

# Stomach Points IV (from Davis, 2000)

## ST-37 (*shàng jù xū*)

上 *shàng*: upper

巨 *jù*: great, large

虛 *xū*: vacuous, empty; hollow

上 巨 虛

*Upper Great Hollow*

**Location:** On the proximal anterior leg, 6 cun distal to ST-35 (Du Bi), and one (middle) finger breadth lateral to the anterior crest of the tibia in tibialis anterior muscle. The proportional distance between ST-35 (Du Bi) and ST-41 (Jie Xi) is 16 cun, so ST-37 (Shang Ju Xu) is located 2 cun proximal to the midway point between these landmarks. This is 3 cun distal to ST-36 (Zu San Li).

**Features & Categories:** lower Sea, Uniting-He point of the Large Intestine Channel; intersection point of the Large Intestine Channel of hand Yang Ming on the Stomach Channel. Point of the Sea of Blood (BL-11, ST-37, ST-39).

**Functions:** Regulates the Spleen and harmonizes the Stomach; frees the Intestines, eliminates accumulations and transforms Stagnation; clears and resolves Damp Heat in the lower Jiao; frees the Channels and regulates Qi; clears food retention; calms asthma.

**Indications:** Abdominal pain or distension; indigestion; dysentery; borborygmi; diarrhea; constipation; enteritis; gastritis; appendicitis; hemiplegia; beriberi; dyspnoea; asthma.

**Supplementary Indications:** Stomach and Spleen Deficiency; diarrhea; fullness of the chest and lateral costal region; swelling of the knee; pain in the navel; sharp pain in the intestines; untransformed digestate; Deficient conditions; paralysis due to stroke.

### DEADMAN'S COMMENTARY

The Yellow Emperor's Inner Classic stated "The Large and Small intestines fall under the influence of the Stomach" and classified Shangjuxu ST-37 as the lower he-sea point of the Large Intestine. The three yang channels of the arm (Large Intestine, Small Intestine and Sanjiao) are unique in that whilst the channels traverse the upper jiao, their respective fu belong to the lower jiao. Thus although the Spiritual Pivot states that the "He-sea points treat disorders of the internal fu", the he-sea points of these three channels (Quchi L.I.-11, Xiaohai SI-8, and Tianjing SJ-10 respectively) have relatively little action on their related fu. The Large and Small Intestines and the Sanjiao, however, each have a lower he-sea point (Shangjuxu ST-37, Xiajuxu ST-39 and Weiyang BL-39) which predominantly treat disorders of their respective fu.

Shangjuxu ST-37 is an important point in the treatment of a wide range of intestinal disorders. It is especially effective in the treatment of diarrhoea and dysenteric disorder, whether due to deficiency, cold, dampness, or damp-heat, and in recent times has been much used in the treatment of bacillary dysentery.

Shangjuxu ST-37 is also used in the treatment of stagnation and obstruction of the intestines, giving rise to distention and pain of the abdomen, constipation and intestinal abscess. This comprehensive ability of Shangjuxu ST-37 to regulate the intestines was referred to in the earliest classics. For example, the Systematic Classic of Acupuncture and Moxibustion recommends

Shangjuxu ST-37 for "heat in the Large Intestine, diarrhoea containing undigested food and borborygmus", whilst the tenth century classic Sage-like Prescriptions from the Taiping Era recommends it for insufficiency of Large Intestine qi.

Some classics ascribe qi tonifying actions to this point, for example "deficiency and weakness of Spleen and Stomach, insufficiency of zang qi, shortness of breath etc." These may be explained by the beneficial effect that firming the intestines in cases of loose stool and diarrhoea will have on the transportation and transformation function of the Spleen. It is also worth noting that acupuncture points immediately distal or proximal to very powerful points, often share some of their functions and indications. It is as though the influence of Zusanli ST-36 is so great that it can resonate onto Shangjuxu ST-37.

According to the Spiritual Pivot Shangjuxu ST-37 is a point of the 'sea of blood'. This passage says "The Penetrating vessel is the sea of the twelve channels (i.e. the sea of blood). In the upper it is conveyed to Dazhu BL-11, and in the lower it emerges at both Shangjuxu ST-37 and Xiajuxu ST-39... When the sea of blood is in excess, there is a sensation as if the body were big; one feels disquiet, but does not know what disease there is; when the sea of blood is insufficient, one has the sensation of one's body being small; one feels reduced but does not know what could be the illness". Despite this passage it is worth noting that such indications are not found in later texts.

In common with many points of the Stomach channel, Shangjuxu ST-37 is especially effective in treating disorders of the lower limb as a whole. This action is explained by the saying "Yangming channels are abundant in qi and blood". The ability of Shangjuxu ST-37 to promote the flow of smooth qi and blood throughout the leg renders it effective in the treatment of hemiplegia, leg qi, weakness of the leg, swelling of the knee and all kinds of atrophy disorder and painful obstruction, whether due to excess or deficiency patterns.

Finally, the Essential Questions includes Shangjuxu ST-37 among the eight points to clear heat from the Stomach (bilateral Qichong ST-30, Zusanli ST-36, Shangjuxu ST-37 and Xiajuxu ST-39).

#### CLASSICAL COMBINATIONS

- Yellow and difficult urination: Shangjuxu ST-37 and Xiajuxu ST-39 (Systematic Classic).
- Bacillary dysentery: Shangjuxu ST-37, Tianshu ST-25 and Quchi L.I.-11.

## ST-38 (*tiáo kǒu*)

條 *tiáo*: a long and narrow item, ribbon

口 *kǒu*: mouth, opening

條 口

### *Ribbon Opening*

**Location:** On the anterior leg midway between the lateral 'knee eye' (ST-35, Du Bi) and the anterior ankle crease between the malleoli (ST-41, Jie Xi). The proportional distance between these points is 16 cun, so ST-38 (Tiao Kou) is located 8 cun distal to ST-35 (Du Bi) and 8 cun proximal to ST-41 (Jie Xi). It is located one (middle) finger breadth lateral to the anterior crest of the tibia.

**Functions:** Soothes the Sinews and quickens the Connecting Vessels; warms the Channels and dissipates Cold; removes obstructions from the Channel.

**Indications:** Atony or paralysis of the lower limb; numbness, soreness or pain of the knee or leg; sciatic neuralgia; arthritis of the knee; motor impairment of the foot; stomach ache; enteritis; shoulder stiffness, inflammation or pain.

**Supplementary Indications:** Pain in the lower leg; pain in the Stomach region; abdominal pain; intestinal pain; dysentery; sore pharynx; swelling of the knee and thigh; Cold pain and swelling.

#### DEADMAN'S COMMENTARY

Tiaokou ST-38 is either used as a local point in the treatment of a variety of disorders of the leg, or more commonly as an important empirical point in the treatment of shoulder disorders. For this latter use, Tiaokou ST-38 is normally needled on the affected side, with the patient sitting. After qi is obtained, the patient is asked to move the shoulder around the area of pain whilst the needle is manipulated at Tiaokou ST-38. In most cases, pain will be relieved and mobility increased immediately. This procedure is normally followed by needling of appropriate local and distal points. Although the ability of this point to treat shoulder disorders with great effectiveness may be partially explained by the close link between the Stomach and Large Intestine channels, this is first and foremost an example of the empirical use of acupuncture points.

#### CLASSICAL COMBINATIONS

- Heat in the sole of the foot with inability to stand for long: Tiaokou ST-38, Zusanli ST-36, Chengshan BL-57 and Chengjin BL-56 (Thousand Ducat Formulas).
- Flaccidity of the legs with difficulty in walking: first needle Xuanzhong GB-39 then needle Tiaokou ST-38 and Chongyang ST-42 (Secrets of the Heavenly Star).
- Shoulder pain: Tiaokou ST-38 and local points.

## ST-39 (*xià jù xū*)

下 *xià*: lower

巨 *jù*: great, large

虛 *xū*: hollow, deficiency, vacancy

## 下巨虛

*Lower Great Hollow*

**Location:** On the anterior leg 1 cun distal to ST-38 (Tiao Kou), and one (middle) finger breadth lateral to the anterior crest of the tibia. This is 3 cun below ST-37 (Shang Ju Xu). The proportional distance between ST-35 (Du Bi) and ST-41 (Jie Xi) is 16 cun. ST-39 (Xia Ju Xu) is located 1 cun distal to the midway point between these points.

**Features & Categories:** lower Sea, Uniting-He point of the Small Intestine Channel; intersection point of the Small Intestine Channel of hand Tai Yang on the Stomach Channel. Point of the Sea of Blood (BL-11, ST-37, ST-39).

**Functions:** Regulates the Stomach and Intestines; clears Heat and resolves Damp; disperses Wind; clears the Bowels and transforms Stagnation; eliminates pain.

**Indications:** Lower abdominal pain; acute or chronic enteritis; borborygmi; flatulence; backache referring to the testicles; mastitis; atony, paralysis, numbness or pain of the lower limb; dark, yellow urine.

**Supplementary Indications:** Stomach Heat; abdominal pain; diarrhea and dysentery; mania and withdrawal; swelling and pain in the shin.

**DEADMAN'S COMMENTARY**

The Yellow Emperor's Inner Classic stated "The Large and Small intestines fall under the influence of the Stomach" and classified Xiajuxu ST-39 as the lower he-sea point of the Small Intestine. The three yang channels of the arm (Large Intestine, Small Intestine and Sanjiao) are unique in that whilst the channels traverse the upper jiao, their respective fu belong to the lower jiao. Thus although the Spiritual Pivot states that the "He-sea points treat disorders of the internal fu", the he-sea points of these three channels (Quchi L.I.-11, Xiaohai SI-8, and Tianjing SJ-10 respectively) have relatively little action on their related fu. The Large and Small Intestines and the Sanjiao, however, each have a lower he-sea point (Shangjuxu ST-37, Xiajuxu ST-9 and Weiyang BL-39) which predominantly treat disorders of their respective fu.

Xiajuxu ST-39 may be used in two principal patterns of the Small Intestine, namely Small Intestine qi pain and Small Intestine deficient and cold. The former is characterised by severe pain of the lower abdomen which radiates to the waist and lumbar region and down to the testicles. The latter is characterised by (dull) lower abdominal pain (which is improved with warmth and pressure) and chronic diarrhoea or dysenteric disorder etc. Xiajuxu ST-39 is further able to treat diarrhoea and dysenteric disorder due to damp heat which give rise to pus and blood in the stool.

The Essential Questions includes Xiajuxu ST-39 among the eight points to clear heat from the Stomach, emphasising that as well as being the he-sea point of the Small Intestine, this point lies on the Stomach channel and is indicated for heat in the channel giving rise to disorders such as breast abscess, dry lips and throat painful obstruction. Unusually, Xiajuxu ST-39 is also clearly ascribed some ability to regulate the Small Intestine channel, reflected in such indications as extreme sensation of cold and heat in the shoulder, heat sensation in the area between the ring and little fingers, and burning sensation in front of the ears.

For a discussion of Xiajuxu ST-39 as a point of the 'sea of blood' refer to the commentary on Shangjuxu ST-37.

Finally, Xiajuxu ST-39 belongs to yangming channel which is abundant in qi and blood, and is similar to points such as Zusanli ST-36 and Shangjuxu ST-37 in its ability to treat disorders of the lower limb. It is indicated for painful obstruction and atrophy disorder of the lower limb and foot, hemiplegia and heel pain.

**CLASSICAL COMBINATIONS**

- Diarrhoea and dysenteric disorder with pus and blood: Xiajuxu ST-39, Youmen KID-21 and Taibai SP-3 (Supplementing Life).
- Manic raving: Xiajuxu ST-39 and Qiuxu GB-40 (Thousand Ducat Formulas).
- Fullness of the chest and lateral costar region radiating to the abdomen: Xiajuxu ST-39, Qiuxu GB-40, Xiaxi GB-43 and Shenshu BL-23 (Great Compendium).
- Breast abscess: Xiajuxu ST-39, Zusanli ST-36, Xiaxi GB-43, Yuji LU-10, Weizhong BL-40, Zulinqi GB-41 and Shaoze SI-1 (Great Compendium).

**ST-40** (*fēng lóng*)豐 *fēng*: abundant, great, bountiful隆 *lóng*: prosperous; swell, bulge

豐隆

*Bountiful Bulge*

**Location:** On the anterolateral leg midway between ST-35 (Du Bi) and ST-41 (Jie Xi). The proportional distance between these points is 16 cun, so ST-40 (Feng Long) is located 8 cun distal to ST-35 (Du Bi) and 8 cun proximal to ST-41 (Jie Xi). The point is located one (middle) finger breadth directly lateral to ST-38 (Tiao Kou), which places it two finger breadths lateral to the anterior crest of the tibia.

**Features & Categories:** Luo-Connecting point of the Stomach Channel, connecting to the Spleen Channel of foot Tai Yin.

**Functions:** Harmonizes the Stomach; transforms Phlegm and Damp; clears Heat; opens the chest and soothes dyspnoea; calms the Shen.

**Indications:** Chest pain; cough; asthma; copious phlegm; sore, swollen throat; loss of locomotive power, pain, and swelling of lower limbs; headache; dizziness; vertigo; mania and withdrawal; epilepsy; anxiety; fears and phobias; hemiplegia.

**Supplementary Indications:** Counterflow of Qi; throat Bi and sudden loss of voice; Connecting Vessel Fullness or Deficiency; mania and withdrawal; impaired motor function or paralysis of the lower limbs; atrophy of the calves; vomiting; constipation; beriberi; headache; vexation; swelling of the face; swelling of the limbs; amenorrhoea; abnormal uterine bleeding; Phlegm diseases.

**DEADMAN'S COMMENTARY**

Fenglong ST-40 is the single most important acupuncture point to transform phlegm in the body, whatever its origin. Phlegm may be formed when:

- i. stagnation of Liver qi impairs the circulation of fluids which then congeal into phlegm,
- ii. excess or deficiency heat condense body fluids (phlegm is known as the 'substantial part of fire', and fire the 'non-substantial part of phlegm') or
- iii. any or all of the three zang responsible for fluid transformation and transportation are deficient (the Lung in the upper jiao, the Spleen in the middle jiao and the Kidneys in the lower jiao).

Of all these, disharmony of the transportation and transformation function of the Spleen is clinically the most important, thus the Essential Questions says "The Spleen is the origin of phlegm" and "When water, grain and body fluids do not flow, they will accumulate and form phlegm-fluid (tanyin)". When the Spleen transportation and transformation function is impaired, therefore, body fluids collect and over time transform to phlegm, which may then transmit to other zangfu and regions of the body. Furthermore, it is a general treatment principle that the Spleen should be regulated in the treatment of phlegm of any aetiology, to assist in its transformation. Fenglong ST-40 is the point from which the Stomach luo-connecting channel connects with its associated Spleen channel. The Guide to the Classics of Acupuncture states "the luo-connecting points are located between two channels ... if they are punctured, symptoms of the interiorly-exteriorly related channels can be treated". Traditionally, Fenglong ST-40 has been used to treat any accumulation of phlegm, especially affecting the Lung, Heart, throat and head.

According to a saying of Chinese medicine, "The Spleen is the origin of phlegm and the Lung is the container of phlegm". When phlegm obstructs the descent of Lung qi, or when Lung qi deficiency is unable to descend the fluids, there may be coughing, wheezing and asthma characterised by copious expectoration of phlegm. When cold predominates, the phlegm will be clear or white, whilst when heat predominates, the phlegm will be yellow, green or brown. Whether cold or hot, Fenglong ST-40 is an essential point to transform phlegm in the Lung.

Both the primary and sinew channels of the Stomach pass through the chest, and Fenglong ST-40 has long been considered a pre-eminent point in the treatment of chest pain. If phlegm obstructs the free movement of qi and blood in the chest there may be fullness, oppression and stabbing pain. Such is its affinity for the chest, however, that Fenglong ST-40 may be used in the treatment of any kind of chest pain including sprain and injury of the chest muscles.

The pattern of phlegm or phlegm-fire misting or deranging the Heart and spirit principally occurs when severe emotional depression leads to stagnation of qi. Stagnant qi can no longer distribute body fluids, which coagulate to form phlegm. Phlegm then obstructs the portals of the Heart, disrupting the spirit. Pronounced or prolonged stagnation of qi and phlegm may transform into fire resulting in phlegm-fire, which may be further complicated by over-consumption of greasy and spicy food and alcohol. When the fire aspect of phlegm-fire is intense, the patient suffers from 'kuang', or mania disorder, with such symptoms as mad laughter and wild and intense behaviour. When the phlegm aspect predominates, with relatively less fire, the patient suffers from 'dian', characterised by mental confusion, lethargy and stupor.

The ability of Fenglong ST-40 to transform phlegm, combined with the fact that the Stomach divergent channel connects with the Heart, and the Stomach primary channel with the Governing vessel (and thus the brain) at Shenting DU-24 and Renzhong DU-26, renders it particularly suitable in treating these disorders.

The Stomach luo-connecting channel from Fenglong ST-40 joins with all the yang channels in the head region. If phlegm-damp obstructs the upper jiao and the head, it may impair the ascent of clear yang to the head and sensory orifices, giving rise to dizziness and headache characterised by a heavy and clouded sensation. If interior wind rushes upwards, carrying phlegm with it, this is known as wind-phlegm and may give rise to such symptoms as epilepsy and severe dizziness. The Stomach luo-connecting channel terminates at the throat, and if stagnant qi impairs the ability of the Lung and Stomach to descend the fluids, phlegm is formed and combines with stagnant qi to obstruct the throat, giving rise to plumstone qi (globus hystericus) a sensation of throat blockage which worsens or ameliorates according to fluctuations in the emotional state and which is normally associated with stagnation of qi and phlegm.

A great variety of disorders affecting any region of the body may be caused by phlegm. This is expressed in the Chinese medicine sayings "There is no place that phlegm cannot reach", "The hundred diseases all pertain to phlegm", "Strange diseases often involve phlegm", and "Chronic disease often involves phlegm". Whatever the manifestations, if phlegm is a component of the pathology, Fenglong ST-40 is indicated.

Like many points of the foot yangming Stomach channel which is abundant in qi and blood, Fenglong ST-40 is indicated for channel disorders such as atrophy disorder and painful obstruction of the lower leg. Due to its ability to transform phlegm, Fenglong ST-40 is especially indicated in the treatment of hemiplegia due to wind-phlegm in the channels.

Finally the Great Compendium of Acupuncture and Moxibustion gives specific indications for excess and deficiency of the luo-connecting points. In the case of Fenglong ST-40, these are mania-depression (excess); lack of control of the legs and withering of the lower legs (deficiency).

#### CLASSICAL COMBINATIONS

- All phlegm disease, head wind, dyspnoea and cough, all types of phlegm-fluid (tanyin): Fenglong ST-40 and Zhongwan REN-12 (Outline of Medicine).
- Cough with phlegm: Fenglong ST-40 and Feishu BL-13 (Ode of the Jade Dragon).
- Vomiting phlegm and watery saliva, dizziness that does not cease: Fenglong ST-40, Yangxi L.I.-5, Gongsun SP-4 and Shanzhong REN-17 (Complete Collection).
- Stabbing pain of the chest: Fenglong ST-40 and Qiuxu GB-40 (Thousand Ducat Formulas).
- Headache that is difficult to endure: Fenglong ST-40 and Qiangjian DU-18 (One Hundred Symptoms).
- Head wind and dizziness: Fenglong ST-40, Hegu L.I.-4, Jiexi ST-41 and Fengchi GB-20 (Great Compendium).
- Facial swelling: Fenglong ST-40, Tianshu ST-25, Lidui ST-45, Xiangu ST-43 and Chongyang ST-42 (Thousand Ducat Formulas).
- Mania disorder with rash behaviour, desires to ascend to high places and sing, discards clothing and runs around: Fenglong ST-40 and Chongyang ST-42 (Thousand Ducat Formulas).
- Loss of voice: Fenglong ST-40, Tiantu REN-22, Rangu KID-2, Yingu KID-10, Fulu KID-7 and Lingdao HE-4 (Illustrated Supplement).

## ST-41 (*jiě xī*)

解 *jiě*: separate, divide, untie, undo

谿 *xī*: brook, stream, gorge, ravine

## 解谿

*Ravine Divide*

**Location:** At the anterior ankle, on a line drawn between high point of each malleolus. The point is located in the depression between the tendons of extensor hallucis longus and extensor digitorum longus muscles. This is at the centre of the anterior aspect of the ankle.

**Features & Categories:** Fire, River, Traversing-Jing point of the Stomach Channel.

**Functions:** Supports Spleen Qi; transforms Damp and Stagnation; eliminates Wind; clears Stomach Heat; stabilizes the Shen; brightens the eyes; removes obstructions from the Channel.

**Indications:** Swelling of the head and face; headache; sore throat; dizziness; vertigo; abdominal distension; constipation; enteritis; pain and diseases of the ankle joint and surrounding soft tissues; atrophy, pain, paralysis or impaired locomotive ability of the lower limbs; footdrop; withdrawal behavioural patterns; nephritis; epilepsy; seizures.

**Supplementary Indications:** Eye diseases; pain in the foot or knee; cholera and cramp; belching; Stomach Heat; pain in the mouth; delirious speech; malarial disease; heaviness of the thigh and knee;

Sinew Bi; reddening of the eyes and face; pain in the foot or ankle; severe palpitations; palpitations; swelling of the abdomen; swelling of the shin.

### DEADMAN'S COMMENTARY

It is an important principal of the five shu points that the more distal they are (i.e. close to the fingers or toes), the stronger their effect on treating their corresponding channel as a whole, and the opposite end of the channel in particular, whilst the more proximal they are (close to the knee and elbow), the more pronounced their action on the internal fu and the trunk and body portion of the channel.

In terms of the Stomach channel Jiexi ST-41, the jing-river and fire point, lying as it does between the two extremes, has an equally important effect on clearing heat from both the channel and the fu.

The effect of Jiexi ST-41 on clearing heat from the Stomach channel, especially the upper part, is reflected in its ability to treat pain, swelling and inflammation in the yangming portion of the head, manifesting as frontal headache, redness of the face and eyes, mouth pain etc. Although swelling of the face is usually differentiated as either Spleen yang deficiency, or Lung qi deficiency complicated with invasion of exterior wind, Jiexi ST-41 is indicated here by virtue of its action of clearing the yangming channel which governs the face.

When heat accumulates in the Stomach fu it may:

- i. impair the descending function of the Stomach giving rise to abdominal distention and belching,
- ii. cause excessive hunger due to hyperactivity of yang, or
- iii. desiccate the fluids in the Stomach and intestines leading to hunger with inability to eat and constipation.

Jiexi ST-41 is indicated in all three patterns.

Stomach fire may ascend along the Stomach divergent channel to the Heart, and along the Stomach primary channel which connects with the Governing vessel (and thus the brain) at Shenting DU-24 and Renzhong DU-26. The resulting disturbance of the spirit and Heart may give rise to various emotional disorders, especially of the manic kind, and palpitations associated with emotional changes such as fright. Jiexi ST-41 has a dual ability to clear heat from the Stomach and to calm and sedate the spirit.

Finally, Jiexi ST-41 is an important and much-used point in disorders of the lower leg. It is frequently combined with Biguan ST-31 and Zusanli ST-36 in the 'chain and lock' method for the treatment of atrophy disorder and hemiplegia. It may also be used as a distal point for disorders of the knee joint, and is important in the treatment of local disorders of the foot and ankle. For this purpose it may be directed laterally towards Qiuxu GB-40 for disorders of the middle and lateral portions of the ankle, and towards Shangqiu SP-5 for disorders of the middle and medial portions of the ankle. Needling to join with Shangqiu SP-5 is also applied for dual disharmony of the Stomach and Spleen.

### CLASSICAL COMBINATIONS

- Head wind with a splitting sensation, pain between the eyebrow and the eye: Jiexi ST-41, Hegu L.I.-4 and Yangbai GB-14 (Classic of the Jade Dragon).
- Head wind, redness of the face and eyes: Jiexi ST-41 and Tongli HE-5 (Great Compendium).

- Head wind and dizziness: Jiexi ST-41, Hegu L.I.-4, Fenglong ST-40 and Fengchi GB-20 (Great Compendium).
- Stagnation of food in the mid-abdomen, stabbing pain that does not cease: Jiexi ST-41, Zusanli ST-36, Gongsun SP-4 and Zhongwan REN-12 (Complete Collection).
- Sudden turmoil disorder: Jiexi ST-41, Jueque REN-14, Guanchong SJ-1, Zhigou SJ-6 and Gongsun SP-4 (Systematic Classic).
- Sudden turmoil disorder: Jiexi ST-41, Yinlingquan SP-9, Chengshan BL-57 and Taibai SP-3 (Great Compendium).
- Fright palpitations and pounding of the Heart: Jiexi ST-41 and Yangjiao GB-35 (One Hundred Symptoms).
- Madness: Jiexi ST-41 and Shenmai BL-62 (Thousand Ducat Formulas).
- Weeping with grief: Jiexi ST-41, Xinshu BL-15, Shenmen HE-7 and Daling P-7 (Supplementing Life).
- Rebellious qi cough: Jiexi ST-41, Tianchi P-1, Tiantu REN-22, Shanzhong REN-17 and Jianzhongshu SI-15 (Supplementing Life).

## ST-42 (*chōng yáng*)

沖 *chōng*: to flush, rinse, dash; thoroughfare  
陽 *yáng*: yang, the complement of yin

沖陽

*Surging Yang*

**Location:** On the high point of the dorsum of the foot, where the pulse of dorsalis pedis artery may be felt. Other aids to location include:

i) 1.5 cun distal to ST-41 (Jie Xi). ii) between the tendons of extensor hallucis longus and extensor digitorum longus muscles. iii) superficial to the middle cuneiform bone.

**Features & Categories:** Yuan-Source point of the Stomach Channel.

**Functions:** Benefits Stomach and Spleen; supports Earth and transforms Damp; harmonizes the Stomach and stabilizes the Shen; removes obstructions from the Channel.

**Indications:** Wryness of the mouth; headache; facial paralysis; (upper jaw) toothache; atrophy and motor impairment of the foot/lower limb; pain, redness or swelling of the dorsum of the foot; mental illness.

**Supplementary Indications:** Swelling of the head and face; aching among the upper teeth; abdominal swelling; mania and withdrawal; malarial disease; Wind heaviness in the head; pain in the forehead; abdominal distension with no desire to eat; insanity; no strength in upper or lower limbs.

### DEADMAN'S COMMENTARY

In terms of its actions and indications Chongyang ST-42, the yuan-source point of the Stomach channel, is similar to Jiexi ST-41, although less commonly used in current-day clinical practice.

Chongyang ST-42 is located over the pulsation of the dorsalis pedis artery, and the Essential Questions suggests that the knee be raised in order to allow the artery to pulsate more clearly and thus assist in locating this point. This advice is echoed by the traditional observation that if the point Zusanli ST-36 is obstructed, the beating of the artery will be diminished, and in fact if the point Zusanli ST-36 is pressed firmly, the pulsation will disappear entirely.

## CLASSICAL COMBINATIONS

- Facial swelling: Chongyang ST-42, Tianshu ST-25, Fenglong ST-40, Lidui ST-45 and Xianggu ST-43 (Thousand Ducat Formulas).
- Tooth decay: Chongyang ST-42 and Qubin GB-7 (Thousand Ducat Formulas).
- Mania, desires to ascend to high places and sing, discards clothing and runs around: Chongyang ST-42, Shenmen HE-7 and Houxi SI-3 (Great Compendium).
- Mania disorder with rash behaviour, desires to ascend to high places and sing, discards clothing and runs around: Chongyang ST-42 and Fenglong ST-40 (Thousand Ducat Formulas).
- Flaccidity of the legs: Chongyang ST-42, Yanglingquan GB-34, Taichong LIV-3 and Qiuxu GB-40 (Great Compendium).
- One-sided wind (hemiplegia): Chongyang ST-42 and Lieque LU-7 (Great Compendium).

**SP-1** (*yǐn bái*)隱 *yǐn*: hidden, obscure白 *bái*: white

隱 白

*Hidden White*

**Location:** On the dorsal medial aspect of the distal phalanx of the great toe, one fen proximal to the medial proximal corner of the toenail.

**Features & Categories:** Wood, Well-Jing point of the Spleen Channel; intersecting point of the Stomach Channel of foot Yang Ming on the Spleen Channel; third of the thirteen Ghost points - Gui Lei, Ghost Fortress.

**Functions:** Regulates and manages the Blood; supports and warms the Spleen; clears the Heart and stabilizes the Shen; warms Yang and restores consciousness.

**Indications:** Abdominal distention or pain; metrorrhagia; menorrhagia; mania and withdrawal; excessive dreaming or dream disturbed sleep; convulsions.

**Supplementary Indications:** Dyspnea; Cold Qi in the abdomen; intestinal Heat with fulminant diarrhea; Heat disease with persistent nosebleed; vexation; sighing; sorrowfulness; cold in the foot and lower leg; dreaming with pressure sensation as if being held down by a ghost; persistent menstruation; blood ejection; blood in stool or urine; chronic infant convulsions.

**ST-43** (*xiàn gǔ*)陷 *xiàn*: to sink谷 *gǔ*: a valley

陷 谷

*Sunken Valley*

**Location:** On the dorsum of the foot in the depression distal to the 'V' formed by the bases of the 2nd and 3rd metatarsal bones.

**Features & Categories:** Wood, Stream, Transporting-Shu of the Stomach Channel.

**Functions:** Fortifies the Spleen and disperses Damp; eliminates Wind and Heat; harmonizes the Stomach and rectifies counterflow of Qi; removes obstructions from the Channel.

**Indications:** Swelling of the face; facial or general edema; conjunctivitis; rumbling intestines and abdominal pain; hysteria; painful swelling of the dorsum of the foot.

**Supplementary Indications:** Redness of the face and eyes; ascites; night sweating; fever; chronic cough.

### DEADMAN'S COMMENTARY

A number of classics cite Xiangtu ST-43 for the treatment of oedema, especially of the face and eye region. The name Sunken Valley conjures up the image of a place where water accumulates and gathers, and is considered to reflect this usage. Its application in oedema may be explained both by the course of the yangming channel which governs the face, and by the intimate relationship between the Stomach and the Spleen, which plays an important role in the transportation and transformation of fluids. The action of Xiangtu ST-43 on regulating the Spleen is further reflected by its use in the treatment of borborygmus and abdominal distention.

Xiangtu ST-43 is traditionally indicated for disorders such as swelling and pain of the dorsum of the foot and difficulty in flexing and extending the toes. In more recent times, however, Xiangtu ST-43 has been used in combination with Hegu L.I.-4 in the treatment of febrile painful obstruction in any region of the body. Febrile painful obstruction is painful obstruction which manifests with redness, swelling, heat and pain of the joints, aversion to heat in the affected area and systemic signs such as fever, constipation, thirst etc.

### CLASSICAL COMBINATIONS

- Sudden swelling of the face: Xiangtu ST-43, Shangxing DU-23, Xinhui DU-22, Qianding DU-21 and Gongsun SP-4 (Supplementing Life).
- Facial swelling: Xiangtu ST-43, Tianshu ST-25, Fenglong ST-40, Lidui ST-45 and Chongyang ST-42 (Thousand Ducat Formulas).
- Oedema: Xiangtu ST-43, Lieque LU-7, Yanggu SI-5, Hegu L.I.-4, Jianshi P-5, Yanglingquan GB-34, Yingu KID-10, Zusanli ST-36, Ququan LIV-8, Jiexi ST-41, Fuliu KID-7, Gongsun SP-4, Lidui ST-45, Chongyang ST-42, Yinlingquan SP-9, Weishu BL-21, Shuifen REN-9 and Shenque REN-8 (Great Compendium).
- Post-partum belching: Xiangtu ST-43 and Qimen LIV-14 (Supplementing Life).
- Borborygmus: Xiangtu ST-43 and Xiawan REN-10 (One Hundred Symptoms).
- Pain of intestinal abscess: Xiangtu ST-43, Taibai SP-3 and Dachangshu BL-25 (Great Compendium).

## ST-44 (*nèi tíng*)

内 *nèi*: inside, inner

庭 *tíng*: courtyard, court

內庭

*Inner Court*

**Location:** On the dorsum of the foot between the second and third toes, distal to the metatarsophalangeal joints. The point is located approximately 5 fen posterior to the distal border of the webbing, between the bases of the proximal phalanges.

**Features & Categories:** Water, Spring, Gushing-Ying point of the Stomach Channel. A Heavenly Star point of Ma Dan-Yang.

**Functions:** Promotes downward movement of Stomach Qi; cools and drains Stomach Heat; harmonizes the Intestines and transforms Stagnation; promotes digestion and eliminates fullness; regulates Qi and resolves pain; eliminates facial Wind.

**Indications:** Toothache (lower jaw); wryness of the mouth; trigeminal neuralgia; facial paralysis; facial pain; nosebleed; tonsillitis; sore throat; stomach ache; abdominal pain or distension; acid regurgitation; diarrhea or dysentery; acute and chronic enteritis; painful swelling of the dorsum of the foot; Heat diseases; constipation; beriberi.

**Supplementary Indications:** Lockjaw; throat Bi; painful eye; pain of intestinal hernia; malaria with no desire to eat; aversion to cold; urinary retention; blood in the urine; rumbling of the intestines; abdominal distension and fullness; tinnitus; Wind rash.

### **DEADMAN'S COMMENTARY**

Neiting ST-44, the ying-spring and water point of the Stomach channel, was included by Ma Dan-yang, the great physician of the Jin dynasty, among his 'eleven heavenly star points', his grouping of the most vital acupuncture points of the human body.

According to the Classic of Difficulties ying-spring points are indicated for "heat in the body". As a distal point, the principal action of Neiting ST-44 is to clear heat and fire from the Stomach channel, most especially its upper portion. It is a primary point in the treatment of many heat disorders of the head and face such as toothache, pain of the face or eye, nosebleed, throat painful obstruction etc. It is frequently combined for this purpose with Hegu L.I.-4.

In the treatment of toothache, some sources recommend the use of Neiting ST-44 for the lower jaw and Hegu L.I.-4 for the upper jaw, whilst others consider Neiting ST-44 equally adept at treating both the upper and lower jaw. This is borne out by the pathway of the Stomach primary channel which descends from the eye region to enter the upper gum, joins the Governing vessel at Renzhong DU-26 and then circles around the lips and descends to meet the Conception vessel at Chengjiang REN-24.

Pain of the face almost invariably involves disorder of the Stomach channel, and Neiting ST-44 is an essential point in the treatment of disorders such as trigeminal neuralgia, often in combination with local points such as Dicang ST-4, Jiache ST-6 and Xiaguan ST-7. The Stomach channel also makes various connections with the throat and nose. The primary channel descends alongside the throat, the Luo-connecting channel terminates at the throat, the primary channel originates at Yingxiang L.I.-20 and ascends to the root of the nose and the divergent channel passes alongside the nose. Both throat painful obstruction and nosebleed can be due to heat accumulating in the yangming channel, in the latter case causing reckless movement of the blood.

The second important action of Neiting ST-44 is to harmonise the intestines and clear dampness and heat, and it is indicated in the treatment of such disorders as diarrhoea, dysenteric disorder, blood in the stools, constipation and abdominal pain.

One special condition for which Neiting ST-44 is indicated is the symptom of hands and feet counterflow cold, where only the hands and feet are cold but the body is warm. This may occur in the pattern known as 'true heat, false cold', where heat constrained in the interior prevents the yang qi from circulating to the limbs. Despite the apparent cold, the other symptoms, as well as the pulse and

the tongue, are indicative of heat and constraint. This condition must be differentiated from 'cold collapse' (cold inversion) where either the whole limb or the areas distal to the elbows and knees are cold.

Finally, like many points of the Stomach channel, Neiting ST-44 has an action on calming the spirit. It is particularly suited to the treatment of depressive type disorders, and is indicated for aversion to the sound of people talking and a desire for silence.

### CLASSICAL COMBINATIONS

- Pain of the eyeball: Neiting ST-44 and Shangxing DU-23 (Great Compendium).
- Throat pain: Neiting ST-44, Zhongzhu SJ-3 and Zhigou SJ-6 (Thousand Ducat Formulas).
- Injury by cold with absence of sweating: Neiting ST-44 (reduce), Hegu L.I.-4 (reinforce), Fuliu KID-7 (reduce) and Bailao (M-HN-30) (Great Compendium).
- Injury by cold with sweating: Neiting ST-44 (reduce), Hegu L.I.-4 (reduce), Fuliu KID-7 (reinforce) and Bailao (M-HN-30) (Great Compendium).
- Loss of consciousness from summerheat stroke: Neiting ST-44, Renzhong DU-26, Hegu L.I.-4, Baihui DU-20, Zhongji REN-3 and Qihai REN-6 (Great Compendium).
- Red (bloody) dysenteric disorder: Neiting ST-44, Tianshu ST-25, Yinbai SP-1, Qihai REN-6, Zhaohai KID-6 and Neiguan P-6 (Great Compendium).
- All types of diarrhoea and abdominal disorders: Neiting ST-44 and Zusanli ST-36 (Miscellaneous Diseases).
- Undigested food (in the stool), no pleasure in eating, periumbilical pain: Neiting ST-44, Lidui ST-45 and Tianshu ST-25 (Supplementing Life).
- Chronic malaria with no pleasure in eating: Neiting ST-44, Gongsun SP-4 and Lidui ST-45 (Great Compendium).
- Oedema of the four limbs: Neiting ST-44, Sanyinjiao SP-6, Zhongdu LIV-6, Hegu L.I.-4, Quchi L.I.-11, Zhongzhu SJ-3, Yemen SJ-2, Xingjian LIV-2 and Yinlingquan SP-9 (Great Compendium).
- Fullness and distention of the Heart and abdomen: Neiting ST-44 and Xuanzhong GB-39 (Great Compendium).

## ST-45 (*lì duì*)

厲 *lì*: harsh, severe, fierce; to oppress; quick, rapid  
兌 *duì*: exchange, convert; mouth, a hole

厲兌

*Severe Mouth*

**Location:** On the lateral superior aspect of the distal phalanx of the second toe, 1 fen proximal to the lateral proximal corner of the toenail.

**Features & Categories:** Metal, Well-Jing point of the Stomach Channel.

**Functions:** Frees the Channels and restores consciousness; harmonizes the Stomach and clears the Shen; eliminates Yang Ming pathogenic Heat; relieves food retention; brightens the eyes.

**Indications:** Swelling of the face; wryness of the mouth; toothache; nosebleed; tonsillitis; sore throat and hoarse voice; abdominal distension and fullness; indigestion; hepatitis; cold in the leg and foot; Heat diseases; insomnia; increased dreaming; dream disturbed sleep; mania and withdrawal; stroke; anemia; neurasthenia; hysteria; fainting.

**Supplementary Indications:** Lockjaw; throat Bi; fever; copious clear nasal mucus with nosebleed.

### DEADMAN'S COMMENTARY

The two principal actions of Lidui ST-45 are to clear heat from the Stomach channel (and to a certain extent the Stomach fu) and to clear heat and calm the spirit. In addition, in common with all the jing-well points, Lidui ST-45 may be used to restore consciousness.

According to the Spiritual Pivot "When the disease is above select [points] from below". This statement emphasises the strong action that the most distal channel points have on treating disorders at the opposite end of the channel. Lidui ST-45 is especially indicated when yangming channel heat rises to the face, nose, teeth and lips, giving rise to such symptoms as swelling of the face, toothache, cracked lips, nosebleed, yellow nasal discharge etc. It is also indicated for heat in the Stomach fu giving rise to excessive hunger.

The action of Lidui ST-45 in clearing heat and calming the spirit is shared by many of the points of the Stomach channel. This is explained both by the pathway of the Stomach divergent channel to the Heart and that of the primary channel which joins with the Governing vessel at Shenting DU-24 and Renzhong DU-26.

Lidui ST-45 also shares with the jing-well points as a whole a special ability to calm the spirit, especially in acute situations. It is indicated in the treatment of manic disorders characterised in classical texts by the indications "desires to ascend to high places and sing, discards clothing and runs around", and is especially used for insomnia with excessive dreaming due to fire or phlegm-heat. Its action on insomnia is shared by several of the jing-well points of the feet (Yinbai SP-1, Yongquan KID-1 and Zuqiaoyin GB-44), reflecting the perception that in order to induce sleep, pathologically ascending qi, yang or fire must be drawn downwards.

In severe intractable cases of insomnia, moxibustion may be applied to Lidui ST-45. This technique of 'drawing the fire down' is based on the principle 'small fire attracts big fire'. In common with many acupuncture points, Lidui ST-45 has a homeostatic action, and may also be used for depressive disorders characterised by withdrawal and excessive desire to sleep, thus emphasising its ability to calm and regulate the spirit in a variety of situations.

### CLASSICAL COMBINATIONS

- Facial swelling: Lidui ST-45, Chongyang ST-42, Fenglong ST-40, Tianshu ST-25 and Xiangu ST-43 (Thousand Ducat Formulas).
- Nightmares: Lidui ST-45 and Yinbai SP-1 (One Hundred Symptoms).
- Somnolence: Lidui ST-45 and Dadun LIV-1 (Supplementing Life).
- Somnolence with no desire to move the four limbs: Lidui ST-45, Sanjian L.I.-3, Sanyangluo SJ-8, Tianjing SJ-10 and Zuwuli LIV-10 (Thousand Ducat Formulas).
- Somnolence: Lidui ST-45, Taixi KID-3, Zhaohai KID-6, Baihui DU-20, Tianjing GB-21, Erjian L.I.-2, Sanjian L.I.-3 and Ganshu BL-18 (Great Compendium).
- Excessive fright: Lidui ST-45, Erjian L.I.-2, Yinxi HE-6 and Jianshi P-5 (Supplementing Life).
- Weakness of the legs: Moxa Lidui ST-45, Taichong LIV-3 and Fengshi GB-31 (Outline of Medicine).

**BL-21 (wèi shū)**

胃 wèi: stomach

俞 shū: acupuncture point

胃俞

*Stomach Shu*

**Location:** On the posterior trunk 1.5 cun lateral to Du Mai. The point is located lateral to the depression immediately inferior to the spinous process of 12th thoracic vertebra. BL-50 (Wei Cang) is 1.5 cun lateral to BL-21 (Wei Shu), 3 cun lateral to the posterior midline.

**Features & Categories:** back Associated-Shu, Transporting point of the Stomach Fu.

**Functions:** Regulates the middle Jiao; harmonizes and tonifies the Stomach; transforms Damp and disperses Stagnation; supports Zhong Qi and eliminates Deficiency; relieves food retention.

**Indications:** Pain in the chest and lateral costal (hypochondriac) region; pain in the stomach region; stomach ache; gastritis; stomach distension; prolapsed stomach; ulcer; pancreatitis; hepatitis; enteritis; abdominal distension; indigestion; gastric reflux; regurgitation; belching; nausea; vomiting; hiccough; rumbling intestines; untransformed digestate in stools; (chronic) diarrhoea; loss of appetite; anorexia; insomnia; pain along the spine; disorders of the Stomach and Spleen.

**Supplementary Indications:** Cold Stomach with pain; abdominal distension and rumbling intestines; diarrhea; edema and abdominal 'drum' distension; marked emaciation; tension and pain in the back; hypertonicity of the Sinews; difficult ingestion or swallowing; prolapse of the rectum; accumulation lumps persisting for many years; no pleasure in eating; jaundice; infant vomiting milk.

**DEADMAN'S COMMENTARY**

Weishu BL-21 is the back-shu point of the Stomach fu, where the qi of the Stomach emanates from the interior to the body surface, and is a powerful point to treat all diseases of the Stomach, as well as to regulate the middle jiao as a whole. According to the Spiritual Pivot "The Stomach is the sea of water and grain". Its function is to receive food and drink, 'rot and ripen' it and descend it to the Small Intestine. Most pathology of the Stomach, therefore, involves impairment of its descending function. This may be due to deficiency of Stomach qi or Stomach yin, excessive cold, heat or dampness whether of internal or external origin, stasis of blood in the Stomach, stagnation of food, or invasion of the Stomach by Liver or Gall Bladder qi. Failure of the Stomach descending function leads to stagnation of qi and hence distention, fullness and pain of the epigastrium and abdomen, whilst upward rebellion of the Stomach qi leads to Stomach reflux, nausea and vomiting. Whatever the pattern, whether deficient, excess, hot or cold, Weishu BL-21 is a primary point to reestablish harmony of the Stomach.

It is interesting to compare the actions and indications of Weishu BL-21, the back-shu point of the Stomach, with Zusanli ST-36 the he-sea point of the Stomach channel. Both have an equally strong action on regulating disorders of the Stomach fu, but Weishu BL-21 shares none of the ability of Zusanli ST-36 to tonify and nourish the qi and blood of the body as a whole.

The Stomach and Spleen are interiorly-exteriorly related, and the descending of Stomach qi and the ascending of Spleen qi together dominate the whole process of digestion. By virtue of this close relationship, Weishu BL-21 is able to regulate disharmony of both the Stomach and Spleen, giving

rise to abnormal ascent of Stomach qi (vomiting), abnormal descent of Spleen qi (diarrhoea) and failure of the Spleen transportation and transformation function (borborygmus and oedema).

A healthy appetite is a sign of the harmonious functioning of both the Spleen and Stomach, and Weishu BL-21 is indicated in various disorders affecting the appetite. Poor appetite may be due either to deficiency of the Stomach and Spleen which lack the force to 'rot and ripen' and transport and transform what is eaten, or to various forms of excess which lead to stagnation of food in the Stomach and hence lack of desire and inability to take in more food. Hunger with inability to eat is due to insufficiency of Stomach yin with consequent deficiency heat, the heat stimulating desire to eat, the yin deficiency and resultant dryness causing inability to digest what is eaten. Excessive eating without gaining weight is a sign of Stomach heat, with or without Spleen deficiency (see commentary on Pishu BL-20). Weishu BL-21 is indicated in all such cases.

#### **CLASSICAL COMBINATIONS**

- Abdominal pain with no pleasure in eating: Weishu BL-21 and Pishu BL-20 (Formulas for the Living).
  - Much eating but remains thin: Weishu BL-21 and Pishu BL-20 (Great Compendium).
  - Vomiting or cold in the Stomach with distention, much eating but remains thin: Weishu BL-21 and Shenshu BL-23 (Thousand Ducat Formulas).
  - Cold in the stomach with undigested food (in the stool): Weishu BL-21 and Hunmen BL-47 (One Hundred Symptoms).
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## STOMACH POINTS: Innervation & Spinal Cord Segments/ Cranial Nerves

Acupuncture Point	Cutaneous Innervation, Muscle Innervation, Spinal Cord Segment or Cranial Nerve.
LI-20 (Ying Xiang, Welcome Fragrance)	Cutaneous: Maxillary Div. (V2) of Trigeminal (CN V). Muscles: Levator Labii Superioris; Levator Labii Superioris alaeque nasi; Orbicularis Oris; Zygomaticus Minor; all innervated by Facial N (CN VII).
BL-1 (Jing Ming, Bright Eyes)	Cutaneous: Ophthalmic Div. (V1) of Trigeminal (CN V). Maxillary Div. (V2) of Trigeminal (CN V). Muscles: Orbicularis Oculi, palpebral part; Facial N (CN VII).
ST-1 (Cheng Qi, Tear Container)	Cutaneous: Maxillary Div. (V2) of Trigeminal (CN V). Muscles: Orbicularis Oculi, palpebral part; Facial N (CN VII).
ST-2 (Si Bai, Four Whites)	Cutaneous: Maxillary Div. (V2) of Trigeminal (CN V). Muscles: Orbicularis Oculi, orbital part; Facial N (CN VII).
ST-3 (Ju Liao, Great Bone- Hole)	Cutaneous: Maxillary Div. (V2) of Trigeminal (CN V). Muscles: Levator Labii Superioris; Levator Anguli Oris; Levator Labii Superioris alaeque nasi; Orbicularis Oris; Orbicularis Oculi; Zygomaticus Minor; all innervated by Facial N (CN VII).
DU-26 (Shui Gou, Water Trough)	Cutaneous: Maxillary Div. (V2) of Trigeminal (CN V). Muscles: Orbicularis Oris, Facial, CN VII.
ST-4 (Di Cang, Earth Granary)	Cutaneous: Mandibular (V3) & Maxillary (V2) Div.s of Trigeminal (CN V). Muscles: Modiolus attaching Orbicularis Oris; Levator Anguli Oris; Zygomaticus Major; Risorius; Buccinator; Platysma; Depressor Anguli oris; all innervated by Facial N (CN VII).
REN-24 (Cheng Jiang, Sauce Receptacle)	Cutaneous: Mandibular (V3) Div. of the Trigeminal (CN V). Muscles: Orbicularis Oris; Depressor Labii Inferioris; Mentalis; all innervated by Facial N (CN VII).

ST-5 (Da Ying, Great Reception)	Cutaneous: Mandibular (V3) Div. of the Trigeminal (CN V). Greater Auricular N (C2,3). Muscles: Masseter, Mandibular (V3) Div. of Trigeminal (CN V). Platysma; Buccinator; by Facial N (CN VII).
ST-6 (Jia Che, Jawbone)	Cutaneous: Mandibular (V3) Div. of Trigeminal (CN V). Greater Auricular N (C2,3). Muscles: Masseter, Mandibular (V3) Div. of Trigeminal (CN V).
ST-7 (Xia Guan, Below the Joint)	Cutaneous: Mandibular (V3) Div. of the Trigeminal (CN V). Muscles: Masseter; Lateral Pterygoid; Temporalis; all by Mandibular (V3) Div. of Trigeminal (CN V).

GB-3 (Shang Guan, Upper Gate)	Cutaneous: Auriculotemporal N, Mandibular (V3) Div. of the Trigeminal (CN V). Zygomaticofacial N, Maxillary Div. of Trigeminal (CN V2). Muscles: Temporalis, Mandibular (V3) Div. of Trigeminal (CN V).
GB-6 (Xuan Li, Suspended Tuft)	Cutaneous: Auriculotemporal N, Mandibular (V3) Div. of the Trigeminal (CN V). Zygomaticotemporal N, Maxillary Div. of Trigeminal (CN V2). Muscles: Temporalis, Mandibular (V3) Div. of Trigeminal (CN V).
GB-4 (Han Yan, Forehead Fullness)	Cutaneous: Auriculotemporal N, Mandibular (V3) Div. of the Trigeminal (CN V). Zygomaticotemporal N, Maxillary Div. of Trigeminal (CN V2). Muscles: Temporalis, Mandibular (V3) Div. of Trigeminal (CN V).

ST-8 (Tou Wei, Head Corner)	Cutaneous: Auriculotemporal N, Mandibular (V3) Div. of the Trigeminal (CN V). Zygomaticotemporal N, Maxillary Div. (V2) of Trigeminal (CN V). Supraorbital N, Ophthalmic Div. (V1) of Trigeminal (CN V). Muscles: Temporalis, Mandibular (V3) Div. of Trigeminal (CN V).
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DU-24 (Shen Ting, Spirit Court)	Cutaneous: Ophthalmic Div. of Trigeminal (CN V1). Muscles: Frontalis, frontal belly of Occipitofrontalis; Facial N (CN VII).
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ST-9 (Ren Ying, Man's Prognosis)	Cutaneous: Transverse Cutaneous N. of the neck (C2,3). Muscles: Sternocleidomastoid; Spinal Accessory N, CN XI (C1-5), Spinal N (C2,3,4). Platysma, Facial N (CN VII). Sternohyoid, Sternothyroid, Omohyoid, Ansa Cervicalis N (C1,2,3). Thyrohyoid, Spinal N (C1) fibres carried in CN XII.
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ST-10 (Shui Tu, Water Prominence)	Cutaneous: Transverse Cutaneous N. of the neck (C2,3). Muscles: Sternocleidomastoid; Spinal Accessory N, CN XI (C1-5), Spinal N (C2,3,4). Platysma, Facial N (CN VII). Sternohyoid, Sternothyroid, Ansa Cervicalis N (C1,2,3).
ST-11 (Qi She, Qi Abode)	Cutaneous: Transverse Cutaneous N. of the neck (C2,3). Medial br of Supraclavicular N (C3,4). Muscles: Sternocleidomastoid; Spinal Accessory N, CN XI (C1-5), Spinal N (C2,3,4). Platysma, Facial N (CN VII).
ST-12 (Que Pen, Empty Basin)	Cutaneous: Medial & Intermediate br of Supraclavicular N (C3,4). Transverse Cervical N (C2,3). Muscles: Platysma, Facial N (CN VII). Sternocleidomastoid; Spinal Accessory N, CN XI (C1-5), Spinal N (C2,3,4).

DU-14 (Da Zhui, Great Hammer)	Cutaneous/ Interspinous, Supraspinous, Nuchal ligaments: Medial branches of dorsal rami of Spinal Ns (C4,5,T1,2). Muscles: Trapezius, Spinal Accessory N (motor C1-5), Spinal N (proprioception C3,4). Splenius Capitus; Splenius Cervicis; cervical Erector Spinae & Transversospinalis, lower cervical & upper thoracic dorsal rami of Spinal Ns.
REN-13 (Shang Wan, Upper Venter)	Cutaneous & Linea Alba: Anterior cutaneous br thoracic Spinal Ns (T7,6,8). Muscles: Rectus Abdominis, Spinal N anterior rami (T7-12).
REN-12 (Zhong Wan, Central Venter)	Cutaneous & Linea Alba: Anterior cutaneous br thoracic Spinal Ns (T7,8,6). Muscles: Rectus Abdominis, Spinal N anterior rami (T7-12).

ST-13 (Qi Hu, Qi Door)	Cutaneous: Supraclavicular N (C4). Anterior cutaneous br thoracic Spinal N (T2,3). Muscles: Platysma, Facial N (CN VII). Pectoralis Major, clavic. head; Lateral Pectoral N (C 5,6,7). Subclavius, N to Subclavius (C5,6).
ST-14 (Ku Fang, Storeroom)	Cutaneous: Anterior cutaneous br thoracic Spinal N (T2,3). Supraclavicular N (C4). Muscles: Platysma, Facial N (CN VII). Pectoralis Major, clavic. head; Lateral Pectoral N (C 5,6,7). Pectoralis Major, sternal head; Lateral & Medial Pectoral N (C6,7,8,T1). Intercostals, ventral rami Spinal N (T1).

ST-15 (Wu Yi, Roof)	Cutaneous: Anterior cutaneous br thoracic Spinal N (T3,2,4). Muscles: Pectoralis Major, sternal head; Lateral & Medial Pectoral N (C6,7,8,T1). Pectoralis Minor, Medial & Lateral Pectoral N (C6,7,8,T1). Intercostals, ventral rami Spinal N (T2).
ST-16 (Ying Chuang, Breast Window)	Cutaneous: Anterior/ lateral cutaneous br thoracic Spinal N (T3,2,4). Muscles [males only]: Pectoralis Major, sternal head; Lateral & Medial Pectoral N (C6,7,8,T1). Pectoralis Minor, Medial & Lateral Pectoral N (C6,7,8,T1).
ST-17 (Ru Zhong, Breast Centre)	Acupuncture & Moxibustion Contraindicated.
ST-18 (Ru Gen, Breast Root)	Cutaneous: Anterior/ lateral cutaneous br thoracic Spinal N (T5,4,6). Muscles: Pectoralis Major, sternal head; Lateral & Medial Pectoral N (C6,7,8,T1). Intercostals, ventral rami Spinal N (T5).
ST-19 (Bu Rong, Not Contained)	Cutaneous, Rectus sheath: Anterior cutaneous br thoracic Spinal N (T6,5,7). Muscles: Rectus Abdominis, ventral rami Spinal N (T7-12).
ST-20 (Cheng Man, Assuming Fullness)	Cutaneous, Rectus sheath: Anterior cutaneous br thoracic Spinal N (T7,6,8). Muscles: Rectus Abdominis, ventral rami Spinal N (T7-12).
ST-21 (Liang Men, Beam Gate)	Cutaneous, Rectus sheath: Anterior cutaneous br thoracic Spinal N (T8,7,9). Muscles: Rectus Abdominis, ventral rami Spinal N (T7-12).
ST-22 (Guan Men, Pass Gate)	Cutaneous, Rectus sheath: Anterior cutaneous br thoracic Spinal N (T9,8). Muscles: Rectus Abdominis, ventral rami Spinal N (T7-12).
ST-23 (Tai Yi, Supreme Unity)	Cutaneous, Rectus sheath: Anterior cutaneous br thoracic Spinal N (T9,8,10). Muscles: Rectus Abdominis, ventral rami Spinal N (T7-12).
ST-24 (Hua Rou Men, Slippery Flesh Gate)	Cutaneous, Rectus sheath: Anterior cutaneous br thoracic Spinal N (T10,9). Muscles: Rectus Abdominis, ventral rami Spinal N (T7-12).
ST-25 (Tian Shu, Celestial Pivot)	Cutaneous, Rectus sheath: Anterior cutaneous br thoracic Spinal N (T10,9,11). Muscles: Rectus Abdominis, ventral rami Spinal N (T7-12).
ST-26 (Wai Ling, Outer Mound)	Cutaneous, Rectus sheath: Anterior cutaneous br thoracic Spinal N (T11,10). Muscles: Rectus Abdominis, ventral rami Spinal N (T7-12).

ST-27 (Da Ju, Great Gigantic)	Cutaneous, Rectus sheath: Anterior cutaneous br thoracic Spinal N (T11, 10). Subcostal N (T12). Muscles: Rectus Abdominis, ventral rami Spinal N (T7-12).
ST-28 (Shui Dao, Waterway)	Cutaneous, Rectus sheath: Anterior cutaneous br thoracic Spinal N (T11). Subcostal N (T12). Muscles: Rectus Abdominis, ventral rami Spinal N (T7-12). External Oblique Abdominis, Internal Oblique Abdominis, Transversus Abdominis; ventral rami Spinal N (T7-12) [Conjoint tendon, Ilioinguinal N (L1)].
ST-29 (Gui Lai, Return)	Cutaneous, Rectus sheath: Subcostal N (T12). Anterior cutaneous br thoracic Spinal N (T11). Anterior Cutaneous br of Iliohypogastric N (L1). Ilioinguinal N (L1). Muscles: Rectus Abdominis, ventral rami Spinal N (T7-12). Pyramidalis, Subcostal N (T12). External Oblique Abdominis, Internal Oblique Abdominis, Transversus Abdominis; ventral rami Spinal N (T7-12) [Conjoint tendon, Ilioinguinal N (L1)].
ST-30 (Qi Chong, Surging Qi)	Cutaneous, Rectus sheath: Subcostal N (T12). Anterior Cutaneous br of Iliohypogastric N (L1). Ilioinguinal N (L1). Femoral br of Genitofemoral N (L1,2). Muscles: Rectus Abdominis, ventral rami Spinal N (T7-12). Pyramidalis, Subcostal N (T12). External Oblique Abdominis, Internal Oblique Abdominis, Transversus Abdominis; ventral rami Spinal N (T7-12) [Conjoint tendon, Ilioinguinal N (L1)].
ST-31 (Bi Guan, Thigh Joint)	Cutaneous: Lateral Femoral Cutaneous N (L2,3). Intermediate Femoral Cutaneous N (L2,3). Subcostal (T12). Femoral br of Genitofemoral N (L1,2). Muscles: Sartorius, Femoral N (L2,3,4). Rectus Femoris, Femoral N (L3,4). Tensor Fasciae Latae, Superior Gluteal N (L4,5,S1).
ST-32 (Fu Tu, Crouching Rabbit)	Cutaneous: Lateral Femoral Cutaneous N (L2,3). Intermediate Femoral Cutaneous N (L2,3). Muscles: Rectus Femoris, Vastus Lateralis, Vastus Intermedius; Femoral N (L2,3,4).
ST-33 (Yin Shi, Yin Market)	Cutaneous: Lateral Femoral Cutaneous N (L2,3). Intermediate Femoral Cutaneous N (L2,3). Muscles: Rectus Femoris, Vastus Lateralis, Vastus Intermedius; Femoral N (L2,3,4).
ST-34 (Liang Qiu, Beam Hill)	Cutaneous: Intermediate Femoral Cutaneous N (L2,3). Lateral Femoral Cutaneous N (L2,3). Muscles: Rectus Femoris, Vastus Lateralis, Vastus Intermedius; Femoral N (L2,3,4).

ST-35 (Du Bi, Calf's Nose)	Cutaneous: Lateral Sural N (L4,5,S1). Saphenous N (L3,4). Intermediate Femoral Cutaneous N (L2,3). Articular: Femoral N (L3,4). Recurrent br from Common or Deep Peroneal N (L4,5). Saphenous N (L3,4) with possible contributions from Obturator N (L2,3,4).
ST-36 (Zu San Li, Leg Three Li)	Cutaneous: Lateral Sural N (L4,5,S1). Muscles: Tibialis Anterior, Deep Peroneal N (L4,5).
ST-37 (Shang Ju Xu, Upper Great Hollow)	Cutaneous: Lateral Sural N (L4,5,S1). Superficial Peroneal N (L4,5,S1). Muscles: Tibialis Anterior, Deep Peroneal N (L4,5).
ST-38 (Tiao Kou, Ribbon Opening)	Cutaneous: Superficial Peroneal N (L4,5,S1). Lateral Sural N (L4,5,S1). Muscles: Tibialis Anterior, Deep Peroneal N (L4,5).
ST-39 (Xia Ju Xu, Lower Great Hollow)	Cutaneous: Superficial Peroneal N (L4,5,S1). Lateral Sural N (L4,5,S1). Saphenous N (L3,4). Muscles: Tibialis Anterior, Deep Peroneal N (L4,5).
ST-40 (Feng Long, Bountiful Bulge)	Cutaneous: Superficial Peroneal N (L4,5,S1). Lateral Sural N (L4,5,S1). Muscles: Tibialis Anterior, Deep Peroneal N (L4,5). Extensor Hallucis Longus, Extensor digitorum Longus, both by Deep Peroneal N (L5, S1).
ST-41 (Jie Xi, Ravine Divide)	Cutaneous: Superficial Peroneal N (L4,5,S1). Saphenous N (L3,4). Sural N (S1,2). Muscles: Extensor Hallucis Longus, Deep Peroneal N (L5,S1). Articular: Deep Peroneal N (L4,5,S1,2). Saphenous N (L3,4).
ST-42 (Chong Yang, Surging Yang)	Cutaneous: Superficial Peroneal N (L4,5,S1). Articular: Deep Peroneal N (L4,5,S1,2).
SP-1 (Yin Bai, Hidden White)	Cutaneous: Superficial Peroneal N (L4,5 S1). Medial Plantar N (L4,5).
ST-43 (Xian Gu, Sunken Valley)	Cutaneous: Superficial Peroneal N (L4,5,S1). Muscles: Dorsal/ Ventral Interossei, Lateral Plantar N (S1,2). Adductor Hallucis, Lateral Plantar N (S2,3).

ST-44 (Nei Ting, Inner Court)	Cutaneous: Superficial Peroneal N (L4,5,S1). Medial Plantar N (L4,5). Deep Peroneal N (S4,5). Muscles: Tendons of Dorsal/ Ventral Interossei, Lateral Plantar N (S1,2).
ST-45 (Li Dui, Severe Mouth)	Cutaneous: Superficial Peroneal N (L4,5,S1). Medial Plantar N (L4,5).
BL-21 (Wei Shu, Stomach Shu)	Cutaneous: Dorsal rami of Spinal N (T9,8,10). Muscles: Spinalis Thoracis, dorsal rami thoracic Spinal N (T6-12). Longissimus Thoracis, Multifidus, Rotatores, Lateral Intertransverse; all by dorsal rami thoracic & lumbar Spinal N (T6-L4). Quadratus Lumborum, ventral rami Spinal N (T12,L1-3).