

# Class 7 - Point Location

## Foot Tai Yang - Urinary Bladder Channel

67 Points Total

Common Points - 1, 2, 10, 12, 13, 15, 18, 19, 20, 21, 23, 25, 32, 39, 40, 43, 52, 57, 58, 60, 62, 65, 67

Connects zang fu:

Originates from: Inner canthus of the eye

Lower Sea-he point

Channel function: Chills, fever, stiff neck, spine and back, lower abdomen distention, urinary problems, mental disorders

### **Important Points**

UB 1

In eye socket corner towards nose

Eye problems

UB 2

Oblique only, never down

At corner of eyebrow above UB 1

Good for Belz Paulsy related Eye Problems

UB 3

Directly above UB 2 .5 cun from hair line

UB 4

Directly above UB 2 and 3 - 1 cun from hair line

UB 5

Directly above UB 4 .5 cun

UB 6

Directly above UB 5, 1.5 cun from UB 4, 2.5 from hair line

UB 7

4 cun from hair line

Nose problems

UB 8

1.5 cun from 7

UB 9

level of ridge on back of head, 1.3 cun from middle

UB 10

Common for Tai Yang (occipital headache - back of head) headache

Neck problems

3.5 cun from C7, 1.3 cun from center

(3 cun = posterior hair line + .5 cun to DU 15)

Only perpendicular

-- UB 11-21 T1-12 (no T8)

UB 11

Influence point for bones

1.5 cun from midline of T1

Good for bones and cough

UB 12

Exterior wind

1.5 cun from midline of T2

Good for Wind Problems in particular with LU points

UB 13

Back Shu of LU

1.5 cun from midline of T3

Chest pains

UB 14

Back Shu of PC

1.5 cun from midline of T4

Chest pressure

UB 15

Back Shu of HT

1.5 cun from midline of T5

Heart Pain and Upper Jiao problems

Insomnia

UB 16

Governor (Du) Shu

1.5 cun from midline of T6

UB 17

Diaphragm Shu

1.5 cun from midline of T7

Meeting-hui point for Blood

Anemia

Hiccups

UB 18

Liver Shu

1.5 cun from midline of T9

Promote circulation, nourish yin

Red Eyes

Liver problems

UB 19

GB Shu

1.5 cun from midline of T10

GB problems

UB 20

Spleen Shu

1.5 cun from midline of T11

Edema

Water Retention

Abdominal Distention

Diarrhea

UB 21

Stomach Shu

1.5 cun from midline of T12

Stomach problems

UB 22

San Jiao Shu

1.5 cun from midline of L1

Phlegm, water retention

Diarrhea

UB 23

Kidney Shu

1.5 cun from midline of L2

Urination problems

Erectile Deficiency

Vaginal Discharges

UB 24

Sea of Qi Shu

1.5 cun from midline of L3

UB 25

Large Intestine Shu

1.5 cun from midline of L4

Lower back problems

UB 26

Gate of Origin Shu

1.5 cun from midline of L5

Yang deficiency, patient feels cold, moxa

-- UB27-30 S1-4

UB 27

Small Intestine Shu

1.5 cun from midline - S1

## Womens problems

UB 28

Bladder Shu

1.5 cun from midline - S2

UB 29

Mid Spine Shu

1.5 cun from midline - S3

UB 30

White Ring Shu

1.5 cun from midline - S4

## Menstrual problems

UB31-34 in S wholes

UB 31

UB 32

Menstrual problems - pain in particular

UB 33

UB 34

UB 35

.5 cun from midline level with tip of coccyx

UB 36

Center of back of leg just bellow buttock

Sciatica

UB 37

6 cun down from UB 36, 8 cun up from UB 40

Sciatica

UB 38

Up 1 cun from UB 39

UB 39

Lower Sea-he point for SanJiao

lateral to UB 40 in depression

Regulate urination

UB 40

Sea-he point for UB (Earth)

Command Point for Lower Back

Back of knee in crease, place finger on each side of tendon, in center

Sun Stroke

Sciatica

Sun Stroke

Skin deep in blood

Du 14, Li 11, UB 40 - Best points for clearing high heat, high fever

UB 41

You can identify the distance from the back bone based on the roll on the back one on each side. Top of roll is 1.5 cun, end is 3 cun

UB 42

pò hù

(In China name of pointed used to reference person beyond help)

UB 43

Classical Deficiency

Chronic Deficiency

Very effective to use Moxa

UB 44

UB 45

Rarely used, but : Difficult breathing (in particular with fever)

UB 46

Belching problems

UB 47

UB 48

Jaundice

Diabetes

UB 49

UB 50



UB 51

UB 52

Kindney problems, Urination issues, Edema problems  
Memory problems

UB 53

Very Lower Back Pain  
Constipation  
Inability to urinate

UB 54

Very Lower Back Pain  
Constipation  
Inability to urinate  
Hemorrhoids

UB 55

2 cun down from 40 in depression on muscle

Everything above 58 (to 40) good for lower back pain  
Hernia  
Menstrual Bleeding w/ Heat

UB 56

Hemorrhoids (since they are from heat. 57 best though)  
Calf muscle spasm (lack of calcium in blood can also cause)

UB 57

Follow tendon up to depression in muscle

Hemorrhoids

Leg edema

Lower back pain (one of Ma Dan-Yang 12 points)

Under 58 for headache

UB 58

Eye problem, red eyes (other good point is GB 37)

Nose bleeds

Headache in particular in neck region (UB area)

UB 59

Cleft-xi point of Yang Motility

Rarely used

Headache

Lower back pain

Local pain

UB 60-64 Headache with neck stiffness

UB 60

Lower back pain extending to legs (with dampness) (40+57 and if damp +60)

Nose bleeds (stimulate in lower ankle tendon with fingers with cold compress on head)

Deliver for pregnant women (can cause miscarriage) use with UB 67

Ankle problems

UB 61

Heel pain

Lower extremity muscle dysfunction

Sesiours

UB 62

Confluent-point - Yang Motility

Eye pain headache - with burning sensation (good to also clear heat from GB)

Red in eye

Liver fire insomnia (very red tongue)

Shoulder and all side pain problems (Yang Motility comes up side)

Mania

UB 63

Cleft-xi point

Urination pain (acute and sudden)

Urinating blood

Mania

UB 64

Source-yuan point

Urination problems

Mania

UB 65

Stream-shu point (wood)

Mania

Headaches

UB 66

Spring-ying

Nose bleeds

Mania

Neck stiffness

UB 67

Spring-ying (water)

Turns foetus (moxa)

Facilitate Labour (needle)

Eye fire and clear heat

Stuffed nose (better to use points on side of nose)