

# WATER ELEMENT: Kidneys Meridians & Points I

(from: Davis, 2000)

## Kidneys (Shen): Summary of Zang Functions

The Kidneys are the Yin Organ of the Water Element.

The Kidneys Orb plays a vast functional role in TCM. The broad and comprehensive nature of this role does not easily relate to the anatomical knowledge of kidney organ function in WMB, although part of its functions can be seen there.

### The Kidneys Store Jing

This means that the Kidneys rule birth, development, maturation, decline and death. Each person gains their specific individuality through Jing, so it is the source of an individual's character. The Yin and Yang of the Kidneys provide the foundation of the Yin and Yang of the entire body. Pre-Heavenly Jing is inherited from our parents. Post-Heavenly Jing derives from the refined product of food ingested (Kaptchuk, 1983).

"The Kidneys are the mansion of Fire and Water, the residence of Yin and Yang .... the channel of death and life." (Kaptchuk, 1983). "The Kidney area is the origin of the five Yin and five Yang organs, the root of the twelve Meridians .... and the origin of the three Burners" (Nan Jing, difficulty 8, p.17, Kaptchuk, 1983).

The Yin and Yang of the entire body derives from Jing, as does that of the Kidney itself, so it is a "primal organic material" (Kapchuk, 1983) which antecedes the coalescence of Yin and Yang which each of us personifies. But Jing also has an "undifferentiated, primordial character" (Kapchuk, 1983), so it may also be thought of as being Yin. The Kidneys store Jing.

The Yang of the Kidneys is called Ming Men, gate of vitality, or "life gate fire" (Kapchuk, 1983; Maciocia, 1989). It is the foundation of all the Yang of the body, and provides the necessary heat for bodily functions. Ming Men is sometimes thought to be located between the kidneys, and is sometimes associated with the Pericardium and San Jiao (Maciocia, 1989).

The Kidneys are referred to as the "Root of Life", because Jing is the source of reproduction, development and maturation (Kaptchuk, 1983). Conception is possible due to the power of Jing. Indeed all reproductive processes are associated with Jing in some way, and are consequently governed by the Kidneys.

### The Kidneys Rule Water (Su Wen chpt.1, p.6, Kaptchuk, 1983; Maciocia, 1989)

The Kidneys "are the foundation upon which the entire process of Water movement and transformation is built" (Kaptchuk, 1983). All circulation of Water in the body depends on the vaporizing power of the Kidneys, particularly Kidney Yang (Maciocia, 1989).

"In the Kidneys, the impure part (of Fluids) is further separated into relatively 'clean' and 'turbid' parts .... the final impure portion goes into the Bladder, where it is stored and subsequently excreted" (Kaptchuk, 1983).

**The Kidneys Rule the Bones and Produce Marrow** (Su Wen chpt.23, p.154, Kaptchuk, 1983; Maciocia, 1989). Both these functions reflect the activity of Jing. Development of teeth is included within this aspect of Jing. Bones, bone marrow, brain and spinal cord all derive from

Marrow. Thus the brain and spinal cord have a direct relationship with the Kidneys, and are referred to as the "Sea of Marrow" (Kaptchuk, 1983).

### **The Kidneys Open into the Ears, and Manifest in the Hair of the Head.**

Hearing problems are commonly associated with Kidney energy, as may also be premature hair loss.

### **The Kidneys Rule Grasping of Qi.**

The activity of breathing is administered by the Lungs but depends upon Kidney Qi. This allows the Qi in air (Na Qi) to be 'grasped' by the body and to penetrate deep within. This Qi is sent down to the Kidneys (Kaptchuk, 1983).

The Kidneys control the two lower orifices, anus and urethra. They are also directly involved in sexual function (Maciocia, 1989).

The Kidneys house the Will, and control Will Power and motivation (Kaptchuk, 1983)

## **Zu Shao Yin Shen Jing Kidney Channel of foot Shao Yin**

### **PRIMARY KIDNEY MERIDIAN**

The primary Kidney Channel of foot Shao Yin begins beneath the little toe. It crosses the sole of the foot obliquely and emerges from the medial arch of the foot at the instep, underneath the navicular tuberosity at KID-2 (Ran Gu). It travels posterior to the medial malleolus (KID-3, Tai Xi), continues into the heel (KID-5, Shui Quan), and encircles the ankle. From there it travels up the medial aspect of the leg where it intersects the Spleen Channel of foot Tai Yin at SP-6 (San Yin Jiao).

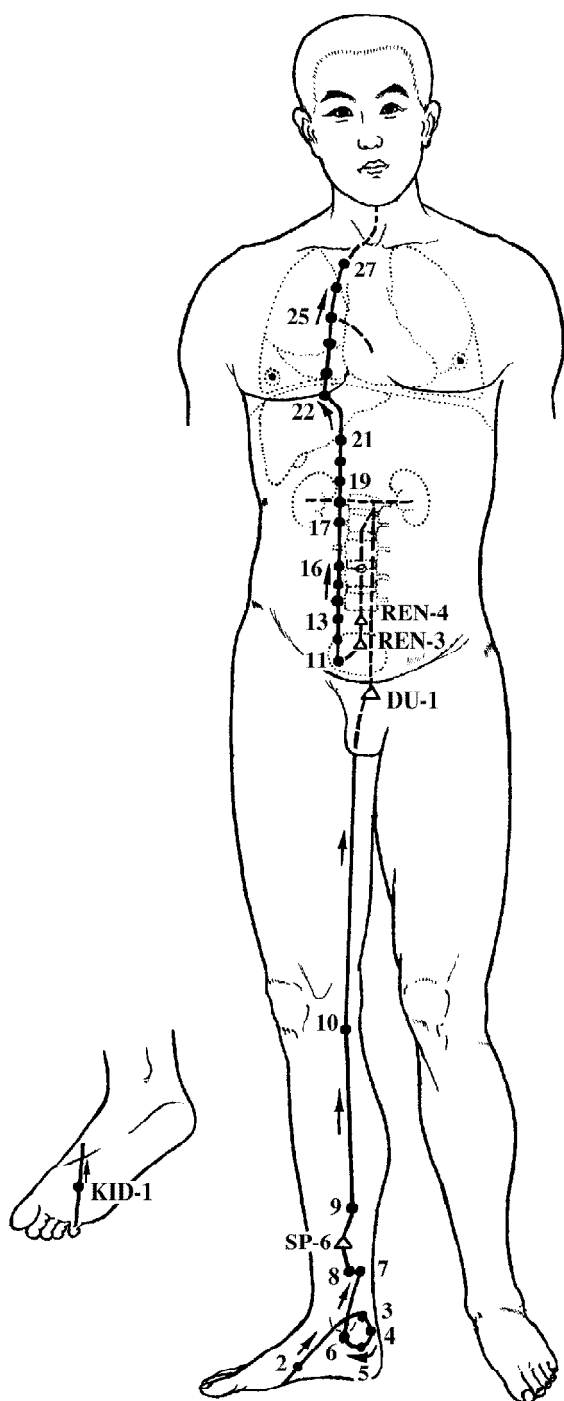
It travels up through (within) the gastrocnemius muscle, and ascends across the medial aspect of the popliteal fossa (KID-10, Yin Gu) and the posteromedial thigh to the base of the spine, where it meets Du Mai at DU-1 (Chang Qiang).

It continues up the interior of the spinal column and homes to its pertaining Organ, the Kidney, then turns downward and connects with the Bladder Organ, and intersects Ren Mai at REN-4 (Guan Yuan) and REN-3 (Zhong Ji). It then ascends the anterior aspect of the abdomen and chest.

A branch ascends directly from the Kidney Organ, goes to (through) the Liver Organ, crosses the diaphragm, enters the Lung Organ, and follows the throat (Internally) up to the root of the tongue. Another branch separates in the Lung Organ, connects to the Heart Organ, and disperses in the chest. It connects with the Pericardium Channel of hand Jue Yin.

There are 27 points on the Kidney Meridian, and 5 intersecting points on other Meridians.

This Meridian pertains to the Kidney Organ and connects with the Bladder Organ. It also connects directly with the Organs of Liver, Lungs, and Heart as well as other Organs.



## FLOW OF QI/ DISTRIBUTION OF POINTS:

**Lower Limb:** KID-1 (Yong Quan), KID-2 (Ran Gu), KID-3 (Tai Xi), KID-4 (Da Zhong), KID-5 (Shui Quan), KID-6 (Zhao Hai), KID-7 (Fu Liu), KID-8 (Jiao Xin), SP-6 (San Yin Jiao), KID-9 (Zhu Bin), KID-10 (Yin Gu)

**Lower Spine, Abdomen:** DU-1 (Chang Qiang), REN-4 (Guan Yuan), REN-3 (Zhong Ji), KID-11 (Heng gu), KID-12 (Da He), KID-13 (Qi Xue), KID-14 (Si Man), KID-15 (Zhong Zhu), KID-16 (Huang Shu), KID-17 (Shang Qu), KID-18 (Shi Guan), KID-19 (Yin Du), KID-20 (Tong Gu), KID-21 (You Men)

**Chest:** KID-22 (Bu Lang), KID-23 (Shen Feng), KID-24 (Ling Xu), KID-25 (Shen Cang), [REN-17 (Dan Zhong)], KID-26 (Yu Zhong), KID-27 (Shu Fu).

## MERIDIANS INTERSECTED BY THE KIDNEY CHANNEL:

Spleen Channel of foot Tai Yin: SP-6 (San Yin Jiao).

Du Mai (Governing Vessel): DU-1 (Chang Qiang).

Ren Mai (Conception Vessel): REN-4 (Guan Yuan), REN-3 (Zhong Ji), [REN-17 (Dan Zhong)].

**Primary Kidney Meridian**

(modified from Shandong, 1982, p.37)

## MERIDIANS INTERSECTING ON THE KIDNEY CHANNEL:

Chong Mai (Penetrating Vessel): KID-11 (Heng gu), KID-12 (Da He), KID-13 (Qi Xue), KID-14 (Si Man), KID-15 (Zhong Zhu), KID-16 (Huang Shu), KID-17 (Shang Qu), KID-18 (Shi Guan), KID-19 (Yin Du), KID-20 (Tong Gu), KID-21 (You Men)

Yin Qiao Mai (Yin heel/motility Vessel): KID-2 (Ran Gu), KID-6 (Zhao Hai), KID-8 (Jiao Xin)

Yin Wei Mai (Yin linking Vessel): KID-9 (Zhu Bin)

## KIDNEY SPECIAL POINTS/ COMMAND POINTS:

KID-1 (Yong Quan):	Wood, Well-Jing.
KID-2 (Ran Gu):	Fire, Spring, Gushing-Ying.
KID-3 (Tai Xi):	i) Earth, Stream, Transporting-Shu. ii) Yuan-Source.
KID-4 (Da Zhong):	Luo-Connecting
KID-5 (Shui Quan):	Xi-Cleft, Accumulation.
KID-6 (Zhao Hai):	Master point, Yin Qiao Mai (Yin heel/motility Vessel); Coupling point, Ren Mai (Conception Vessel).
KID-7 (Fu Liu):	Metal, River, Traversing-Jing.
KID-8 (Jiao Xin):	Xi-Cleft, Accumulation point of Yin Qiao Mai (Yin heel/motility Vessel)
KID-9 (Zhu Bin):	Xi-Cleft, Accumulation point of Yin Wei Mai (Yin linking Vessel)
KID-10 (Yin Gu):	Water, Sea, Uniting-He. Horary point.
GB-25 (Jing Men):	front Alarm-Mu, Collecting point.
BL-23 (Shen Shu):	back Associated-Shu, Transporting point.

## KIDNEY PRIMARY MERIDIAN SIGNS/SYMPTOMS:

Low back pain, lumbar pain, coldness of the lower limbs or feet, atony or weakness of the lower limbs or feet, thirst or dry mouth, sore throat, pain in the lateral gluteal region and posterior thigh, possibly pain in the soles of the feet.

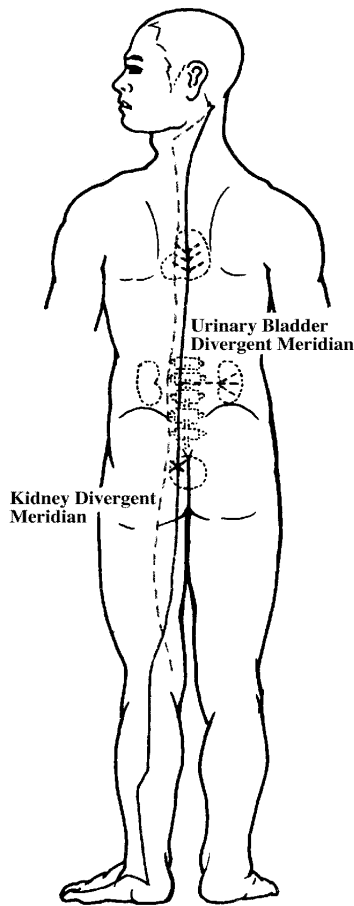
## KIDNEY ORGAN SIGNS/SYMPTOMS:

Dizziness, facial oedema, blurred vision, ashen complexion, shortness of breath or short rapid (coarse) breathing, somnolence or restlessness and irritability, chronic diarrhoea or constipation, watery stool or dry stool evacuated with difficulty, abdominal distension, nausea and vomiting, impotence.

**KIDNEY DIVERGENT MERIDIAN**

The Kidney Divergent Meridian separates from the primary Kidney Channel in the popliteal fossa, near KID-10, Yin Gu. It then unites with the Divergent Meridian of the Urinary Bladder Channel of foot Tai Yang, near BL-40, Wei Zhong.

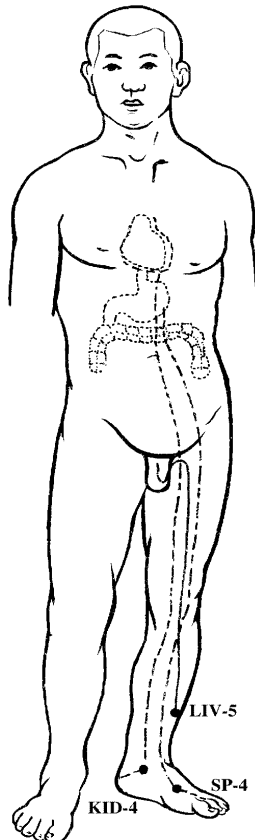
It then rises to the Kidney Organ, and at the level of the 2nd lumbar vertebra, homes to Dai Mai. This Divergent Meridian then rises and connects to the root of the tongue. From there it travels around to the nape of the neck where it unites with the Urinary Bladder Channel of foot Tai Yang, near BL-10, Tian Zhu.



**Water Divergent Meridians**

(from Cheng 1987, p. 84)

**KIDNEY LUO (CONNECTING) MERIDIAN**



The Kidney Luo Meridian separates from the primary Kidney Channel at KID-4 (Da Zhong) behind the medial malleolus, crosses the heel, then connects to the Urinary Bladder Channel of foot Tai Yang. A branch follows the primary Kidney Channel to the region below the Pericardium. From there it descends and connects with the lumbar vertebrae.

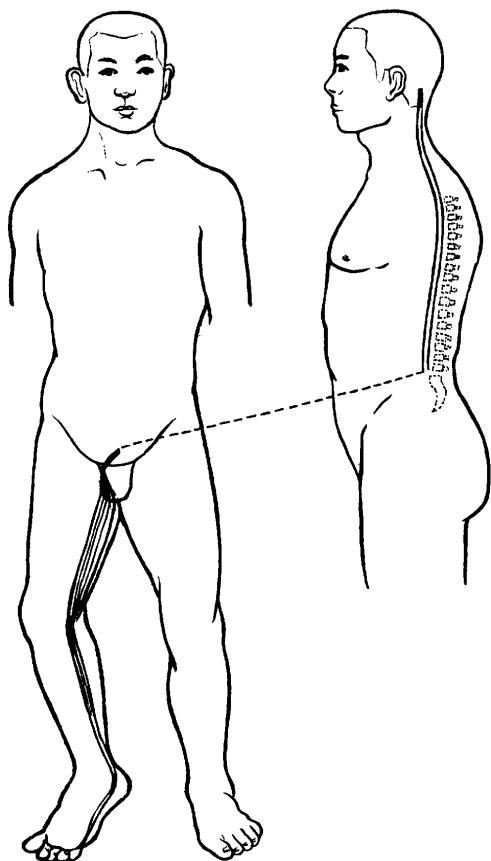
**Signs/ Symptoms:**

- Qi Counterflow: vexation oppression, irritability, depression
- Shi: blockage of stool and urine, enuresis, constipation
- Xu: low back pain, sore loins

**Yin Luo Meridians, Lower Limb**

(modified from Cheng 1987, p. 93)

## KIDNEY MUSCLE-TENDINO (SINEW) MERIDIAN



The Kidney Muscle-Tendino Meridian (MTM) commences beneath the little toe and enters the plantar surface of the foot. It runs together with the MTM of the Spleen Channel of foot Tai Yin, travels below the medial malleolus and binds at the heel. There the Kidney MTM converges with the Muscle-Tendino Meridian of the Urinary Bladder Channel of foot Tai Yang, travels up the leg, and binds at the inferior medial aspect of the knee. It joins the MTM of the Spleen Channel of foot Tai Yin, rises up the medial aspect of the thigh, and binds in the genital region.

A branch of the Kidney MTM ascends beside the spine to the nape of the neck. It binds to the occipital bone and unites with the MTM of the Urinary Bladder Channel of foot Tai Yang.

### Kidney Muscle-Tendino Meridian

(from Cheng 1987, p.103)

### Signs/ Symptoms:

Muscle spasms or cramping on the plantar surface of the foot, pain or muscle spasms along the course of the Sinew. Other symptoms may appear along the course of the Channel, especially those associated with epilepsy, infantile convulsions.

In Exterior conditions it may be difficult to flex the head. In Interior conditions the head cannot be extended. In Yang disorders - sinews on the back are tense - the back cannot be flexed (bent forward), and in Yin disorders - sinews on the front are tense - the back cannot be extended (bent back).

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### DEADMAN'S MERIDIAN COMMENTARY

The Kidney channel of foot shaoyin is interiorly-exteriorly coupled with the Bladder channel, and paired with the Heart channel of hand shaoyin according to six channel theory. The Kidney-Bladder relationship is further strengthened by the fact that:

- the interior pathway of the Kidney primary channel connects with the Bladder fu. the Kidney luo-connecting channel connects with the Bladder channel.
- the Kidney divergent channel intersects the Bladder channel on the thigh.

In addition, it is important to note that:

- the Kidney primary channel intersects the Conception vessel at Zhongji REN-3 and Guanyuan REN-4.
- the Kidney primary channel ascends through the Liver, diaphragm, Lung and Heart.

- the Kidney primary channel ascends through the throat.
- the Kidney primary and divergent channels ascend to the root of the tongue.
- the Kidney primary, luo-connecting and sinew channels spread into the spine.
- the Kidney sinew channel, but not the Kidney primary channel, ascends to the genitals.

The Kidneys have five principal functions:

- i. storing essence and dominating reproduction, growth and development.
- ii. producing marrow, filling up the brain, dominating bones and assisting in the production of blood.
- iii. dominating water.
- iv. controlling the reception of qi.
- v. opening into the ears and dominating the two lower yin (the anus and urethra).

In addition, the Kidneys:

- are the lowest zang.
- are the root of the original yin and yang of the body.
- conserve and control the ming-men fire.
- house the will.
- are the foundation of the Conception and Penetrating vessels which originate in the uterus, whilst according to the Essential Questions "the vessel of the uterus connects with the Kidneys".

It is by virtue of these functions and relationships, as well as the channel pathways discussed above, that many of the actions and indications of the points of the Kidney channel can be explained.

These can be summarised as:

- rooting pathologically ascending heat, qi, yang and wind. The Kidneys are the bottom-most zang and the root of the yin in the body. When yin is deficient, deficiency heat, or uprising yang or interior wind may ascend to the throat, ears, eyes and head. Points of the Kidney channel are frequently used clinically both to nourish yin (e.g. Taixi KID-3) and to strongly descend pathogens from the head (e.g. Yongquan KID-1).
- nourishing yin and clearing deficiency heat in the treatment of night sweating, wasting and thirsting disorder etc.
- nourishing Liver yin to counteract uprising of Liver yang in the treatment of headache, dizziness etc.
- nourishing Kidney water to balance excessive Heart fire, and harmonising the will and the spirit in the treatment of restlessness, insomnia, poor memory, palpitations, epilepsy, mania, susceptibility to fright, etc.
- rooting the qi and harmonising the relationship between the Kidneys and Lung in the treatment of cough, coughing of blood, dyspnoea, asthma, wheezing etc.
- tonifying Kidney yang to strengthen the Kidney function of dominating water in the treatment of oedema and deficiency type urinary disorders.
- tonifying Kidney yang to strengthen the libido in the treatment of impotence, seminal emission etc.
- tonifying Kidney yang to warm the lower body, legs and feet.
- benefiting the throat, especially in the treatment of sore and dry throat or loss of voice due to yin deficiency.
- strengthening the lumbar spine and benefiting the teeth.

- benefiting the ears in the treatment of tinnitus and deafness.
- regulating the Conception and Penetrating vessels and treating diseases of the uterus such as infertility, disordered menstruation, uterine prolapse, postpartum disorders etc.
- draining damp-heat from the lower jiao and regulating the function of the Bladder and intestines in the treatment of difficult urination, retention of urine, painful urinary dysfunction, dark urine, diarrhoea, dysenteric disorder, swelling, itching and pain of the genitals, shan disorder, hypogastric pain etc.
- nourishing Kidney yin in the treatment of constipation due to dryness.

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## POINTS OF THE KIDNEY ZANG

### KI-1 (*yǒng quán*)

湧 *yǒng*: to gush, well up, surge

泉 *quán*: a spring; ancient term for coin *Gushing Spring*

湧泉

**Location:** On the plantar surface of the foot, in the depression at the junction of the anterior one third and posterior two thirds of the sole. The point is located between the 2nd and 3rd metatarsals, proximal to the heads of these bones. The location should be confirmed with palpation.

**Features & Categories:** Wood, Well-Jing point of the Kidney Channel; one of the nine needles for returning Yang.

**Functions:** Clears Kidney Heat; tonifies Yin; rectifies Yin Fire (Empty Heat); subdues Wind; calms the Shen; recovers consciousness; opens the sensory orifices.

**Indications:** Vertex headache; dizziness; blurred vision; sore throat; dry tongue; loss of voice; dysuria; urinary retention; difficult defecation; diarrhoea; colic; infantile convulsions; heat in the soles of the feet; fainting; shock; heat exhaustion; insomnia; stroke; hypertension; epilepsy; seizures; psychosis; hysteria; mental illness; paralysis of the lower limbs.

**Supplementary Indications:** Dark complexion; susceptibility to fear or fright; poor memory; irascibility; throat Bi; swelling of the pharynx; dry tongue; nosebleed; cough and spitting of blood; oedema; hernia; impotence; heat in the palms and soles; pain in (tips of) the toes; lumbar pain; vexation; no pleasure in eating; cough and shortness of breath; cold stretching from the sole of the foot to the knee; backache; female infertility; madness; swelling of the feet; gynaecological disorders; Wind papules in the skin.

### DEADMAN'S COMMENTARY

Yongquan KID-1, the only channel point on the sole of the foot and therefore the lowest point on the body, is the wood point of the Kidney water channel. According to the Classic of Difficulties "in cases of deficiency reinforce the mother, in cases of excess reduce the child". As the 'child' point of the Kidney channel, Yongquan KID-1 therefore has a powerful effect on reducing excess above by 'returning the unrooted back to its source', reflected both in the statement in the Ode to Elucidate Mysteries that "Yongquan KID-1 echoes the earth", and in alternative names for this point such as 'Earth Surge' (Dichong) and 'Earth Thoroughfare' (Dichong).

When the Kidneys are deficient below, pathologically ascending qi, yang, deficiency heat or wind may rush upwards to harass the head. The powerful effect of Yongquan KID-1 on descending and

clearing such excess is recorded in a story about the famous 2nd century physician Hua Tuo who treated General Wei Tai-cu (the posthumously consecrated emperor of the Wei dynasty) for 'head wind, confused mind and visual dizziness'. Following the principle of selecting points below to treat disorders above, Hua Tuo needled Yongquan KID-1 and "the general was immediately cured".

In clinical practice, Yongquan KID-1 is principally used to treat:

- i. uprising of Liver yang, Liver fire or Liver wind,
- ii. disharmony of the Heart and Kidneys, and
- iii. disorders of the throat.

The Kidneys are the root of the yin of all the zangfu. This has especial relevance to the Liver, Heart and Lung, all of which are reached by the Kidney channel. According to a saying of Chinese medicine "the Kidneys and the Liver share the same origin". Kidney water is the mother of Liver wood, and the Kidney yin is the origin and source of Liver yin. When Kidney water fails to nourish Liver wood, the fierce and unrestrained yang of the Liver rushes up to the head giving rise to such symptoms as headache at the vertex, dizziness, visual dizziness, cloudy vision, hypertension and nosebleed. If excess Liver yang generates wind there may be windstroke or epilepsy. Yongquan KID-1 is able both to regulate the Kidneys, the root of these symptoms, and to treat the manifestations by strongly descending the pathological excess.

The Kidneys belong to water and the Heart to fire, and the Kidneys and Heart are said to 'mutually support' each other, the Kidney yin nourishing and moistening Heart yin and restraining Heart fire, and Heart yang descending to warm the Kidneys. Harmony between the Kidneys and Heart is one of the prerequisites for a stable and peaceful spirit. When Kidney yin is deficient and deficiency fire of the Heart blazes, or when the connection is broken and the Kidneys and Heart do not communicate, the spirit becomes agitated, leading to a wide variety of emotional disorders ranging from the relatively mild, (agitation, insomnia, poor memory, propensity to fear) to the severe (madness, rage with desire to kill people). It is recommended (and widely applied in China) for patients suffering from insomnia to massage bilateral Yongquan KID-1 before bedtime, or to steep the feet in a bowl of hot water to draw down the excess yang.

The ability of Yongquan KID-1 to restrain uprising of deficiency heat and Liver yang, and to pacify the spirit, renders it especially suitable to treat menopausal disorder characterised by hot flushes, night sweating, insomnia, agitation, anxiety and headache.

The Kidney channel ascends to the throat and the root of the tongue. When fierce heat from Kidney deficiency rises along the Kidney channel, it scorches the fluids and gives rise to swelling and congestion of the throat, throat pain with inability to swallow and dry tongue. Because of its ability to reduce heat and fire in the throat region, Yongquan KID-1 may also be used in swelling and pain of the throat due to other aetiologies. According to the Spiritual Pivots the Kidney channel terminates at Lianquan REN-23, an important point in the treatment of disorders of the tongue, and Yongquan KID-1 is also indicated for loss of voice, whether due to exterior pathogens or to windstroke.

Yongquan KID-1 is secondarily used for:

- i. disorders of the Lung,

- ii. running piglet qi,
- iii. loss of consciousness, and
- iv. disorders of the two lower yin.

According to a saying of Chinese medicine "The Lung is the canopy and the Kidneys are the root". As the uppermost zang, the Lung receives via respiration the clear qi of heaven (qing qi) in the same way that the canopy of a forest receives the light and air essential for life. Through the grasping and holding function of the Kidneys, the qi is drawn down via inhalation to the root below. If the Kidneys are deficient and fail to grasp the qi, there may be dyspnoea and coughing, both indications for this point.

Running piglet qi primarily arises when stagnant Liver qi transforms to heat, or when Kidney yang deficiency leads to accumulation of cold in the lower jiao. In both cases, qi is violently discharged and rushes upwards along the Penetrating vessel. The action of Yongquan KID-1 in harmonising the Kidneys and Liver and redirecting pathologically ascending qi downwards is reflected in its use in the treatment of this disorder.

Yongquan KID-1 is the jing-well point of the Kidney channel, and like many of the other jing-well points has a powerful action on opening the portals and reviving collapse, whether in windstroke or loss of consciousness. It 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.

The Kidneys rule the two lower yin, the anus and urethra. Yongquan KID-1 may be used in the treatment of constipation, especially when due to yin deficiency and consequent dryness, as well as for difficult urination.

Yongquan KID-1 is an important point in qigong practice. Directing the mind to Yongquan KID-1, or inhaling and exhaling through this point, roots and descends the qi in the lower dantian (cinnabar field) and helps the body absorb the yin energy of the earth. In common with its application in acupuncture, this practice is particularly recommended whenever excessive yang rebels upwards to the Heart, Lung or head.

Finally, Yongquan KID-1 has been the subject of many modern studies into the application of herbal plasters to acupuncture points. A variety of herbal substances are ground, made into a paste and applied to this point for disorders such as mouth ulcers and hypertension.

#### **CLASSICAL COMBINATIONS**

- Headache and visual dizziness: Yongquan KID-1, Sibai ST-2 and Dazhu BL-11 (Supplementing Life).
- Visual dizziness: Yongquan KID-1, Shenting DU-24, Shangxing DU-23, Yixi BL-45, Yuji LU-10 and Dadu SP-2 (Supplementing Life).
- The five types of epilepsy: Yongquan KID-1 and Laogong P-8 (Song of Points).
- Wind epilepsy: Yongquan KID-1 and Jizhong DU-6 (Supplementing Life).
- Wind epilepsy: Yongquan KID-1, Shenting DU-24 and Suliao DU-25 (Great Compendium).
- Dementia: Yongquan KID-1, Shenmen HE-7, Shaoshang LU-11 and Xinshu BL-15 (Great Compendium).

- Pain of the throat with inability to eat: Yongquan KID-1 and Dazhong KID-4 (Thousand Ducat Formulas).
- Throat painful obstruction with chills and fever: Yongquan KID-1 and Rangu KID-2 (Thousand Ducat Formulas).
- Loss of voice: Yongquan KID-1, Hegu L.I.-4 and Yangjiao GB-35 (Systematic Classic).
- Severe thirst of wasting and thirsting disorder: Yongquan KID-1 and Xingjian LIV-2 (One Hundred Patterns).
- Infertility: Yongquan KID-1, Ciliao BL-32 and Shangqiu SP-5 (Supplementing Life).
- Pain of the five toes with inability to tread on the ground: Yongquan KID-1 and Rangu KID-2 (Supplementing Life).
- Injury by cold with great heat that does not recede: reduce Yongquan KID-1, Hegu L.I.-4, Quchi L.I.-11, Xuanzhong GB-39, Zusanli ST-36 and Dazhui DU-14 (Great Compendium).
- Wind rash: Yongquan KID-1 and Huantiao GB-30 (Supplementing Life).
- Stiffness and pain of the lumbar region: Yongquan KID-1, Yaoshu DU-2, Weizhong BL-40, Xiaochangshu BL-27 and Pangguangshu BL-28 (Great Compendium).
- Menopausal hot flushes: Yongquan KID-1, Taichong LIV-3, Yinxi HE-6 and Guanyuan REN-4.

## KI-2 (*rán gǔ*)

然 *rán*: so, however; suddenly; same as 燃, *rán*, burn  
 谷 *gǔ*: valley

# 然谷

*Blazing Valley*

**Location:** On the medial aspect of the foot at the instep. The point is located in the depression immediately inferior to the tuberosity of the navicular bone, at the junction of the red and white skin.

**Features & Categories:** Fire, Spring, Gushing-Ying point of the Kidney Channel; Intersection point of Yin Qiao Mai (Yin heel/motility Vessel) on the Kidney Channel.

**Functions:** Resolves Kidney Heat; clears Empty Heat; cools the Blood; enhances the lower Jiao; invigorates Yin Qiao Mai.

**Indications:** Genital itch; cystitis; prolapse of the uterus; irregular menstruation; seminal emission; coughing of blood; pharyngitis; diarrhea; painful swelling of the dorsum of the foot; malar flush; mental restlessness; infantile convulsions.

**Supplementary Indications:** Throat Bi and swelling of the pharynx; spitting of blood; impotence; seminal emission and turbid white urethral discharge; malaria; diarrhea; urinary stoppage; thirst and emaciation; diabetes; jaundice; spontaneous and night sweating; swelling of the dorsum of the foot that prevents walking; Cold hernia with lower abdominal distension; infertility; pain in the lower leg that prevents standing for long periods; no pleasure in eating; vexation Heat diseases; cold feet; heat in one foot and cold in the other; protracted tongue; vexation and fullness; tetanus.

### DEADMAN'S COMMENTARY

Rangu KID-2 'Blazing Valley' is the ying-spring and fire point of the Kidney channel. According to the Classic of Difficulties ying-spring points are indicated for "heat in the body", and in the case of most ying-spring points the emphasis is on clearing excess heat and fire. The Kidneys are unique, however, in that they do not suffer from excess patterns, since the Kidneys store true yin and true

yang which can never be in a state of real excess. Rangu KID-2, therefore, is the principal Kidney channel point to clear heat deriving from Kidney yin deficiency.

The Kidneys are the root of the yin and yang of the body. Kidney yin has the functions of nourishing and moistening as well as balancing and restraining the ming men fire. When Kidney yin is deficient, its nourishing and moistening functions will be impaired and additionally the ming men fire may blaze out of control. The forte of Rangu KID-2, as its name implies, is to clear this deficiency heat, rather than nourish the Kidney yin. It is indicated when such heat:

- i. ascends along the Kidney channel to the throat giving rise to throat painful obstruction, dry throat with insufficient saliva and inability to speak,
- ii. floats to the exterior at night giving rise to night sweating, and
- iii. disrupts the Lung giving rise to dyspnoea and coughing of blood. Heat from yin deficiency may also manifest as wasting and thirsting disorder and hot and restless feet.

Rangu KID-2 has a particular action on the lower jiao. Deficiency of yin and consequent heat may give rise to genital itching. When Kidney yin fails to nourish the Conception and Penetrating vessels there may be irregular menstruation and infertility in women. When deficiency heat agitates the gate of essence in men there may be seminal emission or nocturnal emissions, with or without dreams. In both men and women there may also be excessive sexual desire. If the Kidney qi is deficient, there may be uterine prolapse.

According to the Complete Works of Jing-yue "Yin and yang are of the same origin ... fire is the ruler of water, water is the source of fire ...". Neither deficiency of Kidney yin nor Kidney yang exist in isolation, and this is reflected in the fact that Rangu KID-2 also clearly has an action on tonifying Kidney yang. This is partly illustrated by the traditional indications, but is reflected most clearly in a variety of classical combinations (see below). Rangu KID-2 therefore may also be treated by moxibustion in cases of spontaneous sweating, coldness of the feet and legs, cold diarrhoea, oedema and impotence.

Finally, the emotion associated with the Kidneys is fear, and when the Kidneys are deficient there may be propensity to fear and fright and a constant feeling of alarm as though one were "about to be apprehended". Rangu KID-2 is indicated for these various feelings of foreboding.

#### **CLASSICAL COMBINATIONS**

- Swelling of the inside of the throat: Rangu KID-2 and Taixi KID-3 (Supplementing Life).
- Throat painful obstruction with chills and fever: Rangu KID-2 and Yongquan KID-1 (Thousand Ducat Formulas).
- Loss of voice: Rangu KID-2, Tiantu REN-22, Lingdao HE-4, Yingu KID-10, Fuliu KID-7 and Fenglong ST-40 (Illustrated Supplement).
- Stiffness of the tongue: Rangu KID-2, Yingu KID-10, Yamen DU-15, Shaoshang LU-11, Yuji LU-10, Erjian L.I.-2 and Zhongchong P-9 (Great Compendium).
- Drooling: Rangu KID-2 and Fuliu KID-7 (Supplementing Life).
- Wasting and thirsting disorder with great desire to drink: Rangu KID-2, Yishe BL-49 and Guanchong SJ-1 (Supplementing Life).

- Wasting and thirsting disorder with great desire to drink: Rangu KID-2, Yishe BL-49, Chengjiang REN-24 and Guanchong SJ-1 (Thousand Ducat Formulas).
- Wasting and thirsting disorder: Rangu KID-2, Chengjiang REN-24, Jinjin (M-HN-20), Yuye (M-HN-20), Renzhong DU-26, Lianquan REN-23, Quchi L.I-11, Laogong P-8, Taichong LIV-3, Xingjian LIV-2, Shangqiu SP-5 and Yinbai SP-1 (Great Compendium).
- Febrile disease with agitation, cold feet and profuse sweating: first needle Rangu KID-2, then Taixi KID-3 (Systematic Classic).
- Stabbing Heart pain: Rangu KID-2, Zhigou SJ-6 and Taixi KID-3 (Thousand Ducat Formulas).
- Apprehension and fear as if about to be apprehended: Rangu KID-2 and Yanglingquan GB-34 (Thousand Ducat Formulas).
- Stone oedema of the upper abdomen: moxa Rangu KID-2, Qichong ST-30, Siman KID-14 and Zhangmen LIV-13 (Thousand Ducat Formulas).
- Seminal emission and retraction of the penis: Rangu KID-2 and Dahe KID-12 (Supplementing Life).
- Impotence: Rangu KID-2, Mingmen DU-4, Shenshu BL-23 and Qihai REN-6 (Illustrated Supplement).
- Cold or damp (dong) diarrhoea with undigested food: Rangu KID-2, Jingmen GB-25 and Yinlingquan SP-9 (Thousand Ducat Formulas).
- Cold of the lower extremities: Rangu KID-2, Shenshu BL-23 and Jinggu BL-64 (Supplementing Life).

### KI-3 (*tài xī*)

太 *tài*: great, big, the most

谿 *xī*: a mountain stream, ravine

太谿

*Great Ravine*

**Location:** On the medial aspect of the ankle, directly posterior to the tip (medial prominence) of the medial malleolus. The point is located in the depression (approximately midway) between the tip of the malleolus and the calcaneal (Achilles) tendon.

**Features & Categories:** Earth, Stream, Transporting-Shu point, and Source-Yuan point of the Kidney Channel; one of the nine needles for returning Yang.

**Functions:** Benefits the Kidneys; tonifies Kidney Yin; resolves Deficient Heat; invigorates Jing; regulates the Uterus; strengthens the lower back and knees; benefits Bones and Marrow.

**Indications:** Nephritis; cystitis; sore throat; toothache; chronic laryngitis; deafness; tinnitus; dizziness; coughing of blood; asthma; emphysema; irregular menstruation; insomnia; nocturnal seminal emission; impotence; urinary frequency; enuresis; constipation; neurasthenia; lumbar pain; paralysis of the lower limb; pain in sole of foot.

**Supplementary Indications:** Throat Bi and swelling of the pharynx; toothache; Kidney Deficiency impotence and seminal emission; hernia; difficult defecation; mastitis; cardiac pain; cold in the extremities; Damp itch and sores on the inside of the thigh; fullness in the chest and lateral costal

region; wheezing; breast abscess; kidney disease; Heat disease with copious sweating; gluey sensation in the mouth; dyspnea with fullness and phlegm tinnitus.

### DEADMAN'S COMMENTARY

The Kidneys occupy a unique position among the zangfu, both storing the yin essence and conserving and controlling the ming men fire. The Kidneys are thus the root of the yin and yang of the whole body. Because of this fundamental role, deficiency of the Kidneys may both cause and result from disharmony of any of the other zangfu.

The Spiritual Pivot in Chapter 6 recommends the use of the shu-stream points in the treatment of disorders of the zang, whilst in Chapter 1 it says "When the five zang are diseased, select [from] the twelve yuan-source [points]". Taixi KID-3, the shu-stream and yuan-source point, is therefore the principal point on the Kidney channel to treat disharmony of the Kidney zang, which due to the unique nature of the Kidneys always involves deficiency, principally of Kidney yin or Kidney yang.

Kidney yin deficiency may affect the Kidneys alone, or by failing to nourish the Liver, Heart or Lung, all of which are reached by the Kidney channel, affect these zang also. Yin deficiency may manifest in two main ways: failure to nourish and moisten, or failure to restrain fire. The art of treating yin deficiency lies in carefully assessing the relative importance of these two aspects, and placing appropriate emphasis on nourishing yin and cooling fire.

Taixi KID-3 is the foremost point to treat yin deficiency affecting those areas of the body either reached by the Kidney channel or dominated by the Kidneys, specifically the throat, intestines, brain, teeth and ears. The Kidney primary channel ascends to the throat, and if heat from deficiency scorches and dries this region there may be chronic low-grade sore throat which is typically worse with tiredness, at the end of the day and at night.

The Kidneys dominate the two lower yin (anus and urethra), and if deficient fluids and deficiency heat dessicate the intestines, there will be difficult defecation, illustrated by Wu Ju-tong's graphic image in the Systematic Differentiation of Warm Diseases "When the fluids are deficient there is not enough water to make the boat move". The Spiritual Pivot states "The brain is the sea of marrow". Kidney essence produces marrow to fill the brain and spinal cord, and in cases where the sea of marrow is deficient there will be headache and dizziness. According to a saying of Chinese medicine "The teeth are the surplus of the bones". If the Kidneys fail to nourish the teeth, and heat from deficiency rises to this area, there will be chronic toothache accompanied by looseness of the teeth. The Spiritual Pivot says "Kidney qi opens into the ears, when the Kidney is in harmony the ears can hear the five sounds". Deficiency of the Kidneys, therefore, can result in tinnitus and deafness. In all these cases, Taixi KID-3 is the primary point to tonify and nourish the Kidneys.

The intimate relationship between the Kidney yin and Liver yin, and the Kidney essence and Liver blood, is emphasised in the saying "the Kidneys and the Liver share the same origin", and the statement in Comprehensive Medicine According to Master Zhang "[When] the essence is not discharged it will return to the Liver and transform into clear blood". Taixi KID-3 is commonly used in prescriptions to treat Kidney-Liver disharmony (whether due to failure of water to nourish wood, or to injury to the Kidneys from prolonged Liver disease) giving rise to such symptoms as headache, dizziness, tinnitus and deafness.

The Kidneys pertain to water and the Heart to fire, and both belong to shaoyin. The Heart stores the spirit and the Kidneys store the will. When the Kidneys and the Heart function harmoniously, Heart fire and Kidney water, the spirit and the will, mutually support each other. When the Heart and Kidneys lose harmony, Heart yang is unable to descend to warm the Kidneys, and Kidney yin is unable to nourish Heart yin and restrain Heart fire. This loss of contact between water and fire disturbs the spirit and gives rise to insomnia, excessive dreaming and poor memory, usually of the severe and chronic kind. Taixi KID-3 is an important point to bolster the Kidneys and enable them to support the Heart.

The Lung is the 'canopy' and the Kidneys are the root. The Lung descends qi and fluids to the Kidneys below, the Kidneys anchor the qi and steam the fluids to moisten the Lung above.

Kidney-Lung disharmony commonly manifests in two main ways,

- i. Kidney yin deficiency fails to moisten and cool the Lung giving rise to symptoms such as wheezing, dry cough and blood-streaked sputum, and
- ii. the Kidneys fail to receive and anchor the qi from the Lung giving rise to such symptoms as dyspnoea, coughing and asthma.

Taixi KID-3 is indicated in both these patterns of "excess above and deficiency below" and was specifically recommended by Sun Si-miao in the Supplement to the Thousand Ducat Formulas for Kidney cough.

Although subdivided into Kidney yin and Kidney yang, the Kidneys are of course one zang. Even though in clinical practice deficiency of either yin or yang will usually predominate, when one aspect of the Kidneys is deficient, it is frequently the case that the other will also become deficient. This is clearly spelt out both by the Essential Questions which states "Injury to yin will reach the yang, injury to yang will reach the yin", and by the Essential Readings in Medicine which says "Without yang, yin cannot engender; without yin, yang cannot transform". It is a long-standing principle of tonifying the Kidneys that in Kidney yang deficiency one should also nourish Kidney yin, and that in nourishing Kidney yin one should also pay attention to the Kidney yang. Thus the Essential Questions says "[For] yang diseases treat the yin, [for] yin diseases treat the yang", and ZhangJing-yue echoes this in his statement "Nourishing yin to help yang is a skilful way to strengthen yang". For this reason, almost all acupuncture points that tonify the Kidneys will benefit both Kidney yin and Kidney yang. Taixi KID-3, the principal point on the Kidney channel to tonify the Kidneys, exemplifies this principle.

When Kidney yang fails to warm the body and transform fluids, there may be coldness of the lower limbs, backache, and urinary symptoms such as frequent and copious urination and incontinence. The close relationship between the Kidneys and the libido and sexual function is underscored by the application of Taixi KID-3 in the treatment of impotence, seminal emission and sexual taxation (depletion and exhaustion due to excessive sexual activity).

According to the Essential Questions "The Kidneys dominate hibernation and are the root of sealed storage and the residence of essence; their radiance manifests in the hair and fills the bones". The Kidney primary, luo-connecting and sinew channels all ascend through the spine, and any pattern of Kidney deficiency may lead to malnourishment of the sinews, muscles and bones, especially in the

lumbar region, the 'residence' of the Kidneys. Taixi KID-3 has long been used for the treatment of Kidney deficiency lumbar pain, and is also indicated for heel pain, which may be due to Kidney deficiency, traumatic injury or painful obstruction. In the treatment of heel pain, Taixi KID-3 should be needled to obtain sensation radiating strongly to the heel region.

The Penetrating and Conception vessels are both nourished by and have their root in the Kidneys, and the Essential Questions says "the vessel of the uterus connects with the Kidneys". Taixi KID-3 may be used when Kidney deficiency leads to disharmony of these extraordinary vessels resulting in irregular menstruation, although it is interesting to note that this is a modern indication and that no gynaecological indications or combinations appear in any major classical texts.

Finally Taixi KID-3 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

- Dry throat and heat in the mouth with saliva like glue: Taixi KID-3 and Shaoze SI-1 (Thousand Ducat Formulas).
- Swelling of the inside of the throat: Taixi KID-3 and Rangu KID-2 (Supplementing Life).
- Swelling of the throat: Taixi KID-3 and Zhongzhu SJ-3 (Supplementing Life).
- Cough with rebellious qi and agitation: Taixi KID-3, Zigong REN-19 and Yutang REN-18 (Thousand Ducat Formulas).
- Lumbar pain due to Kidney deficiency: Taixi KID-3, Shenshu BL-23, Weizhong BL-40 and Baihuanshu BL-30 (Great Compendium).
- Somnolence: Taixi KID-3, Dazhong KID-4, Shouwuli L.I.-13, Zhaohai KID-6 and Erjian L.I.-2 (Supplementing Life).
- Somnolence: Taixi KID-3, Zhaohai KID-6, Baihui DU-20, Tianjing GB-21, Erjian L.I.-2, Sanjian L.I.-3, Lidui ST-45 and Ganshu BL-18 (Great Compendium).
- Ceaseless diarrhoea and dysenteric disorder: Taixi KID-3 and Guanyuan REN-4 (Thousand Ducat Formulas).
- Difficult defecation: Taixi KID-3 and Chengshan BL-57 (Supplementing Life).
- Dark urine: Taixi KID-3, Yingu KID-10, Shenshu BL-23, Qihai REN-6, Pangguangshu BL-28 and Guanyuan REN-4 (Great Compendium).
- Pain of the penis: Taixi KID-3, Yuji LU-10, Zhongji REN-3 and Sanyinjiao SP-6 (Great Compendium).
- Pain of the inner and outer ankle: Taixi KID-3 and Kunlun BL-60 (Song to Keep Up Your Sleeve).
- Paralysis of the lower extremity: Taixi KID-3, Yinlingquan SP-9, Huantiao GB-30, Yangfu GB-38 and Zhiyin BL-67 (Great Compendium).
- Straw shoe wind (redness, swelling and pain of the leg and foot): Taixi KID-3, Kunlun BL-60 and Shenmai BL-62 (Song of the Jade Dragon).

**KI-4 (dà zhōng)**

大 dà: large, great

鐘 zhōng: a handleless cup; a bell; to gather

大鐘

*Large Goblet*

**Location:** On the medial aspect of the heel, inferior and posterior to KID-3 (Tai Xi). The point is located in the depression immediately anterior to the attachment of the calcaneal tendon to the calcaneus bone.

**Features & Categories:** Luo-Connecting point of the Kidney Channel, connecting to the Urinary Bladder Channel of foot Tai Yang.

**Functions:** Regulates the Kidneys and harmonizes the Blood; supplements Jing; supports the Shen; strengthens the back.

**Indications:** Coughing or spitting of blood; sore throat; asthma; neurasthenia; hysteria; stiffness and pain in the lumbar region; dysuria; pain in the heel.

**Supplementary Indications:** Urinary retention; constipation; lumbar pain; feeble mindedness; prostrate exhaustion; abdominal fullness; susceptibility to fright or anger; heat in the mouth; sore pharynx; vexation and oppression; bleeding from the root of the tongue; insufficiency of Shen; dementia; malarial disease.

**DEADMAN'S COMMENTARY**

Dazhong KID-4, the luo-connecting point of the Kidney channel, regulates the Kidney function in two main ways. Firstly it reinforces and regulates the relationship between the Kidneys and the Lung, and secondly it has a strong effect on stabilising the emotions.

According to the Complete Works of Jing-yue "The Lung is the master of qi, the Kidneys are the root of qi. The Lung dominates exhalation of qi whilst the Kidneys dominate the reception of qi. Only when yin and yang are mutually communicating is respiration in harmony". In discussing dyspnoea, the Case Histories from the Guide to Clinical Patterns by Ye Tian-shi states "When it is in the Lung it is excess, when in the Kidneys it is deficient". This latter statement, although something of an over-simplification, nevertheless emphasises that when a respiratory disorder is acute and of excess type, it is the Lung that must be emphasised in treatment, and when it is chronic and deficient in nature, treatment of the Kidneys takes priority. In its action on harmonising the relationship between the Lung and the Kidneys, Dazhong KID-4 is indicated either when the Kidney qi is insufficient to receive and anchor the qi from the Lung resulting in coughing, wheezing, asthma, shortness of breath, etc., or when Kidney yin is deficient and unable to moisten and cool the Lung, mouth and throat, resulting in wheezing, coughing of blood, dry and painful throat etc. Both these situations are referred to as "excess above and deficiency below". Compared to Taixi KID-3, Dazhong KID-4 has a relatively stronger effect on addressing the fullness above, and a lesser action on nourishing the Kidneys.

In common with many of the luo-connecting points Dazhong KID-4 has a strong action on the emotions. According to the Spiritual Pivot "Deficiency of qi in the Kidney Channel of foot shaoyin may give rise to susceptibility to fear". When the Kidney qi is not animated, the will is deficient and a person easily suffers from fear and lack of confidence, which may be so severe that they withdraw

and are unwilling or unable to leave the safety of their home. When congenital essence is deficient, or essence is consumed in old age, there may be a susceptibility to fearfulness, poor mental function or development, and a decline of mental faculties. Susceptibility to fear may not only be due to deficiency of the Kidneys, especially Kidney essence, but also to feebleness and deficiency of qi and blood which fail to nourish and support the spirit, or to deficiency of the Liver and Gall Bladder. Dazhong KID-4, an essential point in the treatment of fear due to Kidney deficiency, also plays an important role in the treatment of any of these patterns because of the close relationship of the Kidneys to fear.

Severe excessive desire to sleep may result either from Spleen deficiency with accumulation of phlegm and dampness, or from Kidney yang or Kidney essence deficiency. Dazhong KID-4 is an important point for somnolence due to Kidney deficiency.

The Kidney luo-connecting channel rises from Dazhong KID-4 to the lumbar spine, accentuating the close relationship of the Kidneys to this region, and this point is therefore indicated for stiffness and pain of the lumbar region. Like Taixi KID-3, Dazhong KID-4 is also used for heel pain.

Finally the Great Compendium of Acupuncture and Moxibustion gives specific indications for excess and deficiency of the luo-connecting points. In the case of Dazhong KID-4, these are retention of urine (excess); lumbar pain (deficiency).

#### CLASSICAL COMBINATIONS

- Heat in the mouth: Dazhong KID-4 and Shaochong HE-9 (Supplementing Lip).
- Fright and fear of people, spirit qi insufficient: Dazhong KID 4 and Ximen P-4 (Thousand Ducat Formulas).
- Weary speech and somnolence: Dazhong KID-4 and Tongli HE-5 (One Hundred Patterns).
- Somnolence: Dazhong KID-4, Taixi KID-3, Shouwuli L.I.-13, Zhaohai KID-6 and Erjian L.I.-2 (Supplementing Life).
- Agitation of the Heart with fullness and vomiting: Dazhong KID-4 and Taixi KID-3 (Thousand Ducat Formulas).
- Difficulty in defecation: Dazhong KID-4 and Shiguan KID-18 (Supplementing Life).
- Difficulty in defecation: Dazhong KID-4, Zhongliao BL-33, Guanyuan REN-4, Chengjin BL-56, Taichong LIV-3, Chengshan BL-57, Taixi KID-3 and Zhongwan REN-12 (Supplementing Life).

## KI-5 (*shuǐ quán*)

水 *shuǐ*: water

泉 *quán*: spring

水泉

*Water Spring*

**Location:** On the medial aspect of the heel, approximately 1 cun directly inferior to KID-3 (Tai Xi). The point is located in a slight depression inferior and anterior to KID-4 (Da Zhong), and anterior and superior to the medial calcaneal tubercle.

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

**Functions:** Regulates menstruation; benefits the lower Jiao; promotes Blood circulation; resolves abdominal pain.

**Indications:** Irregular menstruation; menstrual pain; amenorrhoea; prolapse of the uterus; urinary retention; myopia; blurred vision.

**Supplementary Indications:** Absence of menstruation; oppression and pain below the heart; dribbling urination; near sightedness; abdominal pain.

### **DEADMAN'S COMMENTARY**

Shuiquan KID-5 is the xi-cleft point of the Kidney channel. The xi-cleft points are where the qi and blood, which flow relatively superficially along the channels from the jing-well points, gather and plunge more deeply. The xi-cleft points in general are indicated in the treatment of acute conditions and pain, whilst the xi-cleft points of the yin channels have an additional action of treating disorders of blood.

There is an intimate relationship between the Kidneys, the uterus, blood and menstruation. The Essential Questions says "The vessel of the uterus connects with the Kidneys" and "At the age of fourteen, the tian gui matures, the Conception vessel flows and the Penetrating vessel fills, the menses come according to their times, thus conception is possible". Normal development of the uterus and the Conception and Penetrating vessels depend on healthy functioning of the Kidneys and maturation of the Kidney essence. At the same time, harmonious menstruation depends on adequate formation of blood in the body, especially the Liver blood which flows to the Conception and Penetrating vessels to form menstrual blood. The close relationship between the Kidneys and Liver blood was emphasised in Comprehensive Medicine According to Master Zhang which said "[When] the essence is not discharged it will return to the Liver and transform into clear blood", whilst the Kidneys themselves play an important role in the formation of blood, stated unequivocally in Disease Mechanisms According to Master Sha "The source of blood is the Kidneys".

If the Kidneys are deficient, then the function of the Conception and Penetrating vessels will be disturbed and the formation of blood impaired. Shuiquan KID-5, the xi-cleft point of the Kidney channel, and thus able to treat disorders of blood, regulates the qi and blood in the Kidney, Conception and Penetrating vessels. It is indicated for a variety of menstrual disorders such as amenorrhoea, irregular menstruation, dysmenorrhoea and delayed menstruation (with oppression and pain below the Heart on onset of menstruation), whether characterised by deficiency (of blood or qi) or excess (stasis of blood).

### **CLASSICAL COMBINATIONS**

- Amenorrhoea with much oppression and pain below the Heart: Shuiquan KID-5 and Zhaohai KID-6 (Thousand Ducat Formulas).
- Irregular menstruation: Shuiquan KID-5 and Tianshu ST-25 (One Hundred Symptoms).
- Uterine prolapse: Shuiquan KID-5, Zhaohai KID-6, Shenmai BL-62 and Ququan LIV-8 (Supplementing Life).

**KI-6 (zhào hǎi)**

照 zhào: to shine, to reflect

海 hǎi: sea

**照海***Shining Sea*

**Location:** At the medial ankle in a depression directly inferior to the medial tip of the medial malleolus. The point is located 3-5 fen below the inferior border of the malleolus (depending on the patient's anatomy), on the medial surface of the talus. It lies posterior (and inferior) to the tendon of tibialis posterior muscle. This location is approximately 1 cun directly below the tip of the medial malleolus.

**Features & Categories:** Master point of Yin Qiao Mai (Yin heel/motility Vessel), Coupling point of Ren Mai (Conception Vessel). Intersection point of Yin Qiao Mai (Yin heel/motility Vessel) on the Kidney Channel.

**Functions:** Frees the Channels and harmonizes Ying Qi; drains Fire and enhances Qi; nourishes Yin; cools the Blood; calms the Shen; benefits the eyes; benefits the throat; invigorates Yin Qiao Mai; promotes the function of the Uterus; opens the chest.

**Indications:** Irregular menstruation; prolapse of the uterus; leukorrhoea; genital itch; hernia; urinary frequency or retention; epilepsy; seizures; psychosis; neurasthenia; dry, sore throat; pharyngitis; tonsillitis; insomnia; dry eyes; constipation; asthma.

**Supplementary Indications:** Vaginal discharge; abdominal pain; nocturnal epilepsy; sorrowfulness; no desire to eat; yellow urine; heat in the lower abdomen; pain and weakness of the limbs; thoracic oppression; Phlegm congestion; pharyngeal Wind; swelling and sagging of one testicle; difficult labour; postpartum abdominal pain; persistent flow of lochia; female lassitude due to Qi and Blood Deficiency; heat vexation in the five Hearts; cramp in the hands and feet preventing movement; cholera with vomiting and diarrhea; fever; headache; swelling of the face and limbs; eye pain; hemiplegia.

**DEADMAN'S COMMENTARY**

Zhaohai KID-6 is the confluent point and according to a passage in the Great Compendium of Acupuncture and Moxibustion also the luo-connecting point of the Yin Motility vessel. The Yin Motility vessel traverses the medial aspect of the leg, the perineum, chest and throat, whilst the Kidney primary channel traverses the abdomen, connects with the uterus, joins with the Heart and ascends along the throat. The action of Zhaohai KID-6 can best be understood in relation to three major functions:

- i. regulating the Yin Motility vessel and the Kidney channel,
- ii. nourishing yin and clearing deficiency heat from the throat, Heart, intestines, uterus and genitals, and
- iii. regulating the lower jiao.

In the Ode of the Obstructed River the use of Zhaohai KID-6 is referred to as one of the 'eight therapeutic methods'. In this description of the application of the eight confluent points of the extraordinary vessels to affect specific symptoms and areas of the body, Zhaohai KID-6 is indicated for throat wind (swelling and pain with difficulty in swallowing). Both the Yin Motility vessel and the

Kidney channel pass through the throat. When heat deriving from yin deficiency scorches the throat, there may be swelling, dryness, redness and pain. This type of sore throat is characterised by its chronic and lingering nature, worsening in the evening and with tiredness, and Zhaohai KID-6 is the main distal point to treat this pattern. Such is its affinity for the throat region, however (due to its ability to clear and regulate both channels), that it may also be selected for any kind of sore throat, whether deficient or excess. It is also indicated for plumstone qi (globus hystericus), a sensation of throat blockage which worsens or ameliorates according to fluctuations in the emotional state and which is normally associated with stagnation of qi and phlegm.

The Yin Motility vessel connects with the Yang Motility vessel at the eyes at Jingming BL-1, and Zhaohai KID-6 is indicated for eye disorders such as redness and pain of the inner canthus and disturbance of the vision by spots and stars. According to the Spiritual Pivot, "When the [taiyang Bladder] channel enters the brain it is divided into the Yin Motility and the Yang Motility, it is here that the yin and yang meet; yang enters the yin and yin moves outwards to the yang, meeting at the inner corner of the eye. When the yang is abundant, the eyes are staring open; when the yin is abundant, the eyes will be closed shut". This passage has been interpreted to explain the use of Zhaohai KID-6 for both insomnia (excessive opening of the eyes) and somnolence (excessive closing of the eyes). Zhaohai KID-6 is also classically indicated for night-time epilepsy, and Shenmai BL-62, the confluent point of the Yang Motility vessel, is indicated for day-time epilepsy.

The Kidney primary channel enters the Heart which stores the spirit, whilst the Kidneys store the will. When the Kidneys and the Heart function harmoniously, the spirit and the will mutually support each other. As well as being able to treat epilepsy and sleeping disorders, Zhaohai KID-6 is used to restore communication between the Heart and Kidneys (especially when heat deriving from Kidney yin deficiency disrupts the spirit) causing a variety of mental and emotional symptoms such as sadness, fright, insomnia and nightmares.

In the lower jiao Zhaohai KID-6 regulates the functions of the uterus, genitals and the two lower yin (anus and urethra). Its forte is to nourish yin and clear deficiency heat, but like many points of the Kidney channel it is also able to tonify yang and warm cold.

According to the Essential Questions "the vessel of the uterus connects with the Kidneys". The Kidneys dominate sexual development and are the origin of the Conception and Penetrating vessels, and normal functioning of the uterus depends in the first instance on a harmonious Kidney function. Zhaohai KID-6 is indicated for a wide variety of disorders of menstruation (irregular menstruation, amenorrhoea, dysmenorrhoea), fertility (chronic cold of the uterus leading to infertility) and childbirth (difficult labour, persistent flow of lochia, postpartum dizziness and pain).

In the treatment of genital disorders, Zhaohai KID-6 is predominantly indicated in heat patterns manifesting as genital itching, sudden involuntary erection, leucorrhoea and seminal emission. In the treatment of urinary disorders Zhaohai KID-6 is indicated for frequent or dribbling urination, enuresis and oedema, all manifestations of deficiency of Kidney qi or Kidney yang. Wang Tao of the Tang dynasty in Secrets of a Frontier Official specifically mentioned the use of this point in the treatment of dribbling urination in women.

Another important indication for Zhaohai KID-6 is constipation. Due to its properties of nourishing the Kidneys and clearing deficiency heat it is predominantly indicated for constipation due either to deficiency of yin or scorching of body fluids from prolonged heat in the intestines. Its frequent inclusion in classical combinations, however, reveal that it has long been considered an important distal point for any kind of constipation.

Finally Zhaohai KID-6 treats disorders along the course of the Kidney channel and the Yin Motility vessel, such as tightness and contraction of the inner aspect of the leg (a traditional indication of disorder of the Yin Motility vessel) and distention and fullness of the chest and abdomen.

### **CLASSICAL COMBINATIONS**

- For most types of acute throat pain: first needle Baihui DU-20 then Taichong LIV-3, Zhaohai KID-6 and Sanyinjiao SP-6 (Ode of Xi-hong).
- Swelling of the throat with inability to swallow: Zhaohai KID-6, Qiangdu SI-2 and Zhongfeng LIV-4 (Thousand Ducat Formulas).
- Night-time epilepsy: moxa Zhaohai KID-6 and Shenmai BL-62 (Glorious Anthology).
- Somnolence: Zhaohai KID-6, Taixi KID-3, Baihui DU-20, Tianjing GB-21, Erjian L.I.-2, Sanjian L.I.-3, Lidui ST-45 and Ganshu BL-18 (Great Compendium).
- Uterine prolapse: Zhaohai KID-6, Shenmai BL-62, Shuiquan KID-5 and Ququan LIV-8 (Supplementing Life).
- Uterine prolapse: Zhaohai KID-6, Shaofu HE-8, Taichong LIV-3 and Ququan LIV-8 (Great Compendium).
- Uterine prolapse: Zhaohai KID-6, Ququan LIV-8 and Dadun LIV-1 (Great Compendium).
- Cold shan disorder: Zhaohai KID-6 and Dadun LIV-1 (One Hundred Symptoms).
- Lower abdominal pain from the seven kinds of shan disorder: Zhaohai KID-6, Sanyinjiao SP-6 and Ququan LIV-8 (Ode of Xi-hong).
- Dark urine and obstruction of the water pathway: Zhaohai KID-6 and Jingmen GB-25 (Thousand Ducat Formulas).
- Heat sensation and pain of the hypogastrium: Zhaohai KID-6, Taixi KID-3, Guanyuan REN-4 and Weizhong BL-40 (Thousand Ducat Formulas).
- Constipation: Zhaohai KID-6, Taibai SP-3 and Zhangmen LIV-13 (Great Compendium).
- Constipation: Zhaohai KID-6 and Zhigou SJ-6 (Ode of the Jade Dragon).
- Constipation: Zhaohai KID-6, Taibai SP-3, Zhangmen LIV-13 and Zhigou SJ-6 (Great Compendium).
- Diseases below the ankle: Zhaohai KID-6 and Shenmai BL-62 (Great Compendium).