

# LUNG PATTTTERNS

The Integration of Meridian Systems  
with Zang-Fu Theory

# Lung Connections

LI

-

LV - LU - SP

-

UB

# LU Circuits

LU - SP

- -

LI - ST

LU - SP

- -

UB - SI

LU - SP

- -

LV - SI

LU - LI

- -

UB - KI

LU - LV

- -

LI

# Lung Zang-Fu Patterns

- ❖ Lung Qi Deficiency
- ❖ Lung Qi Obstruction
- ❖ Lung Yin Deficiency
- ❖ Lung Dryness
- ❖ Damp – Phlegm Obstructing the Lungs
- ❖ Phlegm – Heat Obstructing the Lungs
- ❖ Wind – Cold Invasion
- ❖ Wind – Heat Invasion
- ❖ Wind – Water Invasion

# Master Tung's Points

22.01 – On the palmar side of the hand, 1 cun below the skin fold between the 1<sup>st</sup> and 2<sup>nd</sup> metacarpals.

Indications: common cold, coughing, asthma, fever, pneumonia, upper back pain

22.02 – On the palmar side of the hand, 2 cun below the skin fold between the 1<sup>st</sup> and 2<sup>nd</sup> metacarpals.

Indications: pneumonia, fever, upper back pain

# Master Tung's Points on the ST Channel

77.08 (ST 36) - Asthma

77.09 - 4.5 cun inferior to ST 36

77.10 - 2.5 cun inferior to 77.09

These 3 points are all indicated for asthma, heart, and gastric conditions.

Can be used for a variety of lung conditions and patterns especially when gastric, intestinal, or heart symptoms are also present.

## Master Tung's Points on the UB Channel

77.26 (Qi Hu) – This is a 3 point unit. The first point is located 1.5 cun posterior to the lateral malleolus, the second point is 2 cun above the first point, and the third point is 2 cun above the second point.

Indications: pleurisy, pain along the scapula, pain in the clavicle, breast bone, and rib pain.

# Master Tung's Points on the LI Channel

22.04 Da Bai – (near LI 3)

22.05 Ling Gu – At the junction of the 1<sup>st</sup> and 2<sup>nd</sup> metacarpals, about 1 cun proximal to LI 4.

These points are combined and used for treating fever, asthma in children, and acute pneumonia



# Lung Qi Deficiency

For this pattern there are 3 major circuits.

LU - SP

- -

LI - ST

LU - SP

- -

UB - SI

LU - LI

- -

UB - KI

Chronic lung conditions or those with digestive symptoms use the Tai Yin – Yang Ming circuit.

Use the Tai Yin – Tai Yang circuit when the tai yang channels are also affected or for acute conditions.

Use the Metal – Water circuit when kidney deficiency underlies the pattern.

# Lung Qi Deficiency

Tai Yin – Yang Ming Circuit

TCM Points: LU 9, ST 36,  
SP 3 and SP 4

LU - SP

- -

LI - ST

Master Tung's Points:

(LI) Ling Ku, Da Bai

(ST) 77.08, 77.09, 77.10

Used when SP and/or ST  
symptoms are also present  
in the clients top 3 concerns,  
or as a 5 element approach.

# Lung Qi Deficiency

Metal – Water Circuit

LU - LI

- -

UB - KI

Used when KI vacuity underlies the pattern or is a contributing factor.

Useful for asthma, water accumulation in the lungs, or lung conditions that occur with bladder symptoms.

77.26 pleurisy, costal and breast bone pain, scapular and clavicle pain

# Lung Qi Deficiency

Tai Yin - Tai Yang Circuit

LU - SP

- -

UB - SI

Used when LU qi vacuity presents with tai yang symptoms such as back pain, tai yang sciatica, scapular pain, or urinary conditions.

Common TCM Points for LU Qi Vacuity: UB 13, SI 3

Master Tung's Points:

Seven Tigers (77.26) used for pleurisy, pain in the clavicle or scapula.

LI - LU - SP

-

UB

# Lung Qi Obstruction

When caused by liver qi stagnation use the LU - LI - LV triad.

LU - LI  
- -  
LV

Should be used when client complains of chest tightness and secondary concerns relate to liver qi stagnation.

Thoracic 4 Gates:

LU 1 and LV 14

Use with 4 Gates

# Lung Yin Deficiency / Lung Dryness

LU - LI

- -

UB - KI

LU - LI

- -

SP - ST

Typical TCM Points:  
LU 5, LU 6, LU 7, LU  
10, LI 4, KI 2, KI 3, KI 6,  
KI 7

SP points also good  
for yin and blood.

Use this circuit when  
patients secondary  
concerns relate to the SP,  
ST, digestion, or PMS

# Phlegm Obstructing the Lungs

Several Phlegm Patterns:

- ❖ Damp – phlegm
- ❖ Phlegm – heat
- ❖ Phlegm – cold

LU - SP

- -

LI - ST

When treating phlegm it is also important to address dampness.

Useful for exterior and interior patterns, as well as for cold or heat.

# Exterior Patterns for the LU

- ❖ Wind - cold
- ❖ Wind - heat
- ❖ Wind - damp

22.01 & 22.02

Ling Ku and Da Bai

Four Horses -  
88.17, 88.18, 88.19

Needle the four horses  
bilaterally.

Four horses treat: weakness of  
the lungs, lung diseases,  
colds, flus, asthma,  
pneumonia, chronic cough,  
allergies, rhinitis, and a wide  
variety of sinus and skin  
conditions.

LU - LI - ST

Herbs should be used for  
exterior patterns.



# Case Studies

Female, 24

1. Asthma
2. Depression
3. Bloating and abdominal discomfort after eating

TCM Pattern: LU and SP  
Qi Vacuity



# Summary

Lung Circuits: Tai Yin – Yang Ming Circuit, Tai Yin – Tai Yang Circuit, Tai Yin – LV/SI Circuit, Metal – Water Circuit, LU – LI – LV Circuit

Master Tung's Points: Four Horses, Ling Ku, Da Bai, 22.01, 22.02, 77.08, 77.09, 77.10, 77.26