

Research Progress on the Clinical Application and Mechanisms of the Five Shu Points

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Abstract: *The Five Shu Points, as specific acupoints in acupuncture meridian theory, have a wide range of clinical applications. By reviewing domestic research literature on the clinical use and mechanisms of action of the Five Shu Points from 2020 to 2025, it has been found that their therapeutic effects are mainly exerted through the following mechanisms: 1) Regulation of programmed cell death; 2) Intervention in inflammation; 3) Neuroprotective function. These findings not only provide a scientific basis for the clinical application of the Five Shu Points but also offer new directions for future research on the mechanisms and expanded application of acupuncture treatment. They promote the modern interpretation and precise application of acupuncture theory.*

Keywords: Five Shu Points, Clinical Application, Mechanisms of Action.

1. Introduction

The Five Shu Points are a category of acupoints commonly applied in acupuncture meridian theory, located below the elbows and knees and identified as “Jing-Well,” “Ying-Spring,” “Shu-Stream,” “Jing-River,” and “He-Sea” points. Acupuncture meridian theory suggests that each of the Five Shu Points corresponds to specific diseases. When integrated with the Five Elements theory, they exhibit generative and controlling relationships. Based on the principles of tonifying deficiency and draining excess, as well as the theory of “tonifying the mother for deficiency and draining the child for excess,” the therapeutic indications and point selection principles of the Five Shu Points are systematically refined.

Modern physicians have further expanded on these foundations by proposing methods such as the same-meridian mother-child tonification and reduction method and the interior-exterior meridian mother-child tonification and reduction method, broadening the scope of the Five Shu Points’ application. Today, the Five Shu Points remain widely utilized in clinical settings. This paper summarizes the clinical applications and mechanisms of the Five Shu Points from 2020 to 2025, aiming to explore their therapeutic potential further and provide valuable references for clinical research.

2. Acupuncture and the Five Shu Points

The Five Shu points were first documented in the ancient text “Lingshu·Ben Shu” [1], which states: “The art of acupuncture must be thoroughly understood in terms of the origins and terminations of the twelve meridians, the depth and shallowness of the points, and the locations of their highest and lowest points.” It further mentions: “The Lung meridian originates at Shaoshang... This is the Hand Taiyin Lung meridian.” In “Lingshu·Jiu Zhen Shi Er Yuan” [1], it is pointed out: “The point where the energy emerges is called Jing, the point where it flows is called Ying, the point where it pours is called Shu, the point where it travels is called Jing, and the point where it enters is called He.” This metaphorically describes the flow of energy in the meridians as a stream of water that starts small and gradually grows

larger, eventually converging into a single point.

Characteristics of Diseases Treated by the Five Shu Points, As recorded in “Lingshu·Xie Qi Zang Fu Bing Xing” [1]: “Ying and Shu points are used to treat diseases of the exterior meridians, while He points are used to treat diseases of the internal organs.” In “Lingshu·Shun Qi Yi Ri Fen Wei Si Shi” [1], it is mentioned: “For diseases in the Zang organs, select the Jing points; for diseases that manifest on the skin, select the Ying points; for diseases that come and go intermittently, select the Shu points; for diseases that manifest in the voice, select the Jing points; for diseases with fullness of the meridians and blood, or diseases caused by improper diet, select the He points.” The “Nan Jing·Liu Shi Ba Nan” [2] further states: “Jing points are used for fullness under the heart, Ying points for feverish body, Shu points for heavy body and joint pain, Jing points for wheezing, coughing, and chills or fever, and He points for counterflow Qi and diarrhea.” Subsequently, the Five Shu points were also attributed with the Five Elements attributes. For example, in “Nan Jing·Liu Shi Si Nan” [2]: “Yin Jing is Wood, Yang Jing is Metal, Yin Ying is Fire, Yang Ying is Water, Yin Shu is Earth, Yang Shu is Wood, Yin Jing is Metal, Yang Jing is Fire, Yin He is Water, Yang He is Earth. Why are Yin and Yang different? This is a matter of hardness and softness.” In “Nan Jing·Liu Shi Jiu Nan” [2], the concept of “tonifying the mother in deficiency and purging the child in excess” was proposed. According to the principle of “the one that gives birth to me is the mother, and the one that I give birth to is the child,” in cases of deficiency, the mother point is tonified, and in cases of excess, the child point is purged to treat diseases. Later, Huangfu Mi supplemented the Five Shu points of the Hand Shaoyin Heart meridian, thus completing the system of differential diagnosis and treatment of the Five Shu points of the twelve meridians [3]. The “Zhen Jiu Da Cheng” [4] systematically summarized this, elaborating on the tonification and purgation methods of the same meridian and different meridians, such as “For liver excess, purge the two points of Xingjian, which is Fire and the child of Liver Wood...” and “For heat diseases of the heart, purge the points of the Spleen and Stomach... For deficiency diseases of the heart, tonify the points of the Liver and Gallbladder...” and so on. Modern physicians have further expanded the application range of tonification and purgation based on the Five Elements theory by proposing the

same-named meridian tonification and purgation method and the exterior-interior meridian tonification and purgation method [5]. In addition, “Nan Jing·Qi Shi Si Nan” [2] records: “Why is it said that in spring, one should puncture the Jing points; in summer, the Ying points; in late summer, the Shu points; in autumn, the Jing points; and in winter, the He points? In spring, puncturing the Jing points is for diseases in the liver; in summer, puncturing the Ying points is for diseases in the heart; in late summer, puncturing the Shu points is for diseases in the spleen; in autumn, puncturing the Jing points is for diseases in the lung; and in winter, puncturing the He points is for diseases in the kidney.” It is believed that the flow and circulation of energy in the meridians are closely related to the changes of seasons and solar terms, and corresponding points can be selected for treatment according to the seasonal changes.

3. Clinical Application of the Five Shu Points

3.1 Clinical Application of the Five Shu Points in Treating Diseases

3.1.1 Jing Points

Chu Wenming and Gao Xiyan [6] and others believe that Jing points can specifically reflect changes in the functions of the meridians and viscera. They used self-made detection devices to measure the Jing points to identify imbalanced meridians and viscera. They then selected corresponding Yuan points and back Shu points for acupuncture treatment. The control group was treated with acupuncture at Baihui, Sishencong, bilateral Shenmen, Sanyinjiao, Shenmai, and Zhaohai. The study concluded that acupuncture based on the specific reactions of Jing points is more effective in improving the sleep conditions of patients with refractory insomnia than traditional acupuncture point selection. Kang Jingbao and Wu Hexu [7] and others believe that bloodletting at Jing points can be used to treat severe diseases of the five viscera. Since “diseases in the viscera should be treated by selecting Jing points,” they chose to combine bloodletting at the twelve Jing points with enema of Tongfu Huatan Tang (a traditional Chinese medicine formula) to treat patients with acute-phase consciousness disorders due to hemorrhagic stroke. They found that the combined treatment of acupuncture and medication is superior to simple enema treatment with Tongfu Huatan Tang. It can also significantly improve cerebral blood flow and promote the recovery of consciousness. The mechanism may be related to the inhibition of inflammatory reactions and the alleviation of nerve damage. Liu Liyan and Guo Hui [8] and others applied the bloodletting method at the Jing points of the three Yang meridians of the foot in combination with routine acupuncture to treat migraines. They found that this combined method is more effective in immediate pain relief than ordinary acupuncture.

3.1.2 Ying Points

Zhang Lihua and Wang Yanjun [9] summarized the acupuncture treatment ideas of Li Dongyuan for knee osteoarthritis. They believe that Ying points and Shu points are located at the sites where the meridian energy gradually becomes stronger. Therefore, acupuncture at these points can help to dredge the meridian energy, relieve pain, and regulate

the functions of the viscera. Shu Wen and Ran Jinchuan [10] and others selected 60 patients with peripheral neuropathy due to type 2 diabetes and divided them into an observation group (basic treatment) and a control group (observation group + acupuncture treatment). They found that acupuncture at Ying, Shu, and He points can improve the symptoms of diabetic peripheral neuropathy and is highly safe. Li Yuanyuan and Liu Di [11] and others, through the study of ancient medical monographs, believe that diabetic oculomotor nerve palsy belongs to the category of “wasting disease” in traditional Chinese medicine. They developed the acupuncture method of “tonifying Ying and dredging Shu.” In practice, they found that the combination of this method with local point selection is far more effective than simple local point selection.

3.1.3 Shu Points

Ye Xiang and Wang Zhiming [12] and others applied the Guan needling method combined with the method of opening the four gates to treat painful diabetic peripheral neuropathy. Based on the theories of “diseases that are intermittent should be treated by selecting Shu points” and “Shu points are mainly used for treating pain and heavy sensation in the body and joints,” they believe that Shu points are suitable for the symptoms of intermittent pain and numbness in patients with painful diabetes. They ultimately found that the combination of Guan needling and the method of opening the four gates has a good therapeutic effect on pain and numbness caused by diabetic peripheral neuropathy. Tan Huangsheng and Wan Mengting [13] and others applied the Du meridian needling method combined with acupuncture at the Shu points of the three Yang meridians of the foot to treat acute lumbar disc herniation. They believe that this method has a good effect on relieving pain in patients with acute lumbar disc herniation. Tan Huangsheng and Deng Pengwei [14] and others, based on the principle of “Shu points are mainly used for treating pain and heavy sensation in the body and joints,” selected the Shu points of the three Yang meridians of the hand and the cervical Jiaji points to treat acute cervical spondylosis of the nerve root type. They found that this method can effectively relieve clinical symptoms. They also considered that the pain-relieving effect of Shu points may be due to their ability to regulate the release of neurotransmitters.

3.1.4 He Points

Cheng Xinni and Zhang Xin [15] and others, through data retrieval of acupuncture points for gastrointestinal dysfunction after colorectal cancer surgery, found that Zusanli, one of the most important and frequently used points, is both a lower He point and a Shu point. It has a good therapeutic effect on gastrointestinal dysfunction, further confirming the treatment principle of “He points are used to treat internal organs.” Chen Yingqi and Bian Yu [16] and others selected Zusanli, the He point of the Yangming meridian of the foot, to observe whether the arrival of Qi can affect the contraction function of the gastric antrum. They found that after the arrival of Qi, the motility of the gastric antrum can be changed to some extent, thus achieving the expected clinical therapeutic effect. Wang Yulin, Li Leixin and others [17] used data mining technology to summarize the commonly used points for post-herpetic neuralgia. They often used the method of purging Hegu and Quchi to expel damp-heat pathogenic

factors and Yanglingquan to regulate the energy of the Gallbladder meridian, confirming the treatment principle of “He points are used to treat internal organs.”

3.2 Clinical Application of the Mother-Child Tonification and Purging Method of the Five Shu Points

The mother-child tonification and purging method of the Five Shu points has been widely applied in clinical practice to treat various diseases, demonstrating significant therapeutic effects and advantages over conventional treatments. For instance, Li Biyun and Zhao Mengyi [18] employed a purging liver and regulating heart formula in conjunction with the mother-child tonification and purging acupuncture method to address insomnia caused by liver fire disturbing the heart. Through detailed records of typical medical cases, they elucidated the pathogenesis of insomnia and the theoretical basis for the combined use of acupuncture and medication. Their findings indicated that this integrated approach is more effective and associated with fewer adverse reactions compared to traditional methods. Similarly, Wu Jiaying and Sun Chengtao [19] utilized the mother-child point combination method along with Yupingfeng San to manage allergic rhinitis characterized by deficient and cold lung qi. Their research revealed that this combination therapy effectively alleviated clinical symptoms and outperformed Western medicine treatments. In another study, Yi Yu and Lin Yingtong [20] applied acupuncture at the Five Shu points combined with opioid drugs to mitigate severe cancer pain. They observed that this method not only provided superior pain relief compared to Western medicine alone but also reduced the dosage of opioid drugs, minimized drug reactions, and prevented drug dependence. Zhang Guoyong and Xie Fang [21] explored the use of the mother-child tonification and purging point selection method in combination with osteopathy for acute lumbar facet joint disorder. Their findings showed that this integrated approach significantly improved quality of life and reduced pain more effectively than tuina alone. Additionally, they noted that the combination regulated serum inflammatory markers, downregulating serum miR-204 and upregulating serum miR-233-5p. Liu Fengyan [22] applied the mother-child tonification and purging method combined with “shoulder three-needle” warm acupuncture to treat periarthritis of the shoulder. The results indicated that the combined acupuncture technique was more effective than warm acupuncture alone, particularly for patients experiencing initial onset of the condition. Zhang Ning and Yang Lihong [23] conducted a study on children at high risk of developmental delay, comparing conventional physical therapy with a combination of conventional treatment, scalp acupuncture, moxibustion, and the mother-child tonification and purging method. They concluded that the combined treatment was more effective, compensated for deficiencies in conventional treatment methods, had minimal side effects, high safety, and was well-received by patients. Sun Yiyang and Zhao Mengdie [24] targeted type 2 diabetes, which they believed to be located in the lung, stomach, and kidney. They applied the mother-child tonification and purging method to acupuncture at Taiyuan, Jie Xi, and Fuliou points to treat qi and yin deficiency in type 2 diabetes. Their research demonstrated that this method, when added to basic drug treatment and ordinary acupuncture, enhanced hypoglycemic effects, improved symptoms such as

thirst and insomnia, and improved patients’ quality of life. Ji Tengyan and Sheng Lei [25] summarized the experiences of medical practitioners throughout history in treating dysphagia after stroke. They noted that most treatments focused on selecting points near the affected area while neglecting the fundamental treatment approach. They argued that during the recovery period, both symptoms and root causes should be addressed, not just by selecting points near the affected area. They discussed the theoretical basis for selecting the Five Shu points for mother-child tonification and purging, providing a more comprehensive treatment plan for clinical practice. Cai Shouliang [26] combined the mother-child tonification and purging acupuncture method with kidney-tonifying soup to treat dizziness due to kidney yin deficiency. He found that the combined treatment was more effective and safer than taking traditional Chinese medicine alone. Beyond acupuncture, the mother-child tonification and purging method has also been applied to the combination of traditional Chinese medicine. For example, Buzhong Yiqi Tang and Shengyang Yawei Tang were formulated based on the Five Elements’ generation and control relationships and have proven effective in treating various diseases. This highlights the importance of flexibly applying the theory of tonification and purging based on the Five Elements’ interactions in clinical practice.

4. Mechanisms of Action of the Five Shu Points

4.1 Regulation of Programmed Cell Death

Programmed cell death is a process of active and orderly self-elimination of cells, which is crucial for the development of organisms, maintenance of homeostasis, and prevention and treatment of diseases. It can be primarily regulated through three mechanisms: apoptosis, pyroptosis, and autophagy. Stimulation of the Five Shu points can modulate programmed cell death through these three pathways. Apoptosis is a gene-regulated death program that can be triggered by balancing apoptotic proteins and activating the caspase cascade, leading to cell death. Research [27] has shown that electroacupuncture at “Zusanli” combined with chemotherapy can enhance the efficacy of colorectal cancer treatment by promoting tumor cell apoptosis. Additionally, electroacupuncture at “Zusanli” and “Pishu” can regulate the miRNA-29c/leukemia inhibitory factor axis, reducing the expression of intestinal inflammatory factors and inhibiting apoptosis of colonic mucosal cells [28]. Pyroptosis is a caspase-dependent form of programmed cell death that, unlike apoptosis, is accompanied by an inflammatory response. Stimulation of the Five Shu points can inhibit pyroptosis. For example, studies [29] have found that pre-electroacupuncture at “Quchi” and “Xuehai” can downregulate the expression of pyroptosis-related proteins, suppress inflammatory factor levels, and inhibit pyroptosis, thereby preventing and treating urticaria. Autophagy is a mechanism that maintains cellular homeostasis by degrading damaged cellular components. Stimulation of the Five Shu points can regulate autophagy to maintain overall health. For instance, Zhao Shatong, Xiao Xiaojuan [30] and others found that electroacupuncture at “Liangmen”, “Zusanli”, and “Sanyinjiao” can improve gastric motility in rats with gastroparesis by regulating the expression of autophagy-related proteins.

4.2 Modulation of Inflammation

Inflammatory responses are defensive reactions of the body that help eliminate pathogens. However, excessive inflammation can lead to disease progression and increased tissue damage. Stimulation of the Five Shu points can inhibit excessive inflammatory responses, keeping inflammation within a range that effectively clears pathogens while minimizing tissue damage. Inflammatory cytokines are signaling molecules released during inflammation that play a role in defense, repair, or pathological damage. They are key factors in inducing inflammatory responses. Research [31] has shown that stimulation of “Zusanli” and “Neiguan” can reduce the expression of inflammatory cytokines, alleviating fever, pain, and other discomforts associated with inflammation.

Mast cells are widely distributed in the skin, respiratory tract, gastrointestinal mucosa, and around blood vessels, especially in areas prone to pathogen or allergen invasion. They release various bioactive mediators that regulate chronic inflammation. Studies [32] have shown that moxibustion at “Zusanli” can influence mast cell activity, downregulate inflammation-related protein expression, and improve intestinal mast cell infiltration and damage.

4.3 Protection of Neural Function

The nervous system, through the transmission and processing of information by neurons, regulates various life activities such as perception, thought, and emotion. Stimulation of the Five Shu points can protect neural function and treat related diseases by influencing neuronal and related cellular functions. For example, Zhang Fan, Wang Qianyi [33] and others, based on the role of glutamatergic neurons in the fifth layer of the primary motor cortex, found that electroacupuncture at “Shenmen” and “Tongli” can modulate neuronal activity, balance the autonomic nervous system, and improve myocardial injury. Neurotrophic factors are a class of proteins crucial for the development, differentiation, and functional maintenance of neurons, playing a core role in both healthy and diseased nervous systems. Research [34] has shown that acupuncture at “Taichong” can upregulate the expression of neurotrophic factors, protecting and repairing neurons to improve depressive symptoms. Microglia and astrocytes are two important types of glial cells in the central nervous system, playing significant roles in its development and functional shaping. Studies [35] have shown that peripheral nerve injury can induce reactive proliferation of microglia and astrocytes. Electroacupuncture at “Weizhong” and “Huantiao” can inhibit microglial activation, reduce neuronal excitability, and provide analgesic effects. Conversely [36], bloodletting at Jing points can promote the activity and proliferation of microglia and astrocytes, reducing nerve damage, with higher benefits from early treatment. Clearly, stimulation of different Five Shu points may have opposite effects, but both are beneficial for disease improvement.

4.4 Other Effects

Metabolism is the fundamental physiological process that sustains life activities. Abnormalities in metabolic processes can disrupt normal physiological functions. Stimulation of the

Five Shu points can regulate metabolic disorders and restore abnormal physiological functions. Experimental studies [37-38] have shown that stimulation of the Five Shu points can improve metabolic disorders by activating related signaling pathways. For example, electroacupuncture at “Fenglong” and “Zusanli” can regulate cholesterol metabolism, while electroacupuncture at “Zusanli” alone can improve glucose metabolism disorders. Hormones are chemical substances in the body that regulate physiological functions. Abnormal hormone levels can lead to functional disorders. Stimulation of the Five Shu points can regulate hormone levels. For example, transcutaneous electrical stimulation at “Shenmen”, “Sanyinjiao”, and “Neiguan” can influence plasma melatonin levels and improve sleep quality [39]. Neurotransmitters are chemical substances that transmit signals in the synaptic cleft and can regulate functions such as excitation, inhibition, memory, and emotion. Stimulation of the Five Shu points can improve certain psychiatric issues by influencing neurotransmitter levels. For example, research by Liao Lingxin, Liu Xinyu [40] and others has shown that abnormal levels of serum serotonin and gamma-aminobutyric acid are major causes of sleep disorders. Experiments have shown that electroacupuncture at “Shenmen” and “Sanyinjiao” can affect the release of serotonin and GABA, thereby improving sleep quality. Moreover, during physiological, pathological, or intervention processes in the human body, stimulation of the Five Shu points can trigger a chain reaction involving multiple organs, systems, or even the entire body. For example, acupuncture at the Lung meridian’s Ying point can alleviate bronchial smooth muscle spasms during acute asthma attacks [41]. Electroacupuncture at “Taichong” can inhibit sympathetic nerve activity, improve baroreflex sensitivity, and thus lower blood pressure [42]. Electroacupuncture at “Zusanli” can activate the vagal efferent nerve, balance the autonomic nervous system, and improve cardiac function [43] as well as colonic function [44].

5. Summary

The Five Shu points, as specific acupuncture points in the theory of meridians and collaterals, have evolved from their initial documentation in the *Yellow Emperor’s Inner Classic* to a more refined system in the *Classic of Difficult Issues*. Over generations, these points have been continually supplemented and perfected by medical practitioners, expanding their clinical applications to encompass a wide range of conditions. They are now used to treat various internal diseases, such as insomnia, diabetes, cardiovascular and cerebrovascular diseases, gastrointestinal dysfunction, rhinitis, developmental delays, and dysphagia. Additionally, the Five Shu points are employed to manage pain resulting from diverse conditions, including migraines, knee osteoarthritis, painful diabetic peripheral neuropathy, lumbar diseases, cervical spondylosis, cancer pain, and peri-arthritis of the shoulder. The principles of treatment using the Five Shu points have also been refined over time, evolving from the concept that each point has specific therapeutic indications to the application of tonification and purgation based on deficiency or excess, and treatment according to the seasons. Through continuous improvement and supplementation by successive generations of medical practitioners, a comprehensive system has been established.

The theory of the Five Shu points is founded on the concept of the unity of heaven and humanity, aligning with natural laws and the Five Elements' attributes. This theory guides clinical acupuncture practice by using the analogy of rivers to describe the quantity and flow of energy (Qi) in the human meridians. The points are named according to the state of Qi flow: "Jing" for the emergence of Qi, "Ying" for the flowing Qi, "Shu" for the irrigating Qi, "Jing" for the traveling Qi, and "He" for the converging Qi. Treatment principles are determined based on the amount and flow of Qi at the respective points to manage diseases. Subsequently, the Five Shu points were attributed with the Five Elements' properties and combined with the principles of generation, control, and transformation of the Five Elements, as well as the theory of tonification and purgation, to develop new therapeutic methods. These include the "tonify the mother, purge the child" and "purge the south, tonify the north" point selection methods. The mother-child tonification and purgation method can be divided into two types: within the same meridian and between different meridians. For the same meridian, in cases of deficiency, the mother point of the same meridian is needed; in cases of excess, the child point of the same meridian is needed. For example, for heart disease, in deficiency, the mother point (Wood) Shaofu is tonified; in excess, the child point Shenmen is purged. For different meridians, the method can be further categorized into three approaches: mother-child meridian, exterior-interior meridian, and same-named meridian mother-child tonification and purgation methods. The mother-child meridian method involves selecting the mother meridian's point for deficiency and the child meridian's point for excess within the same meridian. Since the twelve meridians have the same Five Elements' attributes but different Yin-Yang properties for their exterior-interior pairs, Yin meridians should select Yin points, and Yang meridians should select Yang points. For example, for heart disease, in deficiency, the Wood point (Dadun) of the Liver meridian is tonified; in excess, the Earth point (Taibai) of the Spleen meridian is purged. For gallbladder disease, in deficiency, the Water point (Tonggu) of the Bladder meridian is tonified; in excess, the Fire point (Yanggu) of the Small Intestine meridian is purged. It should be noted that both the Pericardium and Triple Burner meridians are attributed to Fire when selecting points [5]. The exterior-interior meridian method leverages the interconnected energy flow between exterior-interior meridians. For deficiency, the mother point of the exterior-interior meridian is selected; for excess, the child point of the exterior-interior meridian is selected. For example, for heart disease, in deficiency, the Wood point (Houxi) of the Small Intestine meridian is tonified; in excess, the Earth point (Xiaohai) of the Small Intestine meridian is purged. The same-named meridian method is based on the principle of "like attracts like" and applies the mother-child tonification and purgation method accordingly. For deficiency, the mother point of the same-named meridian is selected; for excess, the child point of the same-named meridian is selected. For example, for heart disease, in deficiency, the Wood point (Yongquan) of the Kidney meridian is tonified; in excess, the Earth point (Taixi) of the Kidney meridian is purged. Clinical research on the seasonal application of the Five Shu points, as recorded in the *Classic of Difficult Issue* ("Spring acupuncture at Jing points for liver disorders; summer acupuncture at Ying points for heart disorders; late summer acupuncture at Shu

points for spleen disorders; autumn acupuncture at Jing points for lung disorders; winter acupuncture at He points for kidney disorders"), is still limited, and its practical value remains to be further explored. In summary, although clinical research on the Five Shu points is currently limited, mechanistic studies have revealed their broad therapeutic potential in disease treatment. Future research should focus on deepening the understanding of these mechanisms. It has also been observed that clinical applications of the Five Shu points predominantly focus on Jing, Shu, and He points, with less research on Ying and Jing points. Future studies could explore the mechanisms of action of Ying and Jing points and integrate modern technologies to expand their clinical indications. This would provide more comprehensive diagnostic and therapeutic solutions and promote the innovative development of acupuncture theory and practice.

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