

## Five Element / (phases) points - Shu transporting points

- Well (Jing or ting)
- Spring (Ying spring)
- Stream (Shu stream)
- River (Jing river)
- Sea (He sea)

The ancient Chinese saw the *qi* flow of the body in relationship to their everyday existence. Water is fundamental to any agrarian, rice-based community and became the metaphor for many point classifications. Meridians, also called channels, are described in terms of irrigation and water courses. Like an irrigation channel transporting water to a lush rice paddy, meridians transport *qi* and blood to the terrain of the body.

Located on the twelve main meridians and rooted in five element/phase theory the transporting points are located on the lower limbs near joints. Beginning with well, (*jing*) points, located distally on or near the coronary band,

flow up the legs to the elbow on the fore limb and the stifle on the hind limb.

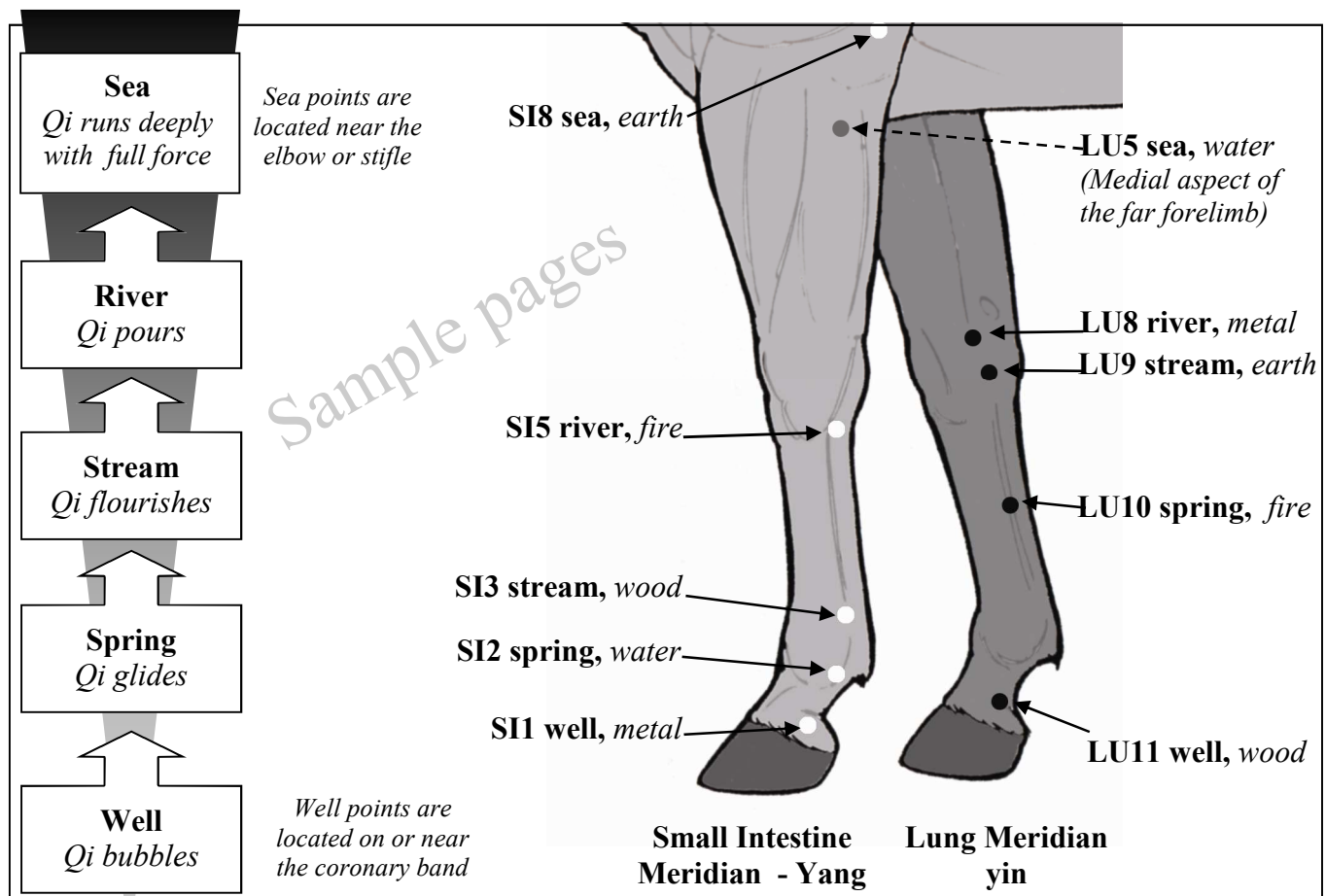
According to Five element / phases system, *qi* originates quiet and still like water in a well bubbles up from the deep crevices of the earth. Increasing in movement, *qi* gushes and glides at the spring points. *Qi* flourishes and flows at the stream points gaining vigor and volume *qi* pours at River points finally converging, uniting and running deeply with full force into the Sea points. Together they represent the growth of *qi*.

### Well

**Location:** on or near the coronary band. The *well* point is the first or last point on a meridian.

### Function:

- 1) Exert a strong impact on opposite end of the meridian to clear heat, excess and pain
- 2) Treat internal organs
- 3) *Shen* disturbances (anxiety fear, lack of concentration)
- 4) *Well* points are useful diagnostically checking for excess or deficiency in a channel.



# Lung

## Function:

- The lungs govern respiration.
- Governs *qi* Spreads *qi* all over the body (descend and disperse)
- Controls skin and body hair
- Regulates the water passages
- *Wei qi*

**Element:** Metal, *yin*

**Season:** Autumn

**Body parts:** Respiratory system, skin, pores and body hair, opens into the nose

**Emotion:** grief, loss and sorrow, holding onto past experiences/history

**Climate:** dryness and cold

**Husband:** Large intestine

## Patterns/indications

- **Respiratory conditions of all types**
- **Coughs - Chronic and acute**
- **Heaves**
- **Allergies (respiratory and skin)**
- **Dermatology issues**
- **Frequent respiratory infections**
- **Weakened immunity (*wei*)**
- **Chest pain**
- **Knee pain (carpal)**

The lungs are where the *qi* of the outside world is welcomed into the body, connecting the interior body with the outside world. Hence the name “Receiver of pure *qi*.”

The lungs govern respiration. The lung meridian encompasses the entire respiratory system including the nose, sinuses, pharynx, larynx, throat and trachea. The lung is considered the most forward (most *yang* positioned) of the *yin* organs.

Lungs take food *qi* (*gu qi*) from the spleen and mix it with air (better word - breath?) combining and circulating that *qi* to all parts of the body to nourish tissues and promote all physiological functions. The lungs circulate this and other *qi* all over the body

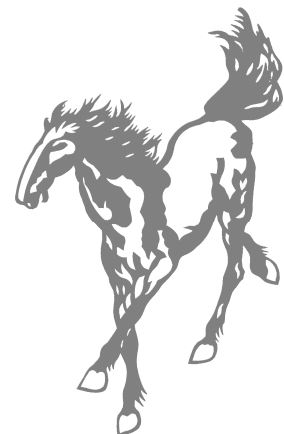
The nose is much like a screen door to the body. A screen door allows fresh air to enter and circulate while simultaneously allowing stale air from the interior to exit, all while filtering out particles, bugs and dust. The nose maintains a similar function. The lung is the first place where inhalants, allergens and pathogens can enter the body it easy to see its association with immunity or *wei qi*. The lungs dislike cold and prefer warmth.

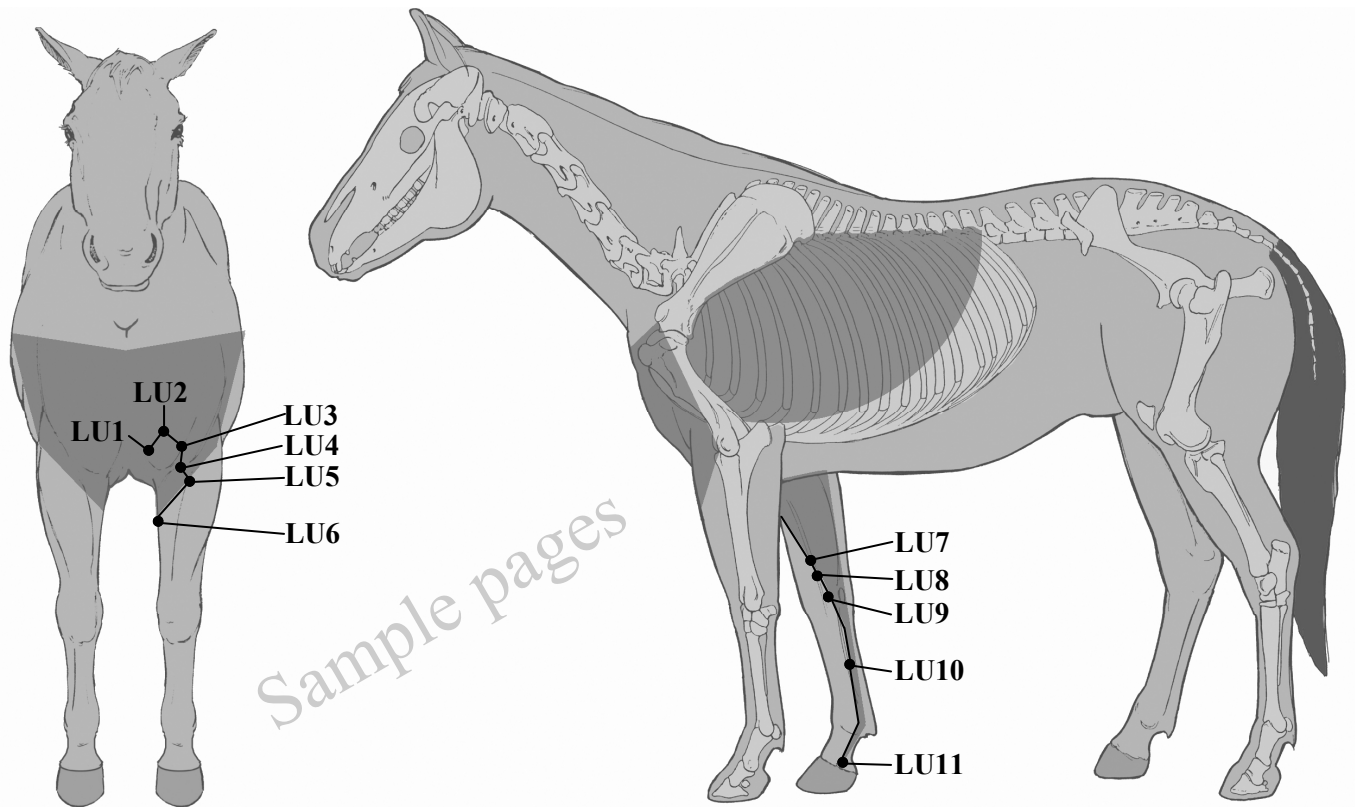
The lungs also rule the skin, hair and pores. Skin, hair and sweat glands located on the surface of the body serve as a protective barrier; *wei qi* circulates there, protecting the body against external pathogens/invaders. Frequent colds, excessive perspiration and skin allergies are a sign of weakened *wei qi* or lung deficiency.

## Meridian /Location

The lung meridian originates in the lung organ. Arising from the apex of the lung, the meridian surfaces just lateral to the center of the chest in the pectoral muscle at LU1; travels up to LU2 and then downward over the chest; down the medial, shady side of the foreleg; terminating at the caudal, medial heel. An internal, secondary branch flows up the neck connecting all the above mentioned organs and connecting with the nose near LI20.

The Tendo-muscular meridian (TMM) encompasses the yin aspect of the chest and spreads anteriorly over the lungs, connecting with the diaphragm.





Point	Name Type of point	Function and use
LU1	<b>Central Storehouse</b> Alarm pt,	Function: treats all aspects of lung function, cough, heaves, pain in the chest, costal area, shoulder or withers
LU2	<b>Cloud Gate</b>	Function: similar to LU1
LU3	<b>Celestial Storehouse</b>	Function: similar to LU1
LU4	<b>Guarding White</b>	Function: similar to LU1
LU5	<b>Cubit Marsh</b> Water, sea, sedation	Function: Clears heat, <b>phlegm</b> and congestion of the lung. Useful for any lung related problem. Nourishes tendons, sinews and treats pain around the elbow (water nourishes wood) Behavioral – Clears excess grief and fear.
LU6	<b>Collection Hole</b> Accumulation	Function: <b>Acute respiratory conditions.</b> Clears heat, stops bleeding (nose bleeding), chest pain, coughs, fevers, shoulder or elbow pain, pain along the tendo- muscular meridian. Behavioral – clears excess grief and fear
LU7	<b>Broken sequence</b> Master pt—Head, neck & withers, connection pt. to LI	Function: Master point for the head and neck. Treats facial cervical, neck, wither pain or paralysis Nourishes the essence of the lungs, builds immunity by circulating <i>wei qi</i> , (great for autumn tune ups). Opens the nose. Connects to the lg. intestine.
LU8	<b>Meridian Ditch</b> Metal, river, horary	Function: Treats sore throat, coughs, COPD heaves, local carpal pain. Treats sinews and bones of the Lung channel.