Luo Point and Vessel Massage

I) Transverse Luo Points

- These points communicate with Yin/Yang organ elemental pairs
  - Ex.: The Luo point of Stomach – St-40 – connects with the Luo point of Spleen – Sp-4

- Transverse Luo points are used to balance Excesses/Deficiencies between the organ pairs
  - To do this, the Luo point of a meridian is used in conjunction with the Yuan point of the meridian of its Yin/Yang paired organ
    - One point is tonified, the other dispersed
    - Ex.: When Stomach-Fire gives rise to chronic tooth pain, you disperse St-42 (Yuan point); for the recently developed Spleen-Qi Deficiency, you’d tonify Sp-4, the Luo point
      - For massage, using the same example:
        - Disperse Yuan point using Nie or Cha (scrape); or use plum blossom needle or gua-sha
        - Tonify Luo point using with Dim or moxa

II) Longitudinal Luo Vessels

- The vessels begin at the transverse Luo points
- They do not connect elemental organ pairs
- The Luo vessels generally follow the primary meridian pathway

- They have their own set of pathologies

- The Luo vessels function as conduits for Wei qi, influencing the skin and sinews, as well as Ying-Qi, influencing the blood vessels
  - The Luo vessels are the points of origin of the sinew meridians as they evolve into blood vessels
  - They can adjust the amount of energy going from Wei to Ying-Qi and back

Buffer Zone (Luo Vessel)

- If Wei-Qi fights an EPF but can’t kill it off, it surrounds it, then “parks” it in the Luo channel, which acts as a buffer zone
  - This gives rise to Qi and Blood stasis
    - Since Blood holds emotions (as it carries the hormones responsible for them), the stagnation causes both physical and emotional pain

III) Luo Vessel Pathology

- This addresses the Ying/Blood level
In particular, the following organs are influenced:
- **Spleen** – which makes Blood
- **Heart** and **Pericardium** – move Blood
- **Liver** – stores Blood
- **Lungs** – animates Blood, *i.e.*, supplies Qi from the outside world from which Blood is produced and moved

There are three Blood patterns in Luo treatments:
- **Deficient Blood**
- **Blood Stasis**
- **Blood Heat**
Each of these can lead to the other

**Deficient Blood** arises from Spleen Deficiency
- This causes an accumulation of Dampness in later stages
- **Qi** symptoms include:
  - Lethargy
  - No appetite
  - Weight loss
- **Blood** symptoms include:
  - Pale complexion, nails, lips and face
- Psychologically
  - Feel like they’re not getting enough
  - Unsatiated and unsatisfied no matter what

**Blood Stasis** arises from a Heart Deficiency
- Symptoms include:
  - Clots
  - Arteriosclerosis
  - Unusually dark complexion (*not* a melanin issue)
  - Insomnia/restless sleep
  - Shen issues

**Heat in Blood** is a Liver issue
- The Heat is caused by excess “movement” due to something like agitation (Ascending Liver-Fire)
- Symptoms include:
  - Hypertension
  - Red face and head
  - Tinnitus
  - Headache around the vertex
  - Gall Bladder tightening up and not secreting bile to emulsify fats, leading to arteriosclerosis and high cholesterol
IV) **Luo Vessel Massage**

1) With the patient in a prone position, Na from left to right across neck
2) Na all along midline of back, right over the spine
3) Na the shoulder area
4) Na Yang aspect of arm to dorsum of hand
5) Na Yin aspect of arm from heel of palm to axilla
6) Na outer Bladder line
7) Na around waist
8) Na butt cheeks
9) Na lateral sides of body
10) Na medial, then lateral side of posterior leg
11) Tui these same areas
12) Na then Tui anterior aspect of leg

13) You can use Che (wringing, or more accurately – compression in opposite directions) on these areas instead of Na if there is **Blood Stagnation**
   – However, this is contraindicated if there are actual blood clots, as it might cause an embolism
   – On or a circular stroke can also be used for Blood Stasis

14) For **Heat in the Blood**, the work should be light and from proximal to distal

15) For **Blood Deficiency**, Na should be a deeper, more penetrating squeeze, and the work should be done distal to proximal

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1) Have patient flip over
2) Take their palm and spread it open using both of your hands
3) Che the wrist (one hand twists in one direction, and the other in the opposite direction)
   – You can also wrap a scarf around their wrist twice, first pulling one end of the scarf predominantly, then the other
   – Do this all the way up the arm
   – Follow by putting the arm in traction, pulling it straight outward, then medially
4) Use the above technique at the ankles, then all the way up the leg after using Che on the dorsum of the foot
   – Additionally, tie the scarf around both ankles simultaneously, then put legs in traction, pulling as hard as you can

5) Starting on the right side at the ASIS, An (pump/compress) the abdomen, keeping in time with the patient’s breath
6) Slowly move up to the xyphoid process, where you should make a circular movement
7) Continue to An the abdomen down the other side
8) An from the xyphoid process up to Ren-17
9) Finish with using Dim at St-12 with your thumbs

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**Arm Luo Points:**
- Ht-5
- P-6
- Lu-7
- SJ-5

**Leg Luo Points:**
- L-5
- Ki-4
- Sp-4
- GB-37