

Luo vessels

A Classical Perspective

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Lineage

- Jeffrey Yuen
 - Thanks to Jennifer Jackson and Heidi Most
 - Ann Cecil-Sterman's Advanced Acupuncture: A Clinical Manual.
 - Class notes and discussions

What are the Luo?

- LM are collaterals: they are channels of holding
- Exist only in response to pathology
- Can present as spider veins, varicosities, nodules, swellings; visibility
- Mediumship of blood and fluids (ying) keep pathogen in latency and away from organs
- Pathogen can be wind, cold, damp (EPF) or internal pathogen, ie from food, toxins, emotions and lifestyle factors

Latency

- Luo Channels are body's capacity to create a space to hold and to contain Pathogenic Factors that seek to invade the PM.
 - Distinguish b/w DM (wei to yuan); LM (wei to ying; ying to ying)
- When PM cannot deal with an issue, then luo channels are created to contain them.
- The resource used is yin/ying (Blood or Fluids)
- Luo channels represent where you are stuck in life. (psychosocial model)

Ying vs. Wei/Yuan

- Ying qi=choice (internal relationship); conscious awareness; suppression
- Luo vessels
- Jing/constitutional= 8x and divergent channels (constitutional relationship)
- Wei=relationship with outside world
- Sinew channels
- Luo relating to ying qi, relationship with blood and jin ye, major impact on shen and on the hormonal components, endocrine and exocrine; jin ye is a measure of our emotional health.

When to use LM

- 1. where an internal condition is beginning to produce heat (in blood and/or organs)(inflammation)
- 2. rebellious qi (to clear pathology)
- 3. the involvement of blood (moving, invigorating or regulating)
- 4. musculo-skeletal conditions (channel pathway)
- 5. emotional issues and shen disturbances (shen contained in the blood) (mood, emotion, temperament...)
- 6. Heart pathology

Classical Description of Luo

- Described in Ling Shu (Chapter 10, 19, 21, 22, 23, 26,27, 39, 48, 62) and revised in Nan Jing
- The luos originate from the luo points, and go to their yin/yang pair's source point (Some say to luo point of yin/yang pair). They use source qi to displace a PF. (Transverse Luo theory)
- Additionally, the luo point gives birth to collaterals of PM which bring PF out to superficial level where it becomes varicosity, broken blood vessel, or nodule. (Longitudinal Luo theory)
- These two trajectories are not separated in the classics. In modern history, Royston Low coined the terms transverse to describe luo/source path, and longitudinal to describe the varicosities.
- Nei Jing said there were 16 luo meridians, that of the 12 primary channels, Ren, Du and the Great Luos of the ST and SP. Nan Jing debated this and said there were 15 luo channels, that of the 12 primaries, yin and yang Qiao mai and the great Luo of the SP, dropping the great luo of the ST. The Qiao's were the source points that PM could tap into when they were insufficient to deal with a PF.

Review of Physiology of Luo

- Two sequences are mentioned:
 - Ling Shu: LU, HT, PC, LI, SI, SJ UB, GB, ST, SP, KI, LR, CV, GV, Great luo (see Wang Qing-ren and cardiovascular model). OR
 - follows the PM order of the meridians, plus Great luo, CV, GV.
- Do not penetrate the “great” articulations. Have more to do with the minor articulations: elbows, knees, ankles, wrists.
- Do not go to their zang-fu (except for HT and PC).
- Only 3 luo travel distally: BL 58 goes to KI 4 to get yang qi. GB 37 goes to ST 42 to get pure yang of ST (and also to help pull constitutional pathogens out to the ying level). LU 7 moves to LU 10 and PC 8 to clear heat and wind (and to open the chest).

Physiology cont'd

- Body tries to rid EPF through sweating or counter-flow qi (in coughing, sighing, vomiting, flatulence, nausea, and reflux). This is an indicator of the body trying to bring things out. If the body/mind/spirit is insufficient to push the qi out, the PF can internalize and/or be put into latency. All of this is the attempt to keep the PF from the zang fu. Pathogen can make entry via shu stream point (interior/exterior). PM will often use luo point (rather than source point with access to yuan level) The body does this by using the blood/fluids to create luo meridians (longitudinal luo) to keep pathogen at limbs and not make way to interior. (if makes it past to he-sea it can get to organs)
- We move the pathology to prevent it from going deeper. If we cannot push it out all the way, the PF can get stuck, and we get aches and pains in upper (headache) and outer (bi obstruction). All of these are described in the classics – the symptoms of luo channels.
- Luo draw on ying qi/blood to either contain the pf or to move it, assisting the PM in doing what they cannot do. Luos hold a PF in latency in the blood.
- Luos cannot by themselves get rid of the PF. The practitioner can do that by needling techniques, for example, bleeding the luos and releasing the PF.
- A PF can move to a meridian's yin/yang pair via the luo point.
- Blood houses the shen, and emotions are contained in the blood. The luo, being closely identified with the ying/blood level, deal with emotions. They can help release pent-up or stagnant emotions.
- The luo represent the development of the psychosocial self (1st level: survival/recording of experiences; 2nd level: interaction/social skills; 3rd level: differentiation/self preservation).

Luo formation

- When SM fail to defend exterior against EPF
- When internal PF (emotions, diet, lifestyle) arises and body not strong enough to expel it (insufficient resources or not willing to deal with it (suppression))
- Body uses blood/ying/fluids to buffer pathogen from organs

Fullness and Emptiness of Longitudinal Luo

- When PM gets overwhelmed and is not sufficient to deal with a PF, luos are created. Body can draw upon blood, and creates spider veins, varicosities, to hold the PF. The luo become visible – the sign of fullness.
- When body can no longer hold on to PF, body absorbs pathology, and begins to empty into the PM, where it can enter the Zang Fu. Not a deficiency, but an extension of fullness. Fluid has failed, so it has the possibility of going into the constitutional level via the source.
 - Emptiness can be nodule or swelling or tumor in the body.
 - Luo are no longer visible, but can feel bumps or nodules.
- To protect source, body brings yin up to source point and deposits it to create cysts, lipomas, etc. to block deeper penetration
- When that becomes insufficient, transverse luo sx occur; these are heat signs in attempt to move pathology back out (and reflect some effect on the organs).
- If that unsuccessful, qi/blood is now depleted and pathology moves towards organs.
- Next area of latency becomes the source point of the yin-yang pair.
 - Transverse luo treatments aim to pull pathology out of the organs and source and move them back towards the longitudinal luo

Luo points and trajectories

- LU 7: to LU 10, PC 8
- LI 6: to LI 11,15, ST 5 (branches to ST 4/teeth and SI 19/SJ 17)
- ST 40: to ST 13, Du 20, ST 9 on opposite side (polarity)
- SP 4: to intestines, ST are Ren 12
- HT 5: to HT 1, LU 2, ST 11, BL 1 (branches from HT 1 to HT organ and from ST 1 thru ST 5 to ST 11) (Su Wen says to Ren 17,14,23)
- SI 7: to LI 15
- BL 58: to KI 4 then follows KI LM to Du 4
- KI 4: to KI 21, Ren 14, Du 4
- PC 6: to HT 1, PC 1, HT organ and 3 jiao's
- SJ 5: to LI 15, LU 2,1, Ren 15 then to 3 jiao's (Su Wen says to LI 15 or GB 21, ST 17, Ren 17; later Ren 12 being added)
- GB 37: to ST 42
- LR 5: to Ren 2 and genitalia
- Ren 15: spreads over abdomen
- Du 1: splits in two branches to follow both sides of spine; at BL 10 splits again and one branch goes over head to BL 1 and other goes into paravertebral muscles down BL SM
- SP 21: spreads around axilla to breast and ribs
- ST great luo: begins in ST and penetrates diaphragm to below left breast at pulsating vessel HT beat

Signs and Symptoms of Longitudinal Luo

- Psycho-social view: contain the emotions derived from the difficulties coming from the Primary Meridians. Emotions are stored in the luo when they cannot be dealt with.
- If we can't work out the difficulties, the emotions related to that difficulty fill the longitudinal luo.
- When the emotion becomes overwhelming, the longitudinal luo empties its pathology into the transverse luo. Then you have Empty Luo, or Emptied Luo.
- Usually involve bi syndromes, rebellious qi and shen disturbances. But also important to understand that Chinese language is psychosomatic.
- Looking at model of psycho-social development and emotional issues that arise when there is stunting or blockage or insufficiency at any or combo of these levels of development

Psycho-social model

- 1. Level of Survival (wei)
 - LU/LI/ST/SP
- 2. Level of Interaction (ying)
 - HT/SI/BL/KI
- 3. Level of Differentiation (yuan)
 - PC/SJ/GB/LR

LU luo:

- I am born into world, and given the opportunity to sense and perceive. Function of LU is about how we inhale, and are inspired by our environment. Physiology: the need for contact. (When baby is born, not separated from maternal matrix. Jeffrey says should not wean for two years.)
 - Quality of our bonding with caregivers early; heightened desire to bond
- Fullness - I can't get enough...hot palms, always need to be touching, fidgeting, ADD/ADHD, desire, heat in chest.
- Empty - needs a retreat from stimulation; no interest in life, bored, unmotivated/uninterested/uninspired; sadness, depression
- Rebellious qi: frequent yawning (trying to open chest to rid pathogen), frequent urination (moving pathogen out via fluids)

LI luo:

- Child begins to realize that they can develop a certain degree of differentiation. Teething allows me to process, to think, to discern. Chewing allows for repetition. Not just swallowing it grabs it and drops it, through repetition I learn about the world. Too much stimulation (senses, foods, etc.) early or insufficient bonding can produce:
- Fullness: Chronic need for repetition, can't seem to process it, constant need to repeat a phrase over and over, rocking. Overstim creates shutting down of response...; toothaches as rebelling against demands of assimilation; acute deafness, autism
- Emptiness is inability to process, assimilate; can't discern actual sensation. Coldness of teeth, can't chew on something; diaphragmatic numbness

Metal

– LU:

- Full: hot burning palms, constant need for contact, stimulation, desires, lack of concentration, can't sit still, restless legs, excess wei qi activity
- Empty: yawning, SOB, frequent urine, enuresis, lack of interest, indifference, numb to stimulation, sighing, boredom

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– LI:

- Full: toothache, gum disease, deafness, ear disorders, bleeding gums when brush teeth, jaw tension, TMJ, constantly trying to assimilate information
- Empty: cold teeth pain, stifling sensation in chest/diaphragm, diaphragmatic numbness (inability to anchor the qi to KI), hard time making links and assimilating info (feel flabbergasted), hard time chewing, autism and inability to separate from the stimulation, ie repetition b/c can't assimilate/process, poor self control

ST Iuo:

- The ST PM produces blood, and through blood, emotions. We are looking at the process of growing up. If I can chew it, then I can own it. Language skills allow me to express myself. I can own what I am chewing. Linguistics/communication skills, the ability to discern...do I like it or not. Beginning to have emotions (gut feelings, not intellectualized) about my experiences. When feelings are regularly denied, not valued or suppressed, the emotions override the mind/rationality:
- Fullness: hysteria, intense feelings, temper tantrums, impulsivity. ST goes into head/brain, goes into tongue/voice box and I can express my internal feelings of love and hate. ST fullness is heart is stronger than head.
- Emptiness of ST Iuo is weakness of lower limbs; I have no sense of where I want to go in life. If I have no feelings, I feel lack of destiny, depression – I don't know where to go or what to feel. I don't know what to do in my life. I can't get to where I need to go to in my life. Lack of destination in life, lack of sense of what I want to do in life.

SP lu0:

- SP holds the blood, giving us the ability to record the context of emotional experiences, recording the image, allowing us to think about our feelings, gives us emotional intelligence. If I think too much, blood is overwhelmed and it goes into the SP lu0. Overthinking, over-rationalizing
- Fullness: habituation, obsession. No closure or resolution to thoughts. I do the same thing over and over again, and I can't let it go. I always bring back the same stories. Physical symptoms: sharp pains in the middle of the intestines, abdominal distention and fullness.
- Empty - habituation with addictive quality, like a parasite, constant addictions. Physically, drum-like swellings of intestines.

Earth

– ST:

- Full: mental disorders, dian kuang, schizophrenia, manic-depression, insanity, epilepsy, (insomnia?), unable to sort out emotions (mania), like everything or dislike everything, irritability, restlessness, strong emotions. Panic attacks and temporary insanity (2nd trajectory shared with KI; sabotaged by fear; can't experience pleasure)
- Empty: atrophy, weakness, flaccidity of muscles of leg/feet, esp shin area, inability to feel satisfaction, negativity, disengage and retreat from stimulation, limbic obstruction, not being able to bring your blood to what you're attracted to, can't bring enthusiasm
- Rebellious qi: obstruction of throat, goiters, swellings around throat, sudden hoarseness and aphasia/loss of speech
- GREAT LUO of ST:
 - Full: rapid breathing, irreg breathing, dyspnea, chest congestion, palpitations
 - Empty: suffocating sensation in chest, asthmatic breathing, cough, angina, heart attack

– SP:

- Full: colic pain of ST and intestines, sharp pains, lack of stability. [abd fullness, drum distention, eating disorders?]
- Empty: drum distention, ascites and intestinal swellings, childhood nutritional impairment, flatulence, abd fullness and distention, never satisfied with where they are, eating disorders, addictions, autism, repetitive thoughts/feelings/contact, habituation, weak intelligence, weak memory
- Rebellious qi: acute vomiting, diarrhea, severe abd pain, dehydration (like acute attack of cholera), gu
- GREAT LUO of SP:
 - Full: whole body pain, multiple site arthritis, bi syndrome
 - Empty: muscular atrophy and flaccidity, weakness/looseness of the joints, weakness of whole body

HT Iuo:

- HT PM is in command of my relationships with people. Wants everything to be open, provides animation, allows me to set goals based on social images. About verbalizing, articulating our thoughts and feelings. When our goals are not met, or we are betrayed, the HT Iuo stores heart break. When we strive for what is no longer there...
- Fullness – pain in HT. I am stuck in my emotions, not able to express. Society puts limits on our verbalization: we cannot fully be ourselves because of societal restrictions. Chest pain, oppression, heaviness, suffocating sensation.
- Emptiness - loss of one's voice (and inner voice). I've given up trying to verbalize. Heavy hearted. Once betrayed, we can't speak about it anymore. Loss of linguistics, stuttering, inability to fully express self; dyslexia, Tourette's, language issues.

SI Iuo:

- SI PM separates pure from impure, enables feedback system to be healthy. Internal sense of how one is doing. If there is a constant need to compare and check...
- Fullness - which further separates pure from turbid. Are we on the right path, the nutrients that will nurture our lives? Is this proper? Reassessing, obsessing about getting something right. Constant need for approval and internal dialogue. Looking for self-recognition through others feedback. Jealousy, aggression, violence when can't get it. Physical is stiffness of elbows, inability to see something differently. SI deals with process of obsessing, someone can't get it right, can't be comfortable with what they are separating. Religious fanatic.
- Emptiness - Constant need for affirmation . pebbly stools (body is obsessing, holding on to images). looseness of elbows, uncertainty of the feedback system, where I still am not open to external criticism. Small itchy flaky swellings that scab (fungal infections....)
- (SP Iuo does not have same dialogue with varying scenarios nor does it evaluate)

Fire

– HT:

- Full: distention and fullness in the chest and diaphragm, stickiness in chest, weight, oppression of chest, feels disappointment and betrayal and being cheated
- Empty: aphasia/loss of speech, disorders of the vocal chords, inability to vocalize one's pains and discontents, loss of spirit

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– SI:

- Full: instability and weakness of joints, weakness and paralysis of elbow and arm; sensitivity to criticism (react with rebuttal), stiff elbows
- Empty: flat warts, small itchy swellings that scab, dermatitis, eczema (when scratch it, fluids come out, maybe even blood), pebbly stools; (nausea, bloating, flatulence, burping?)(fatty deposits?); jealousy; sorting out morality (deciding about whether to be a good or bad person: often stems from jealousy); surveying of opinions to hear what you want, want others to say it for you, manipulation

BL Luo:

- BL PM is able to establish boundaries. If you can't take the feedback, ie too much feedback
- Full: It's our alarm system, panic attack that can't be shut off. PTSD. Headache. Bl luo goes to KI 4 – KI PM is where self is contained. BL luo says I can't deal with it, so will return back to the KI for solace. Always ready for a crisis (fight or flight); reactivity very high. Nasal congestion, allergies, sinusitis, HA, low back pain, PTSD, startle reflex.
- Emptiness: I do not know when enough is enough, I can't say "no", I don't have the ability to defend myself. Social skills involve feedback system. I need to know when society is going to be toxic to me. Leads also to addiction. Constant need to feel loved – compulsive sex, vulnerability, lack of emotion. Clear nasal discharge, nosebleeds. Can also be post-traumatic stress disorder. Each time is first time. As soon as I start going through it, I am right there being molested. It seems to be the first time again. Fear and fright overcome me and I can't turn off the switch.

KI luo:

- KI PM governs the will (the force of self direction). When the will is pathological (misdirected and not controlled), it can become obsession.
- Fullness - Body can't reprogram the alarm system – obsessive/ compulsive behavior. Compulsive buying, compulsive risk taking. Blockage of 2 yin orifices – cannot defecate or urinate.
- Emptiness - paranoia. Afraid of self, afraid of loss, fear of being left alone, depression; always feels life-threatening with no way out. (Here trigger is unknown and different from PTSD where there is a trigger.) Physically, pain in lumber region, inability to defecate or urinate. Adrenal exhaustion. KI looks at the switch of the alarm system. Also a lot of compulsiveness, to point that it creates accumulation, constantly cutting myself.

Water

– BL:

- Full: nasal obstruction, clear nasal discharge, HA, back pain; alarm system, overexceeding limits, panic attack, PTSD, can't turn off alarm, overwhelmed by fear
- Empty: nosebleeds, chronic clear nasal discharge, sinusitis, deep seated polyps; second level of addiction (not knowing when enough is enough), can't desensitize self, fetishes

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– KI:

- Full: lumbar pain, auto intoxication: blockage of lower orifices (constip, urination); too caught up in their own ego, can't take criticism, obsessive compulsive, sadist, masochist
- Empty: restlessness, anxiety, fear, depression, stuffiness of chest and epigastrium, low back pain, genital pain (also dysmenorrheal); paranoia, catatonia, fear of being discovered; impending doom (projection into future)

PC Luo:

- PC PM protects the HT. maintains our sanity, giving intellectual control over the emotions. Coping mechanisms. PC develops ways to deal with problem solving, deal with the problems in our lives. Manages stress, generates empathy. Prioritizing, giving qi to this aspect of blood, and not that aspect. Need to move the blood in a certain way, to allow fulfillment of what the heart feels. If there is constant failure to achieve goals, constant disappointment, betrayal, then it goes into the PC Luo.
- Fullness of PC: Someone who can't control their emotions physically or emotionally, and cannot prioritize. Lying. No remorse. Chest pains, angina, palps, anxiety. (PC offers help, HT offers hope: help is always available, but hope less so.)
- Empty: stiff neck pain in neck and head. The world is bad, and I am the only sane person. I become a hermit, not wanting to interact because can't see differently or control emotions, inability to experience pain of another, no guilt, sociopathic.

SJ Luo:

- SJ PM controls temperament and works out how to handle situations, self examines, finds options by examining different angles, uses intuition and ingenuity. It gives me the resources. If that intuition is denied (programmed out by over helpful parents or by use of media, discouragement or failure to be supported), the pain flows over into the SJ Luo:
- Full: rigid, stubborn, fixed attitudes. for the sake of survival, someone who has developed a hard attitude. Someone whose life as been hardened. Someone sculpts himself or herself into hardened person, very opinionated about what life has to be. Have dark spots on liver channel: stiff rigid elbows, spasms, cramping in elbows, dislocations (see it a lot in elderly people).
- Empty is indifference, numbness, failure to react to self (have one attitude also, unwillingness to take any sides), weakness and loss of tone of elbows and hard to bend when bearing weight, person who seems so hollow, someone who won't take a stance.
 - This indifference is not like ST empty where I don't want to take on any feelings because my ability is not there, but SJ I did it all in the past and it didn't serve me. Can become suicidal.

Fire

– PC:

- Full: cardiac pain, angina, chest pain; person cannot control their emotions
- Empty: restlessness, irritability, rigidity and pain in neck and head (not realizing you have options); lack of social skills, doesn't know how to interact

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– SJ:

- Full: spasms of the elbow joint, biceps obstruction, elbows stiff and dislocated, RA; person rigid in how they handle things, stubborn, hard character
- Empty: flaccid muscles of the arm, difficult flexing/bending elbow, hard to rotate, indifference, ostracized

GB luo:

- GB PM is responsible for decisiveness, seeing new possibilities. GB 37, Illuminating Brightness. Magic is possible through seeing the world differently. (Goes to dorsum of foot, where pure yang of ST rises to irrigate the sensory organs. As curious organ, connects with constitution, has ability to mutate. When there is stress and you lose the ability/certainty to decide:
- Fullness of GB luo is cold legs and feet and collapse (underlying yang defic); there is no place for me to walk to. Inability to see options. GB is where we have reached a point in our lives where we long for death. Despair, hopelessness, introversion, lack of courage facing adversity. Only one way things can be; frustration. Tendency to hurt oneself, allowing ourselves to be in harmful situations. We might pretend to be absentminded, and do something that is life threatening. Or consciously suicidal
- Empty: Paralysis or weakness of lower limbs, inability to rise from sitting position, lonely isolated, no place to go (doesn't even try to walk), someone who might go into dark corner and stay there forever. There is no place to go, I retreat into myself. I starve myself. What is the basis of life? Wandering corpse...

Liver Luo:

- LR PM moves qi in body. Generates creativity and goal setting and interest in outside world. The genitals are an area of reproduction, an ability to create something new. Children can carry out what we cannot carry out. A reproductive component. There is some reminder that our work can continue. Psychological aspect: We can look at jing. That part of me that can create the things that another personality is not achieving. Fullness in more outside, empty is more inside.
- Full: disinterest emerges, loss of interest in achievement. Frequent or abnormal sexual arousal or ovarian or testicular swellings (body trying to create something but frustrated). I hear voices, talk to myself, hallucinate. Multiple personalities. Breaking from reality. No one asks me to explain when I am insane. Because I cannot create something in my own life, I imagine another...schizophrenia, using reproductive energies. (very mild form is daydreaming)
- Empty: I create multiple personalities of destructive nature. Persistent itch moving through genitalia due to inability to create that which is wanted, STDs, herpes, etc.

Wood

– GB:

- Full: cold sensations of feet and lower limbs
- Empty: weakness, flaccidity of muscles of the foot, causing difficulty standing, paralysis of lower extremities, lethargy, lassitude, emotional inertia, isolation, loneliness, barrenness, infertility

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– LR:

- Full: abnormal erection, multiple personalities, schizophrenia, (creating own realities)
- Empty: unbearable itching of external genitalia (herpes, syphilis, gonorrhea, HPV, eczema, candida, vulvitis, etc.), constant shifting from one personality to another
- Rebellious qi: swelling and pain of testicles and scrotum, hernia

Great Luo of Spleen:

- Control all sinews. All pathology of all luo can come to the SP. Pain all over body, looseness of joints, Endemic to life is suffering. Things that are unfinished in my life that warrants another jing, part of this unfinished business is my suffering from unfulfilled desires, and I feel pain all over again.
- Full: Pain all over the body is suffering, fibromyalgia, Chronic Fatigue Syndrome. Great luo of SP represents the blood that is occluded in our HT and continues to circulate through our lives, causing continuous suffering. Once we deprive the blood, we have the liberation of the soul.
- Emptiness: is the renunciation of the body: looseness of joints. It's all in the mind: we change our minds and we can change our life. Lack of will to live, suicidal; lack of integrity of structure.

Great Luo of Stomach

- Heartbeat: qi that drives the blood; begins in ST and ends in LU; directly empties into Chong.
- Full: rapid irreg breathing, chest congestion, congestive HT failure
- Empty: palps, fibrillations, tachycardia

Ren and Du Luo:

- gives the opportunity to transcend, to discover our own ability to transmute the garbage that we have accumulated in this lifetime. Heaven is alive right now on earth. I must discover it within myself. Change must occur from within.
- Ren Luo contains karma accumulated from yin Luos; unresolved emotions deposited into jing for next incarnation. SX Full: abd pain; Empty: nodules, abd itching
- Du Luo contains karma accumulated from yang Luos. SX Full: stiff spine; Empty: nodules on spine, heavy head with shaking
- Ren and Du communicate with Chong as blueprint for next life

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– Du:

- Full: rigidity and stiffness of spine, scoliosis, stenosis
- Empty: heavy sensation of head, dizziness, vertigo, shaking forward

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– Ren:

- Full: pain of skin of abdomen
- Empty: itching of skin of abdomen

TX: Blood Letting

- Treating luo involves bloodletting. I make the pain obvious, I change the condition for the patient. Use lance needle to get a few drops of blood. Pinch and lance. Sometimes blood comes out dark - wait till blood is clear.
- Also can involve plum blossom. In an area that is weak, stimulating the wei qi, provoking a response, area gets red. More commonly used in deficient person, weak or elderly.
- Might need to harmonize blood in someone who is deficient...they might feel exhausted, dizzy after bleeding a point (or after moving blood with cupping or gua sha). Add BL 17, BL 11, Liv 8, or points proximal to the he sea point.
- Treated ever other day to release their pathology (when blood is visible) and stop once condition is resolved.

Treatment Protocol

- Fullness:
 - Assess which luo affected and to be treated
 - Bleed luo pt
 - Bleed visible luo vessels
 - Palpate channel and gua sha obstructions
 - Regulate blood (1 pt proximal to he-sea)
- Emptiness:
 - Assess which luo affected and to be treated
 - Bleed luo pt
 - Moxa luo pt
 - Bleed and moxa nodules along trajectory or needle w/ strong reducing technique
 - Gua sha obstructions along channel
 - Harmonize blood (1 pt proximal to he-sea)
- Treat every other day (use eo if patient cannot come in on that schedule)

Other issues

- With Emptiness of luo: moxa creates so much qi at luo that the vessel gets energized and can suck pf back into longitudinal luo. So when you treat empty luo, you are hoping for fullness of luo.)
 - Needle the nodules. Ganglion cysts are often found along luo points...can needle directly, or do spider treatment, surrounding cysts and then put one in center.
- Duration of treatments: In classics, done every other day. Reevaluate after one month. Acute conditions might resolve quickly, but chronic conditions can take more time.
- Don't needle directly distended veins.
- Patients may have emotional releases on table or experience some rebellious qi as it's released (e.g., nausea)
- Patients may experience intense dreaming or remember old memories/ events/traumas
- Patient's may experience stiffness/pain as PF gets pushed back to SM (do SM treatment)

Treatment example using Longitudinal Luo

- Female patient in mid 20's (HT shock) was in emotional pain, and frequently cut herself (had been doing this for many years). I explained concepts of blood stagnation and toxicity as well as the blood housing the shen and emotions, and how releasing blood can also release pent-up emotions and frustration. I taught her how to bleed luo vessels instead of her cutting; to make the bleeding a ritualistic treatment rather than something shameful and secretive. She hasn't cut in many years...

Adding Other Meridians.

- Can add Primary, Divergent, Sinew and Eight Extraordinary meridians to luo treatments. 8 Extras deal with yuan qi.
 - Example: Someone who is at a point of life where they are in despair. They have ALS; they are slurring words, having great difficulty in life. Person who has divergent channel issue, which deals with autoimmune diseases. Their shen is at point of despair. They have lost will to live. Divergent treats their condition, but luo treats their shen. Allows them to regain faith, which can turn person back to process to heal. Luo can shift consciousness away from pain. Can do in one session. Select DM that deals with the condition, and then at end do luo treatment. (GB luo)
- Sinew channels can be used if you are working with body armoring. If there are varicose veins, and there are also muscular issues, ie., along the liver channel, broken capillaries. Would use jing well point to treat that.

Other Treatment Examples

- I. Emotional Conditions, using Longitudinal Luo
- Three levels of emotional movement:
 - emotional expression (LU and LR)
 - emotional suppression (HT and PC)
 - emotional repression (KI and SJ)
- Five emotions:
 - GB 37 deals with anger
 - SI 7: anxiety, excitement
 - ST 40: pensive, sympathy
 - LI 6: grief, sorrow sadness
 - BL 58: fear
- Use the Luo points of the yin meridians that deal with the status of the emotions, where it is being held.
- Add the yang luo of the element whose emotion you are dealing with.
- Example: Someone comes overly expressing anger and I want to help them release, I bleed LU7 and Liver 5 , to allow external expression, and GB 37, dealing with anger.
- Example: Person has dark tongue, with dark extended veins under tongue showing blood stagnation. Pulses are wiry, tight or choppy. Person is repressing something, for instance because of abuse. Bleed KI 4 and SJ 5, then BL 58.

Rebellious Qi symptoms

- LU 7: frequent yawning or urination
- LI 6: frequent bowel movements, flatulence, gas
- ST 40: nausea, vomiting
- SP 4: intestinal pain, bloating
- HT 5: palps, tachycardia, arrhythmias
- SI 7: cardiac reflux
- BL 58: lack of urination
- KI 4: wheezing
- PC 6: palps
- SJ 5: alternating hot and cold
- GB 37: alternating above/below, e.g., nausea above and diarrhea below, sudden turmoil disorder
- LR 5: dizziness, HA

Luo vessel symptoms: Transverse Luo

- Lung: chest fullness, cough, asthma, hot palms
- Stomach: fever with sweat, epigastric distension, phlegm, pain along pathway
- Large Intestine: dry lips, mouth and throat
- Triple Heater: sweating and pain along pathway
- Small Intestine: tinnitus, deafness, submaxillary swelling
- Gall Bladder: sweating and achiness of joints
- Bladder: yellow eyes, watery eyes, headache, neck pain, hemorrhoids
- Heart: yellow eyes, pain along pathway
- Pericardium: heart pain, depression, hot palms , circulatory problems (Raynauds)
- Spleen: heart pain, tongue pain, stiffness of body, frequent bowel movement
- Liver: nausea, vomiting, loss of appetite, diaphragmatic constriction, loose stools, incontinence, anuria
- Kidney: cold and numbness along legs, cock's crow diarrhea, diarrhea with undigested food, depression, introversion, running piglet qi

Heat Conditions

- Example 1 using Transverse Luo: Chronic conjunctivitis, rhinitis, allergies, sinusitis, tinnitus, TMJ, toothache, headache, goiter)
- Regardless of where heat has been translocated to, always start by clearing heat in the ST. Bleed ST 40
- Tonify SP 3 to help yin support its yang. Retain needle.
- Add point on meridian that is related to the symptoms: Bleed LI 6 for toothache or pain in oral cavity.
- Needle source on yin pair, and take out, to prevent pathology from going to yin pair.

- Example 2: If someone comes with febrile condition (not chills), body aches and pains, thirsty without dry mouth. Not shang han condition because no chills and fever. Tongue shows dark tongue, blood starting to stagnate, pulse is choppy and rapid. Afraid it is going to move deeper. So see YM symptoms and GB/ST (thirst, and joint pains). So condition is moving from YM to SY, so must clear both.
- ST 40 bleed.
- SP 3 needle deeply, lifting and thrusting, focusing on the lifting. Obtain the qi, bring to superficial level and bring it out.
- Then treat joint pain, so bleed GB 37. Protect liver. (Perhaps LR pulse was weak, so needle liver 3, lift and thrust, obtain qi, the leaving the needle in and bleed GB 37. Joints should feel much relieved after tx.

Cardio-vascular model from Wang Qing-Ren

- Lived in 18th century, and first to integrate CM with western medicine. WQR saw luo circulation as describing cardio-vascular circulation. HT responsible for arterial circulation, and PC responsible for venous circulation. He noticed an intimate relationship between curious organs and cardiovascular problems: connection of brain to heart (mediated through blood vessels). Also connection between blood and SP, which makes gu qi, and HT finalizes blood and moves it to liver (via PC jueyin pair).
- SP ascends blood to HT which moves it to LR: Opening protocol: SP 21, HT 1, LR 13 to help body nourish, govern, manage and store blood.
- Combine with other points:
 - HT 5 for peripheral circulation, Raynaud's, numbness of extremities
 - PC 6 for systemic circulation, angina, plaque (don't do with person who is menstruating, pregnant, elderly or young).
- Examine luo vessels and look for spider veins. Plum blossom to stimulate wei qi, stimulate wind to come out.
- Might need to tonify Ren 15 for yin deficiency, and Moxa Du 1 to strengthen yang qi. Might do this first.
- ST 40 goes to brain. All shen disturbances require ST 40.
- If treating HT, end with LU 7. If treating PC, end with GB 37. (LU 7 establishes rhythm; GB 37 supports ST 42, which relates to Chong Mai and uterus.

Case Example

- Patient with palpitations, shortness of breath on exertion, Pulses are weak, face is pale, tongue is pale and thin and slightly dry. Diagnose HT qi deficiency/peripheral circulation.
- Needle DU 1 to tonify qi, could plum blossom tail bone, followed by moxa.
- Bleed HT 5, or plum blossom
- Look up trajectory for broken blood vessels on channels of arms and legs, and plum blossom any you see.
- Needle SP 21, HT 1, Liv 13, and retain needles.
- Bleed LU 7
- Then take out SP 21, HT1, Liv 13.
- For systemic circulation, using PC, bleed instead of plum blossom.

Luo/Sinew Treatment for Tendino-Muscular Injuries due to Physical Trauma

- (remember LM do not enter joints)
- When you first experience trauma, wei qi/yang qi is mobilized, which will cause inflammation. Ying qi may also respond, especially if wei qi was not prepared or insufficient. Ying qi will bring blood and fluids. (If you are prepared for a trauma, wei qi is already at the surface. If it happens accidentally, wei qi is not as quickly there, and the body responds more slowly.)
- Initially, we want to bring blood/fluids to the area, to speed up the healing. Afterwards, when the blood is ready to try to eliminate, we want to invigorate the blood away from the area, so that it helps to heal the injury.

Cont'd

- [When injury has a climactic component, it is usually a combination of wind/cold/damp, which has entered the body because of insufficiency of wei qi. There is usually a predominance of one over the other, and the needling technique is different:
 - wind: needle the point, usually reduce, get de qi, and then remove needle
 - damp: needle followed with moxa on top of needle, to dry the damp
 - cold: direct or indirect moxa

 - then tonify wei qi (LU and LR)
 - don't apply ice
 - use alcohol-based liniment to invigorate blood and disburse wind, with massaging, circular movement, little to big to little to big circles.
- When the injury is just due to climate, just use SM. Do not add LM, unless it is chronic, which would have happened from incorrect treatment. Then might have to use DM.]

Cont'd

- For physical trauma, there is SM and LM parts:
- LM – first bring blood to the area.
- 1) If blood is involved, needle luo point that relates to the affected SM, toward the site of the injury, and tonify to bring blood.
- 2) Add point proximal to the sea, to regulate the blood.
- (Example: pain in biceps around LU 3, that is worse with damp, and that hurts when arm is straight out and rotating (shao yang). LU7, plum blossom or needle, toward ah shi point. Then needle LU 4. even. Then continue with SM tx)

Cont'd

- SM
- 1) determine movement that exacerbates pain:
 - Movements that cause pain and that involve the elbows or knees extended are Yang
 - Straight up or out- tai yang
 - Rotational movements – shao yang
 - Holding a weight – yang ming, or walking and then stopping, or walking and holding my own weight
 - Movements that cause pain and that involve bent elbows or knees are Yin
 - Retraction of elbows or knees - Tai yin
 - Rotational movement – shao yin
 - Paralysis – jue yin
- 2) Needle ah shi points
- 3) Needle jing well point that relates to the movement which causes pain
- (Example Add Needle LU 3 with moxa needle, needle SJ 1.)
- Second Stage, as injury begins to heal: Move blood away from area, to bring out PF.
- 1) Plum blossom or strong dispersal on luo point of the affected SM, away from site of injury,
- 2) Tonify one point proximal to the sea
- (Ex: needle LU 7 away from LU 3, and tonify LU 4)
- 3) Follow with SM treatment

For Pain Due to Emotional Trauma

- (someone comes with pain in body, with no physical injury as a cause.)
- Do the same thing. Don't need to evaluate climactic factor. Follow with addition of blood letting the yang luo passage that you suspect relates to the emotional issue. Also consider directions of emotions.
 - anger ascends qi
 - joy (mania/desire) scatters qi
 - pensiveness binds the qi
 - grief descends or depletes the qi
 - fear suspends the qi
- Emotions are treated by the Yang luo Channels.

Luo and GI issues

- Luo channels deal with rebellious qi.
- LU: cough
- ST: vomit, nausea, GERD

- The two most popular over-the-counter drugs sold in US are:
 - NSAIDS
 - Roloids.

- GI system:
 - ST Fire

- ST channel deals with heat/fire.

- Luo treats Bi, heat, rebellious qi.

- ST: Yang Ming: abundant in qi and blood: give exuberance of pathology: can cause qi and blood upset.
- GI Health:
- Crucial to the person's success in healing is their diet. They will not heal as effectively unless their diet supports them.
- Nutrition= food + digestion.
- You must eat good food and have good digestion/absorption.

- Diet
- Gastric Acid/ST Fire: needed to digest proteins
- ST Yin
- Emotions: SP/ST relates to the thought process: how you manage your emotions. How the SP banks the blood/how you control your emotions. Emotions affect how you eat and how you eat affects your emotions. Diet affects the emotions. Affects the PH of the blood.
- Too acidic: sympathetic tonicity.
- Too alkaline: parasympathetic tonicity.
- Affects brain chemistry.

- ST consists of 3 factors:
- ST Qi: ability to have descension of qi (not causing nausea, loss of appetite, vomit, GERD and rebellious qi)
- ST Fire (physiological): ST is the most yang organ (not the most yang channel: this would be Tai Yang). It is the Fu that is the most yang. ST must have intrinsically its Fire/gastric fire: this helps rotten and ripen the food.
- ST Yin: delicate: helps maintain descension by its weight/its yin/water aspect: control over Fire. When there is deficiency of ST yin, descension is affected. ST yin is the mucosal lining of the gut

- EX: ST acid/heat. Determine where the heat is located. ST (and LI/Yang Ming) is where qi and blood is most abundant. Heat originates in the ST. ST Fire: gastric fire translocates/moves. Can rise above, or travel below: can go into Zang organs and create Fire in the organs.
- ST Fire can cause LR Fire and HT Fire.
- ST: HT/LR Fire: thyroid problems: hyperthyroid: increases body's metabolism: affects HT – palpitations, tachycardia, insatiable appetite. Can move into hypertension perhaps. As it burns up the calcium, the person becomes magnesium deprived: then they get hypertension. The body is no longer relaxed.
- ST Fire: can cause KI heat, LU heat.

- ST Fire creates Fires
- TX: Bleed ST-40 to treat Fire, rebellious qi, Fire displacing the qi.
- ST-40 clears heat systemically.
- Examine the physiological and pathological heat.
- ST should have the most heat/yang: need gastric acid to extrapolate and transport iron into the blood. Hemoglobin: based on gastric acid. Anemia can be from low ST acid.
- Naturally, the ST should be hot/have Fire.

- ST is abundant in Yin/blood (as well as qi). Intrinsic factor: Yin of ST (built in).
- ST Yin: lining of gut/mucosa. Supports all yin down to LI. If there is damage to the lining of the gut, this will impact the ST, SI, LI. Affects B12 and folic acid. Can be the cause of pernicious anemia: anemia of the intrinsic factor.
- Iron anemia: relates to ST Fire.
- B12 anemia: relates to ST Yin.
- The natural process of ST Yin can become damaged by ST Fire: there is a delicate balance between ST Fire/Yang and ST Yin: Qi and Blood.
- This is reflected in the ST and LI not being harmonized: it is an imbalance between ST Fire and ST Yin: which affects LI Yin.
- When someone is anemic, tonifying blood will not always rectify the problem.
- Low hemoglobin from low ST Fire: not getting the yang needed from ST/SP qi.
- Low platelets too: bleeding from SP qi deficiency not managing blood.
- Pernicious anemia: B12, folic acid: ST Yin. Pulse is thin, peeled tongue center.
- TX: nourish ST yin to nourish back blood. Supplements will escape from the gut if the mucosa is damaged, causing toxicity in the blood to result.

- SP: eating habits: regularity, irregular eating: damages ST Yin. Eating late at night: damages SP.
- TX: with Transverse Luo.
- Begin with study of ST Fire.
- ST Fire goes up LI channel to cause dryness.
- GB/SJ: sweating (GB with joint aches).
- BL: head, sense organs.
- When Fire damages the yin level/moves to yin level: damages qi, blood, yin.
- Longitudinal Luo doesn't tx ST fire, but treats rebellious qi: nausea.
- ST-36 can't tonify qi if there is no appetite. TCM doesn't look at the process by which qi is formed, only looks at the end result.
- The source point tx can't work until the process is corrected.

- Midline tongue crack: indicates stress related Fire. Pent up energy/qi in the center becomes heat/burns the area, this leads to crack/ulcerations. Person may eat a lot to stagnate it. Eating a lot and emotional stress usually go together. Eating disorders: bulimia, anorexia. Person tries to eat to comfort themselves, because they feel they don't belong socially to the people around them. Earth/family.
- If you're not living up to a particular image others have of you, you might develop an eating disorder to stagnate the stress you feel – to comfort yourself.
- To help someone abate LR Fire: suggest that they eat cheese. It comforts the condition/slows it. It doesn't cure it. But if at night, they have LR yin deficiency (1-3 am is LR times). At night time, they experience agitation: the LR can't hold onto blood. Drinking milk at night will dampen it. This can be helpful, since rest is more important than not creating damp. It is a management technique.
- Cracks with elevations along the side of the tongue indicates Stagnation of LR. The tongue is not moist: so this tongue is not indicative of SP deficiency. It can eventually lead to scalloping. Dryness is an indication of stagnation of qi turning into Fire. Fire will then consume the blood causing the tongue to be pale.

- Pulses: to find ST qi nature and if there is heat in the area (to get a sense of the state of natural ST Fire and ST Yin).
- Pulse:
 - Length: elongation
 - Width: big or thin
 - Height: qi rising/superficial
 - Strength/speed.
- You shouldn't find ST/guan position floating: this is not the nature of the ST: may show ST qi to be rebellious.
- ST is most active in the moderate level.
- If it is floating, this shows an exuberance of qi flow coming from Fire or rebellious qi. The position should be in the moderate level.
- It should not be thin: ST is where the yin/jinye is produced.
- It should not be rapid/exuberant.
- If it is long - going from guan to cun position: this indicates ST is moving a PF to Metal: this can cause rebellious qi in the LU/cough, wheeze.
- ST-40: clears heat, descends qi and transforms phlegm (when the Yin is too sticky/turbid).

- ST: heat aspect emerges from yangming as fluids are damaged.
- Transverse luo: fluid system is damaged: jin and ye. This is why you can feel it in your joints. GB: sweat with achiness of the joints. As felt in lymes disease and fibromyalgia. This suggests the bones are being affected.
- If bones are affected and fluids too, the organ responsible for producing jinye is ST. historically the ST was thought to produce blood too (SP in TCM).
- Transverse Luo: heat and its relationship to damage to jinye: will eventually damage the curious organs and its relationship to yuan qi.
- ST problems/gastritis can impact ye/hormones. EX: thyroid problems can cause GI problems. Or GI problems can be due to wei qi flowing improperly (inward instead of up and out).

- When Wei qi comes inward, it comes into the LU and the LU fluids hold wei qi and bring it to the KI (KI grasping LU qi). This is the way wei qi goes in.
- If ST is rebellious, it can impact the LU (it goes up to the canopy of the organs): as Wei qi goes in, it can't go all the way in, the rebellious ST is preventing the qi from going to the KI.
- Wei going into the ST causes the peristaltic activity of the smooth muscle of the gut. Wei qi moving into the gut. Chronic peristalsis problems. Colitis if moves into the intestines. Causes damage to the mucosal lining of the gut: results in mucus coming out – mucus from the lining of the gut. Wei qi going into the gut causing autoimmune disease. Colitis, Crohn's: wei attacking the immune/GI system.
- When wei qi goes into the ST, it irritates the ST lining. Antihistamines are often given for this to neutralize wei qi. Allergy medication weakens the immune system, promoting deficiency of wei qi.
- If a patient comes with long-term allergies and they are on allergy medications/benadryl, they may suffer from problems involving chronic pancreatitis. SP harmonizes with ST. Relationship emerging.
- To tx: bring wei qi back out to the surface, because it has been suppressed by anti-histamines.

Transverse Luo Model for GI Problems:

- Gastritis, Crohn's etc.
- Heat is being produced. The root of the heat is ST-40.
- TX: bleed ST-40. if weakness, do Moxa.
- If the problem is related to GI, tx ST as the root.
- Then look at s&s of person based on the transverse luo theory.
- EX: gastritis with migraine: tx BL luo (transverse BL tx head).
- Tinnitus: because ST PM goes to sense orifice. ST luo wraps head and goes to the thyroid region.
- SI: eyes, ears
- SJ: profuse sweat after eating.
- GB: condition and complicated by osteopenia: causes bones to leak calcium out of the bones. Osteoporosis due to gastritis. Joints: GB

- TX: begin with ST-40 and evaluate transverse luo based on s&s of yang luo channels..
- Sjrogen's syndrome: arthritis (GB), dry sense orifices/lips (LI).
- Evaluate heat presentation using yang of transverse luo.
- If there is heat, it can damage qi, cause qi deficiency.
- Use LR-5 if there is qi deficiency.
- Use KI-4 if yang deficiency.
- Use SP-4 if blood deficiency, bleeding (due to heat damaging mucosa lining causing hemorrhaging: with colitis there is mucus and blood in the stools – can cause anemia.
- PC-6: if HT burn/HT fire. (at night mostly: pain in epigastrium causing chest pain.
- Try to clear the heat before it spreads to the pure aspect of the ye.
- As heat moves inward, heat goes deep to yuan level – ye will try to accommodate the heat: becomes a lurking heat condition. It will be a recurring condition, because the heat was never cleared: low grade infection person is unable to get rid of. Residual/chronic infection.

- If heat is not eradicated, and becomes trapped in ST, it travels to Fu – heat spreads: this is its nature. Soon it will spread to the Zang, and inflammation will result. Hepatitis: LR.
- Pancreatitis: SP
- Nephritis: KI
- KI siphons the heat away from itself into the bones causing steaming bone syndrome: osteoporosis.
- Chronic Bronchitis: LU
- HT siphons the heat to SI which drains to the BL.
- Cystitis: BL.

- EX: cystitis with history of gastritis. The BL condition is likely coming from the gastritis. TUMS make it a lurking condition. It cools it, but doesn't treat it. Antibiotics contains the heat, doesn't treat it.

- Chronic infections that are asymptomatic: when latency is lost because of yuan qi deficiency, the conditions will manifest.
- Work with the transverse luo to tx heat aspect of GI problems.
- Use longitudinal luo for issues such as food sensitivity: when eat something, get hives: things coming to the surface.
- When heat is trapped, you will feel it internally: transverse luo.
- Longitudinal luo: allergies
- Transverse luo: internal heat: rising ST Fire, DH.
- Damp suppresses heat: goes into the GB (jaundice). Yellow/Earth.
- Ming dynasty: translocation of heat with damp from ST into GB.
- GB ascends into eyes: creates yellow eyes. The root of the condition is ST.
- If DH in GB is not resolved, it moves into SI then to BL, causing chronic UTI.
- SI to LI: DH in LI/colitis – chronic intestinal problems.
- SI to BL: chronic cystitis.
- Identify which by s&s.
- SI: eyes and hearing.
- BL: head.
- Chronic Hepatitis: Tongue chopped up (showing heat in ST). Work on clearing heat. The heat will be lurking until it is cleared.

Question: How to distinguish between Transverse Luo of GB and Divergent Meridians when there are joint signs?

- Divergent Meridians: more indications that there is Wei qi involvement: floating pulse quality.
- Transverse Luo: wiry, tight pulses in the moderate and deep level.
- Divergents: deals with problems relating to joints: Bi in joints (Luo do not deal with this).
- Transverse Luo: not joint pain, but achiness of joints from calcium coming out of the joints (the body's way of giving the body what it lacks).
- Divergent marker: when there are joint problems, how to differentiate from GB Transverse Luo? In absence of joint signs, it will not be a Divergent issue. In the presence of joint signs: GB Transverse Luo is affected by the Transverse Luo of ST.
- Key factor: Luo Meridians deal with blood. Evaluate the blood. Transverse Luo suggests blood is affected first, before it has become a Transverse Luo problem. Shows depletion of blood has taken place: insufficiency or deficiency creates emptiness.
- When the PF goes to the source: it goes to the Transverse Luo or the 8 Extras.
- Person will exhibit blood stagnation or blood deficiency: pale or purple tongue, dark sublingual veins, choppy pulse.

- TX:
- ST-40
- TX Transverse Luo meridians affected based on s&s.
- End with SP-3: end with the source to protect the digestive system overall. SP harmonizes with ST.
- Use LU-7 during acute attacks (deals with the sweating/fluid aspect of the acute attack: flush, high fever) with more exterior s&s. You know from the patient's history that is a Transverse Luo problem (in differentiating the acute flare-up from a longitudinal luo/first time attack).
- Yang channels: Bleed
- Yin channels: needle.
- LR-5: for qi deficiency.
- SP-4: for blood deficiency.
- Longitudinal luo and Transverse Luo affect one another.
- Transverse Luo: migration of heat as it damages ST fluids: creates symptoms of dryness internally in the body. There may also be superficial s&s (heat rises) when it moves to other yang meridians.
- Longitudinal Luo: hives, allergies.

- The Transverse Luo can cause manifestations that seem to be longitudinal luo manifestations.
- Longitudinal Luo TX for GI:
- These meridians translocated PF up and out. Yang channels travel up.
- GB and LU travel out.
- Longitudinal luo create classical symptoms of rebellious qi (can be tainted by heat).
- GERD: up and out.
- Colitis, gastritis: down.
- It is crucial for the clinician to figure out is the condition chronic/lurking/latent: this is Transverse Luo.
- If the condition is an acute manifestation or expression outward: this is longitudinal luo. (Not chronic).

Personality Disorders

- 1) Shift occurs internally, causing person to change personality/behavior: due to change in Jing/genetics, or social trauma that blocks the Jing, causing change in personality.
- Change without apparent ideology: genetic mutation/personality mutation.
- 2) Social trauma causing a shift in personality. Schizophrenia: not a break from reality: not into another world, yet different behavior.

- TCM: HT/KI not communicating. Particular curriculum/HT/Fire: yet Fire/desires, actions are not being used to express my life/KI.
- KI: life – engendered by water.
- Ming Men Fire: my Fire.
- As you age, water dries up and we die.
- This water, when dried up, or when we feel the water is infertile: when we cannot create what we expect: it radically changes.
- Early signs of this: HT/KI not communicating: insomnia, HT fire symptoms. Unease about what has come into your life and how to move it out of your life.
- KI deficiency: low back pain: cannot support your structure/integrity of who you are.
- Zang Zao is not exactly this pattern, but close.
- Visceral agitation: KI/Water element has been altered (its flow, capacity, generating force). When you see personality disorders, they often occur after puberty when Ming Men fire has been activated. At puberty, you see a big shift.
- KI: weakness in KI. Demonstrates the person is not willing or has a lack of ability to put their Water/life into others. They have paranoia: question the motives of others, think others are out to get them.

Treatment

- TX: involves BL Shu points that deal with blood. Blood carries Shen/experience of life. 3 organs of blood: SP, LR, HT. BL Shu represent the unfolding of Water. BL is the Yang of Water.
- Shu points: BL-20, BL-18, BL-15. These are classic points to tx visceral dryness/personality disorder.

- Disease: if a person changes their mind and behavior and lifestyle, the disease goes away. It is difficult to do this for some because of habituation.
- TX: attach PC point to each one of these profiles.
- HT has 9 points: "9 HT Pain."
- This means when the HT is traumatized, it can shift it's behavior: paranoia: PC-8.
- HT-5 is a major point for surrender, treats HT pain.
- PC works out the stress/trauma that keeps you locked in: to change your personality/behavior.
- If motivated by social environment: ST-40. Shen disturbance is a sign of fullness of ST Luo.
- Use HT-5 or ST-40.
- Bleed Luo, then needle BL shu (to reorient the blood). Blood transfusion: have experiences that have meaning to the donor. Change blood chemistry, change brain chemistry.
- BL-15: calms Shen, tx Schizophrenia, manic-depression/bi-polar, heat in palms (symptom of LU Luo: Luo that brings something out: person who doesn't know how to release it), good point for recall: feeble mindedness, fright palpitations.
- TX blood points with Moxa.
- First bleed HT-5 or ST-40.
- HT-5: client or family says no external trauma caused the personality change.
- ST-40: for internalized social trauma.

- Do direct Moxa from top to bottom of the Shu points: 3-7 cones: BL-15, BL-18, BL-20. Using yang qi to go into organs to move the blood. Using heat to clear heat.
 - It is said after doing Moxa on BL-15, a person who has not spoken for years, will speak again.
 - BL-18: tx visceral agitation, epilepsy, bipolar, mania, withdrawal, confused/clouded, dementia, clouded vision, calms Shen, breaks blood stagnation, strengthens yin level (blood level).
 - BL-20: for person who is inert, with distrust of others. Uncaring, cold: don't want to engage: they don't care, wants to do nothing. Use fatigue as an excuse. No pleasure in eating, person who can't move much in their life.
- If 3 cones don't give results, put burn cream on and moxa until get reaction: redness, irritation in the area. This is like using intra-dermal needles: to keep point constantly stimulated

- Choose PC point based on the profile patient is exhibiting:
- 9 profiles:
- KI: Paranoia: distrust of others. Weakness in KI. Isolated person. PC-8.
 - KI stagnations need not come from trauma.
- HT: Egoistic person/narcissist: too caught up in self: grandiose, lack of empathy: “it is all about me:” stagnation of KI qi. Expressive. PC-5.
- SP: Schizoid: cold in KI: uncaring, detached from what happens in the world: not many friends, not many close relationships, little emotions. PC-4.
- LU: Avoidance personality: almost seem paranoid. Key feature: insecurity/feel vulnerable. When they get close they start crying. LU involvement. PC-7.
- LR: Borderline Personality: personality traits that are self-destructive, impulsive. EX: cutting self. Not a split from reality though. Impulsive:wind. PC-6.

Progression theory: SM to LM

- **Tai Yang would be the first level.** Wind and cold will continue to internalize if not resolved here. Tai Yang level suggests cold involvement. Cold has a greater propensity for going deeper (than wind). Cold is what causes the blood to get occluded (wind causes it to become turbid). When you look at cold, you see this first attempt of the body to get rid of it at the level of the luo channels. Unresolved yang, insufficient yang or stagnation. Luo points are all proximal to the shu stream points. They deal with things that have gone in. Primary channels have internal pathways.
- **BL58 (luo)** – From collateral POV, the first channel that will deal with EPF is Tai Yang. Shang Han or Wind Cold invasion. **The first stage (Ch31 SuWen) is a Tai Yang response** –
 - Fullness of the BL Luo: At this point, we have gone beyond the level of the first 3 needles (of 9 needles) and into the level of 4th Needle/Lance. S/S: headaches, nosebleeds (body's attempt to use blood to bring pathology out). At the Urinary Bladder, Tai Yang is going to demand a response from that which supports *Wei Qi*. Kidneys are the root of Yang Qi, which elevates and moves things out. BL58 as a trajectory is trying to make a connection between the yang trying to go into the yin. As a trajectory, it attempts to move things distally out of the body. Blood is involved (nosebleeds). Kidneys must be somewhat taxed because you have low back pain.
 - Emptiness of the Bladder luo – nasal discharge is a classic symptom. In this case, perhaps the person has failed to eliminate EPF due to underlying Lung weakness (ZangFu). If the Lung does not have the ability to “diffuse”, you need to use the blood. Check the pulse: does the lung have the capacity to respond and create a floating pulse? Bi obstruction – body has been exposed to EPF and cannot eliminate. Many luo points deal with this (unresolved EPF).

- **GB is to say that you've allowed something into the next level because you are deficient.** Perhaps you gave the wrong formula (improper treatment – maybe patient wasn't strong enough for Ma Huang Tang and you should have used Gui Zhi Tang). GB37 – the symptom of it's fullness is deficiency because it implies that you have already failed to expel. You don't really have a strong lung pulse, don't' really have a floating pulse.
- **GB37 *guan ming* is going to go to ST42.** Progression from Level of Shao Yang into Yang Ming – able to access ying qi. Instead of borrowing from luo point, it's borrowing from the source (ST42). Source implies involvement of yuan qi. If sinews and cutaneous are weak (there's been a greater emphasis on the leg channels in historical acupuncture). ST42 nourishes the yin of the stomach that becomes the fluid that becomes *wei qi*.
- In roots and terminations the Bladder goes to Ming Men (eye), which relates back to Du4. The leg channels also originate all this activity as we stand up to the world and against pathogenic factors. So we see weakness of the legs. GB37 also makes its way back to the eyes – Ming men. Helps you to realize there's a deficiency. Next level is going to be the stomach.

- **Stomach is the first channel that's not going to move distally.** ShaoYang is half external and half internal, but Stomach/Yang Ming is not.
- GB37 – ST42 – after you treat these points, you have to strengthen back the deficiency using moxibustion. That's going to lead to a generalized protocol in dealing with luo channels.
- Luo channels use 5th needle – Lance needle – and then use moxa to summon the yang qi because you're dealing with cold.
- Stomach is the first channel that doesn't move distally. it's going to move up from St40 into the top of the head and it's the first channel to go to the opposite side. Where it ends is this idea of where things go into the yin level. In terms of roots and termination, it goes internal at the level of the throat.
- Will travel to Du20, go to the opposite side and go to the throat. Accumulation in the throat. Goiter – an unresolved viral condition in the throat. ST9 is about the reception of qi. We measure Tai Yang, Shao Yang, Yang Ming by measuring the pulse at ST9. All yang qi is affected (Du20) and then down the throat into St9. This is the longest pathway for the luo channels. Shows that cold has transformed into heat and heat spreads. Heat manifestation.
- Fullness symptom in LingShu – irritability, manic sensation with fullness of ST luo. Once you're manic – blood involvement – shen involvement/blood. This is where we really bleed. Later on we'll discover that ST40 is a good point for phlegm. Phlegm is the hardening/transformation of turbidity. Heat is created – creates shen disturbances, cause fluid accumulation.
- Emptiness of Luo – weakness of the lower limbs. Leg channels have failed to engage the process. Weakness here is not just because of qi weakness, further weakened by heat consuming qi.

- lungs are not diffusing \Rightarrow external condition but no floating pulses (luo criteria); something is lingering, just manifest on the skin. Inability to resolve something that is external (i.e. bi syndrome). Qi and blood stagnation. Can use luo for external anatomical condition that seems stubborn and has not responded.
- Symptoms pertaining to head
- Symptoms pertaining to legs
- some type of fluid discharge involved.
- Scrape the luo points and see how readily it responds to the scraping. May not necessarily have discoloration/broken blood vessels – may be in response to the scraping. Do they show up easily when you scrape? Reddening easily
- leg channels \Rightarrow arm channels

- **Arm Channels** – trying to move things back up until things can move out.
- **SI7** – travels into the region of the shoulders - from a point POV lets say it goes into LI15 (LingShu just describes the region). LI15 is a major landmark point. S/S. Legs have been affected. Legs are weak since wei qi originates from leg channels. Dorsum of the feet (minor articulation). From the wrist it's going to move the elbow- elbow bi will be the emphasis. Stiffness of the elbows. SI is now telling us that now instead of the minor articulations, things have progressed to the major articulation. Instead of rheumatoid arthritis, we're having osteoarthritis. (With divergents, we'd have to start with the knee). Yang ming of the bowels going into the Stomach. Exuberant thirst, sweating, going into joints, lymes disease. weak legs. Frequent urination, low back pain, difficulty concentrating, mood swings (ST40), thyroid symptoms (ST9). Elbow tells you that HeSea points are affected – also tells you that the bowels are affected. SI helps the body to further separate the pure from turbid – stools are like duck droppings – pebbly stools (SI emptiness). Also constant outbreaks – scabs, abscesses, scab-like protrusions, pustular eruptions. Chronic skin eruptions and malabsorption because of the stools. Neuropathy (wei/atrophy) can come from atrophy. MS, raynauds, - all clinically implied by the fullness/emptiness of elbow.

- SJ: SJ5 travels into the region of the throat and from there into the chest. Already moving interior. Goes into the interior region of the body. Things are moving into the joints; going internal. Shoulder into chest

- **LI** – Pathogen has now gone from the level of the blood vessels into the teeth.
- focus on toothaches and cold teeth.
- Fullness: toothaches, jaw pain, extreme sensitivity to cold (teeth).
- Patient comes in with lingering or chronic external condition, as defined by external anatomy (skin, sinews, blood vessels, bone). Chronic tendonitis, circulatory problems in hands and feet (phlebitis, raynauds), chronic dermatitis, neurological problems (Parkinsons, MS), skeletal problems (scoliosis, joint problems).
*disputed that once you get into the bone, luo won't really be helpful. Bone is more about the fact that it's gone deeper, back to yuan qi, and the channels that deal with source, namely divergent channels.

- Heat that is not resolved goes into latency (yin level into yuan level)
- By Tai Yin – abdominal fullness; drumlike distension (ascites). Sp4 travels to the abdomen; travels up. Already, by the time we're looking at the Spleen, all areas of the body have been traversed. Entire roots and terminations have been affected. So there's an attempt to release the pressure in the chest and abdomen. Release that fluid with frequent urination; frequent sighing to get rid of pressure in the chest.
- Hot palms – fullness symptom of LU. Indication that heat is starting to merge in one of the 5 centers. happens with the consumption of yin. Some say you see the water retention (abdominal swelling) as a way to conserve yin.
- Traveling into Lu10 yu ji also into Pc8 *lao gong*. As it travels, it's trying to get rid of rampant heat (fire points associated with the chest)
- Heat goes into the Chest. Chest is where qi and blood flows. If you can't get qi to flow in the chest, the lungs can't have descention. Kidneys cannot urinate and defecate. Kidney emptiness – urogenital/lumbar pain.
- Heart – chest pain- fullness. Kidney luo travels from Ki meridian all the way up along trajectory to original end point under the sternum (ki21) trying to bring energy to support the Spleen. But it can't. All the weight of fluid/ stagnation. Kidney 4 travel into lumbar spine and thighs are getting stuck there. Urogenital pain.
- Ht5 travels into the chest – pain/chest oppression, palpitations. Heart travels up into the throat. Emptiness – loss of voice; inability to describe the intensity of what you're feeling
- Jue Yin – LV5/PC
- LV5 with all that dampness; swellings leads to parasitic infestation. Fullness of the liver relates back to abnormal sexual arousal (stagnation in lower; premature ejaculation, leakage of essence). LV5 travels and wraps around the genitals.
- PC6 ends at the chest (original HT channel). S/S – chest oppression. Emptiness is stiffness of the neck. Once it's gone into all the blood vessels, will go into the brain, so the neck tightens up to prevent the migration of EPF into the brain. Notion that when something has gone into the blood, will eventually lead to death by bleeding. Will try to reduce that stress by trying to bleed out rather than bleed in.
- unbearable genital itch – with yin deficiency comes wind that travels up HTN, stroke.

- ie. Allergic rhinitis – Tai Yang luo channel fullness
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- Chronis sinusitis – nasal discharge – can be emptiness of Leg Tai Yang Channel – do they have floating quality pulses? If they lack that, you have to determine based on S/S, do they have a full or empty condition. Follow the progression.
- Gua Sha BL58 – does it get dark or black? if so, then cold. If red, maybe cold transformed into heat, which spreads. Maybe need to check Ki4.
- How about GB Shao Yang – check clinical presentation. GB would suggest weakness in Yang qi or ying qi because GB37 goes to ST42. Look for sensitivity at GB37, then go to ST42. You're chasing the wind or the cold. Or ask about symptoms. Look for deficiency. GB luo – weakness of the luo limbs/paralysis. Can also be weakness of the lower limbs. Check pulses and see where there's deficiency. Once you start using luo channels, you're going to expect that the floating pulses are going to emerge. Then you're going to start incorporating the jing wells to bring things out. When you release it from the blood you have to bring it back out in the healing crisis.
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- Looking, Palpating and S/S
- Includes pulses.

LM: Ying Level Pulses

- Moderate level pulses. Associated with ying qi
- Pulses related to the PM with floating and moderate. Exploring the yin-yang pairs with each position. Comparing the 3 beans with the 9 beans. Via the external pathways. The internal pathways go from the ying to the source, level of zang fu. Wei and ying tells about the channels rather than the organs. Deeper tells about the organs themselves.
 - I.e. Floating and moderate are relating to the channels. (may be coming from the organs but need to see it on that depth, too)
- If looking at moderate **in relation to** superficial level we are looking at ying qi as it communicates with wei qi: luo channels.

Luo vessel criteria

- 1. floating and empty/weak: If have floating and press slightly nothing pushes back: it's empty/weak.
 - Insuffic of either yang qi or ying qi to maintain the integrity of wei qi.
- 2. flooding pulse: wei wants to move ying and bring it to surface. As it pushes blood to surface level it becomes floating and full/strong. Ying transforming into wei qi. Wei qi becomes stronger and more fire/yang, rapid. Floating full and rapid: flooding pulse/surging pulse. Ying qi becoming relatively defic, wei qi becoming relatively excess: increasing heat, blood coming to surface (maybe nosebleeds, hemoptysis, bloodshot eyes, etc.).
 - Hot diseases (re bing) talk about bleeding luo points. Su wen: luo treats hot and cold diseases. Re bing might be coming from the yang ming level (chi level). Flooding is to prevent things from going deeper into the channels.
- 3. Rough and Choppy on wei: Flooding is tension squeezing the ying and bringing it up to the wei; this creates a rough pulse. Hits finger at a point: rough pulse is ying bringing to wei. If gets to point where exhausts the ying, it becomes choppy and fine point.
- 4. LU not diffusing wei qi and SP not ascending to LU: cun floating. Assoc with LU and HT. HT can consolidate to use blood if LU are weak (HT controls LU): HT will come to support LU to get rid of pathogen (sweat is fluid of HT). Pulse on LU position (right cun superficial) not able to diffuse/effuse/dispersal (xuan) of LU qi. If LU cannot diffuse, HT needs to bring blood to support LU and becomes in domain of luo channel.

Luo vessels

- Assuming criteria is satisfied:
- Ying going out to wei at 6 beans of pressure: luo vessel. (wei at yang sinew channels at 3 beans, as is cutaneous ch): what you are looking for at this level are qualities associated with stagnation b/c luo channels are vessels of holding. Holds pathogens so it can't empty into deeper levels. Creates fullness.
 - Measure it from 3 beans down to 6 and from 9 beans up to 6 beans
 - If tight as coming down: yang channel of luo.
 - Assume right side cun gets tight from 3 to 6: this is LI luo.
 - If tight as coming up, it's yin luo.
 - Assume right side cun gets tight from 9 to 6: this is LU luo
 - If vessel is thin and tight or thin and weak: that is emptiness of luo, so follow it by moxibustion after bleeding. (this is no longer Mai Jing, it is Tang dynasty writings)

Depths and Beans

- Differentiation by depth level we are pressing at:
- Wei level is 3 soybeans of pressure: skin and yang sinews
- 6 beans: yin sinews and luo
- Ying level is 9 beans of pressure: vessels
- 12 beans: flesh (embodiment of all the organs)
- Yuan level is 15 beans of pressure: bone
- Even deeper: marrow

Example 1

- Right hand 3 beans: floating and sl slippery
- Push down and does it have vitality? Yes.
- Does LU diffuse? No. Also here SP not supporting the LU.
- Look at SP 4 area for luo vessels. Some bluish veins right around SP 4. Bleed this, and will boost up immune system. Use SP luo because ST and LU not communicating and SP luo goes to ST and intestines.
- Go to moderate level to see if KI is helping
- 9 beans to 6 beans tightening up: SP luo. Ask about abd/intestinal sx.

- Left hand tells about status of blood. Go to moderate level. What is status of LR/GB and HT in terms of blood. If pulse is thin, luo channels won't be very successful, b/c no support, tx won't be financed by blood. HT pulse/cun is not very strong. Need to increase/invigorate the blood. Add one point proximal to the sea point to increase and invig the blood. SP 4 plus SP 10 to invigorate to blood.

Example 2

- Right cun floating and sl rapid.
- 3 to 6 beans: pulses get relatively stronger. Tightens up sl at middle position
- 9 beans of pressure: release to see if any tightening. It does. SP and ST luo both involved. Transverse luo. Ask about sign and sx of longitudinal luo, then transverse luo to make sure you don't have to clear the longit luo first. Weakness in lower limbs, sleep? Sx of dryness, lips, feverish, hot easily, sweat easily, epigastric distention....? (ST)
- Eyes yellowish? (SP luo), tongue sensitive? (SP)

Example 3

- Right cun: floating. Also floating tight on guan. Cun position empties with pressure. Mild ascension of SP qi. LU qi doesn't diffuse. 2 criteria satisfied. Which luo involved?
- Go to 3 beans to 6. Guan more pronounced but not resisting.
- Go to 9 beans to 6. Nothing tightens.
- Left side: floating slippery in cun (SI/HT)
- 3 to 6 beans: cun resisting not giving. Not consolidating
- 9 to 6 beans: mild tightness at HT. Ask about chest tightness, palps, for fullness; or tongue speech issues for emptiness. Can look for luo vessels, too.

EO for Luo

- Basic: myrrh (fullness), parsley (emptiness)
 - Others include: frankincense, styrax, cumin, litsea (top, can be moderate sometimes), camphor (top note)
- Resins for deep-seated wounds
- Nourish blood: (emphasized in emptiness)
 - angelica,
 - carrot seed,
 - savory,
 - thyme geraniol
- Cool blood: (emphasized in fullness)
 - rose (base),
 - vetiver (base),
 - helichrysum/everlast (base),
 - ylang ylang (base or middle),
 - clary sage (middle),
 - Melissa,
 - mimosa

EO

- Luo blend: 6%-8% dilution. Use TX principles above... Massage oils into area.
- b/c these oils promote internal movement of blood, one may need to add oils to promote elimination, via the bowels or urinary tract. Make sure these areas are not congested. If constipated, may need to apply compresses or use oils to descend qi to move and induce peristalsis; or use acupuncture to release stagnation in lower burner as you are applying oils into the luo channels.
- Can bleed area, clean with alcohol (which also moves blood), then apply the oils
- Luo points
- Basic: if nodules add grapefruit, bay laurel, eucalyptus smithii, eucalyptus polybractea, or labador
- Depending on hot or cold with caulophyllum as carrier oil (which breaks up the 6 accumulations)

EO for specific luo

- LU 7:
 - Fullness: ravensare, myrtle
 - Emptiness: pine
- LI 6:
 - Fullness: orange, tea tree
 - Emptiness: clove
- ST 40:
 - Fullness: mimosa
 - Emptiness: cedarwood
- SP 4:
 - Fullness: rosewood, ho leaf
 - Emptiness: violet
- HT 5:
 - Fullness: lemon verbena
 - Emptiness: violet
- SI 7:
 - Fullness: onion
 - Emptiness: cumin
- BL 58
 - Fullness: styrax
 - Emptiness: basil
- KI 4:
 - Fullness: niaouli
 - Emptiness: anise seeds

EO for specific luo

- PC 6:
 - Fullness: Melissa
 - Emptiness: clary sage
- SJ 5:
 - Fullness: petitgrain
 - Emptiness: thyme thujanol
- GB 37:
 - Fullness: rosemary
 - Emptiness: vetiver
- LR 5:
 - Fullness: german chamomile, tumeric
 - Emptiness: carrot seed
- SP 21:
 - Fullness: rose
 - Emptiness: oakmoss, cumin
- Ren 15:
 - Fullness: sandalwood
 - Emptiness: niaouli (MQV)
- Du 1:
 - Fullness: fennel, larch
 - Emptiness: spikenard