

Earth Element: Spleen Points II (from: Davis, 2000)

SP-7 (*lòu gǔ*)

漏 *lòu*: to leak, to drip

谷 *gǔ*: valley

漏谷

Leaking Valley

Location: On the medial aspect of the leg, 6 cun superior to the tip of the medial malleolus, immediately posterior to the medial border of the tibia. The point is located 5 fen distal to the mid-point between SP-9 (Yin Ling Quan) and the tip of the medial malleolus.

Functions: Fortifies the Spleen and harmonizes the Stomach; moves Damp and disperses swelling; frees the Channels and quickens the Connecting Vessels; regulates Qi and Blood.

Indications: Abdominal distention; borborygmus; urinary tract infection; cold and numbness in the thigh and knee; paralysis of the lower limb.

Supplementary Indications: Pain associated with belching; sorrowfulness and counterflow Qi; weight loss despite normal appetite and food intake; inhibited urination; seminal loss; Damp Bi; Cold type Qi accumulations with pain; frigidity of the thighs and knees.

DEADMAN'S COMMENTARY

Although not a commonly used point clinically, Lougu SP-7 is indicated for "wasting of the muscles and flesh despite normal eating and drinking". This condition is referred to by Li Dong-yuan in the Treatise on the Spleen and Stomach which said "There are also cases of thinness despite eating well. [This is due to] hidden Stomach fire at the qi level resulting in large food intake; Spleen deficiency leads to withered flesh".

CLASSICAL COMBINATIONS

- Cold abdomen: Lougu SP-7 and Huiyang BL-35 (Supplementing Life).
- Difficult urination and seminal emission: Lougu SP-7, Zhongji REN-3, Ligou LIV-5, Chengfu BL-36 and Zhiyin BL-67 (Supplementing Life).

SP-8 (*dì jī*)

地 *dì*: earth

機 *jī*: crucial point; to cure; machine

地機

Earth's Crux

Location: On the medial aspect of the leg 3 cun distal to SP-9 (Yin Ling Quan), just posterior to the medial border of the tibia. The point is located 2.5 fen proximal to one quarter of the distance between SP-9 (Yin Ling Quan) and the tip of the medial malleolus.

Features & Categories: Xi-Cleft, Accumulation point of the Spleen Channel.

Functions: Harmonizes the Spleen and regulates Qi and Blood; harmonizes the Uterus; stops pain; removes obstruction from the Channel.

Indications: Abdominal distention; poor appetite; abdominal pain; diarrhea; dysentery; irregular menstruation; abnormal uterine bleeding; dysmenorrhea; menstrual disorders generally; urinary retention; nocturnal seminal emission; edema.

Supplementary Indications: Distention of the abdomen and lateral costal region; no desire to eat; inhibited or difficult urination; colic; hemorrhoids; concretions and conglomerations in women.

DEADMAN'S COMMENTARY

Diji SP-8 is the xi-cleft point of the Spleen channel. The xi-cleft points are where the qi and blood, which flow relatively superficially along the channels from the jing-well points, gather and plunge more deeply. The xi-cleft points in general are indicated in the treatment of acute conditions and pain, whilst the xi-cleft points of the yin channels have an additional action of treating disorders of blood.

The Spleen controls blood and its channel enters the lower abdomen, joining with the Conception vessel at Zhongji REN-3 and Guanyuan REN-4. Diji SP-8 has a specific and important action on resolving blood stasis in the uterus and lower abdomen, being indicated in the treatment of dysmenorrhoea, irregular menstruation, and abdominal masses in women due to either blood stasis or qi stagnation. A specific indication for this point mentioned in the Illustrated Classic of Acupuncture Points on the Bronze Man is a hot flowing sensation spreading down the inner thigh to the knee when pressure is applied to abdominal masses in women. As the xi-cleft point, Diji SP-8 is especially suited to treating acute conditions, and it is often combined with Hegu L.I.-4 in the treatment of acute dysmenorrhoea, both points being strongly reduced, often with the addition of electro-acupuncture.

Diji SP-8 has a secondary action of harmonising the Spleen and resolving damp, being indicated in the treatment of abdominal distention, poor appetite, difficult urination, oedema and leucorrhoea, especially when these symptoms accompany disorders of menstruation.

The affinity of Diji SP-8 for disorders of the lower abdomen is emphasised in various classics. The Investigation Into Points Along the Channels by Yan Zhen-shi of the Ming dynasty goes as far as to say "there is no disorder of the lower region that cannot be treated with Diji SP-8", whilst according to the Ode to Elucidate Mysteries Diji SP-8 dominates the lower region (Dabao SP-21 dominates the upper region and Tianshu ST-25 the middle region). In the correspondence system of early Chinese thought, the upper region is heaven, the middle region is man and the lower region is earth, hence the name of this point 'Earth Pivot'.

CLASSICAL COMBINATIONS

- Irregular menstruation: Diji SP-8 and Xuehai SP-10 (One Hundred Patterns).
- Cold-damp shan disorder: Diji SP-8, Daju ST-27 and Zhongdu LIV-6 (Systematic Classic).
- No pleasure in eating: Diji SP-8, Yinlingquan SP-9, Shuifen REN-9, Youmen KID-21 and Xiaochangshu BL-27 (Supplementing Life).
- Acute dysmenorrhoea: Diji SP-8 and Hegu L.I.-4.

SP-9 (*yīn líng quán*)

陰 *yīn*: yin, the complement of yang

陵 *líng*: mound, hill, tomb

泉 *quán*: a spring

陰陵泉

Yin Mound Spring

Location: On the medial aspect of the proximal leg at the posterior border of the tibia. The point is located in the depression inferior to the medial condyle of the tibia, at the point where the tibial shaft begins to flare into the medial condyle. This is at the approximate level of the tibial tuberosity. It is

often tender with firm palpation. LIV-7 (Xi Guan) is located 1 cun posterior to SP-9 (Yin Ling Quan).

Features & Categories: Water, Sea, Uniting-He point of the Spleen Channel.

Functions: Warms and moves the Middle Jiao; regulates the Spleen; transforms Damp stagnation; benefits the Lower Jiao; regulates the Waterways; dispels Wind Cold.

Indications: Abdominal distention; ascites; jaundice; enteritis; diarrhea; dysentery; edema; inhibited urination or incontinence; urinary tract infection; external genital pain; nocturnal seminal emission; impotence; nephritis; dysmenorrhea; knee pain.

Supplementary Indications: Cold or pain in the abdomen; distention of the abdomen; diarrhea with undigested food in the stool; no desire for food; urinary retention or incontinence; genital pain; seminal emission; Bi pain; pain in the lumbar, thigh or knee; beriberi with water swelling; hernia conglomeration.

DEADMAN'S COMMENTARY

The Essential Questions states "When the Spleen is diseased, damp is generated", "Damp, swelling and fullness all pertain to the Spleen", and "The lower is the first to suffer from dampness". Yinlingquan SP-9, the he-sea and water point of the Spleen channel, is an essential point in the treatment of disorders due to dampness and retention of fluid, especially in the lower jiao.

The Ode of the Essentials of Understanding states "Yinlingquan SP-9 opens and moves the water passages". The Spleen dominates the transportation and transformation of food and drink and, along with the Lung and Kidneys, is one of the three zang responsible for the correct distribution of body fluids. When the function of the Spleen is impaired (whether due to deficiency of qi or yang, obstruction by exterior dampness or damp-heat, or transverse invasion by Liver qi) its inability to transform fluids will lead to the accumulation of dampness, resulting in a wide range of symptoms throughout the body. Dampness may combine with pre-existing pathogenic heat, or simply transform to heat over time according to the law of 'similar transformation' expounded by Liu Wan-su. This 'law' describes how a guest will tend to transform according to the nature of the host, and applies equally to political diplomacy, military invasion and medicine. Since the human host is alive and therefore yang and warm, any guest, such as dampness, will over time take on this heat. Yinlingquan SP-9 is the foremost point on the Spleen channel for transforming and draining excess dampness and damp-heat, and compared with points such as Shangqiu SP-5, and especially Taibai SP-3, has relatively little action on tonifying deficiency patterns of the Spleen.

The he-sea points of the three leg yin channels, all water points, share the common property of draining dampness and damp-heat from the lower jiao. Ququan LIV-8 focuses primarily on the genital region (dominated by the Liver channel), and Yingu KID-10 on the urinary system (dominated by the Kidney channel). Because of the close relationship between dampness and the Spleen however, Yinlingquan SP-9 is able to treat all disorders of the lower jiao due to accumulation of dampness and damp-heat. It is indicated when these pathogens afflict the intestines (diarrhoea and dysenteric disorder), urinary system (difficult urination, retention of urine, painful urinary dysfunction) and genitals (leucorrhoea and pain of the genitals), whether acute and due to exterior pathogens or chronic and internally generated.

Despite the tendency of dampness to sink to the lower jiao, it may also affect other regions of the body. In the middle jiao, Yinlingquan SP-9 is able to treat dampness which obstructs the free flow of bile or qi and gives rise to jaundice, abdominal distention, fullness below the Heart (i.e. in the epigastrium) and poor appetite. The Investigation Into Points Along the Channels says "There is no pain of the middle and lower regions that cannot be treated with Yinlingquan SP-9".

The Spleen primary and sinew channels and the great luo-connecting channel from Dabao SP-21 all traverse the chest and lateral costal region. The action of Yinlingquan SP-9 on the upper jiao, although clinically less important, includes the treatment of heat in the chest, fullness of the lateral costal region, and dyspnoea with inability to lie down due to fluids overflowing into the Lung. Throughout the body as a whole, Yinlingquan SP-9 is able to treat oedema, and it is a widely used and important point for this purpose.

Finally, Yinlingquan SP-9 is an important point to treat disorders of the knee, particularly those accompanied by swelling. Indeed, because of its wide-ranging ability to resolve dampness, some practitioners use it to treat damp painful obstruction anywhere in the body.

CLASSICAL COMBINATIONS

- Oedema around the umbilical region: Yinlingquan SP-9 and Shuifen REN-9 (One Hundred Symptoms).
- Oedema of the four limbs: Yinlingquan SP-9, Sanyinjiao SP-6, Zhongdu LIV-6, Hegu L.I.-4, Quchi L.I.-11, Zhongzhu SJ-3, Yemen SJ-2, Xingjian LIV-2 and Neiting ST-44 (Great Compendium).
- Enuresis: Yinlingquan SP-9 and Yanglingquan GB-34 (Thousand Ducat Formulas).
- Obstructed urination: Yinlingquan SP-9, Qihai REN-6 and Sanyinjiao SP-6, followed by Yingu KID-10 and Daling P-7 (Great Compendium).
- Diarrhoea containing undigested food: reinforce Yinlingquan SP-9 and Sanyinjiao SP-6 (Spiritual Pivot).
- Cold or damp (dong) diarrhoea with undigested food: Yinlingquan SP-9, Rangu KID-2 and Jingmen GB-25 (Thousand Ducat Formulas).
- Heat in the chest with sudden diarrhoea: Yinlingquan SP-9 and Yinbai SP-1 (Thousand Ducat Formulas).
- Sudden turmoil disorder: Yinlingquan SP-9, Chengshan BL-57, Jiexi ST-41 and Taibai SP-3 (Great Compendium).
- No pleasure in eating: Yinlingquan SP-9, Diji SP-8, Shuifen REN-9, Youmen KID-21 and Xiaochangshu BL-27 (Supplementing Life).
- Pain of the Small Intestine that radiates to the umbilicus: Yinlingquan SP-9 and Yongquan KID-1 (Heavenly Star Points).
- Swelling of the knee that is difficult to endure: Yinlingquan SP-9 and Yanglingquan GB-34 (Ode of the Jade Dragon).
- Paralysis of the lower extremity: Yinlingquan SP-9, Huantiao GB-30, Yangfu GB-38, Taixi KID-3 and Zhiyin BL-67 (Great Compendium).

SP-10 (*xuè hǎi*)血 *xuè*: blood海 *hǎi*: sea

血海

Sea of Blood

Location: On the superior medial aspect of the knee, in the prominent muscular bulge of vastus medialis muscle. With the knee flexed to 90° the point is 2 cun proximal to the superior medial corner of the patella.

An alternative means of location is for the acupuncturist to place his/her left palm on the patient's right flexed knee (or vice-versa). The point is located at the tip of the thumb, which should be held at 45° from the palm.

Features & Categories: Intersecting point of Chong Mai (Penetrating Vessel) on the Spleen Channel, [from Carol Rogers, 1981].

Functions: Regulates and Cools the Blood; harmonizes Ying Qi and cools Heat; rectifies the Lower Jiao; regulates menstruation.

Indications: Irregular menstruation; amenorrhea; metrorrhagia; pain on the medial aspect of the thigh; eczema; urticaria; pruritis; erysipelas; neurodermatitis; anemia.

Supplementary Indications: Malign blood discharge from the uterus; painful, itching sores or red, swollen purulent sores on the medial aspect of the thigh; genital sores; urinary frequency, urgency, difficulty and incontinence.

DEADMAN'S COMMENTARY

The name of Xuehai SP-10 (Sea of Blood) reflects its pre-eminent role in treating various disorders at the blood level. It is generally recognised as having two principal actions:

- i. invigorating the blood and dispelling stasis, and
- ii. cooling the blood.

These two actions find their expression in its ability to treat a wide range of gynaecological and dermatological disorders due either to blood stasis or to heat in the blood.

As far as gynaecology is concerned, normal menstruation depends on a number of factors including the smooth circulation of blood. Impairment of blood circulation and consequent stasis may be due to a variety of causes including stagnation or deficiency of qi, traumatic injury, haemorrhage, penetration of cold or heat, chronic disease or emotional factors, and may give rise to many different disorders of menstruation. These include dysmenorrhoea and uterine bleeding characterised by severe fixed pain and the discharge of dark or clotted blood, and amenorrhoea accompanied by distention and pain, a purple coloured tongue and a choppy pulse.

By contrast, if heat enters the blood level, most frequently due to internally generated heat from the Liver or Heart or over-consumption of excessively heating foods, then two principal conditions may arise:

- i. the movement of blood may become reckless and overflow its bounds leading to profuse uterine bleeding, or less commonly,
- ii. the heat may dessicate the blood leading to amenorrhoea.

In both cases there will be signs of heat such as a red dry tongue and a rapid pulse. In fact, both the blood cooling and blood invigorating properties of Xuehai SP-10 come together in its ability to treat uterine bleeding. Blood heat is the most commonly seen pattern of uterine bleeding, but as well as cooling blood, treatment must emphasise resolving stasis, since any pathological bleeding may lead to pooling and stagnation of extravasated blood. This is expressed in the Chinese medicine saying "where there is haemorrhage there is stasis" .

The close inter-relationship between blood heat and blood stasis is further illustrated by the fact that blood heat may condense and dry the blood giving rise to stasis, as stated in the Treatise on Epidemic Warm Febrile Disease "Because latent stagnant fire evaporates the blood's fluid, the blood simmers and forms stasis".

Some authorities further attribute blood nourishing properties to Xuehai SP-10 and incorporate it into prescriptions for the treatment of blood deficiency. In the light of Xuehai SP-10's pre-eminence in invigorating blood, this action reflects the saying in Chinese medicine "if blood stasis is not transformed, new blood cannot be generated". This refers to situations where blood stasis has pooled outside the channels, leading directly to blood deficiency as sufficient blood is no longer available to nourish the body. This complex pattern of haemorrhage with both consequent blood stasis and blood deficiency is commonly encountered after childbirth and profuse uterine bleeding.

As far as dermatology is concerned, blood disharmony often plays a central role. The main dermatological patterns treated by Xuehai SP-10 are heat in the blood level characterised by red lesions, and blood stasis characterised by purple lesions. Xuehai SP-10 may also be used for the concomitant blood deficiency and stasis seen for example in eczema with thickening of the skin (lichenification) or post-herpetic neuralgia. Xuehai SP-10 may also be used to treat the manifestations of wind in skin diseases, the most important of which is intolerable itching. This illustrates the Chinese medicine saying "to treat wind first treat the blood; once blood moves wind will be dispelled".

Although the action of Xuehai SP-10 on invigorating and cooling blood is classically confined to the two principal areas of gynaecology and dermatology, there are in fact relatively few acupuncture points able to treat the blood directly. For this reason, its application may be extended to any disorder in the body with these pathologies. Thus the Song of the Primary Points of the Fourteen Channels says "Xuehai SP-10 can treat all blood diseases".

CLASSICAL COMBINATIONS

- Irregular menstruation: Xuehai SP-10 and Diji SP-8 (One Hundred Patterns).
- Amenorrhoea: Xuehai SP-10 and Daimai GB-26 (Supplementing Life).
- The five types of painful urinary dysfunction: Xuehai SP-10 and Qihai REN-6 (One Hundred Symptoms).
- The five types of painful urinary dysfunction: Xuehai SP-10 and Dadun LIV-1 (Song of Points).
- Running piglet qi in women: Xuehai SP-10, Sanyinjiao SP-6, Qimen LIV-14, Guanyuan REN-4, Zhongji REN-3 and Shimen REN-5 (Supplementing Life). Urticaria: Xuehai SP-10, Fengmen BL-12, Quchi L.I.-11 and Weizhong BL-40.

SP-11 (*jī mén*)箕 *jī*: winnowing basket; dustpan門 *mén*: door, gate

箕門

Winnower Gate

Location: On the antero-medial thigh 6 cun proximal to SP-10 (Xue Hai), on a line drawn between SP-10 and SP-12 (Chong Men). The proportional distance between SP-10 and SP-12 is 16 cun, so SP-11 (Ji Men) is located one third of the distance between these points, plus 7 fen proximally (one finger width).

Functions: Clears the head and moves Damp; promotes free flow through the Waterways.

Indications: Urinary retention; enuresis; urethritis; painful swelling of the groin; inguinal lymphadenitis; muscular atrophy; motor impairment.

Supplementary Indications: Dribbling urine with urinary retention; difficult urination.

CLASSICAL COMBINATIONS

- Enuresis: Jimen SP-11, Tongli HE-5, Dadun LIV-1, Panguangshu BL-28, Taichong LIV-3, Weizhong BL-40 and Shenmen HE-7 (Supplementing Life).

SP-12 (*chōng mén*)冲 (衝) *chōng*: surge, dash, flush, rinse; thoroughfare, hub門 *mén*: gate, door

冲門

Surging Gate

Location: At the lateral end of the inguinal groove, 3.5 cun lateral to Ren Mai point REN-2 (Qu Gu). The point is lateral to the femoral nerve and vessels.

Features & Categories: Intersection point of the Liver Channel of foot Jue Yin and Yin Wei Mai (Yin linking Vessel) on the Spleen Channel.

Functions: Rectifies flow of Qi; clears Heat and resolves Damp; tonifies Yin.

Indications: Abdominal pain; painful hernia; urinary retention; endometritis; orchitis.

Supplementary Indications: Abdominal Cold Qi fullness; painful accumulations and gathering in the abdomen; lactation difficulty; surging of the fetus into the heart region disturbing breathing.

DEADMAN'S COMMENTARY

Chongmen SP-12 is a coalescent point of the Yin Linking vessel. The Classic of Difficulties says "When the Yin Linking vessel is diseased, Heart pain will result". Chongmen SP-12 (Rushing Gate), like Qichong ST-30 (Rushing Qi), is indicated for foetal qi rushing up to the Heart. This condition, described by Zhu Dan-xi, manifests as distention, fullness and pain of the abdomen and Heart in a pregnant woman, and is common in the later stages of pregnancy.

CLASSICAL COMBINATIONS

- Abdominal fullness and abdominal (ji ju) masses: Chongmen SP-12 and Fushe SP-13 (Supplementing Life).
- The five types of painful urinary dysfunction with inability to urinate: Chongmen SP-12 and Dadun LIV-1 (Supplementing Life).

• Post-partum leucorrhoea and uterine bleeding: Chongmen SP-12 and Qichong ST-30 (One Hundred Symptoms).

SP-13 (*fǔ shè*)

府 *fǔ*: mansion, residence; (ancient: 腑 *fǔ*, *bowel*)

舍 *shè*: house, abode

府舍

Bowel Abode

Location: At the lateral end of the inguinal groove, 7 fen superio-lateral to SP-12 (Chong Men), 4 cun lateral to the anterior midline.

Features & Categories: Intersection point of the Liver Channel of foot Jue Yin and Yin Wei Mai (Yin linking Vessel) on the Spleen Channel.

Functions: Regulates flow of Qi; soothes the Liver and relieves pain.

Indications: Abdominal pain; painful hernia; glomus; appendicitis; inguinal lymphadenitis; adnexitis.

Supplementary Indications: Pain or swelling of the abdomen or scrotum; acute pain in the thigh; abdominal pain; accumulations and gatherings.

CLASSICAL COMBINATIONS

• Abdominal fullness and abdominal (ji ju) masses: Fushe SP-13 and Chongmen SP-12 (Supplementing Life).

CV-3 (*zhōng jí*)

中 *zhōng*: center, central

極 *jí*: pole (as in polar opposites), extreme

中極

Central Pole

Location: On the anterior midline of the lower abdomen, one cun superior to REN-2 (Qu Gu). The proportional distance between the middle of the umbilicus (REN-8, Shen Que) and the superior border of the pubic symphysis (REN-2, Qu Gu) is 5 cun. REN-3 (Zhong Ji) is located one fifth of the distance between these landmarks. KID-12 (Da He) is located 5 fen lateral to REN-3 (Zhong Ji), ST-29 (Gui Lai) is 2 cun lateral.

Features & Categories: Front Alarm-Mu, Collecting point of the Urinary Bladder Fu.

Intersection point of the Kidney Channel of foot Shao Yin, Spleen Channel of foot Tai Yin and Liver Channel of foot Jue Yin on Ren Mai.

Functions: Regulates the Uterus; warms the palace of Jing; frees the Urinary Bladder; rectifies the lower Jiao; resolves Damp Heat; clears Heat; supports the transforming functions of Qi in the lower Jiao.

Indications: Nocturnal seminal emission; impotence; premature ejaculation; enuresis; urinary retention; urinary frequency; urethritis; interrupted urinary flow; all urinary problems (especially acute); lower abdominal pain; irregular menstruation; metrorrhagia; dysmenorrhoea; vaginal discharge; leukorrhoea; prolapse of the uterus; infertility; genital pain; genital itch; vaginitis; gonorrhoea; nephritis; peritonitis; sciatica.

Supplementary Indications: Amenorrhoea; profuse uterine bleeding; red and white vaginal discharge; persistent flow of lochia; retention of afterbirth; hernia; edema; upsurging Kidney Qi or Liver Fire rushing up to the heart (if severe, causing respiratory difficulty); exhaustion of Yang Qi; white turbid urethral discharge; pain and burning on urination; Heat and pain in the abdomen; fainting; pain and vexation in the Heart; hunger with inability to eat; swelling and pain of the cervical canal (child gate); lower Yuan Deficiency and Cold; infertility.

DEADMAN'S COMMENTARY

Zhongji REN-3 is the front-mu point of the Bladder and a meeting point of the Conception vessel with the Spleen, Liver and Kidney channels. The term 'mu' means to gather or to collect, and the front-mu points are where the qi of the zangfu gathers and concentrates on the anterior surface of the body. Zhongji REN-3 therefore has a direct action on the Bladder fu. Urinary disorders characterised by retention, pain, frequency and urgency of urination may be excess or deficient in nature. Excess patterns include accumulation of dampness or damp-heat and stagnation of qi, and may be complicated by the presence of stones or bleeding. Deficiency patterns primarily involve deficiency of qi and yang. Due to its ability to regulate the qi transformation function of the Bladder, drain dampness and heat, and strengthen the Kidneys, Zhongji REN-3 is a primary point in the treatment of a variety of urinary disorders involving any of these disharmonies. In clinical practice however, Zhongji REN-3 is favoured for excess patterns, whilst Guanyuan REN-4 is favoured for deficiency patterns. By virtue of its ability to promote smooth urination, Zhongji REN-3 is also indicated for oedema.

The ability of Zhongji REN-3 to drain dampness and heat extends to the genital region where it is an important point for itching, swelling and pain as well as leucorrhoea and seminal emission. The Great Compendium of Acupuncture and Moxibustion specifically recommends Zhongji REN-3 for pain and swelling of the cervix.

The Spleen controls blood, the Liver stores blood, and the Kidneys and the Conception vessel dominate the uterus and conception. Zhongji REN-3, as a meeting point of all these channels, is able to regulate the uterus and menstruation and is primarily indicated for excess patterns giving rise to abdominal (zheng jia) masses, irregular or absent menstruation, infertility, and especially retention of the placenta or lochia.

The three leg yin channels of Spleen, Liver and Kidney all pass through and dominate the lower abdomen. As a meeting point of the Conception vessel with these three channels, Zhongji REN-3 therefore has a strong action on the lower abdomen as a whole, predominantly in excess patterns involving stagnation and accumulation of cold or heat. It is indicated for masses, shan disorder and severe twisting pain, and both hot and cold sensations in the abdomen.

Zhongji REN-3 is also used for the condition known as running piglet qi, particularly when due to Kidney yang deficiency with invasion of cold. According to the Essentials From the Golden Cabinet "Running piglet disorder arises from the lower abdomen; it rushes up to the throat with such ferocity that the patient feels he is close to death. It attacks and then remits. It is brought about by fear and fright".

Finally, Zhongji REN-3 is indicated for deficiency of yang qi and lower origin (yuan) deficiency. However, so great are the tonifying properties of Guanyuan REN-4 that in clinical practice this latter point is almost invariably used for this purpose. Like Guanyuan REN-4 also, Zhongji REN-3 is indicated for lumbar pain, reflecting the principle of selecting points from the front of the body to treat the back.

CLASSICAL COMBINATIONS

- Inability to urinate: Zhongji REN-3, Qugu REN-2, Shimen REN-5, Guanyuan REN-4 and Sanyinjiao SP-6 (Supplementing Life).
- Difficult urination and seminal emission: Zhongji REN-3, Ligou LIV-5, Lougu SP-7, Chengfu BL-36 and Zhiyin BL-67 (Supplementing Life).
- Seminal emission: Zhongji REN-3, Zhiyin BL-67 and Ququan LIV-8 (Supplementing Life).
- Pain of the penis: Zhongji REN-3, Taixi KID-3, Yuji LU-10 and Sanyinjiao SP-6 (Great Compendium).
- Sudden swelling, redness and pain of the vagina: Zhongji REN-3, Huiyin REN-1 and Sanyinjiao SP-6 (Great Compendium).
- Infertility: Zhongji REN-3 and Zigong (M-CA-18) (Great Compendium).
- Uterine bleeding: Zhongji REN-3 and Zigong (M-CA-18) (Great Compendium).
- Ceaseless uterine bleeding: Zhongji REN-3, Shimen REN-5, Zigong (M-CA-18) and Shenshu BL-23 (Great Compendium).
- Irregular menstruation: Zhongji REN-3, Sanyinjiao SP-6, Daimai GB-26, Qihai REN-6 and Shenshu BL-23 (Great Compendium).
- Inhibited menstruation: Zhongji REN-3, Sanyinjiao SP-6 and Zulinqi GB-41 (Great Compendium).
- Infertility: Zhongji REN-3 and Shangqiu SP-5 (Great Compendium).
- Retention of the placenta: reduce Zhongji REN-3 and Sanyinjiao SP-6 (Great Compendium).
- Retention of the placenta: Zhongji REN-3 and Jianjing GB-21 (Great Compendium).
- Retention of the placenta: Zhongji REN-3, Jianjing GB-21 and Sanyinjiao SP-6 (Meeting the Source).
- Ceaseless diarrhoea: Zhongji REN-3, Tianshu ST-25 and Zhongwan REN-12 (Great Compendium).

CV-4 (*guān yuán*)

關 *guān*: pass, passageway, gate; critical juncture;
to lock in

原 *yuán*: origin, original, source

關 原

Origin Pass

Location: On the anterior midline of the lower abdomen, 3 cun below the umbilicus. The proportional distance between the middle of the umbilicus and the superior border of the pubic symphysis is 5 cun. The point lies 3 cun inferior to REN-8 (Shen Que), and 2 cun superior to REN-2 (Qu Gu). KID-13 (Xi Xue) is located 5 fen lateral to REN-4 (Guan Yuan), ST-28 (Shui Dao) is 2 cun lateral.

Features & Categories: Front Alarm-Mu, Collecting point of the Small Intestine Fu. Intersection point of the Kidney Channel of foot Shao Yin, Spleen Channel of foot Tai Yin and Liver Channel of foot Jue Yin on Ren Mai.

Functions: Nourishes and tonifies the Kidneys; supplements Qi and strengthens Yang; warms and regulates the Uterus and the palace of Jing; nourishes Blood and Yin; dispels Cold Damp and eliminates Cold in the genitals; separates the Clear and the Turbid; benefits Yuan Qi and dispels Pathogens; strengthens the lower Jiao; safeguards health and prevents disease; calms the Shen.

Indications: Nocturnal seminal emission; enuresis; urinary frequency; urinary retention; urinary tract infections; irregular or painful menstruation, amenorrhoea and other menstrual disorders; vaginal discharge; leukorrhoea; scant metrorrhagia; functional uterine bleeding; prolapse of the uterus; postpartum hemorrhage; hernia; lower abdominal pain; indigestion; diarrhea; dysentery; prolapse of the rectum; Wind Deficiency patterns; impotence; peritonitis; nephritis; anxiety; vague fearfulness.

Supplementary Indications: Severe Deficiency patterns; all forms of Deficiency or general weakness; chronic disease; abdominal masses; infertility; persistent flow of lochia; sub-umbilical gripping pain gradually extending to the genitals; hematuria; difficult urination with dark-colored urine; Kidney Deficiency headache; heat stroke; dizziness and headache; upsurging Kidney Qi or Liver Fire; Cold Qi entering the lower abdomen; edema; Deficient Kidney dyspnea; lateral thoracic and peri-umbilical masses; blood in the stool; Deficiency or emaciation with thirst; coughing blood with tidal fever; round worms in the intestinal tract.

Contraindications: This point is contraindicated for acupuncture during pregnancy.

DEADMAN'S COMMENTARY

Guanyuan REN-4 is one of the principle acupuncture points to promote and foster the original qi, benefit essence, fortify Kidney yang and nourish Kidney yin. As well as Guanyuan (Gate of Origin) several of the numerous different names given to this point reflect its deeply tonifying properties, for example Mingmen (Gate of Life), Huangzhiyuan (Origin of Huang), Xuehai (Sea of Blood), Qihai (Sea of Qi), Dahai (Great Sea) and of course Dantian (Cinnabar Field). According to classical Chinese thought, the lower dantian, located in the lower abdomen and extending from Yinjiao REN-7 to Guanyuan REN-4, is the residence of the deepest energies of the body and the source of all movement. According to the Classic of Difficulties "The dynamic qi that moves between the Kidneys is [the basis] of human life, the source of the five zang and six fu, the root of the twelve channels, the door of respiration and the origin of the sanjiao". According to the Discourse into the Origin and Development of Medicines "Original qi is distributed to the five zang and forms the essence of the five zang. Where is the place of origin of the original qi? The Daoists believe it is dantian".

Due to its location at the heart of the lower dantian (cinnabar field) and its close relationship with the original qi and hence essence, Guanyuan REN-4 is an indispensable point to tonify and nourish the Kidneys. This action is made abundantly clear by the long list of classical indications which reads like a textbook description of Kidney deficiency. The Kidneys dominate the bones and lumbar region, and Guanyuan REN-4 is indicated for weakness, pain and cold sensations of the lumbar region and legs, especially in the middle-aged and elderly. In severe cases Kidney deficiency may give rise to withered ears, darkness of the complexion and Kidney taxation. According to the

Essential Questions "fear depletes the essence". Fear is closely linked to the Kidneys, and prolonged fear may injure and weaken the Kidneys and the essence, whilst Kidney deficiency may render a person prone to deep-seated fear. The powerful effect that fear may have on the body is reflected in classical sources which ascribe even deep-rooted bone ulcers and deficiency consumption to this aetiology. When the Kidneys are deficient and fail to dominate the Bladder there may be urinary frequency or enuresis. In all such cases Guanyuan REN-4 is of fundamental importance. Guanyuan REN-4 is also used for the condition known as running piglet qi, especially when due to Kidney yang deficiency with invasion of cold. According to the Essentials From the Golden Cabinet "Running piglet disorder arises from the lower abdomen; it rushes up to the throat with such ferocity that the patient feels he is close to death. It attacks and then remits. It is brought about by fear and fright". Not only may this pattern be induced by fear, but when the qi rushes upwards in this way it can induce uncontrollable anxiety and panic.

The Spleen controls blood, the Liver stores blood, and the Kidneys and the Conception vessel dominate the uterus and conception. Guanyuan REN-4, also known as Sanjiejiao (Triple Intersection), is a meeting point of the Conception vessel with these three channels and is an essential point to regulate the uterus and promote fertility. When Kidney deficiency leads to deficiency and coldness of what is known as the 'palace of the child' (i.e. the uterus) in women there may be infertility, amenorrhoea and cold leucorrhoea. The importance of this point in assisting conception is reflected in further alternative names, for example Zihu (Infant's Door) and Zigong (Infant's Palace). If deficiency of Kidney fire leads to coldness and weakness of the 'essence gate' in men, there may be seminal emission and impotence.

According to the True Lineage of Medicine "When Kidney origin (yuan) is abundant, then life is long, when Kidney origin (yuan) is in decline, life is short". For this reason, traditional health preservation practitioners in China recommend the regular application of moxibustion to Guanyuan REN-4 in later life.

The strong tonifying and nourishing action of Guanyuan REN-4 is not limited to the Kidneys alone. Since the Kidneys are the root of both the yin and yang of the body, and "the original qi is distributed to the five zang and forms the essence of the five zang", Guanyuan REN-4 may be used in the treatment of any profound deficiency of the zangfu, whether of qi, blood, yin or yang. Thus, for example, when the yin of the Kidneys and Lung is deficient, Guanyuan REN-4 may be used to treat taxation heat, deficiency consumption with cough, tidal fever with coughing of blood, Kidney deficiency dyspnoea, dyspnoea with inability to lie down, and wasting and thirsting disorder. When the Kidney fire fails to provide sufficient heat for the Spleen's transportation and transformation function there may be chronic diarrhoea, incontinence of the stool in the elderly, lethargy, weakness of the four limbs and undigested food (in the stool).

The action of Guanyuan REN-4 is not limited to tonifying deficiency, however. If exterior cold attacks the lower abdomen, and particularly the Liver channel, especially when there is underlying yang deficiency, there may be severe twisting lower abdominal pain radiating to the genitals and sudden painful shan disorder. These symptoms are commonly ascribed to disharmony of the Small

Intestine (Small Intestine qi pain), and this is the principal significance of the status of Guanyuan REN-4 as the front-mu point of the Small Intestine.

When damp-heat knots the Bladder there may be various kinds of urinary disorders characterised by frequency, urgency, pain and dark or bloody urination as well as an intense sensation of heat in the hypogastrium. Guanyuan REN-4 may be used to drain these excess pathogenic factors. According to Zhu Dan-xi "When the Kidneys are deficient the Bladder will generate heat", whilst the General Treatise on the Aetiology and Symptomatology of Diseases says "Where painful urinary dysfunction is concerned there is Kidney deficiency and Bladder heat". Guanyuan REN-4 is especially indicated when, as is commonly the case, deficiency and excess co-exist and there is underlying Kidney deficiency. Guanyuan REN-4 is also an important point in the treatment of post-partum disorders such as pain and persistent flow of lochia, which are also frequently due to a combination of deficiency and excess. Finally, due to its powerful ability to restore the yang, Guanyuan REN-4 is used to treat collapse of yang characterised by chills, breathlessness, minute pulse, profuse sweating and unconsciousness. In such cases, Guanyuan REN-4, in combination with Qihai REN-6 and Shenque REN-8, is treated by continuous indirect moxibustion.

CLASSICAL COMBINATIONS

- Wind dizziness and headache: Guanyuan REN-4, Fengmen BL-12, Kunlun BL-60, Tianyou SJ-16 and Guanchong SJ-1 (Thousand Ducat Formulas).
- Heat in the body with headache that comes and goes: Guanyuan REN-4 and Shendao DU-11 (Thousand Ducat Formulas).
- Distention of the lateral costal region: Guanyuan REN-4, Qimen LIV-14 and Shaoshang LU-11 (Thousand Ducat Formulas).
- Heat sensation and pain of the hypogastrium: Guanyuan REN-4, Weizhong BL-40, Zhaohai KID-6 and Taixi KID-3 (Thousand Ducat Formulas).
- Abdominal fullness that radiates to the back, one-sided swelling and sagging of the testicle: Guanyuan REN-4 [3 moxa cones] and Dadun LIV-1 [7 moxa cones] (Great Compendium).
- Running piglet qi in women: Guanyuan REN-4, Zhongji REN-3, Sanyinjiao SP-6, Shimen REN-5, Xuehai SP-10 and Qimen LIV-14 (Supplementing Life).
- Red and hesitant urinary flow: Guanyuan REN-4, Zhibian BL-54, Qihai REN-6 and Yanggang BL-48 (Supplementing Life).
- Inability to urinate: Guanyuan REN-4, Shimen REN-5, Zhongji REN-3, Qugu REN-2 and Sanyinjiao SP-6 (Supplementing Life).
- Dark urine: Guanyuan REN-4, Qihai REN-6, Taixi KID-3, Yingu KID-10, Shenshu BL-23 and Pangguangshu BL-28 (Great Compendium).
- Incontinence of faeces: Guanyuan REN-4 and Dachangshu BL-25 (Great Compendium).
- Difficulty in defecation: Guanyuan REN-4, Dazhong KID-4, Zhongliao BL-33, Chengjin BL-56, Taichong LIV-3, Chengshan BL-57, Taixi KID-3 and Zhongwan REN-12 (Supplementing Life).
- Ceaseless diarrhoea and dysenteric disorder: Guanyuan REN-4 and Taixi KID-3 (Thousand Ducat Formulas).

SP-14 (*fù jié*)腹 *fù*: abdomen結 *jié*: a knot; to tie, weave, congeal**腹結*****Abdominal Bind***

Location: On the anterior aspect of the abdomen, 4 cun lateral to Ren Mai. The point is located 1.3 cun inferior to SP-15 (Da Heng), on the lateral border of rectus abdominus muscle. [Some texts locate this point 3.5 cun laterally].

Functions: Warms the centre and dissipates Cold; rectifies Qi and downbears counterflow.

Indications: Pain in the umbilical region; painful hernia; diarrhea; constipation.

Supplementary Indications: Cough; susceptibility to fright and sorrow.

DEADMAN'S COMMENTARY

The name of Fujie SP-14 (Abdomen Knot) refers to its ability to resolve stagnation of qi in the abdominal region, especially in the area of the umbilicus. It is also able to regulate rebellious qi which either ascends to attack the Heart or which impairs the descending function of the Lung, leading to cough. Interestingly, Heart pain is an indication of disorder in the Yin Linking vessel, and whilst Chongmen SP-12, Fushe SP-13, Daheng SP-15 and Fuai SP-16 are coalescent points of this extraordinary vessel, Fujie SP-14 is not.

Fujie SP-14 also has the function of warming the lower jiao and scattering cold, particularly in the intestinal region, and is indicated for cold diarrhoea and dysenteric disorder.

CLASSICAL COMBINATIONS

- Rushing Heart: Fujie SP-14 and Xingjian LIV-2 (Supplementing Life).

SP-15 (*dà héng*)大 *dà*: great, big橫 *héng*: horizontal, crosswise**大橫*****Great Horizontal***

Location: On the anterolateral abdomen, 4 cun lateral to Ren Mai point REN-8 (Shen Que). The point is located on the mamillary line, on the lateral border of rectus abdominus muscle. [Some texts locate this point 3.5 cun laterally].

Features & Categories: Intersection point of Yin Wei Mai (Yin linking Vessel) on the Spleen Channel.

Functions: Regulates Qi and resolves Damp; strengthens the Spleen; strengthens the limbs; stops pain; promotes the function of the Large Intestine.

Indications: Dysentery; diarrhea; constipation; lower abdominal pain; intestinal paralysis; parasitic worms in the intestines.

Supplementary Indications: Great Wind contraction with counterflow Qi; dysentery; severe diarrhea; Cold pain in the lower abdomen; Cold Deficiency of the Middle Jiao; heat in the lower abdomen.

DEADMAN'S COMMENTARY

Daheng SP-15 is an important point for regulating the qi of the Large Intestine. It is indicated for the treatment of diarrhoea, especially of cold or damp type, and due to its ability to move the qi of the Large Intestine is also used in the treatment of constipation due to many different aetiologies. Both Daheng SP-15 and Tianshu ST-25, its neighbouring point, are effective in the treatment of a variety of disorders of the intestines. Clinically, however, Tianshu ST-25 is predominantly used for loose stools, diarrhoea and dysenteric disorder, whilst Daheng SP-15 is favoured for constipation.

Daheng SP-15 is also indicated and included in classical combinations for sadness, weeping and sighing. Whilst there is no special theoretical reason why Daheng SP-15 should have this action, it is interesting to compare it with its neighbouring points Taiyi ST-23 and Huaroumen ST-24 which also have several psycho-emotional indications.

CLASSICAL COMBINATIONS

- Arched back with sorrowful weeping: Daheng SP-15 and Tianchong GB-9 (One Hundred Patterns).
- Constipation: Daheng SP-15, Dachangshu BL-25 and Zhigou SJ-6.

CV-10 (*xià wǎn*)

下 *xià*: lower, below; to descend

腕 *wǎn* (*guǎn*): venter

下 腕

Lower Venter

Location: On the superior abdomen in the anterior midline, 2 cun superior to the centre of the umbilicus (REN-8, Shen Que). The proportional distance from the centre of the umbilicus to the xiphisternal junction (REN-16, Zhong Ting) is 8 cun. KID-17 (Shang Qu) is located 5 fen lateral to REN-10 (Xia Wan), ST-23 (Tai Yi) is 2 cun lateral.

Features & Categories: Intersection point of the Spleen Channel of foot Tai Yin on Ren Mai.

Functions: Assists movement and transformation in the Stomach and Intestines; promotes descent of Stomach Qi; disperses digestate accumulations and Qi Stagnation; tonifies the Spleen.

Indications: Indigestion; stomach pain; abdominal distension; epigastric or abdominal pain; prolapsed stomach; fullness after eating; acid regurgitation; dysentery; borborygmi; vomiting; untransformed digestate in stool; diarrhoea; contracture of pyloric sphincter.

Supplementary Indications: No pleasure in eating; dark-colored urine; abdomen hardness; palpable focal abdominal distension; Cold bowel Qi.

Contraindications: This point is contraindicated for moxibustion in cases of pregnancy.

DEADMAN'S COMMENTARY

Xiawan REN-10 (Lower Cavity) is also known as Xiaguan (Lower Controller). This point was traditionally considered to affect the lower portion of the Stomach, whilst Shangwan REN-13 (Upper Cavity) was considered to affect its upper portion. Between these two points lies Zhongwan REN-12 (Middle Cavity). The Spiritual Pivot states "When there is difficult ingestion and obstruction in the diaphragm, this indicates the pathogen is in the Stomach. When the disorder is in the upper cavity, then needle Shangwan REN-13 to restrain the rebellion and descend it. When the disorder is in the lower cavity, then needle Xiawan REN-10 to scatter and move it". The Song More Precious Than Jade says "when the Stomach is cold, Xiawan REN-10 is excellent" whilst the Systematic Classic of

Acupuncture and Moxibustion states "Xiawan REN-10 is the main point to use when food and drink are not digested and regurgitated after ingestion". The principal use of this point is in cases of food stagnation with such symptoms as abdominal fullness, epigastric pain, nausea and vomiting after eating, lack of appetite, and undigested food in the stools.

CLASSICAL COMBINATIONS

- Undigested food (in the stool), vomiting immediately after ingestion: first needle Xiawan REN-10 and then reduce Zusanli ST-36 (Thousand Ducat Formulas).
- Undigested food (in the stool): Xiawan REN-10, Zusanli ST-36, Liangmen ST-21, Sanyinjiao SP-6, Dachangshu BL-25, Sanjiaoshu BL-22 and Xuanshu DU-5 (Supplementing Life).
- Borborygmus: Xiawan REN-10 and Xiangshu ST-43 (One Hundred Symptoms).
- Hardness of the abdomen: Xiawan REN-10 and Zhongwan REN-12 (Ode of Spiritual Brightness).

CV-17 (*dàn zhōng*)

膻 *dàn*: the central area of the chest

中 *zhōng*: center, middle

膻 中

Chest Center

Location: On the anterior midline, midway between the nipples, level with the medial end of the 4th intercostal space. It is best if the patient is supine. Use of the nipples to locate this point is obviously not so relevant for females. It is located midway between Ren-16 (Zhong Ting) and Ren-18 (Yu Tang), about 1.6 cun from each point. The point is approximately located at the junction of the superior $\frac{3}{4}$ and inferior $\frac{1}{4}$ of the body of the sternum. It is often sensitive to pressure with palpation. KID-23 (Shen Feng) is located 2 cun lateral to this point.

Features & Categories: Meeting point of the Qi; Intersection point of the San Jiao Channel of hand Shao Yang and Small Intestine Channel of hand Tai Yang on Ren Mai. Front Alarm-Mu, Collecting point of the Pericardium Zang; front Alarm-Mu, Collecting point of the Upper Jiao. Point of the Sea of Qi (BL-10, ST-9, DU-15, DU-14, REN-17).

An alternative name for CV-17, REN-17 is **Shan Zhong, Chest Centre.**

Note: Ellis, Wiseman & Boss (1991, 1989) and O'Connor & Bensky (1981) both list REN-17 (Dan Zhong) as an Intersection point of the Spleen Channel of foot Tai Yin and Kidney Channel of foot Shao Yin on Ren Mai, even though these Meridians do not make this overt intersection. The Pericardium Channel of hand Jue Yin may intersect in a similar way at this point (Rogers, 1981), thereby establishing the Meridian connection from the Kidney Channel.

Functions: Regulates Qi and rectifies rebellious Qi counterflow; tonifies Qi; dispels Fullness from the chest; clears the Lung and resolves Phlegm; opens the chest and frees the diaphragm; benefits the breasts.

Indications: Dyspnea; asthma; bronchitis; hiccough; breathlessness; pain or fullness of the chest; tightness or constriction of the chest; (chronic) cough; chronic bronchitis; difficulty in swallowing; angina pectoris; palpitations; mastitis; lactation insufficiency; intercostal neuralgia; Phlegm obstruction of the chest; insufficient dispersing and descending action of Lung Qi; hiatus hernia.

Supplementary Indications: Wheezing dyspnea and shortness of breath; panting; cough and spitting blood; vomiting blood; chest pain; goitre; vomiting foamy phlegm; fainting; sudden pain and

vexation; Heart palpitations with sorrow and fear; tumors on the neck; lung abscess; difficulty swallowing food due to oesophageal dryness or constriction.

DEADMAN'S COMMENTARY

Shanzhong REN-17 is also known as Shangqihai (Upper Sea of Qi) and Danzhong (another name for the Pericardium). These alternative names reflect the status of Shanzhong REN-17 as both the hui-meeting point of qi and the front-mu point of the Pericardium. The term 'mu' means to gather or to collect, and the front-mu points are where the qi of the zangfu gathers and concentrates on the anterior surface of the body.

According to the Spiritual Pivot Shanzhong REN-17 is the 'sea of qi' (linking with Dazhui DU-14, Yamen DU-15 and Renying ST-9). This passage states "When the sea of qi is in excess there is fullness in the chest, urgent breathing and a red complexion. When the sea of qi is deficient, there is scanty energy insufficient for speech". These indications reflect the ability of Shanzhong REN-17 to regulate qi in the chest, as well as to treat breathlessness with inability to speak.

The Spiritual Pivot says that the gathering qi accumulates in the 'upper sea', with its lower pathway flowing down to Qichong ST-30 and its upper pathway entering the respiratory passages. Located in the centre of the chest, Shanzhong REN-17 has a strong effect on the gathering qi which in turn oversees both the Lung functions of dominating qi and controlling respiration and speech, and the Heart function of governing the blood and blood vessels. According to the Illustrated Supplement to The Classic of Categories Shanzhong REN-17 can treat "all types of uprising qi and dyspnoea". When the Lung fails to descend qi and control respiration, whether due to attack by exterior pathogens or to interior disharmony, there will be various manifestations of accumulation or rebellion of qi such as cough, dyspnoea, wheezing, asthma and fullness and oppression of the chest. Shanzhong REN-17 is an important local point to relieve such accumulation of qi in the chest and to descend rebellion of Lung qi. When the gathering qi is deficient, then both Lung and Heart qi will be deficient. In the Lung there will be shortness of breath, whilst if the Heart qi fails to move the blood and the blood vessels in the chest, there will be chest painful obstruction and pain of the Heart and chest with fullness and oppression. Shanzhong REN-17 is one of the primary points to regulate the gathering qi.

The action of Shanzhong REN-17 on descending rebellion of qi extends to the middle jiao, and it is able to restore harmony to the Stomach in cases of difficult ingestion, acid regurgitation, oesophageal constriction and vomiting.

Located midway between the breasts, Shanzhong REN-17 is a principal point in the treatment of insufficient lactation. According to Observations of Women by Zhang Jing-yue "Qi and blood in the Conception and Penetrating vessels in women transforms into menstrual blood when it descends, and into milk when it ascends; delayed or insufficient production of milk after delivery is due to deficiency of qi and blood", whilst the book Literati's Care of Parents states "Sobbing, crying, grief, anger or depression lead to obstruction of the milk passage". These two quotations illustrate the two main patterns underlying insufficient lactation, namely

- i. deficiency of qi and
- ii. blood and qi stagnation.

In either case, Shanzhong REN-17 may be used in combination with other suitable points, and is frequently found in combination with Shaoze SI-1 in classical combinations. Similarly, Shanzhong REN-17 is often used clinically in the treatment of distention and pain of the breast and breast abscess. Where any of these breast disorders is unilateral, the needle at Shanzhong REN-17 may be directed towards the affected side to induce qi sensation into the breast, whilst if the disorder is bilateral, the needle may be directed first to one side and then to the other.

CLASSICAL COMBINATIONS

- Dyspnoea and cough: Shanzhong REN-17 and Tiantu REN-22 (Ode of the Jade Dragon).
 - Cough: Shanzhong REN-17, Quepen ST-12 and Juke REN-14 (Thousand Ducat Formulas).
 - Rebellious qi cough: Shanzhong REN-17, Tianchi P-1, Tiantu REN-22, Jiexi ST-41 and Jianzhongshu SI-15 (Supplementing Life).
 - Asthma, inability to sleep at night and agitated mind: Shanzhong REN-17 and Tiantu REN-22 (Song of the Jade Dragon).
 - Shortness of breath and difficulty catching the breath with inability to speak: Shanzhong REN-17 and Huagai REN-20 (Thousand Ducat Formulas).
 - Abdominal fullness, shortness of breath with a rattling sound: moxa Shanzhong REN-17, Zhongfu LU-1 and Shenque REN-8 (Thousand Ducat Formulas).
 - Chest painful obstruction, Heart pain and fullness of the Heart and abdomen: Shanzhong REN-17 and Tianjing SJ-10 (Supplementing Life).
 - Pain of the diaphragm from accumulation of fluid that is difficult to endure: Shanzhong REN-17 and Juke REN-14 (One Hundred Symptoms).
 - Vomiting phlegm and watery saliva, dizziness that does not cease: Shanzhong REN-17, Yangxi L.I.-5, Gongsun SP-4 and Fenglong ST-40 (Complete Collection).
 - Vomiting clear (watery) saliva: Shanzhong REN-17, Zhongwan REN-12, Daling P-7 and Laogong P-8 (Great Compendium).
 - Absence of lactation: moxa Shanzhong REN-17 and reinforce Shaoze SI-1 (Great Compendium).
 - Absence of lactation: Shanzhong REN-17, Shaoze SI-1 and Hegu L.I.-4 (Great Compendium).
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