

<http://acupunctureandphytotherapy.com/heart-channel-meridian-chinese-acupuncture/>

## **9 – Shao Chong**

### **Location**

Located in the radial side of the little finger, the root of the medial angle.

### **insertion**

perpendicular insertion to 0.1 CUN or even 0.2 CUN oblique insertion.

### **function**

1. Point Jing.
2. Eliminates fire of the Heart.
3. regulates Heart Qi.

### **indications**

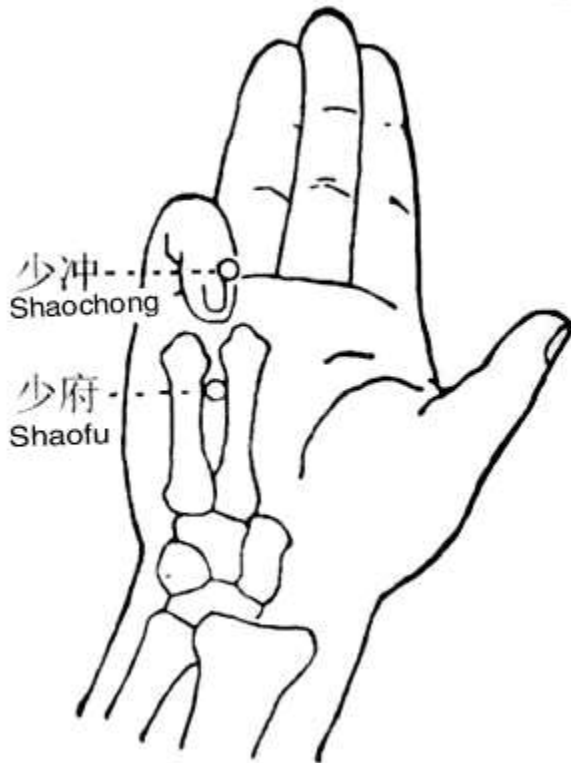
Point Jing: The typical function of these points (point jing) is to revive, loss of consciousness, high fever, coma.

Eliminates fire of the Heart: high fever, agitation, febrile diseases, thirst, dry mouth and throat.

Qi regulates the Heart: pain and heart palpitations.

### **In Chinese:**

<http://www.acucn.com/search/ht/200807/4125.html>



<http://www.yinyanghouse.com/acupuncturepoints/ht8>

## HT 8 Acupuncture Point - Shao Fu - Heart Meridian

- **Chinese Name** Shao Fu
- **English Name** Lesser Mansion
- **Location:** When a loose fist is made where the tip of the little finger rests between the 4th and 5th metacarpal bones.
- **Point Associations:**
  - **Ying Spring Point**
  - **Fire Point**
- **Actions & Effects:**
  - HT Fire effecting the SI effecting the UB, heat descending to the lower jiao - incontinence, fungal infections, genital itching.
  - Channel issues, sore throat, tongue stiffness, pain along the ulnar aspect of the arms.

- Heart Qi Deficiency.
- Emotional disorders - although [PC 8](#) may be a better choice.

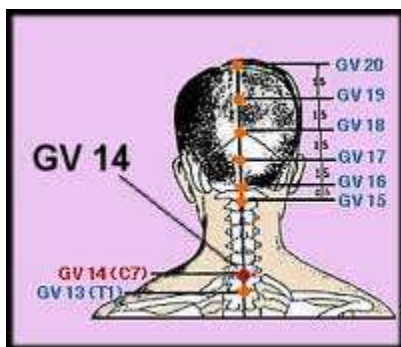
## PC 8 Acupuncture Point - Lao Gong - Pericardium Meridian

- **Chinese Name** Lao Gong
- **English Name** Palace of Toil
- **Location:** At the center of the palm between the 2nd and 3rd metacarpal bones closer to the radial side of the 3rd, where the tip of the middle finger falls when a loose fist is made.
- **Point Associations:**
- [Ying Spring Point](#)
- [Fire Point](#)
- Exit Point
- Ghost Point
- **Actions & Effects:**
- **Excess heat** conditions, more cooling than [PC 7](#) which can be used for heat from an excess or deficient issue.
- **Heat in the mouth**, mouth or tongue ulcers, cold sores from Heart or Stomach Fire.
- Cools Ying and Blood stage heat, fevers with damage to the yin.
- Cools the Blood, blood in the stool or urine, nosebleeds.
- **Tong Ren/Tam Healing System:** Important point for qi gong healing, can increase internal energy by placing [PC 8](#) on [GV 20](#).

## GV 20 Acupuncture Point - Bai Hui - Governing Vessel Meridian

- **Chinese Name** Bai Hui
- **English Name** Hundred Convergences
- **Location:** 5 cun posterior to the AHL.
- **Point Associations:**
- [Sea of Marrow Point](#) (with [GV 16](#))
- Intersecting Point of the Governing Vessel, Urinary Bladder, Gall Bladder, Triple Heater & Liver Channels
- **Actions & Effects:**

- Main point for headache, dizziness, eye pain and redness, irritability, hypertension from excess yang in the upper body, often occurring with patterns of excess Liver yang or Liver fire. Combine with lower body points such as [LV 2](#), [LV 3](#), [KD 1](#), [GB 34](#), [GB 41](#).
- Main point for internal wind which has some overlapping indications with the above entry, for headaches, dizziness, visual dizziness, tinnitus, vertex pain, windstroke, seizures.
- Main point for **prolapse**, anal, uterine, vaginal; main point for hemorrhoids.
- [Tong Ren/Tam Healing System](#): Used to effect the association area (related to emotions, memory, behavior), useful for low energy, yang energy imbalances, parkinson's, alzheimer's, motor control issues.

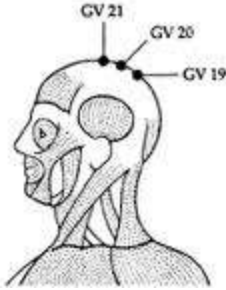


moondragon.org

[http://www.epharmapedia.com/news/details/11/6/Alternative\\_Treatments\\_for\\_Depression.html?lang=en](http://www.epharmapedia.com/news/details/11/6/Alternative_Treatments_for_Depression.html?lang=en)

Depression, according to Chinese medicine, occurs when someone represses guilt, anger or certain other emotions. This blocked energy could be released with the help of using anti-depression acupressure points. A person can examine these feelings once the energy is free to rise to the surface, and try to understand them better.

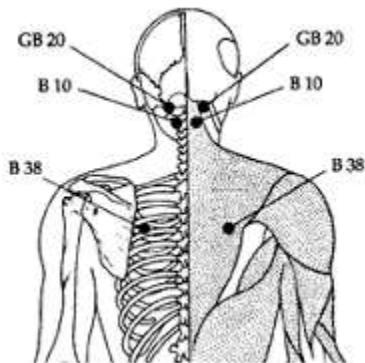
Some of the important acupressure points for relieving depression are listed below. Not all of these points need to be used. A person's depression could be controlled by using just one or two of them whenever possible.



epharmapedia.com

### ***GB 20: WIND POND***

Just below the base of the skull in the hollows between the two large neck muscles these two points are located. Headache, neck tension, irritability and depression could be relieved if these two points are pressed.



### ***B 10: HEAVENLY PILLAR***

These points are found on the muscles bordering the spine, about a half-inch from the base of the skull. The emotional distress and fatigue of depression could be relieved by pressing them.

[http://www.medicalacupuncture.org/aama\\_marf/journal/vol13\\_2/case1.html](http://www.medicalacupuncture.org/aama_marf/journal/vol13_2/case1.html)

# **Medical Acupuncture**

**A Journal For Physicians By Physicians**

Volume 13 / Number 2  
"Aurum Nostrum Non Est Aurum Vulgi"

**Sexual Dysfunction:  
A Modern Medical Acupuncture Approach**  
Steven K.H. Aung, MD

To open the Qi gates and release her "emotional pollution," PC 6 (Inner Gate) and TH 5 (Outer Gate) were bilaterally stimulated  
Used for 2 of 3 cases

<http://taijiquanjournal.wordpress.com/2010/11/18/neiguan-p6/>

In the movements “cross-hands” as well perhaps the “press” aspect of the “grasp bird’s tail” sequence, both of which occur several times throughout the modern 108, the pericardium meridian (**P6**) or neiguan point is activated by pressing with the left hand on the right arm.



Neiguan translates as “medial pass” and is one of several major accupoints found on he pericardium meridian in the forearm, wrist, and hand. P6 is located on the interior (flexor aspect) of the forearm between the tendons (palmaris longus and flexor carpi radialis) about 2 inches from the the wrist crease or bracelet (**P7** or daling point).

<http://chironspupil.wordpress.com/2010/09/07/dopplegangland-buffy-season-three-ep-16-post-two/>

Three points in particular bear names which relate to external boundaries and self-protection. These three points are TW-5, Wai Guan (“Outer Gate”), GB-28 Wai Shu (“Outer Pivot”), and KD-7 Wai Ming (“Outer Life”). KD-7 is more commonly known as “Recovering the flow”, and GB-28 Wei Dao can also be read as “Protect the path”. (The alternate names are contained in Ellis, Wiseman, and Boss’ *Grasping the Wind*.)

Let’s take a closer look at these points.

TW-5, Outer Gate, was the first point I thought of in the context of boundaries. Paired with PC-6, Inner Gate, it regulates the movement of exterior and interior. Alone, it focuses the patient’s ability to disc

[http://www.yinyanghouse.com/theory/tamhealing/introductory\\_information](http://www.yinyanghouse.com/theory/tamhealing/introductory_information)

The Tam Healing System is a system of acupuncture, bodywork, and healing based on both [TCM](#) and Western Medicine concepts as well as decades of clinical experience. One well known aspect of the system is the [Tong Ren Therapy](#) energy healing technique which can be used by practitioners and lay people for self-help or to help heal others.

[http://www.yinyanghouse.com/practitioner\\_members/news-and-events/chad-dupuis/tong-ren-healing-being-studied-harvard-medical-scho](http://www.yinyanghouse.com/practitioner_members/news-and-events/chad-dupuis/tong-ren-healing-being-studied-harvard-medical-scho)

## **Tong Ren Healing Being Studied By Harvard Medical School/Dana-Farber Cancer Institute**

<http://www.red-spirit-energy-healing.com/tong-ren-therapy.html> Simply said, when Chi (Energy) flows freely then the body heals. Many cultures have their own energy healing methods and theories. In China, the most popular energy healing method is called Chi Gong healing. The Chi Gong master uses his Chi to heal others. To become a Chi Gong healing master usually requires many years of study and practice.

As mentioned, universal Chi is accessed through the collective unconscious. In the Tong Ren therapy group sessions, the energy used is not from Chi Gong practice. It is based on belief being a power unto itself.