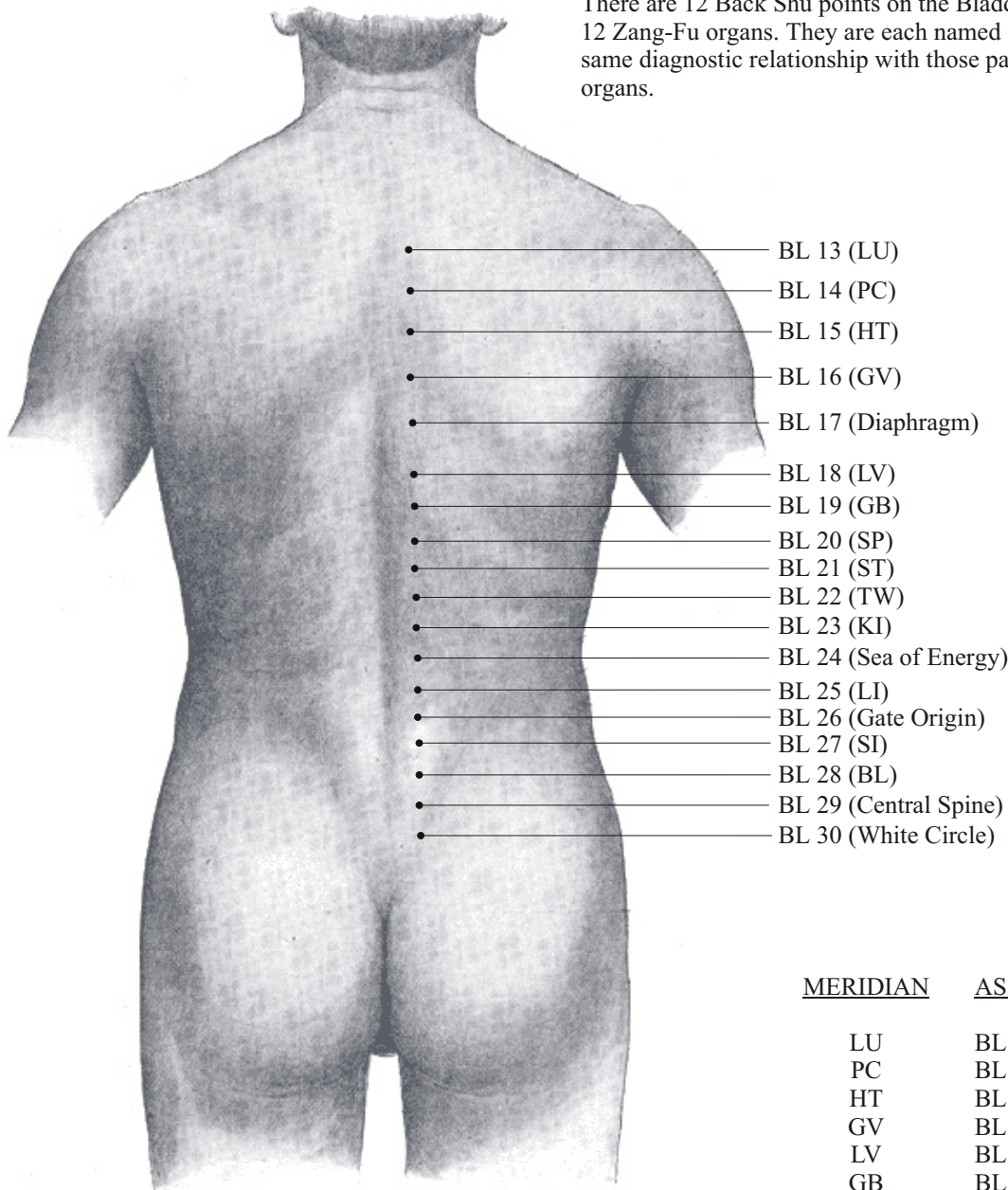


Associated (Back-Shu) Points

There are 12 Back Shu points on the Bladder channel that correspond to each of the 12 Zang-Fu organs. They are each named for an organ or body part and have the same diagnostic relationship with those parts as the Alarm points have with the organs.



Back Shu points are called the Associated points, or Paravertebral Reflex points. Points often are tender to palpation when there is a disorder with their associated organs. Spontaneous pain indicates a disorder in the meridian. Tenderness with light palpation indicates the meridian is deficient (Yin condition) in energy and hypofunction of the associated organ. Tenderness with heavy palpation indicates the meridian is in excess (Yang condition) of energy and hyperfunction of the associated organ.

Associated points are considered points of sedation. Treatment of these points have a general calming effect and are used in Yang diseases.

Back Shu points are used primarily for chronic conditions.

Extra Associated Points

BL 17 - Diaphragm
 BL 24 - Sea of Energy (Upper Lumbar)
 BL 26 - Gate Origin (lower Lumbar)
 BL 29 - Central Spine (Sacrum)
 BL 30 - White Circle (Anus)

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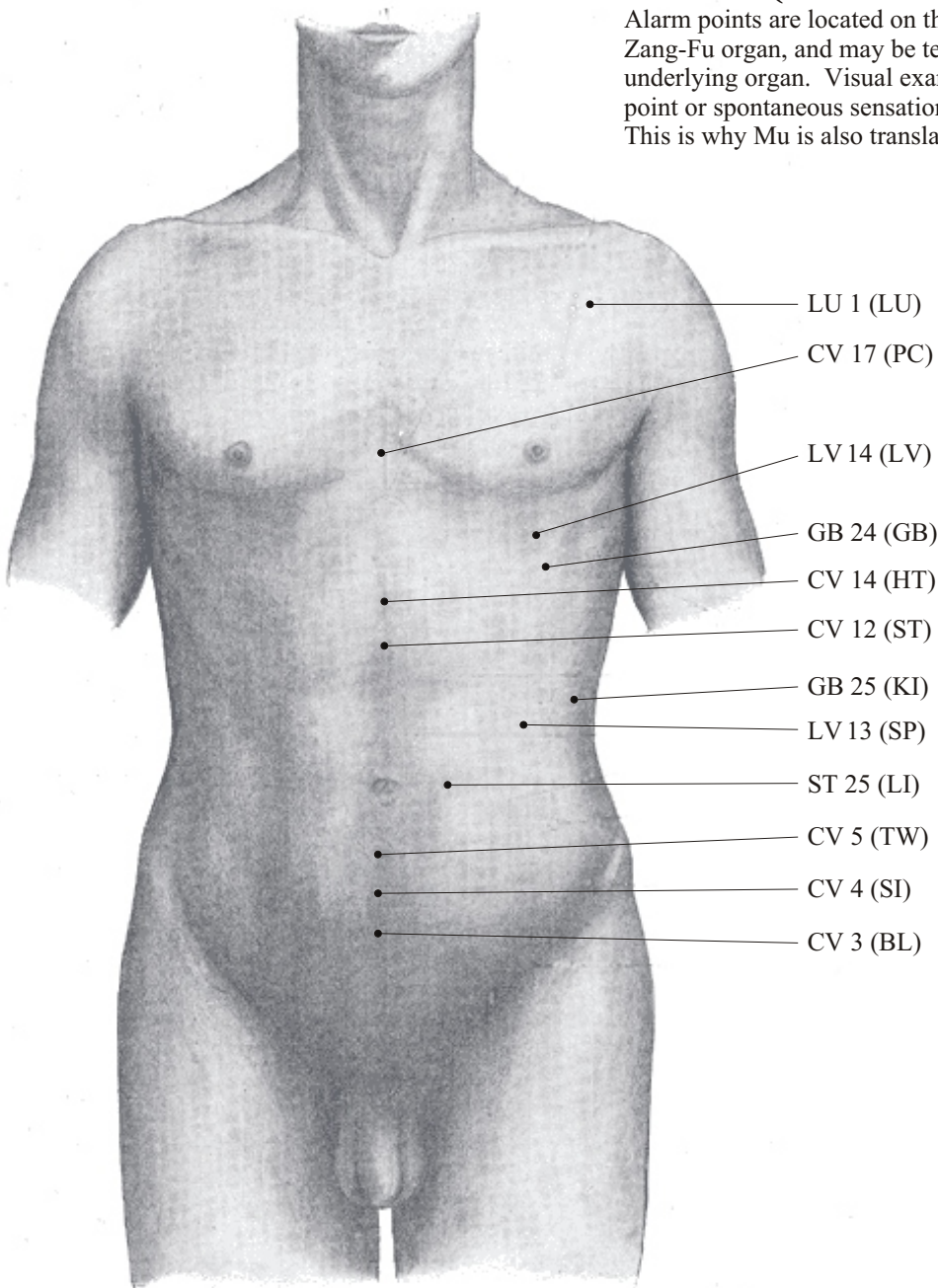
Associated Point Locations

BL13 Feishu: 1.5 cun lateral to GV12 level with the spinous process of T3.
 BL14 Jueyinshu: 1.5 cun lateral to midline level with the spinous process of T4.
 BL15 Xinshu: 1.5 cun lateral to GV11 level with the spinous process of T5.
 BL16 Dushu: 1.5 cun lateral to GV10 level with the spinous process of T6.
 BL18 Ganshu: 1.5 cun lateral to GV 8 level with the spinous process of T9.
 BL19 Danshu: 1.5 cun lateral to GV 7 level with the spinous process of T10.
 BL20 Pishu: 1.5 cun lateral to GV 6 level with the spinous process of T11.
 BL21 Weishu: 1.5 cun lateral to midline level with the spinous process of T12.
 BL22 Sanjiaoshu: 1.5 cun lateral to GV5 level with the spinous process of L1.
 BL23 Shenshu: 1.5 cun lateral to GV4 level with the spinous process of L2.
 BL25 Dachangshu: 1.5 cun lateral to GV3 level with the spinous process of L4.
 BL27 Xiaochangshu: 1.5 cun lateral to midline level with the first posterior sacral foramen.
 BL28 Panguangshu: 1.5 cun lateral to midline level with the second posterior sacral foramen.

<u>MERIDIAN</u>	<u>ASSOCIATED POINT</u>	<u>LOCATION</u>
LU	BL 13	T3 1.5 cun lateral
PC	BL 14	T4 and level with
HT	BL 15	T5 spinous process
GV	BL 16	T6 of vertebrae.
LV	BL 18	T9
GB	BL 19	T10
SP	BL 20	T11
ST	BL 21	T12
TW	BL 22	L1
KI	BL 23	L2
LI	BL 25	L4
SI	BL 27	S1
BL	BL 28	S2

Alarm (Front-Mu) Points

Alarm points are located on the abdomen and chest, they are in close to their related Zang-Fu organ, and may be tender or sensitive if there is disharmony in the underlying organ. Visual examination, obtaining certain reactions when pressing the point or spontaneous sensation at the point are all significant diagnostic information. This is why Mu is also translated as Alarm.



Lung - LU 1
Large Intestine - ST 25
Stomach - CV 12
Spleen - LV 13
Heart - CV 14
Small Intestine - CV 4
Bladder - CV 3
Kidney - GB 25
Pericardium - CV 17
Triple Warmer - CV 5
Gall Bladder - GB 24
Liver - LV 14

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Mu points are called Front Alarm points. Mu (and Shu) points often are tender to palpation when their associated organs are diseased. If the Mu and Shu point is tender to light palpation, this indicates hypofunction (Yin) of the associated organ; if tender to heavy palpation, this indicates a hyperfunction (Yang) of the associated organ. Alarm points are considered tonification points. So treatment of alarm points tends to increase the energy in the meridian.

Used primarily to treat their related organ or for problems in the local area. Used diagnostically as they often become sore when their related organ is imbalanced. Considered more for acute or local problems of the organs.

Alarms points may become spontaneously tender, to the point that the patient feels it.

Alarm Points Location

LU1 Zhongfu: 6 cun lateral to anterior midline level with the 1st intercostal space, 1 cun below LU 2. Caution: needle oblique to avoid lungs.

ST25 Tianshu: 2 cun lateral to the midline lateral to CV8 at the level of the umbilicus.

CV12 Zhongwan: On the midline, 4 cun superior to the umbilicus.

LV13 Zhangmen: On the lateral side of the abdomen below the free end of the 11th rib.

CV14 Juque: On the midline, 6 cun superior to the umbilicus.

CV4 Guanyuan: on the midline, 3 cun inferior to the umbilicus.

CV3 Zhongji: 1 cun above CV2, on the midline, 4 cun inferior to the umbilicus.

GB25 Jingmen: On the lateral side of the abdomen, at the lower border of the free end of the 12th rib.

CV 17 Shanzhong: On the midline level with the 4th intercostal space midway between the nipples.

CV5 Shimen: On the midline, 2 cun inferior to the umbilicus.

GB24 Riyue: Directly below the nipple in the 7th intercostal space, inferior to LV14.

LV14 Qimen: Directly below the nipple, 4 cun lateral to the midline in the 6th intercostal groove.