

# **(((The Luo Vessels)))**

Paula Chin's class notes  
Fall 2003

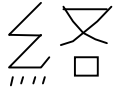
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These notes were taken during a series of lectures in a class on the Luo Vessels taught by Paula Chin at the Swedish Institute, September through December 2003.


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# (((History)))

## I) Etymology

 = Luo

 = silk thread

 = skein (of thread) or net

- Luo Vessels (a.k.a. Linking/Passage Vessels/Collaterals/Channels) are a network of channels interconnected like a net or a web
- The image of the Luo character alludes to the concept of a fishing net
  - Like a net, the Luo Vessels catch pathogens

## II) What the Classics Say

- 1) The Luo Vessels are unable to float through the “Great Joints” Unlike the Divergent Meridians, which penetrate deeply into the body – the head and torso
- 2) In the *Nan Jing*, Ch 10 of the *Ling Shu*, the Luo Channels are described:
  - It says they are channels that float (*i.e.*, are at the surface of the body) and can frequently be seen (unlike the Primary Meridians)
    - If they can be seen, it means they’re full
      - In this case, there’ll be discoloration and/or broken blood vessels
    - The most visible Luo Channels are at the Yang Meridians of the arms
- 3) Each of the 16 Longitudinal Luo Vessels have their own Full/Empty pathologies
- 4) In evaluating the Luo Vessels:
  - If they’re Dark = Cold and pain
  - If they’re Red = Heat and fever
- 5) If there’s Stagnation in the Luo Vessels, there’s fever
  - If they’re Empty, they’re not visible
  - If they’re deficient in Qi, they’re small and short
  - If they’re Full, they’re visible
    - When Full, the Luo Vessels are trying to get rid of a pathogen
      - To help this process, a Plum Blossom needle can be used

- 6) Evaluating Lu-10, which reflects the condition of the Stomach:
  - If Blue = Stomach-Cold (usually due to chronic Bi-obstruction)
  - If Red = Stomach-Heat
  - If darkening or blackening = chronic Bi-obstruction in Stomach
- 7) Alcohol goes directly to the Ying level and excites/heats the Ying-Qi up (causing a red complexion)
  - The Wei-Qi, in this case, goes to the Ying level in order to support it
  - Because of this, an EPF can invade the Wei-Qi level of the body and be quickly moved to the Ying-Qi level
  - This causes the Luo Vessels to become full and heated
  - Ying-Qi gets depleted, causing Fluid Deficiency
- 8) For treatment, blood-let once every-other day
  - After bleeding, harmonize Luo point by tonification or dispersal
- 9) Ch 22 of the *Ling Shu* says:
  - You can use the Luo for rebellious Qi
    - Rebellious Qi leads to Heat diseases
- 10) Ch 39 of the *Ling Shu* says:
  - The Luo Vessels influence the production of Blood and Fluids
    - The Great Luo of the Spleen is the origin of Blood
    - The Great Luo of the Stomach is the origin of Fluids
- 11) In the *Nei Jing*, Ch 50, 57 and 63 of the *Su Wen* say:
  - The location and relation of the Luo Vessels to the Primary Meridians is that they're extensions of the Primary Meridians
  - The goal of the Luo Vessels is to “float up to the surface,” *i.e.*, their energy tends toward the surface
  - EPF movement: jing-wells → Luo Vessels → Primary Meridians → organs
- 12) Ch 24 of the *Su Wen* says you can blood-let the Luo for emotional/mental problems, as well as stress
  - Ch 62 says to blood-let them for spirit (Shen) Excess
- 13) Ch 39 of the *Su Wen* says Cold penetrates and constricts the Luo Vessels, causing pain
  - If Cold penetrates to the Stomach and Intestines, the same happens
  - If there's stagnation and the Qi cannot move to the paired channel, nodules/lumps will appear
- 14) Ch 56 of the *Su Wen* says the Luo Vessels provide a holding space for EPFs
- 15) The *Nan Jing*, in Ch 23 and 26 identify 15 Luo Vessels (in comparison to the 16 in the *Nei Jing*)
  - It also says that the Great Luo of the Spleen (Sp-21; classically GB-22) is a link between the Internal and External, Yin and Yang, Above and Below

**(((Side Note)))**

- The Luo points are the earliest acupuncture points
  - They were typically bled
- Tibetan Medicine has medical diagrams of what looks like the Luo Vessels
  - Their treatments use a lot of bleeding (after an herbal treatment)

- The Luo of Yin is Yin Chiao Mai point Ki-16
- The Luo of Yang is Yang Chiao Mai point Bl-62

# (((Attributes of the Luo Vessels)))

## **I) General Features of the Luo Vessels**

- 1) They are tube-like and highly reticular (net-like)
  - Luo Vessels are a network of arteries, veins, capillaries and lymphatics
  - They have a fairly wide diameter (not as wide as Sinew Channels, which cover wide swaths of area) with many branches that span Yin/Yang boarders
  - They connect Internally/Externally paired Meridians
    - Ex.: Lung and Large Intestine
- 2) Luo Vessels contain branches that extend above and below the depth of the Primary Meridians
- 3) There're 16 major Luo Vessels
  - 12 are branches of the Primary Meridians
  - 2 are branches of the 8-Extra Vessels (Ren and Du Mai)
  - 2 are extra Luo Vessels for the Spleen and Stomach – called the Great Luo of the Spleen and the Great Luo of the Stomach
- 4) There're smaller Luo Vessels that are divided up and called the:
  - Minute
  - Blood
  - Grandson
  - Superficial
  - Luo Collaterals
- 5) Each major Luo Vessel has a point from which it separates from the Primary Meridian
  - This is called the Luo Point or Luo-connecting Point
    - This point also reinforces the connection between the meridian pairs
- 6) Together with the Primaries, the Luo Vessels form a network which:
  - Integrate the entire body
  - Distribute Qi and Blood to the surface of the body
- 7) Each of the 16 Luo Vessels have their own pathologies
- 8) EPFs generally enter through the superficial Luo Vessels
- 9) If there's stagnant Qi and Blood in the meridians or organs, the Luo Vessel of that meridian or organ will reflect that
- 10) Treatment for Luo disorders include:
  - Shallow acupuncture
  - Moxa
  - Cupping
  - To remove stagnation, you'd prick and bleed, or use the 7-star hammer (the plum blossom needle)

## II) Luo Vessel Functions

- 1) Luo Vessels collect pathogens, including Blood Stasis and Phlegm, that have spilled out of the Primary Meridian circulation
- 2) They provide extended pathways for the Primary Meridians
  - In most cases, the Luo Vessels share the primary meridian pathway
- 3) They provide an opening from which to drain EPFs
- 4) They connect Internally/Externally related organ pairs
- 5) They're able to provide an energy transfer between Yin/Yang organ meridian pairs
  - This is because they are able to communicate between the Interior (Yin) and Exterior (Yang)
  - They have the same signs and symptoms as their associated organ meridian
- 6) Luo points are the origin of the sinew meridians...
  - When a Luo Vessel has no more room, it stores the pathogen in the sinew (surface) meridians
- 7) The Luo point is located on the Exterior and is anatomically proximal to the Shu-stream points at the wrists and ankles
  - Sp-4 is the exception because the Spleen has a deep connection to Blood
- 8) The Luo Vessels buffer pathogens by:
  - Providing Yin to harmonize them
  - Creating separate and distinct pathways (blood vessels, usually) to allow the Yin-medium to buffer them
  - Allowing pathogens to fill them up; as they do, the pathogens move toward the chest (Ren-17)
- 9) The Luo Vessels moves pathogens (can be of Internal or External origin) via:
  - Yin/Yang organ paired meridian (Transverse Luo)
  - The Vessel's trajectory (Longitudinal Luo)
- 10) The Yin-medium provided by the Luo to buffer and slow the internalization of pathogens and Wei-Qi can cause Blood Stasis if the pathogens are not dealt with – *i.e.*, moved out
- 11) The Vessels get Full when there's obstruction due to pathogens, Wei-Qi, and Yin clogging them up
  - This is when the Luo Vessels and its collaterals are visible (spider veins, varicose veins, &tc.)
- 12) The Vessels are Empty if not Full
  - They may have been Full, but their nefarious contents could have been released to the Exterior
  - ...or a Full Vessel could have dumped the pathogen and other shit it was storing into the next Luo Vessel

- 13) When a Luo Vessel is filled with an EPF:
  - There'll be broken capillaries
    - These blood vessels were created by the Luo to store the pathogen... as they're not able to expel them
  - The patient will have a tingling pins and needles sensation due to the Luo creating Minute Vessels (for the same reason as above), which cannot be seen
- 14) When the Luo empties:
  - You can get nodules (felt, but not seen) which are non-movable

### **III) Luo Treatment Principles**

- 1) Classical Transverse as well as Longitudinal Luo Vessel treatment emphasizes harmonization or maintaining balance
  - Harmonization is done after bloodletting, which releases stress, causing a palpable change in the pulses which will tell you which organ's paired vessel is affected
    - Harmonization includes:
      - Ying and Wei-Qi
      - Interior and Exterior
      - Qi and Blood
      - Liver and Stomach/Spleen
      - The Middle Jiao (as in cases of Spleen Deficiency and Stomach Rebellion)
      - Stomach and Intestines
      - Yin and Yang
- 2) Luo treatments are not used for:
  - Wind
  - Cold
  - Heat
  - Damp
    - Because it will push these things deeper into the body

### **IV) Clinical Evaluations**

- 1) Luo Vessels can show swellings, nodules or masses, color changes and spider veins along the path of the Longitudinal Luo Vessel
  - In this way, Luo Vessels can also show Blood Stasis and Phlegm if it's located at the Luo point or along the Luo Vessel pathway
- 2) Pain crossing Yin/Yang borders indicates a pathology involving paired Luo Vessels
- 3) There are specific signs and symptoms each Luo Vessels displays that indicate whether it's Full or Empty (to be elaborated upon later)

### **V) Clinical Applications**

- 1) The 16 Luo are used mainly to treat disorders of paired meridians
  - Ex.: Sp-4 can be used for Stomach pain



- Likewise, St-40 can be used for diarrhea, distension, gas or poor appetite
- 2) Luo disorders (as described in Ch 10 of the *Ling Shu*) are usually characterized as Excess or Deficient, or as Rebellion of Qi in the Luo Channel
    - Ex.: When Qi is in Excess in the Pericardium Channel, it can result in cardiac/chest pain
      - If Qi is Deficient in the Pericardium Channel, there'll be restlessness/irritability
      - To treat the above, P-6 would be needled and tonified in the second case, dispersed in the first
  - 3) Disorders of the Longitudinal Luo Pathway
    - Ex.: The pathway of the Heart Luo Vessel runs: Ht-5 → Heart → root of tongue
    - Needling Ht-5 will:
      - Free stuffiness in the chest (Excess)
      - Help in curing aphasia (Deficiency)
      - Help in treating eye disorders (Excess or Deficient)
  - 4) Whole body disorders
    - The two major Luo Vessels used in this type of treatment are the Great Luos of the Spleen and Stomach
    - They're used for:
      - Achy joints all over
      - Weakness
      - Weakness along the Stomach and/or Spleen channels

# (((Energetics of the Longitudinal Luo Vessels)))

## I) Longitudinal Luo Vessel Energetics

- 1) How the Longitudinal Luo Vessels deal with pathogens:

**Yin Arm → Yang Arm → Yang Leg → Yin Leg**

**Lu; Ht; P → SI; LI; SJ → Bl; GB; St → Sp; Ki; Lr**

**Chest → Arms → Legs → Chest**

- This is also how the regular meridians flow in Tai Yang, Shao Yang, &tc.
  - According to Western Medicine, this is how blood flows in venous and arterial circulation
- 2) The above *Ling Shu* sequence shows how pathogens enter the body
    - Some people don't follow this older sequence, but instead organize the luo like the Primary Meridians (Lu, LI, St, Sp...)
  - 3) When Wei-Qi is fighting EPFs in the chest, Heat is created
  - 4) Luo Vessels take the Excess and move it to Lung, Heart and Pericardium vessels
    - They don't treat the EPF, just hold it to maintain homeostasis
    - It then tries to move the EPF out via the Shu-stream point
  - 5) If the Luo Vessels can't move the EPF out, it goes to the Yang Arm and Yang Leg Luos, then back to the chest via the Yin Leg Luo Vessels
    - To treat the EPFs being stored in the chest, needle Sp-21 (Great Luo), which is indicated for pain throughout the body
  - 6) Luo Vessels hold or expel EPFs, moving it to the Ying-Qi level if they're holding it
    - Divergent Meridians hold EPFs, then try to expel it; while they're holding an EPF, they move it to the Jing level
  - 7) The body always tries to expel or make the EPF harmless, otherwise it goes into the organs
    - If there's not enough Blood to hold the EPF in the Luo Vessel, it can go into a Divergent or Regular meridian, or...
    - Sometimes the Jing will break itself down to support the Ying-Qi by creating more Blood
      - REMEMBER: Jing is associated with the 8-Extras
      - Li Shi Zhen said: if you're going to use the 8-Extras, you must clear the Luo Vessels, the Divergent Meridians, all blockages, and the Primary Meridians

## II) The Luo Points and Longitudinal Luo Vessel Pathways

- 1) **Lu-7** (*Lightning Strike*): the vessel goes down and scatters along the thenar eminence (or fish boarder) before entering the palm at P-8
  - From this point, a separate branch travels to its Yin-Yang paired meridian

- Lu-7 is called in Chinese *Lightening Strike*... “Lightening Strike is like something that comes into consciousness and shakes you; it strikes and then enters the chest and affects the Shen.” –Jeffery Yuen
  - FULL: Heat in the palms
  - EMPTY: Frequent urination and yawning
- 2) **Ht-5** (*Penetrating Mile*): the vessel follows the Primary Meridian to Ren-17 (P. Mu) and Ren-14 (Ht. Mu), then to the root of the tongue (Ren-23), and then to the eyes
- FULL: Oppression in chest – a heavy, “sticky” feeling
  - EMPTY: Loss of speech
- 3) **P-6** (*Inner Gate*): the vessel travels along the Primary Meridian to connect with Ren-17
- FULL: Heart pain
  - EMPTY: rigidity and pain in the neck and head... it’s trying to prevent Heat and Wind from entering the head, resulting in stroke
- 4) **SI-7** (*Branch to the Upright*): the vessel goes through the elbow, connecting with SI-8, then to the lateral tip of the shoulder where it spreads out and connects with LI-15
- FULL: Loose joints and elbow atrophy
  - EMPTY: Small itchy swellings that scab up
    - Flaking/scaling skin, as in psoriasis
    - Pebbly excrement
- 5) **LI-6** (*Bearing Passage*): the vessel runs up the arm to LI-15, then up the neck to curve along the jaw and enter the teeth; a branch divides on the cheek to enter the ear
- FULL: Toothache and acute deafness (deafness that’s just begun)
  - EMPTY: Coldness in teeth, *i.e.*, teeth overly-sensitive to food temperature (this can also mean cavities)
    - Diaphragmatic numbness – breathing feels funny, as you can’t feel the expansion and contraction of the diaphragm
- 6) **SJ-5** (*Outer Gate*): this vessel goes up the arm and into the shoulder at LI-15 (or possibly GB-21), then to the middle of the breast before terminating at Ren-17
- FULL: Elbow dislocations and stiffness
  - EMPTY: Difficulty in bending arm
    - Weakness in elbow joint
    - Body weakness and pain
- 7) **Bl-58** (*Taking Flight*): the vessel runs down to Ki-4 to join the Kidney Luo Vessel (it does not have its own pathway)
- FULL: Nasal congestion
    - Headache
    - Lumbago (low back pains)
  - EMPTY: Nose bleeds (way of body getting rid of an EPF)
    - Runny nose with clear fluid

- 8) **GB-37** (*Bright Light*): the vessel runs down the lateral aspect of the leg and disperses over the dorsum of the foot
  - FULL: Deficiencies of Yang due to inversion of Qi-flow (goes up) causing coldness in the lower limbs
  - EMPTY: Paralysis, or inability to stand from a seated position
  
- 9) **St-40** (*Abundant Mound*): the vessel follows the Stomach Primary Meridian up to the neck, where one branch terminates at the throat, the other at the nape of the neck, and yet another branch runs up in front of the ear to the top of the head to meet with the Qi of all the Primary Meridians at Du-20, before descending down to terminate in the throat
  - FULL: Madness of a non-aggressive sort
  - EMPTY: Stiffness of the foot
    - Lower leg atrophy
  
- 10) **Sp-4** (*Grandfather/Grandchild*): the vessel runs up the dorsum of the foot, up the antero-medial aspect of the leg to enter the abdomen, where it connects with the Intestines and Stomach
  - FULL: Sharp pain in the middle of the Intestines
  - EMPTY: Intestinal drum-like swellings (due to Dampness, as in ascities)
  
- 11) **Ki-4** (*Great Bell*): the vessel travels with the Kidney Primary Meridian to an area below the Pericardium (Ki-21), then travels internally to the lumbar spine where it descends to enter the genitals; simultaneously a branch runs superficially from Ki-21 to the genitals
  - In classical descriptions, a branch of the Kidney Luo Vessel travels from Ren-17 to Bl-1
  - FULL: Blockages of the lower orifices, *i.e.*, constipation and/or anurea
  - EMPTY: Pain in the genitals and Kidney region (lower back)
  
- 12) **Lr-5** (*Insect Groove or Woodworm Canal*): the vessel goes up the leg and enters the genitals
  - FULL: “Abnormal” sexual arousal/erection
  - EMPTY: “Cruel” and unbearable itching (often in the genital region... can be any and all STDs)
  
- 13) **Ren-15** (*Turtledove Tail*): the vessel disperses over and into the abdomen from this point
  - FULL: Abdominal pain
    - Nodules
    - Focal distension
  - EMPTY: Abdominal itching
  
- 14) **Du-1** (*Long Endurance or Support Spine*): the vessel goes up the spine to the top of the head (Du-20), then descends along the Bladder meridian, spreading out laterally till it reaches the lumbar spine
  - FULL: Stiffness of the spine due to a Blood Deficiency in this area, causing it to be poorly lubricated
  - EMPTY: Heaviness in the head with shaking, as in Parkinson’s Disease

- 15) **Sp-21** (*Great Wrap*): the Great Luo of the Spleen spreads into the breast and ribs from this point
- This linking vessel controls the entire network of Luo linking vessels and their Blood
  - If this Vessel is affected, all Luo Vessels are
  
  - FULL: Diffused pain all over the body, as in fibromyalgia
  - EMPTY: Loosening of all joints with loss of strength
- 16) **St-18** or **Lr-14** (*Xuli*): the Great Luo of the Stomach begins at the Stomach and penetrates through the diaphragm below the left breast at Chong Mai
- FULL: rapid and irregular breathing
    - Chest congestion
  - EMPTY: Palpitations

# (((Energetics of the Transverse Luo Vessels)))

## **I) Luo/Source Point Treatment**

- 1) Based on harmonization
  - Transverse Luo, which are at the Luo points, can connect with the Yuan-source point of its Yin/Yang paired meridian
    - This allows for communication between all three levels – Wei, Ying and Yuan
    - This means that if there's depletion at the Wei and Ying-Qi levels (usually because a pathogen has not been resolved), Yuan-Qi will go up to support them, thereby becoming depleted
- 2) Some say the connection is only from Luo point to Luo point, not from Luo to Yuan-source
  - Classical texts do not say where the Transverse Luo Vessel connects to its Yin/Yang paired meridian
  - The earliest Luo treatment used both Luo points
- 3) Others say that the connection is only between the Luo and Master (Horary) point

## **II) The Host/Guest Theory**

- 1) This is a description of which meridian is affected first
  - It is used under the Luo/Source treatment
- 2) **Host:** the first meridian affected, as indicated by having the most problems, which are usually chronic, and spider veins
- 3) **Guest:** this meridian has only acute signs and symptoms
- 4) The pulse should be used to confirm which is which
- 5) **In a Luo/Source treatment using the above theory, you'd use the Yuan-source point of the Host and the Luo point of the Guest**
  - Ex.: Heart Blood Deficiency
    - Tonify the Yuan-source point of the Heart (Ht-7)
    - Disperse the Luo point of Small Intestine (SI-7)
- 6) Maciocia and Jeffrey Yuen both like to use the Host/Guest (Luo/Source) treatment
  - They always use the Yuan-source point of the deficient meridian (usually a Yin meridian) and the Luo point of the Yin/Yang element paired meridian
- 7) Others prefer the exact opposite
  - They use the Luo of the deficient meridian and the Yuan-source point of the Yin/Yang element paired meridian
- 8) Then there are still others who prefer a Luo/Luo or Luo/Horary point treatment

### **III) Using Pulses to Determine the Course of a Luo Vessel Treatment**

- 1) Take the pulse at a mid/moderate depth (*i.e.*, Blood level)
  - You're looking for a firm, strong quality – a pulse with a lot of activity
  - What you want to discern is that there's a lot of action at that pulse position
- 2) Take the pulse deeper, then more superficially, looking for a strong and a weak pulse at the same pulse position
  - You're looking for a discrepancy between elementally paired organs
    - Ex.: SI pulse, strong; Ht pulse weak (or vice-versa)
- 3) You also want to ask pertinent questions
  - Where's the pain?
  - Where's the departure from your normal health?
- 4) The stronger pulse can indicate the meridian/organ with the more chronic problem (Host)
  - The weaker pulse can indicate the organ/meridian with the more recent symptom (Guest)
- 5) **For treatment, needle the Yuan-source point of the Host and disperse**
  - **Tonify the Luo point of the Guest**
- 6) When dispersing, you can use a Plum Blossom
  - To disperse, bang away slowly
  - To tonify, bang away quickly (after which you'd complete that action by using moxa on the area)

### **IV) Other Transverse Luo Vessel Treatments**

- 1) For chronic Bi-syndrome, (when there'll be visible blood vessels and pain) the principle is to break up insubstantial Phlegm and release the obstruction
  - To do this, use the lift and thrust technique at the Luo point
    - The patient should feel a radiating sensation down their extremities
    - If the sensation moves upwards, it indicates they need more treatments
- 2) For carpal tunnel syndrome, lift and thrust the needle from P-6 to SJ-5
- 3) For general pain, use the Luo point on the meridian with the pain and the Yuan-source point on the paired meridian
  - Ex.: Pain in Large Intestine meridian radiating to the Lung meridian
    - Disperse LI-6 (Luo)
    - Tonify Lu-9 (Yuan-source)
  - ...this treatment isn't always consistent with Host/Guest or Yuan/Luo treatments
- 4) In general, the Swedish Institute:\*
  - Tonifies Yuan point of the Deficient meridian
  - Disperses the Luo point of the Excess meridian

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\* You'll be tested on this method only!

- 5) Other schools:
  - Tonify the Luo point of the Deficient meridian
  - Disperse the Yuan point of the Excess meridian

#### V) Transverse Luo Vessels in Relation to Internal Heat and Cold

- 1) Internal Heat turns into Internal Cold
  - EPF invades Wei-Qi
  - Wei-Qi carries EPF to Ying-Qi
  - Ying-Qi tries to bring it back up by converting itself into Wei-Qi to help the Wei-Qi in fighting the EPF off
  - If Ying-Qi can't get EPF out, Heat in the chest results
  - The Heat affects and eventually consumes all the Yang of the body: Tai Yang, Shao Yang and Yang Ming
  - It eventually evolves into Interior Cold due to a Yang Deficiency
- 2) If the EPF is not expelled from the body's surface (it's Wei-Qi level), it moves inward towards the chest (*i.e.*, the Lungs)
  - This Heat in the chest triggers the growth of Luo vessels
- 3) The Luo vessels will then move what has become Internal Heat, outward
- 4) If it can't move the Heat/EPF out, the Yang Luo Vessels respond with fluids to keep the Heat trapped
  - This makes the Heat latent so that it doesn't penetrate deeper into the body
  - The Transverse Luo is about holding and keeping an EPF latent
- 5) If not pushed out, the Yin Luo Vessels respond not with more fluid, but with blood for the same reason – to hold and trap the Heat/EPF
- 6) Heat progression in the Luo Vessels:  
**Lu → St → LI → SJ → SI → GB → BI → Ht/P → Sp → Lr → Ki**
- 7) Eventually, Internal Heat creates a deficiency of Yin
  - The Longitudinal Luo then try to bring the latent Heat out to the Exterior

#### VI) Symptoms of Luo Vessels as Heat Penetrates the Zang/Fu

- *The following symptoms are typically seen as infections and for better or worse, treated accordingly...*

- 1) **The Lungs:**
  - A) Heat in the chest constricts Ren-17 and the Lungs
    - The Heat rises with constriction
    - Heat ⇔ Constriction
      - They feed into each other



- B) Symptoms:
- Wheezing
  - Cough
  - Rapid exhalation with flaring of the nostrils
  - Chest fullness
  - Asthma
  - Hot palms (reflect the chest)
- When you see fever, restlessness and irritation – think Lungs and the chest

2) **The Stomach:**

- A) The Stomach is the origin of fluids, so it responds to Heat/EPFs with fluid
- The Stomach wants to lubricate and move Heat/EPF out
  - This creates thick Phlegm that's hard to expectorate

B) Symptoms:

- Fever with sweat
  - Thirst
  - Epigastric distension
  - Phlegm
  - Pain along Luo Meridian
  - Gastritis
- Tightness of chest (a Lung symptom) can still be going on, so you may see nodules on or near the surface of the Luo
- The Heat causing this rises to the throat and nose, causing symptoms like
- Sore throat
  - Stuffy/runny nose

3) **The Large Intestine:**

A) Symptoms:

- Heat in throat and/or oral cavity
- Dry lips, mouth and throat
- Canker sores in mouth
- Bleeding and/or swollen gums

4) **San Jiao:**

- A) From the SJ → SI → GB → Bl stages, Heat starts to move out
- At the San Jiao stage, Heat is moved out through the skin

B) Symptoms:

- Pain along Luo pathway
- Sweating, which is generated to bring out the EPF
  - This is oily, sticky sweat
- Rashes due to sweat
- Sticky feeling in mouth
- Thirst
- Broken blood vessels around ears

- 5) **The Small Intestine:**
- A) Heat begins to affect the ear and jaw region
  - B) Symptoms:
    - Tinnitus (acute, meaning a decrease in hearing)
    - Deafness
    - Sub-maxillary swellings
    - TMJ\* pain
    - Otitis media with oozing fluid and puss (especially in children)
- 6) **The Gall Bladder:**
- A) Heat begins to affect the skin and the joints
  - B) Symptoms:
    - Achiness of the joints
    - Drenching sweat
    - Body aches at trapezius and occiput
    - Achy all over (slight)
- 7) **The Bladder:**
- A) Fluid and Heat go up to the head
  - B) Symptoms:
    - Yellow eyes
    - Jaundice
    - Itchy eyes
    - Red eyes
    - Watery eyes
    - Headache and neck pain
    - Heavy head
    - Nasal discharge
    - Hemorrhoids (a polar opposite symptom of Heat)
  - C) If the Bladder cannot resolve EPF and expel it through the head, the EPF goes more internally and the body tries to move it out through the lower orifices, causing:
    - Hemorrhoids
    - Vaginal discharge
    - Urinary tract infections
  - D) At this point, the EPF is lodged in the body, causing visible Luo vessel signs like chronic orifice infections
  - E) Here, the Yang response to the EPF/Heat ends and the Yin of the body begins to respond
- 8) **The Heart:**
- A) Its Luo Vessel reaction is not seen as independent, but an extension of the Bladder (due to the yellow eyes) or Pericardium

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\* Temporal Mandibular Joint

- B) Symptoms:
    - Yellow eyes
    - Pain along pathway
- 9) **The Pericardium:**
- A) There is Yin Deficiency at this stage... there's not enough fluids to move the EPF out
  - B) Symptoms:
    - Night sweats
    - 5-palm heat
    - Malar flush
    - Heat in chest... which consumes the Qi of the chest, causing:
      - Insomnia
      - Palpitations
      - Irritability
      - Heat in Blood
      - Circulatory problems
    - Blood Stasis... due to the Heat burning the Blood and making it congeal
      - Chest pain
      - Heart pain
      - Depression... because the Blood is not moving
      - Irritability... because the Blood is moving too fast
      - Cold limbs
      - Pins and needle sensations
      - Neuropathy... at worst
      - Night sweats
- 10) **The Spleen:**
- A) The Heart/Pericardium signs and symptoms persist into this stage
    - Qi begins to be consumed by Heat
  - B) Symptoms:
    - Weakness/lethargy of 4 limbs
    - Difficulty of blood circulating in upper orifices
    - Stiffness of the body
    - Tongue pain
    - Speech difficulties
      - Aphasia
      - Stuttering
    - Diarrhea
    - Frequent bowl movements
    - Heart pain
- 11) **The Liver:**
- A) Symptoms of Yin Deficiency and Blood Stasis are present
    - Pathogen very deep in the body
    - Qi becomes rebellious in response

- B) Symptoms:
- Rebellious Qi at abdomen
  - Loss of appetite
  - Food stasis
  - Nausea/vomiting
  - Constriction signs
  - Shortness of breath
  - Diaphragmatic constriction
  - Heat in chest (again)
  - Restlessness
  - Irritability
  - Loose stools
  - Incontinence or anuria
- At this stage, the Yang Deficiency begins to cause some Cold signs
- Also frequent urination

12) **The Kidneys:**

- A) At this point, both Spleen and Kidney Yang are deficient
- The preceding signs and symptoms persist... though some have cleared up only to reappear sporadically
- B) Symptoms:
- Cold/numb legs
    - Qi moves out of Yang meridians of the legs and goes into the chest
      - Qi no longer gets down into the legs
      - Qi no longer anchored
        - Person feels like they're not grounded and may feel like they need to be held
  - Depression/introversion
  - Cock-crow diarrhea with undigested food
  - Running-piglet Qi

**VII) Transverse Luo Treatments for the Above Disorders**

- 1) Transverse Luo treatments can be used for any Heat pathogenic factor following the above progression
- 2) If the EPF is not resolved, Heat consumes the Yin of the body, causing chronic degeneration
- 3) Heat scorches Blood causing Luo vessel "burn marks," *i.e.*, abscesses, boils and nodules
- 4) To determine the state of the Luo vessels – whether they're Full or Empty – and how they should be treated, take the pulses (as described in WEEK 3)
  - a) **Full Luo Yang vessels** will show themselves as visible blood vessels under the skin along the Luo Vessel pathway
    - To treat: plum blossom point and/or Longitudinal Luo Vessel pathway

- b) **Empty Yang Luo vessels** are not visible, but the area may be flaccid or have nodules
    - To treat: tonify the Yuan-source point of the corresponding meridian to have Yuan-Qi support Ying and Wei-Qi
    - This helps pull out the EPF from the zang/fu and meridians
    - Plum blossom Luo point on same meridian
  - c) **Full Yin Luo vessels** will have visible blood vessels
    - To treat: tonify Yuan-source point
    - If the vessel is red, bleed or plum blossom area
    - If the vessel is blue, bleed or plum blossom, then moxa area to tonify
  - d) **Empty Yin Luo vessels** will have nodules present... in bad cases, the area will be flaccid
    - To treat: if there are only nodules, tonify Yuan-source point, gua-sha and massage Luo, then plum blossom
    - If the area is flaccid, moxa and plum blossom Luo
  - e) All treatments end with plum blossoming St-40 and Lu-7
    - These points communicate with the first Luos affected
  - f) If signs and symptoms are indicative of both of Yin and Yang vessels, start with Yin then work back to first Luo vessels affected (above)
- 5) **CONTRAINDICATIONS:**
- Pregnancy
  - At time of Menses
  - Yin and Blood Deficiency (must be treated prior to a Luo vessel treatment via Yuan-source points)
  - Infants and the elderly

## (((Luo Vessels in Relation to Yin)))

### **I) Longitudinal Luo Affects the Yin**

- 1) Any fluids coming into the body first go into Luo channels, then become Blood
  - This means that the Luo Vessels are affected by the Stomach, since it produces fluid, and the Spleen, which produces Blood
    - The above is influenced by Sp-21, the Great Luo of the Spleen
      - This point controls all of the Luo vessels
- 2) Because the Luo vessels are involved in fluid metabolism, they can help release Yin (Fluid, Blood, Jing) Stasis
- 3) Latency of Heat is maintained via the support of the Fluid, Blood and Jing
  - To maintain this latency, Stagnation must be removed
- 4) The Yin Progression of Fluids:
  - a) Jin-Ye (Fluids)
    - Controlled by the Lungs, Spleen and Kidney
  - b) Xue (Blood)
    - Controlled by the Heart, Liver and Spleen
  - c) Jing
    - Controlled by the Kidney, Du and Ren Mai
- 5) Pathological metabolic conditions of Yin/Fluids
  - a) Fluids → Phlegm
  - b) Blood → Stagnates
  - c) Jing → Deficiency/Loss

### **II) Luo Treatment to Release Fluid/Blood/Jing**

- 1) This is done in cases where the patient is too weak to move the EPF out
  - You must maintain the latency of Heat/Pathogen and tonify their system
- 2) Lu-7 and GB-37 are both the only descending pathways of the Luo vessels
  - Lung works on a superficial level
  - Gall Bladder works on a deep, endocrine level
- 3) Bleed one of the above points to remove toxic overload
  - Then moxa
- 4) Additional points for support include:
  - Fluid/phlegm: St-40
  - Blood Stagnation: P-6
  - Jing Loss: Ki-4

### III) Signs and Symptoms of Rebellious Qi and the Longitudinal Luo Used

- 1) **Lungs:**
  - Frequent yawning
  - Frequent urination
- 2) **Large Intestine**
  - Constipation
- 3) **Stomach**
  - Nausea/vomiting
- 4) **Spleen**
  - Bloating
  - Intestinal pain/spasms
  - Flatulence
  - Irritable bowel syndrome
- 5) **Heart**
  - Palpitations (Heart rebels against Blood coming in)
- 6) **Small Intestine**
  - Cardiac reflux (mitre valve prolapse)
- 7) **Bladder**
  - Lack of urination
- 8) **Kidneys**
  - Wheezing/coughing (Kidneys not grabbing Qi)
- 9) **Pericardium**
  - Same as Heart
- 10) **San Jiao**
  - Alternating Hot and Cold symptoms
- 11) **Gall Bladder**
  - Alternating Above/Below symptoms (GB usually maintains this balance)
    - Ex.: alternating headache and menstrual pain
    - Alternating belching and farting
- 12) **Liver**
  - Dizziness
  - Headache
  - Both due to ascending Yang

#### IV) Treatment

- 1) If acute, use Xi-cleft points
- 2) Plumb blossom the Luo point to disperse
  - If deficient, moxa first, then plum blossom
- 3) Check Longitudinal Luo pathways for noticeable vessels
  - If vessels are red, bleed them (using 3-edged bleeding needle)
  - If blue, bleed, then moxa
- 4) Treat Primary Meridian of associated organ
  - Tonify or disperse, depending on the condition
    - If there's extreme Heat, tonify Ying-spring point
    - If there's diaphragmatic constriction, disperse jing-well point
- 5) BEWARE: Empty signs alone can just be a deficiency in a Primary Meridian



# (((Treating Shen with Luo Vessels)))

## I) Luo Vessels in Relation to Psycho-social (Yi/Mind) Development

- 1) The Longitudinal Luo may be thought of as a continuum that represents self-evolution
  - About the individual moving towards self-knowledge
- 2) The development of the psyche goes through three distinct phases:
  - a) Development of perception, sensation, and thought
    - This is related to the Luo Vessels of the Lu, LI, St, Sp
  - b) Development of social skills
    - This is related to the Luo Vessels of the Ht, SI, Bl, and Ki
  - c) Development of a sense of self-preservation
    - This is related to the Luo Vessels of P, SJ, GB, and Lr
  - d) After all this, we come to terms with life and ourselves
    - There's an emergence of a new self
    - The Great Luo of the Spleen, and the Luo Vessels of Du and Ren Mai get developed

## II) The Luo Vessels can also Address Shen Issues

- 1) The Luo Vessels can treat mental/emotional problems since they carry Blood, which holds emotions, feelings and experiences
  - Blood gives them residence
- 2) The classes of feelings that can be treated:
  - a) **Primal**, or Non-cognitive feelings are an External/Wei-Qi response
    - Ex.: Fright, a combination of fear and shock from a sudden and unexpected noise
    - This is instantaneous
  - b) **Premeditated feelings** are conscious and cognitive
    - These are an Internal/Ying-Qi response
    - We have control over these types of feelings
      - We can choose how to feel
      - Ex.: Anger from a perceived insult
    - Emotions in this area have a time frame, *i.e.*, they have a beginning, middle and end like a story
    - Emotions in this area have a focus or target
      - You have an emotion about something in particular
  - c) **Moods** are different from the above in that in that they're "floating around" and not fixated
    - Moods are undefined – they have no target
    - Moods are held at the surface/Wei-Qi level... so they are acute

- d) **Suppressed emotions** are felt, but there is a decision not to express them in order to conform to one's culture/society's expectations
  - Ex.: *boys don't cry...*
  - This is cognitive in nature... at the Ying-Qi level
- e) **Repressed emotions** are unconscious
  - There's a non-recognition/denial of the emotion
  - This is at a deep level – the Yuan-Qi level of dealing with emotions
- 3) These emotions can be processed, or they can be suppressed or repressed
  - Recognizing these emotions releases them and allows patient to reconnect with themselves, resulting in subsequent psychological release and sense of freedom
- 4) Denial and repression lead to stagnation in the Blood, eventually...
  - This leads to Heat in the Blood
- 5) Longitudinal Luo Vessels buffer and protect the Primary Meridians by holding Excess Heat created by these Internal factors – *i.e.*, emotions that are not released, as well as conflicts between emotion and thought

### III) Points for Processing and Harmonizing Emotions via the Longitudinal Luo Vessels

- 1) Use Yin Luo points to work on person's "armoring"
  - a) **Moods** (Wei-Qi level)
    - Lu-7 & Lr-5
  - b) **Suppression** (Ying-Qi level)
    - P-6 & Sp-4
  - c) **Repression** (Yuan-Qi level)
    - Ki-4 & SJ-5
  - d) Plum blossom these points (those for the appropriate level) in an ∞ pattern
    - Start with side of body with the dominant symptoms
      - Ex.: Right arm → Left leg → Right leg → Left arm
  - e) If you're not sure what level the person is at, do ALL levels (mood, suppression and repression)
- 3) Use Yang Luo points for patient's emotional disposition, tonifying the Yuan-source point of the organ's Yin-paired meridian first:
  - a) **Anger** = GB-37 + Lr-3
  - b) **Anxiety** = SI-7 + Ht-7
  - c) **Obsession** = St-40 + Sp-3
  - d) **Grief/depression** = LI-6 + Lu-9
  - e) **Fear** = Bl-58 + Ki-3

- Plum blossom or bleed the above Luo points bilaterally to release corresponding emotion
  - Ex.: if person angry:
    - Tonify Lr-3
    - Bleed or plum blossom GB-37
- 4) To combine the treatments in (2) and (3):
  - Ex.: Repressed childhood incest with anger:
    - Tonify Lr-3
    - Since repressed, plum blossom or bleed
      - SJ-5 (right arm)
      - Ki-4 (left leg)
      - Ki-4 (right leg)
      - SJ-5 (left arm)
    - Bleed or plum blossom GB-37
  - Ex.: The above, but with depression:
    - Tonify Lu-9
    - Bleed or plum blossom SJ-5 & Ki-4 as above
    - Bleed or plum blossom LI-6

#### **IV) Treatment for Cathartic Release of Emotions (through Liver)**

- 1) The aim here is to harmonize/balance the emotions
- 2) The Luo Vessels help bring the Heat/stagnated emotions into a state of latency
  - The Liver is the organ that harmonizes the emotions
  - The Luo treatment here is related to the Liver
- a) Plum blossom Lr-5
  - This clears Cold in the Liver that gives rise to an inability to act
- b) Tonify Lr-8
  - The “mother of Wood” (the Water point of the Liver meridian)
  - The He-sea point that can nourish Liver-Blood so that it can better deal with the patient’s emotional disposition
- c) Tonify Lr-13
- d) Tonify Lr-14
- e) Disperse GB-37
  - This helps illuminate one’s path in life
    - When we let go of our emotional fixations we can have a clear vision of the world

## V) Full and Empty Signs and Symptoms

### 1) **Lung Luo:**

- This Luo Vessel reaches outward to engage with, as well as to release to the world
- Here, there is a connection between inner and outer worlds
- Full: Constant craving for attention and involvement with the world
  - The palms are hot... there's an eagerness to grab onto life
- Empty: Boredom
  - Yawning and frequent urination are the ways the body releases to the world

### 2) **Large Intestine Luo:**

- Full: Over-stimulation which causes hypersensitivity to the eyes and ears
  - There's sometimes deafness, a response to block out the world
  - There's a need for "chewing over" information... repetition
  - Tendency to grind teeth
  - Toothaches
- Empty: No perception/sensation
  - No ability to chew
  - Cold sensitive teeth
  - Can't digest/assimilate information
  - Diaphragmatic numbness

### 3) **Stomach Luo:**

- At this point, the person begins to have feelings about some of their encounters with the world
- They begin to define and differentiate between things
- Full: Emotions and feelings are out of control... irrationality
  - Person becomes stuck in their judgements
  - Madness
- Empty: Non-expression of emotion
  - No goals, no motivation
  - Non-movement... legs weakening
  - Atrophy of the legs

### 4) **Spleen Luo:**

- Places experiences and emotions within some kind of context
- Provides social/cultural matrix/web
- Development of social skills... awareness of feelings/emotions and their interaction with the world
- Full: Excess thought
  - Obsession regarding emotions
  - The above brings on stabbing, sharp pain to the intestines and abdomen

- Empty: No thoughts... compulsive behavior
    - Person makes decisions without thinking
    - This brings on distended, taught intestines/drum-like abdominal swellings
- 5) **Heart Luo:**
- Gives speech to thoughts and emotions
    - Speech means recognition
    - It also gives possession to that which is named
    - Also gives the ability to release them by re-evaluating and re-articulating what one feels for something, bringing about a new and changed state of mind
  - Full: Inability to release emotions
    - Feelings of betrayal
    - Chest oppression and pain
  - Empty: Thoughts and feelings cannot be worded – can't be captured or named
    - Loss of speech
- 6) **Small Intestine Luo:**
- Integrates information
  - Allows for self-reflection and fine-tuning of the mind's contents
  - Allows for new thoughts and emotions
  - Allows having second thoughts about something... being unsure or critical
  - Full: Inability to grasp the world... things become elusive
    - Loose joints
    - Elbow atrophy
    - Highly critical, obsessive, overbearing behavior
  - Empty: Person can't let go of criticism... which acts like small itchy scabs – the more you scratch the more you itch
    - Uncertainty manifests through overworking the problem at hand
    - Obsession
- 7) **Bladder Luo:**
- The “alarm system” which sets a person's threshold of response, which determines whether they're over- or under-reacting to a situation
  - Full: “Alarm” overly sensitive/always on
    - Propensity for panic attacks
    - Hyperventilation
    - Nasal congestion
    - Lower back pain
    - Headaches
  - Empty: Person doesn't know when their threshold has been reached
    - There's no “self alarm” to tell a person when enough is enough
    - No reaction to stressful situations
    - The only response might be sniffles – a runny nose with clear fluids

8) **Kidney Luo:**

- This Luo Vessel is the response mechanism to the “alarm” spoken of above
- It is the mechanism of self-preservation
  - It gives one the ability to handle and manipulate the world
  - ...as well as take responsibility for one’s own thoughts, emotions and actions
- Full: Response is always the same – quick reaction without processing the information available
  - Panic reactions
  - Phobias
  - Obsessive-compulsive behavior
  - Inability to think things through
  - Frozen with fear
  - Constipation
  - Anuria
- Empty: Constant replay of traumas
  - Constant production of adrenaline (due to replay of traumas)
  - Fear
  - Paranoia
  - Low back pain

9) **Pericardium Luo:**

- About coping skills – self-preservation via rationalization and armoring
- Also about empathy, openness and interaction
- Full: Can’t control emotions
  - Excessive sympathy – pre-occupation with others or one’s own emotional state
    - This can cause heart/chest pains
- Empty: Helplessness – inability to help self or others
  - Lack of empathy – inability to release one’s armoring
  - Inability to interact with others
  - Rigid neck and head

10) **San Jiao Luo:**

- One’s constitutional temperament
- Established *in utero*
- Habitual thoughts/actions/responses... karma
- Dictated by deepest levels of Yuan-Qi/Jing
- If you have an open perspective at this level, it will allow for the ability to let go of one’s fate/destiny
- Full: Rigidity/stubbornness
  - Stiff or dislocated elbows
    - This symbolizes that one’s connection to others is constricted – that there’s an inability to engage
- Empty: Indifference
  - Non-involvement

- Loss of emotions
- Body can't bend
- Elbows weak
- Atrophy

11) **Gall Bladder Luo:**

- Responsible for the ability to make decisions and act decisively
- Responsible for a person being closed to their options in life
  - New options can be created/realized by letting go/releasing (St-42)
- Gives you a sense of solitude, which comes from decision-making
- Full: Decisions are habitual – no thought, just reactive choices
  - Deficiency of Yang at feet/lower legs, giving rise to cold feet
  - Also, “cold feet” in terms of being shy, isolated, and avoiding new interactions
  - Blindness to new options in life
- Empty: Loneliness, leading to depression
  - Inability to stand from a seated position
  - Atrophy/paralysis of lower limbs
  - Chronic addictions

12) **Liver Luo:**

- Gives one the ability to create as well as recreate
- Responsible for sexual arousal
  - This is needed for the passion and desire necessary to create a new self
- Responsible for harmony of emotions and persona
- Full: Abnormal sexual arousal
  - Constant erection
  - Constant need to create a new self
    - Constant daydreams/fantasies
- Empty: Genital itch
  - Itch/need for newness and change
  - Creation of multiple personas

13) **Great Luo of the Spleen:**

- Responsible for the body's ability to connect Ren and Du Mai
  - Also front/back, Yin/Yang, Qi/Blood
- Responsible for open communication with oneself and others
- Full: Diffuse pain all over body
  - Everything hurts and nothing works
- Empty: Despair
  - Hopelessness
  - Loose joints
  - No strength
  - Great fatigue

- Chronic depression
- No will to live

14) **Du Mai:**

- Mediates thoughts and movements
- Full: Hypertonic (rigid) spine, neck and head
  - Always and easily startled
- Empty: Hypotonic spine, neck and head
  - Heavy headed
  - Shaking of head
  - Lethargy... everything droops

15) **Ren Mai:**

- Mediates thoughts and feelings
- Full: Feelings stuck at gut level
  - Abdominal stasis and pain
- Empty: No feelings... numb
  - Longs for sensation and feeling
  - Itchy abdomen, due to the above

**(((Side Note)))**

- At Ren and Du Mai, karma accumulates
  - This can lead to Shen disturbances
  - This happens when a person suppresses/ represses part of their self as a means of self-protection
- Sensory and emotional overload are Du and Ren Mai issues



# (((Treating Cardiovascular Issues))) (((with Luo Vessels)))

## I) Cardiovascular Applications of the Luo Vessels

- 1) Wang Qing Ren (14<sup>th</sup> c.) was the physician who wrote *Errors Made By Physicians*
    - His primary focus was on the blood vessels
    - He did autopsies on the thoracic cavity and gave descriptions of the lungs, trachea, bronchi, heart and aorta
    - He said that internal conditions can be acute or chronic, and that there are four types of diseases
      - Excess/Stagnation or Deficiency of Qi
      - Excess/Stagnation or Deficiency of Blood
        - Because Qi and Blood are related, you can't treat one without treating the other
  - a) Wang Qing Ren believed that the chest is where Heat (as a lymphatic response) is produced
    - Heat at the chest causes palpitations and chest distress
  - b) Heat also rises to affect the upper orifices
    - In response to Heat, the Stomach channel brings Yin-Fluids/lymph to upper regions to support the moisture of the eyes, mouth, lips and even brain
  - c) When he did autopsies on the victims of high fevers and infectious diseases, he found high levels of lymph fluid in the Stomach channel areas
  - d) Wang Qing Ren also believed that Heat affects fluids first, then blood
    - If the body can't bring fluids to moisturize the upper regions, Blood will come up to contain the Heat
      - Ex.: No fluids in upper regions → blood-shot eyes
  - e) When Blood is involved, there's possibility of stagnation
- 2) The Luo Vessels are a link to the 8-Extra Vessels
    - Most 8-Extras start at Luo points (with the exception of Ki-6 and Bl-62 – Yangchiao and Yinchiao Mai)
  - 3) Blood vessels are Curious Organs
    - Long-term blood issues can affect the other Curious Organs (and *vice-versa*)
  - 4) The conditions in the Curious Organs can affect the Blood and Ren Mai because of their special relationship (more later)
    - Blood and Luo Vessels move towards Curious Organs like the brain, spine, marrow, uterus, gall bladder, and genitals
  - 5) When evaluating complicated cardiovascular conditions, you should look at the history of the medical condition and see whether any Curious Organs are involved

## II) The Development of Blood

- 1) This takes place at Xue Fu (Blood Mansion) – the area from the axilla to the diaphragm
  - Ht-1 = top
  - Sp-21 = middle
  - Lr-13 = bottom
- 2) The Heart is the final point in the production of Blood
  - Heart circulates Blood and Zhong-Qi (Lung) pulsates it
- 3) Spleen does the initial production and management of Blood
- 4) Liver stores Blood
  - Lr-13 is the Mu point of Spleen
- 5) The Luo Vessels are the Exterior of Chong Mai (Sea of Blood)
  - They represent the Blood and its circulation... the cardiovascular system
- 6) The progression of Blood flow:

▼ Arm → ▲ Arm → ▲ Leg → ▼ Leg

- 7) The Great Luo of the Spleen and Stomach represent the movement of Chong Mai
  - Spleen controls the vena cava (blood return)
  - Stomach controls the aorta (St-42 specifically controls this)
    - Helps Spleen push Blood out to limbs
- 8) Before Wang Qing Ren, the Pericardium was seen as the outer aspect/protector of the Heart
  - a) Wang Qing Ren felt that the Pericardium was actually responsible for the protection of the Interior of the Heart
    - According to him, the Heart itself was responsible for the protection of the Exterior of the Heart
  - b) The Pericardium Luo Vessel, which runs from P-6 to the chest/Heart, is responsible for descending circulation
  - c) The Luo Vessel of the Heart is responsible for the Yang of the Heart
    - It's related to the energy and Blood moving into the chest, then up and out to the tongue and eyes... as well as the brain
    - This Luo Vessel is also responsible for Exterior/peripheral circulation
  - d) Ht-5 is responsible for the Blood leaving the Heart (left chamber)
    - The Great Luo of the Stomach supports this Blood moving out
    - The Great Luo of the Spleen supports Blood and Qi coming back into the Heart (right chamber)
- 9) **For the production of Blood, needle:**
  - Ht-1, Sp-21 and Lr-13
  - Needle upward using even method

10) **To store Blood**, needle:

- Ht-1, Sp-21 and Lr-13
- Needle downward (except for Lr-13, which is needled perpendicularly) using even method

<b>Essential Oil Blend for Deficient Blood</b>		
- Vertivert.....40 drops	} 1 oz. of:	
- Jasmine.....10 "		- olive oil (influences Blood)
- Coriander.....30 "		- safflower oil (for nodules)
- Carrot.....20 "		- almond oil (influences surface Luo Vessels)

**III) Overview of Cardiovascular Conditions Affecting the Longitudinal Luo Vessels**

- 1) These conditions are due to Blood or Phlegm Stagnation
- 2) Affected areas can include the chest/Heart, lower abdomen and head
- 3) Problems present in these areas as:
  - Pain
  - Spider veins and varicosity
  - Thickenings
  - Nodules → lumps → tumors
  - Sometimes, pain all over the body – a Great Luo of the Spleen condition
- 4) When the Yin of the body gets affected, there's Fluid, Blood and Jing loss
- 5) The Luo Vessels of Du and Ren Mai, as well as those of the Curious Organs can also be affected, as well as affect each other

**IV) Signs and Symptoms of Pathological Blood Issues at the Luo Vessels**

- 1) Blood and Phlegm Stagnation first affects the chest
  - They are both produced by the Spleen and can stagnate at the chest
  - This can be due to stasis at the organs related to Blood
    - Stasis of Liver Blood
    - Stasis of Spleen Blood
    - Stasis of Stomach Fluids
- a) Blood and Phlegm build-up/stagnation can also be due to a weak Spleen
  - This causes little/no Blood flow through the Longitudinal Luo Vessels
  - Also, the Spleen sends insufficient Blood to the Heart and Pericardium
- b) The Spleen is still strong enough, however, to produce Phlegm... so it does
- c) This leads to Qi Deficiency of the Lung
  - Decreased Zhong-Qi output leads to weakened pulsation of Blood

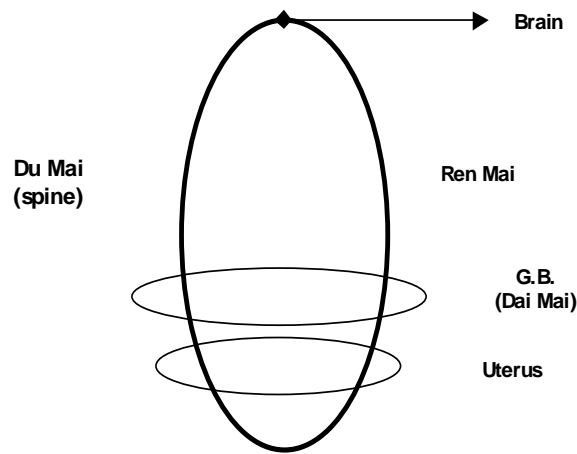
- Subsequently, the limbs are cold and/or weak
- d) Signs and symptoms of Blood Deficiency of Lung, Heart and Pericardium (the three Yin meridians of the Arm) manifest
  - The other meridians follow
- 2) **Lung Luo:**
  - Full: Heat in the palms indicates chest irritation
  - Empty: Frequent yawning and urination
- 3) **Heart Luo:**
  - The Heart is about surface/peripheral circulation... so phlebitis (inflammation of a vein) and hypertension can be signs
  - Full: Chest signs and symptoms
    - Stickiness and oppression of chest
  - Empty: Loss of speech
    - Stroke
- 4) **Pericardium Luo:**
  - Deals with internal circulation and the Heart itself
  - Moves Blood to Ren-12... helps with dispersion and distribution of nutrients to internal organs
  - Full: Heart pain (angina)
    - Aneurysms (or possibility of... as Heart and Pericardium have a relationship with the brain)
  - Empty: Rigidity and pain in the neck
- 5) **Small Intestine Luo:**
  - About occluded/stagnant Blood at the shoulder
  - Numbness of hands
  - Weakness of joints
  - Full: Elbow easily dislocated or loose
- 6) **Large Intestine Luo:**
  - Stagnant Blood at ears and jaw
  - Some say all orifices are affected because movement to the head is via the carotid artery
  - When there's a lack of movement here:
    - Bell's palsy
    - Numbness in the area
    - Migraines
- 7) **San Jiao Luo:**
  - Connects directly to the chest and goes down to digestive tract
  - Also affects arms and elbows, causing stiffness

- 8) **Gall Bladder Luo:**
  - Circulatory problems in legs
  - Wind stroke with paralysis of lower legs
- 9) **Bladder Luo:**
  - Fluid retention in the skull
  - Vertex headache
  - *Connects with Heart Luo at the head*
- 10) **Stomach Luo:**
  - Stroke with hemiplegia
    - Atrophy of the side affected
  - Shen issues
  - Phlegm (both Phlegm-Fire and Cold-Phlegm)
- 11) **Spleen Luo:**
  - Blood Stasis in abdominal cavity
  - Full: Sharp pain in the middle of the intestines
  - Empty: Drum-like swelling of the abdomen
    - Not only ascites... can be due to internal organ or glandular swelling
- 12) **Liver Luo:**
  - Qi/Blood Stasis manifesting as itching at or arousal of genitals
  - Need for movement outward
    - Organ swellings
    - Constant erections or vaginitis (malodorous vaginal discharge with itching and irritation of mucous membrane; increased/painful urination)
    - Fibroids/tumors
- 13) **Kidney Luo:**
  - Blockages of the lower orifices
  - Anurea
  - Pain in the genitals
  - Fibroids/tumors

## V) Evaluating Circulatory Problems

- 1) The problems can be peripheral – dealing with blood flow to the head and limbs
  - Or they can be systemic – dealing with blood flow to organs
  - The situation can also be a combination of both
- 2) Look for broken blood vessels/varicosities on the pathways of the Longitudinal Luo Vessels, along with signs and symptoms for that vessel
- 3) You also want to look at the tongue
  - Dark = Stagnation (Internal or External)

- Can be shades of Blue, Red or Purple
- 4) Also take the pulse at the middle level, looking for a Choppy-Wiry or Thin pulse
    - Ex.: If the pulse at left guan position is:
      - Choppy-Wiry = Blood Stagnation
      - Thin = Blood Deficiency
      - Deep = Blood going inward
  - 5) If cardiovascular problems are combined with gynecological problems or cerebral-spinal problems, you should evaluate the other Curious Organs
    - This is because these conditions relate to Blood going up to the brain



- 6) Evaluation Example:
  - a) Look at Longitudinal Luo Pathways
  - b) Take tongue and pulse
  - c) Look for signs and symptoms
- 7) CONTRAINDICATIONS:
  - Pregnancy
  - Menses
  - Yin Deficiency
  - Infants
  - Elderly
  - Needle, do not bleed or plum blossom these people

## VI) Protocols

- 1) Tonify deficient Qi and Blood (if necessary)
  - a) Deficient Yin or Blood: Ren-15 (plum blossom slowly)
  - b) Deficient Yang or Qi: Du-1 (needle)
    - The conditions may merit your using both points

- 2) Opening points:
  - a) Peripheral circulation: Ht-5
  - b) Systemic circulation: P-6
    - You can use both points
    - These points can be either needled or plum blossomed
- 3) Plum blossom or needle Luo point and vessel at associated sites of signs and symptoms, or as determined by pulse
- 4) Phlegm at Heart/disturbed Shen: St-40
- 5) Wind-Phlegm (strokes); also high blood pressure; tics and shaking: Bl-58
  - Bleed or even needle
- 6) End with needling one of the following points, retaining the needle for 15–20 minutes to invigorate
  - a) Ht-5 and Lu-7 (for a peripheral circulatory condition)
  - b) P-6 and GB-37 (for a systemic circulatory condition)
  - c) If the condition is both peripheral and systemic, do both (a) and (b)
- 7) Example:
  - Raynaud’s disease (fingers turn white, then blue with cold; they turn red when the blood returns, causing a numb, tingling or burning sensation)
  - This circulatory problem is due to Blood Deficiency
  - People with this tend to have insomnia
  - a) To treat, tonify Blood
    - Needle Ren-15 (do not plum blossom since there’s Blood Deficiency)
  - b) Needle Ht-5 (opening point for peripheral circulatory issues)
    - To really move the stuff in this channel, plum blossom
  - c) Look for vessels along arm Yang Luo Longitudinal vessels
    - If there are any along the Large Intestine Luo, there may be jaw problems
    - If the Small Intestine Luo is affected, there may be shoulder problems
    - If the San Jiao Luo vessel is affected, there may be digestive issues
    - Plum blossom Luo point and varicosities
  - d) If the person also has insomnia, needle St-40
  - e) To end the treatment, needle Lu-7 and retain
    - You can needle Ht-5 again if the person isn’t annoyed by it
- 8) Example:
  - Abdominal mass with internal bleeding
  - a) Tonify blood – needle Ren-15

- b) Opening point – P-6 (systemic circulatory point)
  - c) Bleed or plum blossom Sp-4
    - Also check the Luo vessel pathway and St-42, which is linked to the intestines
  - d) Needle and retain GB-37 (and St-42) to drain fluid from the pelvis (P-6 can also be re-needled)
  - e) Use herbal medicine (the herb smilax)
- 9) Example:
- Luo vessels on the face
  - a) Begin treatment by needling Ht-5
  - b) Bleed or plum blossom LI-6 to the face
    - Plum blossom Luo vessels on the face if the patient lets you
  - c) Needle and retain Lu-7

## **VII) Luo Vessel Sites Associated with Hemorrhage**

- 1) The *Yang Luo* vessels are usually associated with acute/external bleeding
  - a) **Stomach** = nosebleed
    - Also vomiting with blood in it
  - b) **Bladder** = blood in urine
  - c) **Small Intestine** = blood in urine
  - d) **Large Intestine** = blood in stool
  - e) **Lung** = bloody sputum or coughing up blood
- 2) The *Yin Luo* vessels are usually associated with chronic/internal bleeding
  - a) **Liver** = uterine bleeding
  - b) **Kidney** = blood in urine
  - c) **Spleen** = chronic bleeding from upper orifices
    - Nose bleed
    - Bloody gums
    - Upper Jiao issues causing bloody vomit
    - Bleeding from many sites
  - d) **Great Luo of the Spleen** = bleeding from many sites



### VIII) Treatment of Hemorrhage

- 1) Hemorrhage is usually due to Heat or Spleen Deficiency
  - To figure out which, take the pulse to see if there's Heat or Cold
    - Heat = Rapid pulse
    - Cold = Slow pulse
- 2) Treat Luo point at the site of hemorrhage
  - Bleed or plum blossom
  - ...or moxa
- 3) Treat corresponding Jing-well point
  - Bleed with a lancet
  - ...or moxa
- 4) Example:
  - Acute coughing up blood due to Wind-Heat
    - Tongue: Red
    - Pulse: Rapid
  - a) Plum blossom Lu-7
  - b) Bleed Lu-11
  - c) For Heat, add Ying-spring point – Lu-10
    - This is considered a branch treatment in order to stop bleeding
- 5) A root treatment is used for bleeding at various sites
  - This condition is usually due to Deficient Blood (this can be caused by blood loss), which can lead to Blood Stasis
  - a) This condition can be treated at the same time as the above (or later)
  - b) Treat Spleen for not managing the Blood
    - You can select some, all, or add in different points for the following treatment
  - c) Tonify Spleen:
    - Moxa Sp-1
    - Tonify Sp-10
    - Also tonify:
      - Bl-17 (Blood)
      - Sp-3 (Yuan-source)
      - St-36 (moves Blood)
      - Bl-20 (Spleen Back-shu point)
  - d) Harmonize Liver
    - Tonify:
      - Lr-3
      - GB-34
      - Lr-2

- 6) Before treating bleeding at upper orifices (especially nosebleeds in response to Blood Stasis),  
THINK!
- Nosebleed may be happening as a means to release Wind-Heat, preventing stroke
  - It may also be the body's response to Stasis, thereby avoiding heart attack

# (((Treating Hematological Issues))) (((with Luo Vessels)))

## I) Simplified Treatments for Hematological Conditions

- *Treatments should be done in conjunction with an MD so that blood tests can be monitored*
- *For all the following conditions, monitor the patient for a healing crisis with Heat*
  - *Treat this with the Yang Longitudinal Luo Vessels*

### 1) Anemia

- reduced oxygen-carrying capacity of red blood cells due to an iron deficiency
  - Diet is insufficient in that element
  - Iron deficiency can also be due to malabsorption
  - ...or chronic blood loss, as in heavy periods and stomach ulcers
  - Pregnancy
  - Chronic diseases like cancer
- a) To increase the iron content of the body, modify the diet
- Seaweed is a good source of iron
  - As is Guinness
- You must also tonify Stomach-Fire (if deficient) so that iron will be absorbed by the Small Intestine and stored in the Liver
- If Stomach-Fire is deficient, there's Deficient Spleen-Qi... so iron cannot be properly transformed and transported
- b) Transverse Luo treatment for Stomach-Fire (Excess or Deficient):
- Tonify St-40
  - Tonify Lr-5 (for Qi Deficiency)
  - Tonify Ki-4 (for Yang Deficiency)
  - Tonify Sp-4 (for Blood Deficiency)
- Also tonify Xue Fu (Blood Mansion): Ht-1; Sp-21; Lr-13
- See Week 7; II, (1)
- c) TCM treatment for Deficient Spleen-Qi and Stomach-Fire:
- Tonify Sp-6; Sp-9; Sp-10
  - Moxa Bl-17

### 2) Vitamin B-12 Deficiency (pernicious anemia)

- Most often occurring in Nordic blondes
  - Usually due to aging and atrophy of the GI tract
  - Can also be auto-immune based
    - Peptic cells in stomach fail to bind to B-12 to be carried to Small Intestine for absorption
- a) Signs and symptoms include:
- Indigestion

- Bloating
  - Flatulence
- b) Basic treatment:
- Disperse St-40
  - Tonify Sp-4 (builds Blood)
  - Tonify Sp-21 (supports Blood)
  - Tonify Ren-15 (helps initialize the production of Blood)
- 3) Folic Acid Deficiency (a.k.a. vitamin B<sub>9</sub> or vitamin M)
- Needed for maturation of red blood cells
  - There's a high demand for it during pregnancy, ovulation and menopause, when there's a "pull" on the Jing
- a) Basic treatment:
- Tonify St-40
  - Tonify Sp-4 (builds Blood)
  - Tonify Lr-5 (because the Liver Luo goes to the genitals, and so contacts Jing)
  - Disperse GB-37 (can be bled)
- 4) Hemolytic Anemia
- The life-span of a red blood cell is usually 120 days
  - Here, the red blood cells break down and die prematurely
    - This can be due to the absorption of Heat at the Wei-Qi level
  - This causes hyperactivity of the bone marrow as it goes into overdrive to replace the lost blood
    - Because of this, the bones feel hot – called steaming bone syndrome
- 5) Sickle-cell Anemia
- Usually found in people of African descent
  - If the child survives at birth, there's a later development of a variety of problems, including:
    - Enlarged spleen and liver
    - Damaged and painful organs
    - Reduced Spleen function
    - Frequent infections
    - Steaming bone syndrome
    - Severe anemia
    - Jaundice (heightened bilirubin production)
    - Gall stones
    - Growth retardation
  - On the up side, a person with this can't get malaria
- a) Basic treatment:
- Tonify St-40 and LI-6 (clears Heat via Yang Ming)
  - Plum blossom SI-7 and Bl-58 (rids Heat on surface of body via Tai Yang)
    - Heat at the Wei-Qi level destroys Blood, especially when there's a healing crisis)
  - Even at Xue Fu (Blood Mansion)

- Ht-1; Sp-21; Lr-13
- Clears up signs and symptoms
- Tonify Ren-1 and Ren-15 for severe bone pain
  - These points nourish Jing

6) Thalassemia

- Thalas = sea/ocean
  - This disease is common to people of Mediterranean and SE Asian descent
  - They are dependant on blood transfusions to live
- a) This disease occurs when stem cells in the marrow don't change into mature red blood cells, leading to severe growth retardation
- The marrow becomes stressed since it keeps producing more and more cells, trying to make up for the deficit
    - This causes marrow expansion, making the bone more vulnerable to fracture
    - The bones of the skull become more prominent
- b) Splenomegaly and hepatomegaly (enlarged spleen and liver) occurs, as they're overworked
- The Spleen is overworked in producing Blood
  - The Liver is overworked in trying to rid the body of toxins
- c) Basic treatment:
- Tonify Du-1 (not Ren, since it's too active producing Blood)
    - This slows Blood production
  - Needle Sp-21 towards GB-22
    - Sp-21 controls all Blood
    - You needle towards GB-22 since it was the classic Great Luo of the Spleen point
  - Tonify Sp-4 (adjusts Spleen function of Blood production)
  - Reduce Lr-5 (reduces Jing at the genitals)
  - Reduce Ki-4 (controls lower orifices, opens pelvic region)

7) Chronic Lymphatic Leukemia

- Abnormal and uncontrollable proliferation of white blood cells
- a) Hypoxia stimulates the marrow to produce more red blood cells
- Ex.: chronic respiratory diseases like tuberculosis
    - More red blood cells cause an increase in the viscosity of blood, which can lead to stagnation
    - An increased movement of Blood to the limbs and head causes:
      - Headaches
      - Flushed face
      - Hypertension/Dizziness
      - Itchy skin
      - Bloody nose
  - The increase in red blood cells triggers an increase in the production of white blood cells – *i.e.*, leukemia

- b) Basic treatment:
- Bleed or plum blossom Sp-21
  - Even Ren-15 (regulates Yin)
  - Even Du-1 (regulates Yang)
  - Tonify St-40
  - Tonify Sp-4

# (((Treating Musculoskeletal Issues))) (((with Luo Vessels)))

## **I) Luo Vessel Treatment for Musculoskeletal Conditions**

- 1) The tendinomuscular system is at the Wei-Qi level and so is the first line of defense against pathogens
- 2) When there's an injury, the area progresses from injury to a normalization of qi, then the area heals
  - If not, arthritis and rheumatism occur
- 3) For injuries and trauma causing discoloration (bruising and burns), there's:
  - a) An acute pathological stage, and
  - b) A healing stage
    - There will be stagnant/occluded Blood and Qi at the site of the injury
    - The pulses will focus on the Internal, so you must look for broken vessels and Phlegm nodules to locate the site of the Luo vessel injury

## **II) Treatment for Acute Pathological Stage**

- 1) This includes burns up to the 2<sup>nd</sup> degree
  - Redness, ulceration and puss
- 2) The acute pathological stage lasts for 2 – 3 days
  - If severe, 4 – 7 days
- 3) Local blood vessels dilate to increase blood flow to the trauma area in order to trap the pathology, keeping it local so that it doesn't spread
- 4) Treatment of the acute stage, where there's Qi and Blood Stasis, includes using the Luo points to bring blood to the trauma area
  - a) Tonify Luo points of affected Sinew meridian
    - Point needle towards injury and retain
  - b) Tonify or even method for the first point above the He-sea point to regulate Blood
    - ...unless that is the site of the injury
    - Retain this needle
  - c) To treat the sinew meridians, needle the following points in, then out, following the order they're presented:
    - Ahshi points
    - Shu-stream
    - (Add Ying-spring if there's Heat)
    - Jing-well

- 5) Example:
  - You hit and bruise your hand along the Small Intestine channel
  - a) Tonify Luo point – SI-7, needling toward SI-4 and SI-5 (affected area)
  - b) Even or tonify SI-9 – the first point above the He-sea point/elbow
  - c) Needle in, then out:
    - Ahshi points
    - SI-3 (shu-stream point)
    - (SI-2 if there's inflammation)
    - SI-1 (jing-well point)
- 6) At the healing stage, new blood moves into the site of injury to replace old blood/deposits and bruises due to Qi Stasis
  - This stage can last up to 3 weeks
- 7) Treatment for the healing stage with discoloration entails:
  - a) Dispersal of the Luo point of the affected Sinew meridian, pointing the needle away from the site of injury and retaining it
  - b) Tonify Blood by needling the point above the He-sea point and retaining it
  - c) Treat the Sinew meridian by needling in/out:
    - Ahshi
    - Shu-stream
    - (Ying-spring if there's Heat/inflammation)
    - Jing-well
- 8) Example:
  - Bruised medial knee at the Spleen meridian
  - a) Disperse Luo point – Sp-4
    - Needle away from injury and retain
  - b) Tonify Sp-10 (first point above He-sea point) and retain
  - c) Treat the Sinew meridian with in/out method
    - Ahshi
    - Shu-stream
    - (Ying-spring if there's Heat/swelling)
    - Jing-well

### **III) Treatment for Old Injuries that don't Heal**

- 1) By now, there is no discoloration
- 2) There's Qi Deficiency at the area
  - So there may also be Blood Deficiency here as well



- 3) There's pain with no bruise; there may be Phlegm Stagnation or nodules
- 4) Treatment of old injuries entails:
  - a) Treat Qi Deficiency first by plum blossoming the affected area rapidly
  - b) If there's Phlegm Stagnation, bring the stagnation up to the surface by plum blossoming slowly
  - c) Do healing stage treatment (almost)
    - Disperse the Luo point
    - Tonify Blood
    - Treat sinews
- 5) Example:
  - Old tennis injury at right elbow (lateral elbow around LI-11)
  - a) Tonify deficient Qi by rapidly plum blossoming LI-11
  - b) If there's Phlegm Stagnation/nodules, bring up the stagnation by slowly plum blossoming the affected area
  - c) Do healing stage treatment:
    - Disperse right LI-6 – needle away from elbow and retain
    - Tonify LI-12 and retain
    - Treat Sinew meridian at the following points with in/out method:
      - Ahshi
      - LI-3
      - (LI-2 if there's Heat/inflammation)
      - LI-1

#### IV) Transverse Luo Treatment for Pain

- 1) This involves the Yin/Yang-paired meridians, where the pain radiates to the paired partner
- 2) Disperse Luo of meridian where there's pain
  - Tonify the Yuan-source point of the paired meridian

#### V) Luo Treatment for Injury and Trauma Prior to more Musculoskeletal Pain

- 1) This treatment is inclusive of pain due to acute Bi-obstruction
- 2) A chronic Luo vessel condition can lead to bi-obstruction:

**Luo vessel traps EPF → Heat → Consumption of Yang-Qi → Cold  
→ Area constricts → Pain**

- 3) The signs and symptoms of pain at the Luo meridians are:
- a) **Bladder** = Headache and red, swollen eyes
  - b) **Large Intestine** = toothache
  - c) **Stomach/Lung** = throat and chest pain
  - d) **Pericardium** = neck rigidity
  - e) **Small Intestine** = upper limb pain
  - f) **San Jiao** = elbow pain
  - g) **Heart** = chest pain
  - h) **Spleen/Ren Mai** = abdomen
  - i) **Du Mai** = head and spine pain
  - j) **Kidneys** = lumbar pain
  - k) **Kidneys/Liver** = genital pain
  - l) **Gall Bladder/Stomach** = lower limb pain/weakness
    - *The pain can also follow the trajectory of the Luo vessel in question*
- 4) Luo vessel treatment for acute bi-obstruction is based on the signs and symptoms relating to pain in the area, as stated above
- ...or the Luo pathway traveling to/through the area
- 5) Example:

<b><u>Bladder migraine</u></b> (based on symptoms in a particular area)	<b><u>Stomach migraine</u></b> (based on Luo vessel trajectory)
1) Plum blossom or bleed ahshi points	1) Plum blossom or bleed ahshi points
2) Use lift and thrust tech at Luo point – Bl-58	2) Check for Luo vessels (varicosities) on Stomach Luo pathway and plum blossom
3) Tonify Yuan-source Point – Bl-64 – Needle and moxa if Qi and Blood are deficient	3) Plum blossom Luo point – St-40

## **VI) Luo Vessel Treatment Principles for Chronic Bi-Obstruction**

- 1) The *Nei Jing-Su Wen* says that the root of all pain is a weak Du Mai/spine
- 2) If there's chronic pain, examine the Du Mai and Kidney Luo pathways for areas to treat
  - a) Du Mai/spine is the root of Yang-Qi, so if you are Yang-Qi Deficient, you can't get rid of pathogens like Wind, Cold and Damp
  - b) Whatever Yang-Qi is left traps EPFs at the spine, Hua-two and Back-shu points... especially Du-14 – the meeting point of all Yang meridians – and Du-4 – the root of Yang-Qi
    - The Back-shu points will clue you in to which organs to treat
    - Look out for nodules, capillaries and trigger points, which will tell you the person's holding pattern
  - c) The Kidney Luo pathway goes through the lumbar spine, which is at the root of Yang
    - The pathway also follows the primary meridian from Ki-4 to Ki-21
- 3) Ask patient questions to determine nature of pain (dull, achy, stabbing, throbbing?)
  - This will give you the direction of the pathology and pain
    - a) Wind-Cold travels down from the head
    - b) Damp-Cold travels up from the leg
    - c) Cold travels either way, depending on what it's combined with
    - d) There're no Heat pathologies in this paradigm since Heat is acute
- 4) When Wind (which is Yang) goes down the spine/back and reaches the Kidneys, there will be Kidney Luo signs and symptoms like:
  - Low back pain
  - Genital pain
  - As Wind moves down into the Du Luo vessel, the spine will become stiff with pain radiating from it
- 5) When Damp (which is Yin) travels up the leg to the Kidney Luo, it can block the lower orifices, causing constipation and anuria
  - As it moves into the head and into the Du Luo vessel, there'll be heaviness and shaking of the head
- 6) When the EPF is determined to come from above (Wind), treat from below and send it back up from whence it came
- 7) When the EPF is determined to come from below (Damp), treat from above and send it back down

## VII) Transverse Luo Treatment for Chronic Bi-Syndrome

- 1) Examine Kidney and Du Mai Luo vessel pathways for nodules and varicosities
- 2) Bleed or needle the Luo points of the Kidney and Du Mai – Ki-4 and Du-1
  - Needle upward or downward, according to the nature/direction of the pathogen
- 3) Needle tender Back-shu points; do the same if they have varicosities (blood vessels) in the area
  - Needle upward or downward, according to the nature/direction of the pathogen
  - If the vessels at the Back-shu points are blue, use moxa
- 4) Plum blossom ahshi points
- 5) Slowly plum blossom any nodules along the Kidney and Du Mai Luo vessel pathways
- 6) Bleed the Luo points of the organs related to the Back-shu points that had varicosities or were tender
- 7) Example:
  - Hip pain
    - a) Check spine for Luo vessels – *i.e.*, varicosities – and nodules
      - For instance, there'd be vessels at Bl-12, Bl-15 and Bl-23
    - b) Bleed Ki-4 (see (e) ) and needle Du-1
    - c) According to the nature of the pain, needle upward or downward
      - If pain radiates from the spine (Wind... which goes up, plus Cold... which causes pain), needle Bl-23 towards Bl-15
        - Bl-15 towards Bl-12
        - Bl-12 towards the neck
      - Use moxa if the blood vessels are blue
    - d) Plum blossom ahshi points at the hip
    - e) Broken vessels at Bl-15 and Bl-23 indicate holding patterns at Heart and Kidney
      - Inspect these Luo vessel pathways and plum blossom any nodules or varicosities
      - Bleed Ht-5 and Ki-4

# ((((Treating Digestive Issues)))) ((((with Luo Vessels))))

## I) Overview of GI Disorders

### 1) GI health is dependant on 3 factors:

- Food
- Psychological factors
- Intrinsic factors

### 2) Food:

#### a) Macronutrients:

- *Protein* – digested by the Stomach and used to build the body and for physical labor
- *Carbohydrates* – digested by the Spleen and feeds the brain
- *Fats* – digested by Stomach Fire, the Gall Bladder and Small Intestines; used for “luxury” insulation layer

#### b) Type of diet/lifestyle:

- The human body evolved under hunter/gatherer conditions
- Present-day diets are limitless in variety...
  - The major problem in the US comes from overeating

#### c) Regularity of meals:

- Stomach produces Heat and Fire in expectation of food
  - When the food does not come, the Fire (hydrochloric acid) that was created for its digestion will burn up Stomach-Yin (or Fluids), leading to its deficiency
- Eating late at night will also burn up Stomach-Yin since the night time is when the Yin of the body expresses itself, and the body is not prepared for the Fire which is created at night to burn food

#### d) People with Excess Stomach-Fire should avoid foods that create Heat:

- |             |              |
|-------------|--------------|
| - Coffee    | - Spicy food |
| - Alcohol   | - Aspirin    |
| - Chocolate |              |

### 3) Psychological Factors:

#### a) Emotions influence our food choices

- Ex.: In cases of depression, a person may eat food for suppressing what’s giving them the blues

#### b) Emotional stress causes the Stomach to produce more Fire

### 4) Intrinsic Factors:

#### a) All GI problems begin with an imbalance in HCl levels

- b) The Stomach is the upper GI tract, producing the Heat necessary to digest food and destroy pathogens coming in with the food and through the nose
- c) If levels of HCl/Stomach-Fire are too high, rising Stomach-Fire results
  - If too low, food stasis results
- d) Pathogenic Heat disrupts the Qi, leading to ulcerations (sores), which can lead to bleeding
  - If this leading is at the upper GI tract, this is a duodenal ulcer
  - If the ulcerations/bleeding happens at the lower GI tract, you get ulcerative colitis

## II) The Stomach-Fire's Relationship with the Spleen

- 1) If there's bleeding, there's going to be a Spleen Deficiency over time as the Spleen tries to continually replace the lost blood
- 2) The Spleen also produces Damp to cool the Excess Fire
  - This increases the number of lymphocytes in the GI area to cool the Heat there
  - This is an auto-immune condition at the gut (the body, in this case, is fighting itself)
- 3) Stomach-Fire's relation to Deficient Blood is as follows:
  - a) Iron absorption to build Blood starts in the Stomach
    - When there's Excess Stomach-Fire, or you have an ulcer, the body tries to cool off the ulcer/Fire with calcium from your own body
    - The body leaches the calcium from the bones and transports it to the gut
    - Some patients take TUMS, which provide the Stomach with calcium
  - b) Iron and calcium compete to bind with cells
    - Iron metabolism is thereby compromised
    - Without enough iron to build Blood, you become anemic

## III) Other Factors Affecting Digestion

- 1) If the Liver is cirrhotic, there's further aggravation to the Stomach as the Liver has the tendency to invade the Stomach (according to 5-Element Theory)
- 2) Stomach-Qi descends, creating peristalsis and sphincter muscle activity, which is all activated by the Liver nerve reflex
  - When the Liver invades the Stomach, rebellious Qi results
- 3) GI problems can start with food stasis usually due to deficiency of Stomach-Fire
  - This creates Heat → Deficient Qi → compromised sphincter muscles and lower esophageal area
  - Heat can rise to the upper orifices, creating problems there
- 4) Rebellious Qi releases Heat via belching, hiccuping and vomiting
  - If you can't release Stasis and Heat via rebellious Qi, Wei-Qi can't go to the 4 limbs
  - This can eventually lead to bi-syndrome
  - Ex.: Arthritis can be due to GI problems

- 5) The Stomach is the origin of fluids...
  - a) Stomach-Yin/mucosal lining serves as the Stomach's insulation to Stomach-Fire/HCl, thus maintaining the integrity of the gut
    - Heat depletes Yin and Fluids in cases of chronic Stomach Heat
    - This leads to:
      - Stomach inflammation
      - Heat rising to the head to escape via the Yang Luo vessels, causing toothaches and headaches
  - b) As Heat depletes Yin, it becomes Empty-Heat
    - This results in Stomach inflammation and thinning of its mucus membrane
  - c) When the lining of the Stomach thins, certain chemicals – like histamines – are released
    - Histamines are released when the body feels exposed to foreign substances as in an allergic attack
    - As the gut lining thins and becomes porous, some types of food begins to be perceived as foreign
      - This is how food allergies develop... where the body can't digest certain foods like those containing glucose, gluten, and certain fatty acids
      - People in this situation tend to crave proteins
- 6) Serotonin is released when the body/mind needs to be calmed down, imparting a feeling of well-being
  - When the body uses it up to quell Stomach-Fire and sooth inflammation and depleted Stomach mucosa, there's less to be used by the brain
  - This causes:
    - Restlessness
    - Insomnia
    - Shen disturbances
- 7) Kinins are released to the gut to make the body want to flush out Heat
  - This can be seen at the Large Intestine in cases of Chrome's Disease and ulcerative colitis, where the body excretes loose stools in an attempt to flush out pathogenic Heat
  - The flushing/use of excess water in the digestive process causes:
    - Dry lips and mouth
    - Thirst
    - Eventually, damage to the mucosa of the entire GI tract
- 8) Rising Stomach-Fire can lead to ulcers...
  - a) If it's a gastric ulcer, eating may cause or aggravate the pain
  - b) If it's a duodenal ulcer, eating may relieve the pain, but the pain will return in 3–4 hours
  - c) Rising Stomach-Fire gives you:
    - Bad breath
    - Infections at any and all of the orifices
    - Toothaches
    - Bleeding gums

- Ear problems
- Headache
- Whatever your weakest part is, that's what will have problems
  - If you've always had bad teeth, you'll get cavities

#### IV) How Upper GI/Stomach Problems are Mirrored in the Lower Burner/Large Intestine

- 1) Heat can rise, due to rebellious Stomach-Qi or rising Stomach-Fire, causing acid reflux or gastritis/ulcers
- 2) If Heat descends, there will be Deficient Stomach-Yin
- 3) As a response to Heat, there's thirst
  - Damp accumulation follows, since the body wants to conserve fluids
  - This produces Phlegm instead of normal Stomach fluids
- 4) Phlegm production means the mucosal lining of the GI tract thickens and clumps, causing:
  - Malabsorption of food
  - Obstruction of the Large Intestine
- 5) Because of this, the body cannot eliminate toxins
  - This gives rise to auto toxemia, two signs of which are gas and belching
  - The body produces and drains fluids from other sites to flush the toxins out, resulting in diarrhea
- 6) The Damp-Heat in the Large Intestine (*i.e.*, burning diarrhea) causes a thinning of the mucosal lining, leading to irritable bowel syndrome (Crohn's Disease)
  - There can also be chronic hot diarrhea or ulcerative colitis... mucous and blood in the stools
  - As ulcerations become infected, abscesses will form, which may lead to colon cancer

#### V) Transverse Luo Vessel Treatment for Rising Stomach-Fire

- 1) All GI problems start as a HCl imbalance, leading to Stomach-Fire
  - The treatment principle is to regulate Stomach-Fire
- 2) To evaluate and treat Stomach-Fire using the Transverse Luo Vessels, look into:
  - Stress factors and psychological issues
  - Diet (acidic food?; not enough roughage?; refined foods?; &tc.)
  - Signs and symptoms of imbalanced HCl levels (ravenous appetite; indigestion; &tc.)
- 3) To treat GI problems with the Transverse Luo Vessels:
  - a) St-40 – disperse via plum blossom
    - The Spleen's function of transformation and transportation of food essences is not affected by this
    - The Stomach's Luo point clears Heat and calms the Shen
    - It also gets rid of Damp and Phlegm



- This point is used not only in cases of pathogens, but internal imbalances as when the mucosal layer of the GI tract gets too thick, causing a slowed absorption-rate
- b) Disperse via plum blossom the Yang Luo points where upper Heat is manifesting as Yang moves to the Exterior to escape
    - **LI-6** – throat/mouth
    - **SI-7** – ear problems
    - **GB-37** – joint problems
    - **BL-58** – eye and head pathologies
    - **St-40** – nose pathologies
    - **SJ-5** – profuse sweating
  - c) Underlying Deficiency-Heat can consume Qi and Yang, eventually causing Cold signs and symptoms to manifest
    - **Qi Deficiency** – Lr-5
    - **Yang Deficiency** – Ki-4
    - **Blood Deficiency** – Sp-4
  - d) Rising Stomach-Fire is related to Heat-Fire Rising, which causes things like palpitations and insomnia
    - Disperse via plum blossom P-6
  - e) Tonify the Yuan-source point of the Yin and Yang of the Stomach and Spleen
    - Sp-3
  - f) Disperse Lu-7 for exuberant Heat at the surface, like:
    - Fever
    - Sweating
    - Flushed skin
    - You can also tonify the Yuan-Source points of the affected meridians
- 4) Example:
- Patient with bleeding ulcer, epigastric pain, oral abscesses, bad teeth and bleeding gums, who's pale, gets dizzy, is thirsty, has dry lips, is short of breath, lethargic and has no appetite
- a) Plum blossom St-40
  - b) Disperse LI-6 (for Heat in the oral cavity)
  - c) Tonify Lr-5 (for Qi Deficiency)
  - d) Tonify Sp-4 (for Blood Deficiency)
  - e) Tonify Sp-3

## **VI) How Rebellious Stomach-Qi Affects the Stomach Luo Vessel**

- 1) Rebellious Stomach-Qi causes a loss of function to the cardiac sphincter (the muscle between the stomach and the esophagus), so that HCl can back up

- This can be due to:
  - a) Heat or Qi Stagnation, which leads to food stasis
    - Foul-smelling breath
    - Nausea/vomiting
    - Belching
    - Acid reflux
  - b) Liver dysfunction
    - The Liver, which ensures the smooth flow of Qi throughout the body, controls the nerve reflex that goes to the sphincter muscles
- 2) Rebellious Stomach-Qi may lead to bi-syndrome (musculoskeletal pain)
  - As the origin of fluids, Internal or External Heat (including Heat from rebellious Stomach-Qi) can burn up and deplete Stomach-Yin and Stomach fluids
    - Deficient Stomach-Yin and fluids leads to a thinning of the mucosal lining of the GI tract
    - This can cause Damp-Heat and/or the smooth muscle of the GI tract to go into spasm
  - When there's little/no fluids to nourish and support the Wei-Qi and Sinew Meridians, there following signs and symptoms ensue:
    - Bi-obstruction at any of the 4 limbs
    - Neuropathy
    - Wei-syndrome
    - Atrophy of the limbs
    - Blocked orifices at the head
      - One or all may be affected by Heat
- 3) To treat this condition, you must release the Heat from the rebellious Stomach-Qi via the Stomach Luo Vessel and nourish the deficient Stomach-Yin
  - Because rebellious Stomach-Qi may lead to bi-syndrome of the 4 limbs and blocked orifices at the head, treating the 4 limbs and the head will treat the rebellious qi and food stasis
  - If there are signs of rising Stomach-Fire, you must first do a transverse Luo treatment to clear the Heat
  - The treatment of rebellious Stomach-Qi is a two-part protocol
    - It alternates between the 4 limbs and the head/orifices
    - You need to see the patient a couple of times a week
  - Then there's a 3<sup>rd</sup> part that deals with the deficient Stomach-Yin
    - You must alternate between the first two protocols until you get a healing crisis, which should occur by the second treatment, before doing this one
      - You can treat the healing crisis as it arises during or after the first or second part of the treatment

## **VII) Luo Vessel Treatment Protocols for Rebellious Stomach-Qi**

- 1) First treatment protocol (for the limbs)
  - Do the Rising Stomach-Fire treatment (Week 10; IV) if there are Stomach-Fire signs and symptoms
    - High stress
    - Acid diet
    - Acid reflux
    - Red tongue with yellow coat...
  - Shao Yang is used to treat the limbs because it communicates between the Internal and External, getting the Heat out of the chest (in this case, Heat due to rebellious Stomach-Qi)
    - a) Plum blossom, bleed or disperse St-40 (releases Heat)
    - b) Even method on SJ-5 (opens upper limbs) and GB-37 (opens lower limbs)
    - c) Check for broken (red) vessels along Stomach, San Jiao and Gall Bladder Luo vessels and bleed or plum blossom
    - d) Tell patient to go home and take a hot sea salt bath with lots of salt for 20 minutes, before going to bed
- 2) Second treatment protocol (for the head)
  - Do this a few days after the first protocol
  - Tai Yang is used because it opens up the orifices of the head and releases Heat from the head
    - a) Plum blossom or bleed St-40
    - b) Even method on Bl-58 (opens upper orifices) and SI-7 (opens lower orifices)
    - c) Check for vessels along Stomach, Bladder and Small Intestine Luo vessels and bleed or plum blossom them
    - d) Tell patient to go home and take a hot sea salt bath with lots of salt for 20 minutes, before going to bed
- 3) *The third treatment protocol is elucidated in (V) (3)*

## **VIII) Treatment Protocol for Healing Crisis**

- 1) If (or when) a healing crisis occurs due to the release of Wei-Qi and Heat, it will manifest at one of the following Longitudinal Luo vessels as a Wind-Heat or Wind-Cold condition (Fullness at the Longitudinal Luo)
  - a) Yang Ming = Wind-Heat
    - Bleed LI-6 for:
      - Toothaches
      - Tinnitus

- Bleed St-40 for:
  - Irritability
  - Fever
- b) Tai Yang = Wind-Cold
  - Bleed Bl-58 for:
    - Headache
    - Stuffed nose
    - Chills
  - Bleed SI-7 for:
    - Body aches
    - Tight neck and limbs
- 2) Look for blood vessels along Large and Small Intestine, Stomach, and Bladder Luo vessel pathways and bleed or plum blossom them
- 3) Support the integrity of the Luo vessels manifesting a healing crisis by tonifying the Yin Yuan-source points first
  - a) For Yang Ming Wind-Heat:
    - Tonify Lu-9 and disperse LI-6
    - Tonify Sp-3 and disperse St-40
  - b) For Tai Yang Wind-Cold:
    - Tonify Ki-3 and disperse Bl-58
    - Tonify Ht-7 and disperse SI-7
- 4) Example: stuffed nose with headache
  - Tonify Ki-3
  - Plum blossom Bl-58
  - Have patient take a hot, 20 minute salt water bath before going to bed

### **IX) Third Protocol in the Luo Vessel Treatment for Rebellious Stomach-Qi**

- 1) The treatment principle here is to nourish Stomach-Yin and release the Stomach Longitudinal Luo Vessel issues
- 2) You must do this treatment AFTER the patient has a healing crisis
- 3) To treat the symptoms caused by Stomach-Yin:
  - a) Bleed or plum blossom St-40 (releases Heat)
    - If the patient is very weak, needle with even method
  - b) Treat level of depletion:
    - Fluid = Tai Yin
    - Blood = Jue Yin
    - Jing = Shao Yin

- Bleed (or even needle if patient is weak) the Luo points and tonify the Yuan-source point
- c) Tai Yin:
- Dry skin
  - Little/no sweat
  - Scanty urine
  - Bleed (or even) Lu-7 and Sp-4
  - Tonify Lu-9 and Sp-3
- d) Jue Yin:
- Blood stasis
  - Ulcers
  - Bleed (or even) P-6 and Lr-5
  - Tonify P-7 and Lr-3
- e) Shao Yin:
- Crohn's disease
  - Constipation with mucous
  - Chronic bloody stools
  - Emaciation
  - Tumors
  - Colon cancer
  - At this level, Empty-Heat may stir Wind
  - Bleed (or even) Ki-4, Ht-5 and Sp-21
  - Tonify Ki-3, Ht-7 and St-30 (Yuan-source point of the Great Luo of the Spleen)
  - Du-1 to regulate Heat
  - Ren-15 to tonify fluids
- 4) Example: 34 year-old male with a 2-year history of esophageal reflux with burping, which started when his parents separated and worsened when they divorced
- He complains of a burning sensation below the sternum after eating and thinks he may have a bleeding ulcer because his stools look black after each episode
  - His lips are pale and dry
  - Pulse – Thin
  - Diagnosis: Stomach Longitudinal Luo issues with Jue Yin level depletion
  - Treatment principle: release Stomach Longitudinal Luo issues and nourish Jue Yin level
- a) Do 1<sup>st</sup> treatment protocol
- Disperse, bleed or plum blossom St-40
  - Even SJ-5 and GB-37
  - Check for broken (red) vessels along Stomach, San Jiao and Gall Bladder Luo vessels and bleed or plum blossom
- b) Do 2<sup>nd</sup> treatment protocol
- Disperse, bleed or plum blossom St-40
  - Even Bl-58 and SI-7

- Check for vessels along Stomach, Bladder and Small Intestine Luo vessels and bleed or plum blossom them
- c) Treat Wind-Heat manifestations from healing crisis
  - Tonify Lu-9 and plum blossom LI-6
- d) Proceed with the 3<sup>rd</sup> treatment after the healing crisis
  - Disperse, bleed or plum blossom St-40
  - Treat Tai Yin level of depletion for a few visits
    - Bleed (or even) Lu-7 and Sp-4
    - Tonify Lu-9 and Sp-3
  - Then treat Jue Yin level of depletion
    - Bleed (or even) P-6 and Lr-5
    - Tonify P-7 and Lr-3

## (((Shan Han Lun Correlations with)))\_ (((Luo Vessel Signs and Symptoms)))

- 1) Shan Han Lun/Luo vessel treatment is based on the ideas of Cheng Wu Ji
- It centers around how EPFs progress through zones (Tai Yang, &tc....) and the correlations with their ascending Luo vessels

2) **Tai Yang Stage:**

	<u>Bladder Luo</u>	<u>Small Intestine Luo</u>
<u>FULL</u>	Congestion	Stiff upper extremities
<u>EMPTY</u>	Nasal discharge and/or bleeding	Pebbly stools and discharge from bowels

- a) Tai Yang represents:
- Lack of sensorial knowledge and not being able to smell
  - Not being able to handle problems
- b) Tai Yang is characterized by Excess symptoms
- Tai Yang attempts to discharge the problem... deficiency signs follow

3) **Yang Ming Stage:**

- a) Heat in the Yang Ming affects both the Large Intestine and Stomach Luos, causing the following signs and symptoms:
- Heat disturbing the Shen
  - Heat affecting the throat
    - Eyes
    - Mouth, causing toothache
  - Heat soon begins to affect the actual anatomical structures
- b) As Heat empties out, it moves toward the Interior causing Deficiency signs:

<u>Stomach Luo</u>	<u>Large Intestine Luo</u>
Weak lower extremities	Teeth show signs and symptoms of Cold
Lethargy/inactivity	Inability to chew or digest (info as well as food)
Inability to move forward (literally and figuratively)	

- c) If there's still no resolution, all four limbs become weak and deficient
  - This indicates that the primary meridians are affected

**4) Shao Yang Stage:**

- a) This is where the Internal and External communicate with each other
  - This is also where the body tries to “harmonize” the EPF – *i.e.*, live with it
    - However, this tightens you up and limits movement

<u>Gall Bladder Luo</u>	<u>San Jiao Luo</u>
Tight, stiff lower legs	Tight, stiff elbows

**5) Tai Yin Stage:**

- a) Here, the Heat has begun to consume the Yin
- b) “Harmonizing” with the EPF is not just living with it, but allowing it to penetrate deeper into the body
  - by this, Yin gets consumed

<u>Lung Luo</u>	<u>Spleen Luo</u>
Yin Deficiency signs	Intestinal problems and discomfort
Hot hands or 5-palm heat	Gut feels knotted
	Person can't digest food

**6) Shao Yin Stage:**

- a) Peripheral circulation is affected, putting a strain on the Heart and Kidney
- b) There's accumulation of pressure on the inside without the ability to release or vent the Excess to the Exterior

<u>Heart Luo</u>	<u>Kidney Luo</u>
Chest pains	Inability to release at the Lower Jiao
	Constipation and anuria



7) **Jue Yin Stage:**

- a) Cumulative chest and pelvis signs and symptoms
  - Signs and symptoms from previous stages are present
  - Simultaneous Yin and Yang Deficiency
  - Blood is depleted and burnt

<b><u>Pericardium Luo</u></b>	<b><u>Liver Luo</u></b>
Stabbing chest pains	Itching at genitalia
Chance of a heart attack	Since the body is dying, there's a strong urge to reproduce

(((Wen Bing Correlations with)))\_  
(((Luo Vessel Signs and Symptoms)))

<u>Wen Bing</u>		<u>Luo Vessels</u>
<b>Wei Level Heat</b>	Wind-Heat – Fever	Lung and Large Intestine – Sore throat and cough
	Damp-Heat – Fever and Irritation	Stomach and Spleen – Nausea
<b>Qi Level Heat</b>	Heat trapped in the chest causing “The Three Bigs”	Small Intestine and Heart – Thirst – Fever – Sweating – Flooding pulse
	In time, Heat moves to the lower bowels	Kidneys – Blockage in bowels – anuria
<b>Ying Level Heat</b>	Deficiency of Yin	Pericardium and Liver... also San Jiao and Gall Bladder – Low-grade fever – 5-palm heat – Night sweats
<b>Blood Level Heat</b>	– High fever – Blood from nose, anus and urethra – Mania – Convulsions	Great Luo of the Spleen Luo of Ren Mai and Du Mai