

HEART System in TCM: Organ Meridian & Points



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Rocks!

*Created by
Clara Cohen*



My husband is on Fire! 🔥🔥🔥

He's passionate, excited and always SO happy. He's really the **true TCM Heart personality**. He's also easily bored and distracted. And when stressed, his sleep and blood pressure gets affected.

He loves acupuncture, especially auricular acupuncture. **Ear Shen Men** (the gate of the Mind) puts him in a deep zen state every time! 😇

You'll find everything you wanted to know about the **TCM HEART**, right below, including all its acupuncture points!

Keep Rocking it using TCM!

Clara

TCM Geek 😍



PS: if you want more info on **the 5 personalities in TCM**, [click here](#).

TCM HEART Video Links

- **TCM HT Functions**
- **Heart Meridian**
- **Emotions in TCM**

HEART Functions in Chinese Medicine

Controls Blood circulation



Opens into the tongue & affects speech

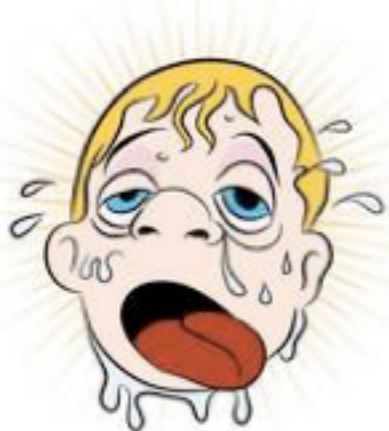
Manifests on the face



Controls Blood vessels & pulse strength



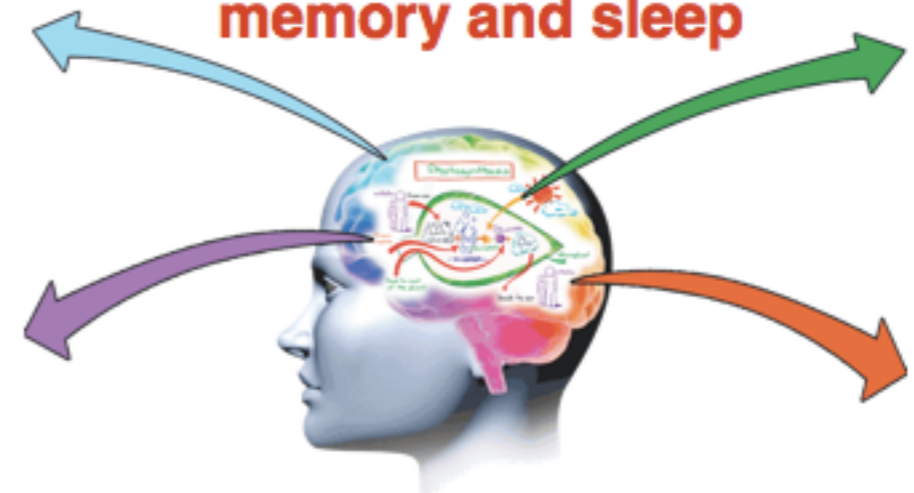
Controls sweat



In charge of happiness & joy



Houses the mind, mental activity, memory and sleep





Fire

Organs: Heart & Small Intestine

Season: Summer

Climate: Hot

Emotions: Joy, excitement

Connecting to blood vessels,
face and tongue

Flavor: Bitter

Color: Red

**Symptoms of unbalanced
Heart & Small Intestine:**

Dislike hot weather, high blood pressure, red face, restless, blood circulation issues.

Fire Element & The Summer Season



Do not overdo cold foods (ice cream and ice water) but drink more liquid (Vegetable soups, Berry Teas).
Eat a little more salads, fruits, citrus, melons.
Avoid meats, eggs, cheese & nuts & seeds in very hot days.

Summer, according to Chinese medicine is a time to wake up early, enjoy the sun in moderation, and flourish as nature does. Go play outside!

Summer Cooking:
use bright color foods (be creative with beautiful meals).
Avoid salt.

Patterns	Symptoms	Pulse	Tongue
HT Qi def.	Palpitations, short of breath, fatigue, sweating, pale	Weak	Pale or pink
HT Yang def.	Palpitations, feeling cold, cold limbs, bright pale face, fatigue, discomfort in the heart area	Deep, weak, slow	Pale, swollen, wet coat
HT blood def.	Palpitations, dull pale face & lips, insomnia, dream-disturbed-sleep, poor memory, anxiety	Thready & choppy	Pale, thin, slightly dry coat
HT Yin def.	Palpitations, red cheeks, night sweat, dry mouth & throat, low grade fever, insomnia, dream-disturbed-sleep, mental restlessness, uneasiness	Thin-rapid & floating	Red, tip redder, deep crack in middle
HT Yang Collapse	Palpitations, short of breath, profuse sweat, cold limbs, purple lips, fainting, and coma.	Knotted	Very pale or purple
HT Fire Blazing	Palpitations, thirst, mouth ulcers, agitation, red face, insomnia, dark urine (may have blood in urine), bitter taste	Full-big-rapid	Red, tip redder, prickles, yellow coat
Phlegm-Fire in HT	Mental confusion, bitter taste, palpitations, insomnia, incoherent speech, uncontrolled behavior	Full-rapid-slippery	Red, yellow-sticky coat
HT blood stasis	Palpitations, pain in Ht area radiating to left arm, purple lips & nails, cold hands	Knotted	Purple

Personal Story!

My hubby is a hottie! He's literally on **FIRE!** 🔥

He's got so much energy, he bounces off the walls. He's always happy, passionate and excited. I love that about him.

When we go see a comedy at the movie theatre, he laughs so loud I think most people laugh with him (or at him really), not the movie! He's the life of the party, the **big kid at heart** and loves to wrestle on the floor with our golden retriever.

Every night, as I read in bed, **my husband does the ROBOT dance** (with sounds) for my entertainment! Are you picturing it in your mind right now? I have the live version every night!!!

He makes me laugh, helps me grow, and keeps me real. He's my constant support, my best friend, the Yang to my Yin and I feel blessed our paths crossed many moons ago. For these reasons, I intend to make sure his **TCM heart is healthy** and keeps ticking for a very long time.








He gets regular acupuncture treatments from me (for free, the lucky guy!), and I make sure **his diet feeds his heart and mind**. Of course, being French, red wine is a must in our home (the wine is for me, not for him! After all, there are only so many Robot dances one can handle!).

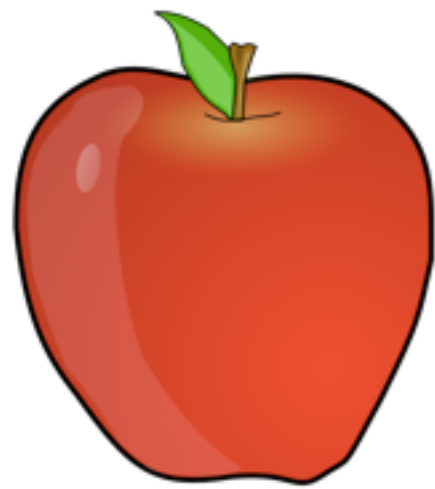
On the next page are the **best foods according to each TCM HT pattern.** 🍏

Clara

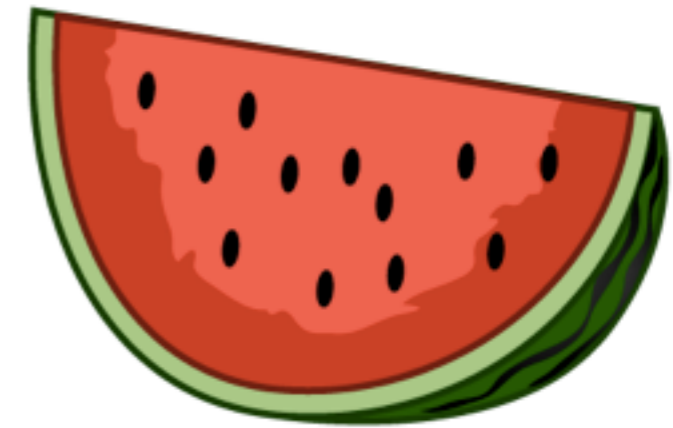
TCM Geek



Syndromes	Symptoms	Emotions	Healing foods	Tips
HT Yin def. 	Insomnia, memory loss, excess dreaming, feeling hot, night sweat, red cheeks, red tongue, thin-rapid pulse	Irrational behavior, despair, stress	Wheat germ, wheat berries, mung beans, oysters, goat milk, cucumber, apple	Avoid: coffee, alcohol
HT Qi def. 	Palpitations, sweat when nervous, fatigued, chest pain, pale face	Nervousness	Carrot, winter squash, sweet potato, barley, date, nutmeg	Small frequent meals are best. Cooked food
HT Blood def. 	Insomnia, memory loss, dreams a lot, pale face, fatigued, pale tongue	Depression	Sprouts, leafy greens, spirulina, legumes, royal jelly, Shitake mushroom	Drink lots of fluids
HT Yang def. 	Palpitations, cold body, water retention, fatigued, chest pain, slow weak pulse	Depression, mental despair	Lamb, butter, liver, cinnamon, onion, garlic, pumpkin, barley, oat	Avoid Raw foods
HT Blood stasis 	Stabbing chest pain, palpitations, angina, purple lips & tongue	Irritable, impatient	Eggplant, vinegar, chives, leek, aduki bean, peach, rosemary	Avoid sweets & greasy foods
Phlegm in HT 	Foggy head, nausea, poor focus, greasy tongue coating, slippery pulse	Drooling, talks to oneself, mental confusion	Rye, amaranth, corn, celery, lettuce, pumpkin, turnip, brown rice, oat, mulberries	Avoid all dairies, peanuts, refined foods. Do not drink with meals
Phlegm-Fire in HT 	Feeling hot, red face, Crimson tongue w/greasy coat, slippery-rapid pulse	Violent behavior, manic, shouting	Celery, watermelon, dandelion, chamomile, spirulina	Avoid alcohol, spicy food, red meats



Heart Fire in Chinese Medicine



Pattern	Symptoms	Acu Points	Diet	Tips
Heart Fire	Palpitations, canker sores, insomnia, restless, thirst for cold drinks, feels hot, irritable, red face, dark urine, bitter taste, Red tongue w/yellow coat, redder tip, Full-rapid pulse	HT 8, ST 44, PC 8, HT 7, PC 7, LI 11	Dandelion, valerian, celery, lettuce, spirulina, apple, watermelon, sprouts, mint, cilantro	Avoid alcohol, coffee, lamb, or spicy foods. Eat slowly



Nervous Laughter Uncontrolled Laughter Over excited



Pattern	Symptoms	Tx principles	Acupuncture
Ht Fire	Laughing with no reasons, agitated, thirst for cold drinks, mouth sores, hot-smelly dark urine, red face, T: red (redder tip), P: rapid-full	Clear Fire from heat	Ht 7, Ht 8, Pc 8, St 44, bleed Pc 9
Ht & Kd disharmony	Laughing with no reason, sore low back & knees, insomnia, dreams a lot, night sweat, feel hot in evening, tinnitus, T: red no coat, P: thin-rapid	Nourish Yin, Harmonize Kd & Ht	Bl 15, Bl 23, Bl 17, Kd 3, Kd 7, Sp 6, Ht 7
Phlegm-Fire in Ht	Laugh with no reason, drools, agitated, cough phlegm, bitter taste, palpitations, unclear mind, T: red w/yellow-greasy coat, P: slippery-rapid	Clear Fire & phlegm, calm Ht mind	St 40, St 44, Du 14, Ht 7, Du 20
Lv Qi Stag. Turn to Lv Fire	Laughing with no reason, moody, irritable, impatient, nightmares, insomnia, rib pain, red eyes T: red & redder sides, P: wiry-rapid	Move Lv Qi, clear Fire	Ht 7, Pc 8, Lv 3, Lv 2, Li 4, Gb 41

HEART Acupuncture Points Made Easy



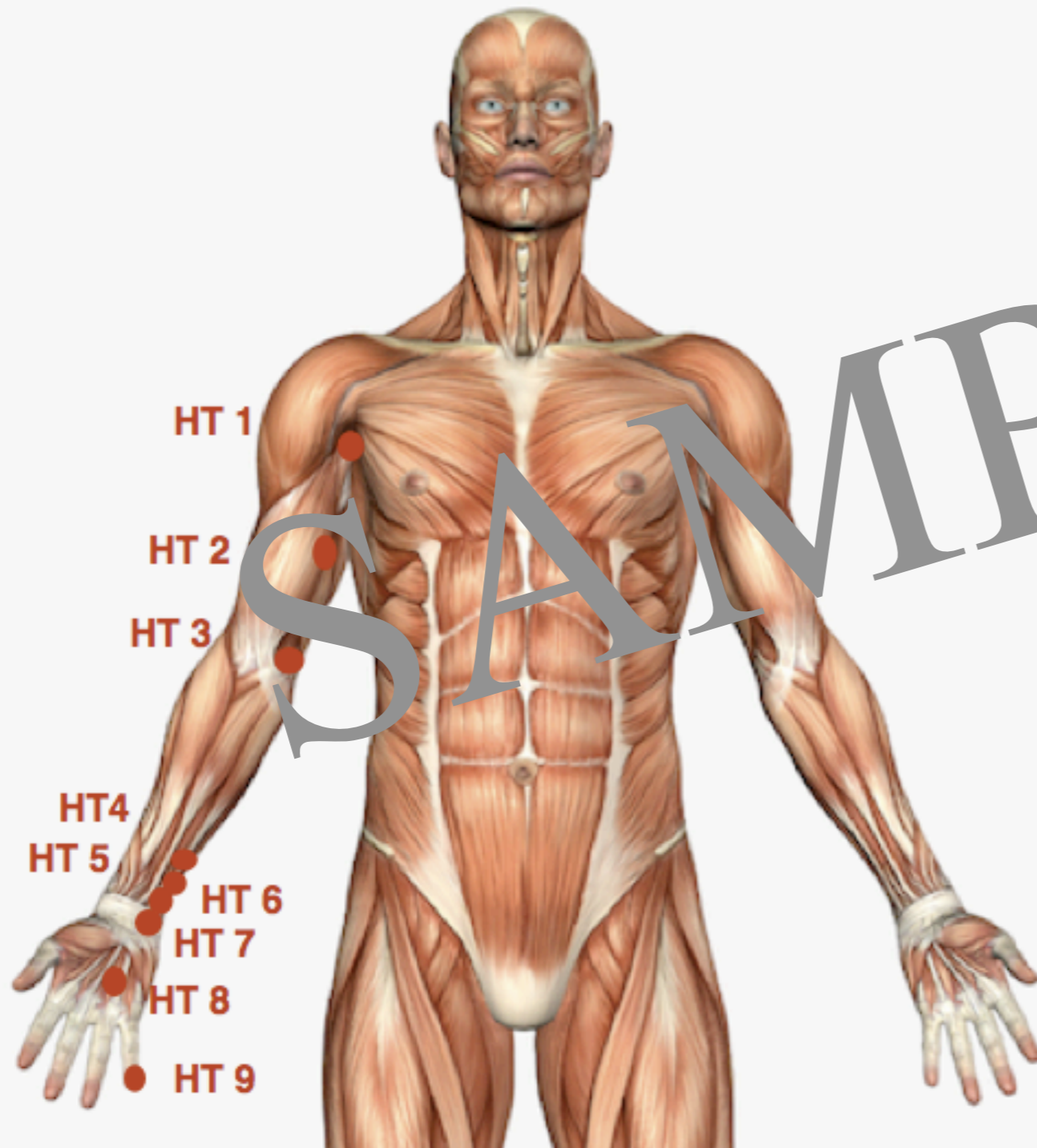
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The Heart Meridian of Hand Shao Yin



Special HEART Points

HT 3: He-Sea

HT 4: Jin-River

HT 5: Luo-Connecting

HT 6: Xi-Cleft

HT 7: Shu-Stream -Yuan Source

HT 8: Ying-Spring

HT 9: Jing-Well



Cardiac Pain



Palpitations

Arm Pain



HT 1



Rib Pain



Dry Throat



Highest Spring

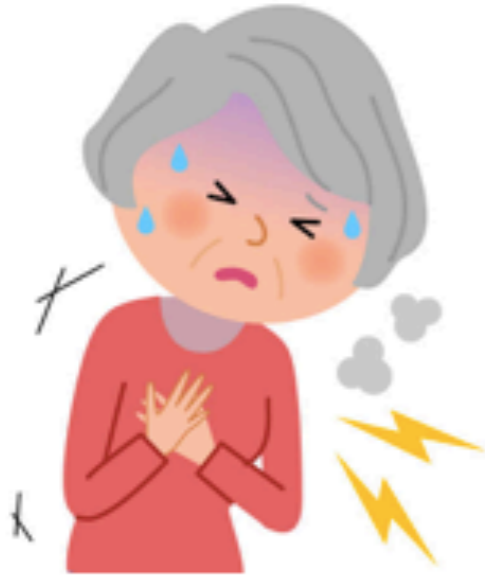
HT 1

0.3 - 0.5 cun perpendicular

In the centre of the axilla, medial to the axillary artery

Caution: watch for the radial artery! ⚠

- Promotes blood circulation for palpitations and chest pain, or hypochondriac pain.
- Arm & elbow pain.
- Dry throat.



Cardiac Pain

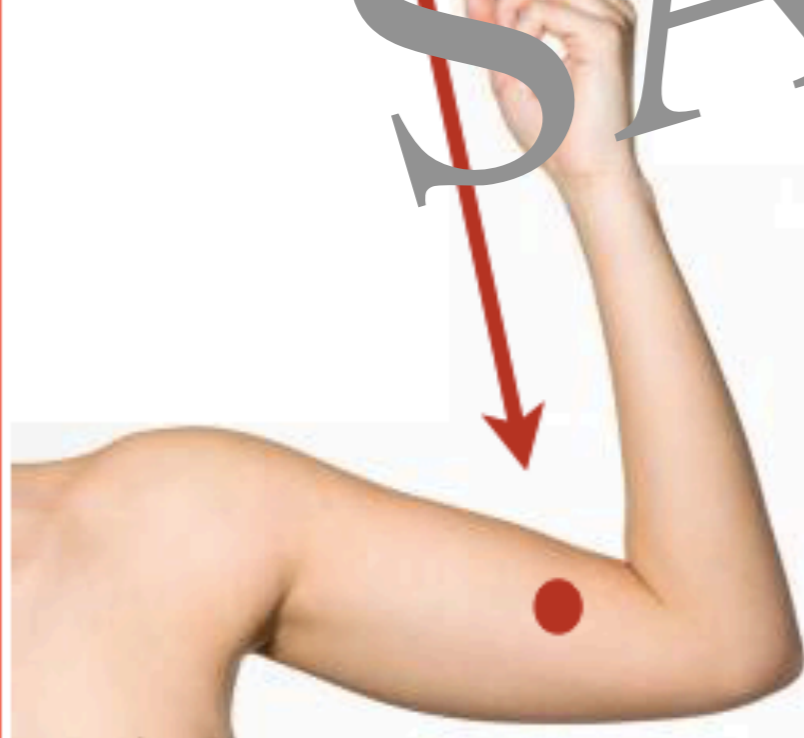


Stress

Arm Pain



SAMPLE



Headache due to heat

Chest Pain



Cyan Spirit

HT 2

3 cun above HT 3, medial to the bicep brachii muscle

0.3-0.5 cun perpendicular

- Promotes **blood circulation** to the channel for pain of the arm and elbow, as well as chest and hypochondriac pain.
- **Clears heat** for stress due to excess heat, and headache that feels better on cold compress.

**Manic
Depression**



HT 3



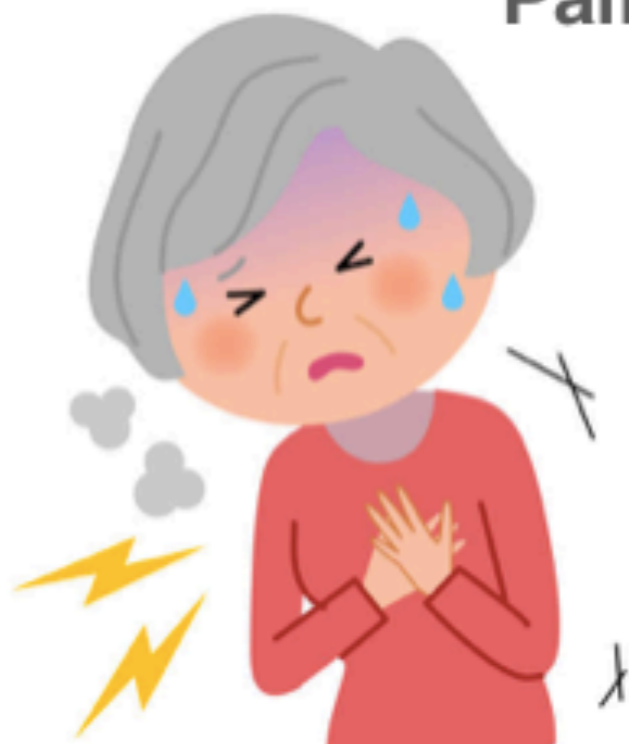
SAMPLE

He
Sea

Palpitations



**Cardiac
Pain**



Tremors

HT 3

At the medial end of the cubital crease

He
Sea

0.3-0.8 cun perpendicular

- Promotes **blood circulation** in the heart for chest/cardiac pain, and palpitations.
- **Calms the mind** for manic depression.
- **Extinguishes wind** due to Heat in the Blood for tremors (hands mostly).



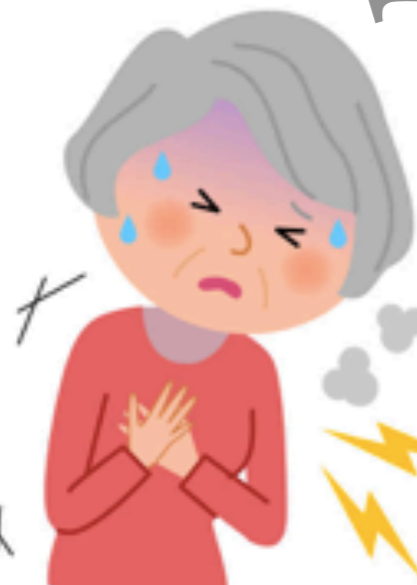
Insomnia



Depression



Anxiety



Cardiac Pain



Mania



Voice Loss



HT 4

Jing River

SAMPLE

Spirit Pathway

HT 4

1.5 cun above HT 7 on the radial side of the flexor carpi ulnaris

Jing River

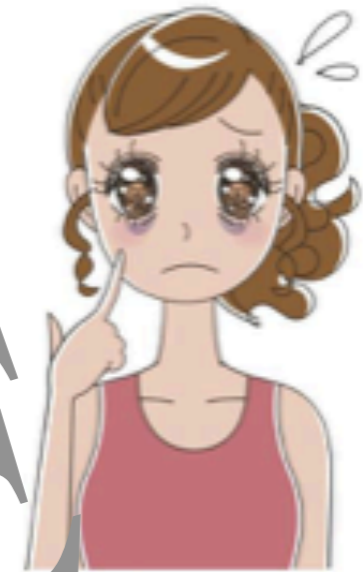
0.3-0.5 cun perpendicular

- Promotes **blood circulation** in the heart for chest/cardiac pain, and palpitations.
- **Calms the mind** for depression, insomnia, and anxiety.
- Also used for sudden loss of voice.

Dizziness



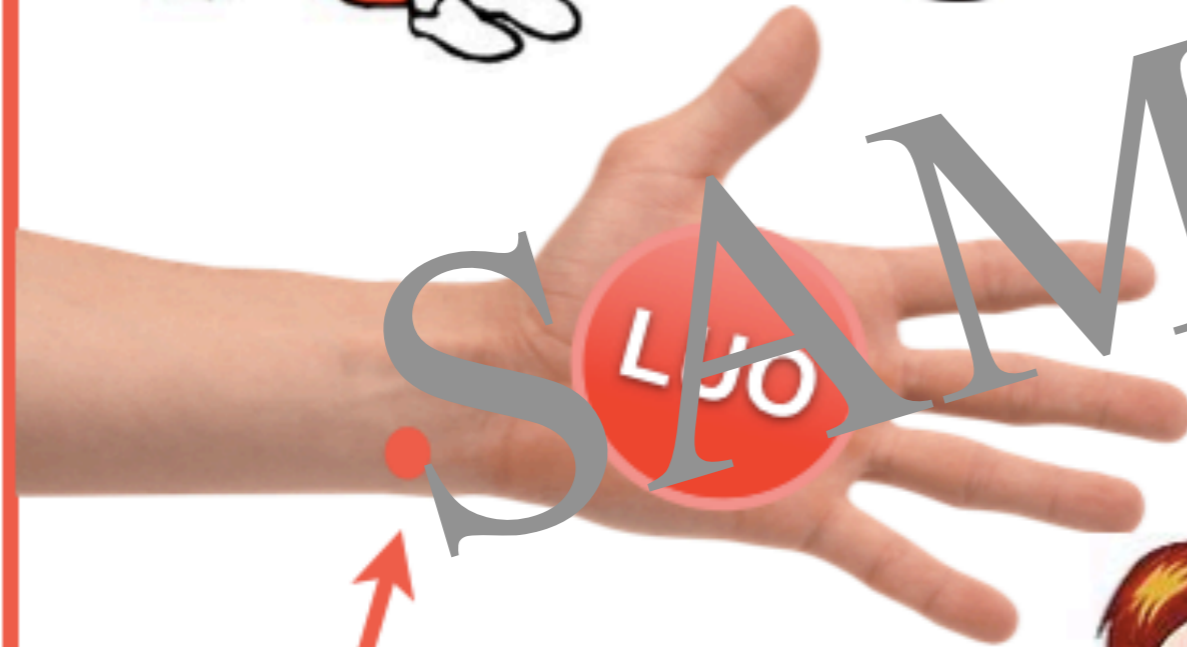
Blurred vision



Stuttering
Speech issues



Urine
retention



SAMPLE

HT 5

Voice
Loss



Palpitations



Connecting Li

HT 5

0.3-0.5 cun perpendicular

1 cun above HT 7 on the radial side of the flexor carpi ulnaris

LUO

- **Regulates Heart Qi** for palpitations, stuttering, speech issues, and stiff tongue.
- **LUO point used** for urine retention and cystitis.
- Also used for sudden loss of voice, dizziness, and blurred vision.



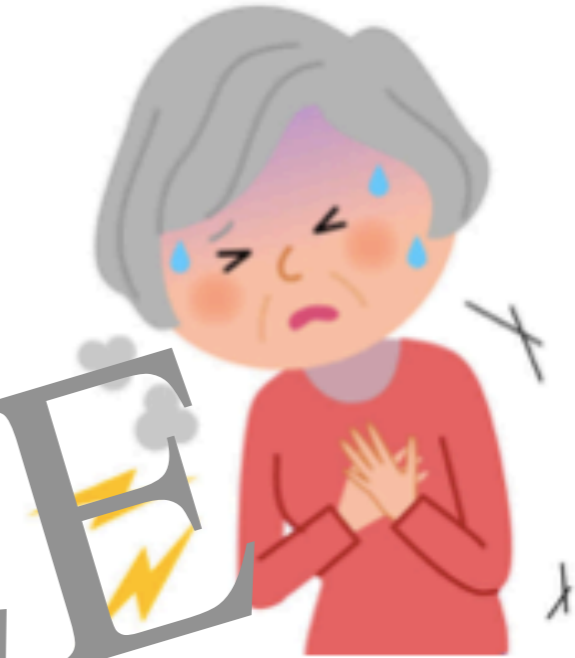
Night Sweat



Nosebleed



Cardiac Pain



Xi Cleft

Voice Loss



Hysteria



HT 6



SAMPLE

Yin Cleft

HT 6

0.5 cun above HT 7 on the radial side of the flexor carpi ulnaris

**Xi
Cleft**

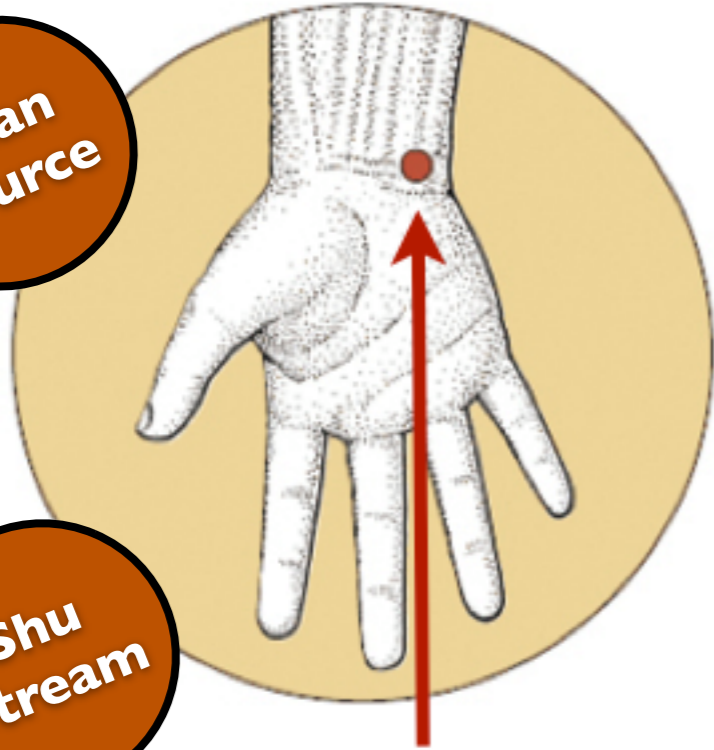
0.3-0.5 cun perpendicular

- Nourishes **Heart Yin** for palpitations, chest pain and night sweats.
- **Clears Heart Fire** for hysteria, nosebleed and voice loss.
- **Stops sweating** for night sweats, especially combined with KD 7.



Yuan Source

Shu Stream



HT 7

Poor Memory



Manic Behavior



Hot Palms



Palpitations



Panic Attack



Insomnia



SAMPLE

Spirit Gate

HT 7

At the ulnar end of the wrist crease, on the radial side of the flexor carpi ulnaris

Shu
Stream

Yuan
Source

0.3-0.5 cun perpendicular



- **BEST** point to calm the mind for insomnia, anxiety, and panic attack.
- **Clears Heart Heat** for palpitations, irritability, manic behaviour, and hot palms.
- Helps with **poor memory!**

LU 9

Depression
Sadness



Anxiety

Buddha's
Triangle

PC 6

HT 7

Repressed
Emotions



SAMPLE

HT 7

+

PC 6

+

LU 9

=

Buddha's
Triangle

- These 3 amazing acupuncture points needled together form a triangle of peaceful bliss.
- LU 9, HT 7 & PC 6, commonly known as the **Buddha's Triangle**, are a perfect combo to **calm the mind** for insomnia, anxiety, depression, sadness, and repressed emotions.





Painful Urination



Hot Palms



Mouth Sores

Genital Issues



Ying Spring

SAMPLE



Chest Pain

Palpitations



HT 8



Hysteria

Lesser Mansion

HT 8

0.3-0.5 cun perpendicular

Between the 4th & 5th metacarpal bone.
When making a fist, the point is where the
baby finger gently rests

**Ying
Spring**

- **Calms the mind** for hysteria.
- **Clears Heart Fire** for palpitations, chest pain, mouth sores, and hot palms.
- **Clears Heat in the blood** for painful urination, and itchy painful burning genitalia.

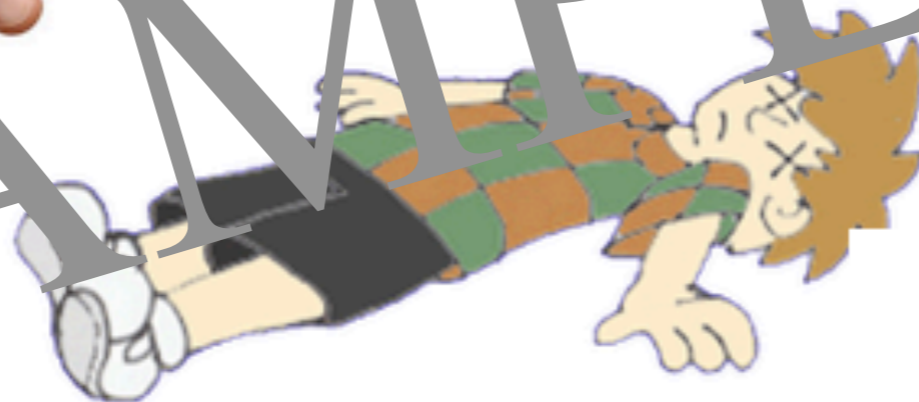


HT 9

High
Fever



Fainting



Jing
Well



Cardiac
Pain



Mania



Lesser Surge

HT 9

0.1 cun upward oblique
or prick to bleed

On the radial side of the baby finger, 0.1
cun from the base of the nail corner

**Jing
Well**

Like most Jing-Well points,
it's used for fainting, high
fever and mania.

Also for chest/cardiac pain!

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