

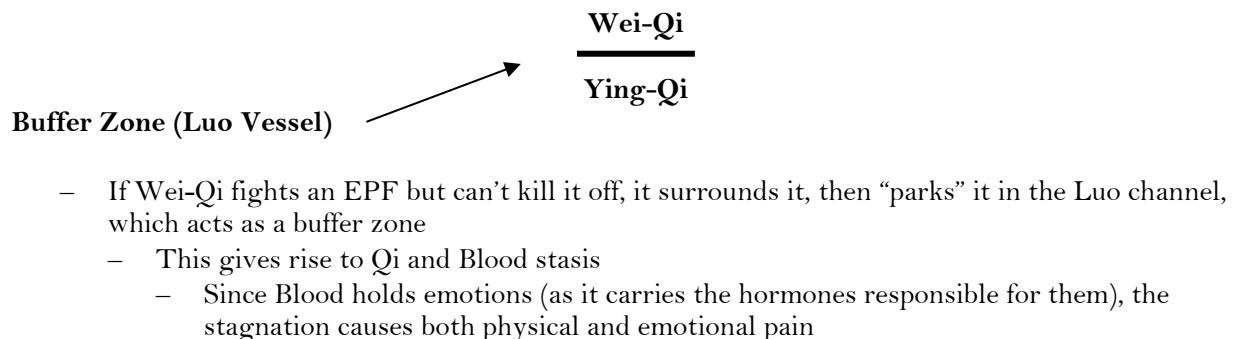
Luo Point and Vessel Massage

I) Transverse Luo Points

- These points communicate with Yin/Yang organ elemental pairs
 - Ex.: The Luo point of Stomach – St-40 – connects with the Luo point of Spleen – Sp-4
- Transverse Luo points are used to balance Excesses/Deficiencies between the organ pairs
 - To do this, the Luo point of a meridian is used in conjunction with the Yuan point of the meridian of its Yin/Yang paired organ
 - One point is tonified, the other dispersed
 - Ex.: When Stomach-Fire gives rise to chronic tooth pain, you disperse St-42 (Yuan point); for the recently developed Spleen-Qi Deficiency, you'd tonify Sp-4, the Luo point
 - For massage, using the same example:
 - Disperse Yuan point using Nie or Cha (scrape); or use plum blossom needle or gua-sha
 - Tonify Luo point using with Dim or moxa

II) Longitudinal Luo Vessels

- The vessels begin at the transverse Luo points
- They do not connect elemental organ pairs
- The Luo vessels generally follow the primary meridian pathway
- They have their own set of pathologies
- The Luo vessels function as conduits for Wei qi, influencing the skin and sinews, as well as Ying-Qi, influencing the blood vessels
 - The Luo vessels are the points of origin of the sinew meridians as they evolve into blood vessels
 - They can adjust the amount of energy going from Wei to Ying-Qi and back



III) Luo Vessel Pathology

- This addresses the Ying/Blood level

- In particular, the following organs are influenced:
 - Spleen – which makes Blood
 - Heart and Pericardium – move Blood
 - Liver – stores Blood
 - Lungs – animates Blood, *i.e.*, supplies Qi from the outside world from which Blood is produced and moved

- There are three Blood patterns in Luo treatments:
 - Deficient Blood
 - Blood Stasis
 - Blood Heat
- Each of these can lead to the other

- **Deficient Blood** arises from Spleen Deficiency
 - This causes an accumulation of Dampness in later stages
 - Qi symptoms include:
 - Lethargy
 - No appetite
 - Weight loss
 - Blood symptoms include:
 - Pale complexion, nails, lips and face
 - Psychologically
 - Feel like they're not getting enough
 - Unsatiated and unsatisfied no matter what

- **Blood Stasis** arises from a Heart Deficiency
 - Symptoms include:
 - Clots
 - Arteriosclerosis
 - Unusually dark complexion (not a melanin issue)
 - Insomnia/restless sleep
 - Shen issues

- **Heat in Blood** is a Liver issue
 - The Heat is caused by excess "movement" due to something like agitation (Ascending Liver-Fire)
 - Symptoms include:
 - Hypertension
 - Red face and head
 - Tinnitus
 - Headache around the vertex
 - Gall Bladder tightening up and not secreting bile to emulsify fats, leading to arteriosclerosis and high cholesterol

IV) Luo Vessel Massage

- 1) With the patient in a prone position, Na from left to right across neck
 - 2) Na all along midline of back, right over the spine
 - 3) Na the shoulder area
 - 4) Na Yang aspect of arm to dorsum of hand
 - 5) Na Yin aspect of arm from heel of palm to axilla
 - 6) Na outer Bladder line
 - 7) Na around waist
 - 8) Na butt cheeks
 - 9) Na lateral sides of body
 - 10) Na medial, then lateral side of posterior leg
 - 11) Tui these same areas
 - 12) Na then Tui anterior aspect of leg
- 13) You can use Che (wringing, or more accurately – compression in opposite directions) on these areas instead off Na if there is **Blood Stagnation**
- However, this is contraindicated if there are actual blood clots, as it might cause an embolism
 - Qn or a circular stroke can also be used for Blood Stasis
- 14) For **Heat in the Blood**, the work should be *light* and from proximal to distal
- 15) For **Blood Deficiency**, Na should be a deeper, more penetrating squeeze, and the work should be done distal to proximal
- 1) Have patient flip over
 - 2) Take their palm and spread it open using both of your hands
 - 3) Che the wrist (one hand twists in one direction, and the other in the opposite direction)
 - You can also wrap a scarf around their wrist twice, first pulling one end of the scarf predominantly, then the other
 - Do this all the way up the arm
 - Follow by putting the arm in traction, pulling it straight outward, then medially
 - 4) Use the above technique at the ankles, then all the way up the leg after using Che on the dorsum of the foot
 - Additionally, tie the scarf around both ankles simultaneously, then put legs in traction, pulling as hard as you can
 - 5) Starting on the right side at the ASIS, An (pump/compress) the abdomen, keeping in time with the patient's breath
 - 6) Slowly move up to the xyphoid process, where you should make a circular movement
 - 7) Continue to An the abdomen down the other side
 - 8) An from the xyphoid process up to Ren-17
 - 9) Finish with using Dim at St-12 with your thumbs

Arm Luo Points:

- Ht-5 – SI-7
- P-6 – LI-6
- Lu-7
- SJ-5

Leg Luo Points:

- L-5 – St-40
- Ki-4 – Bl-58
- Sp-4
- GB-37