

Figure 6.7

The most frequent application of the Shu-Mu subsystem represented in this text is activation of the energy of one or several organs by using their Shu points as the initial input at a treatment session. This is

performed prior to a more comprehensive treatment involving a principal meridian subcircuit, curious meridians, five phases, or an energetic equilibration input. The Shu points needed are selected according to the overall treatment plan, and are almost always tonified by hand, although heat or electricity may be added.

An example of a preparatory treatment using the Kidney Shu and Mu points is given in the case of **Stephan Boyer**, a patient with marked Kidney energy deficiency manifesting as premorbid symptoms and signs in many aspects of the Kidney sphere of influence (his case is presented as the Shao Yin Water patient in Chapter Twelve and is treated in Chapter Thirteen). Given his overall depleted condition, a preparatory treatment to tonify the Kidney Mu and Shu points to activate Kidney energy is appropriate. You accomplish this by piquing bilaterally GB-25, the Mu point, and BL-23, the Shu point (Figure 6.7). After insertion and brief tonifying manipulation of the needles, you attach the Mu point needles to the negative leads of an electrical stimulating device, and the Shu point needles to the positive leads, and you pass a low-frequency tonifying electrical current between the needle pairs (Figure 6.8).

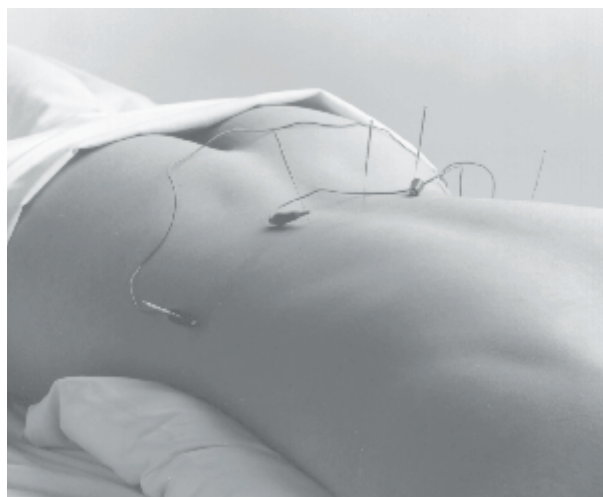


Figure 6.8

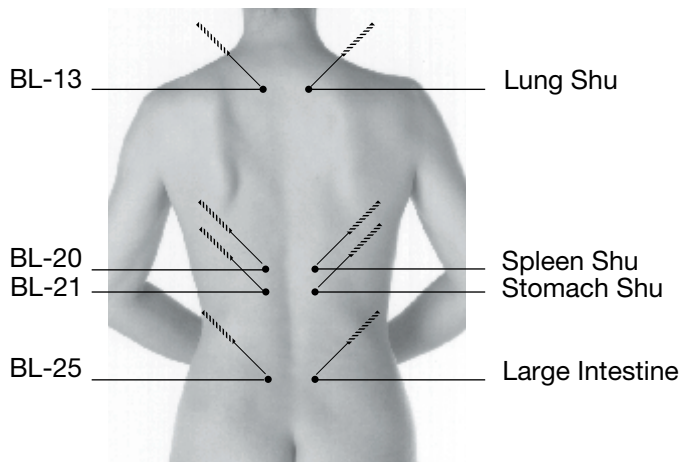


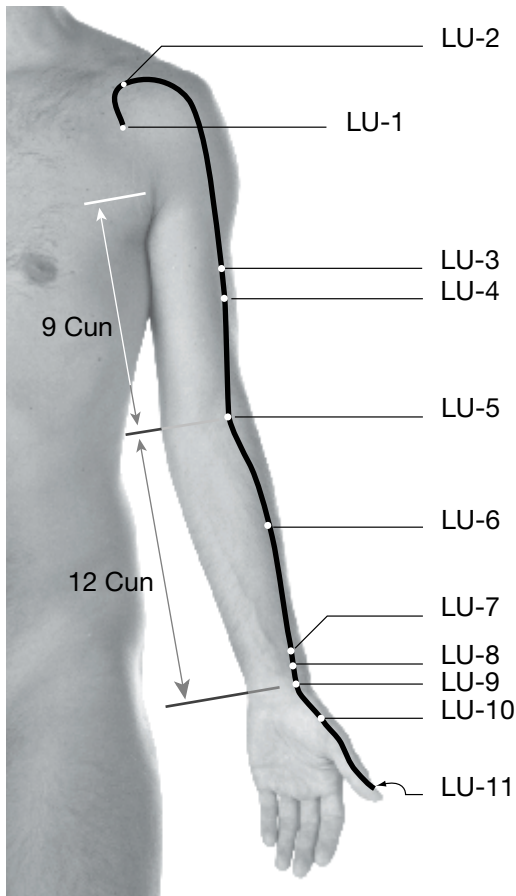
Figure 6.9

The customary approach in electrically stimulating Shu and Mu points together is to create the electron flow from the Mu point (negative lead, introduction of electrons) to the Shu point (positive lead, attraction of electrons). This tonification input is direct and

strong, and should not last more than five to ten minutes, to avoid adverse reactions from too much sudden stimulation. Following the removal of the needles, friction can be applied to the skin around the points, by using the side of the hand firmly enough to create a warm erythema. This action brings the deep energy to the surface and makes it available to flow through the Shao Yin - Tai Yang subcircuit when the energy movement program is in place.

Another example of Shu-Mu preparatory treatment is that of **Dineesha Washington**, who is introduced in Chapter Four with a burned hand, and whose problem with deficient Spleen energy is fully explored in Chapters Fourteen and Fifteen. Her symptoms present in the four quadrants of the Tai Yin - Yang Ming subcircuit (Spleen and Lung, Large Intestine and Stomach), and are uniformly symptoms of deficiency. To move this Yin problem within a Yin constitutional construction requires a vital Yang input. Preliminary treatment of Shu points with needles is important, and tonification with moxibustionⁱⁱ and a heat lamp should be undertaken if the practice situation permits. The Shu point collection at the first treatment should include the four organs contained in the Tai Yin and Yang Ming energy axes. These points are BL-13 (Lung), BL-20 (Spleen), BL-21 (Stomach), and BL-25 (Large Intestine) (Figure 6.9). This is also a good case for friction stimulation over the Shu points after the five- to ten-minute needle treatment.

ⁱⁱ Passing a smoldering cigar of mugwort close to the skin is called “moxibustion.” Its use as a method of tonification of acupuncture points is presented in Chapter Eleven.



LUNG PRINCIPAL MERIDIAN

Figure 14.4

the large intestine. Rong Qi moves from the Lung to the Large Intestine internally (Figure 14.5).

Important Tai Yin Acupuncture Points

(Figures 14.6, 14.7, 14.8)

- SP-3**
- Shu / Yuan point, Earth point on Earth meridian. Phase point.
 - Good point for activating Spleen energy. Indicated in sensation of bodily heaviness, abdominal distension, diarrhea, hemorrhoids, edema.

The Lung Principal Meridian

The principal meridian of the Lung emerges in the lateral infraclavicular region (LU-1) and travels along the radial side of the biceps muscle (Yin side in acupuncture anatomical position) to the Yin (radial) limit of the antecubital crease (LU-5) (Figure 14.4). At the forearm it continues on the radial edge of the brachioradialis tendon, along the radial groove to the thenar eminence, to end in the Yin (radial) nail angle of the thumb. The Tai Yin principal channel connects there with its coupled Yang Ming channel, whose starting point is at the Yin (radial) nail angle of the second digit (LI-1).

The distinct meridian of the Lung enters the lung from the axilla, and sends branches to the larynx and

- Classical functions include helping transformation and transportation of Qi and blood, strengthening Spleen and harmonizing Stomach, and dispelling dampness.

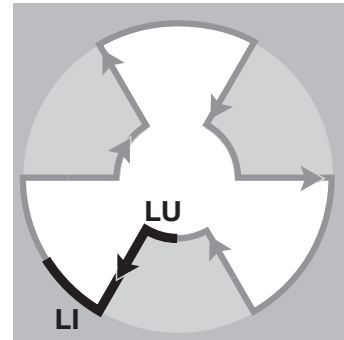


Figure 14.5

- SP-4**
- Luo point, sends branch to Yuan point ST-42. Master point of curious meridian Chong Mo, coupled point of curious meridian Yin Wei Mo.
 - Useful point for menstrual and endocrine disorders through the curious meridian Chong Mo. Also indicated for infertility, sexual dysfunction, and pelvic problems.

- SP-6**
- Spleen, Kidney, and Liver principal meridians meet here. This is the most important Yin point in the body.
 - Activates the energy of the three leg Yin channels. Useful in general tonification treatments. Indicated in menstrual, reproductive, genital, and urinary problems, as well as diarrhea or abdominal distension.
 - Classical functions are nourishing Qi and blood, nourishing Yin, warming the middle and lower body heaters, transforming dampness, strengthening Spleen and Stomach, strengthening Kidney energy, and regulating Liver energy.

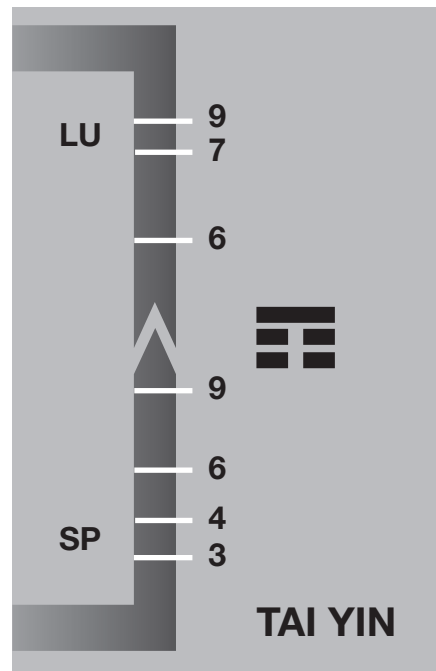


Figure 14.6