

1. spleen

Thumb pad

Manipulation: clockwise 100-500 times

Function:

strengthen spleen, tonify qi and blood

clear heat and phlegm in spleen meridian

digestive system problem: diarrhea, constipation, poor appetite, etc.

2. liver

Index finger pad

Manipulation: clockwise 100-500 times

Function:

Clear liver fire, soothe liver

Anxiety, hypertension, insomnia

3. heart

Middle finger pad

Manipulation: clockwise 100-500 times as tonify; push to palm as reduce

Function: clear fire in heart

Insomnia, ulceration in mouth, mania, etc. (combine with clear the sky water or clear small intestine)

4. lung

Fourth finger pad

Manipulation: clockwise 100-500 times

Function: tonify lung, open lung meridian, dispel the EPI, regulate lung qi

EPI, fever, tight chest, asthma, spontaneous sweat, cough, rectum prolapsed

5. kidney

Small finger pad

Manipulation: clockwise 100-500 times

Function: clear heat in the lower jiao, tonify kidney

Chronic diseases, weak body constitution, wet bed, dysuria

6. large intestine

Radio side of index finger

Manipulation: push to wrist is tonify, push to finger tip is reduce

Diarrhea, constipation, rectum prolapse

7. small intestine

Ulna side of index finger

Manipulation: push to wrist is tonify, push to finger tip is reduce

Urine problems, retention, incontinence

8. tip of small intestine

Manipulation: clockwise knead 100-500 times

Spontaneous sweat, night sweat, qi deficiency

9. si feng

Line of first section on each finger

Manipulation: point 5 times, push 100 times

Function: promote digestive system

Food retention, distention, disharmony of qi and blood, asthma

10. small joint line

All finger lines

Manipulation: point 5 times each, knead 100 times

Function: clear heat, break stagnation

Good for the heat in stomach, ulceration in mouth, abdominal distention

11. big joint line

Dorsal side wrist line

Push apart 30-50 times

Function: balance yin and yang, promote qi, break stagnation

Chill and fever, bloating, vomit, food stagnation, anxiety, phlegm

12. stomach meridian

First section of thumb

Manipulation: clockwise kneading is tonify, pushing to wrist is reduce

Function: clear damp and heat, regulate stomach

Vomit, hiccups, thirst, poor appetite, bleeding

13. Ban meng

Manor thenors

Manipulation: push towards wrist line or from wrist line 100-300 times

Function: regulate the middle jiao qi, promote digestive system

14. Tendon leader

Middle point of wrist line

Manipulation: knead 100-300 times.

Function: smoothen whole body's qi, clear fire

Need to do kneading fast

15. Small sky heart

Depression in front of the tendon leader

Manipulation: pinch 5-20 times, knead 100-300 times

Function: all kinds of stagnation in meridians

Clear heat, tranquilize

16. inner Lao gong

Center of palm, on the line between small finger and 4th finger

Manipulation: starts from small finger base line to small sky heart then to inner lao gong, is called Yun Inner Lao Gong or “hold moon from water”. 10-30 times

Function: all kinds of heat, especially empty fire from heart and kidney

Fever, anxiety, five centers heat, hot flush

17. outer Lao Gong

Opposite to inner Lao Gong

Manipulation: kneading, clockwise kneading 100-300 times

Function: all kinds of cold, tonify yang, lift yang, and dispel exterior pathogen

Combine with tonify spleen, tonify kidney, push 3 gates together.

18. inner Ba Gua

Center of palm as the center of circle, 2/3 of center of circle to base of middle finger as circumference

Manipulation: clockwise knead 100-300 times as reduce, counter clockwise knead 100-300 times as tonify

Function: regulate qi, remove phlegm or stagnation, open chest

Asthma or cough from phlegm obstruction, food retention, poor appetite

Qian to Zhen 7 times to tranquilize

Li to Qian 7 times to stop coughing

Kun to Qian 7 times to clear heat

Kan to Xun to stop diarrhea

Xun to Kan to stop vomit

Gen to Li to stop sweat

19. outer Ba Gua

Opposite to inner Ba Gua

Manipulation: clockwise knead 100-300 times

Function: promote whole body's qi and blood, remove stasis and open meridians

20. carry water into earth, carry earth into water

From side of thumb, to small sky heart to side of small fish, is carry earth to water

From side of small fish to small sky heart to side of thumb is carry water to earth

Carry earth into water can clear damp heat in middle jiao, for acute, excessive diseases

Carry water into earth can strengthen spleen, nourish intestine, for chronic diseases

21. Shi Xuan

Same as shi xuan point

22. old dragon

0.1 cun below middle finger nail

Manipulation: pinch

Function: open orifice, clear mind

23. straight up

Both sides of middle finger nail

Manipulation: pinch

Function: open orifice, stop nose bleeding, vomit, diarrhea

24. five finger gate

Same as Ba Xie

25. two gate

Besides of middle finger

Manipulation: pinch 100-500 times

Open wei level, fever, sweat

26. up horse

Same as SJ2

Manipulation: pinch 100-500 times

Function: nourish kidney yin, open qi stagnation, promote urine

For yin deficiency, empty fire

27, 28 jing ling, wei ling

29. sky water

On PC meridian from PC7 to PC3

Manipulation: push or tap

Function: heat

30. 6 fu organs

On small intestine meridian from SI6 to SI9

Manipulation: push or tap

Function: heat

31. three gates

On lung meridian, from L7 to L5

Manipulation: push

Function: tonify yang qi

32. bo yang chi

3 cun behind yi o feng

Manipulation: knead 100-300

Function: constipation, urine problems, headache.