	8 Sedate
Urinary Bladder	67 Tonify	(66)	65 Sedate	60	40
San Jiao (Triple Burner)	1	2	3 Tonify	(6)	10 Sedate
Gallbladder	44	43 Tonify	(41)	38 Sedate	34

◯=HoraryPoint

	Tonify	sedate
Lu	9	5
LI	11	2
St	41	45
Sp	2	5
Ht	9	7
SI	3	8
UB	67	65
Ki	7	1
P	9	7
SJ	3	10
GB	43	38
Liv	8	2

Key Points on the Meridians

"The Chart"

Organs	Lu	LI	St	Sp	Ht	SI	Bl	Kd	Pc	SJ	GB	Liv
Ting Well	Lu 11 Wood	LI 1 (H) Metal	St 45 (S) Metal	Sp 1 (C) Wood	Ht 9 (T) Wood	SI 1 Metal	Bl 67 (T) Metal	Kd 1 (S) Wood	Pc 9 (T) Wood	SJ 1 Metal	GB 44 (C) Metal	Liv 1 (H) Wood
Ying Spring	Lu 10 (C) Fire	LI 2 (S) Water	St 44 Water	Sp 2 (T) Fire	Ht 8 (H) Fire	SI 2 (C) Water	Bl 66 (H) Water	Kd 2 Fire	Pc 8 (H) Fire	SJ 2 (C) Water	GB 43 (T) Water	Liv 2 (S) Fire
Shu Stream	Lu 9 (T) Earth	LI 3 Wood	St 43 (C) Wood	Sp 3 (H) Earth	Ht 7 (S) Earth	SI 3 (T) Wood	Bl 65 (S) Wood	Kd 3 (C) Earth	Pc 7 (S) Earth	SJ 3 (T) Wood	GB 41 (H) Wood	Liv 3 Earth
Jing River	Lu 8 (H) Metal	LI 5 (C) Fire	St 41 (T) Fire	Sp 5 (S) Metal	Ht 4 Metal	SI 5 (H) Fire	Bl 60 Fire	Kd 7 (T) Metal	Pc 5 Metal	SJ 6 (H) Fire	GB 38 (S) Fire	Liv 4 (C) Metal
He-Sea	Lu 5 (S) Water	LI 11 (T) Earth	St 36 (H) Earth	Sp 9 Water	Ht 3 (C) Water	SI 8 (S) Earth	Bl 40 (C) Earth	Kd 10 (H) Water	Pc 3 (C) Water	SJ 10 (S) Earth	GB 34 Earth	Liv 8 (T) Water
Source	Lu 9	LI 4	St 42	Sp 3	Ht 7	SI 4	Bl 64	Kd 3	Pc 7	SJ 4	GB 40	Liv 3
Luo	Lu 7	LI 6	St 40	Sp 4	Ht 5	SI 7	Bl 58	Kd 4	Pc 6	SJ 5	GB 37	Liv 5
Xi Cleft	Lu 6	LI 7	St 34	Sp 8	Ht 6	SI 6	Bl 63	Kd 5	Pc 4	SJ 7	GB 36	Liv 6
Back Shu	Bl 13	Bl 25	Bl 21	Bl 20	Bl 15	Bl 27	Bl 28	Bl 23	Bl 14	Bl 22	Bl 19	Bl 18
Front Mu	Lu 1	St 25	Ren 12	Liv 13	Ren 14	Ren 4	Ren 3	GB 25	Ren 17	Ren 5	GB 24	Liv 14
Lower He-Sea	–	St 37	St 36	–	–	St 39	Bl 40	–	–	Bl 39	GB 34	–

Ren: Luo Connecting Point-Ren 15
Du : Luo Connecting Point-Du 1

(C) = Control cycle point
(T) = Tonification point
(H) = Horary point
(S) = Sedation point

The 8 Extra Meridians

Confluent Point	Extra Meridian	Couple Meridian
Pc 6	Yinwei	Chong
SJ 5	Yangwei	Dai
Kd 6	Yinqiao	Ren
Bl 62	Yangqiao	Du
Lu 7	Ren	Yinqiao
SI 3	Du	Yangqiao
Sp 4	Chong	Yinwei
GB 41	Dai	Yangwei

Influential Points

Tissue	Influential Point
Zang Organs	Liv 13
Fu Organs	Ren 12
Qi	Ren 17
Blood	Bl 17
Tendons	GB 34
Vessels	Lu 9
Bone	Bl 11
Marrow	GB 39

Chart by Fred Jennes

The Chart

Fill in the chart. Be sure to indicate the 5 Elements (Wood, Fire, etc.) and their functions (Horary, Tonify, Sedate, Control). To get credit, you must fill in the information correctly.

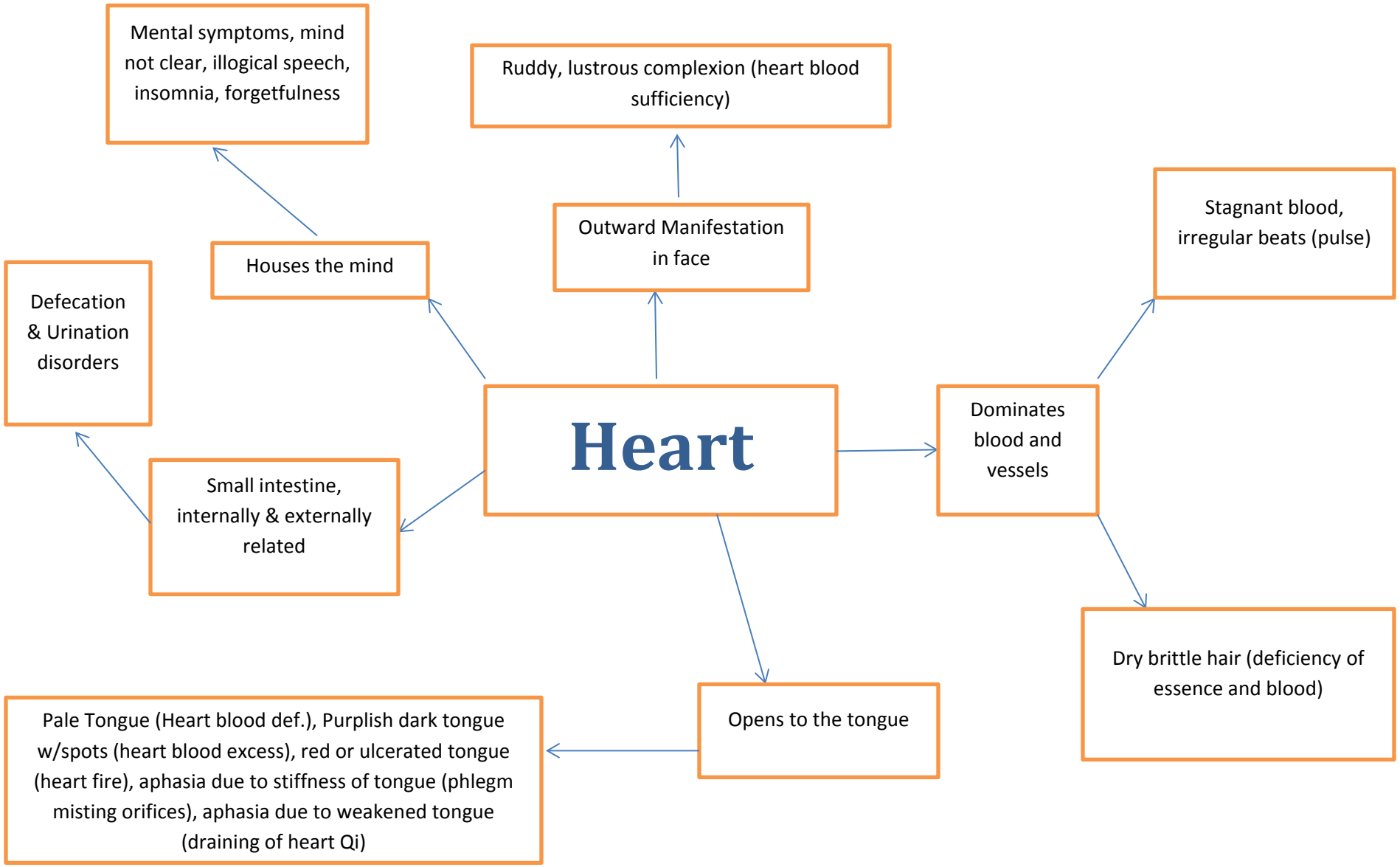
Organs	LU	LI	ST	SP	HT	SmI	BL	KD	PC	SJ	GB	LV
Jing Well												
Ying Spring												
Shu Stream												
Jing River												
He Sea												
Source												
Luo												
Xi Cleft												
Back Shu												
Front Mu												
Lower He-Sea												

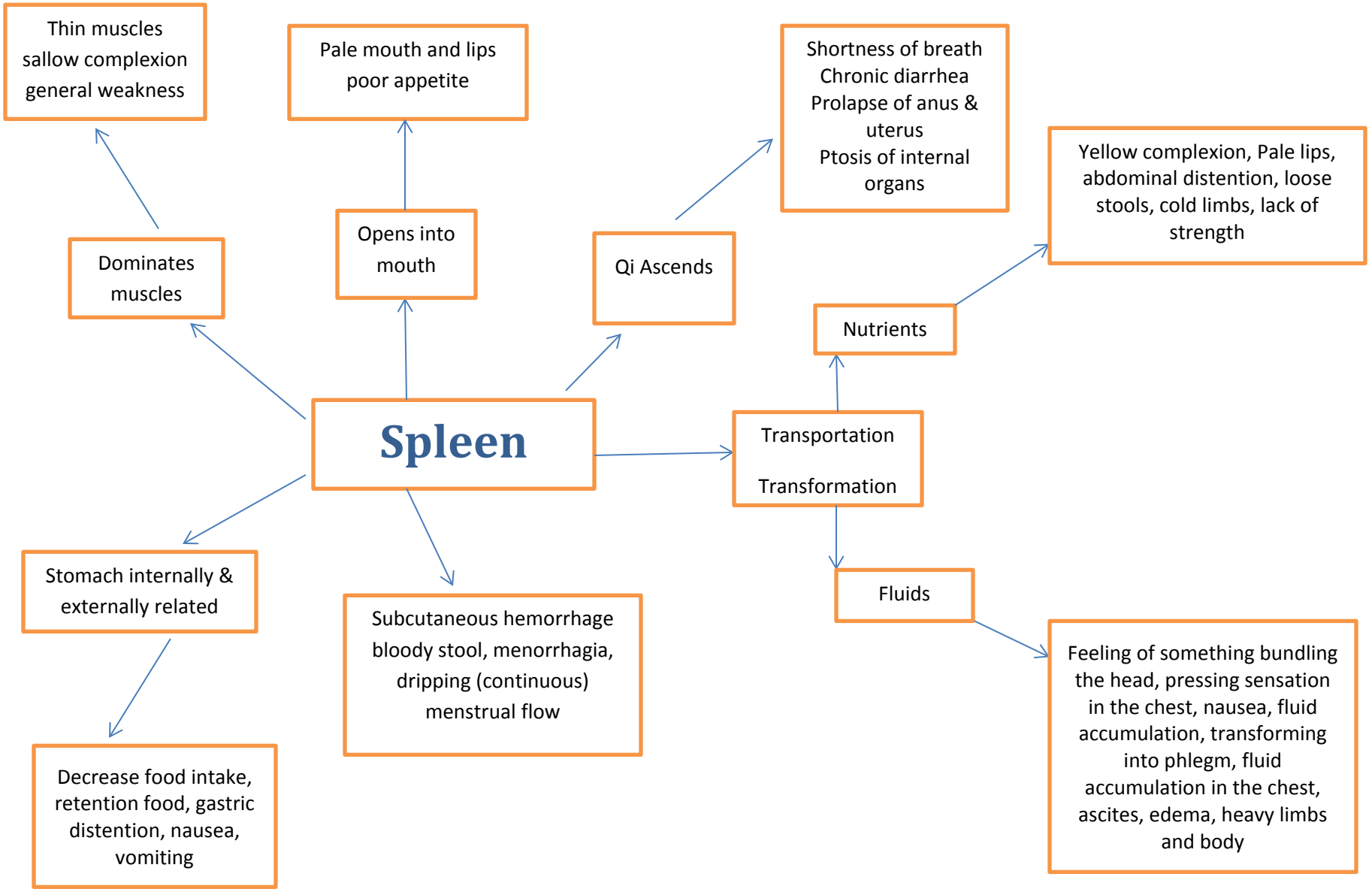
The 8 Extra Meridians

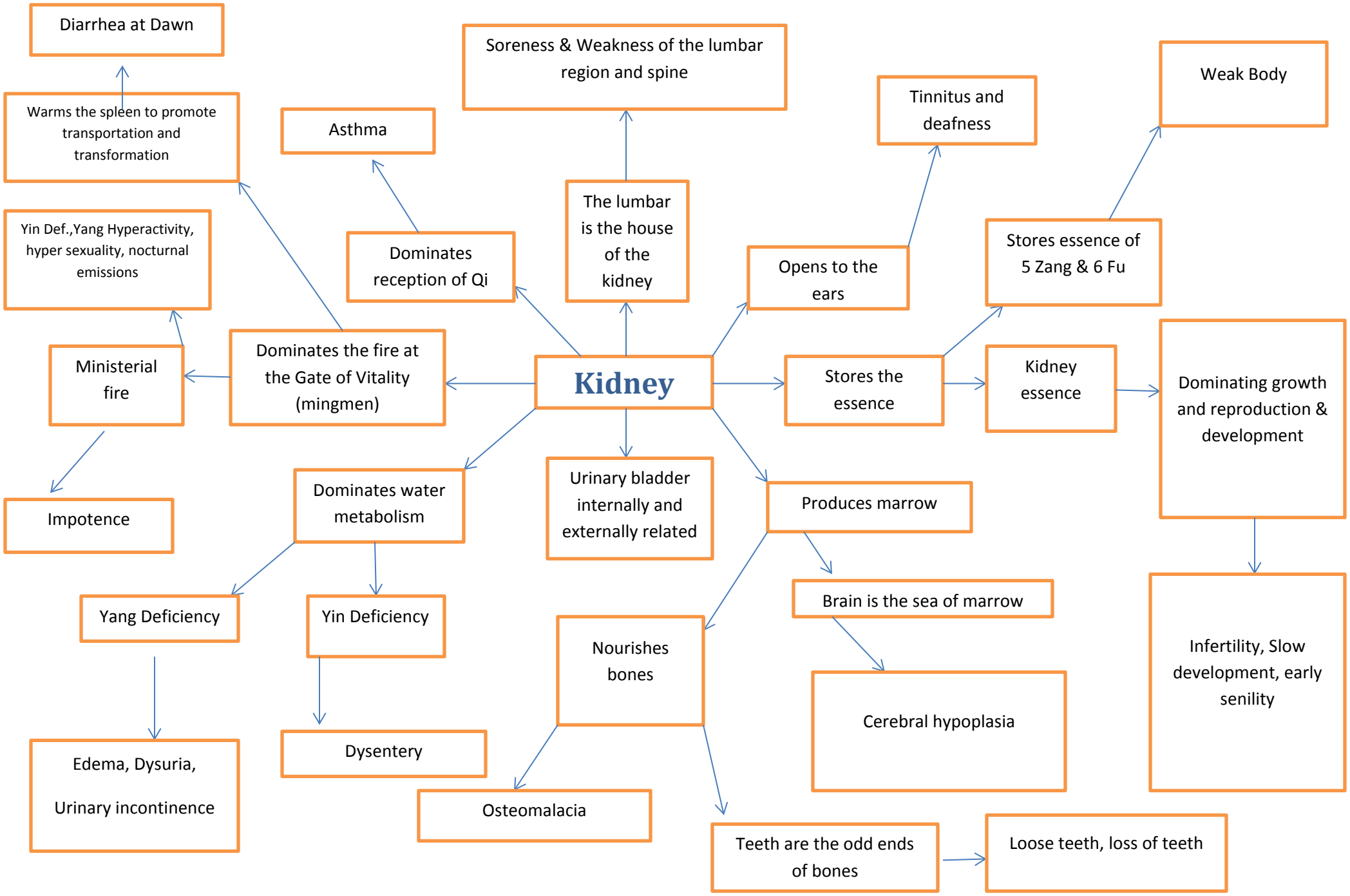
Confluent Point	Extra Meridian	Couple Meridian

Influential Points

Tissue	Influential Point
Zang Organs	
Fu Organs	
Qi	
Blood	
Tendons	
Vessels	
Bone	
Marrow	


Heart
Mental symptoms, mind not clear, illogical speech, insomnia, forgetfulness
Ruddy, lustrous complexion (heart blood sufficiency)
Outward Manifestation in face
Houses the mind
Defecation & Urination disorders
Small intestine, internally & externally related
Dominates blood and vessels
Stagnant blood, irregular beats (pulse)
Dry brittle hair (deficiency of essence and blood)
Opens to the tongue
Pale Tongue (Heart blood def.), Purplish dark tongue w/spots (heart blood excess), red or ulcerated tongue (heart fire), aphasia due to stiffness of tongue (phlegm misting orifices), aphasia due to weakened tongue (draining of heart Qi)


Thin muscles
sallow complexion
general weakness
Pale mouth and lips
poor appetite
Shortness of breath
Chronic diarrhea
Prolapse of anus &
uterus
Ptosis of internal
organs
Yellow complexion, Pale lips, abdominal distention, loose stools, cold limbs, lack of strength
Dominates muscles
Opens into mouth
Qi Ascends
Nutrients
Spleen
Transportation
Transformation
Stomach internally & externally related
Subcutaneous hemorrhage bloody stool, menorrhagia, dripping (continuous) menstrual flow
Fluids
Decrease food intake, retention food, gastric distention, nausea, vomiting
Feeling of something bundling the head, pressing sensation in the chest, nausea, fluid accumulation, transforming into phlegm, fluid accumulation in the chest, ascites, edema, heavy limbs and body


Kidney
Dominates the fire at the Gate of Vitality (mingmen)
Ministerial fire
Yin Def.,Yang Hyperactivity, hyper sexuality, nocturnal emissions
Impotence
Warms the spleen to promote transportation and transformation
Diarrhea at Dawn
Dominates reception of Qi
Asthma
The lumbar is the house of the kidney
Soreness & Weakness of the lumbar region and spine
Opens to the ears
Tinnitus and deafness
Stores the essence
Stores essence of 5 Zang & 6 Fu
Weak Body
Kidney essence
Dominating growth and reproduction & development
Infertility, Slow development, early senility
Produces marrow
Brain is the sea of marrow
Cerebral hypoplasia
Nourishes bones
Teeth are the odd ends of bones
Loose teeth, loss of teeth
Osteomalacia
Urinary bladder internally and externally related
Dominates water metabolism
Yang Deficiency
Edema, Dysuria, Urinary incontinence
Yin Deficiency
Dysentery