

HEART PATTERNS

INTEGRATING A MERIDIAN BASED
APPROACH WITH ZANG-FU PATTERNS

HEART PATTERNS

Heart Connections

SI

-

GB - HT - SP

-

KI

Pericardium Connections

SJ

-

LV - PC - ST

-

KI

SHAO YIN CIRCUITS

HT - KI

- -

SI - UB

HT - KI

- -

SP - SJ

HT - KI

- -

GB - SJ

Shao Yin circuits are used when there is an imbalance between the heart and kidneys.

JUE YIN CIRCUITS

PC - LV

- -

ST - LI

PC - LV

- -

KI - LI

PC - LV

- -

SJ - GB

Jue Yin circuits are used
when heart conditions occur
with liver patterns.

CIRCUITS

Shao Yin Circuits:

Shao Yin – Tai Yang

Shao Yin – Shao Yang

Shao Yin – SP/SJ

Wood – Fire Circuit
(HT - SI - LV - GB)

Jue Yin Circuits:

Jue Yin – Yang Ming

Jue Yin – Shao Yang

Jue Yin – KI/LI

Yang Ming – KI/PC
(PC - KI - LI - ST)

2 FINAL HEART CIRCUITS

Wood – Fire Circuit

Yang Ming – PC/KI

HT - SI

PC - KI

- -

- -

GB - LV

ST - LI

TCM HEART PATTERNS

Heart Qi Deficiency

Heart Yang Deficiency

Heart Blood Deficiency

Heart Blood Stasis

Heart Yin Deficiency

Heart Fire

Phlegm Misting the Heart Orifice

MASTER TUNG'S POINTS FOR THE HEART

SP - ST Meridians

88.01, 88.02, 88.03 - Located on the anterior midline of the thigh, above the superior edge of the patella.

88.01 – 5 cun above, 88.02 – 7 cun above, 88.03 – 9 cun above

Indications: Heart disease, cardiac pain, palpitations, tachycardia, hypertension.

CI – Do not needle all 3 points on both thighs at the same time, for HTN select only 1 or two points at a time.

ST MERIDIAN POINTS

77.08 – 3 cun inferior to ST 35, very near ST 36

Indicated for palpitations and heart disease.

77.09- 4.5 cun below 77.08, or 0.5 cun above ST 38

Indicated for heart disease, arteriosclerosis and carditis.

MASTER TUNG'S POINTS

SI Channel – 33.12

On the SI meridian 1.5 cun below the olecranon.

Indications: palpitations, chest oppression, carditis.

CI: Do not needle bilaterally.

SJ Meridian –

33.04 (SJ 6) – palpitations

33.05 – 5 cun above the wrist crease on SJ line

33.06 – 6.5 cun above the wrist crease on SJ line

33.05 and 33.06 indicated for chest pain, stuffiness, and distension

MASTER TUNG'S POINTS

Liver Channel

66.03 – (LV 2) / 0.5
posterior to LV 2

66.04 – 1 cun proximal to
66.03 (proximal to LV 3)

Indicated for heart diseases,
palpitations, cardio-tonic
affects.

*CI in Pregnant Women

Spleen Channel

SP 9 – Treats heart disease and
palpitations.

66.10 and 66.11 (SP 3 and SP 4)

The above points are used
with KI 2 to clear heart fire
and restore balance between
the HT and KI.

CI to needle both sides.

MASTER TUNG'S POINTS

Many of the points we mentioned are to be used for heart diseases, but not necessarily heart patterns as understood in TCM.

TCM Heart Patterns don't necessarily mean there is a heart disease as recognized in Western medicine.

The points we have just discussed treat heart conditions as recognized in Western medicine.

HEART CONDITIONS

When treating heart conditions as recognized by Western medicine, we need to do pattern identification, and using a meridian based perspective can better help us to determine exactly what points to use.

HEART QI DEFICIENCY

Since Meridian Circuit Systems takes a very personalized approach by asking about the clients top 3 concerns, potentially any circuit could be used. However, the most common circuits for treating Heart Qi Vacuity are:

Shao Yin – Tai Yang Circuit

Jue Yin – Yang Ming Circuit (66.03 and 66.04 tonic effects)

HEART QI DEFICIENCY

SI 3

HT 7

KI 7

UB 62
UB 15
(B)

PC 6

LK

77.08
77.09

LV 2
LV 3

HEART YANG VACUITY

HT - KI

- -

SI - UB

Heart yang vacuity is often rooted in the KI.

This circuit makes use of the UB back shu points and SI 3.

HT - KI

- -

GB - SJ

According to five elements the GB can strengthen the heart, while the SJ transports the KI yang.

HEART YANG VACUITY



HEART BLOOD VACUITY

HT - KI

- -

SP - SJ

PC - LV

- -

ST - LI

This circuit is the most important one. Notice how the SP is present and is usually involved in this pattern.

88.01, 88.02, 88.03 – these points are also for cerebral anemia.

66.03 and 66.04 on the liver meridian have cardio-tonic effects.

Yang ming is full of qi and blood and PC 6 benefits the blood and yin wei.

HEART BLOOD VACUITY

33.05
33.06

HT7
PC 6

SP 4
SP 6
SP 10

ST 36

LI 10

PC 6

LV 3
SP 4
SP 6

ST 36

HEART BLOOD VACUITY CASE STUDIES

1. Insomnia
2. Anxiety w/ palpitations
3. Constipation



1. Insomnia
2. Headaches
3. Amenorrhea



HEART BLOOD STASIS

Jue Yin – Yang Ming

PC - LV

- -

ST - LI

77.08 and 77.09 on ST
meridian are often bleed
for heart conditions.

Shao Yin – SP/SJ circuit

HT - KI

- -

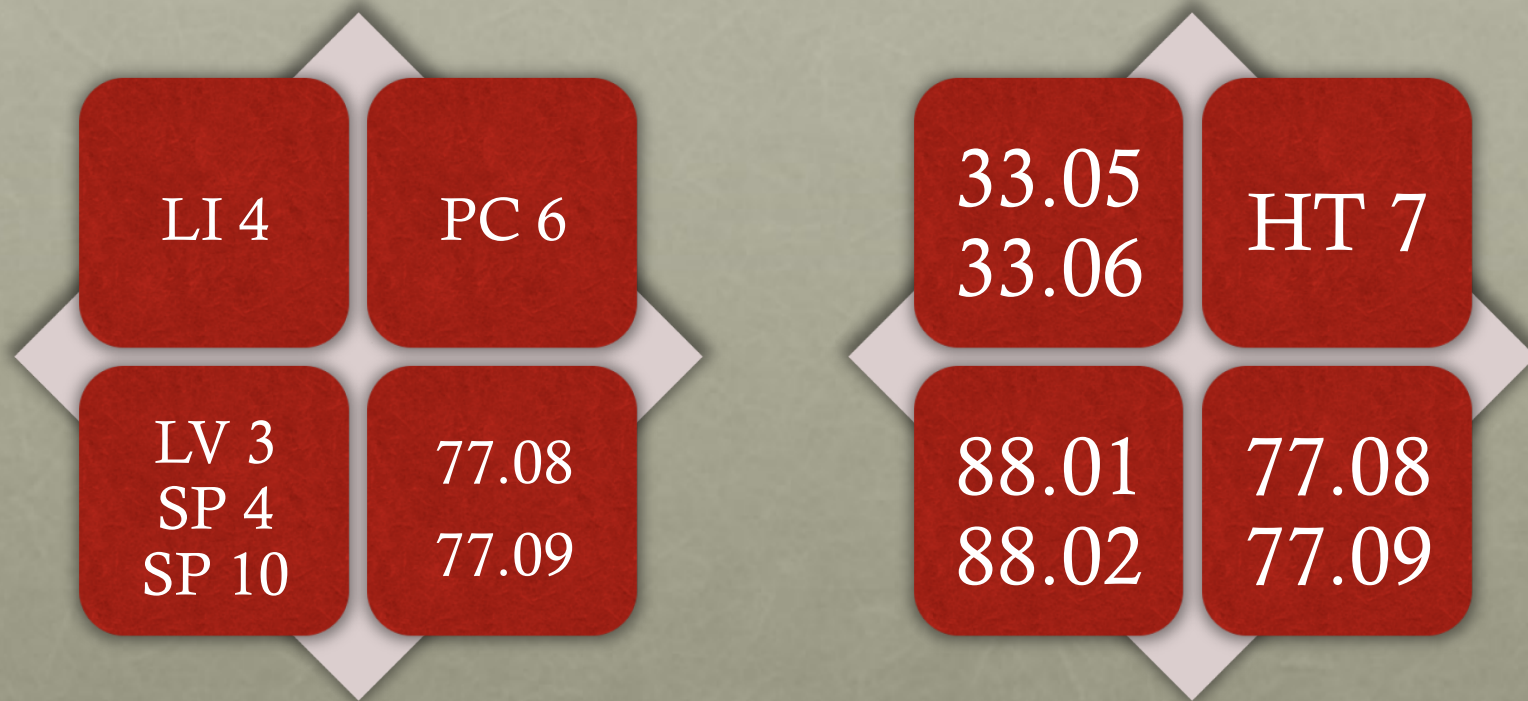
SP - SJ

To be used if patient
also presents with KI
symptoms, edema, or
excess fire

HEART BLOOD STASIS

Jue Yin – Yang Ming Circuit

Shao Yin – SP/SJ Circuit



HEART YIN VACUITY

Shao Yin connects to:

Tai Yang – back pain, sciatica, urinary conditions also present.

Shao Yang – dizziness, tinnitus, Meniere's, HTN, shao yang sciatica

SP/SJ – digestive concerns, excess fire, gynecological patterns.

Master Tung's Point prescription for heart fire, disharmony between the KI and HT. (SP 3, SP 4, KI 2)

Jue Yin – KI/LI circuit may be useful in some situations, although usually the SJ will be used instead of the LI.

HEART YIN VACUITY

Shao Yin – Tai Yang

1. Poor Memory
2. Low Back Pain
3. Insomnia



Shao Yin – Shao Yang

1. Insomnia
2. Hip pain
3. Temple Headaches



HEART FIRE

HT - KI

- -

SP - SJ

PC - LV

- -

SJ - GB

SP 3, SP 4, KI 2

Notice how the SJ is
also present.

(SJ 6, 33.05, 33.06)

To use this circuit LV and
or GB conditions should
also be present.

HEART FIRE

HT 7

SJ 6

Yang
points for
best
balance

SP 3 SP 4
KI 2

PHLEGM MISTING THE HEART ORIFICE

PC - LV

- -

ST - LI

Uses: Moves qi and blood and resolves phlegm.

PHLEGM MISTING THE HEART

PC 6

LK

ST 36

LV 3

ST 40

SP 9

SUMMARY OF HEART PATTERNS

Since the heart does not exist in isolation we need to consider its connecting meridians and organs.

The Shao Yin is the fundamental connection between the HT fire and KI water.

The Jue Yin is associated with the connection between the LV wood and the PC fire.

From the Shao Yin and Jue Yin the heart connects to all other organs and meridians and this can be systematically understood.