

POINTS OF THE LARGE INTESTINE FU, #1

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.

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.

DEADMAN'S COMMENTARY

The term 'shang' in the name of this point, Shangyang LI-1, is the note associated with the metal phase in an ancient musical notation system, whilst 'yang' denotes the yang channel and serves to differentiate this point from Shaoshang LU-11 'Lesser Shang'. Shangyang LI-1 is the metal point of the Large Intestine metal channel.

As the most distal point of the Large Intestine channel, Shangyang LI-1 has an urgent effect on resolving heat, swelling and pain at the opposite end of the channel, most frequently due to attack of wind-heat or accumulation of fire poison. According to the Ode to Elucidate Mysteries "the root of the hand yangming is Shangyang LI-1 and it knots at Futu LI-18 and Pianli LI-6". This statement emphasises the special affinity of this point for the ear (which is reached by the Large Intestine luo-connecting channel from Pianli LI-6), reflected in its indications for tinnitus and deafness. In addition, the Large Intestine primary channel traverses the lower part of the cheek and enters the lower jaw, whilst the Large Intestine divergent channel ascends along the throat. Shangyang LI-1 is therefore used for disorders of these regions characterised by severe and sudden swelling, heat and pain, for example toothache of the lower jaw, throat painful obstruction and swelling of the submandibular region. The ability of Shangyang LI-1 to dynamically clear heat has a wider application in the treatment of febrile diseases, and especially malaria.

In common with the other jing-well points, Shangyang LI-1 is used to revive from collapse and is indicated for loss of consciousness (from windstroke).

A branch of the Lung channel terminates at Shangyang LI-1 and as the metal point of the yang metal channel, it is indicated for fullness characterised by qi stagnation in the Lung, which may

- i. radiate to the lateral costal region, and
- ii. give rise to dyspnoea and coughing.

In respect of this ability to clear fullness from the chest region, Shangyang LI-1 is typical of the jing-well points.

Finally the Large Intestine muscle and divergent channels both connect with the spine, and Shangyang LI-1 is indicated for pain of the shoulder and back which radiates to the supraclavicular fossa.

CLASSICAL COMBINATIONS

- Febrile disease with absence of sweating: Shangyang LI-1, Hegu LI-4, Yangxi LI-5, Xiashi GB-3, Lidui ST-5, Laogong P-8 and Wangu SI-4 (Great Compendium).
- Cold malaria: Shangyang LI-1 and Taixi KID-3 (One Hundred Symptoms).
- Malaria with generalised fever: Shangyang LI-1, Sanjian LI-3 Zhongzhu SJ-3, Yindu KID-19 and Shaohai HE-3 (Supplementing Life).
- Chronic malaria: Shangyang LI-1, Zhongzhu SJ-3 and Qiuxu GB-40 (Great Compendium).
- Tinnitus: Shangyang LI-1, Pianli LI-6, Yangxi LI-5, Luoque BL-8, Wangu SI-4 and Qianqu SI-2 (Supplementing Life).
- Deafness: Shangyang LI-1, Zhongzhu SJ-3, Waiguan SJ-5, Erheliao SJ-22, Tinghui GB-2, Tinggong SI-19, Hegu LI-4 and Zhongchong P-9 (Precious Mirror).
- Dry mouth and tongue with difficult ingestion: Shangyang LI-1, Danshu BL-19 and Xiaochangshu BL-27 (Thousand Ducat Formulas).
- Swelling of the supraclavicular fossa [Quepen ST-12]: Shangyang LI-1, Taixi KID-3 and Zulinqi GB-41 (Great Compendium).

LI-2 (*èr jiān*)

二 èr: two, second

間 jiān: space, gap, crevice

二 間

Second Space

Location: On the radial (lateral) side of the index finger just distal to the base of the proximal phalanx of the second digit. The point is located at the border of the red and white skin on the lateral (radial) end of the transverse digital skin crease.

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

Functions: Dissipates pathogenic Heat; benefits the throat.

Indications: Blurred vision; dizziness; nosebleed; toothache; sore, swollen throat; Heat diseases; fever; facial paralysis; trigeminal neuralgia; constipation; dry stool; abdominal pain.

Supplementary Indications: Severe clouding of vision; throat Bi; submandibular swelling; shoulder and back pain; wryness of mouth and eyes; headache.

DEADMAN'S COMMENTARY

According to the Classic of Difficulties ying-spring points are indicated for "heat in the body". Erjian LI-2, the ying-spring point of the Large Intestine channel, clears heat and expels wind from the upper reaches of the channel in the teeth, nose, face, throat and eyes.

It is useful to view the Large Intestine channel in relationship both to the Lung channel, with which it is interiorly-exteriorly coupled, and to the Stomach channel with which it is paired according to six channel theory (yangming). The Large Intestine channel may be seen as the exterior reflection of the Lung, and its distal points such as Erjian LI-2 are used to expel wind-heat from the exterior portion of the Lung, especially the throat and nose, being indicated for sore throat, rhinitis and nosebleed

accompanied by fever and shivering. As far as the Stomach is concerned, accumulated heat in the Stomach and Large Intestine may be transmitted along the hand yangming channel and give rise to inflammation of the throat, dry mouth and toothache. Various classical sources have emphasised the use of Erjian LI-2 for toothache, rather than the more commonly-used Hegu LI-4, which may be seen as a reflection of the dynamic and urgent quality of the more distal point. Although the Large Intestine channel does not reach the eye, its coupled yangming Stomach channel originates at the eye and this explains the ability of Erjian LI-2 to treat eye diseases.

The indications for Erjian LI-2 include propensity to fright and somnolence. It also appears in combination for toothache with lumbar pain, and, with several points of the Kidney channel, for somnolence. These indications hint at Kidney disharmony, and it may be that as the water point of the Large Intestine metal channel, Erjian LI-2 was considered effective in the treatment of deficiency patterns of the Kidneys.

Finally the Large Intestine muscle and divergent channels both connect with the spine, and Erjian LI-2 is indicated for pain and stiffness of the shoulder and back.

CLASSICAL COMBINATIONS

- Toothache and lumbar pain accompanied by throat painful obstruction: Erjian LI-2 and Yangxi LI-5 (Ode of Xi-hong).
- Toothache of the lower jaw: Erjian LI-2, Shangyang LI-1, Yanggu SI-5, Yemen SJ-2 and Sidu SJ-9 (Thousand Ducat Formulas).
- Toothache: Erjian LI-2 and Quanliao SI-18 (Systematic Classic).
- Rhinitis with nose bleed: Erjian LI-2, Yingxiang LI-20 and Fengfu DU-16 (Great Compendium).
- Pain of the eye: Erjian LI-2, Yangxi LI-5, Daling P-7, Sanjian LI-3, Qianggu SI-2 and Shangxing DU-23 (Great Compendium).
- Somnolence: Erjian LI-2, Shouwuli LI-13, Taixi KID-3, Dazhong KID-4 and Zhaohai KID-6 (Supplementing Life).
- Somnolence: Erjian LI-2, Sanjian LI-3, Taixi KID-3, Zhaohai KID-6, Baihui DU-20, Tianjing GB-21, Lidui ST-45 and Ganshu BL-18 (Great Compendium).
- Excessive fright: Erjian LI-2, Yinxi HE-6, Jianshi P-5 and Lidui ST-45 (Supplementing Life).

LI-3 (*sān jiān*)

三 *sān*: three, third

間 *jiān*: space, crevice, gap

三 間

Third Space

Location: On the radial (lateral) side of the hand just proximal to the head of the second metacarpal bone. The point is located in a slight depression at the junction of the red and white skin when a loose fist is made.

Features & Categories: Wood, Stream, Transporting-Shu point of the Large Intestine Channel.

Functions: Discharges pathogenic Heat; dispels Wind; brightens the eyes and benefits the throat; regulates bowel Qi.

Indications: Eye pain; (lower jaw) toothache; sore, swollen throat; redness and swelling of the fingers and backs of the hands; malaria; trigeminal neuralgia.

Supplementary Indications: Acute eye pain; aching among the lower teeth; throat Bi; blockage of the pharynx; fever and chills; abdominal fullness and rumbling intestines; shoulder pain; dryness of the mouth and lips; body fever; dyspnea; constipation; dry stool.

DEADMAN'S COMMENTARY

In common with many of the distal points of the Large Intestine channel, Sanjian LI-3 expels wind-heat and yangming channel heat from the upper reaches of the channel, being indicated for symptoms such as pain and swelling of the throat, dry scorched lips and mouth, chills and fever and nosebleed. As far as toothache and pain from tooth decay is concerned, Zhu Dan-xi of the Jin-Yuan dynasty recommended applying moxibustion to Sanjian LI-3 for toothache of the lower jaw (and to Shousanli LI-10 for toothache of the upper jaw), whilst in modern clinical practice, some Chinese practitioners favour Sanjian LI-3 over Hegu LI-4 for the treatment of severe or recalcitrant toothache.

It is a characteristic of the three yang channels of the hand (Large and Small Intestines and Sanjiao) that relatively few of their points are indicated for disorders of their corresponding fu, for example points of the Small Intestine channel are notable for the absence of indications of intestinal disorders. By contrast, the lower he-sea points which are ascribed to these three channels on the lower limb (Shangjuxu ST-37 for the Large Intestine, Xiajuxu ST-39 for the Small Intestine and Weiyang BL-39 for the Sanjiao) are much used clinically for disorders of the fu. In the case of the Large Intestine channel however, several points including Sanjian LI-3 are classically indicated for borborygmus and diarrhoea. Nevertheless, points of the Large Intestine channel are little used for this purpose in clinical practice, and they appear in relatively few classical combinations for the treatment of intestinal disorders.

According to the Classic of Difficulties the shu-stream points are indicated for "heaviness of the body and pain of the joints". Sanjian LI-3 is an important local point for treating disorders of the fingers (especially the index and middle fingers) and dorsum of the hand. It is often combined with Houxi SI-3 in the treatment of stiffness, swelling and pain of the five fingers, and like Houxi SI-3, whose location it mirrors, is also indicated (although less used clinically) for acute stiff neck.

Finally, like Erjian LI-2, Sanjian LI-3 is indicated for such symptoms as somnolence and fright.

CLASSICAL COMBINATIONS

- Pain from tooth decay: Sanjian LI-3, Daying ST-5 and Zhengying GB-17 (Preserving Life).
- Erosion, heat and dryness of the mouth: Sanjian LI-3, Laogong P-8, Shaoze SI-1 and Taichong LIV-3 (Thousand Ducat Formulas).
- Obstruction of the throat: Sanjian LI-3 and Jianshi P-5 (Great Compendium).
- Somnolence: Sanjian LI-3 and Erjian LI-2 (Supplementing Life).
- Somnolence with no desire to move the four limbs: Sanjian LI-3, Sanyangluo SJ-8, Tianjing SJ-10, Zuwuli LIV-10 and Lidui ST-5 (Thousand Ducat Formulas).
- Borborygmus and diarrhoea: Sanjian LI-3, Shenque REN-8 and Shuifen REN-9 (Great Compendium).
- Pain of the shoulder and back, wind-taxation [chronic painful obstruction leading to exhaustion of qi and blood]: Sanjian LI-3 and Shenshu BL-23 (Ode of Xi-hong).

LI-4 (*hé gǔ*)合 *hé*: a union; to meet谷 *gǔ*: valley

合谷

Union Valley

Location: In the centre of the flesh (high point) between the first and second metacarpal bones in the first dorsal interosseus muscle. This is approximately midway along the length of the second metacarpal bone. The point may be located by placing the transverse interphalangeal crease of one thumb at the margin of the webbing between the thumb and index finger of the opposite hand - the point is where the distal end of the thumb touches.

Features & Categories: Yuan-Source point of the Large Intestine Channel; Regional Command point of the face and mouth. One of the nine needles for returning Yang. A Heavenly Star point of Ma Dan-Yang.

Functions: Frees the Channels and quickens the Connecting Vessels; disperses Wind and resolves the Exterior; clears Lung Heat; stimulates dispersal function of the Lungs; relieves pain and calms the Shen.

Indications: Headache; painful swelling and reddening of the eyes; nosebleed; swelling of the face; nasal obstruction or congestion; runny nose; sore, swollen throat; throat Bi; parotitis; common cold; deafness; hypertonicity of the fingers; pain in the arm; neck pain; toothache; wryness of the eyes and mouth; facial paralysis; hemiplegia; neurasthenia; sweating or absence of it in Heat diseases; tidal fever; amenorrhoea; prolonged labor; diarrhoea; dysentery; pain generally; diseases of the sensory organs; motor impairment of upper limb.

Supplementary Indications: Lockjaw; malaria with fever and chills; mania; loss of voice; Wind papules; scabies; cardiac pain; unilateral or bilateral headache; great thirst, fever and aversion to cold in Cold damage; headache and rigid spine; childhood tonsillitis; membrane on the eye; induction of abortion.

Contraindications: This point is contraindicated for pregnant women.

DEADMAN'S COMMENTARY

Hegu LI-4 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 headache, swelling of the face, malaria with chills and fever, tooth decay, nosebleed and lockjaw with inability to speak. The Ming dynasty author Gao Wu in his work *Glorious Anthology of Acupuncture and Moxibustion* also recognised the supreme importance of this point and included it among his 'four command points' (for the face and mouth). Some hundreds of years later it is still probably the best known and most commonly used of the acupuncture points.

Hegu LI-4 is a primary point to expel wind-cold or wind-heat and to release the exterior. It may be useful in this respect to view the yang Large Intestine channel as the exterior reflection of the yin Lung channel with which it is coupled. The Lung dominates the exterior by virtue of its function of controlling the skin and body hair and spreading the defensive qi. Attack by exterior pathogenic wind-cold or wind-heat which disrupts the exterior portion of the Lung system therefore, may be treated via points of the Large Intestine channel, most notably by Hegu LI-4. Thus the Great

Compendium of Acupuncture and Moxibustion recommends this point for "injury by cold, headache, rigid spine, and absence of sweating". This is the classic presentation of wind-cold binding the exterior portion of the body. The basic principle in Chinese medicine for the treatment of this condition is to release the exterior by inducing sweating, thereby expelling the pathogen along with the sweat and facilitating the circulation of defensive qi. In fact, Hegu LI-4 may also be used for injury by any exterior pathogenic factor which is accompanied by sweating (in this case pathological sweating which does not serve to expel the pathogenic factor). This dual action of Hegu LI-4 on both inducing and stopping sweating is reflected by the advice given in the Great Compendium of Acupuncture and Moxibustion to reinforce Hegu LI-4 and reduce Fuliu KID-7 if there is no sweating, and to reduce Hegu LI-4 and reinforce Fuliu KID-7 in cases with copious sweating. The explanation of this apparently contradictory function is that Hegu LI-4 is able to regulate defensive qi and hence adjust the pores, whatever the pattern, indeed some authorities go so far as to attribute to Hegu LI-4 the ability to tonify the defensive qi.

The passage from the Great Compendium of Acupuncture and Moxibustion quoted above includes the symptom of 'great thirst', which is clearly not typical of exterior patterns (where the fever and thirst are still relatively mild). This does, however, reflect the common use of Hegu LI-4, especially in combination with Quchi LI-11, to reduce high fever of whatever aetiology.

Hegu LI-4 is the single most important point to treat disorders of the face and sense organs. This has been emphasised in numerous classics, for example the Classic of the Jade Dragon states "Hegu LI-4 treats all diseases of the head, face, ears, eyes, nose, cheeks, mouth and teeth". This point is essential in the treatment of any disorder affecting these areas - whether acute or chronic, hot or cold, deficient or excess - but is least used clinically for disorders of the ears. As far as headaches are concerned, Hegu LI-4 is considered appropriate in the treatment of headache in any location due to attack by exterior pathogens, and most particularly any frontal (yangming channel) headache. In clinical practice, however, it is used even more widely, for example the Classic of the Jade Dragon recommended Hegu LI-4 for one-sided or generalised headache, whilst the Ode of the Jade Dragon more specifically recommended Hegu LI-4 for head wind without phlegm, and Fengchi GB-20 for head wind with phlegm. The affinity of Hegu LI-4 for both the forehead and the side of the head reflects the fact that the internal pathway of the Large Intestine channel meets with the Gall Bladder channel at Yangbai GB-14, Xuanlu GB-5 and Xuanli GB-6.

Hegu LI-4 is considered to have a particular ability to ease pain, especially in the areas discussed above, and is a commonly used point in acupuncture analgesia. According to Chinese medicine, pain of excess type arises when impaired circulation of qi and blood leads to stagnation. This is expressed in the saying "without movement there is pain, with movement there is no pain". The special ability of Hegu LI-4 to treat pain is explained by the statement in the Spiritual Pivot "Yangming channel is abundant in qi and blood". This emphasises the particular ability of points on the Large Intestine and Stomach (yangming) channels to promote circulation of qi and blood, and thus dispel obstruction and stop pain, for example in painful disorders such as painful obstruction. However the abundance of qi and blood in the arm and foot yangming channels means that their points are not only important to dispel stagnation, but also to tonify qi and blood in the channels and thus bring nourishment to the

limbs in case of atrophy disorder and hemiplegia. In practice, Hegu LI-4 is commonly combined with Jianyu LI-15 and Quchi LI-11 in the 'chain and lock' point association method for pain, paralysis or atrophy of the upper limb.

Bilateral Hegu LI-4 and Taichong LIV-3 are known as the Four Gates. This combination first appeared in the Ode to Elucidate Mysteries which said "for cold and heat with painful obstruction, open the Four Gates". The text goes on to imply that the yuan-source points of the six yang channels emerge at the four gates. Since a fundamental principle for treating painful obstruction is to select points from yang channels, this helps to explain why these two points are considered so effective in treating painful obstruction. Subsequently, the use of the Four Gates has been extended to treat a variety of disorders involving pain and spasm. This is an elegant combination. Hegu LI-4 on the upper extremity lies in the wide valley between the first and second metacarpals, whilst Taichong LIV-3 on the lower extremity lies in the wide valley between the first and second metatarsals. Hegu LI-4, the yuan-source point, belongs to yangming channel which is 'abundant in qi and blood' whilst Taichong LIV-3, the shu-stream and yuan-source point of the Liver channel, has the function of spreading the qi. Together they are able to activate the qi and blood and ensure their free and smooth passage throughout the body.

Hegu LI-4 has a strong action in promoting labour. The Ode to Elucidate Mysteries tells how the Song dynasty Crown Prince, in a dispute with the doctor Xu Wen-bai over whether a pregnant woman was carrying a girl or twins, ordered her belly to be cut open to find out. Xu Wen-bai begged to use his needles instead, and on reducing Zusanli ST-36 and reinforcing Hegu LI-4 two babies emerged. Due to its strong action of inducing labour, and even promoting the expulsion of a dead foetus, Hegu LI-4 is contraindicated in pregnancy. Finally Hegu LI-4 is cited in the Song of the Nine Needles for Returning the Yang, for the treatment of collapse of yang characterised by loss of consciousness, aversion to cold, cold counterflow of the limbs, purple lips etc.

CLASSICAL COMBINATIONS

- Little sweating: reinforce Hegu LI-4, reduce Fuliu KID-7.
- Copious sweating: first reduce Hegu LI-4 then reinforce Fuliu KID-7 (Great Compendium).
- Injury by cold with absence of sweating: Hegu LI-4 (reinforce), Neiting ST-44 (reduce), Fuliu KID-7 (reduce) and Bailao (M-HN-30) (Great Compendium).
- Injury by cold with sweating: Hegu LI-4 (reduce), Neiting ST-44 (reduce), Fuliu KID-7 (reinforce) and Bailao (M-HN-30) (Great Compendium).
- Injury by cold with great heat that does not recede: reduce Hegu LI-4, Quchi LI-11, Xuanzhong GB-39, Zusanli ST-36, Dazhui DU-14 and Yongquan KID-1 (Great Compendium).
- Diseases of the head, face, ears, eyes, mouth and nose: Hegu LI-4 and Quchi LI-11 (Miscellaneous Diseases).
- Headache: Hegu LI-4, Tianchi P-1, Tongziliao GB-1, Yuji LU-10, Sibai ST-2, Tianchong GB-9, Sanjiaoshu BL-22 and Fengchi GB-20 (Systematic Classic).
- One-sided or generalised headache: Hegu LI-4, Sizhukong SJ-23 and Fengchi GB-20 (Great Compendium).

- One-sided or generalised head wind: Hegu LI-4, Baihui DU-20, Qianding DU-21, Shenting DU-24, Shangxing DU-23, Sizhukong SJ-23, Fengchi GB-20, Zanzhu BL-2 and Touwei ST-8 (Great Compendium).
- Head wind and dizziness: Hegu LI-4, Fenglong ST-40, Jiexi ST-41 and Fengchi GB-20 (Great Compendium).
- Head wind with splitting sensation, pain between the eyebrow and the eye: Hegu LI-4, Yangbai GB-14 and Jiexi ST-41 (Classic of the Jade Dragon).
- Pain of the head and nape: Hegu LI-4, Houding DU-19 and Baihui DU-20 (Great Compendium).
- Dimness of vision: Hegu LI-4, Yanglao SI-6 and Quchai BL-4 (Supplementing Life).
- Internal eye obstruction: Hegu LI-4, Tongziliao GB-1, Zulinqi GB-41 and Jingming BL-1 (Great Compendium).
- "When Jingming BL-1 is ineffective in treating diseases of the eye, combine it with Hegu LI-4 and Guangming GB-37" (Ode of Xi-hong).
- Superficial visual obstruction: Hegu LI-4, Jingming BL-1 and Sibai ST-2 (Great Compendium).
- Loss of voice: Hegu LI-4, Yongquan KID-1 and Yangjiao GB-35 (Systematic Classic).
- Swollen painful throat: Hegu LI-4, Shaoshang LU-11 and Tiantu REN-22 (Great Compendium).
- Nasal polyps and nasal congestion and discharge: Hegu LI-4 and Taichong LIV-3 (Song of Points).
- Red eyes and nosebleed: Hegu LI-4, Toulinqi GB-15 and Taichong LIV-3 (Song of Points).
- Bleeding from the nose: Hegu LI-4 and Tianfu LU-3 (One Hundred Symptoms).
- Rhinitis with clear nasal discharge: Hegu LI-4, Fengmen BL-12, Shenting DU-24, Zanzhu BL-2, Yingxiang LI-20, Zhiyin BL-67 and Futonggu KID-20 (Thousand Ducat Formulas).
- Deafness: Hegu LI-4, Zulinqi GB-41 and Jinmen BL-63 (Song of Points).
- Purulent ear sores with discharge: Hegu LI-4, Yifeng SJ-17 and Ermen SJ-21 (Great Compendium).
- Swelling, pain and redness of the ear: Hegu LI-4, Tinghui GB-2 and Jiache ST-6 (Great Compendium).
- Itching and swelling of the face: Hegu LI-4 and Yingxiang LI-20 (Ode of Xi-hong).
- Swelling of the face and abdomen: Hegu LI-4, Zhongfu LU-1 and Jianshi P-5 (Thousand Ducat Formulas).
- Deviation of the mouth and eye: Hegu LI-4, Jiache ST-6, Dicang ST-4, Renzhong DU-26, Chengjiang REN-24 and Tinghui GB-2 (Illustrated Supplement).
- Sudden mania: Hegu LI-4, Jianshi P-5 and Houxi SI-3 (Great Compendium).
- Manic raving with fear and fright: Hegu LI-4, Yuji LU-10, Zhizheng SI-7, Shaohai HE-3, Quchi LI-11 and Wangu SI-4 (Thousand Ducat Formulas).
- Lockjaw following windstroke: reduce Hegu LI-4, Jiache ST-6, Renzhong DU-26, Baihui DU-20 and Chengjiang REN-24 (Great Compendium).
- Loss of consciousness from windstroke: Hegu LI-4, Renzhong DU-26 and Zhongchong P-9. If this is ineffective, needle Yamen DU-15 and Dadun LIV-1 (Great Compendium).
- Difficult delivery: reinforce Hegu LI-4, reduce Sanyinjiao SP-6 and Taichong LIV-3 (Great Compendium).
- Absence of lactation: Hegu LI-4, Shaoze SI-1 and Shanzhong REN-17 (Great Compendium).

- Prolapse of the rectum: Hegu LI-4, Dachangshu BL-25, Baihui DU-20, Changqiang DU-1, Jianjing GB-21 and Qichong ST-30 (Compilation).
- Dysenteric disorder: Hegu LI-4 and Zusanli ST-36; if severe add Zhonglushu BL-29 (Song of Points).
- "For cold and heat with painful obstruction, open the Four Gates" [Hegu LI-4 and Taichong LIV-3] (Ode to Elucidate Mysteries).
- Unendurable pain of the arm that radiates to the shoulder and spine: Hegu LI-4 and Taichong LIV-3 (Ode of Xi-hong).
- Acute dysmenorrhoea: Hegu LI-4 and Diji SP-8.

LI-5 (*yáng xī*)

陽 *yáng*: yang, the complement of yin
 谿 *xī*: ravine, mountain creek gully, gorge

陽 谿

Yang Ravine

Location: On the radial (lateral) side of the wrist in the anatomical "snuff-box". The point is located in the depression between the tendons of extensor pollicis longus and brevis muscles, just proximal to the pulse of the radial artery in the snuff box.

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

Functions: Disperses Wind and drains Fire; dissipates Yang Ming pathogenic Heat; expels Wind; benefits the throat; relieves pain.

Indications: Headache; painful swelling and reddening of the eyes; toothache; sore, swollen throat; laryngitis; pain in the wrist; inability to flex the elbow; disease of soft tissues of wrist joint.

Supplementary Indications: Deafness; tinnitus; throat Bi; membrane on the eye; inability to lift the arm; heat in the palm; pain in the root of the tongue; vexation; anxiety; protrusion of the tongue; indigestion in infants and children.

DEADMAN'S COMMENTARY

Yangxi LI-5 is the jing-river and fire point of the Large Intestine channel, and in common with the fire points of all the twelve channels, has a strong action on clearing heat. Thus whilst its area of action (nose, ears, eyes, teeth, head and throat etc.) is similar to that of Hegu LI-4, its action is primarily to clear heat and fire in these areas. When heat obstructs the nose there will be bleeding or rhinitis; when heat ascends to the ears there will be tinnitus, deafness and pain; when heat obscures the eyes there will be redness, swelling and pain of the eyes, superficial visual obstruction and lacrimation; when yangming channel heat inflames the teeth and gums there will be toothache, and when heat accumulates in the throat there will be swelling and congestion.

The Large Intestine and Stomach belong to yangming. Exuberant fire in yangming may easily transmit to the Heart and disrupt the spirit, whether in the form of the irritability and delirium that may occur during the course of a yangming stage fever, or in the form of the long-term Stomach fire or phlegm-fire seen in many serious emotional disorders. This important relationship is explained by the fact that although they are not linked by the primary channels, the Stomach divergent channel connects with the Heart, whilst the Stomach primary channel meets with the Governing vessel (and thus the brain) at Shenting DU-24 and Renzhong DU-26. Yangxi LI-5, the fire point of the hand yangming

channel, is therefore indicated for febrile disease with agitation of the Heart, mania-depression, 'seeing ghosts', fright, manic raving and propensity to laughter. The last two indications may further reflect its status as a jing-river point which, according to the Spiritual Pivot should be needled when there are "diseases manifesting in the patient's voice".

Finally, Yangxi LI-5 is an important point in the treatment of wrist disorders, and like Wangu SI-4, its corresponding point on the ulnar side of the wrist, is indicated for contraction of all the five fingers. 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

- Pain of the eye: Yangxi LI-5, Erjian LI-2, Daling P-7, Sanjian L.I.-3, Qianggu SI-2 and Shangxing DU-23 (Great Compendium).
- Tinnitus and deafness: Yangxi LI-5, Xiaguan ST-7, Guanchong SJ-1, Yemen SJ-2 and Yanggu SI-5 (Systematic Classic).
- Tinnitus: Yangxi LI-5, Shangyang LI-1, Pianli LI-6, Luoque BL-8, Wangu SI-4 and Qianggu SI-2 (Supplementing Life).
- Ear pain, deafness and tinnitus: Yangxi LI-5, Tianchuang SI-16, Guanchong SJ-1, Yemen SJ-2 and Zhongzhu SJ-3 (Thousand Ducat Formulas).
- Urticaria from extreme heat: Yangxi LI-5 and Jianyu LI-15 (One Hundred Symptoms).
- Toothache and lumbar pain accompanied by throat painful obstruction: Yangxi LI-5 and Erjian LI-2 (Ode of Xi-hong).
- Vomiting phlegm and watery saliva, dizziness that does not cease: Yangxi LI-5, Gongsun SP-4, Fenglong ST-40 and Shanzhong REN-17 (Complete Collection).
- Frequent laughter: Yangxi LI-5, Lieque LU-7, Daling P-7 and Renzhong DU-26 (Great Compendium).
- Manic raving, seeing ghosts: Yangxi LI-5, Pucan BL-61 and Wenliu LI-7 (Supplementing Life).
- Manic raving: Yangxi LI-5, Taiyuan LU-9, Xialian LI-8 and Kunlun BL-60 (Great Compendium).
- Fright palpitations: Yangxi LI-5 and Danshu BL-19 (Divine Moxibustion).

LI-6 (*piān lì*)

偏 *piān*: inclined to one side; partial

歷 *lì*: to pass through; order, sequence

偏歷

Veering Passageway

Location: On the lateral forearm three cun proximal to LI-5 (Yang Xi). The point is located on a line drawn between LI-5 (Yang Xi) at the wrist and LI-11 (Qu Chi) at the elbow. The point is easily located with elbow flexed and the forearm semi-pronated (or semi-supinated).

Features & Categories: Luo-Connecting point of the Large Intestine Channel, connecting to the Lung Channel of hand Tai Yin.

Functions: Regulates the Lung Waterways; frees the Channels and Connecting Vessels.

Indications: Nosebleed; tonsillitis; tinnitus; deafness; facial paralysis; aching of the hand and arm; neuralgia of the forearm; oedema of face or hand; sore throat; redness of the eyes.

Supplementary Indications: Loss of visual acuity; tinnitus; throat Bi; aching shoulder and upper arm; inhibited urination; water drum abdominal distension; dry retching; swelling of the lateral region of the cheek; insanity with continual talking; manic depression.

DEADMAN'S COMMENTARY

Pianli LI-6 is the luo-connecting point of the Large Intestine channel from where the luo-connecting channel diverges, hence the name 'Veering Passage'. From this point the luo-connecting channel ascends to the jaw and ears, whilst the Large Intestine primary channel traverses the lower jaw, nose and face, before joining with the Stomach channel which connects to the eye. Like many distal points of the Large Intestine channel, Pianli LI-6 is effective in clearing wind and heat from all these areas (e.g. toothache, redness and pain of the eyes, nosebleed, rhinitis etc.) and is especially applicable for ear disorders such as tinnitus and deafness due to attack of exterior pathogenic wind and heat.

The luo-connecting channel from Pianli LI-6 joins with its interiorly-exteriorly coupled Lung 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". The yang Large Intestine channel may be seen as the outer reflection of its coupled yin Lung channel, and its points are frequently used to release the exterior portion of the Lung system. When external wind disrupts the function of the Lung in regulating the water passages, there may be acute oedema, especially of the upper part of the body, accompanied by absence of sweating and difficult urination. Pianli LI-6 is the primary point on the Large Intestine channel to open and regulate the water passages and thus treat such symptoms as difficult urination, oedema, ascites and borborygmus with oedema.

Finally the Great Compendium of Acupuncture and Moxibustion gives specific indications for excess and deficiency of the luo-connecting points. In the case of Pianli LI-6, these are tooth decay and deafness (excess); cold teeth and obstruction of the diaphragm (deficiency).

CLASSICAL COMBINATIONS

- Tinnitus: Pianli LI-6, Yangxi LI-5, Shangyang LI-1, Luoque BL-8, Wangu SI-4 and Qianqu SI-2 (Supplementing Life).
- Deafness: Pianli LI-6, Qianqu SI-2 and Houxi SI-3 (Supplementing Life).
- Deafness due to Kidney deficiency: Pianli LI-6, Shenshu BL-23 and Tinghui GB-2 (Illustrated Supplement).
- Rhinitis with nose bleed: Pianli LI-6, Hegu LI-4, Sanjian LI-3, Kunlun BL-60 and Zutonggu BL-66 (Supplementing Life).
- Dry throat: Pianli LI-6, Jiquan HE-1, Taiyuan LU-9, Taichong LIV-3 and Tiantu REN-22 (Supplementing Life).
- Soreness and pain of the elbow and forearm with difficulty in extending and flexing: Pianli LI-6 and Shousanli LI-10 (Supplementing Life).

LI-7 (wēn liù)

溫 wēn: warm

溜 liū: to flow; to slide, glide; slippery

溫溜

Warm Dwelling

Location: On the lateral forearm five cun proximal to LI-5 (Yang Xi). The point is located on a line drawn between LI-5 (Yang Xi) at the wrist and LI-11 (Qu Chi) at the elbow. The point is easily located with the elbow flexed and the forearm semi-pronated (or semi-supinated).

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

Functions: Clears pathogenic Heat; expels Wind and relieves pain; benefits the throat; rectifies the Stomach and Intestines.

Indications: Headache; facial swelling; facial paralysis; tonsillitis; sore, swollen throat; parotitis; glossitis; inflammation of the mouth; borborygmi and abdominal pain; aching of the shoulder and arm.

Supplementary Indications: Toothache and pain in the mouth and tongue; throat Bi; inability to lift the shoulder; belching; rumbling intestines and abdominal pain; Heat diseases of the skin; epilepsy; red, swollen face; swelling of the limbs; vomiting of thin watery phlegm; intestinal Qi blockage.

DEADMAN'S COMMENTARY

Wenliu LI-7 is the xi-cleft point of the Large 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, and this is reflected in the ability of Wenliu LI-7 to clear heat and detoxify poison in cases of clove sores, carbuncles and furuncles, throat painful obstruction, and heat and swelling of the face. Clove sores are small hard deep-rooted clove-shaped purulent lesions. They are primarily due to unregulated diet or external wind and fire poison which invade the superficial portion of the body. The condition tends to develop very rapidly with severe localised pain, redness and swelling, often accompanied by fever.

One notable feature of the hand yang channels (Large Intestine, Sanjiao and Small Intestine) is that relatively few of their points treat disorders of their corresponding fu. As far as the Large Intestine channel is concerned, Wenliu LI-7 and its following points Xialian LI-8 and Shanglian LI-9, however, are indicated for disorders of the intestines and Stomach (in the case of Wenliu LI-7 for borborygmus accompanied by abdominal pain, abdominal distention, and vomiting of foam or watery saliva). This follows the general principle of all the yang channels, most clearly seen on the leg yang, that as the points approach the elbow or knee they begin to have a greater action on their corresponding fu. It should be noted, however, that in clinical practice points of the Large Intestine channel are rarely used for disorders of the intestines, and this is borne out by the absence of Wenliu LI-7 in combinations for this purpose in any of the major classics.

The action of Wenliu LI-7 on clearing yangming fire and calming the spirit, and thus treating frequent laughter, raving and 'seeing ghosts', is similar to that of Yangxi LI-5.

CLASSICAL COMBINATIONS

- Throat painful obstruction with loss of voice: Wenliu LI-7 and Quchi LI-11 (Systematic Classic).
- Stiff tongue, tongue thrusting: Wenliu LI-7, Huaroumen ST-24 and Shaohai HE-3 (Supplementing Life).
- Manic raving, seeing ghosts: Wenliu LI-7, Yangxi LI-5 and Pucan BL-61 (Supplementing Life).
- Stiffness of the nape of the neck due to injury by cold: Wenliu LI-7 and Qimen LIV-14 (One Hundred Symptoms).

LI-8 (*xià lián*)

下 *xià*: lower, below

廉 *lián*: ridge, edge; sincere, honest

下廉

Lower Ridge

Location: On the lateral forearm four cun distal to LI-11 (Qu Chi). The point is located on a line drawn between LI-5 (Yang Xi) at the wrist and LI-11 (Qu Chi) at the elbow.

Functions: Dissipates Wind and clears Heat; frees the Channels and relieves pain.

Indications: Pain in the lateral elbow and arm; abdominal pain; indigestion; mastitis; motor impairment of the upper limb.

Supplementary Indications: Headache or head Wind; dizziness; eye pain; vertigo; pain in the umbilical region; untransformed digestate; abdominal fullness; borborygmus; diarrhea; dyspnea; bloody urine; manic raving.

DEADMAN'S COMMENTARY

Xialian LI-8 (Lower Angle) and Shanglian LI-9 (Upper Angle) are a reflection on the upper limb of the points Xiajuxu ST-39 (Lower Great Hollow) and Shangjuxu ST-37 (Upper Great Hollow), the he-sea points of the Small and Large Intestines respectively, on the lower limb. Xialian LI-8 is therefore indicated for disorders of the intestines, particularly the Small Intestine, manifesting as fullness, distention and pain of the abdomen, periumbilical pain, insufficiency of Small Intestine qi, blood in the stool and diarrhoea containing undigested food. In clinical practice, however, the points on the lower limb are much more frequently used to treat intestinal disorders.

The Large Intestine divergent channel descends to the breast, and Xialian LI-8 is indicated for breast abscess, the only point on the Large Intestine channel with this indication.

The action of Xialian LI-8 on clearing yangming fire and calming the spirit, and thus treating manic raving and mad walking, is similar to that of Yangxi LI-5.

CLASSICAL COMBINATIONS

- Hot Stomach with no pleasure in eating: Xialian LI-8 and Xuanzhong GB-39 (Supplementing Life).
- Diarrhoea due to injury by food: Xialian LI-8 and Shanglian LI-9 (Great Compendium).
- Manic raving: Xialian LI-8, Taiyuan LU-9, Yangxi LI-5 and Kunlun BL-60 (Great Compendium).
- Wind damp painful obstruction: Xialian LI-8 and Weizhong BL-40 (Supplementing Life).
- Pain and cold of the arm: Xialian LI-8, Quchi LI-11 and Jianjing GB-21 (Great Compendium).
- Difficult and dark urination: Xialian LI-8 and Shanglian LI-9 (Thousand Ducat Formulas).

LI-9 (*shàng lián*)上 *shàng*: upper, above廉 *lián*: ridge, edge; honest, sincere

上廉

Upper Ridge

Location: On the lateral forearm three cun distal to LI-11 (Qu Chi). The point is located on a line drawn between LI-5 (Yang Xi) at the wrist and LI-11 (Qu Chi) at the elbow.

Functions: Frees the Channels and quickens the Connecting Vessels; frees bowel Qi.

Indications: Aching shoulder and arm; motor impairment of the upper limbs; numbness of the hand and arm; sprain; rumbling intestines and abdominal pain.

Supplementary Indications: Brain Wind and headache; numbness of the feet; swelling of the knee; difficult urination with dark coloured urine; hemiplegia.

DEADMAN'S COMMENTARY

Xialian LI-8 (Lower Angle) and Shanglian LI-9 (Upper Angle) are a reflection on the upper limb of the points Xiajuxu ST-39 (Lower Great Hollow) and Shangjuxu ST-37 (Upper Great Hollow), the he-sea points of the Small and Large Intestines respectively, on the lower limb. See discussion of Xialian LI-8 above.

CLASSICAL COMBINATIONS

- Fullness of the abdomen and lateral costal region: Shanglian LI-9, Yanglingquan GB-34 and Zulinqi GB-41 (Great Compendium).
- Dyspnoea with inability to walk: Shanglian LI-9, Qimen LIV-14 and Zhongwan REN-12 (Great Compendium).

LI-10 (*shǒu sān lǐ*)手 *shǒu*: arm, hand三 *sān*: three里 *lǐ*: ward (as in a city), a measure of distance equal to approximately one third of an English mile

手三里

Arm Three Li

Location: On the lateral forearm two cun distal to LI-11 (Qu Chi). The point is located on a line drawn between LI-5 (Yang Xi) at the wrist and LI-11 (Qu Chi) at the elbow.

Functions: Disperses Wind and frees the Connecting Vessels; harmonizes the Stomach and frees the Intestines; tonifies Qi.

Indications: Abdominal distension or pain; ulcer; stomach ache; indigestion; vomiting and diarrhea; pain or aching in the shoulder and upper arm; paralysis of the upper limb; 'tennis elbow'; facial paralysis; red and painful eyes; headache; deafness.

Supplementary Indications: Toothache; pain or swelling in the cheek and submandibular region; parotitis; chronic numbness of the hand and arm; wryness of the mouth; loss of voice; hemiplegia; cholera; fecal incontinence; scrofulous lumps; periodic Cold in the intestines; pain in the back and lumbar region; deficiency weakness.

DEADMAN'S COMMENTARY

Shousanli LI-10 (Arm Three Miles), just distal to the elbow joint, mirrors the location of Zusanli ST-36 (Leg Three Miles) on the leg and shares its name. Although both points have the action of

harmonising the Stomach and intestines, this is a secondary and relatively minor action of Shousanli LI-10.

Yangming channels are "abundant in qi and blood", and in the same way that Zusanli ST-36 is a primary point to treat disorders of the lower limb, the main clinical application of Shousanli LI-10 is to invigorate and regulate the circulation of qi and blood in the upper limb as a whole. It is much used in the treatment of both atrophy disorder and painful obstruction, as well as pain, immobility and numbness of the arm, in which case it is often combined with such points as Jianyu LI-15 and Hegu LI-4 in the 'chain and lock' point combination method.

Shousanli LI-10 is often alternated with Quchi LI-11 in the treatment of chronic and long-standing disorders of the channels such as hemiplegia and atrophy disorder, to avoid over-needling the same few points. Shousanli LI-10 is also often clinically combined with Quchi LI-11 as an adjacent point for diseases of the elbow, particularly tennis elbow. As far as the treatment of toothache is concerned, Zhu Dan-xi of the Jin-Yuan dynasty recommended applying moxibustion to Shousanli LI-10 for toothache of the upper jaw (and to Sanjian LI-3 for toothache of the lower jaw).

CLASSICAL COMBINATIONS

- Stubborn numbness of both forearms: Shousanli LI-10 and Shaohai HE-3 (One Hundred Symptoms).
- Pain of the forearm: Shousanli LI-10, Quchi LI-11 and Houxi SI-3 (Supplementing Life).
- Soreness and pain of the elbow and forearm with difficulty in extending and flexing: Shousanli LI-10 and Pianli LI-6 (Supplementing Life).
- Contraction and inability to extend the arm and elbow: Shousanli LI-10 and Zuqiaoyin GB-44 (Supplementing Life).
- Head wind, visual dizziness and stiffness of the nape of the neck: Shousanli LI-10, Shenmai BL-62 and Jinmen BL-63 (Miscellaneous Diseases).
- Scrofula: Shousanli LI-10, Shaohai HE-3, Tianchi P-1, Zhangmen LIV-13, Zulinqi GB-41, Zhigou SJ-6, Yangfu GB-38 and Jianjing GB-21 (Great Compendium).

LI-11 (*qū chí*)

曲 *qū*: bent, crooked, curved

池 *chí*: pool, pond

曲池

Pool at the Bend

Location: In a depression at the lateral end of the transverse cubital crease. The point lies midway between LU-5 (Chi Ze) - immediately lateral to the tendon of biceps brachii muscle on the transverse cubital crease - and the lateral epicondyle of the humerus.

Features & Categories: Earth, Sea, Uniting-He point of the Large Intestine Channel; 12th of the thirteen Ghost points - Gui Tui, Ghost Leg. A Heavenly Star point of Ma Dan-Yang.

Functions: Clears External and Internal Heat; frees the joints; resolves Damp; disperses Wind and resolves the Exterior; harmonizes Qi and Blood; cools Blood.

Indications: Pain in the elbow and arm; paralysis of the upper limbs; arthritic pain in the upper limb; scrofulous lumps; Wind papules and rash; measles; allergies; hives; urticaria; skin diseases generally;

hypertension; abdominal pain; vomiting; diarrhoea; dysentery; Heat diseases; high fever; sore, swollen throat; toothache; goitre.

Supplementary Indications: Chronic residual fever in Cold damage; painful reddening of the eyes; toothache and throat Bi; pain in the elbow with difficulty in flexing and extending; thin, weak elbows; hemiplegia; amenorrhoea; dormant skin papules; nodular growths in the neck; vexation and fullness in the chest; dizziness; dry skin; lax sinews; oedema of the head; headache; 'tennis elbow'.

DEADMAN'S COMMENTARY

Quchi LI-11 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. It is a powerful and essential point in the treatment of fevers and heat in the body, skin diseases, hypertension and disorders of the arm.

Yangming or 'yang brightness' channel is considered to be particularly replete with yang qi, and points of the Large Intestine channel are among the most important points to clear excess of yang in the form of heat. Quchi LI-11 is the principal point on the channel, and indeed one of the foremost points on the body, to clear heat and fire. It is used in all cases of fever due to excess heat when pathogenic factors have penetrated to the yangming or qi levels, and chills are no longer present. In this respect it may be compared to Hegu LI-4 which is mainly used when the pathogenic factors are still on the exterior in the form of wind-cold or wind-heat, when the fever is moderate, and when chills are still present. In clinical practice both points are commonly used together to control many different kinds of fever. Like Hegu LI-4 and other points of the Large Intestine channel, Quchi LI-11 is also used to clear heat from the yangming channel in the head, whether it affects the throat, eyes or teeth, and it is indicated for swelling and pain of the throat, redness and pain of the eyes, lacrimation and toothache. Like Yangxi LI-5, it is able to clear yangming fire which transmits to the Heart and spirit, and it is indicated for agitation and oppression of the chest, mania disorder and tongue thrusting. For this reason, under its alternative name of Guitui (Ghost Leg) Quchi LI-11 was included by Sun Si-miao among his 'thirteen ghost points' for the treatment of mania disorder and epilepsy.

According to the Spiritual Pivot "When the disease is at the yang within yang [skin], needle the he-sea points of the yang channels". Whilst this is not applicable in all cases, it is notable that Quchi LI-11 and Weizhong BL-40, the he-sea points of the Large Intestine and Bladder channels respectively, are two of the most important points in the treatment of skin diseases. Quchi LI-11 is classically indicated for a variety of skin disorders such as erysipelas (cinnabar toxin), urticaria, wind rash, shingles, clove sores and dry, scaly, and itchy skin. This reflects the ability of Quchi LI-11 to expel wind, resolve damp, and clear heat, fire and fire-poison, the main components of excess-type skin disorders. In modern clinical practice, however, acupuncture is used as a primary therapy in relatively few dermatological diseases (pride of place being given to herbal medicine), and is considered to be of value principally in the treatment of urticaria, herpes zoster and itching of the skin.

According to the Classic of Difficulties he-sea points are effective in the treatment of "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". Although not having such a wide application in the treatment of these disorders as Shangjuxu ST-37, the lower he-sea point of the Large

Intestine, Quchi LI-11 is indicated for vomiting and diarrhoea, as well as abdominal pain, and is an essential point in the treatment of dysenteric disorder, especially when accompanied by fever. In modern clinical practice it is much used for bacillary dysentery.

In recent times, Quchi LI-11 has been widely used in the treatment of hypertension, often in combination with Zusanli ST-36. Hypertension as a category did not exist in traditional medicine, its clinical manifestations being included in the categories of headache, dizziness, etc., and the effect of reducing these points to lower excessively high blood pressure is a modern interpretation of the statement in the Spiritual Pivot "Yangming channels are abundant in qi and blood".

Quchi LI-11 is a major point in the treatment of disorders of the whole upper limb. According to Ma Dan-yang "Quchi LI-11 is excellent for treating pain of the elbow, hemiplegia with inability to close the hand, inability to draw a bow, and flaccidity of the sinews so that a person cannot comb their hair". Quchi LI-11 can both resolve obstruction in the channel resulting in pain and painful obstruction, and by regulating qi and blood can strengthen and nourish in all cases of weakness of the arm such as atrophy disorder. It is a vital point in the treatment of hemiplegia following windstroke, and for clonic spasm of the upper limb of any aetiology, and for this purpose is

- i. commonly combined with Jianyu LI-15 and Hegu LI-4 in the 'chain and lock' point association method, and
- ii. joined by through-needling to Shaohai HE-3.

This latter technique reflects the importance of Shaohai HE-3 as a point to treat disorders of the arm, as well as the clinical observation that while points from the yang channels are emphasised in the treatment of atrophy disorder and hemiplegia, better results are obtained when some points from yin channels are also included in the point prescription.

Finally it is worth noting that despite its status as the 'mother' point of the Large Intestine channel, the only tonifying application of Quchi LI-11 is in nourishing the upper limb in this way, all its other actions being to reduce excess pathogenic factors of various kinds.

CLASSICAL COMBINATIONS

- Fever: Quchi LI-11 and Shaochong HE-9 (One Hundred Symptoms).
- Injury by cold with great heat which does not recede: reduce Quchi LI-11, Xuanzhong GB-39, Zusanli ST-36, Dazhui DU-14, Yongquan KID-1 and Hegu LI-4 (Great Compendium).
- Malaria with much heat and little cold: Quchi LI-11, Dazhui DU-14, Houxi SI-3 and Jianshi P-5 (Great Compendium).
- Malaria with much cold and little heat: Quchi LI-11 Dazhui DU-14 and Houxi SI-3 (Great Compendium).
- Diseases of the head, face, ears, eyes, mouth and nose: Quchi LI-11 and Hegu LI-4 (Miscellaneous Diseases).
- Toothache with aversion to cold: Quchi LI-11, Daying ST-5, Quanliao SI-18 and Tinghui GB-2 (Thousand Ducat Formulas).
- Manic raving, fear and fright: Quchi LI-11, Yuji LU-10, Zhizheng SI-7, Hegu LI-4, Shaohai HE-3 and Wangu SI-4 (Thousand Ducat Formulas).
- Hemiplegia: Quchi LI-11 and Yanglingquan GB-34 (One Hundred Symptoms).

- One-sided wind (hemiplegia): Quchi LI-11, Yanglingquan GB-34 and Huantiao GB-30 (Supplementing Life).
- Windstroke with one-sided withering and incessant pain: Quchi LI-11, Jianyu LI-15, Xuanzhong GB-39, Taixi KID-3, Zusanli ST-36 and Kunlun BL-60 (Great Compendium).
- Atrophy disorder and numbness of the arm: Quchi LI-11, Waiguan SJ-5 and Tianjing SJ-10 (Thousand Ducat Formulas).
- Pain of the elbow, at times cold: Quchi LI-11, Guanchong SJ-1, Shousanli LI-10, Zhongzhu SJ-3, Yanggu SI-5 and Chize LU-5 (Thousand Ducat Formulas).
- Pain and cold of the arm: Quchi LI-11, Xialian LI-8 and Jianjing GB-21 (Great Compendium).
- Pain and heaviness of the shoulder with inability to raise the arm: Quchi LI-11 and Tianliao SJ-15 (Supplementing Life).
- Inability to bend the elbow and fingers: Quchi LI-11, Shousanli LI-10, Waiguan SJ-5 and Zhongzhu SJ-3 (Great Compendium).
- Contraction of the arm with tightness of the sinews of both hands resulting in inability to open the hands: Quchi LI-11, Chize LU-5, Yangchi SJ-4, Hegu LI-4 and Zhongzhu SJ-3 (Great Compendium).
- Contraction of the elbow with pain: Chize LU-5 joined to Quchi LI-11 (Ode of the Jade Dragon).
- Pain of the forearm: Quchi LI-11 and Jianjing GB-21 (Ode to Elucidate Mysteries).
- Pain of the forearm: Quchi LI-11, Shousanli LI-10 and Houxi SI-3 (Supplementing Life).
- Hypertension: Quchi LI-11, Renying ST-9 and Zusanli ST-36.
- Hypertension: Quchi LI-11, Renying ST-9, Baihui DU-20 and Taichong LIV-3.
- Bacillary dysentery: Quchi LI-11, Shangjuxu ST-37 and Tianshu ST-25.

LI-12 (*zhǒu liáo*)

肘 *zhǒu*: elbow

髎 *liáo*: bone-hole

肘髎

Elbow Bone-Hole

Location: Superior to the lateral epicondyle of the humerus. The point lies approximately one cun superolateral to LI-11 (Qu Chi) and is best located with the elbow flexed.

Functions: Frees the Channels and quickens the Connecting Vessels; frees the joints.

Indications: Pain, hypertonicity, or numbness of the elbow and arm; inflammation of the lateral epicondyle of the humerus; 'tennis elbow'.

Supplementary Indications: Wind Bi of the elbow; lassitude.

DEADMAN'S COMMENTARY

Zhouliao LI-12 is primarily used as a local point for disorders of the elbow (for example in the treatment of tennis elbow when pain radiates upwards towards the shoulder).

CLASSICAL COMBINATIONS

- Swelling and redness of the arm with elbow pain: Zhouliao LI-12, Jianyu LI-15 and Wangu SI-4 (Great Compendium).
- Pain and inability to raise the arm: Zhouliao LI-12 and Binao LI-14 (Preserving Life).