

WATER ELEMENT: Kidney Points II (from: Davis, 2000)

KI-7 (*fù liū*)

復 *fù*: to recover; to turn around

溜 *liū*: to slide, glide, flow; smooth; a swift current

復溜

Recover Flow

Location: On the medial aspect of the distal leg, 2 cun directly superior to KID-3 (Tai Xi). The point is located immediately anterior to the calcaneal tendon. The proportional distance between SP-9 (Yin Ling Quan) [or LIV-7 (Xi Guan)] and the tip of the medial malleolus is 13 cun.

Features & Categories: Metal, River, Traversing-Jing point of the Kidney Channel.

Functions: Regulates Kidney Qi (Yang); clears and cools Damp Heat; regulates the sweat pores; frees the Urinary Bladder; dispels dryness and disperses Stagnation; strengthens the lower back.

Indications: Diarrhea; rumbling intestines; edema; abdominal distension; nephritis; orchitis; leukorrhoea; functional uterine bleeding; urinary tract infection; swelling of the thighs; atony of the lower limbs; spontaneous or night sweating; low back pain.

Supplementary Indications: Urinary frequency, urgency, difficulty and incontinence; dysentery; rumbling in the intestines; abdominal pain; lumbar pain; cold in the lower leg; absence of sweating; tidal fevers; abdominal distension; swelling of the limbs; bleeding hemorrhoids; heavy feeling in the rectum after diarrhea; pain in the nostrils; dry belching; irascibility and talkativeness; curled tongue preventing speech; insanity; pus and blood in the stool; Qi stagnation in the lumbar region; pain on the dorsum of the foot.

DEADMAN'S COMMENTARY

According to the Classic of Difficulties "in cases of deficiency reinforce the mother, in cases of excess reduce the child". Fuliū KID-7, the metal and hence 'mother' point of the Kidney water channel, is one of the foremost points to:

- i. strengthen the Kidney function of dominating body fluids and regulating urination, and
- ii. control sweating.

Oedema has various and complex causes. It may be due to internal or external disharmony and may be acute or chronic. However it predominantly involves disharmony of the Lung, Spleen and Kidneys, the three zang responsible for the movement of fluids. Acute oedema occurs when exterior pathogens lodge in the superficial portion of the body, initially impairing the defensive qi and the Lung function of regulating the water passages. The treatment method is to regulate Lung qi and promote sweating. Alternatively, acute oedema may be due to exterior pathogens which penetrate from the taiyang channel (the most exterior of the six channels) to the taiyang fu, impairing the qi transformation function of the Bladder and leading to difficult urination. Fuliū KID-7 has application in both types of acute oedema by virtue of its dual actions of promoting sweating and urination. Chronic oedema most commonly derives from qi or yang deficiency of the Spleen or Kidneys. Since Kidney yang is the root of Spleen yang, Fuliū KID-7 which is able to tonify Kidney yang and promote urination, may be used in both these types of chronic oedema. In summary, Fuliū KID-7

may be used in any type of oedema but due to its action on the Kidneys, is particularly indicated for chronic lower body oedema.

A special property of Fuliu KID-7 is its ability to control sweating. One explanation of this action is the relationship between the Kidneys and the defensive qi whose principal functions are to warm and protect the exterior and govern the opening and closing of the pores. There is some disparity in the discussion about the origin of the defensive qi in a variety of classical texts, for example "The Lung controls qi and pertains to defensive qi" (Warp and Woof of Warm Febrile Diseases), "Defensive qi is the brave qi of water and grain of yangming, it emanates from the upper jiao" (Collected Annotations on the Yellow Emperor's Canon of Internal Medicine), "The Stomach is the source of defensive [qi]" (Wang Jiu-feng's Medical Records) and "Defensive qi emanates from the lower jiao" (Spiritual Pivot). However a modern Chinese text explains this problem as follows "Defensive qi has its source in the lower jiao, is nourished in the middle jiao and issues from the upper jiao".

Defensive qi is considered to be a part of the original qi which has its origin in the Kidney's pre-heaven qi (lower jiao). It is constantly nourished by the post-heaven essence of water and grain produced by the action of the Stomach and Spleen on food (middle jiao).

Finally, it is the Lung which controls the defensive qi and spreads it to the surface of the whole body (upper jiao). It is therefore said that the root of the defensive qi is in the lower jiao, it is nourished by the middle jiao and it spreads in the upper jiao, and this is clarified by the observation that a person's defensive qi may be insufficient due to congenital weakness, inadequate diet or upper jiao deficiency. By virtue of its action on the Kidneys, and hence the source of the defensive qi, Fuliu KID-7 has a wide application in regulating the opening and closing of the pores and treating disorders of sweating (see combinations below). It is able to induce sweating in exterior patterns, stop spontaneous sweating due to qi deficiency, and treat night sweating. Night sweating is most commonly due to fire from yin deficiency. Once again, the ability of Fuliu KID-7 to treat night sweating due to yin deficiency, despite the fact that its primary action is on assisting the Kidney yang function of regulating fluid, demonstrates that all Kidney channel points have some action on both Kidney yin and Kidney yang. In the case of Fuliu KID-7 the ability to nourish yin is further demonstrated by its applicability in the treatment of such symptoms as dry tongue and parched mouth.

It is interesting to note that Fuliu KID-7 is also traditionally indicated for various kinds of bleeding including blood in the urine, blood in the stool, bleeding haemorrhoids, nosebleed, uterine bleeding and menorrhagia. This may reflect the ability of Fuliu KID-7 to astringe blood in the same way that it astringes sweating.

The Kidneys and Bladder are interiorly-exteriorly related. One of the most common pathologies of the Bladder is accumulation of damp-heat giving rise to a variety of urinary symptoms characterised by frequency, urgency, pain, concentrated urine, etc. In clinical practice, repeated attacks of Bladder damp-heat often involve underlying Kidney deficiency. By virtue of its dual actions of regulating the Kidneys and draining damp-heat by moving and adjusting the water passages, Fuliu KID-7 is particularly suited to treat these situations.

The damp-heat draining action of Fuliu KID-7 also extends to the intestines, where it is indicated for diarrhoea, dysenteric disorder, pus and blood in the stool, bleeding haemorrhoids, etc.

Fuliu KID-7 is commonly used to strengthen the lumbar region in lumbar disorders, particularly when due to Kidney deficiency, although Methods of Acupuncture and Moxibustion from the Golden Mirror of Medicine specifically recommends it for lumbar pain due to qi stagnation.

Finally both the Kidney primary and divergent channels ascend to the root of the tongue and the Spiritual Pivot states that the jing-river points should be needled for changes manifesting in the patient's voice. Fuliu KID-7, the jing-river point of the Kidney channel, is indicated for dry tongue and parched mouth, dry tongue with Stomach heat, curled tongue with inability to speak, propensity to anger with incessant talking and propensity to laughter.

CLASSICAL COMBINATIONS

- Oedema: Fuliu KID-7 and Shuifen REN-9 (Song of Points).
- Oedema with qi distention and fullness: Fuliu KID-7 and Shenque REN-8 (Great Compendium).
- Drum distention: Fuliu KID-7, Gongsun SP-4, Zhongfeng LIV-4, Taibai SP-3 and Shuifen REN-9 (Bronze Man).
- Spontaneous sweating: needle Fuliu KID-7 and Dazhui DU-14 and moxa Gaohuangshu BL-43 (Divine Moxibustion).
- Little sweating: reinforce Hegu L.I.-4 and reduce Fuliu KID-7. Copious sweating: first reduce Hegu L.I.-4 then reinforce Fuliu KID-7 (Great Compendium).
- Absence of sweating: Fuliu KID-7, Quze P-3, Yuji LU-10, Shaoze SI-1, Shangxing DU-23, Ququan LIV-8, Kunlun BL-60, Xiashi GB-43 and Zuqiaoyin GB-44 (Great Compendium).
- Injury by cold with absence of sweating: Fuliu KID-7 (reduce), Neiting ST-44 (reduce), Hegu L.I.-4 (reinforce) and Bailao (M-HN-30) (Great Compendium).
- Injury by cold with sweating: Fuliu KID-7 (reinforce), Neiting ST-44 (reduce) Hegu L.I.-4 (reduce), and Bailao (M-HN-30) (Great Compendium).
- Drooling: Fuliu KID-7 and Rangu KID-2 (Supplementing Life).
- Blood painful urinary dysfunction: moxa Fuliu KID-7 and the dantian (the area below the umbilicus) (Thousand Ducat Formulas).
- Red and white leucorrhoea: Fuliu KID-7, Qugu REN-2 (seven cones of moxa), Taichong LIV-3, Guanyuan REN-4, Sanyinjiao SP-6 and Tianshu ST-25 (one hundred cones of moxa) (Compilation).
- Pain of the lumbar spine: Fuliu KID-7 and Weizhong BL-40 (Great Compendium).
- Coldness and pain of the bone marrow: Fuliu KID-7, Dazhu BL-11, Xuanzhong GB-39, Shenmai BL-62, Lidui ST-45 and Shenshu BL-23 (Compilation).
- Cold sensation of the legs: Fuliu KID-7, Shenmai BL-62 and Lidui ST-45 (Bronze Man).
- Breast pain: Fuliu KID-7 and Taichong LIV-3 (Systematic Classic).

KI-8 (jiāo xìn)

交 jiāo: to connect, intersect; to deliver

信 xìn: faith, trust, evidence; true

交 信

Intersection Reach

Location: On the medial aspect of the distal leg, 2 cun superior to KID-3 (Tai Xi) and 5 fen anterior to KID-7 (Fu Liu), just behind the posterior border of the tibia. The proportional distance between SP-9 (Yin Ling Quan) [or LIV-7 (Xi Guan)] and the tip of the medial malleolus is 13 cun. SP-6 (San Yin Jiao) is located 1 cun proximal to KID-8 (Jiao Xin).

Features & Categories: Xi-Cleft, Accumulation point of Yin Qiao Mai (Yin heel/motility Vessel); Intersection point of Yin Qiao Mai on the Kidney Channel.

Functions: Supplements the Kidneys; regulates Chong Mai (Penetrating Vessel) and Ren Mai (Conception Vessel); clears Heat and eliminates Damp; disperses masses; resolves abdominal pain; removes obstruction from the Channel; regulates Yin Qiao Mai.

Indications: Irregular menstruation; menorrhagia; metrorrhagia; prolapse of the uterus; diarrhea; defecation difficulty; constipation; dysentery; pain and swelling of the testicles.

Supplementary Indications: Urinary retention; pain or swelling of the lower abdomen or scrotum; hernia; pain on the medial aspect of the lower limb.

DEADMAN'S COMMENTARY

Jiaoxin KID-8 is the xi-cleft point of the Yin Motility vessel which originates at Zhaohai KID-6. The xi-cleft points of the yin channels have a special action of treating disorders of blood, especially resolving blood stasis, clearing heat from the blood and stopping bleeding. Although the Yin Motility vessel does not enter the uterus, like all the extraordinary vessels it has a close relationship with the Kidneys, and according to the Essential Questions "the vessel of the uterus connects with the Kidneys". The role played by the Kidneys in holding the uterine blood in place was emphasised by the great Han dynasty doctor Hua Tuo who said of the Kidneys "In males they serve the purpose of shutting in the essence, while in females, of wrapping the blood". Jiaoxin KID-8 is indicated in a variety of menstrual disorders, and most especially uterine bleeding.

Uterine bleeding may be due to a variety of different aetiologies. If the Kidneys are injured by excessively early sexual activity, sexual over-indulgence, multiple pregnancies etc. then either the Kidney yin or Kidney yang may become deficient leading to infirmity of the Conception and Penetrating vessels. Jiaoxin KID-8 is predominantly indicated in deficiency patterns of uterine bleeding, particularly in cases of Kidney deficiency, but its status as a xi-cleft point and its secondary action of draining damp-heat renders it suitable in the treatment of uterine bleeding due to blood stasis, reckless movement of hot blood and damp-heat.

Jiaoxin KID-8 has a secondary action of draining damp-heat from the lower jiao. In the genital region it can treat such disorders as itching, swelling, sweating and pain of the genitals. In the urinary system it can promote urination and clear heat in the treatment of retention of urine, difficult urination and painful urinary dysfunction, especially qi painful urinary dysfunction. In the intestines it is indicated in the treatment of diarrhoea, dysenteric disorder and difficult defecation.

CLASSICAL COMBINATIONS

- Profuse and ceaseless uterine bleeding: Jiaoxin KID-8, Yingu KID-10, Taichong LIV-3 and Sanyinjiao SP-6 (Supplementing Life).
- Diminished qi uterine bleeding: Jiaoxin KID-8 and Heyang BL-55 (One Hundred Symptoms).
- Hip pain: Jiaoxin KID-8, Huantiao GB-30, Shugu BL-65, Sanyinjiao SP-6 and Yingu KID-10 (Thousand Ducat Formulas).

SP-6 (*sān yīn jiāo*)三 *sān*: three陰 *yīn*: yin, the complement of yang交 *jiāo*: to intersect, join, meet, cross

三陰交

Three Yin Intersection

Location: On the medial aspect of the distal leg, 3 cun proximal to the tip (medial prominence) of the medial malleolus, immediately behind the posterior border of the tibia. The proportional distance between SP-9 (Yin Ling Quan) [or LIV-7 (Xi Guan)] and the tip of the medial malleolus is 13 cun. SP-6 (San Yin Jiao) is 2.5 fen distal to one quarter of the distance between these landmarks.

Features & Categories: Intersection point of the Kidney Channel of foot Shao Yin and the Liver Channel of foot Jue Yin on the Spleen Channel; one of the nine needles for returning Yang. Group Luo-Connecting point of the three Yin Meridians of the lower limb.

Functions: Strengthens the Spleen and resolves Damp; helps movement and transformation; moves Blood and frees Qi stagnation; promotes and spreads Liver Qi; enhances the Lower Jiao; benefits the Kidneys; regulates the Uterus and the palace of Jing; nourishes Blood and Yin; dispels Wind Damp from the Channels and Connecting Vessels.

Indications: Rumbling intestines; abdominal distension or pain; thin stool with untransformed digestate; irregular menses; metrorrhagia; vaginal discharge; leukorrhea; prolapse of the uterus; amenorrhea; nonconception; difficult labor; nocturnal seminal emission; genital pain; hernia; inhibited or difficult urination; enuresis; incontinence; muscular atrophy; loss of locomotive ability of the lower extremities; insomnia; hemiplegia; neurasthenia; neurodermatitis; eczema; urticaria.

KI-9 (*zhú bīn*)築 *zhú*: to build, to construct; to pound, to attack賓 *bīn*: guest; to submit

築賓

Guest House

Location: On the medial aspect of the leg, 5 cun superior to KID-3 (Tai Xi) in the muscle belly of the medial head of gastrocnemius muscle. The point is located on a line drawn between KID-3 (Tai Xi) and KID-10 (Yin Gu).

The proportional distance between LIV-7 (Xi Guan) [or SP-9 (Yin Ling Quan)] and KID-3 (Tai Xi) is 13 cun. KID-9 (Zhu Bin) is located 1.5 cun distal to the midway point between these landmarks. It lies directly posterior to LIV-5 (Li Gou).

Features & Categories: Xi-Cleft, Accumulation point of Yin Wei Mai (Yin linking Vessel); Intersection point of Yin Wei Mai on the Kidney Channel.

Functions: Tonifies Kidney Yin; Clears the Heart and transforms Phlegm; settles fright and calms the Shen; resolves toxins and relieves pain; opens the chest; regulates Yin Wei Mai.

Indications: Nephritis; cystitis; orchitis; pelvic inflammatory disease; menorrhagia; seizures; psychosis; anxiety; mental restlessness; pain on the medial aspect of the lower leg; spasm of gastrocnemius muscle.

Supplementary Indications: Colic; insanity; mania and withdrawal; pain or swelling of the abdomen or scrotum; hernia.

DEADMAN'S COMMENTARY

Zhubin KID-9 is the xi-cleft point of the Yin Linking vessel which connects the yin channels of both hand and foot and the Conception vessel. The Yin Linking vessel has a special action on the Heart, thus the Classic of Difficulties says "When the Yin Linking vessel is diseased, Heart pain will result". The traditional indications of this point do not include Heart pain, but they do clearly reveal a pattern of phlegm or phlegm-fire obstructing the Heart giving rise to madness, mania, mania depression disorder, raving, fury and cursing and vomiting of foamy (watery) saliva. Phlegm and qi coagulating in the neck region give rise to goitre, whilst tongue thrusting (where the tongue is repeatedly thrust out of the mouth like a snake's tongue) may be due to accumulated heat of the Heart and Spleen.

CLASSICAL COMBINATIONS

- Madness with vomiting: Zhubin KID-9, Yanggu SI-5, Houding DU-19, Qiangjian DU-18, Naohu DU-17, Luoque BL-8 and Yuzhen BL-9 (Thousand Ducat Formulas).
- Mania disorder, raving, fury and cursing: Zhubin KID-9 and Juque REN-14 (Thousand Ducat Formulas).
- Vomiting of foamy (watery) saliva: Zhubin KID-9 and Shaohai HE-3 (Supplementing Life).
- Tongue thrusting: Zhubin KID-9 and Taiyi ST-23 (Supplementing Life).

KI-10 (*yīn gǔ*)

陰 *yīn*: yin, the complement of yang

谷 *gǔ*: valley

陰 谷

Yin Valley

Location: Posterior to the knee at the medial end of the transverse popliteal crease. The point is located between the tendons of semimembranosus and semitendinosus muscles, medial to BL-40 (Wei Zhong). It is readily found with the knee slightly flexed.

Features & Categories: Water, Sea, Uniting-He point of the Kidney Channel. Horary point.

Functions: Dispels Damp and frees urination; benefits the Kidneys and clears Heat; benefits Kidney Yin; frees the lower Jiao.

Indications: Impotence; nocturnal seminal emission; hernia; menorrhagia; metrorrhagia; arthritis of the knee; pain along the medial aspect of the knee and thigh; urinary tract infection; dysuria; diseases of the urogenital system generally.

Supplementary Indications: Difficult urination; urinary urgency; protracted tongue and dribbling; abdominal distension; hernia pain; mania and withdrawal; mental disorders.

DEADMAN'S COMMENTARY

Yingu KID-10 is the he-sea and water point of the Kidney channel. It shares with the he-sea points of the other leg yin channels the common function of clearing dampness and damp-heat, especially from the lower jiao. Ququan LIV-8 primarily acts on the genital system (dominated by the Liver channel) and Yinlingquan SP-9 by virtue of the intimate relationship between the Spleen and dampness is able to treat all dampness disorders of the lower jiao. Yingu KID-10 predominantly clears damp-heat from the genito-urinary system and is indicated for difficult or urgent urination, dark urine, leucorrhoea and genital itching.

Accumulation of damp-heat may impede the smooth flow of qi and give rise to pain, reflected in the traditional saying "without movement there is pain, with movement there is no pain". Yingu KID-10 is indicated for pain on urination, urgent urination with pain spreading to the thighs, pain of the genitals, periumbilical pain and hypogastric pain radiating to the inner thigh and genitals.

Whilst impotence is most commonly due to decline of ming-men fire, it may also be due to accumulation of damp-heat which gives rise to flaccidity. Damp-heat impotence may arise from Liver channel damp-heat or Spleen damp-heat which pour down to the genitals, or from repeated attacks of exterior damp-heat to the Bladder. Yingu KID-10 is primarily indicated for such excess patterns of damp-heat impotence. In females, damp-heat may give rise to uterine bleeding and difficult conception, both indications for Yingu KID-10.

There is a close relationship between lower jiao damp-heat and Kidney deficiency. If Kidney yin deficiency gives rise to heat, this may combine with dampness to form damp-heat, whilst prolonged damp-heat will consume first Kidney yin and then Kidney yang. This dual pattern of Kidney deficiency and damp-heat is commonly encountered in clinical practice, especially in patients with repeated urinary disorders. Due to its secondary action of benefiting the Kidneys, Yingu KID-10 is indicated when these two patterns co-exist.

The degree to which Yingu KID-10 is able to nourish Kidney yin is the subject of frequent discussion. Although ascribed significant yin nourishing properties by some modern authorities, an examination of its classical indications reveals that this does not seem to have been a widely held view historically.

CLASSICAL COMBINATIONS

- Involuntary erection with difficult urination: Yingu KID-10, Dadun LIV-1, Qimen LIV-14, Weizhong BL-40 and Weiyang BL-39 (Supplementing Life).
- Dark urine: Yingu KID-10, Taixi KID-3, Shenshu BL-23, Qihai REN-6, Panguangshu BL-28 and Guanyuan REN-4 (Great Compendium).
- Profuse and ceaseless uterine bleeding: Yingu KID-10, Jiaoxin KID-8, Sanyinjiao SP-6 and Taichong LIV-3 (Supplementing Life).
- Sudden turmoil disorder: Yingu KID-10 and Zusanli ST-36 (One Hundred Symptoms).
- Stiffness of the tongue: Yingu KID-10, Rangu KID-2, Yamen DU-15, Shaoshang LU-11, Yuji LU-10, Erjian L.I.-2 and Zhongchong P-9 (Great Compendium).
- Swelling below the tongue with difficulty speaking, protrusion of the tongue with drooling: Yingu KID 10, Rangu KID 2 and Lianquan REN-23 (Thousand Ducat Formulas).

- Loss of voice: Yingu KID-10, Rangu KID-2, Tiantu REN-22, Lingdao HE-4, Fuliu KID-7 and Fenglong ST-40 (Illustrated Supplement).
- Mania: Yingu KID-10, Zusanli ST-36, Jianshi P-5, Baihui DU-20 and Fuliu KID-7 (Illustrated Supplement).
- Hip pain: Yingu KID-10, Huantiao GB-30, Shugu BL-65, Jiaoxin KID-8 and Sanyinjiao SP-6 (Thousand Ducat Formulas).

GV-1 (*cháng qiáng*)

長 *cháng*: long (in space or time);
zhǎng: to grow; to excel; to lead
 強 *qiáng*: strong, forceful; stiff

長強

Long Strong

Location: At the base of the trunk in the posterior triangle of the perineum. The point is located midway between the caudal tip of the coccyx and the anus. [An alternative location is immediately caudal (anterior) to the caudal tip of the coccyx.]

Features & Categories: Connecting-Luo point of Du Mai (Governing Vessel), connecting to the Ren Mai (Conception Vessel); intersection point of the Kidney Channel of foot Shao Yin on Du Mai. General Luo-Connecting point of the Yang.

Functions: Opens and regulates Ren and Du Mai; frees and regulates local Channel Qi; harmonizes Yin and Yang; regulates Qi of the Intestines and stops diarrhea; resolves Damp Heat; disperses swelling and relieves pain; calms the Shen.

Indications: Blood in the faeces; diarrhea; constipation; hemorrhoids; prolapse of the rectum or anus; scrotal eczema; impotence; induction of labour, psychosis; pain in the lumbar spine.

CV-4 (*guān yuán*)

關 *guān*: pass, passageway, gate; critical juncture;
 to lock in
 原 *yuán*: origin, original, source

關原

Origin Pass

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

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

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

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

CV-3 (*zhōng jí*)

中 *zhōng*: center, central

極 *jí*: pole (as in polar opposites), extreme

中極

Central Pole

Location: On the anterior midline of the lower abdomen, one cun superior to REN-2 (Qu Gu). The proportional distance between the middle of the umbilicus (REN-8, Shen Que) and the superior border of the pubic symphysis (REN-2, Qu Gu) is 5 cun. REN-3 (Zhong Ji) is located one fifth of the distance between these landmarks. KID-12 (Da He) is located 5 fen lateral to REN-3 (Zhong Ji), ST-29 (Gui Lai) is 2 cun lateral.

Features & Categories: Front Alarm-Mu, Collecting point of the Urinary Bladder Fu.

Intersection point of the Kidney Channel of foot Shao Yin, Spleen Channel of foot Tai Yin and Liver Channel of foot Jue Yin on Ren Mai.

Functions: Regulates the Uterus; warms the palace of Jing; frees the Urinary Bladder; rectifies the lower Jiao; resolves Damp Heat; clears Heat; supports the transforming functions of Qi in the lower Jiao.

Indications: Nocturnal seminal emission; impotence; premature ejaculation; enuresis; urinary retention; urinary frequency; urethritis; interrupted urinary flow; all urinary problems (especially acute); lower abdominal pain; irregular menstruation; metrorrhagia; dysmenorrhoea; vaginal discharge; leukorrhoea; prolapse of the uterus; infertility; genital pain; genital itch; vaginitis; gonorrhea; nephritis; peritonitis; sciatica.

KI-11 (*héng gǔ*)

橫 *héng*: horizontal, crosswise

骨 *gǔ*: bone

橫骨

Pubic Bone

Location: At the inferior border of the abdomen 5 fen lateral to Ren Mai point REN-2 (Qu Gu). The point is located in the depression immediately superior to the pubic bone. This is 5 cun inferior to the level of the umbilicus (KID-16, Huang Shu). ST-30 (Qi Chong) is located 1.5 cun lateral to KID-11 (Heng Gu).

Features & Categories: Intersection point of Chong Mai (Penetrating Vessel) on the Kidney Channel.

Functions: Tonifies the Stomach and resolves Damp.

Indications: Pain in the genitals; nocturnal seminal emission; impotence; dysuria; urinary retention; urethritis; hernia.

Supplementary Indications: Abdominal distension; lower abdominal pain; chronic prolapse of the rectum; painful protraction of the genitals; enuresis; urinary frequency, urgency, difficulty or incontinence; swelling of the lower extremities.

CLASSICAL COMBINATIONS

- Stagnation of qi, lumbar pain with inability to stand: Henggu KID-11 and Dadu SP-2 (Ode of Xi-hong).
- The five types of painful urinary dysfunction from chronic accumulation:: Henggu KID-11 and Huangshu KID-16 (One Hundred Symptoms).

KI-12 (*dà hè*)

大 *dà*: large, big, great

赫 *hè*: bright, luminous or awe-inspiring (manifestation)

大赫

Great Manifestation

Location: On the lower abdomen 5 fen lateral to Ren Mai point REN-3 (Zhong Ji). This is 1 cun superior to KID-11 (Heng Gu) and 4 cun inferior to the level of the umbilicus (KID-16, Huang Shu). ST-29 (Gui Lai) is located 1.5 cun lateral to KID-12 (Da He).

Features & Categories: Intersection point of Chong Mai (Penetrating Vessel) on the Kidney Channel.

Functions: Supplements Kidney Qi and regulates Chong Mai (Penetrating Vessel) and Ren Mai (Conception Vessel).

Indications: Pain in the genitals; impotence; nocturnal seminal emission; vaginal discharge; leukorrhoea; uterine prolapse.

Supplementary Indications: Genital retraction; pain in the penis; neuralgia of the spermatic cord.

DEADMAN'S COMMENTARY

The action of Dahe KID-12 in astringing essence is reflected in its application for both seminal emission and leucorrhoea.

Seminal emission (involuntary loss of sperm) may be due to various aetiologies. Ejaculatory function is an aspect of the free and smooth flow of Liver qi, whilst the Kidneys dominate the 'gate of essence'. If there is undue heat (e.g. Liver fire, Heart fire, heat from Kidney yin deficiency) this will force the seminal fluid to burst out recklessly. Alternatively, deficiency of the Kidney astringing function will lead to infirmity of the gate of essence resulting in leakage of seminal fluid. According to Zhu Dan-xi, seminal emission with erotic dreams "is exclusively governed by heat", whilst it is said traditionally that if due to cold and deficiency there will be no such dreaming. Whatever the aetiology, Dahe KID-12 (like a number of other Kidney channel points on the lower abdomen) is an important point in the treatment of seminal emission.

As far as leucorrhoea is concerned, it should be noted that although primarily due to damp, damp-heat or toxic heat, leucorrhoea may also be due to deficiency of Kidney qi or yang, and that this kind of leucorrhoea entails loss of essence and is the female equivalent of loss of seminal fluid.

CLASSICAL COMBINATIONS

- Seminal emission and retraction of the penis: Dahe KID-12 and Rangu KID-2 (Supplementing Life).

KI-13 (*qì xuè*)氣 *qì*: qì穴 *xuè*: acupuncture point; cave, hole

氣穴

Qi Hole

Location: On the lower abdomen 5 fen lateral to Ren Mai point REN-4 (Guan Yuan). This is 1 cun superior to KID-12 (Da He) and 3 cun inferior to the level of the umbilicus (KID-16, Huang Shu). ST-28 (Shui Dao) is located 1.5 cun lateral to KID-13 (Qi Xue).

Features & Categories: Intersection point of Chong Mai (Penetrating Vessel) on the Kidney Channel.

Functions: Supplements Kidney Qi and Jing; regulates Chong Mai (Penetrating Vessel) and Ren Mai (Conception Vessel); benefits the lower Jiao; removes obstruction from the Channel.

Indications: Irregular menstruation; dysmenorrhoea; leukorrhoea; sterility; urinary tract infection; dysuria; diarrhea; abdominal pain, fullness or masses.

Supplementary Indications: Vaginal discharge; infertility; urinary retention; lumbar pain; upsurging Kidney or Liver Qi.

DEADMAN'S COMMENTARY

Qixue KID-13 (like Siman KID-14 and Zhongzhu KID-15) is an important point in the treatment of running piglet qi. According to Zhang Zhongjing in the Essentials from the Golden Cabinet "Running piglet disorder arises from the lower abdomen; it rushes up to the throat with such ferocity that the patient feels he is close to death. It attacks and then remits. It is brought about by fear and fright". In the Classic of Difficulties running piglet was classified as one of the 'five accumulations' pertaining to the Kidneys. 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. In clinical practice, running piglet qi may be encountered in a number of variants, all involving a rushing sensation, usually upwards, along the trunk, back or limbs.

According to the Classic of Difficulties "When the Penetrating vessel is diseased there is counterflow qi". The application of Qixue KID-13, Siman KID-14 and Zhongzhu KID-15 in the treatment of this distressing condition reflects both their location on the Kidney channel and their status as points of the Penetrating vessel, which both ascends through the abdomen to disperse in the chest, and enters the spine and circulates through the back.

Many classical sources list Baomen (Gate of the Uterus) and Zihu (Child's Door) as alternative names for this point. The Supplement to the Thousand Ducat Formulas, however, is quite clear that these names correspond to Shuidao ST-28, referring to the points located 2 cun either side of Guanyuan REN-4.

CLASSICAL COMBINATIONS

- Irregular menstruation and infertility: Qixue KID-13, Shenshu BL-23, Qihai REN-6, Sanyinjiao SP-6 and Shangqiu SP-5.

KI-14 (*sì mǎn*)四 *sì*: four滿 *mǎn*: full, complete**四 滿*****Fourfold Fullness***

Location: On the lower abdomen 5 fen lateral to Ren Mai point REN-5 (Shi Men). This is 1 cun superior to KID-13 (Qi Xue) and 2 cun inferior to the level of the umbilicus (KID-16, Huang Shu). ST-27 (Da Ju) is located 1.5 cun lateral to KID-14 (Si Man).

Features & Categories: Intersection point of Chong Mai (Penetrating Vessel) on the Kidney Channel.

Functions: Supplements Kidney Qi; regulates Chong Mai (Penetrating Vessel) and Ren Mai (Conception Vessel); promotes free flow through the Waterways.

Indications: Metrorrhagia; irregular menstruation; leukorrhoea; dysmenorrhoea; abdominal distension; postpartum abdominal pain; diarrhea; infertility; urinary tract infection.

Supplementary Indications: Acute pain due to stagnant Blood; nocturnal seminal emission; white turbid urethral discharge; cutting pain below the navel; upsurging Kidney or Liver Qi; hernia.

DEADMAN'S COMMENTARY

The name of this point (Siman), KID-14, is translated as 'Four Fullnesses'. Although there are different interpretations of its meaning, one opinion is that it refers to the four kinds of stagnation and accumulation: qi, water, food and blood. There are clear indications that reflect each of these conditions, for example abdominal distention for qi abdominal oedema for water, and diarrhoea or constipation for food, but overwhelmingly the indications reflect the presence of blood stasis, for example cutting pain below the umbilicus, retention of lochia, and malign blood with acute pain. The term 'malign blood' refers to blood that has left the vessels and which, bereft of the moving force of qi, pools and stagnates.

CLASSICAL COMBINATIONS

- Stone oedema of the upper abdomen: moxa Siman KID-14, Rangu KID-2, Qichong ST-30 and Zhangmen LIV-13 (Thousand Ducat Formulas).
- Stone oedema of the upper abdomen: Siman KID-14 and Rangu KID-2 (Supplementing Life).
- Malign blood in the uterus, internal counterflow fullness and pain: Siman KID-14 and Shiguan KID-18 (Supplementing Life).

KI-15 (*zhōng zhù*)中 *zhōng*: center, middle注 *zhù*: to flow, to pour; to fix on

中注

Central Flow

Location: On the lower abdomen 5 fen lateral to Ren Mai point REN-7 (Yin Jiao). This is 1 cun superior to KID-14 (Si Man) and 1 cun inferior to the level of the umbilicus (KID-16, Huang Shu). ST-26 (Wai Ling) is located 1.5 cun lateral to KID-15 (Zhong Zhu).

Features & Categories: Intersection point of Chong Mai (Penetrating Vessel) on the Kidney Channel.

Functions: Nourishes the Kidney Channel; regulates Chong Mai (Penetrating Vessel) and Ren Mai (Conception Vessel); benefits the lower Jiao.

Indications: Irregular menstruation; lower abdominal pain; constipation; painful reddening of the eyes spreading from the inner canthus.

Supplementary Indications: Dry, hard stool; pain in the abdomen and lumbar region; heat in the lower abdomen.

KI-16 (*huāng shū*)育 *huāng*: the area just below the diaphragm俞 *shū*: acupuncture point

育俞

Huang Shu

Location: On the abdomen 5 fen 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 KID-16 (Huang Shu) and KID-11 (Heng Gu) is 5 cun.

Features & Categories: Intersection point of Chong Mai (Penetrating Vessel) on the Kidney Channel.

Functions: Tonifies the Kidneys; harmonizes the Stomach and rectifies counterflow of Qi; benefits the Heart; relieves pain; removes obstructions from the Channel.

Indications: Abdominal pain; vomiting; abdominal distension; stomach spasms; enteritis; chronic constipation; hiccough; painful hernia; diarrhoea.

Supplementary Indications: Cold hernia; dry stool; constipation.

DEADMAN'S COMMENTARY

Huangshu KID-16 lies on the same level as Shenque REN-8, Tianshu ST-25 and Daheng SP-15, all points with a strong action on the intestines. Various classics recommend Huangshu KID-16 for dry stools, whilst the Systematic Classic of Acupuncture and Moxibustion specifically recommended it for accumulation of cold in the Large Intestine giving rise to dry stools and cutting pain of the abdomen. It should be remembered that constipation may be due to accumulation of cold, whether deficiency cold deriving from insufficiency of Kidney yang and usually seen in the elderly or debilitated, or excess cold, usually from dietary factors. In the former case the stool may be dry, not from the usual causes (heat or deficiency of fluids, blood or yin) but due to Kidney yang deficiency which fails to circulate fluids.

CLASSICAL COMBINATIONS

- The five types of painful urinary dysfunction from chronic accumulation: Huangshu KID-16 and Henggu KID-11 (One Hundred Symptoms).

KI-17 (*shāng qū*)商 *shāng*: the musical tone associated with metal曲 *qū*: bent, curved

商 曲

Shang Bend

Location: On the upper abdomen 5 fen lateral to Ren Mai point REN-10 (Xia Wan). This is 2 cun superior to the level of the umbilicus (KID-16, Huang Shu). ST-23 (Tai Yi) is located 1.5 cun lateral to KID-17 (Shang Qu). The proportional distance from the centre of the umbilicus to the xiphisternal junction is 8 cun.

Features & Categories: Intersection point of Chong Mai (Penetrating Vessel) on the Kidney Channel.

Functions: Fortifies the Spleen and resolves Damp; soothes the sinews and quickens the Connecting Vessels.

Indications: Abdominal fullness or pain; stomach ache; colic; diarrhea; constipation.

Supplementary Indications: Abdominal accumulations and gatherings with periodic cutting pain; pain in the intestines with no pleasure in eating; painful hernia; peritonitis; painful reddening of the eye spreading from the inner canthus.

KI-18 (*shí guān*)石 *shí*: stone關 *guān*: gate, passageway, pass

石 關

Stone Pass

Location: On the upper abdomen 5 fen lateral to Ren Mai point REN-11 (Jian Li). This is 3 cun superior to the level of the umbilicus (KID-16, Huang Shu). ST-22 (Guan Men) is located 1.5 cun lateral to KID-18 (Shi Guan).

Features & Categories: Intersection point of Chong Mai (Penetrating Vessel) on the Kidney Channel.

Functions: Fortifies the Centre and harmonizes the Stomach; frees the Intestines and resolves Stagnation.

Indications: Vomiting; stomach ache; abdominal pain; hiccough; constipation; postpartum abdominal pain; spasms of the oesophagus.

Supplementary Indications: Infertility; copious spittle; pathogenic Blood surging upward in the abdomen; pain and distension with abdominal masses; painful reddening of the eyes spreading from the inner canthus.

DEADMAN'S COMMENTARY

Unusually for a point located above the umbilicus, Shiguan KID-18 is indicated for a variety of gynaecological disorders including infertility, and especially for severe pain of the abdomen or lateral costal region following childbirth. The indication 'malign blood in the uterus' refers to blood which

has left the vessels and which pools and stagnates. All these indications reflect the status of Shiguan KID-18 as a meeting point of the Kidney channel with the Penetrating vessel which originates in the uterus (and is known as the 'sea of blood') and point to a pattern of blood stasis throughout the uterus, the abdomen as a whole and the lateral costal region.

CLASSICAL COMBINATIONS

- Difficulty in defecation with abdominal pain: Shiguan KID-18 and Panguangshu BL-28 (Supplementing Life).
- Difficulty in defecation: Shiguan KID-18 and Dazhong KID-4 (Supplementing Life).
- Malign blood in the uterus, internal counterflow fullness and pain: Shiguan KID-18 and Siman KID-14 (Supplementing Life).
- Infertility: Shiguan KID-18 and Yinjiao REN-7 (One Hundred Symptoms).

KI-19 (*yīn dū*)

陰 *yīn*: yin, the complement of yang

都 *dū*: metropolis, capital

陰都

Yin Metropolis

Location: On the upper abdomen 5 fen lateral to Ren Mai point REN-12 (Zhong Wan). This is 4 cun superior to the level of the umbilicus (KID-16, Huang Shu). ST-21 (Liang Men) is located 1.5 cun lateral to KID-19 (Yin Du).

Features & Categories: Intersection point of Chong Mai (Penetrating Vessel) on the Kidney Channel.

Functions: Fortifies the Spleen and harmonizes the Stomach; regulates Qi; frees abdominal Qi; regulates Chong Mai (Penetrating Vessel) and Ren Mai (Conception Vessel).

Indications: Borborygmi; abdominal distension; abdominal pain; epigastric pain; constipation; vomiting; emphysema; pleurisy; pleuritis; malaria.

Supplementary Indications: Counterflow Qi with abdominal pain; heat and pain in the lateral costal region; difficult defecation; infertility; vexation and fullness; painful reddening of the eyes spreading from the inner canthus.

CLASSICAL COMBINATIONS

- Malaria with generalised fever: Yindu KID-19, Shaohai HE-3, Shangyang L.I.-1, Sanjian L.I.-3 and Zhongzhu SJ-3 (Supplementing Life).
- Agitation and fullness of the Heart: Yindu KID-19 and Juque REN-14 (Supplementing Life).

KI-20 (*tōng gǔ*)

通 *tōng*: to free, unblock; to pass through

谷 *gǔ*: valley; grain

通谷

Open Valley

Location: On the upper abdomen 5 fen lateral to Ren Mai point REN-13 (Shang Wan). This is 5 cun superior to the level of the umbilicus (KID-16, Huang Shu). ST-20 (Cheng Man) is located 1.5 cun lateral to KID-20 (Tong Gu).

Features & Categories: Intersection point of Chong Mai (Penetrating Vessel) on the Kidney Channel.

Functions: Fortifies the Spleen and harmonizes the Stomach; opens the chest and rectifies Qi.

Indications: Abdominal pain; abdominal distension; intercostal neuralgia; vomiting; indigestion; untransformed digestate in stool; diarrhoea.

Supplementary Indications: Pain and distension with abdominal masses; abdominal and lateral costal masses; fixed Phlegm; pain in the chest and lateral costal region; stiff neck; retching; cough and dyspnea; epilepsy; seizures; sudden loss of voice; palpitations.

CLASSICAL COMBINATIONS

• Rhinitis with clear nasal discharge: Futonggu KID-20, Hegu L.I.-4, Fengmen BL-12, Shenting DU-24, Zanzhu BL-2, Yingxiang L.I.-20 and Zhiyin BL-67 (Thousand Ducat Formulas).

KI-21 (*yōu mén*)

幽 *yōu*: dark, gloomy; secret, subtle, hidden

門 *mén*: gate, door

Dark Gate

Location: On the upper abdomen 5 fen lateral to Ren Mai point REN-14 (Ju Que). This is 6 cun superior to the level of the umbilicus (KID-16, Huang Shu). ST-19 (Bu Rong) is located 1.5 cun lateral to KID-21 (You Men). The proportional distance from the centre of the umbilicus to the xiphisternal junction is 8 cun.

Features & Categories: Intersection point of Chong Mai (Penetrating Vessel) on the Kidney Channel.

Functions: Benefits the Liver and rectifies Qi; fortifies the Spleen and harmonizes the Stomach; clears abdominal Heat.

Indications: Abdominal pain and distension; vomiting; diarrhea; stomach spasms; nausea; morning sickness; epigastric pain; intercostal neuralgia; chronic gastritis.

Supplementary Indications: Pain in the chest referring to the back and lumbar region; obstruction and distension below the heart; untransformed digestate in the stool; painful reddening of the eyes spreading from the inner canthus.

DEADMAN'S COMMENTARY

According the Classic of Difficulties "When the Penetrating vessel is diseased there is counterflow qi and abdominal urgency". Like many of the Kidney channel points on the abdomen, Youmen KID-21 (the final point of the Penetrating vessel on the Kidney channel) is indicated for counterflow qi manifesting as nausea, vomiting, retching and cough. The term abdominal urgency refers to a sensation of acute cramping pain, usually associated with dysenteric disorder.

Like the majority of the Penetrating vessel points on the Kidney channel, Youmen KID-21 is indicated for redness of the eyes originating at the inner canthus. Whilst there is no simple explanation of this symptom, it is worth noting that although some descriptions of the Penetrating vessel suggest that it terminate at the lips, illustrations and other accounts of its pathway usually show it ending at the inner portion of the eyes.

CLASSICAL COMBINATIONS

- Agitation of the Heart with vomiting: Youmen KID-21 and Yutang REN-18 (One Hundred Symptoms).
- Poor memory: Youmen KID-21, Shendao DU-11, Lieque LU-7 and Gaohuangshu BL-43 (Supplementing Life).
- No pleasure in eating: Youmen KID-21, Diji SP-8, Yinlingquan SP-9, Shuifen REN-9 and Xiaochangshu BL-27 (Supplementing Life).
- Vomiting: Youmen KID-21, Shangqiu SP-5 and Zutonggu BL-66 (Thousand Ducat Formulas).

KI-22 (*bù láng*)

步 *bù*: a step; on foot
 廊 *láng*: corridor, veranda, porch;
 an upward path (新華字典)

步廊

Corridor Walk

Location: On the anterior chest in the 5th intercostal space, approximately 2 cun lateral to Ren Mai. This part of the Kidney Meridian lies midway between the anterior midline and the mamillary line.

Functions: Benefits the Lung and resolves cough; rectifies counterflow of Qi and stops vomiting.

Indications: Cough; asthma; pleurisy; intercostal neuralgia; rhinitis; bronchitis; gastritis; vomiting; anorexia.

Supplementary Indications: Fullness in the chest and lateral costal region (hypochondrium); nasal congestion; deficient Qi; inability to move the upper limbs.

DEADMAN'S COMMENTARY

The points Bulang KID-22, Shenfeng KID-23, Lingxu KID-24, Shencang KID-25, Yuzhong KID-26 and Shufu KID-27 were listed in the Essential Questions as the twelve shu points of the chest. They share the common actions of descending rebellious qi of the Lung and Stomach, and are particularly indicated for wheezing, dyspnoea and coughing due to 'fullness above and deficiency below'. This occurs when the Kidney qi is insufficiently strong to grasp the Lung qi.

CLASSICAL COMBINATIONS

- Diminished qi: Bulang KID-22, Shaofu HE-8, Panguangshu BL-28, Shaochong HE-9, Xingjian LIV-2 and Dazhong KID-5 (Supplementing Life).

KI-23 (*shén fēng*)

神 *shén*: spirit
 封 *fēng*: to seal; a border

神封

Spirit Seal

Location: On the anterior chest in the 4th intercostal space, 2 cun lateral to Ren Mai point, REN-17 (Dan Zhong). This part of the Kidney Meridian lies midway between the anterior midline and the mamillary line.

Functions: Benefits the Lung and resolves cough; tonifies the Kidneys; calms the Shen; harmonizes the Stomach and rectifies counterflow of Qi.

Indications: Cough; asthma; distension and fullness in the chest and lateral costal region (hypochondrium); mastitis; bronchitis; pleurisy; intercostal neuralgia; anxiety; mental restlessness.

Supplementary Indications: Fullness in the chest and lateral costal region; breathing difficulty; cough; shortness of breath; vomiting; no pleasure in eating.

CLASSICAL COMBINATIONS

- Breast abscess, chills and fever with shortness of breath, restless sleep: Shenfeng KID-23 and Yingchuang ST-16 (Supplementing Life).

KI-24 (*líng xū*)

靈 *líng*: spirit (similar, but more yin than 神 *shén*)
墟 *xū*: ruins; old burial grounds; residence 帝王布攏

靈墟

Spirit Ruins

Location: On the anterior chest in the 3rd intercostal space, 2 cun lateral to Ren Mai point, REN-18 (Yu Tang). This part of the Kidney Meridian lies midway between the anterior midline and the mamillary line.

Functions: Opens the chest and rectifies counterflow of Qi; clears Heat and disperses swellings; tonifies the Kidneys; calms the Shen.

Indications: Cough; asthma; distension and fullness in the chest and lateral costal region (hypochondrium); intercostal neuralgia; mastitis; bronchitis; anxiety; mental restlessness.

Supplementary Indications: Fullness in the chest and lateral costal region; breathing difficulty; vomiting; no pleasure in eating; vexation and fullness.

CLASSICAL COMBINATIONS

- Vomiting with fullness of the chest: Lingxu KID-24, Shufu KID-27, Shencang KID-25 and Juque REN-14 (Thousand Ducat Formulas).

KI-25 (*shén cáng*)

神 *shén*: spirit
藏 *cáng*: to store; the viscera

神藏

Spirit Storehouse

Location: On the anterior chest in the 2nd intercostal space, 2 cun lateral to Ren Mai point, REN-19 (Zi Gong). This part of the Kidney Meridian lies midway between the anterior midline and the mamillary line.

Functions: Opens the chest; calms dyspnea and relieves cough; tonifies the Kidneys; calms the Shen; rectifies Qi.

Indications: Cough; asthma; bronchitis; intercostal neuralgia; pain in the chest; anxiety; mental restlessness.

Supplementary Indications: Fullness in the chest and lateral costal region; vomiting; vexation and fullness; no pleasure in eating.

CLASSICAL COMBINATIONS

- Fullness of the chest with stiffness of the neck: Shencang KID-25 and Xuanji REN-21 (One Hundred Symptoms).
- Vomiting with fullness of the chest: Shencang KID-25, Shufu KID-27, Lingxu KID-24 and Juque REN-14 (Thousand Ducat Formulas).

CV-17 (*dàn zhōng*)膻 *dàn*: the central area of the chest中 *zhōng*: center, middle**膻 中***Chest Center*

Location: On the anterior midline, midway between the nipples, level with the medial end of the 4th intercostal space. It is best if the patient is supine. Use of the nipples to locate this point is obviously not so relevant for females. It is located midway between Ren-16 (Zhong Ting) and Ren-18 (Yu Tang), about 1.6 cun from each point. The point is approximately located at the junction of the superior $\frac{3}{4}$ and inferior $\frac{1}{4}$ of the body of the sternum. It is often sensitive to pressure with palpation. KID-23 (Shen Feng) is located 2 cun lateral to this point.

Features & Categories: Meeting point of the Qi; Intersection point of the San Jiao Channel of hand Shao Yang and Small Intestine Channel of hand Tai Yang on Ren Mai. Front Alarm-Mu, Collecting point of the Pericardium Zang; front Alarm-Mu, Collecting point of the Upper Jiao. Point of the Sea of Qi (BL-10, ST-9, DU-15, DU-14, REN-17).

Note: An alternative name for this point is **Shan Zhong, Chest Centre**.

Note: Ellis, Wiseman & Boss (1991, 1989) and O'Connor & Bensky (1981) both list REN-17 (Dan Zhong) as an Intersection point of the Spleen Channel of foot Tai Yin and Kidney Channel of foot Shao Yin on Ren Mai, even though these Meridians do not make this overt intersection. The Pericardium Channel of hand Jue Yin may intersect in a similar way at this point (Rogers, 1981), thereby establishing the Meridian connection from the Kidney Channel.

Functions: Regulates Qi and rectifies rebellious Qi counterflow; tonifies Qi; dispels Fullness from the chest; clears the Lung and resolves Phlegm; opens the chest and frees the diaphragm; benefits the breasts.

Indications: Dyspnea; asthma; bronchitis; hiccough; breathlessness; pain or fullness of the chest; tightness or constriction of the chest; (chronic) cough; chronic bronchitis; difficulty in swallowing; angina pectoris; palpitations; mastitis; lactation insufficiency; intercostal neuralgia; Phlegm obstruction of the chest; insufficient dispersing and descending action of Lung Qi; hiatus hernia.

KI-26 (*yù zhōng*)彙 *yù*: elegant, cultured; flourishing中 *zhōng*: center, middle**彙 中***Lively Center*

Location: On the anterior chest in the 1st intercostal space, 2 cun lateral to Ren Mai point, REN-20 (Hua Gai). This part of the Kidney Meridian lies midway between the anterior midline and the mamillary line.

Functions: Opens the chest and promotes smooth flow of Qi; calms dyspnea and relieves cough.

Indications: Cough; asthma; bronchitis; distension and fullness in the chest and lateral costal region (hypochondrium); intercostal neuralgia.

Supplementary Indications: Fullness in the chest and lateral costal region; phlegm congestion; vomiting; no pleasure in eating.

CLASSICAL COMBINATIONS

- Drooling with much spittle: Yuzhong KID-26 and Yunmen LU-2 (Supplementing Life).

KI-27 (*shū fǔ*)俞 *shū*: acupuncture point; to transport府 *fǔ*: mansion; storehouse, treasury

俞府

Shu Mansion

Location: On the anterior chest immediately below the medial inferior border of the clavicle, approximately 2 cun lateral to Ren Mai point, REN-21 (Xuan Ji). This is superior to the medial end of the 1st rib. This part of the Kidney Meridian lies midway between the anterior midline and the mamillary line.

Functions: Benefits the Lung and rectifies counterflow of Qi; calms dyspnea and resolves cough; stimulates Kidney's reception of Qi; resolves Phlegm; fortifies the Spleen and harmonizes the Stomach.

Indications: Cough; asthma; bronchitis; pain in the chest.

Supplementary Indications: Abdominal distension; vomiting; no pleasure in eating.

CLASSICAL COMBINATIONS

- Vomiting with fullness of the chest: Shufu KID-27, Lingxu KID-24, Shencang KID-25 and Juque REN-14 (Thousand Ducat Formulas).
- Rebellious qi with dyspnoea and inability to catch the breath: Shufu KID-27, Shencang KID-25 and Tianfu LU-3 (Supplementing Life).
- Coughing and wheezing with phlegm: Shufu KID-27 and Rugen ST-18 (Ode of the Jade Dragon).

GB-25 (*jīng mén*)京 *jīng*: capital city; hill門 *mén*: gate, door

京門

Capital Gate

Location: On the lateral trunk, at the inferior border of the free end of the 12th (floating) rib. [This point is sometimes located at the tip of the 12th rib.] GB-25 (Jing Men) lies posterior to LIV-13 (Zhang Men).

Features & Categories: front Alarm-Mu, Collecting point of the Kidney Zang.

Functions: Warms Kidney Cold; eliminates Damp; rectifies counterflow of Stomach Qi; soothes the Sinews and quickens the Connecting Vessels; promotes free flow through the Waterways; important diagnostic point for Kidney Disharmonies.

Indications: Borborygmi; diarrhea; abdominal distension; lumbar and lateral costal pain; intercostal neuralgia; painful intestinal hernia; nephritis; pain in the lower limb.

BL-23 (*shèn shū*)腎 *shèn*: kidney俞 *shū*: acupuncture point

腎俞

Kidney Shu

Location: On the posterior trunk in the lumbar region, 1.5 cun lateral to Du Mai point DU-4 (Ming Men). DU-4 (Ming Men) is located on the midline in the depression immediately inferior to the spinous process of 2nd lumbar vertebra. BL-52 (Zhi Shi) is 1.5 cun lateral to BL-23 (Shen Shu), 3 cun lateral to the posterior midline.

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

Functions: Regulates and tonifies the Kidneys; nourishes Jing; strengthens the transforming action of Qi; resolves Damp; strengthens the lumbar and spine; nourishes Blood; benefits Bones and Marrow; tonifies Water and invigorates Fire; brightens the eyes and benefits hearing.

Indications: Nocturnal seminal emission; impotence; infertility; lack of sexual interest; enuresis; urinary tract infection; urinary retention; dysuria; irregular menstruation; vaginal discharge; leukorrhoea; nephritis; nephroptosis; renal colic; (chronic) low back pain or weakness, and weakness of the knees; blurred vision; tinnitus; dizziness; fatigue; deafness; edema; (chronic) asthma; anemia; alopecia; soft tissue injury to the lumbar region; (chronic) diarrhoea; sequelae of infantile paralysis; Deficient Yin or Yang of the Kidneys; poor vision; dry eyes; diminished willpower; osteoporosis; osteomalacia; osteophytes; arthritic bone deformities.