

## POINTS OF THE LUNG ZANG

### LU-1 (*zhōng fǔ*)

中 *zhōng*: central, center

府 *fǔ*: treasury, storehouse; mansion

# 中府

*Central Treasury*

**Location:** On the anterior superior trunk, inferior to the concavity of the clavicle. The point lies approximately level with (lateral to) the first rib, 1 cun below LU-2 (Yun Men), and 6 cun lateral to Ren Mai. This is medial to the coracoid process of the scapula.

**Features & Categories:** front Alarm-Mu, Collecting point of the Lung. Intersection point of the Spleen Channel of foot Tai Yin on the Lung Channel.

**Functions:** Enhances and frees Lung Qi, clears and disperses fullness of the Upper Jiao, stimulates the descent of Lung Qi.

**Indications:** Cough, asthma, bronchitis, pneumonia, tuberculosis, tonsillitis, sore throat, fullness in the chest, pain in the chest, shoulder and back.

**Supplementary Indications:** Coughing or vomiting of pus and blood; pulmonary distension and fullness; sweating; facial swelling; abdominal distention; somnolence; throat bi; fever and vomiting; difficult ingestion; diminished Qi with inability to lie flat; aversion to cold; generalized heat vexation; pain in the skin and bone; running piglet; nasal congestion; turbid nasal discharge; goitre and tumors of the neck.

#### DEADMAN'S COMMENTARY

Zhongfu LU-1 is the front-mu point of the Lung. The term 'mu' means to gather or to collect, and the front-mu points are where the qi of the zangfu gathers and concentrates on the anterior surface of the body. Zhongfu LU-1, like all the front-mu points, therefore acts primarily on the Lung zang rather than the Lung channel.

According to the Spiritual Pivot "The Lung is the canopy of the five zang and the six fu". As the uppermost zang, the Lung receives via respiration the clear qi of heaven (qing qi) in the same way that the canopy of a forest receives the light and air essential for life. Through inhalation, the Lung descends the qi to the Kidneys, and through exhalation, the Lung disseminates qi to the surface of the body and expels waste qi. The Lung is therefore said to dominate respiration and to both descend and disseminate the qi.

These functions may be impaired either when the Lung qi is deficient, or when excess pathogenic factors (whether internally or externally generated) obstruct the Lung. The forte of Zhongfu LU-1 is to clear excess of all kinds from the Lung, whether due to exterior pathogenic factors (e.g. wind-cold or wind-heat) which penetrate to the Lung zang, or to internally generated disharmony (e.g. turbid phlegm or phlegm-heat, qi stagnation etc.). In all such cases there will be dyspnoea, coughing or wheezing and an oppressive full sensation of the chest, thus the Spiritual Pivot says "The Lung stores the qi ... when excess there is dyspnoea and fullness of the chest with an upturned face". These symptoms will often be exacerbated on lying down, which places more strain on the Lung descending function as well as allowing phlegm to accumulate, thus the Essential Questions says "The Lung is the

canopy of the zang. When Lung qi is abundant, the mai [pulse] is large; when the mai is large, [the patient] is unable to lie flat".

According to the Spiritual Pivot "Lung qi opens into the nose; when the Lung is in harmony, the nose will distinguish the fragrant from the foul". Zhongfu LU-1, although primarily used to regulate the Lung zang, is indicated when excess type Lung patterns are accompanied by such Lung channel disorders as nasal obstruction and throat painful obstruction.

According to a saying of Chinese medicine "The Lung is the upper source of water". The Lung can be compared to a lid, for example the lid of a teapot. When the lid is too tight, the tea cannot pour, and when the Lung in the upper body is in excess, the fluids remain above and are not excreted below. Zhongfu LU-1 is indicated for acute swelling of the face which occurs when exterior pathogenic wind obstructs the Lung's function of regulating the water passages and descending body fluids.

The Lung and the Stomach both dominate descending, and disharmony of one may affect the other. If Lung qi accumulates above, it may adversely influence the descending function of the Stomach, giving rise to difficult ingestion, vomiting, retching, and abdominal distention. Conversely, obstruction in the Stomach may impair the Lung descending function leading to cough, dyspnoea and wheezing. In Essential Questions Qi Bo, the Yellow Emperor's minister, explains that cough may originate in any of the zangfu and says "When cold food and drink enters the Stomach, it may rise upwards by way of the Lung channel to the Lung, leading to cold in the Lung". The name of this point 'Middle Palace' refers to the origin of the Lung channel, which arises in the middle jiao (in the region of the Stomach) and descends to the Large Intestine before ascending to emerge at Zhongfu LU-1. Zhongfu LU-1, therefore, is especially indicated in this dual disharmony of the Lung and Stomach. Interestingly, Zhongfu LU-1 is also indicated for Gall Bladder heat vomiting, perhaps reflecting the five phase theory that metal (the Lung) is able to control wood (Gall Bladder).

According to the Essential Questions "The Lung dominates the skin ... of the entire body". The Spiritual Pivot states "when the pathogen is in the Lung there will be painful skin, chills and fever, rebellious qi, dyspnoea and sweating." Zhongfu LU-1 is one of the few acupuncture points indicated for the painful skin which can commonly accompany exterior diseases. Finally, the Essential Questions includes Zhongfu LU-1 among the eight points to clear heat from the chest (bilateral Ouepen ST-12, Dazhu BL-11, Zhongfu LU-1 and Fengmen BL-12).

#### **CLASSICAL COMBINATIONS**

- Fullness of the chest with oesophageal constriction: Zhongfu LU-1 and Yishe BL-49 (One Hundred Patterns).
- Chest pain: Zhongfu LU-1, Yunmen LU-2, Feishu BL-13, Qimen LIV-14, Yinbai SP-1, Hunmen BL-47 and Daling P-7 (Thousand Ducat Formulas).
- Swelling of the face and abdomen: Zhongfu LU-1, Jianshi P-5 and Hegu LI-4 (Thousand Ducat Formulas).
- Enuresis: Zhongfu LU-1, Guanmen ST-22 and Shenmen HE-7 (Thousand Ducat Formulas).
- Abdominal fullness, shortness of breath with a rattling sound: moxa Zhongfu LU-1, Shanzhong REN-17 and Shenque REN-8 (Thousand Ducat Formulas).

- Difficult ingestion: Zhongfu LU-1, Kunlun BL-60, Chengman ST-20, Yuji LU-10 and Zhoulong SP-20 (Supplementing Life).
- Oesophageal constriction, with difficult ingestion and vomiting: Zhongfu LU-1 and Zhongting REN-16 (Thousand Ducat Formulas).

## LU-2 (*yún mén*)

雲 *yún*: cloud

門 *mén*: gate, door

雲門

*Cloud Gate*

**Location:** In the infra-clavicular fossa (deltopectoral triangle) six cun lateral to Ren Mai. The point lies immediately inferior to the concavity of the clavicle, medial and superior to the coracoid process.

**Functions:** Clears Lung Heat and eliminates vexation (irritability, restlessness, uneasiness), drains Heat in the limbs and frees the joints, relieves cough and asthma. Disperses fullness and stimulates descent of Lung Qi.

**Indications:** Cough, asthma, thoracic fullness, frozen shoulder, shoulder inflammation, pain in the chest, shoulder, or arm; abdominal pain. Emotional imbalance deriving from Lung disharmony.

**Supplementary Indications:** Throat Bi; vexation and fullness in the chest; Cold damage with persistent Heat in the limbs; goiter; counterflow Cold in the limbs; a regularly interrupted pulse that is not felt at the cun (distal) position.

### DEADMAN'S COMMENTARY

According to the Essential Questions Yunmen LU-2 is one of the eight points for draining heat from the extremities (although in fact only seven are listed, since Yaoshu DU-2 is on the midline) namely Yunmen LU-2, Jianyu LI-15, Weizhong BL-40 and Yaoshu DU-2. This is reflected in the indication for this point found in the Great Compendium of Acupuncture and Moxibustion "injury by cold giving rise to persistent heat in the limbs".

### CLASSICAL COMBINATIONS

- Chest pain: Yunmen LU-2, Zhongfu LU-1, Yinbai SP-1, Qimen LIV-14, Feishu BL-13, Hunmen BL-47 and Daling P-7 (Thousand Ducat Formulas).
- Pain of the shoulder with inability to raise the arm: Yunmen LU-2 and Bingfeng SI-12 (Supplementing Life).
- Dyspnoea with rebellious qi, breathing with raised shoulders, inability to taste food: Yunmen LU-2, Qihu ST-13, Tianfu LU-3 and Shenmen HE-7 (Thousand Ducat Formulas).
- Throat painful obstruction: Yunmen LU-2, Zhongfu LU-1, Jianyu LI-15, Weizhong BL-40, Fuliu KID-7 and Fubai GB-10 (Supplementing Life).

## LU-3 (*tiān fǔ*)

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

府 *fǔ*: storehouse, treasury; mansion

天府

*Celestial Storehouse*

**Location:** On the lateral aspect of the arm, three cun below the level of the anterior axillary fold, and six cun proximal to LU-5 (Chi Ze). The needle normally penetrates biceps brachii muscle.

**Features & Categories:** Window of Sky point.

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**Functions:** Clears Lung Heat and regulates Lung Qi. Removes Heat and expels Wind.

**Indications:** Bronchitis, cough, asthma, nosebleed, cerebrovascular disease, vomiting, vertigo, malaria, pain on the lateral aspect of the arm.

**Supplementary Indications:** Qi ascent cough; dyspnea with inability to catch the breath; sudden thirst; bleeding from nose and mouth; generalized swelling; wind sweating; abstraction and poor memory; lying down with inability to sleep; wailing and ghost talk; goitre; dizziness; excess lacrimation.

#### **DEADMAN'S COMMENTARY**

According to the Discourse Into the Origins and Development of Medicine "The Lung is the delicate zang, neither heat nor cold is appropriate ... too hot and the fire will melt the metal and the blood will stir". As early as the Spiritual Pivot, Tianfu LU-3 was indicated for "Sudden and severe thirst, internal rebellion, Liver and Lung struggle against each other, blood overflows from the mouth and nose". This quotation is a clear reference to the pattern of Liver fire attacking the Lung. A branch of the Liver channel crosses the diaphragm and scatters in the Lung, and if Liver fire rushes upwards and scorches the Lung it may injure both the blood vessels (causing reckless pouring of blood from the mouth and nose), and the fluids (giving rise to thirst). At the same time there will usually be cough, which is characterised in this pattern by bouts of spasmodic coughing with a red face, or dyspnoea or asthma which is typically induced or worsened by frustration or anger.

The above passage in the Spiritual Pivot lists Tianfu LU-3 among five 'Window of Heaven' points. Tianfu LU-3 shares with these points the common actions of

- i. treating goitre due to stagnation of qi and phlegm in the neck region,
- ii. descending the qi of the Lung, and
- iii. benefiting the sensory orifices, in this case the eyes (visual dizziness and short-sightedness).

It is also interesting to note that its ability to treat goitre as well as eye diseases is shared by three points of the upper arm, Tianfu LU-3, Binao LI-14 and Naohui SJ-13. There is no apparent explanation why these points, rather than more distal ones, should have such an action, and this is predominantly a reflection of empirical observation.

According to Chinese medicine the Lung stores the corporeal soul (po), one of the five aspects of the spirit (when this term is used in its widest sense). Tianfu LU-3 'Palace of Heaven' is indicated for a range of psycho-emotional disorders characterised by sadness, weeping, disorientation and forgetfulness as well as for somnolence and insomnia.

Tianfu LU-3 is also indicated for 'floating corpse ghost talk'. This term probably refers to the delirious speech seen in the terminal stages of pulmonary tuberculosis. Sun Si-miao in his Thousand Ducat Formulas specifically refers to 'melancholy crying ghost talk' in relation to this point, and it was this great physician himself who classified pulmonary tuberculosis (known at that time as feishi - flying corpse) as a disease of the Lung rather than one involving demonic possession. An alternative explanation is that the term does in fact refer to raving or nonsensical speech attributed to demonic possession. A contemporary book on Chinese folk beliefs explains "In cases where the ghost's (i.e. evil spirit's) influence was the result of a gradual process, the victim would initially be sad, sensitive, and withdrawn. As the ghost's powers over the victim's mind became stronger, he would begin to

behave as if he were in a dream, talk about ghostly matters, or act as if he were conversing with ghosts".

### CLASSICAL COMBINATIONS

- Rebellious qi with dyspnoea and inability to catch the breath: Tianfu LU-3, Shufu KID-27 and Shencang KID-25 (Supplementing Life).
- Dyspnoea with rebellious qi, breathing with raised shoulders, inability to taste food: Tianfu LU-3, Qihu ST-13, Yunmen LU-2 and Shenmen HE-7 (Thousand Ducat Formulas).
- Nosebleed: Tianfu LU-3 and Hegu LI-4 (One Hundred Symptoms).
- Goitre, tumour of the neck and swollen throat: Tianfu LU-3 and Naohui SJ-13 (Thousand Ducat Formulas).
- Goitre, tumour of the neck and swollen throat: Tianfu LU-3, Qishe ST-11 and Naohui SJ-13 (Supplementing Life).
- Painful obstruction with difficulty bending and extending the elbow joint, pain and heaviness of the arm with acute pain of the axilla: Tianfu LU-3, Naohui SJ-13 and Qishe ST-11 (Thousand Ducat Formulas).
- Purple-white wind blotches (pityriasis versicolor): Tianfu LU-3 and Xiabai LU-4 (Investigation Into Points Along the Channels).

## LU-4 (*xiá bái*)

俠 *xiá*: to protect, to guard; hero (someone who performs heroic deeds such as protecting the weak)

白 *bái*: white

俠白

*Guarding White*

**Location:** On the lateral aspect of the arm, four cun below the level of the anterior axillary fold, and five cun proximal to LU-5 (Chi Ze). This is one cun below LU-3 (Tian Fu). The needle normally penetrates biceps brachii muscle.

**Functions:** Clears and activates the Channels and collaterals, regulates Lung Qi, regulates Qi and blood, relieves pain.

**Indications:** Cough, dyspnoea, thoracic fullness or tightness, nausea, retching, pleurisy, tachycardia, pain on the lateral aspect of the arm.

**Supplementary Indications:** Qi ascent cough; cardiac pain and shortness of breath; dry retching; red and white sweat macules; vexation and fullness.

### CLASSICAL COMBINATIONS

- Pain of the Heart with shortness of breath: Xiabai LU-4, Qimen LIV-14, Changqiang DU-1, Tiantu REN-22 and Zhongchong P-9 (Thousand Ducat Formulas).
- Purple-white wind blotches (pityriasis versicolor): Xiabai LU-4 and Tianfu LU-3 (Investigation Into Points Along the Channels).

**LU-5 (*chǐ zé*)**尺 *chǐ*: a Chinese measure (about one foot)澤 *zé*: marsh; dregs

尺澤

*Cubit Marsh*

**Location:** On the transverse cubital crease immediately lateral to the tendon of biceps brachii muscle. The point is easily located with the elbow flexed slightly.

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

**Functions:** Discharges Lung Fire, clears Lung Heat, clears Upper Jiao Heat, relieves sore throat, alleviates pain, downbears rebellious Qi. Resolves Lung Phlegm.

**Indications:** Cough, pneumonia, bronchitis, pleurisy, acute mastitis, coughing of blood, epistaxis, tidal fever, asthma, thoracic fullness, sore throat, pain and swelling of the throat, erysipelas, hypertonicity and pain in the elbow and arm.

**Supplementary Indications:** Shivering; clonic spasm; pain and hypertonicity of the elbow and arm preventing normal movements; counterflow cough and dyspnea with fullness; throat Bi; aching body and vexation; distention and fullness in the chest and lateral costal region; child fright Wind; childhood coma; ejection of blood; nosebleed; enuresis; dry tongue; sudden swelling of the limbs; cold in the arm; shortness of breath; vomiting; cardiac pain.

**DEADMAN'S COMMENTARY**

Chize LU-5 is the water and he-sea point of the Lung channel. Its principal action is to clear all forms of heat (whether excess or deficient) from the Lung, and to descend Lung qi.

Excess heat in the Lung may be due to interior or exterior factors. Interior factors include smoking, over-consumption of rich, greasy, spicy food and alcohol, transformation of long-standing retention of phlegm-damp into phlegm-heat, and invasion by Liver fire. Exterior factors include pathogenic wind-cold or wind-heat which penetrate the Lung zang and transform into heat. Deficiency heat in the Lung may be due either to depletion and exhaustion of Lung and Kidney yin, or to damage to Lung yin by long-standing or repeated attacks of excess heat. The presence of any form of heat in the Lung will disturb its function of descending qi and lead to such symptoms of rebellion of Lung qi as coughing, shortness of breath, wheezing and asthma. In the case of excess heat there may be coughing of phlegm and agitation and fullness of the chest, whilst in cases of deficiency heat there may be tidal fever or taxation fever and dry mouth and tongue.

Whilst equally applicable to cases of both excess and deficiency heat, the appropriate combination of Chize LU-5 with other points will determine the different approach required in the treatment of these two conditions. In the case of excess heat, characterised by fullness in the chest and expectoration of yellow, green or brown phlegm, it may be combined with points to transform phlegm and clear heat such as Fenglong ST-40 and Zhongfu LU-1. In the case of deficiency heat, characterised by dry mouth and tongue and tidal fever or taxation fever, it may be combined with points to nourish yin and moisten the Lung such as Taiyuan LU-9, Gaohuangshu BL-43 and Taixi KID-3.

According to the Classic of Difficulties he-sea points are indicated for "counterflow qi and diarrhoea", whilst the Spiritual Pivot says "in disorders of the Stomach and in disorders resulting from irregular eating and drinking, select the he-sea point". The Lung and Stomach both dominate

descending whilst the Lung channel arises in the middle jiao, in the region of the Stomach. In addition to descending rebellious Lung qi, Chize LU-5 also treats vomiting due to rebellious Stomach qi, as well as diarrhoea and abdominal distention.

The Discourse Into the Origins and Development of Medicine says "The Lung is the delicate zang, neither heat nor cold is appropriate ... too hot and the fire will melt the metal and the blood will stir". Heat in the Lung, whether of deficient or excess type, may injure the blood vessels and give rise to reckless bleeding, characterised by coughing or spitting of blood or nosebleed. As well as being indicated for heat-induced bleeding from the Lung, due to its secondary action of descending Stomach qi, Chize LU-5 may also be used for vomiting blood. The Song of Points for Miscellaneous Diseases states uncompromisingly "In cases of vomiting blood the action of Chize LU-5 is without comparison".

The close relationship of the Lung to body fluids is emphasised in two sayings of Chinese medicine "The Lung is the upper source of water" and "The Lung dominates the movement of water". If exterior pathogenic wind obstructs the Lung's function of regulating the water passages and descending body fluid, there may be urinary retention as well as swelling of the four limbs. If the Lung is deficient, there may be enuresis or frequent urination. Chize LU-5 is indicated in both these patterns.

The Lung and Heart dominate the upper jiao and share an intimate relationship. The Warp and Woof of Warm Febrile Disease says "The Lung and Heart are mutually connected; when there is Lung heat it most easily enters the Heart". When Lung heat transmits to the Heart there will be agitation, whilst if heat condenses the blood and gives rise to blood stasis, there will be Heart pain. In both these situations Chize LU-5 is indicated.

Occupying a central position along the Lung channel, Chize LU-5 has an important effect on the whole upper limb, and is indicated for disorders of the channel in the shoulder, upper arm, elbow and hand characterised by pain and restricted motion. Migratory pain due to attack of pathogenic wind-damp is known as wandering painful obstruction or wind painful obstruction, and as well as being indicated for wandering painful obstruction of the upper arm and elbow, Chize LU-5 appears in classical combinations for wind painful obstruction of the whole body. Many classical sources particularly mention the ability of Chize LU-5 to relax contraction of the sinews, for example the Song of the Jade Dragon says "In contraction of the sinews with difficulty in opening and extending the hand, the use of Chize LU-5 should always be emphasised". Its use in the treatment of pain and contraction of the elbow is self-evident, and it is especially useful in the treatment of tennis elbow in preference to Quchi LI-11, as a needle inserted at Chize LU-5 can be more easily directed towards the area of acute focalised tenderness. Chize LU-5 is also indicated for swelling and pain of the knee (crane's knee wind) reflecting the commonly used 'cross-connection' method of needling the equivalently positioned joint in the upper limb to treat disorders of the lower limb and vice-versa.

Interestingly, Chize LU-5 also treats 'the five types of lumbar pain'. In a sense this point, located in the flexure of the elbow joint, can be viewed as the equivalent on the upper limb of Weizhong BL-40 which is located in the flexure of the knee joint and is much used for lumbar pain.

#### **CLASSICAL COMBINATIONS**

- Shortness of breath, pain of the lateral costal region and agitation of the Heart: Chize LU-5 and Shaoze SI-1 (Thousand Ducat Formulas).
- Shortness of breath: Chize LU-5 and Daling P-7 (Great Compendium).
- Any type of spitting blood: reinforce Chize LU-5 and reduce Yuji LU-10 (Systematic Classic).
- Wind painful obstruction: Chize LU-5 and Yangfu GB-38 (Great Compendium).
- Wind painful obstruction: Chize LU-5, Tianjing SJ-10, Shaohai HE-3, Weizhong BL-40 and Yangfu GB-38 (Great Compendium).
- Contraction of the arm with tightness of the sinews of both hands resulting in inability to open the hands: Chize LU-5, Quchi LI-11, Yangchi SJ-4, Hegu LI-4 and Zhongzhu SJ-3 (Great Compendium).
- Contraction and cold of the shoulder and back, with pain of the inner aspect of the scapula: Chize LU-5, Geshu BL-17, Yixi BL-45 and Jinmen BL-63 (Thousand Ducat Formulas).
- Contraction of the elbow with pain: Chize LU-5 joined to Quchi LI-11 (Ode of the Jade Dragon).
- Pain of the lumbar and lateral costal regions due to sprain: Chize LU-5, Renzhong DU-26 and Weizhong BL-40; afterwards needle Kunlun BL-60, Shugu BL-65, Zhigou SJ-6 and Yanglingquan GB-34 (Great Compendium).

## LU-6 (kǒng zuì)

孔 kǒng: hole, aperture

最 zuì: to collect, to gather; a superlative adverb, that is equivalent to “most” or the suffix “-est”

孔最

*Collection Hole*

**Location:** On the anterior forearm five cun distal to LU-5 (Chi Ze). The point is located on a line drawn between LU-5 (Chi Ze) at the elbow and LU-9 (Tai Yuan) at the wrist.

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

**Functions:** Moistens the Lung and stops bleeding; clears Heat and resolves the Exterior; downbears rebellious Qi of the Lung; regulates Lung Qi; relieves acute cough and breathlessness.

**Indications:** Cough, fever, asthma, pneumonia, tonsillitis, headache, sore throat, hoarseness or loss of voice, tuberculosis, acute asthma attack and nosebleed, pain in the elbow and arm with difficulty flexing and extending.

**Supplementary Indications:** Headache; Cold in the arms; absence of sweating; expectoration of blood; loss of voice; sore pharynx; cough; stiffness and pain of the neck.

### DEADMAN'S COMMENTARY

Kongzui LU-6 is the xi-cleft point of the Lung channel. The xi-cleft points are where the qi and blood, which flow relatively superficially along the channels from the jing-well points, gather and plunge more deeply. The xi-cleft points in general are indicated in the treatment of acute conditions and pain, whilst the xi-cleft points of the yin channels have an additional action of treating disorders of blood. Kongzui LU-6 is an important point both for acute diseases of the Lung, and for disorders of blood.

Kongzui LU-6 is particularly indicated for attack by exterior pathogenic wind-heat or wind-dryness which:

i. lodge in the superficial layer and obstruct the normal functioning of the pores, giving rise to febrile disease with absence of sweating, or

ii. penetrate the Lung zang and channel giving rise to acute cough and wheezing, swelling and pain of the throat and loss of voice.

In modern clinical practice, however, the principal use of this point is in the treatment of acute cough, wheezing or asthma of any aetiology.

As the Lung channel xi-cleft point, Kongzui LU-6 is also particularly indicated for all kinds of bleeding from the Lung whether due to wind-dryness, wind-heat, phlegm-heat, Liver-Lung disharmony or yin deficiency.

Finally, Kongzui LU-6 is indicated for obstruction of qi along the Lung channel with such symptoms as severe pain of the elbow and upper arm, difficulty in flexing and extending the fingers, and inability to raise the arm above the head.

### CLASSICAL COMBINATIONS

- Febrile disease with absence of sweating: Kongzui LU-6 and Shangliao BL-31 (Systematic Classic).
- Loss of voice: Kongzui LU-6 and Yamen DU-15 (Supplementing Life).
- Spitting blood: Kongzui LU-6, Quze P-3 and Feishu BL-13 (Classic of Supplementing Life).
- Headache: Kongzui LU-6, Houxi SI-3, Tianzhu BL-10, Taodao DU-13 and Dazhu BL-11 (Thousand Ducat Formulas).
- Acute asthma: Kongzui LU-6 and Dingchuan (M-BW-1).

## LU-7 (*liè quē*)

列 *liè*: sequence; to arrange, to place

缺 *quē*: imperfect, incomplete, deficient; vacant

## 列缺

*Broken Sequence*

**Location:** On the lateral forearm proximal to the styloid process of the radius. The point lies 1.5 cun proximal to the lateral extremity of the transverse wrist crease. It is readily located by interlocking the thumb and index finger of each hand, whereby one index finger lies on the radial styloid process of the other wrist. The point lies in a slight depression under the tip of the index finger.

**Features & Categories:** Luo-Connecting point of the Lung Channel, connecting to the Large Intestine Channel of hand Yang Ming. Master point of Ren Mai (Conception Vessel), Coupling point of Yin Qiao Mai (Yin heel/motility Vessel). Regional Command point of the head and nape of neck. General Luo-Connecting point of the Yin. A Heavenly Star point of Ma Dan-Yang.

**Functions:** Promotes smooth flow (descending & dispersing) of Lung Qi, dispels Cold and expels Exterior Wind; circulates Wei Qi; enhances (clears, activates) flow of Qi in the channels and frees the connecting vessels. Opens, clears and regulates Ren Mai. Benefits the Urinary Bladder.

**Indications:** Headache and stiffness of the neck, cough, asthma, bronchitis, rhinitis, nasal obstruction, sore throat, facial paralysis, dryness of the eyes and mouth, clenched jaws, trigeminal nerve pain, toothache, neck and shoulder pain, weakness of the wrist.

**Supplementary Indications:** Headache; hemiplegia; enuresis and frequent voidings; pain in the arm and elbow; infantile fright epilepsy; penile pain; bloody urine; seminal loss; restless sleep; generalized

Wind Bi numbness; fever and chills; tension in the chest and back; throat Bi; heat in the palms; counterflow of Qi in the limbs; toothache; malarial disease; heat and pain in the shoulder and back.

### **DEADMAN'S COMMENTARY**

The name of this point 'Broken Sequence' is an ancient term for lightning. This name may be understood in three ways:

- i. the electric sensation that may be generated when needling this point,
- ii. the ability of Lieque LU-7 to clear heaviness and oppression of the chest in the way that a lightning storm clears the sky, and
- iii. the sudden fork in the Lung channel at this point. It is notable that several of the luo-connecting points (for example Fenglong ST-40, Feiyang BL-58, Dazhong KID-4) are located at sites where the channel suddenly changes direction, and in the case of Lieque LU-7 this fork takes it almost as far as the pathway of the Large Intestine channel, emphasising the close affinity of this point to the Lung's paired yang channel.

Lieque LU-7 was included by Ma Dan-yang, the great physician of the Jin dynasty, among the "eleven heavenly star points" his grouping of the most vital acupuncture points, and was indicated by him for one-sided headache, wind painful obstruction and numbness of the whole body, obstruction of phlegm in the upper body, and lockjaw. The Glorious Anthology of Acupuncture and Moxibustion by the Ming dynasty author Gao Wu includes Lieque LU-7 among the 'four command points' (for disorders of the head and nape). In the Ode Of The Obstructed River the use of Lieque LU-7 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, Lieque LU-7 is indicated for disorders of the head region, rebellion and blockage of phlegm and dry throat.

The clear emphasis on the ability of Lieque LU-7 to treat the head and neck region in each of these three point groupings is surprising since the Lung channel does not ascend higher than the throat. The effect of Lieque LU-7 on the head region as a whole can, however, be explained by the following factors:

- i. the action of Lieque LU-7 on expelling and pacifying wind whose nature is to attack the upper portion of the body, and
- ii. the close connection between Lieque LU-7, the luo-connecting point of the Lung channel, and its interiorly-exteriorly related Large Intestine channel which does ascend to the head.

Lieque LU-7 is an important point in the treatment of wind disorders, whether of exterior or interior origin. According to both the Spiritual Pivot and the Essential Questions "Taiyin is the opening, jueyin is the closing and shaoyin is the pivot". The Lung (taiyin), which communicates directly with the exterior via respiration, and indirectly through its close relationship with the skin of the whole body, is the most open and vulnerable of the zang to attack by exterior pathogens. When exterior pathogenic wind, in combination with heat, cold or dryness, attacks the superficial portion of the body, it has three principal effects:

- i. it may obstruct the defensive qi and impair the disseminating function of the Lung, giving rise to the classic signs of an exterior pattern such as chills and fever, headache, aches and pains in the neck, shoulders and back etc.,

ii. it may impair the descending function of the Lung, resulting in coughing, wheezing and asthma, and

iii. it may interfere with the Lung's function of regulating the water passages and descending fluids to the Bladder, resulting in acute swelling of the limbs.

Lieque LU-7 is not only the luo-connecting point of the Lung channel, communicating with the yang Large Intestine channel, but is also the point where a branch of the Lung primary channel diverges to link with Shangyang LI-1 on the index finger. Due to this close connection with the Lung channel's yang (exterior) paired channel, Lieque LU-7 is the most exterior-acting of the Lung channel points and is the principal point on the channel to release the exterior, promote the function of the Lungs in dispersing and descending, and regulate the water passages.

"Wind is characterised by upward and outward dispersion". This saying of Chinese medicine means that wind tends to attack both the upper and exterior portions of the body. As well as releasing wind from the exterior, Lieque LU-7 is able to clear both exterior and interior wind from the head and upper body in the treatment of disorders such as facial paralysis, lockjaw, epilepsy, toothache and headache. Its ability to treat the head, and in particular the yangming facial area, again reflects its close connection with the Large Intestine channel, a concept emphasised in the Guide to the Classic of Acupuncture which states "the luo-connecting points are located between two channels ... if they are punctured, symptoms of the interiorly-exteriorly related channels can be treated". The wind expelling action of Lieque LU-7 is also reflected in its classical use in the treatment of wind painful obstruction and numbness of the whole body.

The ability of Lieque LU-7 to pacify interior wind is complemented by its action of descending phlegm. Wind-phlegm (the combination of interior wind and phlegm) is a common pattern underlying disorders such as epilepsy, lockjaw, facial paralysis and hemiplegia for which this point is indicated. In Lung disorders, failure of the Lung to disseminate and descend body fluids results in accumulation of phlegm in the chest and Lieque LU-7 is also indicated for coughing phlegm and vomiting of foamy (watery) saliva.

From the earliest times Lieque LU-7 has been an important point in the treatment of headaches, for example the Ode of Spiritual Brightness states "in treating headache, whether one-sided or not, reduce Lieque LU-7". Whilst this action can in part be explained by the ability of Lieque LU-7 to expel and pacify wind, as well as by its connection with the Large Intestine channel, this is predominantly an example of the fruits of long empirical observation.

Lieque LU-7 is the confluent point of the Conception vessel, which ascends along the anterior midline of the body and is closely related to the uterus and the genito-urinary organs. By opening and regulating the flow of qi in the Conception vessel, Lieque LU-7 is able to treat such symptoms as retention of the lochia and dead foetus, pain of the genitals and urinary disorders. Its effect on a wide range of urinary disorders such as blood in the urine, and hot, painful and difficult urination, further reflects the important function of the Lung in regulating the water passages, especially descending fluids to the Bladder.

Lieque LU-7 shares with the other luo-connecting points of the yin channels (Gongsun SP-4, Tongli HE-5, Dazhong KID-4, Ligou LIV-5 and Neiguan P-6) the special ability to treat

psycho-emotional disorders, and is indicated for propensity to laughter, frequent yawning and stretching and especially for poor memory.

As far as disorders of the Lung channel are concerned, Lieque LU-7 treats heat in the palms and shoulder pain, but is particularly important for pain of the thumb joint and index finger. For this purpose it is needled towards the hand and manipulated to transmit sensation to the diseased area, whilst for all other purposes, Lieque LU-7 is generally needled proximally towards the elbow. Finally the Great Compendium of Acupuncture and Moxibustion gives specific indications for excess and deficiency of the luo-connecting points. In the case of Lieque LU-7, these are heat of the chest and back, sweating, sudden swelling of the four limbs (excess); shivering and cold of the chest and back, diminished qi and shortness of breath (deficiency).

### CLASSICAL COMBINATIONS

- Acute dyspnoea: Lieque LU-7 and Zusanli ST-36 (Song of Points).
- Oedema: Lieque LU-7, Yanggu SI-5, Hegu LI-4, Jianshi P-5, Yanglingquan GB-34, Yingu KID-10, Zusanli ST-36, Ququan LIV-8, Jiexi ST-41, Xiangu ST-43, Fulu KID-7, Gongsun SP-4, Lidui ST-45, Chongyang ST-2, Yinlingquan SP-9, Weishu BL-21, Shuifen REN-9 and Shenque REN-8 (Great Compendium).
- One-sided wind (hemiplegia): Lieque LU-7 and Chongyang ST-42 (Great Compendium).
- One-sided or generalised headache: Lieque LU-7 and Taixi LU-9 (Ode of Xi-hong).
- Deviation of the mouth: Lieque LU-7 and Dicang ST-4 (Supplementing Life).
- Deviation of the mouth and face: Lieque LU-7 and Wangu GB-12 (Supplementing Life).
- Childhood fright-epilepsy: Lieque LU-7 and the luo-connecting point of the yangming (Systematic Classic).
- Pain of the genitals: Lieque LU-7, Yinlingquan SP-9 and Shaofu HE-8 (Formulas for the Living).
- Heat in the palms: Lieque LU-7, Jingqu LU-8 and Taiyuan LU-9 (Great Compendium).
- Malaria with chills and fever: Lieque LU-7, Houxi SI-3, Qiangsi SI-2 and Shaoze SI-1 (Thousand Ducat Formulas).
- Poor memory: Lieque LU-7, Gaohuangshu BL-43, Shendao DU-11 and Youmen KID-21 (Supplementing Life).
- Poor memory: Lieque LU-7, Xinshu BL-15, Shenmen HE-7, Zhongwan REN-12, Zusanli ST-36, Shaohai HE-3 and moxa Baihui DU-20 (Outline of Medicine).
- Frequent laughter: Lieque LU-7, Daling P-7, Renzhong DU-26 and Yangxi LI-5 (Great Compendium).
- Stabbing qi pain of the two breasts: Taiyuan LU-9 and Lieque LU-7 (Song of Points).

## LI-1 (*shāng yáng*)

商 *shāng*: 5th note of Chinese musical scale; merchant  
陽 *yáng*: yang, the complement of yin

商陽

*Shang Yang*

**Location:** On the radial (lateral) side of the index finger approximately 1 fen proximal to the lateral, proximal corner of the nail.

**Features & Categories:** Metal, Well-Jing point of the Large Intestine Channel. Horary point.

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**Functions:** Resolves the Exterior and dissipates Heat; clears the Lung and benefits the throat; benefits the eyes; clears Yang Ming pathogenic Heat; expels Wind and disperses Cold; opens the Portals and revives the Shen.

**Indications:** Toothache; sore, swollen throat; swelling of the submandibular region; high fever; numbness of the fingers; Heat diseases; acute conjunctivitis; fainting.

**Supplementary Indications:** Heat disease with sweating; blindness; deafness and tinnitus; throat Bi preventing speech; shoulder and back pain reaching into the clavicle; malaria; thoracic fullness.

## LU-8 ( *jīng qú* )

經 *jīng*: channel, river; warp (as in the warp and woof of weaving)

渠 *qú*: gutter, ditch, canal

經渠

*Channel Ditch*

**Location:** On the anterior wrist one cun proximal to the lateral end of the transverse wrist crease. The point lies on the lateral side of the radial artery.

**Features & Categories:** Metal, River, Traversing-Jing point of the Lung Channel. Horary point.

**Functions:** Promotes smooth flow (descending & dispersing) of Lung Qi, downbears movement of Qi; eliminates Wind and resolves the Exterior.

**Indications:** Cough, dyspnoea, asthma, sore throat, tonsillitis, bronchitis, fever, nausea, esophageal spasm, pain in the chest.

**Supplementary Indications:** Fever and chills; pain in the chest and back; absence of sweating in febrile diseases; cardiac pain, retching and vomiting; throat Bi; heat in the palms; pain on the outer surface of the arm; pain in the wrist; inflated feeling in the chest; frequent yawning.

### DEADMAN'S COMMENTARY

According to the Classic of Difficulties jing-river points are indicated for "cough and dyspnoea, chills and fever". Jingqu LU-8, the jing-river point of the Lung channel, is primarily indicated for excess type cough, dyspnoea and wheezing with fullness and pain of the chest and upper back, and for febrile disease with absence of sweating.

An unusual indication for Jingqu LU-8 found in the Classic of Supplementing Life with Acupuncture and Moxibustion is pain in the region of Yongquan KID-1. Pain in the sole is usually due either to deficiency of the Kidneys or to phlegm and dampness pouring downwards. It should be emphasised, however, that in modern clinical practice Jingqu LU-8 is infrequently used.

### CLASSICAL COMBINATIONS

- Tension of the chest and back with a swollen sensation of the chest: Jingqu LU-8 and Qiuxu GB-40 (Thousand Ducat Formulas).
- Febrile disease with absence of sweating: Jingqu LU-8 and Dadu SP-2 (One Hundred Symptoms).

**LU-9 (tài yuān)**太 *tài*: great, very淵 *yuān*: abyss, deep source (of water)

太淵

*Great Abyss*

**Location:** At the lateral end of the anterior transverse wrist crease, lateral to the radial artery. With deep needling the needle passes between the scaphoid and radius bones.

**Features & Categories:** Earth, Stream, Transporting-Shu point; Yuan-Source point of the Lung Channel. Meeting point of the Blood Vessels. 4th of the 13 Ghost points - Gui Xin, Ghost Heart (alternative to PC-7, Da Ling).

**Functions:** Eliminates Wind and resolves Phlegm; regulates flow (descending & dispersing) of Lung Qi and relieves cough; clears and regulates Upper Jiao and Lung Qi. Promotes Blood circulation.

**Indications:** Asthma, cough, bronchitis, pertussis, influenza, tonsillitis, expectoration of blood, sore throat, palpitations, tuberculosis, pain in the chest, back and shoulder; pain of lateral aspect of the forearm and wrist.

**Supplementary Indications:** Dyspnea and fullness in the chest; eye pain and screens; throat Bi; toothache; headache; pain in the clavicle; pain along the outer surface of the forearm; cardiac pain; thoracic Bi; cold inversion; retching; quivering with cold; dry pharynx; manic raving; pain or lack of strength in the wrist; body fever and sweating in febrile disease; cold in the palms; lack of radial pulse.

**DEADMAN'S COMMENTARY**

Taiyuan LU-9 is the shu-stream, yuan-source and earth point of the Lung channel. The Spiritual Pivot in Chapter Six, recommends the use of the shu-stream points in the treatment of disorders of the zang, whilst in Chapter 1 it says "When the five zang are diseased, select [from] the twelve yuan-source [points]". Furthermore, the Classic of Difficulties states "in cases of deficiency reinforce the mother" (according to five phase theory Taiyuan LU-9 is the earth, and thus mother, point of the metal zang). Taiyuan LU-9 therefore is the single most important point on the Lung channel to tonify the Lung qi or yin, the two principal patterns of Lung deficiency.

Taiyuan LU-9 is indicated for Lung deficiency characterised by chronic weak coughing or wheezing. In the case of Lung qi deficiency there may also be shortness of breath and much yawning, whilst in the case of Lung yin deficiency there may be heat in the palms and spitting of blood. Taiyuan LU-9 will also assist in the transformation of phlegm which arises due to deficiency. If Lung qi is too weak to move the fluids in the Lung there may be copious watery phlegm, whilst if Lung yin is deficient, and the consequent heat condenses the fluids, there may be scanty dry phlegm with dryness of the throat. As well as tonifying deficiency, Taiyuan LU-9 is able to promote the descending function of the Lung and is indicated for fullness and oppression of the chest with inability to lie down.

According to the Classic of Difficulties "the vessels gather at Taiyuan LU-9", whilst the Classic of Categories states "The flow of the channels [must] follow the qi, the qi is dominated by the Lung, therefore it is the meeting of the hundred vessels". These statements refer to the important relationship between the qi and the blood, expressed in the saying "The qi is the commander of blood", and the further statement in the Classic of Categories that "The vessels are the pathways of the blood qi; the circulation of the vessels is dependent on qi". In other words, the blood moves through the blood

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vessels by virtue of the movement of qi, and in the chest and Heart region especially, the circulation of the blood is dependent on the gathering qi [formed from the combination of air inhaled by the Lung and the grain qi of food and drink]. Taiyuan LU-9, the hui-meeting point of the vessels, is therefore an important point to harmonise the relationship between the gathering qi and the blood. When the gathering qi is deficient and fails to circulate the blood, it will pool and stagnate in the chest and Heart, giving rise to oppression and fullness, agitation, Heart pain with a choppy pulse, and in severe cases manic raving. Taiyuan LU-9 is further indicated for disorders of the blood vessels in general such as vomiting, spitting or coughing blood and pulseless syndrome.

The Lung channel has its origin in the middle jiao, and in common with many points of the channel Taiyuan LU-9 is able to harmonise the Stomach, being indicated for rebellion of Stomach qi with belching, as well as for Stomach channel heat symptoms such as toothache, superficial visual obstruction, redness and pain of the eyes and breast pain.

Finally, Taiyuan LU-9 is indicated for pain affecting various portions of the Lung channel including the supraclavicular fossa, the shoulder and back, the inner aspect of the arm and the wrist. It should be noted that the Chinese reference to the 'inner' aspect of the arm in respect of the Lung channel assumes a standing posture with the palms hanging facing the sides. In terms of the Western anatomical position used throughout this book, the Lung channel occupies the antero-lateral position on the arm.

### CLASSICAL COMBINATIONS

- Lung distention: Taiyuan LU-9 and Feishu BL-1 (Systematic Classic).
- Pain of the Lung and Heart: Taiyuan LU-9 and Yuji LU-10 (Systematic Classic).
- Dry throat: Taiyuan LU-9 and Yuji LU-10 (Great Compendium).
- Manic raving: Taiyuan LU-9, Yangxi LI-5, Xialian LI-8 and Kunlun BL-60 (Great Compendium).
- Agitation and oppression with inability to sleep: Taiyuan LU-9, Gongsun SP-4, Yinbai SP-1, Feishu BL-13, Yinlingquan SP-9 and Sanyinjiao SP-6 (Great Compendium).
- Belching: Taiyuan LU-9 and Shenmen HE-7 (Great Compendium).
- Stabbing qi pain of the two breasts: Taiyuan LU-9 and Lieque LU-7 (Song of Points).

## LU-10 (yú jì)

魚 yú: fish

際 jì: border

魚際

*Fish Border*

**Location:** On the thenar eminence, at the border of the red and white skin, midway along the first metacarpal bone.

**Features & Categories:** Fire, Spring, Gushing-Ying point of the Lung Channel.

**Functions:** Clears Heat in the Lung; enhances and frees (promotes) Lung Qi; ventilates the Lung and relieves Exterior symptoms; relieves sore throat; clears blood Heat; reduces fever; benefits the throat.

**Indications:** Cough, expectoration of blood, sore throat, hoarseness or loss of voice, fever, bronchitis, pneumonia, tonsillitis, asthma, tuberculosis.

**Supplementary Indications:** Loss of voice; dizziness and headache; cardiac Bi pain; sorrow and fear; pain in the chest and back; aversion to cold; genital damp itch; abdominal pain with inability to

eat; hypertonicity of the elbow and fullness in the limbs; body fever with sweating; sensation of heat in the palm; mania; yellow tongue fur; tetany; Qi ascent; tearing; malarial disease; vexation and diminished Qi; dry throat and thirst; cough with pain in the sacrum; gastric counterflow; cholera.

#### **DEADMAN'S COMMENTARY**

Yuji LU-10 is the ying-spring and fire point of the Lung channel. According to the Classic of Difficulties ying-spring points are indicated for "heat in the body", and Yuji LU-10 is effective to clear heat from both the Lung channel and the Lung zang.

It is a general characteristic of the more distal points of the channels that they treat disorders of the upper end of the channel. The internal pathway of the Lung channel rises to the throat, and Yuji LU-10 is a major point for a wide range of throat disorders characterised by heat and dryness, whether due to deficiency or excess, and is indicated for pain, swelling, congestion and dryness of the throat and loss of voice.

Excess heat in the Lung zang may be subdivided into predominance of heat or predominance of phlegm. Yuji LU-10 is indicated in the former, whilst points such as Zhongfu LU-1 and Chize LU-5 are preferable for the latter. If heat lodged in the Lung obstructs the descent of Lung qi, it will lead to coughing. If the fluids of the Lung are vaporised by heat, there will be sweating, whilst if Lung heat has scorched and consumed the fluids there will be coughing with absence of sweating. The extent of the sweating, therefore, indicates the severity of the heat. By virtue of its action on clearing heat, Yuji LU-10 is equally effective in clearing Lung heat deriving from deficiency of yin.

Yuji LU-10 is indicated for bleeding disorders affecting all three jiao. Lung heat may injure the vessels of the Lung causing coughing of blood, transmit to the origin of the Lung channel in the Stomach causing vomiting of blood, or transmit to the Heart and thence the Small Intestine and Bladder giving rise to blood in the urine (which may be accompanied by genital damp itching or impotence).

Yuji LU-10 is able to harmonise the relationship of the Lung and Heart on the one hand, and the Lung and Stomach on the other. According to the Warp and Woof of Warm Febrile Disease "The Lung and Heart are mutually connected, thus when there is Lung heat it most easily enters the Heart". If Lung heat agitates in the upper jiao therefore, it may transmit to the Heart causing agitation and mental disturbance such as anger and mania. Alternatively, if the gathering qi is deficient, then the qi of both the Lung and Heart will be deficient and unable to circulate the blood through the Heart with consequent stasis of Heart blood. Yuji LU-10 is indicated for diminished qi, shortness of breath and Heart painful obstruction.

The Lung channel originates in the middle jiao in the region of the Stomach. Yuji LU-10 is able to:

- i. clear heat which transmits to the Stomach channel giving rise to toothache, lacrimation or breast abscess,
- ii. counter dual rebellion of Lung and Stomach qi manifesting as cough with hiccup, and
- iii. treat various disorders of the Stomach fu including abdominal pain with inability to eat or drink, vomiting, childhood nutritional impairment and oesophageal constriction due to middle jiao deficiency.

Finally, Yuji LU-10 is an important local point in the treatment of pain and heat of the thumb joint.

#### **CLASSICAL COMBINATIONS**

- Throat pain: Yuji LU-10 and Yemen SJ-2 (One Hundred Symptoms).
- Dry throat: Yuji LU-10 and Taiyuan LU-9 (Great Compendium).
- Stiffness of the tongue: Yuji LU-10, Shaoshang LU-11, Yamen DU-15, Erjian LI-2, Zhongchong P-9, Yingu KID-10 and Rangu KID-2 (Great Compendium).
- Headache: Yuji LU-10, Hegu LI-4, Tianchi P-1, Tongziliao GB-1, Sibai ST-2, Tianchong GB-9, Sanjiaoshu BL-22 and Fengchi GB-20 (Systematic Classic).
- Any type of spitting blood: reduce Yuji LU-10 and reinforce Chize LU-5 (Systematic Classic).
- Vomiting blood: Yuji LU-10, Quze P-3 and Shenmen HE-7 (Great Compendium).
- Pain of the Lung and Heart: Yuji LU-10 and Taiyuan LU-9 (Systematic Classic).
- Heart painful obstruction, sadness and fear: Yuji LU-10, Shenmen HE-7 and Dadun LIV-1 (Great Compendium).
- Manic raving, fear and fright: Yuji LU-10, Zhizheng SI-7, Hegu LI-4, Shaohai HE-3, Quchi LI-11 and Wangu SI-4 (Thousand Ducat Formulas).
- Pain of the penis: Yuji LU-10, Taixi KID-3, Zhongji REN-3 and Sanyinjiao SP-6 (Great Compendium).
- Enuresis: Yuji LU-10, Shenmen HE-7, Taichong LIV-3, Dadun LIV-1 and Guanyuan REN-4 (Great Compendium).
- Breast abscess: Yuji LU-10, Xiajuxu ST-39, Zusanli ST-36, Xiaxi GB-43, Weizhong BL-40, Zulinqi GB-41 and Shaoze SI-1 (Great Compendium).
- Difficult ingestion: Yuji LU-10, Zhongfu LU-1, Kunlun BL-60, Chengman ST-20 and Zhourong SP-20 (Supplementing Life).
- Difficult ingestion: Yuji LU-10, Neiguan P-6 and Zusanli ST-36 (Great Compendium).
- Contraction of the elbow: Yuji LU-10, Chize LU-5, Jianyu LI-15, Xiaohai SI-8, Jianshi P-5, Daling P-7 and Houxi SI-3 (Great Compendium).

## LU-11 (*shào shāng*)

少 *shào*: few, little

商 *shāng*: 5th sound of the Chinese musical scale;  
merchant, trader

少商

*Lesser Shang*

**Location:** On the lateral aspect of the thumb, one fen proximal to the lateral proximal corner of the nail.

**Features & Categories:** Wood, Well-Jing point of the Lung Channel. Second of the thirteen Ghost points - Gui Xin, Ghost Faith.

**Functions:** Cools the Lung and expels Wind; frees channel Qi; clears Lung Qi counterflow; benefits the throat (pharynx); discharges and eliminates surging counterflow Qi Fire in the twelve Channels; reduces fever and relieves sore throat; revives from fainting.

**Indications:** Cough, asthma; sore, swollen throat; common cold; respiratory disharmony, nosebleed; pain and hypertonicity of the fingers; Heat diseases, mumps, jaundice, fever, tonsillitis, pneumonia; syncope; coma; mania and withdrawal.

**Supplementary Indications:** Sweating and aversion to cold; swelling of the neck and throat Bi; throat moth in children; persistent nosebleed; bowstring and elusive masses in males; mumps; toothache.

### DEADMAN'S COMMENTARY

Shaoshang LU-11 is the jing-well point of the Lung channel, and in common with many of the jing-well points is an important point to revive collapse, being indicated for loss of consciousness (from windstroke) and cold or hot inversion.

The internal pathway of the Lung channel ascends, at its highest point, to the throat. As the terminal point of the Lung channel, Shaoshang LU-11 has a particularly strong action on the opposite end of the channel and may be needled or pricked to bleed in all acute disorders of the throat and surrounding tissues due to excess heat and fire poison. As well as simple sore throat due to attack by exterior wind-heat, Shaoshang LU-11 is indicated for mumps and 'childhood throat moth', a traditional disease category more or less corresponding to tonsillitis. To induce bleeding more easily from Shaoshang LU-11, the thumb and index fingers of one hand are used to grasp and engorge the patient's thumb, whilst using the other hand to prick the point. According to Master Zhu Dan-xi of the Jin-Yuan dynasty "recuperation instantly follows bleeding". Both Shaoshang LU-11 and Yuji LU-10 have an important effect on the throat. In comparison with Yuji LU-10, which is indicated for both excess and deficiency heat, Shaoshang LU-11 is generally used for more extreme conditions due only to excess.

The Classic of Difficulties states that jing-well points treat "fullness below the Heart. The region 'below the Heart' specifically refers to the apex of the epigastrium, but many of the jing-well points in fact treat stagnation and fullness throughout the chest region. Shaoshang LU-11 is indicated for fullness of the Heart and of the region below the Heart, accompanied by sweating. Its ability to treat stasis and heat in the Heart is further reflected by its indications for mania and agitation of the Heart. For this reason it was included under its alternative name of Guixin (Ghost Faith) among Sun Si-miao's 'thirteen ghost points' for the treatment of mania disorder and epilepsy.

### CLASSICAL COMBINATIONS

- Swollen and painful throat: Shaoshang LU-11, Tiantu REN-22 and Hegu LI-4 (Great Compendium).
- Coughing and dyspnoea: Shaoshang LU-11 and Daling P-7 (Thousand Ducat Formulas).
- Stiffness of the tongue: Shaoshang LU-11, Yuji LU-10, Yamen DU-15, Erjian LI-2, Zhongchong P-9, Yingu KID-10 and Rangu KID-2 (Great Compendium).
- Rattling sound in the throat: Shaoshang LU-11, Taichong LIV-3 and Jingqu LU-8 (Thousand Ducat Formulas).
- Blood deficiency thirst: Shaoshang LU-11 and Quze P-3 (One Hundred Symptoms).
- Vomiting: Shaoshang LU-11 and Laogong P-8 (Thousand Ducat Formulas).
- Dementia: Shaoshang LU-11, Shenmen HE-7, Yongquan KID-1 and Xinshu BL-15 (Great Compendium).

**BL-13 (fèi shū)**

肺 fèi: lung

俞 shū: acupuncture point

肺俞

*Lung Shu*

**Location:** Between the scapulae on the posterior superior aspect of the trunk, 1.5 cun lateral to Du Mai point DU-12 (Shen Zhu). DU-12 (Shen Zhu) is located on the posterior midline in the depression immediately inferior to the spinous process of the 3rd thoracic vertebra. BL-42 (Po Hu) is 1.5 cun lateral to BL-13 (Fei Shu), 3 cun from the posterior midline.

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

**Functions:** Regulates and tonifies Lung Qi, stimulating dispersing and descending functions; supplements Deficiency; clears Deficient Heat; reduces fever and stops cough; harmonizes Ying Qi and Blood; regulates Ying Qi and Wei Qi.

**Indications:** Cough; common cold; nasal obstruction; asthma; breathlessness; bronchitis; pneumonia; pain in the chest; pulmonary tuberculosis; coughing or spitting blood; fever; restlessness; spontaneous sweating; Deficient Yin tidal fever; night sweating; afternoon malar flush; disorders of the back generally.

**Supplementary Indications:** Pulmonary atony; tuberculosis; thoracic fullness and Qi ascent; cough and dyspnea; wheezing cough; tension and stiffness in the back; fullness in the chest and lateral costal region; no pleasure in eating; absence of sweating; throat Bi; persistent cough in children; Heat sensation in the Bones; goitre; convulsions; mental illness.

**DEADMAN'S COMMENTARY**

Feishu BL-13 is the back-shu point of the Lung, where the qi of the Lung emanates from the interior to the body surface, and in common with all the back-shu points, especially those of the yin zang, has a strong action on regulating and tonifying its corresponding zangfu at the deepest level. Feishu BL-13 is the pre-eminent acupuncture point to treat all disorders of the Lung zang.

Feishu BL-13 is an essential point to tonify the Lung qi and nourish Lung yin. Lung qi deficiency may derive from constitutional deficiency, previous Lung disease, chronic illness, extreme sadness and grief, excessive desk work (especially with a hunched back), excessive physical labour or lack of exercise. It is characterised by symptoms such as weak cough, dyspnoea and asthma that are worsened by exertion, and shortness of breath with no desire to speak. According to a saying of Chinese medicine "The Lung is the gateway of the voice". When there is insufficiency of Lung qi therefore, there is lack of vigour in the voice, speaking readily tires a person and there is unwillingness to speak. According to the Essential Questions "All qi is subordinate to the Lung". Since the Lung dominates the qi of the whole body, there may also be signs of general qi deficiency such as lassitude, facial pallor and a weak pulse. In such cases Feishu BL-13 is often combined with points such as Taiyuan LU-9, Shanzhong REN-17, Zusanli ST-36 and Pishu BL-20. In cases of chronic Lung qi deficiency giving rise to asthma or cough that is worse in winter, intensive moxibustion is often applied to Feishu BL-13 in the summer months.

Lung yin deficiency may derive from prolonged Lung qi deficiency, overwork, febrile disease which consumes yin, or Kidney yin deficiency which fails to nourish and support Lung yin. It is

characterised by cough or asthma with dry, stringy or blood-tinged sputum, night sweating and dryness of the mouth, throat and tongue. In more severe cases there may be tidal fever, steaming bone disorder, deficiency agitation and spitting of blood. In such cases Feishu BL-13 is often combined with points such as Gaohuangshu BL-43, Taiyuan LU-9, Guanyuan REN-4 and Shenshu BL-23.

Feishu BL-13 is also classically indicated for Lung atrophy and consumption, both terms denoting conditions of severe exhaustion and depletion. In Lung atrophy, the Lungs are said to wither and shrivel, in the same way that the limbs are seen to wither and shrivel in atrophy disorder, whilst consumption broadly corresponds to pulmonary tuberculosis.

The action of Feishu BL-13 is not restricted to tonifying and nourishing the Lung however, and it is equally important in all excess Lung patterns. Through its actions of regulating Lung qi and clearing heat, it may be used for such patterns as

- i. excess heat afflicting the Lung,
- ii. retention of phlegm-damp or phlegm- heat, and
- iii. toxic heat obstructing the Lung.

It is consequently indicated for fullness of the chest, chest pain, Lung abscess, coughing of phlegm and difficult breathing on lying down. In such cases, in addition to other appropriate points, Feishu BL-13 is often combined with Zhongfu LU-1, an example of the principle of combining the back-shu and front-mu points.

Feishu BL-13 is also an important point for the treatment of pathogenic factors lodging at the defensive (or taiyang) level. Combined with points such as Fengmen BL-12, Lieque LU-7 and Hegu LI-4 it may be used to release and expel pathogenic factors binding the exterior and giving rise to chills and fever with cough, and to harmonise nutritive qi and defensive qi in cases of night sweating with chills and fever and aversion to cold.

According to Warp and Woof of Warm Febrile Diseases "The Lung and Heart are mutually connected, thus when there is Lung heat it most easily enters the Heart". Because of its ability to clear heat of excess or deficiency type from the Lung, and due to its profound effect on the gathering qi and the upper jiao in general, the action of Feishu BL-13 extends to the Heart and various classics mention its use for disorders of the spirit such as mania, mad walking and even desire to commit suicide.

The Lung and Stomach have a particularly close relationship. Both have a strongly descending action, whilst the Lung channel originates in the middle jiao in the region of the Stomach. Failure of the Stomach qi to descend due to deficiency or food stagnation may therefore impair the Lung's descending function leading to coughing and dyspnoea, whilst failure of the Lung qi to descend may injure the Stomach's descending function and lead to rebellion of Stomach qi. Feishu BL-13 is therefore indicated for fullness with no pleasure in eating, vomiting, vomiting of foam and vomiting of fluid after eating, and especially for vomiting accompanied by coughing.

A further important use of Feishu BL-13 is for Lung disorders which give rise to pain of the upper back. In cases of children with severe Lung qi deficiency, there may even be rounding and deformity of the back (turtle back). This condition is referred to in the Essential Questions which says "The back is the residence of the chest and when the back is curved and the shoulders are hunched, the residence is about to fall into ruin".

Finally, according to the Illustrated Appendices to The Classic of Categories, Feishu BL-13 is one of five points (Feishu BL-13, Xinshu BL-15, Ganshu BL-18, Pishu BL-20 and Shenshu BL-23) which "drain heat from the five zang".

#### **CLASSICAL COMBINATIONS**

- Cough with phlegm: Feishu BL-13 and Fenglong ST-40 (Ode of the Jade Dragon).
- Cough that reaches the voice (hoarse voice): Feishu BL-13 and Tiantu REN-22 (One Hundred Symptoms).
- Lung distention: Feishu BL-13 and Taiyuan LU-9 (Systematic Classic).
- Chest pain: Feishu BL-13, Yunmen LU-2, Zhongfu LU-1, Yinbai SP-1, Qimen LIV-14, Hunmen BL-47 and Daling P-7 (Thousand Ducat Formulas).
- Spitting blood: Feishu BL-13, Kongzui LU-6 and Quze P-3 (Supplementing Life).
- Seasonal fever: Feishu BL-13 and Taodao DU-13 (Glorious Anthology).
- Mad walking with desire to commit suicide: Feishu BL-13 and Fengfu DU-16 (Thousand Ducat Formulas).
- Stiffness of the lumbar region and back with inability to bend to the side: Feishu BL-13 and Yaoshu DU-2 (Great Compendium).