



JING -WELL POINTS

Jing -Well Points

- Greatest amount of the Cerebral cortex's function is used for the operation of the hands.
- Affects the autonomic and sympathetic nervous systems.
- Blood gathers from distant areas just like water in a well. Just as with well water, when we check the quality of the water.

Jing -Well Points (2)

- Points are located at the nail beds of the fingers and toes. It is an area of the vascular system where the artery and vein connect with each other.
- This area stagnates easily from any abnormality in the body.
- This makes it is an easy area to check for problems.
- Jing-Well Points is often used for an emergency treatment.

Diagnosis

- Decide from the pulse and abdomen,
 - whether the condition is an overall deficiency or excess.
- Isolate the meridians
 - involved based on channel symptomology and confirm it by looking and palpation at the fingers and toes.
- Check the Jing points for the degree of blood stasis.
 - darker red, swollen, puffy, darker color or look lack luster
- Color of the nail:
 - Ashen white, dark red or purplish.
 - Cold and/or numb feeling at the fingertips. Stiff, hard to move joints.
 - Peeled cuticles or frostbitten fingers.

Jing-Well Point Indications

- LU-11 radial or both sides:
 - Tonsillitis, pharyngeal catarrh, mumps, asthma, teeth fever
- LI-1 radial side:
 - neck lymphadenitis, bronchial asthma, and lower jaw toothache
- PC-9 radial side:
 - palpitations, neurosis, paralysis of the median nerve, high fever
- PC-9 ulnar side:
 - (represents the Diaphragm) Difficulty swallowing, hiccups, stiff shoulder
- TH-1 ulnar side:
 - Headache, brain congestion, eye congestion, dizziness, pharyngeal pain
- HT-9 radial side:
 - Loss of consciousness, shock, Heart disorders, dyspnea, neurosis
- SI-1 medial side:
 - Indigestion, acute gastroenteritis, infantile seizures

Jing-Well Point Indications

- SP 1 medial side
 - Indigestion, acute gastroenteritis, infantile seizures,
- LR 1 lateral side
 - Eye problems (severe pain), convulsions, frequent urination, genital organ problems
- ST 45 mainly lateral
 - Upper jaw toothache, beriberi, gastroenteric disorders
- Third Toe (ST related) mainly lateral
 - Heel bone pain, eye problems, lumbago, sciatica
- GB 44 mainly lateral, sometimes medial
 - Headache, eye pain, ear pain, flank pain, dizziness
- BL 67 lateral side
 - Hemorrhoids, nasal obstruction, lumbago, headache, Intercostal neuralgia
- (KI 1) medial side

Dosages

- Color and viscosity.
 - The dark color changes gradually. The blood in the vein changes as well as the blood in the spider.
 - Blood in the vein is much darker than blood in the spider.
- Once the change occurs, we can stop squeezing.
 - There is always a risk of drawing too much blood, so be cautious.
- Purpose is not to get lots of blood, but to stimulate blood circulation.
 - We must use good judgment in treating based on the patient's needs and lifestyle.
- In pregnant women
 - the dosage is less than 1/2 the average person.
 - Light cupping is good.

Dosages with Jing-well point

- On average
 - Draw 15-20 drops of blood from each point.
 - One drop is half the length of an Azuki bean or 2-3mm long.
- Internal problems
 - take 15-20 drops.
- Muscular-skeletal problems
 - take 20-30 drops.
- Children and sensitive patients use half of customary amount.
- Stop squeezing once the blood color changes.
 - It can also be used for tonification i.e. in a Lu deficient pattern bleed LU11. Taking 2-3 drops with light needling can help tonify the organ.

Color and Viscosity of Blood

- Healthy color of blood is bright red. The darker the color is the worse condition and prognosis.
- Dark color is expected when first coming out of the Jing point.
- Viscosity of the blood also reflects the severity of the condition.
- Slowly blood flows, the more viscous it is, and the worse the condition and prognosis.
- Dark blood is usually more viscous.

Technique (1)

- 1. Wear one or two layers of gloves.
 - Wipe the point with alcohol. Have several alcohol-soaked cotton balls on hand and table.
- 2. Place the middle finger of your left hand (right handers), under the finger you will bloodlet.
- 3. Place the index finger and thumb of that same hand on each side of their finger near the nail bed. **Video**
- 4. Use the middle finger of your right hand and/or the other fingers to stroke the meridian toward the fingertips to help get the circulation of blood going.

[Bloodletting Jing 011](#)
[Bloodletting Jing 014](#)

Technique (2)

- 5. Take a lancet in the thumb and forefinger of your right hand and place it in line with your index finger.

Video

- 6. Place it such that the largest smooth facet of the 3-edged needle is facing towards you.
- 7. Place the fingernail of your index finger on their finger near the Jing point.

Video

[Bloodletting Jing 012](#) 5.

[Bloodletting Jing 020](#) 7.

Technique (3)

- 8. Roll the index finger towards you to the point where the needle cuts the skin at the Jing point, then slightly lift off of the point
- 9. Where the lancet is placed in the fingers determines how deep the cut will be.
 - By using the index finger as a lever, it also acts as a measuring gauge and insures better control.
- 10. Put the used lancet in the sharps biohazard container.

[Bloodletting Jing 022](#)

Technique (4)

- 11. Use the middle finger of your right hand to draw the blood out of the Jing point by pressing from the distal phalangeal joint toward the Jing point,
 - while the right thumb and forefinger hold a alcohol soaked cotton ball to wipe the blood.
- 12. The desired action is a gentle smooth stroke, squeeze, and wipe several times
 - Until the desired dosage is drawn.
 - Then take a dry cotton ball and hold pressure on the point until it stops bleeding

[Bloodletting Jing 023](#)

Technique (5)

- 13. It is recommended
 - to use a fresh needle for each Jing point or area bloodlet.
- 14. Take one glove off and place it with any bloody cotton in the other hand
 - and then remove the other glove inside out so that the contaminated contents are inside of the second glove.
- 15. Then stretch and tie a knot at the opening of the glove.
 - Put the glove in the non-sharps biohazard container.