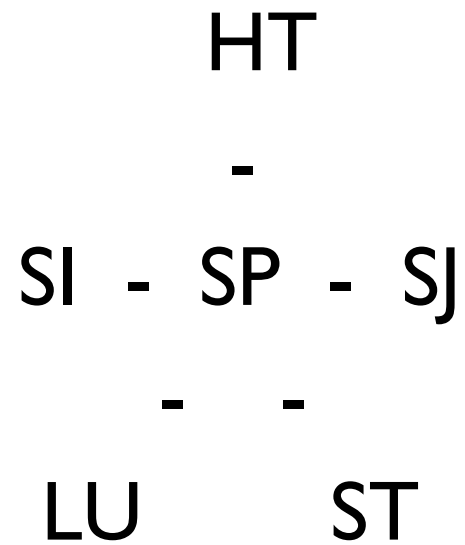




# Spleen Patterns

Integrating Meridian Based Approaches with Zang-Fu  
and 5 – Elements

# Spleen Connections





# Examining the Spleen Connections we find it connects to all fire organs

SI System 2

HT System 5

SJ System 4

PC Extra-Ordinary Meridians



# Stomach Connections

PC - ST - SP

-

LI



# Most Important Meridians for SP and ST Conditions

1. ST
2. SP
3. PC and LI

The LV, KI, SI, and SJ are also important in some patterns.



# Master Tung's Points

## ST Meridian

77.09 is 0.5 cun above ST 38

77.10 is 1 cun distal to ST 39

Used in combination for acute ST pain, enteritis, as well as lung and heart conditions. These points are often bled.

Men Jin (ST 43) or just posterior to ST 43

Enteritis, gastritis, abdominal distension, appendicitis.



# Master Tung's Points

## SP Meridian

77.17 (SP 9)

77.18 (Shen Guan) – 1.5 cun below SP 9

Paired for treatment of excessive ST acid.

77.19 – 7 cun above the medial malleolus on the medial side of the tibia.

77.21 – 4 cun above the medial malleolus on the medial side of the tibia.

77.18, 77.19, 77.21 – Three Lower Huangs – Tonify KI and SP and treat illnesses caused by deficiencies of the SP and KI.

Indicated for urinary, digestive, and gynecological conditions

# LU Points and the Tai Yin

SP - LU

Tai Yin – Yang Ming Circuit

LU Meridian

22.11 – Tu Shui

3 point unit

Treats chronic ST conditions, diarrhea, gastritis, and cold earth patterns.





# Tai Yin Circuits

SP - LU

- -

SI - UB

SP - LU

- -

ST - LI

SP - LU

- -

SI - LV



# Yang Ming Circuits

ST - LI

- -

SP - LU

ST - LI

- -

PC - LV

ST - LI

- -

PC - KI

# Earth – Fire Circuit

SP - ST

- -

SJ - PC

SJ Points for the digestion:

SJ Points: 11.21 –  
functions like ST 36

SJ 4

SJ 6 for constipation

PC 3 and PC 6 – Treats a  
wide variety of digestive  
complaints.



# Spleen Zang-Fu Patterns

- Spleen qi deficiency
- Spleen yang deficiency
- Spleen blood deficiency
- Damp heat in the spleen



# Stomach Zang-Fu Patterns

- Stomach heat
- Stomach fire
- Stomach damp heat
- Stomach phlegm fire
- Stomach deficiency
- Stomach yin deficiency
- Cold invading the stomach
- Stasis of blood in the stomach
- Phlegm fluids in the stomach
- Retention of food



# SP Qi Vacuity

On the legs the SP and ST are the obvious choices.

Which meridians on the hands are the best to choose for SP qi vacuity?

Yang – SI, SJ, LI

Yin – LU, PC, HT

Choosing the best hand points depends not only on the pattern but also the patients top 3 concerns.

# SP Qi Vacuity

SP - LU

- -

ST - LI

SP - ST

- -

SJ - PC

SP - LU

- -

SI - UB

In this method of treatment we should always consider the patients top 3 concerns.

# SP Qi Vacuity / 2 Case Studies

1. Abdominal Pain  
Bloating, Loose  
Stools
2. Fatigue
3. Bronchitis with  
Phlegm and  
Coughing

SP qi vacuity and  
lung phlegm

1. Abdominal Pain,  
Bloating, Loose  
Stools
2. Neck Pain / SJ 16
3. Insomnia

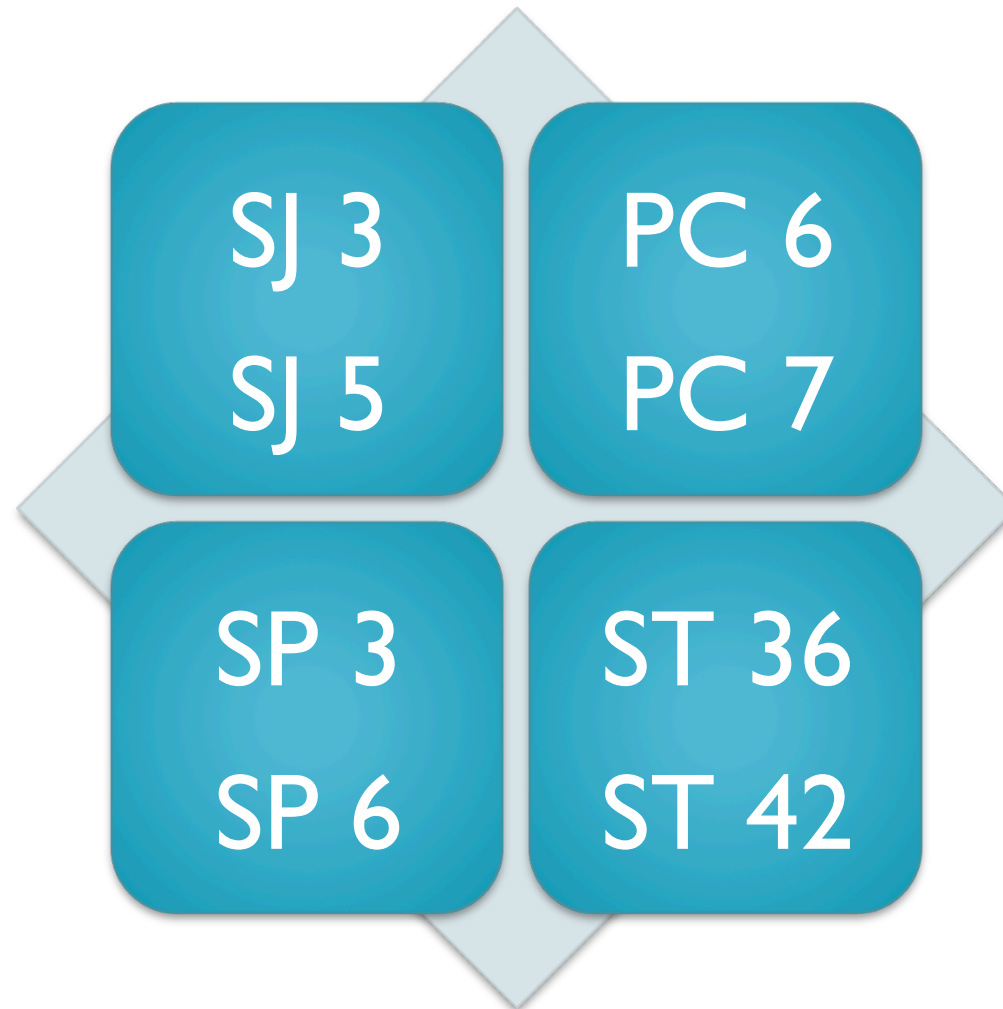
SP qi vacuity and  
heart blood vacuity



# Spleen Qi Vacuity and LU Phlegm



# SP Qi Vacuity and HT Blood Vacuity





# Spleen Qi Vacuity

PC

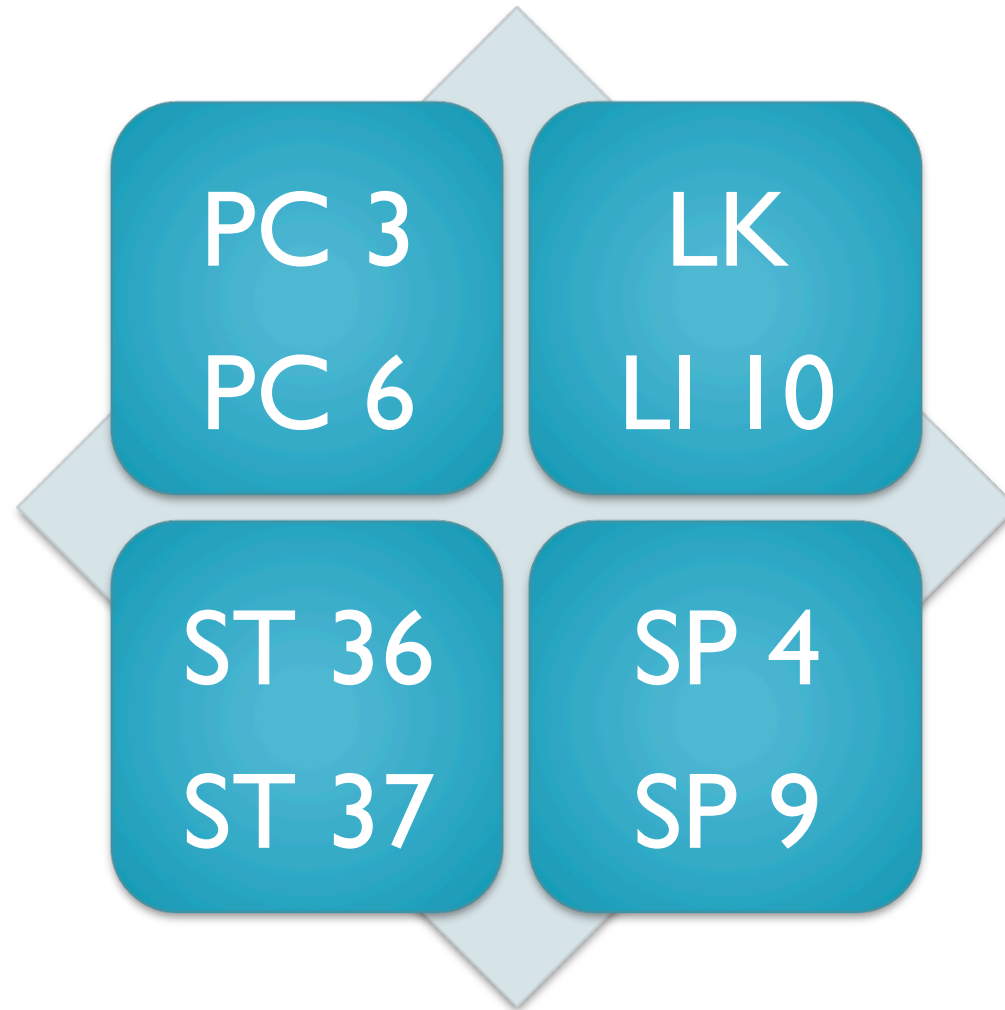
-

SP - ST - LI

Yang Ming contains abundant qi and blood.

PC – Harmonizes ST and Intestines.

# SP Qi Vacuity





# Spleen Yang Vacuity

Spleen Yang Vacuity

Spleen and Kidney Yang Vacuity

In either pattern the 3 Huangs should be used for treatment since they are on the SP meridian and tonify SP and KI yang.



## SP Yang and the KI

SP - ST

- -

SJ - PC

- -

KI

When spleen patterns occur with kidney signs and symptoms we need to determine the best approach to take.

This particularly applies to our selection of the hand channels.

This circuit should be used when the patient presents with a spleen pattern, fire vacuity, SJ & PC symptoms, or kidney vacuity.



## SP Yang and the KI

SP - ST

- -

LU - LI

- -

UB - KI

This circuit is used when SP and KI yang vacuity occur with conditions of the spine, back, UB, lungs, or intestines.



# Case Study

Woman, 37

Primary Concern: Excessive weight with edema

Secondary Concern: Heart disease, high cholesterol

Third Concern: IBS with diarrhea

TCM Pattern: SP and KI Yang Vacuity with damp and phlegm.



# Point Prescription





# SP Yang and the KI

SP - ST

Case Study: Man, 33

- -

LU - LI

Primary Concern: Chronic diarrhea 7 - 20/day

- -

UB - KI

Secondary Concern: Depression

Third Concern: Back Pain

Patient also had numerous lung symptoms  
and a history of shortness of breath.

TCM Pattern: SP and KI Yang Vacuity

# Point Prescription





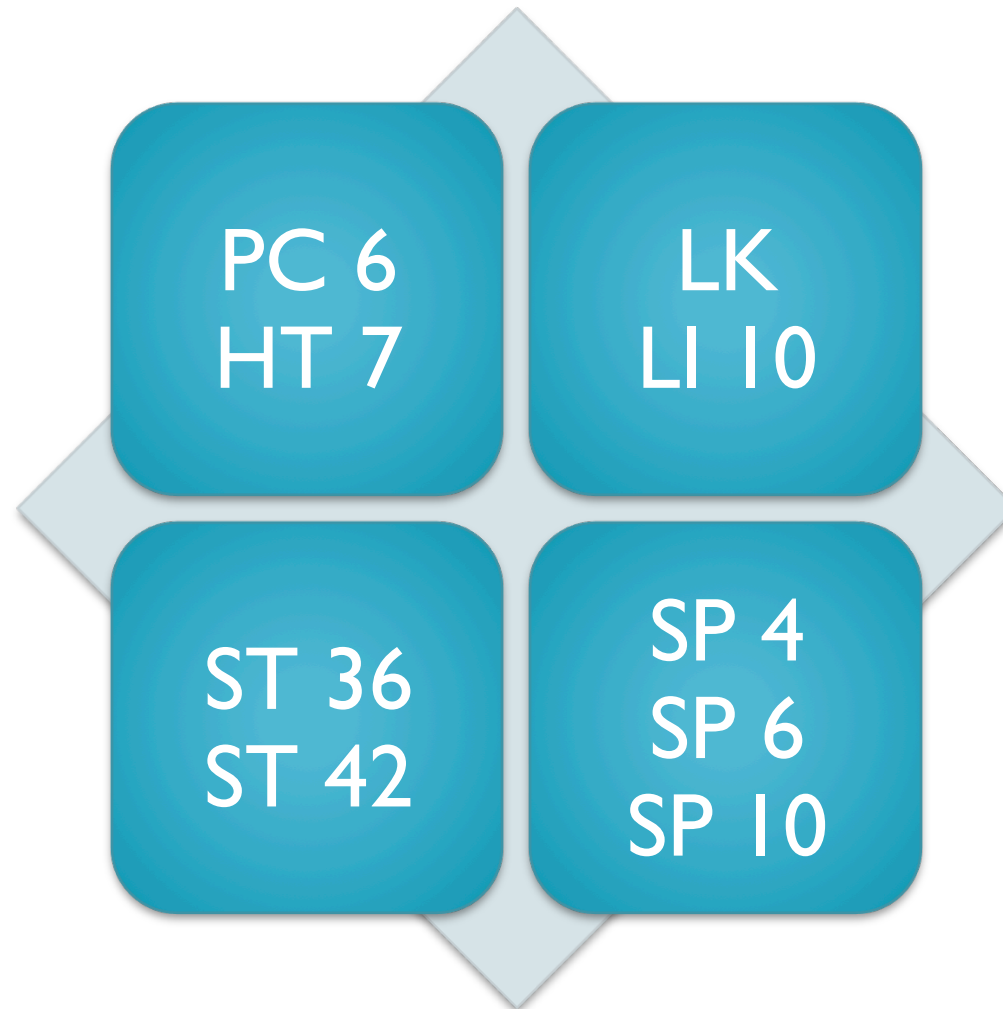
# SP Blood Vacuity

PC

-

SP - ST - LI

# Spleen Blood Vacuity





# Spleen Damp Heat

Generally the Tai Yin – Yang Ming circuit will be used.

SP - ST

- -

LU - LI

In some cases it may be best to use the Earth – Fire Circuit.

# Spleen Damp Heat

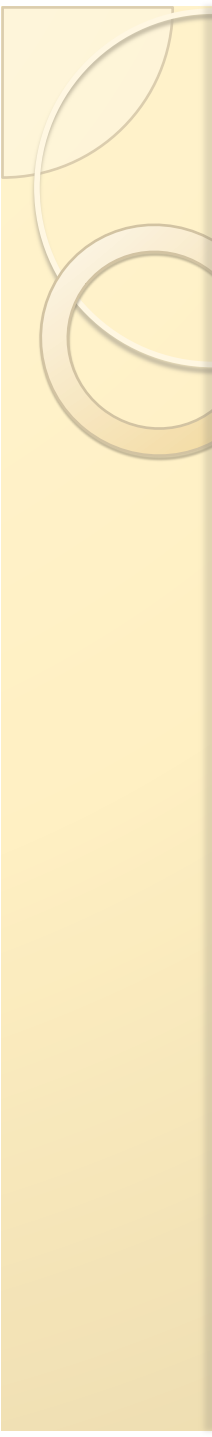




# Stomach Zang-Fu Patterns

- Stomach heat
- Stomach fire
- Stomach damp heat
- Stomach phlegm fire
- Stomach deficiency
- Stomach yin deficiency
- Cold invading the stomach
- Stasis of blood in the stomach
- Phlegm fluids in the stomach
- Retention of food



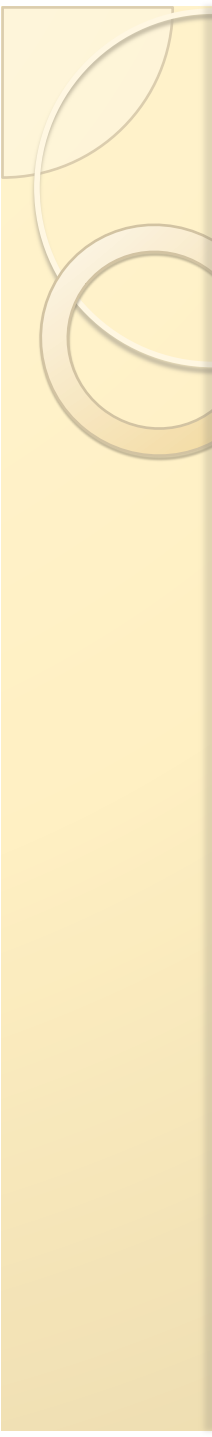


# Stomach Circuits

## Yang Ming – Tai Yin Circuit

ST - LI  
- -  
SP - LU

Useful for: ST heat / fire, ST damp heat, ST phlegm fire, ST vacuity, ST yin vacuity, ST cold, ST blood stasis, phlegm fluids in the ST, retention of food.



# Stomach Circuits

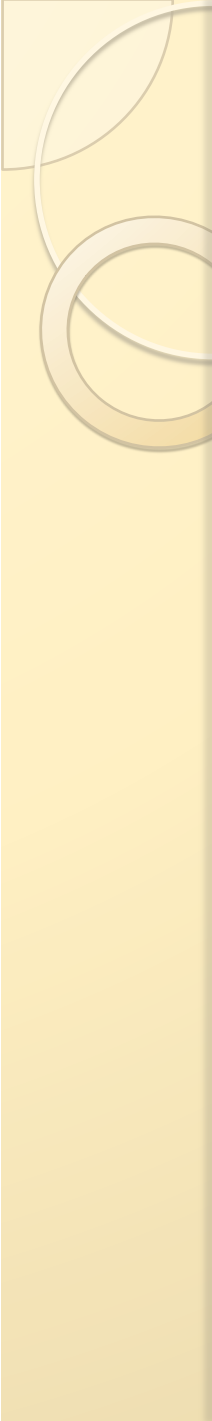
## Yang Ming – Jue Yin Circuit

ST - LI

- -

PC - LV

Useful for: ST heat / fire, ST damp heat, ST phlegm fire, stomach blood stasis, LV fire attacking the ST, digestive patterns related to shen disturbance, ST yin vacuity.



# Stomach Circuits

## Yang Ming – KI/PC Circuit

ST - LI

- -

PC - KI

Useful for: ST heat / fire, ST deficiency, ST yin vacuity, cold invading the ST, phlegm fluids in the ST.

# Additional ST Circuits

ST - PC

- -

SP - SJ

Useful when ST patterns occur with chest or heart signs and symptoms.

ST - PC - SJ

- -

KI

To be used when KI yin vacuity or empty heat accompanies ST patterns.



# Summary

- When working with Meridian Circuit Systems we seek to integrate zang-fu and 5 – elements with channel connections.
- Utilize the technique of asking the client about their top 3 concerns as a way to guide us in determining the most appropriate patterns and meridians to work with.
- Utilize unilateral needling and determine what are the best channels to use on each limb.