

Fire Element: San Jiao Points II (from: Davis, 2000)

TB-5 (*wài guān*)

外 *wài*: outer, outside

關 *guān*: pass, gate

外關

Outer Pass

Location: On the posterior forearm two cun proximal to SJ-4 (Yang Chi) between the ulna and radius bones. The point lies on the opposite side of the wrist to PC-6 (Nei Guan), and is best located with the forearm supinated.

Features & Categories: Luo-Connecting point of the San Jiao Channel, connecting to the Pericardium Channel of hand Jue Yin. Master point of Yang Wei Mai (Yang linking Vessel), Coupling point of Dai Mai (Girdle Vessel). General Luo-Connecting point of the Yang.

Functions: Disperses Wind and relieves the Exterior; clears Heat and resolves toxins; frees the Channels and quickens the Connecting Vessels; benefits the ear; disperses rising Liver Yang; benefits the Gall Bladder.

Indications: Heat diseases; headache; common cold; fever; pneumonia; pain in the cheek; parotitis; lateral costal pain; deafness; tinnitus; inhibited flexion and extension of the elbow and arm; pain in the fingers; tremor of the hand; paralysis; abdominal pain and constipation.

Supplementary Indications: Migraine headache; enuresis; stiff neck; hemiplegia; swollen throat.

DEADMAN'S COMMENTARY

Waiguan SJ-5, the confluent point of the Yang Linking vessel, is the most important and frequently used distal point of the Sanjiao channel with wide clinical application. The Yang Linking vessel, which has no points of its own, links the six yang channels and the Governing vessel. Yang corresponds to the exterior while yin corresponds to the interior, and the yang channels as a whole therefore relate more to the exterior portion of the body. According to the Classic of Difficulties "when the Yang Linking vessel is diseased, there will be severe chills and fever", whilst the Song of Points for Miscellaneous Diseases says "use Waiguan SJ-5 for all wind, cold, summer-heat and damp pathogens, headaches and fever". In the Ode of the Obstructed River the use of Waiguan SJ-5 is referred to as one of the 'eight therapeutic methods'. In this description of the application of the eight confluent points of the extraordinary vessels to affect specific symptoms and areas of the body, Waiguan SJ-5 is indicated for injury by cold to the exterior accompanied by headache. These classical references emphasise two of the principle applications of Waiguan SJ-5 namely:

- i. dispelling exterior pathogenic factors, and
- ii. treating headache.

Exterior pathogenic factors attack the superficial portion of the body first, giving rise to the typical symptoms of chills and fever, and at this stage of progression the treatment principle is to release the exterior. In current clinical practice some authorities emphasise the special ability of Waiguan SJ-5 to resolve wind-heat and Hegu L.I.-4 to resolve wind-cold, whilst others take the opposite view. This inevitably raises the question of when to use Waiguan SJ-5 and when to use Hegu LI-4. Although there is no clear-cut answer, it is worth noting that whilst Hegu LI-4 is classically indicated for chills

and fever accompanied by absence of sweating (characteristic of wind-cold), the only reference to sweating and Waiguan SJ-5 in classical sources is 'sweating with heat on the exterior' (characteristic of wind-heat). Hegu LI-4 belongs to yangming channel which dominates the central portion of the face and is strongly indicated for pathogenic factors giving rise to sneezing and nasal discharge, whilst Waiguan SJ-5 belongs to the Sanjiao channel which traverses the lateral portion of the neck and is indicated for swelling of the glands (including scrofula and mumps).

When wind-dampness attacks the body, in addition to chills and fever there is typically pain of the joints, and the Classic of the Jade Dragon recommends Waiguan SJ-5 for 'chills and fever and pain of the hundred joints'. In terms of the four levels theory of febrile diseases, Waiguan SJ-5 predominantly treats pathogens at the defensive and qi levels. In terms of the Sanjiao theory of differentiating fevers, it focuses on the more exterior upper jiao Lung pattern, rather than the Pericardium pattern. This is in contrast to points of its coupled Pericardium channel, which predominantly treat pathogens at the nutritive and blood levels according to four level theory, and the Pericardium pattern according to the Sanjiao theory.

As well as chills and fever, Waiguan SJ-5 is indicated for either wind-cold or wind-heat attacking the eyes and ears and giving rise to symptoms such as redness, pain and swelling, lacrimation, deafness and tinnitus etc.

Waiguan SJ-5 is classically indicated for many different kinds of headache, including temporal, vertex, frontal and occipital headaches as well as headache due to Kidney deficiency, head wind and 'thunder head wind' (severe headache with a thundering sound in the head). The widespread action of Waiguan SJ-5 on such varied kinds of headache may be explained by a number of different factors:

- i. as stated above, Waiguan SJ-5 is an important point to expel pathogenic factors and may be used in the treatment of headache due to penetration by wind-cold, wind-heat or wind-damp;
- ii. the Yang Linking vessel links all the yang channels (the occipital region is governed by the Governing vessel and taiyang channel, the temporal region by the Yang Linking vessel and shaoyang channel, and the frontal region by yangming channel);
- iii. the Sanjiao channel specifically connects with such important points for headaches as Benshen GB-13 through to Fengchi GB-20, Touwei ST-8 and Fengfu DU-16;
- iv. the Sanjiao and Gall Bladder shaoyang channels are linked according to six channel theory, and the Sanjiao channel intersects the Gall Bladder channel at points Tongziliao GB-1, Shangguan GB-3, Hanyan GB-4, Xuanli GB-6 and Jianjing GB-21, whilst the Gall Bladder and Liver channels are interiorly-exteriorly coupled. Waiguan SJ-5 is therefore an especially important point in the treatment of headaches due to Liver disharmony, especially when this gives rise to one-sided temporal headache (shaoyang region). For this purpose Waiguan SJ-5 is often combined with Gall Bladder channel points such as Zulinqi GB-41 (predominantly for headaches due to Liver qi stagnation, including premenstrual headaches), and Yangfu GB-38 and Xiashi GB-43 (predominantly for headaches due to Liver fire or Liver yang rising).

The Yang Linking vessel passes behind the ear whilst the Sanjiao channel both encircles and enters the ear. Waiguan SJ-5 is therefore an important point in the treatment of various ear disorders

including tinnitus, deafness, earache and itching of the ear, and along with Zhongzhu SJ-3 is one of the principal distal points in the treatment of disorders of this region.

The Sanjiao channel belongs to fire and its internal pathway passes through all the three jiao. According to Methods of Acupuncture and Moxibustion from the Golden Mirror of Medicine Waiguan SJ-5 resolves knotting of heat in the five zang and six fu. Its action on clearing heat from the middle and lower jiao is reflected in its ability to treat constipation, abdominal pain, pain of the lateral costal region and vomiting, but it is especially effective in treating heat disorders of the head (swelling and pain of the cheek, nosebleed, toothache, ulceration of the mouth, cracked lips etc.) and clearing heat and fire poison from the Sanjiao channel in the neck (scrofula and mumps).

Waiguan SJ-5 is also a vital point in the treatment of a wide variety of channel disorders affecting the shoulder, arm, elbow, wrist, hand and fingers. In this respect it acts almost like a point of the hand yangming Large Intestine channel, and is often incorporated with Jianyu LI-15, Quchi LI-11 and Hegu LI-4 in the treatment of painful obstruction, atrophy disorder and hemiplegia of the upper limb. The action of Waiguan SJ-5 on the elbow region is emphasised in the Great Compendium of Acupuncture and Moxibustion which gives specific indications for excess and deficiency of the luo-connecting points. In the case of Waiguan SJ-5 these are contraction of the elbow (excess) and flaccidity of the elbow (deficiency).

Finally, Waiguan SJ-5 is the luo-connecting point of the Sanjiao channel from where the luo-connecting channel rises to converge with the Pericardium channel in the chest. Although this strengthens the Sanjiao-Pericardium relationship, with the exception of oppression and tightness of the chest there are no specific indications of this linkage. In clinical practice, however, the points Neiguan P-6 and Waiguan SJ-5 are often joined by through-needling for pain of the chest which radiates to the back.

CLASSICAL COMBINATIONS

- Pain of the head and eyes: Waiguan SJ-5 and Houxi SI-3 (Divine Moxibustion).
- Impaired hearing and deafness: Waiguan SJ-5 and Huizong SJ-7 (Thousand Ducat Formulas).
- Impaired hearing and deafness: Waiguan SJ-5 and Tinghui GB-2 (Supplementing Life).
- Deafness: Waiguan SJ-5, Zhongzhu SJ-3, Shangyang LI-1, Erheliao SJ-22, Tinghui GB-2, Tinggong SI-19, Hegu LI-4 and Zhongchong P-9 (Precious Mirror).
- Deafness and tinnitus: Waiguan SJ-5 and Tianchuang SI-16 (Supplementing Life).
- Abdominal pain: Waiguan SJ-5 and Daling P-7 (Song of the Jade Dragon).
- Abdominal pain and constipation: Waiguan SJ-5, Zhigou SJ-6 and Daling P-7 (Ode of the Jade Dragon).
- Pain of the lateral costal region: Waiguan SJ-5, Zhigou SJ-6 and Zhangmen LIV-13 (Great Compendium).
- Inability to bend the elbow and fingers: Waiguan SJ-5, Zhongzhu SJ-3, Quchi LI-11 and Shousanli LI-10 (Great Compendium).
- Atrophy disorder and numbness of the arm: Waiguan SJ-5, Tianjing SJ-10 and Quchi LI-11 (Thousand Ducat Formulas).

• Sabre lumps of the axilla: Waiguan SJ-5, Zhigou SJ-6, Yuanye GB-22 and Zulinqi GB-41
(Illustrated Supplement).

TB-6 (*zhī gōu*)

支 *zhī*: branch, limb; descendants

溝 *gōu*: ditch, water gully

支溝

Branch Ditch

Location: On the posterior forearm three cun proximal to SJ-4 (Yang Chi) between the ulna and radius bones. The point is best located with the forearm supinated. It lies lateral (radial aspect) to extensor digitorum muscle.

Features & Categories: Fire, River, Traversing-Jing point of the San Jiao Channel. Horary point.

Functions: Clears the San Jiao; frees Large Intestine Qi; opens the Intestines; spreads Qi and disperses obstruction; clears Heat and Wind.

Indications: Sudden loss or hoarseness of voice; tinnitus; deafness; pain and heaviness of the shoulder, back or arm; intercostal neuralgia; angina pectoris; pleurisy; pleuritis; insufficient lactation; belching; vomiting and diarrhoea; chronic constipation; urticaria; herpes zoster; hemiplegia.

Supplementary Indications: Painful or red eyes; postpartum Blood dizziness; cough; hot face; sudden cardiac pain; chest pain; cholera with vomiting; sore pharynx; swollen throat; parotitis; inability to turn the head; acute pain in the lateral costal or axillary region; absence of sweating in Heat disease; Wind Heat in the Blood.

DEADMAN'S COMMENTARY

The Sanjiao theory divides the body into three regions, the upper jiao (the area above the diaphragm), the middle jiao (the area between the diaphragm and the umbilicus) and the lower jiao (the area below the umbilicus). Zhigou SJ-6, the jing-river and fire point of the Sanjiao channel, is the most important point on the Sanjiao channel for moving qi and clearing heat in these three areas. According to the Song of the Primary Points of the Fourteen Channels Zhigou SJ-6 is able to "drain ministerial fire from the three jiao". Ministerial fire, the primal fire of the body which has its root in the ming men and Kidneys, is 'entrusted' to the Liver, Gall Bladder and Sanjiao. The quotation above emphasises the clinical importance of Zhigou SJ-6 in clearing heat throughout the body, and especially resolving stagnant heat of the Liver and Gall Bladder.

In the upper jiao Zhigou SJ-6 is able to clear heat from the Sanjiao channel, being indicated for febrile diseases, redness, pain and swelling of the eyes, tinnitus and deafness, lockjaw, swollen throat, scrofula etc. It is also able to resolve stagnation of qi in the chest giving rise to oppression of the chest and Heart pain. If stagnant qi transforms into fire and insults the Lung there may be cough with a red face.

In the middle jiao it is an essential point for treating pain of the lateral costal region, and distention due to qi stagnation or any other aetiology. According to the Ode to Elucidate Mysteries "For pain of the ribs and lateral costal region needle the Flying Tiger [Feihu, an alternative name for Zhigou, SJ-6]" whilst the Song of the Jade Dragon says "When there is pain of the lateral costal region with obstruction and knotting, using Zhigou SJ-6 will give extraordinarily wonderful results". Zhigou SJ-6 is also indicated for vomiting and sudden turmoil disorder, and may be used in situations where

there is distention and bloating in the upper and lower abdomen, often extending to the chest, with Heart pain, oppression of the chest or cough.

In the lower jiao Zhigou SJ-6 is a major point for moving the qi of the intestines and treating constipation, whether due to stagnation of qi, heat or any other aetiology. In fact Zhigou SJ-6 and Waiguan SJ-5 are the only points on the three arm yang channels indicated for constipation, and of these two Zhigou SJ-6 has always been considered the pre-eminent. According to the Great Compendium of Acupuncture and Moxibustion Zhigou SJ-6 is also indicated for blockage of the Conception vessel in women, a further reflection of its ability to move stagnation.

According to the Spiritual Pivot the jing-river points should be needled when there are "diseases manifesting in the patient's voice", and Zhigou SJ-6 is an important point (and included in a number of classical combinations) for sudden loss of voice.

Finally, Zhigou SJ-6 is indicated for various channel disorders affecting the whole upper limb, axilla, shoulder and back, including tremors, trembling and numbness of the hand. In current practice it is often combined with Xuanzhong GB-39 in the treatment of wandering painful obstruction.

CLASSICAL COMBINATIONS

- Stabbing Heart pain: Zhigou SJ-6, Rangu KID-2 and Taixi KID-3 (Thousand Ducat Formulas).
- Pain of the chest and lateral costal region: Zhigou SJ-6 (reduce left Zhigou SJ-6 for right-sided pain and vice-versa) and (bleed) Weizhong BL-40 (Classic of the Jade Dragon).
- Pain of the lateral costal region due to injury by cold: Zhigou SJ-6 and Yanglingquan GB-34 (Outline of Medicine).
- Pain of the lateral costal region: Zhigou SJ-6, Zhangmen LIV-13 and Waiguan SJ-5 (Great Compendium).
- Pain of the lateral costal region: Zhigou SJ-6, Gongsun SP-4, Yanglingquan GB-34 and Zhangmen LIV-13 (Complete Collection).
- Sudden loss of voice: Zhigou SJ-6, Tianchuang SI-16, Futu LI-18, Qubin GB-7 and Lingdao HE-4 (Thousand Ducat Formulas).
- Sudden loss of voice: Zhigou SJ-6, Tonggu BL-66 and Sanyangluo SJ-8 (Supplementing Life).
- Vomiting and sudden turmoil disorder: Zhigou SJ-6 and Tianshu ST-25 (Supplementing Life).
- Sudden turmoil disorder: Zhigou SJ-6, Guanchong SJ-1, Juque REN-14, Gongsun SP-4 and Jiexi ST-41 (Systematic Classic).
- Constipation: Zhigou SJ-6 and Zhaohai KID-6 (Ode of the Jade Dragon).
- Deficiency constipation: reinforce Zhigou SJ-6 and reduce Zusanli ST-36 (Song of Points).
- Constipation: Zhigou SJ-6, Taibai SP-3, Zhaohai KID-6 and Zhangmen LIV-13 (Great Compendium).
- Abdominal pain and constipation: Zhigou SJ-6, Daling P-7 and Waiguan SJ-5 (Ode of the Jade Dragon).
- Scrofula: Zhigou SJ-6, Shaohai HE-3, Tianchi P-1, Zhangmen LIV-13, Zulinqi GB-41, Yangfu GB-38, Jianjing GB-21 and Shousanli LI-10 (Great Compendium).
- Post-partum dizziness: Zhigou SJ-6, Zusanli ST-36 and Sanyinjiao SP-6 (Great Compendium).
- Wandering painful obstruction: Zhigou SJ-6 and Xuanzhong GB-39.

- Stagnation of qi in the three jiao leading to distention, oppression and pain in the chest and abdomen: Zhigou SJ-6, Shanzhong REN-17, Zhongwan REN-12, Qihai REN-6 and Taichong LIV-3.
- Pain of the shoulder and back: Zhigou SJ-6, Houxi SI-3, Wangu SI-4, Fengmen BL-12, Jianjing GB-21, Zhongzhu SJ-3 and Weizhong BL-40 (Great Compendium).

TB-7 (huì zōng)

會 huì: to converge, to gather, to meet

宗 zōng: a meeting of officials; a suzerain; ancestor; clan

會宗

Convergence and Gathering

Location: On the posterior forearm between the ulna and radius bones at the same level as SJ-6 (Zhi Gou) - three cun proximal to SJ-4 (Yang Chi). The point lies approximately one cun medial to SJ-6 (Zhi Gou) close to the ulna.

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

Functions: Clears and drains pathogenic Heat from the San Jiao; soothes the Liver and rectifies flow of Qi; benefits the eyes and ears.

Indications: Deafness; tinnitus; pain in the upper limbs; epilepsy; seizures.

Supplementary Indications: Muscular pain; hearing loss; pain in the ear.

CLASSICAL COMBINATIONS

- Impaired hearing and deafness: Huizong SJ-7 and Waiguan SJ-5 (Thousand Ducat Formulas).
- Deafness: Huizong SJ-7, Yifeng SJ-17 and Xiaguan ST-7 (Systematic Classic).

TB-8 (sān yáng luò)

三 sān: three

陽 yáng: yang, the complement of yin

絡 luò: to connect, to mesh; to spin (into yarn);
connecting vessel

三陽絡

Three Yang Connection

Location: On the posterior forearm four cun proximal to SJ-4 (Yang Chi) between the ulna and radius bones. The point lies on the same line as SJ-6 (Zhi Gou).

Features & Categories: Group Luo-Connecting point of the Yang Meridians of the upper limb.

Functions: Frees the Channels and quickens the Connecting Vessels; opens the Portals and relieves pain; clears Heat.

Indications: Sudden hoarseness or loss of voice; deafness; pain in the arm; pain in the chest and lateral costal region; post-operative pain following pneumonectomy.

Supplementary Indications: Tooth decay or ache; pain and inability to move the hand and arm; lassitude; prostrate exhaustion; lack of desire to move the four limbs; aphasia.

DEADMAN'S COMMENTARY

The name Sanyangluo (Three Yang Luo) SJ-8 implies that this point is a meeting point of the three arm yang channels, in this respect mirroring Sanyinjiao SP-6 on the leg. From an examination of its indications, however, there seems little evidence to justify such a grand name. Sanyangluo SJ-8 does appear in various classical combinations for either sudden deafness or sudden loss of voice.

CLASSICAL COMBINATIONS

- Sudden loss of voice: Sanyangluo SJ-8 and Yamen DU-15 (Supplementing Life).
- Sudden loss of voice: Sanyangluo SJ-8, Zhigou SJ-6 and Tonggu BL-66 (Supplementing Life).
- Sudden deafness: Sanyangluo SJ-8 and Yemen SJ-2 (Supplementing Life).
- Somnolence with no desire to move the four limbs: Sanyangluo SJ-8, Tianjing SJ-10, Zuwuli LIV-10, Lidui ST-45 and Sanjian LI-3 (Thousand Ducat Formulas).
- Pain of the chest and lateral costal region: Sanyangluo SJ-8, Dabao SP-21, Ximen P-4, Yangfu GB-38 and Zulinqi GB-41.

TB-9 (sì dú)

四 sì: four

瀆 dú: a large river; to show contempt; ditch, drain

四瀆

Four Rivers

Location: On the posterior forearm five cun distal to the olecranon between the ulna and radius bones.

Functions: Frees the Channels and quickens the Connecting Vessels; regulates the Waterways; frees the throat and opens the Portals.

Indications: Sudden hoarseness or loss of voice; sudden deafness; toothache; pain in the forearm; paralysis of the upper limb; headache; tinnitus; neurasthenia; vertigo; nephritis.

Supplementary Indications: Blocked sensation in the throat; lower jaw toothache; loss of voice.

CLASSICAL COMBINATIONS

- Sudden deafness: Sidu SJ-9 and Tianyou SJ-16 (Supplementing Life).
- Toothache of the lower jaw: Yanggu SI-5, Sidu SJ-9, Yemen SJ-2, Shangyang LI-1 and Erjian LI-2 (Thousand Ducat Formulas).

TB-10 (tiān jǐng)

天 tiān: celestial, of the heavens, sky; Nature; heaven

井 jǐng: water well

天井

Celestial Well

Location: At the posterior elbow in the depression one cun proximal to the olecranon when the elbow is flexed. The point lies on the lateral side of the tendon of triceps brachii muscle.

Features & Categories: Earth, Sea, Uniting-He point of the San Jiao Channel.

Functions: Transforms Phlegm Damp in the Channels and Connecting Vessels; resolves masses; dispels Stagnation; dissipates Qi Fire in the San Jiao.

Indications: Unilateral headache; migraine headache; tonsillitis; urticaria; pain in the lateral costal region, neck, shoulder, and arm; stiff neck; scrofulous lumps; goitre; epilepsy; soft tissue diseases of the elbow.

Supplementary Indications: Malarial disease; tidal fevers; numbness of the flesh at the shoulder; thoracic Bi; cardiac pain; cough; fright palpitations; clonic spasm; eye pain; deafness; throat Bi; spitting of pus; sorrow; insanity.

DEADMAN'S COMMENTARY

According to the Classic of Difficulties "The Sanjiao is the pathway of water and grain". The Sanjiao therefore is the passageway for food and fluids throughout the body. When fluids stagnate and condense, whether due to stagnation of Liver qi, the condensing action of heat on the body fluids, or deficiency of any of the three zang responsible for fluid transformation and transportation (the Lung in the upper jiao, the Spleen in the middle jiao and the Kidneys in the lower jiao), phlegm will be generated. Tianjing SJ-10, the he-sea and earth point of the Sanjiao channel, has an important action on transforming phlegm and is indicated for a variety of phlegm patterns including scrofula, coughing of phlegm and psycho-emotional disorders.

The disease known as scrofula, in which nodules appear on the side of the neck or in the axilla, always involves phlegm combined either with stagnant qi or heat. Tianjing SJ-10 is traditionally indicated and included in various classical combinations for the treatment of this disease.

According to the Classic of Difficulties he-sea points are indicated for 'counterflow qi'. The Sanjiao channel enters the chest at Shanzhong REN-17, and Tianjing SJ-10, the he-sea point of the Sanjiao channel, is able to regulate rebellious qi and transform phlegm in the treatment of such disorders as coughing of phlegm, chest painful obstruction with Heart pain, and coughing and vomiting of pus and blood.

As a consequence of its action on transforming phlegm, and the coupled relationship of the Sanjiao and Pericardium channels, Tianjing SJ-10 is also important in the treatment of disturbance of the Heart and spirit by phlegm or phlegm-heat. It is indicated in such disorders as epilepsy, madness, propensity to fright, fright palpitations, sadness and somnolence.

Like many points of the Sanjiao channel, Tianjing SJ-10 is able to clear heat from and invigorate the qi in the upper part of the channel and is indicated for one-sided headache, deafness, swelling and pain of the cheek, obstructed throat, throat painful obstruction with sweating, eye pain etc.

Like Waiguan SJ-5 and Zhigou SJ-6, the action of Tianjing SJ-10 extends throughout the three jiao. As well as treating the head, neck, Lung and Heart in the upper jiao, it is indicated for pain of the lateral costal region in the middle jiao, and haemorrhoids and distention and pain of the abdomen in the lower jiao.

In modern clinical practice the principal application of Tianjing SJ-10 is in the treatment of pain, painful obstruction and atrophy disorder affecting the elbow, arm, shoulder, neck and upper back. There are also clear references in classical sources to its use in the treatment of wind painful obstruction affecting the entire body. This action of resolving painful obstruction is shared to a lesser extent by the two following points on this channel, Qinglengyuan SJ-11 and Xiaoluo SJ-12.

CLASSICAL COMBINATIONS

- Scrofula: Tianjing SJ-10 and Shaohai HE-3 (Song More Precious Than Jade).
- Scrofula: Tianjing SJ-10 and Shaoze SI-1 (Great Compendium).
- Heart disorientation: Tianjing SJ-10, Jueque REN-14 and Xinshu BL-15 (Great Compendium).
- Sadness, anxiety and disorientation: Tianjing SJ-10, Xinshu BL-15 and Shendao DU-11 (Supplementing Life). Fright palpitations: Yemen SJ-2, Tianjing SJ-10, Baihui DU-20 and Shendao DU-11 (Supplementing Life).

- Somnolence with no desire to move the four limbs: Tianjing SJ-10, Sanyangluo SJ-8, Zuwuli LIV-10, Lidui ST-45 and Sanjian LI-3 (Thousand Ducat Formulas).
- Chest painful obstruction, Heart pain and fullness of the Heart and abdomen: Tianjing SJ-10 and Shanzhong REN-17 (Supplementing Life).
- Chest painful obstruction and Heart pain: Tianjing SJ-10 and Zulinqi GB-41 (Supplementing Life).
- Clonic spasm: Tianjing SJ-10 and Fuyang BL-59 (Supplementing Life).
- Atrophy disorder and numbness of the arm: Tianjing SJ-10, Waiguan SJ-5 and Quchi LI-11 (Thousand Ducat Formulas).
- Wind painful obstruction: Tianjing SJ-10, Chize LU-5, Shaohai HE-3, Weizhong BL-40 and Yangfu GB-38 (Great Compendium).

TB-11 (*qīng lěng yuān*)

清 *qīng*: clear

冷 *lěng*: cold, frigid

淵 *yuān*: a deep lake or abyss

清冷淵

Clear Cold Abyss

Location: At the posterior elbow in the depression two cun proximal to the olecranon when the elbow is flexed. The point lies one cun above SJ-10 (Tian Jing).

Functions: Frees Channel and Connecting Vessel Qi; clears Heat and drains Fire.

Indications: Headache; shoulder and arm pain; yellowing of the conjunctiva.

Supplementary Indications: Back pain; elbow pain; cough; prostrate exhaustion; scrofulous lumps; epilepsy; eye pain; headache; migraine; deafness; throat Bi; no pleasure in eating.

CLASSICAL COMBINATIONS

- Inability to raise the shoulder and put on clothes: Qinglengyuan SJ-11 and Yanggu SI-5 (Thousand Ducat Formulas).

TB-12 (*xiāo luò*)

消 *xiāo*: to disperse, to eliminate

灤 *luò*: a riverbed

消灤

Dispersing Riverbed

Location: On the posterior arm midway between SJ-11 (Qing Leng Yuan) and SJ-13 (Nao Hui). The point lies on a line drawn between SJ-10 (Tian Jing) at the elbow and SJ-14 (Jian Liao) at the shoulder. The needle penetrates the lateral head of triceps brachii muscle.

Functions: Frees the Channels, quickens the Connecting Vessels, and moves Qi; clears and drains depressed Heat in the San Jiao.

Indications: Headache; pain and stiffness in the neck; motor impairment and pain in the arm.

Supplementary Indications: Toothache; epilepsy; seizures; insanity; Bi pain.

CLASSICAL COMBINATIONS

- Pain of the nape of the neck: Xiaoluo SJ-12 and Touqiaoyin GB-11 (Supplementing Life).

TB-13 (nào huì)

肱 *nào*: the upper bone of the arm

會 *huì*: to converge, to meet, to join together *Upper Arm Convergence*

肱會

Location: On the postero-lateral arm three cun distal to SJ-14 (Jian Liao) on the posterior border of deltoid muscle. The point lies on a line drawn between SJ-10 (Tian Jing) at the elbow and SJ-14 (Jian Liao) at the shoulder.

Features & Categories: Intersection point of Yang Wei Mai (Yang linking Vessel) on the San Jiao Channel.

Functions: Clears and discharges Pathogenic Heat; frees the Channels and Connecting Vessels; frees the joints.

Indications: Shoulder and arm pain; goitre.

Supplementary Indications: Fever and chills; swelling of the shoulder causing pain in the scapular region; hemiplegia.

DEADMAN'S COMMENTARY

Like several of its neighbouring points (e.g. Tianfu LU-3, Shouwuli LI-13, Binao LI-14, Jianyu LI-15, and Tianjing SJ-10), Naohui SJ-13 is indicated for scrofula and goitre. These two disorders, although different in aetiology, always involve phlegm combined either with stagnant qi or with heat. In the case of Naohui SJ-13, its ability to treat these disorders derives partly from the pathways of the Sanjiao channel and the Yang Linking vessel, which pass through the neck, and partly from the inherent relationship of the Sanjiao to the transformation of fluids and the circulation of qi.

Ultimately, however, there is no clear theoretical explanation why points of the upper arm, rather than more distal points, have a special action on these disorders, and this is primarily the fruit of empirical observation and clinical practice. Like Binao LI-14, Naohui SJ-13 is also indicated for eye disorders.

The more common clinical application of Naohui SJ-13 is for pain of the upper arm, or for shoulder pain which radiates down the upper arm.

CLASSICAL COMBINATIONS

- Goitre: Naohui SJ-13 and Tianchuang SI-16 (Systematic Classic).
- Goitre, tumours of the neck and swollen throat: Naohui SJ-13, Tianfu LU-3 and Qishe ST-11 (Thousand Ducat Formulas).
- Painful obstruction with difficulty bending and extending the elbow joint, pain and heaviness of the arm with acute pain of the axilla: Naohui SJ-13, Tianfu LU-3 and Qishe ST-11 (Thousand Ducat Formulas).

TB-14 (jiān liáo)

肩 *jiān*: shoulder

髎 *liáo*: bone-hole

肩髎

Shoulder Bone-Hole

Location: In a depression inferior to the lateral aspect of the acromion process, at its posterior extremity. The point is readily located with the upper limb passively abducted to 90°. It is in the

posterior of the two depressions which appear at the acromiohumeral junction. LI-15 (Jian Yu) is located in the anterior depression, approximately one cun anterior to SJ-14 (Jian Liao).

Functions: Dispels Wind and resolves Damp; moves Qi, quickens the Blood, and relieves pain.

Indications: Heaviness or motor impairment of the shoulder; arm pain; pain or inflammation in the shoulder joint; arthritis of the shoulder joint; excess sweating; hypertension.

Supplementary Indications: Wind Damp in the shoulder region; hemiplegia; urticaria; lack of strength in the upper limb; goitre.

DEADMAN'S COMMENTARY

Jianliao SJ-14 is an important point for treating all disorders of the shoulder joint, especially the posterior aspect. Stiffness, pain, immobility and weakness of the shoulder or frozen shoulder may derive from:

- i. injury by exterior pathogenic wind, cold, damp or heat,
- ii. stagnation of qi and blood from traumatic injury or overuse, or
- iii. deficiency of qi and blood from overuse, old age or prolonged obstruction of the channel.

In all these cases Jianliao SJ-14 may be used, and in clinical practice is commonly combined with Jianyu L.I.-15.

CLASSICAL COMBINATIONS

- Pain of the arm: Jianliao SJ-14, Tianzong SI-11 and Yanggu SI-5 (Supplementing Life).
- Frozen shoulder: first needle Tiaokou ST-38 and ask the patient to rotate the shoulder whilst manipulating the needle. Then needle Jianliao SJ-14, Jianyu LI-15, Binao LI-14, Hegu LI-4 and Waiguan SJ-5.

SI-12 (*bǐng fēng*)

秉 *bǐng*: grasp, control

風 *fēng*: wind

秉風

Grasping the Wind

Location: On the superior aspect of the shoulder in the centre of the suprascapular fossa, directly superior to SI-11 (Tian Zong) and superior and anterior to the spine of the scapula. A slight depression forms when the arm is abducted. The point lies approximately midway between SI-13 (Qu Yuan) and LI-16 (Ju Gu).

Features & Categories: Intersection point of the Large Intestine Channel of hand Yang Ming, the San Jiao Channel of hand Shao Yang and the Gall Bladder Channel of foot Shao Yang on the Small Intestine Channel.

Functions: Frees the Channels and quickens the Connecting Vessels.

Indications: Pain or soreness of the scapular region, or in the posterior aspect of the shoulder; inflammation of supraspinatus tendon; pain or numbness in the upper limb.

TB-15 (*tiān liáo*)天 *tiān*: celestial, of the heavens, sky; Nature; heaven髎 *liáo*: bone hole

天髎

Celestial Bone-Hole

Location: On the superior posterior aspect of the shoulder, at the superior angle of the scapula. This is approximately 1 cun posterior to GB-21 (Jian Jing), and midway between GB-21 (Jian Jing) and SI-13 (Qu Yuan).

Features & Categories: Intersection point of Yang Wei Mai (Yang linking Vessel) on the San Jiao Channel.

Functions: Disperses Wind and eliminates Damp; frees the Channels and quickens the Connecting Vessels; relieves pain.

Indications: Shoulder and arm pain; pain or soreness in the scapular region; inflammation of supraspinatus tendon; pain and stiffness in the neck.

Supplementary Indications: Body fever with absence of sweating; vexation in the chest; tension or pain in the nape and neck; pain in the supraclavicular fossa; fever and chills.

DEADMAN'S COMMENTARY

Tianliao SJ-15 and Jianjing GB-21 are neighbouring points with a similar effect in the treatment of stiffness, pain and spasm in the area between the shoulder joint and the neck. In such situations they should both be palpated, and the more tender should be needled. Like Jianjing GB-21, the action of Tianliao SJ-15 also extends downwards into the chest, where it is indicated for agitation, oppression, heat and fullness.

CLASSICAL COMBINATIONS

- Pain and heaviness of the shoulder with inability to raise the arm: Tianliao SJ-15 and Quchi LI-11 (Supplementing Life).

GV-14 (*dà zhūi*)大 *dà*: great, big, large椎 *zhūi*: hammer, mallet; vertebra

大椎

Great Hammer

Location: On the posterior midline between the spinous processes of the 7th cervical and the 1st thoracic vertebrae, approximately at the level of the shoulder. Flexion and rotation of the neck may facilitate location, and help differentiate between the spinous processes of vertebrae C6, C7, T1. SI-15 (Jian Zhong Shu) is located 2 cun lateral to DU-14 (Da Zhui).

Features & Categories: Intersection point of all six primary Yang Channels on Du Mai. Point of the Sea of Qi (BL-10, ST-9, DU-15, DU-14, REN-17).

Functions: Relieves Exterior conditions and supports Yang; expels Wind; frees Yang Qi of the whole body; clears the Heart and calms the Shen; clears Lung Heat and regulates Qi.

Indications: Heat diseases; fever; heat stroke; malaria; common cold; tidal fever; cough; dyspnea; bronchitis; asthma; tuberculosis; emphysema; hepatitis; blood diseases; eczema; hemiplegia; stiffness of the neck; tension and stiffness of the spinal column; epilepsy; seizures; psychosis; pain in the posterior shoulder.

GB-21 (jiān jǐng)

肩 jiān: shoulder

井 jǐng: a well

肩井*Shoulder Well*

Location: On the superior aspect of the shoulder, at its highest point. The point lies midway between the spinous process of the 7th cervical vertebra and the acromio-clavicular joint, in (upper) trapezius muscle. This is directly superior to the nipple (mamillary line). Another approach is: midway between the midpoint of the clavicle and the superior angle of the scapula.

Features & Categories: Intersection point of the San Jiao Channel of hand Shao Yang and Yang Wei Mai (Yang linking Vessel) on the Gall Bladder Channel.

Functions: Frees the Channels and quickens the Connecting Vessels; resolves Phlegm and opens the Portals; relaxes the Sinews; promotes delivery and lactation.

Indications: Stiff neck; shoulder and back pain; disorders of the shoulder and back; motor impairment of the upper limb; mastitis; scrofula; hemiplegia due to stroke; difficult delivery; functional uterine bleeding; retained placenta; post-partum hemorrhage; possible miscarriage; insufficient lactation.

ST-12 (quē pén)

缺 quē: empty, vacant; imperfect, defective

盆 pén: basin, bowl

缺盆*Empty Basin*

Location: At the base of the neck in the middle of the supraclavicular fossa, 4 cun lateral to the anterior midline, REN-22 (Tian Tu). ST-12 (Que Pen) is the highest point of the mamillary line. This is the mid-point of the clavicle.

Features & Categories: Intersection point of the Gall Bladder Channel of foot Shao Yang, Large Intestine Channel of hand Yang Ming, San Jiao Channel of hand Shao Yang, Small Intestine Channel of hand Tai Yang and Yin Qiao Mai (Yin heel/motility Vessel) on the Stomach Channel.

Although ST-12 (Que Pen) is nominated by some authorities (Shandong 1982; Rogers 1981) as an intersection point on the Stomach Channel for these Meridians, it is presented by others as not actually participating in their pathways, even though the Channels pass through the supraclavicular fossa (State 1991; Ellis, Wiseman & Boss 1991; O'Connor & Bensky 1981; Cheng 1987). It is probably best thought of as a 'landmark' point.

Functions: Diffuses and benefits Lung Qi; frees the Channels and quickens the Connecting Vessels; regulates Qi and the Blood; subdues rebellious Qi.

Indications: Cough; dyspnea; breathlessness; asthma; sore, swollen throat; pain in the supraclavicular fossa; intercostal neuralgia.

CV-17 (*dàn zhōng*)膻 *dàn*: the central area of the chest中 *zhōng*: center, middle

膻中

Chest Center

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

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

Note: An alternative name for this point is **Shan Zhong, Chest Centre**.

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

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

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

CV-12 (*zhōng wǎn*)中 *zhōng*: center, central, middle脘 *wǎn (guǎn)*: venter

中脘

Central Venter

Location: On the anterior midline, 4 cun superior to the centre of the umbilicus. The point is located midway between the xiphisternal junction (REN-16, Zhong Ting) and the centre of the umbilicus (REN-8, Shen Que). The proportional distance between these landmarks is 8 cun. (The xiphisternal junction is the articulation between the xiphoid process and the body of the sternum). KID-19 (Yin Du) is located 5 fen lateral to REN-12 (Zhong Wan), ST-21 (Liang Men) is 2 cun lateral.

Features & Categories: Intersection point of the Stomach Channel of foot Yang Ming, San Jiao Channel of hand Shao Yang and Small Intestine Channel of hand Tai Yang on Ren Mai. Front Alarm-Mu, Collecting point of the Stomach Fu; front Alarm-Mu, Collecting point of the Middle Jiao; Meeting point of the Fu Organs; one of the nine needles for returning Yang.

Functions: Regulates and harmonizes the Stomach and rectifies rebellious Qi; fortifies the Spleen and resolves Damp.

Indications: Stomach pain; abdominal distension; gastric reflux and acid regurgitation; hiccough; lack of appetite; indigestion; acute or chronic gastritis; gastric ulcers; prolapsed stomach; nausea; vomiting; tiredness; dull stomachache relieved by eating; almost any digestive system condition; diarrhea; dysentery; acute intestinal obstruction; constipation; untransformed digestate in stool; insomnia; hypertension; neurasthenia; mental illness.

CV-7 (*yīn jiāo*)

陰 *yīn*: yin, the complement of yang

交 *jiāo*: intersection

陰交

Yin Intersection

Location: On the anterior midline of the lower abdomen, 1 cun below the umbilicus. The proportional distance between the middle of the umbilicus and the superior border of the pubic symphysis is 5 cun. The point lies 1 cun inferior to REN-8 (Shen Que), and 4 cun superior to REN-2 (Qu Gu). KID-15 (Zhong Zhu) is located 5 fen lateral to REN-7 (Yin Jiao), ST-26 (Wai Ling) is 2 cun lateral.

Features & Categories: Intersection point of Chong Mai (Penetrating Vessel) on Ren Mai. Note: Ellis, Wiseman & Boss (1989) give REN-7 (Yin Jiao) as an Intersection point of the Kidney Channel of foot Shao Yin on Ren Mai. Special Command point of the Lower Jiao.

Functions: Warms and tonifies Kidney Yang; regulates the Uterus, menstruation and Blood; nourishes Yin.

Indications: Metrorrhagia; vaginal discharge; leukorrhoea; abnormal uterine bleeding; irregular menstruation; amenorrhoea; uterine prolapse; infertility; genital itch; pruritus vulvae; abdominal distension; peri-umbilical pain; painful hernia; postpartum hemorrhage.

CV-5 (*shí mén*)

石 *shí*: stone

門 *mén*: gate, door

石門

Stone Gate

Location: On the anterior midline of the lower abdomen, 2 cun below the umbilicus. The proportional distance between the middle of the umbilicus and the superior border of the pubic symphysis is 5 cun. The point lies 2 cun inferior to REN-8 (Shen Que), and 3 cun superior to REN-2 (Qu Gu). KID-14 (Si Man) is located 5 fen lateral to REN-5 (Shi Men), ST-27 (Da Ju) is 2 cun lateral.

Features & Categories: Front Alarm-Mu, Collecting point of the San Jiao Fu generally, but particularly the Lower Jiao. Intersection point of the San Jiao Channel of hand Shao Yang on Ren Mai.

Functions: Warms the Kidneys and invigorates Yang; strengthens and distributes Yuan Qi; regulates menstruation and treats vaginal discharge; opens the Water passages; promotes transformation and excretion in the lower Jiao.

Indications: Scant metrorrhagia; vaginal discharge; leuorrhoea; abnormal uterine bleeding; amenorrhoea; postpartum hemorrhage; hernia; abdominal pain; diarrhea; urinary retention; enuresis; anuria; dysuria; edema; mastitis; hypertension.

BL-39 (*wěi yáng*)

委 *wěi*: crooked, bent; to bow under a burden

陽 *yáng*: yang, the complement of yin

委陽

Bend Yang

Location: Posterior to the knee at the lateral end of the transverse popliteal crease. The point is located immediately medial to the tendon of biceps femoris muscle. This is lateral to BL-40 (Wei Zhong). KID-10 (Yin Gu) is at the medial end of the transverse popliteal crease. Locate with the knee slightly flexed.

Features & Categories: lower Sea, Uniting-He point of the San Jiao Channel; Intersection point of the San Jiao Channel of hand Shao Yang on the Urinary Bladder Channel.

Functions: Benefits the San Jiao and regulates the Water passages; stimulates the transformation and excretion of Fluids in the lower Jiao; frees the Channels, quickens the Connecting Vessels and relieves pain; benefits the Urinary Bladder.

Indications: Stiffness and pain of the lumbar; lower abdominal distension and fullness; urinary retention; enuresis; constipation; cystitis; edema; edema of the ankles; dysuria; burning on urination; urinary incontinence; nephritis; pain and hypertonicity (cramp) of the leg and foot; spasm of (lateral head of) gastrocnemius muscle; chyle in the urine.

ST-12 (*quē pén*)

缺 *quē*: empty, vacant; imperfect, defective

盆 *pén*: basin, bowl

缺盆

Empty Basin

Location: At the base of the neck in the middle of the supraclavicular fossa, 4 cun lateral to the anterior midline, REN-22 (Tian Tu). ST-12 (Que Pen) is the highest point of the mamillary line. This is the mid-point of the clavicle.

TB-16 (*tiān yǒu*)

天 *tiān*: celestial, of the heavens, sky; Nature; heaven

牖 *yǒu*: window; to enlighten, to teach

天牖

Celestial Window

Location: On the lateral aspect of the neck, on the posterior border of sternocleido-mastoideus muscle. The point is located directly below the posterior border of the mastoid process, on a line drawn between the angle of the mandible and the midpoint of the posterior hairline. This is directly inferior to GB-12 (Wan Gu) Completion Bone. [Compare; SI-16 (Tian Chuang), GB-20 (Feng Chi), M-HN-13 (Yi Ming), N-HN-22,54 (An Mian)]

Features & Categories: Window of the Sky point.

Functions: Clears Heat and drains Fire; dispels Wind and eliminates Damp; reduces swelling and stops pain; frees the Channels and quickens the Connecting Vessels.

Indications: Dizziness; facial swelling; sudden loss of hearing; deafness; tinnitus; clouded cornea; stiff neck; sore throat.

Supplementary Indications: Scrofulous lumps; eye pain and excess tears; clear, runny nose with nosebleed; throat Bi; loss of smell; excessive dreaming; mammary blockage and inflammation; swelling of supraclavicular fossa; submandibular swelling.

DEADMAN'S COMMENTARY

Tianyou SJ-16 is one of five points referred to in Chapter 21 of the Spiritual Pivot as points of the 'Window of Heaven', and in this passage it is said "Sudden deafness with excess of qi, dimness of vision and hearing, select Tianyou SJ-16".

Tianyou SJ-16 (Window of Heaven) in fact gave this group of points its name. In his commentary on the above passage, Zhou Zhi-cong said "The points and the orifices of the head and face are like the great windows of a high pavilion by virtue of which qi moves. When there is inversion qi below, then the channels in the upper region do not move and there is lack of clarity of vision and hearing...".

In common with the other points of the Window of Heaven, Tianyou SJ-16 is able to regulate and balance the qi between the head and the body, and is indicated when inversion qi (chaotic and rebellious qi) rushes to the head. This gives rise to such symptoms as headache and dizziness, sudden onset of deafness, swelling of the face and disorders of the eyes and nose. Also in common with other Window of Heaven points, Tianyou SJ-16 treats scrofula.

CLASSICAL COMBINATIONS

- Sudden deafness: Tianyou SJ-16 and Sidu SJ-9 (Thousand Ducat Formulas).
- Wind dizziness and headache: Tianyou SJ-16, Fengmen BL-12, Kunlun BL-60, Guanchong SJ-1 and Guanyuan REN-4 (Thousand Ducat Formulas).
- Swelling of the face: first needle Yixi BL-45, then Tianyou SJ-16 and Fengchi GB-20 (Systematic Classic).
- Nasal discharge with inability to distinguish the fragrant from the foul: Tianyou SJ-16 and Renzhong DU-26 (Thousand Ducat Formulas).
- Lacrimation: Tianyou SJ-16 and Xinshu BL-15 (Thousand Ducat Formulas).
- Pain of the shoulder and back: Tianyou SJ-16, Quepen ST-12, Shendao DU-11, Dazhu BL-11, Tiantu REN-22, Shuidao ST-28 and Jugu LI-16 (Thousand Ducat Formulas).
- Stiffness of the neck with inability to turn the head: Tianyou SJ-16 and Houxi SI-3 (Supplementing Life).
- Tired throat, swelling of the neck with inability to turn the head, swelling of the cheek that radiates to the ear: Tianyou SJ-16, Wangu GB-12 and Qiangsi SI-2 (Thousand Ducat Formulas).

TB-17 (*yì fēng*)

翳 *yì*: a screen, to screen, to shade

風 *fēng*: wind

翳 風

Wind Screen

Location: On the lateral aspect of the head, posterior to the ear lobe. The point lies between the mastoid process of the temporal bone and the ramus of the mandible.

Features & Categories: Intersection point of the Gall Bladder Channel of foot Shao Yang on the San Jiao Channel.

Functions: Resolves Wind and discharges Heat; frees the Portals; benefits hearing and vision; quickens the Connecting Vessels and relieves pain.

Indications: Tinnitus; deafness; ear ache; wryness of the eyes and mouth; clenched jaws; facial paralysis; trigeminal neuralgia; swelling of the cheek; parotitis; temporo-mandibular arthritis; deaf-mutism; toothache; sore eyes; scrofula.

Supplementary Indications: Jaw pain; mania; wryness of the eyes and mouth; clenched jaws preventing speech; lockjaw; blurred vision; corneal opacity; poor eye sight; membrane over the eye; all Wind diseases of the face and neck; convulsions.

DEADMAN'S COMMENTARY

Yifeng SJ-17 is a meeting point of the Sanjiao and Gall Bladder channels, both of which enter the ear, and is an essential local point in the treatment of all ear disorders including tinnitus, deafness, discharge, itching, redness, swelling and pain.

As the name of this point (Wind Screen) indicates, Yifeng SJ-17 has an action on expelling exterior pathogenic wind and treating the manifestations of internal wind, and is used widely for facial paralysis due to windstroke or Bell's palsy, trigeminal neuralgia, spasm and lockjaw.

Through its action of clearing heat and circulating the channel, Yifeng SJ-17 is also indicated for local disorders such as mumps, scrofula, swelling of the cheek and toothache.

CLASSICAL COMBINATIONS

- Purulent ear sores with discharge: Yifeng SJ-17, Hegu LI-4 and Ermen SJ-21 (Great Compendium).
- Deafness: Yifeng SJ-17, Huizong SJ-7 and Xiaguan ST-7 (Systematic Classic).
- Deafness due to qi obstruction: Yifeng SJ-17, Tinggong SI-19 and Tinghui GB-2; then needle Zusanli ST-36 and Hegu LI-4 (Great Compendium).
- Sudden loss of speech: Yifeng SJ-17 and Tongli HE-5 (Supplementing Life).
- Toothache and tooth decay: Yifeng SJ-17, Xiaguan ST-7, Daying ST-5 and Wangu SI-4 (Supplementing Life).
- Lockjaw: Yifeng SJ-17 and Tianchuang SI-16 (Supplementing Life).
- Facial paralysis: Yifeng SJ-17, Dicang ST-4, Jiache ST-6, Xiaguan ST-7, Sibai ST-2 and Hegu LI-4.

TB-18 (*chì mài*)

瘈 *chì* (or *jì*): to pull, jerk; spasm

脈 *mài*: vessel, pulse

瘈脈

Spasm Vessel

Location: On the posterior lateral aspect of the head, behind the ear. The point lies on a curved line drawn between SJ-17 (Yi Feng) and SJ-20 (Jiao Sun), on the head, medial to the helix of the auricle. It is located in the centre of the mastoid process, one third of the distance from SJ-17 to SJ-20. This is approximately 1 cun inferior to SJ-19 (Lu Xi).

Functions: Clears Heat and resolves tetany; quickens the Connecting Vessels and relieves pain; opens the Portals.

Indications: Headache; tinnitus; deafness; infantile convulsions.

Supplementary Indications: Infantile fright epilepsy and clonic spasm; vomiting; diarrhea; head Wind; poor eyesight; fright and fear; seminal emission.

CLASSICAL COMBINATIONS

- Childhood epileptic convulsions, vomiting and diarrhoea, fright and fear: Qimai SJ-18 and Changqiang DU-1 (Systematic Classic).
- Head wind and pain behind the ear: Qimai SJ-18 and Wangu GB-12 (Supplementing Life).
- Wind headache: Qimai SJ-18, Zanzhu BL-2, Chengguang BL-6, Shenshu BL-23, Sizhukong SJ-23 and Erheliao SJ-22 (Thousand Ducat Formulas).

TB-19 (*lú xī*)

顱 *lú*: skull, cranium,

息 *xī*: to stop, to rest; breath; news

顱息

Skull Rest

Location: On the posterior lateral aspect of the head, behind the ear. The point lies on a curved line drawn between SJ-17 (Yi Feng) and SJ-20 (Jiao Sun), on the head, medial to the helix of the auricle. It is located two thirds of the distance from SJ-17 to SJ-20, at the hairline. This is approximately 1 cun posterior and inferior to SJ-20 (Jiao Sun).

Functions: Disperses Wind and quickens the Connecting Vessels; frees the Channels and relieves pain; calms the Shen and settles fright.

Indications: Headache; tinnitus; ear ache; otitis media; deafness; vomiting; infantile convulsions.

Supplementary Indications: Head Wind; fright and fear; insomnia; tautness across the chest and lateral costal region; body fever and headache; swelling of the ear with discharge of pus.

DEADMAN'S COMMENTARY

Although this point is rarely used clinically, the Ode to the One Hundred Symptoms stated unequivocally "tetany cannot be treated successfully without Luxi SJ-19". Tetany is a disorder characterised by stiffness and rigidity of the neck and back, lockjaw, twitching of the limbs, opisthotonos etc.

CLASSICAL COMBINATIONS

- Pain of the lateral costal region with inability to turn the body: Luxi SJ-19 and Benshen GB-13 (Thousand Ducat Formulas).
- One-sided headache: Luxi SJ-19, Fengchi GB-20, Taiyang (M-HN-9), Waiguan SJ-5 and Jianjing GB-21.

TB-20 (jiǎo sūn)角 *jiǎo*: angle, corner; horn; a constellation孫 *sūn*: grandson; posterity, descendants; a young shoot

角孫

Angle Vertex

Location: On the lateral aspect of the head, in the posterior fibres of temporalis muscle. The point is located within the hairline immediately superior to (level with) the apex of the auricle.

Features & Categories: Intersection point of the Gall Bladder Channel of foot Shao Yang on the San Jiao Channel.

Functions: Clears the head and brightens the eyes; disperses Wind and quickens the Connecting Vessels.

Indications: Redness, pain and swelling in the region of the eyes; redness and swelling of the earlobe; toothache; parotitis; pannus; corneal opacity.

Supplementary Indications: Swelling of the gums preventing chewing; pterygium; stiffness in the nape and neck; red, swollen auricle.

DEADMAN'S COMMENTARY

Although rarely used clinically, it is interesting to note that Jiaosun SJ-20 was traditionally indicated, and appeared in combination, for swelling and pain of the gums, dryness of the lips, inability to chew, toothache and tooth decay, and as such may be viewed as a useful adjacent point for such disorders. As far as stiffness of the lips is concerned, it is notable that of the few points that are traditionally said to treat these disorders, the majority (for example Jiaosun SJ-20, Ermen SJ-21, Shangguan GB-3, Zhengying GB-17) are in the region of the ear.

CLASSICAL COMBINATIONS

- Pain of the gums: Jiaosun SJ-20 and Xiaohai SI-8 (Great Compendium).
- Inability to chew: Jiaosun SJ-20 and Jiache ST-6 (Thousand Ducat Formulas).

GB-6 (xuán lí)懸 *xuán*: to suspend, to hang釐 (厘) *lí*: a very small unit of length or weight; minute

懸釐 (厘)

Suspended Tuft

Location: On the lateral aspect of the head in the temporal region. The point is located three quarters of the distance along a slightly curved line connecting ST-8 (Tou Wei) and GB-7 (Qu Bin). ST-8 (Tou Wei) is located on the corner of the forehead, 4.5 cun lateral to DU-24 (Shen Ting), 5 fen within the (natural) anterior hairline. This is on the superior border of temporalis muscle. GB-7 (Qu Bin) is located approximately 7 fen (one finger breadth) directly anterior to SJ-20 (Jiao Sun).

Features & Categories: Intersection point of the San Jiao Channel of hand Shao Yang and Stomach Channel of foot Yang Ming on the Gall Bladder Channel.

Functions: Eliminates Wind and quickens the Connecting Vessels; removes obstructions from the Channel; frees the Portals and promotes movement of Qi; benefits the ear.

Indications: Headache; migraine headache; pain in the outer canthus; toothache; neurasthenia; ear problems generally.

GB-4 (hàn yàn)

頔 hán: corner of the forehead; chin

厭 yàn: full, satiated

頔厭

Forehead Fullness

Location: On the lateral aspect of the head in the temporal region. The point is located one quarter of the distance along a slightly curved line connecting ST-8 (Tou Wei) and GB-7 (Qu Bin). ST-8 (Tou Wei) is located on the corner of the forehead, 4.5 cun lateral to DU-24 (Shen Ting), 5 fen within the (natural) anterior hairline. This is on the superior border of temporalis muscle. GB-7 (Qu Bin) is located approximately 7 fen (one finger breadth) directly anterior to SJ-20 (Jiao Sun).

Features & Categories: Intersection point of the San Jiao Channel of hand Shao Yang and Stomach Channel of foot Yang Ming on the Gall Bladder Channel.

Functions: Eliminates Wind and quickens the Connecting Vessels; clears Heat, settles fright and relieves pain.

Indications: Unilateral headache; migraine headache; visual dizziness; vertigo; pain in the outer canthus; tinnitus; rhinitis; epilepsy; seizures; convulsions.

SI-18 (quán liáo)

顙 quán: cheekbone

髅 liáo: bone hole

顙髅

Cheek Bone-Hole

Location: On the face directly below the outer canthus of the eye (GB-1, Tong Zi Liao), in the depression immediately below the inferior border of the zygomatic bone, and anterior to masseter muscle. The point is approximately level with LI-20 (Ying Xiang).

Features & Categories: Intersection point of the Gall Bladder Channel of foot Shao Yang and the San Jiao Channel of hand Shao Yang on the Small Intestine Channel.

Functions: Relieves pain and tetany; expels Wind in the face.

Indications: Wryness of the mouth and eyes; twitching of the eyelids; toothache; trigeminal neuralgia; facial paralysis; facial pain; spasm of facial muscles; yellowing sclera.

TB-17 (yì fēng)

翳 yì: a screen, to screen, to shade

風 fēng: wind

翳風

Wind Screen

Location: On the lateral aspect of the head, posterior to the ear lobe. The point lies between the mastoid process of the temporal bone and the ramus of the mandible.

SI-19 (*tīng gōng*)聽 *tīng*: to hear宮 *gōng*: palace**聽宮***Auditory Palace*

Location: Immediately anterior to the ear, between the middle of the tragus and the temporomandibular joint (head/condylar process of the mandible). A large depression forms when the mouth is opened.

Features & Categories: Intersection point of the Gall Bladder Channel of foot Shao Yang and the San Jiao Channel of hand Shao Yang on the Small Intestine Channel.

Functions: Frees the Channel and Connecting Vessels; opens the ear portals; relieves pain; boosts visual and hearing acuity; benefits the ears.

Indications: Deafness; tinnitus; purulent ear discharge; deaf-mutism; otitis media; inflammation of the external ear canal; motor impairment or pain of the temporo-mandibular joint.

TB-21 (*ěr mén*)耳 *ěr*: ear門 *mén*: gate, door**耳門***Ear Gate*

Location: On the lateral aspect of the head, immediately anterior to the superior notch of the tragus. This is superior and posterior to the head of the mandible. A slight depression appears when the mouth is opened. SJ-21 (Er Men) lies approximately 5 fen superior to SI-19 (Ting Gong).

Functions: Frees the Channels and quickens the Connecting Vessels; opens the Portals and improves hearing; disperses Heat.

Indications: Deafness; tinnitus; purulent discharge from the ear; toothache; ear ache; otitis media; temporomandibular arthritis; deaf-mutism.

Supplementary Indications: Upper tooth decay or ache; ringing in the ears like the sound of cicadas; submandibular swelling; headache and pain in the jaw.

DEADMAN'S COMMENTARY

Ermen SJ-21 is the uppermost of three points anterior to the ear, the others being Tinggong SI-19 and Tinghui GB-2. All are frequently employed for the treatment of a wide variety of ear disorders including tinnitus, deafness, pain, itching and discharge. Due to the close proximity of these points and the similar indications for each, it is difficult to distinguish between them clinically. If it is necessary to needle points around the ear regularly, then these three points should be alternated.

Like Jiaosun SJ-20, Ermen SJ-21 is also indicated for toothache, tooth decay and stiffness of the lips. Finally it is interesting to note that according to the arrangement of the Sanjiao channel points in the Great Compendium of Acupuncture and Moxibustion Ermen SJ-21 is the last point of the channel.

CLASSICAL COMBINATIONS

- Purulent ear sores with discharge: Ermen SJ-21, Yifeng SJ-17 and Hegu LI-4 (Great Compendium).
- Impaired hearing and deafness: Ermen SJ-21, Fengchi GB-20, Xiaxi GB-43, Tinghui GB-2 and Tinggong SI-19 (Great Compendium).

- Tinnitus with lumbar pain: first needle Renying ST-9, then needle Ermen SJ-21 and Zusanli ST-36 (Secrets of the Celestial Star).
- Tinnitus: Ermen SJ-21, Tinggong SI-19, Tinghui GB-2, Baihui DU-20, Luoque BL-8, Yangxi LI-5, Qiangu SI-2, Houxi SI-3, Wangu SI-4, Zhongzhu SJ-3, Yemen SJ-2, Shangyang LI-1 and Shenshu BL-23 (Great Compendium).
- Stiffness of the lips and pain from tooth decay of the upper jaw: Ermen SJ-21, Duiduan DU-27, Muchuang GB-16 and Zhengying GB-17 (Thousand Ducat Formulas).
- Toothache: Ermen SJ-21 and Sizhukong SJ-23 (One Hundred Symptoms).

TB-22 (*hé liáo*)

和 *hé*: harmony, peace; to come together

髎 *liáo*: bone-hole

和 髎

Harmony Bone-Hole

Location: On the lateral aspect of the head, anterior and superior to SJ-21 (Er Men), level with the root of the auricle (helix). The point is at/within the (posterior) hairline of the temple, where the superficial temporal artery passes. This is approximately 1 cun anterior to the root of the auricle (helix), and lies approximately between SJ-21 (Er Men) and GB-7 (Qu Bin).

Features & Categories: Intersection point of the Gall Bladder Channel of foot Shao Yang and the Small Intestine Channel of hand Tai Yang on the San Jiao Channel.

Functions: Dispels Wind and frees the Connecting Vessels; opens the Portals.

Indications: Tinnitus; headache and heavy headedness; hypertonicity of the jaws; lockjaw; facial paralysis.

Supplementary Indications: Submandibular swelling; runny nose; swelling of the tip of the nose; clonic spasm; wryness of the mouth.

CLASSICAL COMBINATIONS

Deafness: Erheliao SJ-22, Zhongzhu SJ-3, Waiguan SJ-5, Tinghui GB-2, Tinggong SI-19, Hegu LI-4, Shangyang LI-1 and Zhongchong P-9 (Precious Mirror).

- Wind headache: Erheliao SJ-22, Sizhukong SJ-23, Qimai SJ-18, Zanzhu BL-2, Chengguang BL-6 and Shenshu BL-23, (Thousand Ducat Formulas).

GB-3 (*shàng guān*)

上 *shàng*: upper, above; to rise

關 *guān*: gate, pass; joint

上 關

Upper Gate

Location: On the lateral aspect of the head, directly superior to the zygomatic arch, in temporalis muscle. The point is located directly above ST-7 (Xia Guan), which is in the depression formed in the inferior border of the zygomatic arch (anterior to the articular tubercle). GB-3 (Shang Guan) is best located with the mouth closed.

Features & Categories: Intersection point of the San Jiao Channel of hand Shao Yang and Stomach Channel of foot Yang Ming on the Gall Bladder Channel.

Functions: Frees the Channels and quickens the Connecting Vessels; opens the Portals and benefits hearing.

Indications: Headache; deafness; tinnitus; otitis media; toothache; wryness of the eyes and mouth; lockjaw; facial paralysis.

TB-23 (*sī zhú kōng*)

絲 *sī*: silk

竹 *zhú*: bamboo

空 *kōng*: hole, empty space

絲竹空

Silk Bamboo Hole

Location: On the lateral aspect of the face, in the slight depression at the lateral tip of the eyebrow. This is immediately posterolateral to the supraorbital ridge (to the articulation of the zygomatic and frontal bones).

Functions: Disperses Wind and resolves Heat; brightens the eyes and relieves pain; frees the Channels and quickens the Connecting Vessels.

Indications: Headache; visual dizziness; redness, pain and swelling of the eyes; conjunctivitis; twitching of the eyelids; eye diseases; facial paralysis; strabismus.

Supplementary Indications: Unilateral and bilateral headache; ingrown eyelash; reddened eyes; toothache; epilepsy; vertigo; thirst; unclear vision; periodic attacks of mania with foaming at the mouth; seizures; insanity.

DEADMAN'S COMMENTARY

Sizhukong SJ-23 is an important local point for the treatment of headache and disorders of the eye, eyelid and eyebrow. According to the Investigation Into Points Along the Channels Sizhukong, SJ-23 is indicated for "all disorders of the head, face, eyebrows and eyes whether swelling, redness, itching or numbness". Sizhukong SJ-23 is also able to pacify interior wind and soothe convulsions, and is indicated for dizziness, epilepsy, mania, foaming at the mouth and childhood umbilical wind. Childhood umbilical wind refers to infection of the umbilicus in the new born which gives rise to convulsions, opisthotonos and lockjaw.

CLASSICAL COMBINATIONS

- One-sided or generalised wind headache that is difficult to cure: join Sizhukong SJ-23 subcutaneously with Shuaigu GB-8 (Song of the Jade Dragon).
- One-sided or generalised headache: Sizhukong SJ-23, Fengchi GB-20 and Hegu LI-4 (Great Compendium).
- One-sided or generalised head wind: Sizhukong SJ-23, Baihui DU-20, Qinding DU-21, Shenting DU-24, Shangxing DU-23, Fengchi GB-20, Hegu LI-4, Zanzhu BL-2 and Touwei ST-8 (Great Compendium).
- Wind headache: Sizhukong SJ-23, Erheliao SJ-22, Qimai S-18, Zanzhu BL-2, Chengguang BL-6 and Shenshu BL-23 (Thousand Ducat Formulas).
- Wind epilepsy with upward staring eyes: Sizhukong SJ-23, Kunlun BL-60 and Baihui DU-20 (Great Compendium).
- Toothache: Sizhukong SJ-23 and Ermen SJ-21 (One Hundred Symptoms).

GB-1 (*tóng zǐ liáo*)瞳 *tóng*: pupil of the eye子 *zǐ*: noun suffix髎 *liáo*: bone-hole**瞳子髎***Pupil Bone-Hole*

Location: On the face 5 fen lateral to the outer canthus of the eye, in the slight depression on the lateral border of the orbit.

Features & Categories: Intersection point of the Small Intestine Channel of hand Tai Yang and San Jiao Channel of hand Shao Yang on the Gall Bladder Channel.

Functions: Expels Wind and dissipates Heat; clears Fire; enlivens the Channels and frees Qi; relieves pain and brightens the eyes.

Indications: Headache; conjunctivitis; iritis; keratitis; eye pain; loss of visual acuity; keratitis; reddening of the eyes and excess lacrimation; dry, red and painful eyes; night blindness; migraine headache; ametropia; atrophy of the optic nerve; wryness of the eyes and mouth.

BL-22 (*sān jiāo shū*)三 *sān*: three焦 *jiāo*: burn, char俞 *shū*: acupuncture point**三焦俞***Triple Burner Shu*

Location: On the posterior trunk in the lumbar region, 1.5 cun lateral to Du Mai point DU-5 (Xuan Shu). DU-5 (Xuan Shu) is located on the midline in the depression immediately inferior to the spinous process of 1st lumbar vertebra. BL-51 (Huang Men) is 1.5 cun lateral to BL-22 (San Jiao Shu), 3 cun from the posterior midline.

Features & Categories: back Associated-Shu, Transporting point of the San Jiao Fu.

Functions: Regulates the transforming function of Qi and eliminates Damp; opens the Water passages; regulates the lower Jiao.

Indications: Abdominal distension; rumbling intestines; indigestion; gastritis; enteritis; untransformed digestate in stool; vomiting; diarrhea or dysentery; edema; ascites; edema of the lower limbs; pain and stiffness of the lumbar region; nephritis; urinary retention; painful urination; urinary tract infection; enuresis; neurasthenia; all Damp Patterns of the lower Jiao.