

Fire Element: Heart Meridians & Points *(from: Davis, 2000)*

Heart (Xin)/ [Pericardium (Xin Bao)] (Brief Theory)

The Heart and Pericardium are the Yin Organs of the Fire Element.

Although these Organs are clearly distinguished in Meridian theory, and usually in the clinic, in terms of Organ function, they are considered to be a single expressions of Heart energy (Larre and Rochat, 1992a). Quotes from the classics which mention five Zang and six Fu are referring to this (Kaptchuk, 1983).

The Pericardium may be thought of as the 'outer protective shield' (Maciocia, 1989) of the Heart, both physically and emotionally. It is the initial mechanism of defense against External Pernicious Influences which may be attacking the Heart.

The Heart Rules the Blood and the Blood Vessels

The Heart regulates the flow of Blood. In normal circumstances, this flows smoothly so that the Heart, Blood and Blood Vessels are united by their common activity. The Pulse should be even and regular.

The Heart Stores the Shen

The Heart stores and rules the Shen. Appropriate response to an individual's environment requires Heart Qi and Blood to be abundant and harmonious. With disharmony of the Shen's storing function, signs and symptoms may include insomnia, excessive dreaming, or forgetfulness. In more serious cases there may be irrational behaviour, hysteria, insanity or delirium.

The Heart Opens into the Tongue

Tradition suggests that the tongue is the 'sprout' of the Heart (Kaptchuk, 1983), and it is thought the tongue is closely related to Heart Qi and Blood. Not only may Disharmonies of the Heart be reflected in the tongue, such as paleness in Deficient Heart Blood or purplish in Stagnant Heart Blood, but because speech is an expression of the Shen, the manner in which an individual expresses themselves is an indication of the quality and harmony or otherwise of the Shen.

Diseases of the tongue itself such as inflammation or ulceration may indicate Heart Disharmony.

The Heart's Brilliance is Manifest in the Face

With abundant Heart Blood an individual's complexion will be rosy, moist, bright and vibrant. In the case of insufficiency, it may be pale and lusterless.

Shou Shao Yin Xin Jing Heart Channel of hand Shao Yin

PRIMARY HEART MERIDIAN

The primary Heart Channel of hand Shao Yin starts in the Heart, its pertaining Organ, and emerges through (spreads over) the Blood Vessels (blood vessel system) surrounding this Organ. These Vessels connect the Heart with the other Zang Fu. The main Channel descends through the diaphragm and connects to the Small Intestine Organ.

A branch separates from the Heart, and ascends along the side of the oesophagus. It meets the tissues behind (surrounding and connecting to) the eyes and connects with the brain.

Another pathway separates from the Heart and travels directly into the Lung Organ. It then runs laterally and emerges at the base of the axilla, at HT-1 (Ji Quan). It travels down the medial aspect of the arm (HT-2, Qing Ling), medial to the Pericardium Channel of hand Jue Yin and the Lung Channel of hand Tai Yin. It passes through the medial aspect of the cubital fossa (HT-3, Shao Hai) and continues down the anteromedial margin of the forearm to the lateral (radial) aspect of the pisiform bone at the wrist (HT-7, Shen Men). It then enters the palm and travels along the radial (lateral) side of the 5th metacarpal bone. It terminates at the lateral tip of the little finger, at HT-9 (Shao Chong), where it connects with the Small Intestine Channel of hand Tai Yang.

There are 9 points on the Heart Meridian.

This Meridian pertains to the Heart Organ and connects to the Small Intestine Organ. It also connects directly with the Organs of Lungs and Kidneys.

FLOW OF QI/ DISTRIBUTION OF POINTS:

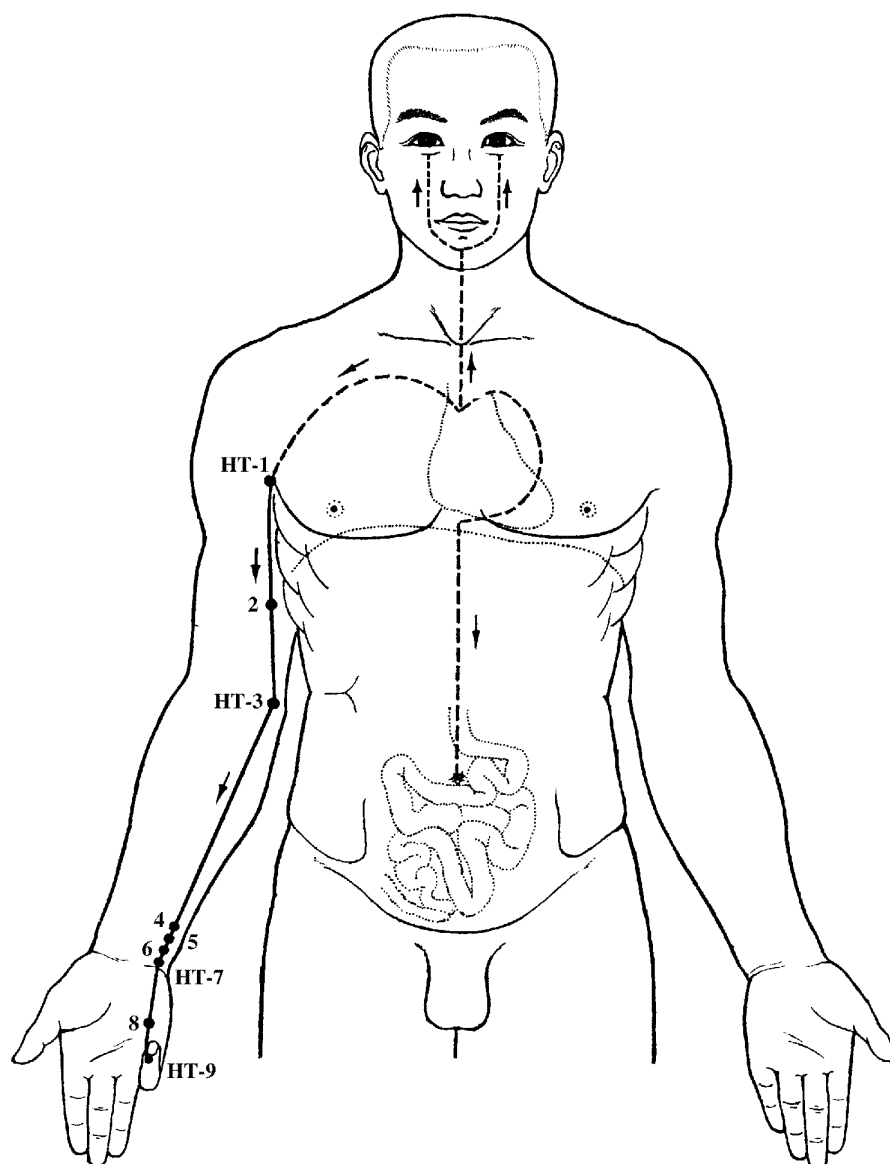
Upper Limb: HT-1 (Ji Quan), HT-2 (Qing Ling), HT-3 (Shao Hai), HT-4 (Ling Dao), HT-5 (Tong Li), HT-6 (Yin Xi), HT-7 (Shen Men), HT-8 (Shao Fu), HT-9 (Shao Chong).

HEART PRIMARY MERIDIAN SIGNS/SYMPTOMS:

General fever, headache, pain in the eyes, pain in the chest and back muscles or along the back of the upper arm, dry throat, thirst with the desire to drink, hot or painful palms, coldness of the palms and soles of the feet, pain in the scapular region and/or the medial aspect of the arm or forearm.

HEART ORGAN SIGNS/SYMPTOMS:

Heart pain, fullness and pain in the chest and lateral costal region, pain in the hypochondriac region, anxiety, restlessness, irritability, dyspnoea, rapid breathing, shortness of breath, discomfort when recumbent, insomnia, dizziness with fainting spells, vertigo, Jing/Shen disorders, mental disorders.

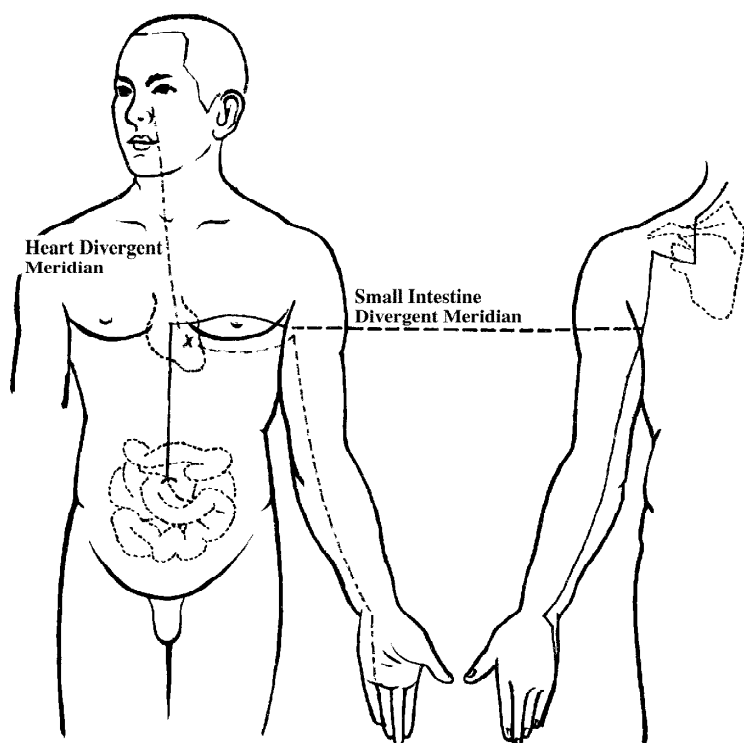


Primary Heart Meridian (modified from Shandong, 1982, p. 23)

HEART SPECIAL POINTS/ COMMAND POINTS:

HT-9 (Shao Chong):	Wood, Well-Jing.
HT-8 (Shao Fu):	Fire, Spring, Gushing-Ying. Horary point.
HT-7 (Shen Men):	i) Earth, Stream, Transporting-Shu. ii) Yuan-Source.
HT-6 (Yin Xi):	Xi-Cleft, Accumulation.
HT-5 (Tong Li):	Luo-Connecting
HT-4 (Ling Dao):	Metal, River, Traversing-Jing.
HT-3 (Shao Hai):	Water, Sea, Uniting-He.
REN-14 (Ju Que):	front Alarm-Mu, Collecting point.
BL-15 (Xin Shu):	back Associated-Shu, Transporting point.

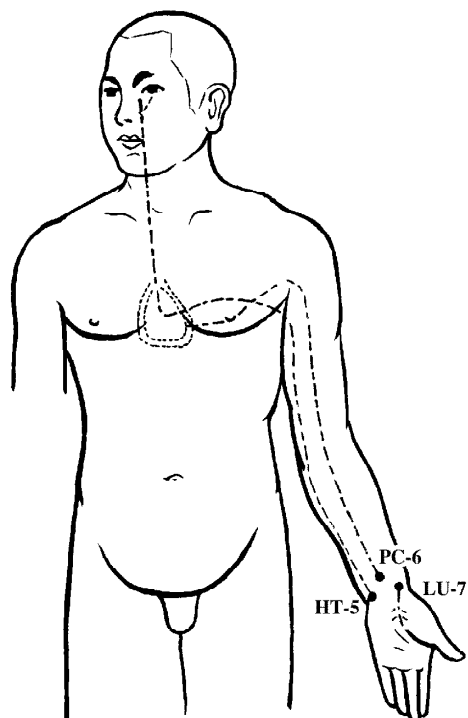
HEART DIVERGENT MERIDIAN



The Heart Divergent Meridian leaves the primary Heart Channel at the base of the axillary fossa, near GB-22 (Yuan Ye). It enters the chest and homes to the Heart Organ. It then runs up the throat, emerges on the face, and unites at the inner canthus of the eye with the Small Intestine Channel of hand Tai Yang, near BL-1 (Jing Ming).

Sovereign Fire Divergent Meridians (from Cheng 1987, p. 88)

HEART LUO (CONNECTING) MERIDIAN



The Heart Luo Meridian separates from the primary Heart Channel at HT-5 (Tong Li), 1 cun proximal to the wrist, and connects to the Small Intestine Channel of hand Tai Yang. Almost immediately it separates from the Small Intestine Channel and runs upward, following the main Heart Channel and enters the Heart Organ. It then ascends and connects to the root of the tongue and to the eye (or the region behind the eye, Ellis et al., 1988).

Signs/Symptoms:

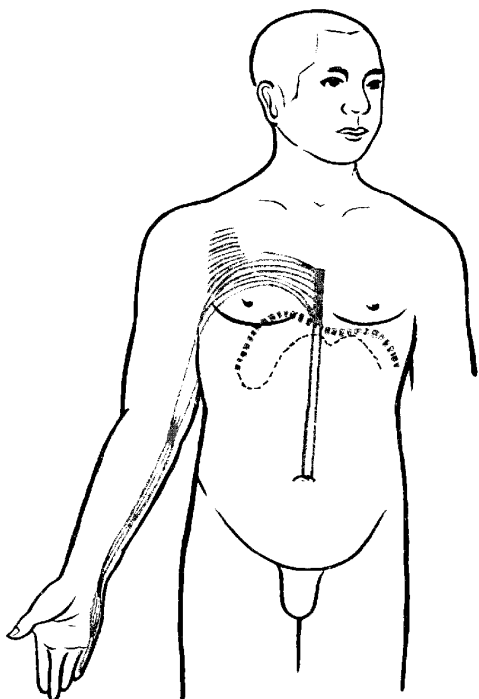
Shi: distension, fullness or pressure causing discomfort in the region of the diaphragm and chest.

Xu: inability to speak

Yin Luo Meridians, Upper Limb

(modified from Cheng 1987, p. 91)

HEART MUSCLE-TENDINO (SINEW) MERIDIAN



The Heart Muscle-Tendino Meridian commences at the medial aspect of the little finger and binds at the pisiform bone on the wrist. It then ascends the forearm and binds at the medial aspect of the elbow. It travels up the medial arm and enters the chest below the axilla. It intersects the MTM of the Lung Channel of hand Tai Yin in the breast region and binds in the chest (sternum). This MTM then descends across the diaphragm and connects at the umbilicus.

Signs/ Symptoms:

Internal tension or cramping sensation, stiff, strained or cramping muscles and pain along the course of the Sinew Meridian, mass below the heart or in the umbilical region mostly caused by binding stagnation of Qi and Blood.

Heart Muscle-Tendino Meridian

(from Cheng 1987, p. 107)

DEADMAN'S MERIDIAN COMMENTARY

The Heart channel of hand shaoyin is interiorly-exteriorly coupled with the Small Intestine channel, and paired with the Kidney channel of foot shaoyin according to six channel theory. The Heart-Small Intestine relationship is further strengthened by the fact that:

- the Heart primary channel connects with the Small Intestine fu.
- the Heart divergent channel connects with the Small Intestine channel at the inner canthus.
- the Heart luo-connecting channel meets with the Small Intestine primary channel.

In addition, it is important to note that:

- a branch of the Heart primary channel ascends alongside the oesophagus.
- a branch of the Heart primary channel connects with the tissues surrounding the eye, the Heart divergent channel ascends to the inner canthus, and the Heart luo-connecting channel ascends to the eye.
- the Heart divergent channel emerges on the face.
- the Heart luo-connecting channel ascends to the root of the tongue.

The Heart has five principal functions:

- i. governing the blood and blood vessels
- ii. housing the spirit
- iii. opening into the tongue
- iv. governing sweating
- v. manifesting in the complexion

It is by virtue of these functions, and the channel pathways listed above, that many of the actions and indications of the points of the Heart channel can be explained. These can be summarised as:

- Treating pain of the chest and Heart and disorders of Heart rhythm. According to the Essential Questions "All blood pertains to the Heart" and "The Heart dominates the blood vessels of the body". The qi of the Heart and Lung (with which the Heart channel connects) dominate the gathering qi and thus the circulation of the blood through the chest as well as the rhythmical beating of the heart. All the points of the Heart channel (with the exception of Qingling HE-2) therefore treat either pain of the Heart and chest, or palpitations and other disorders of heart rhythm. Acute pain of the Heart and chest may radiate along the Heart channel in the left arm, down to the abdomen (Heart primary and sinew channels) or up to the throat (Heart primary and divergent channels). In current clinical practice, points of the Pericardium channel are mostly favoured for pain of the chest and Heart, whilst disorders of Heart rhythm are treated by selecting points from both channels.
- Regulating and calming the spirit. According to the Spiritual Pivot "The Heart controls the vessels; the vessels are the residence of the spirit", whilst the Essential Questions says "The Heart stores the spirit". Points of the Heart channel, especially Tongli HE-5 and Shenmen HE-7, are among the most important of the acupuncture points to harmonise and calm the spirit, whether it loses its harmony due to deficiency and consequent lack of nourishment, to agitation by heat and fire, or to being obscured by phlegm.
- Treating disorders of the tongue and speech, including loss of voice, stiffness of the tongue, and painful and swollen tongue.
- Treating disorders of the throat such as pain, swelling and congestion.
- Treating disorders of the eyes. In addition to the Heart channel connections to the eyes, this may be explained by the fact that the Heart belongs to sovereign fire and the points of the Heart channel may be used to clear heat from any part of the body, in the case of the eyes manifesting as redness, swelling and pain.
- Treating various disorders of the face and complexion, thus for example Ma Dan-yang says of Shenmen HE-7 "when excess ... the head, cheeks and face are red, when deficient there is ... an expressionless face".

POINTS OF THE HEART ZANG

HT-1 (*jí quán*)

極 *jí*: extreme, most venerable, best

泉 *quán*: spring, fountain

極泉

Highest Spring

Location: In the centre of the armpit (axilla), on the medial side of the axillary artery.

Functions: Regulates flow of Qi and loosens the chest; nourishes Heart Yin; frees the Channels and quickens the Connecting vessels.

Indications: Pain in the ribs and the region of the heart; intercostal neuralgia; angina pectoris; arthritis of the shoulder; inflammation of the shoulder joint; scrofula; cold and pain in the elbow and arm.

Supplementary Indications: Cardiac Bi; dry retching; cardiac pain; thirst with desire to drink; jaundice; depression; pleurisy; fullness and pain in the lateral costal region; cold in the arm and elbow.

DEADMAN'S COMMENTARY

Jiquan HE-1 is the first point of the Heart channel, where the qi emerges from the Heart and its surrounding blood vessels. Located in the centre of the axilla, it is the point of communication between the Heart and chest on the one hand, and the arm on the other, and has an action on both these regions.

In the chest and lateral costal region it promotes the movement of qi and alleviates pain, being indicated for distention and fullness of the lateral costal region, chest pain and shortness of breath. In the Heart itself it treats pain manifesting as Heart painful obstruction and Heart pain with retching.

When the Heart yang declines, with concomitant blood stasis, qi and blood are unable to maintain their circulation through the channels and vessels of the arm, giving rise to numbness, whilst if the warming function of yang is impaired there will be coldness and pain. By promoting circulation of qi and blood throughout the arm, Jiquan HE-1 is able to treat these disorders.

The axillary region may be viewed as a gateway for the circulation of qi and blood through the arm, implied in the name 'Summit Spring'. In qigong practice and meditation, keeping the axilla slightly open is vital for maintaining the free flow of qi and blood through the upper limb. For this reason it is said that one should stand or sit with enough space in the axilla "to hold an egg". As a result, even in periods of long quiescence the arm and hands will stay warm.

CLASSICAL COMBINATIONS

- Heart pain with retching, agitation and fullness: Jiquan HE-1 and Ximen P-4 (Supplementing Life).
- Dry throat: Jiquan HE-1, Taiyuan LU-9, Pianli LI-6, Taichong LIV-3 and Tiantu REN-22 (Supplementing Life).
- Loss of use of the four limbs: Jiquan HE-1, Riyue GB-24 and Pishu BL-20 (Supplementing Life).

HT-2 (*qīng líng*)

青 *qīng*: cyan, blue-green, purple

靈 *líng*: spirit; divine; efficacious

青 靈

Cyan Spirit

Location: Three cun proximal to the medial end of the transverse cubital crease when the elbow is flexed, in the groove medial to biceps brachii muscle (medial bicipital furrow).

Functions: Frees the Channels and quickens the Connecting vessels; regulates Qi and Blood.

Indications: Yellowing of the sclera; precordial pain; lateral costal pain; shoulder and arm pain.

Supplementary Indications: Inability to lift the upper limb; headache and quivering with cold.

CLASSICAL COMBINATIONS

- Pain of the shoulder and upper arm: Qingling HE-2, Jianyu LI-15 and Quchi LI-11.

HT-3 (*shào hǎi*)少 *shào*: less, few海 *hǎi*: sea

少海

Lesser Sea

Location: At the medial end of the transverse cubital crease with the elbow flexed. The point lies in a depression lateral (and anterior) to the medial epicondyle of the humerus.

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

Functions: Promotes and frees Heart Qi and Blood; clears the Pericardium; calms and stabilizes the Shen; clears Heat and transforms Phlegm; clears the Vessels.

Indications: Pain in the region of the heart; intercostal neuralgia; psychosis; neurasthenia; numbness of the arm or forearm; ulnar nerve neuralgia; trembling hands; hypertonicity of the elbow; pain in the axillary and lateral costal region; scrofula.

Supplementary Indications: Toothache; headache and dizziness; vomiting of thin foamy phlegm; trembling hands and hypertonicity of the elbow; axillary pain; poor memory; absent mindedness; mania; Qi counterflow; numbness in both arms; cardiac pain; nodular growths in the neck.

DEADMAN'S COMMENTARY

Shaohai HE-3 is the he-sea and water point of the Heart shaoyin (lesser yin) channel, hence the name Shaohai (Lesser Sea). It has three main spheres of action.

Firstly it is able to calm the spirit, transform phlegm and clear heat, being indicated in such disorders as mania and laughter, epilepsy, tongue thrusting (where the tongue is repeatedly thrust out of the mouth like a snake's tongue) and poor memory, as well as other manifestations of phlegm such as vomiting of foamy saliva and scrofula. Clinically, however, it is less used for this purpose than points such as Jianshi P-5, Fenglong ST-40 and Tianjing SJ-10.

Secondly, as the water point of the Heart fire channel, Shaohai HE-3 is able to drain heat from the head manifesting as redness of the eyes, erosion and swelling of the gums, and toothache accompanied by chills and fever.

The third and main clinical application of Shaohai HE-3, however, is in the treatment of various disorders of the Heart channel in the upper limb. It is an important point for numbness and trembling of the arm and hand, and disorders of the elbow. According to the Classic of the Jade Dragon it is indicated for "fullness of the chest with agitation of the Heart accompanied by numbness and difficulty in raising the shoulder and arm". In the treatment of atrophy disorder and hemiplegia following windstroke, points of yangming channel, which is "abundant in qi and blood" have long been emphasised. Clinical practice has demonstrated, however, that better results are obtained when some points from yin channels are also selected. Due to the important action of Shaohai HE-3 on disorders of the whole arm, it is often stimulated by through needling from Quchi LI-11 in the treatment of these disorders.

CLASSICAL COMBINATIONS

- Vomiting of foam: Shaohai HE-3, Duiduan DU-27 and Benshen GB-13 (Supplementing Life).
- Vomiting of foamy (watery) saliva: Shaohai HE-3 and Zhubin KID-9 (Supplementing Life).

- Scrofula: Shaohai HE-3, Tianchi P-1, Zhangmen LIV-13, Zulinqi GB-41, Zhigou SJ-6, Yangfu GB-38, Jianjing GB-21 and Shousanli LI-10 (Great Compendium).
- Scrofula: Shaohai HE-3 and Tianjing SJ-10 (Song More Precious Than Jade).
- Manic raving fear and fright: Shaohai HE-3, Zhizheng SI-7, Yuji LU-10, Hegu LI-4, Quchi LI-11 and Wangu SI-4 (Thousand Ducat Formulas).
- Stiff tongue, tongue thrusting: Shaohai HE-3, Huaroumen ST-24 and Wenliu LI-7 (Supplementing Life).
- Stubborn numbness of both forearms: Shaohai HE-3 and Shousanli LI-10 (One Hundred Symptoms).

HT-4 (*líng dào*)

靈 *líng*: spirit

道 *dào*: pathway

靈道

Spirit Pathway

Location: One and a half cun proximal to the medial end of the transverse wrist crease on the anterior aspect of the forearm, immediately lateral to the tendon of flexor carpi ulnaris muscle.

Features & Categories: Metal, River, Traversing-Jing point of the Heart Channel.

Functions: Nourishes the Heart and calms the Shen; soothes the Sinews and quickens the Connecting vessels; removes obstructions from the Heart Channel.

Indications: Pain in the region of the heart; chest pain; sudden loss of voice; psychosis; hysteria; insomnia; hypertonicity of the elbow and forearm; convulsive spasm; neuralgia of the ulnar nerve.

Supplementary Indications: Visceral agitation; clonic spasm; sorrow and fear.

DEADMAN'S COMMENTARY

Lingdao HE-4, as its name 'Spirit Path' implies, has the ability to calm the spirit and is indicated for restless zang disorder and sadness and fear. Restless zang disorder is said to arise due to overthinking, excessive worry and anxiety which injure the Heart, Spleen and Liver. It is characterised by a wide variety of symptoms including unpredictable emotional responses, melancholy, disturbed behaviour, restlessness, insomnia, loss of voice and even mania. In terms of modern medicine it corresponds to hysterical neurosis. The ability of Lingdao HE-4 to treat sudden loss of voice (refer combinations below) reflects its status as a jing-river point, since the Spiritual Pivot states that the jing-river points should be needled for changes manifesting in the patient's voice.

According to the Spiritual Pivot "when the disease is at the yin within yang (sinews and bones), needle the jing-river point of the yin". Lingdao HE-4, the jing-river point of the Heart channel, is indicated for contraction of the elbow and arm and a freezing cold sensation deep within the marrow and bones.

CLASSICAL COMBINATIONS

- Sudden loss of voice with lockjaw: Lingdao HE-4, Tiantu REN-22 and Tianchuang SI-16 (Supplementing Life).
- Sudden loss of voice: Lingdao HE-4, Zhigou SJ-6, Tianchuang SI-16, Futu LI-18 and Qubin GB-7 (Thousand Ducat Formulas).

• Loss of voice: Lingdao HE-4, Tiantu REN-22, Yingu KID-10, Fuliu KID-7, Fenglong ST-40 and Rangu KID-2 (Illustrated Supplement).

HT-5 (*tōng lǐ*)

通 *tōng*: to go through, unblock; connect

里 *lǐ*: unit of measurement; ward (neighborhood), village

通里

Connecting Li

Location: One cun proximal to the medial end of the transverse wrist crease on the palmar aspect of the forearm, immediately lateral to the tendon of flexor carpi ulnaris muscle.

Features & Categories: Connecting-Luo point of the Heart Channel connecting to the Small Intestine Channel of hand Tai Yang. A Heavenly Star point of Ma Dan-Yang.

Functions: Calms the Shen, regulates Heart Qi, resolves Internal Wind.

Indications: Palpitations and tachycardia; bradycardia; chest pain; angina pectoris; dizziness; blurred vision; sore, swollen throat; sudden loss of voice; insomnia; neurasthenia; psychosis; palpitations from fright; stiff tongue preventing speech; pain in the wrist and medial forearm.

Supplementary Indications: Throat Bi; profuse menstruation; visceral agitation; incontinence; cough; asthma; headache and dizziness.

DEADMAN'S COMMENTARY

Tongli HE-5 was included by Ma Dan-yang, the great physician of the Jin dynasty, among the 'eleven heavenly star points', his grouping of the most vital acupuncture points, and was indicated by him for "inability to speak despite a desire to do so, vexation and anger, pounding of the Heart; when excess there is heaviness of the four limbs, and the head, cheeks and face are red; when deficient there is inability to eat, sudden loss of voice and an expressionless face".

Tongli HE-5 is the luo-connecting point of the Heart channel, from where the luo-connecting channel penetrates deeply into the Heart zang, strengthening the zang-channel relationship, hence the name 'Penetrating the Interior'. It has two principal actions on the Heart:

- i. to calm the spirit, and
- ii. to regulate Heart qi.

The Spiritual Pivot is the earliest text to record the fundamental principle that "the Heart is the residence of the spirit". The function of housing the spirit in Chinese medicine encompasses mental activity, consciousness, memory, thinking and sleep. At the same time it also refers to the totality of the emotional and spiritual life of a person. According to the Ode of the Jade Dragon "Tongli HE-5 treats a frightenable Heart". Tongli HE-5 shares with most of the other luo-connecting points of the yin channels (Lieque LU-7, Gongsun SP-4, Dazhong KID-4, Ligou LIV-5 and Neiguan P-6) the special ability to treat psycho-emotional disorders, but as the luo-connecting point of the Heart zang it is especially suitable for this purpose and is wide-ranging in its effect. Its action on calming the spirit, however, focuses on emotional disorders, rather than disturbances of sleep or memory, for which Shenmen HE-7 is more effective. According to Fei Bo-xiong "The seven emotions injure the five yin organs selectively but they all affect the Heart". Tongli HE-5 is classically indicated for many different emotional manifestations, not only fright and agitation which are traditionally associated with disharmony of the Heart, but fear, vexation, anger, sadness and depression which are usually

considered to injure, or result from injury to, other zangfu. The great doctor Hua Tuo said of the relationship between the Heart and fear "excessive thought gives rise to apprehension, and apprehension injures the Heart; an injured Heart gives rise to loss of spirit, and loss of spirit gives rise to fright and fear".

As for regulating the Heart qi, Tongli HE-5 plays an important role in the treatment of palpitations, fright palpitations, pounding of the Heart and disorders of heart rhythm. In Chinese medicine, palpitations are subdivided into

- i. simple palpitations which is a general term,
- ii. fright palpitations which denotes palpitations that are either triggered by or accompanied by feelings of fright, and
- iii. pounding of the Heart (the most serious kind) which denotes palpitations which may be felt as high up as the heart itself, or as low as the umbilicus (the termination point of the Heart sinew channel).

Palpitations may accompany any pattern of the Heart zang, but as a disorder of the rhythmical beating of the heart they always involve the Heart qi.

The pathways of the Heart primary and secondary channels serve to clarify various other classical indications of this point. According to a saying of Chinese medicine, "the tongue is the sprouting forth of the Heart", and the Heart luo-connecting channel, after entering the Heart zang, ascends to the root of the tongue. For this reason, Tongli HE-5 is the primary point to treat loss of voice and stiffness of the tongue which affects the speech, usually resulting from mental disorders or the sequelae of windstroke. It is also indicated for the treatment of stuttering.

From Tongli HE-5 the luo-connecting channel both spreads to the Heart's interiorly-exteriorly coupled Small Intestine channel and ascends to the eye. Tongli HE-5 is indicated for (and included in a number of classical combinations for) head wind, headache and dizziness, all of which may be accompanied by redness or pain of the eyes. This symptomatology reflects disharmony of both coupled channels.

The Small Intestine channel is paired with the Bladder channel (taiyang) according to six channel theory. This Heart-Small Intestine-Bladder linkage has traditionally been used to explain the relationship between Heart disharmony and urinary disorders, since heat can transmit from the Heart to the Small Intestine and thence to the Bladder, and in the case of Tongli HE-5 its ability to treat enuresis due to accumulation of heat in the Bladder.

The Heart governs blood, whilst according to the Essential Questions "The bao mai [uterine channel] pertains to the Heart and is connected with the uterus". If, due to emotional factors, heat accumulates in the Heart and enters the blood, there may be uterine bleeding or menorrhagia due to reckless movement of the blood. Tongli HE-5 is the only point on the Heart channel with such gynaecological indications.

Finally the Great Compendium of Acupuncture and Moxibustion gives specific indications for excess and deficiency of the luo-connecting points. In the case of Tongli HE-5 these are: fullness and distention of the chest and diaphragm radiating to the lateral costal region (excess); and inability to speak (deficiency).

CLASSICAL COMBINATIONS

- Weary speech and somnolence: Tongli HE-5 and Dazhong KID-4 (One Hundred Symptoms).
- Sudden loss of speech: Tongli HE-5 and Yifeng SJ-17 (Supplementing Life).
- Head wind, redness of the face and eyes: Tongli HE-5 and Jiexi ST-41 (Great Compendium).
- Pain of the head and eyes: Tongli HE-5, Baihui DU-20 and Houding DU-19 (Supplementing Life).
- Headache and dizziness: Tongli HE-5, Feiyang BL-58, Kunlun BL-60, Ququan LIV-8, Qiangu SI-2 and Shaoze SI-1 (Thousand Ducat Formulas).
- Enuresis: Tongli HE-5, Jimen SP-11, Dadun LIV-1, Pangguangshu BL-28, Taichong LIV-3, Weizhong BL-40 and Shenmen HE-7 (Supplementing Life).
- Irregular Heart rhythm: Tongli HE-5, Neiguan P-6, Jueyinshu BL-14 and Xinshu BL-15.

HT-6 (*yīn xī*)陰 *yīn*: yin, the complement of yang郤 *xī*: cleft

陰 郤

Yin Cleft

Location: Five fen proximal to the medial end of the transverse wrist crease on the palmar aspect of the forearm, immediately lateral to the tendon of flexor carpi ulnaris muscle.

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

Functions: Clears Heart Fire; nourishes Heart Yin; subdues deficient Yang excess; calms the Shen; secures the Exterior.

Indications: Cardiac pain; fright palpitations; cardiac arrhythmia; night sweating; high fever; hysteria; neurasthenia; pulmonary tuberculosis.

Supplementary Indications: Dizziness; fright palpitations; nosebleed; throat Bi; tonsillitis; infantile steaming bone fever; sudden loss of voice; fullness in the chest; fright.

DEADMAN'S COMMENTARY

Yinxi HE-6 is the xi-cleft point of the Heart 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. Yinxi HE-6 is indicated for Heart pain due to blood stasis, and bleeding disorders due to excessive heat agitating the blood. However, in terms of both these actions, Ximen P-4 the xi-cleft point of the Pericardium channel, is clinically more important. Acute severe pain from blood stasis which threatens the survival of the Heart zang is therefore primarily treated by using points of the Pericardium channel, the 'protector' of the Heart. This is reflected in the statement in the Spiritual Pivot "The Heart is the great master of the five zang and six fu and the residence of the essence-spirit ... If the Heart is injured, the spirit will depart; if the spirit departs, the person will die ... therefore the pathogenic qi that attacks the Heart will be diverted to reside in the Pericardium".

The forte of Yinxi HE-6 lies in its ability to treat the yin fluids of the Heart. According to the Ode to Elucidate Mysteries "Reducing Yinxi HE-6 will stop night sweating and treat steaming bone disorder in children". This underlines the primary application of Yinxi HE-6 in clinical practice. According to Essential Readings from the Medical Tradition "That which is stored by the Heart

internally is blood, externally it is emitted as sweat; sweat is the fluid of the Heart". Owing to this close relationship between the Heart blood and sweating, and the ability of the xi-cleft points to harmonise the blood, Yinxi HE-6 is an essential point in the treatment of night sweating due to deficiency of either yin or Heart blood. Night is the time of maximum yin, and during sleep (when the body is covered and the more yang defensive qi is no longer needed to protect the surface) the defensive qi enters deep within the yin to be nourished. If yin is deficient, it cannot draw and hold the defensive qi inside, and deficiency heat floats to the exterior and forces out the fluids as sweat. Alternatively, when Heart blood is deficient, the balance of qi and blood is disturbed and the qi floats to the surface causing night sweating, characterised by less intense heat sensations than the yin deficiency pattern. Controlling night sweating is always a priority of treatment, since the sweat emitted in this disorder (known in Chinese as 'robbing sweat') contains yin nutrient and its loss further aggravates the deficiency. It should be noted that night sweating, although most often due to the two patterns described above, may also occur as a result of other patterns of disharmony, specifically damp-heat, Spleen deficiency with retention of dampness, half-interior/ half-exterior pathogen disorders and disharmony of nutritive qi and defensive qi. Due to its important action in stopping night sweating, Yinxi HE-6 may be used in any of these patterns in combination with appropriate points.

Steaming bone disorder is a form of fever from yin deficiency. It is characterised by a sensation of heat deep within the bones radiating outwards to the skin, and is accompanied by afternoon fever, restless sleep and night sweating. It is a profound form of yin deficiency with raging heat and is usually seen in the context of serious disease. Yinxi HE-6 is one of the principal points used to treat this pattern.

Finally, as the xi-cleft point of the Heart channel, Yinxi HE-6 is able to soothe and calm the Heart in acute situations and is indicated for acute fright - with or without palpitations. It is also specifically indicated for 'counterflow inversion fright qi'. This refers to loss of consciousness (inversion pattern) that arises when severe anger depresses the qi, or fright and fear rapidly and violently descend the qi.

CLASSICAL COMBINATIONS

- Profuse night sweating: Yinxi HE-6 and Houxi SI-3 (One Hundred Symptoms).
- Excessive fright: Yinxi HE-6, Jianshi P-5, Erjian LI-2 and Lidui ST-45 (Supplementing Life).
- Heart pain with fullness and agitation and stiff tongue: Yinxi HE-6 and Zhongchong P-9 (Supplementing Life).
- Heart pain: Yinxi HE-6 and Xingjian LIV-2 (Supplementing Life).

HT-7 (*shén mén*)

神 *shén*: spirit

門 *mén*: gate, door

神門

Spirit Gate

Location: Towards the medial end of the transverse wrist crease on the palmar aspect of the wrist, immediately lateral (radial aspect) to the tendon of flexor carpi ulnaris muscle. This is in the articular region between the pisiform and ulna bones.

Features & Categories: Earth, Stream, Transporting-Shu point, and Source-Yuan point of the Heart Channel.

Functions: Calms the Heart and Shen; clears Fire and cools the Blood; clears Heart Heat; regulates Qi counterflow; clears the Channels.

Indications: Cardiac pain; angina pectoris; vexation; mania and withdrawal; poor memory; tachycardia; bradycardia; fright palpitations; depressive psychosis; hysteria; insomnia; excessive dreaming; nightmares; yellowing of the sclera; pain in the lateral costal region; heat in the palms; paralysis of the tongue.

Supplementary Indications: Dizziness; feeble-mindedness; epilepsy; retching or spitting of blood; visceral agitation; throat Bi; dryness of the throat with no desire to eat; Qi ascent dyspnea; red facial complexion and tendency to laugh; loss of voice; panting; dementia.

DEADMAN'S COMMENTARY

Shenmen HE-7 is the shu-stream and yuan-source point of the Heart channel. The Spiritual Pivot in Chapter 6 recommends the use of the shu-stream points in the treatment of disorders of the zang, whilst in Chapter 1 it says "When the five zang are diseased, select [from] the twelve yuan-source [points]". Shenmen HE-7 is an essential point to treat:

- i. all disorders of the spirit, and
- ii. all deficiency disorders of the Heart zang.

Shenmen HE-7 (Spirit Gate) is the foremost acupuncture point to calm and regulate the spirit. According to the Spiritual Pivot "the Heart is the residence of the spirit". Disturbance of the spirit may broadly be divided into two main categories: deficiency patterns (mainly of Heart blood or yin) and excess patterns (Heart fire, phlegm or phlegm-fire). When Heart blood or yin are deficient they are no longer able to nourish the Heart and provide the material basis for the Heart to store and anchor the spirit. As a consequence the spirit loses its harmony and becomes restless and unquiet, resulting in such symptoms as anxiety and fearfulness, poor memory, restless zang disorder, insomnia and disturbed sleep. If Heart qi is deficient (especially when accompanied by qi deficiency of the Gall Bladder), a person will be easily frightened and apprehensive. According to the Spiritual Pivot "When Heart qi is deficient there is sadness; when excess there is ceaseless laughter". If the Heart loses contact with its associated emotion, joy, a person will be prone to ceaseless and inappropriate laughter. When Heart fire rages out of control it agitates and excites the spirit leading to such symptoms as severe insomnia and mental hyperactivity. When phlegm, or phlegm-fire, obstruct the portals of the Heart, the spirit will be disturbed to varying degrees, ranging from milder manifestations such as insomnia, talking during sleep, disorientation, agitation and restlessness, to the more severe symptoms of dementia, mania, mad laughter, insulting behaviour and epilepsy. Whatever the pattern, Shenmen HE-7 may be used to help restore peace and harmony to the spirit.

The Heart is unique in being susceptible to the four principal kinds of deficiency (qi, blood, yin and yang), Shenmen HE-7, the shu-stream and yuan-source point of the Heart channel, may be used in any of these situations, especially in cases of deficiency of blood and yin. In practice, the tonifying action of Shenmen HE-7 is enhanced and focused through its combination with other suitable points.

Palpitations are a common symptom of Heart disorder. Although fundamentally a disorder of Heart qi (the active, moving aspect of the Heart zang), palpitations may accompany virtually any Heart pattern, whether deficient or excess. Through its action of regulating and tonifying the qi of the Heart, Shenmen HE-7 is indicated for all kinds of palpitations, including fright palpitations and pounding of the Heart (refer Tongli HE-5).

The Heart channel ascends to the throat and Shenmen HE-7 is able to clear heat from the channel giving rise to swelling, congestion, dryness and pain of the throat. Finally, the Heart channel is interiorly-exteriorly coupled with the Small Intestine channel which is paired with the Bladder channel (taiyang) according to six channel theory.

This linkage has traditionally been used to explain the relationship between Heart disharmony and urinary disorders, and in the case of Shenmen HE-7 its ability (emphasised in its inclusion in many classical combinations) to treat enuresis due to accumulation of heat in the Bladder.

CLASSICAL COMBINATIONS

- Fear and fright with Heart pain: Shenmen HE-7, Shaochong HE-9, Yanglingquan GB-34 and Neiguan P-6 (Compilation).
- Fright palpitations with diminished qi: Shenmen HE-7, Ligou LIV-5 and Jique REN-14 (Supplementing Life).
- Heart painful obstruction, sadness and fear: Shenmen HE-7, Dadun LIV-1 and Yuji LU-10 (Great Compendium).
- Weeping with grief: Shenmen HE-7, Xinshu BL-15, Jiexi ST-41 and Daling P-7 (Supplementing Life).
- Dementia: Shenmen HE-7, Shaoshang LU-11, Yongquan KID-1 and Xinshu BL-15 (Great Compendium).
- Manic laughter: Shenmen HE-7 and Yanggu SI-5 (Thousand Ducat Formulas).
- Mania, desires to ascend to high places and sing, discards clothing and runs around: Shenmen HE-7, Chongyang ST-42 and Houxi SI-3 (Great Compendium).
- Manic rushing around: Shenmen HE-7 and Shangwan REN-13 (One Hundred Symptoms).
- Epilepsy: Shenmen HE-7, Neiguan P-6, Houxi SI-3, Xinshu BL-15 and Yinbai SP-1 (Complete Collection).
- The five types of epilepsy: Shenmen HE-7, Jiuwei REN-15 and Houxi SI-3 (Song More Precious Than Jade).
- Heart pain: Shenmen HE-7, Jueyinshu BL-14 and Zulinqi GB-41 (Supplementing Life).
- Vomiting blood: Shenmen HE-7, Quze P-3 and Yuji LU-10 (Great Compendium).
- Enuresis: Shenmen HE-7, Guanmen ST-22 and Zhongfu LU-1 (Thousand Ducat Formulas).
- Enuresis: Shenmen HE-7, Yuji LU-10, Taichong LIV-3, Dadun LIV-1 and Guanyuan REN-4 (Great Compendium).
- Enuresis: Shenmen HE-7, Guanmen ST-22 and Weizhong BL-40 (Systematic Classic).
- Enuresis: Shenmen HE-7, Pangguangshu BL-28, Tongli HE-5, Dadun LIV-1, Jimen SP-11, Taichong LIV-3 and Weizhong BL-40 (Supplementing Life).

HT-8 (shào fǔ)

少 shào: lesser, minor; few, little

府 fǔ: residence, storehouse, mansion

少府**Lesser Mansion**

Location: On the palmar surface between the 4th and 5th metacarpal bones. When a loose fist is made the point is at the tip of the little finger on the distal transverse palmar crease ("heart" line in palmistry).

Features & Categories: Fire, Spring, Gushing-Ying point of the Heart Channel. Horary point.

Functions: Regulates Heart Qi and calms the Shen; clears Heat in the Heart and Phlegm Fire.

Indications: Palpitations; chest pain; angina pectoris; rheumatic heart disease; cardiac arrhythmias; hysteria; spasmodic pain and hypertonicity of the little finger; heat in the palm; itchy skin; inhibited urination; dysuria; enuresis.

Supplementary Indications: Genital itch; vexation, fullness, and diminished Qi; sorrow, fear, and fearfulness of people.

DEADMAN'S COMMENTARY

Shaofu HE-8 is the ying-spring and fire point of the Heart shaoyin (lesser yin) channel, hence the name 'Lesser Palace'. According to the Classic of Difficulties ying-spring points are indicated for "heat in the body", whilst a saying of Chinese medicine states "When the Heart is cleared [of heat] the urine will flow". Shaofu HE-8 is a major point for clearing Heart fire which transmits to the hand taiyang Small Intestine channel (its interiorly- exteriorly coupled channel), and thence to the foot taiyang Bladder channel (paired with the Small Intestine according to six channel theory), giving rise to a variety of urogenital symptoms including difficult urination, enuresis, and itching or pain of the genitals. The characteristic accompanying signs of this type of urogenital disorder are insomnia, emotional disturbance, thirst, and sores of the mouth and tongue. Although having some action of clearing Heart fire affecting the upper jiao in this way, Shaofu HE-8 is traditionally less indicated for this purpose than points such as Daling P-7 and Laogong P-8, and its primary application is to clear the lower jiao heat.

The second principal action of Shaofu HE-8 is to regulate the Heart qi in cases both of stagnation and deficiency. Stagnation of qi in the Heart and chest region, principally transmitted from the Liver and due to emotional factors, may present as pain and oppression of the chest accompanied by excessive sighing, fearfulness and even plumstone qi (globus hystericus), all indications classically recorded for this point. Equally, Shaofu HE-8 is indicated for a variety of emotional disorders due to deficiency of Heart qi. This kind of deficiency which often follows severe emotional shock or fright, may give rise to palpitations, sadness and worry (Heart and Lung qi deficiency) or excessive fearfulness (Heart and Gall Bladder qi deficiency), as well as excessive sighing which, although more commonly due to qi stagnation may also result from qi deficiency.

Shaofu HE-8 is indicated for a variety of Heart channel disorders including throat pain, stiff tongue, contracture of the elbow and axilla, and especially heat in the palms and contracture and pain of the little finger.

Finally, according to the Essential Questions' "The bao mai [uterine channel] pertains to the Heart and is connected with the uterus". Shaofu HE-8 is indicated for (and appears in classical combinations for) uterine prolapse.

CLASSICAL COMBINATIONS

- Difficult urination or retention of urine: Shaofu HE-8 and Zusanli ST-36 (Thousand Ducat Formulas).
- Uterine prolapse: Shaofu HE-8, Taichong LIV-3, Zhaohai KID-6 and Ququan LIV-8 (Great Compendium).
- Qi [stagnation] in the throat as if [obstructed by] a polyp: Shaofu HE-8 and Ligou LIV-5 (Thousand Ducat Formulas).
- Diminished qi: Shaofu HE-8, Pangguangshu BL-28, Shaochong HE-9, Bulang KID-22, Xingjian LIV-2 and Dazhong KID-5 (Supplementing Life).

HT-9 (*shào chōng*)

少 *shào*: lesser, minor

冲 *chōng*: thoroughfare, a hub; to surge, clash

少冲

Lesser Surge

Location: On the dorsal, radial (lateral) aspect of the little finger, approximately one fen from the proximal, lateral corner of the nail.

Features & Categories: Wood, Well-Jing point of the Heart Channel.

Functions: Opens the Heart portals; calms the Shen; revives from fainting; discharges pathogenic Heat and clears Internal Wind; revives depleted Yang.

Indications: Palpitations; cardiac pain; angina pectoris; high fever; pain in the chest and lateral costal region; mania and withdrawal; hysteria; febrile diseases; fainting; infantile convulsions.

Supplementary Indications: Jaundice; throat Bi; heat diseases with vexation and agitation; emergency treatment of cerebrovascular accident; shock; pain in the root of the tongue.

DEADMAN'S COMMENTARY

Shaochong HE-9 is the jing-well point, and thus the terminal and most dynamic point, of the Heart shaoyin (lesser yin) channel, hence the name Lesser Rushing. It shares with the jing-well points of the twelve channels three principal characteristics.

Firstly it is able to restore consciousness in cases of collapse, for example from windstroke.

Secondly, it has a strong action on clearing heat from the opposite end of the channel. The Heart primary channel ascends alongside the oesophagus and connects with the tissues surrounding the eye, the Heart divergent channel ascends along the throat, and the Heart luo-connecting channel ascends to the root of the tongue and the eye. Shaochong HE-9 is effective to clear heat from the upper reaches of all of these branches of the Heart channel in the tongue (swelling and pain), throat (painful obstruction and dryness), mouth (heat) and eyes (redness and pain), as well as being able to clear febrile heat disturbing the spirit and giving rise to agitation and restlessness.

Thirdly the Classic of Difficulties states that the jing-well points treat "fullness below the Heart". The region 'below the Heart' specifically refers to the apex of the epigastrium, but many of the

jing-well points in fact treat stagnation and fullness throughout the chest region, and Shaochong HE-9 is indicated for pain of the Heart, chest and lateral costal region.

Whilst its modern clinical use emphasises the treatment of such excess disorders, classical texts place equal weight on its ability to treat Heart qi deficiency. Thus the Song of the Jade Dragon states "What of diseases of cold Gall Bladder and Heart deficiency? Bilateral Shaochong HE-9 is the most effective", and the Song of the Primary Points of the Fourteen Channels similarly prescribes it for Heart and Gall Bladder qi deficiency. Since Shaochong HE-9 is the wood point of the Heart fire channel, this reflects the principle of treating the mother to nourish the child.

CLASSICAL COMBINATIONS

- Heat in the mouth: Shaochong HE-9 and Dazhong KID-4 (Supplementing Life).
- Fever: Shaochong HE-9 and Quchi LI-11 (One Hundred Symptoms).
- Fear and fright with Heart pain: Shaochong HE-9, Shenmen HE-7, Yanglingquan GB-34 and Neiguan P-6 (Compilation).

CV-14 (*jù què*)

巨 *jù*: great, gigantic

闕 *què*: gate tower (watch towers located on either side of a palace gate); a palace

巨 闕

Great Tower Gate

Location: On the superior abdomen in the anterior midline. The point is located 6 cun superior to REN-8 (Shen Que) in the middle of the umbilicus, and 2 cun inferior to the xiphisternal junction (REN-16, Zhong Ting). KID-21 (You Men) is located 5 fen lateral to REN-14 (Ju Que), ST-19 (Bu Rong) is 2 cun lateral.

Features & Categories: Front Alarm-Mu, Collecting point of the Heart Zang.

Functions: Disperses congealed Phlegm in the chest and diaphragm; transforms Damp Stagnation in the middle Jiao; pacifies the Stomach and benefits the diaphragm; clears the Heart and calms the Shen; regulates Qi and frees the middle Jiao; rectifies rebellious Stomach Qi.

Indications: Cardio-thoracic pain; angina pectoris; stomach pain; gastric reflux and acid regurgitation; esophageal constriction; difficulty in swallowing; nausea; vomiting; hiccough; stomach or digestive problems with an emotional foundation; mental illness; mania and withdrawal; epilepsy; seizures; palpitations; chronic hepatitis.

BL-15 (*xīn shū*)

心 *xīn*: heart

俞 *shū*: acupuncture point

心 俞

Heart Shu

Location: Between the scapulae on the posterior aspect of the trunk, 1.5 cun lateral to Du Mai point DU-11 (Shen Dao). DU-11 (Shen Dao) is located on the midline in the depression immediately inferior to the spinous process of 5th thoracic vertebra. BL-44 (Shen Tang) is 1.5 cun lateral to BL-15 (Xin Shu), 3 cun from the posterior midline.

Features & Categories: back Associated-Shu, Transporting point of the Heart Zang.

Functions: Stabilizes and nourishes the Heart and calms the Shen; clears Heat; opens the chest and regulates Qi; regulates Blood; stimulates the brain.

Indications: Neurasthenia; intercostal neuralgia; angina pectoris; rheumatic heart disease; epilepsy; distress; palpitations; atrial fibrillation; tachycardia; arrhythmias; Heart disorders generally; absent mindedness; vexation; cough; coughing or spitting blood; depression; psychosis; seizures; panic; nervous anxiety; insomnia; hysteria; childhood mental retardation.