

FIVE DRAGONS  
ACUPUNCTURE COLLEGE  
CORRESPONDENCE COURSE



LESSON 16  
OF  
31 LESSONS

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**Acupuncture Correspondence Course in 31 Lessons**  
For Educational and Teaching Purposes.

Recommended books to simplify your research are as follows

*Essentials of Chinese Acupuncture*  
*Gray's Anatomy*  
*The Merck Manual*  
*Taber's Cyclopedic Medical Dictionary*

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to the acupuncturists and medical researchers  
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This Lesson on THE SPLEEN MERIDIAN consists of information given in this section of the Study Guide, all material covered by herewith specified page references to the textbook as supplied, and the enclosed O.I.C.S. Indication Sheets for this meridian.

(1) Study Section d, on page 40 of the textbook and continued at the top of page 42, and the diagram (Fig. 11) on un-numbered page 41. Some authors refer to the Spleen meridian as the "Spleen-Pancreas Meridian" and you should henceforth always think of this meridian as being related to both the spleen and the pancreas. (From the indications given for points along this meridian it is obvious that many of the functions traditionally delegated to the Spleen really belong to the pancreas instead.) Note from Fig. 11 of the textbook, that between Spleen Points #13 and 14, the Spleen meridian actually changes course to contact the third and fourth points of the Conception Vessel. Between Spleen Points #15 and 16 the Spleen meridian actually changes course once more to contact the tenth point of the Conception Vessel. These abdominal course changes of the Spleen meridian over to the Conception meridian are not shown on ordinary acupuncture charts, however they should be kept in mind when working with points on the Spleen meridian between Sp-13 and Sp-16 as well as the Conception Vessel points they connect to.

From Fig. 11, you can also notice that between Spleen Points #16 and 17, the Spleen meridian contacts two other points (shown by small triangles) which are GB-24 and Liver-14. This is not shown on ordinary acupuncture charts either, and instead on most charts the Spleen meridian simply goes directly from Sp-16 to 17. Additionally, one internal branch of the Spleen meridian contacts the first point of the Lung meridian on the way from the Sp-20 point to the esophagus. Knowledge of such interconnections between a meridian and other meridians or points is therapeutically important when dealing with disorders on an "energetical basis", and otherwise helps the student get a more complete picture of the "energetic complex" involved in acupuncture therapeutics.

(2) Study the point locations for all twenty-one points of this bilateral meridian as given in text and diagram on pages 120 to 127 of the textbook. Following are some location hints, suggestions or further information on some of these twenty-one points that you may find helpful.

Sp-2: MOXIBUSTION FORBIDDEN IN PREGNANCY. Add the following to list of indications given in textbook for this point: Drowsiness during the day; chronic exhaustion; deficiency of concentration ability of school children. Change word "inch" of 'Puncture' information to either "pouce" or "cun" (therefore depth 3 to 5 fen).

Sp-3: In a depression on the tendon abductor hallucis. Add to list of indications given in textbook the following: Hemorrhoidal pain (with Sp-1); general weaknesses; pancreas disturbances; glycosuria; deficiency of concentration ability of school children. Change word "inch" under 'Puncture' information to "pouce or cun".

Sp-4: Sometimes described as being at the lower edge between the metatarsal and cuneiform bones. Needle depth can be up to 1 Pouce 5 Fen at times.

Sp-5: A number of European authorities place this point somewhat lower and more distal. This point often lies on a varicose area, and some acupuncturists recommend bleeding in such instances with subsequent bandaging of foot and ankle.

Sp-6: Another 'Great Point' of acupuncture. FORBIDDEN TO NEEDLE IN PREGNANCY because of high concentration of Yin energy occurring here (meeting of three foot yin meridians). Some acupuncturists needle this point almost through to Gall Bladder Point #39 on the opposite side of the leg.

Sp-7: FORBIDDEN TO MOXIBUSTION. Change word "inches" under the 'Puncture' information to read either "pouce" or "cun".

Sp-8: Add the following to the list of indications given in the textbook for this point: Varicose pains; dysmenorrhea; knee inflammation pains. Change word "inches" under 'Puncture' information to read either "pouce" or "cun".

Sp-9: Classically FORBIDDEN TO MOXIBUSTION. Best located with patient's knee bent. In the corner between the tuberosity of the tibia and the head of the fibula. Sometimes needled almost through to Yanglingquan (GB-34) on opposite side. Notice the name of this point (Sp-9) in text is Yinlingquan, and GB-34 on opposite side is called Yanglingquan.

Sp-10: Have patient sit upright with knee bent. Some describe location of this point as being in the interstice between the m. vastus medialis and m. sartorius. Sometimes needled upwards at a sharp angle up to 3 Pouce. Although not forbidden, NEEDLING NOT ADVISED AT THIS POINT (use moxa, etc.).

Sp-11: Classically FORBIDDEN TO NEEDLES. Some authorities place this point right on the m. sartorius at the level of the middle of the femur. Change word "inches" of 'Puncture' information for this point to either "pouce" or "cun" and underscore the words "avoiding artery" (femoral).

Sp-12: In the inguinal fold. Change word "inch" to "pouce" or "cun" in 'Puncture' instructions and underscore the words "avoiding artery". This point can be up to 4 pouce lateral to the front midline. NOTE: Spleen points #13 through to #16 can be as far as five pouce lateral to the abdominal midline (Conception Vessel).

Sp-16: MOXA NOT ADVISED, yet not generally forbidden classically. Between ninth and tenth rib. Change word "inch" to either "cun" or "pouce" and add: "sometimes needled up to two pouce".

Sp-19: At the level of Conception Vessel Point #19, five to six

Sp-19, Continued . . .

pouce lateral to the front midline. Change word "inch" under the 'Puncture' information for this point to either "pouce" or "cun".

Sp-20: MOXA NOT ADVISED, yet not generally forbidden classically. Five to six cun lateral to the front midline. Change "inch" in 'Puncture' information here to either "pouce" or "cun".

Sp-21: Some authorities describe this point as being more on the anterior-axillary line (rather than the mid-axillary line), which puts it slightly closer to the front of the body. It is approximately six pouce (cun) underneath the armpit (where He-1 is located) and about three pouce below GB-22. Change the word "inch" of text's 'Puncture' information for this point to either "pouce" or "cun". Moxa time is usually 3 to 10 minutes.

In addition, Sp-21 is a very valuable point energetically, because it is the starting point (and controlling point) of what is known as the 'Great Luo of the Spleen'. The 'Great Luo of the Spleen' is one of fifteen secondary 'Longitudinal Luo Vessels', there being in addition one such 'Longitudinal Luo Vessel' for each of the twelve main meridians (including the Spleen meridian itself) and one each for the Conception and Governor Vessels. It is called the 'Great Luo of the Spleen' to distinguish it from the considerably less important Longitudinal Luo of the Spleen meridian itself.

The 'Great Luo of the Spleen' consists of a great many smaller branches that originate from this Sp-21 point, spread out thru the rib cage and the chest, and ultimately throughout the whole body to unite with all the other fourteen Longitudinal Luo Vessels. In effect then, the 'Great Luo of the Spleen' is the controller or commander of the entire network of Longitudinal Luo Vessels. Besides this, one of its functions is the nourishment or maintenance, energetically speaking, of all applicable body zones with the 'Body Humors' (fluids) as derived from the Stomach and Triple Burner [See O.I.C.S. Lesson Ten].

The 'Great Luo of the Spleen' Point (Sp-21) is utilized (needed) particularly for the following illnesses: Excess (fullness) or deficiency (emptiness) in the Great Luo of the Spleen itself; extravasation of Body Humor; pains in the chest, lateral region of the abdomen and in the ribs; asthma and shortness of breath; and pleuritis. [Note: When the Great Luo is in excess (full) a common symptom is pains appearing or spreading throughout the whole body, and in this event Sp-21 must be sedated (dispersed). When the Great Luo is in deficiency (empty) a common symptom is that all the joints and limbs of the body are weak and without normal strength, in which case Sp-21 must be tonified.]

Sp-17: Add the following to list of indications given in textbook: Angina pectoris; pain in the liver (right side point only). Change word "inch" to either "pouce" or "cun" in 'Puncture' information given in textbook for this point.

(3) General Information

- fourth meridian in classical order of ch'i energy flow, called,
- [O.I.C.S.] FOOT YIN MAXIMUM SPLEEN MERIDIAN (Sp), or
- [Textbook] THE SPLEEN CHANNEL OF FOOT-TAIYIN (Sp.).
- Belongs to the Earth Element (see O.I.C.S. Lesson Eight), and
- with Lung meridian comprises the TAI YIN Energetic Layer.
- It has a total of 21 bilateral acupuncture points, of which THREE are of major therapeutic importance, namely Sp-6, 9, 10, and for which information on Indication Sheets should be memorized. We suggest you notate these three major points in the textbook beside the appropriate location information on pages 123 to 125.
- Four other points, namely Sp-1, 4, 5 and 15 are of secondary importance therapeutically, and although information given for them on the O.I.C.S. Indication Sheets does not have to be memorized, their locations must be studied and known for examination purposes.
- POINTS FORBIDDEN TO NEEDLES: Sp-11 [Sp-1 & Sp-6 in pregnancy]
- POINTS FORBIDDEN TO MOXIBUSTION: Sp-1, 7, 9 [Sp-2 in pregnancy]  
Note that one of these (Sp-9) is a point of major therapeutic importance and another is of secondary therapeutic importance (Sp-1). Full knowledge of all forbidden points on the meridians is subject to testing on a final examination. MEMORIZE!!

## POINTS OF MAJOR AND SECONDARY THERAPEUTIC IMPORTANCE

NOTE: This is by no means a complete listing of all indications possible for each given point, but represents rather those of prevailing use, in everyday treatment. The points circled below are the most significant or MAJOR ones, and all information given for them should be MEMORIZED in full. Those not circled are the 'Secondary' points, or points of lesser therapeutic importance or value. Memorization of Secondary point information is not required for examination purposes.

Sp-1 "Yin Pai" (Hidden White)

INDICATIONS: Abdominal distention and pains; menorrhagia and other uterine bleeding; insomnia; mental disorders; sensation of cold feet and/or lower limbs; syncope, etc.; hemorrhoidal pain (with Sp-3); epistaxis; fever.

NEEDLE: 1 to 2 Fen FORBIDDEN IN PREGNANCY

MOXA: FORBIDDEN

Sp-4 "Kung-Sun" (Generation Gap)

INDICATIONS: Gastralgia and abdominal pains; vomiting; diarrhea; lower abdomen spasms; angina pectoris; painful injuries to testicles; fatigue.

NEEDLE: 3 Fen to 1 Pouce

MOXA: 3 to 10 minutes

Sp-5 "Shang-Ch'iu" (Trades Hill)

INDICATIONS: Enteritis; dyspepsia (indigestion); pain in ankle joint; abdominal distention; "rumblings" in stomach; constipation; hemorrhoids; jaundice; general connective tissue weakness and 'smooth' muscle atony; depression with irritability; "heavy" feeling; varicose vein pain and swelling; thrombophlebitis; cellulitis.

NEEDLE: 3 to 5 Fen

MOXA: 3 to 15 minutes

## POINTS OF MAJOR &amp; SECONDARY THERAPEUTIC IMPORTANCE, CONTINUED ....

Sp-6 "San-Yin-Chiao" (Crossroad of Three Yins)

INDICATIONS: Diarrhea; irregular menstruation; menorrhagia; dysmenorrhea; leukorrhea; spermatorrhea; premature ejaculation; impotence; enuresis; hemiplegia; neurasthenia and nervous depression; lower abdominal pains; dyspepsia; spasms or pains of lower extremities; dysuria; gonorrhea; insomnia; control of bleeding; headache of females in climacteric.

NEEDLE: 3 Fen to 1 Pouce 5 Fen FORBIDDEN IN PREGNANCY

MOXA: 5 to 15 minutes

Sp-9 "Yin-Ling-Ch'üan" (Spring in Shady Mound)

INDICATIONS: Abdominal distention; edema; dysuria; enuresis; anuria; nocturnal emission; irregular menstruation; ascites; pains and inflammations in knee; diarrhea; constipation; female genital disorders.

NEEDLE: 5 Fen to 2 Pouce

MOXA: FORBIDDEN

Sp-10 "Hsüeh-Hai" (Sea of Blood)

INDICATIONS: Irregular menstruation; metrorrhagia; menorrhagia; dysmenorrhea; urticaria (hives or nettle rash); eczema; neurodermatitis; chronic peritonitis; orchitis; fever; purulent skin diseases.

NEEDLE: 5 Fen to 1 Pouce 5 Fen (See Lesson material also)

MOXA: 5 to 12 minutes

Sp-15 "Ta-Heng" (Great Cross)

INDICATIONS: Lower abdominal pain; constipation; diarrhea; intestinal parasitosis; useful in convalescence period; weakness and lameness of the four extremities.

NEEDLE: 5 Fen to 1 Pouce 5 Fen

MOXA: 5 to 15 minutes



## THE TENDINO-MUSCULAR MERIDIAN OF THE SPLEEN

- 1) This meridian starts at the internal unguis corner of the "big" toe at the Ting point,
- 2) passes to the internal malleolus,
- 3) climbs vertically to the internal tuberosity of the tibia,
- 4) follows the internal part of the thigh,
- 5) reaches below the groin, at the triangle of Scarpa,
- 6) converges at the genitals,
- 7) penetrates into the abdomen, and inserts at the navel,
- 8) inserts into the ribs and the internal wall of the anterior thorax,
- 9) another vessel leaves from the genitals and reaches the vertebral column and climbs up the inner side of the spine up to the middle of the thoracic spine.

Troubles of This Meridian:

- Contracture and cramp of the "big" toe, up to the internal malleolus.
- Pains at the tibia and at the knee.
- Pains at the internal part of the thigh up to the groin.
- Lancinating and intolerable pains in the genitals.
- Pains at the navel and at the flanks.
- Pains diffused along the internal surface of the thorax and at the vertebral column.

## THE TRANSVERSAL LO VESSEL OF THE SPLEEN

This vessel starts at the Lo point of the Spleen meridian, Sp-4 (Kung-Sun) and traverses the foot to reach the Iunn point of the Stomach meridian, St-42 (Ch'ung-Yang).

## THE LONGITUDINAL LO VESSEL OF THE SPLEEN

This vessel begins at the point Sp-4 (Kung-Sun), and passes to the meridian of the Stomach around the point St-42 (Ch'ung-Yang). One other vessel leaves Sp-4, follows the principal meridian of the Spleen, penetrates into the abdomen, separates into branches at the Large Intestine and the Stomach.

Symptomatology and Treatment:

Fullness: Very violent pains at the intestines; stimulate the corresponding Lo point, Sp-4.

Emptiness: Intestinal swelling; stimulate the opposite Lo point St-40 (Fung-Lung) and the corresponding Iunn point Sp-3 (Tai-Pai).

## THE DISTINCT MERIDIAN OF THE SPLEEN

- 1) The meridian of the Spleen reaches the hip at the point Sp-12 (Ch'ung-Men),

- 2) from there, a vessel passes to the point St-30 (Ch'i-Ch'ung) and is joined to the meridian of the Stomach. It then accompanies the Distinct meridian of the Stomach up to the throat to the point St-9 (Jen-Ying),
- 3) penetrates deeply into the tongue and then reaches the point Bl-1 (Ching-Ming).

#### THE GREAT LUO OF THE SPLEEN.

From the point Sp-21 (Ta-Pao) small vessels separate into branches on the front and sides of the chest and on the whole body itself. Consequently, the Great Luo of the Spleen communicates with all of the Lo Vessels and its purpose is to control the totality of the Lo networks.

#### Symptomatology and Treatment:

Fullness: Scattered pains in the whole body; sedate the point Sp-21.

Emptiness: All the joints are slackened and relaxed; tonify the point Sp-21.

#### *d. The Spleen Channel of Foot-Taiyin*

*Course:* This channel originates in the medial side of the great toe at Pt. Yinbai (Sp. 1). From there it runs along the junction of the "red and white" skin of the medial aspect of the foot and ascends in front of the medial malleolus up to the leg. From there it runs along the posterior surface of the tibia, medial aspect of the leg, and crosses and runs in front of the Liver Channel of Foot-Jueyin, then it passes through the anterior medial aspect of the knee and thigh and further upward to enter the abdominal cavity and go into the spleen, its pertaining organ, and communicate with the stomach. From there it passes through the diaphragm and, ascending along the esophagus, reaches both sides of the root of the tongue and spreads over its lower surface. (See Fig. 11.)

The Branch of the Stomach leaves the stomach, passes upward through the diaphragm, dispersing into the heart, to connect with the Heart Channel of Hand-Shaoyin. (See Fig. 11.)

*Pathological Symptoms:* Stiffness and pain of tongue, gastric pain, abdominal distention, vomiting, jaundice, general weakness and heaviness of body, pain and swelling along the course of this channel.

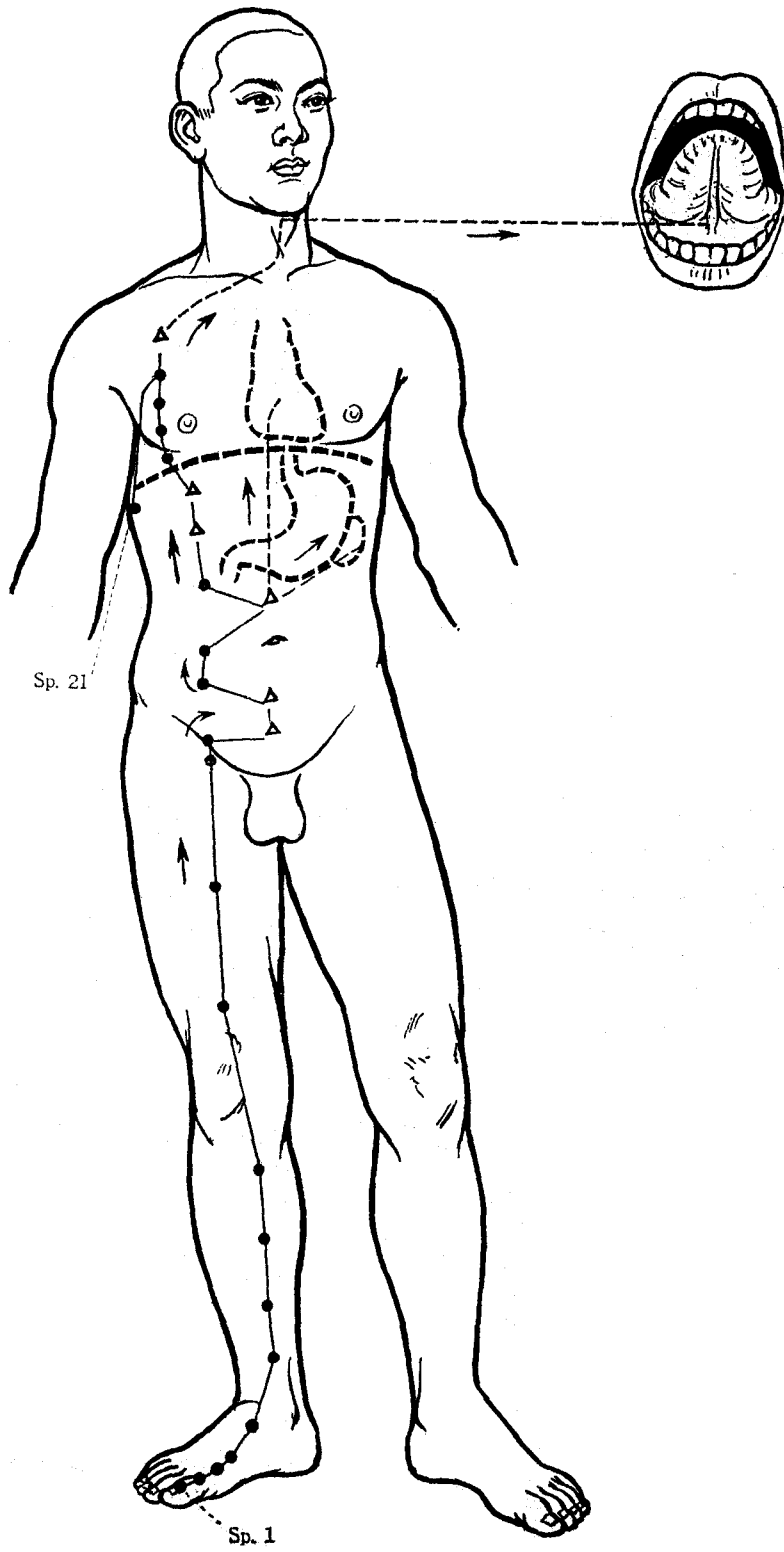


Fig. 11. The Spleen Channel of Foot-Taiyin

#### (4) THE SPLEEN CHANNEL OF FOOT-TAIYIN

— 21 Points —

##### 1. Yinbai (Sp. 1):

Location: On the medial side of the great toe, 0.1 cun posterior to the corner of nail. (See Fig. 56.)

Indications: Abdominal distention, irregular menstruation, insomnia, dream-disturbed sleep, mental disorder.

Puncture: Perpendicularly 0.1 inch.

##### 2. Dadu (Sp. 2):

Location: On the medial side of the great toe, anterior and inferior to the 1st metatarso-phalangeal joint, at the junction of the "red and white" skin. (See Fig. 56.)

Indications: Abdominal distention, abdominal pain, high fever, hypohydrosis.

Puncture: Perpendicularly 0.3-0.5 inch.

##### 3. Taibai (Sp. 3):

Location: At the medial aspect of foot, posterior and inferior to the head of the first metatarsal bone, at the junction of the "red and white" skin. (See Fig. 56.)

Indications: Gastralgia, abdominal distention, dysentery, constipation, vomiting and diarrhea.

Puncture: Perpendicularly 0.3-0.5 inch.

For greater detail see the textbook,  
"Essentials of Chinese Acupuncture"

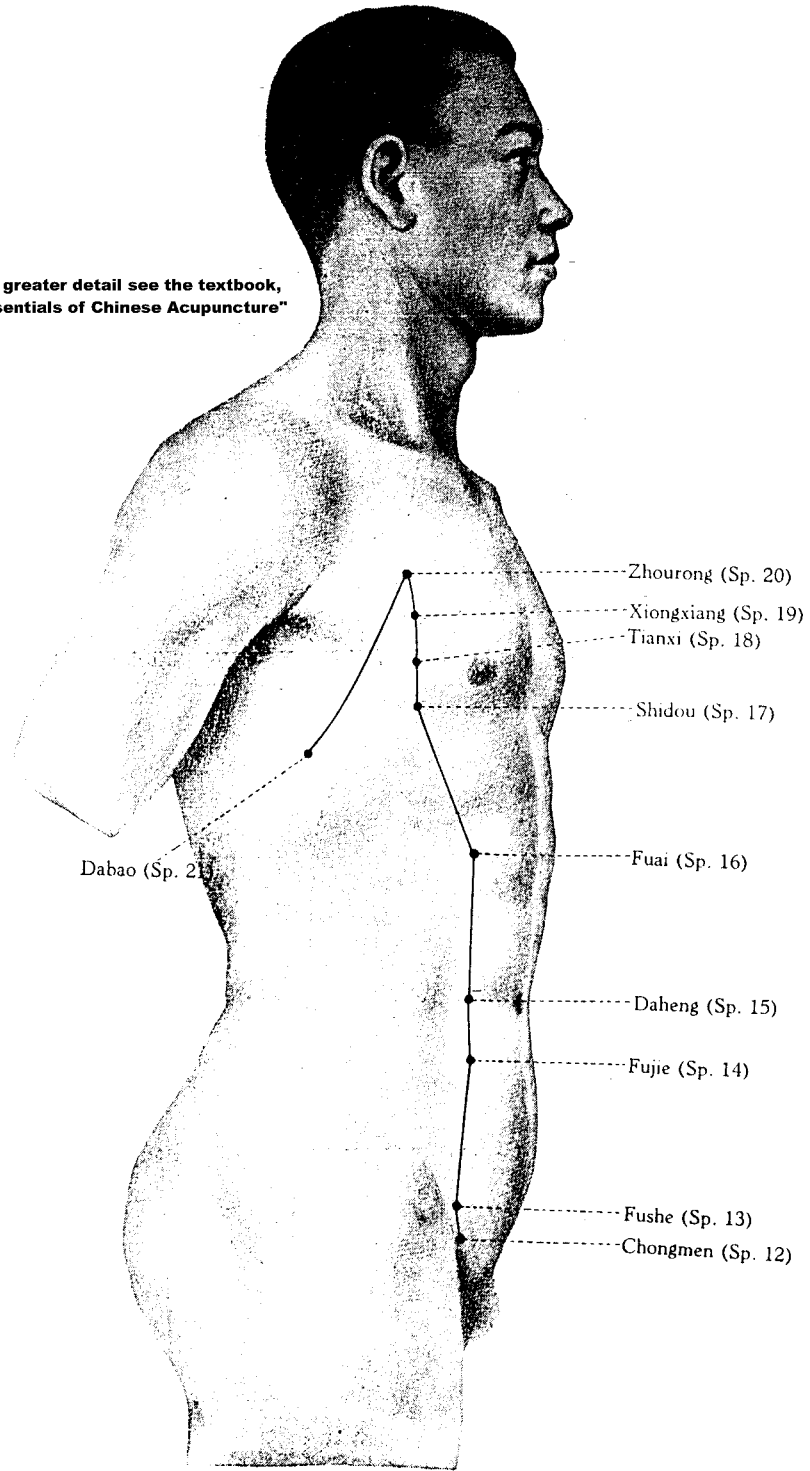


Fig. 55a. The Spleen Channel of Foot-Taiyin

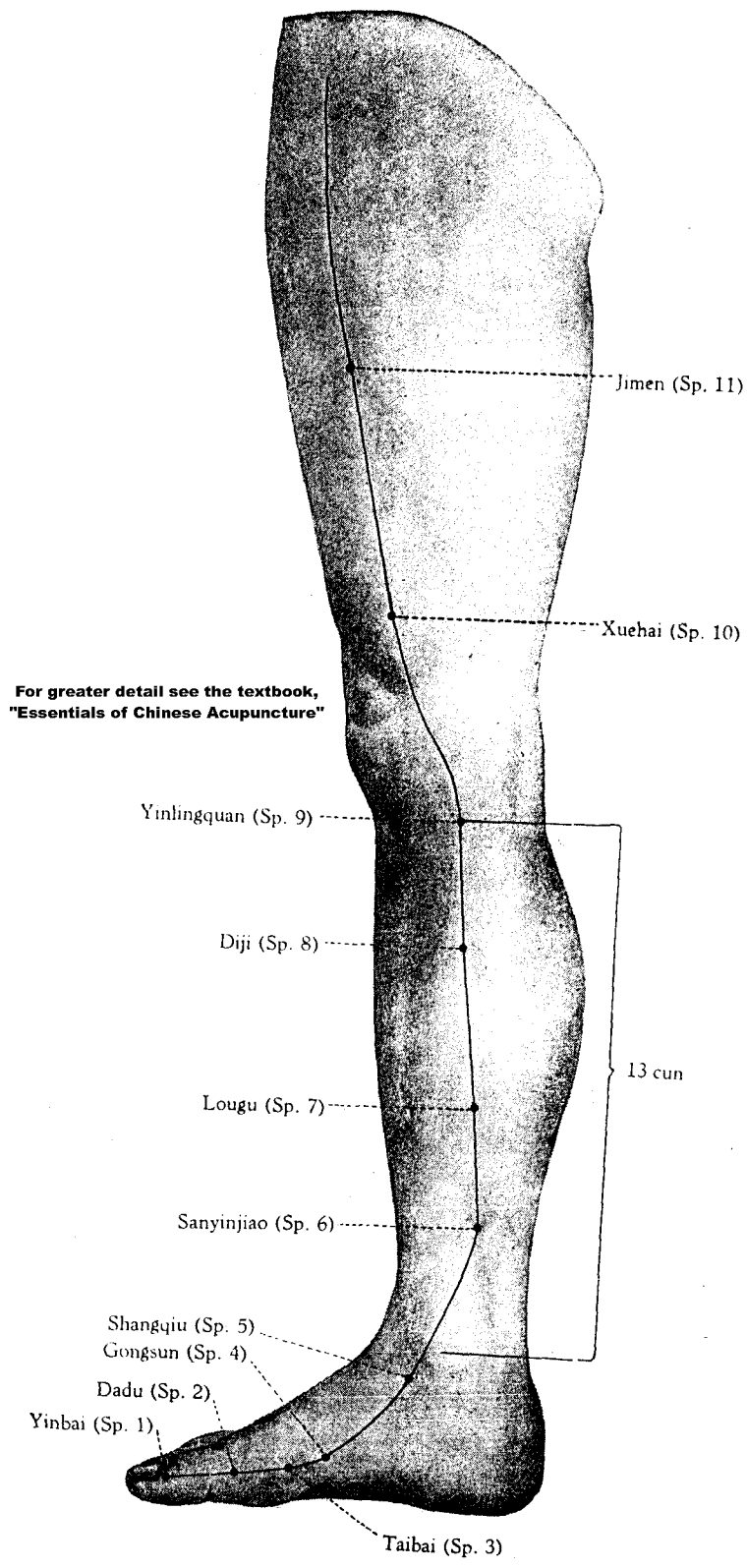


Fig. 55b. The Spleen Channel of Foot-Taiyin

**4. Gongsun (Sp. 4):**

Location: On the medial aspect of foot, in a depression at the anterior and inferior border of 1st metatarsal bone, at the junction of the "red and white" skin. (See Fig. 56.)

Indications: Gastralgia, dyspepsia, vomiting, diarrhea, menorrhagia.

Puncture: Perpendicularly 0.5-1.0 inch.

**5. Shangqiu (Sp. 5):**

Location: Draw a straight line along the anterior and the inferior border of the medial malleolus respectively. The point is where the two lines cross. (See Fig. 56.)

Indications: Gastritis, enteritis, dyspepsia, pain in the ankle joint.

Puncture: Perpendicularly 0.3-0.5 inch.

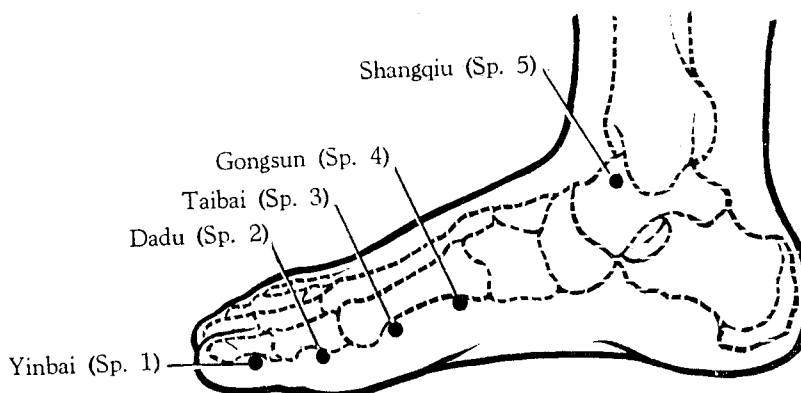


Fig. 56

**6. Sanyinjiao (Sp. 6):**

Location: 3 cun above the tip of the medial malleolus just posterior to the tibial border. (See Fig. 57.)

Indications: Borborygmus, abdominal distention, loose stool, irregular menstruation, nocturnal emission, impotence, spermatorrhea, orchitis, enuresis, frequency of urination, retention of urine, hemiplegia, neurasthenia.

Puncture: Perpendicularly 0.5-1.2 inches or insert needle towards Xuanzhong (G.B. 39).

**7. Lougu (Sp. 7):**

Location: 3 cun in the depression above Sanyinjiao (Sp. 6) at the posterior border of the tibia. (See Fig. 57.)

Indications: Abdominal distention, borborygmus, numbness and chilliness of leg and knee.

Puncture: Perpendicularly 1.0-1.5 inches.

**8. Diji (Sp. 8):**

Location: 3 cun below Yinlingquan (Sp. 9) at the posterior border of the tibia. (See Fig. 57.)

Indications: Lumbago, abdominal distention, menorrhagia or menorrhagia.

Puncture: Perpendicularly 1.0-1.2 inches.

**9. Yinlingquan (Sp. 9):**

Location: In the depression on the lower border of the medial condyle of the tibia, on a level with the tuberosity of the tibia. (See Fig. 57.)

Indications: Abdominal distention, edema, dysuria, enuresis, nocturnal emission, irregular menstruation, dysentery.

Puncture: Perpendicularly 1.0-1.5 inches; or, penetrate towards Yanglingquan (G.B. 34).

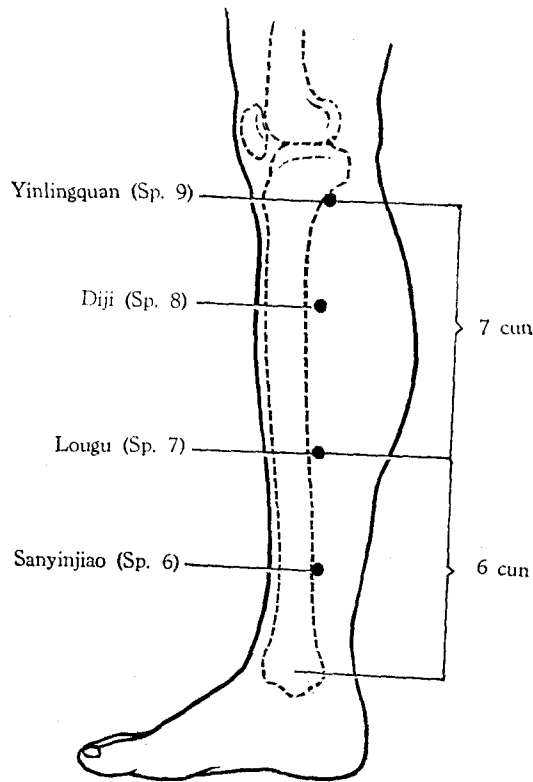


Fig. 57



**10. Xuehai (Sp. 10):**

Location: 2 cun above the superior border of the patella, at the middle of the bulge of the m. vastus medialis. (See Fig. 58.)

A simple way to locate the point is to sit opposite the patient with your right palm over the patient's left patella; the point is where the tip of your thumb rests. (See Fig. 58.)

Indications: Irregular menstruation, functional uterine bleeding, urticaria.

Puncture: Perpendicularly 1.0-1.5 inches.

**11. Jimen (Sp. 11):**

Location: 6 cun above Xuehai (Sp. 10), medial to m. sartorius. (See Fig. 55.)

Indications: Dysuria, enuresis, inflammation of the inguinal lymph nodes.

Puncture: Perpendicularly 1.0-1.5 inches, avoiding artery.

**12. Chongmen (Sp. 12):**

Location: On the lateral side of the femoral artery, 3.5 cun lateral to the midpoint of the superior border of the pubic symphysis.

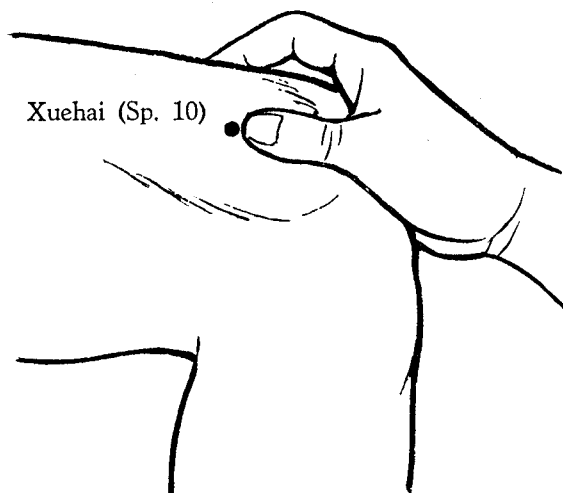


Fig. 58

Indications: Orchitis, spermatitis, endometritis, hernia.  
Puncture: Perpendicularly 0.7-1.0 inch, avoiding artery.

**13. Fushe (Sp. 13):**

Location: 0.7 cun above Chongmen (Sp. 12); 4 cun lateral to abdominal midline.

Indications: Abdominal pain, hernia, appendicitis, constipation.

Puncture: Perpendicularly 0.7-1.0 inch.

**14. Fujie (Sp. 14):**

Location: 1.3 cun below Daheng (Sp. 15); 4 cun lateral to abdominal midline.

Indications: Peri-umbilical pain, hernia, diarrhea.

Puncture: Perpendicularly 0.7-1.0 inch.

**15. Daheng (Sp. 15):**

Location: 4 cun lateral to umbilicus, directly below the nipple, on the lateral side of m. rectus abdominis. (See Fig. 55.)

Indications: Abdominal pain, dyspepsia, constipation, intestinal paralysis, diarrhea, intestinal parasitosis.

Puncture: Perpendicularly 0.7-1.0 inch.

**16. Fuai (Sp. 16):**

Location: 3 cun above Daheng (Sp. 15), 4 cun lateral to Jianli (Ren 11).

Indications: Abdominal pain, dyspepsia, constipation, dysentery.

Puncture: Perpendicularly 0.7-1.0 inch.

**17. Shidou (Sp. 17):**

Location: In the 5th intercostal space, 6 cun lateral to abdominal midline.

Indications: Pain and distention of chest and hypochondriac region.

Puncture: Obliquely 0.5-0.8 inch.

**18. Tianxi (Sp. 18):**

Location: In the 4th intercostal space, 6 cun lateral to the abdominal midline.

Indications: Thoracalgia, cough, mastitis, deficient lactation.

Puncture: Obliquely 0.5-0.8 inch.

**19. Xiongyang (Sp. 19):**

Location: In the 3rd intercostal space, 6 cun lateral to the thoracic midline.

Indications: Pain and distention of chest, costal and hypochondriac region.

Puncture: Obliquely 0.5-0.8 inch.

**20. Zhourong (Sp. 20):**

Location: In the 2nd intercostal space, 6 cun lateral to the abdominal midline.

Indications: Pain and distention of chest, costal and hypochondriac region, cough.

Puncture: Obliquely 0.5-0.8 inch.

**21. Dabao (Sp. 21):**

Location: On the midaxillary line, in the 6th intercostal space. (See Fig. 91.)

Indications: Pain in chest, costal and hypochondriac region, dyspnea, general aching, weakness of limbs.

Puncture: Obliquely 0.5-0.8 inch.