

Fire Element: Small Intestine Points*(from: Davis, 2000)***POINTS OF THE SMALL INTESTINE FU****SI-1 (*shào zé*)**少 *shào*: lesser, minor; few, little澤 *zé*: marsh, damp place

少澤

Lesser Marsh

Location: On the ulnar (medial) dorsal aspect of the little finger, approximately 1 fen proximal to the proximal medial corner of the nail.

Features & Categories: Metal, Well-Jing point of the Small Intestine Channel.

Functions: Clears Heart Fire; disperses Wind Heat; eliminates Wind; frees the Channels and quickens the Connecting Vessels; opens the portals; facilitates flow of breast milk.

Indications: Heat diseases; fainting; scant breast milk; sore, swollen throat; tonsillitis; pterygium; redness of the eye; headache; stiff neck; mastitis.

Supplementary Indications: Fever and chills without sweating; headache; quivering from cold; throat Bi; curled tongue; sensation of heat in the mouth and vexation; shortness of breath; jaundice; nosebleed; swelling of the breasts; pain in the costal area; postpartum absence of milk; fainting; coma; loss of the use of the little finger; dry pharynx; membrane on the eye; deafness.

DEADMAN'S COMMENTARY

Shaoze SI-1 is the jing-well point of the Small Intestine channel. In common with all the jing-well points of the yang channels, it has a strong action on clearing heat from the opposite end of the channel in the head. Branches of the Small Intestine channel ascend to the ear, the inner and outer canthus, and alongside the nose, whilst its paired Heart channel opens into the tongue. Shaoze SI-1, therefore, has a strong effect on clearing heat or pathologically ascending yang from the eyes, ears, nose and tongue, as well as the mouth and throat, and is indicated for such excess disorders as red eyes, tinnitus and deafness, erosion and ulceration of the tongue, painful obstruction of the throat, mouth ulcers, drooling and nosebleed.

According to the Classic of Difficulties the jing-well points are indicated for fullness below the Heart. Whilst the region 'below the Heart' specifically refers to the upper epigastrium, like many of the jing-well points, Shaoze SI-1 treats fullness in the chest region as a whole and is indicated for oppression and pain of the chest and Heart, cold sensation below the Heart and pain of the lateral costal region.

In clinical practice however, Shaoze SI-1 is principally used for swelling and abscess of the breasts and disorders of lactation. Absence of lactation is primarily differentiated into two types, insufficiency of qi and blood resulting in inadequate production of milk, or stagnation of Liver qi which leads to obstruction and coagulation of milk in the breasts. The Small Intestine primary channel descends to the centre of the chest at Shanzhong REN-17, and these two points are frequently combined to treat insufficiency or total absence of lactation. Breast abscess is usually due to Liver or Stomach fire or transformation of exterior pathogens to heat. In combination with suitable points, Shaoze SI-1 may be used in any of these two patterns.

Finally, in common with the other jing-well points, Shaoze SI-1 is used to revive consciousness and is indicated for loss of consciousness from windstroke.

CLASSICAL COMBINATIONS

- Absence of lactation: Shaoze SI-1, Shanzhong REN-17 and Hegu LI-4 (Great Compendium).
- Absence of lactation: reinforce Shaoze SI-1 and moxa Shanzhong REN-17 (Great Compendium).
- Swelling of the breasts: Shaoze SI-1 and Taiyang [M-HN-9] (Ode of the Jade Dragon).
- Swelling of the breasts in women: Shaoze SI-1 and Zulinqi GB-41 (Divine Moxibustion).
- Swelling of the breasts in women: Shaoze SI-1 and Tongziliao GB-1 (Illustrated Supplement).
- Breast abscess: Shaoze SI-1, Xiajuxu ST-39, Zusanli ST-36, Xiaxi GB-43, Yuji LU-10, Weizhong BL-40 and Zulinqi GB-41 (Great Compendium).
- Erosion, heat and dryness of the mouth: Shaoze SI-1, Laogong P-8, Sanjian LI-3 and Taichong LIV-3 (Thousand Ducat Formulas).
- Throat painful obstruction, curled tongue and dry mouth: Shaoze SI-1, Guanchong SJ-1, and Zuqiaoyin GB-44 (Thousand Ducat Formulas).

SI-2 (*qián gǔ*)

前 *qián*: in front of, before

谷 *gǔ*: valley

前谷

Front Valley

Location: With a loose fist, the point is distal to the metacarpo-phalangeal joint on the medial aspect of the fifth digit, at the border of the red and white skin. It lies just distal to the base of the proximal phalanx, at the medial (ulnar) end of the transverse digital skin crease.

Features & Categories: Water, Spring, Gushing-Ying point of the Small Intestine Channel.

Functions: Eliminates Wind and resolves Heat; disperses swelling.

Indications: Numbness of the fingers; Heat diseases; tinnitus; deafness; congested throat; mastitis; pannus.

Supplementary Indications: Cough and thoracic fullness; headache; swelling and stiffness of the neck; swollen pharynx; postpartum absence of milk; tinnitus; nosebleed; nasal congestion with yellow mucus; reddish urine or burning sensation with urination.

DEADMAN'S COMMENTARY

According to the Classic of Difficulties ying-spring points are indicated for 'heat in the body', and as the ying-spring and water point of the Small Intestine fire channel, Qiangu SI-2 has an especially strong action on subduing fire. Qiangu SI-2 belongs to taiyang channel, the most exterior of the six channels, and is able to clear heat (especially exterior wind-heat) from the superficial portion of the body, particularly in the eyes, nose and ears. It is indicated for bursting eye pain, redness of the eyes, congested nose, nosebleed and tinnitus. It is also able to clear exterior heat from the Lung and throat (cough, throat painful obstruction, fever and thirst) and to treat malaria.

When heat pathogen is virulent it may give rise to toxic heat characterised by inflammation, pain and swelling. Qiangu SI-2 is indicated for mumps, swelling of the cheek radiating to the ear and swelling and pain of the neck and throat.

Finally, Qianggu SI-2 is indicated for stiffness and pain along the Small Intestine channel from the hand up to the neck, as well as for numbness and heat of the fingers and palms.

CLASSICAL COMBINATIONS

- Swelling of the throat with inability to swallow: Qianggu SI-2, Zhaohai KID-6 and Zhongfeng LIV-4 (Thousand Ducat Formulas).
- Tired throat, swelling of the neck with inability to turn the head, swelling of the cheek that radiates to the ear: Qianggu SI-2, Wangu GB-12 and Tianyou SJ-16 (Thousand Ducat Formulas).
- Deafness: Qianggu SI-2, Houxi SI-3 and Pianli L.I.-6 (Supplementing Life).
- Tinnitus: Qianggu SI-2, Pianli L.I.-6, Yangxi L.I.-5, Shangyang LI-1, Luoque BL-8 and Wangu SI-4 (Supplementing Life).
- Eye pain: Qianggu SI-2, Yangxi LI-5, Erjian LI-2, Daling P-7, Sanjian LI-3 and Shangxing DU-23 (Great Compendium).
- Superficial visual obstruction: Qianggu SI-2 and Jinggu BL-64 (Thousand Ducat Formulas).
- Malaria with chills and fever: Qianggu SI-2, Lieque LU-7, Houxi SI-3 and Shaoze SI-1 (Thousand Ducat Formulas).

SI-3 (hòu xī)

後 hòu: back, behind

谿 xī: ravine, creek

後谿

Back Ravine

Location: With a loose fist, the point is proximal to the head of the 5th metacarpal bone on the ulnar (medial) side, in a depression at the border of the red and white skin. It is at the medial end of the distal transverse palmar crease ('heart line' in palmistry).

Features & Categories: Wood, Stream, Transporting-Shu point of the Small Intestine Channel; Master point of Du Mai, Coupling point of Yang Qiao Mai.

Functions: Clears the Shen; dispels Interior Heat; opens Du Mai; secures the Exterior; resolves Exterior and Interior Wind; relaxes the Muscle Channels; resolves Damp.

Indications: Headache; stiff neck; sore throat; reddening of the eyes; conjunctivitis; tinnitus; deafness; deaf-mutism; hypertonicity and numbness of the fingers, elbow and arm; Heat diseases; epilepsy; seizures; psychosis; hysteria; mania; malarial disease; night sweating; intercostal neuralgia; jaundice; low back pain; acute lumbar sprain.

Supplementary Indications: Cardiac pain; dark-colored urine; mania and withdrawal; headache and neck pain; pain in the shoulder and elbow; gastric reflux.

DEADMAN'S COMMENTARY

Houxi SI-3 is both the shu-stream point of the Small Intestine channel, which is interiorly-exteriorly coupled with the Heart channel, and the confluent point of the Governing vessel. Most of its actions and indications can be explained by its relationship to these three channels. In clinical practice Houxi SI-3 can be seen to have four main spheres of action.

Firstly it is an important point to treat pain, stiffness and contraction along the course of its related channels. Taiyang (Small Intestine and Bladder) channel traverses the occiput, neck, scapula and paravertebral regions, whilst the Governing vessel ascends along the spinal column from the coccyx

to the head. According to the Classic of Difficulties the shu-stream points are indicated for "heaviness of the body and pain of the joints". Houxi SI-3 is an essential distal point in the treatment of occipital headache (although also used for one-sided and bilateral headache) and stiffness and pain of the neck, whether acute or chronic and whether due to exterior pathogenic factors or interior disharmony. It has a significant influence on the spine as a whole, and is an important and frequently used distal point for pain of the upper spine and scapula, as well as in the treatment of acute lumbar sprain on the midline or lateral lumbar region. Houxi SI-3 is also important for disorders of the finger joints, especially the little and ring fingers, and may be needled deeply towards Sanjian LI-3 when all four fingers are affected. Houxi SI-3 is equally important in the treatment of pain and contraction of the arm, elbow and shoulder.

The second principal action of Houxi SI-3 is to dispel febrile disease. This may be explained by the fact that the taiyang Small Intestine channel belongs to fire, taiyang is the most exterior of the six channels, and the Governing vessel governs all the yang channels and hence the exterior portion of the body as a whole. Houxi SI-3 is especially indicated in the treatment of malaria, and for when attack by exterior pathogenic wind-cold or wind-heat gives rise to chills and fever accompanied by severe neck pain or pain of the spine. A further reflection of its heat clearing action is in the treatment of night sweating, particularly in combination with Yinxi HE-6.

In the Ode of the Obstructed River the use of Houxi SI-3 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, Houxi SI-3 is indicated for diseases of the Governing vessel and for mania-depression.

The third action of Houxi SI-3, therefore, is in calming the spirit and treating both mania-depression and epilepsy. The former is due to phlegm and phlegm-heat which disturb and agitate the spirit, and the latter to disturbance of the spirit and brain by pathogenic wind and phlegm. According to Sun Si-miao, the famous 7th century physician "the head is the supreme leader, the place where man's spirit concentrates", whilst in the 16th century, Li Shi-zhen stated "the brain is the residence of the original spirit". Since the Small Intestine channel is interiorly-exteriorly related to the Heart which stores the spirit, and Houxi SI-3 is the confluent point of the Governing vessel which enters the brain, this point has long been considered important in the treatment of epilepsy. The Song More Precious Than Jade, for example, recommends it for the five types of epilepsy.

Fourthly, in common with points Shaoze SI-1 and Qianggu SI-2, Houxi SI-3 is able to clear both exterior and interior heat from the Small Intestine channel in the head (especially the ears and eyes) and to benefit the sensory orifices. It is thus indicated for disorders such as tinnitus and deafness, superficial visual obstruction, redness, pain and swelling of the eyes with lachrymation, nosebleed, and pain and swelling of the cheeks.

CLASSICAL COMBINATIONS

- Stiffness of the neck with inability to turn the head: Houxi SI-3 and Tianyou SJ-16 (Supplementing Life).
- Headache: Houxi SI-3, Tianzhu BL-10, Taodao DU-13, Dazhu BL-11 and Kongzui LU-6 (Thousand Ducat Formulas).

- Pain of the head and eyes: Houxi SI-3 and Waiguan SJ-5 (Divine Moxibustion).
- Pain of the forearm: Houxi SI-3, Shousanli LI-10 and Quchi LI-11 (Supplementing Life).
- Contraction of the elbow: Houxi SI-3, Chize LU-5, Jianyu LI-15, Xiaohai SI-8, Jianshi P-5, Daling P-7 and Yuji LU-10 (Great Compendium).
- Pain of the shoulder and back: Houxi SI-3, Wangu SI-4, Fengmen BL-12, Jianjing GB-21, Zhongzhu SJ-3, Zhigou SJ-6 and Weizhong BL-40 (Great Compendium).
- Malaria with much heat and little cold: Houxi SI-3, Dazhui DU-14, Jianshi P-5 and Quchi LI-11 (Great Compendium).
- Malaria with much cold and little heat: Houxi SI-3, Dazhui DU-14 and Quchi LI-11 (Great Compendium). Severe night sweating: Houxi SI-3 and Yinxi HE-6 (One Hundred Symptoms).
- The five types of epilepsy: Houxi SI-3, Jiuwei REN-15 and Shenmen HE-7 (Song More Precious Than Jade).
- Epilepsy: Houxi SI-3, Neiguan P-6, Shenmen HE-7, Xinshu BL-15 and Yinbai SP-1 (Complete Collection).
- Epileptic convulsions, mad walking, inability to sleep, agitation of the Heart: Houxi SI-3, Zanzhu BL-2, Xiaohai SI-8 and Qiangjian DU-18 (Thousand Ducat Formulas).
- Mania, desires to ascend to high places and sing, discards clothing and runs around: Houxi SI-3, Shenmen HE-7 and Chongyang ST-42 (Great Compendium).
- Sudden mania: Houxi SI-3, Jianshi P-5 and Hegu LI-4 (Great Compendium).
- Deafness: Houxi SI-3, Qianggu SI-2 and Pianli LI-6 (Supplementing Life).
- Nosebleed with stifled breathing: Houxi SI-3, Chengling GB-18, Fengchi GB-20, Fengmen BL-12 and Yixi BL-45 (Thousand Ducat Formulas).
- Jaundice: Houxi SI-3 and Laogong P-8 (One Hundred Symptoms).

SI-4 (*wàn gǔ*)

腕 *wàn*: wrist

骨 *gǔ*: bone

腕骨

Wrist Bone

Location: On the ulnar (medial) border of the palm, in the depression between the base of the 5th metacarpal bone and the triquetral bone. The point lies at the junction of the red and white skin. In a normally articulated wrist the hamate bone is relatively 'hidden' at this location (when approached from the medial/ulnar aspect). With wrist abduction (radial deviation), deep needling is possible between the hamate and triquetral bones.

Features & Categories: Yuan-Source point of the Small Intestine Channel.

Functions: Eliminates Tai Yang Channel pathogens; clears Damp Heat in the Gall Bladder.

Indications: Headache; stiff neck; pterygium; gastritis; cholecystitis; pain in the lateral costal region; jaundice; Heat diseases; arthritis of the fingers, wrist or elbow; tinnitus; diabetes.

Supplementary Indications: Absence of sweating in Heat diseases; throat Bi; nasal congestion; clear, runny nose; nosebleed; emaciation and thirst; hypertonicity of the fingers inhibiting movement; pain in the forearm; weak, aching wrist.

DEADMAN'S COMMENTARY

Wangu SI-4 is the yuan-source point of the Small Intestine channel. Its main clinical application is in the treatment of contraction, stiffness and pain along the entire length of the channel including the hand, elbow, arm, shoulder, neck and back. It is one of the main points (along with Yangxi LI-5, Zhongzhu SJ-3 and Zhizheng SI-7) to treat disorders of all the five fingers, especially when characterised by contraction and pain.

Wangu SI-4 has a specific effect in the treatment of swelling at the opposite end of the channel, especially the neck, cheek and submandibular region. Like all the previous points of this channel it is also indicated in the treatment of tinnitus, reflecting the pathways of the Small Intestine primary and sinew channels which enter the ear. This is an example of the use of acupuncture points to treat disorders of the channel rather than underlying zangfu disharmony, and Wangu SI-4 may therefore be used in tinnitus due to any aetiology. Wangu SI-4 is specifically indicated in combination (see below) to treat pain and swelling of the submandibular region radiating to the ear and giving rise to tinnitus.

Finally, Wangu SI-4 has been found to be empirically effective in the treatment of different kinds of jaundice, whether due to damp-heat or cold damp, as well as pain of the lateral costal region with inability to catch the breath. This action cannot easily be explained, either by reference to the channel pathway or to the functions of the Small Intestine.

CLASSICAL COMBINATIONS

- Contraction of the five fingers with inability to flex and extend: Wangu SI-4 and Zhongzhu SJ-3 (Thousand Ducat Formulas).
- Pain of the shoulder and arm: Wangu SI-4 and Tianzong SI-11 (Supplementing Life).
- Pain of the submandibular region giving rise to tinnitus and difficult hearing: Wangu SI-4, Yanggu SI-5, Jianzhen SI-9, Xiaxi GB-43 and Zuqiaoyin GB-44 (Thousand Ducat Formulas).
- Toothache and tooth decay: Wangu SI-4, Xiaguan ST-7, Daying ST-5 and Yifeng SJ-17 (Supplementing Life).
- Pain of the lateral costal region with inability to catch the breath: Wangu SI-4 and Yanggu SI-5 (Thousand Ducat Formulas).
- Spleen deficiency jaundice: Wangu SI-4 and Zhongwan REN-12 (Ode of the Jade Dragon).

SI-5 (yáng gǔ)

陽 yáng: yang, the complement of yin
谷 gǔ: valley

陽 谷

Yang Valley

Location: On the ulnar (medial) border of the wrist, in the depression between the head of the ulna and the triquetral bone. The position of the ulnar styloid process in the wrist varies with pronation and supination. The point is best needled with the forearm in supination (in the anatomical position).

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

Functions: Resolves Heat and disperses swelling; calms the Shen and settles tetany; expels Exterior Damp Heat; clears obstructions from the Channel.

Indications: Swelling of the neck and submandibular region; parotitis; pain along the medial aspect of the arm; pain in the wrist; Heat diseases; fever.

Supplementary Indications: Heat disease without sweating; pain in the lateral costal region; deafness and tinnitus; visual dizziness and eye pain; infantile clonic spasm; insanity; mental diseases; throat Bi; sensation of obstruction of the pharynx; stiffness of the tongue in infants that prevents suckling; toothache among the upper and lower teeth; painful hemorrhoids.

DEADMAN'S COMMENTARY

Yanggu SI-5 is the fire and jing-river point of the Small Intestine channel. Unlike the more distal points of the channel, it has relatively less action on the channel as a whole, in other words it is less used to treat disorders of the hand, arm or shoulder, but focuses rather on the eyes, ears and jaw. As a fire point it is able to clear heat and swelling and soothe contraction in these regions. It is specifically indicated for swelling of the neck and submandibular region, lockjaw, contraction of the tongue in babies, tongue thrusting (where the tongue is repeatedly thrust out of the mouth like a snake's tongue) and toothache. Whilst most classical sources recommend this point for toothache of the upper jaw, Sun Si-miao the famous 7th century physician incorporated it in prescriptions for toothache of both the upper and lower jaw.

As the fire point of the Small Intestine channel (interiorly-exteriorly related to the Heart channel) Yanggu SI-5 is able to clear fire from the Heart and calm the spirit and is indicated for mania and 'mad walking'.

Yanggu SI-5 is indicated (and appears in combination with distal points of the Bladder channel) for haemorrhoids.

Finally, in learning the names of the points of the yang channels at the wrist, it is helpful to remember the similarity between their names: Yangxi LI-5 (Yang Stream), Yanggu SI-5 (Yang Valley) and Yangchi SJ-4 (Yang Pool).

CLASSICAL COMBINATIONS

- Toothache of the upper jaw: Yanggu SI-5 and Zhengying GB-17 (Thousand Ducat Formulas).
- Toothache of the lower jaw: Yanggu SI-5, Yemen SJ-2, Shangyang LI-1, Erjian LI-2 and Sidu SJ-9 (Thousand Ducat Formulas).
- Swelling of the submandibular region with lockjaw: Yanggu SI-5 and Xiaxi GB-43 (One Hundred Symptoms).
- Tinnitus and deafness: Yanggu SI-5, Xiaguan ST-7, Guanchong SJ-1, Yemen SJ-2 and Yangxi LI-5 (Systematic Classic).
- Dizziness and eye pain: Yanggu SI-5 and Feiyang BL-58 (Supplementing Life).
- Manic laughter: Yanggu SI-5 and Shenmen HE-7 (Thousand Ducat Formulas).
- Madness with vomiting: Yanggu SI-5, Zhubin KID-9, Houding DU-19, Qiangjian DU-18, Naohu DU-17, Luoque BL-8 and Yuzhen BL-9 (Thousand Ducat Formulas).
- Mad walking: Yanggu SI-5 and Fengfu DU-16 (Great Compendium).
- Pain of the elbow, at times cold: Yanggu SI-5, Quchi LI-11, Guanchong SJ-1, Shousanli LI-10, Zhongzhu SJ-3 and Chize LU-5 (Thousand Ducat Formulas).

- Inability to raise the shoulder and put on clothes: Yanggu SI-5 and Qinglengyuan SJ-11 (Thousand Ducat Formulas).
- Haemorrhoids, swelling of the axilla: Yanggu SI-5, Chengjin BL-56, Chengfu BL-36 and Weizhong BL-40 (Thousand Ducat Formulas).

SI-6 (*yǎng lǎo*)

養 *yǎng*: to support, nourish; to raise (children);
to nurse (the elderly)

老 *lǎo*: aged, old

養老

Nursing the Aged

Location: On the posterior wrist, at the dorsal, radial and proximal aspect of the head of the ulna. A bony cleft just proximal to the head of the ulna may be palpated with the forearm supinated. With the palm resting on the chest (i.e. with the extensor muscles relaxed), the point is in this bony cleft, just proximal to the head of the ulna. It lies approximately 1 cun proximal to the dorsal proximal wrist crease, and about 1.5 cun proximal to SI-5 (Yang Gu).

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

Functions: Clears the Channels and quickens the Connecting Vessels; relaxes the Sinews; brightens the eyes.

Indications: Blurred vision; pain in the shoulder, arm, and elbow; arthritis of the upper limb; stiff or wry neck; hemiplegia; eye diseases; low back pain; hernia.

Supplementary Indications: Lumbar pain preventing turning; restricted lumbar movement; hypertonicity of the sinews and Bi of the foot; redness and swelling of the medial aspect of the elbow.

DEADMAN'S COMMENTARY

Yanglao SI-6 is the xi-cleft point of the Small Intestine 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. Yanglao SI-6 is particularly used for pain of the shoulder, scapula and arm that is so severe that it feels as if they are broken or dislocated. This action extends to its paired taiyang foot (Bladder) channel, and thus Yanglao SI-6 is also used as a distal point for acute sprain of the lumbar region and for contraction of the sinews and painful obstruction of the foot.

The Small Intestine primary and sinew channels connect with the outer canthus, and the primary channel also connects with the inner canthus. Yanglao SI-6 is renowned for its use in deficiency-type eye disorders characterised by blurring and dimness of vision, and most authorities explain the name of this point 'Support the Aged' in the light of this action.

CLASSICAL COMBINATIONS

- Pain of the shoulder as if it were broken: Yanglao SI-6 and Tianzhu BL-10 (Thousand Ducat Formulas).
- Pain of the lumbar region and knee: Yanglao SI-6, Huantiao GB-30, Yanglingquan GB-34, Kunlun BL-60 and Shenmai BL-62 (Illustrated Supplement).
- Blurring of vision: Yanglao SI-6 and Tianzhu BL-10 (One Hundred Symptoms).
- Dimness of vision: Yanglao SI-6, Hegu LI-4 and Quchai BL-4 (Supplementing Life).

SI-7 (zhī zhèng)

支 zhī: a branch; to support

正 zhèng: correct; to put right; true; to regulate

支 正

Branch to the Correct

Location: On the medial aspect of the forearm, 5 cun proximal to the transverse wrist crease (SI-5, Yang Gu), in the muscular groove on the medial anterior border of the ulna. The point lies on a line drawn between SI-5 (Yang Gu) at the wrist and SI-8 (Xiao Hai) at the elbow, 7 cun distal to SI-8 (Xiao Hai).

Features & Categories: Luo-Connecting point of the Small Intestine Channel connecting to the Heart Channel.

Functions: Clears the Shen; resolves Exterior Heat; eliminates Channel obstructions and pathogens.

Indications: Stiff neck; hypertonicity of the elbow; spasmodic pain in the fingers, elbow or arm; neurasthenia; Heat diseases; mania and withdrawal.

Supplementary Indications: Quivering from cold; fever and chills; headache; dizziness; loss of grasping ability of the fingers; Heat diseases with sweating; madness; fright, fear, sorrow and anxiety; goitre; lumbar pain.

DEADMAN'S COMMENTARY

Zhizheng SI-7 has three main actions.

Firstly, since the Small Intestine belongs to taiyang channel (the most exterior of the six channels and thus the first to be attacked by exterior pathogenic factors), Zhizheng SI-7 in common with many points of the Small Intestine channel is able to release the exterior. It is primarily used in cases of exterior heat pathogen giving rise to febrile disease, and is especially indicated when the onset is characterised by neck and lumbar pain.

Secondly, Zhizheng SI-7 is the luo-connecting point of the Small Intestine channel from where the Small Intestine luo-connecting channel spreads to join with the Heart channel. This is reflected in the name of this point 'Branch of the Upright', the 'upright' being the Heart channel. The Guide to the Classics of Acupuncture states "the luo-connecting points are located between two channels ... if they are punctured, symptoms of the interiorly-exteriorly related channels can be treated". Zhizheng SI-7 has a pronounced effect on regulating and calming the spirit and is indicated for mania-depression, fear and fright, and sadness and anxiety. The Methods of Acupuncture and Moxibustion from the Golden Mirror of Medicine more specifically recommends Zhizheng SI-7 for depression and knotting of all the seven emotions.

Thirdly Zhizheng SI-7 is able to regulate the Small Intestine channel in the region of the head (headache and dizziness), eyes (blurred vision, superficial visual obstruction, visual dizziness), elbow (contraction of the elbow), and especially the fingers (severe pain of all the fingers, inability to grip firmly, inability to make a fist). The principle of selecting distal points to treat disorders of the limbs, trunk and head is fundamental to acupuncture practice, and since the twelve primary channels all flow to or from the hands and feet, there is a profusion of distal points to choose from. In the treatment of disorders of the hands and feet themselves, however, there are by definition no distal points, and there are relatively few proximal points that affect these areas. Zhizheng SI-7 is therefore notable for its action on the fingers and hand.

Finally the Great Compendium of Acupuncture and Moxibustion gives specific indications for excess and deficiency of the luo-connecting points. In the case of Zhizheng SI-7, these are slackness of the joints and inability to move the elbow (excess); warts (deficiency).

CLASSICAL COMBINATIONS

- Manic raving, fear and fright: Zhizheng SI-7, Yuji LU-10, Hegu LI-4, Shaohai HE-3, Quchi LI-11 and Wangu SI-4 (Thousand Ducat Formulas).
- Visual dizziness and headache: Zhizheng SI-7 and Sanjiaoshu BL-22 (Supplementing Life).
- Visual dizziness: Zhizheng SI-7 and Feiyang BL-58 (One Hundred Symptoms).

SI-8 (*xiǎo hǎi*)

小 *xiǎo*: small

海 *hǎi*: sea

小海
Small Sea

Location: At the medial posterior aspect of the elbow, in the depression between the olecranon process of the ulna and the medial epicondyle of the humerus. The point is best needled with the elbow flexed, which is when the fossa appears. This may be 0.5 to 1.5 cun from the tip of the olecranon process depending upon the degree of elbow flexion.

Features & Categories: Earth, Sea, Uniting-He point of the Small Intestine Channel.

Functions: Dissipates Tai Yang Channel pathogens; frees Small Intestinal Heat stagnation; resolves Damp Heat; dispels Wind; clears the Shen.

Indications: Swelling of the cheek; parotitis; pain in the nape and posterior aspect of the shoulder, medial arm and elbow; neuralgia or paralysis of the ulnar nerve; epilepsy.

Supplementary Indications: Insanity; Heat diseases without sweating; headache; aversion to cold; tooth decay; dizziness; neck pain; lower abdominal pain; vexation in the Heart; seizures; psychosis; chorea.

DEADMAN'S COMMENTARY

Xiaohai SI-8 is the he-sea and earth point of the Small Intestine channel. Despite these important characteristics, it is a relatively infrequently used point, reflected by its appearance in very few classical combinations. It is indicated for many different kinds of swelling involving the gums, throat, cheek, elbow and axilla, as well as scrofula of the neck or axilla. Clinically, however, it is primarily used for pain of the scapula and the postero-lateral aspect of the shoulder, arm and elbow. Like Zhizheng SI-7, Xiaohai SI-8 is also able to regulate its coupled Heart zang and is indicated for such disorders as epilepsy, tongue thrusting (where the tongue is repeatedly thrust out of the mouth like a snake's tongue), mad walking and agitation of the Heart.

Finally it is worth noting that despite being the he-sea point of the Small Intestine, Xiaohai SI-8 has no significant action on its respective fu. This reflects the essential contradiction that whilst the Small and Large Intestine fu are located in the lower jiao, their channels run along the upper limb. As a consequence, points of these channels have relatively little action on the fu, and disorders of the Small Intestine are rather treated by points such as Xiajuxu ST-39 or Xiaochangshu BL-27, the lower he-sea and back-shu points of the Small Intestine respectively.

CLASSICAL COMBINATIONS

- Contraction of the elbow: Xiaohai SI-8, Chize LU-5, Jianyu LI-15, Jianshi P-5, Daling P-7, Houxi SI-3 and Yuji LU-10 (Great Compendium).
- Pain of the gums: Xiaohai SI-8 and Jiaosun SJ-20 (Great Compendium).
- Epileptic convulsions, mad walking, inability to sleep, agitation of the Heart: Xiaohai SI-8, Houxi SI-3, Zanzhu BL-2 and Qiangjian DU-18 (Thousand Ducat Formulas).

SI-9 (*jiān zhēn*)肩 *jiān*: shoulder貞 *zhēn*: true, correct; upright; central; divination

肩 貞

True Shoulder

Location: On the posterior aspect of the arm/shoulder, inferior to the shoulder joint proper (glenohumeral joint). The point lies one cun above the posterior axillary fold when the arm is by the side (adducted).

Functions: Eliminates Wind and enlivens the Connecting Vessels; dissipates stagnation and relieves pain.

Indications: Pain in the scapular region; diseases of the shoulder and shoulder joint; pain and inhibited movement of the hand and arm; paralysis of the upper limb; excess perspiration of the armpits.

Supplementary Indications: Cold damage fever and chills; swelling of the submandibular region; tinnitus and deafness; pain in the supraclavicular fossa; toothache.

CLASSICAL COMBINATIONS

- Heat sensation of the shoulder with inability to turn the head: Jianzhen SI-9, Guanchong SJ-1 and Jianyu LI-15 (Thousand Ducat Formulas).
- Tinnitus and deafness: Jianzhen SI-9 and Wangu SI-4 (Systematic Classic).

SI-10 (*nào shū*)臑 *nào*: upper arm; shoulder bone, outer arm bone俞 *shū*: acupuncture point

臑 俞

Upper Arm Shu

Location: With the arm adducted, the point is directly above SI-9 (Jian Zhen), in the depression immediately inferior to the lateral end of the scapular spine. It lies inferior and slightly medial to the angle of the acromion process, and immediately posterior to the glenohumeral joint. It is medial and posterior to SJ-14 (Jian Liao).

Features & Categories: Intersection point of Yang Qiao Mai (Yang heel/motility Vessel) and Yang Wei Mai (Yang linking Vessel) on the Small Intestine Channel.

Functions: Quickens the Blood and frees the Connecting Vessels; soothes the Sinews and dissipates Stagnation.

Indications: Pain and lack of strength in the shoulder and arm; pain or inflammation of the shoulder joint; excess perspiration of the armpits; hemiplegia; hypertension.

Supplementary Indications: Fever and chills; inability to move the shoulder and arm; shoulder pain that extends to the scapula; swelling of the shoulder.

DEADMAN'S COMMENTARY

Naoshu SI-10 is a commonly used point for pain and stiffness of the shoulder, especially its posterior aspect, and allows deep penetration into the joint. Its influence on the shoulder is augmented by the fact that Naoshu SI-10 is also a meeting point of the Yang Motility and Yang Linking vessels, which traverse the posterior (Yang Linking) and the superior and anterior (Yang Motility) portions of the shoulder. In clinical practice Naoshu SI-10 is often used in combination with points such as Jianyu LI-15 and Jianliao SJ-14.

CLASSICAL COMBINATIONS

- Acute pain of the posterior of the shoulder: Naoshu SI-10 and Yanglao SI-6.
- Immobility and pain of the shoulder joint: First needle Tiaokou ST-38, then Naoshu SI-10, Jianliao SJ-14, Jianyu LI-15, Jugu LI-16, Quchi LI-11 and Yanglao SI-6.

SI-11 (*tiān zōng*)

天 *tiān*: celestial, of the heavens; sky; Nature; heaven
宗 *zōng*: to gather; ancestor; religion, to believe in

天宗
Celestial Gathering

Location: On the posterior aspect of the shoulder in the infraspinous fossa, midway between the medial and lateral borders of the scapula, and one third of the distance between the inferior border of the scapular spine and the inferior angle of the scapula. Palpation should be used to confirm the location of this point as it is almost always sensitive to pressure. This point may form a bilateral triangle with SI-9 (Jian Zhen) and SI-10 (Nao Shu).

Functions: Resolves Tai Yang Channel pathogens; disperses Qi stagnation in the chest and lateral costal region.

Indications: Pain in the scapular region and in the posterior aspect of the shoulder, medial arm and elbow.

Supplementary Indications: Fullness in the chest and lateral costal region; cough; severe painful hiccoughs; asthma; swelling of the lateral cheek and submandibular region.

DEADMAN'S COMMENTARY

The indications of Tianzong SI-11 reflect both its location and its ability to move qi and unbind the chest. It is an important point for pain of the scapular region whether due to sprain, painful obstruction, overuse, poor posture, Liver qi stagnation or referred pain from Gall Bladder disease, in which cases it is usually found to be acutely tender on palpation. Lying behind the breast, it is also used in combination with points such as Shaoze SI-1 and Shanzhong REN-17 for a wide variety of disorders of the breast including pain, lumps and insufficient lactation.

CLASSICAL COMBINATIONS

- Pain of the shoulder and arm: Tianzong SI-11 and Wangu SI-4 (Supplementing Life).
- Pain of the arm: Tianzong SI-11, Jianliao SJ-14 and Yanggu SI-5 (Supplementing Life).

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 supraspinous 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.

Supplementary Indications: Shoulder pain that prevents flexion or abduction of the arm (motor impairment).

DEADMAN'S COMMENTARY

Bingfeng SI-12 is a meeting point of the Small Intestine channel with the Large Intestine, Sanjiao and Gall Bladder channels, all of which traverse the scapular and shoulder regions and the neck. As its name 'Grasping Wind' (and by implication controlling wind) implies, Bingfeng SI-12 is a useful local point to invigorate these channels and expel pathogenic wind which has lodged in the muscles of the shoulder and scapula. Although most classical and contemporary sources recommend this point for local disorders only, the Ming dynasty classic Investigation Into Points Along the Channels suggests a broader action of expelling wind and recommends the use of Bingfeng SI-12 "when the interstices and pores do not close properly, wind pathogen easily enters [resulting in] cough with stubborn phlegm".

CLASSICAL COMBINATIONS

- Pain of the shoulder with inability to raise the arm: Bingfeng SI-12 and Yunmen LU-2 (Supplementing Life).
- Pain of the shoulder with inability to raise the arm: Bingfeng SI-12 and Tianrong SI-17 (Systematic Classic).

SI-13 (*qū yuán*)曲 *qū*: crooked, curved垣 *yuán*: a wall; an ancient Chinese astronomical division

曲垣

Crooked Wall

Location: On the dorsal superior aspect of the trunk at the medial end of the supraspinous fossa. The point lies in a depression about 1 cun lateral and superior to the medial end of the spine of the scapula (medial border of the scapula). It is approximately midway between SI-10 (Nao Shu), and the spinous process of the 2nd thoracic vertebra.

Functions: Soothes the Sinews and quickens the Blood.

Indications: Stiffness and pain in the scapular region; inflammation of supraspinatus muscle or tendon; diseases of the soft tissues of the shoulder.

Supplementary Indications: Generalized Bi; shoulder Bi developing into Heat pain with hypertonicity and sensation of oppression; muscle spasms.

DEADMAN'S COMMENTARY

The Great Compendium of Acupuncture and Moxibustion emphasises the use of Quyuan SI-13 in the treatment of painful obstruction of the shoulder that has persisted and transformed into heat with contraction, pain and oppressive sensation. This transformation of wind, damp or cold into heat is a manifestation of the law of 'similar transformation' expounded by Liu Wan-su (refer Yinlingquan SP-9).

CLASSICAL COMBINATIONS

- Pain of the shoulder and scapula: Quyuan SI-13, Tianzong SI-11 and Jianzhen SI-9.

BL-41 (*fù fēn*)

附 *fù*: attach, append

分 *fēn*: to part, a part

附分

Attached Branch

Location: On the superior dorsal aspect of the trunk, 3 cun lateral to the depression immediately inferior to the spinous process of the 2nd thoracic vertebra (lateral to the midline - Du Mai). The point lies just medial to the vertebral (medial) border of the scapula. BL-12 (Feng Men) is located 1.5 cun medial to BL-41 (Fu Fen).

Features & Categories: Intersection point of the Small Intestine Channel of hand Tai Yang on the Urinary Bladder Channel.

Functions: Eliminates Wind and dissipates Cold; soothes the Sinews and quickens the Connecting Vessels.

Indications: Hypertonicity of the shoulder and back; stiffness, soreness or pain of the shoulder, neck or back; numbness of the elbow and arm.

SI-14 (*jiān wài shū*)

肩 *jiān*: shoulder

外 *wài*: outside, exterior

俞 *shū*: acupuncture point

肩外俞

Outer Shoulder Shu

Location: On the dorsal superior aspect of the trunk, 3 cun lateral to the depression inferior to the spinous process of the 1st thoracic vertebra. This is immediately medial to the medial end of the supraspinous fossa. The point is on the same transverse level as BL-11 (Da Zhu) and DU-13 (Tao Dao). It lies on a vertical line drawn just medial to the medial border of the scapula. BL-11 (Da Zhu) is 1.5 cun medial to SI-14 (Jian Wai Shu).

Functions: Eliminates Wind and quickens the Connecting Vessels; warms the Channels and dissipates Cold.

Indications: Shoulder and back soreness or pain; pain or rigidity of the neck.

Supplementary Indications: Generalized Bi; cold in the elbow.

CLASSICAL COMBINATIONS

- Pain of the shoulder and back: Jianwaishu SI-14, Kunlun BL-60 and Dazhui DU-14.

BL-11 (*dà zhù*)大 *dà*: large杼 *zhù*: a reed, a weaver's shuttle

大杼

Great Shuttle

Location: On the superior dorsal aspect of the trunk, 1.5 cun lateral to the depression immediately inferior to the spinous process of the 1st thoracic vertebra (DU-13, Tao Dao). This is approximately 2 (middle) finger widths from DU-13 (Tao Dao). SI-14 (Jian Wai Shu) is 1.5 cun lateral to BL-11 (Da Zhu), 3 cun from the posterior midline.

Features & Categories: Meeting point of the Bones; intersection point of the Small Intestine Channel of hand Tai Yang and the Gall Bladder Channel of foot Shao Yang on the Urinary Bladder Channel. Point of the Sea of Blood (BL-11, ST-37, ST-39).

Functions: Disperses Wind; resolves Exterior Heat; soothes the Sinews and Connecting Vessels; regulates and strengthens the Bones and joints; nourishes Blood.

Indications: Cough; fever; headache; common cold; bronchitis; pneumonia; pleurisy; pain or soreness in the scapula or shoulder; rigidity or stiffness of the neck; pain in the neck and back; arthritis; numbness in the limbs; Deficient Blood or Ying Qi.

SI-15 (*jiān zhōng shū*)肩 *jiān*: shoulder中 *zhōng*: center俞 *shū*: acupuncture point

肩中俞

Central Shoulder Shu

Location: On the dorsal superior aspect of the trunk 2 cun lateral to the depression just inferior to the spinous process of the 7th cervical vertebra. This point is on the same level as DU-14 (Da Zhui). It lies in the fossa medial to the superior angle of the scapula.

Functions: Diffuses the lung and clears heat; transforms phlegm and brightens the eyes.

Indications: Cough, asthma; bronchitis; bronchiectasis; shoulder and back pain; stiff neck.

Supplementary Indications: Cough; fever and chills; unclear or blurred vision; spitting of blood; tuberculosis in infants.

CLASSICAL COMBINATIONS

- Rebellious qi cough: Jianzhongshu SI-15, Tianchi P-1, Tiantu REN-22, Shanzhong REN-17 and Jiexi ST-41 (Supplementing Life).

GV-14 (*dà zhuī*)大 *dà*: great, big, large椎 *zhuī*: 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.

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 suggested 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-13 (*shàng wǎn*)

上 *shàng*: above, upper

腕 *wǎn (guǎn)*: venter

上腕

Upper Venter

Location: On the anterior midline, 5 cun superior to the centre of the umbilicus. The proportional distance from the centre of the umbilicus (REN-8, Shen Que) to the xiphisternal junction (REN-16, Zhong Ting) is 8 cun. KID-20 (Tong Gu) is located 5 fen lateral to REN-13 (Shang Wan), ST-20 (Cheng Man) is 2 cun lateral.

Features & Categories: Intersection point of the Stomach Channel of foot Yang Ming and Small Intestine Channel of hand Tai Yang on Ren Mai.

Functions: Harmonizes the Spleen and Stomach; transforms turbid Phlegm; stabilizes flow of Qi; rectifies rebellious Stomach Qi; calms the Shen.

Indications: Stomach pain; gastric reflux; acute and chronic gastritis; abdominal distension; distended stomach; epigastric fullness; stomach spasms; cardiac spasms; nausea; belching; hiccough; vomiting; insomnia; epilepsy; lower esophageal constriction; spasm of cardiac sphincter.

CV-12 (*zhōng wǎn*)

中 *zhōng*: center, central, middle

腕 *wǎn (guǎn)*: venter

中腕

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.

ST-39 (*xià jù xū*)

下 *xià*: lower

巨 *jù*: great, large

虛 *xū*: hollow, deficiency, vacancy

下巨虛

Lower Great Hollow

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

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

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

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

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.

SI-16 (*tiān chuāng*)天 *tiān*: celestial, of the heavens; sky; Nature; heaven窗 *chuāng*: window, shutter

天窗

Celestial Window

Location: On the lateral aspect of the neck, at the posterior border of sternocleidomastoideus muscle, approximately 5 fen posterior to LI-18 (Fu Tu). This is 3.5 cun lateral to the laryngeal prominence (Adam's apple), on the same plane as this prominence. It is appropriate to apply a transverse plane to the neck rather than a strictly horizontal (and therefore oblique) plane when locating this point. [ST-9 (Ren Ying) is also on this plane, 1.5 cun lateral to the laryngeal prominence].

Features & Categories: Window of the Sky point.

Functions: Disperses Wind and quickens the Connecting Vessels; calms the Shen and nourishes the Heart.

Indications: Deafness and tinnitus; sore, swollen throat; pain and stiffness of the neck; goitre; tinnitus.

Supplementary Indications: Painful swelling of the cheek; sudden loss of voice; throat Bi; mania.

DEADMAN'S COMMENTARY

Tianchuang SI-16 is one of ten points listed in Chapter 2 of the Spiritual Pivot that have come to be known as Window of Heaven points. As a group, these ten points have the action of regulating rebellious and chaotic (inversion) qi. Tianchuang SI-16 illustrates many of the characteristic actions of these points in its ability to:

- i. treat goitre and throat disorders,
- ii. treat headache and heat and swelling of the face and cheek,
- iii. treat disorders of the sense organs - in this case the ears,
- iv. treat sudden onset of disorders - in this case loss of voice.

In addition, like two other points from this group (Tianzhu BL-10 and Tianfu LU-3) Tianchuang SI-16 treats disorders characterised in the classical texts as seeing or communicating with ghosts and therefore attributed to some form of demonic possession. In terms of modern medicine these indications refer to various forms of severe mental disorder including schizophrenia.

Sun Si-miao, the famous 7th century physician, particularly emphasised the use of moxibustion (fifty cones) at this point for loss of speech and hemiplegia.

CLASSICAL COMBINATIONS

- Ear pain, deafness and tinnitus: Tianchuang SI-16, Yangxi L.I.-5, Guanchong SJ-1, Yemen SJ-2 and Zhongzhu SJ-3 (Thousand Ducat Formulas).
- Deafness and tinnitus: Tianchuang SI-16 and Waiguan SJ-5 (Supplementing Life).
- Throat pain: Tianchuang SI-16, Fengfu DU-16 and Laogong P-8 (Thousand Ducat Formulas).
- Goitre: Tianchuang SI-16 and Naohui SJ-13 (Systematic Classic).
- Sudden loss of voice: Tianchuang SI-16, Zhigou SJ-6, Futu L.I.-18, Qubin GB-7 and Lingdao HE-4 (Thousand Ducat Formulas).
- Sudden loss of voice with lockjaw: Tianchuang SI-16, Lingdao HE-4 and Tiantu REN-22 (Supplementing Life).

- Lockjaw: Tianchuang SI-16 and Yifeng SJ-17 (Supplementing Life).
- Heat sensation of the skin of the face: Tianchuang SI-16 and Tiantu REN-22 (Supplementing Life).

SI-17 (tiān róng)

天 tiān: celestial, of the heavens; sky; Nature; heaven
 容 róng: contain, receive; a hood

天容

Celestial Countenance

Location: On the lateral aspect of the neck, immediately posterior to the angle of the mandible, in a slight depression on the anterior border of sternocleidomastoideus muscle. The pulse of the external carotid artery is readily palpable deep to this point.

Features & Categories: Intersection point of the Gall Bladder Channel of foot Shao Yang on the Small Intestine Channel. Window of the Sky point.

Functions: Soothes the Sinews and quickens the Connecting Vessels; clears Heat and disperses swelling; resolves Damp Heat.

Indications: Deafness and tinnitus; sore, swollen throat; tonsillitis; pharyngitis; sensation of throat being obstructed and difficulty with swallowing; swelling and soreness of the neck; goitre; swelling of the cheek; parotitis.

Supplementary Indications: Thoracic fullness hampering respiration; asthma; severe coughing; retching and vomiting of foam; clenched teeth.

DEADMAN'S COMMENTARY

In the Spiritual Pivot Tianrong (SI-17) was classified as a point of the Gall Bladder channel, whilst in the Systematic Classic of Acupuncture and Moxibustion it was listed as belonging to the Sanjiao channel. It was not until the 10th century classic Secrets of a Frontier Official, that Tianrong was finally ascribed to the Small Intestine channel.

The point Tianrong SI-17 is discussed in the chapter 'Needling Methods and Upright and Pathogenic Qi' in the Spiritual Pivot. According to Qi Bo, the Yellow Emperor's adviser, this point should be needled for "great rebellion of yang qi which rises to fill the chest causing congestion of the chest, agitation and raising of the shoulders ... dyspnoea and wheezing with inability to sit or lie down. In such an illness there is aversion to dust and smoke [as it causes] breathing difficulty as if the throat is blocked", a clear reference to an acute attack of asthma. He compares the speed at which needling this point takes effect to "wiping away the dust".

Tianrong SI-17 is one of ten points listed in Chapter Two of the Spiritual Pivot that have come to be known as Window of Heaven points. It clearly exemplifies the character and action of these points in its ability to regulate rebellious and chaotic (inversion) qi. Tianrong SI-17 shares with these points the ability to:

- treat scrofula and goitre due to stagnation of qi and phlegm in the pivotal neck region, as well as throat disorders,
- descend rebellious qi, in this case of the Lung and Stomach manifesting as fullness of the chest with difficulty in breathing, cough, asthma, wheezing and vomiting, and
- treat disorders of the sense organs, in this case the ears (tinnitus and deafness).

CLASSICAL COMBINATIONS

- Cough with rebellious qi, dyspnoea, vomiting of foam and clenched teeth: Tianrong SI-17, Futu LI-18, Lianquan REN-23, Pohu BL-42, Qishe ST-11 and Yixi BL-45 (Thousand Ducat Formulas).
- Oppressive sensation of the chest with inability to catch the breath: Tianrong SI-17 and Yangxi LI-5 (Supplementing Life).
- Deafness and tinnitus: Tianrong SI-17, Tinggong SI-19, Tinghui GB-2 and Zhongzhu SJ-3 (Thousand Ducat Formulas).
- Pain of the shoulder with inability to raise the arm: Tianrong SI-17 and Bingfeng SI-12 (Systematic Classic).

BL-1 (*jīng míng*)睛 *jīng*: eye, pupil明 *míng*: to brighten, bright

睛明

Bright Eyes

Location: On the face at the medial border of the orbit, in the depression 1 fen superior to the inner canthus. The patient's eye should be closed when locating and needling this point.

Features & Categories: Intersection point of the Small Intestine Channel of hand Tai Yang, Stomach Channel of foot Yang Ming, Yin Qiao Mai (Yin heel/motility Vessel), Yang Qiao Mai (Yang heel/motility Vessel) and Du Mai (Governing Vessel) on the Urinary Bladder Channel.

Functions: Eliminates Wind and clears Heat; opens the Channels, nourishes Water and brightens the eyes; stops pain, itching and lacrimation.

Indications: Acute and chronic conjunctivitis; myopia; hypermetropia; astigmatism; strabismus; glaucoma; redness, pain and swelling of the eye; optic nerve atrophy; optic nerve neuritis; excess lacrimation, possibly on exposure to wind; itching of the inner canthus; night blindness; colour blindness; blurred vision; early stage of cataract; pterygium; keratoleukoma; insomnia, or chronic somnolence, with Yin or Yang Qiao Mai signs and symptoms.

SI-18 (*quán liáo*)顴 *quán*: cheekbone髅 *liáo*: bone hole

顴髅

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.

Supplementary Indications: Pain and swelling of the cheek.

DEADMAN'S COMMENTARY

The location of Quanliao SI-18 renders it an important and commonly-used point in the treatment of facial disorders due to either interior or exterior wind, and it is indicated for facial paralysis, trigeminal neuralgia, twitching of the eyelids and toothache of the upper jaw. In the treatment of the first two conditions it is often joined to points such as Yingxiang LI-20, Dicang ST-4 and Jiache ST-6 by transverse needling.

CLASSICAL COMBINATIONS

- Toothache: Quanliao SI-18 and Erjian L.I.-2 (Systematic Classic).
- Toothache with aversion to cold: Quanliao SI-18, Daying ST-5, Tinghui GB-2 and Quchi LI-11 (Thousand Ducat Formulas).
- Pain and deviation of the mouth, aversion to wind and cold, inability to chew: Quanliao SI-18 and Jiache ST-6 (Thousand Ducat Formulas).
- Red and yellow eyes: Quanliao SI-18 and Neiguan P-6 (Thousand Ducat Formulas).

SI-17 (*tiān róng*)

天 *tiān*: celestial, of the heavens; sky; Nature; heaven
容 *róng*: contain, receive; a hood

天容

Celestial Countenance

Location: On the lateral aspect of the neck, immediately posterior to the angle of the mandible, in a slight depression on the anterior border of sternocleidomastoideus muscle. The pulse of the external carotid artery is readily palpable deep to this point.

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.

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.

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 Channels 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.

Supplementary Indications: Medial arm pain; toothache; facial paralysis; cardio-abdominal pain; pain in the chest and abdomen; seizures and insanity; auditory hallucinations.

DEADMAN'S COMMENTARY

There are three points anterior to the tragus of the ear, Ermen SJ-21 superiorly, Tinggong SI-19 in the middle, and Tinghui GB-2 inferiorly. 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. It is worth noting however that Tinggong SI-19 has a secondary action of calming the spirit, whilst Tinghui GB-2 is the most effective to treat painful disorders of the surrounding area including the jaw and teeth. If it is necessary to needle points around the ear regularly, then these three points should be alternated.

In current practice, where points are numbered, it is easy to remember the relative locations of Ermen SJ-21 (Gate of the Ear), Tinggong SI-19 (Palace of Hearing) and Tinghui GB-2 (Meeting of Hearing), the highest point number being the uppermost point. In China, which has no tradition of numbering the points, one way of recalling the order of their location was by the image of entering through the 'gate' of the 'palace' to convene a 'meeting'.

CLASSICAL COMBINATIONS

- Deafness due to qi obstruction: Tinggong SI-19, Tinghui GB-2 and Yifeng SJ-17; then needle Zusanli ST-36 and Hegu LI-4 (Great Compendium).

- Deafness and tinnitus: Tinggong SI-19, Tianrong SI-17, Tinghui GB-2 and Zhongzhu SJ-3 (Thousand Ducat Formulas).
- Deafness: Tinggong SI-19, Zhongzhu SJ-3, Waiguan SJ-5, Erheliao SJ-22, Shangyang LI-1, Tinghui GB-2, Hegu L.I.-4 and Zhongchong P-9 (Precious Mirror).
- Impaired hearing and deafness: Tinggong SI-19, Ermen SJ-21, Fengchi GB-20, Xiaxi GB-43 and Tinghui GB-2 (Great Compendium).
- Sadness below the Heart: Tinggong SI-19 and Pishu BL-20 (One Hundred Symptoms).

CV-4 (*guān yuán*)

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

原 *yuán*: origin, original, source

關原

Origin Pass

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

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

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

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

BL-27 (*xiǎo cháng shū*)

小 *xiǎo*: small

腸 *cháng*: intestine

俞 *shū*: acupuncture point

小腸俞

Small Intestine Shu

Location: On the posterior medial aspect of the iliac bone (in the superior fibres of gluteus maximus muscle which cover this) at the level of the 1st (superior) posterior sacral foramen (BL-31, Shang Liao), 1.5 cun lateral to the midline (Du Mai).

Features & Categories: back Associated-Shu, Transporting point of the Small Intestine Fu.

Functions: Regulates the Small Intestine, promoting separation of the clear and turbid; transforms Stagnation and accumulations; eliminates Damp and cools Heat; regulates the Urinary Bladder.

Indications: Nocturnal seminal emission; hematuria; enuresis; low back pain; lower abdominal pain and distension; borborygmi; enteritis; diarrhoea; dysentery; mucus in the stools; constipation; pain in the sacroiliac joint; leukorrhoea; diseases of the sacroiliac region; sciatica; peritonitis; pelvic inflammatory diseases; cloudy urine; dysuria; burning on urination.