**Tung Principles**

- **Tung Point locations:** A finger can be divided by 5 lines longitudinally:
  - division of red and white skin on radial side is A line
  - division of red and white skin on ulnar side is E line
  - C line is the center
  - B is halfway between A and C
  - D is halfway between C and E

- If there are two points on one line, they will be at the 1/3 and 2/3 distance between two interphalangeal creases.
- If there are three points on one line, they will be at the 1/4, 1/3, and 3/4 distance between two interphalangeal creases.

- The only exception is the 1/3 + 2/3 type of location for 2-point units is this pair: Da Jian and Xiao Jian. Da Jian is halfway between MP joint crease and PIP crease, on palmar side of index finger, on B line. Xiao Jian is halfway between Da Jian and the PIP crease, also on the B line. i.e., Da Jian are ⅔ and ⅓ of the distance from the MP to the PIP joint, along the B line. This combo is used for hernia, testicle pain, and problems in Hui Yin area. Similar in effect to Lv-2.

- Tung always retained needles for 45 minutes - very important - and sometimes longer.

- Bleeding is done ipsilaterally. Bleeding needs to be done in muscle area, not in thin skin over or along bone. Chronic diseases respond well to bleeding. Young often bleeds two points, like puncturing two holes in a can of juice to make it flow better. Also uses bleeding of a point in one location to cause opening of another area - e.g., opening the upper orifices to open lower orifices or vice versa. In lots of bleeding diseases, can use bleeding / activating blood to cure - like using guiding herbs. Taiyang channel: often used for bleeding.

- After inserting point, must have patient move the affected region.

- Young: "If needing one side only, for a non-"sided" disease, use right for women, left for men" (Otherwise, generally needle is contralateral).

- Young: "Depth of insertion is very, very important. To treat something farther from the point, use a deeper insertion. The real secret of needle technique is DEPTH. Deeper needle for more chronic conditions. Every point has a heaven, man, and earth depth. Example: Using lower body points for lower body - needle 1 cun deep; for abdomen, needle 1.5 cun deep; for upper body, go 2 cun deep. - Tube insertion gets a needle straight into the heaven depth. To go deeper, manipulate the needle at this level for a while, then go deeper to human level. To go deeper, manipulate the needle again at this level for a while, then go deeper to the earth level. The human level can be used to treat internal and evil Qi. The heaven level is specifically for evil Qi/superficial disorders. Earth level can be used to raise up the Zhen Qi."

- Face points: face can be divided into upper jiao, middle jiao, and lower jiao regions. Forehead region is like upper jiao, brows to GV-26 is like middle jiao, below GV-26 is like lower jiao. Heaven Qi goes in nose (lungs), earth Qi goes in mouth, human in between. If upper face is heaven and lower face is earth, GV-26 is like human’s place - hence the name Ren Zhong - “Man’s Middle.”

- Tung didn’t believe in draining and supplementing techniques, though he did believe in de Qi, though Carson says only minimal de Qi is necessary. However, the thickness of his needles may have precluded the need for much stimulation (<28 ga, oft 22 ga).

- Young says Tung acupuncture is based on relatively loose point location - broad areas - Broad Groups Technique - Dao Ma - 2 or 3 needles in a line or zone for extra stimulation. (E.g., if PC-6 not strong enough, can add PC-5 and 7)

- Coupling points: (better to miss the point than to miss the channel) - using two points side by side ensures you hit the channel. Also intensifies the action of a point to add a coupling point. Coupled points are meant to hit the same meridian - should not be points on two different meridians.

- Can choose points in/adjacent to certain kinds of tissue to treat similar kinds of tissue or the organ that corresponds to that tissue - e.g., St-38 against bone to treat bone spurs. Neck is like a thick tendon - use achilles tendon. Vessel to treat vessels - Lu-9, Lv-3. Skin to treat skin - very shallow needling. Also, needle skin to treat lungs; muscle to treat spleen; bone to treat kidneys; vessels to treat heart; tendons to treat liver.

- Lu-26: (sensitive spot in vicinity of Lu-2, often lateral on deltoid) - Ankle pain or sprain. Use contralateral.

- Lu-5: For tendon problems - needle right nxt to tendon.

- Lu-6: Upper lumbar or lower thoracic pain. Needle or bleed contralateral. Hernioids - bleed.

- Lu-10: Acute asthma. Ying spring points good for acute disease.

- Li-5: Ankle sprain or pain (especially for St-41 area). Use contralateral.

- Li-11: Knee pain. Use contralateral, deep insertion (1.5-2 cm - to Ht-3).

- Li-12 & Li-13: (slightly posterior, more on surface of bone - ashi): Spine or paraspinous pain, usually above the scapula. Use contralateral.

- Li-14: Dizziness related to hypertension, nasal congestion, runny nose, vaginal discharge. Use bilateral.

**SI-21:** For upper back, tracepizis area (GB-21 region) pain, including anterior traditionally located in (men) at the level of the tip of the penis.

**SI-3:** Chest pain, heartburn, stomach/esophagus pain. (Western) heart problems. Use either side.

**SI-34:** Acute stomach pain. Can suppress stomach acid secretion. Can also bleed Si Hua Zhong (4.5" below SI-36) area for stomach pain.

**SI-36:** Hiatal hernia pain, heartburn. Use either side or determine by ashi. Heart disorders. Needle fairly shallow for knee, deeper for stomach, deeper still for lungs/asthma, very deep (over 2 cm) for stroke and to bring Qi down.

**SI-38:** Bone spurs - (see Si Hua Zhong) get right against the bone.

**SI-41:** Shoulder pain (frontal or Yangming), carpel tunnel or wrist pain (palmar). Use ipsilateral. Good with Lv-4.

**SI-43:** Migraine (yangming) headache

**Sp-6:** See Ren Huang.

**Sp-7:** Menopausal problems, especially with irregular menses, cramps. Uterus/ovary problems, infertility. Use either side, determine by ashi.

**Sp-9:** Headache, frontal, summer; GYN/hormone disorders. Use either side, determine by ashi. Nasal headache / sinusitis - with SI-36 and Lu-7 opposite side, LI-3 or LI-4 same side. If blocked, use LI-70 and Yin Tang for temporary relief. Also excess stomach acid, regurgitation, nephritis, diabetis, and proteinuria.

**Sp-9a:** (sensitive spot, usually 1-2 cm below Sp-9): Shoulder pain (lateral deltoid or Shao Yang). Use contralateral.

**Hi-1:** Knee pain.

**Hi-4:** Neck and trapezius area pain. Use contralateral.

**Hi-5:** Sciatic pain. More effective for pain of posterior thigh, GB channel. Use contralateral.

**Hi-8:** Migraine type headache. Use contralateral.

**SI-3:** Neck pain (especially Taiyang type). For one-sided headache, use ipsilateral. For neck pain, either side ashi + opposite Ht-4. Common cold (with SI-2).

**SI-4:** Eye pain - use with SI-2. SI-1 joint pain. Use contralateral.

**SI-6:** Scalp pain, pain between scalp and spine (rhomboids). Use ipsilateral.

**SI-10:** See Ma Jin Shui

**BL-1:** Testicle pain. Use contralateral.

**BL-40:** Lumbar pain, hemorrhoids, occipital headache. Bleed either or both sides (prominent capillaries).

**BL-57:** Upper back pain. Needle or bleed contralateral (or bleed first, then needle). UTI, kidney stones - with K-6, BL-61, Ling Gu, Lu-7, + moxa above SI-5 or around LI-20. BL-65: (region along edge of foot, akin to SI-3 to 4) - Spinal/parspal problems (ashi).

**Occipital headache:** Stiff neck / neck pain - wood point, relates to tendons. Fatigue

**K-3:** Lumbar pain (SI-1 joint area). Use contralateral.

**PC-3:** Thumb pain. Knee pain - especially yangming. Use ipsilateral for both conditions.

**PC-6:** Knee pain. Use contralateral. Good with LV-3 on same side as pain.

**PC-7:** Sciatica, especially on posterior & medial aspect of thigh. Groin pain. Use contralateral.

**PC-9:** Throat pain. Needle or bleed bilaterally.

**SJ-2:** (San Cha San) Needled toward SJ-3, 1"-1.5". Eyes tired or a sensation of heaviness, especially when patient has hepatitis. Use bilateral. Also for sore throat, especially in summer. If pain is one-sided, use ipsilateral, otherwise use either side, with LI-3 on same side as SI-2, and LU-10 on the other side. Common cold. Fatigue. Severe muscle weakness. Itching skin, hives, rashes. Chest/rib pain/presuure. Low back pain. Any disease of the five senses. Upper leg pain/ soreness. Shoulder pain (often ipsilateral as guide point). Neck injury. Nausea/vomiting. Allergies.


**SI-9:** Contralateral hip/lumbar (GB channel) pain.

**GB-38:** Shoulder pain in trapezius area (GB-21/SI-15 area) - 1 to 1½ hour retention. Migraine. Use contralateral.

**GB-31:** Headache, one-sided, especially temporal migraine. Either side, determine by ashi. To treat bone problems, touch the bone - bone spurs - especially for heels. For bone spurs, esp cervical and lumbar, can use combo of GV-26, SI-3, BL-65, GB-31. Best to touch bone with the needle. Bleeding BL-40 will speed up progress. If deficiency, can alternate BL-65 with K-7. If they have a cervical problem combined with numbness in the hands, add Shen Guan.

**GB-32:** TMJ pain. Either side, determine by ashi. Needle all ashi from GB-34 to GB-32 if necessary.

**GB-33:** Elbow pain, tennis elbow - use ashi, not necessarily strictly on the GB channel. TMJ pain. Use contralateral.
GB-34: Rib pain (use with SI-5, 6, 7), hypochondriac pain, lower abdominal pain. Use contralateral for rib pain, ipsilateral for lower abdominal pain.

GB-41: Temporal headache

LV-1: Impotence - liver channel surrounds genital area. Liver blood xu also relates to insufficient blood for erection.

LV-2: Young says: “LV 2 is equal to Long Dan Xie Gan Tang”

LV-4: Carpel tunnel syndrome. If pain radiates to the palm, add K-3 and LV-1. Neck pain/stiff - if pressing on LV-1 or IP joint of big toe causes improvement of neck stiff/pain, needle LV-4.

LV-4 to 5: Needle all ashi points along this line, oblique over the bone, for upper back pain.

CV-24: Neck pain (imagine needling directly through to the back of the neck)

GV-16: Zong Shu in Tung system - 0.8 cun above posterior hairline. Vomiting, disorders of the six fu organs, neck pain, heart failure, cholera morbus, and aphonia.

GV-19: Huo Hui in Tung system - 1.6 posterior to GV-20. Bone tuberculosis, mild headache, dizziness, spinal pain (most effective for pain of T-12, L-1, L-2), napephlema, aphasia due to wind-stroke, hemiplegia, and nerve paralysis.

GV-20: Zheng Hui in Tung system - straight up from ear apex. Tremor of limbs, fatigue, infantile convulsion, deviation of the mouth and eye, hemiplegia, dysfunction of the nervous system, and aphasia due to wind-stroke.

GV-21: Qian Hui in Tung system (1.5” ant to GV-20). Dizziness, blurred vision, distending feeling of the head, and neuroaesthesia.

Taiyang: bleed for oral cancer & afterwards with difficulty swallowing, slight saliva, difficulty opening mouth. Can bleed once a week (don’t know if this frequency matters).

Selected Tung Points

Ba Guan (two points - on either side of proximal phalanx of middle finger just distal to epicondyle (needle both)) Motor or sensory deficit in lower limb - use contralateral with strong stimulation. Can use electrostim for 60 minutes.

Bi Yi - if you follow the crease around the ala nasi around the nostril (from the nasolabial groove to its farthest point) - end of crease, on nose - about even with mid point of nostril. More on the nose than Bi Tang. For fatigue.

Chong Zi: 1.5 lateral and 2 cun distal to SI-36 - common cold, trigeminal nerve problems, Bell’s Palsy.

Chong Men: See Gans Men

Chung Tze (Chong Zi): (on palm, about 1 cun medial to midpoint of web-margin between thumb & index finger on a line drawn from here to PC-7 - ashi) Upper back pain between scapula and spine - use contralateral (usually with Chung Xiong). Asthma in kids - use bilateral. Thoracic problems, especially acute tonsillitis in kids - bleed.

Chung Xiong (on same line as above point, 1 cun further proximal - ashi) Upper back pain between scapula and spine - use contralateral with Chung Cough & pneumonia - use bilateral w/ Chung Cze. Asthma in kids - use bilateral w/ Chung Tze. Knee pain - use contralateral. Both especially effective for pneumonia.

Young says, of Chung Zi, Chong Xiong, the distal one better for back and shoulders, proximal one better for neck and shoulders. Both are – 1 cun from edge of hand, and -1 cun can apart from each other. Have patient cough while inserting needle. Any kind of shoulder pain - posterior, anterior, etc. Even better results if you add CV-24. Use both together for asthma, cough.

Da Bai (about 0.5 cun proximal to LI-3 on Yangming line, Young says is basically LI-3): High fever or asthma in kids - bleed bilateral. Scaticca - use w/ Ling Gu. Tonsillitis, sore throat, headache, face pain, trigeminal neuralgia. Pneumonia: sometimes a bluish vein appears around Da Bai, which can be bled.

Da Jiao: At midpoint of proximal phalanx of index finger (palmar), on B line (i.e., halfway btw midline and radial border of red/white). Heart disease, knee pain, hernia (most effective), pain of the corner of the eye, and a bearing down pain of the testis.

Di Huang: On Spleen line of lower leg, 7 cun up from the medial malleolus (i.e., at or just above the usual location of Sp-7). Nephritis, edema of the limbs, diabetes, strangury, impotence, premature ejaculation, nocturnal emission, involuntary excretion, proteinuria, hematuria, tumor of uterus, irregular menstruation, and low back pain due to deficiency in the kidney.

Ear Apex: Ear apex bleeding is good for either acute OR chronic insomnina. Even just a few drops of blood. Chronic insomnina always due to Ht/K not communicating - bleeding ear apex is indispensable. Si Ni San, Gan Mai Da Zao Tang, Wen Dan Tang - are somewhat analogous to bleeding ear apex. Also bleed ear apex for excessive sweating. Bleed ear apex for any kind of dermatitis. And, of course, Sp-10. Shaoying controls wind - connects to ear apex thru relationship to SI. Taiyang controls cold and water and the exterior - connects to ear apex thru BL channel. Ear apex clears heart fire, gallbladder wind, exterior via taiyang, and basically everything else you can think of, but all good super-magic make everything okay, even good sex.

Fu Ke: a 2 point unit] at 1/3 and 2/3 of distance between MP and PIP joints of thumb, on the ulnar edge, at border of red/white - E line. For infertility (with Huan Chao); best is 3x a week. May take a half a year or more with a woman in her 30's. Do on opposite hands and switch each tx. Fu Ke is reaction are of uterus. uterine pain, fibroid tumors, abnormal menstruation, dysmenorrhea, distension of the lower abdomen, female sterility, amenorrhea.


Gans Men: about on SI channel, along ulna, 6 cun proximal to wrist (i.e. half way from wrist to elbow). Needled “under” the bone (ventral to ulna) & (Cheng Men: same line, halfway between Gans Men and wrist (i.e., 3 cun proximal to wrist). This pair used for liver disease, esp. Acute Hepatitis. ALWAYS needled on the LEFT (for the liver, which is mostly on the right). Can also add SI-4 + GV-9. (Also see hepatitis below)

Gu Guan (in the depression (about 0.5 cun) distal to prominence of scaphoid - ashi): Swollen joints, rheumatoid arthritis throughout body, body swelling, heel pain/spur - use contralateral. Usually w/ Mu Guan.

Huan Chao: At midpoint of middle phalanx of ring finger, on E line (ulnar edge red/white). Uterine pain, uterine tumor, uteritis, irregular menstruation, leukorrhea with reddish discharge, tubal obstruction, retroversion of uterus, frequent urination, vaginal swelling, frequent miscarriage. (Often used opposite Fu Ke) Using both equally, 66.11 - can lower blood pressure, great for frontal headache, distending feeling of head, dizziness, heaviness of the eyes, blurred vision, sore eyelid, heaviness/stiffness of the neck; clears heat from the head. Is at Sp-4 or tiny bit proximal. Also for numbness of the hand, palpitations, foot pain.

Huo Zhe: Like Ling Gu of LV-3. Another for heart disease. Also good for genital area disease and fibroids, inflammation of cervix, vaginal discharge. Combination liver and kidney disease. Bell’s Palsy. Knee pain. Coronary artery disease and MI (considered like a muscle/tendon disease) - especially with Huo Ying, and especially in emergencies. Good for chronic sore throat. Also difficult labor, enlargement of bones (e.g., RA), headache due to heart problems, liver and gastric diseases, neuroaesthesia, heart paralysis, pain of the hands and feet, metritis, and tumors of uterus, knee pain. Also for EMERGENCY conditions.

Huo Bao: (55.01) Great for angina, heart disease. At center of distal crease on underside of 2nd toe. Also for difficult labor, retention of placenta, and liver disease.

Huo Gui: (66.03) 4½ cun distal to the midpoint of the LV line on the thigh. Jaundice, dizziness caused by it, blurred vision, back/spinal pain, and cholecystitis. (See Huo Zhi) Using both of these points: (66.03) ½ cun proximal to LV-2. For heart disease, palpitations. Also dizziness, retention of placenta, enlargement of bones, chin pain, difficulty opening the mouth, coma, metritis, and tumors of uterus.

Huo Zhi: 1½ cun distal to the midpoint of the LV line on the thigh. Jaundice, dizziness caused by it, blurred vision, back pain, and cholecystitis.

Jian Zhong: Center of deltoid. Can treat any genital area problems, knee pain (young prefers Xinmen and PC-6 for knee pain). Also dermatosis (most effective for skin diseases in the neck region), polio (see Li Bai, Yun Bai), hemiplegia, heart palpitations, arteriosclerosis, nose bleeding, and shoulder pain.

Jin Gu: Insomnia. ½ way between LI-3 and LI-4. Especially if irritable sensation in chest. Corresponds to chest in 2nd metacarpal microsystem. Can combine with LV-2 for insomnia and also bleed ear apex.

Jie Xue - slightly above SI-34 - for Qi and blood disharrnony issues.

Li Bai: About 1.2 cun inferior and anterior to the center of the deltoid (Jian Zhong). Body odor, foot and calf pain, lower limb weakness and polio.

Ling Gu: Proximal to LI-4, just distal to the junction of the first two metacarpals on Yangming line: Needled to a depth where it nearly pokes out the palm. Always done before bleeding, at end of tx, either side. Tung felt bleeding had potentially chaotic effect on system & said Ling Gu would restore harmony, prevent any iatrogenesis. Good point to use when you just don’t know what point to use. Scaticca, any leg pain, heel pain (w/ Da Bai & occasionally w/ Zong Bai or SI-3) - for lateral part of leg & low back pain - use contralateral. Also + 2 kidney reflex points: Wan Shan Yu (about SI-3 - 2.5 cun distal to wrist — Young says at SI-3) and Wan Shan Er (1 cun proximal to Wan Shan Yu) [if there seems to be kidney involvement] Could also add a guiding point or two, e.g., an ipsilateral point, such as BL-65 or GB-34 or GB-41 depending on the location of scaticca. Shooting-type pains throughout body (start in one area & project down a limb, channel, or to another part of body, including most dermatome-related pain) - use contralateral. Elbow joint pain - use ipsilateral. Headache, migraine, head area symptoms, Bell’s palsy, tinnitus, hearing impairment (can use w/ or w/o LI-4 or 3) - use bilateral or contralateral. Painful &/or frequent urination - use bilateral. Lower iiao problems in the front or the back, GYN disorders with cramps, all menstrual disorders, difficult delivery, instestinal pain, hypoplasia, oligomenorrhea, polycystic, amenorrhea. Combine with Da Bai for hemiplegia.

Liu Kui: 1½ cun lateral to midpoint of ulnaris (about in line with edge of nose). Urethral disorders - urethritis and stones in urethra. See Qi Kui.
of the kidneys.

Kidney stones, water disorders, lumbar sprain, a pain in the chest on breathing, nephritis, and rhinitis.

In line with lower border of wing of nose and outer canthus of eye. Urinary stones, cystitis, frequency of micturition, pain of the lumbar vertebrae, and rhinitis. Abdominal distension, abdominal pain, and hernia.


BL-60 and Shen Guan also good for chronic bowel issues - especially for early morning diarrhea (men deficiency) - use fire point on water channel (BL-60). Also for Temporal headache, migraines.

Ming Huang: At midpoint of medial aspect of thigh (midpoint of Lv channel on thigh). Hepatocirrhosis, hepatitis, enlargement of bones, spinal periostitis, fatigue due to hypofunction of the liver, soreness of the low back, blurred vision, eye pain, hepatalgia, indigestion, and leukemia (very effective). Often used with Tian Huang and Qi Huang, which are 3 cun proximal and 3 cun distal, respectively.

Mu Guan (level w/ Gu Guan, about 0.5 cun distal to prominence of pisiform - ashi)

Swollen joints, rheumatoid arthritis throughout body, bone swelling, heel pain / spur - use contralateral. Usually used with Gu Guan.

Mu Dou: organ enlargement, poor digestion, hepatitis. ½ cun proximal to the 8a Feng point between the 3rd and 4th toes. The stomach channel has a branch that goes between 3rd and 4th toes (and also one to the big toe), thus this point is between the main St channel and the GB channel, and it has qualities of both earth and wood.

Mu Huo: In center of DIP crease of dorsum of middle finger. Has many same function as Da Bai - Ting Lung. Considered a PC point. Kind of between the wood and fire points of the PC meridian. Needles should point toward the pinky. Retain only 5-8 minutes (is close to a Jing-ash).

Mu Shang: Near MP crease to center point, and 2 are 1/3 and 2/3 between center point and PIP crease.

Qu Ling: 2 cun inferior to Ming Huang on Liver line. Same indications as Ming Huang, plus jaundice.

Qi Kuai: About St-4 (½ cun lateral to corner of mouth). Facial paralysis, hypofunction of the lung, and stones in urethra.

Qu Ling: (Lu-5 - just radial to tendon in depression) Usually bled for frozen shoulder, cough, asthma. Shen Guan also used for frozen shoulder (first point chosen), but if isn't working, add Lu-5 - needle, manipulate vigorously, and withdraw promptly. Principle of treating “into” the tendon to release the tendon - I think really slightly radial to tendon.

Ren Huang: Sp-6. Strangury syndrome, impotence, premature ejaculation, nocturnal emission, involuntary emission, pain of the lumbar vertebrae, neck pain, dizziness, numbness of hands, diabetes, hematuria, nephritis, and low back pain due to deficiency in the kidney.

Si Hua Zhong: 4½” below St-36 or ½” above St-38. Asthma, eye problems, pericarditis / cardiis, cardiovascular sclerosis, and pain on both sides of the heart, cardioplegia (feeling of suffocation and discomfort), acute gastric pain, and swollen and deformed bones, including hands. Also headaches/migraines - needle 2½” deep. Needle 2 3rd for asthma and eye disease. Also bleed for lung fluid from lung tuberculosis.

Si Ma combination: Three points on St channel of thigh, located about 4, 6, and 8 cun above the superior edge of the knee cap. The center point can also be said to be about at the level of GB-31, with the other two points 2 cun above and below. As a whole, they relate to the Lungs. Si Ma Zhong is the center point: Hypochondriac pain, back pain, sciatica and low back pain due to hypofunction of the lung, pneumonia, tuberculosis, chest and back pain due to injury, pleurisy, rhinitis, deafness, tinnitus, otitis, dermatitis, facial paralysis, congested eyes, asthma, breast pain (most effective), hemiplegia, psoriasis, dermatosis, and strain of the lower limbs. Si Ma Shang is the upper point and it has the same indications as Si Ma Zhong. Si Ma Xi is the lower point: Hypochondriac pain, back pain, sciatica and low back pain due to hypofunction of the lung, tuberculosis, chest and back pain due to injury, pleurisy, rhinitis, deafness, tinnitus, otitis, facial paralysis, congested eyes, asthma, breast pain (most effective), hemiplegia, psoriasis, dermatosis, and strain of the lower limbs.

Si Hua Zhong: ⅔” below St-38 (basically St-36), but not directly against bone. Bleed for cerebral arteriosclerosis. Bones spurs of knee cap, heel. When needing, can use sort of “shaving the bone” needling technique.

Si Jia: 5 Tiger - along proximal phalanx of thumb, on radial edge (A line - red/wht) - 5 points: center of the palm, the base of the pinky, and the base of the ring finger. Use for all microsystems. Usually needled perpendicularly with “shaving the bone” needling technique.

Si Jia: 5 Tigress - along proximal phalanx of thumb, on radial edge (A line - red/wht) - 5 points: center of the palm, the base of the pinky, and the base of the ring finger. Use for all microsystems. Usually needled perpendicularly with “shaving the bone” needling technique.
3 Zhong points: Yi Zhong, Er Zhong, San Zhong. Yi Zhong is 3 cun above the lateral malleolus, 1 cun anterior to the fibula (thus slightly anterior to the GB line, at the level of GB-39). The other two points are 2 cun up and another 2 cun up. All three have same uses: Hyperthyroidism due to heart diseases, exophthalmos, tonsillitis, deviation of the eye and mouth (facial hemiparesis), migraine, lungs diseases, cranial tumor, and meningitis. Can be used as a set.

Zhong Guan (between Gu Guan and Mu Guan): GYN, lower jiao, bladder, uterus, ovary problems. Use with Ling Gu on other hand.

3 Zong points: Ren Zong, Di Zong, Tian Zong (Human/Earth/Heavenly Ancestor). 3, 6, and 9 cun superior to Lu-5, respectively. Great for EMERGENCIES - heart attack, etc. Lay arm open (forearm supine) to locate the points - along inside edge of humerus - up from Lu-5 (3 cun, 6 cun, 9 cun up); then bend the elbow and lay over chest (as when locating the LI points on the forearm) to needle the point, as though the LI channel, so tissue will be softer. The top point is basically level with the axillary crease, but is along humerus (medial edge). Di Zong also for Yang depletion, heart disease, and arteriosclerosis. And Tian Zong also for vaginal itching or pain, leukorrhea with reddish discharge (quick response), calf pain, polio, body odor, and diabetes.

Properties of Command Points

Jing-well points: Super acute conditions. Especially emergencies, also acute cold, sore throat, stroke, etc. Bleeding jing-well points has effect of connecting yin and yang.

Jing-river points - use when there are color changes - urine color / skin color / complexion color changes. E.g., face reddening with pneumonia - use Lu-10. Jing-spring for any inflammation along meridian - e.g., St-44 for Stomach inflammation.

Ut: Lv-2 (urine color changes). Ht-8 - especially for hives, dermatitis, skin color changes.

Shu-Stream points treat pain - acute or chronic - along a meridian. Can treat any joint pain. - LI-3 for LI channel pain. - BL-65 for back pain, waist pain, hip pain, etc. - SJ-3 good for pain along back and the side of the body. Shu-Stream points treat diseases that come and go. Shu-Stream points are in the middle of the 5 Command points. (Jing-River and Re-Sea points are somewhat slower to act than Jing-Well and Ying-Spring points, which are fairly immediate in their action.) Shu-Stream points, middle in action, are appropriate for most diseases. They are wood points on Yang meridians and Earth points on Yin meridians. Also useful for diseases which are half in / half out - like Shaoyang disorders & Xiao Chai Hu Tang. In addition to treating a contralateral distal point (e.g., left Li Gu for right hip pain) can use an ipsilateral distal point on the same channel as problem area (ash). Young often uses a shu-stream point as the ipsilateral point. An ipsilateral point on a limb (for that limb) should be Ying-xue or shu-stream point.

Jing-River points - metal on Yin meridians - good for metal issues - asthma, cough, etc.

Jing-river points also good to bleed.

Re-Sea points are important when disease enters the fu organs. Half of them are water points - related to jing/renal - not the other half of them are earth points. - Lu-5 - asthma - LI-11 - diarrhea - St-36 - nausea, vomiting - Sp-9 - hiccups, acute regurgitation, rebelling Earth Qi. Treats water and earth.

Nephritis, diabetes. Difficulty urinating. Frequent urination is like the "jing-well" point of the CV meridian in effect - last point. K-5, as xi-cleft, is best point for regulating Qi and blood in this meridian.


Multiple Sclerosis: Main points: GB-34, Sp-6, BL-23. Also St-36, Li-11, K-3, BL-20, GV-20, GB-20. Two groups of Tung points are used: Shen Guan + Xia San Huang and Shang San Huang + Si Ma.