

The Pulse Points from the Second Century A.D.

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The Han Dynasty, which flourished from 206 B.C. to 220 A.D., gave us one of the most revered books on acupuncture ever written, namely the *Nan Jing*, otherwise known as the "Classic of Difficulties." It was written following the first book on medical conditions, the famous *Nei Jin*.

The *Nan Jing* discussed a number of topics, including the "eight extraordinary meridians," the theory of the mother/son rule regarding tonification and sedation, the Luo points, and the meridians and points. However, the *Nan Jing* is best known for introducing pulse diagnosis to the wrist.

Previously, acupuncture pulse diagnosis was used at a variety of points, with most meridians having multiple pulse locations. A very little-known technique used in acupuncture, which developed within the first 400 years of the first millennium, was the stimulation of the related pulse points to affect the associated meridian.

Practitioners of acupuncture from the far Western provinces of China use this technique to generally affect the meridian channels. The points shown here are of historical significance, because it was at these points that acupuncture pulse diagnosis was originally used.

Should you have a difficult case in which you have properly ascertained which meridian is involved, use the points listed here, and you may find remarkable clinical response. Even though there is very little further information on this ancient system of healing, it definitely bears our attention.

Lung LU9 - LU5 - LU4, LU3 - LU2 - LU1

Large intestine LI4 - LI5 - ST4

Stomach ST5 - ST9 - ST30 - ST42

Spleen SP11 - SP12

Heart HT1 - HT3 - HT4

Small intestine SI6 - GB1

Bladder BL54

Kidney KI3 - KI9 - KI10

Pericardium P8

Triple heater GB2 - GB3

Gallbladder ST7 - GB2 - GB39

Liver ST9 - CV2 - LIV3 - LIV10 - LIV11

For those who are well versed at "therapy localization" *a la* AK, these points are very reactive for meridian examination. I am told by one of the masters I studied with in Western China, that some masters were known to dowse these points with a small piece of gold, malachite or jade attached to a leather string.

As you can see by the list of points, they are all, with the exception of a few, quite powerful. Try them on your next difficult case. You have nothing to lose and everything to gain.

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JUNE 2000