

## POINTS OF THE LARGE INTESTINE FU, #2

### LI-13 (*shǒu wǔ lǐ*)

手 *shǒu*: arm, hand

五 *wǔ*: five

里 *lǐ*: ward or district (as in a city), a measure of distance equal to approximately one third of an English mile

# 手五里

*Arm Five Li*

**Location:** Three cun superior to the lateral epicondyle of the humerus on a line drawn between LI-11 (Qu Chi) at the elbow and LI-15 (Jian Yu) at the shoulder.

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

**Indications:** Hypertonicity and pain in the elbow and arm; scrofula; coughing blood; pneumonia; pleurisy; peritonitis.

**Supplementary Indications:** Distention, fullness and pain below the heart; Wind taxation; fright and fear; coughing blood; cough; blurry vision; swellings in the neck.

#### CLASSICAL COMBINATIONS

- Scrofula: Shouwuli LI-13 and Binao LI-14 (One Hundred Symptoms).
- Scrofula: moxa Shouwuli LI-13 and Renying ST-9 thirty times (Thousand Ducat Formulas).

### LI-14 (*bì nào*)

臂 *bì*: arm, forearm

臑 *nào*: upper arm, humerus

# 臂臑

*Upper Arm*

**Location:** On the lateral arm (humerus) just superior to the attachment of deltoid muscle to the humerus. The point is located on a line drawn between LI-11 (Qu Chi) at the elbow and LI-15 (Jian Yu) at the shoulder.

**Features & Categories:** Intersection point of Yang Wei Mai (Yang linking Vessel) on the Large Intestine Channel.

**Functions:** Clears and frees the Channels and Connecting Vessels; benefits the vision; relieves pain; resolves Phlegm and disperses masses.

**Indications:** Pain in the shoulder and arm; scrofula; paralysis of the upper limb; stiff neck; eye diseases; goitre.

**Supplementary Indications:** Fever and chills; hypertonicity of the neck; pain in the back and shoulder preventing the arm from being lifted; thin weak arms.

#### DEADMAN'S COMMENTARY

Although not a major point, Binao LI-14 is frequently employed for channel disorders in the upper arm, especially when pain radiates either downwards from the shoulder towards the elbow, or upwards from the elbow towards the shoulder.

Like several points of the Large Intestine and Sanjiao channels located between the elbow and the shoulder, Binao LI-14 is also indicated for scrofula and goitre. Scrofula and goitre, although different in aetiology, always involve phlegm, combined either with stagnant qi or with heat. In the case of Binao LI-14, its ability to treat these disorders derives mainly from the course of the Large Intestine channel

through the lateral side of the neck, rather than a special ability to transform phlegm, and the action of 'regulating qi and transforming phlegm' in this context therefore only applies to scrofula and goitre. The explanation of why several points of the upper arm have this special action whilst the more distal shu points do not, is unclear (see also Tianfu LU-3, Jianyu LI-15, Shouwuli LI-13, Tianjing SJ-10 and Naohui SJ-13).

Finally, Binao LI-14 also shares with several points of the upper arm the ability to treat disorders of the eyes, in this case redness, swelling and heat.

#### CLASSICAL COMBINATIONS

- Pain and inability to raise the arm: Binao LI-14 and Zhouliiao LI-12 (Preserving Life).
- Wasting and weakness of the arm with inability to raise the arm to the head: Binao LI-14 and Jianyu LI-15 (Preserving Life).
- Scrofula: Binao LI-14 and Shouwuli LI-13 (One Hundred Symptoms).

## LI-15 (*jiān yú*)

肩 *jiān*: shoulder

髃 *yú*: clavicle

## 肩 髃

*Shoulder Bone*

**Location:** In a depression inferior to the lateral aspect of the acromion process, at its anterior extremity. The point is readily located with the upper limb passively abducted to 90°, it is in the anterior of the two depressions which appear at the acromiohumeral junction. SJ-14 (Jian Liao) is located in the posterior depression, approximately 1 cun posterior to LI-15 (Jian Yu).

**Features & Categories:** Intersection point of Yang Qiao Mai (Yang heel/motility Vessel) on the Large Intestine Channel.

**Functions:** Disperses Wind and quickens the Connecting Vessels; harmonizes Qi and Blood; frees the joints; dispels Pathogens and resolves Heat; relieves pain.

**Indications:** Pain in the shoulder and arm; paralysis or numbness of the upper limb; inflammation of the shoulder joint; Wind papules; urticaria; scrofulous lumps; rubella; hemiplegia; hypertension; excess sweating.

**Supplementary Indications:** Heat in the shoulder; Bi of the fingers; hemilateral Wind and hemiplegia; thin, weak arms; shoulder Wind; toothache; Wind and Damp contending in both shoulders; seminal discharge due to stress; goitre.

#### DEADMAN'S COMMENTARY

Jianyu LI-15, a meeting point of the Large Intestine channel with the Yang Motility vessel, is also reached by the Lung and Bladder sinew channels, the Large Intestine divergent channel and the Small Intestine luo-connecting channel. Jianyu LI-15 is considered the pre-eminent point for treating the shoulder, and clinically the majority of shoulder disorders affect this region.

Stiffness, pain, immobility or weakness of the shoulder or frozen shoulder may derive from:

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

In all these cases Jianyu L.I.-15 may be used, and in clinical practice is commonly combined with Jianliao SJ-14. As far as needling is concerned, there are two principal methods. For pain and immobility of the shoulder joint, the arm should be abducted as far as is comfortable and supported on a rolled pillow, whilst the needle is directed into the shoulder joint towards the centre of the axilla. For pain extending down the arm, however, Jianyu LI-15 is usually needled with a transverse-oblique insertion towards the elbow joint.

The shoulder joint is the pivot of the arm. As Jianyu LI-15 is the foremost point affecting the shoulder, lies on yangming channel which is "abundant in qi and blood", and is a meeting point with the Lung sinew and Small Intestine luo-connecting channels, it is a vital point to promote circulation of qi and blood in the upper limb as a whole, and is indicated for all kinds of atrophy disorder and painful obstruction and hemiplegia. For this purpose it is commonly combined in the 'chain and lock' method with points Quchi LI-11 and Hegu LI-4.

Jianyu LI-15 is also indicated in the treatment of urticaria due to attack of exterior wind-heat. This highlights the action of Jianyu LI-15 in eliminating wind, which is emphasised in a variety of classical references to wind paralysis, windstroke, wind atrophy disorder and more generally simply 'wind disease'. Like Binao LI-14, Jianyu LI-15 is also indicated for scrofula and goitre.

Finally, according to the Essential Questions Jianyu LI-15 is one of the 'eight points for draining heat from the extremities' (although in fact only seven are listed) namely bilateral Yunmen LU-2, bilateral Jianyu LI-15, bilateral Weizhong BL-40 and Yaoshu DU-2.

#### CLASSICAL COMBINATIONS

- Wasting and weakness of the arm with inability to raise the arm to the head: Jianyu LI-15 and Binao LI-14 (Preserving Life).
- Redness and swelling of the upper arm with pain of the joint: Jianyu LI-15, Zhouliao LI-12 and Wangu SI-4 (Great Compendium).
- Heat sensation of the shoulder with inability to turn the head: Jianyu LI-15, Jianzhen SI-9 and Guanchong SJ-1 (Thousand Ducat Formulas).
- Contraction of the elbow: Jianyu LI-15, Chize LU-5, Xiaohai SI-8, Jianshi P-5, Daling P-7, Houxi SI-3 and Yuji LU-10 (Great Compendium).
- Windstroke with one-sided withering and incessant pain: Jianyu LI-15, Xuanzhong GB-39, Taixi KID-3, Quchi LI-11, Zusanli ST-36 and Kunlun BL-60 (Great Compendium).
- Urticaria from extreme heat: Jianyu LI-15 and Yangxi LI-5 (One Hundred Symptoms).

## LI-16 (*jù gǔ*)

巨 *jù*: great, large, giant

骨 *gǔ*: bone

巨骨

*Great Bone*

**Location:** On the superior aspect of the shoulder in the depression found at the angle between the posterior lateral clavicle and the junction of the spine of the scapula and the acromion process. This is in the 'V' of the anatomical "horseshoe".

**Features & Categories:** Intersection point of Yang Qiao Mai (Yang heel/motility Vessel) on the Large Intestine Channel.

**Functions:** Clears and quickens the Connecting Vessels; frees the joints; disperses Stagnant Blood locally; harmonizes ascending or descending Qi.

**Indications:** Shoulder pain; pain in the arm preventing flexion and extension; diseases of the joint and soft tissues of the shoulder; breathlessness; cough; asthma; coughing or spitting blood.

**Supplementary Indications:** Stagnant Blood in the chest; epilepsy; scrofulous lumps; goitre; nodular growths or swellings in the neck; pain in the shoulder and back.

#### DEADMAN'S COMMENTARY

Jugu LI-16 is frequently used as an adjacent point in the treatment of shoulder disorders, and in such cases should always be palpated for tenderness. The use of Jugu LI-16 is particularly emphasised when the shoulder disorder is chronic and recalcitrant, reflected by the indication for blood stasis in the shoulder. This is explained by the saying "Chronic disease is frequently [due to] stasis". Its action on treating disorders of blood also extends to blood stasis in the chest and vomiting blood.

Like Shouwuli LI-13, Binao LI-14 and Jianyu LI-15, Jugu LI-16 is indicated for scrofula.

#### CLASSICAL COMBINATIONS

- Inability to raise the arm: Jugu LI-16 and Qianggu SI-2 (Supplementing Life).
- Pain of the shoulder and back: Jugu LI-16, Tianyou SJ-16, Quepen ST-12, Shendao DU-11, Dazhu BL-11, Tiantu REN-22 and Shuidao ST-28 (Thousand Ducat Formulas).

## SI-12 (*bǐng fēng*)

秉 *bǐng*: grasp, control  
風 *fēng*: wind

秉風

*Grasping the Wind*

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

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

**Functions:** Frees the Channels and quickens the Connecting Vessels.

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

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

#### DEADMAN'S COMMENTARY

Bingfeng SI-12 is a meeting point of the Small Intestine channel with the Large Intestine, Sanjiao and Gall Bladder channels, all of which traverse the scapular and shoulder regions and the neck. As its name 'Grasping Wind' (and by implication controlling wind) implies, Bingfeng SI-12 is a useful local point to invigorate these channels and expel pathogenic wind which has lodged in the muscles of the

shoulder and scapula. Although most classical and contemporary sources recommend this point for local disorders only, the Ming dynasty classic Investigation Into Points Along the Channels suggests a broader action of expelling wind and recommends the use of Bingfeng SI-12 "when the interstices and pores do not close properly, wind pathogen easily enters [resulting in] cough with stubborn phlegm".

### CLASSICAL COMBINATIONS

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

## GV-14 (*dà zhūī*)

大 *dà*: great, big, large

椎 *zhūī*: hammer, mallet; vertebra

大椎

*Great Hammer*

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

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

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

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

**Supplementary Indications:** Vexation and retching in Cold damage with pronounced fever; fever and chills; cough; constricted sensation in the chest; pulmonary distention and pain in the lateral costal region; stiffness of the neck; throat Bi; Qi fullness and dyspnea; Wind pathogen; acute and chronic infantile fright Wind; Deficiency perspiration; sensation of Heat in the bones with recurrent fever; Deficient Yin.

### LARRE & ROCHAT

Zhui is a hammer, and it is also used to refer to the vertebra. This point da zhui is located at the top of the back where there is a meeting of all the yang meridians. It is at the beginning of the neck, or the passage from the back to the head. This character zhui is made with wood on the left and on the right a character which is used to classify a bunch or a group of things hanging together like a bunch of bananas, or the vertebrae all hanging attached to each other. As the final point on the back it is a concentration, a gathering of the yang, just before the inner penetration to the head, the orifices and the brain itself. The next point has a direct link with the tongue, which also has a direct link to the heart.

### DEADMAN'S COMMENTARY

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The Governing vessel is known as the 'sea of the yang channels' and Dazhui DU-14 is the meeting point of the Governing vessel with the six yang channels of the hand and foot. As a consequence, Dazhui DU-14 has a strong action on:

- i. clearing pathogenic factors from and firming the exterior yang portion of the body,
- ii. clearing yang heat, and
- iii. tonifying qi and yang.

When exterior pathogenic factors attack the body they most commonly first lodge in the exterior portion, known in the six channel and four level theories of febrile diseases as the taiyang stage and defensive level respectively. Typical symptoms of this pattern are chills and fever, aversion to wind, shivering, and throat painful obstruction. If the pathogen penetrates to the interior (yangming stage or qi level) there will be high fever with agitation. If the pathogen resides between the exterior and interior (shaoyang stage) there will be alternating chills and fever, epitomised by malaria. Dazhui DU-14 is unique in its ability to clear pathogens from all these three stages. Zhang Zhongjing, in the Treatise on Injury by Cold which otherwise discusses few acupuncture points, recommends needling Dazhui DU-14 in combination with Feishu BL-13 and Ganshu BL-18 for the treatment of overlapping taiyang and shaoyang patterns.

According to the Ming dynasty author Zhang Jing-yue "Malaria is an exogenous disease .... only in the condition of delicate health or overstrain or stress, is one apt to be attacked by the malarial pathogenic factor". By virtue of its ability to clear pathogenic factors from shaoyang and to tonify qi and yang, Dazhui DU-14 is ideally suited to treat both the root and manifestation of malaria.

Dazhui DU-14 is one of the principal acupuncture points to treat disorders of sweating. Deficiency sweating arises either when pathogenic wind attacks the exterior and leads to disharmony of the nutritive qi and defensive qi, or when the defensive qi is deficient and unable to firm and control the pores. By virtue of its ability both to tonify the qi and to regulate the exterior, Dazhui DU-14 is able to treat both these forms of deficiency sweating. Night sweating and steaming bone disorder are most commonly seen in patterns of yin deficiency with heat, and here the action of Dazhui DU-14 is both to control the pores and clear the heat, and to tonify the deficiency.

Bailao (Hundred Taxations) is an alternative name for this point found in the Glorious Anthology of Acupuncture and Moxibustion and other classics. This name vividly illustrates the ability of Dazhui DU-14 to treat deficiency and exhaustion of the whole body manifesting as lack of strength, the five taxations and the seven injuries. Another indication that reflects the ability of Dazhui DU-14 to tonify and strengthen the body is shortness of breath with inability to speak. This is explained in the Spiritual Pivot which classifies Dazhui DU-14 (along with Renying ST-9, Shanzhong REN-17 and Yamen DU-15) as a point of the 'sea of qi'. This passage states "When the sea of qi is deficient, there is scanty energy insufficient for speech".

According to the Treatment Strategies for Assorted Syndromes "Painful obstruction syndrome ... is due to deficiency of nutritive and defensive qi and to the space between skin and muscles being open, thus allowing wind-cold-dampness to ride the deficiency". Not only can underlying deficiency render a person prone to painful obstruction in this way, but if pathogenic wind-damp penetrates the bones and joints, over time it may lead to exhaustion. Dazhui DU-14, which is able to expel wind, regulate

the pores and tonify qi is specifically indicated for pain of the hundred joints (i.e. all the joints) and for wind-taxation (chronic painful obstruction leading to exhaustion of qi and blood).

Like many points of the Governing vessel, Dazhui DU-14 is able to pacify interior wind (epilepsy and acute childhood fright wind), and to benefit the entire spine, particularly in the neck region. In clinical practice, Dazhui DU-14 is often needled towards one or other shoulder when neck pain radiates laterally.

After ascending to the vertex, the Governing vessel descends through the midline of the nose. Dazhui DU-14 is indicated for nosebleed which does not stop, an indication that mirrors the folk practice of placing a key or other piece of cold metal, or a cold sponge, at the back of the neck to stop nosebleed.

### CLASSICAL COMBINATIONS

- Malaria with much heat and little cold: Dazhui DU-14, Houxi SI-3, Jianshi P-5 and Quchi LI-11 (Great Compendium).
- Malaria with much cold and little heat: Dazhui DU-14, Houxi SI-3 and Quchi LI-11 (Great Compendium).
- Malaria: Dazhui DU-14 and Yaoshu DU-2 (Supplementing Life).
- Injury by cold with great heat that does not recede: reduce Dazhui DU-14, Quchi LI-11, Xuanzhong GB-39, Zusanli ST-36, Yongquan KID-1 and Hegu LI-4 (Great Compendium).
- Spleen cold malaria: Dazhui DU-14, Jianshi P-5 and Rugen ST-18 (Great Compendium).
- Spontaneous sweating: Dazhui DU-14, Fuliu KID-7 and moxa Gaohuangshu BL-43 (Divine Moxibustion).
- Nosebleed: moxa Dazhui DU-14 and Yamen DU-15 (Secrets of the Master of Cinnabar Creek).

### ST-12 (*quē pén*)

缺 *quē*: empty, vacant; imperfect, defective  
 盆 *pén*: basin, bowl

缺盆

*Empty Basin*

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

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

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

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

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

**Supplementary Indications:** Fullness in the chest, dyspnea and cough; stiff neck; scrofulous lumps; throat Bi; hiccoughs; pain in the shoulder reaching the neck; coughing of blood; lumbar pain preventing movement; Heat in the chest; ascites.

#### DEADMAN'S COMMENTARY

Quepen ST-12, is a meeting point of the Stomach channel with all the primary yang channels except the Bladder, and its principal function is to descend rebellion of qi. This is reflected both by its ability to treat rebellion of Lung qi manifesting as cough, dyspnoea and fullness of the chest, as well as by the traditional observation that it is contraindicated in pregnancy. The Essential Questions includes Quepen ST-12 among the eight points (bilateral Quepen ST- 12, Dazhu BL-11, Zhongfu LU-1 and Fengmen BL-12) to clear heat from the chest.

Quepen ST-12 is also indicated for pain of the supraclavicular fossa, pain of the shoulder that radiates to the neck, and numbness and pain of the upper limb.

#### CLASSICAL COMBINATIONS

- Cough: Quepen ST-12, Shanzhong REN-17 and Juque REN-14 (Thousand Ducat Formulas).
- Coughing and spitting blood: Quepen ST-12, Xinshu BL-15, Ganshu BL-18, Juque REN-14 and Jiuwei REN-15 (Supplementing Life).
- Heat in the chest: Quepen ST-12 and Qimen LIV-14 (Thousand Ducat Formulas).
- Pain of the shoulder and back: Quepen ST-12, Tianyou SJ-16, Shendao DU-11, Dazhu BL-11, Tiantu REN-22, Shuidao ST-28 and Jugu L.I.-16 (Thousand Ducat Formulas).

### ST-37 (*shàng jù xū*)

上 *shàng*: upper

巨 *jù*: great, large

虛 *xū*: vacuous, empty; hollow

上 巨 虛

*Upper Great Hollow*

**Location:** On the proximal anterior leg, 6 cun distal to ST-35 (Du Bi), and one (middle) finger width lateral to the anterior crest of the tibia in tibialis anterior muscle. The proportional distance between ST-35 (Du Bi) and ST-41 (Jie Xi) is 16 cun, so ST-37 (Shang Ju Xu) is located 2 cun proximal to the midway point between these landmarks. This is 3 cun distal to ST-36 (Zu San Li).

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

**Functions:** Regulates the Spleen and harmonizes the Stomach; frees the Intestines, eliminates accumulations and transforms Stagnation; clears and resolves Damp Heat in the lower Jiao; frees the Channels and regulates Qi; clears food retention; calms asthma.

**Indications:** Abdominal pain or distension; indigestion; dysentery; borborygmi; diarrhea; constipation; enteritis; gastritis; appendicitis; hemiplegia; beriberi; dyspnoea; asthma.

**Supplementary Indications:** Stomach and Spleen Deficiency; diarrhea; fullness of the chest and lateral costal region; swelling of the knee; pain in the navel; sharp pain in the intestines; untransformed digestate; Deficient conditions; paralysis due to stroke.

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

The Yellow Emperor's Inner Classic stated "The Large and Small intestines fall under the influence of the Stomach" and classified Shangjuxu ST-37 as the lower he-sea point of the Large Intestine. The three yang channels of the arm (Large Intestine, Small Intestine and Sanjiao) are unique in that whilst the channels traverse the upper jiao, their respective fu belong to the lower jiao. Thus although the Spiritual Pivot states that the "He-sea points treat disorders of the internal fu", the he-sea points of these three channels (Quchi LI-11, Xiaohai SI-8, and Tianjing SJ-10 respectively) have relatively little action on their related fu. The Large and Small Intestines and the Sanjiao, however, each have a lower he-sea point (Shangjuxu ST-37, Xiajuxu ST-39 and Weiyang BL-39) which predominantly treat disorders of their respective fu.

Shangjuxu ST-37 is an important point in the treatment of a wide range of intestinal disorders. It is especially effective in the treatment of diarrhoea and dysenteric disorder, whether due to deficiency, cold, dampness, or damp-heat, and in recent times has been much used in the treatment of bacillary dysentery. Shangjuxu ST-37 is also used in the treatment of stagnation and obstruction of the intestines, giving rise to distention and pain of the abdomen, constipation and intestinal abscess. This comprehensive ability of Shangjuxu ST-37 to regulate the intestines was referred to in the earliest classics. For example, the Systematic Classic of Acupuncture and Moxibustion recommends Shangjuxu ST-37 for "heat in the Large Intestine, diarrhoea containing undigested food and borborygmus", whilst the tenth century classic Sagelike Prescriptions from the Taming Era recommends it for insufficiency of Large Intestine qi.

Some classics ascribe qi tonifying actions to this point, for example "deficiency and weakness of Spleen and Stomach, insufficiency of zang qi, shortness of breath, etc." These may be explained by the beneficial effect that firming the intestines in cases of loose stool and diarrhoea will have on the transportation and transformation function of the Spleen. It is also worth noting that acupuncture points immediately distal or proximal to very powerful points, often share some of their functions and indications. It is as though the influence of Zusanli ST-36 is so great that it can resonate onto Shangjuxu ST-37.

According to the Spiritual Pivot Shangjuxu ST-37 is a point of the 'sea of blood'. This passage says "The Penetrating vessel is the sea of the twelve channels (i.e. the sea of blood). In the upper it is conveyed to Dazhu BL-11, and in the lower it emerges at both Shangjuxu ST-37 and Xiajuxu ST-39... When the sea of blood is in excess, there is a sensation as if the body were big; one feels disquiet, but does not know what disease there is; when the sea of blood is insufficient, one has the sensation of one's body being small; one feels reduced but does not know what could be the illness". Despite this passage it is worth noting that such indications are not found in later texts.

In common with many points of the Stomach channel, Shangjuxu ST-37 is especially effective in treating disorders of the lower limb as a whole. This action is explained by the saying "Yangming channels are abundant in qi and blood". The ability of Shangjuxu ST-37 to promote the flow of

smooth qi and blood throughout the leg renders it effective in the treatment of hemiplegia, leg qi, weakness of the leg, swelling of the knee and all kinds of atrophy disorder and painful obstruction, whether due to excess or deficiency patterns.

Finally, the Essential Questions includes Shangjuxu ST-37 among the eight points to clear heat from the Stomach (bilateral Qichong ST-30, Zusanli ST-36, Shangjuxu ST-37 and Xiajuxu ST-39).

#### CLASSICAL COMBINATIONS

- Yellow and difficult urination: Shangjuxu ST-37 and Xiajuxu ST-39 (Systematic Classic).
- Bacillary dysentery: Shangjuxu ST-37, Tianshu ST-25 and Quchi LI-11.

### ST-12 (*quē pén*)

缺 *quē*: empty, vacant; imperfect, defective  
盆 *pén*: basin, bowl

缺盆

*Empty Basin*

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

### LI-17 (*tiān dǐng*)

天 *tiān*: heaven; celestial, of the heavens; Nature  
鼎 *dǐng*: an ancient Chinese sacrificial or cooking vessel

天鼎

*Celestial Tripod*

**Location:** On the lateral aspect of the neck, 1 cun inferior to LI-18 (Fu Tu), at the posterior border of sternocleidomastoideus muscle. The point is located on a line connecting LI-18 (Fu Tu) and the middle of the supraclavicular fossa (ST 12, Que Pen).

**Functions:** Benefits the throat and clears Lung Qi.

**Indications:** Sore, swollen throat; loss of voice; scrofulous lumps; goitre; tonsillitis; laryngitis; paralysis of hyoglossus muscle.

**Supplementary Indications:** Loss of voice and Qi blockage; throat Bi; throat rattle; swellings in the throat.

#### CLASSICAL COMBINATIONS

- Halting speech and loss of voice: Tianding LI-17 and Jianshi P-5 (One Hundred Symptoms).

### LI-18 (*fú tú*)

扶 *fú*: to assist, to aid  
突 *tú*: protuberance; sudden, abrupt

扶突

*Protuberance Assistant*

**Location:** On the lateral aspect of the neck, in the same transverse plane as the thyroid prominence (Adam's apple). The point is located between the sternal (anterior) and clavicular (posterior) heads of sternocleidomastoideus muscle, approximately 3 cun lateral to the thyroid prominence. It is appropriate to apply a transverse plane to the neck rather than a strictly horizontal (and therefore

oblique) plane when locating this point. [ST-9 (Ren Ying) is 1.5 cun lateral to the thyroid prominence, SI-16 (Tian Chuang) is 3.5 cun lateral].

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

**Functions:** Regulates Qi and Blood; benefits the throat; resolves Phlegm and disperses masses.

**Indications:** Cough, asthma; wheeze, excessive nasal mucus; sore, swollen throat; loss of voice; hoarse voice; scrofulous lumps; goitre.

**Supplementary Indications:** Rales or rattles in the throat; distension or blocked throat; difficulty swallowing; anaesthesia in thyroid operations.

#### DEADMAN'S COMMENTARY

In Chapter 21 of the Spiritual Pivot Futu LI-18 is included in a list of five points known as 'Window of Heaven' (literally 'five regions of the Window of Heaven') points. This passage states "Sudden loss of voice with obstructed qi in the throat, choose Futu LI-18 and bleed the root of the tongue". Futu LI-18 shares certain important characteristics of this grouping in that it treats goitre and scrofula due to stagnation of qi and phlegm in the pivotal neck region, and sudden loss of voice, coughing and wheezing due to inversion qi.

In clinical practice, Futu LI-18 is frequently used as an alternative to (or in combination with) Renying ST-9, in the treatment of difficulty in swallowing (especially following windstroke) and chronic disorders of the vocal cords.

#### CLASSICAL COMBINATIONS

- Sudden loss of voice: Futu LI-18, Tianchuang SI-16, Zhigou SJ-6, Qubin GB-7 and Lingdao HE-4 (Thousand Ducat Formulas).
- Bleeding from the root of the tongue: Futu LI-18, Dazhong KID-4 and Touqiaoyin GB-11 (Thousand Ducat Formulas).
- Cough with rebellious qi, dyspnoea, vomiting of foam and clenched teeth: Futu LI-18, Tianrong SI-17, Lianquan REN-23, Puhu BL-42, Qishe ST-11 and Yixi BL-45 (Thousand Ducat Formulas).

## ST-4 (*dì cāng*)

地 *dì*: earth

倉 *cāng*: granary, storehouse

地倉

*Earth Granary*

**Location:** On the face, approximately 4 fen lateral to the corner of the mouth (oral fissure). The point is located on a line drawn from the centre of the pupil, through ST-1 (Cheng Qi) and ST-3 (Ju Liao). This is directly inferior to ST-3 (Ju Liao).

**Features & Categories:** Intersection point of the Large Intestine Channel of hand Yang Ming and Yang Qiao Mai (Yang heel/motility Vessel) on the Stomach Channel.

**Functions:** Disperses Wind; frees Qi stagnation; removes obstructions from the Channel; benefits the tendons and muscles.

**Indications:** Wryness of the mouth; facial paralysis; dribbling; excess salivation; muteness; twitching of the eyelids; toothache; swollen cheek.

**Supplementary Indications:** Loss of speech; loss of voice; constipation in children; inability to close the eyes; inability to eat; mouth and eyes awry.

### **DEADMAN'S COMMENTARY**

The 12th century classic Secret Writings of Bian Que states "use Dicang ST-4 in all cases where treacherous wind enters the ear, mouth and eye and leads to deviation". Dicang ST-4 is an important local point to eliminate wind from the face and is frequently used in the treatment of facial paralysis, whether due to exterior pathogenic wind or the sequelae of windstroke, particularly when the mouth is affected with symptoms such as drooling and deviation. Dicang ST-4 is also important in the treatment of facial pain such as trigeminal neuralgia. Pain of the face is usually differentiated into:

- i. invasion of the channels of the face by wind and cold,
- ii. flaring up of Stomach and Liver fire, and
- iii. heat due to yin deficiency.

Due to its location, Dicang ST-4 maybe needled whatever the pattern.

For both these applications, Dicang ST-4 is commonly joined to points such as Jiache ST-6, Quanliao SI-18, Yingxiang LI-20 and Chengjiang REN-24 by transverse needling. The Great Compendium of Acupuncture and Moxibustion recommends needling left Dicang ST-4 for diseases of the right side of the face, and vice-versa. This principle of contralateral needling is discussed in the Spiritual Pivot which states "Contralateral insertion, that is, if the left is affected, the right is treated, and if the right affected, the left is needled", and the Essential Questions which says "When evils invade the channels, if the left side is in excess, the disease occurs on the right side, and vice versa ... for these conditions, contralateral insertion should be used". Although common practice emphasises needling the diseased side, these statements underline the important principle of treating the healthy side, where the qi is plentiful, in chronic cases and those involving great deficiency.

It is interesting to note the use of Dicang ST-4 for leg disorders, reflecting the principle stated in the Yellow Emperor's Inner Classic "When the disease is below select [points] from above". Whilst the use of points on the lower body to treat diseases of the upper body is extremely common, the reverse is relatively rare. Other examples are Baihui DU-20 for anal disorders, Renzhong DU-26 and Renying ST-9 for lumbar pain, and Shuaigu GB-8 for vomiting.

### **CLASSICAL COMBINATIONS**

- Deviation of the mouth: Dicang ST-4 and Jiache ST-6 (Ode of the Jade Dragon).
- Deviation of the mouth: Dicang ST-4 and Lieque LU-7 (Supplementing Life).
- Deviation of the mouth and eye: Dicang ST-4, Jiache ST-6, Renzhong DU-26, Chengjiang REN-24, Tinghui GB-2 and Hegu LI-4 (Illustrated Supplement).
- Legs withered and lame: Dicang ST-4 and Taiyuan LU-9 (Thousand Ducat Formulas).

**GV-26 (*shuǐ gōu*)**水 *shuǐ*: water溝 *gōu*: trough, ditch

水溝

*Water Trough*

**Location:** On the midline of the face, in the philtrum of the upper lip. The point is located at the junction of the superior one third and inferior two thirds of this groove.

LI-19 (He Liao) is located 5 fen lateral to this point.

**Features & Categories:** Intersection point of the Stomach Channel of foot Yang Ming and the Large Intestine Channel of hand Yang Ming on Du Mai. Regional Command point for resuscitation. First of the thirteen Ghost points - Gui Gong, Ghost Palace.

Note: This point is also called *Ren Zhong, Man's Centre*.

**Functions:** Returns consciousness; calms the Shen; dispels Wind pathogens; disperses Heat in the Interior and clears the senses; benefits the lumbar spine.

**Indications:** Mania and withdrawal; epilepsy; shock; infantile fright Wind; coma; stupor; clenched jaws; wryness or spasm of the eyes or mouth; facial edema; heat exhaustion; motion sickness; halitosis; nasal diseases; pain and stiffness of the lumbar spinal column.

**Supplementary Indications:** Wind strike with clenched jaws; loss of consciousness; trembling lips; fright Wind; convulsions; red, itchy, painful eye Wind; clear, runny nose; loss of smell; gripping pain in the heart and abdomen; Qi surging into the heart and chest; inability to stand erect; emaciation and thirst; edema; headache.

**LARRE & ROCHAT**

Shui is water, gou a kind of ditch. It is the image of the nasal labial groove. This groove is in between the nose and the mouth, between the two upper orifices which have a special relationship with du mai. The nose is for receiving the qi of heaven through the breath, the mouth for receiving the qi of earth coming from food. This groove is just between heaven and earth in the upper orifices, a place for the reception of qi and essences. In physiognomy we see this groove as the middle of all the orifices, because in this text, above there are the three yang orifices, the nose, eyes and ears, and below the three yin orifices, the mouth and the two lower orifices. But that is just one way of looking at the central position of this point between yin and yang, between heaven and earth, between qi and essences (jing). That is the reason why this point is also called ren zhong meaning the centre of the being.

It is also very close to the meeting with the ren mai as, especially in the Nei jing, the last points of du mai, Du-27 and 28, can sometimes belong to ren mai, it is not always clear. This is the area of the connection between the yin and the yang through the du mai and ren mai. There is also a relationship with the yang ming meridians, the stomach and large intestine. The stomach is of course also linked to the centre, the earth, and the meridian has a central position.

But perhaps this is a reference to the kind of exercise given in Daoist books in which to nourish the vital principle you have to close the mouth and touch the tongue against the palate to swallow the liquids and saliva arriving in the mouth. This allows them to irrigate and humidify the whole organism and to increase the power of all the zang and the fu, all the bone articulations, by the quality of the

essences which enrich themselves with the preservation and the swallowing of body fluids (jin ye) and saliva.

### **DEADMAN'S COMMENTARY**

The name of this point (Man's Middle) reflects the location of this point close to the junction of the Governing and Conception vessels, and between the nose and mouth. The Governing vessel which governs all the yang channels, and the nose which receives heavenly qi, both correspond to heaven (yang). The Conception vessel which governs all the yin channels, and the mouth which receives earthly sustenance, both correspond to earth (yin). According to Chinese cosmology 'man' lies between heaven and earth, and Renzhong DU-26 is considered to establish connection between the two.

When the harmonious interaction of yin and yang is lost and they begin to separate, there is loss of consciousness (death being the ultimate manifestation of this separation). Renzhong DU-26 (along with Neiguan P-6) was one of two points added by later commentators to Gao Wu's 'four command points' to make the 'six command points'. In this grouping of the most essential acupuncture points, Renzhong DU-26 was indicated for resuscitation, and it is the single most important acupuncture point to revive consciousness and re-establish yin-yang harmony. In any kind of fainting or loss of consciousness, including needle-shock, Renzhong DU-26 may be needled or strongly pressed (obliquely upwards towards the root of the nose). The Ode of the Golden Needle specifically recommends needling Renzhong DU- 26 and Zusanli ST-36 for dizziness following needling (needle shock).

The powerful effect of Renzhong DU-26 on restoring consciousness is mirrored in its equally strong effect on calming the mind. The Governing vessel both enters the brain and connects (via its anterior pathway) with the Heart. Renzhong DU-26 is an important point in the treatment of severe psycho-emotional disorders, and is indicated in classical texts for unexpected and inappropriate laughter and crying. The importance of Renzhong DU-26 in the treatment of mania disorder and epilepsy is reflected in its inclusion under its alternative name of Guigong (Ghost Palace) among the 'thirteen ghost points' of Sun Si-miao for the treatment of mania disorder and epilepsy. According to the Ode of Xi-hong "the ability of Renzhong DU-26 to treat mania disorder is supreme; the thirteen ghost points must not be overlooked".

Renzhong DU-26 is a meeting point of the Governing vessel with the hand and foot yangming (Large Intestine and Stomach) channels which dominate the face and nose. It is therefore indicated for various disorders of the nose, including blockage, discharge, bleeding and loss of sense of smell, as well as swelling of the face and wind disorders such as deviation of the face and mouth and lockjaw.

According to the Yellow Emperor's Inner Classic "When the disease is below select [points] from above". Renzhong DU-26, located close to the termination of the Governing vessel, is therefore an important point clinically in the treatment of sprain of the lumbar spine, traversed by the lower portion of the Governing vessel and close to its origin. It is normally selected when the pain is acute and on the midline, and needled whilst the patient stands and rotates and bends the waist.

**CLASSICAL COMBINATIONS**

- Loss of consciousness from windstroke: Renzhong DU-26, Zhongchong P-9 and Hegu LI-4; if this is ineffective, needle Yamen DU-15 and Dadun LIV-1 (Great Compendium).
- Loss of consciousness from summer heatstroke: Renzhong DU-26, Hegu LI-4, Neiting ST-44, Baihui DU-20, Zhongji REN-3 and Qihai REN-6 (Great Compendium).
- Tendency to excessive crying: Renzhong DU-26 and Baihui DU-20 (Great Compendium).
- Frequent laughter: Renzhong DU-26, Lieque LU-7, Yangxi LI-5 and Daling P-7 (Great Compendium).
- Madness: Renzhong DU-26 and Yinjiao DU-28 (Systematic Classic)
- Epilepsy: Renzhong DU-26 and Jianshi P-5 (Ode of Spiritual Brightness).
- Nasal discharge with inability to distinguish the fragrant from the foul: Renzhong DU-26 and Tianyou SJ-16 (Thousand Ducat formulas).
- Deficiency swelling of the face: Renzhong DU-26 and Qianding DU-21 (One Hundred Symptoms).
- Deviation of the mouth and eye: Renzhong DU-26, Jiache ST-6, Dicang ST-4, Chengjiang REN-24, Tinghui GB-2 and Hegu LI-4 (Illustrated Supplement).
- Lockjaw following windstroke: Renzhong DU-26, Jiache ST-6, Baihui DU-20, Chengjiang REN-24 and Hegu LI-4 (Great Compendium).
- Pain of the lumbar region and leg: Renzhong DU-26 and Weizhong BL-40 (Great Compendium).
- Pain of the lumbar region and lateral costal region due to sprain: Renzhong DU-26, Chize LU-5 and Weizhong BL-40 ... afterwards needle Kunlun BL-60, Shugu BL-65, Zhigou SJ-6 and Yanglingquan GB-34 (Great Compendium).

**CV-24 (*chéng jiāng*)**承 *chéng*: to receive; to support漿 *jiāng*: sauce, juice, rich fluid

承漿

*Sauce Receptacle*

**Location:** On the anterior midline of the face, on the mandible, in the depression at the centre of the mentolabial groove.

**Features & Categories:** Intersection point of the Stomach Channel of foot Yang Ming on Ren Mai; 8th of the 13 Ghost points - Gui Shi, Ghost Market.

Note: Ellis, Wiseman & Boss (1991, 1989) and O'Connor & Bensky (1981) both list REN-24 (Cheng Jiang) as an Intersection point of the Large Intestine Channel of hand Yang Ming and Du Mai (Governing Vessel) on Ren Mai, even though these Meridians do not overtly intersect at this point.

**Functions:** Eliminates Wind, disperses swelling and frees the Connecting Vessels; relieves pain and settles tetany; calms the Shen.

**Indications:** Wryness of the eyes and mouth; facial swelling or puffiness; facial paralysis; hemiplegia; trigeminal neuralgia; swelling of the gums; mouth ulcers; toothache; dribbling; mania and withdrawal; mental illness.

**Supplementary Indications:** Sudden loss of voice; emaciation and thirst; hemilateral Wind; facial edema; paralysis of the mouth.

**DEADMAN'S COMMENTARY**

Chengjiang REN-24 is a meeting point of the Conception vessel with the hand and foot yangming channels (Large Intestine and Stomach). Yangming channel dominates the facial region whilst Chengjiang REN-24 is located just inferior to the mouth. Its principal clinical application, therefore, is in the treatment of facial disorders, especially pain and numbness of the face and deviation of the mouth and eye (i.e. facial paralysis). Facial paralysis may be due either to exterior wind, which attacks and obstructs the channels of the face, or to interior wind which stirs upwards and leads to malnourishment of the channels. These two patterns correspond more or less exactly to peripheral and central nervous system facial paralysis in modern medicine. In the treatment of this disorder, Chengjiang REN-24 is usually joined by through-needling to points such as Dicang ST-4 or Jiache ST-6. The ability of Chengjiang REN-24 to extinguish wind, especially in the region of the face and jaw, extends to the treatment of hemiplegia, lockjaw and epilepsy.

As its name 'Contain Fluid' implies, Chengjiang REN-24 is able to affect the production of fluids in the mouth and is indicated for excessive production of watery saliva, dry mouth and wasting and thirsting disorder with great desire to drink.

Chengjiang REN-24 is a meeting point of the Conception and Governing vessels and lies directly opposite the neck which is traversed by the Governing vessel. A number of classics, for example the Ode of the Essentials of Understanding, recommend it for stiffness and pain of the nape of the neck.

As the terminal point of the Conception vessel, Chengjiang REN-24 is indicated for disorders of the lower portion of the channel such as dark urination, shan disorder in men and abdominal masses in women. Finally, Chengjiang REN-24 was included under its alternative name Guishi (Ghost Market) by Sun Si-miao among his 'thirteen ghost points' for the treatment of epilepsy and mania-depression.

**CLASSICAL COMBINATIONS**

- Deviation of the mouth and eye: Chengjiang REN-24, Hegu LI-4, Jiache ST-6, Dicang ST-4, Renzhong DU-26 and Tinghui GB-2 (Illustrated Supplement).
- Lockjaw following windstroke: reduce Chengjiang REN-24, Hegu LI-4, Jiache ST-6, Renzhong DU-26 and Baihui DU-20 (Great Compendium).
- Loss of voice: Chengjiang REN-24 and Fengfu DU-16 (Supplementing Life).
- Ceaseless nosebleed: Chengjiang REN-24 and Weizhong BL-40 (Systematic Classic).
- Wasting and thirsting disorder with great desire to drink: Chengjiang REN-24, Yishe BL-49, Rangu KID-2 and Guanchong SJ-1 (Thousand Ducat Formulas).
- Wasting and thirsting disorder: Chengjiang REN-24, Jinjin (M-HN-20), Yuye (M-HN-20), Renzhong DU-26, Lianquan REN-23, Quchi LI-11, Laogong P-8, Taichong LIV-3, Xingjian LIV-2, Shangqiu SP-5, Rangu KID-2 and Yinbai SP-1 (Great Compendium).
- Mouth ulcers: Chengjiang REN-24 and Laogong P-8 (Compilation).
- Stiffness and pain of the head and nape with difficult rotation: Chengjiang REN-24 and Fengfu DU-16 (Song of the Jade Dragon).

**LI-19 (*hé liáo*)**禾 *hé*: grain, rice, corn髎 *liáo*: bone-hole

禾 髎

***Grain Bone-Hole***

**Location:** On the face, 5 fen lateral to DU-26 (Shui Gou), on the upper lip. The point is located directly inferior to the lateral border of the nostril (nasal ala). DU-26 (Shui Gou) is located at the junction of the upper one third and lower two thirds of the philtrum. LI-19 (He Liao) and LI-20 (Ying Xiang) are located on the contralateral side of the body to the rest of the Large Intestine Meridian.

**Functions:** Spreads Lung Qi and clears Lung Heat; clears the nose and enlivens the Shen.

**Indications:** Nosebleed; nasal congestion or obstruction; rhinitis; facial paralysis; wryness of the mouth.

**Supplementary Indications:** Nasal sores and polyps; runny nose with clear phlegm; clenched jaws; lock jaw; ulceration of the nose.

**CLASSICAL COMBINATIONS**

- Nosebleed: Kouheliao LI-19 and Shangxing DU-23 (Miscellaneous Diseases).
- Incessant nosebleed: Kouheliao LI-19, Duiduan DU-27 and Laogong P-8 (Supplementing Life).
- Nasal congestion with inability to distinguish the fragrant from the foul: Kouheliao LI-19, Yingxiang LI-20, Shangxing DU-23 and Wuchu BL-5 (Great Compendium).

**LI-20 (*yíng xiāng*)**迎 *yíng*: to welcome, to receive香 *xiāng*: fragrance

迎 香

***Welcome Fragrance***

**Location:** On the face, in the nasolabial groove. The point is located at the level of the middle of the lateral border of the nasal ala. [This point is sometimes located between the nasolabial groove and the nasal ala]. LI-19 (He Liao) and LI-20 (Ying Xiang) are located on the contralateral side of the body to the rest of the Large Intestine Meridian.

**Features & Categories:** Intersection point of the Stomach Channel of foot Yang Ming on the Large Intestine Channel.

**Functions:** Unblocks the nose; disperses Wind; clears Fire.

**Indications:** Nasal congestion or obstruction; nosebleed; rhinitis; sinusitis; sneezing; wryness of the mouth; facial itching; facial swelling; trigeminal neuralgia; facial paralysis; diseases of the nasal cavity generally.

**Supplementary Indications:** Nasal polyps; heat and redness of the eye; runny nose; inability to distinguish odours; ascariasis.

**DEADMAN'S COMMENTARY**

As its name 'Welcome Fragrance' implies, Yingxiang LI-20 is the foremost local point for treating all disorders of the nose. As such it is the primary local point for treating the Chinese disease categories of 'bi yuan', 'bi qiu', nasal polyps and sores. Bi yuan (literally 'nose pool' but translated in this text as nasal congestion and discharge) more or less corresponds to sinusitis and encompasses

symptoms such as thin or thick nasal discharge and blocked and stuffy nose, commonly accompanied by pain and loss of sense of smell and taste. Bi qiu (translated in this text as rhinitis) also includes allergic rhinitis and encompasses such symptoms as sneezing, nasal discharge and itching.

Yangming channel governs the facial area, and Yingxiang LI-20, a meeting point of the Large Intestine and Stomach channels, is able to expel wind and heat from the face as a whole. It is particularly indicated for swelling and itching of the face, as well as for pain and swelling of the lip, heat and redness of the eyes and deviation of the mouth.

In recent years this point, needled to join with Sibai ST-2, has been much used to control the pain of biliary ascariasis. This disorder, which is endemic in China, is passed by eating contaminated raw vegetables fertilised by human 'night soil'. If the worms, which grow in the gall bladder, pass into the biliary duct, there is severe pain which is similar to that of cholelithiasis. The first step in treatment is to needle from Yingxiang LI-20 through to Sibai ST-2 with strong manipulation. This is usually effective to control the pain within one or two minutes. Additional points on the body are used to consolidate the effect, whilst herbal medicine is used subsequently to eliminate the worms.

### CLASSICAL COMBINATIONS

- Nasal congestion with inability to distinguish the fragrant from the foul: Yingxiang LI-20, Shangxing DU-23, Wuchu BL-5 and Kouheliao LI-19 (Great Compendium).
- Rhinitis with clear nasal discharge: Yingxiang LI-20, Hegu LI-4, Fengmen BL-12, Shenting DU-24, Zanzhu BL-2, Zhiyin BL-67 and Futonggu KID-20 (Thousand Ducat Formulas).
- Rhinitis with nose bleed: Yingxiang LI-20, Erjian LI-2 and Fengfu DU-16 (Great Compendium).
- Itching and swelling of the face: Yingxiang LI-20 and Hegu LI-4 (Ode of Xi-hong).

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## ST-25 (*tiān shū*)

天 *tiān*: celestial, of the heavens; sky; Nature; heaven  
 樞 *shū*: pivot, axis

天 樞

*Celestial Pivot*

**Location:** On the middle abdomen 2 cun lateral to Ren Mai point REN-8 (Shen Que), level with the centre of the umbilicus. ST-25 (Tian Shu) is located 1.5 cun lateral to KID-16 (Huang Shu). The proportional distance between ST-25 (Tian Shu) and ST-30 (Qi Chong) is 5 cun.

**Features & Categories:** front Alarm-Mu, Collecting point of the Large Intestine Channel.

**Functions:** Facilitates and regulates the Large Intestine; supports Earth and transforms Damp; regulates Qi and eliminates Stagnation; clears Heat; relieves food retention.

**Indications:** Abdominal pain; vomiting; diarrhoea; dysentery; thirst; constipation; borborygmi; abdominal distension; acute and chronic gastritis or enteritis; heat sensation in the epigastrium; peritonitis; appendicitis; edema; irregular menstruation; endometritis; lumbar pain; mental irritation; anxiety; mania; schizophrenia.

**Supplementary Indications:** Dysuria; infertility; severe Heat with raving; umbilical swelling with localized pain sometimes surging up to the heart; lower abdominal pain; abdominal obstruction; abdominal masses; retching; facial swelling; untransformed digestate; generalized swelling; uterine

pain; dysmenorrhoea; urination retention; urinary incontinence; cholera; chronic diarrhea; frequent defecation; round worm in the intestinal tract.

### **DEADMAN'S COMMENTARY**

The close relationship between the Stomach and Intestines is emphasised in the Spiritual Pivot which states "the Small and Large Intestines both pertain to the Stomach". Furthermore, the Stomach is interiorly-exteriorly coupled with the Spleen which dominates transportation and transformation and plays an important role in regulating the intestines. Tianshu ST-25 is the front-mu point of the Large Intestine, located on the Stomach channel, and is thus the point where the qi of the Large Intestine gathers and concentrates on the anterior surface of the body.

Tianshu ST-25, located on either side of the umbilicus, was said by the Ode to Elucidate Mysteries to dominate the middle region', and its name 'Heaven's Pivot' or 'Celestial Pivot' refers to its central position between the upper and lower abdomen, the Stomach and the Intestines. The Essential Questions states "[The area] above the celestial pivot is ruled by celestial qi; [the area] below the celestial pivot is ruled by the earthly qi. The place where these qi intersect is the origin of man's qi and the ten thousand things".

The two principal actions of Tianshu ST-25 are:

- i. treating intestinal disorders, and
- ii. regulating qi and eliminating stasis in the lower abdomen.

Tianshu ST-25 is the single most important point for the treatment of the widest variety of intestinal disorders. Due to its ability to regulate the Spleen and transform dampness, its forte is in the treatment of diarrhoea; indeed the Ode of the Jade Dragon states "The pattern of Spleen diarrhoea, look no further, needle bilateral Tianshu ST-25". Diarrhoea and dysenteric disorder may be acute and due to accumulation of cold-damp, damp-heat or fire-poison, or may be chronic and due to deficiency of the Spleen and Kidneys or disharmony of the Liver and Spleen. Whatever the aetiology, Tianshu ST-25 should form a pivotal role in the prescription, in combination with other suitable points selected according to differentiation. In modern practice Tianshu ST-25 is much used in the treatment of bacillary dysentery and acute simple appendicitis in combination with such points as Shangjuxu ST-37 and Quchi LI-11. Although an important local point in the treatment of constipation, many authorities consider the more lateral Daheng SP-15 to be more effective.

The damp draining action of Tianshu ST-25 is further evidenced by its indications for oedema, swelling of the face, drum distention and turbid painful urinary dysfunction.

Because of its central position between the upper and lower abdomen, the effect of Tianshu ST-25 extends upwards to the Stomach. It is indicated for vomiting, retching and sudden turmoil disorder in which vomiting is accompanied by diarrhoea. Various classics also emphasise the ability of Tianshu ST-25 to tonify deficiency, the Investigation Into Points Along The Channels recommending it for 'lower yuan (origin) deficient and cold' and the Ode to Elucidate Mysteries for 'deficiency damage'.

Tianshu ST-25 also has an important action on regulating qi and eliminating stagnation in the lower abdomen. It is indicated for a wide range of problems including distention and pain of the abdomen, intestinal abscess, shan disorder, severe cutting periumbilical pain etc., as well as the treatment of menstrual disorders and abdominal or uterine masses due to stasis of either qi or blood.

**CLASSICAL COMBINATIONS**

- Ceaseless diarrhoea: Tianshu ST-25, Zhongwan REN-12 and Zhongji REN-3 (Great Compendium).
- Undigested food (in the stool), no pleasure in eating, periumbilical pain: Tianshu ST-25, Neiting ST-44 and Lidui ST-45 (Supplementing Life).
- Red (bloody) dysenteric disorder: Tianshu ST-25, Neiting ST-44, Yinbai SP-1, Qihai REN-6, Zhaohai KID-6 and Neiguan P-6 (Great Compendium).
- Vomiting and sudden turmoil disorder: Tianshu ST-25 and Zhigou SJ-6 (Supplementing Life).
- Irregular menstruation: Tianshu ST-25 and Shuiquan KID-5 (One Hundred Symptoms).
- Umbilical shan disorder: Tianshu ST-25, Shenque REN-8 and Shimen REN-5 (Supplementing Life).
- Hypogastric shan disorder: Tianshu ST-25, Shimen REN-5, Qihai REN-6 and Shenque REN-8 (Thousand Ducat Formulas).
- Facial swelling: Tianshu ST-25, Fenglong ST-40, Chongyang ST-42, Xiangu ST-43 and Lidui ST-45 (Thousand Ducat Formulas).

**BL-25 (*dà cháng shū*)**大 *dà*: large腸 *cháng*: intestine俞 *shū*: acupuncture point**大腸俞***Large Intestine Shu*

**Location:** On the posterior trunk in the lumbar region. The point is located 1.5 cun lateral to the depression immediately inferior to the spinous process of the 4th lumbar vertebra. This is 1.5 cun lateral to DU-3 (Yao Yang Guan). It is approximately level with the superior border of the iliac crest.

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

**Functions:** Frees and regulates the Large Intestine, Small intestine and Stomach; rectifies Qi and transforms Stagnation; benefits the lower back and knees; removes obstructions from the Channel; relieves fullness and swelling.

**Indications:** Abdominal pain, fullness or distension; rumbling intestines; borborygmi; enteritis; diarrhea; dysentery; constipation; acute or chronic lumbar pain; low back pain or sprain; pain in the sacro-iliac joint; sciatica; muscular atrophy, pain, numbness or motor impairment of the lower limbs; chronic disorders of the Large Intestine.

**Supplementary Indications:** Rumbling intestines and abdominal distension; intestinal Bi diarrhea; difficult ingestion; 'cutting' pain in the umbilical region; emaciation despite large food intake; urinary retention; constipation; gripping pain in the lower abdomen; difficult or painful defecation or urination.

**DEADMAN'S COMMENTARY**

Dachangshu BL-25 is the back-shu point of the Large Intestine, where the qi of the Large Intestine emanates from the interior to the body surface. It is an important point to regulate the function of the Large Intestine fu, and its application is very broad.

When the Spleen is deficient or suffers from dampness, there may be loose stools, diarrhoea, undigested food in the stool, blood in the stools, borborygmus and inability to gain weight despite eating copiously. In combination with points that tonify the Spleen and Stomach, Dachangshu BL-25

is an important point to firm and tonify the intestines. When there is stagnation (of qi, blood, damp-heat, toxic heat etc.) in the intestinal region, there will be distention, pain, cutting pain, fullness, constipation, intestinal abscess etc. In combination with other suitable points, Dachangshu BL-25 is able to regulate qi and dissipate stagnation. When the central qi is deficient, or when damp-heat sinks downwards, there may be prolapse of the rectum. Dachangshu BL-25 is a valuable adjacent point used in the treatment of this disorder, in combination with points such as Baihui DU-20 and Chengqiang DU-1, as well as points which treat the underlying disharmony.

Finally Dachangshu BL-25 is an important local point in the treatment of lumbar pain, and like many points of the lower lumbar region is also indicated for painful obstruction and atrophy disorder of the lower limbs.

#### **CLASSICAL COMBINATIONS**

- Cold or damp (dong) diarrhoea with undigested food: Dachangshu BL-25 and Shenshu BL- 23 (Supplementing Life).
- Undigested food (in the stool): Dachangshu BL-25, Liangmen ST-21, Zusanli ST-36, Sanyinjiao SP-6, Xiawan REN-10, Sanjiaoshu BL-22 and Xuanshu DU-5 (Supplementing Life).
- Incontinence of faeces: Dachangshu BL-25 and Guanyuan REN-4 (Great Compendium).
- Borborygmus: Dachangshu BL-25, Taibai SP-3, Gongsun SP-4 and Sanjiaoshu BL-22 (Supplementing Life).
- Prolapse of the rectum: Dachangshu BL-25, Baihui DU-20, Changqiang DU-1, Jianjing GB-21, Hegu LI-4 and Qichong ST-30 (Compilation).
- Prolapse of the rectum in children: Dachangshu BL-25, Baihui DU-20 and Changqiang DU-1 (Great Compendium).
- Pain of intestinal abscess: Dachangshu BL-25, Xiangtu ST-43 and Taibai SP-3 (Great Compendium).
- Difficult ingestion with desire to drink fluids: Dachangshu BL-25 and Zhourong SP-20 (Thousand Ducat Formulas).