

Five Transporting Points/Five Shu Points

The Five Transporting Points								
Channel	Well	Gushing	Transporting	Traversing	Uniting	Yuan-Source	Luo-Connecting	Xi-Cleft
	Jing-Well	Ying-Spring	Shu-Stream	Jing-River	He-Sea			
	Yin - Wood Yang - Metal	Yin - Fire Yang - Water	Yin - Earth Yang - Wood	Yin - Metal Yang - Fire	Yin - Water Yang - Earth			
Lung	LU11 Lesser Shang Shao Shang	LU10 Fish Border Yu Ji	LU9 Supreme Abyss Tai Yuan	LU8 Channel Gutter Jing Qu	LU5 Cubit Marsh Chi Ze	LU9 Supreme Abyss Tai Yuan	LU7 Broken Sequence Lie Que	LU6 Maximum Opening Kong Zui
Pericardium	PC9 Middle Rushing Zhong Chong	PC8 Palace of Toil Lao Gong	PC7 Great Mound Da Ling	PC5 The Intermediary Jian Shi	PC3 Crooked Marsh Qu Ze	PC7 Great Mound Da Ling	PC6 Inner Gate Nei Guan	PC4 Xi-Cleft Gate Xi Men
Heart	HT9 Lesser Rushing Shao Chong	HT8 Lesser Palace Shao Fu	HT7 Spirit Gate Shen Men	HT4 Spirit Path Ling Dao	HT3 Lesser Sea Shao Hai	HT7 Spirit Gate Shen Men	HT5 Penetrating Inside Tong Li	HT6 Yin Cleft Yin Xi
Spleen	SP1 Hidden White Yin Bai	SP2 Great Capital Da Du	SP3 Supreme White Tai Bai	SP5 Shang Mound Shang Qiu	SP9 Yin Mound Spring Yin Ling Quan	SP3 Supreme White Tai Bai	SP4 Prince's Grandson Gong Sun	SP8 Earth Pivot Di Ji
Liver	LV1 Big Mound Da Dun	LV2 Moving Between Xing Jian	LV3 Great Rushing Tai Chong	LV4 Middle Seal Zhong Feng	LV8 Spring at the Bend Qu Quan	LV3 Great Rushing Tai Chong	LV5 Woodworm Canal Li Gou	LV6 Central Capital Zhong Du
Kidney	KD1 Gushing Spring Yong Quan	KD2 Blazing Valley Ran Gu	KD3 Supreme Stream Tai Xi	KD7 Returning Current Fu Liu	KD10 Yin Valley Yin Gu	KD3 Supreme Stream Tai Xi	KD4 Great Bell Da Zhong	KD5 Water Spring Shui Quan
Large Intestine	LI1 Metal Yang Shang Yang	LI2 Second Space Er Jian	LI3 Third Space San Jian	LI5 Yang Stream Yang Xi	LI11 Pool at the Crook Qu Chi	LI4 Joining Valley He Gu	LI6 Veering Passage Pian Li	LI7 Warm Flow Wen Liu
San Jiao	SJ1 Rushing Pass Guan Chong	SJ2 Fluid Gate Ye Men	SJ3 Central Islet Zhong Zhu	SJ6 Branch Ditch Zhi Gou	SJ10 Heavenly Well Tian Jing	SJ4 Yang Pool Yang Chi	SJ5 Outer Gate Wai Guan	SJ7 Ancestral Meeting Hui Zhong
Small Intestine	SI1 Lesser Marsh Shao Ze	SI2 Front Valley Qian Gu	SI3 Back Ravine Hou Xi	SI5 Yang Valley Yang Gu	SI8 Small Sea Xiao Hai	SI4 Wrist Bone Wan Gu	SI7 Upright Branch Zhi Zheng	SI6 Nourishing the Old Yang Lao
Stomach	ST45 Strict Exchange Li Dui	ST44 Inner Courtyard Nei Ting	ST43 Sunken Valley Xian Gu	ST41 Stream Divide Jie Xi	ST36 Leg Three Miles Zu San Li	ST42 Rushing Yang Chong Yang	ST40 Abundant Bulge Feng Long	ST34 Ridge Mound Liang Qiu
Gallbladder	GB44 Foot Hole Yin Quao Yin	GB43 Clamped Stream Xia Xi	GB41 Foot Above Tears Zu Lin Qi	GB38 Yang Support Yang Fu	GB34 Yang Mound Spring Yang Ling Quan	GB40 Ruins Mound Qin Xu	GB37 Bright Light Guang Ming	GB36 Outer Mound Wai Qiu
Urinary Bladder	UB67 Reaching Yin Zhi Yin	UB66 Passing Valley Zu Tong Gu	UB65 Restraining Bone Shu Gu	UB60 Kunlun Mountains Kun Lun	UB40 Supporting Middle Wei Zhong	UB64 Capital Bone Jing Gu	UB58 Fly and Scatter Fei Yang	UB59 Instep Yang Fu Yang

Jing-Well

Needling Jing-Well points is like drawing water from a well. Remove one bucket of water and it is replaced. The level does not rise or fall; it never overflows, but must be drawn from.

Jing-Well points correspond with the top of the head, the yin orifices and the area below the heart. They treat the zang/fu organs and issues that originate in the organs, not the channels. They are especially used for acute, severe or emergency conditions; they are located on the extremities and are more often bled than needed. Bleeding the Jing-Well

points (or the fingertips) drains fullness and opens the channels. All twelve meridians begin and end at the Jing-Well points, and if the pathways are not communicating, bleeding the Jing-Well points will bridge them. Whether bleeding or needling, the needle retention time is short. The yang Jing-Well points are metal, and the yin Jing-Well points are wood; thus, they correspond to Lung and Liver. While metal regulates qi, wood controls wind and stores the blood.

Jing-Well points are used for the following reasons and conditions:

- To drain fullness and heat
- To open the orifices and channels
- To treat the zang/fu organs
- To stop bleeding
- In acute conditions (sudden onset), to disperse wind in the head and restore consciousness
- Severe or emergency conditions
- Sudden emotional changes (changes in face color from emotions)
- Phlegm masking the orifices
- Mental illness or mania
- Convulsions
- Coma or unconsciousness
- Stroke
- Heat stroke
- Acute infections
- Sudden severe pain
- Chest oppression

Examples of frequently used Jing-Well points:

- For sore throat, bleed LU11 and LI1 to clear heat in the lungs.
- As part of a coma resuscitation protocol, use KD1.
- For Liver wind rising with or without convulsions, use KD1, the wood point on the Kidney meridian.
- As part of a labor induction protocol, thread a needle from KD1 to LV3.
- To ease labor or to turn a breech presentation, moxa UB67.
- For yang collapse (a type of stroke), moxa PC9 and SJ1.
- For insomnia, bleed or needle GB44.
- To stop deficient bleeding, moxa SP1 and LV1 (the Liver stores the blood, and the Spleen controls bleeding).
- LV1 Da Dun is a Jing-Well point that clears heat, frees the channels and calms the spirit. It is a wood point on a wood channel, and it opens the orifices and drains dampness. It is a good point to relieve stress from nervousness and the best point for impotence, because the Liver channel passes through and around the genitals.
- 55.01 Fire Bag is an emergency point that is bled for myocardial infarction, excess epileptic seizures (not for deficient type), retained placenta, and nonstop bleeding after delivery or traumatic injury.
- 11.16 Fire Knee (textbook SI1) is the Jing-Well metal point on a fire channel, and has the Reaction Area of Heart. It has the functions of opening the orifices,

clearing heat, and opening the Heart, and it is used for resuscitation and mental illness.

- Wood Fire (Mu Huo) is found on the dorsal intersection of the distal and middle phalanx, on the middle finger. Because Wood Fire strongly warms the yang, opens the orifices and disperses cold, it is extremely useful in post-stroke circumstances. *Please see needle cautions in Volume One.*

Note: I often bleed the fingertips instead of the Jing-Well points, especially in an emergency, because it is less painful and produces more blood. When bleeding the fingertips, it is better if the patient's hand is hanging down (below their heart) rather than elevated, so that gravity assists the flow. Bleed in a warm room or on a warm day for better circulation. Before puncturing, "milk" the fingers to get better blood flow in the tips.

Dr. Lonny Jarrett adds an interesting metaphysical perspective: "Jing-Well and Ying-Spring points deal with the nervous system. The Jing-Well points stimulate the nervous system and through this one's consciousness. If a patient needs to receive a message at the level of consciousness, the Jing-Well point will get it there." He continues, "The Ying-Spring point of each channel (especially the yang channels) calms the nervous system and can have a relaxing and hypnotic effect."

Ying-Spring

A metaphor for the Ying-Spring points is that they are like water gushing from a spring on its own. It does not have to be pumped or drawn, and it has a shallow, small flow.

Ying-Spring points correspond to the five orifices on the face (both eyes, nostrils, and the throat) and treat febrile diseases, external conditions, and meridian issues. The yin Ying-Spring points are fire, and the yang points are water; thus, they correspond to the Heart and Kidney. Although the conditions treated by the Ying-Spring points are acute, they are less acute than those treated by the Jing-Well points. Therefore, they are used for conditions not in the category of stroke or in conditions that manifest acute changes in consciousness, with the one exception of fainting from needling.

Ying-Spring points are used for the following reasons and conditions:

- To treat febrile diseases
- To clear excess heat (especially when the skin or mucus membranes become red and inflamed)
- To help loosen stiff or inflamed joints
- Changes in face color, not from emotions

Examples of frequently used Ying-Spring points:

- LU10 (22.11) and LI2 clear heat in the lungs, pneumonia, acute bronchitis with red cheeks.

- Use HT8 (22.10) for fainting from needling (significantly paler face) or to release a stuck needle.
- Use HT8 (22.10) for itchy rashes (itching belongs to the Heart), and change of skin color (red).
- Needle A.04 San Cha Three (water) and LU10 (fire) for common cold, flu and related headache.
- SJ2 adjusts the qi of all three jiao.
- 11.17 Wood (Anger) treats psoriasis on the hands, sinus congestion, or tearing eyes.
- 11.23 Yellow Eyes is used for jaundiced eyes.

Note: Ying-Spring points may be used as Guiding Points, but Shu-Stream points are typically chosen. Both Ying-Spring and Shu-Stream points treat external conditions and meridian problems.

Shu-Stream

Shu-Stream points offer a substantial flow of qi with a definite direction.

Yang meridian Shu-Stream points are wood, and the yin points are earth; thus, they correspond to the Liver and Spleen. The yang (wood) Shu-Stream points correspond to the circulatory system, while the yin (earth) Shu-Stream points are also the Yuan-Source points, connected with the primordial influences of Yuan (Source) qi and the San Jiao. They correspond with the joints of the body and the five facial orifices, the neck and the lumbar areas, and chronic conditions. Shu-Stream points are the most frequently used of the Transporting Points because they are best for joint pain from wind (wood) and damp (earth), which tends to come and go. Shu-Stream points are considered for intermittent and/or half-internal, half-external conditions, but they are not limited to the treatment of pain.

Dr. Young notes that the Shu-Stream points are located in the middle of the Five Transporting points. While the Jing-Well points are used for acute conditions, and the He-Sea points are for chronic conditions, the Shu-Stream points treat those that fall between these extremes. Shu-Stream points may be added to any treatment to enhance its therapeutic effect. For example, 66.05 Golden Gate (Tung's ST43) will treat any type of stomach disease.

Dr. Young also speaks in terms of the Horary system: "If a disease or symptom only occurs or worsens during a certain time of day, choose the Shu-Stream point that corresponds with that time, to treat it. For example, if a patient awakens with shortness of breath around 3am every night, choose LU9 Tai Yuan to treat it because the Lung meridian is most active between 3-5am. Whatever the condition, treat it using the Shu-Stream point related to the time of day when it is worst." (Dr. Young, 2008).

Shu-Stream points make excellent Guiding Points because of their solid effect on dispersing wind, damp or cold in the channels, which also explains their effectiveness for pain or heaviness in the joints. Many other points may be chosen as Guiding Points (*please see our chapter on Guiding Points*); however, 90% of the time I choose a Shu-Stream point.

Many of Master Tung's Shu-Stream points are relocated closer to the bone, so that they will also lend a Kidney tonification function to the point (bone-treating-bone). For example: 22.04 Da Bai (Tung's LI3), 66.05 Golden Gate (Tung's ST43), 66.09 Water Curve (GB41), 66.04 Fire Master (Tung's LV3).

Ying-Spring and Shu-Stream points both treat external channels and external attack.

Shu-Stream points are used for the following reasons and conditions:

- Chronic conditions with symptoms that come and go
- Heaviness in the body with joint pain from wind (wood) and damp (earth)
- Pain from arthritis (worse in cold weather)
- Tendons (because wood controls tendons)
- Muscles (because earth controls muscles)
- Intermittent fever
- Intermittent headache
- Intermittent shooting nerve pain
- Malaria
- Epilepsy

Examples of frequently used Shu-Stream points:

- For headaches, use UB65 Shu Gu vertex, 66.05 Golden Gate (Tung's ST43) frontal, 66.09 Water Curve (GB41) migraine (opposite side).
- For shoulder pain (cannot turn the arm or raise it to the side), use the Guiding Point 22.06 Zhong Bai (Tung's SJ3), a wood point treating tendons, on the same side when employing opposite-side 77.18 Shen Guan as a distal Chief Point/ treating point.
 - For the Yang Ming channel, use the Guiding Point 22.04 Da Bai (Tung's LI3).
 - For the back of the shoulder, use SI3 Hou Xi as a Guiding Point.
- For knee pain, use opposite-side PC6 with LV3 on the same side as a Guiding Point.
- 22.04 Da Bai treats headaches, facial pain, shoulder pain and sciatica.
- 22.06 Zhong Bai (Tung's SJ3) treats migraine headache, shoulder pain and lumbar pain.
- 66.04 Fire Master (Tung's LV3) treats diseases of the nose and throat.
- 66.05 Golden Gate (Tung's ST43) treats headache and stuffy nose.

Jing-River

Jing-River points offer a very strong and broad flow that can carry more qi.

The yin Jing-River points are metal, and the yang points are fire; thus, they correspond to the chest, Lungs and Heart. They may be chosen to treat slow onset (chronic) diseases, primarily when there is a change in the speech, voice or sound, such as asthma or vomiting, and particularly those changes relating to the lungs, throat, tongue, mouth or teeth. Jing-River points are used to treat chills, fever, and exterior wind patterns, and are frequently employed in cases of paralysis, spasm or pain in the limbs as they have a particular effect on tendons, ligaments and joints.

Jing-River points are used for the following reasons and conditions:

- Changes in the voice or sound
- Speech difficulty resulting from loss of balance in the organs
- Asthma, cough and throat (due to pathogenic cold and heat)
- Chills and fever
- Vomiting
- Diseases of the sinews and bones
- Paralysis or spasm of the limbs

Examples of frequently used textbook Jing-River points:

- LI5 treats sore throat or hoarseness.
- UB60 treats toothache.
- HT4 or PC5 (both metal points on fire meridians) treat sudden loss of voice due to Heart imbalance, hoarseness and speech difficulties.
- KD7 and UB60 treat wheezing.

Many of Master Tung's points are located between the Jing-River and He-Sea points. Both 33.08-33.09 Arm Five Gold/ Arm Thousand Gold and 77.24-77.25 Leg Five Gold/ Leg Thousand Gold are prime examples of this, and both are extraordinary in the treatment of throat diseases.

Other good examples of Tung's points found between the Jing-River and He-Sea points are: 33.01-33.03 This Door/This Corner/This Uprightness, 33.04 Fire Threaded (SJ6), 33.05 Fire Mound, 33.06 Fire Mountain, 33.07 Fire Bowels Sea, 33.10 Intestine Gate, 33.11 Liver Gate, 33.12 Heart Gate, 33.13-33.15 Three Scholars, 77.05-77.07 Three Weights, 77.08-77.14 Four Flower Points and 77.18-77.21 Three Emperors.

He-Sea

Here, the qi spreads and unites with the whole body's qi, as a river merges into the sea. He-Sea points tap the body's most extensive energetic resources and regulate its overall functioning. These points are located closer to the trunk where the qi is great and deep, so they treat zang fu organs, both earth and water.

The yin He-Sea points are water, and the yang points are earth, corresponding to Kidney and Spleen, especially because of their location in thicker muscle (muscle

treating muscle and Spleen). Yang channel diseases relate to earth and postnatal qi (digestive diseases), joints and tendons. Yin channel diseases relate to water and prenatal qi. If the quality of the disease is difficult to describe, it is usually prenatal, so we treat the Kidneys. He-Sea points are often selected to treat chronic diseases because these always affect the Kidneys, whether the origin is qi, yin, yang, or blood.

For zang fu organ diseases (which are usually chronic and with slow onset), needles are retained for a longer period of time (as with 77.08 Four Flower Upper [ST36]). If there is blood stasis in the vessels, bleeding techniques are applied to the He-Sea points because they are great reservoirs of qi and blood, and bleeding does not deplete them. Two of the most powerful bleeding points are the He-Sea points UB40 Wei Zhong and LU5 Chi Ze.

He-Sea points are used for the following reasons and conditions:

- Treatment of zang fu organs
- Acute or chronic issues
- Internal problems (because the qi is deeper, needling is okay but bleeding is better)
- Qi stagnation, qi reversal or when the qi is not smooth
- To regulate the bodily fluids (emission or retention)
- Pain, spasm and paralysis of the limbs

Examples of frequently used He-Sea points:

- LU5 is good for diarrhea, cough and asthma (water point on metal meridian clears fire).
- LV8 reverses Liver qi.
- GB34 treats hypertension, tendons and ligaments, Shao Yang headache and neck pain.
- LI11 treats dizziness and hypertension (LI/LV special relationship).
- SP9 treats diarrhea and resolves hiccups.
- ST36 treats diseases caused by irregular eating, gastroenteritis and constipation.
- Use SP9, 77.18 Shen Guan for acid reflux.
- ST36, SP9, LU5, LI11 treat diarrhea.
- ST36, SP9 and LI11 enhance digestion, metabolism and respiration.